Recreation centres

RED CROSS SWIM ADAPTED AQUATICS

Swim Lessons for Kids & Youth with Disabilities P.72

PROGRAM GUIDE

GET OUT OF THE COLD AND INTO THE FITNESS CENTRE

With a Fitness Centre Orientation P.40

MEMBER REGISTRATION
NOV 5, 2019
NON-MEMBER REGISTRATION

NOV 6, 2019



EXCLUSIVE! MEMBERSHIP BENEFITS

Become a City of Edmonton Recreation Centres member and take advantage of exclusive benefits.

- 1 Day early recreation program registration
- Exclusive members events
- Hold period of up to two months

 (Applies to Annual Memberships only)
- Access to Kids Den service
- Free swim assessments

- 10% discount on registered recreation programs
- Free Youth In Action program for all continuous monthly and annual youth and family members
- Free Fitness Centre Orientation for all continuous monthly and annual members

For more information about the benefits available to you, call 311 or visit edmonton.ca/reccentres



edmonton.ca/reccentres

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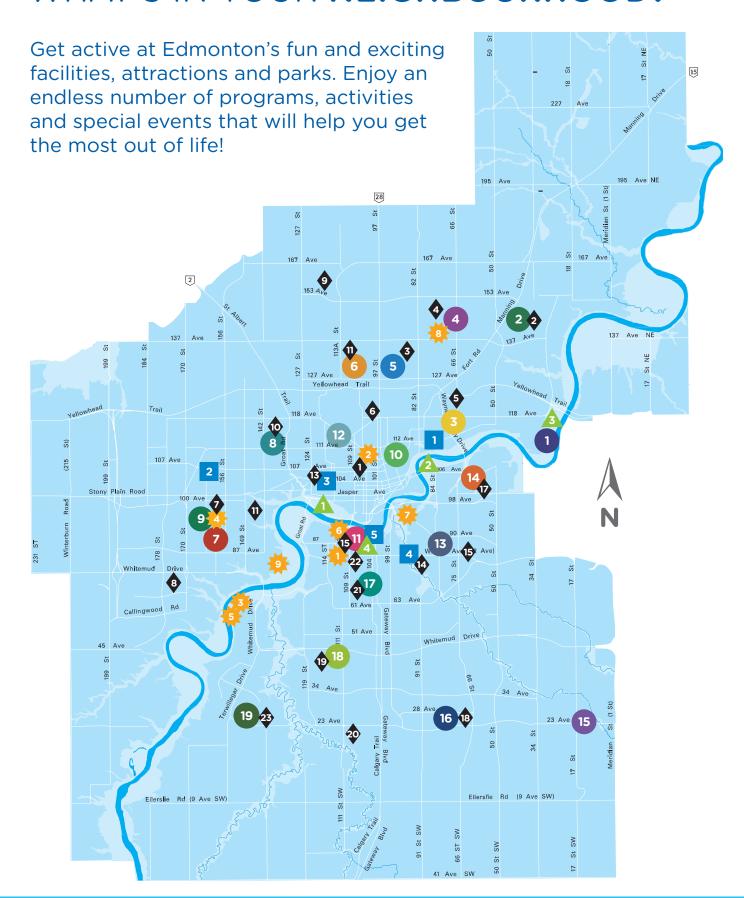
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WHAT'S IN YOUR NEIGHBOURHOOD?



City of Edmonton Leisure, Sports and Fitness Facilities

NORTHEAST

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

NORTHWEST

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

CENTRAL

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

SOUTHEAST

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

SOUTHWEST

- 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 movelearnplay.edmonton.ca

Outdoor Swimming Pools

NORTHEAST

Borden Park Outdoor Pool 11200 - 74 Street

NORTHWEST

Fred Broadstock Outdoor Pool 15720 - 105 Avenue

CENTRAL

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

Victoria Golf Course & Driving Range
12130 River Road



Rundle Golf Course 2902 - 118 Avenue

Kinsmen Pitch and Putt
Operated by the Kinsmen Club of Edmonton
9100 Walterdale Hill

City of Edmonton Attractions and Specialized Facilities

- City Arts Centre 10943 - 84 Avenue
- City of Edmonton Archives/ Prince of Wales Armouries

10440 - 108 Avenue

- Fort Edmonton Park

 Fox Drive & Whitemud Drive
- Jasper Place Annex 9200 163 Street
- John Janzen Nature Centre
 Fox Drive & Whitemud Drive
- John Walter Museum
 9100 Walterdale Hill
- Muttart Conservatory 9626 - 96A Street
- Northgate Lions Recreation Centre **7524 139 Avenue**

Edmonton Valley Zoo

Buena Vista Road and 134 Street

City of Edmonton Indoor Ice Arenas

CENTRAL

Downtown Community Arena 10330 - 105 Avenue

NORTHEAST

- Clareview Recreation Centre 3804 139 Avenue
- Glengarry Arena 13340 - 85 Street
- Londonderry Arena 14520 - 66 Street
- Russ Barnes Arena 6725 - 121 Avenue
- 6 Westwood Arena 12040 - 97 Street

NORTHWEST

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

SOUTHEAST

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

SOUTHWEST

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

FACILITY

	ADMIS	SIONS	МЕМВЕ	RSHIP	CONTINUOUS	LOCATIONS
	Single	Multi (5-20 visits)	Monthly	Annual	Monthly (bank withdrawal)	A.C.T. BONNIE DOON
ADULT (18-64 yrs)	\$7.75	\$7.00 (per visit)	\$52.00	\$453.00	\$43.00	CENTRAL LIONS CONFEDERATION EASTGLEN
YOUTH/SENIOR (13-17 yrs/65+)	\$6.75	\$6.10 (per visit)	\$44.00	\$391.00	\$38.00	GRAND TRUNK JASPER PLACE HARDISTY
CHILD (2-12 yrs)	\$5.25	\$4.75 (per visit)	\$35.00	\$297.00	\$28.00	LONDONDERRY MILL WOODS
FAMILY	\$21.00	\$18.90 (per visit)	\$143.00	\$1248.00	\$117.00	O'LEARY PETER HEMINGWAY SCONA
INCLUDES: Swimi	mina Fitness Ce	entre and use of	equinment			ST. FRANCIS XAVIER
inocobes. Swiffi			ечарнен			OUTDOOR POOLS

FACILITY PLUS

	ADMIS	SIONS	МЕМВЕ	RSHIP	CONTINUOUS	LOCATIONS
	Single	Multi (5-20 visits)	Monthly	Annual	Monthly (bank withdrawal)	COMMONWEALTH KINSMEN
ADULT (18-64 yrs)	\$10.00	\$9.00 (per visit)	\$68.00	\$599.00	\$58.00	A.C.T. BONNIE DOON CENTRAL LIONS
YOUTH/SENIOR (13-17 yrs/65+)	\$8.50	\$7.65 (per visit)	\$58.00	\$520.00	\$50.00	CONFEDERATION EASTGLEN GRAND TRUNK
CHILD (2-12 yrs)	\$6.75	\$6.10 (per visit)	\$45.00	\$400.00	\$39.00	JASPER PLACE HARDISTY LONDONDERRY
FAMILY	\$26.25	\$23.65 (per visit)	\$183.00	\$1665.00	\$156.00	MILL WOODS O'LEARY PETER HEMINGWAY
INCLUDES: Swimr	ming, Fitness Ce	ntre, Drop-in pr	ograms, full faci	lity access and	use of equipment	SCONA ST. FRANCIS XAVIER OUTDOOR POOLS

DID YOU KNOW?

We've introduced **Membership Benefits!** Find out what's available to you! P. 1



ALL FACILITY

	ADMIS	SIONS	CONTINUOUS	LOCATIONS		
	Single	Multi (5-20 visits)	MEMBE Monthly	Annual	Monthly (bank withdrawal)	CLAREVIEW THE MEADOWS
ADULT (18-64 yrs)	\$11.50	\$10.35 (per visit)	\$74.00	\$686.00	\$65.00	TERWILLEGAR A.C.T. BONNIE DOON
YOUTH/SENIOR (13-17 yrs/65+)	\$9.00	\$8.10 (per visit)	\$61.00	\$530.00	\$51.00	CENTRAL LIONS COMMONWEALTH CONFEDERATION EASTGLEN
CHILD (2-12 yrs)	\$7.25	\$6.55 (per visit)	\$48.00	\$421.00	\$41.00	GRAND TRUNK HARDISTY JASPER PLACE
FAMILY	\$31.50	\$28.35 (per visit)	\$218.00	\$1928.00	\$188.00	KINSMEN LONDONDERRY MILL WOODS
INCLUDES: Admission and ful	l access to all Ci	ty of Edmonton	Recreation Cen	tres, including	drop-in programs	O'LEARY PETER HEMINGWAY SCONA ST. FRANCIS XAVIER OUTDOOR POOLS

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

- 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
- Exclusive Membership Benefits! P.1

NEED MORE INFORM	ATION?
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FACILITY DESCRIPTIONS	Page 16-25
DROP-IN PROGRAM SCHEDULES	edmonton.ca/ findvourfit

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 PROGRAM

Visit edmonton.ca/lap for more info

The Leisure Access Program allows eligible low-income Edmontonians free or subsidized access to participating City of Edmonton Recreation Centres and Attractions and programs. Proudly working with Jumpstart.





LEISURE ACCESS PROGRAM (LAP)

Edmonton

WHAT IS THE LEISURE **ACCESS PROGRAM?**

The program allows eligible low-income Edmontonians to access participating City of Edmonton recreation facilities and attractions (swimming pools, fitness centres, Edmonton Valley Zoo etc.) through an annual pass or a subsidized

monthly pass.



ANNUAL PROGRAM

The LAP Annual Program is valid for one year from issue date and provides free unlimited access to participating facilities and discounts on registered programs (daycamps, art classes, swimming lessons etc).

You may qualify for the LAP Annual Program if:

- You are currently on AISH
- You have an income below the low income threshold
- You are a recently landed immigrant or refugee
- You are not a full-time student at University of Alberta, NAIT or MacEwan University, unless you have children

MONTHLY PASS

The LAP Monthly Pass provides discounted opportunities to participating facilities, including drop-in and instructor-led programs. Individual passes are \$20/month and family passes are \$70/month.

You may qualify for the LAP Monthly Pass if:

 You have an income near the low income threshold

Note: If you have an income below Edmonton Transit Service's (ETS') Ride program's low income threshold, you may also qualify for the Ride Transit pass. Ride Transit is ETS' low income program that offers monthly passes to eligible Edmontonians for \$35/month. You do not need to submit a separate application to apply for Ride Transit. Learn more at edmonton.ca/ridetransit.

HOW CAN I GET AN APPLICATION FORM?

- At any City of Edmonton **Recreation Centre**
- At www.edmonton.ca/lap
- By calling 311
- Edmonton Tower 2nd Floor 10111-104 Avenue NW Edmonton, Alberta T5J 0J4

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.

New! City of Edmonton Recreation Centre Members have the opportunity to register one day early.



ONLINE

Register online at any time with movelearnplay.edmonton.ca



BY PHONE

You can register for programs any time 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.

Inclusion and Medical Forms

City of Edmonton programs are inclusive of campers with mild to moderate disabilities. If your child has any medical or behavioral concerns, please let us know when you register. These could include: allergies, medical conditions or behaviors that may require additional supervision or support. If more supervision or support is required, you may be requested to provide an aide.

For children registered in preschool or school-aged non-aquatic registered programs, our Inclusion Staff will call you and email all necessary forms foryou to complete. It is important we receive the forms at least one week prior to the start of a program so that staff are able to provide appropriate support to your child. If you have not received a call from the Inclusion Staff before a program begins, please call 780-944-7575.

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 Dates

Winter 2020 (January - March):

Members: November 5, 2019 Non-members: November 6, 2019



MY REC GUIDE

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

18 CITY RECREATION CENTRES ENDLESS POSSIBILITIES

edmonton.ca/FindYourFit



CITY-WIDE NON-AQUATIC REGISTERED PROGRAMS	A.C.T. AQUATIC AND RECREATION CENTRE	COMMONWEALTH COMMUNITY RECREATION CENTRE	CLAREVIEW COMMUNITY RECREATION CENTRE	EASTGLEN LEISURE CENTRE	GRAND TRUNK LEISURE CENTRE	HARDISTY LEISURE CENTRE	JASPER PLACE LEISURE CENTRE	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
PRESCHOOL REGISTERED)													
2 TIMES THE FUN P.31			*							*	*			*
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CITY-WIDE NON-AQUATIC REGISTERED PROGRAMS	A.C.T. AQUATIC AND RECREATION CENTRE	COMMONWEALTH COMMUNITY RECREATION CENTRE	CLAREVIEW COMMUNITY RECREATION CENTRE	EASTGLEN LEISURE CENTRE	GRAND TRUNK LEISURE CENTRE	HARDISTY LEISURE CENTRE	JASPER PLACE LEISURE CENTRE	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
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UKULELE FOR TEENS P.56														*
YOU CAN COOK P.54			*								*			

CITY-WIDE NON-AQUATIC REGISTERED PROGRAMS	A.C.T. AQUATIC AND RECREATION CENTRE	COMMONWEALTH COMMUNITY RECREATION CENTRE	CLAREVIEW COMMUNITY RECREATION CENTRE	EASTGLEN LEISURE CENTRE	GRAND TRUNK LEISURE CENTRE	HARDISTY LEISURE CENTRE	JASPER PLACE LEISURE CENTRE	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
SCHOOL-AGED REGISTER	RED C	ITY A	RT CI	ENTR	E CAN	4PS								
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INCREDIBLE ART CAMP P.57														*
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CITY-WIDE NON-AQUATIC REGISTERED PROGRAMS	A.C.T. AQUATIC AND RECREATION CENTRE	COMMONWEALTH COMMUNITY RECREATION CENTRE	CLAREVIEW COMMUNITY RECREATION CENTRE	EASTGLEN LEISURE CENTRE	GRAND TRUNK LEISURE CENTRE	HARDISTY LEISURE CENTRE	JASPER PLACE LEISURE CENTRE	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
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SWING P.62														*
WATERCOLOURS 1 & 2 P.64														*

CITY-WIDE AQUATIC 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 LEISURE CENTRE	LONDONDERRY FITNESS AND LEISURE CENTRE	MILL WOODS RECREATION CENTRE	O'LEARY FITNESS AND LEISURE CENTRE	PETER HEMINGWAY FITNESS AND LEISURE CENTRE
AQUATIC PROGI	RAN	1S RE	GIST	ERE	D													
AQUATIC LEADERSHIP P.113		*	*			*			*	*	*	*	*	*	*	*	*	
SWIMMING LESSONS P.73		*	*	*	*			*	*	*	*	*	*	*	*	*	*	*
FEMALE ONLY SWIM LESSONS P.89											*							

DID YOU KNOW?

We've introduced **Membership Benefits!** Find out what's available to you! P. 1



A.C.T. AQUATIC AND RECREATION CENTRE

AMENITIES

- Main pool: 25 metres length, 0 – 2.4 metres depth, 31°C water temperature.
- Warm water teach pool
- Whirlpool
- Gymnasium
- Cafeteria
- Ceiling lifts for wheelchairs
- Sensory Room



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



Bonnie Doon is known for fun, fitness, friends and its family atmosphere! 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



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



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 and 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 and swing rope • Attached indoor ice arena

Confederation features a saltwater 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 I FISURE CENTRE



Eastglen features a saltwater 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, baskeball diamonds and soccer fields Cardio foyer and stretching area

Grand Trunk is a terrific community facility for all ages to enjoy recreation and fitness. Work out 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 I FISURE CENTRE

AMENITIES • Main pool: 25 metre length, 29.5°C water temperature • Whirlpool, sauna, steam room, slide and swing rope • Fitness centre HARDISTY FITNESS & LEISURE CRIFT 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 LEISURE CENTRE



Jasper Place offers leisure opportunities for all ages. Children can learn to swim in one of Edmonton's largest teach pools. 9200 - 163 Street | edmonton.ca/jasperplace

JASPER PLACE ANNEX



The Jasper Place Annex is located between the Jasper Place 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 KINSMEN SPORTS CENTRE metre length, 2 metre depth, 27°C water temperature Warm water teach pool, dive pool and warm up pool 29°C Sauna Diving boards and tower 9100 Walterdale Hill Child-minding Two fitness centres Indv/Group training studio Two indoor tracks Variety of sports courts

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

- 25 metre 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. Work out 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

- Main: 25m, 10 Lanes
- Leisure Pool
- Hot tub, steam room and water slide
- Indoor track
- Gymnasium
- 2 NHL-sized indoor rinks
- Child-minding
- Indoor playground
- Fitness Centre
- Seasonal Outdoor Amenities: sport court, leisure ice and spray page
- Cafeteria



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 **movelearnplay.edmonton.ca**



MILL WOODS RECREATION CENTRE

AMENITIES

- Main pool: 45 metre length, 0-2.4 metre depth, 29.5°C water temperature
- Warm water teach pool
- Wave noo
- 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 metre length, 1.15-1.44 metre depth, 29.5°C water temperature
- Warm water teach pool
- Dive tank (3.93m)
- Whirlpool, steam room, water slide, swing rope and pool tovs
- Sundec
- 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 out in the newly renovated fitness centre. This large, bright indoor place is a favourite all year round.

8804 - 132 Ave | edmonton.ca/oleary

My family of five are big fans of swimming. The Meadows, Terwillegar, and ACT pools are our favorite pools to enjoys around the City. The kids love the slides, while mom and dad enjoy the hot tub!
- Bonnie



PETER HEMINGWAY FITNESS AND LEISURE CENTRE

AMENITIES • Main pool: 50 metre length, 1-2.7 metre 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

- 22.8 metre length,
 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 BBO



Scona Pool is a community swimming pool attached to Strathcona Composite High School. Scona Pool offers public swimming, lifesaving bronze courses, 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

I love the Zumba classes the City of Edmonton Recreation Centres offer – the instructors are outstanding! - Amber



ST. FRANCIS XAVIER SPORTS CENTRE



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 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



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

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 All Facility Annual Memberships, so the total cost of Club Memberships are:

Senior: \$960.00 Adult: \$1,116.00

Family: \$2,788.00 (2 club memberships) or

\$2,358.00 (1 club membership)

Prices subject to change.

	FACILITY AMENITY GUIDE	A.C.T	BONNIE DOON	CLAREVIEW	CENTRAL LIONS	COMMONWEALTH	CONFEDERATION	EASTGLEN	GRAND TRUNK	HARDISTY	JASPER PLACE	KINSMEN	LONDONDERRY	THE MEADOWS	MILL WOODS	O'LEARY	PETER HEMINGWAY	SCONA POOL	ST. FRANCIS XAVIER	TERWILLEGAR
	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)	31	29.5	29		28	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		•	•		•	•	•	•	•	•		•	•		•	•			•
ES	SAUNA		•							•		•	•		•		•	•		
E	DIVE TANK						•					•		•	•	•		•		•
AQUATIC FACILITIES	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
C F	GIANT SLIDE (SHALLOW, DEEP LANDING)			S		•			D		D		D	S	D	S				•
F	GIANT AQUATIC INFLATABLES							•					•							•
Š	SWING ROPE		•				•			•	•				•	•		•		
A	ZERO DEPTH EDGE	•		•		•							•	•	•					•
	WAVES														•					•
	SALT WATER			•		•	•	•						•						•
	FAMILY CHANGE ROOM	•	•	•		•	•	•	•	•	•		•	•	•	•	•			•
	SUNDECK		•					•	•		•		•			•		•		
	LEISURE POOL			•		•								•						•
	LAZY RIVER WITH CURRENT			•																•
	CHILD-MINDING			•		•						•		•						•
	INDOOR PLAYGROUND/ PLAY SPACES			•								•		•	•	٠				•
	FITNESS CENTRE			•	•	•			•	•		•	•	•	•	•	•		•	•
	FITNESS MONITORING			٠		•						•	٠	•	•				٠	•
	PERSONAL TRAINING	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
	DROP-IN FITNESS PROGRAMS	٠		•	٠	•	•	•	•	•	•	•	•	٠	•	٠		•	•	•
	CHILD/YOUTH PROGRAMS	•		•		•	•		•	•	•	•	•	•	•	•	•		•	•
單	MASSAGE/PHYSIOTHERAPY								•			•		•						•
=	RACQUET COURTS		•									•			•					
ᇹ	CAFETERIA	•										•	•		•					
Ψ	INDOOR ICE ARENA			•			•		•		•		•	•	•		•			•
ည	MEETING ROOM(S)	•		•	•	•	•	•	•		•	•	•	•	•	•		•		•
Ι¥	GYMNASIUM	•		•	•	•						•		•					•	•
AQL	BARBEQUE KITCHEN FACILITIES (SINK,	•	•					•	•				c			•		•		
NON-AQUATIC FACILITIES	STOVE) EZONE PUBLIC WIRELESS	•							·				S			·				•
Ž	INTERNET CONNECTION																			
	ARM ERGOMETER			•		•						•		•		•			•	•
	(HAND BIKE) OUTDOOR LEISURE ICE													•						
	SPRAY PAD																			
	CLUB MEMBERSHIP																			•
	EDMONTON PUBLIC LIBRARY													•						
	SKATE SHARPENING													•						•

	A	FACILITY CCESSIBILITY GUIDE	A.C.T	BONNIE DOON	CLAREVIEW	CENTRAL LIONS	СОММОNWEALTH	CONFEDERATION	EASTGLEN	GRAND TRUNK	HARDISTY	JASPER PLACE	KINSMEN	LONDONDERRY	THE MEADOWS	MILL WOODS	O'LEARY	PETER HEMINGWAY	TERWILLEGAR
	ى ق	ACCESSIBLE PARKING STALLS	20	4	8	7	6	4	2	4	5	0	6	4	23	4	2	4	22
	PARKING	SAFE DROP-OFF AND PICK-UP	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
	<u>a</u>	CURB CUT	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
OR	뜅	W/C RAMP TO DOOR	•	NA		•	NA	•	•	NA	•	•	•	NA	•	•	•	NA	•
TER	ENTRANCE	NO. STAIRS TO DOOR	0	0	0	0	0	0	6	0	0	•	18	0	0	0	0	0	0
EX.	EN I	MOST ACCESSIBLE DOOR	MAIN	MAIN	MAIN	MAIN	MAIN	MAIN	MAIN	MAIN	MAIN	MAIN	MAIN	MAIN	WEST	MAIN	MAIN	MAIN	MAIN
N		W/C ACCESSIBLE WASHROOMS	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Q Q		UNISEX WASHROOMS	•	•	•	•	•	•	•	•	•	•		•	•	•			•
	ERIOR	ACCESS PHONE	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•		•
BUILDING AND EXTERIOR	FACILITY INTERIOR	STAIRS, RAMPS, ELEVATORS	NA	NA	Е	NA	3	Е	12S	NA	NA	15S	Е	Е	2E 1R	Е	NA	NA	3
	FACIL	LOWERED SERVICE COUNTER	•		•	•	•	•							•			•	•
		ACCESSIBLE CHANGEROOMS	•	•	•	•	•	•	•	•	•		•	•	•	•	•	•	•
		ACCESSIBLE SPECTATOR VIEWING	•			NA	•	•	•	•	•	•	•	•	•	•	•	•	•
		CO-ED/FAMILY CHANGEROOMS	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
	SMOC	ACCESSIBLE WASHROOM STALLS	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
	CHANGEROOMS	SHOWER BENCH	•	•		•	•	•	•	•	•		•	•	•	•	•	•	•
	СНА	MECHANICAL TRANSFER LIFT	•				•						•		•				•
		EXTRAS (CURTAINS, HEAT LAMPS)	H/C	С	Н	С	**		С	С	С	С			•	Н		С	
	SESS	RAILINGS	•	•	•		•			•				•	•				•
ITIES	OOL ACCESS	RAMP INTO POOL	•	NA			•							•	•	•			•
	POC	POOL LIFT	•	•	•		NA	•			•		•		•		•	•	•
AQUATIC FACIL		PORTABLE STAIRS		•	•		NA	•	•	•	•	•	•		•		•	•	•
<u>5</u>		MAIN POOL TEMPERATURE (°C)	32.5	29.5	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
UAT	DECK	SALT/CHLORINE GAS	С	С	S		S	S	S	С	С	С	С	С	S	С	С	С	S
AQ	POOL DECK	HOT TUB (40 °C)	•	•	•		•	•	•	•	•			•	•	•	•	•	•
		COMMODE OR W/C FOR WATER	•	•	•		•			•	•			•	•	•	•		•
		GURNEY FOR WATER	•												•				
		ACCESS TO STEAM ROOM	NA	•	•		•	•	•	•	•	•	NA	•	•		•	•	•
	AMENITIES	ACCESS TO SAUNA	NA	•	NA		NA	NA	NA	NA	•		•	•		•	NA	•	
	AMEN	LIFT ACCESS TO HOT TUB	•	•	•		NA						NA		NA				•
		ACCESS TO FITNESS CENTRE	NA	NA	•		•	NA	NA	•	•	•	•	•	•	•	•		•

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

^{**} Individual rooms with doors

CHILDREN'S EXPERIENCES

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

- programs
- Family drop-in programs
 Birthday parties
- School programs

- drop-in programs/camps
- Kids Den (child minding)



edmonton.ca/childrensprograms

CITY OF EDMONTON BIRTHDAY PARTIES

Birthday parties are a snap at City of Edmonton attractions and recreation centres. From sports parties to animal encounters, we've got unique packages to make your child's birthday party unforgettable. Each themed program is led by experienced staff that will engage, delight and entertain your guests. We also offer do-it-yourself options to create your own magic.

- A.C.T recreation centre
- Clareview recreation centre
- Commonwealth recreation centre
- Kinsmen sports centre
- Mill Woods recreation centre
- Oleary playground parties
- Terwillegar recreation centre

- The Meadows recreation centre
- Edmonton Valley Zoo
- John Janzen Nature Centre
- John Walter Museum
- Muttart Conservatory
- River Valley Programs
- **Do-It-Yourself Parties**



edmonton.ca/BirthdayParties



Children's Experiences Programs

The City of Edmonton offers a wide variety of programs for children aged 1 to 5 years, which are focused on physical activity and fitness. Programs are **trendy and safe**, but what matters most from your kid's point of view - **they are tons of fun!**

PARENTED PROGRAMS-these programs are for moms/ dads/caregivers who are looking for a fun way to participate in programs with their child/children.

NON-PARENTED PROGRAMS are for children ages 3.5-5 years. These programs are designed for children who are looking for the opportunity to gain confidence and be independent. Participants will enjoy learning and exploration while making new friends. Children must be fully toilet trained to attend these programs.

The City of Edmonton's focus is on physical literacy, age appropriate programing and providing a firm foundation for children to succeed with each program!

THE ABC'S OF PHYSICAL LITERACY

Start young with our Ready2 programs! To become physically literate, it is important to understand the basics of physical literacy and provide your preschooler with the right building blocks from the beginning. Learning how to count, read and write goes hand-in-hand with the need for children to learn physical literacy skills that will set them on the path towards a healthy and active lifestyle later in life. Every class will be structured, non-competitive and provide opportunities to master technique, practice and progress with each skill they learn in a fun, exciting environment.

Recreation Centre Preschool Programs

ZUMBINI AGES 1-4

Created by Zumba and BabyFirst for kids ages 1-4, the Zumbini program combines music, dance and educational tools for 45 minutes of can't-stop, won't-stop bonding, learning, and fun! Through our 10 week sessions, we not only nurture their love of movement so it becomes a way of life, but give you the chance to nurture your inner child as well. Each family will be given a take home bundle to continue the fun at home!

NOTE: Maximum of two children per adult.

CLARE	/IEW			
	DATES	TIME	#	BARCODE
MEMBER	\$161.00/NON-ME	MBER \$179.00		
Thu	Jan 16-Mar 19	6:00-6:45pm	(10)	661507
Fri	Jan 10-Mar 20	9:00-9:45am	(10)	661513
No class Feb	28			

THE ME	ADOWS			
	DATES	TIME	#	BARCODE
MEMBER	\$161.00/NON-ME	MBER \$179.00		
Tue	Jan 14-Mar 17	6:00-6:45pm	(10)	661499
Wed	Jan 15-Mar 18	10:45-11:30am	(10)	661497
No class Feb	27			

TERWIL	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER				
Tue	Jan 14-Mar 17	9:45-10:30am	(10)	661500

ACTIVE2GETHER AGES 1-5

This program is perfect for moms, dads and caregivers who are looking for fun ways to be ACTIVE2GETHER with their children. Led by certified fitness professionals, preschoolers will be introduced to exercises and age-appropriate gym equipment under their parent's supervision and guidance. So lace up those shoes, grab your water bottle and connect with your children through magical moments that are healthy, inspiring and FUN!

NOTE: Maximum of two children per adult.

Jan 16-Mar 19

Thu

No class Feb 27

KINSME	N				
	DATES	TIME	#	BARCODE	
MEMBER	\$98.00/NON-ME	MBER \$109.00			
Wed	Jan 15-Mar 18	11:00-11:45am	(10)	668347	
THE MEADOWS					
	DATES	TIME	#	BARCODE	
MEMBER \$98.00/NON-MEMBER \$109.00					

9:45-10:30am

MILE AA	3003						
	DATES	TIME	#	BARCODE			
MEMBER	MEMBER \$98.00/NON-MEMBER \$109.00						
Fri	Jan 17-Mar 20	10:45-11:30am	(10)	668346			
TERWIL	LEGAR						
	DATES	TIME	#	BARCODE			
MEMBER	\$98.00/NON-ME	MBER \$109.00					
Mon	Jan 6-Mar 16	9:45-10:30am	(10)	661515			
No class Feb	17						
Sat	Jan 18-Mar 28	11:00-11:45am	(10)	661492			
No class Feb	15						
2 TIMES THE FUN AGES 3.5-5							
Twice the fun for your preschooler! Children meet two times a week in an environment that encourages them to be both physical and creative. Your child will engage in social play, create							

art, hear stories, sing songs, participate in gross-motor activities and have plenty of time for supervised free play.

CLAREV	IEW				
	DATES	TIME	#	BARCODE	
MEMBER	MEMBER \$280.00/NON-MEMBER \$311.00				
Tu/Th	Jan 9-Mar 19	1:00-3:00pm	(20)	661516	
No class Feb	27				

MILL WO	OODS				
	DATES	TIME	#	BARCODE	
MEMBER \$280.00/NON-MEMBER \$311.00					
M/W	Jan 8-Mar 18	9:30-11:30am	(20)	661490	
No class Feb	17				

THE MEA	ADOWS			
	DATES	TIME	#	BARCODE
MEMBER	\$280.00/NON-N	1EMBER \$311.00		
Tu/Th	Jan 9-Mar 19	1:00-3:00pm	(20)	661491
No class Feb	27			

	DATES	TIME	#	BARCODE
MEMBER	\$280.00/NON-N	IEMBER \$311.00		
M/W	Jan 8-Mar 18	1:00-3:00pm	(20)	661514
No class Feb	17			
Tu/Th	Jan 14-Mar 19	9:30-11:30am	(20)	661510

TERWILLEGAR

661517

(10)

KICKIN' IT

AGES 3.5-5

In this multi-activity Ready2 program, we will hone in on each child's coordination and their ability to kick. We'll kick up some dirt as we have fun progressing through proper techniques that will be key to the success in sports such as: soccer, football, and martial arts

THE ME	ADOWS				
	DATES	TIME	#	BARCODE	
MEMBER	MEMBER \$137.00/NON-MEMBER \$153.00				
Mon	Jan 6-Mar16	9:30-11:30am	(10)	661506	
No class Feb	17				

TERWIL	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER				
Fri	Jan 17-Mar 20	9:30-11:30am	(10)	661496

LET'S PLAY BALL!

AGES 3.5-5

In this Ready2 program, we will hone in on each child's hand-eye coordination and their ability to catch, throw and aim. These are some of the skills required for sports such as basketball, football, cricket and baseball. We'll have a ball learning proper techniques and progressing each participant through the skills in a fun environment. Let's play ball!

THE ME	ADOWS			
	DATES	TIME	#	BARCODE
MEMBER	MEMBER \$137.00/NON-MEMBER \$153.00			
Fri	Jan 10-Mar 20	9:30-11:30am	(10)	661518
No class Feb	28			

TERWIL	LEGAR					
	DATES	TIME	#	BARCODE		
MEMBER	MEMBER \$137.00/NON-MEMBER \$153.00					
Sat	Jan 18-Mar 28	1:00-3:00pm	(10)	661502		
No class Fel	15					

MOVE 'N TO THE ABCS & 123S

AGES 3.5-5

In this twice a week program we will run an alphabet and numerical marathon as we work on developing both fine and gross motor skills in your preschooler. In a fun filled environment, each class will include crafts, songs, games, physical activity and basic movement skills as we explore the different letters and numbers .

