

SPRING 2016: APR - JUN

City of Edmonton  
**Recreation  
centres**   
**PROGRAM GUIDE**

**JOIN YOUR  
NEIGHBOURS!**

Stay active and get well in your community hub. Memberships available.  
P.6

**SWIMMING  
LESSONS FOR  
ALL AGES!**

Find a lesson that fits you and your schedule.  
P.56



**REGISTRATION  
STARTS:**  
FEB 3, 2016



MY EDMONTON

# REC GUIDE

Registering for  
City of Edmonton Programs  
just got easier!

Try My Rec Guide today!

Use My Rec Guide to create personalized program guides based on age, interest and facility or area of choice. View descriptions, prices, and course capacity. Your guide is yours to print at home, or use to click through to the City's eReg registration system.

Seasonal registration dates are: Feb 3, May 4, Jul 20 and November 2

[MyRecGuide.ca](http://MyRecGuide.ca)

THE CITY OF  
**Edmonton**

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# WHAT'S IN YOUR NEIGHBOURHOOD?

Get active at Edmonton's fun and exciting facilities, attractions and parks, and enjoy an endless number of programs, activities and special events that will help you get the most out of life!



## City of Edmonton Leisure, Sports and Fitness Facilities

### NORTHEAST

- 1 A.C.T. Aquatic and Recreation Centre  
2909 - 113 Avenue
- 2 Clareview Community Recreation Centre  
3804 - 139 Avenue
- 3 Eastglen Leisure Centre  
11410 - 68 Street
- 4 Londonderry Fitness and Leisure Centre  
14528 - 66 Street
- 5 O'Leary Fitness and Leisure Centre  
8804 - 132 Avenue

### NORTHWEST

- 6 Grand Trunk Fitness and Leisure Centre  
13025 - 112 Street
- 7 Jasper Place Fitness and Leisure Centre  
9200 - 163 Street
- 8 Peter Hemingway Fitness and Leisure Cen.  
13808 - 111 Avenue
- 9 St. Francis Xavier Sports Centre  
9240 - 163 Street

### CENTRAL

- 10 Commonwealth Community Recreation Cen.  
11000 Stadium Road
- 11 Kinsmen Sports Centre  
9100 Walterdale Hill
- 12 Central Lions Recreation Centre  
11113 - 113 Street

### SOUTHEAST

- 13 Bonnie Doon Leisure Centre  
8648 - 81 Street
- 14 Hardisty Fitness and Leisure Centre  
10535 - 65 Street
- 15 The Meadows Community Rec Centre  
2704 - 17th Street NW
- 16 Mill Woods Recreation Centre  
7207 - 28 Avenue
- 17 Scona Leisure Centre  
*Operated by an independent contractor*  
10450 - 72 Avenue

### SOUTHWEST

- 18 Confederation Leisure Centre  
11204 - 43 Avenue
- 19 Terwillegar Community Rec Centre  
2051 Leger Road NW

For more information about any of these City of Edmonton Recreation Centres, sports fields, parks or trails, please call 311 (780-442-5311 if outside Edmonton) or visit [edmonton.ca/eReg](http://edmonton.ca/eReg).

## Outdoor Swimming Pools

### NORTHEAST

- 1 Borden Park Outdoor Pool  
opening 2014 | 11200 - 74 Street

### NORTHWEST

- 2 Fred Broadstock Outdoor Pool  
15720 - 105 Avenue

### CENTRAL

- 3 Oliver Outdoor Pool  
10315 - 119 Street

### SOUTHEAST

- 4 Mill Creek Outdoor Pool  
9555 - 84 Avenue
- 5 Queen Elizabeth Outdoor Pool  
9100 Walterdale Hill

## City of Edmonton Golf Courses

- 1 Victoria Golf Course & Driving Range  
12130 River Road
- 2 Riverside Golf Course  
8630 Rowland Road
- 3 Rundle Golf Course  
2902 - 118 Avenue
- 4 Kinsmen Pitch and Putt  
*Operated by the Kinsmen Club of Edmonton*  
9100 Walterdale Hill

## City of Edmonton Attractions and Specialized Facilities

- 1 City Arts Centre  
10943 - 84 Avenue
- 2 City of Edmonton Archives/  
Prince of Wales Armouries  
10440 - 108 Avenue
- 3 Fort Edmonton Park  
Fox Drive & Whitemud Drive
- 4 Jasper Place Annex  
9200 - 163 Street
- 5 John Janzen Nature Centre  
Fox Drive & Whitemud Drive
- 6 John Walter Museum  
9100 Walterdale Hill
- 7 Muttart Conservatory  
9626 - 96A Street
- 8 Northgate Lions Recreation Centre  
7524 - 139 Avenue
- 9 Edmonton Valley Zoo  
Buena Vista Road and 134 Street

## City of Edmonton Indoor Ice Arenas

### NORTHEAST

- 1 Clareview Recreation Centre  
3804 - 139 Avenue
- 2 Glengarry Arena  
13340 - 85 Street
- 3 Londonderry Arena  
14520 - 66 Street
- 4 Russ Barnes Arena  
6725 - 121 Avenue
- 5 Westwood Arena  
12040 - 97 Street

### NORTHWEST

- 6 Bill Hunter Arena  
9200 - 163 Street
- 7 Callingwood Rec Centre  
17740 - 69 Avenue
- 8 Castle Downs Rec Centre  
11520 - 153 Avenue
- 9 Coronation Arena  
13500 - 112 Avenue
- 10 Crestwood Arena  
9940 - 147 Street
- 11 Grand Trunk Arena  
13025 - 112 Street
- 12 Oliver Arena  
10335 - 119 Street

### SOUTHEAST

- 13 Donnan Arena  
9105 - 80 Avenue
- 14 Kenilworth Arena  
8311 - 68 A Street
- 15 The Meadows Community Rec Centre  
2704 - 17th Street NW
- 16 Michael Cameron Arena  
10404 - 56 Street
- 17 Mill Woods Recreation Centre  
7207 - 28 Avenue

### SOUTHWEST

- 18 Confederation Arena  
11204 - 43 Avenue
- 19 Kinsmen Twin Arena  
*Operated by Kinsmen Club of Edmonton*  
1979 - 111 Street
- 20 George S. Hughes South Side Arena  
*Formerly known as South Side Arena*  
10525 - 72 Avenue
- 21 Tipton Arena  
10828 - 80 Avenue
- 22 Terwillegar Subway Arena  
2051 Leger Road NW

# 2016 MEMBERSHIP AND ADMISSIONS

Prices are also available online at [edmonton.ca/RecMembership](http://edmonton.ca/RecMembership)

## FACILITY

	ADMISSIONS		MEMBERSHIP		CONTINUOUS	LOCATIONS
	Single	Multi (5-99 visits)	Monthly	Annual	Monthly (bank withdrawal)	A.C.T. BONNIE DOON CENTRAL LIONS CONFEDERATION EASTGLEN GRAND TRUNK JASPER PLACE HARDISTY LONDONDERRY MILLWOODS O'LEARY PETER HEMINGWAY SCONA ST FRANCIS XAVIER  OUTDOOR POOLS
ADULT (18-64 yrs)	\$7.25	\$6.55 (per visit)	\$50.00	\$435.00	\$41.00	
YOUTH/SENIOR (13-17 yrs/65+)	\$6.25	\$5.65 (per visit)	\$42.00	\$375.00	\$36.00	
CHILD (2-12 yrs)	\$4.75	\$4.30 (per visit)	\$33.00	\$285.00	\$26.00	
FAMILY	\$20.00	\$18.00 (per visit)	\$137.00	\$1200.00	\$113.00	
INCLUDES: Swimming, Fitness Centre and use of equipment						

## FACILITY PLUS

	ADMISSIONS		MEMBERSHIP		CONTINUOUS	LOCATIONS
	Single	Multi (5-99 visits)	Monthly	Annual	Monthly (bank withdrawal)	COMMONWEALTH KINSMEN  A.C.T. BONNIE DOON CENTRAL LIONS CONFEDERATION EASTGLEN GRAND TRUNK JASPER PLACE HARDISTY LONDONDERRY MILLWOODS O'LEARY PETER HEMINGWAY SCONA ST FRANCIS XAVIER  OUTDOOR POOLS
ADULT (18-64 yrs)	\$9.50	\$8.55 (per visit)	\$66.00	\$575.00	\$56.00	
YOUTH/SENIOR (13-17 yrs/65+)	\$8.00	\$7.20 (per visit)	\$56.00	\$500.00	\$48.00	
CHILD (2-12 yrs)	\$6.25	\$5.65 (per visit)	\$43.00	\$385.00	\$37.00	
FAMILY	\$25.00	\$22.50 (per visit)	\$175.00	\$1600.00	\$150.00	
INCLUDES: Swimming, Fitness Centre, Drop-in programs, full facility access and use of equipment						

## DID YOU KNOW?

Work where you play! See current job opportunities in City of Edmonton Recreation Centres at [www.edmonton.ca/careers](http://www.edmonton.ca/careers) and click on "Sports & Recreation" under "Explore our Job Categories."



## ALL FACILITY

	ADMISSIONS		MEMBERSHIP		CONTINUOUS	LOCATIONS
	Single	Multi (5-99 visits)	Monthly	Annual	Monthly (bank withdrawal)	CLAREVIEW THE MEADOWS TERWILLEGAR A.C.T. BONNIE DOON CENTRAL LIONS COMMONWEALTH CONFEDERATION EASTGLEN GRAND TRUNK HARDISTY JASPER PLACE KINSMEN LONDONDERRY MILLWOODS O'LEARY PETER HEMINGWAY SCONA ST FRANCIS XAVIER OUTDOOR POOLS
ADULT (18-64 yrs)	\$11.00	\$9.90 (per visit)	\$72.00	\$660.00	\$63.00	
YOUTH/SENIOR (13-17 yrs/65+)	\$8.50	\$7.65 (per visit)	\$59.00	\$510.00	\$49.00	
CHILD (2-12 yrs)	\$6.75	\$6.10 (per visit)	\$46.00	\$405.00	\$39.00	
FAMILY	\$30.00	\$27.00 (per visit)	\$210.00	\$1853.00	\$180.00	
INCLUDES: Admission and full access to all City of Edmonton Recreation Centres, including drop-in programs						

Explore which membership plan will fit you and your family best, visit [edmonton.ca/recmembership](http://edmonton.ca/recmembership) or contact [memberexperiences@edmonton.ca](mailto:memberexperiences@edmonton.ca)

### Note:

- › Multi admission passes are valid for one year after date of purchase
- › Monthly memberships are valid for 30 days after date of purchase
- › Single admissions, Multi admissions and Monthly memberships will not be refunded
- › All prices include GST

### NEED MORE INFORMATION?

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AMENITY AND ACCESSIBILITY GUIDES	Page 24-25
REGISTERED PROGRAM GUIDES	Page 9-12
FACILITY DESCRIPTIONS	Page 14-23
DROP-IN PROGRAM SCHEDULES	<a href="http://edmonton.ca/findyourfit">edmonton.ca/findyourfit</a>

## DISCOUNT OPPORTUNITIES

There are a number of 10-20% discount opportunities accessible for single admission and memberships. These include:

- › Pre-purchasing multi-admissions (5+)
- › Being a member of a Community League that is enrolled in the Community League Wellness Program  
[edmonton.ca/wellnesscommunityleague](http://edmonton.ca/wellnesscommunityleague)
- › Being a member of, or a student at, an organization enrolled in the Corporate Wellness Program  
[edmonton.ca/wellnesscorporate](http://edmonton.ca/wellnesscorporate)

Ask your local community league, employer, or school if they are enrolled in these programs.

## LEISURE ACCESS PASS

Download application from [edmonton.ca/lap](http://edmonton.ca/lap)

The Leisure Access Program allows eligible low-income Edmontonians to access participating City of Edmonton Recreation Facilities.

Information brochures and application forms for the Leisure Access Pass are available at our front desk.

### Mail your application to:

Leisure Access Program  
14th Floor, CN Tower  
PO Box 2359  
Edmonton AB, T5J 2R7

We do not accept emailed or faxed forms.

# PROGRAM REGISTRATION

## How to Register

Registrations are accepted on a first-come, first-served basis and are subject to availability. Please register as soon as possible.



### ONLINE

Register online at anytime with [edmonton.ca/eReg](http://edmonton.ca/eReg)



### BY PHONE

You can register for programs anytime by calling **311**. Please call **780-442-5311** if outside Edmonton.



### IN PERSON

You can register for programs in person at any City of Edmonton Leisure, Sports and Fitness Facility.

## Providing Registration Information

When registering, please provide the necessary information regarding guardianship, medical, physical or behavioural conditions, and emergency contact phone numbers.

## Payment and Confirmation

Program fees are subject to change and will be confirmed with you at the time of registration. Fees must be paid in full at the time of registration. Participants are not considered registered until payment has been received.

Payment can be made by VISA, American Express, MasterCard, cheque, money order, debit or cash. Make cheque or money orders payable to the City of Edmonton. Post-dated cheques are not accepted. Please do not send cash in the mail.

Once you are registered, a course confirmation will be mailed to you, as well as additional program requirements.

For the Advanced Aquatic Courses fees will be adjusted to include the Course material and the Exam fees at the time of Registration.

## Withdrawing or Transferring

You can transfer immediately into another program, subject to availability. Withdrawals and transfers are permitted without penalty up to 15 days prior to the program start date. A \$10 administration fee will apply if a withdrawal or transfer is requested 15 days or less prior to the program start date. If the program has started, a \$10 administration fee will apply, and a prorated balance of the program fee will be refunded.

## Program Cancellations

In the event that a program is cancelled, due to inclement weather conditions, low registration, facility or equipment problems, instructor illness or unavailability, staff will notify participants prior to the program start date.

## Emergency Medical Procedures

In the event of an emergency, staff may render first aid, and/or contact emergency medical services.

## Photography and Media Consent

On occasion, the City of Edmonton may invite a photographer or the media to visit a program. In this case, you may be asked to sign a consent form giving permission for the images to be used for news or promotional purposes.

## Feedback

Please tell us what you thought of our program and how we can make improvements by completing the "exit" survey. Your feedback is appreciated and will help us with future programs.

## Registration Date

**Spring 2016 (April - June):** February 3, 2016

## MY EDMONTON REC GUIDE

Now you can search for programs online and create your customized program guide. Try [MyRecGuide.ca](http://MyRecGuide.ca) today!



**REGISTER FAST! PROGRAMS FILL UP QUICKLY!**

CITY-WIDE DRYLAND REGISTERED PROGRAMS	COMMUNITY REC CENTRES	CLAREVIEW COMMUNITY RECREATION CENTRE	COMMONWEALTH COMMUNITY RECREATION CENTRE	KINSMEN SPORTS CENTRE	THE MEADOWS COMMUNITY RECREATION CENTRE	TERWILLEGAR COMMUNITY RECREATION CENTRE	LEISURE CENTRES	A.C.T. AQUATIC AND RECREATION CENTRE	GRAND TRUNK LEISURE CENTRE	HARDISTY LEISURE CENTRE	JASPER PLACE FITNESS AND LEISURE CENTRE & ANNEX	LONDONDERRY FITNESS AND LEISURE CENTRE	MILL WOODS RECREATION CENTRE	O'LEARY FITNESS AND LEISURE CENTRE	PETER HEMINGWAY FITNESS & LEISURE CENTRE	OUTREACH LOCATIONS	CITY ARTS CENTRE
	PRESCHOOL REGISTERED PROGRAMS																
2 TIMES THE FUN P.32		*			*	*							*				
ACTIVE START P.31		*	*	*	*	*											
ACTIVE TOGETHER P.31		*		*	*	*											
ACTIVE TOTS P.30		*		*	*	*							*				
ALPHABET SOUP P.33						*							*				
COME PLAY WITH ME! I P.32/33		*	*		*	*							*				*
COME PLAY WITH ME! II P.32/33		*	*		*	*							*				*
DYNAMIC DUOS P.34		*			*	*											
FOOTLIGHTS & FANCY FEET P.34		*	*		*	*											*
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KINDERART P.36						*											
MUSICAL DISCOVERIES P.35						*											*
MUSIC AND MOVEMENT P.35		*			*	*											
MUSIC WITH BABY P.35					*	*											
MUSICAL YOGA P.54					*												
OBSTICLE FUN P.34				*													
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PRESCHOOL BALLET P.35		*	*		*	*											
SALSA BABIES P.54																	
SALSA TOTS P.34					*	*											
YOGA ADVENTURES P.33													*				*
CHILD/YOUTH REGISTERED PROGRAMS																	
ACTIVE FIT P.38			*	*	*	*											
ACTIVE KIDS P.37			*	*	*	*											
ACTIVE SPORT P.38			*	*	*	*											
ANIMATION MASTERS P.42						*											*
ART MASTERS P.42					*	*											*
DANCE COMBO P.42			*		*	*											
KUNG FU PANDAS P.39			*	*	*	*											
HIP HOP P.42					*	*											
MUSICAL DISCOVERIES P.35						*											*
MUSIC & MOVEMENT P.35					*	*											
MUSICAL YOGA P.54					*												
NINJA KIDS P.40			*	*	*	*											
PIANO ADVENTURE SERIES P.43					*	*											

CITY-WIDE DRYLAND REGISTERED PROGRAMS	COMMUNITY REC CENTRES	CLAREVIEW COMMUNITY RECREATION CENTRE	COMMONWEALTH COMMUNITY RECREATION CENTRE	KINSMEN SPORTS CENTRE	THE MEADOWS COMMUNITY RECREATION CENTRE	TERWILLEGAR COMMUNITY RECREATION CENTRE	LEISURE CENTRES	A.C.T. AQUATIC AND RECREATION CENTRE	GRAND TRUNK LEISURE CENTRE	HARDISTY LEISURE CENTRE	JASPER PLACE FITNESS AND LEISURE CENTRE & ANNEX	LONDONDERRY FITNESS AND LEISURE CENTRE	MILL WOODS RECREATION CENTRE	O'LEARY FITNESS AND LEISURE CENTRE	PETER HEMINGWAY FITNESS & LEISURE CENTRE	OUTREACH LOCATIONS	CITY ARTS CENTRE
	CHILD/YOUTH REGISTERED PROGRAMS																
RED CROSS BABYSITTING P.40			*		*	*					*		*				
YOGA ADVENTURES P.39					*	*											
YOGA KIDS P.40					*	*											
YOU CAN COOK P.42						*											*
YOUTH IN ACTION P.41			*	*	*	*			*	*	*	*	*	*	*		
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HIP HOP P.51					*												
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ONE DAY, ONE ACRYLIC MASTERPIECE P.54																	
PILATES LEVEL 1 P.47																	*

CITY-WIDE DRYLAND REGISTERED PROGRAMS																	
	COMMUNITY REC CENTRES	CLAREVIEW COMMUNITY RECREATION CENTRE	COMMONWEALTH COMMUNITY RECREATION CENTRE	KINSMEN SPORTS CENTRE	THE MEADOWS COMMUNITY RECREATION CENTRE	TERWILLEGAR COMMUNITY RECREATION CENTRE	LEISURE CENTRES	A.C.T. AQUATIC AND RECREATION CENTRE	GRAND TRUNK LEISURE CENTRE	HARDISTY LEISURE CENTRE	JASPER PLACE FITNESS AND LEISURE CENTRE & ANNEX	LONDONDERRY FITNESS AND LEISURE CENTRE	MILL WOODS RECREATION CENTRE	O'LEARY FITNESS AND LEISURE CENTRE	PETER HEMINGWAY FITNESS & LEISURE CENTRE	OUTREACH LOCATIONS	CITY ARTS CENTRE
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POTTERY STUDIO FOR SENIORS 55+ P.53								*									
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CITY-WIDE AQUATIC REGISTERED PROGRAMS	COMMUNITY REC CENTRES	CLAREVIEW COMMUNITY RECREATION CENTRE	COMMONWEALTH COMMUNITY RECREATION CENTRE	KINSMEN SPORTS CENTRE	THE MEADOWS COMMUNITY RECREATION CENTRE	TERWILLEGAR COMMUNITY RECREATION CENTRE	LEISURE CENTRES	A.C.T. AQUATIC AND RECREATION CENTRE	BONNIE DOON LEISURE CENTRE	CONFEDERATION LEISURE CENTRE	EASTGLEN LEISURE CENTRE	GRAND TRUNK LEISURE CENTRE	HARDISTY LEISURE CENTRE	JASPER PLACE FITNESS AND LEISURE CENTRE & ANNEX	LONDONDERRY FITNESS AND LEISURE CENTRE	MILL WOODS RECREATION CENTRE	O'LEARY FITNESS AND LEISURE CENTRE	PETER HEMINGWAY FITNESS AND LEISURE CENTRE
AQUATIC PROGRAMS																		
AQUA FITNESS P.56		*	*	*	*	*		*	*	*	*	*	*	*	*	*	*	*
AQUATIC LEADERSHIP P.104		*	*			*				*	*	*	*	*	*	*	*	
SWIMMING LESSONS P.56		*	*	*	*	*		*	*	*	*	*	*	*	*	*	*	
SWIM TRAINING P.56				*	*	*			*				*					*

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



# Tee off in the Heart of the City

Book your tee time or sign up for individual and small group lessons!





- Riverside Golf Course
- Rundle Golf Course
- Victoria Golf Course & Driving Range

## DID YOU KNOW?

Find out where to lane swim at  
[www.edmonton.ca/DropInAquaticSchedule](http://www.edmonton.ca/DropInAquaticSchedule)



# VOLUNTEERING CAN CHANGE THE WORLD!

Volunteer with the City of Edmonton. Get inVOLved today!  
[edmonton.ca/volunteers](http://edmonton.ca/volunteers)

## Would you like to:

- › Meet new people?
- › Enjoy diverse opportunities?
- › Develop leadership, teamwork, communication and life skills?
- › Enhance your resume?
- › Learn more about City programs and services?
- › Have fun?

Then volunteer for the City of Edmonton events and programs!

## We offer:

- › Orientation and training
- › Quality experiences
- › Volunteer eNewsletter
- › Recognition

## For more information:

**Call:** 780-496-4935, Monday to Friday

**Email:** [rfsvolunteer@edmonton.ca](mailto:rfsvolunteer@edmonton.ca)

**Website:** [Edmonton.ca/volunteers](http://Edmonton.ca/volunteers) Check out our volunteer job board apply online (click on Attractions, Parks and Recreation).

To become a qualified volunteer, a new applicant must attend a New Volunteer Orientation where you will learn more about volunteering for the City of Edmonton and our screening procedures.

Each volunteer will be asked to contribute a minimum of 20 volunteer hours in a year.

Due to the large number of applications we receive, we may not always have placements for every applicant.

**Watch for these volunteer opportunities and apply online!**



## GET INVOLVED!

### Volunteer with the City of Edmonton Attractions!

Are you looking to meet new people, enhance your resume, and develop skills in leadership and teamwork?

#### WE OFFER:



311

[rfsvolunteer@edmonton.ca](mailto:rfsvolunteer@edmonton.ca)  
[edmonton.ca/volunteers](http://edmonton.ca/volunteers)



## Special Events:

As a Special Events Volunteer, you will assist with public programming for our visitors on event day, engage visitors in event activities, assist children with a themed crafts, hand out treats or act as a facility host. Events are posted when they are actively recruiting so check the website frequently!

## Volunteer Education Ambassadors:

Engage and educate visitors to the Edmonton Valley Zoo or Muttart Conservatory with hands-on activities and artifacts! The volunteer schedule is flexible with a 6 month commitment. Experience with public programming or customer service is required.

## Youth Volunteer Opportunities:

**Step Up Daycamp Volunteers**  
Daycamp volunteers are youth between the ages of 13 and 17 who would like to gain valuable leadership and communication skills. Youth can volunteer at City of Edmonton Recreation Centres, Attractions, River Valley Parks, and City Arts Centre. Applications close May 31, 2016.

## Jr. Naturalist

This new program, based out of the John Janzen Nature Centre, is for youth 13-17 who would like to develop their leadership and communication skills in a natural setting. Jr. Naturalists volunteer for one, four hour shift per week on a consistent day through July and August. Applications close June 3, 2016.

**For more information on youth volunteer programs, visit [edmonton.ca/volunteers](http://edmonton.ca/volunteers)**

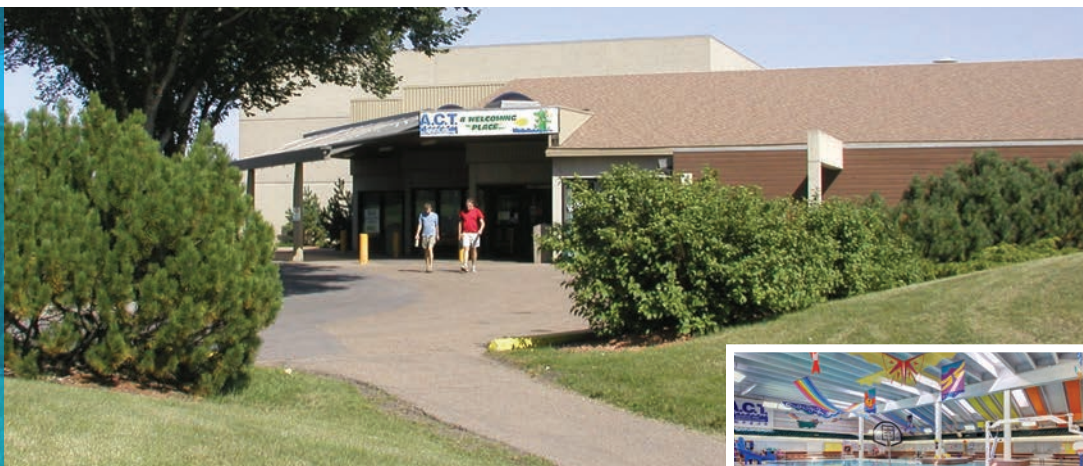
# CITY OF EDMONTON FACILITIES

For more information on City of Edmonton Recreation Centres, call 311 (780-442-5311 outside Edmonton) or visit [edmonton.ca/eReg](http://edmonton.ca/eReg)

## A.C.T. AQUATIC AND RECREATION CENTRE

### AMENITIES

- Main pool: 25 metres length, 0 – 2.4 metres depth, 32.5°C water temperature.
- Warm water teach pool
- Whirlpool
- Indoor play space
- Gymnasium
- Cafeteria
- Ceiling lifts for wheelchairs

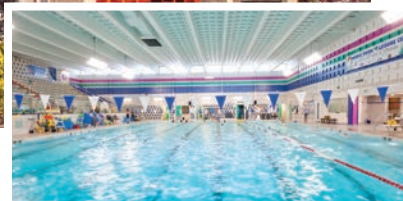


The main pool has the warmest water of all the City of Edmonton facilities. Unique adjustable floors in the main and teach pools allow accessibility for all abilities and ages. Located in Rundle Park, next to an 18-hole golf course, outdoor sports and recreation sites, and The Rundle Park Family Centre, A.C.T. has a spectacular view of the river valley providing a premier rental opportunity for private functions. **2909 - 113 Ave | [edmonton.ca/ACT](http://edmonton.ca/ACT)**

## BONNIE DOON LEISURE CENTRE

### AMENITIES

- Main pool: 25 metres length, 1 – 3.04 metres depth, 29.5°C water temperature.
- Whirlpool, sauna, steam room, swing rope
- Sundeck
- Pool lift



Bonnie Doon is known for fun, fitness and friends, and its family atmosphere too! The large hot tub and steam room are a great way to relax after a lane swim or aquafit class. **8648 - 81 Street | [edmonton.ca/bonniedoon](http://edmonton.ca/bonniedoon)**

## CENTRAL LIONS RECREATION CENTRE

### AMENITIES

- Fitness centre
- Gymnasium
- Cafeteria
- Auditorium, meeting rooms, social areas
- Reservable Badminton



The Central Lions Recreation Centre fitness centre and gymnasium are publicly accessible for people of all ages at special public hours. You'll find fitness equipment designed to help you gently begin or restart an exercise program, a gymnasium where you can reserve a badminton or pickleball court, and changerooms with showers for your after-work exercise.

**1113 - 113 Street | [edmonton.ca/centralseniors](http://edmonton.ca/centralseniors)**



## CLAREVIEW COMMUNITY RECREATION CENTRE

### AMENITIES

- Leisure pool
- Lane pool (8 lanes)
- Fitness centre
- Walking/jogging track
- Multi-purpose Rooms
- Child-minding
- Indoor playground
- Food/Drink Vendors
- Sports fields and Ball diamonds
- Spray park and outdoor playground



The Clareview Community Recreation Centre brings people together to enjoy sport, recreation, social and cultural activities – all under one roof! Located on the Clareview District Park Site in northeast Edmonton, the new “community hub” features outdoor sports fields, park spaces and a multi-purpose recreation centre.

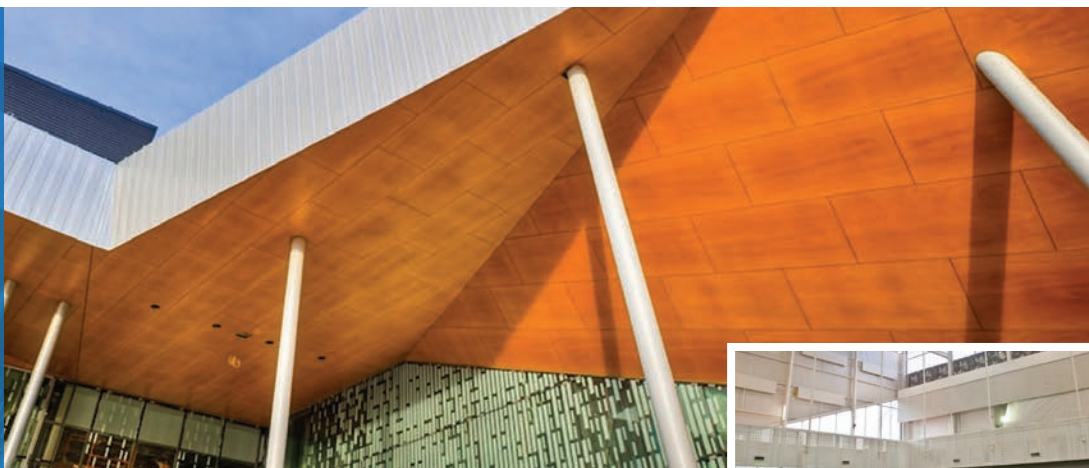
**3804 - 139 Ave | [edmonton.ca/clareviewrec](http://edmonton.ca/clareviewrec)**



## COMMONWEALTH COMMUNITY RECREATION CENTRE

### AMENITIES

- Main pool: 25 metre length, 1.2-2.4 metres depth, 28°C water temperature, salt water
- Leisure and teach pool: 0.22 – 1.4m depth, water/spray features
- 50-person whirlpool, steam room, slide
- Child-minding
- Gymnasium
- Food/Drink Vendors
- Fitness centre
- Indoor running track
- Field house



One of Edmonton's newer recreation Centres, Commonwealth Community Recreation Centre is nestled in the downtown core, and is ready to welcome and amaze you! This comfortable, clean and friendly recreation centre creates a sense of belonging and is full of fun. Come here to learn, exercise, relax and enjoy!

**11000 Stadium Rd | [edmonton.ca/commonwealthrec](http://edmonton.ca/commonwealthrec)**

## CONFEDERATION LEISURE CENTRE

### AMENITIES

- Main pool: 25 metre length, 0.9 – 1.5 metres depth, 29.5°C water temperature, salt water
- Separate diving tank (3.8m)
- 25-person whirlpool, steam room, slide, swing rope
- Attached indoor ice arena



Confederation features a salt water pool, large whirlpool, steam room, and amenities that make our facility popular in the community. Confederation Leisure Centre is part of a fitness complex that includes an indoor ice arena, outdoor tennis courts, sports fields and a running track.

**11204 – 43 Ave | [edmonton.ca/confederation](http://edmonton.ca/confederation)**

## EASTGLEN LEISURE CENTRE

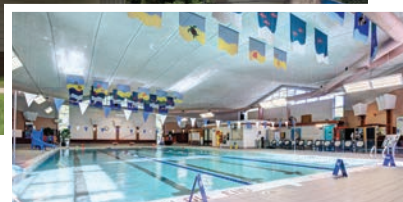
### AMENITIES

- Main pool: 25 metre length, 1 – 2.7 metres depth, 29.5°C water temperature, salt water
- Whirlpool, steam room, slide, diving blocks and pool toys
- Sundeck



Eastglen features a salt water pool, whirlpool, steam room and amenities that make it popular in the community. The sun deck is great for rentals and parties.

**11410 – 68 Street | [edmonton.ca/eastglen](http://edmonton.ca/eastglen)**



## GRAND TRUNK FITNESS AND LEISURE CENTRE

### AMENITIES

- Main pool: 25 metre length, 0.6 – 3.5 metre depth, 29.8°C water temperature
- Whirlpool, steam room, water slide, slides and pool toys
- New fitness centre
- Attached indoor ice arena
- Outdoor tennis courts, basketball courts, baseball diamonds and soccer fields
- Cardio foyer and stretching area



Grand Trunk is a terrific community facility for all ages to enjoy recreation and fitness. Workout in the fitness centre or go for a swim in the pool. An upper lounge with full kitchen is available for special events. **13025 – 112 Street | [edmonton.ca/grandtrunk](http://edmonton.ca/grandtrunk)**



## HARDISTY FITNESS AND LEISURE CENTRE

### AMENITIES

- Main pool: 25 metre length, 29.5°C water temperature
- Whirlpool, sauna, steam room, slide and swing rope
- Fitness centre



Hardisty is well known for its friendly atmosphere, many amenities and unique programs. The facility's fitness centre, circuit training, lane swims and aquafit are ideal for fitness-minded individuals. **10535 - 65 Street | [edmonton.ca/hardisty](http://edmonton.ca/hardisty)**

## JASPER PLACE FITNESS AND LEISURE CENTRE

### AMENITIES

- Main pool: 23 metre length, 0.9 – 3.6 metres depth, 29.5°C water temperature
- Warm water teach pool
- Steam room, water slide and swing rope
- Diving boards and tower
- Fitness centre
- Adjacent Indoor ice arena
- Outdoor tennis courts



Jasper Place offers fitness and leisure opportunities for all ages. The fitness centre and circuit training program are great for a variety of workout routines. Children can learn to swim in one of Edmonton's largest teach pools. **9200 - 163 Street | [edmonton.ca/jasperplace](http://edmonton.ca/jasperplace)**

## JASPER PLACE ANNEX

### AMENITIES

- Boardroom
- Hall A - Atrium (1500 sq. ft with available sink)
- Hall B - Multi-purpose Room (960 sq. ft with full kitchen)



The Jasper Place Annex is located between the Jasper Place Fitness and Leisure Centre and the Bill Hunter Arena. Explore your creative potential, learn a new skill, stay healthy and fit, and so much more! The Jasper Place Annex has a variety of spaces available to rent for family or community gatherings, meetings or special events. **9200 - 163 Street**

## KINSMEN SPORTS CENTRE

### AMENITIES

- Competition pool: 50 metres length, 2 metres depth, 27°C
- Warm water teach pool, dive pool and warm up pool 29°C
- Sauna
- Diving boards and tower
- Child-minding
- 2 Fitness centres
- Indv/Group training studio
- Two indoor tracks
- Racquetball, squash, etc



Kinsmen Sports Centre is one of Edmonton's premiere multi-purpose sports facility with extensive, world-class amenities that are unique to Edmonton. Kinsmen is perfect for competitive training, fitness enthusiasts and families alike. Only minutes away from the downtown core, Kinsmen is located next to an outdoor playground, spray park and Queen Elizabeth Outdoor Pool. **9100 Walterdale Hill | [edmonton.ca/kinsmen](http://edmonton.ca/kinsmen)**

## LONDONDERRY FITNESS AND LEISURE CENTRE

### AMENITIES

- Main pool: 25 metres length, 0.4 – 3.0 metre depth, 29.5°C water temperature
- Warm water teach pool
- Whirlpool, steam room, sauna, slides and toys
- Sundeck
- New fitness centre
- Cafeteria
- Attached indoor ice arena
- Training Studio



Londonderry Fitness and Leisure Centre offers a variety of aquatic and non-aquatic experiences for all ages and abilities. This neighbourhood hub has something for everyone with a fitness centre, fitness studios, family-friendly swimming pool, as well as, outdoor tennis courts, sports fields and track. **14528 – 66 Street | [edmonton.ca/londonderry](http://edmonton.ca/londonderry)**

## THE MEADOWS COMMUNITY RECREATION CENTRE

### AMENITIES

- 25 M 10 Lane Main Pool Leisure Pool
- Whirlpool, steam room and water slide
- Indoor track
- Gymnasium
- 2 NHL-sized indoor rinks
- Child-minding
- Indoor playground
- Fitness Centre
- Outdoor sport court, field, and Leisure Ice



The Meadows Community Recreation Centre brings people together to enjoy sport, recreation, social and cultural activities – all under one roof! The 234,419 square-foot facility, located within the Meadows District Park, provides indoor and outdoor recreational opportunities for people of all ages and abilities - creating an active community hub that is open and welcoming year round. **2704 - 17 street | [edmonton.ca/meadowsrec](http://edmonton.ca/meadowsrec)**

### DID YOU KNOW?

All Facility and drop-in schedules are available at the facility, or online at [www.edmonton.ca/RecCentres](http://www.edmonton.ca/RecCentres)



## MILL WOODS RECREATION CENTRE

### AMENITIES

- Main pool: 45 metres length, 0 – 2.4 metres depth, 29.5°C water temperature
- Warm water teach pool
- Wave pool
- Whirlpool, sauna and water slide
- Dive tank (3.8m)
- Fitness centre
- Racquet courts
- Attached indoor arenas
- Cafeteria
- Indoor play space



Mill Woods Recreation Centre offers recreation and fitness experiences for all ages and abilities. Come enjoy fun and fitness for the whole family in our pool, arenas, fitness areas, play spaces and indoor courts. **7207 - 28 Ave | [edmonton.ca/millwoodshub](http://edmonton.ca/millwoodshub)**



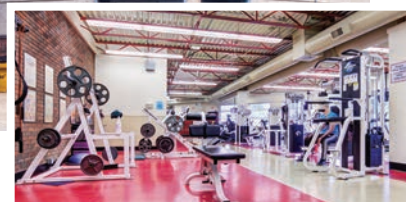
## O'LEARY FITNESS AND LEISURE CENTRE

### AMENITIES

- Main pool: 25 metres length, 1.15m - 1.44m depth, 29.5°C water temperature
- Warm water teach pool
- Dive tank (3.93m)
- Whirlpool, steam room, water slide, swing rope and pool toys
- Sundeck
- Indoor play space
- New fitness centre



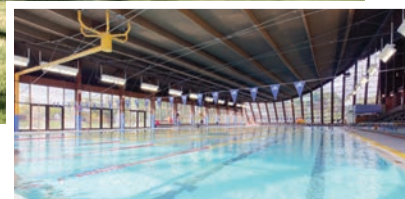
O'Leary is set up for fitness, fun and family activities. The water slide and teach pool are perfect for kids. Adults can lane swim or work it out in the fitness centre. The large, bright indoor play space is a favorite all year round. **8804 - 132 Ave | [edmonton.ca/oleary](http://edmonton.ca/oleary)**



## PETER HEMINGWAY FITNESS AND LEISURE CENTRE

### AMENITIES

- Main pool: 50 metres length, 1-2.7 metres depth, 27.5°C water temperature
- 8 lane swimming pool with starting blocks
- Whirlpool, steam room, sauna and pool toys
- Fitness centre

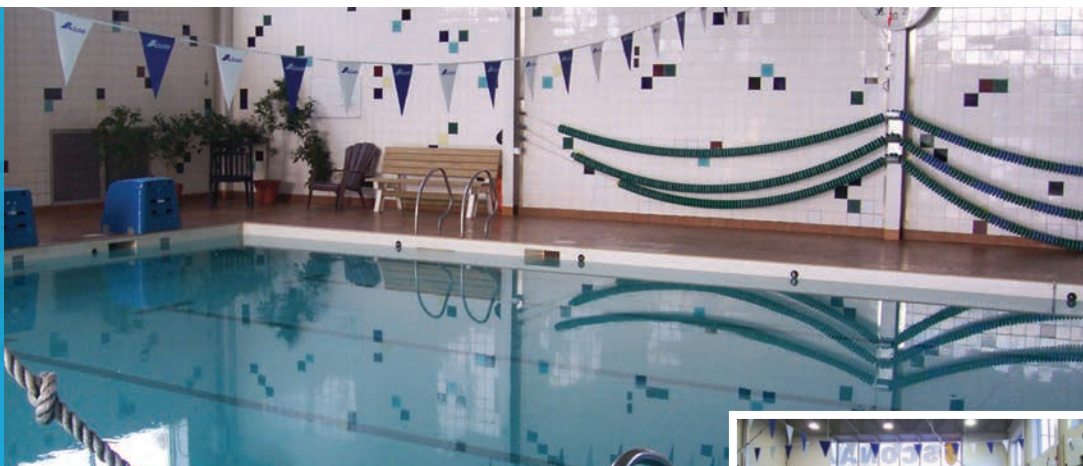


Peter Hemingway is internationally famous for its award-winning design and is recognized in Edmonton as an excellent training facility for competitive swimmers and fitness-minded individuals.  
**13808 - 111 Ave | [edmonton.ca/peterhemingway](http://edmonton.ca/peterhemingway)**

## SCONA POOL

### AMENITIES

- Lane swimming (22.8 Metres) 4 lanes with starting blocks
- 29.5 °C water temperature
- Dive tank 3.04 meters
- Dry Sauna
- South facing sun deck with basketball net and BBQ



Scona Pool is a community swimming pool attached to Strathcona Composite High School. Offering public swimming, Lifesaving bronze courses, Red Cross swimming lessons, Aquasize, Scuba Diving, Kayaking, swim clubs and synchronized swimming. You can rent Scona Pool for private rentals and birthday parties. Scona Pool is City of Edmonton owned and managed by a contractor. **10450 - 72 Ave | [www.sconapool.com](http://www.sconapool.com)**

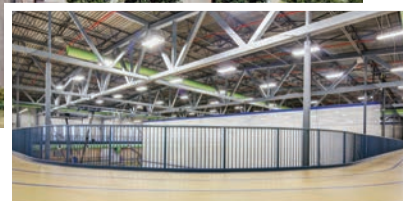
## ST. FRANCIS XAVIER SPORTS CENTRE

### AMENITIES

- Field house
- Gymnasium
- Courts for basketball, badminton, volleyball
- Indoor running track
- Exercise nooks and spin bikes
- Spectator seating



St. Francis Xavier Sports Centre offers exciting sport and fitness opportunities for athletes and the community year-round. It greatly enhances the neighbouring facilities in Johnny Bright Sports Park, such as the Bill Hunter Arena, Jasper Place Bowl, and the Jasper Place Fitness and Leisure Centre. The sports centre is a public facility operated by the City of Edmonton in partnership with Edmonton Catholic Schools. **9240 - 163 Street | [edmonton.ca/sfx](http://edmonton.ca/sfx)**



## TERWILLEGAR COMMUNITY RECREATION CENTRE

### AMENITIES

- Main pool: 53 metres length, 0-3.8 metres depth, 29°C water temperature, salt water
- Warm water teach pool
- Leisure pool with waves and water features
- Whirlpool, steam room, sauna
- Child-minding
- Indoor playground
- Fitness centre
- Gymnasiums
- Food/Drink Vendors



Terwillegar Community Recreation Centre is one of Edmonton's premier recreation centres with exceptional health, wellness and sports amenities. People of all ages and abilities can gather to learn, exercise, relax, meet, and have fun in this community hub.

