LIVE TO SWIM
**Contents & Facility Information**

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

### TABLE OF CONTENTS

- Contents and Facility Information
- Rates & Membership Information
- Spring/Summer Hours
- Membership Benefits
- Registration Information
- Program Schedule
- CONTACT US

### Rates & Membership Information

**RATES, HOLDS AND FREEZES**

<table>
<thead>
<tr>
<th>Type</th>
<th>Age</th>
<th>Drop In</th>
<th>One Week</th>
<th>One Month</th>
<th>Four Months</th>
<th>Monthly Payment</th>
<th>Annual Payment</th>
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<tbody>
<tr>
<td>Adult</td>
<td>18+</td>
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<td>$25.00</td>
<td>$60.00</td>
<td>$200.00</td>
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<tr>
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<td>$20.00</td>
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<td>$6.50</td>
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<td>$135.00</td>
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<tr>
<td>Alumni/Employee</td>
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<td>$7.50</td>
<td>$35.00</td>
<td>$15.00</td>
<td>$40.00</td>
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<td>Youth</td>
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<td>$26.00</td>
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<td>Child</td>
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<td>$3.10</td>
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<td>$40.00</td>
<td>$135.00</td>
<td>$360.00</td>
</tr>
<tr>
<td>Family (Adults &amp; 2 Kids)</td>
<td></td>
<td>$9.00</td>
<td>$15.00</td>
<td>$15.00</td>
<td>$40.00</td>
<td>$135.00</td>
<td>$360.00</td>
</tr>
</tbody>
</table>

**MacEwan Student**

MacEwan University students enrolled in 6 or more credit/term and assessed the Sport and Wellness fee (if/they) are members.

**Prices include GST. For any discrepancies in price between this guide and the till, the till price will be honoured.**

*Passes are non-refundable. Valid for scheduled recreational swim times only.*

**Membership Benefits**

- 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, gymnasium and steam room
- A discount on registered courses, swimming lessons, testing, personal and group training, etc. (not applicable for family members)
- Yearly guest passes
- Complimentary passes per permit (see information on pg 11)

**REGISTRATION INFORMATION**

To register for courses, personal/group training and camps, visit [SportandWellnessReg.MacEwan.ca](http://SportandWellnessReg.MacEwan.ca)

**ONLINE**

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

- A Welcome Desk staff member would be pleased to assist you over the phone at 780-497-5300 during regular business hours

**PHONE**

A Welcome Desk staff member would be pleased to assist you over the phone at 780-497-5300 during regular business hours

**LOCATION**

MacEwan University Sport and Wellness
10800-105 Ave, Edmonton, AB

**WEBSITE**

[MacEwan.ca/SportandWellness](http://MacEwan.ca/SportandWellness)

[MacEwanWellness](https://www.MacEwanWellness.ca)

**MEMBERSHIP BENEFITS**

- 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, gymnasium and steam room
- A discount on registered courses, swimming lessons, testing, personal and group training, etc. (not applicable for family members)
- Yearly guest passes
- Complimentary passes per permit (see information on pg 11)

**LOCKER & TOWEL RENTAL**

- MacEwan Students
- Members and Passholders

- **Rental**
  - Day Use: $4.00
  - Week: $21.00
  - Month: $90.00
  - Annual: $100.00

**20% discount if locker & towel service purchased together.**

**REGISTRATION DEADLINES AND WITHDRAWALS**

No refunds will be issued for withdrawals after the regular registration deadline.

Prior to the regular registration deadline, you may withdraw from any program for a full refund.

Late registrations may be accepted, pending available space. Speak to a Welcome Desk representative or email WelcomeDesk@MacEwan.ca for assistance.
# VALUE-ADDED CLASSES

These classes are FREE for those who have a MacEwan University Sport and Wellness membership or pass. If you are not a member and wish to attend these classes, they may still be available to you at a reduced rate. The reduced rate varies based on factors such as age, membership level, and type of class. Members can reserve a spot online, and non-members should contact the gym at 780-497-5300 to confirm availability.

All classes are taught by certified instructors who are trained to provide different levels of intensity to accommodate all fitness levels, including beginners. Visit MacEwan.ca/SportandWellness for class details.

All studios have a maximum capacity, therefore all Value-Added classes are on a first-come, first-serve basis. Members can reserve a spot online. All Value-Added classes require minimum participation numbers to run. Classes are subject to cancellation.

**Fitness Spring/Summer Value-Added classes run:** May 1 - Sep 4

Aquatic Spring/Summer Value-Added classes run: May 1-4, Jul 6-Aug 31

No classes May 16, 18, Jul 1, Aug 3, 5

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### Total Conditioning

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Class Type</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Power-Core Fusion 🟠</td>
<td>Mon</td>
<td>May 4-Aug 31</td>
<td>12:05-12:55 p.m.</td>
<td>☀</td>
<td>Functional strength &amp; core</td>
<td>No class May 16, Aug 3</td>
</tr>
<tr>
<td>Sculpt 60 🟠</td>
<td>Mon</td>
<td>May 4-Aug 31</td>
<td>5-6 p.m.</td>
<td>☀</td>
<td>Fast-paced strength &amp; cardio</td>
<td>No class May 16, Aug 3</td>
</tr>
<tr>
<td>Triple Threat 🟠</td>
<td>Sat</td>
<td>May 2-Aug 29</td>
<td>11:45 a.m.-12:45 p.m.</td>
<td>☀</td>
<td>Aerobic endurance &amp; strength</td>
<td>No class May 16, Aug 1</td>
</tr>
</tbody>
</table>

### Triathlon Training

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Class Type</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tri Resistance Training 🟠</td>
<td>Mon</td>
<td>May 4-Aug 31</td>
<td>6:30-7:30 a.m.</td>
<td>☀</td>
<td>Tri-focused strength</td>
<td>No class May 18, Aug 3</td>
</tr>
<tr>
<td>Tri Swim 🟠</td>
<td>Tue</td>
<td>May 5-Sep 1</td>
<td>6:30-7:30 a.m.</td>
<td>☀</td>
<td>Tri-focused swim training</td>
<td></td>
</tr>
<tr>
<td>City Centre Runners 🟠</td>
<td>Wed</td>
<td>May 6-Sep 2</td>
<td>5:30-7 p.m.</td>
<td>Lobby</td>
<td>Run training</td>
<td>No class Jul 1; Max 10 participants</td>
</tr>
<tr>
<td>Tri Swim/Run Combo 🟠</td>
<td>Fri</td>
<td>May 1-Sep 4</td>
<td>6:15-7:30 a.m.</td>
<td>☀</td>
<td>Tri-focused bike &amp; run training</td>
<td></td>
</tr>
</tbody>
</table>

### Older Adult

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Class Type</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sit &amp; Be Fit 🟠</td>
<td>Mon</td>
<td>May 4-Aug 31</td>
<td>9-9:55 a.m.</td>
<td>☀</td>
<td>Functional movements</td>
<td></td>
</tr>
<tr>
<td>Tone &amp; Balance 🟠</td>
<td>Thu</td>
<td>May 7-Sep 3</td>
<td>10:05-10:55 a.m.</td>
<td>☀</td>
<td>Endurance &amp; stability</td>
<td>No class May 16, Aug 3</td>
</tr>
<tr>
<td>Functional for Life 🟠</td>
<td>Tue</td>
<td>May 5-Sep 1</td>
<td>10:05-10:55 a.m.</td>
<td>☀</td>
<td>Functional training</td>
<td></td>
</tr>
<tr>
<td>Cardio 🟠</td>
<td>Wed</td>
<td>May 6-Sep 2</td>
<td>10:05-10:55 a.m.</td>
<td>☀</td>
<td>Aerobic endurance</td>
<td>No class Jul 1</td>
</tr>
<tr>
<td>Strength and Stretch 🟠</td>
<td>Fri</td>
<td>May 1-Sep 4</td>
<td>10:05-10:55 a.m.</td>
<td>☀</td>
<td>Strength &amp; mobility</td>
<td></td>
</tr>
</tbody>
</table>

### Spin

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
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<th>Time</th>
<th>Location</th>
<th>Class Type</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>SpinErgy 🟠</td>
<td>Mon</td>
<td>May 4-Aug 31</td>
<td>12:05-12:55 p.m.</td>
<td>☀</td>
<td>Cardio &amp; weight circuits</td>
<td>No class May 16, Aug 3</td>
</tr>
<tr>
<td>SpinDurance 🟠</td>
<td>Tue</td>
<td>May 5-Sep 1</td>
<td>6:30-7:20 a.m.</td>
<td>☀</td>
<td>Cardio endurance</td>
<td></td>
</tr>
<tr>
<td>Spin the Beat 🟠</td>
<td>Thu</td>
<td>May 7-Sep 3</td>
<td>12:05-12:55 p.m.</td>
<td>☀</td>
<td>Cardio RPM to music</td>
<td>No class Jul 1</td>
</tr>
<tr>
<td>Gear it Up 🟠</td>
<td>Thu</td>
<td>May 7-Sep 3</td>
<td>12:05-12:55 p.m.</td>
<td>☀</td>
<td>Cardio to virtual trails</td>
<td></td>
</tr>
<tr>
<td>Spin &amp; Core 🟠</td>
<td>Thu</td>
<td>May 7-Sep 3</td>
<td>6-7 p.m.</td>
<td>☀</td>
<td>Cardio &amp; ab toning</td>
<td></td>
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</tbody>
</table>

