



MacEwan
UNIVERSITY

SPORT AND WELLNESS

SPRING & 20
SUMMER 24

Program Guide

SportandWellnessReg.MacEwan.ca

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Programming Overview

SPRING/SUMMER HOURS

Apr 29-Sep 2

FITNESS CENTRE

Mon-Fri 5:45 a.m.-9:30 p.m.
Sat, Sun 8 a.m.-6 p.m.
Holidays 9 a.m.-5 p.m.

POOL

Mon-Fri 6:15 a.m.-9 p.m.
Sat, Sun 8 a.m.-5 p.m.
Holidays 12-4 p.m.

HOLIDAYS

May 20: Victoria Day
Jul 1: Canada Day
Aug 5: Heritage Day
Sep 2: Labour Day

Rec Swim 2-4 p.m. on Sat and Sun, except first Sat of the month.

Wibit Swim 2-4 p.m. on the first Sat of the month.

CONTACT

General Inquiries 780-497-5300 OPTION 2	Aquatics Office 780-497-5779	Recreation 780-497-5370
Corporate Memberships 780-497-5372	Fitness/Training 780-497-5693	Corporate Wellness 780-497-5692
Gymnasium and/or Studio Rentals MUSWBookings@MacEwan.ca	Pool Rentals and Bookings Aquatics@MacEwan.ca	

f X Instagram YouTube @MacEwanWellness

MacEwan.ca/SportandWellness



Reserve your spot in a class, register for programs, and find all class and program info online at SportandWellnessReg.MacEwan.ca

REGISTRATION INFORMATION

ONLINE

- New to Sport and Wellness? Click “**Register**” to create your account.
- First time on our site? Click “**Logon**” > “**Click here** if you have forgotten your password...” > Follow the instructions
- For questions or to update your email on file, please contact the Welcome Desk at **780-497-5300 (option 2)** or WelcomeDesk@MacEwan.ca

WALK-IN

- MacEwan University Sport and Wellness is located in Building 8 in the Christenson Family Centre for Sport and Wellness at **108 St. and 105 Ave.**

PHONE

- Call **780-497-5300 (option 2)** and a Welcome Desk staff member would be glad to assist you during regular business hours. Payments are **not allowed** over the phone.

We accept Visa, MasterCard, Discover Card, American Express, debit, cash or cheque. All prices in this guide include GST unless otherwise noted (where applicable). Fees are due upon registration; no spaces will be held without payment.

WITHDRAWAL DEADLINES

CLICK HERE FOR FULL CANCELLATION POLICIES

Prior to the withdrawal deadline, you may withdraw from any registered program for a full refund. **No refunds will be issued after the withdrawal deadline.** Missed classes/lessons are not eligible for refunds or rescheduling.

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

Contents AND FACILITY INFORMATION

RATES, HOLDS, AND FREEZES

TYPE	AGE	Drop In			Passes ¹	Summer Passes ¹		Memberships	
		DAY PASS	10-VISIT PASS ¹	REC SWIM PASS ²	ONE WEEK	ONE MONTH	FOUR MONTH ³	MONTHLY PAYMENT	ANNUAL PAYMENT
Adult	18+	\$10.25	\$92.25	\$8	\$25	\$65	\$215	\$61	\$610
Older Adult	55+	\$8	\$72	\$6	\$20	\$50	\$165	\$45	\$450
Alumni		\$10.25	\$92.25	\$8	\$20	\$50	\$165	\$45	\$450
MacEwan Employee/Retiree		\$7	\$63	\$6	\$15	\$45	\$150	\$40	\$400
Alumni/Employee Spouse						\$50	\$165	\$45	\$450
Post-Secondary Student		\$8	\$72	\$6		\$40	\$135		
Youth	13-17	\$8	\$72	\$3	\$15	\$45	\$150	\$41.50	\$415
Child	2-12	\$6	\$54	\$3				\$26.50	\$265
Family (2 Adults & 2 Kids)		\$26	\$234	\$18				\$150	\$1500
MacEwan Student*		MacEwan University students enrolled in 1 or more credits/term and assessed the Sport and Wellness fee (\$102/term) are student members.							

¹Prices include GST. For any discrepancies in price between this guide and the till, the till price will be honoured. ¹Passes are non-refundable.

²Valid for scheduled recreational swim times only. ³Only available for purchase until May 31. *Student spouse rate available. Please inquire at the Welcome Desk.

TYPE	DURATION	COST	DESCRIPTION
Medical Hold	Minimum 1 month	Free	With a doctor's note, memberships can be put on hold for medical reasons for a minimum of 30 days. Max backdate on a Medical Hold is 30 days.
Freeze	1-6 months	1 Free/year	You may freeze your membership once within a 12-month period for a minimum of 30 days and a maximum of six months. No backdating available on freezes. Additional freezes within the same year cost \$20 each.

MEMBERSHIP BENEFITS

- No contracts or cancellation fees and the option to put your membership on freeze
- A variety of Value-Added (*free*) fitness and aquatic classes per week
- Access to the pool, fitness centre, and gymnasium
- A discount on registered courses, swim lessons, testing, personal and group training (*not applicable for family members*)
 - Yearly guest passes
- Complimentary parking for eligible public members

LOCKER AND TOWEL RENTAL*

RENTAL	DAY USE	MacEwan Students		Members and Passholders		
		FOUR MONTHS	EIGHT MONTHS	ONE MONTH	SIX MONTHS	ANNUAL
Locker	Free	\$40	\$75	\$20	\$60	\$100
Towel	\$2					

20% discount if locker and towel service purchased together.

*Non-refundable.

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

Value-Added FITNESS & AQUATIC CLASSES

These classes are **FREE** for those who have a MacEwan University Sport and Wellness membership or pass. Public users are welcome to join by paying the facility drop-in fee: **\$10.25** for adults and alumni, **\$8** for youth (12-17), older adult (55+), and post-secondary students, and **\$7** for MacEwan University employees. **\$10.25** for the public to reserve a Value-Added class online.

MacEwan University students enrolled in 1 or more credits/term and assessed the Sport and Wellness fee are student members.

All classes are taught by certified instructors trained to provide different levels of intensity to accommodate all fitness levels, including beginners.

Reserve your space up to a week in advance online or at the Welcome Desk. Registered participants will be notified of cancellation by email at least an hour before the class start time. Classes with low numbers are subject to cancellation.

Value-Added classes run: **Apr 29-Aug 30***
**No classes May 18, 20, Jun 29, Jul 1, Aug 3, 5, 31, Sep 2*

Legend

- A Aerobics Studio
- G Gymnasium
- M Mind/Body Studio
- S Spin Studio
- H High Performance Studio
- P Pool

CLASS DAY DATE TIME LOC. CLASS TYPE INFORMATION

30/45-MINUTE CLASSES

Dynamic Stretch Flow	Wed	May 1-Aug 28	5:15-5:45 p.m.	A	Mobility and myofascial release	
Kettlebell Blitz	Wed	May 1-Aug 28	12:05-12:50 p.m.	H	Kettlebell-focused strength	
	Fri	May 3-Aug 30				
Strength 45	Thu	May 2-Aug 29	6-6:45 p.m.	H	Full-body strength	

LOW IMPACT CLASSES

Tone & Balance	Mon	Apr 29-Aug 26	10:05-10:55 a.m.	A	Endurance & stability	No class May 20, Jul 1, Aug 5
	Wed	May 1-Aug 28				
Cardio & Stretch	Tue	Apr 30-Aug 27	10:05-10:55 a.m.	A	Endurance & mobility	
HILIT	Thu	May 2-Aug 29	10:05-10:55 a.m.	A	High-intensity, low-impact training	
Strength & Stretch	Fri	May 3-Aug 30	10:05-10:55 a.m.	A	Strength & mobility	

ENDURANCE TRAINING

Cardio Power Hour	Mon	Apr 29-Jun 24	6-7 p.m.	Fitness Centre	Machine cardio intervals	No class May 20, Jul-Aug
Coached Swim Training	Wed	May 1-Jun 26	12:05-12:55 p.m.	P	Swim intervals/drills	Pre-requisite: Able to comfortably swim laps
City Centre Runners	Wed	May 1-Aug 28	6-7:30 p.m.	Lobby	Run training	Pre-requisite: Able to run for 30 min consecutively

Reserve your spot in a class, register for programs and find all class and program information online at

SportandWellnessReg.MacEwan.ca



CLICK HERE TO FIND YOUR CLASS AND RESERVE

Value-Added FITNESS & AQUATIC CLASSES

CLASS	DAY	DATE	TIME	LOC.	CLASS TYPE	INFORMATION
SPIN CLASSES						
SpinSanity	Mon	Apr 29-Aug 26	12:05-12:55 p.m.	S	Cardio intervals	No class May 20, Jul 1, Aug 5, Sep 2
Spin Express	Tue	Apr 30-Aug 27	12:15-12:45 p.m.	S	30-minute cardio	
	Thu	May 2-Aug 29				
Spin & Strength	Tue	Apr 30-Aug 27	5-6 p.m.	S M	Cardio & free weights	
SpinErgy	Sat	May 4-Jun 22	12:05-12:55 p.m.	S H	Cardio & strength circuits	No class May 18

AQUATIC FITNESS

Shallow & Deep Water Fitness <i>SPRING</i>	Mon	May 1-Jun 26	9-9:45 a.m.	P	Low impact endurance and muscular strength	No class May 20
	Tue	May 3-Jun 27	12-12:45 p.m.			
	Wed	May 3-Jun 28	9-9:45 a.m.			
	Thu	May 4-Jun 29	12-12:45 p.m.			
	Fri	May 5-Jun 30	9-9:45 a.m.			
Shallow & Deep Water Fitness <i>SUMMER</i>	Mon	Jul 8-Aug 26	8:45-9:30 a.m.	P	Low impact endurance and muscular strength	No class Jul 1, Aug 5, Sep 2
	Tue	Jul 2-Aug 27	12-12:45 p.m.			
	Wed	Jul 3-Aug 28	8:45-9:30 a.m.			
	Thu	Jul 4-Aug 29	12-12:45 p.m.			
	Fri	Jul 5-Aug 30	8:45-9:30 a.m.			

