



Let's get social!   [slsfamilysportscentre.com](http://slsfamilysportscentre.com)

# Program Guide Winter 2019



Our Vision: We inspire and provide opportunities to enhance the well-being of our community

Photo Credit: Morgan Muise

800 Griffin Road East, Cochrane AB T4C 2B8  
403-932-1635, [www.slsfamilysportscentre.com](http://www.slsfamilysportscentre.com)

Revised November 29, 2018

# About Us

Spray Lake Sawmills Family Sports Centre (SLS FSC) offers a variety of recreation facilities, programs and services for all ages and abilities. We are the place to go in Cochrane when looking to be active while having fun!

## SLS FSC includes a variety of facilities for guest enjoyment

- Fireside of Cochrane Fitness Centre
- Jayman BUILT Aquatic Centre
- Curling Centre
- Garmin Indoor Track
- Spin Room
- Program Rooms for fitness classes
- Martial Arts Studio
- Mind & Body Studio
- 4 NHL Sized Arenas (Totem 1, 2, 3 & Cochrane Arena offsite)
- Philergos Indoor Turf
- Double Gymnasium
- Climbing Centre
- Child Minding Room
- Meeting Rooms
- Birthday Party Rooms
- Free Parking



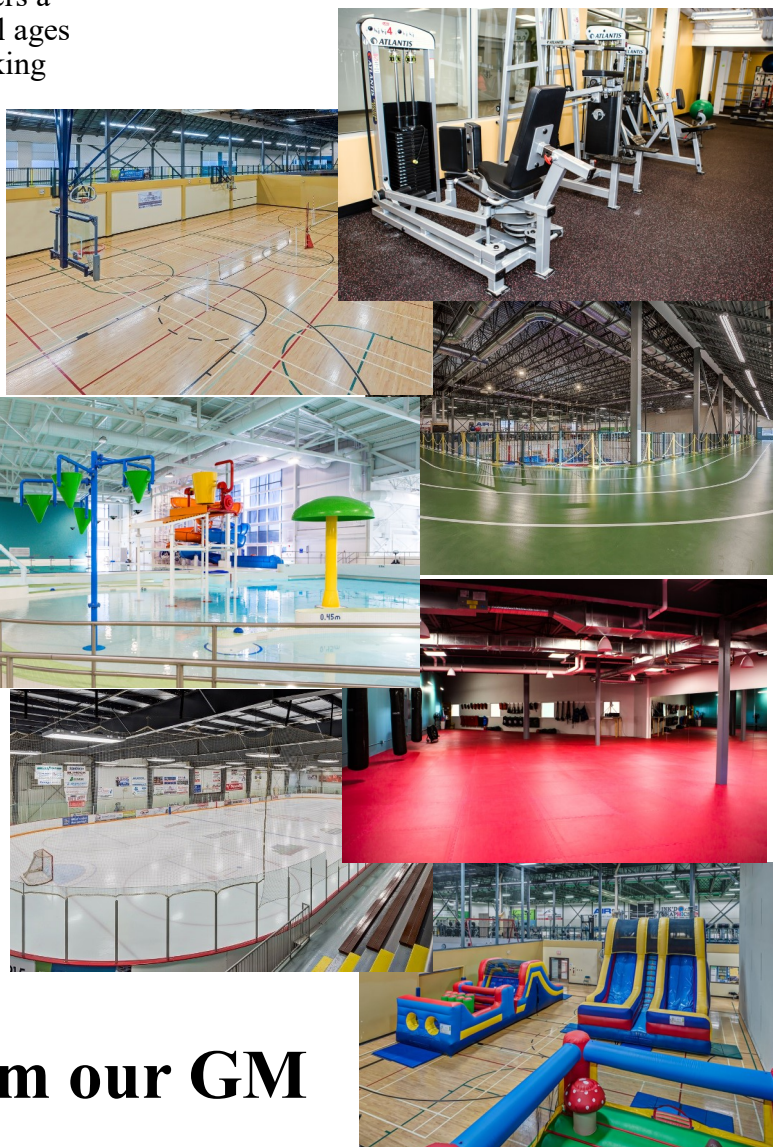
## Message from our GM

I hope you had a wonderful Christmas season spending time with family and friends.

As we enter a new year, our thoughts often turn to our health and wellness. The Spray Lake Sawmills Family Sports Centre (SLS FSC) has many programs and services to support your goals of a healthy lifestyle. I encourage you to review the SLS FSC program guide and related services to determine what is best for you. If you have any questions, please reach out to one of our friendly staff.

On behalf of the SLS FSC staff, I wish you and yours all the best in 2019!

Sincerely,  
Adrian Sakundiak  
Interim General Manager



# Membership Rates



## Memberships

A family is up to 2 adults plus youth (2-17 years) who are living at the same address. To receive Young Adult/Senior rates, valid ID is required for every transaction.

	<b>Family</b> <b>2 Adults</b> <b>+ Youth</b>	<b>Youth</b> <b>2-17</b>	<b>Young Adult</b> <b>18-25</b>	<b>Adult</b> <b>26-59</b>	<b>Senior</b> <b>60+</b>
<b><u>Facility Wide</u></b> Membership includes Fitness & Aquatics.					
<b>Annual:</b>	\$1309	\$385	\$495	\$660	\$495
<b>Continuous:</b>	\$119	\$35	\$45	\$60	\$45
<b>Monthly Pass:</b>	\$142	\$42	\$54	\$72	\$54

**Fitness** Membership includes all dry & ice drop-in activities, fitness classes, fitness centre, track and climbing centre.

<b>Annual:</b>	\$1023	\$275	\$330	\$583	\$330
<b>Continuous:</b>	\$93	\$25	\$30	\$53	\$30
<b>Monthly Pass:</b>	\$112	\$30	\$36	\$63	\$36

**Aquatics** Membership includes the pool, outdoor splash park & wet drop-in classes. Swimming lessons **excluded**.

<b>Annual:</b>	\$880	\$275	\$330	\$495	\$330
<b>Continuous:</b>	\$80	\$25	\$30	\$45	\$30
<b>Monthly Pass:</b>	\$96	\$30	\$36	\$54	\$36

\*Annual memberships must be paid in full at time of purchase. Banking information is required for automatic monthly payments (minimum 3 month commitment, cancelled with 1 month's written notice).\*

- Annual memberships must be paid in full at time of purchase.
- Continuous memberships are subject to a minimum 3 month commitment. Banking details are required for automatic monthly payments (cancelled with 1 month's written notice).
- Child Minding is FREE with Annual and Continuous memberships (restrictions do apply).
- Summer bouncers are included with FAMILY and YOUTH Annual & Continuous memberships for the Facility Wide and Fitness memberships only.
- **A monthly pass is not considered a membership.**

For schedules and more information on rates and membership options, contact Guest Services at (403) 932-1635 ex 222, or visit [www.slsfamilysportscentre.com](http://www.slsfamilysportscentre.com)



# Drop in Rates

A family is 2 adults plus youth (2-17 years) who are living at the same address.

\*To receive Young Adult/Senior rates valid ID is required for every transaction.

	<b>Family</b> <b>2 Adults</b> <b>+ Youth</b>	<b>Youth</b> <b>2-17</b>	<b>Young Adult</b> <b>18-25</b>	<b>Adult</b> <b>26-59</b>	<b>Senior</b> <b>60+</b>
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**Facility Wide** Includes unlimited access to all drop-in activities.

