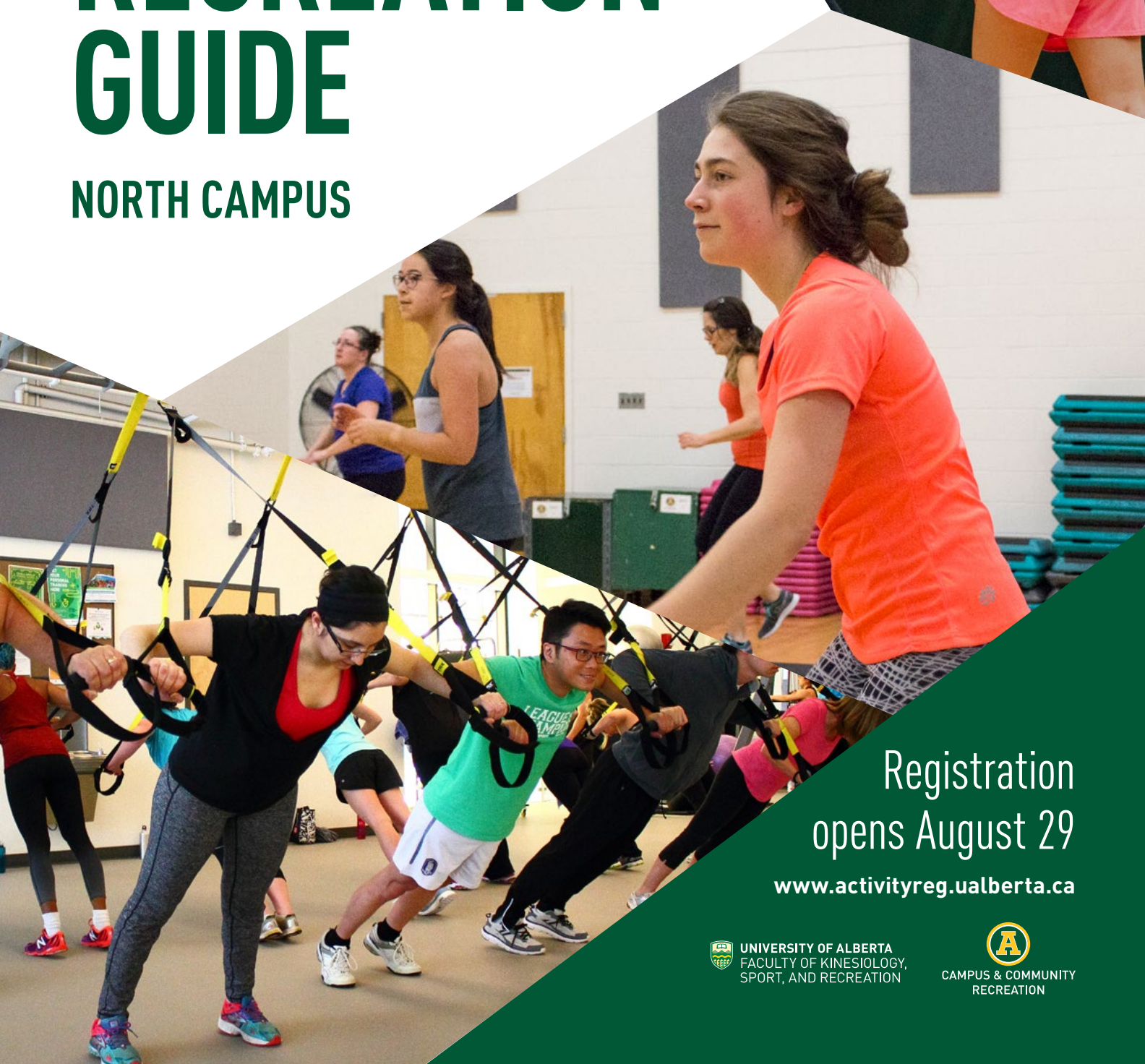
2018 FALL RECREATION GUIDE

NORTH CAMPUS



Registration opens August 29

www.activityreg.ualberta.ca

UNIVERSITY OF ALBERTA
FACULTY OF KINESIOLOGY, SPORT, AND RECREATION

CAMPUS & COMMUNITY RECREATION

UPCOMING SPECIAL EVENTS

September 7, 2018

Backyard Bash

Sun, sand, and a hot grill - what's not to love? Come on out for free BBQ, tonnes of games, and loads of prizes!

Beach Courts at Lister
1PM – 4PM
Free

September 12, 2018

RecStock

Join us for prizes, food and games! FREE trial classes run from September 10-16, 2018.

Main Quad
9AM – 4PM
Free
uab.ca/recreation

September 29, 2018

Turkey Trot

Join us for the 59th annual fun-run in support of the United Way and the Campus Food Bank.

Universiade Pavilion
10AM – 1PM (race starts at 11AM)
$25 U of A students
$30 U of A staff/alumni
$35 public
$15 Children ages 8-15
uab.ca/turkeytrot

September 30, 2018

Learn to Curl Day

Have you ever wanted to try curling? Join us at the Saville Community Sports Centre for an hour of instruction and play.

Saville Community Sports Centre Curling Rink
10AM – 11AM, 11:30AM – 12:30PM, or 1PM – 2PM
Free

October 1-5, 2018

Hot Shot Basketball

Donate to the United Way Campaign to find out if you're U of A's sharpest shooter!

Van Vliet Complex Main Gym
12:30PM – 1:30PM
Admission by donation
imleagues.com/UAlberta

October 22-29, 2018

MacEwan vs. U of A Bike Challenge

Track your cycling time at the Hanson Fitness & Lifestyle Centre or the spin studio to win the title of most active campus! The school with the longer cumulative participant cycling time (in minutes) wins!

Track your cycling time at the Hanson Fitness & Lifestyle Centre

October 27, 2018

Big Pink Volleyball Tournament

Raise money for the Canadian Breast Cancer Foundation and play some awesome volleyball at the same time.

Van Vliet Complex Main Gym
9AM – 4PM
$75/team
imleagues.com/UAlberta

November 2, 2018

Red Eye Games

The Red Eye Games are an overnight recreation blitz pitting 22 teams against one another across 11 different events!

Van Vliet Complex
11PM – 7AM
$185/team
imleagues.com/UAlberta

December 8, 2018

United Yoga Pilates, In the Dome at Foote Field

Be a Joiner and see yourself with 200 or more friends! Strengthen and stretch your minds and muscles. Led by University of Alberta Instructors.

The Dome at Foote Field
10:30AM – 12PM
Free
uab.ca/recreation

CAMPUS & COMMUNITY RECREATION

@UAlbertaRec
uab.ca/recreation

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

Faculty of Kinesiology, Sport, and Recreation Office
780.492.5604
ksr.info@ualberta.ca
uab.ca/ksr

Golden Bears & Pandas Athletics
780.492.2327
uasports@ualberta.ca
uab.ca/gbp

Aquatic Centre
780.492.3570
aquatics@ualberta.ca
uab.ca/recreation

Club Sports
780.492.2555
clubsports@ualberta.ca
uab.ca/clubsports

First Aid and CPR
780.492.2231
bebowers@ualberta.ca
uab.ca/recreation

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

LiveWell
780.492.5578
akhayer@ualberta.ca
uab.ca/livewell

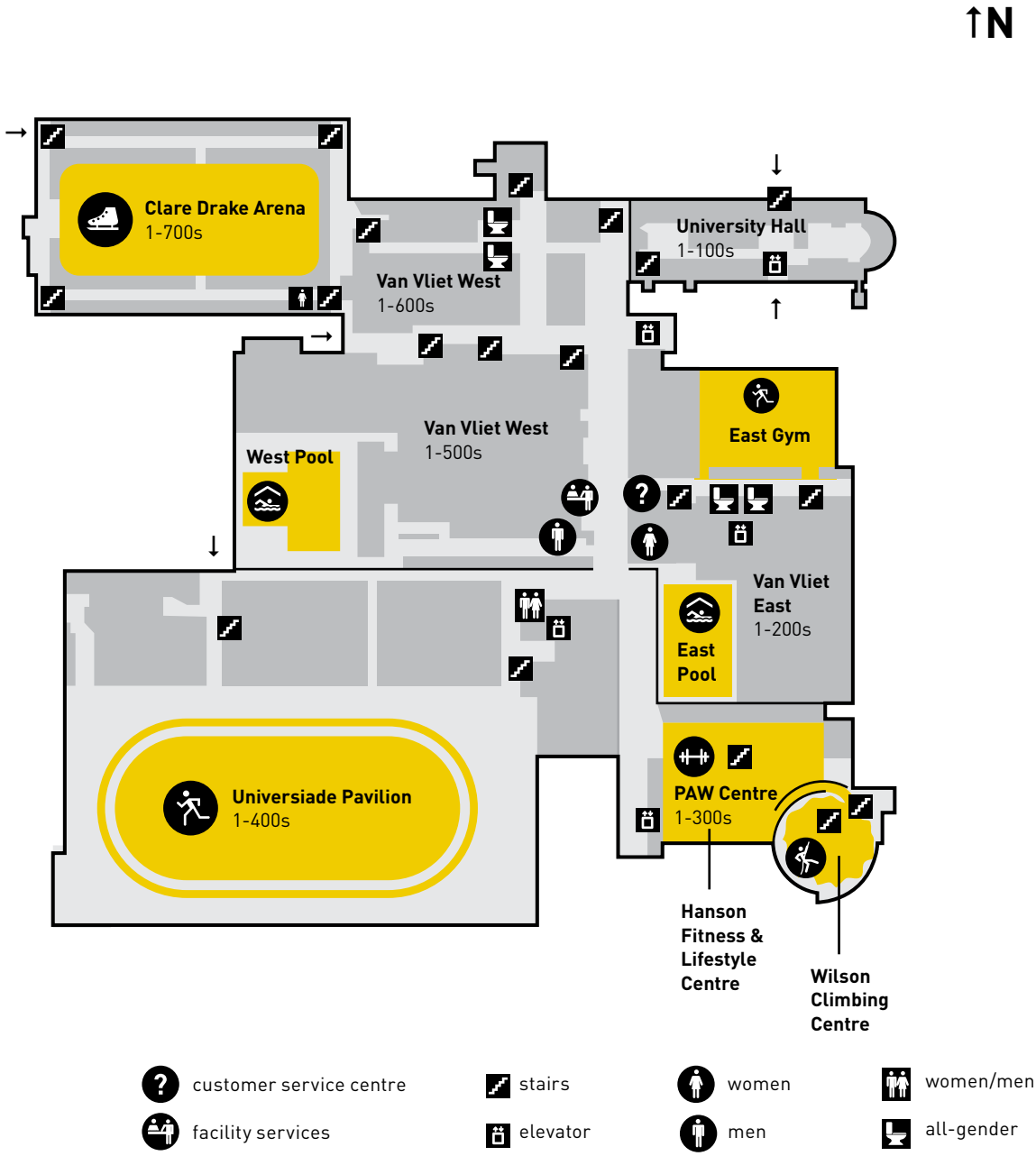
Saville Community Sports Centre
780.492.1000
savillesports@ualberta.ca
savillecentre.ca

Van Vliet Customer Service Centre
780.492.2231
activityreg@ualberta.ca
activityreg.ualberta.ca

Wilson Climbing Centre
780.492.2767
climbing@ualberta.ca
uab.ca/climbing

VAN VLIET COMPLEX

LEVEL 1

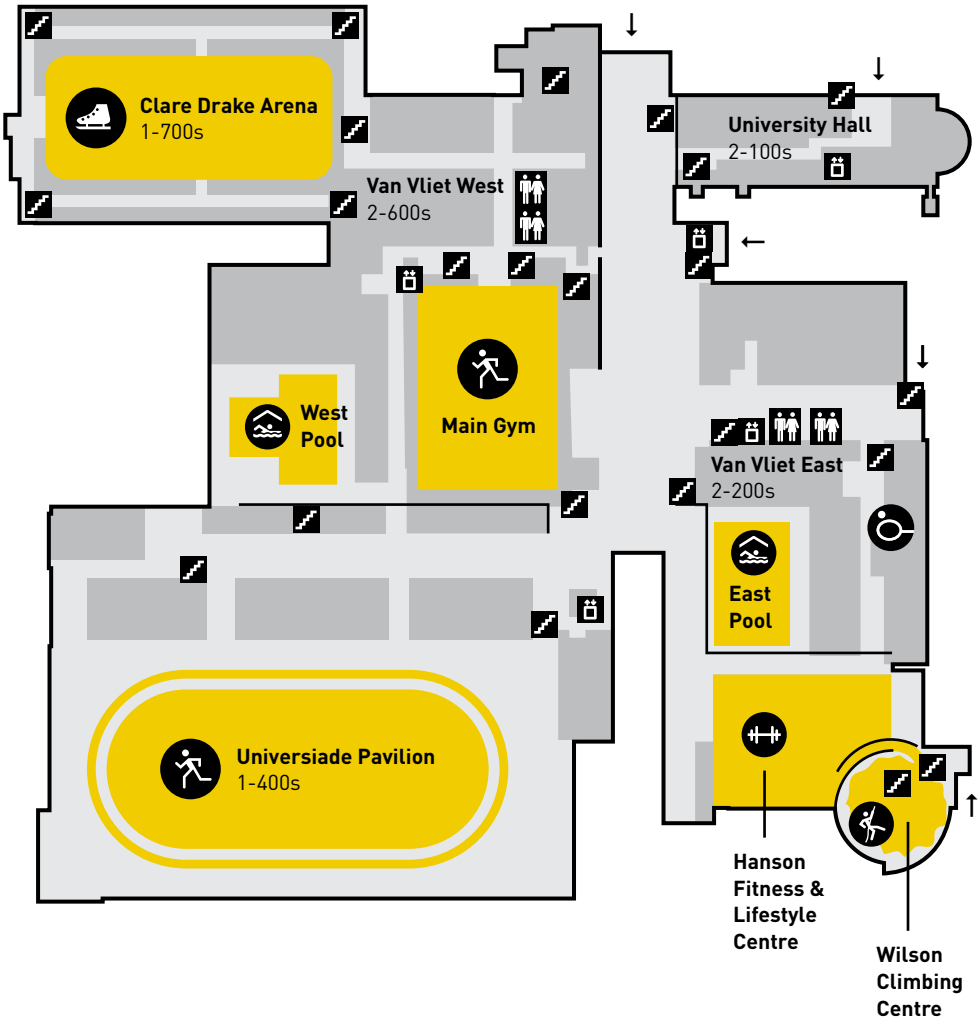


HOURS OF OPERATION

VAN VLIET COMPLEX
Sep-Apr
Mon–Fri: 6:00 a.m.–10:00 p.m.
Sat–Sun: 9:00 a.m.–10:00 p.m.
May–Aug
Mon–Fri: 6:00 a.m.–9:00 p.m.
Sat–Sun: 9:00 a.m.–4:00 p.m.

VAN VLIET COMPLEX CUSTOMER SERVICE CENTRE
Sep 4–Dec 15
Mon–Thu: 8:00 a.m.–7:00 p.m.
Fri: 8:00 a.m.–5:00 p.m.
Sat: 9:00 a.m.–12:00 p.m.
Sun & Stat Holidays: Closed
Dec 16–Jan 6
Mon–Fri: 8:00 a.m.–5:00 p.m.
Sat–Sun: Closed

LEVEL 2



Aquatics Office	2-649
Athletics General Office	2-420
Bears' Den	2-710
Clare Drake Arena	1-700
Climbing Centre	1-370
Council Chambers	2-100
Customer Service Centre	1-213
East Gymnasium	1-220
East Pool	1-260
Faculty of Kinesiology, Sport, and Recreation	
Office of the Dean	3-100
Student Services	2-131
Facility Services	1-241
Hanson Fitness & Lifestyle Centre	1-300
Gymnasium, East	1-220
Gymnasium, Main	2-615
Lecture Theatres	2-210
	2-215
Locker Room, Men's	1-510
Locker Room, Women's	1-244
Main Gymnasium	2-615
Multi-Purpose Rooms	3-200s
Pool, East	1-260
Pool, West	1-550
Racquet Courts	2-241
	2-253
Campus & Community Recreation Offices	2-670
The Steadward Centre for Personal & Physical Achievement	1-612
Tickets	2-664
Universiade Pavilion (Butterdome)	1-445
Wall of Fame	2-204
West Pool	1-550
West Pool Viewing Area	2-550
Women's Locker Room	1-244

HANSON FITNESS AND LIFESTYLE CENTRE
Sep–Apr
Mon–Fri: 6:00 a.m.–10:00 p.m.
Sat–Sun: 9:00 a.m.–7:00 p.m.
May–Aug
Mon–Fri: 6:00 a.m.–9:00 p.m.
Sat–Sun: 9:00 a.m.–4:00 p.m.

WILSON CLIMBING CENTRE
Sep–May
Mon–Fri: 2:00 p.m.–10:00 p.m.
Sat–Sun: 12:00 p.m.–6:00 p.m.
Jun–Aug
Mon–Fri: 2:00 p.m.–10:00 p.m.
Sat–Sun: 12:00 p.m.–6:00 p.m.

AQUATIC CENTRE (DROP-IN TIMES)
East Pool
Mon–Fri: 5:00 p.m.–7:00 p.m.
Sat–Sun: Closed
West Pool
M,W,F:
11:00 a.m.–1:00 p.m., 4:30 p.m.–5:30 p.m.
Tue,Thu:
11:00 a.m.–1:00 p.m., 4:00 p.m.–5:00 p.m.
Sat–Sun: 1:30 p.m.–4:30 p.m.

REGISTRATION

HOW TO REGISTER

- Valid ONEcard required for U of A students, staff and alumni
- Payment required at the time of registration
- You will receive a confirmation email
- For your convenience, registration is available for both North Campus and Saville Community Sports Centre

A University of Alberta student is one who is currently enrolled in an academic program at the University of Alberta and has paid the Athletic and Recreation Fee.

Online
activityreg.ualberta.ca

In Person
North Campus
1-213 Van Vliet Complex

Saville Community Sports Centre
11610 65 Ave

Phone
North Campus
780.492.2231

Saville Community Sports Centre
780.492.1000

Fax
780.492.7190

HOW TO PAY

- Cash (in-person only)
- Credit card (Visa, American Express, and MasterCard)
- Debit card (in-person only)
- Personal cheque or money order to University of Alberta; no post-dated cheques; $25 administrative fee is charged for NSF cheques

WAIT LIST

If a program is full, you may add your name on the wait list. If a space becomes available, the Customer Service Centre will contact you by phone or email. Please ensure we have your current contact information.

REGISTRATION, WITHDRAWAL POLICIES

Refund
- You are allowed to withdraw from or transfer programs prior to the third class. There will be no refunds or credit after the third class
- After the second class you may attend a program that allows drop-in with the purchase of a drop-in pass
- A refund will be issued for the value of the remaining classes
- If the original payment was by credit card or debit card, the refund will be issued to the same card type used for the original payment
- If the original payment was by cash or cheque, you will be refunded by cheque. This will be mailed to you 3-6 weeks from the time the refund is requested

Credit
- Instead of a refund, you can request a credit for another class to be added to your account
- The credit will be for the cost of the remaining classes. No administration fees will be charged when requesting a credit
- This credit can be used towards most recreational programs and services offered by Campus & Community Recreation
- If a refund is requested at a later date, a $15 administration fee will be charged

WAIVERS AND CLASS CANCELLATIONS

Waiver
All participants are required to sign a yearly (May 1–Apr 30) waiver before beginning a program

Waiver available at following locations:
- *uab.ca/recreation*
- *activityreg.ualberta.ca*
- *The Customer Service Centre in the Van Vliet Complex*
- *Campus & Community Recreation office (see map)*
- *Saville Community Sports Centre*
- *Hanson Fitness & Lifestyle Centre*
- *At the first class*

Class Changes and Cancellations

- Class changes and cancellations can occur due to low enrollment as late as the day before the class begins
- Under some circumstances, programs with low enrollment may run the first week to encourage registration, but may be cancelled in the second week

Although we make every effort to run all classes listed in the Recreation Guide, classes may be cancelled due to unforeseen circumstances.

DROP-IN PASSES

- Drop-in passes provide flexibility in experiencing a wide variety of fitness classes at both North Campus and Saville Community Sports Centre
- Purchase these at the Customer Service Centre in the Van Vliet Complex or Saville Community Sports Centre
- Drop-in classes are signified by a ▲ throughout the guide. Find the drop-in calendar online at **uab.ca/recreation**

GROUP FITNESS DROP-IN PARTICIPATION: TERMS OF USE

- All drop-in participants must check in with the instructor at the time of their class
- Multi-use drop-in passes must be presented with photo ID
- Drop-in participation is allowed on a first-come, first-served basis and at the discretion of the course instructor
- Registered participants for a particular class will have priority for attendance over drop-in participants
- Due to the popularity of our classes, it may be difficult to gain admittance to certain classes during the first two weeks of the term. However, after the first two weeks of a session, we can generally accommodate all drop-in participants
- Passes are non-transferable and non-refundable once purchased. Drop-in passes cannot be exchanged for a credit towards registration in a class

MEMBERSHIPS

***Extra Options**
- 5x pass: $45
- Drop-In pass: $10

VAN VLIET COMPLEX MEMBERSHIP*

By purchasing a Van Vliet Complex membership you are given full access to all the complex facilities with the exception of the Wilson Climbing Centre. Please see the Wilson Climbing Centre section in memberships for more information.

- Sold at Facility Services, VVC 1-241
- Government issued ID required for purchase

Category	1 Month (per person)	Continuous Monthly (per person)
Community Members	$85	$42.50
Alumni, Retired Staff & Families*	$67	$33.50
Other U of A Staff & families* of Student & Staff	$47	$23.50
Special Status Students & Families	$47	$23.50
U of A Students taking a term off	$20.50	$20.50

All Users must carry their valid ONEcard/Membership card to enter or use the Centre facilities
No Fitness Centre access for dependants under 16 years old
**Family member means spouse and children under 18 years old*

ONECARD INFORMATION

- By purchasing a ONEcard you will have access to all Van Vliet Complex facilities with the exception of the Wilson Climbing Centre
- Alumni ONEcard photos may be taken at Facility Services, 1-241 Van Vliet Complex
- ONEcard office in HUB Mall produces the card (process can take up to two days)

SWIM ONLY PASSES

Available for purchase at Facility Services. Passes are for users who only wish to access the swimming pools during recreational swimming times.

Category	Annual (per person)	1 Month (per person)	Daily (per person)
Youth (13-17)	$150	$15	$3.75
Adult (18+)	$200	$20	$4.50
Child (12 & Under)	$100	$10	$3
Family*	$500	$50	$10

WILSON CLIMBING CENTRE ADMISSIONS COSTS

All prices include GST

Type of Pass	Under 13	U of A Staff/Alumni/ Student**	ACC/CGI***	Public***
Drop-In	$8	$10	$12	$14
One Month	$70	$80	$90	$100
Four Month	$200	$240	$280	$300
Annual	$400	$450	$475	$500

***fees applied to students who are not registered in academic classes and have not paid the athletic and recreation fee*
****Government issued ID required*

INCLUSION SUPPORT SERVICES

Campus & Community Recreation's mission is to create a sense of community through quality recreation programs at the University of Alberta and in the community. As part of that mission, Campus & Community Recreation strives to be inclusive and provide a variety of accommodations for equal access to our programs, events and facilities.

One of our core values is to enhance the quality of life of our members through participation. We encourage and support students and community members of all abilities to develop life-long healthy lifestyles.

Campus & Community Recreation is able to accommodate numerous disabilities and situations through our Inclusion Support Services.

For further information, please contact our Inclusion Coordinator: **Nicolette Marshall nicolette.marshall@ualberta.ca.**

RENTALS

TOWEL SERVICE

1 month	Continuous	Deposit
$20	$10	$10

Locker Rooms in the Van Vliet Complex
To use the Van Vliet Complex, which includes locker room use, you must have a valid U of A ONECard or a VVC membership card.

For lock and locker rental fees, please visit uab.ca/KSR.

Daily Lock/Towel Rental
- Locks and towels may be rented daily at Facility Services
- Locks: $2.75 each
- Towels: $2.25 each
- A valid ONEcard/VVC membership card or photo ID is required for rentals

Important
If you purchase a drop-in pass for the Van Vliet Complex or rent a lock and/or towel, you are required to leave a current driver's licence, passport or other goverment-issued form of identification at Facility Services. The identity document will be returned to you when you return a drop in pass and/or rented items.

Long-Term Locker/Towel Rental Fees
- Lockers are available on a limited basis to all valid ONEcard/VVC membership card holders
- A towel/token exchange service is included in locker rental fees
- Towels will not be loaned out without a towel or token in exchange. Locker and towel service is not transferable

WILSON CLIMBING CENTRE RENTAL EQUIPMENT

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

HOW TO BOOK A COURT

- Book tennis, squash or racquetball courts at Facility Services, 1-241, Van Vliet Complex
- Valid ONECard required to book a court for all sports
- Bookings must be made in person. No phone or email bookings
- Bookings may be made for the following week starting each Friday: this includes weekend and weekdays through to the following Friday

USAGE OF UNRESERVED COURTS

- Available on a first-come, first-served basis
- If a reserved court is not occupied within 10 minutes of the scheduled time, it becomes available on a first-come, first-served basis

FACILITIES

Home to a wide range of high-caliber sporting facilities and amenities, the Faculty of Kinesiology, Sport, and Recreation at the University of Alberta offers the perfect location for events. With over 400,000 square feet in 37 facilities, we have the perfect venue to showcase a variety of activities. By bringing your event to campus you'll be tapping into a community of students, staff and residents who are passionate about supporting sporting and community events.

AQUATIC CENTRE

The Aquatic Centre houses two large indoor pools: the East Pool and the Winslow and Christian Hamilton Memorial Pool, commonly known as the West Pool.

HANSON FITNESS AND LIFESTYLE CENTRE

A brand new 26,910 square feet facility that contains a wide variety of fitness and strength training equipment. Special event memberships are available when you book with us!

MAIN GYM

Features 17,850 square feet of hardwood floor space with retractable 840 bleacher seating. Sport configurations include volleyball, basketball, badminton and handball. Host a ceremony, sporting event, or trade show in the heart of the campus.

UNIVERSIADE PAVILION

A 64,000 to 70,000 square foot multi-use indoor complex that houses a seven-lane, 200 metre track; long jump and pole vaulting areas; two-level bleacher seating with 5,000 capacity; locker rooms and multi-purpose spaces.

WILSON CLIMBING CENTRE

The Wilson Climbing Centre is a brand new modern climbing structure. It was designed in an iconic purpose-built building creating a new gateway to the University of Alberta's North Campus.

OTHER FACILITIES INCLUDE:

Clare Drake Arena, Lister Artificial Turf, Dance Studios, Conference rooms.

To book a facility for your event please email **bookings@ualberta.ca**

WE ARE AQUATICS

ADULT SWIM LESSONS (13 years and older)
Levels are Adult 1, 2 & 3 and Fitness Swimmer

Adult Swimmer 1
These lessons are designed for swimmers with little or no experience swimming. In this level, participants learn and master skills such as floats, glides, and kicking on front and back without assistance.

Adult Swimmer 2 & 3
Adult 2 & 3 combines Adult 2 and Adult 3 skills. Adult 2 is designed for swimmers who can float, glide, and submerge their heads in the water without assistance. Swimmers learn front and back crawl and develop greater confidence in deeper water. Adult 3 is designed for confident swimmers to master their swimming strokes and improve endurance through interval training and sprints.

Fitness Swimmer
This program is for swimmers of any age who want to improve their overall physical fitness in the water. Fitness Swimmer provides a structured approach to improve physical fitness based on accepted training principles and practices including interval training. Participants learn to use pace clocks and timers and reach their target zone. They also create workouts and set fitness goals.

