SUMMER 2016: JUL - AUG

City of Edmonton

Recreation centres

PROGRAM GUIDE

NEW! OUTDOOR POOLS SEASON PASS

Unlimited access to all 4 pools all summer

P. 57

DID YOU KNOW? WE DO BIRTHDAY PARTIES!

Book your child's party package today

P. 30

REGISTRATION STARTS:
MAY 4, 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

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!

Registration starts **May 4.** Go to **edmonton.ca/eReg** online, **call 311,** or visit any **City of Edmonton Recreation Centre.**

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.**

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**

FACILITY

	ADMISSIONS		MEMBERSHIP		CONTINUOUS
	Single	Multi (5-99 visits)	Monthly	Annual	Monthly (bank withdrawal)
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					

LOCATIONS

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

FACILITY PLUS

	ADMISSIONS		MEMBERSHIP		CONTINUOUS
	Single	Multi (5-99 visits)	Monthly	Annual	Monthly (bank withdrawal)
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					

LOCATIONS

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

DID YOU KNOW?

Work where you play! See current job opportunities in City of Edmonton Recreation Centres at **www.edmonton.ca/careers** and click on "Recreation & Sports" under "Job Categories."

ALL FACILITY

	ADMISSIONS		MEMBERSHIP		CONTINUOUS
	Single	Multi (5-99 visits)	Monthly	Annual	Monthly (bank withdrawal)
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

LOCATIONS

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

Explore which membership plan will fit you and your family best, visit **edmonton.ca/recmembership** or contact **memberexperiences@edmonton.ca**

Note:

- Multi admission passes are valid for two years from the date of purchase.
- Monthly passes are active one month from the date of purchase.
- Single admissions, multi admission passes, and monthly passes will not be refunded.
- All prices include GST

NEED MORE INFORMATION?

MAP OF FACILITY LOCATIONS	Page 4
AMENITY AND ACCESSIBILITY GUIDES	Page 24-25
REGISTERED PROGRAM GUIDES	Page 9-12
FACILITY DESCRIPTIONS	Page 14-23
DROP-IN PROGRAM SCHEDULES	edmonton.ca/findyourfit

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**
- Being a member of, or a student at, an organization enrolled in the Corporate Wellness Program **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**

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**

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.

Program Registration Fees

Program registration fees do not include drop in admission.

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.

Registration Date

Summer 2016 (July - August): May 4, 2016

MY EDMONTON REC GUIDE

Now you can **search for programs** online and create your **customized program guide**. Try **MyRecGuide.ca** today!

REGISTER FAST! PROGRAMS FILL UP QUICKLY!

CITY-WIDE DRYLAND REGISTERED PROGRAMS	A.C.T. AQUATIC AND RECREATION CENTRE	COMMONWEALTH COMMUNITY RECREATION CENTRE	CLAREVIEW COMMUNITY RECREATION CENTRE	GRAND TRUNK LEISURE CENTRE	HARDISTY LEISURE CENTRE	JASPER PLACE FITNESS AND LEISURE CENTRE & ANNEX	KINSMEN SPORTS CENTRE	LONDONDERRY FITNESS AND LEISURE CENTRE	THE MEADOWS COMMUNITY RECREATION CENTRE	MILL WOODS RECREATION CENTRE	O'LEARY FITNESS AND LEISURE CENTRE	ST FRANCIS XAVIER RECREATION CENTRE	TERWILLEGAR COMMUNITY RECREATION CENTRE	OUTREACH LOCATIONS	CITY ARTS CENTRE
PRESCHOOL REGISTERED															
ACTIVE START **P.33**			*				*		*				*		
ACTIVE TOTS **P.33**			*				*		*	*			*		
ALPHABET SOUP **P.56**										*			*		
COME BUILD WITH ME **P.33**													*		
PRESCHOOL CAMPS															
COME BUILD WITH ME JR **P.33**			*						*				*		
KIDS IN THE KITCHEN **P.34**									*	*			*		
KINDERART **P.35**													*		
ICE QUEEN FOR A DAY **P.35**			*												
MAD SCIENTIST **P.34**			*						*				*		
MINI BROADWAY **P.34**									*				*		
OBSTACLE FUN **P.35**							*								
ONCE UPON A TIME **P.34**									*				*		
SUMMER SAMPLER **P.34**		*	*						*	*			*		
TRAVEL TRUNK **P.35**			*										*		
FAMILY CAMPS															
THE AMAZING RACE **P.49**		*	*							*		*			
BROADWAY **P.47**		*								*					
CAMP OLYMPICS **P.47**							*			*					
CSI: CAMP SCENE INVESTIGATION **P.47**			*							*					
GAME ON **P.48**		*	*				*			*		*			
MAD SCIENTIST **P.48**		*	*							*					
READY4SPORT **P.48**							*								
SURVIVOR FUN FACTOR **P.48**		*	*							*					
SPLASHY ART **P.46**									*						
CHILD/YOUTH REGISTERED															
ACTIVE FIT **P.37**		*	*				*		*				*		
ACTIVE KIDS **P.36**		*	*				*		*				*		
ACTIVE SPORT **P.38**		*	*				*		*				*		
BALLET **P.39**			*						*				*		
BREAKDANCING **P.39**													*		
KUNG FU PANDAS **P.37**		*	*				*		*				*		
HIP HOP **P.39**									*				*		
NINJA KIDS **P.38**		*	*				*		*				*		
RED CROSS BABYSITTING **P.49**		*	*			*			*	*			*		
ZUMBA KIDS **P.37**		*	*						*				*		
ZUMBA KIDS® JR **P.36**			*						*				*		

CITY-WIDE DRYLAND REGISTERED PROGRAMS	A.C.T. AQUATIC AND RECREATION CENTRE	COMMONWEALTH COMMUNITY RECREATION CENTRE	CLAREVIEW COMMUNITY RECREATION CENTRE	GRAND TRUNK LEISURE CENTRE	HARDISTY LEISURE CENTRE	JASPER PLACE FITNESS AND LEISURE CENTRE & ANNEX	KINSMEN SPORTS CENTRE	LONDONDERRY FITNESS AND LEISURE CENTRE	THE MEADOWS COMMUNITY RECREATION CENTRE	MILL WOODS RECREATION CENTRE	O'LEARY FITNESS AND LEISURE CENTRE	ST FRANCIS XAVIER RECREATION CENTRE	TERWILLEGAR COMMUNITY RECREATION CENTRE	OUTREACH LOCATIONS	CITY ARTS CENTRE
YOUTH REGISTERED															
YOUTH IN ACTION **P.38**		*	*	*	*	*	*	*	*	*	*		*		
CHILD/YOUTH SCHOOL BREAK CAMPS															
THE AMAZING RACE **P.43/45/48**		*	*						*	*		*	*		
BAKING CAMP **P.46**			*												
BEGINNER SEWING CAMP **P.46**			*												
BIKE AND SPLASH **P.43**		*					*								
BREAKING NEWS CAMP **P.46**		*													
BROADWAY **P.40/41/42/44**		*	*						*	*			*		
CAMP OLYMPICS **P.42/44**			*				*		*	*			*		
CLAYMATION CAMP **P.46**		*				*			*				*		
CSI: CAMP SCENE INVESTIGATION **P.42/44**			*						*	*					
GAME ON! **P.40/43/44/48**		*	*				*		*	*		*	*		
FILM MAKING CAMP **P.46**						*			*				*		
LEGO & TOY ANIMATION CAMP **P.45**						*			*				*		
MAD SCIENTIST **P.40/43/45/48**		*	*						*	*			*		
MINI BROADWAY **P.34**		*													
PASSPORT TO FUN **P.41**			*						*				*		
READY4SPORT **P.48**							*								
REWIND > FAST FORWARD **P.41**									*				*		
ROCK PAPER SCISSORS CAMP **P.45**		*											*		
SUMMER SAMPLER **P.41/42**		*	*						*	*			*		
SURVIVOR FUN FACTOR **P.43/45/48**		*	*						*	*			*		
YOU CAN COOK CAMP **P.47**			*												
FAMILY REGISTERED															
BARRE WITH BABY **P.50**									*						
OBSTACLE-FIT FAMILY 8+ **P.38**							*								

DID YOU KNOW?

Find out where to lane swim at
www.edmonton.ca/DropInAquaticSchedule

CITY-WIDE DRYLAND REGISTERED PROGRAMS	A.C.T. AQUATIC AND RECREATION CENTRE	COMMONWEALTH COMMUNITY RECREATION CENTRE	CLAREVIEW COMMUNITY RECREATION CENTRE	GRAND TRUNK LEISURE CENTRE	HARDISTY LEISURE CENTRE	JASPER PLACE FITNESS AND LEISURE CENTRE & ANNEX	KINSMEN SPORTS CENTRE	LONDONDERRY FITNESS AND LEISURE CENTRE	THE MEADOWS COMMUNITY RECREATION CENTRE	MILL WOODS RECREATION CENTRE	O'LEARY FITNESS AND LEISURE CENTRE	ST FRANCIS XAVIER RECREATION CENTRE	TERWILLEGAR COMMUNITY RECREATION CENTRE	OUTREACH LOCATIONS	CITY ARTS CENTRE
ADULT REGISTERED															
AGILITY TRAINING 101 **P.50**							*								
BALLET 1 **P.54**									*				*		
BALLET - CREATIVE **P.54**			*												
BALLET – FLOOR BARRE **P.54**													*		
BALLROOM/ LATIN DANCING **P.54**													*		
COUNTRY DANCING **P.55**													*		
FITNESS CENTRE ORIENTATION **P.50**				*	*	*					*				
GROUP FITNESS 101 **P.51**		*	*				*		*				*		
HIP HOP **P.54**			*						*				*		
KICKBOXING-COMBINED INTRO/INTER & ADV **P.51**		*					*						*		
LEARN TO LIFT **P.51**							*								
NIA **P.53**															*
OBSTACLE-FIT CONDITIONING **P.51**							*								
OLYMPIC LIFTING 101 **P.51**							*								
PILATES LEVEL 1 **P.53**															*
SALSA/BACHATA DANCING **P.55**										*					
SMALL GROUP TRAINING PROGRAMS **P.52**							*								
SPEED AND POWER 101 **P.52**							*								
SWING DANCING **P.55**										*					
TOTAL BARRE **P.52**													*		
TRIATHLON TRAINING **P.52**							*								
TRX SUSPENSION TRAINING BASIC **P.52**													*		
WEDDING DANCE PREP **P.55**													*		
WOMEN ON WEIGHTS **P.52**		*	*				*			*			*		
YOGA (PRENATAL) **P.52**													*		
YOGA **P.53**															*
ADULT LEISURE PROGRAMS (FOR PERSONS WITH DISABILITIES)															
S.U.R.F. - SUPER SUMMER ART & CRAFT CAMP **P.53**	*														
S.U.R.F. - SUPER SUMMER THEME CAMP **P.53**	*														

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.60		*	*	*	*	*		*	*	*	*	*	*	*	*	*	*	*
AQUATIC LEADERSHIP P.111		*	*			*				*	*	*	*	*	*	*	*	
SWIMMING LESSONS P.60		*	*	*	*	*		*	*	*	*	*	*	*	*	*	*	
SWIM TRAINING P.60				*	*	*			*		*		*					*

100 VOICES

EDMONTON CATHOLIC SCHOOLS

PRE-KINDERGARTEN PROGRAM FOR 3 & 4 YEAR OLDS

- Central Lions Recreation Centre
- Clareview Community Recreation Centre
- Commonwealth Community Recreation Centre
- Confederation Leisure Centre
- Edmonton Valley Zoo • John Janzen Nature Centre
- Meadows Community Recreation Centre
- Mill Woods Recreation Centre
- Terwillegar Community Recreation Centre

NEW FOR SEPTEMBER 2016:

- Kinsmen Sports Centre • Muttart Conservatory

School GENESIS

Edmonton Catholic Schools in partnership with THE CITY OF Edmonton

To register call Genesis School at 780 638-1884 • www.genesis.ecsd.net

VOLUNTEERING CAN **CHANGE THE WORLD!**

Volunteer with the City of Edmonton. Get inVOLved today!
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, 9am to 5pm

Email: rfsvolunteer@edmonton.ca

Website: Check out our volunteer job board and apply online at **edmonton.ca/volunteers** (click on 'Attractions Volunteer Programs').

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 today!

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!

Event days:

- July 1st - Canada Day at the Edmonton Valley Zoo & Muttart Conservatory
- July 10th - Prehistoric Pyramids at the Muttart Conservatory
- July 10th - Save Our Sea Ice Day at the Edmonton Valley Zoo
- July 24th - Tiger Tails at the Edmonton Valley Zoo
- August 7th - Animal Mythbusters at the Edmonton Valley Zoo
- August 21st - Cheeky Monkeys at the Edmonton Valley Zoo
- August 28th - John Janzen Nature Centre's 40th Anniversary Event
- September 25th – Free Admission Day

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.

For more information on our volunteer programs, visit edmonton.ca/volunteers

WE'VE GOT FOLLOW THROUGH

Rundle Park Golf Course

Riverside Golf Course

Victoria Golf Course and Driving Range

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

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

Registered golf programs
Tournaments
New golf discounts
Upcoming events
Active clubs
Junior golf experience for kids 6-17, including junior rates for single rounds

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

Rundle Park · Riverside
Victoria Golf Course and Driving Range
edmonton.ca/golf 311

RIVER VALLEY GOLF COURSES · CITY OF EDMONTON

Edmonton

CITY OF EDMONTON RECREATION CENTRES

For more information on City of Edmonton Recreation Centres, call 311 (780-442-5311 outside Edmonton) or visit **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**

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**

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.
11113 - 113 Street | 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**

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**

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**

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**

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 newly renovated fitness centre with all new equipment, or go for a swim in the pool. An upper lounge with full kitchen is also available for special events.
13025 – 112 Street | 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**

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

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)t

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 facilities, 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. Come check out the newly renovated fitness centre. **9100 Walterdale Hill | 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 is a great leisure and fitness facility that offers a variety of aquatic and non-aquatic experiences for all ages and abilities. Workout in the large, newly renovated fitness centre, or take classes in the aerobic fitness studio; go for a swim, or enjoy the outdoor tennis courts, sports field and track. **14528 – 66 Street | 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

DID YOU KNOW?

All Facility and drop-in schedules are available at the facility, or online at **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**

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 waterslide and teach pool are perfect for kids. Adults can lane swim, or work it out in the newly renovated fitness centre. This large, bright indoor place is a favourite all year round.
8804 – 132 Ave | edmonton.ca/oleary

PETER HEMINGWAY FITNESS AND LEISURE CENTRE

AMENITIES

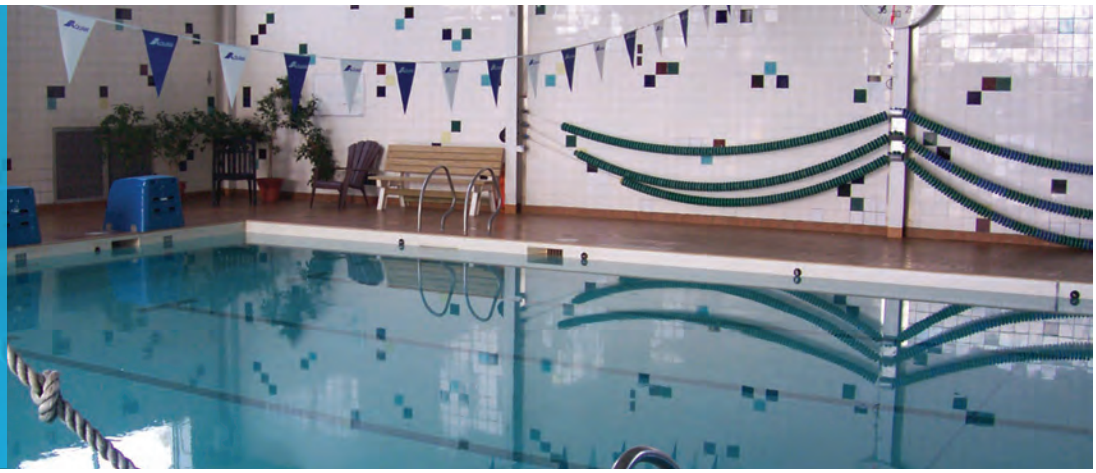
- Main pool: 50 metres length, 1-2.7 metres depth, 27.5°C water temperature
- 8 lane swimming pool with starting blocks
- Whirlpool, steam room, sauna and pool toys
- Fitness centre

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**

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

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**

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**

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.

PERSONAL TRAINING

Fitness & Nutrition Services

Fitness & Nutrition Services perform better, look better, feel better. Achieve your health and fitness goals with the help of a City of Edmonton 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: Custom made training plans, motivation and support working with one-on-one with an expert
- Semi-Private: Save money, workout with friends and get the personal attention needed to achieve your goals (2-4 friends)
- Small Group: Creative and progressive training plans delivered by an expert in a small group atmosphere of 5-10 individuals

NEW for 2016 Small Group Personal Training Programs at Kinsmen Sports Centre

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.

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

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** for more information.

City of Edmonton Recreation centres

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.

Registration starts **May 4.** Go to **edmonton.ca/eReg** online, **call 311,** or visit any **City of Edmonton Recreation Centre.**

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

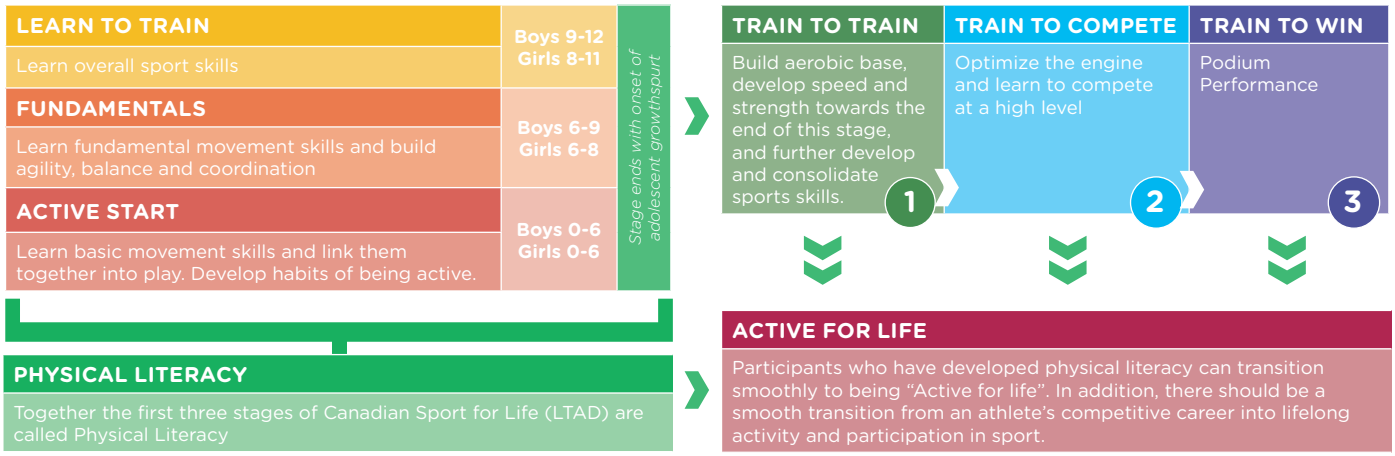
Physical literacy helps kids stay active for life!

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 principles in HIGH FIVE, physical literacy and teach fundamental movement skills such as running, catching, throwing and jumping. Your child can participate in any Active Series program or camp that is age-appropriate, regardless of whether they have attended an Active Series program previously.

For more information on our program principles, please call **780 508-9064**

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



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 with our Active Series programs and camps.
See pages 32-33 and 36-38 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)

ACTIVE FOR LIFE

CANADIAN SPORT FOR LIFE

Where can I get more information?

- For educator and family-friendly information and resources, visit **activeforlife.com**
- For more information on the Long Term Athlete Development model, visit **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
PRESCHOOL		
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)
CHILD/YOUTH		
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 themed party package available at City of Edmonton Community Recreation Centres and attractions.

Whether exploring the Tropic Pyramid at the Muttart, training to be a Ninja at The Kinsmen Sports Centre, or getting closer to the animals at the Edmonton Valley Zoo, 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 party packages, prices and age-ranges, please visit **edmonton.ca/BirthdayParties**

BIRTHDAY PARTY	DESCRIPTION	LOCATIONS
GAME - ON SPORTS	Your group can let loose in this jam packed party filled with will 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 weeks' 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/camps
- Birthday parties
- Kids Den (child minding)

City of Edmonton Recreation centres

edmonton.ca/childrensprograms

PRESCHOOL REGISTERED
NON-AQUATIC CAMPS

Programs listed by type and age

Making Movement Fun

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

Parented camps are for children ages 1-3 years and 2.5-3.5 years. Parented camps are designed for you to engage with your child while participating in the planned activities together. Please bring a small daily snack (nut free) and drink for your child. Please bring clean, dry (indoor) shoes for your child. Also, ensure emergency contact and medical information is up to date, as this serves as course registration.

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

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

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 & beverage for your child. Parent/Guardians are required to attend and participate in this program.

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
M-F	Aug 15-19	10:00-10:45am	(5)	$77.00	**560519**

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 zoning in on movement skills such as running, jumping, twisting, kicking, throwing and catching. Physical activity will take place both indoors and outdoors.

CLAREVIEW

	DATES	TIME	#	PRICE	BARCODE
M-F	July 11-15	9:00am-12:00pm	(5)	$99.00	**560566**

THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
M-F	July 11-15	1:00-4:00pm	(5)	$99.00	**560551**
M-F	July 25-29	1:00-4:00pm	(5)	$99.00	**560555**
M-F	Aug 22-26	9:00am-12:00pm	(5)	$99.00	**560562**

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
M-F	July 11-15	9:00am-12:00pm	(5)	$99.00	**560493**
M-F	July 25-29	9:00am-12:00pm	(5)	$99.00	**560498**
M-F	July 25-29	1:00-4:00pm	(5)	$99.00	**560497**
M-F	Aug 8-12	9:00am-12:00pm	(5)	$99.00	**560501**
M-F	Aug 15-19	9:00am-12:00pm	(5)	$99.00	**560503**

COME BUILD WITH ME JR. — AGES 2.5-3.5

Calling all architects, master builders, engineers, and creative thinkers to spend time building by your own design. Lego, playdough, kinex and so much more. You will have a variety of materials to build whatever you aspire!

CLAREVIEW

	DATES	TIME	#	PRICE	BARCODE
M-F	Jul 25-29	10:00-11:00am	(5)	$77.00	**560570**
M-F	Aug 8-12	10:00-11:00am	(5)	$77.00	**560574**

THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
M-F	Jul 4-8	10:00-11:00am	(5)	$77.00	**560521**
M-F	Aug 8-12	10:00-11:00am	(5)	$77.00	**560558**

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
M-F	July 4-8	10:00-11:00am	(5)	$77.00	**560491**

COME BUILD WITH ME — AGES 3.5-5

Calling all architects, master builders, engineers, and creative thinkers to spend time building by your own design. Lego, playdough, kinex and so much more. You will have a variety of materials to build whatever you aspire!

CLAREVIEW

	DATES	TIME	#	PRICE	BARCODE
M-F	Aug 15-19	1:00-4:00pm	(5)	$99.00	**560577**

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Tu-F	Aug 2-5	1:00-4:00pm	(4)	$79.00	**560516**
M-F	Aug 22-26	9:00am-12:00pm	(5)	$99.00	**560525**

DID YOU KNOW? Child minding is available at Kinsmen Sports Centre, Terwillegar, Clareview and The Meadows Community Recreation Centres.

KIDS IN THE KITCHEN — AGES 3.5-5

It isn't just cooking! Having fun with food will get participants excited about nutrition while they prepare basic recipes that are pleasing to the eye. Don't forget to take home your recipes to share and try with your family and friends.

CLAREVIEW

	DATES	TIME	#	PRICE	BARCODE
M-F	Aug 22-26	9:00am-12:00pm	(5)	$105.00	**560578**

THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
M-F	Aug 15-19	9:00am-12:00pm	(5)	$105.00	**560560**
M-F	Aug 22-26	1:00-4:00pm	(5)	$105.00	**560563**

MILL WOODS

	DATES	TIME	#	PRICE	BARCODE
M-F	July 4-8	1:00-4:00pm	(5)	$105.00	**566121**

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
M-F	July 4-8	9:00am-12:00pm	(5)	$105.00	**560523**
M-F	July 11-15	1:00-4:00pm	(5)	$105.00	**560510**
M-F	Aug 8-12	9:00am-12:00pm	(5)	$105.00	**560517**
M-F	Aug 22-26	1:00-4:00pm	(5)	$105.00	**560506**

MAD SCIENTIST — AGES 3.5-5

It's messy, goopey, slimey and bubbling over with FUN! These colourful experiments may not be your first choice of activity at your kitchen table: But here at camp, we are well equipped and very excited to figure out the how's and why's of chemical reactions, gravity and all things science. Join us as we problem solve our way through messy concoctions to discover the cool scientific facts.

CLAREVIEW

	DATES	TIME	#	PRICE	BARCODE
M-F	July 4-8	1:00-4:00pm	(5)	$105.00	**560565**

THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
M-F	July 4-8	1:00-4:00pm	(5)	$105.00	**560549**
M-F	Aug 8-12	1:00-4:00pm	(5)	$105.00	**560559**

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
M-F	July 18-22	1:00-4:00pm	(5)	$105.00	**560496**
Tu-F	Aug 2-5	9:00am-12:00pm	(4)	$84.00	**560515**
M-F	Aug 8-12	1:00-4:00pm	(5)	$105.00	**560518**
M-F	Aug 22-26	1:00-4:00pm	(5)	$105.00	**560522**

MINIBROADWAY — AGES 3.5-5

Lights, camera, action! This week will bring out the director, producer, stage hand, dancer, singer and actor in all of us. As we try different types of performances, campers will have the opportunity to play theatre sports, develop sets, star in their own productions and move to the rhythms of R&B, hip hop, jazz and bollywood. The camp will end with a performance for parents/guardians and a wrap-up party!

THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Tu-F	Aug 2-5	9:00am-12:00pm	(4)	$79.00	**560556**

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
M-F	July 18-22	9:00am-12:00pm	(5)	$99.00	**560495**
M-F	Aug 8-12	1:00-4:00pm	(5)	$99.00	**560502**
M-F	Aug 15-19	1:00-4:00pm	(5)	$99.00	**560520**

ONCE UPON A TIME — AGES 3.5-5

Jump into your time-capsule and let's go on adventure. Explore an era when the oldest dinosaur roamed the earth , then take a giant leap to the future and imagine what lays ahead...a playground on mars? Only time can tell! This half day program will be full of imagination and creativity as we uncover the past and discover the future. Be prepared to meet new friends, try new things, and have lots of 'real time' fun!

THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
M-F	July 25-29	9:00am-12:00pm	(5)	$99.00	**560554**
M-F	Aug 15-19	1:00-4:00pm	(5)	$99.00	**560561**

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
M-F	July 4-8	1:00-4:00pm	(5)	$99.00	**560492**
M-F	Aug 22-26	9:00am-12:00pm	(5)	$99.00	**560505**

SUMMER SAMPLER — AGES 3.5-5

This is an awesome way to try out a BRAND NEW camp and our most popular camps all in one week!. Register for a one-stop shop for your child to have a blast being physically active in Active Start, Constructing in Come Build With Me, Cooking with Kids in the Kitchen and Experimenting in Mad Scientist. Action pack your week by making new friends and having lots of fun!

CLAREVIEW

	DATES	TIME	#	PRICE	BARCODE
Tu-F	Aug 2-5	1:00-4:00pm	(4)	$84.00	**560573**

COMMONWEALTH

	DATES	TIME	#	PRICE	BARCODE
M-F	July 4-8	9:00am-12:00pm	(5)	$105.00	**566130**
M-F	July 4-8	1:00-4:00pm	(5)	$105.00	**566131**

THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
M-F	Jul 11-15	9:00am-12:00pm	(5)	$105.00	**560550**
Tu-F	Aug 2-5	1:00-4:00pm	(4)	$84.00	**560557**

MILL WOODS

	DATES	TIME	#	PRICE	BARCODE
M-F	July 4-8	9:00am-12:00pm	(5)	$105.00	**566127**

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
M-F	July 4-8	1:00-4:00pm	(5)	$105.00	**560524**
M-F	Jul 11-15	1:00-4:00pm	(5)	$105.00	**560494**
M-F	Jul 25-29	1:00-4:00pm	(5)	$105.00	**560514**

OBSTACLE FUN! AGES 3.5-5

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

KINSMEN

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

TRAVEL TRUNK AGES 3.5-5

Campers will make some travel plans to virtually visit countries around the world. Learn board games, sports and cooperative games from different cultures and traditions. You will create your very own passport that you will use to travel the globe to spend a day playing cricket in India, and another making a replica of an active volcano in Indonesia. Wherever this camp may take you, it is sure to be an exciting adventure!

CLAREVIEW

	DATES	TIME	#	PRICE	BARCODE
M-F	July 18-22	1:00-4:00pm	(5)	$99.00	**560569**

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
M-F	July 25-29	9:00am-12:00pm	(5)	$99.00	**560513**
M-F	Aug 15-19	1:00-4:00pm	(5)	$99.00	**560504**

Preschool Camps
City Arts Centre Outreach Programming

Also look for these programs and others at the City Arts Centre.

KINDERART CAMP AGES 4-5

Our program is a half-day filled with colour, music and movement designed to channel your child's natural creativity and enthusiasm. With a variety of activities and a well-structured program, your child will use all their senses to make art. Don't forget to pack a snack.

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
M-F	Jul 4-8	9:30am-12:00pm	(5)	$125.00	**559743**
M-F	Jul 4-8	1:00-3:30pm	(5)	$125.00	**559744**
M-F	Jul 11-15	9:30am-12:00pm	(5)	$125.00	**559745**
M-F	Jul 11-15	1:00-3:30pm	(5)	$125.00	**559746**
M-F	Jul 25-29	9:30am-12:00pm	(5)	$125.00	**559749**
M-F	Jul 25-29	1:00-3:30pm	(5)	$125.00	**559752**
M-F	Aug 15-19	9:30am-12:00pm	(5)	$125.00	**559753**
M-F	Aug 15-19	1:00-3:30pm	(5)	$125.00	**559754**
M-F	Aug 22-26	9:30am-12:00pm	(5)	$125.00	**559755**
M-F	Aug 22-26	1:00-3:30pm	(5)	$125.00	**559756**

ICE QUEEN FOR A DAY - BALLET & CRAFT CAMP AGES 5-7

$125.00 (5 days)

Let your child express their inner Elsa when they create their own no sew 'Ice' tutu and tiara and then learn choreography to a medley of original music from the movie Frozen. At the end of camp students will show off their tutus and delight their families in a mini ballet production. No dance experience required. Craft supplies provided. Bring a light snack and a water bottle.