CLAREV	IEW				
	DATES	TIME	#	BARCODE	
MEMBER	MEMBER \$280.00/NON-MEMBER \$311.00				
Tu/Th	Jan 9-Mar 19	9:30-11:30am	(20)	661493	
No class Feb	27				

THE MEA	DOWS			
	DATES	TIME	#	BARCODE
MEMBER	MEMBER \$280.00/NON-MEMBER \$311.00			
Tu/Th	Jan 9-Mar 19	9:30-11:30am	(20)	661511
No class Feb 2	27			

TERWIL	LEGAR				
	DATES	TIME	#	BARCODE	
MEMBER	MEMBER \$280.00/NON-MEMBER \$311.00				
M/W	Jan 8-Mar 18	9:30-11:30am	(20)	661508	
No class Feb	17				

SUPER HERO TRAINING

AGES 3.5-5

In this Ready 2 play program, your child will unlock the superhero inside of them. Various games and activities themed around their favorite superheroes will give your child the chance to develop their confidence through play. This program provides the space and materials for your child to use their imaginations to the fullest and have fun with fellow superhero friends.

TERWIL	LEGAR				
	DATES	TIME	#	BARCODE	
MEMBER	MEMBER \$137.00/NON-MEMBER \$153.00				
Fri	Jan 17-Mar 20	1:00-3:00pm	(10)	661509	

WELCOME TO THE JUNGLE AGES 3.5-5

READY...SET...GO! This non-parented program will be activity filled, high energy and fun; as we explore the jungle and the ways animals move in it. Children will be introduced to the basic movement skills such as running, jumping, crawling, kicking, throwing and catching that are essential to physical activity and sport.

CLAREV	/IEW			
	DATES	TIME	#	BARCODE
MEMBER	\$137.00/NON-ME	MBER \$153.00		
Sat	Jan 18-Mar 28	9:30-11:30am	(10)	661494
No class Feb	15			

TERWIL	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER	\$137.00/NON-ME	MBER \$153.00		
Sat	Jan 18-Mar 28	9:30-11:30am	(10)	661519
No class Feb	15			
Tue	Jan 14-Mar 17	1:00-3:00pm	(10)	661053

CITY OPERATED COMMUNITY AND RECREATION FACILITIES GUIDELINES

The City of Edmonton values the safety and security of visitors and staff, and the protection of personal and public property at City Community and Recreation Facilities. Help us keep a safe, fun and healthy environment for everyone by following the guidelines and respecting other visitors and staff.

- ➤ For your safety, surveillance cameras may be operating in this facility to deter and/or detect criminal activity. The collection of recorded camera images is authorized under Section 33 (c) of the Freedom of Information and Protection of Privacy Act (FOIP). If you have any questions about this surveillance contact a facility attendant, supervisor or 311.
- ▶ Any person who commits a Contravention will be asked to leave and may have their privileges suspended from City facilities and property. Please see facility staff at the information desk or City of Edmonton website **www.edmonton.ca** for more information on what constitutes a Contravention.
- The City is not responsible for personal belongings, so please protect your belongings by leaving them at home and securing them.

 Unsecured or unattended personal items may be placed in the lost and found.

FACILITY WIDE GUIDELINES

- Protect your belongings by securing them in a locker. Small lockers are available in the lobby for wallets, keys or jewelry.
- Please pay admission or scan your membership card at the information counter prior to entering paid use facility amenity areas.
- With staff permission, recording devices are permitted for taking photos and videos in public areas.
- ▶ Please adhere to and comply with amenity specific guidelines.
- > Skateboarding, inline skating, riding scooters or cycling is not permitted within this facility.
- ➤ Service animals are welcome in this facility, pets and other animals are not permitted.
- As a smoke free Facility, smoking is not permitted within 5 meters of the front doors or any intake system. "Smoking" shall mean inhaling of, exhaling of, burning of, or carrying of any lighted cigar, cigarette, pipe, e-cigarette, vaporizer, marijuana, or other plant in any form or manner.
- ➤ Smoking is not permitted within 10 meters at or around playgrounds, spray parks, sports fields and courts and temporary, seasonal outdoor ice skating rinks.





Children's Experiences Programs

The City of Edmonton offers a wide variety of programs for children aged 6-15, which are focused on physical activity and fitness. Programs are **trendy and safe**, but what matters most from your kid's point of view - **they are tons of fun!**

Even better, all the fun takes place at our amazing recreation and leisure centres, which offer a variety of of exciting amenities for your child/children to enjoy and be entertained.

ACTIVE PROGRAMS/CAMPS- these programs/camps make **MOVEMENT** fun. Participants will explore and learn physical movement skills, which are important for an active life.

The City of Edmonton supports children in becoming Active for Life, both, physically and mentally. Please ensure that emergency contact and medical information is up to date on your account, as this serves as course registration.

ZUMBA KIDS JR

CLAREVIEW

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!

	DATES	IIIVIE	н	DANCODE
MEMBER	\$103.00/NON-M	EMBER \$115.00		
Thu	Jan 16-Mar 19	5:00-6:00pm	(10)	661228
THE ME	ADOWS			
	DATES	TIME	#	BARCODE
MEMBER	\$103.00/NON-M	EMBER \$115.00		
Tue	Jan 14-Mar 17	5:00-6:00pm	(10)	661257
TERWIL	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER	\$103.00/NON-M	EMBER \$115.00		
Sat	Jan 11-Mar 21	10:30-11:30am	(10)	668344

ACTIVE KIDS: READY2BALL

AGES 6-8

In our Active Kids: READY2BALL program, kids are introduced to Basketball, Soccer and Volleyball. This class will assist in making your child a baller 4 life.

CLAREV	'IEW			
	DATES	TIME	#	BARCODE
MEMBER	MEMBER \$103.00/NON-MEMBER \$115.00			
Wed	Jan 15-Mar 18	4:45-5:45pm	(10)	661255
Sat	Jan 11-Mar 21	10:00-11:00am	(10)	661253
No Class Feb	15			

СОММО	NWEALTH				
	DATES	TIME	#	BARCODE	
MEMBER	MEMBER \$103.00/NON-MEMBER \$115.00				
Wed	Jan 15-Mar 18	4:45-5:45pm	(10)	661250	

KINSME	N				
	DATES	TIME	#	BARCODE	
MEMBER	MEMBER \$103.00/NON-MEMBER \$115.00				
Thu	Jan 16-Mar 19	4:45-5:45pm	(10)	661256	

THE ME	ADOWS			
	DATES	TIME	#	BARCODE
MEMBER \$103.00/NON-MEMBER \$115.00				
Sat	Jan 11-Mar 21	10:00-11:00am	(10)	661251
No Class Feb	15			

TERWIL	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER	MEMBER \$103.00/NON-MEMBER \$115.00			
Sat	Jan 11-Mar 21	11:00am-12:00pm	(10)	661249
No Class Feb	15			

ACTIVE KIDS: READY2RACQUET AGES 6-8

In our ACTIVE KIDS: READY2RACQUET program, Kids are introduced to Pickleball, Badminton and Tennis. You child will get a chance to racquet up 2 the fun.

THE ME	ADOWS			
	DATES	TIME	#	BARCODE
MEMBER	\$103.00/NON-M	EMBER \$115.00		
Wed	Jan 15-Mar 18	5:00-6:00pm	(10)	661229
TERWIL	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER	\$103.00/NON-M	EMBER \$115.00		
Sat	Jan 11-Mar 21	12:00-1:00pm	(10)	661259
No Class Feb	15			

ACTIVE KIDS: READY2VOLLEY AGES 6-8

In our ACTIVE KIDS: READY2VOLLEY program, Kids are introduced to Badminton, Soccer and Volleyball. This program will help your child volley into these great sports.

TERWIL	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER	MEMBER \$103.00/NON-MEMBER \$115.00			
Thu	Jan 16-Mar 19	5:00-6:00pm	(10)	661242

KUNG FU PANDAS I

AGES 6-8

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.

CLAREV	/IEW			
	DATES	TIME	#	BARCODE
MEMBER	\$103.00/NON-M	EMBER \$115.00		
Mon	Jan 13-Mar 23	7:00-8:00pm	(10)	661243
No Class Feb	17			

соммо	NWEALTH			
	DATES	TIME	#	BARCODE
MEMBER	\$103.00/NON-MI	EMBER \$115.00		
Tue	Jan 14-Mar 17	7:00-8:00pm	(10)	661236
TERWIL	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER \$103.00/NON-MEMBER \$115.00				
Sat	Jan 11-Mar 21	12:15-1:15pm	(10)	661254

DANCE PL3Y!

CLAREVIEW

No Class Feb 15

AGES 6-12

This is a new physical activity program that plays with dance in an unique and innovative way. Your kids will love learning simple moves from a variety of styles Hip Hop, Urban, Ballroom, Bollywood, Lyrical, Jazz/Funk as they get interACTIVE with our unique 360 degree teaching approach. Watch self-confidence and positive attitudes grow each week thanks to our motivating coaching philosophy featuring the 3 Rules of PL3Y: Be positive! Be fun! Be yourself.

O L/ title v	·- **					
	DATES	TIME	#	BARCODE		
MEMBER	\$103.00/NON-ME	EMBER \$115.00				
Wed	Jan 15-Mar 218	7:00-8:00pm	(10)	661232		
THE ME	THE MEADOWS					
	DATES	TIME	#	BARCODE		
MEMBER \$103.00/NON-MEMBER \$115.00						
Thu	Jan 16-Mar 19	6:45-7:45pm	(10)	661239		

OBSTACLE FIT KIDS

AGES 8-12

This class gives your child a chance to learn about fitness in a fun and safe way. Kids will learn body awareness, balance, and basic strength training through obstacles, relay activities and circuits.

KINSME	N			
	DATES	TIME	#	BARCODE
MEMBER \$103.00/NON-MEMBER \$115.00				
Tue	Jan 14-Mar 17	4:45-5:45pm	(10)	661248

MEMBER \$103.00/NON-MEMBER \$115.00					
Tue	Jan 14-Mar 17	4:45-5:45pm	(10)	661248	
TERWIL	LEGAR				
	DATES	TIME	#	BARCODE	
MEMBER	MEMBER \$103.00/NON-MEMBER \$115.00				
Sat	Jan 11-Mar 21	12:00-1:00pm	(10)	661241	
No Class Feb 15					

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.

CLAREV	'IEW			
	DATES	TIME	#	BARCODE
MEMBER	\$103.00/NON-M	IEMBER \$115.00		
Thu	Jan 16-Mar 19	7:00-8:00pm	(10)	661240
THE ME	ADOWS			
	DATES	TIME	#	BARCODE
MEMBER	\$103.00/NON-M	IEMBER \$115.00		
Tue	Jan 14-Mar 17	7:00-8:00pm	(10)	661235
TERWIL	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER \$103.00/NON-MEMBER \$115.00				
Sat	Jan 11-Mar 21	11:30am-12:30pm	(10)	668345
No Class Fah	15			

ACTIVE YOUTH: READY2BALL AGES 9-12

Come try out our Active Youth: READY2BALL program! Alongside a skilled instructor, your child will work hard to develop the fundamental skills and strategies required to compete in the sports of Basketball, Soccer and Volleyball. This class will allow your child to grow and become a Baller 4 Life!

CLAREV	'IEW			
	DATES	TIME	#	BARCODE
MEMBER	\$103.00/NON-M	1EMBER \$115.00		
Wed	Jan 15-Mar 18	5:45-6:45pm	(10)	661258
Sat	Jan 11-Mar 21	11:00am-12:00pm	(10)	661238
No Class Feb	15			

THE ME	ADOWS			
	DATES	TIME	#	BARCODE
MEMBER	\$103.00/NON-M	1EMBER \$115.00		
Sat	Jan 11-Mar 21	11:00am-12:00pm	(10)	661260
No Class Feb 15				
TERWILLEGAR				

	DATES	TIME	#	BARCODE
MEMBER	\$103.00/NON-M	EMBER \$115.00		
Thu	Jan 16-Mar 19	6:00-7:00pm	(10)	661246

KUNG FU PANDAS II

AGES 9-12

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.

CLAREV	/IEW			
	DATES	TIME	#	BARCODE
MEMBER	\$103.00/NON-MI	EMBER \$115.00		
Mon	Jan 13-Mar 23	8:00-9:00pm	(10)	661247
No Class Feb	17			

COMMONWEALTH					
	DATES	TIME	#	BARCODE	
MEMBER \$103.00/NON-MEMBER \$115.00					
Tue	Jan 14-Mar 17	6:00-7:00pm	(10)	661233	

KINSMEN					
	DATES	TIME	#	BARCODE	
MEMBER \$103.00/NON-MEMBER \$115.00					
Wed	Jan 15-Mar 18	6:00-7:00pm	(10)	661230	

THE MEADOWS					
	DATES	TIME	#	BARCODE	
MEMBER \$103.00/NON-MEMBER \$115.00					
Wed	Jan 15-Mar 18	8:00-9:00pm	(10)	661234	

TERWIL	LEGAR				
	DATES	TIME	#	BARCODE	
MEMBER \$103.00/NON-MEMBER \$115.00					
Sat	Jan 11-Mar 21	1:30-2:30pm	(10)	661245	
No Class Fel	b 15				

STAY SAFE!

AGES 9-13

Stay Safe! Offers basic first aid and safety skills to youth. Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities. Additional charges will be applied upon registration and will include course materials and exam fees

СОММО	ONWEALTH		
	DATES	TIME	BARCODE
Sun	Jan 26	9:00am-3:00pm	666046
Sun	Feb 23	9:00am-3:00pm	666047

EASTGI	LEN		
	DATES	TIME	BARCODE
Thu	Jan 9-13	5:00-8:00pm	666306
Thu	Mar 5-12	5:00-8:00pm	666307

GRAND	TRUNK		
	DATES	TIME	BARCODE
Tue	Feb 18	9:00am-3:00pm	667377

STAY SAFE! ADAPTED

AGES 9-18

Stay Safe Adapted! Offers basic first aid and safety skills to youth 9-18 years of age with cognitive and physical disabilities. Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities. A parent or attendant can accompany the student if desired. Prerequisites: Age 9. Additional charges will be applied upon registration and will include course materials and exam fees.

EASTG	LEN		
	DATES	TIME	BARCODE
Thu	Feb 6-13	5:00-8:00pm	666309

RED CROSS BABYSITTING AGES 11+

Babysitting teaches a basic understanding of first aid and caregiving skills for children of various age groups and how to respond to emergencies.

CLARE'	VIEW		
	DATES	TIME	BARCODE
Fri	Jan 17,24	5:00-9:00pm	667093
Fri	Feb 21,28	5:00-9:00pm	667094
Fri	Mar 13,20	5:00-9:00pm	667095

COM	MONWEALTH		
	DATES	TIME	BARCODE
Sun	Jan 12	9:00am-5:00pm	666043
Sun	Feb 9	9:00am-5:00pm	666044
Sun	Mar 15	9:00am-5:00pm	666045

GRAND TRUNK				
	DATES	TIME	BARCODE	
Sat	Jan 25	9:00am-5:00pm	667377	
Sun	Mar 8	9:00am-5:00pm	667378	

THE ME	ADOWS		
	DATES	TIME	BARCODE
Sat	Jan 25	9:00am-5:00pm	667201
Sat	Feb 22	9:00am-5:00pm	667211
Sat	Mar 21	9:00am-5:00pm	667212

MILL W	OODS		
	DATES	TIME	BARCODE
Sat	Jan 18	9:00am-5:00pm	666476
Sat	Feb 22	9:00am-5:00pm	666480
Sat	Mar 14	9:00am-5:00pm	666481

TERWILLEGAR					
	DATES	TIME	BARCODE		
Fri	Jan 10, 17	5:00-9:00pm	668252		
Fri	Feb 21, 28	5:00-9:00pm	668253		
Mon	Mar 23	9:00am-5:00pm	668254		

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 12-15 years old are able to use the fitness centre independently. Continuous monthly and annual youth and family pass holders are able to take this course free of charge.

CLAREVIE	EW			
	DATES	TIME	#	BARCODE
MEMBER \$	0.00/NON-ME	MBER \$35.00		
Sun	Jan 12	12:00-3:00pm	(1)	666695
Sat	Jan 18	12:00-3:00pm	(1)	666696
Sun	Jan 26	12:00-3:00pm	(1)	666697
Sun	Feb 2	12:00-3:00pm	(1)	666698
Sun	Feb 23	12:00-3:00pm	(1)	666699
Sun	Mar 1	12:00-3:00pm	(1)	666700
Sat	Mar 14	12:00-3:00pm	(1)	666703
Sun	Mar 22	12:00-3:00pm	(1)	666704

COMMON	WEALTH				
	DATES	TIME	#	BARCODE	
MEMBER \$	MEMBER \$0.00/NON-MEMBER \$35.00				
Sat	Jan 25	12:00-3:00pm	(1)	666692	
Sat	Feb 22	12:00-3:00pm	(1)	666702	
Sat	Mar 21	12:00-3:00pm	(1)	666693	

GRAND 1	TRUNK			
	DATES	TIME	#	BARCODE
MEMBER	\$0.00/NON-ME	EMBER \$35.00		
Sat	Jan 25	12:30-3:30pm	(1)	666685

HARDIST				
AEMBER 1	DATES	TIME	#	BARCODE
	O.OO/NON-ME		141	007505
Sun	Feb 23	12:30-3:30pm	(1)	667505
KINSMEN				
	DATES	TIME	#	BARCODE
	O.OO/NON-ME			
Sun	Jan 26	12:00-3:00pm	(1)	666688
Sun	Feb 23	12:00-3:00pm	(1)	666686
Sun	Mar 22	12:00-3:00pm	(1)	666687
LONDON	DERRY			
	DATES	TIME	#	BARCODE
1EMBER \$	0.00/NON-ME	MBER \$35.00		
Sat	Jan 11	12:00-3:00pm	(1)	666694
Sat	Feb 1	12:00-3:00pm	(1)	666689
Sat	Mar 7	12:00-3:00pm	(1)	666690
THE MEA	DOWS			
	DATES	TIME	#	BARCODE
MEMBER \$	0.00/NON-ME	MBER \$35.00		
Sat	Jan 18	12:00-3:00pm	(1)	666678
Sat	Feb 1	12:00-3:00pm	(1)	666679
Sat	Feb 22	12:00-3:00pm	(1)	666680
Sat	Feb 29	12:00-3:00pm	(1)	666681
Sat	Mar 21	12:00-3:00pm	(1)	666682
MILL WO	ODS			
	DATES	TIME	#	BARCODE
1EMBER \$	0.00/NON-ME	MBER \$35.00		
Sat	Jan 25	12:00-3:00pm	(1)	666665
Sat	Feb 22	12:00-3:00pm	(1)	666666
Sat	Mar 21	12:00-3:00pm	(1)	666668
O'LEARY				
	DATES	TIME	#	BARCODE
1EMBER \$	0.00/NON-ME			
Sun	Mar 1	12:30-3:30pm	(1)	666691
PETER HI	EMINGWAY			
	DATES	TIME	#	BARCODE
1EMBER \$	0.00/NON-ME	MBER \$35.00		
	-			

TIME

11:00am-2:00pm

11:00am-2:00pm

11:00am-2:00pm

BARCODE

666667

666669

666670

(1)

(1)

TERWILLI	EGAR			
	DATES	TIME	#	BARCODE
MEMBER \$	0.00/NON-ME	MBER \$35.00		
Sun	Jan 12	12:00-3:00pm	(1)	666705
Fri	Jan 17	6:00-9:00pm	(1)	666671
Fri	Jan 24	6:00-9:00pm	(1)	666706
Fri	Jan 31	6:00-9:00pm	(1)	666672
Sun	Jan 26	12:00-3:00pm	(1)	666674
Sun	Feb 9	12:00-3:00pm	(1)	666673
Fri	Feb 21	6:00-9:00pm	(1)	666675
Sun	Mar 1	12:00-3:00pm	(1)	666676
Fri	Mar 6	6:00-9:00pm	(1)	666683
Sun	Mar 15	12:00-3:00pm	(1)	666707
Fri	Mar 20	6:00-9:00pm	(1)	666677
Fri	Mar 27	6:00-9:00pm	(1)	666684

Recreation Centre Camps School-Aged

ACTIVE KIDS: READY4SPORT CAMP

AGES 6-12

Ready4Sport is a high energy camp where your child engages in an array of different sports. Participants will try their hand at a different sport each day and will be exposed to a variety of games and skills in a fun, non-competitive environment. Swimming will take place every afternoon.

THE MEA	DOWS			
	DATES	TIME	#	BARCODE
MEMBER \$ AGES 6-7	89.28/NON-M	EMBER \$101.20		
Th/F	Feb 27-28	9:00am-4:00pm	(2)	661766
AGES 8-12				
Th/F	Feb 27-28	9:00am-4:00pm	(2)	661608

CAMPERS OF THE GALAXY AGES 6-12

Have your little Star Lord take a journey through the galaxy with us. Your child will go on adventures each day. They will run, crawl, climb and jump through the challenges that each planet faces. Swimming will take place every afternoon.

COMMO	NWEALTH			
	DATES	TIME	#	BARCODE
MEMBER S	\$227.70/NON-N	1EMBER \$253.00		
AGES 6-7				
M-F	Mar 23-27	9:00am-4:00pm	(5)	666664
AGES 8-12	2			
M-F	Mar 23-27	9:00am-4:00pm	(5)	661610

DATES

Sat

Sat

Sat

MEMBER \$0.00/NON-MEMBER \$35.00

Jan 25

Feb 22

Mar 21

GAME SHOW MANIA

AGES 6-12

AGES 6-12

Come on down...The words that everyone dreams of hearing! In this camp dreams will become a reality for your child as they get the opportunity to be a contestant in their favorite game show. We will explore shows such as: Family Feud, Are you Smarter than a Fifth Grader?, Wipeout and many more...Swimming will take place every afternoon.

CLAREVII	EW			
	DATES	TIME	#	BARCODE
MEMBER \$	89.28/NON-M	EMBER \$101.20		
AGES 6-7				
Th/F	Feb 27-28	9:00am-4:00pm	(2)	666912
AGES 8-12				
Th/F	Feb 27-28	9:00am-4:00pm	(2)	666910

MAD SCIENTIST CAMP

It's messy, slimy and bubbling over with FUN! These experiments may not be the best activity at home, but here at camp we are ready for the mess! Your child will 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 the cool scientific facts. In between our experiments we will have the opportunity to get up and move with some fun indoor and outdoor activities. Swimming will take place every afternoon.

THE MEA	DOWS			
	DATES	TIME	#	BARCODE
MEMBER S	227.70/NON-M	1EMBER \$253.00		
AGES 6-7				
M-F	Mar 23-27	9:00am-4:00pm	(5)	661764
AGES 8-12				
M-F	Mar 23-27	9:00am-4:00pm	(5)	661611
TERWILL	EGAR			
	DATES	TIME	#	BARCODE
MEMBER S	89.28/NON-M	EMBER \$101.20		
AGES 6-7				
Th/F	Feb 27-28	9:00am-4:00pm	(2)	661761
AGES 8-12				
Th/F	Feb 27-28	9:00am-4:00pm	(2)	661607

MUGGLES TRI-SPORT TOURNAMENT

AGES 6-12

Alohomora! Your child will unlock and explore the World of Harry Potter. They will learn to play Quidditch and other themed sports for a chance to compete for the Tri-Sport cup! This camp is perfect for any little muggle who likes to keep busy. Swimming will take place every afternoon.

TERWILL	EGAR			
	DATES	TIME	#	BARCODE
MEMBER \$	227.70/NON-N	MEMBER \$253.00		
AGES 6-7				
M-F	Mar 23-27	9:00am-4:00pm	(5)	661763
AGES 8-12				
M-F	Mar 23-27	9:00am-4:00pm	(5)	661613

SECRET SERVICE BOOTCAMP AGES 6-12

The instructors will put your child through the ranks to become a Secret Service Agent! This camp will test your child both physically through drills and games, and mentally through crafts and activities. The camp will end with a graduation ceremony where your little camper with get their very own badge! Swimming will take place every afternoon.

COMMON	IWEALTH			
	DATES	TIME	#	BARCODE
MEMBER \$	89.28/NON-M	EMBER \$101.20		
AGES 6-7				
Th/F	Feb 27-28	9:00am-4:00pm	(2)	666914
AGES 8-12				
Th/F	Feb 27-28	9:00am-4:00pm	(2)	661615

SURVIVOR FUN FACTOR CAMP AGES 6-12

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.

CLAREVIEW						
	DATES	TIME	#	BARCODE		
MEMBER S	\$227.70/NON-N	1EMBER \$253.00				
M-F	Mar 23-27	9:00am-4:00pm	(5)	661762		
AGES 8-12	2					
M-F	Mar 23-27	9:00am-4:00pm	(5)	661612		

NINJA WARRIORS CAMP AGES 8-12

Take the Ninja Warrior Challenge and see if you can complete different obstacle courses. Your child will scale walls, balance on beams, and dive through tunnels as they try their luck at being the best Ninja Warrior they can be!

KINSMEN					
	DATES	TIME	#	BARCODE	
MEMBER	\$227.70 NON-M	EMBER \$253.00			
M-F	Mar 23-27	9:00am-4:00pm	(5)	661614	



Fitness & Physical Activity

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.

CENTRAL	LIONS			
	DATES	TIME	#	BARCODE
MEMBER \$	0.00/NON-M	EMBER \$24.00		
Wed	Jan 8	5:30-7:30pm	(1)	666505
Wed	Feb 5	5:30-7:30pm	(1)	666535
Wed	Mar 4	5:30-7:30pm	(1)	666509

CLAREVII	EW			
	DATES	TIME	#	BARCODE
MEMBER \$	0.00/NON-ME	MBER \$24.00		
Wed	Jan 29	5:30-7:30pm	(1)	666514
Wed	Feb 26	5:30-7:30pm	(1)	666515
Wed	Mar 25	5:30-7:30pm	(1)	667491

COMMON	WEALTH			
	DATES	TIME	#	BARCODE
MEMBER \$	0.00/NON-ME	MBER \$24.00		
Wed	Jan 22	5:30-7:30pm	(1)	666526
Wed	Feb 19	5:30-7:30pm	(1)	666527
Wed	Mar 18	5:30-7:30pm	(1)	666528

GRAND TRUNK						
TES	TIME	#	PRICE			
MEMBER \$0.00/NON-MEMBER \$24.00						
Jan 14	5:30-7:30pm	(1)	667454			
Feb 11	5:30-7:30pm	(1)	667487			
Mar 10	5:30-7:30pm	(1)	667497			
	TES OO/NON-ME Jan 14 Feb 11	TIME OO/NON-MEMBER \$24.00 Jan 14 5:30-7:30pm Feb 11 5:30-7:30pm	TES TIME # OO/NON-MEMBER \$24.00 Jan 14 5:30-7:30pm (1) Feb 11 5:30-7:30pm (1)			

HARDIST	Y			
	DATES	TIME	#	PRICE
MEMBER \$	0.00/NON-ME	MBER \$24.00		
Sat	Jan 25	12:30-2:30pm	(1)	667474
Sat	Feb 22	12:30-2:30pm	(1)	667471
Sat	Mar 21	12:30-2:30pm	(1)	667467

KINSMEN						
	DATES	TIME	#	BARCODE		
MEMBER \$	0.00/NON-ME	MBER \$24.00				
Wed	Jan 22	5:30-7:30pm	(1)	667472		
Wed	Feb 12	5:30-7:30pm	(1)	667481		
Wed	Mar 11	5:30-7:30pm	(1)	667476		

LONDONE	DERRY			
	DATES	TIME	#	PRICE
MEMBER \$	0.00/NON-ME	MBER \$24.00		
Wed	Jan 15	5:30-7:30pm	(1)	667458
Wed	Feb 26	5:30-7:30pm	(1)	667464
Wed	Mar 25	5:30-7:30pm	(1)	667473

DATES TIME # BARCODE MEMBER \$0.00/NON-MEMBER \$24.00 Wed Jan 22 5:30-7:30pm (1) 667455 Word Figh 12 Fig. 7:30pm (1) 667479	THE MEA	Dows			
Wed Jan 22 5:30-7:30pm (1) 667455		DATES	TIME	#	BARCODE
	MEMBER \$	0.00/NON-ME	MBER \$24.00		
Mod Ech 12 5-20 7-20pm (1) 667470	Wed	Jan 22	5:30-7:30pm	(1)	667455
wed Feb 12 5.30-7.30piii (1) 667476	Wed	Feb 12	5:30-7:30pm	(1)	667478
Wed Mar 11 5:30-7:30pm (1) 667488	Wed	Mar 11	5:30-7:30pm	(1)	667488

MILL WOO	DDS			
	DATES	TIME	#	PRICE
MEMBER \$	0.00/NON-ME	MBER \$24.00		
Wed	Jan 29	5:30-7:30pm	(1)	667484
Wed	Feb 19	5:30-7:30pm	(1)	667492
Wed	Mar 18	5:30-7:30pm	(1)	667500

_	LLAR				
		DATES	TIME	#	PRICE
М	EMBER	\$0.00/NON-ME	MBER \$24.00		
	Tue	Jan 14	5:30-7:30pm	(1)	667461
	Tue	Feb 11	5:30-7:30pm	(1)	667453
	Tue	Mar 10	5:30-7:30pm	(1)	667465

O'I FADY

PETER H	EMINGWAY			
	DATES	TIME	#	BARCODE
MEMBER \$	0.00/NON-M	EMBER \$24.00		
Sun	Jan 12	10:00am-12:00pm	(1)	667459
Sun	Feb 2	10:00am-12:00pm	(1)	667456
Sun	Mar 22	10:00am-12:00pm	(1)	667494

ST. FRANC	CIS XAVIER			
1	DATES	TIME	#	BARCODE
MEMBER \$	0.00/NON-M	EMBER \$24.00		
Sat	Jan 25	11:00am-1:00pm	(1)	667466
Sat	Feb 29	11:00am-1:00pm	(1)	667468
Sat	Mar 28	11:00am-1:00pm	(1)	667469

TERWILL	EGAR			
DATES		TIME	#	BARCODE
MEMBER \$	0.00/NON-ME	MBER \$24.00		
Thu	Jan 16	5:30-7:30pm	(1)	667470
Thu	Feb 27	5:30-7:30pm	(1)	667489
Thu	Mar 26	5:30-7:30pm	(1)	667502

LEARN TO PLAY BADMINTON

Looking for a high energy, and fun social activity? Then it's not too late to Learn to Play Badminton! You will learn the basic grips, footwork, rules, and shots from a certified badminton instructor. No previous experience required. Equipment is provided by the City of Edmonton.

THE ME	ADOWS			
	DATES	TIME	#	BARCODE
MEMBER \$66.00/NON-MEMBER \$72.80				
Wed	Jan 29-Mar 18	7:00-8:00pm	(8)	667401

LEARN TO PLAY BASKETBALL

How many times have you been to a rec centre and watched basketball players ball out around the gym and wish that you could play? By practicing elements of dribbling, passing, shooting as well as the basic principles of offense and defence you can prepare your game to handle any type of basketball setting. Participants will be taught the basic skills, rules and strategies by a certified basketball instructor. No previous experience required.

CLARE	/IEW			
	DATES	TIME	#	BARCODE
MEMBER	\$49.50/NON-ME	MBER \$54.60		
Tue	Jan 14-Feb 18	7:00-8:00pm	(6)	667406
Tue	Feb 25-Mar 31	7:00-8:00pm	(6)	667408

LEARN TO PLAY PICKLEBALL

This Learn to Play program is designed to get you hooked on this increasingly popular sport and ready to join the City's Dropin Pickleball program! By combining elements of badminton, tennis and table tennis Pickleball is a great activity for all ages. Participants will be taught the skills, rules and strategies of Pickleball by a certified sport-specific instructor. Come out and learn one of the fastest growing sports in a fun and friendly environment. Equipment is provided by the City of Edmonton.

BEGINNER

A.C.T.				
	DATES	TIME	#	BARCODE
MEMBER	\$66.00/NON-MI	EMBER \$72.80		
Wed	Jan 29-Mar 18	3:30-4:30pm	(8)	667396
THE ME	ADOWS			
	DATES	TIME	#	BARCODE
MEMBER	\$66.00/NON-MI	EMBER \$72.80		
Sun	Jan 26-Mar 22	10:00-11:00am	(8)	667405
No Class Feb	16			
Sun	Jan 26-Mar 22	11:00am-12:00pm	(8)	667400
No Class Feb	16			

TERWIL	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER	\$66.00/NON-ME	MBER \$72.80		
Wed	Jan 29-Mar 18	12:00-1:00pm	(8)	667407
Fri	Jan 31-Mar 20	12:00-1:00pm	(8)	667409

INTERMEDIATE/ADVANCED

TERWIL	LEGAR					
	DATES	TIME	#	BARCODE		
MEMBER	MEMBER \$66.00/NON-MEMBER \$72.80					
Mon	Jan 27-Mar 23	12:00-1:00pm	(8)	667399		
No Class Feb	17					

LEARN TO PLAY VOLLEYBALL

Find out for yourself why Indoor Volleyball is one of the most popular gym sports for adults! This course will focus on practicing the basic skills of setting, bumping, blocking, spiking, an introduction to team play, and rules and strategies. No previous experience required.