Time	Date	Class Type	Code	Location	Cost*
Sat 10:00 a.m.-10:45 a.m.	Sep 29-Dec 1	Adult Swimmer 1	6156	Van Vliet Complex 1-260 East Pool Lane 1	U of A Student $72 Public $80
Sat 11:30 a.m.-12:15 p.m.	Sep 29-Dec 1	Adult Swimmer 1	6160	Van Vliet Complex 1-260 East Pool Lane 3	U of A Student $72 Public $80
Sun 11:00 a.m.-11:45 a.m.	Sep 30-Dec 2	Adult Swimmer 1	6171	Van Vliet Complex 1-260 East Pool Lane 1	U of A Student $72 Public $80
Tue 4:00 p.m.-4:30 p.m.	Oct 2-Nov 27	Adult Swimmer 1	6638	Van Vliet Complex 1-260 East Pool Lane 2	U of A Student $60 Public $68
Thu 4:00 p.m.-4:30 p.m.	Oct 4-Nov 29	Adult Swimmer 1	6192	Van Vliet Complex 1-260 East Pool Lane 1	U of A Student $60 Public $68
Sat 10:00 a.m.-10:45 a.m.	Sep 29-Dec 1	Adult Swimmer 2 & 3	6157	Van Vliet Complex 1-260 East Pool Lane 2	U of A Student $72 Public $80
Sat 11:15 a.m.-12:00 p.m.	Sep 29-Dec 1	Adult Swimmer 2 & 3	6159	Van Vliet Complex 1-260 East Pool Lane 1	U of A Student $72 Public $80
Sun 10:15 a.m.-11:00 a.m.	Sep 30-Dec 2	Adult Swimmer 2 & 3	6174	Van Vliet Complex 1-260 East Pool Lane 2	U of A Student $72 Public $80
Sun 11:30 a.m.-12:15 p.m.	Sep 30-Dec 2	Adult Swimmer 2 & 3	6185	Van Vliet Complex 1-260 East Pool Lane 3	U of A Student $72 Public $80
Tue 4:30 p.m.-5:00 p.m.	Oct 2-Nov 27	Adult Swimmer 2 & 3	6190	Van Vliet Complex 1-260 East Pool Lane 1	U of A Student $60 Public $68
Thu 4:30 p.m.-5:00 p.m.	Oct 4-Nov 29	Adult Swimmer 2 & 3	6195	Van Vliet Complex 1-260 East Pool Lane 2	U of A Student $60 Public $68
Sat 10:00 a.m.-10:45 a.m.	Sep 29-Dec 1	Fitness Swimmer	6162	Van Vliet Complex 1-260 East Pool Lane 3	U of A Student $72 Public $80
Sun 10:15 a.m.-11:00 a.m.	Sep 30-Dec 2	Fitness Swimmer	6182	Van Vliet Complex 1-260 East Pool Lane 3	U of A Student $72 Public $80
Tue 4:30 p.m.-5:00 p.m.	Oct 2-Nov 27	Fitness Swimmer	6191	Van Vliet Complex 1-260 East Pool Lane 2	U of A Student $60 Public $68
Thu 4:30 p.m.-5:00 p.m.	Oct 4-Nov 29	Fitness Swimmer	6196	Van Vliet Complex 1-260 East Pool Lane 1	U of A Student $60 Public $68

**CCR Aquatics in partnership with parking services is now offering complimentary parking with your program registration during the registered program time.*

AQUAFITNESS: MOVEMENT & AEROBIC FITNESS CLASS

- Swimming ability is not required, basic comfort in water is recommended
- Aquafitness drop-in passes available for $10 at the Customer Service Centre or Facility Services
- Registration allows participation in 20 classes

Time	Date	Class Type	Code	Location	Cost*
Tue,Thu 12:00 p.m.-1:00 p.m.	Sep 25-Nov 29	AquaFitness Deep Water	6198	Van Vliet Complex 1-550 West Pool Deep 1	U of A Student $150 Public $170
Wed,Fri 12:00 p.m.-1:00 p.m.	Sep 26-Nov 30	AquaFitness Shallow Water	6197	Van Vliet Complex 1-260 East Pool	U of A Student $150 Public $170

AQUA PADDLEBOARD YOGA

The combination of yoga and stand-up paddleboard is a match that will strengthen your core as well as balance and tone all muscles while bringing you physical and mental harmony.

Time	Date	Class Type	Code	Location	Cost*
Sun 6:30 p.m.-7:25 p.m.	Sep 23-Dec 9	Aqua Paddleboard Yoga	6199	Van Vliet Complex 1-550 West Pool	U of A Student $121.50 Public $135
Sun 7:30 p.m.-8:25 p.m.	Sep 23-Dec 9	Aqua Paddleboard Yoga	6200	Van Vliet Complex 1-550 West Pool	U of A Student $121.50 Public $135

CHILDREN'S SWIM LESSONS

Parent and Tot (4 months to 3 years)

- The Parent and Tot Program structures in-water interaction between parent and child to stress the importance of play in developing water-positive attitudes and skills
- Activities and progressions are based on child development

Preschool Program (Children 3–5 years)
Levels 1–5

- Progressions ensure children become comfortable in the water and have fun developing a foundation of water skills
- Preschool 1 & 2 are for swimmers just starting in the water
- Preschool 3 & 4 are for swimmers who are doing front and back crawl independently
- Preschool 5 is for swimmers who are ready for some swimming in deep water

Swimmer Program (Children 6 years and up)

- Progressions accommodate 6 to 12 year olds including beginners and swimmers who want to build on the basics
- Lots of in-water practice develops solid swimming strokes and skills. Six Swimmer levels flow seamlessly into the Canadian Swim Patrol program to make a 9 level comprehensive program
- Swimmer levels 1 & 2 are for beginning swimmers - those just starting in, or those who have some basic comfort in the water
- Swimmer levels 3 & 4 are for intermediate swimmers who are doing front and back crawl and are doing more in deep water
- Swimmer levels 5 & 6 are for more advanced swimmers who are ready for more swimming, more distance and more strokes

**CCR Aquatics in partnership with parking services is now offering complimentary parking with your program registration during the registered program time.*

CHILDREN'S SWIM LESSONS

Time	Date	Class Type	Code	Location	Cost*
Sat 11:30 a.m.-12:00 p.m.	Sep 29-Dec 1	Parent & Tot Swim Lessons	6147	Van Vliet Complex 1-260 East Pool Lane 2	Public $64
Sun 11:00 a.m.-11:30 a.m.	Sep 30-Dec 2	Parent & Tot Swim Lessons	6184	Van Vliet Complex 1-260 East Pool Lane 3	Public $64
Sat 12:00 p.m.-12:30 p.m.	Sep 29-Dec 1	Preschool Level 1 & 2	6148	Van Vliet Complex 1-260 East Pool Lane 1	Public $64
Sun 10:30 a.m.-11:00 a.m.	Sep 30-Dec 2	Preschool Level 1 & 2	6170	Van Vliet Complex 1-260 East Pool Lane 1	Public $64
Sat 12:00 p.m.-12:30 p.m.	Sep 29-Dec 1	Preschool Level 3 & 4	6149	Van Vliet Complex 1-260 East Pool Lane 2	Public $64
Sun 10:00 a.m.-10:30 a.m.	Sep 30-Dec 2	Preschool Level 3 & 4	6169	Van Vliet Complex 1-260 East Pool Lane 1	Public $64
Sat 12:15 p.m.-12:45 p.m.	Sep 29-Dec 1	Preschool Level 5	6152	Van Vliet Complex 1-260 East Pool Lane 3	Public $64
Sat 10:45 a.m.-11:15 a.m.	Sep 29-Dec 1	Swimmer 1 & 2	6144	Van Vliet Complex 1-260 East Pool Lane 1	Public $64
Sat 12:30 p.m.-1:00 p.m.	Sep 29-Dec 1	Swimmer 1 & 2	6153	Van Vliet Complex 1-260 East Pool Lane 2	Public $64
Sun 9:30 a.m.-10:00 a.m.	Sep 30-Dec 2	Swimmer 1 & 2	6168	Van Vliet Complex 1-260 East Pool Lane 1	Public $64
Sun 11:00 a.m.-11:30 a.m.	Sep 30-Dec 2	Swimmer 1 & 2	6175	Van Vliet Complex 1-260 East Pool Lane 2	Public $64
Sat 10:45 a.m.-11:30 a.m.	Sep 29-Dec 1	Swimmer 3 & 4	6145	Van Vliet Complex 1-260 East Pool Lane 2	Public $64
Sun 9:30 a.m.-10:15 a.m.	Sep 30-Dec 2	Swimmer 3 & 4	6181	Van Vliet Complex 1-260 East Pool Lane 3	Public $64
Sun 11:30 a.m.-12:15 p.m.	Sep 30-Dec 2	Swimmer 3 & 4	6176	Van Vliet Complex 1-260 East Pool Lane 2	Public $64
Sat 10:45 a.m.-11:30 a.m.	Sep 29-Dec 1	Swimmer 5 & 6	6146	Van Vliet Complex 1-260 East Pool Lane 3	Public $64
Sun 9:30 a.m.-10:15 a.m.	Sep 30-Dec 2	Swimmer 5 & 6	6173	Van Vliet Complex 1-260 East Pool Lane 2	Public $64

**CCR Aquatics in partnership with parking services is now offering complimentary parking with your program registration during the registered program time.*

LIFESAVING SOCIETY'S CANADIAN SWIM PATROL

The Canadian Swim Patrol program provides enriched training for those who are ready to go beyond learn-to-swim.

- Swim Patrol's three levels - Rookie, Ranger, and Star continue to develop participants' swim strokes and provide the skill foundation that prepares them for success in the Society's Bronze Medal awards
- Each level of the Canadian Swim Patrol program has three modules: Water Proficiency, First Aid, and Recognition & Rescue
- Swim Patrollers work on content appropriate to their ability and interest

Time	Date	Class Type	Code	Location	Cost*
Sat 1:30 p.m.-2:30 p.m.	Sep 29-Dec 1	Lifesaving Society's Canadian Swim Patrol	6163	Van Vliet Complex 1-260 East Pool Lane 2	Public $68
Sun 11:45 a.m.-12:45 p.m.	Sep 30-Dec 2	Lifesaving Society's Canadian Swim Patrol	6172	Van Vliet Complex 1-260 East Pool Lane 1	Public $68

PRIVATE OR SEMI-PRIVATE SWIM LESSONS (8 years and older)

- Instructors will work one-on-one with participants on skills they identify
- Suitable for children or adults having difficulty in a particular area of swimming

Time	Date	Class Type	Code	Location	Cost*
Tue 4:00 p.m.-4:30 p.m.	Oct 2-Nov 27	Private or Semi-Private Swim Lessons	6189	Van Vliet Complex 1-260 East Pool Lane 1	U of A Student $224 Public $252
Sat 12:30 p.m.-1:00 p.m.	Sep 29-Dec 1	Private or Semi-Private Swim Lessons	6154	Van Vliet Complex 1-260 East Pool Lane 1	U of A Student $224 Public $252
Sat 12:45 p.m.-1:15 p.m.	Sep 29-Dec 1	Private or Semi-Private Swim Lessons	6155	Van Vliet Complex 1-260 East Pool Lane 3	U of A Student $224 Public $252
Sun 12:15 p.m.-12:45 p.m.	Sep 30-Dec 2	Private or Semi-Private Swim Lessons	6186	Van Vliet Complex 1-260 East Pool Lane 3	U of A Student $224 Public $252
Sun 12:15 p.m.-12:45 p.m.	Sep 30-Dec 2	Private or Semi-Private Swim Lessons	6177	Van Vliet Complex 1-260 East Pool Lane 2	U of A Student $224 Public $252
Thu 4:00 p.m.-4:30 p.m.	Oct 4-Nov 29	Private or Semi-Private Swim Lessons	6194	Van Vliet Complex 1-260 East Pool Lane 2	U of A Student $224 Public $252

**CCR Aquatics in partnership with parking services is now offering complimentary parking with your program registration during the registered program time.*

SWIMABILITIES

This community-based, leveled swimming program is geared for children ages 3 to 16, with special needs, who need additional support to achieve their beginning swimmer goals and to increase their safety, independence, and enjoyment in and around the water. Introduces children to movement in the water, proper breathing techniques, and increases confidence and comfort in the water. Assisted and unassisted floating and swims on the front and back, as well as water safety will be explored through games and activities. Please note: a parent/guardian or an aide is required to be in the water at all times

Swimabilities 1

- This level is ideal for children who are just starting out in swimming lessons and who are not able to put their faces in the water comfortably

Swimabilities 2

- This level is ideal for children who need a little extra support to achieve their swimming goals
- Prerequisite skills: Children should be able to comfortably put their faces or be assisted in putting their faces in the water greater than 15 times in a period of 45 minutes and be comfortable putting their ears in the water

Swimabilities 3 & 4

- Children should be able to independently (without a buoyant object or PFD) swim greater than 1 metre on both their front and back before registering in Swimabilities level 3
- Prerequisite skills: Children should be able to swim independently on their front and back for greater than 3 metres before registering in Swimabilities level 4

Time	Date	Class Type	Code	Location	Cost*
Sun 1:00 p.m.-1:45 p.m.	Sep 30-Dec 2	Swimabilities 1	6178	Van Vliet Complex 1-260 East Pool Lane 2	Public $64
Sun 1:45 p.m.-2:30 p.m.	Sep 30-Dec 2	Swimabilities 2	6179	Van Vliet Complex 1-260 East Pool Lane 2	Public $64
Sun 2:30 p.m.-3:30 p.m.	Sep 30-Dec 2	Swimabilities 3 & 4	6180	Van Vliet Complex 1-260 East Pool Lane 2	Public $64

**CCR Aquatics in partnership with parking services is now offering complimentary parking with your program registration during the registered program time.*

AQUATICS CERTIFICATIONS

Lifesaving Society AEC and NL Award - Pool

The primary role of a National Lifeguard is the prevention of emergency situations and the timely and effective resolution of emergencies. The National Lifeguard certification prepares lifeguards to fulfill this role as professional facilitators of safe, enjoyable aquatics in a pool setting.

- Develop lifeguarding skills, principles, and decision-making process to help lifeguards evaluate and adapt to different aquatic facilities and emergencies
- Aquatic Emergency Care (AEC) provides comprehensive training covering all aspects of first aid and CPR as well as skills specific to emergencies in an aquatic setting. This standard first aid course is recommended for lifeguards, aquatic instructors, lifesavers, and other individuals who may need to respond to a first aid emergency in an aquatic setting. Includes: CPR-C certification
- In Alberta, the Lifesaving Society's Aquatic Emergency Care course is approved by the provincial government as a Standard First Aid course
- Prerequisite: 16 years of age before the end of the course and the Bronze Cross award

Lifesaving Society AEC and NL Recertification

- Includes Standard First Aid and CPR-C recertification
- Must bring proof of previous certification

Lifesaving Society Bronze Medallion/Bronze Cross

The Bronze Medal award family gets you on the fast track towards developing the fitness, skills and knowledge to perform a water rescue and respond to a first aid emergency.

- Bronze Medallion and Bronze Cross are prerequisites for the National Lifeguard award
- Prerequisites: 13 years of age before the end of the course

Lifesaving/Swim for Life/CPR Instructor Recertification

- Prerequisite: Lifesaving Instructor Certification

Time	Date	Class Type	Code	Location	Cost*
Sat,Sun 9:00 a.m.-5:00 p.m.	Sep 8-23	Lifesaving Society AEC & NL Award - Pool	6202	Van Vliet Complex 1-550 West Pool Bleacher 1	U of A Student $364.50 U of A Staff $364.50 Public $405
Sat,Sun 9:00 a.m.-5:00 p.m.	Oct 13-28	Lifesaving Society AEC & NL Award - Pool	6203	Van Vliet Complex 1-550 West Pool Bleacher 1	U of A Student $364.50 U of A Staff $364.50 Public $405
Sat,Sun 9:00 a.m.-5:00 p.m.	Nov 17-Dec 2	Lifesaving Society AEC & NL Award - Pool	6204	Van Vliet Complex 1-550 West Pool Bleacher 1	U of A Student $364.50 U of A Staff $364.50 Public $405
Sun 9:30 a.m.-3:30 p.m.	Sep 30	Lifesaving Society AEC & NL Recertification	6205	Van Vliet Complex 1-550 West Pool Bleacher 1	U of A Student $85.50 Public $95
Sun 9:30 a.m.-3:30 p.m.	Nov 4	Lifesaving Society AEC & NL Recertification	6207	Van Vliet Complex 1-550 West Pool Bleacher 1	U of A Student $85.50 Public $95
Sun 9:30 a.m.-3:30 p.m.	Dec 9	Lifesaving Society AEC & NL Recertification	6208	Van Vliet Complex 1-550 West Pool Bleacher 1	U of A Student $85.50 Public $95
Sun 1:00 p.m.-5:00 p.m.	Sep 30-Dec 2	Lifesaving Society Bronze Medallion/Bronze Cross	6201	Van Vliet Complex 1-550 West Pool Bleacher 2	U of A Student $224 Public $252
Tue 6:00 p.m.-9:30 p.m.	Sep 18	Lifesaving/Swim for Life/ CPR Instructor Recert	6209	Van Vliet Complex Van Vliet Complex 1-662	U of A Student $76.50 Public $85
Tue 6:00 p.m.-9:30 p.m.	Nov 20	Lifesaving/Swim for Life/ CPR Instructor Recert	6210	Van Vliet Complex Van Vliet Complex 1-662	U of A Student $76.50 Public $85

**CCR Aquatics in partnership with parking services is now offering complimentary parking with your program registration during the registered program time.*

WE ARE CLIMBING

CLIMBING PROGRAMS

Our programs cater to people of all climbing abilities from novices to high-performance athletes. We are driven by a passion for climbing and a commitment to promoting the benefits of climbing as a lifestyle.

Bouldering 101

This 2 hour course is designed to change the way you approach bouldering by teaching fundamental movement skills for climbing, and building on those skills to develop your technical climbing ability.

- Designed for beginner and intermediate climbers
- Climbing shoe rental included

Days/Time	Date	Class Type	Code	Location	Cost
Thu 12:00 p.m.-2:00 p.m.	Sep 13	Bouldering 101	6252	Wilson Climbing Centre	U of A Student $30 U of A Staff / Alumni $35 ACC/CGI $37 Public $40
Thu 12:00 p.m.-2:00 p.m.	Sep 20	Bouldering 101	6253	Wilson Climbing Centre	
Thu 12:00 p.m.-2:00 p.m.	Oct 4	Bouldering 101	6254	Wilson Climbing Centre	
Thu 12:00 p.m.-2:00 p.m.	Oct 11	Bouldering 101	6255	Wilson Climbing Centre	
Thu 12:00 p.m.-2:00 p.m.	Oct 18	Bouldering 101	6256	Wilson Climbing Centre	
Thu 12:00 p.m.-2:00 p.m.	Nov 1	Bouldering 101	6257	Wilson Climbing Centre	
Thu 12:00 p.m.-2:00 p.m.	Nov 8	Bouldering 101	6258	Wilson Climbing Centre	
Thu 12:00 p.m.-2:00 p.m.	Nov 15	Bouldering 101	6259	Wilson Climbing Centre	
Thu 12:00 p.m.-2:00 p.m.	Nov 22	Bouldering 101	6260	Wilson Climbing Centre	

U Belay

Learn the essential skills required to safely top rope climb. After this course you will be ready to take a belay test and climb in our High Wall Loft.

- Equipment rental included

Student registration now $30, sponsored by LIVEWELL

Days/Time	Date	Class Type	Code	Location	Cost
Thu 6:00 p.m.-8:00 p.m.	Sep 6	U Belay	5941	Wilson Climbing Centre	U of A Student $30 U of A Staff / Alumni $50 ACC/CGI $52 Public $55
Thu 6:00 p.m.-8:00 p.m.	Sep 13	U Belay	5942	Wilson Climbing Centre	
Thu 6:00 p.m.-8:00 p.m.	Sep 20	U Belay	5943	Wilson Climbing Centre	

U Belay

Days/Time	Date	Class Type	Code	Location	Cost
Thu 6:00 p.m.-8:00 p.m.	Sep 27	U Belay	5944	Wilson Climbing Centre	U of A Student $30 U of A Staff / Alumni $50 ACC/CGI $52 Public $55
Thu 6:00 p.m.-8:00 p.m.	Oct 4	U Belay	5945	Wilson Climbing Centre	
Thu 6:00 p.m.-8:00 p.m.	Oct 11	U Belay	5946	Wilson Climbing Centre	
Thu 6:00 p.m.-8:00 p.m.	Oct 18	U Belay	5947	Wilson Climbing Centre	
Thu 6:00 p.m.-8:00 p.m.	Oct 25	U Belay	5948	Wilson Climbing Centre	
Thu 6:00 p.m.-8:00 p.m.	Nov 1	U Belay	5949	Wilson Climbing Centre	
Thu 6:00 p.m.-8:00 p.m.	Nov 8	U Belay	5950	Wilson Climbing Centre	
Thu 6:00 p.m.-8:00 p.m.	Nov 15	U Belay	5951	Wilson Climbing Centre	
Thu 6:00 p.m.-8:00 p.m.	Nov 22	U Belay	5952	Wilson Climbing Centre	
Thu 6:00 p.m.-8:00 p.m.	Nov 29	U Belay	5953	Wilson Climbing Centre	

U Intro to Climbing

A comprehensive introduction to climbing for new climbers. U Intro is our flagship instructional program, and is taught by our certified Association of Canadian Mountain Guides Climbing Gym Instructors.

- Learn the basics of climbing including movement and top rope belay skills in three 2-hour sessions.
- Climbing equipment provided

Days/Time	Date	Class Type	Code	Location	Cost
Wed 7:00 p.m.-9:00 p.m.	Sep 12-26	U Intro to Climbing	5978	Wilson Climbing Centre	U of A Student $99 U of A Staff / Alumni $111 ACC/CGI $114 Public $126
Wed 7:00 p.m.-9:00 p.m.	Oct 3-17	U Intro to Climbing	5979	Wilson Climbing Centre	
Wed 7:00 p.m.-9:00 p.m.	Oct 24-Nov 7	U Intro to Climbing	5980	Wilson Climbing Centre	
Wed 7:00 p.m.-9:00 p.m.	Nov 14-28	U Intro to Climbing	5981	Wilson Climbing Centre	

U Lead

Learn to lead climb with one of our ACMG Climbing Gym Instructors. In this course you will learn: clipping techniques, rope management, communication, safety skills, lead climbing strategies, and how to safely fall and catch a fall.

- 14 years of age and up
- Participants should have at least 6 months' experience with top rope belay, and should have solid intermediate (5.9) climbing ability

Days/Time	Date	Class Type	Code	Location	Cost
Mon 6:00 p.m.-8:30 p.m.	Sep 10-17	U Lead	6023	Wilson Climbing Centre	U of A Student $125 U of A Staff / Alumni $135 ACC/CGI $140 Public $150
Mon 6:00 p.m.-8:30 p.m.	Sep 24-Oct 1	U Lead	6024	Wilson Climbing Centre	
Mon 6:00 p.m.-8:30 p.m.	Oct 15-22	U Lead	6025	Wilson Climbing Centre	
Mon 6:00 p.m.-8:30 p.m.	Oct 29-Nov 5	U Lead	6026	Wilson Climbing Centre	
Mon 6:00 p.m.-8:30 p.m.	Nov 19-26	U Lead	6027	Wilson Climbing Centre	

Climb Like a Girl

This climbing course is designed specifically for women and is taught by a female instructor. Learn movement, top rope belay skills, and climbing-specific fitness.

- No climbing experience required

Days/Time	Date	Class Type	Code	Location	Cost
Sat 5:30 p.m.-7:30 p.m.	Sep 8-Dec 1	Climb Like a Girl	6318	Wilson Climbing Centre	U of A Student $260 U of A Staff / Alumni $279.50 ACC/CGI $286 Public $305.50

U Train (14+ years)

A training program designed to push your personal climbing abilities to new levels. Train with a highly motivated group of like-minded climbers to improve your strength, power, endurance and technique.

- Current Top Rope access required

Days/Time	Date	Class Type	Code	Location	Cost
Mon,Fri 6:00 p.m.-8:00 p.m.	Sep 10-Nov 30	U Train (14+ years)	6084	Wilson Climbing Centre	U of A Student $336 U of A Staff / Alumni $360 ACC/CGI $384 Public $408

U Upgrade (16+ years)

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

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

Days/Time	Date	Class Type	Code	Location	Cost
Mon,Wed,Fri 6:45 a.m.-8:45 a.m.	Sep 10-Nov 30	U Upgrade (16+ years)	6083	Wilson Climbing Centre	U of A Student $450 U of A Staff / Alumni $486 ACC/CGI $504 Public $540

The Complete Climber
A complete semester program designed to take the brand new climber from step one to the top. This program will teach you fundamental movement skills, top roping, lead climbing and belaying, and rappelling.

- Taught by an Association of Canadian Mountain Guides Climbing Gym Instructor
- Climbing equipment provided

Days/Time	Date	Class Type	Code	Location	Cost
Sat 5:30 p.m.-7:30 p.m.	Sep 1-Nov 24	The Complete Climber	6087	Wilson Climbing Centre	U of A Student $260 U of A Staff / Alumni $299 Public $344.50 ACC/CGI $325
Sun 10:00 a.m.-12:00 p.m.	Sep 9-Dec 16	The Complete Climber	6085	Wilson Climbing Centre	

YOUTH PROGRAMS

Youth Club FUNdamentals (6-9 years)
General climbing skill development and fun for beginner and intermediate level youth climbers. A great way to spend a Saturday afternoon gaining climbing knowledge in a fun, supervised environment!

- 1.5 hours of instruction per session
- 1 session per week
- No climbing experience necessary
- Climbing equipment provided

Youth Club Learn to Climb (8-12 years)
General climbing, skill development and fun for beginner to intermediate level youth climbers. A great way to learn about climbing in a fun, supervised environment!

- 1.5 hours of instruction per session
- 1 session per week
- No climbing experience necessary
- Climbing equipment provided

Youth Climbing Team Tryout (11-18 years)
Annual tryout for the Junior Competitive Climbing Team. Prospective team members must attend tryout before registering. The tryout will involve interviews with the coaches and climbing evaluations, so come prepared to climb! Ages 11 to 18

Development Team
An environment for motivated youth climbers to develop a structured approach to help improve their own personal climbing. This program incorporates both bouldering and high wall climbing

- 2 hours per session
- Participants train twice per week or three times per week
- Prerequisite: Fundamentals, Learn to Climb, Summer Camps, or consent of coach

Youth Competitive Team–Train to Compete
This program is for motivated youth climbers training for regional and national level competition climbing. Team members will work with our climbing coaches, strength and conditioning coach, sports psychologist, sports nutritionist, and physiotherapist.

- 4 practices per week
- Registration for Wall Brawls and sanctioned competitions included
- Spring Training Camp included
- Prerequisite: Competitive Team Tryout (September 8)

Days/Time	Date	Class Type	Code	Location	Cost
Wed 5:00 p.m.-7:00 p.m. Sun 12:15 p.m.-2:15 p.m.	Sep 12-Nov 28	Development Team 1 (2x per week)	6150	Wilson Climbing Centre	$308
Tue,Fri 5:00 p.m.-7:00 p.m. Sun 2:30 p.m.-4:30 p.m.	Sep 11-Dec 2	Development Team 2 (3x per week)	6151	Wilson Climbing Centre	$416
Sun 9:00 a.m.-10:30 a.m.	Sep 9-Dec 2	Youth Club FUNdamentals (6-9 years)	6251	Wilson Climbing Centre	$144

YOUTH PROGRAMS

Days/Time	Date	Class Type	Code	Location	Cost
Sat 9:00 a.m.-10:30 a.m.	Sep 15-Dec 1	Youth Club FUNdamentals (6-9 years)	6248	Wilson Climbing Centre	$144
Sun 10:45 a.m.-12:15 p.m.	Sep 9-Dec 2	Youth Club Learn to Climb (8-12 years)	6250	Wilson Climbing Centre	$144
Sat 10:45 a.m.-12:15 p.m.	Sep 15-Dec 1	Youth Club Learn to Climb (8-12 years)	6249	Wilson Climbing Centre	$144
Sat 9:00 a.m.-12:00 p.m.	Sep 8	Youth Climbing Team Tryout	6365	Wilson Climbing Centre	No fee
Mon 5:00 p.m.-7:00 p.m. Tue,Thu 6:00 a.m.-8:00 a.m. Sat 8:30 a.m.-12:00 p.m.	Sep 10-Dec 17	Youth Competitive Team - Train to Compete	6344	Wilson Climbing Centre	$896

COMPETITIONS & EVENTS

Student Wall Brawl

This is the student round of our monthly bouldering competition series. Register to compete with the cilmbing community on a set of brand-new boulder problems and win free swag.