CLAREVIEW

	DATES	TIME	#	AGES	BARCODE
M-F	Aug 15-19	1:00-3:30pm	(5)	5-7 yrs	**559956**

CHILD/YOUTH REGISTERED
NON-AQUATIC PROGRAMS & DAY CAMPS

Programs listed by type and age

Making Movement fun

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

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	Jul 11-Aug 29	4:30-5:30pm	(7)	$98.70	**553599**

(No Class Aug 1)

THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Tue	Jul 12-Aug 23	5:00-6:00pm	(7)	$98.70	**553606**

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Wed	Jul 13-Aug 24	5:00-6:00pm	(7)	$98.70	**553587**

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	Jul 9-Aug 20	10:00-11:00am	(6)	$57.00	**553600**

(No Class July 30)

COMMONWEALTH

	DATES	TIME	#	PRICE	BARCODE
Wed	Jul 13-Aug 24	4:45-5:45pm	(7)	$66.50	**553594**

KINSMEN

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

THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Sat	Jul 9-Aug 20	9:00-10:00am	(6)	$57.00	**553610**
(No Class July 30)					

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Sat	Jul 9-Aug 20	10:00-11:00am	(6)	$57.00	**553588**
(No Class July 30)					

KUNG FU PANDAS — AGES 6-9

Learn basic kickboxing techniques and self-defense 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	Jul 13-Aug 24	4:30-5:30pm	(7)	$66.50	**553603**

COMMONWEALTH

	DATES	TIME	#	PRICE	BARCODE
Tue	Jul 12-Aug 23	4:30-5:30pm	(7)	$66.50	**553591**

THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Thu	Jul 14-Aug 25	5:00-6:00pm	(7)	$66.50	**553607**

MILL WOODS

	DATES	TIME	#	PRICE	BARCODE
Tue	Jul 5-Aug 30	4:30-5:30pm	(7)	$66.50	**566078**
(No Class Jul 12, Aug 2)					

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Sat	Jul 9-Aug 20	11:00am-12:30pm	(6)	$57.00	**553589**
(No Class July 30)					

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	Jul 11-Aug 29	5:45-6:45pm	(7)	$98.70	**553596**
(No Class Aug 1)					

THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Tue	Jul 12-Aug 23	6:15-7:15pm	(7)	$98.70	**553605**

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Wed	Jul 13-Aug 24	6:00-7:00pm	(7)	$98.70	**553585**

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	Jul 9-Aug 20	11:00am-12:00pm	(6)	$57.00	**553602**
(No Class July 30)					

COMMONWEALTH

	DATES	TIME	#	PRICE	BARCODE
Thu	Jul 14-Aug 25	5:45-6:45pm	(7)	$66.50	**553593**

KINSMEN

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

THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Mon	Jul 11-Aug 22	5:00-6:00pm	(6)	$57.00	**553609**
(No Class Aug 1)					

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Sat	Jul 9-Aug 20	11:00am-12:00pm	(6)	$57.00	**553590**
(No Class July 30)					

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	Jul 9-Aug 20	10:00-11:00am	(6)	$57.00	**553601**

(No Class July 30)

COMMONWEALTH

	DATES	TIME	#	PRICE	BARCODE
Wed	Jul 13-Aug 24	4:45-5:45pm	(7)	$66.50	**553595**

KINSMEN

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

(No Class Aug 1)

THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Sat	Jul 9-Aug 20	10:00-11:00am	(6)	$57.00	**553611**

(No Class July 30)

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Sat	Jul 9-Aug 20	11:00am-12:00pm	(6)	$57.00	**553589**

(No Class July 30)

NINJA KIDS — AGES 10-12

This dynamic class combines the benefits of cardiovascular training as well as self-defense 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	Jul 13-Aug 24	5:45-6:45pm	(7)	$66.50	**553604**

COMMONWEALTH

	DATES	TIME	#	PRICE	BARCODE
Tue	Jul 12-Aug 23	5:45-6:45pm	(7)	$66.50	**553592**

THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Thu	Jul 14-Aug 25	6:15-7:15pm	(7)	$66.50	**553608**

MILL WOODS

	DATES	TIME	#	PRICE	BARCODE
Tue	Jul 5-Aug 30	5:45-6:45pm	(7)	$66.50	**566079**

(No Class Jul12, Aug 12)

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Sat	Jul 9-Aug 20	12:15-1:15pm	(6)	$57.00	**553597**

(No Class July 30)

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	Jul 9-Aug 20	9:15-10:15am	(6)	$63.00	**553598**

(No Class July 30)

YOUTH IN ACTION — AGES 12-15

This class is designed to introduce youth to the basics of fitness and weight training. Upon completion of this program youth are able to use the fitness centre.

CLAREVIEW

	DATES	TIME	#	PRICE	BARCODE
Sat	Jul 16	12:00-3:00pm	(1)	$35.00	**565001**
Sat	Jul 30	12:00-3:00pm	(1)	$35.00	**565002**
Sat	Aug 13	12:00-3:00pm	(1)	$35.00	**565003**
Sat	Aug 27	12:00-3:00pm	(1)	$35.00	**565004**

COMMONWEALTH

	DATES	TIME	#	PRICE	BARCODE
Sat	Jul 23	12:00-3:00pm	(1)	$35.00	**564999**
Sat	Aug 20	12:00-3:00pm	(1)	$35.00	**565008**

GRAND TRUNK

	DATES	TIME	#	PRICE	BARCODE
Sat	Jul 23	12:30-3:30pm	(1)	$35.00	**564993**

HARDISTY

	DATES	TIME	#	PRICE	BARCODE
Sun	Aug 7	12:30-3:30pm	(1)	$35.00	**564980**

JASPER PLACE

	DATES	TIME	#	PRICE	BARCODE
Sat	Aug 6	12:30-3:30pm	(1)	$35.00	**564981**

KINSMEN

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

LONDONDERRY

	DATES	TIME	#	PRICE	BARCODE
Sat	Jul 9	12:00-3:00pm	(1)	$35.00	**564996**
Sat	Aug 20	12:00-3:00pm	(1)	$35.00	**565010**

THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Fri	Jul 15	6:00-9:00pm	(1)	$35.00	**564988**
Fri	Jul 29	6:00-9:00pm	(1)	$35.00	**564989**
Fri	Aug 12	6:00-9:00pm	(1)	$35.00	**564990**
Fri	Aug 26	6:00-9:00pm	(1)	$35.00	**564991**

MILL WOODS

	DATES	TIME	#	PRICE	BARCODE
Sat	Jul 30	12:00-3:00pm	(1)	$35.00	**564978**
Sat	Aug 20	12:00-3:00pm	(1)	$35.00	**565011**

O'LEARY

	DATES	TIME	#	PRICE	BARCODE
Sat	Aug 13	12:30-3:30pm	(1)	$35.00	**564998**

PETER HEMINGWAY

	DATES	TIME	#	PRICE	BARCODE
Sat	Jul 16	12:30-3:30pm	(1)	$35.00	**565007**

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Fri	Jul 8	6:00-9:00pm	(1)	$35.00	**564982**
Fri	Jul 22	6:00-9:00pm	(1)	$35.00	**564983**
Fri	Aug 5	6:00-9:00pm	(1)	$35.00	**564984**
Fri	Aug 19	6:00-9:00pm	(1)	$35.00	**564985**

City Arts Centre Outreach

Also look for these programs and others at the City Arts Centre.

Dance

BALLET — AGES 10-14

Join us in learning beginner ballet technique. Dancers will learn coordination, body awareness, alignment and basic musicality. This class is open to all youth who want to learn ballet.

CLAREVIEW

	DATES	TIME	#	PRICE	BARCODE
Thu	Jul 7-28	6:00-7:00pm	(4)	$45.00	**562947**

THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Thu	Aug 4-25	7:00-8:00pm	(4)	$45.00	**562940**

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Wed	Aug 3-24	6:00-7:00pm	(4)	$45.00	**563047**

BREAKDANCING — AGES 10-14

Pop, rock and lock to the latest dance music! Dancers are trained to find their centre of gravity and learn the basics of momentum, planche and torque. Find your inner B-boy or B-girl and challenge yourself!

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Thu	Jul 7-28	7:00-8:00pm	(4)	$45.00	**559742**
Thu	Aug 4-25	7:00-8:00pm	(4)	$45.00	**563046**

HIP HOP — AGES 10-14

Learn current hip hop dance steps in a supportive social environment. You will be guided through the latest hip hop and funk moves coordinated to popular dance music. Pick up new steps, work your body, and have some fun!

CLAREVIEW

	DATES	TIME	#	PRICE	BARCODE
Thu	Aug 4-25	6:00-7:00pm	(4)	$45.00	**562943**

THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Thu	Jul 7-28	7:00-8:00pm	(4)	$45.00	**562935**

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Wed	Jul 6-27	6:00-7:00pm	(4)	$45.00	**562936**

Day Camps

What you need to know:

- Please send your participant with a nut-free snack, water, socks, and closed toe shoes (preferably running shoes). Appropriate indoor and outdoor attire is needed with changing weather. Please include sunscreen and bugspray in your participant's back pack daily.
- Morning camps drop off is between 8:30 - 9:00am and pick up is from 12:00 - 12:30pm.
- Afternoon camps drop off is between 12:30 - 1:00pm and pick up is from 4:00 - 4:30pm.
- At the end of pick up time, a $10.00 late fee will be charged to your account every 15 minutes.
- Each family will receive a phone call from our staff the week prior to camp starting to remind you of these details and answer any questions you may have.
- Registration forms are no longer required. Please ensure that your child's emergency contact and medical information are up to date on your account, as this serves as course registration.
- Please notify your instructor of any allergies or health concerns relating to your child on the first day of camp.

HALF-DAY CAMPS

BROADWAY — AGES 5-7

$120 (5 days) $100 (4 days)

Lights, camera, action! This week will bring out the director, producer, stage hand, dancer, singer, and actor in every participant. As we try different types of performances, campers will have the opportunity to write scripts, play theatre sports, develop sets, and star in their own productions. They'll also try moving to the groove of R&B, hip hop, jazz and bollywood music. The camp will end with a performance for parents/guardians and a wrap-up party! No swimming.

CLAREVIEW

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 18-22	9:00am-12:00pm	(5)	5-7 yrs	**561219**

THE MEADOWS

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 4-8	9:00am-12:00pm	(5)	5-7 yrs	**560464**
M-F	Jul 18-22	1:00-4:00pm	(5)	5-7 yrs	**560469**
M-F	Aug 8-12	1:00-4:00pm	(5)	5-7 yrs	**560475**
M-F	Aug 22-26	1:00-4:00pm	(5)	5-7 yrs	**560592**

TERWILLEGAR

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 4-8	1:00-4:00pm	(5)	5-7 yrs	**560388**
Tu-F	Aug 2-5	1:00-4:00pm	(4)	5-7 yrs	**560429**
M-F	Aug 15-19	1:00-4:00pm	(5)	5-7 yrs	**560435**

GAME ON! — AGES 5-7

$120 (5 days) $100 (4 days)

Campers will have the time of their life as they take part in this action-packed week full of games, sports and team building activities. We will wrap up with a game show finale, hosted by our own special guest. Come on down; it's time for your child to get moving and play games with new friends! No swimming.

CLAREVIEW

	DATES	TIME	#	AGES	BARCODE
M-F	Aug 22-26	1:00-4:00pm	(5)	5-7 yrs	**561121**

THE MEADOWS

	DATES	TIME	#	AGES	BARCODE
Tu-F	Aug 2-5	9:00am-12:00pm	(4)	5-7 yrs	**560472**
M-F	Aug 15-19	1:00-4:00pm	(5)	5-7 yrs	**560477**

TERWILLEGAR

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 25-29	9:00am-12:00pm	(5)	5-7 yrs	**560385**
M-F	Aug 22-26	9:00am-12:00pm	(5)	5-7 yrs	**560367**
M-F	Aug 22-26	1:00-4:00pm	(5)	5-7 yrs	**560427**

MAD SCIENTIST — AGES 5-7

$125 (5 days) $105 (4 days)

It's messy, goopy, slimy and bubbling over with FUN! These colourful experiments may not be your first choice of activity at your kitchen table, but, here at camp, we are ready for the mess! Have your child join us to figure out the hows and whys of chemical reactions, gravity, and all things science. We'll learn how to problem solve our way through messy concoctions to discover cool scientific facts. No swimming.

CLAREVIEW

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 4-8	9:00am-12:00pm	(5)	5-7 yrs	**561118**
M-F	Jul 25-29	1:00-4:00pm	(5)	5-7 yrs	**561115**
M-F	Aug 15-19	9:00am-12:00pm	(5)	5-7 yrs	**561120**

THE MEADOWS

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 4-8	1:00-4:00pm	(5)	5-7 yrs	**560465**
M-F	Jul 25-29	9:00am-12:00pm	(5)	5-7 yrs	**560470**
Tu-F	Aug 2-5	1:00-4:00pm	(4)	5-7 yrs	**560473**
M-F	Aug 8-12	9:00am-12:00pm	(5)	5-7 yrs	**560474**
M-F	Aug 22-26	9:00am-12:00pm	(5)	5-7 yrs	**560585**

TERWILLEGAR

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 11-15	9:00am-12:00pm	(5)	5-7 yrs	**560387**
M-F	Jul 18-22	1:00-4:00pm	(5)	5-7 yrs	**560428**
M-F	Aug 2-5	9:00am-12:00pm	(5)	5-7 yrs	**560370**

PASSPORT TO FUN — AGES 5-7

$120 (5 days)

In this half-day camp, campers will make travel plans to virtually visit countries all over the globe! They'll learn board games, sports and cooperative games from different cultures and traditions. They'll even create a passport that they will use to travel the globe. One day they'll learn how cricket is played in India. Another day, they'll make a replica of an active volcano in Indonesia! Wherever this camp takes our little world travelers, it is sure to be an exciting adventure! No swimming.

CLAREVIEW

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 11-15	1:00-4:00pm	(5)	5-7 yrs	**560481**
M-F	Aug 8-12	1:00-4:00pm	(5)	5-7 yrs	**561117**

THE MEADOWS

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 11-15	1:00-4:00pm	(5)	5-7 yrs	**560467**
M-F	Aug 15-19	9:00am-12:00pm	(5)	5-7 yrs	**560476**

TERWILLEGAR

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 4-8	9:00am-12:00pm	(5)	5-7 yrs	**560384**
M-F	Aug 8-12	1:00-4:00pm	(5)	5-7 yrs	**560430**

NEW! REWIND > FAST FORWARD

AGES 5-7

$120 (5 days)

Get your child ready to jump into a time-capsule for a time-traveling adventure! We'll explore an era when the oldest dinosaur roamed the earth, then take a giant leap to the future and imagine what lays ahead...a playground on Mars? Only time can tell! This half-day program will be full of imagination and creativity as we uncover the past and discover the future. Participants will meet new friends, try new things, and have lots of 'real time' fun! No swimming.

THE MEADOWS

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 18-22	9:00am-12:00pm	(5)	5-7 yrs	**560468**

TERWILLEGAR

	DATES	TIME	#	AGES	BARCODE
M-F	Aug 8-12	9:00am-12:00pm	(5)	5-7 yrs	**560371**
M-F	Aug 15-19	9:00am-12:00pm	(5)	5-7 yrs	**560390**

NEW! SUMMER SAMPLER — AGES 5-7

$120 (5 days) $100 (4 days)

This is an awesome way to try out a BRAND NEW camp and sample three of our most popular camps all in one week! Register for a one stop shop, for your child to have a blast being physically active in GAME ON, experience the lights, camera and action in BROADWAY, and experimenting in MAD SCIENTIST. Action pack your week by making new friends and having lots of fun! No swimming.

CLAREVIEW

	DATES	TIME	#	AGES	BARCODE
M-F	Aug 2-5	9:00am-12:00pm	(4)	5-7 yrs	**561116**

THE MEADOWS

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 11-15	9:00am-12:00pm	(5)	5-7 yrs	**560466**
M-F	Jul 25-29	1:00-4:00pm	(5)	5-7 yrs	**560471**

TERWILLEGAR

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 11-15	1:00-4:00pm	(5)	5-7 yrs	**560433**
M-F	Jul 18-22	9:00am-12:00pm	(5)	5-7 yrs	**560369**
M-F	Jul 25-29	1:00-4:00pm	(5)	5-7 yrs	**560386**

FULL-DAY CAMPS

BROADWAY CAMP — AGES 5-7

$230 (5 days) $210 (4 days)

Lights, camera, action! This week will bring out the director, producer, stage hand, dancer, singer, and actor in every participant. As we try different types of performances, campers will have the opportunity to write scripts, play theatre sports, develop sets, and star in their own productions. They'll also try moving to the groove of R&B, hip hop, jazz and bollywood music. The camp will end with a performance for parents/guardians and a wrap-up party! No swimming.

TERWILLEGAR

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 18-22	9:00am-4:00pm	(5)	5-7 yrs	**560511**
Tu-F	Aug 2-5	9:00am-4:00pm	(4)	5-7 yrs	**560499**

NEW! SUMMER SAMPLER — AGES 5-7

$230 (5 days) $210 (4 days)

This is an awesome way to try out a BRAND NEW camp and sample three of our most popular camps all in one week! Register for a one stop shop, for your child to have a blast being physically active in GAME ON, experience the lights, camera and action in BROADWAY, and experimenting in MAD SCIENTIST. Action pack your week by making new friends and having lots of fun! No swimming.

COMMONWEALTH

	DATES	TIME	#	PRICE	BARCODE
M-F	Jul 18-22	9:00am-4:00pm	(5)	5-7 yrs	**560411**

THE MEADOWS

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 18-22	9:00am-4:00pm	(5)	5-7 yrs	**561232**

MILL WOODS

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 11-15	9:00am-4:00pm	(5)	5-7 yrs	**561217**
Tu-F	Aug 2-5	9:00am-4:00pm	(4)	5-7 yrs	**561218**

BROADWAY — AGES 6-8

$230 (5 days)

Lights, camera, action! This week will bring out the director, producer, stage hand, dancer, singer, and actor in every participant. As we try different types of performances, campers will have the opportunity to write scripts, play theatre sports, develop sets, and star in their own productions. They'll also try moving to the groove of R&B, hip hop, jazz and bollywood music. The camp will end with a performance for parents/guardians and a wrap-up party! Swimming will take place every afternoon, except Friday!

COMMONWEALTH

	DATES	TIME	#	PRICE	BARCODE
M-F	Aug 22-26	9:00am-4:00pm	(5)	5-7 yrs	**561216**

THE MEADOWS

	DATES	TIME	#	AGES	BARCODE
M-F	Aug 8-12	9:00am-4:00pm	(5)	6-8 yrs	**560460**

TERWILLEGAR

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 11-15	9:00am-4:00pm	(5)	6-8 yrs	**560375**

CAMP OLYMPICS — AGES 6-8

$230 (5 days)

Has your little athlete ever dreamed of participating in the Olympics? All week, we'll participate in Olympian activities and your child will create their own Olympic event. Together, we'll learn the importance of teamwork and physical activity in sport. We'll start the week by creating a team flag and finish with creating our own participation trophies. Swimming will take place every afternoon, except Friday!

THE MEADOWS

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 25-29	9:00am-4:00pm	(5)	6-8 yrs	**560458**

TERWILLEGAR

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 18-22	9:00am-4:00pm	(5)	6-8 yrs	**560381**

CSI: CAMP SCENE INVESTIGATION

AGES 6-8

$230 (5 days) $210 (4 days)

Your child can step into the shoes of a Camp Scene Investigator for a week! Working together as a Camp Scene Investigative Unit, participants will develop a case file, take crime scene photographs, interview witnesses and search for evidence. As the week goes on, more clues will reveal themselves and participants will have to work as a team to put the clues together and solve this camp scene case. Participants will roleplay assorted characters in this mystery and stay active by hopping, running, and jumping from scene to scene. The final day of camp will wrap up with the detectives presenting their findings to a jury! Is the suspect really guilty? Your child will be eager to learn what the jury decides! Swimming will take place every afternoon, except Friday!

THE MEADOWS

	DATES	TIME	#	AGES	BARCODE
M-F	Aug 22-26	9:00am-4:00pm	(5)	6-8 yrs	**560462**

GAME ON! AGES 6-8

$230 (5 days) $210 (4 days)

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

THE MEADOWS

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 18-22	9:00am-4:00pm	(5)	6-8 yrs	**560457**
M-F	Aug 15-19	9:00am-4:00pm	(5)	6-8 yrs	**560461**

TERWILLEGAR

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 4-8	9:00am-4:00pm	(5)	6-8 yrs	**560374**
Tu-F	Aug 2-5	9:00am-4:00pm	(4)	6-8 yrs	**560377**
M-F	Aug 22-26	9:00am-4:00pm	(5)	6-8 yrs	**560379**

MAD SCIENTIST AGES 6-8

$235 (5 days)

It's messy, goopy, slimy and bubbling over with FUN! These colourful experiments may not be your first choice of activity at your kitchen table, but, here at camp, we are ready for the mess! Have your child join us to figure out the how's and why's of chemical reactions, gravity, and all things science. We'll learn how to problem solve our way through messy concoctions to discover cool scientific facts. Swimming will take place every afternoon, except Friday!

THE MEADOWS

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 11-15	9:00am-4:00pm	(5)	6-8 yrs	**560456**

TERWILLEGAR

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 25-29	9:00am-4:00pm	(5)	6-8 yrs	**560376**

SURVIVOR FUN FACTOR AGES 6-8

$230 (5 days) $210 (4 days)

Have your child join us for a week full of activities with an extreme fun factor. Tribal teams will compete in obstacle courses, scavenger hunts, wacky competitions, riddles and immunity challenges. It's sure to be an adventure for everyone! Friday will wrap up with a picnic and outdoor activities in the park. Swimming will take place every afternoon, except Friday!

THE MEADOWS

	DATES	TIME	#	AGES	BARCODE
Tu-F	Aug 2-5	9:00am-4:00pm	(4)	6-8 yrs	**560459**

TERWILLEGAR

	DATES	TIME	#	AGES	BARCODE
M-F	Aug 15-19	9:00am-4:00pm	(5)	6-8 yrs	**560380**

THE AMAZING RACE AGES 6-8

$230 (5 days) $210 (4 days)

In this race across camp, participants will work together in small groups to conquer challenges and overcome roadblocks. These adventures will increase skills in teamwork, leadership, communication, and personal growth. Teams will accumulate points throughout the week leading up to the final leg of the race on Friday! The last day will wrap up with a picnic in the park. Swimming will take place every afternoon, except Friday!

THE MEADOWS

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 4-8	9:00am-4:00pm	(5)	6-8 yrs	**560455**

TERWILLEGAR

	DATES	TIME	#	AGES	BARCODE
M-F	Aug 8-12	9:00am-4:00pm	(5)	6-8 yrs	**560378**

BIKE & SPLASH AGES 8-12

$242 (5 days)

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

KINSMEN

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

BROADWAY

AGES 8-12

$230 (5 days)

Lights, camera, action! This week will bring out the director, producer, stage hand, dancer, singer, and actor in every participant. As we try different types of performances, campers will have the opportunity to write scripts, play theatre sports, develop sets, and star in their own productions. They'll also try moving to the groove of R&B, hip hop, jazz and bollywood music. The camp will end with a performance for parents/guardians and a wrap-up party! Swimming will take place every afternoon, except Friday!

THE MEADOWS

	DATES	TIME	#	AGES	BARCODE
M-F	Aug 8-12	9:00am-4:00pm	(5)	8-12 yrs	**560366**

TERWILLEGAR

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 11-15	9:00am-4:00pm	(5)	8-12 yrs	**560349**

CAMP OLYMPICS

AGES 8-12

$230 (5 days)

Has your little athlete ever dreamed of participating in the Olympics? All week, we'll participate in Olympian activities and your child will create their own Olympic event. Together, we'll learn the importance of teamwork and physical activity in sport. We'll start the week by creating a team flag and finish with creating our own participation trophies. Swimming will take place every afternoon, except Friday!

THE MEADOWS

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 25-29	9:00am-4:00pm	(5)	8-12 yrs	**560364**

TERWILLEGAR

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 18-22	9:00am-4:00pm	(5)	8-12 yrs	**560350**

CSI: CAMP SCENE INVESTIGATION

AGES 8-12

$230 (5 days)

Your child can step into the shoes of a Camp Scene Investigator for a week! Working together as a Camp Scene Investigative Unit, participants will develop a case file, take crime scene photographs, interview witnesses and search for evidence. As the week goes on, more clues will reveal themselves and participants will have to work as a team to put the clues together and solve this camp scene case. Participants will roleplay assorted characters in this mystery and stay active by hopping, running, and jumping from scene to scene. The final day of camp will wrap up with the detectives presenting their findings to a jury! Is the suspect really guilty? Your child will be eager to learn what the jury decides! Swimming will take place every afternoon, except Friday!

THE MEADOWS

	DATES	TIME	#	AGES	BARCODE
M-F	Aug 22-26	9:00am-4:00pm	(5)	8-12 yrs	**560463**

GAME ON!

AGES 8-12

$230 (5 days) $210 (4 days)

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

THE MEADOWS

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 18-22	9:00am-4:00pm	(5)	8-12 yrs	**560363**
M-F	Aug 15-19	9:00am-4:00pm	(5)	8-12 yrs	**560368**

TERWILLEGAR

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 4-8	9:00am-4:00pm	(5)	8-12 yrs	**560348**
Tu-F	Aug 2-5	9:00am-4:00pm	(4)	8-12 yrs	**560352**
M-F	Aug 22-28	9:00am-4:00pm	(5)	8-12 yrs	**560355**

MAD SCIENTIST — AGES 8-12

$235 (5 days)

It's messy, goopy, slimy and bubbling over with FUN! These colourful experiments may not be your first choice of activity at your kitchen table, but, here at camp, we are ready for the mess! Have your child join us to figure out the hows and whys of chemical reactions, gravity, and all things science. We'll learn how to problem solve our way through messy concoctions to discover cool scientific facts. Swimming will take place every afternoon, except Friday!

THE MEADOWS

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 11-15	9:00am-4:00pm	(5)	8-12 yrs	**560361**

TERWILLEGAR

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 25-29	9:00am-4:00pm	(5)	8-12 yrs	**560351**

SURVIVOR FUN FACTOR — AGES 8-12

$230 (5 days) $210 (4 days)

Have your child join us for a week full of activities with an extreme fun factor. Tribal teams will compete in obstacle courses, scavenger hunts, wacky competitions, riddles and immunity challenges. It's sure to be an adventure for everyone! Friday will wrap up with a picnic and outdoor activities in the park. Swimming will take place every afternoon, except Friday!

THE MEADOWS

	DATES	TIME	#	AGES	BARCODE
M-Tu	Aug 2-5	9:00am-4:00pm	(4)	8-12 yrs	**560365**

TERWILLEGAR

	DATES	TIME	#	AGES	BARCODE
M-F	Aug 15-19	9:00am-4:00pm	(5)	8-12 yrs	**560356**

THE AMAZING RACE — AGES 8-12

$230 (5 days) $210 (4 days)

In this race across camp, participants will work together in small groups to conquer challenges and overcome roadblocks. These adventures will increase skills in teamwork, leadership, communication, and personal growth. Teams will accumulate points throughout the week leading up to the final leg of the race on Friday! The last day will wrap up with a picnic in the park. Swimming will take place every afternoon, except Friday!

THE MEADOWS

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 4-8	9:00am-4:00pm	(5)	8-12 yrs	**560360**

TERWILLEGAR

	DATES	TIME	#	AGES	BARCODE
M-F	Aug 8-12	9:00am-4:00pm	(5)	8-12 yrs	**560353**

City Arts Centre Outreach Camps

Also look for these programs and others at the City Arts Centre.

LEGO & TOY ANIMATION CAMP — AGES 6-9

$255.00 (5 days)

Everything is awesome this summer! So why not join us for a week of Lego stop motion animation? Using your Lego characters, you and your film crew will create a stop motion animation film using the latest digital gear and then add sound effects, music, voice overs and titles in post-production to make your film worthy of an Oscar. Family and friends are invited to join crews at the red carpet film festival at the end of the week. Early drop-off and late pick-up available.

JASPER PLACE ANNEX

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 18-22	9:00am-4:00pm	(5)	6-9 yrs	**559710**

THE MEADOWS

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 11-15	9:00am-4:00pm	(5)	6-9 yrs	**559720**

TERWILLEGAR

	DATES	TIME	#	AGES	BARCODE
M-F	Aug 22-26	9:00am-4:00pm	(5)	6-9 yrs	**559704**

ROCK, PAPER, SCISSORS CAMP — AGES 6-9

$255.00 (5 days)

In this one-of-a-kind program, participants will create their own colorful characters and scenes. Then, using stop motion technology, video cameras, lap top computers, and their imagination, they'll bring things to life in their own Blockbuster stop motion film! Early drop-off and late pick-up available.

COMMONWEALTH

	DATES	TIME	#	AGES	BARCODE
M-F	Aug 8-12	9:00am-4:00pm	(5)	6-9 yrs	**559707**
M-F	Aug 15-19	9:00am-4:00pm	(5)	6-9 yrs	**559708**

TERWILLEGAR

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 11-15	9:00am-4:00pm	(5)	6-9 yrs	**559699**

SPLASHY ARTS CAMP — AGES 6-10

$215.00 (5 days)

It's a splashy week of fun! Participants' creative energies are maximized with various visual and performing arts activities. Then it's off to the swimming pool to refresh those creative juices. This camps is sure to keep your kids cool in and out of the pool. Early drop-off at 8 a.m and late pickup until 5 p.m.

THE MEADOWS

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 25-29	9:00am-4:00pm	(5)	6-7 yrs	**559799**
				8-9 yrs	**559800**
M-F	Aug 8-12	9:00am-4:00pm	(5)	6-7 yrs	**559801**
				8-9 yrs	**559802**
M-F	Aug 15-19	9:00am-4:00pm	(5)	6-7 yrs	**559803**
				8-9 yrs	**559804**
M-F	Aug 22-26	9:00am-4:00pm	(5)	6-7 yrs	**559805**
				8-9 yrs	**559806**

BREAKING NEWS CAMP — AGES 10-14

$205.00 (4 days)

There is only good news in our studio! Spend some time at our 'broadcast centre' and learn how the pros broadcast the evening news. Create your own mockumentary reports from the news studio, live on location, and using our green screens. Learn about audio, chroma keying and techniques to deliver news to an audience. Your newscast will include script writing, camera angles, and post production editing. Early drop-off and late pick-up available.

COMMONWEALTH

	DATES	TIME	#	AGES	BARCODE
Tu-F	Aug 2-5	9:00am-4:00pm	(4)	10-14 yrs	**559705**

CLAYMATION CAMP — AGES 10-14

$255.00 (5 days) $205.00 (4 days)

In this camp, the clay is in your hands. Mould it, twist it, animate it-and create a stop motion animation feature. First draw up a storyboard, create characters and settings, then bring your story to life with digital cameras and laptops. The week ends with CLAYMATION festival. All equipment and instruction provided by the Director's Cut. Early drop-off and late pick-up available.

COMMONWEALTH

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 25-29	9:00am-4:00pm	(5)	10-14 yrs	**559706**

JASPER PLACE ANNEX

	DATES	TIME	#	AGES	BARCODE
Tu-F	Aug 2-5	9:00am-4:00pm	(4)	10-14 yrs	**559711**

THE MEADOWS

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 18-22	9:00am-4:00pm	(5)	10-14 yrs	**559715**

TERWILLEGAR

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 4-8	9:00am-4:00pm	(5)	10-14 yrs	**559698**
Tu-F	Aug 2-5	9:00am-4:00pm	(4)	10-14 yrs	**559702**
M-F	Aug 15-19	9:00am-4:00pm	(5)	10-14 yrs	**559703**

BAKING CAMP — AGES 11-14

$145.00 (5 days)

You'll knead, whip, bake and ice, creating an assortment of breads, cakes, muffins, cookies and more. Batter up your hands and learn the basics of baking. Make treats and sweets that will impress your friends and family. Let's get baking!

CLAREVIEW

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 18-22	9:30am-12:30pm	(5)	11-14 yrs	**559740**
M-F	Aug 15-19	9:30am-12:30pm	(5)	11-14 yrs	**559741**

BEGINNER SEWING CAMP — AGES 11-14

$155.00 (5 days)

This class will introduce you to the basics of sewing by hand and by machine. Learn to safely operate a sewing machine, take your measurements and read patterns as you work on projects that you'll be proud to wear and enjoy! Machines provided.

CLAREVIEW

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 11-15	1:00-4:30pm	(5)	11-14 yrs	**559945**

FILM MAKING CAMP — AGES 11-14

$255.00 (5 days)

Lights! Camera! Action! Our digital media camps are a week of hands on creating, filming and editing. With digital cameras, software and instruction provided by the Director's Cut, your kids will produce a DVD, then show it off at a film festival finale. Kids already know a good movie when they see one-after our camp they'll know what it takes to put one together. Early drop off and late pick-up available.

JASPER PLACE

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 11-15	9:00am-4:00pm	(5)	11-14 yrs	**559709**
M-F	Aug 8-12	9:00am-4:00pm	(5)	11-14 yrs	**559712**
M-F	Aug 22-26	9:00am-4:00pm	(5)	11-14 yrs	**559713**

THE MEADOWS

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 4-8	9:00am-4:00pm	(5)	11-14 yrs	**559714**

TERWILLEGAR

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 18-22	9:00am-4:00pm	(5)	11-14 yrs	**559700**
M-F	Jul 25-29	9:00am-4:00pm	(5)	11-14 yrs	**559701**

YOU CAN COOK! CAMP — AGES 11-14

$145.00 (5 days)

Sauté, simmer, slice! Bake, blend and boil! Create an assortment of dishes from breakfast to dessert, featuring fresh ingredients. Learn to cook food you like to eat. Get real, let's make a meal!

CLAREVIEW

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 18-22	1:00-4:00pm	(5)	11-14 yrs	**559738**
M-F	Jul 25-29	1:00-4:00pm	(5)	11-14 yrs	**559739**

Family Camps

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

BROADWAY — AGES 6-12

$230.00 (5 days)

Lights, camera, action! This week will bring out the director, producer, stage hand, dancer, singer, and actor in all of us. As we try different types of performances, campers will have the opportunity to write scripts, play theater sports, develop sets, star in their own productions and move to the rhythms of R&B, hip hop, jazz and bollywood. The camp will end with a performance for parents/guardians and a wrap-up party! Swimming will take place every afternoon, except Friday!

