

EDMONTON

Eactive!

YOUR GUIDE TO CITY OF EDMONTON
LEISURE, SPORTS & FITNESS FACILITIES

WINTER 2011
JANUARY - MARCH

REGISTRATION STARTS NOVEMBER 1, 2010

Stay limber
this winter with
Stretching for Sport



Make a splash
with learn to swim
programs for all ages



Starting a fitness
program for the first
time? Try the 2011
Health Start Program



NEW! Registration
information
for Terwillegar
Recreation
Centre inside



NEW!

St. Francis Xavier Sports Centre

Offering public drop-in sports, fitness and recreation activities, registered programs, and children's camps



COMMUNITY
SERVICES



GET FIT THIS FALL!

At a City of **Edmonton** Recreation Centre



From
\$6
single
admissions
Incl. GST

From
\$30
per month
Incl. GST

FLEXIBLE AFFORDABLE CONVENIENT

**Terwillegar
Rec Centre**
Opening
December
2010

- 15 Facilities with pools
- 9 Fitness centres
- 100+ Drop-in classes each week
- No initiation fee – ever
- No long-term contracts
- Locations across the city – there's one near you!

Available at any City of
Edmonton Recreation Centre.

Details online at FindYourFun.ca or call 311

findyourfun.ca

THE CITY OF
Edmonton

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WINTER, JANUARY – MARCH 2011

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About E-Active

E-Active is a comprehensive guide to the programs, services, activities and events offered at City of Edmonton Leisure, Sports and Fitness Facilities.

The guide highlights new and important information for the season, and will help you get the most out of City of Edmonton recreation facilities.

From the newest classes to the popular favourites, the guide brings you the best programs in the areas of active living and wellness, sports training, aquatic safety, recreation and leisure, personal skill development, educational experiences, and much more.

There is something for all ages and abilities - preschoolers, children, youth, adults, families and seniors.

The City of Edmonton has many public recreation facilities across the city, and each is unique in its amenities, programs and services. Please explore the E-Active Guide to find the facility and activity that is right for you.

We want to ensure that you have the best possible experience!

Get E-Active

The E-Active Guide is available at a variety of locations for your convenience.

- City of Edmonton Recreation Centres
- Edmonton Public Libraries
- Online at www.edmonton.ca

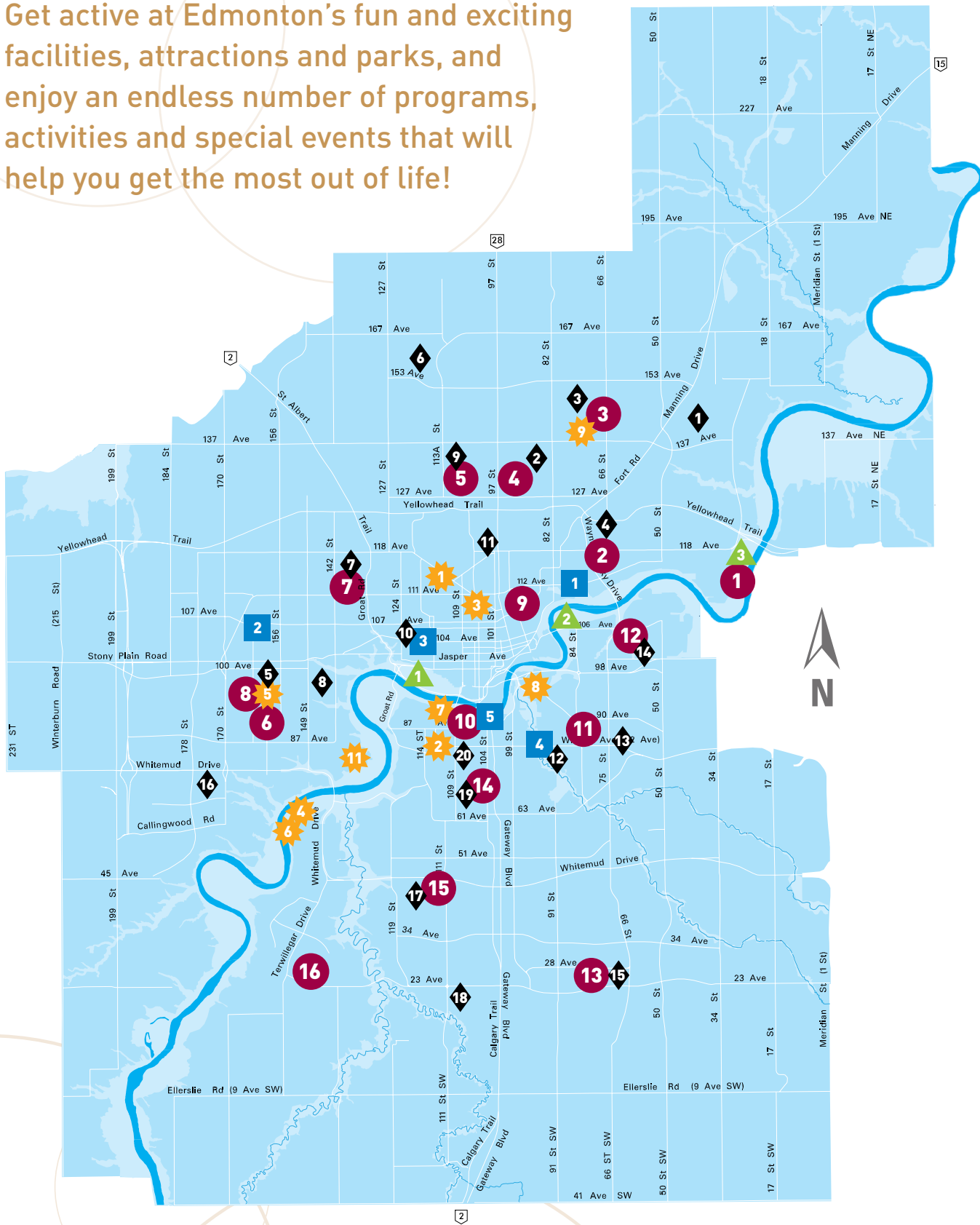
Registered program information and registration is available at www.edmonton.ca/eReg.

City-wide Drop-in and Registered Program Schedules

All the programs, all at a glance! Find the programs you are looking for quickly with our City-wide Drop-in and Registered Program schedules and descriptions. This complete listing is updated with all the new seasonal programs.

What's In Your Neighbourhood?

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



City of Edmonton Leisure, Sports and Fitness Facilities

NORTHEAST

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

NORTHWEST

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

CENTRAL

- 9 **Commonwealth Community Recreation Centre**
NEW - OPENING WINTER/SPRING 2012
Formerly Commonwealth Sports and Fitness Centre
11000 Stadium Road
- 10 **Kinsmen Sports Centre**
9100 Walterdale Hill

SOUTHEAST

- 11 **Bonnie Doon Leisure Centre**
8648 - 81 Street
- 12 **Hardisty Fitness and Leisure Centre**
10535 - 65 Street
- 13 **Mill Woods Recreation Centre**
7207 - 28 Avenue
- 14 **Scona Leisure Centre**
10450 - 72 Avenue

SOUTHWEST

- 15 **Confederation Leisure Centre**
11204 - 43 Avenue
- 16 **Terwilligar Community Recreation Centre**
OPENING LATE 2010
2051 Leger Road NW

Information

For more information about any of these City of Edmonton recreation facilities, or sports fields, parks or trails, please call **311** (780-442-5311 if outside Edmonton) or visit www.edmonton.ca.

Outdoor Swimming Pools

NORTHEAST

- 1 **Borden Park Outdoor Swimming Pool**
11200 - 74 Street

NORTHWEST

- 2 **Fred Broadstock Outdoor Swimming Pool**
15720 - 105 Avenue

CENTRAL

- 3 **Oliver Outdoor Swimming Pool**
10315 - 119 Street

SOUTHEAST

- 4 **Mill Creek Outdoor Swimming Pool**
9555 - 84 Avenue
- 5 **Queen Elizabeth Outdoor Swimming Pool**
OPENING SUMMER 2011
9100 Walterdale Hill

City of Edmonton Golf Courses

- 1 **Victoria Golf Course and Driving Range**
12130 River Road
- 2 **Riverside Golf Course**
8630 Rowland Row
- 3 **Rundle Golf Course**
2902 - 118 Avenue

City of Edmonton Attractions and Specialized Facilities

- 1 **Central Lions Recreation Centre**
11113 - 113 Street
- 2 **City Arts Centre**
10943 - 84 Avenue
- 3 **City of Edmonton Archives/ Prince of Wales Armouries**
10440 - 108 Avenue
- 4 **Fort Edmonton Park**
Fox Drive and Whitemud Drive
- 5 **Jasper Place Annex**
9200 - 163 Street
- 6 **John Janzen Nature Centre**
Fox Drive and Whitemud Drive
- 7 **John Walter Museum**
9100 Walterdale Hill
- 8 **Muttart Conservatory**
9626 - 96 A Street
- 9 **Northgate Lions Recreation Centre**
7524 - 139 Avenue
- 11 **Edmonton Valley Zoo**
Buena Vista Road and 134 Street

City of Edmonton Indoor Ice Arenas

NORTHEAST

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

NORTHWEST

- 5 **Bill Hunter Arena**
9200 - 163 Street
- 6 **Castle Downs Recreation Centre**
11520 - 153 Avenue
- 7 **Coronation Arena**
13500 - 112 Avenue
- 8 **Crestwood Arena**
9940 - 147 Street
- 9 **Grand Trunk Arena**
13025 - 112 Street

CENTRAL

- 10 **Oliver Arena**
10335 - 119 Street
- 11 **Westwood Arena**
12040 - 97 Street

SOUTHEAST

- 12 **Donnan Arena**
9105 - 80 Avenue
- 13 **Kenilworth Arena**
8311 - 68 A Street
- 14 **Michael Cameron Arena**
10404 - 56 Street
- 15 **Mill Woods Recreation Centre**
7207 - 28 Avenue

SOUTHWEST

- 16 **Callingwood Recreation Centre**
17740 - 69 Avenue
- 17 **Confederation Arena**
11204 - 43 Avenue
- 18 **Kinsmen Twin Arena**
1979 - 111 Street
- 19 **George S. Hughes South Side Arena**
Formerly known as South Side Arena
10525 - 72 Avenue
- 20 **Tipton Arena**
10828 - 80 Avenue

EDMONTON

2010 NEW MEMBERSHIP PLAN

IT'S A GREAT FIT FOR EVERYONE!



FIT MORE IN!

The new City of Edmonton Membership Plan makes it even easier to get more recreation and fitness into your budget and busy life.

Accessibility

- ✓ Access exciting facilities across the city, including the new Terwillegar Community Recreation Centre, the new St. Francis Xavier Sports Centre, and the newly-renovated Fred Broadstock Outdoor Pool.
- ✓ Enjoy state-of-the-art equipment and extensive amenities.
- ✓ Stay active with a wide range of popular drop-in fitness programs such as aquafit, strollercise, circuit training, spin bike, yoga, pilates, and now shiny hockey and skating.

Flexibility

- ✓ Choose a membership that is right for you – "no frills," "all access," or something in between.
- ✓ Swim or work out as often as you want with single admissions, or multi, monthly or annual pass options.
- ✓ Visit neighbouring recreation facilities – included with various pass offerings.

Affordability

- ✓ Take advantage of the lower cost for annual and monthly passes and get into an active lifestyle.
- ✓ Get free admission to recreation facilities through the Leisure Access Program for low-income Edmontonians.
- ✓ Pay for the Continuous Monthly Membership Pass with automatic monthly withdrawals from your bank account.

**AVAILABLE AT ALL CITY OF EDMONTON LEISURE,
SPORTS AND FITNESS FACILITIES.**

THE CITY OF
Edmonton COMMUNITY
SERVICES

www.edmonton.ca/MembershipPlan
Call 311

PRICES SUBJECT TO CHANGE

EDMONTON

NEW MEMBERSHIP PLAN 2010

		ZONE ACCESS	MULTIPLE FACILITIES FULL ACCESS	ALL FACILITIES FULL ACCESS	
FACILITIES	TERWILLEGAR (NEW! OPENING 2010)		●	●	
	KINSMEN		●	●	
	MILL WOODS		●	●	
	COMMONWEALTH (NEW! OPENING 2012)		●	●	
	ZONE				
		NE	NW	SW	SE
	ST. FRANCIS XAVIER (NEW! OPENING 2010)	●	●	●	●
	A.C.T.	●	●	●	●
	LONDONDERRY	●			
	EASTGLEN	●		●	
	GRAND TRUNK	●	●		
	O'LEARY	●	●		
	PETER HEMINGWAY		●	●	
	JASPER PLACE		●	●	
	CONFEDERATION			●	●
	BONNIE DOON			●	●
	HARDISTY				●
	SCONA	●	●	●	●
ALL OUTDOOR POOLS (NEW! FRED BROADSTOCK OPENING 2010)	●	●	●	●	
FEATURES	ACCESS TO POOL/FITNESS AREAS	●	●	●	
	ACCESS TO GYM, COURT, FIELD HOUSE AREAS		●	●	
	ACCESS TO DROP-IN AQUATIC/DRYLAND PROGRAMS		●	●	
	ACCESS TO DROP-IN ARENA PROGRAMS		●	●	
ADMISSIONS (All fees include GST)					
CHILD 2-12 YEARS	SINGLE	\$3.00	\$4.00	\$4.50	
	MULTI PER VISIT (10 OR MORE)	\$2.70	\$3.60	\$4.00	
	REGULAR ONE MONTH PASS	\$18.50	\$26.25	\$30.00	
	CONTINUOUS MONTHLY	\$15.25	\$21.65	\$24.75	
	CORPORATE/COMMUNITY LEAGUE WELLNESS CONTINUOUS MONTHLY	\$12.15	\$17.30	\$19.80	
YOUTH/SENIOR 13-17/65 YEARS +	ANNUAL	\$166.50	\$236.50	\$270.00	
	SINGLE	\$4.50	\$6.00	\$6.75	
	MULTI PER VISIT (10 OR MORE)	\$4.00	\$5.40	\$6.18	
	REGULAR ONE MONTH PASS	\$27.75	\$30.50	\$45.00	
	CONTINUOUS MONTHLY	\$22.90	\$22.50	\$37.18	
ADULT 18-64 YEARS	CORPORATE/COMMUNITY LEAGUE WELLNESS CONTINUOUS MONTHLY	\$16.20	\$25.95	\$29.70	
	ANNUAL	\$258.00	\$354.50	\$405.00	
	SINGLE	\$6.00	\$8.00	\$9.00	
	MULTI PER VISIT (10 OR MORE)	\$5.40	\$7.20	\$8.10	
	REGULAR ONE PASS MONTH	\$37.00	\$52.50	\$60.00	
FAMILY 2 ADULTS AND CHILDREN (UNDER 18 YEARS) LIVING IN THE SAME HOUSEHOLD	CONTINUOUS MONTHLY	\$30.50	\$43.30	\$48.50	
	CORPORATE/COMMUNITY LEAGUE WELLNESS CONTINUOUS MONTHLY	\$24.40	\$34.65	\$39.80	
	ANNUAL	\$333.00	\$472.50	\$540.00	
	SINGLE	\$18.00	\$24.00	\$27.00	
	MULTI PER VISIT (10 OR MORE)	\$16.20	\$21.60	\$24.30	
REGULAR ONE MONTH PASS	\$111.00	\$157.50	\$180.00		
CONTINUOUS MONTHLY	\$91.50	\$129.00	\$148.50		
CORPORATE/COMMUNITY LEAGUE WELLNESS CONTINUOUS MONTHLY	\$73.20	\$103.95	\$118.80		
ANNUAL	\$999.00	\$1,417.50	\$1,620.00		

- 1 Zone Access Annual Pass and Multiple Facilities Full Access Annual Pass include two complimentary visit upgrades.
- 1 Multi Pass is valid for one year from date of purchase. Passes and admissions exclude registered programs or special events.
- 1 For information on free/discounted admissions (Leisure Access Program, Community and Corporate Wellness, Bulk Buy) please call 311.
- 1 Fees, facility schedules, and drop-in programs subject to change. Terms and conditions apply.
- 1 Scena Pool accepts valid City of Edmonton Multi, Monthly and Annual Membership Passes.
- 1 Corporate and Community League Wellness customers receive a 20% discount on the purchase of a Continuous Monthly Pass.



www.edmonton.ca/MembershipPlan
Call 311

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

Terwillegar accessibility information will be online soon. Visit edmonton.ca/tcrc for more information, or call 311.

FACILITY AMENITY GUIDE		A.C.T. AQUATIC AND RECREATION CENTRE	BONNIE DOON LEISURE CENTRE	CONFEDERATION LEISURE CENTRE	EASTGLEN LEISURE CENTRE	GRAND TRUNK FITNESS AND LEISURE CENTRE	HARDISTY FITNESS AND LEISURE CENTRE	JASPER PLACE FITNESS AND LEISURE CENTRE	KINSMEN SPORTS CENTRE	LONDONDERRY FITNESS AND LEISURE CENTRE	MILL WOODS RECREATION CENTRE	O'LEARY FITNESS AND LEISURE CENTRE	PETER HEMINGWAY FITNESS AND LEISURE CENTRE	ST. FRANCIS XAVIER SPORTS CENTRE	TERWILLEGAR COMMUNITY RECREATION CENTRE
AQUATIC FACILITIES	MAIN POOL LENGTH	25M	25M	25M	25M	25M	25M	25M	50M	25M	45M	25M	50M		
	MAIN POOL TEMPERATURE (°C)	32.5	29.5	29.5	29.5	29.8	29.5	29.5	28.0	29.5	29.0	30.0	27.5		
	WHIRLPOOL	•	•	•	•	•	•			•	•	•	•		
	WARM WATER TEACH POOL	•						•	•	•	•	•			
	WATER/SPRAY FEATURES											•			
	STEAM ROOM		•	•	•	•	•	•		•	•	•	•		
	SAUNA		•				•		•	•	•		•		
	DIVE TANK			•					•		•	•			
	DIVING BOARDS (1,3,M OR TOWER)			1,3		1		1,3,T	1,3,T		1	1,3,T			
	GIANT SLIDE (SHALLOW, DEEP LANDING)					D		D		D	D	S			
	GIANT AQUATIC INFLATABLES		•		•		•		•	•		•	•		
	SWING ROPE		•	•			•	•			•	•			
	ZERO DEPTH EDGE	•									•	•			
	WAVES										•				
	SALT WATER			•	•										
	FAMILY CHANGE ROOM	•	•	•	•	•	•	•	•	•	•	•	•		
	SUNDECK		•		•	•		•			•				
	DRYLAND FACILITIES	INDOOR PLAYGROUND	•							•		•	•		
FITNESS CENTRE						•	•	•	•	•	•	•	•		
FITNESS MONITORING						•	•	•	•	•	•	•	•		
FITNESS APPRAISALS						•	•	•	•	•	•	•	•		
PERSONAL TRAINING						•	•	•	•	•	•	•	•		
EXERCISE CONSULTATION						•	•	•	•	•	•	•	•		
DROP-IN FITNESS PROGRAMS		•	•	•	•	•	•	•	•	•	•	•	•	•	
CHILD/YOUTH PROGRAMS		•		•		•	•	•	•	•	•	•	•	•	
MASSAGE/PHYSIOTHERAPY						•			•						
RACQUET COURTS									•		•				
CAFETERIA		•								•	•				
INDOOR ICE ARENA				•		•		•		•	•		•		
MEETING ROOM(S)		•		•	•	•		•	•	•	•	•			
GYMNASIUM		•							•					•	
BARBEQUE		•	•		•	•						•			
KITCHEN FACILITIES (SINK, STOVE)		•				•					SINK	•			
eZONE PUBLIC WIRELESS INTERNET CONNECTION									•		•				

Terwillegar amenity information will be online soon. Visit edmonton.ca/terc for more information, or call 311.

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

Recreation Centres General Information



Facility Rentals and Bookings

FACILITY RENTALS

Make it fun and memorable!

Celebrating a birthday party?
Getting together with family or friends?
Having wedding photos taken?
Planning a special event?
Looking for a meeting space?

Explore the unique rental opportunities offered at Edmonton's leisure, sports and fitness facilities, as well as at the city's attractions and cultural facilities. Arena, sports field, and picnic site rentals are also available.

A variety of rental options are available for every price range. For information on rental opportunities or to place a booking, please call **311** or **780-442-5311** outside of Edmonton.

A GIANT AQUATIC INFLATABLES POOL PARTY!

Incredible thrills, spills and chills!

The popular giant aquatic inflatables are available for private pool rentals.

Add some fun and excitement to birthday parties, family gatherings, church socials, team or work functions, and special events. Safe and challenging for all ages and abilities. Affordable too.

For more information or to book a party, please call **311** or **780-442-5311** outside of Edmonton. Party room rentals are also available.



Facility Closures for Infrastructure Upgrades

City of Edmonton Leisure, Sports and Fitness Facilities may close temporarily for regular maintenance and planned infrastructure upgrades.

Although each facility project is unique in scale, upgrades are intended to improve the overall experience for facility users, make the facility more energy efficient, extend the facility lifespan, and better serve the changing recreation, sports and fitness needs of Edmontonians in the future. Facility upgrades and redevelopment are part of the City of Edmonton Recreation Facility Master Plan.

Specific project information and updates are available at the facility being upgraded, as well as on the facility's phone line, and on the facility's web page at www.edmonton.ca.

During facility closures, we encourage patrons to continue their fitness or recreation activities at any neighbouring City facility. City of Edmonton passes will be honoured at other City facilities, and annual passes may also be suspended for the duration of a closure and reactivated when the facility reopens.

We apologize for any inconvenience a facility closure may cause, and thank you for your patience.

See **New Recreation Facility Development** on page 26!



Employment Opportunities

WHO KNEW WORK COULD BE THIS MUCH FUN!

Join the recreation team today! Work at City of Edmonton recreation centres and enjoy: **competitive wages, skill development, flexible hours, and expanded opportunities.**

For more information, please visit www.edmonton.ca/careers, or call **311**. Apply at the facility of your choice, online, or at the City Hall Employment Centre.

NOW HIRING
SWIM INSTRUCTORS
AND LIFEGUARDS

eZone
Public Wireless
Internet Connection

Connect your personal laptop or mobile device to the internet at select City of Edmonton facilities using the popular 802.11 Wi-Fi mobile computing device. Available at A.C.T. Aquatic and Recreation Centre, Kinsmen Sports Centre, Mill Woods Recreation Centre and Terwillegar Community Recreation Centre.



Volunteer with the City of Edmonton!

Would you like to:

Volunteer for City of Edmonton events, programs and facilities? We offer orientation and training, flexible scheduling, and volunteer recognition.

Apply to volunteer anytime. Applications are kept on file for 3 months. If you have not been placed in this time we ask that you re-apply.

A "Police Information Check" will be completed for all NEW applicants. This service will be paid for by the Recreation Facility Services Branch.

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

For more information:

Call: 780-496-4935

Monday to Friday 9am – 5pm

Email: rfsvolunteer@edmonton.ca

Website: www.edmonton.ca/volunteers and scroll down to 'Attractions & Recreation Centres'

www.facebook.com/involvedinedmonton

GENERAL SPECIAL EVENTS

Various Locations

Be part of the exciting events at our City's Attractions by providing assistance with crafts and games, greeting and directing the public, providing information, assisting with crowd control, or conducting surveys.

Requirements:

- Must be energetic and enjoy interacting with the general public
- Comfortable working with minimal supervision
- Must be 13 years of age or older

ADMINISTRATIVE SUPPORT VOLUNTEERS

Are you organized and detail oriented? Are you looking for a consistent volunteer opportunity with the option of working from home? Volunteer Services is seeking a mature volunteer to assist with file maintenance and record keeping one shift per week.

Requirements:

- Must be 18 years or older
- Must have strong computer/data entry skills
- Must be comfortable working under minimal supervision
- Must complete FOIP training

SWIMABILITIES ASSISTANTS

A.C.T. Aquatic & Recreation Centre

Volunteers are needed to provide support & assistance to the Swim Instructor and

participants in the SwimAbilities program (swimming lessons for children aged 4-14 with disabilities).

Requirements:

- Must be comfortable in the water (able to swim in the deep end)
- Should enjoy working with children, especially children with special needs,
- Should be energetic, enthusiastic, and able to follow directions of the Swim Instructor
- Must be 14 years or older

VOLUNTEER DEVELOPMENT FACILITATORS

Volunteer Services is excited to launch a unique volunteer opportunity for a few highly skilled volunteers. Individuals are required to deliver workshops, classes and/or lectures on a topic in their area of expertise. These sessions will be used as appreciation events for our large group of active volunteers.

Requirements:

- Skilled in public speaking and/or facilitation and/or adult education
- Knowledgeable/skilled on a topic of interest for branch volunteers (i.e. holistic health & wellness, travel, customer service, computers, photography, dealing with stress, feng shui, arts & culture, public speaking, etc). Topics can be relevant to a volunteer's position or simply general interest.
- Strong communications and interpersonal skills
- Relevant certification(s)

Program Registration

REGISTER FAST!
Programs sell out quickly!

HOW TO REGISTER

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

ONLINE

View program information or register online anytime at www.edmonton.ca/eReg. Quick, easy, secure!

BY PHONE

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

IN PERSON

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

PROVIDING REGISTRATION INFORMATION

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

PAYMENT AND CONFIRMATION

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

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

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

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

EMERGENCY MEDICAL PROCEDURES

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

PHOTOGRAPHY AND MEDIA CONSENT

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

FEEDBACK

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

LEISURE ACCESS PROGRAM

The Leisure Access Program gives low-income individuals and families the opportunity to access City of Edmonton facilities and programs for free or at a reduced cost. For more information, please visit www.edmonton.ca/LAP or call **311**.

Register Your Child in a Fitness Program and Get a Tax Credit!

The Government of Canada has established a tax credit to help make it possible for more children and youth to get involved in activities and sport.

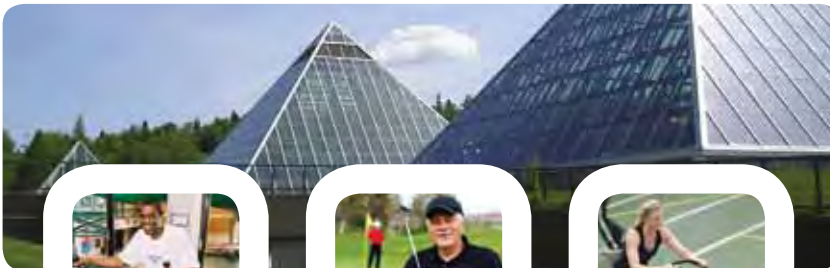
The **Children's Fitness Tax Credit** can be claimed by parents who register their child under 16 years into programs and camps that incorporate physical fitness activities, on eligible amounts of up to \$500.

For more information, please contact the Canadian Revenue Agency at **1-800-387-1193** or visit www.cra-arc.gc.ca.

EDMONTON

City of Edmonton
Community Services Department

Leisure Access Program



Unlock a world of exciting recreation opportunities for you and your family!

The Leisure Access Program provides qualifying low-income Edmontonians with free unlimited admissions to City of Edmonton Leisure, Sports & Fitness facilities, Fort Edmonton Park, Muttart Conservatory, Edmonton Valley Zoo and Arenas. The program also provides a 75% discount off the cost of Community Services Department registered program opportunities.

To obtain an application form for the program or for more information, visit your neighbourhood leisure centre, go to www.edmonton.ca/lap, or call 780-496-4918.

Experience
the **power** of
participation.

THE CITY OF
Edmonton



Senior Friendly Fitness Programs and Activities

Most adult programs and activities at City of Edmonton Leisure, Sports and Fitness Facilities can be enjoyed by all.

However, some older adults may have unique physical or mobility challenges that require specialized routines to reduce stress on joints and bones, tone and strengthen muscles, and improve overall range of motion, balance and coordination.

Some suggested "senior friendly" programs

and activities are:

- Aquafitness (Deep Water Aquafit or Water Works for arthritis sufferers)
- Core Strength and Stability
- Forever Fit
- Golden NIA
- Golden Zumba
- Introduction to Weights
- Living Fit
- Pickleball
- Pilates (or variations)
- Public, Adult, Community or Lane Swim
- Public Skating
- Pulse Aiders (for persons who have experienced a cardiovascular incident)
- Seniors Lessons
- Senior Spin
- Seniors Swim Training

- Tai Chi
- Yoga (or variations)

Participants find these programs and activities very beneficial to their health and wellness, and enjoy the opportunity to socialize with others in a fun, positive and supportive environment.

Specialized one-on-one fitness training or private consultations are available by calling **780-496-6811**.

Programs may vary by season. Additional senior-specific programs are available at Northgate and Central Lions Recreation Centres. For more information on program locations and times, please check the E-Active Recreation Guide, visit www.edmonton.ca, or call **311**.

New! HEALTHSTART



The City of Edmonton is proud to be launching Health Start programs in 2011!

Registered programs are intended to help those who are starting a fitness program for the first time, or are overcoming some physical obstacles to being active.

If you suffer from joint stiffness, pain or arthritis, the new Health Start program is for you.

Benefit from low impact, modified, and shorter classes. Gain flexibility, balance and strength and just being more active!



THE CITY OF
Edmonton COMMUNITY SERVICES

See page 99 of this guide for more information!

DRYLAND DROP-IN PROGRAMS	A.C.T. AQUATIC AND RECREATION CENTRE	CENTRAL LIONS RECREATION CENTRE	HARDISTY FITNESS AND LEISURE CENTRE	JASPER PLACE FITNESS AND LEISURE CENTRE & ANNEX	KINSMEN SPORTS CENTRE	LONDONDERRY FITNESS AND LEISURE CENTRE	MILL WOODS RECREATION CENTRE	PETER HEMINGWAY FITNESS AND LEISURE CENTRE	PRINCE OF WALES ARMOURIES	ST. FRANCIS XAVIER SPORTS CENTRE	TERWILLEGAR COMMUNITY RECREATION CENTRE
	ABS ONLY!					*		*			
ADULT SENIOR LEISURE DANCE	*										*
CARDIO POWER/STRENGTH					*	*					
BABYSITTING SERVICES					*		*				*
CIRCUIT TRAINING			*	*	*						*
FITNESS ON FRIDAYS	*										
FIRST STEPS TO HEALTH - NEW! HEALTH START PROGRAM						*					*
F.I.S.T.					*		*				
GET ON THE BALL						*				*	
LIVING FIT - HEALTH START PROGRAM					*						*
LOW AND TONE							*				
LOW IMPACT						*	*				
MIXED BAG STEP					*						*
MULTI SENSORY ENVIRONMENT	*						*				
PILATES LEVEL 1					*						
PICKLEBALL					*					*	*
POWER STEP					*						*
POWER YOGA					*						
PULSEAIDERS		*									
RACE WALKING					*						*
ROCKIN' IN RUNDLE DANCE	*										
SENIOR SPIN TRIAL					*						
SPIN BIKE CLASSES					*		*				*
STEP					*	*				*	*
STEP AND CORE					*						*
STEP/ F.I.S.T.							*				
STEP PUMP					*						
STROLLERCIZE					*					*	*
TKO					*		*				
WALKING FOR HEALTH - NEW! HEALTH START PROGRAM											*
X-TREME					*						
YOGA 1		*			*	*			*	*	*
YOGA 2					*	*					
YOGA FLOW 1					*						
YOGA FLOW 2					*						
POWER YOGA					*						
YP FUSION (YOGA/PILATES)					*						
YOUTH FIT CLUB								*			*

ⓘ Schedules subject to change.

See detailed descriptions of all Drop-in and Registered Programs on pages 93 – 102.

DRYLAND REGISTERED PROGRAMS		A.C. AQUATIC AND RECREATION CENTRE	BONNIE DOON LEISURE CENTRE	CENTRAL LIONS RECREATION CENTRE	CITY ARTS CENTRE	CONFEDERATION LEISURE CENTRE	GRAND TRUNK FITNESS AND LEISURE CENTRE	HARDISTY FITNESS AND LEISURE CENTRE	JASPER PLACE FITNESS AND LEISURE CENTRE & ANNEX	KINSMEN SPORTS CENTRE	LONDONDERRY FITNESS AND LEISURE CENTRE	MILL WOODS RECREATION CENTRE	O'LEARY FITNESS AND LEISURE CENTRE	PETER HEMINGWAY FITNESS AND LEISURE CENTRE	PRINCE OF WALES ARMOURIES	ST. FRANCIS XAVIER SPORTS CENTRE	TERWILLEGAR COMMUNITY RECREATION CENTRE	
PRESCHOOL REGISTERED																		
2 TIMES THE FUN												*						
ACTIVE BUGS							*		*	*	*					*		*
ALPHABET SOUP				*					*			*						*
AROUND THE WORLD	*																	*
CLAYTOGETHER	*																	
DANCE & MASK CREATIONS									*									
DOUBLE FUN	*									*								*
FOOTLIGHTS & FANCY FEET									*									*
KICK, CATCH AND CRAFT										*		*	*			*		*
KIDDING AROUND												*						*
KIDS IN MOTION	*									*								*
KIDS IN THE KITCHEN	*			*					*			*						*
MOTHER GOOSE AND FRIENDS												*						*
MUMBO JUMBO 1-2												*						*
MUMBO JUMBO 2-3												*						*
PLAYTIME FOR TOTS				*														*
SCRIBBLES & STRINGS	*								*									*
SKIP, SING & STRINGS				*					*			*						*
SMALL FRIES				*					*									*
YOGA FOR KIDS				*														*
TERRIFIC TOTS	*																	*
CHILD/YOUTH REGISTERED																		
DANCE COMBO									*									*
HIP HOP & FUNK											*							*
INCREDIBLY ACTIVE KIDS																		*
KIN KIDS CLUB										*								*
POTTERY FOR FAMILIES	*																	*
NIA FOR KIDS				*														*
RED CROSS BABYSITTING									*		*	*						*
SIBSHOPS				*						*		*						*
SPIN FOR TEENS												*						*
TENNIS LESSONS		*			*				*	*	*	*		*				*
YOUTH IN ACTION							*	*	*	*	*	*	*	*				*
ADULT REGISTERED																		
ADVANCED CONDITIONING										*								*
ALL IN 60 MINUTES							*			*		*					*	*
BALLROOM – LEVEL 1																		*
BALLROOM/LATIN DANCE COMBO									*									*
BELLY DANCING											*							*
BOLLYWOOD DANCE FUSION																		*
BOLLYWOOD DANCE LEVEL I																		*
BOOT CAMP							*		*		*	*		*		*	*	*

DRYLAND REGISTERED PROGRAMS	A.C. T. AQUATIC AND RECREATION CENTRE	BONNIE DOON LEISURE CENTRE	CENTRAL LIONS RECREATION CENTRE	CITY ARTS CENTRE	CONFEDERATION LEISURE CENTRE	GRAND TRUNK FITNESS AND LEISURE CENTRE	HARDISTY FITNESS AND LEISURE CENTRE	JASPER PLACE FITNESS AND LEISURE CENTRE & ANNEX	KINSMEN SPORTS CENTRE	LONDONDERRY FITNESS AND LEISURE CENTRE	MILL WOODS RECREATION CENTRE	O'LEARY FITNESS AND LEISURE CENTRE	PETER HEMINGWAY FITNESS AND LEISURE CENTRE	PRINCE OF WALES ARMOURIES	ST. FRANCIS XAVIER SPORTS CENTRE	TERWILLEGAR COMMUNITY RECREATION CENTRE
CORE STRENGTH & STABILITY											*					
COUNTRY DANCING								*								
FOREVER FIT				*												
DANCE SAMPLER										*						
GOLDEN NIA				*												
GOLDEN ZUMBA																*
HEALTHY KICK START - NEW! HEALTH START PROGRAM									*		*					*
INTRODUCTION TO WEIGHTS										*		*				
KETTLEBELLS 101									*						*	*
KICKBOXING									*		*					
LATIN FUSION																*
LATIN LEVEL I																*
NIA				*												
PILATES LEVEL 1				*					*	*	*					
PILATES LEVEL 2 AND 3									*		*					
POTTERY LEVEL I	*			*												
RESIST AND SPIN									*		*					*
NEW! RESTORATIVE YOGA									*							
SENIOR SPIN									*							
SELF DEFENSE FOR WOMEN									*							
SPIN FOR HEALTH - NEW! HEALTH START PROGRAM									*							*
STRETCHING FOR SPORT			*						*							
TENNIS LESSONS		*			*			*	*	*	*		*			
TRIATHLON TRAINING									*							
TRX SUSPENSION BASICS									*							*
TRX SUSPENSION BOOT CAMP									*							*
WOMEN ON WEIGHTS						*	*	*	*		*		*			
YOGA				*						*	*			*		
CHOPRA YOGA				*												
YOGA AT THE CENTRE				*												
YOGA AT THE CENTRE 45+				*												
ZUMBA								*	*		*					
ADULT LEISURE PROGRAMS (FOR PERSONS WITH DISABILITIES)																
ADULT SENIOR LEISURE DANCE	*															*
ROCKIN' IN RUNDLE DANCE	*															
S.U.R.F. CRAFT CLASS	*															
S.U.R.F. FIT NIGHT																*
S.U.R.F. GAMES NIGHT	*															*
S.U.R.F. MUSIC AND DANCE	*															
S.U.R.F. OUTING CLUB	*															
S.U.R.F. SOCIAL NIGHT	*															
TWISTIN' IN TERWILLEGAR																*

! Schedules subject to change.

PUBLIC SKATING AND SHINNY HOCKEY SCHEDULES: JANUARY 3 – MARCH 26, 2011

FREE PUBLIC SKATE		SHINNY HOCKEY
BILL HUNTER ARENA STARTS JAN 8	SATURDAYS, 1:30-2:30PM OMIT: MAR 12	
CASTLEDOWNS ARENA STARTS JAN 6	THURSDAYS, 2:30 – 3:30PM	THURSDAYS, 6:15 – 7:15PM OMIT: MAR 24
CONFEDERATION ARENA STARTS JAN 5	SATURDAYS, 12:15 – 1:15PM OMIT: FEB 12, MAR 12	FRIDAYS, 1-2PM PTS FRIDAYS, 2:15 – 3:15PM AS SATURDAYS, 10:15 – 11:15PM AS
CORONATION ARENA STARTS JAN 3	SATURDAYS, 3:15 – 4:15PM	MONDAYS, 4:15 – 5:15PM AS OMIT: FEB 21
CRESTWOOD ARENA STARTS JAN 7	FRIDAYS, 6:15 – 7:15PM	
CLAREVIEW ARENA STARTS JAN 7	SATURDAYS, 12:15 – 1:15PM OMIT: MAR 19	FRIDAYS, 12 – 1PM AS SATURDAYS, 10:45 – 11:45PM AS
CALLINGWOOD ARENA STARTS JAN 2	SUNDAYS, 1:30 – 2:30PM	THURSDAYS, 2:45-3:45PM
DONNAN ARENA STARTS JAN 3	MONDAYS, 6:15 – 7:15PM OMIT: FEB 21	
GRAND TRUNK STARTS JAN 2	SUNDAYS, 1 – 2PM	THURSDAYS, 3:45 – 4:45PM YS
KENILWORTH ARENA STARTS JAN 2	SUNDAYS, 12:45 – 1:45PM	
KINSMEN ARENA STARTS JAN 2	SUNDAYS, 4:45 – 5:45PM OMIT: MAR 27	THURSDAYS, 2 – 3PM THURSDAYS, 7:30 – 8:30PM THURSDAYS, 12:15-1:15PM SS
LONDONDERRY ARENA STARTS JAN 2	SUNDAYS, 4-5PM	MONDAYS, 5 – 6PM AS OMIT: FEB 21 MONDAYS, 3:45-4:45PM YS OMIT: FEB 21 FRIDAYS, 11:45AM – 12:45PM AS OMIT: MAR 4
MICHAEL CAMERON ARENA STARTS JAN 7	FRIDAYS, 7:45 – 8:45PM	
MILL WOODS ARENA STARTS JAN 6	SATURDAYS, 1:30 – 2:30PM	THURSDAYS, 2:30 – 3:30PM TUESDAYS, 4 – 5PM YS
OLIVER ARENA STARTS JAN 4	TUESDAYS, 6:15 – 7:15PM	FRIDAYS, 9:30 – 10:30PM AS
RUSS BARNES ARENA STARTS JAN 5	WEDNESDAYS, 6 – 7PM	
TIPTON ARENA STARTS JAN 3	MONDAYS, 6:15 – 7:15PM OMIT: FEB 21	
WESTWOOD ARENA STARTS JAN 8	SATURDAYS, 3:15 – 4:15PM	
REGISTERED SHINNY HOCKEY		
CONFEDERATION ARENA	WEDNESDAYS, JAN 5 – MAR 30, 10:45-11:45PM (13 SESSIONS)	PLAYERS 369227 – \$130.00 GOALIES 369331 – \$65.00
GRAND TRUNK ARENA	SUNDAYS, JAN 9 – MAR 27, 10-11PM (12 SESSIONS)	PLAYERS 369228 – \$120.00 GOALIES 369332 – \$60.00
OLIVER ARENA	FRIDAYS, JAN 7 – MAR 11, 8:30-9:30PM (10 SESSIONS)	PLAYERS 369229 – \$100.00 GOALIES 369333 – \$50.00

i Schedule subject to change. For updated schedules and additional skates please visit www.edmonton.ca/arenas or call 311.

AS Adult Shinny Hockey
YS Youth Shinny Hockey

PTS Parent and Tot Skate – Geared for family's with smaller children or those just learning to skate
SS Seniors Skate – for individuals 65 years and up

DROP-IN AQUAFIT SCHEDULE: JANUARY 3 – MARCH 26, 2011

FACILITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
A.C.T.	Aquatic area Closed January 3 – March 26, 2011							
BONNIE DOON	12-1PM AB 1-2PM SW 6-7PM DW	8-9AM DW 12-1PM KA 7:30-8:30PM DW 7:30-8:30PM AB 8:30-9:30PM KA	8-9AM SW 12-1PM SW 7:30-8:30PM SW 7:30-8:30PM DW	8-9AM DW 12-1PM KA 7:30-8:30PM SW 7:30-8:30PM DW 8:30-9:30PM KA	8-9AM SW 12-1PM SW 7:30-8:30PM SW 7:30-8:30PM DW	8-9AM DW 12-1PM KA 6-7PM KA		12-1PM SW 1-2PM KA
CONFEDERATION	9-10AM SW	11AM-12PM SW 7:30-8:30PM SW 7:30-8:30PM DW	7:30-8:30PM SW 7:30-8:30PM DW	11AM-12PM SW 7:30-8:30PM SW 7:30-8:30PM DW	7:30-8:30PM SW 7:30-8:30PM DW	11AM-12PM SW		
EASTGLEN	11AM-12PM DW	10-11AM SW 7-8PM DW	7-8PM SW	7-8PM DW	10-11AM SW 7-8PM SW 8-9PM DW			
GRAND TRUNK	8-9 AM KA 9-10AM SW	8-9AM SW 9-10AM SW 6-7PM SW 7-8PM SW	8-9AM KA	8-9AM SW 9-10AM SW 10-11AM SW 6-7PM SW 7-8PM SW	8-9AM KA	8-9AM SW 9-10AM SW 6-7PM SW	8-9 AM SW	
HARDISTY	Facility Closed December 6, 2010 – January 2012							
JASPER PLACE	9-10AM SW	8-9AM SW 7:30-8:30PM SW	11AM-12PM SW 9-10PM DW	8-9AM SW 7:30-8:30PM SW	11AM-12PM SW 9-10PM DW	8-9AM SW		
KINSMEN		10-11AM SW	10-11AM SW	10-11AM SW	10-11AM SW	10-11AM SW		
LONDONDERRY		8-9AM DW 11AM-12PM SW 9-10PM SW	8-9AM DW 11AM-12PM SW 6-7PM SW 9-10PM DW	8-9AM DW 11AM-12PM SW 9-10PM SW	8-9AM DW 11AM-12PM SW	8-9AM DW 11AM-12PM SW		
MILL WOODS	10:30-11:30AM DW	9-10AM SW 9-10AM DW 7-8PM DW 8-9PM SW 8-9PM DW	8:30-9:30AM SW 8:30-9:30AM DW 9-10PM DW	9-10AM SW 9-10AM DW 7-8PM DW 8-9PM SW 8-9PM DW	8:30-9:30AM SW 8:30-9:30AM DW 9-10PM DW	9-10AM SW 9-10AM DW		
O'LEARY			10-11AM SW		10-11AM SW			
PETER HEMINGWAY	11AM-12PM DW 12-1PM AB	9-10AM SW 6:30-7:30PM DW 7:30-8:30PM AB	7:30-8:30PM SW 6:30-7:30PM DW	9-10AM SW 6:30-7:30PM DW 7:30-8:30PM AB	6:30-7:30PM DW 7:30-8:30PM SW	9-10AM SW	1-2PM SW	

! Schedules subject to change. For more information please call 311 or visit www.edmonton.ca

! No classes on statutory holidays

AB Aquabox

DW Deep Water

KA Karataquatics

SW Shallow Water

DROP-IN SWIM TRAINING SCHEDULE: JANUARY 3 – MARCH 26, 2011

FACILITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BONNIE DOON			8:30–9:30PM		8:30–9:30PM		8–9AM
HARDISTY	Facility Closed December 6, 2010 – January 2012						
KINSMEN		6–7AM 9:30–10:30AM	6–7AM	6–7AM 9:30–10:30AM	6–7AM	6–7AM 9:30–10:30AM	
PETER HEMINGWAY		8:30–9:30PM		8:30–9:30PM			

! Schedules subject to change. For more information please call 311 or visit www.edmonton.ca

DROP-IN LANE SWIM SCHEDULE: JANUARY 3 – MARCH 26, 2011

FACILITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
BONNIE DOON	7-8AM 6L 8-12PM 2L 2-4PM 2L 7-9PM 2L	5:30-8AM 6L 8-12AM 2L 1-4:30P 2L 6-7:30PM 2L 9:30-10:30PM 4L	5:30-8AM 6L 8AM-12PM 2L 1-7:30PM 2L 8:30-10:30PM 8L	5:30-8AM 6L 8AM-12PM 2L 1-7:30PM 2L 9:30-10:30PM 4L	5:30-8AM 6L 8AM-12PM 2L 1-7:30PM 2L 8:30-10:30PM 8L	5:30-8AM 6L 8AM-12PM 2L 1-7:30PM 2L 8:30-10:30PM 8L	5:30-8AM 6L 8AM-12PM 2L 1-10PM 2L 10PM-12AM 8L	6-8AM 6L 8-9AM 4L 2-4PM 2L 7-9PM 2L
CONFEDERATION	6-8AM 8-9AM 3L	5:30-8AM 8-11AM 3L 12-1PM 8:30-10PM	5:30-8AM 8AM-12PM 3L 12-1PM 1-4PM 3L 8:30-10PM	5:30-8AM 8-11AM 3L 12-1PM 1-5PM 3L 8:30-10PM	5:30-8AM 8AM-12PM 3L 12-1PM 1-5PM 3L 8:30-10PM	5:30-8AM 8AM-12PM 3L 12-1PM 5:30-7PM	6-8AM 8-9AM 3L	
EASTGLEN	9-11AM 6L	6-9AM 6L 9-10AM 1L 11AM-4PM 1L 4-5:30PM 6L	6-8AM 6L 9AM-4PM 1L 4-5PM 6L	6-9AM 6L 9AM-4PM 1L 4-5:30PM 6L	6-8AM 6L 9-10AM 1L 11AM-4PM 1L 4-5PM 6L	6-9AM 6L 9AM-4PM 1L 4-5:30PM 6L	8:30-9AM 4L 9-10AM 6L	
GRAND TRUNK	8-10PM A	6-8AM 11AM-12:30PM 8-10PM AS	6-8AM 11AM-12:30PM 8-10PM AS	6-8AM 11AM-12:30PM 8-10PM AS	6-8AM 11AM-12:30PM 8-10PM AS	6-8AM 11AM-12:30PM 4-6PM		
HARDISTY	Facility Closed December 6, 2010 – January 2012							
JASPER PLACE	9-10PM W	6-8AM 4L* 12-1PM 2L 8-8:30PM W 8:30-10PM 4L*	6-8AM 4L* 12-1PM 2L	6-8AM 4L* 12-1PM 2L 8-8:30PM W 8:30-10PM 4L*	6-8AM 4L* 12-1PM 2L	6-8AM 4L* 12-1PM 2L		
KINSMEN	25M	7:30AM-10PM	7:30AM-8:30PM	7:30AM-10PM	7:30AM-8:30PM	7:30AM-10PM		
	50M	5:30AM-2:30PM 2:30PM-8PM** 8-10PM	5:30AM-4:30PM 4:30-6:30PM** 6:30-10PM	5:30AM-2:30PM 2:30-6:30PM** 6:30-8PM	5:30AM-4:30PM 4:30-6:30PM** 6:30-8PM	5:30AM-4:30PM* 4:30-6:30PM** 6:30-8PM*		
LONDONDERRY	7-10AM 4L 9-10PM 2L, AS	5:30-8AM 4L 8-9AM 2L 9-10PM 2L, AS	5:30-8AM 4L 8-9AM 2L 9-10PM 2L, AS	5:30-8AM 4L 8-9AM 2L 9-10PM 2L, AS	5:30-8AM 4L 8-9AM 2L 9-10PM 2L, AS	5:30-8AM 4L 8-9AM 2L 9-10PM 2L, AS	7-9AM 4L 9-10PM 2L, AS	
MILL WOODS		5:30-9AM 6L 10-11:30AM 1L* 11:30AM-1PM 4L 1-4PM 1L* 9-10PM 6L	5:30-8:30AM 6L 9:30-11:30AM 1L* 11:30AM-1PM 4L 1-4PM 1L* 9-10PM 2L	5:30-9AM 6L 10-11:30AM 1L* 11:30AM-1PM 4L 1-4PM 1L* 9-10PM 6L	5:30-8:30AM 6L 9:30-11:30AM 1L* 11:30AM-1PM 4L 1-4PM 1L* 9-10PM 2L	5:30-8:45AM 6L (WAVES 8:45-9AM) 10-11:30AM 1L* 11:30AM-1PM 4L 1-4PM 1L*	6AM-9AM 6L	
O'LEARY		5:30-8AM 6L 8AM-4PM 1L 9-10PM 6L	5:30-8AM 6L 9AM-4PM 1L	5:30-8AM 6L 9AM-4PM 1L 9-10PM 6L	5:30-8AM 6L 9AM-4PM 1L	5:30-8AM 6L 9AM-4PM 1L 9-10PM 6L	6:30-8AM 6L 9-10PM 6L	
PETER HEMINGWAY	5:30-11AM 8L 11AM-12PM 4L 1-2 PM 8L 2-5 PM 4L 5-6:30PM 8L 6:30-8:30PM 4L 8:30-10PM 8L	5:30-7AM 6L 7-9AM 8L 10AM-4:30PM 4L 4:30-6:30PM 3L 6:30-7:30PM 4L 8:30-9:30PM 4L 9:30-10PM 8L	5:30-7:30AM 4L 7:30-9AM 8L 9AM-4:30PM 4L 4:30-6:30PM 3L 6:30-7:30PM 4L 8:30-10PM 8L	5:30-7AM 6L 7-9AM 8L 10AM-4:30PM 4L 4:30-6:30PM 3L 6:30-7:30PM 4L 8:30-9:30PM 4L 9:30-10PM 8L	5:30-7:30AM 4L 7:30-9AM 8L 9AM-4:30PM 4L 4:30-6:30PM 3L 6:30-7:30PM 4L 8:30-10PM 8L	5:30-9AM 8L 9AM-4:30PM 4L 4:30-6:30PM 3L 6:30-7:30PM 4L 7:30-10PM 8L	5:30-8:30AM 8L 8:30-10:30AM 3L 10:30AM-1PM 6L 2-5PM 4L 5-6:30PM 8L 6:30-8:30PM 4L 8:30-10PM 8L	

ⓘ Schedules subject to change. For more information please call 311 or visit www.edmonton.ca

L Number of lanes available

W Width swim

***** Lane varies

A GIANT AQUATIC INFLATABLES POOL PARTY!

