



TRANSALTA
Tri Leisure
Centre

SUMMER 2017
July–August

YOUR TRI Active Life

LIVE Life
To The
FULLEST

Registration Opens

May 30 | Members
June 1 | Non-members

Online Registration

Be sure to set up your
account prior to
registration day!



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/trileisure /trileisurecentre

WELCOME Message

HELLO
SUMMER 2017!



Hello, summer!

It's that time of year again, everyone! The days are getting longer and the sun is shining brighter than ever. After this winter in the Tri-Municipal Region, we're certainly ready to celebrate summer at the TLC!

Speaking of celebrating, 2017 is an extra special year for the TLC, as we celebrate our 15th anniversary as your go-to destination for healthy, active living. To commemorate this exciting milestone, we have been hard at work planning our birthday celebration, so save the date for Sunday, August 27th!

Keep an eye out for our triACTIVE Project Events Team, who will be out and about in the Tri-Municipal Region in our triACTIVE community cruiser! Our team will be cheering on local sports teams, providing tasty treats and fun activities for everyone.

With healthy, active living being top-of-mind this season, we are featuring a few members and staff who embody the TLC's vision to transform lifestyle and community.

On page 6, you'll meet Mark McPeck, a lifeguard and swim instructor, who talks about transforming his love for swimming into a leadership role here at the TLC.

On page 15, Jane England shares her incredible transformation after participating in the TLC's fitness classes over the last two years. We hope Jane's story inspires you to take the plunge and try out a new fitness class or two this summer!

The TLC has recently launched the Athlete Development Project, which aims to help young athletes reach their peak performance level in their sport(s) of choice. Carter Kirk, a 16-year-old ambassador for the program, provides valuable insights about his training on page 27.

We're gearing up for another exciting summer at the TLC, and we can't wait to share it with you!

HOURS OF OPERATION

JUNE, JULY & AUGUST	
Monday to Friday	5:00am–10:00pm
Weekends & Holidays	6:00am–9:00pm
HOLIDAY SCHEDULE	
July 1 (Canada Day): CLOSED	
August 7 (Heritage Day): 6:00am–9:00pm	
September 4 (Labour Day): 6:00am–9:00pm	

Public Swim Hours

JUNE	
Monday, Wednesday & Friday	5:00am–10:00pm
Tuesday & Thursday	5:00am–4:00pm, 7:30pm–10:00pm
Saturday	6:00am–9:00am, 12:30pm–9:00pm
Sunday	6:00am–9:00pm
REDUCED POOL SPACE (June ONLY)	
Tuesday & Thursday 4:00pm–7:30pm No recreational swim and/or waterslide will be available – registered lessons only.	
Tuesday & Thursday 4:30pm–7:30pm One-lane swim available (lane swim begins at 6:00 pm).	
Saturday 9:00am–12:30pm No recreational swim and/or waterslide will be available – registered lessons only.	

JULY & AUGUST
Public swim is available during normal hours of operation in July and August, with the exception of July 29 (Barracudas Swim Meet).
A minimum of one lane will be assigned for lane swim and the hot tub/steam room will remain open for use by the public at all times.
Life is full of surprises—give us a call, see our website or follow us on Facebook to confirm availability.

TLC Amenities

Realty Executives Aquatic Complex <ul style="list-style-type: none"> • 10 lanes • 25-metre pool • Leisure pool • Waterslide • Hot tub • Steam room • Water Play Structure 	NWT Promotions Arena Complex <ul style="list-style-type: none"> • Allstate Insurance Leisure Ice • TerraCore Rentals Ltd. Arena • Northwell Oilfield Hauling Arena
Pizza 73 Gymnasium	Melcor Developments Children's Play Centre
SMS Equipment Fitness Centre and Running Track	Meeting Rooms
Indoor Fields <ul style="list-style-type: none"> • ReMax Community Indoor Field • Beaverbrook Developments Community Indoor Field 	Booster Juice
The FIX Coffee Co.	MTM Concession, Sholtz Lounge
	Custom Grind Skate Sharpening
	Parkland Rehabilitation <ul style="list-style-type: none"> • Sports and orthopedic physiotherapy • Acupuncture and massage

Admission, Passes AND Memberships

Be sure to set up your
**ONLINE ACCOUNT BEFORE
REGISTRATION DAY!**

Visit trileisure.com or give us a
call to learn how!

TLC Memberships	Monthly Continuous	Annual Pre-Paid
Adult (18+)	\$53.55	\$535.50
Seniors (60-79)*	\$40.29	\$402.90
Youth (13-17)	\$19.89	\$198.90
Child (2-12)	\$18.87	\$188.70

* TLC memberships are free for users over 80 years of age.

** Up to two adults and three children/youth.

TLC Passes	Daily Rate	10-Visit Pass	One Month	Three Month
Adult (18+)	\$10.20	\$91.80	\$65.20	\$163.00
Seniors (60-79)*	\$7.00	\$63.00	\$47.45	\$122.40
Youth (13-17)	\$6.90	\$62.10	\$43.35	\$107.10
Child (2-12)	\$4.70	\$42.30	\$24.40	\$64.75
Tots (under 2)	FREE	FREE	FREE	FREE
Family**	\$24.00	\$216.00	\$166.25	N/A

Registration

May 30 members | **Jun 1** non-members
12:01am online at trileisure.com | 9:00am by phone or in person

MEMBERSHIPS

Annual Pre-Paid or Monthly Continuous Memberships

Feel like a VIP! As a TLC member you'll have full access to our dynamic facility and drop-in program schedule. That means you can make the most of our sport, recreation and leisure areas whenever you like. Plus, our members receive special pricing on programs and services. And, if you become a member, you get to be the first to register for your favourite classes. Members also get to take part in drop-in aquatic and fitness classes completely free!

Get the whole family active for less!

With the purchase an individual adult membership, subsequent memberships of equal or lesser value receive a 15% discount off the individual membership price. Members must reside in the same household.

TriACTIVE Daytime Membership

Valid Monday-Friday from 10:00 AM-3:00 PM, this membership is a great way to use the TLC in our off-peak hours at a great savings!

	Monthly Continuous	Annual Pre-Paid
Adult (18+)	\$38.35*	\$390.00
Seniors (60-79)	\$29.13*	\$296.25

Run/Walk Membership

For patrons who use our track lanes for running or walking, we are pleased to offer a special membership. Please note: this membership does not provide access to the cardio machines or equipment around the track lanes.

	Monthly Continuous	Annual Pre-Paid
Adult (18+)	\$25.50*	\$151.98
Seniors (60-79)	\$20.40*	\$117.30
Youth	\$9.69*	\$57.12
Child	\$9.18*	\$55.08

Corporate Membership Plan

Invest in your employees today and call the TLC customer experience team or go to our website for details on our corporate plan.

Shared Adult Membership

Designed for two active adults (18-59 years) who typically will not use the TLC at the same time, this membership is ideal for couples who have different schedules for a variety of reasons (work, kids etc.). It can also work well for roommates, siblings, friends or couples who run on different schedules.

For times when the two adults wish to visit the TLC together, the membership includes a complimentary 10-visit pass.

Adult (18-59 years)	Shared Monthly Continuous	Shared Annual Pre-Paid
	\$80.90	\$809.00

	Annual Pre-Paid
Adult (18+)	\$109.14
Seniors (60-79)	\$86.70
Youth (13-17)	\$67.32
Child (0-12)	\$44.88

Wellness Pass

If you take part in classes, courses and other offerings at the TLC, but don't really use our other facilities like the gym or the pool, then the TLC Wellness Pass might be right for you. This pass is a great deal for those who visit us for specific reasons, but don't need facility-

wide access. You get our member prices (which are a great deal!) for programs and child minding services.

Child Minding

This is more than just babysitting, this is a whole lot of fun! Our child minding professionals are highly experienced and qualified. They prioritize safety while still making sure your kids are having plenty of good old-fashioned fun. We welcome children of ages one month to eight years to come join in so that you can enjoy peace of mind (and a little peace and quiet) while you work out at the TLC.

Check out all the details, along with pricing and pre-booking forms at www.trileisure.com.

* Requires Visa, MasterCard or bank account for monthly automatic payment. All monthly continuous memberships require a minimum three-month commitment.

AQUATIC SUPERVISION



The TransAlta Tri Leisure Centre is committed to providing a safe and enjoyable swim experience every time our patrons visit the pool.

Our under seven years supervision ratio is 3:1. That means for every three children under seven, there must be at least one caregiver over 14 years old.

The reason for this is to keep in line with industry standards and make supervising young children in our pool more manageable for caregivers.

Here are some additional steps you can take to keep your FAMILY SAFE:

- Learn to swim (we can help you with that!),
- Swim with a buddy,
- Know the water depth before entering the pool,
- Keep children (under seven) within arms' reach of a responsible 14yr+ caregiver at all times,
- Make sure 14yr+ caregivers are not supervising more than three children under seven years,
- Comply with TLC lifeguard requests and remember they have your safety in mind!

Don't be an easy target!

Five tips to minimize theft while at the TLC

1 . Don't bring your valuables to the TLC – keep them safe at home when possible!

2 . Lock up your stuff! Coin lockers cost \$0.50 or wallet lockers are \$0.25. We also sell locks at the front desk!

3 . Lock your team dressing rooms. Ask a staff member how.

4 . Report suspicious activity to a staff member. Help us keep the TLC safe and secure!

5 . Report any thefts directly to the RCMP.



Age Access GUIDE

	0-6 YEARS	7-11 YEARS	12-13 YEARS	14+ YEARS
Swimming Pool	▲	■	●	●
Fitness Centre + Studios	◆	◆	● Youth RX Course (11-13yrs)*	●
Sunshine Room	◆	◆	●	●
Track	★	★	●	●
Gymnasium	★	■	●	●
Group Fitness Classes	◆	◆	◆	●
Public Skate/Shinny	★	■	●	●
Fields	★	■	●	●

LEGEND: ● Full access ■ Must be **visually** supervised by an adult** ★ Must be **actively** supervised by an adult** ▲ Maximum 3 children within arms reach of an adult** ◆ No access

* 11-13 year olds have full access to the fitness centre after completing the Youth RX Course (p.17).

** Adult: Someone 14 years or older.

Stay Cool

ALL SUMMER LONG

at the TLC!

1.  **Get out of the sun** and come and play inside for the afternoon – ask at the front desk if there is space to set up a **BADMINTON** or **VOLLEYBALL NET**, or come kick the ball around the field!

2. STOP BY MOUNTAIN TOP MARKET FOR A **Slush Puppie slurpee!** 

3. **Take a refreshing dip**  in the **POOL** to cool off (don't forget to take a cleansing shower first to rinse off the sunscreen).

