





## Emerald Hills Leisure Centre - Swim for Life Session 1 - Once a week for 10 weeks

Mondays Jan 9 – Mar 20  
 Tuesdays Jan 10 – Mar 14  
 Wednesdays Jan 11 – Mar 15  
 Thursdays Jan 12 – Mar 16

Fridays Jan 13 – Mar 17  
 Saturdays Jan 14 – Mar 18  
 Sundays Jan 15 – Mar 19

Parent & Tot 1		EHLC
Class-Day	Class-Time	Course-Id
Mon	2:30 - 3 pm	24434
Mon	4 - 4:30 pm	25019
Mon	5:30 - 6 pm	25020
Mon	7 - 7:30 pm	25023
Tue	2:30 - 3 pm	25103
Tue	4 - 4:30 pm	25083
Tue	5:30 - 6 pm	25102
Wed	4 - 4:30 pm	24501
Wed	5:30 - 6 pm	24782
Thu	9:15 - 9:45 am	24885
Thu	4 - 4:30 pm	24891
Thu	4:30 - 5 pm	24892
Thu	6 - 6:30 pm	24893
Fri	1 - 1:30 pm	25135
Fri	3 - 3:30 pm	25155
Fri	4 - 4:30 pm	25156
Fri	5:30 - 6 pm	25157
Sat	10 - 10:30 am	25193
Sat	11:45 am - 12:15 pm	25194
Sun	9:15 - 9:45 am	24614
Sun	10:45 - 11:15 am	24615
Sun	12:30 - 1 pm	24616

Parent & Tot 2		EHLC
Class-Day	Class-Time	Course-Id
Mon	3 - 3:30 pm	24435
Mon	4:30 - 5 pm	25025
Mon	6 - 6:30 pm	25026
Tue	3 - 3:30 pm	25106
Tue	4:30 - 5 pm	25084
Tue	6 - 6:30 pm	25104
Tue	7 - 7:30 pm	25105
Wed	4:30 - 5 pm	24502
Wed	6 - 6:30 pm	24783
Wed	7 - 7:30 pm	24784
Thu	2:30 - 3 pm	24897
Thu	5 - 5:30 pm	24886
Fri	1:30 - 2 pm	25136
Fri	4:30 - 5 pm	25158
Fri	6 - 6:30 pm	25159
Sat	10:30 - 11 am	25195
Sat	12:15 - 12:45 pm	25196
Sun	9:45 - 10:15 am	24617
Sun	11:30 am - 12 pm	24618

Parent & Tot 3		EHLC
Class-Day	Class-Time	Course-Id
Mon	3:30 - 4 pm	24436
Mon	5 - 5:30 pm	25021
Mon	6 - 6:30 pm	25022
Mon	6:30 - 7 pm	25024
Tue	5 - 5:30 pm	25085
Tue	6:30 - 7 pm	25296
Wed	4:30 - 5 pm	24785
Wed	5 - 5:30 pm	24503
Wed	6:30 - 7 pm	24786
Thu	9:15 - 9:45 am	24887
Thu	5:30 - 6 pm	24895
Thu	6:30 - 7 pm	24896
Fri	2 - 2:30 pm	25137
Fri	2:30 - 3 pm	25164
Fri	5 - 5:30 pm	25165
Fri	6:30 - 7 pm	25166
Sat	11 - 11:30 am	25197
Sat	12:45 - 1:15 pm	25198
Sat	1:15 - 1:45 pm	25199
Sun	10:15 - 10:45 am	24619
Sun	12 - 12:30 pm	24620
Sun	1 - 1:30 pm	24621