ST. FRA	NCIS XAVIER			
	DATES	TIME	#	BARCODE
MEMBER	\$49.50/NON-ME	MBER \$54.60		
Tue	Jan 7-Feb 11	6:00-7:00pm	(6)	667403
Tue	Feb 19-Mar 31	6:00-7:00pm	(6)	667411

LEARN TO PLAY SOCCER

Tired of watching from the sidelines? Lace up and get on the turf for your footy fix and enjoy one of the best and funnest ways to improve your aerobic conditioning. This course will have you ready to rock the open turf times offered by the City of Edmonton. Learn the basics of dribbling, shooting, passing as well as defending from a certified soccer instructor. No previous experience required.

СОММО	NWEALTH			
	DATES	TIME	#	BARCODE
MEMBER	\$66.00/NON-ME	MBER \$72.80		
Sat	Jan 25-Mar 21	4:00-5:00pm	(8)	667402
No Class Feb	o 15			

WOMENS ONLY LEARN TO PLAY MULTI SPORT

Get fit, make friends and have fun! Womens Only Learn to Play Multi Sport will teach women the basics of popular drop in activities such as soccer, volleyball, badminton, and pickleball. This course is taught in a space with no view to public, allowing for full privacy for this woman's only course!

CENTRA	AL LIONS				
	DATES	TIME	#	BARCODE	
MEMBER	MEMBER \$66.00/NON-MEMBER \$72.80				
Tue	Jan 29-Mar 17	5:00-6:00pm	(8)	667398	

KICKBOXING-COMBINED INTRO/INTER & ADV

Discover dynamic striking and conditioning through martial arts and find your style! Punches, kicks, elbows, and knees combine for a wide range of combative movements drawn from styles including kickboxing, boxing, and Muay Thai. Elements of kickboxing can train you for sport, fitness, and self-defense while fostering confidence and resilience. No experience required, all levels welcome.

KINSME	N			
	DATES	TIME	#	BARCODE
MEMBER	\$75.00/NON-ME	MBER \$85.00		
Mon	Jan 13-Feb 10	7:00-8:30pm	(5)	667417
Mon	Feb 24-Mar 23	7:00-8:30pm	(5)	667419
Wed	Jan 15-Feb 12	7:00-8:30pm	(5)	667415
Wed	Feb 26-Mar 25	7:00-8:30pm	(5)	667416

TERWIL	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER	\$75.00/NON-ME	MBER \$85.00		
Tue	Jan 14-Feb 11	7:00-8:30pm	(5)	667414
Tue	Feb 25-Mar 24	7:00-8:30pm	(5)	667418

SMALL GROUP PERSONAL TRAINING

Are you interested in a progressive, creative and well-structured strength training program? Small group personal training provides you with 4 weeks of strength training designed by a Certified Personal Trainer. Training in a small group of (5-10 individuals) allows you access the services of a personal trainer at a greatly reduced rate while developing consistent exercise habits in an environment of accountability.

CLAREV	IEW			
	DATES	TIME	#	BARCODE
MEMBER	\$110.70/NON ME	MBER \$123.00		
Sun	Jan 12-Feb 16	1:00-2:00pm	(6)	667545
Sun	Feb 23-Mar 29	1:00-2:00pm	(6)	667546
MEMBER	\$147.60/NON ME	MBER \$164.00		
Tu/Th	Jan 7-30	7:00-8:00pm	(8)	667519
Tu/Th	Feb 4-27	7:00-8:00pm	(8)	667536
MEMBER	\$166.05/NON MI	EMBER \$184.50		
Tu/Th	Mar 3-31	7:00-8:00pm	(9)	667537

СОММО	NWEALTH			
	DATES	TIME	#	BARCODE
MEMBER	\$129.15/NON MI	EMBER \$143.50		
M/W	Feb 3-26	6:00-7:00am	(7)	667550
MEMBER	\$147.60/NON M	EMBER \$164.00		
M/W	Jan 6-29	6:00-7:00am	(8)	667515
M/W	Mar 2-25	6:00-7:00am	(8)	667549

KINSME	N			
	DATES	TIME	#	BARCODE
MEMBER	\$129.15/NON M	EMBER \$143.50		
M/W	Feb 3-28	6:00-7:00pm	(7)	667538
MEMBER	\$147.60/NON M	EMBER \$164.00		
Tu/Th	Jan 7-30	7:00-8:00pm	(8)	667511
M/W	Jan 6-31	6:00-7:00pm	(8)	667523
Tu/Th	Feb 4-27	7:00-8:00pm	(8)	667514
MEMBER	\$147.60/NON M	EMBER \$184.00		
Tu/Th	Feb 4-27	6:00-7:00am	(8)	667507
MEMBER	\$166.05/NON M	EMBER \$184.50		
M/W	Mar 2-30	6:00-7:00pm	(9)	667524
Tu/Th	Mar 3-31	6:00-7:00am	(9)	667532
Tu/Th	Mar 3-31	7:00-8:00pm	(9)	667533
MEMBER	\$202.95/NON N	1EMBER \$225.50		
M/W/F	Feb 3-28	6:00-7:00am	(11)	667513
M/W/F	Feb 3-28	7:15-8:15am	(11)	667527
MEMBER	\$221.40/NON M	EMBER \$246.00		
M/W/F	Jan 6-31	6:00-7:00am	(12)	667509
M/W/F	Jan 6-31	7:15-8:15am	(12)	667506
MEMBER	\$239.85/NON M	IEMBER \$266.50		
M/W/F	Mar 2-30	6:00-7:00am	(13)	667508
M/W/F	Mar 2-30	7:15-8:15am	(13)	667510

THE MEA	DOWS			
	DATES	TIME	#	BARCODE
MEMBER S	\$129.15/NON M	EMBER \$143.50		
M/W	Feb 3-26	6:00-7:00am	(7)	667535
MEMBER S	\$147.60/NON M	IEMBER \$164.00		
Tu/Th	Jan 7-30	6:30-7:30pm	(8)	667542
M/W	Jan 6-30	6:00-7:00am	(8)	667518
MEMBER S	\$166.05/NON N	1EMBER \$184.50		
Tu/Th	Feb 4-27	6:30-7:30pm	(8)	667543
M/W	Mar 2-30	6:00-7:00am	(9)	667520
Tu/Th	Mar 3-31	6:30-7:30pm	(9)	667544

TERWIL	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER	\$129.15/NON M	IEMBER \$143.50		
M/W	Feb 3-26	6:00-7:00am	(7)	667516
M/W	Feb 3-26	6:30-7:30pm	(7)	667540
MEMBER	\$147.60/NON N	MEMBER \$164.00		
M/W	Jan 6-29	6:00-7:00am	(8)	667551
M/W	Jan 6-29	6:30-7:30pm	(8)	667539
MEMBER	\$166.05/NON I	MEMBER \$184.50		
M/W	Mar 2-30	6:00-7:00am	(9)	667517
M/W	Mar 2-30	6:30-7:30pm	(9)	667541

SMALL GROUP PERSONAL TRAINING-GIRLS GONE STRONG

A course designed specifically for teen girls to improve strength, power, mobility, physical prowess and most importantly self confidence! Participants will be introduced to different forms of training that will capitalize on the maturation process to:

- 1. Maximize speed
- 2. Improve strength and speed of force development (Power)
- 3. Increase lean body mass

Participants will also gain theoretical knowledge in regards to weight training techniques, dangers of FAD Diets, health eating & body composition, positive self efficacy and anatomy. All participants will receive a YIA card allowing unrestricted access to all City of Edmonton Fitness Centres.

TERWIL	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER	\$110.70/NON-ME	MBER \$123.00		
Thu	Jan 9-Feb 13	4:00-5:00pm	(6)	667556
Thu	Feb 20-Mar 26	4:00-5:00pm	(6)	667557

SMALL GROUP PERSONAL TRAINING FLEXIBILITY

Are your muscles constantly stiff and tight? Does your flexibility prevent you from training the way you want to? Are you interested in a progressive, creative and well-structured stretching program? This program will provide you with four weeks of targeted flexibility and mobility training designed by a Certified Personal Trainer. Each week will tackle a different form of flexibility and mobility training.

KINSME	N			
	DATES	TIME	#	BARCODE
MEMBER	\$92.25/NON MEI	MBER \$102.50		
Sun	Jan 12-Feb 9	9:00-10:00am	(5)	667526
MEMBER \$110.70/NON MEMBER \$123.00				
Sun	Feb 23-Mar 29	9:00-10:00am	(6)	667528

SMALL GROUP PERSONAL TRAINING LEARN TO LIFT

Have you ever wanted to learn to squat, deadlift or bench press with the barbell but have been too intimidated? This program will teach you the fundamentals of the squat, deadlift and bench press. Training in a small group of (5-10 individuals) allows you to learn the barbell lifts safely in a fun, competitive atmosphere, while receiving coaching from a Certified Personal Trainer.

KINSME	N			
	DATES	TIME	#	BARCODE
MEMBER	\$92.25/NON ME	MBER \$102.50		
Sun	Jan 12-Feb 9	10:00-11:00am	(5)	667525
MEMBER \$110.70/NON MEMBER \$123.00				
Sun	Feb 23-Mar 29	10:00-11:00am	(6)	667529

SMALL GROUP PERSONAL TRAINING-OLYMPIC LIFTING

Do you want to improve your speed and explosiveness? Olympic lifting is the optimal way to develop speed and power. In this course you will learn to master the fundamentals of the Snatch and Clean and Jerk along with accessory weight lifts. Start your path to improving your performance by signing up today!

KINSMEN	1			
	DATES	TIME	#	BARCODE
MEMBER S	\$92.25/NON ME	MBER \$102.50		
Sun	Jan 12-Feb 9	11:00am-12:00pm	(5)	667530
MEMBER S	\$110.70/NON ME	MBER \$123.00		
Sun	Feb 23 - Mar 29	11:00am-12:00pm	(6)	667531
MEMBER S	\$147.60/NON MI	EMBER \$164.00		
Tu/Th	Jan 7-30	6:00-7:00pm	(8)	667521
Tu/Th	Feb 4-27	6:00-7:00pm	(8)	667522
MEMBER S	\$166.05/NON-M	EMBER \$184.50		
Tu/Th	Mar 3-31	6:00-7:00pm	(9)	667534

SMALL GROUP PERSONAL TRAINING-STRAIGHT UP STRENGTH

A course designed specifically teen boys aged 12-16 to maximize two significant stages of the maturation process: peak height and peak weight velocity. Participants will be trained on multiple forms of resistance training to improve the rate of force development, mobility strength and speed. Participants will also gain theoretical knowledge with regards to; dangers of supplements, positive body image, weight training techniques, diet and nutrition, healthy body composition and anatomy. All participants will receive a YIA card allowing unrestricted access to all City of Edmonton Fitness Centres.

TERWIL	LEGAR				
	DATES	TIME	#	BARCODE	
MEMBER	MEMBER \$92.25/NON MEMBER \$102.50				
Mon	Jan 13-Feb 10	4:00-5:00pm	(5)	667554	
MEMBER \$110.70/NON MEMBER \$123.00					
Mon	Feb 24-Mar 30	4:00-5:00pm	(6)	667555	

WOMEN ON WEIGHTS

Build bone density, increase metabolism and discover the health benefits of resistance training in a supportive environment. This class is geared towards beginners focusing on the basic principles of fitness training. Learn proper technique and how to design a program to suit your personal needs. This program will be led by a Certified Personal Trainer

be led by a Certified Personal Trainer.				
CLAREV	IEW			
	DATES	TIME	#	BARCODE
MEMBER	\$60.00/NON ME	MBER \$81.00		
Wed	Jan 8-Feb 12	6:30-7:30pm	(6)	667445
Wed	Feb 19-Mar 25	6:30-7:30pm	(6)	667443
СОММО	NWEALTH			
	DATES	TIME	#	BARCODE
MEMBER	\$60.00/NON-ME	MBER \$67.50		
Sat	Jan 11-Feb 8	9:15-10:15am	(5)	667452
MEMBER	\$60.00/NON ME	MBER \$81.00		
Sat	Feb 22-Mar 28	9:15-10:15am	(6)	667477
KINSME	N			
	DATES	TIME	#	BARCODE
MEMBER	\$60.00/NON-ME	MBER \$67.50		
Sat	Jan 11-Feb 8	9:15-10:15am	(5)	667448
MEMBED	\$60.00/NON ME	MPED ¢01 00		

	DATES	TIME	#	BARCODE
MEMBER	\$60.00/NON-M	EMBER \$67.50		
Sat	Jan 11-Feb 8	9:15-10:15am	(5)	667448
MEMBER	MEMBER \$60.00/NON MEMBER \$81.00			
Sat	Feb 22-Mar 28	11:00am-12:00pm	(6)	667451

THE ME	ADOWS			
	DATES	TIME	#	BARCODE
MEMBER	\$72.00/NON ME	MBER \$81.00		
Wed	Jan 8-Feb 12	5:45-6:45pm	(6)	667449
Wed	Feb 19-Mar 25	5:45-6:45pm	(6)	667450

ILKWIL	LLUAR			
	DATES	TIME	#	BARCODE
MEMBER	\$60.00/NON ME	EMBER \$67.50		
Sat	Jan 11-Feb 8	12:30am-1:30pm	(5)	667444
MEMBER	\$72.00/NON ME	MBER \$81.00		
Sat	Feb 22-Mar 28	12:30am-1:30pm	(6)	667446

TERWILLEGAR

Programs for Persons with DisabilitiesPWD

These programs are geared towards Persons with Disabilities providing opportunities to explore arts, crafts, and recreation while having fun and making new friends! All participants requiring an attendant are to supply their own for the program.

For Drop-in programs (Rockin, Rockin in Rundle Gold, Fit n Fun, Adapted2You, and Zumba Gold) Please check out our City Wide Schedule at edmonton.ca/personswithdisabilitiesprograms.

COOKING CLUB

This program will provide the skills needed to prepare and cook food while having fun making new friends. Learn how to create food that is not only good for you but tastes great too! Enjoy a variety of dishes each week. This program is geared towards persons with disabilities and all activities are adaptable. Fee includes all supplies.

A.C.T.				
	DATES	TIME	#	BARCODE
MEMBER	\$150.00/NON-M	EMBER \$165.00		
Thu	Jan 16-Mar 19	6:30-9:00pm	(10)	667268
CLAREV	/IEW			
	DATES	TIME	#	BARCODE
MEMBER	\$150.00/NON-M	EMBER \$165.00		
Wed	Jan 15-Mar 18	12:30-3:00pm	(10)	667262
MILL W	OODS			
	DATES	TIME	#	PRICE
MEMBER \$150.00/NON-MEMBER \$165.00				
Thu	Jan 16-Mar 19	10:00am-12:30pm	(10)	667265

CRAFT N' CREATIONS

A creative program that offers the opportunity to meet new people and experience a variety of crafts projects. This program is geared towards persons with disabilities and all activities are adaptable. Fee includes all materials needed.

A.C.T.				
	DATES	TIME	#	BARCODE
MEMBER \$120.00/NON-MEMBER \$135.00				
Tue	Jan 14-Mar 17	6:30-8:30pm	(10)	667263
Fri	Jan 17-Mar 20	1:00-3:00pm	(10)	667260

FIT NIGHT

This is a physical activity based program that includes both a dryland and aquatic portion. This includes active options such as personal fitness, sports and games, and activities in the pool. This program is geared towards persons with disabilities and all activities are adaptable.

TERWIL	LEGAR				
	DATES	TIME	#	BARCODE	
MEMBER	MEMBER \$100.00/NON-MEMBER \$115.00				
Mon	Jan 13-Mar 23	7:30-9:30pm	(10)	667259	
No Class Feb	17				

LEARN-TRY-INQUIRE

Do you have a thirst for knowledge and eagerness to try new and exciting things? Learn-Try-Inquire will take you on an educational adventure each week and you'll never know what you'll be learning next! From ooey-gooey science experiments to understanding what makes bread rise, the options are endless!

A.C.T.					
	DATES	TIME	#	BARCODE	
MEMBER \$120.00/NON-MEMBER \$135.00					
Mon	Jan 13-Mar 23	7:00-9:00pm	(10)	667270	
No Class Feb	17				

СОММО	NWEALTH				
	DATES	TIME	#	BARCODE	
MEMBER	MEMBER \$120.00/NON-MEMBER \$135.00				
Mon	Jan 13-Mar 23	10:30am-12:30pm	(10)	667269	
No Class Feb	17				

CLARE	/IEW				
	DATES	TIME	#	BARCODE	
MEMBER \$120.00/NON-MEMBER \$135.00					
Fri	Jan 17-Mar 20	7:00-9:00pm	(10)	667273	

MUSIC DANCE & DRAMA

Come and experience music, dance and drama! Each week with focus on a particular musical genre and will include learning a dance to follow along. Drama activities will be included throughout the session. This program is geared towards persons with disabilities and all activities are adaptable.

A.C.T.				
	DATES	TIME	#	BARCODE
MEMBER	\$120.00/NON-M	EMBER \$135.00		
Wed	Jan 15-Mar 18	7:00-9:00pm	(10)	667264

PAPER GALORE, SCRAPBOOKING & MORE!

Explore the world of art through the magic of paper! This class will feature a variety of projects including scrapbooking, papier mache, adult colouring, watercolours, silhouettes and more! The possibilities are endless! This program is geared towards persons with disabilities and all activities are adaptable. Fee includes all materials needed.

A.C.T.				
	DATES	TIME	#	BARCODE
MEMBER	\$120.00/NON-ME	EMBER \$135.00		
Mon	Jan 13-Mar 23	1:00-3:00pm	(10)	667267
No Class Feb	17			

SOCIAL NIGHT

The focus of this program is a variety of recreational activities centered on a principle theme for that evening. This includes seasonal activities, dancing, arts, culture, and games all within the natural beauty of Rundle Park. This program is geared towards persons with disabilities and all activities are adaptable.

A.C.T.					
	DATES	TIME	#	BARCODE	
MEMBER	\$100.00/NON-M	EMBER \$115.00			
Fri	Jan 17-Mar 20	7:00-9:00pm	(10)	667266	

EDMONTON EXCURSIONS

Get ready to explore City of Edmonton attractions and affiliated facilities with Edmonton Excursions & Special Events! These excursions and events will be held during a variety of times including weekdays, evenings, and weekends to allow a wider range of opportunities within our beautiful city. All fees are included in the registration price. All City of Edmonton programs are inclusive, so all are welcome! Visit movelearnplay.edmonton.ca for all program details!

EDMONTON ICE CASTLES

Make the most of winter at the Edmonton Ice Castles! Explore the icy structures in the beautiful Hawrelak Park surrounded by all of your friends!

Drop off and pick up from William Hawrelak Park. Program is 1.5 hours long and ticket price is included in the registration fee. Please dress appropriately for the weather. Snow and ice can make accessibility challenging. Please contact 780-414-8650 if you have any questions.

WILLIAM	I HAWRELAK I	PARK			
	DATES	TIME	#	BARCODE	
MEMBER \$32.00/NON-MEMBER \$35.00					
Thu	Jan 30	4:00-5:30pm	(1)	663310	

SNOW-TACULAR!

Did someone say snow?! You bet we did! Come hang out with us at ACT and enjoy some snow activities! We will go snowshoeing, make a snowman and who knows what else! Once we are done playing in the snow enjoy s'more, hot cocoa and a big bonfire! Please dress for the weather.

RUNDLE	FAMILY CENT	RE		
	DATES	TIME	#	BARCODE
MEMBER \$18.00/NON-MEMBER \$20.00				
Thu	Mar 12	1:00-3:00pm	(1)	663319

VALENTINES SWEETHEART DANCE

Celebrate this heart-felt holiday surrounded by friends and family! All are welcome to our Valentine Sweetheart Dance! This evening will include dancing, sweet treats, and Valentines activities! This program is geared towards persons with disabilities and all activities are adaptable. Participants in Social Night and Support Workers do not have to register and pay.

A.C.T.					
	DATES	TIME	#	BARCODE	
MEMBER \$11.00/NON-MEMBER \$12.00					
Fri	Feb 14	7:00-9:00pm	(1)	667272	

LEARN FROM A TENNIS PRO

TENNIS FOR ALL

Are you looking to learn how to play tennis or maybe wondering how to perfect your serve?

Look no further, The City of Edmonton has partnered with two certified tennis pros to provide tennis lessons at Kinsmen Sports Centre. Tennis for All! Kinsmen Sports
Centre is excited to join forces
with Tennis Alberta to host
tennis programming for young
children and adults!

For more information and to register, go to **tennisalberta.com**









PERSONAL TRAINING

The City of Edmonton offers a variety of personal training services from pricate training, semi-private training, exercise consultation, to nutrition consultation. For mroe information please visit **edmonton.ca/personaltraining.**

>

Small Group Personal Training

Small Group Personal Training (SGPT) is a group of 5-10 individuals instructed by a City of Edmonton Certified Personal Trainer. Sessions are customized, creative, progressive and most importantly fun! Each individual is provided expert attention and instruction to ensure proper exercise technique. Benefits include:

- Small group sizes
- Individualized coaching and instruction
- Motivation and accountability of group training
- Social connection with your peers
- Best value for dollar

Pre-registration is required and sessions are 4-6 weeks in length.

For those new or returning to fitness we recommend starting your journey with a Fitness Centre Orientation.

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.



Small Group Personal Training

Are you interested in a progressive, creative and well-structured strength training program? Small group personal training provides you with 4 weeks of strength training designed by a Certified Personal Trainer. Training in a small group of (5-10 individuals) allows you access the services of a personal trainer at a greatly reduced rate while developing consistent exercise habits in an environment of accountability.

CLAREV	'IEW			
	DATES	TIME	#	BARCODE
MEMBER	\$110.70/NON ME	MBER \$123.00		
Sun	Jan 12-Feb 16	1:00-2:00pm	(6)	667545
Sun	Feb 23-Mar 29	1:00-2:00pm	(6)	667546
MEMBER	\$147.60/NON ME	MBER \$164.00		
Tu/Th	Jan 7-30	7:00-8:00pm	(8)	667519
Tu/Th	Feb 4-27	7:00-8:00pm	(8)	667536
MEMBER	\$166.05/NON ME	MBER \$184.50		
Tu/Th	Mar 3-31	7:00-8:00pm	(9)	667537

COMMO	NWEALTH			
	DATES	TIME	#	BARCODE
MEMBER	\$129.15/NON M	EMBER \$143.50		
M/W	Feb 3-26	6:00-7:00am	(7)	667550
MEMBER	\$147.60/NON M	EMBER \$164.00		
M/W	Jan 6-29	6:00-7:00am	(8)	667515
M/W	Mar 2-25	6:00-7:00am	(8)	667549

KINSME	N			
	DATES	TIME	#	BARCODE
MEMBER	\$129.15/NON N	4EMBER \$143.50		
M/W	Feb 3-28	6:00-7:00pm	(7)	667538
MEMBER	\$147.60/NON	MEMBER \$164.00		
Tu/Th	Jan 7-30	7:00-8:00pm	(8)	667511
M/W	Jan 6-31	6:00-7:00pm	(8)	667523
Tu/Th	Feb 4-27	7:00-8:00pm	(8)	667514
MEMBER	\$147.60/NON	MEMBER \$184.00		
Tu/Th	Feb 4-27	6:00-7:00am	(8)	667507
MEMBER	\$166.05/NON	MEMBER \$184.50		
M/W	Mar 2-30	6:00-7:00pm	(9)	667524
Tu/Th	Mar 3-31	6:00-7:00am	(9)	667532
Tu/Th	Mar 3-31	7:00-8:00pm	(9)	667533
MEMBER	\$202.95/NON	MEMBER \$225.50		
M/W/F	Feb 3-28	6:00-7:00am	(11)	667513
M/W/F	Feb 3-28	7:15-8:15am	(11)	667527
MEMBER	\$221.40/NON	MEMBER \$246.00		
M/W/F	Jan 6-31	6:00-7:00am	(12)	667509
M/W/F	Jan 6-31	7:15-8:15am	(12)	667506
MEMBER	\$239.85/NON	MEMBER \$266.50		
M/W/F	Mar 2-30	6:00-7:00am	(13)	667508
M/W/F	Mar 2-30	7:15-8:15am	(13)	667510

THE MEA	DOWS			
	DATES	TIME	#	BARCODE
MEMBER S	\$129.15/NON M	EMBER \$143.50		
M/W	Feb 3-26	6:00-7:00am	(7)	667535
MEMBER S	\$147.60/NON M	IEMBER \$164.00		
Tu/Th	Jan 7-30	6:30-7:30pm	(8)	667542
M/W	Jan 6-30	6:00-7:00am	(8)	667518
MEMBER S	\$166.05/NON M	1EMBER \$184.50		
Tu/Th	Feb 4-27	6:30-7:30pm	(8)	667543
M/W	Mar 2-30	6:00-7:00am	(9)	667520
Tu/Th	Mar 3-31	6:30-7:30pm	(9)	667544

TERWILLI	EGAR			
	DATES	TIME	#	BARCODE
MEMBER \$	129.15/NON MI	EMBER \$143.50		
M/W	Feb 3-26	6:00-7:00am	(7)	667516
M/W	Feb 3-26	6:30-7:30pm	(7)	667540
MEMBER \$	147.60/NON M	EMBER \$164.00		
M/W	Jan 6-29	6:00-7:00am	(8)	667551
M/W	Jan 6-29	6:30-7:30pm	(8)	667539
MEMBER \$	166.05/NON M	EMBER \$184.50		
M/W	Mar 2-30	6:00-7:00am	(9)	667517
M/W	Mar 2-30	6:30-7:30pm	(9)	667541

Small Group Personal Training For Flexibility

Are your muscles constantly stiff and tight? Does your flexibility prevent you from training the way you want to? Are you interested in a progressive, creative and well-structured stretching program? This program will provide you with four weeks of targeted flexibility and mobility training designed by a Certified Personal Trainer. Each week will tackle a different form of flexibility and mobility training.

Small Group Personal Training Learn to Lift

Have you ever wanted to learn to squat, deadlift or bench press with the barbell but have been too intimidated? This program will teach you the fundamentals of the squat, deadlift and bench press. Training in a small group of (5-10 individuals) allows you to learn the barbell lifts safely in a fun, competitive atmosphere, while receiving coaching from a Certified Personal Trainer.

KINSME	N			
	DATES	TIME	#	BARCODE
MEMBER	\$92.25/NON MEI	MBER \$102.50		
Sun	Jan 12-Feb 9	10:00-11:00am	(5)	667525
MEMBER	\$110.70/NON ME	MBER \$123.00		
Sun	Feb 23-Mar 29	10:00-11:00am	(6)	667529

Love Small Group Training but can't make the time?

Find your group, find your trainer, book your time! Three easy steps to set up your own small group training sessions with a certified City of Edmonton Personal Trainer. Session goals and outcome focus will be created during the first consultation session. Classes must be purchased and scheduled in monthly blocks and can be arranged for 1/2/3x week. Fees are based on number of sessions planned, minimum five people required.

Available at the Kinsmen Sports Centre, please contact **780-690-2278** or **personaltraining@edmonton.ca** for further inquiry.







Cooking

MASTER KINDER CHEF

AGES 4-6

Welcome your little chef to the world of cooking! Introduce your child to cooking in a fun and safe environment. They'll learn kitchen safety and the basics through prep, cooking and cleanup. Your Kinder Chef will be excited to help at home! All supplies included.

MILL	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Mon	Jan 22-Mar 16	12:30-2:00pm	(8)	\$160.00	662088
TEDV	WILL ECAB				
IERV	VILLEGAR				
ILKV	DATES	TIME	#	PRICE	BARCODE
Tue		TIME 1:00-2:30pm	# (8)	PRICE \$160.00	BARCODE 662092

Dance

CLAREVIEW

Thu

DYNAMIC DANCE

AGES 2-3

\$68.00

662107

Share the joy of movement and dance with your little one! Parents and tots move to the beat to develop coordination and a sense of rhythm. Come shake your sillies out! Adult participation required.

	DATES	TIME	#	PRICE	BARCODE
Sat	Jan 18-Mar 14	9:45-10:15am	(8)	\$68.00	662123
MILL	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Tue	Jan 21-Mar 10	10:00-10:30am	(8)	\$68.00	662106
THE	MEADOWS				
	DATES	TIME	#	PRICE	BARCODE
Mon	Jan 20-Mar 16	9:30-10:00am	(8)	\$68.00	662102
TERV	VILLEGAR				
	DATES	TIME	#	PRICE	BARCODE

10:00-10:30am

Jan 23-Mar12

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

CLAF	REVIEW				
	DATES	TIME	#	PRICE	BARCODE
Sat	Jan 18-Mar 14	10:15-11:00am	(8)	\$90.00	662134

СОМ	MONWEALTH				
	DATES	TIME	#	PRICE	BARCODE
Sun	Jan 19-Mar 15	9:45-10:30am	(8)	\$90.00	662110

MILL	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Tue	Jan 21-Mar 10	10:30-11:15am	(8)	\$90.00	662127

THE	MEADOWS				
	DATES	TIME	#	PRICE	BARCODE
Mon	Jan 20-Mar 16	10:00-10:45am	(8)	\$90.00	662120

TERV	VILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
Thu	Jan 23-Mar 12	10:30-11:15am	(8)	\$90.00	662124

PRESCHOOL BALLET

AGES 4-5

Are you a budding ballet dancer? Join us in learning beginner ballet techniques with a focus on movement, balance and basic steps. Boys and girls learn coordination, flexibility, body awareness, and have fun! Tutus optional.

CLAF	REVIEW				
	DATES	TIME	#	PRICE	BARCODE
Sat	Jan 18-Mar 14	11:00-11:45am	(8)	\$90.00	662132
Sat	Jan 18-Mar 14	3:00-3:45pm	(8)	\$90.00	662103

C	ОМ	MONWEALTH				
		DATES	TIME	#	PRICE	BARCODE
9	Sun	Jan 19-Mar 15	9:00-9:45am	(8)	\$90.00	662103

MILL	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Tue	Jan 21-Mar 10	11:15am-12:00pm	(8)	\$90.00	662114

THE	MEADOWS				
	DATES	TIME	#	PRICE	BARCODE
Sun	Jan 19-Mar 15	10:30-11:15am	(8)	\$90.00	662112
Sun	Jan 19-Mar 15	11:15am-12:00pm	(8)	\$90.00	662121
Mon	Jan 20-Mar 16	10:45-11:30am	(8)	\$90.00	662122

TER	WILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
Thu	Jan 23-Mar 12	11:15am-12:00pm	(8)	\$90.00	662104

Music

MUSIC & MOVEMENT

AGES 0-3

This fun and interactive music class facilitates all aspects of early childhood development through song, dance, and rhythmic play with instruments. Join us this session for exploring our theme: Food! This course will have you moving and grooving to the beat! Adult participation required.

THE	MEADOWS				
	DATES	TIME	#	PRICE	BARCODE
Sat	Jan 11-Mar 14	10:00-11:00am	(9)	\$123.00	662161
TERV	VILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
Sat	Jan 11-Mar 14	9:30-10:30am	(9)	\$123.00	662159
Sat	Jan 11-Mar14	10:30-11:30am	(9)	\$123.00	662148
Sun	Jan 12-Mar15	10:00-11:00am	(9)	\$123.00	662138
Fri	Jan 17-Mar 13	9:30-10:30am	(9)	\$123.00	662151

MUSICAL DISCOVERIES

AGES 3.5-5

Prepare your child for the next step in their musical journey! They'll sample a variety of music genres with an introduction to note reading and music theory. Join us this session for exploring our theme: Food! Participants will show off their new skills for an in-class performance of singing, movement and playing instruments. Some adult participation required.

TERV	VILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
Sat	Jan 11-Mar 14	11:45am-12:45pm	(9)	\$146.00	662155
Sun	Jan 12-Mar 15	11:00am-12:15pm	(9)	\$146.00	662154

PIANO ADVENTURES

Introduce your child to the piano in a fun group setting. Classes includes basic piano technique such as rhythm, pitch and patterns. Students will show off their skills in an in-class recital! Lesson book fee is approximately \$15. Adult participation required.

YELLOW 1

AGES 4-5

This class is designed for age 4 and 5 beginners.

