



LIKE YOU MEAN IT.

FACILITY GUIDE | WINTER 2016

JANUARY TO MARCH, 2016



**NEW Functional Training Centre
on page 4**

**Try one of our new training programs!
Details on page 7**

**Adult and Children obstacle based
programs! Details on pages 14-15**

edmonton.ca/kinsmen

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

City of Edmonton
**Recreation
centres** 

WELCOME

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

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

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

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

VISION

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

This vision directs us to:

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

MISSION

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

MANDATE

**High Performance Athletes
Sport Organizations**

**Individual Athletes
Serious Fitness Enthusiasts**

Recreation Based Users/User Groups



FACILITY HOURS

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

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

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

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



2016 ADMISSIONS

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

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

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

RETAIL PARTNERS

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

TWO DISTINCT FITNESS CENTRES

➤ **Functional Training Centre**

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



» Keltie Byrne Fitness Centre

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



COURT SPORTS

- › Badminton
- › Tennis
- › Volleyball
- › Basketball
- › Table Tennis
- › Handball
- › Pickle Ball
- › Racquetball
- › Squash
- › Wallyball

PERSONAL TRAINING

► Fitness & Nutrition Services

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

Personal Training

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

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

NEW for 2016 Small Group Personal Training Programs

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

	DATES	TIME	#	PRICE	BARCODE
M/ W/F	Feb 1-29	6:00-7:00am	(12)	\$228.00	559908
(No class Feb 15)					
Mon	Feb 1-29	6:00-7:00pm	(4)	\$76.00	559909
(No class Feb 15)					
Tue	Feb 2-23	7:00-8:00pm	(4)	\$76.00	559910
Wed	Feb 3-24	6:00-7:00pm	(4)	\$76.00	559911
Thu	Feb 4-25	7:00-8:00pm	(4)	\$76.00	559912

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.

NEW IN 2016



► Get hooked on Tethering!

Intensify your deep water work out by tethering. Low impact, high resistance training!

Obstacle Fun (ages 4-6)

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

Speed and Power 101

Neville Wright (Canadian Olympian) will combine speed, strength and force production to allow you to maximize physical ability, whatever your end game.

Agility 101

Neville Wright (Canadian Olympian) will prepare your body for any sport or activity you are planning to excel in by working on foot speed, quick changes in movement and improving reaction time.

JOGA

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

Group Fitness 101

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

➤ 85 + LEADER LED DROP-IN CLASSES

- Mind/Body classes
- Cardiovascular and Strength building classes
- Cycle Classes
- With Baby Classes
- Aquatic Classes

Please see edmonton.ca/kinsmen for our full drop-in program schedule

➤ SMALL GROUP TRAINING PROGRAMS

Details P.7



CHILDREN'S EXPERIENCES

➤ Kinsmen Sports Centre offers many opportunities for children and families to enjoy the facility!

➤ **Kids Den - Where Little Athletes Train (Child minding)**

➤ **NEW activity additions:**

- Tumbling mats
- Climbing /jumping
- Obstacle courses

➤ **Indoor Play Space**

- Inflatable Playground
- Imagination Playground
- Preschool Wheels

➤ **Preschool registered programs**

➤ **School aged registered programs**

➤ **School programs and Active Living School**

➤ **Birthday parties**



PRESCHOOL REGISTERED NON-AQUATIC PROGRAMS

ACTIVE SERIES PROGRAMS

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

ACTIVE TOTS

AGES 1-3

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

	DATES	TIME	#	PRICE	BARCODE
Wed	Jan 13-Mar 23	9:45-10:30am	(9)	\$93.00	553709

ACTIVE TOGETHER

AGES 1-5

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

	DATES	TIME	#	PRICE	BARCODE
Wed	Jan 13-Mar 16	11:00-11:45am	(10)	\$96.00	553669

ACTIVE START

AGES 3.5-5

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

	DATES	TIME	#	PRICE	BARCODE
Mon	Jan 11-Mar 28	9:30-11:30am	(10)	\$155.00	553667
Tue	Jan 12-Mar 29	9:30-11:30am	(10)	\$155.00	553668

MULTI-ACTIVITY PROGRAMS

OBSTACLE FUN

AGES 4-6

Obstacle fun is just that! An obstacle course that will have your active child running climbing crawling rolling and maneuvering through an array of equipment. Energetic instructors will lead your 4-6 year old through creative activities to get those heart rates up, and incorporate strength agility and speed. Child must be fully toilet trained. Feel free to send a peanut free snack and drink to stay hydrated!