<b>Day Pass:</b>	\$32	\$12	\$16	\$20	\$16
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## Aquatics/ Climbing/ Fitness (Including Ice Programs)

<b>Single Drop-in:</b>	\$20	\$5	\$8	\$12	\$8
<b>10x Usage Pass:</b>	\$180	\$45	\$72	\$108	\$72

Aquatic Centre: Children 8 years or older will be permitted into the Jayman BUILT Aquatic Centre without a responsible person. Children under 8 years of age will require a responsible person (16+) actively supervising and within arms reach. Children under 3 years old must wear a waterproof pool pant over a swim diaper.

Climbing Centre (Ages 4+ ): Children ages 4-13 years must be supervised by an adult. Clean, closed toed shoes are mandatory. Waiver required by legal guardian.

Fitness Centre: Users of the Fireside of Cochrane Fitness Centre must be 12 years or older. Users between 12 and 17 must first go through an orientation.

## Public Skating

<b>Single Drop-in:</b>	\$12	\$3	\$3	\$3	\$3
<b>10x Usage Pass</b>	NA	\$30	\$30	\$30	\$30

## Track

<b>Single Drop-in:</b>	NA	\$3	\$3	\$3	\$3
<b>10x Usage Pass</b>	NA	\$30	\$30	\$30	\$30

## **Bouncers**

	<u>Child (2-10)</u>
Kid Zone Bouncers:	\$5
Kid Zone (Summer):	\$7
Kid Zone Summer 10x pass:	\$65

**Child Minding is FREE with memberships**  
(restrictions do apply)

**Non-Member Child Minding Rates**

	<u>3-35 Months</u>	<u>3-7 Years</u>
1 Hour	\$6	\$5
1.5 Hours	\$8	\$7

For schedules and more information on rates and membership options, contact Guest Services at (403) 932-1635 ex 222, or visit [www.slsfamilysportscentre.com](http://www.slsfamilysportscentre.com)



# Child Minding

Our Child Minding Centre is a value-added service for our members who are the parents of children 3 months to 7 years. Take a fitness class, participate in a drop-in activity, go swimming or workout in the Fitness Centre, while your children are supervised by our caring staff.

As a courtesy to other members, Child Minding services are limited to a maximum of 1.5 hours per family 3 times a week. If you would like to use Child Minding more than 3 times a week, you will pay an additional fee of \$5.00 per family (not per child), per session. Parents are required to stay inside the building, while we are caring for your child(ren). Parents include biological, step, and adoptive parents.

## First Come, First Served

To increase access to our members, we are discontinuing pre-booking. We have found that we are turning away too many members, only to end up having last minute cancellations and unused Child Minding spaces at peak times.

## Snack Policy

If you could please only send dry snacks (no yogurt or applesauce), we would appreciate it! We are also a nut-free facility.

## Sickness

If your child is not feeling well, please do not use our Child Minding service to prevent the spread of illness to other children.

## Child Minding Hours

Monday to Friday 8:00am-2:30pm

Monday to Thursday 4:00-8:00pm

Each child we care for is required to have a completed Child Minding Release form on file. Please inquire at Child Minding for more details.

<b>Non-Member Child Minding Rates</b>			
<b>3-35 Months</b>		<b>3-7 Years</b>	
<b>1 Hour</b>	<b>\$6</b>		<b>\$5</b>
<b>1.5 Hours</b>	<b>\$8</b>		<b>\$7</b>

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## Hours of Operation

Regular Facility Hours of Operation

Mon-Sun 6:00am to 10:00pm

Fitness Centre Hours of Operation

Mon-Sun 6:00am to 10:00pm

Pool Hours of Operation

Mon-Sun 6:00am to 9:30pm

## Holiday Hours

Posted prior to each holiday.

Please call 403-932-1635 ex 222 for more information.



Like us on Facebook for updated information!



# Just for Kids/ Youth

## Archery (Drop-in Program)

**Ability Level: All**

A qualified staff member will be on hand to assist beginners and recreational archers learn the basics. Equipment is provided and will be the only equipment permitted. Outside bows and arrows will not be allowed.

Jan 7-Mar 31      Tues/Thur      3:45-4:45pm      7-14 years      Cody

## NEW Baby & Me Cardio Dance (Registered Program)

**Ability Level: All**

This low impact class is perfect for the mom who wants to move and groove with baby in a front carrier. Tracey & Alison will lead you in a fun fitness dance class while baby sways along with you. Your baby should be at least four months old and be able to control their head while in a front carrier.

Jan 15-Mar 5      Tues      9:30-10:15am      Tracey/Alison

Member Price: \$64

Non-member Price: \$96

8 classes

## NEW Bully Proof (Drop-in Program)

**Ability Level: All**

We start off by teaching how to be aware of your surrounding and how to keep yourself safe. From there we move into learning how to protect yourself from the ground and how to quickly get back to your feet. We learn how to throw proper punches and kicks and how to defend against a punch or a kick, if we need to. We will act out situations that may happen at school, on a bus, or out with your friends.

Jan 12-Mar 30      Sat      11:45am-12:45pm      9-16 years      Brian

## NEW Fit Kids Yoga (Drop-in Program)

**Ability Level: All**

The Fit Kids program is designed to encourage whole body exercise, including development in strength, flexibility and coordination. Classes are structured but not rigid so that children can channel their physical energy through exercise, games, songs and yoga. This is also a great opportunity for the parents and caregivers to exercise/workout while your little ones are in an active, safe and fun environment!

Jan 7-Mar 31      Mon      10:30-11:30am      2-6 years      Dyana

## Kids Yoga (Drop-in Program)

**Ability Level: All**

In this class students will explore yoga poses in a story-like fun way to build confidence, strength, concentration, and compassion. Breathing techniques will also be taught as a tool to learn focus, awareness, and control of emotions.

Jan 7-Mar 31      Wed      4:30-5:30pm      5-12 years      Emma

## NEW Little Ninjas (Drop-in Program)

**Ability Level: All**

We introduce your little ninjas to the world of martial arts. We start by teaching the basics including how to properly roll and how to throw proper punches. We teach in a fun and exciting environment where our main focus is to have a great time having fun.

Jan 12-Mar 30      Sat      10:30am-11:30pm      4-8 years      Brian

## NEW Multi-Sport Parent & Child (Registered Program)

**Ability Level: All**

In our Parent & Child class, children are introduced to the fundamental skills associated with 4 different sports. Structured around a play-based curriculum, these classes are a fantastic kick-start for an active life.

Jan 10-Mar 28      Thu      10:00-11:00am      2-5 years      Killian

Member Price: \$40

Non-member Price: \$60

12 classes

# Just for Kids/ Youth

## NEW Multi-Sport 6-8 (Registered Program)

**Ability Level: All**

Children learn the fundamentals of 4 sports in a non-competitive setting, teaching a new skill from a different sport every 3 weeks. Give your child a well-rounded sports-base that leaves room for specialization.

Jan 8-Mar 26 Tue 4:00-5:00pm 6-8 years Killian

Member Price: \$40

Non-member Price: \$60

12 classes

## NEW Multi-Sport Sport 9-12 (Registered Program)

**Ability Level: All**

Children learn the fundamentals of 4 sports in a non-competitive setting, teaching a new skill from a different sport every 3 weeks. Give your child a well-rounded sports-base that leaves room for specialization.