THE I	MEADOWS				
	DATES	TIME	#	PRICE	BARCODE
Sat	Jan 11-Mar 14	11:00-11:45am	(9)	\$146.00	662150
TERV	VILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
Sat	Jan 11-Mar 14	11:00-11:45am	(9)	\$146.00	662145

AGES 4-5

ART EXPLORERS: PAINTING SKILLS

AGES 4-5

This class is designed for age 4 and 5 participants who have completed Yellow 1.

THE	MEADOWS				
	DATES	TIME	#	PRICE	BARCODE
Sat	Jan 11-Mar 14	12:30-1:15pm	(9)	\$146.00	667656
TERV	VILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
Sat	Jan 11-Mar 14	10:15-11:00am	(9)	\$146.00	662144

Art

ART EXPLORERS

AGES 4-5

This class will encourage your child to explore the arts and take their first steps in self-expression. Each session has a different theme to inspire your child using painting and drawing as artistic mediums. Many of our Art Explorers move on to become Art Masters! All supplies included.

TERWILLEGAR							
	DATES	TIME	#	PRICE	BARCODE		
Sat	Jan 18-Mar 14	9:00-10:30am	(8)	\$102.00	667344		
Sat	Jan 18-Mar 14	10:45am-12:15pm	(8)	\$102.00	667348		
Sat	Jan 18-Mar 14	1:00-2:30pm	(8)	\$102.00	667345		
Mon	Jan 20-Mar 16	1:00-2:30pm	(8)	\$102.00	667367		

Participants will explore all things painting while learning colour mixing, finger painting, and brush strokes. Each session will have a different theme for your child to be inspired by. All supplies included.

TERV	VILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
Thu	Jan 23-Mar 12	1:00-2:30pm	(8)	\$102.00	667350

The staff at the Edmonton Rec Centres have been incredibly welcoming to my family of eight - always greeting us with high fives for the kids and big smile. - Kimberly





Family Cooking/Baking

FAMILY VALENTINE'S DAY CHOCOLATE MAKING

AGES 5+

Make delicious holiday themed chocolate creations to share with family and friends. Create unique chocolates using a variety of themed molds, fillings and toppings. Children 16 years and younger must be accompanied by a paying adult. All attending members of family or group must register individually. All supplies included.

CLAR	REVIEW				
	DATES	TIME	#	PRICE	BARCODE
Tue	Feb 4	6:00-8:00pm	(1)	\$35.00	667413

MILL V	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Wed	Feb 12	6:00-8:00pm	(1)	\$35.00	662078

FAMILY VALENTINES COOKIE DECORATING

AGES 6+

Apply creative Valentine's decorating techniques to make a treat to share with family and friends! Children 16 years and younger must be accompanied by a paying adult. All attending members of family or group must register individually. All supplies included.

MILL \	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Sun	Feb 9	1:00-4:00pm	(1)	\$35.00	662091

POTTERY FOR FAMILIES AGES 6+

Share the joy and wonder of clay with your family! Instruction focuses on hand building techniques to create memorable keepsakes. Families/groups register as individuals. Adult participation required.

A.C.T					
	DATES	TIME	#	PRICE	BARCODE
Thu	Jan 16-Feb 6	6:30-8:30pm	(4)	\$60.00	667332
Thu	Feb 20-Mar 12	6:30-8:30pm	(4)	\$60.00	667338

Cooking

BEGINNER YOU CAN COOK AGES 7-9

Introduce your child to dishes for every meal of the day. Get comfortable in the kitchen through prep, cooking and cleanup. Participants will learn to measure, combine and create easy to make dishes. Come learn to cook your favorites with fresh ingredients! All supplies included.

Т	ERW	ILLEGAR				
		DATES	TIME	#	PRICE	BARCODE
٦	Tue	Jan 7-Feb 4	6:15-7:45pm	(5)	\$110.00	662086
1	Γhu	Jan 9-Feb 6	4:30-6:00pm	(5)	\$110.00	662084
٦	Tue	Feb 11-Mar 10	4:30-6:00pm	(5)	\$110.00	662089

ADVANCED YOU CAN COOK AGES 7-9

Build upon your cooking skills by learning more advanced kitchen techniques and recipes for every meal. Continue to build on basic kitchen skills such as measuring, chopping, and meal prep. Explore new recipes using fresh ingredients! Participants must have some previous cooking experience.

All supplies included.

TERV	VILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
Thu	Feb 13-Mar 12	4:30-6:00pm	(5)	\$110.00	662075
Tue	Feb 11-Mar 10	6:15-7:45pm	(5)	\$110.00	662082

YOU CAN COOK!

AGES 8-14

Introduce your child to dishes for every meal of the day. Get comfortable in the kitchen through prep, cooking and cleanup. Participants will learn to measure, combine and create easy to make dishes. Come learn to cook your favorites with fresh ingredients! All supplies included.

CLAR	REVIEW				
	DATES	TIME	#	PRICE	BARCODE
AGES	8-10				
Tue	Feb 11-Mar 10	6:30-8:00pm	(5)	\$110.00	662083

MILL 1	WOODS				
	DATES	TIME	#	PRICE	BARCODE
AGES 8	3-10				
Mon	Jan 6-Feb 3	4:30-6:00pm	(5)	\$110.00	662074
AGES 1	11-14				
Mon	Jan 6-Feb 3	6:30-8:00pm	(5)	\$110.00	662079

GLOBAL COOKING FOR KIDS! AGES 8-14

Satisfy your sense with tastes from around the globe! Each week, this class 'travels' to a new destination introducing recipes from different food cultures. All supplies included.

MILL	WOODS				
	DATES	TIME	#	PRICE	BARCODE
AGES	8-10				
Mon	Feb 10-Mar 16	4:30-6:00pm	(5)	\$110.00	662097
AGES	10-14				
Mon	Feb 10-Mar 16	6:30-8:00pm	(5)	\$110.00	662095

VALENTINE'S DAY CUPCAKE DECORATING

AGES 10-14

Get creative with Valentine's cupcake decorating. Learn step by step how to make cupcakes and apply creative Valentine's Day themed decorating techniques. A lovely treat to share with family and friends! All supplies included.

MILL V	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Thu	Feb 13	6:00-9:00pm	(1)	\$40.00	662098

ST.PATRICK'S DAY CUPCAKE DECORATING

AGES 10-14

Get creative with St.Patrick's day cupcake decorating. Learn step by step how to make and apply creative shamrock themed decorating techniques! A lucky treat to share with family and friends! All supplies included.

CLAR	EVIEW				
	DATES	TIME	#	PRICE	BARCODE
Tue	Mar 17	6:00-9:00pm	(1)	\$40.00	667395

LEARN TO BAKE MACARONS AGES 11-14

Learn step by step how to make delicious macarons. You will learn how to make the shells and a variety of tasty fillings. It is a tasty treat to share with family and friends. All supplies included.

CLARE	EVIEW					
	DATES	TIME	#	PRICE	BARCODE	
Sun	Mar 1	1:00-4:00pm	(1)	\$40.00	662090	

COOKING: SUSHI MAKING AGES 10-14

Have you ever wanted to make sushi? Learn to how to make your own sushi rolls, such as California rolls, salmon rolls and dynamite rolls. All supplies included.

CLAR	EVIEW				
	DATES	TIME	#	PRICE	BARCODE
Tue	Jan 28	6:30-8:30pm	(1)	\$40.00	662096

AGES 9-12

Learn to how to make delicious cake pops. All supplies included.

MILL \	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Thu	Feb 27	6:00-8:00pm	(1)	\$40.00	662081

Dance

BEGINNER BALLET

AGES 6-9

Join us in learning beginner ballet techniques. We will learn poise, coordination, alignment and body awareness. Come explore the techniques of ballet!

CLAREVIEW								
	DATES	TIME	#	PRICE	BARCODE			
Thu	Jan 9-Mar 12	6:00-7:00pm	(10)	\$115.00	668209			
Sat	Jan 11-Mar 21	2:00-3:00pm	(10)	\$115.00	662137			

THE	MEADOWS								
	DATES	TIME	#	PRICE	BARCODE				
Sun	Jan 12-Mar 22	1:30-2:30pm	(10)	\$115.00	662105				
AGES	AGES 9-11								
Sun	Jan 12-Mar 22	12:15-1:15pm	(10)	\$115.00	662118				

MILL	WOODS				
	DATES	TIME	#	PRICE	BARCODE
AGES	9-11				
Mon	Jan 13-Mar 13	5:45-6:45pm	(9)	\$115.00	662130

CONTEMPORARY DANCE AGES 5-7

Join us for a fun class of expressive dance moves that combines elements of jazz, ballet and modern dance.

CLAF	REVIEW				
	DATES	TIME	#	PRICE	BARCODE
Sat	Jan 11-Mar 21	1:00-2:00pm	(10)	\$115.00	662125

СОМ	MONWEALTH				
	DATES	TIME	#	PRICE	BARCODE
Sun	Jan 19-Mar 15	10:30-11:30am	(8)	\$92.00	662099

DANCE COMBO: BALLET AND JAZZ

AGES 6-9

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

MILL	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Mon	Jan 6-Mar 16	4:30-5:45pm	(10)	\$130.00	662126

TERV	TERWILLEGAR									
	DATES	TIME	#	PRICE	BARCODE					
Wed	Jan 8-Mar 11	4:30-5:45pm	(10)	\$130.00	662111					

HIP HOP AGES 7-15

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

CLAR	EVIEW						
	DATES	TIME	#	PRICE	BARCODE		
AGES	7-10						
Sun	Jan 19-Mar 15	2:15-3:15pm	(8)	\$92.00	626135		
AGES	8-12						
Sat	Jan 11-Mar 21	12:00-1:00pm	(10)	\$115.00	662116		
AGES 11-15							
Sun	Jan 19-Mar 15	3:15-4:15pm	(8)	\$92.00	662113		

MILL	WOODS DATES	TIME	#	PRICE	BARCODE
		TIIVIE	#	FNICE	DANCODE
AGES	7-10				
Thu	Jan 9-Mar 12	4:30-5:30pm	(10)	\$115.00	662129
AGES	11-15				
Thu	Jan 9-Mar 12	5:30-6:30pm	(10)	\$115.00	662136
THE	MEADOWS				

THE	MEADOWS					
	DATES	TIME	#	PRICE	BARCODE	
AGES 7-10						
Sun	Jan 12-Mar 22	2:30-3:30pm	(10)	\$115.00	662115	

TERW	'ILLEGAR							
	DATES	TIME	#	PRICE	BARCODE			
AGES 7	AGES 7-10							
Wed	Jan 8-Mar 11	5:45-6:45pm	(10)	\$115.00	662128			

PIANO ADVENTURES

Introduce your child to the piano in a fun group setting. Classes includes basic piano technique such as rhythm, pitch and patterns. Students will show off their skills in an in-class recital! Lesson book fee is approximately \$15. Adult participation required.

BLUE 1 AGES 5-6

This class is designed for age 5 and 6 beginners or participants who have completed Yellow 2.

TH	E MEADOWS				
	DATES	TIME	#	PRICE	BARCODE
Sat	Jan 11-Mar 14	11:45am-12:30pm	(9)	\$146.00	662149

TERW	/ILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
Sat	Jan 11-Mar 14	11:45am-12:30pm	(9)	\$146.00	662163
Sat	Jan 11-Mar 14	2:00-2:45pm	(9)	\$146.00	662147

BLUE 2 AGES 5-6

This class is designed for participants who have completed Blue 1.

TERV	WILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
Sat	Jan 11-Mar 14	3:30-4:15pm	(9)	\$146.00	662141

PURPLE AGES 5-6

This class is designed for age 5 and 6 participants who have completed Blue 2.

TER\	WILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
Sat	Jan 11-Mar 14	2:45-3:30pm	(9)	\$146.00	662164

UKULELE FOR TEENS AGES 12-16

Have you ever wanted to learn to play the Ukulele? Working together in a group, we'll learn the basic chords families, basic strumming and a few songs! You'll be having fun playing songs on in no time! Participants must bring their own Ukulele.

TERV	VILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
AGES	13-16				
Mon	Jan 20-Mar 16	6:30-7:30pm	(8)	\$120.00	662160

Theatre

DRAMA: ACTING UP!

AGES 6-11

Do you dream about being on stage or in the movies? This fun, dynamic course will get you started with games and activities to teach you basic acting skills and techniques. The small class size allows for individual attention and coaching. Look out Hollywood... here you come!

TERV	VILLEGAR						
	DATES	TIME	#	PRICE	BARCODE		
AGES	6-8						
Sun	Jan 26-Mar 8	12:15-1:45pm	(6)	\$68.00	667382		
AGES	AGES 9-11						
Sun	Jan 26-Mar 8	2:00-3:30pm	(6)	\$68.00	667385		

Art

Thu

Fri

Jan 23-Mar 12

Jan 24-Mar 13

ART MASTERS

AGES 6-13

Students are introduced to the fundamentals of drawing and painting. Translate 3D shapes and objects into masterpieces through the mediums of pencil, pastel, and watercolour. Let's get creative! All supplies included.

CLAF	REVIEW						
	DATES	TIME	#	PRICE	BARCODE		
AGES	6-8						
Wed	Jan 22-Mar 11	4:30-6:00pm	(8)	\$110.00	667358		
AGES 9-13							
Tue	Jan 21-Mar 10	4:45-6:15pm	(8)	\$110.00	667363		

THE N	MEADOWS				
	DATES	TIME	#	PRICE	BARCODE
AGES	6-8				
Sun	Jan 19-Mar 15	9:30-11:00am	(8)	\$110.00	667365
AGES	9-13				
Sun	Jan 19-Mar 15	11:00am-12:30pm	(8)	\$110.00	667366
TERV	VILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
AGES	6-8				
Wed	Jan 22-Mar 11	4:30-6:00pm	(8)	\$110.00	667354
AGES	9-13				

4:30-6:00pm

4:30-6:00pm

\$110.00

\$110.00

(8)

667352

667346

ART: THE CARTOON WORKSHOP

AGES 6-13

Learn a variety of cartooning styles and techniques to create your very own comic books and comic strips. We'll cover character creation, story lines, composition, and pen and ink technique. All supplies included.

MILL	WOODS				
	DATES	TIME	#	PRICE	BARCODE
AGES	8-13				
Wed	Jan 22-Mar 11	4:30-6:00pm	(8)	\$104.00	667360

TERV	VILLEGAR						
	DATES	TIME	#	PRICE	BARCODE		
AGES	6-8						
Mon	Jan 20-Mar 16	4:30-6:00pm	(8)	\$104.00	667339		
AGES	AGES 8-13						
Thu	Jan 23-Mar 12	4:30-6:00pm	(8)	\$104.00	667359		

BEGINNER PAINTING FOR TEENS

AGES 11-15

Students are introduced to the fundamentals of sketching and painting. Translate 3D shapes and objects into masterpieces through the mediums of acrylic and watercolour paints. Learn different brush strokes and techniques to make your masterpiece unique. All supplies included.

TERWILLEGAR								
	DATES	TIME	#	PRICE	BARCODE			
Fri	Jan 31-Mar 6	6:30-8:00pm	(6)	\$96.00	667356			

Spring Break Art Camps

School-Aged

ART SQUAD CAMP

AGES 4-6

Our art squad is ready to tackle a different project every day: painting a mural, creating an underwater world with watercolours or making superheroes from clay. Each day will challenge their imagination with art, playtime, story and snackand an Art Show! Don't forget to pack a snack.

TERW	/ILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
M-F	Mar 23-27	9:00am-12:00pm	(5)	\$115.00	668218

INCREDIBLE ART

AGES 4-6

Join us on an art adventure this Spring! Use paint, clay and paper to create art masterpieces. As a team, campers will create masks to view the art mural they created with their camp buddies. Art, play time, stories, and snacks will power campers imagination daily. End the week of fun, with an incredible Art Show!

TERW	/ILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
M-F	Mar 23-27	1:00-4:00pm	(5)	\$115.00	668219

ACTING UP! DRAMA CAMP

AGES 6-12

Whether your child is full of drama or just loves to tell stories, this camp will give them a chance to shine! Theatre games, improv exercises along with a final performance are sure to boost their confidence and increase their skills.

TERWILLEGAR									
	DATES	TIME	#	PRICE	BARCODE				
AGES 6	AGES 6-8								
M-F	Mar 23-27	9:00am-12:00pm	(5)	\$128.00	668220				
AGES 9-12									
M-F	Mar 23-27	1:00-4:00pm	(5)	\$128.00	668221				

YOU CAN BAKE!

AGES 7-10

Participants will learn to measure, whip, and mix ingredients when they create an assortment of baked goods: breads, cupcakes, and cookies. We'll batter up our hands to learn baking basics and make treats and sweets that will impress friends and family. Let's get baking!

MILL 1	WOODS				
	DATES	TIME	#	PRICE	BARCODE
M-F	Mar 23-27	1:00-4:00pm	(5)	\$128.00	668223

YOU CAN COOK!

AGES 7-10

Welcome your chef to the world of cooking! Participants will learn to measure, combine, and create easy-to-make snacks and dishes. They will also learn to chop vegetables safely, measure ingredients correctly, and enjoy making food from scratch.

MILL WOODS						
	DATES	TIME	#	PRICE	BARCODE	
M-F	Mar 23-27	9:30am-12:30pm	(5)	\$128.00	668222	



Chocolate Making

CHOCOLATE MAKING

An introduction to the wonderful experience of chocolate making! Learn the dipped and moulded method of making delicious chocolates. Yum! Take home a sample of your chocolates to share with friends and family.

CLAREVIEW								
	DATES	TIME	#	PRICE	BARCODE			
Thu	Mar 5	6:30-9:30pm	(1)	\$65.00	661619			

Cooking & Baking

ADVANCED BUTTERCREAM

Learn to bake, stack, level and fill the perfect buttercream cake! You will learn to pipe borders , flowers and leaves. Impress your family and friends!

MILL \	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Sun	Mar 15	10:00am-4:00pm	(1)	\$100.00	667393

ADVANCED CAKE DECORATING

Increase your cake decorating skills. Build upon your previous knowledge in this six hour class. Learn the proper techniques on how to make flowers, work with fondant and create beautiful designs on a dummy cake. Explore cake decorating in this fun filled advanced class!

MILL \	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Sun	Mar 8	10:00am-4:00pm	(1)	\$100.00	661629

ADVANCED MACARONS

Go beyond the basics of baking macarons in this class! Learn to make different shaped macarons and make a macaron birthday cake filled with homemade fancy filling to take home.

CLARI	EVIEW						
	DATES	TIME	#	PRICE	BARCODE		
Sun	Mar 15	1:00-4:00pm	(1)	\$70.00	661625		
MILL \	MILL WOODS						
	DATES	TIME	#	PRICE	BARCODE		
Sun	Fah 23	1:00-4:00nm	(1)	\$70.00	661624		

ARTISAN BREAD MAKING

In this hands-on class learn the steps and techniques needed to make artisan loaves, including boules, baguettes, and focaccia. You don't need a lot of experience to bake bread, just enthusiasm! You'll take home your own ready-to-bake dough!

MILL V	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Wed	Mar 18	6:30-9:30pm	(1)	\$65.00	661647

BASIC CAKE DECORATING

Explore the basics of cake decorating in this fun-filled class! Learn simple cake designs and how to create flowers and leaves. It's easy to make cakes that look as good as they taste. Impress your family and friends with your new skills!

CLARE	EVIEW				
	DATES	TIME	#	PRICE	BARCODE
Thu	Feb 27	6:30-9:30pm	(1)	\$65.00	661645

MILL V	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Wed	Jan 22	6:30-9:30pm	(1)	\$65.00	661649

BASIC MACARONS

Learn how to make French macarons from scratch. Flavours may include: lavender, strawberry chocolate and salted caramel. Everyone will take home a dozen of these meringue based delicacies.

CLAREVIEW								
	DATES	TIME	#	PRICE	BARCODE			
Thu	Feb 20	6:30-9:30pm	(1)	\$70.00	668191			

MILL WOODS									
	DATES	TIME	#	PRICE	BARCODE				
Sun	Jan 26	1:00-4:00pm	(1)	\$65.00	661650				

CUPCAKE MAKING-FLOWERS

Personalize your cupcakes. Learn to make colorful buttercream icing and turn it into beautiful flowers. Participants make and take home between six to eight decorated cupcakes. All supplies included.

CLARE	VIEW				
	DATES	TIME	#	PRICE	BARCODE
Thu	Feb 6	6:30-9:30pm	(1)	\$65.00	661621

LEARN TO BAKE ECLAIRS

In this class learn to make frosted eclairs from scratch. Flavours include: dark chocolate, orange blossom, lavender and rose water. Take home a dozen samples of this cream filled pastry!

CLAREVIEW									
	DATES	TIME	#	PRICE	BARCODE				
Sun	Feb 23	1:00-4:00pm	(1)	\$65.00	661640				

LEARN TO COOK

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

CLAR	EVIEW				
	DATES	TIME	#	PRICE	BARCODE
Sun	Jan 19-Feb 9	1:00-4:00pm	(4)	\$200	661648

MEAL PREP

Getting stressed out about your meals? Learn to meal prep so you can save money and achieve your nutrition goals. This class will get you started and keep you in the kitchen and out of the drive-thru.

MILL	MILL WOODS								
	DATES	TIME	#	PRICE	BARCODE				
Wed	Feb 19-Mar 11	6:00-9:00pm	(4)	\$200.00	661636				

SAMOSAS & TASTY SNACKS

Samosas make the perfect snack, party appetizer or lunchbox treat! In this class, students will learn to make samosas with authentic spices, chicken and vegetable stuffing. Students will enjoy sweet lassi, a yogurt drink at the end of class.

CLAR	EVIEW				
	DATES	TIME	#	PRICE	BARCODE
Thu	Mar 12	6:30-9:30pm	(1)	\$65.00	661626

SINGAPORE STREET FOOD

Explore the foods of Singapore in this hands-on cooking class. Savour the flavour of coconut milk, spices, lemongrass, and belachan. Learn to make laksa, tempeh satay, and stir-fried noodles. Experience the taste of Singapore right here at home.

MILL WOODS									
	DATES	TIME	#	PRICE	BARCODE				
Wed	Jan 29	6:30-9:30pm	(1)	\$65.00	661627				

SPRING COOKIE DECORATING

Get creative with cookies! Learn Royal Icing techniques and how to prepare bags ,tips, colours, flood icing and decorations. You will make 6-8 Spring themed cookies. This fun class is for everyone, beginners as well as those with experience. Cookies will be pre-baked so there is more time to decorate.

MILL V	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Sun	Mar 22	1:00-4:00pm	(1)	\$65.00	667626
No Class	Feb 16				

SUSHI MAKING

Do you love sushi? Learn to make your own sushi which is delicious and healthy. Make sushi classics like California rolls, salmon rolls and dynamite rolls. At the end of the class you will have the knowledge and skills to go home and make this for your friends and family!

MILL \	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Sun	Feb 2	11:00am-2:00pm	(1)	\$65.00	661636

Crafts

ALL OCCASION CARD MAKING

Spring is the perfect time to be crafty. Impress your friends and family this year with handcrafted cards for all occasions! In this class you will make 10 cards using paper crafting techniques that are sure to wow! Included in the class fee are all instructions and materials, including envelopes. This class is suitable for all levels from beginner to advanced. All supplies included.

MILL V	NOODS				
	DATES	TIME	#	PRICE	BARCODE
Sun	Feb 9	10:00am-1:00pm	(1)	\$50.00	667326

BATH BOMBS

DATES

Mar 1

Sun

This course provides an introductory class on how to make Bath Bombs! Learn about the right measuring, colour, and mixing to the perfect consistency and adding to moulds making the perfect bath bomb! You will learn how to make full-colour bombs with candies, rose petals and swirls, adding your own flair and creativity!

CLARE	EVIEW				
	DATES	TIME	#	PRICE	BARCODE
Thu	Jan 23	6:30-8:30pm	(1)	\$45.00	667441
MILL V	WOODS				

TIME

1:00-3:00pm

PRICE

\$45.00

BARCODE **667440**

HANDMADE SOAP MAKING

It's an old-fashioned soap-making bee. Make and take home potentially 7 different styles (approximately 6 pounds) of soap. First, learn how to make soap the natural way, using lye and vegetable oils. Then add a modern touch through your choice of fragrances, additives and colour. Our pantry of ingredients is full of things like pumice, mineral clay, oatmeal and honey. Take home lots of ideas and numerous recipes-even hair and dog shampoo bars!

CL	AREVIEW				
	DATES	TIME	#	PRICE	BARCODE
S	nt Mar 7	11:30am-4:00pm	(1)	\$80.00	667420

LEARN TO CROCHET

Learn about crochet and how to do the basic crochet stitcheschain, single crochet and double crochet, etc. Start on a small project and explore some techniques like making shapes and dish cloths. Discover how to read patterns in a fun learning environment.

CLAREVIEW							
	DATES	TIME	#	PRICE	BARCODE		
Wed	Feb 5-Feb 26	6:30-8:30pm	(4)	\$70.00	661668		

THE MEADOWS							
	DATES	TIME	#	PRICE	BARCODE		
Mon	Feb 24-Mar 16	7:00-9:00pm	(4)	\$70.00	661659		

LEARN TO KNIT 1

Try your hand at the simple art form of knitting, including the basic stitches of knit and purl, casting on, picking up stitches and casting off. Create a cozy infinity scarf to keep you warm in those chilly evenings. Don't be nervous, your instructor will be with you step by step, stitch by stitch.

EVIEW							
DATES	TIME	#	PRICE	BARCODE			
Feb 4-Feb 25	6:30-8:30pm	(4)	\$70.00	661665			
IEADOWS							
DATES	TIME	#	PRICE	BARCODE			
Feb 2-Mar 1	2:00-4:00pm	(4)	\$70.00	667325			
No Class Feb 16							
ILLEGAR							
DATES	TIME	#	PRICE	BARCODE			
	DATES Feb 4-Feb 25 IEADOWS DATES Feb 2-Mar 1 Feb 16	DATES TIME Feb 4-Feb 25 6:30-8:30pm IEADOWS DATES TIME Feb 2-Mar 1 2:00-4:00pm Feb 16	DATES TIME # Feb 4-Feb 25 6:30-8:30pm (4) IEADOWS DATES TIME # Feb 2-Mar 1 2:00-4:00pm (4) Feb 16	DATES TIME # PRICE Feb 4-Feb 25 6:30-8:30pm (4) \$70.00 IEADOWS DATES TIME # PRICE Feb 2-Mar 1 2:00-4:00pm (4) \$70.00 Feb 16			

6:30-8:30pm

(4)

\$70.00

661662

Jan 7-28

Tue

LEARN TO KNIT 2

Expand your knitting skills as you learn to make a great new project! We'll introduce new stitches as well as sewing and finishing techniques. Participants must be comfortable with the following basic skills: casting on and off, knit, purl, seed and rib stitches, as well as reading patterns and knowing knitting abbreviations. Your instructor will be with you step by step!

1	TERW	/ILLEGAR				
		DATES	TIME	#	PRICE	BARCODE
	Tue	Mar 1-17	6:30-8:30pm	(3)	\$52.50	661667

SEWING 1

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

REVIEW				
DATES	TIME	#	PRICE	BARCODE
Jan 12-Mar 15	1:00-4:00pm	(8)	\$185.00	661657
MEADOWS				
DATES	TIME	#	PRICE	BARCODE
Jan 23-Mar 12	6:30-9:30pm	(8)	\$185.00	661656
VILLEGAR				
DATES	TIME	#	PRICE	BARCODE
Jan 21-Mar 10	6:30-9:30pm	(8)	\$185.00	648158
	DATES Jan 12-Mar 15 MEADOWS DATES Jan 23-Mar 12 VILLEGAR DATES	DATES TIME Jan 12-Mar 15 1:00-4:00pm MEADOWS DATES TIME Jan 23-Mar 12 6:30-9:30pm VILLEGAR DATES TIME	DATES TIME # Jan 12-Mar 15 1:00-4:00pm (8) MEADOWS DATES TIME # Jan 23-Mar 12 6:30-9:30pm (8) VILLEGAR DATES TIME #	DATES TIME # PRICE Jan 12-Mar 15 1:00-4:00pm (8) \$185.00 MEADOWS DATES TIME # PRICE Jan 23-Mar 12 6:30-9:30pm (8) \$185.00 VILLEGAR DATES TIME # PRICE

SEWING 2

Learn how to make pajamas, a cozy fleece pullover top or a hooded sweatshirt. In this class you will learn how to work with knit and fleece fabrics, pattern alteration, garment construction and finishing. Prerequisite for this course-Sewing 1 and how to sew a zipper. Supply list will be discussed in class.

CLAREVIEW								
	DATES	TIME	#	PRICE	BARCODE			
Sun	Jan 19-Mar 15	9:30am-12:30pm	(8)	\$185.00	661664			
No Class Feb 16								

TERWILLEGAR								
	DATES	TIME	#	PRICE	BARCODE			
Wed	Jan 22-Mar 11	6:30-9:30pm	(8)	\$185.00	667328			

DANCE

BALLET 1 & 2

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!

CLAF	REVIEW				
	DATES	TIME	#	PRICE	BARCODE
Thu	Jan 16-Mar 19	7:15-8:45pm	(10)	\$150.00	661690

TERV	VILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
Wed	Jan 15-Mar 18	7:00pm-8:30pm	(10)	\$150.00	661678

BOLLYWOOD FUSION

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

TER	WILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
Thu	Jan 16-Mar 12	7:00-8:00pm	(9)	\$99.00	667329

FLASH DANCE: STREET JAZZ

Learn famous dance moves from smash hit movies from the 80's and 90's. Moves will be choreographed with jazz steps to create a combination for the end class. This class will have you bopping all the way home!

MILL	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Thu	Jan 16-Mar 19	7:00-8:00pm	(10)	\$110.00	661702

HIP HOP

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

CLAF	REVIEW						
	DATES	TIME	#	PRICE	BARCODE		
Sun	Jan 12-Mar 22	4:30-5:30pm	(10)	\$110.00	661703		
No Class	No Class Feb 16						

THE	MEADOWS				
	DATES	TIME	#	PRICE	BARCODE
Thu	Jan 16-Mar 19	8:15-9:15pm	(10)	\$110.00	661686

MILL WOODS									
	DATES	TIME	#	PRICE	BARCODE				
Thu	Jan 16-Mar 19	8:00-9:00pm	(10)	\$110.00	661699				

Partner Dance

BALLROOM DANCING

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

TERV	VILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
WOM	EN				
Fri	Jan 17-Mar 20	7:00-8:00pm	(10)	\$110.00	661694
MEN					
Fri	Jan 17-Mar 20	7:00-8:00pm	(10)	\$110.00	661693

COUNTRY DANCE

Dust off your dancing boots and kick up your heels. Learn to dance two of the most popular dances in Alberta, the two-step and swing. Singles and couples welcome. Singles will be paired with other singles.

TERV	VILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
WOME	EN				
Wed	Jan 15-Mar 18	7:00-8:00pm	(10)	\$110.00	661688
MEN					
Wed	Jan 15-Mar 18	7:00-8:00pm	(10)	\$110.00	661689

SWING

In this groovin' class, you will 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. Singles and couples welcome. Singles will be paired with other singles.

TERV	VILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
WOM	EN				
Fri	Jan 17-Mar 20	8:00-9:00pm	(10)	\$110.00	661695
MEN					
Fri	Jan 17-Mar 20	8:00-9:00pm	(10)	\$110.00	661696

DANCE MIXER

Want to Learn Basic moves to a variety of popular dances? This class will make you more comfortable dancing with a partner in a social atmosphere. Don't be intimidated by Dancing with the Stars, it's easy to learn basic social dance! Single and couples welcome. Single participants will be paired up with other singles.

TERWILLEGAR									
	DATES	TIME	#	PRICE	BARCODE				
WOME	EN								
Wed	Jan 15-Mar 18	8:00-9:00pm	(10)	\$110.00	667590				
MEN									
Wed	Jan 15-Mar 18	8:00-9:00pm	(10)	\$110.00	667592				

Music

BARRE CHORD BOOT CAMP

If you can play using basic strum patterns then you are ready to up your guitar game! Time for Barre Chord Boot Camp! You'll be introduced to fingerpicking and learn new rhythm patterns designed to get you to the next level of enjoyment.

TERV	VILLEGAR						
	DATES	TIME	#	PRICE	BARCODE		
Mon	Jan 20-Mar 16	7:45-9:00pm	(8)	\$110.00	661709		
No Class	No Class Feb 17						

GUITAR 1

COMMONWEALTH

From beginner to professional level, the foundation of guitar playing is learning the 15 basic chords that are the 20% of the knowledge used 80% of the time. Learn chords and organize them into 5 related families. This course is designed to get you quickly on your way to having fun playing your guitar.

