

# active kids

UNIVERSITY OF CALGARY ACTIVE LIVING PROGRAMS FOR CHILDREN AND YOUTH

**WINTER 2020**

**SWIMMING  
LESSONS**

**PAGE 3**



**UNIVERSITY OF  
CALGARY**

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# registration

[ucalgary.ca/activeliving/kids](http://ucalgary.ca/activeliving/kids)  
T 403.220.7749

## Online Registration

1. Go to [ucalgary.ca/activeliving/kids](http://ucalgary.ca/activeliving/kids)
2. Select the program you're interested in and click the link
3. You'll find the course offerings for your program at the bottom of the landing page
4. Click on the course you want, then click "Add To Cart" button
5. You'll be asked to log in to our UCalgary Active Living system. If you don't have an Active Living account (UCID) then simply click "New Online User" in the top left corner
6. Once you have logged in and paid using Visa or MasterCard, and have completed the online child informed consent and medical form (where applicable), your child is registered!

## Phone Registration

For more details on programs or services, or to register by phone, please contact Client Services:  
403.220.7749 or [active@ucalgary.ca](mailto:active@ucalgary.ca)

## Informed Consent Form

The University of Calgary requires an informed consent form be completed during the online registration process, or in person at Client Services (KNA 104).

Save time! Complete the informed consent online or print and complete the forms at home to bring with you on the first day of your child's program.

## Medical Form

The medical form can be completed online and only needs to be completed once for each registrant. If there is any medical information that needs to be updated prior to starting a new program, please do so prior to the program start date.

## Parking

**PARKING NOW INCLUDED FOR ALL ACTIVE KIDS CHILDREN AND YOUTH PROGRAMS!**

A parking pass will be attached to your email registration confirmation. Please bring and display the parking pass in your vehicle and park in Lot #10 or #11. Also valid for Lot #9 with children 6 years or younger. To access these lots, please enter Collegiate Blvd. from 32 Ave.

# skating

REGISTRATION DATES: Fall: Early July | Winter: Early December | Summer: Early June

## Tots Skate (3-6 years)

**Encourage your child's love of skating early.** Starting at age 3, Tots Skate is divided into 3 levels to suit your child's ability. Your child will learn fundamental skating skills by having fun! Our certified coaches use a variety of teaching aids, games and circuits to challenge, amuse and keep kids moving.

### ICETOTS

First timer? Help your child discover skating. With a parent, kids will learn how to balance, fall down and get up, walk forwards and backwards while having fun and playing games. **Parents who are not confident on skates may wear shoes on the ice until skaters can move around on their own. To preserve ice cleanliness, they must be clean, indoor shoes.**

### KINDERSKATE

For kids who can fall down and get up, balance, and skate forwards all by themselves, this level is for kids who do not need a parent's help or have passed Icetots. With the help of one of our fun instructors, skaters will take the next steps and learn how to glide on one foot, skate forwards and backwards with glide, and stop with balance.

### ICECRACKER

For speedy skaters under 6, prepare for Kids Skate by skating faster, stronger and performing more challenging skills through age-appropriate circuit and games.

## Kids Skate 1-4 (6-12 years)

**Get your kids off to the right start.** They will discover the joy of skating on the "World's Fastest Ice" at the Olympic Oval. Our sequential program will have your kids doing loopy loops and power moves in no time. Not 6 yet? Check out our Tots Skate classes — they're specifically designed for the development and instruction of preschoolers.

### KIDS SKATE 1

New skaters or those moving on from Tots Skate will enjoy this introductory lesson. Grouped according to ability, they will learn how to move forwards, backwards, stop, turn and glide with balance.

### KIDS SKATE 2

For Kids Skate 1 graduates, skaters will improve existing skills and learn new ones like t-pushes, bubbles and skating with more speed.

### KIDS SKATE 3

Have you passed Kids Skate 2? Emphasis in this level is backwards skating and stopping. Skaters will also learn how to turn from forwards to backwards and slide on a curve.

