

**SUMMER PROGRAM
REGISTRATION**

Members: Non-Members:
June 10 June 12

Trileisure.com

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221 Jennifer Heil Way,
Spruce Grove, AB, T7X 4J5

YOUR TRI
Active Life

Welcome to the TLC!

HOURS OF OPERATION

JULY TO AUGUST 2025	
Monday to Friday	5:30 AM - 10:00 PM
Saturday & Sunday	6:30 AM - 9:00 PM
Holidays	8:00 AM - 8:00 PM
HOLIDAYS AND SPECIAL CLOSURES	

July 1 (Canada Day): CLOSED
August 4 (Heritage Day): 8:00 AM–8:00 PM

POOL CLOSURES FOR SWIM MEETS:

June 21 & 22 – Closed 1:00-9:00 PM for the Parkland Pirates swim meet
July 19 – Closed all day for the Barracudas swim meet
July 25 – Closed 3:00-10:00 PM for the ASSA Regional swim meet
July 26 & 27 – Closed all day for the ASSA swim meet

TOONIE SWIMS (6 PM TO 9 PM)

June 28
Aug 2
Aug 30

TLC AMENITIES

Century 21 Aquatic Complex

- 25-metre pool (10 lanes)
- Leisure pool
- Waterslide
- Hot tub
- Steam room
- Play structure

Garden Dental Gymnasium

UltraShine Fitness Track

Atkinson Construction Fitness Complex

Indoor Fields

- ReMax Community Indoor Field (S)
- Cantiro Communities Indoor Field (N)

DAY ADMISSION & PASSES

TLC PASSES	DAILY RATE	10-VISIT PASS	ONE MONTH	THREE MONTHS
Adult (18+)	\$11.00	\$99.00	\$70.00	\$178.50
Seniors (60–79)*	\$7.75	\$69.70	\$52.00	\$132.00
Youth (13–17)	\$7.75	\$69.70	\$52.00	\$132.00
Child (2–12)	\$5.75	\$51.70	\$33.00	\$84.00
Tots (under 2)	FREE	FREE	FREE	FREE
Family**	\$26.50	\$238.50	\$182.00	N/A

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

** Family = up to two adults and three children/youth.

A REMINDER that the Annual Pool Shutdown for maintenance is scheduled from September 2 to 19.

NWT Promotions Arena Complex

- Leisure Ice
- Northwell Oilfield Hauling Arena (N)
- TerraCore Rentals Ltd. Arena (S)

JD Mechanical Children's Play Centre

Fountain Tire Spruce Grove Comfort Zone

Myshak Group Community Outdoor Rink

Booster Juice

Café @ the Tri

MTM Concession

Parkland Rehabilitation

- Sports and orthopedic physiotherapy
- Acupuncture

Multipurpose Room

MEMBERSHIPS

Annual or Monthly 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! 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 classes completely free!

How Do Our Monthly Memberships Work?

All monthly memberships automatically renew every month, unless we receive a written request to cancel via email. Cancellation requests may be made after four months. Visa, Mastercard or banking info is required for monthly automatic payment.



TLC MEMBERSHIPS	MONTHLY CONTINUOUS	ANNUAL PRE-PAID
Adult (18+)	\$57.75	\$577.50
Seniors (60–79)*	\$43.00	\$430.00
Youth (13–17)	\$32.00	\$320.00
Child (2–12)	\$27.00	\$270.00
With an 18+ membership, household family memberships of equal or lesser value are discounted by 15%.		
Additional Adult	\$49.08	\$490.88
Additional Senior	\$36.55	\$365.50
Additional Youth	\$27.20	\$272.00
Additional Child	\$22.95	\$229.50

Email memberships@trileisure.com or visit us at Trileisure.com for more information.

DAYTIME	MONTHLY CONTINUOUS	ANNUAL PRE-PAID
Adult (18+)	\$41.00	\$410.00
Seniors (60–79)	\$31.00	\$310.00

RUN/WALK	MONTHLY CONTINUOUS	ANNUAL PRE-PAID
Adult (18+)	\$26.00	\$250.00
Seniors (60–79)	\$21.00	\$195.00
Youth (13–17)	\$14.00	\$115.00
Child (2–12)	\$12.00	\$105.00

WELLNESS PROGRAM PASS	YEARLY
Adult (18+)	\$118.00
Seniors (60–79)	\$94.00
Youth (13–17)	\$74.00
Child (0–12)	\$50.00

TLC 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!

Please note: this membership does not provide access to TLC drop-in programs and activities happening outside these times.

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, equipment around the track lanes, or access to TLC drop-in programs and activities.

Wellness Program Pass

If you take part in registered courses and use professional services at the TLC (like Personal Training and Nutrition services), but don't use drop-in facilities like the gym, track or pool, then the TLC Wellness Program Pass might be for you. This pass provides you with early registration and member pricing for TLC programs and services for 365 days but does not get you access to TLC drop-in programs or activities.

Corporate Membership Plans

Healthy employees are more productive! Invest in your team with one of the following **TWO** options:

BULK CORPORATE MEMBERSHIP (NO COMPANY CONTRIBUTION REQUIRED!)

Companies with a minimum of 10 employees can take advantage of a 10%–20% discount on pre-paid annual memberships. Initial memberships must share the same end date and be purchased at one time.

MATCHING CORPORATE MEMBERSHIP (COMPANY CONTRIBUTION REQUIRED!)

With a minimum of five participating employees, the TLC will provide a 20% | discount on the cost of a pre-paid annual or monthly continuous membership.

The company must sponsor their employees' memberships with an annual or monthly contribution of a matching 20%.



Registration

SUMMER PROGRAM REGISTRATION

Members: **Jun 10** Non-Members: **Jun 12**

REGISTRATION 9:00 AM
ONLINE @ Trileisure.com - BY PHONE - IN PERSON

Tips for happy Program Registration

We want you to be able to register for our programs with the least amount of headache. On registration days, our staff are dealing with a high volume of customers - let's get you ready with some answers to Frequently Asked Questions which will help you avoid any technical delays:

#1 - Verify your TLC account BEFORE registration day.

We highly recommend you make sure your TLC account is complete and fully functional **BEFORE** registration day to avoid any technical issues that could delay your registration. You may have duplicate accounts, or multiple email addresses attached to your family, or some of your children may not be correctly linked to your family account.

#2 How do I add new family members to my TLC account?

Login to your TLC online account. Under your name, choose **MY FAMILY** in the drop-down menu. Click on the **ADD** button and fill in the required fields.

#3 Can't I just make a new account?

No, you cannot create an account online. Please call our front desk team **BEFORE** registration day to create a new account.

#4 - If the program you want is full, should I join the Waitlist?

We have Waitlists available for all courses, and using them can pay off! If a place becomes available in the course on which you're waitlisted, or if demand is sufficient and space/instructors are available, additional courses may be added - in both situations we will contact you directly to offer you a place, so make sure we have your correct phone number and email on account. Waitlisting can be done online or by calling our front desk team.

#5 What is a Wellness Program Pass?

If you take part in registered courses and use professional services 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 provides you with 365 days of early registration and member pricing for programs and services!

FAQs:

What happens after I register?

Please proceed to the first class as listed on your registration confirmation receipt that you will receive via email. You will **NOT** be contacted before the first class, unless the course is cancelled.

What else does my course registration include?

Course registration fees do not include access to the facility before or after class. General admission or a facility pass/membership is required to utilize any other part of the facility.

Course Withdrawals & Transfers

With 10+ days' notice

If you provide 10+ days notice ahead of a course start date, course withdrawals are available subject to an administration fee which is 15% of the course registration fee (up to a maximum of \$25).

Transferring to an alternative course (if a place is available) is not subject to the 15% administration fee.

With less than 10 days' notice

Inside 10 days prior to a course date, course withdrawals do not qualify for any refund, credit or course transfer.

Please note:

Back-to-back sequential level registration in progressive courses can result in no refund, credit, or transfer if a repeat level is needed. Consideration for credits/refunds will be made for medical reasons accompanied by a doctor's certificate or in extenuating circumstances.



**Be sure to set up and test your
ONLINE ACCOUNT BEFORE
REGISTRATION DAY!**
Give us a call to learn how!

Children's Services

Child Minding

This is more than just babysitting this is a whole lot of fun! Our child Minding staff have experience working with children and prioritize safety while making sure your kids are having plenty of good old fashion fun. We welcome children of ages one month to seven years to come join in so that you can enjoy peace of mind (and a little peace and quiet) while you visit the TLC.