### Aquatic Fitness

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Class Type</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shallow Water Fitness 🟠</td>
<td>Mon</td>
<td>May 4-Aug 31</td>
<td>9-9:45 a.m.</td>
<td>☀</td>
<td>Low-impact endurance</td>
<td>No class May 16, Aug 3</td>
</tr>
<tr>
<td>Deep Water Fitness 🟠</td>
<td>Mon</td>
<td>May 4-Jun 29</td>
<td>5-5:45 p.m.</td>
<td>☀</td>
<td>Aerobic &amp; muscular endurance</td>
<td>No class May 16, Aug 3</td>
</tr>
<tr>
<td></td>
<td>Mon</td>
<td>Jul 6-Aug 31</td>
<td>6:45-7:30 p.m.</td>
<td>☀</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Tue</td>
<td>May 5-Sep 1</td>
<td>12:05-12:50 p.m.</td>
<td>☀</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Wed</td>
<td>May 6-Jun 24</td>
<td>5-5:45 p.m.</td>
<td>☀</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wed</td>
<td>Jul 8-Sep 2</td>
<td>6:45-7:30 p.m.</td>
<td>☀</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Thu</td>
<td>May 7-Sep 3</td>
<td>12:05-12:50 p.m.</td>
<td>☀</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Thu</td>
<td>May 7-Sep 3</td>
<td>6:30-7:30 a.m.</td>
<td>☀</td>
<td>General swim training</td>
<td></td>
</tr>
</tbody>
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**VALUE-ADDED CLASSES**

**VALUE-ADDED CLASSES**

**VALUE-ADDED CLASSES**

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**LEGEND:**

- Aerobics Studio
- High Performance Studio
- Mind/Body Studio
- Spin Studio
- Pool
- Campus Cup Eligible

**RESERVE YOUR SPOT** at MacEwan.ca/Fitness, in person at 10800-105 Avenue, or by phone at 780-497-5300
## REGISTERED FITNESS COURSES

### FITNESS COURSES

These Registered Fitness Courses are for all interests and fitness levels. Our highly trained and enthusiastic instructors will lead you through a fun and challenging workout suited to your needs. Register by phone, in person or online. Courses require minimum registration numbers to run. Register by Apr 30 and save with Early Bird Pricing.

### Drop-in

Drop-in (where available) is $15 for members/students and $17.50 for the public. Drop-in payment must be done in person.

All Spring/Summer Registered Programs run 10 weeks: May 11-Jul 25

No classes May 16, Jul 1

### Registration Deadlines and Withdrawals

No refunds will be issued for withdrawals after the regular registration deadline. Prior to the regular registration deadline, you may withdraw from any program for a full refund. Late registrations may be accepted, pending available space. Speak to a Welcome Desk representative or email WelcomeDesk@MacEwan.ca for assistance.

### HOW TO REGISTER

Visit SportandWellnessReg.MacEwan.ca to register for courses, personal training, and leagues.

Visit our website or see page 3 of this guide for information on how to get yourself set up for online registration.

### Program Information

- **Drop-in**: Drop-in payment must be done in person.
- **Regular Price**: $90
- **Early Bird Price**: $88
- **Deadline Apr 30**: S/M: $60 P: $88
- **Deadline May 7**: S/M: $50 P: $98
- **No class May 18**
- **No class Jul 1**

### Program Descriptions

#### Mind & Body

- **Barre Fitness**
  - Description: Fuse elements of ballet, Pilates, and sport conditioning into a fluid routine that will sculpt and tone your physique.
  - Day: Mon
  - Date: May 11-Jul 20
  - Time: 12:05-12:55 p.m.
  - Classes: 10
  - Location: Aerobics Studio
  - Code: 5968

- **Hatha Yoga Flow**
  - Description: Enhance your mobility, strength, and stamina with traditional Hatha Yoga blended with Vinyasa flow movements.
  - Day: Tue
  - Date: May 12-Jul 14
  - Time: 5:30-6:30 p.m.
  - Classes: 10
  - Location: High Performance Studio
  - Code: 5969

- **Cardio Dance**
  - Description: Get your heart beating to the music with this choreographed, dance-style workout. Those with two left feet welcome!
  - Day: Tue
  - Date: May 12-Jul 14
  - Time: 11:05-11:55 a.m.
  - Classes: 10
  - Location: Aerobics Studio
  - Code: 5978

- **Restorative Yoga**
  - Description: A gentle, slow-paced yoga practice using props to support the body and to create the ultimate relaxation environment. All abilities welcome.
  - Day: Wed
  - Date: May 13-Jul 22
  - Time: 11:05-11:55 a.m.
  - Classes: 10
  - Location: Mind/Body Studio
  - Code: 5976

- **Pilates**
  - Description: Centre your body through stabilization and functional movement appropriate for all fitness levels.
  - Day: Thu
  - Date: May 14-Jul 16
  - Time: 5-6 p.m.
  - Classes: 10
  - Location: Mind/Body Studio
  - Code: 5975

#### Strength & Conditioning

- **Urban Bootcamp NEW!**
  - Description: We’re taking your favourite Bootcamp class outdoors! Use your surroundings for a total-body workout while enjoying the sunny weather!
  - Day: Tue
  - Date: May 12-Jul 14
  - Time: 12:05-12:55 p.m.
  - Classes: 10
  - Location: North Court
  - Code: 5972

- **Learn Olympic Lifting**
  - Description: Learn to safely snatch and clean & jerk under the guidance of an NCCP-Weightlifting trained personal trainer. All experience levels welcomed.
  - Day: Tue
  - Date: May 12-Jul 14
  - Time: 5-6 p.m.
  - Classes: 10
  - Location: Mind/Body Studio
  - Code: 5971

- **Kickboxing - The Real Thing!**
  - Description: Former Canadian Champion Gaspar Bonomo delivers exhilarating, non-choreographed kickboxing basics to anyone looking to build strength, speed and agility. No experience necessary.
  - Day: Tue
  - Date: May 12-Jul 14
  - Time: 7-8 p.m.
  - Classes: 10
  - Location: Mind/Body Studio
  - Code: 5979

- **Freshman 15**
  - Description: Freshen up your workout with this bootcamp-style class hitting a specific muscle group or training style 15 different ways, leading to the ultimate workout challenge!
  - Day: Wed
  - Date: May 13-Jul 22
  - Time: 12:05-12:55 p.m.
  - Classes: 10
  - Location: Mind/Body Studio
  - Code: 5972

- **Better Body Bootcamp**
  - Description: Use the latest and greatest equipment for a total-body blast.
  - Day: Thu
  - Date: May 14-Jul 16
  - Time: 12:05-12:55 p.m.
  - Classes: 10
  - Location: Mind/Body Studio
  - Code: 5974

- **Cardio Box**
  - Description: Float like a butterfly and sting like a bee in this HIIT/boxing fusion. No experience necessary.
  - Day: Thu
  - Date: May 14-Jul 16
  - Time: 12:05-12:55 p.m.
  - Classes: 10
  - Location: Mind/Body Studio
  - Code: 5973

- **Kettlebell X**
  - Description: A fun, intense and functional movement class designed to boost your strength, core and cardio using kettlebells.
  - Day: Thu
  - Date: May 14-Jul 16
  - Time: 6-7 p.m.
  - Classes: 10
  - Location: Mind/Body Studio
  - Code: 5970

- **Women & Weights**
  - Description: Our goal is to help you feel strong, powerful and knowledgeable. Learn proper lifting techniques in a safe and comfortable environment.
  - Day: Sat
  - Date: May 23-Jul 25
  - Time: 9:30-10:30 a.m.
  - Classes: 10
  - Location: Mind/Body Studio
  - Code: 5977

### Register Your License Plate

Register your license plate with the Welcome Desk. Complimentary parking is now included with registration.
TRAINING AND ASSESSMENT

PERSONAL AND GROUP* TRAINING

FREE Personal Training Consultation

Whether you’re new to the gym, working towards a competition or want a tune-up on your routine, our certified personal trainers can help you get there. Book your free 30-minute consultation with a trainer prior to purchasing sessions to determine the best path to success by calling 780-497-5693.

Get support from some of Edmonton’s most qualified personal trainers. Our Exercise Specialists are accredited in the following:

- University degrees in physical education, kinesiology and/or sport/science
- Certified Exercise Physiologists (CSEP-CEP) or Certified Personal Trainers (CSEP-CPT) through the Canadian Society for Exercise Physiology
- Certified Strength and Conditioning Specialists (CSCS) through the National Strength and Conditioning Association

Note: Personal training sessions, fitness assessments, and private swim lessons must be paid prior to booking and expire one year from date of purchase.

Please provide 24 hours notice if you are unable to make your scheduled appointment. Canceled sessions will count at the full session rate if proper notice is not given.

DISCOVER OUR INDIVIDUAL PERSONAL TRAINING INCENTIVE PRICING

Incentive pricing A reward for choosing Sport and Wellness as your training destination. Call 780-497-5693 for more details.

