



**LIKE YOU MEAN IT.**

## **FACILITY GUIDE | SUMMER 2016**

JULY TO AUGUST, 2016



**> Kinsmen Merchandise coming this Fall. Stay tuned!**

**NEW Childminding and Preschool rooms  
Details page 11**

**NEW small group personal training  
programs Details page 7**

[edmonton.ca/kinsmen](http://edmonton.ca/kinsmen)

**9100 Walterdale Hill  
Bus Routes 10, 11, 182,  
183, 186 and 187**

City of Edmonton  
**Recreation  
centres** 

**Edmonton**

## WELCOME

Welcome to Kinsmen Sports Centre! This premier sports and fitness facility is one of the most unique sport centres in North America and is considered world class for sport training and fitness needs.

The Kinsmen Sports Centre is a dual mandate facility supporting high performance and individual fitness as well as providing a wide range of opportunities and experiences for all ages and abilities.

An Edmonton landmark, rich in history, Kinsmen has hosted several international multi-sport events including the 1978 Commonwealth Games, the 1983 World University Games, and the 2005 World Masters Games.

At Kinsmen Sports Centre you will find high-quality services and programs to support your training and performance goals. We are excited for you to find your fit at Kinsmen!

## VISION

The premier sport and fitness centre for athletes of all ages and abilities, the Kinsmen Sports Centre provides high-quality services and programs to support life-long participation in sport and physical activity.

### This vision directs us to:

- › Serve athletes, coaches, and fitness enthusiasts
- › Work with sport partners/stakeholders
- › Host events and competitions

## MISSION

The Kinsmen Sports Centre's mandate will be to support high-performance groups, individual athletes and fitness enthusiasts as it priority

## MANDATE

**High Performance Athletes  
Sport Organizations**

**Individual Athletes  
Serious Fitness Enthusiasts**

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**Recreation Based Users/User Groups**



# FACILITY HOURS

**5:15AM - 10:30PM WEEKDAYS | 7:00AM - 10:00PM WEEKENDS**  
**8:00AM - 8:00PM STAT HOLIDAYS**

**Front desk:** (Mon - Fri) 5:15 am - 10:30 pm  
(Sat - Sun) 7:00 am - 9:30 pm

**Aquatic centre:** (Mon - Fri) 5:15 am - 10:00 pm  
(Sat - Sun) 7:00 am - 9:00 pm

**Fitness centre, Courts and Field House:**  
(Mon - Fri) 5:15 am - 10:30 pm  
(Sat - Sun) 7:00 am - 10:00 pm



## 2016 ADMISSIONS

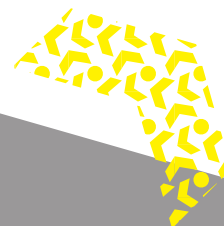
	SINGLE ADMISSION	MULTI ADMISSION (5+)	MONTHLY PASS	CONTINUOUS MONTHLY PASS**	ANNUAL PASS
<b>CHILD</b> (2-12 years)	\$6.25	\$5.65	\$43.00	\$37.00	\$385.00
<b>YOUTH/ SENIOR</b> (13-17/ 65+ years)	\$8.00	\$7.20	\$56.00	\$48.00	\$500.00
<b>ADULT</b> (18-64 years)	\$9.50	\$8.55	\$66.00	\$56.00	\$575.00
<b>FAMILY</b>	\$25.00	\$22.50	\$175.00	\$150.00	\$1,600.00

(All members of the same household related by birth, legal status or marriage up to a maximum of seven people)

\*\* The Continuous Monthly Membership Program allows you to pay for an ongoing monthly membership pass to all City-operated centres via automatic withdrawals from your bank account. Prices include GST.

## RETAIL PARTNERS

- › **Kinsmen Massage Therapy**
- › **Kinsmen Sports Centre Physical Therapy Clinic**
- › **Moo's Healthy Food Fast**
- › **Running Room**



# TWO DISTINCT FITNESS CENTRES

## ➤ Functional Training Centre

- 6 NEW Olympic Lifting Platforms
- A complete set of competition Kettlebells (4-32kg)
- Plyometric and power training tools - tires, boxes, weighted vests, sleds and more!
- TRX Suspension training area
- Interval Training tools - Jacob's Ladder, Marpo Rope Trainer, Concept 2 Indoor Rowers, Spin Bikes and more!
- NEW SYNRGY360 System - battle ropes, landmine, monkey bars and more!





### **Keltie Byrne Fitness Centre**

- › Large selection of dumbbells and barbells (5-125lb)
- › Full complement of strength training machines to work every body part and movement
- › 20 pieces of cardio equipment to suit your needs
- › Large core and stretching area
- › 4 Adjustable Cable Multi-Jungle Systems and a Kinesis One Multi-Gym



# COURT SPORTS

- › Badminton
- › Tennis
- › Volleyball
- › Basketball
- › Table Tennis
- › Handball
- › Pickleball
- › Racquetball
- › Squash
- › Wallyball



# PERSONAL TRAINING

## Personal Training

Our Personal Trainers use a comprehensive system to create a custom training plan that constantly assesses, measures and adjusts your programming to ensure you are constantly progressing.

- › **Private:** Custom made training plans, motivation and support working with one-on-one with an expert
- › **Semi-Private:** Save money, workout with friends and get the personal attention needed to achieve your goals (2-4 friends)
- › **Small Group:** Creative and progressive training plans delivered by an expert in a small group atmosphere of 5-10 individuals

## Nutrition Counselling

Proper Nutrition planning is essential to getting the results you want. With individualized nutrition counselling, we can create a comprehensive nutrition plan that fits your lifestyle and delivers results.

Visit [edmonton.ca/personaltraining](http://edmonton.ca/personaltraining) for more information.

## NEW for 2016 Introducing the Kinsmen Sports Centre Training Studio

Train in an exclusive high performance environment! Designed with athletes in mind. The Kinsmen training studio is equipped with all of the necessary tools to take your training to the next level.

- › Exclusive training space
- › 2 Olympic Lifting platforms with full sets of bumper plates
- › A full compliment of dumbbells, competition kettlebells and adjustable benches
- › Life Fitness Dual Adjustable Pulley

## NEW for 2016 Small Group Personal Training Programs

Are you interested in a progressive, creative, well structured strength training program? The Kinsmen Sports Centre has developed a small group personal training program to help you pursue your fitness and strength training goals.

