

# HOW TO REGISTER

Member Registration: **NOVEMBER 13, 2017**

Non-Member Registration: **NOVEMBER 20, 2017**

**NO CLASSES: February 17-19, 2018**

## 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:

- ▶ November 13th: 8:00am – 8:00pm
- ▶ November 20th: 8:00am – 8:00pm
- ▶ Monday to Friday: 8:00am – 11:00am & 5:00pm – 8:00pm
- ▶ Saturday & Sunday: 9:00am – 12:00pm

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

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

### I DON'T HAVE AN ACCOUNT:

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

## WINTER 2018

# Aquatic Programs

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

**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.

#### BEGINNER

5746	M	Jan 8-Mar 19	8:00 PM-9:00 PM	\$85.00	\$100.00	10
5747	Tu	Jan 9-Mar 20	8:30 PM-9:30 PM	\$93.50	\$110.00	11
5748	W	Jan 10-Mar 21	8:00 PM-9:00 PM	\$93.50	\$110.00	11
5749	Th	Jan 11-Mar 22	8:30 PM-9:30 PM	\$93.50	\$110.00	11
5750	Sa	Jan 13-Mar 24	12:30 PM-1:30 PM	\$85.00	\$100.00	10

#### INTERMEDIATE

5658	M	Jan 8-Mar 19	8:00 PM-9:00 PM	\$85.00	\$100.00	10
5659	Tu	Jan 9-Mar 20	8:30 PM-9:30 PM	\$93.50	\$110.00	11
5660	W	Jan 10-Mar 21	8:00 PM-9:00 PM	\$93.50	\$110.00	11
5661	Th	Jan 11-Mar 22	8:30 PM-9:30 PM	\$93.50	\$110.00	11

#### INTERMEDIATE/ADVANCED

5884	Sa	Jan 13-Mar 24	12:15 PM-1:15 PM	\$85.00	\$100.00	10
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#### ADVANCED

5882	M	Jan 8-Mar 19	8:00 PM-9:00 PM	\$85.00	\$100.00	10
5914	Tu	Jan 9-Mar 20	8:30 PM-9:30 PM	\$93.50	\$110.00	11
5883	W	Jan 10-Mar 21	8:00 PM-9:00 PM	\$93.50	\$110.00	11
5915	Th	Jan 11-Mar 22	8:30 PM-9:30 PM	\$93.50	\$110.00	11

### PRIVATE SWIM LESSONS // Age: 3Y+

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

#### 30 MINUTE LESSONS

5707	M	Jan 8-Mar 19	6:15 PM-6:45 PM	\$230.00	\$250.00	10
5708	M	Jan 8-Mar 19	6:15 PM-6:45 PM	\$230.00	\$250.00	10
5705	M	Jan 8-Mar 19	6:30 PM-7:00 PM	\$230.00	\$250.00	10
5711	Tu	Jan 9-Mar 20	6:30 PM-7:00 PM	\$253.00	\$275.00	11
5710	Tu	Jan 9-Mar 20	6:30 PM-7:00 PM	\$253.00	\$275.00	11
5709	Tu	Jan 9-Mar 20	6:45 PM-7:15 PM	\$253.00	\$275.00	11

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS
5713	Tu	Jan 9–Mar 20	6:45 PM–7:15 PM	\$253.00	\$275.00	11
5712	Tu	Jan 9–Mar 20	7:00 PM–7:30 PM	\$253.00	\$275.00	11
5714	W	Jan 10–Mar 21	6:15 PM–6:45 PM	\$253.00	\$275.00	11
5715	W	Jan 10–Mar 21	6:15 PM–6:45 PM	\$253.00	\$275.00	11
5717	Th	Jan 11–Mar 22	6:30 PM–7:00 PM	\$253.00	\$275.00	11
5716	Th	Jan 11–Mar 22	6:30 PM–7:00 PM	\$253.00	\$275.00	11
5718	Th	Jan 11–Mar 22	6:45 PM–7:15 PM	\$253.00	\$275.00	11
5918	Th	Jan 11–Mar 22	6:45 PM–7:15 PM	\$253.00	\$275.00	11
5920	Th	Jan 11–Mar 22	7:00 PM–7:30 PM	\$253.00	\$275.00	11
5919	Th	Jan 11–Mar 22	7:00 PM–7:30 PM	\$253.00	\$275.00	11
5720	Sa	Jan 13–Mar 24	1:00 PM–1:30 PM	\$230.00	\$250.00	10
5719	Sa	Jan 13–Mar 24	1:30 PM–2:00 PM	\$230.00	\$250.00	10
5721	Sa	Jan 13–Mar 24	1:30 PM–2:00 PM	\$230.00	\$250.00	10
5702	Su	Jan 14–Mar 25	12:00 PM–12:30 PM	\$230.00	\$250.00	10
5704	Su	Jan 14–Mar 25	12:00 PM–12:30 PM	\$230.00	\$250.00	10
5703	Su	Jan 14–Mar 25	1:00 PM–1:30 PM	\$230.00	\$250.00	10

