SPRING 2020: APR - JUN

# Recreation centres

**PROGRAM GUIDE** 

**NEW! FREE YEG YOUTH DROP IN PROGRAMS P.66** 

MEMBER REGISTRATION
JAN 29, 2020
NON-MEMBER REGISTRATION
JAN 30, 2020

# NEW! MEMBERSHIP BENEFITS

Introducing NEW Membership Benefits to enhance your experience!

- **\*** Early recreation program registration
- Exclusive members events
- Hold period of up to two months

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

- 10% discount on registered recreation programs
- Access to all City of Edmonton outdoor pools
- Free Youth In Action program for all continuous monthly and annual youth and family pass holders.

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



edmonton.ca/reccentres

### **CONTENTS** GENERAL INFORMATION 1 Membership Benefits 4 What's In Your Neighbourhood? 6 Membership & Admissions 7 **Discount Opportunities** 8 Program Registration 9 Registered Non-Aquatic Program Guide 13 Registered Aquatic Program Guide 14 City of Edmonton Recreation Centres Facility Amenity Guide 24 25 Facility Accessibility Guide **PROGRAMS & SERVICES (NON-AQUATIC)** 26 Birthday Parties 28 Preschool Registered Physical Activity 33 School-Aged Registered Physical Activity 39 Adult Registered Physical Activity 46 Programs for Persons with Disabilities 50 Personal Training 52 Preschool City Arts Centre Outreach 55 School-Aged City Arts Centre Outreach 59 Adult City Arts Centre Outreach **PROGRAMS (AQUATIC)** 67 Registered Aquatic Program Descriptions 70 **Employment Progression** 71 What level do I register in now? 73 Registered Aquatic Program Times Aquatic Leadership Program Schedule 114 Aquatic Leadership Recertification Program Schedule

# 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
- 3 Eastglen Leisure Centre 11410 - 68 Street
- Londonderry Fitness and Leisure Centre 14528 66 Street
- O'Leary Fitness and Leisure Centre

### **NORTHWEST**

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

### **CENTRAL**

- Ocmmonwealth Community Recreation Cen. 11000 Stadium Road
- 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
- 7 Scona Leisure Centre Operated by an independent contractor 10450 - 72 Avenue

### SOUTHWEST

- Confederation Leisure Centre
  11204 43 Avenue
- 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, 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
- Queen Elizabeth Outdoor Pool
  9100 Walterdale Hill

## City of Edmonton Golf Courses

- Victoria Golf Course & Driving Range
- Riverside Golf Course
  8630 Rowland Road
- Rundle Golf Course 2902 - 118 Avenue
- Kinsmen Pitch and Putt
  Operated by the Kinsmen Club of Edmonton

# **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

### **NORTHEAST**

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

### **NORTHWEST**

- 6 Bill Hunter Arena 9200 - 163 Street
- Callingwood Rec Centre
- 8 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
- 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)	\$8.25	\$7.45 (per visit)	\$55.00	\$480.00	\$45.00	CENTRAL LIONS CONFEDERATION EASTGLEN							
YOUTH/SENIOR (13-17 yrs/65+)	\$7.00	\$6.30 (per visit)	\$46.00	\$46.00 \$408.00		GRAND TRUNK JASPER PLACE HARDISTY							
CHILD (2-12 yrs)	\$5.50	\$4.95 (per visit)	\$37.00	\$37.00 \$312.00 \$29.00		LONDONDERRY MILL WOODS O'LEARY							
FAMILY	\$19.80												
INCLUDES: Swimr	NCLUDES: Swimming, Fitness Centre and use of equipment												

### **FACILITY PLUS**

	ADMIS	SIONS	МЕМВЕ	RSHIP	CONTINUOUS	LOCATIONS				
	Single	Multi (5-20 visits)	Monthly	Annual	Monthly (bank withdrawal)	COMMONWEALTH KINSMEN				
ADULT (18-64 yrs)	\$10.25	\$9.25 (per visit)	\$70.00	\$624.00	\$60.00	A.C.T. BONNIE DOON CENTRAL LIONS				
YOUTH/SENIOR (13-17 yrs/65+)	\$8.75	\$7.90 (per visit)	\$59.00	\$59.00 \$520.00		\$59.00 \$520.00 \$50.00		CONFEDERATION EASTGLEN GRAND TRUNK		
CHILD (2-12 yrs)	\$7.00	\$6.30 (per visit)	\$46.00	\$410.00	\$40.00	JASPER PLACE HARDISTY LONDONDERRY				
FAMILY	\$24.30									
INCLUDES: Swimn	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 **NEW Membership Benefits!** Find out what's available to you! P. 1



### **ALL FACILITY**

	ADMIS	SIONS	МЕМВЕ	ERSHIP	CONTINUOUS	LOCATIONS		
	Single	Multi (5-20 visits)	Monthly	Annual	Monthly (bank withdrawal)	CLAREVIEW THE MEADOWS		
<b>ADULT</b> (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		
CHILD (2-12 yrs)	\$7.25	\$6.55 (per visit)	\$48.00	\$421.00	\$41.00	EASTGLEN GRAND TRUNK HARDISTY JASPER PLACE		
FAMILY	\$31.50	\$28.35 (per visit)	\$188.00	KINSMEN LONDONDERRY MILL WOODS				
INCLUDES: Admission and full	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
- > **NEW!** Membership Benefits! P.1

NEED MORE INFORM	ATION?
MAP OF FACILITY LOCATIONS	Page 4
AMENITY AND ACCESSIBILITY GUIDES	Page 24-25
REGISTERED PROGRAM GUIDES	Page 9-13
FACILITY DESCRIPTIONS	Page 14-23
DROP-IN PROGRAM SCHEDULES	edmonton.ca/ findyourfit

## **DISCOUNT OPPORTUNITIES**

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

- > Pre-purchasing multi-admissions (5+)
- Being a member of a Community League that is enrolled in the Community League Wellness Program

### edmonton.ca/wellnesscommunityleague

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

### edmonton.ca/wellnesscorporate

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

### **LEISURE ACCESS 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.



### 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.

### 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: Jan 29, 2020 Non-members: Jan 30, 2020

REGISTER FAST! PROGRAMS FILL UP QUICKLY!

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 FITNESS AND LEISURE CENTRE & ANNEX	KINSMEN SPORTS CENTRE	LONDONDERRY FITNESS AND LEISURE CENTRE	THE MEADOWS COMMUNITY RECREATION CENTRE	MILL WOODS RECREATION CENTRE	O'LEARY FITNESS AND LEISURE CENTRE	ST FRANCIS XAVIER RECREATION CENTRE	TERWILLEGAR COMMUNITY RECREATION CENTRE
PRESCHOOL REGISTERED														
2 TIMES THE FUN <b>P.31</b>			*							*				*
ACTIVE TOGETHER FAMILY P.30		*	*					*			*			*
KICKIN' IT <b>P.31</b>										*				*
LET'S PLAY BALL <b>P.31</b>										*				*
MINI MOVERS P.30			*							*				*
MOVE 'N TO THE ABCS & 123S <b>P.32</b>			*							*				*
SPRING INTO FUN <b>P.32</b>			*							*	*			*
SUPER HERO TRAINING P.32														*
WELCOME TO THE JUNGLE P.32			*											*
ZUMBA KIDS JR <b>P.32</b>			*							*				*
ZUMBINI <b>P.29</b>			*							*				*
PRESCHOOL REGISTERED	CITY	/ ART	CEN.	TRE										
ART EXPLORERS P.54														*
ART EXPLORERS PAINTING SKILLS P.54														*
DYNAMIC DANCE P.52			*							*	*			*
FOOTLIGHTS & FANCY FEET <b>P.53</b>		*	*							*	*			*
MASTER KINDER CHEF P.52											*			*
MUSIC & MOVEMENT P.53										*				*
MUSICAL DISCOVERIES P.53														*
PIANO ADVENTURES - YELLOW 1 P.53										*				*
PIANO ADVENTURES - YELLOW 2 P.54										*				*
PRESCHOOL BALLET <b>P.53</b>		*	*							*	*			*
SCHOOL-AGED REGISTER	ED													
ACTIVE KIDS: READY2BALL P.33		*	*					*		*				*
ACTIVE KIDS: READY2RACQUET P.34										*				*
ACTIVE KIDS: READY2VOLLEY <b>P.34</b>														*
ACTIVE YOUTH: READY2BALL P.35			*							*				*
DANCE PL3Y! P.34			*							*				*
KUNG FU PANDAS I <b>P.34</b>		*	*											*
KUNG FU PANDAS II <b>P.36</b>		*	*					*		*				*
OBSTACLE FIT KIDS <b>P.35</b>								*						*
RED CROSS BABYSITTING P.37		*	*		*					*	*			*
STAY SAFE! P.37		*		*	*									
YOUTH IN ACTION P.36		*	*		*			*	*	*	*	*	*	*
ZUMBA KIDS <b>P.35</b>			*							*				
SCHOOL-AGED REGISTER	ED C	AMPS	;											
ACTIVEKIDS: READY4SPORT CAMP P.38														*
ACTIVE EINSTEIN'S CAMP P.38		*												
MUGGLES TRI-SPORT TOURNAMENT P.38										*				

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 FITNESS AND LEISURE CENTRE & ANNEX	KINSMEN SPORTS CENTRE	LONDONDERRY FITNESS AND LEISURE CENTRE	THE MEADOWS COMMUNITY RECREATION CENTRE	MILL WOODS RECREATION CENTRE	O'LEARY FITNESS AND LEISURE CENTRE	ST FRANCIS XAVIER RECREATION CENTRE	TERWILLEGAR COMMUNITY RECREATION CENTRE
SCHOOL-AGED REGISTER	ED C	ITY A	RT CE	ENTR	Ē									
ADVANCED YOU CAN COOK! P.56														*
ART MASTERS P.58			*							*				*
BEGINNER BALLET <b>P.57</b>			*							*	*			
BEGINNER PAINTING FOR TEENS P.58														*
BEGINNER YOU CAN COOK! P.56														*
CONTEMPORARY DANCE P.57		*	*											
THE CARTOON WORKSHOP <b>P.58</b>		*									*			*
DANCE COMBO: BALLET AND JAZZ <b>P.57</b>											*			*
DRAMA: ACTING UP! <b>P.58</b>														*
FAMILY CHOCOLATE MAKING P.55			*								*			
FLOWER CUPCAKE DECORATING <b>P.56</b>			*											
HIP HOP <b>P.57</b>			*							*	*			*
LEARN TO BAKE MACARONS <b>P.56</b>			*											
PIANO ADVENTURES BLUE I <b>P.57</b>										*				*
PIANO ADVENTURES BLUE II P.58														*
PIANO ADVENTURES PURPLE P.58														*
POTTERY FOR FAMILIES <b>P.55</b>	*													
SUSHI MAKING P.56			*											
UKELELE FOR TEENS <b>P.58</b>														*
YOU CAN COOK P.56			*											*
ADULT REGISTERED														
FITNESS CENTRE ORIENTATION P.39		*	*		*	*		*	*	*	*	*	*	*
KICKBOXING P.44								*						*
LEARN TO PLAY BASKETBALL <b>P.42</b>			*											
LEARN TO PLAY BADMINTON <b>P.42</b>										*				
LEARN TO PLAY PICKLEBALL - BEG P.42	*									*				*
LEARN TO PLAY PICKLEBALL - INT/ADV <b>P.43</b>														*
LEARN TO PLAY SOCCER <b>P.43</b>		*												
LEARN TO PLAY OUTDOOR PICKLEBALL BEGINNER <b>P.43</b>								*						
LEARN TO PLAY VOLLEYBALL <b>P.43</b>													*	
SMALL GROUP PERSONAL TRAINING P.40		*	*					*		*				*
SMALL GROUP PERSONAL TRAINING- FOR FLEXIBILITY <b>P.41</b>								*						
SMALL GROUP PERSONAL TRAINING- LEARN TO LIFT <b>P.41</b>								*						
SMALL GROUP PERSONAL TRAINING- OLYMPIC LIFTING <b>P.41</b>								*						

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 FITNESS AND LEISURE CENTRE & ANNEX	KINSMEN SPORTS CENTRE	LONDONDERRY FITNESS AND LEISURE CENTRE	THE MEADOWS COMMUNITY RECREATION CENTRE	MILL WOODS RECREATION CENTRE	O'LEARY FITNESS AND LEISURE CENTRE	ST FRANCIS XAVIER RECREATION CENTRE	TERWILLEGAR COMMUNITY RECREATION CENTRE
ADULT REGISTERED														
TRIATHLON-LEARN TO TRI <b>P.44</b>								*						
TRIATHLON- ENDURANCE <b>P.44</b>								*						
TRIATHLON- ENDURANCE/RACING P.44								*						
WOMEN ON WEIGHTS P.48		*	*					*		*				*
ADULT REGISTERED CITY	ART	CENT	RE											
ACRYLICS 1 & 2 P.65			*							*				*
BASIC CAKE DECORATING <b>P.59</b>														*
BASIC MACARONS <b>P.59</b>											*			
BATH BOMBS <b>P.64</b>											*			
BALLET 1 & 2 <b>P.62</b>			*											*
BALLROOM DANCING P.62														*
BOLLYWOOD FUSION P.62														*
BRAZILIAN STREET FOOD <b>P.59</b>											*			
CONTEMPORARY DANCE P.62			*											*
COUNTRY DANCE P.63														*
DANCE MIXER <b>P.63</b>														*
DRAWING & PAINTING WITH MIXED MEDIA <b>P.64</b>														*
DRAWING AND PAINTING BOOTCAMP <b>P.65</b>			*											
EXPLORING THE SECRETS OF WATERCOLOURS <b>P.65</b>														*
FLORAL THEMED CARD MAKING P.61														*
FONDANT CUPCAKE MAKING P.60			*											
GUITAR 1 P.63										*	*			*
HAND DRUMMING P.63		*												
HIP HOP <b>P.62</b>			*							*	*			
LEARN TO CROCHET <b>P.61</b>			*							*				
LEARN TO KNIT 1 <b>P.61</b>			*							*				*
MEAL PREP <b>P.60</b>											*			
MINDFULNESS MEDITATION P.64														*
POTTERY 1& 2 <b>P.64</b>	*													
POTTERY STUDIO FOR SENIORS <b>P.64</b>	*													
POTTERY: TEXTURED HAND BUILDING <b>P.64</b>	*													
SEWING 1 <b>P.61</b>			*							*				*
SUSHI MAKING P.60			*											
SWING <b>P.63</b>														*
SWEET DESSERTS P.60											*			

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 FITNESS AND LEISURE CENTRE & ANNEX	KINSMEN SPORTS CENTRE	LONDONDERRY FITNESS AND LEISURE CENTRE	THE MEADOWS COMMUNITY RECREATION CENTRE	MILL WOODS RECREATION CENTRE	O'LEARY FITNESS AND LEISURE CENTRE	ST FRANCIS XAVIER RECREATION CENTRE	TERWILLEGAR COMMUNITY RECREATION CENTRE
ADULT REGISTERED CITY	ART	CENT	ΓRE											
TAIWANESE STREET FOOD <b>P.60</b>			*								*			
UKE CAN ROCK & SING <b>P.64</b>														*
WATERCOLOURS 1 & 2 P.65														*
ADULT LEISURE PROGRA	MS (F	OR P	ERSC	NS W	VITH [	DISAE	BILITII	ES)						
COOKING CLUB P.44	*		*								*			
CRAFT N' CREATIONS <b>P.44</b>	*													
FIT NIGHT <b>P.44</b>														*
SOCIAL NIGHT <b>P.45</b>	*													

CITY-WIDE AQUATIC REGISTERED PROGRAMS	COMMUNITY REC CENTRES	CLAREVIEW COMMUNITY RECREATION CENTRE	COMMONWEALTH COMMUNITY RECREATION CENTRE	KINSMEN SPORTS CENTRE	THE MEADOWS COMMUNITY RECREATION CENTRE	TERWILLEGAR COMMUNITY RECREATION CENTRE	LEISURE CENTRES	A.C.T. AQUATIC AND RECREATION CENTRE	BONNIE DOON LEISURE CENTRE	CONFEDERATION LEISURE CENTRE	EASTGLEN LEISURE CENTRE	GRAND TRUNK LEISURE CENTRE	HARDISTY LEISURE CENTRE	JASPER PLACE FITNESS AND LEISURE CENTRE & ANNEX	LONDONDERRY FITNESS AND LEISURE CENTRE	MILL WOODS RECREATION CENTRE	O'LEARY FITNESS AND LEISURE CENTRE	PETER HEMINGWAY FITNESS AND LEISURE CENTRE
AQUATIC LEADERSHIP P.114		*	*			*				*	*	*	*		*	*	*	
SWIMMING LESSONS		*	*	*	*			*	*	*	*	*	*		*	*	*	*

DID YOU KNOW?

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



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



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** I FISURE 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 temperature, salt water temperatures 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**

# 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, basketball courts, basketball courts, basketball 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



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

### JASPER PLACE FITNESS AND LEISURE CENTRE



Jasper Place offers fitness and leisure opportunities for all ages. The fitness centre and circuit training program are great for a variety of workout routines. Children can learn to swim in one of Edmonton's largest teach pools.

9200 - 163 Street | edmonton.ca/jasperplace

### JASPER PLACE ANNEX



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

### KINSMEN SPORTS CENTRE

### **AMENITIES** Competition pool: 50 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 Child-minding 9100 Walterdale Hill 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 I FISURE CENTRE

### **AMENITIES**

- 25 metre length, 0.4

   3.0 metre depth,
   29.5°C water
- 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 www.edmonton.ca/RecCentres



### 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 pool • Whirlpool, sauna and water slide • Dive tank (3.8m) • Fitness centre • Racquet courts • Attached indoor arenas • Cafeteria • Indoor play space

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

### O'LEARY FITNESS AND LEISURE CENTRE



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

### 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



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

### 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 Fitness and Leisure Centre. The sports centre is a public facility operated by the City of Edmonton in partnership with Edmonton Catholic Schools. **9240 – 163 Street | edmonton.ca/sfx** 

### TERWILLEGAR COMMUNITY RECREATION CENTRE



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

	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
CE	GIANT SLIDE (SHALLOW, DEEP LANDING)			S		•			D		D		D	S	D	S				•
F	GIANT AQUATIC INFLATABLES							•					•							•
D.	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		٠	٠	٠				•
	FITNESS CENTRE			•	•	•			•	•		•	•	•	•	•	•		•	•
	FITNESS MONITORING			•		٠						•	٠	٠	•				٠	•
	PERSONAL TRAINING	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
	DROP-IN FITNESS PROGRAMS	•		•	•	•	•	•	•	•	•	•	•	•	•	•		•	•	•
10	CHILD/YOUTH PROGRAMS	•		•		•	•		•	•	•	•	•	•	•	•	•		•	•
Ĕ	MASSAGE/PHYSIOTHERAPY								•			•		•						•
15	RACQUET COURTS		•									•			•					
ō	CAFETERIA	•										•	•		•					
π	INDOOR ICE ARENA	_		•				_	•		•		•	•	•		•			•
은	MEETING ROOM(S)	•		•	•	•		•	·		•	•	•	•	•	•		•	•	•
A	GYMNASIUM BARBEQUE				•	•						•		•					,	
AQL	KITCHEN FACILITIES (SINK,	•						·					S							•
NON-AQUATIC FACILITIES	EZONE PUBLIC WIRELESS	•		•	•							•	•	•	•					•
Z	INTERNET CONNECTION  INDOOR RUNNING TRACK					•														
	ARM ERGOMETER (HAND BIKE)				•														,	
	OUTDOOR LEISURE ICE													•						
	SPRAY PAD																			
	CLUB MEMBERSHIP																			•
	EDMONTON PUBLIC LIBRARY													•						
	SKATE SHARPENING													•						•

	Δ	FACILITY ACCESSIBILITY 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
	<sub>0</sub>	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	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
	Δ	CURB CUT	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
OR	B	W/C RAMP TO DOOR	•	NA		•	NA	•	•	NA	•	•	•	NA	•	•	•	NA	•
IER I	ENTRANCE	NO. STAIRS TO DOOR	0	0	0	0	0	0	6	0	0	•	18	0	0	0	0	0	0
X	E	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	•	•	•	•	•	•	•	•	•	•		•	•	•			•
N	FRIOR	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	•	•		•	•	•	•	•	•		•	•	•	•	•	•	•
	CHAN	MECHANICAL TRANSFER LIFT	•				•						•		•				•
		EXTRAS (CURTAINS, HEAT LAMPS)	H/C	С	Н	С	**		С	С	С	С			•	Н		С	
	ESS	RAILINGS	•	•	•		•			•				•	•				•
ITIES	OOL ACCESS	RAMP INTO POOL	•	NA			•							•	•	•			•
	POC	POOL LIFT	•	•	•		NA	•			•		•		•		•	•	•
AQUATIC FACIL		PORTABLE STAIRS		•	•		NA	•	•	•	•	•	•		•		•	•	•
ပ်		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
A	POOL DECK	HOT TUB (40 °C)	•	•	•		•	•	•	•	•			•	•	•	•	•	•
		COMMODE OR W/C FOR WATER	•	•	•		•			•	•			•	•	•	•		•
		GURNEY FOR WATER	•												•				
		ACCESS TO STEAM ROOM	NA	•	•		•	•	•	•	•	•	NA	•	•		•	•	•
	ITIES	ACCESS TO SAUNA	NA	•	NA		NA	NA	NA	NA	•		•	•		•	NA	•	
	AMENITIES	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.

<sup>\*</sup> Individual rooms with doors

## **WE DO BIRTHDAY PARTIES!**

At 5 Recreation centres and Attractions/Speciality locations

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

Whether exploring the Tropical Pyramid at the Muttart, training to be a ninja at the Kinsmen Sports Centre or getting closer to the animals at the Edmonton Valley Zoo, your child's party is sure to be unique, active and fun!

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

For more information about party packages, prices and age-ranges, please visit edmonton.ca/BirthdayParties



BIRTHDAY PARTY	DESCRIPTION	LOCATIONS
KUNG FU PANDAS	Move like a monkey, a tiger and a snake, as you leap, spin, tumble and roll. Play high-energy games and participate in basic kickboxing techniques.	TERWILLEGAR, THE MEADOWS, CLAREVIEW, COMMONWEALTH, MILL WOODS, ST FRANCIS XAVIER, A.C.T
DANCE PARTY	Does your child love to take every opportunity to dance? If your child has the passion to dance, then we have the perfect party for them. Dance themed parties are offered by experienced Zumba or DANCEPL3Y! Instructors.	TERWILLEGAR, THE MEADOWS, CLAREVIEW, COMMONWEALTH, MILL WOODS, ST. FRANCIS XAVIER, A.C.T.
GAME ON SPORTS	Book our action-packed sport party and have a birthday you will never forget. Each party will be jampacked with 60 minutes of your kid's favourite games, sports and activities.	TERWILLEGAR, THE MEADOWS, CLAREVIEW, COMMONWEALTH, ST FRANCIS XAVIER, A.C.T
NINJA WARRIOR	Balance on beams, crawl through tunnels or jump over hurdles with this unique obstacle course birthday party.	KINSMEN

### **Customized Recreation Birthday Parties**

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

### **Cancellation Policy**

All birthday parties must be booked four weeks prior to the event date. Cancellations within 8-30 days notice are subject to a fee of 50% of the program cost. Programs canceled with less than 7 days notice will be charged the full program fee.



# 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.

# NEW! ACTIVE2GETHER: TODDLER

**AGES 1-2** 

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, toddlers 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.

THE MEA	ADOWS			
	DATES	TIME	#	BARCODE
MEMBER	\$98.00/NON-ME	EMBER \$109.00		
Wed	Apr 8-Jun 10	9:00-9:45am	(10)	672534
TERWILI	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER \$98.00/NON-MEMBER \$109.00				
Mon	Apr 6-Jun 22	9:00-9:45am	(10)	661537
(No Class Apr	13 & May 18)			

# NEW! TODDLER TIME PLAYGROUP

**AGES 1-2** 

Parents and caregivers, come along with your child to enjoy playtime, songs, stories and crafts together. Facilitated by an instructor, you will help your child develop their socialization, coordination and motor skills. This is a great opportunity to meet and visit with others in your community!

<b>TERWILL</b>	.EGAR			
	DATES	TIME	#	BARCODE
MEMBER \$139.50/NON-MEMBER \$155.00				
M/W	Apr 6-Jun 17	11:15am-12:15pm	(20)	672529
(No Class Ap	r 13 & May 18)			

### 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.

CLAREV	IEW			
	DATES	TIME	#	BARCODE
MEMBER S	\$161.00/NON-M	EMBER \$179.00		
Thu	Apr 9-Jun 11	6:00-6:45pm	(10)	661539
Fri	Apr 17-Jun 19	9:00-9:45am	(10)	661550
THE MEA	DOWS			

THE ME	ADOWS				
	DATES	TIME	#	BARCODE	
MEMBER	\$161.00/NON-M	EMBER \$179.00			
Tue	Apr 7-Jun 9	6:00-6:45pm	(10)	661535	
Wed	Apr 8-Jun 10	10:45-11:30am	(10)	661543	

TERWIL	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER	\$161.00/NON-M	EMBER \$179.00		
Tue	Apr 7-Jun 9	9:45-10:30am	(10)	661533
Wed	Apr 8-Jun 10	6:00-6:45pm	(10)	661538

DID YOU KNOW?

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



### **ACTIVE2GETHER: FAMILY**

**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, families 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.

CLAREV	/IEW			
	DATES	TIME	#	BARCODE
MEMBER	MEMBER \$98.00/NON-MEMBER \$109.00			
Fri	Apr 17-Jun 19	10:00-10:45am	(10)	672013

соммо	NWEALTH			
	DATES	TIME	#	BARCODE
MEMBER	\$98.00/NON-ME	MBER \$109.00		
Sat	Apr 4-Jun 20	2:15-3:00pm	(10)	672016
(No Class A)	pr 11 & May 16)			

KINSME	N			
	DATES	TIME	#	BARCODE
MEMBER \$98.00/NON-MEMBER \$109.00				
Wed	Apr 8-Jun 10	11:00-11:45am	(10)	672018

MILL WO	OODS			
	DATES	TIME	#	BARCODE
MEMBER	\$98.00/NON-M	EMBER \$109.00		
Fri	Apr 17-Jun 26	11:15am-12:00pm	(10)	672019
(No Class M	lay 1)			

TERWIL	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER	\$98.00/NON-ME	MBER \$109.00		
Sat	Apr 4-Jun 20	11:00-11:45am	(10)	661551
(No Class A	pr 11 & May 16)			

# NEW! ACTIVE2GETHER: PRESCHOOL

**AGES 3-5** 

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.

THE ME	ADOWS				
	DATES	TIME	#	BARCODE	
MEMBER	\$98.00/NON-MI	EMBER \$109.00			
Wed	Apr 8-Jun 10	10:00-10:45am	(10)	661536	
TERWILLEGAR					
	DATES	TIME	#	BARCODE	
MEMBER \$98.00/NON-MEMBER \$109.00					
Mon	Apr 6-Jun 22	10:00-10:45am	(10)	672023	
(No Class Apr 13 & May 18)					

### NEW! MINI MOVERS AGES 3-5

Welcome to the world of movement! In this creative program, preschoolers will have fun navigating the world of obstacles and dance. Through imaginative play and self-discovery, children will enhance their physical and social skills while increasing their self-confidence.

CLAREV	IEW				
	DATES	TIME	#	BARCODE	
MEMBER	MEMBER \$139.50/NON-MEMBER \$155.00				
Fri	Apr 17-Jun 19	11:00-11:45am	(10)	672015	

THE MEADOWS						
	DATES	TIME	#	BARCODE		
MEMBER	MEMBER \$139.50/NON-MEMBER \$155.00					
Thu	Apr 9-Jun 11	5:45-6:30pm	(10)	672535		

TERWIL	LEGAR				
	DATES	TIME	#	BARCODE	
MEMBER	\$139.50/NON-MI	EMBER \$155.00			
Tue	Apr 7-Jun 9	4:30-5:15pm	(10)	672531	
Sat	Apr 18-Jun 27	10:30-11:15am	(10)	672021	
(No Class Ma	ıy 16)				
MEMBER	\$279.00/NON-M	EMBER \$310.00			
M/W	Apr 6-Jun 17	9:45-10:30am	(20)	672022	
(No Class Apr 13 & May 18)					

**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 \$280.00/NON-MEMBER \$311.00				
Tu/Th	Apr 7-Jun 11	1:00-3:00pm	(20)	661552

THE ME	ADOWS			
	DATES	TIME	#	BARCODE
MEMBER \$280.00/NON-MEMBER \$311.00				
Tu/Th	Apr 7-Jun 11	1:00-3:00 pm	(20)	661549

TERWIL	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER	\$280.00/NON-I	MEMBER \$311.00		
Tu/Th	Apr 7-Jun 11	9:30-11:30am	(20)	661527

### NEW! BUSY BEES AGES 3.5-5

For those busy bees, come join us in this jam packed and fun-filled program full of crafts, games, dancing and physical activities designed to keep you going from start to finish. We will work on independence, motor skills and coordination all while increasing your social interactions.

	DARGORE				
DATES TIME #	BARCODE				
MEMBER \$139.50/NON-MEMBER \$155.00					
Fri Apr 17-Jun 19 1:00-3:00pm (10)	672537				
TERWILLEGAR					
DATES TIME #	BARCODE				
MEMBER \$139.50/NON-MEMBER \$155.00					
Tue Apr 7-Jun 9 1:00-3:00pm (10)	661544				

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 \$139.50/NON-MEMBER \$155.00				
Mon	Apr 6-Jun 22	9:30-11:30am	(10)	661542
(No Class Apr 13 & May 18)				

TERWIL	LEGAR				
	DATES	TIME	#	BARCODE	
MEMBER	\$139.50/NON-M	EMBER \$155.00			
Fri	Apr 17-Jun 19	9:30-11:30am	(10)	661541	

### 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	\$139.50/NON-MI	EMBER \$155.00		
Fri	Apr 17-Jun 19	9:30-11:30am	(10)	661526
TERWIL	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER	\$139.50/NON-MI	EMBER \$155.00		
Sat	Apr 4-Jun 20	1:00-3:00pm	(10)	661531
(No Class Ap	r 11 & May 16)			
Thu	Apr 9-Jun 11	1:00-3:00pm	(10)	661534

### 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 \$280.00/NON-MEMBER \$311.00				
Tu/Th	Apr 7-Jun 11	9:30-11:30am	(20)	661546

THE ME	ADOWS			
	DATES	TIME	#	BARCODE
MEMBER \$280.00/NON-MEMBER \$311.00				
Tu/Th	Apr 7-Jun 11	9:30-11:30am	(20)	661540

TERWIL	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER	MEMBER \$280.00/NON-MEMBER \$311.00			
M/W	Apr 6-Jun 17	9:00-11:00am	(20)	661524
(No Class Ap	r 13 & May 18)			

### NEW! SPRING INTO FUN! AGES 3.5-5

Hello Spring! Come join us in this seasonal program to enjoy the best this season has to offer. We will have crafts, stories, songs and physical activities all themed around the spring season. As the weather gets nicer, we will learn about gardening and celebrate the guardians in our lives. So lace up those shoes and let's spring into fun together!

