

LIVE Life To
The FULLEST

YOUR TRI Active Life

REGISTRATION

12:01 AM ONLINE @ trileisure.com

5:00 AM BY PHONE OR IN PERSON

November 27 | Members

November 29 | Non-Members

ONLINE REGISTRATION

Be sure to set up your account
prior to registration day.
ASK US HOW!

trileisure.com

 @trileisure

 /trileisurecentre

 /trileisure

T 780.960.5080

info@trileisure.com

221 Jennifer Heil Way,

Spruce Grove, AB, T7X 4J5



Welcome to the TLC!

Welcome back for another winter at the TLC!

We are excited to once again offer a dynamic range of programs and services for the residents of the Tri-Municipal Region—truly something for every resident to get out of the house and moving this season.

Be sure to check out the new **Myshak Group Community Outdoor Rink** this winter, located just outside of the front doors here at the TransAlta Tri Leisure Centre. This new rink was built by the City of Spruce Grove for all residents to use year-round—for skating and shinny in the winter, and for basketball and pickleball in the spring, summer and fall. And the best part? It is free to use!

We feel so fortunate to be the place where the community comes to meet up, work out, play and hang out. We also love to get out into the community and attend various events throughout the year. Watch for us again this spring travelling around the region in our TLC Events Cruiser, spreading our message of healthy, active living.

Thank you for supporting the TLC—this is your facility, make the most of it!

*LIMITED PAID BOOKINGS WILL BE AVAILABLE

Please call us at 780-960-5080
or email bookings@trileisure.com
for more info!

SIGN UP for our monthly
newsletter on our
website to receive special
event info, TLC updates
and more!

HOURS OF OPERATION

JANUARY TO JUNE

Monday to Friday	5:00am–10:00pm
Saturday & Sunday	6:00am–9:00pm

HOLIDAYS AND SPECIAL CLOSURES

Dec 31: 8:00am–4:00pm	Apr 19: 6:00am–9:00pm
Jan 1: CLOSED	Apr 22: 6:00am–9:00pm
Jan 5: Early Closure at 5:00pm	May 20: 6:00am–9:00pm
Feb 18: 6:00am–9:00pm	

**TOONIE SWIM IS NOW THE LAST SATURDAY OF EACH MONTH,
FROM 5:00 PM – 9:00 PM!**

Public Swim Hours

JANUARY TO JUNE

Monday, Wednesday & Friday	5:00am–10:00pm
Tuesday & Thursday	5:00am–4:00pm, 7:30pm–10:00pm
Saturday	6:00am–9:00am, 1:00pm–9:00pm
Sunday	6:00am–9:00pm

NO PUBLIC SWIM (LESSONS ONLY)

Tuesday & Thursday: 4:00pm–7:30pm

No recreational swim and/or waterslide will be available with the pool reserved for registered lessons only.

Saturday 9:00am–1:00pm

No recreational swim and/or waterslide will be available with the pool reserved for registered lessons only.

***Life is full of surprises—give us
a call, see our website or follow
us on Facebook for last-minute
schedule changes.**

TLC Amenities

Century 21 Aquatic Complex

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

Pizza 73 Gymnasium

Fenwyk Fitness Complex and Fitness Track

Indoor Fields

- ReMax Community Indoor Field (South)
- Beaverbrook Communities Indoor Field (North)

North Central Co-Op Children's Play Centre

NWT Promotions Arena Complex

- Allstate Insurance Leisure Ice
- TerraCore Rentals Ltd. Arena
- Northwell Oilfield Hauling Arena

Meeting Rooms

Booster Juice

The Fix Coffee Co.

MTM Concession, Shotz Lounge

Parkland Skate Services

Parkland Rehabilitation

- Sports and orthopedic physiotherapy
- Acupuncture

Myshak Group Community Outdoor Rink

Registration

Nov 27 members | **Nov 29** non-members

12:01 AM online at trileisure.com | **5:00 AM** by phone or in person

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

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

Three Easy Ways To Register:

Online: www.trileisure.com/programs

By Phone: 780-960-5080 during operating hours

In Person: Customer Experience Desk at the TLC during operating hours

How Do I Register Online?

Existing TLC customers - Know your password?

If you already have a customer account at the TLC with your email address attached and you know your password, click the **REGISTER** button at the top right corner of the screen and enter your email address/password to log in.

New to online registration or have forgotten your password?

If you have a customer account at the TLC with a valid email address attached but have never logged in online before (or you have forgotten your password), you can get a password reset emailed to your account by clicking the **REGISTER** button on our home page, then clicking the link displayed.

New to the TLC?

If you have never had a customer account at the TLC, you can create a NEW Online Account by clicking the **REGISTER** button on our home page and completing the **NEW ACCOUNT** information. Once you have created your personal Online Account, you will need to contact us at 780-960-5080 to complete the account set-up process – this is important if you have multiple family members.



Logging in and registering for TLC courses online

Click the **REGISTER** button at the top right corner of the screen and enter your email address/password to log in.

Once you are logged in to your Online Account, you can view your account history, upcoming programs and outstanding invoices. You can also browse available programs using the **PROGRAMS** button on the menu.

You can add or remove programs to your basket for various family members before checking out and paying with Visa/MasterCard. You will receive payment confirmation and program details via email when your purchase is complete. Don't forget to log out when you are finished!

If you do not see your family members listed and you are an existing TLC account holder, please call us at 780-960-5080 or email info@trileisure.com and we can complete your account set-up and answer any questions you may have.

FAQs:

What if my child is under age?

If your child is under the required age at the time of registration and will become the required age within the duration of the course, please contact us by phone (780-960-5080) or in person to register in the course of your choice.

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.

Waiting lists

Waiting lists are taken for all courses. You will be contacted if a place becomes available in the course in which you are waitlisted. If demand is sufficient and appropriate space and instructors are available, another course might be added. We will contact you directly with that information. Waitlists also available online at time of registration.

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 cancellations and refunds

Courses with insufficient enrollment may be cancelled five days prior to the course start date. We will contact you via phone in these cases and will offer a full credit or refund if you prefer.

Unexpected cancelled classes during the scheduled length of the course (due to facility closures for example), will result in either a one class credit/refund or an extra class being added at a time and date that is possible based on facility and instructor availability. If a participant cannot attend on the additional class time and date, a one class credit/refund will be offered.

Course withdrawal refund policy

If you provide 10+ days notice ahead of a course start date, you may withdraw from a course subject to a 15% administration fee on the course fee.

No refund or credit will be issued to any participant who withdraws less than 10 days prior to the start of a course. Consideration for credits/refunds will be made due to medical reasons if accompanied by a Doctor's Certificate. The amount of the refund will be prorated for the remaining classes on the date indicated in the medical slip.



Admission, Passes AND Memberships

DAY ADMISSION AND PASSES

TLC PASSES	DAILY RATE	10-VISIT PASS	ONE MONTH	THREE MONTHS
Adult (18+)	\$10.50	\$94.50	\$66.50	\$167.50
Seniors (60-79)*	\$7.25	\$65.20	\$48.50	\$125.50
Youth (13-17)	\$7.00	\$63.00	\$44.50	\$111.50
Child (2-12)	\$4.75	\$42.70	\$25.00	\$67.50
Tots (under 2)	FREE	FREE	FREE	FREE
Family**	\$25.00	\$225.00	\$170.00	N/A

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

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

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!

Members can take advantage of our RFID silicone wristbands – no waiting, just scan and go!

TLC MEMBERSHIPS	MONTHLY CONTINUOUS	ANNUAL PRE-PAID
Adult (18+)	\$54.60	\$546.00
Seniors (60-79)*	\$41.00	\$410.00
Youth (13-17)	\$20.50	\$205.00
Child (2-12)	\$19.50	\$195.00

With an adult membership, household family memberships of equal or lesser value are discounted by 15%.

Additional Adult	\$46.41	\$464.10
Additional Senior	\$34.85	\$348.50
Additional Youth	\$17.43	\$174.25
Additional Child	\$16.58	\$165.75

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+)	\$39.90	\$399.00
Seniors (60-79)	\$30.50	\$305.00

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+)	\$26.00	\$195.00
Seniors (60-79)	\$21.00	\$155.00
Youth (13-17)	\$10.00	\$65.00
Child (2-12)	\$9.50	\$62.50

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 one-time complimentary 10-visit pass.

ADULT (18-59 YEARS)	SHARED MONTHLY CONTINUOUS	SHARED ANNUAL PRE-PAID
	\$82.50	\$825.00

Corporate Membership Plans

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

BULK CORPORATE MEMBERSHIP

- 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

- 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%.

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

Visa, MasterCard or bank account information required for monthly automatic payment. All monthly continuous memberships require a minimum of three automatic payments.

WELLNESS PASS	YEARLY
Adult (18+)	\$112.50
Seniors (60–79)	\$89.50
Youth (13–17)	\$69.50
Child (0–12)	\$46.50

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 and access to member registration dates for programs and 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 nine years to come join in so that you can enjoy peace of mind (and a little peace and quiet) while you visit the TLC.

This is a busy, popular service, so we highly recommend you pre-book to ensure you get a spot! Check online for times and forms at trileisure.com.

Email childminding@trileisure.com for more information!

WINTER–SPRING (January–June)

	HOURS OF OPERATION*	PRICING
M/W/F	8:45am–12:15pm	\$6.00/hr members \$8.00/hr non-members
Tu/Th	8:45am–2:30pm	NO CHILD MINDING AVAILABLE ON: Dec 24–26, Dec 29, Dec 31, Jan 1, Feb 16, Feb 18, Apr 19, Apr 20, Apr 22, May 18, May 20.
M–Th (PM)	5:15pm–8:00pm	*Times are subject to change. Please see our website for detailed info!

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5:00 AM BY PHONE OR IN PERSON

November 27 | Members
November 29 | Non-Members

ONLINE REGISTRATION

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prior to registration day.
ASK US HOW!

CHILD MINDING SCAN CARDS AVAILABLE!

Pre-purchase and load your
cards at the front desk for
scanning in child minding!

\$60 for 10 hours
(members)

\$80 for 10 hours
(non-members)



Blaire, pictured here at 3 years old, had already fallen in love with the water.

Pool School

TLC Program
Gives Aspiring
Lifeguards/
Instructors
Their First
Taste of Teaching

Fourteen-year-old Blaire Buchan
thinks everyone should take
swimming lessons.

"It's very important to feel comfortable in the water," says the Grade 9 student. "So many people think the water is something dangerous or that it's not important to know about. But once you learn how to swim, you can do so many things with it."

It's an insightful philosophy for a young teen, and one that continues to play an important role in Blaire's life. One day, she hopes to become a lifeguard so she can help others keep safe while they discover their own love of swimming.

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Blaire and her family's Parkland County home is just a 10-minute drive away from the Tri Leisure Centre (TLC). Her parents have been bringing her to the centre to take part in various programs since she was three years old. Though she has tried—and enjoyed—lots of active pursuits, swimming has long been her favourite.

Today she hits the pool at least three times a week for various aquatic training programs.

In fact, it seems nothing can keep her away from the water. Even when she goes on summer vacation to her family's farm in Saskatchewan, she still gets up most mornings at 8 a.m. to take swimming lessons in an often freezing-cold lake.

After all these years, she has a lot to show for her effort and is nearing her final goal. Blaire has passed all 10 levels of swimming instruction, plus her Bronze Medallion. She just has one more level to go, the Bronze Cross, before she'll be eligible to take her final lifeguarding exams. Then, once she turns 16, she can apply to become a guard.

In the meantime, she's been taking part in two unique programs that will give her the swimming skills and safety training she needs to one day supervise the deck on her own.

First, the Junior Lifeguard Club offers extra training to local swimmers. Blaire has been faithfully attending for the past five years, in between her other swimming and diving lessons. As she explains, it offers a mix of lifeguarding techniques, endurance training (including lots of laps!), and practical skills like towing mannequins in the water, swimming under ropes, and throwing life lines.

"I've gotten a lot better at swimming, I used to be not that fast, now I can go really quickly. I've also gotten much better at carrying things and throwing things in the water. And I've gotten quite good at a dive technique where you feel like you're really soaring over the water." Next is the Future Aquatic Leaders, which Blaire completed just before the school year ended last spring. A new program at the centre, it offers young people like Blaire the chance to work alongside instructors, observing and contributing to lessons.

The purpose of the program is to help give participants their first taste of teaching, so they can picture what it might be like to become an instructor. Blaire loved the confidence and excitement that came along with helping young children master basic strokes. The program also prepares students to take their certification courses, so they know what to expect.