#### 45 MINUTE LESSONS

5843	M	Jan 8–Mar 19	1:30 PM–2:15 PM	\$330.00	\$385.00	10
5846	M	Jan 8–Mar 19	2:30 PM–3:15 PM	\$330.00	\$385.00	10
5847	M	Jan 8–Mar 19	2:30 PM–3:15 PM	\$330.00	\$385.00	10
5840	M	Jan 8–Mar 19	3:15 PM–4:00 PM	\$330.00	\$385.00	10
5848	M	Jan 8–Mar 19	3:15 PM–4:00 PM	\$330.00	\$385.00	10
5839	M	Jan 8–Mar 19	4:00 PM–4:45 PM	\$330.00	\$385.00	10
5838	M	Jan 8–Mar 19	4:00 PM–4:45 PM	\$330.00	\$385.00	10
5837	M	Jan 8–Mar 19	4:45 PM–5:30 PM	\$330.00	\$385.00	10
5842	M	Jan 8–Mar 19	4:45 PM–5:30 PM	\$330.00	\$385.00	10
5844	M	Jan 8–Mar 19	5:30 PM–6:15 PM	\$330.00	\$385.00	10
5845	M	Jan 8–Mar 19	5:30 PM–6:15 PM	\$330.00	\$385.00	10
5841	M	Jan 8–Mar 19	5:30 PM–6:15 PM	\$330.00	\$385.00	10
5850	Tu	Jan 9–Mar 20	4:00 PM–4:45 PM	\$363.00	\$423.50	11
5849	Tu	Jan 9–Mar 20	4:00 PM–4:45 PM	\$363.00	\$423.50	11
5852	Tu	Jan 9–Mar 20	4:45 PM–5:30 PM	\$363.00	\$423.50	11
5851	Tu	Jan 9–Mar 20	5:00 PM–5:45 PM	\$363.00	\$423.50	11
5853	Tu	Jan 9–Mar 20	5:30 PM–6:15 PM	\$363.00	\$423.50	11
5855	W	Jan 10–Mar 21	1:30 PM–2:15 PM	\$363.00	\$423.50	11
5857	W	Jan 10–Mar 21	2:30 PM–3:15 PM	\$363.00	\$423.50	11
5856	W	Jan 10–Mar 21	2:30 PM–3:15 PM	\$363.00	\$423.50	11
5859	W	Jan 10–Mar 21	3:15 PM–4:00 PM	\$363.00	\$423.50	11
5858	W	Jan 10–Mar 21	3:15 PM–4:00 PM	\$363.00	\$423.50	11
5864	W	Jan 10–Mar 21	4:00 PM–4:45 PM	\$363.00	\$423.50	11
5854	W	Jan 10–Mar 21	4:00 PM–4:45 PM	\$363.00	\$423.50	11
5863	W	Jan 10–Mar 21	4:00 PM–4:45 PM	\$363.00	\$423.50	11
5861	W	Jan 10–Mar 21	4:45 PM–5:30 PM	\$363.00	\$423.50	11
5860	W	Jan 10–Mar 21	4:45 PM–5:30 PM	\$363.00	\$423.50	11
5862	W	Jan 10–Mar 21	5:30 PM–6:15 PM	\$363.00	\$423.50	11
5865	W	Jan 10–Mar 21	5:30 PM–6:15 PM	\$363.00	\$423.50	11
5868	Th	Jan 11–Mar 22	4:00 PM–4:45 PM	\$363.00	\$423.50	11
5917	Th	Jan 11–Mar 22	4:00 PM–4:45 PM	\$363.00	\$423.50	11
5867	Th	Jan 11–Mar 22	4:45 PM–5:30 PM	\$363.00	\$423.50	11
5869	Th	Jan 11–Mar 22	5:00 PM–5:45 PM	\$363.00	\$423.50	11
5866	Th	Jan 11–Mar 22	5:30 PM–6:15 PM	\$363.00	\$423.50	11
5879	Sa	Jan 13–Mar 24	9:00 AM–9:45 AM	\$330.00	\$385.00	10
5872	Sa	Jan 13–Mar 24	9:00 AM–9:45 AM	\$330.00	\$385.00	10
5876	Sa	Jan 13–Mar 24	9:00 AM–9:45 AM	\$330.00	\$385.00	10
5873	Sa	Jan 13–Mar 24	9:00 AM–9:45 AM	\$330.00	\$385.00	10
5877	Sa	Jan 13–Mar 24	10:30 AM–11:15 AM	\$330.00	\$385.00	10