CLAREV	IEW			
	DATES	TIME	#	BARCODE
MEMBER \$280.00/NON-MEMBER \$311.00				
M/W	Apr 6-Jun 17	9:30-11:30am	(20)	672014
(No Class Apr 13 & May 18)				

THE ME	ADOWS				
	DATES	TIME	#	BARCODE	
MEMBER	\$280.00/NON-M	EMBER \$311.00			
M/W	Apr 6-Jun 17	1:00-3:00pm	(20)	672532	
(No Class Ap	(No Class Apr 13 & May 18)				

MILL WO	DODS				
	DATES	TIME	#	BARCODE	
MEMBER	MEMBER \$280.00/NON-MEMBER \$311.00				
M/W	Apr 6-Jun 17	9:30-11:30am	(20)	661553	
(No Class An	r 13 & May 18)				

TERWIL	LEGAR				
	DATES	TIME	#	BARCODE	
MEMBER	MEMBER \$280.00/NON-MEMBER \$311.00				
M/W	Apr 6-Jun 17	1:00-3:00pm	(20)	661529	
(No Class Apr 13 & May 18)					

### **SUPER HERO TRAINING**

**AGES 3.5-5** 

In this Ready2 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 \$139.50/NON-MEMBER \$155.00				
Fri	Apr 17-Jun 19	1:00-3:00pm	(10)	661530

### 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	\$139.50/NON-M	EMBER \$155.00		
Sat	Apr 4-Jun 20	9:30-11:30am	(10)	661525
(No Class A	pr 11 & May 16)			

TERWIL	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER	\$139.50/NON-M	EMBER \$155.00		
Sat	Apr 4-Jun 20	9:30-11:30am	(10)	661547
(No Class A	nr 11 & May 16)			

### **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!

CLARE	/IEW			
	DATES	TIME	#	BARCODE
MEMBER	MEMBER \$103.00/NON-MEMBER \$115.00			
Thu	Apr 16-Jun 18	5:00-6:00pm	(10)	661287

THE ME	ADOWS				
	DATES	TIME	#	BARCODE	
MEMBER	MEMBER \$103.00/NON-MEMBER \$115.00				
Tue	Apr 14-Jun 16	5:00-6:00pm	(10)	661281	

TERWIL	LEGAR				
	DATES	TIME	#	BARCODE	
MEMBER	MEMBER \$103.00/NON-MEMBER \$115.00				
Sat	Apr 18-Jun 27	10:30-11:30am	(10)	669683	
(No Class M	av 16)				



CLAREVIEW

### **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.

### 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.

	DATES	TIME	#	BARCODE
MEMBER	\$103.00/NON-M	EMBER \$115.00		
Wed	Apr 15-Jun17	4:45-5:45pm	(10)	661271
Sat	Apr 18-Jun 27	10:00-11:00am	(10)	661261
(No Class Ma	ny 16)			
соммо	NWEALTH			
	DATES	TIME	#	BARCODE
MEMBER	\$103.00/NON-M	EMBER \$115.00		
Wed	Apr 15-Jun 17	4:45-5:45pm	(10)	661284

KINSME	N			
	DATES	TIME	#	BARCODE
MEMBER \$103.00/NON-MEMBER \$115.00				
Thu	Apr 16-Jun 18	4:45-5:45pm	(10)	661277

THE ME	ADOWS				
	DATES	TIME	#	BARCODE	
MEMBER	MEMBER \$103.00/NON-MEMBER \$115.00				
Sat	Apr 18-Jun 27	10:00-11:00am	(10)	661280	
(No Class M	av 16)				

TERWIL	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER	\$103.00/NON-N	1EMBER \$115.00		
Sat	Apr 18-Jun 27	11:00am-12:00pm	(10)	661263
(No Class Ma	ay 16)			

# ACTIVE KIDS: READY2RACQUET

**AGES 6-8** 

In our ACTIVE KIDS: READY2RACQUET program, Kids are introduced to Pickleball, Badminton and Tennis. Your 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	Apr 15-Jun 17	5:00-6:00pm	(10)	661285	
TERWIL	LEGAR				
	DATES	TIME	#	BARCODE	
MEMBER	\$103.00/NON-M	EMBER \$115.00			
Sat	Apr 18-Jun 27	12:00-1:00pm	(10)	661268	
(No Class May 16)					

### **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	Apr 16-Jun 18	5:00-6:00pm	(10)	661286

### **DANCE PL3Y!**

**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.

CLAREV	IEW			
	DATES	TIME	#	BARCODE
MEMBER	\$103.00/NON-MI	EMBER \$115.00		
Wed	Apr 15-Jun17	7:00-8:00pm	(10)	661278
THE ME	ADOWS			
	DATES	TIME	#	BARCODE
MEMBER	\$103.00/NON-MI	EMBER \$115.00		
Thu	Apr 16-Jun 18	6:45-7:45pm	(10)	661262
TERWIL	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER	\$103.00/NON-MI	EMBER \$115.00		
Tue	Apr 14-Jun 16	5:15-6:15pm	(10)	672279

### KUNG FU PANDAS I

CLAREVIEW

**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.

	DATES	TIME	#	BARCODE
MEMBER	\$103.00/NON-M	EMBER \$115.00		
Mon	Apr 6-Jun 22	7:00-8:00pm	(10)	661294
(No Class Apr	13 & May 18)			
СОММО	NWEALTH			
	DATES	TIME	#	BARCODE
MEMBER	\$103.00/NON-M	EMBER \$115.00		
Tue	Apr 14-Jun 16	7:00-8:00pm	(10)	661274
TERWILI	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER	\$103.00/NON-M	EMBER \$115.00		
Sat	Apr 18-Jun 27	12:15-1:15pm	(10)	661275
(No Class Ma	ay 16)			

### **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-M	EMBER \$115.00			
Tue	Apr 14-Jun 16	4:45-5:45pm	(10)	661269	
TERWIL	TERWILLEGAR				
	DATES	TIME	#	BARCODE	
MEMBER \$103.00/NON-MEMBER \$115.00					
Sat	Apr 18-Jun 27	12:00-1:00pm	(10)	661264	
(No Class May 16)					

### ZUMBA KIDS

**AGES 8-12** 

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

CLAREVIEW					
	DATES	TIME	#	BARCODE	
MEMBER \$103.00/NON-MEMBER \$115.00					
Thu	Apr 16-Jun 18	7:00-8:00pm	(10)	661288	

THE ME	ADOWS			
	DATES	TIME	#	BARCODE
MEMBER	\$103.00/NON-M	EMBER \$115.00		
Tue	Apr 14-Jun 16	7:00-8:00pm	(10)	661272

			/	
TERWIL	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER	\$103.00/NON-N	1EMBER \$115.00		
Sat	Apr 18-Jun 27	11:45am-12:45pm	(10)	661291
(No Class M	lay 16)			

### **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	IEMBER \$115.00		
Wed	Apr 15-Jun 17	5:45-6:45pm	(10)	661267
Sat	Apr 18-Jun 27	11:00am-12:00pm	(10)	661292
(No Class May 16)				

THE ME	ADOWS			
	DATES	TIME	#	BARCODE
MEMBER	MEMBER \$103.00/NON-MEMBER \$115.00			
Sat	Apr 18-Jun 27	11:00am-12:00pm	(10)	661279
(No Class N	/lay 16)			

TERWIL	LEGAR				
	DATES	TIME	#	BARCODE	
MEMBER	MEMBER \$103.00/NON-MEMBER \$115.00				
Thu	Apr 16-Jun 18	6:00-7:00pm	(10)	661263	

DID YOU KNOW?

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



### **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.

CLAREVIEW					
	DATES	TIME	#	BARCODE	
MEMBER	MEMBER \$103.00/NON-MEMBER \$115.00				
Mon	Apr 6-Jun 22	8:00-9:00pm	(10)	661266	
(No Class Apr 13 & May 18)					

СОММО	NWEALTH			
	DATES	TIME	#	BARCODE
MEMBER	\$103.00/NON-M	EMBER \$115.00		
Tue	Apr 14-Jun 16	8:00-9:00pm	(10)	661290

KINSMEN					
	DATES	TIME	#	BARCODE	
MEMBER	MEMBER \$103.00/NON-MEMBER \$115.00				
Wed	Apr 15-Jun 17	6:00-7:00pm	(10)	661282	
vveu	Apr 15-Juli 17	0.00-7.00piii	(10)	001202	

THE MEADOWS					
	DATES	TIME	#	BARCODE	
<b>MEMBER</b>	\$103.00/NON-M	EMBER \$115.00			
Wed	Apr 15-Jun 17	7:00-8:00 pm	(10)	661270	

TERWILLEGAR						
DATES TIME		#	BARCODE			
MEMBER	MEMBER \$103.00/NON-MEMBER \$115.00					
Sat	Apr 18-Jun 27	1:30-2:30pm	(10)	661273		
(No Class N	(No Class May 16)					

### 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.

CLAREVIEW					
	DATES	TIME	#	BARCODE	
MEMBER \$	0.00/NON-MI	EMBER \$35.00			
Sun	Apr 5	12:00-3:00pm	(1)	671676	
Sun	Apr 19	12:00-3:00pm	(1)	671651	
Sun	Apr 26	12:00-3:00pm	(1)	671677	
Sun	May 3	12:00-3:00pm	(1)	671694	
Sun	May 10	12:00-3:00pm	(1)	671670	
Sun	May 24	12:00-3:00pm	(1)	671668	
Sun	May 31	12:00-3:00pm	(1)	671695	
Sat	Jun 6	12:00-3:00pm	(1)	671673	
Sun	Jun 14	12:00-3:00pm	(1)	671655	
Sun	Jun 21	12:00-3:00pm	(1)	671696	

COMMON	IWEALTH			
	DATES	TIME	#	BARCODE
MEMBER \$	0.00/NON-ME	MBER \$35.00		
Sat	Apr 18	12:00-3:00pm	(1)	671671
Sat	May 16	12:00-3:00pm	(1)	671666
Sat	Jun 13	12:00-3:00pm	(1)	671692

GRAND TRUNK					
	DATES	TIME	#	BARCODE	
MEMBER \$0.00/NON-MEMBER \$35.00					
Sat	Apr 18	12:30-3:30pm	(1)	671685	

KINSMEN				
	DATES	TIME	#	BARCODE
MEMBER \$	0.00/NON-ME	MBER \$35.00		
Sun	Apr 19	12:00-3:00pm	(1)	671680
Sun	May 17	12:00-3:00pm	(1)	671669
Sun	Jun 14	12:00-3:00pm	(1)	671649

LONDONDERRY					
	DATES	TIME	#	BARCODE	
MEMBER \$	0.00/NON-ME	MBER \$35.00			
Sat	Apr 25	12:00-3:00pm	(1)	671686	
Sat	May 30	12:00-3:00pm	(1)	671679	
Sat	Jun 20	12:00-3:00pm	(1)	671667	

THE MEA	DOWS			
	DATES	TIME	#	BARCODE
MEMBER \$	0.00/NON-ME	MBER \$35.00		
Sat	Apr 18	12:00-3:00pm	(1)	671662
Sat	Apr 25	12:00-3:00pm	(1)	671672
Sat	May 16	12:00-3:00pm	(1)	671689
Sat	May 23	12:00-3:00pm	(1)	671684
Sat	Jun 13	12:00-3:00pm	(1)	671658
Sat	Jun 20	12:00-3:00pm	(1)	671697

MILL WOO	ODS					
DATES		TIME	#	BARCODE		
MEMBER \$0.00/NON-MEMBER \$35.00						
Sat	Apr 18	12:00-3:00pm	(1)	671660		
Sat	May 16	12:00-3:00pm	(1)	671654		
Sat	Jun 13	12:00-3:00pm	(1)	671678		

O'LEARY				
DATES		TIME	#	BARCODE
MEMBER \$	0.00/NON-ME	MBER \$35.00		
Sun	May 24	12:30-3:30pm	(1)	671652
PETER H	EMINGWAY			
	DATES	TIME	#	BARCODE
MEMBER \$	0.00/NON-ME	MBER \$35.00		
Sun	Jun 14	12:00-3:00pm	(1)	671691

ST.FRANC	CIS XAVIER			
	DATES	TIME	#	BARCODE
MEMBER \$	0.00/NON-ME	MBER \$35.00		
Sat	Apr 18	11:00-2:00pm	(1)	671656
Sat	May 16	11:00-2:00pm	(1)	671683
Sat	Jun 13	11:00-2:00pm	(1)	671687

TERWILI	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER	\$0.00/NON-ME	MBER \$35.00		
Sun	Apr 5	12:00-3:00pm	(1)	671681
Fri	Apr 17	6:00-9:00pm	(1)	671675
Fri	Apr 24	6:00-9:00pm	(1)	671664
Sun	May 3	12:00-3:00pm	(1)	671657
Fri	May 15	6:00-9:00pm	(1)	671650
Sun	May 24	12:00-3:00pm	(1)	671663
Fri	May 29	6:00-9:00pm	(1)	671674
Sun	May 31	12:00-3:00pm	(1)	671690
Sun	Jun 7	12:00-3:00pm	(1)	671659
Fri	Jun 12	6:00-9:00pm	(1)	671661
Fri	Jun 19	6:00-9:00pm	(1)	671682

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

CLARE	VIEW		
	DATES	TIME	BARCODE
Fri	Apr 17, 24	5:00-9:00pm	669112
Fri	May 22, 29	5:00-9:00pm	669113

СОММС	NWEALTH		
	DATES	TIME	BARCODE
Sun	Apr 12	9:00am-5:00pm	669362
Sun	May 10	9:00am-5:00pm	669363
Sun	Jun 14	9:00am-5:00pm	669364

GRAND	TRUNK		
	DATES	TIME	BARCODE
Wed	May 20	8:30am-4:30pm	669512
Mon	Jun 29	9:00am-5:00pm	669513

MILL W	OODS		
	DATES	TIME	BARCODE
Sat	Apr 18	9:00am-5:00pm	666482
Sat	May 23	9:00am-5:00pm	668206
Sat	Jun 20	9:00am-5:00pm	668207

THE MEADOWS					
	DATES	TIME	BARCODE		
Sat	April 25	9:00am-5:00pm	668980		
Sat	May 9	9:00am-5:00pm	668981		
Sat	Jun 13	9:00am-5:00pm	668982		

TERWI	LLEGAR		
	DATES	TIME	BARCODE
Fri	Apr 17,24	5:00-9:00pm	669392
Fri	May 22, 29	5:00-9:00pm	669393
Fri	Jun 12,19	5:00-9:00pm	669394

#### **STAY SAFE!**

Stay Safe! Offers basic first aid and safety skills to youth 9-13 years of age. 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. Prerequisites: Age 9 or completion of Grade 3 Additional charges will be applied upon registration and will include course materials and exam fees.

EASTGL	-EN		
	DATES	TIME	BARCODE
Thu	Apr 9,16	5:00-8:00pm	669375
Thu	Jun 4,11	5:00-8:00pm	669383

DATES TIME BARCO	
DATES LIME BAKK	DE
Sun Apr 26 9:00am-3:00pm <b>6693</b>	5

GRAND	TRUNK		
	DATES	TIME	BARCODE
Tue	May 19	9:00am-3:00pm	669511

#### **STAY SAFE!-ADAPTED**

Stay Safe! Offers basic first aid and safety skills to youth 9-18 years of age with 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. Prerequisites: Age 9. Additional charges will be applied upon registration and will include course materials and exam fees.

EASTGL	.EN		
	DATES	TIME	BARCODE
Thu	May 7, 14	5:00-8:00pm	669386

#### **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.

TERWILL	EGAR			
	DATES	TIME	#	BARCODE
	89.28/NON-M	EMBER \$101.20		
AGES 6-7				
Tu/W	May 19-20	9:00am-4:00pm	(2)	661759
<b>AGES 8-12</b>				
Tu/W	May 19-20	9:00am-4:00pm	(2)	661737

#### ACTIVE EINSTEIN'S CAMP AGES 6-12

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.

COMMON	WEALTH			
	DATES	TIME	#	BARCODE
MEMBER \$	89.28/NON-M	EMBER \$101.20		
AGES 6-7				
Tu/W	May 19-20	9:00am-4:00pm	(2)	661756
AGES 8-12				
Tu/W	May 19-20	9:00am-4:00pm	(2)	661754

### 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.

THE MEA	DOWS			
	DATES	TIME	#	BARCODE
MEMBER \$	89.28/NON-M	EMBER \$101.20		
AGES 6-7				
Tu/W	May 19-20	9:00am-4:00pm	(2)	661758
<b>AGES 8-12</b>				
Tu/W	May 19-20	9:00am-4:00pm	(2)	661739



#### **Fitness & Physical Activity**

#### FITNESS CENTRE ORIENTATION

This 2 hour program is designed to introduce adults to the fitness centre and provide them with an orientation of the resistance training and cardiovascular machines. Personal trainers will be able to answer any fitness questions you may have. A fitness centre orientation manual is included with the program This program is free of charge for continuous monthly and annual facility pass holders.

CENTRAL	. LIONS			
	DATES	TIME	#	BARCODE
MEMBER \$	0.00/NON-ME	MBER \$24.00		
Wed	Apr 29	5:30-7:30pm	(1)	671715
Wed	May 27	5:30-7:30pm	(1)	671703
Wed	Jun 24	5:30-7:30pm	(1)	671704

CLAREV	IEW			
	DATES	TIME	#	BARCODE
MEMBER	\$0.00/NON-ME	MBER \$24.00		
Wed	Apr 22	5:30-7:30pm	(1)	671721
Wed	May 20	5:30-7:30pm	(1)	671707
Wed	Jun 17	5:30-7:30pm	(1)	671711

COMMON	WEALTH			
	DATES	TIME	#	BARCODE
MEMBER \$	0.00/NON-ME	MBER \$24.00		
Wed	Apr 15	5:30-7:30pm	(1)	671701
Wed	May 13	5:30-7:30pm	(1)	671734
Wed	Jun 10	5:30-7:30pm	(1)	671733

GRAND 1	RUNK			
	DATES	TIME	#	BARCODE
MEMBER S	\$0.00/NON-ME	MBER \$24.00		
Tue	Apr 7	5:30-7:30pm	(1)	671727
Tue	May 5	5:30-7:30pm	(1)	671720
Tue	Jun 2	5:30-7:30pm	(1)	671706

DATES TIME # BARCO MEMBER \$0.00/NON-MEMBER \$24.00	DE
MEMBED \$0.00/NON-MEMBED \$24.00	
HEHDER 40.00/HON HEHDER 424.00	
Sat Apr 18 12:30-2:30pm (1) <b>6717</b>	18
Sat May 16 12:30-2:30pm (1) <b>6717</b>	02
Sat Jun 13 12:30-2:30pm (1) <b>6717</b>	00

KINSMEN				
	DATES	TIME	#	BARCODE
MEMBER \$	0.00/NON-ME	MBER \$24.00		
Wed	Apr 15	5:30-7:30pm	(1)	671725
Wed	May 6	5:30-7:30pm	(1)	671736
Wed	Jun 3	5:30-7:30pm	(1)	671708

LONDON	DERRY			
	DATES	TIME	#	BARCODE
MEMBER \$	0.00/NON-ME	MBER \$24.00		
Wed	Apr 22	5:30-7:30pm	(1)	671732
Wed	May 20	5:30-7:30pm	(1)	671699
Wed	Jun 17	5:30-7:30pm	(1)	671130

THE MEAD	oows			
]	DATES	TIME	#	BARCODE
MEMBER \$0	D.OO/NON-ME	MBER \$24.00		
Wed	Apr 8	5:30-7:30pm	(1)	671729
Wed	May 6	5:30-7:30pm	(1)	671717
Wed	Jun 3	5:30-7:30pm	(1)	671705

MILL WOO	ODS			
	DATES	TIME	#	BARCODE
MEMBER \$	0.00/NON-ME	MBER \$24.00		
Wed	Apr 15	5:30-7:30pm	(1)	671713
Wed	May 13	5:30-7:30pm	(1)	671712
Wed	Jun 10	5:30-7:30pm	(1)	671724

O'LEARY				
	DATES	TIME	#	BARCODE
MEMBER \$	0.00/NON-ME	MBER \$24.00		
Tue	Apr 7	5:30-7:30pm	(1)	671709
Tue	May 5	5:30-7:30pm	(1)	671698
Tue	Jun 2	5:30-7:30pm	(1)	671716

PETER HE	MINGWAY			
	DATES	TIME	#	BARCODE
MEMBER \$	0.00/NON-ME	MBER \$24.00		
Sun	Apr 26	10:00-12:00pm	(1)	671731
Sun	May 24	10:00-12:00pm	(1)	671710
Sun	Jun 21	10:00-12:00pm	(1)	671735

ST.FRANC	IS XAVIER			
	DATES	TIME	#	BARCODE
MEMBER \$	0.00/NON-ME	MBER \$24.00		
Sat	Apr 18	11:00-1:00pm	(1)	671722
Sat	May 23	11:00-1:00pm	(1)	671723
Sat	Jun 20	11:00-1:00pm	(1)	671726

TERWILL	EGAR			
	DATES	TIME	#	BARCODE
MEMBER \$	0.00/NON-ME	MBER \$24.00		
Thu	Apr 16	5:30-7:30pm	(1)	671728
Thu	May 21	5:30-7:30pm	(1)	671714
Thu	Jun 18	5:30-7:30pm	(1)	671719

### SMALL GROUP PERSONAL TRAINING

**AGES 16+** 

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 to 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	Apr 5-May 17	1:00-2:00pm	(6)	671621
MEMBER	\$147.60/NON-MI	EMBER \$164.00		
Tu/Th	Apr 7-30	7:00-8:00pm	(8)	671624
Tu/Th	May 5-28	7:00-8:00pm	(8)	671611
Tu/Th	Jun 2-25	7:00-8:00pm	(8)	671607
MEMBER	\$92.25/NON-ME	MBER \$102.50		
Sun	May 24-Jun 21	1:00-2:00pm	(5)	671600

соммо	NWEALTH			
	DATES	TIME	#	BARCODE
MEMBER	\$147.60/NON-M	EMBER \$164.00		
M/W	Apr 6-29	6:00-7:00am	(8)	671612
M/W	Jun 1-24	6:00-7:00am	(8)	671599
MEMBER	\$129.15/NON-MI	EMBER \$143.50		
M/W	May 5-27	6:00-7:00am	(7)	671598

MEMBER \$184.50/NON-MEMBER \$205.00  M/W/F Apr 6-29 6:00-7:00am (10) 671603  M/W/F Apr 6-29 7:15am-8:15am (10) 671595  MEMBER \$129.15/NON-MEMBER \$143.50  M/W Apr 6-29 6:00-7:00pm (7) 671609  M/W May 4-27 6:00-7:00pm (7) 671604  MEMBER \$147.60/NON-MEMBER \$164.00  Tu/Th Apr 7-30 6:00-7:00am (8) 671585  Tu/Th Apr 7-30 7:00-8:00pm (8) 671601  Tu/Th May 5-28 6:00-7:00am (8) 671581  Tu/Th May 5-28 7:00-8:00pm (8) 671586  M/W Jun 1-24 6:00-7:00pm (8) 671586  Tu/Th Jun 2-25 6:00-7:00am (8) 671586  Tu/Th Jun 2-25 7:00-8:00pm (8) 671588  MEMBER \$202.95/NON-MEMBER \$225.50  M/W/F May 4-29 6:00-7:00am (11) 671606  M/W/F May 4-29 7:15-8:15am (11) 671616	KINSMEN				
M/W/F         Apr 6-29         6:00-7:00am         (10)         671603           M/W/F         Apr 6-29         7:15am-8:15am         (10)         671595           MEMBER \$129.15/NON-MEMBER \$143.50         MW         Apr 6-29         6:00-7:00pm         (7)         671609           M/W         May 4-27         6:00-7:00pm         (7)         671604           MEMBER \$147.60/NON-MEMBER \$164.00         (8)         671585           Tu/Th         Apr 7-30         6:00-7:00am         (8)         671585           Tu/Th         Apr 7-30         7:00-8:00pm         (8)         671581           Tu/Th         May 5-28         6:00-7:00am         (8)         671581           Tu/Th         May 5-28         7:00-8:00pm         (8)         671586           Tu/Th         Jun 2-25         6:00-7:00am         (8)         671586           Tu/Th         Jun 2-25         7:00-8:00pm         (8)         671588           MEMBER \$202.95/NON-MEMBER \$225.50           M/W/F         May 4-29         6:00-7:00am         (11)         671606           M/W/F         May 4-29         7:15-8:15am         (11)         671616		DATES	TIME	#	BARCODE
M/W/F       Apr 6-29       7:15am-8:15am       (10)       671595         MEMBER \$129.15/NON-MEMBER \$143.50         M/W       Apr 6-29       6:00-7:00pm       (7)       671609         M/W       May 4-27       6:00-7:00pm       (7)       671604         MEMBER \$147.60/NON-MEMBER \$164.00         Tu/Th       Apr 7-30       6:00-7:00am       (8)       671585         Tu/Th       Apr 7-30       7:00-8:00pm       (8)       671581         Tu/Th       May 5-28       7:00-8:00pm       (8)       671586         Tu/Th       May 5-28       7:00-8:00pm       (8)       671586         Tu/Th       Jun 2-25       6:00-7:00am       (8)       671586         Tu/Th       Jun 2-25       7:00-8:00pm       (8)       671588         MEMBER \$202.95/NON-MEMBER \$225.50         M/W/F       May 4-29       7:15-8:15am       (11)       671606         M/W/F       May 4-29       7:15-8:15am       (11)       671616         MEMBER \$221.40/NON-MEMBER \$246.00	MEMBER \$	184.50/NON-M	1EMBER \$205.00		
MEMBER \$129.15/NON-MEMBER \$143.50           M/W         Apr 6-29         6:00-7:00pm         (7)         671609           M/W         May 4-27         6:00-7:00pm         (7)         671604           MEMBER \$147.60/NON-MEMBER \$164.00         Tu/Th Apr 7-30 6:00-7:00am (8) 671585           Tu/Th Apr 7-30 7:00-8:00pm (8) 671601           Tu/Th May 5-28 6:00-7:00am (8) 671581           Tu/Th May 5-28 7:00-8:00pm (8) 671608           M/W Jun 1-24 6:00-7:00pm (8) 671586           Tu/Th Jun 2-25 6:00-7:00am (8) 671592           Tu/Th Jun 2-25 7:00-8:00pm (8) 671588           MEMBER \$202.95/NON-MEMBER \$225.50           M/W/F May 4-29 6:00-7:00am (11) 671606           M/W/F May 4-29 7:15-8:15am (11) 671616           MEMBER \$221.40/NON-MEMBER \$246.00	M/W/F	Apr 6-29	6:00-7:00am	(10)	671603
M/W         Apr 6-29         6:00-7:00pm         (7)         671609           M/W         May 4-27         6:00-7:00pm         (7)         671604           MEMBER \$147.60/NON-MEMBER \$164.00           Tu/Th         Apr 7-30         6:00-7:00am         (8)         671585           Tu/Th         Apr 7-30         7:00-8:00pm         (8)         671601           Tu/Th         May 5-28         6:00-7:00am         (8)         671581           Tu/Th         May 5-28         7:00-8:00pm         (8)         671608           M/W         Jun 1-24         6:00-7:00pm         (8)         671586           Tu/Th         Jun 2-25         6:00-7:00am         (8)         671588           MEMBER \$202.95/NON-MEMBER \$225.50           M/W/F         May 4-29         6:00-7:00am         (11)         671606           M/W/F         May 4-29         7:15-8:15am         (11)         671616           MEMBER \$221.40/NON-MEMBER \$246.00	M/W/F	Apr 6-29	7:15am-8:15am	(10)	671595
M/W       May 4-27       6:00-7:00pm       (7)       671604         MEMBER \$147.60/NON-MEMBER \$164.00         Tu/Th       Apr 7-30       6:00-7:00am       (8)       671585         Tu/Th       Apr 7-30       7:00-8:00pm       (8)       671601         Tu/Th       May 5-28       6:00-7:00am       (8)       671581         Tu/Th       May 5-28       7:00-8:00pm       (8)       671586         M/W       Jun 1-24       6:00-7:00pm       (8)       671586         Tu/Th       Jun 2-25       6:00-7:00am       (8)       671588         MEMBER \$202.95/NON-MEMBER \$225.50         M/W/F       May 4-29       6:00-7:00am       (11)       671606         M/W/F       May 4-29       7:15-8:15am       (11)       671616         MEMBER \$221.40/NON-MEMBER \$246.00	MEMBER \$	129.15/NON-M	EMBER \$143.50		
MEMBER \$147.60/NON-MEMBER \$164.00           Tu/Th         Apr 7-30         6:00-7:00am         (8)         671585           Tu/Th         Apr 7-30         7:00-8:00pm         (8)         671601           Tu/Th         May 5-28         6:00-7:00am         (8)         671581           Tu/Th         May 5-28         7:00-8:00pm         (8)         671586           M/W         Jun 1-24         6:00-7:00pm         (8)         671586           Tu/Th         Jun 2-25         6:00-7:00am         (8)         671588           MEMBER \$202.95/NON-MEMBER \$225.50           M/W/F         May 4-29         6:00-7:00am         (11)         671606           M/W/F         May 4-29         7:15-8:15am         (11)         671616           MEMBER \$221.40/NON-MEMBER \$246.00	M/W	Apr 6-29	6:00-7:00pm	(7)	671609
Tu/Th         Apr 7-30         6:00-7:00am         (8)         671585           Tu/Th         Apr 7-30         7:00-8:00pm         (8)         671601           Tu/Th         May 5-28         6:00-7:00am         (8)         671581           Tu/Th         May 5-28         7:00-8:00pm         (8)         671608           M/W         Jun 1-24         6:00-7:00pm         (8)         671586           Tu/Th         Jun 2-25         6:00-7:00am         (8)         671592           Tu/Th         Jun 2-25         7:00-8:00pm         (8)         671588           MEMBER \$202.95/NON-MEMBER \$225.50           M/W/F         May 4-29         6:00-7:00am         (11)         671606           M/W/F         May 4-29         7:15-8:15am         (11)         671616           MEMBER \$221.40/NON-MEMBER \$246.00	M/W	May 4-27	6:00-7:00pm	(7)	671604
Tu/Th         Apr 7-30         7:00-8:00pm         (8)         671601           Tu/Th         May 5-28         6:00-7:00am         (8)         671581           Tu/Th         May 5-28         7:00-8:00pm         (8)         671608           M/W         Jun 1-24         6:00-7:00pm         (8)         671586           Tu/Th         Jun 2-25         6:00-7:00am         (8)         671592           Tu/Th         Jun 2-25         7:00-8:00pm         (8)         671588           MEMBER \$202.95/NON-MEMBER \$225.50           M/W/F         May 4-29         6:00-7:00am         (11)         671606           M/W/F         May 4-29         7:15-8:15am         (11)         671616           MEMBER \$221.40/NON-MEMBER \$246.00	MEMBER \$	147.60/NON-M	IEMBER \$164.00		
Tu/Th         May 5-28         6:00-7:00am         (8)         671581           Tu/Th         May 5-28         7:00-8:00pm         (8)         671608           M/W         Jun 1-24         6:00-7:00pm         (8)         671586           Tu/Th         Jun 2-25         6:00-7:00am         (8)         671592           Tu/Th         Jun 2-25         7:00-8:00pm         (8)         671588           MEMBER \$202.95/NON-MEMBER \$225.50           M/W/F         May 4-29         6:00-7:00am         (11)         671606           M/W/F         May 4-29         7:15-8:15am         (11)         671616           MEMBER \$221.40/NON-MEMBER \$246.00	Tu/Th	Apr 7-30	6:00-7:00am	(8)	671585
Tu/Th       May 5-28       7:00-8:00pm       (8)       671608         M/W       Jun 1-24       6:00-7:00pm       (8)       671586         Tu/Th       Jun 2-25       6:00-7:00am       (8)       671582         Tu/Th       Jun 2-25       7:00-8:00pm       (8)       671588         MEMBER \$202.95/NON-MEMBER \$225.50         M/W/F       May 4-29       6:00-7:00am       (11)       671606         M/W/F       May 4-29       7:15-8:15am       (11)       671616         MEMBER \$221.40/NON-MEMBER \$246.00	Tu/Th	Apr 7-30	7:00-8:00pm	(8)	671601
M/W       Jun 1-24       6:00-7:00pm       (8)       671586         Tu/Th       Jun 2-25       6:00-7:00am       (8)       671592         Tu/Th       Jun 2-25       7:00-8:00pm       (8)       671588         MEMBER \$202.95/NON-MEMBER \$225.50         M/W/F       May 4-29       6:00-7:00am       (11)       671606         M/W/F       May 4-29       7:15-8:15am       (11)       671616         MEMBER \$221.40/NON-MEMBER \$246.00	Tu/Th	May 5-28	6:00-7:00am	(8)	671581
Tu/Th       Jun 2-25       6:00-7:00am       (8)       671592         Tu/Th       Jun 2-25       7:00-8:00pm       (8)       671588         MEMBER \$202.95/NON-MEMBER \$225.50         M/W/F       May 4-29       6:00-7:00am       (11)       671606         M/W/F       May 4-29       7:15-8:15am       (11)       671616         MEMBER \$221.40/NON-MEMBER \$246.00	Tu/Th	May 5-28	7:00-8:00pm	(8)	671608
Tu/Th       Jun 2-25       7:00-8:00pm       (8)       671588         MEMBER \$202.95/NON-MEMBER \$225.50         M/W/F       May 4-29       6:00-7:00am       (11)       671606         M/W/F       May 4-29       7:15-8:15am       (11)       671616         MEMBER \$221.40/NON-MEMBER \$246.00	M/W	Jun 1-24	6:00-7:00pm	(8)	671586
MEMBER \$202.95/NON-MEMBER \$225.50         M/W/F       May 4-29       6:00-7:00am       (11)       671606         M/W/F       May 4-29       7:15-8:15am       (11)       671616         MEMBER \$221.40/NON-MEMBER \$246.00	Tu/Th	Jun 2-25	6:00-7:00am	(8)	671592
M/W/F May 4-29 6:00-7:00am (11) <b>671606</b> M/W/F May 4-29 7:15-8:15am (11) <b>671616</b> MEMBER \$221.40/NON-MEMBER \$246.00	Tu/Th	Jun 2-25	7:00-8:00pm	(8)	671588
M/W/F May 4-29 7:15-8:15am (11) <b>671616</b> MEMBER \$221.40/NON-MEMBER \$246.00	MEMBER \$202.95/NON-MEMBER \$225.50				
MEMBER \$221.40/NON-MEMBER \$246.00	M/W/F	May 4-29	6:00-7:00am	(11)	671606
	M/W/F	May 4-29	7:15-8:15am	(11)	671616
	MEMBER \$221.40/NON-MEMBER \$246.00				
M/W/F Jun 1-26 6:00-7:00am (12) <b>671620</b>	M/W/F	Jun 1-26	6:00-7:00am	(12)	671620
M/W/F Jun 1-26 7:15-8:15am (12) <b>671625</b>	M/W/F	Jun 1-26	7:15-8:15am	(12)	671625

