

# HOW TO REGISTER

Member Registration: **JULY 16, 2018**

Non-Member Registration: **JULY 23, 2018**

**NO CLASSES:** October 8

**NO SWIM LESSONS:** October 6-8, 31, November 10-11

## Program Registrations will ONLY be accepted:

**IN PERSON** at the Customer Service Desk during regular business hours.

**BY PHONE** at **403.355.1254** during our dedicated phone registration times:

- ▶ July 16: 8:00am – 8:00pm
- ▶ July 23: 8:00am – 8:00pm
- ▶ Monday to Friday: 8:00am – 11:00am & 5:00pm – 8:00pm
- ▶ Saturday & Sunday: 9:00am – 12:00pm

## I ALREADY HAVE AN ACCOUNT (BARCODE):

- ▶ Visit us **IN PERSON** or **PHONE** our Program Registration Line at 403.355.1254 during our dedicated phone registration times listed above. Please have your desired Course ID's ready.

## I DON'T HAVE AN ACCOUNT:

- ▶ **ACCOUNT SET UP:** You will need to create an account first. You can fill out our online ACCOUNT SET UP FORM up to 2 business days prior to speed up your registration. Please note, filling out this form does not guarantee registration.
- ▶ If you do not fill out this form in time, we can set up your account for you **IN PERSON** or **BY PHONE** on the day of registration. Please have the following information ready:
  - ▶ Full name of person being registered
  - ▶ Date of Birth
  - ▶ Phone Number
  - ▶ Address (including postal code)
  - ▶ Email Address
  - ▶ If the registrant is under 18, please also have the above information for the Parent/Guardian
- ▶ On day of registration, visit us **IN PERSON** during regular business hours or **PHONE** our Program Registration Line at 403.355.1254 during our dedicated phone registration times listed above. Please have your desired Course ID's ready.

FALL 2018

# Aquatic Programs

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS
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## ADULT SWIM LESSONS // Age: 18Y+

**FIT FOR LIFE:** The Adult Swimmer Program is for beginners who may be just starting out, or swimmers who want help with their strokes. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and smooth, recognizable strokes. Water Smart education is part of all levels. Instructors are prepared to adapt these items and awards to accommodate the needs of adult learners and provide the flexibility for them to select the skills they want to learn in order to achieve their personal swimming goals.

### ADULT 1 - BEGINNER

Beginners will start with submerging, floating, gliding, kicking and swimming short distances.

6710	M	Sep 10-Dec 3	8:00 PM-9:00 PM	\$102.00	\$120.00	12
6712	Tu	Sep 11-Nov 27	8:30 PM-9:30 PM	\$102.00	\$120.00	12
6711	W	Sep 12-Dec 5	8:00 PM-9:00 PM	\$102.00	\$120.00	12
6714	Th	Sep 13-Nov 29	8:30 PM-9:30 PM	\$102.00	\$120.00	12
6713	Sa	Sep 15-Dec 1	12:30 PM-1:30 PM	\$85.00	\$100.00	10

### ADULT 2 - INTERMEDIATE

Intermediate swimmers will progress to deep water treading, freestyle, backstroke, breaststroke, butterfly and swimming distances of 200m non-stop.

6718	M	Sep 10-Dec 3	8:00 PM-9:00 PM	\$102.00	\$120.00	12
6719	Tu	Sep 11-Nov 27	8:30 PM-9:30 PM	\$102.00	\$120.00	12
6717	W	Sep 12-Dec 5	8:00 PM-9:00 PM	\$102.00	\$120.00	12
6716	Th	Sep 13-Nov 29	8:30 PM-9:30 PM	\$102.00	\$120.00	12
6904	Sa	Sep 15-Dec 1	12:15-1:15pm	\$85.00	\$100.00	10

### ADULT 3 - ADVANCED

Advanced swimmers will benefit from stroke refinement, speed and endurance activities and should be able to swim 500m non-stop.

6706	M	Sep 10-Dec 3	8:00 PM-9:00 PM	\$102.00	\$120.00	12
6707	Tu	Sep 11-Nov 27	8:30 PM-9:30 PM	\$102.00	\$120.00	12
6709	W	Sep 12-Dec 5	8:00 PM-9:00 PM	\$102.00	\$120.00	12
6708	Th	Sep 13-Nov 29	8:30 PM-9:30 PM	\$102.00	\$120.00	12
6715	Sa	Sep 15-Dec 1	12:15 PM-1:15 PM	\$85.00	\$100.00	10

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS
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## PRIVATE SWIM LESSONS // Age: 3Y+

**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 person can be added as a semi-private lesson, please contact [swimlessons@repsolsport.com](mailto:swimlessons@repsolsport.com) for more information.

### 30 MINUTE LESSONS

Geared towards those learning to swim as they will take place entirely in the Teach Pool (no lane space available).

6688	M	Sep 10-Dec 3	6:15 PM-6:45 PM	\$276.00	\$300.00	12
6690	M	Sep 10-Dec 3	6:15 PM-6:45 PM	\$276.00	\$300.00	12
6685	M	Sep 10-Dec 3	6:30 PM-7:00 PM	\$276.00	\$300.00	12
6697	Tu	Sep 11-Nov 27	6:30 PM-7:00 PM	\$276.00	\$300.00	12
6699	Tu	Sep 11-Nov 27	6:30 PM-7:00PM	\$276.00	\$300.00	12
6691	Tu	Sep 11-Nov 27	6:45 PM-7:15 PM	\$276.00	\$300.00	12
6702	Tu	Sep 11-Nov 27	6:45 PM-7:15 PM	\$276.00	\$300.00	12
6701	Tu	Sep 11-Nov 27	7:00 PM-7:30 PM	\$276.00	\$300.00	12
6689	W	Sep 12-Dec 5	6:15 PM-6:45 PM	\$276.00	\$300.00	12
6696	W	Sep 12-Dec 5	6:15 PM-6:45 PM	\$276.00	\$300.00	12
6686	Th	Sep 13-Nov 29	6:30 PM-7:00 PM	\$276.00	\$300.00	12
6682	Th	Sep 13-Nov 29	6:30 PM-7:00 PM	\$276.00	\$300.00	12
6700	Th	Sep 13-Nov 29	6:45 PM-7:15 PM	\$276.00	\$300.00	12
6693	Th	Sep 13-Nov 29	6:45 PM-7:15 PM	\$276.00	\$300.00	12
6694	Th	Sep 13-Nov 29	7:00 PM-7:30 PM	\$276.00	\$300.00	12
6695	Th	Sep 13-Nov 29	7:00 PM-7:30 PM	\$276.00	\$300.00	12
6698	Sa	Sep 15-Dec 1	1:30 PM-2:00 PM	\$230.00	\$250.00	10
6652	Sa	Sep 15-Dec 1	1:30 PM-2:00 PM	\$230.00	\$250.00	10
6683	Su	Sep 16-Dec 2	12:00 PM-12:30 PM	\$230.00	\$250.00	10
6684	Su	Sep 16-Dec 2	12:00 PM-12:30 PM	\$230.00	\$250.00	10

### 45 MINUTE LESSONS

Geared towards those wanting to learn to swim and improve their stroke technique (access to lane and Teach Pool).

