Contents & FACILITY INFORMATION

TABLE OF CONTENTS

Contents and Facility Information 2
Hours
Registration Information
Contact Us
Rates, Holds and Freezes
Membership Benefits
Withdrawal Deadlines
Value-Added (Free*) Classes
30/45-Minute Classes
Older Adult
Endurance Training
Spin
Aquatic Fitness
Registered Fitness Courses 4
Fitness Courses
Training and Assessments 5
Personal Training
Assessments
Ready-Made Strength Programs
Testing, Corporate Wellness, Athletic Therapy 6
Occupational Fitness Testing
Corporate Wellness
Athletic Therapy
Swim Lessons7
Swim for Life [®] Child Group Lessons
Child & Adult Semi-Private Lessons
Swim for Life [®] Adult Group Lessons, Private Lessons
Canadian Swim Patrol
Aquatic Programs 11
Lifesaving Society [®] Certification & Leadership Courses
Recreation
Leagues
Tournaments & Sport Clubs
JUNIOR GRIFFINS CAMPS
Aquatic & Recreation Camps
Programming Overview 14

We acknowledge that the land on which we gather in Treaty Six Territory is the traditional gathering place for many Indigenous people. We honour and respect the history, languages, ceremonies and culture of the First Nations, Métis, and Inuit who call this territory home.

			URS Jan 3	8-Apr 30	
FITNE	SS CENTRE			POC)L
Mon-Fri Sat, Sun Holidays	5:45 a.m10 p.m. 8 a.m7 p.m. 9 a.m5 p.m.		Mon-Fri Sat, Sun Holidays	6:15 a.m9:30 p. 8 a.m4 p. 1-4 p.	
	н	OLID	AYS		
	to our website -Jan 2 hours.	Apr	20: Family Day 7: Good Friday 10: Easter Sun		9 a.m5 p.r 9 a.m5 p.r 9 a.m5 p.r

REGISTRATION INFORMATION

Reserve your spot in a class, register for programs, SportandWellnessReg.MacEwan.ca

- New to Sport and Wellness? Click "Register" to create your account.
- First time on our new site? Click "Logon" > "Click here if you have forgotten your password, or are an existing customer and have an email address on your account."

ONLINE

• To update your email on file or if you have questions, please contact the Welcome Desk at 780-497-5300 or WelcomeDesk@MacEwan.ca

WALK-IN

• MacEwan University Sport and Wellness is located in Building 8 in the Christenson Family Centre for Sport and Wellness at 108 St. and 105 Ave.

PHONE

- Call 780-497-5300 and a Welcome Desk staff member would be pleased to assist you during regular business hours. Payments are **not allowed** over the phone.
 - We accept Visa, MasterCard, Discover Card, American Express, debit, cash or cheque. All prices in this guide include GST unless otherwise noted *(where applicable).* Fees are due upon registration; no spaces will be held without payment.

NEW		RATES	s, hoi
RATES FOR			Drop In
2023	AGE	DAY PASS	10-VISIT PASS
Adult	18+	\$10.25	\$92.25
Older Adult	55+	\$8	\$72
Alumni		\$10.25	\$92.25
MacEwan Employee		\$7	\$63

13-17

2-12

\$8

\$8

\$6

\$26

\$72

\$72

\$54

\$234

RENTAL

[†]Prices include GST. For any discrepancies in price between this guide and the till, the till price will be honoured. ¹Passes are non-refundable. ²Valid for scheduled recreational swim times only. ³Only available for purchase until Jan 31. *Student spouse rate available. Please inquire at the Welcome Desk.

TYPE	DURATION	COST	
Medical Ho	Medical Hold Minimum 1 month		With d
Freeze	1-6 months	1 Free/year	You ma of 30 c

MEMBERSHIP BENEFITS

Alumni/Employee Spouse

Post-Secondary Student

Youth

Child

Family (2 Adults & 2 Kids)

MacEwan Student*

- No contracts or cancellation fees and the option to put your membership on freeze
- A variety of Value-Added (free) fitness and aquatic classes per week
- Access to the pool, fitness centre, and gymnasium
- A discount on registered courses, swim lessons, testing, personal and group training (not applicable for family members)
- Yearly quest passes

Recreation

· Complimentary parking permit

for a full refund. No refunds will be issued after the withdrawal deadline. Missed classes/lessons are not eligible for refunds or rescheduling. **Corporate Memberships** 780-497-5372 Registration may be available after the withdrawal deadline pending space. Speak to a Welcome Desk representative or email Pool Rentals and Bookings Aquatics@MacEwan.ca WelcomeDesk@MacEwan.ca for assistance.

CONTACT US f 🎔 💿 🗈 @MacEwanWellness MacEwan.ca/SportandWellness

General Inquiries	Director		
780-497-5300	780-497-50		
Corporate Wellness	Aquatics (
780-497-5692	780-497-		

annoo	DIIOO
5300	780-497
Nellness	Aquati
-5692	780-4

	780-497-5091		
SS	Aquatics Office		
	780-497-5779		

780-497-5693	780-497-
Gymnasium and/o MUSWBookings	
moonbookingo	Smuormun

Fitness/Training

780-497-5370 n.ca

OLDS AND FREEZES

		Passes ¹		Memberships	
REC SWIM PASS ²	ONE WEEK	ONE MONTH	FULL ³ SEMESTER	MONTHLY PAYMENT	ANNUAL PAYMENT
\$8	\$25	\$75		\$61	\$610
\$6	\$20	\$55		\$45	\$450
\$8	\$20	\$55		\$45	\$450
\$6	\$15	\$50		\$40	\$400
				\$45	\$450
\$6		\$45	\$150		
\$2	\$15	\$50		\$41.50	\$415
\$2		\$35		\$26.50	\$265
		\$185		\$150	\$1500

MacEwan University students enrolled in 1 or more credits/term and assessed the Sport and Wellness fee (\$102/term) are members.

DESCRIPTION

doctor's note, memberships can be put on hold for medical reasons for a minimum of 30 days. Max backdate on a Medical Hold is 30 days.

ay freeze your membership once within a 12-month period for a minimum days and a maximum of six months. No backdating available on freezes. Additional freezes within the same year cost **\$20** each.

LOCKER AND TOWEL RENTAL*

		MacEwan Students		Members and Passholders		
ENTAL	DAY USE	FOUR MONTHS	EIGHT MONTHS	ONE MONTH	SIX MONTHS	ANNUAL
Locker	Free	¢40	ф7 г	¢00	¢.c.0	¢100
Towel	\$2	\$40	\$75	\$20	\$60	\$100

20% discount if locker and towel service purchased together.

*Non-refundable.

WITHDRAWAL DEADLINES