

# Registration Update

On July 10th we will be switching to a new software program that handles all of our member, facility and program information and registrations. We endeavour to make this transition as smooth as possible, however our **Online Program Registration site will not be available.**

## Program Registrations will ONLY be accepted:

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

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

- ▶ July 24th: 8:00am – 8:00pm
- ▶ August 1st: 8:00am – 8:00pm
- ▶ Monday to Friday: 8:00am – 11:00am & 5:00pm – 8:00pm
- ▶ Saturday & Sunday: 9:00am – 12:00pm

## How to Register

### I ALREADY HAVE AN ACCOUNT (BARCODE):

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

### I DON'T HAVE AN ACCOUNT:

- ▶ **ACCOUNT SET UP:** You will need to create an account first. You can fill out our online **ACCOUNT SET UP FORM** up to 2 business days prior to speed up your registration. Please note, filling out this form does not guarantee registration.

If you do not fill out this form in time, we can set up your account for you **IN PERSON** or **BY PHONE** on the day of registration. Please have the following information ready:

- ▶ Full name of person being registered
- ▶ Date of Birth
- ▶ Phone Number
- ▶ Address (including postal code)
- ▶ Email Address
- ▶ If the registrant is under 18, please also have the above information for the Parent/Guardian

- ▶ **TO REGISTER:** On day of registration, visit us **IN PERSON** during regular business hours or **PHONE** our Program Registration Line at 403.355.1254 during our dedicated phone registration times listed above. Please have your desired Course ID's ready.

FALL 2017

# Aquatic Programs

Member Registration: **JULY 24, 2017**

Non-Member Registration: **AUGUST 1, 2017**

**NO CLASSES: October 7–9, October 31, November 11–12**

MEMBER NON MEMBER

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

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

Day	Start Date	Lessons	Member	Non Member		
Monday	Sept 11 – Dec 4	12 Lessons				
		Beginner	8:00–9:00pm	Course ID 5453	\$102	\$120
		Intermediate	8:00–9:00pm	Course ID 5455	\$102	\$120
Advanced	8:00–9:00pm	Course ID 5461	\$102	\$120		
Tuesday	Sept 12 – Dec 5	12 Lessons				
		Beginner	8:30–9:30pm	Course ID 5450	\$102	\$120
		Inter / Adv	8:30–9:30pm	Course ID 5459	\$102	\$120
Wednesday	Sept 13 – Nov 29	12 Lessons				
		Beginner	8:00–9:00pm	Course ID 5451	\$102	\$120
		Intermediate	8:00–9:00pm	Course ID 5458	\$102	\$120
Advanced	8:00–9:00pm	Course ID 5462	\$102	\$120		
Thursday	Sept 14 – Nov 30	12 Lessons				
		Beginner	8:30–9:30pm	Course ID 5452	\$102	\$120
		Inter / Adv	8:30–9:30pm	Course ID 5460	\$102	\$120
Saturday	Sept 16 – Dec 2	10 Lessons				
		Beginner	12:30–1:30pm	Course ID 5454	\$85	\$100
		Intermediate	12:15–1:15pm	Course ID 5457	\$85	\$100
Advanced	12:15–1:15pm	Course ID 5463	\$85	\$100		

### AQUATIC PRIVATE Lessons // 3+ years

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

### PRESCHOOL LESSONS IN TEACHPOOL ONLY (AGES 3–5)

Day	Start Date	Lessons	Member	Non Member		
Monday	Sept 11 – Dec 4	12 Lessons				
		30 minutes	6:15–6:45pm	Course ID 5592	\$276	\$300
		30 minutes	6:15–6:45pm	Course ID 5593	\$276	\$300
30 minutes	6:30–7:00pm	Course ID 5591	\$276	\$300		
Tuesday	Sept 12 – Dec 5	12 Lessons				
		30 minutes	6:30–7:00pm	Course ID 5594	\$276	\$300



			MEMBER	NON MEMBER
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### DINOS // 1-3 years (parented class)

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

<b>Monday</b> 30 minutes 30 minutes	<b>Sept 11 – Dec 4</b> 12:00–12:30pm 6:15–6:45pm	<b>12 Lessons</b> Course ID 5330 Course ID 5331	<b>\$60</b> <b>\$60</b>	<b>\$84</b> <b>\$84</b>
<b>Tuesday</b> 30 minutes 30 minutes	<b>Sept 12 – Dec 5</b> 4:30–5:00pm 6:15–6:45pm	<b>12 Lessons</b> Course ID 5336 Course ID 5333	<b>\$60</b> <b>\$60</b>	<b>\$84</b> <b>\$84</b>
<b>Wednesday</b> 30 minutes 30 minutes	<b>Sept 13 – Nov 29</b> 12:00–12:30pm 6:15–6:45pm	<b>12 Lessons</b> Course ID 5335 Course ID 5334	<b>\$60</b> <b>\$60</b>	<b>\$84</b> <b>\$84</b>
<b>Thursday</b> 30 minutes	<b>Sept 14 – Nov 30</b> 6:15–6:45pm	<b>12 Lessons</b> Course ID 5332	<b>\$60</b>	<b>\$84</b>
<b>Saturday</b> 30 minutes 30 minutes	<b>Sept 16 – Dec 2</b> 11:30–12:00pm 12:00–12:30pm	<b>10 Lessons</b> Course ID 5337 Course ID 5338	<b>\$50</b> <b>\$50</b>	<b>\$70</b> <b>\$70</b>
<b>Sunday</b> 30 minutes 30 minutes	<b>Sept 17 – Dec 3</b> 11:30–12:00pm 1:00–1:30pm	<b>10 Lessons</b> Course ID 5339 Course ID 5340	<b>\$50</b> <b>\$50</b>	<b>\$70</b> <b>\$70</b>