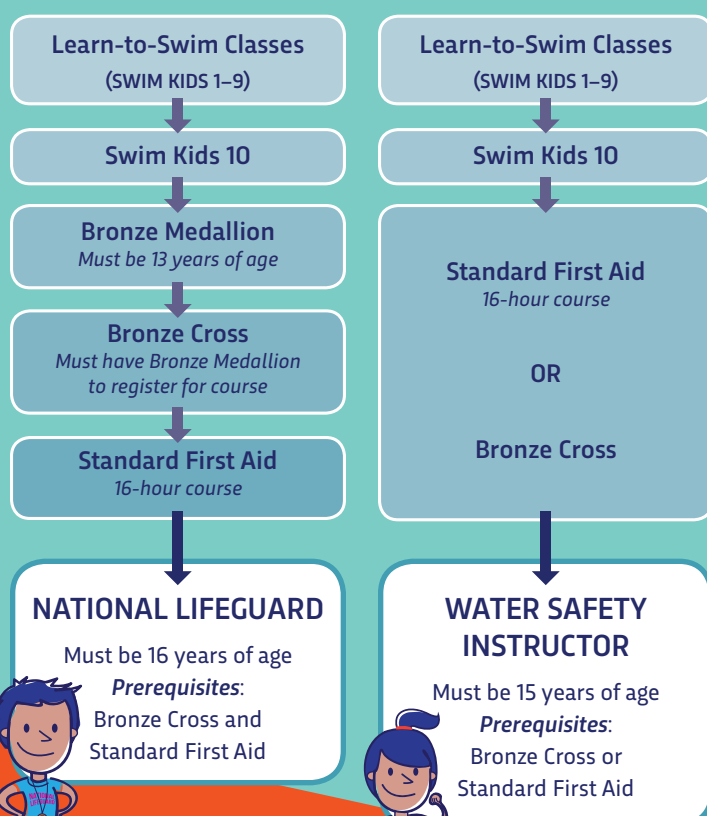
"I like the success you feel when [the kids] get it right, and the amount of pride when you see them doing something for the first time. When they're no longer afraid of the water, you feel good, because you're teaching them how to do something important for their life."

Overall, Blaire can't wait until it's her turn to step onto the deck with a whistle of her own. And, she can't imagine doing it anywhere other than her aquatic home away from home, the TransAlta Tri Leisure Centre.

"Everyone there is really nice. No one ever puts you down, they're all supportive and encouraging. It's like a big family."

Aquatics Progression

The progression through
LESSONS to LIFEGUARD or AQUATICS INSTRUCTOR.



Aquatics

Adult ACTIVE FOR LIFE

MASTERS Swimming

SESSION	3 workouts/week	2 workouts/week
WINTER/ SPRING	\$189 members/ \$247 non-members	\$126 members/ \$164 non-members

Catering to all levels of adult swimming ability, this program provides the structure you need to stay focused, the fun to stay motivated and the workouts to get in shape. You don't need to be a former athlete or even mildly competitive to participate, but you must be able to swim two lengths of the pool comfortably to join.

BARCODE	DAYS	START DATE – END DATE	TIME
46871 2 workouts	M/W	Jan 7–Mar 20	8:15pm–9:15pm
46872 3 workouts	Tu/Th	Jan 8–Mar 21	6:00am–7:00am
	Sa	Jan 12–Mar 23	7:45am–8:45am

BARCODE	DAYS	START DATE – END DATE	TIME
46993 2 workouts	M/W	Apr 8–Jun 17	8:15pm–9:15pm
46994 3 workouts	Tu/Th	Apr 9–Jun 20	6:00am–7:00am
	Sa	Apr 13–Jun 22	7:45am–8:45am

Adult SWIM BASICS

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.

\$78 members/\$89 non-members

BARCODE	DAYS	START DATE – END DATE	TIME
46875	Sa	Jan 12–Mar 23	11:45am–12:45pm

\$70 members/\$80 non-members

BARCODE	DAYS	START DATE – END DATE	TIME
46876	Su	Apr 14–Jun 23	9:00am–10:00am

**NO SWIM LESSONS
FEB 15–18 / APR 19–22
MAY 17–20**

Adult SWIM STROKES

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. Some experience is necessary, but we welcome all skill levels.

\$78 members/\$89 non-members

BARCODE	DAYS	START DATE – END DATE	TIME
46877	Sa	Jan 12–Mar 23	11:45am–12:45pm

\$70 members/\$80 non-members

BARCODE	DAYS	START DATE – END DATE	TIME
46878	Su	Apr 14–Jun 23	10:05am–11:05am

Aqua Remedy

\$55 members/\$60 non-members

This class is for people with chronic pain, arthritis, fibromyalgia, limited mobility, and hip and knee problems. It will be a gentle aquatic fitness class taking place in warm, waist-deep water and geared towards developing strength, increasing range of motion, functional movements and flexibility with a mild cardio workout.

BARCODE	DAYS	START DATE – END DATE	TIME
46879	Tu/Th	Jan 8–Feb 7	2:45pm–3:30pm
46880	Tu/Th	Feb 12–Mar 14	2:45pm–3:30pm
46881	Tu/Th	Apr 9–May 9	2:45pm–3:30pm
46882	Tu/Th	May 14–Jun 13	2:45pm–3:30pm

Adult Swim—Scared Stiff

\$78 members/\$89 non-members

Do you have the desire to learn to swim, but are too scared to try? In this adult begin-to-swim course you will develop comfort in the water through basic floatation, movement and breathing skills for shallow water. The instructor will work patiently with you to help you overcome your fear of water and learn how much fun it can be to swim. 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
46873	Sa	Jan 12–Mar 23	10:55am–11:40am
46874	Sa	Apr 13–Jun 22	10:55am–11:45am

CERTIFICATIONS

AFLCA Exercise Theory

\$220 member/\$245 non-member

A minimum 24 hour course covering 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
46869	F/Sa/Su	Feb 1–3	9:00am–5:30pm

AFLCA Aquatic Exercise Specialization

\$190 member/\$210 non-member

A minimum 20-hour course covering 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
46870	F/Sa/Su	Apr 26–28	9:00am–4:30pm

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
46862	Th–Su	Feb 7–10	9:00am–2:00pm

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
46863	Sa–M	Mar 23–25	11:00am–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), 16 years of age.

BARCODE	DAYS	START DATE – END DATE	TIME
46864	Tu–Sa	Mar 26–30	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
46858	Sa	Jun 1	1:00pm–8:30pm

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
46867	Sa/Su	Mar 9, 10	9:00am–5:30pm

Standard First Aid (SFA) Recertification Includes CPR-C and AED

\$86 members/\$99 non-members

BARCODE	DAYS	START DATE – END DATE	TIME
46859	F	Jan 18	9:00am–4:00pm
46860	Sa	Apr 13	9:00am–4:00pm
46861	F	Jun 14	9:00am–4:00pm

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
46974	F	Mar 1	7:00pm–9:00pm (Parent Meeting)
	Sa	Mar 2, 9, 16	1:00pm–4:00pm
	F	Jun 7	6:00pm–9:00pm
	Sa/Su	Jun 8, 9	1:00pm–6:00pm
	F	Jun 21	6:00pm–9:00pm
	Sa/Su	Jun 22, 23	1:00pm–6:00pm

Children & Youth

PARENTED



1. Starfish (4–12 MONTHS) \$55 members/\$65 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 (30 min)
Jan 8–Feb 7	Tu/Th	10:10am (46278)
Jan 8–Mar 12	Tu	5:10pm (46279)
Jan 10–Mar 14	Th	6:00pm (46280)
Jan 12–Mar 23	Sa	10:10am (46281)
Jan 13–Mar 24	Su	11:20am (46282)
Feb 12–Mar 14	Tu/Th	9:00am (46283)
Apr 9–Jun 11	Tu	5:10pm (46284)
Apr 11–Jun 13	Th	6:00pm (46285)
Apr 13–Jun 22*	Sa	10:20am (46286)
Apr 14–Jun 23*	Su	11:40am (46287)
May 15–Jun 19	M/W	9:35am (46288)

* 9 weeks

**NO SWIM LESSONS
FEB 15–18 / APR 19–22
MAY 17–20**



2. Duck (12–24 MONTHS) \$55 members/\$65 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 (30 min)
Jan 7–Feb 6	M/W	10:10am (46289)
Jan 8–Feb 7	Tu/Th	9:00am (46290)
Jan 8–Mar 12	Tu	6:00pm (46291)
Jan 10–Mar 14	Th	5:10pm (46292)
Jan 12–Mar 23	Sa	10:45am (46293)
Jan 13–Mar 24	Su	10:10am (46294)
Feb 11–Mar 18	M/W	9:35am (46295)
Feb 12–Mar 14	Tu/Th	9:35am (46296)
Apr 8–May 13	M/W	9:35am (46297)
Apr 9–May 9	Tu/Th	9:35am (46298)
Apr 9–Jun 11	Tu	6:00pm (46299)
Apr 11–Jun 13	Th	6:35pm (46300)
Apr 13–Jun 22*	Sa	11:00am (46301)
Apr 14–Jun 23*	Su	10:20am (46302)
May 14–Jun 13	Tu/Th	9:00am (46303)

*35 minutes



3. Sea Turtle (24–36 MONTHS) \$55 members/\$65 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 (30 min)
Jan 7–Feb 6	M/W	5:25pm (46304)
Jan 8–Feb 7	Tu/Th	9:35am (46305)
Jan 8–Mar 12	Tu	6:35pm (46306)
Jan 10–Mar 14	Th	6:35pm (46307)
Jan 12–Mar 23	Sa	11:20am (46308)
Jan 13–Mar 24	Su	9:35am (46309)
Feb 11–Mar 18	M/W	10:10am (46310) 5:25pm (46311)
Feb 12–Mar 14	Tu/Th	10:10am (46312)

CLASS DATES	DAYS	START TIMES (30 min)
Apr 8–May 13	M/W	10:10am (46313) 5:25pm (46314)
Apr 9–May 9	Tu/Th	9:00am (46315)
Apr 9–Jun 11	Tu	6:35pm (46316)
Apr 11–Jun 13	Th	5:10pm (46317)
Apr 13–Jun 22*	Sa	11:40am (46318)
Apr 14–Jun 23*	Su	9:40am (46319)
May 14–Jun 13	Tu/Th	9:35am (46320)
May 15–Jun 19	M/W	10:10am (46321) 5:25pm (46322)

*35 minutes

NON-PARENTED



1. Sea Otter – First Time (3–5 years) \$55 members/\$65 non-members

This is the first level in the Red Cross Preschool Program. Swimmers work on 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 (30 min)
Jan 7–Feb 6	M/W	9:00am (46323) 9:35am (46324) 4:50pm (46325) 5:25pm (46326)
Jan 8–Feb 7	Tu/Th	9:00am (46327) 9:35am (46328) 10:10am (46329)
Jan 8–Mar 12	Tu	4:00pm (46330) 4:50pm (46331) 5:10pm (46332) 6:35pm (46333)
Jan 9–Mar 13	W	3:20pm (46334)
Jan 10–Mar 14	Th	4:10pm (46335) 4:50pm (46336) 5:25pm (46337) 6:25pm (46338)
Jan 12–Mar 23	Sa	9:00am (46339) 9:35am (46340) 10:10am (46341) 10:45am (46342) 11:20am (46343) 11:55am (46344)
Jan 13–Mar 24	Su	9:00am (46345) 10:25am (46346) 11:00am (46347)
Feb 11–Mar 18	M/W	9:00am (46348) 9:35am (46349) 10:10am (46350) 4:15pm (46351) 4:50pm (46352)
Feb 12–Mar 14	Tu/Th	9:00am (46353) 9:35am (46354) 10:10am (46355)

CLASS DATES	DAYS	START TIMES (30 min)
Apr 8–May 13	M/W	9:00am (46356) 9:35am (46357) 10:10am (46358) 4:15pm (46359) 5:25pm (46360)
Apr 9–May 9	Tu/Th	9:00am (46361) 9:35am (46362) 10:10am (46363)
Apr 9–Jun 11	Tu	4:00pm (46364) 4:35pm (46365) 4:35pm (46366) 5:25pm (46367) 6:55pm (46368)
Apr 11–Jun 13	Th	4:10pm (46369) 4:35pm (46370) 4:50pm (46371) 5:55pm (46372) 6:35pm (46373)
Apr 13–Jun 22*	Sa	9:00am (46374) 9:40am (46375) 10:20am (46376) 11:00am (46377) 11:40am (46378)
Apr 14–Jun 23*	Su	9:00am (46379) 10:35am (46380) 11:15am (46381)
May 14–Jun 13	Tu/Th	9:00am (46382) 9:35am (46383) 10:10am (46384)
May 15–June 19	M/W	9:00am (46385) 9:35am (46386) 10:10am (46387) 4:15pm (46388) 5:25pm (46389)