COMI	MONWEALIR				
	DATES	TIME	#	PRICE	BARCODE
Fri	Jan 17-Mar 13	6:00-8:00pm	(7)	\$122.50	661708
No Class	Feb 27				
MILL	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Wed	Jan 22-Mar 11	7:00-9:00pm	(8)	\$140.00	661706
THE I	MEADOWS				
	DATES	TIME	#	PRICE	BARCODE
Tue	Jan 21-Mar 10	7:00-9:00pm	(8)	\$140.00	661713
TERV	VILLEGAR				
	DATES	TIME	#	PRICE	BARCODE

\$140.00

667391

Jan 19-Mar 15 10:00am-12:00pm (8)

Sun

HAND DRUMMING

This interactive drumming class is great for everyone, as it teaches the fundamentals of hand drumming as well as different rhythm patterns and proper technique. Drums are provided in class. Come explore with us!

CO	MMONWEALTH				
	DATES	TIME	#	PRICE	BARCODE
Thu	Jan 23-Mar 12	6:00-7:30pm	(8)	\$125.00	661704

Theatre

BASIC IMPROV

Learn the art of improv with no previous experience. Using the art of improvising, we'll work together to create an act or scene using entry-level games and exercises. Learn in a fun-filled, non-judgmental setting.

MILL	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Sun	Feb 23-Mar 15	11:00am-12:30pm	(4)	\$80.00	667392
No Class	Feh 16				

Pottery

POTTERY: 1 & 2

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

A.C.T.					
	DATES	TIME	#	PRICE	BARCODE
Mon	Jan 6-Mar 16	6:30-9:30pm	(10)	\$285.00	661926
Wed	Jan 15-Mar 18	6:30-9:30pm	(10)	\$285.00	661927

POTTERY STUDIO FOR SENIORS

AGES 60+

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

A.C.T.					
	DATES	TIME	#	PRICE	BARCODE
Mon	Jan 5-Mar 16	10:00am-3:00pm	(10)	\$100.00	661929
Thu	Jan 9-Mar 12	10:00am-3:00pm	(10)	\$100.00	661929

POTTERY: HANDBUILDING @ ACT

Explore creative ways to pinch, coil, and build form, then decorate them with a range of techniques such as embossing, carving, and wax resist. Take home 4 to 5 uniquely crafted projects. A basic set of pottery tools will need to be purchased for \$20. Your instructor will discuss this kit on the first day of class

A.C.T.					
	DATES	TIME	#	PRICE	BARCODE
Tue	Jan 14-Mar 3	6:30-9:30pm	(8)	\$215.00	661941

Visual Arts

ACRYLICS 1 & 2

Quick drying time and multiple textures make acrylics a great choice for beginners and intermediate painters. In this class, students will learn painting basics (composition, colour, technique), as well as have the chance to express their personal creativity. Students can expect material costs to be between \$100-\$250.

CLAREVIEW						
	DATES	TIME	#	PRICE	BARCODE	
Tue Jan 21-Mar 10		6:30-9:30pm	(8)	\$155.00	661974	
THE MEADOWS						
	DATES	TIME	#	PRICE	BARCODE	
Wed	Jan 22-Mar 111	6:30-9:30pm	(8)	\$155.00	661978	

DRAWING AND PAINTING BOOTCAMP

Get started in art-making with this introductory four week class. You will learn colour theory, composition, design, and the elements of a strong work. Bring your own canvas and paper, all other tools supplied!

CLAREVIEW							
	DATES	TIME	#	PRICE	BARCODE		
Fri	Feb 7-28	6:30-9:30pm	(4)	\$80.00	661980		

DRAWING & PAINTING WITH MIXED MEDIA

Sharpen your observation and drawing skills in this mixed media class using watercolor pencils, watercolor, pen and graphite. We will explore the process of sketching and capturing a mood, a place and an idea. These techniques will increase your overall paintings and give you tools to sketch and paint on the go, taking your creativity outside the studio!

TERWILLEGAR						
	DATES	TIME	#	PRICE	BARCODE	
Thu	Jan 23-Mar 12	1:00-4:00pm	(8)	\$155.00	661976	

BEGINNER'S GUIDE TO PAINTING FLOWERS WITH WATERCOLOURS

Learn how to paint flowers, the poetry of nature, using watercolours. This exciting course will show you techniques that will allow you to make realistic paintings of a wide variety of flowers. Demonstrations will help you understand how to mix colours and master the subtle nuances of this fascinating medium. Give your florals a glowing quality after you learn the insightful approach to colour theory presented in this course. Participants who are beginners or experienced are welcome!

TERWILLEGAR							
	DATES	TIME	#	PRICE	BARCODE		
Thu	Jan 23-Mar 12	6:30-9:30pm	(8)	\$155.00	661991		

STAINED GLASS PANEL

Learn the basic skills of making stained glass. Learn to cut, grind, foil and solder an 18" x 10" glass panel with lots of detail. You will be proud to hang it for everyone to see.

All supplies included.

CENTRAL LIONS						
	DATES	TIME	#	PRICE	BARCODE	
Thu	Jan 23-Mar 12	6:00-9:00pm	(8)	\$250.00	661950	

WATERCOLOURS 1 & 2

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

TERWILLEGAR							
	DATES	TIME	#	PRICE	BARCODE		
Mon	Jan 13-Mar 9	1:00-4:00pm	(10)	\$155.00	661975		

DID YOU KNOW?

All Facility and drop-in schedules are available at the facility, or online at www.edmonton.ca/RecCentres





Red Cross Swim

Preschool 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.

SEA OTTER AGE 3

This unparented preschool program teaches safe entries and exits, Lifejacket use, basic floats, glides, front swim 1 meter, opening eyes under the water kick on front with buoyant object and water safety skills appropriate for this age. Teaching is taught through many games and songs.

SALAMANDER AGES 4&5

This unparented preschool program teaches assisted/unassisted floats and glides, Front/Back floats with recovery, Front /Back glide with kick 2 meters, Roll over glides, Front Swim 2 meters, Jump into chest deep water, Life jacket use and water safety skills appropriate for this age. Teaching is taught through many games and songs.

SUNFISH

AGES 4&5

This unparented preschool program furthers the skills of assisted/independent floats and glides, Front/Back floats with recovery, Front /Back glide with kick 5 meters, Roll over glides, Front Swim 5 meters, Surface support 5 sec, introduction to side glides with kick 2 meters, Lifejacket use and water safety skills appropriate for this age. Teaching is taught through many games and songs.

CROCODILE

AGES 4&5

This unparented preschool program furthers the skills of independent Front/Back/Side glides and kick 7 meters, Front/Back swim 5 meters, deep water skills, independent roll over glides, Surface support 10 sec, Lifejacket use and water safety skills appropriate for this age. Teaching is taught through many games and songs.

WHALE

AGES 4&5

This unparented preschool program furthers the skills of independent Front/Back/Side glides and kick 10 meters, Front/Back swim 10 meters, deep water skills, Surface support 20 sec, Lifejacket use, introduction to Sitting dives and water safety skills appropriate for this age. Teaching is taught through many games and songs.

Red Cross Swim - Kids

Leisure & Recreation Centres

Prerequisite: 6 years of age or older.

SWIM KIDS 1

This is a non-parented 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 crawl 100 m each, elementary back and breaststroke 50 m each and 25 m for sidestroke). 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 - Adults

Leisure & Recreation Centres, excluding Kinsmen

RED CROSS SWIM ADAPTED

(Swim Lessons for Children & Youth with Disabilities)

This course is offered at ACT Recreation Centre and Jasper Place Leisure 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 four years of age 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 six years of age or older. It further enhances their unassisted floats, glides, front and back swim and introduction to deep water. Prerequisite 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 course is designed for youth aged nine to 17 years. Swim Kids 1 and 2 are taught. This class takes place in the pool depth suitable for this age group.

YOUTH SWIM BASIC 2

This is a continuation of the Youth Basic 1 class. This course is designed for youth ages 9 to 17 years. Swim Kids 3 and 4 are taught. This class takes place in the pool depth suitable for this age group. After the completion of Youth Basic 2, participants can continue on to Swim Kids 5.

PADDLEBOARD YOGA

Yoga on a paddleboard is a full body workout that will strengthen your core, improve your balance and tone your muscles; and it's super fun! one hour of Paddleboard Yoga and thirty minutes of Stand Up Paddleboarding are included. No previous experience is necessary. All equipment provided. Preffered attire is form-fitting, comfortable athletic wear that can get wet—nothing baggy. Prerequisite: Participant must be 14 years of age and comfortable in deep water or wear a lifejacket.

PRIVATE LESSONS - INDIVIDUAL

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

SWIM ASSESSMENT

A 15-minute, one-on-one swim assessment is conducted by a qualified Aquatic Instructor to determine the candidate's swimming ability. The instructor then offers a recommendation for registration into the appropriate swim level.

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 deep water swimming is introduced.

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.

AQUATIC CENTRE RULES AND GUIDELINES WE'RE ALL IN THIS TOGETHER

POOL SAFETY RULES

- Evacuate pool and follow staff instructions when alarm/whistle/horn is sounded.
- If someone needs your help assist if it is safe to do so.
- If you are a witness to an emergency situation notify a staff member immediately.
- Please adhere to and comply with amenity specific guidelines.
- A maximum of three children under 8 must be actively supervised in the pool and anywhere in the aquatic facility by a responsible person 15 years of age or older. Children under 8 must be within ARMS REACH at all times.
- Everyone must be able to swim 25 metres on their front without stopping before entering deep water (over chest deep). Youth under the age of 13 years must demonstrate this ability and those 13 years of age or older may be asked. If a PFD is used for the demonstrated swim it must be worn in deep water.
- Know your limitations. Be aware of deep areas (over chest deep). PFDs are recommended for all weak or nonswimmers. PFDs are available at all pools free of charge.
- No running on pool deck or in showers.
- Do not dive into shallow water. Enter feet first.
- No fooling around, wrestling, or rough play on diving board, slide, swing rope or pool edge.
- No prolonged breath holding or breath holding games.
- Report faulty equipment to staff.

POOL PROTOCOLS

- Alert Staff of medical problems (heart condition, epilepsy, etc.).
- The City of Edmonton welcomes children and adults of all abilities in our facilities, and is committed to the inclusion of individuals with disabilities in our programs. Please indicate to staff what, if any, supports or accommodations are required to ensure successful participation in our programming.
- Individuals requiring assistance are welcome to bring an attendant.
 Attendants may be admitted, at no additional cost, when assisting an individual to attend our facilities, services or programs.
- No spitting and avoid swallowing pool water.
- Limit your stay in the steam room, sauna, or hot tub to no longer than 10 minutes at a time
- * Please consult a doctor if you have epilepsy, diabetes, high blood pressure, heart condition, or are pregnant.
- Suitable swimwear is required.
 Swimwear may be made of different types of fabrics and styles as long as it does not interfere with safety or water quality. All swimwear must be clean and brought to the facility for the purpose of swimming.
- * A modified version of traditional swimwear is permissible as an alternative (footless tights, tight-fitting shirts, burkinis, rash guards, etc.).
- Regardless of the suitable swimwear you are wearing 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 prior to swimming, especially children. Children who are not toilet trained must wear waterproof diapers (available from the cashier). Ensure all children and/or adult diapers are properly secured and changed regularly to prevent leakage. Report discharges (vomit, blood, feces) immediately to staff for cleaning.
- 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.
- Persons exhibiting signs of intoxication or substance use will not be allowed onto the property.

RULES AND GUIDELINES

- Remove shoes before entering change rooms or pool area.
- Finish eating and drinking before entering change room. Use garbage bins provided.
- No open or glass containers are allowed in the change room or pool area.
- Plastic water bottles are permitted in steam rooms and saunas.
- The City is not responsible for personal belongings; please protect your belongings by leaving them at home and securing them. Unsecured or unattended personal items may be placed in the lost and found.
- Please retain proof of payment, such as a receipt or wristband, prior to entering any paid use areas.

REMEMBER

- Cell phones, cameras, tablets, laptops and other personal recording devices are permitted in all City of Edmonton Recreation and Leisure Centres. Their use, however, is prohibited in specific areas including washrooms, dressing rooms and change rooms. In prohibited areas, all recording devices must be put away, outside of public view (pocket, purse, etc.).
- When using a recording device in non-prohibited areas please consider the openness of the space and how
- it may impact the experiences of others around you. Taking pictures of individuals or groups without their consent is not appropriate.
- Any person who uses a recording device to commit a contravention may be asked to leave and can have their privileges suspended from City facilities and property.
- Please see facility staff if you have any questions regarding the use of electronic devices in City-operated facilities





Edmonton

EMPLOYMENT PROGRESSIONFOR THE CITY OF EDMONTON AQUATICS

TITLE	AGE	CERTIFICATION ORDER			
	14	EMERGENCY FIRST AID (Recommended)			
AMENITY ATTENDANT	14	AMENITY ATTENDANT (Recommended)			
		are 14 years old, you can apply to work as an Amenity Attendant with Edmonton.			
	13	BRONZE MEDALLION (Prerequisite for Bronze Cross)			
	14	BRONZE CROSS (Prerequisite for Red Cross Water Safety Instructor)			
A OLIVETIC INCEDITION	15	CITY OF EDMONTON SKILLS AND STROKES COURSE (Prerequisite for City of Edmonton - Red Cross Water Safety Instructor Course)			
AQUATIC INSTRUCTOR	15	RED CROSS WATER SAFETY INSTRUCTOR COURSE			
	16	LIFESAVING INSTRUCTOR (OPTIONAL)			
	When you are 15 years old, you can apply to work as an Aquatic Instructor with the City of Edmonton with the above courses.				
	13	BRONZE MEDALLION (Prerequisite for Bronze Cross)			
	14	BRONZE CROSS (Prerequisite for National Lifeguard)			
LIFEGUARD	16	AQUATIC EMERGENCY CARE (Prerequisite for National Lifeguard)			
	16	NATIONAL LIFEGUARD			
		are 18 years old, and have graduated high school you can apply to work as a or the City of Edmonton with the above courses.			
	14	CPR-C			
AQUATIC FITNESS INSTRUCTOR	18	ALBERTA FITNESS LEADERSHIP CERTIFICATION ASSOCIATION - (AFLCA) OR WATERART OR CANADIAN AQUATIC LEADERS ALLIANCE - (CALA)			
		are 18 years old, you can apply to work as an Aquatic Fitness Instructor for Edmonton with the above courses.			
	14	CPR-C			
A SWIM TRAINER	16	NATIONAL COACHING CERTIFICATION PROGRAM - SWIMMING 101 MAKE ETHICAL DECISIONS COURSE (MED)			
		have achieved the above certifications you are able to apply to be a Swim Trainer of Edmonton.			



AQUATIC PROGRAMS:

WHAT LEVEL DO I REGISTER IN NOW?

AGE CATEGORY	LEISURE CENTRES - RED CROSS	LIFESAVING SOCIETY	KINSMEN SPORTS CENTRE
INFANT/TODDLER			
4 MONTHS - 3 YEARS	PARENT & TOT		PARENT & TOT
4 MONTHS - 1 YEAR	PARENT & TOT - STARFISH		PARENT & TOT - STARFISH
	PARENT & TOT - DUCK (12-24 MONTHS)		PARENT & TOT - DUCK (12-24 MONTHS)
1 - 3 YEARS	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	PRESCHOOL SEA OTTER		PRESCHOOL SEA OTTER
	PRESCHOOL SALAMANDER		PRESCHOOL SALAMANDER
4 - 5 YEARS	PRESCHOOL SUNFISH		PRESCHOOL SUNFISH
4-5 TEARS	PRESCHOOL CROCODILE		PRESCHOOL CROCODILE
	PRESCHOOL WHALE		PRESCHOOL WHALE
SCHOOL AGE			
	SWIM KIDS LEVEL 1		
	SWIM KIDS LEVEL 2		I CAN SWIM & SELECT I CAN SWIM STAGE 1
	SWIM KIDS LEVEL 3		
	SWIM KIDS LEVEL 4		
	STROKE ENHANCEMENT 1		
	SWIM KIDS LEVEL 5		I CAN SWIM & SELECT I CAN
6 - 16 YEARS	SWIM KIDS LEVEL 6		SWIM STAGE 2
	STROKE ENHANCEMENT 2		
	SWIM KIDS LEVEL 7		
	SWIM KIDS LEVEL 8		
	STROKE ENHANCEMENT 3		I CAN SWIM & SELECT I CAN SWIM STAGE 3
	SWIM KIDS LEVEL 9		SWIM STAGE S
	SWIM KIDS LEVEL 10	CWIM DATEOL	
0 + VEARS		SWIM PATROL	
8 + YEARS		BRONZE STAR JUNIOR LIFEGUARD CLUB	
	YOUTH/ADULT SWIM BASICS	JONIOR LIFEGUARD CLUB	
13 YEARS - ADULT	YOUTH/ADULT SWIM STROKES		
	TOUTH/ADULT SWIM STRUKES		

Programs vary by facility. Please see facility schedule for more information. Please see Employment Progression for City of Edmonton Aquatics for Certification Courses.

yeg Drop - In Program Locations youth September 16, 2019 - June 14, 2020

Join our youth programs at a recreation facility or community location near you for free activities such as sports, games, swimming and more!

Mondays

- The Meadows Community
 Recreation Centre (2704 17 St NW)
 5 8 pm (West Gym 2)
- St. Francis Xavier Sports Centre (9240 163 St NW)
 5 - 8 pm (Gym 2)
- Castle Downs Park Pavilion (11524 153 Ave NW)
 5 - 8pm (MPR 2)
- 124 Street Youth Drop-In
 (11514 127 St. NW) Inglewood School
 4:15 7:15 pm

Tuesdays

- Cardinal Leger School (8804-144 Ave) 6 - 9 pm
- Dr. Lila Fahlman School
 (680 Allard Blvd SW) 6 9 pm

Wednesdays

- Terwillegar Community Recreation
 Centre (2031 Leger Rd NW)
 4:15 7:15 pm (Gym 2)
- Clareview Community Recreation
 Centre (3804 139 Ave NW)
 5 8 pm (MP6)
- 124 Street Youth Drop-In
 (11514 127 St. NW) Inglewood School
 4:15 7:15 pm

Thursdays

- Abbottsfield Recreation Centre (3006 119 Avenue) 6 - 9 pm
- Lois Hole (Callingwood) Library (17650 69 Avenue) 5:30 - 8:30 pm

Fridays

- Mill Woods Community Recreation
 Centre (7207 28 Ave NW)
 5 8 pm (MPR 304)
- Commonwealth Community
 Recreation Centre (11000 Stadium Rd NW)
 5 - 8 pm (West Gym)

@yegyouth







edmonton.ca/youth



RED CROSS SWIM ADAPTED AQUATICS

Swim Lessons for Children and Youth with Disabilities

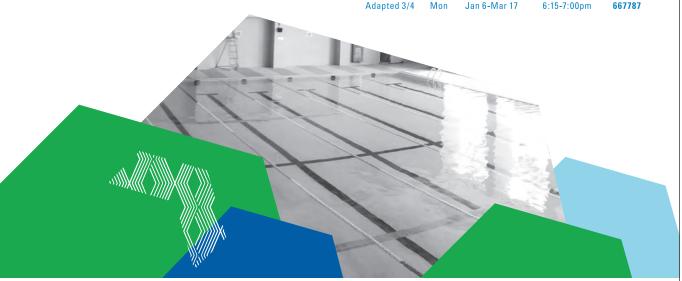
This course is designed for children with limited mobility, physical impairments, or other disabilities. A parent or attendant must accompany students in the water for all levels. Levels currently being offered are:

- Red Cross Swim Adapted levels 1 & 2 are for children 4 years or older. It introduces movement in the water, assisted and unassisted front and back floats, front and back swim.
- Red Cross Swim Adapted levels 3 & 4 are 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 these levels is completion of Level 2.

A.C.T				
RED CROSS	SWIM			
CLASS		DATES	TIME	BARCODE
Adapted 1	Sat	Jan 11-Mar 21	11:15-12:00pm	666246
Adapted 1	Sun	Jan 12-Mar 15	9:00-9:45am	666248
Adapted 2	Sat	Jan 11-Mar 21	10:30-11:15am	666252
Adapted 2	Sun	Jan 12-Mar 15	9:45-10:30am	666251
Adapted 3/4	Sat	Jan 11-Mar 21	9:45-10:30am	666256
Adapted 3/4	Sun	Jan 12-Mar 15	10:30-11:15am	666255

LONDONDERRY								
RED CROSS SWIM								
CLASS		DATES	TIME	BARCODE				
Adapted 1/2	Tue	Jan 9-Mar 12	4:00-4:45pm	666907				
Adapted 3/4	Tue	Jan 9-Mar 12	4:45-5:30pm	666909				
Adapted 1/2	Sat	Jan 11-Mar 21	8:00-8:45am	666906				
Adapted 3/4	Sat	Jan 11-Mar 21	8:00-8:45am	666908				

JASPER PLACE RED CROSS SWIM				
Adapted 1/2	Mon	Jan 6-Mar 17	5:30-6:15pm	667785
A 1 . 10/4	D 4	L 0 M 17	0.15.7.00	007707







ACT AQUATIC AND RECREATION CENTRE

A.C.T AQUA	A.C.T AQUATIC PROGRAMS									
SUNDAY: JANUARY 12- MARCH 15 9 LE										
9:00AM	SALAMANDER	SEA OTTER	RED CROSS SWIM ADAPTED 1							
9:15AM	666108	666181	666248							
9:30AM	SWIM KIDS 2	SUNFISH								
9:45AM	666122	666197								
10:00AM	PARENT & TOT	SWIM KIDS 1	RED CROSS SWIM ADAPTED 2							
10:15AM	666167	666223	666251							
10:30AM	SWIM KIDS 3/4	SALAMANDER	RED CROSS SWIM ADAPTED 3/4							
10:45AM	666179	666109	666255							

Parent Discussion Day February 9

No Lesson February 16

MONDAY & WEDNESDAY: JANUARY 13-FEBRUARY 12 CROCODILE/WHALE SEA OTTER SWIM KIDS 3 666265 666195 **SWIM KIDS 1** 666312 666241 SWIM KIDS 2 666149 SWIM KIDS 1 SWIM KIDS 5/6 SWIM KIDS 4 666239 5:45PM SUNFISH 666414 666392 666221 SWIM KIDS 2 666147 SWIM KIDS 7/8 SWIM KIDS 9/10 6:30PM PARENT & TOT SALAMANDER 666410 666413 666124 666172

Parent Discussion Day January 27

A.C.T AQUA	ATIC PROGRAMS				
MONDAY &	WEDNESDAY: FEBRUA	ARY 19-MARCH 18		9 LESSONS	
4:45PM					
5:00PM	SEA OTTER	SWIM KIDS 3 666313	SALAMANDER	SWIM KIDS 2	
5:15PM	666196		666128	666151	
5:30PM	SWIM KIDS 1			SUNFISH	
5:45PM	666242	SWIM KIDS 5/6 666415	SWIM KIDS 4 666396	666222	
6:00PM	PARENT & TOT			SALAMANDER	
6:15PM	666178	CMUM KIDG 7/0	CMIM KIDE 3	666130	
6:30PM	SWIM KIDS 2	SWIM KIDS 7/8 666411	SWIM KIDS 3 666314	SWIM KIDS 1	
6:45PM	666150			666243	

Parent Discussion Day March 4

A.C.T AQUATIC PROGRAMS										
THURSDAY: JANUARY 16-MARCH 19 10 LESSONS										
11:30AM	SEA OTTER	PARENT & TOT								
11:45AM	666182	666169								
12:00PM	SALAMANDER	SEA OTTER								
12:15PM	666111	666183								
12:30PM	SUNFISH	CROCODILE/WHALE								
12:45PM	666201	666261								
1:00PM	PARENT & TOT	SALAMANDER								
1:15PM	666168	666113								

A.C.T AQUATIC PROGRAMS										
THURSDAY: JANUARY 16-MARCH 19 10 LESSONS										
4:45PM 5:00PM	SWIM KIDS 3/4 666180	SALAMANDER 666114								
5:15PM		CROCODILE/WHALE								
5:30PM 	SEA OTTER 666185	666262								
6:00PM	SWIM KIDS 2	SWIM KIDS 1 666229								
6:15PM	666134	SUNFISH								
6:30PM	м 666204									

Parent Discussion Day February 13

A.C.T AC	QUATIC PROGRAMS			
FRIDAY	JANUARY 10-MARCH 20			10 LESSONS
4:45PM	SALAMANDER	SUNFISH		SWIM KIDS 2
5:00PM	666115	666209		666140
5:15PM	PARENT & TOT	SEA OTTER 666186	SWIM KIDS 4	SWIM KIDS 7/8
5:30PM	666170		666378	666408
5:45PM	SWIM KIDS 3	SWIM KIDS 5	SWIM KIDS 1	SALAMANDER
6:00PM	666310	666364	666230	
6:15PM				666118
6:30PM	SWIM KIDS 2	SALAMANDER	SWIM KIDS 6	SWIM KIDS 1
6:45PM	666137	666116	666405	666233

0 Parent Discussion Day February 7

No Lesson February 14

A.C.T AQL	A.C.T AQUATIC PROGRAMS									
SATURDA	SATURDAY: JANUARY 11-MARCH 21 10 LESSONS									
9:00AM	SWIM KIDS 2	PARENT & TOT	SALAMANDER							
9:15AM	666143	666171	666121	SWIM KIDS 9/10 666412						
9:30AM	SALAMANDER	SWIM KIDS 1								
9:45AM	666119	666235	CMIM KIDS C	DED CDOCC CWIM ADADTED 2/4						
10:00AM	SUNFISH	SEA OTTER	SWIM KIDS 6 666407	RED CROSS SWIM ADAPTED 3/4 666256						
10:15AM	666211	666187								
10:30AM	SWIM KIDS 7/8	SWIM KIDS 3	SWIM KIDS 2 666145	RED CROSS SWIM ADAPTED 2						
10:45AM	666409	666311	000143	666252						
11:00AM			SWIM KIDS 1 666238							
11:15AM	SWIM KIDS 5	SWIM KIDS 4	300230	RED CROSS SWIM ADAPTED 1						
11:30AM	666365	666381	SEA OTTER 666188	666246						
11:45AM			300100							

Parent Discussion Day February 8

No Lesson February 15

CLAREVIEW COMMUNITY RECREATION CENTRE

CLAREV	IEW AQUATIC PROC	GRAMS			
SUNDAY	: JANUARY 12-MAR	CH 22			10 LESSONS
9:00AM 9:15AM	ADULT SWIM BASIC 1 665310	SWIM KIDS 1 665503	PARENT & TOT STARFISH/DUCK 665514	SWIM KIDS 3 665507	SWIM KIDS 7/8 665523
9:30AM		SALAMANDER	SEA OTTER		
9:45AM		665497	665509	SWIM KIDS 2	SUNFISH/CROCODILE
10:00AM	SWIM KIDS 4 665311	SWIM KIDS 1		665319	665520
10:15AM		665504	SWIM KIDS 5 665517	SALAMANDER	SEA OTTER
10:30AM	SWIM KIDS 2			665501	665513
10:45AM	665314	SWIM KIDS 3 665506	SALAMANDER		SUNFISH/CROCODILE
11:00AM			665499	YOUTH SWIM BASIC 1 665518	665521
11:15AM	SALAMANDER	SEA OTTER			
11:30AM	665496	665510	SWIM KIDS 1	SWIM KIDS 2	SWIM KIDS 6 665524
11:45AM			665505	665320	
12:00PM	SWIM KIDS 4 665312	SALAMANDER	SEA OTTER		
12:15PM		665498	665511	SUNFISH/CROCODILE	SWIM KIDS 1
12:30PM	SWIM KIDS 2		PARENT & TOT	665519	665502
12:45PM	665318	YOUTH SWIM BASIC 2 665516	SEA TURTLE 665522	SWIM KIDS 1	
1:00PM				666166	STROKE IMPROVEMENT 2/3 665525
1:15PM		SWIM ASSESSMENT			

Parent Discussion Day February 9No Lesson February 16

SWIM ASSESSMENT	Jan 12	665530	Jan 19	644496	Jan 26	665527	Feb 2	665526	Feb 9	665532
1:15-1:30PM	Feb 23	665535	Mar 1	665529	Mar 8	665528	Mar 15	665534	Mar 23	665533

	IEW AQUATIC PROG				
TUESDA	Y: JANUARY 14 -MAI	RCH 17			10 LESSONS
4:00PM 4:15PM	SWIM KIDS 2 666315	SWIM KIDS 1 666355	SALAMANDER 666339		
4:30PM 4:45PM	SEA OTTER 666332	SALAMANDER 666340	SWIM KIDS 5 666366		
5:00PM 5:15PM	SEA OTTER 666333	SWIM KIDS 3 666386	SWIM ASSESSMENT	SWIM KIDS 4 666627	SALAMANDER 666342
5:30PM	SUNFISH/CROCODILE 666334	000380		666627	SWIM KIDS 2 666317
5:45PM 6:00PM	000334	SWIM KIDS 1 666354	PARENT & TOT STARFISH/DUCK 666375	SALAMANDER 666628	000317
6:15PM 6:30PM	PARENT & TOT SEA TURTLE 666401	SWIM KIDS 2 666325	SUNFISH/CROCODILE 666626		SWIM KIDS 4 663389
6:45PM 7:00PM	SEA OTTER 666624	SWIM KIDS 6 666394	SWIM KIDS 1 666629	BRONZE MEDALLION EXAM DATE MARCH 12	SALAMANDER
7:15PM 7:30PM	SWIM KIDS 7/8 666379	555551	SWIM KIDS 3 666387	667080	666343

SWIM ASSESSMENT	Jan 14	666640	Jan 21	666647	Jan 28	666648	Feb 4	666649	Feb 11	666650
5:15-5:30PM	Feb 18	666650	Feb 25	666652	Mar 3	666653	Mar 10	666654	Mar 17	66665 5

CLAREV	IEW AQUATIC PROG	SRAMS			
THURSD	AY: JANUARY 16-MA	RCH 14			10 LESSONS
4:00PM 		SWIM KIDS 2 666322	SALAMANDER 666351		
4:30PM		SALAMANDER 666349	SEA OTTER 666330		
4:45PM 5:00PM	SUNFISH/CROCODILE	SEA OTTER	SWIM KIDS 1	SALAMANDER	
5:15PM	666338	666329	666357	666352	
5:30PM 5:45PM	SWIM KIDS 5 666367	SWIM KIDS 4 666388	SUNFISH/CROCODILE 666337	PARENT & TOT STARFISH/DUCK 666377	SWIM KIDS 3 666385
6:00PM					PARENT & TOT SEA TURTLE
6:15PM 6:30PM	SWIM KIDS 3 666384	SALAMANDER	SWIM KIDS 1 666358	SWIM KIDS 6 666395	666399 SALAMANDER
6:45PM	000364	666350	YOUTH SWIM BASIC 1	000393	666353
7:00PM 	SWIM KIDS 7/8 666380	SWIM KIDS 9/10 666396	666373	SWIM KIDS 1 666359	SWIM KIDS 2 666324
7:30PM 7:45PM			ADULT SWIM BASIC 1	SWIM KIDS 2 666323	SWIM KIDS 1 666360
8:00PM			0003/1		

CLAREVIEW AQUATIC PROGRAMS

SATURDAY: JANUARY 11-MARCH 21

10 LESSONS

		1.011 21			10 [[350145			
8:30AM	ADULT SWIM BASIC 1							
8:45AM	666370							
9:00AM		PARENT & TOT	SWIM KIDS 2	SWIM KIDS 1	SWIM ASSESSMENT			
9:15AM		STARFISH/DUCK 666376	666319	666406				
9:30AM	SWIM KIDS 5 666632	SALAMANDER		SEA OTTER	SWIM KIDS 4 666391			
9:45AM		666348	SWIM KIDS 3 666382	666331				
10:00AM		PARENT & TOT		SUNFISH/CROCODILE				
10:15AM	SWIM KIDS 9/10 666398	SEA TURTLE 666400	SWIM KIDS 1	666404	YOUTH SWIM BASIC 1 666633			
10:30AM		SALAMANDER	666631	SEA OTTER				
10:45AM		666344	SWIM KIDS 2	666328	SUNFISH			
11:00AM			666320		666634			
11:15AM		SWIM KIDS 4			SWIM KIDS 4 666390		SWIM KIDS 6 666393	SALAMANDER
11:30AM		000350	SWIM KIDS 3 666630	000333	666347			
11:45AM	BRONZE CROSS							
12:00PM	EXAM DATE: MARCH 23 667081	SALAMANDER			SEA OTTER			
12:15PM	00/081	666345	SWIM KIDS 1	SWIM KIDS 7/8 666403	666635			
12:30PM		SWIM KIDS 2	666361		SALAMANDER			
12:45PM		666318			666346			
1:00PM		SWIM KIDS 1	YOUTH SWIM BASIC 2 666374	SWIM KIDS 5 666369	SWIM KIDS 2			
1:15PM		666637			666638			
					<u> </u>			