	DATES	TIME	#	PRICE	BARCODE
Thur	Feb 4 - Mar 24	1:00-3:00pm	(8)	\$116.00	558878

ZUMBA KIDS JR

AGES 4-7

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

	DATES	TIME	#	PRICE	BARCODE
Tue	Feb 2-Mar 29	5:00-6:00pm	(8)	\$108.00	558870

(No Class Mar 8)

CHILD/YOUTH REGISTERED NON-AQUATIC PROGRAMS

ACTIVE SERIES PROGRAMS

ACTIVE KIDS

AGES 6-8

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

DATES	TIME	#	PRICE	BARCODE
Mon Feb 1-Mar 28	4:00 - 5:00pm	(8)	\$72.00	558874
(No Class Feb 15)				
Fri Feb 5-Mar 25	4:45 - 5:45pm	(8)	\$72.00	558875

ACTIVE FIT

AGES 9-12

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

DATES	TIME	#	PRICE	BARCODE
Fri Feb 5-Mar 25	6:00-7:00pm	(8)	\$72.00	558877

ACTIVE SPORT

AGES 9-12

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

DATES	TIME	#	PRICE	BARCODE
Mon Feb 1-Mar 28	5:00 - 6:00pm	(8)	\$72.00	558876
(No Class Feb 15)				

MULTI-ACTIVITY PROGRAMS

OBSTACLE FUN

AGES 4-6

Obstacle fun is just that! An obstacle course that will have your active child running climbing crawling rolling and maneuvering through an array of equipment. Energetic instructors will lead your 4-6 year old through creative activities to get those heart rates up, and incorporate strength agility and speed. Child must be fully toilet trained. Feel free to send a peanut free snack and drink to stay hydrated!

DATES	TIME	#	PRICE	BARCODE
Thur Feb 4 - Mar 24	1:00-3:00pm	(8)	\$116.00	558878

ZUMBA KIDS JR

AGES 4-7

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

DATES	TIME	#	PRICE	BARCODE
Tue Feb 2-Mar 29	5:00-6:00pm	(8)	\$108.00	558870

(No Class Mar 8)

KUNG FU PANDAS

AGES 6-9

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

DATES	TIME	#	PRICE	BARCODE
Thu Feb 4-Mar 31	5:30 - 6:30pm	(8)	\$76.00	558872

(No Class Mar 10)

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.

DATES	TIME	#	PRICE	BARCODE
Tue Feb 2-Mar 29	6:00-7:00pm	(8)	\$108.00	558871

(No Class Mar 8)

NINJA KIDS

AGES 10-12

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

DATES	TIME	#	PRICE	BARCODE
Thu Feb 4-Mar 31	6:45-7:45pm	(8)	\$72.00	558873

YOUTH IN ACTION

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

DATES	TIME	#	PRICE	BARCODE
Sat Jan 30	12:00-3:00pm	(1)	\$35.00	552825
Sat Mar 5	12:00-3:00pm	(1)	\$35.00	552826



ADULT REGISTERED NON-AQUATIC PROGRAMS

FITNESS BASED PROGRAMS

AGILITY TRAINING 101

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

	DATES	TIME	#	PRICE	BARCODE
Mon	Jan 4- Feb 8	7:00-8:00pm	(6)	\$120.00	553438
Mon	Feb 22- Mar 21	7:00-8:00pm	(5)	\$100.00	553480

GROUP FITNESS 101

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

	DATES	TIME	#	PRICE	BARCODE
Sun	Jan 10- Feb 7	12:30-1:30pm	(5)	\$55.00	553477

KICKBOXING - COMBINED INTRO/INTER & ADV

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

	DATES	TIME	#	PRICE	BARCODE
Mon	Jan 4-Feb 8	7:00-8:30pm	(6)	\$108.00	553431
Mon	Feb 22- Mar 21	7:00-8:30pm	(5)	\$90.00	553432
Thu	Jan 7- Feb 11	8:00-9:30pm	(6)	\$108.00	553430
Thu	Feb 18-Mar 31	8:00-9:30pm	(7)	\$126.00	553433