Jan 8-Mar 26 Tue 5:00-6:00pm 9-12 years Killian

Member Price: \$40

Non-member Price: \$60

12 classes

## Secret Ninja Training (Registered Program)

**Ability Level: All**

In this fun class you will learn how to be a secret ninja by using martial arts basics to navigate through obstacle courses. We will be utilizing various equipment like nunchuks, the Climbing Centre and archery tag. You will earn a headband to take your ninja look to the next level.

Jan 16-Mar 13 Wed 4:30-5:30pm 9-12 years Marion/Alison

Member Price: \$68

Non-member Price: \$96

8 classes.

## Youth Bootcamp (Drop-in Program)

**Ability Level: All**

During our Youth Bootcamp, youth will learn how to workout safely while completing a variety of fun activities. Since this class is designed specifically for youth in mind, all activities are appropriate for their developing bodies.

Jan 7-Mar 31 Tues/Thur 4:30-5:30pm 7-12 years Jessica

## Zumba Kids Jr<sup>®</sup> (Drop-in Program)

**Ability Level: Beginner-Intermediate**

Perfect for our younger Zumba<sup>®</sup> fans! Kids 3-5 years olds get to jam to music.

Jan 7-Mar 31 Thur 12:05-12:50pm 3-5 years Alison

## Zumbini<sup>®</sup> (Registered Program)

**Ability Level: Beginner-Intermediate**

Created by Zumba<sup>®</sup> and BabyFirst for kids ages 0-4, the Zumbini<sup>®</sup> program combines music, dance and educational tools for 45 minutes of can't stop, won't stop bonding, learning, and fun. Included is the Zumbini Bundle with songs, songbook and a plush toy which you can take home after. This session is "No Way Jose".

Jan 15-Mar 5 Tues 12:45-1:30pm 0-4 years Tracey

8 classes. Member \$64-Non-member \$96 per child

Jan 16-Mar 6 Wed 10:45-11:30am 0-4 years Alison

8 classes. Member \$64-Non-member \$96 per child

Jan 12-Mar 9 Sat 11:30am-12:15pm 0-4 years Alison

8 classes. Member \$64-Non-member \$96 per child. No class Family Day weekend.

**Swimming, Karate** See pages 21 and 14.

**Learn to Climb (Registered Program).** See page 19.

# Just for Kids/ Youth

## Archery Tag (Drop-in Program)

Take paintball to the next level with Archery Tag! This game combines bows and arrows with humans (and stationary objects) as targets. What a great way to de-stress from your busy week! Don't worry though, the arrows have large marshmallow like tips and you'll be wearing safety gear, so injury isn't likely. Challenge your friends to fun.

Jan 12	Saturdays	7:30-8:45pm	8-16 year	\$5 or free with a Facility Wide or Fitness Membership
Feb 2	Saturdays	7:30-8:45pm	8-16 years	\$5 or free with a Facility Wide or Fitness Membership
Mar 16	Saturdays	7:30-8:45pm	8-16 years	\$5 or free with a Facility Wide or Fitness Membership

## Bouncers (Drop-in Program)

Bring the kids in for a bounce on our giant inflatables in the Kids Zone Bouncers. Socks are recommended for bouncer activities. **\*Parental supervision is required whenever your children are enjoying the bouncers.**

Starting Jan 7	Mon	10:00am-12:00pm, 12:15-2:15pm, 2:30-4:30pm	2-5 years
Starting Jan 6	Sun	10:00am-12:00pm, 12:15-2:15pm, 2:30-4:30pm	2-10 years

Note: Saturday sessions are scheduled around exclusive birthday party bookings. Please check the online schedule.

## Family Gym (Drop-in Program)

Enjoy time dedicated for families to use the gym to play and be active. A wide variety of equipment will be out.

Jan 7-Mar 31	Sat	5:00-6:45pm	\$5 or free with a Facility Wide or Fitness Membership
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## Family Playtime (Drop-in Program)

Playtime is targeted to parents and their preschoolers to use the gymnasium to play and be active. A wide variety of age appropriate equipment will be out to choose from for families.

Jan 7-Mar 31	Wed	1:00-2:15pm	\$5 or free with a Facility Wide or Fitness Membership
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## Youth Night (Drop-in Program)

Youth Night is designated for 10-16 year olds. Amongst other activities we make available, we will inflate the bouncers so you can have some fun doing something you've outgrown. Parents, these nights are considered a regular drop-in activity, so we are not responsible for your youth. Our terms and conditions apply.

Jan 26	Saturday	7:00-9:00pm	10-16 years	\$5 or free with a Facility Wide or Fitness Membership
Feb 23	Saturday	7:00-9:00pm	10-16 years	\$5 or free with a Facility Wide or Fitness Membership
Mar 30	Saturday	7:00-9:00pm	10-16 years	\$5 or free with a Facility Wide or Fitness Membership

All of our **Birthday Party Packages** include time in one of our facilities followed by one hour in one of our Birthday Rooms for cake and presents! Our friendly staff will show you to your party location and complete all of the set up and clean up for you. Whether it's the pool, bouncers, climbing centre, gym, turf or ice, a party at SLS FSC is sure to be one you'll remember!

**For pool parties, call 403-932-1635 ex 241 or email [aquaticbookings@slsfsc.com](mailto:aquaticbookings@slsfsc.com).**

**For all other parties call 403-932-1635 ex 232 or email [bookings@slsfsc.com](mailto:bookings@slsfsc.com).**



# 50 + and Special Programs

## Active Forever (Drop-in Program)

**Ability Level: All**

This fitness class is geared to adults 55 years and older. Our instructors and facility provide a supportive, safe environment to help improve our participants' fitness condition including endurance, strength, flexibility, and balance. Join a fun group of dedicated adults who want to be active and fit forever!

Jan 7-Mar 31      Tues/Thurs      10:30-11:30am      55+      Alison

## Alberta Healthy Living (Registered Program through Alberta Health Services)

**Ability Level: Beginner**

This is a great program to learn about safe ways to exercise and self-management skills for chronic medical conditions monitored by Alberta Health Services staff and SLS FSC fitness leaders. No doctor's note is required. You can register by calling 403- 9HEALTH (943-2584). A one-on-one assessment will be provided and if this isn't the program for you, the Alberta Healthy Living staff will help to point you in the right direction.

For more information visit: [www.albertahealthservices.ca/livingwellcalgary.asp](http://www.albertahealthservices.ca/livingwellcalgary.asp)

Ongoing      Tues/Thurs      10:30-11:30am      All ages      Jo-anne/ Jessie/ Janet

**To register and for more information please contact AHS**

## Keep Going (Drop-in Program)

**Ability Level: Beginner**

Do you have a chronic condition or joint problem that makes it impossible to participate in boot camps? Have you been through the Alberta Healthy Living program, but want more? If you have said yes to either of these, this may be the class for you. Come and work on joint stability and functional movements that help you in your daily tasks as well as strength training with small weights, bands or machines (depending on the participants) and cardio machines.

Jan 7-Mar 31      Tues/Thurs      10:30-11:30am      55+      Jo-Anne

## Move it or Lose it 55+ (Drop-in Program)

**Ability Level: All**

Whether you are 50 or 80 this training is for you. Over the course of our lives it is easy to develop improper and unsafe movement patterns that do not serve us well into our senior years. Whether you are healthy and want to prevent problems or you have a chronic condition such as arthritis, osteoporosis, or post rehab joint issues, this class will accommodate your needs and give you the foundation to move safely in your other classes and daily activities. This class will focus on Joint Stability, Functional Movements, Range of Motion, Posture, Balance and Coordination.