**2051 Leger Road NW | [edmonton.ca/tcrc](http://edmonton.ca/tcrc)**



### CLUB MEMBERSHIPS

Terwillegar Club Memberships offer exclusive access to an adult-only locker room, full size day-use lockers, towel service and toiletries - adding something extra special to your experience. There are both Ladies and Men's Membership locker rooms available. Club memberships must be purchased in combination with either an All Facility Annual or Continuous Monthly Membership. In combination with All Facility Annual Memberships, the total cost with Club Memberships are:

**Senior: \$925.00**

**Adult: \$1,064.00**

**Family: \$2,683.00 (2 club memberships) or \$2,268.00 (1 club membership)**

Prices subject to change.

FACILITY AMENITY GUIDE		A.C.T	BONNIE DOON	CLAREVIEW	CENTRAL LIONS	COMMONWEALTH	CONFEDERATION	EASTGLEN	GRAND TRUNK	HARDISTY	JASPER PLACE	KINSMEN	LONDONDERRY	THE MEADOWS	MILL WOODS	O'LEARY	PETER HEMINGWAY	SCONA POOL	ST. FRANCIS XAVIER	TERWILLEGAR
AQUATIC FACILITIES	MAIN POOL LENGTH (M)	25	25	25		25	25	25	25	25	22.9	50	25	25	45	25	50	22.9		53
	MAIN POOL TEMP (°C)	32.5	29.5	29		28.0	29.5	29.5	29.8	29.5	29.5	27.0	29.5	29	29.5	29.5	27.5	29.5		29.0
	WHIRLPOOL	•	•	•		•	•	•	•	•			•	•	•	•	•			•
	WARM WATER TEACH POOL	•		•		•					•	•	•	•	•	•				•
	WATER/SPRAY FEATURES			•		•								•		•				•
	STEAM ROOM		•	•		•	•	•	•	•	•		•	•		•	•			•
	SAUNA		•							•		•	•		•		•	•		
	DIVE TANK						•					•		•	•	•		•		•
	DIVING BOARDS (1,3,M OR TOWER)			1,3,5			1,3				1,3, T	1,3, T		1,3, 5	1	1,3, T				1,3,5
	GIANT SLIDE (SHALLOW, DEEP LANDING)			S		•			D		D		D	S	D	S				•
	GIANT AQUATIC INFLATABLES							•					•				•			•
	SWING ROPE		•				•			•	•				•	•		•		
	ZERO DEPTH EDGE	•		•		•							•	•	•					•
	WAVES			•											•					•
	SALT WATER			•		•	•	•						•						•
	FAMILY CHANGE ROOM	•	•	•		•	•	•	•	•	•		•	•	•	•				•
	SUNDECK		•					•	•		•		•			•		•		
	LEISURE POOL			•		•								•						•
	LAZY RIVER			•																•
NON-AQUATIC FACILITIES	CHILD-MINDING			•		•						•		•						•
	INDOOR PLAYGROUND/ PLAY SPACES	•		•								•		•	•	•				•
	FITNESS CENTRE			•	•	•			•	•	•	•	•	•	•	•	•			•
	FITNESS MONITORING			•		•						•	•	•	•					•
	PERSONAL TRAINING			•		•						•	•	•	•					•
	DROP-IN FITNESS PROGRAMS	•		•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
	CHILD/YOUTH PROGRAMS	•		•		•	•		•	•	•	•	•	•	•	•	•		•	•
	MASSAGE/PHYSIOTHERAPY								•			•		•						•
	RACQUET COURTS		•									•			•					
	CAFETERIA	•										•	•		•					
	INDOOR ICE ARENA			•			•		•		•		•	•	•		•			•
	MEETING ROOM(S)	•		•	•	•	•	•	•		•	•	•	•	•	•		•		•
	GYMNASIUM	•		•	•	•						•		•					•	•
	BARBEQUE	•	•					•	•							•		•		
	KITCHEN FACILITIES (SINK, STOVE)	•		•					•				S			•				•
	EZONE PUBLIC WIRELESS INTERNET CONNECTION	•		•	•							•	•	•	•					•
	INDOOR RUNNING TRACK			•		•						•		•					•	•
	ARM ERGOMETER (HAND BIKE)				•	•						•		•	•					•

! Please check times, dates and availability of amenities on each facility page.

FACILITY ACCESSIBILITY GUIDE			A.C.T	BONNIE DOON	CLAREVIEW	CENTRAL LIONS	COMMONWEALTH	CONFEDERATION	EASTGLEN	GRAND TRUNK	HARDISTY	JASPER PLACE	KINSMEN	LONDONDERRY	THE MEADOWS	MILL WOODS	O'LEARY	PETER HEMINGWAY	TERWILLEGAR
BUILDING AND EXTERIOR	PARKING	ACCESSIBLE PARKING STALLS	20	4		7	6	4	2	4	5	0	6	4	23	4	2	4	22
		SAFE DROP-OFF AND PICK-UP	•	•		•	•	•	•	•	•	•	•	•	•	•	•	•	•
		CURB CUT	•	•		•	•	•	•	•	•	•	•	•	•	•	•	•	•
	ENTRANCE	W/C RAMP TO DOOR	•	NA		•	NA	•	•	NA	•	•	•	NA	•	•	•	NA	•
		NO. STAIRS TO DOOR	0	0		0	0	0	6	0	0	•	18	0	0	0	0	0	0
		MOST ACCESSIBLE DOOR	MAIN	MAIN		MAIN	MAIN	MAIN	MAIN	MAIN	MAIN	MAIN	MAIN	MAIN	WEST	MAIN	MAIN	MAIN	MAIN
	FACILITY INTERIOR	W/C ACCESSIBLE WASHROOMS	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
		UNISEX WASHROOMS	•	•	•	•	•	•	•	•	•	•	•	•	•	•			•
		ACCESS PHONE	•	•		•	•	•	•	•	•	•	•	•	•	•	•	•	•
		STAIRS, RAMPS, ELEVATORS	NA	NA		NA	3	E	12S	NA	NA	15S	E	E	2E 1R	E	NA	NA	3
		LOWERED SERVICE COUNTER	•		•	•	•	•							•			•	•
		ACCESSIBLE CHANGEROOMS	•	•		•	•	•	•	•	•		•	•	•	•	•	•	•
		ACCESSIBLE SPECTATOR VIEWING	•			NA	•	•	•	•	•	•	•	•	•	•	•	•	•
AQUATIC FACILITIES	CHANGEROOMS	CO-ED/FAMILY CHANGEROOMS	•	•		•	•	•	•	•	•	•	•	•	•	•	•	•	•
		ACCESSIBLE WASHROOM STALLS	•	•		•	•	•	•	•	•	•	•	•	•	•	•	•	•
		SHOWER BENCH	•	•		•	•	•	•	•	•		•	•	•	•	•	•	•
		MECHANICAL TRANSFER LIFT	•				•						•						•
		EXTRAS (CURTAINS, HEAT LAMPS)	H/C	C		C	**		C	C	C	C				H		C	
	POOL ACCESS	RAILINGS	•	•	•		•			•				•	•				•
		RAMP INTO POOL	•	NA			•							•	•	•			•
		POOL LIFT	•	•	•		NA	•			•		•		•		•	•	•
	POOL DECK	PORTABLE STAIRS		•	•		NA	•	•	•	•	•	•		•		•	•	•
		MAIN POOL TEMPERATURE (°C)	32.5	29.5			28.0	29.5	29.5	29.8	29.5	29.5	27.0	29.5	29	29.0	29.8	27.5	29.0
		SALT/CHLORINE GAS	C	C	S		S	S	S	C	C	C	C	C	S	C	C	C	S
		HOT TUB (40 °C)	•	•	•		•	•	•	•	•			•	•	•	•	•	•
		COMMODE OR W/C FOR WATER	•	•			•			•	•			•	•	•	•		•
		GURNEY FOR WATER	•																
	AMENITIES	ACCESS TO STEAM ROOM	NA	•			•	•	•	•	•	•	NA	•	•		•	•	•
		ACCESS TO SAUNA	NA	•			NA	NA	NA	NA	•		•	•		•	NA	•	
		LIFT ACCESS TO HOT TUB	•	•	•		NA						NA		NA				•
		ACCESS TO FITNESS CENTRE	NA	NA			•	NA	NA	•	•	•	•	•	•	•	•		•

\*\* Individual rooms with doors

# ACTIVE SERIES PROGRAMS & CAMPS

Physical literacy helps kids stay active for life!

## What is Active Series?

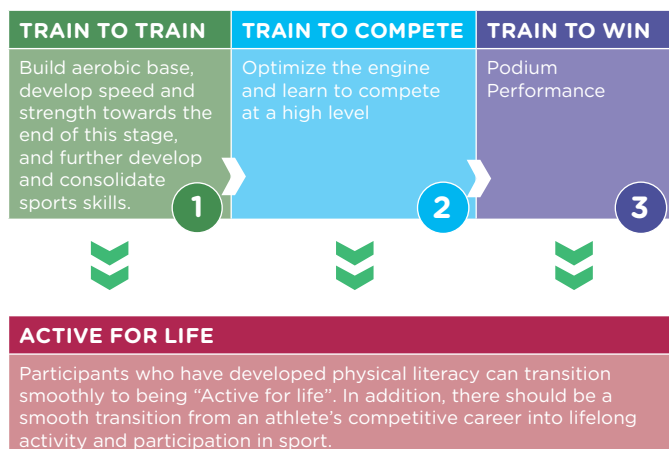
Our **Active Series** programs and camps focus on making **movement fun!** We create exciting opportunities for your child to be active for life. Our staff are trained in **physical literacy** and teach fundamental movement skills such as running, catching, throwing and jumping. Your child can participate in any Active Series program that is age-appropriate, regardless of whether they have attended an Active Series program previously.

## Canadian Sport for Life Long-Term Athlete Development Framework (CS4L-LTAD)

LEARN TO TRAIN	Boys 9-12 Girls 8-11	Stage ends with onset of adolescent growthspurt
Learn overall sport skills		
FUNDAMENTALS	Boys 6-9 Girls 6-8	
Learn fundamental movement skills and build agility, balance and coordination		
ACTIVE START	Boys 0-6 Girls 0-6	
Learn basic movement skills and link them together into play. Develop habits of being active.		
PHYSICAL LITERACY		
Together the first three stages of Canadian Sport for Life (LTAD) are called Physical Literacy		

## Making Movement Fun!

Kick, catch, throw and run towards a healthy future. The City of Edmonton offers a wide variety of programs and camps that will enhance your child's physical development through play and exciting skill-based games or activities. City of Edmonton children's recreation centre programs and camps are aligned **with the Canadian Sport for Life (CS4L) framework.**



**Physical literacy** is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.

**Canadian Sport for Life's (CS4L)** goal is to make sport, recreation and activity fun for our children. CS4L focuses on encouraging children to be physically active throughout their lifetime.

## DID YOU KNOW?

We offer programs based on Canada Sport for Life's Long Term Athlete Development model. Give your child an active start! See pages 30-31 for details.





## When should a child develop physical literacy?

Children of all ages can learn and practice physical literacy. Canadian Sport For Life has developed a Long Term Athlete Development model, with stages for every stage of development:

- › **Active Start** (ages 0-6):  
Learn fundamental movements and link them together in play.
- › **FUNDamentals** (ages 6-9 boys, 6-8 girls):  
Learn all fundamental movement skills and build overall movement skills.
- › **Learn to Train** (ages 9-12 boys, 8-11 girls):  
Learn overall sports skills.
- › **Train to Train** (ages 12-16 boys, 11-15 girls):  
Build an aerobic base, develop speed and strength towards the end of the stage, and further develop and consolidate sport-specific skills.
- › **Train to Compete** (ages 16-23 boys, 15-21 girls)
- › **Train to Win** (ages 18+)
- › **Active for Life** (any age)



## Where can I get more information?

- › For educator and family-friendly information and resources, visit [activeforlife.com](http://activeforlife.com)
- › For more information on the Long Term Athlete Development model, visit [canadiansportforlife.ca](http://canadiansportforlife.ca)
- › For more information on City of Edmonton program principles, please call **780-944-7569**

## Active Series Programs Available

AGE	CS4L	ACTIVE SERIES PROGRAMS
<b>PRESCHOOL</b>		
1-3 years	Active Start	Active Tots (parented)
1-5 years	Active Start	Active Together (parented)
3-5 years	Active Start	Active Start (non-parented)
<b>CHILD/YOUTH</b>		
6-8 years	FUNDamentals	Active Kids
9-12 years	Learn to Train	Active Fit
9-12 years	Learn to Train	Active Sport
12-15 years	Train to Train	Youth in Action

Programs vary by facility. Please see preschool and child/youth program listings for more information.



# WE DO BIRTHDAY PARTIES!

At 5 Recreation centres and Attractions/Speciality locations

Make your child's birthday an unforgettable experience by booking a customized party available at City of Edmonton Community Recreation Centres.

Whether you're 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!

Each themed program is led by experienced staff that will engage, delight and entertain your guests.

For more information about City of Edmonton birthday parties, including attraction/specialty location packages, prices and age-ranges, please visit [edmonton.ca/BirthdayParties](http://edmonton.ca/BirthdayParties)



BIRTHDAY PARTY	DESCRIPTION	LOCATIONS
GAME - ON SPORTS	Your group can let loose in this jam packed party filled with all your kid's favorite games, sports and activities.	TERWILLEGAR, THE MEADOWS, CLAREVIEW, COMMONWEALTH, KINSMEN
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.	TERWILLEGAR, THE MEADOWS, CLAREVIEW, COMMONWEALTH, KINSMEN
NINJA WARRIOR	Balance on beams, crawl through tunnels or jump over hurdles with this unique obstacle course birthday party.	KINSMEN
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.	TERWILLEGAR, THE MEADOWS, CLAREVIEW, COMMONWEALTH, KINSMEN

## Customized Recreation Birthday Parties

Run, stretch or dance at your next birthday party! Rent a space at one of your City of Edmonton recreation facilities and pair it with one of our hour-long action packed instructor lead party themes. Parties are designed based on age groups 3-5, 6-8 and 9-12 years.

## Cancellation Policy

All birthday parties must be booked four weeks prior to the event date. We require one week's notice for a cancellation and a cancellation fee of \$25 will apply unless an event is re-booked within the calendar year. An instructor fee will be charged on any cancellations made within the week of the event date.



# CHILDREN'S EXPERIENCES

The City of Edmonton Recreation Centres offer many opportunities for children and families to enjoy the facilities.

- **Preschool registered programs**
- **Family drop in programs**
- **School programs**
- **Indoor Playground and play spaces**
- **Child registered and drop in programs**
- **Birthday parties**
- **Kids Den (child minding)**

City of Edmonton  
**Recreation  
centres** ➤



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



# PRESCHOOL REGISTERED NON-AQUATIC PROGRAMS

Programs listed by type and age

## Active Series Preschool Programs

Our Active Series programs and camps focus on making movement fun! We create exciting opportunities for your child to be active for life. Our staff are trained in physical literacy and teach fundamental movement skills such as running, catching, throwing and jumping. Your child can participate in any Active Series program that is age-appropriate, regardless of whether they have attended an Active Series program previously.

### ACTIVE TOTS

AGES 1-3

Be an active role model for your energetic toddler! A variety of objects and obstacles and movement will be explored as we focus on developing body control, locomotor skills as well as sending & receiving skills. This program includes both unstructured, child-initiated active play as well as structured play guided by the program instructor. We will end with a story and optional snack to cool down. Please bring a small nut-free snack and beverage for your child. Parent/Guardians are required to attend and participate in this program.

#### CLAREVIEW

	DATES	TIME	#	PRICE	BARCODE
Sun	Apr 3-Jun 12	10:00-10:45am	(10)	\$93.00	559445
(No Class May 22)					
Wed	Apr 3-Jun 12	11:00-11:45am	(10)	\$93.00	559446
(No Class May 22)					

#### KINSMEN

	DATES	TIME	#	PRICE	BARCODE
Wed	Apr 6-Jun 22	9:45-10:30am	(10)	\$93.00	559427

#### THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-Jun 18	10:00-10:45am	(10)	\$93.00	559386
(No Class May 21)					
Sat	Apr 9-Jun 18	11:00-11:45am	(10)	\$93.00	559436
(No Class May 21)					

#### MILL WOODS

	DATES	TIME	#	PRICE	BARCODE
Thu	Apr 7-Jun 9	10:30-11:15am	(10)	\$93.00	559379

#### TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Sun	Apr 3-Jun 12	10:00-10:45am	(10)	\$93.00	559417
(No Class May 22)					
Sun	Apr 3-Jun 12	11:00-11:45am	(10)	\$93.00	559418
(No Class May 22)					
Mon	Apr 4-Jun 13	9:45-10:30am	(10)	\$93.00	559420
(No Class May 23)					
Mon	Apr 4-Jun 13	10:45-11:30am	(10)	\$93.00	559425
(No Class May 23)					
Wed	Apr 6-Jun 8	10:45-11:30am	(10)	\$93.00	559421

## ACTIVE TOGETHER

AGES 1-5

This fitness-focused program is perfect for moms, dads and caregivers who are looking for fun ways to workout with their kids. Led by certified fitness professional, preschoolers will be introduced to exercises and use basic, age appropriate gym equipment under their parents' supervision and guidance. The class will focus on the children, but both adults and children will end up getting a workout! So lace up those shoes, grab your water bottle and join us! Parent/Guardians are required to attend and participate in this program.

### CLAREVIEW

DATES	TIME	#	PRICE	BARCODE
Fri Apr 8-Jun 10	11:00-11:45am	(10)	\$96.00	<b>559458</b>

### KINSMEN

DATES	TIME	#	PRICE	BARCODE
Wed Apr 6-Jun 8	11:00-11:45am	(10)	\$96.00	<b>559391</b>

### THE MEADOWS

DATES	TIME	#	PRICE	BARCODE
Sat Apr 9-Jun 18	1:00-1:45pm	(10)	\$96.00	<b>559380</b>

(No Class May 21)

### TERWILLEGAR

DATES	TIME	#	PRICE	BARCODE
Thu Apr 7-Jun	1:00-1:45pm	(10)	\$96.00	<b>559423</b>
Sat Apr 9-Jun 18	1:00-1:45pm	(10)	\$96.00	<b>559424</b>

(No Class May 21)

## ACTIVE START

AGES 3.5-5

On your mark...get set...go! Our target is fun in this high energy, activity filled program. There is no time for a nap, but your little one might need one after we're done! We'll have a ball developing physical literacy through skill-based games and activities. We'll also zone in on fundamental movement skills such as running, jumping, twisting, kicking, throwing and catching. Physical activity will take place both indoors and outdoors. 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. Parents/Guardians are not required to stay.

### CLAREVIEW

DATES	TIME	#	PRICE	BARCODE
Mon Apr 4-Jun 13	9:30-11:30am	(10)	\$155.00	<b>559447</b>

(No Class May 23)

Wed Apr 6-Jun 8	1:00-3:00pm	(10)	\$155.00	<b>559453</b>
Fri Apr 8-Jun 10	9:30-11:30am	(10)	\$155.00	<b>559456</b>
Sat Apr 9-Jun 18	9:30-11:30am	(10)	\$155.00	<b>559442</b>

(No Class May 21)

### COMMONWEALTH

DATES	TIME	#	PRICE	BARCODE
Wed Apr 6-Jun 8	1:00-3:00pm	(10)	\$155.00	<b>559388</b>

### KINSMEN

DATES	TIME	#	PRICE	BARCODE
Mon Apr 4-Jun 13	9:30-11:30am	(10)	\$155.00	<b>559389</b>

(No Class May 23)

Tue Apr 5-Jun 7	9:30-11:30am	(10)	\$155.00	<b>559390</b>
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### THE MEADOWS

DATES	TIME	#	PRICE	BARCODE
Sun Apr 3-Jun 12	1:00-3:00pm	(10)	\$155.00	<b>559437</b>

(No Class May 22)

Mon Apr 4-Jun 13	1:00-3:00pm	(10)	\$155.00	<b>559414</b>
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(No Class May 23)

Wed Apr 6-Jun 15	1:00-3:00pm	(10)	\$155.00	<b>559429</b>
Fri Apr 8-Jun 10	1:00-3:00pm	(10)	\$155.00	<b>559430</b>

### TERWILLEGAR

DATES	TIME	#	PRICE	BARCODE
Mon Apr 4-Jun 13	9:30-11:30am	(11)	\$155.00	<b>559392</b>

(No Class May 23)

Mon Apr 4-Jun 13	1:00-3:00pm	(11)	\$155.00	<b>559393</b>
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(No Class May 23)

Tue Apr 5-Jun 7	9:30-11:30am	(10)	\$155.00	<b>559394</b>
Wed Apr 6-Jun 8	9:30-11:30am	(10)	\$155.00	<b>559396</b>
Wed Apr 6-Jun 8	1:00-3:00pm	(10)	\$155.00	<b>559397</b>
Thu Apr 7-Jun 9	9:30-11:30am	(10)	\$155.00	<b>559398</b>
Fri Apr 8-Jun 10	9:30-11:30am	(10)	\$155.00	<b>559399</b>
Fri Apr 8-Jun 10	1:00-3:00pm	(10)	\$155.00	<b>559400</b>
Sat Apr 9-Jun 18	9:30-11:30am	(10)	\$155.00	<b>559416</b>

(No Class May 21)

## Multi-Activity Preschool Programs

A diverse range of activities to keep your preschool on the go. Preschools and parents will enjoy painting, drawing, crafts, songs, movement and the magic of meeting new friends.

### COME PLAY WITH ME! I

AGES 1-2.5

Its child's play! This jam-packed hour of fun offers a variety of structured and child-initiated activities you and your child can explore together. Each session will include stories, songs, games, crafts and plenty of opportunities for your child to interact with others. Join us as we create an environment filled with friendship and fun. Parent/Guardians are required to attend and participate in this program.

#### CLAREVIEW

DATES	TIME	#	PRICE	BARCODE
Tue Apr 5-Jun 7	9:30-10:30am	(10)	\$93.00	<b>559449</b>

#### COMMONWEALTH

DATES	TIME	#	PRICE	BARCODE
Wed Apr 6-Jun 8	9:00-10:00am	(10)	\$93.00	<b>559459</b>

#### THE MEADOWS

DATES	TIME	#	PRICE	BARCODE
Wed Apr 6-Jun 8	11:00am-12:00pm	(10)	\$93.00	<b>559431</b>
Fri Apr 8-Jun 10	9:30-10:30am	(10)	\$93.00	<b>559433</b>

#### MILL WOODS

DATES	TIME	#	PRICE	BARCODE
Thu Apr 7-Jun 9	9:15-10:15am	(10)	\$93.00	<b>559426</b>

#### TERWILLEGAR

DATES	TIME	#	PRICE	BARCODE
Tue Apr 5-Jun 7	10:30-11:30am	(10)	\$93.00	<b>559405</b>
Thu Apr 7-Jun 9	9:15-10:15am	(10)	\$93.00	<b>559410</b>
Fri Apr 8-Jun 10	9:00-10:00am	(10)	\$93.00	<b>559422</b>

### COME PLAY WITH ME! II

AGES 2.5-3.5

This extended program is jam-packed with 75 minutes of fun and age-appropriate activities for older toddlers and young preschoolers. Each class continues to offer a wide range of structured and child-initiated play opportunities in an enriching social environment. Parent/Guardians are required to attend and participate in this program.

#### CLAREVIEW

DATES	TIME	#	PRICE	BARCODE
Thu Apr 7-Jun 9	9:30-10:45am	(10)	\$106.00	<b>559454</b>

#### COMMONWEALTH

DATES	TIME	#	PRICE	BARCODE
Wed Apr 6-Jun 8	10:15-11:30am	(10)	\$106.00	<b>559387</b>

#### THE MEADOWS

DATES	TIME	#	PRICE	BARCODE
Mon Apr 4-Jun 13	10:45am-12:00pm	(10)	\$106.00	<b>559428</b>
(No Class May 23)				
Wed Apr 6-Jun 8	9:30-10:45am	(10)	\$106.00	<b>559432</b>
Fri Apr 8-Jun 10	10:45am-12:00pm	(10)	\$106.00	<b>559434</b>

#### MILL WOODS

DATES	TIME	#	PRICE	BARCODE
Thu Apr 7-Jun 9	10:45am-12:00pm	(10)	\$106.00	<b>559377</b>

#### TERWILLEGAR

DATES	TIME	#	PRICE	BARCODE
Mon Apr 4-Jun 13	9:00-10:15am	(11)	\$106.00	<b>559401</b>
(No Class May 23)				
Mon Apr 4-Jun 13	10:45am-12:00pm	(11)	\$106.00	<b>559402</b>
(No Class May 23)				
Tue Apr 5-Jun 7	9:00-10:15am	(10)	\$106.00	<b>559404</b>
Wed Apr 6-Jun 8	9:00-10:15am	(10)	\$106.00	<b>559407</b>
Wed Apr 6-Jun 8	1:15-2:30pm	(10)	\$106.00	<b>559408</b>
Thu Apr 7-Jun 9	10:45am-12:00pm	(10)	\$106.00	<b>559411</b>
Fri Apr 8-Jun 10	10:30-11:45am	(10)	\$106.00	<b>559413</b>

### 2 TIMES THE FUN

AGES 3.5-5

Twice the fun for your preschooler! Children meet two times a week in an environment that encourages all aspects of their development. Your child will engage in social play, create art, hear stories, sing songs, participate in gross-motor activities and have plenty of time for supervised free play. Please provide a small nut-free snack and beverage each day for your child. All participants are required to be toilet trained. Parents/Guardians are not required to stay.

#### CLAREVIEW

DATES	TIME	#	PRICE	BARCODE
Tu/Th Apr 5-Jun 9	1:00-3:00pm	(20)	\$295.00	<b>559451</b>

#### THE MEADOWS

DATES	TIME	#	PRICE	BARCODE
Tu/Th Apr 5-Jun 9	9:30-11:30am	(20)	\$295.00	<b>559435</b>

#### MILL WOODS

DATES	TIME	#	PRICE	BARCODE
W/F Apr 6-Jun 10	1:00-3:00pm	(20)	\$295.00	<b>559438</b>

#### TERWILLEGAR

DATES	TIME	#	PRICE	BARCODE
Tu/Th Apr 5-Jun 9	1:00-3:00pm	(20)	\$295.00	<b>559395</b>

## ALPHABET SOUP

AGES 3.5-5

Learning ABCs and 123s has never been such fun! Each week new letters will be introduced as your child explores language to open a world of discovery! Play opportunities will help prepare developing young minds for school and cultivate their social, emotional, cognitive and physical well-being. Please provide a small nut-free snack and beverage each day for your child. All participants are required to be toilet trained. Parents/Guardians are not required to stay.

### MILL WOODS

	DATES	TIME	#	PRICE	BARCODE
Wed	Apr 6-Jun 8	9:30-11:30am	(10)	\$155.00	<b>559384</b>
Fri	Apr 8-Jun 10	9:30-11:30am	(10)	\$155.00	<b>559378</b>

### TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Tue	Apr 5-Jun 7	1:00-3:00pm	(10)	\$155.00	<b>559403</b>
Thu	Apr 7-Jun 9	1:00-3:00pm	(10)	\$155.00	<b>559415</b>
Thu	Apr 7-Jun 9	9:30-11:30am	(10)	\$155.00	<b>559409</b>

## KIDS IN THE KITCHEN

AGES 3.5-5

Attention all little chefs! We're about to cook up some fun! Join us as we mix, mash, bake and blend together some amazing recipes. Learn kitchen safety and use different utensils to make mouth-watering masterpieces. We will focus on healthy food choices but make room for some treats too! After we eat our scrumptious creations we will have time to sing songs, read stories, play a few games and make an exciting craft that fits our theme of the day. Each child will put together their very own recipe book to bring home and share with you! Please provide a small nut-free snack and beverage each day for your child. All participants are required to be toilet trained. Parents/Guardians are not required to stay.

### THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Tue	Apr 5-Jun 7	1:00-3:00pm	(10)	\$172.00	<b>559439</b>
Thu	Apr 7-Jun 9	1:00-3:00pm	(10)	\$172.00	<b>559440</b>

### MILL WOODS

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-Jun 11	1:00-3:00pm	(10)	\$172.00	<b>560045</b>

(No class May 21)

### TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Mon	Apr 4-Jun 13	1:00-3:00pm	(10)	\$172.00	<b>559444</b>
Tue	Apr 5-Jun 7	1:00-3:00pm	(10)	\$172.00	<b>559406</b>
Thu	Apr 7-Jun 9	1:00-3:00pm	(10)	\$172.00	<b>559412</b>
Fri	Apr 8-Jun 10	1:00-3:00pm	(10)	\$172.00	<b>559460</b>

(No Class May 23)

## City Arts Centre Outreach Programming

These programs and others are also offered at our recreation centres.

### COME PLAY WITH ME! I

AGES 1-2.5

Its child's play! This jam-packed hour of fun offers a variety of structured and child-initiated activities you and your child can explore together. Each session will include stories, songs, games, crafts and plenty of opportunities for your child to interact with others. Join us as we create an environment filled with friendship and fun. Parent/Guardians are required to attend and participate in this program.

### CITY ARTS CENTRE

	DATES	TIME	#	PRICE	BARCODE
Wed	Apr 6-Jun 8	9:30-10:30am	(10)	\$93.00	<b>559381</b>

### COME PLAY WITH ME! II

AGES 2.5-3.5

This extended program is jam-packed with 75 minutes of fun and age-appropriate activities for older toddlers and young preschoolers. Each class continues to offer a wide range of structured and child-initiated play opportunities in an enriching social environment. Parent/Guardians are required to attend and participate in this program.

### CITY ARTS CENTRE

	DATES	TIME	#	PRICE	BARCODE
Wed	Apr 6-Jun 8	10:45am-12:00pm	(10)	\$106.00	<b>559382</b>

## YOGA ADVENTURES

AGES 3.5-5

Balance on your surfboard and stretch up tall like a tree. These animated poses will strengthen growing muscles, improve balance and teach breathing and relaxation techniques. Yoga Adventures is a fun and interactive way for your child to become more flexible, strong, focused and aware of their bodies. All participants are required to be toilet trained. Parents/Guardians are not required to stay.

### CITY ARTS CENTRE

	DATES	TIME	#	PRICE	BARCODE
Fri	Apr 8-Jun 10	11:00-11:45am	(10)	\$100.00	<b>559383</b>

### MILL WOODS

	DATES	TIME	#	PRICE	BARCODE
Mon	Apr 4-Jun 13	9:30-10:15am	(10)	\$100.00	<b>560046</b>

(No class May 23)

## OBSTACLE FUN

AGES 4-6

Obstacle fun is just that! An obstacle course that will have your active child running climbing crawling rolling and manouvering 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 peanut free snack and drink to stay hydrated!

KINSMEN					
DATES	TIME	#	PRICE	BARCODE	
Thu Apr 7-May 26	1:00-3:00pm	(10)	\$116.00	559385	

## SALSA TOTS

AGES 1-4

This playful music and movement program will have your child moving, grooving, clapping and laughing. An upbeat class with catchy Latin beats that is sure to get your child dancing on their own two feet! Parents/guardians are required to attend and participate in this program.

THE MEADOWS					
DATES	TIME	#	PRICE	BARCODE	
Wed Apr 6-Jun 8	10:45-11:30am	(10)	\$110.00	559441	
Sat Apr 9-Jun 18	10:30-11:15am	(10)	\$110.00	559443	

(No Class May 21)

TERWILLEGAR					
DATES	TIME	#	PRICE	BARCODE	
Thu Apr 7-Jun 9	9:30-10:15am	(10)	\$110.00	559419	

## City Arts Centre Outreach Programming Art & Dance Programs

These programs and others are also offered at our recreation centres.

## DYNAMIC DUOS

AGE 2

Explore the world of creative dance with your little one. This program develops basic body movements through rhythm, music and song. Adult participation required.

CLAREVIEW					
DATES	TIME	#	PRICE	BARCODE	
Sat Apr 16-Jun 11	9:45-10:15am	(8)	\$57.00	559149	

## THE MEADOWS

DATES	TIME	#	PRICE	BARCODE	
Wed Apr 20-Jun 8	10:00-10:30am	(8)	\$57.00	559148	

## MILL WOODS

DATES	TIME	#	PRICE	BARCODE	
Mon Apr 18-Jun 13	10:00-10:30am	(8)	\$57.00	559171	

## TERWILLEGAR

DATES	TIME	#	PRICE	BARCODE	
Thu Apr 21-Jun 9	9:45-10:15am	(8)	\$57.00	559146	

## FOOTLIGHTS & FANCY FEET

AGES 3-5

Expand your little one's joy of moving through creative dance exploration. Along the way, they'll develop coordination, body awareness, imagination and individual style.

CLAREVIEW					
DATES	TIME	#	PRICE	BARCODE	
Sat Apr 16-Jun 11	10:15-11:00am	(8)	\$82.00	559164	

## COMMONWEALTH

DATES	TIME	#	PRICE	BARCODE	
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### AGES 3-4

Sun Apr 17-Jun 12	10:00-10:45am	(8)	\$82.00	559159	
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### AGES 4-5

Sun Apr 17-Jun 12	10:45-11:30am	(8)	\$82.00	559160	
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## THE MEADOWS

DATES	TIME	#	PRICE	BARCODE	
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### AGES 3-4

Wed Apr 20-Jun 8	10:30-11:15am	(8)	\$82.00	559162	
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## MILL WOODS

DATES	TIME	#	PRICE	BARCODE	
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### AGES 3-4

Mon Apr 18-Jun 13	10:30-11:15am	(8)	\$82.00	559173	
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## TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
<b>AGES 3-4</b>					
Thu	Apr 21-Jun 9	9:00-9:45am	(8)	\$82.00	<b>559166</b>
Thu	Apr 21-Jun 9	10:15-11:00am	(8)	\$82.00	<b>559152</b>

## PRESCHOOL BALLET

**AGES 4-5**

Are you a budding ballerina? Join us in learning beginner dance technique with a focus on ballet. Boys and girls learn coordination, body awareness, and have fun with their ballerina friends! Tutus optional.

## CLAREVIEW

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 16-Jun 11	11:00-11:45am	(8)	\$82.00	<b>559165</b>

## COMMONWEALTH

	DATES	TIME	#	PRICE	BARCODE
Sun	Apr 17-Jun 12	9:15-10:00am	(8)	\$82.00	<b>559154</b>

## THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Sun	Apr 17-Jun 12	11:15am-12:00pm	(8)	\$82.00	<b>559168</b>

## MILL WOODS

	DATES	TIME	#	PRICE	BARCODE
Mon	Apr 18-Jun 13	11:15am-12:00pm	(8)	\$82.00	<b>559172</b>

## TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Thu	Apr 21-Jun 9	11:00-11:45am	(8)	\$82.00	<b>559153</b>

## Music

## MUSIC WITH BABY

**AGES 0-24 MOS**

A great first class for your little one! Our focus is on lap-time musical activities including finger plays, sign language and playing instruments. We'll also have fun dancing to a wide range of songs that both caregivers and children will enjoy. Each child receives their own instrument to keep. Adult participation required.

## THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Thu	Apr 14-Jun 16	9:15-10:00am	(10)	\$105.00	<b>559178</b>

## TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-Jun 18	9:00-9:45am	(10)	\$105.00	<b>559180</b>
Fri	Apr 15-Jun 17	10:45-11:30am	(10)	\$105.00	<b>559175</b>

## MUSIC & MOVEMENT

**AGES 0-5**

Music facilitates all aspects of early childhood development through song, dance, and rhythmic play with instruments. Enjoy a variety of songs and dances, (from children's to Broadway), an instrument demonstration, and intro to music theory. Try your hand at the piano and learn a simple piece! Take-home percussion instrument included in course fee. Adult participation required.

## CLAREVIEW

	DATES	TIME	#	PRICE	BARCODE
Sun	Apr 10-Jun 19	10:45-11:45am	(10)	\$125.00	<b>559207</b>
Sun	Apr 10-Jun 19	12:00-1:00pm	(10)	\$125.00	<b>559206</b>

## THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-Jun 18	9:30-10:30am	(10)	\$125.00	<b>559200</b>
Thu	Apr 14-Jun 16	10:15-11:15am	(10)	\$125.00	<b>559199</b>

## TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-Jun 18	10:00-11:00am	(10)	\$125.00	<b>559184</b>
Sun	Apr 10-Jun 19	9:00-10:00am	(10)	\$125.00	<b>559188</b>
Sun	Apr 10-Jun 19	10:00-11:00am	(10)	\$125.00	<b>559176</b>
Fri	Apr 15-Jun 17	9:30-10:30am	(10)	\$125.00	<b>559174</b>

## MUSICAL DISCOVERIES

**AGES 3.5-5**

Prepare your child for the next step in their musical journey, whether it's our Piano Adventures classes or other instrument/dance lessons. They'll sample a variety of music genres and instruments while singing, dancing and playing instruments. We want to nurture your child's creativity and help them discover their musical potential. Each child will receive their own instrument to keep. Some adult participation required.

## TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-Jun 18	11:15am-12:30pm	(10)	\$155.00	<b>559185</b>
Sun	Apr 10-Jun 19	11:15am-12:30pm	(10)	\$155.00	<b>559177</b>

## PIANO ADVENTURES

AGES 4-5

Introduce your child to the piano in a fun group setting. Classes will include basic piano technique, a few simple pieces, and general music skills such as rhythm, pitch and patterns. Families will be required to purchase a lesson book (approx. \$12). Some adult participation required.

### YELLOW 1

AGE 4

This class is designed for age 4 beginners. Often children will complete this course twice before moving to Yellow 2.

#### THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-Jun 18	11:00-11:45am	(10)	\$145.00	559201

#### TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-Jun 18	9:30-10:15am	(10)	\$145.00	559192
Sat	Apr 9-Jun 18	1:15-2:00pm	(10)	\$145.00	559194

### YELLOW 2

AGES 4-5

This class is designed for age 5 beginners or participants who have completed Yellow 1.

#### THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-Jun 18	11:45am-12:30pm	(10)	\$145.00	559202

#### TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-Jun 18	10:15-11:00am	(10)	\$145.00	559193
Sat	Apr 9-Jun 18	2:00-2:45pm	(10)	\$145.00	559197

## Art

### KINDERART

AGES 4-5

This innovative program is designed to encourage creative expression and independent decision making in a child-friendly, art-based environment. Using a centre approach, children will enjoy making art using a variety of media: sculpture, painting, and printmaking. Our KinderArt program draws inspiration from Reggio and Montessori methods.

#### THE MEADOWS

DATES		TIME	#	PRICE	BARCODE
Sun	Apr 17-Jun 12	9:30-11:00am	(8)	\$95.00	<b>559245</b>

#### TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 16-Jun 11	9:00-10:30am	(8)	\$95.00	559240
Sat	Apr 16-Jun 11	10:45am-12:15pm	(8)	\$95.00	559248
Sat	Apr 16-Jun 11	1:00-2:30pm	(8)	\$95.00	559255

### KINDERART - TWICE WEEKLY

AGES 4-5

This innovative program is designed to encourage creative expression and independent decision-making in a child friendly, art-based environment. Using a centre approach, children will enjoy making art using a variety of media: sculpture, painting, and printmaking. Our KinderArt program draws inspiration from Reggio and Montessori methods.

#### TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
M/W	Apr 18-Jun 13	9:30-11:00am	(16)	\$175.00	<b>559239</b>
Tu/Th	Apr 19-Jun 9	1:00-2:30pm	(16)	\$175.00	<b>559256</b>

# CHILD/YOUTH REGISTERED NON-AQUATIC PROGRAMS

Programs listed by type and age

## Active Series Programs

Our Active Series programs and camps focus on making movement fun! We create exciting opportunities for your child to be active for life. Our staff are trained in physical literacy and teach fundamental movement skills such as running, catching, throwing and jumping. Your child can participate in any Active Series program that is age-appropriate, regardless of whether they have attended an Active Series program previously.

### 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.

#### CLAREVIEW

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-Jun 18	10:00-11:00am	(10)	\$95.00	<b>548045</b>
(No Class May 21)					
Sat	Apr 9-Jun 18	11:00am-12:00pm	(10)	\$95.00	<b>548044</b>
(No Class May 21)					
Wed	Apr 13-Jun 15	5:00-6:00pm	(10)	\$95.00	<b>548046</b>

#### COMMONWEALTH

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-Jun 18	3:00-4:00pm	(10)	\$95.00	<b>548037</b>
(No Class May 21)					
Wed	Apr 13-Jun 22	4:45-5:45pm	(10)	\$95.00	<b>548033</b>

#### KINSMEN

	DATES	TIME	#	PRICE	BARCODE
Mon	Apr 11-Jun 20	4:00-5:00pm	(10)	\$95.00	<b>559307</b>
(No Class May 23)					
Fri	Apr 15-Jun 24	4:45-5:45pm	(10)	\$95.00	<b>559309</b>
(No Class April 22)					

#### THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-Jun 18	9:00-10:00am	(10)	\$95.00	<b>548061</b>
Wed	Apr 13-Jun 15	5:00-6:00pm	(10)	\$95.00	<b>548062</b>
(No Class May 21)					

#### TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-Jun 18	10:00-11:00am	(10)	\$95.00	<b>548025</b>
(No Class May 21)					
Thu	Apr 14-Jun 16	5:00-6:00pm	(10)	\$95.00	<b>548041</b>

## 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.

### CLAREVIEW

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-Jun 18	11:00am-12:00pm	(10)	\$95.00	<b>548050</b>
(No Class May 21)					
Thu	Apr 14-Jun 16	5:00-6:00pm	(10)	\$95.00	<b>548049</b>

### COMMONWEALTH

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-Jun 18	1:30-2:30pm	(10)	\$95.00	<b>548032</b>
(No Class May 21)					
Thu	Apr 14-Jun 16	5:45-6:45pm	(10)	\$95.00	<b>548031</b>

### KINSMEN

	DATES	TIME	#	PRICE	BARCODE
Fri	Apr 15-Jun 24	6:00-7:00pm	(10)	\$95.00	<b>559310</b>
(No Class April 22)					

### THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Mon	Apr 11-Jun 20	5:00-6:00pm	(10)	\$95.00	<b>548060</b>
(No Class May 23)					

### TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-Jun 18	11:00am-12:00pm	(10)	\$95.00	<b>548027</b>
(No Class May 21)					

## 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.

### CLAREVIEW

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-Jun 18	10:00-11:00am	(10)	\$95.00	<b>548047</b>
(No Class May 21)					
Wed	Apr 13-Jun 15	5:00-6:00pm	(10)	\$95.00	<b>548048</b>

### COMMONWEALTH

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-Jun 18	3:00-4:00pm	(10)	\$95.00	<b>548038</b>
(No Class May 21)					
Wed	Apr 13-Jun 22	4:45-5:45pm	(10)	\$95.00	<b>548034</b>

### KINSMEN

	DATES	TIME	#	PRICE	BARCODE
Mon	Apr 11-Jun 20	5:00-6:00pm	(10)	\$95.00	<b>559308</b>
(No Class May 23)					

### THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-Jun 18	10:00-11:00am	(10)	\$95.00	<b>548064</b>
(No Class May 21)					
Wed	Apr 13-Jun 15	5:00-6:00pm	(10)	\$95.00	<b>548063</b>

### TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-Jun 18	11:00am-12:00pm	(10)	\$95.00	<b>548026</b>
(No Class May 21)					
Thu	Apr 14-Jun 16	5:00-6:00pm	(10)	\$95.00	<b>548042</b>

## Multi-Activity Programs

A diverse range of activities to keep your child active. Children and parents will enjoy active games, crafts, songs, sports and the magic of meeting new friends.

### ZUMBA KIDS JR

AGES 4-7

Come check out this dance party designed so 4-7 year-olds can let loose and be themselves. Through fun, age-appropriate music kids will learn coordination, agility and how to move their body to the music. Let the party begin!

#### CLAREVIEW

DATES	TIME	#	PRICE	BARCODE
Mon Apr 11-Jun 20	4:30-5:30pm	(10)	\$141.00	548040

(No Class May 23)

#### KINSMEN

DATES	TIME	#	PRICE	BARCODE
Tue Apr 12-Jun 14	5:00-6:00pm	(10)	\$141.00	559306

#### THE MEADOWS

DATES	TIME	#	PRICE	BARCODE
Tue Apr 12-Jun 14	5:00-6:00pm	(10)	\$141.00	548055

#### TERWILLEGAR

DATES	TIME	#	PRICE	BARCODE
Wed Apr 13-Jun 15	4:30-5:30pm	(10)	\$141.00	548023

### KUNG FU PANDAS

AGES 6-9

Learn basic kickboxing techniques and self-defence skills in this recreational class. This fitness-focused program is designed to foster your child's development through physical activity in a fun, non-competitive environment. No equipment needed.

#### CLAREVIEW

DATES	TIME	#	PRICE	BARCODE
Wed Apr 13-Jun 15	4:30-5:30pm	(10)	\$95.00	548052

#### COMMONWEALTH

DATES	TIME	#	PRICE	BARCODE
Tue Apr 12-Jun 14	4:30-5:30pm	(10)	\$95.00	548028

#### KINSMEN

DATES	TIME	#	PRICE	BARCODE
Thu Apr 14-Jun 16	6:45-7:45pm	(10)	\$95.00	559302

#### THE MEADOWS

DATES	TIME	#	PRICE	BARCODE
Thu Apr 14-Jun 16	5:00-6:00pm	(10)	\$95.00	548058

#### MILL WOODS

DATES	TIME	#	PRICE	BARCODE
Tue Apr 12-Jun 14	4:30-5:30pm	(10)	\$95.00	560047

#### TERWILLEGAR

DATES	TIME	#	PRICE	BARCODE
Sat Apr 9-Jun 18	11:30am-12:30pm	(10)	\$95.00	548022

(No Class May 21)

### YOGA ADVENTURES

AGES 6-9

Jump on board for a yoga adventure with us. Bark in downward dog, hiss in cobra pose and flutter your wings in butterfly. Balance on your surfboard and stretch up tall like a tree. Use poses to strengthen growing muscles, improve balance and teach breathing and relaxation techniques.

#### CLAREVIEW

DATES	TIME	#	PRICE	BARCODE
Tue Apr 12-Jun 14	4:30-5:30pm	(10)	\$141.00	548043

#### THE MEADOWS

DATES	TIME	#	PRICE	BARCODE
Wed Apr 13-Jun 15	5:00-6:00pm	(10)	\$141.00	548056

#### TERWILLEGAR

DATES	TIME	#	PRICE	BARCODE
Mon Apr 11-Jun 20	5:00-6:00pm	(10)	\$141.00	548024

(No Class May 23)

### ZUMBA KIDS

AGES 8-12

Designed exclusively for kids, Zumba Kids classes are rockin', high-energy fitness parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, cumbia and more.

#### CLAREVIEW

DATES	TIME	#	PRICE	BARCODE
Mon Apr 11-Jun 20	5:45-6:45pm	(10)	\$141.00	548035

(No Class May 23)

#### COMMONWEALTH

DATES	TIME	#	PRICE	BARCODE
Thu Apr 14-Jun 16	4:00-5:00pm	(10)	\$141.00	548030

#### KINSMEN

DATES	TIME	#	PRICE	BARCODE
Tue Apr 12-Jun 14	6:15-7:15pm	(10)	\$141.00	559305

#### THE MEADOWS

DATES	TIME	#	PRICE	BARCODE
Tue Apr 12-Jun 14	6:15-7:15pm	(10)	\$141.00	548054

#### TERWILLEGAR

DATES	TIME	#	PRICE	BARCODE
Wed Apr 13-Jun 15	5:45-6:45pm	(10)	\$141.00	548021

## NINJA KIDS

AGES 10-12

This dynamic class combines the benefits of cardiovascular training as well as self-defence techniques. Improve coordination, strength, agility and quickness through drills that are sure to keep your child's interest. No equipment required.

### CLAREVIEW

DATES	TIME	#	PRICE	BARCODE
Wed Apr 13-Jun 15	5:45-6:45pm	(10)	\$95.00	<b>548053</b>

### COMMONWEALTH

DATES	TIME	#	PRICE	BARCODE
Tue Apr 12-Jun 14	5:45-6:45pm	(10)	\$95.00	<b>548029</b>

### KINSMEN

DATES	TIME	#	PRICE	BARCODE
Thu Apr 14-Jun 16	5:30-6:30pm	(10)	\$95.00	<b>559303</b>

### THE MEADOWS

DATES	TIME	#	PRICE	BARCODE
Thu Apr 14-Jun 16	6:15-7:15pm	(10)	\$95.00	<b>548059</b>

### MILL WOODS

DATES	TIME	#	PRICE	BARCODE
Tue Apr 12-Jun 14	5:45-6:45pm	(10)	\$95.00	<b>560050</b>

### TERWILLEGAR

DATES	TIME	#	PRICE	BARCODE
Sat Apr 9-Jun 18	12:45-1:45pm	(10)	\$95.00	<b>548036</b>

(No Class May 21)

## YOGA KIDS

AGES 10-12

Bend, twist and balance in this yoga class designed for Pre-Teens. Each class will work on strength, flexibility and relaxation techniques. Yoga is great for all levels whether you're an athlete or just looking to try something new and fun.

### CLAREVIEW

DATES	TIME	#	PRICE	BARCODE
Tue Apr 12-Jun 14	5:45-6:45pm	(10)	\$141.00	<b>548051</b>

### THE MEADOWS

DATES	TIME	#	PRICE	BARCODE
Wed Apr 13-Jun 15	6:15-7:15pm	(10)	\$141.00	<b>548057</b>

### TERWILLEGAR

DATES	TIME	#	PRICE	BARCODE
Mon Apr 11-Jun 20	6:00-7:00pm	(10)	\$141.00	<b>559311</b>

(No Class May 23)

## RED CROSS BABYSITTING COURSE

AGES 11 - 16

This program covers care of infants, accident prevention and the rights and responsibilities of the babysitter. Course fee includes a babysitting manual and first aid kit.

### CLAREVIEW

DATES	TIME	#	PRICE	BARCODE
Fri Apr 22, 29	5:00-9:00pm	(1)	\$65.00	<b>559683</b>
Fri May 13, 20	5:00-9:00pm	(1)	\$65.00	<b>559684</b>
Fri Jun 17, 24	5:00-9:00pm	(1)	\$65.00	<b>559685</b>
Fri Oct 21, 28	5:00-9:00pm	(1)	\$65.00	<b>559689</b>
Fri Nov 18, 25	5:00-9:00pm	(1)	\$65.00	<b>559690</b>
M/W Jul 4, 6	5:00-9:00pm	(1)	\$65.00	<b>559686</b>
M/W Aug 8, 10	5:00-9:00pm	(1)	\$65.00	<b>559687</b>
Fri Sep 23, 30	5:00-9:00pm	(1)	\$65.00	<b>559688</b>
M/W Dec 19, 21	5:00-9:00pm	(1)	\$65.00	<b>559691</b>

### COMMONWEALTH

DATES	TIME	#	PRICE	BARCODE
Sat Apr 16	5:00-9:00pm	(1)	\$65.00	<b>554142</b>
Sat May 14	5:00-9:00pm	(1)	\$65.00	<b>554143</b>
Sat Jul 16	5:00-9:00pm	(1)	\$65.00	<b>554144</b>
Sat Sep 17	5:00-9:00pm	(1)	\$65.00	<b>554145</b>
Sat Oct 29	9:00am-5:00pm	(1)	\$65.00	<b>554146</b>
Sat Nov 19	9:00am-5:00pm	(1)	\$65.00	<b>554147</b>
Sat Dec 17	9:00am-5:00pm	(1)	\$65.00	<b>554148</b>

### JASPER PLACE ANNEX

DATES	TIME	#	PRICE	BARCODE
Sun Apr 24	9:00am-5:00pm	(1)	\$65.00	<b>553485</b>
Sun May 29	9:00am-5:00pm	(1)	\$65.00	<b>553486</b>
Sun Jun 19	9:00am-5:00pm	(1)	\$65.00	<b>553487</b>
Sun Jul 17	9:00am-5:00pm	(1)	\$65.00	<b>553488</b>
Sun Aug 21	9:00am-5:00pm	(1)	\$65.00	<b>553489</b>
Sun Sep 18	9:00am-5:00pm	(1)	\$65.00	<b>553490</b>
Sun Oct 23	9:00am-5:00pm	(1)	\$65.00	<b>553491</b>

### MILL WOODS

DATES	TIME	#	PRICE	BARCODE
Sat May 28	9:00am-5:00pm	(1)	\$65.00	<b>554189</b>
Sat June 18	9:00am-5:00pm	(1)	\$65.00	<b>554190</b>
Sat July 23	9:00am-5:00pm	(1)	\$65.00	<b>559579</b>
Sat Sept 10	9:00am-5:00pm	(1)	\$65.00	<b>559580</b>
Sat Nov 26	9:00am-5:00pm	(1)	\$65.00	<b>559581</b>
Sat Dec 17	9:00am-5:00pm	(1)	\$65.00	<b>559582</b>

## THE MEADOWS

DATES	TIME	#	PRICE	BARCODE
Sun Apr 3	9:00am-5:00pm	(1)	\$65.00	<b>560057</b>
Sun Aug 7	9:00am-5:00pm	(1)	\$65.00	<b>560058</b>
Sun Oct 30	9:00am-5:00pm	(1)	\$65.00	<b>560059</b>
Sun Nov 20	9:00am-5:00pm	(1)	\$65.00	<b>553492</b>
Sun Dec 11	9:00am-5:00pm	(1)	\$65.00	<b>560060</b>

## TERWILLEGAR

DATES	TIME	#	PRICE	BARCODE
Sat Apr 30	9:00am-5:00pm	(1)	\$65.00	<b>560024</b>
Sat May 7	9:00am-5:00pm	(1)	\$65.00	<b>560025</b>
Sat Jun 25	9:00am-5:00pm	(1)	\$65.00	<b>560026</b>
Sat Jul 30	9:00am-5:00pm	(1)	\$65.00	<b>560027</b>
Sat Aug 27	9:00am-5:00pm	(1)	\$65.00	<b>560028</b>
Sat Sep 18	9:00am-5:00pm	(1)	\$65.00	<b>560029</b>
Sat Oct 8	9:00am-5:00pm	(1)	\$65.00	<b>560030</b>
Sat Nov 5	9:00am-5:00pm	(1)	\$65.00	<b>560031</b>
Sat Dec 3	9:00am-5:00pm	(1)	\$65.00	<b>560032</b>

## OBSTACLE-FIT FAMILY

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.

## KINSMEN

DATES	TIME	#	PRICE	BARCODE
Sat Apr 9-Jun 25	9:15-10:15am	(10)	\$105.00	<b>557598</b>

(No Class April 23, May 21)

## 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.

## CLAREVIEW

DATES	TIME	#	PRICE	BARCODE
Sat Apr 16	12:00-3:00pm	(1)	\$35.00	<b>558973</b>
Sat Apr 30	12:00-3:00pm	(1)	\$35.00	<b>558974</b>
Sat May 14	12:00-3:00pm	(1)	\$35.00	<b>558975</b>
Sat May 28	12:00-3:00pm	(1)	\$35.00	<b>558976</b>
Sat Jun 11	12:00-3:00pm	(1)	\$35.00	<b>558977</b>
Sat Jun 25	12:00-3:00pm	(1)	\$35.00	<b>558978</b>

## COMMONWEALTH

DATES	TIME	#	PRICE	BARCODE
Sat Apr 23	12:00-3:00pm	(1)	\$35.00	<b>558969</b>
Sat Jun 18	12:00-3:00pm	(1)	\$35.00	<b>558970</b>

## GRAND TRUNK

DATES	TIME	#	PRICE	BARCODE
Sat Apr 23	12:30-3:30pm	(1)	\$35.00	<b>558963</b>

## HARDISTY

DATES	TIME	#	PRICE	BARCODE
Sun May 8	12:30-3:30pm	(1)	\$35.00	<b>558948</b>

## JASPER PLACE

DATES	TIME	#	PRICE	BARCODE
Sat May 7	12:30-3:30pm	(1)	\$35.00	<b>558949</b>

## KINSMEN

DATES	TIME	#	PRICE	BARCODE
Sat Apr 9	12:00-3:00pm	(1)	\$35.00	<b>558964</b>
Sat Jun 4	12:00-3:00pm	(1)	\$35.00	<b>558965</b>

## LONDONDERRY

DATES	TIME	#	PRICE	BARCODE
Sat Apr 9	12:00-3:00pm	(1)	\$35.00	<b>558966</b>
Sat Jun 18	12:00-3:00pm	(1)	\$35.00	<b>558967</b>

## THE MEADOWS

DATES	TIME	#	PRICE	BARCODE
Fri Apr 15	6:00-9:00pm	(1)	\$35.00	<b>558957</b>
Fri Apr 29	6:00-9:00pm	(1)	\$35.00	<b>558958</b>
Fri May 13	6:00-9:00pm	(1)	\$35.00	<b>558959</b>
Fri Jun 3	6:00-9:00pm	(1)	\$35.00	<b>558960</b>
Fri Jun 17	6:00-9:00pm	(1)	\$35.00	<b>558961</b>

## MILL WOODS

DATES	TIME	#	PRICE	BARCODE
Sat Apr 30	12:00-3:00pm	(1)	\$35.00	<b>558946</b>
Sat Jun 25	12:00-3:00pm	(1)	\$35.00	<b>558947</b>

## O'LEARY

DATES	TIME	#	PRICE	BARCODE
Sat May 14	12:30-3:30pm	(1)	\$35.00	<b>558968</b>

## PETER HEMINGWAY

DATES	TIME	#	PRICE	BARCODE
Sat Apr 16	12:30-3:30pm	(1)	\$35.00	<b>558980</b>

## TERWILLEGAR

DATES	TIME	#	PRICE	BARCODE
Fri Apr 8	6:00-9:00pm	(1)	\$35.00	<b>558951</b>
Fri Apr 22	6:00-9:00pm	(1)	\$35.00	<b>558952</b>
Fri May 6	6:00-9:00pm	(1)	\$35.00	<b>558953</b>
Fri May 27	6:00-9:00pm	(1)	\$35.00	<b>558954</b>
Fri Jun 10	6:00-9:00pm	(1)	\$35.00	<b>558955</b>
Fri Jun 24	6:00-9:00pm	(1)	\$35.00	<b>558956</b>

## Art & Dance Programs

City Arts Centre Outreach Programming

### Animation

#### ANIMATION MASTERS

AGES 8-12

Use our digital cameras and stop action software to bring your creative ideas to life! You'll work in small groups to create an animated short complete with voiceovers, music and sound effects. Each participant receives a copy of their project. Additional DVD copies can be purchased for \$10.

##### TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 16-May 7	10:00am-12:00pm	(4)	\$100.00	559251

### Art

#### ART MASTERS

AGES 6-12

Students are introduced to the fundamentals of drawing and painting. Translate 3D shapes and objects into masterpieces through the mediums of pencil, pastel, and watercolour. Practice observational drawing while learning about famous artists. Small class sizes allow for individual attention and encouragement.

##### CLAREVIEW

	DATES	TIME	#	PRICE	BARCODE
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##### AGES 6-8

Tue	Apr 19-Jun 7	4:30-6:00pm	(8)	\$98.00	559259
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##### TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
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##### AGES 6-8

Mon	Apr 18-Jun 13	4:30-6:00pm	(8)	\$98.00	559257
Wed	Apr 20-Jun 8	4:30-6:00pm	(8)	\$98.00	559246

##### AGES 9-12

Thu	Apr 21-Jun 9	4:30-6:00pm	(8)	\$98.00	559247
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##### THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
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##### AGES 9-12

Sun	Apr 17-Jun 12	11:00am-12:30pm	(8)	\$98.00	559258
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### Cooking

#### YOU CAN COOK!

AGES 7-9

Create an assortment of dishes from breakfast to dessert, featuring fresh ingredients. Get comfortable in the kitchen and learn to cook your favorites!

##### TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Tue	Apr 12-May 10	4:30-5:45pm	(5)	\$95.00	559143
Thu	Apr 14-May 12	4:30-5:45pm	(5)	\$95.00	559141
Tue	May 17-Jun 14	4:30-5:45pm	(5)	\$95.00	559144
Thu	May 19-Jun 16	4:30-5:45pm	(5)	\$95.00	559140

### Dance

#### DANCE COMBO

AGES 6-9

Allow your child to express themselves through dance. This course focuses on the basics of ballet and jazz, allowing students to develop their skills in a fun and non-competitive environment.

##### COMMONWEALTH

	DATES	TIME	#	PRICE	BARCODE
Sun	Apr 17-Jun 12	11:30am-12:15pm	(8)	\$82.00	559167

##### THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Sun	Apr 10-Jun 19	12:00-1:15pm	(10)	\$125.00	559170

##### TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Wed	Apr 13-Jun 15	4:30-5:45pm	(10)	\$125.00	559150

### HIP HOP

AGES 10-14

This high-energy class teaches the basics of hip hop and body isolation movement. Learn choreographed sequences to your favorite hip hop and pop songs. Pick up new steps, work your body and have some fun! Indoor shoes required.

##### THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Sun	Apr 10-Jun 19	1:15-2:15pm	(10)	\$90.00	559169

##### MILL WOODS

	DATES	TIME	#	PRICE	BARCODE
Mon	Apr 11-Jun 20	6:30-7:30pm	(10)	\$90.00	560070
Mon	Apr 14-Jun 26	6:30-7:30pm	(10)	\$90.00	560069

##### TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Wed	Apr 13-Jun 15	5:45-6:45pm	(10)	\$90.00	559151

## Family

### POTTERY FOR FAMILIES

AGES 6+

Share the joy and wonder of clay with your child. Instruction focuses on hand building techniques. Recommended for children six years and older. Course fee is \$55 per person. Adult participation required.

#### A.C.T

	DATES	TIME	#	PRICE	BARCODE
Thu	Apr 21-May 12	6:30-8:30pm	(4)	\$55.00	<b>559214</b>
Thu	May 19-Jun 9	6:30-8:30pm	(4)	\$55.00	<b>559215</b>

### FAMILY ANIMATION WORKSHOP

Create a personalized animated message! Use our digital cameras and stop action software to complete your project with voiceovers, music and sound effects! Fee includes one adult and up to two children.

#### TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Sun	Apr 17	10:00am-3:00pm	(1)	\$75.00	<b>559253</b>

## Music

### PIANO ADVENTURE

AGES 5-7

Introduce your child to the piano in a fun group setting. Classes will include basic piano technique, a few simple pieces, and general music skills such as rhythm, pitch and patterns. Families will be required to purchase a lesson book (approx. \$12). Some adult participation required.

### BLUE 1

AGES 5-7

This class is designed for age 6-7 beginners or participants who have completed Yellow 2.

#### THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-Jun 18	12:30-1:15pm	(10)	\$145.00	<b>559203</b>

#### TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-Jun 18	11:00-11:45am	(10)	\$145.00	<b>559189</b>
Sat	Apr 9-Jun 18	11:45am-12:30pm	(10)	\$145.00	<b>559187</b>

### BLUE 2

AGES 5-7

This class is designed for age 6-7 beginners or participants who have completed Blue 1.

#### THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-Jun 18	1:15-2:00pm	(10)	\$145.00	<b>559205</b>

#### TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-Jun 18	2:45-3:30pm	(10)	\$145.00	<b>559198</b>

### BLUE 3

AGES 5-7

This class is designed for participants who have completed Blue 2.

#### TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-Jun 18	3:30-4:15pm	(10)	\$145.00	<b>559204</b>
Wed	Apr 20-Jun 8	4:30-6:00pm	(8)	\$80.00	<b>559210</b>
Sat	Apr 23-Jun 18	10:00am-12:00pm	(8)	\$100.00	<b>559208</b>



# ADULT REGISTERED NON-AQUATIC PROGRAMS

Programs listed alphabetically by type

## Fitness & Wellness 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.

#### KINSMEN

	DATES	TIME	#	PRICE	BARCODE
Mon	Apr 4-May 9	7:00-8:00pm	(6)	\$120.00	559352
Mon	May 30-Jun 27	7:00-8:00pm	(5)	\$100.00	559359

### BARRE WITH BABY

This class is designed for mom's with babies that are 6 weeks - 9 months old (before they are mobile). Please note the baby must be worn/strapped to mom for this class so please bring a comfortable sling or carrier. Barre class is a dynamic workout inspired by a mixture of dance, strength training, pilates and yoga while using the ballet barre and a variety of other equipment. Barre with Baby is a post natal class designed for new moms who can enjoy the Barre workout, while their babies are safely strapped to themselves by a baby carrier or sling. Nursing, feeding and crying are all normal activities that will take place in this class.

#### THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Mon	Apr 4-May 16	1:30-2:30pm	(7)	\$91.00	559287
Mon	May 30-Jun 27	1:30-2:30pm	(5)	\$65.00	559288

### FITNESS CENTRE ORIENTATION

This introductory session is designed to acquaint adults and youth ages 16+ with the fitness centre and provide an orientation of the weight and cardiovascular machines, as well as answer basic fitness questions. Pre-registration is required.

#### CENTRAL LIONS

	DATES	TIME	#	PRICE	BARCODE
Wed	May 11	5:30pm	(1)	Adm*	559000

#### GRAND TRUNK

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 23	10:00am	(1)	Adm*	558996
Sat	May 28	10:00am	(1)	Adm*	558997
Sat	June 11	10:00am	(1)	Adm*	558998

#### HARDISTY

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9	12:30pm	(1)	Adm*	558988
Sat	May 7	12:30pm	(1)	Adm*	558989
Sat	Jun 11	12:30pm	(1)	Adm*	558993

## JASPER PLACE

	DATES	TIME	#	PRICE	BARCODE
Sun	Apr 17	12:30pm	(1)	Adm*	<b>558986</b>
Sun	May 15	12:30pm	(1)	Adm*	<b>558987</b>
Sun	June 19	12:30pm	(1)	Adm*	<b>558999</b>

## O'LEARY

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 16	12:30pm	(1)	Adm*	<b>558990</b>
Sat	May 7	12:30pm	(1)	Adm*	<b>558991</b>
Sat	June 4	10:00am	(1)	Adm*	<b>558992</b>

## PETER HEMINGWAY

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 16	10:00am	(1)	Adm*	<b>558994</b>
Sat	May 14	10:00am	(1)	Adm*	<b>558995</b>

## 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.

## CLAREVIEW

	DATES	TIME	#	PRICE	BARCODE
Sun	Apr 10-May 8	11:30am-12:30pm	(5)	\$55.00	<b>559366</b>

## COMMONWEALTH

	DATES	TIME	#	PRICE	BARCODE
Sun	May 29-Jun 26	1:00-2:00pm	(5)	\$55.00	<b>559367</b>

## KINSMEN

	DATES	TIME	#	PRICE	BARCODE
Sun	Apr 10-May 8	12:30-1:30pm	(5)	\$55.00	<b>559370</b>

## THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Sun	Apr 10-May 8	6:00-7:00pm	(5)	\$55.00	<b>559368</b>

## TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Sat	May 28-Jun 25	11:45am-12:45pm	(5)	\$55.00	<b>559368</b>

## 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.

## COMMONWEALTH

	DATES	TIME	#	PRICE	BARCODE
Fri	Apr 8-May 13	7:00-8:30pm	(6)	\$108.00	<b>559344</b>
Fri	May 20-Jun 24	7:00-8:30pm	(6)	\$108.00	<b>559345</b>

## KINSMEN

	DATES	TIME	#	PRICE	BARCODE
Mon	Apr 4-May 9	7:00-8:30pm	(6)	\$108.00	<b>559341</b>
Mon	May 30-Jun 27	7:00-8:30pm	(5)	\$90.00	<b>559342</b>
Thur	Apr 7-May 12	8:00-9:30pm	(6)	\$108.00	<b>559340</b>
Thur	May 19-Jun 30	8:00-9:30pm	(7)	\$126.00	<b>559343</b>

## TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Tues	Apr 5-May 10	7:00-8:30pm	(6)	\$108.00	<b>559346</b>
Tues	May 17-Jun 21	7:00-8:30pm	(6)	\$108.00	<b>559347</b>

## 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!

## KINSMEN

	DATES	TIME	#	PRICE	BARCODE
Wed	Apr 6-May 11	7:00-8:00pm	(6)	\$72.00	<b>559353</b>
Wed	May 18-Jun 29	7:00-8:00pm	(7)	\$84.00	<b>559355</b>
Sun	Apr 10-May 15	9:00-10:00am	(6)	\$70.00	<b>559354</b>
Sun	May 29-Jun 26	9:00-10:00am	(5)	\$60.00	<b>559358</b>

## 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.

## KINSMEN

	DATES	TIME	#	PRICE	BARCODE
Fri	Apr 8-May 13	7:00-8:00pm	(6)	\$120.00	<b>559356</b>
Fri	May 20-Jun 24	7:00-8:00pm	(6)	\$120.00	<b>559357</b>

## TOTAL BARRE

High energy and dynamic, Total Barre integrates elements of Pilates, dance, cardio and strength training while following a progressive template. This class is led by an Stott Pilates certified instructor. All levels welcome.

### TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Mon	Apr 4-May 16	7:15-8:15pm	(7)	\$91.00	<b>559285</b>
Mon	May 30-Jun 27	7:15-8:15pm	(5)	\$65.00	<b>559286</b>

## TRX SUSPENSION TRAINING - ADVANCED

Advanced TRX Suspension Training is a class created to take your TRX workouts to the next level. The advanced course will incorporate high intensity movements along with training for agility, strength, flexibility and power. The advanced course will also incorporate combining TRX training with other pieces of equipment like bosu's, kettle bells, gliders and more!

### TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Sun	Apr 10-May 15	10:30-11:30am	(6)	\$72.00	<b>559373</b>
Sun	May 29-Jun 26	10:30-11:30am	(5)	\$60.00	<b>559374</b>

## TRX SUSPENSION TRAINING - BASIC

Originally designed by the United States Navy, TRX Suspension is becoming an increasingly popular form of exercise for individuals and groups. The technology is simple, hand holds are secured to a suspension system or anchor point and the participant goes through a series of movements using their own body weight as resistance. The intensity of the exercises is easily adjusted by changing the body position or by adjusting the strapping anchor position. Using one's own body weight as resistance, this versatile system will work the entire body without the use of weights, pallets or additional machinery.

### TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-May 14	10:30-11:30am	(6)	\$72.00	<b>559371</b>
Sat	May 28-Jun 25	10:30-11:30am	(5)	\$60.00	<b>559372</b>

## 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.

### CLAREVIEW

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-May 14	10:30-11:30am	(6)	\$66.00	<b>559348</b>
Sat	May 28-Jun 25	10:30-11:30am	(5)	\$55.00	<b>559350</b>

### COMMONWEALTH

	DATES	TIME	#	PRICE	BARCODE
Sun	Apr 9-May 14	9:30-10:30am	(6)	\$66.00	<b>559360</b>
Sun	May 28-Jun 25	9:30-10:30am	(5)	\$55.00	<b>559364</b>

### KINSMEN

	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 9-May 7	10:30-11:30am	(5)	\$55.00	<b>559361</b>
Sat	May 21-Jun 25	10:30-11:30am	(6)	\$66.00	<b>559363</b>

### THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Sun	Apr 10-May 15	10:30-11:30am	(6)	\$66.00	<b>559362</b>
Sun	May 29-Jun 26	10:30-11:30am	(5)	\$55.00	<b>559365</b>

### TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Sun	Apr 10-May 15	9:30-10:30am	(6)	\$66.00	<b>559349</b>
Sun	May 29-Jun 26	9:30-10:30am	(5)	\$55.00	<b>559351</b>

## YOGA (PRENATAL)

This class integrates correct breathing techniques and strengthening yoga postures to increase your strength and relieve your tension. Using traditional yoga poses will help you feel stronger and more flexible. There will be a focus on good posture to support your growing tummy and strengthening your pelvic floor for labour.

### TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Sun	Apr 3-May 15	12:45-2:00pm	(7)	\$101.50	<b>559299</b>
Sun	May 29-Jun 26	12:45-2:00pm	(5)	\$72.50	<b>559300</b>

## City Arts Centre Outreach Programming

These programs and others are also offered at the City Arts Centre

## FOREVER FIT

This physical activity program is geared towards independent older adults. Forever Fit focuses on improving your stamina, strength, flexibility and balance – activities that enhance daily living. This program can also help manage common health conditions, such as arthritis, hypertension, and osteoporosis. No experience is necessary.

### CITY ARTS CENTRE

	DATES	TIME	#	PRICE	BARCODE
Mon Thu	Apr 4-May 12	10:45-11:45am 10:30-11:30am	(12)	\$120.00	<b>559292</b>
Mon Thu	May 16-Jun 30	10:45-11:45am 10:30-11:30am	(13)	\$130.00	<b>559293</b>

## NIA

Move, breathe, dance! NIA is a path to conditioning and expressing yourself through movement. This is a dynamic blend of dance and martial arts. NIA is adaptable to virtually any fitness level.

### CITY ARTS CENTRE

	DATES	TIME	#	PRICE	BARCODE
Tues	Apr 5-May 17	5:30-6:30Pm	(7)	\$91.00	<b>559290</b>
Tues	May 24-Jun 28	5:30-6:30Pm	(6)	\$78.00	<b>559291</b>

## PILATES LEVEL 1

Experience this mind-body approach towards fitness, based on the work of Joseph Pilates. This non-impact program focuses on purposeful movement through the execution of proper body alignment. Join this class to help reduce stress and fatigue, while increasing your strength, flexibility, balance and energy level. Learn to coordinate your muscles in stabilizing and strengthening your core. This program is also offered as a drop-in program at The Meadows and Terwillegar Community Recreation Centres and at the Kinsmen Sports Centre.

### CITY ARTS CENTRE

	DATES	TIME	#	PRICE	BARCODE
Mon	Apr 4-May 16	5:25-6:25pm	(7)	\$91.00	<b>559294</b>
Mon	May 30-Jun 27	5:25-6:25pm	(5)	\$65.00	<b>559295</b>

## YOGA

Yoga enhances all aspects of your life. Improve muscle strength, flexibility, digestion, self-awareness, relaxation and so much more. Yoga is one of the kindest things we can do for our minds and bodies. This program is also offered as a drop-in program at Clareview, Commonwealth, Mill Woods, The Meadows and Terwillegar Community Recreation Centres, Jasper Place Annex, the Kinsmen Sports Centre, and the Prince of Wales Armouries.

### CITY ARTS CENTRE

	DATES	TIME	#	PRICE	BARCODE
Wed	Apr 6-May 18	5:25-6:25pm	(7)	\$91.00	<b>559296</b>
Wed	May 25-Jun 29	5:25-6:25pm	(6)	\$78.00	<b>559301</b>

## YOGA AT THE CENTRE

45+

This yoga class is for adults 45 and older who want to maintain and improve their strength and flexibility.

### CITY ARTS CENTRE

	DATES	TIME	#	PRICE	BARCODE
Thur	Apr 7-May 19	9:20-10:20am	(7)	\$91.00	<b>559297</b>
Thur	May 26-Jun 30	5:25-6:25pm	(6)	\$78.00	<b>559298</b>

## SURF Programs

Social. Unique. Recreational. Fun.

**SURF (Social. Unique. Recreational. Fun.) programs are designed for adults with developmental and multiple disabilities. Participants will receive a schedule of the program events on the first day. Each program allows the opportunity to meet new people. Participants are welcome to bring a snack, or money to purchase a snack. All participants who require an attendant are to supply their own for the program.**

## ROCKIN' IN RUNDLE

Rockin' In Rundle is a leisure dance for adults with multiple and/ or developmental disabilities. A variety of music is played each week along with themed dances throughout the session that people are sure to enjoy. Participants may join the program at any time during the session. Options to attend include paid in full or on a drop-in basis. Individuals requiring DATS transportation to and from the dance must complete and submit a registration form prior to attending the dance. They are responsible for booking and cancelling their DATS rides. After submitting the registration form, please allow 5 business days for processing before booking DATS. Registration for participants who use their own transportation to attend the dance is optional, but recommended.