CLAREVIEW

	DATES	TIME	#	AGES	BARCODE
M-F	Aug 15-19	9:00am - 4:00pm	(5)	6-7 yrs	**560447**
			(5)	8-12 yrs	**565151**

COMMONWEALTH

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 11-15	9:00am - 4:00pm	(5)	6-7 yrs	**560407**
				8-12 yrs	**560359**
M-F	Aug 22-26	9:00am - 4:00pm	(5)	6-7 yrs	**560780**
				8-12 yrs	**560781**

MILL WOODS

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 4- 8	9:00am - 4:00pm	(5)	6-7 yrs	**560330**
				8-12 yrs	**561170**
M-F	Aug 15-19	9:00am - 4:00pm	(5)	6-7 yrs	**560424**
				8-12 yrs	**560326**

CSI: CAMP SCENE INVESTIGATION

AGES 6-12

$210.00 (4 days)

Your child can step into the shoes of a Camp Scene Investigator for a week! Working together as a Camp Scene Investigative Unit, participants will develop a case file, take crime scene photographs, interview witnesses and search for evidence. As the week goes on, more clues will reveal themselves and participants will have to work as a team to put the clues together to solve this camp scene case. Participants will role?play assorted characters in this mystery. Participants will stay active by hopping, running, and jumping from scene to scene. The final day of camp will wrap up with the detectives presenting their findings to a jury! Is the suspect really guilty? Your child will be eager to learn what the jury decides! Swimming will take place every afternoon, except Friday!

CLAREVIEW

	DATES	TIME	#	AGES	BARCODE
M-F	Aug 8-12	9:00am-4:00pm	(5)	6-7 yrs	**565160**
			(5)	8-12 yrs	**560446**

MILL WOODS

	DATES	TIME	#	AGES	BARCODE
Tu-F	Aug 2-5	9:00am - 4:00pm	(4)	6-7 yrs	**560394**
				8-12 yrs	**560324**

CAMP OLYMPICS — AGES 6-12

$230.00 (5 days)

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

CLAREVIEW

	DATES	TIME	#	AGES	BARCODE
M-F	Aug 22-26	9:00am - 4:00pm	(5)	6-7 yrs	**565162**
			(5)	8-12 yrs	**560450**

KINSMEN

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 18-22	9:00am - 4:00pm	(5)	6-7 yrs	**560710**
				8-12 yrs	**560336**

MILL WOODS

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 25-29	9:00am - 4:00pm	(5)	6-7 yrs	**560393**
				8-12 yrs	**560323**

GAME ON! AGES 6-12

$230.00 (5 days) $210.00 (4 days)

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

CLAREVIEW

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 11-15	9:00am - 4:00pm	(5)	6-7 yrs	**560402**
			(5)	8-12 yrs	**565157**

COMMONWEALTH

	DATES	TIME	#	PRICE	BARCODE
M-F	Jul 25-29	9:00am - 4:00pm	(5)	6-7 yrs	**560410**
				8-12 yrs	**560413**
M-F	Aug 8-12	9:00am - 4:00pm	(5)	6-7 yrs	**560425**
				8-12 yrs	**560426**

KINSMEN

	DATES	TIME	#	AGES	BARCODE
Tu-F	Aug 2-5	9:00am - 4:00pm	(4)	6-7 yrs	**560711**
				8-12 yrs	**560338**

ST FRANCIS XAVIER

	DATES	TIME	#	PRICE	BARCODE
M-F	Aug 8-12	9:00am - 4:00pm	(5)	6-7 yrs	**560343**
				8-12 yrs	**560344**
M-F	Aug 15-19	9:00am - 4:00pm	(5)	6-7 yrs	**560342**
				8-12 yrs	**560341**

MILL WOODS

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 11-15	9:00am - 4:00pm	(5)	6-7 yrs	**560354**
				8-12 yrs	**560321**

MAD SCIENTIST AGES 6-12

$235.00 (5 days) $215.00 (4 days)

It's messy, goopy, slimey and bubbling over with FUN! These colourful experiments may not be your first choice of activity at your kitchen table: But here at camp, we are equipped and very excited to figure out the 'hows' and 'whys' of chemical reactions, gravity and all things science. Join us as we problem solve our way through messy concoctions to discover the cool scientific facts. Swimming will take place every afternoon, except Friday!

CLAREVIEW

	DATES	TIME	#	AGES	BARCODE
Tu-F	Aug 2-5	9:00am - 4:00pm	(4)	6-7 yrs	**560404**
				8-12 yrs	**565159**

COMMONWEALTH

	DATES	TIME	#	PRICE	BARCODE
M-F	Jul 4-8	9:00am - 4:00pm	(5)	6-7 yrs	**561171**
				8-12 yrs	**561172**
M-F	Aug 15-19	9:00am - 4:00pm	(5)	6-7 yrs	**560441**
				8-12 yrs	**560434**

MILL WOODS

	DATES	TIME	#	AGES	BARCODE
M-F	Aug 8-12	9:00am - 4:00pm	(5)	6-7 yrs	**560395**
				8-12 yrs	**560325**

READY4SPORT AGES 6-12

$230.00 (5 days)

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

KINSMEN

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

SURVIVOR FUN FACTOR AGES 6-12

$230.00 (5 days) $210.00 (4 days)

Join us for a week of activities with an extreme fun factor. Tribal teams will compete in obstacle courses, scavenger hunts, wacky competitions, riddles and immunity challenges. It?s sure to be an adventure for everyone! Friday will wrap up with a picnic and outdoor activities in the park. Swimming will take place every afternoon, except Friday!

CLAREVIEW

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 4-8	9:00am - 4:00pm	(5)	6-7 yrs	**565156**
				8-12 yrs	**560443**
M-F	Jul 25-29	9:00am - 4:00pm	(5)	6-7 yrs	**560406**
				8-12 yrs	**565167**

COMMONWEALTH

	DATES	TIME	#	PRICE	BARCODE
Tu-F	Aug 2-5	9:00am - 4:00pm	(4)	6-7 yrs	**560422**
				8-12 yrs	**560423**

MILL WOODS

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 18-22	9:00am - 4:00pm	(5)	6-7 yrs	**560392**
				8-12 yrs	**560358**

THE AMAZING RACE

AGES 6-12

$230.00 (5 days)

Join us on this fun adventure! In this race across camp, you will work together in small groups to conquer challenges and overcome roadblocks. These adventures will increase skills in teamwork, leadership, communication, and personal growth. Teams will accumulate points throughout the week leading up to the final leg of the race. The last day will begin with your final challenge and wrap up with a picnic in the park. Swimming will take place every afternoon, except Friday!

CLAREVIEW

	DATES	TIME	#	AGES	BARCODE
M-F	Jul 18-22	9:00am - 4:00pm	(5)	6-7 yrs	**565158**
				8-12 yrs	**560445**

COMMONWEALTH

	DATES	TIME	#	PRICE	BARCODE
M-F	Jul 18-22	9:00am - 4:00pm	(5)	6-7 yrs	**561173**
				8-12 yrs	**561174**

ST FRANCIS XAVIER

	DATES	TIME	#	PRICE	BARCODE
M-F	Jul 25-29	9:00am - 4:00pm	(5)	6-7 yrs	**560345**
				8-12 yrs	**560346**

MILL WOODS

	DATES	TIME	#	AGES	BARCODE
M-F	Aug 22-26	9:00am - 4:00pm	(5)	6-7 yrs	**561214**
				8-12 yrs	**561215**

Certification Programs

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
M/W	Jul 4, 6	5:00-9:00pm	(1)	$65.00	**559686**
M/W	Aug 8, 10	5:00-9:00pm	(1)	$65.00	**559687**
Fri	Sep 23, 30	5:00-9:00pm	(1)	$65.00	**559688**
Fri	Oct 21, 28	5:00-9:00pm	(1)	$65.00	**559689**
Fri	Nov 18, 25	5:00-9:00pm	(1)	$65.00	**559690**
M/W	Dec 19, 21	5:00-9:00pm	(1)	$65.00	**559691**

COMMONWEALTH

	DATES	TIME	#	PRICE	BARCODE
Sat	Jul 16	9:00am-5:00pm	(1)	$65.00	**554144**
Sat	Sep 17	9:00am-5:00pm	(1)	$65.00	**554145**
Sat	Oct 29	9:00am-5:00pm	(1)	$65.00	**554146**
Sat	Nov 19	9:00am-5:00pm	(1)	$65.00	**554147**
Sat	Dec 17	9:00am-5:00pm	(1)	$65.00	**554148**

JASPER PLACE

	DATES	TIME	#	PRICE	BARCODE
Sun	Jul 17	9:00am-5:00pm	(1)	$65.00	**553488**
Sun	Aug 21	9:00am-5:00pm	(1)	$65.00	**553489**
Sun	Sep 18	9:00am-5:00pm	(1)	$65.00	**553490**
Sun	Oct 23	9:00am-5:00pm	(1)	$65.00	**553491**

THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Sun	Aug 7	9:00am-5:00pm	(1)	$65.00	**560058**
Sun	Oct 30	9:00am-5:00pm	(1)	$65.00	**560059**
Sun	Nov 20	9:00am-5:00pm	(1)	$65.00	**553492**
Sun	Dec 11	9:00am-5:00pm	(1)	$65.00	**560060**

MILL WOODS

	DATES	TIME	#	PRICE	BARCODE
Sat	July 23	9:00am-5:00pm	(1)	$65.00	**559579**
Sat	Sept 10	9:00am-5:00pm	(1)	$65.00	**559580**
Sat	Nov 26	9:00am-5:00pm	(1)	$65.00	**559581**
Sat	Dec 17	9:00am-5:00pm	(1)	$65.00	**559582**

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Sat	Jul 30	9:00am-5:00pm	(1)	$65.00	**560027**
Sat	Aug 27	9:00am-5:00pm	(1)	$65.00	**560028**
Sat	Sep 24	9:00am-5:00pm	(1)	$65.00	**560029**
Sat	Oct 8	9:00am-5:00pm	(1)	$65.00	**560030**
Sun	Nov 6	9:00am-5:00pm	(1)	$65.00	**560031**
Sat	Dec 3	9:00am-5:00pm	(1)	$65.00	**560032**

ADULT REGISTERED
NON-AQUATIC PROGRAMS

Programs listed alphabetically by type

Fitness & Physical Activity

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	Jul 4-25	7:00-8:00pm	(4)	$80.00	**565025**
Mon	Aug 8-29	7:00-8:00pm	(4)	$80.00	**565032**

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 work out, 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	Jul 4-Jul 25	1:30-2:30pm	(4)	$52.00	**562478**

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	Jul 6	5:30-7:30pm	(1)	Adm*	**565012**
Wed	Aug 10	5:30-7:30pm	(1)	Adm*	**564972**

GRAND TRUNK

	DATES	TIME	#	PRICE	BARCODE
Sat	July 23	10:00am-12:00pm	(1)	Adm*	**564965**
Sat	Aug 27	10:00am-12:00pm	(1)	Adm*	**564966**

HARDISTY

	DATES	TIME	#	PRICE	BARCODE
Sat	Jul 9	12:30-2:30pm	(1)	Adm*	**564975**
Sat	Aug 6	12:30-2:30pm	(1)	Adm*	**564976**

JASPER PLACE

	DATES	TIME	#	PRICE	BARCODE
Sun	Jul 17	12:30-2:30pm	(1)	Adm*	**564973**
Sun	Aug 14	12:30-2:30pm	(1)	Adm*	**564974**

O'LEARY

	DATES	TIME	#	PRICE	BARCODE
Sat	Jul 16	12:30-2:30pm	(1)	Adm*	**564968**
Sat	Aug 6	12:30-2:30pm	(1)	Adm*	**564969**

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	Jul 10-Aug 14	1:00-2:00pm	(5)	$55.00	**565039**

COMMONWEALTH

	DATES	TIME	#	PRICE	BARCODE
Sun	Jul 10-Aug 14	1:00-2:00pm	(5)	$55.00	**565040**

KINSMEN

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

THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Sun	Jul 10-Aug 14	1:00-2:00pm	(5)	$55.00	**565042**

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Sat	Jul 9-Aug 13	11:45am-12:45pm	(5)	$55.00	**565041**

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	Jul 8-29	7:00-8:30pm	(4)	$64.00	**565017**
Fri	Aug 5-Sept 2	7:00-8:30pm	(5)	$80.00	**565018**

KINSMEN

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

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Tue	Jul 5-26	7:00-8:30pm	(4)	$64.00	**565019**
Tue	Aug 2-30	7:00-8:30pm	(5)	$80.00	**565020**

LEARN TO LIFT

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

KINSMEN

	DATES	TIME	#	PRICE	BARCODE
Sat	Jul 9-23	7:00-8:30pm	(3)	$36.00	**565049**
Sat	Aug 6-Sept 3	7:00-8:30pm	(5)	$60.00	**565050**

OBSTACLE-FIT CONDITIONING

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

KINSMEN

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

OLYMPIC LIFTING 101

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

KINSMEN

	DATES	TIME	#	PRICE	BARCODE
Sat	Jul 9-23	11:00am-12:00pm	(3)	$36.00	**565052**
Sat	Aug 6-Sept 3	11:00am-12:00pm	(5)	$60.00	**565051**

PRENATAL YOGA

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	Jul 10-24	12:45-2:00pm	(3)	$43.50	**564885**
Sun	Aug 7-28	12:45-2:00pm	(4)	$58.00	**564886**

SMALL GROUP PERSONAL TRAINING

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.

KINSMEN

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

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
Mon	Jul 4-26	6:00-7:00pm	(4)	$80.00	**565029**
Mon	Aug 8-29	6:00-7:00pm	(4)	$80.00	**565030**

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	Jul 4-25	7:15-8:15pm	(4)	$52.00	**562474**
Mon	Aug 8-29	7:15-8:15pm	(4)	$52.00	**562475**

TRIATHLON TRAINING

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

KINSMEN

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

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	Jul 9-24	10:30-11:30am	(3)	$36.00	**565044**
Sat	Aug 6-27	10:30-11:30am	(4)	$48.00	**565045**

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	Jul 9-Aug 20	10:30-11:30am	(6)	$66.00	**565021**

COMMONWEALTH

	DATES	TIME	#	PRICE	BARCODE
Sat	Jul 9-Aug 20	9:30-10:30am	(6)	$66.00	**565033**

KINSMEN

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

THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Sun	Jul 10-Aug 21	10:30-11:30am	(6)	$66.00	**565035**

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Sun	Jul 10-Aug 21	9:30-10:30am	(6)	$66.00	**565022**

Recreation Centres
Outreach Programming

Also look for these programs and others offered at City of Edmonton Recreation Centres.

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 safe and adaptable to virtually any fitness level.

CITY ARTS CENTRE

	DATES	TIME	#	PRICE	BARCODE
Tue	Jul 5-26	5:30-6:30pm	(4)	$52.00	**564878**
Tue	Aug 2-30	5:30-6:30pm	(5)	$65.00	**564879**

PILATES LEVEL 1

Based on the work of Joseph Pilates, the emphasis of this program is on purposeful movement through the execution of proper body alignment. Discover how to coordinate the efforts of the muscles in conjunction with the stabilizers and core to develop strength & flexibility.

CITY ARTS CENTRE

	DATES	TIME	#	PRICE	BARCODE
Mon	Jul 4-25	5:25-6:25pm	(4)	$52.00	**564880**
Mon	Aug 8-29	5:25-6:25pm	(4)	$52.00	**564881**

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.

CITY ARTS CENTRE

	DATES	TIME	#	PRICE	BARCODE
Wed	Jul 6-27	5:25-6:25pm	(4)	$52.00	**564882**
Wed	Aug 3-31	5:25-6:25pm	(5)	$65.00	**564887**

Programs for Persons with Disabilities
SURF

S.U.R.F. (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 provides the opportunity to meet new people. Participants are welcome to bring a snack or money to purchase a snack. All participants requiring an attendant are to supply their own for the program.

SUPER SUMMER ART & CRAFT CAMP

Imagination abounds! Come and join the fun for six evenings of creativity. Express yourself through various art and craft projects using different materials each evening. All supplies are provided.

A.C.T.

	DATES	TIME	#	PRICE	BARCODE
Tu/Th	Jul 5-21	6:30-9:30pm	(6)	$99.00	**564318**

SUPER SUMMER THEME CAMP

Adventure awaits! When you are asked "what did you do this summer?" you will need hours to tell your stories after joining this fun filled camp! You will be able to tell tales of science, heritage, outings and more! So if you are looking for some adventure this summer without the long car ride or costly plane ticket, come join in for some fun! Additional costs for planned outings may apply.

A.C.T.

	DATES	TIME	#	PRICE	BARCODE
Tu/Th	Aug 2-18	6:30-9:30pm	(6)	$99.00	**564320**

Dance Programs
City Arts Centre Outreach Programming

Also look for these programs and others at the City Arts Centre.

Dance

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.

THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Thu	Aug 4-25	8:00-9:00pm	(4)	$50.00	**562667**

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Wed	Jul 6-27	7:00-8:00pm	(4)	$50.00	**562659**
Wed	Aug 3-24	7:00-8:00pm	(4)	$50.00	**562666**

CREATIVE BALLET

Explore the basics of ballet: poise, coordination, strength, alignment and basic musicality. Along with learning the basics you will learn how to create your own tutu. Each class begins at the barre, and progresses to center work and learning some choreography. Suitable for all body types, fitness levels and anyone who needs a good stretch! Supplies included.

CLAREVIEW

	DATES	TIME	#	PRICE	BARCODE
Thu	Jul 7-28	7:00-8:30pm	(4)	$65.00	**562678**

FLOOR BARRE BALLET

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	Aug 3-24	8:00-9:00pm	(4)	$50.00	**562669**

HIP HOP

Learn current hip hop dance steps in a positive social environment. You will be guided through the latest hip hop and funk moves coordinated to popular dance music. Pick up some funky new steps, work your body and have some fun in this high energy dance class. Each class will build on choreographed moves learned from previous class.

CLAREVIEW

	DATES	TIME	#	PRICE	BARCODE
Thu	Aug 4-25	7:00-8:00pm	(4)	$50.00	**562946**

THE MEADOWS

	DATES	TIME	#	PRICE	BARCODE
Thu	Jul 7-28	8:00-9:00pm	(4)	$50.00	**562679**

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Wed	Jul 6-27	8:00-9:00pm	(4)	$50.00	**562658**

Partnered Dance

BALLROOM/LATIN DANCING

Want to go out dancing and be able 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. Single registrants will be paired with other single registrants.

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
MEN					
Wed	Jul 6-Aug 24	7:00-8:30pm	(8)	$120.00	**562657**
WOMEN					
Wed	Jul 6-Aug 24	7:00-8:30pm	(8)	$120.00	**562656**

COUNTRY

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. Single registrants will be paired up with a partner.

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
MEN					
Wed	Jul 6-Aug 24	8:30-10:00pm	(8)	$120.00	**562660**
WOMEN					
Wed	Jul 6-Aug 24	8:30-10:00pm	(8)	$120.00	**562661**

SALSA/BACHATA DANCING

Salsa and bachata are two fun and exhilerating 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.

MILL WOODS

	DATES	TIME	#	PRICE	BARCODE
MEN					
Tue	Jul 5-26	8:00-9:00pm	(4)	$50.00	**562680**
Tue	Aug 2-23	8:00-9:00pm	(4)	$50.00	**567804**
WOMEN					
Tue	Jul 5-26	8:00-9:00pm	(4)	$50.00	**562677**
Tue	Aug 2-23	8:00-9:00pm	(4)	$50.00	**567803**

SWING

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.

MILL WOODS

	DATES	TIME	#	PRICE	BARCODE
MEN					
Tue	Jul 5-26	7:00-9:00pm	(4)	$50.00	**562675**
Tue	Aug 2-23	7:00-9:00pm	(4)	$50.00	**567802**
WOMEN					
Tue	Jul 5-26	7:00-9:00pm	(4)	$50.00	**562676**
Tue	Aug 2-23	7:00-9:00pm	(4)	$50.00	**567800**

WEDDING DANCE PREP

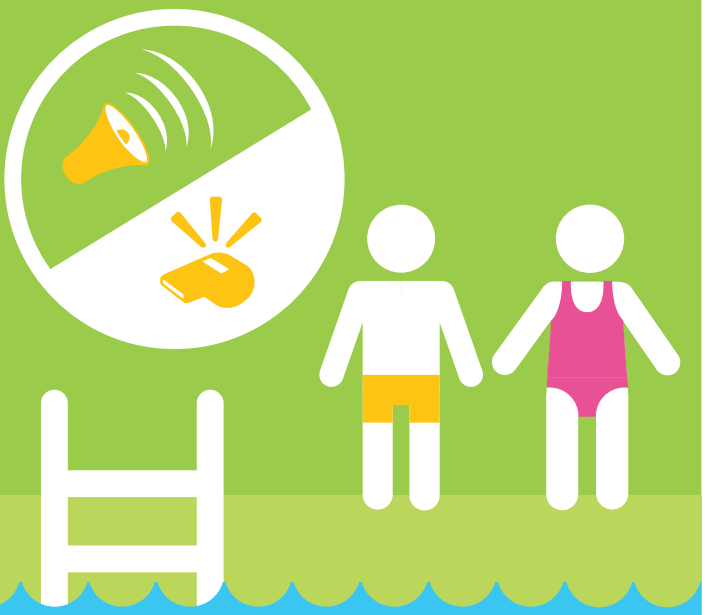
Let us help you make your first wedding dance a fun and memorable moment. Working in a semi-private setting, you'll learn to dance to your chosen song, gaining confidence and ease in the process.

TERWILLEGAR

	DATES	TIME	#	PRICE	BARCODE
Thu	Jul 7-28	7:30-8:30pm	(4)	$200.00	**562671**
Thu	Aug 4-25	7:30-8:30pm	(4)	$200.00	**562672**

WE'RE ALL IN THIS TOGETHER

When you hear a loud horn or long whistle blast, exit the pool carefully and stand against the wall



Pool Clear Safety Drills keep everyone safe.
Includes hot tubs, saunas and steam rooms.

Edmonton.ca/PoolSafety

THE CITY OF Edmonton

OUTDOOR POOLS SEASON PASS

NEW this summer, get unlimited access to outdoor pools for one great price.

Child	Adult	Youth/Senior	Family
$49	**$75**	**$59**	**$199**

Available for a limited time.

Pick up a season pass today at any City of Edmonton recreation centre, or outdoor pool.

edmonton.ca/outdoorpools

City of Edmonton Recreation centres

OUTDOOR POOL HOURS & PROGRAMS

FRED BROADSTOCK AQUATIC PROGRAMS

MONDAY - FRIDAY: JULY 4 – 15
10 LESSONS

9:00AM	SWIM KIDS 6/7 564053	SWIM KIDS 3 564056	SWIM KIDS 1 564105	4&5 YR OLD BEG 564113
9:15AM				
9:30AM			4&5 YR OLD ADV/ENR 564106	SWIM KIDS 1 564114
9:45AM	SWIM KIDS 8/9/10 564054	SUPER 3 YR OLD BEG 564057		
10:00AM			SWIM KIDS 2 564108	SWIM KIDS 4 564115
10:15AM		SWIM KIDS 5 564058		
10:30AM	SWIM KIDS 1 564055		4&5 YR OLD BEG 564112	
10:45AM				

Parent Discussion Day July 8

FRED BROADSTOCK AQUATIC PROGRAMS

MONDAY - FRIDAY: JULY 18 – 29
10 LESSONS

9:00AM	SWIM KIDS 4 564117	4&5 YR OLD BEG 564123	SWIM KIDS 2 564134	SWIM KIDS 5 564144
9:15AM				
9:30AM		SWIM KIDS 1 564124	SWIM KIDS 3 564136	
9:45AM	SWIM KIDS 6/7 564119			PARENT & TOT 564149
10:00AM		SWIM KIDS 2 564127		
10:15AM			SWIM KIDS 1 564140	SWIM KIDS 8/9/10 564152
10:30AM	4&5 YR OLD ADV/ENR 564121	4&5 YR OLD BEG 564130		
10:45AM				

Parent Discussion Day July 22

FRED BROADSTOCK AQUATIC PROGRAMS

MONDAY - FRIDAY: AUGUST 2 – 12
9 LESSONS

9:00AM	SWIM KIDS 6/7 564157	SWIM KIDS 3 564174	SWIM KIDS 1 564182	4&5 YR OLD BEG 564195
9:15AM				
9:30AM			4&5 YR OLD ADV/ENR 564186	SWIM KIDS 1 564198
9:45AM	SWIM KIDS 8/9/10 564169	SUPER 3 YR OLD BEG 564177		
10:00AM			SWIM KIDS 2 564189	SWIM KIDS 4 564201
10:15AM		SWIM KIDS 5 564180		
10:30AM	SWIM KIDS 1 564173		4&5 YR OLD BEG 564193	
10:45AM				

Parent Discussion Day Aug 8

FRED BROADSTOCK AQUATIC PROGRAMS

MONDAY - FRIDAY: AUGUST 15 – 26
10 LESSONS

9:00AM	SWIM KIDS 4 564202	4&5 YR OLD BEG 564209	SWIM KIDS 2 564214	SWIM KIDS 5 564217
9:15AM				
9:30AM		SWIM KIDS 1 564211	SWIM KIDS 3 564215	
9:45AM	SWIM KIDS 6/7 564205			SUPER 3 YR OLD BEG 564218
10:00AM		SWIM KIDS 2 564212		
10:15AM			SWIM KIDS 1 564216	SWIM KIDS 8/9/10 564219
10:30AM	4&5 YR OLD ADV/ENR 564206	4&5 YR OLD BEG 564213		
10:45AM				

Parent Discussion Day Aug 19

FRED BROADSTOCK OUTDOOR POOL SCHEDULE: MAY 21 – SEPTEMBER 5 2016

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ADM DESK	11:00am-7:00pm	11:00am-7:00pm* 9:00am-7:00pm**	11:00am-7:00pm* 9:00am-7:00pm**	11:00am-7:00pm* 9:00am-7:00pm**	11:00am-7:00pm* 9:00am-7:00pm**	11:00am-7:00pm* 9:00am-8:00pm**	11:00am-7:00pm
PUBLIC SWIM	11:00am-7:00pm	11:00am-7:00pm	11:00am-7:00pm	11:00am-7:00pm	11:00am-7:00pm	11:00am-8:00pm	11:00am-7:00pm
LANE SWIM	11am-12pm**	11am-12pm**	11am-12pm**	11am-12pm**	11am-12pm**	11am-12pm**	11am-12pm**
LESSONS		9:00-11:00am**	9:00-11:00am**	9:00-11:00am**	9:00-11:00am**	9:00-11:00am**	
COMMUNITY SWIM	5:00pm-7:00pm	5:00pm-7:00pm	5:00pm-7:00pm	5:00pm-7:00pm			
RENTALS	9:00-11:00am 7:00-9:00pm	9:00-11:00am 7:00-9:00pm	9:00-11:00am 7:00-9:00pm	9:00-11:00am 7:00-9:00pm	9:00-11:00am 7:00-9:00pm	9:00-11:00am 7:00-9:00pm	9:00-11:00am 7:00-9:00pm

* Until July 1
** After July 1

Registration starts **May 4**. Go to **edmonton.ca/eReg** online, **call 311,** or visit any **City of Edmonton Recreation Centre.**

MILL CREEK OUTDOOR POOL SCHEDULE: MAY 21 – SEPTEMBER 5 2016							
ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ADM DESK	11:00am-9:00pm	11:00am-9:00pm	11:00am-9:00pm	11:00am-9:00pm	11:00am-9:00pm	11:00am-9:00pm	11:00am-9:00pm
PUBLIC SWIM	11:00am-9:00pm	11:00am-9:00pm	11:00am-9:00pm	11:00am-9:00pm	11:00am-9:00pm	11:00am-9:00pm	11:00am-9:00pm
COMMUNITY SWIM	7:00-9:00pm	7:00-9:00pm	7:00-9:00pm	7:00-9:00pm	7:00-9:00pm	7:00-9:00pm	7:00-9:00pm
RENTALS	9:00-11:00am	9:00-11:00am	9:00-11:00am	9:00-11:00am	9:00-11:00am	9:00-11:00am	9:00-11:00am

OLIVER OUTDOOR POOL SCHEDULE: JUNE 12 – SEPTEMBER 4 2015							
ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ADM DESK	12:00-8:00pm	3:00-8:00pm* 12-8pm**	3:00-8:00pm* 12-8pm**	3:00-8:00pm* 12-8pm**	3:00-8:00pm* 12-8pm**	3:00-8:00pm* 12-8pm**	12:00-8:00pm
PUBLIC SWIM	12:00-8:00pm	3:00-8:00pm* 12-8pm**	3:00-8:00pm* 12-8pm**	3:00-8:00pm* 12-8pm**	3:00-8:00pm* 12-8pm**	3:00-8:00pm* 12-8pm**	12:00-8:00pm
LANE SWIM		11am-12pm**	11am-12pm**	11am-12pm**	11am-12pm**	11am-12pm**	10am-12pm
COMMUNITY SWIM	6:00-8:00pm	6:00-8:00pm	6:00-8:00pm	6:00-8:00pm			
RENTALS	9am-12pm 8:00-9:00pm	9am-3pm 8:00-9:00pm	9am-3pm 8:00-9:00pm	9am-3pm 8:00-9:00pm	9am-3pm 8:00-9:00pm	9am-3pm 8:00-9:00pm	9:00-10:00am 8:00-9:00pm

- * Until July 1
- ** After July 1

QUEEN ELIZABETH OUTDOOR POOL SCHEDULE: JUNE 1 – SEPTEMBER 5 2016							
ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ADM DESK	11:00am-7:00pm	11:00am-8:00pm	11:00am-7:00pm	11:00am-8:00pm	11:00am-7:00pm	11:00am-7:00pm	11:00am-7:00pm
LANE SWIM	8:00-11:00am	6:00-8:00am	6:00-8:00am	6:00-8:00am	6:00-8:00am	6:00-8:00am	8:00-11:00am
PUBLIC SWIM	11:00am-7:00pm	11:00am-7:00pm	11:00am-7:00pm	11:00am-7:00pm	11:00am-7:00pm	11:00am-7:00pm	11:00am-7:00pm
COMMUNITY SWIM	5:00-7:00pm	6:00-8:00pm	6:00-8:00pm	6:00-8:00pm			
SWIM TRAINING		10:00-11:00am		10:00-11:00am		10:00-11:00am	
RENTALS	7:00-8:00am 7:00-9:00pm	8:00-10:00am 7:00-9:00pm	7:00-8:00am 7:00-9:00pm	8:00-10:00am 7:00-9:00pm	7:00-8:00am 7:00-9:00pm	8:00-10:00am 7:00-9:00pm	7:00-8:00am 7:00-9:00pm

- Morning Lane Swim hours will be delayed starting beginning of August.
- Guaranteed hours: Morning lane swims and 11AM-2PM daily

For all Outdoor Pools:

- Lane swim is shared.
- Pool schedule is subject to change
- Operating season may be extended due to hot weather
- **HOLIDAY HOURS:**

  Victoria Day - Monday, May 23: 11:00am - 7:00pm Public Swim
  Canada Day - Friday, July 1: 11:00am - 7:00pm Public Swim
  Heritage Day - Monday, Aug 1: 11:00am - 7:00pm Public Swim
  Labor Day - Monday, Sept 5: 11:00am - 7:00pm Public Swim

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

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

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

Watch for new Select dates and times in the fall.