Jan 7-Mar 31      Tues/Thur      9:00-10:00am      55+      Jo-anne

## Movers and Shakers (Movement Disorders or Mobility Issues)

**Ability Level: All**

Do you have a movement disorder or a chronic condition that makes moving a challenge? Are regular exercise classes not possible for you to participate in? Your disease or challenges do not have to define who you are or what you do. Don't let your challenges stop you from enjoying life to the fullest. We will work on specific Movement Patterns, Muscle Stability and Mobility, Range of Motion, Balance and Fall Prevention, Cognitive Functioning, Stress Management, as well as Gentle Strength Training and Cardio, using a variety of techniques such as Boxing, Chair Aerobics, Games/Sports, and Dance.

Jan 7-Mar 31      Mon/Wed/Fri      1:00-2:00pm      Any age      Jo-anne

## Zumba® Gold Toning (Drop-in Program)

**Ability Level: All**

Zumba® Gold-Toning blends the Zumba® party you love at a slower pace with a redefining total body workout using Zumba® Toning Sticks to shake up those muscles! This class is tailored for active older adults, who want to focus on muscle conditioning and light weight activity, but all ages are welcome!

Jan 7-Mar 31      Thurs      10:30-11:30am      12+      Tracey

# Fitness Classes - Strength & Endurance

## Beginner Bootcamp (Drop-in Program)

**Ability Level: Beginner**

Beginner Bootcamp is the ideal class for those looking to break a sweat, tone the body, and burn some extra calories – without a lot of joint-jarring, high impact moves. We will start off easy, learning the bootcamp basics in a friendly and social setting. This class will introduce many types of exercises using a variety of equipment and is designed to build strength through fun and active drills.

Jan 7-Mar 31      Mon/Wed/Fri      10:30-11:30am      12+      Jo-anne

## Beginner Spin (Drop-in Program)

**Ability Level: Beginner**

Spinning is a challenging and fun way to improve cardiovascular fitness! This class will introduce the beginner spinner to new concepts in a fun and non-judgemental environment. Extra time will be spent on each drill to ensure you understand the body mechanics and intensity required to keep you spinning for life.

Jan 7-Mar 31      Tues      6:00-6:45pm      12+      Alison

## Body Shred (Registered Program)

**Ability Level: All**

Jillian Michaels BODYSHRED is a high intensity 3-2-1 interval workout: 3 min strength, 2 min cardio, 1 min abs!

Jan 7-Mar 25      Mon      12:10-12:50pm      12+      Donnella/Gerri

11 classes. No class Family Day. Member \$66. Non-member \$99.

Jan 9-Mar 27      Wed      12:10-12:50pm      12+      Donnella/Gerri

12 classes. Member \$72. Non-member \$108.

## Bootcamp (Drop-in Program)

**Ability Level: All**

Bootcamp is a combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. You get EVERYTHING you need!

Jan 7-Mar 31      Thur/ Sat      9:15-10:15am      12+      Jessie/Trish

## NEW Brick (Registered Program)

**Ability Level: Inter/Advanced**

Commit to this triathlon inspired, 1.5 hour class that focuses on indoor cycling in the studio and running on the track or treadmills. Each week offers a different pattern of working out between the two disciplines to develop strength and endurance. At the end of this workout, your legs will feel like bricks!

Jan 15-Mar 26      Tues      6:00-7:30pm      12+      Shelley

11 classes. Member \$132. Non-member \$198.

Jan 17-Mar 28      Thur      9:00-10:30am      12+      Stephanie

11 classes. Member \$132. Non-member \$198

## NEW Cardio Core (Drop-in Program)

**Ability Level: All**

Ready to take your core routine beyond crunches and sit ups? This class will incorporate cardio moves that will get our heart racing and coaching tips on how to keep your torso engaged in each movement. Get ready to learn how to use weights and other equipment to help sculpt the midsection you've been after.

Jan 7-Mar 31      Wed      6:15-7:00am      12+      Shelley

## Core Fit (Drop-in Program)

**Ability Level: All**

In this class we will target all the aspects of your core (abdominals, lower back, hips and glutes), to help build a strong base of support for all your daily activities. Every class uses a few different pieces of equipment and your own body weight. Please bring your yoga mat.

Jan 7-Mar 31      Fri      9:00-10:00am      12+      Jessie

# Fitness Classes - Strength & Endurance

## Extreme Bootcamp (Drop-in Program)

**Ability Level: Advanced**

This is an advanced class! To enter this class you must be able to run. If you are ready to take your fitness to the next level, then this is the class for you! This class is a high intensity workout which combines cardio, muscle endurance, core and functional movement patterns with little to no rest.

Jan 7-Mar 31      Mon/Wed/Fri      9:15-10:15am      12+      Stephanie

## Groovy Spin (Drop-in Program)

**Ability Level: All**

Do this fun spin workout, keeping the beat with your legs, while doing fun arm movements to upbeat music. Come ride along to the classics.

Jan 7-Mar 31      Thur      10:30-11:15am      12+      Marion

## HIIT Spin (Drop-in Program)

**Ability Level: Intermediate /Advanced**

In and out of the saddle, on and off the bike, this class is guaranteed to challenge you and make you sweat! You will work hard, and sweat it out all while riding to some epic tunes!

Jan 7-Mar 31      Mon/Wed      7:00-7:45pm      12+      Carol

## Intermediate Bootcamp (Drop-in Program)

**Ability Level: Intermediate**

We will find a balance between resistance training and cardio exercises and have fun in a group setting. This class is geared to people who have some body awareness already; ideally you should be able to run 1 km, 4.5 times around the track, with minimal rest time.

Jan 7-Mar 31      Mon/Wed      6:00-6:45pm      12+      Trish

## NEW Kicking Sugar To The Curb (Registered Program)

**Ability Level: All**

This workshop will explore symptoms of a sugar addiction, what sugar does to our bodies and brains, the cycle of addiction, and the blood sugar level rollercoaster.

Jan 12, 10:15am-12:15pm.

Heather

Jan 28, 6:00-8:00pm.

Heather

Feb 25, 1:00-3:00pm.

Heather

Mar 11, 6:00-8:00pm.

Heather

Member Price \$30.00. Non-member Price \$40.00

## Lift & Sweat (Drop-in Program)

**Ability Level: Intermediate**

This 40-minute fast-paced class is a challenging and unique blend of aerobic & anaerobic conditioning and weight training. The class will build cardiovascular fitness while improving muscular strength and endurance. It is designed to promote strength, cardiovascular endurance, lean muscle growth, and excess fat loss. People are challenged to push to their limits and walk out feeling strong.

Jan 7-Mar 31      Wed      12:10-12:50pm      12+      Jessie

# Fitness Classes - Strength & Endurance

## Lift N Bi#ch (Drop-in Program)

**Ability Level: Intermediate**

Pick up some weights and come join this fun group as we visit/gossip/socialise while lifting weights. This class will incorporate all the exercise equipment that the facility has to offer. Every week will be different, always a full body workout.

Jan 7-Mar 31      Mon/Wed      9:15-10:15am      12+    Jessie

## NEW Nutrition 101 (Registered Program)

**Ability Level: All**

At the end of this workshop members will leave having a better understanding of the nutrition basics, the different choices in "diets" that they have been hearing so much about and choosing one that will work for them, and how our digestive system plays a huge role in our health and weight loss journey.

