

2017 SPRING & SUMMER RECREATION GUIDE

NORTH CAMPUS



#WEARECCR



UNIVERSITY OF ALBERTA
FACULTY OF PHYSICAL
EDUCATION AND RECREATION



CAMPUS & COMMUNITY
RECREATION



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Graduate Certificate in Indigenous Sport and Recreation

The focus of this online graduate certificate is the health and well-being of Indigenous people through sport and recreation.

- Courses will provide in-depth instruction on history and contemporary issues, health and wellness, recreation management and physical activity, as it relates to Indigenous communities.
- Learn transferable skills to help create successful programs within Indigenous communities.
- Includes a one-week, mandatory learning experience in the Rocky Mountains.
- A great opportunity to network and develop professional relationships.
- Offered in partnership between the Faculty of Physical Education and Recreation and the Faculty of Native Studies.

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 **UNIVERSITY OF ALBERTA**
FACULTY OF PHYSICAL
EDUCATION AND RECREATION

 **UNIVERSITY OF ALBERTA**
FACULTY OF NATIVE STUDIES

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

**Faculty of Physical Education
& Recreation Office**
780.492.9510
infoden@ualberta.ca
uab.ca/per

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
780.492.2231
bebowers@ualberta.ca
uab.ca/recreation

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

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

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

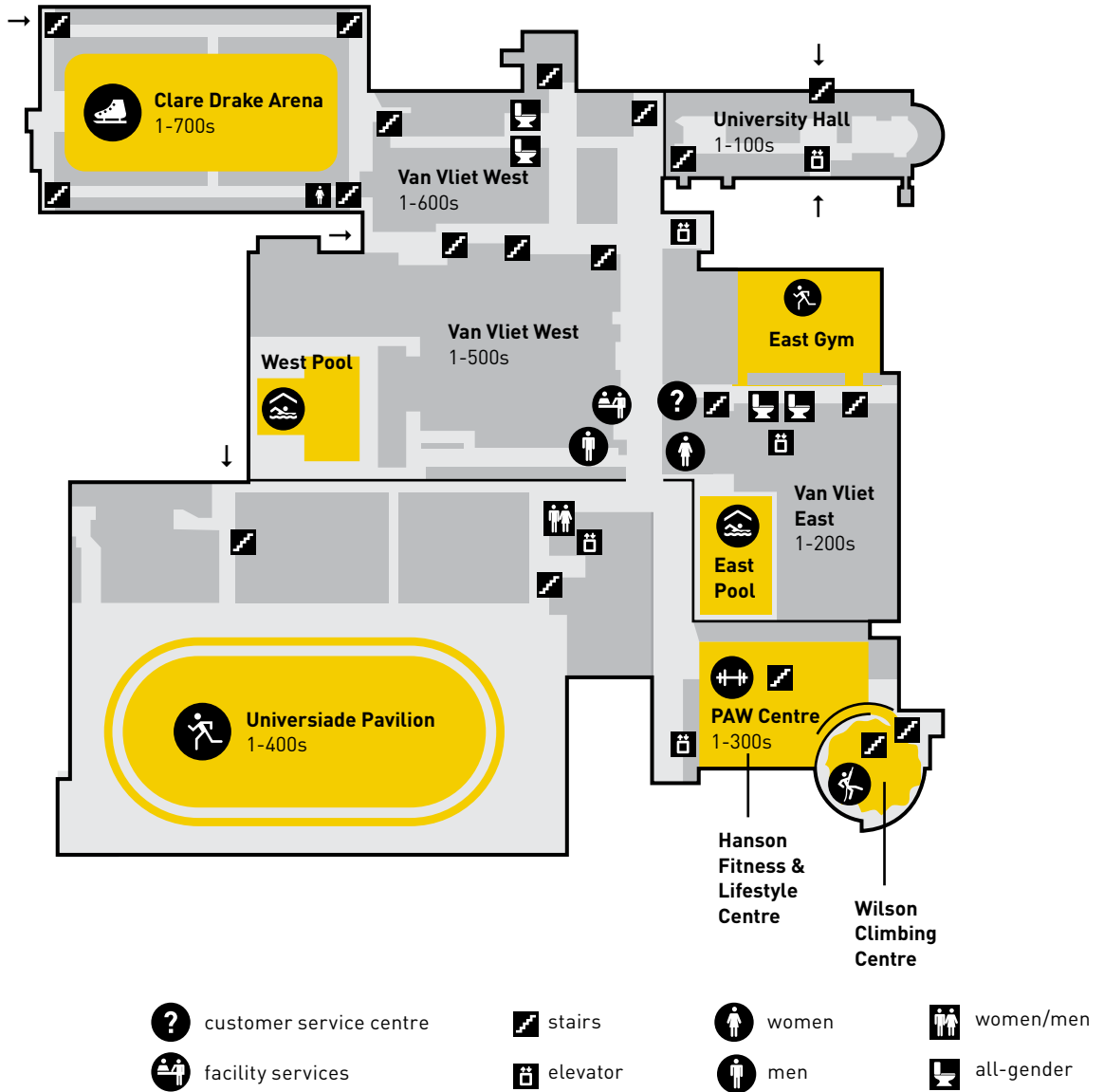
Saville Community Sports Centre
780.492.1000
savillesports@ualberta.ca
savillecentre.ca

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/per

VAN VLIET COMPLEX

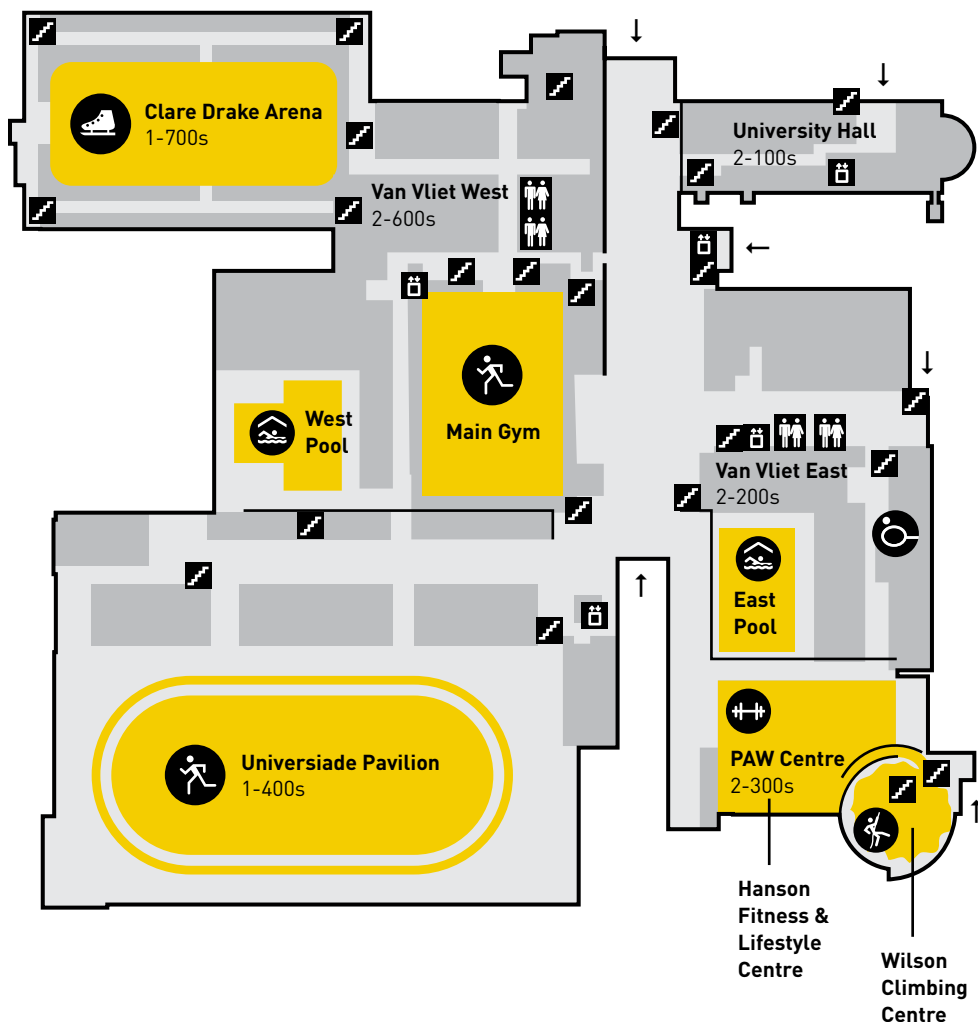
LEVEL 1



HOURS OF OPERATION

4 HOURS OF OPERATION

LEVEL 2



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VAN VLIET COMPLEX

Sep-Apr

Mon-Fri: 0600-2200
Sat-Sun: 0900-2200

May-Aug

Mon-Fri: 0600-2100
Sat-Sun: 0900-1600

VAN VLIET COMPLEX

CUSTOMER SERVICE CENTRE

Jan 9-Apr 13

Mon-Thu: 0800-1900
Fri: 0800-1700
Sat: 0900-1200
Sun: Closed

Apr 14-Aug 31

Mon-Fri: 0800-1700
Sat-Sun: Closed

HANSON FITNESS AND

LIFESTYLE CENTRE

Sep-Apr

Mon-Fri: 0600-2200
Sat-Sun: 0900-1900

May-Aug

Mon-Fri: 0600-2100
Sat-Sun: 0900-1600

WILSON CLIMBING

CENTRE

Sep-May

Mon-Fri: 1400-2200
Sat-Sun: 1200-1800

Jun-Aug

Mon-Fri: 1400-2200
Sat-Sun: 1200-1800

AQUATIC CENTRE

East Pool

Mon-Fri: 1700-1900
Sat-Sun: Closed

West Pool

M,W,F: 1100-1300,
1630-1730
Tue,Thu: 1100-1300,
1600-1700
Sat-Sun: 1330-1630

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 and South campus on both campuses

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

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

Mail

Customer Service Centre
Faculty of Physical Education and Recreation
1-213 Van Vliet Complex
University of Alberta, Edmonton, Alberta, T6G 2H9

HOW TO PAY

- Cash
- 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 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 added 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*
- *activityreg.ualberta.ca*
- *The Customer Service Centre in the Van Vliet Complex*
- *Campus & Community Recreation office*



- 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 Δ throughout the guide. Find the drop-in calendar online at 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 based on 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

DROP-IN FEES

Type of Pass	U of A Student	U of A Staff/VVC member	Public
Single Pass	\$9	\$11	\$12
10 class punch pass	\$81	\$99	\$108
20 class punch pass	\$153	\$187	\$204
Unlimited term pass*	\$170	\$200	\$225

Prices effective until August 25, 2017

*Passes valid from May 8 to August 25. Drop-in passes valued at an estimated 2 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
- Membership purchases for post-doctoral fellows, affiliated staff and community members can be made at the Facility Services Desk in the Van Viet Complex
- Day users and other short-term users of the centres are issued temporary membership cards by Facility Services
- Government-issued ID required for purchase

*Additional Options

- 10x pass: \$76
- 1 week pass: \$27
- Drop-In passes for family member. Two adults and up to three children: \$19
- Drop-In pass: \$9

Category	Annual (per person)	4 Months (per person)	1 Month (per person)
Students <i>Full and Part-time</i>	ONEcard is updated by the ONEcard Office each term when the Athletic and Recreation fee is paid		
Students taking term off		\$82	
University Staff and Faculty Members	Cost of membership in Van Vliet Complex is included in association dues		
<i>Includes:</i> AASUA (academic staff) NASA (non-academic staff) NASA Trust Account Sessional Staff/Faculty Professors emeriti Part-time academics Families of AASUA			
Alumni/Alumni Family Affiliated Staff/Affiliate Staff Family Visiting Staff/Visiting Staff Family Staff Family	\$330	\$121	\$67
Retired Staff/ Retired Staff Family Honorary Member Special Status Students' Family			
Post-Doctoral Fellows /Post-Doctoral Fellows' Family Members	\$226	\$87	\$43
Families, full and part-time students and dependents who are 16-17 years old Special Status Students Families of NASA Staff	\$170	\$85	\$47
Dependents of Students (up to 15 years)	\$140	\$63	\$32
Community Members	\$458	\$211	\$85

Family member means spouse and children under 18 years old

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

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)

WILSON CLIMBING CENTRE ADMISSIONS COSTS

All prices include GST

Category	Drop-In (per person)	One Month (per person)	Four Months (per person)	Annual (per person)
Child (13 & under)	\$8	\$70	\$200	\$400
U of A Student**/Staff/Alumni	\$10	\$80	\$240	\$450
ACC/CGI***	\$12	\$90	\$280	\$475
Public***	\$14	\$100	\$300	\$500
Family***	First two members \$20 additional members +\$5	First two members \$180 additional members +\$50	First two members \$580 additional members +\$150	First two members \$980 additional members +\$250

**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



RENTALS

WILSON CLIMBING CENTRE RENTAL EQUIPMENT

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

VAN VLIET COMPLEX

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: \$2.50 each
- Towels: \$2 each
- A valid ONEcard/VVC membership card or photo ID is required for rentals

Important

If you purchase a daily, weekly, or monthly pass for the Van Vliet Complex, you are required to leave a current driver's license, passport, or other government-issued form of identification at Facility Services when renting a lock and/or towel. The identity document will be returned to you when you return the rental item.