4. Take advantage of the sunshine in the **SUNSHINE ROOM** without the heat! 

5.  **Chill out** WITH AN **iced coffee** FROM **The Fix**.

6. **SWING BY FOR A SKATE**  or shinny on the ice to really cool down.

7.  **SWEAT IS YOUR BODY'S WAY OF COOLING** itself and getting rid of toxins at the same time –

GET YOUR SWEAT ON IN THE SMS EQUIPMENT FITNESS CENTRE OR ON THE TRACK!

Did You Know?

8. Friday nights* & weekend afternoons are a great time for **FAMILY SWIM!**

*TOONIE SWIM LAST FRIDAY OF EVERY MONTH! 6–10PM



9. **COOL DOWN WITH A Booster Juice!**



10.  **SOAK UP THE SUN AT THE STONY PLAIN Outdoor Pool!**

Aquatics

FOR THE LOVE OF Lifeguarding

MARK



If you've fallen in love with swimming at the TransAlta Tri Leisure Centre, you might be ready to go the extra mile! If the pool is your preferred domain, why not jumpstart your journey as a lifeguard and/or swim instructor?

Mark McPeck's story is the perfect example of how taking swimming lessons at the TLC can transpire into a lifelong passion for the water – and a great job!

An Aquatics Aficionado

Mark, who is a 19-year-old lifeguard and swim instructor at the TLC, was deathly afraid of the water as a young boy. He says he never would've imagined himself teaching swimming back then, but his determination and support from TLC instructors changed his perspective for the better.

"It took me several years to get over my fear of water, but look at me now," he explains. "If you are a parent whose child struggles with swimming due to a fear of water, don't give up! Sometimes it's just a matter of time and building confidence through repetition."

Mark has been at the TLC from day one, starting at the Lifesaving Society's Swimmer 1* level and advancing all the way to his National Lifeguard/O2 Administration course. He has also completed his Bronze Cross, Bronze Medallion, Standard First Aid and Water Safety Instructor courses all at the TLC.

From Student to Instructor

When it came to his transition from student to instructor, Mark says it was both interesting and very valuable.

"I remember being taught the same levels I am now teaching, having mistakes corrected that I am now correcting, and

struggling with the same things some of my swimmers struggle with," he says. "It's pretty neat because I can relate to them, but most importantly, I can use the techniques my instructors used on me to help my swimmers."

Working at the TLC

Mark says becoming a lifeguard/swim instructor at the TLC is a great way for young adults to get involved at a capacity that allows them to interact with guests and help people in the community.

When asked about the atmosphere in the Aquatics Centre, he joked about the heat and humidity, but made a case for anyone who is interested in getting involved.

"In all seriousness, the pool is a fun place to work at. It's often busy and different things happen each day, which keeps it interesting," he says. "You also get to know the patrons who frequent the pool on a daily basis quite well, which adds a friendly vibe to the atmosphere."

To learn more about lifeguarding and swim instructor courses at the TLC, visit trileisure.com/programs or contact Donna McKean, our Aquatics Program Coordinator by emailing dmckean@trileisure.com.

“It took me several years to get over my fear of water, but look at me now...”

Children & Youth ACTIVE FOR LIFE

NOTE: Due to health regulations, children under 36 months must wear a snug-fitting swim diaper.

PARENTED



1. Starfish (4–12 MONTHS) \$52 members/\$59 non-members

Babies and their caregivers work on getting wet, buoyancy and movement, front, back, and vertical position in the water and shallow water entries and exits.

CLASS DATES	DAYS	START TIMES
Jul 4–14	M–F	11:00am (42346)
Jul 5–31	M/W	5:20pm (42347)
Jul 31–Aug 11	M–F	11:00am (42348)
Aug 1–24	Tu/Th	5:20pm (42349)
Aug 14–25	M–F	9:35am (42350)



2. Duck (12–24 MONTHS) \$52 members/\$59 non-members

Babies and their caregivers work on rhythmic breathing, moving forward and backward, front and back float with recovery and shallow water entries and exits.

CLASS DATES	DAYS	START TIMES
Jul 4–14	M–F	10:20am (42332)
Jul 4–27	Tu/Th	5:20pm (42333)
Jul 17–28	M–F	10:45am (42334)
Jul 31–Aug 11	M–F	10:20am (42335)
Aug 2–Aug 30	M/W	5:20pm (42336)
Aug 14–25	M–F	10:45am (42337)



3. Sea Turtle (24–36 MONTHS) \$52 members/\$59 non-members

Toddlers and their caregivers work on submersion, front and back floats and glides, jumping into chest-deep water with assistance, kicking on front and front swim.

CLASS DATES	DAYS	START TIMES
Jul 4–14	M–F	11:40am (42338)
Jul 4–27	Tu/Th	6:55pm (42339)
Jul 5–31	M/W	6:15pm (42340)
Jul 17–28	M–F	10:10am (42341)
Jul 31–Aug 11	M–F	11:40am (42342)
Aug 1–24	Tu/Th	6:15pm (42343)
Aug 2–30	M/W	6:55pm (42344)
Aug 14–25	M–F	10:10am (42345)

NON-PARENTED



1. Sea Otter - First Time (3–5 years) \$52 members/\$59 non-members

This is the first level in the Red Cross Preschool Program. The “first time” distinction, is to differentiate between brand new swimmers to the un-parented level versus toddlers who have experienced the Sea Otter level before. Swimmers work on assisted front and back floats and glides, kicking on front with a buoyant object, and will be able to swim one-metre upon completion of this level.

CLASS DATES	DAYS	START TIMES
Jul 4–14	M–F	9:40am (42391) 11:00am (42392)
Jul 4–27	Tu/Th	5:20pm (42393)
Jul 5–31	M/W	4:40pm (42394)
Jul 17–28	M–F	10:10am (42395) 11:20am (42396)

CLASS DATES	DAYS	START TIMES
Jul 31–Aug 11	M–F	9:40am (42397) 11:00am (42398)
Aug 1–24	Tu/Th	4:40pm (42399)
Aug 2–30	M/W	4:00pm (42400)
Aug 14–25	M–F	9:00am (42401) 10:10am (42402) 11:55am (42403)

NON-PARENTED



1. Sea Otter – Repeat (3–5 years) \$52 members/\$59 non-members

This is the first level in the Red Cross Preschool Program. The “repeat” distinction is to distinguish this level from first time Sea Otters. Toddlers in this program should be comfortable away from their parents, content in a group class setting and confident to try the skills required. Swimmers work on assisted front and back floats and glides, kicking on front with a buoyant object, and will be able to swim one-metre upon completion of this level.

CLASS DATES	DAYS	START TIMES
Jul 4–14	M–F	9:00am (42404) 9:40am (42405) 10:20am (42406) 11:00am (42407) 11:40am (42408)
Jul 4–27	Tu/Th	4:00pm (42409) 4:40pm (42410) 6:15pm (42411)
Jul 5–31	M/W	4:00pm (42412) 5:20pm (42413) 5:35pm (42414) 6:55pm (42415)
Jul 17–28	M–F	9:00am (42416) 9:35am (42417) 10:10am (42418) 11:55am (42419)
Jul 31–Aug 11	M–F	9:00am (42420) 9:40am (42421) 10:20am (42422) 11:00am (42423) 11:40am (42424)
Aug 1–24	Tu/Th	4:00pm (42425) 5:20pm (42426) 5:35pm (42427) 6:55pm (42428)
Aug 2–30	M/W	4:40pm (42429) 5:20pm (42430) 6:15pm (42431)
Aug 14–25	M–F	9:00am (42432) 9:35am (42433) 10:10am (42434) 10:45am (42435) 11:20am (42436)



2. Salamander (3–5 years) \$52 members/\$59 non-members

Swimmers work on improving their front and back float and jumping into chest-deep water unassisted. Kicking is added to the front and back glide and swimmers will be able to swim two metres upon completion.

CLASS DATES	DAYS	START TIMES
Jul 4–14	M–F	9:00am (42359) 9:40am (42360) 10:20am (42361) 11:40am (42362)
Jul 4–27	Tu/Th	4:00pm (42363) 4:40pm (42364) 5:35pm (42365) 6:00pm (42366) 6:40pm (42367)
Jul 5–31	M/W	4:00pm (42368) 4:40pm (42369) 6:40pm (42370)
Jul 17–28	M–F	9:00am (42371) 9:35am (42372) 10:45am (42373) 11:20am (42374)
Jul 31–Aug 11	M–F	9:00am (42375) 9:40am (42376) 10:20am (42377) 11:40am (42378)
Aug 1–24	Tu/Th	4:00pm (42379) 4:40pm (42380) 6:40pm (42381)
Aug 2–30	M/W	4:00pm (42382) 4:40pm (42383) 6:00pm (42384) 6:40pm (42385)
Aug 14–25	M–F	9:35am (42386) 10:10am (42387) 10:45am (42388) 11:20am (42389) 11:55am (42390)



3. Sunfish (3–5 years) \$52 members/\$59 non-members

Swimmers work on kicking and can perform glides (front and back), enter deep water safely, float in deep water, swim with a PFD and swim five metres continuously.

CLASS DATES	DAYS	START TIMES
Jul 4–14	M–F	9:00am (42437) 11:40am (42438)
Jul 4–27	Tu/Th	4:40pm (42439)
Jul 5–31	M/W	4:00pm (42440)
Jul 17–28	M–F	9:00am (42441) 9:35am (42442) 11:20am (42443)
Jul 31–Aug 11	M–F	9:00am (42444) 11:40am (42445)
Aug 1–24	Tu/Th	6:55pm (42446)
Aug 2–30	M/W	4:40pm (42447) 5:20pm (42448)
Aug 14–25	M–F	9:00am (42449) 10:10am (42450)

NON-PARENTED



4. Crocodile (3–5 years)

\$52 members/\$59 non-members

Swimmers further develop the front and back glide with kick, front and back swim, jump into deep water, swim with a PFD in deep water and swim 10 metres continuously.

CLASS DATES	DAYS	START TIMES
Jul 4–14	M–F	11:00am (42351)
Jul 4–27	Tu/Th	5:20pm (42352)
Jul 5–31	M/W	5:20pm (42353)
Jul 17–28	M–F	9:35am (42354)
Jul 31–Aug 11	M–F	11:00am (42355)
Aug 1–24	Tu/Th	5:20pm (42356)
Aug 2–30	M/W	5:35pm (42357)
Aug 14–25	M–F	9:35am (42358) 11:20am (42645)



5. Whale (3–5 years)

\$52 members/\$59 non-members

Swimmers increase their distance on front and back glide with kick, increase distance on front and back swim, learn the sitting dive, and will be able to swim 15 metres continuously upon completion of the level.