*Max of 3 participants.

ASSESSMENT

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
<th>Offering</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body Composition Assessment</td>
<td>We’ll use your height, weight, circumferences and a seven-site skinned assessment to estimate your fat and lean body mass.</td>
<td>30-minute session</td>
<td>S $31 M $34 P $37</td>
</tr>
<tr>
<td>Baseline Testing for Wellness/Performance</td>
<td>Meet with a certified Exercise Specialist to create a baseline fitness assessment tailored to your fitness goals. Determine which tests are most relevant to your goals and receive optimal training feedback based on your results. Available tests include body composition, muscular strength and endurance, aerobic capacity, flexibility and more.</td>
<td>1-hour initial assessment</td>
<td>S $67 M $71 P $79</td>
</tr>
<tr>
<td>V02 Max Testing</td>
<td>This metabolic test will determine your VO2 Max, anaerobic threshold and training zones. Participants must have medical clearance from their doctor prior to testing. Group and team discounts are available. Please call the fitness desk at 780-497-5693 for more information.</td>
<td>1-hour session</td>
<td>S $89 M $95 P $110</td>
</tr>
<tr>
<td>Return to Play Treatment Package</td>
<td>Get the professional athlete treatment with this personalized package for your return to play after injury. This package includes four sessions with a certified Athletic Therapist and five hours of personal training. Your athletic therapist and trainer will work with you and collaborate to devise the ultimate individualized program to meet your goals.</td>
<td>1-hour initial assessment 5 x 1-hour personal training 5 x 1-hour athletic therapy treatment</td>
<td>S/M $645 P $608</td>
</tr>
</tbody>
</table>

Note:
- Incentive pricing A reward for choosing Sport and Wellness as your training destination. Call 780-497-5693 for more details.
- Max of 3 participants.

TRAINING AND ASSESSMENT

OCCUPATIONAL FITNESS TESTING

Testing location: David Atkinson Gymnasium, MacEwan University Sport and Wellness, 10800-105 Ave.

Registration Deadline: 48 hours prior to testing.
Cancellation Policy: Prior to withdrawal/transfer cut off date receive a full refund or transfer to future test. Verbal or written confirmation is required from Sport and Wellness before the 48-hour deadline. Post-withdrawal/transfer cut off date there will be no refund or transfer unless medical documentation is provided.

Please arrive 30 minutes prior to the start time and provide valid medical clearance.

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Code</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>PARE Testing</td>
<td>Physical Abilities Requirement Evaluation (PARE) is a job-related physical abilities test that evaluates your physical capacity as it applies to law enforcement/police work. Various low enforcement agencies require successful completion of the PARE as part of the application process. Medical clearance required. Visit alberta.ca and search ‘PARE test’ for Medical Consent Form. An eight-person minimum registration is required to run a testing session.</td>
<td>Wed</td>
<td>May 6</td>
<td>8-11 a.m.</td>
<td>6030</td>
<td>M/P $89</td>
</tr>
<tr>
<td>COPAT Testing</td>
<td>The Correctional Officer Physical Ability Test (COPAT) evaluates your capacity to meet the physical demands of correctional services work. It is the occupational assessment used by the Solicitor General of Alberta in selecting candidates applying to Correctional Peace Officer positions. Medical clearance required. Visit alberta.ca and search ‘COPAT test’ for Medical Consent Form. A four-person minimum registration is required to run a testing session.</td>
<td>Wed</td>
<td>May 6</td>
<td>12-3 p.m.</td>
<td>6014</td>
<td>M/P $89</td>
</tr>
</tbody>
</table>

PARE PREP

Get physically prepared to run the PARE test under the guidance of an experienced Exercise Specialist. Progressive programming is tailored to fit your abilities. Prep participants receive a 10% discount on one Summer or Fall 2020 PARE or COPAT test registration upon completion of the program.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Classes</th>
<th>Location</th>
<th>Code</th>
<th>Early Bird Price</th>
<th>Regular Price</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>May 11-July 20</td>
<td>7-8 a.m.</td>
<td>10</td>
<td>North Court</td>
<td>6045</td>
<td>$588</td>
<td>$688</td>
<td>No-class May 18</td>
</tr>
</tbody>
</table>

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ATHLETIC THERAPY

Program | Description
---|---
Athletic Therapy | Do you suffer from chronic pain or acute orthopedic injuries? Athlete or not, call our qualified Athletic Therapists at 780-497-5492 to book your initial appointment. Most insurers cover athletic therapy. Before booking an appointment, check with your insurer to confirm the amount of coverage included with your plan. Some plans may require a prescription or referral from a medical doctor.

Athletic Therapy is covered under the MacEwan employee benefits program. Multiple treatment packages are not eligible for benefits submission.

Offering | Price
---|---
Initial assessment and treatment | Student/Member $90 Public $100
Follow-up treatment | Student/Member $70 Public $78
One assessment Five treatments | Student/Member $425 Public $475
Six treatments | Student/Member $402 Public $450

CORPORATE WELLNESS

Program | Description
---|---
Corporate Wellness Initiatives | We specialize in fun and educational strategies to enhance employee retention, job satisfaction and work motivation. Examples of our Corporate Wellness initiatives include:

- Team-Building Activities
  - Scavenger Hunts
  - Amazing Race

- Fitness Classes
  - Yoga
  - Pilates
  - Zumba
  - Barre Fitness
  - Spin
  - Resistance Training
  - TRX
  - Jiu-Jitsu
  - Cardio Box
  - Cardio Dance
  - Power Walking

- Core Conditioning
- Sport Training Classes
  - Thriathlon Swim
  - Bike & Run Training
  - Off-Ice Hockey, Basketball, Volleyball and Soccer Conditioning

- Injury and Disease Prevention Classes
  - Myofascial Release
  - Fall Prevention
  - Posture Re-alignment
  - Mobility Enhancement
  - Diabetes Management
  - Cancer and Heart Disease Prevention

- Fitness Challenges
  - BodySafe
  - How Fit Can You Get
  - Weight Loss

Consultation and Implementation Sessions range from a basic one-hour Lunch ‘n Learn to a full day workshop/event, and can be hosted at MacEwan or at your location.

For more information and pricing, please contact Terra at 780-497-5692 or giggyf@macewan.ca

Nutrition Essentials In this workshop we will bust common myths surrounding nutrition trends, break down macronutrients to understand how they affect our bodies, as well as learn base home tools and techniques for planning your own diet to best suit your nutritional needs and fitness goals.

<table>
<thead>
<tr>
<th>Workshop</th>
<th>Description</th>
</tr>
</thead>
</table>
| Nutrition Essentials | In this workshop we will bust common myths surrounding nutrition trends, break down macronutrients to understand how they affect our bodies, as well as learn base home tools and techniques for planning your own diet to best suit your nutritional needs and fitness goals.

<table>
<thead>
<tr>
<th>Event</th>
<th>Description</th>
</tr>
</thead>
</table>
| Bikes ‘n Beans | Meet at Nascom Park on your bike for a one hour instructed ride, winding up at Remedy Cafe on 109 Street for a coffee social (refreshments are not included).

WELLNESS EDUCATION WORKSHOPS

Whether you want to learn something new to improve your fitness and health routine or relieve the stress of every day life, our workshops will provide you with practical, hands-on experience with the latest information to help you stay healthy and fit.

Register online at MacEwan.ca/SportandWellness or in person at the Welcome Desk.

Workshops require a minimum number of registrants to run.

<table>
<thead>
<tr>
<th>Workshop</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Workshop</td>
<td>Description</td>
</tr>
<tr>
<td>Workshop</td>
<td>Description</td>
</tr>
<tr>
<td>Workshop</td>
<td>Description</td>
</tr>
</tbody>
</table>

SPECIAL WELLNESS EVENTS

Complimentary parking is available for members and patrons*. Please visit our website to see if your program or service is eligible. Parking vouchers are issued by the Welcome Desk. Please bring your plate number on the first day of your program/service. Parking is available only while using the centre, and is on a first-come, first-served basis.

Please park in the designated parking area of Lot H, north of the centre (105 Ave. at 108 St.). Lot H is full, you may park on most surface lots. Parking stalls for people with disabilities are available in Lot H.

Lack of a valid voucher may result in towing, which is the vehicle owner’s responsibility. Parking vouchers are non-transferable and must not be shared.

*MacEwan students, staff and faculty are not eligible.

Parking Services: MacEwan.ca/Parking or 780-497-5075

PARKING & MAP

MAP LEGEND

- MacEwan University Sport and Wellness Parking
- Overflow Parking (Use only if Lot H is full)
- Paid Hourly / On-Street Meter Parking
- No Parking

Additional Overflow Parking: 10462-108 Street and 105-110 Street
Registration Deadlines and Withdrawals

No refunds will be issued for withdrawals after the regular registration deadline. Prior to the regular registration deadline, you may withdraw from any program for a full refund. Late registrations may be accepted, pending available space. Speak to a Welcome Desk representative or email Aquatics@MacEwan.ca for assistance.

PARENT & TOT

Based on the principle of “Within Arms Reach”, these classes focus on close playful interaction and shared fun between child, caregiver and water. Ages 4 months-3 years.