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS
5875	Sa	Jan 13–Mar 24	10:30 AM–11:15 AM	\$330.00	\$385.00	10
5880	Sa	Jan 13–Mar 24	11:30 AM–12:15 PM	\$330.00	\$385.00	10
5874	Sa	Jan 13–Mar 24	11:30 AM–12:15 PM	\$330.00	\$385.00	10
5871	Sa	Jan 13–Mar 24	11:30 AM–12:15 PM	\$330.00	\$385.00	10
5878	Sa	Jan 13–Mar 24	12:30 PM–1:15 PM	\$330.00	\$385.00	10
5870	Sa	Jan 13–Mar 24	1:15 PM–2:00 PM	\$330.00	\$385.00	10
5881	Sa	Jan 13–Mar 24	1:15 PM–2:00 PM	\$330.00	\$385.00	10
5826	Su	Jan 14–Mar 25	9:00 AM–9:45 AM	\$330.00	\$385.00	10
5829	Su	Jan 14–Mar 25	9:00 AM–9:45 AM	\$330.00	\$385.00	10
5835	Su	Jan 14–Mar 25	9:00 AM–9:45 AM	\$330.00	\$385.00	10
5831	Su	Jan 14–Mar 25	9:45 AM–10:30 AM	\$330.00	\$385.00	10
5836	Su	Jan 14–Mar 25	9:45 AM–10:30 AM	\$330.00	\$385.00	10
5827	Su	Jan 14–Mar 25	9:45 AM–10:30 AM	\$330.00	\$385.00	10
5832	Su	Jan 14–Mar 25	11:30 AM–12:15 PM	\$330.00	\$385.00	10
5830	Su	Jan 14–Mar 25	11:30 AM–12:15 PM	\$330.00	\$385.00	10
5828	Su	Jan 14–Mar 25	12:15 PM–1:00 PM	\$330.00	\$385.00	10
5824	Su	Jan 14–Mar 25	12:15 PM–1:00 PM	\$330.00	\$385.00	10
5825	Su	Jan 14–Mar 25	12:30 PM–1:15 PM	\$330.00	\$385.00	10
5833	Su	Jan 14–Mar 25	12:30 PM–1:15 PM	\$330.00	\$385.00	10
5822	Su	Jan 14–Mar 25	1:30 PM–2:15 PM	\$330.00	\$385.00	10
5823	Su	Jan 14–Mar 25	1:30 PM–2:15 PM	\$330.00	\$385.00	10
5834	Su	Jan 14–Mar 25	1:30 PM–2:15 PM	\$330.00	\$385.00	10

#### DUCKLINGS // Age: 3M–12M

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

5724	M	Jan 8–Mar 19	12:00 PM–12:30 PM	\$50.00	\$70.00	10
5725	M	Jan 8–Mar 19	6:15 PM–6:45 PM	\$50.00	\$70.00	10
5726	Tu	Jan 9–Mar 20	6:15 PM–6:45 PM	\$55.00	\$77.00	11
5727	W	Jan 10–Mar 21	12:00 PM–12:30 PM	\$55.00	\$77.00	11
5728	W	Jan 10–Mar 21	6:15 PM–6:45 PM	\$55.00	\$77.00	11
5729	Th	Jan 11–Mar 22	6:15 PM–6:45 PM	\$55.00	\$77.00	11
5731	Sa	Jan 13–Mar 24	11:30 AM–12:00 PM	\$50.00	\$70.00	10
5730	Sa	Jan 13–Mar 24	12:00 PM–12:30 PM	\$50.00	\$70.00	10
5723	Su	Jan 14–Mar 25	11:30 AM–12:00 PM	\$50.00	\$70.00	10
5722	Su	Jan 14–Mar 25	1:00 PM–1:30 PM	\$50.00	\$70.00	10

#### DINOS // Age: 12M–3Y

**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.

5777	M	Jan 8–Mar 19	12:00 PM–12:30 PM	\$50.00	\$70.00	10
5778	M	Jan 8–Mar 19	6:15 PM–6:45 PM	\$50.00	\$70.00	10
5780	Tu	Jan 9–Mar 20	4:30 PM–5:00 PM	\$55.00	\$77.00	11
5779	Tu	Jan 9–Mar 20	6:15 PM–6:45 PM	\$55.00	\$77.00	11
5781	W	Jan 10–Mar 21	12:00 PM–12:30 PM	\$55.00	\$77.00	11
5782	W	Jan 10–Mar 21	6:15 PM–6:45 PM	\$55.00	\$77.00	11
5783	Th	Jan 11–Mar 22	6:15 PM–6:45 PM	\$55.00	\$77.00	11
5785	Sa	Jan 13–Mar 24	11:30 AM–12:00 PM	\$50.00	\$70.00	10
5784	Sa	Jan 13–Mar 24	12:00 PM–12:30 PM	\$50.00	\$70.00	10
5775	Su	Jan 14–Mar 25	11:30 AM–12:00 PM	\$50.00	\$70.00	10
5776	Su	Jan 14–Mar 25	1:00 PM–1:30 PM	\$50.00	\$70.00	10

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS
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## I CAN SWIM PRESCHOOL // Age: 3Y-5Y

**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.

5811	M	Jan 8-Mar 19	12:30 PM-1:00 PM	\$65.00	\$75.00	10
5812	M	Jan 8-Mar 19	4:00 PM-4:30 PM	\$65.00	\$75.00	10
5813	Tu	Jan 9-Mar 20	5:30 PM-6:00 PM	\$71.50	\$82.50	11
5814	W	Jan 10-Mar 21	12:30 PM-1:00 PM	\$71.50	\$82.50	11
5815	W	Jan 10-Mar 21	6:15 PM-6:45 PM	\$71.50	\$82.50	11
5816	Th	Jan 11-Mar 22	4:30 PM-5:00 PM	\$71.50	\$82.50	11
5817	Th	Jan 11-Mar 22	6:00 PM-6:30 PM	\$71.50	\$82.50	11
5818	Sa	Jan 13-Mar 24	9:00 AM-9:30 AM	\$65.00	\$75.00	10
5819	Sa	Jan 13-Mar 24	10:30 AM-11:00 AM	\$65.00	\$75.00	10
5809	Su	Jan 14-Mar 25	9:30 AM-10:00 AM	\$65.00	\$75.00	10
5810	Su	Jan 14-Mar 25	11:00 AM-11:30 AM	\$65.00	\$75.00	10

### DOLPHINS 2

For children who are comfortable being independent in the water. Preschoolers are introduced to front and back paddle and various deep water skills.