6639	M	Sep 10-Dec 3	1:30 PM-2:15 PM	\$396.00	\$462.00	12
6642	M	Sep 10-Dec 3	2:30 PM-3:15 PM	\$396.00	\$462.00	12
6703	M	Sep 10-Dec 3	2:30 PM-3:15 PM	\$396.00	\$462.00	12
6669	M	Sep 10-Dec 3	3:15 PM-4:00 PM	\$396.00	\$462.00	12
6657	M	Sep 10-Dec 3	3:15 PM-4:00 PM	\$396.00	\$462.00	12
6641	M	Sep 10-Dec 3	4:00 PM-4:45 PM	\$396.00	\$462.00	12
6646	M	Sep 10-Dec 3	4:00 PM-4:45 PM	\$396.00	\$462.00	12
6622	M	Sep 10-Dec 3	4:45 PM-5:30 PM	\$396.00	\$462.00	12
6677	M	Sep 10-Dec 3	4:45 PM-5:30 PM	\$396.00	\$462.00	12
6659	M	Sep 10-Dec 3	5:30 PM-6:15 PM	\$396.00	\$462.00	12
6619	M	Sep 10-Dec 3	5:30 PM-6:15 PM	\$396.00	\$462.00	12
6678	M	Sep 10-Dec 3	5:30 PM-6:15 PM	\$396.00	\$462.00	12
6644	Tu	Sep 11-Nov 27	4:00 PM-4:45 PM	\$396.00	\$462.00	12
6660	Tu	Sep 11-Nov 27	4:00 PM-4:45 PM	\$396.00	\$462.00	12
6664	Tu	Sep 11-Nov 27	4:45 PM-5:30 PM	\$396.00	\$462.00	12
6654	Tu	Sep 11-Nov 27	5:00 PM-5:45 PM	\$396.00	\$462.00	12
6650	Tu	Sep 11-Nov 27	5:30 PM-6:15 PM	\$396.00	\$462.00	12
6673	W	Sep 12-Dec 5	1:30 PM-2:15 PM	\$396.00	\$462.00	12
6667	W	Sep 12-Dec 5	2:30 PM-3:15 PM	\$396.00	\$462.00	12
6632	W	Sep 12-Dec 5	2:30 PM-3:15 PM	\$396.00	\$462.00	12
6625	W	Sep 12-Dec 5	3:15 PM-4:00 PM	\$396.00	\$462.00	12
6656	W	Sep 12-Dec 5	3:15 PM-4:00 PM	\$396.00	\$462.00	12
6681	W	Sep 12-Dec 5	4:00 PM-4:45 PM	\$396.00	\$462.00	12

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS
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6653	W	Sep 12-Dec 5	4:00 PM-4:45 PM	\$396.00	\$462.00	12
6617	W	Sep 12-Dec 5	4:00 PM-4:45 PM	\$396.00	\$462.00	12
6638	W	Sep 12-Dec 5	4:45 PM-5:30 PM	\$396.00	\$462.00	12
6618	W	Sep 12-Dec 5	4:45 PM-5:30 PM	\$396.00	\$462.00	12
6680	W	Sep 12-Dec 5	5:30PM-6:15PM	\$396.00	\$462.00	12
6635	W	Sep 12-Dec 5	5:30PM-6:15PM	\$396.00	\$462.00	12
6637	Th	Sep 13-Nov 29	4:00 PM-4:45 PM	\$396.00	\$462.00	12
6616	Th	Sep 13-Nov 29	4:00 PM-4:45 PM	\$396.00	\$462.00	12
6679	Th	Sep 13-Nov 29	4:45 PM-5:30 PM	\$396.00	\$462.00	12
6672	Th	Sep 13-Nov 29	5:00 PM-5:45 PM	\$396.00	\$462.00	12
6636	Th	Sep 13-Nov 29	5:30 PM-6:15 PM	\$396.00	\$462.00	12
6661	Sa	Sep 15-Dec 1	9:00 AM-9:45 AM	\$330.00	\$385.00	10
6621	Sa	Sep 15-Dec 1	9:00 AM-9:45 AM	\$330.00	\$385.00	10
6665	Sa	Sep 15-Dec 1	9:00 AM-9:45 AM	\$330.00	\$385.00	10
6649	Sa	Sep 15-Dec 1	9:00 AM-9:45 AM	\$330.00	\$385.00	10
6629	Sa	Sep 15-Dec 1	10:30 AM-11:15 AM	\$330.00	\$385.00	10
6651	Sa	Sep 15-Dec 1	10:30 AM-11:15 AM	\$330.00	\$385.00	10
6648	Sa	Sep 15-Dec 1	11:30 AM-12:15 PM	\$330.00	\$385.00	10
6663	Sa	Sep 15-Dec 1	11:30 AM-12:15 PM	\$330.00	\$385.00	10
6634	Sa	Sep 15-Dec 1	11:30 AM-12:15 PM	\$330.00	\$385.00	10
6630	Sa	Sep 15-Dec 1	12:30 PM-1:15 PM	\$330.00	\$385.00	10
6631	Sa	Sep 15-Dec 1	1:15 PM-2:00 PM	\$330.00	\$385.00	10
6624	Su	Sep 16-Dec 2	9:00 AM-9:45 AM	\$330.00	\$385.00	10
6623	Su	Sep 16-Dec 2	9:00 AM-9:45 AM	\$330.00	\$385.00	10
6666	Su	Sep 16-Dec 2	9:00 AM-9:45 AM	\$330.00	\$385.00	10
6627	Su	Sep 16-Dec 2	9:45 AM-10:30 AM	\$330.00	\$385.00	10
6670	Su	Sep 16-Dec 2	9:45 AM-10:30 AM	\$330.00	\$385.00	10
6614	Su	Sep 16-Dec 2	9:45 AM-10:30 AM	\$330.00	\$385.00	10
6676	Su	Sep 16-Dec 2	11:30 AM-12:15 PM	\$330.00	\$385.00	10
6645	Su	Sep 16-Dec 2	11:30 AM-12:15 PM	\$330.00	\$385.00	10
6633	Su	Sep 16-Dec 2	12:15 PM-1:00 PM	\$330.00	\$385.00	10
6668	Su	Sep 16-Dec 2	12:15 PM-1:00 PM	\$330.00	\$385.00	10
6620	Su	Sep 16-Dec 2	12:30 PM-1:15 PM	\$330.00	\$385.00	10
6674	Su	Sep 16-Dec 2	12:30 PM-1:15 PM	\$330.00	\$385.00	10
6675	Su	Sep 16-Dec 2	1:30 PM-2:15 PM	\$330.00	\$385.00	10
6658	Su	Sep 16-Dec 2	1:30 PM-2:15 PM	\$330.00	\$385.00	10
6655	Su	Sep 16-Dec 2	1:30 PM-2:15 PM	\$330.00	\$385.00	10

## PARENT AND TOT // Age: 4M-3Y

**ACTIVE START:** The Lifesaving Society Parent and Tot program structures in-water interaction between parent and child to stress the importance of play in developing water-positive attitudes and skills. Activities and progressions are based on child development, so parents register in the level appropriate for their child's age. Targeted Water Smart drowning prevention messages are an integral part of the Swim for Life® program.

### PARENT AND TOT 1

Splish, splash, laugh – water can be so much fun! Babies just love to play in water. Parents with **4-12 month old babies** will explore the water together under the watchful eyes of their instructor. They'll learn how to safely enter and exit the water together. Parents will learn how to safely support their child while they discover water!