### I CAN SWIM PRESCHOOL // 3-5 years

**ACTIVE START:** I Can Swim Preschool is a progressive, skill based, learn to swim program that teaches 51 water skills and focuses on entries and exits, submersion and breath control, floating, gliding and treading water. Building upon these initial skills, swimmers will begin to work on skills needed for butterfly, backstroke, breaststroke and freestyle.

**Dolphins 1** – Children become comfortable with their first independent water experiences. Fundamental movement skills are introduced.

<b>Monday</b> 30 Minutes 30 Minutes	<b>Sept 11 – Dec 4</b> 12:30–1:00pm 4:00–4:30pm	<b>12 Lessons</b> Course ID 5341 Course ID 5342	<b>\$78</b> <b>\$78</b>	<b>\$90</b> <b>\$90</b>
<b>Tuesday</b> 30 minutes	<b>Sept 12 – Dec 5</b> 5:30–6:00pm	<b>12 Lessons</b> Course ID 5349	<b>\$78</b>	<b>\$90</b>
<b>Wednesday</b> 30 minutes 30 minutes	<b>Sept 13 – Nov 29</b> 12:30–1:00pm 6:15–6:45pm	<b>12 Lessons</b> Course ID 5350 Course ID 5351	<b>\$78</b> <b>\$78</b>	<b>\$90</b> <b>\$90</b>
<b>Thursday</b> 30 minutes 30 minutes	<b>Sept 14 – Nov 30</b> 4:30–5:00pm 6:00–6:30pm	<b>12 Lessons</b> Course ID 5347 Course ID 5348	<b>\$78</b> <b>\$78</b>	<b>\$90</b> <b>\$90</b>
<b>Saturday</b> 30 minutes 30 minutes	<b>Sept 16 – Dec 2</b> 9:00–9:30am 10:30–11:00am	<b>10 Classes</b> Course ID 5343 Course ID 5344	<b>\$65</b> <b>\$65</b>	<b>\$75</b> <b>\$75</b>
<b>Sunday</b> 30 minutes 30 minutes	<b>Sept 17 – Dec 3</b> 9:30–10:00am 11:00–11:30am	<b>10 Classes</b> Course ID 5345 Course ID 5346	<b>\$65</b> <b>\$65</b>	<b>\$75</b> <b>\$75</b>

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

<b>Monday</b> 30 minutes 30 minutes 30 minutes	<b>Sept 11 – Dec 4</b> 12:30–1:00pm 1:00–1:30pm 4:30–5:00pm	<b>12 Lessons</b> Course ID 5352 Course ID 5355 Course ID 5357	<b>\$78</b> <b>\$78</b> <b>\$78</b>	<b>\$90</b> <b>\$90</b> <b>\$90</b>
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30 minutes	6:00–6:30pm	Course ID 5356	<b>\$78</b>	<b>\$90</b>
<b>Tuesday</b> 30 minutes 30 minutes	<b>Sept 12 – Dec 5</b> 5:00–5:30pm 6:00–6:30pm	<b>12 Lessons</b> Course ID 5379 Course ID 5390	<b>\$78</b> <b>\$78</b>	<b>\$90</b> <b>\$90</b>
<b>Wednesday</b> 30 minutes 30 minutes 30 minutes 30 minutes	<b>Sept 13 – Nov 29</b> 12:30–1:00pm 1:00–1:30pm 5:15–5:45pm 6:15–6:45pm	<b>12 Lessons</b> Course ID 5391 Course ID 5392 Course ID 5393 Course ID 5394	<b>\$78</b> <b>\$78</b> <b>\$78</b> <b>\$78</b>	<b>\$90</b> <b>\$90</b> <b>\$90</b> <b>\$90</b>
<b>Thursday</b> 30 minutes 30 minutes	<b>Sept 14 – Nov 30</b> 4:00–4:30pm 5:00–5:30pm	<b>12 Lessons</b> Course ID 5366 Course ID 5378	<b>\$78</b> <b>\$78</b>	<b>\$90</b> <b>\$90</b>
<b>Saturday</b> 30 minutes 30 minutes	<b>Sept 16 – Dec 2</b> 9:30–10:00am 12:30–1:00pm	<b>10 Lessons</b> Course ID 5361 Course ID 5362	<b>\$65</b> <b>\$65</b>	<b>\$75</b> <b>\$75</b>
<b>Sunday</b> 30 minutes 30 minutes	<b>Sept 17 – Dec 3</b> 9:00–9:30am 10:00–10:30am	<b>10 Lessons</b> Course ID 5364 Course ID 5365	<b>\$65</b> <b>\$65</b>	<b>\$75</b> <b>\$75</b>