*35 minutes



2. Sea Otter – Repeat (3–5 years) \$55 members/\$65 non-members

This is the first level in the Red Cross Preschool Program. Swimmers work on 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 (30 min)
Jan 7–Feb 6	M/W	9:35am (46409) 10:10am (46410) 6:00pm (46411)
Jan 8–Feb 7	Tu/Th	9:00am (46412) 10:10am (46413)
Jan 8–Mar 12	Tu	4:00pm (46414) 5:25pm (46415) 5:45pm (46416) 7:05pm (46417)
Jan 10–Mar 14	Th	4:00pm (46418) 4:35pm (46419) 6:35pm (46420) 7:00pm (46421)
Jan 12–Mar 23	Sa	9:00am (46422) 9:35am (46423) 10:10am (46424) 11:20am (46425)
Jan 13–Mar 24	Su	9:35am (46426) 10:45am (46427) 11:15am (46428)
Feb 11–Mar 18	M/W	9:00am (46429) 9:35am (46430) 10:10am (46431) 4:50pm (46432) 6:00pm (46433)
Feb 12–Mar 14	Tu/Th	9:00am (46434) 9:35am (46435)
Apr 8–May 13	M/W	9:00am (46436) 9:35am (46437) 10:10am (46438) 4:50pm (46439) 6:00pm (46440)

CLASS DATES	DAYS	START TIMES (30 min)
Apr 9–May 9	Tu/Th	9:00am (46441) 9:35am (46442) 10:10am (46443)
Apr 9–Jun 11	Tu	4:00pm (46444) 4:50pm (46445) 5:10pm (46446) 5:45pm (46447) 6:35pm (46448)
Apr 10–Jun 12	W	3:20pm (46449)
Apr 11–Jun 13	Th	4:00pm (46450) 4:45pm (46451) 5:25pm (46452)
Apr 13–Jun 22*	Sa	9:00am (46453) 9:40am (46454) 10:20am (46455) 11:40am (46456) 12:20pm (46457)
Apr 14–Jun 23*	Su	9:40am (46458) 11:00am (46459) 11:30am (46460)
May 14–Jun 13	Tu/Th	9:35am (46461) 10:10am (46462) 10:10am (46463)
May 15–Jun 19	M/W	9:00am (46464) 9:35am (46465) 10:10am (46466) 4:50pm (46467) 6:00pm (46468)

*35 minutes

NON-PARENTED



3. Salamander (3–5 years) \$55 members/\$65 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 (30 min)
Jan 7–Feb 6	M/W	9:00am (46469) 9:35am (46470) 10:10am (46471) 4:15pm (46472) 4:50pm (46473) 5:25pm (46474) 6:00pm (46475)
Jan 8–Feb 7	Tu/Th	9:00am (46476) 9:35am (46477) 10:10am (46478)
Jan 8–Mar 12	Tu	4:00pm (46479) 4:35pm (46480) 5:25pm (46481) 6:20pm (46482) 6:55pm (46483)
Jan 9–Mar 13	W	3:35pm (46484)
Jan 10–Mar 14	Th	4:00pm (46485) 4:35pm (46486) 5:35pm (46487) 6:25pm (46488) 6:45pm (46489)
Jan 12–Mar 23	Sa	9:00am (46490) 9:35am (46491) 10:10am (46492) 10:45am (46493)
Jan 13–Mar 24	Su	9:00am (46494) 10:45am (46495) 11:15am (46496)
Feb 11–Mar 18	M/W	9:00am (46497) 9:35am (46498) 10:10am (46499) 5:25pm (46500) 6:00pm (46501)
Feb 12–Mar 14	Tu/Th	9:00am (46502) 9:35am (46503) 10:10am (46504)

CLASS DATES	DAYS	START TIMES (30 min)
Apr 8–May 13	M/W	9:00am (46505) 9:35am (46506) 10:10am (46507) 4:15pm (46508) 4:50pm (46509) 6:00pm (46510)
Apr 9–May 9	Tu/Th	9:00am (46511) 9:35am (46512) 10:10am (46513)
Apr 9–Jun 11	Tu	4:00pm (46514) 4:35pm (46515) 5:10pm (46516) 5:25pm (46517) 6:20pm (46518)
Apr 10–Jun 12	W	3:35pm (46519)
Apr 11–Jun 13	Th	4:00pm (46520) 4:35pm (46521) 5:20pm (46522) 5:55pm (46523)
Apr 13–Jun 22*	Sa	9:00am (46524) 9:40am (46525) 10:20am (46526) 11:00am (46527)
Apr 14–Jun 23*	Su	9:00am (46528) 11:00am (46529) 11:30am (46530)
May 14–Jun 13	Tu/Th	9:00am (46531) 9:35am (46532) 10:10am (46533)
May 15–Jun 19	M/W	9:00am (46534) 9:35am (46535) 10:10am (46536) 4:15pm (46537) 4:50pm (46538) 6:00pm (46539)

*35 minutes



4. Sunfish (3–5 years) \$55 members/\$65 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 (30 min)
Jan 7–Feb 6	M/W	9:35am (46540) 10:10am (46541) 4:50pm (46542)
Jan 8–Feb 7	Tu/Th	9:00am (46543) 10:10am (46544)
Jan 8–Mar 12	Tu	4:50pm (46545) 5:45pm (46546) 6:20pm (46547)
Jan 9–Mar 13	W	3:35pm (46548)
Jan 10–Mar 14	Th	4:50pm (46549) 5:50pm (46550) 6:10pm (46551)
Jan 12–Mar 23	Sa	9:35am (46552) 10:45am (46553) 11:20am (46554) 11:55am (46555)
Jan 13–Mar 24	Su	9:00am (46556) 11:35am (46557)
Feb 11–Mar 18	M/W	9:00am (46558) 10:10am (46559) 4:50pm (46560)
Feb 12–Mar 14	Tu/Th	9:00am (46561) 9:35am (46562)

CLASS DATES	DAYS	START TIMES (30 min)
Apr 8–May 13	M/W	9:00am (46563) 10:10am (46564) 4:50pm (46565)
Apr 9–May 9	Tu/Th	9:35am (46566) 10:10am (46567)
Apr 9–Jun 11	Tu	4:50pm (46568) 5:45pm (46569) 6:20pm (46570)
Apr 10–Jun 12	W	3:20pm (46571)
Apr 11–Jun 13	Th	4:50pm (46572) 5:20pm (46573) 5:55pm (46574)
Apr 13–Jun 22*	Sa	9:40am (46575) 11:00am (46576) 11:40am (46577) 12:20pm (46578)
Apr 14–Jun 23*	Su	9:00am (46579) 11:55am (46580)
May 14–Jun 13	Tu/Th	9:00am (46581) 9:35am (46582) 10:10am (46583)
May 15–Jun 19	M/W	9:35am (46584) 10:10am (46585) 4:50pm (46586)

*35 minutes

NON-PARENTED



4. Crocodile (3–5 years) \$55 members/\$65 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 swimming 10 metres continuously.

CLASS DATES	DAYS	START TIMES (30 min)
Jan 7–Feb 6	M/W	9:00am (46587) 4:15pm (46588)
Jan 8–Feb 7	Tu/Th	9:35am (46589)
Jan 8–Mar 12	Tu	4:35pm (46590) 6:55pm (46591)
Jan 9–Mar 13	W	3:40pm (46592)
Jan 10–Mar 14	Th	5:25pm (46593)
Jan 12–Mar 23	Sa	9:00am (46594) 11:55am (46595)
Jan 13–Mar 24	Su	9:50am (46596)
Feb 11–Mar 18	M/W	9:35am (46597) 4:15pm (46598)
Feb 12–Mar 14	Tu/Th	10:10am (46599)
Apr 8–May 13	M/W	9:35am (46600) 4:15pm (46601)
Apr 9–May 9	Tu/Th	10:10am (46602)
Apr 9–Jun 11	Tu	4:35pm (46603) 7:10pm (46604)
Apr 10–Jun 12	W	3:35pm (46605)
Apr 11–Jun 13	Th	5:25pm (46606)
Apr 13–Jun 22*	Sa	9:00am (46607) 12:20pm (46608)
Apr 14–Jun 23*	Su	9:55am (46609)
May 14–Jun 13	Tu/Th	9:00am (46610)
May 15–Jun 19	M/W	9:00am (46611) 4:15pm (46612)

*35 minutes



5. Whale (3–5 years) \$55 members/\$65 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 this level.

CLASS DATES	DAYS	START TIMES (30 min)
Jan 7–Feb 6	M/W	9:00am (46613) 4:15pm (46614)
Jan 8–Feb 7	Tu/Th	9:35am (46615)
Jan 8–Mar 12	Tu	5:25pm (46616)
Jan 9–Mar 13	W	3:40pm (46617)
Jan 12–Mar 23	Sa	9:35am (46618)
Jan 13–Mar 24	Su	9:50am (46619)
Feb 11–Mar 18	M/W	9:00am (46620) 4:15pm (46621)
Feb 12–Mar 14	Tu/Th	10:10am (46622)
Apr 8–May 13	M/W	9:00am (46623) 4:15pm (46624)
Apr 9–May 9	Tu/Th	9:00am (46625)
Apr 9–Jun 11	Tu	5:25pm (46626)
Apr 10–Jun 12	W	3:35pm (46627)
Apr 13–Jun 22*	Sa	9:40am (46628)
May 15–Jun 19	M/W	9:00am (46629) 4:15pm (46630)

*35 minutes

**NO CLASSES ON:
FEB 15–18
APR 19–22
MAY 17–20**



RED CROSS SWIM KIDS PROGRAM



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

Swim Kids 1 | \$55 members/\$65 non-members

CLASS DATES	DAYS	START TIMES (30 min)
Jan 7–Feb 6	M/W	4:50pm (46631) 5:25pm (46632) 6:00pm (46633)
Jan 8–Mar 12	Tu	4:00pm (46634) 4:35pm (46635) 5:10pm (46636) 5:45pm (46637) 6:35pm (46638) 6:55pm (46639)
Jan 9–Mar 13	W	3:20pm (46640)
Jan 10–Mar 14	Th	4:00pm (46641) 5:10pm (46642) 5:50pm (46643) 6:35pm (46644) 7:00pm (46645)
Jan 12–Mar 23	Sa	9:00am (46646) 9:35am (46647) 10:10am (46648) 10:45am (46649) 11:20am (46650) 11:55am (46651)
Jan 13–Mar 24	Su	9:35am (46652) 11:00am (46653)
Feb 11–Mar 18	M/W	4:50pm (46654) 5:25pm (46655) 6:00pm (46656)

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 (30 min)
Apr 8–May 13	M/W	4:50pm (46657) 5:25pm (46658) 6:00pm (46659)
Apr 9–Jun 11	Tu	4:00pm (46660) 5:10pm (46661) 5:45pm (46662) 6:20pm (46663) 6:35pm (46664)
Apr 10–Jun 12	W	3:05 pm (46665)
Apr 11–Jun 13	Th	4:00pm (46666) 4:45pm (46667) 5:10pm (46668) 5:20pm (46669) 6:35pm (46670)
Apr 13–Jun 22*	Sa	9:00am (46671) 9:40am (46672) 10:20am (46673) 11:00am (46674) 11:40am (46675) 12:20pm (46676)
Apr 14–Jun 23*	Su	9:40am (46677) 11:15am (46678)
May 15–Jun 19	M/W	4:50pm (46679) 5:25pm (46680) 6:00pm (46681)

