LIVE TO MOVE
IT'S GOOD FOR YOUR BRAIN

MacEwan.ca/SportandWellness
WINTER HOURS

WINTER HOURS are in effect Jan 1–May 3

BUILDING & FITNESS

POOL

HOLIDAYS

Dec 24: Christmas Eve
Dec 25: Christmas Day
Dec 26: Boxing Day
Dec 27, 30
Dec 28, 29
Dec 31: New Year’s Eve
Jan 1: New Year’s Day
Jan 3
Jan 4–5
Feb 17: Family Day
Apr 10: Good Friday
Apr 13: Easter Monday
Mon–Fri 6 a.m.-11 p.m.
Sat, Sun & Hol 8 a.m.-8 p.m.
Check online or on the schedule

T’S for gym & pool availability.

POOL CLOSURE

The pool will be closed Fri, Dec 13 at 1 p.m. until Thu, Jan 2.

CONTACT US

General Inquiries 780-497-5091
Director 8 a.m.-4 p.m.
Fitness/Training 780-497-5672
Recreation 780-497-5315
Corporate Wellness 780-497-5602
Aquatics Office 780-497-5711
Gymnasium and Studio Rentals MUSWBookings@MacEwan.ca
Post Rentals and Bookings Aquatics@MacEwan.ca

LEGEND

Aerobics Studio
Spin Studio
Mind/Body Studio
High Performance Studio
Pool
Drop-in Available
Campus Cup Eligible
S/M/PF = Student/Member/Public

Athletic Therapy and Corporate Wellness
Workshops and Events
Swim Lessons
Swimabiities
Parent & Tots
Preschool Lessons
Lessons for School-Age Children
Canadian Swim Patrol
Junior Lifeguard Club and Adult Lessons
Aquatic Camps and Private Lessons
Aquatic Certifications
Recreation
Leagues
Tournaments
Special Events
Sport Clubs
Learn 2
Parking and Map
Program Schedule

*Free for members or pass holders and included with paid access.

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RATES & MEMBERSHIP INFORMATION

RATES, HOLDS AND FREEZES

<table>
<thead>
<tr>
<th>Type</th>
<th>Age</th>
<th>Drop-In</th>
<th>10 Visit Pass</th>
<th>Reg Sess Pass*</th>
<th>One Month</th>
<th>One Month</th>
<th>Full Semester</th>
<th>Monthly Payment</th>
<th>Annual Payment</th>
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<tbody>
<tr>
<td>Adult</td>
<td>18+</td>
<td>$10</td>
<td>$80</td>
<td>$8</td>
<td>$25</td>
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<td>$57.80</td>
<td>$578</td>
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<tr>
<td>Older Adult</td>
<td>55+</td>
<td>$7.50</td>
<td>$67.50</td>
<td>$6</td>
<td>$20</td>
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<td>$43.90</td>
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<tr>
<td>Alumni</td>
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<td>$15</td>
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<td>$42.50</td>
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<tr>
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<td>$6.50</td>
<td>$56.50</td>
<td>$6</td>
<td>$15</td>
<td>$15</td>
<td></td>
<td>$39.80</td>
<td>$386</td>
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<tr>
<td>Alumni/Employ Spou</td>
<td></td>
<td>$4.50</td>
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<td></td>
<td></td>
<td>$34.80</td>
<td>$340</td>
</tr>
<tr>
<td>Post-Secondary Student</td>
<td></td>
<td>$4.50</td>
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<td></td>
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<td></td>
<td>$34.80</td>
<td>$340</td>
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<tr>
<td>Youth</td>
<td>13-17</td>
<td>$7.50</td>
<td>$67.50</td>
<td>$6</td>
<td>$15</td>
<td>$15</td>
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<td>$39.80</td>
<td>$386</td>
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<tr>
<td>Child</td>
<td>2-12</td>
<td>$5</td>
<td>$45</td>
<td></td>
<td>$10</td>
<td>$15</td>
<td></td>
<td>$34.80</td>
<td>$340</td>
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<tr>
<td>Family (Adults &amp; 2 Kids)</td>
<td></td>
<td>$24</td>
<td>$216</td>
<td></td>
<td>$75</td>
<td>$185</td>
<td></td>
<td>$140.80</td>
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<tr>
<td>MacEwan Student*</td>
<td></td>
<td>$7.50</td>
<td></td>
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</tr>
</tbody>
</table>

MacEwan University students enrolled in 6 or more credits/term and assessed the Sport and Wellness fee 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. ***Pass valid for scheduled recreational swim times only. *Student spouse rate available. Please inquire at the Welcome Desk.

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 most registered courses, swimming lessons, testing, personal and group training, etc. (not applicable for family members)
• Yearly guest passes
• Complimentary parking permit (see information on pg 23)

LOCKER & TOWEL RENTAL

<table>
<thead>
<tr>
<th>Type</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Locker</td>
<td>Free</td>
</tr>
<tr>
<td>Towel</td>
<td>$2</td>
</tr>
</tbody>
</table>

*Non-refundable.

NEW 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 by emailing WelcomeDesk@MacEwan.ca or speaking to a Welcome Desk representative.

REGISTRATION INFORMATION

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

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

• 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

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

We accept Visa, MasterCard, Discover Card, American Express, debit, cash or checks. All prices in this guide include GST unless otherwise noted (where applicable). Fees are due upon registration, no space will be held without payment.
### 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>Jan 6-Apr 27</td>
<td>12:05-12:55 p.m.</td>
<td>A</td>
<td>Functional strength &amp; core</td>
<td>No class Feb 17, Apr 13</td>
</tr>
<tr>
<td>Sculpt 60</td>
<td>Mon</td>
<td>Jan 6-Apr 27</td>
<td>5-6 p.m.</td>
<td>A</td>
<td>Fast-paced strength &amp; cardio</td>
<td>No class Feb 17, Apr 13</td>
</tr>
<tr>
<td>Triple Threat</td>
<td>Sat</td>
<td>Nov 25-Dec 25</td>
<td>11:45 a.m.-12:45 p.m.</td>
<td>A</td>
<td>Aerobic endurance &amp; strength</td>
<td>No class Feb 15, Apr 11</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>Jan 6-Apr 27</td>
<td>6:30-7:30 a.m.</td>
<td>H</td>
<td>Tri-focused strength</td>
<td>No class Feb 17, Apr 13</td>
</tr>
<tr>
<td>Tri Swim</td>
<td>Tue</td>
<td>Jan 7-Apr 28</td>
<td>6:30-7:30 a.m.</td>
<td>A</td>
<td>Tri-focused swim training</td>
<td>No class Feb 17, Apr 13</td>
</tr>
<tr>
<td>City Centre Runners</td>
<td>Wed</td>
<td>Jan 8-Apr 29</td>
<td>6-7 p.m.</td>
<td>Lobby</td>
<td>Run training</td>
<td>Max 10 participants</td>
</tr>
<tr>
<td>Tri Spin/Run Combo</td>
<td>Fri</td>
<td>Jan 10-Apr 24</td>
<td>6:15-7:30 a.m.</td>
<td>A</td>
<td>Tri-focused bike &amp; run training</td>
<td>No class Apr 10</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>Tue</td>
<td>Jan 7-Apr 28</td>
<td>9-9:55 a.m.</td>
<td>A</td>
<td>Functional movements</td>
<td>No class Apr 10</td>
</tr>
<tr>
<td>Tone &amp; Balance</td>
<td>Mon</td>
<td>Jan 6-Apr 27</td>
<td>10:05-10:55 a.m.</td>
<td>A</td>
<td>Endurance &amp; stability</td>
<td>No class Feb 17, Apr 13</td>
</tr>
<tr>
<td>Functional for Life</td>
<td>Tue</td>
<td>Jan 7-Apr 28</td>
<td>10:05-10:55 a.m.</td>
<td>A</td>
<td>Functional training</td>
<td>No class Apr 10</td>
</tr>
<tr>
<td>Cardio</td>
<td>Wed</td>
<td>Jan 8-Apr 29</td>
<td>10:05-10:55 a.m.</td>
<td>A</td>
<td>Aerobic endurance</td>
<td>No class Apr 10</td>
</tr>
<tr>
<td>Strength and Stretch</td>
<td>Fri</td>
<td>Jan 10-Apr 24</td>
<td>10:05-10:55 a.m.</td>
<td>A</td>
<td>Strength &amp; mobility</td>
<td>No class Apr 10</td>
</tr>
</tbody>
</table>

