

# WINTER 2017

# Aquatic Programs

Member Registration: **November 7, 2016**  
 Non-Member Registration: **November 8, 2016**

MEMBER	NON MEMBER
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## AQUATICS FOR LIFE Adult Swim Lessons // 18+ years

**FIT FOR LIFE:** Aquatics for Life - Adult Swim Lessons is a progressive, skill based, learn to swim and fitness program that teaches swimming, and fitness skills which are centered around butterfly, backstroke, breaststroke, freestyle, water safety, entries and turns. Beginners will start with submerging, floating, gliding, kicking and swimming short distances. Intermediate swimmers will progress to deep water treading, freestyle, backstroke, breaststroke, butterfly and swimming distances of 200m non-stop. Advanced swimmers will benefit from stroke refinement, speed and endurance activities and should be able to swim 500m non-stop.

Days	Period	Lessons	MEMBER	NON MEMBER
<b>Mondays</b>	Jan 9-Mar 20	10 lessons		
	Beginner	8:00-9:00pm	Code# 40309	\$87 \$99
	Intermediate	8:00-9:00pm	Code# 40313	\$87 \$99
Advanced	8:00-9:00pm	Code# 40314	\$87 \$99	
<b>Tuesdays</b>	Jan 3-Mar 21	12 lessons		
	Beginner	8:30-9:30pm	Code# 40310	\$102 \$114
	Inter/Advanced	8:30-9:30pm	Code# 40315	\$102 \$114
<b>Wednesdays</b>	Jan 4-Mar 22	12 lessons		
	Beginner	8:00-9:00pm	Code# 40311	\$102 \$114
	Intermediate	8:00-9:00pm	Code# 40316	\$102 \$114
	Advanced	8:00-9:00pm	Code# 40317	\$102 \$114
<b>Thursdays</b>	Jan 5-Mar 23	12 lessons		
	Beginner	8:30-9:30pm	Code# 40312	\$102 \$114
	Inter/Advanced	8:30-9:30pm	Code# 40318	\$102 \$114
<b>Saturdays</b>	Jan 7-Mar 18	10 lessons		
	Beginner	12:30-1:30pm	Code# 40319	\$87 \$99
	Intermediate	12:15-1:15pm	Code# 40320	\$87 \$99
Advanced	12:15-1:15pm	Code# 40486	\$87 \$99	

## AQUATIC PRIVATE LESSONS // 3+ years

**ACTIVE START. FUNDAMENTALS. LEARN TO TRAIN. FIT FOR LIFE:** Includes goal setting, specialized instruction and customization to meet you or your child's needs. In these one-on-one sessions you'll see advanced progression in both technique and endurance. It's way more than a swimming lesson! Max 1 person. For an additional charge a second participant can be added as a semi-private lesson, please contact Rachel Baird at rbaird@talismancentre.com for more information.

Days	Period	Lessons	MEMBER	NON MEMBER
<b>Mondays</b>	Jan 9-Mar 20	10 Lessons		
	45 minutes	1:30-2:15pm	Code# 40202	\$330 \$385
	45 minutes	2:30-3:15pm	Code# 40203	\$330 \$385
	45 minutes	2:30-3:15pm	Code# 40204	\$330 \$385
	45 minutes	3:15-4:00pm	Code# 40205	\$330 \$385
	45 minutes	3:15-4:00pm	Code# 40206	\$330 \$385
	45 minutes	4:00-4:45pm	Code# 40207	\$330 \$385
	45 minutes	4:00-4:45pm	Code# 40208	\$330 \$385
	45 minutes	4:45-5:30pm	Code# 40209	\$330 \$385
	45 minutes	4:45-5:30pm	Code# 40210	\$330 \$385
	45 minutes	5:30-6:15pm	Code# 40211	\$330 \$385
	45 minutes	5:30-6:15pm	Code# 40270	\$330 \$385
	45 minutes	5:30-6:15pm	Code# 40305	\$330 \$385

30 minutes	6:15-6:45pm	Code# 40288	\$220	\$257
30 minutes	6:15-6:45pm	Code# 40485	\$220	\$257
30 minutes	6:30-7:00pm	Code# 40300	\$220	\$257

Days	Period	Lessons	MEMBER	NON MEMBER
<b>Tuesdays</b>	Jan 3-Mar 21	12 lessons		
	45 minutes	4:00-4:45pm	Code# 40212	\$360 \$420
	45 minutes	4:00-4:45pm	Code# 40483	\$360 \$420
	45 minutes	4:45-5:30pm	Code# 40213	\$360 \$420
	45 minutes	5:00-5:45pm	Code# 40242	\$360 \$420
	45 minutes	5:30-6:15pm	Code# 40214	\$360 \$420
	30 minutes	6:30-7:00pm	Code# 40271	\$280 \$300
	30 minutes	6:30-7:00pm	Code# 40274	\$280 \$300
	30 minutes	6:45-7:15pm	Code# 40272	\$280 \$300
	30 minutes	6:45-7:15pm	Code# 40273	\$280 \$300
	30 minutes	7:00-7:30pm	Code# 40276	\$280 \$300

Days	Period	Lessons	MEMBER	NON MEMBER
<b>Wednesdays</b>	Jan 4-Mar 22	12 Lessons		
	45 minutes	1:30-2:15pm	Code# 40215	\$360 \$420
	45 minutes	2:30-3:15pm	Code# 40306	\$360 \$420
	45 minutes	2:30-3:15pm	Code# 40307	\$360 \$420
	45 minutes	3:15-4:00pm	Code# 40220	\$360 \$420
	45 minutes	3:15-4:00pm	Code# 40243	\$360 \$420
	45 minutes	4:00-4:45pm	Code# 40244	\$360 \$420
	45 minutes	4:00-4:45pm	Code# 40245	\$360 \$420
	45 minutes	4:00-4:45pm	Code# 40246	\$360 \$420
	45 minutes	4:45-5:30pm	Code# 40247	\$360 \$420
	45 minutes	4:45-5:30pm	Code# 40484	\$360 \$420
	45 minutes	5:30-6:15pm	Code# 40248	\$360 \$420
	45 minutes	5:30-6:15pm	Code# 40216	\$360 \$420
	30 minutes	6:15-6:45pm	Code# 40275	\$280 \$300
30 minutes	6:15-6:45pm	Code# 40287	\$280 \$300	