THE MEA	DOWS			
	DATES	TIME	#	BARCODE
MEMBER S	\$129.15/NON-M	EMBER \$143.50		
M/W	Apr 6-29	6:00-7:00am	(7)	671596
M/W	May 4-27	6:00-7:00am	(7)	671610
MEMBER S	\$147.60/NON-M	EMBER \$164.00		
Tu/Th	Apr 7-30	6:00-7:00pm	(8)	671626
Tu/Th	May 5-28	6:00-7:00pm	(8)	671623
M/W	Jun 1-24	6:00-7:00am	(8)	671582
Tu/Th	Jun 2-25	6:00-7:00pm	(8)	671587

TERWIL	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER	\$129.15/NON-M	EMBER \$143.50		
M/W	Apr 6-29	6:00-7:00am	(7)	671593
M/W	Apr 6-29	6:30-7:30pm	(7)	671597
M/W	May 4-27	6:00-7:00am	(7)	671617
M/W	May 4-27	6:30-7:30pm	(7)	671615
MEMBER	\$147.60/NON-M	EMBER \$164.00		
M/W	Jun 1-24	6:00-7:00am	(8)	671622
M/W	Jun 1-24	6:30-7:30pm	(8)	671613

### 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	\$110.70/NON-ME	MBER \$123.00		
Sun	Apr 5-May 17	9:00-10:00am	(6)	671591
MEMBER \$92.25/NON-MEMBER \$102.50				
Sun	May 24-June 21	9:00-10:00am	(5)	671583

### 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	\$110.70/NON-ME	MBER \$123.00		
Sun	Apr 5-May 17	10:00-11:00am	(6)	671614
MEMBER \$92.25/NON-MEMBER \$102.50				
Sun	May 24-Jun 21	10:00-11:00am	(5)	671605

### 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!

KINSME	N			
	DATES	TIME	#	BARCODE
MEMBER	\$110.70/NON-M	EMBER \$123.00		
Sun	Apr 5-May 17	11:00am-12:00pm	(6)	671590
MEMBER	\$92.25/NON-ME	MBER \$102.50		
Sun	May 24-Jun 21	11:00am-12:00pm	(5)	671618
MEMBER	\$147.60/NON-M	EMBER \$164.00		
Tu/Th	Apr 7-30	6:00-7:00pm	(8)	671602
Tu/Th	May 5-28	6:00-7:00pm	(8)	671594
Tu/Th	Jun 2-25	6:00-7:00pm	(8)	671619

#### LEARN TO PLAY BASKETBALL **AGES 16+**

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.

CLAREVIEW					
	DATES	TIME	#	BARCODE	
MEMBER	\$66.00/NON-ME	MBER \$72.80			
Tue	Apr 14-June 2	7:00-8:00pm	(8)	671634	

#### LEARN TO PLAY BADMINTON **AGES 16+**

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	R \$66.00/NON-ME	MBER \$72.80		
Wed	Apr 15-June 3	7:00-8:00pm	(8)	671629

#### LEARN TO PLAY PICKLEBALL **AGES 16+**

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.

#### PICKLEBALL INDOOR-BEGINNER

A.C.T.				
	DATES	TIME	#	BARCODE
MEMBER	\$66.00/NON-M	EMBER \$72.80		
Wed	Apr 15-Jun 3	3:30-4:30pm	(8)	671637
CENTRA	L LIONS			
	DATES	TIME	#	BARCODE
MEMBER	\$66.00/NON-M	<b>EMBER \$72.80</b>		
Thu	Apr 16-Jun 4	5:00-6:00pm	(8)	671632
THE ME	ADOWS			
	DATES	TIME	#	BARCODE
MEMBER	\$66.00/NON-M	EMBER \$72.80		
Sun	Apr 19-Jun 21	10:00am-11:00pm	(8)	671635
(No Class Ma	ny 17 & May 31)			
Sun	Apr 19-Jun 21	11:00am-12:00pm	(8)	671638
(No Class Ma	ny 17 & May 31)			
TERWIL	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER \$66.00/NON-MEMBER \$72.80				
Wed	Apr 15-Jun 3	12:00-1:00pm	(8)	671641
Fri	Apr 17-Jun 5	12:00-1:00pm	(8)	671630

#### PICKLEBALL OUTDOOR-BEGINNER

KINSME	N			
	DATES	TIME	#	BARCODE
MEMBER	\$66.00/NON-ME	MBER \$72.80		
Tue	May 19-Jun 23	6:30-8:00pm	(6)	671645
RUNDLE	PARK			
	DATES	TIME	#	BARCODE
MEMBER	\$66.00/NON-ME	MBER \$72.80		
Wed	May 20-Jun 24	6:30-8:00pm	(6)	671644

#### PICKLEBALL INDOOR-INT/ADV

TERWIL	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER	\$66.00/NON-ME	MBER \$72.80		
Mon	Apr 20-Jun 15	12:00-1:00pm	(8)	671639
(No Class M	ay 18)			

### NEW! STRENGTH AND CONDITIONING FOR PICKLEBALL AGES 16+

Skills can only get you so far, take your Pickleball game to the next level by improving your fitness! This course will use a variety of strength and conditioning principles like Essentrics to improve your cardio, strength, flexibility and agility as well as decrease the risk of injury, and increase your self-confidence on and off the court.

TERWIL	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER	\$96.00/NON-ME	MBER \$108.00		
Mon	Apr 20-Jun 15	4:15-5:15pm	(8)	673640
(No Class Ma	ay 18)			

#### LEARN TO PLAY VOLLEYBALL AGES 16+

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.FRANCIS XAVIER					
	DATES	TIME	#	BARCODE	
MEMBER	\$66.00/NON-ME	MBER \$72.80			
Tue	Apr 14-Jun 2	6:00-7:00pm	(8)	671631	

#### LEARN TO PLAY SOCCER

**AGES 16+** 

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.

COMMONWEALTH					
	DATES	TIME	#	BARCODE	
MEMBER	R \$66.00/NON-ME	MBER \$72.80			
Sat	April 18-June 13	4:00-5:00pm	(8)	671636	
(No Class M	lav 16)				

### WOMENS ONLY LEARN TO PLAY-MULTI SPORT

**AGES 16+** 

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	L LIONS			
DATES TIME		#	BARCODE	
MEMBER	\$66.00/NON-ME	MBER \$72.80		
Tue	Apr 14-Jun 2	5:00-6:00pm	(8)	671633

#### **KICKBOXING**

Tue

Tue

Apr 7-May 12

May 19-Jun 23

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.

KINSMEN						
	DATES	TIME	#	BARCODE		
MEMBER	\$75.00/NON-ME	MBER \$85.00				
Mon	Apr 6-May 11	7:00-8:30pm	(5)	671576		
(No Class Ap	(No Class Apr 13)					
Wed	April 8-May 13	7:00-8:30pm	(6)	671578		
Mon	May 25-Jun 22	7:00-8:30pm	(6)	671577		
Wed	May 20-Jun 24	7:00-8:30pm	(6)	671579		
TERWILLEGAR						
	DATES	TIME	#	BARCODE		
MEMBER	MEMBER \$75.00/NON-MEMBER \$85.00					

7:00-8:30pm

7:00-8:30pm

(6)

(6)

671574

671575

#### TRIATHLON-LEARN TO TRI

Your journey starts now. You have it in you. This is the year you swim, bike and run your way in a safe, fun, supportive and technique focused program. This is the year you become a Triathlete. Our certified Triathlon coaches will lead you through the training program, meeting you at your fitness level, and progressing you through to the finish line. No prior triathlon experience required. Participants should be able to swim 50m continuously. Tuedays: 7:00-7:30pm Spin Garage & 7:45-8:45pm Pool (please bring cycling and swim gear) Saturdays: 8:00-9:30am Spin Garage & Track (please bring cycling and running gear). Please bring swimsuit and goggles for the swim portion, running gear for the bike and run portion, (recommended for bike: cycling shorts and cycling shoes for SPD pedals). You do not require your own bike, spin bikes will be used. Offered in partnership with Edmonton Triathlon Academy.

KINSMEN				
	DATES	TIME	#	BARCODE
MEMBER \$	94.50/NON-M	IEMBER \$105.00		
Tu/Sa	Apr 4-28	Tu: 7:00-8:45pm Sa: 8:00-9:30am	(7)	673086
(No Class Apr	11)			
MEMBER \$	108.00/NON-	MEMBER \$120.00		
Tu/Sa	May 2-30	Tu: 7:00-8:45pm Sa: 8:00-9:30am	(8)	673092
(No Class May	16)			
MEMBER \$121.50/NON-MEMBER \$135.00				
Tu/Sa	Jun 2-30	Tu: 7:00-8:45pm Sa: 8:00-9:30am	(9)	673093

(No Class May 16)

#### TRIATHLON-ENDURANCE

Continue your Triathlon journey. Our professional coaches will work with you to continue your enjoyment of triathlon, skills and fitness, preparing you to continue to grow and meet your goals. Participants should be able to swim 50m continuously. Some prior Triathlon experience is strongly recommended. Mondays: 7:15-7:45pm Spin Garage & 8-9pm Pool (please bring cycling and swim gear) Thudays: 7:00-8:30pm Indoor Cycling & Track (please bring bike, cycling and running gear) Please bring swimsuit and goggles for the swim portion, running gear for the bike and run portion, (recommended for bike: cycling shorts and cycling shoes for SPD pedals). Spin bikes will be used on Mondays. Bring your own bike for Thudays. Bike trainers are provided and secure storage is available. Offered in partnership with Edmonton Triathlon Academy.

KINSMEN				
	DATES	TIME	#	BARCODE
MEMBER \$	94.50/NON-M	<b>IEMBER \$105.00</b>		
M/Th	Apr 2-30	Tu: 7:15-9:00pm Sa: 7:00-8:30am	(7)	673087
(No Class Apr 1	3)			
MEMBER \$	94.50/NON-M	<b>IEMBER \$105.00</b>		
M/Th	May 4-28	Tu: 7:15-9:00pm Sa: 7:00-8:30am	(7)	673090
(No Class May	18)			
MEMBER \$121.50/NON-MEMBER \$135.00				
M/Th	Jun 1-29	Tu: 7:15-9:00pm Sa: 7:00-8:30am	(9)	673090

#### TRIATHLON-ENDURANCE/RACING

For more seasoned Triathletes or those looking for a more challenging training session, our experienced and certified coaches will help you prepare and improve your performance for your next triathlon. Professional coaches will provide you with structured workouts focusing on developing the fitness and decision making abilities needed to race and accomplish your personal goals. This program will focus on dryland training for the bike and run portion. Swim training is offered at various facilities as a drop-in program. For available swim training times, please see the Drop-In Swim Training Schedule on Edmonton. ca. Discounted monthly membership option available. Bike trainers are provided; participants are required to bring their own bikes. Secure storage available to keep bike at the facility. In appropriate weather, the program will be outside. Offered in partnership with Edmonton Triathlon Academy.

KINSMEN				
	DATES	TIME	#	BARCODE
MEMBER \$	144.00/NON-N	MEMBER \$157.50		
Tu/Th	Apr 2-30	9:15-11:15am	(9)	673089
Tu/Th	Jun 2-30	9:15-11:15am	(9)	673088
MEMBER \$	128.00/NON-N	1EMBER \$140.00		
Tu/Th	May 5-28	9:15-11:15am	(8)	673090

### **Programs for Persons with Disabilities**PWD

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.

#### **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	\$123.00/NON-ME	MBER \$137.00		
Tue	Apr 7-Jun 16	6:30-8:30pm	(10)	670552
Fri	Apr 10-Jun 19	1:00-3:00pm	(10)	671561

#### **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 \$103.00/NON-MEMBER \$117.00					
Mon	Apr 6-Jun 22	7:30-9:30pm	(10)	671536		
(No Class Ap	r 13 & May 18)					

#### **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 \$155.00/NON-MEMBER \$167.00				
Thu	Apr 8-Jun 17	6:30-8:30pm	(10)	671553

CLAREV	'IEW				
	DATES	TIME	#	BARCODE	
MEMBER	MEMBER \$155.00/NON-MEMBER \$167.00				
Wed	Apr 8-Jun 17	12:30-2:30pm	(10)	671548	

MILL WO	OODS				
	DATES	TIME	#	BARCODE	
MEMBER \$155.00/NON-MEMBER \$167.00					
Thur	Apr 9-Jun 18	10:00am-12:00pm	(10)	671550	

#### **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 \$103.00/NON-MEMBER \$117.00					
Fri	Apr 10-Jun19	7:00-9:00pm	(10)	671549	

### MoveLearnPlay.edmonton.ca is here!

Create your account to search and register for City programs today.



#### **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 \$123.00/NON-MEMBER \$137.00					
Mon	Apr 6-Jun 22	7:00-9:00pm	(10)	671562	
(No Class An	r 13 & May 18)				

CLARE	/IEW				
	DATES	TIME	#	BARCODE	
MEMBER	MEMBER \$123.00/NON-MEMBER \$137.00				
Fri	Apr 10-Jun19	7:00-9:00pm	(10)	671559	

соммо	NWEALTH			
	DATES	TIME	#	BARCODE
MEMBER	\$123.00/NON-M	IEMBER \$137.00		
Mon	Apr 6-Jun 22	10:30am-12:30pm	(10)	671551
(No Class Ap	r 13 & May 18)			

### 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	\$123.00/NON-M	EMBER \$137.00		
Mon	Apr 6-Jun 22	1:00-3:00pm	(10)	671560
(No Class Ap	r 13 & May 18)			

#### **SPRING DISCOVERY**

Get a jump on the season and make new friends with this funfilled program. Discover all of the beauty that Spring holds all within the beauty of Rundle Park! Activities may include but not limited to spring-themed crafts, outdoor exploration, and cookouts!

A.C.T.					
	DATES	TIME	#	BARCODE	
MEMBER	MEMBER \$123.00/NON-MEMBER \$137.00				
Wed	Apr 8-Jun 17	7:00-9:00pm	(10)	671554	

### EDMONTON EXCURSIONS & SPECIAL EVENTS

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!

#### **SPORTS SPECTACULAR!**

Take a trip to the Green and Gold Room at Commonwealth Community Recreation Centre and enjoy the view of Commonwealth Stadium where the Edmonton Eskimos play! Have some snacks after playing a rousing game of football in the gym. This excursion will get your blood pumping. Feel free to wear your favourite sports teams gear as this event will celebrate the love of sport.

COMMON	WEALTH					
	DATES	TIME	#	BARCODE		
MEMBER \$	MEMBER \$18.00/NON-MEMBER \$20.00					
Thu	Apr 16	6:30-8:30pm	(1)	671558		

#### SPRING FLING

Strap on your dancing shoes and take a trip back in time in this Retro-themed Spring Fling dance! Located in the ACT Gymnasium. Light refreshments will be provided. Participants registered in Social Night do not need to register. No Charge for Support Staff.

A.C.T.					
	DATES	TIME	#	BARCODE	
MEMBER \$11.00/NON-MEMBER \$12.00					
Fri	May 8	7:00-9:00pm	(1)	671556	

#### **BBQ BASH!**

Grill, chill and enjoy the great outdoors with your friends at the PWD BBQ Bash! Enjoy the accessible Picnic Site #1 in beautiful Emily Murphy Park! Participate in some outdoor games and activities while enjoying hot dogs and snacks!

EMILY M	URPHY PARK					
	DATES	TIME	#	BARCODE		
MEMBER	MEMBER \$18.00/NON-MEMBER \$20.00					
Fri	Jun 26	1:00-3:00pm	(1)	671555		

#### **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.

CLAREV	'IEW			
	DATES	TIME	#	BARCODE
MEMBER	\$72.00/NON-ME	MBER \$81.00		
Wed	Apr 8-May 13	6:30-7:30pm	(6)	671989
Wed	May 20-Jun 24	6:30-7:30pm	(6)	671986

СОММО	NWEALTH			
	DATES	TIME	#	BARCODE
MEMBER	\$72.00/NON-ME	MBER \$81.00		
Sat	Apr 4-May 23	9:15-10:15am	(6)	671990
MEMBER	\$60.00/NON-ME	MBER \$67.50		
Sat	May 30-Jun 20	9:15-10:15am	(5)	671982

KINSME	N				
	DATES	TIME	#	BARCODE	
MEMBER	\$60.00/NON-ME	MBER \$67.50			
Sat	May 30-Jun 20	11:00-12:00pm	(5)	671985	
MEMBER \$72.00/NON-MEMBER \$81.00					
Sat	Apr 4-May 23	11:00-12:00pm	(6)	671988	

THE ME	ADOWS			
	DATES	TIME	#	BARCODE
MEMBER	\$72.00/NON-ME	MBER \$81.00		
Wed	May 20-Jun 24	5:45-6:45 pm	(6)	671987
Wed	Apr 8-May 13	5:45-6:45 pm	(6)	671984

<b>TERWIL</b>	LEGAR			
	DATES	TIME	#	BARCODE
MEMBER	\$60.00/NON-ME	MBER \$67.50		
Sat	May 30-Jun 20	12:30-1:30pm	(5)	671991
MEMBER	\$72.00/NON-ME	MBER \$81.00		
Sat	Apr 4-May 23	12:30-1:30pm	(6)	671983

### LADIES ONLY GET GOLF READY LEVEL I

**AGES 18+** 

Have you always wanted to try golf but didn't know where to start? This ladies only introductory level program features four hours of lesson time and teaches participants the basics of the full swing for both woods and irons, as well as short game shots to ensure you are ready to hit the links.

VICTO	DRIA GOLF CO	DURSE			
	DATES	TIME	#	PRICE	BARCODE
M/W	Apr 27-May 6	5:15-6:15pm	(4)	\$160	673119
M/W	May 18-27	6:45-7:45 pm	(4)	\$160	673120
Sa/Su	May 23-24	12:30-2:30 pm	(2)	\$160	673121
Tu/Th	May 19-28	7:15-8:15 pm	(4)	\$160	673124
Tu/Th	Jun 2-11	5:15-6:15 pm	(4)	\$160	673122
M/W	Jun 15-24	5:15-6:15 pm	(4)	\$160	673123

#### LADIES ONLY GET GOLF READY LEVEL II

**AGES 18+** 

Adult Co-Ed Level II is for the golfer who is looking to improve their game but needs more than just the basics. The follow up class to Co-Ed level I features advanced swing techniques for both short game and full swing and features video sessions where the instructor will record your swing to provide next level feedback.

VICTORIA GOLF COURSE					
	DATES	TIME	#	PRICE	BARCODE
M/W	May 23-Jun 3	5:30-6:30pm	(4)	\$180	673151
Tu/Th	Jun 16-25	5:15-6:15pm	(4)	\$180	673152

#### ADULT SCORING ZONE AGES 18+

Learn the correct disciplines of the short game shots that can add up to 60% or more of the shots you take during a round. Lower your scores by learning the proper techniques to improve your putting, chipping, and pitching.

VICTO	RIA GOLF	COURSE			
	DATES	TIME	#	PRICE	BARCODE
Sat	May 9	10:00am-12:00pm	(1)	\$80	673134
Sat	May 16	10:00am-12:00pm	(1)	\$80	673135
Sat	Jun 6	10:00am-12:00pm	(1)	\$80	673136

#### ADULT CO-ED-LEVEL I

#### **AGES 18+**

These lessons are a great way to spend time together with your child while learning to play golf. This course features two one-hour sessions to give the family a great starting point in the game. Focus will be on full swing, putting, and chipping. Fee is for one adult and one child.

PARENT/CHILD LESSONS

Always wanted to try golf but didn't know where to start? This introductory level adult co-ed program features four hours of lesson time and teaches participants the basics of the full swing for both woods and irons, as well as short game shots to ensure you are ready to hit the links.

VICTO	DRIA GOLF C	OURSE			
	DATES	TIME	#	PRICE	BARCODE
Tu/Th	Apr 28-May 7	6:00-7:00pm	(4)	\$160	673125
M/W	May 4-13	6:30-7:30pm	(4)	\$160	673126
Sat	May 9-16	12:30-2:30pm	(2)	\$160	673127
Tu/Th	May 19-28	6:00-7:00pm	(4)	\$160	673128
Sat	Jun 6-13	12:30-2:30pm	(2)	\$160	673129
Mon	Jun 8-29	7:45-8:45pm	(4)	\$160	673130
Sat	Jun 13-20	10:00-12:00pm	(2)	\$160	673131
M/W	Jun 8-1	6:30-7:30pm	(4)	\$160	673132
Tu/Th	Jun 23-Jul 2	6:30-7:30pm	(4)	\$160	673133

VICTO	RIA GOLF C	OURSE			
	DATES	TIME	#	PRICE	BARCODE
M/W	May 11-13	5:15-6:15pm	(2)	\$125	673137
Sa/Su	May 23-24	2:45-3:45pm	(2)	\$125	673138
M/W	Jun 8-10	5:15-6:15pm	(2)	\$125	673139
M/W	Jun 22-24	6:30-7:30pm	(2)	\$125	673140
M/W	May 20-22	5:30-6:30pm	(2)	\$125	673141
Tu/Th	May 12-14	5:45-6:45pm	(2)	\$125	673142
Tu/Th	May 12-14	7:00-8:00pm	(2)	\$125	673143
M/W	Jun 1-3	6:45-7:45pm	(2)	\$125	673144
Tu/Th	Jun 16-18	6:30-7:30pm	(2)	\$125	673145
Wed	Jun 17-24	7:45-8:45pm	(2)	\$125	673146

#### **ADULT CO-ED-LEVEL II**

**AGES 18+** 

Adult Co-Ed Level II is for the golfer who is looking to improve their game but needs more than just the basics. The follow up class to Co-Ed level I features advanced swing techniques for both short game and full swing and features video sessions where the instructor will record your swing to provide next level feedback.

#### SENIOR SPECIAL

**AGES 55+** 

AGES 18+/6-17

These lessons are designed with the "experienced" golfer in mind. With a focus on making consistent contact, maintaining flexibility and distance, these one-hour sessions will have you at the top of your game through the golden years.

VICTO	VICTORIA GOLF COURSE				
	DATES	TIME	#	PRICE	BARCODE
M/W	May 25-Jun 3	8:00-9:00pm	(4)	\$180	673153
Tu/Th	Jun 2-11	7:45-8:45pm	(4)	\$180	673154
Tu/Th	Jun 16-25	7:45-8:45pm	(4)	\$180	673155

VICTO	ORIA GOLF C	OURSE			
	DATES	TIME	#	PRICE	BARCODE
Tue	May 5-12	11:00-12:00pm	(2)	\$60	673147
Thu	Jun 11-18	12:00-1:00pm	(2)	\$60	673148

#### **ADULT SHORT GAME CLINIC AGES 18+**

Held at beautiful Rundle Park Golf Course Practice Green this May & June only. This clinic will feature demonstrations of many of the short game shots that you will need to score better! Putting, chipping, and pitching from various lies will be demonstrated by our CPGA Professional while you observe.

RUND	LE GOLF C	DURSE			
	DATES	TIME	#	PRICE	BARCODE
Sat	May 2	11:00-12:00 pm	(1)	\$15	673149
Sat	May 30	11:00-12:00pm	(1)	\$15	673150

### 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 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.

KINSME	N			
	DATES	TIME	#	BARCODE
MEMBER	\$110.70/NON-ME	MBER \$123.00		
Sun	Apr 5-May 17	9:00-10:00am	(6)	671591
MEMBER	\$92.25/NON-ME	MBER \$102.50		
Sun	May 24-June 21	9:00-10:00am	(5)	671583

#### **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.

KINSMEI	N			
	DATES	TIME	#	BARCODE
MEMBER	\$110.70/NON-ME	MBER \$123.00		
Sun	Apr 5-May 17	10:00-11:00am	(6)	671614
MEMBER	\$92.25/NON-ME	MBER \$102.50		
Sun	May 24-Jun 21	10:00-11:00am	(5)	671605

### **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!

KINSME	N			
	DATES	TIME	#	BARCODE
MEMBER	\$110.70/NON-M	EMBER \$123.00		
Sun	Apr 5-May 17	11:00am-12:00pm	(6)	671590
MEMBER	\$92.25/NON-ME	MBER \$102.50		
Sun	May 24-Jun 21	11:00am-12:00pm	(5)	671618
MEMBER	\$147.60/NON-M	EMBER \$164.00		
Tu/Th	Apr 7-30	6:00-7:00pm	(8)	671602
Tu/Th	May 5-28	6:00-7:00pm	(8)	671594
Tu/Th	Jun 2-25	6:00-7:00pm	(8)	671619

#### **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	Apr 5-May 17	1:00-2:00pm	(6)	671621
MEMBER	\$147.60/NON-ME	MBER \$164.00		
Tu/Th	Apr 7-30	7:00-8:00pm	(8)	671624
Tu/Th	May 5-28	7:00-8:00pm	(8)	671611
Tu/Th	Jun 2-25	7:00-8:00pm	(8)	671607
MEMBER	\$92.25/NON-ME	MBER \$102.50		
Sun	May 24-Jun 21	1:00-2:00pm	(5)	671600

соммо	NWEALTH			
	DATES	TIME	#	BARCODE
MEMBER	\$147.60/NON-M	IEMBER \$164.00		
M/W	Apr 6-29	6:00-7:00am	(8)	671612
M/W	Jun 1-24	6:00-7:00am	(8)	671599
MEMBER	\$129.15/NON-M	EMBER \$143.50		
M/W	May 5-27	6:00-7:00am	(7)	671598

KINSMEN				
	DATES	TIME	#	BARCODE
MEMBER S	184.50/NON-N	MEMBER \$205.00		
M/W/F	Apr 6-29	6:00-7:00am	(10)	671603
M/W/F	Apr 6-29	7:15am-8:15am	(10)	671595
MEMBER S	129.15/NON-M	EMBER \$143.50		
M/W	Apr 6-29	6:00-7:00pm	(7)	671609
M/W	May 4-27	6:00-7:00pm	(7)	671604
MEMBER S	147.60/NON-M	1EMBER \$164.00		
Tu/Th	Apr 7-30	6:00-7:00am	(8)	671585
Tu/Th	Apr 7-30	7:00-8:00pm	(8)	671601
Tu/Th	May 5-28	6:00-7:00am	(8)	671581
Tu/Th	May 5-28	7:00-8:00pm	(8)	671608
M/W	Jun 1-24	6:00-7:00pm	(8)	671586
Tu/Th	Jun 2-25	6:00-7:00am	(8)	671592
Tu/Th	Jun 2-25	7:00-8:00pm	(8)	671588
MEMBER S	202.95/NON-I	MEMBER \$225.50		
M/W/F	May 4-29	6:00-7:00am	(11)	671606
M/W/F	May 4-29	7:15-8:15am	(11)	671616
MEMBER S	221.40/NON-N	1EMBER \$246.00		
M/W/F	Jun 1-26	6:00-7:00am	(12)	671620
M/W/F	Jun 1-26	7:15-8:15am	(12)	671625

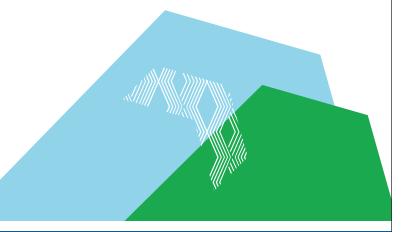
THE ME	ADOWS			
	DATES	TIME	#	BARCODE
MEMBER	\$129.15/NON-MI	EMBER \$143.50		
M/W	Apr 6-29	6:00-7:00am	(7)	671596
M/W	May 4-27	6:00 <b>-</b> 7:00am	(7)	671610
MEMBER	\$147.60/NON-M	EMBER \$164.00		
Tu/Th	Apr 7-30	6:00 <b>-</b> 7:00pm	(8)	671626
Tu/Th	May 5-28	6:00 <b>-</b> 7:00pm	(8)	671623
M/W	Jun 1-24	6:00-7:00am	(8)	671582
Tu/Th	Jun 2-25	6:00 <b>-</b> 7:00pm	(8)	671587

TERWILL	.EGAR			
	DATES	TIME	#	BARCODE
MEMBER \$	129.15/NON-M	EMBER \$143.50		
M/W	Apr 6-29	6:00-7:00am	(7)	671593
M/W	Apr 6-29	6:30-7:30pm	(7)	671597
M/W	May 4-27	6:00-7:00am	(7)	671617
M/W	May 4-27	6:30-7:30pm	(7)	671615
MEMBER \$	147.60/NON-M	1EMBER \$164.00		
M/W	Jun 1-24	6:00-7:00am	(8)	671622
M/W	Jun 1-24	6:30-7:30pm	(8)	671613

### 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	Apr 20-Jun 15	12:30-2:00pm	(8)	\$176.00	669166
TERW	/ILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
Tue	Apr 14-Jun 2	1:00-2:30pm	(8)	\$176.00	669167
Tue	Apr 7-May 5	4:30-6:00pm	(5)	\$110.00	669152
Tue	May 12-Jun 9	4:30-6:00pm	(5)	\$110.00	669164

#### DANCE

#### **DYNAMIC DANCE**

**AGES 2-3** 

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.