SwimAbilities 1: These swimmers are working on developing comfort in the water with assistance. They will learn to voluntarily get their face wet, blow bubbles, submerge and swim short distances without the assistance of a buoyant object. Note: If the child can swim independently 5 m on their front, 5 m on their back and complete a distance swim of 10 m, please contact us at Aquatics@MacEwan.ca for other program options.

SwimAbilities 2: These swimmers are starting to move through the water independently. They will learn to float, glide and swim short distances on both their front and back without assistance.

SwimAbilities 3: These swimmers are comfortable in shallow water and are being introduced to swimming in deep water with an adult. They will continue to develop propulsion and are swimming farther on both their front and back.

SwimAbilities 4: These swimmers are comfortable swimming in deep water with assistance. They will continue to increase their endurance and independence in deep water and will be able to comfortably swim on their front, back and side without assistance.

PRESCHOOL LESSONS

Preschool 1
These preschoolers learn to get in and out of the water safely. They’ll learn to move safely in shallow water and use a lifejacket to be comfortable with their floats and glides. Ages 3-5.

Preschool 2
These preschoolers will explore the water learning to submerge and exhale underwater. Buoyant aids are used to help them discover rollovers, glides and butterfly kicks. Ages 3-5.

Preschool 3
These preschoolers will master their floats, glides and short 3 m swims on their front and back. They’ll be able to pick up objects from waist deep water and use their lifejackets to jump and roll into the deep end. Ages 3-5.

Preschool 4
These capable preschoolers will strengthen their flutter kicks and try swimming front crawl. They’ll begin to learn how to support themselves in deep water in the end they’ll do some jumps and side rolls into deep water. Their lifejacket will support them while they learn to tread water and swim 5 m to safety in deep water. Ages 3-5.

Preschool 5
These skilled and independent preschoolers will master short swims doing 5 m front crawl and 5 m back crawl. They are ready to take on a forward roll into deep water with their lifejacket and to tread water without support. In this level they will get their first chance to try whip kick and fitness training. Ages 3-5.

CLASS DETAILS

<table>
<thead>
<tr>
<th>Level</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Classes</th>
<th>Code</th>
<th>Early Bird Price</th>
<th>Regular Price</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sat</td>
<td>May 2-Jun 27</td>
<td>1-1:45 p.m.</td>
<td>8</td>
<td>5985</td>
<td>Deadline Apr 20 P $60</td>
<td>Deadline Apr 27 P $70</td>
<td>No class May 16 Parent/Caregiver/ Aide must be in the water with swimmer at all times.</td>
</tr>
<tr>
<td>2</td>
<td>Fri</td>
<td>Jul 6-28</td>
<td>4:45-5:30 p.m.</td>
<td>8</td>
<td>5989</td>
<td>Deadline Jun 21 P $60</td>
<td>Deadline Jun 28 P $70</td>
<td>No class Jul 31 Parent/Caregiver/ Aide must be in the water with swimmer at all times.</td>
</tr>
<tr>
<td>3</td>
<td>Thu</td>
<td>May 7-27</td>
<td>10:45-11:15 a.m.</td>
<td>8</td>
<td>5990</td>
<td>Deadline Apr 20 P $68</td>
<td>Deadline Apr 27 P $78</td>
<td>No class May 15</td>
</tr>
<tr>
<td>4</td>
<td>Mon &amp; Wed</td>
<td>Jul 6-29</td>
<td>5:30-6:15 p.m.</td>
<td>8</td>
<td>5991</td>
<td>Deadline Jun 25 P $68</td>
<td>Deadline Jul 2 P $78</td>
<td>No class May 17</td>
</tr>
<tr>
<td>5</td>
<td>Sat</td>
<td>May 27</td>
<td>1-1:45 p.m.</td>
<td>8</td>
<td>5992</td>
<td>Deadline Apr 20 P $68</td>
<td>Deadline Apr 27 P $70</td>
<td>No class May 15</td>
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<tr>
<td>6</td>
<td>Fri</td>
<td>May 8-19</td>
<td>12-12:30 p.m.</td>
<td>8</td>
<td>5993</td>
<td>Deadline Apr 20 P $68</td>
<td>Deadline Apr 27 P $78</td>
<td>No class May 17</td>
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<tr>
<td>7</td>
<td>Thu</td>
<td>May 27</td>
<td>1-1:45 p.m.</td>
<td>8</td>
<td>5994</td>
<td>Deadline Apr 20 P $68</td>
<td>Deadline Apr 27 P $78</td>
<td>No class May 17</td>
</tr>
<tr>
<td>8</td>
<td>Fri</td>
<td>May 15-26</td>
<td>11:45-12:15 a.m.</td>
<td>8</td>
<td>5995</td>
<td>Deadline Apr 20 P $68</td>
<td>Deadline Apr 27 P $78</td>
<td>No class May 17</td>
</tr>
</tbody>
</table>

Unsure what level to register for? Email Aquatics@MacEwan.ca or call 780-497-5779 for help or to schedule a free in-water level assessment.
SWIM LESSONS

CLASS DESCRIPTIONS

LESSONS FOR SCHOOL AGED CHILDREN

Swimmer 1
These beginning swimmers will work on moving through shallow water, and safe entries and exits. They’ll do floats, glides and kicking on their front and back without assistance, when they are ready. They’ll even explore jumping into deep water and treading water with their lifejackets.

Swimmer 2
These swimmers will jump into deep water, and swim 10 m of both front and back crawl. They’ll learn vertical whip kick and begin to work on their endurance by stepping into the world of fitness interval training.

Swimmer 3
These swimmers will dive and do forward rolls into deep water. Watch them learn handstands and front somersaults underwater. They’ll work on their front crawl, back crawl, whip kick over short distances and add some interval fitness training to their practice.

Swimmer 4
These swimmers will swim full lengths of both front crawl and back crawl. They’ll get introduced to breaststroke arm drills, underwater swims and breaststroke sprints. Interval training will boost their fitness level. By the end, they’ll be able to meet the Swin to Survive standard, roll into deep water, tread water for one minute and swim 50 m.

Swimmer 5
These swimmers will try eggbeater kick, head-up front crawl, shallow dives, and just for fun, some back jumps and underwater back somersaults. They’ll easily go the distance with a strong front crawl, back crawl and breaststroke.

Swimmer 6
These swimmers will master eggbeater and scissors kicks, front crawl, breaststroke and back crawl. With the interval training and sprinting drills they’ll be ready to make the 300 m endurance workout. And, just for fun, they’ll try stripe jumps and compact jumps.

CANADIAN SWIM PATROL PROGRAM

Swimmer 7 - Rookie Patrol
Rookie Patrol develops fitness for a timed 100 m swim and 350 m workout. First aid skills include conducting a primary assessment and initiating emergency medical services. Other key elements of this program include victim recognition and throwing assists.

Swimmer 8 - Ranger Patrol
Ranger Patrol enhances skills and increases fitness for a 200 m timed swim. Rescue skills involve increased skill in first aid basics, victim recognition and non-contact resuscites.

Swimmer 9 - Star Patrol
Star Patrol develops lifesaving and first aid skills, further refines front crawl, back crawl and breaststroke over 100 m, and requires 600 m workouts and 300 m timed swims.