Jan 8, 6:00-8:00pm.      Heather

Jan 12, 8:00-10:00am.      Heather

Feb 11, 1:00-3:00pm.      Heather

Mar 4, 1:00-3:00pm.      Heather

Member Price \$30.00. Non-member Price \$40.00

## Muscle Pump (Drop-in Program)

**Ability Level: All**

Take advantage of naturally circulating hormones as they're peaking in the early morning with this workout. This class is a high-energy, total-body workout that focuses on every muscle group at an intensity that will simultaneously improve both strength and endurance while increasing lean muscle mass. This class incorporates a variety of exercises and equipment with Metabolic Resistance Training method.

Jan 7-Mar 31      Tues/Thurs      6:15-7:00am      12+    Shelley

Jan 7-Mar 31      Thurs      7:00-7:45pm      12+    Shelley

## Small Group Training (Registered Program)

**Ability Level: All**

Challenge yourself in a relaxed small group environment. Join resistance training led by certified trainers. Learn about technique, right posture, and muscle activation patterns and have fun with different training protocols.

Jan 14-Mar 27      Mon/Wed      5:00-5:45pm      12+    Trish

21 classes. No class Family Day. Member \$126. Non-member \$189.

## Spin (Drop-in Program)

**Ability Level: All**

Spin your way to a vigorous workout, especially during the off-season, or cross train for your sport. Intervals, rolling hills, sprints, climbs, runs, surges and jumps are matched to music hand-picked to motivate and inspire! Warm-up, steady up tempo, cadences, sprints, climbs, and cool-downs are included. You control the resistance on your bike.

Jan 7-Mar 31      Tues      12:10-12:50pm      12+    Jessie

Jan 7-Mar 31      Sat      9:00-10:30am      12+    Shelley

## Spin Bootcamp (Drop-in Program)

**Ability Level: All**

Looking to effectively train every part of your body? Ride the bike and get 'ripped' in one workout with intervals of cycling and off the bike strength exercises for a full body workout.

Jan 7-Mar 31      Mon/Fri      6:15-7:00am      12+    Shelley

\*No Instructor led fitness classes on long week-ends.



# Fitness Classes - Strength & Endurance

## NEW Spin Glute Camp (Drop-in Program)

**Ability Level: All**

This is a great way to challenge your hamstrings, quads, glutes and hips in one class. Equipment may include BOSU balls, kettlebells, free-weights, resistance tubing, fit balls and, of course, challenging spin intervals. Get ready to feel the burn! Great for all levels of fitness.

Jan 7-Mar 31	Thur	6:00-6:45pm	12+	Shelley
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## Spin & Stretch (Drop-in Program)

**Ability Level: All**

Bring your legs to this spin work out! Start with a traditional group cycle class on a stationary bike to challenge your heart and define your lower body. Train those lower muscles for your rides or as cross training for your own sport, with low impact on the joints. The last portion of class will be off the bikes to stretch out those tired muscles from the week. We will stretch using yoga poses, static stretches, straps and balls.

Jan 7-Mar 31	Fri	12:10-12:50pm	12+	Stephanie
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## Spin Tabata (Drop-in Program)

**Ability Level: All**

Tabata interval training is one of the most effective types of high intensity interval training. Spin Tabata takes Tabata one step further offering a winning work-out combination of spinning (cardio) and resistance training (build muscle mass). Through a variety of simple, yet intense timed exercises, each class will blast away the calories and, when done consistently, will provide noticeable fitness results in a short amount of time.

Jan 7-Mar 31	Mon	12:10-12:50pm	12+	Jessie
Jan 7-Mar 31	Tue	9:15-10:15am	12+	Jessie

## NEW Swim Learn To Tri (Registered Program)

**Ability Level: All**

Looking to improve your swim technique? Always wanted to do a triathlon but afraid of that looming swim leg? Build your confidence, Learn HOW to breathe effectively and improve your swim endurance with a certified swim and triathlon coach in this brand new and unique registered class.

Jan 15-Mar 26	Tues	9:00-10:00am	12+	Stephanie
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11 classes. One registered rate: \$126.50

## Tabata Mix (Drop-in Program)

**Ability Level: Intermediate-Advanced**

Traditional Tabata training is a type of high intensity interval exercise that follows a regimented format: twenty seconds of very high intensity movements (e.g., sprints) followed by ten seconds of rest, which is repeated 8 times for a total of 4 minutes. High intensity interval training with a rest period shorter than the work period can target and improve both anaerobic and aerobic energy systems.

Jan 7-Mar 31	Thur	12:10-12:50pm	12+	Jessie
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## TRX & Stretch (Registered Program)

**Ability Level: All**

TRX Suspension trainers provide world class training for everyone, regardless of your fitness level. Born in the Navy Seals this will get you the results you desire using your own body weight. Then finish with a relaxing yoga stretch.

Jan 16-Mar 27	Wed	12:10-12:50pm	12+	Stephanie
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11 classes. Member \$88. Non-member \$132.

**Youth Bootcamp (Drop-in Program). See page 6.**

# Fitness Classes - Martial Arts

## Heavy Bag Blaster (Drop-in Program)

Ability Level: All

This class is similar to Heavy Bag, but completed in just 40 minutes. Please see Heavy Bag.

Jan 7-Mar 31 Mon/Wed/Fri 9:30-10:10am 14+ Marion

## Heavy Bag (Drop-in Program)

Ability Level: All

This high intensity class is a whole body workout that is guaranteed to get the heart pumping. Between plyometrics and instruction in basic Muai Thai/Kickboxing skills, participants learn to hit the heavy bag in this challenging and fast paced class. All skill levels welcome. Please bring your own gloves and hand wraps.

Jan 7-Mar 31 Tue/Thur 7:00-8:00pm 14+ Marion

## NEW Introduction to Self-Defense (Registered Program)

Ability Level: All

Learn techniques from Krav Maga and Jeet Kune and knife, stick and gun defense.

Jan 12-Mar 30 Sat 1:00-2:00pm 18+ Brian

11 classes. \$110 Member. \$154 Non-member. (Ages 16-17 with parental consent)

## NEW MMA Style Kickboxing (Registered Program)

Ability Level: All

This class, will focus on the standing portion of mixed martial arts, integrating movements seen in Muay Thai, Karate, Boxing, K1 Style kickboxing, and Capoeira.

Jan 14-Mar 27 Mon/Wed 12:10-12:50pm 14+ Jessica

21 classes. \$168 Member. \$252 Non-member.

## Muay Thai Kickboxing (Registered Program)

Ability Level: All

In this class we will learn kickboxing combinations using Thai Pads including holding skills, some defense and counter drills! Gloves and hand wraps are required.

Jan 8-Mar 26 Tues 11:45am-12:45pm 14+ Donnella

Jan 10-Mar 28 Thurs 11:45am-12:45pm 14+ Donnella

12 classes. \$96 Member. \$144 Non-member.

## Traditional Goju-Ryu Karate (Registered Program) Karate registration begins Dec 3rd.

Traditional Goju-Ryu Karate is a method of self defense, using elements from Judo, Ju-Jitsu and Kung Fu.

### Beginner Little Dragons 5-7yrs (21 classes)

Jan 14-Mar 27 Mon/Wed 4:30-5:15pm No class Feb 18

\$84 Member. \$126 Non-member.

### Beginner Little Dragons 5-7yrs (22 classes)

Jan 15-Mar 28 Tues/Thur 4:00-4:45pm

\$88 Member. \$132 Non-member.