Incredible thrills, spills and chills!

The popular giant aquatic inflatables are available for private pool rentals.

Add some fun and excitement to birthday parties, family gatherings, church socials, team or work functions, and special events. Safe and challenging for all ages and abilities. Affordable too.

Call 311 for more information or to book a party. Party room rentals are also available.

Available at a leisure centre near you!



DROP-IN PUBLIC SWIM SCHEDULE: JANUARY 3 – MARCH 26, 2011

FACILITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A.C.T.	Aquatic area Closed January 1–March 31, 2011						
BONNIE DOON	2–4PM 6–7PM SW 7–9PM		6:30–7:30PM		2–4PM 6:30–7:30PM	7–10PM 10PM–12AM AS	2–4PM 7–9PM
CONFEDERATION	1–2PM FS 2–4PM					7–9PM	1–2PM FS 2–4PM
EASTGLEN	11AM–12PM FS, SW 2:15PM–4:15PM	5:30PM–7PM 8–9:30PM AS	8–9:30PM AS	5:30–7PM 8–9:30PM AS	8–9PM A, SW 9–9:30PM AS	7:30–9:30PM 10PM–12AM AS	2:15–4:15PM 10PM–12AM AS
GRAND TRUNK	2–4PM 6–8PM FS						2–4PM
HARDISTY	Facility Closed December 6, 2010–January 2012						
JASPER PLACE	1–2PM FS 2–4PM 7–9PM		7:30–9PM		7:30–9PM	7:30–9:30PM	2–4PM 7–9PM
KINSMEN		7:30AM–7:30PM 8:30–9:30PM	7:30AM–8:30PM	7:45AM–10PM	7:30AM–8:30PM	7:45AM–10PM	
LONDONDERRY	10AM–12PM FS 2–4PM 6–7PM FS 7–9PM 9–10PM AS	7–9PM 9–10PM AS	7–9PM 9–10PM AS	7–9PM 9–10PM AS	7–9PM 9–10PM AS	7–9PM 9–10PM AS	2–4PM 6–7PM FS 7–9PM 9–10PM AS
MILLWOODS	11:30AM–1PM FS 1–4PM 6:30–8:30PM		7–9PM		2–4PM 7–9PM	7–9PM	2–5PM 6:30–8:30PM
O'LEARY	9–11AM FS 1:30–3:30PM 6–8PM 8–10PM AS	6–7PM FS 7–9PM	8–10PM AS	6–7PM FS 7–9PM	8–10PM AS	6–7PM FS 7–9PM	1:30–3:30PM 6–7PM FS 7–9PM
PETER HEMINGWAY	2–5PM 6:30–9PM						2–5PM 6:30–8:30PM

- i** Schedules subject to change. For more information please call 311 or visit www.edmonton.ca
- AS** Adult Swim
- FS** Family Swim
- SW** Swim is in shallow water for time indicated above



AQUAM[®]
AQUATIC SPECIALIST INC.

Proud sponsor of the Edmonton Ocean Lifesaving Club

www.aquamswimshop.com



2011 Aquatic Leadership Program Schedule

COURSE	FACILITY	DATES	DAY	TIMES	BAR CODE
ASSISTANT WATER SAFETY INSTRUCTOR (AWSI)	CONFEDERATION	JAN 5 - MAR 9	WED	5 - 9PM	364273
	LONDONDERRY	JAN 29, FEB 5, 12, 26	SAT	10 - 6PM	367433
	CONFEDERATION	APR 3 - MAY 8	SUN	9 - 2PM	
	MILL WOODS	MAY 17,8,14,15	SAT/SUN	9 - 4PM	
	GRAND TRUNK	MAY 14, 28 JUN 4, 11	SAT	8 - 4PM	
	JASPER PLACE	JUNE 18, 19, 25, 26	SAT/SUN	9 - 4PM	
	CONFEDERATION	JULY 4 - 14	MON - THU	3 - 8PM	
	JASPER PLACE	JULY 11 - 15	MON - FRI	8 - 3PM	
	TERWILLEGAR	AUG 8 - 12	MON - FRI	8 - 3PM	
	JASPER PLACE	SEPT 10, 11, 17, 18	SAT/SUN	8 - 4PM	
	EASTGLEN	NOV 6, 13, 20, 27	SUN	9 - 5PM	
	CONFEDERATION	DEC 17 - 20	SUN - TUE	9 - 5PM	
WATER SAFETY INSTRUCTOR (WSI)	GRAND TRUNK	DEC 27 - 31, 2010	MON - FRI	9 - 5PM	367479
	CONFEDERATION	JAN 9 - MAR 20	SUN	8 - 1PM	365274
	MILL WOODS	MAR 4, 5, 11, 12	SAT/SUN	9 - 4PM	367444
	EASTGLEN	APR 9, 16, 30, MAY 7	SAT	8:30 - 4:30PM	
	CONFEDERATION	MAY 4 - JUN 8	MON/WED	5 - 9PM	
	CONFEDERATION	JUL 4 - 13	MON - FRI	9 - 2PM	
	JASPER PLACE	AUG 22 - 26	MON - FRI	8 - 2PM	
	MILL WOODS	SEPT 10, 11, 17, 19	SAT/SUN	9 - 4PM	
	JASPER PLACE	OCT 22, 23, 29, 30	SAT/SUN	8 - 2PM	
	CONFEDERATION	NOV 6 - DEC 4	SAT/SUN	9 - 2PM	
ASSISTANT WATER SAFETY INSTRUCTOR (AWSI) & WATER SAFETY INSTRUCTOR (WSI) COMBINED	A.C.T.	APR 6 - JUN 29	WED	9:30 - 2:30PM	
LIFESAVING INSTRUCTOR	CONFEDERATION	JUN 17, 19, 25 26	FR/SAT/SUN	FRI 5 - 9PM SAT/SUN 9 - 2PM	
	GRAND TRUNK	JULY 22, 23, 24	FRI/SAT/SUN	FRI 3 - 8PM SAT/SUN 9 - 5PM	
LIFESAVING INSTRUCTOR & LIFESAVING SWIM	CONFEDERATION	NOV 22 - DEC 15	TUE/THU	5 - 9PM	
NATIONAL LIFEGUARD (NLS) & AQUATIC EMERGENCY CARE (AEC)	KINSMEN	JAN 22, 23, 29, 30, FEB 5, 6	SAT/SUN	11 - 7PM	367227
	CONFEDERATION	MAR 26 - 31, APR 1, 3, 4	SAT - THU	9 - 5PM	367327
	KINSMEN	MAY 7, 8, 14, 15, 21, 22	SAT/ SUN	11 - 7PM	
	EASTGLEN	MAY 15,29, JUN 5,12,19,26	SUN	1 - 9PM	
	KINSMEN	AUG 7 - 12	SUN - FRI	8 - 4PM	
	KINSMEN	DEC 26 - 31	MON - SAT	10 - 6PM	
	CONFEDERATION	DEC 21, 22, 23, 28, 29, 30	WED - FRI	9 - 5PM	
AUTOMATED EXTERNAL DEFIBRILLATOR (AED) INSTRUCTOR	CONFEDERATION	JUN 15	WED	5 - 9PM	
	CONFEDERATION	JUL 16	SAT	12:30 - 4:30PM	
	CONFEDERATION	NOV 5	SAT	10 - 2PM	
AQUAFIT INSTRUCTOR AFLCA	LONDONDERRY	JAN 8, 15	SAT	9 - 7PM	
	GRAND TRUNK	JUN - TBA	TBA	TBA	367428
	GRAND TRUNK	SEPT - TBA	TBA	TBA	
LIFESAVING FIRST AID/CPR	O'LEARY	FEB - TBA	TBA	TBA	
	O'LEARY	APR - TBA	TBA	TBA	
	EASTGLEN	MAY - TBA	TBA	TBA	
	EASTGLEN	SEPT - TBA	TBA	TBA	
	O'LEARY	NOV - TBA	TBA	TBA	
CPR COURSE	CONFEDERATION	JUL 24	SUN	1 - 4PM	

2011 Aquatic Leadership Recertification Schedule

COURSE	FACILITY	DATES	DAY	TIMES	BAR CODE
BRONZE CROSS	KINSMEN	JAN 2	SUN	11:30 – 2:30PM	367228
	O'LEARY	JAN 20	THU	5 – 8PM	367440
	O'LEARY	FEB 17	THU	5 – 8PM	367441
	CONFEDERATION	MAR 16	WED	5 – 8PM	
	EASTGLEN	APR 2	SAT	9 – 12PM	
	KINSMEN	APR 17	SUN	11:30 – 2:30PM	
	CONFEDERATION	MAY 14	SAT	6:15 – 9:15PM	
	GRAND TRUNK	JUN 4	SAT	4 – 7PM	
	CONFEDERATION	JUN 15	WED	5 – 8PM	
	JASPER PLACE	JUN 29	WED	4:30 – 7:30PM	
	GRAND TRUNK	JUL 23	SAT	4 – 7PM	
	TERWILLEGAR	SEP 11	SUN	9 – 12PM	
	JASPER PLACE	OCT 8	SAT	10 – 1PM	
	GRAND TRUNK	NOV 12	SAT	4 – 7PM	
	CONFEDERATION	DEC 28	WED	9 – 12PM	
WATER SAFETY INSTRUCTOR (WSI)	O'LEARY	JAN 19	WED	5 – 9PM	367442
	MILL WOODS	FEB 27	SUN	9 – 1PM	367443
	CONFEDERATION	MAR 23	WED	5 – 9PM	364276
	O'LEARY	APR 6	WED	5 – 9PM	
	JASPER PLACE	MAY 18	WED	5 – 9PM	
	CONFEDERATION	JUN 23	THU	5 – 9PM	
	EASTGLEN	JULY 9	SAT	10 – 2PM	
	JASPER PLACE	JULY 20	WED	5 – 9PM	
	JASPER PLACE	AUG 31	WED	5 – 9PM	
	TERWILLEGAR	SEPT 18	SUN	9 – 1PM	
	MILLWOODS	OCT 30	SUN	9 – 1PM	
	GRAND TRUNK	NOV 15	TUE	5 – 9PM	
	CONFEDERATION	DEC 27	TUE	9 – 1PM	
NATIONAL LIFEGUARDS (NLS) & AQUATIC EMERGENCY CARE (AEC)	LONDONDERRY	JAN 8	SAT	9 – 3PM	367431
	KINSMEN	FEB 20	SUN	3 – 9PM	367229
	GRAND TRUNK	MAR 26	SAT	3 – 9PM	367481
	KINSMEN	APR 17	SUN	3 – 9PM	
	EASTGLEN	MAY 15	SUN	8 – 2PM	
	GRAND TRUNK	JUN 30	THU	4 – 10PM	
	KINSMEN	JUL 10	SUN	3 – 9PM	
	EASTGLEN	AUG 13	SAT	8:30 – 2:30PM	
	TERWILLEGAR	SEP 24	SAT	8 – 2PM	
	KINSMEN	OCT 23	SUN	3 – 9PM	
	MILL WOODS	NOV 13	SAT	8 – 2PM	
	GRAND TRUNK	DEC 22	THU	4 – 10PM	

These programs are open to adults of all ages! You may register online at www.edmonton.ca/ereg or by calling 311. Onsite registration is not available at the Central Lions or Prince of Wales locations.

EXCLUSIVE
FEATURE!

See detailed descriptions of all Drop-in and Registered Programs on pages 93 – 102.

Central Lions Recreation Centre

11113 – 113 ST

CALL 311 (780-442-5311 OUTSIDE EDMONTON)

www.edmonton.ca

Adult Registered Programs

ALL SPORTS CONDITIONING	368830	TUESDAYS, JAN 11 – FEB 15 (6 CLASSES)	6:30 – 7:30PM	\$66.00
WOMEN'S ONLY FITNESS	TBA	SUNDAYS, JAN 16 – FEB 13 (6 CLASSES)	1:30 – 3PM	\$45.00
	TBA	SUNDAYS, FEB 27 – MAR 27 (5 CLASSES)	1:30 – 3PM	\$37.50

City Arts Centre

10943 – 84 AVENUE

CALL 311 (780-442-5311 OUTSIDE EDMONTON)

www.edmonton.ca

Preschool Registered Programs


ALPHABET SOUP AGES 3 ½-5	373828	FRIDAYS, JAN 14 – MAR 18	9:30 – 11:30AM	\$114.00
KIDS IN THE KITCHEN AGES 3 ½-5	373826	WEDNESDAYS, JAN 14 – MAR 18 <i>*NOW RUNNING 10 WEEKS!</i>	1 – 3PM	\$138.00
PLAYTIME FOR TOTS AGES 1-2	373819	WEDNESDAYS, JAN 12 – MAR 16	9:30 – 10:30AM	\$56.75
SMALL FRIES AGES 2-3	373817	WEDNESDAYS, JAN 12 – MAR 16	10:45AM – 12PM	\$70.50
YOGA FOR KIDS AGES 4-6	375537	MONDAYS, JAN 10 – FEB 14 (6 CLASSES)	1 – 2PM	\$54.00
	375538	MONDAYS, FEB 28 – MAR 28 (5 CLASSES)	1 – 2PM	\$45.00

Child/Youth Registered Programs

NIA FOR KIDS AGES 6-10	375062	WEDNESDAYS, JAN 12 – FEB 16 (6 CLASSES)	4:15 – 5:15PM	\$60.00
	375063	WEDNESDAYS, FEB 23 – MAR 30 (6 CLASSES)	4:15 – 5:15PM	\$60.00
SIBSHOPS AGES 6-8	379092	SATURDAY, JANUARY 22	1 – 3:30PM	\$26.75

Adult Registered Programs

FOREVER FIT	375069	MONDAYS & THURSDAYS, JAN 10 – FEB 17 (12 CLASSES)	MON: 10:45 – 11:45AM THU: 10:30 – 11:30AM	\$69.00
	375070	MONDAYS & THURSDAYS, FEB 24 – MAR 31 (11 CLASSES)	MON: 10:45 – 11:45AM THU: 10:30 – 11:30AM	\$69.00



Have an Arty Party

at the City Arts Centre!

Add some pizzazz to your child's next birthday. The Arty Party includes doing an art activity and then serving cake and opening presents. Choose from:

- Van Gogh Sunflowers (6 – 7 yrs)
- Painted Tote Bags (8 – 12 yrs)
- Clay Animals (6 – 12 yrs)
- Japanese Bookbinding (10 – 12 yrs)

Program length: 2 hrs Fee: \$195, maximum 15 children

Call 780-496-6959 to book.

GOLDEN NIA	375064	WEDNESDAYS, JAN 12 – FEB 16 (6 CLASSES)	3 – 4PM	\$60.00
	375067	WEDNESDAYS, FEB 23 – MAR 30 (6 CLASSES)	3 – 4PM	\$60.00
PILATES 1	375335	MONDAYS, JAN 10 – FEB 14 (6 CLASSES)	5:30 – 6:30PM	\$ 60.00
	375357	MONDAYS, FEB 28 – MAR 28 (4 CLASSES)	5:30 – 6:30PM	\$ 40.00
YOGA AT THE CENTRE	375389	WEDNESDAYS, JAN 12 – FEB 16 (6 CLASSES)	5:30 – 6:45PM	\$ 63.00
	375396	WEDNESDAYS, FEB 23 – MAR 30 (6 CLASSES)	5:30 – 6:45PM	\$ 63.00
	375398	FRIDAYS, JAN 14 – FEB 11 (6 CLASSES)	5:30 – 6:45PM	\$ 63.00
	375413	FRIDAYS, FEB 25 – MAR 25 (5 CLASSES)	5:30 – 6:45PM	\$ 52.50
YOGA AT THE CENTRE 45+	375399	THURSDAYS, JAN 13 – FEB 17 (6 CLASSES)	9:30 – 10:30AM	\$ 60.00
	375400	THURSDAYS, FEB 24 – MAR 31 (6 CLASSES)	9:30 – 10:30AM	\$ 60.00
CHOPRA YOGA	375414	WEDNESDAYS, JAN 12 – FEB 16 (6 CLASSES)	1:30 – 2:45PM	\$ 63.00
	375415	WEDNESDAYS, FEB 23 – MAR 30 (6 CLASSES)	1:30 – 2:45PM	\$ 63.00
NIA	375362	TUESDAYS, JAN 11 – FEB 15 (6 CLASSES)	5:30 – 6:30PM	\$ 60.00
	375363	TUESDAYS, FEB 22 – MAR 29 (6 CLASSES)	5:30 – 6:30PM	\$ 60.00

Prince of Wales Armouries

10440 – 108 AVENUE CALL 311 (780-442-5311 OUTSIDE EDMONTON)

www.edmonton.ca

PRINCE OF WALES DROP-IN FITNESS SCHEDULE: JANUARY 3 – MARCH 26, 2011

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
YOGA		9:30–11AM		9:30–11AM 6:15–7:45PM		9:30–11AM	

- E** Everyone welcome
W Women only please

Preschool Registered Programs

ACTIVE BUGS AGES 3-5	375086	MONDAYS, JAN 10 – MAR 28 (NO CLASS FEB 21, 11 CLASSES)	1 – 2:30PM	\$98.00
	375087	WEDNESDAYS, JAN 12 – MAR 30 (12 CLASSES)	1 – 2:30PM	\$105.00

CITY
Arts
 CENTRE

Get Artsy
 This Winter

Hey Teens!

Take a break from school with programs from pottery to sewing and cooking to jewelry making.

Teen Vegetarian Cooking Ages 12-16 \$50
 374426 Sat, Feb 19 1 – 4PM

Think Fast! Improv Ages 12-16 \$75
 374448 Fri, Jan 28 – Mar 18 6 – 7:30PM

Jewelry Silversmithing Ages 13-17 \$100
 374465 Fri, Feb 4 – Mar 11 6:30 – 9PM

Teens on Wheels Ages 12-17 \$100
 374439 Thu, Jan 27 – Mar 24 4 – 6PM

Beginner Sewing Ages 12-16 \$145
 378040 Mon, Jan 24 – Mar 21 4:30–6PM

Fabric Making Ages 12-17 \$50
 374451 Sat, Mar 19 10AM – 4PM

Call 311 to register. Visit www.edmonton.ca/cityarts for more information

New Recreation Facility Development

Edmonton is an active city! The City of Edmonton is developing exciting new facilities that will provide increased sport and recreation opportunities to citizens for many years to come.

For more information on these projects or others, or the City of Edmonton Recreation Facility Master Plan, please visit www.edmonton.ca/FutureRecreationPlans.

Queen Elizabeth Outdoor Pool Opening Summer 2011

Kinsmen Park, 9100 Walterdale Hill

The new Queen Elizabeth Outdoor Pool will bring new leisure, recreation and sports opportunities to Edmonton's beautiful river valley.

The new pool is integrated with the other attractions in Kinsmen Park such as the Kinsmen Sports Centre, Kinsmen Pitch and Putt, children's playground, sports fields, picnic sites, river valley park trail system, and the John Walter Museum.

Queen Elizabeth Outdoor Pool includes a 25-metre, six-lane pool with zero-depth entry to accommodate all ages and abilities, pool house, sun deck, children's spray park, and other amenities.



Commonwealth Community Recreation Centre Opening Winter/Spring 2012

11000 Stadium Road

The new North Central Community Recreation Centre is being built onto the existing Commonwealth Sports and Fitness Centre, and will expand south onto the Joe Clarke Athletic Grounds. The facility will create additional recreation, sports and wellness opportunities for community residents and athletes.

The new multipurpose facility has a design that integrates the existing facility with new features such as an aquatic area, fitness centre, community and program spaces, field house with indoor walking/jogging track, relocated Edmonton Eskimo administration offices, and parking.

The Commonwealth Sports and Fitness Centre is currently closed to the public due to construction. Commonwealth patrons are encouraged to continue their recreation and fitness routine at neighbouring City of Edmonton facilities and can call 311 for more information. Commonwealth Stadium and Clarke Field will remain in operation during the construction.



Clareview Community Recreation Centre Opening Spring 2013

3804 - 139 Avenue

The City of Edmonton is developing and constructing a new "community hub" with outdoor sports fields, park spaces and a multi-purpose recreation centre on the Clareview District Park Site in northeast Edmonton.

The Edmonton Public Library is collaborating with the City to build the Clareview Library as part of the recreation centre – a first-of-its-kind facility in Edmonton.

In addition to a new branch library, the existing Clareview Twin Arena will be expanded into a multi-purpose recreation facility. Features include: an aquatic centre with leisure pool, play features, children's pool, waterslide, a 25-metre 8-lane pool with diving boards/platform, whirlpool and steam room; a fitness centre with weight room, cardio area, fitness studios, and a walking/jogging track; multipurpose rooms, children's play space, child-minding space and more.

The district park space will be transformed with new sports fields, ball diamonds, spray park and/or playground, and trails.



A.C.T. Aquatic and Recreation Centre

2909 – 113 AVENUE CALL 311 (780-442-5311 OUTSIDE EDMONTON)

www.edmonton.ca

A.C.T. is a very special facility. 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! The Rundle Park Family Centre and A.C.T. Facility are located in the heart of Rundle Park. Both have a spectacular view of the river valley providing a premier rental opportunity for private functions!



A.C.T. AQUATIC AREA CLOSED FOR MAINTENANCE AND UPGRADES: JANUARY 3 – MARCH 26, 2011

Customer accommodations during shutdown

Dryland programs and the other facility areas, including the Rundle Family Centre, will be available to the public during this time and for bookings. will also be available to the public and rental opportunities. If none of the above works for you the City of Edmonton will provide a pro-rated refund.

Please feel free to continue your fitness and recreation activities at a neighbouring City of Edmonton Leisure Centre. Admission to other facilities and/or programs dependent on your pass privileges. If you have any questions with respect to your pass privileges please refer to admission/membership advertising or ask the cashiers.

A.C.T. FACILITY SCHEDULE: JANUARY 3 – MARCH 26, 2011

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CASH DESK	9AM-9PM	9AM-9PM	9AM-9PM	9AM-9PM	9AM-9PM	9AM-9PM	9AM-9PM
INDOOR PLAYGROUND						9AM-12PM	

! Schedule subject to change

All facility schedules are available online at www.edmonton.ca

www.edmonton.ca/eReg
ONLINE REGISTRATION

HOLIDAY HOURS

FAMILY DAY: MON, FEB 21

12 - 5PM RECREATION SIDE ONLY,
POOL REMAINS CLOSED

Amenities

- 25 m, gradual depth swimming pool, shallow water teaching pool
- Whirlpool, slides, pool toys
- Regular change rooms
- Family change rooms
- Indoor playground
- Gymnasium/auditorium
- Boardroom, main hall, lounge, party rooms
- Cafeteria with catering capacity
- Multi-sensory environment equipment
- eZone Public Wireless Connection
- Complimentary wallet and purse lockers in lobby for valuables
- Ceiling lifts for wheelchair transfer on a sign-out basis, call ahead for an orientation
- Rundle Golf Course, 18-hole mini golf course, newly renovated 18 hole disc golf course
- Outdoor playground, tennis courts, volleyball courts, baseball diamonds, soccer fields, parkland with hills, man-made lakes, picnic sites, walking and cycling trails
- Paddleboats, bicycles, trail carts, in-line skates, horseshoes, volleyballs, frisbees, and firewood

See detailed descriptions of all Drop-in and Registered Programs on pages 93 – 102.

Drop-in Indoor Playground Services

INDOOR PLAYGROUND FOR AGES UP TO 6 YEARS	FRIDAYS, JAN 7 – JUN 24	9AM – 12PM	\$3.00 PER CHILD
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CLOSED ON HOLIDAYS. HOURS AND PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Drop-in Leisure Opportunity

MULTI SENSORY ENVIRONMENT	PRICE SUBJECT TO CHANGE MAXIMUM 5 PARTICIPANTS AT A TIME PLUS ATTENDANTS/PARENTS SPACE IS USED ON A FIRST COME, FIRST SERVED BASIS, WHEN THE ROOM IS AVAILABLE. TO BOOK OR FOR MORE INFORMATION VISIT THE FRONT DESK OR PHONE 311.	\$2.05/HALF HOUR USAGE
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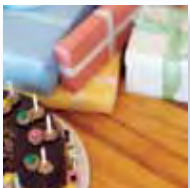
Preschool Registered Programs

AROUND THE WORLD AGES 3½-5	373836	MONDAYS, JAN 10 – MAR 21	12:45 – 2:45PM	\$114.00
CLAY TOGETHER AGES 3-5	374438	WEDNESDAYS, JAN 26 – MAR 16	1:15PM – 2:30PM	\$75.00
DOUBLE THE FUN AGES 3½-5	373824	TUESDAYS & THURSDAYS, JAN 11 – MAR 17	9:15 – 11:15PM	\$154.00
KIDS IN MOTION AGES 1½-2½	373820	WEDNESDAYS, JAN 12 – MAR 16	10:45 – 11:45PM	\$46.00
KIDS IN THE KITCHEN AGES 3½-5	373829	FRIDAY, JAN 14 – MAR 18 *NOW RUNNING 10 WEEKS!	9:30 – 11:30AM	\$138.00
SCRIBBLES & STRINGS AGES 2½-3½	373818	WEDNESDAYS, JAN 12 – MAR 16	9:15AM – 10:30AM	\$70.50
TERRIFIC TOTS AGES 2½-3½	373822	MONDAYS, JAN 10 – MAR 21	10:15 – 11:30AM	\$57.25

Child/Youth Registered Leisure Programs

POTTERY FOR FAMILIES	374445	THURSDAYS, FEB 3 – FEB 24	6:30 – 8:30PM	\$55.00
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BOOK NOW



**FOR INFO CALL:
780-496-1496**

THE PERFECT PLACE FOR YOUR NEXT EVENT!

The A.C.T. Aquatic and Recreation Centre, Rundle Family Centre and Rundle Park are available for birthdays, social gatherings, special and athletic events, business meetings and retreats.

The area is open year-round, easy to access and filled with all the amenities to accommodate your needs.

A.C.T. Aquatic and Recreation Centre

Offers a boardroom, main hall, lounge, social / party room, atrium, gymnasium, craft rooms, swimming pool, and cafeteria.

Sound system, microphones, karaoke machine, portable bar, flipcharts, overhead projector, screens, etc. are available for use. Full in-house catering service is also available.

The Rundle Family Centre

Offers public and private rental areas, as well as adjacent picnic site.

Rundle Park

Offers extensive park space, sports fields, courts, golf, disc golf course, playground, park trails, paddle boats, footbridges across the river, and sports and equipment rentals and sales.

Let us help you plan your next event!

For further information on booking the facilities, or to inquire about catering services, please call the Rental Coordinator at 780-496-1496.

Adult Registered Leisure Programs

POTTERY – LEVEL 1	372840	TUESDAYS, JAN 18 – MAR 22	6:30 – 9:30PM	\$225.00
	372842	SUNDAYS, JAN 16 – MAR 27	12:30 – 3:30PM	\$225.00

Drop in Leisure Opportunity (for Persons with Disabilities)

FITNESS ON FRIDAYS		FRIDAYS, JAN 7 – MAR 25	1 – 3PM	\$2.50
ADULT SENIOR LEISURE DANCE		WEDNESDAYS, JAN 12 – MAR 16	1:30 – 3PM	\$2.50
ROCKIN' IN RUNDLE		TUESDAYS, JAN 11 – MAR 15	12:30 – 2:30PM	\$3.00
		THURSDAYS, JAN 13 – MAR 17	1 – 3PM	\$3.00

Adult Registered Leisure Programs (for Persons with Disabilities)

ADULT SENIOR LEISURE DANCE	373623	WEDNESDAYS, JAN 12 – MAR 16	1:30 – 3PM	\$25.00
	373622	WEDNESDAYS, JAN 12 – MAR 16	1:30 – 3PM	\$0.00
TUESDAY ROCKIN' IN RUNDLE DANCE	373626	TUESDAYS, JAN 11 – MAR 15	12:30 – 2:30PM	\$30.00
	373624	TUESDAYS, JAN 11 – MAR 15	12:30 – 2:30PM	\$0.00
THURSDAY ROCKIN' IN RUNDLE DANCE	373627	THURSDAYS, JAN 13 – MAR 17	1 – 3PM	\$30.00
	373625	THURSDAYS, JAN 13 – MAR 17	1 – 3PM	\$0.00
S.U.R.F. TUESDAY EVENING CRAFTS	373613	TUESDAYS JAN 11 – MAR 15	6:30 – 8:30PM	\$67.00
S.U.R.F. FRIDAY AFTERNOON CRAFTS	373614	FRIDAYS, JAN 14 – MAR 18	1 – 3PM	\$67.00
S.U.R.F. MUSIC AND DANCE	373616	WEDNESDAYS, JAN 12 – MAR 16	7 – 9:30PM	\$40.00
S.U.R.F. GAMES NIGHT	373620	WEDNESDAYS, JAN 12 – MAR 16	7 – 9:30PM	\$40.00
S.U.R.F. SOCIAL NIGHT	373617	FRIDAYS, JAN 14 – MAR 18	7 – 9:30PM	\$40.00
S.U.R.F. OUTING CLUB 1	373618	FRIDAYS, JAN 14 – MAR 18	7 – 9:30PM	\$40.00
S.U.R.F. OUTING CLUB 2	373619	FRIDAYS, JAN 14 – MAR 18	7 – 9:30PM	\$40.00

*Ride to live,
live to ride!*

**SPIN BIKE FITNESS CLASS
BURNS UP THE GYM!**

Get ready for the ride of your life with this popular drop-in group cycling class that combines cardiovascular training, muscle strengthening and toning. Participants follow the instructor through spin bike exercise routines choreographed to music. Bikes are tension adjustable, so everyone can work at their own rate. No experience necessary.

Please see facility schedule for more information. Space is limited, please arrive early. Subject to change.

Program Locations
Kinsmen Sports Centre Mill Woods Recreation Centre
Terwillegar Community Recreation Centre

THE CITY OF Edmonton COMMUNITY SERVICES

Bonnie Doon Leisure Centre

8648-81 STREET

CALL 311 (780-442-5311 OUTSIDE EDMONTON)

www.edmonton.ca

Bonnie Doon is known for fun, fitness and friends, and its family atmosphere too! The large hot tub and steam room are a great way to relax after a lane swim or aquafit class.



BONNIE DOON FACILITY SCHEDULE: JANUARY 3 – MARCH 26, 2011

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
CASH DESK	7AM-8:30PM	6-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-11:30PM	6AM-8:30PM	
LANE SWIM	7-8AM 6L 8-12PM 2L 2-4PM 2L 7-9PM 2L	5:30-8AM 6L 8-12AM 2L 1-4:30PM 2L 6-7:30PM 2L 9:30-10:30PM 4L	5:30-8AM 6L 8AM-12PM 2L 1-7:30PM 2L 8:30-10:30PM 8L	5:30-8AM 6L 8AM-12PM 2L 1-7:30PM 2L 9:30-10:30PM 4L	5:30-8AM 6L 8AM-12PM 2L 1-7:30PM 2L 8:30-10:30PM 8L	5:30-8AM 6L 8AM-12PM 2L 1-7:30PM 2L 10PM-12AM 8L	5:30-8AM 6L 8AM-12PM 2L 1-10PM 2L 10PM-12AM 8L	6-8AM 6L 8-9AM 4L 2-4PM 2L 7-9PM 2L
STEAM ROOM WHIRL POOL	7AM-4PM 6PM-9PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-MIDNIGHT	6AM-4PM 7PM-9PM	
COMMUNITY SWIM	4-5:30PM	For District Community League Members. Your Community League Card is required for admission to community league rentals.					6-7PM	
ADULT SWIM						10PM-12AM		
PUBLIC SWIM	2-4PM 6-7PM SW 7-9PM		6:30-7:30PM		2-4PM 6:30-7:30PM	7-10PM	2-4PM 7-9PM	
SWIM TRAINING			8:30-9:30PM		8:30-9:30PM		8-9AM	
AQUABOX	12-1PM	7:30-8:30PM						
SHALLOW WATER AQUAFIT	1-2PM		8-9AM 12-1PM 7:30-8:30PM	7:30-8:30PM	8-9AM 12-1PM 7:30-8:30PM		12-1PM	
DEEP WATER AQUAFIT	6-7PM	8-9AM 7:30-8:30PM	7:30-8:30PM	8-9AM 7:30-8:30PM	7:30-8:30PM	8-9AM		
KARATAQUATICS		12-1PM 8:30-9:30PM		12-1PM 8:30-9:30PM		12-1PM 6-7PM	1-2PM	
SWIM LESSONS	8AM-12PM	4:30-7PM		4:30-7PM			9AM-12PM	
POOL RENTAL AVAILABILITY	AFTER 9PM	Call 311 to rent the pool					4-6PM AFTER 9PM	

i Schedule subject to change

SW Shallow water only

HOLIDAY HOURS

FAMILY DAY: MON, FEB 21

2 - 4PM

MAR 3, 4, MAR 28 - APR 1

1 - 4PM **ADD'L PUBLIC SWIM**

All facility schedules are available online at www.edmonton.ca

www.edmonton.ca/eReg
ONLINE REGISTRATION

Amenities

- 25 m, swimming pool, 8 lanes with starting blocks
- Large spectator seating for pool
- Whirlpool, steam room, saunas, slide, swing rope, and pool toys
- Regular change rooms
- Outdoor deck, BBQ
- Outdoor running track, tennis courts
- Family/disabled change room
- Pool lift
- Complimentary wallet and purse lockers in lobby for valuables

Bonnie Doon Aquatic Program Schedule

SATURDAYS: JANUARY 8 – MARCH 19, 2011							10 LESSONS
9:00AM	SWIM FOR LIFE PRESCHOOL 1,2 376090	SWIM FOR LIFE SWIMMER 6 376115	SWIM FOR LIFE SWIMMER 3 376098	SWIM FOR LIFE PARENT & TOT 376105	SWIM FOR LIFE SWIMMER 5 376111	SWIM FOR LIFE SWIMMER 2 376096	SWIM FOR LIFE FRENCH SWIMMER 5,6 376118
9:15AM							
9:30AM	SWIM FOR LIFE PRESCHOOL 3 376080	SWIM FOR LIFE PARENT & TOT 376104	SWIM FOR LIFE SWIMMER 3 376101	SWIM FOR LIFE SWIMMER 1 376088	SWIM FOR LIFE SWIMMER 2 376095	SWIM FOR LIFE SWIMMER 4 376108	SWIM FOR LIFE FRENCH SWIMMER 3,4 376119
9:45AM							
10:00AM	SWIM FOR LIFE PRESCHOOL 3 376079	SWIM FOR LIFE SWIMMER 4 376107	SWIM FOR LIFE PRESCHOOL 4,5 376082	SWIM FOR LIFE SWIMMER 5 376113	SWIM FOR LIFE SWIMMER 1 376089	SWIM FOR LIFE SWIMMER 3 376100	SWIM FOR LIFE FRENCH SWIMMER 1,2 376120
10:15AM							
10:30AM	SWIM FOR LIFE SWIMMER 2 376094	SWIM FOR LIFE SWIMMER 2 376093	SWIM FOR LIFE SWIMMER 3 376099	SWIM FOR LIFE SWIMMER 6 376116	SWIM FOR LIFE SWIMMER 5 376112	SWIM FOR LIFE SWIMMER 3 376100	SWIM FOR LIFE FRENCH SWIMMER 1,2 376120
10:45AM							
11:00AM	SWIM FOR LIFE SWIMMER 1 376087	SWIM FOR LIFE PRESCHOOL 1,2 375930		SWIM FOR LIFE SWIMMER 6 376116	SWIM FOR LIFE SWIMMER 5 376112	SWIM FOR LIFE SWIMMER 3 376100	SWIM FOR LIFE FRENCH SWIMMER 1,2 376120
11:15AM							
11:30AM	SWIM FOR LIFE PARENT & TOT 376103	SWIM FOR LIFE PRESCHOOL 1,2 375930		SWIM FOR LIFE SWIMMER 1 376086		SWIM FOR LIFE SWIMMER 4 376109	SWIM FOR LIFE FRENCH PRESCHOOL 4,5 376083
11:45AM							

- ! No Lesson February 19
- ! Parent Discussion Day February 26

SUNDAYS: JANUARY 9 – MARCH 20, 2011				10 LESSONS
10:00AM	SWIM FOR LIFE SWIMMER 3 376097	SWIM FOR LIFE PRESCHOOL 3 375933	SWIM FOR LIFE SWIMMER 5 376110	SWIM FOR LIFE SWIMMER 2 376091
10:15AM				
10:30AM	SWIM FOR LIFE PRESCHOOL 1,2 375931	SWIM FOR LIFE SWIMMER 4 376106	SWIM FOR LIFE SWIMMER 1 376084	SWIM FOR LIFE PARENT & TOT 376102
10:45AM				
11:00AM	SWIM FOR LIFE ADULT 376117	SWIM FOR LIFE SWIMMER 6 376114	SWIM FOR LIFE PRESCHOOL 4,5 376081	SWIM FOR LIFE SWIMMER 2 376092
11:15AM				
11:30AM	SWIM FOR LIFE ADULT 376117	SWIM FOR LIFE SWIMMER 6 376114	SWIM FOR LIFE PRESCHOOL 4,5 376081	SWIM FOR LIFE SWIMMER 1 376085
11:45AM				

- ! No Lesson February 21
- ! Parent Discussion Day February 27

MONDAYS: JANUARY 10 – MARCH 21, 2011					10 LESSONS
4:30PM	SWIM KIDS 3 376138	SWIM KIDS 5,6 376146	4 & 5 BEGINNERS 376122	SWIM KIDS 9,10 376156	SWIM KIDS 1 376130
4:45PM					
5:00PM	SWIM KIDS 5,6 376154	SWIM KIDS 4 376142	SWIM KIDS 7,8 376150	SWIM KIDS 2 376124	SWIM KIDS 3 376141
5:15PM					
5:30PM	4 & 5 BEGINNER 375932	SWIM KIDS 4 376145	SWIM KIDS 1 376129	4 & 5 ADVANCED 376124	SWIM KIDS 5,6 376149
5:45PM					
6:00PM	SWIM KIDS 1 376126		SWIM KIDS 2 376135	SWIM KIDS 7,8 376153	SWIM KIDS 2 376136
6:15PM					
6:30PM	SWIM KIDS 1 376126				
6:45PM					

- ! No Lesson February 21
- ! Parent Discussion Day February 28

WEDNESDAYS: JANUARY 12 – MARCH 16, 2011**10 LESSONS**

4:30PM	SWIM KIDS 3 376139	SWIM KIDS 5,6 376147	4 & 5 BEGINNERS 376123	SWIM KIDS 9,10 376157	SWIM KIDS 1 376131
4:45PM			SWIM KIDS 7,8 376151		SWIM KIDS 3 376140
5:00PM	SWIM KIDS 5,6 376155	SWIM KIDS 4 376143	SWIM KIDS 1 376128	4 & 5 ADVANCED 376125	SWIM KIDS 5,6 376148
5:15PM			SWIM KIDS 2 376133		SWIM KIDS 2 376137
5:30PM	4 & 5 BEGINNER 376121	SWIM KIDS 4 376144	SWIM KIDS 2 376134	SWIM KIDS 7,8 376152	
5:45PM					
6:00PM	SWIM KIDS 1 376127				
6:15PM					
6:30PM					
6:45PM					

i Parent Discussion Day Feb 23

Advanced Courses

BRONZE STAR	376159	SUNDAYS, JAN 9 – MAR 20 (NO LESSON FEB 20)	9 – 10AM
BRONZE CROSS	376158	SUNDAYS, JAN 9 – MAR 20 (NO LESSON FEB 20)	8 – 10AM

Everyone can learn how to swim.
We can teach them.
Never too young to learn.
Never too old to start.

SWIM FOR LIFE[®]

Try it at Bonnie Doon Leisure Centre.



The Lifesaving Society works to prevent drowning and water-related injury through its training programs, Water Smart[®] public education, and safety management services. The Society certifies over 500,000 people in its swimming, lifesaving, lifeguarding, and leadership courses annually.

www.lifesaving.org

Confederation Leisure Centre

11204 - 43 AVENUE CALL 311 (780-442-5311 OUTSIDE EDMONTON)

www.edmonton.ca

Confederation Leisure Centre is a great facility that is very popular in the community. The facility provides a wide variety of programs, activities and amenities. Confederation Leisure Centre boasts three salt water pools and a steam room which offer an excellent way to put relaxation into your day.



CONFEDERATION FACILITY SCHEDULE: JANUARY 3 - MARCH 26, 2011

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
CASH DESK	7AM-6PM	6AM-1PM 3:30-9:15PM	6AM-9:15PM	6AM-9:15PM	6AM-1PM 3:30-9:15PM	6AM-1PM 3:30-9:15PM	7AM-6:30PM	
LANE SWIM	6-8AM 8-9AM 3L	5:30-8AM 8-11AM 3L 12-1PM 8:30-10PM	5:30-8AM 8AM-12PM 3L 12-1PM 1-4PM 3L 8:30-10PM	5:30-8AM 8-11AM 3L 12-1PM 1-5PM 3L 8:30-10PM	5:30-8AM 8AM-12PM 3L 12-1PM 8:30-10PM	5:30-8AM 8-11AM 3L 12-1PM 5:30-7PM	6-8AM 8-9AM 3L	
STEAM ROOM AND HOT TUB	6AM-4PM	5:30AM-1PM 4-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-1PM 4-10PM	5:30AM-1PM 4-9PM	6AM-4PM	
FAMILY SWIM	1-2PM						1-2PM	
PUBLIC SWIM	2-4PM					7-9PM	2-4PM	
COMMUNITY SWIM	4-7PM *	For District Community League Members. Your Community League Card is required for admission to community league rentals.						4-7PM *
SHALLOW WATER AQUAFIT	9-10AM	11AM-12PM 7:30-8:30PM	7:30-8:30PM	11AM-12PM 7:30-8:30PM	7:30-8:30PM	11AM-12PM		
DEEP WATER AQUAFIT		7:30-8:30PM	7:30-8:30PM	7:30-8:30PM	7:30-8:30PM			
SWIM LESSONS	8AM-1PM	5:30-7:30PM	5:30-7:30PM	5-7:30PM	5:30-7:30PM		8AM-1PM	
POOL RENTAL AVAILABILITY	7:15-10PM					9-10PM	7:15-10PM	
FREE PUBLIC SKATING						1:30-2:30PM PT	12:15-1:15PM	
ADULT SHINNY HOCKEY				10:45-11:45PM		2:15-3:15PM	10:15-11:15PM	

! Schedule subject to change

* Contact the facility for a list of community leagues included in this rental.

! Free Public Skate, Youth and Adult Shinny Hockey schedules subject to change. For updated schedules and additional skates please visit www.edmonton.ca/arenas or call 311.