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

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

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

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

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

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

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

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 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 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	
	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	LIFESAVING INSTRUCTOR	
	AQUATIC EMERGENCY CARE		
	NATIONAL LIFEGUARD SERVICE		

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

REGISTERED AQUATIC SWIM PROGRAMS

Program schedules listed by facility alphabetically

ACT AQUATIC AND RECREATION CENTRE

ACT AQUATIC PROGRAMS

MONDAY & WEDNESDAY: JULY 4 – 27
8 LESSONS

4:45PM	SWIM KIDS 1 562298		4&5 YR OLD BEG 562821
5:00PM		SWIM KIDS 2 562786	
5:15PM	SWIM KIDS 3/4 563156		SWIM KIDS 5/6 563162
5:30PM		SUPER 3 YR OLD BEG/INT 563125	
5:45PM			
6:00PM	4&5 YR OLD ADV/ ENR 562737	SWIM KIDS 1 562347	PARENT & TOT 563090
6:15PM			
6:30PM	SWIM KIDS 2 562776	4&5 YR OLD BEG 562819	SWIM KIDS 2 562782
6:45PM			

Parent Discussion Day July 13

ACT AQUATIC PROGRAMS

MONDAY & WEDNESDAY: AUGUST 8 – 31
8 LESSONS

4:45PM		SUPER 3 YR OLD BEG/INT 563129	
5:00PM	4&5 YR OLD ADV/ ENR 562740		4&5 YR OLD BEG 562826
5:15PM		SWIM KIDS 1 562352	
5:30PM	4&5 YR OLD BEG 562822		SWIM KIDS 2 562791
5:45PM		SWIM KIDS 3/4 563157	
6:00PM	4&5 YR OLD ADV/ ENR 562741		PARENT & TOT 563091
6:15PM			
6:30PM	SWIM KIDS 1 562515	4&5 YR OLD BEG 562825	SUPER 3 YR OLD BEG/INT 563130
6:45PM			

Parent Discussion Day August 17

ACT AQUATIC PROGRAMS

MONDAY – FRIDAY: JULY 4 – 15 — 10 LESSONS

9:30AM	4&5 YR OLD BEG 563174	SWIM KIDS 2 562797	SWIM KIDS 1 562538	4&5 YR OLD BEG 563178
9:45AM				
10:00AM	SWIM KIDS 3 563192	SWIM KIDS 1 562521	PARENT & TOT 563094	SUPER 3 YR OLD BEG/INT 563132
10:15AM				
10:30AM		4&5 YR OLD BEG 563178	SWIM KIDS 5/6 563163	SWIM KIDS 1 563239
10:45AM	SWIM KIDS 2 562796			
11:00AM		SUPER 3 YR OLD BEG/INT 563131		SWIM KIDS 2 562541
11:15AM	SWIM KIDS 7/8 563244		SWIM KIDS 4 563240	
11:30AM		4&5 YR OLD ADV/ENR 562744		
11:45AM				

Parent Discussion Day July 8

ACT AQUATIC PROGRAMS

MONDAY – FRIDAY: JULY 18 – 29 — 10 LESSONS

9:30AM	SWIM KIDS 1 562720	SWIM KIDS 4 563241	4&5 YR OLD BEG 563183	
9:45AM				
10:00AM	SUPER 3 YR OLD BEG/INT 563133		PARENT & TOT 563096	SWIM KIDS 9/10 563248
10:15AM		SWIM KIDS 1 562721		
10:30AM	SUPER 3 YR OLD BEG/INT 563136		SWIM KIDS 3 563195	
10:45AM		4&5 YR OLD BEG 563182		SWIM KIDS 7/8 563245
11:00AM	SWIM KIDS 2 562798			
11:15AM		SWIM KIDS 5/6 563166	4&5 YR OLD BEG 563184	
11:30AM	4&5 YR OLD ADV/ENR 562757			PARENT & TOT 563099
11:45AM				

Parent Discussion Day July 22

ACT AQUATIC PROGRAMS

MONDAY – FRIDAY: AUGUST 2 – 12 — 9 LESSONS

9:30AM	PARENT & TOT 563103	4&5 YR OLD BEG 563185	SUPER 3 YR OLD BEG/INT 563138	SWIM KIDS 5 563247
9:45AM				
10:00AM	SWIM KIDS 4 563242	SWIM KIDS 1 562725	SWIM KIDS 2 562800	
10:15AM				SUPER 3 YR OLD BEG/INT 563139
10:30AM		SWIM KIDS 7/8 563246	4&5 YR OLD ADV/ENR 562765	
10:45AM	SWIM KIDS 1 562723			SWIM KIDS 2 562805
11:00AM			4&5 YR OLD BEG 563186	
11:15AM	SWIM KIDS 3 563201	PARENT & TOT 563108		SWIM KIDS 6 563250
11:30AM			SWIM KIDS 1 562728	
11:45AM				

No lesson August 1
Parent Discussion Day August 5

Registration starts **May 4**. Go to **edmonton.ca/eReg** online, **call 311,** or visit any **City of Edmonton Recreation Centre.**

ACT AQUATIC PROGRAMS

MONDAY – FRIDAY: AUGUST 15 – 26 — 10 LESSONS

9:30AM	PARENT & TOT 563111	4&5 YR OLD BEG 563189	SUPER 3 YR OLD BEG/INT 563143	SWIM KIDS 4 563243
9:45AM				
10:00AM	SWIM KIDS 1 562729	SUPER 3 YR OLD BEG/INT 563141	SWIM KIDS 5/6 563167	
10:15AM				SWIM KIDS 3 563205
10:30AM	4&5 YR OLD BEG 563188	SWIM KIDS 9/10 563249		
10:45AM			PARENT & TOT 563115	
11:00AM	SWIM KIDS 7/8 563251			4&5 YR OLD ADV/ENR 562769
11:15AM		SWIM KIDS 2 562809	SUPER 3 YR OLD BEG/INT 563145	
11:30AM				

Parent Discussion Day August 19

ACT AQUATIC PROGRAMS

SATURDAY: JULY 9 – AUGUST 27
7 LESSONS

8:45AM	RED CROSS SWIM ADAPTED 1 563252	SUPER 3 YR OLD BEG/INT 563146	4&5 YR OLD ADV/ENR 562772
9:00AM			
9:15AM		SWIM KIDS 2 562812	4&5 YR OLD BEG 563190
9:30AM	RED CROSS SWIM ADAPTED 2 563253		
9:45AM		PARENT & TOT 563118	SUPER 3 YR OLD BEG/INT 563147
10:00AM			
10:15AM	RED CROSS SWIM ADAPTED 3/4 563254	SWIM KIDS 1 562730	SWIM KIDS 3 563208
10:30AM			
10:45AM			

No lesson July 30
Parent Discussion Day July 23

BONNIE DOON LEISURE CENTRE

BONNIE DOON AQUATIC PROGRAMS

MONDAY & WEDNESDAY: JULY 4 - 27 — 8 LESSONS

4:00PM	SWIM KIDS 1 563357	SWIM KIDS 4 563364	SWIM KIDS 5/6 563367	4&5 YR OLD BEG 563347	PARENT & TOT 563340
4:15PM					
4:30PM	SWIM KIDS 7/8 563373			SWIM KIDS 1 563358	4&5 YR OLD ADV/ENR 563354
4:45PM		SWIM KIDS 3 563362	SWIM KIDS 2 563359		
5:00PM				SWIM KIDS 9/10 563377	SWIM KIDS 1 563407
5:15PM	SWIM KIDS 5/6 563369		SWIM KIDS 4 563365		
5:30PM		4&5 YR OLD BEG 563349			SWIM KIDS 2 563360
5:45PM					
6:00PM	SWIM KIDS 3 563363	SWIM KIDS 2 563361	PARENT & TOT 563343	SWIM KIDS 7/8 5663375	4&5 YR OLD BEG 563351
6:15PM					
6:30PM		4&5 YR OLD ADV/ENR 563356	SWIM KIDS 5/6 563371		ADULT SWIM BASIC 1/2 563384
6:45PM	PRIVATE LESSON			SWIM KIDS 4 563366	
7:00PM					
7:15PM					

Parent Discussion Day Jul 18

PRIVATE LESSON	Jul 4	563386	Jul 6	563388	Jul 11	563390	Jul 13	563393
6:45 - 7:15PM	Jul 18	563394	Jul 20	563395	Jul 25	563397	Jul 27	563398

BONNIE DOON AQUATIC PROGRAMS

MONDAY & WEDNESDAY: AUGUST 3 - 29 — 8 LESSONS

4:00PM	SWIM KIDS 1 563423	PARENT & TOT 563412	4&5 YR OLD BEG 563413	SWIM KIDS 5/6 563437
4:15PM				
4:30PM	SWIM KIDS 2 563431	SWIM KIDS 7/8 563439	SWIM KIDS 4 563434	
4:45PM				SWIM KIDS 3 563432
5:00PM	SWIM KIDS 9/10 563440			
5:15PM		SWIM KIDS 4 563435	4&5 YR OLD ADV/ENR 563418	
5:30PM				SWIM KIDS 1 563428
5:45PM			SWIM KIDS 3 563433	
6:00PM	4&5 YR OLD BEG 563414	SWIM KIDS 1 563427		SWIM KIDS 2 563429
6:15PM				
6:30PM	SWIM KIDS 5/6 563438	SWIM KIDS 4 563436	SWIM KIDS 2 563430	ADULT SWIM BASIC 1/2 563441
6:45PM				
7:00PM			PRIVATE LESSON	
7:15PM				

Parent Discussion Day Aug 15

PRIVATE LESSON	Aug 3	563442	Aug 8	563443	Aug 10	563444	Aug 15	563445
7:00 - 7:30PM	Aug 17	563446	Aug 22	563447	Aug 24	563448	Aug 29	563450

BONNIE DOON AQUATIC PROGRAMS

MONDAY-FRIDAY: JULY 4 - 15 — 10 LESSONS

9:00AM	SWIM KIDS 1 563785	SWIM KIDS 5/6 563797	SWIM KIDS 7/8 563803	4&5 YR OLD ADV/ENR 563784	SWIM KIDS 3/4 FRENCH ONLY 563794	BRONZE MEDALLION (EXAM DATE: JUL 15 6 9:00-12:00PM) 564005
9:15AM						
9:30AM	PARENT & TOT 563777			4&5 YR OLD BEG 563783		
9:45AM		SWIM KIDS 4 563795	SWIM KIDS 3 563793		SWIM KIDS 7/8/9/10 FRENCH ONLY 567806	
10:00AM	4&5 YR OLD BEG 563781			SWIM KIDS 5/6 563798		
10:15AM						
10:30AM	SWIM KIDS 1 563786	SWIM KIDS 3 563792	SWIM KIDS 2 563790			
10:45AM				SWIM ASSESMENT	SWIM KIDS 5/6 FRENCH ONLY 563801	
11:00AM	SWIM KIDS 9/10 563807		SWIM KIDS 1 563787	SWIM KIDS 2 563791		
11:15AM		SWIM KIDS 4 563796				
11:30AM			4&5 YR OLD BEG 563782	SWIM KIDS 1 563788	SWIM KIDS 1/2 FRENCH ONLY 563789	
11:45AM						

Parent Discussion Day July 8

SWIM ASSESSMENT	Jul 4	563808	Jul 5	563809	Jul 6	563810	Jul 7	563811	Jul 8	563812
10:45 - 11:00AM	Jul 11	563814	Jul 12	563815	Jul 13	563817	Jul 14	563819	Jul 15	563820

BONNIE DOON AQUATIC PROGRAMS

MONDAY- FRIDAY: JULY 18 - 29 — 10 LESSONS

9:00AM	SWIM KIDS 1 563830	SWIM KIDS 3 563836	SWIM KIDS 5/6 563840	SWIM KIDS 9/10 563847	4&5 YR OLD BEG/ADV FRENCH ONLY 563826
9:15AM					
9:30AM	SWIM KIDS 2 563834				SWIM KIDS 7/8/9/10 FRENCH ONLY 563846
9:45AM		PARENT & TOT 563822	SWIM KIDS 4 563838	4&5 YR OLD BEG 563823	
10:00AM	SWIM KIDS 7/8 563845				
10:15AM		SWIM KIDS 5/6 563841		SWIM KIDS 1 563832	
10:30AM			SWIM KIDS 3 563837		SWIM KIDS 1/2 FRENCH ONLY 563833
10:45AM	SWIM KIDS 4 563839			SWIM KIDS 5/6 563843	
11:00AM		4&5 YR OLD BEG 563824			SWIM KIDS 5/6 FRENCH ONLY 563844
11:15AM			SWIM KIDS 2 563835		
11:30AM	SWIM KIDS 1 563831	PRIVATE LESSON		4&5 YR OLD ADV/ENR 563825	
11:45AM					

Parent Discussion Day July 22

PRIVATE LESSON	Jul 18	563848	Jul 19	563849	Jul 20	563850	Jul 21	563851	Jul 22	563852
11:30 - 12:00PM	Jul 25	563853	Jul 26	563854	Jul 27	563855	Jul 28	563856	Jul 29	563857

BONNIE DOON AQUATIC PROGRAMS

MONDAY- FRIDAY: AUGUST 2 - 12 — 9 LESSONS

9:00AM	SWIM KIDS 1 563864	PARENT & TOT 563858	4&5 YR OLD BEG 563859	SWIM KIDS 9/10 563878	BRONZE CROSS (EXAM DATE: AUGUST 12 9:00-12:00PM) 564008
9:15AM					
9:30AM	4&5 YR OLD ADV/ENR 563862	SWIM KIDS 3 563870	SWIM KIDS 2 563867		
9:45AM				SWIM KIDS 5/6 563875	
10:00AM	SWIM KIDS 4 563872		4&5 YR OLD ADV/ENR 563863		
10:15AM		SWIM KIDS 1 563866			
10:30AM			SWIM KIDS 5/6 563874	SWIM KIDS 2 563868	
10:45AM	SWIM KIDS 7/8 563876	4&5 YR OLD BEG 563860			
11:00AM				SWIM KIDS 2 563869	
11:15AM		SWIM KIDS 3 563871	SWIM KIDS 4 563873		
11:30AM	SWIM KIDS 1 563865			4&5 YR OLD BEG 563861	
11:45AM					

Parent Discussion Day August 5

DID YOU KNOW?

Find out where to lane swim at
www.edmonton.ca/DropInAquaticSchedule

BONNIE DOON AQUATIC PROGRAMS

MONDAY- FRIDAY: AUGUST 15 - 26 — 10 LESSONS

9:00AM	SWIM KIDS 1 563888	PARENT & TOT 563879	4&5 YR OLD BEG 563880	SWIM KIDS 7/8 563877	SWIM KIDS 3/4 FRENCH ONLY 563895
9:15AM					
9:30AM	SWIM KIDS 2 563891	4&5 YR OLD BEG 563883	SWIM KIDS 5/6 563899		
9:45AM				SWIM KIDS 4 563896	SWIM KIDS 7/8/9/10 FRENCH ONLY 563901
10:00AM	4&5 YR OLD ADV/ENR 563887	SWIM KIDS 3 563893			
10:15AM			SWIM KIDS 1 563889		
10:30AM	SWIM KIDS 5/6 563898			4&5 YR OLD BEG 563884	
10:45AM		SWIM KIDS 4 563897	SWIM KIDS 9/10 563903		
11:00AM				SWIM KIDS 1/2 FRENCH ONLY 563890	4&5 YR OLD BEG/ADV FRENCH ONLY 563885
11:15AM	SWIM KIDS 3 563894				
11:30AM		SWIM KIDS 2 563892	4&5 YR OLD ADV/ENR 563886		SWIM KIDS 5/6 FRENCH ONLY 563890
11:45AM					

Parent Discussion Day August 19

CLAREVIEW COMMUNITY RECREATION CENTRE

CLAREVIEW AQUATIC PROGRAMS

MONDAY – FRIDAY: JULY 4 – 15 — 10 LESSONS

9:00AM	SWIM KIDS 4 563052	SWIM KIDS 3 563061	PARENT & TOT STARFISH/DUCK 563077	SWIM KIDS 5 563126	SWIM PATROL 563164	4&5 YR OLD ADV 563170
9:15AM						
9:30AM			4&5 YR OLD BEG 563082			SUPER 3 YR OLD BEG 563171
9:45AM	SWIM KIDS 1 563053	YOUTH SWIM BASIC 1 564734		SWIM KIDS 2 563127		
10:00AM			4&5 YR OLD ADV 563083			4&5 YR OLD BEG 563176
10:15AM	SUPER 3 YR OLD BEG 563055			SWIM KIDS 1 563128	SWIM KIDS 6 563165	
10:30AM		SWIM KIDS 7 563066	SWIM KIDS 4 563088			SWIM ASSESSMENT
10:45AM	4&5 YR OLD ADV/ENR 563325			SUPER 3 YR OLD BEG 563135		SWIM KIDS 3 563177
11:00AM						
11:15AM			PARENT & TOT SEA TURTLE 563093			
11:30AM	SWIM KIDS 1 563056	SWIM KIDS 2 563068		4&5 YR OLD BEG 563137	BRONZE MEDALLION (EXAM;JULY 15 11:30-1:45PM) 563169	
11:45AM						SWIM KIDS 8/9/10 563179
12:00PM	SUPER 3 YR OLD INT 563057	SWIM KIDS 2 563069	SWIM KIDS 1 563100	YOUTH SWIM BASIC 2 564738		
12:15PM						
12:30PM	4&5 YR OLD ADV 563058	SWIM KIDS 1 563071	SWIM KIDS 2 563122			SWIM KIDS 6 563180
12:45PM				4&5 YR OLD BEG 563142		
1:00PM	SWIM KIDS 5 563059	SWIM KIDS 4 563073	SUPER 3 YR OLD BEG 563123			
1:15PM				SWIM KIDS 2 563144		SWIM KIDS 1 563181
1:30PM						

Parent Discussion Day July 8

SWIM ASSESSMENT	Jul 4	563203	Jul 5	563209	Jul 6	563211	Jul 7	563212	Jul 8	563213
10:30 - 10:45AM	Jul 11	563214	Jul 12	563216	Jul 13	563217	Jul 14	563218	Jul 15	563221

CLAREVIEW AQUATIC PROGRAMS

MONDAY – FRIDAY: JULY 18 – 29 — 10 LESSONS

9:00AM	SWIM KIDS 4 563315	SWIM KIDS 3 563331	PARENT & TOT STARFISH/DUCK 563338	SWIM KIDS 5 563350	SWIM KIDS 8/9/10 563382	4&5 YR OLD ADV 563399
9:15AM						
9:30AM			4&5 YR OLD BEG 563339			SUPER 3 YR OLD BEG 563400
9:45AM	SWIM KIDS 1 563318	YOUTH SWIM BASIC 1 564735		SWIM KIDS 2 563352	SWIM KIDS 6 563385	
10:00AM			4&5 YR OLD ADV 563341			4&5 YR OLD BEG 563401
10:15AM	SUPER 3 YR OLD BEG 563320			SWIM KIDS 1 563353		
10:30AM		SWIM KIDS 7 563333	SWIM KIDS 4 563342		4&5 YR OLD BEG 563387	SWIM KIDS 3 563402
10:45AM	4&5 YR OLD ADV/ENR 563326			SUPER 3 YR OLD BEG 563355		
11:00AM						
11:15AM			PARENT & TOT SEA TURTLE 563344			SWIM KIDS 5 563403
11:30AM	SWIM KIDS 1 563327	SWIM KIDS 2 563334		4&5 YR OLD BEG 563374	BRONZE CROSS 11:30AM-1:45PM (EXAM: JULY 29 11:30AM-1:45PM) 563396	
11:45AM						
12:00PM	SUPER 3 YR OLD INT 563328	SWIM KIDS 2 563335	SWIM KIDS 1 563345	YOUTH SWIM BASIC 2 564740		
12:15PM						SWIM KIDS 6/7 563404
12:30PM	4&5 YR OLD ADV 563329	SWIM KIDS 1 563336	SWIM KIDS 2 563346			
12:45PM				4&5 YR OLD BEG 563378		
1:00PM	SWIM PATROL 563330	SWIM KIDS 4 563337	SUPER 3 YR OLD BEG 563348			SWIM KIDS 1 563411
1:15PM				SWIM KIDS 2 563379		
1:30PM						SWIM ASSESSMENT

Parent Discussion Day July 22

SWIM ASSESSMENT	Jul 18	563415	Jul 19	563416	Jul 20	563417	Jul 21	563419	Jul 22	563420
1:30 - 1:45PM	Jul 25	563421	Jul 26	563422	Jul 27	563424	Jul 28	563425	Jul 29	563426

CLAREVIEW AQUATIC PROGRAMS

MONDAY – FRIDAY: AUG 2 – 12 — 9 LESSONS

9:00AM	SWIM KIDS 5 563454	SWIM KIDS 1 563461	4&5 YR OLD BEG 563469	SWIM KIDS 2 563478
9:15AM				
9:30AM		SWIM KIDS 4 563462	SWIM KIDS 3 563470	SUPER 3 YR OLD BEG 563479
9:45AM	4&5 YR OLD ADV/ENR 563455			
10:00AM				4&5 YR OLD BEG 563480
10:15AM	SWIM KIDS 6/7 563456	SWIM KIDS 1 563463	SWIM KIDS 2 563471	
10:30AM				YOUTH SWIM BASIC 1 564736
10:45AM		4&5 YR OLD BEG 563464	4&5 YR OLD ADV 563472	
11:00AM	SWIM KIDS 8/9/10 563457			
11:15AM		SWIM KIDS 1 563465	SWIM KIDS 2 563473	SWIM KIDS 4 563482
11:30AM				
11:45AM		4&5 YR OLD BEG 563466	SUPER 3 YR OLD INT 563474	
12:00PM	SWIM KIDS 3 563458			
12:15PM		SWIM KIDS 5 563467	4&5 YR OLD BEG 563475	YOUTH SWIM BASIC 2 564741
12:30PM				
12:45PM	SWIM KIDS 2 563459		SWIM KIDS 1 563476	
1:00 PM		SWIM KIDS 6/7 563468		SWIM ASSESSMENT
1:15PM	SUPER 3 YR OLD BEG 563484		SWIM KIDS 2 563477	
1:30PM				

Parent Discussion Day August 8

SWIM ASSESSMENT	Aug 2	564746	Aug 3	564747	Aug 4	564748	Aug 5	564749	Aug 8	564750
1:00 - 1:15PM	Aug 9	564751	Aug 10	564752	Aug 11	564753	Aug 12	564754		

CLAREVIEW AQUATIC PROGRAMS

MONDAY – FRIDAY: AUGUST 15 – 22 — 10 LESSONS

9:00AM	SWIM KIDS 6 564059	PARENT & TOT STARFISH/DUCK 564066	SWIM KIDS 1 564073	SWIM KIDS 2 564081
9:15AM				
9:30AM		SWIM KIDS 4 564067	SWIM KIDS 3 564074	SUPER 3 YR OLD BEG 564082
9:45AM	SWIM KIDS 5 564060			
10:00AM				4&5 YR OLD BEG 564083
10:15AM		SWIM KIDS 1 564737	SWIM KIDS 2 564075	
10:30AM	4&5 YR OLD ADV 565960			SWIM KIDS 7/8 564084
10:45AM		YOUTH SWIM BASIC 1 564737	SWIM KIDS 1 564076	
11:00AM	SWIM KIDS 8/9/10 564062			
11:15AM			SUPER 3 YR OLD BEG 564077	4&5 YR OLD BEG 564085
11:30AM		SWIM KIDS 6 564070		
11:45AM			SWIM KIDS 4 564078	SUPER 3 YR OLD BEG 564086
12:00PM	SWIM KIDS 3 564063			
12:15PM				
12:30PM		YOUTH SWIM BASIC 2 564742		SWIM KIDS 5 564089
12:45PM	SWIM KIDS 2 5644064		4&5 YR OLD BEG 564079	
1:00PM				
1:15PM	SWIM KIDS 1 564065	SWIM KIDS 2 564072	SUPER 3 YR OLD BEG 564080	4&5 YR OLD ADV/ENR 564099
1:30PM				

Parent Discussion Day August 19

COMMONWEALTH COMMUNITY RECREATION CENTRE

COMMONWEALTH AQUATIC PROGRAMS

MONDAY - FRIDAY: JULY 4 – 15 — 10 LESSONS

9:30AM	PARENT & TOT 552660	SWIM KIDS 7/8 552970	SUPER 3 YR OLD INT 552687	ADULT SWIM BASIC 1 552984
9:45AM				
10:00AM	SUPER 3 YR OLD BEG 552667		SWIM KIDS 1 552866	
10:15AM		4&5 YR OLD BEG 552775		SWIM KIDS 3 552941
10:30AM	SWIM KIDS 2 552919		SWIM KIDS 9/10 552977	
10:45AM				
11:00AM		SWIM KIDS 1 552865		
11:15AM	SWIM KIDS 5 552959			4&5 YR OLD BEG 552778
11:30AM		4&5 YR OLD ENR 552801	4&5 YR OLD ADV 552789	
11:45AM				4&5 YR OLD ADV 552970
12:00PM	SWIM KIDS 1 552864	SWIM KIDS 2 552920	SWIM KIDS 4 552951	
12:15PM				SWIM KIDS 6 552966
12:30PM	SWIM KIDS 3 552940	SUPER 3 YR OLD BEG 552668		
12:45PM			SWIM KIDS 1 552867	
1:00PM		SWIM KIDS 2 552921		SUPER 3 YR OLD INT 552688
1:15PM				

Parent Discussion Day July 8

Registration starts **May 4**. Go to **edmonton.ca/eReg** online, **call 311,** or visit any **City of Edmonton Recreation Centre.**

COMMONWEALTH AQUATIC PROGRAMS

MONDAY - FRIDAY: JULY 18 – 29 — 10 LESSONS

9:30AM	SWIM KIDS 2 552922	SWIM KIDS 3 552942	SWIM KIDS 1 552868	SWIM KIDS 4 552953
9:45AM				
10:00AM	4&5 YR OLD ADV 552863		4&5 YR OLD BEG 552780	
10:15AM		4&5 YR OLD ENR 552860		SUPER 3 YR OLD BEG 552670
10:30AM	SWIM KIDS 5 552960		SWIM KIDS 9/10 552978	
10:45AM		SWIM KIDS 2 552923		4&5 YR OLD ADV 552791
11:00AM				
11:15AM				SWIM KIDS 1 552869
11:30AM	SWIM KIDS 4 552952	SUPER 3 YR OLD BEG 552669	SWIM KIDS 6 552967	
11:45AM				
12:00PM		PARENT & TOT 552661		SWIM KIDS 2 552924
12:15PM	SUPER 3 YR OLD INT 552689		SWIM KIDS 3 552943	
12:30PM		SWIM KIDS 7/8 552971		SUPER 3 YR OLD INT 552690
12:45PM	ADULT SWIM STROKES 552989			
1:00PM			4&5 YR OLD BEG 552781	SWIM KIDS 2 552925
1:15PM				

Parent Discussion Day July 22

COMMONWEALTH AQUATIC PROGRAMS

MONDAY - FRIDAY: AUGUST 2 – 12 — 9 LESSONS

9:30AM	SWIM KIDS 3 552944	SWIM KIDS 5 552961	SWIM KIDS 1 552907	SWIM KIDS 7/8 552972
9:45AM				
10:00AM			SUPER 3 YR OLD BEG 552681	
10:15AM	SWIM KIDS 4 552954	4&5 YR OLD ADV 552792		SUPER 3 YR OLD INT 552691
10:30AM			SWIM KIDS 6 552968	
10:45AM				4&5 YR OLD BEG 552783
11:00AM		SWIM KIDS 2 552926		
11:15AM	4&5 YR OLD ENR 552861			
11:30AM		PARENT & TOT 552662	SWIM KIDS 1 552908	SWIM KIDS 9/10 552980
11:45AM	4&5 YR OLD BEG 552782			
12:00PM		SUPER 3 YR OLD BEG 552680	4&5 YR OLD ADV 552793	
12:15PM	ADULT SWIM BASIC 2 552987			SWIM KIDS 3 552945
12:30PM		SWIM KIDS 1 552870	SWIM KIDS 2 552927	
12:45PM				

Parent Discussion Day August 5
No Lesson August 1

COMMONWEALTH AQUATIC PROGRAMS

MONDAY – FRIDAY : AUGUST 15 – 26 — 10 LESSONS

9:30AM	PARENT & TOT 552663	SWIM KIDS 7/8 552973	SUPER 3 YR OLD INT 552692	ADULT SWIM BASIC 1 552985
9:45AM				
10:00AM	SUPER 3 YR OLD BEG 552682		SWIM KIDS 1 552911	
10:15AM		4&5 YR OLD BEG 552784		SWIM KIDS 3 552947
10:30AM	SWIM KIDS 2 552928		SWIM KIDS 9/10 552979	
10:45AM				
11:00AM		SWIM KIDS 1 552910		
11:15AM	SWIM KIDS 5 552962			4&5 YR OLD BEG 552785
11:30AM		4&5 YR OLD ENR 552862	4&5 YR OLD ADV 552796	
11:45AM				4&5 YR OLD ADV 552795
12:00PM	SWIM KIDS 1 552909	SWIM KIDS 2 552929	SWIM KIDS 4 552955	
12:15PM				SWIM KIDS 6 552969
12:30PM	SWIM KIDS 3 552946	SUPER 3 YR OLD BEG 552683		
12:45PM			SWIM KIDS 1 552912	
1:00PM		SWIM KIDS 2 552930		SUPER 3 YR OLD INT 552761
1:15PM				

Parent Discussion Day August 19

COMMONWEALTH AQUATIC PROGRAMS

TUESDAY & THURSDAY: JULY 5 – 26 — 7 LESSONS

5:00PM	SUPER 3 YR OLD BEG 552684	SWIM KIDS 3 552948	SWIM KIDS 2 552934	SWIM KIDS 4 552956
5:15PM				
5:30 PM	SWIM KIDS 2 552931		4&5 YR OLD ADV 552797	
5:45 PM		SWIM KIDS 1 552914		4&5 YR OLD BEG 552786
6:00 PM	SUPER 3 YR OLD INT 552762		SWIM KIDS 9/10 552981	
6:15 PM		SWIM KIDS 2 552933		PARENT & TOT 552664
6:30 PM	SWIM KIDS 1 552913			
6:45 PM		ADULT SWIM BASIC 1 552986	SWIM KIDS 5/6 552963	SWIM KIDS 7/8 552974
7:00 PM	SWIM KIDS 2 552932			
7:15 PM				

Parent Discussion Day July 14

COMMONWEALTH AQUATIC PROGRAMS

TUESDAY & THURSDAY: AUGUST 2 – 25 — 7 LESSONS

5:00PM	SUPER 3 YR OLD BEG 552685	SWIM KIDS 3 552949	SWIM KIDS 4 552957	PARENT & TOT 552665
5:15PM				
5:30 PM	SWIM KIDS 2 552935			4&5 YR OLD ADV 552798
5:45 PM		SWIM KIDS 1 552916	4&5 YR OLD BEG 552787	
6:00 PM	SUPER 3 YR OLD INT 552763			SWIM KIDS 9/10 552982
6:15 PM		SWIM KIDS 2 552937	4&5 YR OLD ADV 552799	
6:30 PM	SWIM KIDS 1 552915			
6:45 PM		ADULT SWIM BASIC 2 552988	SWIM KIDS 7/8 552975	SWIM KIDS 5/6 552964
7:00 PM	SWIM KIDS 2 552936			
7:15 PM				

No lesson August 11
Parent Discussion Day August 16

CONFEDERATION LEISURE CENTRE

CONFEDERATION AQUATIC PROGRAMS

MONDAY - FRIDAY: JULY 4 – JULY 15 — 10 LESSONS

8:45AM	SWIM KIDS 4 548482	SWIM KIDS 1 548402	4&5 YR OLD BEG 548282	SWIM KIDS 2 548430	SWIM KIDS 7/8 548533	SWIM KIDS 5/6 548503
9:00AM						
9:15AM		PARENT & TOT SEA TURTLE 548326	4&5 YR OLD ADV 548262	SWIM KIDS 3 548458		
9:30AM	SWIM KIDS 5/6 548504				SWIM KIDS 9/10 548550	PARENT & TOT STARFISH/DUCK 548335
9:45AM		SWIM KIDS 7/8 548534	SWIM KIDS 2 548431			
10:00AM				SWIM KIDS 1 548403		SWIM KIDS 3 548459
10:15AM	SWIM KIDS 4 548483		SWIM KIDS 5/6 548505		SWIM KIDS 9/10 548551	
10:30AM		4&5 YR OLD ADV/ENR 548272		4&5 YR OLD BEG 548283		
10:45AM						
11:00AM						
12:00PM	SWIM KIDS 2 548432	4&5 YR OLD BEG 548284	SWIM KIDS 4 548484	SWIM KIDS 3 548460	SWIM KIDS 5/6 548506	SWIM KIDS 1 548404
12:15PM						
12:30PM	SWIM KIDS 2 548433	4&5 YR OLD ADV 548263				SWIM KIDS 7/8 548535
12:45PM			BRONZE STAR 538129	4&5 YR OLD BEG 548285	SWIM KIDS 9/10 548552	
1:00PM	SWIM KIDS 3 548461	SWIM KIDS 1 548405				
1:15PM				SWIM KIDS 5/6 548507		SWIM KIDS 4 548485
1:30PM		PRIVATE LESSON			4&5 YR OLD BEG 548286	
1:45PM			SWIM ASSESSMENT			