*35 minutes

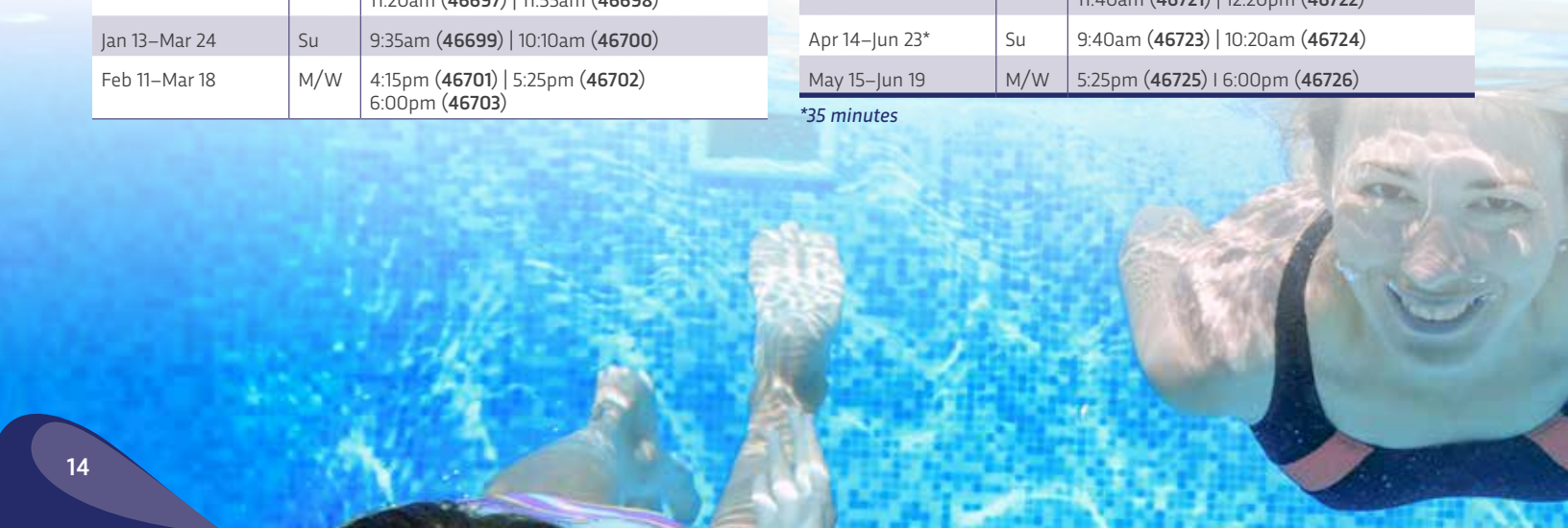
Swim Kids 2 | \$55 members/\$65 non-members

CLASS DATES	DAYS	START TIMES (30 min)
Jan 7–Feb 6	M/W	4:15pm (46682) 6:00pm (46683)
Jan 8–Mar 12	Tu	4:00pm (46684) 4:50pm (46685) 6:00pm (46727) 6:20pm (46686) 6:30pm (46687)
Jan 9–Mar 13	W	3:05pm (46688)
Jan 10–Mar 14	Th	4:10pm (46689) 4:50pm (46690) 6:00pm (46691) 6:35pm (46692)
Jan 12–Mar 23	Sa	9:00am (46693) 9:35am (46694) 10:10am (46695) 10:45am (46696) 11:20am (46697) 11:55am (46698)
Jan 13–Mar 24	Su	9:35am (46699) 10:10am (46700)
Feb 11–Mar 18	M/W	4:15pm (46701) 5:25pm (46702) 6:00pm (46703)

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

CLASS DATES	DAYS	START TIMES (30 min)
Apr 8–May 13	M/W	5:25pm (46704) 6:00pm (46705)
Apr 9–Jun 11	Tu	4:00pm (46706) 4:35pm (46707) 4:50pm (46708) 6:00pm (46709) 6:20pm (46710)
Apr 10–Jun 12	W	3:40pm (46711)
Apr 11–Jun 13	Th	4:10pm (46712) 4:45pm (46713) 4:50pm (46714) 6:00pm (46715) 6:35pm (46716)
Apr 13–Jun 22*	Sa	9:00am (46717) 9:40am (46718) 10:20am (46719) 11:00am (46720) 11:40am (46721) 12:20pm (46722)
Apr 14–Jun 23*	Su	9:40am (46723) 10:20am (46724)
May 15–Jun 19	M/W	5:25pm (46725) 6:00pm (46726)

*35 minutes



Swim Kids 3 | \$55 members/\$65 non-members

CLASS DATES	DAYS	START TIMES (30 min)
Jan 7–Feb 6	M/W	4:15pm (46728)
Jan 8–Mar 12	Tu	4:35pm (46730) 4:00pm (46729) 5:10pm (46731) 6:00pm (46732)
Jan 9–Mar 13	W	2:30pm (46733)
Jan 10–Mar 14	Th	4:10pm (46734) 4:35pm (46735) 5:10pm (46736) 5:25pm (46737) 6:00pm (46738)
Jan 12–Mar 23	Sa	9:00am (46739) 10:10am (46740) 10:45am (46741) 11:20am (46742) 11:55am (46743)
Jan 13–Mar 24	Su	9:00am (46744) 9:50am (46745) 10:25am (46746)
Feb 11–Mar 18	M/W	4:15pm (46747)
Apr 8–May 13	M/W	4:15pm (46748)

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 (30 min)
Apr 9–Jun 11	Tu	4:00pm (46749) 4:35pm (46750) 5:10pm (46751) 6:00pm (46752)
Apr 10–Jun 12	W	2:30pm (46753)
Apr 11–Jun 13	Th	4:10pm (46754) 4:35pm (46755) 5:10pm (46756) 5:25pm (46757) 6:00pm (46758)
Apr 13–Jun 22*	Sa	9:00am (46759) 10:20am (46760) 11:00am (46761) 11:40am (46762) 12:20pm (46763)
Apr 14–Jun 23*	Su	9:00am (46764) 9:55am (46765) 10:35am (46766)
May 15–Jun 19	M/W	4:15pm (46767)

*35 minutes

Swim Kids 4 | \$75 members/\$85 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 (45 min)
Jan 8–Mar 12	Tu	4:00pm (46768) 5:40pm (46769)
Jan 9–Mar 13	W	2:30pm (46770)
Jan 10–Mar 14	Th	4:00pm (46771) 4:45pm (46772) 5:45pm (46773)
Jan 12–Mar 23	Sa	9:00am (46774) 10:55am (46775) 11:45am (46776)
Jan 13–Mar 24	Su	11:20am (46777)
Apr 9–Jun 11	Tu	4:00pm (46778) 5:45pm (46779) 6:55pm (46780)
Apr 10–Jun 12	W	2:30pm (46781)
Apr 11–Jun 13	Th	4:00pm (46782) 5:45pm (46783) 6:30pm (46784)
Apr 13–Jun 22*	Sa	9:00am (46785) 11:10am (46786) 12:05pm (46787)
Apr 14–Jun 23*	Su	11:40am (46788)

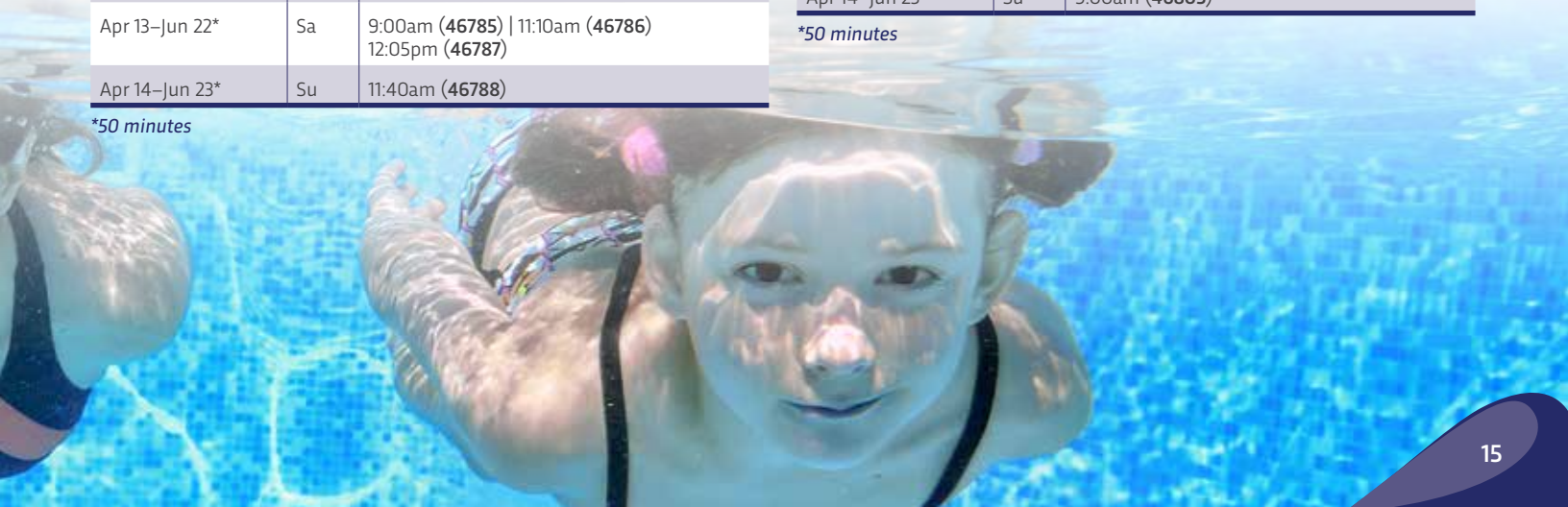
*50 minutes

Swim Kids 5 | \$75 members/\$85 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 (45 min)
Jan 8–Mar 12	Tu	4:00pm (46789) 5:40pm (46790)
Jan 9–Mar 13	W	2:30pm (46791)
Jan 10–Mar 14	Th	4:00pm (46792) 5:45pm (46793)
Jan 12–Mar 23	Sa	9:00am (46794) 10:55am (46795)
Jan 13–Mar 24	Su	9:00am (46796)
Apr 9–Jun 11	Tu	4:00pm (46797) 5:45pm (46798)
Apr 10–Jun 12	W	2:30pm (46799)
Apr 11–Jun 13	Th	4:00pm (46800) 5:45pm (46801)
Apr 13–Jun 22*	Sa	9:00am (46802) 11:10am (46803) 12:05pm (46804)
Apr 14–Jun 23*	Su	9:00am (46805)

*50 minutes



Swim Kids 6 | \$75 members/\$85 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 (45 min)
Jan 8–Mar 12	Tu	4:00pm (46806) 5:45pm (46807)
Jan 9–Mar 13	W	2:30pm (46808)
Jan 10–Mar 14	Th	4:00pm (46809) 5:45pm (46810)
Jan 12–Mar 23	Sa	9:00am (46811) 10:55am (46812)
Jan 13–Mar 24	Su	9:00am (46813)
Apr 9–Jun 11	Tu	4:00pm (46814) 6:35pm (46815)
Apr 10–Jun 12	W	2:30pm (46816)
Apr 11–Jun 13	Th	4:00pm (46817) 5:45pm (46818)
Apr 13–Jun 22*	Sa	9:00am (46819) 12:05pm (46820)
Apr 14–Jun 23*	Su	9:00am (46821)

*50 minutes

Swim Kids 7 | \$100 members/\$115 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.

CLASS DATES	DAYS	START TIMES (60 min)
Jan 8–Mar 12	Tu	4:35pm (46822)
Jan 9–Mar 13	W	2:30pm (46823)
Jan 10–Mar 14	Th	4:45pm (46824)
Jan 12–Mar 23	Sa	9:50am (46825)
Jan 13–Mar 24	Su	10:10am (46826)
Apr 9–Jun 11	Tu	6:35pm (46827)
Apr 10–Jun 12	W	2:30pm (46828)
Apr 11–Jun 13	Th	6:30pm (46829)
Apr 13–Jun 22*	Sa	9:55am (46830)
Apr 14–Jun 23*	Su	10:20am (46831)

*70 minutes

Swim Kids 8 | \$100 members/\$115 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.

CLASS DATES	DAYS	START TIMES (60 min)
Jan 8–Mar 12	Tu	4:35pm (46832)
Jan 9–Mar 13	W	2:30pm (46833)
Jan 10–Mar 14	Th	4:45pm (46834)
Jan 12–Mar 23	Sa	9:50am (46835)
Jan 13–Mar 24	Su	10:10am (46836)
Apr 9–Jun 11	Tu	6:35pm (46837)
Apr 10–Jun 12	W	2:30pm (46838)
Apr 11–Jun 13	Th	6:30pm (46839)
Apr 13–Jun 22*	Sa	9:55am (46840)
Apr 14–Jun 23*	Su	10:20am (46841)

*70 minutes

Swim Kids 9 | \$100 members/\$115 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.

CLASS DATES	DAYS	START TIMES (60 min)
Jan 9–Mar 13	W	2:30pm (46842)
Jan 10–Mar 14	Th	4:45pm (46843)
Jan 12–Mar 23	Sa	9:50am (46844)
Jan 13–Mar 24	Su	10:10am (46845)
Apr 10–Jun 12	W	2:30pm (46846)
Apr 11–Jun 13	Th	6:30pm (46847)
Apr 13–Jun 22*	Sa	9:55am (46848)
Apr 14–Jun 23*	Su	10:20am (46849)

*70 minutes

Swim Kids 10 | \$100 members/\$115 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.