PT Parent and Tot Skate

HOLIDAY HOURS

FAMILY DAY: MON, FEB 21

11:30AM - 1:30PM LANE SWIM
2 - 4PM PUBLIC SWIM

TEACHERS' CONVENTION: MAR 3 & 4

2 - 4PM ADD'L PUBLIC SWIM

SPRING BREAK: MAR 28 - APR 1

2 - 4PM ADD'L PUBLIC SWIM

All facility schedules are available online at www.edmonton.ca

www.edmonton.ca/eReg
ONLINE REGISTRATION

Amenities

- 25 m, 6 lane, salt water swimming pool
- Separate diving tank with 1 m and 3 m diving boards
- 25 person whirlpool
- 16 person steam room
- Multi-purpose room
- Lobby elevator
- 1 storey slide
- Tarzan swing rope
- 2 storey climbing rope
- 2 family/disabled change rooms
- Attached indoor ice arena
- Outdoor tennis courts, sports fields, and running track
- Complimentary wallet and purse lockers in lobby for valuables

Confederation Aquatic Program Schedule

TUESDAYS & THURSDAYS: JANUARY 4 – 27, 2011

8 LESSONS

5:30PM	4&5 YR OLD BEG 365923	SWIM KIDS 1 365925	SWIM KIDS 2 365927	SWIM KIDS 4 365930
5:45PM				
6:00PM	SWIM KIDS 2 365928	SWIM KIDS 7,8 365933	4&5 YR OLD ADV 365924	SWIM KIDS 1 365926
6:15PM				
6:30PM	PRIVATE	ADULT BASIC 365934	SWIM KIDS 3 365929	SWIM KIDS 5,6 365932
6:45PM				
7:00PM	PRIVATE			
7:15PM				

! Parent Discussion Day January 13

PRIVATE LESSONS	6:30-7PM TUESDAYS	JAN 4	365935	JAN 11	365937	JAN 18	365939	JAN 25	365940
	6:30-7PM THURSDAY	JAN 6	365936	JAN 13	365938	JAN 20	365941	JAN 27	365942
	7-7:30PM TUESDAYS	JAN 4	365943	JAN 11	365944	JAN 17	365945	JAN 25	365946
	7-7:30PM THURSDAY	JAN 6	365947	JAN 13	365948	JAN 20	365949	JAN 27	365950

TUESDAYS & THURSDAYS: FEBRUARY 1 – 24, 2011

8 LESSONS

5:30PM	SWIM KIDS 5 365989	4&5 YR OLD ADV 365979	SWIM KIDS 3 365986	SWIM KIDS 1 365982	SWIM KIDS 2 365984	4&5 YR OLD BEG TBA
5:45PM						
6:00PM		SWIM KIDS 1 365983	4&5 YR OLD ENR 365981	SWIM KIDS 2 365985	SWIM KIDS 9,10 365992	SWIM KIDS 4 TBA
6:15PM						
6:30PM	4&5 YR OLD BEG 365978	SWIM KIDS 6 365990	SWIM KIDS 4 365988	SWIM KIDS 7,8 365991	4&5 YR OLD ADV 365980	4&5 YR OLD BEG TBA
6:45PM						
7:00PM	SWIM KIDS 1 365987					
7:15PM						

! Parent Discussion Day February 10

TUESDAYS & THURSDAYS: MARCH 1 – 24, 2011

8 LESSONS

5:30PM	SWIM KIDS 1 366002	4&5 YR OLD BEG 365995	STARFISH/DUCK 365993	SWIM KIDS 3 366009	SWIM KIDS 6 366013	SWIM KIDS 4 366010	4&5 YR OLD ENR 366000
5:45PM							
6:00PM	4&5 YR OLD ADV 365998	SWIM KIDS 2 366005	SWIM KIDS 1 366003	SEATURTLE 365994	4&5 YR OLD BEG 365996	SWIM KIDS 5 366012	SWIM KIDS 9,10 366015
6:15PM							
6:30PM	SWIM KIDS 4 366011	SWIM KIDS 2 366006	SWIM KIDS 7,8 366014	SWIM KIDS 2,3 366008	SWIM KIDS 1 366004		4&5 YR OLD BEG 365997
6:45PM							
7:00PM		4&5 YR OLD ADV 365999					
7:15PM							

! Parent Discussion Day March 10

WEDNESDAYS: JANUARY 5 – MARCH 9, 2011

10 LESSONS

5:00PM	4&5 YR OLD ENR 366038	4&5 YR OLD BEG 366041	SWIM KIDS 4 366030	SWIM KIDS 2 366034	SWIM KIDS 9,10 366023	SWIM KIDS 3 366032
5:15PM						
5:30PM	SWIM KIDS 1 366036	4&5 YR OLD ADV 366039	STARFISH, DUCK 366045	SWIM KIDS 6 366027	SEATURTLE 366044	SWIM KIDS 8 366025
5:45PM						
6:00PM	SWIM KIDS 3 366033	SWIM KIDS 5 366028	SWIM KIDS 2 366035	4&5 YR OLD BEG 366042	SWIM KIDS 1 366037	4&5 YR OLD ADV 366040
6:15PM						
6:30PM	SWIM KIDS 5 366029	4&5 YR OLD BEG 366046	SWIM KIDS 7 366026	SWIM KIDS 4 366031	STROKE IMPROVEMENT 1 366024	4&5 YR OLD BEG 366043
6:45PM						
7:00PM		ASSESSMENT				
7:15PM						

! Parent Discussion Day February 2

SATURDAYS: JANUARY 8 – MARCH 19, 2011**10 LESSONS**

8:45AM									
9:00AM	SWIM KIDS 1 366083	4&5 YR OLD BEG 366073	SWIM KIDS 3 366094	SEATURTLE 366071	SWIM KIDS 6 366102	SWIM KIDS 7 366104	STROKE IMPROVEMENT 1 366069		
9:15AM									
9:30AM	SWIM KIDS 8 366105	SWIM KIDS 2 366089	4&5 YR OLD ADV 366078	SWIM KIDS 1 366084					
9:45AM									
10:00AM	SWIM KIDS 1 366085	BRONZE STAR 364280	STARFISH/ DUCK 366070	4&5 YR OLD BEG 366074	SWIM KIDS 5 366100	SWIM KIDS 4 366097	SWIM KIDS 9,10 366108		
10:15AM									
10:30AM									
10:45AM									
11:00AM			SWIM KIDS 7,8 366106	SWIM KIDS 1 366086	SWIM KIDS 3 366095	SWIM KIDS 2 366090	SEATURTLE 366072		
11:15AM	SWIM KIDS 5 366101	SWIM KIDS 2 366092				4&5 YR OLD ADV 366079	4&5 YR OLD ENR 366082		
11:30AM			SWIM KIDS 4 366098	SWIM KIDS 9,10 366109	4&5 YR OLD BEG 366075	SWIM KIDS 1 366087	SWIM KIDS 7,8 366107		
11:45AM									
12:00PM	SWIM KIDS 3 366096	SWIM KIDS 6 366103		4&5 YR OLD BEG 366076	4&5 YR OLD ADV 366080				
12:15PM			STROKE IMPROVEMENT 2 366068			SWIM KIDS 4 366099	SWIM KIDS 1 366088		
12:30PM	4&5 YR OLD BEG 366077	4&5 YR OLD ADV 366081		SWIM KIDS 366093	PRIVATE				
12:45PM									

BRONZE CROSS
364279
EXAM: MAR 19

- ! No Lesson February 19
! Parent Discussion Day February 5

PRIVATE LESSON 12:30-1PM	JAN 8	366110	JAN 15	366111	JAN 22	366112	JAN 29	366113	FEB 5	366114
	FEB 12	366115	FEB 26	366116	MAR 5	366117	MAR 12	366118	MAR 19	366119

SUNDAYS: JANUARY 9 – MARCH 20, 2011**10 LESSONS**

8:00AM											
9:00AM											
9:15AM											
9:30AM											
9:45AM											
10:00AM	SWIM KIDS 1 366053	SWIM KIDS 2 366056		SWIM KIDS 3 366059	SWIM KIDS 4 366061	BRONZE MEDALLION 346278 EXAM: MAR 20 8:30-11:15AM	WATER SAFETY INSTRUCTOR 364274 8-1PM				
10:15AM											
10:30AM	STARFISH/DUCK 366049	SWIM KIDS 6 366064		4&5 YR OLD BEG 366047	SWIM KIDS 2 366057						
10:45AM											
11:00AM	SEATURTLE 366050	SWIM KIDS 1 366054		SWIM KIDS 2 366058	SWIM KIDS 9,10 366066						
11:15AM											
11:30AM	SWIM KIDS 5 366063	4&5 YR OLD ADV 366051		SWIM KIDS 7,8 366065	4&5 YR OLD BEG 366048						
11:45AM											
12:00PM											
12:15PM	SWIM KIDS 4 366062	SWIM KIDS 3 366060		4&5 YR OLD ENR 366052	SWIM KIDS 1 366055	STROKE IMPROVEMENT 2 366274					
12:30PM											
12:45PM											

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

MONDAYS: JANUARY 10 – MARCH 21, 2011**10 LESSONS**

5:30PM	SEATURTLE 365523	SWIM KIDS 2 365682	SWIM KIDS 1 365680	SWIM KIDS 3 365723	SWIM KIDS 4 365726	SWIM KIDS 5 365727
5:45PM						
6:00PM	SWIM KIDS 1 365681	STARFISH/DUCK 365526	4&5 YR OLD BEG 365677	SWIM KIDS 9,10 365730	SWIM KIDS 6 365728	4&5 YR OLD ADV 365679
6:15PM						
6:30PM	ADULT BASIC 365731	ADULT STROKE 1 365773	ADULT STROKE 2 365774	PRIVATE	SWIM KIDS 2 365683	SWIM KIDS 7,8 365729
6:45PM						
7:00PM						
7:15PM						

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

PRIVATE LESSON	JAN 10	365873	JAN 17	365874	JAN 24	365875	JAN 31	365876	FEB 7	365877
7PM	FEB 14	365878	FEB 28	365879	MAR 7	365880	MAR 14	365881	MAR 21	365882

Advanced Courses

BRONZE STAR	364280	SATURDAYS, JAN 8 – MAR 19 (NO LESSON FEB 19)	10–11AM	EXAM: MAR 19, 10-11AM	\$106.15
PREPARATION FOR BRONZE MEDALLION.					
BRONZE MEDALLION	364278	SUNDAYS, JAN 9 – MAR 20 (NO LESSON FEB 20)	9–11:30AM	EXAM: MAR 20, 8:30-11:15AM	\$143.55
MUST BE 13 YEARS OF AGE OR COMPLETED BRONZE STAR. PREREQUISITE TO THE BRONZE CROSS COURSE.					
BRONZE CROSS	364279	SATURDAYS, JAN 8 – MAR 19 (NO LESSON FEB 19)	11–1PM	EXAM: MAR 19, 11AM-1PM	\$108.90
MUST BE 13 YEARS OF AGE & SUCCESSFULLY COMPLETED BRONZE MEDALLION.					
ASSISTED WATER SAFETY INSTRUCTOR (A – WSI)	364273	WEDNESDAYS, JAN 5 – MAR 9	5PM–9PM	CO TEACHING INCLUDED	\$233.25
MUST BE 15 YEARS OF AGE & COMPLETED SWIM KIDS LEVEL 10 OR EQUIVALENT. PREREQUISITE TO THE WATER SAFETY INSTRUCTOR COURSE					
WATER SAFETY INSTRUCTOR (WSI)	364274	SUNDAYS, JAN 9 – MAR 20	8AM–1PM	CO TEACHING INCLUDED	\$200.20
MUST BE 15 YEARS OF AGE & COMPLETED A-WSI.					
NATIONAL LIFEGUARD/AQUATIC EMERGENCY CARE (NLS/AEC)	367327	SATURDAY – THURSDAY, MAR 26 – 31	9–5PM		\$370.80

Recertification Exams

BRONZE CROSS	364275	WEDNESDAY, MAR 16	5–8PM	\$38.00
WATER SAFETY INSTRUCTOR (WSI)	364276	WEDNESDAY, MAR 23	5–9PM	\$62.20



**Come Join Our
Alpine Ski Team**

Fun family atmosphere
Ages 4 to 18 years
Qualified & certified coaches
Strive for 6:1 skier to coach ratio
Recreational and competitive programs
Students advance at their own speed
Mid-November to Mid-March season

Call 780-416-9111
www.sunridgeskiteam.com

Eastglen Leisure Centre

11410 - 68 STREET CALL 311 (780-442-5311 OUTSIDE EDMONTON)

www.edmonton.ca

Eastglen's charm and relaxing atmosphere make it a community favourite! The facility has a salt water swimming pool, one of the few in Edmonton.



EASTGLEN FACILITY SCHEDULE: JANUARY 3 - MARCH 26, 2011

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
CASH DESK	9AM-4PM	9AM-9PM	9AM-9PM	9AM-9PM	9AM-9PM	9AM-9PM 10PM-12AM	8:30AM-4PM 10PM-12AM	
LANE SWIM	9-11AM 6L	6-9AM 6L 9-10AM 1L 11AM-4PM 1L 4-5:30PM 6L	6-8AM 6L 9AM-4PM 1L 4-5PM 6L	6-9AM 6L 9AM-4PM 1L 4-5:30PM 6L	6-8AM 6L 9-10AM 1L 11AM-4PM 1L 4-5PM 6L	6-9AM 6L 9AM-4PM 1L 4-5:30PM 6L	8:30-9AM 4L 9-10AM 6L	
Call 311 for daytime lane availability								
ADULT SWIM		8-9:30PM	8-9:30PM	8-9:30PM	8-9PM SW 9-9:30PM	10PM-12AM	10PM-12AM	
FAMILY SWIM	11AM-12PM SW							
PUBLIC SWIM	2:15-4:15PM	5:30-7PM		5:30-7PM		7:30-9:30PM	2:15-4:15PM	
COMMUNITY SWIM	12-2PM AREA 2	For community league members. Please remember to bring your community card for admission						
SWIM LESSONS						5:30-7:30PM	10AM-2PM	
FEMALE ONLY SWIM LESSONS	4:45-5:30PM							
DROP-IN FEMALE ONLY SWIM	5:30-7:00PM							
SHALLOW WATER AQUAFIT		10-11AM	7-8PM		10-11AM 7-8PM			
DEEP WATER AQUAFIT	11AM-12PM	7-8PM		7-8PM	8-9PM			
RENTAL TIMES	AFTER 7:30PM	Call 311 to book your event						AFTER 6:30PM

- ⓘ Schedule subject to change
- ⓘ Steam Room and Whirlpool are available anytime the pool is open to the public.
- ⓘ Eastglen is closed Tuesdays and Thursdays 8 - 9 am.
- ⓘ Eastglen is closed when there are no swim lessons.
- ⓘ Width swimming is generally available during Shallow and Deep Aquafit classes
- SW** Shallow water only

HOLIDAY HOURS

FAMILY DAY: MON, FEB 21

11AM-1PM PUBLIC SWIM

TEACHERS' CONVENTION: MAR 3 & 4

1:30-4PM ADD'L PUBLIC SWIM

SPRING BREAK: MAR 28 - APR 1

1:30-4PM ADD'L PUBLIC SWIM

All facility schedules are available online at www.edmonton.ca

www.edmonton.ca/eReg
ONLINE REGISTRATION

Amenities

- 25 m, salt water swimming pool
- Whirlpool, steam room, slide, platform, and pool toys
- Regular change rooms, family/disabled change room
- Meeting/party room
- Outdoor deck and BBQ
- Complimentary wallet and purse lockers in lobby for valuables

Eastglen Aquatic Program Schedule

FRIDAYS: JANUARY 7 – MARCH 18, 2011

10 LESSONS

5:30PM	SWIM KIDS 1 375462	SWIM KIDS 7/8 375472	4&5 BEG 375480
5:45PM			
6:00PM	4 & 5 ADV/ENR 375477	PARENT & TOT 375479	SWIM KIDS 5,6 375470
6:15PM			
6:30PM	SWIM KIDS 2 375466	SWIM KIDS 3,4 375468	SWIM KIDS 9,10 375474
6:45PM			
7:00PM	SWIM KIDS 1,2 375464		
7:15PM			

! Parent Discussion Day February 4

! No Lesson February 18

SATURDAYS: JANUARY 8 – MARCH 19, 2011

10 LESSONS

10:00AM	SWIM KIDS 2 375467	SWIM KIDS 3,4 375469	SWIM KIDS 1 375463
10:15AM			
10:30AM	PARENT & TOT 375476	4&5 ADV/ENR 375478	4&5 BEG 375481
10:45AM			
11:00AM		SWIM KIDS 7,8 375473	SWIM KIDS 1,2 375465
11:15AM			
11:30AM	SWIM KIDS 5,6 375471		
11:45AM		PRIVATE LESSONS	SWIM KIDS 9,10 375475
12:00PM			
12:15PM	ADULT SWIM BASICS 375482		
12:30PM			
12:45PM			

! Parent Discussion Day February 5

! No Lesson February 19

PRIVATE LESSONS	JAN 8	375801	JAN 22	375867	FEB 5	375869	FEB 26	375871	MAR 12	375873
12:15-12:45	JAN 15	375866	JAN 29	375868	FEB 12	375870	MAR 5	375872	MAR 19	375874

EASTGLEN **FEMALE ONLY** SWIM

Ladies, come enjoy a recreational swim in an all female environment at Eastglen Pool. With an all female staff provided, all ages can feel comfortable and enjoy this special offer.

BEGINNER SWIM LESSONS

Ages 10 and up, *females only*

Sundays 4:45 – 5:30 p.m. starting January 9, 2011

Barcode: 378348

DROP-IN RECREATIONAL SWIM

All ages, *females only*

Sundays 5:30 – 7:00 p.m.

Regular drop-in admission rates apply

Register online at www.edmonton.ca/ereg, call 311 or register at any City of Edmonton Leisure Centre.



Grand Trunk Fitness and Leisure Centre

13025 – 112 STREET CALL 311 (780-442-5311 OUTSIDE EDMONTON)

www.edmonton.ca

Grand Trunk is a terrific community facility for recreation and fitness for all ages. Workout in the fitness centre or go for a swim in the leisure pool. An upper lounge with full kitchen is available for special events.



GRAND TRUNK FACILITY SCHEDULE: JANUARY 3 – MARCH 26, 2011

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CASH DESK	7:30–9:30PM	5:30AM–9:30PM	5:30AM–9:30PM	5:30AM–9:30PM	5:30AM–9:30PM	5:30AM–9:30PM	7:30AM–4PM
FITNESS CENTRE	7:30AM–10PM	5:30AM–10PM	5:30AM–10PM	5:30AM–10PM	5:30AM–10PM	5:30AM–10PM	7:30AM–4PM
STEAM ROOM AND HOT TUB	8–10:30AM 2–4PM 6–10PM	6AM–12:30PM 4–7PM	6AM–12:30PM 4–7PM	6AM–12:30PM 4–7PM	6AM–12:30PM 4–7PM	6AM–12:30PM 4–7PM	8AM–4PM
LANE SWIM		6–8AM 11AM–12:30PM	6–8AM 11AM–12:30PM	6–8AM 11AM–12:30PM	6–8AM 11AM–12:30PM	6–8AM 11AM–12:30PM 4–6PM	
ADULT LANE SWIM	8–10PM	8–10PM	8–10PM	8–10PM	8–10PM		
FAMILY SWIM	6–8PM						
FAMILY AREA SWIM SW	8–10AM	11AM–12:30PM 6–8PM	11AM–12:30PM	11AM–12:30PM 6–8PM	11AM–12:30PM	11AM–12:30PM 4–7PM	8–9AM
PUBLIC SWIM	2–4PM						2–4PM
COMMUNITY SWIM	4:15–5:45PM AREA 1, CASTLEDOWNS	For District Community League Members. Your Community League Card is required for admission to community league rentals.				7–9PM AREA 1	
SHALLOW WATER AQUAFIT	9–10AM	8–9AM 9–10AM 6–7PM 7–8PM		8–9AM 9–10AM 10–11AM * 6–7PM 7–8PM		8–9AM 9–10AM 6–7PM	8–9AM
KARATAQUATICS	8–9AM		8–9AM		8–9AM		
SWIM LESSON PROGRAM	10–2PM	4–6PM	4–8PM	4–6PM	4–8PM		9AM–2PM
POOL RENTAL AVAILABILITY							4–10PM
FREE PUBLIC SKATING	1–2PM						
ADULT SHINNY HOCKEY	10–11PM						
YOUTH SHINNY HOCKEY					3:45–4:45PM		

! Schedule subject to change

SW Shallow water only

* Gentle Aquasize

! Free Public Skate, Youth and Adult Shinny Hockey schedules subject to change. For updated schedules and additional skates please visit www.edmonton.ca/arenas or call 311.

All facility schedules are available online at www.edmonton.ca

www.edmonton.ca/eReg
ONLINE REGISTRATION

HOLIDAY HOURS

FAMILY DAY: MON, FEB 21

1 – 4PM FITNESS CENTRE IS OPEN
2 – 4PM PUBLIC SWIM

SPRING BREAK: MAR 28 – APR 1

2 – 4PM PUBLIC SWIM

Amenities

- 25 m gradual depth swimming pool, shallow water family area
- Whirlpool, steam room, waterslide, diving board, slides, and pool toys
- Regular change rooms, family change room
- Fitness centre
- Boardroom, party room with kitchen
- Attached indoor ice arena
- Outdoor tennis courts, basketball courts, baseball diamonds, soccer fields, parkland, and walking and cycling trails
- Massage
- Complimentary wallet and purse lockers in lobby for valuables

See detailed descriptions of all Drop-in and Registered Programs on pages 93 – 102.

A NEW YEAR, A NEW YOU!



Start it in our Fitness Centre!

Preschool Registered Programs

ACTIVE BUGS AGES 3-5	375081	MONDAYS, JAN 10 – MAR 28 (NO CLASS FEB 21, 11 CLASSES)	9AM – 10:30AM	\$98.00
	375082	MONDAYS, JAN 10 – MAR 28 (NO CLASS FEB 21, 11 CLASSES)	10:45AM – 12:15PM	\$98.00

Youth Registered Programs

YOUTH IN ACTION	374684	SATURDAY, JAN 22	4 – 7PM	\$30.00
	374691	SATURDAY, FEB 12	4 – 7PM	\$30.00
	374685	SATURDAY, MAR 26	4 – 7PM	\$30.00

Adult Registered Programs

ALL IN 60 MINUTES	374641	THURSDAYS, JAN 13 – FEB 17 (6 CLASSES)	5 – 6PM	\$54.00
	374642	THURSDAYS, FEB 24 – MAR 31 (6 CLASSES)	5 – 6PM	\$54.00
BOOT CAMP	374643	TUESDAYS, JAN 13 – FEB 17 (6 CLASSES)	6 – 7PM	\$66.00
	374544	THURSDAYS, FEB 24 – MAR 31 (6 CLASSES)	6 – 7PM	\$66.00
WOMEN ON WEIGHTS	374579	SUNDAYS, JAN 16 – FEB 20 (6 CLASSES)	11AM – 12PM	\$54.00
	374581	SUNDAYS, FEB 27 – MAR 27 (6 CLASSES)	11AM – 12PM	\$54.00

Active Bugs

Get your preschooler moving, laughing and making friends! Active bugs is your child's chance to play games, sing songs, and shake their sillies out! These hour-and-a-half, non-parented classes run across the city!

Program Locations:

Grand Trunk Fitness and Leisure Centre, Kinsmen Sports Centre, Londonderry Fitness and Leisure Centre, Prince of Wales Armouries and Terwillegar Community Recreation Centre



Grand Trunk Aquatic Program Schedule

SATURDAYS: JANUARY 8 – MARCH 19, 2011					10 LESSONS
9:00AM	SWIM KIDS 2 376000	SWIM KIDS 1 375994	4 & 5 YR OLD ADV 375979	SUPER 3 YR OLD 376014	SWIM KIDS 5 376007
9:15AM					
9:30AM	SWIM KIDS 1 375995	SWIM KIDS 2 375998	4 & 5 YR OLD BEG 375985	4 & 5 YR OLD ENR 375981	SWIM KIDS 7,8 376011
9:45AM					
10:00AM	SUPER 3 YR OLD 376016	4 & 5 YR OLD ADV 375980	SWIM KIDS 3 376002	SWIM KIDS 6 376008	SWIM KIDS 2 375996
10:15AM					
10:30AM	4 & 5 YR OLD BEG 375984	PARENT & TOT 375989			
10:45AM					
11:00AM			SUPER 3 YR OLD 376015	4 & 5 YR OLD BEG 375986	SWIM KIDS 1 375991
11:15AM					
11:30AM	SWIM KIDS 4 376005	SWIM KIDS 9,10 376012	SWIM KIDS 2 375997	SWIM KIDS 6 376009	4 & 5 YR OLD ADV 375983
11:45AM					
12:00PM			SWIM KIDS 1 375993	PRIVATE LESSONS	SUPER 3 YR OLD 376013
12:15PM	SWIM KIDS 5 376006	SWIM KIDS 7,8 376010			
12:30PM					
12:45PM			PRIVATE LESSONS	PARENT & TOT 375990	4 & 5 YR OLD BEG 375987
1:00PM		SWIM KIDS 4 376004			
1:15PM					
1:30PM	4 & 5 YR OLD ENR 375982	SWIM KIDS 2 375999	SWIM KIDS 3 376003	SWIM KIDS 1 375992	ADULT SWIM STROKES 375988
1:45PM					

! No Lesson February 19

! Parent Discussion Day February 5

PRIVATE LESSON	JAN 8	376027	JAN 15	376028	JAN 22	376029	JAN 29	376030	FEB 5	376031
12:15PM	FEB 12	376032	FEB 26	376033	MAR 5	376034	MAR 12	376035	MAR 19	376036

PRIVATE LESSON	JAN 8	376018	JAN 15	376017	JAN 22	376019	JAN 29	376020	FEB 5	376021
12:45PM	FEB 12	376022	FEB 26	376023	MAR 5	376024	MAR 12	376025	MAR 19	376026

SUNDAYS: JANUARY 9 – MARCH 20, 2011					10 LESSONS
10:00AM	SWIM KIDS 1 376043	SWIM KIDS 5 376049	SWIM KIDS 9,10 376052	SWIM KIDS 3 376048	SWIM KIDS 2 376057
10:15AM					
10:30AM	4 & 5 YR OLD BEG 376042	PARENT & TOT 376050	SUPER 3 YR OLD 376054	4 & 5 YR OLD ADV 376038	SWIM KIDS 7,8 376059
10:45AM					
11:00AM	SWIM KIDS 3 376046	4 & 5 YR OLD BEG 376041	SWIM KIDS 6 376053	SWIM KIDS 2 376055	SWIM KIDS 4 376058
11:15AM					
11:30AM					
11:45AM		4 & 5 YR OLD ENR 376040		SWIM KIDS 1 376045	
12:00PM	SWIM KIDS 3 376047			PARENT & TOT 376051	
12:15PM					
12:30PM		4 & 5 YR OLD ADV 376039			
12:45PM	SWIM KIDS 1 376044			SWIM KIDS 2 376056	
1:00PM					

! No Lesson February 20

! Parent Discussion Day February 6

MONDAYS & WEDNESDAYS: JANUARY 10 – FEBRUARY 9, 2011**10 LESSONS**

4:00PM	4 & 5 YR OLD BEG 375683	SWIM KIDS 2 375693	SWIM KIDS 4 375697	SWIM KIDS 6 375701
4:15PM				
4:30PM	4 & 5 YR OLD BEG 375685	SWIM KIDS 9,10 375705	SWIM KIDS 1 375691	SWIM KIDS 3 375695
4:45PM				
5:00PM	SUPER 3 YR OLD 375707	SWIM KIDS 5 375699	SWIM KIDS 7,8 375703	4 & 5 YR OLD ADV/ENR 375687
5:15PM				
5:30PM	SWIM KIDS 1 375689			
5:45PM				

! Parent Discussion Day January 24

! No Lesson February 21

MONDAYS & WEDNESDAYS: FEBRUARY 14 – MARCH 21, 2011**10 LESSONS**

4:00PM	4 & 5 YR OLD BEG 375684	SWIM KIDS 2 375755	SWIM KIDS 4 375698	SWIM KIDS 6 375702
4:15PM				
4:30PM	4 & 5 YR OLD BEG 375686	SWIM KIDS 9,10 375706	SWIM KIDS 1 375692	SWIM KIDS 3 375696
4:45PM				
5:00PM	SUPER 3 YR OLD 375708	SWIM KIDS 5 375700	SWIM KIDS 7,8 375704	4 & 5 YR OLD ADV/ENR 375688
5:15PM				
5:30PM	SWIM KIDS 1 375690			
5:45PM				

! Parent Discussion Day March 2

TUESDAYS: JANUARY 11 – MARCH 15, 2011**10 LESSONS**

4:00PM	4 & 5 YR OLD BEG 375713	SWIM KIDS 4 375762	SWIM KIDS 7,8 375781	4 & 5 YR OLD ADV/ENR 375722	SWIM KIDS 2 375752		
4:15PM							
4:30PM	SWIM KIDS 1 375742	4 & 5 YR OLD BEG 375717	SWIM KIDS 5 375766	SWIM KIDS 3 375761	PARENT & TOT 375726		
4:45PM							
5:00PM	SUPER 3 YR OLD 375709	SWIM KIDS 3 375757	SWIM KIDS 4 375765	SWIM KIDS 1 375745	SWIM KIDS 6 375777		
5:15PM							
5:30PM	4 & 5 YR OLD ADV/ENR 375729						
5:45PM							
6:00PM					SUPER 3 YR OLD 375712		
6:15PM		PARENT & TOT 375723					
6:30PM	SWIM KIDS 9,10 375782	4 & 5 YR OLD ADV/ENR 375719	SWIM KIDS 2 375750	SWIM KIDS 5 375769	SWIM KIDS 3 375758		
6:45PM							
7:00PM	4 & 5 YR OLD BEG 375716	ADULT SWIM BASICS 375727	SWIM KIDS 1 375744	SWIM KIDS 2 375751			
7:15PM							
7:30PM	SWIM KIDS 1 375743						
7:45PM			PRIVATE LESSONS				

! Parent Discussion Day February 8

PRIVATE LESSON	JAN 11	375799	JAN 25	375846	FEB 8	375848	FEB 22	375850	MAR 8	375852
7:30PM	JAN 18	375845	FEB 1	375847	FEB 15	375849	MAR 1	375851	MAR 15	375854

THURSDAYS: JANUARY 13 – MARCH 17, 2011					10 LESSONS
4:00PM	4 & 5 YR OLD BEG 375714	SWIM KIDS 4 375763	SWIM KIDS 7,8 375780	4 & 5 YR OLD ADV/ENR 375721	SWIM KIDS 2 375753
4:15PM	SWIM KIDS 1 375746	4 & 5 YR OLD BEG 375718	SWIM KIDS 5 375767	SWIM KIDS 3 375760	PARENT & TOT 375725
4:30PM					SWIM KIDS 6 375778
4:45PM	SUPER 3 YR OLD 375710	SWIM KIDS 3 375756	SWIM KIDS 4 375764	SWIM KIDS 1 375749	SUPER 3 YR OLD 375711
5:00PM					
5:15PM	4 & 5 YR OLD ADV/ENR 375787	PARENT & TOT 375724	SWIM KIDS 2 375754	SWIM KIDS 6 375773	SWIM KIDS 3 375759
5:30PM					
5:45PM	SWIM KIDS 9,10 375784	4 & 5 YR OLD ADV/ENR 375720	SWIM KIDS 1 375748	SWIM KIDS 5 375768	PRIVATE LESSON
6:00PM					
6:15PM	4 & 5 YR OLD BEG 375715	ADULT SWIM BASICS 375728	PRIVATE LESSON	SWIM KIDS 2 375694	PRIVATE LESSON
6:30PM					
6:45PM	SWIM KIDS 1 375747	ADULT SWIM BASICS 375728	PRIVATE LESSON	SWIM KIDS 2 375694	PRIVATE LESSON
7:00PM					
7:15PM	SWIM KIDS 1 375747	ADULT SWIM BASICS 375728	PRIVATE LESSON	SWIM KIDS 2 375694	PRIVATE LESSON
7:30PM					
7:45PM	SWIM KIDS 1 375747	ADULT SWIM BASICS 375728	PRIVATE LESSON	SWIM KIDS 2 375694	PRIVATE LESSON
7:45PM					

! Parent Discussion Day February 10

PRIVATE LESSON	JAN 13	375800	JAN 27	375857	FEB 10	375860	FEB 24	375862	MAR 10	375864
7:30PM	JAN 20	375856	FEB 3	375858	FEB 17	375861	MAR 3	375863	MAR 17	375865

St. Francis Xavier Sports Centre

NOW OPEN TO THE PUBLIC!



OWNED AND OPERATED BY THE CITY OF EDMONTON IN PARTNERSHIP WITH EDMONTON CATHOLIC SCHOOLS.

The St. Francis Xavier Sports Centre features:

- ▶ three full-size gymnasiums
- ▶ an elevated walking/jogging track
- ▶ spectator seating
- ▶ a cage that can be used for golf and batting practice
- ▶ amenities to support a wide range of recreation activities such as basketball, volleyball, badminton, soccer, futsal and martial arts

The new centre adds to other facilities available in the Johnny Bright Sports Park, including Bill Hunter Arena, Jasper Place Bowl and Jasper Place Fitness and Leisure Centre.

Students will have exclusive use of two gymnasiums during the school day while the remaining one will be open to the public. In the evenings and on weekends, it is available to the community.

In addition to drop-in gymnasium times, registered and drop-in programs are also available at the centre.

Located adjacent to
St. Francis Xavier High School
at 9240-163 Street



Hardisty Fitness and Leisure Centre

10535 – 65 STREET

CALL 311 (780-442-5311 OUTSIDE EDMONTON)

www.edmonton.ca

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 quite popular with fitness-minded individuals.



HARDISTY FITNESS & LEISURE CENTRE CLOSED FOR MAINTENANCE AND UPGRADES: DECEMBER 6, 2010 – JANUARY 2012

Hardisty Fitness and Leisure Centre will be closed for maintenance and infrastructure upgrades beginning on December 6, 2010. The entire facility will be closed during this time including the pool, sauna, steamroom, whirlpool, fitness centre and locker rooms. Hardisty will re-open in February of 2012.

The upgrades will improve the overall experience for users, make the facility more energy efficient, help to extend the lifespan of the facility, and better serve the changing recreation, sports and fitness needs of Edmontonians in the future. For more information on the project, please call 311. Project upgrades will be posted on Hardisty's web page at www.edmonton.ca.

We look forward to an improved Hardisty Fitness and Leisure Centre in the future. We apologize for any inconvenience. Thank you for your patience. Please feel free to continue your fitness and recreation activities at a neighbouring City of Edmonton Leisure Centre. Admission to other facilities and/or programs dependent on your pass privileges. If you have any questions with respect to your pass privileges please refer to admission/membership advertising or ask the cashiers.

 Schedule subject to change



terwillegar
community recreation centre

where community comes to life

Program registration opens
November 1, 2010. Register online at
edmonton.ca/ereg or call 311.

THE CITY OF
Edmonton



Jasper Place Fitness and Leisure Centre

9200 – 163 STREET CALL 311 (780-442-5311 OUTSIDE EDMONTON)

www.edmonton.ca

Jasper Place is a wonderful facility in the city's west end offering leisure and fitness opportunities for all ages. The fitness centre and circuit training program are great for workouts. The facility has one of Edmonton's largest teach pools for children.



JASPER PLACE FACILITY SCHEDULE: JANUARY 3 – MARCH 26, 2011

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CASH DESK	9AM–8:15PM	8:45AM–8:30PM	8:45AM–9:15PM	8:45AM–8:30PM	8:45AM–9:15PM	8:45AM–8:45PM	8:45AM–8:15PM
FITNESS CENTRE	9AM–10PM	6–7:45AM * 9:45AM–5PM 8–10PM *	6AM–10PM	6–7:45AM * 9:45AM–5PM 8–10PM *	6AM–10PM	6–7:45AM * 9:45AM–9:30PM	8–9AM 11AM–9PM
STEAM ROOM HOURS SUBJECT TO CHANGE	9AM–4PM 7–10PM	8–9AM 12–1PM 4–10PM	11AM–1PM 4–10PM	8–9AM 12–1PM 4–10PM	11AM–1PM 4–10PM	8–9AM 12–1PM 4–5M 7:30–9:30PM	8AM–4PM 7–9PM
LANE SWIM	9–10PM W	6–8AM 4L * 12–1PM 2L 8–8:30PM W 8:30–10PM 4L *	6–8AM 4L * 12–1PM 2L	6–8AM 4L * 12–1PM 2L 8–8:30PM W 8:30–10PM 4L *	6–8AM 4L * 12–1PM 2L	6–8AM 4L * 12–1PM 2L	
FAMILY SWIM	1–2PM						
TEACH POOL SWIM	9–10PM	12–1PM 8–10PM *	11AM–1PM 9–10PM	12–1PM 8–10PM *	11AM–1PM 9–10PM	12–1PM 4–5PM	
PUBLIC SWIM	2–4PM 7–9PM		7:30–9PM		7:30–9PM	7:30–9:30PM	2–4PM 7–9PM
COMMUNITY SWIM	4–7PM						6–7PM
SHALLOW WATER AQUAFIT	9–10AM	8–9AM 7:30–8:30PM	11AM–12PM	8–9AM 7:30–8:30PM	11AM–12PM	8–9AM	
DEEP WATER AQUAFIT			9–10PM		9–10PM		
CIRCUIT TRAINING		7:45–9:45AM * 5–8PM		7:45–9:45AM * 5–8PM		7:45–9:45AM *	9AM–11AM
SWIM LESSON PROGRAM	9AM–1PM	4–7:30PM	5–7:30PM	4–7:30PM	5–7:30PM	5–7:30PM	8AM–2PM
POOL RENTAL AVAILABILITY	Inquire with cashiers about the Party Room availability!						4–6PM
FREE PUBLIC SKATING							1:30–2:30PM

- ⓘ Schedule subject to change.
- * Pass Holders only
- L Indicates number of lanes available
- W Indicates width swim only in the deep end
- ⓘ Free Public Skate, Youth and Adult Shiny Hockey schedules subject to change. For updated schedules and additional skates please visit www.edmonton.ca/arenas or call 311.

All facility schedules are available online at www.edmonton.ca

HOLIDAY HOURS

NEW YEARS DAY: SAT, JAN 1

CLOSED

FAMILY DAY: MON, FEB 21

2-4PM FITNESS CENTRE
2-4PM PUBLIC SWIM

SPRING BREAK: MAR 26-APR 1

2-4PM ADD'L PUBLIC SWIMS

A NEW YEAR, A NEW YOU!



Start it in our Fitness Centre!

See detailed descriptions of all Drop-in and Registered Programs on pages 93 – 102.

Child/Youth Registered Programs

YOUTH IN ACTION	374683	SATURDAY, JAN 15	1 – 4PM	\$30.00
	374689	SATURDAY, FEB 12	1 – 4PM	\$30.00
	374682	SATURDAY, MAR 26	1 – 4PM	\$30.00

Adult Registered Programs

WOMEN ON WEIGHTS	374622	SUNDAYS, JAN 9 – FEB 13 (6 CLASSES)	9 – 10AM	\$54.00
	374603	SUNDAYS, FEB 20 – MAR 27 (6 CLASSES)	9 – 10AM	\$54.00

Adult Drop-in Fitness Classes

CIRCUIT TRAINING	MONDAY, WEDNESDAY & FRIDAY MORNINGS		7:45 – 9:45AM
	MONDAY & WEDNESDAY EVENINGS		5 – 8PM
	SATURDAY MORNINGS		9 – 11AM

CLASSES INCLUDED IN A TIER 2 ADMISSION PASS. PLEASE CONTACT CASHIERS FOR DETAILS.

Amenities

- 23 m, 6 lane swimming pool
- Shallow warm water teach pool
- Steam room, giant waterslide, diving boards (1, 3 and 5 m), slides, swing rope, and pool toys
- Regular change rooms
- Family/disabled change room
- Fitness centre
- Meeting/party room
- Adjacent indoor ice arena
- Outdoor tennis courts, sports fields
- Complimentary wallet and purse lockers in lobby for valuables

www.edmonton.ca/eReg
 ONLINE REGISTRATION

Jasper Place Aquatic Program Schedule

SUNDAYS: JANUARY 9 – MARCH 20, 2011

10 LESSONS

9:00AM		4&5 YR OLD BEG 371069	PARENT & TOT 371067	SWIM KIDS 5,6 371085	SWIM KIDS 7,8 371086
9:15AM		SUPER 3 YR OLD 371063	4&5 YR OLD BEG 371070		
9:30AM			SWIM KIDS 2 371077		
9:45AM		SWIM KIDS 3 371080			
10:00AM	SWIMABILITIES 1 371092	SWIM KIDS 5,6 371084	SUPER 3 YR OLD 371065	SWIM KIDS 9,10 371088	4&5 YR OLD ADV 371072
10:15AM			4&5 YR OLD BEG 371071		
10:30AM	SWIMABILITIES 2 371093	SWIM KIDS 1 371075	PRIVATE LESSON	PARENT & TOT 371068	SWIM KIDS 3,4 371081
10:45AM					
11:00AM	SWIMABILITIES 3,4 371094	SWIM KIDS 7,8 371087	SWIM KIDS 3,4 371082	SUPER 3 YR OLD 371066	SWIM KIDS 2 371078
11:15AM					
11:30AM	4&5 YR OLD ADV 371073	SWIM KIDS 2 371079		SWIM KIDS 2 371079	SWIM KIDS 1 371076
11:45AM					
12:00PM					
12:15PM					
12:30PM					
12:45PM					

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

PRIVATE LESSON	JAN 9	371095	JAN 23	371097	FEB 6	371099	FEB 27	371101	MAR 13	371103
11:45AM-12:15PM	JAN 16	371096	JAN 30	371098	FEB 13	371100	MAR 6	371102	MAR 20	371104

MONDAYS: JANUARY 10 – MARCH 21, 2011					10 LESSONS		
4:00PM		SUPER 3 YR OLD 370426			4 & 5 YR OLD BEG 370420		
4:15PM							
4:30PM		4 & 5 YR OLD BEG 370421			SUPER 3 YR OLD 370427		
4:45PM							
5:00PM		4 & 5 YR OLD BEG 370422			PARENT & TOT 370429		
5:15PM							
5:30PM	SWIM KIDS 3 370431	SWIM KIDS 5,6 370435	4 & 5 YR OLD ADV 370437	SWIM KIDS 7, 8 370439	SWIM KIDS 2 370441	SWIM KIDS 4 370443	4 & 5 YR OLD BEG 370423
5:45PM							
6:00PM			SWIM KIDS 2 370442	ASSESSMENT	SWIM KIDS 1 370446		SWIM KIDS 9,10 370448
6:15PM	4 & 5 YR OLD ENR 370444					PARENT & TOT 370430	
6:30PM		SWIM KIDS 1 370445	SWIM KIDS 3,4 370433	SUPER 3 YR OLD 370428			
6:45PM	SWIM KIDS 7, 8 370440	PRIVATE LESSONS		4 & 5 YR OLD ADV 370438	ADULT SWIM STROKES 370449	SWIM KIDS 5,6 370436	SWIM KIDS 1,2 370447
7:00PM							
7:15PM							

! No Lesson February 21

! Parent Discussion Day February 7

PRIVATE LESSON	JAN 10	370450	JAN 24	370452	FEB 7	370454	FEB 28	370456	MAR 14	370458
7-7:30PM	JAN 17	370451	JAN 31	370453	FEB 14	370455	MAR 7	370457	MAR 21	370459

SWIM ASSESSMENT	JAN 10	370460	JAN 24	370462	FEB 7	370464	FEB 28	370466	MAR 14	370468
6:15-6:30PM	JAN 17	370461	JAN 31	370463	FEB 14	370465	MAR 7	370467	MAR 21	370469

TUESDAYS & THURSDAYS: JANUARY 11 – FEBRUARY 3, 2011					8 LESSONS	
5:00PM				SUPER 3 YR OLD 371105	4 & 5 YR OLD BEG 371113	
5:15PM						
5:30PM	SWIM KIDS 2 371125	SWIM KIDS 1 371121		PARENT & TOT 371109	SWIM KIDS 5,6 371131	BRONZE MEDALLION 371135 EXAM: TUE, FEB 8, 5-8PM
5:45PM						
6:00PM	4 & 5 YR OLD ADV 371119	SUPER 3 YR OLD 371106		SWIM KIDS 3,4 371129	PARENT & TOT 371111	
6:15PM						
6:30PM	4 & 5 YR OLD BEG 371114	SWIM KIDS 2 371126		SWIM KIDS 7,8 371133	SWIM KIDS 2 371162	
6:45PM						
7:00PM	SWIM KIDS 1 371122	4 & 5 YR OLD BEG 371115				
7:15PM						

! Parent Discussion Day January 20



SwimAbilities 1. 2. 3. 4

SwimAbilities is a unique swim program for children/youth ages 4 - 16 who have disabilities. A family member or aide is required to be in the water with the child at all times. For more information, please see the full program description in the back of the guide, and see the facility program schedules for dates and times.