5673	M	Jan 8-Mar 19	12:30 PM-1:00 PM	\$65.00	\$75.00	10
5676	M	Jan 8-Mar 19	1:00 PM-1:30 PM	\$65.00	\$75.00	10
5674	M	Jan 8-Mar 19	4:30 PM-5:00 PM	\$65.00	\$75.00	10
5675	M	Jan 8-Mar 19	6:00 PM-6:30 PM	\$65.00	\$75.00	10
5677	Tu	Jan 9-Mar 20	5:00 PM-5:30 PM	\$71.50	\$82.50	11
5678	Tu	Jan 9-Mar 20	6:00 PM-6:30 PM	\$71.50	\$82.50	11
5680	W	Jan 10-Mar 21	12:30 PM-1:00 PM	\$71.50	\$82.50	11
5682	W	Jan 10-Mar 21	1:00 PM-1:30 PM	\$71.50	\$82.50	11
5681	W	Jan 10-Mar 21	5:15 PM-5:45 PM	\$71.50	\$82.50	11
5679	W	Jan 10-Mar 21	6:15 PM-6:45 PM	\$71.50	\$82.50	11
5684	Th	Jan 11-Mar 22	4:00 PM-4:30 PM	\$71.50	\$82.50	11
5683	Th	Jan 11-Mar 22	5:00 PM-5:30 PM	\$71.50	\$82.50	11
5685	Sa	Jan 13-Mar 24	9:30 AM-10:00 AM	\$65.00	\$75.00	10
5686	Sa	Jan 13-Mar 24	12:30 PM-1:00 PM	\$65.00	\$75.00	10
5671	Su	Jan 14-Mar 25	9:00 AM-9:30 AM	\$65.00	\$75.00	10
5672	Su	Jan 14-Mar 25	10:00 AM-10:30 AM	\$65.00	\$75.00	10

### DOLPHINS 3 & SUPER DOLPHINS

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.

### DOLPHINS 3

5733	M	Jan 8-Mar 19	1:00 PM-1:30 PM	\$65.00	\$75.00	10
5734	M	Jan 8-Mar 19	5:30 PM-6:00 PM	\$65.00	\$75.00	10
5735	Tu	Jan 9-Mar 20	4:30 PM-5:00 PM	\$71.50	\$82.50	11
5737	W	Jan 10-Mar 21	1:00 PM-1:30 PM	\$71.50	\$82.50	11
5736	W	Jan 10-Mar 21	4:45 PM-5:15 PM	\$71.50	\$82.50	11
5738	Sa	Jan 13-Mar 24	11:00 AM-11:30 AM	\$65.00	\$75.00	10
5732	Su	Jan 14-Mar 25	12:30 PM-1:00 PM	\$65.00	\$75.00	10

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS
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## DOLPHINS 3 & SUPER DOLPHINS

5756	M	Jan 8-Mar 19	1:30 PM-2:15 PM	\$75.00	\$85.00	10
5757	M	Jan 8-Mar 19	4:00 PM-4:45 PM	\$75.00	\$85.00	10
5758	Tu	Jan 9-Mar 20	5:45 PM-6:30 PM	\$82.50	\$93.50	11
5760	W	Jan 10-Mar 21	1:30 PM-2:15 PM	\$82.50	\$93.50	11
5759	W	Jan 10-Mar 21	4:45 PM-5:30 PM	\$82.50	\$93.50	11
5761	Th	Jan 11-Mar 22	6:15 PM-7:00PM	\$82.50	\$93.50	11
5762	Sa	Jan 13-Mar 24	11:30 AM-12:15 PM	\$75.00	\$85.00	10
5755	Su	Jan 14-Mar 25	11:30 AM-12:15 PM	\$75.00	\$85.00	10

## I CAN SWIM SCHOOL // Age: 6Y-12Y

**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.

The focus of Stage 1 Beginner is: entry and immersion, buoyancy and floatation (on front and back), submersion and breath control, and safe movement in the water.

The focus of Stage 1 Intermediate/Advanced is propulsion through the water: glides and kick. Introduction to deep water, and a 25m assisted swim.

### BEGINNER

5740	M	Jan 8-Mar 19	5:00 PM-5:30 PM	\$65.00	\$75.00	10
5741	Tu	Jan 9-Mar 20	4:00 PM-4:30 PM	\$71.50	\$82.50	11
5742	W	Jan 10-Mar 21	5:45 PM-6:15 PM	\$71.50	\$82.50	11
5743	Th	Jan 11-Mar 22	5:30 PM-6:00 PM	\$71.50	\$82.50	11
5744	Sa	Jan 13-Mar 24	10:00 AM-10:30 AM	\$65.00	\$75.00	10
5739	Su	Jan 14-Mar 25	10:30 AM-11:00 AM	\$65.00	\$75.00	10

### INTERMEDIATE/ADVANCED

5697	M	Jan 8-Mar 19	6:15 PM-7:00 PM	\$75.00	\$85.00	10
5698	Tu	Jan 9-Mar 20	6:15 PM-7:00 PM	\$82.50	\$93.50	11
5699	W	Jan 10-Mar 21	4:00 PM-4:45 PM	\$82.50	\$93.50	11
5700	Th	Jan 11-Mar 22	5:45 PM-6:30 PM	\$82.50	\$93.50	11
5701	Sa	Jan 13-Mar 24	10:30 AM-11:15 AM	\$75.00	\$85.00	10
5696	Su	Jan 14-Mar 25	11:15 AM-12:00 PM	\$75.00	\$85.00	10

### STAGE 2

Focuses on basic movements and orientation ability needed for swimming skills like arm action, sculling and breathing.