DAYS	HOURS OF OPERATION	PRICE
M-F	9:00 AM–12:00 PM (July 2-August 29)	\$7 FOR MEMBERS \$9 FOR NON-MEMBERS

*No Childminding Aug 4th



Children's Play Centre

This space caters to children's natural desire to test boundaries and explore! Featuring small play structures and a variety of climbing features, your child will develop their strength, agility and courage as they discover their sense of adventure.

DAYS	HOURS OF OPERATION
M-F	12:30–10:00 PM
Sa-Su	6:30 AM–9:00 PM

Children 2 years old and over **MUST** pay admission (wristbands available at our front desk) and **MUST** be supervised by an adult (14 years or older).

TLC Age Access Guide

	0-6 YEARS	7-9 YEARS	10-13 YEARS	14+ YEARS
Swimming Pool			✓	✓
Fitness Centre + Studios	✗	✗	Youth RX Course (10–13yrs)*	✓
Sunshine Room	✗	✗	✓	✓
Track			✓	✓
Gymnasium			✓	✓
Group Fitness Classes	✗	✗	✗	✓
Arena Activities			✓	✓
Fields			✓	✓
Children's Play Centre			✗	✗
Public Spaces			✓	✓

✓				✗
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

* 10–13 year olds have full access to the fitness centre after completing the Youth RX Course

** Adult: someone 14 or older





Aquatics

From youngest to oldest, beginner to accomplished swimmer, we have a variety of lessons and aquatic activities to keep you safe and advance your skills in and around the water! Whether you're learning to swim or enjoying the water, we've got something for everyone. From Swim for Life - Lifesaving swimming lessons to invigorating aqua-fitness classes, our Aquatics team ensures every experience is safe and enjoyable.

Swim Assessments
We offer complimentary swim assessments, which can take place during public swimming. One of our trained aquatic staff will take a few minutes to assess your child and recommend what swim lesson they should register for. **(It's FREE.)**

PARENTED (in the water)
classes that are participation/age based



Parent & Tot 1
(4–12 MONTHS)
Jellyfish



Parent & Tot 2
(12–24 MONTHS)
Tadpole



Parent & Tot 3
(24–36 MONTHS)
Seahorse

UN-PARENTED
classes are skill based and progressive
(children must complete one level
before moving on to the next)



**Unparented
Preschool 1**
(36 mo.– 5 yrs.)
Pufferfish



**Unparented
Preschool 2**
(4–5 yrs.)
Sea Lion



**Unparented
Preschool 3**
(4–5 yrs.)
Manta Ray



**Unparented
Preschool 5**
(4–5 yrs.)
Orca



**Unparented
Preschool 4**
(4–5 yrs.)
Dolphin

↓
SWIMMER 2 BEGINNER
(when the child turns 6 yrs old)

↓
SWIMMER 1 ADVANCED
(when the child turns 6 yrs old)



Preschool Swimming (Parented)



1. Parent & Tot 1-Jellyfish (4–12 MONTHS)

\$60 members/\$70 non-members

Parents will learn strategies to help them with their babies to become comfortable in the water. Getting wet, various ways to hold their child in the water to experience buoyancy and movement, and water safety messages will help them begin their journey towards becoming little swimmers.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 2-Jul 28	M/W	35 min	4:00 PM (60415)
Jul 3-Jul 29	Tu/Th	35 min	4:40 PM (60416)
Jul 7-Jul 18	M-F	30 min	9:00 AM (60417)
Jul 21-Aug 1	M-F	30 min	10:10 AM (60418)
Jul 30-Aug 27*	M/W	35 min	4:40 PM (60419)
Aug 5-Aug 15	M-F	35 min	9:40 AM (60420)
Aug 18-Aug 29	M-F	30 min	12:30 PM (60421)

*No class Aug 4th



3. Parents & Tots 3-Seahorse (24–36 MONTHS)

\$60 members/\$70 non-members

Parents will help their toddlers become more comfortable in the water by learning to put their faces in the water and trying to submerge, float more independently on their fronts and backs, along with learning to kick and swim.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 2-Jul 28	M/W	35 Min	5:20 PM (60430)
Jul 3-Jul 29	Tu/Th	35 Min	4:00 PM (60431)
Jul 7-Jul 18	M-F	30 Min	10:10 AM (60432)
Jul 21-Aug 1	M-F	30 Min	9:00 AM (60433)
Jul 30-Aug 27*	M/W	35 Min	4:00 PM (60434)
Jul 31-Aug 26	Tu/Th	35 Min	6:00 PM (60435)
Aug 5-Aug 15	M-F	35 Min	9:00 AM (60436)
Aug 18-Aug 29	M-F	30 Min	11:20 AM (60437)

*No class Aug 4th



2. Parent & Tot 2-Tadpole (12–24 MONTHS)

\$60 members/\$70 non-members

Parents and their babies will learn more about fun ways to get wet, start blowing bubbles and experience floating on their fronts and backs as well as moving through the water in a variety of ways.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 2-Jul 28	M/W	35 min	4:40 PM (60422)
Jul 3-Jul 29	Tu/Th	35 min	5:20 PM (60423)
Jul 7-Jul 18	M-F	30 min	9:35 AM (60424)
Jul 21-Aug 1	M-F	30 min	9:35 AM (60425)
Jul 30-Aug 27*	M/W	35 min	5:35 PM (60426)
Jul 31-Aug 26	Tu/Th	35 min	5:20 PM (60427)
Aug 5-Aug 15	M-F	35 min	11:00 AM (60428)
Aug 18-Aug 29	M-F	30 min	11:55 AM (60429)

*No class Aug 4th

PARENTED CLASSES - Register your little one in these lessons based on their age. These 3 levels require one adult (14+ years) in the water with each participant. All participants 36 months and younger **MUST** wear a snug fitting swim diaper.



Preschool Swimming (Un-Parented)



Preschool 1 - Puffer Fish (36 MONTHS–5 YRS) | \$60 members/\$70 non-members

1.

This is the first level in the Tri Leisure Preschool Program where children learn through fun games and songs to blow bubbles, float on their fronts and backs with assistance, and do front and back glides with assistance.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 2-Jul 28	M/W	35 min	4:00 PM (60438) 4:40 PM (60439) 6:00 PM (60440)
Jul 3-Jul 29	Tu/Th	35 min	4:00 PM (60441) 4:40 PM (60442) 5:20 PM (60443) 6:00 PM (60444)
Jul 7-Jul 18	M-F	30 min	9:00 AM (60445) 10:45 AM (60446) 11:20 AM (60447) 11:55 AM (60448) 12:30 PM (60449)
Jul 21-Aug 1	M-F	30 min	9:00 AM (60450) 9:35 AM (60451) 10:10 AM (60452) 10:45 AM (60453) 11:20 AM (60454) 11:30 AM (60455) 12:10 PM (60456)
Jul 30-Aug 27*	M/W	35 min	4:00 PM (60457) 4:40 PM (60458) 5:20 PM (60459) 6:00 PM (60460)
Jul 31-Aug 26	Tu/Th	35 min	4:00 PM (60461) 5:20 PM (60462)
Aug 5-Aug 15	M-F	35 min	9:00 AM (60463) 9:40 AM (60464) 10:20 AM (60465) 11:00 AM (60466) 11:40 AM (60467) 12:15 PM (60468) 12:20 PM (60469)
Aug 18-Aug 29	M-F	30 min	9:00 AM (60470) 9:35 AM (60471) 10:10 AM (60472) 10:45 AM (60473) 11:00 AM (60474) 11:55 AM (60475) 12:30 PM (60476)

*No class Aug 4th



Preschool 2 - Sea Lion (4–5 YEARS) | \$60 members/\$70 non-members

2.

Swimmers work on independent front and back floats and glides and learn to add a kick with their glides. They'll begin to learn how to do rhythmic breathing as well as becoming more comfortable going underwater.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 2-Jul 28	M/W	35 min	4:40 PM (60477)
Jul 3-Jul 29	Tu/Th	35 min	4:00 PM (60478) 4:40 PM (60479)
Jul 7-Jul 18	M-F	30 min	9:00 AM (60480) 9:35 AM (60481)
Jul 21-Aug 1	M-F	30 min	10:10 AM (60482) 11:20 AM (60483) 12:25 PM (60484)
Jul 30-Aug 27*	M/W	35 min	6:00 PM (60485)
Jul 31-Aug 26	Tu/Th	35 min	4:40 PM (60486)
Aug 5-Aug 15	M-F	35 min	10:20 AM (60487)
Aug 18-Aug 29	M-F	30 min	9:00 AM (60488) 10:45 AM (60489)

*No class Aug 4th



Preschool 3 - Manta Ray (4–5 YEARS) | \$60 members/\$70 non-members

3.