Offered at Jasper Place Fitness and Leisure Centre



TUESDAYS & THURSDAYS: FEBRUARY 15 – MARCH 10, 2011**8 LESSONS**

5:00PM			SUPER 3 YR OLD 371108	4 & 5 YR OLD BEG 371116	BRONZE CROSS 371136 EXAM: TUE, MAR 15, 5-8PM
5:15PM					
5:30PM	SWIM KIDS 2 371127	SWIM KIDS 1 371123	PARENT & TOT 371110	SWIM KIDS 5,6 371132	
5:45PM					
6:00PM	4 & 5 YR OLD ADV 371120	SUPER 3 YR OLD 371107	SWIM KIDS 3,4 371130	PARENT & TOT 371112	
6:15PM					
6:30PM	4 & 5 YR OLD BEG 371117	SWIM KIDS 2 371128			
6:45PM					
7:00PM	SWIM KIDS 1 371124	4 & 5 YR OLD BEG 371118	SWIM KIDS 9,10 371134	SWIM KIDS 2 371163	
7:15PM					

! Parent Discussion Day February 24

WEDNESDAYS: JANUARY 12 – MARCH 16, 2011**10 LESSONS**

4:00PM			4 & 5 YR OLD ADV 370562	SWIM KIDS 1 370565	SWIM KIDS 3 370569	SWIM KIDS 4 370574	
4:15PM							
4:30PM		SWIM KIDS 2 370576	SWIM KIDS 1 370566	PARENT & TOT 370579	PRIVATE LESSONS	SWIM KIDS 7, 8 370581	SWIM KIDS 5,6 370717
4:45PM							
5:00PM	SWIM KIDS 3,4 370572	SUPER 3 YR OLD 370712	4 & 5 YR OLD BEG 370714	4 & 5 YR OLD ADV 370563			
5:15PM							
5:30PM	4 & 5 YR OLD ENR 370719				SWIM KIDS 9,10 370720	SWIM KIDS 3,4 370573	BRONZE STAR 370723
5:45PM		4 & 5 YR OLD BEG 370715	SWIM KIDS 1 370567	SWIM KIDS 2 370577			
6:00PM							
6:15PM		SWIM KIDS 1 370568	SWIM KIDS 3 370570	SUPER 3 YR OLD 370713	PARENT & TOT 370580		
6:30PM	SWIM KIDS 5, 6 370718						4 & 5 YR OLD BEG 370716
6:45PM		SWIM KIDS 7,8 370721			ADULT SWIM BASICS 370722		
7:00PM	4 & 5 YR OLD ADV 370564			PRIVATE LESSONS		SWIM KIDS 4 370575	
7:15PM							

! Parent Discussion Day February 9

PRIVATE LESSON	JAN 12	370725	JAN 26	370727	FEB 9	370729	FEB 23	370731	MAR 9	370733
7-7:30PM	JAN 19	370726	FEB 2	370728	FEB 16	370730	MAR 2	370732	MAR 16	370734

PRIVATE LESSON	JAN 12	370735	JAN 26	370737	FEB 9	370739	FEB 23	370741	MAR 9	370743
4:45-5:15PM	JAN 19	370736	FEB 2	370738	FEB 16	370740	MAR 2	370742	MAR 16	370744

FRIDAYS: JANUARY 14 – MARCH 25, 2011**10 LESSONS**

5:00PM		PARENT & TOT 370865	4 & 5 YR OLD BEG 370862		
5:15PM					
5:30PM	SUPER 3 YR OLD 370867	SWIM KIDS 3,4 370869	SWIM KIDS 2 370870	SWIM KIDS 7,8 370874	EDMONTON OCEAN JUNIOR LIFESAVING CLUB 5:30-7:30PM
5:45PM					
6:00PM	4 & 5 YR OLD BEG 370863		4 & 5 YR OLD ADV 370876	SUPER 3 YR OLD 370868	
6:15PM		SWIM KIDS 5,6 370873	4 & 5 YR OLD BEG 370864		
6:30PM	SWIM KIDS 1 370872				
6:45PM				SWIM KIDS 9,10 370875	
7:00PM	PARENT & TOT 370866	4 & 5 YR OLD ADV 370877	SWIM KIDS 2 370871		
7:15PM					

! No Lesson February 18

! Parent Discussion Day February 11

SATURDAYS: JANUARY 15 – MARCH 26, 2011**10 LESSONS**

8:00AM		SUPER 3 YR OLD 370912	SWIM KIDS 3 370953		SWIM KIDS 4 370958		4 & 5 YR OLD BEG 370918		
8:15AM	SWIM KIDS 7,8 371017	4 & 5 YR OLD BEG 370919		SWIM KIDS 5,6 371012		SWIM KIDS 1 370937	PARENT & TOT 370926		
8:30AM									
8:45AM									
9:00AM	SWIM KIDS 4 370959	SWIM KIDS 2 370945	PARENT & TOT 370927	SUPER 3 YR OLD 370913	SWIM KIDS 3 370954	SWIM KIDS 9,10 371021	4 & 5 YR OLD ADV 370930		
9:15AM		SWIM KIDS 1 370938	4 & 5 YR OLD ENR 370935	SWIM KIDS 7,8 371018			4 & 5 YR OLD BEG 370931	SUPER 3 YR OLD 370914	4 & 5 YR OLD BEG 370920
9:30AM									
9:45AM									
10:00AM	SWIM KIDS 2 370946	SWIM KIDS 3,4 370957	SWIM KIDS 1 370939	4 & 5 YR OLD BEG 370921			PARENT & TOT 370928		
10:15AM			ASSESSMENT				SWIM KIDS 2 370948	PRIVATE LESSONS	
10:30AM	SWIM KIDS 5,6 371013								
10:45AM									
11:00AM									
11:15AM	4 & 5 YR OLD ADV 370932	SWIM KIDS 5 371015	SWIM KIDS 6 371016				PRIVATE LESSONS		
11:30AM									
11:45AM									
12:00PM	SWIM KIDS 2 370949	4 & 5 YR OLD ENR 370936		SWIM KIDS 1 370941		SWIM KIDS 3 370955	4 & 5 YR OLD BEG 370922		
12:15PM									
12:30PM	PARENT & TOT 370929	SWIM KIDS 1 370942	SWIM KIDS 4 370960	SUPER 3 YR OLD 370916	SWIM KIDS 7,8 371020				
12:45PM				4 & 5 YR OLD BEG 370924				SWIM KIDS 2 370950	
1:00PM	SUPER 3 YR OLD 370917	4 & 5 YR OLD ADV 370933	SWIM KIDS 1 370943		4 & 5 YR OLD BEG 370923	SWIM KIDS 3 370956	SWIM KIDS 2 370951		
1:15PM									
1:30PM	SWIM KIDS 1 370944	4 & 5 YR OLD BEG 370925	SWIM KIDS 2 370952	SWIM KIDS 4 370961		PRIVATE LESSONS	4 & 5 YR OLD ADV 370934		
1:45PM								SWIM KIDS 5,6 371014	

! No Lesson February 19

! Parent Discussion Day February 12

PRIVATE LESSON	JAN 15	371023	JAN 29	371025	FEB 12	371027	MAR 5	371029	MAR 19	371031
10:45-11:15AM	JAN 22	371024	FEB 5	371026	FEB 26	371028	MAR 12	371030	MAR 26	371032

PRIVATE LESSON	JAN 15	371033	JAN 29	371035	FEB 12	371037	MAR 5	371039	MAR 19	371041
11:15-11:45AM	JAN 22	371034	FEB 5	371036	FEB 26	371038	MAR 12	371040	MAR 26	371042

PRIVATE LESSON	JAN 15	371043	JAN 29	371045	FEB 12	371047	MAR 5	371049	MAR 19	371051
1:30-2PM	JAN 22	371044	FEB 5	371046	FEB 26	371048	MAR 12	371050	MAR 26	371052

SWIM ASSESSMENT	JAN 15	371053	JAN 29	371055	FEB 12	371057	MAR 5	371059	MAR 19	371061
10:30-10:45AM	JAN 22	371054	FEB 5	371056	FEB 26	371058	MAR 12	371060	MAR 26	371062

Advanced Courses

SWIM PATROL	370724	WEDNESDAYS, JAN 12 – MAR 16	6:30 – 7:15PM
BRONZE STAR	370723	WEDNESDAYS, JAN 12 – MAR 16	5:30 – 6:30PM
BRONZE MEDALLION	371135	TUESDAYS & THURSDAYS, JAN 11 – FEB 3	5 – 7:30PM EXAM: TUESDAY, FEB 8, 5 – 8PM
BRONZE CROSS	371136	TUESDAYS & THURSDAYS, FEB 15 – MAR 10	5 – 7:30PM EXAM: TUESDAY, MAR 15, 5 – 8PM

Jasper Place Annex

9200 – 163 STREET

CALL 311 (780-442-5311 OUTSIDE EDMONTON)

www.edmonton.ca

The Jasper Place Annex offers more ways to be active, learn and have fun! The facility is located between the Jasper Place Fitness and Leisure Centre and the Bill Hunter Arena in west Edmonton. Explore your creative potential, learn a new skill, stay healthy and fit, and so much more!



See detailed descriptions of all Drop-in and Registered Programs on pages 93 – 102.

Preschool Registered Programs

ACTIVE BUGS AGES 3-5	375084	TUESDAYS, JAN 11 – MAR 29 (12 CLASSES)	9 – 10:30AM	\$105.00
	375085	TUESDAYS, JAN 11 – MAR 29 (12 CLASSES)	10: 45AM – 12:15PM	\$105.00
ALPHABET SOUP AGES 3 ½-5	373825	FRIDAYS, JAN 14 – MAR 18	1 – 3PM	\$114.00
DANCE & MASK CREATIONS AGES 3-5	374430	WEDNESDAYS, FEB 2 – MAR 9	9:45 – 11AM	\$75.00
FOOTLIGHTS & FANCY FEET AGE 3	374433	TUESDAYS, JAN 25 – MAR 15	1:15 – 2PM	\$80.00
FOOTLIGHTS & FANCY FEET AGES 4-5	374434	TUESDAYS, JAN 25 – MAR 15	2:10 – 3PM	\$90.00
KIDS IN THE KITCHEN AGES 3 ½-5	373862	MONDAYS, JAN 10 – MAR 21 <i>*NOW RUNNING 10 WEEKS!</i>	1 – 3PM	\$138.00
SCRIBBLES & STRINGS AGES 2 ½-3 ½	374312	THURSDAYS, JAN 13 – MAR 17	10 – 11:15AM	\$70.50
SMALL FRIES AGES 2-4	373821	FRIDAYS, JAN 14 – MAR 18	10 – 11:15AM	\$70.50

Child/Youth Registered Programs

RED CROSS BABYSITTING COURSE AGES 11-16	374418	SATURDAY, FEB 5	9AM – 5PM	\$55.00
	374422	SATURDAY, MAR 5	9AM – 5PM	\$55.00
	374569	SATURDAY, MAR 26	9AM – 5PM	\$55.00
DANCE COMBO AGES 6-8	374431	TUESDAYS, JAN 18 – MAR 22	4:30 – 5:30PM	\$100.00
DANCE COMBO AGES 9-12	374432	TUESDAYS, JAN 18 – MAR 22	5:30 – 6:45PM	\$125.00

Adult Registered Programs

BALLROOM/LATIN DANCE COMBO	372801 (W)	TUESDAYS, JAN 18 – MAR 22	6:30PM – 8PM	\$135.00
	372811 (M)			
COUNTRY DANCE	372817 (W)	TUESDAYS, JAN 18 – MAR 22	8 – 9:30PM	\$135.00
	372818 (M)			
PILATES 1	375333	MONDAYS, JAN 10 – FEB 14 (6 CLASSES)	7:15 – 8:15PM	\$ 60.00
	375370	MONDAYS, FEB 28 – MAR 28 (5 CLASSES)	7:15 – 8:15PM	\$ 50.00
ZUMBA	375313	THURSDAYS, JAN 13 – FEB 17 (6 CLASSES)	5:15 – 6:15PM	\$ 60.00
	375314	THURSDAYS, FEB 24 – MAR 31 (6 CLASSES)	5:15 – 6:15PM	\$ 60.00

Rental Opportunities

The Jasper Place Annex has a variety of spaces available to rent for family or community gatherings, meetings or special events. Please call **311** for more information.

Kinsmen Sports Centre

9100 WALTERDALE HILL CALL 311 (780-442-5311 OUTSIDE EDMONTON)

www.edmonton.ca

Kinsmen Sports Centre is Edmonton's premier multi-purpose sports facility with an extensive assortment of world-class amenities unique to the city. Perfect for athletes training for competition and fitness enthusiasts too. The large facility is located in the scenic river valley only minutes away from the downtown core.



KINSMEN FACILITY SCHEDULE: JANUARY 3 – MARCH 26, 2011

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CASH DESK	7AM–9:45PM	5:30AM–9:45PM	5:30AM–9:45PM	5:30AM–9:45PM	5:30AM–9:45PM	5:30AM–9:45PM	7AM–9:45PM
KELTIE BYRNE FITNESS CENTRE	7AM–10:30PM	5:30AM–10:30PM	5:30AM–10:30PM	5:30AM–10:30PM	5:30AM–10:30PM	5:30AM–10:30PM	7AM–10:30PM
FIELDHOUSE WEIGHT ROOM	7AM–9AM	5:30AM–5PM	5:30–8AM 9AM–5PM	5:30AM–5PM	5:30–8AM 9AM–5PM	5:30AM–5PM	8:30AM–1PM
UPPER INDOOR TRACK 250 M	7AM–10:30PM	5:30AM–10:30PM	5:30AM–10:30PM	5:30AM–10:30PM	5:30AM–10:30PM	5:30AM–10:30PM	7AM–10:30PM
INDOOR PLAYGROUND	9AM–8PM**	11:30AM–4PM	11:30AM–8PM		11:30AM–4PM	12:30–8PM	12:30–8PM**
	**Between these hours parents must sign out a key from the front desk. Please keep the Indoor Playground door closed and locked during these times						
KID'S DEN		8:45AM–1PM 4:30–8PM	8:45AM–1PM	8:45AM–3PM 4:30–8PM	8:45AM–1PM 4:30–8PM	8:45AM–1PM	8:45AM–1PM
SAUNAS	7AM–10PM	5:30AM–10PM	5:30AM–10PM	5:30AM–10PM	5:30AM–10PM	5:30AM–10PM	7AM–10PM
SWIM LESSON PROGRAM	9AM–2PM	9:30–11:30AM	9:30–11:30AM			9:30–11:30AM	9AM–2PM
SHALLOW WATER AQUAFIT		10–11AM	10–11AM	10–11AM	10–11AM	10–11AM	
SWIM TRAINING		6–7AM 9:30–10:30AM 7–8PM	6–7AM	6–7AM 9:30–10:30AM 7–8PM	6–7AM	6–7AM 9:30–10:30AM	12–1PM
LANE SWIM 50 METRE COMPETITION POOL		5:30AM–2:30PM 2:30–8PM ** 8–10PM	5:30AM–4:30PM 4:30–6:30PM ** 6:30–10PM	5:30AM–2:30PM 2:30–6:30PM ** 6:30–8PM	5:30AM–4:30PM 4:30–6:30PM ** 6:30–8:30PM	5:30AM–4:30PM * 4:30–6:30PM ** 6:30–8PM *	
LANE SWIM 25 METRE WARM UP POOL		7:30AM–10PM	7:30AM–8:30PM	7:30AM–10PM	7:30AM–8:30PM	7:30AM–10PM *	
PUBLIC SWIM WARM UP POOL		7:30AM–7:30PM 8:30PM–9:30PM	7:30AM–8:30PM	7:45AM–10PM	7:30AM–8:30PM	7:45AM–10PM	
TEACH POOL		7:30–9:30AM 12–10PM	7:30–9:30AM 12–10PM	7:45AM–10PM	7:30AM–10PM	7:30–9:30AM 12–10PM	
DIVE TANK	1–5PM *			9PM–10PM	9PM–10PM *	9PM–10PM *	2:30–5PM * SCUBA (7:30PM–8:30PM)

- ! Schedule is subject to change.
- ! Note: the competition pool times will have 5 or more lanes available unless identified differently
- * Friday, Saturday and Sunday schedule subject to change or cancellation due to major competitions.
- ** Limited lanes available
- ! The number of lanes may vary, please call 311 for updates
- ! During major events there may be limited parking

HOLIDAY HOURS

FAMILY DAY: MON, FEB 21

UNLESS SPECIFIED ALL HOLIDAY HOURS ARE 8AM – 10PM

Amenities

Why Kinsmen is the Number One Fitness Destination!

- 5 swimming pools; 50m, 2x25m, diving and teach pools
- Two indoor tracks (200m and 270m)
- Racquetball, squash, volleyball, wallyball, and badminton courts (reservation fee required)
- Table tennis
- Saunas
- Keltie Byrne Fitness Centre
- Cardio area
- Drop-in fitness programs
- Fieldhouse weight room
- A variety of aerobic fitness equipment including: stair climbers, elliptical trainers, treadmills, rowers, stationary bikes, arm ergometres, and much more.
- Free weight and stack weight equipment to accommodate the exercise beginner, and the Olympic athlete.
- Indoor tennis courts (reservation fee required)
- Outdoor tennis courts (seasonal)
- Complimentary wallet and purse lockers in lobby for valuables
- Children's Indoor Playground
- Drop-in Babysitting Service
- eZone Public Wireless Internet Connection

Telephone Directory

General inquiries, program registration and court bookings

Call 311

Sports Clubs at the Kinsmen

Aurora Synchronized Swim Club	780-439-7091
Edmonton Aquadette Masters	780-435-0383
Edmonton Keyano Swim Club	780-432-9448
Edmonton Masters Swim Club	780-450-8793
Edmonton Kinsmen Diving Club	780-436-4249
Edmonton Spring-Board and Platform Diving Club	780-444-7300
Edmonton Tsunami Waterpolo	780-913-7243
Edmonton Underwater Hockey	780-427-9125
Edmonton Whitewater Paddlers	780-434-9192
Olympian Swim Club	780-455-8457
Penguin Swimming	780-435-7946
Sport for Life	780-444-7300

Kinsmen Service Providers

The Running Room	780-433-5901
Kinsmen Sports Physical Therapy Clinic	780-432-9555
High Level Sports Massage and Injury Clinic	780-433-8434

A NEW YEAR, A NEW YOU!



Start it in our Fitness Centre!

All facility schedules are available online at www.edmonton.ca

www.edmonton.ca/eReg
ONLINE REGISTRATION

Stretching for Sport

Perfect for athletes and teams who want to increase range of motion and prevent injury. Stretching for sport teaches both dynamic and static stretching techniques!

Sessions can be set up for your team, or register for one of our programs running at Kinsmen, St. FX or the new Terwilligar Community Recreation Centre!



KINSMEN DROP-IN FITNESS SCHEDULE: JANUARY 3 – MARCH 26, 2011

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ABS ONLY! E		9:30–9:50AM	9:30–9:50AM		9:30–9:50AM		
CARDIO STRENGTH		12:10–12:55PM PR					
CIRCUIT TRAINING			8–9AM		8–9AM		
DROP-IN VOLLEYBALL E						5–7PM FH	
F.I.S.T				12:10–12:55PM PR 6:05–7PM FH	5:15–6:15PM PR, E		12–12:45PM PR
F.I.S.T & FLEX E			9:30–10:45AM PR,*				
LIVING FIT		9:15–10:15AM FH		9:15–10:15AM FH		9:15–10:15AM FH	
MIXED BAG STEP	9:45–11AM PR, I-A		5:15–6:15PM PR			9:30–10:45AM PR, E	
PICKLEBALL FH, E		10AM–12AM 1–2:30PM	1–2:30PM		10AM–12AM 1–2:30PM		
PILATES E			12–1PM PR				
POWER STEP E		5:30–6:45PM PR					
POWER YOGA						6:30–7:45PM PR, I-A	
RACE WALKING E				7–8:30PM FH			
SENIOR SPIN TRIAL				10–11AM RC			
SPIN BIKE CLASSES E	9–10AM 10–11AM RC		6:30–7:30AM RC		6:30–7:30AM RC	12–1PM 5–6PM RC	10–11AM RC
STEP AND CORE				9:30–10:45AM PR, I-A			
STEP PUMP E							8:45–10AM PR
STEP E	11:15AM–12:15PM PR			5:15–6PM FH, LT,*			11:15AM–12PM PR
STROLLERCIZE		9:45–11AM FH, PC	9:45–11AM FH, PC	1:15–2:30PM FH, PC		11AM–12:15PM FH, PC	
X-TREME TRAINING E		9:30–10:30AM PR,*					
YOGA LEVEL 1	3:45–5:15PM PR	10:45AM–12PM PR	6:30–7:45PM PR		9:30–11AM PR 8–9:15PM PR	12:10–1PM PR	
YOGA LEVEL 2	2–3:30PM PR		8–9:30PM PR		6:30–7:45PM PR		2–3:30PM PR
YP FUSION E				11AM–12PM PR	12–1PM PR		
YOGA FLOW 1 AND 2					6:30–7:45PM (LEVEL 2- PR) 8–9:15PM (LEVEL 1- PR)		

! Schedule subject to change. Please visit www.edmonton.ca/ for updates.

! Proper exercise wear is a requirement in order to participate in all drop-in programs. Please arrive at least 5 minutes before the class begins to avoid disruption.

E Everyone welcome.

***** No Step experience required.

FH Class is in the Field house

I-A Intermediate - Advanced

LT Learn To

PC Parent/Child

PR Class is in the Program Room

RC Class is in a Racquetball Court

See detailed descriptions of all Drop-in and Registered Programs on pages 93 – 102.

Drop-in Indoor Playground Services

INDOOR PLAYGROUND FOR AGES UP TO 6 YRS	JAN 4 – APRIL 2		\$3.00 PER CHILD
	MONDAYS/THURSDAYS	11:30AM – 4PM	
	TUESDAYS	11:30AM – 8PM*	
	FRIDAYS/ SATURDAYS	12:30 – 8PM*	
	SUNDAYS	9AM – 8PM*	

CLOSED WEDNESDAYS. HOURS AND PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE.
*NEED CHECK OUT KEY AT CASHIERS DESK ANYTIME AFTER 4PM AND ON WEEKENDS.

Registered Child Minding Services

THE KIDS DEN AGES 0-6	MONDAY/TUESDAY/THURSDAY/FRIDAY/SATURDAY DAYTIME	8:45AM – 1PM	\$5.95 AN HOUR PER CHILD
	WEDNESDAY DAYTIME	8:45AM – 3PM	
THE KIDS DEN AGES 0-11	MONDAY/WEDNESDAY/THURSDAY EVENING	4:30 – 8PM	

A MULTI-HOUR PASS IS AVAILABLE FROM THE CASHIERS AT ADDITIONAL SAVINGS:
 MULTI-HOURLY PASS: (10 HOURS OR MORE) \$54.50
 ANNUAL PASS: 1 CHILD (LIMITED): \$568.70
 2+ CHILDREN (LIMITED): \$770.00
 PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE. DROP-IN SPACES ARE SUBJECT TO AVAILABILITY.

Drop-In Leisure Opportunity

MULTI SENSORY ENVIRONMENT	PRICE SUBJECT TO CHANGE. MAXIMUM 5 PARTICIPANTS AT A TIME PLUS ATTENDANTS/PARENTS. SPACE IS USED ON A FIRST COME, FIRST SERVED BASIS, WHEN THE ROOM IS AVAILABLE. TO BOOK OR FOR MORE INFORMATION VISIT THE FRONT DESK OR PHONE 311.	\$2.05/HALF HOUR USAGE
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Preschool Registered Programs

ACTIVE BUGS AGES 3-5	375076	MONDAYS, JAN 10 – MAR 28 (11 CLASSES, NO CLASS FEB 2)	9:30 – 11AM	\$98.00
	375077	TUESDAYS, JAN 11 – MAR 29 (12 CLASSES)	9:30 – 11AM	\$105.00
	375078	WEDNESDAYS, JAN 12 – MAR 30 (12 CLASSES)	9:30 – 11AM	\$105.00
	375079	THURSDAYS, JAN 13 – MAR 31 (12 CLASSES)	9:30 – 11AM	\$105.00
	375262	FRIDAYS, JAN 14 – APR 1 (12 CLASSES)	9 – 10:30AM	\$105.00
	375080	FRIDAYS, JAN 14 – APR 1 (12 CLASSES)	10:45AM – 12:15PM	\$105.00
DOUBLE THE FUN AGES 3 ½-5	374112	TUESDAYS/THURSDAYS, JAN 11 – MAR 17	1:30 – 3:30PM	\$154.00

LOCATED IN KIDS DEN

KICK, CATCH, & CRAFT AGES 3-5	373823	WEDNESDAYS, JAN 12 – MAR 16	1 – 3PM	\$103.60
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LOCATED IN KIN KIDS FITNESS CENTRE

KIDS IN MOTION AGES 2 ½-3 ½	378640	MONDAYS, JAN 10 – MAR 14	1:30 – 2:30PM	\$46.00
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LOCATED IN KIDS DEN

SKIP, SING, & STRINGS AGES 1-3	378639	FRIDAYS, JAN 14 – MAR 4	1:30 – 3PM	\$79.50
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LOCATED IN KIDS DEN

Child/Youth Registered Programs

KIN KIDS CLUB AGES 6-8	375073	SATURDAYS, JAN 15 – MAR 19 (10 CLASSES)	9:30AM – 12PM	\$105.00
	374697	SATURDAY, JAN 15	12 – 3PM	\$30.00
	374698	SATURDAY, FEB 26	12 – 3PM	\$30.00
	374702	SATURDAY, MAR 19	12 – 3PM	\$30.00

Adult Registered Fitness Programs

ADVANCED CONDITIONING	374599	MONDAY – FRIDAY, JAN 10 – FEB 18 (6 WEEKS)	7:30 – 8:30PM	
	374615	MONDAY – FRIDAY, FEB 22 – APR 1 (6 WEEKS)	7:30 – 8:30PM	
	\$270.00 – 3 X WEEK (INCLUDES FACILITY ACCESS PASS AND UP TO 5 WORKOUTS) \$180.00 – 2 X WEEK (INCLUDES FACILITY ACCESS PASS) \$90.00 – 1 X WEEK			

ALL IN 60 MINUTES	374658	MONDAYS, JAN 10 – FEB 14 (6 CLASSES)	6:15 – 7:15PM	\$54.00	
	374660	TUESDAYS, JAN 11 – FEB 15 (6 CLASSES)	6 – 7PM	\$54.00	
	374668	THURSDAYS, JAN 13 – FEB 17 (6 CLASSES)	6 – 7PM	\$54.00	
	374629	SATURDAYS, JAN 15 – FEB 19 (6 CLASSES)	10 – 11AM	\$54.00	
	374659	MONDAYS, FEB 28 – MAR 28 (5 CLASSES)	6:15 – 7:15PM	\$45.00	
	374661	TUESDAYS, FEB 22 – MAR 29 (6 CLASSES)	6 – 7PM	\$54.00	
	374669	THURSDAYS, FEB 24 – MAR 31 (6 CLASSES)	6 – 7PM	\$54.00	
	374630	SATURDAYS, FEB 26 – APR 2 (6 CLASSES)	10 – 11AM	\$54.00	
BASIC FLY FISHING	379944	SUNDAYS, FEB 6 – MAR 13	7 – 10PM	\$250.00	
BOOT CAMP	374639	MONDAYS, JAN 10 – FEB 14 (6 CLASSES)	10 – 11AM	\$66.00	
	374596	MONDAYS, JAN 10 – FEB 14 (6 CLASSES)	7 – 8PM	\$66.00	
	374595	TUESDAYS, JAN 11 – FEB 15 (6 CLASSES)	7 – 8PM	\$66.00	
	374597	WEDNESDAYS, JAN 12 – FEB 16 (6 CLASSES)	7 – 8PM	\$66.00	
	374600	WEDNESDAYS, JAN 12 – FEB 16 (6 CLASSES)	10 – 11AM	\$66.00	
	374592	THURSDAYS, JAN 13 – FEB 17 (6 CLASSES)	7 – 8PM	\$66.00	
	374598	FRIDAYS, JAN 14 – FEB 18 (6 CLASSES)	7 – 8PM	\$66.00	
	374601	SATURDAYS, JAN 15 – FEB 19 (6 CLASSES)	9:15 – 10:15AM	\$66.00	
	374611	TUESDAYS, FEB 22 – MAR 29 (6 CLASSES)	7 – 8PM	\$66.00	
	374628	WEDNESDAYS, FEB 23 – MAR 30 (6 CLASSES)	10 – 11AM	\$66.00	
	374613	WEDNESDAYS, FEB 23 – MAR 30 (6 CLASSES)	7 – 8PM	\$66.00	
	374606	THURSDAYS, FEB 24 – MAR 31 (6 CLASSES)	7 – 8PM	\$66.00	
	374614	FRIDAYS, FEB 25 – APR 1 (6 CLASSES)	7 – 8PM	\$66.00	
	374618	SATURDAYS, FEB 26 – APR 2 (6 CLASSES)	9:15 – 10:15AM	\$66.00	
	374640	MONDAYS, FEB 28 – MAR 28 (5 CLASSES)	10 – 11AM	\$55.00	
	374612	MONDAYS, FEB 28 – MAR 28 (5 CLASSES)	7 – 8PM	\$55.00	
NEW! HEALTHY KICK START	378939	SATURDAY JAN 22	12 – 3PM	\$30.00	
	378940	SATURDAY, FEB 19	12 – 3PM	\$30.00	
	378941	SATURDAY, MAR 12	12 – 3PM	\$30.00	
KETTLEBELLS 101	374627	MONDAYS, JAN 10 – FEB 14 (6 CLASSES)	5 – 6PM	\$66.00	
	374625	WEDNESDAYS, JAN 12 – FEB 16 (6 CLASSES)	6:30 – 7:30AM	\$66.00	
	374645	MONDAYS, FEB 28 – MAR 28 (5 CLASSES)	5 – 6PM	\$55.00	
	374626	WEDNESDAYS, FEB 23 – MAR 30 (6 CLASSES)	6:30 – 7:30AM	\$66.00	
KICKBOXING	375324	SATURDAYS, JAN 15 – FEB 12 (5 CLASSES)	3:45 – 5PM	\$ 50.00	
	375326	SATURDAYS, FEB 19 – MAR 26 (5 CLASSES, NO CLASS FEB 26)	3:45 – 5PM	\$ 50.00	
KINSMEN TRIATHLON GROUP	376929	JAN 4 – MAR 31			
		TUESDAYS & THURSDAYS PM – BIKE/RUN TRAINING	6 – 8PM		
		SATURDAYS AM – SWIM TRAINING	11AM – 12PM		
	376930	JAN 4 – MAR 31			
		TUESDAYS & THURSDAYS AM – BIKE/RUN TRAINING	9:15 – 11:15AM		
		SATURDAYS AM – SWIM TRAINING	10:30AM – 12PM		
SCHEDULE SUBJECT TO CHANGE. \$432.00 – 3X/WEEK (INCLUDES FACILITY ACCESS PASS) \$292.00 – 2X/WEEK (INCLUDES FACILITY ACCESS PASS) \$152.00 – 1X/WEEK					

RESIST AND SPIN	374664	MONDAYS, JAN 10 – FEB 14 (6 CLASSES)	7:15 – 8:15PM	\$54.00
	374662	TUESDAYS, JAN 11 – FEB 15 (6 CLASSES)	7 – 8PM	\$54.00
	374666	WEDNESDAYS, JAN 12 – FEB 16 (6 CLASSES)	6 – 7PM	\$54.00
	374665	MONDAYS, FEB 28 – MAR 28 (5 CLASSES)	7:15 – 8:15PM	\$45.00
	374663	TUESDAYS, FEB 22 – MAR 29 (6 CLASSES)	7 – 8PM	\$54.00
	374667	WEDNESDAYS, FEB 23 – MAR 30 (6 CLASSES)	6 – 7PM	\$54.00
RESTORATIVE YOGA	375390	MONDAYS, JAN 10 – FEB 14 (6 CLASSES)	7 – 8:15PM	\$63.00
	375416	MONDAYS, FEB 28 – MAR 28 (5 CLASSES)	7 – 8:15PM	\$52.50
PILATES 1	375334	SATURDAYS, JAN 15 – FEB 12 (5 CLASSES)	1 – 2PM	\$50.00
	375366	WEDNESDAYS, FEB 23 – MAR 30 (6 CLASSES)	5:30 – 6:30PM	\$60.00
PILATES 2	375338	WEDNESDAYS, JAN 12 – FEB 16 (6 CLASSES)	5:30 – 6:30PM	\$60.00
	375365	SATURDAYS, FEB 19 – MAR 26 (5 CLASSES, NO CLASS FEB 26)	1 – 2PM	\$50.00
SAQ	368835	TUESDAYS, JAN 11-FEB 15 6 CLASSES	7 – 8PM	\$66.00
	368838	TUESDAYS, FEB 22 - MAR 29 6 CLASSES	7 – 8PM	\$66.00
SELF DEFENSE FOR WOMEN	368829	WEDNESDAYS, JAN 19 – MAR 9 (8 CLASSES)	6:30 – 8PM	\$108.00
SENIOR SPIN	375535	WEDNESDAYS FEB 2 – FEB 23 (4 CLASSES)	10 – 11AM	\$28.00
	375536	WEDNESDAYS MAR 2 – MAR 30 (5 CLASSES)	10 – 11AM	\$35.00
SPIN	375320	THURSDAYS, JAN 13 – FEB 17 (6 CLASSES)	10 – 11AM	\$ 60.00
	375321	THURSDAYS, FEB 24 – MAR 31 (6 CLASSES)	10 – 11AM	\$ 60.00
TENNIS LESSONS	378562	TUESDAYS, JAN 18 - MAR 8 (8 CLASSES)	10:30AM – 12PM	\$150.00
	378563	TUESDAYS, JAN 18 - MAR 8 (8 CLASSES)	12 – 1PM	\$100.00
	378564	MONDAYS, JAN 24 - MAR 21(8 CLASSES, NO CLASS FEB 21)	9 – 10:30AM	\$150.00
	378565	MONDAYS, JAN 24 - MAR 21 (8 CLASSES, NO CLASS FEB 21)	10:30AM – 12PM	\$150.00
TRX SUSPENSION BASICS	374678	MONDAYS, JAN 10 – FEB 14 (6 CLASSES)	8:30 – 9:30PM	\$66.00
	374670	WEDNESDAYS, JAN 12 – FEB 16 (6 CLASSES)	7:15 – 8:15PM	\$66.00
	374672	THURSDAYS, JAN 13 – FEB 17 (6 CLASSES)	7:15 – 8:15PM	\$66.00
	374679	MONDAYS, FEB 28 – MAR 28 (5 CLASSES)	8:30 – 9:30PM	\$55.00
	374671	WEDNESDAYS, FEB 23 – MAR 30 (6 CLASSES)	7:15 – 8:15PM	\$66.00
	374673	THURSDAYS, FEB 24 – MAR 31 (6 CLASSES)	7:15 – 8:15PM	\$66.00
TRX SUSPENSION BOOT CAMP	374676	THURSDAYS, JAN 13 – FEB 17 (6 CLASSES)	10 – 11AM	\$66.00
	374677	THURSDAYS, FEB 24 – MAR 31 (6 CLASSES)	10 – 11AM	\$66.00
	374674	SATURDAYS, JAN 15 – FEB 19 (6 CLASSES)	11AM – 12PM	\$66.00
	374675	SATURDAYS, FEB 26 – APR 2 (6 CLASSES)	11AM – 12PM	\$66.00
WOMEN ON WEIGHTS	374576	SUNDAYS, JAN 9 – FEB 13 (6 CLASSES)	9 – 10AM	\$54.00
	374578	SUNDAYS, FEB 20 – MAR 27 (6 CLASSES)	9 – 10AM	\$54.00
ZUMBA	375316	FRIDAYS, JAN 14 – FEB 11 (5 CLASSES)	4 – 5PM	\$50.00
	375317	FRIDAYS, FEB 18 – MAR 25 (6 CLASSES)	4 – 5PM	\$60.00
	375318	SATURDAYS, JAN 15 – FEB 12 (5 CLASSES)	10:05 – 11:05AM	\$50.00
	375319	SATURDAYS, FEB 19 – MAR 26 (5 CLASSES, NO CLASS FEB 26)	10:05 – 11:05AM	\$50.00

Kinsmen Aquatic Program Schedule

MONDAYS: JANUARY 10 – MARCH 21, 2011 10 LESSONS

9:00AM	PRIVATE LESSON 376319	
9:15AM		
9:30AM	12 MOS – 3 YR OLD BEG 376180	3 YR OLD INT 376184
9:45AM		
10:00AM	3 YR OLD BEG 376182	6 MOS – 12 MOS BEG 376179
10:15AM		
10:30AM	12 MOS – 3 YR OLD INT 376181	4 & 5 YR OLD INT 376186
10:45AM		
11:00AM	4 & 5 YR OLD BEG 376185	3 YR OLD BEG 376183
11:15AM		
11:30AM		PRIVATE LESSON 376320
11:45AM		

TUESDAYS: JANUARY 11 – MARCH 15, 2011 10 LESSONS

9:00AM	PRIVATE LESSON 376322	
9:15AM		
9:30AM	12 MOS – 3 YR OLD INT 376202	3 YR OLD BEG 376210
9:45AM		
10:00AM	4 & 5 YR OLD BEG 376230	12 MOS – 3 YR OLD BEG 376191
10:15AM		
10:30AM	3 YR OLD INT 376223	4 & 5 YR OLD INT 376240
10:45AM		
11:00AM	4 & 5 YR OLD ADV/ENR 376279	6 MOS – 12 MOS BEG 376187
11:15AM		
11:30AM		PRIVATE LESSON 376321
11:45AM		

! No Lesson Feb 21

FRIDAYS: JANUARY 14 – MARCH 18, 2011 10 LESSONS

9:00AM	PRIVATE LESSON 376323	
9:15AM		
9:30AM	12 MOS – 3 YR OLD BEG 376192	4 & 5 YR OLD BEG 376231
9:45AM		
10:00AM	4 & 5 YR OLD INT 376241	12 MOS – 3 YR OLD INT 376203
10:15AM		
10:30AM	12 MOS – 3 YR OLD BEG 376193	3 YR OLD INT 376224
10:45AM		
11:00AM	3 YR OLD BEG 376211	6 MOS – 12 MOS BEG 376188
11:15AM		
11:30AM		PRIVATE LESSON 376324
11:45AM		

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Jasper Place Pool 9200 - 163 Street

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www.eksc.com

SATURDAYS: JANUARY 15 – MARCH 19, 2011**10 LESSONS**

9:00AM	12 MOS – 3 YR OLD INT 376204	4 & 5 YR OLD BEG 376232	4 & 5 YR OLD ADV/ ENR 376280	4&5 YR OLD INT 376242	STAGE 1 376287	3 YR OLD BEG 376212	3 YR OLD BEG 376213
9:15AM							
9:30AM							
9:45AM	STAGE 3 376311	STAGE 3 376312	3 YR OLD ADV 376318	6 – 12 MOS OLD BEG 376189	4 & 5 YR OLD BEG 376233	12 MOS – 3 YR OLD BEG 376194	4 & 5 YR OLD INT 376243
10:00AM			STAGE 1 376288	4 & 5 YR OLD ADV/ ENR 376281	12 MOS – 3 YR OLD BEG 376195	4 & 5 YR OLD INT 376244	3 YR OLD BEG 376214
10:15AM							
10:30AM	STAGE 2 376297	STAGE 2 376298	PRIVATE 376325	4 & 5 YR OLD INT 376245	3 YR OLD BEG 376215	3 YR OLD INT 376225	12 MOS – 3 YR OLD INT 376205
10:45AM							
11:00AM	STAGE 1 376289	STAGE 1 376290			12 MOS – 3 YR OLD BEG 376196	4 & 5 YR OLD INT 376246	4 & 5 YR OLD ADV/ ENR 376282
11:15AM			STAGE 2 376299	STAGE 2 376300			
11:30AM							
11:45AM	4 & 5 YR OLD BEG 376234	3 YR OLD BEG 376216			STAGE 2 376301	STAGE 2 376302	STAGE 3 376313
12:00PM			3 YR OLD INT 376226	STAGE 3 376314			
12:15PM	3 YR OLD INT/ADV 376229	4 & 5 YR OLD ADV/ ENR 376283					
12:30PM			4 & 5 YR OLD INT 376247		STAGE 1 376291	STAGE 1 376292	STAGE 2 376304
12:45PM	12 MOS – 3 YR OLD BEG 376197	4 & 5 YR OLD INT 376248					
1:00PM			3 YR OLD BEG 376217	STAGE 2 376303			
1:15PM	4 & 5 YR OLD BEG 376235	12 MOS – 3 YR OLD INT 376206			STAGE 4 I CAN SWIM FAST 376346	STAGE 4 I CAN TRIATHLON 376347	PRIVATE 376326
1:30PM			4 & 5 YR OLD INT 376249				
1:45PM	PRIVATE 376328	PRIVATE 376329		BRONZE STAR 376348			PRIVATE 376327
2:00PM			PRIVATE 376330		PRIVATE 376331	PRIVATE 376332	
2:15PM							

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Please see facility schedule for more information.

PROGRAM LOCATIONS:

Kinsmen Sports Centre
Terwillegar Community Recreation Centre

THE CITY OF
Edmonton

COMMUNITY
SERVICES



SUNDAYS: JANUARY 16 – MARCH 20, 2011					10 LESSONS	
9:00AM	6 – 12 MOS OLD BEG 376190	3 YR OLD BEG 376218	3 YR OLD BEG 376219	4 & 5 YR OLD INT 376250	STAGE 1 376293	4 & 5 YR OLD ADV/ENR 376284
9:15AM						
9:30AM	STAGE 2 376305	STAGE 2 376306	4 & 5 YR OLD ADV/ENR 376285	12 MOS – 3 YR OLD BEG 376198	4 & 5 YR OLD INT 376251	3 YR OLD INT 376227
9:45AM						
10:00AM			4 & 5 YR OLD INT 376252	4 & 5 YR OLD BEG 376236	3 YR OLD BEG 376220	12 MOS – 3 YR OLD INT 376207
10:15AM	STAGE 3 376315	STAGE 3 376316	12 MOS – 3 YR OLD BEG 376199	4 & 5 YR OLD INT 376253	4 & 5 YR OLD ADV/ENR 376286	4 & 5 YR OLD BEG 376237
10:30AM						
10:45AM						
11:00AM	STAGE 2 376308	STAGE 2 376307	STAGE 1 376294	12 MOS – 3 YR OLD BEG 376200	4 & 5 YR OLD INT 376254	3 YR OLD BEG 376221
11:15AM						
11:30AM						
11:45AM			4 & 5 YR OLD INT 376255	STAGE 3 376317	STAGE 1 376296	STAGE 1 376295
12:00PM	18 MOS – 3 YR OLD ADV 376209	4 & 5 YR OLD BEG 376238				
12:15PM			STAGE 2 376310	ADULT – THE START 376342	STAGE 2 376309	12 MOS – 3 YR OLD INT 376208
12:30PM	4 & 5 YR OLD BEG 376239	12 MOS – 3 YR OLD BEG 376201				
12:45PM						3 YR OLD INT 376228
1:00PM	BRONZE MEDALLION 1-3PM	3 YR OLD BEG 376222	ADULT – THE NEXT STEP 376344		PRIVATE 376333	PRIVATE 376335
1:15PM						
1:30PM	BRONZE CROSS 3-5PM	PRIVATE 376336		PRIVATE 376334		
1:45PM					PRIVATE 376337	
2:00PM		PRIVATE 376341	PRIVATE 376339	PRIVATE 376338		PRIVATE 376340
2:15PM						

Advanced Courses

BRONZE MEDALLION	376529	SUNDAYS, JAN 16 – MAR 20	1 – 3PM
BRONZE CROSS	376530	SUNDAYS, JAN 16 – MAR 20	3 – 5PM
NATIONAL LIFEGUARD/AQUATIC EMERGENCY CARE (NLS/AEC)	367227	SATURDAYS & SUNDAYS, JAN 22,23,29,30, FEB 5,6	11AM – 7PM

Recertification Exams

NATIONAL LIFEGUARD/AQUATIC EMERGENCY CARE (NLS/AEC)	367228	SUNDAY, JAN 2	3 – 9PM
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novasynchroclub@yahoo.com

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Londonderry Fitness and Leisure Centre

14528 – 66 STREET

CALL 311 (780-442-5311 OUTSIDE EDMONTON)

www.edmonton.ca

Londonderry is an incredible leisure and fitness facility that offers a variety of aquatic and dryland experiences for all ages and abilities! Workout in the large fitness centre or take classes in the aerobic fitness studio.



LONDONDERRY FACILITY SCHEDULE: JANUARY 3 – MARCH 26, 2011

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CASH DESK	7AM–10PM	5:30AM–10PM	5:30AM–10PM	5:30AM–10PM	5:30AM–10PM	5:30AM–10PM	7AM–10PM
FITNESS CENTRE	7AM–10PM	5:30AM–10PM	5:30AM–10PM	5:30AM–10PM	5:30AM–10PM	5:30AM–10PM	7AM–10PM
FAMILY SWIM	10–12PM 6–7PM						6–7PM
LANE SWIM	7–10AM 4L 9–10PM A, 2L	5:30–8AM 4L 8–9AM 2L 9–11AM 1L 11AM–12PM 2L 12–1PM 4L 3–4PM 4L 9–10PM A, 2L	5:30–8AM 4L 8–9AM 2L 9–11AM 1L 11AM–12PM 2L 12–1PM 4L 3–4PM 4L 6–7PM 3L 9–10PM A, 2L	5:30–8AM 4L 8–9AM 2L 9–11AM 1L 11AM–12PM 3L 12–1PM 4L 3–4PM 4L 9–10PM A, 2L	5:30–8AM 4L 8–9AM 2L 9–11AM 1L 11AM–12PM 2L 12–12:30PM 4L 12:30–1PM 1L 3–4PM 4L 6–7PM 3L 9–10PM A, 2L	5:30–8AM 4L 8–9AM 2L 9–11AM 1L 11AM–12PM 2L 12–1PM 4L 3–4PM 4L 9–10PM A, 2L	7–9AM 4L 9–10PM A, 2L
ADULT SWIM SS	9–10PM	9–10PM	9–10PM	9–10PM	9–10PM	9–10PM	9–10PM
PUBLIC SWIM	2–4PM 7–9PM	7–9PM	7–9PM	7–9PM	7–9PM	7–9PM	2–4PM 7–9PM
COMMUNITY SWIM	AREA 17 4:15–5:45PM	This swim is free to Area 17 Community League members who present a current membership card.					
SHALLOW WATER AQUAFIT		11–12PM 9–10PM	11–12PM 6–7PM	11–12PM 9–10PM	11–12PM 6–7PM	11–12PM	
DEEP WATER AQUAFIT		8–9AM	8–9AM 9–10PM	8–9AM	8–9AM 9–10PM	8–9AM	
SWIM LESSON PROGRAMMING		4–7PM	4–6PM	4–7PM	4–6PM	4–7PM	9AM–2PM
AMENITIES	7AM–12PM 2–10PM	5:30AM–10PM	5:30AM–10PM	5:30AM–10PM	5:30AM–10PM	5:30AM–10PM	7AM–4PM 6–10PM
POOL RENTAL AVAILABILITY	12–2PM	Speak to the cashier about extra times available between program sessions. We also rent the Conference Room and Aerobics Room! To book please call 496-7342.					
FREE PUBLIC SKATING	4–5PM						
YOUTH SHINNY HOCKEY		3:45–4:45PM					
ADULT SHINNY HOCKEY		5–6PM				11:45AM– 12:45PM	

- Schedule subject to change
- Shared Swim indicates that the area is shared with other activities
- Adult only
- Leisure swim is in the kids area
- Free Public Skate, Youth and Adult Shiny Hockey schedules subject to change. For updated schedules and additional skates please visit www.edmonton.ca/arenas or call 311.

All facility schedules are available online at www.edmonton.ca

www.edmonton.ca/eReg
ONLINE REGISTRATION

HOLIDAY HOURS

FAMILY DAY: MON, FEB 21

8–11AM LANE SWIM
11AM–1PM FAMILY SWIM
1–4PM PUBLIC SWIM
4–6PM FAMILY SWIM
6–8PM PUBLIC SWIM
8AM–8PM FITNESS CENTRE

Amenities

- 25 m, gradual depth swimming pool, shallow water teach pool
- Whirlpool, steam room, sauna, 2 waterslides, kids slide, and pool toys
- Public change rooms, family/disabled change room
- Disabled lift (elevator)
- Fitness centre, aerobics/multi-purpose room with special flooring
- Boardroom with fridge
- Concession with catering capability
- Attached indoor ice arena
- Outdoor tennis courts, sports fields, running track. To book courts call 311.
- Complimentary wallet and purse lockers in lobby for valuables

A NEW YEAR, A NEW YOU!



Start it in our Fitness Centre!

LONDONDERRY DROP-IN FITNESS SCHEDULE: JANUARY 3 – MARCH 26, 2011

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CARDIO POWER							8:45-9:45AM
FIRST STEPS TO HEALTH	11:15AM - 12PM STUDIO						
GET ON THE BALL E		7:15-8:15PM					
LOW IMPACT W	10-11AM						
STEP E		6-7PM					
YOGA LEVEL 1 E		9:30-11AM		7:30-9PM	8-9PM		
YOGA LEVEL 2			6:15-7:30				12:15-1:45PM

E Everyone Welcome
W Women Only Please

See detailed descriptions of all Drop-in and Registered Programs on pages 93 – 102.