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

<b>DOLPHINS 3</b> <b>Monday</b> 30 minutes 30 minutes	<b>Sept 11 – Dec 4</b> 1:00–1:30pm 5:30–6:00pm	<b>12 Lessons</b> Course ID 5402 Course ID 5403	<b>\$78</b> <b>\$78</b>	<b>\$90</b> <b>\$90</b>
<b>Tuesday</b> 30 minutes	<b>Sept 12 – Dec 5</b> 4:30–5:00pm	<b>12 Lessons</b> Course ID 5406	<b>\$78</b>	<b>\$90</b>
<b>Wednesday</b> 30 minutes 30 minutes	<b>Sept 13 – Nov 29</b> 1:00–1:30pm 4:45–5:15pm	<b>12 Lessons</b> Course ID 5408 Course ID 5407	<b>\$78</b> <b>\$78</b>	<b>\$90</b> <b>\$90</b>
<b>Saturday</b> 30 minutes	<b>Sept 16 – Dec 2</b> 11:00–11:30am	<b>10 Lessons</b> Course ID 5404	<b>\$65</b>	<b>\$75</b>
<b>Sunday</b> 30 minutes	<b>Sept 17 – Dec 3</b> 12:30–1:00pm	<b>10 Lessons</b> Course ID 5405	<b>\$65</b>	<b>\$75</b>
<b>DOLPHINS 3/SUPER DOLPHINS</b> <b>Monday</b> 45 minutes 45 minutes	<b>Sept 11 – Dec 4</b> 1:30–2:15pm 4:00–4:45pm	<b>12 lessons</b> Course ID 5395 Course ID 5396	<b>\$90</b> <b>\$90</b>	<b>\$102</b> <b>\$102</b>
<b>Tuesday</b> 45 minutes	<b>Sept 12 – Dec 5</b> 5:45–6:30pm	<b>12 lessons</b> Course ID 5400	<b>\$90</b>	<b>\$102</b>
<b>Wednesday</b> 45 minutes 45 minutes	<b>Sept 13 – Nov 29</b> 1:30–2:15pm 4:45–5:30pm	<b>12 lessons</b> Course ID 5409 Course ID 5410	<b>\$90</b> <b>\$90</b>	<b>\$102</b> <b>\$102</b>
<b>Thursday</b> 45 minutes	<b>Sept 14 – Nov 30</b> 6:15–7:00pm	<b>12 lessons</b> Course ID 5398	<b>\$90</b>	<b>\$102</b>
<b>Saturday</b> 45 minutes	<b>Sept 16 – Dec 2</b> 11:30–12:15pm	<b>10 Classes</b> Course ID 5397	<b>\$75</b>	<b>\$85</b>
<b>Sunday</b> 45 minutes	<b>Sept 17 – Dec 3</b> 11:30–12:15pm	<b>10 lessons</b> Course ID 5399	<b>\$75</b>	<b>\$85</b>

MEMBER NON MEMBER

MEMBER NON MEMBER

**ICAN SWIM SCHOOL // 6-12 years**

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

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

Day	Level	Time	Course ID	Lessons	Member	Non Member
Monday	Beginner	5:00-5:30pm	Course ID 5401	12 lessons	\$78	\$90
	INT/ADV	6:15-7:00pm	Course ID 5425	12 lessons	\$90	\$102
Tuesday	Beginner	4:00-4:30pm	Course ID 5418	12 lessons	\$78	\$90
	INT/ADV	6:15-7:00pm	Course ID 5420	12 lessons	\$90	\$102
Wednesday	Beginner	5:45-6:15pm	Course ID 5417	12 lessons	\$78	\$90
	INT/ADV	4:00-4:45pm	Course ID 5422	12 lessons	\$90	\$102
Thursday	Beginner	5:30-6:00pm	Course ID 5415	12 lessons	\$78	\$90
	INT/AD	5:45-6:30pm	Course ID 5423	12 lessons	\$90	\$102
Saturday	Beginner	10:00-10:30am	Course ID 5413	10 lessons	\$65	\$75
	INT/ADV	10:30-11:15am	Course ID 5426	10 lessons	\$75	\$85
Sunday	Beginner	10:30-11:00am	Course ID 5414	10 lessons	\$65	\$75
	INT/ADV	11:15-12:00pm	Course ID 5427	10 lessons	\$75	\$85