### A.C.T

	DATES	TIME	#	PRICE	BARCODE
Tue	Mar 29-Jun 14	12:30-2:30pm	(12)	\$4.00	<b>548907</b>
Thu	Mar 31-Jun 16	12:30-2:30pm	(12)	\$4.00	<b>548908</b>

### DROP-IN

### REGISTERED

Tue	Mar 29-Jun 14	12:30-2:30pm	(12)	\$48.00	<b>548905</b>
Thu	Mar 31-Jun 16	12:30-2:30pm	(12)	\$48.00	<b>548906</b>

## SENIOR LEISURE DANCE

Come out for an afternoon of toe-tapping music provided by a live band and enjoy light refreshments. This is a City of Edmonton Senior Leisure Program designated for older adults aged 55+. Participants may join the program at any time during the session. Options to attend include paid in full or on a drop-in basis. Individuals requiring DATS transportation to and from the dance must complete and submit a registration form prior to attending the dance. They are responsible for booking and cancelling their DATS rides. After submitting the registration form, please allow 5 business days for processing before booking DATS. Registration for participants who use their own transportation to attend the dance is optional, but recommended.

A.C.T					
	DATES	TIME	#	PRICE	BARCODE
<b>DROP-IN</b>					
Wed	Apr 6-Jun 15	1:00-2:30pm	(11)	\$3.50	<b>548934</b>
<b>REGISTERED</b>					
Wed	Apr 6-Jun 15	1:00-2:30pm	(11)	\$38.50	<b>548933</b>

## SURF DAYSIDE OUTING CLUB

Explore what makes Edmonton unique! Every two weeks, join this program and experience outings in our great city. Meet friends, get out into the community, and try new things. Costs for outings are extra. Please note some outings may require Personal Care Attendants to pay. Please budget an average of \$10-\$20 per week.

A.C.T					
	DATES	TIME	#	PRICE	BARCODE
Wed	Apr 13-Jun 8	11:00 am-1:30 pm	(5)	\$39.00	<b>548693</b>

## SURF FIT NIGHT

Join this active social evening that includes fitness fun in the Gym and swimming in our accessible pool every week. Each evening includes activities such as personal fitness, sports and games.

A.C.T					
	DATES	TIME	#	PRICE	BARCODE
Wed	Apr 6-Jun 8	7:00-9:30pm	(10)	\$48.50	<b>548911</b>

## SURF FRIDAY CRAFTS

Find your inner crafter and explore the Arts in this creative program that offers the opportunity to meet new people and experience a variety of art and craft projects and techniques. All materials provided.

A.C.T					
	DATES	TIME	#	PRICE	BARCODE
Fri	Apr 8-Jun 10	1:00-3:00pm	(10)	\$90.50	<b>548910</b>

## SURF OUTDOOR RECREATION

Enjoy the largest urban park in Canada right here in Edmonton's back yard! Learn to cook outdoors while having fun and making new friends. Each week will feature a variety of outdoor safety skills, activities, and more in our beautiful Edmonton River Valley!

A.C.T					
	DATES	TIME	#	PRICE	BARCODE
Wed	Apr 6-Jun 8	7:00-9:30pm	(10)	\$90.50	<b>548912</b>

## SURF OUTING CLUB 1 & 2

Explore what makes Edmonton unique! Each Friday evening, join the fun and experience outings in our great city. Meet friends, get out into the community, and try new things. Groups will plan and choose four of the outings together during their first class. Costs for outings are extra. Please note some outings may require Personal Care Attendants to pay. Please budget an average of \$10-\$20 per week.

A.C.T					
	DATES	TIME	#	PRICE	BARCODE
Fri	Apr 8-Jun 10	7:00-9:30pm	(10)	\$48.50	<b>548914</b>
Fri	Apr 8-Jun 10	7:00-9:30pm	(10)	\$48.50	<b>548915</b>

## SURF SCRAPBOOKING CLUB

Join us for 10 weeks of scrapbooking your personal photos into albums and frames. Program fee includes all materials needed for in-class use. Please bring 3 personal photos to each class.

A.C.T					
	DATES	TIME	#	PRICE	BARCODE
Mon	Apr 4-Jun 13	1:00-3:00pm	(10)	\$90.50	<b>548917</b>
(No Class May 23)					

## SURF SOCIAL NIGHT

The FOCUS is on FUN in this recreational social program centered on a principle theme each week! This includes dancing, arts, culture, seasonal activities, and games all within the natural beauty of Rundle Park. Extra fee for outings and special events may apply.

A.C.T					
	DATES	TIME	#	PRICE	BARCODE
Fri	Apr 8-Jun 10	7:00-9:30pm	(10)	\$48.50	<b>548913</b>

## SURF TCRC FIT NIGHT

Check out this active program that includes the use of Terwillegar's Fitness Centre, gym space, and leisure pool every week. Each evening includes activities such as personal fitness, sports and games.

### TERWILLEGAR

DATES	TIME	#	PRICE	BARCODE
Mon Apr 4-Jun 13	7:00-9:30pm	(10)	\$48.50	<b>548919</b>

(No Class May 23)

## SURF TUESDAY EVENING CRAFTS

Find your inner crafter and explore the Arts in this creative program that offers the opportunity to meet new people and experience a variety of art and craft projects and techniques. All materials provided.

### A.C.T

DATES	TIME	#	PRICE	BARCODE
Tue Apr 5-Jun 7	6:30-8:30pm	(11)	\$90.50	<b>548909</b>

## SURF ZUMBA

An adapted Latin-inspired dance workout with an emphasis on fun! This is an inclusive class suitable for all abilities including individuals with mobility aids.

### A.C.T

DATES	TIME	#	PRICE	BARCODE
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### DROP-IN

Thu Apr 9-Jun 16	10:30-11:30pm	(12)	\$4.25	<b>548920</b>
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### REGISTERED

Thu Apr 9-Jun 16	10:30-11:30pm	(12)	\$51.00	<b>548918</b>
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## Art & Dance Programs

City Arts Centre Outreach Programming

### Cooking

## ARTISAN BREAD MAKING

In this demo/hands-on class you will learn all the steps and techniques to making beautiful artisan loaves, including boules and sticks in your own home. This long process dough requires no kneading and is crusty and flavourful with no preservatives. Learn how to add various ingredients to accommodate seasonal flavours and textures. Take home your own ready-to-bake dough!

### CLAREVIEW

DATES	TIME	#	PRICE	BARCODE
Thu Jun 2	6:30-9:00pm	(1)	\$60.00	<b>559042</b>

### MILL WOODS

DATES	TIME	#	PRICE	BARCODE
Thur May 12	6:30-9:00pm	(1)	\$60.00	<b>560043</b>

## CAKE DECORATING

In this class you will learn how to bake a cake from scratch and decorate it. Learn to make icing and different decorations for your cake. It's easy to make cakes that look as good as they taste. Impress your friends and family with your new skills!

### CLAREVIEW

DATES	TIME	#	PRICE	BARCODE
Thu May 27	6:30-9:30pm	(1)	\$65.00	<b>559059</b>

## CAKE POP 101

Come and learn how to create cake pops. The instructor will take you through on how to create a cake pop and then teach you how to decorate them. They are the perfect treat to give your friends and family!

### CLAREVIEW

DATES	TIME	#	PRICE	BARCODE
Thur May 12	6:30-9:30pm	(1)	\$65.00	<b>559065</b>

## PAKISTANI COOKING

Learn to make traditional dishes from the south, west, north and east regions of Pakistan. In this class you will make Seekh Kabab, Chicken Haleem Chapati and Tropical Punch.

### CLAREVIEW

DATES	TIME	#	PRICE	BARCODE
Fri Apr 29	6:30-9:30pm	(1)	\$65.00	<b>559054</b>

## LEARN TO COOK

In this introductory class we cover basic cooking skills. As you prepare a different menu each week, we introduce knife skills, stocks and sauces, vegetable and grain cookery and preparing several cuts of meat. A great class for beginners and anyone who wants to eat more at home!

### CLAREVIEW

DATES	TIME	#	PRICE	BARCODE
Fri Jun 3-24	6:00-9:00pm	(4)	\$200.00	<b>559066</b>

### MILL WOODS

DATES	TIME	#	PRICE	BARCODE
Wed May 4-25	6:00-9:00pm	(4)	\$200.00	<b>560042</b>

## SMOOTHIES AND JUICES

Learn how to create the perfect smoothie by understanding the appropriate ingredients to add that won't make you hungry after. Learn about post-workout, pre-workout and meal replacement smoothies in this class.

### CLAREVIEW

DATES	TIME	#	PRICE	BARCODE
Thur May 5	6:30-9:30 pm	(1)	\$65.00	<b>560092</b>

## Crafts

### AMIGURUMI-JAPANESE CROCHET

Amigurumi is a Japanese technique of crocheting a small toy or object. In this beginner level class, you can choose from three patterns: a rattle, jingle balls or a monster and make your yarn come to life as you learn the fundamentals of magic rings, single crochet, increasing, decreasing and finishing. These toys are cute and washable. All supplies provided.

#### TERWILLEGAR

DATES	TIME	#	PRICE	BARCODE
Tue May 3-17	7:00-9:00pm	(3)	\$60.00	559072

### LEARN TO KNIT 1

Learn the simple art form of knitting, including the basic stitches of knit and purl, casting on, picking up stitches and casting off. Discover how to read patterns and the tips and tricks for more advanced patterns and stitches. Choose from a variety of simple projects, including scarf, cowl or a knitted dish cloth, cell or iPod cover, or simple slippers.

#### CLAREVIEW

DATES	TIME	#	PRICE	BARCODE
Wed Apr 27-May 18	6:30-8:30pm	(4)	\$60.00	559138

#### THE MEADOWS

DATES	TIME	#	PRICE	BARCODE
Mon Apr 25-May 16	7:00-9:00pm	(4)	\$60.00	559075

#### TERWILLEGAR

DATES	TIME	#	PRICE	BARCODE
Tue Apr 12-May 3	6:30-8:30pm	(4)	\$60.00	559078

### SEWING 1

Join the handmade revolution. Impress your family and friends when you complete three creative projects in this introductory class. We'll teach you how to operate a sewing machine as well as a number of foundational sewing skills. Sewing machines provided. Supply list will be discussed at the first class.

#### CLAREVIEW

DATES	TIME	#	PRICE	BARCODE
Sun Apr 17-Jun 12	1:00-4:00pm	(8)	\$180.00	559071

#### THE MEADOWS

DATES	TIME	#	PRICE	BARCODE
Thu Apr 21-Jun 9	6:30-9:30pm	(8)	\$180.00	559069

#### TERWILLEGAR

DATES	TIME	#	PRICE	BARCODE
Wed Apr 20-Jun 8	6:30-9:30pm	(8)	\$180.00	559073

## SEWING 2

Build upon what you learned in Sewing 1 to further your sewing skills. Make a blouse and skirt and learn measuring techniques, facings, buttonholes and garment finishing. You'll also learn how to alter blouse and skirt patterns to customize them to your fit.

#### CLAREVIEW

DATES	TIME	#	PRICE	BARCODE
Thur Apr 21-Jun 9	6:30-9:30pm	(8)	\$180.00	560044

#### TERWILLEGAR

DATES	TIME	#	PRICE	BARCODE
Tue Apr 19-Jun 7	6:30-9:30pm	(8)	\$180.00	559076

### QUILTING 1

Join Tammy Wells as she takes you through a journey of learning how to quilt. You will learn the basics of cutting and piecing blocks, machine quilting and binding edges. In this class you will make a reversible table runner. You will have to purchase your own fabrics and supplies. Supply list will be given at first class.

#### CLAREVIEW

DATES	TIME	#	PRICE	BARCODE
Sun Apr 17-Jun 12	10:30am-12:30pm	(8)	\$180.00	559080

## Dance

### BABY & ME BALLET

Using basic ballet barre and centre work, regain tone and flexibility while bonding with your baby and meeting other parents in this fun class! Baby will be strapped onto parent or laid on a mat for stretches and moves. No dance experience required. Please bring a suitable baby carrier for your child. Babies 1-10 mos only.

#### TERWILLEGAR

DATES	TIME	#	PRICE	BARCODE
Thu Apr 14-Jun 16	12:00-1:00pm	(10)	\$100.00	559110

## BALLET 1

Explore the basics of ballet: poise, coordination, strength, alignment and basic musicality. Each class begins at the barre, and then progresses to center work and moving across the floor. Suitable for all body types, fitness levels and anyone who needs a good stretch! A great class for a true beginner or for those who wants to get back to the basics.

### CLAREVIEW

	DATES	TIME	#	PRICE	BARCODE
Thu	Apr 14-Jun 16	7:30-9:00pm	(10)	\$145.00	559106

### THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Thur	Apr 14-Jun 16	8:30-9:30pm	(10)	\$100.00	560054

### MILL WOODS

	DATES	TIME	#	PRICE	BARCODE
Mon	Apr 11-Jun 20	8:30-9:30pm	(10)	\$100.00	560068

### TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Wed	Apr 13-Jun 15	7:00-8:00pm	(10)	\$100.00	559108

## BALLET-FLOOR BARRE

Experience traditional ballet training from a new perspective – the floor. Strengthen, lengthen and tone your body while increasing flexibility. Performed lying or sitting on the floor.

### TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Wed	Apr 13-Jun 15	8:00-9:00pm	(10)	\$100.00	559109

## BALLET FOR EVERYONE

Are you an unconventional ballerina? This body-friendly class focuses on the basics of ballet: poise, coordination, strength, alignment and basic musicality. A great class for all body types, physical abilities and ranges of motion.

### THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Sun	Apr 10-Jun 19	10:15-11:15am	(10)	\$100.00	559102

## BELLY DANCING 1

Discover a new path to fitness via an ancient art form! Improve your flexibility and tone your body as you learn Middle Eastern dance steps and rhythms. No dance experience required.

### CLAREVIEW

	DATES	TIME	#	PRICE	BARCODE
Tue	Apr 12-Jun 14	7:45-9:15pm	(10)	\$145.00	559087

## BOLLYWOOD FUSION DANCING

Learn East Indian dance styles to a medley of classic and modern Bollywood hits. This high-energy dance program offers you a chance to learn fundamentals and choreography to fun fusion filled pieces! The intoxicating dance style is the ultimate blend of East meets West!

### TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Thu	Apr 14-Jun 16	7:00-8:00pm	(10)	\$100.00	559115

## HIP HOP DANCING

Pick up some funky new steps, work your body and have some fun in this high-energy dance class. You will be guided through the latest hip hop and funk moves coordinated to popular dance music.

### THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Sun	Apr 10-Jun 19	2:30-3:30pm	(10)	\$100.00	559100
Thur	Apr 14-Jun 16	7:30-8:30pm	(10)	\$100.00	560052

### MILL WOODS

	DATES	TIME	#	PRICE	BARCODE
Mon	Apr 11-Jun 20	7:30-8:30pm	(10)	\$100.00	560067

### Partnered Dance

## BALLROOM DANCING

Learn to whirl around the dance floor with ballroom dancing. In this ten week course, learn the basic steps to the waltz, tango and foxtrot. We provide an enjoyable dance experience. Singles and couples welcome, single participants will be paired up with other singles. Includes free practice sessions.

### TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
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#### MEN

Wed	Apr 13-Jun 15	7:00-8:30pm	(10)	\$145.00	559098
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#### WOMEN

Wed	Apr 13-Jun 15	7:00-8:30pm	(10)	\$145.00	559097
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## BALLROOM/LATIN DANCING

Want to dance to almost any type of music? Through group instruction and one-on-one support we'll teach you the basic steps of tango, waltz, salsa, cha-cha and more. Look good and feel confident when you go out dancing. Singles and couples welcome, single participants will be paired up with other singles. Includes free practice sessions.

MILL WOODS					
	DATES	TIME	#	PRICE	BARCODE
<b>MEN</b>					
Thur	Apr 14-Jun 16	7:00-8:30pm	(10)	\$145.00	<b>561276</b>
<b>WOMEN</b>					
Thur	Apr 14-Jun 16	7:00-8:30pm	(10)	\$145.00	<b>561275</b>

## COUNTRY DANCING

Dust off your dancing boots and kick up your heels as you whirl around the dance floor to the fantastic sounds of country music and good old rock and roll. Learn to dance two of the most popular dances in Alberta, the two-step and swing. Singles and couples welcome. Singles will be paired with other singles. Includes free practice sessions.

TERWILLEGAR					
	DATES	TIME	#	PRICE	BARCODE
<b>MEN</b>					
Fri	Apr 15-Jun 17	7:00-8:30pm	(10)	\$145.00	<b>559095</b>
<b>WOMEN</b>					
Fri	Apr 15-Jun 17	7:00-8:30pm	(10)	\$145.00	<b>559094</b>

## LATIN DANCING

Latin dance is a great way to get started for those who are new to partner dance. Learn steps to a variety of Latin dances including cha cha, salsa, rumba and samba. Singles and couples welcome. Singles participants will be paired up with other singles. Includes free practice sessions.

TERWILLEGAR					
	DATES	TIME	#	PRICE	BARCODE
<b>MEN</b>					
Wed	Apr 13-Jun 15	8:30-10:00pm	(10)	\$145.00	<b>559101</b>
<b>WOMEN</b>					
Wed	Apr 13-Jun 15	8:30-10:00pm	(10)	\$145.00	<b>559099</b>

## SALSA/BACHATA DANCING

Salsa and bachata are two fun and exhilarating dances designed for small and crowded spaces like night clubs. They are playful in nature and easy to learn. Singles and couples welcome! Singles will be paired with other singles. Includes free practice sessions.

TERWILLEGAR					
	DATES	TIME	#	PRICE	BARCODE
<b>MEN</b>					
Fri	Apr 15-Jun 17	8:30-9:30pm	(10)	\$100.00	<b>559105</b>
<b>WOMEN</b>					
Fri	Apr 15-Jun 17	8:30-9:30pm	(10)	\$100.00	<b>559096</b>

## SWING DANCING

In this groovin' class you'll learn the basics and fundamentals of swing in a welcoming social environment. We will explore two types of swing. East Coast Swing moves to the upbeat sounds of rock and roll, while West Coast Swing finds its rhythmic beat in blues music. Swing is for everyone! Singles and couples welcome! Singles will be paired with other singles. Includes free practice sessions.

MILL WOODS					
	DATES	TIME	#	PRICE	BARCODE
<b>MEN</b>					
Thu	Apr 14-Jun 16	8:30-9:30pm	(10)	\$100.00	<b>559091</b>
<b>WOMEN</b>					
Thu	Apr 14-Jun 16	8:30-9:30pm	(10)	\$100.00	<b>559090</b>

## Music

### GUITAR 1

From beginner to professional level, the foundation of guitar playing is learning the 15 basic chords that are the 20% of the knowledge used 80% of the time. Working together in a group we'll learn these chords and organize them into 5 related families. This course is designed to get you quickly on your way to having fun playing your guitar.

CLAREVIEW					
	DATES	TIME	#	PRICE	BARCODE
Wed	Apr 20-Jun 8	7:00-9:00pm	(8)	\$135.00	<b>559124</b>

COMMONWEALTH					
	DATES	TIME	#	PRICE	BARCODE
Thu	Apr 21-Jun 9	7:00-9:00pm	(8)	\$135.00	<b>559121</b>

THE MEADOWS					
	DATES	TIME	#	PRICE	BARCODE
Tue	Apr 19-Jun 7	7:00-9:00pm	(8)	\$135.00	<b>559128</b>

TERWILLEGAR					
	DATES	TIME	#	PRICE	BARCODE
Thu	Apr 21-Jun 9	7:00-9:00pm	(8)	\$135.00	<b>559129</b>

## GUITAR 2

Ready to learn more guitar? This class introduces B minor, F barre chords, 4- and 5- chord songs using the Nashville number system, finger picking, scale patterns and how to use them to play melodies. The class also includes new strum patterns and how to coordinate singing with playing the guitar. Expand your guitar skills and have fun!

TERWILLEGAR					
	DATES	TIME	#	PRICE	BARCODE
Mon	Apr 18-Jun 13	7:00-9:00pm	(8)	\$135.00	559120

## PIANO 1

Have you always wanted to try your hand at piano? This class is designed to get you playing in a fun and relaxed atmosphere. Learn music concepts while you play and practice group pieces. Keyboards provided. A keyboard or piano at home is necessary for practice. Students will need to purchase the book 'Hal Leonard Adult Piano Method' for use in this course.

THE MEADOWS					
	DATES	TIME	#	PRICE	BARCODE
Sun	Apr 17-Jun 12	1:30-3:00pm	(8)	\$150.00	559312

## UKULELE

The ukulele is considered the easiest stringed instrument to play. It is small, compact and easy to learn. Just four strings and an incredible range of chords, but only a few that you need to learn to get going. Learn how to hold, strum and tune a ukulele. Instruments not provided.

CLAREVIEW					
	DATES	TIME	#	PRICE	BARCODE
Mon	Apr 18-May 9	7:00-9:00pm	(4)	\$80.00	559119

## Pottery

### POTTERY STUDIO FOR SENIORS 60+

Are you an experienced potter looking for studio time to improve your skills? Pottery Studio for Seniors provides a supportive and friendly studio environment to individuals who have taken many classes and are familiar with pottery studio practices and procedures. Students will need to purchase their own medium fire cone 6 clay but glazes and firing are included.

A.C.T					
	DATES	TIME	#	PRICE	BARCODE
Mon	Apr 11-Jun 20	10:00am-3:00pm	(10)	\$60.00	557956
Thu	Apr 14-Jun 16	10:00am-3:00pm	(10)	\$60.00	559333

## POTTERY 1 & 2

Learn the basic techniques of hand-building, wheel throwing, glazing and firing. You'll make 6-8 projects based on your skill level. Use your imagination and the pottery wheel to make artwork that is functional and beautiful. A set of pottery tools for \$20 is required but clay and glazing are provided.

A.C.T					
	DATES	TIME	#	PRICE	BARCODE
Mon	Apr 11-Jun 20	6:30-9:30pm	(10)	\$245.00	557954
Wed	Apr 13-Jun 15	6:30-9:30pm	(10)	\$245.00	557955

## Visual Art

### ACRYLICS 1 & 2

Quick drying time and multiple textures make acrylics a great choice for beginners and intermediates. In this class students will learn painting basics (composition, colour, painting techniques) as well as have a chance to express their personal creativity. Students can expect material costs to be between \$100-\$200.

CLAREVIEW					
	DATES	TIME	#	PRICE	BARCODE
Tue	Apr 12-May 31	6:30-9:30pm	(8)	\$150.00	557980

THE MEADOWS					
	DATES	TIME	#	PRICE	BARCODE
Wed	Apr 13-Jun 8	6:30-9:30pm	(8)	\$150.00	557984

## TRAVEL JOURNAL

This course provides an introduction to the fundamentals of drawing and painting using the convenient medium of watercolour pencils. Begin with drawing and move into painting cityscapes, landscapes, vignettes of scenes such as doorways, windows, or balconies. Guided exercises and the use of your imagination will be used to record your travel adventures.

TERWILLEGAR					
	DATES	TIME	#	PRICE	BARCODE
Thu	Apr 14-Jun 2	1:00-4:00pm	(8)	\$150.00	557996

## WATERCOLOURS 1 & 2

Watercolour: water, colour and light. Keep your watercolours translucent with master wash techniques and brush handling secrets. A different approach to colour will have you mixing the right colour with ease. Demonstrations and exercises teach you how to show light and shadow, value, form and perspective. Beginners develop a strong foundation. Experienced students move forward with more refined techniques, self-expression and creativity.

TERWILLEGAR					
	DATES	TIME	#	PRICE	BARCODE
Mon	Apr 11-Jun 6	1:00-4:00pm	(8)	\$150.00	557992
Thu	Apr 14-Jun 2	6:30-9:30pm	(8)	\$150.00	560699

## Visual Art Workshops

### ONE DAY, ONE ACRYLIC MASTERPIECE

Create a masterpiece of your own choosing in this one-day workshop. Please bring one or two images of interest (no animals or people in the picture; silhouettes are fine). Everyone will have a finished piece of artwork to hang – and you will want to hang it. No experience necessary. All materials are provided.

#### THE MEADOWS

DATES	TIME	#	PRICE	BARCODE
Sat May 14	10:00am-3:00pm	(1)	\$65.00	559334

### SUNSHINE MEADOWS IN ACRYLICS

Be guided through the steps to create a simple yet beautiful painting of a yellow rolling meadow. If you have never painted or it has been a while, this one afternoon workshop is the perfect way to get you going.

#### THE MEADOWS

DATES	TIME	#	PRICE	BARCODE
Sun May 1	1:00-4:00pm	(1)	\$65.00	559335

## Mind & Body

### MEDITATION

In this 8-week experiential course, participants will rest in the moment-to-moment practice of mindfulness. We will begin by learning the foundations of practice – mindfulness of body, breath and mind. Formal mindfulness practices will include, sitting practice, walking meditation, gentle hatha yoga and body scan. Please bring a yoga mat.

#### TERWILLEGAR

DATES	TIME	#	PRICE	BARCODE
Thu Apr 14-Jun 2	11:00am-12:00pm	(8)	\$95.00	561338

## Friday Night Out Workshops

Listed in order by date.

Grab a friend and get creative at our short Friday night workshops. It's a chance to socialize and experiment with different types of art materials. Beginners welcome and all supplies included.

### MOTHER'S DAY JEWELLRY MAKING

#### THE MEADOWS

DATES	TIME	#	PRICE	BARCODE
Fri May 6	6:30-9:30pm	(1)	\$40.00	559337

### ACRYLICS AND SUNFLOWERS

#### THE MEADOWS

DATES	TIME	#	PRICE	BARCODE
Fri May 13	6:30-9:30pm	(1)	\$40.00	559336

### ALBERTA LANDSCAPES IN ACRYLICS

#### CLAREVIEW

DATES	TIME	#	PRICE	BARCODE
Fri May 27	6:30-9:30pm	(1)	\$40.00	559338

### ZENTANGLE™

#### THE MEADOWS

DATES	TIME	#	PRICE	BARCODE
Fri May 27	6:30-9:30pm	(1)	\$40.00	559339

## DID YOU KNOW?

You can keep your valuables safe, for free! All City of Edmonton recreation centres have complimentary wallet and purse lockers.



# PERSONAL TRAINING

## ➤ Fitness & Nutrition Services

Perform better, look better, feel better. Achieve your health and fitness goals with the help of a Kinsmen Sports Centre Personal Fitness Trainer or Nutrition Professional.

### 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 making progress.

- Private: Customized 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

### Exercise Consultation \$125 | 2hr

Not sure where to start? With an exercise consultation, a personal trainer will help get your goals in motion. This session includes goal setting, assessment, program design, and equipment orientation.

### NEW for 2016

### Small Group Personal Training Programs

Sessions are creative, progressive and monitored closely by a personal trainer to assess each individual, ensure proper form and progressions. By keeping the group size small (5-10 individuals), you get the personal touch of a trainer with the motivation of a group. Pre-registration is required.

### 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.





# REGISTERED AQUATIC SWIM PROGRAM DESCRIPTIONS

Programs listed alphabetically by type

## New Select I Can Swim Lessons Kinsmen Only

These courses are designed for patrons to Select dates and times on Thursdays and 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
- › Child's progress conveniently tracked on a summary card
- › I CAN SWIM stages 1,2,3 program content will be offered

## SELECT I CAN SWIM - STAGE 1

Children will learn all the fundamentals: entering, front and back floats, front and back glides, submerging, breathing and moving in the water.

## SELECT I CAN SWIM - STAGE 2

An introduction to front swim, back swim and breaststroke. This level will also include streamlining body position, underwater push-offs, treading water and introductory to dives.

## SELECT I CAN SWIM - STAGE 3

Building on the skills developed in stage 1 & 2 they will work on improving endurance for all the 4 strokes and introducing basic turns and dives.

## PRIVATE LESSONS

Private swimming lessons are available for ages 6 and up for all levels of swimming ability.

## Preschool Aquatic Programs

Leisure & Recreation Centres

Parents are required to remain in the facility during class time for children ages 7 years and younger.

### 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.

## Child Learn to Swim Programs

Leisure & Recreation Centres, excluding Kinsmen

Prerequisite: 6 years of age or older.

### SWIM KIDS 1

This is an unparented entry level for children ready to move in shallow water. This level provides an orientation to the water and pool area by introducing entrances and exits from pool, submersion, breath control, floats and glides along with water safety education. Swimmers work on building their endurance to 5m.

### SWIM KIDS 2

Swimmers continue improving front and back swims by working on propulsion skills to move through water and to remain at the surface. Children are introduced to deep water activities and proper use of a personal flotation device (PFD). Endurance is achieved through continuous swims of 10m.

### SWIM KIDS 3

This level provides an introduction to diving and change of direction, as well as a foundation for making wise choices on where and when to swim. Endurance is achieved through continuous swims of 15m.

### SWIM KIDS 4

Swimmers are introduced to the front crawl and shoulder roll for back swim. Children work on kneeling dives, surface support and developing a greater sense of self safety by understanding their own limits. Endurance is achieved through continuous swims of 25m.

## SWIM KIDS 5

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Back crawl is introduced, along with sculling skills and whip kick on the back. Children try striding dives, and receive an introduction to safe boating skills. Endurance is achieved through continuous swims of 50m.

## SWIM KIDS 6

---

Treading water, front dives and front and back crawls continue to be refined and the elementary back stroke is introduced. Swimmers are introduced to ice safety rescue of others with throwing assists. Endurance is achieved through continuous swims of 75m.

## SWIM KIDS 7

---

This level increases distances for front and back crawls, elementary back stroke and introduces whip kick on the front. Children learn about airway and breathing obstructions and reaching assists and stride entries. Endurance is achieved through continuous swims of 150m.

## SWIM KIDS 8

---

Front and back crawls distances are increased to 75m each. Breast stroke (15m) and feet-first surface dives are introduced. Swimmers learn about the dangers of open water, hypothermia, the performance of rescue breathing on children and adults along with standing shallow dives. Endurance is achieved through continuous swims of 300m.

## SWIM KIDS 9

---

This level increases distances for front and back crawls (100m each), elementary back stroke (50m) and breast stroke (25m). Swimmers are encouraged to try combining different strokes and kicks for fitness. Swimmers also work on head-first surface dives and standing dives and learn about wise choices, peer influences, and self-rescue from ice. Endurance is achieved through continuous swims of 400m.

## SWIM KIDS 10

---

This level is a final assessment of the strokes for technique and distance( for all strokes front and back crawls 100m each, elementary back & breast strokes 50m and side stroke (25m). Swimmers learn about sun safety, rescue of others from ice and head and feet first surface dives. Endurance is achieved through continuous swims of 500m.

## RED CROSS SWIM ADAPTED

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This course is offered at ACT Recreation Centre, Mill Woods Recreation Centre, Jasper Place Fitness & Leisure Centre and Terwillegar Community Recreation Centre. This course is designed for children with limited mobility, physical impairments, or other disabilities. A parent or attendant must accompany students in the water for all levels.

Red Cross Swim Adapted Levels 1 & 2 is for children 4 years or older. It introduces movement in the water, assisted and unassisted front and back floats, glides, front and back swim.

Red Cross Swim Adapted Levels 3 & 4 is for children 6 years or older. It further enhances their unassisted floats, glides, front and back swim and introduction to deep water. Pre requisite for Level 3 & 4 is completion of Level 2.

## STROKE ENHANCEMENT

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Stroke Enhancement courses are offered periodically at leisure centre facilities but are not considered a regular program offering. Water safety or other components of the Swim Kids levels are not covered. The evaluation of the candidates strokes are done to the current Swim Kids program.

## YOUTH SWIM BASIC 1

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This is an entry level for youth aged 9-17yrs. Swim Kids 1 and 2 are taught. This class takes place in the pool depth which is suitable for this age group.

## YOUTH SWIM BASIC 2

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This is a continuation of the Youth Basic 1 class. This course is design for youth aged 9-17yrs. Swim Kids 3 and 4 are taught. This class takes place in the pool depth suitable for this age group. After the competition of Youth Basic 2, participants can continue in the Red Cross Swim Kids 5 and on.

## PRIVATE LESSONS - INDIVIDUAL

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A 30 minute private swim lesson is available for all ages 6 years to adult and all levels of swimming ability.

## Adult Learn to Swim Programs

### ADULT SWIM BASIC 1

This is an entry level for youth and adults wishing to become more comfortable in the water. There are no skills required. The skills taught in this level include: entry/exit from the pool, breathing techniques, floating and propulsion.

### ADULT SWIM BASIC 2

Continuation of the Level 1 skills moving into the front and back crawl strokes. The distances are increased and introduction into deep water is done.

### ADULT SWIM STROKES

This program is designed to further develop swimming strokes and increase swimming distances and proficiency.

Prerequisites: Some proficiency in the front and back crawls and comfortable in swimming in deep water.

#### Become a City of Edmonton Swim Instructor

You need to complete the following:

- › Lifesaving Society Bronze Medallion, Bronze Cross, or National Lifeguard award
- › Red Cross Water Safety Instructor

City of Edmonton aquatic instructors must have current certification in the Lifesaving Society Bronze Medallion award or Bronze Cross award or the Lifesaving Society National Lifeguard (NL) Award and the Red Cross Water Safety Instructor Award.

#### Become a City of Edmonton Lifeguard

You need to complete the following:

- › Lifesaving Society Aquatic Emergency Care (AEC)
- › Lifesaving Society National Lifeguard (NL)

City of Edmonton lifeguards must have current award certification in the Aquatic Emergency Care (AEC) award, and the Lifesaving Society National Lifeguard (NL) award.

#### Become an AFLCA (Alberta Fitness Leadership Certification Association) Fitness Leader

You need to complete the following:

- › Basic theory course
- › CPR Level C award
- › One of the following specialty courses: Aquatic Exercise Leader, Resistance Training Leader, Group Exercise Leader, Fitness for the Older Adult.

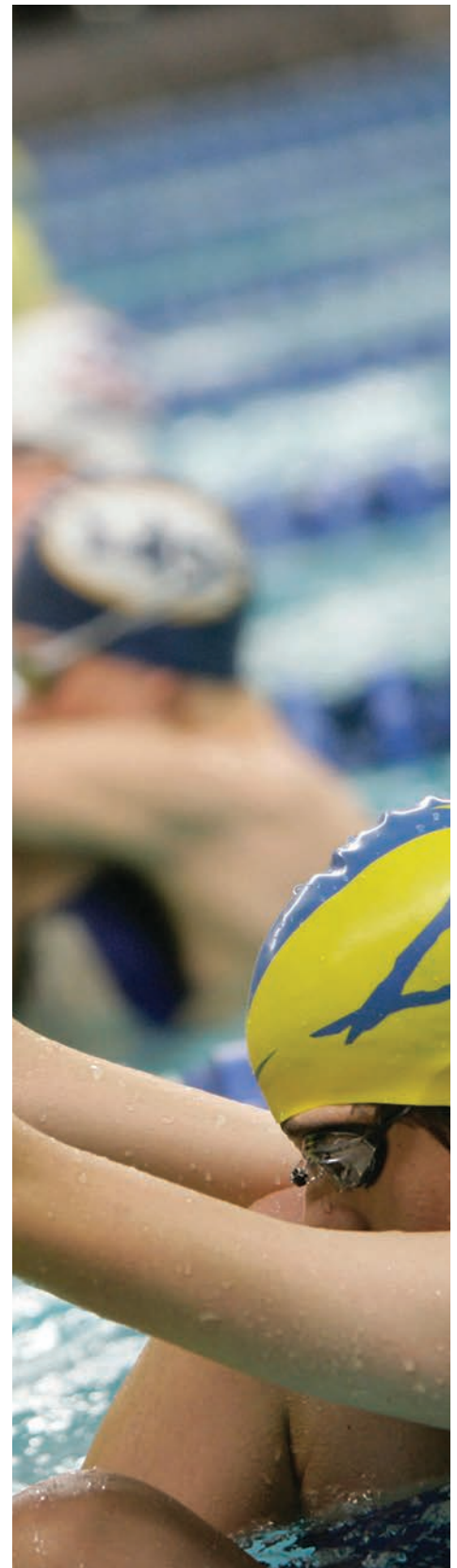
AFLCA Fitness Leaders must complete 2 exams, a practical observation component, a 7 hour practicum and pay a certification fee. Fitness leaders must be 16 years or older.

# AQUATIC PROGRAMS:

## WHAT LEVEL DO I REGISTER IN NOW?

AGE CATEGORY	LEISURE CENTRES - RED CROSS	LIFESAVING SOCIETY	KINSMEN SPORTS CENTRE
4 MONTHS - 1 YEAR	PARENT & TOT - STARFISH		PARENT & TOT - STARFISH
4 MONTHS - 3 YEARS	PARENT & TOT		PARENT & TOT
1 - 3 YEARS	PARENT & TOT - DUCK (12-24 MONTHS)		PARENT & TOT - DUCK (12-24 MONTHS)
	PARENT & TOT - SEA TURTLE (24-36 MONTHS)		PARENT & TOT - SEA TURTLE (24-36 MONTHS)
	PARENT & TOT - DUCK/SEA TURTLE (12-36 MONTHS)		PARENT & TOT - DUCK/SEA TURTLE (12-36 MONTHS)
PRESCHOOL			
3 YEARS - UNPARENTED	SUPER 3 YR OLD BEGINNER		SUPER 3 YR OLD BEGINNER
	3 YR OLD INTERMEDIATE		3 YR OLD INTERMEDIATE
4 - 5 YEARS	4&5 YR OLD BEGINNER		4&5 YR OLD BEGINNER
	4&5 YR OLD ADVANCED		4&5 YR OLD ADVANCED
	4&5 YR OLD ENRICHED		4&5 YR OLD ENRICHED
SCHOOL AGE			
6 - 16 YEARS	RED CROSS SWIM KIDS		SELECT I CAN SWIM STAGE 1
	SWIM KIDS LEVEL 1		
	SWIM KIDS LEVEL 2		
	SWIM KIDS LEVEL 3		
	SWIM KIDS LEVEL 4		SELECT I CAN SWIM STAGE 2
	STROKE ENHANCEMENT 1		
	SWIM KIDS LEVEL 5		
	SWIM KIDS LEVEL 6		
	STROKE ENHANCEMENT 2		
	SWIM KIDS LEVEL 7		
	SWIM KIDS LEVEL 8		SELECT I CAN SWIM STAGE 3
	STROKE ENHANCEMENT 3		
	SWIM KIDS LEVEL 9		
	SWIM KIDS LEVEL 10		
8 + YEARS	SWIM PATROL	SWIM PATROL	I CAN SWIM FAST
	BRONZE STAR	BRONZE STAR	
	JUNIOR LIFEGUARD CLUB		
13 YEARS - ADULT	YOUTH/ADULT SWIM BASICS		
	YOUTH/ADULT SWIM STROKES		
CERTIFICATION COURSES			
13 YEARS - ADULT	BRONZE MEDALLION		
	BRONZE CROSS		
	WATER SAFETY INSTRUCTOR	SWIM FOR LIFE INSTRUCTOR	
		LIFESAVING INSTRUCTOR	
	AQUATIC EMERGENCY CARE		
	NATIONAL LIFEGUARD SERVICE		

Programs vary by facility. Please see facility schedule for more information.