CLASS DATES	DAYS	START TIMES
Jul 4–14	M–F	11:40am (42451)
Jul 4–27	Tu/Th	5:20pm (42452)
Jul 5–31	M/W	5:20pm (42453)
Jul 17–28	M–F	10:10am (42454)
Jul 31–Aug 11	M–F	11:40am (42455)
Aug 1–24	Tu/Th	5:20pm (42456)
Aug 2–30	M/W	5:35pm (42457)
Aug 14–25	M–F	9:00am (42458)

RED CROSS SWIM KIDS PROGRAM



For ages 6–12.
Levels must be successfully completed in the proper progression.

Swim Kids 1 | \$52 members/\$59 non-members

Swimmers receive an orientation to water and the pool area and work on floats, glides and kicking. A 5-metre front swim builds endurance.

CLASS DATES	DAYS	START TIMES
Jul 4–14	M–F	9:00am (42459) 9:40am (42460) 10:20am (42461) 11:00am (42462)
Jul 4–27	Tu/Th	4:00pm (42463) 6:00pm (42464) 6:40pm (42465)
Jul 5–31	M/W	4:00pm (42466) 4:40pm (42467) 6:15pm (42468)
Jul 17–28	M–F	9:00am (42469) 9:35am (42470) 10:10am (42471) 10:45am (42472) 11:20am (42473) 11:55am (42474)
Jul 31–Aug 11	M–F	9:00am (42475) 9:40am (42476) 10:20am (42477) 11:00am (42478)
Aug 1–24	Tu/Th	4:00pm (42479) 4:40pm (42480) 6:15pm (42481)
Aug 2–30	M/W	4:00pm (42482) 6:00pm (42483) 6:40pm (42484)
Aug 14–25	M–F	9:00am (42485) 9:35am (42486) 10:10am (42487) 10:45am (42488) 11:55am (42489)

Swim Kids 2 | \$52 members/\$59 non-members

Swimmers build skills in propulsion, front and back swims, and are introduced to deep water activities and proper use of a Personal Floatation Device (PFD).

CLASS DATES	DAYS	START TIMES
Jul 4–14	M–F	9:00am (42490) 9:40am (42491) 10:20am (42492) 11:40am (42493)
Jul 4–27	Tu/Th	4:00pm (42494) 4:40pm (42495) 6:00pm (42496)
Jul 5–31	M/W	4:00pm (42497) 4:40pm (42498) 6:00pm (42499)
Jul 17–28	M–F	9:00am (42500) 9:35am (42501) 10:10am (42502) 10:45am (42503) 11:20am (42504)
Jul 31–Aug 11	M–F	9:00am (42505) 9:40am (42506) 10:20am (42507) 11:40am (42508)
Aug 1–24	Tu/Th	4:00pm (42509) 4:40pm (42510) 6:00pm (42511)
Aug 2–30	M/W	4:00pm (42512) 4:40pm (42513) 6:00pm (42514)
Aug 14–25	M–F	9:00am (42515) 9:35am (42516) 10:10am (42517) 10:45am (42518) 11:20am (42519)

RED CROSS SWIM KIDS PROGRAM



For ages 6–12. Levels must be successfully completed in the proper progression.

Swim Kids 3

\$52 members/
\$59 non-members

This level develops the foundation for making wise choices on where and when to swim. Front crawl and diving are introduced. Children will work on deep water floats and changing direction in the water.

CLASS DATES	DAYS	START TIMES
Jul 4–14	M–F	9:40am (42520) 10:20am (42521) 11:00am (42522)
Jul 4–27	Tu/Th	4:00pm (42523) 5:20pm (42524) 6:40pm (42525)
Jul 5–31	M/W	6:00pm (42526) 6:55pm (42527)
Jul 17–28	M–F	9:00am (42528) 10:45am (42529) 11:55am (42530)
Jul 31–Aug 11	M–F	9:40am (42531) 10:20am (42532) 11:00am (42533)
Aug 1–24	Tu/Th	4:00pm (42534) 6:00pm (42535)
Aug 2–30	M/W	4:00pm (42536) 5:20pm (42537) 6:40pm (42538)
Aug 14–25	M–F	9:00am (42539) 9:35am (42540) 11:20am (42541)

Swim Kids 4

\$72 members/
\$83 non-members

Participants continue to refine their front crawl and back glides with shoulder roll for back crawl. Swimmers work on kneeling dives, surface support and developing a greater sense of self-safety by understanding their own limits.

CLASS DATES	DAYS	START TIMES
Jul 4–14	M–F	9:00am (42542) 9:55am (42543)
Jul 4–27	Tu/Th	5:00pm (42544)
Jul 5–31	M/W	4:40pm (42545)
Jul 17–28	M–F	9:00am (42546) 9:50am (42547) 10:45am (42548)
Jul 31–Aug 11	M–F	9:00am (42549) 9:55am (42550)
Aug 1–24	Tu/Th	4:40pm (42551)
Aug 2–30	M/W	5:00pm (42552)
Aug 14–25	M–F	9:00am (42553) 10:45am (42554)

Swim Kids 5

\$72 members/
\$83 non-members

Back crawl is introduced along with sculling skills and whip kick on the back. Participants try stride dives and are introduced to safe boating skills. The dolphin kick and a 50-metre swim build endurance.

CLASS DATES	DAYS	START TIMES
Jul 4–14	M–F	9:55am (42555)
Jul 4–27	Tu/Th	4:40pm (42556)
Jul 5–31	M/W	5:20pm (42557)
Jul 17–28	M–F	9:50am (42558) 10:45am (42559)
Jul 31–Aug 11	M–F	9:55am (42560)
Aug 1–24	Tu/Th	5:20pm (42561)
Aug 2–30	M/W	4:40pm (42562)
Aug 14–25	M–F	9:50am (42563) 10:45am (42564)

Swim Kids 6

\$72 members/
\$83 non-members

Front and back crawl continue to be refined as the elementary back stroke is introduced. Students learn safety on ice, rescue of others with throwing assists, treading water and the front dive.

CLASS DATES	DAYS	START TIMES
Jul 4–14	M–F	9:00am (42565)
Jul 4–27	Tu/Th	4:40pm (42566)
Jul 5–31	M/W	5:20pm (42567)
Jul 17–28	M–F	9:00am (42568) 10:45am (42569)
Jul 31–Aug 11	M–F	9:00am (42570)
Aug 1–24	Tu/Th	5:20pm (42571)
Aug 2–30	M/W	4:40pm (42572)
Aug 14–25	M–F	10:45am (42573)

★ **DID YOU KNOW?** Each session has the same number of instructional hours programmed - check your receipt for your class end times!

Swim Kids 7 | \$98 members/\$112 non-members

Participants continue to build skills and endurance for front crawl, back crawl, elementary back stroke and are introduced to whip kick on the front. Students are made aware of airway and breathing obstructions.

Swim Kids 8 | \$98 members/\$112 non-members

This level is an introduction to breaststroke, feet first surface dives and rescue entries. Students learn about the dangers of open water, hypothermia and the performance of rescue breathing on children and adults.

Swim Kids 9 | \$98 members/\$112 non-members

Participants are encouraged to try combining different strokes and kicks for fitness. They learn head-first surface dives, standing dives, wise choices, peer influences and self-rescue from ice.

Swim Kids 10 | \$98 members/\$112 non-members

This level has a final assessment of the strokes for technique and distance, and introduces ideas for warm-up and cool-down. Participants learn about sun safety, rescue of others from the ice, head-first and feet first surface dives.

PRIVATE LESSONS

One-on-one time is spent working on swim criteria in the participant's specific swimming level. For an additional cost, up to five participants of similar swimming skills may be registered in one private lesson. Please bring the original progress card to the instructor at the start of the session so they can check off items that have been completed. Contact a Customer Experience Representative at 780-960-5080 to register.

\$124 members | 2nd person \$62 | 3rd-5th person \$32 each

\$142 non-members | 2nd person \$68 | 3rd-5th person \$35 each

CLASS DATES	DAYS	START TIMES 30-minute classes
Jul 4-18	Tu/Th	7:20pm (42598) 7:20pm (42599)
Jul 5-19	M/W	6:40pm (42600) 7:15pm (42601) 7:30pm (42602)
Jul 10-14	M-F	9:00am (42603) 12:05pm (42604) 12:05pm (42605)
Jul 17-21	M-F	11:35am (42606) 12:05pm (42607) 11:55am (42608) 11:55am (42609)
Jul 24-28	M-F	11:35am (42610) 12:05pm (42611) 11:55am (42612) 11:55am (42613)

CLASS DATES	DAYS	START TIMES
Jul 4-14	M-F	10:50am (42574)
Jul 5-31	M/W	6:00pm (42575)
Jul 17-28	M-F	11:35am (42576)
Jul 31-Aug 11	M-F	10:50am (42577)
Aug 1-24	Tu/Th	6:00pm (42578)
Aug 14-25	M-F	11:35am (42579)

CLASS DATES	DAYS	START TIMES
Jul 4-14	M-F	10:50am (42580)
Jul 5-31	M/W	6:00pm (42581)
Jul 17-28	M-F	11:35am (42582)
Jul 31-Aug 11	M-F	10:50am (42583)
Aug 1-24	Tu/Th	6:00pm (42584)
Aug 14-25	M-F	11:35am (42585)

CLASS DATES	DAYS	START TIMES
Jul 4-14	M-F	10:50am (42586)
Jul 4-27	Tu/Th	6:00pm (42587)
Jul 17-28	M-F	11:35am (42588)
Jul 31-Aug 11	M-F	10:50am (42589)
Aug 2-30	M/W	6:00pm (42590)
Aug 14-25	M-F	11:35am (42591)

CLASS DATES	DAYS	START TIMES
Jul 4-14	M-F	10:50am (42592)
Jul 4-27	Tu/Th	6:00pm (42593)
Jul 17-28	M-F	11:35am (42594)
Jul 31-Aug 11	M-F	10:50am (42595)
Aug 2-30	M/W	6:00pm (42596)
Aug 14-25	M-F	11:35am (42597)

CLASS DATES	DAYS	START TIMES 30-minute classes
Jul 31-Aug 4	M-F	9:00am (42614) 12:05pm (42615) 12:05pm (42616)
Aug 1-15	Tu/Th	6:40pm (42617)
Aug 2-21	M/W	7:15pm (42618)
Aug 14-18	M-F	11:35am (42619) 11:55am (42620) 11:55am (42621) 12:05pm (42622) 12:30pm (42623)
Aug 21-25	M-F	11:35am (42624) 11:55am (42625) 11:55am (42626) 12:05pm (42627) 12:30pm (42628)

CERTIFICATIONS

Bronze Medallion | \$170 members/\$196 non-members

This course teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness. Rescuers learn tows and carries, and defense and release methods in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a timed swim. Includes CPR A.