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
- Lock and towel may be rented for a nominal fee with a ONEcard/VVC membership card
- All rental agreements are final. Cancellation fee: \$15 to cover administrative costs

LOCKER PRICES

Small Lockers (Includes Towel and Lock)

Rental Period	Deposit	Fee	Total
3 terms	\$40	\$60	\$100
2 terms	\$40	\$50	\$90
1 term	\$40	\$40	\$80
2 months	\$40	\$35	\$75
1 month	\$40	\$29	\$69

Full-Sized Lockers (Includes Towel and Lock)

Rental Period	Deposit	Fee	Total
3 terms	\$40	\$113	\$153
2 terms	\$40	\$96	\$136
1 term	\$40	\$84	\$124
2 months	\$40	\$68	\$108
1 month	\$40	\$55	\$95

Towel Service

Rental Period	Deposit	Fee	Total
3 terms	\$10	\$42	\$52
2 terms	\$10	\$35	\$45
1 term	\$10	\$28	\$38
2 months	\$10	\$25	\$35
1 month	\$10	\$21	\$31

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 Physical Education 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 foot 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 foot 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 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.

PAW CENTRE

U of A students, staff and visitors can now enjoy the first new fitness facility to open on North Campus since 1983. The 17,000 square metre PAW Centre includes a social street, student lounges, a two-storey climbing facility and a fitness centre on two floors.



COMPETITION GYM

Features 22,000 square feet of hardwood floor space with retractable 2,500 bleacher seating. Sport configurations include volleyball, basketball and badminton. Additional features include; two room-dividing curtains, 3 multi-purpose meeting spaces, licensed lounge and indoor running track above seating.

CURLING FACILITY

Features 10 sheets of ice and has been designated as a National Training Centre by the Canadian Curling Association.

FOOTE FIELD

A multi-use sport training and competition facility designed for field hockey, football, track and field and soccer. The premier turf field features east and west bleachers with a seating capacity of 3,000, press box, hospitality suite, locker rooms and multi-purpose rooms.

TENNIS FACILITY

Features 8 indoor courts and has been recognized as a Bronze Tennis Development Centre by Tennis Canada.

TRACK

Located on the west side of Foote Field, features an IAAF standard 8-lane, 400 metre Mondo surface, throwing areas, pole vault, high jump, long jump and triple jump areas. Additional amenities include: a press box with public address and scoreboard system; and bleachers seating with a maximum capacity of 1,500.

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



WE ARE **AQUATICS**

AQUAFITNESS: 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 16 classes

Time	Date	Class Type	Code	Location	Cost
Tue & Thu 1205-1250	May 2-Jun 22	Aqua Fitness Deep Water	35849	Van Vliet Complex 1-550 West Pool Deep	U of A Student \$100 Public \$110

ADULT SWIM LESSONS (13 YEARS AND OLDER)

Levels are Adult 1, 2 & 3 and Fitness Swimmer

Adult Swimmer 1

Adult 1 is 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. They are introduced to swimming in deep water with a lifejacket. Participants also try some fitness drills appropriate to their skill level to increase strength and endurance.

Adult Swimmer 2,3

Adult 2/3 combines Adult 2 and Adult 3 skills. Participants work toward developing the skills in the level they are most comfortable. 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. Participants also try interval and sprint training. Adult 3 is designed for confident swimmers to master their swimming strokes and improve endurance through interval training and sprints. They also try new entries into the water and develop underwater skills, such as somersaults and underwater swims.

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.

ADULT SWIM LESSONS (13 YEARS AND OLDER)

SPRING					
Time	Date	Class Type	Code	Location	Cost
Mon 1600–1645	May 1–Jun 26	Adult Swimmer 1	35852	Van Vliet Complex 1-260 East Pool Station 1	U of A Student \$58.50 U of A Staff/Public \$65
Mon 1645–1730	May 1–Jun 26	Adult Swimmer 1	35853	Van Vliet Complex 1-260 East Pool Station 1	U of A Student \$58.50 U of A Staff/Public \$65
Tue 1600–1645	May 2–Jun 20	Adult Swimmer 1	35854	Van Vliet Complex 1-260 East Pool Station 1	U of A Student \$58.50 U of A Staff/Public \$65
Tue 1645–1730	May 2–Jun 20	Adult Swimmer 1	35855	Van Vliet Complex 1-260 East Pool Station 1	U of A Student \$58.50 U of A Staff/Public \$65
Sat 1000–1045	May 6–Jun 24	Adult Swimmer 1	36152	Van Vliet Complex 1-260 East Pool Station 1	U of A Student \$51.25 U of A Staff/Public \$56.90
Sat 1045–1130	May 6–Jun 24	Adult Swimmer 1	36154	Van Vliet Complex 1-260 East Pool Station 2	U of A Student \$51.25 U of A Staff/Public \$56.90
Sun 1130–1215	May 7–Jun 25	Adult Swimmer 1	35857	Van Vliet Complex 1-260 East Pool Station 1	U of A Student \$51.25 U of A Staff/Public \$56.90
Mon 1645–1730	May 1–Jun 26	Adult Swimmer 2,3	35860	Van Vliet Complex 1-260 East Pool Station 2	U of A Student \$58.50 U of A Staff/Public \$65
Tue 1645–1730	May 2–Jun 20	Adult Swimmer 2,3	35861	Van Vliet Complex 1-260 East Pool Station 2	U of A Student \$58.50 U of A Staff/Public \$65
Sat 1000–1045	May 6–Jun 24	Adult Swimmer 2,3	36155	Van Vliet Complex 1-260 East Pool Station 2	U of A Student \$51.25 U of A Staff/Public \$56.90
Sun 1100–1145	May 7–Jun 25	Adult Swimmer 2,3	35862	Van Vliet Complex 1-260 East Pool Station 2	U of A Student \$51.25 U of A Staff/Public \$56.90
Sun 1015–1100	May 7–Jun 25	Adult Swimmer 2,3	35864	Van Vliet Complex 1-260 East Pool Station 2	U of A Student \$51.25 U of A Staff/Public \$56.90
Mon 1600–1645	May 1–Jun 26	Fitness Swimmer	36031	Van Vliet Complex 1-260 East Pool Station 2	U of A Student \$58.50 U of A Staff/Public \$65
Tue 1600–1645	May 2–Jun 20	Fitness Swimmer	36032	Van Vliet Complex 1-260 East Pool Station 2	U of A Student \$58.50 U of A Staff/Public \$65
Sat 1045–1130	May 6–Jun 24	Fitness Swimmer	36096	Van Vliet Complex 1-260 East Pool Station 3	U of A Student \$51.25 U of A Staff/Public \$56.90
Sun 1015–1100	May 7–Jun 25	Fitness Swimmer	36033	Van Vliet Complex 1-260 East Pool Station 3	U of A Student \$51.25 U of A Staff/Public \$56.90
SUMMER					
Mon–Thu 1645–1730	Jul 10–Jul 20	Adult Swimmer 1	36020	Van Vliet Complex 1-260 East Pool Station 1	U of A Student \$58.50 U of A Staff/Public \$65
Mon–Thu 1645–1730	Aug 14–Aug 24	Adult Swimmer 1	36021	Van Vliet Complex 1-260 East Pool Station 2	U of A Student \$58.50 U of A Staff/Public \$65
Mon–Thu 1600–1645	Jul 10–Jul 20	Adult Swimmer 2,3	36026	Van Vliet Complex 1-260 East Pool Station 1	U of A Student \$58.50 U of A Staff/Public \$65
Mon–Thu 1600–1645	Aug 14–Aug 24	Adult Swimmer 2,3	36027	Van Vliet Complex 1-260 East Pool Station 3	U of A Student \$58.50 U of A Staff/Public \$65

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 Levels 1-5

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

Swimmer 1-6

The Swimmer program makes sure children learn how to swim before they get in too deep.

- Swimmer levels 1 & 2 are for beginning swimmers - Just starting in, or having some basic comfort in the water
- Swimmer levels 3 & 4 are for intermediate swimmers that are doing front and back crawl and are doing more in deep water
- Swimmer levels 5 & 6 are for more advanced swimmers that are ready for more swimming, more distance and more strokes

SPRING					
Time	Date	Class Type	Code	Location	Cost
Sat 1000-1030	May 6-Jun 24	Parent & Tot Swim Lessons (4 months-3 years)	36157	Van Vliet Complex 1-260 East Pool Station 3	\$43.75
Sun 1100-1130	May 7-Jun 25	Parent & Tot Swim Lessons (4 months-3 years)	36035	Van Vliet Complex 1-260 East Pool Station 1	\$43.75
Thu 1600-1630	May 4-Jun 22	Preschool Level 1 & 2	36048	Van Vliet Complex 1-260 East Pool Station 2	\$50
Sat 1045-1115	May 6-Jun 24	Preschool Level 1 & 2	36158	Van Vliet Complex 1-260 East Pool Station 1	\$43.75
Sun 1030-1100	May 7-Jun 25	Preschool Level 1	36049	Van Vliet Complex 1-260 East Pool Station 4	\$43.75
Sat 1130-1200	May 6-Jun 24	Preschool Level 5	36062	Van Vliet Complex 1-260 East Pool Station 3	\$43.75
Sun 1130-1200	May 7-Jun 25	Preschool Level 5	36163	Van Vliet Complex 1-260 East Pool Station 4	\$43.75
Thu 1630-1700	May 4-Jun 22	Preschool Swim Level 3 & 4	36305	Van Vliet Complex 1-260 East Pool Station 2	\$50
Sat 1130-1200	May 6-Jun 24	Preschool Swim Level 3 & 4	36159	Van Vliet Complex 1-260 East Pool Station 2	\$43.75
Sun 1000-1030	May 7-Jun 25	Preschool Swim Level 3 & 4	36105	Van Vliet Complex 1-260 East Pool Station 4	\$43.75
Thu 1700-1730	May 4-Jun 22	Swimmer 1 & 2	36306	Van Vliet Complex 1-260 East Pool Station 2	\$50
Sat 1115-1145	May 6-Jun 24	Swimmer 1 & 2	36164	Van Vliet Complex 1-260 East Pool Station 1	\$43.75
Sun 1100-1130	May 7-Jun 25	Swimmer 1 & 2	36064	Van Vliet Complex 1-260 East Pool Station 4	\$43.75
Thu 1600-1645	May 4-Jun 22	Swimmer 3	36056	Van Vliet Complex 1-260 East Pool Station 1	\$50
Thu 1645-1730	May 4-Jun 22	Swimmer 4	36057	Van Vliet Complex 1-260 East Pool Station 4	\$50
Sat 1200-1245	May 6-Jun 24	Swimmer 3 & 4	36303	Van Vliet Complex 1-260 East Pool Station 2	\$43.75

SPRING

Time	Date	Class Type	Code	Location	Cost
Sun 0930-1015	May 7-Jun 25	Swimmer 3 & 4	36114	Van Vliet Complex 1-260 East Pool Station 1	\$43.75
Thu 1600-1645	May 4-Jun 22	Swimmer 5	36115	Van Vliet Complex 1-260 East Pool Station 3	\$50
Thu 1645-1730	May 4-Jun 22	Swimmer 6	36116	Van Vliet Complex 1-260 East Pool Station 3	\$50
Sat 1145-1230	May 6-Jun 24	Swimmer 5 & 6	36165	Van Vliet Complex 1-260 East Pool Station 1	\$43.75
Sat 1145-1230	May 6-Jun 24	Swimmer 5 & 6	36165	Van Vliet Complex 1-260 East Pool Station 1	\$43.75
Sun 0930-1015	May 7-Jun 25	Swimmer 5 & 6	36120	Van Vliet Complex 1-260 East Pool Station 3	\$43.75