# SELECT SWIMMING LESSONS

Swimming lessons that fit with YOUR schedule

➤ **SELECT I CAN SWIM - STAGE 1, 2 & 3**

\$18.50 per lesson. Max 6 children per lesson

Thursdays and Sundays, January to March

**Kinsmen Sports Centre**

➤ **Now you can choose your dates and schedule swim lessons when it is most convenient for you and your family!**



City of Edmonton  
**Recreation  
centres** ➤

For more information and to register, call 311 or visit [edmonton.ca/selectswimminglessons](http://edmonton.ca/selectswimminglessons)



# ALL REGISTERED AQUATIC SWIM PROGRAMS

Program schedules listed by facility alphabetically

## ACT AQUATIC & RECREATION CENTRE

ACT AQUATIC PROGRAMS				
SUNDAY: APRIL 10 - JUNE 19				10 LESSONS
9:00AM	4&5 YR OLD BEG 556994	SWIM KIDS 1 557035	SWIM KIDS 5,6 556866	RED CROSS SWIM ADAPTED 1 556887
9:15AM				
9:30AM	SWIM KIDS 2 556585	SUPER 3 YR OLD INT 556827	SWIM KIDS 4 556858	RED CROSS SWIM ADAPTED 2 556893
9:45AM				
10:00AM	PARENT & TOT 557026	SUPER 3 YR OLD BEG 556563	4&5 YR OLD BEG 556995	RED CROSS SWIM ADAPTED 3 556895
10:15AM				
10:30AM	4&5 YR OLD ADV/ENR 557015	SWIM KIDS 3 556840		
10:45AM				
11:00AM				

- Parent Discussion Day May 8
- No Lesson May 22

# **ACT AQUATIC PROGRAMS**

**MONDAY & WEDNESDAY: APRIL 11 – MAY 11**

**10 LESSONS**

4:45PM		SWIM KIDS 3 556848	4&5 YR OLD BEG 556996	
5:00PM	SUPER 3 YR OLD BEG 556575			SWIM KIDS 2 556587
5:15PM		SWIM KIDS 5,6 556869	SWIM KIDS 4 556863	4&5 YR OLD ADV/ENR 557023
5:30PM	SWIM KIDS 1 557042			
5:45PM		SWIM KIDS 7,8 556872	SUPER 3 YR OLD INT 556829	4&5 YR OLD BEG 556997
6:00PM	PARENT & TOT 557034			
6:15PM			4&5 YR OLD ADV/ENR 557022	SWIM KIDS 1 557043
6:30PM	SWIM KIDS 2 556526			
6:45PM				

! Parent Discussion Day April 25

# **ACT AQUATIC PROGRAMS**

**MONDAY & WEDNESDAY: MAY 16 – JUNE 20**

**10 LESSONS**

4:45PM		SWIM KIDS 3 556847	4&5 YR OLD BEG 557000	
5:00PM	SUPER 3 YR OLD BEG 556576			SWIM KIDS 2 556588
5:15PM		SWIM KIDS 5,6 556870	SWIM KIDS 4 556864	4&5 YR OLD ADV/ENR 557024
5:30PM	SWIM KIDS 1 557044			
5:45PM		SWIM KIDS 8,9/10 556874	SUPER 3 YR OLD INT 556830	4&5 YR OLD BEG 556998
6:00PM	PARENT & TOT 557033			
6:15PM			4&5 YR OLD ADV/ENR 557025	SWIM KIDS 1 557045
6:30PM	SWIM KIDS 2 556589			
6:45PM				

! Parent Discussion Day June 1

! No Lesson May 23

# **ACT AQUATIC PROGRAMS**

**THURSDAY: APRIL 14 – JUNE 16**  
**10 LESSONS**

11:30AM	PARENT & TOT 557028	SUPER 3 YR OLD BEG 556579
11:45AM		
12:00PM	4&5 YR OLD ADV/ENR 557016	4&5 YR OLD BEG 557001
12:15PM		
12:30PM	SUPER 3 YR OLD INT 556831	4&5 YR OLD ADV/ENR 557017
12:45PM		
1:00PM	SUPER 3 YR OLD INT 556832	PARENT & TOT 557029
1:15PM		

! Parent Discussion Day May 12

# **ACT AQUATIC PROGRAMS**

**THURSDAY: APRIL 14 – JUNE 16**  
**10 LESSONS**

4:45PM	SUPER 3 YR OLD BEG 556580	PARENT & TOT 557030
5:00PM		
5:15PM	SWIM KIDS 2 556590	4&5 YR OLD BEG 557003
5:30PM		
5:45PM	4&5 YR OLD ADV/ENR 557018	SWIM KIDS 1 557036
6:00PM		
6:15PM	SWIM KIDS 3 556841	SWIM KIDS 4 556859
6:30PM		
6:45PM		

**ACT AQUATIC PROGRAMS**
**FRIDAY: APRIL 8 – JUNE 17**
**10 LESSONS**

4:45PM	SWIM KIDS 1 557037	4&5 YR OLD BEG 557005		SWIM KIDS 3 556843	SWIM KIDS 9/10 556880
5:00PM			SWIM KIDS 4 556860		
5:15PM	PARENT & TOT 557027	SUPER 3 YR OLD BEG 556582			4&5 YR OLD ADV/ENR 557019
5:30PM			SWIM KIDS 3 556842	SWIM KIDS 5,6 556868	
5:45PM	SWIM KIDS 2 556591	SWIM KIDS 1 557038			SWIM KIDS 7,8 56876
6:00PM					
6:15PM					
6:30PM					
6:45PM					

! Parent Discussion Day May 13

! No Lesson May 20

**ACT AQUATIC PROGRAMS**
**SATURDAY: APRIL 16 – JUNE 25**
**10 LESSONS**

9:00AM	SWIM KIDS 2 556593	4&5 YR OLD BEG 557011	SWIM KIDS 3 556845	SWIM KIDS 9/10 556881	SWIM KIDS 3/4 556897
9:15AM					
9:30AM	4&5 YR OLD BEG 557012	SWIM KIDS 1 557040	SWIM KIDS 6 556885	SWIM KIDS 4 556862	RED CROSS SWIM ADAPTED 3 556894
9:45AM					
10:00AM	PARENT & TOT 557031	SUPER 3 YR OLD BEG 556583			
10:15AM					
10:30AM	SWIM KIDS 3 556844	SWIM KIDS 7,8 556878	SWIM KIDS 2 556594	4&5 YR OLD ADV/ENR 557021	RED CROSS SWIM ADAPTED 2 556892
10:45AM					
11:00AM	SWIM KIDS 5 556883	SWIM KIDS 4 55681	4&5 YR OLD BEG 557013	SWIM KIDS 1 557041	RED CROSS SWIM ADAPTED 1 556889
11:15AM					
11:30AM					
11:45AM			SUPER 3 YR OLD INT 556835	PARENT & TOT 557032	

! Parent Discussion Day May 14

! No Lesson May 21

# BONNIE DOON LEISURE CENTRE

BONNIE DOON AQUATIC PROGRAMS				
MONDAY & WEDNESDAY: APRIL 4- APRIL 29				
8 LESSONS				
4:00PM	PARENT & TOT 556898	4&5 YR OLD BEG 556973	SWIM KIDS 1 556899	
4:15PM				
4:30PM	SWIM KIDS 3/4 556902	4&5 YR OLD ADV/ ENR 556992	SWIM KIDS 5/6 556906	
4:45PM				
5:00PM	SWIM KIDS 7/8/9/10 556907	4&5 YR OLD BEG 556990	SWIM KIDS 2 556901	
5:15PM				
5:30PM		SWIM KIDS 5/6 556905	SWIM KIDS 3/4 556903	
5:45PM				
6:00PM		4&5 YR OLD BEG 556991	SWIM KIDS 1 556904	ADULT SWIM BASIC 1/2 557046
6:15PM				
6:30PM	SWIM KIDS 2 556900	PRIVATE LESSON		
6:45PM				
7:00PM				
7:15PM				

! Parent Discussion Day April 13

BONNIE DOON AQUATIC PROGRAMS			
MONDAY & WEDNESDAY: MAY 2- MAY 30			
8 LESSONS			
4:00PM	PARENT & TOT 557079	4&5 YR OLD BEG 557080	SWIM KIDS 2 557089
4:15PM			
4:30PM	SWIM KIDS 5/6 557095	4&5 YR OLD BEG 557084	SWIM KIDS 3/4 557091
4:45PM			
5:00PM	SWIM KIDS 7/8/9/10 557097	4&5 YR OLD BEG 557085	SWIM KIDS 1 557086
5:15PM			
5:30PM		SWIM KIDS 3/4 557092	SWIM KIDS 5/6 557063
5:45PM			
6:00PM			
6:15PM		4&5 YR OLD BEG 557083	SWIM KIDS 2 557090
6:30PM			
6:45PM	SWIM KIDS 1 557087	PRIVATE LESSON	
7:00PM			
7:15PM			

! Parent Discussion Day May11

! No Lessons May 18

PRIVATE LESSON	Apr 4	556993	Apr 6	556999	Apr 11	557002	Apr 13	557004
6:45 - 7:00PM	Apr 18	557006	Apr 20	557008	Apr 25	557010	Apr 27	557014

PRIVATE LESSON	May 2	557104	May 4	557106	May 9	557108	May 11	557109
6:45 - 7:00PM	May 16	557110	May 18	557112	May 25	557112	May 30	557115

BONNIE DOON AQUATIC PROGRAMS			
MONDAY & WEDNESDAY: JUNE 1- JUNE 22			
8 LESSONS			
4:00PM	PARENT & TOT 557057	4&5 YR OLD BEG 557058	SWIM KIDS 1 557061
4:15PM			
4:30PM	SWIM KIDS 3/4 557067	4&5 YR OLD ADV/ENR 557065	SWIM KIDS 5/6 556069
4:45PM			
5:00PM		4&5 YR OLD BEG 557059	SWIM KIDS 2 557063
5:15PM	SWIM KIDS 7/8/9/10 557070		
5:30PM		SWIM KIDS 5/6 557069	SWIM KIDS 3/4 557068
5:45PM			
6:00PM			
6:15PM	4&5 YR OLD BEG 557060	SWIM KIDS 1 557062	ADULT BASIC 1/2 557071
6:30PM			
6:45PM	SWIM KIDS 2	PRIVATE LESSON	
7:00PM			
7:15PM			

! Parent Discussion Day June 13

BONNIE DOON AQUATIC PROGRAMS			
WEDNESDAY: MAY 4- JUNE 22			
8 LESSONS			
4:00PM	SWIM KIDS 5/6 FRENCH 557052		
4:15PM			
4:30PM	SWIM KIDS 3/4 FRENCH 557051		
4:45PM			
5:00PM	4&5 YR OLD BEG/ADV FRENCH 557050		
5:15PM			
5:30PM	SWIM KIDS 1/2 FRENCH 557049		
5:45PM			
6:00PM	SWIM KIDS 1 557047		
6:15PM			
6:30PM	SWIM KIDS 2 557048		
6:45PM			
7:00PM			
7:15PM			

PRIVATE LESSON	Jun 1	557072	Jun 6	557073	Jun 8	557074	Jun 13	557075
6:45 - 7:00PM	Jun 15	557076	Jun 20	557077	Jun 22	557078		

BONNIE DOON AQUATIC PROGRAMS	
WEDNESDAY: MAY 4 - JUNE 22	
8 LESSONS	
4:00PM	SWIM KIDS 5/6 FRENCH 557052
4:15PM	
4:30PM	
4:45PM	SWIM KIDS 3/4 FRENCH 557051
5:00PM	
5:15PM	
5:30PM	4&5 YR OLD BEG/ADV FRENCH 557050
5:45PM	
6:00PM	SWIM KIDS 1/2 FRENCH 557049
6:15PM	
6:30PM	SWIM KIDS 1 557047
6:45PM	
7:00PM	SWIM KIDS 2 557048
7:15PM	

! Parent Discussion Day May 28

BONNIE DOON AQUATIC PROGRAMS					
SUNDAY: APRIL 3 – JUNE 14					10 LESSONS
8:00AM				SWIM KIDS 2 556519	JUNIOR LIFEGUARD CLUB 559289
8:15AM				SWIM KIDS 1 556495	
8:30AM					
8:45AM					
9:00AM	PARENT & TOT 556489	SWIM KIDS 3/4 556527	4&5 YR OLD BEG 556512	SWIM KIDS 5/6 556530	
9:15AM	4&5 YR OLD BEG 556510		SWIM KIDS 1 556494	SWIM KIDS 3/4 556529	
9:30AM		SWIM KIDS 5/6 556533			
9:45AM	SWIM KIDS 1 556490		SWIM KIDS 2 556521	4&5 YR OLD BEG 556517	
10:00AM		SWIM KIDS 3/4 556525			SWIM KIDS 1 556491
10:15AM	SWIM KIDS 7/8 556542		SWIM KIDS 2 556523	SWIM KIDS 3/4 556528	
10:30AM		ADULT SWIM BASIC 1/2 556544			
10:45AM					
11:00AM					
11:15AM					
11:30AM					
11:45AM					

! Parent Discussion Day May 1

! No Lessons May 22

BONNIE DOON AQUATIC PROGRAMS						
SATURDAY: APRIL 2 - JUNE 11					10 LESSONS	
8:00AM					BRONZE CROSS 8:00-10:00AM (EXAM DATE: JUN 11 8:00-10:00AM) 559304	
8:15AM						
8:30AM						
8:45AM						
9:00AM	PARENT & TOT 556294	4&5 YR OLD BEG 556320	SWIM KIDS 1 556325	SWIM KIDS 5/6 FRENCH 556436	SWIM KIDS 2 FRENCH 556428	
9:15AM						
9:30AM	4&5 YR OLD BEG 556321	SWIM KIDS 3/4 556429	SWIM KIDS 2 556427	SWIM KIDS 1 FRENCH 556330		SWIM KIDS 7/8/9/10 FRENCH 556445
9:45AM						
10:00AM	SWIM KIDS 1 556327	SWIM KIDS 2 556425	4&5 YR OLD BEG 556322	SWIM KIDS 5/6 FRENCH 556435	SWIM KIDS 9/10 556446	SWIM KIDS 1 FRENCH 556331
10:15AM						
10:30AM	SWIM KIDS 3/4 556430	SWIM KIDS 5/6 556433	SWIM KIDS 5/6 556434	SWIM KIDS 3/4 FRENCH 556432	SWIM KIDS 1 556328	4&5 YR OLD BEG/ADV FRENCH 556323
10:45AM						
11:00AM						
11:15AM	SWIM KIDS 7/8 556444	SWIM KIDS 2 556426	SWIM KIDS 3/4 556431	4&5 YR OLD ADV/ENR 556324	PRIVATE LESSON	PARENT & TOT FRENCH 556448
11:30AM						
11:45AM						

- ! Parent Discussion Day April 30  
! No Lessons May 21

PRIVATE LESSON	Apr 2	556447	Apr 9	556455	Apr 16	556456	Apr 23	556457	Apr 30	556459
9:30 - 10:00AM	May 7	556460	May 14	556461	May 28	556463	June 4	556465	June 11	556446

## CLAREVIEW COMMUNITY RECREATION CENTRE

CLAREVIEW AQUATIC PROGRAMS						
SUNDAY: APRIL 10 - JUNE 19					10 LESSONS	
9:00AM	SWIM KIDS 1 556727	PARENT & TOT STARFISH/DUCK 556732	SWIM KIDS 4 556737	YOUTH/ADULT SWIM STROKES 556741	BRONZE STAR 556745	
9:15AM						
9:30AM	4&5 YR OLD BEG 556728	SWIM KIDS 3 556733	4&5 YR OLD ADV 5567738	YOUTH SWIM BASIC 556742	BRONZE CROSS 10AM-12PM (EXAM DATE: JUNE 26 10:00-12:00 PM) 556746	
9:45AM						
10:00AM	SUPER 3 YR OLD BEG 556729	SWIM KIDS 2 556734	SWIM KIDS 5 556739	4&5 YR OLD BEG 556743		
10:15AM						
10:30AM	SWIM KIDS 1 556730	SUPER 3 YR OLD BEG 556735	YOUTH SWIM BASIC 2 556740	SWIM ASSESSMENT		
11:00AM						
11:15AM	SWIM KIDS 6/7 556731	SWIM KIDS 2 556736		PARENT & TOT SEA TURTLE 556744		
11:30AM						
11:45AM						

- ! Parent Discussion Day May 8  
! No lesson May 22

SWIM ASSESSMENT	Apr 10	556747	Apr 21	556747	Apr 24	556749	May 1	556750	May 8	556751
7:15 - 7:30PM	May 15	556752	May 29	556753	June 5	556754	June 12	556755	Jun 19	556756

CLAREVIEW AQUATIC PROGRAMS			
MONDAY: APRIL 11 - JUNE 20			
10 LESSONS			
4:00PM	SUPER 3 YR OLD BEG 556715	4&5 YR OLD BEG 556719	SWIM KIDS 1 556723
4:15PM			
4:30PM	4&5 YR OLD BEG 556716	SWIM KIDS 2 556720	SUPER 3 YR OLD BEG 556724
4:45PM			
5:00PM	SWIM KIDS 1 556717	4&5 YR OLD BEG 556721	SWIM KIDS 2 556725
5:15PM			
5:30PM	4&5 YR OLD ADV 556718	PARENT & TOT SEA TURTLE 556722	SWIM KIDS 1 556726
5:45PM			

! Parent Discussion Day May 9

! No Lesson May 23

CLAREVIEW AQUATIC PROGRAMS						
TUESDAY: APRIL 12 - JUNE 14						10 LESSONS
4:00PM	SWIM KIDS 1 556675	4&5 YR OLD BEG 556681		SWIM KIDS 4 556688		
4:15PM						
4:30PM	SWIM KIDS 2 556676	SWIM KIDS 1 556682			4&5 YR OLD BEG 556694	
4:45PM						
5:00PM	SWIM KIDS 6/7 556685	SWIM KIDS 2 556683	YOUTH SWIM BASIC 1 556689		SUPER 3 YR OLD BEG 556695	SWIM KIDS 1 556700
5:15PM						
5:30PM		SUPER 3 YR OLD INT 556684	SWIM KIDS 3 556690		BRONZE MEDALLION 5:15-7:15PM (EXAM DATE: JUN 21 5:15-7:17 PM) 557138	4&5 YR OLD BEG 556696
5:45PM	PRIVATE LESSON 556678			4&5 YR OLD ADV 557167		
6:00PM		SWIM KIDS 1 556679				SWIM KIDS 5 556698
6:15PM				SWIM KIDS 2 556691		
6:30PM		SWIM KIDS 2 556686	SWIM KIDS 1 556692			
6:45PM	SWIM KIDS 8/9/10 556680			YOUTH/ADULT SWIM STROKES 556687		
7:00PM						
7:15PM						
7:30PM						
7:45PM						

! Parent Discussion Day May 10

DID YOU KNOW?

Find out where to lane swim at  
[www.edmonton.ca/DropInAquaticSchedule](http://www.edmonton.ca/DropInAquaticSchedule)



CLAREVIEW AQUATIC PROGRAMS					
THURSDAY: APRIL 14 – JUNE 16					10 LESSONS
4:00PM	SUPER 3 YR OLD BEG 556598	4&5 YR OLD BEG 556560	SWIM KIDS 2 556605		
4:15PM					
4:30PM	4&5 YR OLD BEG 561336	SWIM KIDS 1 556600	SWIM KIDS 2 556206	SWIM KIDS 5 556610	
4:45PM					
5:00PM	SWIM KIDS 3 556564	SUPER 3 YR OLD BEG 556601	SWIM KIDS 4 556607	4&5 YR OLD BEG 556611	SWIM KIDS 6/7 556616
5:15PM					
5:30PM				PARENT & TOT STARFISH/DUCK 556612	
5:45PM	4&5 YR OLD ADV 556565	SWIM KIDS 5 556602	SWIM KIDS 2 556608	PARENT & TOT SEA TURTLE 556613	SWIM KIDS 1 561282
6:00PM					
6:15PM	YOUTH SWIM BASIC 1 556584	SWIM KIDS 8/9/10 556603	4&5 YR OLD BEG 556599	SWIM KIDS 6/7 556614	SWIM KIDS 2 556618
6:30PM			SWIM KIDS 1 556609		
6:45PM					4&5 YR OLD BEG 556619
7:00PM					
7:15PM	ADULT SWIM BASIC 1 556595	ADULT SWIM STROKES 566604	SWIM ASSESSMENT	SWIM KIDS 3 556615	4&5 YR OLD ADV 556620
7:30PM					
7:45PM					

! Parent Discussion Day May 12

SWIM ASSESSMENT	Apr 14	556621	Apr 21	556622	Apr 28	556623	May 4	556624	May 11	556625
7:15 - 7:30PM	May 18	556626	May 25	556627	June 2	556628	June 9	556629	Jun 16	556630

CLAREVIEW AQUATIC PROGRAMS						
SATURDAY: APRIL 9 - JUNE 18					10 LESSONS	
9:00AM	PARENT & TOT STARFISH/DUCK 557066	4&5 YR OLD ADV/ENR 557102	ADULT BASIC 1 557117	SWIM KIDS 3 557122		SWIM KIDS 5 557139
9:15AM						
9:30AM	4&5 YR OLD BEG 557082	SUPER 3 YR OLD BEG 557103		SWIM KIDS 1 557123		SWIM KIDS 2 557142
9:45AM						
10:00AM	SWIM KIDS 6/7 557088	4&5 YR OLD BEG 557105	SWIM KIDS 4 557118	SWIM KIDS 2 557124		SWIM KIDS 1 557143
10:15AM						
10:30AM		PARENT & TOT SEA TURTLE 557107	YOUTH SWIM BASIC 1 557119	SWIM KIDS 1 557125	BRONZE MEDALLION 10:30AM - 12:45PM (EXAM DATE: JUNE 18 10:30AM -12:45PM) 557136	SWIM KIDS 2 557144
10:45AM						
11:00AM						
11:15AM	4&5 YR OLD BEG 557094	SWIM KIDS 3 557111	SWIM KIDS 4 557120	SWIM KIDS 8/9/10 557126		SUPER 3 YR OLD INT 557146
11:30AM						
11:45AM						
12:00PM	YOUTH SWIM BASIC 2 557100	SWIM KIDS 1 557113			SWIM KIDS 2 557147	
12:15PM						
12:30PM			4&5 YR OLD ADV 557094	4&5 YR OLD BEG 557127		
12:45PM	SWIM KIDS 1 557101	SWIM KIDS 5 557116	SWIM KIDS 6/7 557121	SWIM KIDS 2 557129		
1:00PM						
1:15PM				SWIM ASSESSMENT		

! Parent Discussion Day May 7

! No lesson May 21

SWIM ASSESSMENT	Apr 9	557150	Apr 16	557151	Apr 23	557152	Apr 30	557153	May 7	557154
1:15 - 1:30PM	May 14	557155	May 28	557156	June 4	557157	June 11	557158	Jun 18	557159

# COMMONWEALTH COMMUNITY RECREATION CENTRE

COMMONWEALTH AQUATIC PROGRAMS									
TUESDAY & THURSDAY: APRIL 5 - 28					8 LESSONS				
4:45PM	SWIM KIDS 4 547224	SWIM KIDS 1 547218	4 5 YR OLD BEG 547242	SUPER 3 YR OLD INT 547254	SWIM KIDS 2 547221				
5:00PM		SWIM KIDS 5 547227	SWIM KIDS 3 547222	4&5 YR OLD ADV 547244	SWIM KIDS 1 555224				
5:15PM				SWIM KIDS 2 555225	SUPER 3 YR OLD BEG 555226				
5:30PM	SUPER 3 YR OLD BEG 547249					PARENT & TOT 555228	SWIM KIDS 3 547223		
5:45PM				SWIM KIDS 1 547217	4&5 YR OLD BEG 547241			SWIM KIDS 7/8 547232	SWIM KIDS 6 547230
6:00PM		4&5 YR OLD ADV 547243	SUPER 3 YR OLD BEG 547252			SWIM KIDS 2 547220	4&5 YR OLD ENR 547246		
6:15PM									
6:30PM									
6:45PM	ADULT SWIM BASIC 1 547259	SWIM KIDS 9/10 547235	4&5 YR OLD ENR 547246						
7:00PM									
7:15PM									
7:30PM									

! Parent Discussion Day April 14

COMMONWEALTH AQUATIC PROGRAMS						
TUESDAY & THURSDAY: MAY 3 – 26					8 LESSONS	
4:45PM	SWIM KIDS 9/10 547314	SUPER 3 YR OLD BEG 547291	4&5 YR OLD BEG 547298	SWIM KIDS 1 547304	SWIM KIDS 2 555234	
5:00PM		SUPER 3 YR OLD BEG 547289	SWIM KIDS 3 547307	SWIM KIDS 5 547311	SWIM KIDS 1 555232	
5:15PM						
5:30PM	SWIM KIDS 2 547305					SWIM KIDS 4 547309
5:45PM	4&5 YR OLD ADV 547301	SUPER 3 YR OLD INT 547296	SWIM KIDS 1/2 555231			
6:00PM	SWIM KIDS 1 547303			PARENT & TOT 555229		
6:15PM	4&5 YR OLD ADV 547300				SWIM KIDS 2 547306	SWIM KIDS 7/8 547313
6:30PM		ADULT SWIM BASIC 2 547315	4&5 YR OLD ENR 547302			
6:45PM						
7:00PM						
7:15PM						
7:30PM						

! Parent Discussion Day May 12

COMMONWEALTH AQUATIC PROGRAMS					
TUESDAY & THURSDAY: MAY 31 – JUNE 23					8 LESSONS
4:45PM	SWIM KIDS 4 547374	SWIM KIDS 1 547368	4&5 YR OLD BEG 547359	SUPER 3 YR OLD INT 547357	SWIM KIDS 2 547371
5:00PM		SWIM KIDS 5 547376	SWIM KIDS 3 547372	4&5 YR OLD ADV 547363	SWIM KIDS 1 555244
5:15PM				SWIM KIDS 2 555248	SUPER 3 YR OLD BEG 555250
5:30PM	SUPER 3 YR OLD BEG 547352				
5:45PM		SWIM KIDS 1 547367	4&5 YR OLD BEG 547358	SWIM KIDS 7/8 547379	SWIM KIDS 3 547373
6:00PM	4&5 YR OLD ADV 547361				
6:15PM		ADULT SWIM BASIC 1 547381	SWIM KIDS 9/10 547380	4&5 YR OLD ENR 547364	SWIM KIDS 1/2 555251
6:30PM					
6:45PM					
7:00PM					
7:15PM					
7:30PM					

! Parent Discussion Day May 12

## COMMONWEALTH AQUATIC PROGRAMS

**WEDNESDAY: APRIL 13 – JUNE 15**

**10 LESSONS**

4:45PM	SWIM KIDS 3 547390	SWIM KIDS 1 547395	4&5 YR OLD BEG 547398	SUPER 3 YR OLD BEG 555256	
5:00PM		SWIM KIDS 5 555252	SWIM KIDS 4 547389	4&5 YR OLD ADV 555255	
5:15PM				SWIM KIDS 2 547393	
5:30PM	SUPER 3 YR OLD INT 547399				SWIM KIDS 6 555253
5:45PM					
6:00PM	SWIM KIDS 1 547394	PARENT & TOT 555254	SWIM KIDS 2 547392	SWIM KIDS 7/8 547386	
6:15PM	4&5 YR OLD ADV 547397	SUPER 3 YR OLD BEG 547400			
6:30PM			ADULT SWIM STROKES 547384	SWIM KIDS 9/10 547385	4&5 YR OLD BEG 555258
6:45PM					
7:00PM					
7:15PM					
7:30PM					

! Parent Discussion Day May 11

## COMMONWEALTH AQUATIC PROGRAMS

**SATURDAY: APRIL 9 – JUNE 18**

**10 LESSONS**

9:30AM	SWIM KIDS 3 547420	SWIM KIDS 1 547425	4&5 YR OLD BEG 547429	SUPER 3 YR OLD BEG 547434	PARENT & TOT 557237	
9:45AM		SWIM KIDS 5 547417	SWIM KIDS 4 547418	4&5 YR OLD ADV 547428	SWIM KIDS 1 557242	
10:00AM				SWIM KIDS 2 547423	SWIM KIDS 4 547419	
10:15AM	SUPER 3 YR OLD INT 547431					4&5 YR OLD BEG 547430
10:30AM						
10:45AM	SWIM KIDS 1 547424	PARENT & TOT 557236	SWIM KIDS 6 547416	SWIM KIDS 7/8 547415	SWIM KIDS 4 547419	
11:00AM	SWIM KIDS 9/10 547414	SUPER 3 YR OLD BEG 547433				
11:15AM		4&5 YR OLD ENR 547426	SWIM KIDS 3 547421		SUPER 3 YR OLD INT 547432	
11:30AM						
11:45AM	4&5 YR OLD ADV 547427	ADULT SWIM BASIC 1 557245	ADULT SWIM BASIC 2 547413	SWIM KIDS 1 557243	4&5 YR OLD BEG 557241	
12:00PM						
12:15PM	SWIM KIDS 2 547422					
12:30PM						
12:45PM						

! Parent Discussion Day May 7

! No Lesson May 21

COMMONWEALTH AQUATIC PROGRAMS				
SUNDAY: APRIL 10 - JUNE 19				10 LESSONS
5:00PM	SWIM KIDS 5 557246	SUPER 3 YR OLD BEG 557267	PARENT & TOT 557266	SWIM KIDS 3 557260
5:15PM				
5:30PM		SWIM KIDS 4 557262	4&5 YR OLD BEG 557271	
5:45PM	4&5 YR OLD ADV 557273			SWIM KIDS 2 557259
6:00PM			SUPER 3 YR OLD INT 557268	
6:15PM	4&5 YR OLD BEG 557270	SWIM KIDS 3 557261		
6:30PM				
6:45PM				
7:00PM				
7:15PM				
7:30PM				
7:45PM				

- ! Parent Discussion Day May 8  
! No Lesson May 22

## CONFEDERATION LEISURE CENTRE

CONFEDERATION AQUATIC PROGRAMS						
SUNDAY: APRIL 10 – JUNE 19						10 LESSONS
9:00AM						BRONZE MEDALLION 9:00-11:00AM (EXAM DATE: JUN 26 10:00AM-1:00PM) 545135
9:15AM						
9:30AM						
9:45AM						
10:00AM	SWIM ASSESSMENT	SWIM KIDS 1 545303	SWIM KIDS 5/6 545378	SWIM KIDS 3 545344	SWIM KIDS 7/8 545395	SWIM KIDS 2 545322
10:15AM	4&5 YR OLD BEG 545231	SWIM KIDS 2 545323	PARENT & TOT STARFISH/DUCK 545260	SWIM KIDS 5/6 545379	SWIM KIDS 9/10 545410	SWIM KIDS 4 545361
10:30AM						
10:45AM	4&5 YR OLD ADV 545216	4&5 YR OLD BEG 545232	SWIM KIDS 3 545345	4&5 YR OLD ADV 545217	PARENT & TOT SEA TURTLE 556968	SWIM KIDS 2 545323
11:00AM						
11:15AM	SWIM KIDS 7/8 545396	SWIM KIDS 4 545362	PRIVATE LESSON	SWIM KIDS 5 545372	SWIM KIDS 6 545390	SWIM KIDS 9/10 545411
11:30AM						
11:45AM						
12:00PM	SWIM KIDS 1 545304	4&5 YR OLD ADV 545218	PRIVATE LESSON			BRONZE CROSS 11:15AM –1:15PM (EXAM DATE: JUN 26 10:00AM-1:00PM) 538143
12:15PM						
12:30PM	4&5 YR OLD BEG 545233	SWIM ASSESSMENT				SWIM KIDS 1 545305
12:45PM						
1:00PM						

- ! Parent Discussion Day May 8  
! No Lesson May 22

SWIM ASSESSMENT	Apr10	556910	Apr 17	556908	Apr 24	556909	May 1	556911	May 8	556912
10:00 - 10:15AM	May 15	556913	May 29	556914	Jun 5	556915	Jun 12	556916	Jun 19	556917

SWIM ASSESSMENT	Apr10	556918	Apr 17	556919	Apr 24	556920	May 1	556921	May 8	556922
12:45 - 1:00PM	May 15	556923	May 29	556924	Jun 5	556925	Jun 12	556926	Jun 19	556927

PRIVATE LESSON	Apr10	545264	Apr 17	545265	Apr 24	545266	May 1	545267	May 8	545268
12:00 – 12:30PM	May 15	545269	May 29	545270	Jun 5	545271	Jun 12	545272	Jun 19	545273

PRIVATE LESSON	Apr10	545274	Apr 17	545275	Apr 24	545276	May 1	545277	May 8	545278
12:30 – 12:45PM	May 15	545279	May 29	545280	Jun 5	545281	Jun 12	545282	Jun 19	545283

CONFEDERATION AQUATIC PROGRAMS						
MONDAY: APRIL 4 – JUNE 13						10 LESSONS
5:30PM	4&5 YR OLD ADV 545219	SWIM KIDS 3 545346	PARENT & TOT SEA TURTLE 556969	SWIM KIDS 2 545325	SWIM KIDS 5/6 545380	PRIVATE LESSON
5:45PM						
6:00PM	4&5 YR OLD BEG 545234	SWIM KIDS 1 545306	SWIM KIDS 7/8 545397	SWIM KIDS 9/10 545412	SWIM KIDS 2 545326	SWIM KIDS 4 545363
6:15PM						
6:30PM	SWIM KIDS 5/6 545381	ADULT SWIM BASIC 1 545250	ADULT SWIM BASIC 2 545252	ADULT SWIM STROKES 1 545253	ADULT SWIM STROKES 2 545254	SWIM KIDS 7/8 545398
6:45PM						
7:00PM						
7:15PM						

- ! Parent Discussion Day May 2  
! No Lesson May 23

PRIVATE LESSON	Apr 4	545284	Apr 11	545285	Apr 18	545286	Apr 25	545287	May 2	545288
5:30 – 6:00PM	May 9	545289	May 16	545290	May 30	545291	Jun 6	545292	Jun 13	545293

CONFEDERATION AQUATIC PROGRAMS						
TUESDAY & THURSDAY: APRIL 5 – 28						8 LESSONS
5:30PM	SWIM KIDS 2 545327	SWIM KIDS 5 545373	SWIM KIDS 3 545347	4&5 YR OLD BEG 545235	SWIM KIDS 7/8 545399	SWIM KIDS 6 545391
5:45PM						
6:00PM	SWIM KIDS 1 545307	SWIM KIDS 5/6 545382	SWIM KIDS 2 545328	4&5 YR OLD ADV 545220	SWIM KIDS 4 545364	ADULT SWIM BASIC 1 545251
6:15PM						
6:30PM	SWIM KIDS 1 545308	SWIM KIDS 3 545348	SWIM KIDS 9/10 545413	SWIM KIDS 5/6 545382	SWIM KIDS 7/8 545399	
6:45PM						
7:00PM	SWIM KIDS 2 545329	SWIM KIDS 5/6 545382	SWIM KIDS 3 545348	SWIM KIDS 9/10 545413	SWIM KIDS 4 545364	ADULT SWIM BASIC 1 545251
7:15PM						

- ! Parent Discussion Day April 14

CONFEDERATION AQUATIC PROGRAMS						
TUESDAY & THURSDAY: MAY 3 – 26						8 LESSONS
5:30PM	SWIM KIDS 2 545330	SWIM KIDS 5/6 545383	SWIM KIDS 3 545349	SWIM KIDS 4 545365	4&5 YR OLD BEG 545236	SWIM KIDS 1 545309
5:45PM						
6:00PM	SWIM KIDS 1 545310	SWIM KIDS 5/6 545383	SWIM KIDS 9/10 545414	SWIM KIDS 3/4 545358	4&5 YR OLD ADV 545221	SWIM KIDS 2 545331
6:15PM						
6:30PM	SWIM KIDS 1 545311	SWIM KIDS 5 545374	SWIM KIDS 9/10 545414	SWIM KIDS 3/4 545358	4&5 YR OLD BEG 545237	SWIM KIDS 7/8 545401
6:45PM						
7:00PM	SWIM KIDS 2 545332	SWIM KIDS 5 545374	SWIM KIDS 9/10 545414	SWIM KIDS 3/4 545358	4&5 YR OLD ADV 545222	SWIM KIDS 7/8 545401
7:15PM						

- ! Parent Discussion Day May 12

CONFEDERATION AQUATIC PROGRAMS							
TUESDAY & THURSDAY: MAY 31 – JUNE 23						8 LESSONS	
5:30PM	SWIM KIDS 2 545333	SWIM KIDS 5/6 545384	SWIM KIDS 3 545350	SWIM KIDS 4 545366	4&5 YR OLD BEG 545238	SWIM KIDS 7/8 545401	SWIM KIDS 1 545312
5:45PM							
6:00PM	SWIM KIDS 1 545313	SWIM KIDS 5 545375	SWIM KIDS 9/10 545415	SWIM KIDS 3/4 545359	4&5 YR OLD ADV 545223	SWIM KIDS 6 545393	SWIM KIDS 2 545334
6:15PM							
6:30PM	SWIM KIDS 1 545314				4&5 YR OLD BEG 545239		SWIM KIDS 7/8 545403
6:45PM							
7:00PM	SWIM KIDS 2 545335				4&5 YR OLD ADV 545224		
7:15PM							

! Parent Discussion Day June 9

CONFEDERATION AQUATIC PROGRAMS							
WEDNESDAY: APRIL 6 - JUNE 8						10 LESSONS	
5:00PM	SWIM KIDS 1 545315	SWIM KIDS 2 545336	SWIM KIDS 7/8 545404	SWIM ASSESSMENT	SWIM ASSESSMENT	SWIM KIDS 5/6 545385	BRONZE MEDALLION 5-7PM (EXAM DATE: JUN 15 5 - 8PM) 538134
5:15PM							
5:30PM	SWIM KIDS 2 545337	4&5 YR OLD BEG 545240	PARENT & TOT SEA TURTLE 545257	SWIM KIDS 3 545351	4&5 YR OLD ADV/ ENR 545230	SWIM KIDS 5/6 545386	
5:45PM							
6:00PM	PARENT & TOT STARFISH/DUCK 545261	SWIM KIDS 1 545316	SWIM KIDS 7/8 545405	SWIM KIDS 3 545352	SWIM KIDS 4 545367	SWIM KIDS 5/6 545387	
6:15PM							
6:30PM	SWIM KIDS 2 545338	SWIM KIDS 9/10 545225	4&5 YR OLD BEG 545242	SWIM KIDS 3/4 545360	SWIM KIDS 5/6 545387	4&5 YR OLD BEG 545241	
6:45PM							
7:00PM	4&5 YR OLD BEG 545225					SWIM KIDS 1 545317	SWIM KIDS 2 545339
7:15PM							

! Parent Discussion Day May 4

SWIM ASSESSMENT	Apr	556928	Apr 13	556929	Apr 20	556930	Apr 27	556931	May 4	556932
5:00 – 5:15PM	May 11	556933	May 18	556934	May 25	556935	Jun 1	556936	Jun 8	556937

SWIM ASSESSMENT	Apr 6	556938	Apr 13	556939	Apr 20	556940	Apr 27	556941	May 4	556942
5:00 – 5:15PM	May 11	556943	May 18	556944	May 25	556945	Jun 1	556946	Jun 8	556947

## DID YOU KNOW?

Drop-in aquatics schedules for all recreation centres are available at [edmonton.ca/DropInAquaticPrograms](https://edmonton.ca/DropInAquaticPrograms)



CONFEDERATION AQUATIC PROGRAMS								
SATURDAY: APRIL 9 - JUNE 18								10 LESSONS
9:00AM	4&5 YR OLD ADV 545226	SWIM ASSESSMENT	PARENT & TOT STARFISH/DUCK 545262	SWIM KIDS 7/8 545406	SWIM KIDS 3 545353	SWIM KIDS 5 545376	SWIM KIDS 4 545368	4&5 YR OLD BEG 545243
9:15AM		SWIM KIDS 2 545340						
9:30AM	4&5 YR OLD ENR 545248		PARENT & TOT SEA TURTLE 545258					4&5 YR OLD ADV 545227
9:45AM								
10:00AM	SWIM KIDS 2 545341	SWIM KIDS 9/10 545417	4&5 YR OLD BEG 545244	SWIM KIDS 4 545369	SWIM KIDS 7/8 545407	SWIM KIDS 3 545354	SWIM KIDS 545388	SWIM KIDS 1 545318
10:15AM								
10:30AM	SWIM KIDS 6 545394	PARENT & TOT STARFISH/DUCK 545263	SWIM ASSESSMENT	SWIM KIDS 1 545319	SWIM KIDS 7/8 545408	4&5 YR OLD BEG 545245	SWIM KIDS 5 545377	
10:45AM								
11:00AM		PARENT & TOT SEA TURTLE 545259	SWIM KIDS 1 545320	4&5 YR OLD ADV 545228				SWIM KIDS 3 545355
11:15AM								
11:30AM	SWIM KIDS 4 545370	4&5 YR OLD ENR 545249	SWIM KIDS 3 545356		SWIM KIDS 2 545342	SWIM KIDS 5/6 545389	SWIM KIDS 7/8 545409	
11:45AM								
12:00PM		4&5 YR OLD ADV 545229		SWIM KIDS 9/10 545418				
12:15PM	SWIM KIDS 4 545371		4&5 YR OLD BEG 545247		BRONZE STAR 538128	4&5 YR OLD BEG 545246		
12:30PM		SWIM KIDS 2 545343		SWIM KIDS 1 545321			SWIM KIDS 3 545357	
12:45PM						PRIVATE LESSON		