### Spin

<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>SpinErgy</td>
<td>Mon</td>
<td>Jan 6-Apr 27</td>
<td>12:05-12:55 p.m.</td>
<td>S</td>
<td>Cardio &amp; synergy circuits</td>
<td>No class Feb 17, Apr 13</td>
</tr>
<tr>
<td>Spin the Beat</td>
<td>Tue</td>
<td>Jan 7-Apr 28</td>
<td>6:30-7:20 a.m.</td>
<td>S</td>
<td>Cardio RPM to music</td>
<td>No class Apr 10</td>
</tr>
<tr>
<td>SpinDurance</td>
<td>Wed</td>
<td>Jan 8-Apr 29</td>
<td>12:05-12:55 p.m.</td>
<td>S</td>
<td>Cardio endurance</td>
<td>No class Apr 10</td>
</tr>
<tr>
<td>Gear it Up</td>
<td>Thu</td>
<td>Jan 9-Apr 30</td>
<td>12:05-12:55 p.m.</td>
<td>S</td>
<td>Cardio to virtual trails</td>
<td>No class Apr 10</td>
</tr>
<tr>
<td>Spin &amp; Core</td>
<td>Thu</td>
<td>Jan 9-Apr 30</td>
<td>6-7 p.m.</td>
<td>S</td>
<td>Cardio &amp; ab toning</td>
<td>No class Apr 10</td>
</tr>
</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>Jan 6-Apr 27</td>
<td>9-9:45 a.m.</td>
<td>P</td>
<td>Low-impact endurance</td>
<td>No Class Feb 17, Apr 13</td>
</tr>
<tr>
<td>Deep Water Fitness</td>
<td>Tue</td>
<td>Jan 7-Apr 28</td>
<td>12:05-12:50 p.m.</td>
<td>P</td>
<td>Aerobic &amp; muscular endurance</td>
<td>No Class Feb 17, Apr 13</td>
</tr>
<tr>
<td>Swim Training</td>
<td>Thu</td>
<td>Jan 9-Apr 30</td>
<td>6:30-7:30 a.m.</td>
<td>P</td>
<td>General swimming training</td>
<td>No Class Apr 10</td>
</tr>
</tbody>
</table>

### 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 three classes, they are included with paid access: $10 adults & alumni, $7.50 for youth (12-17), older adult (55+), and post-secondary students, and $6.50 for MacEwan University Employees. MacEwan University students enrolled in 6 or more credits/term and assessed the Sport and Wellness fee ($84/term) are members.

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-served basis. Members can reserve a spot online.

All Value-Added classes require minimum participation numbers to run. Classes with low numbers are subject to cancellation.

### VALUE-ADDED CLASSES

**Aquatic Winter Value-Added classes run:** Jan 6-May 2
Aquatic Winter Value-Added classes run: Jan 3-May 1
No Classes Feb 16, 17, Apr 10, 11, and 13

**Fitness Winter Value-Added classes run:** Jan 6-May 2
Aquatic Winter Value-Added classes run: Jan 3-May 1
No Classes Feb 16, 17, Apr 10, 11, and 13

### ANITA 10 YEAR MEMBER

"[The greatest gain I’ve made is] just being able to continue to do the things I’ve always done, (as well as having) cured/addressed some chronic neck and shoulder pain through regular and appropriate exercise rather than pain killers."
**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.

**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 Winter Registered Programs run 10 weeks: Jan 13 - Mar 28

No Class Feb 15, 17

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### 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 availability. Space is limited.