SUMMER

Mon-Thu 1630-1700	Jul 10-Jul 20	Preschool Level 1 & 2	36052	Van Vliet Complex 1-260 East Pool Station 3	\$50
Mon-Thu 1630-1700	Aug 14-Aug 24	Preschool Swim Level 1 & 2	36053	Van Vliet Complex 1-260 East Pool Station 4	\$50
Mon-Thu 1700-1730	Jul 10-Jul 20	Preschool Swim Level 3 & 4	36108	Van Vliet Complex 1-260 East Pool Station 4	\$50
Mon-Thu 1700-1730	Aug 14-Aug 24	Preschool Swim Level 3 & 4	36109	Van Vliet Complex 1-260 East Pool Station 4	\$50
Mon-Thu 1600-1630	Jul 10-Jul 20	Swimmer 1 & 2	36111	Van Vliet Complex 1-260 East Pool Station 4	\$50
Mon-Thu 1600-1630	Aug 14-Aug 24	Swimmer 1 & 2	36113	Van Vliet Complex 1-260 East Pool Station 1	\$50
Mon-Thu 1600-1645	Jul 10-Jul 20	Swimmer 3 & 4	36059	Van Vliet Complex 1-260 East Pool Station 2	\$50
Mon-Thu 1600-1645	Aug 14-Aug 24	Swimmer 3 & 4	36060	Van Vliet Complex 1-260 East Pool Station 2	\$50
Mon-Thu 1645-1730	Jul 10-Jul 20	Swimmer 5 & 6	36121	Van Vliet Complex 1-260 East Pool Station 2	\$50
Mon-Thu 1645-1730	Aug 14-Aug 24	Swimmer 5 & 6	36122	Van Vliet Complex 1-260 East Pool Station 3	\$50

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

Time	Date	Class Type	Code	Location	Cost
Mon 1600-1630	May 1-Jun 26	Private or Semi-Private Swim Lessons	36125	Van Vliet Complex 1-260 East Pool Station 3	U of A Student \$180 U of A Staff/Public \$200
Mon 1630-1700	May 1-Jun 26	Private or Semi-Private Swim Lessons	36126	Van Vliet Complex 1-260 East Pool Station 3	U of A Student \$180 U of A Staff/Public \$200
Mon 1700-1730	May 1-Jun 26	Private or Semi-Private Swim Lessons	36127	Van Vliet Complex 1-260 East Pool Station 3	U of A Student \$180 U of A Staff/Public \$200
Tue 1600-1630	May 2-Jun 20	Private or Semi-Private Swim Lessons	36128	Van Vliet Complex 1-260 East Pool Station 3	U of A Student \$180 U of A Staff/Public \$200
Tue 1630-1700	May 2-Jun 20	Private or Semi-Private Swim Lessons	36129	Van Vliet Complex 1-260 East Pool Station 3	U of A Student \$180 U of A Staff/Public \$200
Tue 1700-1730	May 2-Jun 20	Private or Semi-Private Swim Lessons	36130	Van Vliet Complex 1-260 East Pool Station 3	U of A Student \$180 U of A Staff/Public \$200

PRIVATE OR SEMI-PRIVATE SWIM LESSONS (8 YEARS AND OLDER)

Time	Date	Class Type	Code	Location	Cost
Sat 1230-1300	May 6-Jun 24	Private or Semi-Private Swim Lessons	36124	Van Vliet Complex 1-260 East Pool Station 3	U of A Student \$157.50 U of A Staff/Public \$175
Sat 1200-1230	May 6-Jun 24	Private or Semi-Private Swim Lessons	36133	Van Vliet Complex 1-260 East Pool Station 3	U of A Student \$157.50 U of A Staff/Public \$175
Sat 1230-1300	May 6-Jun 24	Private or Semi-Private Swim Lessons	36168	Van Vliet Complex 1-260 East Pool Station 1	U of A Student \$157.50 U of A Staff/Public \$175
Sun 0930-1000	May 7-Jun 25	Private or Semi-Private Swim Lessons	36131	Van Vliet Complex 1-260 East Pool Station 4	U of A Student \$157.50 U of A Staff/Public \$175
Sun 1145-1215	May 7-Jun 25	Private or Semi-Private Swim Lessons	36132	Van Vliet Complex 1-260 East Pool Station 2	U of A Student \$157.50 U of A Staff/Public \$175

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. There must be one parent in the pool per child registered.

Swimabilities 1

Introduces children to movement in the water, proper breathing techniques, and increases confidence and comfort in 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.

- 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

Allows children to further explore movement in the water, improve breathing techniques, and work towards unassisted floating as well as swims on the front and back. Water safety will also be explored.

- 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

For children who need a little extra support due to age or attention prior to beginning or returning to a full inclusion swimming program. Introduction to front crawl occurs, back glides are further developed, and water safety continues to be explored. Deep water safety, improving distance and proper technique adapted to each child's abilities are the main swimming goals for these levels.

- 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 1000-1045	May 7-Jun 25	Swimabilities 1	36317	Van Vliet Complex 1-260 East Pool - Station 2	\$43.75
Sun 1045-1130	May 7-Jun 25	Swimabilities 2	36318	Van Vliet Complex 1-260 East Pool - Station 3	\$43.75
Sun 1130-1230	May 7-Jun 25	Swimabilities 3 & 4	36322	Van Vliet Complex 1-260 East Pool - Station 2	\$43.75

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. Develops 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

SPRING					
Time	Date	Class Type	Code	Location	Cost
Sun, Sat 0900-1700	May 27-Jun 11	Lifesaving Society AEC and NL Award - Pool	35925	Van Vliet Complex 1-550 West Pool Bleachers 3	U of A Student \$355.50 U of A Staff/Public \$395
Sun 0930-1530	May 7	Lifesaving Society AEC and NL Recertification	35931	Van Vliet Complex 1-550 West Pool Bleachers 1	U of A Student \$85.50 U of A Staff/Public \$95
Sun 0930-1530	June 11	Lifesaving Society AEC and NL Recertification	35932	Van Vliet Complex 1-550 West Pool Bleachers 1	U of A Student \$85.50 U of A Staff/Public \$95
Sun 1200-1600	Apr 30-Jun 25	Lifesaving Society Bronze Medallion/Bronze Cross	36140	Van Vliet Complex 1-550 West Pool Bleachers 4	U of A Student \$198 U of A Student - 1 Award \$130.50 U of A Staff/Public \$220 U of A Staff/Public - 1 Award \$145
Tue 1800-2130	May 23	Lifesaving/Swim for Life/ CPR Instructor Recertification	36308	Van Vliet Complex 1-225	U of A Student \$76.50 U of A Staff/Public \$85
Tue 1800-2130	Jun 20	Lifesaving/Swim for Life/ CPR Instructor Recertification	36309	Van Vliet Complex 1-225	U of A Student \$76.50 U of A Staff/Public \$85

AQUATICS CERTIFICATIONS

SUMMER					
Time	Date	Class Type	Code	Location	Cost
Mon,Tue, Thu-Sun 0900-1700	Jul 6-Jul 11	Lifesaving Society AEC and NL Award - Pool	35927	Van Vliet Complex 1-550 West Pool Bleachers 3	U of A Student \$355.50 U of A Staff/Public \$395
Mon,Tue, Thu-Sun 0900-1700	Jul 20-Jul 25	Lifesaving Society AEC and NL Award - Pool	35928	Van Vliet Complex 1-550 West Pool Bleachers 3	U of A Student \$355.50 U of A Staff/Public \$395
Mon,Tue, Thu-Sun 0900-1700	Aug 10-Aug 15	Lifesaving Society AEC and NL Award - Pool	35930	Van Vliet Complex 1-550 West Pool Bleachers 3	U of A Student \$355.50 U of A Staff/Public \$395
Sun 0930-1530	Jul 16	Lifesaving Society AEC and NL Recertification	35934	Van Vliet Complex 1-550 West Pool Bleachers 1	U of A Student \$85.50 U of A Staff/Public \$95
Sun 0930-1530	Aug 13	Lifesaving Society AEC and NL Recertification	35935	Van Vliet Complex 1-550 West Pool Bleachers 1	U of A Student \$85.50 U of A Staff/Public \$95
Sun 0930-1530	Aug 20	Lifesaving Society AEC and NL Recertification	35936	Van Vliet Complex 1-550 West Pool Bleachers 1	U of A Student \$85.50 U of A Staff/Public \$95
Tue-Fri 0900-1700	Jul 4-Jul 7	Lifesaving Society Bronze Medallion/Bronze Cross	36141	Van Vliet Complex 1-550 West Pool Bleachers 4	U of A Student \$198 U of A Student - 1 Award \$130.50 U of A Staff/Public \$220 U of A Staff/Public - 1 Award \$145
Mon-Thu 0900-1700	Jul 24-Jul 27	Lifesaving Society Bronze Medallion/Bronze Cross	36142	Van Vliet Complex 1-550 West Pool Bleachers 4	U of A Student \$198 U of A Student - 1 Award \$130.50 U of A Staff/Public \$220 U of A Staff/Public - 1 Award \$145
Tue-Fri 0900-1700	Aug 8-Aug 11	Lifesaving Society Bronze Medallion/Bronze Cross	36143	Van Vliet Complex 1-550 West Pool Bleachers 4	U of A Student \$198 U of A Student - 1 Award \$130.50 U of A Staff/Public \$220 U of A Staff/Public - 1 Award \$145
Mon-Thu 0900-1700	Aug 21-Aug 24	Lifesaving Society Bronze Medallion/Bronze Cross	36144	Van Vliet Complex 1-550 West Pool Bleachers 4	U of A Student \$198 U of A Student - 1 Award \$130.50 U of A Staff/Public \$220 U of A Staff/Public - 1 Award \$145
Mon-Thu 0900-1700	Aug 21-Aug 25	Lifesaving/Swim for Life/ CPR Instructor	36307	Van Vliet Complex 1-550 West Pool Bleachers 1	U of A Student \$252 U of A Staff/Public \$280
Tue 1800-2130	Jul 18	Lifesaving/Swim for Life/ CPR Instructor Recertification	36313	Van Vliet Complex 1-225 Classroom	U of A Student \$76.50 U of A Staff/Public \$85
Tue 1800-2130	Aug 15	Lifesaving/Swim for Life/ CPR Instructor Recertification	36314	Van Vliet Complex 1-225 Classroom	U of A Student \$76.50 U of A Staff/Public \$85

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
Sun 1800–2000	May 14	Bouldering 101	36195	Wilson Climbing Centre	
Sun 1800–2000	May 28	Bouldering 101	36196	Wilson Climbing Centre	U of A Students \$30 U of A Staff / Alumni \$35
Sun 1800–2000	Jun 11	Bouldering 101	36197	Wilson Climbing Centre	ACC / CGI \$37 Public \$40
Sun 1800–2000	Jun 25	Bouldering 101	36200	Wilson Climbing Centre	
SUMMER					
Sun 1800–2000	Jul 9	Bouldering 101	36201	Wilson Climbing Centre	U of A Students \$30 U of A Staff / Alumni \$35
Sun 1800–2000	Jul 23	Bouldering 101	36202	Wilson Climbing Centre	ACC / CGI \$37 Public \$40

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! All climbing equipment provided.