- All ages and abililties welcome
- Climbing shoe rental included
- Open only to current U of A students
- Bring your ONEcard for registration

Wall Brawl

Our monthly bouldering competition series. Register to compete with the climbing community on a set of brand-new boulder problems and win free swag.

- All ages and abilities welcome
- Climbing shoe rental included

Days/Time	Date	Class Type	Code	Location	Cost
Fri 2:00 p.m.-5:30 p.m.	Sep 28	Student Wall Brawl	6492	Wilson Climbing Centre	Free
Fri 2:00 p.m.-5:30 p.m.	Oct 26	Student Wall Brawl	6493	Wilson Climbing Centre	Free
Fri 2:00 p.m.-5:30 p.m.	Nov 23	Student Wall Brawl	6494	Wilson Climbing Centre	Free
Fri 6:00 p.m.-9:00 p.m.	Sep 28-Nov 23	Wall Brawl (3 Pack)	6356	Wilson Climbing Centre	Public $150
Fri 6:00 p.m.-9:00 p.m.	Sep 28	Wall Brawl	6350	Wilson Climbing Centre	U of A Student $15 U of A Staff / Alumni $15 ACC/CGI $18 Public $20
Fri 6:00 p.m.-9:00 p.m.	Oct 26	Wall Brawl	6352	Wilson Climbing Centre	U of A Student $15 U of A Staff / Alumni $15 ACC/CGI $18 Public $20
Fri 6:00 p.m.-9:00 p.m.	Nov 23	Wall Brawl	6353	Wilson Climbing Centre	U of A Student $15 U of A Staff / Alumni $15 ACC/CGI $18 Public $20

WE ARE CLUB SPORTS

STUDENT-LED | STUDENT-DELIVERED | STUDENT-FOCUSED

The Club Sports Program inspires and empowers the University of Alberta community to explore a diverse selection of physical activities while fostering a social and inclusive environment. As an integral component of Campus & Community Recreation and the Faculty of Kinesiology, Sport, and Recreation, the Club Sports Program strives to meet the recreational and competitive needs of the University of Alberta community in a wide variety of sport activities. All Campus & Community Recreation Club Sports are also official Student Groups with the Students' Union.

Clubs are run for students, by students; however, limited membership is open to University of Alberta alumni, staff, faculty, and the general public. Some clubs hold tryouts for their competitive teams. Please contact the individual clubs for more information.

Club	Registration	Contact
Badminton Club	Fall, Winter, Spring	crbadmin@ualberta.ca
Bollywood Dance Club	Fall, Winter	bolly@ualberta.ca
Cheer Team	Fall, after tryouts	crcheer@ualberta.ca
Climbing Club	Fall, Winter	crclimb@ualberta.ca
Contemporary Dance Club	Fall, after auditions	crmod@ualberta.ca
Dance Team (Jazz-Hip Hop)	Fall, after auditions	crdance@ualberta.ca
Fencing Club	Fall, Winter, Spring	crfence@ualberta.ca
Figure Skating Club	Fall, Winter	crfigure@ualberta.ca
Hip Hop Club	Fall, Winter	uahiphop@ualberta.ca
Lacrosse Club	Fall, Winter	crlacros@ualberta.ca
Orchesis Dance Performance Group	Fall, Winter	orchesis@ualberta.ca
Outdoors Club	Fall, Winter	outdoors@ualberta.ca
Powerlifting Club	Fall, Winter, Spring	crlift@ualberta.ca
Quidditch Club	Fall, Winter	quidditch@ualberta.ca
Rowing Club	Fall, Winter	crrowing@ualberta.ca
Scuba Club	Fall, Winter	scuba@ualberta.ca
Squash Club	Fall, Winter	crsquash@ualberta.ca
Synchronized Swimming Club	Fall, Winter	crsynch@ualberta.ca
Swim Club	Fall, Winter	crswim@ualberta.ca
Table Tennis Club	Fall, Winter, Spring	crtt@ualberta.ca
Taekwondo Club	Fall, Winter, Spring	crtkd@ualberta.ca
Triathlon Club	Fall, Winter, Spring	crtri@ualberta.ca
Ultimate Club	Fall, Winter	crult@ualberta.ca
Water Polo Club	Fall, Winter	crwpolo@ualberta.ca

Membership fees apply for each club and vary according to the club. There may be additional costs related to equipment, tournaments, travel, etc. For details on the Club Sports Program or to apply to form a new Club Sport, please visit uab.ca/clubsports.

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

ORCHESIS DANCE PERFORMANCE GROUP (ODPG)

Orchesis Dance, a 54-year old organization that has its roots in the Faculty of Kinesiology, Sport, and Recreation, is moving to Campus & Community Recreation's Club Sports Program.

ODPG facilitates a diversity of experience via dance performance and choreographic opportunities, including an annual dance concert. This club offers new dancers the opportunity to explore ideas in a creative environment while giving experienced dancers the opportunity to continue developing performance skills.

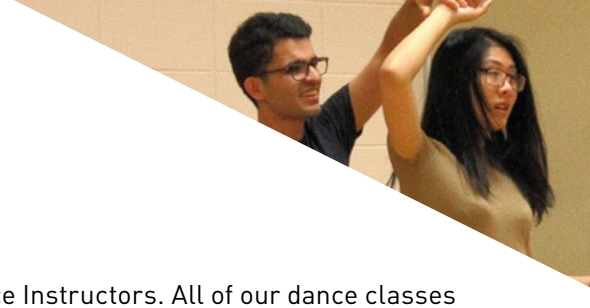
All members of the ODPG are required to take one class in the appropriate style in both the fall and winter term to perform in the club's annual dance concert, Dance Motif. These classes (contemporary modern, ballet and jazz) can be found on pages 25-30 of the Program Guide.

Membership fees apply. Additional fees may apply.

For more information, please contact:
Orchesis Dance Performance Group
orchesis@ualberta.ca

ORCHESIS DANCE
UNIVERSITY OF ALBERTA

WE ARE DANCE



Learn some fun dance floor moves and steps from one of our talented Dance Instructors. All of our dance classes will allow you to find a healthy way to reduce stress, exercise and, most importantly, have fun. Our classes are designed for both the beginner and more advanced dancers. Please look over the descriptions for all of our classes, find a class that is interesting - and get ready to enjoy yourself.

***NEW* AFRO BEATS**

Afrobeat is a catchy and funky genre of music and a popular style of dance. You'll definitely be caught grooving to Afrobeat! Have fun in a joyful environment while getting a great workout and learning some hot moves to slay on the dance floor!

- In this class, you will learn a mixture of traditional as well as modern African dances like Azonto, Nbombolo or Gwara that originated from countries such as Nigeria, Congo, South African and many more
- Come immerse yourself in infectious tunes and catch the Afrobeat wave with us
- We welcome everyone from all walks of life, including all levels from beginners to experienced dancers

ARGENTINE TANGO

What is Tango? Some people describe it as "The ultimate communication between two people allowing two bodies to dance as one". Argentine Tango is an elegant, romantic, and sensual dance.

Argentine Tango - Beginner
This class is suitable for individuals with little or no experience. Please wear your most comfortable dancing shoes - runners or long skirts are not recommended.
This class will:

- Focus on fundamentals of posture, embrace, balance, lead and following
- Work with basic exercises and sequences to build confidence and to help navigate the dance floor
- No dancing partner required - register as an individual

Argentine Tango - Intermediate
This class is suitable for individuals who have completed the Beginner level and feel comfortable with all Tango fundamentals. It is recommended that participants wear flexible and comfortable clothes.
This class will:

- Work with series of exercises to reinforce balance and cover essentials on navigating the dance floor
- Introduce basis technical moves
- No dancing partner required - register as an individual

BACHATA

Join us and have fun learning Bachata. This Latin dance is becoming one of the world's most popular dances.

Bachata-Beginner
With a partner you will learn to:

- Flow on the dance floor as a unit
- Learn the basics and fundamentals of Bachata and have fun at the same time
- Partner recommended but not required

Bachata-Intermediate-Advanced
For students that know basic Bachata. The structured teaching will make difficult moves seem simple and link basics with more complicated patterns and techniques.
With a partner you will learn:

- More funky, sensual and smooth moves
- Spins and dips and some faster footwork
- Partner recommended but not required

Bachata Dance Workshop
This 2 hour workshop is a great way to get into Bachata. Our experienced instructor will provide you with the knowledge and skills that will have you ready to hit any Latin dance floor! You will learn:

- The basic steps/moves in Bachata

BACHATA / KIZOMBA

Join us for two of the most popular dances taking over the world. Bachata & Kizomba will be taught split in 45 minute sessions.

- Both dances are grounded in very sensual body movement, sharp hits, and funky footwork
- With a partner you will learn to move as a unit on the dance floor
- If you have a partner great - otherwise no partners required as you will have a chance to partner up with other friends in the class and the instructors to make your learning experience that much better

BALLET

Classical ballet classes include traditional barre, centre work and enchainment.

- Learn the foundation of all good dance technique
- Ballet helps dancers become stronger in all forms of dance

Ballet – Beginner
Basics level for dancers with little experience or those returning to dance after a hiatus.

Ballet – Intermediate
Intermediate level recommended for dancers with minimum two years' experience or a firm technical foundation.

Ballet – Advanced
Advanced level is fast-paced and technically challenging. This class is recommended for dancers with four or more years of technical dance experience who have an excellent understanding of alignment principles in dance.

BALLET BARRE

This class is geared to participants who have previous dance experience.

- The ballet barre will be used to increase your strength and flexibility, and challenge your mind and body with simple sequences for a full body workout!

BALLROOM BLAST SERIES

Ideal for anyone wanting to learn or relearn to dance socially in a fun, relaxed, yet professional atmosphere. Each will help you learn to be comfortable and confident enough to dance with friends or family at clubs, weddings, or special occasions.

Ballroom Blast-Social Dance Mixer
Great fun and enjoyable exercise! For any adult who wants to build their confidence on the dance floor at weddings or evenings out.

- Learn, or brush up, the basics in the dances that will get you out dancing, and enhance your social skills
- You will learn to lead, follow, and style in the Jive, Salsa, Waltz, Foxtrot, Country Two Step and Tango
- An outing will be arranged towards the end of the class to give you an opportunity to try out your new skills
- You must register with a partner; fee listed is per partner

Ballroom Blast-Latin/Rhythm Dances
Enjoy! Learn! Exercise! For club dancing, weddings or evenings out. Perfect for any adult wanting to add to their social skill set.

- Learn, or brush up, some basic steps in each of the more popular Latin dances
- You will learn to lead, follow, and style in the Swing Dive, Merengue, Salsa, Tango, Cha Cha and Bachata
- An outing will be arranged towards the end of the class to give you an opportunity to try out your new skills
- You must register with a partner; fee listed is per partner

BELLY DANCE

Students are taught the belly dance posture, how to isolate body movement and basic dance steps in a fun environment.

- Students learn to bring movements together in short combinations, 'follow-the-leader' improvisations, and/or choreographies
- Focus is not only on the core, as hips, legs, arms and hands are all used in both stationary and travelling steps

BOLLYWOOD FUSION

Dancing to the hottest Bollywood songs from Mumbai, this class combines Bollywood with belly dance flair, a bit of hip hop edge and a whole lot of sexy.

- This class is all about creating awareness of your feminine energy, known as Shakti in sanskrit text. This energy can transpire in many forms and is known as the life-force

BURLESQUE CHARM

Burlesque is a unique dance class that incorporates movements from different dance genres and Pilates to develop cardio and strength.

Burlesque Charm-Beginner

- The goal is to gain body awareness and build self-confidence with original dance choreographies that are sexy and classy
- Women of all ages, shapes and sizes are welcome

Burlesque Charm-Intermediate
This class stems from the beginner class and involves a higher level of learning. Choreographies are advanced and emphasis is given to facial and body expression. The use of props is integrated into class curriculum and improvisation is covered.

- Class also focuses on confidence building and appreciation for one's body
- Beginner class or previous dance experience is a prerequisite

CONTEMPORARY MODERN

Contemporary modern dance offers technical styles involving floor -work, some inversion techniques, centre exercises, combinations, improvisation and traveling movement phrases.

- Explore your movement potential, expand creativity and develop your performance techniques

Contemporary Modern – Beginner
Basics level for dancers with little experience or those returning to dance after a hiatus.

Contemporary Modern – Intermediate
Intermediate level recommended for dancers with minimum two years' experience or a firm technical foundation.

Contemporary Modern – Advanced
Advanced level is fast-paced and technically challenging. This class is recommended for dancers with four or more years of technical dance experience who have an excellent understanding of alignment principles in dance.

DISCO

Do you want do dance like John Travolta? Does the concept of 'Boogie Nights' or 'Do the Hustle' make your feet start to move and your hips start to groove? Or do you just like to have fun by trying something totally retro? Then disco is for you! We will learn basic disco steps and will learn a choreography similar to John Travolta's out of 'Saturday Night Fever.' We will focus on dancing to the classics, but we'll explore some of the new disco-inspired songs.

- Wow your friends the next time you hit the dance floor by learning disco!
- Wear comfortable clothes and indoor runners or comfortable shoes
- Large lapels, leisure suits, and sequins are optional!

HEELS DANCE

Heels Dance class offers a fun and sassy way to get fit while perfecting dance moves in heels.

- All abilities, shapes, sizes and genders are welcome to come and get their sassy sweat on!
- Please bring shoes with a thick heel or a sneaker with a hidden wedge, no stilettos please

HIP HOP

Get into the culture, music and dance of Hip Hop. This exciting dance class takes you from old school to new school and everything in between. Focus is on style, energy and a ton of fun.

- Co-ed classes for all levels
- Please wear clean non-marking running shoes to class

HOUSE DANCE

House dance is a social dance that has roots in the clubs of Chicago and New York. This style includes a variety of influences such as Salsa, Tap, African, and incorporates techniques that include footwork, jacking, lofting and skating.

- Get a great cardio workout while learning moves you can take to the club
- No dance experience required

JAZZ

Jazz dance is matched to the rhythms and techniques of jazz and contemporary music.

- Within various styles of jazz, we emphasize the practice of jazz technique including centre preparatory exercises, stylized technique and combination phrases

Jazz – Beginner
Basics level for dancers with little experience or those returning to dance after a hiatus.

Jazz – Intermediate
Intermediate level recommended for dancers with minimum two years' experience or a firm technical foundation.

Jazz – Advanced
Advanced level is fast-paced and technically challenging. This class is recommended for dancers with four or more years of technical dance experience who have an excellent understanding of alignment principles in dance.

K-POP (KOREAN POP)

K-POP is a modern form of South Korean pop music covering mostly dance-pop, pop ballad, electronic, rock, hip-hop, R & B, etc.

- In this class we will teach popular K-POP dances, such as dances by EXO, BOA, SNSD, T-ara, and more
- Suitable for beginners or dancers with limited experience

***NEW* LYRICAL DANCE**

Lyrical dance is a fusion of jazz and ballet, and portrays emotional story-telling through dance and song lyrics. This style is particularly popular in shows like "So You Think You Can Dance".

- In this class, you will learn various short dances to various popular pieces music
- All Levels are welcome
- Jazz shoes, socks or bare feet are fine
- Wear clothes you are comfortable dancing in

SALSA

Salsa-Beginner
Sultry, sensuous and intense. Learn the basics of Salsa quickly and easily. Suitable for all ages and abilities.

- Bring shoes you are comfortable dancing in
- Partner recommended but not required

Salsa-Intermediate
Learn both fast and slow patterns that are a hallmark of a great Salsa dancer. This class is suitable for dancers who know basic Salsa in partners. Your instructor is specialized at identifying what challenges you and can easily correct your steps.

- Bring shoes you are comfortable dancing in
- Partner recommended but not required

Salsa Dance Workshop
The Salsa Workshop will help you learn how to dance Salsa in an easy and fun environment.

- You will receive all of the elements that will make you feel comfortable on the dance floor

SALSA (NEW YORK STYLE)

This style of Salsa is fast, energetic, with plenty of great moves. New York Style Salsa is structured and has easy to follow patterns that make it fun and easy to learn. This dance involves partner work, however, a partner is not required for registration.

Salsa (New York Style)-Beginner
Learn how to lead and follow your partner with basic techniques that will make you a better Salsa dancer and help you understand the fundamentals of partner dancing! No experience required.

- Suitable for all ages and abilities
- Wear comfortable clothing (gym/workout clothes)

Salsa (New York Style)-Intermediate-Advanced
This class is suitable if you have taken beginner salsa or have prior experience. The focus will be on linking basic patterns, steps and multiple spins without anticipation.

- Class is designed to allow you to start linking all your basics into much more complicated patterns and techniques
- You will have a chance to partner up with other friends in the class and the instructors to make your learning experience more fun
- There will be a few dips and tricks just for fun as well

SHAKIRA-STYLE DANCE

What do you get when you mix Latin music with belly dancing? Shakira! Learn how to dance like Shakira in this specialized class. You will learn Shakira's signature belly dance moves as well as her Latin flair combining a bit of reggaeton, salsa, coumbia and merengue. We will work through technique and combinations that will lead into a short choreography to one of Shakiras hits.

- This is a great class for general body movement and to learn how to move your body with control, grace and a bit of sexy
- Please wear comfortable active wear
- Shoes are optional

STREET JAZZ

Street Jazz incorporates elements of classical jazz dance technique combined with funky street style hip hop movement.

- A very edgy style of jazz filled with the most popular dance steps and music
- Primarily for beginners
- Please wear clean non-marking running shoes to class

TAP DANCE

Tap Dance-Beginner

This class will allow students to make music with their feet. Learn solid technical foundations and rhythms from Broadway to Street Style.

- Tap shoes are recommended
- Primarily for beginners

Tap Dance - Intermediate

This class is designed for returning Tap students or participants working at a moderate to faster pace.
- Must know basic Tap terminology

WEST COAST SWING

West Coast Swing is a fun, casual partner dance done to contemporary, lyrical, or blues music. Rooted in Lindy Hop, West Coast Swing evolved in response to the music of the day. It can be done fast or slow, offering opportunities for improvisation and musical styling.

- Appropriate for beginner and novice level dancers
- Suitable for all ages
- Partner recommended but not required for registration
- Bring comfortable shoes, avoid a high heel shoe or heavy rubber soles

DANCE					
Days/Time	Date	**Class Type**	**Code**	**Location**	**Cost**
Fri 5:35 p.m.-6:55 p.m.	Sep 21-Nov 30 *No class Nov 16*	Afro Beats	6299	Education Building GB-64	U of A Student $115 U of A Staff $135 Public $150
Tue 7:05 p.m.-8:25 p.m.	Sep 18-Nov 27 *No class Nov 13*	Argentine Tango -Beginner	6300	Van Vliet Complex 2-650	U of A Student $115 U of A Staff $135 Public $150
Tue 8:35 p.m.-9:55 p.m.	Sep 18-Nov 27 *No class Nov 13*	Argentine Tango -Intermediate	6301	Van Vliet Complex 2-650	U of A Student $115 U of A Staff $135 Public $150
Thu 5:05 p.m.-5:55 p.m.	Sep 27-Nov 29 *No class Nov 15*	Bachata-Beginner	6302	Van Vliet Complex 2-675	U of A Student $67.50 U of A Staff $81 Public $90
Thu 8:05 p.m.-8:55 p.m.	Sep 27-Nov 29 *No class Nov 15*	Bachata -Intermediate-Advanced	6304	Van Vliet Complex 2-650	U of A Student $67.50 U of A Staff $81 Public $90
Thu 5:05 p.m.-5:55 p.m.	Sep 27-Oct 4	Bachata Dance Workshop	6303	Van Vliet Complex 2-675	U of A Student $15 U of A Staff $18 Public $20
Tue 7:35 p.m.-8:55 p.m.	Sep 18-Nov 27 *No class Nov 13*	Bachata/Kizomba	6305	Education Building GB-64	U of A Student $115 U of A Staff $135 Public $150
Thu 5:00 p.m.-6:25 p.m.	Sep 20-Nov 29 *No class Nov 15*	Ballet-Beginner	6332	Dorothy Harris Dance Studio	U of A Student $115 U of A Staff $135 Public $150
Mon 5:00 p.m.-6:25 p.m.	Sep 17-Nov 26 *No class Oct 8, Nov 12*	Ballet-Intermediate	6333	Dorothy Harris Dance Studio	U of A Student $103.50 U of A Staff $121.50 Public $135
Wed 5:00 p.m.-6:25 p.m.	Sep 19-Nov 28 *No class Nov 14*	Ballet-Advanced	6334	Dorothy Harris Dance Studio	U of A Student $115 U of A Staff $135 Public $150
Fri 4:05 p.m.-4:55 p.m.	Sep 21-Nov 30 *No class Nov 16*	Ballet Barre	6306	Van Vliet Complex 2-650	U of A Student $75 U of A Staff $90 Public $100
Wed 8:35 p.m.-9:55 p.m.	Sep 19-Nov 28 *No class Nov 14*	Ballroom Blast-Latin /Rhythm Dances	6308	Van Vliet Complex 2-650	U of A Student $115 U of A Staff $135 Public $150
Wed 7:05 p.m.-8:25 p.m.	Sep 19-Nov 28 *No class Nov 14*	Ballroom Blast -Social Dance Mixer	6307	Van Vliet Complex 2-650	U of A Student $115 U of A Staff $135 Public $150

DANCE					
Days/Time	Date	**Class Type**	**Code**	**Location**	**Cost**
Tue 6:05 p.m.-7:25 p.m.	Sep 18-Nov 27 *No class Nov 13*	Belly Dance	6309	Van Vliet Complex 2-675	U of A Student $115 U of A Staff $135 Public $150
Thu 6:05 p.m.-7:25 p.m.	Sep 20-Nov 29 *No class Nov 15*	Bollywood Fusion	6310	Education Building GB-64	U of A Student $115 U of A Staff $135 Public $150
Fri 7:05 p.m.-7:55 p.m.	Sep 21-Nov 30 *No class Nov 16*	Burlesque Charm -Beginner	6311	Education Building GB-64	U of A Student $75 U of A Staff $90 Public $100
Fri 8:05 p.m.-8:55 p.m.	Sep 21-Nov 30 *No class Nov 16*	Burlesque Charm -Intermediate	6312	Education Building GB-64	U of A Student $75 U of A Staff $90 Public $100
Mon 6:30 p.m.-8:00 p.m.	Sep 17-Nov 26 *No class Oct 8, Nov 12*	Contemporary Modern -Beginner	6335	Dorothy Harris Dance Studio	U of A Student $103.50 U of A Staff $121.50 Public $135
Thu 6:30 p.m.-8:00 p.m.	Sep 20-Nov 29 *No class Nov 15*	Contemporary Modern -Intermediate	6336	Dorothy Harris Dance Studio	U of A Student $115 U of A Staff $135 Public $150
Wed 6:30 p.m.-8:00 p.m.	Sep 19-Nov 28 *No class Nov 14*	Contemporary Modern -Advanced	6337	Dorothy Harris Dance Studio	U of A Student $115 U of A Staff $135 Public $150
Fri 5:05 p.m.-5:55 p.m.	Sep 21-Nov 30 *No class Nov 16*	Disco	6313	Van Vliet Complex 2-650	U of A Student $75 U of A Staff $90 Public $100
Thu 7:35 p.m.-8:25 p.m.	Sep 20-Nov 29 *No class Nov 15*	Heels Dance	6314	Education Building GB-64	U of A Student $75 U of A Staff $90 Public $100
Mon 7:35 p.m.-8:25 p.m.	Sep 17-Nov 26 *No class Oct 8, Nov 12*	Hip Hop	6315	Van Vliet Complex 2-650	U of A Student $67.50 U of A Staff $81 Public $90
Wed 6:05 p.m.-6:55 p.m.	Sep 19-Nov 28 *No class Nov 14*	Hip Hop	6370	Van Vliet Complex 2-650	U of A Student $75 U of A Staff $90 Public $100
Fri 6:35 p.m.-7:25 p.m.	Sep 21-Nov 30 *No class Nov 16*	Hip Hop	6316	Van Vliet Complex 2-675	U of A Student $75 U of A Staff $90 Public $100
Fri 7:35 p.m.-8:25 p.m.	Sep 21-Nov 30 *No class Nov 16*	House Dance	6317	Van Vliet Complex 2-675	U of A Student $75 U of A Staff $90 Public $100
Sat 10:00 a.m.-11:25 a.m.	Sep 22-Dec 1 *No class Oct 6, Nov 10*	Jazz-Beginner	6338	Dorothy Harris Dance Studio	U of A Student $103.50 U of A Staff $121.50 Public $135
Sat 11:30 a.m.-1:00 p.m.	Sep 22-Dec 1 *No class Oct 6, Nov 10*	Jazz-Intermediate	6339	Dorothy Harris Dance Studio	U of A Student $103.50 U of A Staff $121.50 Public $135
Tue 6:30 p.m.-8:00 p.m.	Sep 18-Nov 27 *No class Nov 13*	Jazz-Advanced	6340	Dorothy Harris Dance Studio	U of A Student $115 U of A Staff $135 Public $150
Fri 5:35 p.m.-6:25 p.m.	Sep 21-Nov 30 *No class Nov 16*	K-POP (Korean Pop)	6373	Van Vliet Complex 2-675	U of A Student $75 U of A Staff $90 Public $100
Thu 7:45 p.m.-8:45 p.m.	Sep 20-Nov 29 *No class Oct 25, Nov 15*	Lyrical Dance	6319	Saville Community Sports Studio 2-204 Studio	U of A Student $67.50 U of A Staff $81 Public $90

DANCE					
Days/Time	Date	**Class Type**	**Code**	**Location**	**Cost**
Thu 7:05 p.m.-7:55 p.m.	Sep 27-Nov 29 *No class Nov 15*	Salsa-Beginner	6322	Van Vliet Complex 2-650	U of A Student $67.50 U of A Staff $81 Public $90
Thu 6:05 p.m.-6:55 p.m.	Sep 27-Nov 29 *No class Nov 15*	Salsa-Intermediate	6321	Van Vliet Complex 2-650	U of A Student $67.50 U of A Staff $81 Public $90
Thu 7:05 p.m.-7:55 p.m.	Sep 27-Oct 4	Salsa-Dance Workshop	6323	Van Vliet Complex 2-650	U of A Student $15 U of A Staff $18 Public $20
Tue 5:35 p.m.-6:25 p.m.	Sep 18-Nov 27 *No class Nov 13*	Salsa (New York Style) Beginner	6324	Education Building GB-64	U of A Student $75 U of A Staff $90 Public $100
Tue 6:35 p.m.-7:25 p.m.	Sep 18-Nov 27 *No class Nov 13*	Salsa (New York Style) Intermediate-Advanced	6325	Education Building GB-64	U of A Student $75 U of A Staff $90 Public $100
Fri 6:05 p.m.-6:55 p.m.	Sep 21-Nov 30 *No class Nov 16*	Shakira-Style Dance	6326	Van Vliet Complex 2-650	U of A Student $75 U of A Staff $90 Public $100
Mon 6:05 p.m.-7:25 p.m.	Sep 17-Nov 26 *No class Oct 8, Nov 12*	Street Jazz	6327	Van Vliet Complex 2-650	U of A Student $103.50 U of A Staff $121.50 Public $135
Mon 5:05 p.m.-5:55 p.m.	Sep 17-Nov 26 *No class Oct 8, Nov 12*	Tap Dance-Beginner	6328	Van Vliet Complex 2-650	U of A Student $67.50 U of A Staff $81 Public $90
Mon 8:35 p.m.-9:25 p.m.	Sep 17-Nov 26 *No class Oct 8, Nov 12*	Tap Dance-Intermediate	6329	Van Vliet Complex 2-650	U of A Student $67.50 U of A Staff $81 Public $90
Thu 5:05 p.m.-5:55 p.m.	Sep 20-Nov 29 *No class Nov 15*	West Coast Swing	6330	Education Building GB-64	U of A Student $75 U of A Staff $90 Public $100

WE ARE FIRST AID AND CPR

Campus & Community Recreation offers a variety of Lifesaving Standard First Aid and CPR courses. The courses in this guide are available to all to register, however there is the opportunity to deliver First Aid and/or CPR training directly to your group or team. This can be done either on Campus (North or Saville Community Sports Centre) or in your workplace. A minimum of eight individuals is required for these courses. Please email **Brian Bowers** at **bebowers@ualberta.ca** for further information.

