

# 2018 SPRING & SUMMER RECREATION GUIDE

NORTH CAMPUS



Registration  
opens April 4

[www.activityreg.ualberta.ca](http://www.activityreg.ualberta.ca)



UNIVERSITY OF ALBERTA  
FACULTY OF KINESIOLOGY,  
SPORT, AND RECREATION



CAMPUS & COMMUNITY  
RECREATION

# A new way to register for all your favourite recreation programs

COMING SUMMER 2018

We're working behind the scenes on a new  
and improved registration website!

Keep an eye out in early Summer for more information.

# TABLE OF CONTENTS

4	HOURS OF OPERATION
6	REGISTRATION INFORMATION
8	MEMBERSHIPS
10	RENTALS
11	FACILITIES
12	AQUATICS
21	CLIMBING
26	CLUB SPORTS
27	DANCE
31	ORCHESIS DANCE PROGRAM
33	FIRST AID AND CPR
35	FITNESS
46	INTRAMURALS
47	LIVEWELL
49	MARTIAL ARTS
53	OUTDOOR PROGRAMS
54	SPORT SKILLS

**Campus & Community  
Recreation Office**  
780.492.2555  
recreation@ualberta.ca  
uab.ca/recreation

**Faculty of Kinesiology, Sport, and  
Recreation Office**  
780.492.9510  
infoden@ualberta.ca  
uab.ca/ksr

**Golden Bears & Pandas Athletics**  
780.492.2327  
uasports@ualberta.ca  
uab.ca/gbp

**Aquatic Centre**  
780.492.3570  
aquatics@ualberta.ca  
uab.ca/recreation

**Club Sports**  
780.492.2555  
clubsports@ualberta.ca  
uab.ca/clubsports

**First Aid and CPR**  
780.492.4533  
bebowers@ualberta.ca  
uab.ca/recreation

**Hanson Fitness  
& Lifestyle Centre**  
780.492.7114  
fitness@ualberta.ca  
uab.ca/ksr

**LiveWell**  
780.492.5578  
megan.ragush@ualberta.ca  
uab.ca/recreation

**Orchesis Dance**  
780.492.0770  
tamara.bliss@ualberta.ca  
uab.ca/recreation

**Saville Community Sports Centre**  
780.492.1000  
savillesports@ualberta.ca  
savillecentre.ca

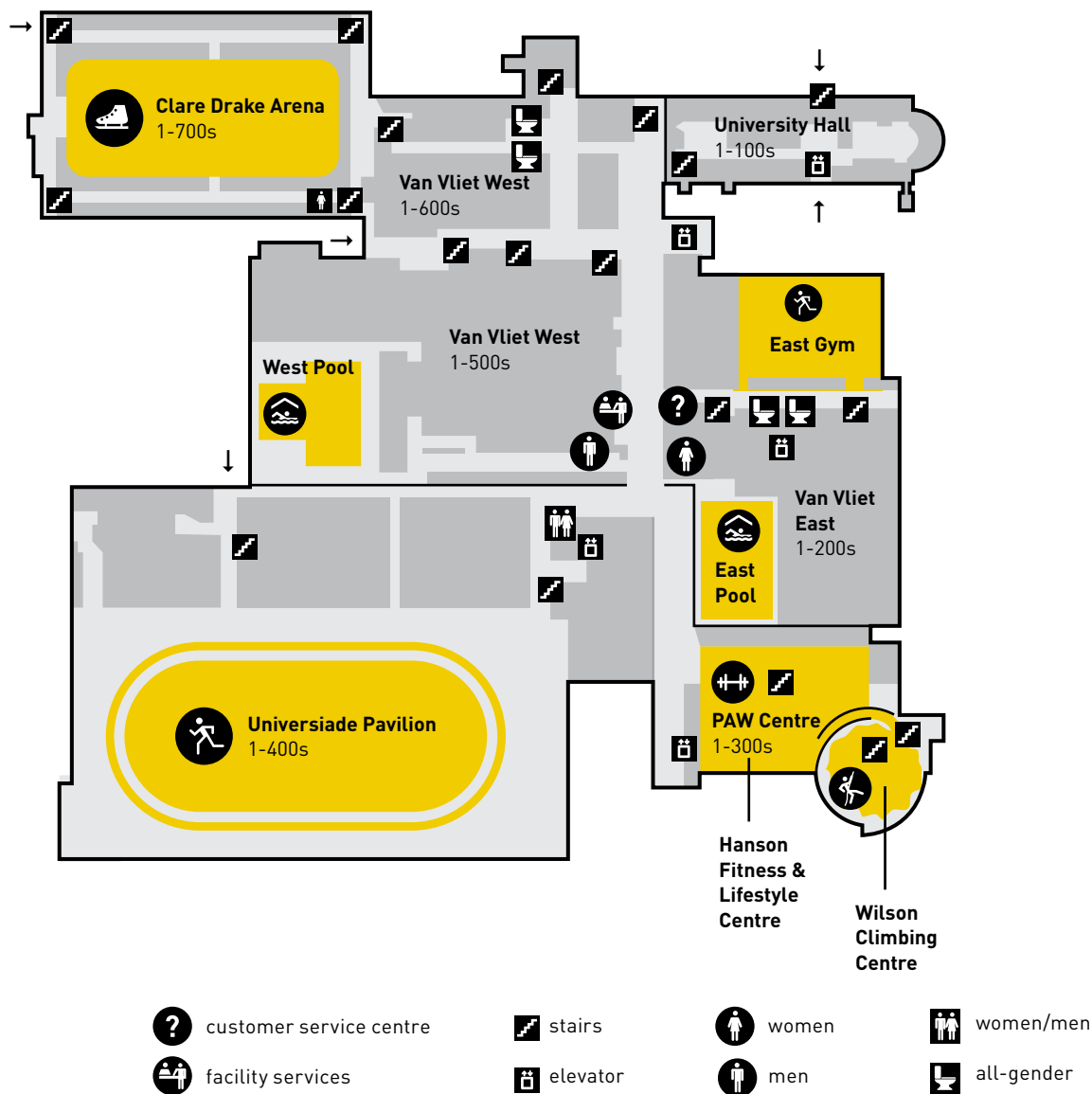
**Van Vliet Customer Service Centre**  
780.492.2231  
activityreg@ualberta.ca  
activityreg.ualberta.ca

**Wilson Climbing Centre**  
780.492.2767  
climbing@ualberta.ca  
uab.ca/climbing

# VAN VLIET COMPLEX

LEVEL 1

↑N



## HOURS OF OPERATION

### VAN VLIET COMPLEX

#### Sep-Apr

Mon-Fri: 6:00 a.m.-10:00 p.m.

Sat-Sun: 9:00 a.m.-10:00 p.m.

#### May-Aug

Mon-Fri: 6:00 a.m.-9:00 p.m.

Sat-Sun: 9:00 a.m.-4:00 p.m.

### VAN VLIET COMPLEX CUSTOMER SERVICE CENTRE

#### Jan 9-Apr 15

Mon-Thu: 8:00 a.m.-7:00 p.m.

Fri: 8:00 a.m.-5:00 p.m.

Sat: 9:00 a.m.-12:00 p.m.

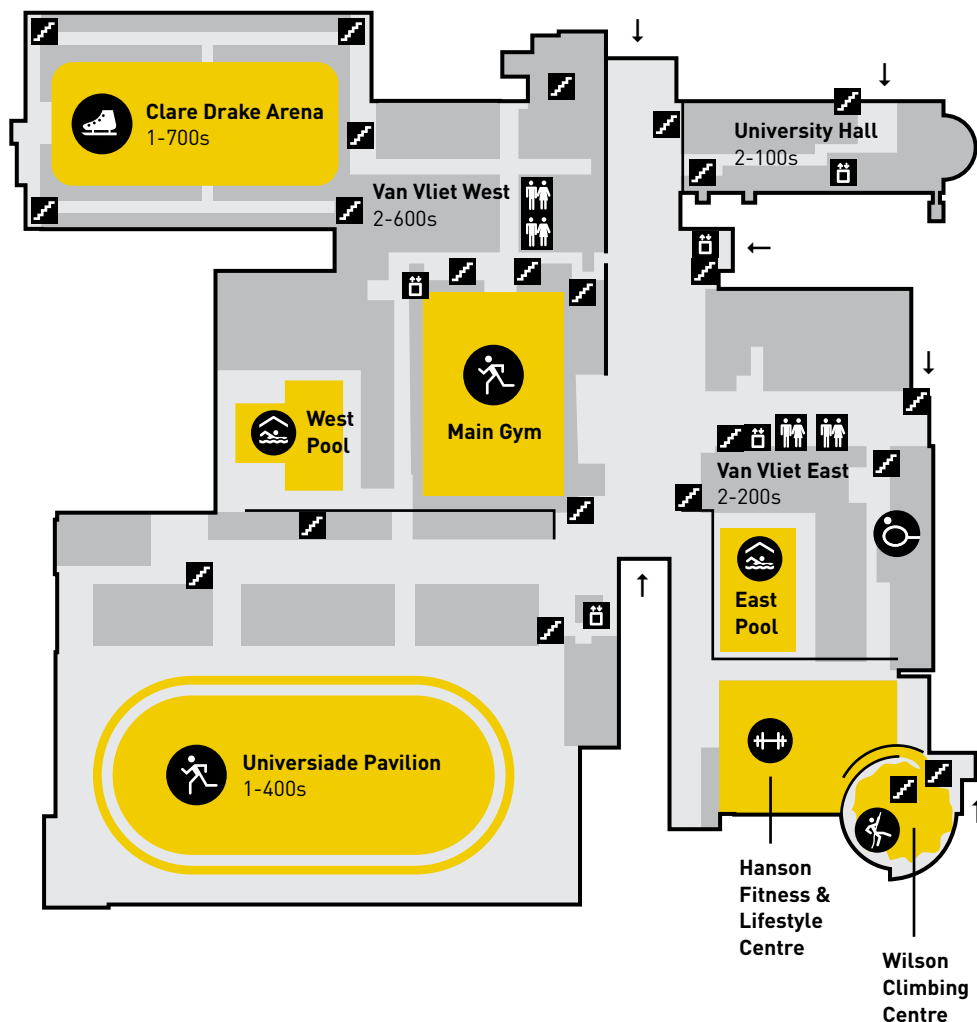
Sun: Closed

#### Apr 16-Sep 2

Mon-Fri: 8:00 a.m.-5:00 p.m.

Sat-Sun: Closed

## LEVEL 2



Aquatics Office	2-649
Athletics General Office	2-420
Bears' Den	2-710
Clare Drake Arena	1-700
Climbing Centre	1-370
Council Chambers	2-100
Customer Service Centre	1-213
East Gymnasium	1-220
East Pool	1-260
Faculty of Kinesiology, Sport, and Recreation	
Office of the Dean	3-100
Student Services	2-131
Facility Services	1-241
Hanson Fitness &	1-300
Lifestyle Centre	
Gymnasium, East	1-220
Gymnasium, Main	2-615
Lecture Theatres	2-210
	2-215
Locker Room, Men's	1-510
Locker Room, Women's	1-244
Main Gymnasium	2-615
Multi-Purpose Rooms	3-200s
Pool, East	1-260
Pool, West	1-550
Racquet Courts	2-241
	2-253
Campus & Community Recreation Offices	2-670
The Steadward Centre for Personal & Physical Achievement	1-612
Tickets	2-664
Universiade Pavilion (Butterdome)	1-445
Wall of Fame	2-204
West Pool	1-550
West Pool Viewing Area	2-550
Women's Locker Room	1-244

### HANSON FITNESS AND LIFESTYLE CENTRE

#### Sep-Apr

Mon-Fri: 6:00 a.m.–10:00 p.m.  
Sat-Sun: 9:00 a.m.–7:00 p.m.

#### May-Aug

Mon-Fri: 6:00 a.m.–9:00 p.m.  
Sat-Sun: 9:00 a.m.–4:00 p.m.

### WILSON CLIMBING CENTRE

#### Sep-May

Mon-Fri: 2:00 p.m.–10:00 p.m.  
Sat-Sun: 12:00 p.m.–6:00 p.m.

#### Jun-Aug

Mon-Fri: 2:00 p.m.–10:00 p.m.  
Sat-Sun: 12:00 p.m.–6:00 p.m.

### AQUATIC CENTRE (DROP-IN TIMES)

#### East Pool

Mon-Fri: 5:00 p.m.–7:00 p.m.  
Sat-Sun: Closed

#### West Pool

Mon, Wed, Fri:  
11:00 a.m.–1 p.m., 4:30 p.m.–5:30 p.m.  
Tue, Thu:  
11:00 a.m.–1 p.m., 4:00 p.m.–5:00 p.m.  
Sat-Sun: 1:30 p.m.–4:30 p.m.

# REGISTRATION

## HOW TO REGISTER

- Valid ONEcard required for U of A students, staff and alumni
- Payment required at the time of registration
- You will receive a confirmation email
- For your convenience, registration is available for both North Campus and Saville Community Sports Centre

*A University of Alberta student is one who is currently enrolled in an academic program at the University of Alberta and has paid the Athletic and Recreation Fee.*

### Online

[activityreg.ualberta.ca](http://activityreg.ualberta.ca)

### In Person

North Campus  
1-213 Van Vliet Complex

Saville Community Sports Centre  
11610 65 Ave

### Phone

North Campus  
780.492.2231

Saville Community Sports Centre  
780.492.1000

### Fax

780.492.7190

## HOW TO PAY

- Cash (in-person only)
- Credit card (Visa, American Express, and MasterCard)
- Debit card (in-person only)
- Personal cheque or money order to University of Alberta; no post-dated cheques; \$25 administrative fee is charged for NSF cheques

## WAIT LIST

If a program is full, you may add your name on the wait list. If a place becomes available, the Customer Service Centre will contact you by phone or email. Please ensure we have your current contact information.

## REGISTRATION, WITHDRAWAL AND TRANSFER POLICIES

### Refund

- You are allowed to withdraw from or transfer programs prior to the third class. There will be no refunds or credit after the third class
- After the second class you may attend a program that allows drop-in with the purchase of a drop-in pass
- A refund will be issued for the value of the remaining classes less a \$15 administration fee
- If the original payment was by credit card or debit card, the refund will be issued to the same card type used for the original payment
- If the original payment was by cash or cheque, you will be refunded by cheque. This will be mailed to you 3-6 weeks from the time the refund is requested

### Credit

- Instead of a refund, you can request a credit for another class to be added to your account
- The credit will be for the cost of the remaining classes. No administration fees will be charged when requesting a credit
- This credit can be used towards most recreational programs and services offered by Campus & Community Recreation
- If a refund is requested at a later date, a \$15 administration fee will be charged

### Transfer

- A \$5 transfer fee is added onto all transfers
- If transferring to a program of a greater value, you will be required to pay the difference between the programs; if the program is of lesser value, the difference will be credited onto your account
- No transfer fee will be applied if your program is cancelled and you transfer to another program

## WAIVERS AND CLASS CANCELLATIONS

### Waiver

All participants are required to sign a yearly (May 1–Apr 30) waiver before beginning a program

*Waiver available at following locations:*

- [uab.ca/recreation](http://uab.ca/recreation)
- [activityreg.ualberta.ca](http://activityreg.ualberta.ca)
- The Customer Service Centre in the Van Vliet Complex
- Campus & Community Recreation office (see map)





- Saville Community Sports Centre
- Hanson Fitness & Lifestyle Centre
- At the first class

### Class Changes and Cancellations

- Class changes and cancellations can occur due to low enrollment as late as the day before the class begins
- Under some circumstances, programs with low enrollment may run the first week to encourage registration, but may be cancelled in the second week

*Although we make every effort to run all classes listed in the Recreation Guide, classes may be cancelled due to unforeseen circumstances.*

### DROP-IN PASSES

- Drop-in passes provide flexibility in experiencing a wide variety of fitness classes at both North Campus and Saville Community Sports Centre
- Purchase these at the Customer Service Centre in the Van Vliet Complex or Saville Community Sports Centre
- Drop-in classes are signified by a ▲ throughout the guide. Find the drop-in calendar online at [uab.ca/recreation](http://uab.ca/recreation)

### GROUP FITNESS DROP-IN PARTICIPATION: TERMS OF USE

- All drop-in participants must check in with the instructor at the time of their class
- Multi-use drop-in passes must be presented with photo ID
- Drop-in participation is allowed on a first-come, first-served basis and at the discretion of the course instructor
- Registered participants for a particular class will have priority for attendance over drop-in participants
- Due to the popularity of our classes, it may be difficult to gain admittance to certain classes during the first two weeks of the term. However, after the first two weeks of a session, we can generally accommodate all drop-in participants
- Passes are non-transferable and non-refundable once purchased. Drop-in passes cannot be exchanged for a credit towards registration in a class

### GROUP FITNESS DROP-IN FEES

Type of Pass	U of A Student	U of A Staff/ SCSC Member	Public
Single Pass	\$9	\$11	\$12
10 class card	\$81	\$99	\$108
Unlimited (Spring and Summer)*	\$170	\$200	\$225

*Prices effective until August 2018*

*\*Passes valid from May to August, 2018*

*Drop-in passes values at an estimated two classes per week*

# MEMBERSHIPS

## VAN VLIET COMPLEX MEMBERSHIP\*

By purchasing a Van Vliet Complex membership you are given full access to all the complex facilities with the exception of the Wilson Climbing Centre. Please see the Wilson Climbing Centre section in memberships for more information.

- Sold at Facility Services, VVC 1-241
- Government issued ID required for purchase

### \*Extra Options

- 5x pass: \$45
- Drop-In pass: \$10

Category	1 Month (per person)	Continuous Monthly (per person)
Community Members	\$85	\$42.50
Alumni, Retired Staff & Families*	\$67	\$33.50
Other U of A Staff & families* of Student & Staff	\$47	\$23.50
Special Status Students & Families	\$47	\$23.50
U of A Students taking a term off	\$20.50	\$20.50

*All Users must carry their valid ONEcard/Membership card to enter or use the Centre facilities*

*No Fitness Centre access for dependants under 16 years old*

*\*Family member means spouse and children under 18 years old*

## ONECARD INFORMATION

- By purchasing a ONEcard you will have access to all Van Vliet Complex facilities with the exception of the Wilson Climbing Centre
- Alumni ONEcard photos may be taken at Facility Services, 1-241 Van Vliet Complex
- ONEcard office in HUB Mall produces the card (process can take up to two days)

## SWIM ONLY PASSES

Available for purchase at Facility Services. Passes are for users who only wish to access the swimming pools during recreational swimming times.

Category	Annual (per person)	1 Month (per person)	Daily (per person)
Youth (13-17)	\$150	\$15	\$3.75
Adult (18+)	\$200	\$20	\$4.50
Child (12 & Under)	\$100	\$10	\$3
Family*	\$500	\$50	\$10





## WILSON CLIMBING CENTRE ADMISSIONS COSTS

All prices include GST

Type of Pass	Under 13	U of A Staff/Alumni/Student**	ACC/CGI***	Public***
Drop-In	\$8	\$10	\$12	\$14
One Month	\$70	\$80	\$90	\$100
Four Month	\$200	\$240	\$280	\$300
Annual	\$400	\$450	\$475	\$500

*\*\*fees applied to students who are not registered in academic classes and have not paid the athletic and recreation fee*

*\*\*\*Government issued ID required*

## INCLUSION SUPPORT SERVICES

Campus & Community Recreation's mission is to create a sense of community through quality recreation programs at the University of Alberta and in the community beyond the University. As part of that mission, Campus & Community Recreation strives to be inclusive and provide a variety of accommodations for equal access to our programs, events and facilities.