Preschool 1		EHLC
Class-Day	Class-Time	Course-Id
Mon	2:30 - 3 pm	24437
Mon	4 - 4:30 pm	25027
Mon	4:30 - 5 pm	25028
Mon	5 - 5:30 pm	25029
Mon	5:30 - 6 pm	25030
Mon	6:30 - 7 pm	25031
Mon	7 - 7:30 pm	25032
Tue	2:30 - 3 pm	25113
Tue	3 - 3:30 pm	25114
Tue	4 - 4:30 pm	25086
Tue	4:30 - 5 pm	25107
Tue	5 - 5:30 pm	25108
Tue	5:30 - 6 pm	25109
Tue	6 - 6:30 pm	25110
Tue	6:30 - 7 pm	25111
Tue	7 - 7:30 pm	25112
Wed	4 - 4:30 pm	24504
Wed	5 - 5:30 pm	24788
Wed	5:30 - 6 pm	24789
Wed	6 - 6:30 pm	24790
Wed	6:30 - 7 pm	24791
Wed	7 - 7:30 pm	24787

Preschool 1 - continued		EHLC
Class-Day	Class-Time	Course-Id
Thu	9:15 - 9:45 am	25286
Thu	2:30 - 3 pm	24898
Thu	4 - 4:30 pm	24899
Thu	4:30 - 5 pm	24900
Thu	5 - 5:30 pm	24901
Thu	5:30 - 6 pm	24902
Thu	6 - 6:30 pm	24903
Thu	6:30 - 7 pm	24904
Fri	1:15 - 1:45 pm	25141
Fri	1:45 - 2:15 pm	25167
Fri	4 - 4:30 pm	25168
Fri	4:30 - 5 pm	25169
Fri	5 - 5:30 pm	25170
Fri	5:30 - 6 pm	25171
Fri	6 - 6:30 pm	25172
Fri	6:30 - 7 pm	25173
Sat	10 - 10:30 am	25200
Sat	10:30 - 11 am	25201
Sat	11 - 11:30 am	25202
Sat	11:45 am - 12:15 pm	25203
Sat	12:15 - 12:45 pm	25204
Sat	12:45 - 1:15 pm	25205
Sun	9:15 - 9:45 am	24622
Sun	9:45 - 10:15 am	24623
Sun	10:15 - 10:45 am	24624
Sun	10:45 - 11:15 am	24625
Sun	11:30 am - 12 pm	24626
Sun	12 - 12:30 pm	24627
Sun	12:30 - 1 pm	24628
Sun	1 - 1:30 pm	24629

Preschool 2		EHLC
Class-Day	Class-Time	Course-Id
Mon	2:30 - 3:15 pm	24438
Mon	4 - 4:45 pm	25033
Mon	4:45 - 5:30 pm	25034
Mon	5:30 - 6:15 pm	25035
Mon	6:15 - 7 pm	25036
Tue	2:30 - 3:15 pm	25117
Tue	4:30 - 5:15 pm	25087
Tue	5:15 - 6 pm	25115
Tue	6:45 - 7:30 pm	25116
Wed	4 - 4:45 pm	24505
Wed	4:45 - 5:30 pm	24792
Wed	5:30 - 6:15 pm	24793
Wed	6:15 - 7 pm	24794
Wed	7 - 7:45 pm	24795
Thu	2:30 - 3:15 pm	24855
Thu	5:15 - 6 pm	24905













## Swim Sports

Learn the basics and try your hand at swim sports like underwater hockey, water polo, diving, lifesaving/lifeguard sport, and more. This is a fun, fast-paced program, no laps involved!

**Prerequisite:** Swimmers must be able to swim at least 50m independently, and be comfortable in deep water without an aid.

Kinsmen Leisure Centre	Lap Pool	
25007	8Y - 14Y	Feb 9 to Mar 23
Thu	6:30 - 7:15 pm	\$72.80

## Tidal Waves Sport Club

Tidal Waves Lifesaving Sport Club is for young lifesavers to train and compete in one of the world's most demanding, multi-disciplinary sports. Combining athletic ability with lifesaving skills and rescue equipment, this program will focus on fitness, swimming technique, speed, and endurance. Athletes will learn and practice sanctioned lifesaving sport competition.