### KIDS SKATE 4

Kids will learn how to do more advanced skills like crossovers, c-cuts, 3-turns, and edge control. This level is for those who have passed Kids Skate 3 or equivalent.

## Kids Skate 5-8 (9-14 years)

**Has your tween or teen completed Kids Skate 4 but not ready to hang up the blades yet?** Keen skaters will hone their skills and improve technique to enjoy a lifetime of skating fun. Kids who would like to try figure skating may now jump directly in **STARSkate**.

### KIDS SKATE 5

Crossovers and 3-turns are the focus, but skaters will also improve their edge control and balance.

### KIDS SKATE 6

This is where skaters will learn backwards crossovers, mohawk turns, 3-jumps, and will improve skills learned in the previous level.

### KIDS SKATE 7

The focus in this level is on edge control, and learning how to connect steps and turns.

### KIDS SKATE 8

This final level has skaters doing tricky skills like shoot the duck, waltzing turns, and figure eight crossovers.

### STARSkate (formerly Rec Figure Skating) Up to age 16

Skills  
Tests  
Achievement  
Recognition



Partnering with SKATE WEST Skating School, for the first time ever we are offering **STARSkate**! This nationally recognized program offers the opportunity for all skaters to develop figure skating skills.

Unique in Canada, this program teaches figure skating in a group or private-lesson atmosphere in a progressive and sequential manner. Skaters will have the opportunity to take Skate Canada tests through a nationally standardized testing system.

Skaters can challenge their skills at sanctioned competitions and can pursue Synchro, pairs skating, or **ADULTSkate**

### JUNIOR STARSKATE

Skaters can skip KidsSkate 5-8 and leap right into figure skating. In group lesson format, kids will learn fundamental skills that lead into step sequences, jumps, spins, and artistry.

### INTERMEDIATE STARSKATE

In group or private lesson format, skaters will further their figure skating skills, learn ice dances, and create free skate programs. In addition to skating skills, kids will gain important life skills such as goal-setting, self-discipline, confidence, time management, healthy lifestyle and coping strategies for success and failure.



# hockey

FALL/WINTER

## Kids Power Skating

**Give your child's skating ability a boost with power skating.** These programs focus on improving skating skill development. We teach and emphasize proper technique, form, speed and skill as they apply to the game of Hockey or Ringette.

- Please note: Power Skating is for skaters who already have basic skating skills. If your skater is new to Hockey or Ringette, please register them in a Kids Skate program.

### KIDS POWER 1 (Timbits/Novice) | age 6-9

For kids in their first, second, or third year of hockey or ringette who can skate forwards, backwards, stop, and turn. We will teach skills like two-foot stops, c-cuts, tight turns, and improve balance, stride and coordination on skates.

- Important: Due to the nature of this course, skaters must be able to listen well and follow the coach's instruction. We can only accept children over the age of 6 at this time. If your child is 5, a Tots Skate class will suit them best.
- This course is also suitable for older skaters who are just beginning hockey or ringette or are in house league hockey.

### KIDS POWER 2 (Atom/Peewee) | 9-13 years

Could your player benefit from expert skating instruction to become a more efficient skater? We will break down skating skills to correct common mistakes and improve their skating technique. Each class will have a specific focus. For example: starts and stops, balance and gliding, forward stride, backward movement, transitions, turning and crossovers using inside and outside edge control.

- Important info for Novice players: Second-year novice players at the 1-2 level and who have permission from the instructor may also register in this level. Other Novice players, please register in the Timbits/Novice course.



## Kids Hockey

**Play hockey for fun!** Join us for a positive recreational hockey experience. These programs are for kids who are not involved in minor hockey, but still want an opportunity to play and learn about the game. Each class includes warm-up, 30-40 minutes of skill instruction, and 5-15 minutes of organized scrimmage.

### KIDS HOCKEY 1 | age 6-9

Is your child itching to play hockey, but you are hesitant of the commitment of minor hockey? This is a wonderful opportunity for your child to learn the basics of hockey in a fun environment. Skaters must be able to skate forwards and backwards, stop and turn (Kids Skate Level 2). Instructors will teach basic hockey skills like puck handling, passing, and shooting while focusing on correct stick placement and posture.