The program has the following benefits:

- › A Certified Personal Trainer
- › 4-8 weeks of resistance training, cardiovascular training and stretching programming
- › Small group size (5-10 individuals)
- › Developing consistent exercise habits in an environment of accountability

	DATES	TIME	#	PRICE	BARCODE
M/W/F	July 4-29	6:00-7:00am	(12)	\$228.00	564948
Mon	Jul 4-25	6:00-7:00pm	(4)	\$76.00	564949
Tue	Jul 5-25	7:00-8:00pm	(4)	\$76.00	564950
Wed	Jul 6-27	6:00-7:00pm	(4)	\$76.00	564951
Thu	Jul 7-28	7:00-8:00pm	(4)	\$76.00	564952
M/W/F	Aug 3-31	6:00-7:00am	(13)	\$247.00	564953
Mon	Aug 8-29	6:00-7:00pm	(4)	\$76.00	564954
Tue	Aug 2-30	7:00-8:00pm	(5)	\$95.00	564955
Wed	Aug 3-24	6:00-7:00pm	(4)	\$76.00	564956
Thu	Aug 4-25	7:00-8:00pm	(4)	\$76.00	564957





# NEW IN 2016

## ➤ **Group Fitness 101**

Get a sample of our most popular Group fitness classes during this 5 class program so you can find your fit.

## **JOGA**

This high intensity Yoga class is designed for the athlete to focus on balance, core strength and flexibility.

## **Kinsmen Training Studio**

Unleash your inner athlete by taking one of our new Small Group Training programs in our exclusive training studio!

## **Learn to Lift**

Learn the basic skill and proper technique for the 3 powerlifting movements (squat, deadlift, bench press) from a qualified personal trainer. These three fundamental movements and accessory lifts will be taught to improve muscular strength and endurance in the privacy of our newly designed Training Studio.

## **Obstacle Fun (ages 4-6)**

An obstacle course that will have your active child running, climbing, rolling and maneuvering through equipment.





## ➤ **Obstacle-Fit Family (ages 8+)**

Get fit with your family! Instructors will lead you through creative activities, incorporating strength, agility and speed.

## **Obstacle Fit-Conditioning (adults)**

Run, jump, crawl and climb your way to superior fitness. This class will have you ready to tackle any obstacle and conquer any course!

## **Olympic Lifting 101**

Learn the fundamentals of the Olympic Lifts in this registered course to improve: force production, explosive power and coordination. Participants will be taught the snatch, clean and jerk by a qualified Olympic Lifting Coach. Accessory lifts and exercises will also be taught to aid in strength gains and range of motion.

## ➤ **UP TO 85 DROP-IN FITNESS CLASSES PER WEEK**

- **Mind/Body-** Joga, Yoga, Barre, Pilates
- **Cardiovascular and Strength-** Boot Camp, Circuit Training, Tabata
- **Spin Classes-** Virtual Spin, Virtual Coach, Tabata Spin, Spin Express
- **With Baby Classes-** Strollercize
- **Aquatic Classes -** Shallow Water Aquasize, Swim Training, and Lane Swim
- **Older Adult-** Living Fit Yoga
- **Before Work-** Spin, Circuit and Deep Water Tethering

➤ Please see [edmonton.ca/kinsmen](http://edmonton.ca/kinsmen) for our full drop-in program schedule

## **SMALL GROUP TRAINING PROGRAMS**

**Details P.7**



# CHILDREN'S EXPERIENCES

## › Kinsmen Kids Den - Where Little Athletes Train

While you're working out, your child will be encouraged to be active too! We look forward to providing your children with enhanced physical activity opportunities, including our new climbing structure, the indoor play space, as well as fun games and activities that will encourage your child to be active.

During the summer months, the Kids Den room will be renovated to better meet the needs of our little athletes. (The summer Kids Den location will be in a courtroom).

### › NEW activity additions:

- Tumbling mats
- Climbing /jumping
- Obstacle courses

### › Indoor Play Space\*

- Inflatable Playground
- Imagination Playground
- Preschool Wheels

\*Indoor Play Space: October 2015 - May 2016  
and Grizzly Playground: May - September 2016.

### › Preschool registered programs

### › School aged registered programs

### › School programs and Active Living School

### › Birthday parties

## » 100 Voices

- » A new location for 100 Voices will be starting September 2016 at the Kinsmen Sport Centre. Edmonton Catholic Schools in partnership with the City of Edmonton is pleased to offer an inclusive pre-kindergarten program for 3 and 4 year olds in an innovative active learning environment. Inspired by the Reggio Emilia philosophy of Early Learning, The program is child-centered, has active learning program which celebrates children, families and learning through play.

The program is staffed by a Certified Teacher, Early Learning Facilitators and supported by a Multidisciplinary Team. The program housed out of Kinsmen Sports Centre will have a ½ day (12:15pm to 3:22 pm) program that runs four days a week: Monday-Wednesday and Friday from September to June

Registration for this program as well as the other 100 Voices programs has already started. For more information about the 100 Voices Program, please visit the Genesis Early Learning Centre (10537 - 44 Street Edmonton, AB), or contact the school directly 780-638-6810 • [ecsd.net](http://ecsd.net)

## » NEW Preschool room

- » Kinsmen Sports Centre is proud to announce that in fall 2016, there will be a brand new preschool room! That means we will be able to better serve families in the community with children ages 1 - 5years in our parented and non-parented programs. Registration for the Fall term will start on July 20th, get ready to be active with us! For more preschool information on what the City of Edmonton can offer you, please visit:

[edmonton.ca/activities\\_parks\\_recreation/courses-programs-multiple-activities-preschool-child.aspx](http://edmonton.ca/activities_parks_recreation/courses-programs-multiple-activities-preschool-child.aspx)

## » NEW Childminding room Kids Den - Where little Athletes train

- » Kinsmen Sports Centre is proud to announce that in fall 2016, there will be a brand new Childminding room! The room will be located in the same place, just a little smaller and with exciting opportunities for the little ones to get active!