CLAREVIEW									
	DATES	TIME	#	PRICE	BARCODE				
Sat	Apr 18-Jun 13	9:45-10:15am	(8)	\$68.00	669188				
THE N	MEADOWS								
	DATES	TIME	#	PRICE	BARCODE				
Mon	Apr 20-Jun 15	9:30-10:00am	(8)	\$68.00	669179				
MILL	WOODS								
	DATES	TIME	#	PRICE	BARCODE				
Tue	Apr 14-Jun 12	10:00-10:30am	(8)	\$68.00	669201				
TERWILLEGAR									
	DATES	TIME	#	PRICE	BARCODE				
Thu	Apr 16-Jun 4	10:00-10:30am	(8)	\$68.00	669180				

### FOOTLIGHTS AND FANCY FEET

**AGES 3-4** 

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

CLAREVIEW									
	DATES	TIME	#	PRICE	BARCODE				
Sat	Apr 18-Jun 13	10:15-11:00am	(8)	\$90.00	669190				

COM	COMMONWEALTH									
	DATES	TIME	#	PRICE	BARCODE					
Sun	Apr 19-Jun 14	9:30-10:15am	(8)	\$90.00	669200					

THE	MEADOWS				
	DATES	TIME	#	PRICE	BARCODE
Mon	Apr 20-Jun 15	10:00-10:45am	(8)	\$90.00	669211

MILL	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Tue	Apr 14-Jun 2	10:30-11:15am	(8)	\$90.00	669205

TERV	VILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
Thu	Apr 16-Jun 4	10:30-11:15am	(8)	\$90.00	669182

#### 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.

CLAREVIEW								
	DATES	TIME	#	PRICE	BARCODE			
Sat	Apr 18-Jun 13	11:00-11:45am	(8)	\$90.00	669204			
Sat	Apr 18-Jun 13	3:00-3:45pm	(8)	\$90.00	669209			

COM	MONWEALTH				
	DATES	TIME	#	PRICE	BARCODE
Sun	Apr 19-Jun 14	10:15-11:00am	(8)	\$90.00	669191

THE	MEADOWS				
	DATES	TIME	#	PRICE	BARCODE
Sun	Apr 19-Jun 14	10:30-11:15am	(8)	\$90.00	669181
Sun	Apr 19-Jun 14	11:15am-12:00pm	(8)	\$90.00	669208
Mon	Apr 20-Jun 15	10:45-11:30am	(8)	\$90.00	669177

MILL	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Tue	Apr 14-Jun 2	11:15am-12:00pm	(8)	\$90.00	669195

TERW	/ILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
Thu	Apr 16-Jun 4	11:15am-12:00pm	(8)	\$90.00	669194

#### 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: Bugs! This course will have you moving and grooving to the beat! Adult participation required.

THE MEADOWS  DATES TIME # PRICE BARCODE Sat Apr 4-Jun 13 9:30-10:30am (9) \$123.00 669233  TERWILLEGAR
Sat Apr 4-Jun 13 9:30-10:30am (9) \$123.00 669233  TERWILLEGAR
TERWILLEGAR
DATES TIME " DRICE DADOON
DATES TIME # PRICE BARCODE
Sat Apr 18-Jun 13 9:30-10:30am (8) \$109.00 <b>669217</b>
Sat Apr 18-Jun 13 10:30-11:30am (8) \$109.00 <b>66923</b> 4
Sun Apr 19-Jun 14 10:00-11:00am (8) \$109.00 <b>669239</b>
Fri Apr 17-Jun 12 10:00-11:00am (9) \$123.00 <b>669221</b>

#### 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: Bugs! Participants will show off their new skills for an in-class performance of singing, movement and playing instruments. Some adult participation required.

TERWILLEGAR							
	DATES	TIME	#	PRICE	BARCODE		
Sat	Apr 18-Jun 13	11:30am-12:30pm	(8)	\$130.00	669230		
Sun	Apr 19-Jun 14	11am-12:00pm	(8)	\$130.00	669228		

#### **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	MEADOWS						
	DATES	TIME	#	PRICE	BARCODE		
Sat	Apr 4-Jun 13	11:00-11:45am	(9)	\$146.00	669222		
TERWILLEGAR							
	DATES	TIME	#	PRICE	BARCODE		
Sat	Apr 18-Jun 13	11:00-11:45am	(8)	\$130.00	669235		
Sat	Apr 18-Jun 13	1:15-2:00pm	(8)	\$130.00	669213		

**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	Apr 4-Jun 13	12:30-1:15pm	(9)	\$146.00	669216		
TERWILLEGAR							
	DATES	TIME	#	PRICE	BARCODE		
Sat	Apr 18-Jun 13	10:15-11:00am	(8)	\$130.00	669224		

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	Apr 18-Jun 13	9:00-10:30am	(8)	\$104.00	669272	
Sat	Apr 18-Jun 13	10:45am-12:15pm	(8)	\$104.00	669254	
Sat	Apr 18-Jun 13	1:00-2:30pm	(8)	\$104.00	669273	
Mon	Apr 20-Jun 15	1:00-2:30pm	(8)	\$104.00	669262	

### ART EXPLORERS: PAINTING SKILLS

**AGES 4-5** 

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	Apr 16-Jun 4	1:00-2:30pm	(8)	\$104.00	669266

### MoveLearnPlay.edmonton.ca is here!

Create your account to search and register for City programs today.





**FAMILY** 

### FAMILY CHOCOLATE MAKING-EASTER

AGES 5+

Make delicious Easter 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.

CLAREVIEW							
	DATES	TIME	#	PRICE	BARCODE		
Tue	Apr 7	6:00-8:00pm	(1)	\$35.00	669163		

MILL '	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Sun	Apr 5	1:00-3:00pm	(1)	\$35.00	671456

### MOTHER'S DAY FAMILY COOKIE DECORATING

AGE 6+

Spend an afternoon with your Mother and family decorating cookies! Participants will apply creative 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 \	NOODS				
	DATES	TIME	#	PRICE	BARCODE
Sun	May 10	1:00-3:00pm	(1)	\$35.00	671457

#### 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	Apr 16-May 7	6:00-8:00pm	(4)	\$66.00	669246
Thu	May 21-Jun 11	6:00-8:00pm	(4)	\$66.00	669248

#### **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.

TERWILLEGAR						
	DATES	TIME	#	PRICE	BARCODE	
Tue	Apr 7-May 5	6:15-7:45pm	(5)	\$110.00	669168	
Thu	Apr 9-May 7	4:30-6:00pm	(5)	\$110.00	669157	

#### 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	WILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
Thu	May 14-Jun 11	4:30-6:00pm	(5)	\$110.00	669162
Tue	May 12-Jun 9	6:15-7:45pm	(5)	\$110.00	669160

#### 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	EVIEW						
	DATES	TIME	#	PRICE	BARCODE		
AGES	8-10						
Tue	Apr 21-May 19	6:30-8:00pm	(5)	\$110.00	669158		
TERV	VILLEGAR						
	DATES	TIME	#	PRICE	BARCODE		
AGES	8-10						
Mon	Apr 6-May 11	4:30-6:00pm	(5)	\$110.00	669172		
AGES 10-14							
Mon	Anr 6-May 11	6.30-8.00nm	(5)	\$110.00	669169		

#### **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	May 25-Jun 15	4:30-6:00pm	(4)	\$88.00	669171			
AGES 11-14								
Mon	May 25-Jun 15	6:30-8:00pm	(4)	\$88.00	669165			

### FLOWER CUPCAKE DECORATING

**AGES 10-14** 

Get creative with flower cupcake decorating! Learn step by step how to make rosettes, leaves and flowers for your cupcakes. A delightful treat to share with family and friends this Spring! All supplies included.

CLAREVIEW							
	DATES	TIME	#	PRICE	BARCODE		
Thu	May 14	6:00-8:00pm	(1)	\$40.00	669155		

#### **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.

CLAREVIEW							
	DATES	TIME	#	PRICE	BARCODE		
Sun	Apr 26	1:00-4:00pm	(1)	\$40.00	669173		

#### **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.

CLAREVIEW							
	DATES	TIME	#	PRICE	BARCODE		
Thu	Jun 4	6:30-8:30pm	(1)	\$40.00	669159		

#### **CAKE POPS**

**AGES 9-12** 

Get creative with learning to how to make Cake Pops. Participants will get to create their own unique cake pops with decorations. All supplies included.

CLAR	EVIEW				
	DATES	TIME	#	PRICE	BARCODE
Thu	May 28	6:00-8:00pm	(1)	\$40.00	669153

#### **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!

CLAR	REVIEW				
	DATES	TIME	#	PRICE	BARCODE
Sat	Apr 4-Jun 20	2:00-3:00pm	(10)	\$115.00	669207
Thu	Apr 9-Jun 11	6:00-7:00pm	(10)	\$115.00	669174

THE M	EADOWS				
	DATES	TIME	#	PRICE	BARCODE
AGES 6	-9				
Sun	Apr 5-Jun 21	1:30-2:30pm	(10)	\$115.00	669198
AGES 9	-11				
Sun	Apr 5-Jun 21	12:15-1:15pm	(10)	\$115.00	669199

MILL	WOODS				
	DATES	TIME	#	PRICE	BARCODE
AGES	9-11				
Mon	Apr 6-Jun 15	5:45-6:45pm	(9)	\$103.00	669189

#### **CONTEMPORARY DANCE AGES 5-7**

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

CLAREVIEW							
	DATES	TIME	#	PRICE	BARCODE		
Sat	Apr 4-Jun 20	1:00-2:00pm	(10)	\$115.00	669175		

СОМ	MONWEALTH				
	DATES	TIME	#	PRICE	BARCODE
Sun	Apr 19-Jun 14	11:00am-12:00pm	(8)	\$92.00	669212

#### **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	Apr 6-Jun 15	4:30-5:45pm	(9)	\$117.00	669197
TERW	/ILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
Wed	Apr 8-Jun 10	4:30-5:45pm	(10)	\$130.00	669206

#### HIP HOP

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	Apr 19-Jun 14	2:15-3:15pm	(8)	\$92.00	669192
AGES	8-12				
Sat	Apr 19-Jun 14	12:00-1:00pm	(10)	\$115.00	669196
AGES	11-15				
Sun	Apr 19-Jun 14	3:15-4:15pm	(8)	\$92.00	669186
MILL	WOODS				
	DATES	TIME	#	PRICE	BARCODE
AGES	7-10				
Thu	Apr 9-Jun 11	4:30-5:30pm	(10)	\$115.00	669193
AGES	11-15				
Thu	Apr 9-Jun 11	5:30-6:30pm	(10)	\$115.00	669202
THE	MEADOWS				

THE N	MEADOWS				
	DATES	TIME	#	PRICE	BARCODE
AGES	7-10				
Sun	Apr 5-Jun 21	2:30-3:30pm (	10)	\$115.00	669210

TERW	/ILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
AGES	7-10				
Wed	Apr 8-Jun 10	5:45-6:45pm	(10)	\$115.00	669185

#### MUSIC

Sat

#### **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.

Apr18-Jun 13

Apr 18-Jun 13

#### **BLUE 1 AGES 5-6**

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

THE MEADOWS								
	DATES	TIME	#	PRICE	BARCODE			
Sat	Apr 4-Jun 13	11:45-12:30pm	(9)	\$146.00	669231			
TERWILLEGAR								
	DATES	TIME	#	PRICE	BARCODE			

11:45am-12:30pm (8)

2:00-2:45pm

\$130.00

\$130.00

669225

669223

BLUE 2 AGES 5-6

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

٦	ΓER\	WILLEGAR				
		DATES	TIME	#	PRICE	BARCODE
	Sat	Apr 18-Jun 13	3:30-4:15pm	(8)	\$130.00	669215

#### PURPLE AGES 5-6

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

1	<b>TERV</b>	VILLEGAR				
		DATES	TIME	#	PRICE	BARCODE
	Sat	Apr 18-Jun 13	2:45-3:30pm	(8)	\$130.00	669220

#### UKULELE FOR TEENS AGES 11-14

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!

TERV	VILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
Mon	Apr20-Jun 15	6:30-7:30pm	(8)	\$120.00	669229

#### **THEATER**

#### 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!

TERW	/ILLEGAR						
	DATES	TIME	#	PRICE	BARCODE		
AGES	6-8						
Sun	Apr 26-Jun 7	12:15-1:45pm	(6)	\$69.00	669251		
AGES 9-11							
Sun	Apr 26-Jun 7	2:00-3:30pm	(6)	\$69.00	669249		

#### **ART**

#### ART MASTERS

**AGES 9-13** 

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.

CLAR	EVIEW				
	DATES	TIME	#	PRICE	BARCODE
AGES	6-8				
Wed	Apr 15-Jun 3	4:30-6:00pm	(8)	\$110.00	669277
AGES	9-13				
Tue	Apr 14-Jun 2	4:45-6:15pm	(8)	\$110.00	669263

THE N	MEADOWS				
	DATES	TIME	#	PRICE	BARCODE
AGES	6-8				
Sun	Apr 19-Jun 14	9:30-11:00am	(8)	\$110.00	669280
AGES	9-13				
Sun	Apr 19-Jun 14	11:00am-12:30pm	(8)	\$110.00	669256

TERW	/ILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
AGES	6-8				
Wed	Apr 15-Jun 3	4:30-6:00pm	(8)	\$110.00	669258
AGES S	9-13				
Thu	Apr 16-Jun 4	4:30-6:00pm	(8)	\$110.00	669281
Fri	Apr 17-Jun 5	4:30-6:00pm	(8)	\$110.00	669283

#### 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.

COM	ONWEALTH				
	DATES	TIME	#	PRICE	BARCODE
AGES (	6-8				
Wed	Apr 15-Jun 3	6:00-7:30pm	(8)	\$104.00	669274
MILL '	WOODS				
	DATES	TIME	#	PRICE	BARCODE
AGES 9	9-13				
Wed	Apr 15-Jun 3	4:30-6:00pm	(8)	\$104.00	669260
TERW	/ILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
AGES	6-8				
Mon	Apr 20-Jun 15	4:30-6:00pm	(8)	\$104.00	669255
AGES !	9-13				
Thu	Apr 16-Jun 4	4:30-6:00pm	(8)	\$104.00	669264

### 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.

TER	WILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
Fri	Apr 24-May 29	6:30-8:00pm	(6)	\$96.00	669268



#### **COOKING & BAKING**

#### 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!

CLARI	EVIEW				
	DATES	TIME	#	PRICE	BARCODE
Thu	May 21	6:30-9:30pm	(1)	\$60.00	672208

MILL \	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Wed	Jun 3	6:30-9:00pm	(1)	\$60.00	672207

#### **BASIC CAKE DECORATING**

In this class you will learn the basics of decorating a cake. Learn to make icing and different decorations for your cake. It's easy to make cakes that look as good as they taste. Impress your family and friends with your new skills!

CLARI	EVIEW				
	DATES	TIME	#	PRICE	BARCODE
Sun	May 3	1:00-4:00pm	(1)	\$65.00	661819

#### **BASIC MACARONS**

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

MILL V	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Wed	Jun 17	6:30-9:30pm	(1)	\$65.00	661775

#### **BRAZILIAN STREET FOOD**

A fascinating variety of cultures come together to create Brazilian cuisine. Discover exotic ingredients, techniques and flavors you can use at your dinner parties. You'll make and sample dishes such as aipim frito, moqueca and farofa. Brazilians welcome their friends in the kitchen-everyone is warmly welcome to ours!

MILL \	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Wed	May 27	6:30-9:30pm	(1)	\$65.00	661779

#### **FONDANT CUPCAKE MAKING**

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

CLAR	EVIEW				
	DATES	TIME	#	PRICE	BARCODE
Sun	May 231	1:00-4:00pm	(1)	\$65.00	661772

### GREEN ONION CAKES & HOT AND SOUR SOUP

Hot and Sour Soup is loaded with many classic ingredients: shiitake mushrooms, bamboo shoots, silky eggs and tofu. This hearty, spicy and sour broth tastes better than take-out from a Chinese restaurant. Green Onion Cake is easy to make and uses simple and delicious ingredients. This class will be handson under your instructor's guidance so you learn and apply the knowledge and techniques of the popular Hot and Sour Soup and Green Onion Cake recipes for you and your family to enjoy.

CLARI	EVIEW				
	DATES	TIME	#	PRICE	BARCODE
Tue	May 26	6:00-8:00pm	(1)	\$50.00	661827

MILL \	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Sun	Jun 7	1:00-3:00pm	(1)	\$50.00	661774

#### **INDIAN BREAD MAKING**

Learn how to make a variety of Indian breads from a variety of different flours; whole wheat, corn flour, channa flour. Breads will include roti, stuffed paratha with vegetables (Potatoes, cauliflower, spinach), Makki Ki Roti- Pan-Fried Maize Bread, methi paratha- Fenugreek Stuffed Paratha, Garlic naan, bhatura with Channamasala (chickpea with tamarind chutney) along with a yogurt dip. Participants will take home samples of their creations.

CLARE	EVIEW				
	DATES	TIME	#	PRICE	BARCODE
Sun	Jun 7	1:00-4:00pm	(1)	\$65.00	661780

#### **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	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Wed	Apr 29-May 20	6:00-9:00pm	(4)	\$200.00	661807

#### MOTHER'S DAY COOKIE COLLECTIVE

This class is the perfect gift for mother's day! Either take the class with your mom or give her the gift of cookies. Make various cookie recipes such as thumbprint, short bread, gingersnap and more! Learn tips and tricks from our instructor and from each other. Participants will leave with great new recipes to try at home!

CLARE	VIEW				
	DATES	TIME	#	PRICE	BARCODE
Thu	May 7	6:30-9:30pm	(1)	\$65.00	661809

#### **SWEET DESSERTS**

Great for everyone with a sweet tooth. These are delicious Pakistani desserts that everyone loves- Gajar Halwa (Sweet Carrot dessert) Gulab Jaman (Fried milk ball in a sugar syrup) and Shahi Tukra (Bread soaked in sweet cooked milk).

MILL WOODS								
	DATES	TIME	#	PRICE	BARCODE			
Sat	May 30	1:00-4:00pm	(1)	\$65.00	661808			

#### **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!

CLARE	VIEW				
	DATES	TIME	#	PRICE	BARCODE
Tue	Jun 2	6:30-9:30pm	(1)	\$65.00	661823
MILL	/OODS				

MILL WOODS								
	DATES	TIME	#	PRICE	BARCODE			
Wed	Jun 10	6:30-9:30pm	(1)	\$65.00	661825			

#### TAIWANESE STREET FOOD

Taiwanese street foods can be found anywhere in local markets, street-side vendors, neighborhood restaurants and even 7-Eleven! Introduced the popular dishes which you can prepare easily at home. Cold noodle dish is light, clean and simple flavors serve as salad and is equally as satisfying and refreshing on a warm day as it is any other time of year. Learn to spice up the popcorn chicken and easy to make pickled cucumber that will bring you a real taste of Taiwanese street foods.

CLARE	EVIEW				
	DATES	TIME	#	PRICE	BARCODE
Sun	May 24	1:00-3:00pm	(1)	\$50.00	672210
MILL V	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Sun	May 3	1:00-3:00pm	(1)	\$50.00	661818

#### FLORAL THEMED CARD MAKING

"If I had a single flower for every time I think about you, I could walk forever in my garden." – Claudia Adrienne Grandi

At this 3 hour class, make 10 cards using different floral themes and techniques. Learn to incorporate paper flowers into your card making as well as watercolouring to make your projects shine! This is a great class to help you have a perfect card for Mother's Day. No experience necessary and All supplies are included.

MILL \	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Sat	Jun 6	1:00-4:00pm	(1)	\$50.00	661869

#### **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.

CLAR	EVIEW				
	DATES	TIME	#	PRICE	BARCODE
Wed	May 6-27	6:30-8:30pm	(4)	\$70.00	661866
THE M	IEADOWS				
	DATES	TIME	#	PRICE	BARCODE

7:00-9:00pm

\$70.00

#### **LEARN TO KNIT 1**

Mon Apr 20-May 11

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.

DATES				
	TIME	#	PRICE	BARCODE
Apr 28-May 19	6:30-8:30pm	(4)	\$70.00	661862
EADOWS				
DATES	TIME	#	PRICE	BARCODE
Apr 19-May 10	2:00-4:00pm	(4)	\$70.00	661870
LLEGAR				
DATES	TIME	#	PRICE	BARCODE
Apr 21-May 12	6:30-8:30pm	(4)	\$70.00	661859
	DATES  Apr 19-May 10  LLEGAR  DATES	DATES TIME Apr 19-May 10 2:00-4:00pm  LLEGAR  DATES TIME	EADOWS  DATES TIME #  Apr 19-May 10 2:00-4:00pm (4)  LLEGAR  DATES TIME #	EADOWS  DATES TIME # PRICE  Apr 19-May 10 2:00-4:00pm (4) \$70.00  LLEGAR  DATES TIME # PRICE

#### **LEARN TO KNIT 2**

Expand your knitting skills as you learn to knit a pair of beautiful mittens. 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!

TERWILLEGAR								
	DATES	TIME	#	PRICE	BARCODE			
Tue	May 19-Jun 9	6:30-8:30pm	(4)	\$70.00	661865			

#### **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.

CLAF	REVIEW				
	DATES	TIME	#	PRICE	BARCODE
Sun	Apr 19-Jun 21	1:00-4:00pm	(8)	\$185.00	661854
(No Clas	ss May 17)				

THE MEADOWS								
	DATES	TIME	#	PRICE	BARCODE			
Thu	Apr 23-Jun 11	6:30-9:30pm	(8)	\$185.00	661552			
TERV	TERWILLEGAR							
	DATES	TIME	#	PRICE	BARCODE			
Tue	Apr 21-Jun 9	1:00-4:00pm	(8)	\$185.00	671464			

#### **SEWING 2**

Tue

Apr 21-Jun 9

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. You will have the option of making a pullover top or an exposed zipper front open jacket or a hooded sweatshirt . 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	Apr 19-Jun 21	9:30am-12:30pm	(8)	\$185.00	661861		
(No Class May 17)							
TERV	VILLEGAR						

6:30-9:30pm

PRICE

\$185.00

(8)

BARCODE

661855

#### **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!

CLAR	EVIEW							
	DATES	TIME	#	PRICE	BARCODE			
Thu	Apr 16-Jun 18	7:15-8:45pm	(10)	\$150.00	661893			
TERV	TERWILLEGAR							
	DATES	TIME	#	PRICE	BARCODE			
Wed	Apr 15-Jun 17	7:00-8:30pm	(10)	\$150.00	661679			

#### **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!

TERWILLEGAR								
	DATES	TIME	#	PRICE	BARCODE			
Thu	Apr 16-Jun 18	7:00-8:00pm	(10)	\$110.00	661892			

#### **CONTEMPORARY DANCE**

Join us for a fun class of expressive dance moves that combines elements of jazz, ballet, and modern dance. Connect the body and mind through fluid dance moves!

MILL	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Thu	Apr 16-Jun 18	7:00-8:00pm	(10)	\$110.00	661905

#### 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.

CLAR	EVIEW				
	DATES	TIME	#	PRICE	BARCODE
Sun	Apr 5-Jun 14	4:30-5:30pm	(10)	\$110.00	661906
(No class	s April 12 & May 17)				

THE	MEADOWS				
	DATES	TIME	#	PRICE	BARCODE
Thu	Apr 16-Jun 18	8:15-9:15pm	(10)	\$110.00	661889

MILL WOODS								
	DATES	TIME	#	PRICE	BARCODE			
Thu	Apr 16-Jun 18	8:00-9:00pm	(10)	\$110.00	661902			

PARTNERED DANCE

#### **BALLROOM DANCING**

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

TER\	WILLEGAR						
	DATES	TIME	#	PRICE	BARCODE		
MEN							
Fri	Apr 17-June 19	7:00-8:00pm	(10)	\$110.00	661899		
WOMEN							
Fri	Apr 17-June 19	7:00-8:00pm	(10)	\$110.00	661885		

#### 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		
MEN							
Wed	Apr 15-Jun 17	7:00-8:00pm	(10)	\$110.00	661895		
WOMEN							
Wed	Apr 15-Jun 17	7:00-8:00pm	(10)	\$110.00	661894		

#### **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

TERV	VILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
MEN					
Wed	Apr 15-Jun 17	8:00-9:00pm	(10)	\$110.00	661901
WOME	EN .				
Wed	Apr 15-Jun 17	8:00-9:00pm	(10)	\$110.00	661900

#### **SWING DANCE**

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			
MEN								
Wed	Apr 17-June 19	8:00-9:00pm	(10)	\$110.00	661888			
WOMI	WOMEN							
Wed	Apr 17-June 19	8:00-9:00pm	(10)	\$110.00	661887			

#### MUSIC

#### **GUITAR 1**

From beginner to professional level, the foundation of guitar playing is learning the 15 basic chords that are the 20% of the knowledge used 80% of the time. 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.

THE N	MEADOWS				
	DATES	TIME	#	PRICE	BARCODE
Tue	Apr 21-Jun 9	7:00 pm-9:00pm	(8)	\$140.00	661915
MILL	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Wed	Apr 22-Jun 10	7:00-9:00pm	(8)	\$140.00	661913
TERW	/ILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
Sun	Apr 19-Jun 21	10:00am-12:00pm	(8)	\$140.00	661917
(No class	s May 17)				

#### 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!

СОМ	MONWEALTH				
	DATES	TIME	#	PRICE	BARCODE
Thu	Apr 23-Jun 11	6:00-7:30pm	(8)	\$125.00	671416

#### PIANO 1

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

TERV	VILLEGAR						
	DATES	TIME	#	PRICE	BARCODE		
Sun	Apr 19-Jun 14	1:30-2:30pm	(8)	\$110.00	672219		
(No clas	(No class May 17)						

#### **UKE CAN ROCK & SING**

If you dream of singing songs while strumming your ukulele then this class is for you. In this six-week class you'll learn the chord families, basic strumming patterns and lots of songs you can sing. Ukulele is fun and easy to learn!

TERW	/ILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
Mon	Apr 27-Jun 8	7:45-9:15pm	(6)	\$85.00	671460
(No class	s May 18)				

#### **SOAPS AND LOTIONS**

#### **BATH BOMBS**

This course provides an introductory class on how to make Bath Bombs! Learn about the right measuring, colour, 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!

MILL \	WOODS				
	DATES	TIME	#	PRICE	BARCODE
Sun	May 2	1:00-3:00pm	(1)	\$45.00	661910

#### MIND AND BODY

#### MINDFULNESS MEDITATION

In this 6-week course participants will learn the moment-tomoment practice of mindfulness. We will begin by learning the foundations of practice-mindfulness of body, breath and mind. Formal mindfulness practices will include sitting practice, walking meditation, gentle hatha yoga and body scan. Please bring a yoga mat.

TERV	VILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
Mon	Apr 20-June 1	5:20-6:20pm	(6)	\$95.00	662063

#### **POTTERY**

#### POTTERY STUDIO FOR SENIORS

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 from Plainsman Pottery but glazes and firing are included.

A.C.T.					
	DATES	TIME	#	PRICE	BARCODE
Mon	Apr 6-Jun 22	10:00am-3:00pm	(10)	\$100.00	662050
Tue	Apr 7-Jun 9	10:00am-3:00pm	(10)	\$100.00	671570
Thu	Apr 9-Jun 11	10:00am-3:00pm	(10)	\$100.00	662058

#### 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. Your instructor will discuss this kit on the first day of class.

A.C.T.					
	DATES	TIME	#	PRICE	BARCODE
Mon	Apr 6-Jun 22	6:30-9:30pm	(10)	\$285.00	662049
Wed	Apr 8-Jun 10	6:30-9:30pm	(10)	\$285.00	662054

#### **TEXTURED HAND BUILDING**

You don't need to master the pottery wheel to create fun and unique clay pots and sculptures. Explore creative ways to pinch, coil and build forms and then decorate them with a range of decorative techniques such as embossing, carving and wax resist. Take home 4-5 uniquely crafted projects. 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
Tue	Apr 7-May 26	6:30-9:30pm	(8)	\$210.00	662060

#### STAINED GLASS

#### STAINED GLASS PANEL

Learn the basic skills of making stained glass. Learn to cut, grind, foil and solder an 18 x 10 inch 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	Apr 16-Jun 4	6:00-9:00 pm	(8)	\$250.00	662032			

#### **VISUAL ART**

60+

### 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 painting skills give you tools to sketch and paint on the go, taking your creativity outside the studio! Please bring materials to the first class, supply lists are provided before class starts.

Т	ERW	ILLEGAR				
		DATES	TIME	#	PRICE	BARCODE
7	Thu	Apr 23-Jun 11	1:00-4:00pm	(8)	\$155.00	662002

### EXPLORING THE SECRETS OF WATERCOLOURS

Demonstrations and professional instruction will help you learn the basics of watercolour. You'll be shown what materials and techniques are needed to make really interesting pictures. Demonstrations and step-by-step instruction will show participants different methods of manipulating watercolours to achieve realistic paintings. No previous experience is necessary.

TERV	VILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
Thu	Apr 23-Jun 11	6:30-9:30pm	(8)	\$155.00	662017

#### **WATERCOLOURS 1 & 2**

Whether you have been painting awhile or this is your first class, all are welcome. You will touch on colour theory and the mixing of colours as you utilize a variety of techniques to create paintings of landscapes and other subjects of your choice. There will be some group exercises to enhance your skills as well as time to work on your own painting projects.

TERV	VILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
Mon	Anr 20-June 15	1.00-4.00nm	(8)	\$155.00	662015

#### **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.

CLAF	KEVIEW				
	DATES	TIME	#	PRICE	BARCODE
Tue	Apr 21-June 9	6:30-9:30pm	(8)	\$155.00	662029
THE	MEADOWS				
	DATES	TIME	#	PRICE	BARCODE
Wed	Apr 22-June 10	6:30-9:30pm	(8)	\$155.00	671573

TERV	VILLEGAR				
	DATES	TIME	#	PRICE	BARCODE
Wed	Apr 22-June 10	6:30-9:30pm	(8)	\$155.00	662006

#### DRAWING AND PAINTING BOOTCAMP

Get started in art-making with this introductory 4 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!

CLAR	CLAREVIEW					
	DATES	TIME	#	PRICE	BARCODE	
Fri	May 1-15	6:30-9:30pm	(4)	\$80.00	662030	

# yeg Drop - In Program Locations 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

### **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

**Edmonton** 



#### **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, excluding Kinsmen

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 ADAPTED**

#### (Swim Lessons for Children & Youth with Disabilities)

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

Red Cross Swim Adapted Levels 1 & 2 is for children 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. Prereguisite 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.

#### YOUTH/TEEN SWIM TRAINING

Interested in trying out swim workouts? This program is for Youth/Teens from 12-16 years of age who enjoy the water and want to become stronger swimmers. This program is an excellent way to increase the physical conditioning required for advanced Lifesaving courses such as Bronze Medallion, Bronze Cross or National Lifeguard. Experienced Swim Instructors design workouts that develop efficient swim mechanics, finesse stroke technique, build endurance, and increase participants speed. Participants must be comfortable in deep water and be able to demonstrate a minimum of 50 metres each of; front and back crawl. A working knowledge of breaststroke, scissor kick and whip kick an asset but these will also be developed throughout the course.