### 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.

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<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 Deadline Jan 9</th>
<th>Regular Price Deadline Jan 9</th>
<th>Information</th>
</tr>
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<tbody>
<tr>
<td><strong>Mind &amp; Body</strong></td>
<td></td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Classes</th>
<th>Location</th>
<th>Code</th>
<th>Early Bird Price Deadline Jan 9</th>
<th>Regular Price Deadline Jan 9</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barre Fitness Drop-in ☑️</td>
<td>Fuse elements of ballet, Pilates, and yoga conditioning into a fluid routine that will sculpt and tone your physique.</td>
<td>Mon</td>
<td>Jan 13 - Mar 23</td>
<td>12:05 - 12:55 p.m.</td>
<td>10</td>
<td>S/M: $10</td>
<td>5809</td>
<td>P: $86</td>
<td>S/M: $90</td>
<td>No class Feb 17</td>
</tr>
<tr>
<td>Hatha Yoga Flow Drop-in ☑️</td>
<td>Enhance your mobility, strength, and stamina with traditional Hatha Yoga blended with Vinyasa flow movements.</td>
<td>Tue</td>
<td>Jan 14 - Mar 17</td>
<td>5:30 - 6:30 p.m.</td>
<td>10</td>
<td>S/M: $10</td>
<td>5810</td>
<td>P: $86</td>
<td>S/M: $90</td>
<td>No class Feb 17</td>
</tr>
<tr>
<td>Restorative Yoga Drop-in ☑️</td>
<td>A gentle, slow practice using props to support the body and to create the ultimate relaxation environment. All abilities welcome.</td>
<td>Wed</td>
<td>Jan 15 - Mar 18</td>
<td>11:05 - 11:55 a.m.</td>
<td>10</td>
<td>S/M: $10</td>
<td>5811</td>
<td>P: $86</td>
<td>S/M: $90</td>
<td>No class Feb 17</td>
</tr>
<tr>
<td>Cardio Dance Drop-in ☑️</td>
<td>Get your heart beating to the music with this choreographed, dance-style workout. Those with two left feet welcome!</td>
<td>Thu</td>
<td>Jan 16 - Mar 19</td>
<td>11:05 - 11:55 a.m.</td>
<td>10</td>
<td>S/M: $10</td>
<td>5812</td>
<td>P: $86</td>
<td>S/M: $90</td>
<td>No class Feb 17</td>
</tr>
<tr>
<td>Pilates Drop-in ☑️</td>
<td>Centre your body through stabilization and functional movement appropriate for all fitness levels.</td>
<td>Thu</td>
<td>Jan 16 - Mar 19</td>
<td>5:6 p.m.</td>
<td>10</td>
<td>S/M: $10</td>
<td>5813</td>
<td>P: $86</td>
<td>S/M: $90</td>
<td>No class Feb 17</td>
</tr>
<tr>
<td><strong>Strength &amp; Conditioning</strong></td>
<td></td>
<td></td>
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<th>Date</th>
<th>Time</th>
<th>Classes</th>
<th>Location</th>
<th>Code</th>
<th>Early Bird Price Deadline Jan 9</th>
<th>Regular Price Deadline Jan 9</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warrior Adventure Challenge NEW! ☑️</td>
<td>Learn and train the best ways to run, jump, climb and crawl to defeat the obstacle course challenge in the final week!</td>
<td>Mon</td>
<td>Jan 13 - Mar 23</td>
<td>12:05 - 12:55 p.m.</td>
<td>10</td>
<td>North Court</td>
<td>5824</td>
<td>P: $88</td>
<td>S/M: $90</td>
<td>No class Feb 17</td>
</tr>
<tr>
<td>Kettlebell X NEW! ☑️</td>
<td>A fun, intense and functional movement class designed to boost your strength, core and cardio using kettlebells.</td>
<td>Mon</td>
<td>Jan 13 - Mar 23</td>
<td>5:6 p.m.</td>
<td>10</td>
<td>S/M: $90</td>
<td>5821</td>
<td>P: $98</td>
<td>S/M: $100</td>
<td>No class Feb 17</td>
</tr>
<tr>
<td>Better Body Bootcamp Drop-in ☑️</td>
<td>Use the latest and greatest equipment for a total-body blast.</td>
<td>Tue</td>
<td>Jan 14 - Mar 17</td>
<td>12:05 - 12:55 p.m.</td>
<td>10</td>
<td>S/M: $90</td>
<td>5815</td>
<td>P: $90</td>
<td>S/M: $100</td>
<td>No class Feb 17</td>
</tr>
<tr>
<td>Cardio Box Drop-in ☑️</td>
<td>Float like a butterfly and sting like a bee in this HIIT/Boxing fusion. No experience necessary.</td>
<td>Tue</td>
<td>Jan 14 - Mar 17</td>
<td>12:05 - 12:55 p.m.</td>
<td>10</td>
<td>S/M: $90</td>
<td>5816</td>
<td>P: $90</td>
<td>S/M: $100</td>
<td>No class Feb 17</td>
</tr>
<tr>
<td>Thu</td>
<td>12:05 - 12:55 p.m.</td>
<td>10</td>
<td>S/M: $90</td>
<td>5817</td>
<td>P: $90</td>
<td>S/M: $100</td>
<td>No class Feb 17</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Learn Olympic Lifting Drop-in ☑️</td>
<td>Learn to safely snatch and clean &amp; jerk under the guidance of an NCCP-Weightlifting trained personal trainer. All experience levels welcome.</td>
<td>Tue</td>
<td>Jan 14 - Mar 17</td>
<td>5:6 p.m.</td>
<td>10</td>
<td>S/M: $90</td>
<td>5823</td>
<td>P: $90</td>
<td>S/M: $100</td>
<td>No class Feb 17</td>
</tr>
<tr>
<td>Kickboxing - The Real Thing! Drop-in ☑️</td>
<td>Former Canadian Champion Gupper Bloomore delivers exhilarating, non-choreographed kickboxing basics to anyone looking to build strength, speed and agility. All experience necessary.</td>
<td>Tue</td>
<td>Jan 14 - Mar 17</td>
<td>7:4 p.m.</td>
<td>10</td>
<td>S/M: $90</td>
<td>5822</td>
<td>P: $90</td>
<td>S/M: $100</td>
<td>No class Feb 17</td>
</tr>
<tr>
<td>Freshman 15 NEW! Drop-in ☑️</td>
<td>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!</td>
<td>Wed</td>
<td>Jan 15 - Mar 18</td>
<td>12:05 - 12:55 p.m.</td>
<td>10</td>
<td>North Court</td>
<td>5820</td>
<td>P: $90</td>
<td>S/M: $100</td>
<td>No class Feb 17</td>
</tr>
<tr>
<td>Women &amp; Weights ☑️</td>
<td>Our goal is to help you feel strong, powerful and knowledgeable. Learn proper lifting techniques in a safe and comfortable environment.</td>
<td>Sat</td>
<td>Jan 16 - Mar 28</td>
<td>9:30 - 10:30 a.m.</td>
<td>10</td>
<td>S/M: $90</td>
<td>5825</td>
<td>P: $90</td>
<td>S/M: $100</td>
<td>No class Feb 17</td>
</tr>
</tbody>
</table>

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**Legend:**
- Aerobics Studio ☑️
- High Performance Studio ☑️
- Mind/Body Studio ☑️
- Spin Studio ☑️
- Pool ☑️
- Campus Cup Eligible ☑️

**Register** online at MacEwan.ca/Fitness, in person at 10800 - 105 Avenue, or by phone at 780-497-5300.
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/exercise 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.

PERSONAL AND GROUP TRAINING

Introducing a new way to experience personal training. The cost of a session is the same for single participant or a group—so grab up to two friends and train for a fraction of the cost! If you choose to train as a group simply divide the rate by the number of participants to get your per person rate. Max of three participants per group. Group sessions must be paid for in a single transaction. For more information on program design and personal training, or to set up your free training consultation, please call 780-497-5693.

ASSESSMENT

We’ll use your height, weight, circumference measurements and a seven-site skinfold assessment to estimate your fat and lean body mass.

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 involve body composition, muscular strength and endurance, aerobic capacity, flexibility and more.

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.

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.

Discovered our individualized personal training incentive pricing! A reward for choosing Sports and Wellness as your training destination. Call 780-497-5693 for more details.

OCCUPATIONAL FITNESS TESTING

Testing location: David Atkinson Gymnasium, City Centre Campus, 10800 - 105 Ave. Registration Deadline: 48 hours prior to testing.