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

SPRING					
Days/Time	Date	Class Type	Code	Location	Cost
Thu 1800–2000	May 11	U Belay	35977	Wilson Climbing Centre	
Thu 1800–2000	May 25	U Belay	35978	Wilson Climbing Centre	U of A Students \$45 U of A Staff \$50
Thu 1800–2000	Jun 8	U Belay	35980	Wilson Climbing Centre	ACC / CGI \$52 Public \$55
Thu 1800–2000	Jun 22	U Belay	35981	Wilson Climbing Centre	

U Belay

SUMMER					
Days/Time	Date	Class Type	Code	Location	Cost
Thu 1800–2000	Jul 6	U Belay	36037	Wilson Climbing Centre	U of A Students \$45 U of A Staff \$50
Thu 1800–2000	Jul 20	U Belay	36038	Wilson Climbing Centre	ACC / CGI \$52 Public \$55

U Intro to Climbing

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

- 9 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 1900–2200	May 10–May 24	U Intro to Climbing	35982	Wilson Climbing Centre	U of A Student \$150 U of A Staff \$160
Wed 1900–2200	May 31–Jun 14	U Intro to Climbing	35983	Wilson Climbing Centre	ACC / CGI \$165 Public \$175
Wed 1900–2200	Jun 21–Jul 5	U Intro to Climbing	36042	Wilson Climbing Centre	

SUMMER					
Wed 1900–2200	Jul 12–Jul 26	U Intro to Climbing	36043	Wilson Climbing Centre	U of A Student \$150 U of A Staff \$160 ACC / CGI \$165 Public \$175

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 1800–2030	May 1–May 8	U Lead	35984	Wilson Climbing Centre	
Mon 1800–2030	May 15–May 29	U Lead	35985	Wilson Climbing Centre	U of A Student \$125 U of A Staff \$135
Mon 1800–2030	Jun 5–Jun 12	U Lead	35986	Wilson Climbing Centre	ACC / CGI \$140 Public \$150
Mon 1800–2030	Jun 19–Jun 26	U Lead	35987	Wilson Climbing Centre	

SUMMER					
Mon 1800–2030	Jul 10–Jul 17	U Lead	36045	Wilson Climbing Centre	U of A Student \$125 U of A Staff \$135
Mon 1800–2030	Jul 24–Jul 31	U Lead	36046	Wilson Climbing Centre	ACC / CGI \$140 Public \$150

U Climber

This program will specifically target your climbing movement and technique through bouldering. This program is designed as the next step to develop your indoor climbing proficiency once you have taken Bouldering 101, U Belay, or U Intro to Climbing.

- 14+ years of age
- 2 hours of instruction per session

Days/Time	Date	Class Type	Code	Location	Cost
Sat 0800-1000	May 13-Jul 29	U Climber	36047	Wilson Climbing Centre	U of A Student \$190 U of A Staff / Alumni \$220 ACC / CGI \$230 Public \$240

U Train

A training program designed to push your personal climbing abilities to new levels. This is the next step after the program U Climber.

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

Days/Time	Date	Class Type	Code	Location	Cost
Mon, Fri 1900-2100	May 8-Aug 4	U Train	36080	Wilson Climbing Centre	U of A Student \$335 U of A Staff \$360 ACC / CGI \$380 Public \$400

U Upgrade

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

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

Days/Time	Date	Class Type	Code	Location	Cost
Mon, Wed, Fri 0700-0900	May 10-Jul 31	U Upgrade	36082	Wilson Climbing Centre	U of A Student \$425 U of A Staff/Alumni \$450 ACC/CGI \$475 Public \$500

Climb Like a Girl

Looking for a female peer group to climb and train with? Join this semestered program and be coached by an ACMG certified strong female figure.

- Top rope belay & movement skills
- Strength and conditioning exercises

Days/Time	Date	Class Type	Code	Location	Cost
Sat 1800-2000	May 13-Aug 5	Climb Like a Girl	36083	Wilson Climbing Centre	UofA Student \$235 UofA Staff/Alumni \$255 ACC/CGI \$265 Public \$280

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

Days/Time	Date	Class Type	Code	Location	Cost
Sat 1730-1930	May 13-Aug 12	The Complete Climber	36084	Wilson Climbing Centre	U of A Student \$260 U of A Staff/Alumni \$300 ACC/CGI \$315 Public \$325

CLIMBING - YOUTH PROGRAMS

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!

- No experience necessary
- Purchase of climbing shoes recommended but not required

Development Team - Train to Climb

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.

- Purchase of climbing shoes and harness recommended but not required
- Prerequisite: FUNDamentals and/or Learn to Climb and/or Summer Camp

Learn to Climb (8-12 years)

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

- No experience necessary
- Purchase of climbing shoes recommended but not required

Competitive Team - Train to Compete

This program is the next step after the program Development Team designed for highly motivated youth climbers training for local, regional and national level youth climbing competition.

- 2-3 hours of instruction / 4 sessions per week
- Wall Brawl bouldering series included with registration

SPRING					
Days/Time	Date	Class Type	Code	Location	Cost
Mon,Tue,Thu,Sat 0830-1200	Apr 15-Jun 10	Competitive Team - Train to Compete	36110	Wilson Climbing Centre	4 Times Per Week \$550
Sun,Wed 1700-1415	May 10-Aug 27	Development Team - Train to Climb	36094	Wilson Climbing Centre	Fee \$425
Sat 1000-1200	May 13-Jun 24	FUNDamentals (6-9 years)	36085	Wilson Climbing Centre	Fee \$115
Sat 1200-1400	May 13-Jun 24	Learn to Climb (8-12 years)	36086	Wilson Climbing Centre	Fee \$130
SUMMER					
Sat 1000-1200	Jul 8-Aug 26	FUNDamentals (6-9 years)	36087	Wilson Climbing Centre	Fee \$130
Sat 1200-1400	Jul 8-Aug 19	Learn to Climb (8-12 years)	36088	Wilson Climbing Centre	Fee \$150

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 chance to win swag. Register for all three and receive a Wall Brawl event t-shirt.

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

SPRING					
Days/Time	Date	Class Type	Code	Location	Cost
Fri 1800-2130	May 26	Wall Brawl	36134	Wilson Climbing Centre	
Fri 1830-2130	May 26-Jul 28	Wall Brawl	36137	Wilson Climbing Centre	UofA Students \$15 UofA Staff/Alumni \$15 ACC/CGI \$18 Public \$20
Fri 1800-2130	Jun 30	Wall Brawl	36135	Wilson Climbing Centre	
SUMMER					
Fri 1800-2130	Jul 28	Wall Brawl	36136	Wilson Climbing Centre	UofA Students \$15 UofA Staff/Alumni \$15 ACC/CGI \$18 Public \$20



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 Physical Education 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.

REGISTRATION FOR ALL CLUB SPORTS MUST BE COMPLETED AT THE CUSTOMER SERVICE CENTRE: 1-213 VAN VLIET COMPLEX

Club	Registration	Contact
Badminton Club	Fall, Winter, Spring	crbadmin@ualberta.ca
Cheer Club	Fall, after tryouts	crcheer@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 club-specific details, please visit the club websites at uab.ca/clubsports

Want to know more? You can also email us at clubsports@ualberta.ca.

If you are a U of A student interested in forming a new Club Sport, please visit us at uab.ca/clubsports for information on how to apply and submit New Club Applications.

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

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

BACHATA / KIZOMBA

Join us for two of the most popular dances taking over the world. Bachata & 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

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 re-learn 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 fun and enjoyable exercise! For any adult who wants to build their confidence on the dance floor at weddings or evenings out.

- Learn, or brush up, the basics in the dances that will get you out dancing, and enhance your social skills
- You will learn to lead, follow, and style in the Jive, Waltz, Two Step and Tango
- You must register with a partner; fee listed is per partner

Ballroom Blast – Latin Dance Mix

Enjoy! Learn! Exercise! For club dancing, weddings or evenings out. Perfect for any adult wanting to add to their social skill set.

- Learn, or brush up, some basic steps in each of the more popular Latin dances
- You will learn to lead, follow, and style in the Salsa, Bachata, Merengue and Cha Cha
- You must register with a partner; fee listed is per partner

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.

- 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

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, etcetera.

- In this class we will teach popular K-POP dances, such as dances by EXO, BOA, SNSD, by 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 most like to dance 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 most like to dance in

SALSA: LA & NY STYLE

This style of salsa is fast, energetic, with plenty of great moves. LA and NY salsa 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: LA & NY 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: LA & NY 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

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
- Primarily for beginners

SPRING

Days/Time	Date	Class Type	Code	Room	Cost
Thu 1835-1925	May 11-Jun 15	Bachata-Beginner	36160	Education GB-64	U of A Student \$42 U of A Staff \$51 Public \$56
Thu 1835-1925	May 11-Jun 15	Bachata-Intermediate	36161	Education GB-64	U of A Student \$42 U of A Staff \$51 Public \$56
Tue 2005-2125	May 9-Jun 13	Bachata / Kizomba	36169	Education GB-64	U of A Student \$63 U of A Staff \$75 Public \$84
Thu 1205-1255	May 11-Jun 15	Ballet Barre	36171	Van Vliet Complex 2-650	U of A Student \$42 U of A Staff \$51 Public \$56
Wed 1905-2025	May 10-Jun 14	Ballroom Blast -Social Dance Mix	36174	Van Vliet Complex 2-650	U of A Student \$63 U of A Staff \$75 Public \$84
Wed 2035-2155	May 10-Jun 14	Ballroom Blast -Latin Dance Mix	36175	Van Vliet Complex 2-650	U of A Student \$63 U of A Staff \$75 Public \$84
Tue 1705-1825	May 9-Jun 13	Belly Dance	36176	Van Vliet Complex 2-675	U of A Student \$63 U of A Staff \$75 Public \$84
Fri 1905-1955	May 12-Jun 16	Burlesque Charm	36179	Van Vliet Complex 2-650	U of A Student \$42 U of A Staff \$51 Public \$56
Mon 1705-1755	May 8-Jun 12 <i>No class May 22</i>	Hip Hop	36183	Van Vliet Complex 2-650	U of A Student \$35 U of A Staff \$43 Public \$47
Tue 1705-1755	May 9-Jun 13	Hip Hop	36184	Van Vliet Complex 2-650	U of A Student \$42 U of A Staff \$51 Public \$56
Mon 1205-1255	May 8-Jun 12 <i>No class May 22</i>	K-Pop (Korean Pop)	36187	Van Vliet Complex 2-675	U of A Student \$35 U of A Staff \$43 Public \$47
Tue 1205-1255	May 9-Jun 13	K-Pop (Korean Pop)	36188	Van Vliet Complex 2-675	U of A Student \$42 U of A Staff \$51 Public \$56
Thu 1735-1825	May 11-Jun 15	Salsa-Beginner	36192	Education GB-64	U of A Student \$42 U of A Staff \$51 Public \$56
Thu 1735-1825	May 11-Jun 15	Salsa-Intermediate	36193	Education GB-64	U of A Student \$42 U of A Staff \$51 Public \$56
Tue 1735-1825	May 9-Jun 13	Salsa: LA & NY Style -Beginner	36203	Education GB-64	U of A Student \$42 U of A Staff \$51 Public \$56
Tue 1835-1955	May 9-Jun 13	Salsa: LA & NY Style -Intermediate-Advanced	36204	Education GB-64	U of A Student \$63 U of A Staff \$75 Public \$84
Tue 1805-1925	May 9-Jun 13	Street Jazz	36207	Van Vliet Complex 2-650	U of A Student \$63 U of A Staff \$75 Public \$84
Mon 1805-1855	May 8-Jun 12 <i>No class May 22</i>	Tap Dance	36208	Van Vliet Complex 2-650	U of A Student \$35 U of A Staff \$43 Public \$47

SUMMER

Days/Time	Date	Class Type	Code	Room	Cost
Thu 1835-1925	Jul 13-Aug 17	Bachata-Beginner	36166	Education GB-64	U of A Student \$42 U of A Staff \$51 Public \$56
Thu 1835-1925	Jul 13-Aug 17	Bachata-Intermediate	36167	Education GB-64	U of A Student \$42 U of A Staff \$51 Public \$56
Tue 2005-2125	Jul 11-Aug 15	Bachata / Kizomba	36170	Education GB-64	U of A Student \$63 U of A Staff \$75 Public \$84
Thu 1205-1255	Jul 13-Aug 17	Ballet Barre	36173	Van Vliet Complex 2-650	U of A Student \$42 U of A Staff \$51 Public \$56
Tue 1705-1825	Jul 11-Aug 15	Belly Dance	36178	Van Vliet Complex 2-675	U of A Student \$63 U of A Staff \$75 Public \$84
Tue 2005-2055	Jul 11-Aug 15	Burlesque Charm	36181	Van Vliet Complex 2-650	U of A Student \$42 U of A Staff \$51 Public \$56
Mon 1205-1255	Jul 10-Aug 14 <i>No class Aug 7</i>	K-Pop (Korean Pop)	36190	Van Vliet Complex 2-675	U of A Student \$35 U of A Staff \$43 Public \$47
Tue 1205-1255	Jul 11-Aug 15	K-Pop (Korean Pop)	36191	Van Vliet Complex 2-675	U of A Student \$42 U of A Staff \$51 Public \$56
Thu 1735-1825	Jul 13-Aug 17	Salsa-Beginner	36198	Education GB-64	U of A Student \$42 U of A Staff \$51 Public \$56
Thu 1735-1825	Jul 13-Aug 17	Salsa-Intermediate	36199	Education GB-64	U of A Student \$42 U of A Staff \$51 Public \$56
Tue 1735-1825	Jul 11-Aug 15	Salsa: LA & NY Style -Beginner	36205	Education GB-64	U of A Student \$42 U of A Staff \$51 Public \$56
Tue 1835-1955	Jul 11-Aug 15	Salsa: LA & NY Style -Intermediate-Advanced	36206	Education GB-64	U of A Student \$63 U of A Staff \$75 Public \$84



WE ARE **ORCHESIS DANCE**



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 Physical Education 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 I – Beginner

- This class is designed for new students or participants with little to no experience with ballet dancing
- Kathy Metzger-Corriveau & Kate Stashko instruct

Ballet II – Intermediate

- This class is intended for returning students or participants with numerous years of ballet experience.
- Kathy Metzger-Corriveau & Kate Stashko instruct

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.