Days	Period	Lessons	MEMBER	NON MEMBER
<b>Thursdays</b>	Jan 5-Mar 23	12 Lessons		
	45 minutes	4:00-4:45pm	Code# 40249	\$360 \$420
	45 minutes	4:00-4:45pm	Code# 40217	\$360 \$420
	45 minutes	4:45-5:30pm	Code# 40218	\$360 \$420
	45 minutes	5:00-5:45pm	Code# 40250	\$360 \$420
	45 minutes	5:30-6:15pm	Code# 40219	\$360 \$420
	30 minutes	6:30-7:00pm	Code# 40278	\$280 \$300
	30 minutes	6:30-7:00pm	Code# 40277	\$280 \$300
	30 minutes	6:45-7:15pm	Code# 40279	\$280 \$300
	30 minutes	6:45-7:15pm	Code# 40280	\$280 \$300
	30 minutes	7:00-7:30pm	Code# 40263	\$280 \$300
	30 minutes	7:00-7:30pm	Code# 40286	\$280 \$300

Days	Period	Lessons	MEMBER	NON MEMBER
<b>Saturdays</b>	Jan 7-Mar 18	10 Lessons		
	45 minutes	9:00-9:45am	Code# 40221	\$330 \$385
	45 minutes	9:00-9:45am	Code# 40222	\$330 \$385
	45 minutes	9:00-9:45am	Code# 40223	\$330 \$385
	45 minutes	9:00-9:45am	Code# 40251	\$330 \$385
	45 minutes	9:00-9:45am	Code# 40252	\$330 \$385
	45 minutes	10:30-11:15am	Code# 40224	\$330 \$385
	45 minutes	10:30-11:15am	Code# 40225	\$330 \$385
	45 minutes	10:30-11:15am	Code# 40253	\$330 \$385
	45 minutes	11:30-12:15pm	Code# 40226	\$330 \$385
	45 minutes	11:30-12:15pm	Code# 40227	\$330 \$385
	45 minutes	11:30-12:15pm	Code# 40291	\$330 \$385
	45 minutes	12:30-1:15pm	Code# 40228	\$330 \$385
	45 minutes	1:15-2:00pm	Code# 40264	\$330 \$385
	45 minutes	1:15-2:00pm	Code# 40265	\$330 \$385
	30 minutes	1:00-1:30pm	Code# 40238	\$220 \$257
	30 minutes	1:30-2:00pm	Code# 40266	\$220 \$257

Days	Period	Lessons	MEMBER	NON MEMBER
<b>Sundays</b>	Jan 8-Mar 19	10 Lessons		
	45 minutes	9:00-9:45am	Code# 40230	\$330 \$385
	45 minutes	9:00-9:45am	Code# 40231	\$330 \$385
	45 minutes	9:00-9:45am	Code# 40256	\$330 \$385
	45 minutes	9:00-9:45am	Code# 40257	\$330 \$385



There are no classes on February 18th, 19th & 20th. Subject to change. **To register, visit [repsolportcentre.com](http://repsolportcentre.com)**

			MEMBER	NON MEMBER				MEMBER	NON MEMBER
45 minutes	9:00-9:45am	Code# 40258	\$330	\$385	<b>Saturdays</b>	<b>Jan 7-Mar 18</b>	<b>10 lessons</b>	\$49	\$70
45 minutes	9:45-10:30am	Code# 40232	\$330	\$385					
45 minutes	9:45-10:30am	Code# 40233	\$330	\$385	30 minutes	11:30-12:00pm	Code# 40337	\$49	\$70
45 minutes	9:45-10:30am	Code# 40234	\$330	\$385	30 minutes	12:00-12:30pm	Code# 40336	\$49	\$70
45 minutes	9:45-10:30am	Code# 40235	\$330	\$385	<b>Sundays</b>	<b>Jan 8-Mar 19</b>	<b>10 lessons</b>	\$49	\$70
45 minutes	11:30-12:15pm	Code# 40236	\$330	\$385					
45 minutes	11:30-12:15pm	Code# 40237	\$330	\$385					
30 minutes	12:00-12:30pm	Code# 40239	\$220	\$257					
30 minutes	12:00-12:30pm	Code# 40240	\$220	\$257					
45 minutes	12:15-1:00pm	Code# 40259	\$330	\$385	<b>I CAN SWIM PRESCHOOL (3 - 5 years)</b>				
45 minutes	12:15-1:00pm	Code# 40260	\$330	\$385	<b>ACTIVE START:</b> I Can Swim Preschool is a progressive, skill based, learn to swim program that teaches 51 water skills and focuses on entries and exits, submersion and breath control, floating, gliding and treading water. Building upon these initial skills, swimmers will begin to work on skills needed for butterfly, backstroke, breaststroke and freestyle.				
45 minutes	12:30-1:15pm	Code# 40261	\$330	\$385	<b>Dolphins 1</b> - Children become comfortable with their first independent water experiences. Fundamental movement skills are introduced.				
45 minutes	12:30-1:15pm	Code# 40262	\$330	\$385					
45 minutes	1:30-2:15pm	Code# 40267	\$330	\$385					
45 minutes	1:30-2:15pm	Code# 40268	\$330	\$385					
45 minutes	1:30-2:15pm	Code# 40269	\$330	\$385					
45 minutes	1:30-2:15pm	Code# 40295	\$330	\$385					
30 minutes	1:00-1:30pm	Code# 40241	\$220	\$257					

### DUCKLINGS (3 months - 1 year / parented class)

**ACTIVE START:** Come play and learn with your 3 months - 1 year old! Babies and toddlers can explore the water through activities, songs and games while also having the comfort of their care givers by their side. Lessons include water safety, comfort and play in the water, and an introduction of a few basic swimming skills.