One of our core values is to enhance the quality of life of our members through participation. We encourage and support students and community members of all abilities to develop life-long healthy lifestyles.

Campus & Community Recreation is able to accommodate numerous disabilities and situations through our Inclusion Support Services.

For further information, please contact our Inclusion Coordinator: **Nicolette Marshall**  
[nicolette.marshall@ualberta.ca](mailto:nicolette.marshall@ualberta.ca).



# RENTALS

## LOCKER PRICES

Locker	1 month	Continuous	Deposit
Small Lockers (Includes Towel and Lock)	\$30	\$7	\$40
Full-Sized Lockers (Includes Towel and Lock)	\$42	\$12	\$40

## TOWEL SERVICE

1 month	Continuous	Deposit
\$20	\$10	\$10

### Locker Rooms in the Van Vliet Complex

To use the Van Vliet Complex, which includes locker room use, you must have a valid U of A ONECard or a VVC membership card.

### Daily Lock/Towel Rental

- Locks and towels may be rented daily at Facility Services
- Locks: \$2.75 each
- Towels: \$2.25 each
- A valid ONEcard/VVC membership card or photo ID is required for rentals

### Important

*If you purchase a drop-in pass for the Van Vliet Complex or rent a lock and/or towel, you are required to leave a current driver's licence, passport or other government-issued form of identification at Facility Services. The identity document will be returned to you when you return a drop in pass and/or rented items.*

### Long-Term Locker/Towel Rental Fees

- Lockers are available on a limited basis to all valid ONEcard/VVC membership card holders
- A towel/token exchange service is included in locker rental fees
- Towels will not be loaned out without a towel or token in exchange. Locker and towel service is not transferable

## WILSON CLIMBING CENTRE RENTAL EQUIPMENT

Equipment	Cost	Cost (child 13 & under)
Rock Shoes	\$6	\$3
Harness	\$3	\$1.50
Chalk Bag	\$2	\$1
Belay Device (per set)	\$2	\$2

## HOW TO BOOK A COURT

- Book tennis, squash or racquetball courts at Facility Services, 1-241, Van Vliet Complex
- Valid ONECard required to book a court for all sports
- Bookings must be made in person. No phone or email bookings
- Bookings may be made for the following week starting each Friday: this includes weekend and weekdays through to the following Friday

## USAGE OF UNRESERVED COURTS

- Available on a first-come, first-served basis
- If a reserved court is not occupied within 10 minutes of the scheduled time, it becomes available on a first-come, first-served basis

# FACILITIES

Home to a wide range of high-caliber sporting facilities and amenities, the Faculty of Kinesiology, Sport, and Recreation at the University of Alberta offers the perfect location for events. With over 400,000 square feet in 37 facilities, we have the perfect venue to showcase a variety of activities. By bringing your event to campus you'll be tapping into a community of students, staff and residents who are passionate about supporting sporting and community events.

## AQUATIC CENTRE

The Aquatic Centre houses two large indoor pools: the East Pool and the Winslow and Christian Hamilton Memorial Pool, commonly known as the West Pool.

## HANSON FITNESS AND LIFESTYLE CENTRE

A brand new 26,910 square feet facility that contains a wide variety of fitness and strength training equipment. Special event memberships are available when you book with us!

## MAIN GYM

Features 17,850 square feet of hardwood floor space with retractable 840 bleacher seating. Sport configurations include volleyball, basketball, badminton and handball. Host a ceremony, sporting event, or trade show in the heart of the campus.

## UNIVERSIADE PAVILION

A 64,000 to 70,000 square foot multi-use indoor complex that houses a seven-lane, 200 metre track; long jump and pole vaulting areas; two-level bleacher seating with 5,000 capacity; locker rooms and multi-purpose spaces.

## WILSON CLIMBING CENTRE

The Wilson Climbing Centre is a brand new modern climbing structure. It was designed in an iconic purpose-built building creating a new gateway to the University of Alberta's North Campus.

## OTHER FACILITIES INCLUDE:

Clare Drake Arena, Lister Artificial Turf, Dance Studios, Conference rooms.

To book a facility for your event please email [bookings@ualberta.ca](mailto:bookings@ualberta.ca)



# WE ARE **AQUATICS**

## ADULT SWIM LESSONS (13 years and older)

Levels are Adult 1, 2 & 3 and Fitness Swimmer

### Adult Swimmer 1

These lessons are designed for swimmers with little or no experience swimming. In this level, participants learn and master skills such as floats, glides, and kicking on front and back without assistance.

### Adult Swimmer 2/3

Adult 2/3 combines Adult 2 and Adult 3 skills. Adult 2 is designed for swimmers who can float, glide, and submerge their heads in the water without assistance. Swimmers learn front and back crawl and develop greater confidence in deeper water. Adult 3 is designed for confident swimmers to master their swimming strokes and improve endurance through interval training and sprints.

### Fitness Swimmer

The Fitness Swimmer Program is for swimmers of any age who want to improve their overall physical fitness in the water. Fitness Swimmer provides a structured approach to improve physical fitness based on accepted training principles and practices including interval training. Participants learn to use pace clocks and timers and reach their target zone. They also create workouts and set fitness goals.

SPRING					
Time	Date	Class Type	Code	Location	Cost*
Sat 10:30 a.m.–11:15 a.m.	May 5–Jun 23 <i>No class May 19</i>	Adult Swimmer 1	39766	Van Vliet Complex 1-260 East Pool Station 1	U of A Student \$63 U of A Staff/Public \$70
Sat 12:15 p.m.–1 p.m.	May 5–Jun 23 <i>No class May 19</i>	Adult Swimmer 1	39767	Van Vliet Complex 1-260 East Pool Station 1	U of A Student \$63 U of A Staff/Public \$70
Sun 10:30 a.m.–11:15 a.m.	May 6–Jun 24 <i>No class May 20</i>	Adult Swimmer 1	39768	Van Vliet Complex 1-260 East Pool Station 1	U of A Student \$63 U of A Staff/Public \$70
Mon 4 p.m.–4:45 p.m.	May 7–Jun 25 <i>No class May 21</i>	Adult Swimmer 1	39769	Van Vliet Complex 1-260 East Pool Station 2	U of A Student \$63 U of A Staff/Public \$70
Tue 4 p.m.–4:45 p.m.	May 8–Jun 26	Adult Swimmer 1	39770	Van Vliet Complex 1-260 East Pool Station 2	U of A Student \$72 U of A Staff/Public \$80
Tue 4:45 p.m.–5:30 p.m.	May 8–Jun 26	Adult Swimmer 2	39765	Van Vliet Complex 1-260 East Pool Station 2	U of A Student \$72 U of A Staff/Public \$80
Sat 10:30 a.m.–11:15 a.m.	May 5–Jun 23 <i>No class May 19</i>	Adult Swimmer 2/3	39761	Van Vliet Complex 1-260 East Pool Station 2	U of A Student \$63 U of A Staff/Public \$70
Sun 10:15 a.m.–11 a.m.	May 6–Jun 24 <i>No class May 20</i>	Adult Swimmer 2/3	39762	Van Vliet Complex 1-260 East Pool Station 2	U of A Student \$63 U of A Staff/Public \$70
Mon 4:30 p.m.–5:15 p.m.	May 7–Jun 25 <i>No class May 21</i>	Adult Swimmer 2/3	39763	Van Vliet Complex 1-260 East Pool Station 1	U of A Student \$63 U of A Staff/Public \$70
Tue 4 p.m.–4:45 p.m.	May 8–Jun 26	Adult Swimmer 3	39764	Van Vliet Complex 1-260 East Pool Station 3	U of A Student \$72 U of A Staff/Public \$80
Sat 10:30 a.m.–11:15 a.m.	May 5–Jun 23 <i>No class May 19</i>	Fitness Swimmer	39754	Van Vliet Complex 1-260 East Pool Station 3	U of A Student \$63 U of A Staff/Public \$70
Sun 10:15 a.m.–11 a.m.	May 6–Jun 24 <i>No class May 20</i>	Fitness Swimmer	39755	Van Vliet Complex 1-260 East Pool Station 3	U of A Student \$63 U of A Staff/Public \$70
Tue 4:45 p.m.–5:30 p.m.	May 8–Jun 26	Fitness Swimmer	39756	Van Vliet Complex 1-260 East Pool Station 3	U of A Student \$72 U of A Staff/Public \$80

\*CCR Aquatics in partnership with parking services is now offering complimentary parking with your program registration during the registered program time.





SUMMER					
Time	Date	Class Type	Code	Location	Cost*
Mon–Thu 4 p.m.–4:45 p.m.	Jul 9–Jul 19	Adult Swimmer 1	39842	Van Vliet Complex 1-260 East Pool Station 1	U of A Student \$72 U of A Staff/Public \$80
Mon–Thu 4 p.m.–4:45 p.m.	Jul 23–Aug 2	Adult Swimmer 1	39866	Van Vliet Complex 1-260 East Pool Station 1	U of A Student \$72 U of A Staff/Public \$80
Mon–Thu 4 p.m.–4:45 p.m.	Aug 13–Aug 23	Adult Swimmer 1	39867	Van Vliet Complex 1-260 East Pool Station 1	U of A Student \$72 U of A Staff/Public \$80
Mon–Thu 4 p.m.–4:45 p.m.	Jul 9–Jul 19	Adult Swimmer 2/3	39840	Van Vliet Complex 1-260 East Pool Station 2	U of A Student \$72 U of A Staff/Public \$80
Mon–Thu 4 p.m.–4:45 p.m.	Jul 23–Aug 2	Adult Swimmer 2/3	39868	Van Vliet Complex 1-260 East Pool Station 2	U of A Student \$72 U of A Staff/Public \$80
Mon–Thu 4 p.m.–4:45 p.m.	Aug 13–Aug 23	Adult Swimmer 2/3	39869	Van Vliet Complex 1-260 East Pool Station 2	U of A Student \$72 U of A Staff/Public \$80
Mon–Thu 4:45 p.m.–5:30 p.m.	Jul 9–Jul 19	Fitness Swimmer	39870	Van Vliet Complex 1-260 East Pool Station 1	U of A Student \$72 U of A Staff/Public \$80
Mon–Thu 4:45 p.m.–5:30 p.m.	Jul 23–Aug 2	Fitness Swimmer	39889	Van Vliet Complex 1-260 East Pool Station 1	U of A Student \$72 U of A Staff/Public \$80
Mon–Thu 4:45 p.m.–5:30 p.m.	Aug 13–Aug 23	Fitness Swimmer	39890	Van Vliet Complex 1-260 East Pool Station 1	U of A Student \$72 U of A Staff/Public \$80

\*CCR Aquatics in partnership with parking services is now offering complimentary parking with your program registration during the registered program time.

## AQUATIC EXPERIENCES

Five 1 hour sessions over the course of a week will introduce your child to an introduction to Aquatic Activities. Session choices are Synchronized Swimming, Lifesaving Sport & Water polo.

SUMMER					
Time	Date	Class Type	Code	Location	Cost*
Mon–Fri 1 p.m.–2 p.m.	Jul 9–Jul 13	Aquatic Experiences -Synchronized Swimming	39945	Van Vliet Complex 1-550 West Pool Shallow	\$75
Mon–Fri 1 p.m.–2 p.m.	Jul 16–Jul 20	Aquatic Experiences -Synchronized Swimming	39946	Van Vliet Complex 1-550 West Pool Shallow	\$75
Mon–Fri 1 p.m.–2 p.m.	Jul 23–Jul 27	Aquatic Experiences -Synchronized Swimming	39947	Van Vliet Complex 1-550 West Pool Shallow	\$75
Mon–Fri 1 p.m.–2 p.m.	Jul 30–Aug 3	Aquatic Experiences -Synchronized Swimming	39948	Van Vliet Complex 1-550 West Pool Shallow	\$75
Mon–Fri 1 p.m.–2 p.m.	Aug 13–Aug 17	Aquatic Experiences -Synchronized Swimming	39949	Van Vliet Complex 1-550 West Pool Shallow	\$75

\*CCR Aquatics in partnership with parking services is now offering complimentary parking with your program registration during the registered program time.

SUMMER					
Time	Date	Class Type	Code	Location	Cost*
Mon-Fri 1 p.m.-2 p.m.	Aug 20-Aug 24	Aquatic Experiences -Synchronized Swimming	39950	Van Vliet Complex 1-550 West Pool Shallow	\$75
Mon-Fri 2 p.m.-3 p.m.	Jul 9-Jul 13	Aquatic Experiences -Lifesaving Sport	39951	Van Vliet Complex 1-550 West Pool Shallow	\$75
Mon-Fri 2 p.m.-3 p.m.	Jul 16-Jul 20	Aquatic Experiences -Lifesaving Sport	39952	Van Vliet Complex 1-550 West Pool Shallow	\$75
Mon-Fri 2 p.m.-3 p.m.	Jul 23-Jul 27	Aquatic Experiences -Lifesaving Sport	39953	Van Vliet Complex 1-550 West Pool Shallow	\$75
Mon-Fri 2 p.m.-3 p.m.	Jul 30-Aug 3	Aquatic Experiences -Lifesaving Sport	39954	Van Vliet Complex 1-550 West Pool Shallow	\$75
Mon-Fri 2 p.m.-3 p.m.	Aug 13-Aug 17	Aquatic Experiences -Lifesaving Sport	39955	Van Vliet Complex 1-550 West Pool Shallow	\$75
Mon-Fri 2 p.m.-3 p.m.	Aug 20-Aug 24	Aquatic Experiences -Lifesaving Sport	39956	Van Vliet Complex 1-550 West Pool Shallow	\$75
Mon-Fri 3 p.m.-4 p.m.	Jul 9-Jul 13	Aquatic Experiences -Waterpolo	39957	Van Vliet Complex 1-550 West Pool Shallow	\$75
Mon-Fri 3 p.m.-4 p.m.	Jul 16-Jul 20	Aquatic Experiences -Waterpolo	39958	Van Vliet Complex 1-550 West Pool Shallow	\$75
Mon-Fri 3 p.m.-4 p.m.	Jul 23-Jul 27	Aquatic Experiences -Waterpolo	39959	Van Vliet Complex 1-550 West Pool Shallow	\$75
Mon-Fri 3 p.m.-4 p.m.	Jul 30-Aug 3	Aquatic Experiences -Waterpolo	39960	Van Vliet Complex 1-550 West Pool Shallow	\$75
Mon-Fri 3 p.m.-4 p.m.	Aug 13-Aug 17	Aquatic Experiences -Waterpolo	39961	Van Vliet Complex 1-550 West Pool Shallow	\$75
Mon-Fri 3 p.m.-4 p.m.	Aug 20-Aug 24	Aquatic Experiences -Waterpolo	39962	Van Vliet Complex 1-550 West Pool Shallow	\$75

\*CCR Aquatics in partnership with parking services is now offering complimentary parking with your program registration during the registered program time.

## AQUA-FITNESS: MOVEMENT & AEROBIC FITNESS CLASS

- Swimming ability is not required, basic comfort in water is recommended
- Aquafitness drop-in passes available for \$8 at the Customer Service Centre or Facility Services
- Registration allows participation in 20 classes

SPRING					
Time	Date	Class Type	Code	Location	Cost*
Tue,Thu 12 p.m.-1 p.m.	May 1-Jun 28	Aqua-Fitness -Deep Water	39760	Van Vliet Complex 1-550 West Pool Deep	U of A Student \$150 U of A Staff/Public \$165 Drop-in \$10

\*CCR Aquatics in partnership with parking services is now offering complimentary parking with your program registration during the registered program time.



## CHILDREN'S SWIM LESSONS

### Parent and Tot (4 months to 3 years)

- The 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

### Preschool Program (Children 3–5 years)

#### Levels 1–5

- Progressions ensure children become comfortable in the water and have fun developing a foundation of water skills
- Preschool 1 & 2 are for swimmers just starting in the water
- Preschool 3 & 4 are for swimmers who are doing front and back crawl independently
- Preschool 5 is for swimmers who are ready for some swimming in deep water

### Swimmer Program (Children 6 years and up)

The Swimmer program makes sure children learn how to swim before they get in too deep. Progressions accommodate 6 to 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. Six Swimmer levels flow seamlessly into the Canadian Swim Patrol program to make a 9 level comprehensive program
- Swimmer levels 1 & 2 are for beginning swimmers - those just starting in, or those who have some basic comfort in the water
- Swimmer levels 3 & 4 are for intermediate swimmers who are doing front and back crawl and are doing more in deep water
- Swimmer levels 5 & 6 are for more advanced swimmers who are ready for more swimming, more distance and more strokes

SPRING					
Time	Date	Class Type	Code	Location	Cost*
Sat 10 a.m.–10:30 a.m.	May 5–Jun 23 <i>No class May 19</i>	Parent & Tot Swim Lessons (4 months–3 years)	39752	Van Vliet Complex 1-260 East Pool Station 1	\$56
Sun 11:30 a.m.–12 p.m.	May 6–Jun 24 <i>No class May 20</i>	Parent & Tot Swim Lessons (4 months–3 years)	39753	Van Vliet Complex 1-260 East Pool Station 2	\$56
Sat 10 a.m.–10:30 a.m.	May 5–Jun 23 <i>No class May 19</i>	Preschool Swim Level 1 & 2	39773	Van Vliet Complex 1-260 East Pool Station 2	\$56
Sun 11 a.m.–11:30 a.m.	May 6–Jun 24 <i>No class May 20</i>	Preschool Swim Level 1 & 2	39774	Van Vliet Complex 1-260 East Pool Station 2	\$56
Sun 11:15 a.m.–11:45 a.m.	May 6–Jun 24 <i>No class May 20</i>	Preschool Swim Level 5	39750	Van Vliet Complex 1-260 East Pool Station 1	\$56
Sat 10 a.m.–10:30 a.m.	May 5–Jun 23 <i>No class May 19</i>	Preschool Swim Level 3 & 4	39747	Van Vliet Complex 1-260 East Pool Station 3	\$56
Sun 11 a.m.–11:30 a.m.	May 6–Jun 24 <i>No class May 20</i>	Preschool Swim Level 3 & 4	39748	Van Vliet Complex 1-260 East Pool Station 3	\$56
Sat 11:15 a.m.–11:45 a.m.	May 5–Jun 23 <i>No class May 19</i>	Swimmer 1 & 2	39730	Van Vliet Complex 1-260 East Pool Station 1	\$56
Sun 9:30 a.m.–10 a.m.	May 6–Jun 24 <i>No class May 20</i>	Swimmer 1 & 2	39731	Van Vliet Complex 1-260 East Pool Station 1	\$56
Sun 12 p.m.–12:30 p.m.	May 6–Jun 24 <i>No class May 20</i>	Swimmer 1 & 2	39732	Van Vliet Complex 1-260 East Pool Station 2	\$56
Thu 4 p.m.–4:30 p.m.	May 10–Jun 28	Swimmer 1	39777	Van Vliet Complex 1-260 East Pool Station 1	\$64
Thu 4 p.m.–4:30 p.m.	May 10–Jun 28	Swimmer 2	39778	Van Vliet Complex 1-260 East Pool Station 2	\$64
Sat 11:15 a.m.–12 p.m.	May 5–Jun 23 <i>No class May 19</i>	Swimmer 3 & 4	39726	Van Vliet Complex 1-260 East Pool Station 2	\$56
Sun 9:30 a.m.–10:15 a.m.	May 6–Jun 24 <i>No class May 20</i>	Swimmer 3 & 4	39727	Van Vliet Complex 1-260 East Pool Station 2	\$56

\*CCR Aquatics in partnership with parking services is now offering complimentary parking with your program registration during the registered program time.