OBSTACLE-FIT CONDITIONING

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

	DATES	TIME	#	PRICE	BARCODE
Wed	Jan 6-Feb 10	7:00-8:00pm	(6)	\$72.00	553439
Wed	Feb 17-Mar 30	7:00-8:00pm	(7)	\$84.00	553441
Sun	Jan 10-Feb 7	9:00-10:00am	(5)	\$60.00	553440
Sun	Feb21- Mar 20	9:00-10:00am	(5)	\$60.00	553443

SPEED AND POWER 101

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

	DATES	TIME	#	PRICE	BARCODE
Fri	Jan 8-Feb 12	7:00-8:00pm	(5)	\$100.00	553479
Fri	Feb 19-Mar 25	7:00-8:00pm	(5)	\$100.00	553481

WOMEN ON WEIGHTS

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

	DATES	TIME	#	PRICE	BARCODE
Sat	Jan 9- Feb 6	10:30-11:30am	(5)	\$55.00	553444
Sat	Feb 20- Apr 2	10:30-11:30am	(6)	\$66.00	553445

(No Class March 26)

SMALL GROUP PERSONAL TRAINING PROGRAMS

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

	DATES	TIME	#	PRICE	BARCODE
M/W/F	Feb 1-29	6:00-7:00am	(12)	\$228.00	559908

(No class Feb 15)

Mon	Feb 1-29	6:00-7:00pm	(4)	\$76.00	559909
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(No class Feb 15)

Tue	Feb 2-23	7:00-8:00pm	(4)	\$76.00	559910
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Wed	Feb 3-24	6:00-7:00pm	(4)	\$76.00	559911
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Thu	Feb 4-25	7:00-8:00pm	(4)	\$76.00	559912
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AQUATIC CENTRE

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

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

- **NEW tethering**
- **Swim training**
- **Aquafit**
- **Aqua HIIT**

- **SELECT I CAN SWIM - STAGE 1 6+ yrs**
Children will learn all the fundamentals skills
- **SELECT I CAN SWIM - STAGE 2 6+yrs**
An introduction to front swim, back swim and breaststroke
- **SELECT I CAN SWIM - STAGE 3**
Building on the skills developed in stage 1 & 2

SELECT ADULT LESSONS

- **THE START Age 18+yrs beginner** swimmers learn to be comfortable in the water and acquire fundamental movement skills
- **THE NEXT STEP Ages 18+yrs** designed for swimmers already at ease in the water, this program will teach participants to swim in deep water and build on skills learned in The Start



ADULT DROP IN AQUATIC PROGRAMS

TETHERING

A tether (i.e. bungee cord, or hitch) is fastened to a deep-water belt and then hooked/tethered onto a lane rope creating dynamic resistance. This activity is performed in deep water and is easily modified for all levels. Benefits can include reduced impact on joints, increased range of motion, improved strength and endurance, increased core strength and cardiac functioning.

DATES	TIME
Monday	7:00-8:00am

SWIM TRAINING

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

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

AQUA FIT

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

DATES	TIME
Mon/Wed/Fri	10:00-11:00am

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

DATES	TIME
Tuesday/Thursday	12:00-1:00pm



REGISTERED AQUATIC SWIM PROGRAM DESCRIPTIONS

NEW SELECT I CAN SWIM LESSONS

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

Each lesson will include:

- › Maximum of 6 children in each class
- › Self-paced advancement to the next level based on completion of skills
- › Child's progress conveniently tracked on a summary card
- › I CAN SWIM stages 1,2,3 program content will be offered