Prerequisite: Bronze Star or 13 years of age.

BARCODE	DAYS	START DATE – END DATE	TIME
42264	Tu–Fr	Jul 4–7	1:00pm–5:30pm

Bronze Cross | \$132 members/\$152 non-members

Designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard (NL) certification.

Prerequisite: Bronze Medallion.

BARCODE	DAYS	START DATE – END DATE	TIME
42279	M–Th	Jul 17–20	1:00pm–5:00pm

National Lifeguard (NL) & Oxygen Administration \$349 members/\$399 non-members

Recognized as the standard for lifeguards in Canada, NL training develops a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude toward the role of the lifeguard.

Prerequisites: Bronze Cross, current Standard First Aid (SFA or AEC) and 16 years of age.

BARCODE	DAYS	START DATE – END DATE	TIME
42265	M–F	Jul 31–Aug 4	9:00am–5:30pm

National Lifeguard (NL) & Aquatic Emergency Care (AEC) & Oxygen Administration (O2) Recert \$101 member/\$116 non-member

Includes CPR/AED/O2 recertification

BARCODE	DAYS	START DATE – END DATE	TIME
42275	Th	Aug 31	9:00am–5:00pm

Standard First Aid (SFA)

\$145 members/\$164 non-members

This first aid program provides comprehensive training covering all aspects of 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, abdominal and chest injuries, burns and medical emergencies. Includes CPR-C and AED certification. This is a Lifesaving Society Course and is OH&S recognized.

BARCODE	DAYS	START DATE – END DATE	TIME
42269	W/Th	Jul 26 & 27	9:00am–5:30pm

Standard First Aid (SFA) Recertification

\$86 members/\$99 non-members

Includes CPR-C and AED.

BARCODE	DAYS	START DATE – END DATE	TIME
42268	F	Jul 28	9:00am–4:00pm

Water Safety Instructor Prep Course

\$50 members/\$55 non-members

Do you want to know if you have the skills to be a swim instructor? Or do you have the skills and they just need some refining? If so, this course is for you. It will cover the necessary water safety knowledge, strokes and skills equivalent to the Red Cross Swim Kids 10 performance criteria, as well as Instructor Emergency Response (IER) skills that are required to be a Red Cross Water Safety Instructor.

Prerequisites: Swim Kids 10 or equivalent and 15 years of age.

BARCODE	DAYS	START DATE – END DATE	TIME
42270	Tu/Th	Jul 18–Aug 1	1:00pm–2:30pm

Water Safety Instructor (WSI)

\$325 members/\$350 non-members

The WSI course is designed to provide candidates with the proper knowledge and skills to teach swimming and water safety while promoting water-safe attitudes in, on and around the water. This course will provide you with the instructional knowledge and theories on topics including teaching methods, learning styles, swimming skills, communication, safety supervision, injury prevention and feedback. The course will include the following components: skills evaluation, online module, teaching experience, classroom and pool modules.

Prerequisites: 15 years old, Standard First Aid or Bronze Cross, Swim Kids 10.

BARCODE	DAYS	START DATE – END DATE	TIME
42271	M/M/Tu/W	Jul 10, Aug 14–16	9:00am–5:30pm

AFLCA Exercise Theory

\$220 member/\$245 non-member

This course covers basic fitness principles and a variety of activity experiences. Course topics include: anatomy, physiology, movement mechanics, training and conditioning, nutrition, leadership and health and fitness.

The Exercise Theory course is the prerequisite to all specialization courses.

Prerequisites: 16 years of age or older.

BARCODE	DAYS	START DATE – END DATE	TIME
42272	W–F	Aug 16–18	9:00am–5:30pm

AFLCA Aquatic Exercise Specialization

\$190 member/\$210 non-member

This course covers topics specific to leading classes in water. Topics covered include: use of equipment, pool organization, principles of water, effects on body movement, safety in the water environment, use of music and special populations.

Prerequisites: Exercise Theory Course.

BARCODE	DAYS	START DATE – END DATE	TIME
42273	M–W	Aug 28–30	9:00am–5:30pm

Standard First Aid Instructor (SFAI)

\$200 members/\$225 non-members

Lifesaving first aid instructors teach and evaluate first aid knowledge and skills. Lifesaving first aid instructors deliver CPR and AED, Lifesaving Emergency First Aid and Lifesaving Standard First Aid. In addition, a Lifesaving First Aid Instructor may deliver: Aquatic Emergency Care, CPR-HCP and Oxygen Administration if they hold the candidate level. NOTE: Includes Lifesaving CPR Instructor certification.

Prerequisites: 18 years of age and current AB workplace approved Standard First Aid (32-hour) or Lifesaving Instructor and current AB workplace approved Standard First Aid (16-hour).

BARCODE	DAYS	START DATE – END DATE	TIME
42277	Th/F	Aug 10 & 11	9:00am–5:30pm

Lifesaving Society Instructor (LSI)

\$288 members/\$327 non-members

Lifesaving Instructors/Examiners are trained to teach and evaluate the three Canadian Swim Patrol Program awards, as well as the Bronze Star, Bronze Medallion, Bronze Cross and Distinction certifications. Instructor/Examiner candidates are trained in aspects of learning, as well as various approaches required to teach water rescue, first aid, and related aquatic skills in the Canadian Lifesaving Program. Candidates also learn about long-range and short-term planning, class management, safety supervision and the principles of evaluation.

Prerequisites: 16 years of age and Bronze Cross or higher.

BARCODE	DAYS	START DATE – END DATE	TIME
42276	Tu–Fri	Jul 11–14	9:00am–5:30pm

National Lifeguard Instructor Clinic (NLI)

\$200 members/\$225 non-members

The National Lifeguard Instructor clinic prepares candidates to teach and evaluate National Lifeguard courses. Candidates learn specific strategies designed to train lifeguards in advanced rescue techniques, public relations issues and first aid, as well as how to present material that will prepare lifeguards for any major aspect of supervising the public in an aquatic setting. Candidates are required to complete an apprenticeship after the clinic. Interested candidates must fill out an application and submit to the branch for approval at least four weeks in advance.

Prerequisites: Approved application from the LSS. Must hold current NL and LSI award.

BARCODE	DAYS	START DATE – END DATE	TIME
42278	Tu/W	Aug 8 & 9	9:00am–5:30pm



Adult

ACTIVE FOR LIFE

Adult SWIM BASICS

\$62 members/\$70 non-members

You'd be surprised how many adults have never learned to swim, so don't be shy – take the plunge. In this adult begin-to-swim course you will develop comfort in the water through basic floatation, movement and breathing skills for shallow or deep water. Work with your water safety instructor to set goals to develop your swimming skills, all in an encouraging, low-pressure environment.

BARCODE	DAYS	START DATE – END DATE	TIME
42280	Tu/Th	Jul 4–27	5:55–6:45pm
42281	M/W	Aug 2–30	6:50–7:40pm

Adult SWIM STROKES

\$62 members/\$70 non-members

Work better, not harder! Increase your endurance by refining your technique to develop a proficient and effective stroke. Work with your water safety instructor to choose the strokes you want to improve and set your goals and priorities.

BARCODE	DAYS	START DATE – END DATE	TIME
42282	Tu/Th	Jul 4–27	6:50–7:40pm
42283	M/W	Aug 2–30	5:55–6:45pm

Drop-In AquaFit

**CHECK OUT our
DROP-IN AQUAFIT
classes on page 31!**



Dryland

WELLNESS OVER Weight-loss:

How perspective can
affect progress at the TLC

BEFORE



AFTER



When 47-year-old Jane England arrives at the TransAlta Tri Leisure Centre for her Tuesday morning H.I.I.T. class, she knows she is going to leave feeling refreshed and ready to take on the day with energy and excitement.

A faithful participant in fitness classes such as H.I.I.T., Zumba and Afternoon Step, Jane treats her body to an energizing workout at the TLC almost every day and has spent the last year and a half developing a wellness routine that works for her lifestyle.

"When I first started classes about two years ago, I could hardly finish a H.I.I.T. class," Jane explains. "But over the last year I started doing it more and more, slowly building up my classes, and got into a good flow."

Focusing on how she felt rather than the number on the scale, Jane settled into her wellness routine at the TLC and followed suit with a healthier diet as well. Before she knew it, her children were pointing out Jane's incredible weight-loss transformation.

"I don't really pay attention to photos of myself, but my children showed me pictures from before I started doing fitness classes and pointed out just how much healthier I look now," she says.

Jane says she chooses to work out at the TLC because of the friendly atmosphere and open space, and that the friendships she has made with fellow members keep her motivated and excited about her drop-in classes.

When I first started classes
about two years ago, I could
hardly finish a H.I.I.T. class...

...my children showed
me pictures from before I
started doing fitness classes
and pointed out just how
much healthier I look now.

"It's great that you can go to the TLC and nobody judges you if you start off going to a class you don't know about," she adds. "The instructors are so nice and very encouraging."

Because she paid more attention to enjoying her classes rather than losing weight, Jane has been able to maintain an optimistic attitude about fitness and recognizes the physical and mental benefits of treating her body right.

"My H.I.I.T. class gets me ready for the day and my routine has given me more energy to play with my grandkids," she says. "I simply just don't feel tired anymore!"

Finding a wellness routine you enjoy can have an extremely positive impact on your physical and mental wellbeing; the first step is finding an activity that's fun and challenging.

Visit trileisure.com/get-triactive to learn more about classes at the TLC and try one out for yourself today! Chances are, Jane will be right by your side!

Children & Youth

LIVE LIFE TO THE FULLEST



EXPLORE & PLAY

Twisting Toddlers (2-3 years)

\$48 members/\$60 non-members

It's time to twist and shake your sillies out! Children gain physical confidence in both structured and unstructured environments with balance, climbing, dancing, running, throwing and kicking skills starting to emerge.

Six classes.

2017/2018 TLC Active Kids Preschool (3-5 years)

\$1105 members/\$1310 non-members

The TLC is proud to offer licensed preschool classes for children ages 3-5 years. These learn-through-play preschool classes are dedicated to the intellectual, creative, social, emotional and physical development of the children in our preschool. Daily routines include activities such as circle time with songs and stories, focus on letters and numbers, crafts, manipulative centers, physical activity and unstructured play. Our preschool programs also include swimming or skating days once per month. We require minimal parent helper days and have no fundraising expectations. Please call (780) 948-3214 for more information about payment plans and fee subsidies.