Swimmers add more to their water competency by floating longer on front and back, rolling over in their floats, gliding farther with kicking and doing roll-over glides. They also experience some deep water by slipping into water over their heads, submerging to blow bubbles and doing deep water floats.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 2-Jul 28	M/W	35 min	6:00 PM (60490)
Jul 3-Jul 29	Tu/Th	35 min	4:40 PM (60491) 5:20 PM (60492)
Jul 7-Jul 18	M-F	30 min	9:35 AM (60493) 10:10 AM (60494)
Jul 21-Aug 1	M-F	30 min	10:10 AM (60495) 11:00 AM (60496) 12:10 PM (60497)
Jul 30-Aug 27*	M/W	35 min	6:40 PM (60498)
Jul 31-Aug 26	Tu/Th	35 min	7:15 PM (60499)
Aug 5-Aug 15	M-F	35 min	11:00 AM (60500)
Aug 18-Aug 29	M-F	30 min	9:00 AM (60501) 9:50 AM (60502)

*No class Aug 4th

Preschool Swimming (Un-Parented)



Preschool 4-Dolphin (4–5 YEARS) | \$60 members/\$70 non-members

Swimmers further develop their front and back glides with kick and are introduced to a side glide as well as swimming on their front. They also learn to jump into deep water and return safely to the side.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 2-Jul 28	M/W	35 min	6:00 PM (60503)
Jul 3-Jul 29	Tu/Th	35 min	5:20 PM (60504)
Jul 7-Jul 18	M-F	30 min	10:10 AM (60505) 10:45 AM (60506) 12:30 PM (60507)
Jul 21-Aug 1	M-F	30 min	10:25 AM (60508) 10:55 AM (60509) 11:55 AM (60510)
Jul 30-Aug 27*	M/W	35 min	5:20 PM (60511)
Jul 31-Aug 26	Tu/Th	35 min	6:00 PM (60512)
Aug 5-Aug 15	M-F	35min	11:40 AM (60513)
Aug 18-Aug 29	M-F	30 min	9:35 AM (60514) 12:30 PM (60515)

*No class Aug 4th



Preschool 5-Orca (4–5 YEARS) | \$60 members/\$70 non-members

Swimmers increase the distances in their front, back, and side glides, swim on their front and learn to swim on their backs. They also jump into deep water wearing a PFD/lifejacket, do some surface support and swims or kicks for 5 metres.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 2-Jul 28	M/W	35 min	6:40 PM (60516)
Jul 3-Jul 29	Tu/Th	35 min	6:00 PM (60517)
Jul 7-Jul 18	M-F	30 min	10:45 AM (60518) 11:20 AM (60519) 12:30 PM (60520)
Jul 21-Aug 1	M-F	30 min	11:35 AM (60521)
Jul 30-Aug 27*	M/W	35 min	6:15 PM (60522)
Jul 31-Aug 26	Tu/Th	35 min	7:05 PM (60523)
Aug 5-Aug 15	M-F	35 min	12:20 PM (60524)
Aug 18-Aug 29	M-F	30 min	10:10 AM (60525) 12:10 PM (60526)

*No class Aug 4th

UN-PARENTED classes are skilled-based and progressive. Children must complete one level before moving on to the next level.





Swim For Life Program - Lifesaving Society

Swimmer 1 Beginner (6-12 years) | \$60 members/\$70 non-members

Building the foundation of swimming skill development, beginner swimmers will gain confidence in the water as they learn safe entries into shallow water, submerging and opening their eyes underwater and breath control. They will learn floats and glides, glides with kicking, and begin swimming on their front.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 2-Jul 28	M/W	35 min	5:20 PM (60527)
Jul 3-Jul 29	Tu/Th	35 min	5:20 PM (60528) 6:40 PM (60529)
Jul 7-Jul 18	M-F	30 min	9:00 AM (60530) 11:20 AM (60531)
Jul 21-Aug 1	M-F	30 min	9:00 AM (60532) 11:35 AM (60533)
Jul 30-Aug 27*	M/W	35 min	5:20 PM (60534)
Jul 31-Aug 26	Tu/Th	35 min	4:00 PM (60535)
Aug 5-Aug 15	M-F	35 min	9:40 AM (60536) 11:40 AM (60537)
Aug 18-Aug 29	M-F	30 min	9:00 AM (60538) 11:20 AM (60539)

*No class Aug 4th

Swimmer 1 Advanced (6-12 years) | \$60 members/\$70 non-members

Building on the skills from Swimmer 1 - Beginner, swimmers will gain confidence in the water as they learn safe entries into various depths of water, treading water in a lifejacket, opening their eyes underwater, and breath control. Once they have learned their floats, rollovers, glides, and kicks from front to back, they will front crawl their way into the next level.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 2-Jul 28	M/W	35 min	7:15 PM (60540)
Jul 3-Jul 29	Tu/Th	35 min	6:40 PM (60541)
Jul 7-Jul 18	M-F	30 min	9:00 AM (60542) 10:45 AM (60543) 12:30 PM (60544)
Jul 21-Aug 1	M-F	30 min	9:35 AM (60545) 12:10 PM (60546)
Jul 30-Aug 27*	M/W	35 min	4:00 PM (60547)
Jul 31-Aug 26	Tu/Th	35 min	4:40 PM (60548)
Aug 5-Aug 15	M-F	35 min	9:00 AM (60549) 10:20 AM (60550)
Aug 18-Aug 29	M-F	30 min	9:35 AM (60551) 12:30 PM (60552)

*No class Aug 4th

Swimmer 2 Beginner (6-12 years)

\$60 members/\$70 non-members

Swimmers will gain comfort in deeper water by jumping into water over their heads and returning to safety. They will learn more about breath control and be challenged by the introduction of various skills including flutter kicking on their front, back and side, and rolling over in their glides. Distances will be increased for their front swim and a back swim will be introduced.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 2-Jul 28	M/W	35 min	4:00 PM (60553)
Jul 3-Jul 29	Tu/Th	35 min	6:00 PM (60554)
Jul 7-Jul 18	M-F	30 min	9:35 AM (60555) 11:55 AM (60556)
Jul 21-Aug 1	M-F	30 min	9:35 AM (60557) 11:35 AM (60558)
Jul 30-Aug 27*	M/W	35 min	4:00 PM (60559)
Jul 31-Aug 26	Tu/Th	35 min	4:40 PM (60560)
Aug 5-Aug 15	M-F	35 min	9:00 AM (60561) 10:20 AM (60562)
Aug 18-Aug 29	M-F	30 min	9:00 AM (60563) 11:20 AM (60564)

*No class Aug 4th

Swimmer 3 Beginner (6-12 years)

\$60 members/\$70 non-members

Swimmers will learn kneeling dives and be challenged with the introduction of some fun skills such as handstands and somersaults, as well as learning more about breath control. They will continue to work on their flutter kick, whip kick and front and back crawl. Increased distances in their interval training and a distance swim challenge are also included.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 2-Jul 28	M/W	35 min	6:35 PM (60581)
Jul 3-Jul 29	Tu/Th	35 min	4:00 PM (60582) 6:40 PM (60583)
Jul 7-Jul 18	M-F	30 min	10:10 AM (60584) 11:20 AM (60585) 12:30 PM (60586)
Jul 21-Aug 1	M-F	30 min	10:10 AM (60587) 11:55 AM (60588)
Jul 30-Aug 27*	M/W	35 min	4:40 PM (60589)
Jul 31-Aug 26	Tu/Th	35 min	4:00 PM (60590)
Aug 5-Aug 15	M-F	35 min	9:00 AM (60591) 10:20 AM (60592)
Aug 18-Aug 29	M-F	30 min	10:10 AM (60593) 10:25 AM (60594) 10:45 AM (60595)

*No class Aug 4th

Swimmer 4 Beginner (6-12 years)