The focus of Stage 2 Beginner is: streamline positioning and propulsion on front and back working up to 25m un-assisted, and introduction of over-arm action for freestyle and backcrawl.

The focus of Stage 2 Intermediate is: Arm action and breathing for Freestyle and Backstroke, working up to 25m. Introduction to breaststroke, basic dolphin movement and dives.

The focus of Stage 2 Advanced is: Arm action, leg action and breathing for Freestyle, Backstroke and Breaststroke working up to 50m continuously. Introduction to basic dolphin movement, and continuous endurance (200-400m).

### BEGINNER

5793	M	Jan 8-Mar 19	4:00 PM-4:45 PM	\$75.00	\$85.00	10
5794	Tu	Jan 9-Mar 20	4:45 PM-5:30 PM	\$82.50	\$93.50	11

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS
5795	W	Jan 10–Mar 21	4:00 PM–4:45 PM	\$82.50	\$93.50	11
5796	Th	Jan 11–Mar 22	4:00 PM–4:45 PM	\$82.50	\$93.50	11
5797	Th	Jan 11–Mar 22	5:30 PM–6:15 PM	\$82.50	\$93.50	11
5798	Sa	Jan 13–Mar 24	9:00 AM–9:45 AM	\$75.00	\$85.00	10
5900	Sa	Jan 13–Mar 24	9:45 AM–10:30 AM	\$75.00	\$85.00	10
5799	Sa	Jan 13–Mar 24	10:30 AM–11:15 AM	\$75.00	\$85.00	10
5792	Su	Jan 14–Mar 25	9:00 AM–9:45 AM	\$75.00	\$85.00	10
5791	Su	Jan 14–Mar 25	9:45 AM–10:30 AM	\$75.00	\$85.00	10
5790	Su	Jan 14–Mar 25	10:30 AM–11:15 AM	\$75.00	\$85.00	10

### INTERMEDIATE

5690	M	Jan 8–Mar 19	4:45 PM–5:30 PM	\$75.00	\$85.00	10
5691	Tu	Jan 9–Mar 20	4:00 PM–4:45 PM	\$82.50	\$93.50	11
5692	W	Jan 10–Mar 21	5:30 PM–6:15 PM	\$82.50	\$93.50	11
5693	Th	Jan 11–Mar 22	5:30 PM–6:15 PM	\$82.50	\$93.50	11
5694	Sa	Jan 13–Mar 24	9:45 AM–10:30 AM	\$75.00	\$85.00	10
5695	Sa	Jan 13–Mar 24	10:30 AM–11:15 AM	\$75.00	\$85.00	10
5687	Su	Jan 14–Mar 25	9:00 AM–9:45 AM	\$75.00	\$85.00	10
5688	Su	Jan 14–Mar 25	9:45 AM–10:30 AM	\$75.00	\$85.00	10
5689	Su	Jan 14–Mar 25	10:30 AM–11:15 AM	\$75.00	\$85.00	10

### ADVANCED

5802	M	Jan 8–Mar 19	4:45 PM–5:30 PM	\$75.00	\$85.00	10
5803	Tu	Jan 9–Mar 20	4:45 PM–5:30 PM	\$82.50	\$93.50	11
5804	W	Jan 10–Mar 21	5:30 PM–6:15 PM	\$82.50	\$93.50	11
5805	Th	Jan 11–Mar 22	4:00 PM–4:45 PM	\$82.50	\$93.50	11
5806	Sa	Jan 13–Mar 24	9:45 AM–10:30 AM	\$75.00	\$85.00	10
5801	Su	Jan 14–Mar 25	10:30 AM–11:15 AM	\$75.00	\$85.00	10

### STAGE 3

Focuses on improving reaction/rhythm and increasing endurance for all four strokes. Advanced dives and basic starts and turns are also covered.

The focus of Stage 3 Beginner is: Perfecting breathing, technique, and stroke timing for: Freestyle, Backstroke, and Breaststroke. Introduction to arm action and breathing for Butterfly. Introduction to turns, advanced diving, and continuous endurance (400–600m).

The focus of Stage 3 Intermediate and Advanced is: Perfecting breathing, technique, and stroke timing for: Freestyle, Backstroke, Breaststroke, and Butterfly. Improving endurance (600–1000m) and techniques for turns and diving. Introduction to sprints and starting skills.

### BEGINNER

5666	M	Jan 8–Mar 19	5:30 PM–6:15 PM	\$75.00	\$85.00	10
5667	Tu	Jan 9–Mar 20	5:30 PM–6:15 PM	\$82.50	\$93.50	11
5668	W	Jan 10–Mar 21	4:45 PM–5:30 PM	\$82.50	\$93.50	11
5669	Th	Jan 11–Mar 22	4:45 PM–5:30 PM	\$82.50	\$93.50	11
5670	Sa	Jan 13–Mar 24	9:45 AM–10:30 AM	\$75.00	\$85.00	10
5665	Su	Jan 14–Mar 25	10:30 AM–11:15 AM	\$75.00	\$85.00	10