### KIDS HOCKEY 2 | age 7-10

Does your child want to take their basic hockey skills to the next level? Skaters must be able to skate forwards and backwards with speed, stop on both sides, and can perform basic puck handling skills. Common hockey drills are introduced, with a focus on individual skill such as hockey stance, hand positions on stick, stationary puck control, passing, shooting and individual tactics.

### KIDS HOCKEY 3 | age 8-12

After completing Kids Hockey 2, skaters will learn more advanced skating and hockey skills. More complex drills are covered with a focus on advanced puck handling skills, open-ice striding with and without pucks, gap control, one-touch passing and shooting, and playing strategies.

### STUDENT GROUP LESSONS AT BOWNESS PARK LAGOON

Teachers, get students engaged in outdoor active living while they learn skills they'll use for years to come. Custom group skating lessons and facilitated outdoor skating are planned to suit your needs. Skates and helmets included and available on-site.

Contact [skate@ucalgary.ca](mailto:skate@ucalgary.ca) for more information

Visit our website for more details  
[ucalgary.ca/activeliving/kids](https://ucalgary.ca/activeliving/kids)

# swimming

**Winter 2020:** Registration opens Dec. 11, 2019

**Spring 2019:** Registration opens April 8, 2020

## Parented Programs

### STARFISH | 4-12 months

In this introductory class, you and your baby will explore the fun world of water. Your baby will experience buoyancy, movement, entries, and enjoy participating in songs and playing in the water.

Babies must be able to hold their head up.

### DUCK | 12-24 months

Your older baby/toddler will have lots of fun building confidence in the water. You both will have a blast with games, songs, and active water play led by a fun instructor.

### SEATURTLE | 24-36 months

Join your toddler in the pool while she/he builds confidence in the water. Your toddler will have fun with newfound friends while becoming more independent in the water. This is a great transitional class preparing your little swimmer for lessons on their own.

## Preschool Programs

### SEA OTTER | 3-6 years

Toddlers and preschoolers build independence and confidence in this fun class while mom and dad watch from the poolside. They'll discover the fun of experiencing the water on their own through games, songs and active water play, in preparation for the adventures in the Salamander class.

### SALAMANDER | 3-6 years

Preschoolers will make a splash and take their swimming to the next level! They'll learn new swimming skills including floats and glides through games and songs. They'll even learn to jump into chest-deep water!

### SUNFISH | 3-6 years

Forget the dog paddle, preschoolers get to work on real strokes and skill progressions! They get water smart while learning good judgment in, on and around the water and learn how to enter and float in the water.

### CROCODILE | 3-6 years

Preschoolers will really get moving in this class while they learn independent glides, kicking in deep water and building endurance by increasing distance for front and back swims. They'll have fun with the dolphin kick and newfound synchro skills.

### WHALE | 3-6 years

Preschoolers learn to swim independently and participate in fun team games. They'll improve their skills and increase distance in front and back swims. They'll also learn about throwing assists to help swimmers in trouble!



## Swim Kids

### RED CROSS SWIM KIDS LEVEL 1-10 | 6+ years

This program for school-aged children will help swimmers develop all six swimming strokes (front and back crawl, elementary back stroke, breaststroke, butterfly and sidestroke), actively learn how to be safe around the water, and increase their fitness and endurance through fun activities. Children will be challenged to achieve personal bests in distance or time, which will be a strong motivator through Levels 1-10. Visit our website at [ucalgary.ca/activeliving/aquatics](http://ucalgary.ca/activeliving/aquatics) to find out more about the content of each level. **If you are not sure which level your child should take, please call the registration line at (403) 220-7749.**

## Teen Aquatics

### SWIM WORKOUT TEENS | 10-17 years

Take your swimming to the next level and learn to make the most of all your aquatic workouts! If you are a proficient swimmer and want to refine your skills and fitness or need to prepare for aquatic certifications or competitions, this program is for you. This class is also a great stroke improvement class for candidates in levels 7, 8, 9, and 10.