6704	M	Sep 10-Dec 3	12:00 PM-12:30 PM	\$60.00	\$84.00	12
6705	M	Sep 10-Dec 3	6:15 PM-6:45 PM	\$60.00	\$84.00	12
6765	Tu	Sep 11-Nov 27	6:15 PM-6:45 PM	\$60.00	\$84.00	12
6768	W	Sep 12-Dec 5	12:00 PM-12:30 PM	\$60.00	\$84.00	12
6769	W	Sep 12-Dec 5	6:15 PM-6:45 PM	\$60.00	\$84.00	12
6762	Th	Sep 13-Nov 29	6:15 PM-6:45 PM	\$60.00	\$84.00	12

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS
6747	Sa	Sep 15–Dec 1	11:30 AM–12:00 PM	\$50.00	\$70.00	10
6756	Sa	Sep 15–Dec 1	12:00 PM–12:30 PM	\$50.00	\$70.00	10
6760	Su	Sep 16–Dec 2	11:30 AM–12:00 PM	\$50.00	\$70.00	10
6759	Su	Sep 16–Dec 2	1:00 PM–1:30 PM	\$50.00	\$70.00	10

### PARENT AND TOT 2

Water play – get set, get wet! Instructor lead sessions help parents with 12–24 month old children safely explore water together. Parents are taught how to support their child while floating and kicking. They can celebrate together when they can get their face wet and blow bubbles for the first time.

### PARENT AND TOT 3

Just watch them grow! At 2–3 years these almost independent toddlers are really ready to explore: Getting in, getting out, going under and floating under the watchful eye of their parents and instructor.

### PARENT AND TOT 2/3

6739	M	Sep 10–Dec 3	12:00 PM–12:30 PM	\$60.00	\$84.00	12
6740	M	Sep 10–Dec 3	6:15 PM–6:45 PM	\$60.00	\$84.00	12
6763	Tu	Sep 11–Nov 27	4:30 PM–5:00 PM	\$60.00	\$84.00	12
6764	Tu	Sep 11–Nov 27	6:15 PM–6:45 PM	\$60.00	\$84.00	12
6766	W	Sep 12–Dec 5	12:00 PM–12:30 PM	\$60.00	\$84.00	12
6767	W	Sep 12–Dec 5	6:15 PM–6:45 PM	\$60.00	\$84.00	12
6761	Th	Sep 13–Nov 29	6:15 PM–6:45 PM	\$60.00	\$84.00	12
6745	Sa	Sep 15–Dec 1	11:30 AM–12:00 PM	\$50.00	\$70.00	10
6746	Sa	Sep 15–Dec 1	12:00 PM–12:30 PM	\$50.00	\$70.00	10
6757	Su	Sep 16–Dec 2	11:30 AM–12:00 PM	\$50.00	\$70.00	10
6758	Su	Sep 16–Dec 2	1:00 PM–1:30 PM	\$50.00	\$70.00	10

## SWIM FOR LIFE® PRESCHOOL // Age: 3Y–5Y

**ACTIVE START:** The Preschool program gives children a head start on learning to swim. Preschool Programs develop fundamental physical literacy skills for aquatic activities. In our preschool program we work to ensure 3–5 year olds become comfortable in the water and have fun developing a foundation of water skills. We incorporate Lifesaving Society Water Smart® education in all Preschool levels.

### PRESCHOOL 1

Children become comfortable with their first independent water experiences. Preschoolers are introduced to entries/exits, safe movement in the water, submersion and breath control.

6741	M	Sep 10–Dec 3	12:30 PM–1:00 PM	\$78.00	\$90.00	12
6742	M	Sep 10–Dec 3	4:00 PM–4:30 PM	\$78.00	\$90.00	12
6796	Tu	Sep 11–Nov 27	5:30 PM–6:00 PM	\$78.00	\$90.00	12
6801	W	Sep 12–Dec 5	12:30 PM–1:00 PM	\$78.00	\$90.00	12
6803	W	Sep 12–Dec 5	6:15 PM–6:45 PM	\$78.00	\$90.00	12
6791	Th	Sep 13–Nov 29	4:30 PM–5:00 PM	\$78.00	\$90.00	12
6778	Sa	Sep 15–Dec 1	9:00 AM–9:30 AM	\$65.00	\$75.00	10
6785	Su	Sep 16–Dec 2	9:30 AM–10:00 AM	\$65.00	\$75.00	10

### PRESCHOOL 2

For children who are comfortable submerging under-water. The focus of this level is floats, glides and kick. *Pre-requisite: Preschool 1 or equivalent level.*

6771	M	Sep 10–Dec 3	12:30 PM–1:00 PM	\$78.00	\$90.00	12
6770	M	Sep 10–Dec 3	4:30 PM–5:00 PM	\$78.00	\$90.00	12
6797	Tu	Sep 11–Nov 27	6:00 PM–6:30 PM	\$78.00	\$90.00	12
6802	W	Sep 12–Dec 5	12:30 PM–1:00 PM	\$78.00	\$90.00	12
6804	W	Sep 12–Dec 5	6:15 PM–6:45 PM	\$78.00	\$90.00	12
6792	Th	Sep 13–Nov 29	4:00 PM–4:30 PM	\$78.00	\$90.00	12
6780	Sa	Sep 15–Dec 1	9:30 AM–10:00 AM	\$65.00	\$75.00	10

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS
6779	Sa	Sep 15–Dec 1	12:30 PM–1:00 PM	\$65.00	\$75.00	10
6787	Su	Sep 16–Dec 2	9:00 AM–9:30 AM	\$65.00	\$75.00	10

### PRESCHOOL 3

For children who are comfortable floating and gliding un-assisted. Preschoolers are introduced to front and back kick/swim and deep water skills. *Pre-requisite: Preschool 2 or equivalent level.*

6776	M	Sep 10–Dec 3	1:00 PM–1:30 PM	\$78.00	\$90.00	12
6773	M	Sep 10–Dec 3	6:00 PM–6:30 PM	\$78.00	\$90.00	12
6798	Tu	Sep 11–Nov 27	5:00 PM–5:30 PM	\$78.00	\$90.00	12
6805	W	Sep 12–Dec 5	1:00 PM–1:30 PM	\$78.00	\$90.00	12
6806	W	Sep 12–Dec 5	5:15 PM–5:45 PM	\$78.00	\$90.00	12
6793	Th	Sep 13–Nov 29	5:00 PM–5:30 PM	\$78.00	\$90.00	12
6781	Sa	Sep 15–Dec 1	11:00 AM–11:30 AM	\$65.00	\$75.00	10
6786	Su	Sep 16–Dec 2	10:00 AM–10:30 AM	\$65.00	\$75.00	10
6788	Su	Sep 16–Dec 2	12:30 PM–1:00 PM	\$65.00	\$75.00	10

### PRESCHOOL 4

For children who are comfortable swimming short distances (5m) on their front and back un-assisted. Children develop the basic skills for the four competitive swim strokes: freestyle, backstroke, breaststroke and butterfly. *Pre-requisite: Preschool 3 or equivalent level.*

6774	M	Sep 10–Dec 3	1:00 PM–1:30 PM	\$78.00	\$90.00	12
6775	M	Sep 10–Dec 3	5:30 PM–6:00 PM	\$78.00	\$90.00	12
6799	Tu	Sep 11–Nov 27	4:30 PM–5:00 PM	\$78.00	\$90.00	12
6807	W	Sep 12–Dec 5	1:00 PM–1:30 PM	\$78.00	\$90.00	12
6808	W	Sep 12–Dec 5	4:45 PM–5:15 PM	\$78.00	\$90.00	12
6794	Th	Sep 13–Nov 29	6:00 PM–6:30 PM	\$78.00	\$90.00	12
6782	Sa	Sep 15–Dec 1	10:30 AM–11:00 AM	\$65.00	\$75.00	10
6789	Su	Sep 16–Dec 2	11:00 AM–11:30 AM	\$65.00	\$75.00	10