CPR 'C' (8 hours)
Lifesaving CPR-C (Adult, Child & Infant) covers all aspects of CPR skills and theory for adult, child and infant victims, including two-rescuer CPR skills. CPR - C includes an introduction to the purpose of an AED and when to use it.

CPR 'C' Recertification (4 hours)
Provides review and practice of basic resuscitation techniques (including AEDs).
Prerequisites:
- Certification must be valid at the time of recertification
- Certificate must be presented at both registration and to the instructor at the beginning of class

CPR-HCP (Health Care Provider) (8 hours)
CPR - Health Care Providers (Adult, Child & Infant AR, AED, BVM) covers all aspects of CPR skills and theory for adult, child, and infant victims, including Rescue Breathing (artificial respiration) and the use of AEDs and BVMs. This Health Care Provider (HCP) level is designed specifically for those who, as part of their job description as Health Care Providers, have a duty to respond to medical emergencies (e.g. doctors, nurses, paramedics, and allied health care professionals).

CPR-HCP Recertification (4 hours)
Provides review and practice of basic resuscitation techniques (including BVMs and AEDs).
Prerequisites:
- Certification must still be valid at the time of recertification
- Certificate must be presented at both registration and to the instructor at the beginning of class

Standard First Aid (16 hours)
This two-day course is Alberta Workplace Health and Safety approved and covers comprehensive treatment techniques to manage most common first aid situations.

Lifesaving Standard First Aid provides comprehensive training covering all aspects of first aid and CPR. This course is for those who want an in-depth understanding of first aid such as: medical/legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns, and medical emergencies. Lifesaving Standard First Aid includes CPR-C and AED certification.

Standard First Aid Recertification (8 hours)
This one-day course provides a review and practice of the comprehensive treatment techniques to manage most common first aid situations. After completion of this course participants will have renewed their Standard First Aid Certification and CPR 'C' (including AED)
Prerequisites:
- Certification must still be valid at the time of recertification
- Certificate must be presented at both registration and to the instructor at the beginning of class

Days/Time	Date	Class Type	Code	Room	Cost
Sun 9:00 a.m.-5:00 p.m.	Oct 14	CPR-HCP (Health Care Provider)	6239	Van Vliet Complex 2-227	U of A Student $70 U of A Staff $85 Public $100
Sun 9:00 a.m.-5:00 p.m.	Dec 2	CPR-HCP (Health Care Provider)	6240	Van Vliet Complex 1-662	U of A Student $70 U of A Staff $85 Public $100
Wed 6:00 p.m.-10:00 p.m.	Oct 3	CPR-HCP Recertification	6241	Van Vliet Complex 1-662	U of A Student $40 U of A Staff $50 Public $60
Wed 6:00 p.m.-10:00 p.m.	Nov 7	CPR-HCP Recertification	6242	Van Vliet Complex 1-662	U of A Student $40 U of A Staff $50 Public $60
Sat 9:00 a.m.-5:00 p.m.	Sep 22	CPR 'C'	6233	Van Vliet Complex 1-662	U of A Student $65 U of A Staff $80 Public $95
Sat 9:00 a.m.-5:00 p.m.	Oct 20	CPR 'C'	6234	Van Vliet Complex 1-662	U of A Student $65 U of A Staff $80 Public $95
Sat 9:00 a.m.-5:00 p.m.	Nov 17	CPR 'C'	6235	Van Vliet Complex 2-227	U of A Student $65 U of A Staff $80 Public $95
Wed 6:00 p.m.-10:00 p.m.	Sep 26	CPR 'C' Recertification	6238	Van Vliet Complex 1-662	U of A Student $40 U of A Staff $50 Public $60
Wed 6:00 p.m.-10:00 p.m.	Oct 10	CPR 'C' Recertification	6237	Van Vliet Complex 1-662	U of A Student $40 U of A Staff $50 Public $60
Wed 6:00 p.m.-10:00 p.m.	Nov 28	CPR 'C' Recertification	6236	Van Vliet Complex 1-662	U of A Student $40 U of A Staff $50 Public $60
Sat,Sun 9:00 a.m.-5:00 p.m.	Sep 22-23	Standard First Aid	6212	Van Vliet Complex 2-227	U of A Student $100 U of A Staff $120 Public $140
Sat,Sun 9:00 a.m.-5:00 p.m.	Oct 27-28	Standard First Aid	6214	Van Vliet Complex 1-662	U of A Student $100 U of A Staff $120 Public $140
Sat,Sun 9:00 a.m.-5:00 p.m.	Dec 1-2	Standard First Aid	6215	Van Vliet Complex 2-227	U of A Student $100 U of A Staff $120 Public $140
Sun 9:00 a.m.-5:00 p.m.	Sep 23	Standard First Aid Recertification	6217	Van Vliet Complex 1-662	U of A Student $70 U of A Staff $90 Public $100
Sun 9:00 a.m.-5:00 p.m.	Oct 21	Standard First Aid Recertification	6218	Van Vliet Complex 1-662	U of A Student $70 U of A Staff $90 Public $100
Sun 9:00 a.m.-5:00 p.m.	Nov 18	Standard First Aid Recertification	6219	Van Vliet Complex 1-662	U of A Student $70 U of A Staff $90 Public $100
Sun 9:00 a.m.-5:00 p.m.	Dec 9	Standard First Aid Recertification	6221	Van Vliet Complex 1-662	U of A Student $70 U of A Staff $90 Public $100

WE ARE FITNESS

FITNESS LEADERSHIP CERTIFICATION

Two great organizations, one great profession! Certification as a nationally recognized fitness leader will ensure your career success.

Get in touch with us!

780.492.7114
fitness@ualberta.ca
/UAlbertaFitness

GROUP FITNESS LEADERSHIP THROUGH THE PROVINCIAL FITNESS UNIT

Application requirements for AFLCA:

1. Completing the AFLCA Exercise Theory course (or option of challlenging exam with your academic courses education)
2. Completing a fitness specialty course (and designation if applicable)
3. Passing marks of 80 per cent or better on exams
4. Practical assessment
5. Proof of valid CPR 'C'

OR

1. Proof of approved academic course work
2. Exam challenge with a passing grade of 80 per cent or better
3. Practical assessment
4. Proof of valid CPR 'C'

Contact Naissa Preston at 780.492.8873 for possible exam sitting and assessment opportunities. All dates and times can be found at the Provincial Fitness Unit's website at provincialfitnessunit.ca.

For courses offered at the University of Alberta see Fitness Lab section of this guide.

BECOME A CERTIFIED PERSONAL TRAINER OR CERTIFIED EXERCISE PHYSIOLOGIST WITH THE CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY (CSEP)

Application requirements for CSEP-CPT:

1. Proof of coursework towards graduation in an appropriate Bachelor degree, completion of an appropriate 2-year College Diploma program, or a combination of a completed CEGEP DEC in the Pre-University Science Stream and courses in an appropriate Bachelor degree
2. Successfully challenge the CSEP-CPT Theory and Practical Exams and register with CSEP
3. Complete a course in emergency first aid and hold a current/valid CPR level C

Application Requirements for CSEP - CEP:

1. Proof of completion in an undergraduate program with successful completion of at least 120 credits at the post-secondary level. Course work must meet all of the Core Competencies outlined for the CSEP-CEP
2. Proof of 100 hours of practical experience
3. Successfully challenge the CSEP-CEP Theory and Practical Exams and register with CSEP
4. Complete a course in emergency first aid and hold a current/valid CPR level C

Contact Krystle Johner at 780.492.9854 for more information or check out the CSEP website www.csep.ca

FITNESS LABS

Fitness Labs is the perfect combination of education and participation. Get experiential learning in the health and fitness industry. Become a group fitness leader, earn required CEC's or just fill your brain with up to date information!

AFLCA Exercise Theory
Basic fitness theory course (or approved academic course work) is required for all fitness certifications offered by the AFLCA. Topics include; adult leadership, health, fitness, anatomy, physiology, biomechanics, training, conditioning and nutrition.
- Use your certification to start your career off right!

AFLCA Group Exercise Fundamentals
Step two towards becoming a group leader, participants should have taken Exercise Theory already and are ready for practical application. Expect to experience many formats and styles to find your fit.
- 12 CEC's for current leaders

AFLCA Portable Equipment Designation
The final bit of course work needed to complete your Fitness Leadership certification! 8 hours of practical and technical information that will give you the basic tools to lead safe and effective Bootcamp and strength based, non-choreographed classes. Practical experience is emphasized and you will leave with a starter toolbox of class plans.
- 8 CEC's

AFLCA Mind Body Designation - Yoga
Participants are required to complete Exercise Theory (Step 1) and Group Exercise Fundamentals (Step 2) if looking to acquire CEC's. Focus on alignment, proper technique, breathing and more. This is a designation in the journey of becoming a group fitness leader.
- 16 CEC's for current leaders

AFLCA Cycling Designation
The final bit of course work needed to complete your Fitness Leadership certification! 8 hours of practical and technical information that will give you the basic tools to lead safe and effective Spin classes. Bikes used are Spinner NXT's and Real Ryders.
- 8 CEC's

AFLCA Obstacle Fitness - PE
Whether you are an Obstacle Racer, a Group Leader, or just want to get muddy—Danielle Smith will teach you the ropes—inside with Portable Equipment that will work the muscles to safely Run, Jump, Crawl and Climb! This course includes safety considerations, class structure and content.
- 8 CEC's

CEC - Class Planning 101
Are you a Group Fitness Leader struggling with class planning? Or simply looking for new ideas or a new framework? Let us guide you through a step by step process that will ensure each class is safe, balanced and innovative. Plan with PURPOSE.
- 4 CEC's

CEC - Common Shoulder Pathologies
Investigate and break down the most common shoulder limitations that hinder mobility and strength in the shoulder. You will learn quick effective strategies for movement evaluation and exercise prescription. Techniques delivered will help a range of clients gain ROM and suffer less pain.
- 4 CEC's

CEC - Enhancing Inclusion
Staying within our scope of practice as fitness leaders we will empower you as an instructor to engage all individuals in your group fitness class. We will focus on safety (technical and emotional), confidence, and shared language to build strategies to ensure everybody can make the most of your class!
- 4 CEC's

CEC - Olympic Lifting Techniques
This practical session will delve in to the kinetics and kinematics of the competitive lifts and their derivatives for varying populations. Specific progression and regression models of instruction and technique will be discussed in order to better prescribe movements based on individual differences.
- 4 CEC's

CEC - TRX™ meets Pilates

Using TRX (suspension training) and Stott Pilates and their commitment to research based quality education, we bring you the capability of strength training from within. Fitness Leaders who have some background in one (or both) of these acclaimed training methods will gain valuable tools to integrate into their group classes. Flow, purpose, modifications, and detailed coaching techniques will be addressed. Lead with purpose.

- 5 CEC's

Days/Time	Dates	Class Type	Code	Location	Cost
Sat 12:00 p.m.-4:00 p.m.	Sep 22	CEC - Olympic Lifting Techniques	6272	High Performance Training and Research Centre	$48
Fri,Sat,Sun 9:00 a.m.-5:00 p.m.	Oct 12-14	AFLCA Exercise Theory	6183	Van Vliet Complex 1-662	$264
Sat,Sun 9:00 a.m.-4:00 p.m.	Oct 20-21	AFLCA Mind Body Designation	6639	Van Vliet Complex	$192
Sat 1:00 p.m.-6:00 p.m.	Oct 27	CEC - TRX meets Pilates	6243	1-300 HFLC TRX Area	$96
Sat 8:00 a.m.-4:00 p.m.	Nov 3	AFLCA Cycling Designation	6158	Van Vliet Complex 2-632	$96
Sun 8:00 a.m.-4:00 p.m.	Nov 4	AFLCA Obstacle Fitness-PE	5982	Van Vliet Complex 1-662	$96
Thu 5:00 p.m.-9:00 p.m.	Nov 15, 22, 29	AFLCA Group Exercise Fundamentals	6167	Van Vliet Complex 1-662	$144
Sat 8:00 a.m.-12:00 p.m.	Nov 17	CEC - Enhancing Inclusion	6164	Van Vliet Complex 1-662	$48
Sat 1:00 p.m.-5:00 p.m.	Nov 17	CEC - Class Planning 101	6165	Van Vliet Complex 1-662	$48
Sat 10:00 a.m.-6:00 p.m.	Nov 24	AFLCA Portable Equipment Designation	6161	Van Vliet Complex	$96
Sat 10:00 a.m.-2:00 p.m.	Nov 24	CEC - Common Shoulder Pathologies	6187	Van Vliet Complex 1-662	$48

Photo credit: Elisa Poon

GROUP FITNESS

Be a joiner! Group fitness classes will keep you consistent with your commitment to exercise. There is a format and an instructor for everybody.

DROP-IN FEES

Type of Pass	U of A Student	U of A Staff/ SCSC Member	Public
Single Pass	$9	$11	$12
10 class card	$81	$99	$108
Unlimited Term Pass*	$225	$275	$300

Prices effective until December 2018
**Passes valid from September to December, 2018*
Drop-in passes values at an estimated two classes per week

NEW!
Check out the descriptions for recommendations on complimentary or similar class formats. Use this to explore the wide variety of options with Fitness! Think of it as "Staff Picks" and get to know your Fitness Team.

MIND/BODY FITNESS

Strengthen the connection between your soul and your anatomy. Attend these classes to focus inwards and take some time to disconnect from your day to day.

Happy Hour-Mind Body
Join us Friday afternoons for this healthy alternative to the traditional "Happy Hour". Each week you get a different Mind Body format with a different instructor, filling your brain body connection while getting to know some of the personalities that deliver CCR Mind Body Fitness!

- Variety of yoga, Pilates, meditation methods

Meditation
Learn to control distracting or stressful thoughts through meditation. Feel relaxed, gain a clearer, less cluttered mind and understand why meditation is such a powerful tool for inner peace and growth. Focus is on seated meditation, although some movement may be required.

Pilates
Strengthen the connection between your soul and your anatomy. Attend these classes to focus inwards and take some time to disconnect from your day to day.

LOVE THIS? LOVE INTENTION: STABILITY AND CORE STRENGTH

Pilates-Bare Barre
Barre inspired pilates training without the barre. Use pilates methods to build strength and balance with a focus on standing postures. Improve grace and refinement of movement by training like a dancer. Bare feet, bare walls, barre intensity!

- No dance or pilates experience required

LOVE THIS? LOVE INTENTION: STABILITY AND CORE STRENGTH

Pilates-Barre
Traditional Pilates principles applied safely, without impact, to the ballet barre - Spiced with flair and expression without the flexibility and technical pre-requisites of traditional dance

LOVE THIS? LOVE BARE BARRE

Pilates-Core Strength
A Pilates mat class that is designed to focus on strength and development. The fundamental Pilates movements will be supplemented with more powerful abdominal strength exercises.

LOVE THIS? LOVE INTENTION: STABILITY AND CORE STRENGTH

United Yoga Pilates
Experience the best of Vinyasa inspired yoga and Mat Pilates in one fluid class - Develop strength, flexibility, proper range of motion and core stability by linking poses together to the gentle rhythm of your breath

LOVE THIS? LOVE INTENTION: STABILITY AND CORE STRENGTH

Ashtanga
A vigorous practice recommended for those who want to challenge the mind, body, and spirit. This form of yoga produces internal heat and a purifying sweat that detoxifies muscles, resulting in improved circulation, a light and strong body, and a calm mind

- Involves synchronizing the breath with a progressive and preset series of postures

Climbers' Yoga
Use this Vinyasa based yoga class to counter balance all the hours spent at the Wilson Climbing Centre. A practice led by Brendan, a dual certified RYT and CGI - you can trust he knows just what is needed to help you improve your climbing skills.

Groove Flow Yoga
Turn up the music and zone out - yoga with the pulse of the bass. Vinyasa based practice combined with a soundtrack of upbeat and energizing pop music. Great for anybody who always has a tune running through their head.

LOVE THIS? TRY INNER BEAST YOGA.

Flow in the Dark Yoga
Annual Flow in the Dark Yoga presented by the Health and Wellness Movement in cooperation with your Fitness team. Minimize the lights and maximize the experience with glow sticks and optional body paint! You do not want to miss this unique opportunity to launch the semester with positive vibes.

- Limited mats available

Hatha
Postures are practiced with attention to the physical and mental experience while in the poses. Ideal for developing self-awareness and body/mind connection, calming the mind and counteracting stress.

- Suitable for yogis of all abilities and experience levels

Inner Beast Yoga
Experience true Yin/ Yang with this dynamic class. Yoga meets HIIT to drive your fitness levels to new heights. You can expect plyometric movements strategically balanced with age old asanas to allow for active recovery. Inner Beast Yoga is like no other yoga practice you have taken.

LOVE THIS? LOVE TRX: MOBILITY MATTERS.

Iyengar
By learning to align the mind and body through the precision of the poses, one develops progressive levels of concentration.

- The standing poses are a foundation of this method

Vinyasa
A flowing and vigorous practice designed to increase internal heat. Similar to ashtanga, but differs in that pose and movement patterns are not predetermined.

- A flowing practice suitable for all abilities and experience levels

Women's Only Hatha
Attention to the self is crucial for wellbeing. This less physically intense practice will allow you to identify imbalances and strive for your strength. A perfect class for women to feel safe throughout their practice.

LOVE THIS? LOVE WOMENS ONLY BOOTCAMP.

Yoga for the Inflexible
Improve your athletic performance by pin pointing the common limitations of joint Range of Motion, as well as targeting stabilizing muscles. While the practice is vigorous, it is completely accessible to all levels of fitness.

- Enjoy the freedom of not competing with the bendy, stretchy seasoned yogis

MIND/BODY FITNESS						
Drop-In	**Days/Time**	Dates	**Class Type**	**Code**	**Location**	**Cost**
▲	Mon 11:05 a.m.-11:55 a.m.	Sep 17-Dec 3 *No class Oct 8, Nov 12*	Hatha	6032	Van Vliet Complex 3-209	U of A Student $70 U of A Staff/SCSC Member $85 Public $95
▲	Mon 12:05 p.m.-12:55 p.m.	Sep 17-Dec 3 *No class Oct 8, Nov 12*	Hatha	6047	Education Building GB-64	U of A Student $70 U of A Staff/SCSC Member $85 Public $95
▲	Mon 12:05 p.m.-12:55 p.m.	Sep 17-Dec 3 *No class Oct 8, Nov 12*	Vinyasa	6043	Van Vliet Complex 3-209	U of A Student $70 U of A Staff/SCSC Member $85 Public $95
▲	Mon 4:05 p.m.-4:55 p.m.	Sep 17-Dec 3 *No class Oct 8, Nov 12*	Groove Flow Yoga	6090	Van Vliet Complex 2-675	U of A Student $70 U of A Staff/SCSC Member $85 Public $95
▲	Mon 5:05 p.m.-5:55 p.m.	Sep 17-Dec 3 *No class Oct 8, Nov 12*	Yoga for the Inflexible	6033	Education Building GB-64	U of A Student $70 U of A Staff/SCSC Member $85 Public $95
▲	Mon 5:05 p.m.-5:55 p.m.	Sep 17-Dec 3 *No class Oct 8, Nov 12*	Pilates-Core Strength	6094	Van Vliet Complex 3-209	U of A Student $70 U of A Staff/SCSC Member $85 Public $95
	Mon 5:35 p.m.-6:55 p.m.	Sep 17-Dec 3 *No class Oct 8, Nov 12*	Ashtanga	6040	Van Vliet Complex 2-675	U of A Student $100 U of A Staff/SCSC Member $130 Public $140
▲	Mon 6:05 p.m.-6:55 p.m.	Sep 17-Dec 3 *No class Oct 8, Nov 12*	Pilates-Bare Barre	6095	Van Vliet Complex 3-209	U of A Student $70 U of A Staff/SCSC Member $85 Public $95
▲	Mon 7:05 p.m.-7:55 p.m.	Sep 17-Dec 3 *No class Oct 8, Nov 12*	Inner Beast Yoga	6131	Van Vliet Complex 2-675	U of A Student $70 U of A Staff/SCSC Member $85 Public $95
▲	Tue 7:00 a.m.-7:50 a.m.	Sep 18-Dec 4 *No class Nov 13*	Vinyasa	6049	Van Vliet Complex 3-209	U of A Student $77 U of A Staff/SCSC Member $93.50 Public $104.50
▲	Tue 12:05 p.m.-12:55 p.m.	Sep 18-Nov 27 *No class Nov 13*	Hatha	5987	Education Building GB-64	U of A Student $77 U of A Staff/SCSC Member $93.50 Public $104.50
	Tue 12:05 p.m.-12:55 p.m.	Sep 18-Dec 4 *No class Nov 13*	Pilates	6098	Van Vliet Complex 3-209	U of A Student $77 U of A Staff/SCSC Member $93.50 Public $104.50
	Tue 4:05 p.m.-4:55 p.m.	Sep 18-Dec 4 *No class Nov 13*	Pilates	6099	Education Building GB-64	U of A Student $77 U of A Staff/SCSC Member $93.50 Public $104.50
▲	Tue 4:35 p.m.-5:55 p.m.	Sep 18-Dec 4 *No class Nov 13*	Yin	6101	Van Vliet Complex 3-209	U of A Student $110 U of A Staff/SCSC Member $143 Public $154
	Tue 6:05 p.m.-7:25 p.m.	Sep 18-Dec 4 *No class Nov 13*	Ashtanga	6103	Van Vliet Complex 3-209	U of A Student $110 U of A Staff/SCSC Member $143 Public $154
▲	Wed 12:05 p.m.-12:55 p.m.	Sep 19-Dec 5 *No class Nov 14*	Vinyasa	6055	Van Vliet Complex 3-209	U of A Student $77 U of A Staff/SCSC Member $93.50 Public $104.50
▲	Wed 12:10 p.m.-12:50 p.m.	Sep 19-Dec 5 *No class Nov 14*	Meditation	5991	Education Building GB-64	U of A Student $77 U of A Staff/SCSC Member $93.50 Public $104.50
▲	Wed 1:05 p.m.-1:55 p.m.	Sep 19-Dec 5 *No class Nov 14*	Pilates-Core Strength	6106	Education Building GB-64	U of A Student $77 U of A Staff/SCSC Member $93.50 Public $104.50
▲	Wed 4:05 p.m.-4:55 p.m.	Sep 19-Dec 5 *No class Nov 14*	Inner Beast Yoga	6108	Van Vliet Complex 2-650	U of A Student $77 U of A Staff/SCSC Member $93.50 Public $104.50
▲	Wed 4:35 p.m.-5:55 p.m.	Sep 19-Dec 5 *No class Nov 14*	Women's Only Hatha	6038	Van Vliet Complex 2-675	U of A Student $110 U of A Staff/SCSC Member $143 Public $154

MIND/BODY FITNESS						
Drop-In	**Days/Time**	Dates	**Class Type**	**Code**	**Location**	**Cost**
▲	Wed 5:05 p.m.-6:25 p.m.	Sep 19-Dec 5 *No class Nov 14*	Iyengar	5989	Van Vliet Complex 3-209	U of A Student $110 U of A Staff/SCSC Member $143 Public $154
▲	Wed 6:05 p.m.-7:25 p.m.	Sep 19-Dec 5 *No class Nov 14*	Vinyasa	6056	Van Vliet Complex 2-675	U of A Student $110 U of A Staff/SCSC Member $143 Public $154
▲	Wed 7:35 p.m.-8:25 p.m.	Sep 19-Dec 5 *No class Nov 14*	Climbers' Yoga	6112	Van Vliet Complex 3-209	U of A Student $77 U of A Staff/SCSC Member $93.50 Public $104.50
▲	Thu 7:00 a.m.-7:50 a.m.	Sep 20-Dec 6 *No class Nov 15*	Hatha	6054	Van Vliet Complex 3-209	U of A Student $77 U of A Staff/SCSC Member $93.50 Public $104.50
▲	Thu 12:05 p.m.-12:55 p.m.	Sep 20-Dec 6 *No class Nov 15*	Yoga for the Inflexible	6060	Education Building GB-64	U of A Student $77 U of A Staff/SCSC Member $93.50 Public $104.50
▲	Thu 12:05 p.m.-12:55 p.m.	Sep 20-Dec 6 *No class Nov 15*	Pilates - Barre	6031	Van Vliet Complex 2-650	U of A Student $77 U of A Staff/SCSC Member $93.50 Public $104.50
▲	Thu 12:35 p.m.-1:25 p.m.	Sep 20-Dec 6 *No class Nov 15*	Hatha	6061	Van Vliet Complex 3-209	U of A Student $77 U of A Staff/SCSC Member $93.50 Public $104.50
▲	Thu 4:05 p.m.-4:55 p.m.	Sep 20-Dec 6 *No class Nov 15*	Vinyasa	6059	Education Building GB-64	U of A Student $77 U of A Staff/SCSC Member $93.50 Public $104.50
▲	Thu 4:35 p.m.-5:55 p.m.	Sep 20-Dec 6 *No class Nov 15*	United Yoga Pilates	6058	Van Vliet Complex 3-209	U of A Student $110 U of A Staff/SCSC Member $143 Public $154
▲	Thu 6:05 p.m.-6:55 p.m.	Sep 20-Dec 6 *No class Nov 15*	Groove Flow Yoga	6114	Van Vliet Complex 1-650	U of A Student $77 U of A Staff/SCSC Member $93.50 Public $104.50
	Thu 6:05 p.m.-6:55 p.m.	Sep 20-Dec 6 *No class Nov 15*	Pilates	6115	Van Vliet Complex 3-209	U of A Student $77 U of A Staff/SCSC Member $93.50 Public $104.50
▲	Thu 7:05 p.m.-7:45 p.m.	Sep 20-Dec 6 *No class Nov 15*	Meditation	6035	Van Vliet Complex 3-209	U of A Student $77 U of A Staff/SCSC Member $93.50 Public $104.50
▲	Fri 12:05 p.m.-12:55 p.m.	Sep 21-Dec 7 *No class Nov 16*	Hatha	6067	Education Building GB-64	U of A Student $77 U of A Staff/SCSC Member $93.50 Public $104.50
▲	Fri 12:05 p.m.-12:55 p.m.	Sep 21-Dec 7 *No class Nov 16*	Pilates - Core Strength	6120	Van Vliet Complex 3-209	U of A Student $77 U of A Staff/SCSC Member $93.50 Public $104.50
▲	Fri 4:05 p.m.-4:55 p.m.	Sep 21-Dec 7 *No class Nov 16*	Happy Hour - Mind Body	6123	Van Vliet Complex 2-675	U of A Student $77 U of A Staff/SCSC Member $93.50 Public $104.50
	Fri 4:35 p.m.-5:55 p.m.	Sep 21-Dec 7 *No class Nov 16*	Ashtanga	6124	Van Vliet Complex 3-209	U of A Student $110 U of A Staff/SCSC Member $143 Public $154
	Fri 6:05 p.m.-7:35 p.m.	Sep 14	Flow in the Dark Yoga	6636	Van Vliet Complex 1-220	U of A Student $5.50 U of A Staff/SCSC Member $6.50 Public $7
▲	Sat 10:00 a.m.-11:30 a.m.	Dec 8	United Yoga Pilates - DOME!	6289	The Dome at Foote Field	Free
▲	Sat 11:05 a.m.-12:25 p.m.	Sep 22-Dec 8 *No class Oct 6,* *Nov 17*	Hatha	6065	Van Vliet Complex 3-209	U of A Student $100 U of A Staff/SCSC Member $130 Public $140
▲	Sun 9:35 a.m.-10:55 a.m.	Sep 23-Dec 2 *No class Oct 7,* *Nov 11*	Vinyasa	6128	Van Vliet Complex 2-675	U of A Student $90 U of A Staff/SCSC Member $117 Public $126

OVERALL FITNESS DEVELOPMENT

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

Bootcamp-Beginner

Are you getting back into physical fitness or just starting out? This back to basics class will give you the energy and the knowledge to follow the path to wellness!