### INTERMEDIATE/ADVANCED

5886	M	Jan 8–Mar 19	5:30 PM–6:15 PM	\$75.00	\$85.00	10
5887	Tu	Jan 9–Mar 20	5:30 PM–6:15 PM	\$82.50	\$93.50	11
5888	W	Jan 10–Mar 21	4:45 PM–5:30 PM	\$82.50	\$93.50	11
5889	Th	Jan 11–Mar 22	4:45 PM–5:30 PM	\$82.50	\$93.50	11
5890	Sa	Jan 13–Mar 24	9:45 AM–10:30 AM	\$75.00	\$85.00	10
5885	Su	Jan 14–Mar 25	10:30 AM–11:15 AM	\$75.00	\$85.00	10

## SWIM ABILITIES // Age: 3Y–17Y

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

### SWIM ABILITIES 1

5663	W	Jan 10–Mar 21	5:30 PM–6:15 PM	\$82.50	\$93.50	11
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### SWIM ABILITIES 2

5789	W	Jan 10–Mar 21	6:15 PM–7:00 PM	\$82.50	\$93.50	11
5913	Sa	Jan 13–Mar 24	12:15 PM–1:00 PM	\$75.00	\$85.00	10

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

**FUNDAMENTALS. LEARN TO TRAIN:** Make all your dreams come true and learn to swim like a mermaid or merman in this whimsical program. These classes will include a mix of basic synchronized swimming skills, dolphin kick undulation, mono-fin training and tail care tips. Classes will be taught by certified 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@repsol.com](mailto:swimlessons@repsol.com) for orders or more information.

5807	W	Jan 10–Mar 21	7:00 PM–8:00 PM	\$110.00	\$132.00	11
5808	Sa	Jan 13–Mar 24	12:15 PM–1:15 PM	\$100.00	\$120.00	10

## JUNIOR MASTERS SWIM CLUB // Age: 8Y–17Y

**LEARN TO TRAIN:** Are you a swimmer who has achieved basic swimming skills and wants to refine and perfect these skills, but is not able to put the commitment in to join a competitive swim club? Junior Masters is a new and exciting approach to learning advanced swimming skills for children and youth 8 to 17 years old. The program will provide professional coaching, 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@repsol.com](mailto:swimlessons@repsol.com) before registering.

5820	Sa,Su	Jan 8–Mar 25	1:30 PM–3:00 PM	\$246.00	\$287.00	41
	M,W		7:00 PM–8:00PM			
5916	Sa,Su	Jan 9–Mar 25	1:30 PM–3:00 PM	\$252.00	\$294.00	42
	Tu,Th		7:30 PM–8:30PM			

## JUNIOR MASTERS I CAN SWIM FAST // Age: 8Y–17Y

**LEARN TO TRAIN:** 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.

5821	Sa	Jan 13–Mar 24	3:00 PM–4:30 PM	\$100.00	\$120.00	10
5655	Su	Jan 14–Mar 25	3:00 PM–4:00 PM	\$95.00	\$105.00	10

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS
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## SWIM STROKE CLINICS // Age: 8Y-17Y

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

### FREESTYLE

5763	Su	Jan 21	3:00 PM-4:00 PM	\$10.00	\$12.00	1
5767	Su	Feb 25	3:00 PM-4:00 PM	\$10.00	\$12.00	1

### BACKSTROKE

5768	Su	Jan 28	3:00 PM-4:00 PM	\$10.00	\$12.00	1
5770	Su	Mar 4	3:00 PM-4:00 PM	\$10.00	\$12.00	1

### BREASTROKE

5766	Su	Feb 4	3:00 PM-4:00 PM	\$10.00	\$12.00	1
5765	Su	Mar 11	3:00 PM-4:00 PM	\$10.00	\$12.00	1

### BUTTERFLY

5769	Su	Feb 11	3:00 PM-4:00 PM	\$10.00	\$12.00	1
5764	Su	Mar 18	3:00 PM-4:00 PM	\$10.00	\$12.00	1

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

**FIT FOR LIFE:** A pre-Bronze Medallion training standard and excellent preparation for success in Bronze Medallion. In Bronze Star, participants develop problem-solving and decision-making skills as individuals and in partners. They learn CPR and develop Water Smart® confidence and the lifesaving skills needed to be their own personal lifeguard.

5788	Su	Jan 14-Mar 25	12:15 PM-1:30 PM	\$90.00	\$100.00	10
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## LIFESAVING BRONZE MEDALLION // Age: 13Y+

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

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

5773	Sa	Jan 13-14	12:00 PM-8:00 PM	\$150.00	\$156.00	2
	Su					
5772	Sa	Mar 3-4	12:00 PM-8:00 PM	\$150.00	\$156.00	2
	Su					

## LIFESAVING BRONZE CROSS // Age: 13Y+

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

**Prerequisites: Bronze Medallion.**

5891	Sa	Jan 20-21	12:00 PM-8:00 PM	\$110.00	\$116.00	2
	Su					
5892	Sa	Mar 10-11	12:00 PM-8:00 PM	\$110.00	\$116.00	2
	Su					

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS
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## LIFESAVING NATIONAL LIFEGUARD // Age: 16Y+

**FIT FOR LIFE:** The primary role of the National Lifeguard is the prevention of emergency situations and the timely and effective resolution of emergencies. The National Lifeguard certification prepares lifeguards to fulfill this role as professional facilitators of safe, enjoyable aquatic activities in a pool setting. The National Lifeguard program develops the basic lifeguarding skills, principles and decision-making process to help lifeguards evaluate and adapt to different aquatic facilities and emergencies. Manual and exam fees are included! **Prerequisites: Bronze Cross, Standard First Aid (separate 16hr course not included in Bronze Cross) and a minimum of 16 years of age.**