Parent Discussion Day July 8

PRIVATE LESSON	Jul 4	548343	Jul 5	548344	Jul 6	564480	Jul 7	548345	Jul 8	548346
1:30 – 2:00PM	Jul 11	548347	Jul 12	548348	Jul 13	548349	Jul 14	548350	Jul 15	548351

SWIM ASSESSMENT	Jul 4	564483	Jul 5	564484	Jul 6	564485	Jul 7	564486	Jul 8	564487
1:45 – 2:00PM	Jul 11	564488	Jul 12	564489	Jul 13	564490	Jul 14	564491	Jul 15	564492

CONFEDERATION AQUATIC PROGRAMS

MONDAY – THURSDAY: JULY 4 – JULY 14 — 8 LESSONS

5:00PM	PARENT & TOT STARFISH/DUCK 548338	SWIM KIDS 2 548446	4&5 YR OLD BEG 548297	SWIM KIDS 3 548472	SWIM KIDS 4 548494	SWIM KIDS 5/6 548523	4&5 YR OLD ADV 548270
5:15PM							
5:30PM	SWIM KIDS 1 548420	PARENT & TOT SEA TURTLE 548330	4&5 YR OLD ADV/ ENR 548277				SWIM KIDS 9/10 548561
5:45PM				SWIM KIDS 2 548447	SWIM KIDS 4 548495	SWIM KIDS 7/8 548545	
6:00PM	4&5 YR OLD BEG 548298	SWIM KIDS 1 548421	SWIM KIDS 5/6 548524				
6:15PM				SWIM KIDS 9/10 548562			SWIM KIDS 2 548448
6:30PM	ADULT SWIM BASIC 1 548308	ADULT SWIM BASIC 2 558313			ADULT SWIM STROKES 548317	ADULT SWIM STROKES 548322	
6:45PM			SWIM KIDS 3 548473				SWIM ASSESSMENT
7:00PM				PRIVATE LESSON			
7:15PM							

Parent Discussion Day July 7

PRIVATE LESSON	Jul 4	548381	Jul 5	548382	Jul 6	564481	Jul 7	548383
7:00 – 7:30PM	Jul 11	548384	Jul 12	548385	Jul 13	548386	Jul 14	548387

SWIM ASSESSMENT	Jul 4	564522	Jul 5	564523	Jul 6	564524	Jul 7	564525
6:45 – 7:00PM	Jul 11	564526	Jul 12	564527	Jul 13	564529	Jul 14	564530

CONFEDERATION AQUATIC PROGRAMS

MONDAY - FRIDAY: JULY 18 – JULY 29 — 10 LESSONS

8:45AM	SWIM KIDS 4 548486	SWIM KIDS 1 548406	4&5 YR OLD BEG 548287	SWIM KIDS 2 548434	SWIM KIDS 7/8 548536	SWIM KIDS 5/6 548508
9:00AM						
9:15AM		PARENT & TOT SEA TURTLE 548327	SWIM KIDS 1 548407	SWIM KIDS 3 548462		
9:30AM	SWIM KIDS 5/6 548509				SWIM KIDS 9/10 548553	PARENT & TOT STARFISH/DUCK 548336
9:45AM		SWIM KIDS 7/8 548537	SWIM KIDS 2 548435			
10:00AM				SWIM KIDS 1 548408		SWIM KIDS 3 548463
10:15AM	SWIM KIDS 9/10 548554		SWIM KIDS 5/6 548510		SWIM KIDS 4 548487	
10:30AM		4&5 YR OLD ADV 548264		4&5 YR OLD BEG 548288		
10:45AM						
11:00AM						
12:00PM	SWIM KIDS 1 548409	4&5 YR OLD ADV/ENR 548273	SWIM KIDS 2 548436	SWIM KIDS 3 548464	SWIM KIDS 5/6 548511	BRONZE MEDALLION 11:45-1:45PM (EXAM DATE: JUL 30 10-1PM) 538136
12:15PM						
12:30PM	SWIM KIDS 2 548437	4&5 YR OLD BEG 548289	SWIM KIDS 7/8 548538			
12:45PM				4&5 YR OLD BEG 548290	SWIM KIDS 9/10 548555	
1:00PM	SWIM KIDS 3 548465	SWIM KIDS 1 548410				
1:15PM			SWIM KIDS 5/6 548512	SWIM KIDS 4 548488		
1:30PM		PRIVATE LESSON			SWIM KIDS 1 548411	
1:45PM	SWIM ASSESSMENT					

Parent Discussion Day July 22

PRIVATE LESSON	Jul 18	548352	Jul 19	548353	Jul 20	548354	Jul 21	548355	Jul 22	548356
1:30 – 2:00PM	Jul 25	548357	Jul 26	548358	Jul 27	548359	Jul 28	548360	Jul 29	548361

SWIM ASSESSMENT	Jul 18	564493	Jul 19	564494	Jul 20	564495	Jul 21	564496	Jul 22	564497
1:45 – 2:00PM	Jul 25	564498	Jul 26	564499	Jul 27	564500	Jul 28	564501	Jul 29	564502

CONFEDERATION AQUATIC PROGRAMS

MONDAY - THURSDAY: JULY 18 – JULY 28 — 8 LESSONS

5:00PM	PARENT & TOT STARFISH/DUCK 548339	SWIM KIDS 2 548449	4&5 YR OLD BEG 548299	4&5 YR OLD ADV 548271	SWIM KIDS 4 548496	SWIM KIDS 5/6 548525	BRONZE MEDALLION JULY 18 -23 538137 BRONZE CROSS JULY 25-29 2-6PM 538145
5:15PM							
5:30PM	SWIM KIDS 1 548422	PARENT & TOT SEA TURTLE 548331	4&5 YR OLD ADV/ ENR 548278	SWIM KIDS 2 548450			
5:45PM					SWIM KIDS 9/10 548563	SWIM KIDS 7/8 548546	
6:00PM	4&5 YR OLD BEG 548300	SWIM KIDS 1 548423	SWIM KIDS 3 548474	SWIM ASSESSMENT			SWIM KIDS 2 548451
6:15PM				BRONZE STAR 538130			
6:30PM	ADULT SWIM BASIC 1 548309	ADULT SWIM BASIC 2 548314			ADULT SWIM STROKES 548318	ADULT SWIM STROKES 548323	SWIM KIDS 4 548497
6:45PM			SWIM KIDS 5/6 548526				
7:00PM							
7:15PM							

Parent Discussion Day July 21

SWIM ASSESSMENT	Jul 18	564531	Jul 19	564532	Jul 20	564533	Jul 21	564534
6:00 – 6:15PM	Jul 25	564535	Jul 26	564536	Jul 27	564537	Jul 28	564538

CONFEDERATION AQUATIC PROGRAMS

MONDAY - FRIDAY: AUGUST 2 – AUGUST 12 — 9 LESSONS

8:45AM	SWIM KIDS 5/6 548513	SWIM KIDS 1 548412	SWIM KIDS 2 548438	4&5 YR OLD ADV/ENR 548274	SWIM KIDS 7/8 548539	PRIVATE LESSON
9:00AM						
9:15AM		4&5 YR OLD BEG 548291	SWIM KIDS 3/4 548479	SWIM KIDS 9/10 548556		PARENT & TOT SEA TURTLE 548328
9:30AM	STROKE ENHANCEMENT 1 563583				SWIM KIDS 2 548439	
9:45AM		SWIM KIDS 7/8 548540				BRONZE STAR 9:50 -11AM 538131
10:00AM			SWIM KIDS 1 548413	SWIM KIDS 3 548466	SWIM KIDS 4 548489	
10:15AM	SWIM KIDS 5/6 548515					
10:30AM		4&5 YR OLD ADV 548265	4&5 YR OLD BEG 548292			
10:45AM						
11:00AM						
12:00PM	4&5 YR OLD ADV/ENR 548275	4&5 YR OLD BEG 548293	SWIM KIDS 5/6 548516	SWIM KIDS 3 548467	STROKE ENHANCEMENT 2 563587	SWIM KIDS 1 548414
12:15PM						
12:30PM	SWIM KIDS 4 548490	SWIM KIDS 2 548440				SWIM KIDS 7/8 548541
12:45PM			PARENT & TOT STARFISH/DUCK 563548	SWIM ASSESSMENT	SWIM KIDS 9/10 548557	
1:00PM		SWIM KIDS 1 548415		SWIM KIDS 5/6 548517		
1:15PM	SWIM KIDS 3 548468		4&5 YR OLD ADV 548266			
1:30PM		SWIM KIDS 2 548441			PRIVATE LESSON	
1:45PM						

- No Lesson August 1
- Parent Discussion Day August 8

PRIVATE LESSON	Aug 2	563560	Aug 3	563565	Aug 4	563568	Aug 5	563569	Aug 8	563571
8:45 – 9:15AM	Aug 9	563572	Aug 10	563573	Aug 11	563574	Aug 12	563575		

PRIVATE LESSON	Aug 2	548363	Aug 3	548364	Aug 4	548365	Aug 5	548366	Aug 8	548362
1:30 – 2:00PM	Aug 9	548367	Aug 10	548368	Aug 11	548369	Aug 12	548370		

SWIM ASSESSMENT	Aug 2	564503	Aug 3	564504	Aug 4	564505	Aug 5	564506	Aug 8	564507
12:45 – 1:00PM	Aug 9	564508	Aug 10	564509	Aug 11	564510	Aug 12	564511		

CONFEDERATION AQUATIC PROGRAMS

MONDAY - THURSDAY: AUGUST 2 – AUGUST 11 — 7 LESSONS

5:00PM	4&5 YR OLD BEG 548301	SWIM KIDS 3 548475	PARENT & TOT STARFISH/DUCK 548340	SWIM KIDS 2 548452	SWIM KIDS 4 548498	SWIM KIDS 5/6 548527
5:15PM						
5:30PM	4&5 YR OLD ADV/ENR 548279		SWIM KIDS 1 548424	PARENT & TOT SEA TURTLE 548332		
5:45PM		SWIM KIDS 2 548453			SWIM KIDS 9/10 548564	SWIM KIDS 7/8 548547
6:00PM	SWIM KIDS 5/6 548528		4&5 YR OLD BEG 548302	SWIM KIDS 1 548425		
6:15PM		SWIM KIDS 4 548499				
6:30PM			ADULT SWIM BASIC 1 548310	ADULT SWIM BASIC 2 548315	ADULT SWIM STROKES 548319	ADULT SWIM STROKES 548324
6:45PM	SWIM KIDS 3 548476					
7:00PM		PRIVATE LESSON				
7:15PM						

- Parent Discussion Day August 8

PRIVATE LESSON	Aug 2	548389	Aug 3	548390	Aug 4	548391	Aug 8	548388
7:00 – 7:30PM	Aug 9	548392	Aug 10	548393	Aug 11	548394		

CONFEDERATION AQUATIC PROGRAMS

MONDAY - FRIDAY: AUGUST 15 – AUGUST 26 — 10 LESSONS

8:45AM	SWIM KIDS 4 548491	SWIM KIDS 1 548416	4&5 YR OLD ADV/ENR 548276	SWIM KIDS 2 548442	SWIM KIDS 7/8 548542	SWIM KIDS 5/6 548518
9:00AM						
9:15AM		PARENT & TOT SEA TURTLE 548329	4&5 YR OLD BEG 548294	SWIM KIDS 3 548469		
9:30AM	SWIM KIDS 5/6 548519				SWIM KIDS 9/10 548558	PARENT & TOT STARFISH/DUCK 548337
9:45AM		SWIM KIDS 7/8 548543	SWIM KIDS 2 548443			
10:00AM				SWIM KIDS 1 548417		SWIM KIDS 3 548470
10:15AM	SWIM KIDS 4 548492		SWIM KIDS 5/6 548520		SWIM KIDS 9/10 548559	
10:30AM		4&5 YR OLD ADV 548267		4&5 YR OLD BEG 548295		
10:45AM						
12:00PM	SWIM KIDS 2 548444	4&5 YR OLD ADV 548268	SWIM KIDS 1 548418	SWIM KIDS 3/4 548480	SWIM KIDS 5/6 548521	BRONZE CROSS 11:45 – 1:45PM (EXAM DATE: AUG 27 10-1PM) 538146
12:15PM						
12:30PM	SWIM KIDS 2 548445	4&5 YR OLD BEG 548296	SWIM KIDS 7/8 548544			
12:45PM				4&5 YR OLD ADV 548269	SWIM KIDS 9/10 548560	
1:00PM	SWIM KIDS 3 548471	4&5 YR OLD ENR 548307				
1:15PM			SWIM ASSESSMENT	SWIM KIDS 4 548493		
1:30PM		PRIVATE LESSON	SWIM KIDS 1 548419			
1:45PM						

Parent Discussion Day August 19

PRIVATE LESSON	Aug 15	548371	Aug 16	548372	Aug 17	548373	Aug 18	548374	Aug 19	548375
1:30 – 2:00PM	Aug 22	548376	Aug 23	548377	Aug 24	548378	Aug 25	548379	Aug 26	548380

SWIM ASSESSMENT	Aug 15	564512	Aug 16	564513	Aug 17	564514	Aug 18	564515	Aug 19	564516
1:15 – 1:30PM	Aug 22	564517	Aug 23	564518	Aug 24	564519	Aug 25	564520	Aug 26	564521

CONFEDERATION AQUATIC PROGRAMS

MONDAY - THURSDAY: AUGUST 15 – AUGUST 25 — 8 LESSONS

5:00PM	SWIM KIDS 4 548500	SWIM KIDS 5/6 548529	PARENT & TOT STARFISH/DUCK 548341	SWIM KIDS 2 548454	4&5 YR OLD BEG 548303	BRONZE MEDALLION AUG 15 - 19 538139 BRONZE CROSS AUG 22 - 26 (2-6 PM) 538147
5:15PM						
5:30PM			SWIM KIDS 1 548426	PARENT & TOT SEA TURTLE 548333	4&5 YR OLD ADV/ENR 548280	
5:45PM	SWIM KIDS 9/10 548565	SWIM KIDS 7/8 548548				
6:00PM			4&5 YR OLD BEG 548304	SWIM KIDS 1 548427	SWIM KIDS 3 548477	SWIM KIDS 2 548455
6:15PM						
6:30PM	ADULT SWIM STROKES 548320	ADULT SWIM STROKES 548325	ADULT SWIM BASIC 1 548311	ADULT SWIM BASIC 2 548316		SWIM KIDS 4 548501
6:45PM					SWIM KIDS 5/6 548530	
7:00PM						
7:15PM						

Parent Discussion Day August 18

CONFEDERATION AQUATIC PROGRAMS

SUNDAY: JULY 10 – AUGUST 28 — 7 LESSONS

10:00AM	SWIM KIDS 3 548478	SWIM KIDS 4 548502	SWIM KIDS 1 548428	SWIM KIDS 2 548456
10:15AM				
10:30AM			PARENT & TOT STARFISH/DUCK 548342	SWIM KIDS 5/6 548531
10:45AM	4&5 YR OLD ADV/ENR 548281	4&5 YR OLD BEG 548305		
11:00AM			PARENT & TOT SEA TURTLE 548334	
11:15AM	SWIM KIDS 9/10 548566	SWIM KIDS 3/4 548481		SWIM KIDS 1 548429
11:30AM			SWIM KIDS 7/8 548549	
11:45AM				SWIM KIDS 2 548457
12:00PM	SWIM KIDS 5/6 548532	4&5 YR OLD BEG 548306		
12:15PM			ADULT SWIM BASIC 1 548312	ADULT SWIM BASIC 2 548321
12:30PM		PRIVATE LESSON		
12:45PM				

- No Lesson July 31
- Parent Discussion Day August 7

PRIVATE LESSON	Jul 10	548395	Jul 17	548396	Jul 24	548397	Aug 7	564482
12:30 – 1:00PM	Aug 14	548399	Aug 21	548400	Aug 28	548401		

EASTGLEN LEISURE CENTRE

EASTGLEN AQUATIC PROGRAMS

MONDAY, WEDNESDAY, & FRIDAY: JULY 11 – 29
9 LESSONS

3:00PM	PARENT & TOT 552666	SWIM KIDS 7/8/9/10 561989	SWIM KIDS 3/4 561986
3:15PM			
3:30PM	SUPER 3 YR OLD BEG 552686		
3:45PM		4&5 YR OLD BEG 552788	SWIM KIDS 1 552917
4:00PM	SWIM KIDS 2 552939		
4:15PM		4&5 YR OLD ADV/ ENR 561992	SWIM KIDS 5/6 552965
4:30PM	SUPER 3 YR OLD INT 552764		
4:45PM			

- Parent Discussion Day July 20

EASTGLEN AQUATIC PROGRAMS

MONDAY, WEDNESDAY, & FRIDAY: AUGUST 8 – 26
9 LESSONS

3:00PM	PARENT & TOT 561995	SWIM KIDS 7/8/9/10 561990	SWIM KIDS 3/4 561987
3:15PM			
3:30PM	SUPER 3 YR OLD BEG 561996		
3:45PM		4&5 YR OLD BEG 561994	SWIM KIDS 1 552918
4:00PM	SWIM KIDS 2 552938		
4:15PM		4&5 YR OLD ADV/ ENR 561993	SWIM KIDS 5/6 561998
4:30PM	SUPER 3 YR OLD INT 561997		
4:45PM			

- Parent Discussion Day August 17

EASTGLEN AQUATIC PROGRAMS

SATURDAY: JULY 9 – AUGUST 27
7 LESSONS

10:00AM	PARENT & TOT 561999	SWIM KIDS 7/8/9/10 561991	SWIM KIDS 3/4 561988
10:15AM			
10:30AM	SUPER 3 YR OLD BEG 562000		
10:45AM		4&5 YR OLD BEG 562003	SWIM KIDS 1 562005
11:00AM	SWIM KIDS 2 562001		
11:15AM		4&5 YR OLD ADV/ ENR 562004	SWIM KIDS 5/6 562006
11:30AM	SUPER 3 YR OLD INT 562002		
11:45AM			

- No Lesson July 30
- Parent Discussion Day July 23

EASTGLEN AQUATIC PROGRAMS

SUNDAY: JULY 10 – AUGUST 28
7 LESSONS

4:45PM	ADULT SWIM BASIC 1 WOMEN ONLY 562268	ADULT SWIM BASIC 2 WOMEN ONLY 562269	ADULT SWIM STROKES WOMEN ONLY 562270
5:00PM			
5:15PM			

- No Lesson July 31

EASTGLEN AQUATIC PROGRAMS	
MONDAY: JULY 11 – AUGUST 29 7 LESSONS	
5:00PM	ADULT SWIM BASIC 1 562007
5:15PM	
5:30PM	
5:45PM	
6:00PM	ADULT SWIM BASIC 2 562008
6:15PM	
6:30PM	
6:45PM	

No Lesson August 1

GRAND TRUNK FITNESS AND LEISURE CENTRE

GRAND TRUNK AQUATIC PROGRAMS					
TUESDAY & THURSDAY: JULY 5 – 28					8 LESSONS
4:00PM	SWIM KIDS 1 562122	SWIM KIDS 3 562138			4&5 YR OLD ADV/ENR 562127
4:15PM			SWIM KIDS 7/8 562147	SUPER 3 YR OLD BEG/INT 562132	
4:30PM	SWIM KIDS 5/6 562141				SWIM KIDS 1 562126
4:45PM		SWIM KIDS 2 562134		4&5 YR OLD BEG 562130	
5:00PM			4&5 YR OLD ADV/ENR 562128		SUPER 3 YR OLD BEG/INT 562133
5:15PM	PARENT & TOT 562146	SWIM KIDS 4 562145		SWIM KIDS 5/6 562143	
5:30PM			SWIM ASSESSMENT		SWIM KIDS 2 562135
5:45PM					
6:00PM	SWIM KIDS 2 562136		4&5 YR OLD BEG 562131		
6:15PM		SWIM KIDS 3 562139		SWIM KIDS 9/10 562148	SWIM KIDS 5/6 562144
6:30PM	SWIM KIDS 1 562124		SWIM KIDS 3/4 562140		
6:45PM					
7:00PM	YOUTH/ADULT SWIM STROKES 562149	YOUTH/ADULT SWIM BASIC 1/2 562150		SWIM KIDS 1 562125	4&5 YR OLD ADV/ENR 562129
7:15PM			SWIM KIDS 5/6 562142		
7:30PM				PRIVATE LESSON	SWIM KIDS 2 562137
7:45PM					

Parent Discussion Day July 14

PRIVATE LESSON	Jul 5	**562151**	Jul 7	**562152**	Jul12	**562153**	Jul 14	**562154**
7:30 – 8:00PM	Jul 19	**562155**	Jul 21	**562156**	Jul 26	**562157**	Jul 28	**562158**

SWIM ASSESSMENT	Jul 5	**562159**	Jul 7	**562163**	Jul 12	**562160**	Jul 14	**562164**
5:30 – 5:45PM	Jul 19	**562161**	Jul 21	**562165**	Jul 26	**562162**	Jul 28	**562166**

GRAND TRUNK AQUATIC PROGRAMS

TUESDAYS & THURSDAYS: AUGUST 2 – 25 — 8 LESSONS

4:00PM	SWIM KIDS 2 562810	SUPER 3 YR OLD BEG/INT 563495	SWIM KIDS 3/4 563518	SWIM KIDS 7/8 563525
4:15PM				
4:30PM	4&5 YR OLD BEG 562834	SWIM KIDS 1 562750		
4:45PM			SWIM KIDS 2 562814	SWIM KIDS 3/4 563520
5:00PM	SWIM KIDS 5/6 563514	4&5 YR OLD ADV/ENR 563524		
5:15PM			SWIM KIDS 1 562755	
5:30PM				
5:45PM		SWIM KIDS 5/6 563515		SWIM KIDS 9/10 563531
6:00PM	4&5 YR OLD ADV/ENR 563505		SWIM KIDS 3/4 563519	
6:15PM				
6:30PM	PARENT & TOT 563485	SUPER 3 YR OLD BEG/INT 563496		4&5 YR OLD BEG 562835
6:45PM			SWIM KIDS 5/6 563530	
7:00PM	YOUTH/ADULT SWIM STROKES 563538	YOUTH/ADULT SWIM BASIC 1/2 563536		SWIM KIDS 1 562756
7:15PM				
7:30PM			PRIVATE LESSON	SWIM KIDS 2 562815
7:45PM				

Parent Discussion Day August 11

PRIVATE LESSON	Aug 2	563623	Aug 4	563627	Aug 9	563624	Aug 11	563628
7:30 – 8:00PM	Aug 16	563625	Aug 18	563629	Aug 23	563626	Aug 25	563630

GRAND TRUNK AQUATIC PROGRAMS

MONDAY - FRIDAY: JULY 4 – 15 — 10 LESSONS

10:00AM	4&5 YR OLD BEG 562836	PARENT & TOT 563487	SUPER 3 YR OLD BEG/INT 563497	SWIM KIDS 3 563546	SWIM KIDS 5/6 563516
10:15AM					
10:30AM	SWIM KIDS 1 562764	SWIM KIDS 7/8 563526	4&5 YR OLD ADV/ENR 563506		
10:45AM				4&5 YR OLD BEG 562738	SWIM KIDS 2 562818
11:00AM	SWIM KIDS 4 563540		SWIM KIDS 9/10 563532		
11:15AM		SWIM KIDS 1 562766		SUPER 3 YR OLD BEG/INT 563578	4&5 YR OLD ADV/ENR 563507
11:30AM					
11:45AM					
12:00PM	SWIM KIDS 5 563561	YOUTH/ADULT SWIM BASIC 1/2 563537	SWIM KIDS 2 562817	SUPER 3 YR OLD BEG/INT 564467	BRONZE MEDALLION (EXAM DATE: JUL 15 11:00AM-2:00PM) 563586
12:15PM					
12:30PM			SWIM KIDS 1 562779	PRIVATE LESSON	
12:45PM	4&5 YR OLD BEG 562837	SWIM KIDS 6 563553			
1:00PM			SWIM KIDS 3/4 563521	SWIM KIDS 1 564469	
1:15PM	PARENT & TOT 563486				
1:30PM		SWIM KIDS 2 562816		SUPER 3 YR OLD BEG/INT 564468	
1:45PM			SWIM ASSESSMENT		

Parent Discussion Day July 8

PRIVATE LESSON	Jul 4	564470	Jul 5	564471	Jul 6	564472	Jul 7	564473	Jul 8	564474
12:30 – 1:00PM	Jul 11	564475	Jul 12	564476	Jul13	564477	Jul 14	564478	Jul 15	564479

SWIM ASSESSMENT	Jul 4	563591	Jul 5	563592	Jul 6	563593	Jul 7	563597	Jul 8	563595
1:45 – 2:00PM	Jul 11	563596	Jul 12	563597	Jul13	563598	Jul 14	563600	Jul 15	563601

GRAND TRUNK AQUATIC PROGRAMS

MONDAY - FRIDAY: JULY 18 – 29 — 10 LESSONS

10:00AM	SUPER 3 YR OLD BEG/INT 563498	PARENT & TOT 563488	SWIM KIDS 3 563547	SWIM KIDS 2 562824	SWIM KIDS 7/8 563527
10:15AM					
10:30AM	SWIM KIDS 5 563562	SWIM KIDS 1 562785		4&5 YR OLD BEG 562841	
10:45AM			4&5 YR OLD ADV/ENR 563509		SWIM KIDS 4 563542
11:00AM		SWIM KIDS 9/10 563533		SWIM KIDS 1 562790	
11:15AM	4&5 YR OLD BEG 562839		SWIM KIDS 6 563556		
11:30AM				PARENT & TOT 563489	SWIM KIDS 2 562827
11:45AM					
12:00PM	SWIM KIDS 6 563554	YOUTH/ADULT SWIM STROKES 563539			
12:15PM			SWIM KIDS 1 562788	PRIVATE LESSON	SWIM KIDS 3 563549
12:30PM					
12:45PM	SWIM KIDS 2 562820		SWIM KIDS 5 563564	SWIM KIDS 4 563541	
1:00PM		4&5 YR OLD ADV/ENR 563508			BRONZE STAR 563590
1:15PM	YOUTH/ADULT SWIM BASIC 1/2 563577				
1:30PM		SWIM KIDS 2 562823	4&5 YR OLD BEG 562840	SUPER 3 YR OLD BEG/INT 563499	
1:45PM					

Parent Discussion Day July 22

PRIVATE LESSON	Jul 18	563631	Jul 19	563633	Jul 20	563635	Jul 21	563637	Jul 22	563639
12:15 – 12:45PM	Jul 25	563632	Jul 26	563634	Jul 27	563636	Jul 28	563638	Jul 29	563640

GRAND TRUNK AQUATIC PROGRAMS

MONDAY - FRIDAY: AUGUST 2 – 12 — 9 LESSONS

10:00AM	SWIM KIDS 1 562799	SWIM KIDS 5 563567	4&5 YR OLD BEG 562843	SWIM KIDS 4 563544	SUPER 3 YR OLD BEG/INT 563501
10:15AM					
10:30AM	SWIM KIDS 2 562828		SWIM KIDS 9/10 563535		PARENT & TOT 563491
10:45AM		SWIM KIDS 1 562794		4&5 YR OLD ADV/ENR 563511	
11:00AM	SWIM KIDS 3 563576				SWIM KIDS 6 563558
11:15AM		SWIM KIDS 2 562829	SUPER 3 YR OLD BEG/INT 563579	SWIM KIDS 7/8 563529	
11:30AM					
11:45AM			SWIM ASSESSMENT		
12:00PM	SWIM KIDS 5 563566	SWIM KIDS 3 563551			JUNIOR LIGEGUARD CLUB 564466
12:15PM			SWIM KIDS 1 562795	PRIVATE LESSON	
12:30PM					
12:45PM	SWIM KIDS 4 563543	SWIM KIDS 6 563557	4&5 YR OLD ADV/ENR 563510	SWIM KIDS 2 562830	
1:00PM					
1:15PM			SUPER 3 YR OLD BEG/INT 563500	SWIM KIDS 3/4 563522	
1:30PM	PARENT & TOT 563490	4&5 YR OLD BEG 562842			
1:45PM					

No lesson August 1
Parent Discussion Day August 8

PRIVATE LESSON	Aug 2	563641	Aug 3	563644	Aug 4	563646	Aug 5	563648	Aug 8	563643
12:15 – 12:45PM	Aug 9	563642	Aug 10	563645	Aug 11	563647	Aug 12	563649		

SWIM ASSESSMENT	Aug 2	563604	Aug 3	563605	Aug 4	563606	Aug 5	563607	Aug 8	563608
11:45AM – 12:00PM	Aug 9	563609	Aug 10	563610	Aug 11	563611	Aug 12	563612		

GRAND TRUNK AQUATIC PROGRAMS

MONDAY - FRIDAY: AUGUST 15 – 26 — 10 LESSONS

10:00AM	PARENT & TOT 563492	SWIM KIDS 5 563570	SWIM KIDS 9/10 563534	SWIM KIDS 2 562833	SWIM KIDS 3/4 563523
10:15AM					
10:30AM	SUPER 3 YR OLD BEG/INT 563502			SWIM KIDS 1 562806	
10:45AM		4&5 YR OLD ADV/ENR 563512	SWIM KIDS 2 562832		SWIM KIDS 7/8 563528
11:00AM	SWIM KIDS 6 563559			4&5 YR OLD BEG 562845	
11:15AM		SWIM KIDS 1 562802	PARENT & TOT 563493		
11:30AM				SUPER 3 YR OLD BEG/INT 563503	PRIVATE LESSON
11:45AM					
12:00PM	BRONZE CROSS (EXAM DATE: AUG 26 11:00AM-2:00PM) 563584	SWIM KIDS 3 563550	4&5 YR OLD BEG 562844		
12:15PM				SWIM ASSESSMENT	SWIM KIDS 1 563581
12:30PM			SWIM KIDS 7/8 563580	4&5 YR OLD ADV/ENR 563513	
12:45PM		SWIM KIDS 2 562831			SWIM KIDS 4 563545
1:00PM				SWIM KIDS 1 562808	
1:15PM		SWIM KIDS 5/6 563517	PARENT & TOT 563494		
1:30PM				SWIM KIDS 2 563582	SUPER 3 YR OLD BEG/INT 563504
1:45PM					

Parent Discussion Day August 19

PRIVATE LESSON	Aug 15	563658	Aug 16	563656	Aug 17	563655	Aug 18	563653	Aug 19	563651
11:30 – 12:00PM	Aug 22	563659	Aug 23	563657	Aug 24	563654	Aug 25	563652	Aug 26	563650

SWIM ASSESSMENT	Aug 15	563613	Aug 16	563615	Aug 17	563617	Aug 18	563619	Aug 19	563621
12:15 – 12:30PM	Aug 22	563614	Aug 23	563616	Aug 24	563618	Aug 25	563620	Aug 26	563622

HARDISTY FITNESS AND LEISURE CENTRE

HARDISTY AQUATIC PROGRAMS

MONDAY - FRIDAY: JULY 4 - 15 — 10 LESSONS

9:00AM	4&5 YR OLD BEG 555725	PARENT & TOT STARFISH/ DUCK 555730	SWIM KIDS 4 555738	SWIM KIDS 1/2 555733	SWIM KIDS 6 555740
9:15AM					
9:30AM	SWIM KIDS 1 555731	4&5 YR OLD ADV 555728			
9:45AM			SWIM KIDS 9/10 555743		SWIM KIDS 2 555734
10:00AM	SWIM KIDS 5 555739	4&5 YR OLD BEG 555726			
10:15AM				BRONZE CROSS 9:30-12:00PM (EXAM DATE: JUL 15 9:30-12PM) 555746	SWIM KIDS 3 555736
10:30AM		STROKE ENHANCEMENT 1 555744	SWIM KIDS 7 555741		
10:45AM	SWIM KIDS 1 555732				
11:00AM					4&5 YR OLD ADV/ENR 555729
11:15AM	SWIM KIDS 8 555742	SWIM KIDS 3/4 555737	4&5 YR OLD BEG 555727		
11:30AM					SWIM KIDS 2 555735
11:45AM					

Parent Discussion Day July 8

HARDISTY AQUATIC PROGRAMS

MONDAY - THURSDAY: JULY 18 - 28
8 LESSONS

9:00AM	4&5 YR OLD BEG 556031	SWIM KIDS 1 556034	SWIM KIDS 3 556040
9:15AM			
9:30AM	SWIM KIDS 2 556037	SWIM KIDS 5 556042	
9:45AM			SWIM KIDS 4 556041
10:00AM	PARENT & TOT STARFISH/DUCK 556030		
10:15AM			
10:30AM	SWIM KIDS 9/10 556045	4&5 YR OLD BEG/ ADV 556032	SWIM KIDS 7/8 556044
10:45AM			
11:00AM		SWIM KIDS 5/6 556043	
11:15AM			
11:30AM	SWIM KIDS 2 556039		SWIM KIDS 1 556035
11:45AM			