#### 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.

#### **Red Cross Swim - Adults**

Leisure & Recreation Centres, excluding Kinsmen

#### **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.

## **EMPLOYMENT PROGRESSION**FOR THE CITY OF EDMONTON AQUATICS

TITLE	AGE	CERTIFICATION ORDER		
	14	EMERGENCY FIRST AID (Recommended)		
AMENITY ATTENDANT	14	AMENITY ATTENDANT (Recommended)		
	When you are 14 years old, you can apply to work as an Amenity Attendant with the City of Edmonton.			
	13	BRONZE MEDALLION (Prerequisite for Bronze Cross)		
	14	BRONZE CROSS (Prerequisite for Red Cross Water Safety Instructor)		
AQUATIC INSTRUCTOR	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.		



### **AQUATIC PROGRAMS:**

### WHAT LEVEL DO I REGISTER IN NOW?

AGE CATEGORY	LEISURE CENTRES - RED CROSS	LIFESAVING SOCIETY	KINSMEN SPORTS CENTRE				
INFANT/TODDLER	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 TEAKS	PRESCHOOL CROCODILE		PRESCHOOL CROCODILE				
	PRESCHOOL WHALE		PRESCHOOL WHALE				
SCHOOL AGE							
	SWIM KIDS LEVEL 1		SWIM KIDS LEVEL 1				
	SWIM KIDS LEVEL 2		SWIM KIDS LEVEL 2				
	SWIM KIDS LEVEL 3		SWIM KIDS LEVEL 3				
	SWIM KIDS LEVEL 4		SWIM KIDS LEVEL 4				
	STROKE ENHANCEMENT 1		STROKE ENHANCEMENT 1				
	SWIM KIDS LEVEL 5		SWIM KIDS LEVEL 5				
6 - 16 YEARS	SWIM KIDS LEVEL 6		SWIM KIDS LEVEL 6				
	STROKE ENHANCEMENT 2		STROKE ENHANCEMENT 2				
	SWIM KIDS LEVEL 7		SWIM KIDS LEVEL 7				
	SWIM KIDS LEVEL 8		SWIM KIDS LEVEL 8				
	STROKE ENHANCEMENT 3		STROKE ENHANCEMENT 3				
	SWIM KIDS LEVEL 9		SWIM KIDS LEVEL 9				
	SWIM KIDS LEVEL 10		SWIM KIDS LEVEL 10				
		SWIM PATROL					
8 + YEARS		BRONZE STAR					
		JUNIOR LIFEGUARD CLUB					
13 YEARS - ADULT	YOUTH/ADULT SWIM BASICS						
	YOUTH/ADULT SWIM STROKES						

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

# RED CROSS SWIM ADAPTED AQUATICS

### Swim Lessons for Children and Youth with Disabilities

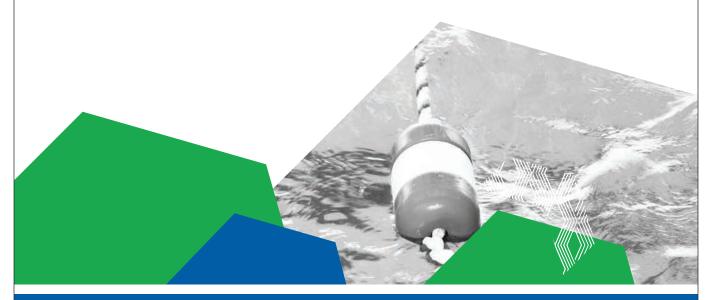
This course is designed for children with limited mobility, physical impairments, or other disabilities. A parent or attendant must accompany students in the water for all levels. Levels currently being offered are:

- 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.

LONDONDERRY						
RED CROSS SWIM						
CLASS		DATES	TIME	BARCODE		
Adapted 1/2	Thu	Apr 9-Jun 11	4:00-4:45pm	669372		
Adapted 1/2	Sat	Apr 18-Jun 27	8:00-8:45am	669371		
Adapted 3/4	Thu	Apr 9-Jun 11	4:45-5:30pm	669377		
Adapted 3/4	Sat	Apr 18-Jun 27	8:00-8:45am	669374		

	JASPER PLACE					
	RED CROSS SWIM					
	CLASS		DATES	TIME	BARCODE	
ĺ	Adapted 1/2	Mon	Apr 6-Jun 22	5:30-6:15pm	667785	
	Adapted 3/4	Mon	Apr 6-Jun 22	6:15-7:00pm	667787	

TERWILLEGAR RED CROSS SWIM					
Adapted 1/2	Tue	Apr 14-Jun 16	5:15-6:00pm	670161	
Adapted 3/4	Tue	Apr 14-Jun 16	6:00-6:45pm	670162	







## BONNIE DOON AQUATIC AND RECREATION CENTRE

BONNIE	DOON AQUATIC PR	OGRAMS				
SATURD	AY: APRIL 6-MAY 11				10 LESSONS	
4:00PM	PARENT & TOT	SWIM KIDS 1	SWIM ASSESSMENT			
4:15PM	668777	668795	SWIM KIDS 2			
4:30PM	SALAMANDER		668833			
4:45PM	668781	<b>SWIM KIDS 4</b> 668814	SWIM KIDS 7 668833			
5:00PM	SWIM KIDS 2			SUNFISH		
5:15PM	668802			673732	<b>SWIM KIDS 8</b> 673845	
5:30PM		<b>SWIM KIDS 5</b> 668827	SUNFISH	CROCODILE/WHALE		
5:45PM	<b>SWIM KIDS 3</b> 668809		668789	673736	SWIM KIDS 2	
6:00PM		SWIM KIDS 1			673847	
6:15PM	SALAMANDER	668796	SWIM KIDS 9/10 668820	<b>SWIM KIDS 6</b> 673738		
6:30PM	668782	SUNFISH			SWIM KIDS 3 668849	
6:45PM		668788				
7:00PM	<b>SWIM KIDS 4</b> 668824		ADULT BASIC 1/2 668843	ADULT SWIM STROKES 673740	SWIM KIDS 1	
7:15PM		0000 13			673851	

Parent Discussion Day Apri 22

No Lesson April 13

BONNIE	DOON AQUATIC PR	OGRAMS				
SATURDA	Y: MAY 25-JUNE 24				10 LESSONS	
4:00PM	PARENT & TOT	SWIM KIDS 1	SWIM ASSESSMENT			
4:15PM	668778	668797	SWIM KIDS 2			
4:30PM	SALAMANDER		668805			
4:45PM	668783	SWIM KIDS 4 668815	CIMINA KIDO 7			
5:00PM	SWIM KIDS 2		SWIM KIDS 7 668834	SUNFISH		
5:15PM	668804			673733	SWIM KIDS 8 673846	
5:30PM		SWIM KIDS 5 668828	SUNFISH	CROCODILE/WHALE		
5:45PM	SWIM KIDS 3 668810		668791	673737	SWIM KIDS 2	
6:00PM		SWIM KIDS 1			673848	
6:15PM	SALAMANDER	668784	SWIM KIDS 9/10 668821	<b>SWIM KIDS 6</b> 673739		
6:30PM	668798	SUNFISH			SWIM KIDS 3 668850	
6:45PM		668790				
7:00PM	SWIM KIDS 4 668825		ADULT BASIC 1/2 668844	ADULT SWIM STROKES 673741	SWIM KIDS 1	
7:15PM					673852	

BONNIE	BONNIE DOON AQUATIC PROGRAMS									
MONDAY APRIL 6-JUNE 22 10 LESSONS										
4:00PM 4:15PM	PRIVATE LESSON									
4:30PM										
4:45PM										
5:00PM										
5:15PM										
5:30PM	BRONZE MEDALLION									
5:45PM	EXAM DATE: JUNE 22 668849									
6:00PM	000045									
6:15PM										
6:30PM										
6:45PM										

BONNI	BONNIE DOON AQUATIC PROGRAMS								
WEDNESDAY APRIL 15-JUNE 17 10 LESSONS									
4:00PM 4:15PM	SALAMANDER/SUNFISH FRENCH 668840								
4:30PM	SWIM KIDS 5/6 FRENCH								
4:45PM 5:00PM	668829								
5:15PM 5:30PM	SWIM KIDS 7/8 FRENCH 668835								
5:45PM 6:00PM	000033								
6:00PM 6:15PM	SWIM KIDS 9/10 FRENCH 668766								
6:30PM 6:45PM	SWIM ASSESSMENT								

No Lesson April 13 and May 18

PRIVATE LESSON	Apr 06	668878	Apr 20	668879	Apr 27	668880	May 04	668881	May 11	668882
4:00-4:30PM	May 25	668883	Jun 01	668884	Jun 08	668885	Jun 15	668886		

0

	SWIM ASSESSMENT	Apr 15	668858	Apr 22	668859	Apr 29	668860	May 6	668861	May 13	668862
П	6:45-7:00PM	May 20	668863	May 27	668864	Jun 3	668865		668866	Jun 17	668867

#### **BONNIE DOON AQUATIC PROGRAMS SATURDAY: APRIL 18-JUNE 27** ADULT SWIM BASIC 1 ADULT SWIM BASIC 2 **BRONZE STAR** 673861 673862 673863 PRIVATE LESSON PARENT & TOT SWIM KIDS 1/2 FRENCH **SWIM KIDS 5** SWIM KIDS 3 668757 668842 668763 668811 STROKE ENHANCEMENT SALAMANDER/SUNFISH 1/2/3 FRENCH 668846 SWIM KIDS 4 668841 SUNFISH SWIM KIDS 2 668758 668764 668769 **SWIM KIDS 3/4 FRENCH** SWIM ASSESSMENT SALAMANDER 668826 SWIM KIDS 6 SWIM KIDS 7 668785 668765 665759 SWIM KIDS 4 SWIM KIDS 1 668816 668798 CROCODILE/WHALE SWIM KIDS 9/10 **SWIM KIDS 5/6 FRENCH** 668760 SWIM KIDS 2 668766 668831 668806 SUNFISH 668792 **SWIM KIDS 3** 668761 **SALAMANDER** 668767 SWIM KIDS 8 668819 12:30PM SWIM KIDS 1 ADULT SWIM 668768 JUNIOR LIFEGUARD CLUB **BASIC STROKES** JUNIOR LIFEGUARD CLUB FRENCH 668762 SWIM KIDS 5/6 668838 PARENT & TOT 668837 668830 668779 PRIVATE LESSON

Parent Discussion Day May 23

No Lesson May 16

SWIM ASSESSMENT	Apr 18	668868	Apr 25	668869	May 2	668870	May 9	668871	May 23	668872
10:15-10:30AM	May 30	668873	Jun 6	668874	Jun 13	668875	Jun 20	668876	Jun 27	668877
PRIVATE LESSON	Apr 18	668887	Apr 25	668888	May 2	668889	May 9	668890	May 23	668891
8:30-9:00AM	May 30	668892	Jun 6	668893	Jun 13	668894	Jun 20	668895	Jun 27	668895

BONNIE	DOON AQUATIC PROGRA	MS								
SUNDAY:	SUNDAY: APRIL 5-JUNE 21 10 LESSONS									
9:00AM 9:15AM	PARENT & TOT 668780	<b>SUNFISH</b> 668793	SWIM KIDS 2 668808	SWIM KIDS 4 668818						
9:30AM 9:45AM	SWIM KIDS 1 668799	SWIM KIDS 5/6 668831	SALAMANDER 668787							
10:00AM 10:15AM 10:30AM	<b>SWIM KIDS 3</b> 668812	SWIM KIDS 2 668807	SWIM KIDS 7/8 668836	BRONZE CROSS EXAM DATE: JUNE 21 668854						
10:45AM 11:00AM	SALAMANDER 668786	SWIM KIDS 1 668800	SWIM KIDS 3 668813							
11:15AM 11:30AM 11:45AM	SWIM KIDS 9/10 668822	SWIM KIDS 4 668817	<b>SUNFISH</b> 668794							

Parent Discussion Day May 10No Lesson April 12 and May 17

# **CLAREVIEW** COMMUNITY RECREATION CENTRE

CLAREVIEW AQUATIC PROGRAMS									
SUNDAY	: APRIL 5-JUNE 21				10 LESSONS				
9:00AM 9:15AM	<b>SWIM KIDS 1</b> 671499	ADULT SWIM BASIC 1 671507	SWIM KIDS 5 669724	PARENT & TOT STARFISH/DUCK 670070	SUNFISH/CROCODILE 670088				
9:30AM	SWIM KIDS 3			SALAMANDER 671514	SEA OTTER 671522				
9:45AM 10:00AM	673584	<b>SWIM KIDS 6</b> 671508	SWIM KIDS 4 671505	SEA OTTER 671520	SALAMANDER 671517				
10:15AM 10:30AM	SUNFISH/CROCODILE 670086	SWIM KIDS 2	SWIM KIDS 1	SALAMANDER	SEA OTTER				
10:45AM	SWIM KIDS 7/8	671509	671501	671515	671523				
11:00AM 11:15AM	671503	YOUTH SWIM BASIC 1 673583	PARENT & TOT SEA TURTLE 669721	SWIM KIDS 1 671502	<b>SWIM KIDS 2</b> 671511				
11:30AM			SWIM KIDS 3	SALAMANDER 671516	SEA OTTER				
11:45AM 12:00PM	SWIM KIDS 4		671513	6/1516	671524				
12:15PM	671504	SUNFISH/CROCODILE 670087		SEA OTTER	SALAMANDER 671518				
12:30PM	YOUTH SWIM BASIC 2	SWIM KIDS 1 671500	SWIM KIDS 5	671521					
12:45PM 1:00PM	670080		669726	SWIM KIDS 2 671510	SALAMANDER 671519				
1:15PM		CROCODILE/WHALE 671512							

No Lesson April 12 and May 17

Parent Discussion Day May 2

## **CLAREVIEW AQUATIC PROGRAMS**

## **SATURDAY: APRIL 18-JUNE 27**

10 LESSONS

8:45AM							
9:00AM		SALAMANDER		PARENT & TOT STARFISH/DUCK	ADULT SWIM BASIC 1 670081	SUNFISH/CROCODILE	
9:15AM	SWIM KIDS 5 669335	669360	SWIM KIDS 3 669410	670067		670082	
9:30AM		SEA OTTER		SWIM KIDS 2	SALAMANDER	SWIM KIDS 1	
9:45AM		669379		670071	669359	669406	
10:00AM	<b>SWIM KIDS 6</b> 669352	PARENT & TOT SEA TURTLE	SWIM KIDS 4 669729	SWIM KIDS 1	SWIM KIDS 2	SUNFISH/CROCODILE	
10:15AM		669718		669404	670072	670089	
10:30AM	SALAMANDER	SEA OTTER			SWIM KIDS 1	SWIM KIDS 2	
10:45AM	669354	669380			669407	670073	
11:00AM			SALAMANDER	YOUTH SWIM BASIC 1 670079		SWIM ASSESSMENT	
11:15AM	SEA OTTER	SWIM KIDS 7/8 669722	669356				
11:30AM	669376		SWIM KIDS 2	SWIM KIDS 1			
11:45AM	SUNFISH/CROCODILE		670066	673586		<b>SWIM KIDS 4</b> 670090	
12:00PM	673585	SWIM KIDS 5	SEA OTTER	SALAMANDER			
12:15PM	SWIM KIDS 1	669723	669381	669358		SWIM KIDS 2	
12:30PM	669403		SALAMANDER	YOUTH SWIM BASIC 2	BRONZE CROSS EXAM DATE: JUNE 27	670091	
12:45PM	SWIM KIDS 3	SWIM KIDS 9/10	669357	671506	669331	SUNFISH/CROCODILE	
1:00PM	669409	669728				670084	
1:15PM							
1:30PM							
1:45PM							

No Lesson May 16

SWIM ASSESSMENT	Apr 18	671525	Apr 25	671526	May 2	671527	May 9	671528	May 23	671529
11:00-11:15AM	May 30	671530	June 6	671531	June 13	671532	June 20	671333	June 27	671534

CLARE	/IEW AQUATIC PROC	GRAMS			
TUESDA	Y: APRIL 7-JUNE 9				10 LESSONS
4:00PM 4:15PM	<b>SWIM KIDS 1</b> 669402	<b>SWIM KIDS 2</b> 670875	<b>SEA OTTER</b> 671564		
4:30PM 4:45PM	SWIM KIDS 3 670596	SALAMANDER 670599	SUNFISH/CROCODILE 671565		
5:00PM 5:15PM	SALAMANDER	SWIM KIDS 4 670879	<b>SEA OTTER</b> 670883	SWIM KIDS 1 670094	SWIM KIDS 2 670878
5:30PM 5:45PM	670598 PARENT & TOT		SWIM KIDS 1 673900	SWIM KIDS 2 670877	SEA OTTER 670882
6:00PM	STARFISH/DUCK 6770068	<b>SUNFISH</b> 670880			
6:1PAM 6:30PM	SWIM KIDS 1		SWIM KIDS 5 669724		PARENT & TOT SEA TURTLE 669719
6:45PM	673899	YOUTH SWIM BASIC 2 671569	SEA OTTER 670881	BRONZE MEDALLION	SALAMANDER 670600
7:00PM 7:15PM	<b>SUNFISH</b> 670602	SWIM KIDS 2	SWIM KIDS 1	EXAM DATE: JUNE 9 - 669332	670000
7:30PM 7:45PM	ADULT SWIM BASIC 1	673902	673901		SWIM KIDS 7/8 670884
8:00PM	670874				

CLAREV	IEW AQUATIC PROC	TRAMS				
THURSE	PAY: APRIL 9-JUNE 1				10 LESSONS	
4:00PM 4:15PM	SWIM KIDS 1 670092	SWIM KIDS 2 670887	SALAMANDER 670895	<b>SEA OTTER</b> 670891		
4:30PM 4:45PM	SWIM KIDS 3 669411	<b>SEA OTTER</b> 670890	SWIM KIDS 4 670899	SUNFISH/CROCODILE 670085	SALAMANDER	
5:00PM	005411	SWIM KIDS 2	070099		670898	
5:15PM 5:30PM	SWIM KIDS 1 670093	671566	SALAMANDER 670896	SWIM KIDS 5 669725	<b>SUNFISH</b> 671429	
5:45PM	SWIM KIDS 2	KIDS 2 SWIM KIDS 1			PARENT & TOT	
6:00PM	670876	670894	<b>SWIM KIDS 4</b> 670900		STARFISH/DUCK 670069	
6:15PM		CIMINA KIDE 3		SWIM KIDS 6 671427	PARENT & TOT SEA TURTLE	
6:30PM	YOUTH SWIM BASIC 1	SWIM KIDS 3 670885			669720	
6:45PM	671563		SALAMANDER 670897	YOUTH/ADULT SWIM STROKES	SEA OTTER 670892	
7:00PM 7:15PM		SWIM KIDS 2 670889	SWIM KIDS 1	671426	SUNFISH/CROCODILE	
7:30PM	SWIM KIDS 7/8 671428		670894	SWIM KIDS 2	671568	
7:45PM		ADULT SWIM BASIC 1 670886		671567		
8:00PM						

# **COMMONWEALTH** COMMUNITY RECREATION CENTRE

соммо	COMMONWEALTH AQUATIC PROGRAMS						
SUNDAY: APRIL 5-JUNE 14 8 LESSONS							
5:00PM							
5:15PM	<b>SWIM KIDS 5</b> 669413	SWIM KIDS 3/4 669850	SEA OTTER/ SALAMANDER				
5:30PM			669993				
5:45PM	PARENT & TOT STARFISH/DUCK	SEA OTTER	SWIM KIDS 1				
6:00PM	669417	669869	670011				
6:15PM	PARENT & TOT STARFISH/DUCK	STROKE	SALAMANDER/ SUNFISH				
6:30PM	669418	ENHANCEMENT 1/2/3	670032				
6:45PM	SWIM KIDS 1/2	669935	SEA OTTER				
7:00PM	669420	SALAMANDER	669880				
7:15PM		669936					
7:30PM	SWIM KIDS 7/8 669676	SWIM KIDS 2	SWIM KIDS 3/4 669851				
7:45PM		669945					

COMMO	COMMONWEALTH AQUATIC PROGRAMS								
	MONDAY: APRIL 6-JUNE 15 9 LESSONS								
4:30PM	SEA OTTER	SWIM KIDS 1	SWIM KIDS 2						
4:45PM	669881	670014	669947						
5:00PM		SALAMANDER							
5:15PM	<b>SWIM KIDS 3</b> 670055	669937	SWIM KIDS 5 669414						
5:30PM									
5:45PM	SWIM KIDS 1/2	SWIM KIDS 7/8 669677							
6:00PM	669421		<b>SWIM KIDS 6</b> 670515						
6:15PM	PARENT & TOT								
6:30PM	670491	SWIM KIDS 3 670056							
6:45PM			SWIM KIDS 9/10 670549						
7:00PM	<b>SWIM KIDS 4</b> 670491	PRIVATE LESSON							
7:15PM		I MIVALE LESSON							

- Parent Discussion Day May 3
- No Lesson April 12, May 17 and May 24

Parent Discussion Day May 4No Lesson April 13 and May 18

PRIVATE LESSON	Apr 6	670678	Apr 20	670679	Apr 27	670680	May 4	670681	May 11	670682
7:00-7:30PM	May 25	670683	Jun 1	670684	June 8	670685	June 15	670686		

соммо	COMMONWEALTH AQUATIC PROGRAMS								
TUESDAY & THURSDAY: APRIL 7-MAY 7 9 LESSONS									
4:45PM 5:00PM	<b>SWIM KIDS 1</b> 670015	SALAMANDER/SUNFISH 670033	SWIM KIDS 3/4 669852	SWIM KIDS 8 670628					
5:15PM									
5:30PM	<b>SWIM KIDS 5</b> 669415	<b>SWIM KIDS 6</b> 670517		SEA OTTER					
5:45PM			<b>SWIM KIDS 7</b> 670601	669882					
6:00PM	SALAMANDER								
6:15PM	669938	<b>SWIM KIDS 3</b> 670057	SUNFISH	<b>SWIM KIDS 4</b> 670494					
6:30PM	SEA OTTER/SALAMANDER		670612						
6:45PM	669999	SWIM KIDS 2							
7:00PM		669948	ADULT SWIM BASICS 2 670621	SWIM KIDS 9/10 670556					
7:15PM	ADULT SWIM BASICS 1 670570	CROCODILE/WHALE							
7:30PM		670584							

- Parent Discussion Day April 21
- No Lesson June 11

#### **COMMONWEALTH AQUATIC PROGRAMS** TUESDAY & THURSDAY: MAY 12-JUNE 11 9 LESSONS SWIM KIDS 1 SALAMANDER/SUNFISH SWIM KIDS 3/4 SWIM KIDS 8 670016 670034 669853 670640 SWIM KIDS 5 SWIM KIDS 6 SEA OTTER 669416 670518 SWIM KIDS 7 669883 670603 SALAMANDER SWIM KIDS 3 SWIM KIDS 4 669939 SUNFISH 670058 670795 670613 6:30PM SEA OTTER/SALAMANDER 670000 SWIM KIDS 2 **ADULT SWIM BASICS 2** SWIM KIDS 9/10 669949 670623 670557 ADULT SWIM BASICS 1 CROCODILE/WHALE 670576 670585

Parent Discussion Day May 26

СОММО	NWEALTH AQUATIC PROC	GRAMS		
WEDNES	DAYS: APRIL 8-JUNE 9			9 LESSONS
4:30PM 4:45PM	<b>SEA OTTER</b> 669885	SALAMANDER/SUNFISH 670035	SWIM KIDS 1/2 669424	SWIM KIDS 3/4 669854
5:00PM 5:15PM	PARENT & TOT 670482	SWIM KIDS 1/2 669423	SWIM KIDS 7/8	
5:15PM 5:30PM	SWIM KIDS 1	SEA OTTER	669679	SWIM KIDS 9/10 670558
5:45PM 6:00PM	670017	669886	SALAMANDER 669940	SWIM KIDS 2
6:15PM	SWIM KIDS 3 670059	SWIM KIDS 4 670496	SWIM KIDS 5/6	669950
6:30PM 6:45PM	SWIM KIDS 1/2	SALAMANDER/SUNFISH	670651	CROCODILE/WHALE 670586
7:00PM	669422	670036	SEA OTTER 669887	SWIM KIDS 1/2 669425
7:15PM 7:30PM 7:45PM	ADULT SWIM BASICS 1/2 670643	SWIM KIDS 7/8 669678	SWIM KIDS 1/2 669427	PRIVATE LESSON

PRIVATE LESSON	Apr 8	670689	Apr 15	670690	Apr 22	670691	Apr 29	670692	May 6	670693
7:30-8:00PM	May 13	670694	May 20	670695	May 27	670696	June 3	670697		670698

СОММО	COMMONWEALTH AQUATIC PROGRAMS						
FRIDAYS: APRIL 17-JUNE 19 8 LESSONS							
4:30PM			SWIM KIDS 1				
4:45PM	SWIM KIDS 3/4 669855		670018				
5:00PM			SEA OTTER				
5:15PM	SWIM KIDS 1/2		669888				
5:30PM	669426		SALAMANDER				
5:45PM		JUNIOR LIFEGUARD CLUB	669941				
6:00PM	<b>SWIM KIDS 5/6</b> 670652	669395	SEA OTTER				
6:15PM			669889				
6:30PM	SALAMANDER/ SUNFISH		SWIM KIDS 1				
6:45PM	670037		670019				

No Lesson May 15 and June 12

NWEALIRAG	UATIC PROGRA	AMS					
AYS: APRIL 18	JUNE 20					8 LESSONS	
PARENT & TOT SEA TURTLE 670674	SWIM KIDS 7/8 670676	SWIM KIDS 1/2 669428	<b>SEA OTTER</b> 669893	SALAMANDER 669944	SWIM KIDS 5/6 670654	SWIM KIDS 3/4 669865	
<b>SEA OTTER</b> 669951	CMIM VIDE 1	SWIM KIDS 1 670023	SWIM KIDS 2 669953	<b>SUNFISH</b> 670615			
SWIM KIDS 2 669951	670021	SWIM KIDS 9/10	<b>SEA OTTER</b> 669894	PARENT & TOT 670483	SWIM KIDS 4 670497	SWIM KIDS 3 670060	
	SWIM KIDS 1 670022	670339		SWIM KIDS 3/4	SWIM KIDS 1 670025	SEA OTTER 669896	
SWIM KIDS 5/6 670653	SWIM KIDS 2	SALAMANDER	SWIM KIDS 1 670024	669858		ADULT SWIM	
SWIM KIDS 1		669942	PARENT & TOT SEA TURTLE 670024	SWIM KIDS 2	<b>SUNFISH</b> 670616	BASICS 1/2 670645	
670020	670614	SWIM KIDS 3/4 669857	PARENT & TOT STARFISH/DUCK	669954	SWIM KIDS 5/6		
SWIM KIDS 3/4 669856	<b>SEA OTTER</b> 669892	SWIM KIDS 1/2	669419 SALAMANDER	SEA OTTER 669895	670655	SALAMANDER/ SUNFISH 670677	
	PRIVATE LESSON	669429	669943	CROCODILE/WHALE	SWIM KIDS 1/2 669430	SEA OTTER 669897	
	PARENT & TOT SEA TURTLE 670674  SEA OTTER 669951  SWIM KIDS 2 669951  SWIM KIDS 5/6 670653  SWIM KIDS 1 670020	SEA TURTLE 670674  SEA OTTER 669951  SWIM KIDS 1 670021  SWIM KIDS 2 669951  SWIM KIDS 1 670022  SWIM KIDS 5/6 670653  SWIM KIDS 2 669952  SWIM KIDS 1 670020  SWIM KIDS 1 670020  SWIM KIDS 3/4 669856	PARENT & TOT SEA TURTLE 670674  SEA OTTER 669951  SWIM KIDS 1 670021  SWIM KIDS 2 669951  SWIM KIDS 1 670022  SWIM KIDS 5/6 670653  SWIM KIDS 2 669952  SWIM KIDS 1 670022  SWIM KIDS 1 670022  SWIM KIDS 5/6 669952  SWIM KIDS 1 670614  SWIM KIDS 3/4 669856  SWIM KIDS 3/4 669856  SWIM KIDS 3/4 66982  SWIM KIDS 3/4 66982  SWIM KIDS 1/2 669429	PARENT & TOT SEA TURTLE 670674  SEA OTTER 669951  SWIM KIDS 1 670021  SWIM KIDS 2 669951  SWIM KIDS 1 670022  SWIM KIDS 5/6 670653  SWIM KIDS 2 669952  SWIM KIDS 2 669952  SWIM KIDS 2 669952  SWIM KIDS 3/4 669856  PRIVATE LESSON  SWIM KIDS 1/2 669429  SWIM KIDS 1/2 669429  SEA OTTER 669893  SWIM KIDS 1/2 669943  SEA OTTER 669893  SWIM KIDS 1/2 669429  SEA OTTER 669893	SWIM KIDS 7/8   SWIM KIDS 7/8   SWIM KIDS 1/2   SEA OTTER   669842   SWIM KIDS 2   669944	SWIM KIDS 7/8   SWIM KIDS 7/8   SWIM KIDS 1/2   SEA OTTER   G69893   G69944   SWIM KIDS 5/6   G70654	

No Lesson May 16, May 30

PRIVATE LESSON	Apr 18	670699	Apr 25	670700	May 2	670701	May 9	670702
12:30-1:00PM	May 23	670703	May 30	670704	June 6	670705	June 13	670706
SWIM ASSESSMENT	Apr 18	670708	Apr 25	670709	May 2	670710	May 9	670711
12:45 -1:00PM	May 23	670712	May 30	670713	June 6	676714	June 13	670715

COMMONWEALTH AQUATIC PROGRAMS					
SUNDAY: APRIL 26 1 LESSON					
5:00PM 5:30PM 6:00PM 6:30PM	POOL ORIENTATION 670728				

COMMONWEALTH AQUATIC PROGRAMS					
SUNDAY: MAY 17 1 LESSON					
5:00PM					
5:30PM	POOL ORIENTATION				
6:00PM	670729				
6:30PM					

COMMONWEALTH AQUATIC PROGRAMS						
SUNDAY: MAY 1 LESSON	24					
5:00PM 5:30PM 6:00PM 6:30PM	POOL ORIENTATION 670730					

СОММ	COMMONWEALTH AQUATIC PROGRAMS							
FRIDAY 8 LESS	<b>'S: APR 17-JUN 5</b> ONS							
5:00PM								
5:30PM	JUNIOR LIFEGUARD CLUB							
6:00PM	669395							
6:30PM								

# **CONFEDERATION** LEISURE CENTRE

CONFE	CONFEDERATION AQUATIC PROGRAMS									
MONDA	MONDAY: APRIL 6-JUNE 22									
5:30PM	SALAMANDER	SWIM KIDS 1	SWIM KIDS 1 SWIM KIDS 2							
5:45PM	669843	669783	669797	SWIM KIDS 3 669808	<b>SWIM KIDS 4</b> 669818	<b>SWIM KIDS 5/6</b> 669827	<b>SWIM KIDS 7/8</b> 669829			
6:00PM	PARENT & TOT	SUNFISH								
6:15PM	669844	669845	SWIM KIDS 9/10 669825		SWIM KIDS 2	SWIM KIDS 1 669785	PRIVATE LESSON			
6:30PM				SWIM KIDS 7/8 669826	669798		T KIVATE EESSON			
6:45PM	SWIM KIDS 3 669807	SWIM KIDS 5/6 669824			SALAMANDER		SUNFISH			
7:00PM			SWIM KIDS 4 669817	CROCODILE/ WHALE	669847	SWIM KIDS 9/10 669828	669848			
7:15PM				669846			SWIM ASSESSMENT			