### PRESCHOOL 5

For children who are comfortable swimming longer distances (10m) on their front and back un-assisted. The focus of this level is basic development of front and back crawl. Children are challenged to develop skills at the Swimmer 4 level to prepare them to transition into the Swimmer 4 class. *Pre-requisite: Preschool 4 or equivalent level.*

6772	M	Sep 10–Dec 3	1:30 PM–2:15 PM	\$90.00	\$102.00	12
6777	M	Sep 10–Dec 3	4:00 PM–4:45 PM	\$90.00	\$102.00	12
6800	Tu	Sep 11–Nov 27	5:45 PM–6:30 PM	\$90.00	\$102.00	12
6809	W	Sep 12–Dec 5	1:30 PM–2:15 PM	\$90.00	\$102.00	12
6810	W	Sep 12–Dec 5	4:45 PM–5:30 PM	\$90.00	\$102.00	12
6795	Th	Sep 13–Nov 29	6:15 PM–7:00 PM	\$90.00	\$102.00	12
6783	Sa	Sep 15–Dec 1	11:30 AM–12:15 PM	\$75.00	\$85.00	10
6790	Su	Sep 16–Dec 2	11:30 AM–12:15 PM	\$75.00	\$85.00	10

## SWIM FOR LIFE® SWIMMER // Age: 6Y–12Y

**FUNDAMENTALS, LEARN TO TRAIN:** The Swimmer program makes sure children learn the fundamental physical literacy skills for aquatic activities. Progressions accommodate 6–12 year olds, including beginners and swimmers who want to build on the basics. Lots of in-water practice develops solid swimming strokes and skills. Water Smart education is a part of every level.

### SWIMMER 1

The focus of Swimmer 1 is entries and exits, floatation, submersion, breath control, and safe movement in the water. Children are introduced to floats, glides, kick and learning to be comfortable and relaxed in the water.

6812	M	Sep 10–Dec 3	5:00 PM–5:30 PM	\$78.00	\$90.00	12
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ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS
6847	Tu	Sep 11–Nov 27	4:00 PM–4:30 PM	\$78.00	\$90.00	12
6854	W	Sep 12–Dec 5	5:45 PM–6:15 PM	\$78.00	\$90.00	12
6839	Th	Sep 13–Nov 29	5:30 PM–6:00 PM	\$78.00	\$90.00	12
6818	Sa	Sep 15–Dec 1	10:00 AM–10:30 AM	\$65.00	\$75.00	10
6828	Su	Sep 16–Dec 2	10:30 AM–11:00 AM	\$65.00	\$75.00	10

### SWIMMER 2

The focus of Swimmer 2 is propulsion through the water: glides and kick. Swimmers are introduced to front and back crawl, whip kick, interval training and deep water skills. Establishes a sound basis for the future acquisition of swimming skills.

*Pre-requisite: Swimmer 1 or Preschool 5 (and 6 years of age) or equivalent level.*

6813	M	Sep 10–Dec 3	6:15 PM–7:00 PM	\$90.00	\$102.00	12
6848	Tu	Sep 11–Nov 27	6:15 PM–7:00 PM	\$90.00	\$102.00	12
6855	W	Sep 12–Dec 5	4:00 PM–4:45 PM	\$90.00	\$102.00	12
6840	Th	Sep 13–Nov 29	5:45 PM–6:30 PM	\$90.00	\$102.00	12
6820	Sa	Sep 15–Dec 1	9:45 AM–10:30 AM	\$75.00	\$85.00	10
6819	Sa	Sep 15–Dec 1	10:30 AM–11:15 AM	\$75.00	\$85.00	10
6829	Su	Sep 16–Dec 2	10:30 AM–11:15 AM	\$75.00	\$85.00	10
6830	Su	Sep 16–Dec 2	11:15 AM–12:00 PM	\$75.00	\$85.00	10

### SWIMMER 3

The focus of Swimmer 3 is streamline positioning, propulsion and over-arm action for freestyle and back crawl. Swimmers build on skills taught in previous levels: whip kick, interval training and deep water skills and work-up to swimming 25m.

*Pre-requisite: Swimmer 2 or equivalent level.*

6814	M	Sep 10–Dec 3	4:45 PM–5:30 PM	\$90.00	\$102.00	12
6849	Tu	Sep 11–Nov 27	4:45 PM–5:30 PM	\$90.00	\$102.00	12
6856	W	Sep 12–Dec 5	4:00 PM–4:45 PM	\$90.00	\$102.00	12
6842	Th	Sep 13–Nov 29	4:00 PM–4:45 PM	\$90.00	\$102.00	12
6841	Th	Sep 13–Nov 29	5:30 PM–6:15 PM	\$90.00	\$102.00	12
6822	Sa	Sep 15–Dec 1	9:00 AM–9:45 AM	\$75.00	\$85.00	10
6821	Sa	Sep 15–Dec 1	9:45 AM–10:30 AM	\$75.00	\$85.00	10
6832	Su	Sep 16–Dec 2	9:00 AM–9:45 AM	\$75.00	\$85.00	10
6833	Su	Sep 16–Dec 2	9:45 AM–10:30 AM	\$75.00	\$85.00	10
6831	Su	Sep 16–Dec 2	10:30 AM–11:15 AM	\$75.00	\$85.00	10

### SWIMMER 4

The focus of Swimmer 4 is strength and endurance for freestyle and back crawl. Establishes basic movements and orientation ability needed for swimming skills like arm action, sculling and breathing. Swimmers are introduced to sprinting, underwater swims and components of breaststroke. *Pre-requisite: Swimmer 3 or equivalent level.*

6815	M	Sep 10–Dec 3	4:00 PM–4:45 PM	\$90.00	\$102.00	12
6850	Tu	Sep 11–Nov 27	4:00 PM–4:45 PM	\$90.00	\$102.00	12
6857	W	Sep 12–Dec 5	5:30 PM–6:15 PM	\$90.00	\$102.00	12
6843	Th	Sep 13–Nov 29	5:30 PM–6:15 PM	\$90.00	\$102.00	12
6824	Sa	Sep 15–Dec 1	9:45 AM–10:30 AM	\$75.00	\$85.00	10
6823	Sa	Sep 15–Dec 1	10:30 AM–11:15 AM	\$75.00	\$85.00	10
6834	Su	Sep 16–Dec 2	9:00 AM–9:45 AM	\$75.00	\$85.00	10
6835	Su	Sep 16–Dec 2	9:45 AM–10:30 AM	\$75.00	\$85.00	10

### SWIMMER 5

The focus of Swimmer 5 is speed, arm action and breathing for Freestyle and Backstroke, working up to 50m distances. Interval training increases to improve propulsion and speed. Introduction to breaststroke, butterfly, eggbeater and dives/turns. *Pre-requisite: Swimmer 4 or equivalent level.*

6816	M	Sep 10–Dec 3	4:45 PM–5:30 PM	\$90.00	\$102.00	12
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ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS
6851	Tu	Sep 11–Nov 27	5:30 PM–6:15 PM	\$90.00	\$102.00	12
6858	W	Sep 12–Dec 5	5:30 PM–6:15 PM	\$90.00	\$102.00	12
6844	Th	Sep 13–Nov 29	4:45 PM–5:30 PM	\$90.00	\$102.00	12
6825	Sa	Sep 15–Dec 1	9:45 AM–10:30 AM	\$75.00	\$85.00	10
6836	Su	Sep 16–Dec 2	10:30 AM–11:15 AM	\$75.00	\$85.00	10