Preschool Registered Programs

ACTIVE BUGS AGES 3-5	375074	WEDNESDAYS, JAN 12 – MAR 30 (12 CLASSES)	9 – 10:30AM	\$105.00
	375075	WEDNESDAYS, JAN 12 – MAR 30 (12 CLASSES)	10:45AM – 12:15PM	\$105.00

Child /Youth Registered Programs

RED CROSS BABYSITTING COURSE AGES 11-16	374416	SATURDAY, JAN 22	9 – 5PM	\$55.00
	374420	SATURDAY, FEB 13	9 – 5PM	\$55.00
	374568	SATURDAY, MAR 19	9 – 5PM	\$55.00
HIP HOP & FUNK AGES 11-14	374435	SUNDAYS, JAN 23 – MAR 20	12:30 – 1:30PM	\$80.00
YOUTH IN ACTION	374705	SATURDAY, JAN 15	12 – 3PM	\$30.00
	374699	SATURDAY, FEB 26	12 – 3PM	\$30.00
	374700	SATURDAY, MAR 5	12 – 3PM	\$30.00

Adult Registered Programs

DANCE SAMPLER	372816	SUNDAYS, JAN 23 – MAR 20	2 – 3PM	\$80.00
BELLY DANCING – LEVEL 1	372799	SUNDAY, JAN 23 – MAR 20	3:30 – 5PM	\$110.00
INTRODUCTION TO WEIGHTS	374580	THURSDAYS, JAN 13 – FEB 17 (6 CLASSES)	7 – 8PM	\$54.00
NEW! HEALTHY KICK START	380108	SATURDAY, JAN 22	12 – 3PM	\$30.00
	380109	SATURDAY, FEB 12	12 – 3PM	\$30.00
	380110	SATURDAY, MAR 19	12 – 3PM	\$30.00

YOGA	375387	TUESDAYS, JAN 11 – FEB 15 (6 CLASSES)	7:45 – 9PM	\$ 63.00
	375418	TUESDAYS, FEB 22 – MAR 29 (6 CLASSES)	7:45 – 9PM	\$ 63.00
	375395	THURSDAYS, JAN 13 – FEB 17 (6 CLASSES)	9:30 – 11AM	\$ 66.00
	375386	THURSDAYS, FEB 24 – MAR 31 (6 CLASSES)	9:30 – 11AM	\$ 66.00
PILATES 1	375378	FRIDAYS, JAN 14 – FEB 18 (6 CLASSES)	7 – 8PM	\$ 60.00
	375379	FRIDAYS, FEB 25 – MAR 25 (5 CLASSES)	7 – 8PM	\$ 50.00

Londonderry Aquatic Program Schedule

MONDAYS & WEDNESDAYS: JANUARY 10 – FEBRUARY 9, 2011

10 LESSONS

4:00PM	SWIM KIDS 1 370163	SWIM KIDS 2 370172	SUPER 3 YR OLD 370181	4 & 5 YR OLD BEG 370187	
4:15PM					
4:30PM	4/5 YR OLD BEG 370166	SWIM KIDS 2 370176	SWIM KIDS 5 370183	4 & 5 YR OLD ADV 370188	SWIM KIDS 1 370193
4:45PM					
5:00PM	SWIM KIDS 4 370169	SWIM KIDS 3 370195	SWIM KIDS 1 370186	SUPER 3 YR OLD 370189	SWIM KIDS 6 370177
5:15PM					
5:30PM				SWIM KIDS 9,10 370190	SWIM KIDS 2 370203
5:45PM	4 & 5 YR OLD ADV/ENR 370170	SWIM KIDS 1 370178	SWIM KIDS 7,8 370190		
6:00PM				SWIM KIDS 3 370191	ADULT STROKES 370206
6:15PM	4 & 5 YR OLD BEG 370171	ADULT BASIC 370180	SWIM KIDS 1 370191		
6:30PM					
6:45PM	ASSESSMENT				

! Parent Discussion Day: January 24

SWIM ASSESSMENT	JAN 10	370223	JAN 17	370225	JAN 24	370227	JAN 31	370229	FEB 7	370232
6:45 – 7PM	JAN 12	370224	JAN 19	370226	JAN 26	370228	FEB 2	370231	FEB 9	370233

MONDAYS & WEDNESDAYS: FEBRUARY 14 – MARCH 21, 2011

10 LESSONS

4:00PM	SUPER 3 YR OLD 370247	SWIM KIDS 1 370253	SWIM KIDS 2 371862	4 & 5 YR OLD BEG 371867		
4:15PM						
4:30PM	SWIM KIDS 1 370248	SWIM KIDS 4 370254	SWIM KIDS 3 371863	SUPER 3 YR OLD 371868	4 & 5 YR OLD ADV/ENR 372062	4 & 5 YR OLD BEG 372065
4:45PM						
5:00PM	4 & 5 YR OLD ADV 372419	SWIM KIDS 2 370255	PRIVATE LESSON	SWIM KIDS 5 371869	SWIM KIDS 9/10 372063	SWIM KIDS 1 372066
5:15PM						
5:30PM	SWIM KIDS 4 370250	SWIM KIDS 1 370256	SWIM KIDS 7,8 371864	SWIM KIDS 6 371870	SWIM KIDS 2 370186	PARENT & TOT 372067
5:45PM						
6:00PM						4 & 5 YR OLD ADV/ENR 372068
6:15PM		SWIM KIDS 3 370257	SWIM KIDS 1 371866	4 & 5 YR OLD BEG 371871	ADULT STROKES 372064	
6:30PM	ADULT BASIC 370251					
6:45PM						ASSESSMENT

! Parent Discussion Day March 2

PRIVATE LESSON	FEB 14	372069	FEB 23	372071	MAR 2	372073	MAR 9	372075	MAR 16	372077
5:15-5:45PM	FEB 16	372070	FEB 28	372072	MAR 7	372074	MAR 14	372076	MAR 21	372078

SWIM ASSESSMENT	FEB 14	372079	FEB 23	372081	MAR 2	372083	MAR 9	372085	MAR 16	372087
6:30 – 6:45PM	FEB 16	372080	FEB 28	372082	MAR 7	372084	MAR 14	372086	MAR 21	372088

TUESDAYS: JANUARY 11 – MARCH 15, 2011					10 LESSONS
4:00PM	4 & 5 YR OLD BEG 377878	4 & 5 YR OLD ADV/ENR 377890	SWIM KIDS 1 377912	SUPER 3 YR OLD 377925	SWIM KIDS 3 377945
4:15PM					
4:30PM	SWIM KIDS 4 377879	SWIM KIDS 1 377902	SWIM KIDS 2 377917	SWIM KIDS 5 377930	SWIM KIDS 6 377947
4:45PM					
5:00PM		SUPER 3 YR OLD 377906	SWIM KIDS 1 377920		
5:15PM	SWIM KIDS 3 377882	SWIM KIDS 1 377910	4 & 5 YR OLD BEG 377922	SWIM KIDS 7,8,9,10 377942	PRIVATE LESSON
5:30PM					
5:45PM					

! Parent Discussion Day February 8

PRIVATE LESSONS	JAN 11	377948	JAN 25	377950	FEB 8	377952	FEB 22	377956	MAR 8	377959
5:30PM	JAN 18	377949	FEB 1	377951	FEB 15	377954	MAR 1	377958		

THURSDAYS: JANUARY 13 – MARCH 17, 2011					10 LESSONS
4:00PM	SWIM KIDS 5 378090	SWIM KIDS 3 378093	SWIM KIDS 1 378096	SUPER 3 YR OLD 378099	
4:15PM					
4:30PM	4 & 5 YR OLD ADV/ENR 378091	4 & 5 YR OLD BEG 378094	SWIM KIDS 9,10 378097	SWIM KIDS 1 378100	
4:45PM					
5:00PM				SWIM KIDS 2 378101	
5:15PM	SWIM KIDS 6 378092	SWIM KIDS 4 378095	SWIM KIDS 7,8 378098	SWIM KIDS 2 378102	
5:30PM					
5:45PM					

! Parent Discussion Day February 10

FRIDAYS: JANUARY 14 – MARCH 25, 2011							10 LESSONS					
4:00PM	4 & 5 YR OLD BEG 378103	SWIM KIDS 2 378108	SWIM KIDS 1 378112	SWIM KIDS 4 378126	SWIM KIDS 5 378130	SUPER 3 YR OLD 378134						
4:15PM												
4:30PM	SUPER 3 YR OLD 378104	SWIM KIDS 3 378109	4 & 5 YR OLD ADV/ ENR 378113	SWIM KIDS 6 378127	YOUTH BASIC 1 378131	BRONZE MEDALLION 378135	4 & 5 YR OLD BEG 378136					
4:45PM												
5:00PM	SWIM KIDS 1 378105	SWIM KIDS 2 378110	SWIM KIDS 7,8 378114	SWIM KIDS 1 378128	SWIM KIDS 9,10 378132	BRONZE MEDALLION 378135	PARENT & TOT 378137					
5:15PM												
5:30PM	SWIM KIDS 4 378106	4 & 5 YR OLD BEG 378111	SWIM KIDS 2 378115	ASSESSMENT	SWIM KIDS 9,10 378132	BRONZE MEDALLION 378135	SUPER 3 YR OLD 378138					
5:45PM												
6:00PM							4 & 5 YR OLD ADV/ ENR 378139					
6:15PM	SWIM KIDS 3 378107		4 & 5 YR OLD BEG 378125	ADULT STROKES 378129	ADULT BASIC 378133	BRONZE MEDALLION 378135	SWIM KIDS 1 378140					
6:30PM												
6:45PM												

! No lesson February 21

! Parent Discussion February 12

Active Bugs

Get your preschooler moving, laughing and making friends! Active bugs is your child's chance to play games, sing songs, and shake their sillies out! These hour-and-a-half, non-parented classes run across the city!

Program Locations:

Grand Trunk Fitness and Leisure Centre, Kinsmen Sports Centre, Londonderry Fitness and Leisure Centre, Prince of Wales Armouries and Terwillegar Community Recreation Centre



SATURDAYS: JANUARY 15 – MARCH 26, 2011

10 LESSONS

8:45AM	ADULT BASIC 378189					
9:00AM		SWIM KIDS 1 378196	4 & 5 YR OLD BEG 378204	SWIM KIDS 2 378213	SWIM KIDS 7,8 378220	ADULT STROKES 378226
9:15AM	SWIM KIDS 4 378190	SUPER 3 YR OLD 378197	SWIM KIDS 1 378205	SWIM KIDS 3 378214		
9:30AM		PARENT & TOT 378198	4 & 5 YR OLD ADV/ENR 378206		SWIM KIDS 2 378215	PRIVATE LESSON
9:45AM	SWIM KIDS 5 378191	4 & 5 YR OLD BEG 378199	SUPER 3 YR OLD 378207	YOUTH BASIC 1 378216		
10:00AM		SWIM KIDS 1 378200	SWIM KIDS 7,8 378208		SWIM KIDS 3 378217	SWIM KIDS 6 378223
10:15AM						
10:30AM	SWIM KIDS 4 378193	BRONZE STAR 378201	PARENT & TOT 378209	4 & 5 YR OLD BEG 378218	SWIM KIDS 1 378224	SWIM KIDS 3 378232
10:45AM			SWIM KIDS 5 378211			
11:00AM	YOUTH BASIC 2 378194	4 & 5 YR OLD ADV/ENR 378202				
11:15AM	4 & 5 YR OLD BEG 378195	SWIM KIDS 1 378203	SWIM KIDS 2 378212			
11:30AM						
11:45AM						
12:00PM						
12:15PM						
12:30PM						
12:45PM						
1:00PM						
1:15PM						
1:30PM						
1:45PM						

- No Lesson Feb 19
- Parent Discussion Day February 12

PRIVATE LESSON	JAN 15	378234	JAN 29	378236	FEB 12	378238	MAR 5	378240	MAR 19	378242
10:30AM	JAN 22	378235	FEB 5	378237	FEB 26	378239	MAR 12	378241	MAR 26	378243



BECOME AN OLYMPIAN

Serving the Edmonton area since 1974. Learn to swim and competitive programs.



Olympian swim club runs programs which are athlete centered, parent supported and coach delivered by professional swim coaches.



Sears I Can Swim Program – 5, 12 week sessions from September to June (30 to 45 minute classes) – Scona Pool & Fountain Park Pool.



FOR MORE INFORMATION OR TO REGISTER:
office@olympianswimclub.com | 780.455.8457
www.olympianswimclub.com



Community Leagues

Meet Your

Neighbours



Get 20% off your Annual Pass to Swimming Pools and Rec Centres with your Community League Membership

www.efcl.org

Edmonton Federation of Community Leagues

Mill Woods Recreation Centre

7207 – 28 AVENUE

CALL 311 (780-442-5311 OUTSIDE EDMONTON)

www.edmonton.ca

Mill Woods offers one of the Edmonton's best recreation and fitness experiences for all ages and abilities. The facility's large wave pool area is very enjoyable, and the fitness centre is first class!



MILL WOODS FACILITY SCHEDULE: JANUARY 3 – MARCH 26, 2011

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CASH DESK	8AM–8:30PM	5AM–10:30PM	5AM–10:30PM	5AM–10:30PM	5AM–10:30PM	5AM–10:30PM	6AM–8:30PM
FIT ZONE	8AM–9PM	5AM–11PM	5AM–11PM	5AM–11PM	5AM–11PM	5AM–11PM	6AM–9PM
INDOOR PLAYGROUND		10:30AM–4PM	10:30AM–4PM	10:30AM–4PM	10:30AM–4PM	10:30AM–4PM	
KIDS DEN		8:30AM–11:30PM	8:30AM–11:30PM	8:30AM–11:30PM	8:30AM–11:30PM	8:30AM–11:30PM	8:30AM–11:30PM
NOON SWIM		11:30AM–1PM NO WAVES AND DIVE TANK IS CLOSED. MAIN POOL HAS LANE SWIMMING					
LANE SWIM		5:30–9AM 6L 10–11:30AM 1L* 11:30AM–1PM 4L 9–10PM 6L	5:30–8:30AM 6L 9:30–11:30AM 1L* 11:30AM–1PM 4L 9–10PM 2L	5:30–9AM 6L 10–11:30AM 1L* 11:30AM–1PM 4L 9–10PM 6L	5:30–8:30AM 6L 9:30–11:30AM 1L* 11:30AM–1PM 4L 9–10PM 2L	5:30–8:45AM 6L (WAVES 8:45–9AM) 10–11:30AM 1L* 11:30AM–1PM 4L	6AM–9AM 6L
PUBLIC SWIM	11:30AM–1PM FS 1–4PM 6:30–8:30PM		7–9PM		2–4PM 7–9PM	7–9PM	2–5PM 6:30–8:30PM
SHALLOW WATER AQUA FIT		9–10AM 8–9PM	8:30–9:30AM	9–10AM 8–9PM	8:30–9:30AM	9–10AM	
DEEP WATER AQUA FIT	10:30–11:30AM	9–10AM 7–8PM 8–9PM	8:30–9:30AM 9–10PM	9–10AM 7–8PM 8–9PM	8:30–9:30AM 9–10PM	9–10AM	
WHIRLPOOL AND SAUNA	9AM–4PM 6:30–8:30PM	5:30AM–10PM	5:30AM–10PM	5:30AM–10PM	5:30AM–10PM	5:30AM–9PM	6AM–5PM 6:30–8:30PM
SWIM LESSONS	9–11:30AM	4–8:15PM	9:30–11:30AM 4–7PM	4–8:15PM	9:30–11:30AM 4–7PM	4–7PM	9AM–2PM
POOL RENTAL AVAILABILITY	4:15–6:15PM						5:15–6:15PM
FREE PUBLIC SKATE						8:30–9:30PM	1:30–2:30PM
ADULT SHINNY HOCKEY						9:45–10:45PM	
YOUTH SHINNY HOCKEY			4–5PM				

- I** Schedule subject to change.
- L** Number of lanes available.
- FS** Family Swim
- I** Free Public Skate and Adult Shinny Hockey Schedules subject to change. Please visit www.edmonton.ca/arenas or call 311 for updates.

HOLIDAY HOURS

FAMILY DAY: MON, FEB 21

8AM–8PM FITZONE
11AM – 1PM FAMILY SWIM
1PM – 8PM PUBLIC SWIM

TEACHERS CONVENTION: MAR 3, 4
SPRING BREAK: MAR 26 – APR 3

1:30–4PM EXTRA PUBLIC SWIMS

Telephone Directory

For general inquiries, program registration and court bookings, **call 311**

Personal Services/ Fit Zone
(Personal Training, Fitness Appraisal,
Nutritional Counselling Inquiries)

780-496-6811

All facility schedules are available online at www.edmonton.ca

www.edmonton.ca/eReg
ONLINE REGISTRATION

A NEW YEAR, A NEW YOU!



Start it in our Fitness Centre!

Amenities

- 45 m, 6 lane gradual depth wave pool, shallow water teach pool, and dive tank
- Whirlpool, sauna, giant waterslide, diving board, swing rope, slides, and pool toys
- Fitness centre
- Indoor racquet courts
- Meeting rooms
- Regular change rooms, family change room
- Drop in fitness classes
- Elevator
- Indoor children's playground
- Cafeteria with catering capacity
- Attached indoor ice arenas
- Outdoor tennis courts, sports fields, running track
- Complimentary wallet and purse lockers in lobby for valuables
- Drop-in babysitting service
- eZone Public Wireless Internet Connection

MILL WOODS DROP-IN FITNESS SCHEDULE: JANUARY 3 – MARCH 26, 2011

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ABS ONLY!		10–10:20AM		10–10:20AM	10–10:20AM 7–7:30PM	10–10:20AM	
F.I.S.T. PR					9–10AM	6–7PM	
LOW IMPACT PR		9–10AM				9–10AM	
LOW AND TONE PR				9–10AM			
SPIN BIKE CLASSES SP		6–7PM *		6–7PM	6–7PM		10:15–11:15AM *
STEP/F.I.S.T. PR		6–7:30PM		6–7:30PM			
STEP COMBO PR							9–10:15AM
TKO PR					6–7PM		

- i** Schedule subject to change. Please visit www.edmonton.ca/ for updates.
- i** Proper exercise wear is a requirement in order to participate in all drop-in programs.
- E** Everyone Welcome. Prior Step experience recommended for Step classes.
- *** Space is limited. Wristbands are distributed by the cashiers 30 minutes prior to the start of class.
- PR** Program Area
- SP** Spin Room

See detailed descriptions of all Drop-in and Registered Programs on pages 93 – 102.

Drop-in Indoor Playground Services

INDOOR PLAYGROUND FOR AGES UP TO 6 YEARS	MONDAY – FRIDAY, JAN 4 – JUN 30	10:30AM – 3PM	\$3.00 PER CHILD
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CLOSED ALL HOLIDAYS. HOURS AND PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Drop-in Child Minding Services

THE KIDS DEN	MONDAY – SATURDAY	8:30 – 11:30AM	\$4.75 AN HOUR PER CHILD
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CLOSED ON ALL HOLIDAYS. A MULTI-HOUR PASS IS AVAILABLE FROM THE CASHIERS AT ADDITIONAL SAVINGS:

MULTI-HOURLY PASS (10 HOURS) \$42.75

PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE. PLEASE CONTACT 311 FOR MORE INFORMATION

Drop-in Leisure Opportunity

MULTI SENSORY ENVIRONMENT	PRICE SUBJECT TO CHANGE. MAXIMUM 5 PARTICIPANTS AT A TIME PLUS ATTENDANTS/PARENTS. SPACE IS USED ON A FIRST COME, FIRST SERVED BASIS, WHEN THE ROOM IS AVAILABLE. TO BOOK OR FOR MORE INFORMATION VISIT THE FRONT DESK TO USE OR PHONE 311.	\$2.05/HALF HOUR USAGE
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Preschool Registered Programs

MOTHER GOOSE & FRIENDS AGES 1-15 MOS	373835	WEDNESDAYS, JAN 12 – MAR 2	9:30 – 10:30AM	\$45.25
MUMBO JUMBO AGES 1-2	373812	MONDAYS, JAN 10 – MAR 21 (NO CLASS ON FEB 21)	10:30 – 11:30AM	\$70.50
MUMBO JUMBO AGES 2-3	373827	MONDAYS JAN 10 – MAR 21 (NO CLASS ON FEB 21)	9:15 – 10:15AM	\$70.50
ALPHABET SOUP AGES 3 ½-5	373813	MONDAYS, JAN 10 – MAR 21 (NO CLASS ON FEB 21)	1 – 3PM	\$114.00
KICK, CATCH, & CRAFT AGES 3-5	373866	TUESDAYS, JAN 11 – MAR 15	9:30 – 11:30AM	\$114.00
KIDDING AROUND AGES 3-5	373815	THURSDAYS, JAN 13 – MAR 17	9:30 – 11:30AM	\$114.00
KIDS IN THE KITCHEN AGES 3 ½-5	373816	WEDNESDAYS JAN 12 – MAR 16 <i>*NOW RUNNING 10 WEEKS!</i>	1 – 3PM	\$138.00
NEW! SKIP, SING, & STRINGS AGES 1-3	377640	FRIDAYS, JAN 14 – MAR 18	9:30 – 11AM	\$79.50
2 TIMES THE FUN AGES 3 ½-5	373830	TUESDAYS & THURSDAYS, JAN 11 – MAR 17	1 – 3PM	\$227.75

Child/Youth Registered Programs

RED CROSS BABYSITTING COURSE AGES 11-16	374415	SATURDAY, JAN 22	9AM – 5PM	\$55.00
	374419	SATURDAY, FEB 12	9AM – 5PM	\$55.00
	374423	SATURDAY, MAR 12	9AM – 5PM	\$55.00
SPIN FOR TEENS AGES 13-17	375533	TUESDAYS, JAN 11 – FEB 15 (6 CLASSES)	4 – 5PM	\$42.00
SPIN FOR TEENS AGES 13-17	375534	TUESDAYS, FEB 22 – MAR 29 (6 CLASSES)	4 – 5PM	\$42.00
YOUTH IN ACTION	374680	SATURDAY, JAN 22	12 – 3PM	\$30.00
	374681	SATURDAY, FEB 19	12 – 3PM	\$30.00
	374688	SATURDAY, MAR 19	12 – 3PM	\$30.00
TEACHERS CONVENTION CAMP* AGES 6-12	373865	THURSDAY/FRIDAY, MAR 3 & 4	9 – 4PM	\$69.25
SPRING BREAK CAMP* AGES 6-12	373863	MONDAY – FRIDAY, MAR 28 – APR 1	9 – 4PM	\$170.00

*EARLY DROP-OFF 8AM AND LATE PICK UP UNTIL 5PM

Adult Registered Programs

ALL IN 60 MINUTES	374654	TUESDAYS, JAN 11 – FEB 15 (6 CLASSES)	8:15 – 9:15PM	\$54.00
	374655	THURSDAYS, JAN 13 – FEB 17 (6 CLASSES)	8:15 – 9:15PM	\$54.00
	374657	TUESDAYS, FEB 22 – MAR 29 (6 CLASSES)	8:15 – 9:15PM	\$54.00
	374656	THURSDAYS, FEB 24 – MAR 31 (6 CLASSES)	8:15 – 9:15PM	\$54.00
BOOT CAMP	374610	TUESDAYS, JAN 11 – FEB 15 (6 CLASSES)	6 – 7PM	\$66.00
	374609	TUESDAYS, JAN 11 – FEB 15 (6 CLASSES)	7 – 8PM	\$66.00
	374616	THURSDAYS, JAN 13 – FEB 17 (6 CLASSES)	6 – 7PM	\$66.00
	374608	FRIDAYS, JAN 14 – FEB 18 (6 CLASSES)	7:30 – 8:30PM	\$66.00
	374607	SATURDAYS, JAN 15 – FEB 19 (6 CLASSES)	7:50 – 8:50AM	\$66.00
	374623	TUESDAYS, FEB 22 – MAR 29 (6 CLASSES)	6 – 7PM	\$66.00
	374621	TUESDAYS, FEB 22 – MAR 29 (6 CLASSES)	7 – 8PM	\$66.00
	374624	THURSDAYS, FEB 24 – MAR 31 (6 CLASSES)	6 – 7PM	\$66.00
	374620	FRIDAYS, FEB 25 – APR 1 (6 CLASSES)	7:30 – 8:30PM	\$66.00
	374619	SATURDAYS, FEB 26 – APR 2 (6 CLASSES)	7:50 – 8:50AM	\$66.00
CORE STRENGTH & STABILITY	374582	TUESDAYS, JAN 11 – FEB 15 (6 CLASSES)	7:15 – 8:15PM	\$54.00
	374587	THURSDAYS, JAN 13 – FEB 17 (6 CLASSES)	7 – 8PM	\$54.00
	374584	TUESDAYS, FEB 22 – MAR 29 (6 CLASSES)	7:15 – 8:15PM	\$54.00
	374594	THURSDAYS, FEB 24 – MAR 31 (6 CLASSES)	7 – 8PM	\$54.00
NEW! HEALTHY KICK START	380111	SATURDAY, JAN 15	12 – 3PM	\$30.00
	380112	SATURDAY, FEB 12	12 – 3PM	\$30.00
	380113	SATURDAY, MAR 12	12 – 3PM	\$30.00

PILATES 1	375330	THURSDAYS, JAN 13 – FEB 17 (6 CLASSES)	7:15 – 8:15PM	\$60.00
	375368	THURSDAYS, FEB 24 – MAR 31 (6 CLASSES)	7:15 – 8:15PM	\$60.00
	375331	TUESDAYS, JAN 11 – FEB 15 (6 CLASSES)	8:25 – 9:25PM	\$60.00
	375369	TUESDAYS, FEB 22 – MAR 29 (6 CLASSES)	8:25 – 9:25PM	\$60.00
PILATES 2/3	375329	TUESDAYS, JAN 11 – FEB 15 (6 CLASSES)	7:15 – 8:15PM	\$60.00
	375367	TUESDAYS, FEB 22 – MAR 29 (6 CLASSES)	7:15 – 8:15PM	\$60.00
PILATES 2	375332	THURSDAYS, JAN 13 – FEB 17 (6 CLASSES)	8:25 – 9:25PM	\$60.00
	375337	THURSDAYS, FEB 24 – MAR 31 (6 CLASSES)	8:25 – 9:25PM	\$60.00
KICKBOXING	375322	SUNDAYS, JAN 9 – FEB 13 (6 CLASSES)	10 – 11:30AM	\$ 66.00
	375323	SUNDAYS, JAN 9 – FEB 13 (6 CLASSES)	12 – 1:30PM	\$ 66.00
	375327	SUNDAYS, FEB 20 – MAR 27 (5 CLASSES)	10 – 11:30AM	\$ 55.00
	375328	SUNDAYS, FEB 20 – MAR 27 (5 CLASSES)	12 – 1:30PM	\$ 55.00
RESIST AND SPIN	374652	SATURDAYS, JAN 15 – FEB 19 (6 CLASSES)	9 – 10AM	\$54.00
	374653	SATURDAYS, FEB 26 – APR 2 (6 CLASSES)	9 – 10AM	\$54.00
YOGA	375385	MONDAYS, JAN 10 – FEB 14 (6 CLASSES)	7:45 – 9:15PM	\$66.00
	375421	MONDAYS, FEB 28 – MAR 28 (5 CLASSES)	7:45 – 9:15PM	\$55.00
	375388	TUESDAYS, JAN 11 – FEB 15 (6 CLASSES)	5:45 – 7PM	\$63.00
	375423	TUESDAYS, FEB 22 – MAR 29 (6 CLASSES)	5:45 – 7PM	\$63.00
	375384	WEDNESDAYS, JAN 12 – FEB 16 (6 CLASSES)	7:45 – 9:15PM	\$66.00
	375422	WEDNESDAYS, FEB 23 – MAR 30 (6 CLASSES)	7:45 – 9:15PM	\$66.00
ZUMBA	375312	FRIDAYS, JAN 14 – FEB 11 (5 CLASSES)	5 – 6PM	\$50.00
	375315	FRIDAYS, FEB 18 – MAR 25 (6 CLASSES)	5 – 6PM	\$60.00
WOMEN ON WEIGHTS	374586	SUNDAYS, JAN 9 – FEB 13 (6 CLASSES)	1:30 – 2:30PM	\$54.00
	374593	SUNDAYS, FEB 20 – MAR 27 (6 CLASSES)	1:30 – 2:30PM	\$54.00

Mill Woods Aquatic Program Schedule

FRIDAYS: JANUARY 7 – MARCH 18, 2011
10 LESSONS

4:00PM	SWIM KIDS 1 374724	SWIM KIDS 5,6 374031	SWIM KIDS 2 374976	SWIM ASSESSMENT (SEE BELOW)	SUPER 3 YR OLD 373468	SWIM KIDS 9,10 373565	PRIVATE LESSON (SEE BELOW)
4:15PM	SWIM KIDS 7,8 374018		SWIM KIDS 3 374519	4 & 5 YR OLD ADV/ ENR 373522		SWIM KIDS 2 374977	
4:30PM		4 & 5 YR OLD BEG 374548		PARENT & TOT 373394	SWIM KIDS 1 374726	SWIM KIDS 4 374069	SWIM KIDS 5,6 374032
4:45PM	SWIM KIDS 3 374518		SWIM KIDS 1 374727				
5:00PM		SWIM KIDS 2 374979		SWIM KIDS 4 374068	4 & 5 YR OLD ADV/ ENR 373524	SWIM KIDS 1 374728	PARENT & TOT 373395
5:15PM	4 & 5 YR OLD BEG 374548		SWIM KIDS 1 373394				
5:30PM		SWIM KIDS 3 374518		SWIM KIDS 1 374727	SWIM KIDS 9,10 373566	SUPER 3 YR OLD 373469	4 & 5 YR OLD BEG 374550
5:45PM	SWIM KIDS 2 374979		SWIM KIDS 4 374068				
6:00PM		SWIM KIDS 2 374979		SWIM KIDS 4 374068	4 & 5 YR OLD ADV/ ENR 373524	SWIM KIDS 1 374728	PARENT & TOT 373395
6:15PM	SWIM KIDS 2 374979		SWIM KIDS 4 374068				
6:30PM		SWIM KIDS 2 374979		SWIM KIDS 4 374068	4 & 5 YR OLD ADV/ ENR 373524	SWIM KIDS 1 374728	PARENT & TOT 373395
6:45PM	SWIM KIDS 2 374979		SWIM KIDS 4 374068				

- ⓘ No Lesson February 18
- ⓘ Parent Discussion Day February 4

PRIVATE LESSON	JAN 7	373348	JAN 21	373349	FEB 4	373350	FEB 25	373351	MAR 11	373351
4:14 – 4:45PM	JAN 14	373353	JAN 28	373354	FEB 11	373355	MAR 4	373355		
SWIM ASSESSMENT	JAN 7	372281	JAN 21	372283	FEB 4	372285	FEB 25	372287	MAR 11	372289
4 – 4:15PM	JAN 14	372282	JAN 28	372284	FEB 11	372286	MAR 4	372288		

SATURDAYS: JANUARY 8 – MARCH 19, 2011										10 LESSONS		
9:00AM	4 & 5 YR OLD BEG 374538	4 & 5 YR OLD ADV/ENR 373528										
9:15AM			SWIM KIDS 2 374968	SWIM KIDS 4 374065	SWIM KIDS 7,8 374019	SWIM KIDS 1 374717	SWIM KIDS 5,6 374030		SUPER 3 YR OLD 374575	4 & 5 YR OLD BEG 374547		
9:30AM	SWIM KIDS 1 374718	4 & 5 YR OLD BEG 374539				PARENT & TOT 373415						
9:45AM			SUPER 3 YR OLD 373463	SWIM KIDS 9,10 373568	SWIM KIDS 5,6 374028	4 & 5 YR OLD BEG 374545	4 & 5 YR OLD BEG 374544		SWIM KIDS 7,8 374021	SWIM KIDS 3 374517		
10:00AM	4 & 5 YR OLD ADV/ENR 373526	SWIM KIDS 2 374969										
10:15AM			SWIM KIDS 4 374065	4 & 5 YR OLD BEG 374541	PARENT & TOT 373414	SWIM KIDS 1 374719	SWIM KIDS 2 374970					
10:30AM	SWIM KIDS 2 374971	SUPER 3 YR OLD 373462							BRONZE STAR 371668	SWIM PATROL 371666		
10:45AM							ASSESSMENT					
11:00AM												
11:15AM												
11:15AM	SWIM KIDS 5,6 374026	SWIM KIDS 3 374514	SWIM KIDS 1 374720	SWIM KIDS 2 374972	4 & 5 YR OLD BEG 374543	SUPER 3 YR OLD 373465	SWIM KIDS 7,8 374020					
11:30AM												
11:45AM			SWIM KIDS 9,10 373567	SWIM KIDS 1 374721	SWIM KIDS 2 374973	SWIM KIDS 5,6 374029	SUPER 3 YR OLD 373466					
12:00PM	4 & 5 YR OLD ADV/ENR 373527	PARENT & TOT 373412		4 & 5 YR OLD BEG 374542	SWIM KIDS 4 374067							
12:15PM												
12:30PM	SWIM KIDS 1 374722	SWIM KIDS 5,6 374027	4 & 5 YR OLD BEG 374540	PARENT & TOT 373413		SWIM KIDS 3 374516	SWIM KIDS 2 374974		BRONZE CROSS 371670	BRONZE MEDALLION 371669		
12:45PM									EXAM MARCH 27 10 – 1PM	EXAM MARCH 27 10 – 1PM		
1:00PM			4 & 5 YR OLD ADV/ENR 373529		SWIM KIDS 1 374723		PRIVATE LESSON (SEE BELOW)					
1:15PM	SWIM KIDS 4 374064	SWIM KIDS 2 374975										
1:30PM												
2:00PM	SWIM ASSESSMENTS (SEE BELOW)		PRIVATE LESSON (SEE BELOW)	SWIM KIDS 3 374515	SUPER 3 YR OLD 373464	ADULT SWIM BASICS 372221	4 & 5 YR OLD BEG 374546					

- ⚠ No Lesson February 19
- ⚠ Parent Discussion Day February 5

PRIVATE LESSON	JAN 8	373357	JAN 22	373359	FEB 5	373361	FEB 26	373363	MAR 12	373365
1 – 1:30PM	JAN 15	373358	JAN 29	373360	FEB 12	373362	MAR 5	373364		

PRIVATE LESSON	JAN 8	373366	JAN 22	373368	FEB 5	373370	FEB 26	373372	MAR 12	373374
1:30 – 2PM	JAN 15	373367	JAN 29	373369	FEB 12	373371	MAR 5	373373		

SWIM ASSESSMENT	JAN 8	372298	JAN 22	372299	FEB 5	372300	FEB 26	372301	MAR 12	372302
10:45 – 11AM	JAN 15	372303	JAN 29	372305	FEB 12	372306	MAR 5	372307		

SWIM ASSESSMENT	JAN 8	372308	JAN 22	372310	FEB 5	372311	FEB 26	372312	MAR 12	372313
1:45 – 11AM	JAN 15	372314	JAN 29	372315	FEB 12	372316	MAR 5	372317		

SUNDAYS: JANUARY 9 – MARCH 20, 2011**10 LESSONS**

9:00AM	SWIM KIDS 1 374712	SWIM KIDS 5,6 374025	SWIM KIDS 3 374513	SWIM KIDS 4 374062	SWIM KIDS 2 374963	4 & 5 YR OLD BEG 374536	PRIVATE LESSON (SEE BELOW)
9:15AM	4 & 5 YR OLD BEG 374534						SWIM KIDS 1 374713
9:30AM	SWIM KIDS 3 374512	PARENT & TOT 373416	SUPER 3 YR OLD 373429	4 & 5 YR OLD ADV/ ENR 373540	SWIM KIDS 7,8 374022	SWIM KIDS 2 374965	4 & 5 YR OLD BEG 374537
9:45AM		SWIM KIDS 1 374714	SWIM KIDS 2 374966	4 & 5 YR OLD BEG 374535			SWIM KIDS 4 374063
10:00AM	SWIM KIDS 5,6 374024	ADULT SWIM BASICS 372222	SWIM KIDS 1 374515	SUPER 3 YR OLD 373467	SWIM KIDS 2 374967	SWIM KIDS 1 374716	
10:15AM				SWIM ASSESSMENT			
10:30AM							
10:45AM							
11:00AM							
11:15AM							

! No Lesson February 20

! Parent Discussion Day February 6

PRIVATE LESSON	JAN 9	373375	JAN 23	373377	FEB 6	373379	FEB 27	373381	MAR 13	373383
9 – 9:30PM	JAN 16	373376	JAN 30	373378	FEB 13	373380	MAR 6	373382		

SWIM ASSESSMENT	JAN 9	372271	JAN 23	372291	FEB 6	372293	FEB 27	372295	MAR 13	372297
11:15 – 11:30PM	JAN 16	372290	JAN 30	372292	FEB 13	372294	MAR 6	372296		

MONDAYS & WEDNESDAYS: JANUARY 10 – FEBRUARY 9, 2011**10 LESSONS**

4:00PM										
4:15PM		SWIM KIDS 1 374818			4 & 5 YR OLD BEG 374570	SWIM KIDS 2 374997	SWIM KIDS 3 374527	SWIM KIDS 5,6 374042		
4:30PM										
4:45PM	SWIM KIDS 1 374819	4 & 5 YR OLD ADV/ ENR 373512	SWIM KIDS 7,8 374012		SWIM KIDS 2 374998	4 & 5 YR OLD BEG 374571	SWIM KIDS 5,6 3744043	SWIM KIDS 4 374079		
5:00PM										
5:15PM	SWIM KIDS 3 374529	PARENT & TOT 373386	SWIM KIDS 2 374999	SUPER 3 YR OLD 373479	SWIM KIDS 1 374820					
5:30PM							4 & 5 YR OLD BEG 374572	SWIM KIDS 1 374821		
5:45PM										
6:00PM	SUPER 3 YR OLD 373480	SWIM KIDS 5,6 374040	PARENT & TOT 373387	4 & 5 YR OLD ADV/ ENR 373513	SWIM KID 2 375000					
6:15PM										
6:30PM	4 & 5 YR OLD BEG 374574	SWIM KIDS 3 374528	4 & 5 YR OLD BEG 374567	SWIM KIDS 9,10 373534	4 & 5 YR OLD ADV/ ENR 373514		SWIM KIDS 4 374078	4 & 5 YR OLD BEG 374573		
6:45PM										
7:00PM	SWIM KIDS 2 375001		SWIM KIDS 1 374822			SWIM KIDS 5,6 374041		SUPER 3 YR OLD 373478	ADULT SWIM BASICS 373384	
7:15PM										
7:30PM	PRIVATE LESSON (SEE BELOW)	ADULT SWIM STROKES 372214	SWIM KIDS 2 375002	SWIM KIDS 4 374077				ADULT SWIM BASICS 372217	SWIM KIDS 1 374823	
7:45PM					SWIM ASSESSMENTS	SWIM KIDS 2 375003				
8:00PM										

! Parent Discussion Day January 24

PRIVATE LESSON	JAN 10	373312	JAN 17	373313	JAN 24	373314	JAN 31	373315	FEB 7	373316
7:30 – 8PM	JAN 12	373317	JAN 19	373318	JAN 26	373319	FEB 2	373320		

SWIM ASSESSMENT	JAN 10	372262	JAN 17	372263	JAN 24	372264	JAN 31	372265	FEB 7	372266
7:45 – 8PM	JAN 12	372267	JAN 19	372268	JAN 26	372269	FEB 2	372270		

MONDAYS & WEDNESDAYS: FEBRUARY 14 – MARCH 21, 2011						10 LESSONS	
4:00PM		SWIM KIDS 4 374075					
4:15PM			SWIM KIDS 2 374991	SWIM KIDS 1 374813		4 & 5 YR OLD BEG 374561	SWIM KIDS 5,6 374036
4:30PM							
4:45PM	SWIM KIDS 1 374814	4 & 5 YR OLD ADV/ ENR 373517	4 & 5 YR OLD BEG 374562	SWIM KIDS 2 374992	SWIM KIDS 7,8 374013	SWIM KIDS 5,6 374037	SWIM KIDS 3 374526
5:00PM							
5:15PM	SWIM KIDS 4 374074	PARENT & TOT 373389	SWIM KIDS 2 374993	SUPER 3 YR OLD 373476	SWIM KIDS 1 374815	4 & 5 YR OLD BEG 374563	SWIM KIDS 1 374817
5:30PM							
5:45PM			4 & 5 YR OLD ADV/ ENR 373516	SWIM KIDS 2 374994	PARENT & TOT 373388		
6:00PM	SUPER 3 YR OLD 373475	SWIM KIDS 5,6 374039				SWIM KIDS 3 374525	4 & 5 YR OLD BEG 374564
6:15PM			4 & 5 YR OLD BEG 374566	SWIM KIDS 9,10 373567	4 & 5 YR OLD ADV/ ENR 373515		
6:30PM	4 & 5 YR OLD BEG 374565	SWIM KIDS 4 374076				SWIM KIDS 1 375162	ADULT SWIM BASICS 373385
6:45PM			SUPER 3 YR OLD 373477		SWIM KIDS 5,6 374038		
7:00PM	SWIM KIDS 2 374995			SWIM KIDS 3 374524			
7:15PM			SWIM KIDS 1 374816			ADULT SWIM BASICS 372218	SWIM KIDS 2 375163
7:30PM	PRIVATE LESSON (SEE BELOW)	ADULT SWIM STROKES 372215			SWIM KIDS 2 374996		
7:45PM				SWIM ASSESSMENTS			
8:00PM							

! No Lesson February 21

! Parent Discussion Day March 2

PRIVATE LESSON	FEB 14	373325	FEB 23	373326	MAR 2	373327	MAR 9	373328	MAR 16	373329
7:30 – 8PM	FEB 16	373321	FEB 28	373322	MAR 7	373323	MAR 14	373324		

SWIM ASSESSMENT	FEB 14	372272	FEB 23	372273	MAR 2	372274	MAR 9	372275	MAR 14	372276
7:45 – 8PM	FEB 16	372277	FEB 28	372278	MAR 7	372279	MAR 16	372280		

TUESDAYS & THURSDAYS: JANUARY 11 – FEBRUARY 10, 2011						10 LESSONS	
4:00PM	SWIM KIDS 1 374734	SWIM KIDS 2 374986					
4:15PM					SWIM KIDS 3 374523	4 & 5 YR OLD BEG 374557	SWIM KIDS 1 374735
4:30PM	4 & 5 YR OLD BEG 374560	4 & 5 YR OLD ADV/ ENR 373518	SWIM KIDS 7,8 374014			SWIM KIDS 2 374987	SWIM KIDS 2 374988
4:45PM				SWIM KIDS 4 374073	SWIM KIDS 1 374812		
5:00PM	SUPER 3 YR OLD 373474	SWIM KIDS 1 374736	PARENT & TOT 373390			SWIM KIDS 5,6 374035	SWIM KIDS 7,8 374015
5:15PM					SWIM KIDS 2 375412		
5:30PM	SWIM KIDS 4 374072	SWIM KIDS 9,10 373563	SWIM KIDS 2 374989	4 & 5 YR OLD BEG 374559			
5:45PM					SUPER 3 YR OLD 373473	4 & 5 YR OLD ADV/ ENR 373519	
6:00PM			SWIM KIDS 3 374522	PARENT & TOT 373391			ADULT SWIM BASICS 372219
6:15PM	PRIVATE LESSONS (SEE BELOW)	SWIM KIDS 2 374990			4 & 5 YR OLD BEG 374558	SWIM KIDS 1 374737	
6:30PM							

! Parent Discussion Day January 25

PRIVATE LESSON	JAN 11	373330	JAN 18	373331	JAN 25	373332	FEB 1	373333	FEB 8	373334
6:15 – 6:45PM	JAN 13	373335	JAN 20	373336	JAN 27	373337	FEB 3	373338		

TUESDAYS & THURSDAYS: FEBRUARY 15 – MARCH 17, 2011**10 LESSONS**

4:00PM	SWIM KIDS 1 374729	SWIM KIDS 2 374980				SWIM KIDS 4 374070	4 & 5 YR OLD BEG 374556	
4:15PM								SWIM KIDS 1 374730
4:30PM	4 & 5 YR OLD BEG 374553	4 & 5 YR OLD ADV/ ENR 373521	SWIM KIDS 7,8 374017				SWIM KIDS 2 374981	SWIM KIDS 2 374982
4:45PM				SWIM KIDS 3 374521		SWIM KIDS 1 374731		
5:00PM	SUPER 3 YR OLD 373471	SWIM KIDS 1 374732	PARENT & TOT 373393			4 & 5 YR OLD BEG 374554	SWIM KIDS 5,6 374034	SWIM KIDS 7,8 374016
5:15PM					SUPER 3 YR OLD 373472			
5:30PM	SWIM KIDS 3 374520	SWIM KIDS 9,10 373564	SWIM KIDS 2 374983			SWIM KIDS 2 374984	4 & 5 YR OLD ADV/ ENR 373520	
5:45PM								SWIM KIDS 4 374071
6:00PM			ADULT SWIM STROKES 372216	PARENT & TOT 373392		4 & 5 YR OLD BEG 374555	SWIM KIDS 1 374733	
6:15PM	PRIVATE LESSONS (SEE BELOW)	SWIM KIDS 2 374985						
6:30PM								

! Parent Discussion Day March 1

PRIVATE LESSON	FEB 15	373343	FEB 22	373344	MAR 1	373345	MAR 8	373346	MAR 15	373347
6:15 – 6:45PM	FEB 17	373339	FEB 24	373340	MAR 3	373341	MAR 10	373341		

**TUESDAYS & THURSDAYS DAYTIME:
JAN 11 – FEB 10, 2011****10 LESSONS**

9:30AM	SUPER 3 YR OLD 373425	4 & 5 YR OLD BEG 374530
9:45AM		
10:00AM	4 & 5 YR OLD ADV/ENR 373531	PARENT & TOT 373418
10:15AM		
10:30AM	PARENT & TOT 373419	SUPER 3 YR OLD 373426
10:45AM		
11:00AM	4 & 5 YR OLD BEG 374530	PARENT & TOT 373421
11:15AM		

! Parent Discussion Day January 25

**TUESDAYS & THURSDAYS DAYTIME:
FEB 15 – MAR 17, 2011****10 LESSONS**

9:30AM	SUPER 3 YR OLD 373428	4 & 5 YR OLD BEG 374533
9:45AM		
10:00AM	4 & 5 YR OLD ADV/ENR 373532	PARENT & TOT 373424
10:15AM		
10:30AM	PARENT & TOT 373423	SUPER 3 YR OLD 373427
10:45AM		
11:00AM	4 & 5 YR OLD BEG 374532	PARENT & TOT 373422
11:15AM		

! Parent Discussion Day March 1

Advanced Courses

SWIM PATROL	371666	SATURDAYS, JAN 8 – MAR 19 (NO LESSON FEB 19)	10:45 – 11:30AM
BRONZE STAR	371668	SATURDAYS, JAN 8 – MAR 19 (NO LESSON FEB 19)	10:30 – 11:30AM
BRONZE MEDALLION	371669	SATURDAYS, JAN 8 – MAR 19 (NO LESSON FEB 19)	11:45 – 2PM EXAM: MAR 26, 10AM – 1PM
BRONZE CROSS	371670	SATURDAYS, JAN 8 – MAR 19 (NO LESSON FEB 19)	11:45 – 2PM EXAM: MAR 26, 10AM – 1PM

Leadership Program Schedule

WATER SAFETY INSTRUCTOR	367444	SATURDAY/SUNDAY, MAR 5,6,12,13, GREEN ROOM	9 – 4PM
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Leadership Recertification Schedule

WATER SAFETY INSTRUCTOR	367443	SUNDAY, FEB 27, GREEN ROOM	9 – 1PM
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O'Leary Fitness and Leisure Centre

8804 - 132 AVENUE CALL 311 (780-442-5311 OUTSIDE EDMONTON)

www.edmonton.ca

O'Leary is an exceptional community facility for fitness and family activities. The waterslide and teach pool are perfect for kids. Experience a new you in the new fitness centre!



O'LEARY FACILITY SCHEDULE: JANUARY 3 - MARCH 26, 2011

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CASH DESK	8:30AM-9:30PM	5:30AM-9:30PM	5:30AM-9:30PM	5:30AM-9:30PM	5:30AM-9:30PM	5:30AM-9:30PM	5:30AM-9:30PM
LANE SWIM		5:30-8AM 6L 9AM-4PM 1L 9-10PM 6L	5:30-8AM 6L 9AM-4PM 1L	5:30-8AM 6L 9AM-4PM 1L 9-10PM 6L	5:30-8AM 6L 9AM-4PM 1L	5:30-8AM 6L 9AM-4PM 1L 9-10PM 6L	6:30-8AM 6L 9-10PM 6L
AREA 2 SWIM		For District Community League Members. Your Community League Card is required for admission to community league rentals.					3:45-5:45PM
FAMILY SWIM	9-11AM	6-7PM		6-7PM		6-7PM	6-7PM
PUBLIC SWIM **	1:30-3:30PM 6-8PM	7-9PM		7-9PM		7-9PM	1:30-3:30PM 7-9PM
ADULT SWIM	8-10PM		8-10PM		8-10PM		
TEACH POOL ★		9AM-4PM	9AM-4PM	9AM-4PM	9AM-4PM	9AM-4PM	
SHALLOW WATER AQUAFIT			10-11AM		10-11AM		
POOL RENTAL AVAILABILITY	3:45-5:45PM						
OLYMPIC WEIGHT LIFTING ++		5-8PM		5-8PM		5-8PM	
FITNESS CENTRE	8:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	6AM-10PM
SWIM LESSONS	11AM-1:30PM		5-8PM		5-8PM		9AM-1:30PM
INDOOR PLAYGROUND	9AM-8PM	8AM-8PM	8:00AM-12:30PM, 3:30-8:00PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM

- ! Schedule subject to change
- ** Teach pool is available during Public and Family Swim times.
- ★ Children 6 years and under. Main pool not available.
- ++ See www.albertaweightlifting.com for more information

All facility schedules are available online at www.edmonton.ca

www.edmonton.ca/eReg
ONLINE REGISTRATION

HOLIDAY HOURS

FAMILY DAY: MON, FEB 21

1-2PM FAMILY SWIM
2-4PM PUBLIC SWIM
1-4PM FITNESS CENTRE

SPRING BREAK: MAR 20 - APR 1

2-4PM ADULT PUBLIC SWIMS

Amenities

- 25 m, 6 lane swimming pool
- Shallow water teach pool
- Dive tank
- Whirlpool, steam room, large waterslide, diving boards (1, 3 and 5 m), swing rope, and pool toys
- Regular change rooms, family/disabled change room
- Indoor children's playground
- Fitness centre
- Complimentary wallet and purse lockers in lobby for valuables

A NEW YEAR, A NEW YOU!



Start it in our Fitness Centre!

See detailed descriptions of all Drop-in and Registered Programs on pages 93 – 102.