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

Day	Level	Time	Course ID	Lessons	Member	Non Member
Monday	Beginner	4:00-4:45pm	Course ID 5369	12 lessons	\$90	\$102
	Intermediate	4:45-5:30pm	Course ID 5433	12 lessons	\$90	\$102
	Advanced	4:45-5:30pm	Course ID 5353	12 lessons	\$90	\$102
Tuesday	Beginner	4:45-5:30pm	Course ID 5381	12 lessons	\$90	\$102
	Intermediate	4:00-4:45pm	Course ID 5428	12 lessons	\$90	\$102
	Advanced	4:45-5:30pm	Course ID 5360	12 lessons	\$90	\$102
Wednesday	Beginner	4:00-4:45pm	Course ID 5383	12 lessons	\$90	\$102
	Intermediate	5:30-6:15pm	Course ID 5429	12 lessons	\$90	\$102
	Advanced	5:30-6:15pm	Course ID 5363	12 lessons	\$90	\$102
Thursday	Beginner	4:00-4:45pm	Course ID 5380	12 lessons	\$90	\$102
	Beginner	5:30-6:15pm	Course ID 5384	12 lessons	\$90	\$102
	Intermediate	5:30-6:15pm	Course ID 5430	12 lessons	\$90	\$102
	Advanced	4:00-4:45pm	Course ID 5359	12 lessons	\$90	\$102
Saturday	Beginner	9:00-9:45am	Course ID 5389	10 lessons	\$75	\$85
	Beginner	9:45-10:30am	Course ID 5385	10 lessons	\$75	\$85
	Beginner	10:30-11:15am	Course ID 5387	10 lessons	\$75	\$85
	Intermediate	9:45-10:30am	Course ID 5437	10 lessons	\$75	\$85
	Intermediate	10:30-11:15am	Course ID 5435	10 lessons	\$75	\$85
	Advanced	9:45-10:30am	Course ID 5354	10 lessons	\$75	\$85
Sunday	Beginner	9:00-9:45am	Course ID 5388	10 lessons	\$75	\$85

Level	Time	Course ID	Member	Non Member
Beginner	9:45-10:30am	Course ID 5382	\$75	\$85
Beginner	10:30-11:15am	Course ID 5386	\$75	\$85
Intermediate	9:00-9:45am	Course ID 5438	\$75	\$85
Intermediate	9:45-10:30am	Course ID 5440	\$75	\$85
Intermediate	10:30-11:15am	Course ID 5439	\$75	\$85
Advanced	10:30-11:15am	Course ID 5358	\$75	\$85

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

Day	Level	Time	Course ID	Lessons	Member	Non Member
Monday	Beginner	5:30-6:15pm	Course ID 5484	12 lessons	\$90	\$102
	INT/ADV	5:30-6:15pm	Course ID 5482	12 lessons	\$90	\$102
Tuesday	Beginner	5:30-6:15pm	Course ID 5477	12 lessons	\$90	\$102
	INT/ADV	5:30-6:15pm	Course ID 5481	12 lessons	\$90	\$102
Wednesday	Beginner	4:45-5:30pm	Course ID 5485	12 lessons	\$90	\$102
	INT/ADV	4:45-5:30pm	Course ID 5479	12 lessons	\$90	\$102
Thursday	Beginner	4:45-5:30pm	Course ID 5486	12 lessons	\$90	\$102
	INT/ADV	4:45-5:30pm	Course ID 5480	12 lessons	\$90	\$102
Saturday	Beginner	9:45-10:30am	Course ID 5498	10 lessons	\$75	\$85
	INT/ADV	9:45-10:30am	Course ID 5478	10 lessons	\$75	\$85
Sunday	Beginner	10:30-11:15am	Course ID 5497	10 lessons	\$75	\$85
	INT/ADV	10:30-11:15am	Course ID 5483	10 lessons	\$75	\$85

**SWIM ABILITIES // 3-17 years**

**ACTIVE START. FUNDAMENTALS. LEARN TO TRAIN. FIT FOR LIFE:** Designed to support swimmers with special needs in achieving their beginner swimmer goals and to increase their safety, independence, and enjoyment in and around the water. Progressions accommodate swimmers with no previous swimming experience to those building to supported swims of up to 25m. Swimmers are provided with one-on-one support from parents, caregivers or aides who participate in the program with them. **Swim Abilities 1** – geared towards beginning swimming experience. **Swim Abilities 2** – geared towards individuals already comfortable in the water.