### SWIMMER 6

The focus of Swimmer 6 is arm action, leg action and improving technique for Freestyle, Backstroke, Breaststroke and Butterfly working up to 100m continuously. Swimmers are introduced to scissor kick and a 300m endurance swim. *Pre-requisite: Swimmer 5 or equivalent level.*

6817	M	Sep 10–Dec 3	5:30 PM–6:15 PM	\$90.00	\$102.00	12
6852	Tu	Sep 11–Nov 27	5:30 PM–6:15 PM	\$90.00	\$102.00	12
6859	W	Sep 12–Dec 5	4:45 PM–5:30 PM	\$90.00	\$102.00	12
6845	Th	Sep 13–Nov 29	4:45 PM–5:30 PM	\$90.00	\$102.00	12
6826	Sa	Sep 15–Dec 1	9:45 AM–10:30 AM	\$75.00	\$85.00	10
6837	Su	Sep 16–Dec 2	10:30 AM–11:15 AM	\$75.00	\$85.00	10

## CANADIAN SWIM PATROL // Age: 6Y–12Y

**FUNDAMENTALS, LEARN TO TRAIN:** The Canadian Swim Patrol program provides enriched training for those who are ready to go beyond learn-to-swim. Progressions accommodate 6–12 year olds who have completed Swimmer 6 and want to build on the basics. These programs continue to develop participant's swim strokes and provide the skill foundation that prepares them for success in the Bronze Medal awards.

### SWIMMER 7 (ROOKIE PATROL)

The focus of Swimmer 7 is perfecting breathing, technique, and stroke timing for: Freestyle, Backstroke, and Breaststroke. Swimmers will improve starts/turns, diving, continuous endurance (400–600m) and arm action/breathing for Butterfly. Lifesaving skills such as: head-up swim, surface dives, primary assessment, calling EMS, and basic first aid are introduced. *Pre-requisite: Swimmer 6 or equivalent level.*

### SWIMMER 8 (RANGER PATROL)

The focus of Swimmer 8 is perfecting breathing, technique, and stroke timing for: Freestyle, Backstroke, Breaststroke, and Butterfly. Swimmers will improve starts/turns, diving, sprints and continuous endurance (600–800m). Enhances capability in the water; including stride entry, object support, assisted removals, and lifesaving eggbeater kick. Rescue skills involve an increase skill level in ABC first aid basics, victim recognition, and non-contact rescues. *Pre-requisite: Swimmer 7/Rookie Patrol or equivalent level.*

### SWIMMER 9 (STAR PATROL)

An excellent preparation for Bronze Star or Junior Master's, Swimmer 9 demands good physical conditioning and lifesaving judgement. Participants further develop lifesaving and first aid skills, refine all four competitive swim strokes and will be challenged with 800–1000m workouts. *Pre-requisite: Swimmer 8/Ranger Patrol or equivalent level.*

### SWIMMER 7/8/9

6853	Tu	Sep 11–Nov 27	4:45 PM–5:30 PM	\$90.00	\$102.00	12
6846	Th	Sep 13–Nov 29	4:00 PM–4:45 PM	\$90.00	\$102.00	12
6827	Sa	Sep 15–Dec 1	10:30 AM–11:15 AM	\$75.00	\$85.00	10
6838	Su	Sep 16–Dec 2	10:30 AM–11:15 AM	\$75.00	\$85.00	10

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS
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## SWIMABILITIES // Age: 3Y-17Y

**ACTIVE START. FUNDAMENTALS. LEARN TO TRAIN. FIT FOR LIFE:** Designed to support swimmers with special needs in achieving their beginner swimmer goals and to increase their safety, independence, and enjoyment in and around the water. Progressions accommodate swimmers with no previous swimming experience to those building to supported swims of up to 25m. Swimmers are provided with one-on-one support from parents, caregivers or aides who participate in the program with them.

### SWIMABILITIES 1

Geared towards beginning swimming experience.

6732	W	Sep 12-Dec 5	5:30 PM-6:15 PM	\$90.00	\$102.00	12
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### SWIMABILITIES 2

Geared towards individuals already comfortable in the water.

6734	W	Sep 12-Dec 5	6:15 PM-7:00 PM	\$90.00	\$102.00	12
6733	Sa	Sep 15-Dec 1	12:15 PM-1:00 PM	\$75.00	\$85.00	10

## MERMAID & MERMAN SCHOOL // Age: 8Y-12Y

**FUNDAMENTALS. LEARN TO TRAIN:** Make all your dreams come true and learn to swim like a mermaid or merman in this whimsical 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 Lifesaving 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 Swimmer 4 or equivalent (Red Cross Swim Kids 5, Stage 2 or YMCA Swimmer level). **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 us 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 us at [swimlessons@repsol.com](mailto:swimlessons@repsol.com) for orders or more information.

6811	W	Sep 12-Dec 5	7:00 PM-8:00 PM	\$120.00	\$144.00	12
6784	Sa	Sep 15-Dec 1	12:15 PM-1:15 PM	\$100.00	\$120.00	10

## JUNIOR MASTERS SWIM CLUB (FITNESS SWIMMER) // Age: 8Y-17Y

**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, 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 the sport of competitive swimming.

The Fall session classes take place in 25m lanes, and the rest of the year classes take place in 50m lanes. Participants are broken into groups on the first day based on their understanding of the four competition strokes, stroke technique, distance and timed swims. Each group will have their own coach, and there is a Head coach that oversees the plan for the year. The group sizes will vary day-to-day based on which participants choose to show up on any given day as it is not required that participants attend all classes. **Pre-requisite: Swimmer 9/Star Patrol or equivalent level.**

6735	M,W, Sa,Su	Sep 10-Dec 3	7:00 PM-8:00 PM 1:30 PM-3:00 PM	\$264.00	\$308.00	44
6738	Tu,Th Sa,Su	Sep 11-Dec 2	7:30 PM-8:30 PM 1:30 PM-3:00 PM	\$264.00	\$308.00	44

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS
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## JUNIOR MASTERS STROKE PROFICIENCY // Age: 8Y-17Y

**LEARN TO TRAIN:** (Previously Junior Master's I Can Swim Fast). The Stroke Proficiency program 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. **Pre-requisite: Swimmer 6 and higher or equivalent level.**

6903	Sa	Sep 15-Dec 1	3:00 PM-4:30 PM	\$140.00	\$165.00	10
6744	Su	Sep 16-Dec 2	3:00 PM-4:00 PM	\$100.00	\$120.00	10

## SWIM STROKE CLINICS // Age: 8Y-17Y

**FUNDAMENTALS. LEARN TO TRAIN:** Swim Stroke Clinics are designed for those individuals that want one focused class on a particular stroke with our experienced coaches. Whether this one stroke is holding you back from completing a level or you just want to improve that particular stroke these clinics are for you! Please read the individual descriptions to determine which stroke we are running on each day.