CLASS DETAILS

<table>
<thead>
<tr>
<th>Level</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Classes</th>
<th>Code</th>
<th>Early Bird Price</th>
<th>Regular Price</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swimmer 1</td>
<td>Thu</td>
<td>May 7-25</td>
<td>3:15-4 p.m.</td>
<td>8</td>
<td>6072</td>
<td>Deadline Apr 20 P $60</td>
<td>Deadline Apr 27 P $90</td>
<td>No class May 15</td>
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<td></td>
<td>Fri</td>
<td>May 1-26</td>
<td>5:15-6 p.m.</td>
<td>8</td>
<td>6073</td>
<td>Deadline Apr 20 P $60</td>
<td>Deadline Apr 27 P $90</td>
<td>No class May 16</td>
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<td></td>
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<td>6074</td>
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<td>Deadline Apr 27 P $90</td>
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<td>8</td>
<td>6075</td>
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<tr>
<td>Swimmer 2/3</td>
<td>Thu</td>
<td>May 7-25</td>
<td>3:15-4 p.m.</td>
<td>8</td>
<td>6076</td>
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<td>5:15-6 p.m.</td>
<td>8</td>
<td>6077</td>
<td>Deadline Apr 20 P $60</td>
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<td>No class May 16</td>
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<td>8</td>
<td>6078</td>
<td>Deadline Apr 20 P $60</td>
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<td>Sun</td>
<td>May 3-28</td>
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<td>8</td>
<td>6079</td>
<td>Deadline Apr 20 P $60</td>
<td>Deadline Apr 27 P $90</td>
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<tr>
<td>Swimmer 4</td>
<td>Thu</td>
<td>May 7-25</td>
<td>2:30-3:15 p.m.</td>
<td>8</td>
<td>6080</td>
<td>Deadline Apr 20 P $60</td>
<td>Deadline Apr 27 P $90</td>
<td>No class May 15</td>
</tr>
<tr>
<td></td>
<td>Fri</td>
<td>May 1-26</td>
<td>5:45-6:30 p.m.</td>
<td>8</td>
<td>6081</td>
<td>Deadline Apr 20 P $60</td>
<td>Deadline Apr 27 P $90</td>
<td>No class May 16</td>
</tr>
<tr>
<td></td>
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<td>May 2-27</td>
<td>10-10:45 a.m.</td>
<td>8</td>
<td>6082</td>
<td>Deadline Apr 20 P $60</td>
<td>Deadline Apr 27 P $90</td>
<td>No class May 17</td>
</tr>
<tr>
<td></td>
<td>Sun</td>
<td>May 3-28</td>
<td>12-12:45 p.m.</td>
<td>8</td>
<td>6083</td>
<td>Deadline Apr 20 P $60</td>
<td>Deadline Apr 27 P $90</td>
<td>No class May 18</td>
</tr>
<tr>
<td>Swimmer 5/6</td>
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<td>May 7-25</td>
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<td>6084</td>
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<td>6085</td>
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<td>Deadline Apr 27 P $90</td>
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<td>6086</td>
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<tr>
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<td>Sun</td>
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<td>8</td>
<td>6087</td>
<td>Deadline Apr 20 P $60</td>
<td>Deadline Apr 27 P $90</td>
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<tr>
<td>Swimmer 7/8/9 - Rookie/Ranger/Star Patrol</td>
<td>Thu</td>
<td>May 7-25</td>
<td>2:30-3:15 p.m.</td>
<td>8</td>
<td>6088</td>
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<td>Deadline Apr 27 P $90</td>
<td>No class May 15</td>
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<tr>
<td></td>
<td>Fri</td>
<td>May 1-26</td>
<td>5:45-6:30 p.m.</td>
<td>8</td>
<td>6089</td>
<td>Deadline Apr 20 P $60</td>
<td>Deadline Apr 27 P $90</td>
<td>No class May 16</td>
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<tr>
<td></td>
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<td>May 2-27</td>
<td>10-10:45 a.m.</td>
<td>8</td>
<td>6090</td>
<td>Deadline Apr 20 P $60</td>
<td>Deadline Apr 27 P $90</td>
<td>No class May 17</td>
</tr>
<tr>
<td></td>
<td>Sun</td>
<td>May 3-28</td>
<td>12-12:45 p.m.</td>
<td>8</td>
<td>6091</td>
<td>Deadline Apr 20 P $60</td>
<td>Deadline Apr 27 P $90</td>
<td>No class May 18</td>
</tr>
<tr>
<td></td>
<td>Fri</td>
<td>May 1-26</td>
<td>6:30-7:15 p.m.</td>
<td>8</td>
<td>6092</td>
<td>Deadline Apr 20 P $60</td>
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<td>No class May 15</td>
</tr>
<tr>
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<td>Sat</td>
<td>May 2-27</td>
<td>10-10:45 a.m.</td>
<td>8</td>
<td>6093</td>
<td>Deadline Apr 20 P $60</td>
<td>Deadline Apr 27 P $90</td>
<td>No class May 16</td>
</tr>
<tr>
<td></td>
<td>Sun</td>
<td>May 3-28</td>
<td>12:30-1:15 p.m.</td>
<td>8</td>
<td>6094</td>
<td>Deadline Apr 20 P $60</td>
<td>Deadline Apr 27 P $90</td>
<td>No class May 17</td>
</tr>
</tbody>
</table>

POOL SCHEDULE

For the daily pool schedule visit MacEwan.ca/SportandWellness. Please note the schedule is subject to change.

Lane Swimming is often not available during lessons and camps, please check our online schedule for availability.

Complimentary parking is included with all child swim lesson registrations. Register your license plate each term with the Welcome Desk.

Unsure what level to register for? Email Aquatics@MacEwan.ca or call 780-497-5779 for help or to schedule a free in-water level assessment.

RESERVE online at MacEwan.ca/Aquatics, in person at 108-105 Avenue, or by phone at 780-497-5300.

14

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**SUMMER SWIM LESSONS**

In summer, families focus on vacation, fun and getting as much sun as they can. To accommodate this, our summer lessons for youth are only one week or one month long, and tailored to swim ability and not age. Participants will work on developing swim skills, endurance, stroke efficiency and Water Smart® habits!

View the descriptions below to find the best fit for your child. At the end of the week, you will have a registration recommendation for Swim for Life® lessons.

**Beginner Ages 4-12**
For those who are still developing confidence in the water. No minimum swim ability required. Often, swimmers don’t know any strokes at this point.

**Intermediate Ages 4-12**
Swimmers should be comfortable in the water, able to jump into deep water, swim confidently in chest deep water and flutter kick on front and back for over 5 m.

**Advanced Ages 4-12**
At this point, swimmers should be comfortable in deep water, be able to tread water for one minute, and swim front and back crawl for 25 m.

**Master Ages 4-12**
Swimmers are proficient, breathing their strokes, and able to swim 100 m non-stop. The focus is on developing endurance and strong swimming skills for life!

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**JUNIOR LIFEGUARD CLUB & ADULT LESSONS**

**CLASS DESCRIPTIONS**

**REGISTERED COURSES**
Junior Lifeguard Club  
Stir active in the water while you learn leadership and lifesaving skills. The Junior Lifeguard Club (JLC) challenges individuals to excel in lifesaving knowledge, skill, fitness and leadership. Practices include fun-filled activities that help improve swimming and teach basic rescues and first aid. Whether you choose to engage recreationally or competitively, you will learn skills from Canadian Swim Patrol, Bronze Star, Bronze Medallion and/or Bronze Cross.

**Prerequisites**: Lifesaving Society Swim Test - safe entry into shallow water, 25 m swim without stopping or resting, followed by treading water for 30 seconds.

---

**CLASS DETAILS**

**Level**  
**Day**  
**Date**  
**Time**  
**Class**  
**Code**  
**Early Bird Price**  
**Regular Price**  
**Information**

**Junior Lifeguard Club**

**Adult 1: Learn to Swim**

**Adult 2/3 & Fitness Swimmer: Stroke and Endurance Development**

---

**ADULT LESSONS**

**Adult 1: Learn to Swim**

Adult 1: Scared Stiff: These are Adult 1 lessons as described below, but targeted to those who have a fear of water or who would like to work through skills slowly. We believe everyone learns best in a comfortable environment.

Adult 1: These adult classes are for beginners who are just starting to swim. Participants will set goals to gain confidence in the water and improve strokes with instructor support. Water Smart® education is a part of all classes. Fulfill your dream of learning to swim with us!

**Adult 2/3 & Fitness Swimmer: Stroke and Endurance Development**

Participants learn to set their own goals, developing water confidence and smooth and efficient strokes.

**SUMMER SWIM LESSONS**

**WEEK-LONG**

**Codes and Times**  
**10:15-11 a.m.**  
**2-2:45 p.m.**  
**5:45-6:30 p.m.**

**Weekdays**

**Beginner**  
**Intermediate**  
**Advanced**  
**Early Bird Price**  
**Regular Price**

**Summertime**

**SUMMER SWIM LESSONS**

**WEIGHT-LOSS**

**Freshwater Weight Loss**

**Six sessions**  
**6:30-7:15 p.m.**

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**ADULT OPTIONS**

See descriptions on previous page.

**Adult 1: Scared Stiff (SS)**  
**Adult 1: Learn to Swim (LS)**  
**Adult 2/3 & Fitness Swimmer: Stroke & Endurance Development**

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**CLASS DESCRIPTIONS**

**REGISTERED COURSES**
Junior Lifeguard Club  
Stir active in the water while you learn leadership and lifesaving skills. The Junior Lifeguard Club (JLC) challenges individuals to excel in lifesaving knowledge, skill, fitness and leadership. Practices include fun-filled activities that help improve swimming and teach basic rescues and first aid. Whether you choose to engage recreationally or competitively, you will learn skills from Canadian Swim Patrol, Bronze Star, Bronze Medallion and/or Bronze Cross.

**Prerequisites**: Lifesaving Society Swim Test - safe entry into shallow water, 25 m swim without stopping or resting, followed by treading water for 30 seconds.

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**CLASS DETAILS**

**Level**  
**Day**  
**Date**  
**Time**  
**Class**  
**Code**  
**Early Bird Price**  
**Regular Price**  
**Information**

**Junior Lifeguard Club**

**Adult 1: Scared Stiff**

**Adult 1: Learn to Swim**

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**ADULT LESSONS**

**Adult 1: Learn to Swim**

Adult 1: Scared Stiff: These are Adult 1 lessons as described below, but targeted to those who have a fear of water or who would like to work through skills slowly. We believe everyone learns best in a comfortable environment.

Adult 1: These adult classes are for beginners who are just starting to swim. Participants will set goals to gain confidence in the water and improve strokes with instructor support. Water Smart® education is a part of all classes. Fulfill your dream of learning to swim with us!

**Adult 2/3 & Fitness Swimmer: Stroke and Endurance Development**

Participants learn to set their own goals, developing water confidence and smooth and efficient strokes.

**SUMMER SWIM LESSONS**

In summer, families focus on vacation, fun and getting as much sun as they can. To accommodate this, our summer lessons for youth are only one week or one month long, and tailored to swim ability and not age. Participants will work on developing swim skills, endurance, stroke efficiency and Water Smart® habits!