Reserve your spot in a class, register for programs and find all class and program information online at

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CLICK HERE TO FIND YOUR CLASS AND RESERVE

Registered FITNESS COURSES I

These courses are for all interests and fitness levels. Our highly trained and enthusiastic instructors will lead you through a fun and challenging workout suited to your needs.

Courses require minimum registration numbers to run. Register online at SportandWellnessReg.MacEwan.ca

Drop-in

Drop-in (as indicated) is **\$10** for members/students and **\$17.50** for the public. Payment must be made in person.

Registered Fitness courses run: **8 weeks***
*No classes May 18, Jun 29

Legend

S/M/P = MacEwan Student/Member/Public

- A Aerobics Studio
- G Gymnasium
- M Mind/Body Studio
- S Spin Studio
- H High Performance Studio
- P Pool

BUNDLE IT!
and **SAVE 15%**

Balance out your fitness routine and save! Register for **two or more** Registered Fitness Courses at the same time and save **15%** off of the cost!*

**Must register in person at the Welcome Desk for the discount to be applied. Registration is first come, first served where space is available.*

DAY	DATE	TIME	NO. OF CLASSES	LOCATION	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Pilates Level I Drop-in		Centre your body through stabilization and functional movement.						
Tue	May 14-Jul 2	11:05-11:55 a.m.	8	A	10903	S/M: \$64 P: \$70.40	May 9	Participants are encouraged to bring their own mats/props. Mats are available if needed.
Olympic Weight Lifting		Learn to safely snatch and clean & jerk under the guidance of an NCCP-Weightlifting certified personal trainer. All experience levels welcome.						
Tue	May 14-Jul 2	5-6 p.m.	8	H	11188	S/M: \$64 P: \$70.40	May 9	
Barre Fitness Drop-in		Fuse elements of ballet, Pilates, and sport conditioning into a fluid routine that will sculpt and tone your physique.						
Tue	May 14-Jul 2	12:05-12:55 p.m.	8	M	10904	S/M: \$64 P: \$70.40	May 9	
Strength Flow Yoga Drop-in		Target common areas of muscle weakness and tension using body weight, breathing and alignment cueing to find strength as we flow.						
Wed	May 15-Jul 3	12:05-12:55 p.m.	8	M	10919	S/M: \$64 P: \$70.40	May 9	Participants are encouraged to bring their own mats/props. Mats are available if needed.

Reserve your spot in a class, register for programs and find all class and program information online at

SportandWellnessReg.MacEwan.ca



CLICK HERE TO FIND YOUR CLASS AND REGISTER

WITHDRAWAL DEADLINES



CLICK HERE FOR FULL CANCELLATION POLICIES

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Registered FITNESS COURSES II

DAY	DATE	TIME	NO. OF CLASSES	LOCATION	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Sunrise Yoga Drop-in		Wake your body up through the first half of this class with gentle stretches and movements, followed by a high-energy vinyasa practice to get energized for the rest of your day.						
Thu	May 16-Jul 4	6:30-7:30 a.m.	8	M	10922	S/M: \$64 P: \$70.40	May 9	Participants are encouraged to bring their own mats/props. Mats are available if needed.
Pilates Level II Drop-in		Enhance the base you've built in your body's foundation with next level functional movements.						
Thu	May 16-Jul 4	12:05-12:55 p.m.	8	A	10926	S/M: \$64 P: \$70.40	May 9	Participants are encouraged to bring their own mats/props. Mats are available if needed.
Yin Yoga Drop-in		A gentle, slow-paced yoga practice with asanas held for longer periods of time, typically 3-5 minutes. Bring calmness, balance and mobility to the mind and body.						
Thu	May 16-Jul 4	5-6 p.m.	8	M	10927	S/M: \$64 P: \$70.40	May 9	Participants are encouraged to bring their own mats/props. Mats are available if needed.
Hatha Flow Yoga Drop-in		Enhance your mobility, strength and stamina with traditional Hatha Yoga blended with Vinyasa flow movements.						
Sat	May 25-Jul 20	9-10 a.m.	8	M	10929	S/M: \$64 P: \$70.40	May 9	No class May 18, Jun 29 Participants are encouraged to bring their own mats/props. Mats are available if needed.



Sensory Studio

DROP-INS

De-stress with special sensory studio themes throughout the semester!
Follow Sport and Wellness on social media for dates and information.

f X @MacEwanWellness

Reserve your spot in a class, register for programs and find all class and program information online at

SportandWellnessReg.MacEwan.ca

 [CLICK HERE TO FIND YOUR CLASS AND REGISTER](https://SportandWellnessReg.MacEwan.ca)

WITHDRAWAL DEADLINES

 [CLICK HERE FOR FULL CANCELLATION POLICIES](#)

Prior to the withdrawal deadline, you may withdraw from any registered program for a full refund. **No refunds will be issued after the withdrawal deadline.** Missed classes/lessons are not eligible for refunds or rescheduling.

Training AND ASSESSMENTS

Get support from some of Edmonton's most qualified personal trainers. Our Exercise Specialists have the following accreditations:

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

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

Please provide 24 hours notice if you are unable to make your scheduled appointment. Sessions will count at the full session rate without proper notice.

PERSONAL TRAINING

Let us help you reach your fitness goals! Set up a free consultation prior to purchase to discuss your training goals with a certified personal trainer by filling out the **Personal Training Inquiry Questionnaire** at MacEwan.ca/PersonalTraining. Please complete a consultation with a trainer **PRIOR to purchasing sessions**. Online fitness coaching is also available for those who prefer a virtual option. Email Fitness@MacEwan.ca for details.

Single sessions recommended only for those wanting a program designed for independent work.

		Student/Member		Public	
	SESSIONS	PRICE PER SESSION	TOTAL	PRICE PER SESSION	TOTAL
1-Hour Sessions	1	\$78 / session	\$78	\$86 / session	\$86
	5	\$67.60 / session	\$338	\$75.60 / session	\$378
	10	\$64.30 / session	\$643	\$72.30 / session	\$723
30-Minute Sessions	10	\$35.80 / session	\$358	\$39.80 / session	\$398
	20	\$33.90 / session	\$678	\$37.65 / session	\$753

ASSESSMENTS

LEGEND: S/M/P = MacEwan Student Member / Public

PROGRAM & OFFERING	DESCRIPTION & PRICE
Body Composition Assessment	We'll use your height, weight, circumferences, and a seven-site skinfold assessment to estimate your fat and lean body mass.
30-minute session	S/M \$40 P \$44
Baseline Testing for Wellness/Performance	Meet with a certified Exercise Specialist to create a baseline fitness assessment tailored to your fitness goals. Determine which tests are most relevant to your goals and receive optimal training feedback based on your results. Available tests involve body composition, muscular strength and endurance, aerobic capacity, flexibility, and more.
Initial Assessment - 1 hr	S/M \$75 P \$85
Follow Up - 1 hr	S/M \$63 P \$69
VO₂ Max Testing	This metabolic test will determine your VO ₂ Max, anaerobic threshold, and training zones. Participants must have medical clearance from their doctor prior to testing. Group and team discounts are available. Please contact James at LinthorneJ@MacEwan.ca for information and booking.
1-hr session	S/M \$115 P \$130 <i>Group rates available for min. 3 individuals. Inquire for details.</i>

Training AND ATHLETIC THERAPY

READY-MADE STRENGTH PROGRAMS

PRICE: S/M: \$30 P: \$40

These programs provide an affordable option for those who want a structured training program. Our highly educated, certified Exercise Specialists created these four-week programs to suit various training goals. For individualized training, check out our **Personal Training**.