What is Childminding? Childminding is a drop-in service that is available to facility patrons for up to 2.5 hours. Your children will not want to go home, as we provide a fun and safe place for them to be active while you enjoy your own recreational pursuits. For more information, check us out at:

[edmonton.ca/activities\\_parks\\_recreation/kinsmen-childrens-experiences.aspx](http://edmonton.ca/activities_parks_recreation/kinsmen-childrens-experiences.aspx)







# PRESCHOOL REGISTERED NON-AQUATIC CAMPS

## Parented Camps

Parented camps are for children ages 1-3 years and 2.5-3.5 years. Parented camps are designed for you to engage with your child while participating in the planned activities together. Please bring a small daily snack (nut free) and drink for your child. Please bring clean, dry (indoor) shoes for your child. Also, ensure emergency contact and medical information is up to date, as this serves as course registration. Non-parented camps are for children ages 3.5-5 years. These camps are designed for children who are looking for opportunities to develop their own independence and enjoy exploration where all interaction is with their peers. These camps run in half day time slots allowing parent(s)/guardian(s) a full 3 hours of free time. Please always have your child dressed for the weather and provide a small nut-free snack and beverage each day for your child. All participants are required to be toilet trained as parents do not accompany children for Non-parented programs. Please ensure emergency contact and medical information are up to date, as this serves as course registration.

**\* Please note: 4 and 5 year olds have an opportunity to take part in preschool camps, school-age camps and registered programs. serves as course registration.**

## Making Movement Fun

We offer a wide variety of awesome day camp opportunities for the preschool age group (1-5 years old) in our convenient City of Edmonton Recreation Centres. Interwoven throughout camp programming is our commitment to enhance your child's physical literacy. Just like reading and writing, kids must learn to move. In fact, children who embrace movement at a young age are more likely to stay active into adulthood. In addition to creative weekly themes, we engage campers in daily activities that include running, jumping, climbing, swimming and playing. Join us for a fantastic, active summer! All City of Edmonton camp staff members are trained in physical literacy programming, fundamental movement skills, as well as principles in HIGH FIVE. For more information on our program principles, please contact our staff at 780-508-9064.

## MULTI-ACTIVITY PROGRAMS

### OBSTACLE FUN!

**AGES 3.5-5**

Obstacle fun is just that! The obstacle course will have your active child running, climbing, crawling, rolling and maneuvering through an array of equipment. Energetic instructors will lead your child through creative activities to get those heart rates up, and incorporate strength, agility and speed. Child must be fully toilet trained. Feel free to send a nut-free snack and drink.

DATES	TIME	#	PRICE	BARCODE
M-F Jul 4-8	1:00-4:00pm	(5)	\$99.00	566179





# CHILD/YOUTH REGISTERED NON-AQUATIC PROGRAMS

## Making Movement Fun

Making Movement Fun! We offer a wide variety of awesome registered program opportunities for our 6-12 school age participants, in our convenient Recreation and Leisure facilities. Interwoven throughout the programs and camps, is our commitment to enhance your child's physical literacy. Just like reading and writing, kids must learn to move. In fact, children who embrace movement at a young age are more likely to stay active into adulthood. In addition to creative weekly themes, we engage participants in daily activities that include running, jumping, climbing, and playing. Join us for a fantastic, active summer! All City of Edmonton program and camp staff members are trained in physical literacy programming, fundamental movement skills, as well as principles in HIGH FIVE. For more information on our program principles, please contact our staff at 780-508-9064.

## ACTIVE KIDS

AGES 6-8

This Active Series class will focus on an introduction to Physical Literacy. Kids will explore a variety of sports and activities in order to develop agility, balance, coordination and speed. Each class will be well-structured and geared towards progressing each participant through the skills, regardless of their abilities in a fun environment. This program is developed based on the Canadian Sport for Life Long Term Athlete Development Model.

DATES		TIME	#	PRICE	BARCODE
Mon	Jul 11-Aug 29	5:30-6:30pm	(7)	\$66.50	566080
(No Class Aug 1)					
Fri	Jul 8-Aug 26	5:30-6:30pm	(7)	\$66.50	566082
(No Class Aug 19)					

## ACTIVE FIT

AGES 9-12

Physical Literacy is an important part of child development. This Active Series class will translate Fundamental Movement Skills into fitness related games and exercises. Kids will learn body awareness, balance and basic strength training through a variety of circuits, obstacles and relay activities. Led by a Certified Personal Trainer this class is sure to keep your child's interest and motivate them to be Active for Life.

DATES		TIME	#	PRICE	BARCODE
Fri	Jul 8-Aug 26	5:45-6:45pm	(7)	\$66.50	533602
(No Class Aug 19)					

## ACTIVE SPORT

AGES 9-12

This Active Series class will progress your child through the Fundamental Movement Skills and into more of a game play setting. Each class will further develop motor skills, endurance and strength through games, relays and sport specific drills. While your child may have chosen a favorite sport, it is important to encourage multiple activities to ensure they become Physically Literate and motivate them to be Active for Life. This class corresponds with the Learn to Train Stage in the Long Term Athlete Development Model.

DATES	TIME	#	PRICE	BARCODE
Mon Jul 8-Aug 26	5:30-6:30pm	(7)	\$66.50	566081

(No Class Aug 1)

## OBSTACLE-FIT FAMILY

AGES 8+

Get fit with your family in this fun obstacle course class. Energetic instructors will lead your family through creative activities to get your heart rate up and incorporate strength, agility and speed. Two children may come for free with each paid adult registration.

DATES	TIME	#	PRICE	BARCODE
Sat Jul 9-Aug 20	9:15-10:15am	(6)	\$63.00	553598

(No Class July 30)

## DAY CAMPS

### What you need to know:

- › Please send your participant with a nut-free snack, water, socks, and closed toe shoes (preferably running shoes). Appropriate indoor and outdoor attire is needed with changing weather. Please include sunscreen and bug spray in your participant's back pack daily.
- › Early drop off is available from 8-9am, and late pick up is available from 4-5pm.
- › At the end of pick up time, a \$10.00 late fee will be charged to your account every 15 minutes.
- › Each family will receive a phone call from our staff the week prior to camp starting to remind you of these details and answer any questions you may have.
- › Registration forms are no longer required. Please ensure that your child's emergency contact and medical information are up to date on your account, as this serves as course registration.
- › Please notify your instructor of any allergies or health concerns relating to your child on the first day of camp.

## FULL DAY CAMPS

### BIKE & SPLASH

AGES 8-12

\$242 (5 days)

Bike & Splash is an energetic camp that teaches participants the basics of trail biking with a bike specialist. Participants will learn how to travel in different types of road safety situations and go on short trail rides in the beautiful River Valley. Note: Three mornings will be spent in Queen Elizabeth Pool, depending on weather. Bikes and helmets will be provided.