\$80 members/\$90 non-members

Swimmers start moving towards an intermediate level of swimming. Swimmers will tread water for 45 seconds and learn to swim underwater for 5 meters. Swimmers will improve their front crawl, back crawl, and whip kick on their backs and be introduced to elementary back stroke and whip kick on their fronts.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 7-Jul 18	M-F	45 min	9:00 AM (60610)
Jul 21-Aug 1	M-F	45 min	10:45 AM (60611)
Jul 30-Aug 27*	M/W	50 min	4:40 PM (60612)
Aug 5-Aug 15	M-F	50 min	9:00 AM (60613)
Aug 18-Aug 29	M-F	45 min	11:35 AM (60614)

*No class Aug 4th

Swimmer 2 Advanced (6-12 years)

\$60 members/\$70 non-members

Swimmers will gain comfort in deeper water by jumping in, learning their sideways entry, and treading water without a lifejacket. Swimmers will be challenged by the introduction of various skills including vertical whip kick with an aid and swimming front crawl and back crawl for 10 meters. Swimmers will get to work on their Swim to Survive Skills and be introduced to interval training

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 2-Jul 28	M/W	35 min	4:40 PM (60565)
Jul 3-Jul 29	Tu/Th	35 min	4:40 PM (60566) 7:20 PM (60567)
Jul 7-Jul 18	M-F	30 min	9:35 AM (60568) 10:45 AM (60569)
Jul 21-Aug 1	M-F	30 min	9:00 AM (60570) 12:25 PM (60571)
Jul 30-Aug 27*	M/W	35 min	6:00 PM (60572)
Jul 31-Aug 26	Tu/Th	35 min	5:20 PM (60573) 6:40 PM (60574)
Aug 5-Aug 15	M-F	35 min	9:40 AM (60575) 11:00 AM (60576) 12:15 PM (60577)
Aug 18-Aug 29	M-F	30 min	9:35 AM (60578) 10:10 AM (60579) 11:55 AM (60580)

*No class Aug 4th

Swimmer 3 Advanced (6-12 years)

\$60 members/\$70 non-members

Swimmers will make a splash with their forward roll entries and continue to work on their kneeling dives, somersaults, and handstands. Increased time and distance components are incorporated for skills learned such as flutter kick on front and back, whip kick on back, front, and back crawl, and interval training.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 2-Jul 28	M/W	35 min	4:00 PM (60596)
Jul 3-Jul 29	Tu/Th	35 min	4:00 PM (60597) 6:00 PM (60598)
Jul 7-Jul 18	M-F	30 min	10:10 AM (60599) 11:55 AM (60600)
Jul 21-Aug 1	M-F	30 min	10:45 AM (60601) 12:25 PM (60602)
Jul 30-Aug 27*	M/W	35 min	6:40 PM (60603)
Jul 31-Aug 26	Tu/Th	35 min	5:50 PM (60604)
Aug 5-Aug 15	M-F	35 min	9:40 AM (60605) 11:35 AM (60606) 12:15 PM (60607)
Aug 18-Aug 29	M-F	30 min	9:35 AM (60608) 10:10 AM (60609)

*No class Aug 4th

Swimmer 4 Advanced (6-12 years)

\$80 members/\$90 non-members

Swimmers will move from a beginner to intermediate swimming level. Swimmers will complete standing dives, tread water for 1 minute, and work towards being able to swim underwater for 5 meters. Swimmers will achieve the Swim to Survive standard by being able to roll into deep water, tread water for 1 minute and swim 50 meters. In addition to improving their front crawl, back crawl, and whip kick, swimmers will be introduced to breaststroke.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 7-Jul 18	M-F	45 min	9:50 AM (60615)
Jul 21-Aug 1	M-F	45min	10:45 AM (60616)
Jul 30-Aug 27*	M/W	50 min	4:00 PM (60617)
Aug 5-Aug 15	M-F	50 min	9:55 AM (60618)
Aug 18-Aug 29	M-F	50 min	11:35 AM (60619)

*No class Aug 4th

Swimmer 5 (6-12 Years)

\$80 members/\$90 non-members

Swimmers will be challenged with a whole new set of skills: shallow dives, tuck jumps (cannonball entries), eggbeater kick, and backward somersaults (in water). Technique and endurance will also receive greater focus as swimmers will need to complete longer distance swims and interval training sessions for all their strokes.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 3-Jul 29	Tu/Th	50 min	6:40 PM (60620)
Jul 7-Jul 18	M-F	45 min	10:40 AM (60621)
Jul 21-Aug 1	M-F	45 min	9:00 AM (60622)
Aug 5-Aug 15	M-F	50 min	10:50 AM (60623)
Aug 18-Aug 29	M-F	50 min	10:45 AM (60624)

Swimmer 6 (6-12 Years)

\$80 members/\$90 non-members

As the final level in the Swimmer program, swimmers will build up their advanced skill set. Swimmers will work towards mastering stride entries, compact jumps, and lifesaving kicks. They will also refine their strokes to increase their swimming strength, power, and endurance—critical for success in the 300 m workout required to complete the level.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 3-Jul 29	Tu/Th	50 min	4:45 PM (60625)
Jul 21-Aug 1	M-F	45 min	9:00 AM (60626)
Aug 5-Aug 15	M-F	50 min	11:45 AM (60627)
Aug 18-Aug 29	M-F	50 min	10:45 AM (60628)

Swim Assessments

We offer complimentary swim assessments, which can take place during public swimming. One of our trained aquatic staff will take a few minutes to assess your child and recommend what swim lesson they should register for. **(It's FREE.)**

CANADIAN SWIM PATROL

Rookie Patrol (10-13 Years) \$100 members/\$115 non-members

Rookie Patrol lays the foundation of the Swim Patrol Program. It includes 4 main components: stroke refinement, fitness, first aid and lifesaving.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 2-Jul 28	M/W	70 min	5:20 PM (60629)
Aug 5-Aug 15	M-F		11:00 AM (60630)

Ranger Patrol (10-13 Years) \$100 members/\$115 non-members

Stroke refinement and underwater proficiency continues to be a focus in Ranger Patrol, fitness levels will increase, more first aid skills are added and lifesaving skills expanded.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 2-Jul 28	M/W	70 min	5:20 PM (60631)
Jul 21-Aug 1	M-F	60 min	9:50 AM (60632)
Jul 30-Aug 27*	M/W	70 min	6:40 PM (60633)
Aug 5-Aug 15	M-F	70 min	11:00 AM (60634)

*No class Aug 4th

Star Patrol (10-13 Years) \$100 members/\$115 non-members

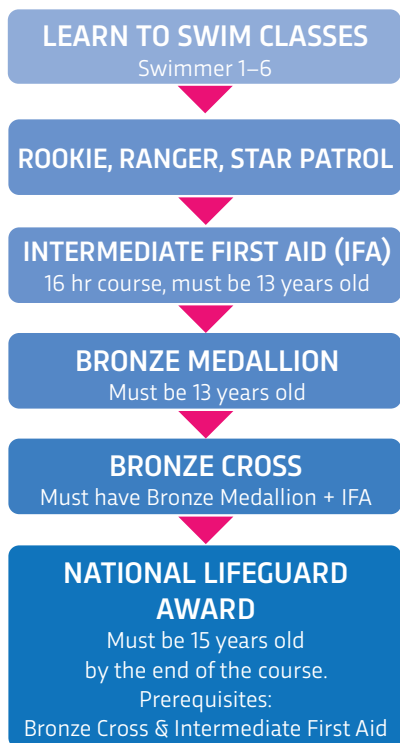
Star Patrol will prepare swimmers for the Bronze Star award. Strokes will continue to be refined, fitness challenges will be harder, first aid and lifesaving skills will be enhanced. Swimmers that complete Star Patrol will be well on their way to becoming bona fide Lifesavers.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 21-Aug 1	M-F	60 min	9:50 AM (60635)
Jul 30-Aug 27*	M/W	70 min	6:40 PM (60636)

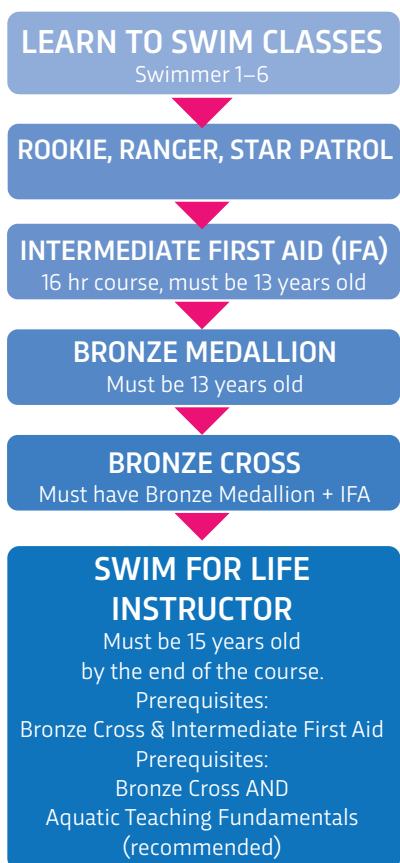
*No class Aug 4th

AQUATICS PROGRESSION

The courses required to become a Lifeguard



The courses required to become an Aquatics Instructor



Youth Programs

Stroke Improvement: Swimmer Levels 3-4

\$65 members/\$75 non-members

This class is geared towards students in Swimmer Levels 3-4 who have taken the same level more than once and just need to improve their strokes to be able to continue on.