PROGRAM	WORKOUTS PER WEEK	DESCRIPTION	EQUIPMENT
At Home Full Body	3	This progressive program is designed for anyone, beginner to intermediate, who needs a little help structuring their workouts.	Bands/tubing recommended, exercises may be performed with bodyweight.
Run Strong	3	Lift to improve your run performance including strength and prehab workouts.	Access to a fitness facility is required.
Tactical Fitness	3-4	A program built for those pursuing a career or currently employed in law enforcement/corrections.	Access to a fitness facility is required.
Complete Workout Upper Body Focus	3	This program focuses on eliciting more muscular growth for the upper body while putting lower body development into maintenance. You will find your upper body becoming a little more beat up while your lower body is maintained or grows at a slower pace.	Access to a fitness facility is required.
Full-Body, Booty & Core Builder	3	Each workout emphasizes volume in the glutes and lower body to help increase muscular size and tone while helping you to improve core strength.	Access to a fitness facility is required.
Barbell Basics	3	This progressive program aims to refine squats, deadlifts, presses, and pulls techniques. At the end of the program, participants will learn and master the basic movements that utilize a barbell so that they can add more exercises to their arsenal.	Broomstick/barbell, additional weights optional.
No More Back Pain	3	This program focuses on core and back strength to help decrease the incidence of back pain and provide protection against future problems.	Access to a fitness facility is required.
Full Body Balanced Workout	3	Grow muscle groups and maximize your efficiency in the gym while targeting larger movements and utilizing supersets and circuits to increase the efficiency of your workouts.	Access to a fitness facility is required.

ATHLETIC THERAPY

Do you suffer from chronic pain or acute orthopedic injuries? Athlete or not, call our qualified Athletic Therapists at **780-497-5492** to book your appointment.

SESSIONS	PRICE
Initial Assessment & Treatment*	S/M \$90 P \$100
Follow-up Treatment*	S/M \$70 P \$78
6 Treatments	S/M \$402 P \$450
5 Treatments & 1 Assessment	S/M \$425 P \$475



**Many insurance companies cover athletic therapy directly through your health plan or your health spending account.*

Testing

OCCUPATIONAL FITNESS TESTING

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

Registration/Withdrawal Deadline: 48 hours prior to testing.
Cancellation notice must be sent via email to
WelcomeDesk@MacEwan.ca

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

Please arrive 10 minutes prior to start time and provide valid medical clearance and a piece of photo ID.

PARE Testing

Physical Abilities Requirement Evaluation (*PARE*) is a job-related physical abilities test that evaluates your physical capacity as it applies to law enforcement/police work. Various law enforcement agencies require successful completion of the PARE as part of the application process. **Medical clearance required.** Visit alberta.ca and search 'PARE test' for the Medical Consent Form.

COPAT Testing

The Correctional Officer Physical Ability Test (*COPAT*) evaluates your capacity to meet the physical demands of correctional services work. It is the occupational assessment used by the Solicitor General of Alberta in selecting candidates applying to Correctional Peace Officer positions. **Medical clearance required.** Visit alberta.ca and search 'COPAT test' for the Medical Consent Form.

Testing is subject to cancellation if minimum registration is not met.

Applicants will be assigned a starting time within the window listed in the charts below. Specific times cannot be requested; applicants must be available for the entire testing window.

LEGEND: S/M/P = MacEwan Student Member / Public

PROGRAM	DAY	DATE	TIME	CODE	PRICE	WITHDRAW/TRANSFER BY 8 A.M.
PARE Testing	Wed	May 22	8-10 a.m.	10936	S/M/P \$99	May 20
			10 a.m.-12 p.m.	10937		
		Jun 19	8-10 a.m.	10938		Jun 17
			10 a.m.-12 p.m.	10942		
		Jul 17	8-10 a.m.	10949		Jul 15
			10 a.m.-12 p.m.	10951		
		Aug 21	8-10 a.m.	10952		Aug 19
			10 a.m.-12 p.m.	10953		
COPAT Testing	Wed	May 22	12:30-1:30 p.m.	10954	S/M/P \$99	May 20
		Jun 19	12:30-1:30 p.m.	10955		Jun 17
		Jul 17	12:30-1:30 p.m.	10956		Jul 15
		Aug 21	12:30-1:30 p.m.	10957		Aug 19

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CLICK HERE TO FIND YOUR CLASS AND REGISTER

Corporate Wellness

OFFERING	DESCRIPTION	DETAILS
<p>Corporate Wellness Initiatives</p>	<p>We specialize in fun and educational strategies to enhance employee retention, job satisfaction and work motivation. Examples of our Corporate Wellness initiatives include:</p> <ul style="list-style-type: none"> Team-Building Activities <ul style="list-style-type: none"> Scavenger Hunts Amazing Race Fitness Classes <ul style="list-style-type: none"> Yoga Pilates Zumba Barre Fitness Spin Resistance Training TRX Jiu-Jitsu Cardio Box Cardio Dance Power Walking Core Conditioning Sport Training Classes <ul style="list-style-type: none"> Triathlon Swim Bike & Run Training Off-Ice Hockey, Basketball, Volleyball, & Soccer Conditioning Injury and Disease Prevention Classes <ul style="list-style-type: none"> Myofascial Release Fall Prevention Posture Realignment Mobility Enhancement Diabetes Management Cancer and Heart Disease Prevention Fitness Challenges <ul style="list-style-type: none"> How Fit Can You Get Weight Loss Workshops/Webinars <ul style="list-style-type: none"> Stress & Time Management Healthy Eating Staying Active in the Office, at Home or on the Road Mind & Body Balance Office Ergonomics Healthy Sleeping Habits Mindfulness Goal Setting 	<p>Consultation and Implementation</p> <p>Sessions range from a basic one-hour Lunch N' Learn to a full-day workshop/event, and can be hosted at MacEwan or at your location.</p> <p>For more information and pricing, please contact Terra at 780-497-5692 or GiggeyT@MacEwan.ca</p>
<p>Corporate Memberships</p>	<p>We offer Corporate Memberships Discounts!</p> <p>Inquire at the Welcome Desk if you work for any of the following organizations to receive 20% off regular adult and older adult membership pricing:</p> <ul style="list-style-type: none"> Alberta Blue Cross Alberta Government Alberta Health Services Cameron Corporation Clark Builders Downtown Edmonton Community League Edmonton Public Schools Health Benefits Cardholder (<i>i.e. AISH</i>) MacEwan University Health Centre NorQuest College PainWorth RE/MAX River City Stantec WBF - Women Building Futures WCB - Workers' Compensation Board <p>Family living in the same household as a membership holder will receive a 10% discount.</p>	<p>If you are interested in setting up a corporate discount for your business or organization please contact Andrea at 780-497-5372 or vonAlbedyhIA@MacEwan.ca</p>

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CLICK HERE TO FIND YOUR CLASS AND REGISTER

Swim Lessons CHILD SPRING GROUP LESSONS I



Lifesaving Society® Swim for Life® is a comprehensive swim program built on the development of fundamental swim strokes and skills for swimmers 4 months to 14 years.

CLASS DESCRIPTIONS

PARENT & TOT LESSONS

These lessons are for children ages 4 months to 3 years old. **1 & 2** are for children ages 4 months to 2 years old. **2 & 3** are for children ages 2 to 3 years old.

PRESCHOOL 1 Ages 3-5

These preschoolers learn to get in and out of the water safely. They'll learn to move safely in shallow water and use a lifejacket to be comfortable with their floats and glides.

PRESCHOOL 2 Ages 3-5

These preschoolers will explore the water, learning to submerge and exhale underwater. Buoyant aids are used to help them discover rollovers, glides and flutter kicks.

PRESCHOOL 3 Ages 3-5

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

PRESCHOOL 4 Ages 3-5

These preschoolers will strengthen their flutter kicks and try swimming front crawl. They'll start to learn how to support themselves in deep water and they'll do solo jumps and side rolls into deep water. Their lifejacket will support them while they learn to tread water and swim 5 m to safety in deep water.

PRESCHOOL 5 Ages 3-5

These preschoolers will master 5 m front crawl and 5 m back crawl. They are ready to take on a forward roll into deep water with their lifejacket and to tread water without support. At this level, they will get their first chance to try whip kick and fitness training.

CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Parent & Tot* 1 & 2 AGES 4 MONTHS- 2 YEARS	Sun	May 5-Jun 23	11-11:30 a.m.	7	1: 11000 2: 11174	P: \$61.25	Apr 27	No lessons May 19
	Mon	May 6-Jun 24	4:30-5 p.m.		1: 11002 2: 11175		Apr 28	No lessons May 20
	Wed	May 8-Jun 19	4:30-5 p.m.		1: 11003 2: 11176		Apr 30	
	Fri	May 10-Jun 21	4:30-5 p.m.		1: 11004 2: 11177		May 2	
	Sat	May 4-Jun 22	11:45 a.m.-12:15 p.m.		1: 11005 2: 11178		Apr 26	No lessons May 18
Parent & Tot* 2 & 3 AGES 2-3	Sun	May 5-Jun 23	11:30-12 p.m.	7	2: 11011 3: 11179	P: \$61.25	Apr 27	No lessons May 19
	Mon	May 6-Jun 24	5-5:30 p.m.		2: 11012 3: 11180		Apr 28	No lessons May 20
	Wed	May 8-Jun 19	5-5:30 p.m.		2: 11013 3: 11181		Apr 30	
	Fri	May 10-Jun 21	5-5:30 p.m.		2: 11014 3: 11182		May 2	
	Sat	May 4-Jun 22	11-11:30 a.m.		2: 11016 3: 11183		Apr 26	No lessons May 18

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

Programs with low numbers are subject to cancellation.