Parent Discussion Day July 21

HARDISTY AQUATIC PROGRAMS

TUESDAY – FRIDAY & MONDAY – THURSDAY: AUGUST 2 - 11
8 LESSONS

9:00AM	4&5 YR OLD BEG 556046	SWIM KIDS 4 556054	SWIM KIDS 2 556050
9:15AM			
9:30AM	SWIM KIDS 1 556048		SWIM KIDS 3 556052
9:45AM		SWIM KIDS 5/6 556055	
10:00AM	SWIM KIDS 7/8 556056		
10:15AM			4&5 YR OLD ADV/ ENR 556047
10:30AM			
10:45AM		SWIM KIDS 9/10 556057	SWIM KIDS 2 556051
11:00AM	SWIM KIDS 1 556049		
11:15AM			SWIM KIDS 3/4 556053
11:30AM	PRIVATE LESSON		
11:45AM			

Parent Discussion Day August 5

PRIVATE LESSON	Aug 2	556058	Aug 3	556059	Aug 4	556060	Aug 5	556061	Aug 8	556062
11:30AM – 12:00PM	Aug 9	556063	Aug 10	556065	Aug 11	556066				

HARDISTY AQUATIC PROGRAMS

MONDAY – THURSDAY : AUGUST 15 - 25
8 LESSONS

9:00AM	STROKE ENHANCEMENT 1/2 556079	SWIM KIDS 1 556071	SWIM PATROL 557255
9:15AM			
9:30AM		SWIM KIDS 5/6 556076	
9:45AM			
10:00AM	SWIM KIDS 2 556073		4&5 YR OLD BEG 556069
10:15AM			
10:30AM	SWIM KIDS 7/8 556077	SWIM KIDS 3 556074	SWIM KIDS 1/2 556072
10:45AM			
11:00AM			SWIM KIDS 9/10 556078
11:15AM		SWIM KIDS 4 556075	
11:30AM	4&5 YR OLD BEG/ ADV 556070		
11:45AM			

Parent Discussion Day August 18

HARDISTY AQUATIC PROGRAMS

TUESDAY & THURSDAY: JULY 5 - 28
8 LESSONS

4:30PM	4&5 YR OLD BEG 555762	SWIM KIDS 2 556018	SWIM KIDS 3/4 555772	YOUTH SWIM TRAINING 555768
4:45PM				
5:00PM	4&5 YR OLD ADV/ENR 555764	SWIM KIDS 1 556020		
5:15PM			SWIM KIDS 5/6 555771	
5:30PM	SWIM KIDS 1/2 556019	SWIM KIDS 7/8 555770		4&5 YR OLD BEG 555763
5:45PM				
6:00PM	ADULT SWIM BASIC 1 555765		ADULT SWIM STROKES 555767	ADULT SWIM BASIC 2 555766
6:15PM		SWIM KIDS 9/10 555769		
6:30PM				
6:45PM				

Parent Discussion Day July 14

HARDISTY AQUATIC PROGRAMS

TUESDAY & THURSDAY: AUGUST 2 – 25
8 LESSONS

4:30PM			PRIVATE LESSON
4:45PM	SWIM KIDS 1 556021	4&5 YR OLD BEG 556029	
5:00PM			SWIM KIDS 2 556022
5:15PM	SWIM KIDS 5 556024	SWIM KIDS 8/9/10 556026	
5:30PM			4&5 YR OLD BEG 556028
5:45PM			
6:00PM	YOUTH/ADULT SWIM BASIC 1/2 556027		SWIM KIDS 6/7 556025
6:15PM		SWIM KIDS 3/4 556023	
6:30PM			
6:45PM			

Parent Discussion Day August 11

PRIVATE LESSON	Aug 2	557247	Aug 4	557251	Aug 9	557248	Aug 11	557252	Aug 16	557249
4:30 - 5:00PM	Aug 18	557253	Aug 23	557250	Aug 25	557254				

JASPER PLACE FITNESS AND LEISURE CENTRE

JASPER PLACE AQUATIC PROGRAMS

MONDAY - FRIDAY: JULY 4 – JULY 15
10 LESSONS

9:00AM	SWIM KIDS 1 560702	SWIM KIDS 3/4 560719	4&5 YR OLD ADV 560751	SUPER 3 YR OLD BEG 560734	SWIM KIDS 5/6 560773	SWIM KIDS 7/8 560760
9:15AM						
9:30AM	SWIM KIDS 9/10 560712		4&5 YR OLD BEG 560744	SWIM KIDS 2 560738		
9:45AM		SWIM KIDS 1 560704			4&5 YR OLD BEG 560745	SWIM KIDS 4 560771
10:00AM			SWIM KIDS 7/8 560757	PARENT & TOT 560763		
10:15AM	SUPER 3 YR OLD INT 560714	SWIM KIDS 1 560705			SWIM KIDS 2 560740	
10:30AM				SWIM KIDS 5/6 560727		SWIM KIDS 3 560718
10:45AM	PRIVATE LESSON	4&5 YR OLD ENR 560730	SWIM KIDS 2 560737		4&5 YR OLD ADV 560754	
11:00AM						
11:15AM						
11:30AM						
11:45AM	SWIM KIDS 3 560716	SUPER 3 YR OLD BEG 560733	4&5 YR OLD ADV 560752	SWIM KIDS 9/10 560713	4&5 YR OLD BEG 560747	SWIM KIDS 5/6 560728
12:00PM						
12:15PM		SWIM KIDS 2 560736	SWIM KIDS 1 560706		SWIM KIDS 4 560770	
12:30PM	SWIM KIDS 5/6 560725			4&5 YR OLD ADV 560753		SWIM KIDS 7/8 560761
12:45PM		4&5 YR OLD BEG 560743	SWIM KIDS 1 560707			
1:00PM				SWIM KIDS 1 560708	SWIM KIDS 2 560741	
1:15PM	SWIM ASSESSMENT	SWIM KIDS 3 560717	SWIM KIDS 4 560767			4&5 YR OLD BEG 560749
1:30PM	SWIM KIDS 1 560703			SWIM KIDS 2 560739	4&5 YR OLD BEG 560748	
1:45PM						

Parent Discussion Day July 8

PRIVATE LESSON	Jul 4	560924	Jul 5	560925	Jul 6	560926	Jul 7	560927	Jul 8	560928
10:45 - 11:15AM	Jul 11	560929	Jul 12	560930	Jul 13	560931	Jul 14	560932	Jul 15	560933

SWIM ASSESSMENT	Jul 4	560982	Jul 5	560983	Jul 6	560984	Jul 7	560985	Jul 8	560986
1:15 - 1:30PM	Jul 11	560987	Jul 12	560988	Jul 13	560989	Jul 14	560990	Jul 15	560991

JASPER PLACE AQUATIC PROGRAMS

MONDAY - FRIDAY: JULY 18 – JULY 29 — 10 LESSONS

9:00AM	SWIM KIDS 1 560709	SWIM KIDS 3/4 560821	4&5 YR OLD ADV 560755	SUPER 3 YR OLD BEG 560815	SWIM KIDS 5/6 560774	SWIM KIDS 7/8 560759
9:15AM						
9:30AM	SWIM KIDS 9/10 560778		4&5 YR OLD BEG 560825	SWIM KIDS 2 560839		
9:45AM		SWIM KIDS 1 560722		SUPER 3 YR OLD BEG 560863	4&5 YR OLD BEG 560827	SWIM KIDS 4 560772
10:00AM			SWIM KIDS 7/8 560758			
10:15AM	SUPER 3 YR OLD BEG 560813	SWIM KIDS 1 560723			SWIM KIDS 2 560879	
10:30AM				SWIM KIDS 5/6 560776		SWIM KIDS 3 560819
10:45AM	PRIVATE LESSON	4&5 YR OLD ADV 560756	SWIM KIDS 2 560837		4&5 YR OLD ADV 560849	
11:00AM						
11:15AM						
11:30AM						
11:45AM	SWIM KIDS 3 560817	PARENT & TOT 560764	4&5 YR OLD ADV 560845	SWIM KIDS 9/10 560866	4&5 YR OLD BEG 560829	SWIM KIDS 5/6 560777
12:00PM						
12:15PM		SWIM KIDS 2 560835	SWIM KIDS 1 560853		SWIM KIDS 4 560769	
12:30PM	SWIM KIDS 5/6 560775			4&5 YR OLD ADV 560847		SWIM KIDS 7/8 560762
12:45PM		4&5 YR OLD BEG 560750	SWIM KIDS 1 560855			
1:00PM				SWIM KIDS 1 560861	SWIM KIDS 2 560843	
1:15PM	SWIM ASSESSMENT	SWIM KIDS 3 560823	SWIM KIDS 4 560768			4&5 YR OLD BEG 560833
1:30PM	SWIM KIDS 1 560721			SWIM KIDS 2 560841	4&5 YR OLD BEG 560831	
1:45PM						

Parent Discussion Day July 22

PRIVATE LESSON	Jul 18	560934	Jul 19	560935	Jul 20	560936	Jul 21	560937	Jul 22	560938
10:45 - 11:15AM	Jul 25	560939	Jul 26	560940	Jul 27	560941	Jul 28	560942	Jul 29	560943

SWIM ASSESSMENT	Jul 18	560992	Jul 19	560993	Jul 20	560994	Jul 21	560995	Jul 22	560996
1:15 - 1:30PM	Jul 25	561001	Jul 26	561002	Jul 27	561006	Jul 28	561030	Jul 29	561031

DID YOU KNOW?

You can stay up to date by email. Subscribe to Find Your Fit eNews for the latest drop-in classes, programs, events, fitness and nutrition tips, and more! **edmonton.ca/findyourfit**

JASPER PLACE AQUATIC PROGRAMS

MONDAY - FRIDAY: AUGUST 2 – AUGUST 12 — 9 LESSONS

9:00AM	SWIM KIDS 1 560881	SWIM KIDS 3/4 560898	4&5 YR OLD ADV 560913	SUPER 3 YR OLD BEG 560900	SWIM KIDS 5/6 560896	SWIM KIDS 7/8 560919
9:15AM						
9:30AM	SWIM KIDS 9/10 560888		4&5 YR OLD BEG 560908	SWIM KIDS 2 560903		
9:45AM		SWIM KIDS 1 560883			4&5 YR OLD BEG 560909	SWIM KIDS 4 560923
10:00AM			SWIM KIDS 7/8 560918	PARENT & TOT 560766		
10:15AM	SUPER 3 YR OLD INT 560890	SWIM KIDS 1 560884		SWIM KIDS 5/6 560895	SWIM KIDS 2 560905	
10:30AM						SWIM KIDS 3 560893
10:45AM	PRIVATE LESSON	4&5 YR OLD ENR 560731	SWIM KIDS 2 560902		4&5 YR OLD ADV 560917	
11:00AM						
11:15AM						
11:30AM						
11:45AM	SWIM KIDS 3 560891	SUPER 3 YR OLD BEG 560899	4&5 YR OLD ADV 560914	SWIM KIDS 9/10 560889	4&5 YR OLD BEG 560910	SWIM KIDS 5/6 560897
12:00PM						
12:15PM		SWIM KIDS 2 560901	SWIM KIDS 1 560885		SWIM KIDS 4 560922	
12:30PM	SWIM KIDS 5/6 560894			4&5 YR OLD ADV 560915		SWIM KIDS 7/8 560920
12:45PM		4&5 YR OLD BEG 560907	SWIM KIDS 1 560886			
1:00PM				SWIM KIDS 1 560887	SWIM KIDS 2 560906	
1:15PM	SWIM ASSESSMENT	SWIM KIDS 3 560892	SWIM KIDS 4 560921			4&5 YR OLD BEG 560912
1:30PM	SWIM KIDS 1 560882			SWIM KIDS 2 560904	4&5 YR OLD BEG 560911	
1:45PM						

Parent Discussion Day August 8

PRIVATE LESSON	Aug 2	560945	Aug 3	560946	Aug 4	560948	Aug 5	560950	Aug 8	560952
10:45 - 11:15AM	Aug 9	560954	Aug 10	560955	Aug 11	560956	Aug 12	560971		

SWIM ASSESSMENT	Aug 2	561064	Aug 3	561068	Aug 4	561069	Aug 5	561073	Aug 8	561074
1:15 - 1:30PM	Aug 9	561075	Aug 10	561076	Aug 11	561077	Aug 12	561078		

DID YOU KNOW?

Drop-in aquatics schedules for all recreation centres are available at **edmonton.ca/DropInAquaticPrograms**

JASPER PLACE AQUATIC PROGRAMS

MONDAY - FRIDAY: AUGUST 15 – AUGUST 26 — 10 LESSONS

9:00AM	SWIM KIDS 1 560857	SWIM KIDS 3/4 560822	4&5 YR OLD ADV 560852	SUPER 3 YR OLD BEG 560816	SWIM KIDS 5/6 560870	SWIM KIDS 7/8 560874
9:15AM						
9:30AM	SWIM KIDS 9/10 560865		4&5 YR OLD BEG 560826	SWIM KIDS 2 560840		
9:45AM		SWIM KIDS 1 560859			4&5 YR OLD BEG 560828	SWIM KIDS 4 560878
10:00AM			SWIM KIDS 7/8 560873	SUPER 3 YR OLD BEG 560864		
10:15AM	SUPER 3 YR OLD BEG 560814	SWIM KIDS 1 560860			SWIM KIDS 2 560880	
10:30AM				SWIM KIDS 5/6 560869		SWIM KIDS 3 560820
10:45AM	PRIVATE LESSON	4&5 YR OLD ADV 560851	SWIM KIDS 2 560838		4&5 YR OLD ADV 560850	
11:00AM						
11:15AM						
11:30AM						
11:45AM	SWIM KIDS 3 560818	PARENT & TOT 560765	4&5 YR OLD ADV 560846	SWIM KIDS 9/10 560867	4&5 YR OLD BEG 560830	SWIM KIDS 5/6 560871
12:00PM						
12:15PM		SWIM KIDS 2 560836	SWIM KIDS 1 560854		SWIM KIDS 4 560877	
12:30PM	SWIM KIDS 5/6 560868			4&5 YR OLD ADV 560848		SWIM KIDS 7/8 560875
12:45PM		4&5 YR OLD BEG 560872	SWIM KIDS 1 560856			
1:00PM				SWIM KIDS 1 560862	SWIM KIDS 2 560844	
1:15PM	SWIM ASSESSMENT	SWIM KIDS 3 560824	SWIM KIDS 4 560876			4&5 YR OLD BEG 560834
1:30PM	SWIM KIDS 1 560858			SWIM KIDS 2 560842	4&5 YR OLD BEG 560832	
1:45PM						

Parent Discussion Day August 19

PRIVATE LESSON	Aug 15	560972	Aug 16	560973	Aug 17	560974	Aug 18	560975	Aug 19	560976
10:45 - 11:15AM	Aug 22	560977	Aug 23	560978	Aug 24	560979	Aug 25	560980	Aug 26	560981

SWIM ASSESSMENT	Aug 15	561079	Aug 16	561080	Aug 17	561081	Aug 18	561082	Aug 19	561083
1:15 - 1:30PM	Aug 22	561084	Aug 23	561085	Aug 24	561086	Aug 25	561087	Aug 26	561088

JASPER PLACE AQUATIC PROGRAMS

MONDAY - THURSDAY: JULY 4 – JULY 14 — 8 LESSONS

4:30PM						SWIM KIDS 3/4 561706
4:45PM						
5:00PM	SWIM KIDS 3 561363	SWIM KIDS 1 561373	4&5 YR OLD BEG 561401	SWIM KIDS 7/8 561436	SWIM KIDS 5/6 561434	
5:15PM						BRONZE STAR 5:15-6:30PM 561711
5:30PM		SWIM KIDS 2 561389	SWIM KIDS 4 561420			
5:45PM	SWIM ASSESSMENT			4&5 YR OLD ADV 561418	SWIM KIDS 9/10 561444	
6:00PM	SWIM KIDS 1 561367	SUPER 3 YR OLD BEG 561403				
6:15PM			PARENT & TOT 561424	SWIM KIDS 3/4 561859		
6:30PM	SWIM KIDS 2 561383	SWIM KIDS 1 561376			SUPER 3 YR OLD INT 561411	
6:45PM			SWIM KIDS 5/6 561428			SUPER 3 YR OLD BEG 561707
7:00PM	4&5 YR OLD BEG 561395	4&5 YR OLD ADV 561412		SWIM KIDS 2 561392	SWIM KIDS 1 561381	
7:15PM						

Parent Discussion Day July 7

SWIM ASSESSMENT	Jul 4	561465	Jul 5	561466	Jul 6	561467	Jul 7	561468
5:45 - 6:00PM	Jul 11	561469	Jul 12	561470	Jul 13	561471	Jul 14	561472

JASPER PLACE AQUATIC PROGRAMS

MONDAY - THURSDAY: JULY 18 – JULY 28 — 8 LESSONS

4:00PM						BRONZE MEDALLION 4:00-7:00PM (EXAM DATE: JUL 28 4:00-7:00PM) 561728
4:30PM						
5:00PM	SWIM KIDS 3 561364	SWIM KIDS 1 561374	4&5 YR OLD BEG 561402	SWIM KIDS 7/8 561437	SWIM KIDS 5/6 561435	
5:15PM						
5:30PM		SWIM KIDS 2 561390	SWIM KIDS 4 561421			
5:45PM	SWIM ASSESSMENT			4&5 YR OLD ADV 561419	SWIM KIDS 9/10 561445	
6:00PM	SWIM KIDS 1 561368	SUPER 3 YR OLD BEG 561404				
6:15PM			PARENT & TOT 561425	SWIM KIDS 3/4 561441		
6:30PM	SWIM KIDS 2 561384	SWIM KIDS 1 561375			4&5 YR OLD ENR 561448	
6:45PM			SWIM KIDS 5/6 561429			
7:00PM	4&5 YR OLD BEG 561396	4&5 YR OLD ADV 561413		SWIM KIDS 2 561391	SWIM KIDS 1 561382	
7:15PM						

Parent Discussion Day July 21

SWIM ASSESSMENT	Jul 18	561473	Jul 19	561474	Jul 20	561475	Jul 21	561476
5:45 - 6:00PM	Jul 25	561477	Jul 26	561478	Jul 27	561479	Jul 28	561480

JASPER PLACE AQUATIC PROGRAMS

MONDAY - THURSDAY: AUGUST 2 – AUGUST 11 — 7 LESSONS

5:00PM	SWIM KIDS 3 561366	SWIM KIDS 1 561371	4&5 YR OLD BEG 561399	SWIM KIDS 7/8 561439	SWIM KIDS 5/6 561432
5:15PM					
5:30PM		SWIM KIDS 2 561387	SWIM KIDS 4 561423		
5:45PM	SWIM ASSESSMENT			4&5 YR OLD ADV 561416	SWIM KIDS 9/10 561447
6:00PM	SWIM KIDS 1 561370	SUPER 3 YR OLD BEG 561407			
6:15PM			PARENT & TOT 561427	SWIM KIDS 3/4 561443	
6:30PM	SWIM KIDS 2 561386	SWIM KIDS 1 561378			SUPER 3 YR OLD INT 561410
6:45PM			SWIM KIDS 5/6 561431		
7:00PM	4&5 YR OLD BEG 561398	4&5 YR OLD ADV 561415		SWIM KIDS 2 561394	SWIM KIDS 1 561379
7:15PM					

Parent Discussion Day August 8

SWIM ASSESSMENT	Aug 2	561450	Aug 3	561451	Aug 4	561452	Aug 8	561453
5:45 - 6:00PM	Aug 9	561454	Aug 10	561455	Aug 11	561456		

JASPER PLACE AQUATIC PROGRAMS

MONDAY - THURSDAY: AUGUST 15 – AUGUST 25 — 8 LESSONS

4:00PM						BRONZE CROSS 4:00-7:00PM (EXAM DATE: AUG 25 4:00-7:00PM) 561730
4:30PM						
5:00PM	SWIM KIDS 3 561365	SWIM KIDS 1 561372	4&5 YR OLD BEG 561400	SWIM KIDS 7/8 561438	SWIM KIDS 5/6 561433	
5:15PM						
5:30PM		SWIM KIDS 2 561388	SWIM KIDS 4 561422			
5:45PM	SWIM ASSESSMENT			4&5 YR OLD ADV 561417	SWIM KIDS 9/10 561446	
6:00PM	SWIM KIDS 1 561369	SUPER 3 YR OLD BEG 561406				
6:15PM			PARENT & TOT 561426	SWIM KIDS 3/4 561442	4&5 YR OLD ENR 561449	
6:30PM	SWIM KIDS 2 561385	SWIM KIDS 1 561377				
6:45PM			SWIM KIDS 5/6 561430			
7:00PM	4&5 YR OLD BEG 561397	4&5 YR OLD ADV 561414		SWIM KIDS 2 561393	SWIM KIDS 1 561380	
7:15PM						

Parent Discussion Day August 22

SWIM ASSESSMENT	Aug 15	561457	Aug 16	561458	Aug 17	561459	Aug 18	561460
5:45 - 6:00PM	Aug 22	561461	Aug 23	561462	Aug 24	561463	Aug 25	561464

JASPER PLACE AQUATIC PROGRAMS

MONDAY & WEDNESDAY: JULY 4 – JULY 27
8 LESSONS

4:30PM	SUPER 3 YR OLD BEG 561481	4&5 YR OLD BEG 561485	
4:45PM			
5:00PM		SWIM KIDS 9/10 561675	SWIM KIDS 2 561681
5:15PM	4&5 YR OLD BEG 561482		
5:30PM			SWIM KIDS 1 561683
5:45PM	SWIM KIDS 5/6 561486		
6:00PM		SWIM KIDS 3/4 561677	
6:15PM			4&5 YR OLD ADV 561685
6:30PM	ADULT SWIM BASIC 1 561488		
6:45PM		SWIM KIDS 7/8 561679	PARENT & TOT 561688
7:00PM			
7:15PM			

Parent Discussion Day July 13

JASPER PLACE AQUATIC PROGRAMS

TUESDAY & THURSDAY: AUGUST 2 – AUGUST 25
8 LESSONS

4:30PM	SUPER 3 YR OLD INT 561690	4&5 YR OLD BEG 561484	
4:45PM			
5:00PM		SWIM KIDS 9/10 561676	SWIM KIDS 2 561682
5:15PM	4&5 YR OLD BEG 561483		
5:30PM			SWIM KIDS 1 561684
5:45PM	SWIM KIDS 5/6 561487		
6:00PM		SWIM KIDS 3/4 561678	
6:15PM			4&5 YR OLD ADV 561687
6:30PM	ADULT SWIM BASIC 2 561489		
6:45PM		SWIM KIDS 7/8 561680	PARENT & TOT 561689
7:00PM			
7:15PM			

Parent Discussion Day August 11

JASPER PLACE AQUATIC PROGRAMS

MONDAY - FRIDAY: JULY 18 – JULY 22
5 LESSONS

11:45AM	STROKE ENHANCEMENT 2 561695
12:00PM	
12:15PM	
12:30PM	STROKE ENHANCEMENT 1 561691
12:45PM	
1:00PM	
1:15PM	STROKE ENHANCEMENT 3 561699
1:30PM	
1:45PM	

No Parent Discussion Day

JASPER PLACE AQUATIC PROGRAMS

MONDAY - FRIDAY: JULY 25 – JULY 29
5 LESSONS

11:45AM	STROKE ENHANCEMENT 2 561696
12:00PM	
12:15PM	
12:30PM	STROKE ENHANCEMENT 1 561692
12:45PM	
1:00PM	
1:15PM	STROKE ENHANCEMENT 3 561700
1:30PM	
1:45PM	

No Parent Discussion Day

JASPER PLACE AQUATIC PROGRAMS

MONDAY - FRIDAY: AUGUST 8 – AUGUST 12
5 LESSONS

11:45AM	STROKE ENHANCEMENT 2 561697
12:00PM	
12:15PM	
12:30PM	STROKE ENHANCEMENT 1 561693
12:45PM	
1:00PM	
1:15PM	STROKE ENHANCEMENT 3 561701
1:30PM	
1:45PM	

No Parent Discussion Day

JASPER PLACE AQUATIC PROGRAMS

MONDAY - FRIDAY: AUGUST 15 – AUGUST 19
5 LESSONS

11:45AM	STROKE ENHANCEMENT 2 561698
12:00PM	
12:15PM	
12:30PM	STROKE ENHANCEMENT 1 561694
12:45PM	
1:00PM	
1:15PM	STROKE ENHANCEMENT 3 561702
1:30PM	
1:45PM	

No Parent Discussion Day

KINSMEN SPORTS CENTRE

KINSMEN AQUATIC PROGRAMS

MONDAY – FRIDAY: JULY 4-15
10 LESSONS

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

Parent Discussion Day July 8

KINSMEN AQUATIC PROGRAMS

MONDAY – FRIDAY: JULY 18-29
10 LESSONS

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

Parent Discussion Day July 22

KINSMEN AQUATIC PROGRAMS

MONDAY – FRIDAY: AUGUST 15-26
10 LESSONS

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

Parent Discussion Day August 19

KINSMEN AQUATIC PROGRAMS

TUESDAY – THURSDAY: JULY 5-7 & JULY 12-14
6 LESSONS

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

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

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

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

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

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

Select I Can Swim Lessons

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

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

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

LONDONDERRY FITNESS AND LEISURE CENTRE

LONDONDERRY AQUATIC PROGRAMS

MONDAY & WEDNESDAY: JULY 4 – 27 — 8 LESSONS

4:00PM	SWIM KIDS 1 563756	SUPER 3 YR OLD BEG 563713	4&5 YR OLD BEG 562260	SWIM KIDS 2 563922	SWIM KIDS 4 563951			
4:15PM								
4:30PM	4&5 YR OLD ADV/ENR 562243	SWIM KIDS 1 563764	SWIM KIDS 3 563932	PARENT & TOT 563691				
4:45PM					YOUTH SWIM BASIC 1 564756			
5:00PM	SWIM KIDS 1 563760	SWIM KIDS 5/6 563968		4&5 YR OLD BEG 562261				
5:15PM			SWIM KIDS 2 563920					
5:30PM	YOUTH SWIM BASIC 2 564771			SWIM KIDS 1 563767	SUPER 3 YR OLD BEG 563717			
5:45PM		SWIM KIDS 2 563918	4&5 YR OLD BEG 562262			PRIVATE LESSON 564312		
6:00PM							SWIM KIDS 1 563772	SWIM KIDS 4 563952
6:15PM						SWIM KIDS 3 563933		
6:30PM	SWIM KIDS 9/10 564289	SUPER 3 YR OLD BEG 563716					4&5 YR OLD BEG 562263	
6:45PM								SWIM KIDS 1 563773
7:00PM						SWIM KIDS 1 563771	SWIM KIDS 2 593924	
7:15PM	SWIM KIDS 5/6 563967	ADULT SWIM BASIC1/2 564772						SWIM KIDS 7/8 563991
7:30PM						SWIM KIDS 2 566020	4&5 YR OLD AV/ENR 526244	
7:45PM								

Parent Discussion Day July 13

PRIVATE LESSON	July 4 – 27 **564312**
5:45 - 6:15PM	

LONDONDERRY AQUATIC PROGRAMS

MONDAY & WEDNESDAY: AUGUST 3 - 24 — 7 LESSONS

4:00PM	SWIM KIDS 1 563757	SWIM KIDS 3 563934	SWIM KIDS 4 563953	4&5 YR OLD BEG 562264	SUPER 3 YR OLD BEG 563714			
4:15PM								
4:30PM	4&5 YR OLD ADV/ENR 562245			PARENT & TOT 563692	SWIM KIDS 1 563761			
4:45PM		SWIM KIDS 5/6 563970	SWIM KIDS 2 563926					
5:00PM	YOUTH SWIM BASIC 2 564770			SWIM KIDS 1 563775	4&5 YR OLD BEG 562265			
5:15PM			SWIM KIDS 7/8 563992					
5:30PM				SWIM KIDS 2 563927	SWIM KIDS 1 563768	PRIVATE LESSON	4&5 YR OLD BEG 562266	
5:45PM		YOUTH SWIM BASIC 1 564757						
6:00PM	SWIM KIDS 2 563925					4&5 YR OLD BEG 562267	SWIM KIDS 1 563778	SUPER 3 YR OLD BEG 563719
6:15PM								
6:30PM	SWIM KIDS 5/6 563969	SWIM KIDS 4 563954				SWIM KIDS 1 563776	SWIM KIDS 3 563935	SWIM KIDS 9/10 564290
6:45PM								
7:00PM						4&5 YR OLD BEG 562437		
7:15PM	SWIM KIDS 1 563374	ADULT SWIM BASIC1/2 564773					SWIM KIDS 2 5563928	4&5 YR OLD ADV/ENR 526646
7:30PM						SWIM KIDS 1 563779		
7:45PM								

Parent Discussion Day August 15

PRIVATE LESSON	Aug 3 - 24 **564313**
5:30 - 6:00PM	

LONDONDERRY AQUATIC PROGRAMS

TUESDAY & THURSDAY: JULY 5 – 28 — 8 LESSONS

4:00PM	SWIM KIDS 1 563758	SWIM KIDS 2 563929	SWIM KIDS 4 563956	4&5 YR OLD BEG 562439	4&5 YR OLD ADV/ENR 562248	SWIM KIDS 5/6 563971
4:15PM						
4:30PM	SWIM KIDS 3 563936	4&5 YR OLD BEG 562438		SWIM KIDS 1 563765	SUPER 3 YR OLD BEG 563720	
4:45PM			SWIM KIDS 7/8 563993			SWIM KIDS 1 563780
5:00PM				4&5 YR OLD BEG 562440	SWIM KIDS 1 563762	
5:15PM	SWIM KIDS 9/10 564291	SWIM KIDS 4 563955				SWIM KIDS 2 563930
5:30PM			SWIM KIDS 1 563769	4&5 YR OLD ADV/ENR 562247	SUPER 3 YR OLD BEG 563718	
5:45PM						

Parent Discussion Day July 14

LONDONDERRY AQUATIC PROGRAMS

TUESDAY & THURSDAY: AUGUST 2 – 25 — 8 LESSONS

4:00PM	SWIM KIDS 3 563937	SWIM KIDS 4 563957	SWIM KIDS 1 563759	4&5 YR OLD BEG 462441	SUPER 3 YR OLD BEG 563715
4:15PM					
4:30PM			4&5 YR OLD ADV/ENR 562249	SWIM KIDS 1 563766	4&5 YR OLD BEG 562442
4:45PM	YOUTH SWIM BASIC 1 564758	SWIM KIDS 2 563931			
5:00PM			SWIM KIDS 5/6 563972	SWIM KIDS 7/8 563994	SWIM KIDS 1 563763
5:15PM		SWIM KIDS 3 563938			
5:30PM	SWIM KIDS 1 563770				4&5 YR OLD BEG 562443
5:45PM					

Parent Discussion Day August 11

2016 SUMMER DAYCAMPS

Create. Learn. Move. Discover. Play.
Kids do it all at City of Edmonton daycamps.
Register Today. edmonton.ca/daycamps 311