We have swimming lessons for adults too!  
[ucalgary.ca/activeliving/aquatics](http://ucalgary.ca/activeliving/aquatics)

# swimming

FALL/WINTER/SPRING



## Private Swimming Program

### ADAPTED PRIVATE CLASSES | 3-16 years

The Red Cross Swim — Learn-to-Swim for swimmers with disabilities provides important water safety and swimming skills to individuals at higher risk for injury and incidents around water. The University of Calgary adaptive aquatics program provides positive physical, motor, social, and emotional benefits for swimmers with diverse abilities. Instructors will work with swimmers and their families to provide an encouraging and successful experience. Parents/Guardians will be asked to fill out an assessment form prior to the start of the lessons. Our pool temperature on Sundays is approximately 27 degrees Celsius.

## Red Cross Lifeguard Program

### LOOK FOR OUR SWIM INSTRUCTOR AND LIFEGUARD SUMMER CAMPS!

#### RED CROSS ASSISTANT LIFEGUARD COURSE | 12 years+

Start your training to become a lifeguard with the Red Cross Assistant Lifeguard course. This pre-requisite course for the lifeguard certification teaches injury prevention, teamwork, basic rescues, and lifeguard skills. The course emphasizes hands-on practice and scenarios, and includes high-quality resources such as a full-colour manual. Candidates are continuously evaluated based on standard evaluation criteria.

##### Pre-requisite:

- Swim Kids Level 10 (or equivalent) OR Bronze Star OR Bronze Cross

#### RED CROSS LIFEGUARD COURSE | 15 years+

This course will certify lifeguards with the Red Cross Lifeguard program. Candidates must have taken a Red Cross Assistant Lifeguard Course and hold a current Standard First Aid with CPR-C. This course emphasizes hands-on practice and scenarios, and includes high-quality resources such as a full-colour manual.

## Swim Instructor Certification

### WATER SAFETY INSTRUCTOR (WSI) | 15 years+

The Red Cross Swimming and Water Safety Instructor Development Program is changing effective January 2016. The Water Safety Instructor (WSI) course prepares you to instruct Red Cross Swim programs. You will focus on strategies to introduce and develop swimming and water safety skills in the Red Cross Swim Preschool, Red Cross Swim Kids, Red Cross Swim @ School, Red Cross Swim @ Camp, Red Cross Swim for Adults & Teens, and Red Cross Swim Adapted programs.

##### Pre-requisites:

- 15 years of age
- Ability to perform Red Cross Swim Kids 10 strokes and skills.
- One of: Red Cross Assistant Lifeguard, Emergency First Aid, Standard First Aid (or higher), or Bronze Cross. (Certifications do not need to be current)

#### STEP 1: Skills Evaluation

This evaluation ensures that you have the necessary water safety knowledge, strokes and skills equivalent to the Red Cross Swim Kids 10 performance criteria as well as Instructor Emergency Response skills.

#### STEP 2: Online

This online component focuses on the theory of instruction through videos, virtual games, online activities, workbook exercises and a knowledge evaluation at the end of each module.

Purchase your course materials package from the Client Services desk (KNA 104) to gain access to the online component.

#### STEP 3: Teaching Experience

You will assist your supervising WSI for first-hand experience with teaching progressions and swimmer skills. This will provide a frame of reference to reflect on and link to the theory of the course.

#### STEP 4: Classroom/Pool

You will demonstrate and receive feedback on your instructional skills to ensure you can effectively plan, teach, and evaluate the Red Cross Swim program.



### CERTIFIED LIFEGUARDS:

Compete in the  
UCALGARY LIFEGUARD  
GAMES on May 3, 2020!