SPRING					
Time	Date	Class Type	Code	Location	Cost*
Thu 4:30 p.m.–5:15 p.m.	May 10–Jun 28	Swimmer 3	39728	Van Vliet Complex 1-260 East Pool Station 1	\$64
Thu 4:30 p.m.–5:15 p.m.	May 10–Jun 28	Swimmer 4	39729	Van Vliet Complex 1-260 East Pool Station 2	\$64
Sat 11:15 a.m.–12 p.m.	May 5–Jun 23 <i>No class May 19</i>	Swimmer 5 & 6	39722	Van Vliet Complex 1-260 East Pool Station 3	\$56
Sun 9:30 a.m.–10:15 a.m.	May 6–Jun 24 <i>No class May 20</i>	Swimmer 5 & 6	39723	Van Vliet Complex 1-260 East Pool Station 3	\$56
Thu 4 p.m.–4:45 p.m.	May 10–Jun 28	Swimmer 5 & 6	39724	Van Vliet Complex 1-260 East Pool Station 3	\$64
SUMMER					
Mon–Thu 10:30 a.m.–11 a.m.	Jul 9–Jul 19	Parent & Tot Swim Lessons (4 months–3 years)	39887	Van Vliet Complex 1-550 West Pool Shallow 1	\$64
Mon–Thu 10:30 a.m.–11 a.m.	Jul 23–Aug 2	Parent & Tot Swim Lessons (4 months–3 years)	39891	Van Vliet Complex 1-550 West Pool Shallow 1	\$64
Mon–Thu 10:30 a.m.–11 a.m.	Aug 13–Aug 23	Parent & Tot Swim Lessons (4 months–3 years)	39892	Van Vliet Complex 1-550 West Pool Shallow 1	\$64
Mon–Thu 9:45 a.m.–10:15 a.m.	Jul 9–Jul 19	Preschool Level 1 & 2	39836	Van Vliet Complex 1-550 West Pool Shallow 2	\$64
Mon–Thu 9:45 a.m.–10:15 a.m.	Jul 23–Aug 2	Preschool Level 1 & 2	39857	Van Vliet Complex 1-550 West Pool Shallow 2	\$64
Mon–Thu 9:45 a.m.–10:15 a.m.	Aug 13–Aug 23	Preschool Level 1 & 2	39858	Van Vliet Complex 1-550 West Pool Shallow 2	\$64
Mon–Thu 10 a.m.–10:30 a.m.	Jul 9–Jul 19	Preschool Swim Level 5	39898	Van Vliet Complex 1-550 West Pool Shallow 1	\$64
Mon–Thu 10 a.m.–10:30 a.m.	Jul 23–Aug 2	Preschool Swim Level 5	39900	Van Vliet Complex 1-550 West Pool Shallow 1	\$64
Mon–Thu 10 a.m.–10:30 a.m.	Aug 13–Aug 23	Preschool Swim Level 5	39901	Van Vliet Complex 1-550 West Pool Shallow 1	\$64
Mon–Thu 9:45 a.m.–10:15 a.m.	Jul 9–Jul 19	Preschool Swim Level 3 & 4	39844	Van Vliet Complex 1-550 West Pool Shallow 3	\$64
Mon–Thu 9:45 a.m.–10:15 a.m.	Jul 23–Aug 2	Preschool Swim Level 3 & 4	39859	Van Vliet Complex 1-550 West Pool Shallow 3	\$64
Mon–Thu 9:45 a.m.–10:15 a.m.	Aug 13–Aug 23	Preschool Swim Level 3 & 4	39860	Van Vliet Complex 1-550 West Pool Shallow 3	\$64
Mon–Thu 9 a.m.–9:30 a.m.	Jul 9–Jul 19	Swimmer 1 & 2	39846	Van Vliet Complex 1-550 West Pool Shallow 1	\$64
Mon–Thu 9 a.m.–9:30 a.m.	Jul 23–Aug 2	Swimmer 1 & 2	39847	Van Vliet Complex 1-550 West Pool Shallow 1	\$64

\*CCR Aquatics in partnership with parking services is now offering complimentary parking with your program registration during the registered program time.

SUMMER					
Time	Date	Class Type	Code	Location	Cost*
Mon–Thu 9 a.m.–9:30 a.m.	Aug 13–Aug 23	Swimmer 1 & 2	39852	Van Vliet Complex 1-550 West Pool Shallow 1	\$64
Mon–Thu 9 a.m.–9:45 a.m.	Jul 9–Jul 19	Swimmer 3	39848	Van Vliet Complex 1-550 West Pool Shallow 2	\$64
Mon–Thu 9 a.m.–9:45 a.m.	Jul 23–Aug 2	Swimmer 3	39849	Van Vliet Complex 1-550 West Pool Shallow 2	\$64
Mon–Thu 9 a.m.–9:45 a.m.	Aug 13–Aug 23	Swimmer 3	39856	Van Vliet Complex 1-550 West Pool Shallow 2	\$64
Mon–Thu 9 a.m.–9:45 a.m.	Jul 9–Jul 19	Swimmer 4	39853	Van Vliet Complex 1-550 West Pool Shallow 3	\$64
Mon–Thu 9 a.m.–9:45 a.m.	Jul 23–Aug 2	Swimmer 4	39854	Van Vliet Complex 1-550 West Pool Shallow 3	\$64
Mon–Thu 9 a.m.–9:45 a.m.	Aug 13–Aug 23	Swimmer 4	39855	Van Vliet Complex 1-550 West Pool Shallow 3	\$64
Mon–Thu 10:15 a.m.–11 a.m.	Jul 9–Jul 19	Swimmer 5	39850	Van Vliet Complex 1-550 West Pool Shallow 2	\$64
Mon–Thu 10:15 a.m.–11 a.m.	Jul 23–Aug 2	Swimmer 5	39862	Van Vliet Complex 1-550 West Pool Shallow 2	\$64
Mon–Thu 10:15 a.m.–11 a.m.	Aug 13–Aug 23	Swimmer 5	39864	Van Vliet Complex 1-550 West Pool Shallow 2	\$64
Mon–Thu 10:15 a.m.–11 a.m.	Jul 9–Jul 19	Swimmer 6	39861	Van Vliet Complex 1-550 West Pool Shallow 3	\$64
Mon–Thu 10:15 a.m.–11 a.m.	Jul 23–Aug 2	Swimmer 6	39863	Van Vliet Complex 1-550 West Pool Shallow 3	\$64
Mon–Thu 10:15 a.m.–11 a.m.	Aug 13–Aug 23	Swimmer 6	39865	Van Vliet Complex 1-550 West Pool Shallow 3	\$64

\*CCR Aquatics in partnership with parking services is now offering complimentary parking with your program registration during the registered program time.

## PRIVATE OR SEMI-PRIVATE SWIM LESSONS (8 years and older)

- Instructors will work one-on-one with participants on skills they identify
- Suitable for children or adults having difficulty in a particular area of swimming

SPRING					
Time	Date	Class Type	Code	Location	Cost*
Sat 11:45 a.m.–12:15 p.m.	May 5–Jun 23 <i>No class May 19</i>	Private or Semi-Private Swim Lessons	39736	Van Vliet Complex 1-260 East Pool Station 1	U of A Student \$198.45 U of A Staff/Public \$220.50
Sat 12 p.m.–12:30 p.m.	May 5–Jun 23 <i>No class May 19</i>	Private or Semi-Private Swim Lessons	39737	Van Vliet Complex 1-260 East Pool Station 2	U of A Student \$198.45 U of A Staff/Public \$220.50

\*CCR Aquatics in partnership with parking services is now offering complimentary parking with your program registration during the registered program time.

SPRING					
Time	Date	Class Type	Code	Location	Cost*
Sat 12 p.m.–12:30 p.m.	May 5–Jun 23 <i>No class May 19</i>	Private or Semi-Private Swim Lessons	39738	Van Vliet Complex 1-260 East Pool Station 3	U of A Student \$198.45 U of A Staff/Public \$220.50
Sun 10 a.m.–10:30 a.m.	May 6–Jun 24 <i>No class May 20</i>	Private or Semi-Private Swim Lessons	39739	Van Vliet Complex 1-260 East Pool Station 1	U of A Student \$198.45 U of A Staff/Public \$220.50
Sun 11:30 a.m.–12 p.m.	May 6–Jun 24 <i>No class May 20</i>	Private or Semi-Private Swim Lessons	39740	Van Vliet Complex 1-260 East Pool Station 3	U of A Student \$198.45 U of A Staff/Public \$220.50
Sun 12 p.m.–12:30 p.m.	May 6–Jun 24 <i>No class May 20</i>	Private or Semi-Private Swim Lessons	39741	Van Vliet Complex 1-260 East Pool Station 1	U of A Student \$198.45 U of A Staff/Public \$220.50
Mon 4 p.m.–4:30 p.m.	May 7–Jun 25 <i>No class May 21</i>	Private or Semi-Private Swim Lessons	39742	Van Vliet Complex 1-260 East Pool Station 1	U of A Student \$198.45 U of A Staff/Public \$220.50
Mon 4:45 p.m.–5:15 p.m.	May 7–Jun 25 <i>No class May 21</i>	Private or Semi-Private Swim Lessons	39743	Van Vliet Complex 1-260 East Pool Station 2	U of A Student \$198.45 U of A Staff/Public \$220.50
Tue 4:30 p.m.–5 p.m.	May 8–Jun 26	Private or Semi-Private Swim Lessons	39744	Van Vliet Complex 1-260 East Pool Station 1	U of A Student \$225 U of A Staff/Public \$250
Tue 4 p.m.–4:30 p.m.	May 8–Jun 26	Private or Semi-Private Swim Lessons	39745	Van Vliet Complex 1-260 East Pool Station 1	U of A Student \$225 U of A Staff/Public \$250
Tue 5 p.m.–5:30 p.m.	May 8–Jun 26	Private or Semi-Private Swim Lessons	39776	Van Vliet Complex 1-260 East Pool Station 1	U of A Student \$225 U of A Staff/Public \$250
Thu 4:45 p.m.–5:15 p.m.	May 10–Jun 28	Private or Semi-Private Swim Lessons	39746	Van Vliet Complex 1-260 East Pool Station 3	U of A Student \$225 U of A Staff/Public \$250
SUMMER					
Mon–Thu 9:30 a.m.–10 a.m.	Jul 9–Jul 19	Private or Semi-Private Swim Lessons	39876	Van Vliet Complex 1-550 West Pool Shallow 1	U of A Student \$225 U of A Staff/Public \$250
Mon–Thu 4:45 p.m.–5:15 p.m.	Jul 9–Jul 19	Private or Semi-Private Swim Lessons	39895	Van Vliet Complex 1-260 East Pool Station 2	U of A Student \$225 U of A Staff/Public \$250
Mon–Thu 9:30 a.m.–10 a.m.	Jul 23–Aug 2	Private or Semi-Private Swim Lessons	39893	Van Vliet Complex 1-550 West Pool Shallow 1	U of A Student \$225 U of A Staff/Public \$250
Mon–Thu 4:45 p.m.–5:15 p.m.	Jul 23–Aug 2	Private or Semi-Private Swim Lessons	39896	Van Vliet Complex 1-260 East Pool Station 2	U of A Student \$225 U of A Staff/Public \$250
Mon–Thu 9:30 a.m.–10 a.m.	Aug 13–Aug 23	Private or Semi-Private Swim Lessons	39894	Van Vliet Complex 1-550 West Pool Shallow 1	U of A Student \$225 U of A Staff/Public \$250
Mon–Thu 4:45 p.m.–5:15 p.m.	Aug 13–Aug 23	Private or Semi-Private Swim Lessons	39897	Van Vliet Complex 1-260 East Pool Station 2	U of A Student \$225 U of A Staff/Public \$250

\*CCR Aquatics in partnership with parking services is now offering complimentary parking with your program registration during the registered program time.

## SWIMABILITIES

This community-based, leveled swimming program is geared for children ages 3 to 16, with special needs, who need additional support to achieve their beginning swimmer goals and to increase their safety, independence, and enjoyment in and around the water. Assisted and unassisted floating and swims on the front and back, as well as water safety will be explored through games and activities. There must be one parent in the pool per child registered. For more information, visit [swimabilities.ca](http://swimabilities.ca).

### Swimabilities 1

- This level is ideal for children who are just starting out in swimming lessons and who are not able to put their faces in the water comfortably

### Swimabilities 2

- This level is ideal for children who need a little extra support to achieve their swimming goals
- Prerequisite skills: Children should be able to comfortably put their faces or be assisted in putting their faces in the water greater than 15 times in a period of 45 minutes and be comfortable putting their ears in the water

### Swimabilities 3 & 4

- Children should be able to independently (without a buoyant object or PFD) swim greater than 1 metre on both their front and back before registering in Swimabilities level 3
- Prerequisite skills: Children should be able to swim independently on their front and back for greater than 3 metres before registering in Swimabilities level 4

Time	Date	Class Type	Code	Location	Cost*
Sun 12:30 p.m.–1:15 p.m.	May 6–Jun 24 No class May 20	Swimabilities 1	39735	Van Vliet Complex 1-260 East Pool Station 1	\$56
Sun 1:15 p.m.–2 p.m.	May 6–Jun 24 No class May 20	Swimabilities 2	39734	Van Vliet Complex 1-260 East Pool Station 1	\$56
Sun 2 p.m.–3 p.m.	May 6–Jun 24 No class May 20	Swimabilities 3 & 4	39733	Van Vliet Complex 1-260 East Pool Station 1	\$56

\*CCR Aquatics in partnership with parking services is now offering complimentary parking with your program registration during the registered program time.

## AQUATICS CERTIFICATIONS

### Lifesaving Society AEC and NL Award - Pool

The primary role of a 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 aquatics in a pool setting.

- Develop lifeguarding skills, principles, and decision-making process to help lifeguards evaluate and adapt to different aquatic facilities and emergencies
- Aquatic Emergency Care (AEC) provides comprehensive training covering all aspects of first aid and CPR as well as skills specific to emergencies in an aquatic setting. This standard first aid course is recommended for lifeguards, aquatic instructors, lifesavers, and other individuals who may need to respond to a first aid emergency in an aquatic setting. Includes: CPR-C certification
- In Alberta, the Lifesaving Society's Aquatic Emergency Care course is approved by the provincial government as a Standard First Aid course

- Prerequisite: 16 years of age before the end of the course and the Bronze Cross award

### Lifesaving Society AEC and NL Recertification

- Includes Standard First Aid and CPR-C recertification
- Must bring proof of previous certification

### Lifesaving Society Bronze Medallion/Bronze Cross

The Bronze Medal award family gets you on the fast track towards developing the fitness, skills and knowledge to perform a water rescue and respond to a first aid emergency.

- Bronze Medallion and Bronze Cross are prerequisites for the National Lifeguard award
- Prerequisites: 13 years of age before the end of the course

### Lifesaving/Swim for Life/CPR Instructor Recertification

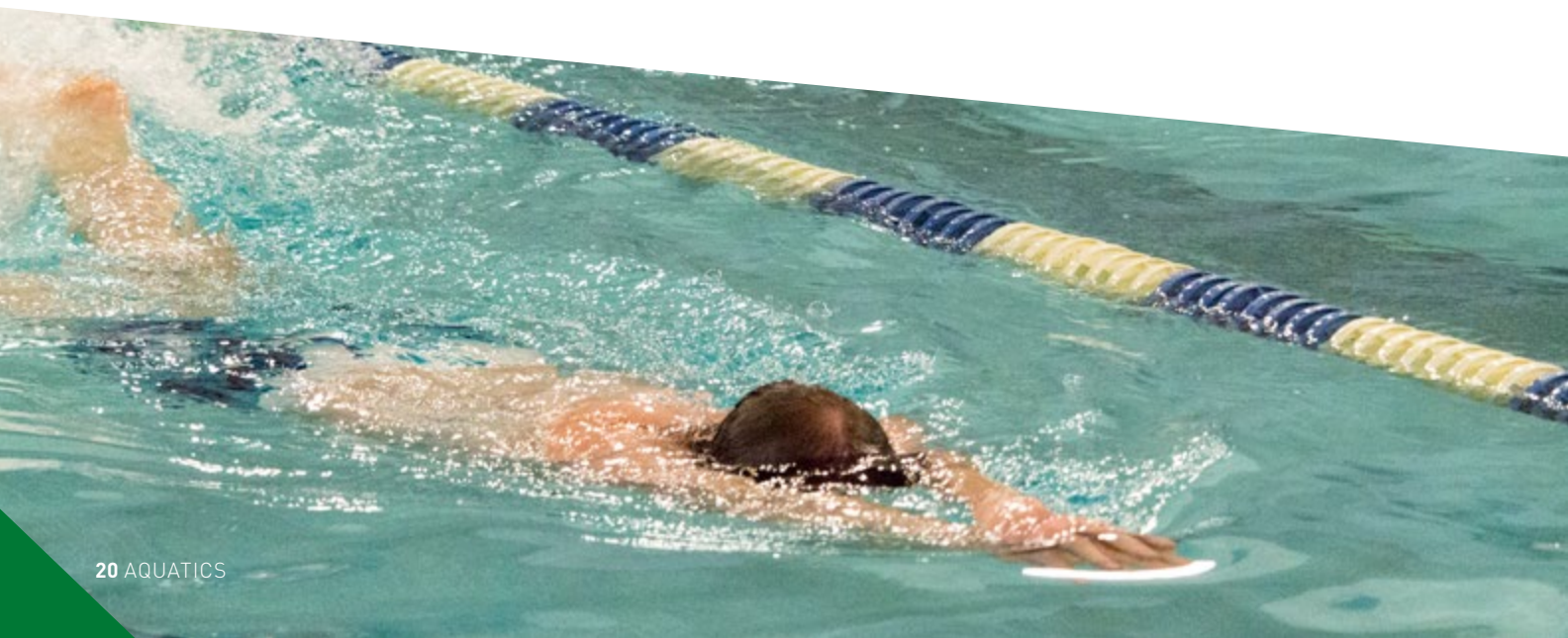
- Prerequisite: Lifesaving Instructor Certification



## AQUATICS CERTIFICATIONS

SPRING					
Time	Date	Class Type	Code	Location	Cost*
Sat,Sun 9 a.m.–5 p.m.	May 26–Jun 10	Lifesaving Society AEC and NL Award-Pool	39791	Van Vliet Complex 1-550 West Pool Bleachers 3	U of A Student \$365 U of A Staff/Public \$405
Sun 9:30 a.m.–3:30 p.m.	May 13	Lifesaving Society AEC and NL Recertification	39797	Van Vliet Complex 1-550 West Pool Bleachers 1	U of A Student \$85.50 U of A Staff/Public \$95
Sun 9:30 a.m.–3:30 p.m.	Jun 10	Lifesaving Society AEC and NL Recertification	39792	Van Vliet Complex 1-550 West Pool Bleachers 1	U of A Student \$85.50 U of A Staff/Public \$95
Tue 6 p.m.–10 p.m.	May 29	Lifesaving/Swim for Life/CPR Instructor Recertification	39795	Van Vliet Complex 1-225 Classroom	U of A Student \$76.50 U of A Staff/Public \$85
SUMMER					
Su,M,Tu,Th,F,Sa 9 a.m.–5 p.m.	Jul 19–Jul 24	Lifesaving Society AEC and NL Award-Pool	39903	Van Vliet Complex 1-550 West Pool Bleachers 3	U of A Student \$365 U of A Staff/Public \$405
Su,M,Tu,Th,F,Sa 9 a.m.–5 p.m.	Aug 16–Aug 21	Lifesaving Society AEC and NL Award-Pool	39911	Van Vliet Complex 1-550 West Pool Bleachers 3	U of A Student \$365 U of A Staff/Public \$405
Sun 9:30 a.m.–3:30 p.m.	Jul 15	Lifesaving Society AEC and NL Recertification	39905	Van Vliet Complex 1-550 West Pool Bleachers 1	U of A Student \$85.50 U of A Staff/Public \$95
Sun 9:30 a.m.–3:30 p.m.	Aug 12	Lifesaving Society AEC and NL Recertification	39912	Van Vliet Complex 1-550 West Pool Bleachers 1	U of A Student \$85.50 U of A Staff/Public \$95
Mon–Thu 9 a.m.–5 p.m.	Jul 9–Jul 12	Lifesaving Society Bronze Medallion/Bronze Cross	39908	Van Vliet Complex 1-550 West Pool Bleachers 4	U of A Student \$225 U of A Student - 1 Award \$148.50 U of A Staff/Public \$250 U of A Staff/Public - 1 Award \$165
Tue–Fri 9 a.m.–5 p.m.	Aug 7–Aug 10	Lifesaving Society Bronze Medallion/Bronze Cross	39913	Van Vliet Complex 1-550 West Pool Bleachers 4	U of A Student \$225 U of A Student - 1 Award \$148.50 U of A Staff/Public \$250 U of A Staff/Public - 1 Award \$165

\*CCR Aquatics in partnership with parking services is now offering complimentary parking with your program registration during the registered program time.