Prior to withdrawal/transfer cut off date: full refund or transfer. Post-withdrawal/transfer cut off date: no refund or transfer unless medical documentation is provided. Please arrive 30 minutes prior to the start time and provide valid medical clearance.

Program | Description | Day | Date | Time | Code | Price | Withdraw/Transfer By
---|---|---|---|---|---|---|---
**PARE Testing**
- 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 law enforcement agencies require successful completion of the PARE as part of the application process. Medical clearance required. [Visit](http://www.slpns.alberta.ca/careers/sheriff) for Medical Consent Form. An eight-person minimum registration is required to run a testing session.

| | | Wed | Jan 15 | 8 a.m. | M/P $89 | | Mon, Jan 13 @ 8 a.m. |
| | | Mon, Jan 20 @ 8 a.m. | Feb 12 | 10 a.m. | M/P $89 | | Mon, Feb 10 @ 8 a.m. |
| | | Mon, Feb 24 @ 8 a.m. | Feb 26 | 11 a.m. | M/P $89 | | Mon, Feb 24 @ 8 a.m. |
| | | Mon, Mar 9 @ 8 a.m. | Mar 11 | 11 a.m. | M/P $89 | | Mon, Mar 9 @ 8 a.m. |
| | | Mon, Mar 23 @ 8 a.m. | Mar 25 | 11 a.m. | M/P $89 | | Mon, Mar 23 @ 8 a.m. |
| | | Mon, Apr 6 @ 8 a.m. | Apr 8 | 11 a.m. | M/P $89 | | Mon, Apr 6 @ 8 a.m. |

**COPAT Testing**
- 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](http://www.slpns.alberta.ca/careers/correctional_peace_officers) for Medical Consent Form. A four-person minimum registration is required to run a testing session.

| | | Wed | Jan 15 | 12-3 p.m. | M/P $89 | | Mon, Jan 13 @ 12 p.m. |
| | | Mon, Jan 20 @ 12 p.m. | Feb 12 | 12-3 p.m. | M/P $89 | | Mon, Feb 11 @ 12 p.m. |
| | | Mon, Feb 26 @ 12 p.m. | Feb 26 | 12-3 p.m. | M/P $89 | | Mon, Feb 26 @ 12 p.m. |
| | | Mon, Mar 9 @ 12 p.m. | Mar 11 | 12-3 p.m. | M/P $89 | | Mon, Mar 9 @ 12 p.m. |
| | | Mon, Mar 23 @ 12 p.m. | Mar 25 | 12-3 p.m. | M/P $89 | | Mon, Mar 23 @ 12 p.m. |
| | | Mon, Apr 6 @ 12 p.m. | Apr 8 | 12-3 p.m. | M/P $89 | | Mon, Apr 6 @ 12 p.m. |

**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 Spring/Summer 2020 PARE or COPAT test registration.

<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 Deadline Jan 9</th>
<th>Regular Price Deadline Jan 9</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Jan 13-Mar 23</td>
<td>7-8 a.m.</td>
<td>10</td>
<td>North Court</td>
<td>S/M $80 P $88</td>
<td>S/M $90 P $98</td>
<td>No class Feb 17</td>
<td></td>
</tr>
</tbody>
</table>
### 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.

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
<th>Offering</th>
<th>Price</th>
<th>List price effective Jan 1, 2020</th>
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<tbody>
<tr>
<td>Initial assessment and treatment</td>
<td>Student/Member $90 Public $100</td>
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<tr>
<td>Follow-up treatment</td>
<td>Student/Member $70 Public $78</td>
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</tr>
<tr>
<td>One assessment treatments</td>
<td>Student/Member $425 Public $475</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Six treatments</td>
<td>Student/Member $402 Public $450</td>
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</table>

### CORPORATE WELLNESS

**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**
- Triathlon Swim
- Bike & Run Training
- Off Ice Hockey, Basketball, Volleyball and Soccer Conditioning

**Injury and Disease Prevention Classes**
- Mystical Release
- Fall Prevention
- Posture Realignment
- Mobility Enhancement
- Diabetes Management
- Cancer and Heart Disease Prevention

**Fitness Challenges**
- Bodyline
- How Fit Can You Get
- Weight Loss

**Workshops**
- Stress & Time Management
- Healthy Eating
- Sleep Strategies in the Office, at Home or on the Road
- Mind & Body Balance
- Office Ergonomics
- Healthy Sleeping Habits
- Mindfulness
- Goal Setting

**Consultation and Implementation**

Sessions range from a basic one-hour Lunch N’ Learn to a full-day workshop/event. Can be at MacEwan or at your location.

**For more information and pricing, please contact Terra at 780-497-5692 or Giggy@MacEwan.ca**

### 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.

**Nutrition Essentials**

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

**Ergonomics & Posture**

Do you feel achy and stiff by the end of the work day? Many occupations involve performing repetitive tasks or spending advisory time in uncomfortable positions which, over time, can lead to chronic pain and injury. Learn movements and exercises in this hands-on workshop that will mitigate the consequences of the chronic postures we find ourselves in daily.

**Mindfulness & Meditation**

Mindfulness meditation involves paying attention to the present moment, deliberately and non-judgementally. Become aware and conscious of what is happening in the body and mind without trying to change it. Learn what it’s about and how to start your own mindfulness practice to reduce stress and enjoy life a little more.

### WORKSHOP DATES

**Workshop**

<table>
<thead>
<tr>
<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>Nutrition Essentials</td>
<td>Mon</td>
<td>Jan 20</td>
<td>1-2 p.m.</td>
<td>8-207</td>
<td>$287</td>
<td>Deadline Jan 9 S/M $10 P $15</td>
</tr>
<tr>
<td>Mindfulness &amp; Meditation</td>
<td>Mon</td>
<td>Feb 20</td>
<td>5-6 p.m.</td>
<td>8-207</td>
<td>$282</td>
<td>Deadline Jan 30 S/M $10 P $15</td>
</tr>
<tr>
<td>Inspiring Change: Goal Setting to Overcome Barriers</td>
<td>Mon</td>
<td>Mar 23</td>
<td>1-2 p.m.</td>
<td>8-207</td>
<td>$292</td>
<td>Deadline Mar 12 S/M $10 P $15</td>
</tr>
<tr>
<td>Ergonomics &amp; Posture</td>
<td>Mon</td>
<td>Apr 6</td>
<td>5-6 p.m.</td>
<td>8-207</td>
<td>$300</td>
<td>Deadline Mar 26 S/M $10 P $15</td>
</tr>
</tbody>
</table>

### SPECIAL WELLNESS EVENTS

**Pups ‘n Pedals**

Energize your body and soul to ditch your stress with an hour of spin followed by stretch and puppy playtime from PAWSS! All proceeds raised from this event will go towards PAWSS.