CLASS DATES	DAYS	START TIMES	LENGTH
Jul 3-Jul 29	Tu/Th	6:00 PM (60713)	45 min

Stroke Improvement: Swimmer Levels 5-6

\$65 members/\$75 non-members

This class is geared towards students in Swimmer Levels 5-6 who have taken the same level more than once and just need to improve their strokes to be able to continue on.

CLASS DATES	DAYS	START TIMES	LENGTH
Jul 31-Aug 26	Tu/Th	4:00 PM (60714)	45 min

Tween/Teen Swimmer 1 (11-15 years)

\$60 members/\$70 non-members

Swimmers will work towards being able to complete short distance swims (10-15 m) on their front and back. They will work through swimming stroke fundamentals such as floats, rolls, glides, and kicks. Swimmers will develop their underwater skills as they continue to build their confidence in the water.

CLASS DATES	DAYS	START TIMES	LENGTH
Jul 2-Jul 28	M/W	6:40 PM (60715)	45 min
Jul 30-Aug 27*	M/W	6:35 PM (60716)	45 min

*No class Aug 4th

Tween/Teen Swimmer 2 (11-15 years)

\$60 members/\$70 non-members

Swimmers will work towards being able to complete short distance swims (10-15 m) on their front and back. They will work through swimming stroke fundamentals such as floats, rolls, glides, and kicks. Swimmers will develop their underwater skills as they continue to build their confidence in the water.

CLASS DATES	DAYS	START TIMES	LENGTH
Jul 3-Jul 29	Tu/Th	6:35 PM (60717)	45 min
Jul 31-Aug 26	Tu/Th	6:40 PM (60718)	45 min



Certifications

Bronze Star

\$110 members/\$120 non-members

This course is a pre-Bronze Medallion training standard and excellent preparation for success in Bronze Medallion and a fun introduction to lifesaving sport. Bronze Star develops proficiency, lifesaving skill, and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts.

Prerequisite: Swim Patrol experience recommended.

CLASS DATES	DAYS	TIMES
Jul 7-Jul 18	M-F	11:20 AM-12:20 PM (60398)
Aug 18-Aug 29	M-F	9:00 AM-10:00 AM (60399)

Bronze Medallion & CPR-C

\$174 members/\$198 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 C. **Prerequisite:** Bronze Star or 13 years of age and Intermediate First Aid highly recommended.

CLASS DATES	DAYS	TIMES
Jul 14-16	M-W	8:30 AM-4:00 PM (60401)

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 AND current Intermediate First Aid.

CLASS DATES	DAYS	TIMES
Jul 21-Jul 24	M-Th	10:00 AM-3:30 PM (60402)

Aquatic Teaching Fundamentals

\$150 members/\$175 non-members

This introduction to aquatic teaching prepares candidates with knowledge and experience required for the Lifesaving Instructor course. It is designed to provide candidates with the proper knowledge and skills to teach swimming and safe behaviours and attitudes around water. The course will provide you with the instructional knowledge and theories on topics including stroke correction, mechanics of swimming, teaching, and learning methods, swimming skills, communication, safety supervision, and feedback. This course also includes in water volunteer experience with preschool and swimmer levels. **Prerequisites:** 14 years old and completed Swimmer 6

CLASS DATES	DAYS	TIMES
Jul 7-10	M-Th	9:00 AM-3:30 PM (60414)

Lifesaving Instructor(LSI)

\$175 members/\$200 non-members

Lifesaving Instructors are responsible for teaching and evaluating candidates participating in the Canadian Swim Patrol, Bronze Medals, Distinction, and Lifesaving Society CPR programs.

Prerequisite: 15 years old and Bronze Cross or higher, and Aquatic Teaching Fundamentals recommended.

CLASS DATES	DAYS	TIMES
Aug 25-27	M-W	9:00 AM-3:30 PM (60411)

Swim For Life Instructor

\$225 members/\$250 non-members

Swim Instructors are responsible for teaching and evaluating candidates participating in the Swim for Life and Canadian Swim Patrol programs. **Prerequisite:** 15 years old and Bronze Cross or higher, and Aquatic Teaching Fundamentals recommended.

CLASS DATES	DAYS	TIMES
Jul 28-Aug 1	M-F	9:00 AM-3:30 PM (60410)

Intermediate First Aid (IFA)

\$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, minimum age 13 years.**

CLASS DATES	DAYS	TIMES
Jul 17 & 18	Th-F	9:00 AM-5:30 PM (60406)

Intermediate First Aid (IFA) Recertification

\$86 members/\$99 non-members

Includes CPR-C and AED. **Prerequisites:** Current Intermediate First Aid.

CLASS DATES	DAYS	TIMES
Jul 25	F	9:00 AM-4:00 PM (60400)

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 Intermediate First Aid (IFA or AEC), 15 years of age.

CLASS DATES	DAYS	TIMES
Aug 18-Aug 22	M-F	9:00 AM-5:30 PM (60403)

National Lifeguard (NL) & Intermediate First Aid (IFA) & Oxygen Administration (O2) Recertification

\$101 members/\$116 non-members

Includes CPR/AED/O2 recertification.

Prerequisites: Proof of NL and Intermediate First Aid.

CLASS DATES	DAYS	TIMES
Aug 28	Th	8:30 AM-5:00 PM (60409)





Private Lessons

FOUR CLASSES:

\$100 members / 2nd person + \$50 || 3rd–5th person + \$25 each
 \$116 non-members / 2nd person + \$54 || 3rd–5th person + \$28 each

FIVE CLASSES:

\$125 members / 2nd person + \$62 || 3rd–5th person + \$32 each
 \$145 non-members / 2nd person + \$68 || 3rd–5th person + \$35 each

**MINIMUM AGE FOR
PRIVATE LESSONS IS 6**

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. **Each lesson is 30 minutes long.**

Contact a Customer Experience Representative at 780-960-5080 to register if more than one participant will be enrolled in one lesson.

CLASS DATES	DAYS	# OF CLASSES	START TIMES
Jul 2-Jul 14	M/W	FOUR	5:20 PM (60637) 7:20 PM (60638)
Jul 3-Jul 15	Tu/Th	FOUR	7:15 PM (60639) 7:20 PM (60640)
Jul 7-Jul 11	M-F	FIVE	9:00 AM (60641) 9:35 AM (60642) 10:10 AM (60643) 10:45 AM (60644) 11:20 AM (60645) 11:30 AM (60646) 11:55 AM (60647) 12:05 PM (60648)
Jul 14-Jul 18	M-F	FIVE	9:00 AM (60649) 9:35 AM (60650) 10:10 AM (60651) 10:45 AM (60652) 11:20 AM (60653) 11:30 AM (60654) 11:55 AM (60655) 12:05 PM (60656)
Jul 16-Jul 28	M/W	FOUR	5:20 PM (60657) 7:20 PM (60658)
Jul 17-Jul 29	Tu/Th	FOUR	7:15 PM (60659) 7:20 PM (60660)
Jul 21-Jul 25	M-F	FIVE	9:00 AM (60661) 9:35 AM (60662) 9:50 AM (60663) 10:45 AM (60664) 11:20 AM (60665) 11:55 AM (60666) 12:05 PM (60667)
Jul 28-Aug 1	M-F	FIVE	9:00 AM (60668) 9:35 AM (60669) 9:50 AM (60670) 10:45 AM (60671) 11:20 AM (60672) 11:55 AM (60673) 12:05 PM (60674)
Jul 30-Aug 13*	M/W	FOUR	5:00 PM (60675) 6:55 PM (60676) 7:20 PM (60677) (4 classes)
Jul 31-Aug 12	Tu/Th	FOUR	5:15 PM (60678) 6:30 PM (60679) 7:20 PM (60680) (4 classes)
Aug 5-Aug 8	Tu-F	FIVE	9:00 AM (60681) 9:40 AM (60682) 10:20 AM (60683) 11:00 AM (60684) 11:40 AM (60685) 12:20 PM (60686)
Aug 11-Aug 15	M-F	FIVE	9:00 AM (60687) 9:40 AM (60688) 10:20 AM (60689) 11:00 AM (60690) 11:40 AM (60691) 12:20 PM (60692)
Aug 14-Aug 26	Tu/Th	FOUR	5:15 PM (60693) 6:30 PM (60694) 7:20 PM (60695)
Aug 18-Aug 27	M/W	FOUR	5:00 PM (60696) 6:55 PM (60697) 7:20 PM (60698)
Aug 18-Aug 22	M-F	FIVE	9:00 AM (60699) 9:35 AM (60700) 10:10 AM (60701) 10:45 AM (60702) 11:20 AM (60703) 11:35 AM (60704) 11:55 AM (60705)
Aug 25-29	M-F	FIVE	9:00 AM (60706) 9:35 AM (60707) 10:10 AM (60708) 10:45 AM (60709) 11:20 AM (60710) 11:35 AM (60711) 11:55 AM (60712) (5 classes)