# WE ARE CLIMBING

## CLIMBING PROGRAMS

Our programs cater to people of all climbing abilities from novices to high-performance athletes. We are driven by a passion for climbing and a commitment to promoting the benefits of climbing as a lifestyle.

### Bouldering 101

This 2 hour course is designed to change the way you approach bouldering by teaching fundamental movement skills for climbing, and building on those skills to develop your technical climbing ability.


- Designed for beginner and intermediate climbers
- Climbing shoe rental included

SPRING					
Days/Time	Date	Class Type	Code	Location	Cost
Thu 12 p.m.–2 p.m.	May 17	Bouldering 101	39684	Wilson Climbing Complex	U of A Students \$30 U of A Staff/Alumni \$35 ACC / CGI \$37 Public \$40
Thu 12 p.m.–2 p.m.	May 31	Bouldering 101	39685	Wilson Climbing Complex	
Thu 12 p.m.–2 p.m.	Jun 14	Bouldering 101	39686	Wilson Climbing Complex	
SUMMER					
Sun 6 p.m.–8 p.m.	Jul 15	Bouldering 101	39692	Wilson Climbing Complex	U of A Students \$30 U of A Staff/Alumni \$35 ACC / CGI \$37 Public \$40
Sun 6 p.m.–8 p.m.	Jul 29	Bouldering 101	39693	Wilson Climbing Complex	

### U Belay

Learn the essential skills required to prepare you for our top rope test and to safely top rope climb. After this course you will be completely self-sufficient to top rope climb in our High Wall Loft.

- Learn the basics: harness, knots, belay equipment, belay technique and safety skills
- Climbing equipment provided

*Student registration now \$30, sponsored by LIVEWELL *

SPRING					
Days/Time	Date	Class Type	Code	Location	Cost
Thu 6 p.m.–8 p.m.	May 10	U Belay	39695	Wilson Climbing Complex	U of A Students \$30 U of A Staff \$50 ACC/CGI \$52 Public \$55
Thu 6 p.m.–8 p.m.	May 24	U Belay	39696	Wilson Climbing Complex	
Thu 6 p.m.–8 p.m.	Jun 7	U Belay	39697	Wilson Climbing Complex	
Thu 6 p.m.–8 p.m.	Jun 21	U Belay	39698	Wilson Climbing Complex	
SUMMER					
Thu 6 p.m.–8 p.m.	Jul 5	U Belay	39699	Wilson Climbing Complex	U of A Students \$30 U of A Staff \$50 ACC/CGI \$52 Public \$55
Thu 6 p.m.–8 p.m.	Jul 19	U Belay	39700	Wilson Climbing Complex	

## U Intro to Climbing

A comprehensive introduction to climbing for new climbers. U Intro is our flagship instructional program, taught by our certified ACMG Climbing Gym Instructors. The next step after completing this program would be U Train.

- 6 hours of instruction over three classes
- Learn the basics of climbing, including movement skills, knots and belay techniques

SPRING					
Days/Time	Date	Class Type	Code	Location	Cost
Wed 7 p.m.–9 p.m.	May 9–May 23	U Intro to Climbing	39703	Wilson Climbing Complex	U of A Student \$99 U of A Staff \$111 ACC / CGI \$114 Public \$126
Wed 7 p.m.–9 p.m.	Jun 6–Jun 20	U Intro to Climbing	39704	Wilson Climbing Complex	
SUMMER					
Wed 7 p.m.–9 p.m.	Jul 4–Jul 18	U Intro to Climbing	39706	Wilson Climbing Complex	U of A Student \$99 U of A Staff \$111 ACC / CGI \$114 Public \$126

## U Lead

Learn to lead climb with one of our ACMG Climbing Gym Instructors. In this course you will learn: clipping techniques, rope management, communication, safety skills, lead climbing strategies, and how to safely fall and catch a fall.

- 14 years of age and up
- Participants should have at least 6 months' experience with top rope belay, and should have solid intermediate (5.9) climbing ability

SPRING					
Days/Time	Date	Class Type	Code	Location	Cost
Mon 6 p.m.–8:30 p.m.	May 7–May 14	U Lead	39708	Wilson Climbing Complex	U of A Student \$125 U of A Staff / Alumni \$135 ACC / CGI \$140 Public \$150
Mon 6 p.m.–8:30 p.m.	May 28–Jun 4	U Lead	39709	Wilson Climbing Complex	
Mon 6 p.m.–8:30 p.m.	Jun 11–Jun 18	U Lead	39710	Wilson Climbing Complex	
SUMMER					
Mon 6 p.m.–8:30 p.m.	Jul 9–Jul 16	U Lead	39712	Wilson Climbing Complex	U of A Student \$125 U of A Staff / Alumni \$135 ACC / CGI \$140 Public \$150
Mon 6 p.m.–8:30 p.m.	Jul 23–Jul 30	U Lead	39713	Wilson Climbing Complex	

## U Train

A training program designed to push your personal climbing abilities to new levels.

- Train with a highly motivated group of like-minded climbers
- Current Top Rope access required

SPRING					
Days/Time	Date	Class Type	Code	Location	Cost
Mon, Fri 7 p.m.–9 p.m.	May 7–Aug 10	U Train	39715	Wilson Climbing Complex	U of A Student \$350 U of A Staff / Alumni \$375 ACC / CGI \$400 Public \$425

## U Upgrade

A comprehensive training program structured for intermediate and advanced climbers who want to upgrade their climbing ability. This program is designed to be the next step after our U Train Program.

- Build climbing power, endurance and stamina in conjunction with interval training and muscle conditioning
- Current Lead access required

SPRING					
Days/Time	Date	Class Type	Code	Location	Cost
Mon,Wed,Fri 6:45 a.m.–8:45 a.m.	May 7–Jun 29	U Upgrade	39716	Wilson Climbing Complex	U of A Student \$287.50 U of A Staff / Alumni \$310.50 ACC / CGI \$322 Public \$345
SUMMER					
Mon,Wed,Fri 6:45 a.m.–8:45 a.m.	Jul 4–Aug 24	U Upgrade	39717	Wilson Climbing Complex	U of A Student \$275 U of A Staff / Alumni \$297 ACC / CGI \$308 Public \$330

## The Complete Climber

A complete semestered program designed to take the brand new climber from step one to the top. This program will specifically teach you fundamental movement skills, top roping, lead climbing and rappelling.

- Taught by an Association of Canadian Mountain Guides Climbing Gym Instructor
- No experience necessary, equipment included

SPRING					
Days/Time	Date	Class Type	Code	Location	Cost
Sat 5:30 p.m.–7:30 p.m.	May 12–Aug 18	The Complete Climber	39719	Wilson Climbing Complex	U of A Student \$280 U of A Staff/Alumni \$322 ACC/CGI \$350 Public \$371
Sun 10 a.m.–12 p.m.	May 13–Aug 19	The Complete Climber	39720	Wilson Climbing Complex	



## YOUTH PROGRAMS

### Youth Club FUNDamentals (6-9 years)

General climbing skill development and fun for beginner and intermediate level youth climbers. A great way to spend a Saturday afternoon gaining climbing knowledge in a fun, supervised environment!

- 1.5 hours of instruction per session
- 1 session per week
- No experience necessary
- Purchase of climbing shoes recommended but not required

### Development Team

An environment for motivated youth climbers to develop a structured approach to help improve their own personal climbing. Including both bouldering and high wall climbing.

- 2 hours per session
- Participants train twice per week
- Prerequisite: FUNDamentals and/or Learn to Climb, and/or Summer Camps

### Youth Club Learn to Climb (8-12 years)

Start building on your FUNDamentals of climbing by introducing top rope climbing up in High Wall Loft. A great way to spend a Saturday afternoon gaining climbing knowledge in a fun, supervised environment!

- 1.5 hours of instruction per session
- 1 session per week
- Prerequisite - FUNDamentals Youth Club
- Purchase of climbing shoes recommended but not required

SPRING					
Days/Time	Date	Class Type	Code	Location	Cost
Wed 5 p.m.–7 p.m. Sun 12:15 p.m.–2:15 p.m.	May 9–Jun 27	Development Team 1 (2x per week)	39781	Wilson Climbing Complex	\$210
Tue,Fri 5 p.m.–7 p.m. Sun 2:30 p.m.–4:30 p.m.	May 8–Jun 26	Development Team 2 (3x per week)	39782	Wilson Climbing Complex	\$273
Sat 9 a.m.–10:30 a.m.	May 12–Jun 23	Youth Club FUNDamentals (6-9 years)	39779	Wilson Climbing Complex	\$84
Sat 10:45 a.m.–12:15 p.m.	May 12–Jun 23	Youth Club-Learn to Climb (8-12 years)	39780	Wilson Climbing Complex	\$84
Sun 10:45 a.m.–12:15 p.m.	May 13–Jun 24	Youth Club-Learn to Climb (8-12 years)	39784	Wilson Climbing Complex	\$84
SUMMER					
Wed 5 p.m.–7 p.m. Sun 12:15 p.m.–2:15 p.m.	Jul 4–Aug 19	Development Team 1 (2x per week)	39787	Wilson Climbing Complex	\$196
Tue,Fri 5 p.m.–7 p.m. Sun 2:30 p.m.–4:30 p.m.	Jul 3–Aug 19	Development Team 2 (3x per week)	39788	Wilson Climbing Complex	\$260
Sat 9 a.m.–10:30 a.m.	Jul 7–Aug 18	Youth Club FUNDamentals (6-9 years)	39785	Wilson Climbing Complex	\$84
Sat 10:45 a.m.–12:15 p.m.	Jul 7–Aug 18	Youth Club-Learn to Climb (8-12 years)	39786	Wilson Climbing Complex	\$84
Sun 10:45 a.m.–12:15 p.m.	Jul 8–Aug 19	Youth Club-Learn to Climb (8-12 years)	39789	Wilson Climbing Complex	\$84



## COMPETITIONS & EVENTS

### Wall Brawl

The Climbing Centre's monthly bouldering series. At the end of each month register to compete with the climbing community and climb on 40+ brand new boulder problems graded v0- to v10 and a chance to win swag.

- All ages and abilities
- Categories; novice, intermediate, advanced

Days/Time	Date	Class Type	Code	Location	Cost
Fri 6 p.m.–9:30 p.m.	May 25	Wall Brawl (May 25)	40044	Wilson Climbing Complex	U of A Staff / Alumni / Students \$15 ACC/CGI \$18 Public \$20
Fri 6 p.m.–9:30 p.m.	Jun 29	Wall Brawl (June 29)	40045	Wilson Climbing Complex	U of A Staff / Alumni / Students \$15 ACC/CGI \$18 Public \$20
Fri 6 p.m.–9:30 p.m.	Jul 27	Wall Brawl (July 27)	40048	Wilson Climbing Complex	U of A Staff / Alumni / Students \$15 ACC/CGI \$18 Public \$20
Fri 6:30 p.m.–9:30 p.m.	May 25–Jul 27	Wall Brawl Series (May 25, June 29, July 27)	40047	Wilson Climbing Complex	U of A Staff / Alumni / Students \$40 ACC/CGI \$45 Public \$50



# WE ARE CLUB SPORTS



## STUDENT-LED | STUDENT-DELIVERED | STUDENT-FOCUSED

The Club Sports Program inspires and empowers the University of Alberta community to explore a diverse selection of physical activities while fostering a social and inclusive environment. As an integral component of Campus & Community Recreation and the Faculty of Kinesiology, Sport, and Recreation, the Club Sports Program strives to meet the recreational and competitive needs of the University of Alberta community in a wide variety of sport activities. All Campus & Community Recreation Club Sports are also official Student Groups with the Students' Union.

Clubs are run for students, by students; however, limited membership is open to University of Alberta alumni, staff, faculty, and the general public. Some clubs hold tryouts for their competitive teams. Please contact the individual clubs for more information.

Club	Registration	Contact
Badminton Club	Fall, Winter, Spring	crbadmin@ualberta.ca
Bollywood Dance Club	Fall, Winter	bolly@ualberta.ca
Cheer Team	Fall, after tryouts	crcheer@ualberta.ca
Climbing Club	Fall, Winter	crclimb@ualberta.ca
Contemporary Dance Club	Fall, after auditions	crmod@ualberta.ca
Dance Team (Jazz-Hip Hop)	Fall, after auditions	crdance@ualberta.ca
Fencing Club	Fall, Winter, Spring	crfence@ualberta.ca
Figure Skating Club	Fall, Winter	crfigure@ualberta.ca
Lacrosse Club	Fall, Winter	crlacros@ualberta.ca
Outdoors Club	Fall, Winter	outdoors@ualberta.ca
Paddling Club	Fall, Winter	crpaddle@ualberta.ca
Powerlifting Club	Fall, Winter, Spring	crlift@ualberta.ca
Quidditch Club	Fall, Winter	quidditch@ualberta.ca
Rowing Club	Fall, Winter	crrowing@ualberta.ca
Rugby Club	Fall, Winter	crrugby@ualberta.ca
Scuba Club	Fall, Winter	scuba@ualberta.ca
Squash Club	Fall, Winter	crsquash@ualberta.ca
Synchronized Swimming Club	Fall, Winter	crsynch@ualberta.ca
Swim Club	Fall, Winter	crswim@ualberta.ca
Table Tennis Club	Fall, Winter, Spring	crtt@ualberta.ca
Taekwondo Club	Fall, Winter, Spring	crtkd@ualberta.ca
Triathlon Club	Fall, Winter, Spring	crtri@ualberta.ca
Ultimate Club	Fall, Winter	crult@ualberta.ca
Water Polo Club	Fall, Winter	crwpolo@ualberta.ca

**Membership fees apply for each club and vary according to the club.** There may be additional costs related to equipment, tournaments, travel, etc. For details on the Club Sports Program or to apply to form a new Club Sport, please visit [uab.ca/clubsports](http://uab.ca/clubsports).

Want to know more? You can also email us at [clubsports@ualberta.ca](mailto:clubsports@ualberta.ca).



# WE ARE **DANCE**



Learn some fun dance floor moves and steps from one of our talented Dance Instructors. All of our dance classes will allow you to find a healthy way to reduce stress, exercise and, most importantly, have fun. Our classes are designed for both the beginner and more advanced dancers. Please look over the descriptions for all of our classes, find a class that is interesting—and get ready to enjoy yourself.

## **BACHATA**

Join us and have fun learning Bachata. This Latin dance is becoming one of the world's most popular dances.

### **Bachata-Beginner**

With a partner you will learn to:

- Flow on the dance floor as a unit
- Learn the basics and fundamentals of Bachata and have fun at the same time
- Partner recommended but not required

### **Bachata-Intermediate-Advanced**

For students that know basic Bachata. The structured teaching will make difficult moves seem simple and link basics with more complicated patterns and techniques.

With a partner you will learn:

- More funky, sensual and smooth moves
- Spins and dips and some faster footwork
- Partner recommended but not required

## **BACHATA / KIZOMBA**

Join us for two of the most popular dances taking over the world. Bachata and Kizomba will be taught split in 45 minute sessions.

- Both dances are grounded in very sensual body movement, sharp hits, and funky footwork
- With a partner you will learn to move as a unit on the dance floor
- If you have a partner, great - otherwise no partners required as you will have a chance to partner up with other friends in the class and the instructors to make your learning experience that much better

## **BALLET BARRE**

This class is geared to participants who have previous dance experience. The ballet barre will be used to increase your strength and flexibility as a dancer, and challenges both your mind and body engaging in the movement.

## **BALLROOM BLAST SERIES**

Ideal for anyone wanting to learn or relearn to dance socially in a fun, relaxed, yet professional atmosphere. Each will help you learn to be comfortable and confident enough to dance with friends or family at clubs, weddings, or special occasions.

### **Ballroom Blast-Social Dance Mix**

Great for fun, socializing and yes, exercise! For anyone wanting to develop skills and confidence on the dance floor.

- Just starting out, or brushing up, you will learn the following dances in a relaxed enjoyable atmosphere: Jive, Waltz, Two Step and Tango
- An outing will be arranged towards the end of the class to give you an opportunity to try out your new skills
- You must register with a partner; fee listed is per partner

### **Ballroom Blast - Latin Dance Mix**

You will love it! The world of Latin dance is open to all and with simple, easy instructions, we will have you dancing away in no time. Students are introduced to the more popular Latin rhythms danced today.

- Learning these dances together, allows you to develop your skills and abilities quicker, as each enhances the other
- Salsa, Merengue, Bachata and Cha Cha

## **BELLY DANCE**

Students are taught the belly dance posture, how to isolate body movement and basic dance steps in a fun environment.

- Students learn to bring movements together in short combinations, 'follow-the-leader' improvisations, and/or choreographies
- Focus is not only on the core, as hips, legs, arms and hands are all used in both stationary and travelling steps

## BURLESQUE CHARM

Burlesque is a unique dance class that incorporates movements from different dance genres and Pilates to develop cardio and strength.

### Burlesque Charm-Beginner

- The goal is to gain body awareness and build self-confidence with original dance choreographies that are sexy and classy
- Women of all ages, shapes and sizes are welcome

## HIP HOP

Get into the culture, music and dance of Hip Hop. This exciting dance class takes you from old school to new school and everything in between. Focus is on style, energy and a ton of fun.

- Co-ed classes for all levels
- Please wear clean non-marking running shoes to class

### Hip Hop - Beginner

This class is designed for new students or participants with little to no experience with hip hop dancing.

### Hip Hop - Intermediate

This class is designed for returning students or participants with moderate pace hip hop experience.

## K-POP (KOREAN POP)

K-POP is a modern form of South Korean pop music covering mostly dance-pop, pop ballad, electronic, rock, hip-hop, R & B, etc.

- In this class we will teach popular K-POP dances, such as dances by EXO, BOA, SNSD, T-ara, and more
- Suitable for beginners or dancers with limited experience

## SALSA

### Salsa-Beginner

Sultry, sensuous and intense. Learn the basics of Salsa quickly and easily. Suitable for all ages and abilities.