**Workout & Win Bingo**

Grab a RINGO card from the Welcome Desk and get a stamp for each Sport and Wellness event or activity you participate in. Complete bingo cards wins you an entry for our grand prize draw.

**Paws & Brews**

Energize your body and soul to ditch your stress with an hour of spin followed by stretch and puppy playtime from PAWSS! All proceeds raised from this event will go towards PAWSS.
SWIM FOR LIFE™

Swim for Life™ is a comprehensive swim program built on the development of fundamental swim strokes and skills for learners of all ages and abilities.

CLASS DESCRIPTIONS

SWIMABILITIES™

This group swimming program is designed for children with special needs. In SwimAbilities, instructors will break down swimming skills into small, manageable components with logical progressions and lots of opportunities for success. Students will benefit from a slower-paced program, visual supports, more one-on-one assistance, appropriate modifications to their programming and a just-right challenge. Each class is 45 minutes long with 30 minutes of class time and 15 minutes of transition time for play and getting into and out of the pool. Ages 3-16

Parent/Caregiver must be in the water with swimmer at all times.

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 with the assistance of a buoyant object.

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

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.

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.

Registro, Time and Withdrawal

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 availability.

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 lifeguards to float 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 flutter 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 start to learn how to support themselves in deep water and in the end they’ll do solo 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.

CLASSES

- **Jan 23-Apr 2**: These swimmers are starting to move through the water.
- **Jan 24-Apr 3**: P 4-4:30 p.m.
- **Jan 25-Mar 28**: 2-2:30 p.m. P 5:15-5:45 p.m.
- **Jan 25-Mar 28**: No class Feb 20, 27, Mar 26
- **Jan 26-Apr 5**: No class Feb 20, 27, Mar 26
- **Early Bird Price**: P $60 P $70

**PARENT & TOT**

- **Jan 23-Apr 2**: These swimmers are comfortable swimming in deep water with an assist. Parents need to be in the water with the child at all times.
- **Jan 24-Apr 3**: P 10-10:30 a.m.
- **Jan 25-Mar 28**: 10:45-11:15 a.m.
- **Jan 26-Apr 5**: 12:45-1:15 p.m.
- **Sun**: No class Feb 9, 16, Mar 22
- **Early Bird Price**: P $64 P $78

**SwimAbilities**

- **Jan 23-Apr 2**: 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 with the assistance of a buoyant object.
- **Jan 24-Apr 3**: P 11:15-11:45 a.m.
- **Jan 25-Mar 28**: 12:15-12:45 p.m.
- **Sun**: No class Feb 9, 16, Mar 22
- **Early Bird Price**: P $72 P $82

**PRESCHOOL 1/2**

- **Jan 23-Apr 2**: P 2-2:30 p.m.
- **Jan 24-Apr 3**: P 10:15-10:45 a.m.
- **Jan 25-Mar 28**: 10:45-11:15 a.m.
- **Sun**: No class Feb 9, 16, Mar 22
- **Early Bird Price**: P $72 P $82

**PRESCHOOL 2/3/4**

- **Jan 23-Apr 2**: P 4-4:30 p.m.
- **Jan 24-Apr 3**: P 6-6:30 p.m.
- **Jan 25-Mar 28**: 10:45-11:15 a.m.
- **Sun**: No class Feb 9, 16, Mar 22
- **Early Bird Price**: P $72 P $82

**PRESCHOOL 3/4/5**

- **Jan 23-Apr 2**: P 2-2:30 p.m.
- **Jan 24-Apr 3**: P 11:15-11:45 a.m.
- **Jan 25-Mar 28**: 12:15-12:45 p.m.
- **Sun**: No class Feb 9, 16, Mar 22
- **Early Bird Price**: P $72 P $82

POOL SCHEDULE

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

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

Turn to page 23 or visit our website for more information.

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.
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, tred water and swim 10 m of both front and back crawl. They’ll learn vertical entry into the pool 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 front crawl swims. Interval training will boost their fitness level. By the end, they’ll be able to meet the Swim 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 sprint racing drills they’ll be ready to make the 300 m endurance workout. And, just for fun, they’ll try stride 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 EMS. Other key elements of this program include victim recognition and towel assists.

Swimmer 8 - Ranger Patrol

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

Swimmer 9 - Star Patrol

Star Patrol develops finswimming and first aid skills, further refines front crawl, back crawl and breaststroke over 100 m, and requires 400 m workouts and 300 m timed swims.

CLASS DETAILS

<table>
<thead>
<tr>
<th>Level</th>
<th>Date</th>
<th>Time</th>
<th>Classes</th>
<th>Code</th>
<th>Early Bird Price Deadline Jan 12</th>
<th>Regular Price Deadline Jan 19</th>
<th>Information</th>
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<tbody>
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<td>Swimmer 1</td>
<td>Thu Jan 23-Apr 2</td>
<td>3-15-4 p.m.</td>
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<td>5894</td>
<td>P $60</td>
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<td>5-15-6 p.m.</td>
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<td>5895</td>
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<td></td>
<td>Sat Jan 25-Mar 28</td>
<td>6-30-7:15 p.m.</td>
<td></td>
<td>5896</td>
<td>No class Feb 8, 15</td>
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<td></td>
<td>Sun Jan 26-Apr 5</td>
<td>10-10:45 a.m.</td>
<td>8</td>
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<td>11:15 a.m.-12 p.m.</td>
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<td>5908</td>
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</table>

POOL SCHEDULE

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

Pool Rentals

Birthday Parties
School Trips
Racquetball
Recreational Bookings
School Group Swim
Lessons
Lane Rentals
Swim Meet Special Events

Contact MUSWBookings@MacEwan.ca or visit our website under Our Facilities for more information.

Swimming

Studio Rentals
High Performance Mind/Body Spin

Contact MUSWBookings@MacEwan.ca or visit our website under Our Facilities for more information.

Gymnasium Rentals
North Court
Centre Court
South Court
Gym

Contact MUSWBookings@MacEwan.ca or visit our website under Our Facilities for more information.

Rentals

Centre Court
Lane Rentals
Full Gym

Pool Rentals

School Group Swim
Lane Rentals
Swim Meet Special Events

Contact Aquatics@MacEwan.ca or visit our website under Our Facilities for more information.

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

Complimentary parking is included with all child swim lesson registrations. Register your license plate with the Welcome Desk. Turn to page 23 or visit our website for more information.
JUNIOR LIFEGUARD CLUB & ADULT LESSONS

CLASS DESCRIPTIONS

REGISTERED COURSES

Junior Lifeguard Club

Stay 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 beach basics and first aid. Whether you choose to engage recreationally or competitively, you will learn skills from Canadian Swim Patrol, Bronze Star, Bronze Medalion and/or Bronze Cross.

Prerequisite(s): Lifesaving Society Swim Test: solo entry into shallow water, 25 m swim without stopping or resting, followed by 100 m swimming for 30 seconds. Ages 8-15.