SELECT I CAN SWIM - STAGE 1

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

SELECT I CAN SWIM - STAGE 2

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

SELECT I CAN SWIM - STAGE 3

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

PRIVATE LESSONS

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

PRESCHOOL AQUATIC PROGRAMS

Leisure & Recreation Centres

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

PARENT & TOT

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

PARENT & TOT: STARFISH 12-14 MOS

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

PARENT & TOT: DUCK 12-24 MOS

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

PARENT & TOT: SEA TURTLE 24-36 MOS

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

SUPER 3 YR OLD BEGINNER

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

SUPER 3 YR OLD INTERMEDIATE

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

4&5 YR OLD BEGINNER

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

4&5 YR OLD ADVANCED

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

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

4&5 YR OLD ENRICHED

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

KINSMEN AQUATIC PROGRAM SCHEDULE

MONDAY: JANUARY 11 – MARCH 21 10 LESSONS		
9:30AM	PARENT & TOT DUCK 552602	SUPER 3 YR OLD INT 546842
9:45AM		
10:00AM	SUPER 3 YR OLD BEG 546824	PARENT & TOT SEA TURTLE 558654
10:15AM		
10:30AM	PARENT & TOT DUCK 546729	4 & 5 YR OLD ADV 547764
10:45AM		
11:00AM	4 & 5 YR OLD BEG 547574	SUPER 3 YR OLD BEG 546826
11:15AM		

! No Lessons February 15

TUESDAY: JANUARY 12 – MARCH 15 10 LESSONS		
9:30AM	PARENT & TOT STARFISH 558656	4 & 5 YR OLD BEG 553079
9:45AM		
10:00AM	4 & 5 YR OLD ADV 547765	PARENT & TOT DUCK 546741
10:15AM		
10:30AM	4 & 5 YR OLD BEG 550570	SUPER 3 YR OLD INT 546844
10:45AM		
11:00AM	SUPER 3 YR OLD BEG 546829	PARENT & TOT SEA TURTLE 558655
11:15AM		

TUESDAY: JANUARY 12 – MARCH 15 10 LESSONS	
1:00PM	4 & 5 YR OLD BEG 546873
1:15PM	
1:30PM	4 & 5 YR OLD ADV/ENR 546962
1:45PM	
2:00PM	SUPER 3 YR OLD BEG 546832
2:15PM	
2:30PM	4 & 5 YR OLD ADV 547766
2:45PM	

THURSDAY: JANUARY 14 – MARCH 1 10 LESSONS	
3:00PM	PRIVATE LESSON 546969
3:15PM	
3:30PM	PRIVATE LESSON 546970
3:45PM	
4:00PM	PRIVATE LESSON 546971
4:15PM	
4:30PM	PRIVATE LESSON 546972
4:45PM	

FRIDAY: JANUARY 15 – MARCH 18 10 LESSONS		
9:30AM	PARENT & TOT DUCK 546747	4 & 5 YR OLD BEG 546874
9:45AM		
10:00AM	4 & 5 YR OLD ADV 547767	PARENT & TOT DUCK 546748
10:15AM		
10:30AM	PARENT & TOT DUCK 546749	SUPER 3 YR OLD INT 546845
10:45AM		
11:00AM	SUPER 3 YR OLD BEG 546834	PARENT & TOT SEA TURTLE 558658
11:15AM		
11:30AM	PRIVATE LESSON	PRIVATE LESSON 546974
11:45AM		

PRIVATE LESSON	Jan 15	546973	Jan 22	550522	Jan 29	550523	Feb 5	550524	Feb 12	550525
11:30AM - 12:00PM	Feb 19	550526	Feb 26	550527	Mar 4	550528	Mar 11	550529	Mar 18	550530

SATURDAY: JANUARY 9 – MARCH 19				10 LESSONS
9:00AM		PARENT& TOT SEA TURTLE 558659	SUPER 3 YR OLD BEG 546835	4 & 5 YR OLD ADV 547768
9:15AM				
9:30AM	SUPER 3 YR OLD BEG 546836	4 & 5 YR OLD ADV 547769	PARENT& TOT DUCK 546752	4 & 5 YR OLD BEG 546876
9:45AM				
10:00AM	SUPER 3 YR OLD INT 546846	SUPER 3 YR OLD BEG 546837	4 & 5 YR OLD ADV 547770	PARENT& TOT STARFISH 546793
10:15AM				
10:30AM	4 & 5 YR OLD ADV 547771	PARENT& TOT DUCK 546755	SUPER 3 YR OLD INT 546847	4 & 5 YR OLD BEG 546878
10:45AM				
11:00AM				
11:15AM	PARENT& TOT DUCK 546757	4 & 5 YR OLD ADV/ENR 546963	4 & 5 YR OLD ADV 547772	SUPER 3 YR OLD BEG 546838
11:30AM				
11:45AM	SUPER 3 YR OLD BEG 546839	4 & 5 YR OLD BEG 546880	PARENT & TOT DUCK 546760	SUPER 3 YR OLD INT 546848
12:00PM				
12:15PM	4 & 5 YR OLD ADV 547773	SUPER 3 YR OLD BEG 546840	4 & 5 YR OLD ADV/ENR 546964	PARENT & TOT DUCK 546761
12:30PM				
12:45PM	4 & 5 YR OLD ADV/ENR 546965	SUPER 3 YR OLD BEG 546841	PARENT & TOT SEA TURTLE 546813	4 & 5 YR OLD BEG 546881
1:00PM				