<b>Mondays</b>	<b>Jan 9-Mar 20</b>	<b>10 lessons</b>		
30 minutes	12:00-12:30pm	Code# 40380	\$49	\$70
30 minutes	6:15-6:45pm	Code# 40384	\$49	\$70
<b>Tuesdays</b>	<b>Jan 3-Mar 21</b>	<b>12 lessons</b>		
30 minutes	4:00-4:30pm	Code# 40383	\$60	\$85
30 minutes	6:15-6:45pm	Code# 40385	\$60	\$85
<b>Wednesdays</b>	<b>Jan 4-Mar 22</b>	<b>12 lessons</b>		
30 minutes	12:00-12:30pm	Code# 40381	\$60	\$85
30 minutes	6:15-6:45pm	Code# 40386	\$60	\$85
<b>Thursdays</b>	<b>Jan 5-Mar 23</b>	<b>12 lessons</b>		
30 minutes	4:00-4:30pm	Code# 40382	\$60	\$85
30 minutes	6:15-6:45pm	Code# 40387	\$60	\$85
<b>Saturdays</b>	<b>Jan 7-Mar 18</b>	<b>10 lessons</b>		
30 minutes	11:30-12:00pm	Code# 40389	\$49	\$70
30 minutes	12:00-12:30pm	Code# 40388	\$49	\$70
<b>Sundays</b>	<b>Jan 8-Mar 19</b>	<b>10 lessons</b>		
30 minutes	11:30-12:00pm	Code# 40390	\$49	\$70
30 minutes	1:00-1:30pm	Code# 40391	\$49	\$70

### DINOS (1 year - 3 years / parented class)

**ACTIVE START:** Come play and learn with your 1 year - 3 year old! Babies and toddlers can explore the water through activities, songs and games while also having the comfort of their caregivers by their side. Lessons include water safety, comfort and play in the water, and an introduction of a few basic swimming skills.

<b>Mondays</b>	<b>Jan 9-Mar 20</b>	<b>10 lessons</b>		
30 minutes	12:00-12:30pm	Code# 40328	\$49	\$70
30 minutes	6:15-6:45pm	Code# 40332	\$49	\$70
<b>Tuesdays</b>	<b>Jan 3-Mar 21</b>	<b>12 lessons</b>		
30 minutes	4:30-5:00pm	Code# 40331	\$60	\$85
30 minutes	6:15-6:45pm	Code# 40333	\$60	\$85
<b>Wednesdays</b>	<b>Jan 4-Mar 22</b>	<b>12 lessons</b>		
30 minutes	12:00-12:30pm	Code# 40329	\$60	\$85
30 minutes	6:15-6:45pm	Code# 40334	\$60	\$85
<b>Thursdays</b>	<b>Jan 5-Mar 23</b>	<b>12 lessons</b>		
30 minutes	4:30-5:00pm	Code# 40330	\$60	\$85
30 minutes	6:15-6:45pm	Code# 40335	\$60	\$85

<b>Mondays</b>	<b>Jan 9-Mar 20</b>	<b>10 lessons</b>		
30 Minutes	12:30-1:00pm	Code# 40340	\$65	\$75
30 Minutes	4:00-4:30pm	Code# 40455	\$65	\$75
30 Minutes	5:30-6:00pm	Code# 40352	\$65	\$75
<b>Tuesdays</b>	<b>Jan 3-Mar 21</b>	<b>12 lessons</b>		
30 minutes	4:30-5:00pm	Code# 40341	\$78	\$91
30 minutes	5:30-6:00pm	Code# 40346	\$78	\$91
<b>Wednesdays</b>	<b>Jan 4-Mar 22</b>	<b>12 lessons</b>		
30 minutes	12:30-1:00pm	Code# 40342	\$78	\$91
30 minutes	4:45-5:15pm	Code# 40343	\$78	\$91
30 minutes	6:15-6:45pm	Code# 40347	\$78	\$91
<b>Thursdays</b>	<b>Jan 5-Mar 23</b>	<b>12 lessons</b>		
30 minutes	4:30-5:00pm	Code# 40344	\$78	\$91
30 minutes	6:00-6:30pm	Code# 40348	\$78	\$91
<b>Saturdays</b>	<b>Jan 7-Mar 18</b>	<b>10 Classes</b>		
30 minutes	9:00-9:30am	Code# 40345	\$65	\$75
30 minutes	10:30-11:00am	Code# 40349	\$65	\$75
<b>Sundays</b>	<b>Jan 8-Mar 19</b>	<b>10 Classes</b>		
30 minutes	9:30-10:00am	Code# 40350	\$65	\$75
30 minutes	11:00-11:30am	Code# 40351	\$65	\$75

**Dolphins 2** - is for children who are comfortable being independent in the water. Preschoolers are introduced to front and back paddle and various deep water skills.

<b>Mondays</b>	<b>Jan 9-Mar 20</b>	<b>10 lessons</b>		
30 Minutes	12:30-1:00pm	Code# 40358	\$65	\$75
30 Minutes	1:00-1:30pm	Code# 40359	\$65	\$75
30 Minutes	4:30-5:00pm	Code# 40360	\$65	\$75
30 Minutes	6:00-6:30pm	Code# 40361	\$65	\$75
<b>Tuesdays</b>	<b>Jan 3-Mar 21</b>	<b>12 lessons</b>		
30 minutes	5:00-5:30pm	Code# 40353	\$78	\$91
30 minutes	6:00-6:30pm	Code# 40362	\$78	\$91
<b>Wednesdays</b>	<b>Jan 4-Mar 22</b>	<b>12 lessons</b>		
30 minutes	12:30-1:00pm	Code# 40354	\$78	\$91
30 minutes	1:00-1:30pm	Code# 40468	\$78	\$91
30 minutes	5:15-5:45pm	Code# 40363	\$78	\$91
30 minutes	6:15-6:45pm	Code# 40364	\$78	\$91
<b>Thursdays</b>	<b>Jan 5-Mar 23</b>	<b>12 lessons</b>		
30 minutes	4:00-4:30pm	Code# 40355	\$78	\$91
30 minutes	5:00-5:30pm	Code# 40365	\$78	\$91
<b>Saturdays</b>	<b>Jan 7-Mar 18</b>	<b>10 Classes</b>		
30 minutes	9:30-10:00am	Code# 40356	\$65	\$75
30 minutes	12:30-1:00pm	Code# 40366	\$65	\$75

			MEMBER	NON MEMBER
<b>Sundays</b>	<b>Jan 8–Mar 19</b>	<b>10 Classes</b>		
30 minutes	9:00–9:30am	Code# 40357	\$65	\$75
30 minutes	10:00–10:30am	Code# 40367	\$65	\$75

			MEMBER	NON MEMBER
<b>Sunday</b>	<b>Jan 8–Mar 19</b>	<b>10 lessons</b>		
BEG	10:30–11:00am	Code# 40420	\$65	\$75
INT/ADV	11:15–12:00pm	Code# 40421	\$75	\$84

**Dolphins 3** – Children develop the basic skills for freestyle, backstroke, breaststroke and butterfly. **Super Dolphins** – Children are challenged to develop skills at the Stage 2 level to prepare them to transition into the Stage 2 class.