Orchesis Contemporary Modern II - 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
- Kate Stashko instructs

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.

Orchesis Jazz II – Intermediate Mixed Level

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

Days/Time	Date	Class Type	Code	Room	Cost*
Mon 1700-1825	May 1–Jun 19 <i>No class May 22</i>	Ballet – Beginner	36440	VVC 2-635	U of A Student \$100 U of A Staff/Alumni \$110 Public \$135
Mon 1700-1825	Jul 10–Aug 21 <i>No class Aug 7</i>	Ballet – Beginner	36447	VVC 2-635	U of A Student \$86 U of A Staff/Alumni \$95 Public \$116
Mon 1830-2000	May 1–Jun 19 <i>No class May 22</i>	Ballet – Intermediate	36438	VVC 2-635	U of A Student \$100 U of A Staff/Alumni \$110 Public \$135
Mon 1830-2000	Jul 10–Aug 21 <i>No class Aug 7</i>	Ballet – Intermediate	36448	VVC 2-635	U of A Student \$86 U of A Staff/Alumni \$95 Public \$116
Wed 1830-2000	May 3–Jun 14	Orchesis Contemporary Modern II - Intermediate Mixed Level	36443	VVC 2-635	U of A Student \$100 U of A Staff/Alumni \$110 Public \$135
Sat 1000-1130	Apr 29–Jun 17 <i>No class May 20</i>	Orchesis Jazz II – Intermediate Mixed Level	36446	VVC 2-635	U of A Student \$100 U of A Staff/Alumni \$110 Public \$135

**fees do not include GST*

Please visit www.dance.ualberta.ca for full details on Orchesis and instructors.



Orchesis Summer Dance Intensive - OSDI

- 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 six 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:
1. Garuda Conditioning for Dancers – with Raena Waddell
 2. Contemporary Technique – with Jeannie Vandekerkhove
 3. Creative Process - with Kathleen Ochoa
 4. Contemporary Jazz - with Sarisa Figueroa de Toledo

Other elements of the workshop include: attention to personal performance technique and developing the creative dancer in a process-oriented session.

The Orchesis Summer Dance Intensive 2017 offers a closing event on Friday, July 28, with an informal performance featuring the guest instructors and the participants.

Grant support is pending

- Four complimentary daily classes are offered.
- Please register early. Minimum enrolments must be met by July 7, 2017

Days/Time	Date	Code	Room	Instructors	Cost
Sun-Fri 0920-1600	July 23-28	36449	VVC 2-635	Raena Waddell 0920-1020 Garuda for Dancers Jeannie Vandekerkhove 1030-1200 Contemporary Technique (50 minute lunch break) Kathleen Ochoa 1250-1420 Creative Practice Sarisa Figueroa de Toledo 1430-1600 Contemporary Jazz	Full-time Registration: 2017-18 Orchesis* U of A Student \$264 + GST Non-Student \$288 + GST Non-Orchesis U of A Student \$312 + GST Non-Student \$360 + GST Part-time registration: One class U of A Student \$90 + GST Non-Student \$110 + GST Two Classes U of A Student \$156 + GST Non-Student \$216 + GST

* Orchesis discount applies to dancers previously registered for the full year or any one term (2016/2017) and Spring 2017.

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.

Online registration is not available for OSDI.

For more information on how to register, please consult the Campus & Community Recreation website at uab.ca/recreation

For all other inquiries, please contact:

Tamara Bliss, Orchesis Dance Director
tamara.bliss@ualberta.ca
 780.492.0770
www.dance.ualberta.ca

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 for 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

CPR-HCP (HEALTH CARE PROVIDER) (8 hours)

CPR - Health Care Provider (Adult, Child & Infant AR, AED, BVM) covers all aspects of CPR skills and theory for adult, child, and infant victims, including Rescue Breathing (artificial respiration) and the use of AEDs and BVMs. This Health Care Provider (HCP) level is designed specifically for those who, as part of their job description as Health Care Providers, have a duty to respond to medical emergencies (e.g. doctors, nurses, paramedics, and allied health care professionals)

CPR-HCP RECERTIFICATION (4 hours)

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

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

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 0900–1700	May 13	CPR 'C' (8 hours)	35937	Van Vliet Complex 2-227	U of A Student \$65 U of A Staff \$80 Public \$95
Wed 1800–2200	May 10	CPR 'C' Recertification (4 hours)	35945	Van Vliet Complex 2-227	U of A Student \$40 U of A Staff \$50 Public \$60
Sun,Sat 0900–1700	May 6–May 7	Standard First Aid (16 hours)	35990	Van Vliet Complex 2-227	U of A Student \$100 U of A Staff/SCSC Member \$120 Public \$140
Sun,Sat 0900–1700	Jun 3–Jun 4	Standard First Aid (16 hours)	35991	Van Vliet Complex 2-227	U of A Student \$100 U of A Staff/SCSC Member \$120 Public \$140
Sun 0900–1700	May 14	Standard First Aid Recertification (8 hours)	36013	Van Vliet Complex 2-227	U of A Student \$70 U of A Staff/SCSC Member \$90 Public \$110
Sun 0900–1700	Jun 18	Standard First Aid Recertification (8 hours)	36012	Van Vliet Complex 2-227	U of A Student \$70 U of A Staff/SCSC Member \$90 Public \$110
SUMMER					
Sat 0900–1700	Jul 15	CPR 'C' (8 hours)	35941	Van Vliet Complex 2-227	U of A Student \$65 U of A Staff/SCSC Member \$80 Public \$95
Sun 0900–1700	Aug 6	CPR 'C' (8 hours)	35944	Van Vliet Complex 2-227	U of A Student \$65 U of A Staff/SCSC Member \$80 Public \$95
Wed 1800–2200	Jul 12	CPR 'C' Recertification (4 hours)	35950	Van Vliet Complex 2-227	U of A Student \$40 U of A Staff/SCSC Member \$50 Public \$60
Wed 1800–2200	Aug 2	CPR 'C' Recertification (4 hours)	35951	Van Vliet Complex 2-227	U of A Student \$40 U of A Staff/SCSC Member \$50 Public \$60
Sat 0900–1700	Jul 8	CPR-HCP (Health Care Provider) (8 hours)	35973	Van Vliet Complex 2-227	U of A Student \$70 U of A Staff/SCSC Member \$85 Public \$100
Sat 0900–1700	Aug 12	CPR-HCP (Health Care Provider) (8 hours)	35974	Van Vliet Complex 2-227	U of A Student \$70 U of A Staff/SCSC Member \$85 Public \$100
Wed 1800–2200	Aug 9	CPR 'C' Recertification (4 hours)	35976	Van Vliet Complex 2-227	U of A Student \$45 U of A Staff/SCSC Member \$55 Public \$65
Sun,Sat 0900–1700	Jul 22–Jul 23	Standard First Aid (16 hours)	36001	Van Vliet Complex 2-227	U of A Student \$100 U of A Staff/SCSC Member \$120 Public \$140
Sun,Sat 0900–1700	Aug 19–Aug 20	Standard First Aid (16 hours)	36002	Van Vliet Complex 2-227	U of A Student \$100 U of A Staff/SCSC Member \$120 Public \$140
Sun 0900–1700	Aug 13	Standard First Aid Recertification (8 hours)	36017	Van Vliet Complex 2-227	U of A Student \$70 U of A Staff/SCSC Member \$90 Public \$110

WE ARE *FITNESS*

Get Your Personal Training Here!

University of Alberta Staff and Graduate Student benefits include Personal Training and Nutrition Counseling. Call **1-800-663-1142** to find out more information and activate your Personal Benefit hours.

Location

Hanson Fitness and Lifestyle Centre (Hanson FLC)
1-300 Van Vliet Complex

780.492.7114
fitness@ualberta.ca
f /UALbertaFitness

How to Register

- Please call 780.492.2231
- Register in person at the Customer Service Centre

Cancellation and Missed Appointment Policy

- No refunds for missed appointments or appointments cancelled without 24 hours notice
- Appointments cancelled with at least 24 hours' notice may be rescheduled
- Refunds will not be granted for any programs or personal training services after the second session has been completed

INDIVIDUAL FITNESS

FITNESS AND HEALTH ASSESSMENTS

Basic Fitness Assessment

U of A Student \$68 / U of A Staff \$79 / VVC Member \$85 / Public \$88

Have a fitness goal? Get started with this basic fitness assessment and find your strengths and identify your training needs.

- This assessment provides you with rankings in the areas of aerobic fitness, musculoskeletal fitness, and anthropometric measures

Advanced Fitness Assessment

U of A Student \$157.50 / Public \$175

Get specific about your goals with these advanced assessment measures. Tests include underwater weighing to measure body composition, VO₂ 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 areas needed of 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 complete and size of the team

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



Maximal Oxygen Consumption (VO₂ max) Test

U of A Student \$90 / Public \$100

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

- The VO₂ 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 maximum heart rate and exercise or training intensity can be prescribed to specialize your aerobic training

Resting Metabolic Rate Determination

U of A Student \$90 / Public \$100

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

Underwater Weighing

U of A Student \$54 / Public \$60

Also termed Hydrostatic weighing, is the most valid and reliable indirect method 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 prescription

Can't find what you are looking for? We can offer customized assessment packages for groups and individuals. For more information contact Alex Game alex.game@ualberta.ca

NUTRITION AND DIET

Meal and Menu Customization

U of A Student \$159 / U of A Staff \$170 / VVC Member \$178 / Public \$184

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, and nutrition and meal planning recommendations based on your individual needs and preference

Master your Lifestyle

U of A Student \$227 / U of A Staff \$242 / VVC Member \$256 / Public \$263

A registered dietitian will help you create healthy and sustainable changes in your lifestyle and diet habits.

- Includes a body composition assessment, 1 hour initial consult and guided nutrition session, 1 hour meal planning session and a 30 minute follow-up for program compliance
- 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 program to find lasting nutritional satisfaction
- Follow-ups can be used to learn new skills and other helpful tips for a healthy diet and lifestyle

1 x 30 minutes *U of A Student \$47 / U of A Staff \$54 / VVC Member \$58 / Public \$60*

3 x 30 minutes *U of A Student \$120 / U of A Staff \$138 / VVC Member \$148 / Public \$153*

EXERCISE PRESCRIPTION PACKAGES

Learn to Lift

U of A Student \$184 / U of A Staff \$212 / VVC Member \$229 / Public \$239

This fitness plan will teach you the basics of resistance training and why it's an important aspect for fitness and health.

- Build a foundation of knowledge and learn proper techniques of strength training with one of our Certified Personal Trainer
- 1 hour Fitness Assessment and 3 x 1 hour sessions with individualized exercise prescription

Lift for Life

U of A Student \$405 / U of A Staff \$472 / VVC Member \$510 / Public \$525

Our Certified Personal Trainer will build you a comprehensive and individualized fitness plan that will help support you in integrating the healthy habit of exercise in your daily life.