- Bring shoes you are comfortable dancing in
- Partner recommended but not required

### Salsa-Intermediate

Learn both fast and slow patterns that are a hallmark of a great Salsa dancer. This class is suitable for dancers who know basic Salsa in partners. Your instructor is specialized at identifying what challenges you and can easily correct your steps.

- Bring shoes you are comfortable dancing in
- Partner recommended but not required

## SALSA (NEW YORK STYLE)

This style of salsa is fast, energetic, with plenty of great moves. Salsa (New York Style) is structured and has easy to follow patterns that make it fun and easy to learn. This dance involves partner work, however, a partner is not required for registration.

### Salsa (New York Style)-Beginner

Learn how to lead and follow your partner with basic techniques that will make you a better Salsa dancer and help you understand the fundamentals of partner dancing! No experience required.

- Suitable for all ages and abilities
- Wear comfortable clothing (gym/workout clothes)

### Salsa (New York Style)-Intermediate-Advanced

This class is suitable if you have taken beginner salsa or have prior experience. The focus will be on linking basic patterns, steps and multiple spins without anticipation.

- Class is designed to allow you to start linking all your basics into much more complicated patterns and techniques
- You will have a chance to partner up with other friends in the class and the instructors to make your learning experience more fun
- There will be a few dips and tricks just for fun as well

## STREET JAZZ

Street Jazz incorporates elements of classical jazz dance technique combined with funky street style hip hop movement.

- A very edgy style of jazz filled with the most popular dance steps and music
- Primarily for beginners
- Please wear clean non-marking running shoes to class

## TAP DANCE

This class will allow students to make music with their feet. Learn solid technical foundations and rhythms from Broadway to Street Style. Tap shoes are recommended.

### Tap Dance-Beginner

This class is designed primarily for beginners.

### Tap Dance-Intermediate

This class is designed primarily for intermediate dancers.

SPRING					
Days/Time	Date	Class Type	Code	Location	Cost
Tue 7:35 p.m.–8:55 p.m.	May 8–Jun 12	Bachata / Kizomba	39971	Education GB-64	U of A Student \$69 U of A Staff \$81 Public \$90
Fri 12:05 p.m.–12:55 p.m.	May 11–Jun 15	Ballet Barre	39973	Van Vliet Complex 2-650 Studio	U of A Student \$45 U of A Staff \$54 Public \$60
Wed 7:05 p.m.–8:25 p.m.	May 9–Jun 13	Ballroom Blast -Social Dance Mix	39974	Van Vliet Complex 2-650 Studio	U of A Student \$69 U of A Staff \$81 Public \$90
Wed 8:35 p.m.–9:55 p.m.	May 9–Jun 13	Ballroom Blast -Latin Dance Mix	39998	Van Vliet Complex 2-650 Studio	U of A Student \$69 U of A Staff \$81 Public \$90
Tue 5:05 p.m.–6:25 p.m.	May 8–Jun 12	Belly Dance	39975	Van Vliet Complex 2-675 Studio	U of A Student \$69 U of A Staff \$81 Public \$90
Fri 7:05 p.m.–7:55 p.m.	May 11–Jun 15	Burlesque Charm	39977	Van Vliet Complex 2-650 Studio	U of A Student \$45 U of A Staff \$54 Public \$60
Tue 6:05 p.m.–6:55 p.m.	May 8–Jun 12	Hip Hop-Beginner	39979	Van Vliet Complex 2-650 Studio	U of A Student \$45 U of A Staff \$54 Public \$60
Tue 7:05 p.m.–7:55 p.m.	May 8–Jun 12	Hip Hop-Intermediate	39980	Van Vliet Complex 2-650 Studio	U of A Student \$45 U of A Staff \$54 Public \$60
Wed 5:35 p.m.–6:25 p.m.	May 9–Jun 13	K-Pop (Korean Pop)	39983	Van Vliet Complex 2-650 Studio	U of A Student \$45 U of A Staff \$54 Public \$60
Fri 5:05 p.m.–5:55 p.m.	May 11–Jun 15	K-Pop (Korean Pop)	39984	Van Vliet Complex 2-650 Studio	U of A Student \$45 U of A Staff \$54 Public \$60
Tue 5:35 p.m.–6:25 p.m.	May 8–Jun 12	Salsa (New York Style) -Beginner	39990	Education GB-64	U of A Student \$45 U of A Staff \$54 Public \$60
Tue 6:35 p.m.–7:25 p.m.	May 8–Jun 12	Salsa (New York Style) -Intermediate	39991	Education GB-64	U of A Student \$45 U of A Staff \$54 Public \$60
Mon 6:05 p.m.–7:25 p.m.	May 7–Jun 11 <i>No class May 21</i>	Street Jazz	39994	Van Vliet Complex 2-650 Studio	U of A Student \$57.50 U of A Staff \$67.50 Public \$75
Mon 5:05 p.m.–5:55 p.m.	May 7–Jun 11 <i>No class May 21</i>	Tap Dance-Beginner	39995	Van Vliet Complex 2-650 Studio	U of A Student \$37.50 U of A Staff \$45 Public \$50
Tue 5:05 p.m.–5:55 p.m.	May 8–Jun 12	Tap Dance-Intermediate	39996	Van Vliet Complex 2-650 Studio	U of A Student \$45 U of A Staff \$54 Public \$60

SUMMER					
Days/Time	Date	Class Type	Code	Location	Cost
Thu 6:35 p.m.–7:25 p.m.	Jul 12–Aug 16	Bachata-Beginner	39969	Education GB-64	U of A Student \$45 U of A Staff \$54 Public \$60
Thu 6:35 p.m.–7:25 p.m.	Jul 12–Aug 16	Bachata-Intermediate	39970	Education GB-64	U of A Student \$45 U of A Staff \$54 Public \$60
Tue 7:35 p.m.–8:55 p.m.	Jul 10–Aug 14	Bachata / Kizomba	39972	Education GB-64	U of A Student \$69 U of A Staff \$81 Public \$90
Tue 5:05 p.m.–6:25 p.m.	Jul 10–Aug 14	Belly Dance	39976	Van Vliet Complex 2-675 Studio	U of A Student \$69 U of A Staff \$81 Public \$90
Fri 7:05 p.m.–7:55 p.m.	Jul 13–Aug 17	Burlesque Charm	39978	Van Vliet Complex 2-650 Studio	U of A Student \$45 U of A Staff \$54 Public \$60
Wed 5:35 p.m.–6:25 p.m.	Jul 11–Aug 15	K-Pop (Korean Pop)	39985	Van Vliet Complex 2-650 Studio	U of A Student \$45 U of A Staff \$54 Public \$60
Fri 5:05 p.m.–5:55 p.m.	Jul 13–Aug 17	K-Pop (Korean Pop)	39986	Van Vliet Complex 2-650 Studio	U of A Student \$45 U of A Staff \$54 Public \$60
Thu 5:35 p.m.–6:25 p.m.	Jul 12–Aug 16	Salsa-Beginner	39988	Education GB-64	U of A Student \$45 U of A Staff \$54 Public \$60
Thu 5:35 p.m.–6:25 p.m.	Jul 12–Aug 16	Salsa-Intermediate	39989	Education GB-64	U of A Student \$45 U of A Staff \$54 Public \$60
Tue 5:35 p.m.–6:25 p.m.	Jul 10–Aug 14	Salsa (New York Style) -Beginner	39992	Education GB-64	U of A Student \$45 U of A Staff \$54 Public \$60
Tue 6:35 p.m.–7:25 p.m.	Jul 10–Aug 14	Salsa (New York Style) -Intermediate-Advanced	39993	Education GB-64	U of A Student \$45 U of A Staff \$54 Public \$60



# WE ARE **ORCHESIS**



## ORCHESIS DANCE PROGRAM - CLASSES, CHOREOGRAPHY, PERFORMANCE

Orchesis is a dance program for dancers of all abilities and experience, seeking serious dance instruction by professionals. We offer ballet, contemporary modern and jazz dance training with an option to perform. Orchesis has been a part of the Faculty of Kinesiology, Sport, and Recreation for over 50 years.

### Become an Orchesis Dancer

Orchesis participants receive:

- Dance training through weekly ballet, contemporary modern and jazz dance classes
- Participation in one, level-appropriate ballet, contemporary modern or jazz dance class
- All technique classes consist of preparatory and conditioning exercises, locomotor sequencing across the floor, stretching and developing dance phrase combinations which are the basis for dance performance

### ORCHESIS BALLET

Classical ballet is one of the most expressive, challenging and exquisite dance forms. The focus is on maintaining correct technique, strength, flexibility, and coordination while dancing to a live accompanist.

- Classes are technically sound, anatomically safe, and are progressive in the vocabulary of ballet while being sensitive to the level of the participants
- Dress: socks are required. Ballet slippers are recommended

#### Ballet-Intermediate/Mixed Level

This class is designed for new students and those with some ballet experience.

- Instructed by Kathy Metzger-Corriveau and Kate Stashko

### ORCHESIS CONTEMPORARY MODERN

Various technical styles of modern dance including Limon, Graham, Cunningham, inversion techniques with floor-work, barre exercises and traveling movement phrases, accompanied by live music.

- Dress: Bare feet or half soles such as Foot Undeez as needed

#### Contemporary Modern-Intermediate/Mixed Level

- Mixed level class recommended for dancers with minimum two years' experience or a solid foundation in modern dance
- Recommended for Level III dancers as supplementary training
- Instructed by Kathy Metzger-Corriveau and Kate Stashko

### ORCHESIS JAZZ

Dance for fun and fitness accompanied by contemporary and jazz music. Jazz classes emphasize the practice and perfecting of jazz technique within the jazz idiom.

- Dress: jazz shoes, bare feet or half soles

#### Jazz-Intermediate/Mixed Level

- Mixed level class recommended for dancers with a minimum two years' experience
- Must have a strong, basic technical foundation
- Instructed by Sarisa Figueroa de Toledo

Days/Time	Date	Class Type	Code	Location	Cost
Wed 5 p.m.-6:25 p.m.	May 2-Jun 20	Ballet-Intermediate/Mixed Level	40050	VVC 2-635	
Wed 5 p.m.-6:25 p.m.	Jul 4 – Aug 15	Ballet-Intermediate/Mixed Level	40054	VVC 2-635	U of A Student \$100 U of A Staff /Alumni \$110 Public \$135
Wed 6:30 p.m.-8 p.m.	May 2-Jun 20	Contemporary Modern- Intermediate/Mixed Level	40052	VVC 2-635	GST not included
Sat 11 a.m.-12:30 p.m.	Apr 28-Jun 16 <i>No class May 19</i>	Jazz-Intermediate/Mixed Level	40053	VVC 2-635	

## ORCHESIS SUMMER DANCE INTENSIVE – OSDI

- Guest instructors from Decidedly Jazz Danceworks (DJJ), Calgary ([www.decidedlyjazz.com](http://www.decidedlyjazz.com))
- Open to all interested dancers 18 and older, with some previous experience. Dancers 16 and 17 years may register with recommendation from your current instructor
- Consists of intensive training through five consecutive days of dance, suitable for dancers with previous experience in intermediate and advanced levels of training, seeking to expand their knowledge and develop greater facility of movement
- Full-time (4 classes daily) and part-time registration is available. Daily classes are 1 hour 30 minutes except for 1 hour Garuda Conditioning for Dancers, which contains influences from Pilates, Yoga and Gyrokinesis
  1. Garuda Conditioning for Dancers, Instructor: Raena Waddell
  2. Contemporary Jazz Techniques – Decidedly Jazz Danceworks, Instructor: Kim Cooper
  3. Jazz Styles: Roots, Funk, Latin; Instructor: Sarisa Figueroa de Toledo
  4. Creative Jazz Practice – Decidedly Jazz Danceworks, Instructor: Kim Cooper

The Orchesis Summer Dance Intensive 2018 features live jazz musicians in Creative Jazz Practice, exploring dance with live music. The final day on **Thursday, June 28, 2018** offers an extended showing of the work with the dancers and musicians in Creative Jazz Practice.

*AFA Grant support is pending: Four complimentary daily classes are offered. Please register early. Minimum enrolments must be met by June 15, 2018.*

Days/Time	Date	Class Type	Code	Location	Instructors	Cost*
Sun–Thu 2 p.m.–8:30 p.m.	June 24–28	Orchesis Summer Dance Intensive (OSDI)	40057	VVC 2-635	Raena Waddell 2 p.m.–3 p.m. Garuda for Dancers  Kim Cooper 3:15 p.m.–4:45 p.m. Contemporary Jazz Technique  (30 minute lunch break)  Sarisa Figueroa de Toledo 5:15 p.m.–6:45 p.m. Jazz Styles  Kim Cooper 7 p.m.–8:30 p.m. Creative Jazz Practice	<b>4 Classes Daily</b>  <i>Orchesis Members:</i> <i>U of A Student \$220</i> <i>Non-Student \$240</i>  <i>Non-Members:</i> <i>U of A Student \$260</i> <i>Non-Student \$300</i>  <b>Part-time Registration</b>  <i>One class:</i> <i>U of A Student \$75</i> <i>Non-Student \$92</i>  <i>Two classes:</i> <i>U of A Student \$130</i> <i>Non-Student \$180</i>  *GST not included

\*Orchesis member discount applies to dancers previously registered for the full year or any one term (2017/2018) and Spring 2018 members.

### How to register for the Orchesis Dance Program

Registrations are taken in person at the Customer Service Centre, 1-213 Van Vliet Complex or by phone (with credit card) at 780.492.2231.

For more information on how to register, please consult the Campus & Community Recreation website at [uab.ca/recreation](http://uab.ca/recreation).

For all other Orchesis inquiries, please contact:

**Tamara Bliss**

**Orchesis Dance Director**

[tamara.bliss@ualberta.ca](mailto:tamara.bliss@ualberta.ca)

780.492.0770

[www.dance.ualberta.ca](http://www.dance.ualberta.ca)

 /OrchesisDanceProgram



# WE ARE FIRST AID AND CPR



Campus & Community Recreation offers a variety of Lifesaving Standard First Aid and CPR courses. The courses in this guide are available to all to register, however there is the opportunity to deliver First Aid and/or CPR training directly to your group or team. This can be done either on Campus (North or Saville Community Sports Centre) or in your workplace. A minimum of eight individuals is required for these courses. Please email **Brian Bowers** at **bebowers@ualberta.ca** for further information.

## CPR 'C' (8 hours)

Lifesaving CPR-C (Adult, Child & Infant) covers all aspects of CPR skills and theory for adult, child and infant victims, including two-rescuer CPR skills. CPR-C includes an introduction to the purpose of an AED and when to use it.

## CPR 'C' Recertification (4 hours)

Provides review and practice of basic resuscitation techniques (including AEDs).

Prerequisites:

- Certification must be valid at the time of recertification
- Certificate must be presented at both registration and to the instructor at the beginning of class

## Standard First Aid (16 hours)

This two-day course is Alberta Workplace Health and Safety approved and covers comprehensive treatment techniques to manage most common first aid situations.

Lifesaving Standard First Aid provides comprehensive training covering all aspects of first aid and CPR. This course is for those who want an in-depth understanding of first aid such as: medical/legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns, and medical emergencies. Lifesaving Standard First Aid includes CPR-C and AED certification.

## Standard First Aid Recertification (8 hours)

This one-day course provides a review and practice of the comprehensive treatment techniques to manage most common first aid situations. After completion of this course participants will have renewed their Standard First Aid Certification and CPR 'C' (including AED)

Prerequisites:

- Certification must still be valid at the time of recertification
- Certificate must be presented at both registration and to the instructor at the beginning of class

SPRING					
Days/Time	Date	Class Type	Code	Room	Cost
Sat 9 a.m.–5 p.m.	Jun 30	CPR 'C' (8 hours)	39807	Van Vliet Complex 2-227	U of A Student \$65 U of A Staff \$80 Public \$95
Sat,Sun 9 a.m.–5 p.m.	May 5–May 6	Standard First-Aid (16 hours)	39799	Van Vliet Complex 1-662	U of A Student \$100 U of A Staff/SCSC Member \$120 Public \$140
Sat,Sun 9 a.m.–5 p.m.	Jun 2–Jun 3	Standard First-Aid (16 hours)	39800	Van Vliet Complex 1-225	U of A Student \$100 U of A Staff/SCSC Member \$120 Public \$140
Sun 9 a.m.–5 p.m.	Jun 10	Standard First-Aid Recertification (8 hours)	39803	Van Vliet Complex 1-662	U of A Student \$70 U of A Staff/SCSC Member \$90 Public \$100

SUMMER					
Days/Time	Date	Class Type	Code	Room	Cost
Sat 9 a.m.–5 p.m.	Jul 28	CPR 'C' (8 hours)	39919	Van Vliet Complex 2-227	U of A Student \$65 U of A Staff \$80 Public \$95
Sun 9 a.m.–1 p.m.	Jul 29	CPR 'C' Recertification (4 hours)	39921	Van Vliet Complex 2-227	U of A Student \$40 U of A Staff/SCSC Member \$50 Public \$60
Sat,Sun 9 a.m.–5 p.m.	Jul 21–Jul 22	Standard First-Aid (16 hours)	39916	Van Vliet Complex 2-227	U of A Student \$100 U of A Staff/SCSC Member \$120 Public \$140
Sat,Sun 9 a.m.–5 p.m.	Aug 25–Aug 26	Standard First-Aid (16 hours)	39923	Van Vliet Complex 2-227	U of A Student \$100 U of A Staff/SCSC Member \$120 Public \$140
Sun 9 a.m.–5 p.m.	Jul 15	Standard First-Aid Recertification (8 hours)	39918	Van Vliet Complex 2-227	U of A Student \$70 U of A Staff/SCSC Member \$90 Public \$110
Sun 9 a.m.–5 p.m.	Aug 12	Standard First-Aid Recertification (8 hours)	39924	Van Vliet Complex 2-227	U of A Student \$70 U of A Staff/SCSC Member \$90 Public \$110





## FITNESS LEADERSHIP CERTIFICATION

Two great organizations, one great profession! Certification as a nationally recognized fitness leader will ensure your career success.

**Get in touch with us!**

780.492.7114

[fitness@ualberta.ca](mailto:fitness@ualberta.ca)

 /UALbertaFitness

### GROUP FITNESS LEADERSHIP THROUGH THE PROVINCIAL FITNESS UNIT

#### Application requirements for AFLCA:

1. Completing the AFLCA Exercise Theory course
  2. Completing a fitness specialty course (and designation if applicable)
  3. Passing marks of 80 per cent or better on exams
  4. Practical assessment
  5. Proof of valid CPR 'C'
- OR
1. Proof of approved academic course work
  2. Exam challenge with a passing grade of 80 per cent or better
  3. Practical assessment
  4. Proof of valid CPR 'C'

*Contact Naissa Preston at 780.492.8873 for possible exam sitting and assessment opportunities. All dates and times can be found at the Provincial Fitness Unit's website at [provincialfitnessunit.ca](http://provincialfitnessunit.ca).*

*For courses offered at the University of Alberta see Fitness Lab section of this guide.*

### BECOME A CERTIFIED PERSONAL TRAINER OR CERTIFIED EXERCISE PHYSIOLOGIST WITH THE CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY (CSEP)

#### Application requirements for CSEP-CPT:

1. Proof of coursework towards graduation in an appropriate Bachelor degree, completion of an appropriate 2-year College Diploma program, or a combination of a completed CEGEP DEC in the Pre-University Science Stream and courses in an appropriate Bachelor degree
2. Successfully challenge the CSEP-CPT Theory and Practical Exams and register with CSEP
3. Complete a course in emergency first aid and hold a current/valid CPR level C

#### Application Requirements for CSEP-CEP:

1. Proof of completion in an undergraduate program with successful completion of at least 120 credits at the post-secondary level. Course work must meet all of the Core Competencies outlined for the CSEP-CEP
2. Proof of 100 hours of practical experience
3. Successfully challenge the CSEP-CEP Theory and Practical Exams and register with CSEP
4. Complete a course in emergency first aid and hold a current/valid CPR level C

*Contact Krystle Johner at 780.492.9854 for more information or check out the CSEP website [www.csep.ca](http://www.csep.ca)*

# FITNESS LABS

Fitness Labs is the perfect combination of education and participation. Get experiential learning in the health and fitness world. Become a Group Fitness Leader to make a difference and some spending money!