[ucalgary.ca/activeliving/  
aquatics/lifeguard-games](http://ucalgary.ca/activeliving/aquatics/lifeguard-games)

# gymnastics

## Calgary

Find Cochrane gymnastics information on next page

Questions: 403.220.7010

To register: 403.220.7749 or [ucalgary.ca/activeliving/gymnastics](http://ucalgary.ca/activeliving/gymnastics)

**Winter 2020:** Open Registration starts Dec. 3, 2019

**Spring 2020:** Open Registration starts March 17, 2020

**From pre-school to competitive, and ages 2- 80+, our gymnastics program truly has something for everyone!** Serving both Calgary and surrounding communities, we have two locations to serve you better.

The University of Calgary Gymnastics Centre is located in the basement of the Kinesiology B complex. We offer a variety of circuit-based gymnastics programs for pre-school and recreational participants ages 2+. Pre-competitive and competitive artistic programs are also offered. Our facility runs pre-school and recreational rhythmic gymnastics for ages 4+ in studios in the Kinesiology complex.

*Our secondary gym located at the Spray Lakes Recreation Centre in Cochrane is just a 15-minute drive from North West Calgary. Information on Cochrane programs can be found on the next page.*

### Preschool Program | Calgary

**Our Calgary-based preschool program uses a circuit-based program to teach the dominant movement patterns of gymnastics**, including: landings, rotations, springs, statics and swings. Programming is written specifically for our facility, allowing participants to develop the skills and confidence to pursue a variety of sports following our program. Circuits are based upon current research into how children's minds and bodies develop, allowing us to use the sport of gymnastics to help your child succeed in a variety of areas outside our gym walls.

#### PARENTED CLASSES (AGES 2-3)

- **Gymnatots** (No experience required, Ages 2-3)
- **Supertots** (Coach's recommendation, Age 3+)

One parent is required to attend with each child. If you want to register twins or triplets with a single parent, please contact 403.220.7010.

#### UNPARENTED CLASSES (AGES 4-6)

- **Kindergym** (No experience required)
- **Kindercracker** (Coach's recommendation)  
This is the next level up from Kindergym.
- **Firecracker** (Coach's recommendation only)  
This is the next level up from Kindercracker.
- **Supercracker\*** (Coach's recommendation only)  
\*only available in winter and spring

Custom school bookings available — call 403.220.7010 for details.

### INTERESTED IN THE COMPETITIVE STREAM?

Pre-competitive and Competitive Artistic Gymnastics (Grade 1+)

Admission is by selection only. For information, please call:

WOMEN'S TEAM: 403.220.5364 MEN'S TEAM: 403.220.5529

### Recreational Gymnastics (Grades 1-12) | Calgary

**UCalgary Gymnastics Centre only.** Our Recreational program is appropriate for individuals of all ages and abilities. Classes are divided based on school grade, allowing children to participate in programs with their peers. Each grade is further divided into Beginner, Experienced and Advanced levels, which are based on each individual's current skill level. Grades 1-6 are co-ed. Grades 7+ are female only.

*Example: Grade 2 in school, new to gymnastics = Grade 2 beginner.*

Classes are circuit-based and follow an active movement program written specifically for our gym using Olympic standard equipment. Our program is not badge-motivated; gymnasts will receive a skill-based achievement ribbon at the end of each session. Classes vary from 1-3 hours in length, dependent on the participant's skill level.

**Please contact us for recommendation if you are transferring from another gym.**

### Adaptive Gymnastics (ages 4+) | Calgary

**Open only to children with special needs requiring 1:1 coaching**, this program is designed to introduce children with special needs to the sport of artistic gymnastics. Children will participate in our circuit-based preschool and recreational programs in an environment that is conducive to their learning and development. Our coaches will make adaptations and personalized modifications to our circuits to meet each child where they are at and assist them in working towards their own personal best as a gymnast.

A coach will be provided for each child; all parents/aids are asked to remain in the hallway during class.

### Rhythmic Gymnastics (ages 4+) | Calgary

**Rhythmic Gymnastics combines elements of ballet and dance with foundational gymnastics skills.** Your child will coordinate body movements with music through dance, games and choreographed routines. They will increase body awareness, creative expression and flexibility based on fundamental rhythmic skills. Children will use rhythmic apparatus including ribbon, ball, hoop, rope and scarves.