WITHDRAWAL DEADLINES



CLICK HERE FOR FULL CANCELLATION POLICIES

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Swim Lessons CHILD SPRING GROUP LESSONS II



CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Preschool 1	Sun	May 5-Jun 23	12:30-1 p.m.	7	10896	P: \$61.25	Apr 27	No lessons May 19
	Mon	May 6-Jun 24	4:30-5 p.m.		10897		Apr 28	No lessons May 20
	Wed	May 8-Jun 19	4:30-5 p.m.		10898		Apr 30	
	Fri	May 10-Jun 21	4:30-5 p.m.		10899		May 2	
	Sat	May 4-Jun 22	10-10:30 a.m.		10900		Apr 26	No lessons May 18
			11-11:30 a.m.		10901			
Preschool 2	Sun	May 5-Jun 23	1-1:30 p.m.	7	10905	P: \$61.25	Apr 27	No lessons May 19
	Mon	May 6-Jun 24	5-5:30 p.m.		10906		Apr 28	No lessons May 20
	Wed	May 8-Jun 19	5-5:30 p.m.		10907		Apr 30	
	Fri	May 10-Jun 21	5-5:30 p.m.		10908		May 2	
	Sat	May 4-Jun 22	10:30-11 a.m.		10909		Apr 26	No lessons May 18
			11:45 a.m.-12:15 p.m.		10910			
Preschool 3	Sun	May 5-Jun 23	1:30-2 p.m.	7	10911	P: \$61.25	Apr 27	No lessons May 19
	Mon	May 6-Jun 24	6-6:30 p.m.		10912		Apr 28	No lessons May 20
	Wed	May 8-Jun 19	6-6:30 p.m.		10913		Apr 30	
	Fri	May 10-Jun 21	6-6:30 p.m.		10915		May 2	
	Sat	May 4-Jun 22	10-10:30 a.m.		10916		Apr 26	No lessons May 18
			11-11:30 a.m.		10917			
Preschool 4/5 SPLIT CLASS	Sun	May 5-Jun 23	1:30-2 p.m.	7	4: 10918 5: 10928	P: \$61.25	Apr 27	No lessons May 19
	Mon	May 6-Jun 24	5:30-6 p.m.		4: 10920 5: 10930		Apr 28	No lessons May 20
	Wed	May 8-Jun 19	5:30-6 p.m.		4: 10921 5: 10931		Apr 30	
	Fri	May 10-Jun 21	5:30-6 p.m.		4: 10923 5: 10932		May 2	
	Sat	May 4-Jun 22	10:30-11 a.m.		4: 10924 5: 10933		Apr 26	No lessons May 18
			12:45-1:15 p.m.		4: 10925 5: 10934			

Reserve your spot in a class, register for programs and find all class and program information online at

SportandWellnessReg.MacEwan.ca



CLICK HERE TO FIND YOUR CLASS AND REGISTER

WITHDRAWAL DEADLINES



CLICK HERE FOR FULL CANCELLATION POLICIES

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CLASS DESCRIPTIONS All classes Ages 6-14

SWIMMER 1

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

SWIMMER 2

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

SWIMMER 3

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

SWIMMER 4

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

SWIMMER 5

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

SWIMMER 6

These swimmers will master eggbeater and scissor kicks, front crawl, breaststroke and back crawl. They'll be ready to make the 300 m endurance workout with the interval training and sprint racing drills. And, just for fun, they'll try stride jumps and compact jumps.

CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Swimmer 1	Sun	May 5-Jun 23	12-12:30 p.m.	7	10935	P: \$61.25	Apr 27	No lessons May 19
			1-1:30 p.m.		10939			
	Mon	May 6-Jun 24	5:30-6 p.m.		10940		Apr 28	No lessons May 20
			6-6:30 p.m.		10941			
	Wed	May 8-Jun 19	5:30-6 p.m.		10943		Apr 30	
			6-6:30 p.m.		10944			
	Fri	May 10-Jun 21	5:30-6 p.m.		10945		May 2	
			6-6:30 p.m.		10946			
	Sat	May 4-Jun 22	10-10:30 a.m.		10947		Apr 26	No lessons May 18
10:30-11 a.m.			10948					
12:15-12:45 p.m.			10950					
Swimmer 2	Sun	May 5-Jun 23	11-11:45 a.m.	7	10958	P: \$77	Apr 27	No lessons May 19
			11:45 a.m.-12:30 p.m.		10959			
	Mon	May 6-Jun 24	4-4:45 p.m.		10960		Apr 28	No lessons May 20
			4-4:45 p.m.		10961			
	Wed	May 8-Jun 19	4:45-5:30 p.m.		10962		Apr 30	
			4-4:45 p.m.		10963			
	Fri	May 10-Jun 21	4-4:45 p.m.		10963		May 2	
			10-10:45 a.m.		10964			
	Sat	May 4-Jun 22	10-10:45 a.m.		10964		Apr 26	No lessons May 18
11:45 a.m.-12:30 p.m.			10965					

WITHDRAWAL DEADLINES



CLICK HERE FOR FULL CANCELLATION POLICIES

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Swim Lessons CHILD SPRING GROUP LESSONS IV



CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Swimmer 3	Sun	May 5-Jun 23	12:30-1:15 p.m.	7	10966	P: \$77	Apr 27	No lessons May 19
	Mon	May 6-Jun 24	5:30-6:15 p.m.		10970		Apr 28	No lessons May 20
	Wed	May 8-Jun 19	4-4:45 p.m.		10971		Apr 30	
	Fri	May 10-Jun 21	5:30-6:15 p.m.		10972		May 2	
	Sat	May 4-Jun 22	10-10:45 a.m.		10973		Apr 26	No lessons May 18
			10:45-11:30 a.m.		10974			
Swimmer 4	Sun	May 5-Jun 23	1:15-2 p.m.	7	10975	P: \$77	Apr 27	No lessons May 19
	Mon	May 6-Jun 24	4:45-5:30 p.m.		10976		Apr 28	No lessons May 20
	Wed	May 8-Jun 19	4:45-5:30 p.m.		10977		Apr 30	
	Fri	May 10-Jun 21	4:45-5:30 p.m.		10978		May 2	
	Sat	May 4-Jun 22	10:45-11:30 a.m.		10979		Apr 26	No lessons May 18
			11:45 a.m.-12:30 p.m.		10980			
Swimmer 5	Sun	May 5-Jun 23	12:30-1:15 p.m.	7	10981	P: \$77	Apr 27	No lessons May 19
	Mon*	May 6-Jun 24	6:15-7 p.m.		10982		Apr 28	No lessons May 20
	Wed*	May 8-Jun 19	5:30-6:15 p.m.		10983		Apr 30	
	Fri*	May 10-Jun 21	6:15-7 p.m.		10984		May 2	
	Sat	May 4-Jun 22	11:45 a.m.-12:30 p.m.		10985		Apr 26	No lessons May 18
Swimmer 6	Sun	May 5-Jun 23	1:15-2 p.m.	7	10986	P: \$77	Apr 27	No lessons May 19
	Mon*	May 6-Jun 24	6:15-7 p.m.		10987		Apr 28	No lessons May 20
	Wed*	May 8-Jun 19	5:30-6:15 p.m.		10988		Apr 30	
	Fri*	May 10-Jun 21	6:15-7 p.m.		10989		May 2	
	Sat	May 4-Jun 22	12:30-1:15 p.m.		10990		Apr 26	No lessons May 18

*Swimmer 5/6 split classes.

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WITHDRAWAL DEADLINES

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Swim Lessons CHILD SUMMER LESSONS I

MacEwan University Sport and Wellness Swim Lessons allow participants to focus on developing swimming skills, endurance, stroke efficiency, and Water Smart® habits. Swimmers will receive a certificate of participation and a registration recommendation at the end of the session.

CLASS DESCRIPTIONS

PARENT & TOT Ages 4 months-3 years

Parent and Tot lessons are for children between ages 4 months to 3 years old.

BEGINNER Ages 6-14

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

ADVANCED Ages 6-14

Swimmers should be comfortable in deep water, be able to tread water for one minute, and swim front and back crawl for 25 m.

BEGINNER: FIRST STEPS PRESCHOOL ONLY Ages 3-5

These lessons are for those who are uncomfortable or have a fear of water. The focus is on slow progressions and becoming comfortable and confident in the water.

INTERMEDIATE Ages 6-14

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

MASTERY Ages 6-14

Swimmers are proficient in the water, finessing their strokes, and able to swim 100 m non-stop. The focus is on developing endurance and strong swimming skills for life!

BEGINNER: SECOND STEPS PRESCHOOL ONLY Ages 3-5

These lessons are for swimmers who are comfortable in the water but need to work on floating and swimming without assists.

CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Parent & Tot* <small>AGES 4 MONTHS-3 YEARS</small>	Mon-Fri	Jul 8-12	4:30-5 p.m.	5	11152	P: \$43.75	Jun 30	*Caregiver must be in the water with swimmer at all times.
		Jul 15-19			11153		Jul 7	
		Jul 22-26			11154		Ju 14	
		Jul 29-Aug 2			11155		Jul 21	
		Aug 12-16			11156		Aug 4	
		Aug 19-23			11157		Aug 11	
Beginner: First Steps <small>PRESCHOOL ONLY</small>	Mon-Fri	Jul 8-12	4:30-5 p.m.	5	11072	P: \$43.75	Jun 30	
		Jul 15-19			11077		Jul 7	
		Jul 22-26			11078		Jul 14	
		Jul 29-Aug 2			11079		Jul 21	
		Aug 12-16			11080		Aug 4	
		Aug 19-23			11081		Aug 11	
Beginner: Second Steps <small>PRESCHOOL ONLY</small>	Mon-Fri	Jul 8-12	5-5:30 p.m.	5	11082	P: \$43.75	Jun 30	
		Jul 15-19			11084		Jul 7	
		Jul 22-26			11085		Jul 14	
		Jul 29-Aug 2			11086		Jul 21	
		Aug 12-16			11087		Aug 4	
		Aug 19-23			11088		Aug 11	

WITHDRAWAL DEADLINES

 [CLICK HERE FOR FULL CANCELLATION POLICIES](#)

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Swim Lessons CHILD SUMMER LESSONS II

CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Beginner	Mon-Fri	Jul 8-12	5:30-6 p.m.	5	11089	P: \$43.75	Jun 30	
			6-6:30 p.m.		11090			
		Jul 15-19	5:30-6 p.m.		11091		Jul 7	
		Jul 22-26	5:30-6 p.m.		11093		Jul 14	
			6-6:30 p.m.		11094			
		Jul 29-Aug 2	5:30-6 p.m.		11095		Jul 21	
			6-6:30 p.m.		11096			
		Aug 12-16	5:30-6 p.m.		11097		Aug 4	
			6-6:30 p.m.		11098			
		Aug 19-23	5:30-6 p.m.		11099		Aug 11	
6-6:30 p.m.	11100							
Intermediate	Mon-Fri	Jul 8-12	5-5:30 p.m.	5	11101	P: \$43.75	Jun 30	
		Jul 15-19			11102		Jul 7	
		Jul 22-26			11103		Jul 14	
		Jul 29-Aug 2			11104		Jul 21	
		Aug 12-16			11105		Aug 4	
		Aug 19-23			11106		Aug 11	
Advanced	Mon-Fri	Jul 8-12	4:30-5 p.m.	5	11107	P: \$43.75	Jun 30	
		Jul 15-19			11108		Jul 7	
		Jul 22-26			11109		Jul 14	
		Jul 29-Aug 2			11110		Jul 21	
		Aug 12-16			11111		Aug 4	
		Aug 19-23			11112		Aug 11	
Mastery	Mon-Fri	Jul 8-12	5-5:30 p.m.	5	11113	P: \$43.75	Jun 30	
		Jul 15-19			11114		Jul 7	
		Jul 22-26			11115		Jul 14	
		Jul 29-Aug 2			11116		Jul 21	
		Aug 12-16			11117		Aug 4	
		Aug 19-23			11118		Aug 11	

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WITHDRAWAL DEADLINES

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Swim Lessons ADULT SPRING GROUP LESSONS



Beginners just starting out or swimmers looking to improve their strokes will find that the Adult Swimmer program will help them achieve their swimming goals. Swimmers will work with a certified instructor to gain confidence in the water, develop smooth recognizable strokes, and improve their water fitness. Water Smart® education is incorporated into all levels to support the Society's mandate of drowning prevention.

CLASS DESCRIPTIONS All classes Ages 15+

SCARED STIFF

These adult classes are for swimmers who are uncomfortable or experience fear when putting their faces in the water, swimming without assists (lifejacket, floaty, etc), or appreciate learning at a slower pace.

ADULT 2

Participants learn deep water entries and underwater swimming skills, develop front and back crawl skills, and start learning breaststroke. Swimmers should be comfortable in deep water before joining this class.

ADULT 1

Adult swimmers will work towards being able to complete short distance swims (10-15 m) on their front and back. They will work through swimming stroke fundamentals such as floats, rolls, glides, and kicks. Swimmers will develop their underwater skills as they continue to build their confidence in the water.

ADULT 3

Swimmers will learn eggbeater, stride entries, and compact jumps. They will be able to do a 300 m workout and sprinting 25-50 m. Swimmers will master front crawl, back crawl, and breaststroke.

FITNESS SWIMMER

Fitness Swimmer focuses on teaching participants how to set workouts and further incorporate swimming into their regular fitness routine.

CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Scared Stiff	Mon	May 6-Jun 24	4:45-5:30 p.m.	7	11066	S: \$64.75 M: \$71.75 P: \$78.75	Apr 28	No lessons May 20
	Fri	May 10-Jun 21	4:45-5:30 p.m.		11068		May 2	
	Sat	May 4-Jun 22	12:30-1:15 p.m.		11069		Apr 26	No lessons May 18
Adult 1	Mon	May 6-Jun 24	4-4:45 p.m.	7	11026		Apr 28	No lessons May 20
			6:15-7 p.m.		11027			
	Wed	May 8-Jun 19	6:15-7 p.m.		11028		Apr 30	
	Fri	May 10-Jun 21	4-4:45 p.m.		11030		May 2	
			6:15-7 p.m.		11033			
	Sat	May 4-Jun 22	10-10:45 a.m.		11034		Apr 26	No lessons May 18
Adult 2	Sun	May 5-Jun 23	11:45 a.m.-12:30 p.m.	7	11035	S: \$64.75 M: \$71.75 P: \$78.75	Apr 27	No lessons May 19
	Mon	May 6-Jun 24	5:30-6:15 p.m.		11036		Apr 28	No lessons May 20
	Wed	May 8-Jun 19	6:15-7 p.m.		11037		Apr 30	
	Fri	May 10-Jun 21	5:30-6:15 p.m.		11038		May 2	
	Sat	May 4-Jun 22	10:45-11:30 a.m.		11039		Apr 26	No lessons May 18
			12:30-1:15 p.m.		11040			
Adult 3 / Fitness Swimmer SPLIT CLASS	Sat	May 4-Jun 22	11:45 a.m.-12:30 p.m.	7	A3: 11041 FS: 11042	S: \$64.75 M: \$71.75 P: \$78.75	Apr 26	No lessons May 18

WITHDRAWAL DEADLINES

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Swim Lessons ADULT SUMMER LESSONS

MacEwan University Sport and Wellness Swim Lessons allow participants to focus on developing swimming skills, endurance, stroke efficiency, and Water Smart® habits. Swimmers will receive a certificate of participation and a registration recommendation at the end of the session.

CLASS DESCRIPTIONS All classes Ages 15+

ADULT BEGINNER: FIRST STEPS

These lessons are for those who are uncomfortable or have a fear of water. The focus is on slow progressions and becoming comfortable and confident in the water.

ADULT BEGINNER: SECOND STEPS

The focus is on continuing to develop confidence in the water and stroke basics. Often, swimmers don't know any strokes at this point.

INTERMEDIATE

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

ADVANCED

Swimmers should be comfortable in deep water, be able to tread water for one minute, and swim front and back crawl for 25 m.

MASTERY

Swimmers are proficient in the water, finessing their strokes, and able to swim 100 m non-stop. The focus is on developing endurance and strong swimming skills for life!

CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Adult Beginner: First Steps	Mon-Fri	Jul 8-12	5:30-6 p.m.	5	11119	S/M: \$45 P: \$50	Jun 30	
		Jul 15-19			11120		Jul 7	
		Jul 22-26			11121		Jul 14	
		Jul 29-Aug 2			11122		Jul 21	
		Aug 12-16			11123		Aug 4	
		Aug 19-23			11124		Aug 11	
Adult Beginner: Second Steps	Mon-Fri	Jul 8-12	6-6:30 p.m.	5	11125	S/M: \$45 P: \$50	Jun 30	
		Jul 15-19			11126		Jul 7	
		Jul 22-26			11127		Jul 14	
		Jul 29-Aug 2			11128		Jul 21	
		Aug 12-16			11129		Aug 4	
		Aug 19-23			11130		Aug 11	
Adult Intermediate	Mon-Fri	Jul 8-12	5:30-6 p.m.	5	11131	S/M: \$45 P: \$50	Jun 30	
		Jul 15-19			11132		Jul 7	
		Jul 22-26			11133		Jul 14	
		Jul 29-Aug 2			11134		Jul 21	
		Aug 12-16			11135		Aug 4	
		Aug 19-23			11136		Aug 11	
Adult Advanced / Mastery SPLIT CLASS	Mon-Fri	Jul 15-19	6-6:30 p.m.	5	AA: 11138 AM: 11144	S/M: \$45 P: \$50	Jul 7	
		Jul 22-26			AA: 11139 AM: 11145		Jul 14	
		Jul 29-Aug 2			AA: 11140 AM: 11146		Jul 21	
		Aug 12-16			AA: 11141 AM: 11147		Aug 4	
		Aug 19-23			AA: 11142 AM: 11148		Aug 11	

WITHDRAWAL DEADLINES

 [CLICK HERE FOR FULL CANCELLATION POLICIES](#)

Online and in-person registration closes after the 2nd lesson. After this, registration is closed. Prior to the withdrawal deadline, you may withdraw from any registered program for a full refund. **No refunds will be issued after the withdrawal deadline.** Missed classes/lessons are not eligible for refunds or rescheduling.