- Learn a variety of exercise techniques and new skills to keep you interested and challenge yourself with the help of our Certified Personal Trainer
- 1 hour pre- and post-fitness assessment and 8 x 1 hour sessions with individualized exercise prescription

Lift to Train

U of A Student \$405 / U of A Staff \$472 / VVC Member \$510 / Public \$525

Increase your knowledge and strength with specific assessment measures and an individualized exercise plan.

- A Certified Personal Trainer will show you what it takes to get the results you are looking for in this intermediate level fitness prescription package
- 1 hour strength assessment and 9 x 1 hour sessions

Lift to Compete

U of A Student \$405 / U of A Staff \$472 / VVC Member \$510 / Public \$525

Whether you are training for a performance-based event or looking to up your gains, this is the package for you.

- Our Certified Personal Trainer will help you build off your fitness foundations and take you to the next level
- 1 hour strength assessment and 9 x 1 hour sessions with individualized exercise prescription

Maximize your program results with the addition of a nutrition plan package! **Receive 15%** off either our Meal and Menu Customization or the Master your Lifestyle Package when you buy a fitness Prescription package and a nutrition plan package together at the same time!

Individual 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 exercise prescription for continuous results

3 x 1 hour *U of A Student \$138 / U of A Staff \$159 / VVC Member \$172 / Public \$179*

5 x 1 hour *U of A Student \$216 / U of A Staff \$250 / VVC Member \$270 / Public \$280*

10 x 1 hour *U of A Student \$397 / U of A Staff \$459 / VVC Member \$496 / Public \$515*

20 x 1 hour *U of A Student \$702 / U of A Staff \$813 / VVC Member \$878 / Public \$910*

SMALL GROUP FITNESS

Two-Person Training

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 x 1 hour (2 people) *U of A Student* \$218 / U of A Staff* \$253 / VVC Member* \$273 / Public* \$283*

20 x 1 hour (2 people) *U of A Student* \$386 / U of A Staff* \$447 / VVC Member* \$483 / Public* \$501*

Group Personal 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 x 1 Hour (3-5 People) *U of A Student* \$119 / U of A Staff* \$138 / VVC Member* \$149 / Public* \$154*

20 x 1 Hour (3-5 People) *U of A Student* \$211 / U of A Staff* \$244 / VVC Member* \$263 / Public* \$273*

**Price per person*

FITNESS LEADERSHIP CERTIFICATION

Certification to become a nationally recognized Fitness Leader involves:

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'

Call **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**

GROUP EXERCISE FUNDAMENTALS

This course is required before all 'Designation' courses. Formats covered may include: Bootcamp, Step, Hi-Lo, Kickboxing, MSE, Cycling, Mind/Body.

- Topics include: leadership, trends and media, history, legal responsibility and accountability, class components, music, movement and cueing, developing movement combinations, exercise analysis, and special populations
- Emphasis on practical application
- 12 AFLCA CEC's available

PORTABLE EQUIPMENT

Participants must complete Exercise Theory and Group Exercise Fundamentals, before enrolling in Portable Equipment.

- Practical experience is emphasized. Course includes safety considerations, class structure and content, use of music, small equipment exercise library, movement combinations, instruction and cueing
- 8 AFLCA CEC's available

RESISTANCE TRAINER

Welcome to your next step towards Fitness Leadership Certification with AFLCA. Course will include individual program design, anatomy and biomechanics, strength and conditioning principles and LOTS of hands on learning.

- must have taken Exercise Theory

Days/Time	Dates	Class Type	Code	Location	Cost
Sat,Sun 1700-1700	May 27-May 28	Group Exercise Fundamentals	36103	Van Vliet Complex 1-662	Fee \$120
Sat 0900-1700	Jun 3	Portable Equipment	36304	Van Vliet Complex 1-662	Fee \$80
Fri-Sun 1700-1700	Jul 21-Jul 23	Resistance Trainer	36104	Van Vliet Complex 1-255	Fee \$210

DROP-IN FEES

Type of Pass	U of A Student	U of A Staff/ SCSC Member	Public
Single Pass	\$9	\$11	\$12
10 class punch pass	\$81	\$99	\$108
20 class punch pass	\$153	\$187	\$204
Unlimited term pass*	\$170	\$200	\$225

Prices effective until August 25, 2017

*Passes valid from May 8 to August 25. Drop-in passes valued at an estimated 2 classes per week

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 taken 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 toward building 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

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

Yoga – Ashtanga (L2)

A vigorous practice recommended for those who want to challenge the mind, body, and limitations. 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 your practice

SPRING						
Drop-In	Days/Time	Dates	Class Type	Code	Location	Cost
▲	Wed 1210-1255	May 10-Jun 14	Meditation	35896	Van Vliet Complex 3-209	U of A Student \$41 U of A Staff/ SCSC Member \$49 Public \$55
▲	Wed 1205-1255	May 10-Jun 14	Pilates-Barre	35895	Van Vliet Complex 2-650	U of A Student \$41 U of A Staff/ SCSC Member \$49 Public \$55
	Tue 1605-1655	May 9-Jun 13	Pilates-Beginner	35888	Van Vliet Complex 3-209	U of A Student \$41 U of A Staff/ SCSC Member \$49 Public \$55
▲	Fri 1205-1255	May 12-Jun 16	Pilates-Core Strength	35889	Van Vliet Complex 3-209	U of A Student \$41 U of A Staff/ SCSC Member \$49 Public \$55
	Thu 1635-1755	May 11-Jun 15	Yoga-Ashtanga	35900	Van Vliet Complex 3-209	U of A Student \$61 U of A Staff/ SCSC Member \$73 Public \$81
▲	Mon 1605-1725	May 8-Jun 26 <i>No class May 22</i>	Yoga-For the Inflexible	35882	Education GB-64	U of A Student \$71 U of A Staff/ SCSC Member \$85 Public \$94
▲	Mon 1205-1255	May 8-Jun 26 <i>No class May 22</i>	Yoga-Hatha	35876	Van Vliet Complex 3-209	U of A Student \$47 U of A Staff/ SCSC Member \$57 Public \$63
▲	Tue 1205-1255	May 9-Jun 27	Yoga-Hatha	35877	Education GB-64	U of A Student \$54 U of A Staff/ SCSC Member \$65 Public \$72
▲	Thu 0700-0750	May 11-Jun 29	Yoga-Hatha	35881	Van Vliet Complex 3-209	U of A Student \$54 U of A Staff/ SCSC Member \$65 Public \$72
▲	Fri 1205-1255	May 12-Jun 30	Yoga-Hatha	35878	Education GB-64	U of A Student \$54 U of A Staff/ SCSC Member \$65 Public \$72
▲	Wed 1735-1855	May 10-Jun 28 <i>No class May 31</i>	Yoga-Iyengar	35897	Van Vliet Complex 3-209	U of A Student \$71 U of A Staff/ SCSC Member \$85 Public \$94
▲	Mon 1205-1255	May 8-Jun 26 <i>No class May 22</i>	Yoga-Vinyasa	35879	Education GB-64	U of A Student \$47 U of A Staff/ SCSC Member \$57 Public \$63
▲	Thu 1205-1255	May 11-Jun 29	Yoga-Vinyasa	35880	Van Vliet Complex 3-209	U of A Student \$54 U of A Staff/ SCSC Member \$65 Public \$72
▲	Wed 1605-1655	May 10-Jun 14	Yoga-Women’s Only Hatha	36089	Van Vliet Complex 2-675	U of A Student \$41 U of A Staff/ SCSC Member \$49 Public \$55

MIND/BODY FITNESS

SUMMER						
Drop-In	Days/Time	Dates	Class Type	Code	Location	Cost
▲	Wed 1205-1255	Jul 5-Aug 9	Pilates-Barre	35917	Van Vliet Complex 2-650	U of A Student \$41 U of A Staff/ SCSC Member \$49 Public \$55
	Tue 1605-1655	Jul 4-Aug 8	Pilates-Beginner	35914	Van Vliet Complex 3-209	U of A Student \$41 U of A Staff/ SCSC Member \$49 Public \$55
▲	Fri 1205-1255	Jul 7-Aug 11	Pilates-Core Strength	35923	Van Vliet Complex 2-675	U of A Student \$41 U of A Staff/ SCSC Member \$49 Public \$55
	Thu 1635-1755	Jul 13-Aug 10	Yoga-Ashtanga	35921	Van Vliet Complex 3-209	U of A Student \$61 U of A Staff/ SCSC Member \$73 Public \$81
▲	Mon 1605-1655	Jul 10-Aug 21 <i>No class Aug 7</i>	Yoga-For the Inflexible	35908	Van Vliet Complex 3-209	U of A Student \$41 U of A Staff/ SCSC Member \$49 Public \$55
▲	Tue 1205-1255	Jul 4-Aug 22	Yoga-Hatha	35911	Education GB-64	U of A Student \$54 U of A Staff/ SCSC Member \$65 Public \$72
▲	Fri 1205-1255	Jul 7-Aug 11	Yoga-Hatha	35913	Education GB-64	U of A Student \$41 U of A Staff/ SCSC Member \$49 Public \$55
▲	Thu 0700-0750	Jul 13-Aug 10	Yoga-Hatha	35912	Van Vliet Complex 3-209	U of A Student \$41 U of A Staff/ SCSC Member \$49 Public \$55
▲	Thu 1205-1255	Jul 6-Aug 10	Yoga-Vinyasa	35907	Education GB-64	U of A Student \$41 U of A Staff/ SCSC Member \$49 Public \$55
▲	Mon 1205-1255	Jul 10-Aug 21 <i>No class Aug 7</i>	Yoga-Vinyasa	35906	Education GB-64	U of A Student \$41 U of A Staff/ SCSC Member \$49 Public \$55
▲	Wed 1605-1655	Jul 5-Aug 9	Yoga-Women's Only Hatha	35920	Education GB-64	U of A Student \$41 U of A Staff/ SCSC Member \$49 Public \$55

OVERALL FITNESS DEVELOPMENT

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

Bootcamp-Rain or Shine (L3)

Take your workout to the great outdoors! Portable equipment and body weight will be your tools for this fresh air complete workout.

- Meet your instructor at the Fitness Centre, but dress for the elements!

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

Functional Training (M3)

Functional Training, Circuit Training, HIIT? Come and try it all! TRX, Kettlebells, cables, monkey bars! Retrain your body to move efficiently, maximally and beautifully strong. You will work in all planes of motion, at varying intensities and improve the way you feel about working out.

Mountain Fitness (L2)

A comprehensive training program designed to improve your hiking efficiency and make the great outdoors FUN again!

- Both indoor and outdoor sessions included

Moveball (L2)

A cutting edge approach towards workouts that are functional, providing whole body cooperative movement training. Moveball is time effective and intensity appropriate for everybody.

- Because exercise is NOT an option

Row-HIIT (M2)

Combine the full-body cardio experience with the strength and power development of interval 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

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!

TRX™ for Climbers (L2.5)

Take your climbing to the next level. Experience the most effective whole body functional training system to date!

- Exercises are tailored to complement climbing specific movements and metabolic demands
- The TRX suspension training system will help build stability, power, strength, flexibility and balance. Intensity is simple to manipulate for immediate feedback
- Let your coach teach you the straps

Womens Only 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 while being suitable for all fitness levels

YEG 13.1 Training

Join our training team complete with an educated and experienced run leader, nutritional advice and other success tactics!

- Run twice a week as a group, the rest is prescribed for you to complete
- Be ready to confidently run the EDMONTON half marathon on Aug 20!