### Intermediate Little Dragons 5-7yrs (21 classes. Must have yellow belt or higher to register.)

Jan 14-Mar 27 Mon/Wed 5:15-6:00pm No class Feb 18

\$84 Member. \$126 Non-member.

### Beginner Youth Karate 8-16yrs (22 classes)

Jan 15-Mar 28 Tues/Thurs 4:45-5:45pm

\$118 Member. \$176 Non-member.

### Beginner Youth Karate 8-16yrs (22 classes)

Jan 15-Mar 28 Tues/Thurs 5:45-6:45pm

\$118 Member. \$176 Non-member.

### Intermediate Youth Karate 8-16yrs (21 classes Must have orange belt or higher to register.)

Jan 14-Mar 27 Mon/Wed 6:00-7:00pm No class Feb 18

\$112 Member. \$168 Non-member.

### Adult (16yrs+ 21 classes)

No class Feb 18

Jan 14-Mar 27 Mon/Wed 7:00-8:30pm

\$168 Member. \$252 Non-member.

# Fitness Classes - Yoga

## “Beer League” Yoga (Drop-in Program)

**Ability Level: All**

Ok, admittedly there is no beer, and no “locker room talk”. This class is for all the guys that don’t do yoga. We get right to business helping you stretch and relax muscles that are prone to injury when you go all out during your rec hockey, basketball, pickle ball, or curling. We cut the granola stuff and show you how men can improve flexibility.

Jan 7-Mar 31	Tues	7:15-8:15pm	18+	Jill
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## Energize (Drop-in Program)

**Ability Level: All**

This class begins slowly with centering and limbering poses, building gradually to a more dynamic practice that will develop strength, flexibility, balance and awareness. All levels welcome.

Jan 7-Mar 31	Thur	9:15-10:15am	12+	Manjula
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## Gentle Flow (Drop-in Program)

**Ability Level: All**

The sequence of postures may be different from class to class, but will always follow a progression through breathing exercises, warm up, variations of sun salutations, a dynamic standing series, various hip openers and stretches, and a final relaxation.

Jan 7-Mar 31	Fri	10:30-11:30am	12+	Meghan
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## NEW Happy Hips & Shoulders (Drop-in Program)

**Ability Level: All**

Enjoy this flow class focused on strength and flexibility.

Jan 7-Mar 31	Mon	6:00-7:00pm	12+	Chelsey
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## Hatha (Drop-in Program)

**Ability Level: All**

This class combines physical postures with breath awareness. while entering, holding and exiting poses in a meditative manner. Students develop strength, flexibility, balance and calmness with a variety of postures in a mixed-level environment.

Jan 7-Mar 31	Mon	9:15-10:15am	12+	Manjula
Jan 7-Mar 31	Mon	10:30-11:30am	12+	Manjula

## Healing Hatha (Drop-in Program)

**Ability Level: All**

Based on a Himalayan Hatha tradition, a series of gentle, dynamic movements are coordinated to the breath to unstuck joints and nurture the nervous system. Poses will be a combination of floor and standing. Each joint will be moved mindfully to promote healing of injuries, prevention of new ones, and flexibility. This sequence helps to reduce inflammation, detox organs, focus the mind and reset the nervous system. All levels welcome.

Jan 7-Mar 31	Wed	10:30-11:30am	12+	Meghan
Jan 7-Mar 31	Fri	9:15-10:15am	12+	Meghan

**Kids Yoga and Fit Kids Yoga (Drop-in Program). See page 6.**

# Fitness Classes - Yoga

## Mindful Movement (Drop-in Program)

**Ability Level: All**

Come prepared to breathe, inquire into your own patterns and unwind all there is to learn about your own body, mind, and over all state. It is a class meant to send your focus inward and leave you feeling settled and relaxed.

Jan 7-Mar 31	Tue	9:15-10:15am	12+	Jill
Jan 7-Mar 31	Wed	7:15-8:15pm	12+	Carol

## NEW Move and Meditate (Registered Program)

**Ability Level: All**

Enjoy dynamic movement coordinated with breath to open up the body, reset the nervous system, and focus the mind in preparation for meditation. A variety of meditation tools will be introduced throughout the series including breath, mantra and visualization.

Jan 16-Mar 20	Wed	9:15-10:15am	12+	Meghan
Member \$80. Non-member \$120				
10 classes.				

## Relax and Restore (Drop-in Program)

**Ability Level: All**

This class holds poses for longer to support a deep release of tension in the muscles and fascia, ending with a guided relaxation in shavasana.

Jan 7-Mar 31	Thur	7:15-8:15pm	12+	Meghan
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## Vinyasa Flow (Drop-in Program)

**Ability Level: All**

This dynamic class begins with a warm up, sun salutations, and poses that build to the next, allowing the body, breath and mind to come together. Students will build strength, flexibility and feel balanced. All levels welcome.

Jan 7-Mar 31	Tues	10:30-11:30am	12+	Stephanie
Jan 7-Mar 31	Tues	6:00-7:00pm	12+	Stephanie
Jan 7-Mar 31	Sat	10:00-11:00am	12+	Corinne
Jan 7-Mar 31	Sun	10:00-11:00am	12+	Corinne

## Yoga Therapy Small Group Session (Registered Program)

Jan 10-Feb 14	Thur	11:00am-12:00pm	12+	Jill
Member \$48. Non-member \$72.				
Feb 20- Mar 27	Thur	11:00am-12:00pm	12+	Jill
Member \$48. Non-member \$72.				



# Fitness Classes - Choreographed

## Barre (Drop-in Program)

**Ability Level: All**

All levels welcome to this one hour fitness workout which will tone and challenge your entire body. Our certified Barre instructor will incorporate innovative moves that will fatigue muscles through isometric holds.

Jan 7-Mar 31	Tue/Thur	10:30-11:30am	12+	Marion/Tara
Jan 7-Mar 31	Wed	6:00-7:00pm	12+	Marion
Jan 7-Mar 31	Sat	9:00-10:00am	12+	Alison

## HIGH Fitness (Drop-in Program)

**Ability Level: All**

HIGH Fitness transforms old school aerobics into a highly addictive new fitness experience that combines simple, modern fitness techniques (i.e. HIIT, plyometrics, etc.) with music you know and love. This results in a high energy, INTENSE and crazy fun workout that leaves participants feeling HIGH and wanting more.

Jan 7-Mar 31	Thur	7:15-8:15pm	12+	Hannah
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## NEW Rhythm Step Blaster (Registered Program)

**Ability Level: All**

Join Alison & Tracey for a 45 minute step class where we will dance around the world! Adding a step riser to the party will help strengthen and tone your legs and glutes, while catchy tunes will help you to forget you are working out.

Jan 15-Mar 5	Tues	7:15-8:00pm	12+	Tracey/Alison
Member \$64. Non-member \$96				
8 classes.				

## STRONG by Zumba (Drop-in Program)

**Ability Level: Intermediate**

This class combines high intensity interval training (HIIT) with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

Jan 7-Mar 31	Tues/Thurs	9:15-10:15am	12+	Tara/Marion
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## NEW STRONG30 (Drop-in Program)

**Ability Level: Intermediate**

This class combines high intensity interval training (HIIT) with the science of Synced Music Motivation combined into a 30 minute workout.

Jan 7-Mar 31	Mon/Wed/Fri	6:15-6:45am	12+	Leslie
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## Zumba® (Drop-in Program)

**Ability Level: All**

This Latin-inspired dance fitness program blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive.