Edmonton

LONDONDERRY AQUATIC PROGRAMS

MONDAY- FRIDAY: JULY 4 - 15 — 10 LESSONS

9:00AM	SWIM KIDS 1 563721	SWIM KIDS 4 563958	SWIM KIDS 2 563800	SWIM KIDS 5 563975	4&5 YR OLD BEG 553661	SUPER 3 YR OLD BEG 563698	
9:15AM							
9:30AM	4&5 YR OLD BEG 5263660		SWIM KIDS 3 563940		SWIM KIDS 1 536725	4&5 YR OLD ADV/ ENR 562252	
9:45AM		SUPER 3 YR OLD BEG 563697		YOUTH SWIM BASIC 1 564759			
10:00AM	SWIM KIDS 6 563983				4&5 YR OLD BEG 563677	SWIM KIDS 1 563743	
10:15AM		SWIM KIDS 3 563939					
10:30AM			4&5 YR OLD ADV/ ENR 562250	PARENT & TOT 563685	YOUTH SWIM BASIC 2 564768	SWIM KIDS 7/8 563997	
10:45AM	SWIM KIDS 1 563727						
11:00AM		SWIM KIDS 2 563799	SWIM KIDS 5/6 563973	4&5 YR OLD BEG 563673			
11:15AM	SUPER 3 YR OLD BEG 563693						
11:30AM					SWIM KIDS 2 563827	SWIM KIDS 4 563962	
11:45AM	4&5 YR OLD BEG 563665	SUPER 3 YR OLD BEG 563696		SWIM KIDS 1 536737			PRIVATE LESSON
12:00PM			SWIM KIDS 9/10 564292		SWIM KIDS 6 563986		
12:15PM		PARENT & TOT 563689		4&5 YR OLD ADV/ ENR 562251		SWIM KIDS 2 563882	YOUTH SWIM BASIC 1 564760
12:30PM							
12:45PM	BRONZE STAR 564316	SWIM KIDS 1 563730	4&5 YR OLD BEG 563669	SWIM KIDS 3 563944	SWIM KIDS 5 563976	SUPER 3 YR OLD BEG 563702	
1:00PM							YOUTH SWIM BASIC 2 564769
1:15PM		SWIM KIDS 7/8 563995	SWIM KIDS 1 563736			4&5 YR OLD BEG 563681	
1:30PM				SWIM KIDS 2 563813	SWIM KIDS 1 563739		
1:45PM							

Parent Discussion Day July 8

PRIVATE LESSON	Jul 4 - 8	564314
11:45 - 12:15PM	Jul 11 - 15	564315

DID YOU KNOW? Find out where to lane swim at **www.edmonton.ca/DropInAquaticSchedule**

LONDONDERRY AQUATIC PROGRAMS

MONDAY- FRIDAY: JULY 18 – 29 — 10 LESSONS

9:00AM	SWIM KIDS 1 563722	SWIM KIDS 2 563802	SWIM KIDS 4 563959	SWIM KIDS 5 563978	4&5 YR OLD BEG 563662	SUPER 3 YR OLD BEG 563699	
9:15AM							
9:30AM	SWIM KIDS 3 563941	SWIM KIDS 1 563726			4&5 YR OLD ADV/ ENR 562254	PARENT & TOT 563686	
9:45AM			SWIM KIDS 6 563990	YOUTH SWIM BASIC 1 564762			
10:00AM		4&5 YR OLD BEG 563678			SWIM KIDS 1 563744	SWIM KIDS 7/8 563998	
10:15AM	SWIM KIDS 2 563902						
10:30AM		YOUTH SWIM BASIC 2 564767	4&5 YR OLD BEG 563676	SWIM KIDS 1 563747	SUPER 3 YR OLD BEG 563705		
10:45AM	SWIM KIDS 9/10 564293					SWIM KIDS 3 563946	
11:00AM					SWIM KIDS 1 563748		
11:15AM			PARENT & TOT 563689	SWIM KIDS 4 563964			
11:30AM	SWIM KIDS 1 563745	4&5 YR OLD ADV/ ENR 562253			SWIM KIDS 2 563828		
11:45AM			4&5 YR OLD BEG 563666				SWIM KIDS 5/6 563974
12:00PM		SWIM KIDS 1 563746		SWIM KIDS 3 563945		BRONZE MEDALLION EXAM DATE: JULY 29, 12PM-2PM 564317	
12:15PM	SUPER 3 YR OLD BEG 563703		YOUTH SWIM BASIC 1 564761		SWIM KIDS 1 563749		
12:30PM		4&5 YR OLD BEG 563670					4&5 YR OLD ADV/ ENR 562255
12:45PM	SWIM KIDS 1 563735			SWIM KIDS 2 563906	SWIM KIDS 5 563977		
1:00PM		SWIM KIDS 4 563963	SWIM KIDS 6 563989				4&5 YR OLD BEG 563684
1:15PM	SWIM KIDS 2 563816			SWIM KIDS 7/8 563996			
1:30PM					SWIM KIDS 1 563740		SUPER 3 YR OLD BEG 563708
1:45PM							

Parent Discussion Day July 22

LONDONDERRY AQUATIC PROGRAMS

MONDAY- FRIDAY: AUGUST 2 – 12 — 9 LESSONS

9:00AM	SWIM KIDS 1 563723	SWIM KIDS 2 563804	4&5 YR OLD BEG 563663	SUPER 3 YR OLD BEG 563700	SWIM KIDS 4 563961	
9:15AM						
9:30AM	SWIM KIDS 3 563942	SWIM KIDS 5 563980	4&5 YR OLD ADV/ENR 562256	PARENT & TOT 563688		
9:45AM					SWIM KIDS 1 563755	
10:00AM			SWM KIDS 6 563984	4&5 YR OLD BEG 563679		
10:15AM	SWIM KIDS 2 563904	SWIM KIDS 1 563750			SUPER 3 YR OLD BEG 563707	
10:30AM				YOUTH SWIM BASIC 1 564763		
10:45AM	SWIM KIDS 7/8 563999	4&5 YR OLD BEG 563675	SWIM KIDS 3 563947		SWIM KIDS 1 563728	
11:00AM						
11:15AM		SWIM KIDS 1 563752		YOUTH SWIM BASIC 2 564766	SUPER 3 YR OLD BEG 563694	
11:30AM			SWIM KIDS 2 563829			4&5 YR OLD BEG 563668
11:45AM	BRONZE CROSS EXAM DATE: AUG 12, 12PM-2PM 564318					
12:00PM		SWIM KIDS 1 567463	SWIM KIDS 4 563965		SWIM KIDS 6 563987	SWIM KIDS 2 563915
12:15PM				SWIM KIDS 5 563979		
12:30PM						SWIM KIDS 3 563948
12:45PM		SWIM KIDS 1 563732			4&5 YR OLD BEG 563671	
1:00PM			SUPER 3 YR OLD BEG 563711	4&5 YR OLD ADV/ENR 562257		
1:15PM		4&5 YR OLD BEG 563682			SWIM KIDS 2 563821	SWIM KIDS 9/10 564295
1:30PM			SWIM KIDS 1 563742	SUPER 3 YR OLD BEG 563709		
1:45PM						

Parent Discussion Day August 5

Registration starts **May 4**. Go to **edmonton.ca/eReg** online, **call 311,** or visit any **City of Edmonton Recreation Centre.**

LONDONDERRY AQUATIC PROGRAMS

MONDAY- FRIDAY: AUGUST 15 - 26 — 10 LESSONS

9:00AM	SWIM KIDS 1 563724	SWIM KIDS 2 563805	4&5 YR OLD BEG 563664	SUPER 3 YR OLD BEG 563701	SWIM KIDS 4 563960	
9:15AM						
9:30AM	SWIM KIDS 3 563943	SWIM KIDS 5 563981	4&5 YR OLD ADV/ENR 562258	PARENT & TOT 563687		
9:45AM					SWIM KIDS 1 563754	
10:00AM			SWM KIDS 6 563985	4&5 YR OLD BEG 563680		
10:15AM	SWIM KIDS 2 563905	SWIM KIDS 1 563751			SUPER 3 YR OLD BEG 563706	
10:30AM				YOUTH SWIM BASIC 1 564764		
10:45AM	SWIM KIDS 7/8 564000	4&5 YR OLD BEG 563674	SWIM KIDS 3 563950		SWIM KIDS 1 563729	
11:00AM						
11:15AM		SWIM KIDS 1 563753		YOUTH SWIM BASIC 2 564765	SUPER 3 YR OLD BEG 563695	
11:30AM			SWIM KIDS 2 563842			4&5 YR OLD BEG 563667
11:45AM	SWIM KIDS 1 563738					
12:00PM		SWIM KIDS 1 564774	SWIM KIDS 4 563966		SWIM KIDS 7/8 566022	SWIM KIDS 2 563917
12:15PM	4&5 YR OLD BEG 563672			SWIM KIDS 5 563982		
12:30PM						SWIM KIDS 3 563949
12:45PM	SWIM KIDS 6 563988	SWIM KIDS 1 563734			4&5 YR OLD BEG 566021	
1:00PM			SUPER 3 YR OLD BEG 563712	4&5 YR OLD ADV/ENR 562259		
1:15PM		4&5 YR OLD BEG 562683			SWIM KIDS 2 563818	SWIM KIDS 9/10 564294
1:30PM			SWIM KIDS 1 563741	SUPER 3 YR OLD BEG 563710		
1:45PM						

Parent Discussion Day August 19

THE MEADOWS
COMMUNITY RECREATION CENTRE

For more information on the pool schedule, swimming lessons and other aquatic programs, please speak to staff at the front desk, call 311 or visit edmonton.ca/meadowrec

City of Edmonton
Recreation centres

MILL WOODS RECREATION CENTRE

MILL WOODS AQUATIC PROGRAMS

MONDAY - FRIDAY: JULY 4 – JULY 15 — 10 LESSONS

9:30AM	SWIM KIDS 9/10 562217	SWIM KIDS 1 562224	4&5 YR OLD BEG 562283	SUPER 3 YR OLD BEG 562304	PARENT & TOT SEA TURTLE 562300	SWIM KIDS 8 562308	SWIM KIDS 2 562295	SWIM KIDS 4 562319	4&5 YR OLD ADV 562291	BRONZE MEDALLION 9:30-11:45AM (EXAM DATE: JUL 15 9:30-11:45AM) 562325
9:45AM										
10:00AM		SWIM KIDS 2 562239	SWIM KIDS 1 562225	4&5 YR OLD ENR 562302	SWIM KIDS 5 562237		4&5 YR OLD BEG 562285		SWIM KIDS 1 562233	
10:15AM	SWIM KIDS 3 562219					SWIM KIDS 1 562228		STROKE ENHANCEMENT 1 562324		
10:30AM		4&5 YR OLD BEG 562282	SWIM KIDS 2 562241	SWIM KIDS 1 562227			SWIM KIDS 2 562321		SUPER 3 YR OLD BEG 562395	
10:45AM					SWIM KIDS 4 562317	RED CROSS SWIM ADAPTED 1/2 562323				
11:00AM	SWIM KIDS 1 562223	4&5 YR OLD ADV 562288	PARENT & TOT STARFISH/ DUCK 562299	SWIM KIDS 2 562242			SUPER 3 YR OLD INT 562322	4&5 YR OLD BEG 562286	SWIM KIDS 1 562234	
11:15AM										
11:30AM										
11:45AM										
12:00PM	SWIM KIDS 4 562314	SWIM KIDS 6/7 562296	SWIM KIDS 3 562221	SWIM KIDS 9/10 562218	4&5 YR OLD ADV 562289	PARENT &TOT SEA TURTLE 562301	SWIM KIDS 5 562235	SWIM KIDS 1 562232	4&5 YR OLD BEG 562287	BRONZE STAR 12-1PM (EXAM DATE: JUL 15 12-1PM) 562326
12:15PM									YOUTH SWIM BASIC 1 564006	
12:30PM					SUPER 3 YR OLD BEG 562305	SWIM KIDS 1 562229		SWIM KIDS 2 562293		
12:45PM	SWIM KIDS 2 562238	SWIM KIDS 3 562220	SWIM KIDS 1 562226	SWIM KIDS 8 562307			SWIM KIDS 2 562294			
1:00PM					SWIM KIDS 6/7 562297	4&5 YR OLD ADV 562290		4&5 YR OLD ENR 562303		
1:15PM	4&5 YR OLD BEG 562281		SWIM KIDS 5 562236				SWIM KIDS 1 562231		SWIM KIDS 2 562292	SWIM KIDS 3 562222
1:30PM		SWIM KIDS 2 562240		4&5 YR OLD BEG 562284		SWIM KIDS 1 562230		SUPER 3 YR OLD INT 562306		
1:45PM										

Parent Discussion Day July 8

DID YOU KNOW?

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

MILL WOODS AQUATIC PROGRAMS

MONDAY - FRIDAY: JULY 18 – JULY 29 — 10 LESSONS

9:30AM	SWIM KIDS 9/10 562328	SWIM KIDS 1 562336	4&5 YR OLD BEG 562343	SUPER 3 YR OLD BEG 562353	PARENT & TOT SEA TURTLE 562365	SWIM KIDS 8 562366	SWIM KIDS 2 562380	SWIM KIDS 4 562381	4&5 YR OLD ADV 562392	BRONZE CROSS 9:30-11:45AM (EXAM DATE: JUL 29 9:30-11:45AM) 562397
9:45AM										
10:00AM		SWIM KIDS 2 562337	SWIM KIDS 1 562344	4&5 YR OLD ENR 562354	SWIM KIDS 5 562364		4&5 YR OLD BEG 562533		SWIM KIDS 1 562391	
10:15AM	SWIM KIDS 3 562330					SWIM KIDS 1 562367		STROKE ENHANCEMENT 1 562379		
10:30AM		4&5 YR OLD BEG 562338	SWIM KIDS 2 562345	SWIM KIDS 1 562356			SWIM KIDS 2 562378		SUPER 3 YR OLD BEG 562396	
10:45AM					SWIM KIDS 4 562363	RED CROSS SWIM ADAPTED 1/2 562368				
11:00AM	SWIM KIDS 1 562335	4&5 YR OLD ADV 562339	PARENT & TOT STARFISH/ DUCK 562346	SWIM KIDS 2 562357			SUPER 3 YR OLD INT 562377	4&5 YR OLD BEG 562383	SWIM KIDS 1 562390	
11:15AM										
11:30AM										
11:45AM										
12:00PM	SWIM KIDS 4 562331	SWIM KIDS 6/7 562340	SWIM KIDS 3 562348	SWIM KIDS 9/10 562329	4&5 YR OLD ADV 562362	PARENT &TOT SEA TURTLE 562369	SWIM KIDS 5 562376	SWIM KIDS 1 562384	4&5 YR OLD BEG 562389	BRONZE STAR 12-1PM (EXAM DATE: JUL 29 12-1PM) 562393
12:15PM										
12:30PM					SUPER 3 YR OLD BEG 562361	SWIM KIDS 1 562370		SWIM KIDS 2 562385	YOUTH SWIM BASIC 1 564128	
12:45PM	SWIM KIDS 2 562332	SWIM KIDS 3 562341	SWIM KIDS 1 562349	SWIM KIDS 8 562358			SWIM KIDS 2 562375			
1:00PM					SWIM KIDS 6/7 562360	4&5 YR OLD ADV 562371		4&5 YR OLD ENR 562355		
1:15PM	4&5 YR OLD BEG 562333		SWIM KIDS 5 562350				SWIM KIDS 1 562373		SWIM KIDS 2 562387	SWIM KIDS 3 562394
1:30PM		SWIM KIDS 2 562342		4&5 YR OLD BEG 562359		SWIM KIDS 1 562372		SUPER 3 YR OLD INT 562386		
1:45PM										

Parent Discussion Day July 22

MILL WOODS AQUATIC PROGRAMS

MONDAY - FRIDAY: AUGUST 2 – AUGUST 12 — 9 LESSONS

9:30AM	SWIM KIDS 9/10 562574	SWIM KIDS 1 562581	4&5 YR OLD BEG 562580	SUPER 3 YR OLD BEG 562594	PARENT & TOT SEA TURTLE 562601	SWIM KIDS 8 562607	SWIM KIDS 2 562614	SWIM KIDS 4 562621	4&5 YR OLD ADV 562628	BRONZE MEDALLION 9:30-11:45AM (EXAM DATE: AUG 12 9:30-11:45AM) 562400
9:45AM										
10:00AM		SWIM KIDS 2 562582	SWIM KIDS 1 562588	4&5 YR OLD ENR 562595	SWIM KIDS 5 562602		4&5 YR OLD BEG 562615		SWIM KIDS 1 562629	
10:15AM	SWIM KIDS 3 562575					4&5 YR OLD ADV 562608		STROKE ENHANCEMENT 1 562622		
10:30AM		4&5 YR OLD BEG 562583	SWIM KIDS 2 562589	SWIM KIDS 1 562596			SWIM KIDS 2 562616		SUPER 3 YR OLD BEG 562630	
10:45AM					SWIM KIDS 4 562603	RED CROSS SWIM ADAPTED 1/2 562609				
11:00AM	SWIM KIDS 1 562576	4&5 YR OLD ADV 562608	PARENT & TOT STARFISH/ DUCK 562590	SWIM KIDS 2 562597			SUPER 3 YR OLD INT 562617	4&5 YR OLD BEG 562623	SWIM KIDS 1 562631	
11:15AM										
11:30AM										
11:45AM										
12:00PM	SWIM KIDS 4 562577	SWIM KIDS 6/7 562585	SWIM KIDS 3 562591	SWIM KIDS 9/10 562598	4&5 YR OLD ADV 562604	PARENT &TOT SEA TURTLE 562610	SWIM KIDS 5 562618	SWIM KIDS 1 562624	4&5 YR OLD BEG 562632	BRONZE STAR 12-1PM (EXAM DATE: JULY 15 12-1PM) 562401
12:15PM										
12:30PM					SUPER 3 YR OLD BEG 562605	SWIM KIDS 1 562611		SWIM KIDS 2 562625	YOUTH SWIM BASIC 1 564132	
12:45PM	SWIM KIDS 2 562578	SWIM KIDS 3 562586	SWIM KIDS 1 562592	SWIM KIDS 8 562599			SWIM KIDS 2 562619			
1:00PM					SWIM KIDS 6/7 562606	4&5 YR OLD ADV 562612		4&5 YR OLD ENR 562626		
1:15PM	4&5 YR OLD BEG 562579		SWIM KIDS 5 562593				SWIM KIDS 1 562620		SWIM KIDS 1 562634	SWIM KIDS 3 562635
1:30PM		SWIM KIDS 2 562587		4&5 YR OLD BEG 562600		SWIM KIDS 1 562613		SUPER 3 YR OLD INT 562627		
1:45PM										

Parent Discussion Day August 8

Registration starts **May 4**. Go to **edmonton.ca/eReg** online, **call 311,** or visit any **City of Edmonton Recreation Centre.**

MILL WOODS AQUATIC PROGRAMS

MONDAY - FRIDAY: AUGUST 15 – AUGUST 26 — 10 LESSONS

9:30AM	SWIM KIDS 9/10 562402	SWIM KIDS 1 562408	4&5 YR OLD BEG 562415	SUPER 3 YR OLD BEG 562428	PARENT & TOT SEA TURTLE 562434	SWIM KIDS 8 562435	SWIM KIDS 2 562528	SWIM KIDS 4 562544	4&5 YR OLD ADV 562555	BRONZE CROSS 9:30-11:45AM (EXAM DATE: AUG 26 9:30-11:45AM) 562398
9:45AM										
10:00AM		SWIM KIDS 2 563409	SWIM KIDS 1 562416	4&5 YR OLD ENR 562427	SWIM KIDS 5 562433		4&5 YR OLD BEG 562535		SWIM KIDS 1 562557	
10:15AM	SWIM KIDS 3 562403					SWIM KIDS 1 562511		STROKE ENHANCEMENT 1 562546		
10:30AM		4&5 YR OLD BEG 562410	SWIM KIDS 2 562417	SWIM KIDS 1 562426			SWIM KIDS 2 562536		SUPER 3 YR OLD BEG 562559	
10:45AM					SWIM KIDS 4 562432	RED CROSS SWIM ADAPTED 1/2 562517				
11:00AM	SWIM KIDS 1 562405	4&5 YR OLD ADV 562411	PARENT & TOT STARFISH/ DUCK 562418	SWIM KIDS 2 562425			SUPER 3 YR OLD INT 563539	4&5 YR OLD BEG 563547	SWIM KIDS 1 562563	
11:15AM										
11:30AM										
11:45AM										
12:00PM	SWIM KIDS 4 562404	SWIM KIDS 6/7 562412	SWIM KIDS 3 562419	SWIM KIDS 9/10 562424	4&5 YR OLD ADV 562431	PARENT &TOT SEA TURTLE 562518	SWIM KIDS 5 562540	SWIM KIDS 1 562548	4&5 YR OLD BEG 562561	BRONZE STAR 12-1:PM (EXAM DATE: AUG 26 12-1:PM) 562399
12:15PM										
12:30PM					SUPER 3 YR OLD BEG 562430	SWIM KIDS 1 562519		SWIM KIDS 2 562549	YOUTH SWIM BASIC 1 564135	
12:45PM	SWIM KIDS 2 562406	SWIM KIDS 3 562413	SWIM KIDS 1 562420	SWIM KIDS 8 562421			SWIM KIDS 2 562542			
1:00PM					SWIM KIDS 6/7 562429	4&5 YR OLD ADV 562524		4&5 YR OLD ENR 562551		
1:15PM	4&5 YR OLD BEG 562407		SWIM KIDS 5 562422				SWIM KIDS 1 562543		SWIM KIDS 2 562564	SWIM KIDS 4 562568
1:30PM		SWIM KIDS 2 562414		4&5 YR OLD BEG 562423		SWIM KIDS 1 562525		SUPER 3 YR OLD INT 562552		
1:45PM									SWIM ASSESSMENT	

Parent Discussion Day August 19

SWIM ASSESSMENT	Aug 15	562985	Aug 16	562986	Aug 17	562987	Aug 18	562988	Aug 19	562989
1:45 - 2:00PM	Aug 22	562990	Aug 23	562993	Aug 24	562991	Aug 25	562996		

MILL WOODS AQUATIC PROGRAMS

SATURDAY: JULY 2 – AUGUST 27 — 8 LESSONS

9:00AM	SWIM KIDS 5 532637	SWIM KIDS 1 562638	SWIM KIDS 4 562709	4&5 YR OLD BEG 562707
9:15AM				
9:30AM		PARENT & TOT 562701		SWIM KIDS 1 562644
9:45AM	SWIM KIDS 1 562638		ADULT SWIM BASIC 1 562711	
10:00AM		4&5 YR OLD BEG 562703		4&5 YR OLD ADV 562699
10:15AM	SWIM KIDS 3 562646			
10:30AM		SWIM KIDS 2 562662	4&5 YR OLD BEG 562704	SUPER 3 YR OLD BEG 562712
10:45AM				
11:00AM				
11:15AM	SWIM KIDS 8 562649	SWIM KIDS 1 562640	SWIM KIDS 3 562647	4&5 YR OLD ENR 562708
11:30AM				
11:45AM		SUPER 3 YR OLD INT 562715		SWIM KIDS 2 562684
12:00PM	SWIM KIDS 2 562650		SWIM KID 1 562642	
12:15PM		SWIM KIDS 6/7 562717		SWIM KIDS 9/10 562719
12:30PM	4&5 YR OLD ADV 562698		4&5 YR OLD BEG 562705	
12:45PM				

Parent Discussion Day August 6

No Lesson July 30

MILL WOODS AQUATIC PROGRAMS

TUESDAY & THURSDAY : JULY 5 – JULY 28 — 8 LESSONS

4:00PM	SWIM KIDS 1 562874				SWIM KIDS 2 562901	SWIM KIDS 3 562916	SWIM KIDS 6/7 562919	SWIM KIDS 9/10 564789
4:15PM		SWIM KIDS 5 562909	SWIM KIDS 1 562876	SUPER 3 YR OLD BEG 562933				
4:30PM	4&5 YR OLD BEG 562885				SWIM KIDS 8 562939			
4:45PM			PARENT & TOT SEA TURTLE 562921	SWIM KIDS 4 562929		SWIM KIDS 1 562879	STROKE ENHANCEMENT 1 562953	SWIM KIDS 2 562905
5:00PM	SWIM KIDS 2 562893	SWIM KIDS 1 562875						
5:15PM			4&5 YR OLD ADV 562923		SUPER 3 YR OLD INT 562961	4&5 YR OLD BEG 562889		4&5 YR OLD ADV 562927
5:30PM	PRIVATE LESSON	SWIM KIDS 3 562913		SWIM KIDS 1 562877			SWIM KIDS 2 562904	
5:45PM			SWIM KIDS 2 562897		SWIM KIDS 1 562878	PARENT & TOT STARFISH/ DUCK 565919		4&5 YR OLD BEG 562892
6:00PM	SWIM KIDS 2 562895			4&5 YR OLD BEG 562888			ADULT SWIM BASIC 1 562948	
6:15PM		SWIM KIDS 6/7 562917	SWIM KIDS 5 562912		SWIM KID 4 562930	4&5 YR OLD ADV 562925		SWIM KID 8 562945
6:30PM	4&5 YR OLD ENR 562907			SWIM KIDS 2 562900				
6:45PM								

Parent Discussion Day July 19

PRIVATE LESSON	Jul 5	562963	Jul 7	562964	Jul 12	562965	Jul 14	562967
5:30 - 6:00PM	Jul 19	562968	Jul 21	562970	Jul 26	562971		

MILL WOODS AQUATIC PROGRAMS

TUESDAY & THURSDAY : AUGUST 2 – AUGUST 25 — 8 LESSONS

4:00PM	SWIM KIDS 1 562881				SWIM KIDS 2 562902	SWIM KIDS 3 562915	SWIM KIDS 6/7 562920	SWIM KIDS 9/10 564790
4:15PM		SWIM KIDS 5 562910	SWIM KIDS 1 526882	SUPER 3 YR OLD BEG 562934				
4:30PM	4&5 YR OLD BEG 562886				SWIM KIDS 7/8 562941			
4:45PM			PARENT & TOT SEA TURTLE 562922	SWIM KIDS 4 562932		SWIM KIDS 1 562884	STROKE ENHANCEMENT 1 562955	SWIM KIDS 2 564791
5:00PM	SWIM KIDS 2 562894	SWIM KIDS 1 562880						
5:15PM			4&5 YR OLD ADV 562924		SUPER 3 YR OLD INT 562962	4&5 YR OLD BEG 562890		4&5 YR OLD ADV 562928
5:30PM	PRIVATE LESSON	SWIM KIDS 3 562914		SWIM KIDS 1 562957			SWIM KIDS 2 562903	
5:45PM			SWIM KIDS 2 562898		SWIM KIDS 1 562883	PARENT & TOT STARFISH/ DUCK 565923		4&5 YR OLD BEG 562891
6:00PM	SWIM KIDS 2 562892			4&5 YR OLD BEG 562887			ADULT SWIM BASIC 1 562949	
6:15PM		SWIM KIDS 6/7 562918	SWIM KIDS 5 562911		SWIM KID 4 562931	4&5 YR OLD ADV 562926		SWIM KID 8 562944
6:30PM	4&5 YR OLD ENR 562908			SWIM KIDS 2 562899				
6:45PM								

Parent Discussion Day August 16

PRIVATE LESSON	Aug 2	562973	Aug 4	562974	Aug 9	562975	Aug 11	562976
5:30 - 6:00PM	Aug 16	562979	Aug 18	562980	Aug 23	562982		

Registration starts **May 4**. Go to **edmonton.ca/eReg** online, **call 311,** or visit any **City of Edmonton Recreation Centre.**

O'LEARY FITNESS AND LEISURE CENTRE

O'LEARY AQUATIC PROGRAMS

MONDAY - THURSDAY: JULY 4 - 14 — 8 LESSONS

9:00AM	SWIM KIDS 9/10 562444	SWIM KIDS 2 562449	SWIM KIDS 1 562506	SWIM KIDS 5/6 562553	SWIM KIDS 4 562463
9:15AM					
9:30AM		SWIM KIDS 3 562495	4&5 YR OLD BEG 562484		
9:45AM	SWIM KIDS 2 562448			SUPER 3 YR OLD INT 562468	SWIM KIDS 2 562452
10:00AM		SWIM KIDS 1 562504	SUPER 3 YR OLD BEG 562537		
10:15AM	SWIM KIDS 7/8 562457			SWIM KIDS 4 562462	SWIM KIDS 5/6 562554
10:30AM		4&5 YR OLD BEG 562482	SWIM KIDS 3 562499		
10:45AM					
11:00AM					
11:15AM	SWIM KIDS 4 562461	SWIM KIDS 3 562497	4&5 YR OLD ADV 562527	SWIM KIDS 9/10 562445	4&5 YR OLD ENR 562566
11:30AM					
11:45AM		4&5 YR OLD ADV 562522	4&5 YR OLD BEG 562485		SWIM KIDS 1 562508
12:00PM	SUPER 3 YR OLD INT 562467			4&5 YR OLD ENR 562565	
12:15PM		SWIM KIDS 1 562505	SWIM KIDS 2 562451		SWIM KIDS 3 562500
12:30PM	PARENT & TOT 562471			4&5 YR OLD ADV 562529	
12:45PM		SWIM KIDS 2 562450	SWIM KIDS 5/6 562550		SWIM KIDS 7/8 562458
1:00PM	4&5 YR OLD BEG 562481			SWIM KIDS 1 562507	
1:15PM					

Parent Discussion Day July 7

O'LEARY AQUATIC PROGRAMS

MONDAY - THURSDAY: JULY 18 - 28 — 8 LESSONS

9:00AM	SWIM KIDS 9/10 562447	SWIM KIDS 2 562454	SWIM KIDS 1 562516	SWIM KIDS 5/6 562558	SWIM KIDS 4 562464
9:15AM					
9:30AM		4 &5YR OLD ADV 562531	4&5 YR OLD BEG 562492		
9:45AM	SWIM KIDS 2 562453			SUPER 3 YR OLD INT 562469	PARENT & TOT 562534
10:00AM		SWIM KIDS 1 562510	SUPER 3 YR OLD BEG 562545		
10:15AM	SWIM KIDS 7/8 562459			SWIM KIDS 4 562466	SWIM KIDS 5/6 562556
10:30AM		4&5 YR OLD BEG 562490	SWIM KIDS 3 562502		
10:45AM					
11:00AM					
11:15AM	SWIM KIDS 4 562465	SWIM KIDS 3 562503	4&5 YR OLD ENR 562567	SWIM KIDS 9/10 562446	SWIM KIDS 2 562456
11:30AM					
11:45AM		4&5 YR OLD ADV 562532	4&5 YR OLD BEG 562487		SWIM KIDS 1 562509
12:00PM	SUPER 3 YR OLD INT 562470			PARENT & TOT 562472	
12:15PM		SWIM KIDS 1 562513	SWIM KIDS 2 562455		SWIM KIDS 3 562501
12:30PM	4&5 YR OLD BEG 562489			4&5 YR OLD ADV 562530	
12:45PM		4&5 YR OLD ENR 562569	SWIM KIDS 5/6 562560		SWIM KIDS 7/8 502460
1:00PM	PRIVATE LESSON			SUPER 3 YR OLD BEG 562570	
1:15PM					

Parent Discussion Day July 21

PRIVATE LESSON	Jul 18	563149	Jul 19	563148	Jul 20	563150	Jul 21	563151
1:00 - 1:30PM	Jul 25	563152	Jul 26	563153	Jul 27	563154	Jul 28	563155

O'LEARY AQUATIC PROGRAMS

MONDAY - THURSDAY: AUGUST 2 - 11 — 7 LESSONS

9:00AM		4&5 YR OLD BEG 563158	SWIM KIDS 2 563194	SWIM KIDS 4 563085	BRONZE MEDALLION 9:00-11:30AM (EXAM DATE: AUG 12 9:00-12:00 PM) 564616
9:15AM	4&5 YR OLD ENR 563064				
9:30AM		SWIM KIDS 1 563113	4&5 YR OLD ADV 563220		
9:45AM	SWIM KIDS 3 563070			PARENT & TOT 563101	
10:00AM		SUPER 3 YR OLD BEG 563173	SWIM KIDS 2 563193		
10:15AM	SWIM KIDS 7/8 563078			SWIM KIDS 5/6 563202	
10:30AM		SWIM KIDS 3 563072	SWIM KIDS 1 563114		
10:45AM					
11:00AM					
11:15AM	SWIM KIDS 4 563084	4&5 YR OLD ADV 563187	SWIM KIDS 9/10 563060	4&5 YR OLD ENR 563067	
11:30AM					
11:45AM		4&5 YR OLD BEG 563159		SWIM KIDS 1 563116	
12:00PM	SUPER 3 YR OLD INT 563097		SUPER 3 YR OLD BEG 563210		
12:15PM		SWIM KIDS 2 563191		SWIM KIDS 3 563074	
12:30PM	PARENT & TOT 563105		4&5 YR OLD ADV 563220		
12:45PM		SWIM KIDS 5/6 563200		SWIM KIDS 7/8 563079	
1:00PM	SWIM KIDS 1 563112		4&5 YR OLD BEG 563160		
1:15PM					