SPRING						
Drop-In	Days/Time	Dates	Class Type	Code	Location	Cost
▲	Tue 0700-0750	May 9-Jun 27	Bootcamp-Rain or Shine	36098	Hanson Fitness & Lifestyle Centre	U of A Student \$42 U of A Staff/ SCSC Member \$51 Public \$57
▲	Wed 1205-1255	May 10-Jun 28	Bootcamp-Rain or Shine	36097	Hanson Fitness & Lifestyle Centre	U of A Student \$42 U of A Staff/ SCSC Member \$51 Public \$57
▲	Tue 1205-1255	May 9-Jun 13	Functional Training	36138	Hanson Fitness & Lifestyle Centre	U of A Student \$41 U of A Staff/ SCSC Member \$49 Public \$55
▲	Thu 1630-1730	May 11-Jun 15	Mountain Fitness	36079	Hanson Fitness & Lifestyle Centre	U of A Student \$32 U of A Staff/ SCSC Member \$39 Public \$43
▲	Mon 1610-1655	May 8-Jun 26 <i>No class May 22</i>	Moveball	35884	Van Vliet Complex 1-650	U of A Student \$37 U of A Staff/ SCSC Member \$45 Public \$50
▲	Mon 1205-1255	May 8-Jun 26 <i>No class May 22</i>	Row-HIIT	36074	Van Vliet Complex 2-633	U of A Student \$47 U of A Staff/ SCSC Member \$57 Public \$63
▲	Mon 1205-1255	May 8-Jun 26 <i>No class May 22</i>	Sculpt	35868	Van Vliet Complex 2-650	U of A Student \$37 U of A Staff/ SCSC Member \$45 Public \$50
▲	Tue 1605-1655	May 9-Jun 27	Sculpt	35869	Van Vliet Complex 2-650	U of A Student \$42 U of A Staff/ SCSC Member \$51 Public \$57

OVERALL FITNESS DEVELOPMENT

SPRING						
Drop-In	Days/Time	Dates	Class Type	Code	Location	Cost
▲	Wed 1605-1655	May 10-Jun 14	Sculpt	35870	Education GB-64	U of A Student \$32 U of A Staff/ SCSC Member \$39 Public \$43
▲	Thu 1205-1255	May 11-Jun 15	Sculpt	35871	Van Vliet Complex 1-650	U of A Student \$32 U of A Staff/ SCSC Member \$39 Public \$43
▲	Thu 1605-1655	May 11-Jun 29	Sculpt	35883	Van Vliet Complex 2-650	U of A Student \$42 U of A Staff/ SCSC Member \$51 Public \$57
▲	Tue 1705-1750	May 9-Jun 13	TRX™	36078	Hanson Fitness & Lifestyle Centre	U of A Student \$41 U of A Staff/ SCSC Member \$49 Public \$55
▲	Fri 1205-1250	May 12-Jun 30	TRX™	35902	Hanson Fitness & Lifestyle Centre	U of A Student \$54 U of A Staff/ SCSC Member \$65 Public \$72
▲	Tue 1900-2000	May 09-Jun 13	TRX™ for Climbers	36486	Hanson Fitness & Lifestyle Centre	U of A Student \$54 U of A Staff/ SCSC Member \$65 Public \$72
▲	Mon 1605-1655	May 8-Jun 26 <i>No class May 22</i>	Womens Only Bootcamp	36072	Van Vliet Complex 2-650	U of A Student \$37 U of A Staff/ SCSC Member \$45 Public \$50
	Tue,Thu 1700-1830	May 9-Aug 17	YEG 13.1 Training	35924	Hanson Fitness & Lifestyle Centre	Fee \$125
SUMMER						
▲	Tue 0700-0750	Jul 4-Aug 22	Bootcamp - Rain or Shine	36101	Hanson Fitness & Lifestyle Centre	U of A Student \$42 U of A Staff/ SCSC Member \$51 Public \$57
▲	Wed 1205-1255	Jul 5-Aug 23	Bootcamp - Rain or Shine	36100	Hanson Fitness & Lifestyle Centre	U of A Student \$42 U of A Staff/ SCSC Member \$51 Public \$57
▲	Tue 1205-1255	Jul 4-Aug 8	Functional Training	36139	Hanson Fitness & Lifestyle Centre	U of A Student \$41 U of A Staff/ SCSC Member \$49 Public \$55
▲	Mon 1205-1255	Jul 10-Aug 21 <i>No class Aug 7</i>	Row-HIIT	36075	Van Vliet Complex 2-633	U of A Student \$41 U of A Staff/ SCSC Member \$49 Public \$55
▲	Tue 1605-1655	Jul 4-Aug 8	Sculpt	35904	Van Vliet Complex 2-650	U of A Student \$32 U of A Staff/ SCSC Member \$39 Public \$43
▲	Thu 1205-1255	Jul 6-Aug 10	Sculpt	35905	Van Vliet Complex 1-650	U of A Student \$32 U of A Staff/ SCSC Member \$39 Public \$43
▲	Mon 1205-1255	Jul 10-Aug 21 <i>No class Aug 7</i>	Sculpt	35903	Van Vliet Complex 2-650	U of A Student \$32 U of A Staff/ SCSC Member \$39 Public \$43
▲	Fri 1205-1250	Jul 7-Aug 11	TRX™	35922	Hanson Fitness & Lifestyle Centre	U of A Student \$41 U of A Staff/ SCSC Member \$49 Public \$55
▲	Mon 1605-1655	Jul 10-Aug 21 <i>No class Aug 7</i>	Womens Only Bootcamp	36073	Van Vliet Complex 2-650	U of A Student \$32 U of A Staff/ SCSC Member \$39 Public \$43

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

SPRING						
Drop-In	Days/Time	Dates	Class Type	Code	Location	Cost
▲	Mon 1615-1710	May 8-Jun 26 <i>No class May 22</i>	Spin	35885	Van Vliet Complex 2-632	U of A Student \$37 U of A Staff/ SCSC Member \$45 Public \$50
▲	Wed 1205-1250	May 10-Jun 28	Spin	35886	Van Vliet Complex 2-632	U of A Student \$42 U of A Staff/ SCSC Member \$51 Public \$57
▲	Thu 1205-1250	May 11-Jun 15	Spin	35887	Van Vliet Complex 2-632	U of A Student \$32 U of A Staff/ SCSC Member \$39 Public \$43
SUMMER						
▲	Wed 1205-1255	Jul 5-Aug 9	Spin	35918	Van Vliet Complex 2-632	U of A Student \$32 U of A Staff/ SCSC Member \$39 Public \$43
▲	Fri 1205-1255	Jul 7-Aug 11	Spin	35919	Van Vliet Complex 2-632	U of A Student \$32 U of A Staff/ SCSC Member \$39 Public \$43

ZUMBA

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 1205-1255	May 9-Jun 13	Zumba®	35873	Van Vliet Complex 2-650	U of A Student \$32 U of A Staff/ SCSC Member \$39 Public \$43
▲	Wed 1605-1655	May 10-Jun 14	Zumba®	35874	Van Vliet Complex 2-650	U of A Student \$32 U of A Staff/ SCSC Member \$39 Public \$43
▲	Fri 1205-1255	May 12-Jun 30	Zumba®	35875	Van Vliet Complex 1-220	U of A Student \$42 U of A Staff/ SCSC Member \$51 Public \$57
SUMMER						
▲	Tue 1205-1255	Jul 4-Aug 8	Zumba®	35910	Van Vliet Complex 2-650	U of A Student \$32 U of A Staff/ SCSC Member \$39 Public \$43
▲	Wed 1605-1655	Jul 5-Aug 9	Zumba®	36119	Van Vliet Complex 2-650	U of A Student \$32 U of A Staff/ SCSC Member \$39 Public \$43
▲	Fri 1205-1255	Jul 7-Aug 11	Zumba®	36118	Van Vliet Complex 1-220	U of A Student \$32 U of A Staff/ SCSC Member \$39 Public \$43

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 four leagues across the Summer season: Beach Volleyball, Slo-Pitch, Soccer, and Ultimate Frisbee. All leagues are Co-Rec, meaning teams are composed of both women and men*, and each league has a 10-week regular season followed by playoffs. More details are available at www.imleagues.com/ualberta.

How do I register a team?

1. Create an account on imleagues.com
2. Create your team on IMLeagues
3. Register your team through the VVC Customer Service Centre (see uab.ca/recreation for registration details)
4. Add your teammates to your IMLeagues roster

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

New in 2017, all leagues offer Individual Registration! For just \$25, you can register as a solo player to be put on a team with fellow free agents. It's never been easier to get into the game!

Do I have to be a student to participate?

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

What's new this year?

- **Extra-long seasons:** Rather than running two shorts seasons in Spring and Summer, forcing teams to re-register midway through, we now offer long seasons across the Summer. This way, you get a full 10-week season (plus playoffs) without having to register twice. Missed the cutoff? Teams that are late to the game can still sign up for just the second half, provided there is space in the league
- **Individual Registration:** No more badgering your friends trying to scrape a team together! If you want to play, all you need is \$25 to sign up as an Individual and play alongside fellow free agents. It's that simple!

FULL SEASON REGISTRATION: March 27 - May 4 (Play starts May 8)

SECOND HALF-ONLY REGISTRATION: May 22 - June 9 (Play starts June 19)

Sport	Team Fee	Season Duration	Roster	Max Players Per Gender	Play Days	Play Times	Venue	Individual Registration Available?
Beach Volleyball	\$280	10 Weeks + Playoffs	4 Players	2 Players	Wed	1700-2200	Off-Campus	Yes
Slo-Pitch	\$360	10 Games + Playoffs	10 Players	7 Players	Mon/Tue/Thu	1700-2200	Corbett Field	Yes
Soccer	\$360	10 Games + Playoffs	8 Players	5 Players	Tue/Wed/Thu	1700-2200	Lister Field	Yes
Ultimate Frisbee	\$280	10 Games + Playoffs	7 Players	4 Players	Mon	1700-2200	Lister Field	Yes

* The terms Women and Men are inclusive of all gender identities, including trans. We encourage you to participate however best represents your gender.

** Please note that games called off due to inclement weather will be rescheduled for the following Sunday. All program details are subject to change due to facility availability. For more detailed information, please consult www.imleagues.com/ualberta.

LIVEWELL

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.

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 www.uab.ca/recreation. Programs include badminton, basketball, running, swimming, tennis, soccer, dance, ultimate Frisbee, ice skating, Stick and Skate and shinny. Please note that group exercise programs, unless otherwise indicated, have a drop-in fee for students.

Cardio Programs 101

This session is appropriate for beginners and intermediate exercisers as well as anyone interested in learning how to set up and use the programmable features of the cardio equipment in the Hanson Fitness and Lifestyle Centre.

- Learn basic cardiovascular training techniques and how to efficiently set up the machine to make your training a no brainer

Efficient Fitness for the Busy Student

Stressed for time? Need new ideas for your workout routine? Each class will take you through a new 30-minute workout that you can do on your own in the weight room.

- Walk away from the class with a great workout and new ideas for your fitness regime (handouts will be provided)

Fitness Basics

Are you new to fitness and not quite sure where to begin? This class is for you! This beginner class will involve very little running, jumping or high impact activities. You will be introduced to free weights, resistance bands and body bars.

Indoor Rock Climbing 101

Do you want to utilize the new world class climbing wall but don't really know where to start? This course will help you learn the very basics of what you need to get started.

- Topics covered will range from climbing equipment to climbing gym etiquette
- All equipment will be provided

Introduction to Strength Training

A personal trainer will guide you through a basic strength training routine as well as provide an understanding of repetition, set theory and rest times appropriate for specific strength training goals.

- Includes a fitness centre orientation where you will learn how to use and adjust the cardio, plate loaded, cable and selectorized machines

Recreational Runner

Discover new trails and incorporate flat runs, hills and stairs over a variety of terrains and scenic areas within the city. It is a great way to take an active break during the day and to meet new people.