Day	Level	Time	Course ID	Lessons	Member	Non Member
Wednesday	Swim Abilities 1	5:30-6:15pm	Course ID 5612	12 lessons	\$90	\$102
	Swim Abilities 2	6:15-7:00pm	Course ID 5613	12 lessons	\$90	\$102

**MERMAID & MERMAN SCHOOL // 8-12 years**

**FUNDAMENTALS. LEARN TO TRAIN:** Make all your dreams come true and learn to swim like a mermaid or merman in this whimsical new program. These classes will include a mix of basic synchronized swimming skills, dolphin kick undulation, mono-fin training and tail care tips. Classes will be taught by certified I Can Swim Instructors whose life-long wish is to become Mermaids. Classes will take place in the Teach Pool and Dive tank. This program is for participants between 8-12 years that have completed Stage 2 or equivalent (Red Cross Swim Kids 5 or Lifesaving Swimmer 3). **NOTE:** Tails/mono-fins are required, and are not included within the program cost. Tails with monofins start at \$99US through Fin Fun, check them out at: [www.finfunmermaid.com/shop-mermaid-tails/mermaid-tail-sets.html](http://www.finfunmermaid.com/shop-mermaid-tails/mermaid-tail-sets.html)

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

Day	Level	Time	Course ID	Lessons	Member	Non Member
Wednesday	60 minutes	7:00-8:00pm	Course ID 5412	12 lessons	\$120	\$144



			MEMBER	NON MEMBER
<b>Saturday</b> 60 minutes	<b>Sept 16 – Dec 2</b> 12:15–1:15pm	<b>10 lessons</b> Course ID 5411	<b>\$100</b>	<b>\$120</b>

### JUNIOR MASTERS SWIM CLUB // 8–17 years

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

<b>Sept 11–Dec 4</b> Mon/Wed Sat/Sun	Code ID 5416 7:00–8:00pm 1:30–3:00pm	<b>\$264</b>	<b>\$308</b>
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**I Can Swim Fast** – is designed for those participants that cannot make the commitment to all four days of the Junior Masters Club, for those that want to transition into the full Junior Master Club, and/or for those unable to make it into the Club.

<b>Sept 16 – Dec 2</b> Saturday	Code ID 5421 3:00–4:30pm	<b>\$100</b>	<b>\$120</b>
<b>Sept 17 – Dec 3</b> Sunday	Code ID 5424 3:00–4:00pm	<b>\$95</b>	<b>\$105</b>

### SWIM STROKE CLINICS // 8–17 years

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

<b>Sunday</b>	<b>3:00–4:00pm</b>			
Sept 17	Freestyle	Course ID 5441	<b>\$10</b>	<b>\$12</b>
Sept 24	Backstroke	Course ID 5442	<b>\$10</b>	<b>\$12</b>
Oct 1	Breaststroke	Course ID 5447	<b>\$10</b>	<b>\$12</b>
Oct 15	Butterfly	Course ID 5444	<b>\$10</b>	<b>\$12</b>
Oct 22	Freestyle	Course ID 5445	<b>\$10</b>	<b>\$12</b>
Nov 5	Backstroke	Course ID 5446	<b>\$10</b>	<b>\$12</b>
Nov 26	Breaststroke	Course ID 5443	<b>\$10</b>	<b>\$12</b>
Dec 3	Butterfly	Course ID 5449	<b>\$10</b>	<b>\$12</b>

### BRONZE STAR

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

<b>Sept 17 – Dec 3</b> Sunday	12:15–1:30pm	Course ID 5476	<b>\$90</b>	<b>\$100</b>
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### BRONZE MEDALLION – Prerequisites: Bronze Star or 13 years old

**FIT FOR LIFE:** Teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness. Rescuers learn tows, carries, and defense and release methods in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a timed swim. Canadian Lifesaving Manual and exam fees are included! Swimming ability should be at an I Can Swim Stage 3, Red Cross Swim Kids 10, or Lifesaving Swimmer 6 level.

<b>Sept 16 – 17</b>	12:00–8:00pm	Course ID 5464	<b>\$150</b>	<b>\$156</b>
<b>Oct 21 – 22</b>	12:00–8:00pm	Course ID 5465	<b>\$150</b>	<b>\$156</b>
<b>Dec 9 – 10</b>	9:00–5:00pm (Sat) 12:00–8:00pm (Sun)	Course ID 5466	<b>\$150</b>	<b>\$156</b>

### BRONZE CROSS – Prerequisites: Bronze Medallion

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

<b>Sept 23 – 24</b>	12:00–8:00pm	Course ID 5467	<b>\$110</b>	<b>\$116</b>
<b>Nov 4–5</b>	12:00–8:00pm	Course ID 5468	<b>\$110</b>	<b>\$116</b>
<b>Dec 16–17</b>	12:00–8:00pm	Course ID 5469	<b>\$110</b>	<b>\$116</b>

### LIFESAVING SWIM INSTRUCTOR / LIFESAVING INSTRUCTOR

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

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

<b>Sept 24</b> Sunday	<b>RECERT</b> 2:30–6:30pm	Course ID 5474	<b>\$80</b>	<b>\$90</b>
<b>Nov 5</b> Sunday	<b>RECERT</b> 2:30pm–6:30pm	Course ID 5475	<b>\$80</b>	<b>\$90</b>
<b>Nov 10–12 &amp; 24–26</b> Fri Sat/Sun	<b>FULL</b> 6:00–10:00pm 12:00–8:00pm	Course ID 5628	<b>\$288</b>	<b>\$300</b>

\*FULL – includes both Swim for Life Instructor and Lifesaving Instructor Awards. RECERT – the participant must hold a Lifesaving Instructor Award to register.