Registration in person only.

3-4 years

BARCODE	DAYS	START DATE – END DATE	TIME
42218	M/W	Sep 11–Jun 6	9:00am–11:30am
42219	Tu/Th	Sep 12–Jun 7	9:00am–11:30am
42220	Tu/Th	Sep 12–Jun 7	9:00am–11:30am

4-5 years

BARCODE	DAYS	START DATE – END DATE	TIME
42221	M/W	Sep 11–Jun 6	9:00am–11:30am
42222	Tu/Th	Sep 12–Jun 7	12:15am–2:45pm

BARCODE	DAYS	START DATE – END DATE	TIME
42263	W	Jul 12–Aug 16	10:30am–11:15am

Home School Physical Education (5-16 years)

\$204 members/\$240 non-members

This unique program introduces a variety of basic movement skills on land, ice and in the water! Running from September to May, the instructors will use sports and games to challenge children to their personal best and improve their overall physical fitness. The weekly classes are developmentally appropriate for each age group with lessons incorporating movement patterns, skill progressions, and team play.

★ **Please call 780-948-3204 for more information if you are applying through a home school board.**

5-6 years

BARCODE	DAYS	START DATE – END DATE	TIME
42259	W	Sep 13–May 2	1:00pm–2:15pm

7-8 years

BARCODE	DAYS	START DATE – END DATE	TIME
42260	W	Sep 13–May 2	1:00pm–2:15pm

9-11 years

BARCODE	DAYS	START DATE – END DATE	TIME
42261	W	Sep 13–May 2	1:00pm–2:15pm

12-16 years

BARCODE	DAYS	START DATE – END DATE	TIME
42262	W	Sep 13–May 2	1:00pm–2:15pm

YOUTH WELLNESS

Home Alone (10+ years)

\$35 members/\$45 non-members

The Home Alone Program is designed to provide children 10 years of age and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations and keep them safe and constructively occupied.

BARCODE	DAYS	START DATE – END DATE	TIME
42266	F	Jun 30	9:00am–1:30pm
42267	Th	Aug 31	1:00–5:30pm

Youth RX (11–13 years)

\$25 members/\$30 non-members

This course is highly recommended for all youth aged 11 and older who have an interest in using the exercise equipment at the TLC. Learn how to work out safely and effectively for your developmental level. Youth aged 11-13 must be certified with Youth RX to use the equipment in the Fitness Centre on their own.

BARCODE	DAYS	START DATE – END DATE	TIME
42328	Th	Jul 13	1:00pm–4:00pm
42329	Th	Aug 17	1:00pm–4:00pm

Teen Fit (12-15 years)

\$56 members/\$70 non-members

Whether your teen is a new to fitness or a young athlete, this course provides youth with foundational skill sets that allow them to achieve greater endurance, quickness, agility and strength while reducing the chance of injury. **Seven classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
42330	Tu/Th	Jul 4–Jul 25	11:00am–12:00pm
42331	Tu/Th	Aug 1–Aug 22	11:00am–12:00pm



Registration Opens

May 30 | Members
June 1 | Non-members

Online Registration

Be sure to set up your account prior to registration day!

Ultimate Summer Day Camps

at the TLC



Best SUMMER Ever!

Special Offer!

REGISTER IN ONE CAMP, GET 15% OFF YOUR SECOND CAMP REGISTRATION!

Offer excludes sports camps. Offer not available online so please give us a call or come in!

Summer Camp Rates

FOUR DAYS (half-day)

\$67 members/\$80 non-members

FIVE DAYS (half-day)

\$84 members/\$100 non-members

FIVE DAYS (full day)

\$168 members/\$200 non-members

Preschool Camps (3–4 years)

BUSY BEES

We will keep you busy with games, crafts and active play! Every day is a new adventure as we explore our imaginations and discover our surroundings!

GYM BUGS

Shake those ants out of your pants! Through games, songs and active play, children will keep moving and build basic locomotive skills like skipping, throwing, running and jumping.

MINI MOVERS

In this introduction to movement camp, children will be introduced to a variety of fundamental movement skills that will give them confidence to enter a world of physical activity!

Kids Camps (5–6 years)

ADVENTURE KIDS

This camp is for kids with big imaginations! Age-appropriate games, crafts and outdoor adventures are packed into each day.

CREATIVE KIDS

This camp will appeal to all children – because they create it! Instructors will take children through a week of fun with opportunities for your child to create games, crafts and outdoor activities. Come be creative with us!

MINI SPORTSTERS

This camp utilizes all the TLC has to offer as children explore new sports and test their locomotive skills on land, in the water and on the ice!

Youth Camps (7–12 years)

RUN, JUMP, THROW

The goal of Run, Jump, Throw is to be physically active and build a strong foundation for sports and recreation. Qualified leaders teach the fundamental movement skills in a fun environment and give youth the tools to be active for life!

SPORTSTERS

A great opportunity to develop your sport skills on land, in the water and on the ice. No experience necessary!

VENTURE OUT!

This camp is for adventure seekers! Games, crafts and outdoor activities are packed into each day. Come challenge yourself and venture out with us!

Super Summer Day Camps

Each week of these summer camps features different activities with guest instructors!

Check trileisure.com for updates on our weekly activities for the best summer ever!

CAMP KABOOM! (7–12 years)

This half-day camp will fly by as we keep you busy trying new things and learning new skills.

CAMP TRIPLE PLAY (7–12 years)

This full day camp on land, in water and on ice is sure to keep even the most active children entertained and busy! Each week features different activities with guest instructors that will introduce new sports, new skills and new ways to be active.

SAYONARA, SUMMER! (3–12 years)

These camps close out our LAST week of the summer. Get your last blast of fun before you head back to school and experience all the TLC has to offer. Both half-day and full day options are available.



2017 SUMMER CAMP Schedule

		4-DAY CAMP					4-DAY CAMP			
WEEK:	JULY 4-7	JULY 10-14	JULY 17-21	JULY 24-28	JULY 31 – AUGUST 4	AUGUST 8-11	AUGUST 14-18	AUGUST 21-25	AUG 28 – SEPT 1	
Pre Care		42191	42193	42194	42195	42196	42192	42197	42198	42199
9:00 am – 12:00pm	3-4 years	Gym Bugs 42148	Busy Bees 42144	Mini Movers 42156	Gym Bugs 42150	Busy Bees 42146	Mini Movers 42155	Gym Bugs 42152	Busy Bees 42147	Sayonara, Summer! 3-4yrs 42159
	5-6 years	Adventure Kids 42125	Mini Sportsters 42137	Creative Kids 42133	Adventure Kids 42127	Mini Sportsters 42139	Creative Kids 42132	Adventure Kids 42129	Mini Sportsters 42140	Sayonara, Summer! 5-6yrs 42141
	7-8 years	Sportsters 42179	Camp Triple Play 42165 *Full Day*	Camp Kaboom! 42163	Camp Triple Play 42166 *Full Day*	Venture Out! 42187	Run, Jump, Throw 42171	Camp Triple Play 42167 *Full Day*	Sportsters 42182	Sayonara, Summer! 7-8yrs 42175
	9-12 years	Sportsters 42180	Camp Triple Play 42168 *Full Day*	Camp Kaboom! 42164	Camp Triple Play 42169 *Full Day*	Venture Out! 42189	Run, Jump, Throw 42172	Camp Triple Play 42170 *Full Day*	Sportsters 42184	Sayonara, Summer! 9-12yrs 42177
Midday Care		42200	42202	42203	42204	42205	42201	42206	42207	42208
1:00 pm – 4:00 pm	3-4 years	Mini Movers 42154	Gym Bugs 42149	Busy Bees 42145	Mini Movers 42157	Gym Bugs 42151	Busy Bees 42143	Mini Movers 42158	Gym Bugs 42153	Sayonara, Summer! 3-5yrs 42160
	5-6 years	Creative Kids 42131	Adventure Kids 42126	Mini Sportsters 42138	Creative Kids 42134	Adventure Kids 42128	Mini Sportsters 42136	Creative Kids 42135	Adventure Kids 42130	Sayonara, Summer! 5-6yrs 42142
	7-8 years	Venture Out! 42185		Run, Jump, Throw 42173		Sportsters 42181	Camp Kaboom! 42161		Venture Out! 42188	Sayonara, Summer! 7-8yrs 42176
	9-12 years	Venture Out! 42186		Run, Jump, Throw 42174		Sportsters 42183	Camp Kaboom! 42162		Venture Out! 42190	Sayonara, Summer! 9-12yrs 42178
Post Care		42209	42211	42212	42213	42214	42210	42215	42216	42217

Pre Care (7:30am-9:00am) \$22 members/\$25 non-members

Midday Care (12:00pm-1:00pm) \$20 members/\$24 non-members.

FREE with full day camp registration!

Post Care (4:00pm-5:30pm) \$22 members/\$25 non-members

When you choose a TLC summer camp, you get highly trained, caring staff who will keep your kids active and busy all summer!

Register Now!

ONLINE: trileisure.com

BY PHONE: (780)-960-5080

IN PERSON: at the TLC



We Are High Five Certified!

Best SUMMER Ever!



We want our local athletes to train to be the best they can be right here at home in their community. For that reason, the TransAlta Tri Leisure Centre has been hard at work developing leading-edge strength and conditioning programs for young athletes – the Athlete Development Project.

OUR PROGRAMS

triACTIVE ATHLETE DEVELOPMENT CAMP

(10–13 years)

\$156 members/\$186 non-members

The Athlete Development Camp will introduce young athletes to age-appropriate training concepts. The professional coaches will introduce safe and efficient movement patterns that will serve as a foundation for future athletic development (12 classes).

BARCODE	DATES	DAYS	TIME
42228	Jun 5–Jul 12	M/W	4:00pm–5:00pm

triACTIVE HOCKEY SPEED CAMP (12–17 years)

\$434 members/\$476 non-members

Speed is critical to athletic performance. The TLC has teamed up with Millar Power Skating to deliver a leading-edge Hockey Speed Camp. Athletes will be introduced to training concepts and techniques focused on developing explosive speed and power on the ice.

BARCODE	DATES	DAYS	TIME
42229	Jul 3–Jul 24	M/W	4:00pm–5:00pm/5:15pm–6:15pm*
42230	Jul 3–Jul 24	M/W	2:45pm–3:45pm/4:00pm–5:00pm**

* July 3, 10, 12, 24 from 4:00pm–5:00pm and July 5, 17, 19 from 5:15pm–6:15pm

** July 3, 10, 12, 24 from 2:45pm–3:45pm and July 5, 17, 19 from 4:00pm–5:00pm

To meet our team of professionals, please visit trileisure.com.