- Open to all fitness levels
- Dress appropriately for the weather as this course takes place outside

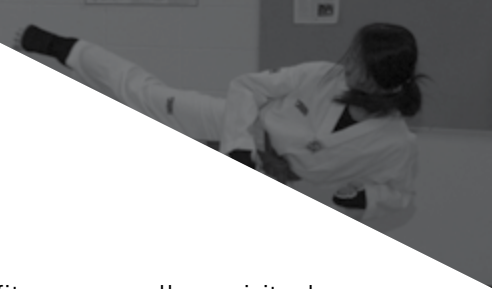
SPRING

Drop-In	Days/Time	Dates	Class Type	Code	Room	Cost
	Tue 1430-1530	May 30	Cardio Programs 101	36401	Hanson Fitness & Lifestyle Centre	U of A Student \$0
	Thu 1500-1600	Jun 22	Cardio Programs 101	36402	Hanson Fitness & Lifestyle Centre	U of A Student \$0
	Tue 1200-1245	May 16	Indoor Rock Climbing 101	36353	Wilson Climbing Centre	U of A Student \$0
	Thu 1200-1245	May 18	Indoor Rock Climbing 101	36354	Wilson Climbing Centre	U of A Student \$0
	Tue 1200-1245	Jun 13	Indoor Rock Climbing 101	36355	Wilson Climbing Centre	U of A Student \$0
	Thu 1200-1245	Jun 15	Indoor Rock Climbing 101	36356	Wilson Climbing Centre	U of A Student \$0
▲	Wed 1605-1655	May 10-Jun 14 <i>No class May 31</i>	Efficient Fitness for the Busy Student	36341	Van Vliet Complex 3-209	U of A Student \$0 U of A Staff \$31
	Tue 1430-1530	May 23	Introduction to Strength Training	36383	Hanson Fitness & Lifestyle Centre	U of A Student \$0
	Thu 1600-1700	Jun 1	Introduction to Strength Training	36384	Hanson Fitness & Lifestyle Centre	U of A Student \$0
	Tue 1430-1530	Jun 20	Introduction to Strength Training	36385	Hanson Fitness & Lifestyle Centre	U of A Student \$0
▲	Tue 1600-1700	May 9-Jun 13	Recreational Runner	36373	Van Vliet Complex InfoDen Kiosk	U of A Student \$0 U of A Staff \$37

SUMMER

	Tue 1430-1530	Jul 11	Cardio Programs 101	36407	Hanson Fitness & Lifestyle Centre	U of A Student \$0
	Thu 1500-1600	Aug 10	Cardio Programs 101	36408	Hanson Fitness & Lifestyle Centre	U of A Student \$0
	Tue 1200-1245	Jul 18	Indoor Rock Climbing 101	36363	Wilson Climbing Centre	U of A Student \$0
	Thu 1200-1245	Jul 20	Indoor Rock Climbing 101	36364	Wilson Climbing Centre	U of A Student \$0
	Tue 1200-1245	Aug 1	Indoor Rock Climbing 101	36365	Wilson Climbing Centre	U of A Student \$0
	Thu 1200-1245	Aug 3	Indoor Rock Climbing 101	36366	Wilson Climbing Centre	U of A Student \$0
▲	Wed 1605-1655	Jul 12-Aug 9	Fitness Basics	36342	Van Vliet Complex 3-209	U of A Student \$0 U of A Staff \$31
	Thu 1600-1700	Jul 6	Introduction to Strength Training	36392	Hanson Fitness & Lifestyle Centre	U of A Student \$0
▲	Tue 1600-1700	Jul 4-Aug 8	Recreational Runner	36378	Van Vliet Complex InfoDen Kiosk	U of A Student \$0 U of A Staff \$37

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.

AIKIDO

Come and join this class if you enjoy the challenge of mental concentration, physical coordination, and the tactics of "combat". This class offers these challenges in a controlled and safe environment.

- Participants should wear loose clothing or a martial art gi
- All equipment will be provided

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 are led by Sensei Sean Bowen, sixth degree black belt (rokudan), first degree black belt (shodan) in shindo (jo doh stick) and certified instructor with the World Congress of the Shintani Wado Kai and World Shintani Shindo. 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

Registration prerequisite: Blue belts and above of the Shintani World Congress.

KARATE FOR FAMILIES

Classes are led by Sensei Sean Bowen, sixth degree black belt (rokudan), first degree black belt (shodan) in shindo (jo doh stick) and certified instructor with the World Congress of the Shintani Wado Kai and World Shintani Shindo. 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 for Families - All Ranks

No previous Karate experience necessary.

Karate for Families - Advanced

Registration prerequisite: 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.

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
- Hand wraps included with registration

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
- Hand wraps included with registration



SPRING

Days/Time	Dates	Class Type	Code	Location	Cost
Tue 1835-1925	May 16-Jun 13	Aikido	36211	RTF Gymnasium	U of A Student \$44 U of A Staff \$50 Public \$53
Tue 1635-1755	May 9-Jun 13	Brazilian Jiu Jitsu	36212	RTF Gymnasium	U of A Student \$43 U of A Staff \$53 Public \$58
Thu 1635-1755	May 11-Jun 15	Brazilian Jiu Jitsu	36213	RTF Gymnasium	U of A Student \$43 U of A Staff \$53 Public \$58
Thu 1805-1925	May 11-Jun 15	Filipino Martial Arts	36218	Van Vliet Complex 2-675	U of A Student \$43 U of A Staff \$53 Public \$58
Wed 1805-1955	May 10-Jun 14	Japanese Jiu Jitsu	36221	RTF Gymnasium	U of A Student \$58 U of A Staff \$69 Public \$77
Sun 1005-1155	May 14-Jun 18	Japanese Jiu Jitsu	36222	RTF Gymnasium	U of A Student \$58 U of A Staff \$69 Public \$77
Mon,Thu 1805-1955	May 8-Jun 15 <i>No class May 22, 25</i>	Judo -Intermediate-Advanced	36226	RTF Gymnasium	U of A Student \$96 U of A Staff \$115 Public \$127
Mon 1935-2055	May 8-Jun 12 <i>No class May 22</i>	Karate-All Ranks	36227	Education GB-64	U of A Student \$36 U of A Staff \$44 Public \$49
Wed 1935-2055	May 10-Jun 14	Karate-All Ranks	36228	Education GB-64	U of A Student \$43 U of A Staff \$53 Public \$58
Fri 1935-2055	May 12-Jun 16	Karate-Advanced	36229	Education GB-64	U of A Student \$43 U of A Staff \$53 Public \$58
Sat 0905-1025	May 13-Jun 17	Karate for Families -All Ranks	36271	RTF Gymnasium	U of A Student \$43 U of A Staff \$53 Public \$58
Sat 1035-1155	May 13-Jun 17	Karate for Families -Advanced	36272	RTF Gymnasium	U of A Student \$43 U of A Staff \$53 Public \$58
Mon 1205-1255	May 8-Jun 12 <i>No class May 22</i>	Kickboxing Basics	36278	Van Vliet Complex 1-220	U of A Student \$32 U of A Staff \$38 Public \$41
Mon 1705-1755	May 8-Jun 12 <i>No class May 22</i>	Kickboxing Basics	36279	Van Vliet Complex 1-220	U of A Student \$32 U of A Staff \$38 Public \$41
Tue 1705-1755	May 9-Jun 13	Kickboxing Basics	36280	Van Vliet Complex 1-220	U of A Student \$37 U of A Staff \$44 Public \$48
Wed 1205-1255	May 10-Jun 14	Kickboxing Basics	36282	Van Vliet Complex 1-220	U of A Student \$37 U of A Staff \$44 Public \$48
Wed 1705-1755	May 10-Jun 14	Kickboxing Basics	36283	Van Vliet Complex 1-220	U of A Student \$37 U of A Staff \$44 Public \$48
Thu 1205-1255	May 11-Jun 15	Kickboxing Basics	36285	Van Vliet Complex 1-220	U of A Student \$37 U of A Staff \$44 Public \$48
Thu 1705-1825	May 11-Jun 15	Kickboxing-Advanced	36286	Van Vliet Complex 1-220	U of A Student \$51 U of A Staff \$61 Public \$66
Sat 0905-1025	May 13-Jun 17	Kickboxing-Advanced	36287	Van Vliet Complex 1-220	U of A Student \$51 U of A Staff \$61 Public \$66

SUMMER

Days/Time	Dates	Class Type	Code	Location	Cost
Tue 1635-1755	Jul 11-Aug 15	Brazilian Jiu Jitsu	36216	RTF Gymnasium	U of A Student \$43 U of A Staff \$53 Public \$58
Thu 1635-1755	Jul 13-Aug 17	Brazilian Jiu Jitsu	36217	RTF Gymnasium	U of A Student \$43 U of A Staff \$53 Public \$58
Thu 1805-1925	Jul 13-Aug 17	Filipino Martial Arts	36220	Van Vliet Complex 2-675	U of A Student \$43 U of A Staff \$53 Public \$58
Wed 1805-1955	Jul 12-Aug 16	Japanese Jiu Jitsu	36223	RTF Gymnasium	U of A Student \$58 U of A Staff \$69 Public \$77
Sun 1005-1155	Jul 16-Aug 20	Japanese Jiu Jitsu	36224	RTF Gymnasium	U of A Student \$58 U of A Staff \$69 Public \$77
Mon 1935-2055	Jul 10-Aug 14 <i>No class Aug 7</i>	Karate - All Ranks	36232	Education GB-64	U of A Student \$36 U of A Staff \$44 Public \$49
Wed 1935-2055	Jul 12-Aug 16	Karate - All Ranks	36233	Education GB-64	U of A Student \$43 U of A Staff \$53 Public \$58
Fri 1935-2055	Jul 14-Aug 18	Karate - Advanced	36234	Education GB-64	U of A Student \$43 U of A Staff \$53 Public \$58
Sat 0905-1025	Jul 15-Aug 19	Karate for Families -All Ranks	36273	RTF Gymnasium	U of A Student \$43 U of A Staff \$53 Public \$58
Sat 1035-1155	Jul 15-Aug 19	Karate for Families -Advanced	36274	RTF Gymnasium	U of A Student \$43 U of A Staff \$53 Public \$58
Mon 1205-1255	Jul 10-Aug 14 <i>No class Aug 7</i>	Kickboxing Basics	36294	Van Vliet Complex 1-220	U of A Student \$32 U of A Staff \$38 Public \$41
Mon 1705-1755	Jul 10-Aug 14 <i>No class Aug 7</i>	Kickboxing Basics	36295	Van Vliet Complex 1-220	U of A Student \$32 U of A Staff \$38 Public \$41
Tue 1705-1755	Jul 11-Aug 15	Kickboxing Basics	36296	Van Vliet Complex 1-220	U of A Student \$37 U of A Staff \$44 Public \$48
Wed 1205-1255	Jul 12-Aug 16	Kickboxing Basics	36297	Van Vliet Complex 1-220	U of A Student \$37 U of A Staff \$44 Public \$48
Wed 1705-1755	Jul 12-Aug 16	Kickboxing Basics	36298	Van Vliet Complex 1-220	U of A Student \$37 U of A Staff \$44 Public \$48
Thu 1205-1255	Jul 13-Aug 17	Kickboxing Basics	36299	Van Vliet Complex 1-220	U of A Student \$37 U of A Staff \$44 Public \$48
Thu 1705-1825	Jul 13-Aug 17	Kickboxing-Advanced	36300	Van Vliet Complex 1-220	U of A Student \$51 U of A Staff \$61 Public \$66
Sat 0905-1025	Jul 15-Aug 19	Kickboxing-Advanced	36301	Van Vliet Complex 1-220	U of A Student \$51 U of A Staff \$61 Public \$66

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.

SPRING					
Days/Time	Dates	Class Type	Code	Location	Cost
Sat 1100-1700	May 27	Hiking-Elk Island Park	36263	Van Vliet Complex 2-610	U of A Student \$20 U of A Staff \$40 Public \$50
Sat 0900-1600	Jun 10	Canoeing and Kayaking -Elk Island Park	36259	Van Vliet Complex 2-610	U of A Student \$30 U of A Staff \$50 Public \$60
Sat 0900-1700	Jun 24	Canoeing and Kayaking -Devon to Edmonton	36260	Van Vliet Complex 2-610	U of A Student \$40 U of A Staff \$60 Public \$70
SUMMER					
Sat 1100-1700	Jul 8	Hiking-Elk Island Park	36266	Van Vliet Complex 2-610	U of A Students \$20 U of A Staff \$40 Public \$50
Sat 0900-1600	Jul 22	Canoeing and Kayaking -Elk Island Park	36269	Van Vliet Complex 2-610	U of A Student \$30 U of A Staff \$50 Public \$60
Sat 0900-1700	Aug 12	Canoeing and Kayaking -Devon to Edmonton	36270	Van Vliet Complex 2-610	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

Days/Time	Dates	Class Type	Code	Location	Cost
Sun 1205-1325	May 14-Jun 18	Fencing	36209	Education GB-23	U of A Student \$68 U of A Staff \$81 Public \$90
Sun 1205-1325	Jul 16-Aug 20	Fencing	36210	Education GB-23	U of A Student \$68 U of A Staff \$81 Public \$90





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& STAFF!**

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Student and staff drop-in activities include:

- Badminton
 - Basketball
 - Dance
 - Skating
 - Group Fitness
 - Running
 - Volleyball
 - Swimming
 - Tennis
 - Soccer
- Drop-in schedules available at uab.ca/recreation*