View the descriptions below to find the best fit for your child. At the end of the week, you will have a registration recommendation for Swim for Life® lessons.

**Beginner Ages 4-12**
For those who are still developing confidence in the water. No minimum swim ability required. Often, swimmers don't know any strokes at this point.

**Intermediate Ages 4-12**
Swimmers should be comfortable in the water, able to jump into deep water, swim confidently in chest deep water and flutter kick on front and back for over 5 m.

**Advanced Ages 4-12**
At this point, swimmers should be comfortable in deep water, be able to tread water for one minute, and swim front and back crawl for 25 m.

**Master Ages 4-12**
Swimmers are proficient, breathing their strokes, and able to swim 100 m non-stop. The focus is on developing endurance and strong swimming skills for life!
AQUATIC CERTIFICATIONS

Bronze Medallion & Cross

This combined course will help develop an understanding of the water rescue elements: judgment, knowledge, skill and fitness. Bronze Cross is the prerequisite for all advanced training programs including National Lifeguard and Instructor certification. 

Prerequisite(s): For Bronze Medallion: Bronze Star or 13 years old. For Bronze Cross: Bronze Medallion

Lifesaving First Aid Instructor

The Lifesaving First Aid Instructor course prepares instructors to teach and evaluate Lifesaving Emergency First Aid, Lifesaving Standard First Aid, Aquatic Emergency Care, CPR and Oxygen Administration certifications. Apprenticeship is completed during the course, so candidates DO NOT NEED to complete a practicum after the course. Completion of this course also provides Lifesaving CPR Instructor certification.

Prerequisite(s): Lifesaving Instructor and current Lifesaving Standard First Aid or Government of Alberta workplace approved First Aid Certificate.

Certification Details

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<tr>
<th>Course</th>
<th>Days</th>
<th>Date</th>
<th>Time</th>
<th>Class Size</th>
<th>Code</th>
<th>Early Bird Price</th>
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<td>Bronze Medallion &amp; Cross</td>
<td>Sat-Sun</td>
<td>Apr 18-19, 25-26</td>
<td>9 a.m.-3 p.m.</td>
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<td>Sun</td>
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<td>9 a.m.-3 p.m.</td>
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<td>8:30 a.m.-3:30 p.m.</td>
<td>2</td>
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<td>May 1-3, 8-10, 22-24</td>
<td>9 a.m.-5 p.m.</td>
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<td>Jul 13-17, 20-21</td>
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<td>$422 S/M/P</td>
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<td>NL, AEC or Standard First Aid (SFIA), and O2 Recertification</td>
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<td>Jul 5</td>
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<td></td>
<td>Deadline Jul 1</td>
<td>$120 S/M/P</td>
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AQUATIC CERTIFICATIONS

National Lifeguard, Aquatic Emergency Care and O2

The National Lifeguard (NL) program develops basic lifesaving skills, principles and decision-making processes 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, equivalent to Standard First Aid, as well as skills specific to emergencies in an aquatic setting.

Oxygen Administration (O2) provides the knowledge and techniques for the use of oxygen as a supplement in an emergency care situation.

Prerequisite(s): Bronze Cross (need not be current) and 16 years old

NL, AEC or Standard First Aid (SFIA), and O2 Recertification

Prerequisite(s): National Lifeguard (NL) need not be current and Government of Alberta OH & S Approved Standard First Aid or Aquatic Emergency Care (must be current). Must provide proof of certifications.

AQUATIC CERTIFICATIONS

Swim Instructor/Lifesaving Instructor

Swim Instructor (SI)/Examiner: Instructor candidates are prepared to teach and evaluate the Lifesaving Society’s Swim for Life® and Canadian Swim Patrol® programs.

Lifesaving Instructor (LSI)/Examiner: Instructor candidates are prepared to teach and evaluate the Lifesaving Society’s Canadian Swim Patrol® program, the Bronze Medal awards and Distinction certifications. LSI certification is the prerequisite for all other Lifesaving Society instructor certifications and it includes: Advanced Instructor, Examination Standards Clinic and Lifesaving CPR Instructor/Examiner certifications in AB and NT.

Prerequisite(s): Bronze Cross (need not be current) or higher, and 16 years old

Swim Instructor/Lifesaving Instructor Recertification

Prerequisite(s): SI and/or LSI — (need not be current) and any required mandatory updates as applicable

CERTIFICATION DETAILS

<table>
<thead>
<tr>
<th>Course</th>
<th>Days</th>
<th>Date</th>
<th>Time</th>
<th>Classes</th>
<th>Code</th>
<th>Early Bird Price</th>
<th>Regular Price</th>
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<td>Swim Instructor/ Lifesaving Instructor</td>
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<td>May 25-31</td>
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<td>$487 P $512</td>
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<td>Apr 3</td>
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<td>9 a.m.-3 p.m.</td>
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<td>Deadline Jun 22</td>
<td>$80 S/M/P</td>
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<td>Jun 20-21</td>
<td>8:30 a.m.-5:30 p.m.</td>
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<td>Deadline Jun 15</td>
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<td>National Lifeguard Instructor Recertification</td>
<td>Sat</td>
<td>Apr 25</td>
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<td></td>
<td>Deadline Apr 21</td>
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PRIVATE SWIM LESSONS

Note: Private swim lessons and swim program designs must be paid prior to booking and expire one year from date of purchase. Please provide 24 hours notice if you are unable to make your scheduled appointment. Cancelled sessions will count at the full session rate if proper notice is not given.

Let by our highly trained instructors, these sessions are ideal for anyone wanting personalized instruction to improve their swimming. Lessons are tailored to each individual or group. The cost of the lesson is the same for single participant or a group—so grab a friend and swim for half the cost! Lessons are 30 or 45 minutes with a maximum of three participants per group. We suggest that individuals participating are similar in swimming skills to optimize the time with their instructor.

After registering, please call 780-497-4616 or email Aquatics@MacEwan.ca to book your lessons.

SWIM PROGRAM DESIGN

Swim Program Designs are for everyone looking to get in the pool, regardless of swim skills:

- Non-swimmers overcoming a fear of water on their own
- In-water strength and conditioning exercise
- Proficient swimmers looking for a written workout for the term, and more!

The first session is a comprehensive consultation and a swim/stroke assessment used to create a personal workout program tailored to your goals and skill level. In session two, your instructor will walk you through each aspect of your program so you can tackle your goals with confidence.

For more info or to book, email Aquatics@MacEwan.ca

AQUATIC CERTIFICATIONS

Swim Instructor/Lifesaving Instructor

Swim Instructor (SI)/Examiner: Instructor candidates are prepared to teach and evaluate the Lifesaving Society’s Swim for Life® and Canadian Swim Patrol® programs.

Lifesaving Instructor (LSI)/Examiner: Instructor candidates are prepared to teach and evaluate the Lifesaving Society’s Canadian Swim Patrol® program, the Bronze Medal awards and Distinction certifications. LSI certification is the prerequisite for all other Lifesaving Society instructor certifications and it includes: Advanced Instructor, Examination Standards Clinic and Lifesaving CPR Instructor/Examiner certifications in AB and NT.

Prerequisite(s): Bronze Cross (need not be current) or higher, and 16 years old

Swim Instructor/Lifesaving Instructor Recertification

The National Lifeguard Instructor Recertification course evaluates instructor level 3 leadership competencies, facilitates networking and provides instructors with updates from the Lifesaving Society.

Prerequisite(s): National Lifeguard Instructor, all mandatory updates (as required).
These camps are designed to engage youth by teaching basic sport and aquatic concepts in a positive environment that is both challenging and fun. They help improve physical literacy skills by introducing participants to both aquatic and dry-land activities, and encourage healthy, active lifestyles.

Note: Supervision is extended one hour before and after each camp (8 a.m.-4 p.m.). Campers are required to bring their own lunch and snacks.

Location: Gerry Kelly Aquatic Centre, MacEwan University Sport and Wellness, 10800-105 Ave.

Parking: Drop-off and pick-up parking available free of charge.

### Aqua Troopers Camps
An exciting recreational camp for kids who love the water or who want to improve their skills and confidence level. It includes a combination of pool activities and dry-land games, with a focus on keeping participants active and having fun. Practice on swimming skills is done throughout the day. Ages 5-8.

### Aquatic Adventure Camps
With pool activities and dry-land games, this recreational camp has something for everyone! Campers participate in aquatic activities like swimming and Lifesaving Sport skills, and play on the log roll, water runner and inner tubes. The focus is on keeping participants active and having fun! Ages 8-12.