Please note, our participants are primarily female but boys are welcome to join as well. All classes are unparented. **A show will be held during winter session where each group will perform their routines.**

#### AGES 4-6

- **KinderRhythmic**  
(No experience required)
- **FireRhythmic**  
(Coach's recommendation)

#### AGES 7+ (PERFORMANCE TEAMS)

- **Junior** (New to rhythmic)
- **Senior**  
(Coach's recommendation)
- **Advanced**  
(Coach's recommendation)

### ADULT GYMNASTICS

Whether you participated in gymnastics in the past or would like to try out something new, our adult programs are for you!  
Learn more online at [ucalgary.ca/activeliving](http://ucalgary.ca/activeliving)



# gymnastics

## Cochrane

Find Calgary gymnastics information on previous page

Location: Spray Lake Family Sports Centre, Cochrane

Questions: 403.932.7373

To register: 403.220.7749 or [ucalgary.ca/activeliving/gymnastics](http://ucalgary.ca/activeliving/gymnastics)

Winter 2020: Registration now open!

Spring 2020: Open Registration starts Feb. 1, 2020

### 10-Month Longterm Athlete Development (LTAD) Programs | Cochrane

Our LTAD programs are designed to support athletes 4-17 years old who want to develop their gymnastic skills. These programs range from foundational to advanced recreation to competitive teams. Athletes begin with a tryout or invitation and placement is based on the discretion of the head coach. Tryouts are held in May but can occur throughout the year as spots become available. Programs run from September to June.

For more information or to book a tryout, call 403.932.7373 or email [tcrogers@ucalgary.ca](mailto:tcrogers@ucalgary.ca)

#### DEVELOPMENTAL TEAMS — WOMEN'S ARTISTIC GYMNASTICS (AGES 4-6)

The Developmental and Competitive program is geared toward children who show a strong level of athletic aptitude and a desire to reach their full gymnastic potential. Children may be steered to another program based on regular assessments.

#### JUNIOR OLYMPIC COMPETITIVE TEAMS — WOMEN'S ARTISTIC GYMNASTICS (AGES 6-14)

Gymnasts selected to join this introductory competitive program will develop the skills necessary to compete at a provincial level. Entry into competition occurs when a minimum skill level is acquired and the athlete is deemed ready by the head coach. We accommodate athletes in Junior Olympic Compulsory levels 1-5. This program runs 6-9 hours a week; athletes requiring additional training may be assessed at our main campus or invited to train with the Performance team, Inspire team, or the Trampoline and Tumbling Twisters team.

#### PERFORMANCE TEAMS — WOMEN'S ARTISTIC GYMNASTICS (AGES 5-17)

Gymnasts in this program will train on the vault, bars, beam, floor and some of the trampoline and tumbling apparatus. Athletes may have the opportunity to participate in training camps or in provincial, national, or international shows such as Gymfest or Gymnaestrada. This program is suitable for retired competitive athletes and advanced recreational gymnasts.

#### ARTISTIC INSPIRE TEAMS — WOMEN'S ARTISTIC GYMNASTICS (AGES 7-17)

Gymnasts in this program have the opportunity to compete in interclub or similar competitions on the vault, bars, beam and floor apparatus. These competitions are just for fun but provide the athletes an opportunity to be the best they can be. This program runs 3-9 hours a week and is suitable for retired competitive athletes and advanced recreational gymnasts.



#### TWISTERS TEAMS — TRAMPOLINE & TUMBLING (AGES 8-17)

Gymnasts in this program may have the opportunity to go to training camps or compete in interclub or similar competitions. These competitions are just for fun but provide the athletes an opportunity to be the best they can be. This program runs 3-9 hours a week and is suitable for retired competitive athletes and advanced recreational gymnasts.