- Parent Discussion Day May 11
- No Lesson April 13 and May 18

PRIVATE LESSON	Apr 6	669870	Apr 20	669871	Apr 27	669872	May 4	669873	May 11	669874
6:15-6:45PM	May 25	669875	Jun 1	669876	Jun 8	669877	Jun 15	669878	June 22	669879
SWIM ASSESSMENT	Apr 6	669898	Apr 20	669899	Apr 27	669900	May 4	669901	May 11	669902
7:15-7:30PM	May 25	669903		669904	Jun 8	669905	Jun 15	669906	June 22	669907

CONFE	CONFEDERATION AQUATIC PROGRAMS									
WEDNE	SDAY: APRIL 15	5-JUNE 17					10 LESSONS			
5:00PM 5:15PM	SWIM KIDS 6 669833	SWIM KIDS 1 669786	SWIM KIDS 3 669810	SALAMANDER 669861	PARENT & TOT STARFISH/DUCK 669862	<b>SWIM KIDS 2</b> 669795	SWIM KIDS 7/8 669838			
5:30PM		PARENT & TOT SEA TURTLE		SWIM KIDS 1 669787	SWIM KIDS 2	SWIM KIDS 9/10 669837				
5:45PM	SWIM KIDS 2	669860			669794		SWIM KIDS 1			
6:00PM	669792		SWIM KIDS 7 669834		SWIM KIDS 4 669816		669789			
6:15PM	SUNFISH	SWIM KIDS 3 669809		SWIM KIDS 5 669835		SALAMANDER	SWIM KIDS 2			
6:30PM	669859		ADULT SWIM			669863	669796			
6:45PM		ADULT SWIM	STROKES		A DILLT CIA/IM	SWIM KIDS 1	CROCODILE/			
7:00PM	<b>SWIM KIDS 4</b> 669815	BASICS 2 669866	669867	SWIM KIDS 8 669836	ADULT SWIM BASICS 1 669868	669788	WHALE 669864			
7:15PM		111000								

CONFE	CONFEDERATION AQUATIC PROGRAMS									
TUESDA	TUESDAY & THURSDAY: APRIL 14-MAY 14 10 LESSONS									
5:30PM	SALAMANDER	SWIM ASSESSMENT	SWIM KIDS 2							
5:45PM	670219	SWIM KIDS 1	670150	SWIM KIDS 3 670196	SWIM KIDS 4 670198	SWIM KIDS 5/6 670199				
6:00PM	PARENT & TOT	670140								
6:15PM	670221	SUNFISH	<b>SWIM KIDS 9/10</b> 670194		SWIM KIDS 2	SWIM KIDS 1 670152				
6:30PM		670222		SWIM KIDS 7/8 670197	670151					
6:45PM	<b>SWIM KIDS 3</b> 670164				SALAMANDER					
7:00PM		PRIVATE LESSON	<b>SWIM KIDS 4</b> 670195	CROCODILE/WHALE	670224	SWIM KIDS 9/10 670200				
7:15PM		T KITTIE EESSON		670223						

### Parent Discussion Day April 28

PRIVATE LESSON	Apr 14	670913	Apr 16	670914	Apr 21	670915	Apr 23	670916	Apr 28	670917
7:00-7:30PM	Apr 30	670918	May 5	670919	May 7	670920	May 12	670921	May 14	670922
SWIM ASSESSMENT	Apr 14	670923	Apr 16	670924	Apr 21	670925	Apr 23	670926	Apr 28	670927
5:30-5:45PM	Apr 30	670928	May 5	670929	May 7	670930	May 12	670931	May 14	670932

CONFE	CONFEDERATION AQUATIC PROGRAMS								
TUESDAY & THURSDAY: MAY 19 - JUNE 18 10 LESSON									
5:30PM 5:45PM	PARENT & TOT 670231	SALAMANDER 670246	SWIM KIDS 7/8 670274	SWIM KIDS 9/10 670276	SWIM KIDS 1 670155	SWIM KIDS 3 670279			
6:00PM	SUNFISH	SWIM KIDS 4			SWIM KIDS 6				
6:15PM 6:30PM	670244  CROCODILE/WHALE	670257	SWIM KIDS 3	SALAMANDER 670247	670277	<b>SWIM KIDS 2</b> 670156			
6:45PM	670245		. 670275	SWIM KIDS 2		PRIVATE LESSON			
7:00PM	SWIM KIDS 1	<b>SWIM KIDS 5</b> 670273	SWIM ASSESSMENT	670154	SWIM KIDS 4 670278	PRIVATE LESSON			
7:15PM	670153								

Parent Discussion Day June 2

PRIVATE LESSON	May 19	670933	May 21	670934	May 26	670935	May 28	670936	Jun 2	670937
6:45-7:15PM	Jun 4	670938	Jun 9	670939	Jun 11	670940	Jun 16	670941	Jun 18	670942
SWIM ASSESSMENT	May 19	670943	May 21	670944	May 26	670945	May 28	670946	Jun 2	670947
7:00-7:15PM	Jun 4	670948	Jun 9	670949	Jun 11	670950	Jun 16	670951	Jun 18	670952

#### **SATURDAY: APRIL 18 - JUNE 27** 10 LESSONS **SWIM KIDS 1** SWIM KIDS 2 **SALAMANDER SWIM KIDS 6** SWIM KIDS 3 SWIM KIDS 4 670955 670973 671052 SWIM KIDS 9/10 670992 671014 671029 671040 SWIM KIDS 1 SUNFISH SWIM KIDS 2 670972 670956 671055 **BRONZE** MEDALLION SWIM KIDS 4 **SWIM KIDS 8 SWIM KIDS 3 SWIM KIDS 7** PARENT & TOT CROCODILE/ EXAM DATE: 671011 671034 670995 671033 STARFISH/DUCK WHALE JUNE 27 SWIM KIDS 5 671066 671060 669457 671022 **PARENT & TOT** SWIM KIDS 2 SUNFISH SWIM KIDS 1 **SEA TURTLE** SWIM KIDS 8 SWIM KIDS 7 670970 670959 671056 671064 671036 671031 **SWIM KIDS 6** SALAMANDER SWIM KIDS 1 SWIM KIDS 2 671028 671047 670967 670954 SWIM KIDS 9/10 671039 **SWIM KIDS 8** SWIM KIDS 5 SWIM KIDS 4 PARENT & TOT **SALAMANDER** 671035 671023 671016 STARFISH/DUCK SWIM KIDS 3 671050 671063 SWIM KIDS 1 670996 670958 12:15PM **SALAMANDER** SWIM KIDS 2 **BRONZE** SWIM KIDS 6 SWIM KIDS 9/10 671051 670974 **PARENT & TOT** CROSS 671027 671038 EXAM DATE: **SEA TURTLE** SWIM KIDS 7 SWIM KIDS 4 CROCODILE/ JUNE 27 671065 SWIM KIDS 1 671032 671017 WHALE 669450 670957 1:00PM 671059 SWIM KIDS 2 SWIM KIDS 3 671027 **BRONZE STAR** SWIM KIDS 1 670994 PRIVATE LESSON SWIM KIDS 4 SWIM KIDS 5 669459 670960 1:30PM SUNFISH 671015 671024 671054 SWIM ASSESSMENT

- Parent Discussion Day May 23
- No Lesson May 16

PRIVATE LESSON	Apr 18	671344	Apr 25	671345	May 2	671346	May 9	671347	May 23	671348
1:15-1:45PM	May 30	673149	Jun 6	671350	Jun 13	671351	Jun 20	671352	Jun 27	671353
SWIM ASSESSMENT	Apr 18	671362	Apr 25	671364	May 2	671365	May 9	671366	May 23	671367
1:45-2:00PM	May 30	671368	Jun 6	671369	Jun 13	671370	Jun 20	671371	Jun 27	671372

CONFE	ERATION AQL	JATIC PROGRA	MS				
SUNDAY	: APRIL 5-JUN	E 21					10 LESSONS
10:00AM 10:15AM	SWIM KIDS 4 671291	SALAMANDER 671317	SWIM KIDS 5 671292	PARENT & TOT STARFISH/DUCK 671329	SWIM KIDS 7 671307	SWIM KIDS 2 671282	
10:30AM				SWIM KIDS 2			
10:45AM		SWIM KIDS 9/10 671304	SWIM KIDS 1	671281	SWIM KIDS 6	SWIM KIDS 3 671284	BRONZE CROSS EXAM DATE:
11:00AM	<b>SWIM KIDS 8</b> 671303		671270		671308		JUNE 21 669452
11:15AM 11:30AM	SWIM KIDS 1	SWIM KIDS 3 671289	PARENT & TOT SEA TURTLE 671328	5WIM KIDS 4 671293	<b>SWIM KIDS 9/10</b> 671309	<b>SUNFISH</b> 671320	
11:45AM	671268	071203					
12:00PM	SWIM KIDS 2		SALAMANDER	SWIM KIDS 1		SWIM KIDS 5 671294	
12:15PM	671279		671318	671272			
12:30PM		SWIM KIDS 7/8 671305	SWIM KIDS 1		SUNFISH		
12:45PM	SALAMANDER		671271	SWIM KIDS 6 671306	671319		BRONZE MEDALLION
1:00PM	671279	SWIM KIDS 1	ADULT SWIM		SWIM KIDS 2	SWIM KIDS 3 671290	EXAM DATE:
1:15PM	ADULT SWIM	671269	STROKES 671333	ADULT SWIM	671275		JUNE 21 669458
1:30PM	BASIC 1 671332	SWIM KIDS 2	0/1333	BASIC 2 671334	SWIM KIDS 1	CROCODILE/WHALE	
1:45PM	0/1332	671280		6/1334	671273	671321	

Parent Discussion Day May 10

## **EASTGLEN** LEISURE CENTRE

EASTGL	EASTGLEN AQUATIC PROGRAMS							
	MONDAYS: APRIL 6-JUNE 8 8 LESSONS							
5:00PM								
5:15PM								
5:30PM								
5:45PM	JUNIOR LIFEGUARD CLUB							
6:00PM	669398							
6:15PM								
6:30PM								
6:45PM								

TUESD 10 LESS	AYS: APRIL 14-JUNE 16 SONS	
6:30PM	YOUTH/ADULT SWIM BASIC 1	YOUTH/ADULT SWIM BASIC 1/2
6:45PM	FEMALE ONLY	FEMALE ONLY
7:00PM	670740	670743

No Lesson April 13 and May 18

No Lesson April 12 and May 17

### FRIDAYS: APRIL 24-JUNE 19 8 LESSONS SEA OTTER SWIM KIDS 1/2 669908 669911 SWIM KIDS 3/4 5:15PM 669922 SWIM KIDS 1 669910 SWIM KIDS 5/6 5:45PM 669918 SWIM KIDS 9/10 669924 SALAMANDER 669916 SWIM KIDS 7/8 SWIM KIDS 2 669920 PRIVATE LESSON 669912

EASTGL	EASTGLEN AQUATIC PROGRAMS								
	SATURDAYS: APRIL 25-JUNE 20 8 LESSONS								
10:00AM	SEA OTTER 669909	SWIM KIDS 1/2 669913	CHINA KIDE 2/4						
10:15AM	009909	009913	SWIM KIDS 3/4 669923						
10:30AM	SWIM KIDS 1								
10:45AM	669914	<b>SWIM KIDS 5/6</b> 669919							
11:00AM	SALAMANDER		SWIM KIDS 9/10 669925						
11:15AM	669917								
11:30AM	SWIM KIDS 2	SWIM KIDS 7/8 669921	SALAMANDER/ SUNFISH						
11:45AM	669915		669926						

- Parent Discussion Day May 15
- No Lesson May 15

PRIVATE LESSON	April 24	669927	May 1	669928	May 8	669929	May 22	669930
6:30- 7:00PM	May 29	669931	June 5	669932	June 12	669933	June 19	669934

- No Lesson May 16
- Parent Discussion Day May 23

EASTGL	EASTGLEN AQUATIC PROGRAMS							
SATURDAYS: APRIL 25-JUNE 20 8 LESSONS								
4:45PM 5:00PM 5:15PM	YOUTH/ADULT SWIM BASICS 1 FEMALE ONLY 670745	YOUTH/ADULT SWIM BASICS 1/2 FEMALE ONLY 670748						

No Lesson May 17

EASTGLEN AQUATIC PROGRAMS							
SUNDAYS: APRIL 19-JUNE 14 8 LESSONS							
10:00AM 10:15AM 10:30AM 10:45AM	YOUTH/ADULT SWIM BASICS 1/2 670755						
11:00AM 11:15AM 11:30AM	YOUTH/ADULT SWIM STROKES 670759						

No Lessons May 17

EASTGLEN AQUATIC PROGRAMS							
SUNDAYS: APRIL 19-JUNE 14 8 LESSONS							
5:15PM 5:45PM 6:00PM	YOUTH/ADULT SWIM BASICS 1 FEMALE ONLY 670746	YOUTH/ADULT SWIM BASICS 1/2 FEMALE ONLY 670749	YOUTH/ADULT SWIM STROKES FEMALE ONLY 670761				

No Lessons May 17

# **GRAND TRUNK** LEISURE CENTRE

GRAND	GRAND TRUNK AQUATIC PROGRAMS									
MONDAY & WEDNESDAY: APRIL 6-MAY 11 10 LESSONS										
4:00PM 4:15PM	SWIM KIDS 9/10 670250	<b>SWIM KIDS 2</b> 670189	<b>SEA OTTER</b> 670847	SALAMANDER 671088	SWIM KIDS 3 670253					
4:30PM 4:45PM	670230	<b>SUNFISH</b> 671154	SWIM KIDS 3/4	SWIM KIDS 1 670145						
5:00PM	SWIM KIDS 7/8 670312	SWIM KIDS 2	670864	CROCODILE/WHALE	<b>SEA OTTER</b> 670849					
5:15PM		670190		670902						
5:30PM 5:45PM	SWIM KIDS 1 670142	<b>SEA OTTER</b> 670848	SWIM KIDS 5/6 670868	SALAMANDER 670189	SWIM KIDS 4 670588					

Parent Discussion April 22

No Lesson April 13

GRAND TRUNK AQUATIC PROGRAMS									
MONDAY & WEDNESDAY: MAY 20-JUNE 22 10 LESSONS									
4:00PM 4:15PM	SWIM KIDS 4 670589	<b>SWIM KIDS 1</b> 670146	<b>SEA OTTER</b> 670850	SALAMANDER/SUNFISH 671185	SWIM KIDS 7/8 670314				
4:30PM 4:45PM	6/0589	CROCODILE/WHALE 670903	SWIM KIDS 3/4 670865	SWIM KIDS 2 670191	SEA OTTER				
5:00PM 5:15PM	<b>SWIM KIDS 5/6</b> 670869	SWIM KIDS 1 670163	070003	<b>SUNFISH</b> 671156	670853				
5:30PM 5:45PM	SALAMANDER 671090	<b>SEA OTTER</b> 670852	SWIM KIDS 9/10 270272	SWIM KIDS 2 670211	<b>SWIM KIDS 3</b> 670284				

Parent Discussion June 3

GRAND	TRUNK AQUATIC PROGR	AMS		
TUESDA	AY: APRIL 14-JUNE 16			10 LESSONS
4:00PM 4:15PM		<b>SUNFISH</b> 671157		SWIM KIDS 3 670285
4:30PM 4:45PM	SWIM KIDS 5	CROCODILE/WHALE 670904	SWIM KIDS 2 670213	SALAMANDER
5:00PM	670604	SEA OTTER 670854	PARENT & TOT 671207	671091
5:15PM 5:30PM	<b>SWIM KIDS 1</b> 670147	SUNFISH		SWIM KIDS 6 670610
5:45PM 6:00PM	<b>SWIM KIDS 2</b> 670225	671257	SWIM KIDS 4 . 670590	
6:15PM		SEA OTTER		SWIM KIDS 1
6:30PM	CROCODILE/WHALE	670855	CIMINA KIDS 0 40	670165
6:45PM	670907	SWIM KIDS 3/4	SWIM KIDS 9/10 670286	SWIM KIDS 5/6
7:00PM 7:15PM	SALAMANDER/SUNFISH 671188	671261		670870
7:30PM 7:45PM	<b>SWIM KIDS 1/2</b> 671258	PRIVATE LESSON	SWIM KIDS 7/8 670318	

PRIVATE LESSON	Apr 21	670098	Apr 28	670101	May 5	670102	May 12	670103
7:30-8:00PM	May 26	670104	June 2	670105	June 9	670106		670107

GRAND	TRUNK AQUATIC PROGRA	AMS		
THURSD	AY: APRIL 16-JUNE 18			10 LESSONS
4:00PM 4:15PM	SWIM KIDS 1 670148		SEA OTTER 670851	SWIM KIDS 7/8 670321
4:30PM 4:45PM	SWIM KIDS 3	<b>SWIM KIDS 2</b> 670192	SWIM KIDS 6	- 078521
5:00PM	670296	<b>SUNFISH</b> 671158	670338	SWIM KIDS 9/10 670289
5:15PM 	SWIM KIDS 5 670605		CROCODILE/WHALE 670909	
5:45PM 6:00PM		SWIM KIDS 7/8 670320	SWIM KIDS 2 670212	SWIM KIDS 4 670591
6:15PM	SALAMANDER	SWIM KIDS 1		070331
6:30PM	671099	670167	SWIM KIDS 9/10	CROCODILE/WHALE
6:45PM	SEA OTTER 670856		670288	670905
7:00PM 7:15PM	YOUTH/ADULT SWIM STROKES 671451	SALAMANDER/SUNFISH 671189		SWIM KIDS 5/6 670873
7:30PM 7:45PM		SWIM KIDS 1/2 671259	SWIM KIDS 3/4 670866	

Parent Discussion Day May 12

#### **GRAND TRUNK AQUATIC PROGRAMS SATURDAY: APRIL 18-JUNE 27** 10 LESSONS SWIM ASSESSMENT **SEA OTTER** SWIM KIDS 1 SWIM KIDS 7/8 670857 SWIM KIDS 3 670184 SALAMANDER **BRONZE STAR** 670322 670297 671264 669501 SWIM KIDS 2 SUNFISH 670193 671159 **SEA OTTER** SWIM KIDS 9/10 SWIM KIDS 6 670861 670291 670339 SWIM KIDS 4 CROCODILE/WHALE 670592 SWIM KIDS 5 670911 SALAMANDER/ **PARENT & TOT** 670606 SUNFISH 671209 671201 SWIM KIDS 1 SWIM KIDS 3 670180 SEA OTTER 670299 671263 BRONZE CROSS SWIM KIDS 2 **SUNFISH EXAM DATE:** 670217 671176 JUNE 27 **SWIM KIDS 4** SWIM KIDS 5 669503 SALAMANDER SWIM KIDS 1/2 **SEA OTTER** 670594 670607 671100 671260 670862 12:15PM CROCODILE/WHALE SWIM KIDS 3/4 **SWIM KIDS 6** 670906 SALAMANDER/ 670340 671262 SUNFISH SWIM KIDS 9/10 671202 670290 **SEA OTTER** SWIM KIDS 1 **PARENT & TOT** 670858 670185 671210 SWIM KIDS 5/6 SWIM KIDS 7/8 SWIM KIDS 3/4 SALAMANDER/ 670872 670323 SWIM KIDS 2 CROCODILE/WHALE 670867 SUNFISH 67/0218 670910

• No Lesson May 16

SWIM ASSESSMENT	Apr 18	670201	Apr 25	670202	May 2	670203	May 9	670204	May 23	670205
9:00-9:15AM	May 30	670206	June 6	670207	June 13	670208	Jane 20	670209	June 27	670210

671190

Parent Discussion Day May 23

GRAND TRUNK AQUATIC PROGRAMS								
SUNDAY	: APRIL 5-JUNE 21				10 LESSONS			
10:00AM 10:15AM	<b>SWIM KIDS 6</b> 670341			SWIM KIDS 4 670593				
10:30AM		PARENT & TOT	SUNFISH					
10:45AM		671211	671179		BRONZE MEDALLION			
11:00AM ———————————————————————————————————	SWIM KIDS 3 670298	SWIM KIDS 1 670181	<b>SEA OTTER</b> 670859	SWIM KIDS 5 670608	EXAM DATE: JUNE 21 669505			
11:30AM	SWIM KIDS 2			SALAMANDER				
11:45AM	670215	SWIM KIDS 6 670342	CROCODILE/WHALE	671120				
12:00PM			670912					
12:15PM			SWIM KIDS 1	SUNFISH				
12:30PM	SWIM KIDS 9/10 670292		670187	671182				
12:45PM		SWIM KIDS 3 670300	SEA OTTER	SWIM KIDS 1				
1:00PM	CROCODILE/WHALE		670860	670188	SALAMANDER/SUNFISH			
1:15PM	670908				671203			
1:30PM	PRIVATE LESSON	SWIM KIDS 4 670595	SWIM KIDS 5/6 670871	SWIM KIDS 7/8 670324	SWIM KIDS 2 670216			

Parent Discussion Day May 10

No Lesson April 12 and May 17

PRIVATE LESSON	Apr 5	670230	Apr 19	670232	Apr 26	670233	May 3	670234	May 10	670235
1:30-2:00PM	May 24	670236	May 31	670237	June 7	670238	June 14	670239	June 21	670240

# **HARDISTY** LEISURE CENTRE

HARDISTY AQUATIC PROGRAMS								
TUESDAY & THURSDAY: APRIL 21- MAY 21 10 LESSONS								
4:00PM	SALAMANDER	SWIM KIDS 1 668519	SWIM KIDS 5/6					
4:15PM	668504	668519	668527					
4:30PM	SWIM KIDS 2 668510	PARENT & TOT 668531						
4:45PM	000310	000531	SWIM KIDS 3/4					
5:00PM	SWIM KIDS 7/8	SUNFISH 668536	668544					
5:15PM	668515	000330						
5:30PM		SWIM KIDS 3/4	SALAMANDER/ SUNFISH					
5:45PM	SWIM KIDS 1 668518	668543	668537					
6:00PM			A DILLT CIMINA					
6:15PM	SWIM KIDS 5/6	SWIM KIDS 9/10	ADULT SWIM BASICS 1/2					
6:30PM	668526	668548	668552					

5:30PM 5:45PM	SWIM KIDS 1	SWIM KIDS 3/4 668543	SALAMANDER/ SUNFISH 668537		
6:00PM	668518	0003.5			
6:15PM			ADULT SWIM BASICS 1/2		
6:30PM	SWIM KIDS 5/6 668526	SWIM KIDS 9/10 668548	668552		
6:45PM					
_					

Parent Discussion Day May 5

HARDISTY AQUATIC PROGRAMS								
TUESDAY & THURSDAY: MAY 26-JUNE 25 10 LESSONS								
4:00PM	SALAMANDER	SWIM KIDS 1						
4:15PM	668505	668521	SWIM KIDS 5/6 668529					
4:30PM	SWIM KIDS 2	PAREN & TOT						
4:45PM	668511	668532	SWIM KIDS 3/4 668546					
5:00PM		SUNFISH						
5:15PM	SWIM KIDS 7/8 668516	668538						
5:30PM			SALAMANDER/ SUNFISH					
5:45PM	SWIM KIDS 1	SWIM KIDS 3/4 668545	668539					
6:00PM	668520							
6:15PM			ADULT SWIM BASICS 1/2					
6:30PM	SWIM KIDS 5/6 668528	SWIM KIDS 9/10 668549	668553					
6·45PM								

Parent Discussion Day June 9

HARDIS	HARDISTY AQUATIC PROGRAMS					
TUESDAY: APRIL 21-JUNE 16 9 LESSONS						
4:30PM						
4:45PM						
5:00PM						
5:15PM	BRONZE MEDALLION					
5:30PM	EXAM DATE:					
5:45PM	JUNE 16 668856					
6:00PM						
6:15PM						
6:30PM						
6:45PM						

HARDISTY AQUATIC PROGRAMS							
THURSDAY: APRIL 23-JUNE 18 9 LESSONS							
	ONS						
4:30PM							
4:45PM							
5:00PM							
5:15PM							
5:30PM	BRONZE CROSS EXAM DATE:						
5:45PM	JUNE 18 668857						
6:00PM	008637						
6:15PM							
6:30PM							
6:45PM							

HARDISTY AQUATIC PROGRAMS  THURSDAY: APRIL 23-JUNE 18 9 LESSONS						
5:00PM 5:15PM		SALAMANDER/SUNFISH 669098				
5:30PM 5:45PM	JUNIOR LIFEGUARD CLUB 669097	SWIM KIDS 1/2 669099				
6:00PM 6:15PM		CROCODILE/WHALE 669100				
6:30PM 6:45PM		PRIVATE LESSON				

PRIVATE LESSON	Apr 22	669102	Apr 29	669101	May 6	669103
6:30-7:00PM	May 20	669104	Jun 3	669105		

#### **SATURDAY: APRIL 18-JUNE 27** 10 LESSONS SWIM ASSESSMENT SALAMANDER SWIM KIDS 3 668507 SWIM KIDS 1 669338 668522 SUNFISH SWIM KIDS 7/8 668541 **PARENT & TOT** 668517 SWIM KIDS 5 668534 669106 SWIM KIDS 4 CROCODILE/WHALE 669336 669110 **SWIM KIDS 6** 669109 SALAMANDER **SWIM KIDS 3** 668506 SWIM KIDS 2 669339 **SWIM KIDS 5** 668512 669107 **SWIM KIDS 6** SWIM KIDS 1 669108 SWIM KIDS 4 668523 669336 12:00PM SUNFISH SWIM KIDS 9/10 668540 12:15PM PARENT & TOT 668550 668533 SWIM KIDS 7/8 JUNIOR LIFEGUARD CLUB 669675 669340 PRIVATE LESSON 1:30PM

- Parent Discussion Day May 23
- No Lesson May 16

SWIM ASSESSMENT	Apr 18	669347	May 9	669348	May 23	669349
9:00-9:15PM	Jun 6	669350	Jun 20	669351		
PRIVATE LESSON	Apr 25	669341	May 2	669342	May 30	669343
1:00-1:30PM	Jun 13	669344	Jun 27	669345		

DID YOU KNOW?

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



SUNDAY	APRIL 19-JUNE 21				9 LESSONS	
5:00PM	PRIVATE LESSON		PARENT & TOT		SALAMANDER	
5:15PM	FRIVATE LESSON	SWIM KIDS 6 668845	668535	STROKE ENHANCEMENT 2/3 668851	668509	
5:30PM	SWIM KIDS 1					
5:45PM	668524	SWIM KIDS 2	SWIM KIDS 5 668848	SUNFISH/CROCODILE	SWIM KIDS 7/8 668853	
6:00PM	SALAMANDER	668513		668532		
6:15PM	668508	CIMINA KIDO 2	SUNFISH	CIMINA KIDO E (C	SWIM KIDS 1	
6:30PM	SWIM KIDS 4	SWIM KIDS 3 668847	668542	SWIM KIDS 5/6 668530	668525	
6:45PM	668776		SWIM KIDS 2			
7:00PM			668514		BRONZE STAR	
7:15PM	SWIM KIDS 9/10	ADULT SWIM BASICS 1/2 668554	SWIM KIDS 3/4	ADULT SWIM STROKES 668850	668855	
7:30PM	668551	000004	668547	000000		
7:45PM						

No Lesson May 17

PRIVATE LESSON	April 19	668770	April 26	668771	May 3	668772
5:00-5:30PM	May 24	668773		668774	June 14	668775

DID YOU KNOW?