- All exercises can be modified to suit your ability on that day

Bootcamp-Womens Only

This athletic class targets all major muscle groups to maximize your time! Includes speed and power drills, pyramid training as well as circuit and interval training. Ideal for those who enjoy a less choreographed style of fitness class while being suitable for all fitness levels.

Cardio Kickbox

This electric class combines kicking and punching movements with Bootcamp essentials to define and shape your body and self-confidence! Great music and a group environment will keep you sweating and smiling.

- This non-contact class is suitable for all levels

LOVE THIS? LOVE KICKBOX.

Cardio Row

Looking for variety with your cardiovascular training? Try rowing! Nothing beats it when it comes to whole body cardio. A smaller group environment with a fitness leader guiding you through an efficent workout is your answer.

- No previous rowing experience required

LOVE THIS? LOVE SPIN.

Functional Training

Functional Training, Circuit Training, HIIT? Come and try it all! TRX, Kettlebells, cables, monkey bars! Retrain your body to move more efficiently, maximally and become wonderfully strong.

- You will work in all planes of motion, at varying intensities and improve the way you feel about working out

Happy Hour-Overall Fitness

Join us each Friday for this healthy alternative to the traditional "Happy Hour". Each week you get a different format with a different instructor, satisfying your fitness needs while getting to know some of the personalities that deliver CCR Fitness!

- a variety of overall fitness formats

Healthier You

Commit to physical self-improvement while learning the necessary positive habits of highly healthy people. Importance of health behaviours will be explained and each class will give you the opportunity to try a new group exercise class format (i.e. TRX, Yoga, Cycling).

- Handouts will be provided
- Be prepared for activity each week

Sponsored by LIVEWELL

Intention: Stability and Core Strength

Stability balls as chairs? We can do better! Join us to dig deep into your core and come out stronger, feeling taller and more capable. A mix of precise movement, traditional strength work and a foundation of light hearted fitness.

- Stability challenge includes the occassional bout of laughter

LOVE THIS? LOVE PILATES.

Maximize your Mobility

Learn how to train with joint mobility on mind. Find where you excel and where your challenges are to correct imbalances and improve movement, mitigate pain and promote stability. A quick class in mechanics and humility.

LOVE THIS? LOVE TRX: MOBILITY MATTERS.

Pound!™

Channel your inner rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to people of all ages and abilities.

LOVE THIS? LOVE ZUMBA®!

Row-HIIT

Combine the full-body cardio experience with the strength and power development of portable equipment strength training. This class will improve your fitness level and build your sense of community!

- No rowing experience required

LOVE THIS? LOVE SPIN CORE.

Sculpt
This total body workout will strengthen and re-shape your legs and abdominals while boosting metabolism for optimum fat torching! Transform the way your body feels, bring beach confidence to everything you do.

- This class may include a cardiovascular component and is safe for all fitness levels

LOVE THIS? TRY BOOTCAMP.

Step
This stepping workout provides a great cardio challenge on and off the step. Use one riser or two! Your instructor will be right there with you step for step, move for move showing you how it's done by adding to the sequences and to the beat.

Tabata
In the spirit of Olympians, take your training up a notch or two. Intense work intervals with limited rest creates a super efficient and empowering workout. All out effort is all relative, making this class accessible to most exercisers.

- Be prepared to be somewhat uncomfortable

LOVE THIS? LOVE ROW HIIT.

TRX™
Experience the most effective whole body functional training system to date! Exercises will build stability, power, strength, flexibility and balance. Intensity is simple to manipulate for immediate feedback.

- Let your coach teach you the straps!
- Once you try it - you will LOVE TRX!

LOVE THIS? TRY INNER BEAST YOGA.

TRX™-Beginner
The most effective functional training system to date. Intensity is easy to manipulate for immediate feedback.

- Perfect for people new to working out and/ or new to TRX™

TRX™-Mobility Matters
Experience the most effective whole body functional training system to date! Exercises that will build stability, power, strength, flexibility and balance. All this while including mobility of all muscles and joints in full ROM! Let your coach teach you the straps and love of TRX™ You will see effective and safe training with immediate feedback.

LOVE THIS? LOVE MAXIMIZE YOUR MOBILITY.

United Yoga Pilates-DOME!
Join our 3rd annual Holiday Party at the Dome at Foote Field! This year's theme - United Yoga Pilates. Bring your friends, your brain, a mat and an intention to be a part of something HUGE! This is a FREE event, but registration is strongly encouraged.

OVERALL FITNESS DEVELOPMENT						
Drop-In	**Days/Time**	Dates	**Class Type**	**Code**	**Location**	**Cost**
▲	Mon 12:05 p.m.-12:55 p.m.	Sep 17-Dec 3 *No class Oct 8, Nov 12*	Bootcamp-Beginner	6044	Van Vliet Complex 1-650	U of A Student $55 U of A Staff/SCSC Member $65 Public $70
▲	Mon 12:05 p.m.-12:50 p.m.	Sep 17-Dec 3 *No class Oct 8, Nov 12*	Intention : Stability and Core Strength	6089	Van Vliet Complex 2-650	U of A Student $55 U of A Staff/SCSC Member $65 Public $70
▲	Mon 12:05 p.m.-12:50 p.m.	Sep 17-Dec 3 *No class Oct 8, Nov 12*	TRX-Mobility Matters	6093	1-300 HFLC TRX Area	U of A Student $70 U of A Staff/SCSC Member $85 Public $95
▲	Mon 4:05 p.m.-4:55 p.m.	Sep 17-Dec 3 *No class Oct 8, Nov 12*	Row-HIIT	6063	Van Vliet Complex 2-650	U of A Student $55 U of A Staff/SCSC Member $65 Public $70
▲	Mon 7:05 p.m.-7:55 p.m.	Sep 17-Dec 3 *No class Oct 8, Nov 12*	Bootcamp-Beginner	6130	Van Vliet Complex 1-220	U of A Student $55 U of A Staff/SCSC Member $65 Public $70
▲	Mon 4:05 p.m.-4:55 p.m.	Sep 17-Dec 3 *No class Oct 8, Nov 12*	Bootcamp-Womens Only	6092	Education Building GB-64	U of A Student $55 U of A Staff/SCSC Member $65 Public $70
▲	Mon 5:10 p.m.-5:55 p.m.	Sep 17-Dec 3 *No class Oct 8, Nov 12*	Tabata	6037	Van Vliet Complex 1-650	U of A Student $55 U of A Staff/SCSC Member $65 Public $70
▲	Mon 6:05 p.m.-6:55 p.m.	Sep 17-Dec 3 *No class Oct 8, Nov 12*	Pound!™	6091	Van Vliet Complex 1-220	U of A Student $55 U of A Staff/SCSC Member $65 Public $70
▲	Mon 6:05 p.m.-6:55 p.m.	Sep 17-Dec 3 *No class Oct 8, Nov 12*	Sculpt	6007	Van Vliet Complex 1-650	U of A Student $55 U of A Staff/SCSC Member $65 Public $70
	Tue 10:00 a.m.-10:50 a.m.	Sep 18-Oct 9	Healthier You	6366	Van Vliet Complex 3-209	U of A Student $8 U of A Staff $32
	Tue 10:00 a.m.-10:50 a.m.	Oct 16-Nov 6	Healthier You	6368	Van Vliet Complex 3-209	U of A Student $8 U of A Staff $32
	Tue 10:00 a.m.-10:50 a.m.	Nov 20-Dec 11	Healthier You	6372	Van Vliet Complex 3-209	U of A Student $8 U of A Staff $32
▲	Tue 12:05 p.m.-12:55 p.m.	Sep 18-Dec 4 *No class Nov 13*	Functional Training	6041	1-300 HFLC TRX Area	U of A Student $60.50 U of A Staff/SCSC Member $71.50 Public $77
▲	Tue 12:05 p.m.-12:50 p.m.	Sep 18-Dec 4 *No class Nov 13*	Step	6096	Van Vliet Complex 2-650	U of A Student $60.50 U of A Staff/SCSC Member $71.50 Public $77
▲	Tue 1:05 p.m.-1:55 p.m.	Sep 18-Dec 4 *No class Nov 13*	Pound!™	6097	Van Vliet Complex 1-650	U of A Student $60.50 U of A Staff/SCSC Member $71.50 Public $77
▲	Tue 4:05 p.m.-4:55 p.m.	Sep 18-Dec 4 *No class Nov 13*	Cardio Kickbox	5983	Van Vliet Complex 1-220	U of A Student $60.50 U of A Staff/SCSC Member $71.50 Public $77
▲	Tue 4:05 p.m.-4:50 p.m.	Sep 18-Dec 4 *No class Nov 13*	Cardio Row	6068	Van Vliet Complex 2-633	U of A Student $60.50 U of A Staff/SCSC Member $71.50 Public $77
▲	Tue,Thu 4:05 p.m.-4:55 p.m.	Sep 18-Dec 6 *No class Nov 13, 15*	Sculpt	5985	Van Vliet Complex 2-650	U of A Student $121 U of A Staff/SCSC Member $143 Public $154
▲	Tue 4:05 p.m.-4:50 p.m.	Sep 18-Dec 4 *No class Nov 13*	TRX™-Beginner	6100	1-300 HFLC TRX Area	U of A Student $77 U of A Staff/SCSC Member $93.50 Public $104.50

OVERALL FITNESS DEVELOPMENT						
Drop-In	**Days/Time**	Dates	**Class Type**	**Code**	**Location**	**Cost**
▲	Tue,Thu 5:05 p.m.-5:55 p.m.	Sep 18-Dec 6 *No class Nov 13, 15*	Sculpt	5994	Van Vliet Complex 2-650	U of A Student $121 U of A Staff/SCSC Member $143 Public $154
▲	Tue 5:15 p.m.-5:45 p.m.	Sep 18-Dec 4 *No class Nov 13*	Maximize your Mobility	6134	Van Vliet Complex 2-675	U of A Student $60.50 U of A Staff/SCSC Member $71.50 Public $77
▲	Wed 6:45 a.m.-7:35 a.m.	Sep 19-Dec 5 *No class Nov 14*	Bootcamp-Beginner	6046	Van Vliet Complex 2-650	U of A Student $60.50 U of A Staff/SCSC Member $71.50 Public $77
▲	Wed 12:05 p.m.-12:55 p.m.	Sep 19-Dec 5 *No class Nov 14*	Row-HIIT	5988	Van Vliet Complex 2-650	U of A Student $60.50 U of A Staff/SCSC Member $71.50 Public $77
▲	Wed 1:10 p.m.-2:00 p.m.	Sep 19-Dec 5 *No class Nov 14*	Sculpt	6008	Van Vliet Complex 2-650	U of A Student $66 U of A Staff/SCSC Member $78 Public $84
	Wed 4:00 p.m.-4:50 p.m.	Sep 19-Oct 10	Healthier You	6367	Van Vliet Complex 3-209	U of A Student $8 U of A Staff $32
	Wed 4:00 p.m.-4:50 p.m.	Oct 17-Nov 7	Healthier You	6369	Van Vliet Complex 3-209	U of A Student $8 U of A Staff $32
	Wed 4:00 p.m.-4:50 p.m.	Nov 21-Dec 12	Healthier You	6375	Van Vliet Complex 3-209	U of A Student $8 U of A Staff $32
▲	Wed 4:05 p.m.-4:55 p.m.	Sep 19-Dec 5 *No class Nov 14*	Cardio Kickbox	5992	Van Vliet Complex 1-220	U of A Student $60.50 U of A Staff/SCSC Member $71.50 Public $77
▲	Wed 5:05 p.m.-5:55 p.m.	Sep 19-Dec 5 *No class Nov 14*	Sculpt	5995	Education Building GB-64	U of A Student $60.50 U of A Staff/SCSC Member $71.50 Public $77
▲	Thu 12:10 p.m.-12:55 p.m.	Sep 20-Dec 6 *No class Nov 15*	Tabata	6052	Van Vliet Complex 1-650	U of A Student $60.50 U of A Staff/SCSC Member $71.50 Public $77
▲	Thu 6:05 p.m.-6:55 p.m.	Sep 20-Dec 6 *No class Nov 15*	Functional Training	6053	1-300 HFLC TR X Area	U of A Student $60.50 U of A Staff/SCSC Member $71.50 Public $77
▲	Thu 6:35 p.m.-7:25 p.m.	Sep 20-Dec 6 *No class Nov 15*	Pound!™	6113	Van Vliet Complex 1-220	U of A Student $60.50 U of A Staff/SCSC Member $71.50 Public $77
▲	Fri 6:45 a.m.-7:30 a.m.	Sep 21-Dec 7 *No class Nov 16*	Tabata	6030	Van Vliet Complex 1-650	U of A Student $60.50 U of A Staff/SCSC Member $71.50 Public $77
▲	Fri 12:05 p.m.-12:50 p.m.	Sep 21-Dec 7 *No class Nov 16*	Cardio Row	6064	Van Vliet Complex 2-633	U of A Student $60.50 U of A Staff/SCSC Member $71.50 Public $77
▲	Fri 12:05 p.m.-12:55 p.m.	Sep 21-Dec 7 *No class Nov 16*	Sculpt	6121	Van Vliet Complex 1-650	U of A Student $55 U of A Staff/SCSC Member $65 Public $70
▲	Fri 12:05 p.m.-12:50 p.m.	Sep 21-Dec 7 *No class Nov 16*	TRX™	6036	1-300 HFLC TRX Area	U of A Student $77 U of A Staff/SCSC Member $93.50 Public $104.50
▲	Fri 3:05 p.m.-3:55 p.m.	Sep 21-Dec 7 *No class Nov 16*	Happy Hour-Overall Fitness	6122	Van Vliet Complex 1-650	U of A Student $60.50 U of A Staff/SCSC Member $71.50 Public $77
▲	Sat 11:05 a.m.-11:55 a.m.	Sep 22-Dec 8 *No class Oct 6, Nov 17*	Functional Training	6066	1-300 HFLC TRX Area	U of A Student $55 U of A Staff/SCSC Member $65 Public $70

SPIN

Spin

Ride our Spinner NXT or Real Ryders in the energetic and motivating environment created by your instructor! Intensity is self-monitored and no inherent coordination is required making cycling classes ideal for new exercisers and Tri-athletes.

- Find a leader that can bring you through the sweat to the results

LOVE THIS? LOVE CARDIO ROW.

Spin Core

Combine the cardio blast of a spin class with core strength, stability, and joint mobility. Cardio and strength combined for a balanced workout

LOVE THIS? LOVE ROW HIIT.

Drop-In	Days/Time	Dates	Class Type	Code	Location	Cost
▲	Mon 6:40 a.m.-7:30 a.m.	Sep 17-Dec 3 *No class Oct 8, Nov 12*	Spin	6004	Van Vliet Complex 2-632	U of A Student $55 U of A Staff/SCSC Member $65 Public $70
▲	Mon 12:05 p.m.-12:55 p.m.	Sep 17-Dec 3 *No class Oct 8, Nov 12*	Spin	5999	Van Vliet Complex 2-632	U of A Student $55 U of A Staff/SCSC Member $65 Public $70
▲	Mon 5:05 p.m.-5:55 p.m.	Sep 17-Dec 3 *No class Oct 8, Nov 12*	Spin	5998	Van Vliet Complex 2-632	U of A Student $55 U of A Staff/SCSC Member $65 Public $70
▲	Mon 7:05 p.m.-7:55 p.m.	Sep 17-Dec 3 *No class Oct 8, Nov 12*	Spin	6001	Van Vliet Complex 2-632	U of A Student $55 U of A Staff/SCSC Member $65 Public $70
▲	Tue 12:05 p.m.-12:50 p.m.	Sep 18-Dec 4 *No class Nov 13*	Spin Core	6005	Van Vliet Complex 2-632	U of A Student $60.50 U of A Staff/SCSC Member $71.50 Public $77
▲	Tue 5:05 p.m.-5:55 p.m.	Sep 18-Dec 4 *No class Nov 13*	Spin	5996	Van Vliet Complex 2-632	U of A Student $60.50 U of A Staff/SCSC Member $71.50 Public $77
▲	Wed 12:05 p.m.-12:50 p.m.	Sep 19-Dec 5 *No class Nov 14*	Spin Core	6006	Van Vliet Complex 2-632	U of A Student $60.50 U of A Staff/SCSC Member $71.50 Public $77
▲	Wed 5:05 p.m.-5:55 p.m.	Sep 19-Dec 5 *No class Nov 14*	Spin	6002	Van Vliet Complex 2-632	U of A Student $60.50 U of A Staff/SCSC Member $71.50 Public $77
▲	Wed 7:05 p.m.-7:55 p.m.	Sep 19-Dec 5 *No class Nov 14*	Spin	6045	Van Vliet Complex 2-632	U of A Student $66 U of A Staff/SCSC Member $78 Public $84
▲	Thu 2:05 p.m.-2:55 p.m.	Sep 20-Dec 6 *No class Nov 15*	Spin	6000	Van Vliet Complex 2-632	U of A Student $60.50 U of A Staff/SCSC Member $71.50 Public $77
▲	Thu 4:35 p.m.-5:25 p.m.	Sep 20-Dec 6 *No class Nov 15*	Spin	5997	Van Vliet Complex 2-632	U of A Student $60.50 U of A Staff/SCSC Member $71.50 Public $77

ZUMBA®

Zumba®

Interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

- Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

LOVE THIS? LOVE POUND!™

Zumba®-Beginner

Thought you missed your opportunity to join the Dance Fitness Craze?! Not a chance! Here is your opportunity to start from the beginning. Learn the rhythm and flow while developing confidence to join even the most experienced Zumba®Parties!

LOVE THIS? LOVE STEP.

Zumba®-Max

No actually, you have never tried THIS Zumba®class before! We have combined the sassy coordinated groove of Zumba®with precise multi joint strength and power exercises. Train your brain in this interval style class brought to you by a personal trainer who can also shake it!

LOVE THIS? LOVE POUND!™

Drop-In	Days/Time	Dates	Class Type	Code	Location	Cost
▲	Mon 5:00 p.m.-5:50 p.m.	Sep 17-Dec 3 *No class Oct 8, Nov 12*	Zumba®	6034	Education Building Gymnasium	U of A Student $55 U of A Staff/SCSC Member $65 Public $70
▲	Tue 5:00 p.m.-5:50 p.m.	Sep 18-Dec 4 *No class Nov 13*	Zumba®	6051	Education Building Gymnasium	U of A Student $60.50 U of A Staff/SCSC Member $71.50 Public $77
▲	Wed 4:05 p.m.-4:55 p.m.	Sep 19-Dec 5 *No class Nov 14*	Zumba®-MAX	6107	Education Building GB-64	U of A Student $60.50 U of A Staff/SCSC Member $65 Public $77
▲	Wed 5:05 p.m.-5:55 p.m.	Sep 19-Dec 5 *No class Nov 14*	Zumba®	6109	Van Vliet Complex 2-650	U of A Student $60.50 U of A Staff/SCSC Member $65 Public $77
▲	Fri 12:05 p.m.-12:55 p.m.	Sep 21-Dec 7 *No class Nov 15*	Zumba®	6119	Van Vliet Complex 1-220	U of A Student $55 U of A Staff/SCSC Member $65 Public $70
▲	Fri 4:35 p.m.-5:25 p.m.	Sep 21-Dec 7 *No class Nov 16*	Zumba®-Beginner	6125	Education Building GB-64	U of A Student $60.50 U of A Staff/SCSC Member $65 Public $77
▲	Sat 9:35 a.m.-10:25 a.m.	Sep 22-Dec 1 *No class Oct 6, Nov 17*	Zumba®-Beginner	6127	Van Vliet Complex 2-650	U of A Student $49.50 U of A Staff/SCSC Member $58.50 Public $63

INDIVIDUAL FITNESS TRAINING AND NUTRITION

FITNESS AND HEALTH ASSESSMENTS

Advanced Fitness Assessment
U of A Student & U of A Staff $168.75 / Public $225
Get specific about your goals with these advanced assessment measures. Tests include underwater weighing, to measure body composition, VO_2 max, to measure aerobic fitness and muscular strength, endurance and flexibility tests.

- Results are compared to normative Canadian population data or to sport-specific data

Elite Fitness Assessment
This package is designed to test the fitness attributes needed most by the elite athlete. The tests are selected based on the sport (Eg. NHL Combine) or occupation (firefighter) of the individual.

- Individual or team packages can be arranged
- Prices vary to the type and amount of tests completed and size of the team

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

Maximal Oxygen Consumption (VO_2 max) Test
U of A Student & U of A Staff $93.75 / Public $125
This is the single best test for measuring aerobic fitness. A high level of aerobic fitness is desirable for performing many sports or for general health.

- The VO_2 max score is used to classify the aerobic fitness of the client and can be compared to age-matched Canadian norms or to specific exercise or sport data
- Data can also be used to establish individual max heart rate and exercise or training intensity can be prescribed to specialize your aerobic training

Is it true that University staff and/or Graduate students get free personal training?
Yes! As a staff member or graduate student at the University of Alberta you get two hours of personal training and nutrition services. These services are part of your health benefits! To find out more information call 1.800.663.1142

How do I get started?
Fitness Assessments, Nutrition Services and Personal Training packages can be purchased at our Customer Service Centres. Visit in person or call 780-492-2231

What if I can't make my session?
To cancel your personal training session we require the courtesy of 24 hours' notice so that we can ensure we are able to reschedule your session for your convenience.

I've paid my fees and I am ready to get started, what do I do now?
Please allow us up to 5 business days to get you set up with a personal trainer, we want to ensure you are happy and will aim to match you with the most suitable trainer for your needs and goals.

I'd like to take a break from my personal training sessions to train on my own, how long do I have before my sessions expire?
All Nutrition sessions, Individual and Semi-private Fitness training sessions expire 1 year after the purchase date. Special considerations may be made on an individual case basis if medical considerations apply.

**Please Note: Refunds will not be granted for any packages or personal training services after second session has been completed*

Resting Metabolic Rate Determination
U of A Student & U of A Staff $93.75 / Public $125
Nutrition and training go hand-in-hand but how do you know how much to eat? Take this test to determine the minimum energy required for your body to function properly.

- The information gathered in this assessment can be used to build a nutrition plan for training or to become healthier
- Results are specific to the individual

Underwater Weighing
U of A Student & U of A Staff $56.25 / Public $75
Also termed Hydrostatic weighing, this is one of the most valid and reliable methods for determining body composition.

- Results are compared to matched Canadian norms and a breakdown of body weight is given
- Results are specific to the individual and the data can be used to help you see better results from your training and nutrition program

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

INDIVIDUAL FITNESS TRAINING AND NUTRITION PACKAGES

Get Started Fitness Plan

U of A Student $75 / U of A Staff & Member $90 / Public $100

Whether you are new to fitness training or just coming back from a long hiatus, this session is perfect for getting you back on track.

- In this 90-minute session, a Certified Personal Trainer will help you identify your goals, take you through a basic fitness assessment and get you orientated to our fitness centre

Program Design

U of A Student $142 / U of A Staff & Member $170 / Public $189

Our Certified Personal Trainer will build you a comprehensive and individualized fitness plan that will help support your individual fitness goals.

- 1 hour consultation and assessment
- 90-minute exercise technique and program delivery session

Personal Training

Get one-on-one attention with a Certified Personal Trainer. Focus on specific exercise techniques to help you achieve your fitness and health goals.

- Sessions are based on the individual's goals and suitable for all exercise levels
- Customized approach to assessment and program design for continuous results

3 hours *U of A Student* $135 / U of A Staff & Monthly Member* $162 / Public* $183*
5 hours *U of A Student* $225 / U of A Staff & Monthly Member* $270 / Public* $305*
10 hours *U of A Student* $400 / U of A Staff & Monthly Member* $480 / Public* $540*

Get Started Meal Plan

U of A Student $162 / U of A Staff $187 / Monthly Member $202 / Public $210

Meet with our Registered Dietitian to customize a nutrition plan to help you meet your fitness and health goals.

- Includes a 1 hour assessment and two 30-minute follow-ups
- The dietitian will provide a food journal assessment, nutrition and meal planning recommendations based on your individual needs and preferences

Master your Lifestyle

U of A Student $257 / U of A Staff $297 / Monthly Member $320 / Public $334

Our Registered Dietician will help you create healthy and sustainable changes in your lifestyle and diet habits.

- Includes a body composition assessment, a 1 hour initial consult and 1 hour guided nutrition planning
- Nutrition recommendations and menu planning based on individual's dietary needs and preferences

Nutrition Follow-Up

After your first consult and meal planning session, keep yourself on track with regular check-ins.

- Staying accountable will reinforce your new eating habits and allow you to fine-tune your plan to find lasting nutritional satisfaction
- Follow-ups are 30 minutes in length and can be used to learn new skills and other helpful tips for a healthy diet and lifestyle

3 sessions *U of A Student* $135 / U of A Staff & Monthly Member* $162 / Public* $180*
5 sessions *U of A Student* $200 / U of A Staff & Monthly Member* $245 / Public* $270*

SMALL GROUP FITNESS TRAINING

Semi-Private Fitness Training (2 people)
Two is better than one! Grab your workout buddy and save with semi-private personal training.

- Work towards your goals together with the help of a Certified Personal Trainer
- Customized approach and focus on exercise technique, movement efficiency and effective exercise performance

10 hours *U of A Student* $260 / U of A Staff & Monthly member* $310 / Public* $340*
20 hours *U of A Student* $460 / U of A Staff & Monthly member* $580 / Public* $640*

Semi-Private Fitness Training (3-5 People)
No crowd here in semi-private fitness training sessions. Come together and share the benefits of working with a Certified Personal Trainer while engaging in some fun and social physical activity.

- Focus on exercise technique, movement efficiency and effective exercise performance
- Sessions customized to the needs of the group and modified for the individual

10 hours *U of A Student* $150 / U of A Staff & Monthly member* $180 / Public* $200*
20 hours *U of A Student* $270 / U of A Staff & Monthly member* $330 / Public* $360*

**Price per person*

WE ARE INTRAMURAL SPORTS

What are Intramural Sports?
Simply put, Intramural Sports are sport leagues run by students for students, as well as the broader University of Alberta community. Intramurals are an opportunity to play with friends—old and new—in an environment that celebrates teamwork, mutual respect, and—most of all—fun!

What is the program's Vision?
Our vision is that the University of Alberta Intramural program will be inclusive of all members of the university community; will meet the interests and abilities of a wide range of participants; and support the wellness, growth, and enjoyment of its members.

Who can participate?
Intramural leagues and tournaments are open to all members of the U of A and broader community. However, those who do not pay the Athletics & Recreation fee with tuition (or do not pay tuition at all) must purchase an Intramural Membership or play on a team that paid the Non-Student Team Fee.

What do I need to know before I play?
From program basics and policy changes to our new initiatives, you can find all your essential information in the Intramural Need-to-Knows page of our website (uab.ca/intramurals).

I want to play, but don't have a team. What can I do?
- Option #1: Contact your Unit Manager and let them know you're looking to play! (see uab.ca/intramurals for more info)
- Option #2: If you're a woman wanting to play, there's an Intramural Unit looking for you! The Women's Intramural Network (WIN) aims to connect women on campus to form teams across all sports. Email them at win.intramurals@ualberta.ca to get hooked up
- Option #3: Join as a free agent! Log-in to imleagues.com/ualberta, select the league you want to play in, and hit the Free Agent button. This lets you connect with captains who are looking for teammates.