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 8: 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. WaterSMART! education is a part of all classes. Fulfill your dream of learning to swim with us!

Adult 2/3 & Fitness Swimmer

Participants will set their own goals, developing water confidence and smooth and efficient strokes. Fitness Swimmer focuses on teaching participants how to set workouts and further incorporate swimming into their regular fitness routine. Instructors will adapt to accommodate each swimmer’s needs.

CLASS DETAILS

Level | Day | Date | Time | Classes | Code | Early Bird Price Deadline Jan 12 | Regular Price Deadline Jan 15 | Information
--- | --- | --- | --- | --- | --- | --- | --- | ---
Junior Lifeguard Club | Sat | Jan 25-Mar 28 | 10-11:30 a.m. | 8 | 5918 | M/P $130 | M/P $140 | No class Feb 8, 15
Adult 1: Scared Stiff | Fri | Jan 24-Mar 3 | 6:30-7:15 p.m. | 8 | 5919 | S $54 | M $78 | P $86 | No class Jan 24, 21, Mar 27
Sun | Jan 26-Apr 5 | 2-2:45 p.m. | 8 | 5921 | M $74 | M $86 | P $96 | No class Feb 9, 16, Mar 22
Adult 1: Learn to Swim | Thu | Jan 23-Apr 3 | 4:30-5:15 p.m. | 8 | 5922 | S $54 | M $78 | P $86 | No class Feb 20, 27, Mar 24
Fri | Jan 25-Mar 25 | 11:15 a.m.-12 p.m. | 8 | 5923 | S $54 | M $78 | P $86 | No class Feb 14, 21, Mar 27
Sun | Jan 26-Apr 5 | 1:15-2 p.m. | 8 | 5925 | S $54 | M $86 | P $96 | No class Feb 8, 15
Adult 2/3 & Fitness Swimmer | Thu | Jan 23-Apr 3 | 4:30-5:15 p.m. | 8 | 5926 | S $54 | M $78 | P $86 | No class Feb 20, 27, Mar 24
Fri | Jan 25-Mar 25 | 6:30-7:45 p.m. | 8 | 5927 | S $54 | M $78 | P $86 | No class Feb 14, 21, Mar 27
Sun | Jan 26-Apr 5 | 12:45-2:15 p.m. | 8 | 5929 | S $54 | M $78 | P $86 | No class Feb 9, 16, Mar 22

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.

For more information, please call 780-497-4616 or email Aquatics@MacEwan.ca.

POOL SCHEDULE

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

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

Complimentary parking is now included with all adult swim lesson and JLC registrations. Please register your license plate with the Welcome Desk. Turn to page 23 or visit our website for more information.

JUNIOR LIFEGUARD CLUB & ADULT LESSONS

AQUATIC CAMPS & PRIVATE LESSONS

JR GRIFFINS AQUATIC CAMPS

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.-5 p.m.). Campers are required to bring their own lunch and snacks.

Location: Gerry Kelly Aquatic Centre, MacEwan University (10800 - 105 Ave.)

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

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.

For more information, please call 780-497-4616 or email Aquatics@MacEwan.ca.

SWIM PROGRAM DESIGN

The first session is a comprehensive consultation and a swim/strike 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. Swim Program Designs are for everyone looking to get in the pool, regardless of swim skills.

• Non-swimmers trying to overcome fear of water on their own
• In-water strength and conditioning exercise
• Proficient swimmers’ workout for a written workout for the term, and more!

Email Aquatics@MacEwan.ca for more information or to book your lessons.

S/1K/P = Student/Member/Public

REGISTER online at MacEwan.ca/Aquatics, in person at 10800 - 105 Avenue, or by phone at 780-497-5300
Lifesaving Sport Coach

Coaches are responsible for training the athletes participating in Lifesaving Sport programs, as well as teaching and evaluating candidates participating in the Junior Lifeguard Club and lifesaving sport programs. This course prepares coaches to apply level 2 leadership competencies and strategies designed to enable them to coach and train athletes to participate in Lifesaving Sport programs and sanctioned competition.

Prerequisite(s): Lifesaving Instructor or higher.

SwimAbilities Instructor

The SwimAbilities Instructor course prepares instructors to touch SwimAbilities, a multi-level, learn-to-swim program that is geared towards participants aged 3 to 16 with special needs. The course prepares instructors to apply SwimAbility level 2 leadership competencies and strategies designed to teach candidates requiring additional support for skill development and safety routines.

Prerequisite(s): Current Swim or Lifesaving Instructor.

National Lifeguard, Aquatic Emergency Care and Bronze Cross

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 (SFA), and O2 Recertification

Prerequisite(s): National Lifeguard (need not be current) and Government of Alberta On-Site Approved First Aid or Aquatic Emergency Care (must be current). Must provide proof of certifications.
Registration Deadlines

Early Bird: Tue, Jan 14
Regular: Tue, Jan 21

Prior to the Regular deadline, you may withdraw from any program for a full refund. No refunds will be issued for withdrawals after the Regular Deadline.

Late registration may be accepted pending available spaces. Email Recreation@MacEwan.ca for availability.

Registration Types

Free Agent: someone looking to play but does not have enough players to make a full team. Recreation staff create a team for these players. You can request to play with another person on the registration form!

Full Team: 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.

League Types

Open: this category welcomes individuals of all genders to participate.
Mixed: this category welcomes individuals of all genders to participate within gender ratios. Please refer to the League Handbook for sport-specific ratio guidelines. Individuals shall be permitted to participate in any league type that is in accordance with that person’s asserted gender identity.

League Extras

League prizes also include the following:
• Access to the gymnasium and change rooms
• A participation t-shirt
• Spirit winner prizing
Please read the League Handbook for eligibility requirements.

League Theme Week

Sun, Feb 23 - Thu, Feb 27

If the majority of a team dresses in Disney theme, the team receives a theme week point.

Volleyball Tiers

Tier 1 (Advanced): Play the sport regularly and have a solid understanding of all the rules. Teams typically have players that play set positions and carry out organized attacks.
Tier 2 (Intermediate): Played the sport a handful of times and know most of the rules, but not all of them. Teams might have one or two people that will play a set position and typically make three contacts prior to returning the ball over the net.
Tier 3 (Beginner): Now to the sport, have played less than a handful of times, and are unsure of the rules but want to learn. Teams don’t have set positions and the focus is often on just getting the ball over the net rather than executing three hits.

League Bash

At the end of each season, all teams are invited to attend the League Bash at a local pub. This is a fun and hassle-free way to wrap up a season as MacEwan will take care of all the details. Teams can enjoy some great food and drinks specials, win door prizes, take part in a few bar games and get to mingle with fellow teams and the MacEwan staff. This is a fun and hassle-free way to wrap up a season as MacEwan will take care of all the details.