Parent Discussion Day February 8 No Lesson February 15

SWIM ASSESSMENT	Jan 12	644495	Jan 19	644496	Jan 26	644497	Feb 2	644498	Feb 9	644499
9:00-9:15AM	Feb 23	644500	Mar 2	644501	Mar 9	644502	Mar 16	644504	Mar 23	644505

COMMONWEALTH COMMUNITY RECREATION CENTRE

соммо	NWEALTH AQL	JATIC PROGRAI	MS										
	MONDAY: JANUARY 6-MARCH 16 10 LESSONS												
4:30PM 4:45PM	SEA OTTER 664825	SALAMANDER 664955	SWIM KIDS 5/6 665736										
5:00PM 5:15PM	SWIM KIDS 7/8	CROCODILE/WHALE 664974											
5:30PM	664842		SEA OTTER 664827										
5:45PM 6:00PM	SWIM KIDS 1/2 664850	SWIM KIDS 3/4 665078	PARENT & TOT 665749										
6:15PM	SWIM KIDS 3/4	SEA OTTER 664826	ADULT BASICS 1/2										
6:45PM	664933	SALAMANDER/ SUNFISH	665765										
7:00PM		665086	SWIM ASSESSMENT										

FRIDAY: JANUARY 10-MARCH 13 10 LESSONS											
4:30PM	PRIVATE LESSON										
4:45PM	PRIVATE LESSON		SWIM KIDS 7/8 664843								
5:00PM	SWIM KIDS 1/2 664851		1								
5:15PM			SUNFISH								
5:30PM			665815								
5:45PM	SWIM KIDS 3/4 664934	JUNIOR LIFEGUARD CLUB	SALAMANDER								
6:00PM		666417	664956								
6:15PM	SEA OTTER		ADULT SWIM BASIC								
6:30PM	664828		1/2 665767								
6:45PM			003/6/								

- Parent Discussion Day February 3
- No Lesson February 17

SWIM ASSESSMENT	Jan 6	665963	Jan 13	665964	Jan 20	665965	Jan 27	665966	Feb 3	665967
6:45-7:15PM	Feb 10	665968	Feb 24	665969	Mar 2	665970	Mar 9	665971	Mar 16	665972
PRIVATE LESSON	Jan 10	665973	Jan 17	665974	Jan 24	665975	Jan 31	665976	Feb 7	665977
4:30-5:00pm	Feb 14	665978	Feb 21	665979	Feb 28	665980	Mar 6	665981	Mar 13	665982

СОММО	COMMONWEALTH AQUATIC PROGRAMS													
TUESDA	Y & THURSDAY: JAN	UARY 7-FEBRUARY	6		10 LESSONS									
4:30PM														
4:45PM 5:00PM	SWIM KIDS 4 665864	SEA OTTER 664829	SWIM KIDS 3 665930	SWIM KIDS 1 665920	SALAMANDER 664959									
5:15PM 5:30PM	SEA OTTER/SALAMANDER	SWIM KIDS 7/8 664844	SWIM KIDS 5 665894	SUNFISH 665816	SWIM KIDS 1 665921									
5:45PM	665882	00.00.1	3333.	CROCODILE/WHALE 664975	SWIM KIDS 2 665942									
6:00PM 6:15PM	SWIM KIDS 5 665893	SALAMANDER 664958	SWIM KIDS 7/8 665939	004373	003342									
6:30PM		SWIM KIDS 1		SWIM KIDS 6 665952	SWIM KIDS 3 665931									
6:45PM		665919	SALAMANDER/SEA OTTER											
7:00PM			665883	SEA OTTER										
7:15PM 7:30PM	ADULT SWIM BASICS 1 665905	SWIM KIDS 9/10 665927	SWIM KIDS 2 665941	664830	ADULT SWIM BASICS 2 665954									

Parent Discussion Day January 21

соммс	NWEALTH AQUATIC	PROGRAMS				
TUESDA	Y & THURSDAY: FEB	RUARY 11-MARCH 12			10 LESSONS	
4:45PM 5:00PM	SWIM KIDS 3/4 664935	SALAMANDER/SUNFISH 665088	SWIM KIDS 1/2 665956	SALAMANDER 664961	CROCODILE/WHALE 664977	
5:15PM 5:30PM	SEA OTTER/SALAMANDER	SWIM KIDS 4 665865	SWIM KIDS 3 665932	SUNFISH 665817	SWIM KIDS 1/2 664854	
5:45PM	665884	003803	003932	SWIM KIDS 2 665943	SEA OTTER 664832	
6:00PM 6:15PM	ADULT SWIM BASICS 1 665906	SWIM KIDS 5/6 665737	SWIM KIDS 7/8 664845	SEA OTTER		
6:30PM 6:45PM				664831	SWIM KIDS 3 665933	
7:00PM	SWIM KIDS 1/2 664853	ADULT SWIM BASIC 2 665955	CROCODILE/WHALE 664976	SUNFISH 665818		
7:15PM	SALAMANDER 664960		PARENT & TOT 665750	SWIM KIDS 1/2 665957	SWIM KIDS 5/6 665738	

Parent Discussion Day February 25

соммо	COMMONWEALTH AQUATIC PROGRAMS												
WEDNE	SDAY: JANUARY 8 -M	IARCH 11			10 LESSONS								
4:45PM 5:00PM	SWIM KIDS 2 665944	SWIM KIDS 5 665895	SALAMANDER 664962	SWIM KIDS 1 665922	SEA OTTER/SALAMANDER 664885								
5:15PM 5:30PM	SWIM KIDS 3 665934		CROCODILE/WHALE 664979	SALAMANDER/SUNFISH 665090	SWIM KIDS 2 665946								
5:45PM 6:00PM	SWIM ASSESSMENT	SWIM KIDS 4 665866	SWIM KIDS 2 665945	SEA OTTER 664834	SALAMANDER 664963								
6:15PM 6:30PM	SWIM KIDS 1/2 664855	PARENT & TOT 665751	SWIM KIDS 3 665935	SWIM KIDS 7/8 664846	SWIM KIDS 5 665896								
6:45PM 7:00PM	SALAMANDER/SUNFISH 665089	SWIM KIDS 1 665958		00.10.10									
7:15PM 7:30PM	SEA OTTER 664833	SWIM KIDS 1/2 664856	SWIM KIDS 6 665953	ADULT BASICS 1/2 665768	PRIVATE LESSON								

Parent Discussion Day February 5

SWIM ASSESSMENT	Jan 8	665983	Jan 15	665984	Jan 22	665985	Jan 29	665986	Feb 5	665987
6:00-6:15PM	Feb 12	665988	Feb 19	665989	Feb 26	665990	Mar 4	665991	Mar 11	665992
PRIVATE LESSON	Jan 8	665993	Jan 15	665994	Jan 22	665995	Jan 29	665996	Feb 5	665997
7:00-7:30PM	Feb 12	665998	Feb 19	665999	Feb 26	666000	Mar 4	666001	Mar 11	666002

We love going to the rec centre as it provides a fun, safe environment for my children to grow as swimmers and for me to gain confidence as I pursue my own goals of health and wellness.
- Candy



COMMONWEALTH AQUATIC PROGRAMS SATURDAY: JANUARY 11- MARCH 21 10 LESSONS PARENT & TOT **SEA OTTER** SWIM KIDS 2 **SALAMANDER** STARFISH/DUCK SWIM KIDS 3 664967 **SWIM KIDS 4** 664838 665949 665959 665936 665867 SALAMANDER/ SEA OTTER SWIM KIDS 1 CROCODILE/WHALE SUNFISH 664835 665923 665819 664980 SWIM KIDS 5/6 SWIM KIDS 3/4 **PARENT & TOT** SWIM KIDS 2 665739 SUNFISH 664938 **SEA TURTLE** 665947 SWIM KIDS 7/8 665819 665961 664847 SALAMANDER SWIM KIDS 1 SWIM KIDS 5/6 SWIM KIDS 9/10 664966 **SWIM KIDS 3** 665925 SEA OTTER 665743 665928 665937 664839 SWIM KIDS 1 SEA OTTER 665924 664840 PARENT & TOT SUNFISH SWIM KIDS 2 STARFISH/DUCK SWIM KIDS 3/4 665820 665950 11:30PM 665960 SALAMANDER 664936 SWIM KIDS 5/6 664968 PARENT & TOT SEA OTTER 665740 ADULT SWIM **SEA TURTLE** 664836 12:00PM BASIC 1/2 665962 CROCODILE/ WHALE SWIM KIDS 2 665769 664982 665948 SALAMANDER SWIM KIDS 3/4 SWIM KIDS 5/6 664965 12:30PM **SEA OTTER** 664937 665741 SUNFISH PRIVATE LESSON 664837 665821 12:45PM SWIM ASSESSMENT

Parent Discussion Day February 8
No Lesson February 15

PRIVATE LESSON	Jan 11	666003	Jan 18	666004	Jan 25	666005	Feb 1	666006	Feb 8	666007
12:30-1:00PM	Feb 22	666008	Feb 29	666009	Mar 7	666010	Mar 14	666111	Mar 21	666012
SWIM ASSESSMENT	Jan 11	666013	Jan 18	666014	Jan 25	666015	Feb 1	666016	Feb 8	666017
12:45-1:00PM	Feb 22	666018	Feb 29	666019	Mar 7	666020	Mar 14	666021	Mar 21	666022

COMMONWEALTH AQUATIC PROGRAMS													
	: JANUARY 5 -	MARCH 15											
10 LESS	10 LESSONS												
5:00PM		SWIM KIDS 1/2											
5:15PM	SWIM KIDS 5/6 665742	665857	SWIM KIDS 3 665938										
5:30PM													
5:45PM	SEA OTTER 664841	SWIM KIDS 4 665868											
6:00PM			SWIM KIDS 7/8 664848										
6:15PM	SEA OTTER/ SALAMANDER												
6:30PM	665886	SWIM KIDS 9/10 665929	SWIM KIDS 1										
6:45PM	SUNFISH		665926										
7:00PM	665822	SWIM KIDS 2	SALAMANDER										
7:15PM		665951	664970										
7:30PM	SWIM KIDS 3/4 663939	SALAMANDER	PRIVATE LESSON										
7:45PM		664969											

COMMONWEALTH AQUATIC PROGRAMS									
FRIDAY: JANUARY 31 1 LESSON									
6:00PM 6:30PM 7:00PM	POOL ORIENTATION 666033								

No Lesson February 16

PRIVATE LESSON	Jan 5	666023	Jan 12	666024	Jan 19	666025	Jan 26	666026	Feb 2	666027
7:30-8:00PM	Feb 9	666028	Feb 23	666029	Mar 1	666030	Mar 8	666031	Mar 15	666032

COMMONWEALTH AQUATIC PROGRAMS									
FRIDAY: FEBURARY 28 1 LESSON									
6:00PM									
6:30PM	POOL ORIENTATION								
7:00PM	666034								
7:30PM									

COMMONWEALTH AQUATIC PROGRAMS									
FRIDAY: MARCH 27 1 LESSON									
6:00PM 6:30PM 7:00PM 7:30PM	POOL ORIENTATION 666035								

COMMONWEALTH AQUATIC PROGRAMS							
FRIDAY: JANUARY 10-MARCH 13 10 LESSONS							
5:00PM 5:30PM 6:00PM	JUNIOR LIFEGUARD CLUB 666417						

соммо	COMMONWEALTH AQUATIC PROGRAMS								
	MONDAY-FRIDAY: MARCH 23-27								
5 LESS	ONS								
9:00AM									
9:30AM									
10:00AM									
10:30AM	BRONZE MEDALLION								
11:00AM	EXAM DATE: MARCH 27 666036								
11:30AM	300030								
12:00PM									
12:30PM									
1:00PM									

COMMONWEALTH AQUATIC PROGRAMS MONDAY-FRIDAY: MARCH 23-27 5 LESSONS 2:00PM 2:15PM 2:30PM 2:45PM 3:00PM BRONZE CROSS EXAM DATE: MARCH 27 666418 4:30PM 5:00PM 5:30PM 6:00PM

CONFEDERATION LEISURE CENTRE

CONFEDERATION AQUATIC PROGRAMS											
SATURE	AY: JANUAR	Y 11-MARCH	21				10	LESSONS			
9:00AM 9:15AM	SWIM KIDS 3 665052	SWIM KIDS 4 665070	SWIM KIDS 1 664986	SWIM KIDS 2 665031	SALAMANDER 665285	SWIM KIDS 6 665106	SWIM KIDS 9/10 665164				
9:30AM			SWIM KIDS 2 665030	SWIM KIDS 1 664988	CROCODILE/ WHALE						
9:45AM			003030	004900	665286			BRONZE MEDALLION			
10:00AM 10:15AM	SWIM KIDS 4 665068	SWIM KIDS 8 665158	SWIM KIDS 5 665094	PARENT & TOT STARFISH/DUCK 665193	SWIM KIDS 2 665032	SWIM KIDS 3 665055	SWIM KIDS 7 665134	EXAM DATE: MAR 21 665603			
10:30AM 10:45AM	SWIM KIDS 2 665029	PARENT & TOT SEA TURTLE 665191		SWIM KIDS 8 665154	SWIM KIDS 7 665125	SUNFISH 665287	SWIM KIDS 1 664991				
11:00AM	SALAMANDER 665246	SWIM KIDS 1 664987	SWIM KIDS 6665105	003134	003123	SWIM KIDS 9/10	SWIM KIDS 2 665034				
11:15AM						665163					
11:30AM											
11:45AM 12:00PM	PARENT & TOT STARFISH/DUCK 665190	SALAMANDER 665247	SWIM KIDS 8 665153	SWIM KIDS 5 665095	SWIM KIDS 4 665072	SWIM KIDS 1	SWIM KIDS 3 665056				
12:15PM				SALAMANDER	SWIM KIDS 2	664990	003030				
12:30PM	SWIM KIDS 6 665104	SWIM KIDS 9/10 665162	PARENT & TOT SEA TURTLE	665248	665033			BRONZE CROSS EXAM DATE:			
12:45PM			665192	CROCODILE/ WHALE	SWIM KIDS 1	SWIM KIDS 7 665133	SWIM KIDS 4 665073	MAR 21 665604			
1:00PM	SWIM KIDS 2 665050			SWIM KIDS 3	665284	664989					
1:15PM 	003030	BRONZE STAR 665600	665054	SWIM KIDS 4	SWIM KIDS 5	PRIVATE LESSON	SWIM KIDS 1 664992				
1:45PM	SUNFISH 665283			665071	665096						

No Lesson February 15

PRIVATE LESSON	Jan 11	665323	Jan 18	665324	Jan 25	665325	Feb 1	665326	Feb 8	665327
1:15-1:45PM	Feb 22	665328	Feb 29	665329	Mar 7	665330	Mar 14	665331	Mar 21	665332

CONFEDE	RATION AQUATIC PROC	GRAMS			
SUNDAY: J	ANUARY 5-MARCH 15			10 LESSONS	
10:00AM 10:15AM	SWIM KIDS 4 665075	SALAMANDER 665253	SWIM KIDS 5 665097	PARENT & TOT STARFISH/DUCK 665197	
10:30AM				SWIM KIDS 2	
10:45AM	SWIM KIDS 7/8	SWIM KIDS 9/10 665166	SWIM KIDS 1	665037	
11:00AM	665159		664995	SWIM KIDS 4	
11:15AM		SWIM KIDS 3	PARENT & TOT SEA TURTLE 665198	665076	
11:30AM ————————————————————————————————————	SWIM KIDS 1 664994	665057			
12:00PM	SWIM KIDS 2		SALAMANDER	SWIM KIDS 1	
12:15PM	665035		665254	664997	
12:30PM		SWIM KIDS 8 665155	SWIM KIDS 1		
12:45PM	PRIVATE LESSON		664996	SWIM KIDS 6 665107	
1:00PM		SWIM KIDS 1	SWIM ASSESSMENT		
1:15PM	ADULT SWIM	664993	ADULT SWIM	ADULT SWIM STROKES	
1:30PM 1:45PM	BASICS 1 665307	SWIM KIDS 2 665036	BASICS 2 665308	665309	

No Lesson February 16 Parent Discussion Day February 2

CONFED	ERATION AQUATIC PROGRAMS				
SUNDAY	: JANUARY 5-MARCH 15		10 LESSONS		
10:00AM		SWIM KIDS 2			
10:15AM	SWIM KIDS 7 665136	665039			
10:30AM					
10:45AM		SWIM KIDS 3 665057	BRONZE CROSS		
11:00AM	SWIM KIDS 6 665108		EXAM DATE: MAR 15 665605		
11:15AM		SUNFISH	003003		
11:30AM		665298			
11:45AM	SWIM KIDS 9/10 665167				
12:00PM		SWIM KIDS 5 665098			
12:15PM					
12:30PM	SUNFISH				
12:45PM	665297				
1:00PM	SWIM KIDS 2	SWIM KIDS 3 665057	BRONZE MEDALLION EXAM DATE: MAR 15		
1:15PM	665038		665609		
1:30PM	SWIM KIDS 1	CROCODILE/ WHALE			
1:45PM	664998	665313			

No Lesson February 16

PRIVATE LESSON	Jan 5	665368	Jan 12	665377	Jan 19	665378	Jan 26	665379	Feb 2	665380
12:45-1:15PM	Feb 9	665381	Feb 23	665382	Mar 1	665383	Mar 8	665384	Mar 15	665385
SWIM ASSESSMENT	Jan 5	665398	Jan 12	665399	Jan 19	665400	Jan 26	665401	Feb 2	665402
1:00-1:15PM	Feb 9	665403	Feb 23	665404	Mar 1	665405	Mar 8	665406	Mar 15	665407

CONFE	CONFEDERATION AQUATIC PROGRAMS											
MONDAY: JANUARY 6-MARCH 16 10 LESSONS												
5:30PM 5:45PM	SALAMANDER 665255	SWIM KIDS 1 665000	SWIM KIDS 4 665077	SWIM KIDS 9/10 665169	PARENT & TOT 665200	SWIM KIDS 5 665099	SWIM KIDS 2 665041					
6:00PM		SUNFISH										
6:15PM	SWIM KIDS 8 665156	665301	PRIVATE LESSON	SWIM KIDS 1	SWIM KIDS 3 665061	SALAMANDER	SWIM KIDS 6 665109					
6:30PM		SWIM KIDS 2		665001		665256						
6:45PM	SWIM KIDS 1	665040										
7:00PM	664999			SWIM KIDS 7 665137	SWIM KIDS 9/10 665168	SWIM KIDS 4 665093	SWIM KIDS 5 665100					
7:15PM		665302	003137									

No Lesson February 17 Parent Discussion Day February 3

PRIVATE LESSON	Jan 6	665411	Jan 13	665413	Jan 20	665414	Jan 27	665415	Feb 3	665416
6:15-6:45PM	Feb 10	665417	Feb 24	665418	Mar 2	665419	Mar 9	665420	Mar 16	665421

CONFE	CONFEDERATION AQUATIC PROGRAMS											
WEDNESDAY: JANUARY 8-MARCH 11 10 LESSONS												
5:00PM		SWIM KIDS 1		SALAMANDER	PARENT & TOT	SWIM KIDS 2						
5:15PM	SWIM KIDS 6 665110	665003	SWIM KIDS 4 665079	665259	665202	665044	SWIM KIDS 3 665063					
5:30PM		PRIVATE LESSON		SWIM KIDS 1	SWIM KIDS 2							
5:45PM	SUNFISH	PRIVATE LESSON		665002 66504	665043	SWIM KIDS 9 665170	SWIM KIDS 7/8 665160					
6:00PM	665260		SWIM KIDS 7 665138									
6:15PM	SWIM KIDS 2	665062				SWIM KIDS 3 665062		SWIM KIDS 5 665101	SWIM KIDS 4 665080	CROCODILE/WHALE		
6:30PM	665042		ADULT SWIM			665321						
6:45PM	ADULT SWIM	ADULT SWIM	STROKES 665317		SWIM KIDS 1		SWIM KIDS 10 665171					
7:00PM	BASICS 1 665315	BASICS 2		BASICS 2	003317	SWIM KIDS 8 665157	665004	SWIM KIDS 4 665081				
7:15PM	003513	003310										

PRIVATE LESSON	Jan 8	665425	Jan 15	665427	Jan 22	665428	Jan 29	665429	Feb 5	665430
5:30-6:00PM	Feb 12	665431	Feb 19	665432	Feb 26	665433	Mar 4	665434	Mar 11	665435

CONFE	CONFEDERATION AQUATIC PROGRAMS							
TUESDA	TUESDAY & THURSDAY: JANUARY 14-FEBRUARY 13 10 LESSONS							
5:30PM	SWIM KIDS 2	SALAMANDER					SWIM KIDS 1	
5:45PM	665045	665264	SWIM KIDS 7/8 665139	SWIM KIDS 6 665111	SWIM KIDS 9/10 665174	SWIM KIDS 3 665065	665017	
6:00PM	SWIM KIDS 1	SWIM KIDS 2					PARENT & TOT	
6:15PM	665016	665046	SUNFISH 665263	SWIM KIDS 7/8 665140	SWIM KIDS 3 665064	SWIM KIDS 4 665083	665226	
6:30PM							CROCODILE/WHALE	
6:45PM	SWIM KIDS 9/10 665173	SWIM KIDS 4 665082					665322	
7:00PM			SWIM KIDS 5 665102	SALAMANDER	SWIM KIDS 1	SUNFISH	SWIM KIDS 2	
7:15PM				665262	665005	665261	665047	

Parent Discussion Day January 28

CONFE	CONFEDERATION AQUATIC PROGRAMS							
TUESDA	TUESDAY & THURSDAY: FEBRUARY 18-MARCH 19 10 LESSONS							
5:30PM 5:45PM	PARENT & TOT 665242	SALAMANDER 665269	SWIM KIDS 7/8 665142	SWIM KIDS 5 665103	SWIM KIDS 9/10 665177	SWIM KIDS 4 665085	SWIM KIDS 3 665067	
6:00PM 6:15PM	SWIM KIDS 1 665018	SWIM KIDS 2 665048	SALAMANDER	SWIM KIDS 1		SUNFISH	CROCODILE/WHALE	
6:30PM	CWIM KIDS 7/0	CMIM KIDE C	665268	665019	SWIM KIDS 3 665066	665266	665265	
6:45PM	SWIM KIDS 7/8 665141		SWIM KIDS 9/10	SWIM KIDS 4	SUNFISH 665267	SWIM KIDS 1 665020	SWIM KIDS 2 665049	
7:00PM 7:15PM			665176	665084			333043	

Parent Discussion Day March 3

EASTGLEN LEISURE CENTRE

EASTGLEN AQUATIC PROGRAMS MONDAY: JANUARY 6-MARCH 16 10 LESSONS 5:00PM 5:15PM 5:30PM 5:45PM 6:00PM 6:15PM 6:30PM 6:45PM

No Lesson February 17

EASTGLEN AQUATIC PROGRAMS							
FRIDAY: JANUARY 17-MARCH 20 10 LESSONS							
5:00PM	SWIM KIDS 2	SWIM KIDS 1					
5:15PM	666123	666139	SWIM KIDS 3/4 666155				
5:30PM	SEA OTTER						
5:45PM	666132	SWIM KIDS 5/6 666146					
6:00PM	SALAMANDER		SWIM KIDS 9/10 666050				
6:15PM	666135						
6:30PM	SWIM KIDS 2	SWIM KIDS 7/8 666153	SUNFISH/ CROCODILE				
6:45PM	666125		666281				

Parent Discussion Day February 14

EASTGLEN AQUATIC PROGRAMS					
SATURDAY: JANUARY 18-MARCH 21 9 LESSONS					
4:00PM 4:15PM 4:30PM	FEMALE ONLY ADULT/YOUTH BASICS 1 666053	FEMALE ONLY ADULT/YOUTH BASICS 1/2 666056			

No Lesson February 15

EASTGL	EASTGLEN AQUATIC PROGRAMS					
SUNDAY: JANUARY 12-MARCH 15 9 LESSONS						
10:00AM						
10:15AM	ADULT SWIM BASICS 1/2					
10:30AM	666060					
10:45AM						
11:00AM						
11:15AM	ADULT SWIM STROKES					
11:30AM	666061					
11:45AM						

No Lesson February 16

EASTGLEN AQUATIC PROGRAMS						
SATURDAY: JANUARY 18-MARCH 21 9 LESSONS						
10:00 AM 10:15 AM	SWIM KIDS 5/6 666148	SWIM KIDS 2 665127	SWIM KIDS 1 666141			
10:30 AM 10:45 AM	000146	SEA OTTER/ SALAMANDER 666283	PARENT & TOT 666295			
11:00 AM 11:15 AM	SWIM KIDS 7/8 666154	SWIM KIDS 9/10 666162	SWIM KIDS 1 666142			
11:30 AM 11:45 AM	SWIM KIDS 2 665126	333102	SALAMANDER/ SUNFISH 666290			

- No Lesson February 15
- Parent Discussion Day February 22

EASTGLEN AQUATIC PROGRAMS						
SUNDAY: JANUARY 12-MARCH 15 9 LESSONS						
4:45PM	FEMALE ONLY	FEMALE ONLY	FEMALE ONLY			
5:00PM	ADULT/YOUTH BASICS 1	ADULT/YOUTH BASICS 2	ADULT/YOUTH SWIM STROKES			
5:15PM	666054	666057	666059			

No Lesson February 16

GRAND TRUNK LEISURE CENTRE

GRAND	GRAND TRUNK AQUATIC PROGRAMS						
MONDA	MONDAY & WEDNESDAY: JANUARY 6- FEBRUARY 5						
4:00 PM 4:15 PM	CROCODILE/WHALE 664983	SWIM KIDS 2 666813	SWIM KIDS 3 666915	SUNFISH 666943	SWIM KIDS 7/8 666950		
4:30 PM	SWIM KIDS 5	SEA OTTER 666848		SWIM KIDS 1 666933			
4:45 PM 	665115	CROCODILE/WHALE	SWIM KIDS 4 666919	SWIM KIDS 2	SALAMANDER 666952		
5:15 PM		665113	000919	666814			
5:30 PM 5:45 PM	SWIM KIDS 6 665117	SALAMANDER/ SUNFISH 666911	SWIM KIDS 1 666931	SEAOTTER 666849	SWIM KIDS 9/10 666955		

Parent Discussion Day January 20

GRAND	GRAND TRUNK AQUATIC PROGRAMS							
MONDA	MONDAY & WEDNESDAY: FEBRUARY 10-MARCH 16							
4:00 PM 4:15 PM	SWIM KIDS 6 667004	SEA OTTER 666850	SWIM KIDS 4 666921	SWIM KIDS 1 666942	SALAMANDER/ SUNFISH 666913			
4:30 PM 4:45 PM		PARENT & TOT 666968		SWIM KIDS 2 666816	SWIM KIDS 9/10 666957			
5:00 PM 5:15 PM	SWIM KIDS 5 665116 SWIM KIDS 2 666815	SWIM KIDS 3 666916	SUNFISH 666944					
5:30 PM 5:45 PM	CROCODILE / WHALE 665114	SALAMANDER 666953	SWIM KIDS 1 666392	SEA OTTER 666851	SWIM KIDS 7/8 666951			

Parent Discussion Day February 26

No Lesson February 17

GRAND TR	UNK AQUATIC PROGRA	AMS		
TUESDAY: .	JANUARY 14-MARCH 17	,		10 LESSONS
4:00 PM 4:15 PM	SWIM KIDS 3 666920		SWIM KIDS 5 667011	SWIM KIDS 1 667043
4:30 PM		SUNFISH		SEA OTTER
4:45 PM	SWIM KIDS 4	666986	CROCODILE/WHALE 667017	667032
5:00 PM	666979	SWIM KIDS 6 667005	00/01/	SWIM KIDS 2 666983
5:15 PM 5:30 PM			SALAMANDER 667025	
5:45 PM	SWIM KIDS 3 666976			SWIM KIDS 1 667044
6:00 PM			SEA OTTER	
6:15 PM		SWIM KIDS 9/10 666999	667031	CHAINA KIDG 4
6:30 PM	SWIM KIDS 2		SALAMANDER/SUNFISH	SWIM KIDS 4 666980
6:45 PM	666982	SWIM KIDS 5/6	667059	
7:00 PM 7:15 PM	BRONZE STAR 667066	667063	CROCODILE/WHALE 667018	SWIM KIDS 7/8 667054
7:30 PM				
7:45 PM				

Parent Discussion Day February 11

GRAND 1	TRUNK AQUATIC PROGR	AMS		
THURSD	AY: JANUARY 16-MARCH	19		10 LESSONS
4:00 PM 4:15 PM	SWIM KIDS 4 666981		SWIM KIDS 2 667073	SEA OTTER 667034
4:30 PM 4:45 PM		CROCODILE/WHALE 667019	SALAMANDER/ SUNFISH 667060	SWIM KIDS 9/10 667000
5:00 PM	SWIM KIDS 3 666977	SWIM KIDS 1 667045	SEA OTTER 667033	
5:15 PM 5:30 PM	SWIM KIDS 2	00,043	007033	PARENT & TOT 667070
5:45 PM	666984	SWIM KIDS 6 667006	SALAMANDER 667029	
6:00 PM 6:15 PM			SWIM KIDS 1	SWIM KIDS 7/8 667055
6:30 PM	SWIM KIDS 5 667012	SUNFISH	667046	007033
6:45 PM		666987	CROCODILE/WHALE 667020	SWIM KIDS 2 666985
7:00 PM 	YOUTH/ ADULT	SWIM KIDS 3/4		
7:30 PM	SWIM BASICS 667067	667068	PRIVATE LESSON	SWIM KIDS 5/6 667064
7:45 PM				

PRIVATE LESSON	Jan 16 66	7136	Jan 23	667147	Jan 30	667148	Feb 6	667149
7:15-7:45PM	Feb 27 66	7150	Mar 5	667151	Mar 12	667152	Mar 19	667153

SATURDAY: JANUARY 11-MARCH 21 SEA OTTER SALAMANDER SWIM KIDS 1 SWIM KIDS 5 SWIM KIDS 9/10 SWIM KIDS 3 667038 667026 667050 667013 667001 667100 SUNFISH **SEA OTTER** CROCODILE/WHALE 667130 666988 667041 PARENT & TOT SWIM KIDS 2 SWIM KIDS 7/8 667071 667076 10:00 AM 667056 SWIM KIDS 4 **SALAMANDER** 667116 SWIM KIDS 6 667027 10:30 AM SEA OTTER 667008 667132 10:45 AM SWIM KIDS 5 **SWIM KIDS 3** SWIM KIDS 1 CROCODILE/WHALE 667014 667101 667048 667131 SUNFISH BRONZE MEDALLION 666989 11:30 AM SEA OTTER SWIM KIDS 2 EXAM DATE: SWIM KIDS 6 MARCH 21 667036 667075 667007 SWIM KIDS 1 667134 SWIM KIDS 4 667049 12:00 PM SUNFISH 667117 666990 **SEA OTTER** SWIM KIDS 2 CROCODILE/WHALE 667035 667074 667021 SWIM KIDS 3/4 SWIM KIDS 5/6 SALAMANDER 667069 667065 667028 SUNFISH SWIM KIDS 7/8 666991 667057 SWIM KIDS 9/10 SWIM KIDS 1 CROCODILE/WHALE SEA OTTER 667002 PRIVATE LESSON 667047 667022 667037

No Lesson February 5

PRIVATE LESSON	Jan 11	667158	Jan 18	667159	Jan 25	667160	Feb 1	667161
1:30-2:00PM	Feb 29	667163	March 7	667162	March 14	667164	March 21	667165

Parent Discussion Day February 8

GRAND	GRAND TRUNK AQUATIC PROGRAMS						
SUNDAY	: JANUARY 12- MAR	CH 22			10 LESSONS		
10:00 AM 10:15 AM	SWIM KIDS 5 667015	SWIM KIDS 1 667051	SUNFISH 666992	SEA OTTER 667039	SWIM KIDS 9/10 667003		
10:30 AM		SWIM KIDS 3	PARENT & TOT 667072	SALAMANDER 667030			
11:00 AM	SWIM KIDS 7/8 667058	667103	CROCODILE/WHALE	CMINA KIDG C	SWIM KIDS 1 667052		
11:15 AM 11:30 AM		SUNFISH 666993	667023	SWIM KIDS 6 667009	SWIM KIDS 4 667118		
11:45 AM			SWIM KIDS 2				
12:00 PM		SWIM KIDS 3/4	667078	SWIM KIDS 6			
12:15 PM 12:30 PM	BRONZE CROSS	667133	SWIM KIDS 1 667053	667010	SEA OTTER 667042		
12:45 PM 1:00 PM	EXAM DATE: MARCH 2 667133	SWIM KIDS 5 667016	SWIM KIDS 2 667079	SEA OTTER 667040	SWIM KIDS 3 667102		
1:15 PM		5575.5	SUNFISH/ SALAMANDER				
1:30 PM		SWIM KIDS 2	667061	SWIM KIDS 4 667119	CROCODILE/WHALE		
1:45 PM		667077	667077 SWIM ASSESSMENT		667024		

Parent Discussion Day February 9

No Lesson February 16

SWIM ASSESSMENT	Jan 12	667176	Jan 19	667179	Jan 26	667180	Feb 2	667181
1:45-2:00 PM	Feb 23	667182	Mar 1	667183	Mar 15	667184	Mar 22	667185

KINSMEN SPORTS CENTRE

KINSME	KINSMEN AQUATIC PROGRAMS				
	MONDAY: JANUARY 6-MARCH 16 10 LESSONS				
9:30AM 9:45AM	SUNFISH/CROCODILE 666922	SALAMANDER 666394			
10:00AM 10:15AM	PARENT & TOT 666945	SEA OTTER 666958			
10:30AM 10:45AM	SALAMANDER 666941	PARENT & TOT STARFISH/DUCK 666772			
11:00AM 11:15AM	SUNFISH 666973	SEA OTTER 666956			

No Lesson February 17

TUESDAY: JANUARY 14-MARCH 17 10 LESSONS			
9:30AM 9:45AM	PARENT & TOT SEA TURTLE 667137	SALAMANDER 666935	
D:00AM D:15AM	SEA OTTER 666954	ADULT BASIC 1/2 667105	
):30AM	PARENT & TOT		
D:45AM	666946	SUNFISH/CROCODILE	
1:00AM	SALAMANDER	666923	
1:15AM	666936	SEA OTTER	
1:30AM	PRIVATE LESSON	666959	

Parent Discussion Day February 11

KINSMEN AQUATIC PROGRAMS THURSDAY: JANUARY 9-MARCH 12				
10 LESS	ONS			
1:00PM	SEA OTTER	PARENT & TOT		
1:15PM	666960	666947		
1:30PM	SALAMANDER	SUNFISH/CROCODILE		
1:45PM	666937	666924		
2:00PM	SUNFISH	SEA OTTER/SALAMANDER		
2:15PM	667171	667167		
2:30PM	PRIVATE LESSON	PRIVATE LESSON		
2:45PM	667188	667189		

Parent Discussion Day February 3

KINSME	KINSMEN AQUATIC PROGRAMS						
THURSE	THURSDAY: JANUARY 9-MARCH 12 10 LESSONS						
3:00PM 3:15PM	SWIM KIDS 1 667172	SALAMANDER 666938	SWIM KIDS 2 667175	PRIVATE LESSON 667187	PRIVATE LESSON 667323		
3:30PM 3:45PM	PRIVATE LESSON 667178	PRIVATE LESSON 667186	SEA OTTER/SALAMANDER 667190	SWIM KIDS 3/4 667193	SWIM KIDS 5/6 667195		
4:00PM 4:15PM	SWIM KIDS 1 666173	SALAMANDER 667191					
4:30PM 4:45PM	SWIM KIDS 2 667177	SUNFISH/CROCODILE 666925	ADULT BASIC 1 667192	SWIM KIDS 7/8 667197	SWIM KIDS 9/10 667198		
5:00PM 5:15PM	SEA OTTER 666961	CROCODILE/WHALE 667250	SWIM KIDS 1 666174				
5:30PM 5:45PM	PARENT & TOT 667154	SEA OTTER/SALAMANDER 667168	SUNFISH 666975				

Parent Discussion Day February 6

DID YOU KNOW?