What leagues and tournaments are offered by Intramurals?
So glad you asked...

TOURNAMENTS							
Sport	**Student Team Fee**	**Non-Student Team Fee**	**Early Bird Discount*** **	**Registration Opens**	**Early Bird Deadline**	**Registration Closes**	**Play date(s)**
Backyard Bash**	$0	$0	-$0	N/A	N/A	N/A	Fri, Sep 7
Golf	$175	$210	-$25	Wed, Aug 29	Tue, Sep 4	Mon, Sep 10	Sat, Sep 22
3-on-3 Basketball	$45	$60	-$10	Mon, Sep 17	Tue, Oct 2	Fri, Oct 5	Wed, Oct 10
Hot Shot Basketball	$0	$0	-$0	Mon, Oct 1	N/A	Fri, Oct 5	Mon, Oct 1 - Fri, Oct 5
Hockey FUNdamentals Night	$15	$30	-$10	Mon, Sep 17	Tue, Oct 2	Wed, Oct 10	Sun, Oct 14
Red Eye Games	$180	$210	-$0	Tue, Oct 9	N/A	Wed, Oct 17	Fri, Nov 2
Big Pink Volleyball	$80	$95	-$10	Mon, Oct 1	Tue, Oct 16	Wed, Oct 24	Sat, Oct 27
Walleyball	$45	$60	-$10	Mon, Oct 29	Tue, Nov 13	Wed, Nov 21	Sat, Nov 24
Learn-to-Play Ringette	$15	$30	-$10	Mon, Nov 5	Tue, Nov 20	Wed, Nov 28	Sun, Dec 2

LEAGUES										
ACTIVITY		REGISTRATION DETAILS							ACTIVITY DETAILS	
Sport	Gender*	Student Team Fee	Non-Student Team Fee	Early Bird Discount ***	Reg Start	Early Bird Deadline	Reg Ends	Play Times	Season Start	Season Length
Ball Hockey	Women's	$185	$225	-$25	Aug 29	Sep 4	Sep 12	Mon 7:00 p.m.-10:30 p.m.	Sep 17	7 weeks + playoffs
Ball Hockey	Open	$275	$315	-$25	Sep 4	Sep 11	Sep 19	Wed 6:30 p.m.-10:30 p.m. Sun 1:00 p.m.-5:30 p.m.	Oct 3	10 games + playoffs
Basketball	Women's	$215	$255	-$25	Aug 29	Sep 4	Sep 12	Wed 7:00 p.m.-10:30 p.m.	Sep 19	7 weeks + playoffs
Basketball (Comp)	Open	$215	$255	-$25	Aug 29	Sep 4	Sep 12	Thu 7:00 p.m.-10:30 p.m.	Sep 20	7 weeks + playoffs
Basketball (Rec)	Open	$215	$255	-$25	Aug 29	Sep 4	Sep 12	Mon / Wed 7:00 p.m.-10:30 p.m.	Sep 17	7 weeks + playoffs
Beach Volleyball **	Co-Rec	$125	$165	-$25	Aug 29	Sep 4	Sep 6	Wed 7:00 p.m.-10:30 p.m.	Sep 12	4 weeks + playoffs
Dodgeball	Co-Rec	$215	$255	-$25	Aug 29	Sep 4	Sep 12	Tue 7:00 p.m.-10:30 p.m.	Sep 18	7 weeks + playoffs
Flag Football	Open	$215	$255	-$25	Aug 29	Sep 4	Sep 12	Mon 7:00 p.m.-10:30 p.m.	Sep 17	6 weeks + playoffs
Ice Hockey	Women's	$570	$610	-$50	Sep 4	Sep 11	Sep 19	Tue & Thu 7:00 p.m.-10:00 p.m.	Oct 2	5 games + playoffs
Ice Hockey	Open	$1,075	N/A	N/A	Sep 4	N/A	Sep 19	Mon-Thu 7:00 p.m.-12:00 a.m. Sun 5:00 p.m.-11:00 p.m.	Oct 1	10 games + playoffs
Innertube Water Polo	Co-Rec	$215	$255	-$25	Aug 29	Sep 4	Sep 12	Mon & Tue 7:00 p.m.-10:00 p.m.	Sep 17	7 weeks + playoffs
Slo-Pitch	Co-Rec	$155	$195	-$25	Aug 29	Sep 4	Sep 6	Mon & Wed 5:00 p.m.-8:00 p.m. Tue & Thu 5:00 p.m.-8:00 p.m.	Sep 10	4 games + playoffs
Soccer / Futsal **	Women's	$215	$255	-$25	Aug 29	Sep 4	Sep 12	Tue 5:00 p.m.-10:30 p.m.	Sep 18	7 weeks + playoffs
Soccer / Futsal (Comp) **	Open	$215	$255	-$25	Aug 29	Sep 4	Sep 12	Wed 5:00 p.m.-10:30 p.m.	Sep 19	7 weeks + playoffs
Soccer / Futsal (Rec) **	Open	$215	$255	-$25	Aug 29	Sep 4	Sep 12	Thu 5:00 p.m.-10:30 p.m.	Sep 20	7 weeks + playoffs
Ultimate	Co-Rec	$155	$195	-$25	Aug 29	Sep 4	Sep 6	Mon 5:00 p.m.-10:30 p.m.	Sep 10	4 weeks + playoffs
Volleyball	Open	$215	$255	-$25	Aug 29	Sep 4	Sep 12	Tue 7:00 p.m.-10:30 p.m.	Sep 18	7 weeks + playoffs
Volleyball	Women's	$215	$255	-$25	Aug 29	Sep 4	Sep 12	Tue 7:00 p.m.-10:30 p.m.	Sep 18	7 weeks + playoffs
Volleyball	Co-Rec	$215	$255	-$25	Aug 29	Sep 4	Sep 12	Thu 7:00 p.m.-10:30 p.m.	Sep 20	7 weeks + playoffs

All Activity Details are subject to change due to facility availability. For more detailed information, such as registration fees, activity formats, roster submission, etc. please consult **imleagues.com/ualberta.**

*Leagues marked as *Open* are open to all participants, regardless of gender. The terms *Women's* and *Co-Rec* are inclusive of all gender identities, including trans. We encourage you to choose the program that best represents your gender. If you have any questions, please contact Matt Edmonds, Program Coordinator – Intramurals, at **matt.edmonds@ualberta.ca.**
**New in 2018! Check imleagues.com/ualberta for more information.
*** The Early Bird Discount applies to both the Student and Non-Student Team Fee up to (and including) the Early Bird Deadline.

WE ARE LEISURE AND CRAFTS

Build Your Own Bath Bomb Workshop
Need to de-stress with a relaxing bath? Join us for a Build Your Own Bathbomb night, where you will be guided through the production of your very own bath bombs.

- All supplies will be provided
- Only one registration per person each semester

Sponsored by LIVEWELL

Build Your Own Terrarium
Create a mini-world full of lush and beautiful plants by making your own terrarium. These easy-to-make, low maintenance gardens can brighten up any space.

- All supplies will be provided
- Only one registration per person each semester

Sponsored by LIVEWELL

Paint Night
In two hours, an artist will guide you through a painting so that you come up with your own unique masterpiece at the end of the night. We provide everything you need - canvas, paints, brushes and a smock

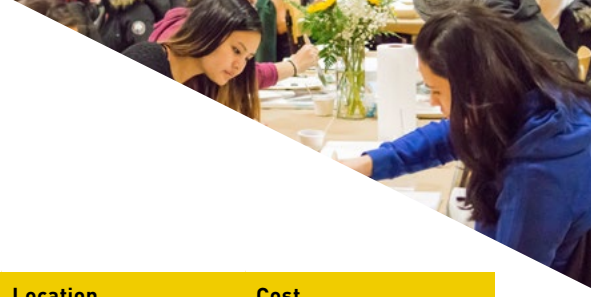
- Only one registration per person each semester
- No experience required

Sponsored by LIVEWELL

Crochet for Beginners
Learn the fundamentals of crochet. You'll have fun, learn a new skill and turn "downtime" into "DIY" time. In this introductory class from River City Yarns, you'll learn how to crochet and read patterns.

- The class starts with the basics (chain, single, double, half-double, treble crochet) and moves on to the finer points of keeping everything straight and the why and how of "getting gauge"
- Once you've mastered the basics, we'll teach you increases and decreases, changing colours and working in the round
- A "get started" kit is included in your registration fee so you don't have to bring/purchase anything for the first few classes
- We'll help you choose a project (kits will be available for purchase at class ranging from $15 - $45) and guide you through learning to read patterns and expand your skills in a personalized way

Days/Time	Dates	Class Type	Code	Location	Cost
Wed 6:00 p.m.-7:00 p.m.	Sep 26-Nov 21 No class Nov 14	Crochet for Beginners	6341	Van Vliet Complex Minerva	U of A Student $160 U of A Staff $192 Public $208
Tue 5:00 p.m.-6:30 p.m.	Sep 18	Build Your Own Bath Bomb Workshop	6343	Van Vliet Complex 1-613	U of A Student $5
Tue 5:00 p.m.-6:30 p.m.	Oct 2	Build Your Own Bath Bomb Workshop	6348	Van Vliet Complex 1-613	U of A Student $5
Tue 5:00 p.m.-6:30 p.m.	Oct 30	Build Your Own Bath Bomb Workshop	6349	Van Vliet Complex 1-613	U of A Student $5
Tue 5:00 p.m.-6:30 p.m.	Nov 27	Build Your Own Bath Bomb Workshop	6351	Van Vliet Complex 1-613	U of A Student $5
Wed 5:30 p.m.-7:00 p.m.	Sep 26	Build Your Own Terrarium	6354	Van Vliet Complex 1-613	U of A Student $5
Wed 5:30 p.m.-7:00 p.m.	Oct 10	Build Your Own Terrarium	6355	Van Vliet Complex 1-613	U of A Student $5



Days/Time	Dates	Class Type	Code	Location	Cost
Wed 5:30 p.m.-7:00 p.m.	Oct 24	Build Your Own Terrarium	6357	Van Vliet Complex 1-613	U of A Student $5
Wed 5:30 p.m.-7:00 p.m.	Oct 31	Build Your Own Terrarium	6358	Van Vliet Complex 1-613	U of A Student $5
Wed 5:30 p.m.-7:00 p.m.	Nov 28	Build Your Own Terrarium	6359	Van Vliet Complex 1-613	U of A Student $5
Thu 6:00 p.m.-8:00 p.m.	Oct 4	Paint Night	6360	Van Vliet Complex 1-662	U of A Student $5
Thu 6:00 p.m.-8:00 p.m.	Oct 18	Paint Night	6361	Van Vliet Complex 1-662	U of A Student $5
Thu 6:00 p.m.-8:00 p.m.	Nov 8	Paint Night	6362	Van Vliet Complex 1-662	U of A Student $5
Thu 6:00 p.m.-8:00 p.m.	Nov 22	Paint Night	6363	Van Vliet Complex 1-662	U of A Student $5
Thu 6:00 p.m.-8:00 p.m.	Dec 6	Paint Night	6364	Van Vliet Complex 1-662	U of A Student $5

Find Your Way To Wellness

Navigate through this guide by asking yourself some of these questions:

Why do I want to participate in a recreation or wellness activity?

- For physical fitness/health
- To relax/reduce stress
- Fun
- To meet new people
- Be with friends
- Improve skills or knowledge

50% of students rated physical health/exercise as their top reason for participating in a wellness activity.* **What's your reason?**

Do I prefer instructional or non-instructional activities?

INSTRUCTIONAL
Check out Martial arts, Dance, Learn-To courses, climbing, or fitness

NON-INSTRUCTIONAL
Join an Intramural team, check out a drop in program, or boulder at the climbing wall

Is cost a concern for me?

- You can borrow a physical activity lending kit from U of A libraries and take your workout home with you
- Facility access is included in tuition fees (fitness centre, swimming pools, climbing wall)

44% of students identified cost as a reason for not participating in a wellness activity*

What if I don't have the knowledge or the skills?

- Participate in Learn-To courses or take an instructional course to build your skills
- Build your knowledge by attending a Wellness Wednesday workshop (Wednesdays from noon to 1pm all semester long)

29% of students identified not having the skills to participate in physical activities*

Is limited time a concern for me?

- Squeeze in some drop in time in the squash courts
- Come in for an early morning swim before your first class
- Take a walk around campus during your 10 minute break
- Bike to and from campus! Stop by the Bike Library for a quick tune up at SAB 1-13

Do I prefer leisure and crafts or physical activities?

- Check out Livewell sponsored programs on pages 52-53 like Paint Night and Build Your Own Terrarium
- The choices are endless! Check out Intramural Sports, join a Club Sport or go for a run on the indoor track

92% of students reported that they value the physical component of an activity.* **What do you value?**

Is social support important to me?

- Sign up to meet a workout buddy
- Sign up for a program with a friend and keep each other accountable

75% of students reported that they value the social component of an activity.* **Do you value the social component of an activity?**

Do I prefer working out by myself, with a partner, or in a group?

- **INDIVIDUAL** Try aquatics, sign up to work with a personal trainer, attend a rec skate session
- **PARTNER** Try top rope climbing, take a dance class, or sign up for semi-private personal training
- **GROUP** Take a group exercise class, join an intramural sport or join a sport club

Look for this logo in the Program Guide to find LiveWell sponsored programs!

LIVEWELL

Still not sure where to go from here? Come visit us at InfoDen for some expert advice. We'll be happy to help you find your way.

Stay informed on our wellness initiatives by signing up for the LiveWell newsletter. Email **akhayer@ualberta.ca** to subscribe.

*Statistics were pulled from the 2018 LiveWell Survey conducted by Campus & Community Recreation

WE ARE MARTIAL ARTS

Try one of our numerous Martial Arts classes for self-defense, physical health and fitness, as well as spiritual development. Many of these classes offer a variety of levels - and there is a perfect class waiting for you to try out.

AIKIDO

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

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

BRAZILIAN JIU JITSU

A highly effective form of self-defence focused on grappling techniques which rely on the use of leverage over strength.

- Classes cover fundamental techniques including takedowns, chokes, submission holds and control positions
- Uniforms are not required

FILIPINO MARTIAL ARTS

Filipino Martial Arts refers to ancient and newer fighting methods devised in the Philippines — the most popular forms of which are known as Arnis/Eskrima/Kali.

- Filipino martial artists are noted for their ability to fight with weapons or empty hands interchangeably
- This class is designed for new students or participants with little to no Filipino Martial Arts experience

JAPANESE JIU JITSU

Japanese Jiu Jitsu encompasses locking, throwing, striking, and ground defense techniques to provide an effective and versatile self-defense system.

- New students do not need a high standard of physical fitness to begin; participants will find their endurance, strength, flexibility and speed all improve as training progresses
- Uniforms are not required but are preferred

JUDO

Judo consists of throwing techniques, ground holds, choking and arm lock techniques, and teaches the use of controlling balance and body movement to defeat an opponent. Safety is paramount, and learning how to fall safely is an important first step.

- Uniforms are not required initially but are needed later when learning advanced skills

Judo-Beginner
This class is designed for new students or participants with little to no Judo experience.

Judo-Intermediate-Advanced
Registration prerequisite: minimum of yellow belt and knowledge of break falls and judo submission techniques.

Judo Practice Session-All Levels
The Saturday sessions are for all belt levels, and allow you to work on techniques that you covered in class, or to pick up some new Judo we might not cover during the week.

- Open registration: participants are not required to be registered in one of the other classes

KARATE

Classes provide challenging workouts which discipline the mind, strengthen the body, and improve self-confidence. Techniques are based on kicks, punches and blocks, as well as flexibility and cardiovascular exercise, and are taught in a disciplined, fun environment.

- Taught at a mixed level to encourage individuals to participate and improve their own level
- Taught in the tradition of the Wado Kai style of karate that employs very light, fast techniques
- Uniforms are not required
- Participants are asked to bring indoor shoes to class

Karate-All Ranks
No previous Karate experience necessary.

Karate-Advanced
Blue belts and above of the Shintani World Congress.

KARATE FOR FAMILIES

Classes provide challenging workouts which discipline the mind, strengthen the body, improve self-confidence and enhance awareness in self-defence.

- Taught at a mixed level to encourage individuals to participate and improve at their own level in a safe, controlled environment
- Learn the aspects of katas (patterns against an imaginary opponent), waza (techniques), and kumite (free sparring)
- Uniforms are not required
- Participants are asked to bring indoor shoes to class

Karate for Families-All Ranks
No previous Karate experience necessary.

Karate for Families-Advanced
Minimum of yellow stripes and knowledge of at least two Wado Kai Karate power katas.

KICKBOXING

The main focus of these classes will be learning the technical aspects of striking, but you can also expect a significant physical component in either class with lots of core training. The instructor reserves the right to place a participant in whichever class they feel is best suitable to their skill/fitness level.

- Hand wraps included with registration

Kickboxing Basics
This class focuses on learning and practicing the basic techniques of boxing, kickboxing and Muay Thai. It is designed to help participants develop confidence in their abilities, by learning essential skills such as: proper stance/footwork; basic punches and kicks; blocking and parrying; and counter-attacking.

- Recommended for those with little or no experience in any striking sport, and all fitness levels are welcome
- Kickboxing Basics can be continued/repeated to improve techniques, or taken simultaneously with the Advanced class

Kickboxing-Advanced
This class takes the essential skills and develops it through practical application. The class will focus on the following skills: creating/closing distance; finding dominant angles of attack; checking and blocking kicks; and power striking. It is essential that participants in this class have some experience in a striking sport.

- Recommended that participants who take this course be in reasonable physical condition

KUNG FU

This program will introduce you to the elements of Chinese martial arts (often named under the umbrella terms kung fu or wushu) and mindful movement to become better acquainted with your own body and mind.

- Classes will focus on techniques and conditioning to build into athletic movements (jumps, spins and kicks) and choreography (individual and group routines)
- We will tap into your inner hero, promoting confidence, creative expression, fitness, stress relief, and social interaction as we practice

TAE KWON DO

Through the martial art philosophy, participants learn to become more disciplined, focused, mentally tough and self-aware. Participants will also be introduced to Korean cultural traditions and training methods.

- Develops cardiovascular fitness, flexibility, strength, speed, power, balance and coordination
- Uniforms are not required

Tae Kwon Do-Beginner
White belts

Tae Kwon Do-Intermediate-Advanced
Coloured and Black Belts

MARTIAL ARTS					
Days/Time	Dates	**Class Type**	**Code**	**Location**	**Cost**
Tue 6:35 p.m.-7:25 p.m.	Sep 18-Nov 27 *No class Nov 13*	Aikido	6211	RTF Gymnasium	U of A Student $57.50 U of A Staff $70 Public $75
Tue 4:35 p.m.-6:25 p.m.	Sep 18-Nov 27 *No class Nov 13*	Brazilian Jiu Jitsu	6213	RTF Gymnasium	U of A Student $100 U of A Staff $120 Public $130
Fri 4:35 p.m.-6:25 p.m.	Sep 21-Nov 30 *No class Nov 16*	Brazilian Jiu Jitsu	6216	RTF Gymnasium	U of A Student $100 U of A Staff $120 Public $130
Wed 7:35 p.m.-8:55 p.m.	Sep 19-Nov 28 *No class Nov 14*	Filipino Martial Arts	6220	Van Vliet Complex 2-675	U of A Student $75 U of A Staff $90 Public $100
Thu 6:35 p.m.-7:55 p.m.	Sep 20-Nov 29 *No class Nov 15*	Filipino Martial Arts	6222	Van Vliet Complex 2-675	U of A Student $75 U of A Staff $90 Public $100
Wed 7:35 p.m.-9:25 p.m.	Sep 19-Nov 28 *No class Nov 14*	Japanese Jiu Jitsu	6223	RTF Gymnasium	U of A Student $100 U of A Staff $120 Public $130
Sun 10:05 a.m.-11:55 a.m.	Sep 23-Dec 2 *No class Oct 7, Nov 11*	Japanese Jiu Jitsu	6224	RTF Gymnasium	U of A Student $90 U of A Staff $108 Public $117
Mon 6:05 p.m.-7:25 p.m.	Sep 17-Nov 26 *No class Oct 8, Nov 12*	Judo: Beginner	6225	RTF Gymnasium	U of A Student $67.50 U of A Staff $81 Public $90
Mon 7:35 p.m.-9:25 p.m. Thu 5:35 p.m.-7:25 p.m.	Sep 17-Nov 29 *No class Oct 8, Nov 12, Nov 15*	Judo: Intermediate -Advanced	6226	RTF Gymnasium	U of A Student $190 U of A Staff $228 Public $247
Sat 12:05 p.m.-1:55 p.m.	Sep 22-Dec 1 *No class Oct 6, Nov 10*	Judo Practice Session -All Levels	6227	RTF Gymnasium	U of A Student $90 U of A Staff $108 Public $117
Mon 7:35 p.m.-9:25 p.m.	Sep 17-Nov 26 *No class Oct 8, Nov 12*	Karate-All Ranks	6228	Education Building GB-64	U of A Student $90 U of A Staff $108 Public $117
Wed 6:05 p.m.-7:55 p.m.	Sep 19-Nov 28 *No class Nov 14*	Karate-All Ranks	6229	Education Building GB-64	U of A Student $100 U of A Staff $120 Public $130
Fri 7:35 p.m.-9:25 p.m.	Sep 21-Nov 30 *No class Nov 16*	Karate-Advanced	6230	Van Vliet Complex 2-650	U of A Student $100 U of A Staff $120 Public $130
Sat 9:05 a.m.-10:25 a.m.	Sep 22-Dec 1 *No class Oct 6, Nov 10*	Karate for Families-All Ranks	6231	RTF Gymnasium	U of A Student $67.50 U of A Staff $81 Public $90
Sat 10:35 a.m.-11:55 a.m.	Sep 22-Dec 1 *No class Oct 6, Nov 10*	Karate for Families -Advanced	6232	RTF Gymnasium	U of A Student $67.50 U of A Staff $81 Public $90
Mon 12:05 p.m.-12:55 p.m.	Sep 17-Nov 26 *No class Oct 8, Nov 12*	Kickboxing Basics	6273	Van Vliet Complex 1-220	U of A Student $51.75 U of A Staff $63 Public $67.50
Mon 4:05 p.m.-4:55 p.m.	Sep 17-Nov 26 *No class Oct 8, Nov 12*	Kickboxing Basics	6274	Van Vliet Complex 1-220	U of A Student $51.75 U of A Staff $63 Public $67.50
Mon 5:05 p.m.-5:55 p.m.	Sep 17-Nov 26 *No class Oct 8, Nov 12*	Kickboxing Basics	6278	Van Vliet Complex 1-220	U of A Student $51.75 U of A Staff $63 Public $67.50
Tue 12:05 p.m.-12:55 p.m.	Sep 18-Nov 27 *No class Nov 13*	Kickboxing Basics	6279	Van Vliet Complex 1-220	U of A Student $57.50 U of A Staff $70 Public $75
Tue 5:05 p.m.-5:55 p.m.	Sep 18-Nov 27 *No class Nov 13*	Kickboxing Basics	6280	Van Vliet Complex 1-220	U of A Student $57.50 U of A Staff $70 Public $75

MARTIAL ARTS					
Days/Time	Dates	**Class Type**	**Code**	**Location**	**Cost**
Wed 7:05 a.m.-7:55 a.m.	Sep 19-Nov 28 *No class Nov 14*	Kickboxing Basics	6281	Van Vliet Complex 1-220	U of A Student $57.50 U of A Staff $70 Public $75
Wed 12:05 p.m.-12:55 p.m.	Sep 19-Nov 28 *No class Nov 14*	Kickboxing Basics	6282	Van Vliet Complex 1-220	U of A Student $57.50 U of A Staff $70 Public $75
Wed 5:05 p.m.-5:55 p.m.	Sep 19-Nov 28 *No class Nov 14*	Kickboxing Basics	6283	Van Vliet Complex 1-220	U of A Student $57.50 U of A Staff $70 Public $75
Thu 12:05 p.m.-12:55 p.m.	Sep 20-Nov 29 *No class Nov 15*	Kickboxing Advanced	6284	Van Vliet Complex 1-220	U of A Student $57.50 U of A Staff $70 Public $75
Thu 4:05 p.m.-4:55 p.m.	Sep 20-Nov 29 *No class Nov 15*	Kickboxing Basics	6285	Van Vliet Complex 1-220	U of A Student $57.50 U of A Staff $70 Public $75
Thu 5:05 p.m.-6:25 p.m.	Sep 20-Nov 29 *No class Nov 15*	Kickboxing Advanced	6286	Van Vliet Complex 1-220	U of A Student $87.50 U of A Staff $105 Public $112.50
Sat 9:05 a.m.-10:25 a.m.	Sep 22-Dec 1 *No class Oct 6, Nov 10*	Kickboxing Advanced	6287	Van Vliet Complex 1-220	U of A Student $78.75 U of A Staff $94.50 Public $101.25
Mon 6:05 p.m.-7:25 p.m.	Sep 17-Nov 26 *No class Oct 8, Nov 12*	Kung Fu	6288	Education Building GB-64	U of A Student $67.50 U of A Staff $81 Public $90
Mon 5:05 p.m.-6:55 p.m.	Sep 17-Nov 26 *No class Oct 8, Nov 12*	Tae Kwon Do-Beginner	6275	Education Building GB-23	U of A Student $90 U of A Staff $108 Public $117
Wed 5:05 p.m.-6:55 p.m.	Sep 19-Nov 28 *No class Nov 14*	Tae Kwon Do -Intermediate-Advanced	6276	Education Building GB-23	U of A Student $100 U of A Staff $120 Public $130
Fri 5:05 p.m.-6:55 p.m.	Sep 21-Nov 30 *No class Nov 16*	Tae Kwon Do -Intermediate-Advanced	6277	Education Building GB-23	U of A Student $100 U of A Staff $120 Public $130

WE ARE OUTDOOR PROGRAMS

HIKING

Elk Island National Park wildlife viewing has been ranked 8th in the world by National Geographic. Take the opportunity to get some great wildlife photos, stretch your legs and take in some fresh air by registering for our hiking trip. Transportation is provided along with park interpretation so that you are given an understanding of the geography and wildlife the park protects.

SNOWSHOEING

Enjoy the wonders of Elk Island by strapping on some snowshoes and walking the intricate trail system of the park. Led by a knowledgeable guide, this trip will wind through the trails of Elk Island National Park while giving you an opportunity to test out a pair of snowshoes. Transportation, interpretation and equipment are included in the price.

STARGAZING

Elk Island has next to no light pollution making it an amazing spot to view the wonders of the night sky. This trip will teach you about North American constellations and give you the opportunity to see the sun set over Astotin Lake. In the event of cloudy weather, there will still be interpretation, a short hike and time to enjoy a campfire and s'mores.

MUTTART CONSERVATORY

The Muttart Conservatory is an innovative botanical garden which sets the pace for plant science in western Canada and defines Edmonton's skyline with striking glass pyramids rising from the river valley. Take a guided tour of the iconic pyramids, and enjoy a planting activity to take a piece of the Muttart home with you! Transportation and guided tour are included.

CANOEING

The North Saskatchewan River winds through Edmonton and surrounding area. Canoeing or kayaking downstream is the perfect way to enjoy the scenery and wildlife viewing of the river. This paddle will take between 3-4 hours. Transportation and canoe rentals are included.