Jan 7-Mar 31	Mon/Wed/Fri	10:30-11:30am	12+	Marion/Tara
Jan 7-Mar 31	Mon	7:15-8:15pm	12+	Tara
Jan 7-Mar 31	Sat	10:15-11:15am	12+	Alison

## Zumba® Gold Toning (Drop-in Program). See page 9.

## Zumba® Toning/Sentao (Drop-in Program)

**Ability Level: All**

Zumba® Toning with Zumba Sentao® combines strength and resistance training with innovative dance moves, using a chair as your dance partner.

Jan 7-Mar 31	Tues	10:30-11:30am	12+	Tracey
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# Programs - Ice

## **Ladies Recreational Hockey (Drop-in Program)**

Join a great group of ladies for 90 minutes of scrimmaging twice per week. All skill levels and abilities are invited to suit up for a great workout. Full hockey equipment required.

\*Please note, this is a recreational drop-in; it is not intended to be competitive.

Jan 7-Mar 31      Tues/Thur      9:30-11:00am      18+

## **Adult Shinny Hockey (Drop-in Program)**

Adult Shinny Hockey is held throughout the week during lunch. This social outing is great for those looking to play a bit of pick up hockey midday. Full hockey equipment is required. **Members** can phone 24 hrs ahead of time, non-members can phone the morning of shinny, to get their names on the list. Only 20 players plus 2 goalies are permitted to play. Goalies play for free, but are still encouraged to call in advance and are required to check in prior to gearing up.

Jan 7-Mar 31      Mon/Wed/Fri      12:00-1:30pm      18+

## **Public Skating (Drop-in Program)**

Enjoy a great family activity! Bundle everyone up and head down to the rink. Although skating in circles may make you dizzy, these trips are sure to be a blast.

**Please see online for our daily schedule**

## **Sticks 'n Pucks (Drop-in Program)**

This time is designed for players to practice shooting, skating, and manoeuvring the puck with their head up. At times, a game of shinny or pick up hockey may take place. \*Only hockey sticks and pucks are permitted on the ice during Sticks 'n Pucks drop-in times. Anyone with the appropriate equipment is welcome to take part in this drop-in.

**Please see online for our daily schedule**

## **Sticks 'n Rings (Drop-in Program)**

This time is designed for players to practice their shooting, skating, and ring handling skills. At times, a game might take place. Only ringette sticks and rings are permitted on the ice during Sticks 'n Rings drop-in times. Anyone with the appropriate equipment is welcome to take part in this drop-in.

**Please see online for our daily schedule**

## **Check out SLS FSC's skate loaner program!**

We have hockey and figure skates in a variety of sizes for you to borrow when you drop-in to an ice activity at our facility. We also have helmets for your use!

Note:

Public skating:

A helmet is mandatory for any participant 12 years and younger. We strongly recommend CSA approved helmets for Ice and Snow sports, parental discretion advised.

Stick 'n Pucks / Sticks 'n Rings:

A CSA approved hockey helmet is mandatory for all participants regardless of age.

Figure Skating:

A CSA approved ice/snow helmet is strongly advised but not mandatory, parental discretion advised.

# Programs - Climbing

## Climbing (Drop-in Program)

**CLIMBING WALL: 4y+ (4-13y require adult supervision)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Drop-in Climb 10:30-11:30am	Drop-in Climb 10:30-11:30am
	Drop-in Climb 11:00am-12:00pm		Drop-in Climb 11:00am-12:00pm		Drop-in Climb 11:45am-12:45pm	
	Drop-in Climb 12:15-1:15pm		Drop-in Climb 12:15-1:15pm		Drop-in Climb 1:00-2:00pm	Drop-in Climb 1:00-2:00pm
	Classes with a shaded background are Registered Programs. Please see the Program Guide for more information.			Drop-in Climb 3:15-4:15pm	Drop-in Climb 2:15-3:15pm	
Learn to Climb 4-10 years 4:30-5:30pm	Drop-in Climb 4:30-5:30pm	Drop-in Climb 4:30-5:30pm	Drop-in Climb 4:30-5:30pm	Drop-in Climb 4:30-5:30pm	Drop-in Climb 3:30-4:30pm	
Drop-in Climb 5:45-6:45pm	Drop-in Climb 5:45-6:45pm	Drop-in Climb 5:45-6:45pm	Drop-in Climb 5:45-6:45pm	Drop-in Climb 5:45-6:45pm	Drop-in Climb 4:45-5:45pm	Drop-in Climb 4:45-5:45pm
Drop-in Adult Climb 18+ 7:00-8:00pm	Drop-in Climb 7:00-8:00pm	Drop-in Adult Climb 18+ 7:00-8:00pm	Drop-in Climb 7:00-8:00pm	Drop-in Climb 7:00-8:00pm	Drop-in Climb 6:00-7:00pm	Drop-in Climb 6:00-7:00pm

### NEW Learn to Climb (Registered Program)

**Ability Level: All**

Have your kids tried climbing yet? Intended for 4-10 year-olds, enthusiastic staff will open your child's eyes to this tremendous sport and maybe even spark a lifelong obsession. No experience required.

Jan 14-Feb 25      Mon      4:30-5:30pm      4-10 years      Patrick

Member Price: Free

Non-member Price: \$30

6 classes. No class Family Day

# Programs - Gymnasium

## Badminton (Drop-in Program)

Racquets are supplied, but bringing your own is encouraged. Max 20 people per session. During busy times, playing as doubles is required.

Jan 7-Mar 31	Tue	8:00-10:30am
Jan 7-Mar 31	Tue	8:00-10:00pm
Jan 7-Mar 31	Thu	6:00-9:30am
Jan 7-Mar 31	Fri	4:30-6:30pm
Jan 7-Mar 31	Sat	1:00-3:00pm

## Basketball (Drop-in Program)

Come shoot some hoops and work on your free throws. If we get enough people, a pick-up game may be put together.

Jan 7-Mar 31	Mon	5:00-6:45pm	All ages
Jan 7-Mar 31	Tue	6:15-7:45pm	All ages
Jan 7-Mar 31	Thur	8:00-10:00pm	14+
Jan 7-Mar 31	Sat	8:00-10:00pm	14+
Jan 7-Mar 31	Sun	10:00am-12:00pm	All ages

## Beginner Pickleball (Drop-in Program)

We have set aside these times so that beginners can come out and learn the game. Recreational players are welcome to attend these sessions, but full consideration must be given to the learner player.

Jan 7-Mar 31	Mon	11:15am-2:00pm
Jan 7-Mar 31	Wed	2:30-4:00pm

## Family Pickleball (Drop-in Program)

This program is for parents and their children to come out and enjoy the sport of Pickleball

Jan 7-Mar 31	Sat	7:00-10:30am
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## Recreational Pickleball (Drop-in Program)

This program is for all players who are unrated or rated at below 3.0. 3.0 players are welcome to attend these sessions but must play at a level conducive to their opponent's abilities.

Jan 7-Mar 31	Mon	6:30-11:00am
Jan 7-Mar 31	Tue	1:30-3:30pm
Jan 7-Mar 31	Wed	9:15-11:30am
Jan 7-Mar 31	Thur	1:00-3:30pm
Jan 7-Mar 31	Fri	4:30-7:00pm
Jan 7-Mar 31	Sat	10:45am-12:45pm

## Rated Pickleball (Drop-in Program)

Players will be required to show their rating card at time of check-in.