CLASS DATES	DAYS	START TIMES (60 min)
Jan 9–Mar 13	W	2:30pm (46850)
Jan 10–Mar 14	Th	4:45pm (46851)
Jan 12–Mar 23	Sa	9:50am (46852)
Jan 13–Mar 24	Su	10:10am (46853)

CLASS DATES	DAYS	START TIMES (60 min)
Apr 10–Jun 12	W	2:30pm (46854)
Apr 11–Jun 13	Th	6:30pm (46855)
Apr 13–Jun 22*	Sa	9:55am (46856)
Apr 14–Jun 23*	Su	10:20am (46857)

*70 minutes

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 min)
Jan 8–Feb 5	Tu	6:30pm (46899) 6:35pm (46900) 7:05pm (46901) 7:10pm (46902) 7:10pm (46903) 7:10pm (46904)
Jan 10–Feb 7	Th	6:35pm (46905) 7:10pm (46906) 7:10pm (46907) 7:10pm (46908) 7:10pm (46909)
Jan 12–Feb 9	Sa	9:10am (46910) 9:45am (46911) 10:20am (46912) 11:55am (46913)
Jan 13–Feb 10	Su	11:35am (46914) 11:50am (46915) 12:10pm (46916) 12:10pm (46917)
Feb 12–Mar 12	Tu	6:30pm (46918) 6:35pm (46919) 7:05pm (46920) 7:10pm (46921) 7:10pm (46922) 7:10pm (46923)
Feb 14–Mar 14	Th	6:35pm (46924) 7:10pm (46925) 7:10pm (46926) 7:10pm (46927) 7:10pm (46928)
Feb 23–Mar 23	Sa	9:10am (46929) 9:45am (46930) 10:20am (46931) 11:55am (46932)
Feb 24–Mar 24	Su	11:35am (46933) 11:50am (46934) 12:10pm (46935) 12:10pm (46936)
Apr 9–May 7	Tu	5:10pm (46937) 5:45pm (46938) 6:55pm (46939) 6:55pm (46940) 7:10pm (46941) 7:10pm (46942)
Apr 10–May 8	W	3:55pm (46943)
Apr 11–May 9	Th	6:35pm (46944) 6:35pm (46945) 7:10pm (46946) 7:10pm (46947) 7:10pm (46948) 7:10pm (46949) 7:10pm (46950)
Apr 27–Jun 1	Sa	9:10am (46951) 9:45am (46952) 10:20am (46953) 12:20pm (46954)
Apr 28–Jun 2	Su	11:10am (46955) 11:45am (46956) 11:55am (46957) 12:10pm (46958) 12:10pm (46959)
May 14–Jun 11	Tu	5:10pm (46960) 5:45pm (46961) 6:55pm (46962) 6:55pm (46963) 7:10pm (46964) 7:10pm (46965)
May 15–Jun 12	W	3:55pm (46966)
May 16–Jun 13	Th	6:35pm (46967) 6:35pm (46968) 7:10pm (46969) 7:10pm (46970) 7:10pm (46971) 7:10pm (46972) 7:10pm (46973)

NO CLASSES ON:
FEB 15–18
APR 19–22
MAY 17–20

YOUTH ACTIVITIES

Stroke Improvement: Swim Kids 5, 6, 7

\$65 members/\$75 non-members

This class is geared towards students in Swim Kids 5, 6, & 7 who have taken the same level more than once and just need to improve their strokes to be able to continue on.

BARCODE	DAYS	START DATE – END DATE	TIME
46893	Sa	Jan 12–Mar 23	10:55am–11:40am
46894	Sa	Apr 13–Jun 22	11:10am–12:00pm

Stroke Improvement: Swim Kids 8, 9, 10

\$65 members/\$75 non-members

This class is geared towards students in Swim Kids 8, 9, & 10 who have taken the same level more than once and just need to improve their strokes to be able to continue on.

BARCODE	DAYS	START DATE – END DATE	TIME
46895	Sa	Jan 12–Mar 23	11:45am–12:30pm
46896	Th	Apr 11–Jun 13	5:45pm–6:30pm
46897	Sa	Apr 13–Jun 22	11:50am–12:40pm

NEW! Future Aquatic Leaders

\$99 members/\$110 non-members

This is a non-certification leader development program for youth between the ages of 10 and 15 years. It's an opportunity for youth to engage in aquatic leadership development until they are old enough to take the certification courses. A goal of the program is to train potential future staff that are immersed in the culture at the TLC and have developed a sense of responsibility, ownership and commitment. Youth who are interested in aquatic instructing and lifeguarding but are too young to take the certification courses would benefit from this program. Monday evenings will be spent in learning activities and there will be an option to volunteer with swimming lessons one (or more) other day of the week. **Prerequisite:** Swim Kids 10 and 10 years of age.

BARCODE	DAYS	START DATE – END DATE	TIME
46883	M	Apr 8–Jun 24	5:00pm–7:00pm

NEW! Tween/Teen Swim Basics

\$78 members/\$89 non-members

You know you want to learn to swim, but you feel too old to join younger kids in the Swim Kids program. Tween/Teen Swim Basics is just for you: increase your comfort level and confidence in the water through floats, glides, kicking and swimming then move on to developing a front and back crawl.

BARCODE	DAYS	START DATE – END DATE	TIME
46898	Sa	Apr 13–Jun 22	9:55am–11:05am

Learn to Dive: Level 1 & 2

\$74 members/\$86 non-members

This is the first and second of four levels in the recreational learn-to-dive program as outlined by the Canadian Amateur Diving Association. In this program our certified dive coach will cover dive safety, elementary body positions, front and back jumps, basic hurdles and other skills that help build the foundation needed for this amazing sport. **Prerequisite:** Swim Kids 4.

BARCODE	DAYS	START DATE – END DATE	TIME
46887	F	Jan 11–Mar 22	5:30pm–6:15pm
46888	Sa	Jan 12–Mar 23	9:15am–10:00am
46889	F	Apr 12–Jun 21	5:30pm–6:20pm
46890	Sa	Apr 13–Jun 22	9:15am–10:05am

Learn to Dive: Level 3 & 4

\$74 members/\$86 non-members

The third and fourth levels in the recreational learn-to-dive program. Divers have developed some basic skills, now they are ready to move on to some more advanced activities like the three-step hurdle, back dives and front dive in tuck position. **Prerequisite:** Learn-to-Dive Level 2.

BARCODE	DAYS	START DATE – END DATE	TIME
46891	Sa	Jan 12–Mar 23	10:05am–10:50am
46892	Sa	Apr 13–Jun 22	10:10am–11:00am

TLC Junior Lifeguard Club (JLC)

\$279 members/\$315 non-members

Is an exciting way to learn water safety, swimming and rescue skills in a team environment. Activities include relays, games, learning lifesaving skills, stroke improvement and lifeguarding techniques. All swimmers will be trained and encouraged to participate in Lifesaving Sport Competitions. Get ready to have some serious fun!

Blue Fins: Standard

BARCODE	DAYS	START DATE – END DATE	TIME
46884	M/W	Jan 7–Apr 8	4:00pm–5:00pm

Blue Fins: Premium

BARCODE	DAYS	START DATE – END DATE	TIME
46885	M/W	Jan 7–Apr 8	5:00pm–6:00pm

Blue Fins: Ultimate

BARCODE	DAYS	START DATE – END DATE	TIME
46886	M/W	Jan 7–Apr 8	6:00pm–7:00pm



Couple Credits Regular Fitness & the TLC for Their Recovery From Serious Accident

In November 2016, Don and Liz Purdy were out for their daily walk in Spruce Grove when they were hit by a pickup truck at an intersection.

The list of injuries Don sustained was the thing of nightmares: major concussion, broken collarbone, broken shoulder blade, broken ribs, spinal fractures, hip displacement, broken knee—nearly every part of his body had been badly injured.

Liz was hurt as well, but being a step or two behind Don, she was spared the severe injuries he suffered.

Following immediate treatment, both attended the Royal Alexandra Hospital in Edmonton for their recovery. They expected to be there for about four months, and after that, planned to spend another four months at the Glenrose Rehabilitation Hospital for further recovery.

The doctors told them it would be a long road back to wellness and would likely take the better part of a year before they had both healed sufficiently to resume their daily walks together.

Yet, after only two weeks at the Royal Alex, the Purdys were discharged to the Glenrose. In another two months, they were given the all-clear from the specialists there.

How do they explain their quick recovery? Doctors say it was their commitment to regular exercise at the TransAlta Tri Leisure Centre (TLC) prior to the accident that got them back on their feet so fast.

"The doctor told us it was because we were walkers that we were able to recover in half the time they expected," Don explained.

He added, "We had been regular members [at the TLC] before the accident, as well as doing our daily walks outside when the weather was good. We had no idea that it would end up helping us recover."

Fast forward to today, two years after the truck hit Don and Liz. They still come to the TLC every day to get active.

"We love coming here," says Liz. "We do our workout, everyone is so friendly, and then we come down to have the best coffee anywhere at the Fix."

They've customized their workouts to suit their individual needs. Liz takes to the track to do laps while Don strengthens his upper body and core in the Fenwyck Fitness Complex's weight room. "I have to have my knee replaced soon, so I'm training my upper body to make sure that transferring from wheelchair to bed and back is as easy as possible," he says. "I'll be back at the Glenrose after, where I'll get to visit some old friends."

Both are grateful to everyone who helped them along on their journey back to health and wellness. They credit staff at the Royal Alex, the Glenrose, Parkland Rehabilitation, and the TLC all as being important partners in getting them back into action.

And they have firm advice to offer to the older generations living in Spruce Grove, Stony Plain and Parkland County: "Even though you're retired, you still need to keep moving," says Liz.

"Slow down, sure, but don't stop!" adds Don. "You never know when being fit is really going to make a difference."



We had been regular members [at the TLC] before the accident, as well as doing our daily walks outside when the weather was good. We had no idea that it would end up helping us recover.



Dryland



PARENT & TOT

Active Start (12–24 months)

\$48 members/\$60 non-members

Sport for Life tells us that an early, active start enhances development of brain function, physical coordination, gross motor skills, posture and balance. An active start also helps children to build confidence, social skills, emotional control and imagination while reducing stress and improving sleep! All activities in this active class will flex with your child's abilities and needs and aim to bring lots of smiles! Parent/guardian participation is required (1:1). **Six classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
46399	Tu	Feb 5–Mar 12	10:30am–11:15am
46400		Apr 2–May 7	10:30am–11:15am
46401	W	Feb 27–Apr 10	9:15am–10:00am*
46402		May 15–Jun 19	9:15am–10:00am

*No class Mar 27.

Mighty Movers (2–4 years)

\$72 members/\$90 non-members

Come play with us using all the TLC has to offer! This 90-minute class features 35 minutes of gym activities followed by 40 minutes in the pool or on the ice (15 minutes is allotted to transition from the gym to pool/ice). Participants will explore new games and activities in water, on ice and on land. 1:1 parent/guardian participation is required. **Six classes.**

2–3 years

BARCODE	DAYS	START DATE – END DATE	TIME
46405	M	Jan 28–Mar 11	11:00am–12:30pm*
46406		Apr 1–May 13	11:00am–12:30pm*

*No class Feb 18, Apr 22.

3–4 years

BARCODE	DAYS	START DATE – END DATE	TIME
46407	Th	Jan 17–Feb 21	10:00am–11:30am
46408		May 2–Jun 6	10:00am–11:30am

Creation Station (2–3 years)

\$54 members/\$66 non-members

Enjoy creative adventures with your child as we help spark their natural curiosity to develop their own journey of exploration and discovery. Every week we will inspire your child's imagination and nurture their creativity and potential with fun, hands-on arts and craft materials. Parent/guardian participation is required (1:1). **Six classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
46403	F	Feb 15–Mar 22	12:30pm–1:30pm
46404		Apr 26–May 31	12:30pm–1:30pm

Moving at the TLC: Get Ready for Sports!

12–24 MONTHS OLD

Come with Mom and Dad to play!

ACTIVE START

2–3 YEARS OLD

Build new skills and make new friends!

TWISTING TODDLERS

3–6 YEARS OLD

Explore your environment in new ways!

MINI SPORTSTERS

Learning at the TLC:

Get Ready for School!