Days/Time	Dates	Class Type	Code	Location	Cost
Sat 11:00 a.m.-6:00 p.m.	Sep 15	North Saskatchewan River Canoe	5961	Van Vliet Complex 2-610 Student Lounge	U of A Student $42 U of A Staff $63 Public $73.50
Sat 11:00 a.m.-4:00 p.m.	Sep 22	Hiking Trips-Elk Island Hike	5960	Van Vliet Complex 2-610 Student Lounge	U of A Student $21 U of A Staff $42 Public $52.50
Sat 11:00 a.m.-4:00 p.m.	Oct 13	Hiking Trips-Elk Island Hike	5964	Van Vliet Complex 2-610 Student Lounge	U of A Student $21 U of A Staff $42 Public $52.50
Sat 10:00 a.m.-3:00 p.m.	Oct 20	Muttart Conservatory Trip	6003	Van Vliet Complex 2-610 Student Lounge	U of A Student $26.25 U of A Staff $36.75 Public $42
Sat 5:00 p.m.-10:00 p.m.	Nov 3	Hiking Trips-Elk Island Star-Gazing	5968	Van Vliet Complex 2-610 Student Lounge	U of A Student $26.25 U of A Staff $36.75 Public $42
Sat 10:00 a.m.-4:00 p.m.	Nov 24	Hiking Trips-Elk Island Snowshoeing	5966	Van Vliet Complex 2-610 Student Lounge	U of A Student $26.25 U of A Staff $36.75 Public $42

WE ARE SPORT SKILLS

ADULT HOCKEY CONDITIONING CLINIC

These on-ice sessions will cover a variety of non-contact hockey skills and skating drills. Full hockey equipment required. Ideal preparation for Campus & Community Recreation hockey leagues.

FENCING

This class will provide novice level fencing lessons in a non-competitive and fun environment for students to learn and practice the sport.

- Classes will cover the essential footwork and blade work of the foil
- Sabre and Épée will be briefly covered

ICE SKATING

All levels will participate on the ice together. Adjustments to levels can be made during class time. The Skate Canada CanSkate Program will be used as a guide.

- Must have your own skates and proper skating attire
- Helmets are STRONGLY encouraged and will be available for use at each class

Ice Skating-Level 1
For individuals who have never skated before or who lack confidence on skates.

- Emphasis on balance, moving forwards and backwards, and starting and stopping
- Helmets are mandatory

Ice Skating-Level 2
For individuals with one to three years' skating experience.

- Emphasis on stopping techniques, basic turns, gliding and crossovers

Ice Skating-Level 3
Basic figure skating or power skating for beginners.

SQUASH

Suitable for those with little or no experience but are keen to learn a new skill. In a lighthearted, fun atmosphere you will learn basic rules, strokes, movement and strategy as well as game play with condition games.

Days/Time	Dates	Class Type	Code	Location	Cost
Tue 7:15 p.m.-9:15 p.m.	Sep 11-25	Adult Hockey Conditioning Clinic	6290	Clare Drake Arena	U of A Student $66 U of A Staff $79.50 Public $87
Sun 12:05 p.m.-1:25 p.m.	Sep 23-Dec 2 *No class Oct 7, Nov 11*	Fencing	6291	GB-23 Education Fencing Room	U of A Student $108 U of A Staff $130.50 Public $144
Mon 12:00 p.m.-12:55 p.m.	Sep 17-Nov 26 *No class Oct 8, Nov 12*	Ice Skating-Level 1	6292	Clare Drake Arena	U of A Student $99 U of A Staff $121.50 Public $130.50
Mon 12:00 p.m.-12:55 p.m.	Sep 17-Nov 26 *No class Oct 8, Nov 12*	Ice Skating-Level 2	6293	Clare Drake Arena	U of A Student $99 U of A Staff $121.50 Public $130.50
Mon 12:00 p.m.-12:55 p.m.	Sep 17-Nov 26 *No class Oct 8, Nov 12*	Ice Skating-Level 3	6294	Clare Drake Arena	U of A Student $99 U of A Staff $121.50 Public $130.50
Wed 11:00 a.m.-11:55 a.m.	Sep 19-Nov 28 *No class Nov 14*	Ice Skating-Level 1	6295	Clare Drake Arena	U of A Student $110 U of A Staff $135 Public $145
Wed 11:00 a.m.-11:55 a.m.	Sep 19-Nov 28 *No class Nov 14*	Ice Skating-Level 2	6296	Clare Drake Arena	U of A Student $110 U of A Staff $135 Public $145
Wed 11:00 a.m.-11:55 a.m.	Sep 19-Nov 28 *No class Nov 14*	Ice Skating-Level 3	6297	Clare Drake Arena	U of A Student $110 U of A Staff $135 Public $145
Mon 5:05 p.m.-5:55 p.m.	Sep 17-Nov 26 *No class Oct 8, Nov 12*	Squash	6298	Van Vliet Complex Courts	U of A Student $99 U of A Staff $121.50 Public $130.50

DISCOUNTS AVAILABLE FOR STUDENTS & STAFF!

BOOK YOUR SPACE NOW!

CAMPUS & COMMUNITY RECREATION

FOR MORE INFORMATION AND TO BOOK YOUR SPACE CONTACT

bookings@ualberta.ca • 780 492 2555 • uab.ca/recreation

GET ACTIVE ON YOUR OWN SCHEDULE!

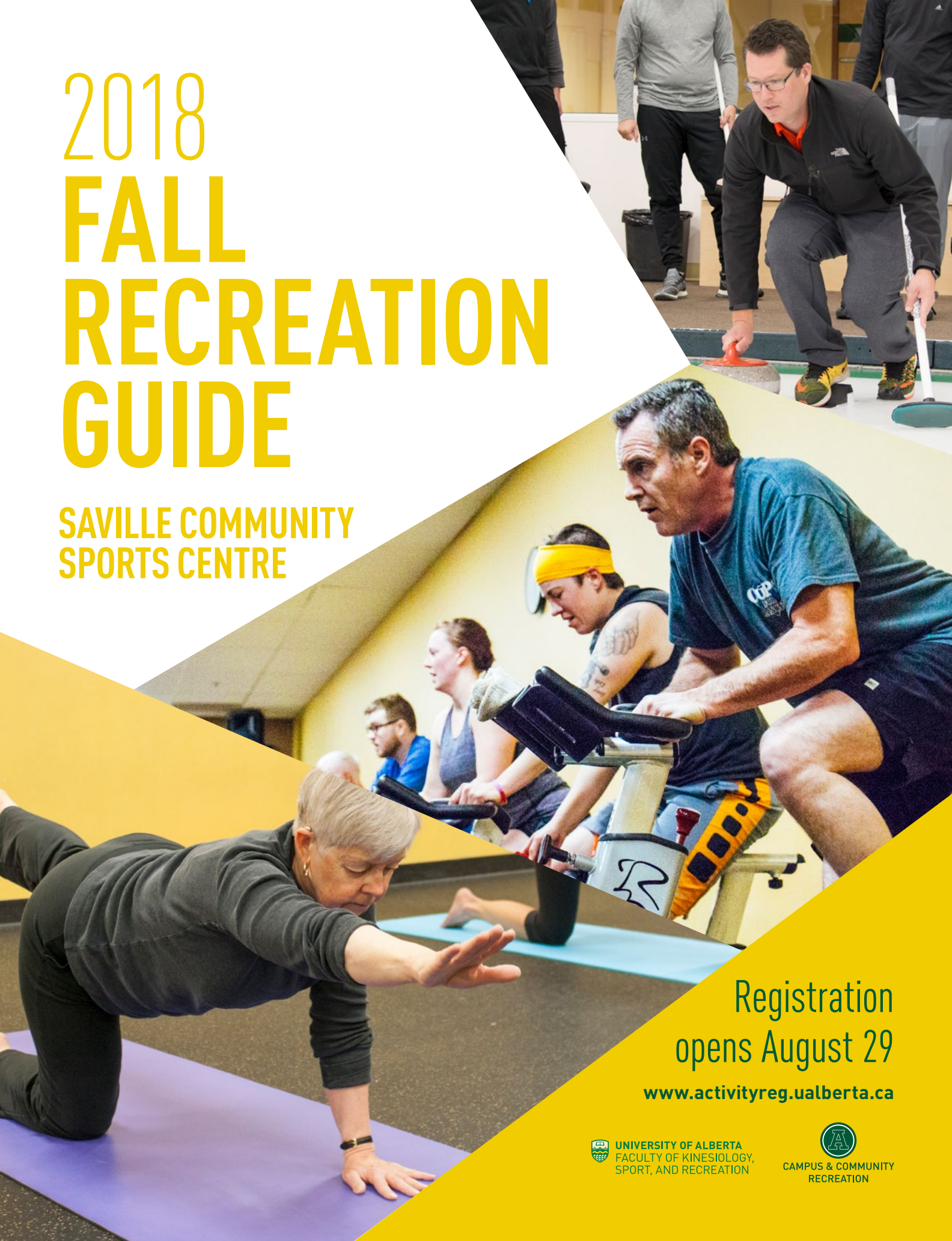
Student and staff drop-in activities include:

- Badminton
- Basketball
- Climbing
- Dance
- Skating
- Group Fitness
- Running
- Volleyball
- Swimming
- Tennis
- Soccer

Drop-in schedules available at ***uab.ca/recreation***

2018 FALL RECREATION GUIDE

SAVILLE COMMUNITY SPORTS CENTRE



Registration opens August 29

www.activityreg.ualberta.ca

UNIVERSITY OF ALBERTA
FACULTY OF KINESIOLOGY, SPORT, AND RECREATION

CAMPUS & COMMUNITY RECREATION

BE THE ROAR

PANDAS & BEARS BASKETBALL

OCT 25	6:00PM	8:00PM	MACEWAN
NOV 03	5:00PM	7:00PM	CALGARY
NOV 16	6:00PM	8:00PM	LETHBRIDGE
NOV 17	5:00PM	7:00PM	LETHBRIDGE
JAN 04	6:00PM	8:00PM	MANITOBA
JAN 05	5:00PM	7:00PM	MANITOBA
JAN 18	6:00PM	8:00PM	UNBC
JAN 19	5:00PM	7:00PM	UNBC
FEB 01	6:00PM	8:00PM	UBC
FEB 02	5:00PM	7:00PM	UBC

PANDAS & BEARS VOLLEYBALL

OCT 26	7:30PM	6:00PM	MOUNT ROYAL
OCT 27	5:00PM	6:30PM	MOUNT ROYAL
NOV 09	7:30PM	6:00PM	MACEWAN
NOV 10	5:00PM	6:30PM	MACEWAN
NOV 30	7:30PM	6:00PM	TRU
DEC 01	5:00PM	6:30PM	TRU
JAN 11	7:30PM	6:00PM	BRANDON
JAN 12	5:00PM	6:30PM	BRANDON
JAN 25	7:30PM	6:00PM	SASKATCHEWAN
JAN 26	5:00PM	6:30PM	SASKATCHEWAN
FEB 08	7:30PM	6:00PM	UBC OKANAGAN
FEB 09	5:00PM	6:30PM	UBC OKANAGAN

PANDAS & BEARS SOCCER

SEP 08		2:00PM	CALGARY
SEP 09		2:00PM	MOUNT ROYAL
SEP 15	12:00PM		TRU
		2:15PM	VICTORIA
SEP 16	12:00PM		UBC OKANAGAN
		2:15PM	FRASER VALLEY
SEP 29	12:00PM		WINNIPEG
		2:15PM	LETHBRIDGE
SEP 30	12:00PM		MANITOBA
		2:15PM	SASKATCHEWAN
OCT 07	2:00PM		MOUNT ROYAL
OCT 20	12:00PM		LETHBRIDGE
		2:15PM	MACEWAN
OCT 21	2:00PM		CALGARY

BE THE ROAR THAT UNITES US IN GREEN AND GOLD!

UOFA STUDENTS GET FREE ADMISSION TO ALL LISTED GAMES WITH A VALID ONECARD.*

MUST BE PRESENTED TO THE TICKET GATE ON GAME DAY.

DON'T FORGET YOUR THROAT LOZENGES...

@BEARSANDPANDAS

BEARS FOOTBALL

REGINA	7:00PM	SEP 07
MANITOBA	7:00PM	SEP 21
UBC	7:00PM	SEP 28
CALGARY	1:00PM	OCT 27

BEARS HOCKEY

SASKATCHEWAN	7:00PM	SEP 29
SASKATCHEWAN	6:00PM	SEP 30
MOUNT ROYAL	7:00PM	OCT 20
UBC	7:00PM	OCT 26
UBC	7:00PM	OCT 27
REGINA	7:00PM	NOV 09
REGINA	7:00PM	NOV 10
CALGARY	7:00PM	NOV 23
MANITOBA	7:00PM	JAN 04
MANITOBA	7:00PM	JAN 05
MOUNT ROYAL	7:00PM	JAN 18
LETHBRIDGE	7:00PM	FEB 01
LETHBRIDGE	7:00PM	FEB 02
CALGARY	7:00PM	FEB 09

PANDAS HOCKEY

MANITOBA	7:00PM	OCT 12
MANITOBA	2:00PM	OCT 13
MOUNT ROYAL	7:00PM	OCT 19
LETHBRIDGE	7:00PM	NOV 16
LETHBRIDGE	2:00PM	NOV 17
CALGARY	7:00PM	NOV 24
SASKATCHEWAN	7:00PM	NOV 30
SASKATCHEWAN	2:00PM	DEC 01
UBC	7:00PM	JAN 11
UBC	2:00PM	JAN 12
MOUNT ROYAL	7:00PM	JAN 19
REGINA	7:00PM	JAN 25
REGINA	2:00PM	JAN 26
CALGARY	7:00PM	FEB 08

PANDAS RUGBY

LETHBRIDGE	1:00PM	SEP 09
CALGARY	6:00PM	OCT 04

* LEARN MORE AT

BETHEROAR.CA

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Saville Community Sports Centre
11610 65 Ave, Edmonton, AB
780.492.1000
savillesports@ualberta.ca
savillecentre.ca

HOURS OF OPERATION

Saville Community Sports Centre Customer Service (Curling, Fitness, Tennis)

Sep-Apr*
Mon–Fri: 6:00 a.m.–10:00 p.m.
Sat–Sun: 8:00 a.m.–10:00 p.m.

May–Aug*
Mon–Fri: 6:00 a.m.–9:00 p.m.
Sat–Sun: 8:00 a.m.–9:00 p.m.

Saville Community Sports Centre Customer Service (Basketball, Gymnastics, Volleyball)

Sep–Aug*
Mon–Fri: 7:00 a.m.–10:00 p.m.
Sat–Sun: 8:00 a.m.–10:00 p.m.

**Hours subject to change*

@SavilleCentre

/SavilleCommunitySportsCentre

REGISTRATION

HOW TO REGISTER

- Payment required at the time of registration
- Valid ONEcard required for U of A students*, alumni and staff
- You will receive a confirmation email
- For your convenience, registration is available for both North Campus and Saville Community Sports Centre

**A University of Alberta student is one who is currently enrolled in an academic program at the University of Alberta and has paid the Athletic and Recreation Fee*

Online
activityreg.ualberta.ca

In Person
North Campus
1-213 Van Vliet Complex

Saville Community Sports Centre
11610 65 Ave

Phone
780.492.1000

HOW TO PAY

- Cash (in-person only)
- Credit card (Visa, American Express, and MasterCard)
- Debit card (in-person only)
- Personal cheque or money order to University of Alberta; no post-dated cheques; $25 administrative fee is charged for NSF cheques

GROUP FITNESS WAIT LIST

If a program is full, you may add your name on the wait list. If a space becomes available, the Customer Service Desk will contact you by phone or email. Please ensure we have your current contact information.

GROUP FITNESS REGISTRATION, WITHDRAWAL AND TRANSFER POLICIES

Group Fitness Refund
- You are allowed to withdraw from or transfer programs prior to the third class. There will be no refunds or credit after the start of the third class
- A refund will be issued for the value of the remaining classes less a $15 administration fee
- If the original payment was by credit card or debit card, the refund will be issued to the same card used for the original payment
- If the original payment was by cash or cheque, you will be refunded by cheque. This will be mailed to you 3-6 weeks from the time the refund is requested
- No administration fee will be applied if your program is cancelled

Group Fitness Credit
- Refunds can be requested as credit to your account
- Credits will be for the cost of the remaining classes. No administration fee will be charged when requesting a credit
- If a refund is requested at a later date, a $15 administration fee will be charged

Group Fitness Transfer
- If transferring to a program of a greater value, you will be required to pay the difference between the programs; if the program is of lesser value, the difference will be credited onto your account

GROUP FITNESS WAIVERS, CLASS CANCELLATIONS AND DROP-IN PASSES

Waiver
All participants are required to sign a yearly (May 1–Apr 30) waiver before beginning a program. The waiver is available online at **activityreg.ualberta.ca**, and at the Customer Service Desks at the Saville Community Sports Centre and Fitness Centre.

GROUP FITNESS CLASS CHANGES AND CANCELLATIONS

- Class changes or cancellations can occur due to low enrollment, and as late as the day before the class begins
- Under some circumstances, programs with low enrollment may run the first week to encourage registration, but may be cancelled in the second week

Although we make every effort to run all classes listed in the Recreation Guide, classes may be cancelled due to unforeseen circumstances.

GROUP FITNESS CLASS DROP-IN PASSES

- Drop-in passes provide flexibility in experiencing a wide variety of fitness classes at Saville Community Sports Centre and North Campus
- Purchase these at the Customer Service Centre in the Van Vliet Complex or Saville Community Sports Centre
- Drop-in classes are signified by a ▲ throughout the guide. Find the drop-in calendar online at **uab.ca/recreation** or at **savillecentre.ca**

GROUP FITNESS DROP-IN PARTICIPATION: TERMS OF USE

- All Fitness class drop-in participants must check in with instructor at the time of their class
- Multi-use drop-in passes must be presented with photo ID
- Drop-in participation is based on first-come, first-served basis and at the discretion of the course instructor
- Registered participants for a particular class will have priority for attendance over drop-in participants
- Due to the popularity of our classes, it may be difficult to gain admittance to certain classes during the first two weeks of the term. However, after the first two weeks of a session, we can generally accommodate all drop-in participants
- Passes are non-transferable and non-refundable once purchased. Drop-in passes cannot be exchanged for a credit towards registration in a class

SAVILLE COMMUNITY SPORTS CENTRE DROP-IN PROGRAMMING

An indoor track, fitness centre, studio, activity room, gymnastics gym, and 12 beautiful hardwood gymnasiums with competition level surfaces are available for drop-in for the following sports: Badminton, Basketball, Gymnastics, Volleyball, Indoor Track and Family Fun drop-in!

Visit our website **SavilleCentre.ca** for the drop-in schedule and rules and regulations.

1. **A day pass is non-transferable and is valid for one full day during scheduled drop-in times at the Saville Community Sports Centre. A daily access pass must be used on the date purchased.**

2. **Wristbands are required for drop-in programming; anyone caught without a wristband will be asked to leave the facility immediately.**

3. **Drop-in wristbands must be visible and on the person; wristbands that have been removed are no longer valid.**

Gold Day Pass*

- Access to indoor track
- Access to the fitness centre during normal operating hours
- Access to drop-in court sport programming (excluding tennis)

Silver Day Pass*

- Access to indoor track
- Access to drop-in court sport programming (excluding tennis)

Bronze Day Pass

- Access to indoor track

Fitness Centre Day Pass

- Access to the fitness centre

Family Fun Day Pass*

- Access to the family fun drop-in program
- Includes up to two adults and three dependents under the age of 12 years old (living at the same address)
- Additional dependents can be added for an additional $4 each
- A guardian must be present at all times

***Drop-in programming is available on a first-come first-served basis and offered based on court availability.**
Online schedule at calendars.savillecentre.ca

DAY PASS FEE (Effective April 1, 2018)

Category	Gold	Silver	Bronze	Fitness Centre	Family Fun Program
Adult (18+)	$12	$9	$5	$10	n/a
Seniors (65+) /University of Alberta Alumni/Staff^	$11	$7	$5	$9	n/a
Youth (12–17 years old) /University of Alberta Student^	$9.50	$6	$5	$7.50	n/a
Child (11 & Under)	n/a	$5	$5	n/a	n/a
Family*	n/a	$25	n/a	n/a	$8

*Families consist of two adults and up to three dependents under the age of 18 living at the same address. Children must be accompanied by an adult.
^Valid ONEcard required for U of A students, alumni and staff.

MEMBERSHIPS

SAVILLE COMMUNITY SPORTS CENTRE MEMBERSHIPS

We offer a variety of flexible membership options to meet the needs of sports lovers, fitness gurus or families who want to get active. From personal training in the 4,000 square foot fitness center to competitive sport or gymnastics, the Saville Community Sports Centre has it all.

INCLUDES	Gold	Silver	Bronze	Fitness Centre & Indoor Track
Indoor Track	X	X	X	X
Drop-In Court Sports	X	X		
Fitness Centre	X			X
10% off Registered Group Fitness (perpetual memberships)	X	X	X	X
5% off Selected Ortona Programming (perpetual memberships)	X			
All SCSC Drop-In Group Fitness	X			
Court Sport Rental Equipment Day Use	X	X		

Monthly Rates	Gold	Silver	Bronze	Fitness Centre & Indoor Track
Adult (18+)	$71.50	$39	$16	$42
Seniors (65+) /University of Alberta Alumni/Staff^	$64	$26	$13	$38
Youth (12–17 years old) /University of Alberta Student^	$54	$23	$12	$31.50
Child (11 & Under)	n/a	$19.50	$8	n/a
Family*	n/a	$65	$28	n/a

*Families consist of two adults and up to three dependents under the age of 18 living at the same address. Children must be accompanied by an adult.
^Must provide a valid ONEcard for U of A students, staff and alumni rates.

GOLD MEMBERSHIPS include access to Saville Community Sports Centre drop-in group fitness classes

MEMBERSHIPS AND LEAGUES

For information on memberships and leagues for basketball, curling, gymnastics, tennis and volleyball, please visit our website **www.SavilleCentre.ca**

PARKING

Conveniently located next to the South Campus LRT station. Parking is FREE while using the facility. Park and ride is not permitted.

INCLUSION SUPPORT SERVICES

Campus & Community Recreation's mission is to create a sense of community through quality recreation programs at the University of Alberta and in the community. As part of that mission, Campus & Community Recreation strives to be inclusive and provide a variety of accommodations for equal access to our programs, events and facilities.

FITNESS CENTRE PUNCH PASS

Type of Pass	General Rate
10 Punch Pass**	$89

**No access to Indoor Track

FACILITIES

The Saville Community Sports Centre (SCSC) is a state-of-the-art recreation facility that provides programming and services for sport enthusiasts of all levels, from recreational athletes to Olympic champions. We offer GO Sports programming which includes recreational and organized basketball, volleyball, gymnastics, badminton, group fitness and so much more. The SCSC curling and tennis operations both provide outstanding playing conditions as well as leading edge instructional programs and services. The SCSC is proud to host many professionally operated events including the HDF Insurance Shoot-Out (world curling tour event); Edmonton Grads basketball tournaments; provincial gymnastic competitions; the Saville Canadian Under-18 ITF tennis tournament; and Volleyball Alberta premier tournaments.

COMPETITION GYM

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

CURLING FACILITY

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

FOOTE FIELD

A multi-use sport training and competition facility designed for field hockey, football, track and field and soccer.

The premier turf field features east and west bleachers with a seating capacity of 3,000, press box, hospitality suite, locker rooms and multi-purpose rooms. Foote Field meeting rooms include Alumni Lounge and multi-purpose rooms.

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

A heated air-supported structure enclosing the artificial turf from December to April allows Foote Field to be a year-round facility used by a variety of university and community groups.

TENNIS FACILITY

Features eight indoor courts and has been recognized as a Silver Tennis Development Centre by Tennis Canada.

NORTH GYMNASIUMS

Mainly used for basketball, five full-size FIBA basketball courts available for league, community and drop-in programming. Can be converted into 30 badminton courts.

SOUTH GYMNASIUMS

Mainly used for volleyball, 12 volleyball courts home to competitive league play, community and drop-in programming.

FITNESS CENTRE AND INDOOR TRACK

A 4,000 square foot workout space with state-of-the-art cardio and strength-training equipment, as well as a 200 metre indoor track around the competition gym.

GYMNASTICS CENTRE

Olympic standard equipment, spring floor, competitive, community and children's programming.

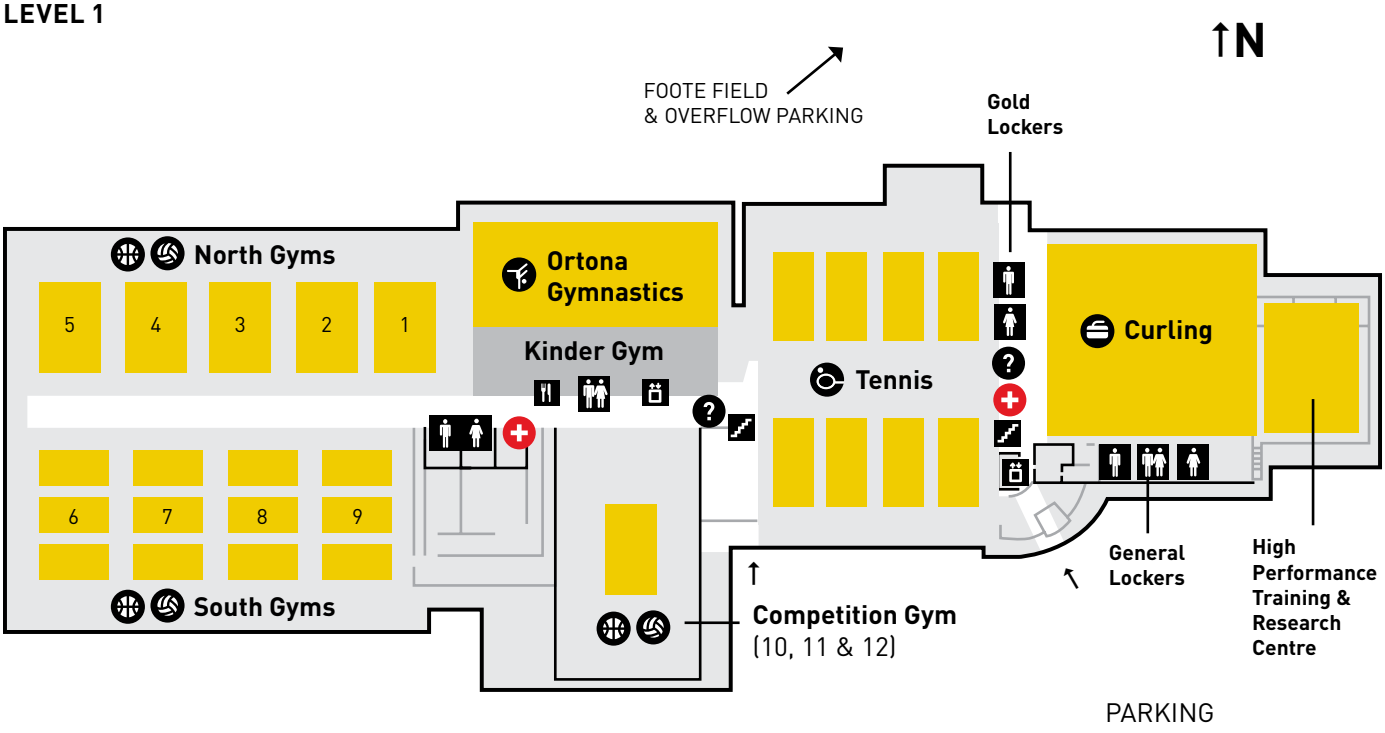
MEETING ROOMS AND LOUNGE

Classrooms, boardrooms, lounge and seminar rooms with smart technology, wireless connectivity, onsite catering, A/V equipment for conferences, seminars, and classes.