**Stage 2** – Focuses on basic movements and orientation ability needed for swimming skills like arm action, sculling and breathing. Includes 3 sub-stages: BEG – I Can Paddle, INT – I Can Dive, and ADV – I Can Freestyle.

<b>Mondays</b>	<b>Jan 9–Mar 20</b>	<b>10 lessons</b>		
Dolphins 3	1:00–1:30pm	Code# 40368	\$65	\$75
Dolphins 3/Super	1:30–2:15pm	Code# 40371	\$75	\$84
Dolphins 3/Super	4:00–4:45pm	Code# 40374	\$75	\$84
<b>Tuesdays</b>	<b>Jan 3–Mar 21</b>	<b>12 lessons</b>		
Dolphins 3/Super	5:45–6:30pm	Code# 40372	\$90	\$100
<b>Wednesdays</b>	<b>Jan 7–Mar 22</b>	<b>12 lessons</b>		
Dolphins 3	1:00–1:30pm	Code# 40375	\$78	\$91
Dolphins 3/Super	1:30–2:15pm	Code# 40369	\$90	\$100
Dolphins 3/Super	4:45–5:30pm	Code# 40376	\$90	\$100
<b>Thursdays</b>	<b>Jan 5–Mar 23</b>	<b>12 lessons</b>		
Dolphins 3/Super	6:15–7:00pm	Code# 40370	\$90	\$100
<b>Saturdays</b>	<b>Jan 7–Mar 18</b>	<b>10 Classes</b>		
Dolphins 3	11:00–11:30am	Code# 40373	\$65	\$75
Dolphins 3/Super	11:30–12:15pm	Code# 40378	\$75	\$84
<b>Sundays</b>	<b>Jan 8–Mar 19</b>	<b>10 lessons</b>		
Dolphins 3/Super	11:30–12:15pm	Code# 40379	\$75	\$84
Dolphins 3	12:30–1:00pm	Code# 40377	\$65	\$75

<b>Monday</b>	<b>Jan 9–Mar 20</b>	<b>10 lessons</b>		
BEG	4:00–4:45pm	Code# 40423	\$75	\$84
INT	4:45–5:30pm	Code# 40431	\$75	\$84
ADV	4:45–5:30pm	Code# 40435	\$75	\$84
<b>Tuesdays</b>	<b>Jan 3–Mar 21</b>	<b>12 lessons</b>		
INT	4:00–4:45pm	Code# 40428	\$90	\$100
ADV	4:45–5:30pm	Code# 40433	\$90	\$100
BEG	4:45–5:30pm	Code# 40422	\$90	\$100
<b>Wednesdays</b>	<b>Jan 4–Mar 22</b>	<b>12 lessons</b>		
BEG	4:00–4:45pm	Code# 40424	\$90	\$100
INT	5:30–6:15pm	Code# 40429	\$90	\$100
ADV	5:30–6:15pm	Code# 40434	\$90	\$100
<b>Thursday</b>	<b>Jan 5–Mar 23</b>	<b>12 lessons</b>		
ADV	4:00–4:45pm	Code# 40436	\$90	\$100
INT	5:30–6:15pm	Code# 40430	\$90	\$100
BEG	5:30–6:15pm	Code# 40425	\$90	\$100
<b>Saturday</b>	<b>Sep 17–Nov 26</b>	<b>10 lessons</b>		
BEG	9:45–10:30am	Code# 40426	\$75	\$84
INT	9:45–10:30am	Code# 40432	\$75	\$84
ADV	9:45–10:30am	Code# 40437	\$75	\$84
BEG	10:30 – 11:15am	Code# 40477	\$75	\$84
<b>Sunday</b>	<b>Jan 8–Mar 19</b>	<b>10 lessons</b>		
BEG	9:45–10:30am	Code# 40478	\$75	\$84
BEG	10:30–11:15am	Code# 40427	\$75	\$84
INT	10:30–11:15am	Code# 40438	\$75	\$84
ADV	10:30–11:15am	Code# 40439	\$75	\$84

### ICAN SWIM SCHOOL (6 – 12 years)

**FUNDAMENTALS, LEARN TO TRAIN:** A progressive, skill based, learn to swim program that teaches 54 water skills and focuses on butterfly, backstroke, breaststroke, freestyle, water safety, entries and turns.

**Stage 1** – Orientation to water: Establishes a sound basis for the future acquisition of swimming skills. Children develop the fundamentals of swimming while learning to be comfortable and relaxed in the water. Includes 3 sub-stages: I Can Float, I Can Glide, and I Can Kick .

<b>Monday</b>	<b>Jan 9–Mar 20</b>	<b>10 lessons</b>		
BEG	5:00–5:30pm	Code# 40415	\$65	\$75
INT/ADV	6:15–7:00pm	Code# 40416	\$75	\$84
<b>Tuesdays</b>	<b>Jan 3–Mar 21</b>	<b>12 lessons</b>		
BEG	4:00–4:30pm	Code# 40410	\$78	\$91
INT/ADV	6:15–7:00pm	Code# 40411	\$90	\$100
<b>Wednesdays</b>	<b>Jan 4–Mar 22</b>	<b>12 lessons</b>		
INT/ADV	4:00–4:45pm	Code# 40413	\$90	\$100
BEG	5:45–6:15pm	Code# 40412	\$78	\$91
<b>Thursday</b>	<b>Jan 5–Mar 23</b>	<b>12 lessons</b>		
BEG	5:30–6:00pm	Code# 40414	\$78	\$91
INT/AD	5:45–6:30pm	Code# 40419	\$90	\$100
<b>Saturday</b>	<b>Jan 7–Mar 18</b>	<b>10 lessons</b>		
BEG	10:00–10:30am	Code# 40417	\$65	\$75
INT/ADV	10:30–11:15am	Code# 40418	\$75	\$84

**Stage 3** – Focuses on improving reaction/rhythm and increasing endurance for all four strokes. Advanced dives and basic starts and turns are also covered. Includes 3 sub-stages: BEG – I Can Backstroke, INT – I Can Breaststroke, and ADV – I Can Butterfly.