Swim Abilities

Swim Abilities Preschool (3-6 years)

\$60 members/\$70 non-members

This class is for children who have a disability diagnosis, OR children who would benefit from a slower paced lesson with increased supervision. Swimmers will progress at their own pace.

A PARENT/CAREGIVER AGED 16+ MUST ACCOMPANY EACH PARTICIPANT IN THE WATER.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 7-Jul 18	M-F	30 min	10:05 AM (61015)
Aug 5-Aug 15	M-F	35 min	10:10 AM (61016)

Swim Abilities Youth Beginner (6-12 years)

\$60 members/\$70 non-members

This class is for children who have a disability diagnosis, OR children who would benefit from a slower paced lesson with increased supervision. Swimmers will progress at their own pace.

A PARENT/CAREGIVER AGED 16+ MUST ACCOMPANY EACH PARTICIPANT IN THE WATER.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 7-Jul 18	M-F	30 min	9:30 AM (61017) 10:40 AM (61018)
Aug 5-Aug 15	M-F	35 min	9:30 AM (61019) 10:50 AM (61020)

Swim Abilities Teen/Adult Beginner (13+ years)

\$60 members/\$70 non-members

This class is for those who have a disability diagnosis or who would benefit from a slower-paced lesson with increased supervision. Swimmers will progress at their own pace. A variety of skills will be worked on, and swimmers will be individually changed based on their swimming skills. **A PARENT/CAREGIVER AGED 16+ MUST ACCOMPANY EACH PARTICIPANT IN THE WATER.**

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 7-Jul 18	M-F	30 min	11:50 AM (61021)
Aug 5-Aug 15	M-F	35 min	12:10 PM (61022)

Adapted Swim Sport Teen/Adult (13+ YEARS)

\$60 members/\$70 non-members

This class offers fitness and recreational swimming for those with disabilities and/or neurodivergence. Swimmers will work on a variety of skills including distance swims, diving, games, etc. **AN AIDE/ CAREGIVER WILL BE REQUIRED IN THE WATER OR POOL-SIDE TO SUPPORT THE SWIMMER AS NEEDED.**

PREREQUISITE: must be able to swim 25 metres unassisted by an adult/ flotation device. This class will take place in the main pool.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 7-Jul 18	M-F	30 min	11:15 AM (61023)
Aug 5-Aug 15	M-F	35 mins	11:30 AM (61024)

AN AIDE/CAREGIVER WILL BE REQUIRED IN THE WATER OR POOL-SIDE TO SUPPORT THE SWIMMER FOR ALL SWIM ABILITIES LEVELS.

Adult Swimming

Adult Swimmer 1 (16+ years)

\$70 members/\$80 non-members

Swimmers will work towards being able to complete short distance swims (10-15 m) on their front and back. They will work through swimming stroke fundamentals such as floats, rolls, glides, and kicks. Swimmers will develop their underwater skills as they continue to build their confidence in the water.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 2-28	M/W	50 min	6:40 PM (60392)
Jul 30-Aug 27*	M/W	50 min	5:40 PM (60393)

*No class Aug 4th

Adult Swimmer 2 (16+ years)

\$70 members/\$80 non-members

Swimmers will practice different entries into deep water. As they work on building strength and endurance, they will aim to be able to tread water for 1-2 minutes. New underwater skills are introduced. Swimmers will achieve the Swim to Survive standard by being able to roll into deep water, tread water for 1 minute, and swim 50 m. In addition to improving their front crawl, back crawl, and whip kick, swimmers will be introduced to breaststroke.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 3-Jul 29	Tu/Th	50 min	5:40 PM (60394)
Jul 31-Aug 26	Tu/Th	50 min	6:00 PM (60395)

*No class Aug 4th

Adult Swimmer 3 (16+ years)

\$70 members/\$80 non-members

Adult swimmers will work towards mastering front crawl, back crawl, and breaststroke. Challenging skills such as shallow dives, stride entries, and compact jumps will be completed as well as a focus on developing lifesaving kicks. Swimmers can expect to improve their fitness levels as they work on completing 300m workouts and 25-50m sprints.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 3-Jul 29	Tu/Th	50 min	5:40 PM (60396)
Jul 31-Aug 26	Tu/Th	50 min	6:00 PM (60397)

*No class Aug 4th





TLC SUMMER CAMPS

CAMP RATES

PRESCHOOL (3-5 YEARS)

FOUR DAYS (HALF-DAY)*

\$80 members/\$92 non-members

FIVE DAYS (HALF-DAY)

\$100 members/\$115 non-members

KIDS CAMPS (6-11 YEARS)

FOUR DAYS (FULL-DAY)*

\$160 members/\$180 non-members

FIVE DAYS (FULL-DAY)

\$200 members/\$225 non-members

PRE & POST CARE

Need an early start or a later pick up? No problem! Our qualified camp staff are here to help!

CAMP PRE CARE 8:00-9:00 AM

\$22 members/\$28 non-members (4-day camp)

60363	Tu-F	Aug 5 – Aug 8
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\$27.50 members/\$35 non-members (5-day camp)

60357	M - F	Jul 7 - Jul 11
60358	M - F	Jul 14 - Jul 18
60359	M - F	Jul 21 - Jul 25

60360	M - F	Jul 28 - Aug 1
60361	M - F	Aug 11 - Aug 15
60362	M - F	Aug 18 - Aug 22

CAMP POST CARE 4:00-5:00 PM

\$22 members/\$28 non-members (4-day camp)

60370	Tu-F	Aug 5 - 8
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\$27.50 members/\$35 non-members (5-day camp)

60364	M - F	Jul 7 - Jul 11
60365	M - F	Jul 14 - Jul 18
60366	M - F	Jul 21 - Jul 25

60367	M - F	Jul 28 - Aug 1
60368	M - F	Aug 11 - Aug 15
60369	M - F	Aug 18 - Aug 22



TLC SUMMER

CAMP STAFF

OUR SUMMER TEAM IS CERTIFIED IN HIGH FIVE
—THE BEST WAY TO PLAY!

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



The best way to play™

Motivation to Move Preschool (3–5 YEARS)

SUMMER CAMP SCHEDULE

Join us as we motivate your kids to discover play, movement, and creativity. Whether we are making crafts, playing games, or spending time outside, each week will offer a new theme and a new list of activities to keep your kids motivated and having fun!

\$100 members/ \$115 non-members (5 day)

\$80 members/ \$92 non-members (4 day) *Aug 5-8

<div><div><div>PRE CARE 8-9 AM</div></div></div>						4-DAY CAMP		
WEEK:		Week 1 Jul 7–11	Week 2 July 14-18	Week 3 July 21-25	Week 4 July 28-Aug 1	Week 5 August 5-8	Week 6 August 11-15	Week 7 August 18-22
Pre Care		60357	60358	60359	60360	60363	60361	60362
9:00AM -12:00PM	3-5 YEARS	Building Blocks 60336	Kick Start 60337	Ready, Set, PLAY! 60338	Mini Movers 60339	Tiny Explorers 60348	Crafty Creations 60340	Storybook Adventures 60341
1:00PM-4:00PM	3-5 YEARS	Storybook Adventures 60342	Tiny Explorers 60343	Superhero Training 60344	Crafty Creations 60345	Building Blocks 60349	Ready, Set, PLAY! 60346	Mini Movers 60347
		Post Care	60364	60365	60366	60367	60370	60368

BUILDING BLOCKS

This is the perfect camp opportunity to keep your little builders busy. Whether it's building the tallest tower or a home with a roof, we will experiment with different building materials to see all that can be created. Don't worry, we will get active too! From exploring outside natural materials to our own building tools, we guarantee your child will be tired by the end of the day.