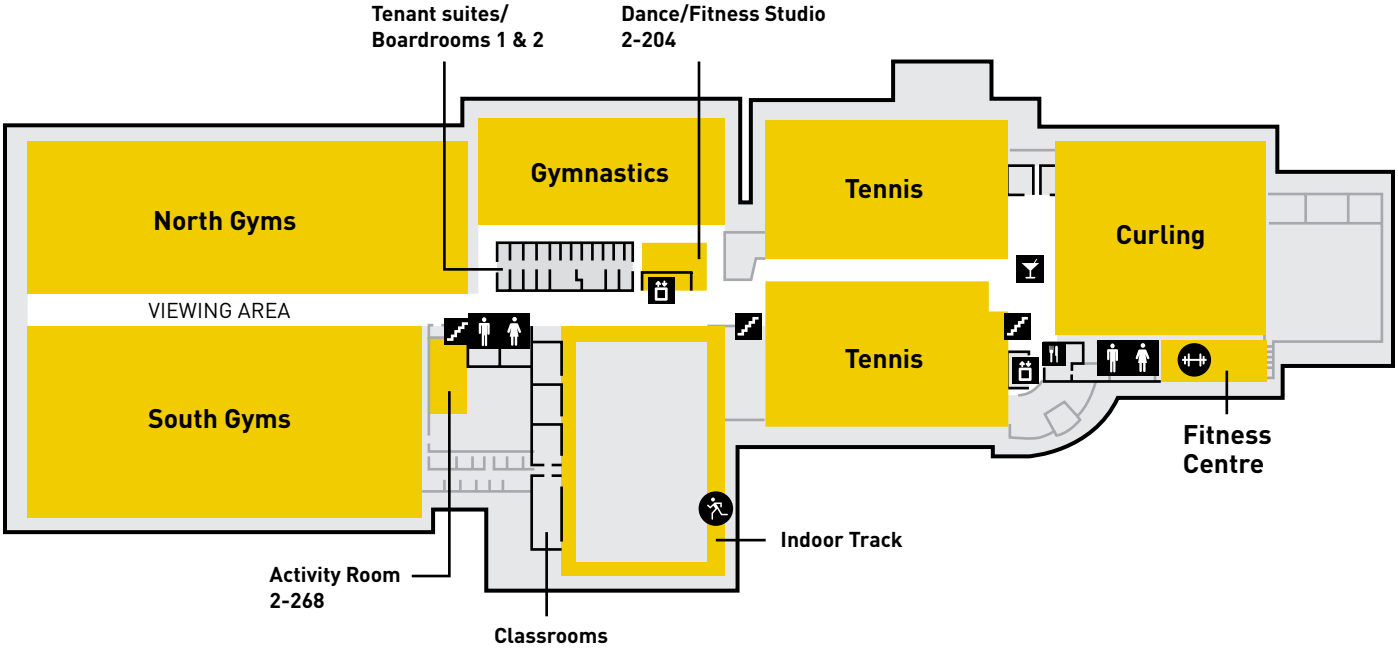
To book a facility for your event please email **scrental@ualberta.ca** or call **780.492.6835.**

SAVILLE COMMUNITY SPORTS CENTRE

LEVEL 1



LEVEL 2



information
first aid
stairs
elevator
food services
bar services
women
men
family

WE ARE CURLING

ADULT PROGRAMS

Smart Start
The Saville Community Sports Centre's Smart Start Program is aimed at adult beginners with a desire to learn the fundamental skills of the game. All equipment is provided. Please come dressed in warm clothing and clean, indoor runners.

Rookie League
The Saville Community Sports Centre's Rookie League offers each team 8 games, plus a private team lesson. It is recommended that participants take at least one session of Smart Start before registering for Rookie League. Registration for the Rookie League is done on an individual basis.

University League
This recreational league is suitable for open, mixed, ladies, and men's teams. At least two players must have a valid ONECard. To register, complete the Team Form: www.savillecentre.ca. Interested in the league, but don't have a team?
Contact Karla Ishida: karla.ishida@ualberta.ca

YOUTH PROGRAMS

U9 Curling
U9 Curling is an ideal way for kids to explore their interest in the sport, and to learn its basic skills in the process. These curlers use specially designed half-weight rocks, which are much easier for them to control. This program offers an age-appropriate blend of fun drills and modified games, and is designed to build the basic skills associated with being a thrower, a sweeper, and a skip.

U12 Curling
U12 Curling is a great way for new curlers to explore their interest in the sport, and for returning ones to continue to improve their skills. This program offers an age-appropriate blend of fun drills and simulated games, and is designed to build the basic skills associated with being a thrower, a sweeper, and a skip.

U15 Individual/Team Program
This program is for U15 curlers with aspirations to excel at the U15 level and beyond. Team program applicants must apply as a team with a coach. For more information on this program, please contact Dana Ferguson at danaf@ualberta.ca.

Days/Time	Dates	Class Type	Code	Room	Cost
Mon 4:00 p.m.-5:45 p.m. Thu 4:00 p.m.-7:00 p.m.	Sept 17-April 4	U15 Individual Program	6378	Saville Community Sports Centre Curling Rink	Participant Fee $995
Mon 4:00 p.m.-5:45 p.m. Thu 4:00 p.m.-7:00 p.m.	Sept 17-April 4	U15 Team Program	6377	Saville Community Sports Centre Curling Rink	Participant Fee $995
Sun 9:15 a.m.-10:45 a.m.	Oct 14–Dec 16	U9 Curling	6374	Saville Community Sports Centre Curling Rink	Participant Fee $176
Sun 11:00 a.m.-12:45 p.m.	Oct 14–Dec 16	U12 Curling	6376	Saville Community Sports Centre Curling Rink	Participant Fee $176
Wed 8:30 p.m.-10:30 p.m.	Oct 17–Dec 12	Smart Start	5954	Saville Community Sports Centre Curling Rink	Participant Fee $184.50
Wed 8:45 p.m.-10:45 p.m.	Oct 17–Dec 12	Rookie League	5956	Saville Community Sports Centre Curling Rink	Participant Fee $184.50

For information on Junior Curling Programs, please visit **www.ualberta.ca/sport-system/our-sports**

WE ARE FIRST AID AND CPR

Campus & Community Recreation offers a variety of Lifesaving Standard First Aid and CPR courses. The courses in this guide are available to all to register, however there is the opportunity to deliver First Aid and/or CPR training directly to your group or team. A minimum of eight individuals is required for these courses. Please email **Brian Bowers** at **bebowers@ualberta.ca** for further information.

Standard First Aid (16 hours)
This two-day course is Alberta Workplace Health and Safety approved and covers comprehensive treatment techniques to manage most common first aid situations.

Lifesaving Standard First Aid provides comprehensive training covering all aspects of first aid and CPR. This course is for those who want an in-depth understanding of first aid such as: medical/legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns and medical emergencies. Lifesaving Standard First Aid includes CPR 'C' and AED certification.

Standard First Aid Recertification (8 hours)
After completion of this course participants will have renewed their Standard First Aid Certification and CPR 'C' (including AED)
Prerequisites:

- Certification must still be valid at the time of recertification
- Certificate must be presented at both registration and to the instructor at the beginning of class

Days/Time	Date	Class Type	Code	Room	Cost
Sat,Sun 9:00 a.m.-5:00 p.m.	Sep 29-30	Standard First Aid	6265	Saville Community Sports Centre Classroom #2 2-235	U of A Student $100 U of A Staff/SCSC Member $120 Public $140
Sat,Sun 9:00 a.m.-5:00 p.m.	Dec 15-16	Standard First Aid	6267	Saville Community Sports Centre Classroom #1 2-233	U of A Student $100 U of A Staff/SCSC Member $120 Public $140
Sun 9:00 a.m.-5:00 p.m.	Sep 16	Standard First Aid Recertification	6268	Saville Community Sports Centre Classroom #1 2-233	U of A Student $70 U of A Staff/SCSC Member $90 Public $100
Sun 9:00 a.m.-5:00 p.m.	Nov 4	Standard First Aid Recertification	6269	Saville Community Sports Centre Classroom #1 2-233	U of A Student $70 U of A Staff/SCSC Member $90 Public $100

WE ARE FITNESS

GROUP FITNESS

Be a joiner! Group fitness classes will keep you consistent with your commitment to exercise. There is a format and an instructor for everybody.

Get in touch with us!

780.492.1701
fitness@ualberta.ca
/UAlbertaFitness

DROP-IN FEES

Type of Pass	U of A Student	U of A Staff/ SCSC Member	Public
Single Pass	$9	$11	$12
10 class card	$81	$99	$108
Unlimited Term Pass*	$225	$275	$300

Prices effective until December, 2018
**Passes valid from September to December, 2018*
Drop-in passes valued at an estimated two classes per week

NEW!
Check out the descriptions for recommendations on complimentary or similar class formats. Use this to explore the wide variety of options with Fitness! Think of it as "Staff Picks" and get to know your Fitness Team.

MIND/BODY FITNESS

Strengthen the connection between your soul and your anatomy. Attend these classes to focus inwards and take some time to disconnect from your day to day.

United Yoga Pilates
Experience the best of Vinyasa-inspired yoga and mat Pilates in one fluid class.

- Develop strength, flexibility, proper range of motion and core stability by linking poses together to the gentle rhythm of your breath

LOVE THIS? LOVE INTENTION: STABILITY AND CORE STRENGTH

Groove Flow Yoga
Turn up the music and zone out - yoga with the pulse of the bass. Vinyasa based practice combined with a soundtrack of upbeat and energizing pop music. Great for anybody who always has a tune running through their head.

Hatha
Postures are practiced with attention to the physical and mental experience while in the poses. Ideal for developing self-awareness and body/mind connection, calming the mind and counteracting stress. Suitable for yogis of all abilities and experience levels.

Yoga for the Inflexible
Improve your athletic performance by pinpointing the common limitations of joint range of motion, as well as targeting stabilizing muscles. While the practice is vigorous, it is completely accessible to all levels of fitness.

- Enjoy the freedom of not competing with the bendy, stretchy seasoned yogis

Drop-In	Days/Time	Dates	Class Type	Code	Location	Cost
▲	Mon 9:00 a.m.-10:00 a.m.	Sep 17-Dec 10 *No class Oct 8*	United Yoga Pilates	5990	Saville Community Sports Centre Activity Room 2-268	U of A Student $84 U of A Staff/SCSC Member $102 Public $114
▲	Mon 5:30 p.m.-6:20 p.m.	Sep 17-Dec 3 *No class Oct 8*	Hatha	6048	Saville Community Sports Centre Activity Room 2-268	U of A Student $77 U of A Staff/SCSC Member $93.50 Public $104.50
▲	Tue 5:00 p.m.-6:20 p.m.	Sep 18-Dec 11	Yoga for the Inflexible	6050	Saville Community Sports Centre Activity Room 2-268	U of A Student $130 U of A Staff/SCSC Member $169 Public $182

MIND/BODY FITNESS

Drop-In	Days/Time	Dates	Class Type	Code	Location	Cost
▲	Wed 7:35 p.m.-8:25 p.m.	Sep 19-Dec 12	Yoga for the Inflexible	6110	Saville Community Sports Centre Activity Room 2-268	U of A Student $91 U of A Staff/SCSC Member $110.50 Public $123.50
▲	Thu 5:05 p.m.-5:55 p.m.	Sep 20-Dec 13	Groove Flow Yoga	6116	Saville Community Sports Centre Activity Room 2-268	U of A Student $91 U of A Staff/SCSC Member $110.50 Public $123.50
▲	Sat 10:00 a.m.-11:30 a.m.	Dec 8	United Yoga Pilates - DOME!	6289	The Dome at Foote Field	Free

OVERALL FITNESS DEVELOPMENT

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

Bootcamp

This is an athletic class that targets all major muscle groups each class to maximize your time. Many different class plans will have you moving and excited to be there while you train intervals, pyramid training and more! Ideal for those who enjoy a less choreographed fitness class.

LOVE THIS? LOVE FUNCTIONAL TRAINING.

Bootcamp-Beginner

Are you getting back into physical fitness or just starting out? This back-to-basics class will give you the energy and the knowledge to follow the path to wellness!

- All exercises can be modified to suit your ability on that day

Sculpt

This total body workout will strengthen and re-shape your legs and abdominals while boosting metabolism for optimum fat torching! Transform the way your body feels, bring beach confidence to everything you do.

- This class may include a cardiovascular component and is safe for all fitness levels

LOVE THIS? LOVE BOOTCAMP.

Silver Strength

Expect to improve balance, coordination and bone density with this group strength class. The movements practiced promise to make everyday activities safer and easier!

- Appropriate and essential for all ages

Walking for Fitness

Join us on the indoor track and improve your fitness in a fun and social environment. Led by knowledgeable instructors, you will learn technical aspects of walking and get individual coaching tips to enhance speed and endurance.

- This class is suitable for all levels of fitness and is open to all levels of walkers, from beginners to power walkers and racewalkers

Drop-In	Days/Time	Dates	Class Type	Code	Location	Cost
▲	Mon 6:35 p.m.-7:25 p.m.	Sep 17-Dec 10 *No class Oct 8*	Sculpt	6132	Saville Community Sports Centre Activity Room 2-268	U of A Student $66 U of A Staff/SCSC Member $78 Public $84
▲	Tue 6:35 p.m.-7:25 p.m.	Sep 18-Dec 11	Bootcamp -Beginner	6039	Saville Community Sports Centre Activity Room 2-268	U of A Student $71.50 U of A Staff/SCSC Member $84.50 Public $91

OVERALL FITNESS DEVELOPMENT

Drop-In	Days/Time	Dates	Class Type	Code	Location	Cost
▲	Wed 6:35 p.m.-7:25 p.m.	Sep 19-Dec 12	Sculpt	6111	Saville Community Sports Centre Activity Room 2-268	U of A Student $71.50 U of A Staff/SCSC Member $84.50 Public $91
▲	Wed 6:30 p.m.-7:50 p.m.	Sep 19-Dec 12	Walking for Fitness	5984	Saville Community Sports Centre Indoor Walking Track	U of A Student $97.50 U of A Staff/SCSC Member $110.50 Public $136.50
▲	Thu 8:50 a.m.-9:45 a.m.	Sep 20-Dec 13	Silver Strength	5986	Saville Community Sports Centre Activity Room 2-268	U of A Student $71.50 U of A Staff/SCSC Member $84.50 Public $91
▲	Thu 12:05 p.m.-12:55 p.m.	Sep 20-Dec 13	Sculpt	6062	Saville Community Sports Centre Activity Room 2-268	U of A Student $71.50 U of A Staff/SCSC Member $84.50 Public $91
▲	Thu 6:05 p.m.-6:55 p.m.	Sep 20-Dec 13	Bootcamp	6105	Saville Community Sports Centre Activity Room 2-268	U of A Student $71.50 U of A Staff/SCSC Member $84.50 Public $91

SPIN

Spin

Ride our Spinner NXT or Real Ryder's in the energetic and motivating environment created by your instructor! Intensity is self-monitored and no inherent coordination is required making cycling classes ideal for new exercisers and Tri-athletes. Find a leader that can bring you through the sweat to the results.

LOVE THIS? LOVE CARDIO ROW.

Spin Core

Combine the cardio blast of a SPIN class with core strength, stability, and joint mobility. Cardio and strength combined for a balanced workout.

LOVE THIS? LOVE ROW HIIT.

Drop-In	Days/Time	Dates	Class Type	Code	Location	Cost
▲	Tue 12:05 p.m.-1:00 p.m.	Sep 18-Dec 11	Spin Core	6133	Saville Community Sports Centre Activity Room 2-268	U of A Student $71.50 U of A Staff/SCSC Member $84.50 Public $91
▲	Wed 5:35 p.m.-6:25 p.m.	Sep 19-Dec 12	Spin	6102	Saville Community Sports Centre Activity Room 2-268	U of A Student $71.50 U of A Staff/SCSC Member $84.50 Public $91
▲	Thu 7:05 p.m.-7:50 p.m.	Sep 20-Dec 13	Spin Core	6117	Saville Community Sports Centre Activity Room 2-268	U of A Student $71.50 U of A Staff/SCSC Member $84.50 Public $91
▲	Sat 9:00 a.m.-9:55 a.m.	Sep 22-Dec 15 *No class Oct 6*	Spin Core	6126	Saville Community Sports Centre Activity Room 2-268	U of A Student $66 U of A Staff/SCSC Member $78 Public $84

ZUMBA®

Zumba®

Interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

- Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

LOVE THIS? LOVE POUND!™

Drop-In	Days/Time	Dates	Class Type	Code	Location	Cost
▲	Wed 7:30 p.m.-8:20 p.m.	Sep 19-Dec 12	Zumba®	6057	Saville Community Sports Centre Activity Room 2-268	U of A Student $71.50 U of A Staff/SCSC Member $84.50 Public $91

INDIVIDUAL FITNESS TRAINING AND NUTRITION

INDIVIDUAL FITNESS TRAINING

Semi-Private Fitness Training (2 people)
Two is better than one! Grab your workout buddy and save with semi-private personal training.

- Work toward your goals together with the help of a Certified Personal Trainer
- Customized approach and focus on exercise technique, movement efficiency and effective exercise performance

10 hours *U of A Student* $260 / U of A Staff & Monthly member* $310 / Public* $340*
20 hours *U of A Student* $460 / U of A Staff & Monthly member* $580 / Public* $640*

**Price per person*

Semi-Private Fitness Training (3-5 People)
No crowd here in semi-private fitness training sessions. Come together and share the benefits of working with a Certified Personal Trainer while engaging in some fun and social physical activity.

- Focus on exercise technique, movement efficiency and effective exercise performance
- Sessions customized to the needs of the group and modified for the individual

10 hours *U of A Student* $150 / U of A Staff & Monthly member* $180 / Public* $200*
20 hours *U of A Student* $270 / U of A Staff & Monthly member* $330 / Public* $360*

**Price per person*

Personal Training
Get one-on-one attention with a Certified Personal Trainer. Focus on specific exercise techniques to help you achieve your fitness and health goals.

- Sessions are based on the individual's goals and suitable for all exercise levels
- Customized approach to assessment and program design for continuous results

3 hours *U of A Student* $135 / U of A Staff & Monthly Member* $162 / Public* $183*
5 hours *U of A Student* $225 / U of A Staff & Monthly Member* $270 / Public* $305*
10 hours *U of A Student* $400 / U of A Staff & Monthly Member* $480 / Public* $540*

**Price per person*

Is it true that University staff and/or Graduate students get free personal training?
Yes! As a staff member or graduate student at the University of Alberta you get two hours of personal training and nutrition services. These services are part of your health benefits! To find out more information call 1.800.663.1142

How do I get started?
Fitness Assessments, Nutrition Services and Personal Training packages can be purchased at our Customer Service Centres. Visit in person or call 780-492-1000.

What if I can't make my session?
To cancel your personal training session we require the courtesy of 24 hours' notice so that we can ensure we are able to reschedule your session for your convenience.

I've paid my fees and I am ready to get started, what do I do now?
Please allow us up to 5 business days to get you set up with a personal trainer, we want to ensure you are happy and will aim to match you with the most suitable trainer for your needs and goals.

I'd like to take a break from my personal training sessions to train on my own, how long do I have before my sessions expire?
All Nutrition sessions, Individual and Semi-Private Fitness Training sessions expire 1 year after the purchase date. Special considerations may be made on an individual case basis if medical considerations apply.

**Please Note: Refunds will not be granted for any packages or personal training services after second session has been completed*

If you are looking for more specific services in the form of assessment and performance training, please contact fitness@ualberta.ca or check out page 44 in the North Campus section.

Get Started Fitness Plan

U of A Student $75 / U of A Staff & Member $90 / Public $100

Whether you are new to fitness training or just coming back from a long hiatus, this session is perfect for getting you back on track.

- In this 90 minute session, a Certified Personal Trainer will help you identify your goals, take you through a basic fitness assessment and get you orientated to our fitness centre

Program Design

U of A Student $142 / U of A Staff & Member $170 / Public $189

Our Certified Personal Trainer will build you a comprehensive and individualized fitness plan that will help support your individual fitness goals.

- 1 hour consultation and assessment
- 90 minute exercise technique and program delivery session

Youth in Action

Public $42

This course will teach youth the safe techniques of exercising in a fitness centre and provide a basic understanding of the importance of physical activity.

- This course includes a 1 hour fitness centre orientation and a 1 month youth membership, set up at the time of completion
- Completion of this course will allow youth ages 12-15 to use the fitness centre without the supervision of an adult 18+

YOUTH PROGRAMS

SPORTBALL™

Sportball™ helps children aged 16 months to 5 years develop socially and physically, through lesson plans designed to reinforce self-confidence free from the pressure of competition. In our programs children are provided with a skills-driven, high-energy and fun-filled curriculum.

Sportball™ Junior (Ages 16–24 months)
This course is a perfect introduction to Sportball™. Children and parents participate together in sports, creative games, songs and more. Although these programs focus more on exploration, children are introduced to a different sport each week. Parents are encouraged to participate with their child and challenge them according to their skill level.

Sportball™ Explore Sport (Ages 2–3.5 years)
This course focuses on building skills and playing games in a fun, creative and non-competitive environment. Parents are encouraged to participate with their child and challenge them according to their skill level. Coaches will help them understand teaching techniques that can be applied outside of Sportball™ classes.

Sportball™ Physical Literacy (Ages 3.5–5 years)
Developing physical literacy early in life prepares children for future success in any sport they choose. This course is designed to improve agility, flexibility and endurance while teaching fundamental movement skills in a supportive environment. Coaches will lead your child through developmentally appropriate exercises and cooperative play!

Sportball™ Multi-Sport (Ages 3.5–5 years)
Introduce your preschooler to the concepts and skills involved in the eight core sports of Sportball™ methodology. Coaches reinforce the benefits of teamwork and skill development, enabling children to gain confidence and social skills necessary for success.

Days/Time	Dates	Class Type	Code	Location	Cost
Wed 9:45 a.m.-10:30 a.m.	Sep 19-Dec 5	Sportball™ Explore Sport	6143	Saville Community Sports Centre Activity Room 2-268	$186
Sun 10:50 a.m.-11:35 a.m.	Sep 16-Dec 9 *No class Oct 7*	Sportball™ Explore Sport	6142	Saville Community Sports Centre Activity Room 2-268	$170.50
Sun 11:45 a.m.-12:30 p.m.	Sep 16-Dec 9 *No class Oct 7, Nov 11*	Sportball™ Explore Sport	6141	Saville Community Sports Centre Activity Room 2-268	$170.50
Sun 9:00 a.m.-9:45 a.m.	Sep 16-Dec 9 *No class Oct 7, Nov 11*	Sportball™ Junior	6136	Saville Community Sports Centre Activity Room 2-268	$170.50
Wed 9:00 a.m.-9:45 a.m.	Sep 19-Dec 5	Sportball™ Junior	6138	Saville Community Sports Centre Activity Room 2-268	$186
Sun 9:55 a.m.-10:40 a.m.	Sep 16-Dec 9 *No class Oct 7, Nov 11*	Sportball™ Junior	6137	Saville Community Sports Centre Activity Room 2-268	$170.50
Wed 10:30 a.m.-11:25 a.m.	Sep 19-Dec 5	Sportball™ Multi Sport	6140	Saville Community Sports Centre Activity Room 2-268	$186
Sun 3:05 p.m.-4:00 p.m.	Sep 16-Dec 9 *No class Oct 7, Nov 11*	Sportball™ Multi Sport	6139	Saville Community Sports Centre Activity Room 2-268	$170.50
Sun 2:05 p.m.-3:00 p.m.	Sep 16-Dec 9 *No class Oct 7, Nov 11*	Sportball™ Physical Literacy	6135	Saville Community Sports Centre Activity Room 2-268	$170.50

RECHARGE

your wellness, for a better you.

uofa.myvivaplan.com

MY MIND

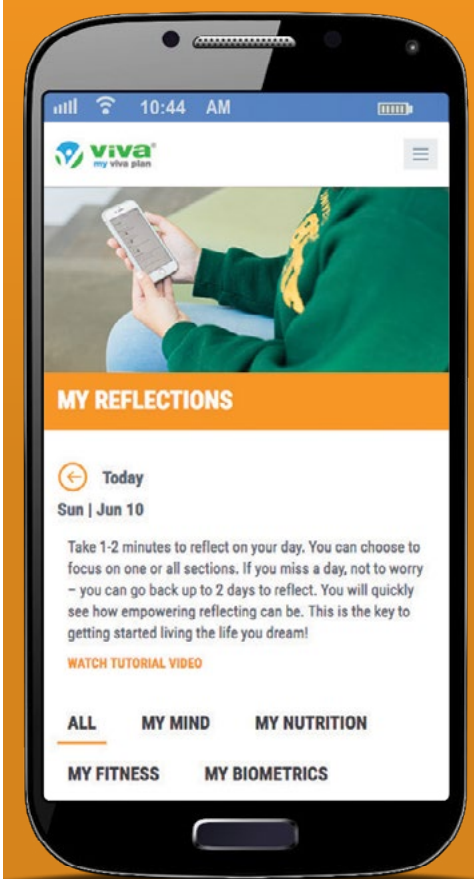
- **DAILY REFLECTIONS** – Reflecting on your daily actions can help you learn where you are and will help you get to where you want to be.
- **GOAL SETTING & TRACKING** – Set and keep track of your short term and long term goals, all on your terms.

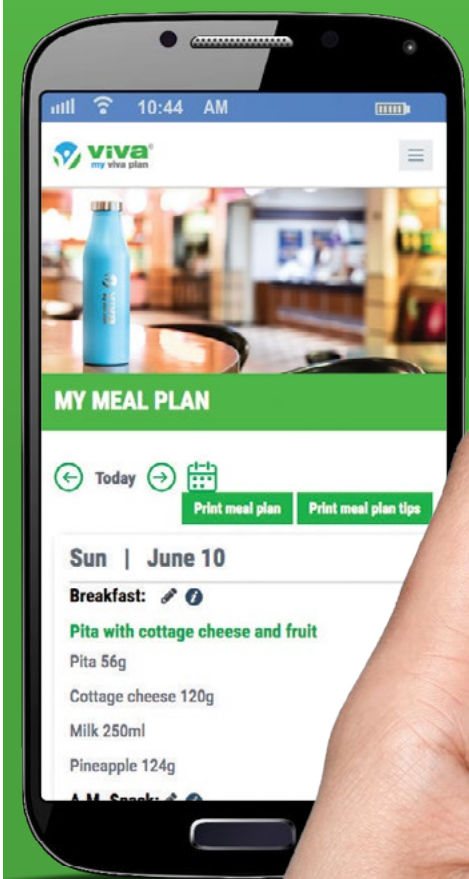
MY NUTRITION

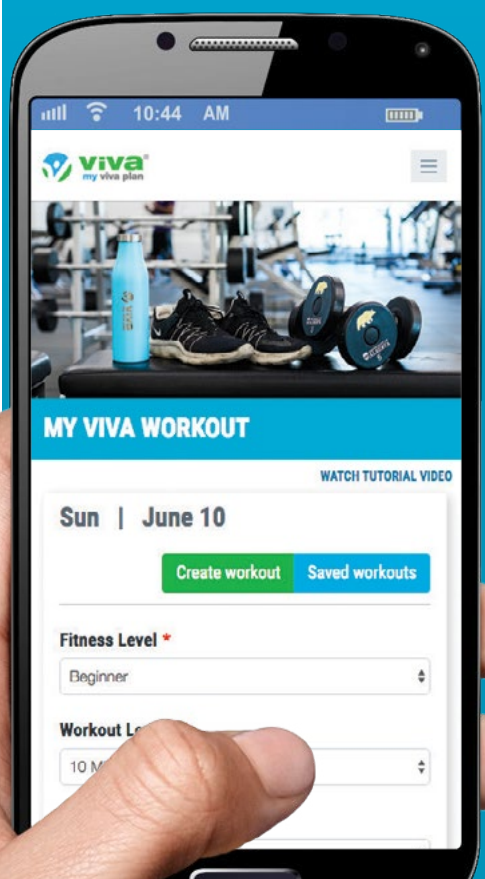
- **CUSTOM MEAL PLANS** – We create your very own nutritionist-approved meal plan or create one for yourself with perfect portions every time.
- **GROCERY LISTS** – After we've perfected your meal plan, get exactly what you need with your customized grocery list.

MY FITNESS

- **YOGA & MEDITATION PRACTICES** – Unwind and loosen up with one of our unique practices.
- **ON-DEMAND WORKOUTS** – Anywhere you have your device, move your body with our on-demand work-outs. Powered by U of A Campus & Community Recreation.







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FITNESS

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