DATES	TIME	#	PRICE	BARCODE
M-F Jul 11-15	9:00am-4:00pm	(5)	8-12 yrs	560335
M-F Aug 8-12	9:00am-4:00pm	(5)	8-12 yrs	560421
M-F Aug 22-26	9:00am-4:00pm	(5)	8-12 yrs	560782

## YOUTH IN ACTION

This class is designed to introduce youth to the basics of fitness and weight training. Following this orientation 12-15 year olds are able to use the fitness centre without adult supervision.

DATES	TIME	#	PRICE	BARCODE
Sat Jul 9	12:00-3:00pm	(1)	\$35.00	564994
Sat Aug 6	12:00-3:00pm	(1)	\$35.00	565009

## FAMILY CAMPS

These camps are designed for children ages 6-12. Separate barcodes are for ratio purposes only.

### CAMP OLYMPICS

AGES 6-12

\$230.00 (5 days)

Have you ever wanted to know what it is like to participate in the Olympics? Through a wide variety of activities create your own Olympic event. You will learn the importance of teamwork and and physical activity in sport. Camp will begin by creating their team flag and finish with creating their own participation trophies. Swimming will take place every afternoon, except Friday!

DATES	TIME	#	PRICE	BARCODE
M-F	Jul 18-22	9:00am - 4:00pm	(5)	6-7 yrs <b>560710</b>
				8-12 yrs <b>560336</b>

### GAME ON!

AGES 6-12

\$210.00 (4 days)

Campers will have the time of their life as they take part in this action packed week full of games, sports, and team building activities. We will wrap up with a game show finale, hosted by our own special gues. Come on down, it's time to get moving and playing games with new friends! Swimming will take place every afternoon, except Friday!

DATES	TIME	#	PRICE	BARCODE
Tu-F	Aug 2-5	9:00am - 4:00pm	(4)	6-7 yrs <b>560711</b>
				8-12 yrs <b>560338</b>

### READY4SPORT

AGES 6-12

\$230.00 (5 days)

Ready4Sport is a high energy camp where your child engages in games that incorporate teamwork, fair play, skill development and essential FUN! Participants will be exposed to a variety of games and skills in a fun, non-competitive environment. Try your hand at a different sport each day! Swimming will take place every afternoon, except Friday!

DATES	TIME	#	PRICE	BARCODE
M-F	Jul 4- 8	9:00am - 4:00pm	(5)	6-7 yrs <b>560418</b>
				8-12 yrs <b>560334</b>
M-F	Jul 25-29	9:00am - 4:00pm	(5)	6-7 yrs <b>560420</b>
				8-12 yrs <b>560337</b>
M-F	Aug 15-19	9:00am - 4:00pm	(5)	6-7 yrs <b>561169</b>
				8-12 yrs <b>560340</b>

## WE DO BIRTHDAY PARTIES!



Make your child's birthday an unforgettable experience by booking a customized party available at Kinsmen Sports Centre.

Whether your interested in games, sports, or training to be a Ninja or you want to learn some kickboxing moves, your child's party is sure to be unique, active and fun!

For more information about birthday parties, please visit [edmonton.ca/BirthdayParties](http://edmonton.ca/BirthdayParties)

BIRTHDAY PARTY	DESCRIPTION
GAME - ON SPORTS	Your group can let loose in this jam packed party filled with will your kid's favorite games, sports and activities.
KUNG FU PANDAS	Move like a monkey, a tiger, and a snake, as you leap, spin, tumble, and roll. Play high-energy games and participate in basic Kickboxing techniques.
NINJA WARRIOR	Balance on beams, crawl through tunnels or jump over hurdles with this unique obstacle course birthday party.
ZUMBA PARTY	Does your birthday boy/girl love to dance? Then this is the party for them! Move and groove with your family and friends to today's top hits and Latin beats.

FOR MORE INFORMATION ON RENTAL SPACES AND PRICES, SEE PAGE 25





# ADULT REGISTERED NON-AQUATIC PROGRAMS

## FITNESS BASED PROGRAMS

### AGILITY TRAINING 101

Calling all athletes! Focusing on Agility can take your fitness to the next level. By working on foot speed, quick changes in movement and force, as well as improving reactions to visual cues, Agility Training 101 can prepare your body for any sport or activity you are planning to excel in.

DATES		TIME	#	PRICE	BARCODE
Mon	Jul 4-25	7:00-8:00pm	(4)	\$80.00	565025
Mon	Aug 8-29	7:00-8:00pm	(4)	\$80.00	565032

### GROUP FITNESS 101

A great way to learn and try out the variety of amazing drop-in fitness programs offered by The City of Edmonton in small, motivating and supportive environment. This 5 class program will take you through the basics (theoretical and practical) of Mind/Body, Spin, Strength, Step/Choreography, and Interval based classes. This is the best way to learn proper techniques while finding out what class best suits your needs with a friendly and qualified fitness instructor.

DATES		TIME	#	PRICE	BARCODE
Sun	Jul 10-Aug 14	12:30-1:30pm	(5)	\$55.00	565043

## KICKBOXING-COMBINED INTRO/INTER & ADV

Take up Kickboxing to beat those workout blues. Learn proper technique while developing quick reflexes, agility, stamina and flexibility. It's a great way to burn off stress and calories after a hectic day.

DATES		TIME	#	PRICE	BARCODE
Mon	Jul 4-25	7:00-8:30pm	(4)	\$64.00	565014
Mon	Aug 8-29	7:00-8:30pm	(4)	\$64.00	565015
Thu	Jul 7-28	7:00-8:30pm	(4)	\$64.00	565013
Thu	Aug 4-Sept 1	7:00-8:30pm	(5)	\$80.00	565016

## LEARN TO LIFT

Learn the basic skill and proper technique for the 3 powerlifting movements (squat, deadlift, bench press) from a qualified personal trainer. These three fundamental movements and accessory lifts will be taught to improve muscular strength and endurance in the privacy of our newly designed Training Studio.

DATES		TIME	#	PRICE	BARCODE
Sat	Jul 9-23	7:00-8:30pm	(3)	\$60.00	565049
Sat	Aug 6-Sept 3	7:00-8:30pm	(5)	\$100.00	565050



## OBSTACLE-FIT CONDITIONING

Run, jump, crawl and climb your way to superior fitness. Obstacle course fitness conditioning combines strength and endurance training for an amazing workout designed to both challenge and improve your skills, speed, strength and agility while testing your mental toughness. This class will have you ready to tackle any obstacle and conquer any course!