Date: Tue, Mar 24, 2020 at 6 p.m.
Location: The Pint Downtown (101/25 - 109 St)
Price: $10 ticket (includes food and drink)
Registration Deadline: Fri, Mar 20
Registration Code: 5789

RECREATION LEAGUES

RECREATION LEAGUES

Start your online registration at MacEwan.ca/Leagues

REGISTER online at MacEwan.ca/Leagues, in person at 10800 - 105 Avenue, or by phone at 780-497-5300
Tournaments
If you are looking for a great way to get some exercise, have fun with your friends, meet new people or enjoy a bit of friendly competition, you’ve found it! You can sign up as a Free Agent or register as a Full Team. You don’t have to be a MacEwan student as everyone is welcome to play. Our tournaments include all equipment, facility access, a guaranteed minimum number of games and prizes.

<table>
<thead>
<tr>
<th>Event</th>
<th>Type</th>
<th>Format</th>
<th>Min Games</th>
<th>Date</th>
<th>Location</th>
<th>Price</th>
<th>Code</th>
<th>Registration Deadlines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Curling Bonspiel</td>
<td>Open</td>
<td>4-on-4</td>
<td>4</td>
<td>Sat, Feb 8</td>
<td>2-10 p.m. Avonm Curling Club 10070 Princess Elizabeth Ave.</td>
<td>Early Bird: $105</td>
<td>Regular: $140</td>
<td>$580 Early Bird: Tue, Jan 28 Regular: Tue, Feb 4</td>
</tr>
<tr>
<td>March Madness Basketball</td>
<td>Open</td>
<td>3-on-3</td>
<td>3</td>
<td>Sat, Mar 14</td>
<td>9 a.m. - 4 p.m. David Adkinson Gymnasium</td>
<td>Early Bird: $90</td>
<td>Regular: $125</td>
<td>$579 Early Bird: Tue, Mar 3 Regular: Tue, Mar 10</td>
</tr>
</tbody>
</table>

Special Events

Jasper Day Trip
The snow and mountains are calling! This Jasper day-trip allows you to experience skiing/snowboarding at Marmot Basin.
No experience required.
Price includes transportation to and from Marmot Basin, lift tickets, and rental equipment. Participants are required to bring their own lunch and transportation NOT included. Please meet at program venue.

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<tr>
<th>Event</th>
<th>Date</th>
<th>Location</th>
<th>Price</th>
<th>Code</th>
<th>Registration Deadlines</th>
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</thead>
<tbody>
<tr>
<td>Jasper Day Trip</td>
<td>Sat, Feb 1 5 a.m. - 9 p.m.</td>
<td>Jasper, Alberta</td>
<td>Early Bird: $175 Regular $185</td>
<td>5835 Early Bird: Sun, Jan 19 Optional rental: $47</td>
<td>5944</td>
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</tbody>
</table>

Paint Night
With the perfect combination of creativity and conversation, guests will create their own one-of-a-kind masterpiece while spending time with friends.
No experience required.
Price includes a two-hour guided lesson, aprons, canvases, paint, brushes, and easels. Transportation NOT included; please meet at program venue.
Food and beverages are available for purchase.

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<tr>
<th>Event</th>
<th>Date</th>
<th>Location</th>
<th>Price</th>
<th>Code</th>
<th>Registration Deadlines</th>
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</thead>
<tbody>
<tr>
<td>Paint Night</td>
<td>Tue, Mar 3 6-8:30 p.m.</td>
<td>Towers Pub - Building 6 106 St. - 104 Ave.</td>
<td>Early Bird: $25 Regular: $30</td>
<td>5836 Early Bird: Fri, Feb 21 Regular: Fri, Feb 28</td>
<td>5944</td>
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</tbody>
</table>

Speeders Night Out
Hit the race track with Speeders’ Mini Grand Prix! Drivers will enjoy Edmonton’s premier indoor go-kart track race with the latest technology in go-kart propulsion. Challenge your speed with this exhilarating and safe outing.
No experience required.
Price includes two races (4 laps per racers) per person. Transportation NOT included; please meet at program venue.
Food and beverages are available for purchase.

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<tr>
<th>Event</th>
<th>Date</th>
<th>Location</th>
<th>Price</th>
<th>Code</th>
<th>Registration Deadlines</th>
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<tbody>
<tr>
<td>Speeders Night Out</td>
<td>Fri, Mar 6 6-9 p.m.</td>
<td>Speeders Edmonton 13145 - 140 St. NW</td>
<td>Early Bird: $40 Early Bird: $45</td>
<td>5837 Early Bird: Wed, Feb 26 Regular: Wed, Mar 4</td>
<td>5944</td>
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</table>

Sport Clubs
Sport Clubs are led by students, for students, in an active and social environment. Getting involved with a MacEwan University Sport and Wellness Sport Club is easy. Join an existing club as a member or start your own! Visit MacEwan.ca/SportClubs for information on how to start or join a club!

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<tr>
<th>Club</th>
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<tr>
<td>Jiu Jitsu Club</td>
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<td>Badminton Club</td>
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<td>Cheer Club</td>
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<td>Outdoors Club</td>
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<td>Barbell Club</td>
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<td>Climbing Club</td>
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<td>Lacrosse Club</td>
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<td>Scuba Club</td>
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<td>Swim Club</td>
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<td>Judo Club</td>
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<td>Karate Club</td>
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<td>Soccer Club</td>
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<td>Volleyball Club</td>
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<td>Water Polo Club</td>
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<tr>
<td>Cross Country Ski Club</td>
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RECREATION LEARN 2’S

Snowshoe
Discover Edmonton’s River Valley in the wintertime. Learn about the history of winter travel and explore the natural beauty of Whitebird Mountain North with parkashnee snowshoe equipment. Enjoy a guided snowshoe walk followed by bannock making over the fire.
No experience required.
Price includes a two-hour guided lesson and all safety gear and equipment. Transportation NOT included; please meet at program venue.

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<tr>
<th>Event</th>
<th>Date</th>
<th>Location</th>
<th>Price</th>
<th>Code</th>
<th>Registration Deadlines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snowshoe</td>
<td>Sun, Mar 1 9 a.m.-12 p.m.</td>
<td>Victoria Park 12030 River Valley Rd.</td>
<td>Early Bird: $35</td>
<td>5840 Early Bird: Wed, Feb 19 Regular: Wed, Feb 26</td>
<td>5944</td>
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</tbody>
</table>

Boulder
All great things start somewhere! This fundamentaltour course is designed to introduce you to the basics of rock bouldering. Rock Jungle’s qualified instructors will teach you the movements and techniques that are unique to the vertical world. A social with FREE Mac ‘n’ Cheese and 10% off all additional Café sales. Transportation NOT included; please meet at program venue.