### JUNIOR LIFEGUARD CLUB

**LEARN TO TRAIN:** The Junior Lifeguard Club (JLC) program is for all youth ages 8–12 interested in active living and having serious fun! JLC members are encouraged to develop skills based on personal bests in swimming, lifesaving, fitness, knowledge, leadership and team work. This program provides high activity challenges in an energetic club environment both on deck and in the pool. Members will also be introduced to competitive lifesaving activities.

<b>Sept 12 – Dec 5</b> Tuesday	7:30–8:30pm	Course ID 5431	<b>\$114</b>	<b>\$126</b>
<b>Sept 14 – Nov 30</b> Thursday	7:30–8:30pm	Course ID 5432	<b>\$114</b>	<b>\$126</b>

### SENIOR LIFEGUARD CLUB

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

<b>Sept 12 – Dec 5</b> Tuesday	7:30–9:00pm	Course ID 5434	<b>\$120</b>	<b>\$132</b>
<b>Sept 14 – Nov 30</b> Thursday	7:30–9:00pm	Course ID 5436	<b>\$120</b>	<b>\$132</b>

# Preschool for Active Living

## NATIONAL LIFEGUARD

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

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

MEMBER	NON MEMBER			
<b>Sept 24</b> Sunday	<b>RECERT*</b> 10:30am–2:30pm	Course ID 5472	\$70	\$80
<b>Oct 6 – 15</b> Fri Sat/Sun	<b>FULL</b> 6:00–10:00pm 12:00–8:00pm	Course ID 5471	\$302	\$312
<b>Nov 5</b> Sun	<b>RECERT*</b> 10:30–2:30pm	Course ID 5473	\$70	\$80
<b>Dec 27–31</b> Thurs–Sun	<b>FULL</b> 9:00–5:00pm	Course ID 5627	\$302	\$312

\*Must hold a National Lifeguard Certificate to register.

## LIFESAVING STANDARD FIRST AID

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

MEMBER	NON MEMBER			
<b>Sept 30–Oct 1</b> Sat/Sun	<b>SFA FULL</b> 9:00–5:00pm	Course ID 5470	\$150	\$160
<b>Nov 4</b> Saturday	<b>SFA RECERT*</b> 9:00–3:00pm	Course ID 5551	\$70	\$80
<b>Nov 4</b> Saturday	<b>CPR RECERT*</b> 9:00–1:00pm	Course ID 5550	\$60	\$70

\*All registrants must already have a CURRENT CPR/C/AED certification on the date of the course through an Alberta workplace approved training organization.

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

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

**PLEASE NOTE:** Children need to be the correct age by February 28, 2018 for the 2017/2018 year. Children turning the correct age after this date will be considered on a case by case basis.

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

### TO REGISTER FOR PRESCHOOL PLEASE CONTACT:

**Lisa Montgomery, Group Fitness & Programs Manager**

**Phone: 403.355.1246**

**Email: [lmontgomery@repsolsport.com](mailto:lmontgomery@repsolsport.com)**

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

FALL 2017

# Training Programs

Member Registration: **JULY 24, 2017**

Non-Member Registration: **AUGUST 1, 2017**

**NO CLASSES: October 7-9, October 31, November 11-12**

MEMBER NON MEMBER

## PERSONAL TRAINING

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

### PRICES LISTED ARE PER SESSION PER PERSON

#### ONE-ON-ONE Sessions:

Under 12 sessions	\$69	\$76
12 sessions and over	\$65	\$72

#### GROUP TRAINING – Two to Three People:

Under 12 sessions	\$46	\$51
12 sessions and over	\$42	\$46

#### GROUP TRAINING – Four People:

Under 12 sessions	\$35	\$39
12 sessions and over		

**TO REGISTER: Anna Iskra at [aiskra@repsolsport.com](mailto:aiskra@repsolsport.com)**

## BABY & ME POST NATAL TRAINING

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

**AGES:** Babies must be under 1 year old

### Sept 13 – Oct 20

Wed/Fri 10:30-11:30am Course ID 5160 **\$110** **\$125**

### Nov 8-Dec 15

Wed/Fri 10:30-11:30am Course ID 5073 **\$110** **\$125**

## REPS – NEW

**FIT FOR LIFE:** This new 6 week program will focus on functional strength and weightlifting technical progression with the use of running and jumping mechanics. The knowledge base of these technical skills learned will be applied to various energy system based circuits. Our knowledgeable instructors will lead you through a comprehensive warmup, focus on a new technical skill progression each week, and put those skills to work in a circuit based workout utilizing our new Upper Training Deck. The technical skills at the heart of this program will help both novice and experienced gym-goers improve their technique and learn new functional training methods. With a tracking sheet to see your progression in these skills, small class sizes, and a personal trainer overseeing your technique, this program is a great opportunity to build skills, knowledge and strength. Registered participants will be offered a discount on personal training at the conclusion of the program.