Parent Discussion Day August 4

O'LEARY AQUATIC PROGRAMS

MONDAY - THURSDAY: AUGUST 15 - 25 — 8 LESSONS

9:00AM	SWIM KIDS 9/10 563062	SWIM KIDS 2 563198	SWIM KIDS 1 563119	SWIM KIDS 5/6 563207	SWIM KIDS 4 563089	BRONZE CROSS (EXAM DATE: AUG 26 9:00AM- 12:00PM) 564540
9:15AM						
9:30AM		SWIM KIDS 3 563075	SWIM KIDS 2 564613			
9:45AM	4&5 YR OLD ADV 563222			SUPER 3 YR OLD INT 563230	PARENT & TOT 563106	
10:00AM		SWIM KIDS 1 563120	SUPER 3 YR OLD BEG 563215			
10:15AM	SWIM KIDS 7/8 563081			SWIM KIDS 4 563092	SWIM KIDS 5/6 563204	
10:30AM		4&5 YR OLD BEG 563161	SWIM KIDS 3 563076			
10:45AM						
11:00AM						
11:15AM	SWIM KIDS 4 563095	SWIM KIDS 3 563226	4&5 YR OLD ADV 563224	SWIM KIDS 9/10 563063	4&5 YR OLD ENR 563229	
11:30AM						
11:45AM		4&5 YR OLD ADV 563223	4&5 YR OLD BEG 563168		SWIM KIDS 1 563117	
12:00PM	SUPER 3 YR OLD INT 563098			PARENT & TOT 563110		BRONZE STAR 564618
12:15PM		SWIM KIDS 1 563121	SWIM KIDS 2 563197		4&5 YR OLD BEG 563228	
12:30PM	4&5 YR OLD BEG 563227			4&5 YR OLD ADV 563225		
12:45PM		4&5 YR OLD ENR 563067	SWIM KIDS 5/6 563206		SWIM KIDS 7/8 563080	
1:00PM	PRIVATE LESSON			SUPER 3 YR OLD BEG 563219		
1:15PM						

Parent Discussion Day August 18

PRIVATE LESSON	Aug 15	563231	Aug 16	563232	Aug 17	563233	Aug 18	563234
1:00 - 1:30PM	Aug 22	563235	Aug 23	563236	Aug 24	563237	Aug 25	563238

Registration starts **May 4**. Go to **edmonton.ca/eReg** online, **call 311,** or visit any **City of Edmonton Recreation Centre.**

O'LEARY AQUATIC PROGRAMS

TUESDAY & THURSDAY: JULY 5 - 28 — 8 LESSONS

5:00PM	SWIM KIDS 1 564541	4&5 YR OLD BEG 564560	SUPER 3 YR OLD BEG 564572	SWIM KIDS 4 564569	SWIM KIDS 7/8 564584
5:15PM					
5:30PM	SWIM KIDS 2 564547	4&5 YR OLD ADV 564564	SWIM KIDS 1 564544		
5:45PM				PARENT & TOT 564582	4&5 YR OLD ENR 564606
6:00PM	SWIM KIDS 3 564553	SWIM KIDS 1 564545	SWIM KIDS 2 564550		
6:15PM				4&5 YR OLD BEG 564561	4&5 YR OLD ADV 564565
6:30PM	SUPER 3 YR OLD INT 564557	SWIM KIDS 4 564568	SWIM KIDS 5/6 564574		
6:45PM				SWIM KIDS 2 564551	SWIM KIDS 3 564556
7:00PM	4&5 YR OLD BEG 564559				
7:15PM		ADULT SWIM BASIC 564578	ADULT SWIM STROKE 564581	SWIM KIDS 9/10 564586	SWIM KIDS 5/6 564575
7:30PM	PRIVATE LESSON				
7:45PM					

Parent Discussion Day July 14

PRIVATE LESSON	Jul 5	564588	Jul 7	564589	Jul 12	564590	Jul 14	564591
7:30 - 8:00PM	Jul 19	564592	Jul 21	564593	Jul 26	564594	Jul 28	564595

O'LEARY AQUATIC PROGRAMS

TUESDAY & THURSDAY: AUGUST 2 – 25 — 8 LESSONS

5:00PM	SWIM KIDS 1 564542	4&5 YR OLD BEG 564563	SUPER 3 YR OLD INT 564558	SWIM KIDS 4 564571	SWIM KIDS 7/8 564585
5:15PM					
5:30PM	SWIM KIDS 2 564548	4&5 YR OLD ADV 564567	SWIM KIDS 1 564543		
5:45PM				PARENT & TOT 564583	SUPER 3 YR OLD BEG 564573
6:00PM	SWIM KIDS 3 564554	SWIM KIDS 1 564546	SWIM KIDS 2 564549		
6:15PM				4&5 YR OLD BEG 564562	4&5 YR OLD ADV 564566
6:30PM	SUPER 3 YR OLD BEG 564609	SWIM KIDS 4 564570	SWIM KIDS 5/6 564577		
6:45PM				SWIM KIDS 2 564552	SWIM KIDS 3 564555
7:00PM	4 & 5 YR OLD ENR 564610				
7:15PM		ADULT SWIM BASIC 564579	ADULT SWIM STROKE 564580	SWIM KIDS 9/10 564587	SWIM KIDS 5/6 564576
7:30PM	PRIVATE LESSON				
7:45PM					

Parent Discussion Day August 11

PRIVATE LESSON	Aug 2	564596	Aug 4	564597	Aug 9	564598	Aug 11	564600
7:30 - 8:00PM	Aug 16	564601	Aug 18	564602	Aug 23	564603	Aug 25	564604

TERWILLEGAR COMMUNITY RECREATION CENTRE

TERWILLEGAR AQUATIC PROGRAMS

TUESDAY- FRIDAY: JULY 5 – 15 — 8 LESSONS

9:00AM	SWIM KIDS 2 564175		SWIM KIDS 5/6 564252	4&5 YR OLD ADV/ENR 564007	SUPER 3 YR OLD BEG 564096	4&5 YR OLD BEG 564037	SWIM KIDS 1 564154	SWIM KIDS 7/8 564268
9:15AM		SWIM KIDS 3/4 564227						
9:30AM	4&5 YR OLD BEG 564001			SWIM KIDS 1 564143	SWIM KIDS 2 564196	4&5 YR OLD ADV/ENR 564010	4&5 YR OLD BEG 564041	
9:45PM			SWIM ASSESSMENT					SWIM KIDS 1 564159
10:00AM	SWIM KIDS 5/6 564247	SUPER 3 YR OLD BEG 564087	SWIM KIDS 3/4 564231	4&5 YR OLD BEG 564026	SWIM KIDS 1 564148	PARENT & TOT 564284	SWIM KIDS 2 564210	
10:15AM								SUPER 3 YR OLD INT 564107
10:30AM		4&5 YR OLD ADV/ENR 563911			SWIM KIDS 9/10 564272	SWIM KIDS 2 564203	4&5 YR OLD BEG 564045	
10:45AM			SWIM KIDS 1 564126	SWIM KIDS 3/4 564235				
11:00AM	4&5 YR OLD BEG 564011	PARENT & TOT 564276				SWIM KIDS 5/6 564256	SWIM KIDS 1 564163	SWIM KIDS 2 564223
11:15AM			SUPER 3 YR OLD BEG 564092					
11:30AM	4&5 YR OLD ADV/ENR 563907			SWIM KIDS 2 564187	SWIM KIDS 3/4 564239			SWIM KIDS 1 564167
11:45AM		SWIM KIDS 7/8 564264					4&5 YR OLD ADV/ENR 563916	
12:00PM	SWIM KIDS 1 564116		PARENT & TOT 564280	4&5 YR OLD BEG 564033				4&5 YR OLD BEG 564049
12:15PM					4&5 YR OLD ADV/ENR 564018	SWIM KIDS 3/4 264243	SWIM KIDS 5/6 564260	
12:30PM	PRIVATE LESSON	SWIM KIDS 2 564181	SWIM KIDS 1 564137	SUPER 3 YR OLD INT 564101				4&5 YR OLD ADV/ENR 564022
12:45PM								

Parent Discussion Day July 12

PRIVATE LESSON	July 5	564396	July 6	564397	July 7	564398	July 8	564399
12:30 – 1:00PM	July 12	564400	July 13	564401	July 14	564402		

SWIM ASSESSMENT	July 5	564424	July 6	564425	July 7	564426	July 8	564427
9:45 – 10:00AM	July 12	564428	July 13	564429	July 14	564430		

TERWILLEGAR AQUATIC PROGRAMS

TUESDAY- FRIDAY: JULY 19 – 29 — 8 LESSONS

9:00AM	SWIM KIDS 2 564176		SWIM KIDS 5/6 564253	4&5 YR OLD ADV/ENR 564015	SUPER 3 YR OLD BEG 564097	4&5 YR OLD BEG 564038	SWIM KIDS 1 564155	SWIM KIDS 7/8 564269
9:15AM		SWIM KIDS 3/4 564228						
9:30AM	4&5 YR OLD BEG 564002			SWIM KIDS 1 564145	SWIM KIDS 2 564197	4&5 YR OLD ADV/ENR 564030	4&5 YR OLD BEG 564042	
9:45PM			SWIM ASSESSMENT					SWIM KIDS 1 564160
10:00AM	SWIM KIDS 5/6 564248	SUPER 3 YR OLD BEG 564088	SWIM KIDS 3/4 564232	4&5 YR OLD BEG 564027	SWIM KIDS 1 564150	PARENT & TOT 564285	SWIM KIDS 2 564220	
10:15AM								SUPER 3 YR OLD INT 564109
10:30AM		4&5 YR OLD ADV/ENR 563912			SWIM KIDS 9/10 564273	SWIM KIDS 2 564204	4&5 YR OLD BEG 564046	
10:45AM			SWIM KIDS 1 564129	SWIM KIDS 3/4 564236				
11:00AM	4&5 YR OLD BEG 564012	PARENT & TOT 564277					SWIM KIDS 1 564164	SWIM KIDS 2 564224
11:15AM			SUPER 3 YR OLD BEG 564093			SWIM KIDS 5/6 564257		
11:30AM	4&5 YR OLD ADV/ENR 563908			SWIM KIDS 2 564191	SWIM KIDS 3/4 564240			SWIM KIDS 1 564168
11:45AM		SWIM KIDS 7/8 564265					4&5 YR OLD ADV/ENR 563919	
12:00PM	SWIM KIDS 1 564118		PARENT & TOT 564281	4&5 YR OLD BEG 564034				4&5 YR OLD BEG 564050
12:15PM					4&5 YR OLD ADV/ENR 564019	SWIM KIDS 3/4 564244	SWIM KIDS 5/6 564261	
12:30PM	PRIVATE LESSON	SWIM KIDS 2 564183	SWIM KIDS 1 564138	SUPER 3 YR OLD INT 564102				4&5 YR OLD ADV/ENR 564023
12:45PM								

Parent Discussion Day July 26

PRIVATE LESSON	July 19	564403	July 20	564404	July 21	564405	July 22	564406
12:30 – 1:00PM	July 26	564407	July 27	564408	July 28	564409		

SWIM ASSESSMENT	July 19	564431	July 20	564432	July 21	564433	July 22	564434
9:45 – 10:00AM	July 26	564435	July 27	564436	July 28	564437		

TERWILLEGAR AQUATIC PROGRAMS

TUESDAY- FRIDAY: AUGUST 2 - 12 — 8 LESSONS

9:00AM	SWIM KIDS 2 564178		SWIM KIDS 5/6 564254	4&5 YR OLD ADV/ENR 564016	SUPER 3 YR OLD BEG 564098	4&5 YR OLD BEG 564039	SWIM KIDS 1 564156	SWIM KIDS 7/8 564270
9:15AM		SWIM KIDS 3/4 564229						
9:30AM	4&5 YR OLD BEG 564003			SWIM KIDS 1 564146	SWIM KIDS 2 564199	4&5 YR OLD ADV/ENR 564031	4&5 YR OLD BEG 564043	
9:45PM			SWIM ASSESSMENT					SWIM KIDS 1 564161
10:00AM	SWIM KIDS 5/6 564249	SUPER 3 YR OLD BEG 564090	SWIM KIDS 3/4 564233	4&5 YR OLD BEG 564028	SWIM KIDS 1 564151	PARENT & TOT 564286	SWIM KIDS 2 564221	
10:15AM								SUPER 3 YR OLD INT 564110
10:30AM		4&5 YR OLD ADV/ENR 563913			SWIM KIDS 9/10 564274	SWIM KIDS 2 564207	4&5 YR OLD BEG 564047	
10:45AM			SWIM KIDS 1 564131	SWIM KIDS 3/4 564237				
11:00AM	4&5 YR OLD BEG 564013	PARENT & TOT 564278					SWIM KIDS 1 564165	SWIM KIDS 2 564225
11:15AM			SUPER 3 YR OLD BEG 564094			SWIM KIDS 5/6 564258		
11:30AM	4&5 YR OLD ADV/ENR 563909			SWIM KIDS 2 564192	SWIM KIDS 3/4 564241			SWIM KIDS 1 564170
11:45AM		SWIM KIDS 7/8 564266					4&5 YR OLD ADV/ENR 563921	
12:00PM	SWIM KIDS 1 564120		PARENT & TOT 564282	4&5 YR OLD BEG 564035				4&5 YR OLD BEG 564051
12:15PM					4&5 YR OLD ADV/ENR 564020	SWIM KIDS 3/4 564245	SWIM KIDS 5/6 564262	
12:30PM	PRIVATE LESSON	SWIM KIDS 2 564184	SWIM KIDS 1 564141	SUPER 3 YR OLD INT 564103				4&5 YR OLD ADV/ENR 564024
12:45PM								

Parent Discussion Day August 9

PRIVATE LESSON	Aug 2	564410	Aug 3	564411	Aug 4	564412	Aug 5	564413
12:30 – 1:00PM	Aug 9	564414	Aug 10	564415	Aug 11	564416		

SWIM ASSESSMENT	Aug 2	564438	Aug 3	564439	Aug 4	564440	Aug 5	564441
9:45 – 10:00AM	Aug 9	564442	Aug 10	564443	Aug 11	564444		

TERWILLEGAR AQUATIC PROGRAMS

TUESDAY- FRIDAY: AUGUST 16 - 26 — 8 LESSONS

9:00AM	SWIM KIDS 2 564179		SWIM KIDS 5/6 564255	4&5 YR OLD ADV/ENR 564017	SUPER 3 YR OLD BEG 564100	4&5 YR OLD BEG 564040	SWIM KIDS 1 564158	SWIM KIDS 7/8 564271
9:15AM		SWIM KIDS 3/4 564230						
9:30AM	4&5 YR OLD BEG 564004			SWIM KIDS 1 564147	SWIM KIDS 2 564200	4&5 YR OLD ADV/ENR 564032	4&5 YR OLD BEG 564044	
9:45PM			SWIM ASSESSMENT					SWIM KIDS 1 564162
10:00AM	SWIM KIDS 5/6 564250	SUPER 3 YR OLD BEG 564091	SWIM KIDS 3/4 564234	4&5 YR OLD BEG 564029	SWIM KIDS 1 564153	PARENT & TOT 564287	SWIM KIDS 2 564222	
10:15AM								SUPER 3 YR OLD INT 564111
10:30AM		4&5 YR OLD ADV/ENR 563914			SWIM KIDS 9/10 564275	SWIM KIDS 2 564208	4&5 YR OLD BEG 564048	
10:45AM			SWIM KIDS 1 564133	SWIM KIDS 3/4 564238				
11:00AM	4&5 YR OLD BEG 564014	PARENT & TOT 564279					SWIM KIDS 1 564166	SWIM KIDS 2 564226
11:15AM			SUPER 3 YR OLD BEG 564095			SWIM KIDS 5/6 564259		
11:30AM	4&5 YR OLD ADV/ENR 563910			SWIM KIDS 2 564194	SWIM KIDS 3/4 564242			SWIM KIDS 1 564171
11:45AM		SWIM KIDS 7/8 564267					4&5 YR OLD ADV/ENR 563923	
12:00PM	SWIM KIDS 1 564122		PARENT & TOT 564283	4&5 YR OLD BEG 564036				4&5 YR OLD BEG 564052
12:15PM					4&5 YR OLD ADV/ENR 564021	SWIM KIDS 3/4 564246	SWIM KIDS 5/6 564263	
12:30PM	PRIVATE LESSON	SWIM KIDS 2 564185	SWIM KIDS 1 564142	SUPER 3 YR OLD INT 564104				4&5 YR OLD ADV/ENR 564025
12:45PM								

Parent Discussion Day August 23

PRIVATE LESSON	Aug 16	564417	Aug 17	564418	Aug 18	564419	Aug 19	564420
12:30 – 1:00PM	Aug 23	564421	Aug 24	564422	Aug 25	564423		

SWIM ASSESSMENT	Aug 16	564445	Aug 17	564446	Aug 18	564447	Aug 19	564448
9:45 – 10:00AM	Aug 23	564449	Aug 24	564450	Aug 25	564451		

TERWILLEGAR AQUATIC PROGRAMS

TUESDAY & THURSDAY: JULY 5 – 28 — 8 LESSONS

5:00PM	4&5 YR OLD ADV/ENR 564324	SWIM KIDS 5/6 564368	SWIM KIDS 3/4 564362	SWIM ASSESSMENT	4&5 YR OLD BEG 564330	PARENT & TOT 564340	SWIM KIDS 1 564352	SWIM KIDS 2 564360	BRONZE MEDALLION 5:00-8:00PM (EXAM DATE: JULY 28 5-8PM) 564778
5:15PM				SUPER 3 YR OLDS BEG 564342					
5:30PM	PARENT & TOT 564338				SWIM KIDS 1 564350	SWIM KIDS 7/8 564372	SUPER 3 YR OLD INT 564346	4&5 YR OLD BEG 564334	
5:45PM		SWIM KIDS 1 564348	SWIM KIDS 2 564358	SWIM KIDS 3/4 564364					
6:00PM					4&5 YR OLD BEG 564332		4&5 YR OLD ADV/ENR 564328	PRIVATE LESSON	
6:15PM	SWIM KIDS 9/10 564374	SWIM KIDS 2 564356	SWIM KIDS 5/6 564370			SWIM KIDS 3/4 564366			
6:30PM				4&5 YR OLD ADV/ENR 564326	SUPER 3 YR OLD BEG 564344		4&5 YR OLD BEG 564336	SWIM KIDS 1 564354	
6:45PM									
7:00PM	ADULT SWIM BASIC 1/2 564390				ADULT SWIM BASIC 1/2 564392	ADULT SWIM STROKES 564394			
7:15PM									
7:30PM									
7:45PM									

Parent Discussion Day July 19

PRIVATE LESSON	July 5	564376	July 7	564377	July 12	564378	July 14	564379
6:00 – 6:30PM	July 19	564380	July 21	564381	July 26	564382		

SWIM ASSESSMENT	July 5	564452	July 7	564453	July 12	564454	July 14	564455
5:00 – 5:15PM	July 19	564456	July 21	564457	July 26	564458		

TERWILLEGAR AQUATIC PROGRAMS

TUESDAY & THURSDAY: AUGUST 2 – AUGUST 25 — 8 LESSONS

5:00PM	4&5 YR OLD ADV/ENR 564325	SWIM KIDS 5/6 564369	SWIM KIDS 3/4 564363	SWIM ASSESSMENT	4&5 YR OLD BEG 564331	PARENT & TOT 5564341	SWIM KIDS 1 564353	SWIM KIDS 2 564361	BRONZE CROSS 5:00-8:00PM (EXAM DATE: AUG 25 5-8PM) 564779
5:15PM				SUPER 3 YR OLDS BEG 564343					
5:30PM	PARENT & TOT 564339				SWIM KIDS 1 564351	SWIM KIDS 7/8 564373	SUPER 3 YR OLD INT 564347	4&5 YR OLD BEG 564335	
5:45PM		SWIM KIDS 1 564349	SWIM KIDS 2 564359	SWIM KIDS 3/4 564365					
6:00PM					4&5 YR OLD BEG 564333		4&5 YR OLD ADV/ENR 564329	PRIVATE LESSON	
6:15PM	SWIM KIDS 9/10 564375	SWIM KIDS 2 564357	SWIM KIDS 5/6 564371			SWIM KIDS 3/4 564367			
6:30PM				4&5 YR OLD ADV/ENR 564327	SUPER 3 YR OLD BEG 564345		4&5 YR OLD BEG 564337	SWIM KIDS 1 564355	
6:45PM									
7:00PM	ADULT SWIM BASIC 1/2 564391				ADULT SWIM BASIC 1/2 564393	ADULT SWIM STROKES 564395			
7:15PM									
7:30PM									
7:45PM									

Parent Discussion Day August 16

PRIVATE LESSON	Aug 2	564383	Aug 4	564384	Aug 9	564385	Aug 11	564386
6:00 – 6:30PM	Aug 16	564387	Aug 18	564388	Aug 23	564389		

SWIM ASSESSMENT	Aug 2	564459	Aug 4	564460	Aug 9	564461	Aug 11	564462
5:00 – 5:15PM	Aug 16	564463	Aug 18	564464	Aug 23	564465		

WE'RE ALL IN THIS TOGETHER

AQUATIC CENTRE RULES AND GUIDELINES

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.

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.

THE CITY OF Edmonton

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.

CLAREVIEW

	DATES	TIME	BARCODE
M-F	July 4-15	9:45-10:30am	**563164**
M-F	July 18-29	1:00-1:45pm	**563330**

HARDISTY

	DATES	TIME	BARCODE
M-Th	Aug 15-25	9:00-10:00am	**557255**

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.

CONFEDERATION

	DATES	TIME	BARCODE
M-F	Jul 4-15	12:45-1:45pm	**538129**
(Exam on last day of course)			
M-F	Jul 18-28	6:15-7:30pm	**538130**
(Exam on last day of course)			
M-F	Aug 2-12	9:50-11:00am	**538131**
(No lesson Aug 1 and Exam on last day of course)			

GRAND TRUNK

	DATES	TIME	BARCODE
M-F	Jul 18-29	1:00-2:00pm	**563590**
(Exam Jul 29 1-2pm)			

JASPER PLACE

	DATES	TIME	BARCODE
M-Th	Jul 4-14	5:15-6:30pm	**561711**

BRONZE STAR CONT.

LONDONDERRY

	DATES	TIME	BARCODE
M-F	July 4-15	12:45-2:00pm	**564316**

MILL WOODS

	DATES	TIME	BARCODE
M-F	Jul 4-15	12:00-1:00pm	**562326**
(Exam date Jul 15, 12:00-1:00pm)			
M-F	Jul 18-29	12:00-1:00pm	**562393**
(Exam date Jul 29, 12:00-1:00pm)			
M-F	Aug 2-12	12:00-1:00pm	**562401**
(Exam date Aug 12, 12:00-1:00pm)			
M-F	Aug 15-26	12:00-1:00pm	**562399**
(Exam date Aug 26, 12:00-1:00pm)			

MILL WOODS

	DATES	TIME	BARCODE
M-Th	Aug 15-25	12:00-1:15pm	**564618**
(Exam Aug 26, 12:00-1:15pm)			

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.

BONNIE DOON

	DATES	TIME	BARCODE
M-F	Jul 4-15	9:00-11:15am	**564005**
(Exam Date: Jul 15, 9:00-12:00pm)			

CLAREVIEW

	DATES	TIME	BARCODE
M-F	July 4-15	11:30am-1:45PM	**563169**
(Exam July 15, 11:30-1:45pm)			

COMMONWEALTH

	DATES	TIME	BARCODE
M-F	July 4-15	10:30am-1:00pm	**553017**

CONFEDERATION

	DATES	TIME	BARCODE
M-F	Jul 18-29	11:45am-1:45pm	**538136**
(Exam Date Jul 30, 10:00am-1:00pm)			
M-F	Jul 18-22	2:00-6:00pm	**538137**
(Exam Date Jul 23, 10:00am-1:00pm)			
M-F	Aug 15-19	2:00-6:00pm	**538139**
(Exam Date Aug 20, 10:00am-1:00pm)			
Sa/Su	Aug 6-21	10:00am-1:00pm	**538138**
(Exam Date Aug 21, 10:00am-1:00pm)			

GRAND TRUNK

	DATES	TIME	BARCODE
M-F	Jul 4-15	12:00-2:00pm	**563586**
(Exam Jul 15 11:00am-2:00pm)			

JASPER PLACE

	DATES	TIME	BARCODE
M-Th	Jul 18-28	4:00-7:00pm	**561728**
(Exam Jul 28, 4:00-7:00pm)			

LONDONDERRY

	DATES	TIME	BARCODE
M-F	July 18-29	12:00-2:00pm	**564317**
(Exam date July 29 12:00-2:00pm)			

MILL WOODS

	DATES	TIME	BARCODE
M-F	Jul 4-15	9:30-11:45am	**562325**
(Exam date Jul 15, 9:30-11:45am)			
M-F	Aug 2 -12	9:30-11:45am	**562400**
(Exam date Aug 12, 9:30-11:45am)			

O'LEARY

	DATES	TIME	BARCODE
M-Th	Aug 1-11	9:00-11:30am	**564616**
(Exam Aug 12, 9:00am-12:00pm)			

TERWILLEGAR

	DATES	TIME	BARCODE
Tu/Th	July 5-28	5:00-8:00pm	**564778**
(Exam July 28 5:00-8:00pm)			

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
M-F	Aug 2-12	9:00-11:30am	**564008**

(Exam Date: Aug 12, 9:00-12:00pm)

CLAREVIEW

	DATES	TIME	BARCODE
M-F	July 18-29	11:30am-1:45PM	**563396**

(Exam July 29, 11:30-1:45pm)

COMMONWEALTH

	DATES	TIME	BARCODE
M-F	July 18-29	10:30am-1:00pm	**553019**

CONFEDERATION

	DATES	TIME	BARCODE
Sa/Su	Jul 9-24	9:00-1:00pm	**538144**

(Exam Date Jul 24, 10:00am-1:00pm)

M-F	Jul 25-29	2:00-6:00pm	**538145**

(Exam Date Jul 30, 10:00am-1:00pm)

M-F	Aug 15-26	11:45am-1:45pm	**538146**

(Exam Date Aug 27, 10:00am-1:00pm)

M-F	Aug 17-21	2:00-6:00 pm	**538147**

(Exam Date Aug 27, 10:00am-1:00pm)

GRAND TRUNK

	DATES	TIME	BARCODE
M-F	Aug 15-26	12:00-2:00pm	**563584**

(Exam Aug 26 11:00am-2:00pm)

HARDISTY

	DATES	TIME	BARCODE
M-F	Jul 4-15	9:30-12:00 pm	**555746**

(Exam Jul 15)

JASPER PLACE

	DATES	TIME	BARCODE
M-Thu	Aug 15-25	4:00-7:00pm	**561730**

(Exam Aug 25, 4:00-7:00pm)

LONDONDERRY

	DATES	TIME	BARCODE
M-F	Aug 2-12	11:45am-12:00pm	**564317**

(Exam Date Aug 12 11:45am-12:00pm)

MILL WOODS

	DATES	TIME	BARCODE
M-F	Jul 18-29	9:30-11:45am	**562397**

(Exam date Jul 29, 9:30-11:45am)

M-F	Aug 15-26	9:30-11:45am	**562568**

(Exam date Aug 26, 9:30-11:45am)

O'LEARY

	DATES	TIME	BARCODE
M-Th	Aug 15-25	9:00-11:30am	**564540**

(Exam Aug 26, 9:00-12:00pm)

TERWILLEGAR

	DATES	TIME	BARCODE
Tu/Th	Aug 2-25	5:00-8:00pm	**564779**

(Exam Aug 25 5:00-8:00pm)

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 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. Bronze Cross course is designed for lifesavers who want to challenge themselves with more advanced training to safe supervision in aquatic facilities. Learn the principles of emergency procedures and how to rescue a spinal, injured or pulse-less victims. 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.

EASTGLEN

	DATES	TIME	BARCODE
M-F	Jul 4-15	9:00am-2:00pm	**562009**
M-F	Jul 18-25	9:00am-2:00pm	**562010**

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.

GRAND TRUNK

	DATES	TIME	BARCODE
M-F	Aug 2-12	12:00-2:00pm	**564466**

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
M-W	Jul 4-Aug 17	9:00am-4:00pm	**559693**
(Class room/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**
(Class room/Water sessions Oct 2, Nov 6, 13, 20)			

JASPER PLACE

	DATES	TIME	BARCODE
Su/W	Jun 5-Aug 10	8:00am-3:00pm	**555257**
(Class room/Water sessions Jun 5, Aug 8, 9, 10)			

LONDONDERRY

	DATES	TIME	BARCODE
Sun	Oct 30-Dec 18	9:00am-4:00pm	**566023**
(Class room/Water sessions Oct 30, Dec 4, 11, 18)			

MILL WOODS

	DATES	TIME	BARCODE
M-W	Jul 11-Aug 31	9:00am-4:00pm	**560012**
(Class room/Water sessions Jul 11, Aug 29, 30, 31)			
Sa/Su	Aug 6-Sep 25	9:00am-4:00pm	**559949**
(Class room/Water sessions Aug 6, Sep 17, 24, 25)			

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	Nov 5-27	8:00am-4:00pm	**554213**
(No lesson Nov 12 & 13)			
W-F	Dec 21, 22, 27, 28-29, Jan 3, 2017	8:00am-4:00pm	**554214**

COMMONWEALTH

	DATES	TIME	BARCODE
Sa/Su	Jul 9-24	9:00am-5:00pm	**553638**
Sa/Su	Oct 15-30	9:00am-5:00pm	**554128**

CONFEDERATION

	DATES	TIME	BARCODE
Thu-F/W-F	Dec 22-30	9:00am-5:00pm	**538114**

EASTGLEN

	DATES	TIME	BARCODE
M/ Tu/W	Aug 15-24	9:00am-5:00pm	**560080**
Sa/Su	Sep 10-25	8:00am-4:00pm	**560083**

TERWILLEGAR

	DATES	TIME	BARCODE
W-F/ M-W	Jul 6-13	9:00am-5:00pm	**559951**
Sun	Nov 13-Dec 18	9:00am-5:00pm	**559952**

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.

CONFEDERATION

	DATES	TIME	BARCODE
Sa/Su	Dec 3-11	9:00am-5:00pm	**538113**

GRAND TRUNK

	DATES	TIME	BARCODE
Sa/Su	Jul 9-17	9:00am-5:00pm	**560071**

MILL WOODS

	DATES	TIME	BARCODE
Sa/Su	Oct 15-22	9:00am-5:00pm	**566076**

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 20-27	9:00am-5:00pm	**554217**
Sun	Nov 6-13	9:00am-5:00pm	**554218**

COMMONWEALTH

	DATES	TIME	BARCODE
Sa/Su	Sep 10, 11	9:00am-5:00pm	**554130**

MILL WOODS

	DATES	TIME	BARCODE
Sa/Su	Dec 3-4	8:00am-4:00pm	**554184**

TERWILLEGAR

	DATES	TIME	BARCODE
Sa/Su	Jul 9-10	9:00am-5:00pm	**566077**
Sa/Su	Oct 1-2	9:00am-5:00pm	**566076**

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	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	Dec 10	4:00-7:00pm	**560799**

JASPER PLACE

	DATES	TIME	BARCODE
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	Nov 16	5:00-8:00pm	**554181**

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
Su	Jul 10	9:00am-2:00pm	**554221**
Su	Dec 18	9:00am-2:00pm	**554222**

CONFEDERATION

	DATES	TIME	BARCODE
Wed	Oct 19	4:00-9:00pm	**538124**

JASPER PLACE

	DATES	TIME	BARCODE
Wed	Aug 17	4:00-9:00pm	**555197**

O'LEARY

	DATES	TIME	BARCODE
Wed	Sep 28	4:00-9:00pm	**553996**

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	Sep 25	9:00am-2:00pm	**554224**

CONFEDERATION

	DATES	TIME	BARCODE
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
Sat	Jul 16	9:00am-3:00pm	**554226**
Tue	Dec 20	9:00am-3:00pm	**554227**

COMMONWEALTH

	DATES	TIME	BARCODE
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	3:00-9:00pm	**560802**

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.

CONFEDERATION

	DATES	TIME	BARCODE
Sat	Nov 19	11:00am-2:00pm	**538117**

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.

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	4:00-10:00pm	**554186**
Sat	Dec 24	4:00-10:00pm	**554185**

TERWILLEGAR

	DATES	TIME	BARCODE
Wed	Nov 2	4:00-10:00pm	**560035**

WE'RE ALL IN THIS TOGETHER

One caregiver for every three children under age eight.

Caregivers must be responsible individuals 15 years of age and older. All children under age 8 must be within arms reach of their caregiver.

Edmonton.ca/PoolSafety

THE CITY OF Edmonton

FIND YOUR FIT

18 CITY RECREATION CENTRES
ENDLESS POSSIBILITIES

edmonton.ca/FindYourFit

THE CITY OF Edmonton