2–3 YEARS OLD

60 MINUTES!

LITTLE LEARNERS

3–5 YEARS OLD

90 MINUTES!

PRACTICE & PLAY

3–5 YEARS OLD

2.5 HOURS, 2 DAYS/WEEK!

ACTIVE KIDS PRESCHOOL

FUNDAMENTAL MOVEMENT SKILLS:

Running Throwing
Catching Jumping Kicking
Dodging Hopping
Skipping Dribbling

We plan all of our activities to incorporate fundamental movement skills! By using age-appropriate activities and games, we introduce these skills, then we revisit them in a progressive manner through all of our programs. **Learn more at activeforlife.ca and download their free resources for raising physically literate kids.**

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! This TLC favorite builds fundamental movement skills and allows children to gain physical confidence in both structured and unstructured environments. Balance, climbing, dancing, running, throwing and kicking skills are all focused on in this exciting class! **Six classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
46390	Tu	Feb 5–Mar 12	9:15am–10:00am
46391		Apr 9–May 14	9:15am–10:00am
46392	W	Jan 16–Feb 20	10:30am–11:15am
46393		Mar 6–Apr 17	10:30am–11:15am*
46394		May 8–Jun 12	10:30am–11:15am
46395	Sa	Mar 2–Apr 13	10:30am–11:15am*

*No class Mar 27, Mar 30.

Little Learners (2–3 years)

\$72 members/\$88 non-members

Perfect for children who have not yet experienced a full preschool class, Little Learners offers the opportunity to test the waters! Children will be introduced to a classroom setting while discovering different letters and numbers through weekly crafts, games and songs. **Eight classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
46262	M	Jan 21–Mar 18	1:15pm–2:15pm*
46263		Apr 8–Jun 10	1:15pm–2:15pm*

*No class Feb 18, Apr 22, May 20.

Practice and Play (3–5 years)

\$120 members/\$150 non-members

This learn-through-play program allows children the opportunity to practice creativity and physical fitness through crafts, songs and gym time. This class will incorporate learning topics such as the ABCs and 123s, as well as fundamental movement skills. Remember to pack a snack to keep your little ones energized and ready to play! **Ten classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
46396	F	Jan 18–Mar 22	9:00am–10:30am
46397		Apr 5–Jun 14	9:00am–10:30am*

*No class Apr 19.

Don't Miss Information & Registration

for next year's TLC Active Kids Preschool & Home School Programs

COMING IN EARLY 2019!

Mini Sportsters (3–5 years)

\$54 members/\$66 non-members

Join us as we explore a world of sports in a fun, structured environment. In this active class, children will be introduced to a variety of sporting skills to help develop a physical basis for success in future sports. Catching, throwing, jumping and running are all building blocks to soccer, basketball, volleyball, football and baseball. Join us as we learn these skills individually and as a team! **Six classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
46264	M	Jan 14–Feb 25	9:30am–10:30am*
46265		Mar 4–Apr 15	9:30am–10:30am*
46266		May 6–Jun 17	9:30am–10:30am*
46267	W	Jan 30–Mar 6	3:45pm–4:45pm
46268		Apr 3–May 8	3:45pm–4:45pm
46269		May 15–Jun 19	3:45pm–4:45pm
46270	F	Jan 25–Mar 1	11:00am–12:00pm
46271		Mar 8–Apr 26	11:00am–12:00pm*
46272		May 10–Jun 14	11:00am–12:00pm

*No class Feb 18, Mar 25, Mar 29, Apr 19, May 20.

Mini Sportsters PLUS (4–6 years)

\$54 members/\$66 non-members

This class is a progression from Mini Sportsters. Don't worry if your child has not taken part in Mini Sportsters, everyone is welcome! Join us as we continue to work on our teamwork skills and further introduce your child to the world of sports. **Six classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
46273	W	Jan 30–Mar 6	3:45pm–4:45pm
46274		Apr 3–May 8	3:45pm–4:45pm
46275		May 15–Jun 19	3:45pm–4:45pm
46276	Sa	Feb 2–Mar 16	11:45am–12:45pm*
46277		Apr 27–Jun 1	11:45am–12:45pm

*No class Feb 16.

Outdoor to Explore (4–5 years)

\$140 members/\$170 non-members

It doesn't take a forest, only a little imagination to see all the wonders of the outdoors. As we step outside the TLC, your children will have the opportunity to explore nature while our instructors introduce educational components into each class. With these fun classes your children will be taking in much more than just fresh air! **Ten classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
46398	Th	Apr 4–Jun 6	12:00pm–2:00pm

KIDS CAMPS

Ultimate Winter Camps

Come spend a few days with us during the Winter break—we will keep you busy with games, crafts and songs! Every day is a new adventure!

3–5 years | \$34 members/\$40 non-members (2 days)

BARCODE	DAYS	DATE	TIME
46248	Th–F	Dec 27–Dec 28	9:00am–12:00pm

3–5 years | \$51 members/\$60 non-members (3 days)

BARCODE	DAYS	DATE	TIME
46249	W–F	Jan 2–Jan 4	9:00am–12:00pm

6–12 years | \$68 members/\$80 non-members (2 days)

BARCODE	DAYS	DATE	TIME
46250	Th–F	Dec 27–Dec 28	9:00am–4:00pm

6–12 years | \$102 members/\$120 non-members (3 days)

BARCODE	DAYS	DATE	TIME
46251	W–F	Jan 2–Jan 4	9:00am–4:00pm

Play and Discover Camps (6–12 years)

\$40 members/\$50 non-members

PD Day stands for play and discover here at the TLC. Come spend the day with us on your school break keeping active and busy!

BARCODE	DAYS	DATE	TIME
46229	Th	Feb 7	9:00am–4:00pm
46230	F	Feb 8	9:00am–4:00pm
46231		Mar 1	9:00am–4:00pm
46232		Apr 12	9:00am–4:00pm
46233		May 17	9:00am–4:00pm

Ultimate Spring Camps

Come spend a few days with us during Spring Break—we will keep you busy with games, crafts and songs! Every day is a new adventure!

3–5 years | \$85 members/\$100 non-members (5 days)

BARCODE	DAYS	DATE	TIME
46244	M–F	Mar 25–Mar 29	9:00am–12:00pm

6–12 years | \$170 members/\$200 non-members (5 days)

BARCODE	DAYS	DATE	TIME
46245	M–F	Mar 25–Mar 29	9:00am–4:00pm

Our camps include skating and/or swimming days! Be sure to check online or give us a call to find out what to bring!

Pre Care & Post Care FOR KIDS CAMPS

PRE CARE

8:00am–9:00am

Winter Camps (2 days)

\$10 members

\$13 non-members

BARCODE	DAYS	DATE
46252	Th–F	Dec 27–Dec 28

Winter Camps (3 days)

\$15 members

\$19.50 non-members

BARCODE	DAYS	DATE
46253	W–F	Jan 2–Jan 4

Play and Discover (1 day)

\$5 members

\$6.50 non-members

BARCODE	DAYS	DATE
46234	Th	Feb 7
46235	F	Feb 8
46236		Mar 1
46237		Apr 12
46238		May 17

Spring Break Camps (5 days)

\$25 members

\$30 non-members

BARCODE	DAYS	DATE
46246	M–F	Mar 25–Mar 29

POST CARE

4:00pm–5:00pm

Winter Camps (2 days)

\$10 members

\$13 non-members

BARCODE	DAYS	DATE
46254	Th–F	Dec 27–Dec 28

Winter Camps (3 days)

\$15 members

\$19.50 non-members

BARCODE	DAYS	DATE
46255	W–F	Jan 2–Jan 4

Play and Discover (1 day)

\$5 members

\$6.50 non-members

BARCODE	DAYS	DATE
46239	Th	Feb 7
46240	F	Feb 8
46241		Mar 1
46242		Apr 12
46243		May 17

Spring Break Camps (5 days)

\$25 members

\$30 non-members

BARCODE	DAYS	DATE
46247	M–F	Mar 25–Mar 29



YOUTH PROGRAMS

Do It Yourself (DIY) KIDS (6–10 years)

\$20 members/\$25 non-members

It's time for the kids to take control and have a chance to construct their very own creations. In this DIY class your child will be given many supplies but only a few instructions, so they have an original piece to take away each time. It's all about the fun of imagination!

BARCODE	DAYS	START DATE – END DATE	TIME
46256	Th	Jan 31	5:00pm–7:30pm
46257		Feb 28	5:00pm–7:30pm
46258		Mar 21	5:00pm–7:30pm
46259		Apr 25	5:00pm–7:30pm
46260		May 30	5:00pm–7:30pm
46261		Jun 20	5:00pm–7:30pm

Babysitting Course (11–15 years)

\$62 members/\$72 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.

BARCODE	DAYS	START DATE – END DATE	TIME
46868	Th/F	Feb 7 & 8	1:00pm–6:00pm

Home Alone Course (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
46865	Sa	Jan 19	10:00am–2:00pm
46866	Fr	Apr 12	12:30pm–4:30pm

Kids of Steel (8–14 years)

\$104 members/\$124 non-members

Kids of Steel (KOS) triathlons are designed to offer kids and young adults the opportunity to experience multi-sport in a fun and positive environment. Participate in running, biking and swimming each week and finish off the program with a mini triathlon. Please bring a water bottle, indoor shoes, swimsuit, goggles and towel to each class.

Prerequisite: Participants must have a Swim Kids level 5 or be able to swim 50 meters unassisted. **Eight classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
46216	Su	Apr 7–Jun 9	10:00am–11:45am*

*No class Apr 21, May 19.

Youth RX (10–13 years)

\$25 members/\$30 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 on their own.

BARCODE	DAYS	START DATE – END DATE	TIME
46223	F	Jan 18	5:30pm–8:30pm
46224		Feb 22	5:30pm–8:30pm
46225		Mar 1	1:00pm–4:00pm
46226		Apr 12	5:30pm–8:30pm
46227		May 10	5:30pm–8:30pm
46228		Jun 14	5:30pm–8:30pm

Youth Running Conditioning & Skills

\$63 members/\$77 non-members

This program is designed to improve running speed and endurance through drills, skill training, strength and conditioning. Come on out and learn to RUN this city!! **Seven classes.**

8–11 years

BARCODE	DAYS	START DATE – END DATE	TIME
46217	W	Jan 9–Feb 20	4:30pm–5:30pm
46218		Mar 6–Apr 24	4:30pm–5:30pm*
46219		May 1–Jun 12	4:30pm–5:30pm

*No class Mar 27.

10–16 years

BARCODE	DAYS	START DATE – END DATE	TIME
46220	F	Jan 11–Feb 22	4:00pm–5:00pm
46221		Mar 1–Apr 26	4:00pm–5:00pm*
46222		May 3–Jun 14	4:00pm–5:00pm

*No class Mar 29, Apr 19.

NEW! Yoga and Mindfulness for Kids (6–9 years)

\$56 members/\$70 non-members

This well-rounded class will give children several new resources to cope with the stresses and busyness of everyday life. By combining the strengthening, stretching and balancing poses of yoga with the grounding and relaxing practice of mindfulness, we will give children the tools they need to build their confidence, calm their mind and build emotional resiliency. **Seven classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
46975	Tu	Jan 8–Feb 19	4:30pm–5:15pm
46976		Mar 5–Apr 23	4:30pm–5:15pm*
46977		May 7–Jun 18	4:30pm–5:15pm

*No class Mar 26.



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 strength and conditioning programs for young athletes that follows Canada's Sport for Life Long Term Athlete Development Pathway.

OUR SERVICES

If you are looking for a more personal and flexible approach, our small group custom program may be for you. If you have a group of 4-6 friends or teammates with similar goals, we can build a program with a TLC Sports Conditioning Specialist to build sport specific strength and mobility.

ATHLETE DEVELOPMENT PROJECT

16 sessions

\$380 members/\$440 non-members

20 sessions

\$460 members/\$530 non-members

24 sessions

\$528 members/\$612 non-members

IN-SEASON TRAINING

We can cater your conditioning to your team's needs and around your team practice schedule.

OUR PROGRAMS

Base Prices: Custom Class

Looking for a spin class, yoga, or something to supplement your team schedule? We can set that up for you! **\$64 per 60 minute session.**

LEARN TO TRAIN TEAM TRAINING (9–12 years)

\$750–12 sessions scheduled over the team's season

These sessions help young athletes to build their movement vocabulary, strength technique and learn how to integrate mobility work into sport training.

TRAIN TO TRAIN/TRAIN TO COMPETE TEAM TRAINING (13-17 years)

\$1500–16 sessions scheduled over the team's season

Can be customized with pre and post evaluation and/or auxiliary fitness homework to be completed by athletes on their own time. These sessions will teach athletes how to move efficiently, maintain their strength and speed over the season and help to prevent common injuries.

Contact the Wellness Supervisor for more information on these services, 780-948-3218.

Adult ACTIVE FOR LIFE

CONDITIONING

NEW! Tabata Barre Body

\$63 members/\$77 non-members

Tabata BARRE Body is a strengthening program that combines signature Barre moves and body shaping methods in the tabata format using a combination of free weights, resistance bands and your own body. This is a total body workout designed to tone and sculpt your entire body.

Seven classes.