## Exercise Theory AFLCA

A minimum 24 hour course covering basic fitness principles and a variety of activity experiences. Course topics include: anatomy, physiology, movement mechanics, training and conditioning, nutrition, leadership and health and fitness.

## AFLCA Mind Body Designation-Yoga

Participants are required to complete Exercise Theory and Group Exercise Fundamentals if looking to acquire CEC's. Focus on alignment, proper technique, breathing and more.

## AFLCA Group Exercise Fundamentals Course

Step two towards becoming a Group Fitness Leader. Participants should have taken Exercise Theory already and are ready for practical application. Expect to experience many formats and styles to find your fit.

Days/Time	Dates	Class Type	Code	Location	Cost
Fri,Sat 9 a.m.-4 p.m.	May 11, 12, 18, 19	Exercise Theory	39602	Van Vliet Complex 1-662	\$240
Fri,Sat, Sun 9 a.m.-4 p.m.	May 25-May 27	AFLCA Group Exercise Fundamentals	39662	Van Vliet Complex 1-662	\$240
Sat, Sun 9 a.m.-4 p.m.	Jun 16-Jun 17	Mind Body Designation-Yoga	39661	Van Vliet Complex 1-662	\$165





# GROUP FITNESS

Be a joiner! Group fitness classes will keep you consistent with your commitment to exercise. There is a format and an instructor for everybody.

## DROP-IN FEES

Type of Pass	U of A Student	U of A Staff/ SCSC Member	Public
Single Pass	\$9	\$11	\$12
10 class card	\$81	\$99	\$108
Unlimited (Spring and Summer)*	\$170	\$200	\$225

Prices effective until August 2018

\*Passes valid from May to August, 2018

Drop-in passes values at an estimated two classes per week

## INTENSITY AT A GLANCE

### Choose your Workout

Use the ratings as a guide to what is appropriate for your individual fitness level. Every class is your workout, and you should modify it to meet your needs. Look for the letter and number combination on all classes that permit drop-in participation. Eg. L3

Complexity of Choreography	Physical Intensity
L - Low	1 - Low
M - Medium	2 - Medium
H - High	3 - High

## MIND/BODY FITNESS

Strengthen the connection between your soul and your anatomy. Attend these classes to focus inwards and take some time to disconnect from your day to day.

### Meditation (L1)

Learn to control distracting or stressful thoughts through meditation. Feel relaxed, gain a clearer, less cluttered mind and understand why meditation is such a powerful tool for inner peace and growth.

- Focus is on seated meditation, although some movement may be required

### Pilates-Barre (M2)

Traditional Pilates principles applied safely, without impact, to the ballet barre.

- Spiced with flair and expression without the flexibility and technical pre-requisites of traditional dance

### Pilates-Beginner (L2)

Think of Pilates as movement training. Detailed cueing is used to move you through spinal flexibility and core stability, helping build a stronger, more functional you.

- No previous Pilates experience required

### Pilates-Core Strength (L3)

A stripped down Pilates mat class designed to focus on strength development.

- The fundamental Pilates movements will be supplemented with more powerful abdominal strength exercises

### Pilates-Mat

Strengthen the connection between your soul and your anatomy. Attend these classes to focus inwards and take some time to disconnect from your day to day

### Yoga-Ashtanga (L2)

A vigorous practice recommended for those who want to challenge the mind, body, and spirit. This form of yoga produces internal heat and a purifying sweat that detoxifies muscles, resulting in improved circulation, a light and strong body, and a calm mind.

- Involves synchronizing the breath with a progressive and preset series of postures

### Yoga-For the Inflexible (L2)

Improve your athletic performance by pinpointing the common limitations of joint range of motion, as well as targeting stabilizing muscles. While the practice is vigorous, it is completely accessible to all levels of fitness.

- Enjoy the freedom of not competing with the bendy, stretchy seasoned yogis



### Yoga-Hatha (L1)

Postures are practiced with attention to the physical and mental experience while in the poses. Ideal for developing self-awareness and body/mind connection, calming the mind and counteracting stress.

- Suitable for yogis of all abilities and experience levels

### Yoga-Iyengar (L2)

By learning to align the mind and body through the precision of the poses, one develops progressive levels of concentration.

- The standing poses are a foundation of this method

### Yoga-Vinyasa (L2)

A flowing and vigorous practice designed to increase internal heat. Similar to ashtanga, but differs in that pose and movement patterns are not predetermined.

- A flowing practice suitable for all abilities and experience levels

### Yoga-Women's Only Hatha (L1)

Attention to the Self is crucial for overall well-being. This less physically-intense practice will allow you to identify imbalances and strive for your better.

- A perfect class for women to feel safe throughout their practice

MIND/BODY FITNESS (SPRING)						
Drop-In	Days/Time	Dates	Class Type	Code	Location	Cost
▲	Mon 12:05 p.m.–12:55 p.m.	May 7–Jun 11 <i>No class May 21</i>	Yoga-Hatha	39609	Van Vliet Complex 3-209	U of A Student \$35 U of A Staff/ SCSC Member \$42.50 Public \$47.50
▲	Mon 12:05 p.m.–12:55 p.m.	May 7–Jun 25 <i>No class May 21</i>	Yoga-Vinyasa	39613	Education GB-64	U of A Student \$49 U of A Staff/ SCSC Member \$59.50 Public \$66.50
▲	Mon 4:05 p.m.–4:55 p.m.	May 7–Jun 25 <i>No class May 21</i>	Yoga-For the Inflexible	39617	Education GB-64	U of A Student \$49 U of A Staff/ SCSC Member \$59.50 Public \$66.50
▲	Tue 12:05 p.m.–12:55 p.m.	May 8–Jun 26	Yoga-Hatha	39610	Education GB-64	U of A Student \$56 U of A Staff/ SCSC Member \$68 Public \$76
	Tue 4:05 p.m.–4:55 p.m.	May 8–Jun 12	Pilates-Beginner	39623	Van Vliet Complex 3-209	U of A Student \$42 U of A Staff/ SCSC Member \$51 Public \$57
▲	Wed 12:10 p.m.–12:55 p.m.	May 9–Jun 13	Meditation	39631	Van Vliet Complex 3-209	U of A Student \$42 U of A Staff/ SCSC Member \$51 Public \$57
▲	Wed 12:05 p.m.–12:55 p.m.	May 9–Jun 13	Pilates-Barre	39628	Van Vliet Complex 2-650	U of A Student \$42 U of A Staff/ SCSC Member \$51 Public \$57
▲	Wed 4:05 p.m.–4:55 p.m.	May 9–Jun 27	Yoga-Women's Only Hatha	39630	Van Vliet Complex 2-675	U of A Student \$56 U of A Staff/ SCSC Member \$68 Public \$76
▲	Wed 5:05 p.m.–6:25 p.m.	May 9–Jun 27	Yoga-Iyengar	39632	Van Vliet Complex 3-209	U of A Student \$84 U of A Staff/ SCSC Member \$102 Public \$114
▲	Thu 7 a.m.–7:50 a.m.	May 10–Jun 28	Yoga-Hatha	39611	Van Vliet Complex 3-209	U of A Student \$56 U of A Staff/ SCSC Member \$68 Public \$76
▲	Thu 12:05 p.m.–12:55 p.m.	May 10–Jun 28	Yoga-Vinyasa	39614	Van Vliet Complex 3-209	U of A Student \$56 U of A Staff/ SCSC Member \$68 Public \$76
	Thu 4:35 p.m.–5:55 p.m.	May 10–Jun 14	Yoga-Ashtanga	39633	Van Vliet Complex 3-209	U of A Student \$63 U of A Staff/ SCSC Member \$76.50 Public \$85.50
▲	Fri 12:05 p.m.–12:55 p.m.	May 11–Jun 15	Pilates-Core Strength	39634	Van Vliet Complex 3-209	U of A Student \$42 U of A Staff/ SCSC Member \$51 Public \$57

MIND/BODY FITNESS (SPRING)						
Drop-In	Days/Time	Dates	Class Type	Code	Location	Cost
▲	Fri 12:05 p.m.–12:55 p.m.	May 11–Jun 29	Yoga-Hatha	39612	Education GB-64	U of A Student \$56 U of A Staff/ SCSC Member \$68 Public \$76
MIND/BODY FITNESS (SUMMER)						
▲	Mon 12:05 p.m.–12:55 p.m.	Jul 9–Aug 20 <i>No class Aug 6</i>	Yoga-Vinyasa	39642	Education GB-64	U of A Student \$42 U of A Staff/ SCSC Member \$51 Public \$57
▲	Mon 4:05 p.m.–4:55 p.m.	Jul 9–Aug 20 <i>No class Aug 6</i>	Yoga-For the Inflexible	39641	Van Vliet Complex 3-209	U of A Student \$42 U of A Staff/ SCSC Member \$51 Public \$57
▲	Tue 12:05 p.m.–12:55 p.m.	Jul 10–Aug 21	Yoga-Hatha	39637	Education GB-64	U of A Student \$49 U of A Staff/ SCSC Member \$59.50 Public \$66.50
▲	Tue 4:05 p.m.–4:55 p.m.	Jul 10–Aug 14	Pilates-Mat	39649	Van Vliet Complex 3-209	U of A Student \$42 U of A Staff/ SCSC Member \$51 Public \$57
▲	Wed 12:05 p.m.–12:55 p.m.	Jul 11–Aug 15	Pilates-Barre	39651	Van Vliet Complex 2-650	U of A Student \$42 U of A Staff/ SCSC Member \$51 Public \$57
▲	Thu 7 a.m.–7:50 a.m.	Jul 12–Aug 16	Yoga-Hatha	39638	Van Vliet Complex 3-209	U of A Student \$42 U of A Staff/ SCSC Member \$51 Public \$57
▲	Thu 12:05 p.m.–12:55 p.m.	Jul 12–Aug 23	Yoga-Vinyasa	39643	Education GB-64	U of A Student \$49 U of A Staff/ SCSC Member \$59.50 Public \$66.50
	Thu 4:35 p.m.–5:55 p.m.	Jul 12–Aug 16	Yoga-Ashtanga	39653	Van Vliet Complex 3-209	U of A Student \$63 U of A Staff/ SCSC Member \$76.50 Public \$85.50
▲	Fri 12:05 p.m.–12:55 p.m.	Jul 13–Aug 17	Pilates-Core Strength	39654	Van Vliet Complex 2-675	U of A Student \$42 U of A Staff/ SCSC Member \$51 Public \$57



## OVERALL FITNESS DEVELOPMENT

These classes will maximize your time by training all components of physical fitness

### Beginner-TRX (L2)

The most effective functional training system to date. Intensity is easy to manipulate for immediate feedback.

- Perfect for people new to working out and/or new to TRX

### Bootcamp (L2)

This athletic class targets all major muscle groups to maximize your time! Includes speed and power drills, pyramid training, and circuit or interval training.

- Ideal for those who enjoy a less choreographed style of fitness class.

### Cardio Kickbox (M2)

This electric class combines kicking and punching movements with Bootcamp essentials to define and shape your body and self-confidence! Great music and a group environment will keep you sweating and smiling.

- This non-contact class is suitable for all levels

### Functional Training (M3)

Functional Training, Circuit Training, HIIT? Come and try it all! TRX, Kettlebells, cables, monkey bars! Retrain your body to move more efficiently, maximally and become wonderfully strong.

- You will work in all planes of motion, at varying intensities and improve the way you feel about working out.

### Row-HIIT (M2)

Combine the full-body cardio experience with the strength and power development of portable equipment strength training. This class will improve your fitness level and build your sense of community!

- No rowing experience required

### Sculpt (L2)

This total body workout will strengthen and re-shape your legs and abdominals while boosting metabolism for optimum fat torching! Transform the way your body feels, bring beach confidence to everything you do.

- This class may include a cardiovascular component and is safe for all fitness levels

### Tabata (M3)

In the spirit of Olympians, take your training up a notch or two. Intense work intervals with limited rest creates a super efficient and empowering workout. All out effort is all relative, making this class accessible to most exercisers.

- Be prepared to be somewhat uncomfortable

### Trail Blazers (L2)

Build strength and endurance for a successful and fun hiking, biking, obstacle racing and running season. Cross Training for cardio endurance events.

- Tackle the West Coast Trail with ease!

### TRX™-Mobility Matters (L1.5)

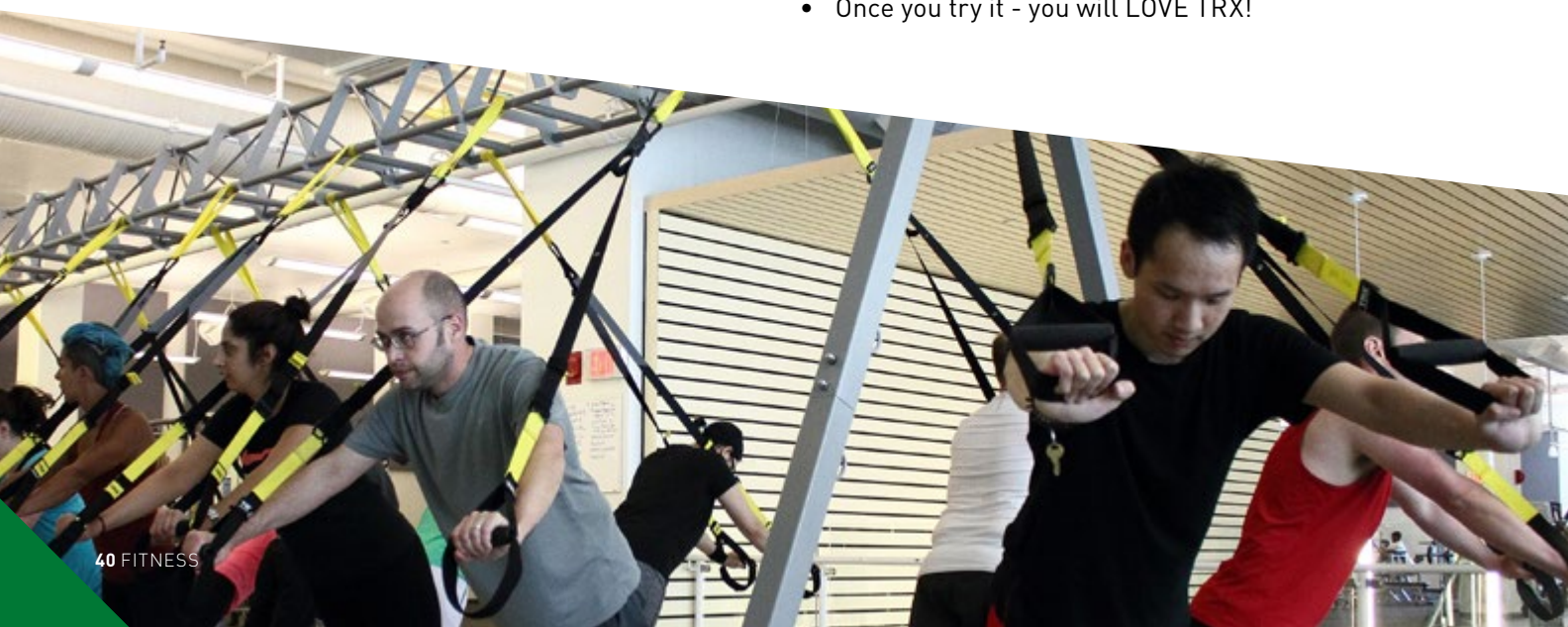
Use the TRX to move from passive flexibility (or lack of) to the more stable and functional - MOBILITY. Develop a strong, fluid and stable Range of Motion to stay free from injury and rebalance your joints.

- No previous TRX experience needed

### TRX™ (M2)

Experience the most effective whole body functional training system to date! Exercises will build stability, power, strength, flexibility and balance. Intensity is simple to manipulate for immediate feedback.

- Let your coach teach you the straps!
- Once you try it - you will LOVE TRX!



OVERALL FITNESS DEVELOPMENT (SPRING)						
Drop-In	Days/Time	Dates	Class Type	Code	Location	Cost
▲	Mon 12:05 p.m.–12:55 p.m.	May 7–Jun 11 <i>No class May 21</i>	Row-HIIT	39607	Van Vliet Complex 2-650	U of A Student \$27.50 U of A Staff/ SCSC Member \$32.50 Public \$35
▲	Mon 12:05 p.m.–12:50 p.m.	May 7–Jun 25 <i>No class May 21</i>	TRX™-Mobility Matters	39831	Hanson Fitness & Lifestyle Centre	U of A Student \$49 U of A Staff/ SCSC Member \$59.50 Public \$66.50
▲	Mon 4:05 p.m.–4:50 p.m.	May 7–Jun 11 <i>No class May 21</i>	Tabata	39608	Van Vliet Complex 2-650	U of A Student \$27.50 U of A Staff/ SCSC Member \$32.50 Public \$35
▲	Tue 12:05 p.m.–12:55 p.m.	May 8–Jun 26	Cardio Kickbox	39658	Van Vliet Complex 1-220	U of A Student \$42 U of A Staff/ SCSC Member \$51 Public \$57
▲	Tue 12:05 p.m.–12:55 p.m.	May 8–Jun 26	Functional Training	39624	Hanson Fitness & Lifestyle Centre	U of A Student \$44 U of A Staff/ SCSC Member \$52 Public \$56
▲	Tue 4:05 p.m.–4:55 p.m.	May 8–Jun 26	Sculpt	39618	Van Vliet Complex 2-650	U of A Student \$44 U of A Staff/ SCSC Member \$52 Public \$56
▲	Tue 4:10 p.m.–4:55 p.m.	May 8–Jun 12	Beginner-TRX™	39627	Hanson Fitness & Lifestyle Centre	U of A Student \$42 U of A Staff/ SCSC Member \$51 Public \$57
▲	Wed 4:05 p.m.–4:55 p.m.	May 9–Jun 13	Sculpt	39620	Education GB-64	U of A Student \$33 U of A Staff/ SCSC Member \$39 Public \$42
▲	Wed 5:05 p.m.–6:20 p.m.	May 9–Jun 27	Trail Blazers	40049	Van Vliet Complex 1-650	U of A Student \$56 U of A Staff/ SCSC Member \$64 Public \$68
▲	Thu 12:05 p.m.–12:55 p.m.	May 10–Jun 14	Bootcamp	39635	Van Vliet Complex 1-650	U of A Student \$33 U of A Staff/ SCSC Member \$39 Public \$42
▲	Thu 4:05 p.m.–4:55 p.m.	May 10–Jun 28	Sculpt	39619	Van Vliet Complex 2-650	U of A Student \$44 U of A Staff/ SCSC Member \$52 Public \$56
▲	Fri 12:05 p.m.–12:50 p.m.	May 11–Jun 29	TRX™	39626	Hanson Fitness & Lifestyle Centre	U of A Student \$56 U of A Staff/ SCSC Member \$64 Public \$68
OVERALL FITNESS DEVELOPMENT (SUMMER)						
▲	Mon 12:05 p.m.–12:55 p.m.	Jul 9–Aug 13 <i>No class Aug 6</i>	Row-HIIT	39639	Van Vliet Complex 2-650	U of A Student \$27.50 U of A Staff/ SCSC Member \$32.50 Public \$35
▲	Mon 4:10 p.m.–4:55 p.m.	Jul 9–Aug 13 <i>No class Aug 6</i>	Tabata	39640	Van Vliet Complex 2-650	U of A Student \$27.50 U of A Staff/ SCSC Member \$32.50 Public \$35
▲	Tue 12:05 p.m.–12:55 p.m.	Jul 10–Aug 14	Bootcamp	39650	Van Vliet Complex 1-650	U of A Student \$33 U of A Staff/ SCSC Member \$39 Public \$42
▲	Tue 4:05 p.m.–4:55 p.m.	Jul 10–Aug 14	Sculpt	39647	Van Vliet Complex 2-650	U of A Student \$33 U of A Staff/ SCSC Member \$39 Public \$42
▲	Wed 4:05 p.m.–4:55 p.m.	Jul 11–Aug 15	Sculpt	39648	Education GB-64	U of A Student \$33 U of A Staff/ SCSC Member \$39 Public \$42
▲	Thu 12:05 p.m.–12:55 p.m.	Jul 12–Aug 16	Bootcamp	39636	Van Vliet Complex 1-650	U of A Student \$33 U of A Staff/ SCSC Member \$39 Public \$42
▲	Fri 12:05 p.m.–12:50 p.m.	Jul 13–Aug 17	TRX™	39655	Hanson Fitness & Lifestyle Centre	U of A Student \$42 U of A Staff/ SCSC Member \$51 Public \$57



## SPIN

### Spin (L2)

Ride our Spinner NXT or Real Ryders in the energetic and motivating environment created by your instructor! Intensity is self-monitored and no inherent coordination is required making cycling classes ideal for new exercisers and Tri-athletes.