Drop-in Indoor Playground Services

INDOOR PLAYGROUND FOR AGES UP TO 6 YEARS	JAN 4 – APR 2		
	SUNDAY, MONDAY, WEDNESDAY – SATURDAY	8AM – 8PM	\$3.00 PER CHILD
	TUESDAY	8AM – 12:30PM 3:30PM – 8PM*	

*CLOSED DURING SCHEDULE PROGRAM HOURS. CLOSED ON ALL HOLIDAYS. HOURS AND PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Preschool Registered Programs

KICK, CATCH & CRAFT AGES 3-5	374262	TUESDAYS, JAN 11 – MAR 15	1 – 3PM	\$114.00
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*LOCATED IN THE INDOOR PLAYGROUND

Youth Registered Programs

YOUTH IN ACTION	374707	SATURDAY, JAN 8	12 – 3PM	\$30.00
	374706	SATURDAY, MAR 19	12 – 3PM	\$30.00

Adult Registered Programs

INTRODUCTION TO WEIGHTS	374589	TUESDAYS, FEB 22 – MAR 29 (6 CLASSES)	7 – 8PM	\$54.00
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O'Leary Aquatic Program Schedule

TUESDAYS & THURSDAYS: JANUARY 4 – 27, 2011

8 LESSONS

5:00PM	4 & 5 YR OLD ADV 371512	4 & 5 YR OLD BEG 371524	SWIM KIDS 2 371414	SWIM KIDS 4 370138	SWIM KIDS 5,6 369980
5:15PM					
5:30PM	SWIM KIDS 2 371412	SWIM KIDS 9, 10 369729	SWIM KIDS 1 371468	PARENT & TOT 370129	4 & 5 YR OLD BEG 371526
5:45PM					
6:00PM	SWIM KIDS 3 370148	SWIM KIDS 1 371467	SUPER 3 YR OLD 371547	4 & 5 YR OLD BEG 371525	4 & 5 YR OLD ADV 371513
6:15PM					
6:30PM	SUPER 3 YR OLD 371546	SWIM KIDS 4 370137	SWIM KIDS 7,8 369735	SWIM KIDS 3 370149	SWIM KIDS 1 371469
6:45PM					
7:00PM	4 & 5 YR OLD BEG 371523	SWIM KIDS 2 371413	SWIM KIDS 5,6 369979	ADULT SWIM BASICS 369682	SWIM KIDS 7,8 369736
7:15PM					
7:30PM	SWIM KIDS 1 371466				
7:45PM					

! Parent Discussion Day January 18

TUESDAYS & THURSDAYS: FEBRUARY 1 – 24, 2011

8 LESSONS

5:00PM	4 & 5 YR OLD ADV 371515	4 & 5 YR OLD BEG 371529	SWIM KIDS 2 371415	SWIM KIDS 4 370139	SWIM KIDS 5,6 369981
5:15PM					
5:30PM	SWIM KIDS 2 371417	SWIM KIDS 9, 10 369730	SWIM KIDS 1 371471	PARENT & TOT 370130	4 & 5 YR OLD BEG 371527
5:45PM					
6:00PM	SWIM KIDS 3 370151	SWIM KIDS 1 371472	SUPER 3 YR OLD 371548	4 & 5 YR OLD BEG 371528	4 & 5 YR OLD ADV 371514
6:15PM					
6:30PM	SUPER 3 YR OLD 371549	SWIM KIDS 4 370140	SWIM KIDS 7,8 369738	SWIM KIDS 3 370150	SWIM KIDS 1 371470
6:45PM					
7:00PM	4 & 5 YR OLD BEG 371530	SWIM KIDS 2 371416	SWIM KIDS 5,6 369982	ADULT SWIM STROKES 369684	SWIM KIDS 7,8 369737
7:15PM					
7:30PM	SWIM KIDS 1 371473				
7:45PM					

! Parent Discussion Day February 15

TUESDAYS & THURSDAYS: MARCH 1 – 24, 2011					8 LESSONS	
5:00PM	SWIM KIDS 1 371475	4 & 5 YR OLD BEG 370532	4 & 5 YR OLD ADV 371516	SWIM KIDS 4 370142	SWIM KIDS 7,8 369739	
5:15PM						
5:30PM	SWIM KIDS 2 371418	4 & 5 YR OLD ADV 371517	SWIM KIDS 1 371477	PARENT & TOT 370131	4 & 5 YR OLD BEG 371534	
5:45PM						
6:00PM	SWIM KIDS 3 370152	SWIM KIDS 1 371476	SUPER 3 YR OLD 371551	4 & 5 YR OLD BEG 371533	SWIM KIDS 2 371419	
6:15PM						
6:30PM	SUPER 3 YR OLD 371550	SWIM KIDS 4 370141	SWIM KIDS 5,6 369984	SWIM KIDS 2 371422	SWIM KIDS 1 371478	
6:45PM						
7:00PM	4 & 5 YR OLD BEG 371531	SWIM KIDS 9,10 369731	ADULT SWIM STROKES 369685	ADULT SWIM BASICS 369683	SWIM KIDS 5,6 369983	
7:15PM						
7:30PM	SWIM KIDS 3 370153					
7:45PM						

! Parent Discussion Day March 15

SATURDAYS: JANUARY 15 – MARCH 12, 2011							8 LESSONS	
8:30AM							BRONZE CROSS 369681 EXAM: MAR 19 8:30-11:30AM	
8:45AM								
9:00AM	SWIM KIDS 2 371423	SWIM KIDS 1 371481	SWIM KIDS 5,6 369985	SWIM KIDS 4 370144	4 & 5 YR OLD ADV 371520	4 & 5 YR OLD BEG 371557		
9:15AM								
9:30AM	SWIM KIDS 3 370154	4 & 5 YR OLD BEG 371536	PARENT & TOT 370132	SUPER 3 YR OLD 371553	SWIM KIDS 1 371483	SWIM KIDS 2 371427		
9:45AM								
10:00AM	SWIM KIDS 1 371479	SWIM KIDS 2 371425	SWIM KIDS 7,8 369986	SWIM KIDS 5,6 369987	4 & 5 YR OLD BEG 371539	SWIM KIDS 3 370158		
10:15AM								
10:30AM	4 & 5 YR OLD BEG 371535	SWIM KIDS 3 370155			SUPER 3 YR OLD 371554	SWIM KIDS 1 371545		
10:45AM								
11:00AM								
11:15AM	SWIM KIDS 2 371424	4 & 5 YR OLD BEG 371537	SWIM KIDS 9,10 369732	4 & 5 YR OLD ADV 371519	SWIM KIDS 1 371484	SWIM KIDS 3 370159		
11:30AM								
11:45PM	SWIM KIDS 4 370143	SWIM KIDS 2 371426	SWIM KIDS 1 371482	SWIM KIDS 3 370157	SWIM KIDS 7,8 369741	PARENT & TOT 370133	BRONZE STAR 369769	
12:00PM								
12:15PM	SWIM KIDS 3 370156	SUPER 3 YR OLD 371552	4 & 5 YR OLD BEG 371538	SWIM KIDS 1 371485	SWIM KIDS 2 371462			
12:30PM								
12:45PM	4 & 5 YR OLD ADV 371518	SWIM KIDS 7,8 369740	PRIVATE (SEE BELOW)	SWIM KIDS 5,6 370086	4 & 5 YR OLD BEG 371540	SWIM KIDS 4 370145	SWIM KIDS 9,10 369733	
1:00PM								
1:15PM	SWIM KIDS 1 371480							

! No Lesson February 19

! Parent Discussion Day February 12

PRIVATE LESSON	JAN 15	369686	JAN 22	369687	JAN 29	369688	FEB 5	369689
1PM – 1:30PM	FEB 12	369690	FEB 26	369691	MAR 5	369692	MAR 12	369693

SUNDAYS: JANUARY 16 – MARCH 13, 2011**8 LESSONS**

10:30AM							
10:45AM							
11:00AM	SWIM KIDS 3 370160	SUPER 3 YR OLD 375115	4 & 5 YR OLD BEG 371542	SWIM KIDS 4 370146	SWIM KIDS 1 371488	SWIM KIDS 5,6 370088	BRONZE MEDALLION 369680 EXAM: MAR 20 10:30-1:30
11:15AM							
11:30AM	SWIM KIDS 7,8 369742	SWIM KIDS 2 371463	SWIM KIDS 1 371487	4 & 5 YR OLD BEG 371544	4 & 5 YR OLD ADV 371522	SWIM KIDS 4 370147	
11:45PM		SWIM KIDS 1 371486	SWIM KIDS 2 371464		4 & 5 YR OLD ADV 371521		
12:00PM	4 & 5 YR OLD BEG 371541	PARENT & TOT 370134	SUPER 3 YR OLD 371555	SWIM KIDS 9,10 369734	SWIM KIDS 2 371465	4 & 5 YR OLD ENR 370136	
12:15PM		SWIM KIDS 3 370161	4 & 5 YR OLD BEG 371543		SUPER 3 YR OLD 371556	SWIM KIDS 1 371489	
12:30PM	SWIM KIDS 5,6 370087	SWIM KIDS 3 370161	4 & 5 YR OLD BEG 371543	SWIM KIDS 9,10 369734	SUPER 3 YR OLD 371556	SWIM KIDS 1 371489	
12:45PM							
1:00PM							PRIVATE (SEE BELOW)
1:15PM							

- ! No Lesson February 20
- ! Parent Discussion Day February 13

PRIVATE LESSON	JAN 16	369694	JAN 23	369695	JAN 30	369696	FEB 6	369697
1PM – 1:30PM	FEB 13	369698	FEB 27	369101	MAR 6	369699	MAR 13	369700

Advanced Courses

BRONZE STAR	369679	SATURDAYS, JAN 15 – MAR 12 (8 LESSONS, NO LESSON FEB 12)	11:30-12:45PM	
PREPARATION FOR BRONZE MEDALLION				
BRONZE MEDALLION	369680	SUNDAYS, JAN 16 – MAR 13 (8 LESSONS, NO LESSON FEB 20)	10:30AM – 1:30PM	EXAM: MAR 20, 10:30AM-1:30PM
MUST BE 13 YEARS OLD OR HAVE A BRONZE STAR CERTIFICATE				
BRONZE CROSS	369681	SATURDAYS, JAN 15 – MAR 12 (8 LESSONS, NO LESSON FEB 19)	8:30-11:30AM	EXAM: MAR 19, 8:30-11:30AM
MUST HAVE BRONZE MEDALLION				
LIFE SAVING FIRST AID	375112	SATURDAY AND SUNDAY, JAN 29 & 30	8AM – 4PM	
	375113	SATURDAY AND SUNDAY, FEB 26 & 27	8AM – 4PM	
	375114	SATURDAY AND SUNDAY, MAR 19 & 20	8AM – 4PM	
STANDARD FIRST AID – OCCUPATIONAL HEALTH AND SAFETY APPROVED. TWO DAY COURSE, VALID FOR THREE YEARS ONCE COMPLETED. INCLUDES C.P.R. TRAINING. (ALL MANUALS INCLUDED.) CANDIDATES "MUST" ATTEND 'BOTH' DAYS TO BECOME CERTIFIED.				

Recertification Exams

BRONZE CROSS	367440	THURSDAY, JAN 20	5 – 8PM
	367441	THURSDAY, FEB 17	5 – 8PM
RECERTIFICATION FOR BRONZE CROSS AWARD			
WATER SAFETY INSTRUCTOR (WSI)	367442	WEDNESDAY, JAN 19	5 – 9PM
RECERTIFICATION FOR WATER SAFETY INSTRUCTOR			

DROP-IN WINTER 2011

CHILD/YOUTH SHINNY HOCKEY

KEEP UP GAME SKILLS AND HAVE FUN!

- » Offered at City of Edmonton Arenas all summer.
- » Age divisions for safe play.
- » Full equipment required.
- » Maximum 28 players, not including goalies.
- » Admission must be purchased in advance, goalies play free. Shinny Hockey admission now included with various Membership Plan Passes.



For more information on schedules, check E-Active, call 311 or visit www.edmonton.ca/arenas. Subject to change.



Peter Hemingway Fitness and Leisure Centre

13808 – 111 AVENUE CALL 311 (780-442-5311 OUTSIDE EDMONTON)

www.edmonton.ca

Peter Hemingway is internationally famous for its award-winning design, and is recognized in Edmonton as an excellent training facility for swimmers and fitness-minded individuals. The facility also hosts an annual triathlon event.



PETER HEMINGWAY FACILITY SCHEDULE: JANUARY 3 – MARCH 26, 2011

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
CASH DESK	5:30AM–9:30PM	5:30AM–9:30PM	5:30AM–9:30PM	5:30AM–9:30PM	5:30AM–9:30PM	5:30AM–9:30PM	5:30AM–9:30PM	
FITNESS CENTRE	5:30AM–10PM	5:30AM–10PM	5:30AM–10PM	5:30AM–10PM	5:30AM–10PM	5:30AM–10PM	5:30AM–10PM	
LANE SWIM	5:30–11AM 8L 11AM–12PM 4L 1–2PM 8L 2–5PM 4L 5–6:30PM 8L 6:30–8:30PM 4L 8:30–10PM 8L	5:30–7AM 6L 7–9AM 8L 10AM–4:30PM 4L 4:30–6:30PM 3L 6:30–7:30PM 4L 8:30–9:30PM 4L 9:30–10PM 8L	5:30–7:30AM 4L 7:30–9AM 8L 9AM–4:30PM 4L 4:30–6:30PM 3L 6:30–7:30PM 4L 8:30–10PM 8L	5:30–7AM 6L 7–9AM 8L 10AM–4:30PM 4L 4:30–6:30PM 3L 6:30–7:30PM 4L 8:30–9:30PM 4L 9:30–10PM 8L	5:30–7:30AM 4L 7:30–9AM 8L 9AM–4:30PM 4L 4:30–6:30PM 3L 6:30–7:30PM 4L 8:30–9:30PM 4L 9:30–10PM 8L	5:30–7:30AM 4L 7:30–9AM 8L 9AM–4:30PM 4L 4:30–6:30PM 3L 6:30–7:30PM 4L 8:30–10PM 8L	5:30–9AM 8L 10AM–4PM 4L 6–7:30PM 6L 7:30–10PM 8L	5:30–8:30AM 8L 8:30–10:30AM 3L 10:30AM–1PM 6L 2–5PM 4L 5–6:30PM 8L 6:30–8:30PM 4L 8:30–10PM 8L
WIDTH SWIM	12–1PM	9–10AM 7:30–8:30PM	7:30–8:30PM	9–10AM 7:30–8:30PM	7:30–8:30PM	9–10AM	1–2PM	
PUBLIC SWIM	2–5PM 6:30–8:30PM						2–5PM 6:30–8:30PM	
AQUAFIT SHALLOW		9–10AM	7:30–8:30PM	9–10AM	7:30–8:30PM	9–10AM	1–2PM	
AQUABOX	12–1PM	7:30–8:30PM		7:30–8:30PM				
AQUAFIT DEEP WATER	11AM–12PM	6:30–7:30PM	6:30–7:30PM	6:30–7:30PM	6:30–7:30PM			
SWIM TRAINING		8:30–9:30PM		8:30–9:30PM				
FREE PUBLIC SKATING							3:15–4:15PM	
ADULT SHINNY HOCKEY		4:15–5:15PM						

- ! Schedule subject to change
- ! Free Public Skate, Youth and Adult Shiny Hockey schedules subject to change. For updated schedules and additional skates please visit www.edmonton.ca/arenas or call 311.

All facility schedules are available online at www.edmonton.ca

www.edmonton.ca/eReg
ONLINE REGISTRATION

HOLIDAY HOURS

FAMILY DAY: MON, FEB 21

8AM-4PM FITNESS CENTRE
8AM-4PM LANE SWIM
1-4PM PUBLIC SWIM

SPRING BREAK: MAR 28 - APR 1

EXTRA PUBLIC SWIMS:
1-4PM PUBLIC SWIM

Amenities

- 50 m, 8 lane swimming pool with starting blocks
- Large spectator seating area
- Whirlpool, steam room, sauna, and pool toys
- Regular change rooms
- Family/disabled change room
- Fitness centre
- Separate indoor ice arena
- Outdoor tennis courts, parkland, walking and cycling trails
- Complimentary wallet and purse lockers in lobby for valuables

A NEW YEAR, A NEW YOU!



Start it in our Fitness Centre!

See detailed descriptions of all Drop-in and Registered Programs on pages 93 – 102.

Child/Youth Registered Programs

YOUTH IN ACTION	374695	SATURDAY, JAN 29	12 – 3PM	\$30.00
	374696	SATURDAY, FEB 12	12 – 3PM	\$30.00
	374701	SATURDAY, MAR 5	12 – 3PM	\$30.00

Adult Registered Programs

BOOT CAMP	374632	THURSDAYS, JAN 13 – FEB 17 (6 CLASSES)	6 – 7PM	\$66.00
	374631	THURSDAYS, JAN 13 – FEB 17 (6 CLASSES)	7 – 8PM	\$66.00
	374633	THURSDAYS, FEB 24 – MAR 31 (6 CLASSES)	7 – 8PM	\$66.00
	374634	THURSDAYS, FEB 24 – MAR 31 (6 CLASSES)	6 – 7PM	\$66.00
	374635	WEDNESDAYS, JAN 12 – FEB 16 (6 CLASSES)	6 – 7PM	\$66.00
	374636	WEDNESDAYS, JAN 12 – FEB 16 (6 CLASSES)	7 – 8PM	\$66.00
	374637	WEDNESDAYS, FEB 23 – MAR 30 (6 CLASSES)	6 – 7PM	\$66.00
	374638	WEDNESDAYS, FEB 23 – MAR 30 (6 CLASSES)	7 – 8PM	\$66.00
WOMEN ON WEIGHTS	374588	SUNDAYS, JAN 9 – FEB 13 (6 CLASSES)	10:30 – 11:30AM	\$54.00
	374602	SUNDAYS, FEB 20 – MAR 27 (6 CLASSES)	10:30 – 11:30AM	\$54.00

Peter Hemingway Aquatic Program Schedule

WEDNESDAYS: JANUARY 12 – MARCH 16, 2011

10 LESSONS

6:30PM

ADULT – THE START (BEGINNER)
376343

6:45PM

7:00PM

7:15PM

7:30PM

ADULT – THE NEXT STEP (INT/ADV)
376345

7:45PM

8:00PM



ADVERTISE HERE!

Advertise in the City of Edmonton E-Active Guide and enjoy a “healthy” return on your advertising investment!

A variety of other advertising opportunities are also available at high traffic locations in City facilities and attractions. Our visitor demographics offer unique and affordable mediums to target specific audiences with your advertising.

For more information, please call **780-944-7744** or e-mail corpsales@edmonton.ca.

EDMONTON

COMING THIS SPRING

27TH ANNUAL SUBWAY CORONATION TRIATHLON

SUNDAY, MAY 29, 2011



SWIM

1 KM Peter Hemingway Pool



CYCLE

26 KM Groat Road



RUN

8 KM Groat Road / Mackinnon Ravine

ARE YOU UP TO THE CHALLENGE?

The SUBWAY® Coronation Triathlon is a challenging course for all levels of athletes through Edmonton's Coronation Park area. One of Alberta's oldest urban triathlons. Sanctioned by the Alberta Triathlon Association.

REGISTRATION

Starting February 1, 2011, you can register on the Alberta Triathlon Association website at www.triathlon.ab.ca. Online registration only. Register as a team of two or three, and share the swim, bike and run components.

TRAINING

Qualified Personal Trainers are available to help you or your team train, call 311 to get connected to one. Drop-in and registered training programs such as the Kinsmen Triathlon Group and Swim Training are offered at Kinsmen, Peter Hemingway, Bonnie Doon, and Hardisty. For information, check the facility schedules in E-Active, at www.edmonton.ca or by calling 311.

VOLUNTEER

Experience the excitement of the triathlon by volunteering. A variety of volunteer positions are available. All ages and groups welcome. Call **780-496-4935** or e-mail rfsvolunteer@edmonton.ca to get involved.

INFORMATION

www.edmonton.ca/subwaycoronationtriathlon
subwaycoronationtriathlon@edmonton.ca
311

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Scona Pool

10450 - 72 AVENUE

780-496-8756

www.sconapool.com

Schedule runs January 1st to April 2nd, 2011.
Scona Pool will be closed Jan. 1st & 2nd, 2011.

WINTER 2011 SCHEDULE

Schedule is subject to change without notice.
*Pool may be shared between public use and rental groups.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AQUASIZE 12:00PM - 1:00PM	*EARLY BIRD SWIM 6AM - 8:30AM	*LANE SWIM 7AM - 8:30AM	*EARLY BIRD SWIM 6AM - 8:30AM	*LANE SWIM 7AM - 8:30AM	*EARLY BIRD SWIM 6AM - 8:30AM	
KARATAQUATICS 1:00PM-2:00PM	*DEEP WATER AQUASIZE 8:30-9:30AM	*LANE SWIM/ PUBLIC SWIM 8:30AM - 4:30PM	*DEEP WATER AQUASIZE 8:30-9:30AM	*LANE SWIM/ PUBLIC SWIM 8:30AM - 4:30PM	*DEEP WATER AQUASIZE 8:30-9:30AM	
RED CROSS LESSONS 10AM - 2PM	*LANE SWIM/ PUBLIC SWIM 9:30AM - 4:30PM	AQUASIZE 11:00AM -12:00PM	PARENT & TOT AQUASIZE 11:00AM-12:00PM	AQUASIZE 11:00AM -12:00PM	*LANE SWIM/ PUBLIC SWIM 9:30AM - 4:30PM	RED CROSS LESSONS 10AM - 1PM
PUBLIC SWIM 2PM - 6PM	↓	*LANE SWIM/ PUBLIC SWIM 8:30AM - 4:30PM	*LANE SWIM/ PUBLIC SWIM 9:30AM - 4:30PM	*LANE SWIM/ PUBLIC SWIM 8:30AM - 4:30PM	↓	TWOONIE PUBLIC SWIM 1PM - 3PM
↓			RED CROSS LESSONS 4:30PM - 6:30PM			RENTAL TIME AVAILABLE 3PM - 7PM
UAPS	*NEW! LANE SWIM 6:00PM - 8:00PM		LANE SWIM/ PUBLIC SWIM 6:30PM - 8:30PM		RENTAL TIME AVAILABLE 6:30PM - 9PM	FAMILY SWIM 7PM - 8:30PM
	UAPS			UAPS		RENTAL TIME AVAILABLE 8:30PM - 10PM

WINTER 2011 SATURDAY LESSONS

January 15th - March 26th, 2011
No Lessons on February 19th, 2011

Time	Instructor 1	Instructor 2	Instructor 3
10:00-10:15 am	Level 9/10 (10:00-11:00 am)	Private Lesson (10:00-10:30 am)	Level 4/5 (10:00-10:45 am)
10:15-10:30 am		Level 7/8 (10:30-11:30 am)	Level 1/2 (10:45-11:15 am)
10:30-10:45 am			
10:45-11:00 am			
11:00-11:15 am	Private Lesson (11:00-11:30 am)	Sea Turtle (11:30-12:00 pm)	Level 6/7 (11:15-12:00 pm)
11:15-11:30 am	Level 3/4 (11:30-12:15 pm)		Private Lesson (12:00-12:30 pm)
11:30-11:45 am			
11:45-12:00 pm	Level 5/6 (12:15-1:00 pm)	Level 2/3 (12:30-1:00 pm)	Starfish/Duck (12:30-1:00 pm)
12:00-12:15 pm			
12:15-12:30 pm	Level 5/6 (12:15-1:00 pm)	Level 2/3 (12:30-1:00 pm)	Starfish/Duck (12:30-1:00 pm)
12:30-12:45 pm			
12:45-1:00 pm	Level 5/6 (12:15-1:00 pm)	Level 2/3 (12:30-1:00 pm)	Starfish/Duck (12:30-1:00 pm)
12:45-1:00 pm			

WINTER 2011 SUNDAY LESSONS

January 16th - March 27th, 2011
No Lessons on February 20th, 2011

Time	Instructor 1	Instructor 2
10:00-10:15 am	Level 8/9/10 (10:00-11:00 am)	Level 4/5 (10:00-10:45 am)
10:15-10:30 am		Level 6/7 (10:45-11:30 am)
10:30-10:45 am		
10:45-11:00 am		
11:00-11:15 am	Level 3/4 (11:00-11:45 am)	Level 1/2 (11:30-12:00 pm)
11:15-11:30 am	Sea Turtle (11:45-12:15 pm)	
11:30-11:45 am		
11:45-12:00 pm	Level 5/6 (12:15-1:00 pm)	Starfish/Duck (12:00-12:30 pm)
12:00-12:15 pm		Private Lesson (12:30-1:00 pm)
12:15-12:30 pm		
12:30-12:45 pm	Level 1/2 (1:00-1:30 pm)	Sea Turtle (1:00-1:30 pm)
12:45-1:00 pm		Level 2/3 (1:30-2:00 pm)
1:00-1:15 pm		
1:15-1:30 pm	Private Lesson (1:30-2:00 pm)	Level 2/3 (1:30-2:00 pm)
1:30-1:45 pm		Private Lesson (1:30-2:00 pm)
1:45-2:00 pm		

WINTER 2011 WEDNESDAY LESSONS

January 19th - March 23rd, 2011
Parent's Day/ Bring-A-Friend Day is February 23rd, 2011

Time	Instructor 1	Instructor 2	Instructor 3
4:30-4:45 pm	Level 8/9/10 (4:30-5:30 pm)	Level 1/2 (4:30-5:00 pm)	Level 4/5 (4:30-5:15 pm)
4:45-5:00 pm		Level 2/3 (5:00-5:30 pm)	Level 5/6 (5:15-6:00 pm)
5:00-5:15 pm			
5:15-5:30 pm	Sea Turtle (5:30-6:00 pm)	Private Lesson (5:30-6:00pm)	Level 5/6 (5:15-6:00 pm)
5:30-5:45 pm			
5:45-6:00 pm	Starfish/Duck (6:00-6:30 pm)	Private Lesson (6:00-6:30pm)	Private Lesson (6:00-6:30 pm)
6:00-6:15 pm			
6:15-6:30 pm	Starfish/Duck (6:00-6:30 pm)	Private Lesson (6:00-6:30pm)	Private Lesson (6:00-6:30 pm)
6:15-6:30 pm			

2011 LESSON PRICES

Lesson	10 LESSONS
Starfish/ Duck/ Sea Turtle	\$45
Red Cross Swim Kids Levels 1 - 3	\$48
Red Cross Swim Kids Levels 4 - 7	\$50
Red Cross Swim Kids Levels 8 - 10	\$52

Book
your
next
special
event
at
Scona
Pool!
Call
(780)
496-
8756 for
details.

St. Francis Xavier Sports Centre

9240 – 163 STREET CALL 311 (780-442-5311 OUTSIDE EDMONTON)

www.edmonton.ca

The St. Francis Xavier Sports Centre offers exciting new sports and fitness opportunities for athletes and the community year-round. The Sports Centre 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.



ST. FRANCIS XAVIER FACILITY SCHEDULE: JANUARY 3 – MARCH 26, 2011

PUBLIC SCHEDULE AVAILABLE BY CALLING 311 OR ON EDMONTON.CA

GYMNASIUM
RENTAL

TO RENT GYMNASIUM SPACE, PLEASE CALL 780-442-4544.

All facility schedules are available online at www.edmonton.ca

www.edmonton.ca/eReg
ONLINE REGISTRATION

St. Francis Xavier Sports Centre offers public drop-in sports, fitness and recreation activities, registered programs, and children's camps.

For more information on child/youth summer camps, please call **311** or pick up a copy of the Summer Daycamp Guide available at City of Edmonton Recreation Centres or Edmonton Public Libraries, or online at www.edmonton.ca.

Amenities

- Field House with three full-size gymnasiums and courts.
- Playing space for basketball, badminton, soccer, volleyball, futsal, martial arts, or other activities.
- Indoor jogging/walking track.
- Spectator seating.
- Change rooms and washrooms.

DROP-IN FOR A GAME!



Workout in Our Sports Centre!

Pick up a Membership Pass and use it at the St. Francis Xavier Sports Centre for drop-in workouts. A Leisure Access Program opportunity.

Stretching for Sport

Perfect for athletes and teams who want to increase range of motion and prevent injury. Stretching for sport teaches both dynamic and static stretching techniques!

Sessions can be set up for your team, or register for one of our programs running at Kinsmen, St. FX or the new Terwilligar Community Recreation Centre!



ST. FRANCIS XAVIER DROP-IN FITNESS SCHEDULE: JANUARY 3 – MARCH 26, 2011

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STEP		5–6PM GYM 2					
STROLLERCIZE			1–2:30PM GYM	1–2:30PM GYM			

- 📌 Schedule subject to change. Please visit www.edmonton.ca for updates.
- 📌 Proper exercise wear is a requirement in order to participate in all drop-in programs.

See detailed descriptions of all Drop-in and Registered Programs on pages 93 – 102.

Preschool Registered Programs

KICK, CATCH AND CRAFT AGES 3-5	373814	MONDAYS, JAN 10 – MAR 21 (NO CLASS FEB 21)	1 – 3PM	\$114.00
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Adult Registered Programs

ALL IN 60 MINUTES	374617	TUESDAYS, JAN 11 – FEB 15 (6 CLASSES)	5 – 6PM	\$54.00
	374651	TUESDAYS, FEB 22 – MAR 29 (6 CLASSES)	5 – 6PM	\$54.00
ALL SPORTS CONDITIONING	368840	TUESDAYS, JAN 11 – FEB 15 (5 CLASSES, NO CLASS FEB 1)	6 – 7PM	\$55.00
	368841	TUESDAYS, FEB 22 – MAR 29 (6 CLASSES)	6 – 7PM	\$66.00
BOOT CAMP	374646	TUESDAYS, JAN 11 – FEB 15 (5 CLASSES, NO CLASS FEB 1)	6 – 7PM	\$55.00
	374647	THURSDAYS, JAN 13 – FEB 17 (5 CLASSES, NO CLASS FEB 10)	6 – 7PM	\$55.00
	374650	TUESDAY, FEB 22 – MAR 29 (6 CLASSES)	6 – 7PM	\$66.00
	374649	THURSDAYS, FEB 24 – MAR 31 (6 CLASSES)	6 – 7PM	\$66.00
KETTLEBELLS 101	374577	THURSDAYS, JAN 13 – FEB 17 (5 CLASSES, NO CLASS FEB 10)	5 – 6PM	\$55.00
	374648	THURSDAYS, FEB 24 – MAR 31 (6 CLASSES)	5 – 6PM	\$66.00

MOVE UP

The Edmonton Police Service is looking for applicants who are ready to make the next move in their career.

Policing is a rewarding and respected career that provides great opportunities for growth, job variety and a chance to make a difference in your community.

JoinEPS.ca



The Edmonton Police Service is an Equal Opportunity Employer

NEW! Terwillegar Community Recreation Centre

2051 LEGER ROAD NW

CALL 311 (780-442-5311 OUTSIDE EDMONTON)

www.edmonton.ca

The City of Edmonton's newest recreation centre is almost ready to welcome residents. The Terwillegar Community Recreation Centre is currently under construction, but once complete, it will become a hub of community activity in the city, full of activity and energy, where people of all ages and abilities can gather to learn, exercise, relax, meet, and have fun.

Terwillegar Rec Centre will be one of Edmonton's premier recreation centres with exceptional health, wellness, and sports amenities.



TERWILLEGAR FACILITY SCHEDULE: JANUARY 3 – MARCH 26, 2011

SCHEDULE UNAVAILABLE AT TIME OF PRINTING.
PLEASE CALL 311 OR VISIT WWW.EDMONTON.CA FOR OUR WINTER HOURS.

Highlights of the Amenities!

An amazing aquatic centre

- Pool with eight 53-metre lanes, and one and three metre diving boards and a five metre diving platform
- Leisure and wave pool with spray features
- Whirlpool for 30 people
- Lazy river and waterslide
- Tot pool with ramp access
- Steam room for 18 people

A playful children's wing

- Indoor playground
- Child-minding room
- Three children's program rooms

A fabulous fitness centre

- State-of-the-art exercise equipment
- Two program studios
- Indoor walking/jogging track (206 metres)
- Triple gymnasium

A very cool arena

- Four NHL-size sheets of ice, with 20 dressing rooms
- Room for up to 710 spectators in rink 1, and 200-260 spectators in rinks 2, 3 and 4
- Three tournament rooms

Four commercial spaces!

- Second Cup
- Running Room
- DQ Orange Julius
- Rejuvenation Health Services

Purchase your annual pass!

Starting December 1, 2010, the first 1500 buyers will receive a free gift!

Drop-in Programs

A wide variety of drop-in programs for all ages and abilities will be offered at the Terwillegar Community Recreation Centre. Programs will include, but are not limited to: aquafit, swim training, yoga, step, spin bike programs, boot camps, children swim lessons, resistance training, and dance.

Schedules will be online soon. Visit edmonton.ca/tcrc for more information, or call 311.

Registered Programs

Registration is now open for 2011 programs in Terwillegar Community Recreation Centre! The following pages include an exciting variety of swimming lessons, preschool, children, and youth programs, and adult programs that will keep you busy all week.

Visit edmonton.ca/tcrc for more information, or call 311.

See detailed descriptions of all Registered Programs on pages 93 – 102.

Drop In Indoor Playground Services

INDOOR PLAYGROUND FOR AGES UP TO 10 YEARS	SATURDAY – SUNDAY	8AM – 8PM	\$3.00 PER CHILD
* HOURS AND PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE			

Registered Child Minding Services

THE KIDS DEN FOR AGES UP TO 6 YEARS	MONDAY – SATURDAY DAYTIME	8:45AM – 3PM	\$6.15 AN HOUR PER CHILD
THE KIDS DEN FOR AGES UP TO 11 YEARS	MONDAY/TUESDAY/WEDNESDAY EVENING	4:30 – 8PM	

A MULTI-HOUR PASS IS AVAILABLE FROM THE CASHIERS AT ADDITIONAL SAVINGS:

MULTI-HOURLY PASS: (10 HOURS OR MORE) \$56.75

ANNUAL PASS: 1 CHILD (LIMITED): \$594.55

ANNUAL PASS: 2+ CHILDREN (LIMITED): \$805.00

PRICES ARE SUBJECT TO CHANGE – CHANGE WITHOUT NOTICE. DROP-IN SPACES ARE SUBJECT TO AVAILABILITY.

TO RESERVE A SPOT OR FOR MORE INFORMATION PLEASE CONTACT 311

Preschool Registered Programs

ACTIVE BUGS AGES 3–5	379044	MONDAYS, FEB 7 – MAR 28 (8 CLASSES)	9 – 10:30AM	\$70.00
	379045	MONDAYS, FEB 7 – MAR 28 (8 CLASSES)	10:45AM – 12:15PM	\$70.00
	379048	TUESDAYS, FEB 1 – MAR 29 (9 CLASSES)	9 – 10:30AM	\$78.75
	379049	TUESDAYS, FEB 1 – MAR 29 (9 CLASSES)	10:30AM – 12PM	\$78.75
	379050	WEDNESDAYS, FEB 2 – MAR 30 (9 CLASSES)	9 – 10:30AM	\$78.75
	379051	WEDNESDAYS, FEB 2 – MAR 30 (9 CLASSES)	10:30AM – 12PM	\$78.75
	379046	THURSDAYS, FEB 3 – MAR 31 (9 CLASSES)	9 – 10:30AM	\$78.75
	379047	THURSDAYS, FEB 3 – MAR 31 (9 CLASSES)	10:30AM – 12PM	\$78.75
	379042	FRIDAYS, FEB 4 – APR 1 (9 CLASSES)	9 – 10:30AM	\$78.75
	379043	FRIDAYS, FEB 4 – APR 1 (9 CLASSES)	10:30AM – 12PM	\$78.75
ALPHABET SOUP AGES 3½-5	377932	WEDNESDAYS, FEB 2–MAR 23	1 – 3PM	\$91.20
AROUND THE WORLD AGES 3½-5	377940	FRIDAYS, FEB 4 – MAR 25	1 – 3 PM	\$91.20
DOUBLE THE FUN AGES 3½-5	377918	TUESDAYS/THURSDAYS, FEB 1 – MAR 24	1 – 3PM	\$123.20
DYNAMIC DUOS AGE 2	378342	THURSDAYS, FEB 3 – MAR 24	9:30 – 10AM	\$55.00
FOOTLIGHTS & FANCY FEET AGE 3	378343	THURSDAYS, FEB 3 – MAR 24	10 – 10:45AM	\$80.00
FOOTLIGHTS & FANCY FEET AGE 4-5	378344	THURSDAYS, FEB 3 – MAR 24	10:50 – 11:50AM	\$90.00
KICK, CATCH, & CRAFT AGES 3½-5	377893	MONDAYS, JAN 31 – MAR 28	1 – 3PM	\$91.20
KIDDING AROUND AGES 3½-5	377914	TUESDAYS, FEB 1 – MAR 22	10:45 – 12PM	\$91.20
KIDS IN THE KITCHEN AGES 3½-5	377941	SATURDAYS, FEB 5 – MAR 26	9:30 – 11:30AM	\$110.40
MOTHER GOOSE & FRIENDS AGES 1-18 MOS	377898	MONDAYS, JAN 31 – MAR 28	9:15 – 10:15AM	\$45.25
MUMBO JUMBO AGES 1-2	377928	WEDNESDAYS, FEB 2 – MAR 23	10:30 – 11:30AM	\$49.20
MUMBO JUMBO AGES 2-3	377924	WEDNESDAYS, FEB 2 – MAR 23	9:15 – 10:15AM	\$49.20
PLAYTIME FOR TOTS AGES 1-2	377936	THURSDAYS, FEB 3 – MAR 24	9:30 – 10:30AM	\$45.40
SCRIBBLES AND STRINGS AGES 2½-3½	377908	TUESDAYS, FEB 1 – MAR 22	9 – 10:15AM	\$56.40
NEW! SKIP, SING, AND STRINGS AGES 1-3	377938	FRIDAYS, FEB 4 – MAR 25	9:30 – 11AM	\$63.60
SMALL FRIES AGES 2-3	377903	MONDAYS, JAN 31 – MAR 28	10:45AM – 12PM	\$56.40

Child/Youth Registered Programs				
DANCE COMBO AGES 6-8	378340	WEDNESDAYS, FEB 2 – MAR 23	4 – 5PM	\$80.00
DANCE COMBO AGES 9-12	378341	WEDNESDAYS, FEB 2 – MAR 23	5 – 6:15PM	\$100.00
GOLF LESSONS FOR CHILDREN	TBA	THURSDAYS, DATES TBA (4 CLASSES)	TBA	\$80.00
HIP HOP & FUNK AGES 11-14	378339	WEDNESDAYS, FEB 2 – MAR 23	6:30 – 7:30PM	\$80.00
INCREDIBLY ACTIVE KIDS AGES 9–13	379054	SATURDAYS, FEB 5 – 26 (4 CLASSES)	10 – 11:30AM	\$31.43
	379055	SATURDAYS, MAR 5 – APR 2 (5 CLASSES)	10 – 11:30AM	\$39.29
NIA FOR KIDS AGES 6–10	379059	THURSDAYS FEB 3 – 24 (4 CLASSES)	3:30 – 4:30PM	\$42.00
	379060	THURSDAYS MAR 3 – 31 (5 CLASSES)	3:30 – 4:30PM	\$45.00
RED CROSS BABYSITTING COURSE AGES 11 - 16	378039	FRIDAY, MAR 4	9AM – 5PM	\$55.00
SIBSHOPS AGES 9-12	379093	SATURDAY, FEB 12	11AM – 3PM	\$32.10
SIBSHOPS AGES 13-15	379094	SATURDAY, MAR 19	11AM – 3PM	\$32.10
TEACHERS CONVENTION CAMP AGES 6-12	377989	THURSDAY – FRIDAY, MAR 3 – 4	9AM – 4PM	\$69.25
SPRING BREAK CAMP AGES 6-12	377990	MONDAY – FRIDAY, MAR 28 – APR 1	9AM – 4PM	\$170.00
YOUTH IN ACTION	379061	SATURDAY, FEB 5	9AM – 12PM	\$30.00
	379062	SATURDAY, FEB 19	9AM – 12PM	\$30.00
	379063	SATURDAY, MAR 26	9AM – 12PM	\$30.00
Child/Youth Registered Leisure Programs (for Persons with Disabilities)				
TEEN QUEST	374762	SATURDAYS, FEB 5 – MAR 19	1 – 3PM	\$40.00
Adult Registered Programs				
ACTIVE BEGINNING	379272	SATURDAY, FEB 5	9AM – 12PM	\$30.00
	379274	SATURDAY, FEB 19	9AM – 12PM	\$30.00
	379276	SATURDAY, MAR 26	9AM – 12PM	\$30.00
ALL IN 60 MINUTES	379313	TUESDAYS, FEB 1 – 22 (4 CLASSES)	5 – 6PM	\$36.00
	379314	TUESDAYS, MAR 1 – 29 (5 CLASSES)	5 – 6PM	\$45.00
	379305	THURSDAYS, FEB 3 – 24 (4 CLASSES)	5 – 6PM	\$36.00
	379306	THURSDAYS, MAR 3 – 31 (5 CLASSES)	5 – 6PM	\$45.00
BALLROOM - LEVEL 1	378557(W)	WEDNESDAYS, FEB 2 – MAR 23	8 – 9PM	\$72.00
	378558(M)			
BELLY DANCING - LEVEL 1	378566	SATURDAYS, FEB 5 – MAR 26	2:15 – 3:45PM	\$85.00
BOLLYWOOD FUSION	378567	THURSDAYS, FEB 3 – MAR 24	7:30 – 8:30PM	\$72.00
BOLLYWOOD DANCE - LEVEL I	378568	THURSDAYS, FEB 3 – MAR 24	8:30 – 9:30PM	\$72.00
BOOT CAMP	379303	MONDAYS, FEB 7 – 28 (4 CLASSES)	5 – 6PM	\$44.00
	379304	MONDAYS, MAR 7 – 28 (4 CLASSES)	5 – 6PM	\$44.00
	379315	TUESDAYS, FEB 1 – 22 (4 CLASSES)	7 – 8PM	\$44.00
	379316	TUESDAYS, MAR 1 – 29 (5 CLASSES)	7 – 8PM	\$55.00
	379319	WEDNESDAYS, FEB 2 – 23 (4 CLASSES)	6 – 7PM	\$44.00
	379320	WEDNESDAYS, MAR 2 – 30 (5 CLASSES)	6 – 7PM	\$55.00
	379281	SATURDAYS, FEB 5 – 26 (4 CLASSES)	10 – 11AM	\$44.00
	379282	SATURDAYS, MAR 5 – APR 2 (5 CLASSES)	10 – 11AM	\$55.00
DANCE SAMPLER	378570	WEDNESDAYS, FEB 2 – MAR 23	8:30 – 9:30PM	\$72.00
GOLDEN ZUMBA	379192	TUESDAYS, FEB 1 – 22 (4 CLASSES)	10:30 – 11:30AM	\$40.00
	379193	TUESDAYS, MAR 1 – 29 (5 CLASSES)	10:30 – 11:30AM	\$50.00
GOLF LESSONS FOR ADULTS	TBA	THURSDAYS, TBA (5 CLASSES)	TBA	\$125.00

HEALTHY KICK START	TBA	SATURDAY, FEB 26	9AM – 12PM	\$30.00
	TBA	SATURDAY, MAR 5	9AM – 12PM	\$30.00
	TBA	SATURDAY, MAR 19	9AM – 12PM	\$30.00
HIP HOP & FUNK	378572	WEDNESDAYS, FEB 2 – MAR 23	7:30 – 8:30PM	\$72.00
KETTLEBELLS 101	379592	MONDAYS, FEB 7 – 28 (4 CLASSES)	5 – 6PM	\$44.00
	379593	MONDAYS, MAR 7 – 28 (5 CLASSES)	5 – 6PM	\$55.00
	379594	TUESDAYS, FEB 1 – MAR 22 (4 CLASSES)	7 – 8PM	\$46.67
	379595	TUESDAYS, MAR 1 – 29 (5 CLASSES)	7 – 8PM	\$58.33
	379317	TUESDAYS, FEB 1 – MAR 22 (4 CLASSES)	5 – 6PM	\$46.67
	379318	TUESDAYS, MAR 1 – 29 (5 CLASSES)	5 – 6PM	\$58.33
	379596	WEDNESDAYS, FEB 2 – FEB 23 (4 CLASSES)	6 – 7PM	\$46.67
	379597	WEDNESDAYS, MAR 2 – 30 (5 CLASSES)	6 – 7PM	\$58.33
	379307	THURSDAYS, FEB 3 – 24 (4 CLASSES)	5 – 6PM	\$44.00
	379308	THURSDAYS, MAR 3 – MAR 31 (5 CLASSES)	5 – 6PM	\$55.00
	379285	SATURDAYS, FEB 5 – FEB 26 (4 CLASSES)	9 – 10AM	\$46.67
	379288	SATURDAYS, MAR 5 – APR 2 (5 CLASSES)	9 – 10AM	\$58.33
	KICKBOXING	379250	SATURDAYS, FEB 5 – FEB 26 (4 CLASSES)	1 – 2:30PM
379251		SATURDAYS, MAR 5 – APR 2 (5 CLASSES)	1 – 2:30PM	\$50.00
LATIN DANCE FUSION	378553	WEDNESDAYS, FEB 2 – MAR 23	7 – 8PM	\$90.00
LATIN DANCE LEVEL 1	378559(W) 378560(M)	WEDNESDAYS, FEB 2 – MAR 23	9 – 10PM	\$72.00
LEARN TO RUN	TBA	TBA	TBA	TBA
MORNING YOGA	379293	THURSDAYS, FEB 3 – FEB 24 (4 CLASSES)	7:30 – 8:30AM	\$42.00
	379295	THURSDAYS, MAR 3 – MAR 31 (5 CLASSES)	7:30 – 8:30AM	\$52.50
PILATES LEVEL 2	379246	TUESDAYS, FEB 1 – FEB 22 (4 CLASSES)	7:45 – 9PM	\$42.00
	379247	TUESDAYS, MAR 1 – MAR 29 (5 CLASSES)	7:45 – 9PM	\$52.50
PRENATAL FITNESS	379270	MONDAYS, FEB 7 – FEB 28 (4 CLASSES)	7:30 – 8:15PM	\$36.00
	379271	MONDAYS, MAR 7 – MAR 28 (4 CLASSES)	7:30 – 8:15PM	\$36.00
PRENATAL YOGA	379259	FRIDAYS, FEB 4 – FEB 25 (4 CLASSES)	9AM – 10AM	\$40.00
	379256	FRIDAYS, MAR 4 – APR 1 (5 CLASSES)	9AM – 10AM	\$50.00
	379283	SUNDAYS, FEB 6 – FEB 27 (4 CLASSES)	1 – 2PM	\$40.00
	379284	SUNDAYS, MAR 6 – MAR 27 (4 CLASSES)	1 – 2PM	\$40.00
RESIST AND SPIN	379221	WEDNESDAYS, FEB 2 – FEB 23 (4 CLASSES)	7 – 8AM	\$36.00
	379322	WEDNESDAYS, MAR 2 – MAR 30 (5 CLASSES)	7 – 8AM	\$45.00
RESTORATIVE YOGA	379242	WEDNESDAYS, FEB 2 – FEB 23 (4 CLASSES)	7 – 8:15PM	\$42.00
	379243	WEDNESDAYS, MAR 2 – MAR 30 (5 CLASSES)	7 – 8:15PM	\$52.50
SELF DEFENSE FOR WOMEN	380050	THURSDAYS, FEB 3 – FEB 24 (4 CLASSES)	7:30 – 9PM	\$44.00
	380051	THURSDAYS, MAR 3 – MAR 31 (5 CLASSES)	7:30 – 9PM	\$55.00
SPEED AGILITY QUICKNESS	380044	MONDAYS, FEB 7 – FEB 28 (4 CLASSES)	5 – 6PM	\$44.00
	380045	MONDAYS, MAR 7 – MAR 28 (4 CLASSES)	5 – 6PM	\$44.00
	380056	TUESDAYS, FEB 1 – MAR 22 (4 CLASSES)	6 – 8PM	\$44.00
	380047	TUESDAYS, MAR 1 – MAR 29 (5 CLASSES)	6 – 8PM	\$55.00
SPEED AGILITY QUICKNESS	380048	WEDNESDAYS, FEB 2 – FEB 23 (4 CLASSES)	7 – 8PM	\$44.00
	380049	WEDNESDAYS, MAR 2 – MAR 30 (5 CLASSES)	7 – 8PM	\$55.00