DATES	TIME	#	PRICE	BARCODE
Wed Jul 6-27	7:00-8:00pm	(4)	\$48.00	565026
Wed Aug 3-31	7:00-8:00pm	(5)	\$60.00	565028

## OLYMPIC LIFTING 101

Learn the fundamentals of the Olympic Lifts in this registered course to improve: force production, explosive power and coordination. Participants will be taught the snatch, clean and jerk by a qualified Olympic Lifting Coach. Accessory lifts and exercises will also be taught to aid in strength gains and range of motion.

DATES	TIME	#	PRICE	BARCODE
Sat Jul 9-23	11:00am-12:00pm	(3)	\$60.00	565052
Sat Aug 6-Sept 3	11:00am-12:00pm	(5)	\$100.00	565051

## SPEED AND POWER 101

Calling all athletes! Speed and Power training is a course designed to maximize your force production. Sessions will combine speed, strength and muscular training while still focusing on mechanics and movement skills. This course will allow you to maximize physical ability for whatever your end game may be.

DATES	TIME	#	PRICE	BARCODE
Mon Jul 4-26	6:00-7:00pm	(4)	\$80.00	565029
Mon Aug 8-29	6:00-7:00pm	(4)	\$80.00	565030

## TRIATHLON TRAINING

The Kinsmen Triathlon group is a dedicated team focused on improving skill level, fitness and performance. Our professional coaches will provide you with structured workouts focusing on developing technique for the bike, run and swim components while developing overall body strength. Includes an All-Facility membership for the duration of the program.

DATES	TIME	#	PRICE	BARCODE
Tu/Th Jul 5-Aug 30	9:15-11:15am	(17)	\$297.00	546211
Tu/Th Jul 5-Aug 30	6:00-8:00pm	(17)	\$297.00	546212

## WOMEN ON WEIGHTS

Build bone density, increase metabolism and discover the health benefits of weight training in a supportive environment. This class is geared toward beginners focusing on the basic principles of fitness training. Learn proper technique and how to design a program to suit your personal needs.

DATES	TIME	#	PRICE	BARCODE
Sat Jul 9-Aug 20	10:30-11:30am	(6)	\$66.00	565034

## ABOUT NEVILLE WRIGHT



- Canada Track & Field West Coast
- Series/Pacific World Cup (2006) 100m and 4x100m Relay Gold Medalist and overall Champion
- National 100m Bronze Medalist (2007)
- World University Games 100m Bronze Medalist (2007)
- Anchored Canada's 4x100m Relay Team at IAAF World Championships (2007)
- Canada Bobsleigh
- 2x National Gold Medalist
- 2x Olympian (2010, 2014)
- World Push Championship Bronze Medalist (2011)
- Competed in 3 World Championships (2011, 2012, 2013)

# AQUATIC CENTRE

➤ It's time to build aquatics into your training regime.

Kinsmen Sports Centre is the place for serious aquatic fitness. Drop into one of our Aquatic programs:

- **Aquafit**
- **Aqua HIIT**
- **Swim Training**
- **SELECT I CAN SWIM - STAGE 1 (6+ yrs)**  
Orientation to Water. Children develop swimming fundamentals while learning to be safe, comfortable and relaxed in the water.
- **SELECT I CAN SWIM - STAGE 2 (6+ yrs)**  
Skill Development. Focuses on the building blocks of the four core strokes, diving and treading water.
- **SELECT I CAN SWIM - STAGE 3 (8+ yrs)**  
Skill Improvement. Focuses on mastering the four core strokes while improving endurance.





## ADULT DROP IN AQUATIC PROGRAMS

### AQUA FIT

Get fit! Aquafit is a fun and energetic aerobic exercise class that uses the water for resistance.

DATES	TIME
Mon/Wed/Fri	9:30-10:30am

(No Classes Aug 1-12 due to special events)

### SWIM TRAINING

Professional swim coaches will help you improve your swimming skills, speed and endurance. Perfect for swimmers who wish to tune up their strokes. Participants should be able to swim a minimum 200 meters' comfortably.

QUEEN ELIZABETH POOL	
DATES	TIME
Monday/Wednesday/Friday	10:00-11:00am

KINSMEN	
DATES	TIME
Monday/Wednesday/Friday	6:00-7:00am

(No Classes July 11-21, Kinsmen Only)

### AQUA HIIT

Aqua HIIT combines the principles of high intensity interval training with the powerful resistance of the water. Using omni-directional aquatic equipment, Aqua HIIT drills provide a powerful punch to your basic cardio, strength and core training routines.

DATES	TIME
Tuesday	12:00-1:00pm

(No Classes Aug 1-12 due to special events)

### GENERAL DROP IN

Guaranteed lane space at all times\*. Please check website for public swim and public dive times

NEW Adult Aquatic Fit & Fun Friday night classes! Coming soon for fall 2016!

\*Space may be limited or lanes unavailable due to special events.