5896	M	Mar 26-31	9:00 AM-5:00 PM	\$302.00	\$312.00	5
		Tu, W, Th, Sa				
5754	Su	Feb 2-4, 16-18	12:00 PM-8:00 PM	\$301.80	\$312.00	6
		F, Sa				

### RECERT

5752	Su	Jan 28	10:30 AM-2:30 PM	\$70.00	\$80.00	1
5751	Su	Mar 11	10:30 AM-2:30 PM	\$70.00	\$80.00	1

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

The Lifesaving Swim Instructor Course focuses on preparing the instructor to teach and evaluate basic movement and swimming skills, strokes, and fitness. Candidates are introduced to key principles of learning and teaching and acquire proven teaching methods, a variety of skill and stroke development drills and corrections techniques. Lifesaving Instructors are trained to teach and evaluate the three Canadian Swim Patrol Program awards, as well as the Bronze Star, Bronze Medallion, Bronze Cross, and Distinction certifications. Candidates are trained in aspects of learning as well as various approaches required to teach water rescue, first aid, and related aquatic skills in the Canadian Lifesaving Program. Candidates also learn about long-range and short-term planning, class management, safety supervision and the principles of evaluation. The Lifesaving Instructor certification is the prerequisite for all other Lifesaving Society instructor certifications. Certification in Alberta & Northwest Territories includes Advanced Instructor, Examination Standards Clinic, and Lifesaving CPR Instructor/ Examiner certifications. **Prerequisites: 16 years old and Bronze Cross or higher.**

5771	Tu	Jan 2-6	9:00 AM-5:00 PM	\$290.00	\$300.00	5
		W, Th, F, Sa				
5910	M	Mar 26-31	9:00 AM-5:00 PM	\$290.00	\$300.00	5
		Tu, W, Th, Sa				

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

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

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

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

### RECERT

5787	Su	Jan 28	2:30 PM-6:30 PM	\$80.00	\$90.00	1
5786	Su	Mar 11	2:30 PM-6:30 PM	\$80.00	\$90.00	1

# Preschool for Active Living

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

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

5745	Sa	Jan 27-28	9:00 AM-5:00 PM	\$150.00	\$160.00	2
	Su					
5911	Sa	Mar 17-18	9:00 AM-5:00 PM	\$150.00	\$160.00	2
	Su					

## STANDARD FIRST AID RECERT

5800	Su	Jan 21	9:00 AM-3:00 PM	\$70.00	\$80.00	1
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## CPR/C/AED RECERT

5753	Su	Jan 21	9:00 AM-1:00 PM	\$60.00	\$70.00	1
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## LIFESAVING STANDARD FIRST AID INSTRUCTOR COURSE // Age: 16Y+

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

5912	Sa	Feb 3-4	9:00 AM-6:00 PM	\$260.00	\$270.00	2
	Su					

## SPECIAL! \$99 10-Pass Card Offer

While your child is getting active you could be enjoying all the benefits of Repsol Sport Centre. Check out our Membership options or register your child in one of our qualifying programs to get a 10-Pass Card for just \$99. To find out more, stop by our Customer Service Desk.

- ▶ Parent/guardian must have a child registered in one of the following Winter 2018 Programs: **Preschool for Active Living (PAL), Baby & Me, Zumba® Junior, Obstacle Bootcamp** at time of purchase.
- ▶ Maximum of 2 passes can be purchased during the Winter 2018 Program registration season.
- ▶ Expires after two years from date of purchase.
- ▶ Parent/guardian and child must be living at the same address.
- ▶ Offer and rates subject to change without notice.

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.

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.

# Training Programs

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

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

**Babies must be under 1 year old**

5651	W,F	Jan 10-Feb 9	10:30 AM-11:30 AM	\$91.70	\$104.20	10
5650	W,F	Feb 14-Mar 23	10:30 AM-11:30 AM	\$110.04	\$125.04	12

## REPS // Age: 16Y+

**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.

5936	M	Jan 8-Feb 17	6:30 AM-7:30 AM	\$148.86	\$297.00	18
	W, Sa					
5935	M	Jan 8-Feb 15	5:30 PM-6:30 PM	\$148.86	\$297.00	18
	Tu, Th					
5938	M	Feb 21-Apr 2	6:30 AM-7:30 AM	\$148.86	\$297.00	18
	W, Sa					
5937	M	Feb 20-Apr 2	5:30 PM-6:30 PM	\$148.86	\$297.00	18
	Tu, Th					

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS
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# 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.

### ONE-ON-ONE SESSIONS:

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

### GROUP TRAINING - TWO TO THREE PEOPLE:

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

### GROUP TRAINING - FOUR PEOPLE:

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

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

WINTER 2018

**NEW!**

# Youth Programs

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

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

5648	Tu	Jan 9-Mar 13	1:30 PM-2:30 PM	\$120.00	\$140.00	10
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## ZUMBA® JUNIOR // Age: 3Y-6Y **NEW!**

**FIT FOR LIFE:** This version of the popular program is designed for young children. In this high-energy class your child will learn dance moves and kid-friendly routines to the latest music. They will have fun and gain confidence exploring new moves, games and activities designed to get them moving. This program is great for all levels and no dance experience is required.