OUR SERVICES

If you are looking for a more personal and flexible approach, our small group custom program may be for you. Get a group of athletes (min. 4, max. 6) with similar goals together and build a program with one of the TLC's Sport Conditioning Specialists.

Taking your game to the next level will not be easy, but together we can help you meet your goals.

Athlete Development Project 16 (sessions)*
\$375 members/\$413 non-members

Athlete Development Project 20 (sessions)*
\$460 members/\$506 non-members

Athlete Development Project 24 (sessions)*
\$550 members/\$605 non-members

*(price is per participant)

Coach Bio: Britney Millar, owner and master instructor of Millar Power Skating and former professional hockey player, will run this seven-session hockey speed camp focusing on error detection and correction. Britney has nine years of experience with over 5,000 athletes ranging from minor hockey, AJHL, semi-pro, professional and NHL-level athletes.



TLC PANDAS VOLLEYBALL CAMP

(9–17 years)

Featuring the expertise of university-level athletes, the Pandas coaches will focus on both skills and game play. Take advantage of the unique opportunity to interact with some of the nation's best volleyball talent in your own backyard! Three age group categories ensure age-appropriate skills and progressions based on the Volleyball Canada Long-Term Athlete Development model.

LEARN TO TRAIN VOLLEYBALL CAMP

(9–11 years)

\$100 members/\$120 non-members

This camp is perfect for those just getting started in volleyball and to learn some new skills to feel more confident to try volleyball at school! Lots of individual skills and small group games will ensure maximum contacts (and fun!).

BARCODE	DATES	DAYS	TIME
42223	Aug 8–Aug 11	Tu–F	9:00am–12:00pm

TRAIN TO TRAIN VOLLEYBALL CAMP

(12–14 years)

\$200 members/\$240 non-members

This camp is for players of all levels who are getting ready for their school seasons. Time will be spent developing all skills and trying all positions on the court to deepen understanding of the game.

BARCODE	DATES	DAYS	TIME
42224	Aug 8–Aug 11	Tu–F	9:00am–4:00pm

LEARN TO COMPETE VOLLEYBALL CAMP

(15–17 years)

\$200 members /\$240 non-members

Athletes at this camp will start to specialize into specific positions, build on their volleyball skills and learn effective offensive and defensive strategies to enhance team play. This is a great time of year to get ready for the upcoming school season.

BARCODE	DATES	DAYS	TIME
42225	Aug 8–Aug 11	Tu–F	9:00am–4:00pm

Visit trileisure.com/programs for detailed schedules.



Adult Active for Life



CONDITIONING

P90X LIVE

This is a choreographed group exercise class that offers maximum results no matter the fitness level. In 60 minutes you will get a full-body workout incorporating cardio, upper and lower body strength, and ab work. This class utilizes your body weight for minimal equipment usage and allows you to work at your own pace through interval training. You do what YOU can in the time given!

Six classes

\$48 members/\$60 non-members

BARCODE	DAYS	START DATE – END DATE	TIME
42284	M	Jul 10–Aug 28	6:45pm–7:45pm*

*No class Jul 31, Aug 7.

Four classes

\$32 members/\$40 non-members

BARCODE	DAYS	START DATE – END DATE	TIME
42285	W	Jul 5–Jul 26	10:30am–11:30am
42286	W	Aug 2–Aug 23	10:30am–11:30am

Tabata Time

\$56 members/\$70 non-members

Burn fat fast in this interval-style training class that has you work for 20 seconds and rest for 10 seconds, switching to different parts of the body for total body training. From beginner to advanced, you can work out at your own level in circuits designed to improve heart health, muscle function and bone density. This class might change the way you work out!

Seven classes.

BARCODE	DAYS	START DATE – END DATE	TIME
42289	Tu/Th	Jul 4–Jul 25	6:45pm–7:45pm
42290	Tu/Th	Aug 1–Aug 22	6:45pm–7:45pm

SPECIAL OFFER! Summer Nights Fitness Pass

We've bundled the four nights of evening fitness classes (P90X, 45-minute Cycle, PiYo, Tabata Time, Beginner Tai Chi and MOC Barre) to give you unlimited access for an entire month! This is a cost-effective way to fit your workout into your day with a flexible registration format to allow you to pick and choose what days you attend. Register early as there are limited passes available!

July Summer Nights Fitness Pass

\$180 members/\$210 non-members (30 classes)

BARCODE	DAYS	START DATE – END DATE
42287	M–Th	Jul 4–Jul 31

August Summer Nights Fitness Pass

\$174 members/\$203 non-members (29 classes)

BARCODE	DAYS	START DATE – END DATE
42288	M–Th	Aug 1–Aug 28

*No class Aug 7.

MONDAY	P90X Live 45-minute Cycle	6:45pm–7:45pm 7:30pm–8:15pm
TUESDAY	PiYo Live Tabata Time	5:30pm–6:30pm 6:45pm–7:45pm
WEDNESDAY	MOC Barre 45-minute Cycle	6:30pm–7:30pm 7:30pm–8:15pm
THURSDAY	Tabata Time Beginner Tai Chi	6:45pm–7:45pm 8:00pm–9:00pm



If you see this symbol, this class
is included in the

**Summer Nights
Fitness Pass.**

CYCLE

45-minute Cycle

This 45-minute cycling class is designed to energize and challenge your entire body. We go uphill, downhill, flat terrain and everything in between! Everybody works at their own level and we all work toward pedaling to the beat of the music. Bring a water bottle!

Four classes
\$28 members/\$36 non-members

BARCODE	DAYS	START DATE – END DATE	TIME
42291	M	Jul 10–Jul 31	7:30pm–8:15pm
42292	W	Jul 5–Jul 26	7:30pm–8:15pm
42293	W	Aug 2–Aug 23	7:30pm–8:15pm

Three classes
\$21 members/\$27 non-members

BARCODE	DAYS	START DATE – END DATE	TIME
42294	M	Aug 14–Aug 28	7:30pm–8:15pm

LUNCHTIME FITNESS

SPECIAL OFFER Lunchtime Fitness Pass

\$60 members/\$75 non-members

We've bundled the four days of lunchtime fitness classes (P90X Express, Cycle Express, PiYo Express and TRX Express) to give you unlimited access for an entire month! This is a cost-effective way to fit your workout into your day with a flexible registration format to allow you to pick and choose what days you attend. Register early as there are limited passes available! **15 classes.**

JULY Lunchtime Fitness Pass

BARCODE	DAYS	START DATE – END DATE	TIME
42297	M–Th	Jul 4–Jul 27	12:15pm–12:45pm

AUGUST Lunchtime Fitness Pass

BARCODE	DAYS	START DATE – END DATE	TIME
42298	M–Th	Aug 1–Aug 28	12:15pm–12:45pm*

*No class Aug 7.

Cycle Express

\$20 members/\$24 non-members

Get your daily cardio fix during your lunch time. Burn some calories and enjoy the ride! **Four classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
42295	Tu	Jul 4–Jul 25	12:15pm–12:45pm
42296	Tu	Aug 1–Aug 22	12:15pm–12:45pm

P90X Express

\$15 members/\$18 non-members

This is a choreographed group exercise class that offers maximum results no matter the fitness level. In 30 minutes you will get a full-body workout incorporating cardio, upper and lower body strength, and ab work. This class utilizes your body weight for minimal equipment usage and allows you to work at your own pace through interval training. You do what YOU can in the time given! **Three classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
42299	M	Jul 10–Jul 24	12:15pm–12:45pm
42300	M	Aug 14–Aug 28	12:15pm–12:45pm

PiYo Express

\$20 members/\$24 non-members

PiYo Live combines the muscle sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll sweat, stretch and strengthen – all in one empowering PiYo LIVE 30-minute workout! **Four classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
42301	W	Jul 5–Jul 26	12:15pm–12:45pm
42302	W	Aug 2–Aug 23	12:15pm–12:45pm

TRX Express

\$20 members/\$24 non-members

This class uses the TRX straps for a unique suspension training workout. Use your body weight to build functional strength, core stability, flexibility and balance – all in 30 minutes. **Four classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
42303	Th	Jul 6–Jul 27	12:15–12:45pm
42304	Th	Aug 3–Aug 24	12:15–12:45pm

MIND & BODY

Beginner Tai Chi

\$64 members/\$80 non members

Balance your regular workout with this relaxing, ancient Martial Art. The Wong Style long form of Tai Chi is a moving meditation that is meant to calm and inspire. Just as valuable as an aerobic activity, this form is designed to work every joint and muscle in your body in a slow and focused manner. Master the first 20 moves in this session and feel the benefits that come from this ancient practice. No experience necessary, verbal, step-by-step instruction provided. **Eight classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
42305	Th	Jul 6–Aug 24	8:00pm–9:00pm

Tai Chi

\$64 members/\$80 non members

An ancient low impact martial art that focuses on mind and body. Sequenced movements are performed slowly and with graceful intent. While the body develops balance, the mind and memory are sharpened. All levels welcome. **Eight classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
42310	Tu	Jul 4–Aug 22	8:00pm–9:00pm

PiYo® Live

\$41 members/\$49 non-members

PiYo® Live combines the muscle sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll sweat, stretch and strengthen – all in one empowering PiYo® Live workout! **Four classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
42308	Tu	Jul 4–Jul 25	5:30pm–6:30pm
42309	Tu	Aug 1–Aug 22	5:30pm–6:30pm

Gentle Yoga

\$41 members/\$49 non-members

This class is specifically designed to allow the body to relax and renew due to the release of tension in the muscles, joints and spine. Lots of stretching and grounding postures will be introduced to allow you to open up and become more connected to your body and breath. Great class for beginners, but all levels welcome! **Four classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
42306	W	Jul 5–Jul 26	1:00pm–2:00pm
42307	W	Aug 2–Aug 23	1:00pm–2:00pm

Yoga for the Stiff Guy

If you know you need flexibility training but don't think you could get up afterward – this class is for you! Spend an hour combining flexibility principles along with fitness and core. By the end you'll feel stretched and strengthened. Gals also welcome!