BARCODE	DAYS	START DATE – END DATE	TIME
46119	W	Jan 9–Feb 20	6:45pm–7:45pm
46120		Mar 6–Apr 24	6:45pm–7:45pm*
46121		May 8–Jun 19	6:45pm–7:45pm

*No class Mar 27.

Body Sculpt

\$63 members/\$77 non-members

A combination of traditional body sculpting methods using free weights, resistance bands and your own body. Designed to provide you with a total body workout in one hour! Suitable for all fitness levels.

Seven classes.

BARCODE	DAYS	START DATE – END DATE	TIME
46122	Tu/Th	Jan 8–Jan 29	5:30pm–6:30pm
46123		Feb 5–Feb 26	5:30pm–6:30pm
46124		Feb 28–Mar 21	5:30pm–6:30pm
46125		Apr 2–Apr 23	5:30pm–6:30pm
46126		Apr 30–May 21	5:30pm–6:30pm
46127		May 28–Jun 18	5:30pm–6:30pm

P90X LIVE™

\$63 members/\$77 non-members

This group exercise class offers maximum results no matter your 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! **Seven classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
46131	M	Jan 7–Feb 25	6:45pm–7:45pm*
46132		Mar 4–Apr 29	6:45pm–7:45pm*
46133		May 6–Jun 24	6:45pm–7:45pm*
46134	W	Jan 9–Feb 20	8:00pm–9:00pm
46135		Mar 6–Apr 24	8:00pm–9:00pm*
46136		May 8–Jun 19	8:00pm–9:00pm

*No class Feb 18, Mar 25, Mar 27, Apr 22, May 20.

Total Shred Tabata

\$63 members/\$77 non-members

Tabata is a high-intensity strength and cardiovascular training class that will push your body to the edge. This class will utilize a variety of exercises in Tabata intervals (20 seconds of exercise and a 10 second break x 8 times) to increase your overall cardiovascular fitness, endurance and fat loss. In simple terms, you will burn a ton of calories, get stronger, leaner and healthier overall. **Seven classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
46143	W	Jan 9–Feb 20	5:30pm–6:30pm
46144		Mar 6–Apr 24	5:30pm–6:30pm*
46145		May 8–Jun 19	5:30pm–6:30pm

*No class Mar 27.

Core De Force™

\$63 members/\$77 non-members

Experience the ultimate mixed martial arts style body shaping class. Constant core rotational movement gets your heart rate up, carves your core, and makes you feel like a total BADASS! **Seven classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
46128	M	Jan 7–Feb 25	8:00pm–9:00pm*
46129		Mar 4–Apr 29	8:00pm–9:00pm*
46130		May 6–Jun 24	8:00pm–9:00pm*

*No class Feb 18, Mar 25, Apr 22, May 20.



NEW! POUND™

Designed for all fitness levels, POUND® uses Ripstix™, lightly weighted drumsticks, to transform drumming into an incredibly effective way of working out! The workout is easily modifiable and the vibe and welcoming philosophy appeals to men and women of all ages and abilities.

\$49 members/\$63 non-members (Seven classes)

BARCODE	DAYS	START DATE – END DATE	TIME
46137	W	Jan 9–Feb 20	9:30am–10:15am
46138		Mar 6–Apr 24	9:30am–10:15am*
46139		May 8–Jun 19	9:30am–10:15am

*No class Mar 27.

\$63 members/\$81 non-members (Nine classes)

BARCODE	DAYS	START DATE – END DATE	TIME
46140	Sa	Jan 12–Mar 16	10:30am–11:15am*
46141		Apr 6–Jun 15	10:30am–11:15am*

*No class Feb 16, Apr 20, May 18.

CYCLE

45-minute Cycle

\$49 members/\$63 non-members

This 45-minute cycling class is designed to energize and challenge your entire body. We go uphill, downhill, through flat terrain and everything in between! Everyone works at their own level and we all work toward pedaling to the beat of the music. Bring a water bottle, because this class will make you sweat! **Seven classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
46146	M/W	Jan 7–Jan 28	7:30pm–8:15pm
46147		Jan 30–Feb 25	7:30pm–8:15pm*
46148		Feb 27–Mar 20	7:30pm–8:15pm
46149		Apr 1–Apr 24	7:30pm–8:15pm*
46150		Apr 29–May 22	7:30pm–8:15pm*
46151		May 27–Jun 17	7:30pm–8:15pm

*No class Feb 18, Apr 22, May 20.

NEW! Spin & Strength

\$63 members/\$77 non-members

This class is an amazing cardio workout where you spin your way through pedaling drills, climbing intervals and sprints, combined with weight training to build strength. Participants will work on and off the bike using a variety of equipment. **Seven classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
46154	Tu/Th	Jan 8–Jan 29	6:00pm–7:00pm
46155		Feb 5–Feb 26	6:00pm–7:00pm
46156		Feb 28–Mar 21	6:00pm–7:00pm
46157		Apr 2–Apr 23	6:00pm–7:00pm
46158		Apr 30–May 21	6:00pm–7:00pm
46159		May 28–Jun 18	6:00pm–7:00pm

Saturday Spin

\$81 members/\$99 non-members

Start your weekend off right with a great calorie burn! This indoor cycling class is designed to challenge your fitness including intervals, speed work and hill climbs. All fitness levels welcome! **Nine classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
46152	Sa	Jan 12–Mar 16	9:00am–10:00am*
46153		Apr 6–Jun 15	9:00am–10:00am*

*No class Feb 16, Apr 20, May 18.

MIND & BODY

Beginner Tai Chi

\$63 members/\$77 non-members

Experience the calming benefits of this ancient Martial Art. Focus your mind and relax your body to learn 44 moves from the Wong Style Long Form, originally taught in Malaysia. Sequenced movements are performed slowly and with graceful intent. While the body develops balance, the mind and memory are sharpened. Verbal cues and clear instructions are included. No experience necessary, verbal step-by-step instruction provided. **Seven classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
46160	Th	Jan 10–Feb 21	8:00pm–9:00pm
46161		Mar 7–Apr 25	8:00pm–9:00pm*
46162		May 9–Jun 20	8:00pm–9:00pm

*No class Mar 28.

Yoga for the Stiff Guy

\$72 members/\$86 non-members

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! **Seven classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
46171	M	Jan 7–Feb 25	7:15pm–8:15pm*
46172		Mar 4–Apr 29	7:15pm–8:15pm*
46173		May 6–Jun 24	7:15pm–8:15pm*
46174	W	Jan 9–Feb 20	7:15pm–8:15pm
46175		Mar 6–Apr 24	7:15pm–8:15pm*
46176		May 8–Jun 19	7:15pm–8:15pm

*No class Feb 18, Mar 25, Mar 27, Apr 22, May 20.

Gentle Yoga

\$72 members/\$86 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! **Seven classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
46165	Tu	Jan 8–Feb 19	10:15am–11:15am
46166		Mar 5–Apr 23	10:15am–11:15am*
46167		May 7–Jun 18	10:15am–11:15am
46168	Th	Jan 10–Feb 28	10:15am–11:15am*
46169		Mar 7–Apr 25	10:15am–11:15am*
46170		May 9–Jun 20	10:15am–11:15am

*No class Feb 7, Mar 26, Mar 28.

Feel Good Flow

\$93 members/\$111 non-members

This basic flow class will introduce you to yoga flow while offering plenty of variations and options for all fitness levels. Relax, release and refresh yourself for the week ahead, while building muscle endurance and flexibility. All levels welcome! **Nine classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
46163	Su	Jan 13–Mar 17	6:30pm–7:30pm*
46164		Apr 7–Jun 16	6:30pm–7:30pm*

*No class Feb 17, Apr 21, May 19.

POST NATAL

Fit Mums

\$63 members/\$77 non-members

Kick start your fitness after baby and get back into action with your little one by your side. Think bands, weights, balls and more! Tuesday is on the field and Thursday is on the track. Please park your strollers outside the field entrance on Tuesdays. **Seven classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
46177	Tu/Th	Jan 8–Jan 29	10:30am–11:30am
46178		Feb 5–Feb 26	10:30am–11:30am
46179		Feb 28–Mar 21	10:30am–11:30am
46180		Apr 2–Apr 23	10:30am–11:30am
46181		Apr 30–May 21	10:30am–11:30am
46182		May 28–Jun 18	10:30am–11:30am

You & Me Baby

\$49 members/\$63 non-members

Join us for this invigorating workout using varying equipment. Designed for new parents, this class is held Monday on the field for strength and Wednesday on the track for cardio conditioning, all with baby by your side. Please park your strollers outside the field entrance on Mondays. **Seven classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
46183	M/W	Jan 7–Jan 28	10:00am–10:45am
46184		Jan 30–Feb 25	10:00am–10:45am*
46185		Feb 27–Mar 20	10:00am–10:45am
46186		Apr 1–Apr 24	10:00am–10:45am*
46187		Apr 29–May 22	10:00am–10:45am*
46188		May 27–Jun 17	10:00am–10:45am

*No class Feb 18, Apr 22, May 20.

STRENGTH

Body Blast

\$63 members/\$77 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
46189	Tu/Th	Jan 8–Jan 29	6:45pm–7:45pm
46190		Feb 5–Feb 26	6:45pm–7:45pm
46191		Feb 28–Mar 21	6:45pm–7:45pm
46192		Apr 2–Apr 23	6:45pm–7:45pm
46193		Apr 30–May 21	6:45pm–7:45pm
46194		May 28–Jun 18	6:45pm–7:45pm

Femme Fit Sport Training

\$63 members/\$77 non-members

This class will build cardio, strength and endurance through complex power movements and heavy weights that will push your limits and help you to get ready for obstacle racing or Femsport competition. Participants will use equipment like sandbags, kettlebells, boxes, sleds, barbells and battle ropes to unleash their inner warrior! **Seven classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
46195	W	Jan 9–Feb 20	6:00pm–7:00pm
46196		Mar 6–Apr 24	6:00pm–7:00pm*
46197		May 8–Jun 19	6:00pm–7:00pm

*No class Mar 27.

Fundamental H.I.I.T.

\$63 members/\$77 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
46198	M/W	Jan 7–Jan 28	7:00pm–8:00pm
46199		Jan 30–Feb 25	7:00pm–8:00pm*
46200		Feb 27–Mar 20	7:00pm–8:00pm
46201		Apr 1–Apr 24	7:00pm–8:00pm*
46202		Apr 29–May 22	7:00pm–8:00pm*
46203		May 27–Jun 17	7:00pm–8:00pm

*No class Feb 18, Apr 22, May 20.

TLC WELLNESS WORKSHOP SERIES

The workshop format is a great way to kick-start your motivation or to enhance your existing activities. Come try something new without the commitment of multiple sessions.

Ladies Lifting Basics

\$11 members/\$13 non-members

Learn proper lifting techniques and the correlation between lean muscle mass and fat burning, hormone function and heart health. Empower yourself by learning tools to help you get stronger and confident in your movements.

BARCODE	DAYS	START DATE – END DATE	TIME
46989	Su	Jan 13	1:00pm–2:30pm

Fit for Golf

\$7.50 members/\$9 non-members

Join a TLC Personal Trainer to get some tips and tricks on how to enhance your golf-specific fitness. Learn how to warm-up effectively, enhance mobility and optimize strength to improve the dynamics of your golf game.

BARCODE	DAYS	START DATE – END DATE	TIME
46990	Su	Apr 7	1:00pm–2:00pm

Enhance your Running

\$7.50 members/\$9 non-members

Whether you are doing your first race or are looking to improve your running abilities, this session is a great way to learn more about building a running program. Tips on technique, what to wear and training guidelines will be covered with a TLC Running Specialist.

BARCODE	DAYS	START DATE – END DATE	TIME
46991	Su	May 12	1:00pm–2:00pm

SPECIALTY

Exercise for Health

\$150 members/\$190 non-members

This specialized exercise program is designed for those with chronic health conditions to help manage symptoms and improve overall physical health through exercise. Featuring instruction and guidance from the TLC's Certified Exercise Physiologist, this program guides you in a safe, small group environment. Suitable for those with Parkinson's disease, arthritis, osteoporosis, stroke or similar chronic conditions. Participants are required to complete a PAR-Q form prior to starting the program and may require further documents from their physician to be cleared to participate. Contact TLC Wellness Supervisor for more information at 780-948-3218. **Twenty classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
46204	Tu/Th	Jan 15–Mar 21	1:15pm–2:15pm
46205		Apr 2–Jun 6	1:15pm–2:15pm

NEW! Minds in Motion

\$63 members/\$81 non-members

Minds in Motion is a trademarked program from the Alzheimer Society of Canada. Combining physical, mental and social stimulation helps people living with dementia live a better life. Minds in Motion is a fitness and social program designed for people in the early to mid-stages of Alzheimer's disease or related dementias and their care partners. The program consists of a 45-minute fitness program led by a certified fitness instructor, followed by an hour of socializing, refreshments and fun cognitive activities. The cognitive portion will be facilitated by Alzheimer Society staff and volunteers. This class is for people living with dementia and a care partner, family member or friend. Care partners attending with a person living with dementia are free. **Nine classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
46206	Fr	Jan 25–Mar 22	1:00pm–3:00pm
46207		Apr 5–Jun 7	1:00pm–3:00pm*

*No class Apr 19.