### PD DAY CAMPS

<table>
<thead>
<tr>
<th>Camp</th>
<th>Days</th>
<th>Date</th>
<th>Time</th>
<th>Classes</th>
<th>Code</th>
<th>Early Bird Price</th>
<th>Regular Price</th>
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<tbody>
<tr>
<td>PD Day Aqua Troopers Camps</td>
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<td>May 19-20</td>
<td>9 a.m.-4 p.m.</td>
<td>2</td>
<td>5994</td>
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<td>PD Day Aqua Troopers Camps</td>
<td>Mon-Tue</td>
<td>Jun 29-30</td>
<td>9 a.m.-4 p.m.</td>
<td>2</td>
<td>5995</td>
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### SUMMER CAMPS

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<th>Time</th>
<th>Classes</th>
<th>Code</th>
<th>Early Bird Price</th>
<th>Regular Price</th>
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<tbody>
<tr>
<td>Aqua Troopers Camps</td>
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<td>Jul 6-10</td>
<td>9 a.m.-4 p.m.</td>
<td>5</td>
<td>6006</td>
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<td>Jul 20-24</td>
<td>9 a.m.-4 p.m.</td>
<td>5</td>
<td>6008</td>
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<td>Aug 7-14</td>
<td>9 a.m.-4 p.m.</td>
<td>4</td>
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<td>Deadline Aug 9 P $260</td>
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<td>9 a.m.-4 p.m.</td>
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<td>5</td>
<td>6013</td>
<td>Deadline Aug 9 P $250</td>
<td>Deadline Aug 12 P $260</td>
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### Leaders-in-Training Camps
Participants will learn about active supervision in a recreational setting, working with children of all ages, emergency first-aid, water safety skills, job interview preparation, and developing a professional resume. They will receive a letter of reference and a certificate upon completion and gain hands-on experience by assisting at a JR Griffins Aquatic Camp. Ages 10-16.

### Babysitter Certification Camps
These camps cover everything from managing difficult behaviours to professional conduct as a babysitter. Campers will have the opportunity to earn their Red Cross Babysitter Certification and will apply their course learnings in practical simulations. In addition, participants will learn the fundamentals of active supervision and learn how to keep those in their care safe in, on and around the water. Ages 11-16 or completed grade 5.

### Swim Training Camps
Participants will refine their judgement, fitness, and lifesaving skill in this camp. Suitable for those who are looking to earn their Bronze Medals certifications as well as those who have achieved certification and are looking to keep their skills sharp. If desired, campers will have the opportunity to participate in a Bronze Challenge Exam on the last day of the camp and earn certification (additional exam fee of $20/ award) Ages 13-16 or completed Bronze Star.

### Bronze Club Camps
Participants will develop their swimming skills and endurance, with a focus on keeping participants active and having fun! These camps are designed to engage youth by teaching basic sport and aquatic concepts in a positive environment that is both challenging and fun. They help improve physical literacy skills by introducing participants to both aquatic and dry-land activities, and encourage healthy, active lifestyles.

### Summer Aqua Troopers, Aquatic Adventures, and Babysitter Certification Camps all include registration in that week’s summer swim lessons!
JR GRIFFINS SPORT CAMPS

Are you looking for a fun, inclusive, full-day experience in sport? Look no further than the Junior Griffins Sport Camps! Junior Griffins basketball, volleyball, and hockey camps offer a positive team environment for participants to develop their sport specific skills and athletic abilities. Under the instruction and supervision of current MacEwan University coaches and players, participants will engage in a varied array of individual skill development drills, be introduced to team concepts, and enjoy team building activities and games.

All camps are co-ed and designed to challenge young athletes of all skill and experience levels. Participants are expected to arrive at camp fully prepared with indoor athletic clothing and footwear, a swimming towel, and a positive attitude. Participants are supervised during the lunch hour but are required to bring their own lunch.

Basketball/Volleyball Camps

**Note:** Supervision is extended 30 minutes before and after each camp day (8:30 a.m.-4:30 p.m.)

**Location:** David Atkinson Gymnasium, MacEwan University Sport and Wellness, 10800-105 Ave.

For more information on basketball and volleyball camps please contact MacEwan University women’s basketball coach Katherine Adams by email at AdamsK@MacEwan.ca

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**Junior Griffins Basketball Camps**

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<th>Camp</th>
<th>Days</th>
<th>Time</th>
<th>Code</th>
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<th>Regular Price</th>
<th>Information</th>
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<td>9 a.m.-4 p.m.</td>
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<td>Mon-Fri</td>
<td>9 a.m.-4 p.m.</td>
<td>6176</td>
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<td>$25</td>
<td>Each athlete will receive a t-shirt and a basketball.</td>
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<td>Combo Camps</td>
<td>Jul 6-10</td>
<td>9 a.m.-4 p.m.</td>
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<td>Jul 27-31</td>
<td>9 a.m.-4 p.m.</td>
<td>6178</td>
<td>Deadline Jul 22</td>
<td>$25</td>
<td>Each athlete will receive a t-shirt and a volleyball.</td>
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**Junior Griffins Volleyball Camps**

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<th>Days</th>
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<th>Regular Price</th>
<th>Information</th>
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<td>9 a.m.-4 p.m.</td>
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<td>$25</td>
<td>Each athlete will receive a t-shirt and a volleyball.</td>
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<td>Aug 10-14</td>
<td>9 a.m.-4 p.m.</td>
<td>6181</td>
<td>Deadline Aug 5</td>
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<td>Each athlete will receive a t-shirt and a volleyball.</td>
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<tr>
<td></td>
<td>Aug 25-28</td>
<td>9 a.m.-4 p.m.</td>
<td>6182</td>
<td>Deadline Aug 5</td>
<td>$25</td>
<td>Each athlete will receive a t-shirt and a volleyball.</td>
</tr>
<tr>
<td></td>
<td>Aug 17-21</td>
<td>9 a.m.-4 p.m.</td>
<td>6185</td>
<td>Deadline Aug 12</td>
<td>$25</td>
<td>Each athlete will receive a t-shirt and a volleyball.</td>
</tr>
<tr>
<td></td>
<td>Aug 17-21</td>
<td>9 a.m.-4 p.m.</td>
<td>6186</td>
<td>Deadline Aug 12</td>
<td>$25</td>
<td>Each athlete will receive a t-shirt and a volleyball.</td>
</tr>
</tbody>
</table>

**Junior Griffins Youth Basketball Camps**

<table>
<thead>
<tr>
<th>Camp</th>
<th>Days</th>
<th>Time</th>
<th>Code</th>
<th>Early Bird Price</th>
<th>Regular Price</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>Mon-Fri</td>
<td>9 a.m.-4 p.m.</td>
<td>6179</td>
<td>Deadline Jul 1</td>
<td>$25</td>
<td>Each athlete will receive a t-shirt and a basketball.</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Mon-Fri</td>
<td>9 a.m.-4 p.m.</td>
<td>6180</td>
<td>Deadline Jul 1</td>
<td>$25</td>
<td>Each athlete will receive a t-shirt and a volleyball.</td>
</tr>
<tr>
<td></td>
<td>Aug 10-14</td>
<td>9 a.m.-4 p.m.</td>
<td>6181</td>
<td>Deadline Aug 5</td>
<td>$25</td>
<td>Each athlete will receive a t-shirt and a volleyball.</td>
</tr>
<tr>
<td></td>
<td>Aug 25-28</td>
<td>9 a.m.-4 p.m.</td>
<td>6182</td>
<td>Deadline Aug 5</td>
<td>$25</td>
<td>Each athlete will receive a t-shirt and a volleyball.</td>
</tr>
</tbody>
</table>

**Junior Griffins Youth Volleyball Camps**

<table>
<thead>
<tr>
<th>Camp</th>
<th>Days</th>
<th>Time</th>
<th>Code</th>
<th>Early Bird Price</th>
<th>Regular Price</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volleyball</td>
<td>Mon-Fri</td>
<td>9 a.m.-4 p.m.</td>
<td>6183</td>
<td>Deadline Jul 1</td>
<td>$25</td>
<td>Each athlete will receive a t-shirt and a volleyball.</td>
</tr>
<tr>
<td></td>
<td>Aug 17-21</td>
<td>9 a.m.-4 p.m.</td>
<td>6185</td>
<td>Deadline Aug 5</td>
<td>$25</td>
<td>Each athlete will receive a t-shirt and a volleyball.</td>
</tr>
<tr>
<td></td>
<td>Aug 8-13</td>
<td>9 a.m.-4 p.m.</td>
<td>6186</td>
<td>Deadline Aug 12</td>
<td>$25</td>
<td>Each athlete will receive a t-shirt and a volleyball.</td>
</tr>
</tbody>
</table>

**Hockey Camps**

In addition to all proper hockey equipment, participants are expected to bring shorts, t-shirt, indoor shoes, swim suit, and towel for off-ice activities.

**Note:** Supervision is extended 15 minutes before and after each camp day (8:15 a.m.-4:45 p.m.)

**Location:** Edmonton Community Arena, 10245-105 Ave.

For more information on hockey camps please contact MacEwan University men’s hockey assistant coach Sean Ringrose by email at RingroseS@MacEwan.ca

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**Junior Griffins Atom Hockey Camps**

<table>
<thead>
<tr>
<th>Camp</th>
<th>Days</th>
<th>Time</th>
<th>Code</th>
<th>Early Bird Price</th>
<th>Regular Price</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Atom</td>
<td>Aug 8-13</td>
<td>8:30 a.m.-4:30 p.m.</td>
<td>6187</td>
<td>Deadline Jul 1</td>
<td>$145</td>
<td>Each athlete will receive a Jr Griffins hockey jersey.</td>
</tr>
</tbody>
</table>

**Junior Griffins Midget Hockey Camps**

<table>
<thead>
<tr>
<th>Camp</th>
<th>Days</th>
<th>Time</th>
<th>Code</th>
<th>Early Bird Price</th>
<th>Regular Price</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Midget</td>
<td>Aug 8-13</td>
<td>8:30 a.m.-4:30 p.m.</td>
<td>6189</td>
<td>Deadline Jul 1</td>
<td>$145</td>
<td>Each athlete will receive a Jr Griffins hockey jersey.</td>
</tr>
</tbody>
</table>

**JR GRIFFINS RECREATION CAMPS**

Recreation Camps are designed to engage youth between the ages of 10 and 15 with varying levels of ability and experience.