STORYBOOK ADVENTURES

No storybook is complete without its adventure. Each day we will read a book and theme our activities around the stories of each character. Our imaginations will be running wild as we step into each page.

TINY EXPLORERS

Discover the world of nature by just stepping into TLC's backyard. With parks, trees, a pond and more, we're left with endless possibilities of fun in this camp. No need for indoor shoes here because nature is our playground!

READY, SET, PLAY!

Hustle on over to the TLC for this exciting learn-through-play adventure as we take your kids through a variety of unique sports and creative activities. These are all based on the fundamental movements that keep your kids healthy and ready to play!

SUPERHERO TRAINING

Let us help you be the superhero you have always wanted to be, with creative and interactive games we introduce the fundamental movement skills to promote the superhero inside all of us. With creative challenges and fun activities, some might even say this camp is "Marvelous!"

CRAFTY CREATIONS

Let your child's imagination run free as our instructors engage your children to get creative with numerous materials. Get ready to get MESSY!

KICK START

Why wait around for your turn to play when the best time to start is now! Our main outcome is to get moving and have fun but with a learn-through-play philosophy you'll be introduced to many fundamental movement skills!

MINI MOVERS

Welcome Mini Movers, where learning and creativity come together in a safe and exciting environment designed for your little ones! Every day is packed with playful activities that encourage social skills, creativity, and physical development to bring out all the creative ways to move our bodies and minds. It is sure to keep your kiddos laughing all week!



MOTIVATION TO MOVE (6–11 YEARS)

SUMMER CAMP SCHEDULE

Join us as we motivate your kids to discover play, movement, and creativity. Whether we are making crafts, playing games, or spending time outside, each week will offer a new theme and a new list of activities to keep your kids motivated and having fun!

\$200 members/ \$225 non-members (5 day)

\$160 members/ \$180 non-members (4 day) *Aug 5-8

PRE CARE 8-9 AM		4-DAY CAMP						
WEEK:		Week 1 JULY 7-11	Week 2 JULY 14-18	Week 3 JULY 21-25	Week 4 JULY 28- AUG 1	Week 5 AUGUST 5-8	Week 6 AUGUST 11-15	Week 7 AUGUST 18-22
Pre Care		60357	60358	60359	60360	60363	60361	60362
9:00AM-4:00 PM	6-11 YEARS	FUNDamentals 60350	Game On! 60351	Venture Out! 60352	Artist HUB 60353	Odd & Even Sports 60356	Wizardly Ways 60354	Trail Blazers 60355
Post Care		60364	60365	60366	60367	60370	60368	60369

FUNDAMENTALS

ARTIST HUB

POST CARE
4-5 PM

POST CARE
4-5 PM

FUNDAMENTALS

The goal of Fundamentals is to be physically active and build a strong foundation for sports, while incorporating these through fun and cooperative games. Qualified leaders teach the fundamental movement skills in a fun environment and give kids the tools to be active for life!

GAME ON!

This week we will challenge participants with a variety of different sports and activities that will put their target practice and skills to the test. Floor curling, pickleball, and spikeball, just to name a few...

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!

ODD AND EVEN SPORTS

This is your chance to try some new and different sports outside the traditional Soccer or Hockey offerings. You will have the opportunity to try Net Sports, Lacrosse, ultimate Frisbee, and many more. You probably have the skills, let us put them to use in some new and fun sports!

ARTIST HUB

Embark on an exciting hands-on experience of a variety of artistic materials, themes and styles that will stimulate everyone's artistic side.

TRAIL BLAZERS

Get ready to blaze a trail this Summer with the TLC as we explore a variety of outdoor games, nature crafts and exploration skills that will keep your kids striving for new adventures. This class will have your adventurer's creating and discovering more!

WIZARDLY WAYS

This enchanted Camps will take you on a journey as we explore your imagination and wacky ways of wizarding. We will get to craft our own magical hats, wands and use them in a variety of fun games and exciting activities throughout the week. All wizards are welcome!





Wellness

Children & Youth

EXPLORE & PLAY

2025/2026 TLC Active Kids Preschool (3–5 years) \$1800

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, skating, or instructed dryland days once per month. We require minimal parent helper days and have no fundraising expectations. Please call (780) 948-3214 for more information about subsidies and payment.

3–4 years

BARCODE	DAYS	START DATE – END DATE	TIME
60300	Tu/Th	Sep 9 - Jun 16	9:00–11:30 AM
60301	Tu/Th	Sep 9 - Jun 16	9:00–11:30 AM

4–5 years

BARCODE	DAYS	START DATE – END DATE	TIME
60302	M/W	Sep 8 - Jun 15	9:00–11:30 AM
60303	Tu/Th	Sep 9 - Jun 16	12:15–2:45 PM

Home School Physical Education (5–16 years) \$240 members/\$285 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.

5–6 years

BARCODE	DAYS	START DATE – END DATE	TIME
60371	W	Sep 10–Apr 29	1:00–2:15 PM

7–8 years

BARCODE	DAYS	START DATE – END DATE	TIME
60372	W	Sep 10–Apr 29	1:00–2:15 PM

9–11 years

BARCODE	DAYS	START DATE – END DATE	TIME
60373	W	Sep 10–Apr 29	1:00–2:15 PM

12–16 years

BARCODE	DAYS	START DATE – END DATE	TIME
60374	W	Sep 10–Apr 29	1:00–2:15 PM

* No classes Nov 12, Dec 24–31, Apr 1

Youth Wellness

Home Alone Course (9–15 years)

\$40 members/\$50 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.

CLASS DATES	DAYS	START TIMES
Jul 4	F	12:30-4:30 PM (60404)
Aug 26	Tu	12:30-4:30 PM (60405)

Youth RX (10–13 years)

\$30 members/\$40 non-members

This course is highly recommended for all youth aged 10 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 10–13 must be certified with Youth RX to use the equipment in the Fitness Centre and Fitness Studios on their own.

CLASS DATES	DAYS	START TIMES
Jul 9	W	10:00 AM-12:00 PM (60390)
Aug 6	W	10:00 AM-12:00 PM (60391)

Babysitting Course (11–15 years)

\$68 members/\$78 non-members

For youth 11 to 15 years of age, this class covers the responsibilities of a babysitter, tips on how to create a safe environment, basic child care skills for children of all ages, and what to do in case of an emergency.

CLASS DATES	DAYS	START TIMES
Jul 2 & 3	W-Th	12:30-5:30 PM (60407)
Aug 27 & 28	W-Th	12:30-5:30 PM (60408)



Adult Wellness

CONDITIONING/STRENGTH

Adult RX

\$30 members/\$40 non-members

This course is for older adult or adults new to the Fitness Center who have an interest in using the exercise equipment at the TLC. Learn how to work out safely and effectively for your developmental level. Must be 18+ to register.

BARCODE	DAYS	START DATE – END DATE	TIME
60387	M	Jul 7	12:00-2:00 PM
60388	M.	Aug 11	12:00-2:00 PM

Absolute Strength Tabata

\$70 members/\$84 non-members

This class is for those who want to take their workout to the next level. Participants can expect to increase overall cardiovascular fitness and muscle mass, as well as fat loss. Be ready to sweat in this high-intensity strength and cardiovascular class that will push your body to the edge. This class will utilize a variety of exercises in a variety of Tabata and timed intervals. **Seven classes.**

CLASS DATES	DAYS	START TIMES
Jul 9-Aug 20	W	6:45-7:45 PM (60389)





Health & Wellness

SUPPORT YOUR NUTRITION GOALS with the TLC's Registered Dietitian*

Take **CARE** of your nutrition health with a Registered Dietitian. These packages are designed to be flexible to your needs and are available in person or virtually. All prices listed are the **price per person**. Please inquire about group rates for your family, team, classroom, or community group!

C) CONNECT

\$160 members/\$190 non-members

One **60-minute** initial consultation and assessment one-on-one with the Dietitian 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'.*

R) REFINE

\$80 members/\$95 non-members

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.