 No Lesson February 13

SUNDAY: JANUARY 10 – MARCH 20				10 LESSONS
9:00AM		PARENT& TOT DUCK 546766	SUPER 3 YR OLD BEG 546855	4 & 5 YR OLD ADV 547774
9:15AM				
9:30AM	4 & 5 YR OLD ADV/ENR 546966	4 & 5 YR OLD BEG 546886	PARENT& TOT SEA TURTLE 558660	SUPER 3 YR OLD BEG 546857
9:45AM				
10:00AM	SUPER 3 YR OLD INT 546849	SUPER 3 YR OLD BEG 546859	4 & 5 YR OLD ADV 547775	PARENT & TOT STARFISH 546798
10:15AM				
10:30AM	4 & 5 YR OLD ADV 547776	PARENT & TOT DUCK 546770	SUPER 3 YR OLD INT 546851	4 & 5 YR OLD BEG 546888
10:45AM				
11:00AM				
11:15AM	PARENT & TOT DUCK 546772	4 & 5 YR OLD ADV/ENR 546967	4 & 5 YR OLD ADV 547777	SUPER 3 YR OLD BEG 546861
11:30AM				
11:45AM	SUPER 3 YR OLD BEG 546863	4 & 5 YR OLD BEG 546890	PARENT & TOT DUCK 546774	4 & 5 YR OLD ADV 547778
12:00PM				
12:15PM	SUPER 3 YR OLD INT 546853	4 & 5 YR OLD BEG 546894	4 & 5 YR OLD ADV/ENR 546968	PARENT & TOT DUCK 546806
12:30PM				
12:45PM	PRIVATE LESSON	PRIVATE LESSON 546976	PRIVATE LESSON 546977	PARENT & TOT SEA TURTLE 546816
1:00PM				

 No Lesson February 14

PRIVATE LESSON	Jan 10	546975	Jan 17	552671	Jan 24	552672	Jan 31	552673	Feb 7	552673
12:45 - 1:15PM	Feb 21	552675	Feb 28	552676	Mar 6	552677	Mar 13	552678	Mar 20	552679