5649	Th	Feb 8-Mar 15	1:30 PM-2:15 PM	\$81.00	\$90.00	6
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## SPECIAL! \$99 10-Pass Card Offer

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- ▶ Parent/guardian must have a child registered in one of the following Winter 2018 Programs: **Preschool for Active Living (PAL), Baby & Me, Zumba® Junior, Obstacle Bootcamp** at time of purchase.
- ▶ Maximum of 2 passes can be purchased during the Winter 2018 Program registration season.
- ▶ Expires after two years from date of purchase.
- ▶ Parent/guardian and child must be living at the same address.
- ▶ Offer and rates subject to change without notice.

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS
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## PD Day Camps

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

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

### CoreSPORT Activities

- ▶ FREE pre-care (7:30am- 8:30am) & post-care (4:30pm-5:30pm) (no additional registration required for this service)
- ▶ Sport Discovery on land, in the water and in the air
- ▶ Lunch Pit (supervised lunch)
- ▶ Daily Swimming

### SPORtainment Activities

- ▶ Ninja Chamber
- ▶ BOUNCEables
- ▶ FLOATables

Please ensure you fill out an online Camp Participant form for our child prior to camp. [repsol.com/PDcamps](http://repsol.com/PDcamps)

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

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

5897	F	Jan 26	8:30 AM-4:30 PM	\$42.80	\$47.00	1
5901	Th	Feb 15	8:30 AM-4:30 PM	\$42.80	\$47.00	1
5902	F	Feb 16	8:30 AM-4:30 PM	\$42.80	\$47.00	1
5907	F	Mar 23	8:30 AM-4:30 PM	\$42.80	\$47.00	1

## XTREME SPORT N' NINJA CAMP // Age: 8Y-9Y **NEW!**

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

5898	F	Jan 26	8:30 AM-4:30 PM	\$42.80	\$47.00	1
5903	Th	Feb 15	8:30 AM-4:30 PM	\$42.80	\$47.00	1
5904	F	Feb 16	8:30 AM-4:30 PM	\$42.80	\$47.00	1
5908	F	Mar 23	8:30 AM-4:30 PM	\$42.80	\$47.00	1

## ULTIMATE SPORT N' WARRIOR CAMP // Age: 10Y-12Y **NEW!**

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

5899	F	Jan 26	8:30 AM-4:30 PM	\$42.80	\$47.00	1
5905	Th	Feb 15	8:30 AM-4:30 PM	\$42.80	\$47.00	1
5906	F	Feb 16	8:30 AM-4:30 PM	\$42.80	\$47.00	1
5909	F	Mar 23	8:30 AM-4:30 PM	\$42.80	\$47.00	1



# WINTER 2018

# 3433 Programs

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS
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## 3433 RSC RUN BASE CAMP // Age: 17Y+

**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.

5939	Tu	Jan 9–Mar 27	6:00 PM–7:00 PM	\$168.00	\$204.00	12
5940	Th	Jan 11–Mar 29	6:00 PM–7:00 PM	\$168.00	\$204.00	12

## 3433 ADULT LEARN2TRI // Age: 17Y+

**FIT FOR LIFE, COMPETITIVE FOR LIFE:** Discover the sport of triathlon and compete in a short race. Coached by our 3433 Endurance Coaches and designed to introduce adults to triathlon, this nine-week program will culminate 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.

5929	Tu	Jan 9–Mar 6	7:00 PM–8:30 PM	\$207.00	\$225.00	9
5934	Th	Jan 11–Mar 8	7:00 PM–8:30 PM	\$207.00	\$225.00	9

## 3433 GROUP BRICK // Age: 17Y+

**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.

5921	W	Jan 10–Mar 28	9:30 AM–11:00 AM	\$210.00	\$228.00	12
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## 3433 OFF SEASON CYCLING PACKAGE // Age: 17Y+

**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.

## 2 HOURS

5553	M	Jan 8–Apr 9	9:30 AM–11:30 AM	\$364.00	\$403.00	13
5556	F	Jan 12–Apr 13	9:30 AM–11:30 AM	\$336.00	\$372.00	12
5554	Tu	Jan 9–Apr 10	6:30 PM–8:30 PM	\$392.00	\$434.00	14
5555	Th	Jan 11–Apr 12	6:30 PM–8:30 PM	\$392.00	\$434.00	14

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	# OF CLASS
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## 3 HOURS

5557	Sa	Jan 13–Apr 14	9:00 AM–12:00 PM	\$392.00	\$434.00	14
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## 3433 TRIATHLON SWIM // Age: 17Y+

**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.

5922	M	Jan 8–Mar 26	12:00 PM–1:00 PM	\$143.00	\$176.00	11
5923	W	Jan 10–Mar 28	12:00 PM–1:00 PM	\$156.00	\$192.00	12
5924	F	Jan 12–Mar 23	12:00 PM–1:00 PM	\$143.00	\$176.00	11

## 3433 STRENGTH TRAINING FOR ATHLETES // Age: 17Y+

**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.

5654	W	Jan 10–Mar 28	6:00 AM–7:00 AM	\$216.00	\$264.00	12
5653	W	Jan 10–Mar 28	6:30 PM–7:30 PM	\$216.00	\$264.00	12

# 3433 Ongoing Programs

[ open registration ]

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

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

## 3433 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.