<b>Monday</b>	<b>Jan 9–Mar 20</b>	<b>10 lessons</b>		
BEG	5:30–6:15pm	Code# 40442	\$75	\$84
INT/ADV	5:30–6:15pm	Code# 40448	\$75	\$84
<b>Tuesdays</b>	<b>Jan 3–Mar 21</b>	<b>12 lessons</b>		
BEG	5:30–6:15pm	Code# 40440	\$90	\$100
INT/ADV	5:30–6:15pm	Code# 40445	\$90	\$100
<b>Wednesdays</b>	<b>Jan 4–Mar 22</b>	<b>12 lessons</b>		
BEG	4:45–5:30pm	Code# 40441	\$90	\$100
INT/ADV	4:45–5:30pm	Code# 40446	\$90	\$100
<b>Thursday</b>	<b>Jan 5–Mar 23</b>	<b>12 lessons</b>		
BEG	4:45–5:30pm	Code# 40443	\$90	\$100
INT/ADV	4:45–5:30pm	Code# 40447	\$90	\$100
<b>Saturday</b>	<b>Jan 7–Mar 18</b>	<b>10 lessons</b>		
BEG	9:45–10:30am	Code# 40444	\$75	\$84
INT/ADV	9:45–10:30am	Code# 40449	\$75	\$84
<b>Sunday</b>	<b>Jan 8–Mar 19</b>	<b>10 lessons</b>		
BEG	10:30–11:15am	Code# 40451	\$75	\$84
INT/ADV	10:30–11:15am	Code# 40450	\$75	\$84

MEMBER

NON  
MEMBER

MEMBER

NON  
MEMBER**MERMAID & MERMAN SCHOOL**

**FUNDAMENTALS, LEARN TO TRAIN:** Make all your dreams come true and learn to swim like a mermaid or merman in this whimsical new program. These classes will include a mix of basic synchronized swimming skills, dolphin kick undulation, mono-fin training and tail care tips. Classes will be taught by certified I Can Swim Instructors whose life-long wish is to become Mermaids. Classes will take place in the Teach Pool and Dive tank. This program is for participants between 8-12 years that have completed Stage 2 or equivalent (Red Cross Swim Kids 5 or Lifesaving Swimmer 3).

**NOTE:** Tails/mono-fins are required, and are not included within the program cost. Tails with monofins start at \$99US through Fin Fun, check them out at: [www.finfunmermaid.com/shop-mermaid-tails/mermaid-tail-sets.html](http://www.finfunmermaid.com/shop-mermaid-tails/mermaid-tail-sets.html)

Once you have found the tail you want contact Rachel to place the order or order online directly through Fin Fun. You are also able to bring your own tail made from breathable swimsuit material. Please contact Rachel Baird at [rbaird@talismancentre.com](mailto:rbaird@talismancentre.com) for orders or more information.

Days	Jan 4–Mar 22	12 lessons	MEMBER	NON MEMBER
Wednesdays 60 minutes	7:00–8:00pm	Code# 40403	\$115	\$130
Wednesdays 60 minutes	Jan 7–Mar 18 12:15–1:15pm	10 lessons Code# 40404	\$100	\$115

**JUNIOR MASTERS SWIM CLUB (8–17 years old)**

**LEARN TO TRAIN:** Are you a swimmer who has achieved basic swimming skills and wants to refine and perfect these skills, but is not able to put the commitment in to join a competitive swim club? Junior Masters is a new and exciting approach to learning advanced swimming skills for children and youth 8 to 17 years old. The program will provide professional coaching, and stroke correction, technical instruction, and a swim meet. Our goal is to help instill a lifetime passion for swimming and spark a higher interest in competition. **PRE-REQUISITE:** Stage 3, Swimmer 6, Level 10, Star 6 or equivalent. *If you are unsure of the participants' skill level please contact us at [swimlessons@talismancentre.com](mailto:swimlessons@talismancentre.com) before registering.*

Days	Code#	MEMBER	NON MEMBER
Jan 4–Mar 22 Mon/Wed Sat/Sun	40396 7:00–8:00pm 1:30–3:00pm	\$245	\$277
Junior Masters Spring 2017 Session Try-outs Saturday, Feb 4	3:00–4:00pm Code# 40399	--	--

**I Can Swim Fast** – is designed for those participants that cannot make the commitment to all four days of the Junior Masters Club, for those that want to transition into the full Junior Master Club, and/or for those unable to make it into the Club.

Days	Code#	MEMBER	NON MEMBER
Jan 7–Mar 18 Saturdays	40397 3:00–4:30pm	\$100	\$110
Jan 8–Mar 19 Sundays	40398 3:00–4:00pm	\$80	\$90

**BRONZE STAR**

**FIT FOR LIFE:** Bronze Star is a pre-Bronze Medallion training standard and excellent preparation for success in Bronze Medallion. In Bronze Star, participants develop problem-solving and decision-making skills as individuals and in partners. They learn CPR and develop Water Smart® confidence and the lifesaving skills needed to be their own personal lifeguard. Prerequisites: None

Days	Code#	MEMBER	NON MEMBER
Jan 8–Mar 19 Sundays	40327 12:15pm–1:30pm	\$90	\$100

**BRONZE MEDALLION – Prerequisites: Bronze Star or 13 years old**

**FIT FOR LIFE:** The Bronze Medallion Award teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness. Rescuers learn tows, 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. Canadian Lifesaving Manual and exam fees are included! Swimming ability should be at an I Can Swim Stage 3, Red Cross Swim Kids 10, or Lifesaving Swimmer 6 level.

Days	Code#	MEMBER	NON MEMBER
Jan 14–Jan 15 Mar 18–Mar 19	40324 40325	\$150 \$150	\$156 \$156

**BRONZE CROSS – Prerequisites: Bronze Medallion**

**FIT FOR LIFE:** Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is the prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Exam fees are included!

Days	Code#	MEMBER	NON MEMBER
Jan 21–Jan 22 Mar 25–Mar 26	40321 40322	\$110 \$110	\$116 \$116

**LIFESAVING SWIM INSTRUCTOR / LIFESAVING INSTRUCTOR**

– Prerequisites: 16 years old and Bronze Cross or higher.