Jan 7-Mar 31	Mon	2:15-4:45pm
Jan 7-Mar 31	Tues	11:00am-1:15pm
Jan 7-Mar 31	Wed	6:30-9:00am
Jan 7-Mar 31	Fri	6:30-10:00am and 7:15-10:00pm

## Volleyball (Drop-in Program)

Come work on set, blocks and serves with your friends. Bring enough friends down and a game can be put together.

Jan 7-Mar 31	Sun	8:00-10:00pm	All ages
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# Pool



**Beginning January 2nd, 2019, the Jayman BUILT Aquatic Centre closes at 9:30pm daily.**



## **Drop-In Programs**

**Aquasize** is a safe, well-balanced workout to music that is appropriate to all fitness levels.

Mon/Wed/Fri 10:30am - 11:30am

Tues/Thur 10:00am - 11:00am & 7:00pm - 8:00pm

**Aquasize Extreme** is a higher-intensity, aggressive workout to music. This class is appropriate for advanced fitness levels or seasoned participants.

Mon/Wed/Fri 9:00am - 10:00am

**Aqua Zumba®** blends the Zumba® philosophy with water resistance for a low impact workout.

Mon 7:30 - 8:00pm

Wed 7:30—8:15pm

Thur 9:00am - 9:45am

**Meditation Qigong in the Water** is an energy practice: incorporating breath, visualization, sound and movement to keep our body's energy channels open.

Mon 8:00pm - 9:00pm

**Movement Disorders or Mobility Issues (Movers & Shakers)** Do you have a movement disorder or a chronic condition that makes moving a challenge? Are regular exercise classes not possible for you to participate in? Your disease or challenges do not have to define who you are or what you do. Don't let your challenges stop you from enjoying life to the fullest.

Wed 1:00pm - 2:00pm

**Warm Water Stretching & Range of Motion** is specifically designed for those with arthritis and other mobility issues. These specialized exercises will release muscular tension and relieve stiffness, increase range of motion and allow for a safe, low-impact cardio and strength workout.

Mon/Wed 12:00pm - 12:45pm

Thur 12:30pm - 1:15pm

## **Registered Programs (View dates and times and register online at [slsfamilysportscentre.com](http://slsfamilysportscentre.com))**

**Parent & Baby Aquasize** (4-12 months) is a unique warm water workout with your baby, while you tone your muscles, strengthen your core, and increase your flexibility. Your baby will benefit too!

**Advanced Tot Aquasize (12-36 months)** is 45 minutes of cardio and muscular workout that integrates your baby. Toddlers will be introduced to self-rescue skills, holds & supports, and entries/exits from the pool.

**Red Cross Programs** include Swim Preschool, Swim Kids, Swim Basics, Swim Strokes & Stroke Improvement.

Please note: Modified Needs renamed Swim Adapted.

## **Private Lessons for Children or Adults**

**Adult Introduction to Water**, designed for adults who want to overcome a fear of the water.

**Leadership Courses:** Red Cross Programs including Standard First Aid & CPR, and Water Safety Instructor  
Lifesaving Society Programs including Bronze Medallion, Bronze Cross, and National Lifeguard.

**SWIMergy** provides opportunity to motivate and challenge yourself to reach your swimming goals, whether that is to lose weight, tone muscle, improve technique or just to become stronger and more fit.

# Programs - Turf/ Personal Training

## Adult Soccer (Drop-in Program)

Enjoy a great midday social activity. Share the love of the game with others as you boost your cardio and keep up your soccer skills.

Jan 7-Mar 31      Mon/Fri      11:30am-1:00pm      18+

## Ladies Soccer (Drop-in Program)

Looking for something fun to do on Tuesday and Thursday before lunch? Grab some friends and come play soccer. A great time to meet new friends and challenge others for bragging rights around town.

Jan 7-Mar 31      Tues/ Thur      10:00-11:30am      18+

## Soccer (Drop-in Program)

Available after school, this gives you a great opportunity to come work on your passing, shooting, goal keeping and general soccer skills. Be sure to bring some friends out, and maybe you'll be able to put together a game. Half turf available.

Jan 7-Mar 31      Wed      3:30-5:00pm      All Ages

## Lacrosse (Drop-in Program)

Available after school, this gives you a great opportunity to work on your hand eye coordination. Bring a friend to practice some passing, or come and practice your shooting. Half turf available.

**Helmets are MANDATORY for all participants.**

Jan 7-Mar 31      Wed      3:30-5:00pm      All Ages

## PERSONAL TRAINING

One on one workout sessions with a certified personal trainer can help you to improve your fitness, health and quality of life. Through encouragement and guidance, a trainer will assist you in determining your personal fitness goals and make a workout plan to help you get there. Your trainer can help you stay on track, measure your success and hunt you down when you go awol (just kidding!).

## GROUP TRAINING

Enjoy all of the benefits of Personal Training (proven results, increased motivation and accountability), while saving money! Group Training can work with 4-10 people at a time and incorporates all of the great "group" spaces SLS FSC has to offer.

**Ready to hire a personal trainer?**

**Check out our Trainer Bios online or call the Fitness Centre at (403) 932-1635 ex 262**

**Email us at [fitnesscentre@slsfsc.com](mailto:fitnesscentre@slsfsc.com)**



# Curling Centre



## About the Curling Centre at SLS FSC

We opened in August 2017 for the 2017-2018 curling season and offer six sheets of ice and an additional 3 junior sheets (or practice sheets), available from late September 2018 through to mid March 2019.

The Curling Centre is home to various curling leagues and programs during the curling season (October-March). The main user group of SLS FSC's Curling Centre is the Cochrane Curling Club (CCC), which runs women's, men's, mixed, mixed doubles, senior, junior, and open curling leagues. The CCC also hosts several bonspiels throughout the curling season: senior, junior, men's, women's, and mixed. For these leagues/bonspiels please contact the CCC at [cochraneurling@telus.net](mailto:cochraneurling@telus.net) or 403-932-2077.

## Curling Ice Rental

If you have interest in privately booking curling sheets for your corporate event, family activity or birthday celebration, please contact us directly at 403-932-1635 ex 244 or [MMuise@slsfsc.com](mailto:MMuise@slsfsc.com).

## SLS FSC Curling Programs

Please check our website [www.slsfamilysportscentre.com](http://www.slsfamilysportscentre.com) for full details, dates, and times.

SLS FSC has an on-site Curling Instructor/Coordinator; most lessons will be taught by our very own former Scotties Tournament of Hearts participant/3 time Alberta Travelers/1 time Canadian Curling Club Champion Winner - Morgan Muise.

Morgan skips a women's curling team out of Calgary and has an extensive background in teaching curling lessons. Along with being very passionate about teaching curling, Morgan is also involved from time-to-time on the maintenance of our curling ice and is our Curling Bookings Coordinator.

- ◆ **Learn to Curl Programs - Adult Only and Family/Open**
- ◆ **Youth Curling - for Bantam (14&Under), Juvenile (17&Under),**
  - ◆ **Beginner Drop-in League**
  - ◆ **Drop-in Curling**
- ◆ **Private or Small Group Curling Lessons**

### Note:

A helmet is mandatory for any participant 12 years and younger. We strongly recommend CSA approved helmets for Ice and Snow sports, parental discretion advised.





Photo Credit: Morgan Muise

Photo Credit: Tim Hall



Photo Credit: Morgan Muise

**800 Griffin Road East, Cochrane AB T4C 2B8  
403-932-1635, [www.slsfamilysportscentre.com](http://www.slsfamilysportscentre.com)**