NEW! Pickleball for Beginners

\$90 members/\$110 non-members

What do you get when you combine tennis, badminton, ping pong and a whole lotta fun? Come on out to the TLC and try Pickleball to find out. This unique sport will give you a great workout and allow you to meet some great people in the community. TLC Pickleball Instructors will teach you the basics of the game: leading you through the proper technique and understanding the rules and strategies. **Ten classes.**

BARCODE	DAYS	START DATE – END DATE	TIME
46209	Su	Jan 13–Mar 24	11:15am–1:15pm*
46210	Tu/Th	Mar 12–Apr 23	9:00am–11:00am*

*No class Feb 17, Mar 26, Mar 28, Apr 11.

NEW! Intermediate Pickleball Workshops

\$20 members/\$25 non-members

Have you already mastered the basics of Pickleball and you are looking for a bit more direction? Come and play under the guidance of our TLC Pickleball Instructor to amp up your game! Each workshop will start with some skills and drills and then end with fun game play to put your skills into practice. Register for one or for them all!

BARCODE	DAYS	START DATE – END DATE	TIME
46211	W	Mar 27	6:00pm–8:00pm
46212	Su	Apr 28	6:00pm–8:00pm
46213	W	May 1	6:00pm–8:00pm

NEW! Self-Defense for Beginners

\$104 members/\$124 non-members

An introductory class for self-defense. This class will give you tools on how to deal with aggression and protect yourself and your family. There is no experience required. The class will be based on Filipino Martial Arts—Pekiti Tirsia Kali, stick art and unarmed combative tactics.

Nine classes.

BARCODE	DAYS	START DATE – END DATE	TIME
46214	Su	Jan 13–Mar 17	2:00pm–3:30pm*
46215		Apr 7–Jun 16	2:00pm–3:30pm*

*No class Feb 17, Apr 21, May 19.



Health & WELLNESS



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!

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 fitness@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. This initial booking also includes a FREE body composition analysis with the InBody 230, which can be done at any time.

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.

INDIVIDUAL PERSONAL TRAINING PRICES:

Consultation/Single Session

\$60 members/\$70 non-members

3 Individual Sessions

\$165 members/\$195 non-members

5 Individual Sessions

\$250 members/\$300 non-members

9 Individual Sessions

\$450 members/\$540 non-members

12 Individual Sessions

\$575 members/\$695 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)

\$175 members/\$200 non-members

9 Sessions (price per person)

\$315 members/\$360 non-members

12 Sessions (price per person)

\$360 members/\$420 non-members

Body Composition Analysis with the InBody 230

\$20 members/\$25 non-members

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.

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

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

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!

Afternoon Step

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

DAYS	START DATE – END DATE	TIME
Tu/Th	Jan 8–Jun 20	1:15pm–2:15pm*

*No class Mar 26, Mar 28.

Benefit thru Resistance

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

DAYS	START DATE – END DATE	TIME
M/W/F	Jan 7–Jun 21	11:00am–12:00pm*

*No class Feb 18, Mar 25, Mar 27, Mar 29, Apr 19, Apr 22, May 20.

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	Jan 8–Jun 20	8:30am–10:00am*

*No class Mar 26, Mar 28.

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	Jan 8–Jun 20	5:30pm–6:30pm*

*No class Mar 26, Mar 28.

Morning H.I.I.T.

Be ready to attack your day with an energizing class that will get you up and moving! High intensity interval training (H.I.I.T.) is a type of training where you alternate short, very high intensity intervals with longer, slower intervals to recover. HIIT training not only helps you perform better athletically and in your daily life, it also improves the ability of the muscles to burn fat.

DAYS	START DATE – END DATE	TIME
Th	Jan 10–Jun 20	6:00am–7:00am*

*No class Mar 28.

NEW FORMAT! Drop-in Circuit

Get the ultimate calorie burn during lunch time! This program will have stations set up for you to hit every muscle group in your body in 30 minutes. Drop in anytime over your lunch hour, stay as long as you have time.

DAYS	START DATE – END DATE	TIME
M/W/F	Jan 7–Jun 21	12:00pm–1:00pm*

*No class Feb 18, Mar 25, Mar 27, Mar 29, Apr 19, Apr 22, May 20.

Drop-in Spin

This 30-minute multilevel class is designed to take you through the hills and drills that will improve cardiovascular strength and muscular endurance.

DAYS	START DATE – END DATE	TIME
W	Jan 9–Jun 19	5:30pm–6:00pm*

*No class Mar 27.

NEW! Morning Spin

This all-levels spin class will start your day by taking you through the hills and drills that will improve cardiovascular strength and muscular endurance.

DAYS	START DATE – END DATE	TIME
Tu	Jan 8–Jun 18	6:00am–7:00am*

*No class Mar 26.

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	Jan 7–Jun 21	9:00am–10:00am*

*No class Feb 18, Mar 25, Mar 29, Apr 19, Apr 22, May 20.

Tai Chi

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.

DAYS	START DATE – END DATE	TIME
Tu/Th	Jan 8–Jun 20	12:00pm–1:00pm*

*No class Mar 26, Mar 28.

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
M	Jan 7–Jun 17	5:30pm–6:30pm*

*No class Feb 18, Mar 25, Apr 22, May 20.

Drop-In AQUATIC PROGRAMS

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	Jan 7–Jun 21	8:15am–9:00am

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	Jan 7–Jun 21	9:15am–10:00am

**NO AQUAFIT CLASSES ON:
FEB 15–18 / APR 19–22 / MAY 17–20**

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	Jan 7–Jun 19	7:05pm–8:05pm

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	Jan 8–Jun 20	9:00am–9:45am

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	Jan 8–Jun 20	10:00am–10:45am

**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!

Drop-In ACTIVITIES

Jan 2–Jun 26

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

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

ADULT SHINNY

M/W/F:
10:30am–12:00pm
Jan 2–May 31

BASKETBALL

Tu: 8:30pm–10:00pm
Jan 8–Jun 25
Sa: 3:30pm–5:00pm
Jan 5–Jun 29

BADMINTON

Su: 8:00am–11:00am
Jan 6–Jun 23
W: 8:30pm–10:00pm
Jan 2–Jun 26

PICKLEBALL

M: 1:00pm–3:00pm
Jan 7–May 13
W: 7:00am–9:00am
Jan 2–May 15
Th: 8:30pm–10:00pm
Jan 10–May 16
F: 1:00pm–3:00pm
Jan 11–May 10

OPEN SHINNY

M/Th: 6:00am–7:30am
Jan 3–May 30

ADULT SOCCER

F: 9:00pm–10:00pm
Jan 4–Mar 15

VOLLEYBALL

M: 8:30pm–10:00pm*
Jan 7–Jun 24
*Holidays 7:30pm–9:00pm

BATTING CAGE

Su: 5:15pm–7:15pm
Mar 10–Apr 7

OPEN SOCCER

Sa: 8:00pm–9:00pm
Jan 12–Mar 16

Sa: 1:30pm–3:00pm
Jan 5–Jun 29

LAWN BOWLING

M/W: 10:00am–12:00pm
Jan 7–Mar 18

WINTER/SPRING

Tri Active Drop-In Activities

at a glance

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	OPEN SHINNY 6:00AM–7:30AM ARENA Jan 3–May 30	MORNING SPIN 6:00AM–7:00AM SPIN PLATFORM	PICKLEBALL 7:00AM–9:00AM GYMNASIUM Jan 2–May 15	MORNING H.I.I.T. 6:00AM–7:00AM TRACK			
	DEEP WATER HIGH-INTENSITY AQUAFIT 8:15AM–9:00AM MAIN POOL		DEEP WATER HIGH-INTENSITY AQUAFIT 8:15AM–9:00AM MAIN POOL	OPEN SHINNY 6:00AM–7:30AM ARENA Jan 3–May 30	DEEP WATER HIGH-INTENSITY AQUAFIT 8:15AM–9:00AM MAIN POOL		BADMINTON 8:00AM–11:00AM GYMNASIUM Jan 6–Jun 23
	STEP & STRENGTH 9:00AM–10:00AM STUDIO	CHISEL & STRETCH 8:30AM–10:00AM STUDIO		CHISEL & STRETCH 8:30AM–10:00AM STUDIO	STEP & STRENGTH 9:00AM–10:00AM STUDIO		
	SHALLOW WATER HIGH-INTENSITY AQUAFIT 9:15AM–10:00AM MAIN POOL	DEEP WATER GENTLE AQUAFIT 9:00AM–9:45AM MAIN POOL	SHALLOW WATER HIGH-INTENSITY AQUAFIT 9:15AM–10:00AM MAIN POOL	DEEP WATER GENTLE AQUAFIT 9:00AM–9:45AM MAIN POOL	SHALLOW WATER HIGH-INTENSITY AQUAFIT 9:15AM–10:00AM MAIN POOL		
	LAWN BOWLING 10:00AM–12:00PM FIELD Jan 7–Mar 18	SHALLOW WATER GENTLE AQUAFIT 10:00AM–10:45AM MAIN POOL	LAWN BOWLING 10:00AM–12:00PM FIELD Jan 7–Mar 18	SHALLOW WATER GENTLE AQUAFIT 10:00AM–10:45AM MAIN POOL			
	ADULT SHINNY 18+ 10:30AM–12:00PM ARENA Jan 2–May 31		ADULT SHINNY 18+ 10:30AM–12:00PM ARENA Jan 2–May 31		ADULT SHINNY 18+ 10:30AM–12:00PM ARENA Jan 2–May 31		
	BENEFIT THRU RESISTANCE 11:00AM–12:00PM STUDIO		BENEFIT THRU RESISTANCE 11:00AM–12:00PM TRACK/STUDIO		BENEFIT THRU RESISTANCE 11:00AM–12:00PM TRACK		
Afternoon	DROP-IN CIRCUIT 12:00PM–1:00PM STUDIO	TAI CHI 12:00PM–1:00PM STUDIO	DROP-IN CIRCUIT 12:00PM–1:00PM STUDIO	TAI CHI 12:00PM–1:00PM STUDIO	DROP-IN CIRCUIT 12:00PM–1:00PM STUDIO	VOLLEYBALL 1:30PM–3:00PM GYMNASIUM	
	PICKLEBALL 1:00PM–3:00PM GYMNASIUM Jan 7–May 13	AFTERNOON STEP 1:15PM–2:15PM STUDIO		AFTERNOON STEP 1:15PM–2:15PM STUDIO	PICKLEBALL 1:00PM–3:00PM GYMNASIUM	BASKETBALL 3:30PM–5:00PM GYMNASIUM	
Evening	ZUMBA 5:30PM–6:30PM STUDIO	MAXIMUM TRAINING 5:30PM–6:30PM TRACK	DROP-IN SPIN 5:30PM–6:00PM SPIN PLATFORM	MAXIMUM TRAINING 5:30PM–6:30PM TRACK			BATTING CAGE 5:15PM–7:15PM SOUTH FIELD Mar 10–Apr 7
	HIGH-INTENSITY AQUAFIT 7:05PM–8:05PM MAIN POOL		HIGH-INTENSITY AQUAFIT 7:05PM–8:05PM MAIN POOL				
	VOLLEYBALL 8:30PM–10:00PM GYMNASIUM Jan 7–Jun 24	BASKETBALL 8:30PM–10:00PM GYMNASIUM Jan 8–Jun 25	BADMINTON 8:30PM–10:00PM GYMNASIUM Jan 2–Jun 26	PICKLEBALL 8:30PM–10:00PM GYMNASIUM Jan 10–May 16	ADULT SOCCER 9:00PM–10:00PM FIELD Jan 4–Mar 15	OPEN SOCCER 8:00PM–9:00PM FIELD Jan 12–Mar 16	

Life is full of surprises!

These activities are subject to change. Check trileisure.com, follow us on Facebook or call 780.960.5080 for schedule updates!

Dryland Fitness Classes
Jan 7 – Jun 21

Aquatic Fitness Classes
Jan 7 – Jun 21

Activities & Sports
Jan 2 – Jun 26

- Participants must be 12 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.

We are so *grateful* to have
the support of these companies!

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