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<tr>
<th>Event</th>
<th>Date</th>
<th>Location</th>
<th>Price</th>
<th>Code</th>
<th>Registration Deadlines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boulder</td>
<td>Sun, Mar 1 9 a.m.-12 p.m.</td>
<td>Victoria Park 12030 River Valley Rd.</td>
<td>Early Bird: $35</td>
<td>5840 Early Bird: Wed, Feb 19 Regular: Wed, Feb 26</td>
<td>5944</td>
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</tbody>
</table>

Complimentary parking is available for members and partners*. 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 it is on a first-come, first-serve basis. Please park in the designated parking area of Lot H, north of the centre (105 Ave. at 108 St.). If 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 tagging or ticketing by the vehicle owner’s responsibility. Parking vouchers are non-transferable and must not be shared.
*Students, staff and faculty are not eligible.
Parking Services: MacEwan.ca/Parking or 780-497-5875

Parking Map

Additional Overflow Parking: 10462 - 108 Street and 105 - 110 Street

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

Legend: (Use only if Lot H is full)
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td><strong>MORNING</strong></td>
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<tr>
<td>Tri Resistance Training</td>
<td>Tri Swim</td>
<td>Swim Training</td>
<td>Tri Spin/Run Combo</td>
<td>Women &amp; Weights</td>
<td>Women &amp; Weights</td>
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<tr>
<td>6:30-7:30 a.m.</td>
<td>6:30-7:30 a.m.</td>
<td>6:30-7:30 a.m.</td>
<td>6:15-7:30 a.m.</td>
<td>9:30-10:30 a.m.</td>
<td>10:11-11:30 a.m.</td>
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<tr>
<td>Shallow Water Fitness</td>
<td>Sit &amp; Be Fit</td>
<td>Shallow Water Fitness</td>
<td>Sit &amp; Be Fit</td>
<td>Junior Lifeguard Club</td>
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<td>9:45 a.m.</td>
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<td>9:45 a.m.</td>
<td>11 a.m.-12 p.m.</td>
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<tr>
<td>Older Adult Tone and Balance</td>
<td>Older Adult Functional For Life</td>
<td>Older Adult Cardio</td>
<td>Older Adult Tone and Balance</td>
<td>Older Adult Strength and Stretch</td>
<td>Adult 1: Learn to Swim</td>
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<tr>
<td>10:05-10:55 a.m.</td>
<td>10:05-10:55 a.m.</td>
<td>10:05-10:55 a.m.</td>
<td>10:05-10:55 a.m.</td>
<td>11:15 a.m.-12 p.m.</td>
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<td><strong>LUNCH</strong></td>
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<td>Power Core Fusion</td>
<td>Deep Water Fitness</td>
<td>Deep Water Fitness</td>
<td>Adult 1: Learn to Swim</td>
<td>Triple Threat</td>
<td>Adult 1: Learn to Swim</td>
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<tr>
<td>12:05-12:55 p.m.</td>
<td>12:05-12:55 p.m.</td>
<td>12:05-12:55 p.m.</td>
<td>4:30-5:15 p.m.</td>
<td>11:45 a.m.-12:45 p.m.</td>
<td>12:12-12:45 p.m.</td>
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<tr>
<td>SpinErgy</td>
<td>Spin the Beat</td>
<td>SpinDurance</td>
<td>Adult 1: Scared Stiff</td>
<td>Adult 2/3 &amp; Fitness Swimmer</td>
<td>Adult 2/3 &amp; Fitness Swimmer</td>
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<tr>
<td>12:05-12:55 p.m.</td>
<td>12:05-12:55 p.m.</td>
<td>12:05-12:55 p.m.</td>
<td>6:30-7:15 p.m.</td>
<td>12-12:45 p.m.</td>
<td>12-12:45 p.m.</td>
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<tr>
<td>Barre Fitness</td>
<td>Cardio Box</td>
<td>Freshman 15</td>
<td>Barre Fitness</td>
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<td>12:05-12:55 p.m.</td>
<td>12:05-12:55 p.m.</td>
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<tr>
<td>Warrior Adventure Challenge</td>
<td>Better Body Bootcamp</td>
<td>Better Body Bootcamp</td>
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<td>12:05-12:55 p.m.</td>
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<td><strong>EVENING</strong></td>
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<tr>
<td>Deep Water Fitness</td>
<td>Learn Olympic Lifting</td>
<td>Deep Water Fitness</td>
<td>Adult 2/3 &amp; Fitness Swimmer</td>
<td>Adult 1: Learn to Swim</td>
<td>Adult 2/3 &amp; Fitness Swimmer</td>
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<tr>
<td>5:10-5:55 p.m.</td>
<td>5-6 p.m.</td>
<td>5:10-5:55 p.m.</td>
<td>4:30-5:15 p.m.</td>
<td>7:15-8 p.m.</td>
<td>7:15-8 p.m.</td>
</tr>
<tr>
<td>Kettlebell X</td>
<td>Hatha Yoga Flow</td>
<td>Better Body Bootcamp</td>
<td>Adult 1: Scared Stiff</td>
<td>Adult 1: Learn to Swim</td>
<td>Adult 1: Scared Stiff</td>
</tr>
<tr>
<td>5-6 p.m.</td>
<td>5:30-6:30 p.m.</td>
<td>5-6 p.m.</td>
<td>6:30-7:15 p.m.</td>
<td>7:15-8 p.m.</td>
<td>2-2:45 p.m.</td>
</tr>
<tr>
<td>Sculpt 60</td>
<td>Kickboxing: The Real Thing!</td>
<td>City Centre Runners</td>
<td>Adult 2/3 &amp; Fitness Swimmer</td>
<td>Adult 2/3 &amp; Fitness Swimmer</td>
<td>Adult 2/3 &amp; Fitness Swimmer</td>
</tr>
<tr>
<td>5-6 p.m.</td>
<td>7-8 p.m.</td>
<td>6-7 p.m.</td>
<td>4:30-5:15 p.m.</td>
<td>7:15-8 p.m.</td>
<td>2-2:45 p.m.</td>
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<td>5-6 p.m.</td>
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</tbody>
</table>

**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 and Winter 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) that you belong to. The Circle with the most participants throughout the term will become the Campus Cup Champions!

For more information, please visit MacEwan.ca/CampusCup

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- Fitness Value-Added classes run Jan 6-May 2
- Aquatic Value-Added classes run Jan 3-May 1
- Registered fitness courses run Jan 13-Mar 28
- No classes Feb 15, 17, Apr 10, 11, 13
- No lessons Feb 8, 9, 14-16, 20, 21, 27, Mar 22, 26, 27
- Members can reserve a Value-Added spot and anyone can register for courses online at SportandWellnessReg.MacEwan.ca

See page 3 for online registration information.

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**REGISTER**

online at MacEwan.ca/SportandWellness
in person at 10800 - 105 Avenue
or by phone at 780-497-5300