Four classes | \$41 members/\$49 non-members

BARCODE	DAYS	START DATE – END DATE	TIME
42311	M	Jul 10–Jul 31	7:15pm–8:15pm
42312	W	Jul 5–Jul 26	7:15pm–8:15pm
42313	W	Aug 2–Aug 23	7:15pm–8:15pm

Three classes | \$31 members/\$37 non-members

BARCODE	DAYS	START DATE – END DATE	TIME
42314	M	Aug 14–Aug 28	7:15pm–8:15pm



If you see this symbol, this class is included in the

**Summer Nights
Fitness Pass.**



POST-NATAL

Post-Natal Fitness Class Pass

\$84 members/\$98 non-members

We've bundled the four days of post-natal fitness classes, Mommy Fit and Stroll into Shape to give you unlimited access for an entire month! This is a cost-effective way to fit your workout in to your day with a flexible registration format to allow you to pick and choose what days you attend. Register early as there are limited passes available! **14 classes.**

JULY Post-Natal Fitness Class

BARCODE	DAYS	START DATE – END DATE	TIME
42317	M–Th	Jul 4–Jul 26	10:00am–11:00am

AUGUST Post-Natal Fitness Class

BARCODE	DAYS	START DATE – END DATE	TIME
42318	M–Th	Aug 1–Aug 28	10:00am–11:00am*

*No Class Aug 7 & 24.

Mommy Fit

\$56 members/\$70 non-members

Bring your baby in the stroller and get fit bootcamp style! Be ready for this high energy outdoor workout that includes a variety of drills that focus on strength, agility, cardio and core. Meet in the lobby and be prepared to go outside if the weather permits! **Seven classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
42315	M/W	Jul 5–Jul 26	10:00am–11:00am
42316	M/W	Aug 2–Aug 28	10:00am–11:00am*

*No class Aug 7.

Stroll Into Shape

\$56 members/\$70 non-members

This energetic class is all about enjoying the summer, making friends with moms in the community and burning calories! Take part in drills for cardio and resistance training, all while enjoying the outdoors with baby. Bring your own stroller and make sure there is plenty of sunscreen to go around. **Seven classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
42319	Tu/Th	Jul 4–Jul 25	10:00am–11:00am
42320	Tu/Th	Aug 1–Aug 22	10:00am–11:00am

RUNNING

Learn to Run

\$63 members/\$77 non-members

An introduction to endurance training for general fitness and preparation for all of your endurance or road race events. Along with an amazing strength and conditioning workout each week, our instructor will also focus on the other key parts of a good training regime including rest, diet, lifestyle, training cycles and cross-training. This class is great preparation for the Rotary Run for Life in September! Class meets in the lobby of the TLC. **Seven classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
42321	Th	Jul 6–Aug 17	6:00pm–7:00pm

STRENGTH

Body Blast

\$56 members/\$70 non-members

Body Blast is a group fitness barbell class that strengthens your entire body. This TLC favorite challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. It is a choreographed class utilizing rhythm and up-tempo music to energize and motivate. Please arrive five minutes prior to class for set-up and instruction. **Seven classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
42322	Tu/Th	Jul 4–Jul 25	6:45pm–7:45pm
42323	Tu/Th	Aug 1–Aug 22	6:45pm–7:45pm

Fundamental H.I.I.T.

\$56 members/\$70 non-members

High Intensity Interval Training (H.I.I.T.) is an all-inclusive workout incorporating a mix of running, pushing, pulling, squatting, lifting, agility, speed and plyometrics. One workout like this and you will never go back to three sets of ten reps again. **Seven classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
42324	M/W	Jul 5–Jul 26	7:00pm–8:00pm
42325	M/W	Aug 2–Aug 28	7:00pm–8:00pm*

*No Class Aug 7.

MOC Barre Method

\$32 members/\$40 non-members

MOC Barre Method is a signature power fitness strengthening program that re-defines the body by focusing on the gluteal muscles, leaning out the thighs, carving the abdominals and back and sculpting the arms. The essence is a workout that helps to achieve beautiful, healthy bodies, while improving postural balance, flexibility, coordination and grace. **Four classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
42326	W	Jul 5–Jul 26	6:30pm–7:30pm
42327	W	Aug 2–Aug 23	6:30pm–7:30pm

Health & WELLNESS

TLC Athlete Development Project:

Ambassador Spotlight

MEET Carter Kirk!

At just 16 years old, Carter is a talented soccer player who has stepped up as one of our Athlete Development Project Ambassadors. Carter's specialized training regime aims to build strength, power and speed to help him reach his peak performance level, on and off the field.

While the Athlete Development Project is one of the newer initiatives at the TLC, it struck immediate interest in Carter, who is always up for a new challenge.

"I was very interested in checking out some of the programs being offered through the Athlete Development Project," he says. "I thought it was a really great idea, so I was excited to see what it was about."

Carter's training sessions are run under the leadership of TLC Strength Coach & Programs, Marketing and Events Manager, Rob Svarich, who tailors each session to a different area of the body.

"A typical training session starts with a stretch and warmup routine based on Rob's plan for the day," Carter explains. "For example, shoulder and chest sessions include stretching and warming up those muscles to start, then jumping into the main workout."

By targeting specific muscles in the body during each session, Rob and the rest of the Athlete Development Project team leaders are able to help their students build endurance and excel in their sport of choice.

For Carter, it's all about making strides on the soccer field.

"My main motivation is the idea that the progress I'm making in my fitness and strength translates directly into my soccer skills, eventually making me an elite soccer player," he says.

If you're interested in learning more about the Athlete Development, flip to page 21 of our program guide or visit trileisure.com/get-triactive/professional-services.

My main motivation is the idea that the progress I'm making in my fitness and strength translates directly into my soccer skills...

PERSONAL TRAINING

The TLC has a variety of personal trainers on staff to meet your fitness goals. View trainer bios online to see who makes the best match for your wellness journey.

Consultation/Single Session

\$58 members/\$67 non-members

3 Individual Sessions

\$158 members/\$185 non-members

5 Individual Sessions

\$250 members/\$293 non-members

9 Individual Sessions

\$430 members/\$494 non-members

12 Individual Sessions

\$575 members/\$660 non-members

Small Group Personal Training

Are you a little too nervous to come and train by yourself?

We can train up to three friends or family members in a small group setting.

Single Session (price per person)

\$45 members/\$52 non-members

3 Sessions (price per person)

\$120 members/\$138 non-members

5 Sessions (price per person)

\$175 members/\$200 non-members

9 Sessions (price per person)

\$288 members/\$346 non-members

12 Sessions (price per person)

\$360 members/\$432 non-members

PROFESSIONAL SERVICES

If you are interested in knowing more about your current fitness level to set goals or to track progress, you can also individually book a Body Composition Analysis and Fitness Assessment with any of our Fitness Professionals.

Fitness Assessment

\$79 members/\$95 non-members

Body Composition Analysis

\$45 members/\$58 non-members

Body Composition Analysis with the InBody 230

For a limited time, the purchase of any TLC Health & Wellness Professional Service will include a FREE body composition analysis with the InBody 230. This machine uses bioelectrical impedance analysis to estimate muscle mass and body fat mass. This technology is used in clinical settings worldwide and provides reliable baseline measurements for tracking changes over time.

Check with your employee health plan, as this may be covered through your benefits!

MEDICAL CONDITION PACKAGES

Consultation

\$58 members/\$67 non-members

In cooperation with your health care provider, the Certified Exercise Physiologist (CEP) will offer training programs to individuals with special medical conditions. The CEP has the education and training to oversee the analysis, improvement and maintenance of the health and fitness of individuals who have been advised by a doctor to see a Kinesiologist or Certified Exercise Physiologist (CEP).

If you are interested in this service, please purchase a consultation with our CEP at our Customer Experience Desk. You will be given paperwork that needs to be filled out by your doctor prior to your scheduled consultation. During the consultation, the CEP will discuss and recommend which of the TLC's packages best suits your individual needs.

PAYMENT PLANS

For your convenience, payment plans are available for some of our training and nutrition packages. Inquire at the front desk for forms and details, or call **780.960.5080**.

PREPARE.
PERSIST.
PERFORM.

Sports Conditioning

at the **TLC** | 780.960.5080
trileisure.com

Nutrition

SUPPORT YOUR NUTRITION GOALS

with the TLC's experienced
Registered Nutritionist*

Take **CARE** of your nutrition health with a Registered Nutritionist. You may have questions or want guidance and support around medical diagnoses, disease prevention or support for your activity. Perhaps you don't know what you want or need nutrition-wise, and now want a personal assessment and nutrition health blueprint to determine the possibilities! The **CARE** packages are designed to be flexible to your needs.

C) CONNECT \$160 members/\$190 non-members (price per person)

One **60-minute** initial consultation and assessment one-on-one with the Nutritionist to consider your current food habits, lifestyle, activity/sport, personal nutrition goals, your medical history and current conditions, medications and supplements, height, weight, waist circumference and nutrient needs. This may reveal a few nutrition goals OR use this time to ask the dietitian to help clear and sort your many nutrition questions. For additional follow-up support time, see 'Refine'.

A) ADAPT \$240 members/\$285 non-members (price per person)

One **60-minute** initial consultation and assessment one-on-one with the Nutritionist to review your current food habits, lifestyle, activity/sport, personal nutrition goals, your medical history and current conditions, medications and supplements, height, weight, waist circumference and nutrient needs. Affirm and focus on a few nutrition goals to work on.

Plus one **30-minute** follow-up session to assess, support, celebrate and adapt new changes OR use this time to prepare a one-day basic sample meal plan.



R) REFINE \$80 members/\$95 non-members (price per person)

One **30-minute** session. This is a follow-up session only after a C or A session is booked OR for a small group of two to four people. Designed to effectively guide your desired goals, support and re-evaluate relevant changes, and help enhance confidence and accountability with healthy nutrition habits. Also this can be the time to ask and refine a topic not discussed in the initial consultation that arose after changing to a new way of eating.

E) EXPLORE \$425 members/\$485 non-members

One **60-minute** session of a private group of 4 to 20. Great for teams and family groups. Create your group session with the Nutritionist on any nutrition topic. Specific content will be catered to your group's needs. Topics could be but are not limited to, meal planning, label reading, nutrient analysis of recipes or meals, nutrition for medical conditions, weight management tips, athletic management, cardiovascular health, digestive diseases, sport nutrition, food allergies, vegetarian and vegan eating.

Maybe You're Already Covered!

*The professional designation of "Nutritionist", "Dietitian", "Registered Dietitian", and "Registered Nutritionist" are protected titles of regulated members of the College of Dietitians of Alberta under the Health Professions Act. These designations reflect the training and education required to receive these titles. In Alberta, these professionals are classified as "Authorized Medical Practitioners" and your employee benefits may cover these services. Check your plan for policies and annual coverage.

Health & Wellness

Is there something that you're looking for that you don't see here?

Would you like a fitness class on Saturdays or are you organizing a stagette for a health-minded friend? Want a lunchtime Yoga class at your workplace? We can design classes for all types of groups based on interest. Let us know what you would like to see at the TLC and we will make it happen!