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



# KINSMEN SPORTS CENTRE

KINSMEN AQUATIC PROGRAMS				
MONDAY: APRIL 6-JUNE 22 10 LESSONS				
9:30AM	PARENT & TOT	SEA OTTER		
9:45AM	670501	670520		
10:00AM	SALAMANDER/SUNFISH	PARENT & TOT SEA TURTLE		
10:15AM	670547	670644		
10:30AM	SEA OTTER/SALAMANDER	SUNFISH/CROCODILE		
10:45AM	670650	670663		
11:00AM	SALAMANDER	SEA OTTER		
11:15AM	670669	670533		

Ð	No Lesson April 13 and May 18
Ð	Parent Discussion Day May 11

KINSME	KINSMEN AQUATIC PROGRAMS				
	THURSDAY: APRIL 16-JUNE 18 10 LESSONS				
1:00PM	PARENT & TOT SALAMANDER				
1:15PM	670508	670670			
1:30PM	SEA OTTER/SALAMANDER	SUNFISH/CROCODILE			
1:45PM	670656	670665			
2:00PM	CROCODILE/WHALE	SALAMANDER/SUNFISH			
2:15PM	671274	670631			
2:30PM	SALAMANDER	SEA OTTER			
2:45PM	670671	670536			

Parent Discussion Day May 14

Parent Discussion Day May 14						
KINSME	KINSMEN AQUATIC PROGRAMS					
THURSD	THURSDAY: APRIL 16-JUNE 25 10 LESSONS					
3:00PM	SALAMANDER/SUNFISH	SWIM KIDS 1				
3:15PM	670632	671283	SWIM KIDS 3/4 671301	SWIM KIDS 9/10 671335		
3:30PM	PRIVATE LESSON	PRIVATE LESSON				
3:45PM	671295	671296	CWIM KIDS 7/0	CMINA KIDG F/G		
4:00PM	SEA OTTER	SWIM KIDS 2	<b>SWIM KIDS 7/8</b> 671331	SWIM KIDS 5/6 671336		
4:15PM	670537	671298				
4:30PM	SEA OTTER/SALAMANDER 670658	SWIM KIDS 1 671285	SWIM KIDS 3 671338	PRIVATE LESSON 671342		
4:45PM	070030	07 1203	071330	071342		
5:00PM 	PARENT & TOT 670509	SALAMANDER 670672	CROCODILE/WHALE 671276			

No Lesson May 7

KINSMEN AQUATIC PROGRAMS					
	TUESDAY: APRIL 7-JUNE 9 10 LESSONS				
9:30AM	PARENT & TOT STARFISH/DUCK	SALAMANDER/SUNFISH			
9:45AM	671406	670629			
10:00AM	SEA OTTER				
10:15AM	670534	ADULT BASIC 1/2 671267			
10:30AM	PARENT & TOT SEA TURTLE				
10:45AM	670646	SALAMANDER/SUNFISH			
11:00AM	SEA OTTER	670630			
11:15AM	670535	SUNFISH/CROCODILE			
11:30AM		670664			

Parent Discussion Day May 14

KINSME	KINSMEN AQUATIC PROGRAMS			
FRIDAY: APRIL 17-JUNE 19 10 LESSONS				
9:30AM	PARENT & TOT	SEA OTTER/SALAMANDER		
9:45AM	670510	670657		
10:00AM	SALAMANDER/SUNFISH	PARENT & TOT SEA TURTLE 670647		
10:15AM	670633			
10:30AM	SEA OTTER	SUNFISH/CROCODILE		
10:45AM	670538	670666		
11:00AM	SEA OTTER/SALAMANDER	SALAMANDER/SUNFISH		
11:15AM	671354	670634		

KINSMI	KINSMEN AQUATIC PROGRAMS			
FRIDAY: APRIL 17-MAY 22 5 LESSONS				
8:30PM 9:00PM 9:30PM 10:00PM	PADDLEBOARD YOGA 671423			
No Lesson May 15				

KINSMEN AQUATIC PROGRAMS			
FRIDAY: MAY 29-JUNE 26 5 LESSONS			
8:30PM 9:00PM 9:30PM	PADDLEBOARD YOGA 671424		

KINSMEN AQUATIC PROGRAMS			
SUNDAY: APRIL 19-MAY 24 5 LESSONS			
1:30PM			
2:00PM	PADDLEBOARD YOGA 671425		
2:30PM 3:00PM			

KINSMEN AQUATIC PROGRAMS

SUNDAY: MAY 31-JUNE 28
5 LESSONS

1:30PM
2:00PM
PADDLEBOARD YOGA
671434

3:00PM

KINSMEN AQUATIC PROGRAMS				
SATURDAY: APRIL 18-JUNE 27 10 LESSONS				
9:00AM	SWIM KIDS 1	PARENT & TOT	SEA OTTER/ SALAMANDER	
9:15AM	671286	670511	670660	
9:30AM	SEA OTTER	PARENT & TOT STARFISH/DUCK	SUNFISH/CROCODILE	
9:45AM	670539	671407	671391	
10:00AM	SALAMANDER/ SUNFISH	SWIM KIDS 2	SWIM KIDS 1	
10:15AM	670635	671390	671398	
10:30AM	SEA OTTER	PARENT & TOT SEA TURTLE	SALAMANDER/ SUNFISH	
10:45AM	670540	670648	670636	
11:00AM				
11:15AM	SEA OTTER/ SALAMANDER	SWIM KIDS 1	CROCODILE/WHALE	
11:30AM	670659	671287	671277	
11:45AM	PARENT & TOT DUCK	SALAMANDER	SWIM KIDS 2	
12:00PM	371393	670673	671392	
12:15PM	SEA OTTER	SUNFISH/CROCODILE	SWIM KIDS 1	
12:30PM	670541	670667	671396	
No Lesson May 16				

No Lesson May 16

Parent Discussion Day May

No Lesson May 17

KINSME	KINSMEN AQUATIC PROGRAMS				
	SATURDAY: APRIL 18-JUNE 27 9 LESSONS				
9:00AM					
9:15AM	<b>SWIM KID 3/4</b> 671383	SWIM KIDS 5/6 671384			
9:30AM		371304			
9:45AM					
10:00AM	<b>ADULT BASIC 1</b> 671385	ADULT BASIC 2 671387			
10:15AM					
10:30AM					
10:45AM					
11:00AM	<b>SWIM KIDS 9/10</b> 671388	SWIM KIDS 7/8 671389			
11:15AM					
11:30AM	SWIM KIDS 3				
11:45AM	671395	SWIM KIDS 4 671397			
12:00PM					

No Lesson May 9 and May 16
Parent Discussion Day May 23

KINSME	KINSMEN AQUATIC PROGRAMS					
SUNDAY	: APRIL 5-JUNE 21				10 LESSONS	
9:00AM	CROCODILE/WHALE 671400	SALAMANDER 671403	<b>SWIM KIDS 1</b> 671288	SWIM KIDS 7/8 671413	SWIM KID 5/6	
9:30AM 9:45AM	<b>SEA OTTER</b> 670542	<b>SUNFISH</b> 671404	PARENT & TOT STARFISH/DUCK 671408	6/1413	671415	
10:00AM 10:15AM	SALAMANDER/SUNFISH 670637	CROCODILE/WHALE 671401	<b>SWIM KIDS 2</b> 671409	SWIM KIDS 3/4 671417	<b>SWIM KIDS 9/10</b> 671419	
10:30AM	PARENT & TOT SEA TURTLE 670649	SEA OTTER/SALAMANDER 670661	CROCODILE 671402			
11:00AM				ADULT BASIC 1 671421	ADULT BASIC 2 671422	
11:15AM ————————————————————————————————————	<b>SEA OTTER</b> 670543	SUNFISH/CROCODILE 670668	<b>SWIM KIDS 1</b> 671412			
11:45AM 12:00PM	SALAMANDER/SUNFISH 670638	CROCODILE/WHALE 671278	<b>SWIM KIDS 2</b> 671410	SWIM KID 3/4 671418	SWIM KID 5/6 671416	
12:15PM	SEA OTTER/SALAMANDER	PARENT & TOT	SUNFISH			
12:30PM 12:45PM	670662	671411	671405	SWIM KID 7/8 671414	SWIM KIDS 9/10 671420	
1:00PM						

No Lesson April 12 and May 17

# LONDONDERRY FITNESS AND LEISURE CENTRE

LONDO	LONDONDERRY AQUATIC PROGRAMS										
MONDA	Y & WEDNESDAY	: APRIL 6-MAY 11				9 LESSONS					
4:00PM 4:15PM	<b>SWIM KIDS 3</b> 670349	SWIM KIDS 4 669528	<b>SWIM KIDS 7/8</b> 670330	SWIM KIDS 1 669545	<b>SEA OTTER</b> 669634	PARENT & TOT 669389					
4:30PM 4:45PM				SWIM KIDS 2 669616	SWIM KIDS 1 669547	SALAMANDER 669582					
5:00PM 5:15PM	<b>SWIM KIDS 5/6</b> 670360	YOUTH SWIM BASIC 1 670374	SWIM KIDS 9/10 669659	SWIM KIDS 1 669546	<b>SUNFISH</b> 669566	SALAMANDER 669583					
5:30PM 5:45PM	SALAMANDER 669578	SWIM KIDS 2 669615	<b>SEA OTTER</b> 669632	SWIM KIDS 3 670350	SWIM KIDS 4 669529	SWIM KIDS 7/8 670331					
6:00PM											
6:15PM 6:30PM	SALAMANDER 669579	<b>SUNFISH</b> 669565	<b>SEA OTTER</b> 669633								
6:45PM 7:00PM	SWIM KIDS 2 669614	SWIM KIDS 1 669544	SALAMANDER 669580	SWIM KIDS 5 669516	<b>SWIM KIDS 9/10</b> 669660	SWIM KIDS 3/4 669649					
7:15PM 7:30PM 7:45PM	ADULT SWIM BASIC 1 670438	ADULT SWIM BASIC 2 670441	ADULT STROKES 670444	SALAMANDER 669581	<b>SWIM KIDS 6</b> 669522	CROCODILE 669603					

No Lesson April 13

Parent Discussion Day April 22

LONDO	NDERRY AQUATION	C PROGRAMS					
MONDA	Y & WEDNESDAY	: MAY 25-JUNE 24	1			10 LESSONS	
4:00PM				SWIM KIDS 1	SEA OTTER	PARENT & TOT	
4:15PM	<b>SWIM KIDS 3</b> 670351	<b>SWIM KIDS 4</b> 669530	<b>SWIM KIDS 7/8</b> 670332	669549	669637	669390	
4:30PM				SWIM KIDS 2	SWIM KIDS 1	SALAMANDER	
4:45PM	SWIM KIDS 5/6	YOUTH SWIM BASIC 2	SWIM KIDS 9/10	669619	669551	669588	
5:00PM	670361	670369	669661	SWIM KIDS 1 669550	SUNFISH 669568	SALAMANDER 669589	
5:15PM				669330	009308	009389	
5:30PM	SALAMANDER 669584	SWIM KIDS 2 669618	SEA OTTER 669635	SWIM KIDS 3	SWIM KIDS 4	SWIM KIDS 7/8	
5:45PM	005364	009018	009033	670352	669531	670333	
6:00PM							
6:15PM	SALAMANDER 669585	SUNFISH 669567	SEA OTTER 669636				
6:30PM	009363	009307	009030	SWIM KIDS 5	SWIM KIDS 9/10	SWIM KIDS 3/4	
6:45PM	SWIM KIDS 2 669617	SWIM KIDS 1 669548	SALAMANDER 669586	669517	669662	669650	
7:00PM	009017	009548	009380				
7:15PM	ADULT SWIM BASIC 1	ADULT SWIM BASIC 2	ADULT STROKES	SALAMANDER	SWIM KIDS 6	CROCODILE	
7:30PM	670440	670442	670445	669587	669523	669604	
7:45PM							

Parent Discussion Day June 8

LONDO	LONDONDERRY AQUATIC PROGRAMS										
TUESDA	TUESDAY & THURSDAY: APRIL 7-MAY 7 10 LESSONS										
4:00PM			SWIM KIDS 2	SEA OTTER	CROCODILE						
4:15PM	<b>SWIM KIDS 3/4</b> 669651	<b>SWIM KIDS 7/8</b> 670334	669620	669639	669605						
4:30PM			SWIM KIDS 1	SUNFISH							
4:45PM			669553	669669	YOUTH SWIM BASIC 1 670375						
5:00PM	<b>SWIM KIDS 5/6</b> 670362	<b>SWIM KIDS 9/10</b> 669663	SWIM KIDS 2	SALAMANDER							
5:15PM			669621	669591							
5:30PM	SWIM KIDS 1	SALAMANDER	SEA OTTER	SWIM KIDS 2	SWIM KIDS 3/4 669652						
5:45PM	669552	669590	669638	669622							

Parent Discussion Day April 21

LONDO	LONDONDERRY AQUATIC PROGRAMS										
TUESDA	Y & THURSDAY: MAY	12-JUNE 11			10 LESSONS						
4:00PM 4:15PM	SWIM KIDS 3/4 669653	SWIM KIDS 7/8 670335	<b>SWIM KIDS 2</b> 669623	<b>SEA OTTER</b> 669641	CROCODILE 669606						
4:30PM 4:45PM			SWIM KIDS 1 669555	<b>SUNFISH</b> 669570	YOUTH SWIM BASIC 2 670370						
5:00PM 5:15PM	<b>SWIM KIDS 5/6</b> 670363	<b>SWIM KIDS 9/10</b> 669664	SWIM KIDS 2 669624	SALAMANDER 669593							
5:30PM 5:45PM	<b>SWIM KIDS 1</b> 669554	SALAMANDER 669592	<b>SEA OTTER</b> 669640	SWIM KIDS 2 669625	SWIM KIDS 3/4 669654						

Parent Discussion Day May 26

LONDO	LONDONDERRY AQUATIC PROGRAMS								
THURSDAY: APRIL 9-JUNE 11 10 LESSONS									
4:00PM									
4:15PM	RED CROSS SWIM ADAPTED 1/2 669372								
4:30PM									
4:45PM									
5:00PM	RED CROSS SWIM ADAPTED 3/4 669377								
5:15PM									

### LONDONDEDDY AGUATIC PROGRAMS

FRIDAY:	<b>APRIL 17-JUN</b>	E 26					10 LESSONS
4:00PM 4:15PM	SWIM KIDS 4	SWIM KIDS 3		CROCODILE 669607	SWIM KIDS 7/8	SWIM KIDS 1 669557	
4:30PM	669532	670353	SALAMANDER	SUNFISH	670336	SWIM KIDS 2	
4:45PM	SWIM KIDS 5/6	SWIM KIDS 3/4	669595	6659571	SEA OTTER	669627	
5:00PM	670364	669655	SWIM KIDS 2	SALAMANDER	669642	SWIM KIDS 7/8	
5:15PM			669626	669595	SWIM KIDS 1	670337	BRONZE CROSS
5:30PM		SALAMANDER			669556		EXAM DATE:
5:45PM	SWIM KIDS 9/10 669665	669594	<b>SWIM KIDS 4</b> 669533	SWIM KIDS 3 670354	SUNFISH	SWIM KIDS 1	JUNE 26 669365
6:00PM		SWIM ASSESSMENT			669572	669558	
6:15PM				PARENT & TOT	SEA OTTER	SWIM KIDS 2	
6:30PM		SWIM KIDS 5 669518	SWIM KIDS 3/4 669656	669391	669643	669628	
6:45PM							

No Lesson May 15

SWIM ASSESSMENT	Apr 17	670448	Apr 24	670449	May 1	670450	May 8	670451	May 22	670452
6:00-6:15PM	May 29	670453	Jun 5	670454	Jun 12	670455	Jun 19	670456	Jun 26	670457

AY: APRIL 18-J	UNE 2/					
		I	ı	ı		10 LESSONS
RED CROSS SWIM	RED CROSS SWIM					
ADAPTED 1/2	ADAPTED 3/4	CROCODILE	SWIM KIDS 1			
669371	669374	669602	669540			BRONZE
PARENT & TOT		SEA OTTER	SWIM KIDS 2	SALAMANDER		MEDALLION
669387	SWIM KIDS 1	669630	669611	669577	SWIM KIDS 2	EXAM DATE: JUNE 27
	669538		SUNFISH		669613	669361
SWIM KIDS 5 669514	SWIM KIDS 1	SWIM KIDS 3/4 669647	669564	SWIM KIDS 7/8 670328	SEA OTTER/	
003314	669539	003047	SWIM KIDS 2	070320	SALAMANDER 669535	
	SALAMANDER		669612			
SWIM KIDS 6	669575	SWIM KIDS 9/10		SWIM KIDS 3	YOUTH SWIM BASIC 2	
003313	CROCODILE	003037	SWIM KIDS 1	070347	670368	
	669601	669541			VOUTU SWIM	BRONZE STAR
SWIM KIDS 4	CHNEICH	SWIM KIDS 7/8	SWIM KIDS 1	SWIM KIDS 5/6	BASIC 1	669368
003320	669562	070223	669542	070336	670373	
SEA OTTER/	CIINEICH				SWIM KIDS 1	
SALAMANDER 669534	669563	SWIM KIDS 4	SWIM KIDS 6	SWIM KIDS 3	669543	
SWIM KIDS 1	SWIM KIDS 2	003327	003320	070540	SEA OTTER	
669537	669609				669631	
SUNFISH	SALAMANDER	SWIM KIDS 3	SWIM KIDS 9/10	SWIM KIDS 5/6		
669561	669576	070540	003030	0,0333	SWIM KIDS 7/8 670329	
PARENT & TOT	SWIM KIDS 2				0,0323	
669388	669610	SWIM KIDS 5	SWIM KIDS 3/4	SWIM KIDS 6	CDOCODU E/WILLIAM	
	SWIM KIDS 5 669514  SWIM KIDS 6 669519  SWIM KIDS 4 669526  SEA OTTER/ SALAMANDER 669534  SWIM KIDS 1 669537  SUNFISH 669561  PARENT & TOT	SWIM KIDS 1   669538	SEA OTTER   SWIM KIDS 1   669538   SWIM KIDS 3/4   669514   SWIM KIDS 1   669539   SWIM KIDS 3/4   669647	SEA OTTER   SWIM KIDS 2   669611	PARENT & TOT   669387   SWIM KIDS 1   669538   SWIM KIDS 2   669611   SWIM KIDS 2   669577	Parent & Tot   669387   SWIM KIDS 1   669538   SWIM KIDS 2   669611   SWIM KIDS 2   669630   SWIM KIDS 2   669613   SWIM KIDS 2   669613   SWIM KIDS 2   669613   SWIM KIDS 2   669613   SWIM KIDS 3   669514   SWIM KIDS 1   669539   SALAMANDER 669539   SALAMANDER 669535   SWIM KIDS 2   669612   SWIM KIDS 3   670347   SWIM KIDS 1   669526   SWIM KIDS 1   669541   SWIM KIDS 1   669542   SWIM KIDS 1   669543   SWIM KIDS 1   669543   SWIM KIDS 1   669543   SWIM KIDS 3   670348   SWIM KIDS 1   669543   SWIM KIDS 3   670348   SEA OTTER 669537   SWIM KIDS 2   669609   SWIM KIDS 3   670348   SWIM KIDS 5/6   670359   SWIM KIDS 5/6   670329   SWIM KIDS 5/6   670

No Lesson May 16

Parent Discussion Day

## THE MEADOWS AQUATIC PROGRAMS

#### THE MEADOWS AQUATIC PROGRAMS **SATURDAY: APRIL 18-JUNE 27** 10 LESSONS SEA OTTER/ SALAMANDER **SALAMANDER** 668920 668933 SWIM KIDS 1 669127 SALAMANDER **SEA OTTER ADULT SWIM** 669124 669288 SWIM KIDS 5/6 BASIC 1/2 668930 SUNFISH 669701 SWIM 663132 **ASSESSMENT SALAMANDER** 669697 SWIM KIDS 2 **SWIM KIDS 1** SUNFISH **ADULT SWIM** 669125 SWIM KIDS 7/8 669134 SWIM KIDS 3 669707 BASIC 1 PARENT & TOT 669135 669143 669147 668931 SALAMANDER SWIM KIDS 2 SWIM KIDS 1 669141 669700 669705 PARENT & TOT STARFISH/DUCK SWIM KIDS 3 SWIM KIDS 5/6 SWIM KIDS 4 CROCODILE/ 669128 SWIM KIDS 2 SWIM KIDS 1 SALAMANDER 668928 669149 669292 WHALE 669133 669702 669704 11:15AM 669139 **SEA OTTER** 669129 SWIM KIDS 2 SWIM KIDS 2 SWIM KIDS 1 669145 669291 669131 SWIM KIDS 7/8 SWIM KIDS 3 SEA OTTER/ **SALAMANDER** 669142 669699 SWIM KIDS 1 **SALAMANDER** 668926 SWIM 669708 669122 SWIM KIDS 1 **SWIM KIDS 2 ASSESSMENT** 669146 669290 SWIM KIDS 1 **SALAMANDER SWIM KIDS 3** SWIM KIDS 4 668932 669137 PARENT & TOT 12:30PM **SWIM KIDS 2** 669138 **SWIM KIDS 1** 669710 **SEA TURTLE** 669121 669287 SWIM KIDS 5/6 12:45PM 669144 669698 CROCODILE / SWIM KIDS 2 SWIM KIDS 1 **SEA OTTER** SALAMANDER **ADULT SWIM** WHALE 669123 669136 SWIM KIDS 4 669148 669289 1:15PM 668929 BASIC 2 669140 669709 SWIM KIDS 9/10 1:30PM SUNFISH SWIM KIDS 1 669703 PRIVATE LESSON 668927 669126

Parent Discussion Day May 9

No Lesson May 16

PRIVATE LESSON	Apr 18	670111	Apr 25	670144	May 2	670119	May 9	670121	May 23	670120
1:30-2:00PM	May 30	670117	Jun 6	670115	Jun 13	670112	Jun 20	670113	Jun 27	670118
SWIM ASSESSMENT	Apr 18	670131	Apr 25	670123	May 2	670124	May 9	670125	May 23	670126
6:00-6:15PM	May 30	670127	Jun 6	670128	Jun 13	670129	Jun 20	670130	Jun 27	670132

#### THE MEADOWS AQUATIC PROGRAMS **SUNDAY: APRIL 5-JUNE 21** ADULT SWIM ADULT SWIM BASIC 1 BASIC 2 668700 668906 SUNFISH 668711 SWIM KIDS 7/8 CROCODILE/ **SEA OTTER** SALAMANDER 668917 WHALE 668688 668709 668690 **PARENT & TOT** SEA OTTER SALAMANDER STARFISH/DUCK SWIM KIDS 9/10 668695 668919 668703 668696 SEA OTTER/ SALAMANDER SWIM KIDS 2 SWIM KIDS 1 SALAMANDER SWIM KIDS 3 **SWIM KIDS 4** 668712 668723 668911 668689 SUNFISH 668903 668916 SWIM KIDS 5/6 668704 SWIM KIDS 1 **SALAMANDER** SWIM KIDS 2 668699 668721 668900 668913 SEA OTTER PARENT & TOT SWIM KIDS 1 SUNFISH

SWIM KIDS 2

668724

SWIM KIDS 1

668722

SWIM

ASSESSMENT

SEA OTTER/

SALAMANDER

668720

SUNFISH

668719

SALAMANDER

668725

SWIM KIDS 1

668898

SWIM KIDS 2

668904

**SWIM KIDS 3** 

668902

SWIM KIDS 2

668899

SWIM KIDS 1

668901

668909

SWIM KIDS 3

668905

SWIM KIDS 2

668907

SWIM KIDS 5/6

668910

SWIM KIDS 1

668908

668925

**SWIM KIDS 4** 

668922

SALAMANDER

668924

SALAMANDER

668921

SWIM KIDS 3

668923

SWIM KIDS 5/6

668918

SWIM KIDS 1

668914

SWIM KIDS 1

668912

PARENT & TOT

**SEA TURTLE** 

668915

668707

SEA OTTER/

SALAMANDER

668706

SALAMANDER

668708

SWIM KIDS 2

668710

SWIM KIDS 1

668705

Parent Discussion Day May 10No Lesson April 12 and May 17

668692

SALAMANDER

668694

**SWIM KIDS 3** 

668693

PRIVATE LESSON

**SWIM KIDS 4** 

668861

12:15PM

12:30PM

12:45PM

1:30PM

**SALAMANDER** 

668697

**SEA OTTER** 

668702

SALAMANDER

668698

SWIM KIDS 2

668701

SWIM ASSESSMENT	Apr 5	670170	Apr 19	670308	Apr 26	670306	May 3	670301	May 10	670307
12:15-12:30PM	May 24	670304	May 31	670302	Jun 7	670303	Jun 14	670310	Jun 21	670305
PRIVATE LESSON	Apr 5	670116	Apr 19	670171	Apr 26	670174	May 3	670176	May 10	670177
12:45-1:15PM	May 24	670173	May 31	670178		670172	Jun 14	670175	Jun 21	670179

THE ME	THE MEADOWS AQUATIC PROGRAMS									
MONDAY: APRIL 6-JUNE 22 10 LESSONS										
9:30AM	PARENT & TOT SEA TURTLE									
9:45AM	669706									
10:00AM	SALAMANDER									
10:15AM	669712									
10:30AM	SEA OTTER									
10:45AM	669714									
11:00AM	PARENT & TOT STARFISH/DUCK									
11:15AM	669713									

No Lesson April 13 and May 18

THE ME	ADOWS AQUA	TIC PROGRAM	S				
MONDA	Y: APRIL 6-JUN	NE 22					10 LESSONS
4:00PM		SEA OTTER	SALAMANDER	SUNFISH			
4:15PM		669964	669966	669972			
4:30PM	SWIM KIDS 1	PARENT & TOT STARFISH/DUCK	SEA OTTER	SALAMANDER			
4:45PM	669958	669968	669974	669977	ADULT SWIM	SWIM ASSESSMENT	
5:00PM	SWIM KIDS 2		SWIM KIDS 1	SWIM KIDS 2	BASIC 1/2 669980	SALAMANDER	SEA OTTER
5:15PM	669959	SWIM KIDS 3 669970	669976 669978	669978	005500	669982	669991
5:30PM	SEA OTTER/ SALAMANDER				SWIM KIDS 1	SWIM KIDS 2	SUNFISH
5:45PM	669961		SWIM KIDS 3 669973	SWIM KIDS 5/6 669979	669984	669992	669996
6:00PM	SALAMANDER	SWIM KIDS 4 669967			CROCODILE/WHALE	SWIM KIDS 1	SWIM KIDS 2
6:15PM	669962				669983	669989	669997
6:30PM	SWIM KIDS 2	PARENT & TOT SEA TURTLE	SWIM KIDS 7/8 669975	SWIM KIDS 4 669981	SWIM KIDS 1	SWIM KIDS 2	SWIM KIDS 1
6:45PM	669960	669969			669985	669990	669995

Parent Discussion Day May 11

No Lesson April 13 and May 18

SWIM ASSESSMENT	Apr 6	670309	Apr 20	671111	Apr 27	671104	May 4	671110	May 11	671102
4:45-5:00PM	May 25	671108		671109	Jun 8	671103	Jun 15	671107	Jun 22	671105

THE ME	ADOWS AQUATIC PROGRAMS										
	WEDNESDAY: APRIL 8-JUNE 10 10 LESSONS										
9:30AM PARENT & TOT SEA TURTLE											
9:45AM	669711										
10:00AM	SEA OTTER										
10:15AM	669715										
10:30AM	SALAMANDER										
10:45AM	669716										
11:00AM PARENT & TOT STARFISH/DUCK											
11:15AM	669717										

## THE MEADOWS AQUATIC PROGRAMS

WEDNE	SDAY: APRIL 8	-JUNE 10					10 LESSONS
4:00PM 4:15PM	SEA OTTER/ SALAMANDER 670002		<b>SUNFISH</b> 670008			SWIM KIDS 3 670043	SWIM KIDS 5/6 670046
4:30PM 4:45PM	PARENT & TOT 670006	SALAMANDER 670004	CROCODILE/WHALE 670028	SWIM KIDS 1 670030	SWIM KIDS 2 670039		
5:00PM 5:15PM	SWIM KIDS 1 670003	SWIM KIDS 2 670007	SWIM KIDS 2 670031	SEA OTTER/ SALAMANDER 670040	SALAMANDER 670045	<b>SWIM KIDS 7/8</b> 670047	SWIM KIDS 3 670053
5:30PM 5:45PM	SWIM KIDS 4 670005	PRIVATE LESSON	SWIM KIDS 1 670027	SWIM KIDS 5/6 670041	SWIM KIDS 4 670044	SWIM KIDS 1 670050	SWIM KIDS 2 670052
6:00PM		SWIM KIDS 1	SWIM KIDS 2			SALAMANDER	SEA OTTER
6:15PM		670009	670026		ADULT SWIM	670049	670051
6:30PM 6:45PM	<b>SWIM KIDS 9/10</b> 670001	SALAMANDER 670010	<b>SUNFISH</b> 670029	<b>SWIM KIDS 3</b> 670038	BASIC 1/2 670042	<b>SWIM KIDS 1</b> 670048	SWIM KIDS 2 670054

### Parent Discussion Day May 6

PRIVATE LESSON	Apr 8	671106	Apr 15	671123	Apr 22	671124	Apr 29	671126	May 6	671131
5:30-6:00PM	May 13	671128	May 20	671127	May 27	671129	Jun 3	671125	Jun 10	671122

THE ME	ADOWS AQUAT	TIC PROGRAMS									
	THURSDAY: APRIL 9-JUNE 11 10 LESSONS										
2:00PM	SALAMANDER	SWIM KIDS 1	SEA OTTER								
2:15PM	669758	669761	669779								
2:30PM	SWIM KIDS 2	SWIM KIDS 1									
2:45PM	669765	669777	<b>SWIM KIDS 3</b> 669805								
3:00PM	SWIM KIDS 2	SALAMANDER									
3:15PM	669763	669778									
3:30PM	SWIM KIDS 1	SWIM KIDS 2	SWIM KIDS 4 669806								
3:45PM	669764	669776									
4:00PM	SWIM KIDS 1	PRIVATE LESSON	PARENT & TOT								
4:15PM 669760 FRIVATE LESSON 669804											
4:30PM	SEA OTTER/ SALAMANDER	SALAMANDER	SWIM KIDS 1								
4:45PM	669762	669775	669774								

PRIVATE LESSON	Apr 9	671130	Apr 16	671138	Apr 23	671140	Apr 30	671145	May 7	671146
4:00-4:30PM	May 14	671142	Mav 21	671143	May 28	671144	Jun 4	671137	Jun 11	671139

# MILL WOODS RECREATION CENTRE

MLLL W	OODS AQUA	TIC PROGRA	MS					
MONDA	Y: APRIL 6-J	UNE 22					1	0 LESSONS
4:00PM						SWIM KIDS 3	STROKE ENHANCEMENT	SEA OTTER/ SALAMANDER
4:15PM						668578	2/3 668575	668566
4:30PM	SWIM KIDS 2	SWIM KIDS 1		SALAMANDER			008373	CIANIBA KIDO CIZ
4:45PM	668568	668559		668584		SWIM KIDS 1		SWIM KIDS 6/7 668564
5:00PM		SWIM KIDS 2	SALAMANDER		SWIM KIDS 4 668587	668562	SWIM KIDS 8 668574	
5:15PM	SWIM KIDS 3 668577	668567	668583	SWIM KIDS 5 668585		SWIM KIDS 2		SWIM KIDS 1
5:30PM	000377		SEA OTTER		SALAMANDER	668570	SWIM KIDS 1	668558
5:45PM	SALAMANDER	SWIM KIDS 4 668588	668573		668581	SUNFISH/ CROCODILE	668563	SUNFISH
6:00PM	668582		SWIM KIDS 1	SWIM KIDS 6/7 668565	PARENT & TOT	668579	SEA OTTER	668557
6:15PM	SWIM KIDS 2		668560		<b>SEA TURTLE</b> 668580		668572	
6:30PM	668569	SWIM KIDS 5 668586	PARENT & TOT	SWIM KIDS 1	SUNFISH	SWIM KIDS 3 668576	SWIM KIDS 2	SWIM KIDS 9/10 668555
6:45PM			STARFISH/DUCK 668589	668561	668556		668571	
7:00PM		YOUTH SWIM					SWIM ASSESSMENT	
7:15PM	ADULT SWIM BASIC 2	BASIC 1/2 668590	ADULT SWIM BASIC 1					
7:30PM	668592	000330	668591					
7:45PM								

Parent Discussion Day May 11

No Lesson April 13 and May 18

SWIM ASSESSMENT	Apr 6	668394	Apr 20	668395	Apr 27	668396	May 4	668397	May 11	668398
7:00-7:15PM	May 25	668399		668400	Jun 8	668401	Jun 15	668402		

MILL W	DODS AQUAT	TIC PROGRAM	MS					
WEDNE	SDAY: APRIL	8-JUNE 10						0 LESSONS
4:00PM 4:15PM						SWIM KIDS 3 668666	SWIM KIDS 5 668663	SALAMANDER 668649
4:30PM 4:45PM	<b>SEA OTTER</b> 668660			SALAMANDER 668651		CMIM KIDC 4		SWIM KIDS 6/7
5:00PM	SWIM KIDS 3	SWIM KIDS 2 668656	SUNFISH 668669	SWIM KIDS 5	SWIM KIDS 4 668671	SWIM KIDS 1 668598	SWIM KIDS 9/10 668662	668647
5:15PM 	668667		SEA OTTER	668664	SALAMANDER	SWIM KIDS 2 668658	SWIM KIDS 1	SWIM KIDS 1 668601
5:45PM 6:00PM	SALAMANDER 668650	SWIM KIDS 4 668672	668661 SWIM KIDS 1	SWIM KIDS 6/7 668648	668652 SWIM KIDS 2	<b>SUNFISH</b> 668668	668599 SEA OTTER	SWIM KIDS 8 668646
6:15PM 6:30PM	SWIM KIDS 2 668655	STROKE ENHANCEMENT	668597		668657	SWIM KIDS 3	668659	
6:45PM	SWIM ASSESSMENT	<b>1</b> 668674	PARENT & TOT SEA TURTLE 668673	SWIM KIDS 1 668596	CROCODILE/ WHALE 668670	668665	SWIM KIDS 2 668654	SEA OTTER/ SALAMANDER 668645
7:00PM 7:15PM 7:30PM 7:45PM	ADULT SWIM BASIC 2 668593	ADULT SWIM STROKES 668595	ADULT SWIM BASIC 1 668594		SWIM KIDS 1 668600			

Parent Discussion Day May 6

SWIM ASSESSMENT	Apr 8	668675	Apr 15	668676	Apr 22	668677	April 29	668678	May 6	668679
6:45-7:00PM	May 13	668680	May 20	668681	May 27	668682	Jun 3	668683		

MLLL W	MLLL WOODS AQUATIC PROGRAMS									
WEDNESDAY: APRIL 8-JUNE 10 10 LESSONS										
5:00PM										
5:15PM										
5:30PM										
5:45PM	JUNIOR LIFEGUARD CLUB									
6:00PM	668644									
6:15PM										
6:30PM										
6:45PM										

MILL W	OODS AQUA	TIC PROGRAI	MS						
TUESDA	Y & THURSD	AY: APRIL 7-I	MAY 7					0 LESSONS	
4:00PM 4:15PM					YOUTH SWIM BASICS 1	SWIM KIDS 8 669746		<b>SWIM KIDS 1</b> 669735	
4:30PM 4:45PM			SWIM KIDS 5	SWIM KIDS 3 669755	669750		SWIM KIDS 6/7	SALAMANDER 669070	
5:00PM	SUNFISH		669072		SWIM KIDS 4 669747	SWIM KIDS 2 669734	669744	SWIM KIDS 2	
5:15PM 5:30PM	669743	SWIM KIDS 3 669756	SWIM KIDS 1 669738	669067		SWIM KIDS 6/7	<b>SUNFISH</b> 669742	669730	
5:45PM	<b>SEA OTTER</b> 669752	SWIM KIDS 2	SEA OTTER	SWIM KIDS 1 669739	5WIM KIDS 2 669732	669745	SALAMANDER	SWIM KIDS 5 669071	
6:00PM	SWIM KIDS 1	669731	669753	PARENT & TOT STARFISH/DUCK	SUNFISH/ CROCODILE	SALAMANDER	669069	005071	
6:15PM	669736	CWIM KIDC 5	SWIM KIDS 4	669754	669749	669068	SWIM KIDS 9/10	SALAMANDER	
6:30PM 6:45PM	SWIM KIDS 1 669737			<b>SEA OTTER</b> 669751	SWIM KIDS 2 669733	SWIM KIDS 1 669740	669741	669066	