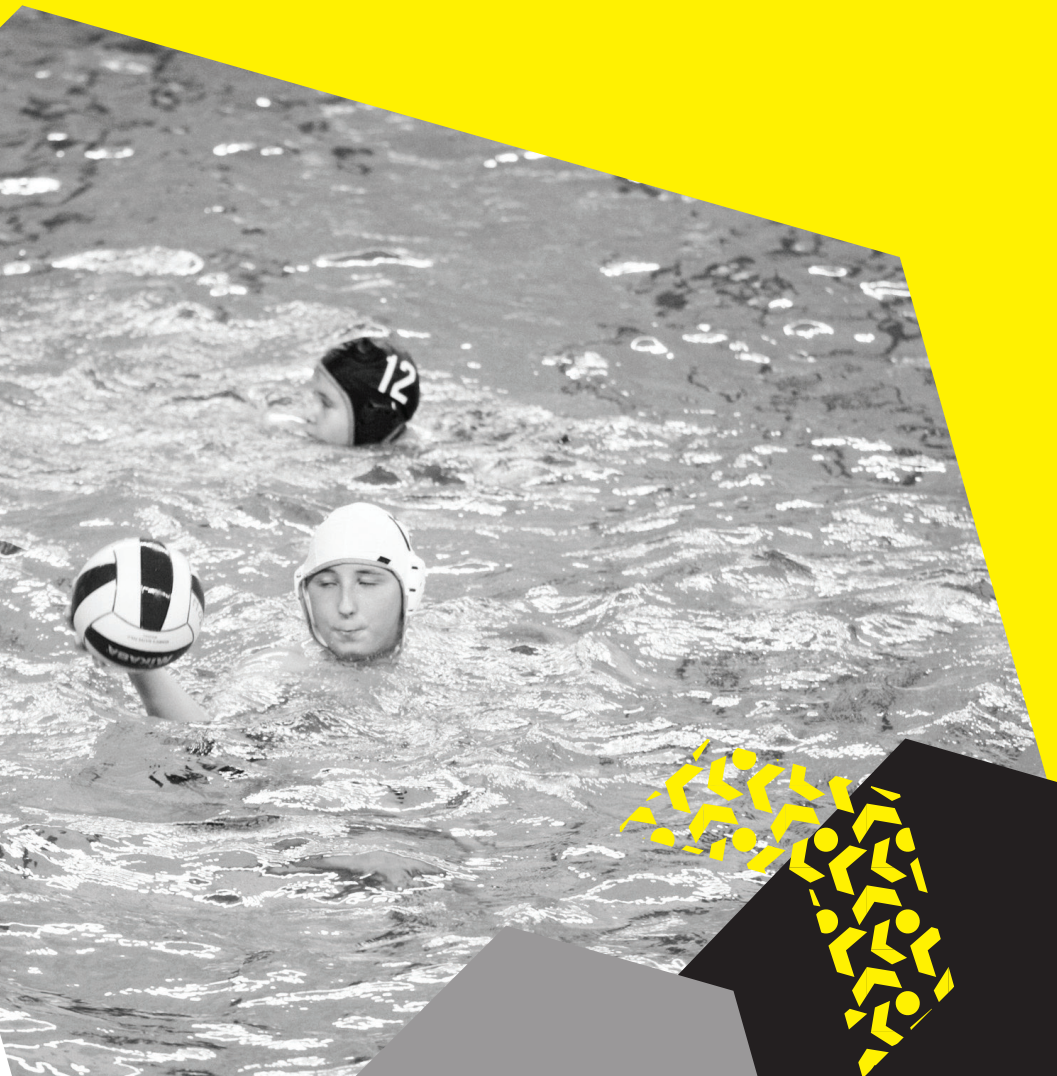


# SPECIAL EVENTS

## › SUMMER 2016

- › **UANA Junior Pan Am Water Polo Championships** July 11 - 21
- › **Canadian Swimming Championships** August 1 - 7
- › **Kinette Club of Canada National Convention** August 18
- › **IGLA** August 9 - 14

**Please check online or at the front desk  
for affected swim times.**







# REGISTERED AQUATIC SWIM

## PROGRAM DESCRIPTIONS

### NEW! SELECT I CAN SWIM LESSONS

These courses are designed for patrons to Select dates and times on Sundays that fit into their busy schedule. Each lesson is \$18.50 per child per lesson. Children must be 6 yrs of age or older.

Each lesson will include:

- › Maximum of 6 children in each class
- › Self-paced advancement to the next level based on completion of skills
- › I CAN SWIM Stages 1,2,3 program content will be offered
- › Parents will have reserved parking spots during large events at Kinsmen Sports Centre.

### SELECT I CAN SWIM - STAGE 1

Orientation to Water. Children will learn all the fundamentals: entering, front and back floats, front and back glides, submerging, breathing and movement in the water.

### SELECT I CAN SWIM - STAGE 2

Skill Development. An introduction to front swim, back swim and breaststroke. This level includes streamlining, treading water and an introduction to dives.

### SELECT I CAN SWIM - STAGE 3

Skill Development. Building on the skills developed in Stages 1 and 2, swimmers will work on improving their skills and endurance for the four core strokes while practicing advanced dives and an introduction to turns.

### PRIVATE LESSONS

Private swimming lessons are available for ages 6 and up for all levels of swimming ability. For more information or to book a private lesson, please call 311.

## PRESCHOOL AQUATIC PROGRAMS

Parents are required to remain on the pool deck during preschool swimming lessons.

### PARENT & TOT

Designed to have parents in the water with their youngster. Parents learn to teach their child about the water. Parents' safety awareness is also increased through active participation in this class. Facilities offering these three levels combined will be identified as Parent & Tot.

### PARENT & TOT: STARFISH 4-12 MOS

An introductory class for babies and their parent or caregiver. The goal of this class is orientation to water, buoyancy, movement, entries and songs and play in the water.

### PARENT & TOT: DUCK 12-24 MOS

For toddlers or older babies with a parent or caregiver. Toddlers build confidence while enjoying the water through games, songs and active water play.

### PARENT & TOT: SEA TURTLE 24-36 MOS

A transitional level for preschoolers and their parents. Parents can gradually give the toddler independence to do activities while actively supervising them in class.

### SUPER 3 YR OLD BEGINNER

This unparented program is for children 3 years of age. Activities will include water safety education, safe entry and exits, breath control, floats, glides and glides with kick-assisted working towards unassisted glides.

### SUPER 3 YR OLD INTERMEDIATE

This unparented program for children 3 years of age is designed for those who have completed the Super 3 year old beginner or are comfortable with front and back floats and glides unassisted. Activities will include water safety education, front and back floats, glides and glides with kick unassisted. Side glides and roll over floats are introduced. Prerequisite for this level is completion of Super 3 year old Beginner.

### 4&5 YR OLD BEGINNER

This non parented program is for children 4 or 5 years of age. Activities will include entry and exits, breath control, floats and glides assisted and water safety education. Chest deep water skills are introduced.

### 4&5 YR OLD ADVANCED

This non parented program is for children 4 or 5 years of age. Activities will include mastering breath control & independent floats and glides and water safety education. Front & back swims, side glides and chest deep water skills are introduced.

Prerequisite for this level is completion of 4 and 5 year old Beg.

### 4&5 YR OLD ENRICHED

This unparented program helps the child continue building skills in front and back swims. Introduction to deep water and proper use of a personal flotation device (PFD). Swimming endurance is increased to 5-10m.