We've introduced Membership Benefits! Find out what's available to you! P. 1



KINSMEN AQUATIC PROGRAMS				
FRIDAY: JANUARY 10 - MARCH 13 10 LESSONS				
9:30AM	SEA OTTER	PARENT & TOT STARFISH/DUCK		
9:45AM	666962	666777		
10:00AM	PARENT & TOT SEA TURTLE	SALAMANDER		
10:15AM	667155	666940		
10:30AM	CROCODILE/WHALE	SEA OTTER		
10:45AM	667251	666963		
11:00AM	SALAMANDER	SUNFISH/CROCODILE		
11:15AM	666939	666926		

KINSME	KINSMEN AQUATIC PROGRAMS			
FRIDAY: FEBRUARY 28 - MARCH 27 5 LESSONS				
9:00AM				
9:15AM	PADDLEBOARD YOGA			
9:30AM	668266			
9:45AM				

• Parent Discussion Day February 7

KINSME	N AQUATIC PRO	OGRAMS		
SATURDAY: JANUARY 11 - MARCH 21 10 LESSONS				
9:00AM	SALAMANDER	CROCODILE	SUNFISH	
9:15AM	666974	667199	667202	
9:30AM	SEA OTTER	PARENT & TOT STARFISH/DUCK	SWIM KIDS 1	
9:45AM	666964	666779	667203	
10:00AM	CROCODILE/WHALE	SALAMANDER	PARENT & TOT 666948	
10:15AM	667247	667218		
10:30AM	SWIM KIDS 1	SEA OTTER	SWIM KIDS 2	
10:45AM	667205	666965	667214	
11:00AM				
11:15AM	PARENT & TOT SEA TURTLE	SEA OTTER	SALAMANDER	
11:30AM	667156	666966	667220	
11:45AM	SEA OTTER/ SALAMANDER	CROCODILE/WHALE	PARENT & TOT STARFISH/DUCK	
12:00PM	667169	667248	667249	
12:15PM	SWIM KIDS 2	SEA OTTER	SWIM KIDS 1	
12:30PM	667215	666967	667206	
12:45PM	SWIM KIDS 1	SALAMANDER	SUNFISH/	
1:00PM	667207	666975	CROCODILE 666927	

8 LESS	ONS			
9:30AM				
9:45AM	SWIM KIDS 3/4 667310	SWIM KIDS 5/6 667311		
10:00AM				
10:15AM				
10:30AM	SWIM KIDS 7/8 667312	SWIM KIDS 9/10 667313		
10:45AM				
No Lesson January 18, February 8, February 15				

- March 21: Swim Kids 3/4 and 5/6 will be held at 1:30pm
- 0 March 21: Swim Kids 7/8 and 9/10 will be held at 2:15pm
- Parent Discussion Day February 22

KINSMEN AQUATIC PROGRAMS **SATURDAY: JANUARY 11 - MARCH 21**

KINSMEN AQUATIC PROGRAMS **SUNDAY: JANUARY 12 - MARCH 22** 10 LESSONS SEA OTTER CROCODILE/WHALE SUNFISH 666929 667257 667253 PARENT & TOT SALAMANDER SEA OTTER STARFISH/DUCK 667254 669270 666781 SUNFISH/ PARENT & TOT SALAMANDER SEA TURTLE CROCODILE 667256 666928 667157 SEA OTTER/ SWIM KIDS 2 SWIM KIDS 1 SALAMANDER 667275 667277 667170 **SEA OTTER** SALAMANDER PARENT & TOT 666971 667255 666949 SUNFISH/ SALAMANDER PRIVATE LESSON CROCODILE 667308 667320 12:00PM 667252 12:15PM SWIM KIDS 1 SWIM KIDS 2 SEA OTTER 667306 666972 667276 12:30PM SUNFISH PRIVATE LESSON SWIM KIDS 1 667258 667309 667307

No	Lesson	February 16	
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Parent Discussion Day February 9

KINSME	N AQUATIC PROGRAMS								
	SUNDAY: JANUARY 12-FEBRUARY 23 6 LESSONS								
1:30PM 2:00PM 2:30PM 3:00PM	PADDLEBOARD YOGA 667322								
	esson February 16								

KINSME	EN AQUATIC PROGRAMS	5									
	SUNDAY: JANUARY 12 - MARCH 22										
IO LES	10 LESSONS										
9:30AM											
9:45AM	SWIM KIDS 3/4 667315	SWIM KIDS 5/6 667317									
10:00AM											
10:15AM											
10:30AM	SWIM KIDS 7/8 667318	SWIM KIDS 9/10 667319									
10:45AM											
11:00AM											
11:15AM											
11:30AM	ADUL SWIM BASIC 1/2 667321										

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No Lesson February 16

LONDONDERRY FITNESS AND LEISURE CENTRE

LONDONDERRY AQUATIC PROGRAMS													
MONDA	MONDAY & WEDNESDAY: JANUARY 6-FEBRUARY 5 10 LESSONS												
4:00PM 4:15PM	SWIM KIDS 3 665829	SWIM KIDS 4 665877	SWIM KIDS 7/8 655909	SWIM KIDS 1 665898	SEA OTTER 666039	PARENT & TOT 666081							
4:30PM 4:45PM				SWIM KIDS 2 665871	SWIM KIDS 1 665900	SALAMANDER 665851							
5:00PM 5:15PM	SWIM KIDS 5/6 665842	YOUTH SWIM BASICS 1 665888	SWIM KIDS 9/10 665913	SWIM KIDS 1 655899	SUNFISH 665890	SALAMANDER 665852							
5:30PM 5:45PM	SALAMANDER 665847	SWIM KIDS 2 665870	SEA OTTER 666037	SWIM KIDS 3 665830	SWIM KIDS 4 665878	SWIM KIDS 7/8 665910							
6:00PM													
6:15PM	SALAMANDER	SUNFISH	SEA OTTER										
6:30PM	665858	665889	66038										
6:45PM	SWIM KIDS 2	SWIM KIDS 1	SALAMANDER	SWIM KIDS 5 666062	SWIM KIDS 9/10 665914	SWIM KIDS 3/4 666110							
7:00PM	665869	665897	665849										
7:15PM 7:30PM	ADULT SWIM BASIC 1 665875	ADULT SWIM BASIC 2 665907	ADULT SWIM STROKES 666051	SALAMANDER 665850	SWIM KIDS 6 666071	CROCODILE 666117							
7:45PM													

Parent Discussion Day January 20

LONDONDERRY AQUATIC PROGRAMS												
MONDA	MONDAY & WEDNESDAY: FEBRUARY 10-MARCH 16 10 LESSONS											
4:00PM 4:15PM	SWIM KIDS 3 665831	SWIM KIDS 4 665880			SEA OTTER 666042	PARENT & TOT 666082						
4:30PM 4:45PM	003831	003880	655911	SWIM KIDS 2 665874	SWIM KIDS 1 665904	SALAMANDER 665857						
5:00PM	SWIM KIDS 5/6 665844	YOUTH SWIM BASICS 2 665917	SWIM KIDS 9/10 665915	SWIM KIDS 1 665903	SUNFISH 665892	SALAMANDER 665848						
5:15PM 5:30PM	SALAMANDER	SWIM KIDS 2	SEA OTTER									
5:45PM 6:00PM	655853	665873	666040	SWIM KIDS 3 665832	SWIM KIDS 4 665879	SWIM KIDS 7/8 665912						
6:15PM 6:30PM	SALAMANDER 665854	SUNFISH 665891	SEA OTTER 666041									
6:45PM	SWIM KIDS 2 665872	SWIM KIDS 1 665901	SALAMANDER 665855	SWIM KIDS 5 666063	SWIM KIDS 9/10 665916	SWIM KIDS 3/4 666112						
7:00PM 7:15PM	ADULT BASICS 1	ADULT BASICS 2	ADULT STROKES	SALAMANDER 665856	SWIM KIDS 6	CROCODILE 666120						
7:30PM 	665876	665908	666058	003030	666072	000120						

Parent Discussion Day February 26

No Lesson February 17

LONDO	LONDONDERRY AQUATIC PROGRAMS										
TUESDAY & THURSDAY: JANUARY 7-FEBRUARY 6 10 LESSON											
4:00PM 4:15PM	SWIM KIDS 3/4 666545	SWIM KIDS 7/8 666555	SWIM KIDS 2 666568	SEA OTTER 666578	CROCODILE 666586						
4:30PM			SWIM KIDS 1	SUNFISH	VOLITH CWIM BASIC 4						
4:45PM	CWINA KIDS E/S	CIMINA KIDO 0/40	666552	666584	YOUTH SWIM BASIC 1 666591						
5:00PM	SWIM KIDS 5/6 666549	SWIM KIDS 9/10 666558	SWIM KIDS 2	SALAMANDER							
5:15PM			666570	666563							
5:30PM	SWIM KIDS 1	SALAMANDER	SEA OTTER	SWIM KIDS 2	SWIM KIDS 3/4 666546						
5:45PM	666551	666562	666577	666571							

Parent Discussion Day January 21

LONDONDERRY AQUATIC PROGRAMS											
TUESDA	TUESDAY & THURSDAY: FEBRUARY 11-MARCH 12										
4:00PM	SWIM KIDS 3/4	SWIM KIDS 7/8	SWIM KIDS 2	SEA OTTER 666580	CROCODILE						
4:15PM	666547	666556	666572		666587						
4:30PM 4:45PM			SWIM KIDS 1 666554	SUNFISH 666585	YOUTH SWIM BASICS 2						
5:00PM	SWIM KIDS 5/6	SWIM KIDS 9/10	SWIM KIDS 2	SALAMANDER							
5:15PM	666550	666559	666573	666565							
5:30PM	SWIM KIDS 1	SALAMANDER	SEA OTTER 666579	SWIM KIDS 2	SWIM KIDS 3/4						
5:45PM	666553	666564		666574	666548						

Parent Discussion Day February 25

LONDO	LONDONDERRY AQUATIC PROGRAMS								
THURSDAY: JANUARY 9-MARCH 12									
10 LESS	SUNS								
4:00PM									
4:15PM	SWIM ADAPTED 1/2 666907								
4:30PM									
4:45PM									
5:00PM	CHIMA AD ADTED 2/4								
5:15PM	SWIM ADAPTED 3/4 666909								
5:30PM	5:30PM								
5:45PM									

Parent Discussion Day January 30

LONDO	LONDONDERRY AQUATIC PROGRAMS											
FRIDAY: JANUARY 10-MARCH 20 10 LESSONS												
4:00PM				CROCODILE		SWIM KIDS 1						
4:15PM	SWIM KIDS 4 666129	SWIM KIDS 3 666144		666254	SWIM KIDS 7/8 666259	666267						
4:30PM			SALAMANDER	SUNFISH		SWIM KIDS 2						
4:45PM	SWIM KIDS 5/6	SWIM KIDS 3/4	666163	666257	SEA OTTER	666249	BRONZE CROSS EXAM DATE: MARCH 20					
5:00PM	666133	666158	SWIM KIDS 2	SALAMANDER	666263	SWIM KIDS 7/8 666260						
5:15PM			666247	666164 SWIM KIDS 3	SWIM KIDS 1							
5:30PM	SWIM KIDS 9/10	SALAMANDER 666160	SWIM KIDS 4		666266							
5:45PM	666136		666131	666152	SUNFISH 666258	SWIM KIDS 1 666268	667096					
6:00PM		SWIM ASSESSMENT			000238	000200	-					
6:15PM	SWIM KIDS 6	SWIM KIDS 5	SWIM KIDS 3/4	SALAMANDER 666165	SEA OTTER 666264	SWIM KIDS 2 666250						
6:30PM	666138	666253	666159	000103	000204	000230						
6:45PM												

- Parent Discussion Day February 7
- No Lesson February 14

SWIM ASSESSMENT	Jan 10	666269	Jan 17	666271	Jan 24	666272	Jan 31	666273	Feb 7	666274
6:00-6:15PM	Feb 21	666275	Feb 28	666276	Mar 6	666277	Mar 13	666278	Mar 20	666279

LONDO	NDERRY AQUA	TIC PROGRAM					
SATURE	AY: JANUARY	11- MARCH 21					10 LESSONS
8:00AM 8:15AM				- SWIM ADAPTED 1/2	SWIM ADAPTED 3/4		
8:30AM		CROCODILE 666866	SWIM KIDS 1 666883	666906	666908		BRONZE
8:45AM 9:00AM	SALAMANDER 666852	SEA OTTER 666868	SWIM KIDS 2 666890	PARENT & TOT 666900	SWIM KIDS 1	SWIM KIDS 2	MEDALLION EXAM DATE: MARCH 21
9:15AM	SWIM KIDS 7/8	SWIM KIDS 3/4	SUNFISH 666895	SWIM KIDS 5	666887	666894	667097
9:30AM ————————————————————————————————————	666855	666871	SWIM KIDS 2	666882	SWIM KIDS 1 666888	SEA OTTER/ SALAMANDER 666902	
10:00AM 10:15AM	SWIM KIDS 3	SWIM KIDS 9/10	666891	SWIM KIDS 6	SALAMANDER 666853	YOUTH BASIC 2	
10:30AM	666858	666874	SWIM KIDS 1 666884	666865	CROCODILE 666867	666904	
10:45AM 11:00AM 11:15AM	SWIM KIDS 5/6 666861	SWIM KIDS 7/8 666856	SWIM KIDS 1 666885	SWIM KIDS 4 666878	SUNFISH 666898	YOUTH BASIC 1 666905	BRONZE STAR 667098
11:30AM							
11:45AM 12:00PM	SWIM KIDS 3 666859	SWIM KIDS 4 666877	SWIM KIDS 6 666864	SEA OTTER/ SALAMANDER 666901	SUNFISH 666899	SWIM KIDS 1 666889	
12:15PM ————————————————————————————————————				SWIM KIDS 1 666886	SWIM KIDS 2 666892	SEA OTTER 666870	
12:45PM 1:00PM	SWIM KIDS 5/6 666862	SWIM KIDS 3 666860	SWIM KIDS 9/10 666875	SUNFISH 666897	SALAMANDER 666854	SWIM KIDS 7/8 666857	
1:15PM 1:30PM	SWIM KIDS 6 666863	SWIM KIDS 5 666881	SWIM KIDS 3/4 666873		SWIM KIDS 2 666893	WHALE	
1:45PM	00000	000001	000075			666905	

- Parent Discussion Day February 8
- No Lesson February 15

THE MEADOWS AQUATIC PROGRAMS

THE MEADOWS AQUATIC PROGRAMS SATURDAY: JANUARY 11-MARCH 21 10 LESSONS SEA OTTER/ SALAMANDER SWIM KIDS 1 SALAMANDER 665006 665027 665008 SWIM KIDS 5/6 SEA OTTER SALAMANDER SUNFISH 665213 665010 665026 665126 SALAMANDER SWIM KIDS 2 SUNFISH PARENT & TOT SWIM KIDS 1 ADULT SWIM SWIM KIDS 7/8 SWIM KIDS 3 665015 665146 665021 665187 665443 10:15AM BASIC 1 665130 665439 665127 SWIM KIDS 2 SWIM KIDS 1 SALAMANDER 665013 665208 665184 PARENT & TOT STARFISH/DUCK SWIM KIDS 5/6 **SWIM KIDS 3 SWIM KIDS 4** CROCODILE/ 665442 SWIM KIDS 1 SWIM KIDS 2 SALAMANDER 665022 665147 665449 WHALE 665012 665132 665186 665210 **SEA OTTER** 665441 11:30AM SWIM KIDS 1 SWIM KIDS 1 SWIM KIDS 2 SWIM KIDS 2 665131 665144 665207 665450 SWIM KIDS 3 SWIM KIDS 7/8 SEA OTTER/ SALAMANDER 665025 665482 SALAMANDER SWIM 665438 12:00PM 665011 **ASSESSMENT** SWIM KIDS 2 SWIM KIDS 1 SWIM KIDS 4 665143 665452 PARENT & TOT 665211 **SALAMANDER SEA TURTLE** 665129 SWIM KIDS 3 12:30PM 665014 SWIM KIDS 1 SWIM KIDS 1 **SWIM KIDS 2** 665183 SWIM KIDS 5/6 665028 665148 665454 12:45PM SALAMANDER 665440 **SWIM KIDS 4** 665209 1:00PM CROCODILE/ SEA OTTER SWIM KIDS 1 SWIM KIDS 2 665009 ADULT SWIM WHALE 665023 665128 665145 BASIC 1/2 665453 SUNFISH 665185 SWIM KIDS 9/10 665212 1:30PM SWIM KIDS 1 665444 PRIVATE LESSON 665024 1:45PM

No Lesson February 15

SWIM ASSESSMENT	Jan 11	666817	Jan 18	666819	Jan 25	666826	Feb 1	666824	Feb 8	666823
12:00-12:15PM	Feb 22	666822	Feb 29	666820	Mar 7	666825	Mar 14	666827	Mar 21	666818

THE MEADOWS AQUATIC PROGRAMS

THE ME	ADOWS AQU	ATIC PROGR	AMS					
SUNDAY	Y: JANUARY 5	5-MARCH 15					10	LESSONS
7:45AM			ADULT SWIM					ADULT SWIM
8:00AM			BASIC 1 665489					BASIC 1/2 666069
8:15AM								
8:30AM			SUNFISH 665658					
8:45AM			000008					CWIM VIDE 7/0
9:00AM 9:15AM	SEA OTTER 665451	CROCODILE/ WHALE 665477	SALAMANDER 665659					666074
9:30AM	PARENT & TOT STARFISH/DUCK	SALAMANDER 665488	SEA OTTER 665655					SWIM KIDS 9/10
9:45AM	665474						4-44	666073
10:00AM	SWIM KIDS 1 665480	SWIM KIDS 2 665492		SALAMANDER 665657	SWIM KIDS 3	SWIM KIDS 4	SEA OTTER/ SALAMANDER	
10:15AM	005400	003432	SUNFISH 665661	003037	665759	665786	665803	SWIM KIDS 5/6
10:30AM		SALAMANDER 665495		SWIM KIDS 1 665760			SWIM KIDS 2 666066	666077
10:45AM	SEA OTTER 665476	005455	PARENT & TOT STARFISH/DUCK	003700	SUNFISH 665788	SWIM KIDS 1 665798	000000	
11:00AM	005470		665663	SWIM KIDS 2 665762	003700		SWIM KIDS 1 666068	
11:15AM	SWIM KIDS 3	SWIM KIDS 5/6	SALAMANDER 665662	003702	SWIM KIDS 4	SEA OTTER/ SALAMANDER		SALAMANDER 666079
11:30AM	665478	665491		SWIM KIDS 1 665763	665791	665799	SWIM KIDS 2 666064	
11:45AM						SALAMANDER 665797		SEA OTTER 666080
12:00PM	SWIM KIDS 2	SWIM KIDS 1	CIMINA KIDE 3	CIALIBA			SALAMANDER	
12:15PM	665479	665490	SWIM KIDS 3 665656	SWIM ASSESSMENT	CMIM KIDE 3		666065	SALAMANDER
12:30PM		SWIM KIDS 1		SEA OTTER/ SALAMANDER	665790	SWIM KIDS 2		666076
12:45PM		665494	DDIVATE LECCON	665758		665800	SALAMANDER	SWIM KIDS 2
1:00PM	SWIM KIDS 5/6 665475	PARENT & TOT SEA TURTLE	PRIVATE LESSON	SUNFISH	SWIM KIDS 2	SWIM KIDS 1	666067	666078
1:15PM		665493		665761	665789	665802		
1:30PM 1:45PM			SWIM KIDS 4 665660	SWIM KIDS 1 665757	SWIM KIDS 1 665787	SALAMANDER 665801	SWIM KIDS 3 666070	
11-101-11								

No Lesson February 16

PRIVATE LESSON	Jan 5	667115	Jan 12	667106	Jan 19	667107	Jan 26	667108	Feb 2	667109
12:45-1:15PM	Feb 9	667110	Feb 23	667111	Mar 1	667112	Mar 8	667113	Mar 15	667114
SWIM ASSESSMENT	Jan 5	666821	Jan 12	666845	Jan 19	666844	Jan 26	666842	Feb 2	666846
12:15-12:30PM	Feb 9	666847	Feb 23	666838	Mar 1	666841	Mar 8	666840	Mar 15	666839

No Lesson February 17

Parent Discussion Day February 3

THE ME	ADOWS AQUA	TIC PROGRAMS	5				
MONDA	Y: JANUARY 6-	-MARCH 16					10 LESSONS
4:00PM		SEA OTTER	SALAMANDER	SUNFISH			
4:15PM		666089	666096	666099			
4:30PM	SALAMANDER	PARENT & TOT STARFISH/DUCK	SEA OTTER	SWIM KIDS 1			
4:45PM	666088	666094	666098	666103	SWIM ASSESSMENT		
5:00PM	SWIM KIDS 1	SWIM KIDS 2	SUNFISH	SWIM KIDS 2	SALAMANDER	SEA OTTER	
5:15PM	666084	666093	666102	666106	666107	666174	SWIM KIDS 3 666192
5:30PM	SEA OTTER/ SALAMANDER	SWIM KIDS 1			SWIM KIDS 1	SWIM KIDS 2	
5:45PM	666087	666097	SWIM KIDS 3 666101	SWIM KIDS 5/6 666105	666173	666193	
6:00PM	SWIM KIDS 2	CROCODILE/WHALE			SWIM KIDS 1	SALAMANDER	SWIM KIDS 4 666200
6:15PM	666086	666092			666175	666191	
6:30PM	PARENT & TOT	SWIM KIDS 1	SWIM KIDS 7/8 666100	SWIM KIDS 4 666104	SWIM KIDS 2	SWIM KIDS 1	SWIM KIDS 2
6:45PM	SEA TURTLE 666085	666095			666176	666190	666199

No Lesson February 17

Parent Discussion Day February 3

SWIM ASSESSMENT	Jan 6	667121	Jan 13	667145	Jan 20	667139	Jan 27	667138	Feb 3	667146
4:45-5:45PM	Feb 10	667144	Feb 24	667141	Mar 2	667142	Mar 9	667143	Mar 16	667140

THE ME	THE MEADOWS AQUATIC PROGRAMS									
WEDNE	SDAY: JANUARY 15-MARCH 18									
10 LESS	SONS									
9:30AM	PARENT & TOT SEA TURTLE									
9:45AM	666198									
10:00AM	SEA OTTER									
10:15AM	666212									
10:30AM	SALAMANDER									
10:45AM	666214									
11:00AM	PARENT & TOT STARFISH/DUCK									
11:15AM	666220									

THE ME	ADOWS AQUA	ATIC PROGRAMS	;					
WEDNE	SDAY: JANUA	RY 15-MARCH 18					10 LESSONS	
4:00PM	SWIM KIDS 2	SALAMANDER	SUNFISH		SEA OTTER/ SALAMANDER		SWIM KIDS 1	
4:15PM	666218	666217	666478		666493	SWIM KIDS 5/6 666537	666620	
4:30PM	SALAMANDER	CROCODILE/WHALE	SWIM KIDS 1	SWIM KIDS 3 666486	PARENT & TOT		SWIM KIDS 2	
4:45PM	666219	666476	666488		666538		666643	
5:00PM	SEA OTTER/ SALAMANDER	PRIVATE LESSON	SWIM KIDS 2	SWIM KIDS 1	SWIM KIDS 2	SWIM KIDS 7/8 666618		
5:15PM	666216	TRIVATE LESSON	666487	666495	666536		SWIM KIDS 3 666644	
5:30PM		SWIM KIDS 1	SWIM KIDS 2	SALAMANDER	SALAMANDER			
5:45PM	SWIM KIDS 4 666213	666477	666484	666494	666541	SWIM KIDS 5/6 666619	SWIM KIDS 1	
6:00PM		SWIM KIDS 2	SALAMANDER	SEA OTTER	SWIM KIDS 1		666642	
6:15PM		666474	666485	666496	666540			
6:30PM 6:45PM	SWIM KIDS 3 666215	SWIM KIDS 1 666473	SUNFISH SWIM KIDS 1 666489 666492		SWIM KIDS 2 666539 SWIM KIDS 9/10		SWIM KIDS 4 666641	

Parent Discussion Day February 12

PRIVATE LESSON	Jan 15	666843	Jan 22	667120	Jan 29	667127	Feb 5	667128	Feb 12	667124
5:00-5:30PM	Feb 19	667125	Feb 26	667126	Mar 4	661129	Mar 11	667122	Mar 18	667123

THE ME	ADOWS AQUAT	TIC PROGRAMS	
THURSE 10 LESS	DAY: JANUARY !	9-MARCH 12	
10 LL3	JONS		
2:00PM	SWIM KIDS 1	SEA OTTER	SALAMANDER
2:15PM	666645	666748	666766
2:30PM	PARENT & TOT STARFISH/DUCK	SALAMANDER	SWIM KIDS 1
2:45PM	666752	666762	666768
3:00PM	SWIM KIDS 2	SWIM KIDS 1	
3:15PM	666753	666767	SWIM KIDS 3 666771
3:30PM	SEA OTTER/ SALAMANDER	SWIM KIDS 2	
3:45PM	666749	666764	
4:00PM	SWIM KIDS 2	SWIM KIDS 1	SWIM KIDS 4 666770
4:15PM	666751	666765	
4:30PM	SALAMANDER	SUNFISH	PARENT & TOT
4:45PM	666750	666763	666766

PRIVATE LESSON	Jan 10	643521	Jan 17	643522	Jan 24	643523	Jan 31	643524	Feb 7	643525
4:00-4:30PM	Feb 14	643526	Feb 21	643528	Feb 28	643529	Mar 7	643530	Mar 14	643531

MILL WOODS RECREATION CENTRE

MILL W	OODS AQUA	TIC PROGRAM	IS					
MONDA	Y: JANUARY	6-MARCH 16					10	LESSONS
4:00PM								SALAMANDER
4:15PM					SWIM KIDS 1	SWIM KIDS 3 664861	SWIM KIDS 5 664890	664866
4:30PM				SALAMANDER	664884			
4:45PM				664864		SWIM KIDS 1		SWIM KIDS 6/7 664892
5:00PM		SWIM KIDS 2	SUNFISH		SWIM KIDS 4 664875	664885	SWIM KIDS 9/10 664894	
5:15PM	SWIM KIDS 3 664860	664868	664878	SWIM KIDS 5 664889		SWIM KIDS 2		SWIM KIDS 1
5:30PM			SEA OTTER		SALAMANDER	664870	SWIM KIDS 1	664887
5:45PM	SALAMANDER	SWIM KIDS 4 664874	664880		664865	SUNFISH	664886	
6:00PM	664863		SWIM KIDS 1	SWIM KIDS 6/7 664891	SWIM KIDS 2	664879	SEA OTTER	SWIM KIDS 8 664895
6:15PM	SWIM KIDS 2	CTROKE	664882		664872		664881	
6:30PM	664867	STROKE ENHANCEMENT 1	PARENT & TOT	SWIM KIDS 1	CROCODILE/	SWIM KIDS 3 664862	SWIM KIDS 2	SEA OTTER/
6:45PM	SWIM ASSESSMENT	664876	SEA TURTLE 664888	664883	WHALE 664893		664871	SALAMANDER 664896
7:00PM				SWIM KIDS 2				
7:15PM	ADULT SWIM	ADULT SWIM		664869				
7:30PM	664873	SIC 1 STROKES 4873 664877						
7:45PM								

Parent Discussion Day February 3

No Lesson February 17

SWIM ASSESSMENT	Jan 6	664897	Jan 13	664898	Jan 20	664899	Jan 27	664900	Feb 3	664901
6:45-7:00PM	Feb 10	664902	Feb 24	664903	Mar 2	664904	Mar 9	664905		

MILL WO	DODS AQUAT	TIC PROGRAI	MS					
WEDNE	SDAY: JANUA	ARY 8-MARCI	1 11				10	LESSONS
4:00PM						SWIM KIDS 3	STROKE ENHANCEMENT	SEA OTTER/ SALAMANDER
4:15PM						664915	2/3	664952
4:30PM	SWIM KIDS 2	SWIM KIDS 1		SALAMANDER			664950	
4:45PM	664907	664921		664919		SWIM KIDS 1		SWIM KIDS 6/7 664946
5:00PM	CIMINA KIDO 2	SWIM KIDS 2	SALAMANDER	CHURA KIDG 5	SWIM KIDS 4 664929	664924	SWIM KIDS 8 664951	
5:15PM	SWIM KIDS 3 664913	664909	664918	SWIM KIDS 5 664932 SWIM KIDS 6/7 664945		SWIM KIDS 2		SWIM KIDS 1
5:30PM		CMINA KIDS 4	SEA OTTER 664941		SALAMANDER	664911	SWIM KIDS 1	664926
5:45PM	SALAMANDER	SWIM KIDS 4 664928			664927 SWIM KIDS 2	SUNFISH/ CROCODILE	664925	SUNFISH
6:00PM	664917		SWIM KIDS 1			664949	SEA OTTER	664948
6:15PM	SWIM KIDS 2		664922		664910		664942	
6:30PM	664908	SWIM KIDS 5 664931	PARENT & TOT STARFISH/DUCK	SWIM KIDS 1	SUNFISH	SWIM KIDS 3 664916	SWIM KIDS 2	SWIM KIDS 9/10 664953
6:45PM			664943	664923	664947		664912	
7:00PM		YOUTH SWIM						
7:15PM	ADULT SWIM BASIC 2	BASIC 1/2 664940	ADULT SWIM BASIC 1					
7:30PM	664920	004340	664944					
7:45PM								