**Note:** This is not the Tidal Waves Lifeguard Club program, but the sister Sport Club designed for lifeguard competition-based training. No certifications will be completed.

Kinsmen Leisure Centre	Lap Pool	
25006	8Y - 15Y	Feb 9 to Mar 23
Thu	7:15 - 8:15 pm	\$42.00

## Discover Scuba Kids (Bubblemaker)

Kids will learn to breath underwater, blow bubbles and swim around in shallow water in this fun, introductory scuba class.

Kinsmen Leisure Centre	Lap Pool	
25315	8Y - 12Y	Feb 12
Sun	6:30 - 8 pm	\$75.00
25317	8Y - 12Y	Mar 12
Sun	6:30 - 8 pm	\$75.00

## Discover Scuba

Join one of our experienced Professional Association of Diving Instructors and get a taste of scuba in this 90 minute experience.

Kinsmen Leisure Centre	Deep Tank	
25310	10Y+	Feb 5
Sun	6:30 - 8 pm	\$75.00
25314	10Y+	Mar 5
Sun	6:30 - 8 pm	\$75.00

## FAMILY - Discover Scuba Kids

Kids will learn to breath underwater, blow bubbles and swim around in shallow water in this fun, introductory scuba class.

Kinsmen Leisure Centre	Lap Pool	
25316	8Y - 12Y	Feb 19
Sun	6:30 - 8 pm	\$75.00

## FAMILY - Discover Scuba

Join one of our experienced Professional Association of Diving Instructors and get a taste of scuba in this 90 minute experience.

Kinsmen Leisure Centre	Deep Tank	
25311	10Y+	Feb 19
Sun	6:30 - 8 pm	\$75.00

## Scuba Bubble Around

If you have not been diving for a few months and are looking to blow a few bubbles and get back into the swing of things, this option is perfect for you. We provide any gear you need - just bring your buddy and jump in to practice your skills and dive around.

**Note:** This option is for CERTIFIED DIVERS and will NOT provide a signature in your log book, as you are not working directly with a PADI professional.

**Prerequisite:** Proof of Scuba Certification is required.

Kinsmen Leisure Centre	Lap Pool	
25300	10Y+	Feb 5
Sun	6:30 - 8 pm	\$41.05
25301	10Y+	Feb 12
Sun	6:30 - 8 pm	\$41.05
25302	10Y+	Mar 5
Sun	6:30 - 8 pm	\$41.05
25303	10Y+	Mar 12
Sun	6:30 - 8 pm	\$41.05
25304	10Y+	Mar 19
Sun	6:30 - 8 pm	\$41.05

## PADI Open Water Diver

Learn to scuba dive with the PADI Open Water Diver program! This program includes all necessary classroom & pool sessions so that you can finish your training anywhere in the world by completing 4 open water dives (not included). This course is open to participants ages 10+ who are comfortable swimming in shallow and deep water (medical and liability forms required upon registration) who have completed PADI's online Open Water elearning modules

**Note:** Once you have registered for this program, please contact Ocean Sports at 780-432-1904 to complete your registration forms and, if needed, purchase an elearning code to complete your prerequisite online modules.

Kinsmen Leisure Centre	Deep Tank	
25298	10Y+	Feb 5 to Feb 12
Sun	9 am - 1:15 pm	\$238.00
25299	10Y+	Mar 5 to Mar 12
Sun	9 am - 1:15 pm	\$238.00


## PADI Certified Diver Refresher

Are you a CERTIFIED scuba diver and want to brush up on your skills, this refresher session is for you! You will work with a PADI instructor or divemaster in a small group and go through a 20-skill circuit to boost your confidence for your next dive adventure. Includes a PADI Pro signature in your logbook on completion.

**Note:** Once registered, we will contact you to complete the required paperwork. Please remember to bring your certification card and log book, as well as any snorkel gear and equipment you own. Gear rental (as needed) is included.