# KINSMEN AQUATIC PROGRAM SCHEDULE

MONDAY – FRIDAY: JULY 4-15 10 LESSONS			
9:30AM	PARENT & TOT STARFISH/DUCK 564646	4&5 YR OLD BEG 564605	SUPER 3 YR OLD BEG 564629
9:45AM			
10:00AM	SUPER 3 YR OLD INT 564634	4&5 YR OLD ADV/ ENR 564622	PARENT & TOT STARFISH/DUCK 564645
10:15AM			
10:30AM	4&5 YR OLD BEG 564611	SUPER 3 YR OLD INT 564635	4&5 YR OLD ADV 564061
10:45AM			
11:00AM	4&5 YR OLD ADV 564620	PARENT & TOT SEA TURTLE 564637	SUPER 3 YR OLD BEG 564631
11:15AM			
11:30AM	SUPER 3 YR OLD INT 564640	4&5 YR OLD BEG 564647	4&5 YR OLD ADV/ ENR 564625
11:45AM			

! Parent Discussion Day July 8

MONDAY – FRIDAY: JULY 18-29 10 LESSONS			
9:30AM	SUPER 3 YR OLD INT 564641	4&5 YR OLD BEG 564607	4&5 YR OLD ADV 564628
9:45AM			
10:00AM	PARENT & TOT STARFISH/DUCK 564655	4&5 YR OLD ADV/ ENR 564623	SUPER 3 YR OLD BEG 564644
10:15AM			
10:30AM	PARENT & TOT 564656	SUPER 3 YR OLD INT 564636	4&5 YR OLD ADV 564619
10:45AM			
11:00AM	4&5 YR OLD ADV/ ENR 564627	4&5 YR OLD BEG 564614	SUPER 3 YR OLD BEG 564632
11:15AM			
11:30AM	SUPER 3 YR OLD INT 564642	PARENT & TOT SEA TURTLE 564638	PRIVATE 564728
11:45AM			

! Parent Discussion Day July 22

TUESDAY – THURSDAY: JULY 5-7 & JULY 12-14 6 LESSONS			
5:00PM	SUPER 3 YR OLD INT 564676	4&5 YR OLD BEG 564664	4&5 YR OLD ADV 564671
5:15PM			
5:30PM	PARENT & TOT SEA TURTLE 564677	4&5 YR OLD ADV/ ENR 564666	SUPER 3 YR OLD BEG 564672
5:45PM			
6:00PM	4&5 YR OLD BEG/INT 564659	SUPER 3 YR OLD INT 564667	PARENT & TOT STARFISH/DUCK 564673
6:15PM			
6:30PM	4&5 YR OLD ADV/ ENR 564661	4&5 YR OLD BEG 564668	SUPER 3 YR OLD BEG 564674
6:45PM			
7:00PM	SUPER 3 YR OLD INT 564663	PRIVATE LESSON 564681	4&5 YR OLD ADV 564675
7:15PM			

TUESDAY – THURSDAY: JULY 19-21 & JULY 26-28 6 LESSONS			
5:00PM	PARENT & TOT SEA TURTLE 564682	SUPER 3 YR OLD BEG 564689	SUPER 3 YR OLD INT 564705
5:15PM			
5:30PM	4&5 YR OLD BEG 564685	4&5 YR OLD ADV/ ENR 564690	PARENT & TOT STARFISH/DUCK 564700
5:45PM			
6:00PM	4&5 YR OLD BEG 564711	SUPER 3 YR OLD INT 564693	4&5 YR OLD ADV 564701
6:15PM			
6:30PM	4&5 YR OLD ADV/ ENR 564687	4&5 YR OLD ADV 564694	SUPER 3 YR OLD BEG 564703
6:45PM			
7:00PM	PRIVATE LESSON 564688	PRIVATE LESSON 564714	4&5 YR OLD BEG 564704
7:15PM			



MONDAY – FRIDAY: AUGUST 15-26 10 LESSONS			
9:30AM	PARENT & TOT 564660	4&5 YR OLD BEG 564608	SUPER 3 YR OLD BEG 564630
9:45AM			
10:00AM	4&5 YR OLD BEG 564617	4&5 YR OLD ADV/ ENR 564624	SUPER 3 YR OLD INT 564655
10:15AM			
10:30AM	SUPER 3 YR OLD BEG 564699	PARENT & TOT STARFISH/DUCK 564662	4&5 YR OLD BEG 564612
10:45AM			
11:00AM	4&5 YR OLD ADV 564621	SUPER 3 YR OLD INT 564643	SUPER 3 YR OLD BEG 564633
11:15AM			
11:30AM	PARENT & TOT SEA TURTLE 564639	4&5 YR OLD BEG 564615	4&5 YR OLD ADV/ ENR 564626
11:45AM			

! Parent Discussion Day August 19

SELECT I CAN SWIM LESSONS			
STAGE 1 ORIENTATION TO WATER AGES 6+  5:30-6:00PM	TUES	WED	THURS
	August 16 564826	August 17 564831	August 18 564835
	August 23 564827	August 24 564832	August 25 564836

SELECT I CAN SWIM LESSONS			
STAGE 3 SKILL IMPROVEMENT AGES 8+  7:00-7:45PM	TUES	WED	THURS
	August 16 564854	August 17 564859	August 18 564863
	August 23 564855	August 24 564860	August 25 564864

## Select I Can Swim Lessons

The Select lessons are designed for parents to select individual lesson dates and times that fit their family's busy schedules. Each lesson will include:

- › I CAN SWIM Stages 1, 2, and 3 program content will be offered
- › Small class sizes
- › Self-paced advancement based on completion of skills

Within the 3 Stages, your child will master 54 water skills including freestyle, breaststroke, backstroke, butterfly, entries, turns and water safety.

TUESDAY – THURSDAY: AUG 16-18 & AUG 23-25 6 LESSONS			
5:00PM	4&5 YR OLD BEG 564648	SUPER 3 YR OLD BEG 564692	4&5 YR OLD ADV 564708
5:15PM			
5:30PM	SUPER 3 YR OLD INT 564699	4&5 YR OLD ADV/ ENR 564709	PARENT & TOT 564719
5:45PM			
6:00PM	PARENT & TOT SEA TURTLE 564718	SUPER 3 YR OLD INT 564717	4&5 YR OLD ADV 564710
6:15PM			
6:30PM	4&5 YR OLD ADV/ ENR 564713	4&5 YR OLD BEG 564683	SUPER 3 YR OLD INT 564702
6:45PM			
7:00PM	PRIVATE LESSON 564721	4&5 YR OLD ADV/ ENR 564715	PRIVATE LESSON 564722
7:15PM			

SELECT I CAN SWIM LESSONS			
STAGE 2 SKILL DEVELOPMENT AGES 6+  6:00-6:45PM	TUES	WED	THURS
	August 16 564840	August 17 564845	August 18 564849
	August 23 564841	August 24 564846	August 25 564850

# RENTALS

Field House Courts and the Lower Running Track are available for users and organizations to rent, and can also be rented out for events such as school events and other shows. Please contact [kinsmenbookings@edmonton.ca](mailto:kinsmenbookings@edmonton.ca) for any rental or special event requests.