SPIN AND STRETCH	379297	TUESDAYS, FEB 1 – MAR 22 (4 CLASSES)	7:15 – 8:15PM	\$36.00
	379298	TUESDAYS, MAR 1 – MAR 29 (5 CLASSES)	7:15 – 8:15PM	\$45.00
SPINNING FOR HEALTH	379289	THURSDAYS, FEB 3 – FEB 24 (4 CLASSES)	1 – 2PM	\$36.00
	379291	THURSDAYS, MAR 3 – MAR 31 (5 CLASSES)	1 – 2PM	\$45.00
	379257	FRIDAYS, FEB 4 – FEB 25 (4 CLASSES)	6:15 – 7:15PM	\$36.00
	379258	FRIDAYS, MAR 4 – APR 1 (5 CLASSES)	6:15 – 7:15PM	\$45.00
	379277	SATURDAYS, FEB 5 – FEB 26 (4 CLASSES)	10 – 11AM	\$36.00
	379278	SATURDAYS, MAR 5 – APR 2 (5 CLASSES)	10 – 11AM	\$45.00
	SPORT CONDITIONING	380053	MONDAYS, FEB 7 – FEB 28 (4 CLASSES)	5 – 6PM
680052		MONDAYS, MAR 7 – MAR 28 (4 CLASSES)	5 – 6PM	\$44.00
380054		TUESDAYS, FEB 1 – MAR 22 (4 CLASSES)	6 – 8PM	\$44.00
380055		TUESDAYS, MAR 1 – MAR 29 (5 CLASSES)	6 – 8PM	\$55.00
380056		WEDNESDAYS, FEB 2 – FEB 23 (4 CLASSES)	7 – 8PM	\$44.00
380057		WEDNESDAYS, MAR 2 – MAR 30 (5 CLASSES)	7 – 8PM	\$55.00
STRETCH AND RELAX YOGA		379260	FRIDAYS, FEB 4 – FEB 25 (4 CLASSES)	5:15 – 6:30PM
	379261	FRIDAYS, MAR 4 – APR 1 (5 CLASSES)	5:15 – 6:30PM	\$52.50
TRX SUSPENSION BASICS	379264	MONDAYS, FEB 7 – FEB 28 (4 CLASSES)	7 – 8PM	\$44.00
	379265	MONDAYS, MAR 7 – MAR 28 (4 CLASSES)	7 – 8PM	\$44.00
	379309	THURSDAYS, FEB 3 – FEB 24 (5 CLASSES)	6 – 7PM	\$55.00
	379310	THURSDAYS, MAR 3 – MAR 31 (5 CLASSES)	6 – 7PM	\$55.00
	379290	SATURDAYS, FEB 5 – FEB 26 (4 CLASSES)	9 – 10AM	\$44.00
	379292	SATURDAYS, MAR 5 – APR 2 (5 CLASSES)	9 – 10AM	\$55.00
	TRX SUSPENSION BOOT CAMP	379268	MONDAYS, FEB 7 – FEB 28 (4 CLASSES)	6 – 7PM
379269		MONDAYS, MAR 7 – MAR 28 (4 CLASSES)	6 – 7PM	\$44.00
379311		THURSDAYS, FEB 3 – FEB 24 (4 CLASSES)	7 – 8PM	\$44.00
379312		THURSDAYS, MAR 3 – MAR 31 (5 CLASSES)	7 – 8PM	\$55.00
379294		SATURDAYS, FEB 5 – FEB 26 (4 CLASSES)	10 – 11AM	\$44.00
379296		SATURDAYS, MAR 5 – APR 2 (5 CLASSES)	10 – 11AM	\$55.00
YOGA		379262	MONDAYS, FEB 7 – FEB 28 (4 CLASSES)	6:15 – 7:30PM
	379263	MONDAYS, MAR 7 – MAR 28 (4 CLASSES)	6:15 – 7:30PM	\$42.00
	379266	MONDAYS, FEB 7 – FEB 28 (4 CLASSES)	7:45 – 9PM	\$42.00
	379267	MONDAYS, MAR 7 – MAR 28 (4 CLASSES)	7:45 – 9PM	\$42.00
	379302	WEDNESDAYS, MAR 2 – MAR 30 (5 CLASSES)	5:30 – 6:45PM	\$52.50
	379299	WEDNESDAYS, FEB 2 – FEB 23 (4 CLASSES)	9 – 10:30AM	\$42.00
	379300	WEDNESDAYS, MAR 2 – MAR 30 (5 CLASSES)	9 – 10:30AM	\$52.50
	379301	WEDNESDAYS, FEB 2 – FEB 23 (4 CLASSES)	5:30 – 6:45PM	\$42.00
	379286	THURSDAYS, FEB 3 – FEB 24 (4 CLASSES)	5:30 – 6:45PM	\$42.00
	379287	THURSDAYS, MAR 3 – MAR 31 (5 CLASSES)	5:30 – 6:45PM	\$52.50
	379254	FRIDAYS, MAR 4 – APR 1 (5 CLASSES)	6:45 – 8PM	\$55.00
	379253	FRIDAYS, FEB 4 – FEB 25 (4 CLASSES)	6:45 – 8PM	\$42.00
	379275	SATURDAYS, MAR 5 – APR 2 (5 CLASSES)	10:30 – 11:45PM	\$55.00
	379273	SATURDAYS, FEB 5 – FEB 26 (4 CLASSES)	10:30 – 11:45PM	\$44.00
	379279	SUNDAYS, FEB 6 – FEB 27 (4 CLASSES)	2:30 – 3:45PM	\$42.00
	379280	SUNDAYS, MAR 6 – MAR 27 (4 CLASSES)	2:30 – 3:45PM	\$42.00

ZUMBA	379248	SATURDAYS, FEB 5 – FEB 26 (4 CLASSES)	1 – 2PM	\$40.00
	379249	SATURDAYS, MAR 5 – APR 2 (5 CLASSES)	1 – 2PM	\$50.00
	379244	TUESDAYS, FEB 1 – FEB 22 (4 CLASSES)	5:30 – 6:30PM	\$40.00
	379245	TUESDAYS, MAR 1 – MAR 29 (5 CLASSES)	5:30 – 6:30PM	\$50.00
Drop-in Leisure Opportunity (for Persons with Disabilities)				
TWISTIN' IN TERWILLEGAR		WEDNESDAYS, FEB 2 – MAR 16	12:30 – 2:30PM	\$3.50
Adult Registered Leisure Programs (for Persons with Disabilities)				
S.U.R.F. CRAFTS	373620	THURSDAYS, FEB 3 – MAR 17	10AM – 12PM	\$67.00
S.U.R.F. FIT NIGHT	373615	MONDAYS, JAN 30 – MAR 14	7 – 9:30PM	\$40.00
Adult Drop-in Leisure Opportunity				
ADULT SENIORS LEISURE DANCE		THURSDAYS, DATES TBA	1 – 3PM	\$4.50

Terwillegar Aquatic Program Schedule

MONDAYS & WEDNESDAYS: JANUARY 31 – FEBRUARY 23, 2011						7 LESSONS
4:00PM			PARENT & TOT 376419	SWIM KIDS 7,8 376479	SUPER 3 YR OLD 376391	
4:15PM						SWIM KIDS 1 377845
4:30PM	SWIM KIDS 2 377880	SWIM KIDS 3,4 376580	SUPER 3 YR OLD 376390		4 & 5 ADV/ENR 375733	4 & 5 BEG 375794
4:45PM				SWIM KIDS 5,6 376490	SWIM KIDS 2 377885	
5:00PM						SWIM KIDS 7,8 376501
5:15PM	SWIM KIDS 3,4 376579	4 & 5 ADV/ENR 375731	4 & 5 BEG 375790	PARENT & TOT 376420	SWIM KIDS 1 377844	
5:30PM						
5:45PM	4 & 5 BEG 375786	SWIM KIDS 2 377884	SWIM KIDS 1 377842			
6:00PM				SWIM KIDS 1 377843	PARENT & TOT 376421	SUPER 3 YR OLD 376392
6:15PM						
6:30PM	SWIM KIDS 5,6 376487	SWIM KIDS 9,10 376442	SWIM KIDS 3,4 376581	4 & 5 BEG 375791	SWIM KIDS 3,4 376582	SWIM KIDS 2 377888
6:45PM						
7:00PM	PRIVATE LESSON	ADULT SWIM BASICS 1 & 2 378547	ADULT SWIM STROKES 378889			
7:15PM						
7:30PM						

- ! No Lesson February 21
- ! Parent Discussion Day February 9

PRIVATE LESSON	JAN 31	FEB 7	FEB 14
7:00PM	FEB 2	FEB 9	FEB 16

MONDAYS & WEDNESDAYS: FEBRUARY 28 – MARCH 23, 2011						8 LESSONS
4:00PM			PARENT & TOT 376424	SWIM KIDS 7,8 376480	SUPER 3 YR OLD 376394	
4:15PM						SWIM KIDS 1 377846
4:30PM	SWIM KIDS 2 377881	SWIM KIDS 3,4 376584	SUPER 3 YR OLD 376395		4 & 5 ADV/ENR 375734	4 & 5 BEG 375793
4:45PM				SWIM KIDS 5,6 376489	SWIM KIDS 2 377886	
5:00PM						SWIM KIDS 7,8 376502
5:15PM	SWIM KIDS 3,4 376583	4 & 5 ADV/ENR 375732	4 & 5 BEG 375789			
5:30PM				PARENT & TOT 376423	SWIM KIDS 1 377847	
5:45PM	4 & 5 BEG 375788	SWIM KIDS 2 377883	SWIM KIDS 1 377848			
6:00PM				SWIM KIDS 1 377849	PARENT & TOT 376422	SUPER 3 YR OLD 376393
6:15PM						
6:30PM	SWIM KIDS 5,6 376488	SWIM KIDS 9,10 376443	SWIM KIDS 3, 4 376585	4 & 5 BEG 375792	SWIM KIDS 3,4 376586	SWIM KIDS 2 377887
6:45PM						
7:00PM	PRIVATE LESSON	ADULT SWIM BASICS 1 & 2 378548	ADULT SWIM STROKES 378890			
7:15PM						
7:30PM						

! Parent Discussion Day March 9

PRIVATE LESSON	FEB 28	378496	MAR 7	378498	MAR 14	378500	MAR 21	378502
7:00PM	MAR 2	378497	MAR 9	378499	MAR 16	378501		

TUESDAYS & THURSDAYS: FEBRUARY 1 – 24, 2011						8 LESSONS
4:00PM	SWIM KIDS 1 377850	SWIM KIDS 2 377891			SUPER 3 YR OLD 376400	4 & 5 BEG 375799
4:15PM				SUPER 3 YR OLD 376399		
4:30PM	PARENT & TOT 376426	4 & 5 ADV/ENR 375735	SWIM KIDS 3,4 376729		SWIM KIDS 7,8 376481	4 & 5 BEG 375843
4:45PM				SWIM KIDS 2 377896		
5:00PM	SWIM KIDS 2 377889	SWIM KIDS 1 377943				SWIM KIDS 3,4 376733
5:15PM			SWIM KIDS 1 377853		SWIM KIDS 2 377897	
5:30PM	4 & 5 BEG 375795	SUPER 3 YR OLD 376396		SWIM KIDS 5,6 376491		
5:45PM			4 & 5 BEG 375798		SWIM KIDS 1 377854	SWIM KIDS 9,10 376444
6:00PM	ADULT SWIM BASICS 1 & 2 378549	ADULT SWIM STROKES 378891		SWIM KIDS 3,4 376732		
6:15PM			4 & 5 ADV/ENR 375737		PARENT & TOT 376429	
6:30PM						ASSESSMENT

! Parent Discussion Day February 10

ASSESSMENT	FEB 1	378517	FEB 8	378519	FEB 15	378521	FEB 22	378523
6:30PM	FEB 3	378518	FEB 10	378520	FEB 17	378522		

TUESDAYS & THURSDAYS: MARCH 1 – 24, 2011						8 LESSONS
4:00PM	SWIM KIDS 1 377851	SWIM KIDS 2 377892			SUPER 3 YR OLD 376401	4 & 5 BEG 375841
4:15PM				SUPER 3 YR OLD 376398		
4:30PM	PARENT & TOT 376427	4 & 5 ADV/ENR 375736	SWIM KIDS 3,4 376730		SWIM KIDS 7,8 376482	4 & 5 BEG 375842
4:45PM				SWIM KIDS 2 377895		
5:00PM	SWIM KIDS 2 377946	SWIM KIDS 1 377944				SWIM KIDS 3,4 376734
5:15PM			SWIM KIDS 1 377852		SWIM KIDS 2 377899	
5:30PM	4 & 5 BEG 375796	SUPER 3 YR OLD 376397		SWIM KIDS 5,6 376492		
5:45PM			4 & 5 BEG 375797		SWIM KIDS 1 377855	SWIM KIDS 9,10 376445
6:00PM	ADULT SWIM BASICS 1 & 2 378550	ADULT SWIM STROKES 378892		SWIM KIDS 3,4 376731		
6:15PM			4 & 5 ADV/ENR 375738		PARENT & TOT 376428	
6:30PM						ASSESSMENT

! Parent Discussion Day March 10

ASSESSMENT	MAR 1	378524	MAR 8	378526	MAR 15	378528	MAR 22	378530
6:30PM	MAR 3	378525	MAR 10	378527	MAR 17	378529		

FRIDAYS: FEBRUARY 4 – MARCH 25, 2011**7 LESSONS**

4:00PM	SWIM KIDS 1 377856	SWIM KIDS 2 377901			SUPER 3 YR OLD 376403	4 & 5 BEG 375859
4:15PM						
4:30PM	PARENT & TOT 376430	4 & 5 ADV/ENR 375739	SWIM KIDS 3,4 376736	4 & 5 BEG 375855	SWIM KIDS 7,8 376483	SWIM KIDS 2 377907
4:45PM						
5:00PM	SWIM KIDS 2 377900	SWIM KIDS 1 377857	SWIM KIDS 1 377858	SWIM KIDS 5,6 376493	SWIM KIDS 2 377905	SWIM KIDS 3,4 376735
5:15PM						
5:30PM	4 & 5 BEG 375844	SUPER 3 YR OLD 376402	4 & 5 BEG 375853	SWIM KIDS 1 377859	SWIM KIDS 1 377860	SWIM KIDS 9,10 376446
5:45PM						
6:00PM			4 & 5 ADV/ENR 375740	SWIM KIDS 2 377904	PARENT & TOT 376431	ASSESSMENT
6:15PM	SWIM KIDS 3,4 376737	SWIM KIDS 5,6 376494				
6:30PM						

- ! No Lesson February 18
- ! Parent Discussion Day March 4

ASSESSMENT	FEB 4	378532	FEB 25	378534	MAR 11	378536
6:30PM	FEB 11	378533	MAR 4	378535	MAR 18	378537

SATURDAYS: FEBRUARY 5 – MARCH 26, 2011**7 LESSONS**

8:45AM								
9:00AM			SWIM KIDS 1 377865	SWIM KIDS 7,8 376484	SWIM KIDS 2 377923	ASSESSMENT	4 & 5 BEG 375880	BRONZE CROSS 378439
9:15AM	SWIM KIDS 3,4 377953	SWIM KIDS 5,6 376496	PARENT & TOT 376432	4 & 5 BEG 375881	4 & 5 ADV/ENR 375741	SUPER 3 YR OLD 376407	SWIM KIDS 5,6 376497	
9:30AM								
9:45AM	SWIM KIDS 1 377861	SWIM KIDS 3,4 377955	SWIM KIDS 2 377915	SWIM KIDS 9,10 376447	SUPER 3 YR OLD 376411	SWIM KIDS 2 377926	SWIM KIDS 1 377870	
10:00AM								
10:15AM	SWIM KIDS 2 377909	SWIM KIDS 1 377863	SWIM KIDS 3,4 377957		4 & 5 BEG 375877	4 & 5 ADV/ENR 375772	SWIM KIDS 2 377927	
10:30AM								
10:45AM	SUPER 3 YR OLD 376404	4 & 5 BEG 375875				PARENT & TOT 376434		
11:00AM								
11:15AM								
11:30AM	PARENT & TOT 376433		4 & 5 ADV/ENR 375770	SWIM KIDS 3,4 377960	SWIM KIDS 5,6 377972	SWIM KIDS 1 377869	SUPER 3 YR OLD 376406	BRONZE MEDALLION 378440
11:45AM		SWIM KIDS 2 377913	SWIM KIDS 9,10 377973	4 & 5 BEG 375879	SWIM KIDS 3,4 377961	SWIM KIDS 7,8 376485	SWIM KIDS 2 377974	
12:00PM	SWIM KIDS 1 377862							
12:15PM		SWIM KIDS 5,6 376495	PARENT & TOT 377840	PARENT & TOT 377840	4 & 5 ADV/ENR 375774	SWIM KIDS 3,4 377963	4 & 5 BEG 375876	
12:30PM	SUPER 3 YR OLD 376409							
12:45PM			SWIM KIDS 1 377866	SWIM KIDS 1 377867	SWIM KIDS 1 377868	SWIM KIDS 3,4 377963	SWIM KIDS 3,4 377963	
1:00PM	SWIM KIDS 2 377911	SUPER 3 YR OLD 377841						
1:15PM			4 & 5 BEG 375878	SWIM KIDS 2 377921		4 & 5 ADV/ENR 375771		
1:30PM		SWIM KIDS 1 377864						
1:45PM	PRIVATE							

- ! No Lesson February 19
- ! Parent Discussion Day March 5

PRIVATE LESSON	FEB 5	378504	FEB 26	378506	MAR 12	378508
1:30PM	FEB 12	378505	MAR 5	378507	MAR 19	378509

ASSESSMENT	FEB 5	378539	FEB 26	378541	MAR 12	378543
9:00AM	FEB 12	378540	MAR 5	378542	MAR 19	378544

SUNDAYS: JANUARY 30 – MARCH 20, 2011**7 LESSONS**

9:00AM	BRONZE STAR 378441	SWIM KIDS 1 377872	SWIM KIDS 2 377933	4 & 5 BEG 376380	SWIM KIDS 3,4 377966	SWIM KIDS 3,4 377967	SWIM KIDS 5,6 376500	
9:15AM		4 & 5 ADV/ENR 375776	SUPER 3 YR OLD 376413	SWIM KIDS 1 377874				
9:30AM		SWIM PATROL 378442	SWIM KIDS 2 377931	SWIM KIDS 3,4 377964	SWIM KIDS 3,4 377965	SWIM KIDS 2 377935	4 & 5 BEG 376381	PARENT & TOT 376437
9:45AM						SWIM KIDS 5,6 376499	SWIM KIDS 1 377875	4 & 5 BEG 376383
10:00AM	PARENT & TOT 376435		SWIM KIDS 7,8 376486					
10:15AM	SWIM KIDS 1 377871	SUPER 3 YR OLD 376412	SWIM KIDS 1 377873	SWIM KIDS 2 377934	4 & 5 ADV/ENR 375779	4 & 5 BEG 376382	SWIM KIDS 3,4 377968	
10:30AM			SWIM KIDS 9,10 376448	PARENT & TOT 376436				SWIM KIDS 1 377876
10:45AM	PRIVATE	4 & 5 BEG 376379	SWIM KIDS 3,4 377971	SWIM KIDS 5,6 376498	SWIM KIDS 3,4 377969	SWIM KIDS 3,4 377970	SWIM KIDS 2 377939	
11:00AM							SWIM KIDS 1 377877	
11:15AM	SWIM KIDS 2 377929	SUPER 3 YR OLD 376414			SWIM KIDS 2 377937		SWIM KIDS 1 377877	
11:30AM								
11:45AM								
12:00PM								
12:15PM								
12:30PM								
12:45PM								

- ! No Lesson February 20
! Parent Discussion Day February 27

PRIVATE LESSON	JAN 30	378511	FEB 13	378513	MAR 6	378515
12:00PM	FEB 6	378512	FEB 27	378514	MAR 13	378516

**TUESDAYS & THURSDAYS:
FEBRUARY 1 – 24, 2011****8 LESSONS**

9:30AM	PARENT & TOT 376438	4 & 5 BEG 376386
9:45AM		
10:00AM	4 & 5 ADV/ENR 375783	SUPER 3 YR OLD 376418
10:15AM		
10:30AM	4 & 5 BEG 376384	PARENT & TOT 376441
10:45AM		
11:00AM	SUPER 3 YR OLD 376415	4 & 5 BEG 376389
11:15AM		

- ! Parent Discussion Day February 10

**TUESDAYS & THURSDAYS:
MARCH 1 – 24, 2011****8 LESSONS**

9:30AM	PARENT & TOT 376439	4 & 5 BEG 376387
9:45AM		
10:00AM	4 & 5 ADV/ENR 375785	SUPER 3 YR OLD 376417
10:15AM		
10:30AM	4 & 5 BEG 376385	PARENT & TOT 376440
10:45AM		
11:00AM	SUPER 3 YR OLD 376416	4 & 5 BEG 376388
11:15AM		

- ! Parent Discussion Day March 10

Advanced Courses

BRONZE STAR	378441	SUNDAYS, JAN 30 – MAR 20 (NO LESSON FEB 20)	9 – 10AM	
SWIM PATROL	378442	SUNDAYS, JAN 30 – MAR 20 (NO LESSON FEB 20)	10 – 10:45AM	
BRONZE CROSS	378439	SATURDAYS, JAN 29 – MAR 26 (JAN 29 IS CLASSROOM ONLY, NO LESSON FEB 19)	8:45 – 11:15AM	EXAM: APR 2, 9AM – 12PM
BRONZE MEDALLION	378440	SATURDAYS, JAN 29 – MAR 26 (JAN 29 IS CLASSROOM ONLY, NO LESSON FEB 19)	11:30AM – 2PM	EXAM: APR 2, 9AM – 12PM

Professional Fitness Services

All City of Edmonton Recreation Facilities are registered with the Canadian Society for Exercise Physiology. We pride ourselves in the professional and individualized services we offer. With the exception of early morning hours (prior to 9:00AM), a member of our professional fitness staff will be working in the fitness centre to supervise and assist with equipment operation and answer any fitness-related questions.

All our exercise staff have or are working on a post-secondary degree in the exercise sciences, and are recommended to have further certifications through the Canadian Society for Exercise Physiology.

EXERCISE CONSULTATION

A professional trainer will help you get started with your fitness goals. Consultation includes goal setting, program design and equipment orientation. Everything you need to get started or motivated in your current program.

Session Fee: \$70.00

FITNESS APPRAISAL

A fitness appraisal involves measuring various components of physical fitness: body composition, cardiovascular fitness, muscular strength and endurance, and flexibility. The appraisal provides you with an ideal starting point.

Session Fee: \$77.00

FITNESS APPRAISAL AND EXERCISE CONSULTATION

For the complete package, fitness appraisal and exercise consultation, performed in one session, we offer a special combined rate. The time allotted for this package is 2.5 hours.

Session Fee: \$105.00

PERSONAL TRAINING

A personal fitness trainer can provide you with the ongoing technical and motivational support you may require to stay committed to an exercise program.

1-4 sessions: \$55.00/session
5-9 sessions: \$52.00/session
10+ sessions: \$50.00/session

GROUP PERSONAL TRAINING

A great way to save money and still get the personal attention. Group training also provides a great social environment where friends can assist in motivating each other.

4 friends for 4, 1-hour sessions: \$60.50/person
2 friends for 4, 1-hour sessions: \$121.00/person

TEAM CONSULTATIONS

Our fitness staff can assist teams that need some assistance with their training or nutritional programs. We can provide year round training programs for any sport. Whether it is the pre-season or keeping the team active during the off-season, our staff can assist in keeping your athletes on track.

For further information on consultations and training, please call 780-496-6811.

All prices are subject to change. Prices include GST. Prices do not include admission.

Nutritional Services

Proper nutrition may hold the answers for you whether you're trying to maximize the benefits of an effective training program, enhance your energy potential, minimize body fat or gain muscle mass. Our Registered Dietitian can help you develop your own personal nutrition program.

Our Registered Dietitians are members of the Alberta Registered Dietitians Association and the Sports Nutrition Specialists group of the Alberta Sports Medicine Council.

NUTRITION COUNSELLING

Whether you are interested in general nutrition, weight management, therapeutic diet or healthy eating guidelines, our Dietitian can meet with you to discuss your current habits and help you set realistic goals. The suggestions are specific to your personal needs and lifestyle. Handouts will be provided based on your specific concerns. One hour session.

Session Fee: \$80.00

NUTRITION FOLLOW-UP

Once you have seen the Dietitian it is helpful to book a follow-up session to help reinforce your new eating habits and answer any questions you may have. The nutrition follow-up session is 30 minutes in length and available for clients who have participated in a Nutrition Counselling Session.

Session Fee: \$35.00

Facilities Offering Professional Fitness Services

For more information, or to register, please call **780-496-6811**.

Grand Trunk Fitness and Leisure Centre
13025 – 112 Street

Kinsmen Sports Centre
9100 Walterdale Hill

Londonderry Fitness and Leisure Centre
14528 – 66 Street

Mill Woods Recreation Centre
7207 – 28 Avenue

O'Leary Fitness and Leisure Centre
8804 – 132 Avenue

Terwillegar Community Recreation Centre
2051 Leger Road

Multi-sensory Environment

Relax or stimulate your senses with the Multi-sensory Environment available at two City Facilities. It is for all ages and abilities. Our Multi-sensory Environments include a bubble tube, fiber-optics, light machines and more. The benefits of usage can include interactive development of motor skills, relaxation, and leisure. It is available for booking at various times on a first-come, first serve basis and can accommodate individuals as well as groups of up to five people. Please call 311 for more information.

Drop-in Indoor Playground

INDOOR PLAYGROUND

FOR AGES UP TO 6 YEARS

Explore a world of play with your preschooler. Enjoy our drop-in Indoor Playground where children can climb, slide, balance and roll in a spacious area full of tyke-sized play equipment. Play in a house, drive one of the cars from our fleet, or just run wild. Parents/guardians must supervise their children.

Closed on all holidays. Hours and prices are subject to change without notice. Parents with children under the age of 6 years who are playing with the equipment must pay at the facilities front desk.

Registered Child Minding Service

WHAT IS THE KIDS DEN?

The Kids Den is a registered child minding service for the users of the Kinsmen Sport Center and Terwillegar Community Recreation Centre. If space is available, parents/guardians are able to book day of their visit. Parents/guardians can register or cancel booking in Kids Den by contacting 311. The Mill Woods Recreation Centre also offers child minding, which is exclusively a drop-in service at this time. While your children are in the Kids Den, you can enjoy your own recreational pursuits in the facility.

The only guideline that we have is that you must remain in the facility.

Children from newborn to Kindergarten age are accepted during the week for the daytime hours. Children ages newborn to 10 years are accepted during the week for the evening hours. A registration form is required; they are available by contacting 311.

WHAT ACTIVITIES ARE AVAILABLE FOR THE CHILDREN?

The staff provides a range of activities for children including: puzzles, books, crafts, painting, coloring, games, music, songs, and an array of physical activity.

CHILD TO STAFF RATIO

The Kids Den follows the guidelines set forth by the Alberta Government for drop-in daycare centres. Those ratios are:

Newborn – 19 months	5:1
19 months – 3 years	8:1
3 – Kindergarten age	10:1

The staff reserves the right to turn away children to maintain staff to child ratios.

Drop-in Aquatic Programs

ADULT LANE SWIM

18 YEARS AND OLDER

A fitness-orientated swim with lanes committed to swimming laps.

AQUABOX

Boxing moves with an aquatic twist to keep your heart rate up. An aquafitness program.

COMMUNITY SWIM

A swim arranged with area-specific community leagues. A community league membership card is required is required for entry. Please check facility for details.

DEEP WATER AQUAFIT

An aquabelt suspends you so that your whole body gets a total workout. Good for those with joint or injury concerns. Also known as Aquajog.

EXCLUSIVE SWIM FOR PERSONS WITH DISABILITIES

A swim for persons with disabilities and their caregivers/families.

FAMILY SWIM

A family-orientated recreation and leisure swim for parents/guardians and their children. Children must be accompanied by parents or guardians. Children under 8 years must be accompanied into the pool and supervised by a responsible person 13 years and older preferably a parent or sibling. Keep children within arm's reach at all times. Unsupervised children will not be allowed in the pool.

FIT 'N' FUN AQUAFITNESS

This is a volunteer-led aquatic exercise program and social group. Often the volunteer instructor organizes special group events outside of the facility.

GIANT AQUATIC INFLATABLES

Giant aquatic inflatables will be available during select public swims. Some restrictions apply.

KARATAQUATICS

A hybrid of karate, strength and endurance training. An aquafitness program.

LANE SWIM

ALL AGES WELCOME

A fitness-orientated swim with lanes committed to swimming laps.

LEISURE SWIM

A quiet swim shared with other activities in the pool such as aquafitness and lane swim.

PUBLIC SWIM

ALL AGES WELCOME

Recreation and leisure swim. Children under 8 years must be accompanied into the pool and supervised by a responsible person 13 years and older preferably a parent or sibling. Keep children within arm's reach at all times. Unsupervised children will not be allowed in the pool.

SHALLOW WATER AQUAFIT

Get fit fast! Aquafit is a fun and energetic aerobic exercise class that uses the water for resistance. Low-to-zero impact is easy on bones and joints. Excellent for working on weight loss, overall fitness, cardio, muscle toning, strength, endurance, core stability, range of motion, balance and coordination. A one-hour class set to music and taught by certified instructors. Work at your own pace, no swimming skills required. A variety of drop-in classes for all ages and abilities are offered at different times throughout the week at City of Edmonton pools.

SWIM TRAINING

Professional swim coaches will help you improve your swimming skills, speed and endurance. Perfect for swimmers who wish to tune up their strokes or are planning to compete in triathlon. Training focuses primarily on the front crawl stroke. Participants should be able to swim 200 metres comfortably.

TEEN SWIM

A public swim exclusively for youths ages 13 to 17.

WATER WORKS

Water Works is an aquatic exercise program specifically for people with muscle, joint or mobility problems. A trained instructor takes participants through soothing, slow movements in the swimming pool, all accompanied by soft music. Relieve stiffness, increase flexibility, and restore or maintain muscle strength. Water Works is safe and easy, and perfect for arthritis or fibromyalgia sufferers. The water massages muscles, reduces inflammation, increases blood flow and stimulates endorphins.

Drop-in Arena Programs

FREE PUBLIC SKATING

Great exercise and lots of fun! Free public skating is offered at City of Edmonton arenas year-round and during holiday breaks. Supervised by Ice Marshals. No sticks or pucks allowed. Maximum 100 skaters. Helmets recommended. Sponsored by the City of Edmonton and the Kinsmen Club of Edmonton.

DROP-IN CHILD/YOUTH SHINNY HOCKEY

Keep up game skills and have fun! Child/youth shinny hockey is offered at City of Edmonton arenas year-round. Four age divisions for safe play: 6 – 9 years, 10 – 12 years, 13 – 15 years, 16 – 18 years. Maximum 28 players, not including goalies. Full equipment is required. Single admission passes must be purchased in advance from any City of Edmonton leisure centre, goalies play for free. Subject to change.

DROP-IN ADULT SHINNY HOCKEY (COED)

Ice cold refreshment! Adult shinny hockey is offered at City of Edmonton arenas year-round. Maximum 28 players, not including goalies. Full equipment is required. Single admission passes must be purchased in advance from any City of Edmonton leisure centre, goalies play for free. Subject to change.

DROP-IN WOMEN'S SHINNY HOCKEY

Fun and fitness with friends! Adult shinny hockey is offered at City of Edmonton arenas year-round. Maximum 28 players, not including goalies. Full equipment is required. Single admission passes must be purchased in advance from any City of Edmonton leisure centre, goalies play for free. Subject to change.

Drop-in Fitness Classes – Dryland

ABS ONLY!

Spend 20 minutes with us and you'll learn everything you want and more about strengthening your abdominal muscles. We'll work you through a variety of abdominal exercises and teach you how to incorporate them into an effective exercise program.

CIRCUIT TRAINING

Circuit training is an excellent way to improve mobility, strength and stamina. It is a type of interval training in which strength exercises are combined with endurance/aerobic exercises. If bringing out the definition, shape & detail, of muscle is what you want, then circuit training is for you! Maximum 20 participants.

F.I.S.T. (FUNCTIONAL INTEGRATED STRENGTH TRAINING)

Scientific principles of resistance training are applied in this innovative class to provide an effective total body workout. The bonus? You'll become stronger in daily tasks outside the gym and improve performance in your gym activities! Train smart, train efficiently, train with F.I.S.T.

FIRST STEPS TO HEALTH

If you have been thinking about coming to a fitness class, but have never taken one before, suffer from joint stiffness, arthritis, want to promote circulation or want to learn the steps in a friendly environment this is a class is for you! Using similar moves to traditional step classes, with the option to use a step, this 45 minute class, which includes stretching, will get you on your feet and moving!

GET ON THE BALL

Get the most from strength training by integrating the Fit Ball. The bonus? You will learn how to target your core stabilizing muscles and as a result improve balance and help make every day activities easier. All fitness levels welcome!

LIVING FIT

Energy + Vitality + Functional Fitness = Living Fit! Formerly titled "Active Agers", Living Fit is a drop-in program specifically designed for the active older adult. This program focuses on a variety of activities including fitness walking, endurance, balance, stretching, and relaxation. All fitness levels welcome. No experience necessary. Perfect for the older adult who wants to live fit everyday!

LOW IMPACT & LOW AND TONE

Want to get a great cardio workout without the impact. Try Low Impact for a joint friendly aerobic experience or Low and Tone for a combination of a low impact workout and a strength and toning component.

MIXED BAG STEP

This Step class offers a cross training element as it incorporates a mixed format including; hi/low impact aerobics, the Step, and weights. Enjoyable and challenging for all fitness levels!

PICKLEBALL

This mini tennis game is played by 2 or 4 people on a badminton-sized court using wood paddle racquets and a light baseball sized ball. Racquets and balls are available to rent at the front desk. A great game for children, adults, and seniors!

PILATES

Based on the works of Joseph Pilates, the emphasis of this program is on purposeful movement through the execution of proper postural alignment. Improve core strength and muscle balance, improving the way your body functions, looks and feels. Whether you are a beginner or have previous Pilates experience and are looking to progress to the next level, this is the class for you.

PULSEAIDERS

This is a fitness program that is offered to individuals who have experienced a cardiac complication. This low impact program is a great way to keep active, improve your overall health, and meet others who have experienced a similar incident. This program is not limited to seniors.

POWER STEP

Work hard and play hard is the philosophy of Power Step! This Step class challenges the mind with creative choreography and gets the heart pumping with intervals of high intensity X-Treme training moves. Get the best of both worlds; have fun and play while throwing in a dash of true grit. All combined, you'll get a training experience like no other.

POWER YOGA

The practice of Power Yoga incorporates breath work to facilitate the continual movement of the body through a sequence of Yoga postures. This style of Yoga provides the participants with a total body workout though the physical and mental challenges within the sequence of postures performed. It is recommended that you have some knowledge and experience with basic Yoga poses. Yoga mats are not provided.

RACE WALKING

All levels welcome! Beginners to advanced participants receive instruction to learn and improve their race walking technique, speed and endurance.

SPIN BIKE CLASSES

A great way to get a combination of cardiovascular training as well as muscle strengthening and toning. The class is guided by an instructor who uses imagery, music and a choreographed routine to give you a great overall workout. Participants follow the routine on a tension adjustable stationary bike and because of this participants can work at their own rate. No previous bike experience is required, but a base fitness level is recommended. Get ready for the ride of your life!

Please bring a water bottle, a towel, biking type shorts (recommended) and running shoes.

Space is limited! Admission for the spin classes is on a first-come, first-served basis. Wrist bands are distributed by the cashiers 30 minutes prior to class. No spots will be reserved.

YOUTH SPIN

Are you ready to get active after school? This introductory spinning class will teach you how to use a spin bike for the first time while listening to music that will motivate you. Come with a friend and experience a new and exciting fitness experience that will develop your cardiovascular endurance and be lots of fun!

STEP

Enjoy the challenge of a cardiovascular workout without the impact. This class is made up of an invigorating cardiovascular component, followed by resistance work, and stretching. Participants are encouraged to work at their own pace.

STEP/FIST

Incorporate both cardiovascular training and resistance training all in one class! You will have a total body workout through the F.I.S.T (Functional Integrated Strength Training) component while also enjoying the invigorating cardio movements of STEP. Enjoyable and challenging for all fitness levels.

STEP PUMP

This format combines the step with resistance exercises for a full body workout. The class design includes, a challenging cardiovascular workout mixed with free weights and/or tubing, and ends with abdominal work and stretching.

STROLLERCISE

A high/low fitness and strength class that allows a parent to exercise while spending time with their child. This class is geared to people of all fitness levels so bring your stroller, child, and exercise shoes and get ready to "move, rattle and roll" into fitness!

TKO

Jabs, hooks and uppercuts! TKO is a fun and energetic workout within a fitness class format that incorporates a number of boxing moves and techniques without the physical contact. Sharpen your hand-eye coordination, improve your balance and timing and use your whole body to blow off some steam!

X-TREME TRAINING

Experience a workout that takes your ENTIRE BODY to X-Treme new limits! This physically challenging class provides aerobic and anaerobic training opportunities by incorporating interval training, speed drills, and circuit training within the workout to give you a real "BANG" for your workout buck! A great way to challenge your cardiovascular system.

YOGA FLOW

Yoga Flow is a fusion of movement designed to increase flexibility and strength. This practice will help you to increase your awareness and deepen your practice by synchronizing breath with movement. Yoga Flow will get your heart rate pumping and your muscles firing leaving you with a feeling of overall well being and relaxation. You should have some knowledge of Yoga poses before attending this class.

YOGA LEVEL 1 AND 2 (BEGINNER AND INTERMEDIATE)

The practice of Yoga focuses in improving both physical and mental well being through the mastery of specific postures while utilizing the breath. Achieve a heightened level of body awareness, strength, and flexibility through Yoga. Level 1 recommended for participants who are new to Yoga, or are interested in mastering basic techniques, while Level 2 classes are designed for those who have Yoga experience and would like to challenge their practice. Yoga mats are not provided.

YOGA ON THE BALL

A fun and unique Yoga class! Experience the benefits of incorporating the stability ball into your routine. Hold your poses longer and experience a deeper stretch.

YP FUSION (YOGA/PILATES)

If you enjoy both Yoga and Pilates then try this fun and unique fusion class! Increase your stability, strength and flexibility while improving your mind-body connection.

YOUTH FIT CLUB

Come join us for a workout that you will never forget! In Youth Fit Club you will take the skills you have learned in your completed Youth in Action program and exercise them to your abilities. You will meet other youth are ready to gain some energy and make new friends all while exercising! Participants must have completed Youth in Action program if 12–15 years of age. Youth Fit Club will accommodate 12–17 year olds.

Drop-In Leisure Programs (for Adults with Disabilities)

ADULT SENIOR LEISURE DANCE

Come and join us for an afternoon of toe-tapping music provided by a live band. Enjoy the afternoon with musical entertainment, dancing, light refreshments and an overall good time. Participants requiring the use of DATS transportation to and from the program will need to register for the program.

FITNESS ON FRIDAYS

This is a self led fitness opportunity that offers you to explore your fitness potential. In the Gymnasium a variety of sports equipment will be available. Please note: participants must be accompanied by an attendant.

ROCKIN' IN RUNDLE

Participants have the opportunity to dance the afternoon away while making new friends. A variety is played each week including various themed dances. Light refreshments are served. Participants requiring DATS transportation to or from the program must register for the program.

TWISTIN' IN TERWILLEGAR

Participants have the opportunity to dance the afternoon away while making new friends. A variety is played each week including various themed dances.

Preschool Registered Programs

2 TIMES THE FUN**AGES 3 ½ – 5**

Register your child in this playschool like environment! Each class is full of activities to encourage and support the child's individual needs socially, emotionally, intellectually and physically. Your child will create art, hear stories, sing songs, visit the indoor playground or gym, and have plenty of time for supervised free play. Please bring a small daily snack for your child. All participants should be toilet trained. Parents/guardians are not required to stay.

ACTIVE BUGS**AGES 3 – 5**

This active-based preschool program will allow your preschooler to fly and flutter around with other active bugs, while engaging in exciting games, songs, and stories and more. We focus on making being active fun and different ways to play to help children develop a life long passion for being active and healthy! Parents are not required to stay, but are asked to pack their children a small, healthy snack and drink each day.

ALPHABET SOUP**AGES 3 ½ – 5**

From Acrobats to Zebras, every class provides a new adventure filled with songs, stories, games and art activities. This class is a fun way to help our child prepare for school. Please provide a daily snack for your child. All participants should be toilet trained. Parents/guardians are not required to stay.

AROUND THE WORLD**AGES 3 ½ - 5**

This class will offer your child the opportunity to "visit" other countries around the world. Classes will provide the opportunity to try new foods, crafts, songs, and stories while using our imaginations. In this environment children are encouraged to socialize and make friends with fellow participants. Please note that all participants are required to be toilet trained. Parents/Guardians are not required to stay.

CLAYTOGETHER**AGES 3-5**

Introduce your child to the magical wonders of clay! Preschoolers delight in molding, pinching, squishing and rolling the clay. Messy and lots of fun! PARENT PARTICIPATION REQUIRED.

DANCE & MASK CREATIONS**AGES 3-5**

Each week your child will make a new mask then create a story and dance to bring their mask to life. This course promotes coordination and body awareness, imagination and individual style. Approximately 45 minutes of this class is dance.

DOUBLE THE FUN**AGES 3 ½ – 5**

Double Fun is a playschool- like program with an opportunity for learning through play with both indoor and outdoor activities. All participants should be toilet-trained. Please send your child with a small daily snack. Parents/guardians are not required to stay.

FOOTLIGHTS AND FANCY FEET**AGES 3 – 5**

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

KICK, CATCH AND CRAFT**AGES 3 – 5**

On your mark...get set...go! In this fun-filled, fast paced class, there is no time for a nap, but your little one might need one after we're done! We'll have a ball playing a variety of sports but we'll take a break to make some awesome crafts, sing some songs, and then enjoy a great story to finish off the day! Please provide a snack and beverage for your child. All participants should be toilet trained. Parents/guardians are not required to stay.

KIDDING AROUND**AGES 3 – 5**

Calling all KIDS 3-5 years! Come play with us! Your kids will spend mornings playing games, creating crafts, and staying active (while you enjoy a break)! This program is an excellent opportunity for preschoolers to socialize and make new friends. Please provide a small snack and beverage for your child. All participants should be toilet trained. Parents/guardians are not required to stay.

KIDS IN MOTION**AGES 2½ - 3½**

Your young ones will enjoy opportunities for free play, songs, crafts, and stories! Their first experience in a preschool setting is sure to be a positive one! Parent/Guardian is required to attend with child.

KIDS IN THE KITCHEN**AGES 3½ – 5**

Attention all little chefs! Join us as we brew together some top secret recipes. Learn about kitchen safety and use different utensils to make mouth-watering masterpieces. After we eat our secret creations we will have time to sing songs, read stories, play a few games and make an exciting craft that fits our theme of the day. Please bring a small daily snack for your child. All participants should be toilet-trained. Parents/guardians are not required to stay.

MOTHER GOOSE AND FRIENDS**NEWBORN – 1½**

This program is for newborns to 1 1/2 year olds and their parents. The program will cover important principals of infant development, enabling children to grow in a safe, stimulating, loving environment. Infants are provided with a safe space where they can have tummy time and crawl. Each class will have a book of rhymes, and physical activity. Most importantly, we talk to the infants, rock them, hold them and encourage them to try new things as they grow.

MUMBO JUMBO**AGES 1 – 3**

Spend an hour creating crafts and sharing songs. Emphasis will be on fun and creativity. Your program fee also includes admission for you and your little one to the Indoor Playground and the Family Area Swim (if you are registered at the Mill Woods Location). Parents/guardians are required to attend this class. We provide a 1-2year old class and a 2- 3 year old class.

PLAYTIME FOR TOTS**AGES 1-2**

Come and explore the fascinating world of toddler play! Each session incorporates both structured and unstructured activities and offers an opportunity to meet other parent in a friendly and relaxed atmosphere. Craft ideas will be demonstrated. Parent/Guardians are required to attend this program.

SCRIBBLES AND STRINGS**AGES 2½ - 3½**

Share a creative adventure with your toddler. Each class offers a variety of arts and crafts, including, painting, pasting and sculpting with play-dough. This fun-filled program also includes songs and story-time fun. Parents/guardians are required to attend this class.

NEW! SKIP, SING, & STRINGS**AGES 1-3**

Skip and dance with your little one as they move to the music around them! This program will include learning through dance movements and activities, getting a chance to play different musical instruments, sharing songs, and even crafting a take home instrument! Please provide a snack and beverage for your child. Parents are required to attend this class.

SMALL FRIES**AGES 2-4**

This course introduces a variety of play experiences and the opportunity for your child to meet and play with other children. Each session includes free play, crafts, and a variety of activities. Parents are required to attend this class.

TERRIFIC TOTS**AGES 2½ – 3½**

Register your child in this program; it's designed with active preschoolers in mind. Participants will learn through play, with games, crafts, songs and much more. In this environment children are encouraged to socialize and make friends. Parents/guardians are required to attend this class.

YOGA FOR KIDS**AGES 4-6**

Get your young one moving, stretching and active! This fun class will open new doors to health and relaxation for your child while they learn about the different ways their bodies can move and bend Parents are encouraged to participate in the class.

Child/Youth Registered Programs

DANCE COMBO**AGES 6-12**

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

GOLF LESSONS**AGES 8-10, 11-13, 14-17**

Designed to introduce youth to the game of golf, this four-lesson program focuses on the basics of the full swing for both woods and irons.

HIP HOP AND FUNK**AGES 11-14**

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

INCREDIBLY ACTIVE KIDS

Put on your supersuit, grab your buddies, and dash into this interactive physical activity class built just for kids! Take part in team building activities, exciting fitness drills, and compete in a spy quest where everyone is a superhero with mighty active powers!

KIN KIDS CLUB**AGES 6 – 8**

Your child will go wild bouldering through the adventurous walls of the Kin Kids Fitness centre, run the giant track, take part in fun fitness skills and drills, train the brain with wacky brain teasers, and finish each session with a crazy cardio party. Parents are not required to stay!

NIA FOR KIDS**AGES 6-10**

Open your youth to the world of movement, music and expression through NIA! This non-impact, semi-choreographed, fun class uses elements of dance and martial arts to promote whole-body health. It's a great way for your youth to express themselves, learn how their body moves and get moving after school!

POTTERY FOR FAMILIES**AGES 6 - ADULT**

Share the joy and wonder of clay with your child. Instruction focuses on hand building techniques. Recommended for children 6 years and older. Course fee is \$55 per person.

RED CROSS BABYSITTING COURSE**AGES 11- 16**

Are you looking to learn valuable skills and make some extra money? This program covers care of infants, accident prevention and the rights and responsibilities of the babysitter. Course fee includes a babysitting manual and first aid kit.

SIBSHOPS

Workshops for siblings of children with special needs!

Join us! These workshops will provide opportunities for brothers and sisters of children with special health, mental health and developmental needs to obtain peer support and education within a recreational context. Workshops include: Information and discussion activities, games, cooking, art and recreational activities and special guests. Lunch provided.

For more info, contact Debi Currie at 780-496-7318.

SPIN FOR TEENS**AGES 13-17**

Gear up for a new and challenging fitness adventure. Set your own pace as each bike has its own independent resistance settings. The class will also incorporate resistance training to help you peddle your way to a more active you! Perfect for teens looking for a new way to be physically active, or for young athletes to develop their cardiovascular endurance.