FLEX LESSONS											
THURSDAY		SUNDAY		THURSDAY		SUNDAY		THURSDAY		SUNDAY	
STAGE 1				STAGE 2				STAGE 3			
JAN 7	3:30 - 4:00pm 550332	JAN 10	2:00 - 2:30pm 550356	JAN 7	3:30 - 4:15pm 550422	JAN 10	2:00 - 2:45pm 550446	JAN 7	3:30 - 4:15pm 550466	JAN 10	2:00 - 2:45pm 550549
	4:15 - 4:45pm 550333		2:45 - 3:15pm 550357		4:00 - 4:45pm 550423		2:30 - 3:15pm 550447		4:15 - 5:00pm 550467		2:45 - 3:30pm 550559
JAN 14	3:30 - 4:00pm 550334			JAN 14	3:30 - 4:15pm 550424			JAN 14	3:30 - 4:15pm 550540		
	4:15 - 4:45pm 550345				4:00 - 4:45pm 550435				4:15 - 5:00pm 550531		
JAN 21	3:30 - 4:00pm 550335	JAN 24	2:00 - 2:30pm 550360	JAN 21	3:30 - 4:15pm 550425	JAN 24	2:00 - 2:45pm 550449	JAN 21	3:30 - 4:15pm 550541	JAN 24	2:00 - 2:45pm 550551
	4:15 - 4:45pm 550347		2:45 - 3:15pm 550369		4:00 - 4:45pm 550436		2:30 - 3:15pm 550458		4:15 - 5:00pm 550532		2:45 - 3:30pm 550561
JAN 28	3:30 - 4:00pm 550336	JAN 31	2:00 - 2:30pm 550361	JAN 28	3:30 - 4:15pm 550426	JAN 31	2:00 - 2:45pm 550450	JAN 28	3:30 - 4:15pm 550542	JAN 31	2:00 - 2:45pm 550552
	4:15 - 4:45pm 550346		2:45 - 3:15pm 550370		4:00 - 4:45pm 550437		2:30 - 3:15pm 550459		4:15 - 5:00pm 550533		2:45 - 3:30pm 550562
FEB 4	3:30 - 4:00pm 550337	FEB 7	2:00 - 2:30pm 550362	FEB 4	3:30 - 4:15pm 550427	FEB 7	2:00 - 2:45pm 550451	FEB 4	3:30 - 4:15pm 550543	FEB 7	2:00 - 2:45pm 550553
	4:15 - 4:45pm 550348		2:45 - 3:15pm 550371		4:00 - 4:45pm 550438		2:30 - 3:15pm 550460		4:15 - 5:00pm 550534		2:45 - 3:30pm 550563
FEB 11	3:30 - 4:00pm 550338			FEB 11	3:30 - 4:15pm 550428			FEB 11	3:30 - 4:15pm 550544		
	4:15 - 4:45pm 550349				4:00 - 4:45pm 550439				4:15 - 5:00pm 550535		
FEB 18	3:30 - 4:00pm 550339	FEB 21	2:00 - 2:30pm 550363	FEB 18	3:30 - 4:15pm 550429	FEB 21	2:00 - 2:45pm 550452	FEB 19	3:30 - 4:15pm 550545	FEB 21	2:00 - 2:45pm 550554
	4:15 - 4:45pm 550350		2:45 - 3:15pm 550372		4:00 - 4:45pm 550440		2:30 - 3:15pm 550461		4:15 - 5:00pm 550536		2:45 - 3:30pm 550564
FEB 25	3:30 - 4:00pm 550340	FEB 28	2:00 - 2:30pm 550364	FEB 25	3:30 - 4:15pm 550430	FEB 28	2:00 - 2:45pm 550453	FEB 26	3:30 - 4:15pm 550546	FEB 28	2:00 - 2:45pm 550555
	4:15 - 4:45pm 550351		2:45 - 3:15pm 550373		4:00 - 4:45pm 550441		2:30 - 3:15pm 550462		4:15 - 5:00pm 550537		2:45 - 3:30pm 550565
MAR 3	3:30 - 4:00pm 550341	MAR 6	2:00 - 2:30pm 550365	MAR 3	3:30 - 4:15pm 550431	MAR 6	2:00 - 2:45pm 550454	MAR 3	3:30 - 4:15pm 550547	MAR 6	2:00 - 2:45pm 550556
	4:15 - 4:45pm 550352		2:45 - 3:15pm 550374		4:00 - 4:45pm 550442		2:30 - 3:15pm 550463		4:15 - 5:00pm 550538		2:45 - 3:30pm 550566
MAR 10	3:30 - 4:00pm 550342	MAR 13	2:00 - 2:30pm 550366	MAR 10	3:30 - 4:15pm 550432	MAR 13	2:00 - 2:45pm 550455	MAR 10	3:30 - 4:15pm 550548	MAR 13	2:00 - 2:45pm 550557
	4:15 - 4:45pm 550353		2:45 - 3:15pm 550375		4:00 - 4:45pm 550443		2:30 - 3:15pm 550464		4:45 - 5:30pm 550539		2:45 - 3:30pm 550567
MAR 17	3:30 - 4:00pm 550343	MAR 20	2:00 - 2:30pm 550367	MAR 17	3:30 - 4:15pm 550433	MAR 20	2:00 - 2:45pm 550456			MAR 20	2:00 - 2:45pm 550558
	4:15 - 4:45pm 550354		2:45 - 3:15pm 550376		4:00 - 4:45pm 550444		2:30 - 3:15pm 550465				2:45 - 3:30pm 550568
MAR 24	3:30 - 4:00pm 550344			MAR 24	3:30 - 4:15pm 550434						
	4:15 - 4:45pm 550355				4:00 - 4:45pm 550445						

RENTALS

Field house courts and the lower running track are available for users to rent and can accommodate different sports and user groups. Please contact kscfieldhousebookings@edmonton.ca for rental inquiries

ROOMS

Kinette Room

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

Board Room

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