### FREESTYLE

6754	Su	Sep 23	3:00 PM-4:00 PM	\$10.00	\$12.00	1
6751	Su	Oct 28	3:00 PM-4:00 PM	\$10.00	\$12.00	1

### BACKSTROKE

6755	Su	Sep 30	3:00 PM-4:00 PM	\$10.00	\$12.00	1
6752	Su	Nov 4	3:00 PM-4:00 PM	\$10.00	\$12.00	1

### BREASTROKE

6750	Su	Oct 14	3:00 PM-4:00 PM	\$10.00	\$12.00	1
6749	Su	Nov 18	3:00 PM-4:00 PM	\$10.00	\$12.00	1

### BUTTERFLY

6748	Su	Oct 21	3:00 PM-4:00 PM	\$10.00	\$12.00	1
6753	Su	Nov 25	3:00 PM-4:00 PM	\$10.00	\$12.00	1

## LIFESAVING BRONZE STAR // Age: 8Y+

**FIT FOR LIFE:** 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.

6721	Su	Sep 16-Dec 2	12:15 PM-1:30 PM	\$90.00	\$100.00	1
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## LIFESAVING BRONZE MEDALLION // Age: 13Y+

**FIT FOR LIFE:** 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 a Lifesaving Swimmer 6 level or equivalent (Red Cross SwimKids 10, I Can Swim Stage 3 or YMCA Star 6).

**Prerequisites: Bronze Star or 13 years old.**

6720	Sa Su	Sep 15-16	12:00 PM-8:00 PM	\$150.00	\$156.00	2
6723	Sa Su	Oct 20-21	12:00 PM-8:00 PM	\$150.00	\$156.00	2
6863	Sa Su	Dec 8-9	12:00 PM-8:00 PM	\$150.00	\$156.00	2

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS
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### LIFESAVING BRONZE CROSS // Age: 13Y+

**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!  
**Prerequisites: Bronze Medallion.**

6722	Sa	Sep 22-23	12:00 PM-8:00 PM	\$110.00	\$116.00	2
	Su					
6724	Sa	Nov 10-11	12:00 PM-8:00 PM	\$110.00	\$116.00	2
	Su					
6864	Sa	Dec 15-16	12:00 PM-8:00 PM	\$110.00	\$116.00	2
	Su					

### LIFESAVING NATIONAL LIFEGUARD // Age: 16Y+

**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!  
**Prerequisites: Bronze Cross, Standard First Aid (separate 16hr course not included in Bronze Cross) and a minimum of 16 years of age.**

6731	Oct 5-14	F	5:00 PM-10:00 PM	\$301.80	\$312.00	6
		Sa, Su	12:00 PM-8:00 PM			

#### RECERT

6860	Su	Sep 9	10:30 AM-2:30 PM	\$70.00	\$80.00	1
6861	Su	Nov 25	10:30 AM-2:30 PM	\$70.00	\$80.00	1

### SWIM AND LIFESAVING INSTRUCTOR // Age: 16Y+

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

6730	Nov 16-25	F	5:00 PM-10:00 PM	\$288.00	\$300.00	6
		Sa,Su	12:00 PM-8:00 PM			

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS
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### SWIM AND LIFESAVING INSTRUCTOR RECERTIFICATION // Age: 16Y+

**LEARNING TO TRAIN, ACTIVE FOR LIFE:** The Swim/Lifesaving Instructor Recertification Course evaluates instructor skills, provides instructors with updates from the Lifesaving Society, will be an opportunity for instructors to give feedback to the Lifesaving Society and is the required component for lifesaving instructor and swim instructor recertification. There is an in-water portion.

**NOTE:** Lifesaving Instructors and Lifesaving Swim Instructors can attend this recertification. It also automatically recertifies your Lifesaving CPR Instructor Award, and any Lifesaving Education and Proficiency awards you hold.

**Prerequisites: Mandatory Up-dates (Swim for Life 2015 Mandatory Up-date and First Aid and Resuscitation Content 2016 Mandatory Up-date)**

#### RECERT

6727	Su	Sep 9	2:30 PM-6:30 PM	\$80.00	\$90.00	1
6862	Su	Nov 25	2:30 PM-6:30 PM	\$80.00	\$90.00	1

### LIFESAVING STANDARD FIRST AID // Age: 8Y+

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.

6726	Sa	Sep 29-30	9:00 AM-5:00 PM	\$150.00	\$160.00	2
	Su					

#### STANDARD FIRST AID RECERT

6728	Sa	Nov 17	9:00AM-3:00PM	\$70.00	\$80.00	1
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#### CPR/C/AED RECERT

6725	Sa	Nov 17	9:00 AM-1:00 PM	\$60.00	\$70.00	1
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### LIFESAVING STANDARD FIRST AID INSTRUCTOR COURSE // Age: 16Y+

The Lifesaving First Aid Instructors teach and evaluate first aid knowledge and skills. Lifesaving First Aid Instructors deliver CPR and AED, Lifesaving Emergency First Aid and Lifeguard Standard First Aid. In addition a Lifesaving First Aid Instructor may deliver: Aquatic Emergency Care, CPR-HCP and Oxygen Administration; if they hold the candidate level. Prerequisites: 16-hour Course: Approved Application, Lifesaving Instructor and current Alberta Workplace Approval Standard First Aid or Aquatic Emergency Care.

6905	Sa	Nov 10-11	9:00 AM-6:00 PM	\$260.00	\$270.00	2
	Su					

FALL 2018

# Training Programs

## Personal Training

**FIT FOR LIFE:** Personal Training 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.

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS
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### BABY & ME POST NATAL TRAINING // Age: 16Y+

**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.

**Babies must be under 1 year old**

6869	WF	Sep 19-Oct 19	10:30 AM-11:30 AM	\$165.06	\$187.56	12
6870	WF	Oct 31-Dec 7	10:30 AM-11:30 AM	\$155.89	\$177.14	12

### WARRIOR MUAY THAI KICKBOXING // AGE 16+

**FIT FOR LIFE:** Warrior Muay Thai Kickboxing is a combat sport from Thailand that uses stand up striking with various clinching techniques, punches, kicks, knees and elbow strikes. Its designed to carve the most sculpted physique, clear the mind of stress, shed pounds while gaining serious martial art skills. Whether your goal is to develop confidence to protect yourself or get shredded, strong in record time, Warrior Muay Thai offers you the formula to get results. In this program we also offer high intensity weight training drills, on great music to keep you motivated and have fun. Train like a fighter, look like a fighter, and be a fighter.

6896	Tu	Sep 11-Dec 11	4:30 PM-5:30 PM	\$175.00	\$210.00	14
6897	Tu	Sep 11-Dec 11	5:30 PM-6:30 PM	\$175.00	\$210.00	14
6898	Th	Sep 13-Dec 6	4:30 PM-5:30 PM	\$175.00	\$210.00	14

### ROUND ONE KICKBOXING // AGE 16+

**FIT FOR LIFE:** Looking for an extra challenge in your Muay Thai - Kickboxing and fitness; Join RoundOne sparring sessions to build your inner and outer strength, confidence, timing and rhythm. Get shredded, Get strong in this professional Muay Thai kickboxing program capable of producing ring level fighters. It's an opportunity to put to test your previously learned techniques and combinations in a safe and controlled environment. (Previous experience required). Head gear, mouth guard, shin guards and groin guards are mandatory.