The Lifesaving Swim Instructor Course focuses on preparing the instructor to teach and evaluate basic movement and swimming skills, strokes, and fitness. Candidates are introduced to key principles of learning and teaching and acquire proven teaching methods, a variety of skill and stroke development drills and corrections techniques. Lifesaving Instructors are trained to teach and evaluate the three Canadian Swim Patrol Program awards, as well as the Bronze Star, Bronze Medallion, Bronze Cross, and Distinction certifications. Candidates are trained in aspects of learning as well as various approaches required to teach water rescue, first aid, and related aquatic skills in the Canadian Lifesaving Program. Candidates also learn about long-range and short-term planning, class management, safety supervision and the principles of evaluation. The Lifesaving Instructor certification is the prerequisite for all other Lifesaving Society instructor certifications. Certification in Alberta & Northwest Territories includes Advanced Instructor, Examination Standards Clinic, and Lifesaving CPR Instructor/ Examiner certifications.

Days	Code#	MEMBER	NON MEMBER
Feb 3–Feb 19 Fridays: 6:00pm–10:00pm, Saturday/Sunday: 12:00–8:00pm <i>*Includes BOTH Swim for Life Instructor and Lifesaving Instructor Awards.</i>	40402	\$290	\$300
Feb 18 Saturday: 2:00pm–6:00pm <i>*RECERT course – the candidate must hold a Lifesaving Instructor award to register.</i>	40400	\$80	\$90

**JUNIOR LIFEGUARD CLUB**

**LEARN TO TRAIN:** The Junior Lifeguard Club (JLC) program is for all youth interested in active living and having serious fun! JLC members are encouraged to develop skills based on personal bests in swimming, lifesaving, fitness, knowledge, leadership and team work. This program provides high activity challenges in an energetic club environment both on deck and in the pool. Members will also be introduced to competitive lifesaving activities.

Days	Code#	MEMBER	NON MEMBER
Jan 3–Mar 21 Tuesdays	40392	\$112	\$126
Jan 5–Mar 23 Thursdays	40393	\$112	\$126

MEMBER NON MEMBER

**SENIOR LIFEGUARD CLUB**

**LEARN TO TRAIN:** The Senior Lifeguard Club is for participants of all abilities ages 13-17 years who want to stay healthy and active in a fun learning environment. It provides a social atmosphere while offering training opportunities. This program encourages club members to participate for life through long-term athlete development and trying different pathways such as lifesaving sport competition.

<b>Jan 3-Mar 21</b>				
Tuesdays	7:30-9:00pm	Code# 40394	\$116	\$130
<b>Jan 3-Mar 21</b>				
Thursdays	7:30-9:00pm	Code# 40395	\$116	\$130

**NATIONAL LIFEGUARD**

**- Prerequisites: Bronze Cross, Standard First Aid and a minimum of 16 years of age.**

**FIT FOR LIFE:** The primary role of the National Lifeguard is the prevention of emergency situations and the timely and effective resolution of emergencies. The National Lifeguard certification prepares lifeguards to fulfill this role as professional facilitators of safe, enjoyable aquatic activities in a pool setting. The National Lifeguard program develops the basic lifeguarding skills, principles, and decision-making process to help lifeguards evaluate and adapt to different aquatic facilities and emergencies. Manual and exam fees are included!

<b>Feb 18</b>	<b>RECERT</b>			
Sat	10:00am-2:00pm	Code# 40406	\$70	\$80
<i>*Must hold a National Lifeguard certificate</i>				
<b>Mar 3-Mar 12</b>	<b>FULL COURSE</b>			
Fri	6:00pm-10:00pm	Code# 40405	\$290	\$300
Sat/Sun	12:00-8:00pm			

**STANDARD FIRST AID**

Standard First Aid provides comprehensive training of all aspects of first aid and CPR. This course is for those who want an in-depth understanding of basic emergency first aid procedure. You will come out of this course equipped with the knowledge and skill base to treat; breaks, sprains, strains, hot/cold injuries, chest injuries, burns, and sudden medical emergencies. Includes AED/CPR-C certification. Lifesaving Standard First Aid is a workplace approved certification in Alberta.

<b>Jan 28-Jan 29</b>	<b>SFA FULL COURSE</b>			
Sat/Sun	9:00am-5:00pm	Code# 40452	\$150	\$160
<b>Feb 19</b>	<b>SFA RECERT COURSE</b>			
Sun	9:00am-5:00pm	Code# 40453	\$70	\$80
<i>*All registrations must already have a CURRENT Standard First Aid certification on the date of the course through an Alberta workplace approved training organization.</i>				
<b>Feb 19</b>	<b>CPR/C/AED Recert</b>			
Sun	9:00am-1:00pm	Code# 40454	\$60	\$70
<i>*All registrations must already have a CURRENT CPR/C/AED certification on the date of the course through an Alberta workplace approved training organization.</i>				

**STANDARD FIRST AID INSTRUCTOR**

The Lifesaving First Aid Instructor / Examiner course prepares instructors to teach and evaluate first aid skills. Lifesaving First Aid Instructors/ Examiners deliver the Society's Emergency First Aid (EFA), Standard First Aid (SFA), CPR, and Oxygen Administration courses (02). Prerequisites: 16-hour Course: Approved Application, Lifesaving Instructor and Lifesaving Standard First Aid or Aquatic Emergency Care.

<b>Feb 4-Feb 5</b>				
Sat/Sun	9:00am-5:00pm	Code# 40490	\$260	\$270
<i>*Must have Lifesaving Instructor, Standard First Aid, and approval from the Lifesaving Society</i>				

# September 2016 Preschool for Active Living

Repsol Sport Centre's unique licensed preschool program will help your child develop their social, intellectual, physical and emotional skills!

With the expert guidance of our team of creative Early Childhood Education Specialists your child will learn through hands-on activities in all areas of our spacious facility – gym, pool, park and classroom. While your child is getting active in our Preschool For Active Living (PAL) program you could be enjoying all the benefits of Repsol Sport Centre! Check out our membership options.

PLEASE NOTE: Children need to be the correct age by February 28, 2016 for the 2015/2016 year and by February 28, 2017 for the 2016/2017 year. Children turning the correct age after this date will be considered on a case by case basis.