**Nov 4 – Dec 16** Course ID 5495 **\$149** **\$297**  
Mon/Tues/Thurs 5:30-6:30pm

**Nov 4 – Dec 16** Course ID 5633 **\$149** **\$297**  
Mon/Wed 6:30-7:30am  
Sat 8:30-9:30am

## 3 DIMENSIONAL TRAINING

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

**Nov 7-Dec14** **\$110** **\$125**  
Tues/Thurs 9:30-10:30am Course ID 5104



For more information on How to Register, please visit us [repsolsportcentre.com](http://repsolsportcentre.com)

FALL 2017

# 3433 Programs

Member Registration: **JULY 24, 2017**  
 Non-Member Registration: **AUGUST 1, 2017**

MEMBER NON MEMBER

## 3433 RSC RUN BASE CAMP - NEW

**FIT FOR LIFE, COMPETITIVE FOR LIFE, LEARN TO TRAIN:** Striving to improve your run distance? Looking to build volume or speed into your training to advance without potential injury? Whether you are just getting started or a seasoned racer, our brand new performance based running program is designed to fit the individual. Led by 3433 Endurance Coaches, athletes will learn techniques, drills and tips in weekly interval sessions. To maximize your Run Base Camp experience our facility offers access to a steam room, Sport Recovery cold tub, and numerous cross-training options. AGE: 18 Years+

			MEMBER	NON MEMBER
<b>Tues (11 classes)</b>				
Oct 10-Dec 19	6:00-7:00pm	Course ID 5271	\$154	\$187
<b>Thur (11 classes)</b>				
Oct 12-Dec 21	6:00-7:00pm	Course ID 5272	\$154	\$187

## 3433 ADULT LEARN2TRI

**FIT FOR LIFE, COMPETITIVE FOR LIFE:** Are you interested in discovering the sport of triathlon and competing in a short race? The 3433 Learn 2tri program is for you. Coached by our 3433 Endurance Coaches and designed to introduce adults to the sport of triathlon, this nine-week fall registered program will culminate with an in-class triathlon in late December, leading into our 9 week winter program that culminates in our 10 Mile Tri on March 4, 2018. You can register for a swim and bike class, a bike and run class, or both. Our coaches will introduce to you this growing endurance sport while developing your technique, tactics and approach to racing. Age: 18 Years+

			MEMBER	NON MEMBER
<b>Tues (9 classes)</b>				
Oct 17-Dec 12	7:00-8:30pm	Course ID 5616	\$207	\$225
<b>Thur (9 classes)</b>				
Oct 19-Dec 14	7:00-8:30pm	Course ID 5617	\$207	\$225

\*Register for both Tuesday and Thursday night classes and receive 20% off. Discount to be applied at time of registration.



## 3433 OFFSEASON CYCLING PACKAGE

**FIT FOR LIFE, COMPETITIVE FOR LIFE, TRAIN TO TRAIN, LEARN TO TRAIN**

Ideal for the performance or competitive minded cyclist, this offseason cycling package is the perfect mix of one group training session at the Repsol Sport Centre and two training sessions at home. The weekly in-class session and two homework sessions are provided through TrainingPeaks™ online or mobile application. These sessions build throughout the year and are structured to help the cyclist achieve their goals while maximizing their investment in training time. Age: 18 Years+

**No classes on Oct 9, Feb 19, March 30, Apr 6**

\*Register for Fall and Winter together and receive 10% off.

### FALL

			MEMBER	NON MEMBER
<b>Tues (12 classes)</b>				
Oct 3- Dec 19	6:30-8:30pm	Course ID 5264	\$336	\$372
<b>Thur (12 classes)</b>				
Oct 5- Dec 21	6:30-8:30pm	Course ID 5266	\$336	\$372
<b>Fri (12 classes)</b>				
Oct 6- Dec 22	9:30-11:30am	Course ID 5267	\$336	\$372
<b>Mon (11 classes)</b>				
Oct 2- Dec 22	9:30-11:30am	Course ID 5265	\$308	\$341
<b>Sat (12 classes)</b>				
Sept 30 -Dec 16	9:00-11:00am	Course ID 5268	\$336	\$372

### WINTER

			MEMBER	NON MEMBER
<b>Tues (14 classes)</b>				
Jan 9 - Apr 10	6:30-8:30pm	Course ID 5554	\$392	\$434
<b>Thur (14 classes)</b>				
Jan 11- Apr 12	6:30-8:30pm	Course ID 5555	\$392	\$434
<b>Fri (12 classes)</b>				
Jan 12- Apr 13	9:30-11:30am	Course ID 5556	\$336	\$372
<b>Mon (13 classes)</b>				
Jan 8- Apr 9	9:30-11:30am	Course ID 5553	\$364	\$403
<b>Sat (14 classes)</b>				
Jan 13 - Apr 14	9:00-11:00am	Course ID 5557	\$392	\$434