**Note:** Supervision is extended 1 hour before and after each camp (8 a.m.-5 p.m.). Participants are supervised during the lunch hour but are required to bring their own lunch.

**Location:** Playing locations will be on and off-campus (within walking distance). All pick ups and drop offs occur at MacEwan University Sport and Wellness, 10800-105 Ave. Camps may be moved indoors depending on weather.

**Ultimate Frisbee Camps**

This future Olympic sport is the world’s fastest growing game! Ultimate (also known as Ultimate Frisbee) is a non-contact team sport played with a flying disc. Participants will learn the Spirit of the Game, individual skill development, and team strategies. Get your kids practicing early for the Beijing 2024 games by registering them for our Ultimate Frisbee Camps!

Camps are created and led by experienced ultimate players and coaches, including those with national and international club and tournament experience.

**Camp**

<table>
<thead>
<tr>
<th>Camp</th>
<th>Days</th>
<th>Date</th>
<th>Time</th>
<th>Code</th>
<th>Early Bird Price</th>
<th>Regular Price</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ultimate</td>
<td>Mon-Fri</td>
<td>Jul 13-17</td>
<td>9 a.m.-4 p.m.</td>
<td>5960/61</td>
<td>Deadline Jul 1</td>
<td>P $250</td>
<td></td>
</tr>
<tr>
<td>Frisbee</td>
<td>Mon-Fri</td>
<td>Jul 20-24</td>
<td>9 a.m.-4 p.m.</td>
<td>5962/63</td>
<td>Deadline Jul 8</td>
<td>P $250</td>
<td></td>
</tr>
<tr>
<td>Multi-Sport</td>
<td>Mon-Fri</td>
<td>Aug 10-14</td>
<td>9 a.m.-4 p.m.</td>
<td>5964/65</td>
<td>Deadline Jul 20</td>
<td>P $250</td>
<td></td>
</tr>
<tr>
<td>Ultimate</td>
<td>Mon-Fri</td>
<td>Aug 17-21</td>
<td>9 a.m.-4 p.m.</td>
<td>5966/67</td>
<td>Deadline Aug 5</td>
<td>P $250</td>
<td></td>
</tr>
</tbody>
</table>

**Multi-Sport Camps**

Any Bo Jacksons in your family? How about Clara Hughes or Michael Jordan? One thing these three share is that they are multi-sport athletes! Join us for a chance to play some fun outdoors field sports and games that exercise both the mind and body!

These camps are a great opportunity to play and learn physical activities that are unique and fun!

**TOURNAMENTS**

**Location:** David Atkinson Gymnasium, MacEwan University Sport and Wellness, 10800-105 Ave.

Our one-day tournaments are a great way to have fun and try something new in a sporty environment. Our tournaments include all equipment, free access to facilities, guaranteed minimum number of games, and prizes from The Print. Anyone 18 years of age and older can register!

**Full Teams:** a group of people looking to play that have enough people to make a full team. Recreation staff do not add any other players to this team’s roster. Each person on the team is required to fill out their own registration form and make their own payment.

**Open & Mixed**

- **Open & Mixed**
  - Date: Fri, Sat, Sun
  - Time: 9 a.m.-4 p.m.

**Registration Types**

- **Badminton**: Open & Women’s Singles, Mixed & Mixed Doubles
- **E-Gaming**: Mario Kart 64
- **Kickball**: Women’s Doubles, Men’s & Women’s Singles
- **Indoor Volleyball**: Women’s & Women’s Doubles
- **Dodgeball**: Open & Women’s Doubles

**REGISTRATION TYPES**

<table>
<thead>
<tr>
<th>Event</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Code</th>
<th>Early Bird Price</th>
<th>Regular Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mario Kart 64</td>
<td>Sat</td>
<td>Apr 25</td>
<td>12-6 p.m.</td>
<td>Nm. 8-216</td>
<td>5984</td>
<td>Deadline Apr 14</td>
<td>P $10</td>
</tr>
</tbody>
</table>

**E-GAMING**

Yahoo! Visit old school with some Mario Kart on the classic Nintendo 64 console, on a giant screen! Players will race through 10 randomized tracks with the overall top seeds advancing to a single elimination playoff bracket. Register early to lock in your favourite character. Your entry fee includes a chance to win some awesome prizes! Let’s go!

**Note:** Online registration required to play.

For more information on hockey camps please contact MacEwan University men’s hockey assistant coach Sean Ringrose by email at RingroseS@MacEwan.ca
## Program Schedule

### Monday
- **MORNING**
  - Tri Resistance Training 6:30-7:30 a.m.
  - Shallow Water Fitness 9-9:45 a.m.
  - Older Adult Tone and Balance 10:05-10:55 a.m.

- **LUNCH**
  - Power Core Fusion 12:05-12:55 p.m.
  - SpinErgy 12:05-12:55 p.m.
  - Barre Fitness 12:05-12:55 p.m.

- **EVENING**
  - Deep Water Fitness 5-5:45 p.m. (Spring)
  - Sculpt 60 5-6 p.m.
  - Deep Water Fitness 6:45-7:30 p.m. (Summer)

### Tuesday
- **MORNING**
  - Tri Swim 6:30-7:30 a.m.
  - SpinErgy 6:30-7:20 a.m.
  - Sit & Be Fit 9-9:55 a.m.

- **LUNCH**
  - Deep Water Fitness 12:05-12:55 p.m.
  - SpinDurance 12:05-12:55 p.m.
  - Freshman 15 12:05-12:55 p.m.

- **EVENING**
  - Learn Olympic Lifting 5-6 p.m.
  - Hatha Yoga Flow 5:30-6:30 p.m.
  - Kickboxing: The Real Thing! 7-8 p.m.

### Wednesday
- **MORNING**
  - Swim Training 6:15-7:30 a.m.
  - Shallow Water Fitness 9-9:45 a.m.
  - Older Adult Cardio 10:05-10:55 a.m.

- **LUNCH**
  - Cardio Dance 11:05-11:55 a.m.
  - Restorative Yoga 11:05-11:55 a.m.
  - Cardio Box 12:05-12:55 p.m.

- **EVENING**
  - Adult 1: Learn to Swim 4:30-5:15 p.m.
  - Adult 2/3 & Fitness Swimmer 4:30-5:15 p.m.
  - Adult 1: Scared Stiff 6:30-7:15 p.m.

### Thursday
- **MORNING**
  - Tri Spin/Run Combo 6:15-7:30 a.m.
  - Shallow Water Fitness 9-9:45 a.m.
  - Older Adult Tone and Balance 10:05-10:55 a.m.

- **LUNCH**
  - Adult 1: Learn to Swim 1:15-2 p.m.
  - Adult 2/3 & Fitness Swimmer 1:15-2 p.m.
  - Adult 1: Scared Stiff 2-2:45 p.m.

- **EVENING**
  - Adult 1: Learn to Swim 4:30-5:15 p.m.
  - Adult 2/3 & Fitness Swimmer 4:30-5:15 p.m.
  - Adult 1: Scared Stiff 6:30-7:15 p.m.

### Friday
- **MORNING**
  - Junior Lifeguard Club 10-11:30 a.m. (Spring)
  - Adult 1: Learn to Swim 11:15 a.m.-12 p.m.
  - Triple Threat 11:45 a.m.-12:45 p.m.

- **LUNCH**
  - Adult 2/3 & Fitness Swimmer 12-12:45 p.m.

### Saturday
- **MORNING**
  - Adult 1: Learn to Swim 1-1:45 p.m.
  - Adult 1: Scared Stiff 1-1:45 p.m.
  - Adult 2/3 & Fitness Swimmer 1-1:45 p.m.

### Sunday
- **MORNING**
  - Adult 1: Learn to Swim 1-1:45 p.m.
  - Adult 2/3 & Fitness Swimmer 1-1:45 p.m.

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## What is the Campus Cup?

### The Campus Cup
The cup is awarded to a Circle for their participation in Sport and Wellness programs in the Fall, Winter and Spring/Summer terms. Any Sport and Wellness program with a trophy icon is eligible for participation in the Campus Cup.

### Campus Cup Circles
Your Circle is your connection to MacEwan—your program, department, membership or other affiliation. When you participate in our programs, you can select the Circle(s) to which you belong. The Circle with the most participants throughout the term will become the Campus Cup Champions!

For more information, please visit MacEwan.ca/CampusCup

## Register
- Online at MacEwan.ca/SportandWellness
- In person at 10800-105 Avenue
- By phone at 780-497-5300