- Find a leader that can bring you through the sweat to the results

### MS Ride Training

Train inside for the bike weekend! Join us to get your heart, lungs and other bits ready for the 180 km ride to Leduc and back.

- Race weekend is June 9 and 10 this year!
- Ask about joining the KSR Team

SPRING						
Drop-In	Days/Time	Dates	Class Type	Code	Location	Cost
▲	Mon 4:05 p.m.–4:55 p.m.	May 7–Jun 11	Spin	39615	Van Vliet Complex 2-632	U of A Student \$27.50 U of A Staff/ SCSC Member \$32.50 Public \$35
▲	Tue,Fri 6:45 a.m.–7:45 a.m.	Apr 17–Jun 5	MS Ride Training	39683	Van Vliet Complex 2-632	U of A Student \$82.50 U of A Staff/ SCSC Member \$97.50 Public \$105
▲	Wed 12:05 p.m.–12:55 p.m.	May 9–Jun 27 <i>No class May 21</i>	Spin	39616	Van Vliet Complex 2-632	U of A Student \$44 U of A Staff/ SCSC Member \$52 Public \$56
SUMMER						
▲	Wed 12:05 p.m.–12:55 p.m.	Jul 11–Aug 15	Spin	39652	Van Vliet Complex 2-632	U of A Student \$33 U of A Staff/ SCSC Member \$39 Public \$42





## ZUMBA

### Beginner-Zumba® (M2)

Thought you missed your opportunity to join the Dance Fitness Craze?! Not a chance! Here is your opportunity to start from the beginning.

- Learn the rhythm and flow while developing confidence to join even the most experienced Zumba Parties!

### Zumba® (H2)

Interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

- Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

SPRING						
Drop-In	Days/Time	Dates	Class Type	Code	Location	Cost
▲	Tue 12:05 p.m.–12:55 p.m.	May 8–Jun 12	Zumba®	39621	Van Vliet Complex 2-650	U of A Student \$33 U of A Staff/ SCSC Member \$39 Public \$42
▲	Wed 4:05 p.m.–4:55 p.m.	May 9–Jun 13	Beginner - Zumba	39629	Van Vliet Complex 1-220	U of A Student \$33 U of A Staff/ SCSC Member \$39 Public \$42
▲	Fri 12:05 p.m.–12:55 p.m.	May 11–Jun 15	Zumba®	39622	Van Vliet Complex 2-675	U of A Student \$33 U of A Staff/ SCSC Member \$39 Public \$42
SUMMER						
▲	Tue 12:05 p.m.–12:55 p.m.	Jul 10–Aug 14	Zumba®	39644	Van Vliet Complex 2-650	U of A Student \$33 U of A Staff/ SCSC Member \$39 Public \$42
▲	Wed 4:05 p.m.–4:55 p.m.	Jul 11–Aug 15	Zumba®	39645	Van Vliet Complex 2-650	U of A Student \$33 U of A Staff/ SCSC Member \$39 Public \$42
▲	Fri 12:05 p.m.–12:55 p.m.	Jul 13–Aug 17	Zumba®	39646	Education GB-64	U of A Student \$33 U of A Staff/ SCSC Member \$39 Public \$42

## SMALL GROUP FITNESS TRAINING

### Semi-Private Fitness Training (2 people)

Two is better than one! Grab your workout buddy and save with this two-person personal training package.

- Work towards your goals together with the help of a Certified Personal Trainer
- Customized approach and focus on exercise technique, movement efficiency and effective exercise performance

**10 hours** U of A Student\* \$260 / U of A Staff & Monthly member\* \$310 / Public\* \$340

**20 hours** U of A Student\* \$460 / U of A Staff & Monthly member\* \$580 / Public\* \$640

### Semi-Private Fitness Training (3-5 People)

No crowd here in these small group personal training sessions. Come together and share the benefits of working with a Certified Personal Trainer while engaging in some fun and social physical activity.

- Focus on exercise technique, movement efficiency and effective exercise performance
- Sessions customized to the needs of the group and modified for the individual

**10 hours** U of A Student\* \$150 / U of A Staff & Monthly member\* \$180 / Public\* \$200

**20 hours** U of A Student\* \$270 / U of A Staff & Monthly member\* \$330 / Public\* \$360

\*Price per person

# INDIVIDUAL FITNESS TRAINING AND NUTRITION

## FITNESS AND HEALTH ASSESSMENTS

### Advanced Fitness Assessment

*U of A Student & U of A Staff \$168.75 / Public \$225*

Get specific about your goals with these advanced assessment measures. Tests include underwater weighing, to measure body composition,  $VO_2$  max, to measure aerobic fitness and muscular strength, endurance and flexibility tests.

- Results are compared to normative Canadian population data or to sport-specific data

### Elite Fitness Assessment

This package is designed to test the fitness attributes needed most by the elite athlete. The tests are selected based on the sport (Eg. NHL Combine) or occupation (firefighter) of the individual.

- Individual or team packages can be arranged
- Prices vary to the type and amount of tests completed and size of the team

Please contact **Alex Game** ([alex.game@ualberta.ca](mailto:alex.game@ualberta.ca)) for further information on customization of the Elite Fitness Assessment.

### Maximal Oxygen Consumption ( $VO_2$ max) Test

*U of A Student & U of A Staff \$93.75 / Public \$125*

This is the single best test for measuring aerobic fitness. A high level of aerobic fitness is desirable for performing many sports or for general health.

- The  $VO_2$  max score is used to classify the aerobic fitness of the client and can be compared to age-matched Canadian norms or to specific exercise or sport data
- Data can also be used to establish individual max heart rate and exercise or training intensity can be prescribed to specialize your aerobic training

### Resting Metabolic Rate Determination

*U of A Student & U of A Staff \$93.75 / Public \$125*

Nutrition and training go hand-in-hand but how do you know how much to eat? Take this test to determine the minimum energy required for your body to function properly.

- The information gathered in this assessment can be used to build a nutrition plan for training or to become healthier
- Results are specific to the individual

### ***Is it true that University staff and/or Graduate students get free personal training?***

*Yes! As a staff member or graduate student at the University of Alberta you get two hours of personal training and nutrition services. These services are part of your health benefits! To find out more information call 1.800.663.1142*

### ***How do I get started?***

*Fitness Assessments, Nutrition Services and Personal Training packages can be purchased at our Customer Service Centres. Visit in person or call 780-492-2231*

### ***What if I can't make my session?***

*To cancel your personal training session we require the courtesy of 24 hours' notice so that we can ensure we are able to reschedule your session for your convenience.*

### ***I've paid my fees and I am ready to get started, what do I do now?***

*Please allow us up to 5 business days to get you set up with a personal trainer, we want to ensure you are happy and will aim to match you with the most suitable trainer for your needs and goals.*

### ***I'd like to take a break from my personal training sessions to train on my own, how long do I have before my sessions expire?***

*All Nutrition sessions, Individual and Semi-private Fitness training sessions expire 1 year after the purchase date. Special considerations may be made on an individual case basis if medical considerations apply.*

*\*Please Note: Refunds will not be granted for any packages or personal training services after second session has been completed*

### Underwater Weighing

*U of A Student & U of A Staff \$56.25 / Public \$75*

Also termed Hydrostatic weighing, this is one of the most valid and reliable methods for determining body composition.

- Results are compared to matched Canadian norms and a breakdown of body weight is given
- Results are specific to the individual and the data can be used to help you see better results from your training and nutrition program

*Can't find what you are looking for? We can offer customized assessment packages for groups and individuals. For more information contact **Alex Game** at [alex.game@ualberta.ca](mailto:alex.game@ualberta.ca)*

## INDIVIDUAL FITNESS TRAINING AND NUTRITION PACKAGES

### Get Started Fitness Plan

*U of A Student \$75 / U of A Staff & Monthly Member \$90 / Public \$100*

Whether you are new to fitness training or just coming back from a long hiatus, this session is perfect for getting you back on track.

- In this 90-minute session, a Certified Personal Trainer will help you identify your goals, take you through a basic fitness assessment and get you orientated to our fitness centre

### Program Design

*U of A Student \$142 / U of A Staff & Monthly Member \$170 / Public \$189*

Our Certified Personal Trainer will build you a comprehensive and individualized fitness plan that will help support your individual fitness goals.

- 1 hour consultation and assessment
- 90-minute exercise technique and program delivery session

### Personal Training

Get one-on-one attention with a Certified Personal Trainer. Focus on specific exercise techniques to help you achieve your fitness and health goals.

- Sessions are based on the individual's goals and suitable for all exercise levels
- Customized approach to assessment and program design for continuous results

**3 hours** *U of A Student\* \$135 / U of A Staff & Monthly Member\* \$162 / Public\* \$183*

**5 hours** *U of A Student\* \$225 / U of A Staff & Monthly Member\* \$270 / Public\* \$305*

**10 hours** *U of A Student\* \$400 / U of A Staff & Monthly Member\* \$480 / Public\* \$540*

*\*Price per person*

### Get Started Meal Plan

*U of A Student \$162 / U of A Staff & Monthly Member \$187 / Public \$210*

Meet with our Registered Dietitian to customize a nutrition plan to help you meet your fitness and health goals.

- Includes a 1 hour assessment and two 30-minute follow-ups
- The dietitian will provide a food journal assessment, nutrition and meal planning recommendations based on your individual needs and preferences



### Master your Lifestyle

*U of A Student \$257 / U of A Staff & Monthly Member \$297 / Public \$334*

Our Registered Dietician will help you create healthy and sustainable changes in your lifestyle and diet habits.

- Includes a body composition assessment, a 1 hour initial consult and 1 hour guided nutrition planning
- Nutrition recommendations and menu planning based on individual's dietary needs and preferences

### Nutrition Follow-Up

After your first consult and meal planning session, keep yourself on track with regular check-ins.

- Staying accountable will reinforce your new eating habits and allow you to fine-tune your plan to find lasting nutritional satisfaction
- Follow-ups are 30 minutes in length and can be used to learn new skills and other helpful tips for a healthy diet and lifestyle

**3 sessions** *U of A Student\* \$135 / U of A Staff & Monthly Member\* \$162 / Public\* \$180*

**5 sessions** *U of A Student\* \$200 / U of A Staff & Monthly Member\* \$245 / Public\* \$270*

*\*Price per person*

# WE ARE INTRAMURALS

## What are Intramural Sports?

Simply put, Intramural Sports are sport leagues run by students for students, as well as the broader University of Alberta community. Intramurals are an opportunity to play with friends—old and new—in an environment that celebrates teamwork, mutual respect, and—most of all—fun!

## What leagues are offered in Summer?

We offer five leagues across the Summer season: Beach Volleyball, Ice Hockey, Slo-Pitch, Soccer, and Ultimate Frisbee. All leagues (except Ice Hockey) are Co-Rec - meaning teams are composed of both women and men - and each league runs for 10 weeks before playoffs. Note: Ice Hockey is an Open league (no gender restrictions), and plays 7 weeks starting in June. More details are available at [www.imleagues.com/ualberta](http://www.imleagues.com/ualberta).

## How do I register a team?

1. Pay for your registration through the Customer Service Centre
2. Make an account on [imleagues.com](http://imleagues.com)
3. Create your team on IMLeagues
4. Add your teammates to your IMLeagues roster

## I want to play, but don't have a team. What can I do?

Add yourself as a Free Agent on IMLeagues for free! Log into [imleagues.com/ualberta](http://imleagues.com/ualberta), select the league you want to play in, and click the *Free Agent* button. This will allow captains who are looking for teammates to connect with you.

## Do I have to be a student to participate?

Nope! Our Summer leagues are open to non-students at no additional charge.

## What's new this year?

- **Campus Volleyball:** Have classmates? Labmates? Officemates? All three?! This league is for you! Teams are allowed one community member (i.e. non-student/staff/faculty), and with games starting at 5 p.m. at the new Lister Beach Courts, this is the perfect way to celebrate your week.
- **Sunday Night Hockey:** Beginning in June, teams play 7 weeks of regular season followed by 2 guaranteed playoff games. Don't have equipment? Rent a set of ours for just \$40 for the season (includes free cleaning at mid-season)! Note: no games on holiday weekends.

LEAGUES								
Sport	Team Fee	Registration***	Play Starts	Full Season Duration	Minimum Roster	Play Days	Play Times	Venue
Campus Beach Volleyball*	\$285	Apr 4-May 8	May 16	10 Weeks + Playoffs	4 Players	Wed + Thu	5 p.m.–6:30 p.m.	Lister Field
Beach Volleyball	\$285	Apr 4-May 8	May 16	10 Weeks + Playoffs	4 Players	Wed/Thu	6:30 p.m.–9:30 p.m.	Lister Field
Ice Hockey**	\$1,600	Apr 4-Jun 5	Jun 10	7 Games + Playoffs	8 Skaters + Goalie	Sun	5 p.m.–10 p.m.	Clare Drake Arena
Slo-Pitch	\$365	Apr 4-May 1	May 7	10 Games + Playoffs	10 Players	Mon/Tue/Thu	5 p.m.–10 p.m.	Corbett Field
Soccer	\$365	Apr 4-May 8	May 15	10 Games + Playoffs	8 Players	Tue/Wed/Thu	6 p.m.–10 p.m.	Lister Field
Ultimate Frisbee	\$285	Apr 4-May 1	May 7	10 Games + Playoffs	7 Players	Mon	6 p.m.–10 p.m.	Lister Field

\*Campus Beach Volleyball is open to current students, staff, and faculty; teams may have one (1) community member on the court at a time. Teams play one of Wednesday or Thursday each week.

\*\*Ice Hockey is an Open league, meaning teams can be composed of any combination of genders. This league does not play on holiday weekends (July 1 & August 5).

\*\*\*Registration for second half-only is open May 28 - June 12 for Monday leagues, and May 28 - June 19 for all other leagues.

Please note that games called off due to inclement weather will be rescheduled for the same day of the week later in the season. If multiple weeks need to be rescheduled, games may be moved to an upcoming Sunday. All program details are subject to change due to facility availability. For more detailed information, please consult [www.imleagues.com/ualberta](http://www.imleagues.com/ualberta).

Welcome to LiveWell! As a benefit of your Athletic and Recreation fee, this program was developed for University of Alberta students to provide wellness opportunities through education and experiences in the areas of fitness and exercise, nutrition, motivation and general health education.

LiveWell focuses on a student's physical and social wellness, as such all programs will be marked with either a:



to represent social wellness (positive relationships with family, friends, and community members) or a



to represent physical wellness (taking care of your body by making informed decisions). These icons represent the focus of that particular activity, however opportunities to achieve wellness in both dimensions is a goal of all LiveWell programming.

## FREE ACCESS TO VARSITY ATHLETIC GAMES

University of Alberta students receive free admission to all regular season conference home games by showing a valid ONECard at the door.

## FACILITY ACCESS

University of Alberta students have access to the facilities in the Van Vliet Complex, with a valid ONECard. Facilities include: Hanson Fitness & Lifestyle Centre, Universiade Pavilion, Wilson Climbing Centre, Clare Drake Arena, swimming pools, dance and exercise studios.

## DROP-IN PROGRAMS

University of Alberta students have access to all the drop-in activities, with a valid ONEcard. To check facility availability (drop-in schedule), go to [uab.ca/recreation](http://uab.ca/recreation). Programs include badminton, basketball, running, swimming, tennis, soccer, dance, ultimate frisbee, ice skating and stick and skate. Please note that group fitness programs, unless otherwise indicated, have a drop-in fee for students.

## WORKOUT BUDDIES PROGRAM

Not interested in team sports? Then sign-up for the Workout Buddies program to meet people you can hit the gym with or a friend to go walking or running with. We can also pair you with a Buddy to participate in group fitness, dance and martial art classes. Go to [uab.ca/livewell](http://uab.ca/livewell) to register for free!

## NEW REGISTRATION POLICY

To improve attendance at select LiveWell activities, we have introduced a small registration fee for U of A students. This fee is non-refundable. You may withdraw up to 24 hours prior to the start of the registered activity for an account credit. To withdraw from a course, please contact the Customer Service Centre at 780-492-2231. At no time will the Customer Service Centre staff issue a refund to U of A students for any LiveWell program.

## LIVEWELL NEWSLETTER

Stay up to date on Livewell events and programs by registering to our weekly newsletter. To subscribe to this list, contact [akhayer@ualberta.ca](mailto:akhayer@ualberta.ca).



## PHYSICAL WELLNESS

### Basic Bike Maintenance

This workshop will help you gain the skills needed to keep your bike running smoothly and safely this summer. You can bring your own bike, or practice on one of the bikes provided by the U of A Bike Library. Space is limited, don't miss your chance to sign up!

### Fitness on the Go

This workshop will introduce you to the portable fitness equipment in the physical activity lending kits you can borrow from U of A libraries. Learn to build a workout you can take anywhere on campus!