6899	W	Sep 12-Dec 19	7:00 PM-8:00 PM	\$220.50	\$266.00	14
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### ONE-ON-ONE SESSIONS:

Under 12 sessions	MEMBERS:	\$69/session
	NON-MEMBERS:	\$76/session
12 sessions and over	MEMBERS:	\$65/session
	NON-MEMBERS:	\$72/session

### GROUP TRAINING - TWO TO THREE PEOPLE:

Under 12 sessions	MEMBERS:	\$46/person/session
	NON-MEMBERS:	\$51/person/session
12 sessions and over	MEMBERS:	\$42/person/session
	NON-MEMBERS:	\$46/person/session

### GROUP TRAINING - FOUR PEOPLE:

Under 12 sessions	MEMBERS:	\$35/person/session
	NON-MEMBERS:	\$39/person/session
12 sessions and over	MEMBERS:	\$30/person/session
	NON-MEMBERS:	\$33/person/session

**TO REGISTER:** Please email [personaltraining@repsolsport.com](mailto:personaltraining@repsolsport.com)

# FALL 2018

# Youth Programs

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS
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## OBSTACLE BOOTCAMP // Age: 3Y-6Y

**FIT FOR LIFE:** If your child loves to run, climb and jump, this is the program for them! In each class your child will have fun exploring different body positions, using different muscle groups to improve basic movement skills like agility, coordination, speed and balance. Throughout the program they will play, discover and engage in a wide range of activities in our Obstacle Bootcamp. A class for all abilities.

6900	Tu	Sep 18-Dec 11	1:00 PM-2:00 PM	\$156.00	\$182.00	13
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## PD Day Camps

Join us for Repsol Recess! Repsol Sport Centre is excited to offer PD Day Camps for children, ages 6 to 12! CoreSPORT & SPORtainment is our exclusive two pronged approach to delivering some of the coolest, most innovative and exhilarating camp programming out there. Take a look and see all the ways your kids can get active and catch the love of sport!

\*Your child must be of age for the program by December 31st 2018

### Signature Offerings

- ▶ FREE pre-care (7:30am- 8:30am) & post-care (4:30pm-5:30pm) (no additional registration required for this service)
- ▶ Lunch Pit (supervised lunch)

### CoreSPORT Activities

- ▶ Sport Discovery on land, in the water and in the air
- ▶ Daily Swimming

### SPORtainment Activities

- ▶ Ninja Chamber
- ▶ BOUNCEables
- ▶ FLOATables

Please ensure you fill out an online **Camp Participant Form** for your child prior to camp day. >> [repsolsport.com/PDcamps](http://repsolsport.com/PDcamps)

## SPORT N' ADVENTURE CAMP // Age: 6Y-7Y

**FUNDAMENTALS:** Sport n' Adventure camp is a full PD day camp designed for kids who are looking for fun on the edge of xtreme! Each PD Day Camp has a balance of COREsport and SPORtainment features allowing your child to play, discover, and engage in a wide variety of activities and sports. This day camp also includes an afternoon spent in the pool! A focus on physical literacy skills will help your child be more confident when trying new physical activities or sports.

6867	F	Sep 21	8:30 AM-4:30 PM	\$42.80	\$47.00	1
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ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS
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## XTREME SPORT N' NINJA CAMP // Age: 8Y-9Y

**FUNDAMENTALS, LEARN TO TRAIN:** Unleash your inner Ninja in this full PD day camp geared towards kids who are looking for action, thrills and challenging obstacles. Campers will explore and grow basic skills for activities and sports using fundamental movement patterns that build agility, balance and coordination in our COREsport sessions. SPORtainment features, such as our Ninja Chamber, will push the limits of action and excitement. An afternoon exploring aquatic activities will be sure to get your child engaged and excited! Sign your Ninja up today!

6871	F	Sep 21	8:30 AM-4:30 PM	\$42.80	\$47.00	1
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## ULTIMATE SPORT N' WARRIOR CAMP // Age: 10Y-12Y

**LEARN TO TRAIN:** This full PD day camp is packed with excitement and sport experiences to get your heart pumping! Unleash your inner athlete and compete to be the Ultimate Warrior in a variety of our COREsport and SPORtainment activities, such as swimming, court sports and a floatable obstacle course. Warriors - it is time to test your limits!

6872	F	Sep 21	8:30 AM-4:30 PM	\$42.80	\$47.00	1
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# FALL 2018

# 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 December 31, 2018 for the 2018/2019 school year. Children turning the correct age after this date will be considered on a case by case basis.

**A \$20 premium fee will be added per month until the child turns 3.**

3 year olds	Tues, Thurs	9:00am - 11:30am	\$185/m	\$205/m
4 year olds	Mon/Wed/Fri	9:00am - 11:30am	\$220/m	\$245/m

**To register FOR PRESCHOOL please contact:**  
**JULIE HURD, Group Fitness & Programs Manager**  
**403.355.1246 [jhurd@repsolsport.com](mailto:jhurd@repsolsport.com)**

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



# FALL 2018

# 3433 Programs

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS
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## 3433 INDOOR CYCLING PROGRAMS

**FIT FOR LIFE, COMPETITIVE FOR LIFE, TRAIN TO TRAIN, LEARN TO TRAIN:** All 3433 cycling programs, including the Triathlon Brick program, are conducted in the 3433 Sport Performance Centre. Participants are required to bring along their bicycle to be set up on our Wahoo Snap smart trainers. All sessions utilize a power- or watt-based training approach determined from a series of performance assessments conducted throughout the training blocks. Our coaching team designs and facilitates dynamic and challenging training sessions based on tried and true training methods along with implementing new ideas and methodologies. Each program is developed in a manner to help make cyclists faster and more confident in their ability to ride outdoors whether it be for a race, Gran Fondo, cycling tour or the local group ride. The 3433 cycling programs began in 2003 and we are proud to continue our storied tradition of providing some of the most challenging, results driven, high-energy training sessions in Calgary.

### FIT & FAST // Age: 17+

**FIT FOR LIFE, COMPETITIVE FOR LIFE, TRAIN TO TRAIN, LEARN TO TRAIN:** These daytime sessions provide flexibility for those who prefer to train during the day. The program is designed in a progressive manner to build cycling fitness for a variety of disciplines such as triathlon, road cycling and mountain biking in a highly social and supportive environment. Participants will be trained using a variety of current "best practices" methods to develop a well-rounded fitness base starting in the fall, winter and into the spring outdoor riding season. This program includes two home-based training sessions via TrainingPeaks™ to complement the indoor session (available upon request). Sessions are 2.0 hours in length.

6883	M	Sep 10-Dec 17	9:30 AM-11:30 AM	\$325.00	\$390.00	13
6884	F	Sep 14-Dec 21	9:30 AM-11:30 AM	\$375.00	\$450.00	15

### HIIT SESSION // Age: 17Y+

**FIT FOR LIFE, COMPETITIVE FOR LIFE, TRAIN TO TRAIN, LEARN TO TRAIN:** Short on time and looking for an effective indoor cycling program to get done right after work? This program is ideal for those newer to indoor cycling and looking to experience and/or build towards doing one of our longer indoor cycling programs. High intensity interval training (HIIT) is a popular method of training as it packs a lot of punch in a time efficient manner. These 60min sessions will take participants through a warm-up, a cycling-specific HIIT workout and warm-down period. A bicycle is required for this program.

6885	M	Sep 10-Dec 17	5:00 PM-6:00 PM	\$195.00	\$234.00	13
6886	W	Sep 12-Dec 19	5:00 PM-6:00 PM	\$225.00	\$270.00	15

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS
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## TUESDAY WORLD CHAMPIONS // Age 17Y+

**FIT FOR LIFE, COMPETITIVE FOR LIFE, TRAIN TO TRAIN, LEARN TO TRAIN:** Ideal for the performance or competitive minded cyclist, this indoor group cycling program is designed to develop the full fitness spectrum required for aspiring competitive cyclists. In the fall we start with an endurance and skill-based focus, transition into the winter months with a cycling-specific fitness focus, into the dreaded "Hell Period" culminating with (weather permitting) a short outdoor riding period before the cycling season truly starts. A truly challenging, yet incredibly rewarding program that prepares cyclists for the outdoor season. This program includes two home-based training sessions via TrainingPeaks™ to complement the indoor session (available upon request). Sessions are 2.0 hours in length.