Parent Discussion Day February 5

MILL WOODS AQUATIC PROGRAMS										
WEDNESDAY: JANUARY 8-MARCH 11 10 LESSONS										
10 LESSONS										
5:00PM										
5:15PM										
5:30PM										
5:45PM	JUNIOR LIFEGUARD									
6:00PM	664954									
6:15PM										
6:30PM										
6:45PM										

MILL W	DODS AQUA	TIC PROGRAN	4S						
TUESDA	Y & THURSD	AY: JANUARY	7-FEBRUAR	Y 6			10	LESSONS	
4:00PM					YOUTH SWIM				
4:15PM					BASICS 1 665693	SWIM KIDS 3 665688			
4:30PM				SWIM KIDS 8 665697	003033				
4:45PM			SWIM KIDS 5 665671			SWIM KIDS 2	SWIM KIDS 6/7 665686	SWIM KIDS 1	
5:00PM	SUNFISH			SALAMANDER	SWIM KIDS 4 665692	665676		665683	
5:15PM	665685	SWIM KIDS 3 665689	SWIM KIDS 1	665667			SUNFISH	SWIM KIDS 2	
5:30PM	SALAMANDER		665680	PARENT & TOT STARFISH/DUCK	SWIM KIDS 2	SWIM KIDS 6/7 665687	665684	665672	
5:45PM	665666	SWIM KIDS 2	SEA OTTER	665696	665675		SALAMANDER		
6:00PM	SWIM KIDS 1	665674	665695	SWIM KIDS 1	SUNFISH/ CROCODILE	SALAMANDER	665669	SWIM KIDS 5 665670	
6:15PM	665679			665678	665691	665668	SWIM KIDS 2		
6:30PM	SWIM KIDS 2	SWIM KIDS 9/10 665698	SWIM KIDS 3 665690	SEA OTTER	SWIM KIDS 1	SWIM KIDS 1	665677	SALAMANDER	
6:45PM	665673			665694	665681	665682		665665	

Parent Discussion Day January 21

MILL W	OODS AQUA	TIC PROGRAI	ИS					
TUESDA	Y & THURSD	AY: FEBRUAF	RY 11-MARCH	12				LESSONS
4:00PM					YOUTH SWIM			
4:15PM					BASICS 2 666446	SWIM KIDS 6/7 666442		
4:30PM		SUNFISH		SWIM KIDS 3 666452	000440			SEA OTTER
4:45PM		666428	SWIM KIDS 5 666430			SWIM KIDS 2	SWIM KIDS 8 666438	666432
5:00PM	SWIM KIDS 2			SALAMANDER	SWIM KIDS 4 666445	666441		SWIM KIDS 2
5:15PM	666461	SWIM KIDS 3 666451	SEA OTTER / SALAMANDER	666450			SWIM KIDS 1	666431
5:30PM	SALAMANDER		666455	PARENT & TOT SEA TURTLE	SWIM KIDS 2	SWIM KIDS 9/10 666440	666437	
5:45PM	666459	SWIM KIDS 1	CROCODILE/ WHALE	666449	666443		SALAMANDER	SWIM KIDS 5 666429
6:00PM	SWIM KIDS 1	666458	666454	SWIM KIDS 1	SEA OTTER	SALAMANDER	666435	
6:15PM	666457	STROKE		666448	666433	666439		SUNFISH
6:30PM	SALAMANDER	ENHANCEMENT 1	SWIM KIDS 4 666453	SWIM KIDS 1	SWIM KIDS 2	SWIM KIDS 1	SWIM KIDS 6/7 666434	666427
6:45PM	666460	666456		666447	666444	666436		

MILL WO	DODS AQUAT	TIC PROGRAN	1S										
FRIDAY:	FRIDAY: JANUARY 10-MARCH 20 10 LESSONS												
4:00PM						SWIM KIDS 6/7	SUNFISH 665590	SWIM KIDS 3					
4:15PM ————————————————————————————————————				SWIM KIDS 5 665580	SWIM KIDS 4 665606	665599		665586					
4:45PM				00000	00000		SWIM KIDS 9/10 665593	SWIM KIDS 2					
5:00PM	SALAMANDER			SWIM KIDS 1	YOUTH SWIM	SWIM KIDS 8 665598		665581					
5:15PM	665595	SWIM KIDS 6/7 665601	SWIM KIDS 3 665587	000077	BASIC 2 665608		PARENT & TOT						
5:30PM	SEA OTTER			SWIM KIDS 2	003008	SALAMANDER	665592	SWIM KIDS 5 665579					
5:45PM	665573	SWIM KIDS 2		665584	SUNFISH/	665597	STROKE						
6:00PM	SWIM KIDS 1	665583	SWIM KIDS 3 665588	SALAMANDER	CROCODILE 665607	SWIM KIDS 2	ENHANCEMENT 2/3	SWIM KIDS 1					
6:15PM	665575	STROKE		665596		665585	665591	665574					
6:30PM 6:45PM	SWIM KIDS 2 665582	ENHANCEMENT 1 665616	SWIM KIDS 1 665576	SWIM KIDS 1 665578	SWIM KIDS 4 665602	SALAMANDER 665594	SUNFISH 665589	SEA OTTER 665572					

Parent Discussion Day February 7

No Lesson Feb 14

MILL W	OODS AQU	ATIC PROGR	AMS						
SATURE	AY: JANUA	RY 11-MARC	H 21					10 L	ESSONS
9:00AM 9:15AM	SWIM KIDS 5 665272	SWIM KIDS 8 665339	SWIM KIDS 1 665236	SEA OTTER 665249	SWIM KIDS 2 665217	SALAMANDER 665291	SWIM KIDS 4 665278		
9:30AM 9:45AM			SWIM KIDS 6/7	PARENT & TOT 665437	SWIM KIDS 1 665237	SWIM KIDS 3		SWIM KIDS 2 665220	BRONZE
10:00AM	SWIM KIDS 1 665234	STROKE ENHANCEMENT 1	665335	SALAMANDER		665206	SEA OTTER 665251	SWIM KIDS 1	CROSS EXAM DATE:
10:15AM	SWIM KIDS 2 665215	665344	SWIM KIDS 8	665295	SWIM KIDS 4 665279	SWIM KIDS 1 665238	SUNFISH 665274	665239	MARCH 21 666462
10:30AM 10:45AM		SEA OTTER/ SALAMANDER 665343	665338	SWIM KIDS 3 665204	SALAMANDER			SUNFISH/ CROCODILE 665243	
11:00AM	SWIM KIDS 9/10 665346	PARENT & TOT STARFISH/	SUNFISH	003204	665296	YOUTH SWIM	SWIM KIDS 5 665270	SWIM KIDS 1	
11:15AM	000340	DUCK 665341	665337		CROCODILE/ WHALE	BASIC 2 665290		665240	
11:30AM					665300				PRIVATE
11:45AM	SWIM KIDS	CIVILA VIDE 4	SALAMANDER 665294	SWIM KIDS 3 665205		SUNFISH 665277	SEA OTTER 665252	SWIM KIDS 2 665214	LESSON
12:00PM	6/7 665334	SWIM KIDS 4 665280	00025		SWIM KIDS 1	000277	003232	005211	
12:15PM	003334		SWIM KIDS 2 665216	SWIM ASSESSMENT	665232	SWIM KIDS 5	YOUTH SWIM	SWIM KIDS 3	BRONZE STAR 666464
12:30PM 12:45PM	SALAMANDER 665293	SWIM KIDS 1 665235	PARENT & TOT	SWIM KIDS 6/7	SWIM KIDS 2 665218	665273	BASIC 1 665244	665201	333101
1:00PM		CIMINA KIDS	SEA TURTLE 665336	665333	SWIM KIDS 2				
1:15PM	ADULT SWIM BASIC 1	9/10 665340	SWIM KIDS 3	STROKE ENHANCEMENT	665219				
1:30PM 1:45PM	665345		665203	2/3 665303					

Parent Discussion Day February 8

No Lesson February 15

PRIVATE LESSON	Jan 11	665358	Jan 18	665388	Jan 25	665389	Feb 1	665390	Feb 8	665391
11:30AM - 12:00PM	Feb 22	665392	Feb 29	665393	Mar 7	665394	Mar 14	665395		
SWIM ASSESSMENT	Jan 11	665348	Jan 18	665349	Jan 25	665350	Feb 1	665351	Feb 8	665352
12:15-12:30PM	Feb 22	665353	Feb 29	665354	Mar 7	665355	Mar 14	665356		

MILL W	OODS AQUATIO	C PROGRAMS					
SUNDA	Y: JANUARY 5-I	MARCH 15					10 LESSONS
9:00AM		SWIM KIDS 2			SALAMANDER		
9:15AM	SWIM KIDS 3 665552	665538	SWIM KIDS 8 665558	ADULT SWIM BASIC 1	665547	SWIM KIDS 6/7 665543	
9:30AM		PARENT & TOT STARFISH/DUCK		665424	SWIM KIDS 1 665485		
9:45AM	SWIM KIDS 9/10	665560	SWIM KIDS 4		003403	SUNFISH 665541	BRONZE MEDALLION
10:00AM 10:15AM	665555	SWIM KIDS 5	665556	SWIM KIDS 1 665483	SWIM KIDS 2 665539		EXAM DATE: - MARCH 15 666463
10:30AM	PARENT & TOT SEA	665409	CALAMANDED			SWIM KIDS 2 665536	000403
10:45AM	TURTLE 665561		SALAMANDER 665549		STROKE ENHANCEMENT 1	SWIM KIDS 1	_
11:00AM	SWIM KIDS 2	SUNFISH/	SEA OTTER/	SWIM KIDS 3 665551	665422	665481	
11:15AM	665537	CROCODILE 665559	SALAMANDER 665426				
11:30AM		CHINA KIDS 4		YOUTH SWIM	CHINA KIDG GIZ	STROKE	
11:45AM	SEA OTTER 665546	SWIM KIDS 4 665557	PARENT & TOT 665436	BASIC 1 665423	SWIM KIDS 6/7 665544	2/3 665412	
12:00PM	003340		003430			003412	
12:15PM 12:30PM	ADULT SWIM	SALAMANDER 665548	SWIM KIDS 9/10	SUNFISH 665542	SEA OTTER 665545	YOUTH SWIM BASIC 2	
12:30PM 12:45PM	BASIC 2 665562		665554			665410	
1:00PM		SWIM KIDS 1 665482	SALAMANDER	SWIM KIDS 2 665540	PRIVATE LESSON		
1:15PM			665550	SWIM KIDS 1		SWIM KIDS 5 665408	
1:30PM	SWIM KIDS 3 665553			665484			
	1						

Parent Discussion Day February 2

No Lesson February 16

PRIVATE LESSON	Jan 5	665563	Jan 12	665564	Jan 19	665565	Jan 26	665566	Feb 2	665567
12:45-1:15PM	Feb 9	665568	Feb 23	665569	Mar 1	665570	Mar 8	665571		

O'LEARY FITNESS AND LEISURE CENTRE

O'LEAR'	Y AQUATIC PROGRA	MS			
TUESDA	Y & THURSDAY: FEB	UARY 25-MARCH 26			10 LESSONS
5:00PM 5:15PM	SWIM KIDS 3	SWIM KIDS 5/6	SWIM KIDS 2 666659	PARENT & TOT 666712	SEA OTTER 666713
5:30PM	666561	666590	SWIM KIDS 7/8	SWIM KIDS 1 666583	SALAMANDER 666715
5:45PM 6:00PM	SWIM KIDS 1 666581	CROCODILE/WHALE 666593	666708	SWIM KIDS 2	SUNFISH
6:15PM	SALAMANDER/SUNFISH 666588	SWIM KIDS 4	SWIM KIDS 9/10	666662	666716
6:30PM 6:45PM	SWIM KIDS 1	666594	666710	SWIM KIDS 3 666566	SEA OTTER 666714
7:00PM	666582	SWIM KIDS 4			SWIM KIDS 2
7:15PM	SWIM KIDS 5/6	666595	ADULT SWIM BASIC 1/2 666711	SWIM KIDS 7/8	666663
7:30PM 	666589	SWIM ASSESSMENT		666709	PRIVATE LESSON

Parent Discussion Day March 10

PRIVATE LESSON	Feb 25	666773	Feb 27	666778	Mar 3	666780	Mar 5	666782	Mar 10	666783
7:30-8:00PM	Mar 12	666784	Mar 17	666785	Mar 19	666786	Mar 24	666787	Mar 26	666788

SWIM ASSESSMENT | Feb 25 666801 | Mar 3 666802 | Mar 19 666804

O'LEAR	AQUATIC PROGRA	MS				
WEDNE	SDAY: FEBRUARY 19	- APRIL 1			7 LESSONS	
5:00PM 5:15PM	CROCODILE/WHALE 666717	SUNFISH 666738	SWIM KIDS 1 666741	SWIM KIDS 4 666744	SWIM KIDS 5/6 666757	
5:30PM 	SWIM KIDS 1 666719	SWIM KIDS 9/10 666739	SWIM KIDS 2 666745	PARENT & TOT	SALAMANDER	
6:00PM 6:15PM	SWIM KIDS 3		SEA OTTER 666754	666758	666760	
6:30PM	666720	SWIM KIDS 1 666740		SALAMANDER/SUNFISH 666759	CROCODILE/WHALE 666718	
6:45PM 7:00PM	SEA OTTER 666723	SWIM KIDS 4 666743	SWIM KIDS 7/8 666755	SWIM KIDS 3 666722	SWIM KIDS 2 666746	
7:15PM			SWIM KIDS 5/6		SWIM ASSESSMENT	
7:30PM 7:45PM	SWIM KIDS 3 666721			SWIM KIDS 1 666742	SWIM KIDS 2 666747	

Parent Discussion Day March 11

PRIVATE LESSON	Feb 19	666790	Feb 26	666791	Mar 4	666792	Mar 11	666793
7:30-8:00PM	Mar 18	666794	Mar 25	666795	April 1	666796		
SWIM ASSESSMENT	Feb 19	666806	Feb 26	666807	Mar 4	666808	Mar 11	666809
7:15-7:30PM	Mar 18	666810	Mar 25	666811	April 1	666812		

PETER HEMINGWAY FITNESS AND LEISURE CENTRE

PETER HEMINGWAY AQUATIC PROGRAMS			
SUNDAY	Y: JANUARY 12-MARCH 22		
9 LESS	ONS		
5:30PM			
5:45PM	ADULT SWIM BASIC 1		
6:00PM	666416		
6:15PM			
6:30PM			
6:45PM	ADULT SWIM BASIC 2		
7:00PM	666466		
7:15PM			
7:30PM			
7:45PM	ADULT SWIM STROKES		
8:00PM	666467		
8:15PM			

PETER HEMINGWAY AQUATIC PROGRAMS				
WEDNESDAY: JANUARY 15-MARCH 4 8 LESSONS				
6:30PM				
6:45PM	ADULT SWIM BASIC 1			
7:00PM	666465			
7:15PM				
7:30PM				
7:45PM	ADULT SWIM STROKES			
8:00PM	666468			
8:15PM	8:15PM			

No Lesson February 9 and February 16



BRONZE STAR COURSE

Bronze Star covers Water Smart competencies and is excellent preparation for the Bronze Medallion course for youth under the age 13. Prerequisites: Canadian Swim Patrol or Junior Lifeguard Club recommended. Additional charges will be applied upon registration and will include course materials and exam fees.

CONFEDERATION

	DATES	TIME	BARCODE
Sat	Jan 11-Mar 21	1:00-2:00pm	665600
(No Le	sson on Feb 15)		

GRAND TRUNK

	DATES	TIME	BARCODE
Tue	Jan 14-Mar 17	7:00-8:00pm	667066

LONDONDERRY

	DATES	TIME	BARCODE		
Sat	Jan 11-Mar 21	10:30-11:30am	667098		
(No Lesso	(No Lesson on Feb 15)				

MILL WOODS			
	DATES	TIME	BARCODE
Sat	Jan 11-Mar 21	12:00-1:00pm	666464

(No Lesson on Feb 15)

BRONZE MEDALLION COURSE

Bronze Medallion teaches lifesaving principles in the four components of water-rescue education judgment, knowledge, skill and fitness. Prerequisite: Age 13 or successful completion of Bronze Star. A bathing suit is required. The Additional charges will be applied upon registration and will include course materials and exam fees.

BONNIE DOON

	DATES	TIME	BARCODE
Sun	Jan 19-Mar 29	10:00am-12:00pm	668297

CLAREVIEW

CLARE	. VIL VV		
	DATES	TIME	BARCODE
Tue	Jan 14-Mar 17	6:15-8:30pm	667080
(Exam Mar 17, 6:15-8:45pm)			

COMMONWEALTH

	DATES	TIME	BARCODE
M-F	Mar 23-27	9:00-1:30pm	666036

(Exam Mar 27)

CONF	EDERATION			
	DATES	TIME	BARCODE	
Sat	Jan 11-Mar 21	9:00-11:15am	665603	
(No Lesson Feb 15 and Exam Mar 21, 9:00-11:15am)				
Sun	Jan 5-Mar 15	12:30-2:45pm	665609	
(No Lesson Febr 16 and Exam Mar 15, 12:30-2:45pm)				

GRAN	D TRUNK		
	DATES	TIME	BARCODE
Sat	Jan 11-Mar21	10:30am-12:45pm	667134
/No Loose	no on Eah 15 and Evam Dag	7 10.00 A M 1.00 D M \	

(No Lessons on Feb 15 and Exam Dec 7, 10:00AM-1:00PM)

JASPE	R PLACE		
	DATES	TIME	BARCODE
Fri	Jan 31-Apr 3	5:30-7:30pm	668296

LOND	ONDERRY		
	DATES	TIME	BARCODE
Sat	Jan 11-Mar 21	8:00-10:00am	667097
(No Lesso	ns Feb 15 and Exam Mar 21, 8	3:00-10:00am)	

MILL V	VOODS			
	DATES	TIME	BARCODE	
Sun	Jan 5-Mar 15	9:00-11:15am	666463	
(No Lessons February 16 and Exam March 15, 9:00am-12:00pm)				

BRONZE CROSS COURSE

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Award is current for 2 years. Prerequisite: Successful completion of Bronze Medallion. A bathing suit is required. Additional charges will be applied upon registration and will include course materials and exam fees.

CLAREVIEW					
	DATES	TIME	BARCODE		
Sat	Jan 11-Mar 21	11:00am-1:15pm	667081		
(No Lesso)	n Feb 15 and Exam Mar 23 11	:00am-1:30pm)			

CONF	EDERATION			
	DATES	TIME	BARCODE	
Sat	Jan 11-Mar 21	11:30am-1:45pm	665604	
(No lesson Feb 15 and Exam Mar 21,11:30am-1:45pm)				
Sun	Jan 5-Mar 15	10:00am-12:15pm	665605	
(No Lesson Feb 16 and Exam Mar 15, 10:00am-12:15pm)				

GRANI	O TRUNK		
	DATES	TIME	BARCODE
Sun	Jan 12-Mar22	11:45-2:00pm	667133
(No Losso)	as on Eah 16 and Evam Dag 9	11:20am 2:00nm)	

LONDONDERRY					
	DATES	TIME	BARCODE		
Fri	Jan 10-Mar 20	4:30-6:45pm	667096		
(No Lesso	(No Lesson Feb 14 and Exam Mar 20, 4:30-6:45pm)				

MILL V	VOODS		
	DATES	TIME	BARCODE
Sat	Jan 11-Mar 21	9:00-11:15am	666462
(No Lessor	ns on Feb 15 and Exam Mar 2	1, 8:45-11:45am)	

BRONZE MEDALLION, BRONZE CROSS, EMERGENCY FIRST AID, AMENITY ATTENDANT

This pre-employment course includes 4 certifications: Bronze Medallion, Bronze Cross, Emergency First Aid & Amenity Attendant. Successful candidates will have all required qualifications to apply on the Aquatic Amenity Attendant position with the City of Edmonton. Award is current for 2 years. Prerequisites: Age 14. A bathing suit is required. Additional charges will be applied upon registration and will include course materials and exam fees.

EASTGLEN					
	DATES	TIME	BARCODE		
M/W	Jan 6-Mar9	5:00-8:00pm	666298		
(No Lesson	(No Lesson February 17)				

AMENITY ATTENDANT, EMERGENCY FIRST AID

This is a pre-employment course for those interested in starting a job in aquatics with The City of Edmonton. Emergency First Aid teaches general knowledge of first aid principles and emergency treatment of injuries. Amenity Attendant teaches skills required to monitor amenities such as a pool, playground, etc. Award is current for 2 years. Prerequisite: Age 14 Additional charges will be applied upon registration and will include course materials and exam fees.

EASTG	LEN		
	DATES	TIME	BARCODE
Sun	Jan 12, 19	9:00am-3:00pm	666302
Sun	Feb 2, 9	9:00am-3:00pm	666303

JUNIOR LIFEGUARD CLUB

The Junior Lifeguard Club (JLC) program is for all youth interested in being active and enhancing their skills in a fun, high paced environment. JLC members work on their own personal bests in the swimming, lifesaving, fitness, knowledge, leadership and teamwork. This program sets up participants to be successful in the Bronze Medals.

Prerequisites: Must be able to complete the Swim to Survive Standard which focuses on basic water survival skills performed in the following sequence: Roll into deep water, tread water for 1 minute and swim 50m.

Additional charges will be applied upon registration and will include course materials and exam fees.

BONNI	E DOON		
	DATES	TIME	BARCODE
Sat	Jan 25-Mar 4	12:00-2:00pm	668292
Sat	Jan 25-Mar 4	12:00-2:00pm	668299
Course 668	299 French only.		
COMMO	ONWEALTH		
	DATES	TIME	BARCODE
Fri	Jan 10-Mar 13	5:00-7:00pm	666417
EASTG	LEN		
	DATES	TIME	BARCODE
Mon	Jan 6-Mar 16	5:00-7:00pm	666050
JASPE	R PLACE		
	DATES	TIME	BARCODE
Fri	Jan 31-Apr 3	5:30-7:30pm	668281
MILL W	OODS		
	DATES	TIME	BARCODE

5:00-7:00pm

664954

RED CROSS WATER SAFETY INSTRUCTOR STROKES & SKILLS EVALUATION

Strokes & Skills is a 4 hour evaluation of a candidates in-water abilities and is a prerequisite for City of Edmonton Red Cross Water Safety Instructor course. Candidates who are unsuccessful in the evaluation and are registered in a City of Edmonton Red Cross Water Safety Instructor course, will be withdrawn from the WSI course and may be subject to a cancellation fee. Prerequisite: Age 15, and hold one of the following awards: Bronze Cross, Lifesaving Society National Lifeguard/Aquatic Emergency Care or Red Cross Assistant Lifeguard. A bathing suit is required.

CLAREV	/IEW		
	DATES	TIME	BARCODE
Sun	Jan 5	9:00am-1:00pm	667088
СОММО	NWEALTH		
	DATES	TIME	BARCODE
Sun	Mar 15	9:00am-1:00pm	666603
CONFE	DERATION		
	DATES	TIME	BARCODE
Thu	Feb 27	9:00am-1:00pm	665642
EASTGL	EN		
	DATES	TIME	BARCODE
Fri	Feb 28	9:00am-1:00pm	666602
GRAND	TRUNK		
	DATES	TIME	BARCODE
Thu	Feb 6	5:00-9:00pm	667373
O'LEAR	Y		
	DATES	TIME	BARCODE
Wed	Mar 4	5:00-9:00pm	667388

Wed

Jan 8-Mar 11

RED CROSS WATER SAFETY INSTRUCTOR (WSI)

The Water Safety Instructor course is a pre-employment course that prepares the candidate to teach Red Cross Learn-to-Swim programs. It focuses on strategies to introduce and develop swimming and water safety skills to participants of all ages. Award is current for 2 years. This course requires 100% attendance and the completion of the required practicum. Prerequisites: Age 15, and hold one of the following awards: Bronze Cross, Lifesaving Society National Lifeguard/Aquatic Emergency Care or Red Cross Assistant Lifeguard. Must also provide proof of sucessful completion of the City of Edmonton's Strokes and Skills evaluation. A bathing suit is required. Additional charges will be applied upon registration and will include course materials and exam fees.

CONF	EDERATION		
	DATES	TIME	BARCODE
Cup	Jan 19	8:00am-1:00pm	665621
Sun	Feb 23, Mar 1, 8	8:00am-4:00pm	
Sun	Mar 29	8:00am-1:00pm	665622
	Apr 26, May 3, 10	8:00am-4:00pm	

CLAREVIEW				
	DATES	TIME	BARCODE	
Su/M/ W/F	Feb 29, Mar 23,25,27	8:00am-4:00pm	667082	

LOND	ONDERRY		
	DATES	TIME	BARCODE
Sun	Mar 29 April 26, May 3, 10	8:00am-1:00pm 8:00am-4:00pm	666491

O'LEAF	RY		
	DATES	TIME	BARCODE
Sa/M/ W/F	Feb 29	8:00am-1:00pm	667389
	Mar 23,25,27	8:00am-4:00pm	

NATIONAL LIFEGUARD/AQUATIC EMERGENCY CARE ORIGINAL (NL/AEC)

National Lifeguard/Aquatic Emergency Care is a pre-employment course provides comprehensive training in first aid (such as medical/legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, burns and other medical emergencies), CPR and the use of an AED. Award is current for 2 years. This course requires 100% attendance. A bathing suit is required. Additional charges will be applied upon registration and will include course materials and exam fees.

СОММО	NWEALTH		
	DATES	TIME	BARCODE
Sa/Su	Feb 1-23	8:00am-4:00pm	666423

EASTGLEN					
	DATES	TIME	BARCODE		
Sa/Su	Jan 11-26	Various Times	666422		
Tu-Su	Mar 24-29	Various times	666424		

LIFESAVING INSTRUCTOR (EPI)

Lifesaving Instructors are trained to teach and evaluate the Canadian Lifesaving program. Participants will learn various approaches to teach water rescue, first aid and related aquatic skills in the lifesaving program. Education and Proficiency Instructors are trained to teach and evaluate the Education and Proficiency programs which includes Amenity Attendants and Lifeguard Fitness Skills. These awards are current for 2 years. This course requires 100% attendance. Prerequisite: Age 16 and a Bronze Cross or higher. A bathing suit is required. Additional charges will be applied upon registration and will include course materials and exam fees.

COMMONWEALTH				
	DATES	TIME	BARCODE	
Th-Sa	Dec 29, Jan 9-12	9:00am-5:00pm	666420	

CONFE	DERATION		
	DATES	TIME	BARCODE
M-Th	Mar 23-26	9:00am-5:00pm	665610

STANDARD FIRST AID/AED/CPR-C

Standard First Aid provides comprehensive training in first aid (such as medical/legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, burns and other medical emergencies), CPR and the use of an AED. Successful completion of this course will result in a Standard First Aid & CPR-C certification valid for three years. Award is current for 3 years. This course requires 100% attendance. Prerequisite: Age 14 Additional charges will be applied upon registration and will include course materials and exam fees.

LONDO	NDERRY		
	DATES	TIME	BARCODE
Sa/Su	Jan 11,12	9:00am-5:00pm	666297
Sa/Su	March 26, 27	9:00am-5:00pm	666299

THE MEADOWS				
	DATES	TIME	BARCODE	
Sa/Su	Feb 8, 9	9:00am-5:00pm	668335	



BRONZE CROSS RECERT

This 3 hour recertification evaluates all Bronze Cross skills, as well as provides any updated information. Award is current for 2 years. Prerequisite: Prior successful completion of the Bronze Medallion Course. A bathing suit is required. Additional charges will be applied upon registration and will include course materials and exam fees.

CONFE	DERATION		
	DATES	TIME	BARCODE
Wed	Feb 12	4:30-7:30pm	666049
LONDO	NDERRY		
	DATES	TIME	BARCODE
Mar	Mar 15	8:00-11:00am	666293
MILL W	OODS		
	DATES	TIME	BARCODE
Thur	Jan 19	9:00am-12:00pm	666896

RED CROSS WATER SAFETY INSTRUCTOR (WSI) RECERT

This 5 hour recertification evaluates Water Safety Instructor skills and provides updated information regarding legislation and evaluation criteria of Learn to Swim programs. Award is current for 2 years. Prerequisites: Prior successful completion of the Water Safety Instructor Course. A bathing suit is required. Additional charges will be applied upon registration and will include course materials and exam fees.

соммо	NWEALTH		
	DATES	TIME	BARCODE
Sun	Jan 26	8:00am-1:00pm	666606
CONFE	DERATION		
	DATES	TIME	BARCODE
Sun	Jan 26	4:00-9:00pm	667166
Sun	Jan 26	8:00am-1:00pm	666606
Sat	Feb 8	12:00-5:00pm	665726
		·	

4:00-9:00pm

BARCODE

667166

DATES

Jan 3

EASTGLEN

GRAND	TRUNK		
	DATES	TIME	BARCODE
Tue	Mar 17	4:30-9:30pm	667374
MILL W	OODS		

MILL WOODS			
	DATES	TIME	BARCODE
Wed	Feb 19	4:30-9:30pm	666896

O'LEAR	? Υ		
	DATES	TIME	BARCODE
Sun	Mar 29	9:00am-2:00pm	667390

LIFESAVING INSTRUCTOR (EPI) RECERT

This 5 hour recertification will review the standards of the Canadian Swim Patrol, Bronze Medals and LS CPR programs. Award is current for 2 years. Prerequisites: Prior successful completion of the LSI Course. A bathing suit is required. Additional charges will be applied upon registration and will include course materials and exam fees.

CONFE	DERATION		
	DATES	TIME	BARCODE
Sun	Feb 9	9:00am-2:00pm	665611

NATIONAL LIFEGUARD & AQUATIC EMERGENCY CARE (NL/AEC) RECERT

This 6 hour recertification is an evaluation of the National Lifeguard/Aquatic Emergency First Aid/CPR C skills, and provides updates on legislation changes and current first aid guidelines. Award is current for 2 years. Prerequisite: Prior successful completion of the NL course and a current AEC or equivalent Standard First Aid award. Must provide proof of current Standard First Aid or Aquatic Emergency Care award. A bathing suit is required. Additional charges will be applied upon registration and will include course materials and exam fees.

CLAREV	/IEW		
	DATES	TIME	BARCODE
Sun	Feb 23	8:00am-2:00pm	667083
CONFE	DERATION		
	DATES	TIME	BARCODE
Sat	Feb 8	9:00am-3:00pm	665725
Sat	Mar 28	9:00am-3:00pm	665729
GRAND	TRUNK		
	DATES	TIME	BARCODE
Sun	Jan 4	9:00am-3:00pm	667375
MILL WOODS			
	DATES	TIME	BARCODE
Wed	Jan 22	4·00-10·00nm	666879

4:00-10:00pm

Wed

Mar 18

AED & CPR-C-COURSE/RECERT

This is a 3 hour recertification covers all aspects of CPR skills and theory for adult, child and infant casualties, including 2 man rescuer and AED. This award is current for two years. Prerequisites: Must have attended an original CPR-C & AED certification course. Additional charges will be applied upon registration and will include course materials and exam fees.

CLAREVIEW			
	DATES	TIME	BARCODE
Tue	Jan 14	4:00-7:00pm	667081

STANDARD FIRST AID/AED/CPR-C RECERT

This 6 hour recertification is an evaluation of all Standard First Aid skills, legislation changes and current first aid guidelines. Award is current or 3 years. Prerequisites: Current Standard First Aid award. Must provide proof of current Standard First Aid award. Additional charges will be applied upon registration and will include course materials and exam fees.

CLAREVIEW			
	DATES	TIME	BARCODE
Tue	Jan 14	4:00-9:00pm	667087

COMMONWEALTH				
	DATES	TIME	BARCODE	
Sun	Mar 1	9:00am-2:00pm	666611	

O'LEAF	RY		
	DATES	TIME	BARCODE
Fri	Mar 20	4:00-9:00pm	668247

666880



DISCOVER HOCKEY

The City of Edmonton has partnered with the Non-Contact Hockey League (NCHL) to provide this unique development program for adults who are new to the sport of hockey. Sessions include:

- On ice skill development sessions, starting with skating and stopping and progressing to stick handling, passing, and shooting
- Games against other NCHL beginner teams
- Classroom sessions focusing on equipment orientation, rules of the game and strategy



edmonton.ca/nchl