**Prerequisite:** Proof of scuba certification is required.

Kinsmen Leisure Centre	Deep Tank	
25305	10Y+	Feb 5
Sun	6:30 - 8 pm	\$75.00
25306	10Y+	Feb 12
Sun	6:30 - 8 pm	\$75.00
25307	10Y+	Mar 5
Sun	6:30 - 8 pm	\$75.00
25308	10Y+	Mar 12
Sun	6:30 - 8 pm	\$75.00
25309	10Y+	Mar 19
Sun	6:30 - 8 pm	\$75.00



Registered programs and locations may be impacted from Feb 17-26. Visit [strathcona.ca/RecCalendar](http://strathcona.ca/RecCalendar) for the latest facility schedules.

## Swim Training and Certification

### Bronze Star & CPR-A

The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill, and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport. Includes CPR A.

**Prerequisite:** Candidates must be 8Y+ and recommend have taken Ranger/Star Patrol or a Level 8/9+ equivalent.

Kinsmen Leisure Centre		Pool Deck
24365	8Y+	Feb 9 to Mar 23
Thu	4 - 6:15 pm	\$123.97
24494	8Y+	Feb 5 to Mar 19
Sun	9 - 11:15 am	\$123.97

### Bronze Medallion & CPR-C

The Lifesaving Society's Bronze Medallion challenges the candidate both mentally and physically. Judgement, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Includes CPR C.

**Prerequisites:** Bronze star OR 13Y+ and recommend have taken Ranger/Star Patrol, or a Level 8/9+ equivalent swim ability

Kinsmen Leisure Centre		Classroom and Pools
24364	8Y+	Jan 31 to Mar 21
Tue	4:15 - 6:45 pm	\$165.04
24369	8Y+	Jan 29 to Mar 19
Sun	9 - 11:30 am	\$165.04

### Bronze Cross & Standard First Aid

Standard First Aid provides comprehensive training covering all aspects of first aid and CPR-C. This is an Alberta workplace approved first aid course. The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as an assistant lifeguard. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a pre-requisite for advanced training in the Society's National Lifeguard and leadership certification programs.

**Prerequisite:** Bronze Medallion

Kinsmen Leisure Centre		Classroom and Pools
24370	8Y+	Jan 28 to Mar 18
Sat	8:30 am - 1:30 pm	\$331.04
24368	8Y+	Feb 2 to Mar 23
Thu	4 - 9 pm	\$331.04

### Swim Instructor

The Lifesaving Society's Swim Instructor course is an in-person program that prepares candidates to become Swim for Life instructors that can work in a variety of facilities across Alberta. SI courses include a mandatory in-class/pool portion followed by (or done concurrently) an optional, but highly recommended, in-water teaching experience- this can be scheduled in class with the course instructor.

**Prerequisite:** 15Y+ and Bronze Cross (need not be current)

Kinsmen Leisure Centre		Classroom and Pools
24367	15Y+	Feb 2 to Mar 23
Thu	4:15 - 8:30 pm	\$350.00



### National Lifeguard

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

The National Lifeguard program develops the basic lifeguarding skills, principles, and decision-making process to help lifeguards evaluate and adapt to different aquatic facilities and emergencies.

**Prerequisite:** 16Y+ and Bronze Cross (need not be current) and a current AB workplace approved Standard First Aid or Aquatic Emergency Care certification.

Kinsmen Leisure Centre		Classroom and Pools
24366	16Y+	Jan 31 to Mar 21
Tue	4 - 9 pm	\$312.00

# Outdoor rinks

Ardrossan rink and ArrKann Skating Pathway



Sherwood Heights



Sin Bin Skate Track - Broadmoor Lake Park



Strathcona County features dozens of high quality ice surfaces for you to enjoy throughout the winter months. Find out about boarded and snowbank rinks, Crokicurl at Emerald Hills Sports Pavilion, skating pathways, rink bookings and more.

[strathcona.ca/outdoorrinks](http://strathcona.ca/outdoorrinks)