YOUTH IN ACTION

This program was developed to educate youth about safe weight room practices including, proper weight room etiquette and equipment use. This class will introduce youth to the basics of a fitness program and healthy lifestyle choices including: basic nutrition, alternative forms of training and the principles of both cardiovascular and resistance. All youth between the ages 12 and 15 must complete Youth in Action before they will be admitted to any City of Edmonton Fitness Centre.

TEACHERS CONVENTION CAMP**AGES 6 – 12**

Come join the leaders and have 2 days for extreme fun! There will also be time to do crafts, play games, and do fun activities! Each day will wrap up with the campers going swimming.

Important camp information: Early drop off from 8:00 – 9:00AM, Late pick up from 4:00 – 5:00PM, Late pick up fee: \$10.00 for each 15 minutes late at 5:00PM.

SPRING BREAK CAMP**AGES 6 – 12**

This camp is packed full of Extreme Fun all week long! There will also be time to do crafts, play games and do fun activities! Each day will wrap up with the campers going swimming.

Important camp information: Early drop off from 8:00 – 9:00AM, Late pick up from 4:00 – 5:00PM, Late pick up fee: \$10.00 for each 15 minutes late at 5:00PM.

TEEN QUEST**AGES 14 – 17 (DESIGNED FOR TEENS WITH DEVELOPMENTAL DISABILITIES)**

Teen Quest is a recreational program held in the evenings for teens with developmental or multiple disabilities. This program gives the opportunity for individuals to participate in various activities such as; crafts, games, swimming, outings and much more. Each program includes a time for break which participants are welcome to bring a snack or money to purchase a snack. All participants will be required to fill out a registration form prior to the start date of the program.

Adult Registered Programs*

* New ratings explained on page 95.

ALL IN 60 MINUTES**HEALTH START RATING: BEGINNER LEVEL 1**

Want to get it all done in an hour? Join us for twenty minutes of strength/conditioning circuit, twenty minutes of abs and then finish with twenty minutes of stretching.

NEW! Health Start Rating System

Sometimes it can be hard to find a fitness program for you. To help we've introduced a Health Start Rating - this rating system will help you pick a registered program that is right for your current activity level and your fitness goal! The ratings are explained below:

RATING	REQUIREMENTS	DESCRIPTION
HEALTHY START	No requirements	Healthy Start programs are a way to begin moving. These programs are low impact, low resistance programs. Read the details for each to see if they are of benefit to your specific needs (i.e. good for those suffering from joint pain or stress, needing to promote circulation, recovering from injuries, or who just need a place to start!).
INTRODUCTORY	No requirements	These programs are designed for those who want to start being more active, but need a starting point. You will learn about the movements, how to use equipment and start to feel the benefits of being active!
BEGINNER LEVEL 1	Occasional (are already being active 1-2 times a week)	These programs are great for someone who has started being active, but is looking to be challenged, learn more about resistance training and be motivated to reach a full hour of activity!
BEGINNER LEVEL 2	Moderate (are being active 2-3 times a week)	If you are already being active but are looking for a challenge and to learn new ways to be active and while increasing your overall fitness level these programs are for you!
INTERMEDIATE	Moderate to High (are being active 2-3 times a week at a high intensity of training)	If you're already active, and have a strong base fitness levels and have plateaued or need to be challenged to try something new and exciting try one of these classes!
ADVANCED	High (are training at a high intensity 3 or more times per week)	If you are already training for a fitness test, peak performance, or want to challenge yourself to be as strong, quick and agile as you can be and Advanced program will push you to set new personal bests.

Ratings are labeled below the course title in **BLUE**.

BALLROOM/LATIN DANCE COMBO

Want to go out dancing and be able to dance to almost any type of music? This class introduces several different dance patterns to over six different dances from Latin, to swing to ballroom. This class will ensure the next time you are out to a special occasion or just out for a fun evening you'll be able to dance the night away with style.

BALLROOM LEVEL I

Ballroom dancing is a fun and popular way to unwind. Energize your body, forget your stress. Through group instruction and one-on-one support we'll teach you the basic steps for the fox trot, tango and waltz. Look good and feel confident when you go out dancing. Single registrants will be paired up with a partner. Fee includes free practice sessions.

BASIC FLY FISHING COURSE

Want something to do in the chilly months to prepare for Spring? Learn to Fly fish in the pool and be ready for next Spring fishing season! You will learn about basic fly casting, fishing from a pontoon boat, different types of rods, reels, fly lines (dry and wet), types of wet flies to use during the season, basic feeding and diet habits of the trout, basic Pontoon boat safety, and so much more. All supplies and boats provided.

BELLY DANCING – LEVEL I

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

BOLLYWOOD FUSION

Bollywood and fusion work hand in hand, with East Indian dance styles to hip-hop and belly dancing. This program offers you a chance to learn dances like Jai Ho featuring the Pussycat Dolls and other fusion filled pieces! This intoxicating dance style is the ultimate blend of East meets West!

BOLLYWOOD DANCE LEVEL I

This exciting fast-paced class blends classical, folk-bhangra and lyrical moves from Bollywood (Indian film) industry with hiphop/funk styles from the West. This fusion of dance style is vibrant energetic and straight from the movies. It allows you to let go of your inhibitions and shake it!

BOLLYWOOD DANCE LEVEL II

Finished the level I class and ready for a challenge? Get a chance to learn new Bollywood movements as well as learn new choreography to a fresh set of Bollywood songs! This program offers you a chance to use the skills you've acquired in level I and expand into level II!

BOOT CAMP

HEALTH START RATING:
INTERMEDIATE. PARTICIPANTS WILL BE PUSHED TO THEIR LIMITS.

Boot Camp brings the excitement back to your fitness regime. With inspiring expert instructors and personalized whole – body workouts we'll help you transform your body, mind and spirit!

CORE STRENGTH & STABILITY

HEALTH START RATING:
INTRODUCTORY

This program will teach you the fundamental elements of working with resistance tubing, medicine balls, wobble boards, and Swiss balls to assist you in adding variety and spice to your core workouts. You will encounter the benefits of using these pieces of equipment in a fun, friendly, and challenging atmosphere with a focus on core strength and stability.

COUNTRY DANCING

Don't be a wallflower at your next social or rodeo. Learn to two-step, cha-cha and rumba to your favorite country tunes. No partner or 10 gallon hat required.

DANCE SAMPLER

Not sure what kind of dance is right for you? This dance sampler class will feature a different dance style every 2 weeks. Dance styles include Ballet, Tap, Modern, Jazz and Hip Hop.

FOREVER FIT

HEALTH START RATING:
INTRODUCTORY

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

experience is necessary. Move towards an active lifestyle and meet other active adults along the way with Forever Fit!

GOLDEN NIA

HEALTH START RATING:
HEALTHY START

Get your creative juices flowing as you practice a mixture of dance, martial arts, and healing arts. Golden NIA is self-guided, adaptable and an older adult-friendly program for any fitness level. Delivering cardiovascular and whole-body conditioning, this class is based on creating a loving relationship with the body. The main focus is to experience pleasure and joy, and to honor your energy level in the present moment, all while getting a workout!

GOLF LESSONS

HEALTH START RATING:
INTRODUCTORY

Have you always wanted to try golf but don't know where to start? This four-lesson program introduces you to the basics of the full swing for both woods and irons. It's the proper start to your golf career and these lessons are fun and un-intimidating. Co-ed, and Women's Only classes are offered.

HEALTHY KICK START

HEALTH START RATING:
HEALTHY START

If you're new to using a fitness centre or are just looking to get familiar with the equipment again, then come to Healthy Kick Start! These three hour long sessions will give you an overview of the equipment, how to use it, and tips to planning your own workout. Basic components for any fitness plan will be discussed and participants will be shown equipment that can be used to complete a simple fitness circuit.

NEW! INTRODUCTORY SHORT GAME

HEALTH START RATING:
INTRODUCTORY

Learn the correct disciplines of the short game shots that can add up to 60% or more of every shot you take. Putting, chipping, pitching and sand shots require the right techniques and that is what these short game lessons deliver. A three hour course with only 4 to a class.

INTRODUCTION TO WEIGHTS

HEALTH START RATING:
INTRODUCTORY

This program will introduce you to the fundamentals of working out with weights. Topics include: the principles of weight training, proper technique, core stability training, and program design.

KETTLEBELLS 101

HEALTH START RATING:
BEGINNER LEVEL 2

Stop using machines and become the machine. Led by an Agatsu Kettlebell Certified Instructor, these training sessions are high intensity, focuses on increasing your power and strength, and develops lean muscle mass. Keep your fitness regime exciting and learn a new way to push yourself to the next level.

KICKBOXING

HEALTH START RATING:
BEGINNER LEVEL 2

Kick it into gear! Take up Kickboxing to beat those workout blues. Learn proper techniques while developing quick reflexes, agility, stamina and flexibility. A great way to burn off stress and calories after a hectic day. Combined Introduction, Intermediate & Advanced.

KINSMEN TRIATHLON TRAINING GROUP

The Kinsmen Triathlon group is a dedicated team focused on improving skill level, fitness and performance. Our professional coaches will provide you with structured workouts with the fall program focusing on developing technique for the bike/run/swim components and the development of overall strength. This program runs year round and facility access is included. Join up at any time!

LATIN LEVEL I

Enjoy the hottest dance craze of today! Have fun and learn to express yourself more confidently on the dance floor. Through group instruction and one-on-one support, as required, we'll teach you steps for the cha cha, salsa and rumba. Single registrants will be paired up with a partner. Fee includes free practice sessions. Look good and feel great with Latin!

PILATES

LEVEL 1

HEALTH START RATING: INTRODUCTORY

The Pilates workout develops core strength, flexibility, and improves balance and posture, creating a long, lean, strong functional body and establishes a mind-body connection. Our Pilates classical mat repertoire also includes rehabilitative exercises, use of small balls, fitness balls, stability rollers and resistance bands. If you are looking for an introduction to the fundamental principles and exercises of Pilates this is the class for you.

LEVEL 2 AND 3

HEALTH START RATING: BEGINNER LEVEL 1

This program is designed for those who have completed a minimum of 10 classes of Mat Work in a previous beginner program. This program incorporates progressive routines and builds on the introductory level.

PRENATAL PILATES

HEALTH START RATING: INTRODUCTORY

Gentle and safe body conditioning for pregnancy. This program will help develop balance and stability needed with the shift of gravity, increase circulation, strengthen the muscles of the lower back and muscles needed for pregnancy, birth and postpartum.

NIA

HEALTH START RATING: INTRODUCTORY

De-stress from the week, energize for the weekend. NIA accomplishes both. This movement program integrates aerobic conditioning, balance and flexibility by blending techniques from yoga, martial arts, modern and ethnic dance. But, more than that, NIA expands beyond the physical to include mental, emotional and spiritual well-being by encouraging dance expression and individual creativity. NIA is safe and adaptable to virtually any fitness level.

POTTERY LEVEL I

This class is designed for those new to pottery to molding, shaping and throwing clay to produce pots and hand made treasures. You'll learn a variety of basic methods used to create clay forms by hand and on the wheel. Glazing and decorating techniques are also covered. All supplies, glazing and firing costs included.

RESIST AND SPIN

HEALTH START RATING: BEGINNER LEVEL 1

Gear up for a new and challenging fitness adventure. If you have wanted to do Spin but have been hesitant to try, register in this introduction level class designed for novice participants. Throughout the class regular breaks from the bikes will be given, the perfect opportunity to include some free weight training. Set your own pace, resist with free weights and spin.

SPIN FOR HEALTH!

This is a great way to get you wheels spinning! Spin is a low impact program is great for those who want to minimize weight bearing activities. This program incorporates stretching as well as balance and core work to give you a break from the cardio.

SPIN TENSE

HEALTH START RATING: BEGINNER LEVEL 1

Get on the bike inside with Spin Tense! Spin is a great cardiovascular work out, it also strengthens and tones your muscles. If have a little or allot of experience this class will challenge your skills as the instructor takes you through a routine of music and motivation! Each participant can adjust their own tension to ensure each class is a challenge. Get ready to spin your wheels!

SENIOR SPIN

HEALTH START RATING: BEGINNER LEVEL 1

Senior and young seniors (55+) are welcome to this fun fitness class! Spin is a great way to keep your muscles moving without the impact of running or walking. The instructor will move the class through a fun and challenging routine on a specialized stationary bike. Even if you have not cycled in a few years, this class will bring you back up to speed!

RESTORATIVE YOGA

HEALTH START RATING: INTRODUCTORY

Restorative Yoga is a gentle, passive form of practicing yoga, ideal for people suffering from illness, injury, stress, insomnia or for those simply wanting to learn more effective ways to relax. All poses are done on the floor with the support of yoga bolsters and

props. Dress warmly - long sleeves and pants. Wear socks and bring a small fleece blanket for added comfort.

SELF DEFENSE FOR WOMEN

HEALTH START RATING: INTRODUCTORY

Participants will learn to quickly recognize potentially threatening situations, and effectively counter them. Topics include ploys and manipulations commonly used by perpetrators, releases from grabs, powerful strikes, verbal strategies, and issues around violence against women." Physical and Mental benefits include improved reflexes and coordination, self-confidence and a 'can do' attitude.

STRETCH AND RELAX YOGA

HEALTH START RATING: INTRODUCTORY

This class is a combination of active yoga and total relaxation. Dress in layers - light to stretch and warm to relax. Bring a yoga mat, a small fleece blanket and wool socks - the extra warmth facilitates relaxation. Come to enjoy a total body experience. (Yoga mats are not provided)

TENNIS LESSONS

HEALTH START RATING: BEGINNER LEVEL 1

Tennis Anyone? Brush up on the basics with lessons that cover basic shots, forehand, backhand, serve, service return and volley. Rules of the game and beginner strategy for singles and doubles will also be covered.

TRX SUSPENSION BASICS

HEALTH START RATING: BEGINNER LEVEL 2

TRX Suspension Training is a great place to hang out and what a workout! Originally designed by the United States Navy, it is becoming an increasingly popular form of exercise for individuals and groups. The technology is simple, hand holds are secured to a suspension system or anchor point and the participant goes through a series of movements using their own body weight as resistance. The intensity of the exercises is easily adjusted by changing the body position or by adjusting the strapping anchor position. In some cases, the TRX system can assist one in doing an exercise more easily; in other cases the participant is using muscle in a new way. Using ones own body weight as resistance, this versatile systems

will work the entire body without the use of weights, pallets or additional machinery.

TRX SUSPENSION BOOT CAMP

**HEALTH START RATING:
BEGINNER LEVEL 2**

TRX Suspension Boot Camp is the next step in suspension training! Designed to follow TRX Suspension Basics, TRX Suspension Boot Camp is an increasingly demanding form of exercise.

WOMEN ON WEIGHTS

**HEALTH START RATING:
INTRODUCTORY**

Maintain bone density, increase metabolism and discover the health benefits of weight 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 your own program to suit your personal needs.

YOGA

**HEALTH START RATING:
INTRODUCTORY**

The practice of Yoga focuses on improving both physical and mental well being through the mastery of specific postures while utilizing the breath. Achieve a heightened level of body awareness, strength, and flexibility through Yoga. (Yoga mats are not provided)

CHOPRA YOGA

**HEALTH START RATING:
INTRODUCTORY**

Teaches the Seven Spiritual Laws of Yoga. It is a consciousness-based Hatha Yoga program infused with teachings from Dr Chopra's book, *The Seven Spiritual Laws of Success*. Beginners welcome (Yoga mats are not provided).

YOGA FOR SPORT

**HEALTH START RATING:
BEGINNER LEVEL**

This style of Yoga utilizes the continual movement of the body through a sequence of Yoga postures to provide the athlete with a fun, total body workout that challenges both the mind and body. Great for athletes looking to improve their strength and flexibility! (Yoga mats are not provided)

ZUMBA

**HEALTH START RATING:
BEGINNER LEVEL 1**

This Latin dance inspired work out is just the thing to get you moving! Enjoy a cardio work out during this one hour, fun and exciting class!

GOLDEN ZUMBA

**HEALTH START RATING:
INTRODUCTORY**

Are you bored with your workout? Then is party is for you! This Latin inspired dance fitness class is so much fun you won't even know you are exercising. We will move you through a Latin and International based dance rhythms including: Meringue, Cambia, Samba, Rumba and more! This class is specially designed for older adults who are ready to enjoy the music and get moving.

Adult Registered Leisure Programs (For Persons with Developmental Disabilities)

ADULT SENIOR LEISURE DANCE

Come and join us for an afternoon of toe-tapping music provided by a live band. Enjoy the afternoon with musical entertainment, dancing, light refreshments and an overall good time. Participants requiring the use of DATS transportation to and from the program will need to register for the program.

ROCKIN' IN RUNDLE DANCE (TUESDAYS AND THURSDAYS)

Participants have the opportunity to dance the afternoon away while making new friends. A variety is played each week including various themed dances. Light refreshments are served. Participants requiring DATS transportation to or from the program must register for the program.

S.U.R.F. (SOCIAL. UNIQUE. RECREATIONAL. FUN.)

S.U.R.F. programs are designed for adults with developmental or multiple disabilities. All participants who require an attendant are to supply their own for the program. Each participant will receive a schedule the first day of programs. Each program includes a time for break which participants are welcome to bring a snack or money to purchase a snack.

For program information, please call 311. Registration for the winter session begins on Friday, November 26, 2010.

TUESDAY EVENING OR FRIDAY AFTERNOON CRAFTS

Crafts are always a great way to be creative and have fun! In this program everyone will have the opportunity to connect with new people, while working on a variety of unique projects. This program is a great opportunity to express your individuality and creativity through crafts!

DANCE AND MUSIC

This program is based on different components of dance & music. Participants will have the opportunity to explore and learn different types of dances. Some examples of dance themes are: Ukrainian, Country, Jazz, and Folk.

S.U.R.F. FIT NIGHT

Fit Night is a program for active individuals. The evening's program includes personal fitness activities, various sports and several games. Participants have the opportunity to take part in swimming each night.

S.U.R.F. GAMES NIGHT

Come out and join us for a wide variety of games from soccer to bingo. This is a time to enjoy and socialize with one another. You will have the opportunity to learn new games and enhance your skills of other games.

OUTING CLUB #1 & #2

On the first evening of the program the clubs will come together and decide on the outings that they would like to do in the community. The outings include information on leisure education, personal money management and skills for working in a group setting. Participants will need to budget \$10-\$15.00 per outing.

What Level Do I Register in Now?

AGE CATEGORY	LEISURE CENTRES - RED CROSS	BONNIE DOON LEISURE CENTRE - LIFESAVING SOCIETY	KINSMEN SPORTS CENTRE
4 MONTHS - 1 YEAR	PARENT & TOT - STARFISH	SWIM FOR LIFE - PARENT & TOT (4 MONTHS- 3YRS)	PARENT & TOT 6-12 MONTH BEGINNER
4 MONTHS - 3 YEARS	PARENT & TOT		
1 - 3 YEARS	PARENT & TOT-DUCK (18+ MONTHS)		PARENT & TOT 12 MONTH - 3 YEAR BEGINNER
	PARENT & TOT - SEA TURTLE (30+ MONTHS)		PARENT & TOT 12 MONTH - 3 YEAR INTERMEDIATE
	PARENT & TOT - DUCK/SEA TURTLE	PARENT & TOT 18 MONTH - 3 YEAR ADVANCED	
PRESCHOOL			
3 YEARS - UNPARENTED	SUPER 3 YR OLD	SWIM FOR LIFE PARENT & TOT - 3 YEARS (PARENTED)	3 YR OLD BEGINNER
			3 YR OLD INTERMEDIATE
			3 YR OLD ADVANCED
4 - 5 YEARS	4&5 YR OLD BEGINNER	SWIM FOR LIFE - PRESCHOOL 1,2	4&5 YR OLD BEGINNER
	4&5 YR OLD ADVANCED	SWIM FOR LIFE - PRESCHOOL 3	4&5 YR OLD INTERMEDIATE
	4&5 YR OLD ENRICHED	SWIM FOR LIFE - PRESCHOOL 4,5	4&5 YR OLD ADVANCED
			4&5 YR OLD ENRICHED
SCHOOL AGE			
6 - 16 YEARS	RED CROSS SWIM KIDS	LIFESAVING SOCIETY SWIM FOR LIFE	SEARS I CAN SWIM
	SWIM KIDS LEVEL 1	SWIMMER 1	STAGE 1
	SWIM KIDS LEVEL 2		
	SWIM KIDS LEVEL 3		
	SWIM KIDS LEVEL 4	SWIMMER 2 OR 3	STAGE 2
	STROKE ENHANCEMENT 1		
	SWIM KIDS LEVEL 5	SWIMMER 3	
	SWIM KIDS LEVEL 6	SWIMMER 4	
	STROKE ENHANCEMENT 2	SWIMMER 4 OR 5	
	SWIM KIDS LEVEL 7	SWIMMER 5	
	SWIM KIDS LEVEL 8	SWIMMER 6	STAGE 3
	STROKE ENHANCEMENT 3	SWIMMER 5 OR 6	
	SWIM KIDS LEVEL 9	SWIMMER 6	
SWIM KIDS LEVEL 10			
8 + YEARS	SWIM PATROL	SWIM PATROL	STAGE 4: I CAN SWIM FAST, WATER POLO, SYNCHRO,DIVE, TRIATHLON
	BRONZE STAR	BRONZE STAR	
	EDMONTON OCEAN LIFESAVING CLUB		
16 YEARS - ADULT	YOUTH/ADULT SWIM BASICS	SWIM FOR LIFE ADULT	AQUATICS FOR LIFE! THE START!
	YOUTH/ADULT SWIM STROKES		AQUATICS FOR LIFE! THE NEXT STEP!
CERTIFICATION COURSES			
13 YEARS - ADULT	ASSISTANT WATER SAFETY INSTRUCTOR	SWIM FOR LIFE INSTRUCTOR	SEARS I CAN SWIM INSTRUCTOR
	WATER SAFETY INSTRUCTOR	LIFESAVING INSTRUCTOR	
	BRONZE MEDALLION		
	BRONZE CROSS		
	AQUATIC EMERGENCY CARE		
	NATIONAL LIFEGUARD SERVICE		

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

KINSMEN SPORTS CENTRE AQUATIC PROGRAMS

Preschool Aquatic Programs

6 - 12 MONTH BEGINNER*

\$59.40

Play games, sing songs and learn activities to make swimming an enjoyable and safe experience for you and your child.



12 MONTH - 3 YR OLD BEGINNER*

\$59.40

New games, songs and enjoyable experiences appropriate for the toddlers just finding their "sea legs" and the parent wondering what to do with them.

12 MONTH - 3 YR OLD INTERMEDIATE*

\$59.40

Children should be able to blow bubbles, perform assisted floats and be willing to submerge in water.

18 MONTH - 3 YR OLD ADVANCED*

\$59.40

Children should be able to blow bubbles and swim under water unassisted from parent to instructor.

For 3, 4, 5 year olds, the parent is not required to be in the water with the children but is still required to be in the facility while child is in class.

3 YR OLD BEGINNER*

\$59.40

No prior aquatic experience is necessary, but children should be able to stand comfortably in the Teach Pool (75 cm depth) and should be ready to participate in classes without their parents.

3 YR OLD INTERMEDIATE***\$59.40**

Children should be comfortable in the water, be able to perform unassisted front floats, assisted back floats, and be able to submerge under water for 3 seconds or longer.

3 YR OLD ADVANCED***\$59.40**

This is the last stage of the non-parented program for children 3 1/2 to 4 years old who have completed two previous levels.

Children will learn to perform unassisted front and back floats and glides. They will also learn to submerge underwater for up to five seconds. Front swims and deep water work are also introduced.

4 & 5 YR OLD BEGINNER**\$59.40**

This is the first level of an unparented program for children a minimum of 4 years of age. Assisted and unassisted floating on the front and back, jumping in, to the instructor, and work with a personal flotation device (PFD) in a structured games atmosphere.

4 & 5 YR OLD INTERMEDIATE***\$59.40**

This is an unparented program for children a minimum of 4 years of age. Children will continue work on unassisted front and back floats and glides, as well as an introduction to deep water and front swims. They are encouraged to submerge under water for 3 seconds.

4 & 5 YR OLD ADVANCED**\$59.40**

This is an unparented program. Front and back swim for 5 metres, jump in and surface support in deep water, underwater swims and side glides are explored in a structured games atmosphere. Children should be able to submerge under water for 5 seconds.

4 & 5 YR OLD ADVANCED/ ENRICHED**\$59.40**

This class is a combination of both the 4 & 5 Advanced and Enriched classes. The students will progress based on their demonstration of the skills.

4 & 5 YR OLD ENRICHED**\$59.40**

This is an unparented program for children approximately 5 years of age. Swims up to 10 metres, side glides with flutter kick for 3 metres, deep water surface support are examples of topics covered.

Child Learn to Swim Programs

SEARS I CAN SWIM – STAGE 1**\$59.40**

Is your child starting lessons for the first time? By the end of this stage, they'll learn all the fundamentals: entering, floating, submerging, breathing, and moving in the water.

SEARS I CAN SWIM – STAGE 2**\$74.25**

Once your child is oriented to the water, we'll help them master the basics of all four swimming strokes. Plus they'll learn streamlining, underwater push offs, treading water, and introductory dives.

SEARS I CAN SWIM – STAGE 3**\$74.25**

Building on the skills developed in stages 1 and 2, your child will soon be swimming. They'll improve all four swimming strokes, increase endurance, learn basic turns, and try some advanced dives.

SEARS I CAN SWIM - STAGE 4**EACH PROGRAM: \$79.10****SPORT MODULE PROGRAM**

Swimmers who complete SEARS I Can Swim Stage 3 or Red Cross Swim kids Level 10 can choose from five exciting new aquatic experiences. Of particular interest to teens and accomplished swimmers, these Sport Modules let swimmers explore a variety of aquatic sports without having to join a competitive team.

Stage 4 is great for youth who want to try out different water sports before deciding which one to pursue competitively or for those who are getting "too old" to join a competitive club but want to learn and play different water sports.

At a point when many kids drop out of activities, Stage 4 provides five dynamic ways to increase youth participation.

I CAN SWIM FAST

Stroke drills, endurance building and goal setting give swimmers the knowledge and confidence to swim efficiently and fast. The focus is on skill refinement and stroke enhancement.

Endorsed by Swimming/Natation Canada.

I CAN WATER POLO

An exciting new program for aquatic enthusiasts! Skills taught are the same ones used by Olympic champions, but the rules, equipment and focus have been modified to make the game fun and accessible to everyone.

Endorsed by Water Polo Canada.

I CAN TRIATHLON

Triathlon is for everyone - whether they simply want to enjoy it with friends or are looking to compete. This program teaches the sport's basic elements and provides training specific to triathlon.

Endorsed by Triathlon Canada.

I CAN SYNCHRO

Learning through fun is central to this program. Stretching, warm-ups and conditioning sections improve flexibility and strength, and swimmers learn basic synchronization skills and creative movement in the water.

Endorsed by Synchro Canada.

I CAN DIVE

The unique character of diving, combining acrobatic skills and landing in the water can be a real thrill for divers who learn the basic skills taught in this module.

Throughout the lessons of this module, divers should experience a strong learning curve, improving flexibility, core strength, body awareness, coordination, and spatial orientation. These skills are not only important in diving, but will help athletes to improve in and enjoy other sports as well.

PRIVATE AND SEMI-PRIVATE SWIM LESSONS (ADULT, YOUTH, CHILD)

½ HOUR: \$29.70

Private and semi-private swimming lessons are available for all ages and levels of swimming ability. For more information or to book a private lesson, please call the facility of your choice.

Adult Learn to Swim Programs

SEARS I CAN SWIM AQUATICS FOR LIFE! THE START!

\$99.60

The water is calling you! The absolute beginner will become comfortable in the water learning fundamental skills like floating, arm action and breathing in a stress-free, encouraging atmosphere!

AQUATICS FOR LIFE! THE NEXT STEP!

\$99.60

Launch your skills forward! Designed for swimmers already at ease in the water, this program will teach you to swim more efficiently. This class is fun and informative.

BONNIE DOON LEISURE CENTRE AQUATIC PROGRAMS

Preschool Aquatic Programs

PARENT & TOT

\$59.40

Especially for children aged 4 months to 3+ years and their parents. Based on the principle Within Arms Reach, these classes focus on close playful interaction and shared fun between child, parent and water. Just watch them grow!

SWIM FOR LIFE - PRESCHOOL 1

\$59.40

These preschoolers learn to get in and out of the water safely. They'll learn to move safely in shallow water and use a lifejacket to be comfortable with their floats and glides.

SWIM FOR LIFE - PRESCHOOL 2

\$59.40

These youngsters will explore the water learning to submerge and exhale underwater. Buoyant aids are used to help them discover rollovers, glides and flutter kicks.

SWIM FOR LIFE - PRESCHOOL 3

\$59.40

These preschoolers will master their floats, glides and short swims on their front and back (2-3 m). They'll be able to pick up objects from the waist deep water and use their lifejackets to jump and roll into the deep end.

SWIM FOR LIFE - PRESCHOOL 4

\$59.40

These capable preschoolers will strengthen their flutter kicks and try swimming front crawl. They'll start to learn how to support themselves in deep water and in the end they'll do solo jumps and side rolls into deep water. Their lifejacket will support them while they learn to tread water and swim to safety (5-10 m) in the deep end.

SWIM FOR LIFE - PRESCHOOL 5

\$59.40

These skilled and independent youngsters will master short swims doing front crawl (5-10 m) and back crawl (3-5 m). They are ready to take on a forward roll into deep water with their lifejacket on and to tread water without the extra support. Here they will get their first chance to try whip kick and fitness training.

Child Learn to Swim Programs

For Swimmer 1,2,3, the parent is not required to be in the water with the children, but required to be in the facility while child is in class.

SWIM FOR LIFE - SWIMMER 1

\$59.40

These beginning swimmers will work on safe entries, exits and moving through the water. When ready they'll do floats, glides and kicking on their front and back without assistance. They'll even explore jumping into deep water and treading water with their lifejackets on.

SWIM FOR LIFE - SWIMMER 2

\$59.40

These children will be able to jump or side roll into deep water, tread water, and swim (10-15 m) using either front crawl or back crawl. They'll try 'vertical' whip kick and begin to work on their endurance level by stepping into the world of fitness interval training.

SWIM FOR LIFE - SWIMMER 3

\$59.40

These swimmers will dive and do forward rolls into deep water. Watch them learn handstands and front somersaults underwater. They'll work on their front crawl, back crawl and whip kick over short distances and add some interval fitness training to their practice. By the end they'll be able to meet the Swim to Survive standard: Roll into deep water, tread water (1 min.) and swim (50 m).

SWIM FOR LIFE - SWIMMER 4

\$59.40

These swimmers will swim further with their front crawl and back crawl. They'll get introduced to breaststroke arms drills, underwater swims and front crawl sprints. Interval training will add to their fitness level.

SWIM FOR LIFE - SWIMMER 5

\$59.40

These swimmers will try eggbeater kick, head up front crawl, and shallow dives. And just for fun try 'tuck' jumps and underwater back somersaults. They'll easily go the distance with a strong front crawl, back crawl and breaststroke.

SWIM FOR LIFE - SWIMMER 6

\$59.40

These swimmers will master eggbeater and scissor kicks, front crawl, breaststroke and back crawl. With the interval training and sprint racing drills they'll be ready to make the 300 m endurance workout. And just for

fun they'll try stride jumps and compact jumps. Next step: on to the Canadian Society Swim Patrol Program.

SWIM PATROL

\$59.40

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

PRIVATE AND SEMI-PRIVATE SWIM LESSONS (ADULT, YOUTH, CHILD)

½ HOUR: \$29.70

Private and semi-private swimming lessons are available for all ages and levels of swimming ability. For more information or to book a private lesson, please call the facility of your choice.

AQUATIC PROGRAMS AT LEISURE CENTRES

Preschool Aquatic Programs

PARENT & TOT

\$59.40

Designed to have parents in the water with their youngster. Parents learn to teach their child about the water through Play and Imitation. 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 BEGINNER LEVEL - 4 - 17 MONTHS

\$59.40

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

PARENT & TOT: DUCK INTERMEDIATE LEVEL - 18 MONTHS AND OLDER

\$59.40

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 ADVANCED LEVEL - 30 MONTHS AND OLDER

\$59.40

A transitional level for preschoolers and their parents. Parents can gradually transfer the preschooler to the care of the instructor.

For 4 and 5 year olds, the parent is not required to be in the water with the children but is still required to be in the facility while child is in class.

SUPER 3 YR OLD

\$59.40

This is an unparented program for children 3 years of age. Through a structured games atmosphere children explore the aquatic atmosphere becoming safe around a swimming pool under the guidance of a Red Cross Certified Water Safety Instructor. Activities may include submersion, floats, glides, entrances and exits from the pool, and water safety education.

4 & 5 YR OLD BEGINNER

\$59.40

This is the first level of an unparented program for children a minimum of 4 years of age. Assisted and unassisted floating on the front and back, jumping in, to the instructor, and work with a personal flotation device (PFD) in a structured games atmosphere.

4 & 5 YR OLD ADVANCED

\$59.40

This is an unparented program. Front and back swim for 5 metres, jump in and surface support in deep water, underwater swims and side glides are explored in a structured games atmosphere. Children should be able to submerge under water for 5 seconds.

4 & 5 YR OLD ADVANCED/ENRICHED

\$59.40

This class is a combination of both the 4 & 5 Advanced and Enriched classes. The

students will progress based on their demonstration of the skills.

4 & 5 YR OLD ENRICHED

\$59.40

This is an unparented program for children approximately 5 years of age. Swims up to 10 metres, side glides with flutter kick for 3 metres, deep water surface support are examples of topics covered.

Child Learn to Swim Programs

For Swim Kids 1-5 the parent is not required to be in the water with the children but is still required to be in the facility while child is in class.

SWIM KIDS - LEVEL 1

\$59.40

This is an entry level for children ready to move in shallow water. Swimmers receive an orientation to water and the pool area and work on floats, glides, kicking and breathing techniques. Swimmers build their endurance by working on the 5m front swim.

SWIM KIDS - LEVEL 2

\$59.40

Swimmers work on propulsion skills to move through the water and to remain at the surface. Swimmers work on the front swim (5m) and learn about deep-water activities and proper use of a Personal Flotation Device (PFD). Fitness activities include the 10m flutter kick and a 10m distance swim.

SWIM KIDS - LEVEL 3

\$59.40

This level provides an introduction to diving, and teaches swimmers how to make wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15m swim.

SWIM KIDS - LEVEL 4

\$59.40

This level introduces the front crawl (10m) and back swim with shoulder roll (15m). Swimmers work on kneeling dives, surface support (45 seconds, deep water) and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25m swim.

SWIM KIDS – LEVEL 5**\$59.40**

This level introduces the back crawl (15m), sculling skills, whip kick on the back, stride dives and treading water. Front crawl increases to 15m. An introduction to safe boating skills is also included. Endurance is developed through a 50m swim.

SWIM KIDS – LEVEL 6**\$59.40**

This level refines front crawl with a focus on hand entry and breathing (25m), back crawl with a focus on arm positions and body roll (25m), and introduces elementary backstroke (15m), safety on ice, and rescue of others with a throwing assists. Swimmers demonstrate the front dive and their ability to tread water in deep water for 1½ minutes. Endurance is built through dolphin kick and a 75m swim.

SWIM KIDS – LEVEL 7**\$59.40**

This level builds skills and endurance for the front crawl (50m), back crawl (50m) and elementary back stroke (25m) and introduces whip kick on the front. Swimmers learn about airway and breathing obstructions, reach assists and stride entry. Swimming endurance is increase to a 150m swim.

SWIM KIDS – LEVEL 8**\$59.40**

This level is an introduction to breast stroke (15m) and feet-first surface dives. Swimmers learn about the dangers of open water, hypothermia, the performance of rescue breathing on children and adults, and standing shallow dives. Swimmers participate in timed treading water activities using the eggbeater skill for 3 minutes to improve their ability to remain at the surface in the event of an unexpected fall into water. Endurance is built on a 300m swim. Front crawl and back crawl distances are increased to 75m each.

SWIM KIDS – LEVEL 9**\$59.40**

This level refines the front crawl (100m), back crawl (100m), elementary back stroke (50m) and breast stroke (25m), and encourages swimmers to combine different kicks for fitness (3min). They also work on head-first surface dives and learn about

wise choices, peer influences and self-rescue from ice. Endurance is built through 400m swim.

SWIM KIDS – LEVEL 10**\$59.40**

This level is a final assessment of the strokes for technique and distance (front crawl 100m, back crawl 100m, elementary back stroke 50m, and side stroke 25m). Swimmers learn about sun safety, rescue of other from ice, and head-first and feet-first surface dives. Endurance is built using the dolphin kick (vertical) and a 500m swim.

EDMONTON OCEAN LIFESAVING CLUB**\$200.00 ANNUAL CLUB MEMBERSHIP****EACH PROGRAM \$99.00 FOR FULL YEAR SEASON SEPTEMBER TO JUNE (MIN 60 HRS INSTRUCTION)****AGES 8 TO 15 (JUNIOR) – RECREATIONAL OR COMPETITIVE****AGES 16 & OVER (SENIORS & MASTER) – COMPETITIVE ONLY**

Are you ready for another challenge and some serious fun? Want to be on a high energy team? The City of Edmonton Ocean Lifesaving Club is the place to be. Edmonton Ocean Club members 8-15 years old learn to be lifesavers, stay fit and have a lot of fun doing it. Members set their own goals to earn seals that go into a Waterlog to track progress. Everyone is encouraged to develop skills based on personal bests in swimming, lifesaving, fitness, knowledge, leadership and teamwork. The club provides high activity challenges in an energetic learning environment in the pool and on the deck. This fun can all lead to competition in Lifesaving Sport Events with techniques and skills that are developed.

For the Club Members 16+ (Seniors) & 30+ (Masters) the Competitive sessions are open to you to improve your swimming ability, get a great workout & participate in Lifesaving Sport Competitions.

So come out and join THE OCEAN OF ORANGE!!!

Prerequisite: Swim 25 meters and Tread water for 1 minute

Special thanks to our program sponsor: Aquam Aquatic Specialist Inc.

STROKE ENHANCEMENT**\$59.40**

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.

Level 1 is designed for those who have taken Swim Kids levels 5 or 6 at least one time and requires work on their swim strokes only. The Front and Back crawl, Whip kick on their back and Elementary Back Stroke will be the focus.

Level 2 is designed for those students who have taken Swim Kids levels 7 or 8 at least one time and requires work on their swim strokes only. The Front and Back Crawl, Elementary Back Stroke, Whip kick on their front and Breast Stroke will be the focus.

Level 3 is designed for those students who have taken Swim Kids levels 9 or 10 at least one time and requires work on their swim strokes only. The Front and Back Crawls, Elementary Back Stroke, Breast Stroke, Butterfly and Sidestrokes' will be the focus.

SWIMABILITIES**\$59.40**

The Swim Abilities courses are offered at the A.C.T. Recreation Centre for children with limited mobility, physical impairments, or other disabilities. Children will be initially assessed prior to the start of lessons to determine the most appropriate level to register in.

Level 1 introduces children to movement in the water, proper breathing techniques, and increases confidence and comfort in the water. Assisted and unassisted floating and swims on the front and back, as well as water safety will be explored through games and activities. This level is ideal for children with limited mobility or those just starting out in swimming lessons.

Level 2 allows children to further explore movement in the water, improve breathing techniques, and work towards unassisted floating and swims on the front and back. Water safety will also be explored. This level is ideal for children who need a little extra support to achieve their swimming goals.

Level 3 is for children who need a little extra support due to age or attention prior to

returning to a full inclusion swimming program. Introduction to front crawl occurs and back glides are further developed. Improving distance and using proper technique adapted to each child's abilities are the main swimming goals. Water safety continues to be explored.

Adult Learn to Swim

ADULT SWIM BASICS 1

\$79.70

We help increase your comfort level and confidence in the water through floats, glides, kicking and swimming. Work with your Instructor to set goals to develop your swimming skills. An introduction to swimming with a focus on front swim.

ADULT SWIM BASICS 2

\$79.70

We help increase your comfort level and confidence in the water through floats, glides, kicking and swimming. Work with your Instructor to set goals and develop your swimming skills. This course focuses on developing the front and back crawl, establishing comfort in deep water, and increasing the swimming distance.

ADULT SWIM STROKES

\$79.70

We help you develop one or more swimming strokes, working toward proficiency and increased endurance. Work with your Instructor to choose the strokes and set your goals and priorities. If you are interested in developing your strokes this level is ideal for you.

Prerequisites: Front crawl and deep water skills.

PRIVATE AND SEMI-PRIVATE SWIM LESSONS (ADULT)

½ HOUR: \$29.70

Private and semi-private swimming lessons are available for all ages and levels of swimming ability. For more information or to book a private lesson, please call the facility of your choice.

Advanced Aquatic Leadership Programs

SWIM PATROL

\$59.40

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

BRONZE STAR

\$129.85

This course is the preparation award for Bronze Medallion. The focus is on developing the four components of water rescue education: judgment, knowledge, skill and fitness. All prices include all materials, exam and registration fees.

Completion of Swim Patrol is recommended.

BRONZE MEDALLION

\$150.00

Learn rescue tows, carries and how to respond to complex resuscitation situations involving conscious and unconscious victims with an obstructed airway. Develop stroke efficiency and endurance in a timed swim.

Prerequisites: 13 years of age or completion of a Bronze Star. Price includes required course manual and exam fee.

BRONZE CROSS

\$150.00

Learn the difference between lifesaving and lifeguarding, the principles of emergency procedures and how to rescue a spinal injured victim and a pulseless person. Price includes required course manual and exam fee.

Prerequisites: Bronze Medallion

LIFESAVING INSTRUCTOR

\$191.85

Lifesaving Instructors are trained to teach and evaluate the Canadian Lifesaving program. Topics covered include various approaches to teach water rescue, first aid and related aquatic skills in the lifesaving program. Course manual included in price.

Prerequisites: 16 years of age and a current Bronze Cross or higher.

RED CROSS ASSISTANT WATER SAFETY INSTRUCTOR (AWSI)

\$201.25

This course introduces candidates to the foundation of instructional skill by focusing on the theoretical knowledge that supports learning and teaching. This course guides the knowledge and skill needed to become an AWSI, by focusing on teaching methods, learning styles, physical principles, progressions, communication, safety supervision and feedback. This course is 30 hours in duration as well as an 8 hour practicum. 100% attendance is mandatory for completion of this course. Course manual included in price.

Prerequisites: Candidates must have ability to perform Red Cross AquaQuest 12 or New Red Cross Swim Kids 10 strokes and skills. Candidates must be 15 years or older to enter the program.

RED CROSS WATER SAFETY INSTRUCTOR (WSI)

\$167.00

This prepares candidates to instruct the Red Cross Swim Programs. Candidates focus on strategies to introduce and develop swimming and water safety skills in the program curriculums of Red Cross Swim, Preschool, Red Cross Kids and Aqua Adults. This course is 25 hours in duration as well as an 11 hour practicum. 100% attendance is mandatory for completion of course. Course manual included in price.

Prerequisites: Assistant Water Safety Instructor and 15 years old or older by course completion.

AQUATIC EMERGENCY CARE (AEC)/CPR "C"

\$148.85

AEC is designed to provide the candidate with the first aid skills, knowledge, judgement and confidence to provide medical assistance to anyone in need. Price includes required course manual and exam fees.

AEC INSTRUCTOR**\$275.30**

AEC Instructors/ Examiners teach and evaluate first aid skills in both aquatic and non-aquatic environments. AEC Instructors deliver the Society's Emergency First Aid, Standard First Aid, Aquatic Emergency Care, CPR, and Oxygen Administration programs. Candidates are required to complete an apprenticeship after the course. Includes Lifesaving CPR Instructor/ Examiner certification.

AUTOMATED EXTERNAL DEFIBRILLATOR (AED)**\$32.90**

An AED, or Automated External Defibrillator, is a small, portable device which analyzes a heart's rhythm and prompts a user to deliver a defibrillation shock if it determines one is needed. An AED can increase the chances of a patient's survival in a heart related event. AED's are now readily available in all Recreation and other public Facilities, and are now available to public through retailers. This course prepares a candidate for all aspects of its use.

AED INSTRUCTOR**\$110.90**

AED Instructor course prepares instructors to teach and evaluate the skills necessary for the operation of an automated external defibrillator. Award is current for two years from date of exam. Prerequisites: One of current Lifesaving Instructor, Lifesaving CPR Instructor, Lifesaving First Aid instructor or AEC Instructor.

NATIONAL LIFEGUARD SERVICE (NLS)**\$286.30**

NLS is recognized as the standard measurement of Lifeguard performance in Canada. NLS is designed to develop an understanding of lifeguard principles, good judgment and a mature responsible attitude towards the role of a lifeguard. Price includes required course manual and exam fee.

Prerequisites: 16 years of age, Bronze Cross award and a current Standard First Aid award.

NLS INSTRUCTOR**\$275.30**

This course allows you to teach National Lifeguard Award. Application must be submitted to the Lifesaving Society before registering in this course.

NATIONAL LIFEGUARD SERVICE AQUATIC EMERGENCY CARE (NLS/AEC)**\$388.95**

This course offers both NLS and AEC courses as a combination class. All prices include all materials, exam and registration fees.

STANDARD FIRST AID**\$141.15**

This Lifesaving Society Standard First Aid Course provides comprehensive training in first aid and CPR. This course is for those who want an in-depth understanding of first aid such as medical/legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, burns and other medical emergencies. Includes CPR "C" certification. Price includes required course manual and exam fee.

Advanced Aquatic Leadership Recertifications

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

BRONZE CROSS RECERT**\$39.90**

The Bronze Cross award is current for a period of two years from the date of exam. This three hour exam retests all the items required as well as providing any updated information. Successful completion of this exam will extend the award for another two years. All prices include all materials, exam and registration fees.

WATER SAFETY INSTRUCTOR RECERT (WSI)**\$63.35**

The WSI award is current for a period of two years from the completion of all course requirements. This four hour clinic covers items required by the award as well as providing any updated information. Successful completion of this clinic will extend the award for another two years.

AQUATIC EMERGENCY CARE RECERT (AEC)**\$37.75**

The AEC award is current for a period of two years from the date of exam. This exam retests all the items required as well as providing any updated information. Successful completion of this exam will extend the award for another two years. Price includes required course manual and exam fee.

NATIONAL LIFEGUARD SERVICE (NLS) RECERT**\$37.75**

The NLS award is current for a period of two years from the date of exam. This exam retests all the items required as well as providing any updated information. Successful completion of this exam will extend the award for another two years. Price includes required course manual and exam fee.

NATIONAL LIFEGUARD SERVICE AQUATIC EMERGENCY CARE (COMBINED) RECERT**\$67.45**

The NLS/AEC awards are current for a period of two years from the date of exam. This exam retests all the items required as well as providing any updated information. Successful completion of this exam will extend the awards for another two years. All prices include materials, exam and registration fees.



BECOME A SWIM INSTRUCTOR

You need to complete the following:

- Lifesaving Society Bronze Medallion
- Red Cross Assistant Water Safety Instructor
- Red Cross Water Safety Instructor
- City of Edmonton aquatic instructors must have current certification in the Lifesaving Society Bronze Medallion award or Bronze Cross award; and the Red Cross Water Safety Instructor award. Must be 15 years or older and have completed Grade 9 in school.



BECOME A LIFESAVING SOCIETY LIFEGUARD

You need to complete the following:

- Lifesaving Society Bronze Cross
- Lifesaving Society Aquatic Emergency Care (AEC)
- Lifesaving Society National Lifeguard Service (NLS)

City of Edmonton lifeguards must have current award certification in the Lifesaving Society Bronze Cross award, the Lifesaving Society Aquatic Emergency Care (AEC) award and the Lifesaving Society National Lifeguard Service (NLS) award. Must be 18 years or older and have completed Grade 12 in school.



BECOME AN AFLCA FITNESS LEADER (ALBERTA FITNESS LEADERSHIP CERTIFICATION ASSOCIATION)

You need to complete the following:

- Fitness Theory course
- CPR Level A award
- One of the following Specialty Courses: Aquatic Exercise Leader, Resistance Training Leader, Group Exercise Leader, Fitness for the Older Adult.

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

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