## ROOMS

### Kinette Room

- 80 people seated; 115 standing
- The room is equipped with a 48" Flatscreen with HDMI cable, a whiteboard and overhead projector
- Room setups can be chosen in many different styles with the choice of round banquet tables or rectangular tables
- Room has a kitchen with a sink, fridge and counter space
- Perfect for meetings, birthday parties and other large events

### Board Room

- Perfect for small meetings
- Can seat 8-10 people

KINSMEN	
MEETING ROOMS	
Aquatics Lecture Room/Board room- Hourly	\$32.00
Boardroom: Daily rate	\$184.00
Program Room Program Rate (Program Studio)	\$62.00
Kinette Club of Edmonton Room H (Hourly)	\$48.00
Kinette Club of Edmonton Room D (Daily)	\$287.00
FIELD	
Full Field Minor (All 5 inside courts and Lower Running Track)	\$178.00
Full Field Adult (All 5 inside courts and Lower Running Track)	\$249.00
INSIDE FIELD	
Volleyball Courts (1 and 5)	\$40.00
Tennis Courts Sports Use (Tennis Court Area 3 spaces)	\$144.00
Track Fee by Lane (Lower Track by Lane)	\$17.35
FITNESS CENTRES	
Fitness Centres (Non-Exclusive, Keltie Byrne Non-Exclusive, Training Studio)	\$50.00



# WE'RE ALL IN THIS TOGETHER

## POOL SAFETY

- **Evacuate pool and follow staff instructions** when alarm/whistle is sounded.
- If someone needs your help **assist if it is safe** to do so.
- If you are witness to an emergency situation **notify a staff member immediately**.
- **A maximum of three children under 8 years of age must be actively supervised in the pool (and on immediate deck and amenities) by a responsible person 15 years of age or older.**  
*\*Preferably a parent or guardian.*
- **Keep children under 8 years of age within ARMS REACH at all times.**  
*\*Children who are not supervised will not be allowed in the pool area.*
- Everyone **must be able to swim 25 metres** on their front without stopping before entering deep water (above shoulder depth). Youth under the age of 13 years **must demonstrate** this ability and those 13 years of age or older may be asked. If a lifejacket is used for the demonstrated swim it must always be worn in deep water.
- **Know your limitations.** Be aware of deep areas. PFDs (lifejackets) are recommended for all weak or non-swimmers. PFDs are available at all pools free of charge.
- **No running** on pool deck or in showers.
- **Do not dive into shallow end** of the pool. Go in feet first.
- **No fooling around, wrestling or rough play** on diving board, slide, swinging rope or pool edge.
- **Report faulty equipment** to staff.
- **No prolonged breath holding** or breath holding games.

## POOL PROTOCOLS

- **Alert staff** of medical problems (heart condition, epilepsy, etc).
- Do not swim if suffering from a cold, flu, bacterial or viral infection, communicable disease or severe skin condition. *\*Do not enter pool if you currently suffer from diarrhea, or had diarrhea within the last two weeks.*
- **Report discharges** (vomit, blood, feces) immediately to staff for cleaning. *\*Water contamination may result in long and costly pool cleaning and shutdown.*
- **No spitting** and avoid swallowing pool water.
- **Limit your stay in the steam room, sauna or whirlpool** to no longer than 10 minutes at a time. *\*Please consult a doctor if you have epilepsy, diabetes, high blood pressure, heart conditions or are pregnant.*
- **Clean swimming apparel is required** in the pool.
- **Take a cleansing shower** before every swim to avoid carrying dirt, bodily secretions, bacteria or residue from hygiene products into the pool.
- **Use washroom facilities** before swimming, especially children.
- **Children who are not toilet trained must wear waterproof diapers** (available from the cashier).
- **Ensure children and/or adult diapers are properly secured** and changed regularly to prevent oversaturation and leakage.
- Persons under the influence of intoxicants will not be allowed into the facility. Consumption of alcohol and/or drugs on the premises is not permitted.

## AQUATIC CENTRE RULES AND GUIDELINES

### POOL CHANGE ROOMS

- **Remove shoes** before entering change rooms or pool area.
- **Finish eating and drinking** before entering change room. Use garbage bins provided.
- Children 6 years of age and older must use the **change room designated** for their gender, or use the family change room.
- **No open or glass containers** are allowed in the change room or pool area.
- **Protect your belongings** by securing them in a locker. *\*Do not bring valuables to facilities. However, small lockers are available in lobby areas, free of charge, for wallets and keys.*

**If you require further information, please speak with facility staff or call 311.**

**Research shows that learning how to swim saves lives. Register for swim lessons today.**

## REMEMBER...

- 💧 Use of cell phones, cameras and other personal recording devices is restricted in all City of Edmonton recreation facilities. Written approval must be given by appropriate City staff members, as well as individuals recorded, in all public facility areas.
- 💧 Turn off and store all cell phones, cameras and other personal recording devices in change rooms. **\*Taking photos in change rooms and washrooms is against the law.**
- 💧 Abusive, dangerous or criminal behavior will not be tolerated. Anyone not following facility rules will be asked to leave and may have privileges suspended or terminated through the Abusive Patrons Policy.

Edmonton



# WE'VE GOT FOLLOW THROUGH



**Victoria Golf Course  
and Driving Range**

**Riverside Golf Course**

**Rundle Park  
Golf Course**

Golf is a lifelong sport. At the City of Edmonton, we grow the game with everything from lessons for juniors and adults to beautiful riverside courses for golfers at all levels.

Whether you're learning to swing a club or hoping to take off a few strokes, we've got group or individual lessons to get you there.



**Registered golf programs  
Tournaments  
New golf discounts  
Upcoming events  
Active clubs**

**Junior golf experience for kids 6-17,  
including junior rates for single rounds**

**Visit us online or call 311 to find out more about what our courses offer.**

**Rundle Park · Riverside  
Victoria Golf Course and Driving Range  
[edmonton.ca/golf](http://edmonton.ca/golf) 311**

<http://rvjgc-e.wildapricot.org/>

**RVJGC-E**



**Edmonton**



[edmonton.ca/kinsmen](http://edmonton.ca/kinsmen)