			MEMBER	NON MEMBER
3 year olds	Tues/Thurs	9:00am – 11:30am	\$172	\$190
4 year olds	Mon/Wed/Fri	9:00am – 11:30am	\$205	\$228
4 year olds	Mon/Wed/Fri	12:30pm – 3:00pm	\$205	\$228

**TO REGISTER FOR PRESCHOOL PLEASE CONTACT:**  
**Lisa Montgomery, Group Fitness & Programs Manager**  
**Phone: 403.355.1246**  
**Email: lmontgomery@talismancentre.com**

NOTE: A \$100 non-refundable registration fee is required.

## Register Online!

- All you need is an account **BARCODE** and **PIN** to get started.
- If you don't have a **BARCODE** and **PIN** please visit the Customer Service team or email us 48 hours prior to registration at [info@talismancentre.com](mailto:info@talismancentre.com) to get set up (please provide the name and date of birth of the person participating, address and telephone number).
- If the participant already has an account **BARCODE**, simply request a **PIN** by contacting our Customer Service Team.



There are no classes on February 18th, 19th & 20th. Subject to change. **To register, visit [repsolsportcentre.com](http://repsolsportcentre.com)**

# WINTER 2017 Training Programs



MEMBER NON MEMBER

Member Registration: **November 7, 2016**  
Non-Member Registration: **November 8, 2016**

MEMBER NON MEMBER

## 3 DIMENSIONAL TRAINING

**FIT FOR LIFE:** This class offers the opportunity to get educated on the proper technique, execution and safety principles of TRX training and weight lifting. This functional strength training class will set you up for success within a small group setting led by Certified TRX R4 trainers that will cater the program for all fitness abilities.

Days	Dates	Code#	MEMBER	NON MEMBER
Tues/Thurs	Jan 17-Feb 23 9:30-10:30am	Code# 40496	\$110	\$125
Tues/Thurs	Mar 7-Apr 13 9:30-10:30am	Code# 40495	\$110	\$125

## BABY & ME POST NATAL TRAINING

**FIT FOR LIFE:** This class will provide a safe, educational, social environment for parents with their babies. Focus will be on the parent's health and wellness, incorporating all aspects of strength, cardiovascular and endurance training to ensure weight-loss and fitness gains. Please bring a stroller to class.  
AGES: Babies must be under 1 year old

Days	Dates	Code#	MEMBER	NON MEMBER
Wed/Fri	Jan 18-Feb 24 10:30-11:30am	Code# 40492	\$110	\$125
Wed/Fri	Mar 8-Apr 14 10:30-11:30am	Code# 40493	\$110	\$125

## ANIMAL FLOW – NEW

**FIT FOR LIFE:** Animal Flow® is an innovative fitness program that combines quadrupedal and ground-based movement with elements from various bodyweight-training disciplines to create a fun, challenging workout emphasizing multi-planar, fluid movement. No matter what your sports or fitness goals are, Animal Flow will improve your mobility, strength, endurance and power. Whether you're an extreme athlete or just looking to get fit – Animal Flow is for everyone who wants to get into their peak physical condition and have fun while doing it.

Days	Dates	Code#	MEMBER	NON MEMBER
Saturdays	Feb 18-Mar 25 1:30-2:30pm	Code# 40506	\$110	\$125

## PLYOFIT – NEW

**FIT FOR LIFE:** Plyometric training is an explosive way to get stronger and fitter while building endurance and speed. You will do a series of jumps, hops and leaps that help boost muscle power, strength, balance and agility. It's a proven way to get better at your sport or fitness activity.

Days	Dates	Code#	MEMBER	NON MEMBER
Saturdays	Jan 21-Mar 25 12:30-1:30pm	Code# 40505	\$110	\$125

## PERSONAL TRAINING

Personal Training at Repsol Sport Centre is about understanding your needs to develop the right program for you to achieve your goals. Our team of qualified Trainers will develop a customized strength and conditioning program to get the results you are looking for. Your Trainer will guide you through a program that focuses on proper exercise technique to give you the knowledge to help reduce injury and to develop the confidence to improve your fitness. Our trainers take pride in your performance and successes. Training specialties include pre- and post-natal conditioning, pre- and post-rehabilitation and athletic and sport-specific training.

Price per session. Choose the frequency and duration of program:

### ONE-ON-ONE Sessions:

Duration	MEMBER	NON MEMBER
Under 12 sessions	\$69	\$76
12 sessions and over	\$65	\$72

### GROUP TRAINING – Two to Three People:

Duration	MEMBER	NON MEMBER
Under 12 sessions	\$46	\$51
12 sessions and over	\$42	\$46

### GROUP TRAINING – Four People:

Duration	MEMBER	NON MEMBER
Under 12 sessions	\$35	\$39
12 sessions and over	\$30	\$33

### TO REGISTER PLEASE CONTACT

**Anna Iskra at [askra@talismancentre.com](mailto:askra@talismancentre.com).**

## NUTRITION SEMINARS

### FAD DIETS – DE-BUNKING MYTHS ABOUT WEIGHTLOSS

- Looking into some of the most popular and well known fad diets, breaking down pros, cons and things to consider and discussing what the "ideal diet" would actually look like.
- Looking at all the different factors involved in how the body actually stores fat and why it can be so difficult to get rid of.
- Gaining insight on how you can personalize your approach to fat loss without jumping on the extreme yo-yo diet band wagon.

Date	Time	Code#	MEMBER	NON MEMBER
Jan 11	5:45-6:45pm	Code# 40508	\$10	\$15

### COOKING WITH HEART HEALTH IN MIND

- Diving into the cardiovascular system and looking at ways that fitness and nutrition can play a role in the prevention of heart disease.
- Uncovering the common lifestyle trends that are contributing to diseases of the cardiovascular system and how to support yourself through diet, exercise and lifestyle practices.

Date	Time	Code#	MEMBER	NON MEMBER
Feb 22	5:45-6:45pm	Code# 40509	\$10	\$15

### CHILL OUT – EXPLORING THE STRESS HORMONE

- Taking a closer look at cortisol and how stress can manifest in the physical body.
- Looking at the connection that the central nervous system has to major body systems and how these connections can contribute to the cause of disease.
- Discussing foods and herbs with adaptogenic properties and learn ways to assist the body in normalizing the stress response so we can move away from the fight or flight and into the rest and digest functions of the body.