- ! Parent Discussion Day May 7  
! No Lesson May 21

SWIM ASSESSMENT	Apr 9	556948	Apr 16	556949	Apr 23	556950	Apr 30	556951	May 7	556952
9:00AM - 9:15AM	May 14	556953	May 28	556954	Jun 4	556955	Jun 11	556956	Jun 8	556957

SWIM ASSESSMENT	Apr 9	556958	Apr 16	556959	Apr 23	556960	Apr 30	556961	May 7	556962
10:30AM - 10:45AM	May 14	556963	May 28	556964	Jun 4	556965	Jun 11	556966	Jun 8	556967

PRIVATE LESSON	Apr 9	545294	Apr 16	545295	Apr 23	545296	Apr 30	545297	May 7	545298
12:30 - 1:00PM	May 14	545299	May 28	545300	Jun 4	545301	Jun 11	545302	Jun 18	545303

## EASTGLEN LEISURE CENTRE

EASTGLEN AQUATIC PROGRAMS			
SATURDAY: APRIL 16 - JUNE 25			
10 LESSONS			
10:00AM	PARENT & TOT 557717	SWIM KIDS 7/8/9/10 557721	SWIM KIDS 3/4 557724
10:15AM			
10:30AM	SUPER 3 YR OLD BEG 557718		
10:45AM		4&5 YR OLD BEG 557722	SWIM KIDS 1 557726
11:00AM	SWIM KIDS 2 557720		
11:15AM		4&5 YR OLD ADV/ ENR 557723	SWIM KIDS 5/6 557725
11:30AM	SUPER 3 YR OLD INT 557719		
11:45AM			

- ! No Lesson May 21  
! Parent Discussion Day May 14

EASTGLEN AQUATIC PROGRAMS			
SUNDAY: APRIL 17 - JUNE 26			
10 LESSONS			
4:45PM	WOMEN ONLY YOUTH/ADULT BASIC 1 557727	WOMEN ONLY YOUTH/ADULT BASIC 2 557728	WOMEN ONLY YOUTH/ADULT SWIM STROKES 557729
5:00PM			
5:15PM			

- ! No Lesson May 22

EASTGLEN AQUATIC PROGRAMS	
SUNDAY: APRIL 17 - JUNE 26	
10 LESSONS	
9:45AM	ADULT SWIM BASIC 1 558981
10:00AM	
10:15AM	
10:30AM	ADULT SWIM BASIC 2 558983
10:45AM	
11:00AM	
11:15AM	ADULT SWIM STROKES 558985
11:30AM	
11:45AM	

! No Lesson May 22

EASTGLEN AQUATIC PROGRAMS	
MONDAY: APRIL 18 - JUNE 27	
10 LESSONS	
5:00PM	ADULT SWIM BASIC 1 558982
5:15PM	
5:30PM	
5:45PM	
6:00PM	ADULT SWIM BASIC 2 558984
6:15PM	
6:30PM	
6:45PM	

! No Lesson May 23

## GRAND TRUNK FITNESS AND LEISURE CENTRE

GRAND TRUNK AQUATIC PROGRAMS				
MONDAY & WEDNESDAY: APRIL 4 - MAY 4				10 LESSONS
4:00PM	SWIM KIDS 3 555126	SUPER 3 YR OLD BEG/INT 554796	SWIM KIDS 1 554839	4&5 YR OLD BEG 554810
4:15PM		4&5 YR OLD ADV/ENR 554824	SWIM KIDS 4 555156	SWIM KIDS 2 555058
4:30PM				SWIM KIDS 1 554840
4:45PM	SUPER 3 YR OLD BEG/INT 555004	4&5 YR OLD BEG 554809		
5:00PM	SWIM KIDS 5/6 555222	SWIM KIDS 2 555054	SWIM KIDS 3 555128	4&5 YR OLD ADV/ENR 554825
5:15PM				
5:30PM				
5:45PM				

! Parent Discussion Day April 18

GRAND TRUNK AQUATIC PROGRAMS				
MONDAY & WEDNESDAY: MAY 9 - JUNE 13				10 LESSONS
4:00PM	SWIM KIDS 4 555161	4&5 YR OLD ADV/ENR 554826	SUPER 3 YR OLD BEG/INT 554798	SWIM KIDS 2 555060
4:15PM		4&5 YR OLD BEG 554811	SWIM KIDS 3 555130	SWIM KIDS 1 554842
4:30PM				4&5 YR OLD ADV/ENR 554827
4:45PM	SUPER 3 YR OLD BEG/INT 554797	SWIM KIDS 1 554841		
5:00PM	SWIM KIDS 5/6 555263	SWIM KIDS 2 555059	SWIM KIDS 4 555204	4&5 YR OLD BEG 554812
5:15PM				
5:30PM				
5:45PM				

! No Lesson May 23

! Parent Discussion Day May 25

GRAND TRUNK AQUATIC PROGRAMS				
TUESDAY: APRIL 5 - JUNE 7				10 LESSONS
4:00PM	SWIM KIDS 5/6 555264	4&5 YR OLD ADV/ENR 554828	SWIM KIDS 3 555133	SWIM KIDS 1 554846
4:15PM		SUPER 3 YR OLD BEG/INT 554799		SWIM KIDS 2 555076
4:30PM				
4:45PM	4&5 YR OLD BEG 554813		SWIM KIDS 4 555209	
5:00PM	SWIM KIDS 2 555070	SUPER 3 YR OLD BEG/INT 554800		
5:15PM				
5:30PM			SWIM KIDS 3 555131	PARENT & TOT 554789
5:45PM				
6:00PM	SWIM KIDS 1 554843	SWIM KIDS 5/6 555265		
6:15PM				
6:30PM	SWIM KIDS 9/10 555304		SWIM KIDS 4 555207	4&5 YR OLD ADV/ENR 554829
6:45PM				
7:00PM		YOUTH/ADULT BASIC 1/2 555340		
7:15PM				
7:30PM				
7:45PM				

! Parent Discussion Day May 3

PRIVATE LESSON	Apr 5	555360	Apr 19	555363	May 3	555367	May 17	555370	May 31	555373
7:30 - 8:00PM	Apr 12	555362	Apr 26	555365	May 10	555369	May 24	555372	Jun 7	555375

GRAND TRUNK AQUATIC PROGRAMS					
THURSDAY: APRIL 7 - JUNE 9				10 LESSONS	
4:00PM	SWIM KIDS 4 555210	SUPER 3 YR OLD BEG/INT 554802	SWIM KIDS 5/6 555269	SWIM KIDS 2 555096	
4:15PM		4&5 YR OLD BEG 554815		SWIM KIDS 2 555095	SWIM KIDS 1 555010
4:30PM					
4:45PM	4&5 YR OLD ADV/ENR 554830	SWIM KIDS 3 555136	SWIM KIDS 1 555009		SWIM KIDS 9/10 555307
5:00PM	SUPER 3 YR OLD BEG/INT 554801				
5:15PM					
5:30PM					
5:45PM					
6:00PM	SWIM KIDS 2 555080	PARENT & TOT 554790	4&5 YR OLD BEG 554816	SWIM KIDS 3 555138	
6:15PM	4&5 YR OLD ADV/ENR 554831	SWIM KIDS 5/6 555268	SWIM KIDS 7/8 555284		
6:30PM					
6:45PM				SWIM KIDS 4 555211	
7:00PM	SWIM KIDS 1 555008	YOUTH/ADULT BASIC 555344	YOUTH/ADULT STROKES 555358		
7:15PM	SWIM KIDS 2 555091				
7:30PM	PRIVATE LESSON				
7:45PM					

! Parent Discussion Day May 5

PRIVATE LESSON	Apr 7	555376	Apr 21	555379	May 4	555382	May 19	555385	Jun 2	555388
7:30 - 8:00PM	Apr 14	555378	Apr 28	555380	May 12	555384	May 26	555387	Jun 9	555390

GRAND TRUNK AQUATIC PROGRAMS					
SATURDAY: APRIL 9 - JUNE 18					10 LESSONS
9:00AM	SWIM KIDS 1 555011	4&5 YR OLD ADV/ENR 554833	4&5 YR OLD BEG 554818	SWIM KIDS 3 555146	BRONZE MEDALLION 9:00-11:00AM (EXAM DATE: JUNE 18 9:00AM-1:00PM) 555575
9:15AM					
9:30AM	SUPER 3 YR OLD BEG/INT 554803	PARENT & TOT 554791	SWIM KIDS 2 555108		
9:45AM					
10:00AM	SWIM KIDS 1 555013	4&5 YR OLD ADV/ENR 554834	SWIM KIDS 5/6 555272	SWIM KIDS 4 555215	
10:15AM					
10:30AM	SWIM KIDS 2 555101	SWIM KIDS 3 555142		4&5 YR OLD BEG 554819	
10:45AM					
11:00AM	SWIM KIDS 9/10 555311	SWIM KIDS 2 555105	SWIM KIDS 7/8 555286	SWIM KIDS 1 555016	SWIM KIDS 4 555216
11:15AM					
11:30AM					
11:45AM					
12:00PM	4&5 YR OLD BEG 554817	SWIM KIDS 5/6 555274	SUPER 3 YR OLD BEG/INT 554805	PARENT & TOT 554792	BRONZE CRPSS 12:00-2:00PM (EXAM DATE: JUNE 18 9:00AM-1:00PM) 555576
12:15PM					
12:30PM	4&5 YR OLD ADV/ENR 554832	SWIM KIDS 4 555213	SWIM KIDS 3 555144	SWIM KIDS 1 555019	
12:45PM					
1:00PM	BRONZE STAR 555574	SUPER 3 YR OLD BEG/INT 554804	SWIM KIDS 1 555015	SWIM KIDS 2 555111	
1:15PM					
1:30PM			4&5 YR OLD ADV/ENR 554835	4&5 YR OLD BEG 554820	
1:45PM					

- ! No Lesson May 21  
! Parent Discussion Day May 7

GRAND TRUNK AQUATIC PROGRAMS					
SUNDAY: APRIL 10 - JUNE 19					10 LESSONS
10:00AM	SWIM KIDS 2 555115	4&5 YR OLD BEG 554822	PARENT & TOT 554793	SWIM KIDS 7/8 555296	YOUTH/ADULT BASIC 555351
10:15AM					
10:30AM	SWIM KIDS 1 555025	SWIM KIDS 3 555148	SUPER 3 YR OLD BEG/INT 554808	SWIM KIDS 9/10 555314	SWIM KIDS 5/6 555279
10:45AM					
11:00AM	SWIM KIDS 4 555218	4&5 YR OLD ADV/ENR 554837	SWIM KIDS 2 555120	4&5 YR OLD BEG 554823	PARENT & TOT 554794
11:15AM					
11:30AM			SWIM KIDS 1 555035		
11:45AM					
12:00PM	SUPER 3 YR OLD BEG/INT 554806	SWIM KIDS 5/6 555276	SWIM KIDS 7/8 555300	SWIM KIDS 1 555043	SWIM KIDS 3 555151
12:15PM					
12:30PM	4&5 YR OLD ADV/ENR 554836	SWIM KIDS 4 555219	SUPER 3 YR OLD BEG/INT 554807	SWIM KIDS 2 555122	SWIM KIDS 9/10 555319
12:45PM					
1:00PM	4&5 YR OLD BEG 554821			SWIM KIDS 5/6 555277	
1:15PM					
1:30PM	SWIM KIDS 2 555118	SWIM KIDS 1 555029	4&5 YR OLD ADV/ENR 554838		
1:45PM					

- ! No Lesson May 22  
! Parent Discussion Day May 8

# HARDISTY FITNESS AND LEISURE CENTRE

HARDISTY AQUATIC PROGRAMS				
TUESDAY & THURSDAY: APRIL 5 - 28				8 LESSONS
4:00PM	4&5 YR OLD ADV 547279	SWIM KIDS 1 547285	SWIM KIDS 6 547369	SWIM KIDS 3/4 547354
4:15PM				
4:30PM	SWIM KIDS 5 547366	SWIM KIDS 2 547290	4&5 YR OLD BEG 547270	SWIM KIDS 9/10 547383
4:45PM				
5:00PM	SWIM KIDS 3 547348	SWIM KIDS 7/8 547378	SWIM KIDS 1 547286	
5:15PM				
5:30PM				
5:45PM				
6:00PM	ADULT SWIM BASIC 547391	SWIM KIDS 4 547362	YOUTH SWIM TRAINING 547387	4&5 YR OLD BEG 547277
6:15PM				
6:30PM				4&5 YR OLD ADV 547281
6:45PM				

! Parent Discussion Day April 14

HARDISTY AQUATIC PROGRAMS			
TUESDAY & THURSDAY: MAY 3 - 26			
8 LESSONS			
4:00PM	SWIM KIDS 2 549743	SWIM KIDS 5/6 549749	SWIM KIDS 3 549745
4:15PM			
4:30PM	SWIM KIDS 7/8 549749		
4:45PM		SWIM KIDS 1 549742	
5:00PM		4&5 YR OLD BEG 549747	
5:15PM			SWIM KIDS 4 549746
5:30PM	4&5 YR OLD ADV 549740	PRIVATE LESSON	
5:45PM			
6:00PM	ADULT SWIM BASIC 2 549751	SWIM KIDS 9/10 549750	4&5 YR OLD BEG 549741
6:15PM			
6:30PM			SWIM KIDS 2 549744
6:45PM			

! Parent Discussion Day May 12

HARDISTY AQUATIC PROGRAMS			
TUESDAY & THURSDAY: MAY 31 - JUNE 23			
8 LESSONS			
4:00PM	SWIM KIDS 1 549762	SWIM KIDS 3 549766	SWIM KIDS 5 549769
4:15PM			
4:30PM	SWIM KIDS 2 549764	4&5 YR OLD ADV 549761	SWIM KIDS 7/8 549771
4:45PM			
5:00PM	SWIM KIDS 6 549770	SWIM KIDS 4 549768	SWIM KIDS 1/2 549763
5:15PM			
5:30PM	4&5 YR OLD BEG 549760	SWIM KIDS 9/10 549772	STROKE ENHANCEMENT 549773
5:45PM			
6:00PM			
6:15PM	SWIM KIDS 3/4 549767		
6:30PM			
6:45PM			

! Parent Discussion Day June 9

PRIVATE LESSON	May 3	549752	May 5	549756	May 10	549753	May 12	549757
5:30 - 6:00PM	May 17	549754	May 19	549758	May 24	549755	May 26	549759

HARDISTY AQUATIC PROGRAMS	
TUESDAY: APR 5 – JUNE 21	
12 LESSONS	
4:00PM	SWIM KIDS 6/7 549775
4:15PM	
4:30PM	
4:45PM	
5:00PM	4&5 YR OLD BEG/ADV 549827
5:15PM	
5:30PM	SWIM KIDS 1/2 549774
5:45PM	
6:00PM	SWIM KIDS 8/9/10 549776
6:15PM	
6:30PM	
6:45PM	
6:55PM	

! Parent Discussion Day May 10

HARDISTY AQUATIC PROGRAMS	
THURSDAY: APR 7 – JUNE 23	
12 LESSONS	
4:00PM	SWIM KIDS 1/2 549777
4:15PM	
4:30PM	SWIM KIDS 5/6 549779
4:45PM	
5:00PM	SWIM KIDS 3/4 549778
5:15PM	
5:30PM	
5:45PM	YOUTH SWIM TRAINING 549780
6:00PM	
6:15PM	
6:30PM	
6:45PM	

! Parent Discussion Day May 12

HARDISTY AQUATIC PROGRAMS				
SATURDAY: APRIL 2 - JUNE 11				10 LESSONS
9:00AM	SWIM KIDS 1 549787	SWIM KIDS 2 549789	SWIM KIDS 4 549791	
9:15AM				
9:30AM	SWIM KIDS 6 549793	4&5 YR OLD ADV/ENR 549786	SWIM KIDS 5 549792	BRONZE MEDALLION 9:15-11:45AM (EXAM DATE: JUN 11 9:00AM-12:00 PM) 554635
9:45AM				
10:00AM	PARENT & TOT STARFISH/DUCK 549784	SWIM KIDS 3 549790	4&5 YR OLD BEG 549785	
10:15AM				
10:30AM	SWIM KIDS 7/8 549794	SWIM KIDS 1/2 549788	YOUTH SWIM TRAINING 549796	
10:45AM				
11:00AM	4&5 YR OLD BEG/ADV 549828	SWIM KIDS 9/10 549795		
11:15AM				
11:30AM				
11:45AM				
12:00PM				JUNIOR LIFEGUARD CLUB 554636
12:30PM				
1:00PM				
1:30PM				

! Parent Discussion Day April 30

! No Lesson May 21

HARDISTY AQUATIC PROGRAMS					
SUNDAY: APRIL 3 - JUNE 12				10 LESSONS	
5:00PM	4&5 YR OLD ADV 549799	SWIM KIDS 5 549808	SWIM KIDS 1 549801		SWIM KIDS 3/4 549806
5:15PM				SWIM KIDS 2 549804	
5:30PM	SWIM KIDS 7/8 549811	PRIVATE LESSON	4&5 YR OLD BEG 549797	SWIM KIDS 1 549802	SWIM KIDS 5 549809
5:45PM			4&5 YR OLD ADV/ENR 549800		
6:00PM	SWIM KIDS 6 549810	SWIM KIDS 3 549805	SWIM KIDS 2 549803	SWIM KIDS 4 549807	4&5 YR OLD BEG 549798
6:15PM					
6:30PM	ADULT SWIM BASIC 1 549813	ADULT SWIM BASIC 2 549814	SWIM PATROL 549831	ADULT SWIM STROKES 549815	SWIM KIDS 8/9/10 549812
6:45PM					
7:00PM					
7:15PM					
7:30PM					
7:45PM					

- ! Parent Discussion Day May 1  
! No Lesson May 22

PRIVATE LESSON	Apr 3	549817	Apr 10	549818	Apr 17	549819	Apr 24	549820	May 1	549821
5:45 - 6:15PM	May 8	549822	May 15	549823	May 29	549824	Jun 5	549825	Jun 12	549826

## JASPER PLACE FITNESS AND LEISURE CENTRE

JASPER PLACE AQUATIC PROGRAMS						
SUNDAY: APRIL 3 – JUNE 12					10 LESSONS	
10:00AM	4&5 YR OLD BEG 553521	SWIM KIDS 1 553533	SWIM KIDS 3 553530	PARENT & TOT 553543	SWIM KIDS 4 553527	
10:15AM						
10:30AM	4&5 YR OLD ADV 553524	SWIM KIDS 2 553538	SWIM KIDS 5/6 553540	SUPER 3 YR OLD INT 553531	SWIM KIDS 1 553535	
10:45AM						
11:00AM	SWIM KIDS 3/4 553526	4&5 YR OLD BEG 553523	SWIM KIDS 2 553539	SWIM KIDS 7/8 553544	SUPER 3 YR OLD BEG 553529	
11:15AM						
11:30AM						
11:45AM		SWIM KIDS 1 553534	PARENT & TOT 553542	SWIM KIDS 5/6 553541	ADULT SWIM BASIC 1 553532	
12:00PM	SUPER 3 YR OLD BEG 553528					
12:15PM		SWIM KIDS 9/10 553537	4&5 YR OLD ADV 553525	SWIM KIDS 1/2 553536		
12:30PM	4&5 YR OLD BEG 553522					
12:45PM						

- ! Parent Discussion Day May 1  
! No Lesson May 22

# JASPER PLACE AQUATIC PROGRAMS

## MONDAY: APRIL 4 – JUNE 13 10 LESSONS

4:30PM	SUPER 3 YR OLD BEG 553545	4&5 YR OLD BEG 553548						
4:45PM								
5:00PM	4&5 YR OLD BEG 553547	SUPER 3 YR OLD INT 553554						
5:15PM								
5:30PM	RED CROSS SWIM ADAPTED 1/2 553551	SWIM KIDS 5/6 553555	SWIM KIDS 2 553560	SWIM KIDS 3 553564	SWIM KIDS 7/8 553566	4&5 YR OLD ADV 553559	SWIM KIDS 4 553572	SWIM KIDS 1 553571
5:45PM								
6:00PM			SWIM KIDS 1/2 553562					
6:15PM	RED CROSS SWIM ADAPTED 3/4 553552	4&5 YR OLD ADV 553557		SUPER 3 YR OLD BEG 553564	PARENT & TOT 553567	SWIM KIDS 9/10 553569	4&5 YR OLD BEG 553549	SWIM KIDS 5/6 553556
6:30PM								
6:45PM			ADULT SWIM BASIC 1 553563	SWIM KIDS 7/8 553565	SWIM KIDS 3/4 553568	SWIM KIDS 1 553570	4&5 YR OLD BEG 553550	
7:00PM	PRIVATE LESSON	4&5 YR OLD ADV 553558						SWIM KIDS 2 553561
7:15PM						SWIM ASSESSMENT		

- ! Parent Discussion Day May 2  
! No Lesson May 23

PRIVATE LESSON	Apr 4	553852	Apr 11	553853	Apr 18	553854	Apr 25	553855	May 2	555856
7:00 - 7:30PM	May 9	553857	May 16	553858	May 30	553859	Jun 6	553860	Jun 13	553861

SWIM ASSESSMENT	Apr 4	553892	Apr 11	553893	Apr 18	553894	Apr 25	553895	May 2	553896
7:15 - 7:30PM	May 9	553897	May 16	553898	May 30	553899	Jun 6	553900	Jun 13	553901

# JASPER PLACE AQUATIC PROGRAMS

## WEDNESDAY: APRIL 6 – JUNE 8 10 LESSONS

4:00PM	SUPER 3 YR OLD BEG 553573	4&5 YR OLD ADV 553617	4&5 YR OLD BEG 553618	SWIM KIDS 1 553612	SWIM KIDS 5/6 553625	SWIM KIDS 3/4 553615
4:15PM						
4:30PM	PRIVATE LESSON	SWIM KIDS 2 553577	SWIM KIDS 1 553583	4&5 YR OLD BEG 553620	4&5 YR OLD BEG 553621	SWIM KIDS 7/8 553628
4:45PM						
5:00PM	SWIM KIDS 2 553575	SWIM KIDS 1 553580	PARENT & TOT 553622	4&5 YR OLD ENR 553630		
5:15PM						
5:30PM			SWIM KIDS 1 553584		SWIM KIDS 9/10 553629	SWIM KIDS 5/6 553626
5:45PM		SUPER 3 YR OLD BEG 553574		SWIM KIDS 2 553578		
6:00PM	SWIM KIDS 3/4 553613					
6:15PM		SWIM KIDS 1 553582	SWIM KIDS 5/6 553624	PARENT & TOT 553623	ADULT SWIM BASIC 2 553632	SUPER 3 YR OLD INT 555086
6:30PM	SWIM KIDS 2 553576					
6:45PM		SWIM KIDS 3/4 553614	4&5 YR OLD BEG 553619	SWIM KIDS 7/8 553627		SWIM KIDS 2 553579
7:00PM	4&5 YR OLD ADV 553616					
7:15PM						

- ! Parent Discussion Day May 4

PRIVATE LESSON	Apr 6	553862	Apr 13	553863	Apr 20	553864	Apr 27	553865	May 4	553866
4:30 - 5:00PM	May 11	553867	May 18	553868	May 25	553869	Jun 1	553870	Jun 8	553871

JASPER PLACE AQUATIC PROGRAMS						
TUESDAY & THURSDAY: APRIL 5 – 28					8 LESSONS	
5:00PM	SUPER 3 YR OLD BEG 553781	4&5 YR OLD BEG 553787				
5:15PM						
5:30PM	4&5 YR OLD ADV 553783	SWIM KIDS 5/6 553790	SWIM KIDS 3/4 553793	4&5 YR OLD BEG 553788	SWIM KIDS 2 553797	SWIM KIDS 1 553800
5:45PM						
6:00PM	SWIM KIDS 7/8 553785	4&5 YR OLD ADV 553784	PARENT & TOT 553794	SWIM KIDS 2 553795	SUPER 3 YR OLD INT 553803	SWIM KIDS 1 553801
6:15PM						
6:30PM	SWIM KIDS 9/10 553786	SWIM KIDS 3/4 553792	SWIM KIDS 5/6 553791	SWIM KIDS 1 553799	4&5 YR OLD BEG 553789	SWIM KIDS 2 553798
6:45PM						
7:00PM				SWIM KIDS 2 553796	SWIM KIDS 1 553802	SUPER 3 YR OLD BEG 553782
7:15PM						

! Parent Discussion Day April 14

JASPER PLACE AQUATIC PROGRAMS						
TUESDAY & THURSDAY: MAY 3 – MAY 26					8 LESSONS	
5:00PM	SUPER 3 YR OLD BEG 553805	4&5 YR OLD BEG 553809				
5:15PM						
5:30PM	4&5 YR OLD ADV 553806	SWIM KIDS 5/6 553810	SWIM KIDS 3/4 553813	4&5 YR OLD BEG 553816	SWIM KIDS 2 553820	SWIM KIDS 1 553823
5:45PM						
6:00PM	SWIM KIDS 9/10 553807	4&5 YR OLD ADV 553811	PARENT & TOT 553814	SWIM KIDS 2 553817	SUPER 3 YR OLD INT 553804	SWIM KIDS 1 553824
6:15PM						
6:30PM	SWIM KIDS 7/8 553808	SWIM KIDS 3/4 553812	SWIM KIDS 5/6 553815	SWIM KIDS 1 553818	4&5 YR OLD BEG 553821	SWIM KIDS 2 553825
6:45PM						
7:00PM				SWIM KIDS 2 553819	SWIM KIDS 1 553822	SUPER 3 YR OLD BEG 553826
7:15PM						

! Parent Discussion Day May 12

JASPER PLACE AQUATIC PROGRAMS						
TUESDAY & THURSDAY: MAY 31 – JUNE 23					8 LESSONS	
5:00PM	SUPER 3 YR OLD BEG 553828	4&5 YR OLD BEG 553832				
5:15PM						
5:30PM	4&5 YR OLD ADV 553829	SWIM KIDS 5/6 553833	SWIM KIDS 3/4 553836	4&5 YR OLD BEG 553839	SWIM KIDS 2 553843	SWIM KIDS 1 553848
5:45PM						
6:00PM	SWIM KIDS 7/8 553830	4&5 YR OLD ADV 553834	PARENT & TOT 553845	SWIM KIDS 2 553840	SUPER 3 YR OLD INT 553844	SWIM KIDS 1 553849
6:15PM						
6:30PM	SWIM KIDS 9/10 553831	SWIM KIDS 3/4 553835	SWIM KIDS 5/6 553838	SWIM KIDS 1 553841	4&5 YR OLD BEG 553846	SWIM KIDS 2 553850
6:45PM						
7:00PM				SWIM KIDS 2 553842	SWIM KIDS 1 553847	SUPER 3 YR OLD BEG 553837
7:15PM						

! Parent Discussion Day June 9

## DID YOU KNOW?

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JASPER PLACE AQUATIC PROGRAMS	
FRIDAY: APRIL 8 – MAY 27 8 LESSONS	
5:00PM	<b>BRONZE CROSS</b> <b>5:00-7:30PM</b> <b>(EXAM DATE: JUN 3 5:00–8:00PM)</b> <b>553902</b>
5:30PM	
6:00PM	
6:30PM	
7:00PM	

JASPER PLACE AQUATIC PROGRAMS	
FRIDAY: APRIL 8 – JUNE 17 10 LESSONS	
5:30PM	<b>JUNIOR LIFEGUARD CLUB</b> <b>555087</b>
6:00PM	
6:30PM	
7:00PM	
7:30PM	

! No Lesson May 20

JASPER PLACE AQUATIC PROGRAMS							
SATURDAY: APRIL 9 – JUNE 18						10 LESSONS	
9:00AM	SWIM KIDS 2 553633	SUPER 3 YR OLD BEG 553760	4&5 YR OLD BEG 553756	SWIM KIDS 3/4 553775	SWIM KIDS 7/8 553769	4&5 YR OLD ADV 553751	SWIM KIDS 1 553646
9:15AM						SUPER 3 YR OLD BEG 553762	SWIM KIDS 5/6 553779
9:30AM	SWIM KIDS 1 553641	SWIM KIDS 3 553764	SWIM KIDS 2 553636	PARENT & TOT 553772	4&5 YR OLD ENR 553778		
9:45AM						SWIM KIDS 9/10 553744	SWIM KIDS 1 553643
10:00AM	SWIM KIDS 4 553766	SWIM KIDS 2 553637	SWIM KIDS 7/8 553770	SWIM KIDS 1 553644	4&5 YR OLD ADV 553752		
10:15AM						4&5 YR OLD BEG 553755	PARENT & TOT 553771
10:30AM	4&5 YR OLD ADV 553750	SWIM KIDS 7/8 553768	SWIM KIDS 3/4 553774	SWIM KIDS 5/6 553748	4&5 YR OLD BEG 553757		
10:45AM						SWIM KIDS 2 553634	SWIM KIDS 2 553639
11:00AM	SWIM KIDS 5/6 553746	4&5 YR OLD BEG 553754	SUPER 3 YR OLD INT 553777	SWIM KIDS 5/6 553749	SWIM KIDS 4 553767		
11:15AM						4&5 YR OLD BEG 553754	SUPER 3 YR OLD INT 553777
11:30AM	4&5 YR OLD BEG 553754	SUPER 3 YR OLD INT 553777	SWIM KIDS 5/6 553749	SWIM KIDS 4 553767			
11:45AM					4&5 YR OLD BEG 553754	SUPER 3 YR OLD INT 553777	SWIM KIDS 5/6 553749
12:00PM	4&5 YR OLD BEG 553754	SUPER 3 YR OLD INT 553777	SWIM KIDS 5/6 553749	SWIM KIDS 4 553767			
12:15PM					4&5 YR OLD BEG 553754	SUPER 3 YR OLD INT 553777	SWIM KIDS 5/6 553749
12:30PM	4&5 YR OLD BEG 553754	SUPER 3 YR OLD INT 553777	SWIM KIDS 5/6 553749	SWIM KIDS 4 553767			
12:45PM					4&5 YR OLD BEG 553754	SUPER 3 YR OLD INT 553777	SWIM KIDS 5/6 553749
1:00PM	4&5 YR OLD BEG 553754	SUPER 3 YR OLD INT 553777	SWIM KIDS 5/6 553749	SWIM KIDS 4 553767			
1:15PM					4&5 YR OLD BEG 553754	SUPER 3 YR OLD INT 553777	SWIM KIDS 5/6 553749
1:30PM	4&5 YR OLD BEG 553754	SUPER 3 YR OLD INT 553777	SWIM KIDS 5/6 553749	SWIM KIDS 4 553767			
1:45PM					4&5 YR OLD BEG 553754	SUPER 3 YR OLD INT 553777	SWIM KIDS 5/6 553749

! Parent Discussion Day May 7

! No Lesson May 21

PRIVATE LESSON	Apr 9	553872	Apr 16	553873	Apr 23	553874	Apr 30	553875	May 7	553876
1:30 - 2:00PM	May 14	553877	May 28	553878	Jun 4	553879	Jun 11	553880	Jun 18	553881

SWIM ASSESSMENT	Apr 9	553882	Apr 16	553883	Apr 23	553884	Apr 30	553885	May 7	553886
1:45 - 2:00PM	May 14	553887	May 28	553888	Jun 4	553889	Jun 11	553890	Jun 18	553891

# KINSMEN SPORTS CENTRE

KINSMEN AQUATIC PROGRAMS		
MONDAY: APRIL 4 - JUNE 13		
10 LESSONS		
9:30AM	PARENT & TOT STARFISH 554639	SUPER 3 YR OLD BEG 554679
9:45AM		
10:00AM	4&5 YR OLD BEG 554711	PARENT & TOT DUCK 554656
10:15AM		
10:30AM	PARENT & TOT SEA TURTLE 554667	4&5 YR OLD ADV 554729
10:45AM		
11:00AM	4&5 YR OLD BEG 554712	SUPER 3 YR OLD INT 554702
11:15AM		

! No Lessons May 23

KINSMEN AQUATIC PROGRAMS		
TUESDAY: APRIL 5 - JUNE 7		
10 LESSONS		
9:30AM	PARENT & TOT STARFISH 554651	4&5 YR OLD BEG 554713
9:45AM		
10:00AM	4&5 YR OLD ADV 554730	PARENT & TOT DUCK 554657
10:15AM		
10:30AM	4&5 YR OLD BEG 554714	SUPER 3 YR OLD INT 554703
10:45AM		
11:00AM	SUPER 3 YR OLD BEG 554680	PARENT & TOT SEA TURTLE 554669
11:15AM		

KINSMEN AQUATIC PROGRAMS		
TUESDAY: APRIL 5 - JUNE 7		
10 LESSONS		
1:00PM	4&5 YR OLD BEG 554715	
1:15PM		
1:30PM	4&5 YR OLD ADV/ENR 555601	
1:45PM		
2:00PM	SUPER 3 YR OLD BEG 554681	
2:15PM		
2:30PM	4&5 YR OLD ADV 554731	
2:45PM		

KINSMEN AQUATIC PROGRAMS		
THURSDAY: APRIL 7 - JUNE 9		
10 LESSONS		
3:00PM	PRIVATE LESSON 555614	
3:15PM		
3:30PM	PRIVATE LESSON 555616	
3:45PM		
4:00PM	PRIVATE LESSON 555617	
4:15PM		
4:30PM	PRIVATE LESSON 555618	
4:45PM		

KINSMEN AQUATIC PROGRAMS		
FRIDAY: APRIL 8 - JUNE 10		
10 LESSONS		
9:30AM	PARENT & TOT DUCK 554658	4&5 YR OLD BEG 554717
9:45AM		
10:00AM	4&5 YR OLD ADV 554732	PARENT & TOT STARFISH 554652
10:15AM		
10:30AM	PARENT & TOT DUCK 554659	SUPER 3 YR OLD INT 554704
10:45AM		
11:00AM	SUPER 3 YR OLD BEG 554682	PARENT & TOT SEA TURTLE 554671
11:15AM		
11:30AM	4&5 YR OLD BEG 554718	PRIVATE LESSON
11:45AM		

PRIVATE LESSON	Apr 8	555619	Apr 15	555620	Apr 22	555621	Apr 29	555622	May 6	555623
11:30 - 12:00PM	May 13	555624	May 20	555625	May 27	555626	Jun 3	555627	Jun 10	555628

KINSMEN AQUATIC PROGRAMS				
SATURDAY: APRIL 9 - JUNE 18			10 LESSONS	
9:00AM		PARENT & TOT STARFISH 554653	SUPER 3 YR OLD BEG 554683	4&5 YR OLD ADV 554733
9:15AM				
9:30AM	SUPER 3 YR OLD BEG 554684	4&5 YR OLD ADV 554735	PARENT& TOT DUCK 554660	4&5 YR OLD BEG 554719
9:45AM				
10:00AM	SUPER 3 YR OLD INT 554705	SUPER 3 YR OLD BEG 554685	4&5 YR OLD ADV 554736	4&5 YR OLD ADV/ENR 555604
10:15AM				
10:30AM	4&5 YR OLD ADV 554737	4&5 YR OLD BEG 554720	SUPER 3 YR OLD INT 554706	PARENT& TOT DUCK 554661
10:45AM				
11:00AM				
11:15AM	PARENT & TOT SEA TURTLE 559281	4&5 YR OLD ADV/ENR 559282	4&5 YR OLD BEG 554721	SUPER 3 YR OLD BEG 554686
11:30AM				
11:45AM	SUPER 3 YR OLD BEG 554688	4&5 YR OLD ENR 555595	4&5 YR OLD ADV 554738	SUPER 3 YR OLD INT 554707
12:00PM				
12:15PM	4&5 YR OLD BEG 554722	SUPER 3 YR OLD BEG 554689	4&5 YR OLD ADV/ENR 555606	PARENT & TOT STARFISH 554654
12:30PM				
12:45PM	4&5 YR OLD ADV/ENR 555608	4&5 YR OLD BEG 554723	PARENT & TOT SEA TURTLE 554673	SUPER 3 YR OLD BEG 554690
1:00PM				

! No Lesson May 21

KINSMEN AQUATIC PROGRAMS				
SUNDAY: APRIL 10 - JUNE 19			10 LESSONS	
9:00AM		PARENT & TOT DUCK 554662	SUPER 3 YR OLD BEG 554697	4&5 YR OLD ADV 554739
9:15AM				
9:30AM	4&5 YR OLD ADV/ENR 555610	4&5 YR OLD BEG 554724	PARENT & TOT STARFISH 554655	SUPER 3 YR OLD BEG 554698
9:45AM				
10:00AM	SUPER 3 YR OLD INT 554708	SUPER 3 YR OLD BEG 554699	4&5 YR OLD ADV 554740	4&5 YR OLD ENR 555596
10:15AM				
10:30AM	4&5 YR OLD BEG 554725	4&5 YR OLD ADV 554741	SUPER 3 YR OLD INT 554709	PARENT& TOT DUCK 554663
10:45AM				
11:00AM				
11:15AM	PARENT & TOT SEA TURTLE 554675	4&5 YR OLD ADV/ENR 555611	4&5 YR OLD BEG 554726	SUPER 3 YR OLD BEG 554700
11:30AM				
11:45AM	SUPER 3 YR OLD BEG 554701	4&5 YR OLD BEG 554727	PARENT & TOT DUCK 554665	4&5 YR OLD ADV 554742
12:00PM				
12:15PM	SUPER 3 YR OLD INT 554710	4&5 YR OLD ENR 555600	4&5 YR OLD ADV 554743	4&5 YR OLD BEG 554728
12:30PM				
12:45PM	PRIVATE LESSON	PRIVATE LESSON 555652	PRIVATE LESSON 555653	PARENT& TOT SEA TURTLE 554676
1:00PM				

! No Lesson May 22

PRIVATE LESSON	Apr 10	555631	Apr 17	555632	Apr 24	555634	May 1	555635	May 8	555645
12:45 - 1:15 PM	May 15	555646	May 29	555647	Jun 5	555649	Jun 12	555650	Jun 19	555651

# KINSMEN AQUATIC PROGRAM SELECT LESSONS

THURSDAY			SUNDAY			THURSDAY			SUNDAY			THURSDAY			SUNDAY		
STAGE 1						STAGE 2						STAGE 3					
APR 10	2:00 - 2:30pm 559001		APR 17	2:00 - 2:30pm 559002		APR 10	2:45 -3:15pm 559018		APR 17	2:45 -3:15pm 559019		APR 10	2:45 -3:15pm 559261		APR 17	2:45 -3:15pm 559262	
	2:45 -3:15pm 559010			2:45 -3:15pm 559011			2:30 -3:15pm 559027			2:30 - 3:15pm 559028			2:45 - 3:30pm 559270			2:45 -3:30pm 559271	
APR 24	2:00 - 2:30pm 559003		MAY 1	2:00 - 2:30pm 559004		APR 24	2:45 -3:15pm 559020		MAY 1	2:45 -3:15pm 559021		APR 24	2:45 -3:15pm 559263		MAY 1	2:45 -3:15pm 559264	
	2:45 -3:15pm 559012			2:45 -3:15pm 559013			2:30 - 3:15pm 559029			2:30 - 3:15pm 559030			2:45 -3:30pm 559272			2:45 -3:30pm 559273	
MAY 15	2:00 - 2:30pm 559005		MAY 22	2:00 - 2:30pm 559006		MAY 15	2:45 -3:15pm 559022		MAY 22	2:45 -3:15pm 559023		MAY 15	2:45 -3:15pm 559265		MAY 22	2:45 -3:15pm 559266	
	2:45 -3:15pm 559014			2:45 -3:15pm 559015			2:30 - 3:15pm 559031			2:30 - 3:15pm 559032			2:45 -3:30pm 559274			2:45 -3:30pm 559275	
JUN 5	2:00 - 2:30pm 559007		JUN 12	2:00 - 2:30pm 559008		JUN 5	2:45 -3:15pm 559024		JUN 12	2:45 -3:15pm 559025		JUN 5	2:45 -3:15pm 559267		JUN 12	2:45 -3:15pm 559268	
	2:45 -3:15pm 559016			2:45 -3:15pm 559017			2:30 - 3:15pm 559033			2:30 - 3:15pm 559037			2:45 -3:30pm 559276			2:45 -3:30pm 559277	
JUN 26	2:45 -3:15pm 559009					JUN 26	2:45 -3:15pm 559026					JUN 26	2:45 -3:15pm 559269				
	2:45 -3:15pm 559280						2:30 - 3:15pm 559260						2:45 -3:30pm 559278				