Swim Lessons CANADIAN SWIM PATROL & PRIVATE LESSONS

CANADIAN SWIM PATROL

The Canadian Swim Patrol program provides enriched training for those who are ready to go beyond learn-to-swim. Swimmers will continue developing their strokes while learning about first aid and water rescues. If you love JLC, you'll love Canadian Swim Patrol.

Prerequisites: Lifesaving Society Swim Test: Safe entry into shallow water, 25 m swim without stopping/resting, treading water for 30 seconds.

CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Canadian Swim Patrol: Rookie, Ranger, Star	Wed	May 8-Jun 19	5:30-6:15 p.m.	7	11150	P: \$77	Apr 30	No class May 18
	Sat	May 4-Jun 22	12:30-1:15 p.m.		11151			

PRIVATE LESSONS

Led by our highly trained instructors, these sessions are ideal for anyone wanting personalized instruction to improve their swimming. Lessons are tailored to each individual or group and are 30 minutes with a maximum of two participants per group (*max 2*). We suggest that individuals participating are similar in swimming skills to optimize their time with the instructor. Registered Private lessons are booked online at SportandWellnessReg.MacEwan.ca

BUILD YOUR OWN LESSON PACKAGE

Not seeing a lesson offering that works with your schedule? Email Aquatics@MacEwan.ca and we can build a package together. Subject to instructor availability and pool space.

SWIM ASSESSMENTS

Unsure what swim lesson to register your child in? Let us help! Email Aquatics@MacEwan.ca to set up a one-on-one swim assessment for \$10

This summer, weekend private lessons are only \$25!

Lessons are 30 minutes with a maximum of two participants per group. We suggest that individuals participating are similar in swimming skills to optimize their time with the instructor.

Summer single lessons are booked online at SportandWellnessReg.MacEwan.ca. There is no limit to the number of lessons a swimmer can book. We cannot guarantee that you will have the same instructor if you are booking multiple lessons. Check online for Adult (15+) and Child options.

Register early as there are limited spots.
Withdrawal deadline is 7 full days before the lesson date.

OFFERING

OFFERING	DAY	DATE	AVAILABILITY	INFORMATION
Summer Weekend Private Lessons	Sat	Jul 6	10 a.m.-12 p.m.	30 minute lessons, up to 2 participants
	Sun	Jul 7		
	Sat	Jul 20	10 a.m.-12 p.m.	
	Sun	Jul 21		
	Sat	Jul 27	10 a.m.-12 p.m.	
	Sun	Jul 28		
	Sat	Aug 10	10 a.m.-12 p.m.	
	Sun	Aug 11		
	Sat	Aug 17	10 a.m.-12 p.m.	
	Sun	Aug 18		

Reserve your spot in a class, register for programs and find all class and program information online at

SportandWellnessReg.MacEwan.ca



CLICK HERE TO FIND YOUR CLASS AND REGISTER

WITHDRAWAL DEADLINES



CLICK HERE FOR FULL CANCELLATION POLICIES

Online registration for Can. Swim Patrol closes the 2nd week of lessons. In person registration is available until the 4th week. After this, registration is closed. Prior to the withdrawal deadline, you may withdraw from any registered program for a full refund. **No refunds will be issued after the withdrawal deadline.** Missed classes/lessons are not eligible for refunds or rescheduling.

COURSE DESCRIPTIONS

BRONZE MEDALLION / CPR-C / AED

Develop an understanding of the water rescue elements: judgment, knowledge, skill, and fitness. This course includes CPR-C and AED. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross.

Prerequisite(s): Ages 13+ or Bronze Star

BRONZE CROSS / INTERMEDIATE FIRST AID / OXYGEN ADMINISTRATION

Begin the transition from lifesaving to lifeguarding and prepare for responsibilities as an assistant lifeguard. This course includes Intermediate First Aid (IFA) and Oxygen Administration (O₂). O₂ provides the knowledge and techniques for using oxygen as a supplement in an emergency care situation.

Prerequisite(s): Bronze Medallion. Must provide proof of certification.

Equipment Needed: Fanny pack, pocket mask, filter, and whistle.

INTERMEDIATE FIRST AID

Intermediate First Aid (IFA) provides comprehensive training covering all aspects of first aid and CPR. It is a government of Alberta workplace-approved course.

SWIM & LIFESAVING INSTRUCTOR / PRESCHOOL PROFICIENCY

Swim and Lifesaving Instructors are responsible for teaching and evaluating candidates participating in the Swim for Life, Canadian Swim Patrol, Bronze Medals, Distinction, and Lifesaving Society CPR programs.

Preschool Proficiency enhances an instructor's understanding of preschoolers and how they learn, develop, and acquire skills in the water.

Prerequisite(s): Ages 15+ and Bronze Cross or higher (*need not be current*). Must provide proof of certifications.

SWIM / LIFESAVING INSTRUCTOR - RECERTIFICATION

The Swim and Lifesaving Instructor Recertification course evaluates Instructor Level 1 leadership competencies, facilitates networking, and provides instructors with updates from the Lifesaving Society.

Prerequisite(s): Swim and/or Lifesaving Instructor (*need not be current*) and any updates (*as required*). Must provide proof of certification.

NATIONAL LIFEGUARD

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

Prerequisite(s): Ages 15+, Bronze Cross (*need not be current*), and Government of Alberta OH & S Approved IFA (*must be current*). Must provide proof of certifications.

Equipment Needed: Fanny pack, pocket mask, filter, and whistle.

NL / IFA / O₂ - RECERTIFICATION

Participants in this course have the opportunity to participate in recertification exams for their NL, IFA, and O₂ certifications. If you require an AEC recertification please email Aquatics@MacEwan.ca a minimum of 3 business days before the course begins. There will be an additional fee.

Prerequisite(s): National Lifeguard (*need not be current*) and Government of Alberta OH & S Approved IFA (*must be current*). Must provide proof of certifications.

FIRST AID INSTRUCTOR/EXAMINER

First Aid Instructors are responsible for teaching and evaluating candidates participating in the Lifesaving Society CPR, Emergency First Aid, Intermediate First Aid, Aquatic Emergency Care, CPR-HCP, and O₂ programs.

Prerequisite(s): Lifesaving Instructor and Government of Alberta OH & S Approved IFA (*must be current*). Must provide proof of certification.

FIRST AID INSTRUCTOR/EXAMINER - RECERTIFICATION

The First Aid Instructor Recertification course evaluates Instructor Level 1 leadership competencies, facilitates networking and provides instructors with updates from the Lifesaving Society.

Prerequisite(s): First Aid Instructor and current Government of Alberta OH & S Approved IFA and any updates (*as required*). Must provide proof of certification.

NATIONAL LIFEGUARD INSTRUCTOR

National Lifeguard Instructors are responsible for teaching and evaluating candidates participating in the National Lifeguard Pool, waterpark, waterfront, and surf programs.

Prerequisite(s): Current National Lifeguard (*any option, must be held for a minimum of two (2) years*) and Lifesaving Instructor (*need not be current*). Experience teaching Lifesaving Society certification programs is recommended. Must provide proof of certification.

NATIONAL LIFEGUARD INSTRUCTOR - RECERTIFICATION

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

Prerequisite(s): National Lifeguard Instructor, all mandatory updates (*as required*). Must provide proof of certification.

100% ATTENDANCE IS MANDATORY FOR ALL AQUATIC CERTIFICATION COURSES

Reserve your spot in a class, register for programs and find all class and program information online at

SportandWellnessReg.MacEwan.ca

 [CLICK HERE TO FIND YOUR CLASS AND REGISTER](http://SportandWellnessReg.MacEwan.ca)

Certifications & LEADERSHIP COURSES II



CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE EARLY BIRD BEFORE APR 30	WITHDRAWAL DEADLINE	INFORMATION
Bronze Medallion / CPR-C / AED	Fri-Sun	May 3-5	Fri: 5-9 p.m. Sat/Sun: 8:30 a.m.-5:30 p.m.	3	10991	EARLY BIRD S: \$177 M/P: \$225 REGULAR S: \$189 M/P: \$240	Apr 25	
	Tue & Thu	May 7-21	4:30-8:30 p.m.	5	10992		Apr 29	
	Wed-Fri	Jul 3-5	8:30 a.m.-4:30 p.m.	3	10993		Jun 25	
	Wed-Fri	Aug 7-9	8:30 a.m.-4:30 p.m.	3	10994		Jul 30	
Bronze Cross / IFA / O₂	Fri-Sun	May 10-26	Fri: 5-9 p.m. Sat/Sun: 8:30 a.m.-5:30 p.m.	6	10995	EARLY BIRD S: \$279 M/P: \$369 REGULAR S: \$297 M/P: \$378	May 3	
	Tue & Thu	May 28-Jun 25	4:30-8:30 p.m.	9	10996		May 20	
	Mon-Fri	Jul 8-12	8:30 a.m.-5:30 p.m.	5	10997		Jun 30	
	Mon-Fri	Aug 12-16	8:30 a.m.-5:30 p.m.	5	10998		Aug 4	
Intermediate First Aid	Sat-Sun	May 11-12	8:30 a.m.-5:30 p.m.	2	11043	EARLY BIRD S: \$135 M/P: \$165 REGULAR S: \$150 M/P: \$180	May 3	
	Tue & Thu	May 28-Jun 6	4:30-8:30 p.m.	4	11044		May 20	
	Mon-Tue	Jul 8-9	8:30 a.m.-5:30 p.m.	2	11045		Jun 30	
	Mon-Tue	Aug 12-13	8:30 a.m.-5:30 p.m.	2	11046		Aug 4	
Swim & Lifesaving Instructor / Preschool Proficiency	Fri-Sun	Jun 14-23	Fri: 5-9 p.m. Sat/Sun: 8:30 a.m.-5:30 p.m.	6	11054	EARLY BIRD S: \$375 M/P: \$450 REGULAR S: \$390 M/P: \$465	Jun 6	
	Mon-Fri	Jul 22-26	8:30 a.m.-5:30 p.m.	5	11055		Jul 14	
Swim & Lifesaving Instructor - Recert.	Fri	May 17	5-9 p.m.	1	11056	EARLY BIRD S/M/P: \$100 REGULAR S/M/P: \$115	May 9	