Parent Discussion Day April 21

MILL WOODS AQUATIC PROGRAMS												
TUESDAY & THURSDAY: MAY 12-JUNE 11 10 LESSONS												
4:00PM 4:15PM					YOUTH SWIM BASICS 2	SWIM KIDS 6/7	<b>SUNFISH</b> 669781	<b>SEA OTTER</b> 669770				
4:30PM			SWIM KIDS 5 669830 SEA OTTER 669823	SWIM KIDS 3 669759	669803	669793	SWIM KIDS 8 669780	SALAMANDER 669769				
4:45PM					SWIM KIDS 4 669802	SWIM KIDS 2 669791						
5:00PM	SWIM KIDS 2 669842	SWIM KIDS 3 669757		SALAMANDER 669820				SWIM KIDS 2 669768				
5:15PM						SWIM KIDS 9/10 669790	SWIM KIDS 1 669773					
5:30PM	SALAMANDER 669840			PARENT & TOT SEA TURTLE 669813	SWIM KIDS 2 669801			SWIM KIDS 5 669767				
5:45PM		SWIM KIDS 1 669832	CROCODILE/ WHALE 669822				SALAMANDER 669772					
6:00PM	<b>SWIM KIDS 1</b> 669814			SWIM KIDS 1 669812	<b>SEA OTTER</b> 669800	SALAMANDER 669784						
6:15PM		STROKE ENHANCEMENT 1 669831	<b>SWIM KIDS 4</b> 669821				SWIM KIDS 6/7 669771	<b>SUNFISH</b> 669766				
6:30PM	SALAMANDER 669839			SWIM KIDS 1 669811	SWIM KIDS 2 669799	SWIM KIDS 1 669782						
6:45PM												

MILL WOODS AQUATIC PROGRAMS												
FRIDAY: APRIL 17-JUNE 26 10 LESSONS												
4:00PM							SEA OTTER					
4:15PM				SWIM KIDS 5 668727	SWIM KIDS 4 668753	SWIM KIDS 6/7 668750	668739	SWIM KIDS 3 668732				
4:30PM			SWIM KIDS 1 668715				SWIM KIDS 9/10 668738					
4:45PM						SWIM KIDS 8 668749 SALAMANDER 668653		SWIM KIDS 2 668728				
5:00PM	SALAMANDER 668744 SWIM KIDS 2 668729	SWIM KIDS 6/7 668751	SWIM KIDS 3 668733	SWIM KIDS 1 668717	YOUTH SWIM BASIC 2 668752							
5:15PM							PARENT & TOT 668737	STROKE ENHANCEMENT 1 668755				
5:30PM				SUNFISH/ CROCODILE 668746								
5:45PM		SWIM KIDS 2 668730	SWIM KIDS 4 668754		<b>SEA OTTER</b> 668742		STROKE ENHANCEMENT 2/3 668736					
6:00PM	SWIM KIDS 1 668714			SALAMANDER 668745		SWIM KIDS 2 668731		SWIM KIDS 1 668713				
6:15PM		SWIM KIDS 5 668726			SWIM KIDS 3 668734							
6:30PM	<b>SEA OTTER</b> 668741		SWIM KIDS 1 668716	SWIM KIDS 1 668718		SALAMANDER 668743	<b>SUNFISH</b> 668735					
6:45PM												

Parent Discussion Day May 22

No Lesson May 15

#### MILL WOODS AQUATIC PROGRAMS

SATURE	DAY: APRIL 18	B-JUNE 27						10 L	ESSONS
9:00AM 9:15AM	SWIM KIDS 5 668331	SWIM KIDS 9/10	SWIM KIDS 1 668322	<b>SEA OTTER</b> 668300	SWIM KIDS 2 668338	SWIM KIDS 1 668324	SWIM KIDS 3 668314	SALAMANDER 668309	
9:30AM		668366	SWIM KIDS	PARENT & TOT 668303	SWIM KIDS 1 668325	SWIM KIDS 4		SWIM KIDS 2 668339	
9:45AM 10:00AM	SWIM KIDS 1 668323	SWIM KIDS 5	<b>9/10</b> 668357		000323	668312	SALAMANDER 668308		BRONZE MEDALLION EXAM DATE:
10:15AM	SWIM KIDS 2	668332	SWIM KIDS 6/7	SALAMANDER 668304	SWIM KIDS 3 668315	SWIM KIDS 1	SEA OTTER	SWIM KIDS 1 668328	JUNE 27 668684
10:30AM	668336	CROCODILE/ WHALE	668321	SWIM KIDS 4		668327	668302	SUNFISH 668343	
10:45AM	STROKE	668374	668310 SALAMANDER			000343			
11:00AM	ENHANCEMENT 2/3	PARENT & TOT STARFISH/	SUNFISH		000307		SWIM KIDS 5 668330	SWIM KIDS 1	
11:15AM	668376	DUCK 668375	668367		SEA OTTER/ SALAMANDER 668364	SWIM KIDS 3 668316		668329	
11:30AM					000304				
11:45AM			SALAMANDER	SWIM KIDS 3 668313		SUNFISH/ CROCODILE	SEA OTTER	SWIM KIDS 2	
12:00PM	SWIM KIDS 6/7 668320	SWIM KIDS 4 668311	668306		SWIM KIDS 1	668361	668301	668340	
12:15PM			SWIM KIDS 2 668337	SWIM ASSESSMENT	668326	STROKE ENHANCEMENT	YOUTH SWIM	SWIM KIDS 3	
12:30PM	SALAMANDER 668305			SWIM KIDS	SWIM KIDS 2 668334	1 668360	BASIC 1 668358	668317	
12:45PM	000303		PARENT & TOT SEA TURTLE	<b>6/7</b> 668319	000334				
1:00PM	A DULLE CAUSE		668373		SWIM KIDS	SWIM KIDS 5	SWIM KIDS 8		
1:15PM	ADULT SWIM BASIC 1		SWIM KIDS 4		<b>9/10</b> 668365	668333	668356		
1:30PM 1:45PM	668377		668318						

Parent Discussion Day May 23

No Lesson May 16

SWIM ASSESSMENT	Apr 18	668386	Apr 25	668387	May 2	668388	May 9	668389	May 23	668390
12:15-12:30PM	May 30	668391	Jun 6	668392	Jun 13	668393	Jun 20	668453		

#### MILL WOODS AQUATIC PROGRAMS

SUNDAY	/: APRIL 5-JU	NE 21						0 LESSONS
9:00AM	CIMINA KIDO CIZ	SWIM KIDS 2	CMINA KIDO 2		SALAMANDER	CIMINA KIDE 0/40		
9:15AM	SWIM KIDS 6/7 668468	668481	SWIM KIDS 3 668454	ADULT SWIM BASIC 1	668476	SWIM KIDS 9/10 668488	SUNFISH/ CROCODILE	
9:30AM		PARENT & TOT STARFISH/DUCK		668495 SWIM KIDS 1			668484	
9:45AM		668502	STROKE		668464	SEA OTTER	SWIM KIDS 2	BRONZE CROSS
10:00AM	SWIM KIDS 3 668455		ENHANCEMENT 2/3	SWIM KIDS 1	SWIM KIDS 2	668485	668479	EXAM DATE: JUN 21
10:15AM		SWIM KIDS 5 668471	668500	668462	668482	SWIM KIDS 2	SALAMANDER	668686
10:30AM	PARENT & TOT SEA TURTLE		SALAMANDER			668483	668473	
10:45AM	668503		668474		YOUTH SWIM	SWIM KIDS 1		
11:00AM	SWIM KIDS 2	CROCODILE/ WHALE	SEA OTTER/ SALAMANDER  SALAMANDER  SWIM KIDS 4 668459		BASIC 2	668465	SWIM KIDS 5 668470	
11:15AM	668480	668501	668499		668491			
11:30AM				YOUTH SWIM	STROKE			
11:45AM	SEA OTTER	SWIM KIDS 4 668458	PARENT & TOT	BASIC 1	ENHANCEMENT 1	SWIM KIDS 6/7 668469	SWIM KIDS 1	BRONZE STAR
12:00PM	668486		668498	668492	668490		668460	668687
12:15PM		SWIM KIDS 1		SUNFISH				
12:30PM	ADULT SWIM BASIC 2	668461	SWIM KIDS 8 668497	668493	SWIM KIDS 6/7 668467	SWIM KIDS 5 668472	SWIM KIDS 3 668456	
12:45PM	668496			SWIM KIDS 1				
1:00PM		SWIM KIDS 9/10 668489	SUNFISH	668463	SEA OTTER	DDIWATE LECCON		
1:15PM			668494	SALAMANDER	668487	PRIVATE LESSON	SWIM KIDS 4	
1:30PM	SWIM KIDS 3 668466	SWIM ASSESSMENT		668475			668457	
1:45PM								

Parent Discussion Day May 10

No Lesson April 12 and May 17

PRIVATE LESSON	Apr 5	668478	Apr 19	668411	Apr 26	668412	May 3	668413	May 10	668414
1:00- 1:30PM	May 24	668415	May 31	668416	Jun 7	668417	Jun 14	668418		
SWIM ASSESSMENT	Apr 5	668477	Apr 19	668403	Apr 26	668404	May 3	668405	May 10	668406
1:30 - 1:45PM	May 24	668407	May 31	668408		668409	Jun 14	668410		

### O'LEARY FITNESS AND LEISURE CENTRE

O'LEAR'	Y AQUATIC PROGRA	MS			
TUESDA	Y & THURSDAY: APR	IL 7-MAY 7			10 LESSONS
5:00PM 5:15PM	SWIM KIDS 3 669963	SWIM KIDS 5/6 670013	SWIM KIDS 2 670355	<b>PARENT &amp; TOT</b> 670380	<b>SEA OTTER</b> 670377
5:30PM 5:45PM	SWIM KIDS 1	CROCODILE/WHALE	SWIM KIDS 7/8 670365	<b>SWIM KIDS 1</b> 669988	SALAMANDER 670372
6:00PM	669986	670343	0,0303	SWIM KIDS 2	SUNFISH
6:15PM	SALAMANDER/SUNFISH	CIANINA KIDO A	CMIN KIDS 0/40	670356	670376
6:30PM	669998	<b>SWIM KIDS 4</b> 670344	SWIM KIDS 9/10 670367	SWIM KIDS 3	SEA OTTER 670379
6:45PM	SWIM KIDS 1 669987			669965	070379
7:00PM	33357	SWIM KIDS 4			SWIM KIDS 2 670357
7:15PM 	SWIM KIDS 5/6	670345	ADULT SWIM BASIC 1/2 670371	SWIM KIDS 7/8	
7:30PM 7:45PM	670012	SWIM ASSESSMENT		670366	PRIVATE LESSON

#### Parent Discussion Day April 21

PRIVATE LESSON	Apr 7	670807	Apr 9	670808	Apr 14	670809	Apr 16	670810	Apr 21	670811
7:30 - 8:00 PM	Apr 23	670812	Apr 28	670813	Apr 30	670814	May 5	670815	May 7	670816
SWIM ASSESSMENT	Apr 7	670777	Apr 9	670778	Apr 14	670779	Apr 16	670780	Apr 21	670781
7:45 - 8:00 PM	Apr 23	670782	Apr 28	670783	Apr 30	670784	May 5	670785	May 7	670786

O'LEAR'	Y AQUATIC PROGRA	MS				
TUESDA	Y & THURSDAY: MAY	19-JUNE 18			10 LESSONS	
5:00PM 5:15PM	SWIM KIDS 3 670402	SWIM KIDS 5/6 670424	SWIM KIDS 2 670433	<b>PARENT &amp; TOT</b> 670446	<b>SEA OTTER</b> 670447	
5:30PM			SWIM KIDS 7/8	SWIM KIDS 1 670411	SALAMANDER 670459	
5:45PM 6:00PM	SWIM KIDS 1 670408	CROCODILE/WHALE 670427	670436	SWIM KIDS 2	SUNFISH	
6:15PM	SALAMANDER/SUNFISH 670420	SWIM KIDS 4	SWIM KIDS 9/10	670434	670460	
6:30PM 		670429	670439	SWIM KIDS 3	<b>SEA OTTER</b> 670458	
7:00PM	<b>SWIM KIDS 1</b> 670410			670405	SWIM KIDS 2	
7:15PM		<b>SWIM KIDS 4</b> 670431	ADULT SWIM BASIC 1/2		670435	
7:30PM	<b>SWIM KIDS 5/6</b> 670422		670443	<b>SWIM KIDS 7/8</b> 670437	PRIVATE LESSON	
7:45PM		SWIM ASSESSMENT			TRIVALE LESSON	

#### Parent Discussion Day June 2

PRIVATE LESSON	May 19	670817	May 21	670818	May 26	670819	May 28	670820	June 2	670821
7:30-8:00PM	June 4	670822	June 9	670823	June 11	670824	June 16	670825	June 18	670826
SWIM ASSESSMENT	May 19	670787	May 21	670788	May 26	670789	May 28	670790	June 2	670791
7:45-8:00PM	June 4	670792	June 9	670793	June 11	670794	June 16	670795	June 18	670796

O'LEAR'	Y AQUATIC PROGRA	MS			
WEDNE	SDAY: APRIL 8-JUNE	10			10 LESSONS
5:00PM 5:15PM	CROCODILE/WHALE 670461	<b>SUNFISH</b> 670485	SWIM KIDS 1 670465 SWIM K 6704:		SWIM KIDS 5/6 670512
5:30PM	SWIM KIDS 1 670463	SWIM KIDS 9/10	SWIM KIDS 2 670498		
5:45PM	670463	670486	670498	PARENT & TOT 670513	SALAMANDER 670516
6:00PM	SWIM KIDS 3		SEA OTTER 670481	0/0313	670316
6:15PM 6:30PM	670470	<b>SWIM KIDS 1</b> 670464	6/0481	SALAMANDER/SUNFISH 670514	CROCODILE/WHALE 670462
6:45PM 7:00PM	<b>SEA OTTER</b> 670420	SWIM KIDS 4 670488	SWIM KIDS 7/8 670506	SWIM KIDS 3 670473	SWIM KIDS 2 670499
7:15PM		3,3400		3,3473	SWIM ASSESSMENT
7:30PM 7:45PM	<b>SWIM KIDS 3</b> 670472	PRIVATE LESSON	SWIM KIDS 5/6 670507	SWIM KIDS 1 670466	SWIM KIDS 2 670500

#### Parent Discussion Day May 6

PRIVATE LESSON	April 8	670827	April 15	670828	April 22	670829	April 29	670830	May 6	670831
7:30-8:00PM	May 13	670832	May 20	670833	May 27	670834	June 3	673835	June 10	673836
SWIM ASSESSMENT	April 8	670797	April 15	670798	April 22	670799	April 29	670800	May 6	670801
7:15-7:30PM	May 13	670802	May 20	670803	May 27	670804	June 3	670805		670806

O'LEAR'	O'LEARY AQUATIC PROGRAMS										
SATURD	AY: APRIL 18-JUI	NE 27				10 LESSONS					
9:00AM 9:15AM	SWIM KIDS 5/6 670524	PARENT & TOT 670571	SWIM KIDS 1 670722	SWIM KIDS 2 670733	SALAMANDER 670564	BRONZE STAR					
9:30AM 9:45AM	SUNFISH	<b>SWIM KIDS 7/8</b> 670719	SWIM KIDS 2 670732	SWIM KIDS 1 670723	CROCODILE/WHALE 670568	669674					
10:00AM 10:15AM	670532		<b>SEA OTTER</b> 670716	SWIM KIDS 9/10 670736	SWIM KIDS 5/6 670528						
10:30AM 10:45AM	<b>SWIM KIDS 4</b> 670552	SWIM KIDS 3 670726	SALAMANDER 670563	. 3.3750	3.3325						
11:00AM											
11:15AM 11:30AM	SALAMANDER 670562	SWIM KIDS 5/6 670526	<b>SWIM KIDS 7/8</b> 670720	SWIM KIDS 1 670724	PARENT & TOT 670574	BRONZE MEDALLION EXAM DATE: JUNE 27 669672					
11:45AM 12:00PM	SEA OTTER 670707	SWIM KIDS 2		<b>SUNFISH</b> 670545	SWIM KIDS 1 670725						
12:15PM 12:30PM	SWIM KIDS 7/8 670718	670731 PARENT & TOT	<b>SWIM KIDS 5/6</b> 670527	<b>SEA OTTER</b> 670717	SWIM KIDS 4 670554						
12:45PM 1:00PM		670573	SWIM KIDS 9/10	SWIM KIDS 3							
1:15PM	<b>SWIM KIDS 1</b> 670721	<b>SUNFISH</b> 670544	670735	670727	SWIM KIDS 2 670734						

Parent Discussion Day May 23

No Lesson May 16

O'LEAR'	Y AQUATIC PR	OGRAMS					
SUNDAY	: APRIL 5-JUN	E 21					10 LESSONS
9:00AM 9:15AM	SWIM KIDS 5/6 670738	PARENT & TOT 670760	SWIM KIDS 1 670756	SWIM KIDS 2 6707714	SALAMANDER 670753		
9:30AM		SWIM KIDS 4	SWIM KIDS 2 670770	SWIM KIDS 1 670757	CROCODILE/WHALE 670775		_
9:45AM 	<b>SUNFISH</b> 670741	670747	SEA OTTER	070737	070773		
10:15AM			670773	<b>SWIM KIDS 5/6</b> 670739	SWIM KIDS 7/8 670776		
10:30AM	<b>SWIM KIDS 4</b> 670744	SWIM KIDS 3 670763	SALAMANDER 670752			BRONZE CROSS EXAM DATE:	
10:45AM 11:00AM	SALAMANDER	SWIM KIDS 2	SUNFISH	SWIM KIDS 1 670758	PARENT & TOT 670762	JUNE 21 669671	JUNIOR LIFEGUARD 669667
11:15AM	670751	670765	670742				
11:30AM 11:45AM	SWIM KIDS 1 670754	SEA OTTER 670772	PRIVATE LESSON	SWIM KIDS 9/10 670774	SWIM KIDS 3 670764		

Parent Discussion Day May 10

No Lesson April 12 and May 17

PRIVATE LESSON	Apr 5	670837	Apr 19	670838	Apr 26	670839	May 3	670840	May 10	670841
11:30AM-12:00PM	May 24	670842	May 31	670843		670844	June 14	670845	June 21	670846

#### PETER HEMINGWAY FITNESS AND LEISURE CENTRE

PETER HEMINGWAY AQUATIC PROGRAMS					
	SUNDAY: APRIL 19-JUNE 28 10 LESSONS				
5:30PM 5:45PM 6:00PM 6:15PM	ADULT SWIM BASIC 1 670097				
6:30PM 6:45PM 7:00PM 7:15PM	ADULT SWIM BASIC 2 670109				
7:30PM 7:45PM 8:00PM 8:15PM	ADULT SWIM STROKES 670122				

8 LESSONS

6:30PM
6:45PM
ADULT SWIM BASIC 1
670099

7:15PM
7:30PM
7:45PM
ADULT SWIM BASIC 2
670110

8:15PM

PETER HEMINGWAY AQUATIC PROGRAMS

**WEDNESDAY: APRIL 15-JUNE 3** 

No Lesson May 17



#### **BRONZE STAR**

Bronze Star covers Water Smart competencies and is excellent preparation for the Bronze Medallion course for youth under the age 13. Additional charges will be applied upon registration and will include course materials and exam fees.

CONF	EDERATION		
	DATES	TIME	BARCODE
Sat	Apr 18-Jun 27	1:00-2:00pm	669459
(No Lesso	n May 16)		

GRAN	D TRUNK		
	DATES	TIME	BARCODE
Sat	April 18-June 27	9:00-10:00am	669501
(No Lesso	on May 16)		

HARDI	STY		
	DATES	TIME	BARCODE
Sun	Apr 19-Jun 21	6:45-8:00pm	668855
(No Lessor	n May 17)		

MILL W	VOODS		
	DATES	TIME	BARCODE
Sun	Apr 5-Jun 21	11:30-12:30pm	668687
(No Lessor	ns April 12 and May 17)		

LONDONDERRY				
	DATES	TIME	BARCODE	
Sat	Apr 18-Jun 27	10:30-11:30am	669368	
(No Lesson	May 16)			

O'LEA	RY		
	DATES	TIME	BARCODE
Sat	Apr 18-Jun 27	9:00-10:00am	669674

(No Lesson May 16)

#### **BRONZE MEDALLION**

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
Mon	Apr 06-Jun 22	4:30-6:45pm	668849

(Exam June 22, 4:45-7:00pm)

#### CLAREVIEW

	DATES	TIME	BARCODE
Tue	Apr 7-June 11	6:00-8:15pm	669332

(Exam June 9, 6-8:15pm)

#### **CONFEDERATION**

	DATES	TIME	BARCODE
Sat	Apr 18-Jun 27	9:00-11:15am	669457
(No Lesso	n May 16 and Exam Jun 27,	9:00-11:15am)	
Sun	Apr 5-Jun 21	12:15-2:30pm	669458
(No Lesso	n April 12, May 17 and Exan	n Jun 21, 12:15-2:30pm)	

#### GRAND TRUNK

	DATES	TIME	BARCODE
Sun	Apr 5-Jun 21	10:00am-12:15pm	669505

#### **HARDISTY**

	DATES	TIME	BARCODE
Tue	Apr 21-Jun 16	4:30-7:00pm	668856

#### LONDONDERRY

	DATES	TIME	BARCODE
Sat	Apr 18-Jun 27	8:00-10:00am	669361

(No Lesson May 16 and Exam June 27, 8:00-10:00am)

#### **MILL WOODS**

	DATES	TIME	BARCODE
Sat	Apr 18-Jun 27	9:00-11:15am	668684

(No Lesson May 16 and Exam Jun 27, 9:00-11:15am)

#### **O'LEARY**

	DATES	TIME	BARCODE
Sat	Apr 18-Jun 27	10:15am-12:30pm	669672

(No Lesson on May 16 and Exam June 27, 10:30am-1:30pm)

#### TERWILLEGAR

	DATES	TIME	BARCODE
Sat	Apr 18-Jun 27	9:00-11:15am	670062
(No Lesso	n on May 16 Exam June 27,	9-1:15am)	
Sun	Apr 5-Jun 21	9:00-11:15am	670063

(No Lesson on Apr 12, May 16 and Exam June 21, 9-1:15am)

#### **BRONZE CROSS**

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.

#### **BONNIE DOON**

	DATES	TIME	BARCODE
Sun	Apr 5-Jun 21	9:45am-12:00pm	668854

(No Lesson April 12, May 17 and Exam Jun 21 9:45am-12:00pm)

#### CLAREVIEW

	DATES	TIME	BARCODE
Sat	Apr 18-June 27	11:30am-1:45pm	669331

(No Lesson May 16 and Exam June 27 11:00am-1:45pm)

#### CONFEDERATION

	DATES	TIME	BARCODE
Sat	Apr 18-Jun 27	11:30-1:45pm	669450
(No Lesso	n May 16 and Exam Jun 27,1	1:30am-1:45pm)	
Sun	Apr 5-Jun 21	9:45am-12:00pm	669452

(No Lesson April 12, May 17 and Exam Jun 21, 9:45am-12:00pm)

#### GRAND TRUNK

GRAN	DIRUNK		
	DATES	TIME	BARCODE
Sat	April 18-June 27	10:30-12:45pm	669503

(No Lesson May 16 and Exam June 20)

#### **HARDIST**

117	IRDISTT		
	DATES	TIME	BARCODE
Th	u Apr 23-Jun 18	4:30-7:00pm	668857

#### JASPER PLACE

	DATES	TIME	BARCODE
Fri	Apr 17-Jun 26	5:30-7:30pm	TBA

(No Lesson May 15 and Exam Jun 26 5:30-7:30PM)

#### LONDONDERRY

	DATES	TIME	BARCODE
Fri	Apr 17-Jun 26	4:45-7:45pm	669365

(No Lesson May 15 and Exam June 26, 4:45-7:45pm)

#### MILL WOODS

	DATES	TIME	BARCODE
Sun	Apr 5-Jun 21	9:00-11:15am	668686

(No Lesson April 12, May 17 and Exam June 21, 9:00-11:15am)

#### O'LEARY

O LLAN			
	DATES	TIME	BARCODE
Sun	Apr 5-Jun 21	9:45am-12:00pm	669671

(No Lesson April 12, May 17 and Exam June 21, 9:45-12:00am)

#### 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	Apr 6-Jun 3	5:00-8:00pm	669399	
(No Lesson	Apr 13. May 18)			

## 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.

EASTGLE	EASTGLEN				
	DATES	TIME	BARCODE		
Sun	May 3,10	9:00am-3:00pm	669400		
Sun	Jun 7,14	9:00am-3:00pm	669401		

#### 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 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.

include c	course materials and ex	kam fees.	
BONNI	E DOON		
	DATES	TIME	BARCODE
Sat	Apr 18-Jun 27	12:00-2:00pm	668838
(No Lessor	n May 16)		
FRENCH	HONLY		
Sat	Apr 18-Jun 27	12:00-2:00pm	668837
(No Lessor	n May 16)		
СОММ	ONWEALTH		
	DATES	TIME	BARCODE
Fri	Apr 17-Jun 5	5:00-7:00pm	669395
EASTG	LEN		
	DATES	TIME	BARCODE

HARDISTY						
	DATES	TIME	BARCODE			
Wed	Apr 22-Jun 25	5:00-7:00pm	669097			
Sat	Apr 18-Jun 27	12:00-2:00pm	669340			
(No Lesson	1 May 16)					

Mon

(No Lesson Apr 13, May 18)

Apr 6-Jun 8

5:00-7:00pm

669398

<b>JASPE</b>	R PLACE		
	DATES	TIME	BARCODE
Fri	Apr 17-Jun 26	5:30-7:30pm	TBA
(No Lesso	n May 15)		

MILL WOODS				
	DATES	TIME	BARCODE	
Wed	Apr 8-Jun 10	5:00-7:00pm	668644	

O'LEA	RY		
	DATES	TIME	BARCODE
Sun	Apr 5-Jun 21	10:00am-12:00pm	669667
(No Lesson	n Apr 12, May 17)		

# RED CROSS WATER SAFETY INSTRUCTOR STROKES & SKILLS EVALUATION

Strokes & Skills is a 4 hour evaluation of a candidate's 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
Thu	Apr 2	5:00-9:00pm	667090
Sun	May 24	8:00am-12:00pm	667091
CONFE	DERATION		
	DATES	TIME	BARCODE
Sun	Jun 7	1:00-5:00pm	668976
EASTGL	EN		
	DATES	TIME	BARCODE
Fri	Jun 19	4:00-8:00pm	666604

KINSMEN					
	DATES	TIME	BARCODE		
Sun	Apr 19	3:00-7:00pm	669353		

## 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 successful 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.

LONDONDERRY					
	DATES	TIME	BARCODE		
Sun	Mar 29,	8:00am-1:00pm	666491		
Sun	Apr 26, May 3,10	8:00am-4:00pm	000431		

Sun May 3 8:00am-1:00pm 666598	COMMONWEALTH				
666598		DATES	TIME	BARCODE	
	Sun	May 3	8:00am-1:00pm	CCCEOO	
Sun June 7,14,21 8:00am-4:00pm	Sun	June 7,14,21	8:00am-4:00pm	000598	

CONFEDERATION				
	DATES	TIME	BARCODE	
Sat	May 2	10:00am-3:00pm	660267	
Sat	June 6, 13, 20	9:00am-5:00pm	669367	

## 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. Prerequisite: Age 16. A bathing suit is required. Additional charges will be applied upon registration and will include course materials and exam fees.

EASTGLEN				
DATES	TIME	BARCODE		
Tu-Sa May 24,31,June 7,14,21,28	2:00-10:00pm	666425		

#### 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	Jun 6, 7	9:00am-5:00pm	666300
THE ME	ADOWS		
	DATES	TIME	BARCODE
Sun	Apr 26, May 9	9:00am-5:00pm	668971
O'LEAR	Υ		
	DATES	TIME	BARCODE
Sa/Su	May 9,10	9:00am-5:00pm	669463



#### **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.

CLAREV	/IEW		
	DATES	TIME	BARCODE
Thu	Apr 2	5:00-8:00pm	667086
CONFE	DERATION		
	DATES	TIME	BARCODE
Wed	May 13	4:30-7:30pm	668984
GRAND	TRUNK		
	DATES	TIME	BARCODE
Sat	Jun 27	9:00am-12:00pm	668991
LONDO	NDERRY		
	DATES	TIME	BARCODE
Tue	Jun 23	5:00-8:00pm	666296
MILL W	OODS		
	DATES	TIME	BARCODE
Wed	Jun 17	5:00-8:00pm	668210

## 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.

CLARE	/IEW		
	DATES	TIME	BARCODE
Sun	Apr 26	9:00am-2:00pm	668740
EASTGL	.EN		
	DATES	TIME	BARCODE
Fri	May 8	4:00-9:00pm	666607
Fri	Jun 5	4:00-9:00pm	666608
GRAND	TRUNK		
	DATES	TIME	BARCODE
Sat	Jun 27	9:00am-2:00pm	668987
LONDO	NDERRY		
	DATES	TIME	BARCODE
Sat	Apr 4	9:00am-2:00pm	666288

MILL W	OODS		
	DATES	TIME	BARCODE
Sat	Jun 13	9:00am-2:00pm	668211

# LIFESAVING INSTRUCTOR & EDUCATION AND PROFICIENCY INSTRUCTOR 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.

CLAREVIEW				
	DATES	TIME	BARCODE	
Sun	Apr 19	8:00am-12:00pm	667084	

LONDONDERRY				
	DATES	TIME	BARCODE	
Sat	May 9	9:00am-1:00pm	666284	

## 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.

CONFE	DERATION		
	DATES	TIME	BARCODE
Sat	Apr 25	9:00am-5:00pm	669373
Sun	May 24	9:00am-5:00pm	668988
GRAND	TRUNK		
	DATES	TIME	BARCODE
Tue	May 12	2:00-10:00pm	668998
MILL W	OODS		
	DATES	TIME	BARCODE
Sun	Jun 21	12:00-8:00pm	668212
O'LEAR	Y		
	DATES	TIME	BARCODE

1:30-9:30pm

Fri

Jun 5

#### **AED & CPR-C-COURSE/RECERT**

This is a 3 hour recertification that 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.

TERWIL	LEGAR		
	DATES	TIME	BARCODE
Wed	Jun 17	4:00-7:00pm	669378

#### 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.

GRAND	TRUNK		
	DATES	TIME	BARCODE
Tue	May 26	1:00-9:00pm	668983

THE MEADOWS				
	DATES	TIME	BARCODE	
Sun	April 19	9:00am-5:00pm	668975	

TERWILLEGAR				
	DATES	TIME	BARCODE	
Wed	Jun 17	2:00-10:00pm	669384	

668445

# 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** 











## **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
- Classroom sessions focusing on equipment orientation, rules of the game and strategy
- Games against other NCHL beginner teams



edmonton.ca/nchl



### 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 2<sup>nd</sup> Floor 10111-104 Avenue NW Edmonton, Alberta T5J 0J4