A) ADAPT

\$240 members/\$285 non-members

One **60-minute** initial consultation and assessment one-on-one with the Dietitian 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.

E) ENHANCE

\$435 members/\$520 non-members

This is a total of **180 minutes** that can be split up how best suits your life. For example, you may want one 60 minute session and four 30 minute sessions, three 60 minute sessions, or two 90 minute sessions. These sessions can start with a thorough initial assessment as in Connect and Adapt, then provide guided adjustments to eating patterns, that may benefit your physical, mental and metabolic health. Support is provided for meal planning, label reading, food allergies, plant-based patterns and family health and conditions such as diabetes, weight, heart and vessel, digestive and kidney health. This time can enhance and establish confidence with tangible habit change.

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.

Professional Services



PERSONAL TRAINING

Booking sessions with a Personal Trainer provides you with guidance as you make the decision to be healthier and more active. A Trainer can help reduce the risk of injury, provide motivation, prescribe individualized training made just for you, and introduce you to creative and fun new ways to exercise.

How to get started on your wellness journey at the TLC!

STEP 1: Choose a TLC Personal Trainer

Check out Trainer bios online at www.trileisure.com to see the wide variety of skills and education of our staff. Contact us at info@trileisure.com or 780-960-5080 if you're not sure who would be the best fit for your goals.

STEP 2: Purchase & Book a Consultation

Consultation Price

\$60 members/\$70 non-members

Once you know which Trainer you are working with, you will purchase an initial consultation and set up a time for this first session. At this session you will complete required paperwork, discuss and set goals, and you may perform baseline fitness assessments so that your Trainer can best plan the next steps.

If you have a specific medical condition or chronic disease, you may be referred to our Certified Exercise Physiologist (CEP), who is trained to assess and oversee exercise programs for those with diagnosed medical conditions. For CEP packages and prices, please contact us.

STEP 3: Continue on Your Wellness Journey

Depending on your goals, you will decide with your Trainer how often you will schedule sessions and make a plan for the future. On-going sessions may include additional fitness assessments to track your progress as determined by you and your trainer together.

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.

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

INDIVIDUAL PERSONAL TRAINING PRICES:

Consultation/Single Session

\$60 members/\$70 non-members

Consultation + Single Session

\$115 members/\$135 non-members

3 Individual Sessions

\$165 members/\$195 non-members

5 Individual Sessions

\$260 members/\$310 non-members

9 Individual Sessions

\$450 members/\$540 non-members

12 Individual Sessions

\$600 members/\$720 non-members

SMALL GROUP PERSONAL TRAINING:

Are you a little too nervous to come and train by yourself? We can train up to four friends or family members in a small group setting.

Consultation/Single Session (price per person)

\$45 members/\$50 non-members

3 Sessions (price per person)

\$120 members/\$135 non-members

5 Sessions (price per person)

\$200 members/\$225 non-members

9 Sessions (price per person)

\$315 members/\$360 non-members

12 Sessions (price per person)

\$384 members/\$456 non-members





Drop-In Fitness

Our drop-in classes are designed to get you motivated and moving your way to a healthier YOU! Classes are available on a first-come, first-served basis. For the safety and enjoyment of all, the number of participants is limited.

Benefit thru Resistance

A resistance training and cardio program designed to help older adults develop balance, muscle strength, heart health, core stability and aids in preventing osteoporosis.

DAYS	START DATE – END DATE	TIME
M/W	Jul 7-Aug 20	10:30–11:30 AM*

*No class Aug 4

Chisel & Stretch

This class is designed to help you improve your posture, retain or enhance your mobility, and make everyday movements feel effortless. Through a series of intentional exercises and stretches, we'll target key areas of the body to restore balance, flexibility, and strength. With a focus on alignment, joint health, and functional movement patterns, you'll leave feeling more aligned, mobile, and ready to tackle whatever your day brings. Perfect for all fitness levels looking to enhance their posture and move better in daily life!

DAYS	START DATE – END DATE	TIME
Tu/Th	Jul 8-Aug 21	8:30–9:45 AM

H.I.I.T & Core

A powerful combination of High-Intensity Interval, Training and core focused exercises. This workout targets your entire body to enhance both cardiovascular fitness and core strength.

DAYS	START DATE – END DATE	TIME
M	Jul 7-Aug 18	5:30–6:15 PM*

*No class Aug 4

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 8-Aug 21	5:30–6:30 PM

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/F	Jul 7-Aug 22	9:00–10:00 AM*

*No class Aug 4

***Classes outside Daytime Membership times are not included. Track only memberships do not include access to Drop-In classes.**

MINIMUM AGE 14 TO PARTICIPATE IN DROP-IN CLASSES





Drop-In Aquatics

Combo High-Intensity AquaFit

Come experience an invigorating class that will get your heart pumping and muscles working against the resistance of the water. Whether you are jumping and hopping in the shallow end or enjoying the range of motion that being suspended in the deep end provides for your body, you will leave feeling energized and ready for the day!

DAYS	START DATE – END DATE	TIME
M/W/F	Jul 2-Aug 29	7:00 - 7:45 AM
M/W/F	Jul 2-Aug 29	7:00 - 7:45 AM
M/W	Jul 2-Aug 27	7:45 - 8:30 PM***

*No class Aug 4

**Note: Number of participants is limited to 45

Combo 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 3-Aug 28	7:00–7:45 AM
Tu/Th	Jul 3-Aug 28	8:00–8:45 AM



AquaFit Guidelines

Health Screening: Let the Instructor know about any medical issues, injuries, or limitations before class starts.

Depth Awareness: Be mindful of your comfort level in the water and stay in safe areas where you can maintain balance.

Warm-Up: Start each class with a proper warm-up to get your muscles ready and prevent injuries.

Inclusivity: Create a welcoming space where everyone feels included, no matter their age, ability, fitness level.

Punctuality: Arrive on time so the class can start promptly.

Respect: Follow the Instructor's guidance and avoid disruptive behaviour

Noise Levels: Keep conversations low during instruction to avoid distractions.

Personal Space: Give others enough room to move safely.



Drop-In SPORTS - July 2 to August 31

Volleyball (gymnasium or field)

DAYS	START DATE – END DATE	TIME
Mon	Jul 7-Aug 25	8:00-10:00 PM
Sa	Jul 5-Aug 30	12:00-2:00 PM
Su	Jul 6-Aug 31	4:30-6:30 PM

Badminton (gymnasium or field)

DAYS	START DATE – END DATE	TIME
Wed	Jul 2-Aug 27	8:00-10:00 PM
Sa	Jul 5-Aug 30	2:30-4:30 PM
Su	Jul 6-Aug 31	11:30 AM-1:30 PM

Pickleball (gymnasium or field)

DAYS	START DATE – END DATE	TIME
Tu	Jul 8-Aug 26	8:00-10:00 PM
Sa	Jul 5-Aug 30	9:30 -11:30 AM
Su	Jul 6-Aug 31	9:00-11:00 AM

Basketball (gymnasium)

DAYS	START DATE – END DATE	TIME
Th	Jul 10-Aug 28	8:00-10:00 PM
Sa	Jul 5-Aug 30	5:00-7:00 PM
Su	Jul 6-Aug 31	2:00-4:00 PM

Inline (field)

DAYS	START DATE – END DATE	TIME
Sun	Jul 6-Aug 31	7:00-8:30 PM

Ball Hockey (field)

DAYS	START DATE – END DATE	TIME
Sa	Jul 5-Aug 30	7:00-8:30 PM

Drop-In Arena

Certified hockey helmets (CSA Standard) are REQUIRED when on the ice for ALL skaters (including ADULTS). Bike helmets are not permitted.

Arena Activities:

A variety of activities, such as shinny, ringette, public skating, stick and puck, are scheduled on PD Days, Holidays, or when Ice is available. **Details online.**

Leisure Ice:

- Available daily for drop-in during Operating hours.
- No Sticks or Pucks allowed (the Leisure ice is surrounded by glass windows).
- A wristband is required

Kindness is Cool! Please bring positive energy to play at the TLC by treating TLC staff and fellow patrons the way you would like them to treat you! Life is full of surprises! Activities subject to change.



Scan here for the current online drop-in schedule

With your daily admission, TLC Pass or Membership*, you can attend any of our drop-in Aquafit, Dryland Fitness Classes or Sports.

*Track and Daytime membership restrictions apply.

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