# KINSMEN AQUATIC PROGRAM SELECT LESSONS

## SUNDAY

2:00 PM	STAGE 1	STAGE 2	STAGE 3
2:15 PM			
2:30 PM			
2:45 PM	STAGE 2	STAGE 3	STAGE1
3:00 PM			
3:15 PM			

# LONDONDERRY FITNESS AND LEISURE CENTRE

LONDONDERRY AQUATIC PROGRAMS						
MONDAY & WEDNESDAY: APRIL 4 - APRIL 27						8 LESSONS
4:00PM	SWIM KIDS 1 554977	SWIM KIDS 2 555063	4&5 YR OLD BEG 554863			SWIM KIDS 4 555260
4:15PM						
4:30PM	SWIM KIDS 5/6 555317	SWIM KIDS 1 554978	SWIM KIDS 3 555116	4&5 YR OLD BEG 554865	SUPER 3 YR OLD BEG 556149	YOUTH SWIM BASIC 1 554052
4:45PM						
5:00PM	SWIM KIDS 2 555062	SWIM KIDS 7/8 556082	SWIM KIDS 1 554979	SWIM KIDS 1 554981	4&5 YR OLD BEG 554866	YOUTH SWIM BASIC 2 555168
5:15PM						
5:30PM	4&5 YR OLD BEG 554862	SWIM KIDS 2 555064	SUPER 3 YR OLD BEG 556145	SWIM KIDS 5/6 555321	4&5 YR OLD ADV/ENR 554852	
5:45PM						
6:00PM						
6:15PM				PARENT & TOT 554920	SWIM KIDS 2 555065	SWIM ASSESSMENT
6:30PM	SWIM KIDS 4 555259	SWIM KIDS 9/10 556093	SWIM KIDS 1 554980			SWIM KIDS 3 555119
6:45PM				SWIM KIDS 1 554982	4&5 YR OLD BEG 554867	
7:00PM			SUPER 3 YR OLD BEG 556147			
7:15PM	ADULT SWIM BASIC 1 554911	ADULT SWIM STROKES 554915	4&5 YR OLD BEG 554864	SWIM KIDS 7/8 556083	SWIM KIDS 1 554983	SWIM KIDS 2 555066
7:30PM						
7:45PM						

! Parent Discussion Day April 13

SWIM ASSESSMENT	Apr 4	556381	Apr 6	556382	Apr 11	556384	Apr 13	556385
6:30 - 6:45PM	Apr 18	556386	Apr 20	556387	Apr 25	556398	Apr 27	556394

LONDONDERRY AQUATIC PROGRAMS						
MONDAY & WEDNESDAY: MAY 2 - MAY 25						7 LESSONS
4:00PM	SWIM KIDS 3 555155	SWIM KIDS 4 555261		4&5 YR OLD BEG 554870	SUPER 3 YR OLD BEG 556154	4&5 YR OLD ADV/ENR 554854
4:15PM						
4:30PM	YOUTH SWIM BASIC 1 555053	SWIM KIDS 2 555068	SWIM KIDS 5/6 555324	SWIM KIDS 7/8 556085	SWIM KIDS 1 554988	4&5 YR OLD BEG 554875
4:45PM						
5:00PM	SWIM KIDS 1 554984	SUPER 3 YR OLD BEG 556152	SWIM KIDS 3 555157	SWIM KIDS 9/10 556094	4&5 YR OLD BEG 554871	SWIM KIDS 1 554989
5:15PM						
5:30PM	4&5 YR OLD BEG 554868	4&5 YEAR OLD ADV/ENR 554853	SWIM KIDS 2 555069	SWIM KIDS 1 554986	YOUTH SWIM BASIC 2 555169	4&5 YR OLD BEG 554887
5:45PM						
6:00PM						
6:15PM						
6:30PM	SWIM KIDS 7/8 556084	SWIM KIDS 5/6 555328	4&5 YR OLD BEG 554869	SWIM KIDS 1 554987	SWIM KIDS 2 555074	SWIM KIDS 4 555262
6:45PM						
7:00PM	SWIM KIDS 2 555067	SWIM KIDS 1 554985	ADULT SWIM BASIC 1 554912	ADULT SWIM STROKES 554916	SUPER 3 YR OLD BEG 556156	SWIM KIDS 2 555077
7:15PM						
7:30PM					4&5 YR OLD BEG 554873	SWIM KIDS 1 554990
7:45PM						

! Parent Discussion Day May 11

! No Lesson May 23

LONDONDERRY AQUATIC PROGRAMS						
MONDAY & WEDNESDAY: MAY 30 – JUNE 22					8 LESSONS	
4:00PM	SWIM KIDS 5/6 555332	SWIM KIDS 4 555288	SWIM KIDS 3 555159		SWIM KIDS 1 554996	SUPER 3 YR OLD BEG 556326
4:15PM						
4:30PM				4&5 YR OLD ADV/ENR 554856	PARENT & TOT 554921	SWIM KIDS 1 554998
4:45PM	4&5 YR OLD BEG 554878	SWIM KIDS 2 555078	YOUTH SWIM BASIC 1 555055	SWIM KIDS 1 554995	SUPER 3 YR OLD BEG 556158	SWIM KIDS 7/8 556087
5:00PM						
5:15PM	SWIM KIDS 3 555158	SWIM KIDS 1 554992		4&5 YR OLD BEG 554881	4&5 YR OLD ADV/ENR 554855	
5:30PM						
5:45PM						SWIM KIDS 4 555290
6:00PM		SWIM KIDS 1 554993	SWIM KIDS 2 555082	SUPER 3 YR OLD BEG 556162	4&5 YR OLD BEG 554883	
6:15PM	SWIM KIDS 1 554991					
6:30PM						
6:45PM	4&5 YR OLD BEG 554879	YOUTH SWIM BASIC 2 555170	SWIM KIDS 1 554994	SWIM KIDS 3 555160	SWIM KIDS 5/6 555333	SWIM KIDS 9/10 556095
7:00PM						
7:15PM	ADULT SWIM BASIC 1 554913	ADULT SWIM STROKES 554917	SWIM KIDS 7/8 556086			
7:30PM				SWIM KIDS 2 555083	SWIM KIDS 1 554997	4&5 YR OLD BEG 554886
7:45PM						

! Parent Discussion Day June 13

LONDONDERRY AQUATIC PROGRAMS					
THURSDAY: APRIL 7 – JUNE 16					10 LESSONS
4:00PM	SWIM KIDS 5/6 556033	SWIM KIDS 4 555294	SWIM KIDS 3 555162	SWIM KIDS 1 555000	4&5 YR OLD BEG 554888
4:15PM					
4:30PM				4&5 YR OLD BEG 554887	SUPER 3 YR OLD BEG 556164
4:45PM	SWIM KIDS 1 554999	SWIM KIDS 7/8 556088	SWIM KIDS 2 555088		
5:00PM				4&5 YR OLD ADV/ENR 554857	SWIM KIDS 1 555002
5:15PM	SWIM KIDS 4 555292	SWIM KIDS 2 555085	SWIM KIDS 9/10 556105		
5:30PM				SWIM KIDS 1 555001	4&5 YR OLD BEG 554889
5:45PM					

! Parent Discussion Day May 5

! No Lesson May 19

LONDONDERRY AQUATIC PROGRAMS								
FRIDAY: APRIL 8 – JUNE 17							10 LESSONS	
4:00PM	YOUTH SWIM BASIC 1 555056	SWIM KIDS 2 555093	SWIM KIDS 1 55006		4&5 YR OLD BEG 554890	SUPER 3 YR OLD BEG 556168		
4:15PM		SWIM KIDS 5/6 556036	SWIM KIDS 2 555097		SWIM KIDS 1 555027	4&5 YR OLD BEG 554893		
4:30PM			SWIM KIDS 3 555164		SUPER 3 YR OLD BEG 556167	SWIM KIDS 1 555032		
4:45PM	SWIM KIDS 7/8 555089	SWIM KIDS 1 555003		SWIM KIDS 4 555299	PARENT & TOT 554992	4&5 YR OLD ADV/ ENR 554858	BRONZE MEDALLION 5:00-7:00PM (EXAM DATE: JUNE 17) 556185	
5:00PM		SWIM KIDS 2 555098	SWIM KIDS 1 555007		4&5 YR OLD BEG 554891	SWIM KIDS 1 555036		
5:15PM	SWIM KIDS 4 555297			SWIM KIDS 9/10 556106				
5:30PM								
5:45PM	SWIM KIDS 3 555163	YOUTH SWIM BASIC 2 555171	SWIM KIDS 5/6 556038	SWIM KIDS 7/8 556090	SWIM KIDS 1 555031	4&5 YR OLD BEG 554892		
6:00PM								
6:15PM								
6:30PM								
6:45PM								

- ! Parent Discussion Day May 6  
! No Lesson May 20

LONDONDERRY AQUATIC PROGRAMS										
SATURDAY: APRIL 9 – JUNE 18							10 LESSONS			
9:00AM	ADULT SWIM BASIC 1 554914	ADULT SWIM BASIC 2 554919	PARENT & TOT 554924	SWIM KIDS 1 555040	SWIM KIDS 2 556142		4&5 YR OLD BEG 554904			
9:15AM			SWIM KIDS 5/6 556064	4&5 YEAR OLD ADV/ENR 554859	SWIM KIDS 1 555038		4&5 YR OLD BEG 5554896		SUPER 3 YR OLD BEG 556178	SWIM KIDS 3 555167
9:30AM					SUPER 3 YR OLD BEG 556171		SWIM KIDS 1 555041		4&5 YR OLD BEG 554898	
9:45AM	SWIM KIDS 7/8 556091	SWIM KIDS 2 555103	YOUTH SWIM BASIC 1 555057	SWIM KIDS 1 555044		SWIM KIDS 2 555113		SUPER 3 YR OLD INT 556180		BRONZE STAR 556184
10:00AM					4&5 YR OLD BEG 554894		SWIM KIDS 1 556080		SWIM KIDS 3 555165	
10:15AM	SWIM KIDS 1 555039	4&5 YR OLD BEG 554895	SWIM KIDS 2 555107	SUPER 3 YR OLD BEG 556179		4&5 YR OLD ADV/ENR 554860		SWIM KIDS 1 556081		4&5 YR OLD BEG 554910
10:30AM					SWIM KIDS 4 555306		SUPER 3 YR OLD BEG 556175		SWIM KIDS 5/6 556067	
10:45AM										
11:00AM										
11:15AM										
11:30AM										
11:45AM	BRONZE CROSS 11:45AM- 2:00PM (EXAM DATE: JUNE 18) 556183			PARENT & TOT 554923				SWIM KIDS 1 556372		
12:00PM		SWIM KIDS 9/10 556110	SWIM KIDS 1 555039		SWIM KIDS 2 555110	SWIM KIDS 5/6 556068				
12:15PM									SWIM KIDS 1 555037	4&5 YR OLD BEG 554895
12:30PM		SWIM KIDS 4 555306	SUPER 3 YR OLD BEG 556175	SWIM KIDS 5/6 556067	SWIM KIDS 3 555166	SWIM KIDS 1 555046	SWIM KIDS 1 556081	4&5 YR OLD BEG 554910		
12:45PM										
1:00PM										
1:15PM										
1:30PM										
1:45PM										

- ! Parent Discussion Day May 7  
! No Lesson May 21

# THE MEADOWS COMMUNITY RECREATION CENTRE

**Aquatic area currently under construction.  
Thank you for your patience!**

➤ Customers looking to register for spring 2016 swimming lessons are encouraged to register at **Terwillegar Community Recreation Centre** or **Mill Woods Recreation Centre**.



City of Edmonton  
**Recreation  
centres** ➤ ➤ ➤

**For more information, please speak to staff at the front desk,  
call 311 or visit [edmonton.ca/meadowsrec](http://edmonton.ca/meadowsrec)**

# 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.

# MILL WOODS RECREATION CENTRE

## MILL WOODS AQUATIC PROGRAMS

MONDAYS: APRIL 11 – JUNE 20

10 LESSONS

4:00PM	SWIM KIDS 1 554664	PARENT & TOT STARFISH/ DUCK 554687	SWIM KIDS 6 555983	SUPER 3 YR OLD BEG 555988	4&5 YR OLD BEG 555998	SWIM KIDS 3 556007					
4:15PM									4&5 YR OLD ADV 556003		SWIM KIDS 7/8 555996
4:30PM	SUPER 3 YR OLD INT 554687	SWIM KIDS 2 554691		SWIM KIDS 1 555991	4&5 YR OLD ENR 556002			SWIM KIDS 1 555994			
4:45PM											
5:00PM	SWIM KIDS 1 554666	SWIM KIDS 6 554692	SWIM KIDS 4 555984	PARENT & TOT STARFISH/ DUCK 555986	SWIM KIDS 2 556005	SWIM KID 9/10 556015	SWIM KIDS 5 556010	4&5 YR OLD BEG 555999	SWIM KIDS 3 556008		
5:15PM											
5:30PM	4&5 YR OLD ADV 554670		4&5 YR OLD BEG 554693	PARENT & TOT STARFISH/ DUCK 555985	SWIM KIDS 7/8 555995	SWIM KIDS 1 555992	SUPER 3 YR OLD BEG 555989	4&5 YR OLD BEG 556000	SWIM KIDS 4 556009	SWIM KIDS 6 556012	
5:45PM											
6:00PM							ADULT SWIM BASIC 1 556013	4&5 YR OLD ADV 556004	SWIM KIDS 1 555993		SWIM KIDS 5 556011
6:15PM	SWIM KIDS 9/10 554674	SWIM KIDS 1 554694	SUPER 3 YR OLD BEG 555987	SWIM KIDS 3 555997		SWIM KIDS 2 556006		SUPER 3 YR OLD BEG 555990			
6:30PM											
6:45PM				SWIM KIDS 1 556016							
7:00PM	ADULT SWIM BASIC 1 554678	ADULT SWIM STROKES 547395					ADULT SWIM BASIC 2 556014				
7:15PM											
7:30PM											
7:45PM											

! Parent Discussion Day May 9

! No Lesson on May 23

## DID YOU KNOW?

Find out where to lane swim at  
[www.edmonton.ca/DropInAquaticSchedule](http://www.edmonton.ca/DropInAquaticSchedule)



# MILL WOODS AQUATIC PROGRAMS

## WEDNESDAY: APRIL 13 – JUNE 15

10 LESSONS

4:00PM		PARENT & TOT STARFISH/ DUCK 556121		SUPER 3 YR OLD BEG 556109	4&5 YR OLD BEG 556114	SWIM KIDS 3 556130			
4:15PM	SWIM KIDS 1 556096		SWIM KIDS 6 556136				4&5 YR OLD ADV 556112		SWIM KIDS 7/8 556139
4:30PM	SUPER 3 YR OLD BEG 556107	SWIM KIDS 2 556101		SWIM KIDS 1 556104	4&5 YR OLD ENR 556119			SWIM KIDS 1 556097	
4:45PM						4&5 YR OLD BEG 556115	SWIM KIDS 6/7 556137		
5:00PM			SWIM KIDS 4 556132	PARENT & TOT STARFISH/ DUCK 556122	SWIM KIDS 2 556102			SWIM KIDS 8/9 556140	SWIM KIDS 1 556098
5:15PM	SWIM KIDS 5 556134	SWIM KIDS 9/10 556143							
5:30PM			STROKE ENHANCEMENT 1 556125	SWIM KIDS 7/8 556138		SUPER 3 YR OLD INT 556775	SWIM KIDS 3 556131	4&5 YR OLD BEG 556117	4&5 YR OLD ADV 556118
5:45PM		4&5 YR OLD ENR 556120			SWIM KIDS 9/10 556141				
6:00PM	STROKE ENHANCEMENT 1 556124		PARENT & TOT SEA TURTLE 556123			ADULT SWIM BASIC 1 556126			SWIM KIDS 2 556103
6:15PM				SWIM KIDS 4 556133	SUPER 3 YR OLD BEG 556108		SWIM KIDS 5 556135	4&5 YR OLD ADV 556113	SWIM KIDS 1 556111
6:30PM	SWIM KIDS 2 556100	SWIM KIDS 1 556099	4&5 YR OLD BEG 556116						
6:45PM									
7:00PM									
7:15PM	ADULT SWIM BASIC 2 556128	ADULT SWIM BASIC 1 556127						ADULT SWIM STROKES 556129	
7:30PM									
7:45PM									

! Parent Discussion Day May 11

# MILL WOODS AQUATIC PROGRAMS

## TUESDAY & THURSDAY: APRIL 12 – MAY 12

10 LESSONS

4:00PM		PARENT & TOT STARFISH/ DUCK 556194		4&5 YR OLD BEG 556177	SUPER 3 YR OLD BEG 556191	SWIM KIDS 3 556197			
4:15PM	SWIM KIDS 1 556226		SWIM KIDS 6 556204				4&5 YR OLD ADV 556172		SWIM KIDS 7/8 556206
4:30PM	SUPER 3 YR OLD BEG 556190	SWIM KIDS 2 556155		SWIM KIDS 1 556227	4&5 YR OLD ENR 556186			SWIM KIDS 1 556229	
4:45PM						4&5 YR OLD BEG 556181	SWIM KIDS 5 556203		
5:00PM			SWIM KIDS 4 556200	PARENT & TOT STARFISH/ DUCK 556195	SWIM KIDS 1 556228			SWIM KIDS 9/10 556208	SWIM KIDS 1 556230
5:15PM	SWIM KIDS 2 556153	4&5 YR OLD ADV 556173				SWIM KIDS 2 556157			
5:30PM	4&5 YR OLD BEG 556176	SWIM KIDS 3 556198	PARENT & TOT SEA TURTLE 556196	SWIM KIDS 7/8 556207	SWIM KID 2 556210		4&5 YR OLD BEG 556182	STROKE ENHANCEMENT 1 556193	JUNIOR LIFEGUARD CLUB APR 12 – JUN 14 556211
5:45PM						SUPER 3 YR OLD INT 556192	4&5 YR OLD ADV 556174		
6:00PM			SWIM KIDS 9/10 556209				SWIM KIDS 2 556160	4&5 YR OLD ENR 556187	
6:15PM	ADULT SWIM BASIC 1 556188	SWIM KIDS 5 556202		SWIM KIDS 4 556201	ADULT SWIM BASIC 2 556189	SWIM KIDS 6/7 556205		SWIM KIDS 3 556199	SWIM KIDS 2 556159
6:30PM							SWIM KIDS 1 556258		
6:45PM									

! Parent Discussion Day April 26

MILL WOODS AQUATIC PROGRAMS										
TUESDAY & THURSDAY: MAY 17 - JUNE 16										10 LESSONS
4:00PM	SWIM KIDS 1 556231	PARENT & TOT STARFISH/ DUCK 556224	SWIM KIDS 6 556245	4&5 YR OLD BEG 556216	SUPER 3 YR OLD BEG 556249	SWIM KIDS 3 556252				
4:15PM									4&5 YR OLD ADV 556212	
4:30PM	SUPER 3 YR OLD BEG 556241	SWIM KIDS 2 556243		SWIM KIDS 1 556232	4&5 YR OLD ENR 556219	4&5 YR OLD BEG 55614		SWIM KIDS 1 556234		
4:45PM										
5:00PM	SWIM KIDS 2 556242	4&5 YR OLD ADV 556213	SWIM KIDS 4 556246	PARENT & TOT STARFISH/ DUCK 556225	SWIM KIDS 2 556250	SWIM KIDS 2 556251	SWIM KIDS 5 556255	SWIM KIDS 9/10 556239	SWIM KIDS 1 556235	JUNIOR LIFEGUARD CLUB APR 12 - JUN14 556211
5:15PM										
5:30PM	4&5 YR OLD BEG 556215	SWIM KIDS 4 556247	PARENT & TOT SEA TURTLE 556223	SWIM KIDS 7/8 556248	SWIM KIDS 1 556233	SUPER 3 YR OLD BEG 556253	4&5 YR OLD BEG 556218	4&5 YR OLD ADV 556214	STROKE ENHANCEMENT 556230	
5:45PM										
6:00PM	ADULT SWIM BASIC 1 556221	SWIM KIDS 5 556244	SWIM KIDS 9/10 556240	SUPER 3 YR OLD BEG 556260	ADULT SWIM BASIC 2 556222	SWIMKIDS 6/7 556254	SWIM KIDS 2 556214	SWIM KIDS 3 556256		
6:15PM										
6:30PM										
6:45PM										

! Parent Discussion Day May 31

MILL WOODS AQUATIC PROGRAMS																		
FRIDAY: APRIL 8 – JUNE 17										10 LESSONS								
4:00PM	SWIM KIDS 2 556357	PARENT & TOT STARFISH/ DUCK 556366	SWIM KIDS 3 556369	SUPER 3 YR OLD BEG 556364	4&5 YR OLD BEG 556313	SWIM KIDS 5 556375												
4:15PM																		
4:30PM	SUPER 3 YR OLD BEG 556363	SWIM KIDS 2 556358			SWIM KIDS 1 556350	4&5 YR OLD ENR 556314				SWIM KIDS 7/8 556378								
4:45PM	SWIM KIDS 5 556374	4&5 YR OLD BEG 556314	SWIM KIDS 4 556373	PARENT & TOT STARFISH/ DUCK 556367	SWIM KIDS 2 556360	SWIM KIDS 1 556352	SWIM KIDS 6 556377	SWIM KIDS 9/10 556383	SWIM KIDS 1 556356									
5:00PM																		
5:15PM							4&5 YR OLD BEG 556318	SWIM KIDS 6 556377	SWIM KIDS 9/10 556383	SWIM KIDS 1 556356								
5:30PM																		
5:45PM	SWIM KIDS 1 556348	SWIM KIDS 3 556370	SWIM KIDS 9/10 556380	SWIM KIDS 7/8 556278	SWIM KIDS 1 556351	SWIM KIDS 1 556353	4&5 YR OLD BEG 556315	4&5 YR OLD ADV 556311	STROKE ENHANCEMENT 556368									
6:00PM																		
6:15PM	SWIM KIDS 4 556371	SWIM KIDS 6/7 556376	SWIM KIDS 1 556349	SWIM KIDS 2 556359	SUPER 3 YR OLD INT 556365	4&5 YR OLD BEG 556316	SWIM KIDS 2 556353	SWIM KIDS 2 556361	ADULT SWIM BASIC 1 556388	4&5 YR OLD ENR 556347								
6:30PM																		
6:45PM														SWIM KIDS 2 556362		SWIM KIDS 1 556354		PRIVATE LESSON

! Parent Discussion Day May 6

! No Lesson May 20

PRIVATE LESSON	Apr 8	556399	Apr 15	556400	Apr 22	556401	April 29	556402	May 6	556403
6:30 - 7:00PM	May 13	556404	May 27	556405	Jun 3	556406	Jun 10	556407		

SWIM ASSESSMENT	Apr 8	556389	Apr 15	556390	Apr 22	556391	April 29	556392	May 6	560013
6:45 - 7:00PM	May 13	556395	May 27	556396	Jun 3	556308	Jun 1	556397		

# MILL WOODS AQUATIC PROGRAMS

## SATURDAY: APRIL 9 - JUNE 18 10 LESSONS

9:00AM			SWIM KIDS 1 556449	4&5 YR OLD ADV 556409		SWIM KIDS 2 556505	SWIM KIDS 7/8 556558	4&5 YR OLD BEG 556415	
9:15AM	SWIM KIDS 5 556550	SWIM KIDS 4 556546			SUPER 3 YR OLD BEG 556516				
9:30AM				PARENT & TOT STARFISH/ DUCK 556531		SWIM KIDS 9/10 556561		SWIM KIDS 2 556506	
9:45AM	SWIM KIDS 1 556496	SWIM KIDS 5 556552	SWIM KIDS 3 556539	4&5 YR OLD BEG 556417	SWIM KIDS 4 556548		4&5 YR OLD BEG 556416	SWIM KIDS 1 556497	
10:00AM									
10:15AM	4&5 YR OLD ADV 556410		SWIM KIDS 1 556498			SWIM KIDS 6 556554	4&5 YR OLD ENR 556421	4&5 YR OLD ADV 556411	
10:30AM		SUPER 3 YR OLD BEG 556518		SWIM KIDS 3 556411	SWIM KIDS 2 556507				
10:45AM									
11:00AM	SWIM KIDS 3 556538	SWIM KIDS 2 556508	SWIM KIDS 5 556836		SWIM KIDS 1 556499	PARENT & TOT STARFISH/ DUCK 556532	SWIM KIDS 9, 10 556462	SWIM KIDS 1 556500	
11:15AM				SWIM ASSESSMENT					
11:30AM									
11:45AM									
12:00PM	SWIM KIDS 4 556538	SWIM KIDS 6 556555	4&5 YR OLD BEG 556418	SWIM KIDS 3 556540	SWIM KIDS 1 556501	4&5 YR OLD ADV 556412	SUPER 3 YR OLD BEG 556520	SWIM KIDS 2 556509	
12:15PM									
12:30PM	4&5 YR OLD BEG 556414	SWIM KIDS 1 556502	SWIM KIDS 2 556511	SWIM KIDS 2 556513	SUPER 3 YR OLD BEG 556535	SWIM KIDS 7/8 556559	STROKE ENHANCEMENT 556537	4&5 YR OLD ADV 556413	
12:45PM									
1:00PM	SUPER 3 YR OLD INT 556551		SWIM KID 4 556549	SWIM KIDS 1 556503	SWIM KIDS 5 556553			PARENT & TOT SEA TURTLE 556536	
1:15PM		ADULT SWIM BASIC 1 556423				SWIM KIDS 6 556557			
1:30PM	SWIM KIDS 2 556515		4&5 YR OLD ADV 556420	4&5 YR OLD BEG 556419	SWIM KIDS 1 556504		BRONZE STAR 556577	SWIM KIDS 3 556837	
1:45PM									

- ! Parent Discussion Day May 7  
! No Lesson May 21

SWIM ASSESSMENT	Apr 9	556566	Apr 16	556567	Apr 23	556568	April 30	556569	May 7	556570
11:00 - 11:15AM	May 14	556571	May 28	556572	Jun 4	556573	Jun 11	556574		

# MILL WOODS AQUATIC PROGRAMS

## SUNDAY : APRIL 17- JUNE 26 10 LESSONS

9:00AM			SWIM KIDS 1 556277	SWIM KIDS 2 556282	PARENT & TOT STARFISH/DUCK 556268	SWIM KIDS 5 556291	4&5 YR OLD ADV 556268	RED CROSS SWIM ADAPTED 1/2 556306
9:15AM	SWIM KIDS 3 556288	SWIM KIDS 9/10 563296						
9:30AM			4&5 YR OLD ADV 556269	SWIM KIDS 1 556279	SWIM KIDS 6 556293		SWIM KIDS 2 556283	
9:45AM								
10:00AM	SWIM KIDS 7/8 556295	SWIM KIDS 5 556292	SUPER 3 YR OLD BEG 556285	PARENT & TOT SEA TURTLE 556275		4&5 YR OLD BEG 556271		RED CROSS SWIM ADAPTED 3/4 556308
10:15AM								
10:30AM	PARENT & TOT STARFISH /DUCK 556273	SWIM KIDS 1 556276	4&5 YR OLD BEG 556270		SWIM KIDS 3 556289	SUPER 3 YR OLD BEG 556827	ADULT SWIM BASIC 1 556281	
10:45AM				ADULT SWIM BASIC 2 556280				RED CROSS SWIM ADAPTED 1/2 556307
11:00AM	4&5 YR OLD ENR 556272	SUPER 3 YR OLD BEG 556286	SWIM KIDS 1 556278			SWIM KIDS 6 556290	SWIM KIDS 2 556284	
11:15AM					PRIVATE LESSON			

- ! Parent Discussion Day May 15  
! No Lessons May 22

PRIVATE LESSON	Apr 17	556297	Apr 24	556298	May 1	556299	May 8	556300	May 15	556301
11:00 - 11:30AM	May 29	556302	Jun 5	556303	Jun12	556304	Jun 19	556305		

MILL WOODS AQUATIC PROGRAMS		
MONDAY: APRIL 11 – JUNE 6		
8 LESSONS		
9:00AM	PARENT & TOT STARFISH /DUCK 556267	SUPER 3 YR OLD BEG 556265
9:15AM		
9:30AM	4&5 YR OLD BEG 556262	PARENT & TOT SEA TURTLE 556264
9:45AM		
10:00AM	SUPER 3 YR OLD INT 556266	ADULT SWIM BASIC 1 556263
10:15AM		
10:30AM	4&5 YR OLD ADV 556261	
10:45AM		

- ! Parent Discussion Day May 9  
! No Lesson May 23

## O'LEARY FITNESS AND LEISURE CENTRE

O'LEARY AQUATIC PROGRAMS					
TUESDAY & THURSDAY: APRIL 5 - 28					8 LESSONS
5:00PM	SWIM KIDS 1 555890	4&5 YR OLD BEG 555869	4&5 YR OLD ADV/ENR 553032	SWIM KIDS 4 555795	SWIM KIDS 7/8 555792
5:15PM					
5:30PM	SWIM KIDS 2 555916	4&5 YR OLD ADV/ENR 553033	SWIM KIDS 1 555887	PARENT & TOT 555811	4&5 YR OLD BEG 555867
5:45PM					
6:00PM	SWIM KIDS 3 555831	SWIM KIDS 1 555888	SUPER 3 YR OLD BEG/INT 552873	4&5 YR OLD BEG 555868	4&5 YR OLD ADV/ENR 553030
6:15PM					
6:30PM	SUPER 3 YR OLD BEG/INT 552874	SWIM KIDS 4 555796	SWIM KIDS 5/6 555781	SWIM KIDS 2 555915	SWIM KIDS 1 555886
6:45PM					
7:00PM	4&5 YR OLD BEG 555870	YOUTH/ADULT SWIM STROKES 553001	YOUTH/ADULT SWIM BASIC 1/2 552998	SWIM KIDS 9/10 555773	SWIM KIDS 5/6 555780
7:15PM					
7:30PM	SWIM KIDS 1 555889				
7:45PM					

- ! Parent Discussion Day April 19

### DID YOU KNOW?

You can keep your valuables safe, for free! All City of Edmonton recreation centres have complimentary wallet and purse lockers.



# O'LEARY AQUATIC PROGRAMS

## SATURDAY: APRIL 9 - JUNE 4 8 LESSONS

9:00 AM	SWIM KIDS 5/6 555789	SWIM KIDS 1 555907	SUPER 3 YR OLD BEG/INT 552880	SWIM KIDS 9/10 555777	SWIM KIDS 4 555801	4&5 YR OLD ENR 555817	PARENT & TOT 555816	BRONZE STAR 552996			
9:15 AM		SWIM KIDS 2 555928	SWIM KIDS 1 555905		PARENT & TOT 555830	4&5 YR OLD BEG 555877	SWIM KIDS 3 555837				
9:30 AM						SWIM KIDS 3 555838	SWIM KIDS 2 555923				
9:45 AM		4&5 YR OLD ADV 555826	4&5 YR OLD BEG 555880		SWIM KIDS 5/6 555787	SWIM KIDS 7/8 555809	SWIM KIDS 1 555902		4&5 YR OLD ADV 555820		
10:00 AM	SWIM KIDS 4 555803	SWIM KIDS 1 555906	4&5 YR OLD BEG 555881	SWIM KIDS 2 555926	SWIM KIDS 5/6 555787	SWIM KIDS 7/8 555809	SWIM KIDS 1 555902	4&5 YR OLD ADV 555820			
10:15 AM		4&5 YR OLD BEG 555881	SWIM KIDS 2 555926								
10:30 AM											
10:45 AM											
11:00 AM								BRONZE MEDALLION 11:00AM- 1:30PM (EXAM DATE: JUNE 11 9:00AM- 12:00PM) 552994			
11:15 AM	SWIM KIDS 5/6 555788	SWIM KIDS 2 555927	4&5 YR OLD ADV 555823	4&5 YR OLD BEG 555879	STROKE ENHANCEMENT 1 553018	SWIM KIDS 1 555901	SWIM KIDS 3 555836				
11:30 AM		4&5 YR OLD ADV 555824	SWIM KIDS 2 555925		SWIM KIDS 3 555839	SWIM KIDS 7/8 555808	SWIM KIDS 1 555900				
11:45 AM					4&5 YR OLD BEG 555878		SWIM KIDS 2 555922				
12:00 PM	STROKE ENHANCEMENT 1 553015	SWIM KIDS 4 555802	SWIM KIDS 1 555904	STROKE ENHANCEMENT 2 553021	4&5 YR OLD BEG 555878	STROKE ENHANCEMENT 2 553022	SWIM KIDS 2 555922				
12:15 PM	4&5 YR OLD ADV 555825			SWIM KIDS 7/8 555810					SWIM KIDS 1 555903	SWIM KIDS 5/6 555786	
12:30 PM									PRIVATE LESSON		SWIM KIDS 2 555924
12:45 PM											
1:00 PM	4&5 YR OLD BEG 555882	4&5 YR OLD ENR 555818		PRIVATE LESSON							
1:15 PM											

- ! No Lesson May 21  
! Parent Discussion Day May 7

PRIVATE LESSON	Apr 9	552883	Apr 16	552884	Apr 23	552885	Apr 30	552886
1:00 - 1:30PM	May 7	552887	May 14	552888	May 28	552889	Jun 4	552890

# O'LEARY AQUATIC PROGRAMS

## SUNDAY: APRIL 10 - JUNE 5 8 LESSONS

9:00 AM	SWIM KIDS 1 555913	4&5 YR OLD ADV 555829	4&5 YR OLD BEG 555883	SWIM KIDS 9/10 555778	SUPER 3 YR OLD BEG/INT 552882	PARENT & TOT 555814	SWIM KIDS 2 555929	BRONZE CROSS 9:00-11:30AM (EXAM JUNE 12 9:00AM- 12:00PM) 552995
9:15 AM	4&5 YR OLD BEG 555885	SWIM KIDS 3 555842	PARENT & TOT 555815		SWIM KIDS 7/8 555806	SWIM KIDS 2 555930	SWIM KIDS 1 555908	
9:30 AM								
9:45 AM	SWIM KIDS 5/6 555791	SWIM KIDS 4 555804	SWIM KIDS 2 555931	JUNIOR LIFEGUARD CLUB 552997	4&5 YR OLD ADV 555827	SWIM KIDS 1 555910	SWIM KIDS 3 555840	
10:00 AM			SWIM KIDS 1 555912			SWIM KIDS 3 555841	4&5 YR OLD ENR 555819	
10:15 AM								
10:30 AM	SWIM KIDS 2 555932	4&5 YR OLD BEG 555884	4&5 YR OLD ADV 555828	SWIM KIDS 5/6 555790	SWIM KIDS 1 555909	SWIM KIDS 9/10 555779		
10:45 AM								
11:00 AM	SWIM KIDS 4 555805	SWIM KIDS 7/8 555807	PRIVATE LESSON	SWIM KIDS 1 555911	SUPER 3 YR OLD BEG/INT 552881			
11:15 AM								
11:30 AM								
11:45 AM								

- ! No Lesson May 22  
! Parent Discussion Day May 8

PRIVATE LESSON	Apr 10	552891	Apr 17	552892	Apr 24	552893	May 1	552894
11:30AM - 12:00PM	May 8	552895	May 15	552896	May 29	552897	Jun 5	552898

O'LEARY AQUATIC PROGRAMS					
TUESDAY & THURSDAY: MAY 3 - 26					8 LESSONS
5:00PM	4&5 YR OLD ADV/ENR 553036	4&5 YR OLD BEG 555873	SWIM KIDS 1 555891	SWIM KIDS 4 555797	SWIM KIDS 5/6 555783
5:15PM					
5:30PM	SWIM KIDS 1 555895	SWIM KIDS 9/10 555774	SWIM KIDS 2 555918	PARENT & TOT 555812	4&5 YR OLD BEG 555871
5:45PM					
6:00PM	SWIM KIDS 3 555833	SWIM KIDS 1 555893	SUPER 3 YR OLD BEG/INT 552876	4&5 YR OLD BEG 555872	4&5 YR OLD ADV/ENR 553035
6:15PM					
6:30PM	SUPER 3 YR OLD BEG/INT 552875	SWIM KIDS 4 555798	SWIM KIDS 7/8 555793	SWIM KIDS 3 555832	SWIM KIDS 2 555917
6:45PM					
7:00PM	SWIM KIDS 1 555894		SWIM KIDS 5/6 555782	YOUTH/ADULT SWIM STROKES 553003	YOUTH/ADULT SWIM BASIC 552999
7:15PM					
7:30PM	PRIVATE LESSON	SWIM KIDS 1 555892			
7:45PM					

! Parent Discussion Day May 17

PRIVATE LESSON	May 3	552899	May 5	552903	May 10	552900	May 12	552904
7:30 - 8:00PM	May 17	552901	May 19	552905	May 24	552902	May 26	552906

O'LEARY AQUATIC PROGRAMS					
TUESDAY & THURSDAY: MAY 31 - JUNE 23				8 LESSONS	
5:00PM	SWIM KIDS 3 555835	SWIM KIDS 1 555898	SWIM KIDS 2 555920	SWIM KIDS 4 555800	SWIM KIDS 7/8 555794
5:15PM					
5:30PM	4&5 YR OLD ADV/ENR 553038	4&5 YR OLD BEG 555875	SWIM KIDS 1 555897	PARENT & TOT 555813	SUPER 3 YR OLD BEG/INT 552877
5:45PM					
6:00PM	SWIM KIDS 1 555914	SWIM KIDS 2 555921	SWIM KIDS 3 555834	4&5 YR OLD BEG 555874	4&5 YR OLD ADV/ENR 553040
6:15PM					
6:30PM	SUPER 3 YR OLD BEG/INT 552878	SWIM KIDS 4 555799	SWIM KIDS 5/6 555785	SWIM KIDS 2 555919	SWIM KIDS 1 555896
6:45PM					
7:00PM	4&5 YR OLD BEG 555876	YOUTH/ADULT SWIM BASICS 553000	YOUTH/ADULT SWIM STROKES 553004	SWIM KIDS 9/10 555775	SWIM KIDS 5/6 555784
7:15PM					
7:30PM	SWIM KIDS 1 555899				
7:45PM					

! Parent Discussion Day June 14

## PETER HEMINGWAY LEISURE CENTRE

PETER HEMINGWAY AQUATIC PROGRAMS	
SUNDAY: APRIL 3 - MAY 15 7 LESSONS	
5:30PM	ADULT SWIM BASIC 1 545821
5:45PM	
6:00PM	
6:15PM	
6:30PM	ADULT SWIM BASIC 2 545823
6:45PM	
7:00PM	
7:15PM	
7:30PM	ADULT SWIM STROKES 545825
7:45PM	
8:00PM	
8:15PM	

PETER HEMINGWAY AQUATIC PROGRAMS	
WEDNESDAY: APRIL 6 - MAY 18 7 LESSONS	
6:30PM	ADULT SWIM BASIC 1 545822
6:45PM	
7:00PM	
7:15PM	
7:30PM	ADULT SWIM BASIC 2 545824
7:45PM	
8:00PM	
8:15PM	