Drop-In

FITNESS CLASSES

ALL DROP-IN PARTICIPANTS

NEED A DROP-IN WRISTBAND TO TAKE THESE CLASSES!

We are excited to welcome people of all different ages and fitness levels to our dynamic fitness classes. The TLC is famous for its unforgettable instructors and high-energy workouts. If you're a member, these drop-in classes are free. If you're a non-member, we ask that you please drop by our friendly front desk and purchase the appropriate wristband before class. **Have fun!**

Chisel & Stretch

A strength class focusing on total body toning using a combination of stability balls, tubing, free weights, body resistance and flexibility training. An hour and a half spent, not a minute wasted.

DAYS	START DATE – END DATE	TIME
Tu/Th	Jul 4–Aug 24	8:30am–10:00am

Maximum Training

An energizing class combining aerobic, anaerobic, strength and power exercises. Every class features a unique circuit-style workout that you can complete at your own pace. Come enjoy the fun!

DAYS	START DATE – END DATE	TIME
Tu/Th	Jul 4–Aug 24	5:30pm–6:30pm

Step & Strength

A 60-minute cardio class that strengthens and shapes the lower body one step at a time. Energetic music and choreography create an enjoyable class for all fitness levels.

DAYS	START DATE – END DATE	TIME
M	Jul 10–Aug 21	9:00am–10:00am*
F	Jul 7–Aug 25	9:00am–10:00am

*No class Aug 7.

Summer Fit H.I.I.T.

This 45-minute High Intensity Interval Training class is designed to get you in shape for summer. This class heads outside when the weather is nice! Check in at the front desk for class location.

DAYS	START DATE – END DATE	TIME
W	Jul 5–Aug 23	5:30pm–6:15pm

triACTIVE Run Club

The Tri ACTIVE Run Club is a group designed for runners to meet every week for workouts and runs. Join our instructor for different routes and techniques that will help you persevere the distance. Run together to train for the Rotary Run for Life in September or come for the camaraderie of the running community. Prerequisite for this class is to be able to run 30 minutes consecutively. Class meets in the lobby of the TLC.

DAYS	START DATE – END DATE	TIME
M	Jul 10–Aug 21	5:30pm–6:30pm*

*No class Aug 7.

Yoga

Yoga will combine breath work with movement creating a nourishing mind/body connection. This class develops strength, flexibility and balance to create feelings of well-being and empowerment.

DAYS	START DATE – END DATE	TIME
Tu	Jul 4–Aug 22	7:00pm–8:00pm

Zumba™

This popular fitness class incorporates several dance styles including cumbia, merengue, salsa, reggaeton, mambo, rumba, flamenco, and calypso. The catchy Latin music includes fast and slow rhythms allowing for a great cardio workout and fabulous body sculpting.

DAYS	START DATE – END DATE	TIME
W	Jul 5–Aug 23	9:00am–10:00am

Drop-In

AQUAFIT

Deep Water High-Intensity AquaFit

This class is a different type of workout in the water where the body is totally suspended, allowing for no impact and a greater range of motion. Come experience an invigorating class that will get your heart pumping and muscles working with a greater variety of movements.

DAYS	START DATE – END DATE	TIME
M/W/F	Jul 5–Sept 1*	7:00am–7:45am

Shallow Water High-Intensity AquaFit

Get yourself running, hopping, skipping and jumping through the water. A high-intensity workout will get your heart pumping, muscles working against the resistance of the water and leave you feeling invigorated and ready for anything.

DAYS	START DATE – END DATE	TIME
M/W/F	Jul 5–Sept 1*	8:00am–8:45am

*No class Aug 7.

High-Intensity AquaFit

Expect an invigorating class in the water utilizing a variety of movements to get your heart rate up and your muscles working hard against the resistance of the water.

DAYS	START DATE – END DATE	TIME
M/W	Jul 5–Aug 30*	7:45pm–8:45pm

Deep Water Gentle AquaFit

Using music that is easy on the ears and movements that are gentle on the joints, you will leave this class feeling happy and rejuvenated.

DAYS	START DATE – END DATE	TIME
Tu/Th	Jul 4–Aug 31	7:00am–7:45am

Shallow Water Gentle AquaFit

Using music that is easy on the ears and movements that are gentle on the joints, you will leave this class feeling happy and rejuvenated.

DAYS	START DATE – END DATE	TIME
Tu/Th	Jul 4–Aug 31	8:00am–8:45am

Would you like to come and play soccer or skate on the ice but we don't have a DROP-IN scheduled?

NO PROBLEM! Give us a call to see if that space is available for you!

Drop-in ACTIVITIES

Life is full of surprises!
Give us a call to confirm availability!

July 2-Aug 31

These activities are subject to change.
Check our website for updates.

Throughout the summer we offer:

PUBLIC SKATING
SHINNY FOR ALL AGES
OPEN RINGETTE
**BEGINNER STICK
& PUCK**

VOLLEYBALL:
M: 8:30PM–10:00PM
BADMINTON:
W: 8:30PM–10:00PM
Su: 10:00AM–12:00PM
BASKETBALL:
Tu/Th: 8:30PM–10:00PM

Drop-in Activities included
with memberships, passes
and daily admissions.

Looking for an activity at a different time?

Call the front desk and
check if there is space to set up a
badminton net or an available ice
surface to skate on! We'll check for
you and all you'll need is
a wristband to enjoy the space!

Sport for Life and Physical Literacy

You may notice reference to Sport for Life and physical literacy throughout the descriptions for our Children and Youth programs. The Sport for Life Society is recognized as the global experts on Long Term Athlete Development (LTAD) and physical literacy development in Canada. TLC staff and programs incorporate the LTAD age-appropriate pathway into sports by introducing fundamental movement skills and sporting skills in a progressive manner. Just like learning your ABC's before learning to read and write, physical literacy is about building a movement foundation to create active, flourishing adults. The positive learning environment in TLC programs helps build motivation and confidence to help children on their lifelong journey to be physically literate.



LTAD : Long Term Athlete
: Development

TLC incorporates LTAD by
introducing fundamental
movement and sporting skills in
a progressive manner.

SUMMER

Tri Active Drop-In Activities

at a glance

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	Deep Water High-Intensity AquaFit 7:00–7:45AM Main Pool	Deep Water Gentle AquaFit 7:00–7:45AM Main Pool	Deep Water High-Intensity AquaFit 7:00–7:45AM Main Pool	Deep Water Gentle AquaFit 7:00–7:45AM Main Pool	Deep Water High-Intensity AquaFit 7:00–7:45AM Main Pool		
	Shallow Water High-Intensity AquaFit 8:00–8:45AM Main Pool	Shallow Water Gentle AquaFit 8:00–8:45AM Main Pool	Shallow Water High-Intensity AquaFit 8:00–8:45AM Main Pool	Shallow Water Gentle AquaFit 8:00–8:45AM Main Pool	Shallow Water High-Intensity AquaFit 8:00–8:45AM Main Pool		
	Step & Strength 9:00–10:00AM Studio	Chisel & Stretch 8:30–10:00AM Studio	Zumba 9:00–10:00AM Studio	Chisel & Stretch 8:30–10:00AM Studio	Step & Strength 9:00–10:00AM Studio		
							Badminton 10:00AM–12:00PM Gymnasium
EVENING	triACTIVE Run Club 5:30–6:30PM Outside/Track	Maximum Training 5:30–6:30PM Track	Summer FIT H.I.I.T 5:30–6:15PM Outside/Track	Maximum Training 5:30–6:30PM Track			
	High-Intensity AquaFit 7:45–8:45PM Main Pool	Yoga 7:00–8:00PM Stony Plain Room	High-Intensity AquaFit 7:45–8:45PM Main Pool				
	Volleyball 8:30–10:00PM Gymnasium	Basketball 8:30–10:00PM Gymnasium	Badminton 8:30–10:00PM Gymnasium	Basketball 8:30–10:00PM Gymnasium			

Life is full of surprises!

Check trileisure.com, follow us on Facebook or call 780.960.5080 for schedule updates!

Dryland Fitness Classes

Aquatic Fitness Classes

Activities & Sports

- Participants must be 14 years of age to join drop-in fitness classes
- Drop-in wristbands are required for all drop-in fitness classes (available at the Customer Experience Desk); we suggest participants arrive early due to limited capacity!
- Drop-in activities & sports only require a regular admission wristband—please sign-in at the Customer Experience Desk.
- Ice drop-in activities schedule is published every two weeks on our website and Facebook page.



Thank you to all our partners and sponsors for 15 years of *Healthy, Active Living!*

Partners



Wellness Partners

Tri-Community Health and Wellness Foundation

Spruce Grove Rotary Club

Stony Plain Kinsmen

Spruce Grove and Stony Plain Legions

Jennifer Heil

Athletic Partners

Spruce Grove Minor Hockey Association

Spruce Grove Ringette Association

Stony Plain Minor Hockey Association

Spruce Grove Minor Soccer Association

Stony Plain Minor Soccer Association

Tri-Area Skating Club

Spruce Grove Barracudas

Parkland Pirates

Parkland Water Polo

Parkland Posse Lacrosse

Restaurant and Retail Partners

The Fix

Custom Grind

Shotz Lounge

Mountain Top Market

Parkland Rehab

Sponsors



Allstate
You're in good hands.



Registration

12:01am online
9:00am by phone or in person

May 30 members
June 1 non-members

trileisure.com

TLC Summer *House Party!*

JOIN US ON SUNDAY AUGUST 27TH
FOR THE ULTIMATE BIRTHDAY BASH!

The TransAlta Tri Leisure Centre is celebrating 15 years of healthy, active living in the Tri-Municipal Region this summer!

Stay tuned for more details about this exciting event to come on trileisure.com and on our social media pages!

WATCH for the
TLC'S triACTIVE
Community
Cruiser at an event
near you this
summer!

Email info@trileisure.com
for us to bring the FUN
(and games...and freebies)
to your event!

CELEBRATING



A GREAT COMMUNITY STARTS WITH GREAT VISION

A Melcor community creates the **perfect backdrop** to your life.
Desirable locations. Amenities. The best builders. Parks and green spaces.

A large image showing two hands, one from the top left and one from the bottom right, reaching towards each other to form a rectangular frame. Inside the frame is a bright, sunlit green field under a clear blue sky. The hands are light-skinned and appear to be of different ages or sizes.

COME SEE OUR VISION
TAKING SHAPE IN

» McLaughlin Heights » Jesperdale » Stoneshire



LiveMclaughlin.com

Jesperdale.com

LiveStoneshire.com

melcor.ca | Proud supporter of the TransAlta Tri Leisure Centre.

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