*Check out LiveWell sponsored programs such as U Belay (page 21) or Outdoor Camping and Survival Skills (page 53).*

SPRING					
Days/Time	Dates	Class Type	Code	Location	Cost
Mon 4 p.m.–5 p.m.	May 14	Basic Bike Maintenance	39812	InfoDen Kiosk	U of A Student \$5 U of A Staff \$15
Wed 12 p.m.–1 p.m.	May 23	Basic Bike Maintenance	39814	InfoDen Kiosk	U of A Student \$5 U of A Staff \$15
Mon 4 p.m.–5 p.m.	Jun 11	Basic Bike Maintenance	39815	InfoDen Kiosk	U of A Student \$5 U of A Staff \$15
Wed 12 p.m.–1 p.m.	Jun 20	Basic Bike Maintenance	39816	InfoDen Kiosk	U of A Student \$5 U of A Staff \$15
Tue 2:30 p.m.–3:30 p.m.	May 1	Fitness on the Go	39823	InfoDen Kiosk	U of A Student \$5
Thu 3 p.m.–4 p.m.	May 17	Fitness on the Go	39825	InfoDen Kiosk	U of A Student \$5
Tue 2:30 p.m.–3:30 p.m.	Jun 5	Fitness on the Go	39824	InfoDen Kiosk	U of A Student \$5
Thu 3 p.m.–4 p.m.	Jun 21	Fitness on the Go	39826	InfoDen Kiosk	U of A Student \$5
SUMMER					
Mon 4 p.m.–5 p.m.	Jul 9	Basic Bike Maintenance	39817	InfoDen Kiosk	U of A Student \$5 U of A Staff \$15
Wed 12 p.m.–1 p.m.	Jul 18	Basic Bike Maintenance	39818	InfoDen Kiosk	U of A Student \$5 U of A Staff \$15
Mon 4 p.m.–5 p.m.	Aug 13	Basic Bike Maintenance	39819	InfoDen Kiosk	U of A Student \$5 U of A Staff \$15
Wed 12 p.m.–1 p.m.	Aug 22	Basic Bike Maintenance	39820	InfoDen Kiosk	U of A Student \$5 U of A Staff \$15
Tue 2:30 p.m.–3:30 p.m.	Jul 10	Fitness on the Go	39827	InfoDen Kiosk	U of A Student \$5
Thu 3 p.m.–4 p.m.	Jul 19	Fitness on the Go	39829	InfoDen Kiosk	U of A Student \$5
Tue 2:30 p.m.–3:30 p.m.	Aug 7	Fitness on the Go	39828	InfoDen Kiosk	U of A Student \$5
Thu 3 p.m.–4 p.m.	Aug 16	Fitness on the Go	39830	InfoDen Kiosk	U of A Student \$5

# WE ARE **MARTIAL ARTS**



Try one of our numerous Martial Arts classes for self-defense, physical health and fitness, as well as spiritual development. Many of these classes offer a variety of levels - and there is a perfect class waiting for you to try out.

## **BRAZILIAN JIU JITSU**

A highly effective form of self-defence focused on grappling techniques which rely on the use of leverage over strength.

- Classes cover fundamental techniques including takedowns, chokes, submission holds and control positions
- Uniforms are not required

## **FILIPINO MARTIAL ARTS**

Filipino Martial Arts refers to ancient and newer fighting methods devised in the Philippines — the most popular forms of which are known as Arnis/Eskrima/Kali.

- Filipino martial artists are noted for their ability to fight with weapons or empty hands interchangeably
- This class is designed for new students or participants with little to no Filipino Martial Arts experience

## **JAPANESE JIU JITSU**

Japanese Jiu Jitsu encompasses locking, throwing, striking, and ground defense techniques to provide an effective and versatile self-defense system.

- New students do not need a high standard of physical fitness to begin; participants will find their endurance, strength, flexibility and speed all improve as training progresses
- Uniforms are not required but are preferred

## **JUDO**

Judo consists of throwing techniques, ground holds, choking and arm lock techniques, and teaches the use of controlling balance and body movement to defeat an opponent. Safety is paramount, and learning how to fall safely is an important first step.

- Uniforms are not required initially but are needed later when learning advanced skills

### **Judo-Intermediate-Advanced**

Registration prerequisite: minimum of yellow belt and knowledge of break falls and judo submission techniques.

## **KARATE**

Classes provide challenging workouts which discipline the mind, strengthen the body, and improve self-confidence. Techniques are based on kicks, punches and blocks, as well as flexibility and cardiovascular exercise, and are taught in a disciplined, fun environment.

- Taught at a mixed level to encourage individuals to participate and improve their own level
- Taught in the tradition of the Wado Kai style of karate that employs very light, fast techniques
- Uniforms are not required
- Participants are asked to bring indoor shoes to class

### **Karate-All Ranks**

No previous Karate experience necessary

### **Karate-Advanced**

Blue belts and above of the Shintani World Congress

## **KARATE FOR FAMILIES**

Classes provide challenging workouts which discipline the mind, strengthen the body, improve self-confidence and enhance awareness in self-defence.

- Taught at a mixed level to encourage individuals to participate and improve at their own level in a safe, controlled environment
- Learn the aspects of katas (patterns against an imaginary opponent), waza (techniques), and kumite (free sparring)
- Uniforms are not required
- Participants are asked to bring indoor shoes to class

### **Karate for Families-All Ranks**

No previous Karate experience necessary.

### **Karate for Families-Advanced**

Minimum of yellow stripes and knowledge of at least two Wado Kai Karate power katas.

## KICKBOXING

The main focus of these classes will be learning the technical aspects of striking, but you can also expect a significant physical component in either class with lots of core training. The instructor reserves the right to place a participant in whichever class they feel is best suitable to their skill/fitness level.

- Hand wraps included with registration

### Kickboxing Basics

This class focuses on learning and practicing the basic techniques of boxing, kickboxing and Muay Thai. It is designed to help participants develop confidence in their abilities, by learning essential skills such as: proper stance/footwork; basic punches and kicks; blocking and parrying; and counter-attacking.

- Recommended for those with little or no experience in any striking sport, and all fitness levels are welcome
- Kickboxing Basics can be continued/repeated to improve techniques, or taken simultaneously with the Advanced class

### Kickboxing-Advanced

This class takes the essential skills and develops it through practical application. The class will focus on the following skills: creating/closing distance; finding dominant angles of attack; checking and blocking kicks; and power striking. It is essential that participants in this class have some experience in a striking sport.

- Recommended that participants who take this course be in reasonable physical condition

## KUNG FU

This program will introduce you to the elements of Chinese martial arts (often named under the umbrella terms kung fu or wushu) and mindful movement to become better acquainted with your own body and mind.

- Classes will focus on techniques and conditioning to build into athletic movements (jumps, spins and kicks) and choreography (individual and group routines)
- We will tap into your inner hero, promoting confidence, creative expression, fitness, stress relief, and social interaction as we practice



MARTIAL ARTS (SPRING)					
Days/Time	Dates	Class Type	Code	Location	Cost
Tue 4:35 p.m.–5:55 p.m.	May 8–Jun 12	Brazilian Jiu Jitsu	40001	RTF Gymnasium	U of A Student \$45 U of A Staff \$54 Public \$60
Thu 4:35 p.m.–5:55 p.m.	May 10–Jun 14	Brazilian Jiu Jitsu	40002	RTF Gymnasium	U of A Student \$45 U of A Staff \$54 Public \$60
Thu 6:05 p.m.–7:25 p.m.	May 10–Jun 14	Filipino Martial Arts	40005	Van Vliet Complex 2-675	U of A Student \$45 U of A Staff \$54 Public \$60
Wed 6:05 p.m.–7:55 p.m.	May 9–Jun 13	Japanese Jiu Jitsu	40007	RTF Gymnasium	U of A Student \$60 U of A Staff \$72 Public \$78
Sun 10:05 a.m.–11:55 a.m.	May 13–Jun 17	Japanese Jiu Jitsu	40008	RTF Gymnasium	U of A Student \$60 U of A Staff \$72 Public \$78
Mon,Thu 6:05 p.m.–7:55 p.m.	May 7–Jun 14 <i>No class May 21</i>	Judo -Intermediate-Advanced	40009	RTF Gymnasium	U of A Student \$110 U of A Staff \$132 Public \$143
Mon 7:35 p.m.–8:55 p.m.	May 7–Jun 11 <i>No class May 21</i>	Karate-All Ranks	40012	Education GB-64	U of A Student \$37.50 U of A Staff \$45 Public \$50
Wed 7:35 p.m.–8:55 p.m.	May 9–Jun 13	Karate-All Ranks	40013	Education GB-64	U of A Student \$45 U of A Staff \$54 Public \$60
Fri 7:35 p.m.–8:55 p.m.	May 11–Jun 15	Karate-Advanced	40014	Education GB-64	U of A Student \$45 U of A Staff \$54 Public \$60
Sat 9:05 a.m.–10:25 a.m.	May 12–Jun 16	Karate for Families -All Ranks	40020	RTF Gymnasium	U of A Student \$45 U of A Staff \$54 Public \$60
Sat 10:35 a.m.–11:55 a.m.	May 12–Jun 16	Karate for Families -Advanced	40021	RTF Gymnasium	U of A Student \$45 U of A Staff \$54 Public \$60
Mon 12:05 p.m.–12:55 p.m.	May 7–Jun 11 <i>No class May 21</i>	Kickboxing Basics	40025	Van Vliet Complex 1-220	U of A Student \$33 U of A Staff \$38 Public \$40.50
Mon 5:05 p.m.–5:55 p.m.	May 7–Jun 11 <i>No class May 21</i>	Kickboxing Basics	40026	Van Vliet Complex 1-220	U of A Student \$33 U of A Staff \$38 Public \$40.50
Tue 5:05 p.m.–5:55 p.m.	May 8–Jun 12	Kickboxing Basics	40027	Van Vliet Complex 1-220	U of A Student \$38 U of A Staff \$44 Public \$47
Wed 12:05 p.m.–12:55 p.m.	May 9–Jun 13	Kickboxing Basics	40028	Van Vliet Complex 1-220	U of A Student \$38 U of A Staff \$44 Public \$47
Wed 5:05 p.m.–5:55 p.m.	May 9–Jun 13	Kickboxing Basics	40029	Van Vliet Complex 1-220	U of A Student \$38 U of A Staff \$44 Public \$47
Thu 12:05 p.m.–12:55 p.m.	May 10–Jun 14	Kickboxing Basics	40030	Van Vliet Complex 1-220	U of A Student \$38 U of A Staff \$44 Public \$47
Thu 5:05 p.m.–6:25 p.m.	May 10–Jun 14 <i>No class May 26, Jun 2</i>	Kickboxing-Advanced	40031	Van Vliet Complex 1-220	U of A Student \$45.50 U of A Staff \$53 Public \$58
Sat 9:05 a.m.–10:25 a.m.	May 12–Jun 16	Kickboxing-Advanced	40032	Van Vliet Complex 1-220	U of A Student \$38 U of A Staff \$44 Public \$47
Mon 6:05 p.m.–7:25 p.m.	May 7–Jun 11 <i>No class May 21</i>	Kung Fu	40042	Education GB-64	U of A Student \$37.50 U of A Staff \$45 Public \$50

MARTIAL ARTS (SUMMER)					
Days/Time	Dates	Class Type	Code	Location	Cost
Tue 4:35 p.m.–5:55 p.m.	Jul 10–Aug 14	Brazilian Jiu Jitsu	40003	RTF Gymnasium	U of A Student \$45 U of A Staff \$54 Public \$60
Thu 4:35 p.m.–5:55 p.m.	Jul 12–Aug 16	Brazilian Jiu Jitsu	40004	RTF Gymnasium	U of A Student \$45 U of A Staff \$54 Public \$60
Thu 6:05 p.m.–7:25 p.m.	Jul 12–Aug 16	Filipino Martial Arts	40006	Van Vliet Complex 2-675	U of A Student \$45 U of A Staff \$54 Public \$60
Mon,Thu 6:05 p.m.–7:55 p.m.	Jul 9–Aug 16 <i>No class Aug 6</i>	Judo -Intermediate-Advanced	40010	RTF Gymnasium	U of A Student \$110 U of A Staff \$132 Public \$143
Mon 7:35 p.m.–8:55 p.m.	Jul 9–Aug 13 <i>No class Aug 6</i>	Karate-All Ranks	40016	Education GB-64	U of A Student \$37.50 U of A Staff \$45 Public \$50
Wed 7:35 p.m.–8:55 p.m.	Jul 11–Aug 15	Karate-All Ranks	40017	Education GB-64	U of A Student \$45 U of A Staff \$54 Public \$60
Fri 7:35 p.m.–8:55 p.m.	Jul 13–Aug 17	Karate-Advanced	40018	Education GB-64	U of A Student \$45 U of A Staff \$54 Public \$60
Sat 9:05 a.m.–10:25 a.m.	Jul 14–Aug 18	Karate for Families -All Ranks	40023	RTF Gymnasium	U of A Student \$45 U of A Staff \$54 Public \$60
Sat 10:35 a.m.–11:55 a.m.	Jul 14–Aug 18	Karate for Families -Advanced	40024	RTF Gymnasium	U of A Student \$45 U of A Staff \$54 Public \$60
Mon 12:05 p.m.–12:55 p.m.	Jul 9–Aug 13 <i>No class Aug 6</i>	Kickboxing Basics	40033	Van Vliet Complex 1-220	U of A Student \$33 U of A Staff \$38 Public \$40.50
Mon 5:05 p.m.–5:55 p.m.	Jul 9–Aug 13 <i>No class Aug 6</i>	Kickboxing Basics	40034	Van Vliet Complex 1-220	U of A Student \$33 U of A Staff \$38 Public \$40.50
Tue 5:05 p.m.–5:55 p.m.	Jul 10–Aug 14	Kickboxing Basics	40035	Van Vliet Complex 1-220	U of A Student \$38 U of A Staff \$44 Public \$47
Wed 12:05 p.m.–12:55 p.m.	Jul 11–Aug 15	Kickboxing Basics	40036	Van Vliet Complex 1-220	U of A Student \$38 U of A Staff \$44 Public \$47
Wed 5:05 p.m.–5:55 p.m.	Jul 11–Aug 15	Kickboxing Basics	40037	Van Vliet Complex 1-220	U of A Student \$38 U of A Staff \$44 Public \$47
Thu 12:05 p.m.–12:55 p.m.	Jul 12–Aug 16	Kickboxing Basics	40038	Van Vliet Complex 1-220	U of A Student \$38 U of A Staff \$44 Public \$47
Thu 5:05 p.m.–6:25 p.m.	Jul 12–Aug 16	Kickboxing-Advanced	40039	Van Vliet Complex 1-220	U of A Student \$53 U of A Staff \$62 Public \$68
Sat 9:05 a.m.–10:25 a.m.	Jul 14–Aug 18	Kickboxing- Advanced	40040	Van Vliet Complex 1-220	U of A Student \$53 U of A Staff \$62 Public \$68
Mon 6:05 p.m.–7:25 p.m.	Jul 9–Aug 13	Kung Fu	40043	Education GB-64	U of A Student \$37.50 U of A Staff \$45 Public \$50



# WE ARE OUTDOOR PROGRAMS



## CANOEING AND KAYAKING TRIPS

We offer two different types of canoe trips:

- Elk Island Park is home to herds of bison, moose, deer, elk and over 250 species of birds. What better way to view the wildlife of the Park than to paddle Astotin Lake on a replica Voyageur Canoe?
- The North Saskatchewan River winds through Edmonton and surrounding area. Canoeing or Kayaking downstream from Devon to Edmonton is the perfect way to enjoy the scenery and wildlife viewing of the North Saskatchewan River.

## HIKING TRIPS

Elk Island National Park wildlife viewing has been ranked 8th in the world by National Geographic. Take the opportunity to get some great wildlife photos, stretch your legs and take in some fresh air by registering for our hiking trip.

## CAMPING TRIPS

### Outdoor Camping & Survival Skills

Join the River Valley Programs team to learn how to survive in the Great Outdoors! Follow this hands-on learning session with an overnight-camping trip at Elk Island.

Sponsored by **LIVEWELL** 

### Overnight Camping Trip

Put your outdoor survival and camping skills to the test at Elk Island's Astotin Lake camp ground. Elk Island is a great place for hiking, canoeing and, of course, wildlife viewing. After a busy day exploring, sit by a campfire and get to know your fellow campers in a beautiful setting.

Sponsored by **LIVEWELL** 

SPRING					
Days/Time	Dates	Class Type	Code	Location	Cost
Sat 11 a.m.–5 p.m.	May 26	Hiking-Elk Island Park	39967	Van Vliet Complex 2-610 Student Lounge	U of A Student \$20 U of A Staff \$40 Public \$50
Sat 9 a.m.–3 p.m.	Jun 9	Canoeing and Kayaking-Elk Island Park	39963	Van Vliet Complex 2-610 Student Lounge	U of A Student \$30 U of A Staff \$50 Public \$60
Sat 1 p.m.–3 p.m.	Jun 16	Outdoor Camping & Survival Skills	40093	Van Vliet Complex 2-610 Student Lounge	U of A Student \$5 U of A Staff \$20 Public \$20
Sat 9 a.m.–5 p.m.	Jun 23	Canoeing and Kayaking-Emily Murphy Park to Capilano Park	39964	Van Vliet Complex 2-610 Student Lounge	U of A Student \$40 U of A Staff \$60 Public \$70
SUMMER					
Sat 11 a.m.–5 p.m.	Jul 7	Hiking-Elk Island Park	39968	Van Vliet Complex 2-610 Student Lounge	U of A Student \$20 U of A Staff \$40 Public \$50
Sat 9 a.m.–3 p.m.	Jul 21	Voyageur Canoe Trip-Elk Island Park	39965	Van Vliet Complex 2-610 Student Lounge	U of A Student \$30 U of A Staff \$50 Public \$60
Sun,Sat 1 p.m.–4 p.m.	Jul 28–Jul 29	Overnight Camping Trip	40094	Van Vliet Complex 2-610 Student Lounge	U of A Student \$40 U of A Staff \$55 Public \$55
Sat 9 a.m.–5 p.m.	Aug 11	Canoeing and Kayaking-Emily Murphy Park to Capilano Park	39966	Van Vliet Complex 2-610 Student Lounge	U of A Student \$40 U of A Staff \$60 Public \$70

# WE ARE **SPORT SKILLS**



Learn a new sport or work on a sport in which you have participated in the past. Instructors have many years of experience teaching their sport - and are able to make classes fun and educational for all ability levels. Please look over the descriptions for all of our sport classes, find a class that interests you - and get ready to enjoy yourself.

## FENCING

This class will provide novice level fencing lessons in a non-competitive and fun environment for students to learn and practice the sport.

- Classes will cover the essential footwork and blade work of the foil
- Sabre and Épée will be briefly covered

SPRING					
Days/Time	Dates	Class Type	Code	Location	Cost
Sun 12:05 p.m.-1:25 p.m.	May 13-Jun 17	Fencing	39999	Education GB-23	U of A Student \$72 U of A Staff \$87 Public \$96
SUMMER					
Sun 12:05 p.m.-1:25 p.m.	Jul 15-Aug 19	Fencing	40000	Education GB-23	U of A Student \$72 U of A Staff \$87 Public \$96



**DISCOUNTS  
AVAILABLE  
FOR STUDENTS  
& STAFF!**

# BOOK YOUR SPACE NOW!

FOR MORE INFORMATION AND TO BOOK YOUR SPACE CONTACT  
[bookings@ualberta.ca](mailto:bookings@ualberta.ca) • 780 492 2555 • [uab.ca/recreation](http://uab.ca/recreation)



**CAMPUS & COMMUNITY  
RECREATION**

## ***GET ACTIVE ON YOUR OWN SCHEDULE!***

Student and staff drop-in activities include:

- Badminton
- Basketball
- Climbing
- Dance
- Skating
- Group Fitness
- Running
- Volleyball
- Swimming
- Tennis
- Soccer

*Drop-in schedules available at  
[uab.ca/recreation](http://uab.ca/recreation)*