! No lessons May 22

## TERWILLEGAR COMMUNITY RECREATION CENTRE

TERWILLEGAR AQUATIC PROGRAMS								
MONDAY & WEDNESDAY: APRIL 4 – MAY 4								10 LESSONS
4:15PM	SWIM KIDS 1 557339	SWIM KIDS 7/8 557635	SWIM KIDS 5/6 557643	SWIM KIDS 2 557567	4&5 YR OLD BEG 557603	PARENT & TOT 557685	SWIM KIDS 3/4 557663	SUPER 3 YR OLD INT 557587
4:30PM				SWIM KIDS 9/10 557678	SWIM KIDS 1 557348	4&5 YR OLD BEG 557610		SUPER 3 YR OLD BEG 557686
4:45PM	PARENT & TOT 557628	SWIM KIDS 3/4 557654	SWIM KIDS 2 557579				SWIM KIDS 5/6 557650	
5:00PM				SUPER 3 YR OLD INT 557580	4&5 YR OLD BEG 557602	SWIM KIDS 3/4 557667		PARENT & TOT 557631
5:15PM	SWIM KIDS 2 557563	SUPER 3 YR OLD BEG 557639	SWIM KIDS 2 557571				SWIM KIDS 5/6 557651	
5:30PM				SWIM KIDS 2 557563	SUPER 3 YR OLD BEG 557639	SWIM KIDS 2 557571		SWIM KIDS 5/6 557651
5:45PM	SWIM KIDS 2 557563	SUPER 3 YR OLD BEG 557639	SWIM KIDS 2 557571				SWIM KIDS 5/6 557651	
6:00PM				SWIM KIDS 2 557563	SUPER 3 YR OLD BEG 557639	SWIM KIDS 2 557571		SWIM KIDS 5/6 557651
6:15PM	SWIM KIDS 2 557563	SUPER 3 YR OLD BEG 557639	SWIM KIDS 2 557571				SWIM KIDS 5/6 557651	
6:30PM				SWIM KIDS 2 557563	SUPER 3 YR OLD BEG 557639	SWIM KIDS 2 557571		SWIM KIDS 5/6 557651
6:45PM	SWIM KIDS 2 557563	SUPER 3 YR OLD BEG 557639	SWIM KIDS 2 557571				SWIM KIDS 5/6 557651	

! Parent Discussion Day April 18

PRIVATE LESSON	Apr 4	558388	Apr 6	558389	Apr 11	558390	Apr 13	558391	Apr 18	558392
6:30 - 7:00PM	Apr 20	558393	Apr 25	558394	Apr 27	558395	May 2	558396		

ASSESSMENT	Apr 4	558195	Apr 6	558196	Apr 11	558197	Apr 13	558198	Apr 18	558199
6:45 - 7:00PM	Apr 20	558200	Apr 25	558201	Apr 27	558202	May 2	558203		

TERWILLEGAR AQUATIC PROGRAMS								
MONDAY & WEDNESDAY: MAY 9 – JUNE 13								9 LESSONS
4:15PM	SWIM KIDS 1 557340	SWIM KIDS 7/8 557636	SWIM KIDS 5/6 557644	SWIM KIDS 2 557568	4&5 YR OLD BEG 557604	PARENT & TOT 557684	SWIM KIDS 3/4 557664	SUPER 3 YR OLD INT 557586
4:30PM								
4:45PM	SWIM KIDS 2 557360	PARENT & TOT 557627	SWIM KIDS 3/4 557655	SWIM KIDS 9/10 557679	SWIM KIDS 1 557349	4&5 YR OLD BEG 557609	SUPER 3 YR OLD BEG 557687	4&5 YR OLD ADV/ENR 557783
5:00PM								
5:15PM	SUPER 3 YR OLD INT 557581	4&5 YR OLD BEG 557601	4&5 YR OLD ADV/ENR 557695	SWIM KIDS 3/4 557666	SWIM KIDS 2 557578	SWIM KIDS 5/6 557649	SWIM KIDS 1 557354	SWIM KIDS 7/8 557676
5:30PM								
5:45PM	SWIM KIDS 2 557564	SUPER 3 YR OLD BEG 557640	SWIM KIDS 7/8 557671	SWIM KIDS 2 557572	PARENT & TOT 557632	SWIM KIDS 3/4 557661	4&5 YR OLD ADV/ENR 557780	SWIM KIDS 1 557357
6:00PM								
6:15PM	4&5 YR OLD BEG 557589	SWIM KIDS 1 557345			SWIM KIDS 5/6 557652		PRIVATE LESSON	SUPER 3 YR OLD BEG 557692
6:30PM								
6:45PM						ASSESSMENT		

- ! Parent Discussion Day May 25  
! No Lesson May 23

PRIVATE LESSON	May 9	558398	May 11	558399	May 16	558400	May 18	558401	May 25	558408
6:30 – 7:00PM	May 30	558409	June 1	558412	June 6	558413	June 8	558464		

ASSESSMENT	May 9	558338	May 11	558339	May 16	558340	May 18	558341	May 25	558342
6:45 – 7:00PM	May 30	558343	June 1	558344	June 6	558345	June 8	558346		

TERWILLEGAR AQUATIC PROGRAMS									
TUESDAY: APRIL 12 – JUNE 14								10 LESSONS	
4:15PM	SWIM KIDS 1 557341	SWIM KIDS 7/8 557637	SWIM KIDS 5/6 557645	SWIM KIDS 2 557569	4&5 YR OLD BEG 557605	PARENT & TOT 557683	SWIM KIDS 3/4 557668	SUPER 3 YR OLD INT 557585	
4:30PM									
4:45PM	SWIM KIDS 2 557361	PARENT & TOT 557625	SWIM KIDS 3/4 557656	SWIM KIDS 9/10 557680	SWIM KIDS 1 557350	4&5 YR OLD BEG 557608	SUPER 3 YR OLD BEG 557688	4&5 YR OLD ADV/ENR 557782	
5:00PM									
5:15PM	SUPER 3 YR OLD INT 557582	4&5 YR OLD BEG 557600	4&5 YR OLD ADV/ENR 557696	SWIM KIDS 3/4 557658	SWIM KIDS 2 557577	SWIM KIDS 5/6 557648	SWIM KIDS 1 557353	RED CROSS SWIM ADAPTED 1/2 560049	
5:30PM									
5:45PM	SWIM KIDS 2 557565	SUPER 3 YR OLD BEG 557641	SWIM KIDS 7/8 557672	SWIM KIDS 2 557573	PARENT & TOT 557633	SWIM KIDS 3/4 557660	4&5 YR OLD ADV/ENR 557779	RED CROSS SWIM ADAPTED 3/4 557790	
6:00PM									
6:15PM	4&5 YR OLD BEG 557590	SWIM KIDS 1 557346			4&5 YR OLD ADV/ENR 559034		SUPER 3 YR OLD BEG 557691		JUNIOR LIFEGUARD CLUB 559135
6:30PM									
6:45PM	SWIM ASSESSMENT								
7:00PM									
7:15PM				PRIVATE LESSON	ADULT SWIM BASIC 1/2 557786	ADULT SWIM BASIC 1/2 557787		ADULT SWIM STROKES 557788	
7:30PM									

- ! Parent Discussion Day May 10

PRIVATE LESSON	Apr 12	558535	Apr 19	558581	Apr 26	558597	May 3	558605	May 10	558618
7:00 – 7:30PM	May 17	558619	May 24	558620	May 31	558621	June 7	558622		

SWIM ASSESSMENT	Apr 12	558348	Apr 19	558349	Apr 26	558350	May 3	558351	May 10	558352
6:45 – 7:00PM	May 17	558353	May 24	558354	May 31	558355	June 7	558356		

TERWILLEGAR AQUATIC PROGRAMS								
FRIDAY: APRIL 8 – JUNE 17							10 LESSONS	
4:15PM	SWIM KIDS 1 557342	SWIM KIDS 7/8 557638	SWIM KIDS 5/6 557646	SWIM KIDS 2 557570	4&5 YR OLD BEG 557606	PARENT & TOT 557682	SWIM KIDS 3/4 557669	SUPER 3 YR OLD INT 557584
4:30PM								
4:45PM	SWIM KIDS 2 557362	PARENT & TOT 557623	SWIM KIDS 3/4 557657	SWIM KIDS 9/10 557681	SWIM KIDS 1 557351	4&5 YR OLD BEG 557607	SUPER 3 YR OLD BEG 557689	4&5 YR OLD ADV/ENR 557698
5:00PM								
5:15PM	SUPER 3 YR OLD INT 557583	4&5 YR OLD BEG 557599	4&5 YR OLD ADV/ENR 557697	SWIM KIDS 3/4 557665	SWIM KIDS 2 557576	SWIM KIDS 5/6 557647	SWIM KIDS 1 557352	SWIM KIDS 7/8 557674
5:30PM								
5:45PM	SWIM KIDS 2 557566	SUPER 3 YR OLD BEG 557642	SWIM KIDS 7/8 557673	SWIM KIDS 2 557575	PARENT & TOT 557634	SWIM KIDS 3/4 557659	4&5 YR OLD ADV/ENR 557781	SWIM KIDS 1 557358
6:00PM								
6:15PM	4&5 YR OLD BEG 557591	SWIM KIDS 1 557347			SWIM KIDS 5/6 557653		PRIVATE LESSON	SUPER 3 YR OLD BEG 557690
6:30PM								
6:45PM						SWIM ASSESSMENT		

- ! Parent Discussion Day May 6  
! No Lesson May 20

PRIVATE LESSON	Apr 8	558624	Apr 15	558625	Apr 22	558626	Apr 29	558627	May 6	558628
6:30 - 7:00PM	May 13	558629	May 27	558630	June 3	558631	June 10	558632		

SWIM ASSESSMENT	Apr 8	558358	Apr 15	558359	Apr 22	558360	Apr 29	558361	May 6	558362
6:45 - 7:00PM	May 13	558363	May 27	558364	June 3	558365	June 10	558366		

TERWILLEGAR AQUATIC PROGRAMS									
SATURDAY: APRIL 9 – JUNE 18								10 LESSONS	
9:00AM	SWIM KIDS 1 557343	SWIM ASSESSMENT	SWIM KIDS 5/6 557835	4&5 YR OLD BEG 557910	SUPER 3 YR OLD BEG 557925	PARENT & TOT 557847	SWIM KIDS 2 557813	SWIM KIDS 7/8 557837	BRONZE MEDALLION 9:00-11:15AM (EXAM DATE: JUNE 18 9-12PM) 559035
9:15AM		SWIM KIDS 3/4 557821			SWIM KIDS 2 557808	4&5 YR OLD BEG 557912	SWIM KIDS 1 557799		
9:30AM	PARENT & TOT 557841							PARENT & TOT 557848	
9:45AM		SWIM KIDS 5/6 557834		SUPER 3 YR OLD BEG 557923	SWIM KIDS 3/4 557822		SWIM KIDS 9/10 557840		
10:00AM	4&5 YR OLD ADV/ENR 557927		SWIM KIDS 1 557793					SWIM KIDS 3/4 557823	
10:15PM		PARENT & TOT 557849		SUPER 3 YR OLD BEG 557924	SWIM KIDS 1 557794	SWIM KIDS 3/4 557824	4&5 YR OLD ADV/ENR 557929		
10:30PM	SWIM KIDS 7/8 557836		4&5 YR OLD BEG 557909					4&5 YR OLD BEG 557911	
10:45PM		4&5 YR OLD BEG 557908		PARENT & TOT 557849	SWIM KIDS 1 557794	4&5 YR OLD ADV/ENR 557928	SWIM KIDS 3/4 557825		
11:00PM	4&5 YR OLD ADV/ENR 557926		SWIM KIDS 7/8 557836					4&5 YR OLD BEG 557909	4&5 YR OLD BEG 557911
11:15PM		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
11:30PM	SUPER 3 YR OLD INT 557936		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
11:45PM		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
12:00PM	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
12:15PM		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
12:30PM	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
12:45PM		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON
		SWIM KIDS 2 557807		SWIM KIDS 2 557806	SWIM KIDS 1 557798	PRIVATE LESSON	4&5 YR OLD ADV/ENR 557928		
	SWIM KIDS 2 557807		SWIM KIDS 2 557806					SWIM KIDS 1 557798	PRIVATE LESSON

- ! Parent Discussion Day May 7  
! No Lesson May 21

PRIVATE LESSON	Apr 9	558634	Apr 16	558635	Apr 23	558636	Apr 30	558637	May 7	558638
12:30 - 1:00PM	May 14	558639	May 28	558640	June 4	558641	June 11	558642		

SWIM ASSESSMENT	Apr 9	558368	Apr 16	558369	Apr 23	558370	Apr 30	558371	May 7	558372
9:00 - 9:15AM	May 14	558373	May 28	558374	June 4	558375	June 11	558376		

# TERWILLEGAR AQUATIC PROGRAMS

SUNDAY: APRIL 10 - JUNE 19

10 LESSONS

9:00AM	SWIM KIDS 1 557791	SWIM ASSESSMENT	SWIM KIDS 5/6 557831	SUPER 3 YR OLD BEG 557922	PARENT & TOT 557843	4&5 YR OLD BEG 557917	SWIM KIDS 2 557812	SWIM KIDS 7/8 557838	BRONZE CROSS 9:00-11:15AM (EXAM DATE: JUNE 19 9-12PM) 559036
9:15AM		SWIM KIDS 3/4 557826							
9:30AM	PARENT & TOT 557842			SWIM KIDS 1 557800	4&5 YR OLD BEG 557916	SWIM KIDS 2 557809	4&5 YR OLD ADV/ENR 557934	SWIM KIDS 1 557805	
9:45AM									
10:00AM	SWIM KIDS 5/6 557830	SUPER 3 YR OLD BEG 557939	SWIM KIDS 3/4 557827	4&5 YR OLD BEG 557935	SWIM KIDS 2 557811	SWIM KIDS 1 557796	PARENT & TOT 557844	SUPER 3 YR OLD INT 557938	
10:15PM		4&5 YR OLD ADV/ENR 557932							
10:30PM									
10:45PM			SWIM KIDS 1 557792	SWIM KIDS 3/4 557828	SWIM KIDS 9/10 557839	4&5 YR OLD BEG 557918	SWIM KIDS 2 557815		
11:00PM	4&5 YR OLD BEG 557915	SUPER 3 YR OLD BEG 557921							
11:15PM									
11:30PM	SUPER 3 YR OLD BEG 557920	SWIM KIDS 2 557818	SWIM KIDS 5/6 557832	SWIM KIDS 1 557795	SWIM KIDS 3/4 557829	4&5 YR OLD ADV/ENR 557933	4&5 YR OLD BEG 557919	PARENT & TOT 557845	
11:45PM									
12:00PM									
12:15PM									
12:30PM									SWIM PATROL 559137

- ! Parent Discussion Day May 8
- ! No Lesson May 22

PRIVATE LESSON	Apr 10	558644	Apr 17	558645	Apr 24	558646	May 1	558647	May 8	558648
11:00 - 11:30PM	May 15	558649	May 29	558650	June 5	558651	June 12	558652		

SWIM ASSESSMENT	Apr 10	558378	Apr 17	558379	Apr 24	558380	May 1	558381	May 8	558382
9:00 - 9:15AM	May 15	558383	May 29	558384	June 5	558385	June 12	558386		

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# 2016 AQUATIC LEADERSHIP PROGRAM SCHEDULE

Programs listed by type

## ADVANCED AQUATIC LEADERSHIP

Advanced courses are current for a period of two years. Prior to that period ending, a recertification exam must be completed to ensure the candidate maintains all the skills and knowledge required by the award. Bring proof of award and a bathing suit.

## SWIM PATROL

Life Saving Society's Swim Patrol is a three level (Rookie, Ranger and Star), pre-Bronze progression where participants focus on water proficiency, first aid, and water rescue skills. Previous exposure to whip kick is an advantage.

### HARDISTY

	DATES	TIME	BARCODE
Sun	Apr 3-Jun 12	7:00-8:00pm	549831

(No lesson May 22 and Exam Date Jun 12, 7-8PM)

### TERWILLEGAR

	DATES	TIME	BARCODE
Sun	Apr 10-Jun 19	12:00-12:45pm	559137

(No lesson May 22)

## BRONZE STAR

This course is the preparation award for Bronze Medallion. It focuses on developing the four components of water rescue education: Judgment, knowledge, skill and fitness.

The course fee includes the exam and the Canadian Lifesaving Manual which is required. The manual will be issued on the first day.

Successful completion of Bronze Star is required if under 13 years of age for enrollment to Bronze Medallion.

### CLAREVIEW

	DATES	TIME	BARCODE
Sun	Apr 10-Jun 19	9:00-10am	556745

(No lesson May 22 and Exam Date Jun 19, 9:00-10:00am)

### CONFEDERATION

	DATES	TIME	BARCODE
Sat	Apr 9-Jun 18	12:00-1:00pm	559136

(Exam Date Jun 18, 12:00-1:00pm)

### GRAND TRUNK

	DATES	TIME	BARCODE
Sat	Apr 9-Jun 18	1:00 - 2:00pm	555574

(No lesson – May 21)

## LONDONDERRY

	DATES	TIME	BARCODE
Sat	Apr 8-Jun 17	10:00-11:00am	556185

(No lesson May 21)

## MILL WOODS

	DATES	TIME	BARCODE
Sat	Apr 9-Jun 18	9:00 -11:15pm	556577

(No lesson May 21 and Exam Date Jun 18-1:00-2:00pm)

Sat	Apr 9-Jun 4	9:15-10:30 am	552996
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(No lesson May 21)

## TERWILLEGAR

	DATES	TIME	BARCODE
Sat	Apr 9-Jun 18	12:00-1:00pm	553218

(No lesson May 21)

## BRONZE MEDALLION

This course teaches an understanding of Lifesaving principles included in the four components of water rescue education - Judgment, knowledge, skill and fitness. You will learn tows and carries, defence and release methods in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. You will develop stroke efficiency and endurance in a timed swim. This course also includes CPR-A with AED results. A 3 hour water exam is scheduled.

The course fee includes the exam and the Canadian Lifesaving Manual\* which is required. The manual will be issued on the first day.

\*inquire with the cashier or 311 if you already have a current manual for exemption of the manual charge only. Exam fee must apply and can't be removed. Prerequisite: Candidate is 13 years of age by the last day of the course or has successfully completed Bronze Star.

## CLAREVIEW

	DATES	TIME	BARCODE
Tues	Apr 12 - Jun 14	5:15 - 7:15pm	557138

(Exam Date Jun 21, 5:15 - 7:15 pm)

Sat	Apr 9 - Jun 18	10:30 - 12:45pm	557136
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(No lesson May 21 and Exam Date Jun 18, 10:30 - 12:45pm)

## CONFEDERATION

	DATES	TIME	BARCODE
Wed	Apr 6-Jun 8	5:00-7:00pm	538134

(Exam Date Jun 15, 5:00-8:00pm)

Sun	Apr 10-Jun 19	9:00 -11:00am	545135
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(No lesson May 22 and Exam Date Jun 26, 10:00-1:00pm)

## GRAND TRUNK

	DATES	TIME	BARCODE
Sat	Apr 9-Jun 18	9:00 - 11:00am	555575

(No lesson-May 21 and Exam Date-Jun 18, 9am-1pm)

## HARDISTY

	DATES	TIME	BARCODE
Sat	Apr 2-Jun 11	9:45-11:45am	554635

(No lesson May 21 and Exam Date Jun 11, 9:00-12:00pm)

## JASPER PLACE

	DATES	TIME	BARCODE
Fri	Jan 15 - Mar 11	5:00-7:30pm	549963

(No lesson Feb 12, Exam Date Mar 18, 5:00-8:00pm)

## LONDONDERRY

	DATES	TIME	BARCODE
Fri	Apr 8 - Jun 17	5:00-7:00pm	556185

(No lesson May 20, Exam Date Jun 17, 5:00-7:00pm)

## MILL WOODS

	DATES	TIME	BARCODE
Sat	Apr 9-Jun 18	11:30-2:00 pm	55681

(No lesson May 21, Exam Date Jun 25, 2016-9:00-11:15 am)

## O'LEARY

	DATES	TIME	BARCODE
Sat	Apr 9-Jun 4	11:00-1:30pm	552994

(No lesson May 21, Exam Date: Jun 11 9:00- 12:00 pm)

## TERWILLEGAR

	DATES	TIME	BARCODE
Sat	Apr 9-Jun 18	9:00-11:15am	559035

(No lesson, May 21, and Exam Date Jun 18, 9-12pm)

## BRONZE CROSS

This course is designed for lifesavers who want to challenge themselves with more advanced training to safe supervision in aquatic facilities. Learn the difference between lifesaving and life guarding, the principles of emergency procedures and how to rescue injured victims and/or those not showing a pulse. This course includes CPR-C with AED results. A 3 hours water exam is scheduled.

The course fee includes the exam fee which is a mandatory cost of the course and can't be removed. Prerequisite: Successful completion of Bronze Medallion. Please bring your Canadian Lifesaving Manual that you received in Br. Medallion.

## BONNIE DOON

	DATES	TIME	BARCODE
Sat	Apr 2-Jun 11	8:00-10:00am	559304

(No lessons May 21 and Exam Date Jun 11, 8:00-10:00am)

## CLAREVIEW

	DATES	TIME	BARCODE
Sun	Apr 10 - Jun 19	10am - 12pm	556746

(No lesson May 22 and Exam Date Jun 26, 10 - 12pm)

## BRONZE CROSS CONT.

### CONFEDERATION

	DATES	TIME	BARCODE
Sun	Apr 10-Jun19	11:15 - 1:15pm	<b>538143</b>

(No lesson-May 22 and Exam Date Jun 26, 10:00-1:00pm)

### GRAND TRUNK

	DATES	TIME	BARCODE
Sat	Apr 9-Jun 18	12:00-2:00pm	<b>555576</b>

(No lesson-May 21 and Exam Date-Jun 18, 9am-1pm)

### JASPER PLACE

	DATES	TIME	BARCODE
Fri	Apr 8-May 27	5:00-7:30pm	<b>553902</b>

(No lesson May 20 and Exam Jun 3, 5:00-8:00pm)

### LONDONDERRY

	DATES	TIME	BARCODE
Sat	Apr 9 - Jun 18	11:45am-2:00pm	<b>556183</b>

(No lesson May 22 and Exam Date Jun 18, 11:45am-2:00pm)

### MILL WOODS

	DATES	TIME	BARCODE
Sat	Apr 9-Jun 18	11:30-2:00 pm	<b>556578</b>

(No lesson May 21 and Exam Date Jun 25, 2016-11:30-2:00 pm)

### O'LEARY

	DATES	TIME	BARCODE
Sun	Apr 10-Jun 5	9:00-11:30am	<b>552995</b>

(No lesson May 22, Exam Date: Jun 12 9:00 - 12:00pm)

### TERWILLEGAR

	DATES	TIME	BARCODE
Sun	Apr 10-Jun 19	9:00-11:15am	<b>559036</b>

(No lesson May 22 and Exam Date Jun 19, 9-12pm )

## BRONZE MEDALLION, BRONZE CROSS, EMERGENCY FIRST AID, AMENITY ATTENDANT

This is a pre-employment course for The City of Edmonton for those interested of starting a job (career) in aquatics. Successful candidates will be qualified to apply on the Aquatic Amenity Attendant position. Bronze Medallion teaches an understanding of the lifesaving principles included in the four components of water rescue education- judgment, knowledge, skill & fitness. Rescuers learn tows and carries, defence and release methods in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Bronze Cross course is designed for lifesavers who want to challenge themselves with more advanced training to safe supervision in aquatic facilities. Learn the difference between lifesaving and lifeguarding, the principles of emergency procedures and how to rescue a spinal, injured or pulse-less victims. This course also includes CPR C with AED results. Emergency First Aid is for people who want a general knowledge of first aid principles and the emergency treatment of injuries. The Amenity Attendant Program will provide candidates with fundamentals of scanning, communication and public relations skills to assist them in monitoring a variety of amenities in an aquatic or multipurpose facility. Prerequisite: Candidate is 14 years of age by the last day of the course.

### EASTGLEN

	DATES	TIME	BARCODE
Fri	Apr 8 - Jun 17	5:00-9:30pm	<b>560085</b>

(No lesson May 20, Medallion Exam Sat May 7 9:00am-12:00pm, Cross exam Sat June 18 9:00am-12:00pm)

## JUNIOR LIFEGUARD CLUB

Junior Lifeguard Club is for participants of 8-15 years of age, able to swim 25 meters (1 length). Take your swimming and lifesaving skills to the next level and challenge yourself in the areas of:

- › Swim and Fitness Training
- › Rescue and First Aid Skills
- › Leadership and Teamwork

Participate in high-energy rescue scenarios, improve your strokes, build confidence, meet friends, and have fun too!

This is a great way to improve your swimming ability, receive an excellent workout and gain access to the most multi-discipline sport in the world. Participants will also have the opportunity to challenge their Bronze Awards at the end of each session.

### BONNIE DOON

	DATES	TIME	BARCODE
Sun	Apr 3-Jun 12	8:00 - 10:00am	<b>559289</b>

(No lessons May 22)

### HARDISTY

	DATES	TIME	BARCODE
Sat	Apr 2-Jun 11	12:00-2:00pm	<b>554636</b>

(No lesson May 21)

### JASPER PLACE

DATES	TIME	BARCODE
Fri Apr 8-Jun 17	5:30-7:30pm	555087

(No lesson May 20)

### MILL WOODS

DATES	TIME	BARCODE
Tue Apr 12-Jun 14	5:00-7:00 pm	556211

### O'LEARY

DATES	TIME	BARCODE
Sun Apr 10-Jun 5	10:00-12:00pm	552997

(No lesson May 22)

### TERWILLEGAR

DATES	TIME	BARCODE
Tues Apr 12-Jun 14	6:00-8:00pm	559135

## RED CROSS WATER SAFETY INSTRUCTOR (WSI)

The Water Safety Instructor (WSI) is designed to provide candidates with the proper knowledge and skills to teach swimming and water safety while promoting water-safe attitudes in, on, and around the water. This course will provide candidates with instructional knowledge and theories on topics including teaching methods, learning styles, swimming skills, communication, safety supervision, injury prevention, and feedback. The course will consist of a Skills Evaluation, Online Modules, Teaching Experience, Classroom, and Pool Experiences. 100% attendance is required.

Candidates will require their material which will be distributed on the 1st day. The prices include all materials, registration fee and exam fee which cannot be removed as these are mandatory for completion of the course.

Pre-requisites: Candidates must be 15 years or older, ability to perform Red Cross Swim Kids 10 strokes and skills, and hold one of the following certifications (not required to be current) Bronze Cross, Lifesaving Society National Lifeguard/Aquatic Emergency Care, Red Cross Assistant Lifeguard.

### CLAREVIEW

DATES	TIME	BARCODE
Sat Apr 2-May 28	9:00am-4:00pm	559692

(Classroom/Water sessions Apr 2, May 7, 14, 28)

M-W Jul 4-Aug 17	9:00am-4:00pm	559693
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(Classroom/Water sessions Jul 4, Aug 15, 16, 17)

### COMMONWEALTH

DATES	TIME	BARCODE
Sun Dec 4-Jan 22	9:00am-4:00pm	560072

(Class room/Water sessions Dec 4, Jan 8, 15, 22)

### CONFEDERATION

DATES	TIME	BARCODE
M-W Jul 4-Aug 17	9:00am-4:00pm	560039

(Class room/Water sessions Jul 4, Aug 15, 16, 17)

Sun Oct 2-Nov 20	9:00am-4:00pm	560040
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(Class room/Water sessions Oct 2, Nov 6, 13, 20)

### JASPER PLACE

DATES	TIME	BARCODE
Sat Apr 23-Jun 18	8:00am-3:00pm	555247

(Class room/Water sessions Apr 23, Jun 4, 11, 18)

Sa-W Jun 5-Aug 10	8:00am-3:00pm	555257
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(Classroom/Water sessions Jun 5, Aug 8, 9, 10)

### LONDONDERRY

DATES	TIME	BARCODE
Sun Oct 30-Dec 18	9:00am-4:00pm	560074

(Classroom/Water sessions Oct 30, Dec 4, 11, 18)

### MILL WOODS

DATES	TIME	BARCODE
Sat Apr 2-May 28	9:00am-4:00pm	554280

(Classroom/Water sessions Apr 2, May 7, 14, 28)

M-W Jul 11-Aug 31	9:00am-4:00pm	560012
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(Class room/Water sessions Jul 11, Aug 29, 30, 31)

Sa/Su Aug 6-Sep 25	9:00am-4:00pm	559949
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(Class room/Water sessions Aug 6, Sep 17, 24, 25)

### TERWILLEGAR

DATES	TIME	BARCODE
Sat Jun 4-Jul 23	9:00am-4:00pm	557907

(Class room/Water sessions Jun 4, Jul 9, 16, 23)

## NATIONAL LIFEGUARD & AQUATIC EMERGENCY CARE (NL/AEC)

This course offers both NL & AEC as a combination class.

NL is a recognized as the standard measurement of lifeguard performance in Canada. NL is designed to develop an understanding of lifeguard principles, good judgment and a mature responsible attitude towards the role of a lifeguard.

AEC is designed to provide first aid skills, knowledge, judgment and confidence to provide medical assistance to anyone in need.

Prices include mandatory manual, registration and exam fees.

Prerequisites: 16 years of age and a Bronze Cross Award

### CLAREVIEW

DATES	TIME	BARCODE
Sa/Su Jun 4-Jun 19	8:00am-4:00pm	554212

Sa/Su Nov 5-Nov 27	8:00am-4:00pm	554213
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(No Class Nov 12/13)

W-F Dec 21, 22, 27-29, Jan 3	8:00am-4:00pm	554214
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## NL/AEC CONT.

COMMONWEALTH			
	DATES	TIME	BARCODE
Sa/Su	Jul 9-Jul 24	9:00am-5:00pm	<b>553638</b>
Sa/Su	Oct 15-Oct 30	9:00am-5:00pm	<b>554128</b>

CONFEDERATION			
	DATES	TIME	BARCODE
W-F	Dec 22-Dec 30	9:00am-5:00pm	<b>538114</b>

EASTGLEN			
	DATES	TIME	BARCODE
Sat	Apr 2-May 7	9:00am-5:00pm	<b>560078</b>
Sun	May 29-Jul 10	8:00am-4:00pm	<b>560079</b>
(No Class July 3)			
M-W	Aug 15-Aug 24	9:00am-5:00pm	<b>560080</b>
Sa/Su	Sep 10-Sep 25	8:00am-4:00pm	<b>560083</b>

TERWILLEGAR			
	DATES	TIME	BARCODE
M-W	May 2-May 11	9:00am-5:00pm	<b>559950</b>
M-F	Jul 6-Jul 13	9:00am-5:00pm	<b>559951</b>
Sun	Nov 13-Dec 18	9:00am-5:00pm	<b>559952</b>

## LIFESAVING INSTRUCTOR

Lifesaving instructors are trained to teach and evaluate the Canadian Lifesaving program. Topics covered include various approaches to teach water rescue, first aid and related aquatic skills in the lifesaving program. Mandatory course manual and registration fee included. Prerequisites: 16 years of age and a current Bronze Cross or higher.

CLAREVIEW			
	DATES	TIME	BARCODE
Sun	May 1-May 15	8:00am-4:00pm	<b>554215</b>

CONFEDERATION			
	DATES	TIME	BARCODE
Sa/Su	Dec 3-Dec 11	9:00am-5:00pm	<b>538113</b>

GRAND TRUNK			
	DATES	TIME	BARCODE
Sa/Su	Jul 9-Jul 16	9:00am-5:00pm	<b>560071</b>

TERWILLEGAR			
	DATES	TIME	BARCODE
Sa/Su	Oct 15-Oct 22	9:00am-5:00pm	<b>560005</b>

## STANDARD FIRST AID/AED/CPR-C

Course provides comprehensive training in first aid, AED and CPR-C. This course is for those who want an in-depth understanding of first aid such as medical/legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, burns and other medical emergencies. Price includes mandatory manual, registration and exam fees.

CLAREVIEW			
	DATES	TIME	BARCODE
Sat	Aug 20-Aug 27	9:00am-5:00pm	<b>554217</b>
Sun	Nov 6-Nov 13	9:00am-5:00pm	<b>554218</b>

COMMONWEALTH			
	DATES	TIME	BARCODE
Sa/Su	Sep 10, 11	9:00am-5:00pm	<b>554130</b>
Sa/Su	Mar 19, 20	9:00am-5:00pm	<b>560073</b>

LONDONDERRY			
	DATES	TIME	BARCODE
Sa/Su	Jun 11-Jun 12	9:00am-5:00pm	<b>560076</b>

MILL WOODS			
	DATES	TIME	BARCODE
Sa/Su	Apr 9-Apr 10	8:00am-4:00pm	<b>554183</b>
Sa/Su	Dec 3-Dec 4	8:00am-4:00pm	<b>554184</b>

O'LEARY			
	DATES	TIME	BARCODE
W/Thu	May 18-May 19	7:00am-3:00pm	<b>553995</b>

TERWILLEGAR			
	DATES	TIME	BARCODE
Sa/Su	Jul 9-Jul 10	9:00am-5:00pm	<b>553709</b>
Sa/Su	Oct 1-Oct 2	9:00am-5:00pm	<b>553710</b>

## STROKE ENHANCEMENT

HARDISTY			
	DATES	TIME	BARCODE
Tu/Th	May 31-Jun 23	6:00-7:00pm	<b>549773</b>

## YOUTH SWIM TRAINING

HARDISTY			
	DATES	TIME	BARCODE
Sat	Apr 2-Jun 11	11:00am-12:00pm	<b>549796</b>
(No lesson May 21)			
Tu/Th	Apr 5-28	6:00-7:00pm	<b>547387</b>
Thu	Apr 7-Jun 23	6:00-7:00pm	<b>549780</b>



# 2016 AQUATIC LEADERSHIP RECERTIFICATION PROGRAM SCHEDULE

Programs listed by type

## BRONZE CROSS RECERT

The Bronze Cross award is current for a period of two years from the date of exam. This three hour exam retests all the items required as well as providing any updated information. Successful completion of this exam will extend the award for another two years. Note: Additional fees for course manuals and exam fees may be in effect. Inquire upon registration. Bring proof of award and a bathing suit.

### CLAREVIEW

	DATES	TIME	BARCODE
Sun	Apr 17	11:00am-2:00pm	554219
Sun	Oct 9	11:00am-2:00pm	554220

### CONFEDERATION

	DATES	TIME	BARCODE
Wed	Sep 7	4:30-7:30pm	538121

### GRAND TRUNK

	DATES	TIME	BARCODE
Sat	Jun 25	4:00-7:00pm	560056
Sat	Dec 10	4:00-7:00pm	560799

### JASPER PLACE

	DATES	TIME	BARCODE
Wed	Jun 15	4:30-7:30pm	553483
Sun	Dec 11	10:00am-1:00pm	553484

### LONDONDERRY

	DATES	TIME	BARCODE
Sun	Sep 25	9:00am-12:00pm	560077

### MILL WOODS

	DATES	TIME	BARCODE
Wed	May 18	5:00-8:00pm	554182
Wed	Nov 16	9:00am-12:00pm	553994

### O'LEARY

	DATES	TIME	BARCODE
Sat	Aug 27	9:00am-12:00pm	553994

### TERWILLEGAR

	DATES	TIME	BARCODE
Sun	Jul 17	10:00am-1:00pm	560006

## WATER SAFETY INSTRUCTOR (WSI) RECERT

The WSI award is current for a period of two years from the completion of all course requirements. This four hour exam covers items required by the award as well as providing any updated information. Successful completion of this course will extend the award for another two years. Note: Additional fees for course manuals and exam fees may be in effect. Inquire upon registration. Bring proof of award and a bathing suit.

### CLAREVIEW

	DATES	TIME	BARCODE
Sat	Jul 9	9:00am-2:00pm	554221
Sun	Dec 18	9:00am-2:00pm	554222

### CONFEDERATION

	DATES	TIME	BARCODE
Thu	Jun 23	4:00-9:00pm	538123
Wed	Oct 19	4:00-9:00pm	538124

### JASPER PLACE

	DATES	TIME	BARCODE
Wed	May 18	4:00-9:00pm	555182
Wed	Aug 17	4:00-9:00pm	555197

### O'LEARY

	DATES	TIME	BARCODE
Wed	Sep 28	4:00-9:00pm	553996

### MILL WOODS

	DATES	TIME	BARCODE
Sat	Apr 9	9:00am-2:00pm	560033

### TERWILLEGAR

	DATES	TIME	BARCODE
Sun	Nov 27	9:00am-2:00pm	559973

## LIFESAVING INSTRUCTOR RECERT

The Lifesaving Society's Instructor Re certification process is completed by attending an in-person re certification. The system is designed to encourage Instructor to learn and improve through continuing education and involvement with Lifesaving Society programs. Please bring proof of your previous award and a swim suit.

### CLAREVIEW

	DATES	TIME	BARCODE
Sun	Apr 24	9:00am-2:00pm	554223
Sun	Sep 25	9:00am-2:00pm	554224

### CONFEDERATION

	DATES	TIME	BARCODE
Sat	May 28	2:00-7:00pm	538125
Sat	Jul 16	9:00am-2:00pm	560036

### TERWILLEGAR

	DATES	TIME	BARCODE
Sat	Nov 5	9:00am-2:00pm	559985

## NATIONAL LIFEGUARD & AQUATIC EMERGENCY CARE (NL/AEC) RECERT

The NLS/AEC and CPR 'C' awards are current for a period of two years from the date of exam. This exam retests all the items required as well as providing any updated information. Successful completion of this exam will extend the award for another two years. Note: Additional fees for course manuals and exam fees may be in effect. Inquire upon registration. Bring proof of award and a bathing suit.

### CLAREVIEW

	DATES	TIME	BARCODE
Sun	Apr 10	9:00am-3:00pm	554225
Sat	Jul 16	9:00am-3:00pm	554226
Tue	Dec 20	9:00am-3:00pm	554227

### COMMONWEALTH

	DATES	TIME	BARCODE
Sun	May 8	11:00am-5:00pm	554133
Sun	Oct 16	11:00am-5:00pm	554134

### CONFEDERATION

	DATES	TIME	BARCODE
Sat	Aug 27	9:00am-3:00pm	560037
Sat	Dec 17	9:00am-3:00pm	538126

### GRAND TRUNK

	DATES	TIME	BARCODE
Sat	Sep 24	3:00pm-9:00pm	560802

### MILL WOODS

	DATES	TIME	BARCODE
Sun	May 29	9:00am-3:00pm	554187
Sun	Jun 26	9:00am-3:00pm	554188

### TERWILLEGAR

	DATES	TIME	BARCODE
Sun	Nov 6	11:00am-5:00pm	560023

## AED & CPR-C COURSE/RECERT

### Automated External Defibrillator

An AED, or automated external defibrillator, is a small, portable device which analyzes a heart's rhythm and prompts a user to deliver a defibrillation shock if it determines one is needed. An AED can increase the chances of a patient's survival in a heart-related event.

AEDs are now readily available in all recreation and other public facilities and are now available to the public through retailers. This course prepares a candidate for all aspects of its use. Bring proof of award and a bathing suit.

#### CLAREVIEW

DATES	TIME	BARCODE
Mon Jun 20	5:00-8:00pm	554228

#### CONFEDERATION

DATES	TIME	BARCODE
Sat Nov 19	11:00am-2:00pm	538117



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## STANDARD FIRST AID/AED/CPR-C RECERT

The LSS standard first aid course is current for a period of three years from the date of the exam. This 4 hour course retests all the items required as well as providing any updated information. Successful completion of this exam will extend the award for another three years. Bring proof of award.

#### CLAREVIEW

DATES	TIME	BARCODE
Mon Apr 4	4:00-10:00pm	558663
Mon Jun 20	4:00-10:00pm	558664

#### CONFEDERATION

DATES	TIME	BARCODE
Sun Sep 18	9:00am-1:00pm	560038

#### COMMONWEALTH

DATES	TIME	BARCODE
Sat Aug 13	9:00am-3:00pm	554136
Sun Oct 2	9:00am-3:00pm	554137

#### MILL WOODS

DATES	TIME	BARCODE
Wed Jul 27	9:00am-3:00pm	554186
Sat Dec 24	9:00am-3:00pm	554185

#### TERWILLEGAR

DATES	TIME	BARCODE
Wed May 25	4:00-10:00pm	560034
Wed Nov 2	4:00-10:00pm	560035

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