100% ATTENDANCE IS MANDATORY FOR ALL AQUATIC CERTIFICATION COURSES

LEGEND: S/M/P =
MacEwan Student / Member / Public

WITHDRAWAL DEADLINES

[CLICK HERE FOR FULL CANCELLATION POLICIES](#)

Online and in-person registration closes after the 2nd lesson. After this, registration is closed. Prior to the withdrawal deadline, you may withdraw from any registered program for a full refund. **No refunds will be issued after the withdrawal deadline.** Missed classes/lessons are not eligible for refunds or rescheduling.

CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE EARLY BIRD BEFORE APR 30	WITHDRAWAL DEADLINE	INFORMATION
National Lifeguard	Fri-Sun	May 31-Jun 9	Fri: 5-9 p.m. Sat/Sun: 8:30 a.m.-5:30 p.m.	6	11047	EARLY BIRD S: \$276 M/P: \$342	May 23	
	Mon-Fri	Jul 15-19	8:30 a.m.-5:30 p.m.	5	11048	REGULAR S: \$282 M/P: \$348	Jul 7	
	Mon-Fri	Aug 19-23	8:30 a.m.-5:30 p.m.	5	11049	REGULAR S: \$282 M/P: \$348	Aug 11	
NL / IFA / O₂ - Recert.	Sun	May 5	8:30 a.m.-5:30 p.m.	1	11050	EARLY BIRD S/M/P: \$125 REGULAR S/M/P: \$145	Apr 27	
		Jun 16			11051		Jun 8	
		Jul 7			11052		Jun 29	
		Aug 11			11053		Aug 3	
First Aid Instructor/ Examiner	Sat-Sun	May 11-12	8:30 a.m.-5:30 p.m.	2	11057	EARLY BIRD S/M/P: \$320	May 3	
		Jul 13-14			11058	REGULAR S/M/P: \$335	Jul 5	
First Aid Instructor/ Examiner - Recert.	Sun	Aug 18	8:30 a.m.-5:30 p.m.	1	11059	EARLY BIRD S/M/P: \$200 REGULAR S/M/P: \$215	Aug 10	
National Lifeguard Instructor	Sat-Sun	Jun 1-2	8:30 a.m.-5:30 p.m.	2	11060	EARLY BIRD S/M/P: \$300	May 24	
		Jul 20-21			11061	REGULAR S/M/P: \$315	Jul 12	
National Lifeguard Instructor - Recert.	Sat	Jun 22	8:30 a.m.-5:30 p.m.	1	11062	EARLY BIRD S/M/P: \$125 REGULAR S/M/P: \$140	Jun 14	

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Recreation LEAGUES

REGISTRATION

- All participants must:**
- Pay for their registration
 - Complete a Roster Information sheet and waiver
 - Pass an online quiz

Substitute and replacement players are eligible to participate beginning week two. Please see the **League Handbook** for details.

REGISTRATION TYPES

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

Full Team: a group of people looking to play that have enough people to make a full team. Each person on the team is required to fill out their own registration form and make their own payment.

LEAGUE INFO

Any and all information is available on our website MacEwan.ca/Leagues including our League Handbook, registration links, stats, contact info, and more!

All league fees include:

- Five weeks of league play (*four regular season and one playoff*)
- Equipment usage
- Fully-staffed games
- Up-to-date league standings and schedules
- Prizing for league champs*

*Eligibility requirements must be met. Please read the League Handbook for details.

All league games include the following parameters:

- Each participant must sign-in with valid photo identification
- Games will rotate through one-hour time slots within each league's time range
- Scheduling requests can be made but are not guaranteed
- Points are awarded based off of wins, ties, losses, spirit points, quiz completions, and theme week points

LEAGUE	TYPE	FORMAT	MIN. GAMES	DAY	DATE	TIMES	LOCATION	CODE
Indoor Volleyball	Open	6 v 6	5	Wed	May 8, 15, 22, 29; Jun 5	6:30-9:30 p.m.	Centre & North Court	10889
	PRICE	EARLY BIRD: S: \$24 M/P: \$32.50 DEADLINE: Apr 23			REGULAR: S: \$27.50 M/P: \$36 DEADLINE: Apr 30			
Badminton	Open	2 v 2	5	Wed	May 8, 15, 22, 29; Jun 5	6:30-9:30 p.m.	South Court	10890
	PRICE	EARLY BIRD: S: \$24 M/P: \$32.50 DEADLINE: Apr 23			REGULAR: S: \$27.50 M/P: \$36 DEADLINE: Apr 30			
Pickleball	Open	2 v 2	5	Wed	May 8, 15, 22, 29; Jun 5	6:30-9:30 p.m.	South Court	10891
	PRICE	EARLY BIRD: S: \$24 M/P: \$32.50 DEADLINE: Apr 23			REGULAR: S: \$27.50 M/P: \$36 DEADLINE: Apr 30			
Pickleball	Open	2 v 2	5	Tue	May 7, 14, 21, 28; Jun 4	12-2 p.m.	South Court	10892
	LUNCH LEAGUE PRICE	EARLY BIRD: S/M/P: \$15 DEADLINE: Apr 23			REGULAR: S/M/P: \$20 DEADLINE: Apr 30			
Badminton	Open	2 v 2	5	Wed	May 8, 15, 22, 29; Jun 5	12-2 p.m.	South Court	10893
	LUNCH LEAGUE PRICE	EARLY BIRD: S/M/P: \$15 DEADLINE: Apr 23			REGULAR: S/M/P: \$20 DEADLINE: Apr 30			
Pickleball	Open	2 v 2	5	Wed	May 8, 15, 22, 29; Jun 5	12-2 p.m.	South Court	10894
	LUNCH LEAGUE PRICE	EARLY BIRD: S/M/P: \$15 DEADLINE: Apr 23			REGULAR: S/M/P: \$20 DEADLINE: Apr 30			

LEGEND: S/M/P = MacEwan Student / Member / Public

WITHDRAWAL DEADLINES



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JUNIOR GRIFFINS

AQUATIC & RECREATION CAMPS



These camps are designed to engage youth by teaching basic sport and aquatic concepts in a positive environment that is both challenging and fun. They help improve physical literacy skills by introducing participants to aquatic and dry-land activities, and encouraging healthy, active lifestyles.

Note: Supervision is extended 1 hour before and after each camp (8 a.m.-5 p.m.). Campers are required to bring their own lunch/snacks and water bottles.

TROOPERS CAMP Ages 6-8

Troopers is an exciting recreational camp for kids who love to move. This camp includes a combination of recreational games and pool activities with a focus on keeping participants ACTIVE and having FUN! Campers will spend half the day building confidence in the pool and developing water-smart skills. The other half of the day will develop physical literacy skills through a variety of dry-land recreation activities. Campers of all swim abilities welcome.

ADVENTURERS CAMP Ages 8-12

Adventurers camps include a combination of recreational games and pool activities with a focus on keeping participants ACTIVE and having FUN! Campers will spend half the day strengthening swimming skills in the main pool and developing water-smart behaviours. The other half of the day will develop physical literacy skills through a variety of dry-land sport activities. Campers of all swim abilities welcome.

BRAINS & BRAWN Ages 8-12

School's out and campers are taking over campus! Campers spend half the day exploring different areas of the university and the other half participating in aquatic or recreational programming. Campers may not be in the pool every day.

LIFESAVING SPORT Ages 8-14

This camp focuses on personal bests, stroke efficiency, strength, endurance, and developing judgement and lifesaving skills through lifesaving sport. Swimmers will also participate in a variety of dry-land training sessions guided by the MacEwan University Sport and Wellness team. This activity packed camp has very little down time!

Prerequisite: Able to swim 50 m (*two lengths*) without stopping.

BRONZE CLUB Ages 10-16

Participants will refine their judgement, fitness, and lifesaving skills in this camp. Suitable for those who are looking to earn their Bronze Star and Bronze Medallion certifications as well as those who have achieved certification and are looking to keep their skills sharp. If desired, campers will have the opportunity to participate in a **Bronze Challenge Exam** on the last day of the camp and earn certification.