6887	Tu	Sep 11-Dec 18	6:30 PM-8:30 PM	\$375.00	\$450.00	15
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## THURSDAY ROULEURS // Age: 17Y+

**FIT FOR LIFE, COMPETITIVE FOR LIFE, TRAIN TO TRAIN, LEARN TO TRAIN:** A Rouleur is considered a good all-rounder cyclist capable of sustained power production. This indoor group cycling program is focused on developing a solid aerobic foundation essential for cyclists of all ability levels and disciplines. We will focus more on the development of the aerobic system (this does not mean "easy") via Sweet Spot, Muscular-Endurance, Threshold and VO2max training in a progressive manner. While not as challenging as "The Tuesday World Champion", this program will ensure the development of a very strong base of aerobic fitness like that of a Rouleur cyclist capable of riding strong all day. This program includes two home-based training sessions via TrainingPeaks™ to complement the indoor session (available upon request). Sessions are 2.0 hours in length.

6888	Th	Sep 13-Dec 20	6:30 PM-8:30 PM	\$375.00	\$450.00	15
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## THE LONG RIDE // Age: 17+

**FIT FOR LIFE, COMPETITIVE FOR LIFE, TRAIN TO TRAIN, LEARN TO TRAIN:** Saturday is synonymous with the long social ride and this 3.0 hours indoor cycling program is a great social training session to start the weekend off right. Following a progressive build up throughout the fall, winter and spring, athletes develop a strong aerobic foundation for Gran Fondos and Triathlons. This indoor cycling program is similar to the focus of the Thursday Rouleurs except it is an hour longer in duration for a deeper aerobic training effect. This program includes two home-based training sessions via TrainingPeaks™ to complement the indoor session (available upon request). Sessions are 3.0 hours in length.

6889	Sa	Sep 15-Dec 15	9:00 AM-12:00 PM	\$448.00	\$532.00	14
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## 3433 INTERVAL RUN // Age: 17+

**FIT FOR LIFE, COMPETITIVE FOR LIFE:** Striving to improve your run distance? Looking to build volume or speed into your training to advance without potential injury? Whether you are just getting started or a seasoned racer, our performance based running program is designed to help runners get faster. Led by 3433 Endurance Coaches, athletes will learn techniques, drills and tips in weekly interval sessions.

6891	Tu	Sep 11-Dec 18	6:00 PM-7:00 PM	\$225.00	\$270.00	15
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ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS	ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS
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### 3433 LEARN2TRI // Age: 17+

**FIT FOR LIFE, COMPETITIVE FOR LIFE:** Discover the sport of triathlon and compete in a short race. Coached by our 3433 Endurance Coached and designed to introduce adults to triathlon. 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.

6895	Tu	Sep 11-Dec 18	7:00 PM-8:30 PM	\$345.00	\$420.00	15
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### 3433 STRENGTH TRAINING FOR ENDURANCE ATHLETES // Age: 17Y+

This program is ideal for cyclists, triathletes and runners looking to improve performance and reduce risk of injury. Through evidence-based strength training methods athletes, will receive coaching on basic strength movements such as Barbell Squats, Deadlifts & Power Cleans. Sessions will be individualized and periodized for each athlete to maximize their returns in the weight room. To ensure each participant gets enough individual attention and coaching, we will be limiting the initial program to only 12 athletes.

6892	M	Sep 10-Dec 17	7:00 PM-8:30 PM	\$299.00	\$364.00	13
6893	W	Sep 12-Dec 19	6:00 AM-7:30 AM	\$345.00	\$420.00	15
6894	W	Sep 12-Dec 19	6:45 PM-8:15 PM	\$345.00	\$420.00	15

### 3433 TRIATHLON SWIM AND RUN // Age: 17Y+

The swimming and running portions of a triathlon can be the most challenging, intimidating and critical components of racing success. Athletes will get the opportunity to improve their efficiency by perfecting their technique in both disciplines. Coaches will provide athletes with a foundation for their training through a variety of athletic drills and assessments in the pool and on the track.

6890	Th	Sep 13-Dec 20	6:45 PM-8:45 PM	\$375.00	\$450.00	15
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### 3433 TRIATHLON BRICK TRAINING // Age: 17Y+

The term "brick" refers to the strange sensation in the legs after riding hard on the bicycle. The ability to run after the cycling portion of a triathlon is a key element to having a successful race. This high-energy group training session is designed to build aerobic endurance and increase your ability to run quickly and comfortably off the bike. Our coaches have built a progressive training program that will challenge the athletes physically and mentally in preparation for race season. The coaches also educate the athletes on pacing strategies and provide them opportunities to practice the skills required for quick transitions.

6873	M	Sep 10-Dec 17	6:30 PM-8:30 PM	\$325.00	\$390.00	13
6875	W	Sep 12-Dec 19	9:30 AM-11:30 AM	\$375.00	\$450.00	15
6874	W	Sep 12-Dec 19	6:30 PM-8:30 PM	\$375.00	\$450.00	15

### 3433 TRIATHLON SWIM // Age: 17Y+

These swim workouts are led by our experienced coaches who utilize the most current teaching and training techniques specific to triathlon swimming. Workouts typically range from 2,000-3,400 metres depending on the speed of the swimmer and the focus of the workout - i.e. technical drills, sprints, pace work/endurance etc. Our coaches provide a program that builds from a more technical focus in the fall, to a more swim-fitness period in the winter and spring and then open-water specific sessions as we approach the race season. The coaches also perform ongoing swim assessments to help monitor the progression and development of each athlete and use the results to determine training paces for the workouts.

6876	M	Sep 10-Dec 17	12:00 PM-1:00 PM	\$195.00	\$234.00	13
6877	Tu	Sep 11-Dec 18	6:00 AM-7:00 AM	\$225.00	\$270.00	15
6878	Tu	Sep 11-Dec 18	7:00 AM-8:00 AM	\$225.00	\$270.00	15
6879	W	Sep 12-Dec 19	12:00 PM-1:00 PM	\$225.00	\$270.00	15
6880	Th	Sep 13-Dec 20	6:00 AM-7:00 AM	\$225.00	\$270.00	15
6881	Th	Sep 13-Dec 20	7:00 AM-8:00 AM	\$225.00	\$270.00	15
6882	F	Sep 14-Dec 21	12:00 PM-1:00 PM	\$225.00	\$270.00	15

## 3433 Ongoing Programs

[ open registration ]

### 3433 YOUTH TRIATHLON CLUB \$175-\$250/month

**LEARN TO TRAIN, TRAIN TO TRAIN:** This program is designed to maximize the performance potential for athletes looking race at any level, from Kids of Steel to draft legal triathlons. This program provides 11-18 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.

### 3433 CUSTOMIZED COACHING PACKAGES \$230-\$350/month

Our Customized Coaching Packages provide athletes with a science-based training program tailored to their individual goals and busy schedule. These programs are athlete-driven and coach-designed. We believe that the best program for each individual athlete is the one that fits their lifestyle and their ultimate aims. These packages are great for busy cyclists, triathletes and runners looking to qualify for their goal race or set a new personal best.