## 3433 GROUP BRICK

**FIT FOR LIFE, COMPETITIVE FOR LIFE, TRAIN TO TRAIN, LEARN TO TRAIN**

The ability to run after the cycling portion of a triathlon is a key element to success in this sport. This group training session is designed to fine tune and increase your ability to run quickly and comfortably once off the bike. The 3433 Group Brick will help athletes adapt to the transition between the cycle and the run. Coaches will provide athletes with opportunities to build their aerobic base in order to increase their running speed. Coaches will also educate athletes on pacing strategies and provide them opportunities to practice the skills required for a quick transition. Age: 18 Years+

			MEMBER	NON MEMBER
<b>Wed (12 classes)</b>				
Oct 4- Dec 20	9:30-11:00am	Course ID 5105	\$210	\$228



For more information on How to Register, please visit us [repsolportcentre.com](http://repsolportcentre.com)



**3433 STRENGTH TRAINING FOR ENDURANCE ATHLETES****FIT FOR LIFE, COMPETITIVE FOR LIFE**

This program is ideal for cyclists, triathletes and runners looking to improve performance and reduce risk of injury. Through evidence-based strength training methods athletes, will receive coaching on basic strength movements such as Barbell Squats, Deadlifts & Power Cleans. Sessions will be individualized and periodized for each athlete to maximize their returns in the weight room. To ensure each participant gets enough individual attention and coaching, we will be limiting the initial program to only 8 athletes.

Age: 18 Years+

**Wed (12 classes)**

Oct 4- Dec 20	6:00-7:00am	Course ID 5263	<b>\$216</b>	<b>\$264</b>
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**Wed (12 classes)**

Oct 4- Dec 20	6:30-7:30pm	Course ID 5262	<b>\$216</b>	<b>\$264</b>
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**3433 TRIATHLON SWIM****FIT FOR LIFE, COMPETITIVE FOR LIFE**

These Monday / Wednesday / Friday noon-hour swim sessions are designed for all triathletes interested in refining techniques to maximize comfort, efficiency, speed and endurance in the water. Learn under the guidance of our experienced 3433 Sport Performance Centre coaches how to swim effectively and efficiently, not just how to survive in the water. Age: 17 Years+

**No classes on October 9****Mon (11 classes)**

Oct 2-Dec 18	12:00-1:00pm	Course ID 5259	<b>\$143</b>	<b>\$176</b>
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**Wed (12 classes)**

Oct 4-Dec 20	12:00-1:00pm	Course ID 5261	<b>\$156</b>	<b>\$192</b>
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**Fri (12 classes)**

Oct 6-Dec 22	12:00-1:00pm	Course ID 5260	<b>\$156</b>	<b>\$192</b>
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**3433 ONGOING PROGRAMS****[ OPEN REGISTRATION ]****3433 YOUTH CYCLING****\$240/MONTH**

**LEARN TO TRAIN, TRAIN TO TRAIN:** The youth cycling program is ideal for athletes who are transitioning from other sports, looking for another sport between seasons, or new athletes entering cycling for the first time. Our goal is to initiate and foster a lifelong love of cycling while introducing various disciplines of the sport road, track, MTB and triathlon disciplines in this program. Our coaches create a fun and dynamic team environment by supporting shared and individual goals and a passion for active healthy living. Registration is ongoing throughout the season. Connect with [www.3433sportperformancecentre.com](http://www.3433sportperformancecentre.com) for more info.

**3433 YOUTH TRIATHLON CLUB****\$175-\$250/MONTH**

**LEARN TO TRAIN, TRAIN TO TRAIN:** This program is designed to maximize the performance potential for athletes looking race at any level, from Kids of Steel to draft legal triathlons. This program provides 11-18 year olds with a supportive and cohesive training environment that gives athletes the tools to enhance their performance at the next level. Registration is ongoing throughout the season.

**3433 TRIATHLON CLUB****PACKAGES STARTING AT \$131/MONTH**

**COMPETITIVE FOR LIFE:** Join the premier triathlon program in Calgary. Through challenging and supporting athletes, our coaches create a sport performance community tailored to individual athlete needs and developing excellent results. 3433 Triathlon Club is ideal for the goal-oriented individual interested in making science-based progress in their sport. We are the largest club in the city with members ranging from 23-70 years old. We develop and support a performance mindset in sprint, international, half and full ironman distance races. Many club members utilize the program to lay a base fitness for triathlon, cycling events, running races and adventure racing.

Triathlon Club members have the option to register for 2 or 3 courses per semester. They can choose from any of our registered programs above or the Triathlon Club only programs below.

**3433 CUSTOMIZED COACHING PACKAGES****\$225-\$330/MONTH**

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

**UPCOMING EVENTS****10 MILE TRI - MARCH 4, 2018**

If you are new to the sport of Triathlon or just eager to race, kick off your season with this event at Repsol Sport Centre. This short race is perfect for anyone: swim 500 metres, bike 12.5 kilometres and run 3 kilometres. The swim is 20 laps of our 25m competition pool, the bike is on a stationary trainer or one of our already set up Keiser bikes and the run is just 15 laps of the 200-metre indoor track. Registration opens November 1, stay tuned for more details.