Date	Time	Code#	MEMBER	NON MEMBER
Mar 22	5:45-6:45pm	Code# 40510	\$10	\$15

# Register Online!



There are no classes on February 18th, 19th & 20th. Subject to change. **To register, visit [repsolsportcentre.com](http://repsolsportcentre.com)**

# WINTER 2017

# 3433

# Programs

Member Registration: **November 7, 2016**  
 Non-Member Registration: **November 8, 2016**



MEMBER NON MEMBER

### 3433 ADULT LEARN2TRI - NEW

**FIT FOR LIFE, COMPETITIVE FOR LIFE:** Are you interested in discovering the sport of triathlon and competing in a short race? The 3433 Learn 2TRI program is for you. Coached by our 3433 Endurance Coaches and designed to introduce adults to the sport of triathlon, this nine-week registered program will culminate in our Centaur Subaru 10 Mile Tri on March 5, 2017 (discounted registration fee for LEARN2Tri participants). You can register for a swim and bike class, a bike and run class, or both. Our coaches will introduce to you this growing endurance sport while developing your technique, tactics and approach to racing.

Tues (9 classes)	Jan 3-Feb 28	Code# 40479	\$210	\$231
	7:00-8:30pm			
Thur (9 classes)	Jan 5-Mar 2	Code# 40480	\$210	\$231
	7:00-8:30pm			
Tues/Thur (18 classes)	Jan 3-Mar 2	Code# 40482	\$370	\$410
	7:00-8:30pm			

### 3433 SPORT PERFORMANCE STRENGTH AND MOBILITY

**COMPETITIVE FOR LIFE:** With a ratio of 12 athletes to 1 coach, these classes will allow participants to develop the foundation of technique for strength and conditioning. Specifically, LLew will run athletes through his signature running mobility warm up and transition through a periodized strength program that athletes will be expected to perform twice more each week. Dependant on weather.

Thurs (12 classes)	Jan 5-Mar 23	Code# 40475	\$155	\$175
	6:30-8:00pm			

### 3433 SPORT PERFORMANCE TRIATHLON SWIM

**COMPETITIVE FOR LIFE:** These swim sessions open to all triathletes interested in refining techniques to maximize comfort, efficiency, speed and endurance in the water. Learn under the guidance of our experienced 3433 Sport Performance Centre coaches how to swim effectively and efficiently, not just how to survive in the water.

Mon (12 classes)	Jan 9-Mar 27	Code# 40471	\$125	\$138
	12:00-1:00pm			
Tue (12 classes)	Jan 3-Mar 21	Code# 40472	\$136	\$150
	6:30-8:00pm			
Wed (12 classes)	Jan 4-Mar 22	Code# 40469	\$125	\$138
	12:00-1:00pm			
Fri (12 classes)	Jan 6-Mar 24	Code# 40470	\$125	\$138
	12:00-1:00pm			

MEMBER

NON MEMBER

### 3433 TRIATHLON CLUB GROUP RIDE

**COMPETITIVE FOR LIFE:** Cyclists can join our Triathlon Club members and ride in a group setting using their own bicycles on the Tacx ergotainers. Focus specifically on increasing your cycling power for the spring by training with power output in a motivating group setting. Make the bike your strength for next season.

Mon (18 classes)	Jan 14-Apr 29	Code# 40473	---	\$300
	9:00am-12:00pm			

### 3433 PERFORMANCE GROUP CYCLING PACKAGE

**COMPETITIVE FOR LIFE:** Ideal for the performance or competitive minded cyclist this offseason cycling package is the perfect mix of one group training session at the Talisman Centre and two planned training sessions for you at home. The weekly in-class session and two homework session provided through TrainingPeaks™ online or mobile application. These sessions build throughout the year and are structured to help the cyclist achieve their goals while maximizing their investment in training time. This package also includes an \$80.00 credit toward 3433 gear once throughout the season.

Tues (16 classes)	Jan 3-Apr 25	Code# 40456	\$480	\$510
	6:30-8:00pm			
Thur (16 classes)	Jan 5-Apr 27	Code# 40457	\$480	\$510
	6:30-8:00pm			
Fri (15 classes)	Jan 6-Apr 28	Code# 40460	\$480	\$510
	9:30-11:30am			
Mon (16 classes)	Jan 3-May 8	Code# 40458	\$480	\$510
	9:30-11:30am			

### 3433 PARA CYCLING

**FIT FOR LIFE, COMPETITIVE FOR LIFE:** Under the guidance of renowned Canadian Para Cycling coach, Stephen Burke, the 3433 Sport Performance the Para Cycling Initiation program to provide coaching that enables athletes to develop best performance at all levels of Para Cycling. Interested cyclists can join anytime through the season. For more details these para cycling programs please visit [3433sportperformancecentre.com](http://3433sportperformancecentre.com).

### 3433 YOUTH CYCLING

**LEARN TO TRAIN, TRAIN TO TRAIN:** The youth cycling program is ideal for athletes: transitioning from other a different organized sport, looking for another sport between seasons, as well as new athletes entering cycling for the first time. Our purpose is to initiate and foster a lifelong love of cycling while introducing various disciplines of the sport road, track, MTB and triathlon disciplines in this program. Our coaches create a fun and dynamic team environment where common goals and a passion for active healthy living. Registration is ongoing throughout the season please visit [www.3433sportperformancecentre.com](http://www.3433sportperformancecentre.com) for more info.

### 3433 YOUTH TRIATHLON CLUB

**LEARN TO TRAIN, TRAIN TO TRAIN:** This program is designed to maximize the performance potential for athletes looking race Kids of Steel and draft legal triathlons. This program provides 12-17 year olds with a supportive and cohesive training environment that gives athletes the tools to enhance their performance at the next level. Registration is ongoing throughout the season please visit [www.3433sportperformancecentre.com](http://www.3433sportperformancecentre.com) for more info.

### 3433 TRIATHLON CLUB

**COMPETITIVE FOR LIFE:** Join the premier triathlon program in Calgary; our coaches pride themselves in creating a community that both challenges and supports athletic development. 3433 Triathlon Club is ideal for the goal orientated individual that is seeking support for growth in the sport. 3433 Triathlon Club is the largest club in the city with members ranging from 23-70 years old, supporting performance in sprint, international, half and full ironman distance races. Many club members utilize the program to lay a base fitness for triathlon, cycling events, running races and adventure racing. Registration is ongoing throughout the season please visit [www.3433sportperformancecentre.com](http://www.3433sportperformancecentre.com) for more info.