If you wish to receive the Bronze Star and/or Bronze Medallion certification, there will be a **\$20** fee per award. Please email Aquatics@MacEwan.ca by the second last day of the program.

Prerequisite: Able to swim 100 m (*four lengths*) without stopping.

SCAN FOR
MORE INFO



FOR MORE INFORMATION OR TO REGISTER VISIT:
MacEwan.ca/MUSWCamps



WITHDRAWAL DEADLINES



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JUNIOR GRIFFINS

AQUATIC & RECREATION CAMPS

CAMP	DAYS	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE
Troopers Camp AGES 6-8	Tue-Fri	Jul 2-5	9 a.m.-4 p.m.	4	11017	P: \$224	Jun 24
	Mon-Fri	Jul 8-12		5	11018	P: \$280	Jul 1
		Jul 15-19			11019		Jul 8
		Jul 22-26			11020		Jul 15
		Jul 29-Aug 2			11021		Jul 22
	Tue-Fri	Aug 6-9		4	11025	P: \$224	Jul 29
	Mon-Fri	Aug 12-16		5	11022	P: \$280	Aug 5
		Aug 19-23			11023		Aug 12
Adventurers Camp AGES 8-12	Tue-Fri	Jul 2-5	9 a.m.-4 p.m.	4	10999	P: \$224	Jun 24
	Mon-Fri	Jul 8-12		5	11001	P: \$280	Jul 1
		Jul 15-19			11006		Jul 8
		Jul 22-26			11007		Jul 15
		Jul 29-Aug 2			11008		Jul 22
	Tue-Fri	Aug 6-9		4	11015	P: \$224	Jul 29
	Mon-Fri	Aug 12-16		5	11009	P: \$280	Aug 5
		Aug 19-23			11010		Aug 12
Brains & Brawn AGES 8-12	Mon-Fri	Jul 15-19	9 a.m.-4 p.m.	5	11029	P: \$300	Jul 9
		Jul 29-Aug 2			11031		Jul 23
		Aug 12-16			11032		Aug 6
Lifesaving Sport AGES 8-14	Mon-Fri	Jul 29-Aug 2	9 a.m.-4 p.m.	5	10914	P: \$300	Jul 23
Bronze Club AGES 10-16	Mon-Fri	Jul 8-12	9 a.m.-4 p.m.	5	10967	P: \$300	Jul 2
		Jul 22-26			10968		Jul 16
		Aug 12-16			10969		Aug 6

WITHDRAWAL DEADLINES



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JUNIOR GRIFFINS

SPORT CAMPS



Summertime is sports time with our **Junior Griffins Sport Camps**. Led by current Griffins coaches and players, these camps are designed to challenge athletes of all skill and experience levels. Our basketball, volleyball, and hockey camps provide the opportunity for young athletes to improve their individual sport skills in a positive team environment.

Please note these are not elite level camps, groupings will be divided roughly by age and skill level.

Note: Supervision is extended 30 minutes before and after each camp, except hockey, which is 45 minutes before the first session and 30 minutes after the final session. Athletes are supervised during the lunch hour but are required to bring their own lunch.

VOLLEYBALL & BASKETBALL COMBO CAMP

Co-ed | Ages 11+

Brush up on your skills for the upcoming school seasons! The Junior Griffins Volleyball & Basketball Combo Camp will focus on fundamental skill development in both sports to improve hitting, serving, and setting skills, as well as ball control, scoring, and decision-making on the court. Each day will use technical training and modified gameplay to build upon fundamental movement and volleyball/basketball-specific technique and game strategy.

Participants are expected to bring a bathing suit, towel, water bottle, and lock for off-court activities.

BASKETBALL CAMP

Co-ed | Ages 11+

The full-day Junior Griffins Basketball Camps are designed to develop individual basketball skills and the fundamental movements required to excel at any level. Through technical practice, decision-training, and modified gameplay, participants will work on developing their footwork, ball control, scoring, defensive, and decision-making abilities.

Participants are expected to bring a bathing suit, towel, water bottle, and lock for off-court activities.

VOLLEYBALL CAMP

Co-ed | Ages 11+

Kill it this fall by improving your skills at the Junior Griffins Volleyball Camps. Participants will be introduced to fundamental movement techniques while developing hitting, serving, and setting skills in a fun and positive environment. Small group on-court instruction and gameplay will explore core concepts of offensive and defensive strategy.

Participants are expected to bring a bathing suit, towel, water bottle, and lock for off-court activities.

HOCKEY CAMP

Co-ed | U9 & U11

MacEwan Hockey Camps offer a full-day experience for kids looking to have fun, improve their skills, and get active in the summer months. Our camps are consistent with the LTAD (*Long Term Athlete Development*) model to stay active and develop physical literacy. The focus will be on the Fundamentals and Learn to Train stage of development where athletes improve their fundamental movement patterns through both sport-specific (*on-ice*) and non-sport-specific (*off-ice*) activities.

The camp includes two sessions per day of on-ice instruction from highly qualified coaches and players. These sessions will focus on various small area drills to help maximize individual instruction and skill development. In addition, players will learn various game tactics through situation-specific games.

Participants are expected to bring their own hockey equipment. They are also expected to bring a bathing suit, towel, shorts, t-shirt, indoor shoes, water bottle, and lock for off-ice activities.

WITHDRAWAL DEADLINES



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JUNIOR GRIFFINS

SPORT CAMPS

For specific inquiries, please email
Griffins@MacEwan.ca

For **Basketball/Volleyball camps**, participants must be at least 11 years old at the start of camp. Each athlete will receive a camp t-shirt and a Griffins swag pack.

For **Hockey camps**, each athlete will receive a camp jersey and a Griffins puck.
U9: Born in 2015, 2016, or 2017
U11: Born in 2013 or 2014

CAMP	DAYS	DATES	TIME	LOCATION	AGE	CODE	PRICE	WITHDRAWAL DEADLINE
Volleyball & Basketball Combo Camp	Mon-Fri	Jul 8-12	9 a.m.-4 p.m.	David Atkinson Gymnasium (10800-105 Ave)	11+	9909	P: \$300	Jul 2
		Jul 29-Aug 2				9912		Jul 23
Basketball Camp	Mon-Fri	Jul 15-19	9 a.m.-4 p.m.	David Atkinson Gymnasium (10800-105 Ave)	11+	9931	P: \$300	Jul 9
		Aug 12-16				9932		Aug 6
Volleyball Camp	Mon-Fri	Jul 22-26	9 a.m.-4 p.m.	David Atkinson Gymnasium (10800-105 Ave)	11+	9927	P: \$300	Jul 16
		Aug 19-23				9928		Aug 13
Hockey Camp	Mon-Fri	Aug 19-23	8:45 a.m.-2:30 p.m.	Downtown Community Arena (10245-105 Ave)	U9	9935	P: \$450	Aug 13
			10 a.m.-3:45 p.m.		U11			

WITHDRAWAL DEADLINES



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Spring/Summer 2024 Programming Overview

	MON	TUE	WED	THU	FRI
6 a.m.				F Sunrise Yoga 6:30-7:30 a.m.	
9 a.m.	V Shallow & Deep Water Fitness 9-9:45 a.m.		V Shallow & Deep Water Fitness 9-9:45 a.m.		V Shallow & Deep Water Fitness 9-9:45 a.m.
10 a.m.	V LOW IMPACT Tone & Balance 10:05-10:55 a.m.	V LOW IMPACT Cardio & Stretch 10:05-10:55 a.m.	V LOW IMPACT Tone & Balance 10:05-10:55 a.m.	V LOW IMPACT HILIT 10:05-10:55 a.m.	V LOW IMPACT Strength & Stretch 10:05-10:55 a.m.
11 a.m.		F Pilates Level I 11:05-11:55 a.m.			
12 p.m.	V SpinSanity 12:05-12:55 p.m.	V Shallow & Deep Water Fitness 12-12:45 p.m. F Barre Fitness 12:05-12:55 p.m. V Spin Express 12:15-12:45 p.m.	V Kettlebell Blitz 12:05-12:50 p.m. V Coached Swim Training 12:05-12:55 p.m. F Strength Flow Yoga 12:05-12:55 p.m.	V Shallow & Deep Water Fitness 12-12:45 p.m. F Pilates Level II 12:05-12:55 p.m. V Spin Express 12:15-12:45 p.m.	V Kettlebell Blitz 12:05-12:50 p.m.
5 p.m.		F Olympic Weight Lifting 5-6 p.m. V Spin & Strength 5-6 p.m.	V Dynamic Stretch Flow 5:15-5:45 p.m.	F Yin Yoga 5-6 p.m.	WEEKEND SAT F Hatha Flow Yoga 9-10 a.m. V SpinErgy 12:05-12:55 p.m.
6 p.m.	V Cardio Power Hour 6-7 p.m.		V City Centre Runners 6-7:30 p.m. R Volleyball R Pickleball R Badminton 6:30-9:30 p.m.	V Strength 45 6-6:45 p.m.	

LEGEND **V** Value-Added Fitness **F** Registered Fitness **V** Value-Added Spin **V** Value-Added Aquatic **R** Rec Leagues