### Birthday Parties | Cochrane

#### Come jump, roll and have fun for your birthday in our UCalgary Cochrane

**Gymnastics Centre!** We provide two trained instructors to lead up to 22 children. Your 2-hour birthday package includes a half hour of games and instruction, a half hour of supervised free time and a final hour to enjoy cake and presents in the party area. Our staff are happy to clean up at the end of the party time.

Typically, we book parties on Sundays at 9:30, 11:00, 12:30, 2:00, or 3:30. Plan to book about 8 to 12 weeks ahead.

### Cochrane Gym Drop-In

The UCalgary Cochrane Gymnastics Facility offers drop-in for ages 2-17 years old. Please visit [ucalgary.ca/activeliving](http://ucalgary.ca/activeliving) for details.

### Cochrane Custom Group Bookings

We are proud to offer custom group bookings for schools, special events, parties, and cross-training programs. Our trained staff will lead your group and provide programming for the time period booked. Safety is our first priority and children will be challenged with age-appropriate skills and challenges.





## Preschool Programs | Cochrane

### COCHRANE BABY AND ME (6-18 MONTHS COED)

Recommended for crawlers and early walkers This 30-minute parented class will introduce you and your child to the equipment and skills of gymnastics. Your child will get to climb, slide, bounce and explore during a fun-filled, interactive, structured but open-play environment. Help your child gain balance, muscle control, strength and coordination, while facilitating their cognitive, sensory and social development.

### COCHRANE TODDLER GYM (18 MONTHS - 2.5 YEARS COED)

This 30-minute parented class is a mix of structured learning and free play. We present the fundamental movement patterns of gymnastics including landings, springs, statics, rotations, swings, and hand-eye coordination.

### COCHRANE TINY TOTS (2-3 YEARS COED)

This parented program is designed to develop and nurture confidence, listening skills, large motor skills, and a love for the sport of gymnastics. The skills learned will be based on the fundamental movement patterns of gymnastics.

### COCHRANE CRICKETS (3+ YEARS COED)

This parented program is the next step up from our Tiny Tot Program. Your child is familiar with safety rules, the structure of the program and is ready to combine basic gymnastic skills. We highly recommend previous participation in our Tiny Tot program or for your child to be turning 4 years old within the next 15 weeks. We focus on letting children be more independent with little parent help to prepare them for our Tumble Bugs Program.

### COCHRANE TUMBLE BUGS (4-5 YEARS COED)

This is an unparented class with a focus on safety and technique in a positive, fun environment. Children will be challenged through our progressive program while learning entry-level gymnastics skills such as cartwheels, rolls, and handstands.

### PRE-COPPER COCHRANE (5 YEARS ONLY, COED)

This structured, unparented program is geared towards gymnasts who are 5 years of age and ready to begin the transition into our Recreation Ladder Program. This 1.25-hour program emphasizes strength, flexibility and developing foundational gymnastic skills. Our goal is to enable gymnasts who are not old enough to join the 6-year-old Recreation Ladder Program but have the ability and desire to refine their skills. Coaches will communicate to the parent if a more suitable program is available that would better support the child's learning. Listening skills are essential as safety is our first priority.

## ADULT GYMNASTICS

Have you always wanted to try gymnastics or want to get back into the sport as an adult? Now is your chance. Give us a call at 403.932.7373!

## Parkour Gymnastics (11-17 years coed) | Cochrane

Parkour gymnastics is based on fundamental gymnastic movement patterns with a parkour twist. This program is for athletes who want to push their limits and are willing to work hard for big successes. Skills, strength, flexibility, and coordination will be learned in this program. Space is limited in this high demand program. Register early to avoid disappointment.

## Women's Artistic Recreation Program (Traditional Gymnastics) | Cochrane

**The Recreation Ladder Program is designed to allow gymnasts to advance within their own age group and develop a strong understanding and love for the sport of gymnastics.** Coaches will determine which rung your child will begin with based on the criteria of the program. Parents register their children based on age and program type. Gymnasts will be challenged mentally and physically to achieve success in a fun environment, supporting their goals of learning more advanced skills as they continue in the program. Participants will work towards learning a short performance routine. The six rungs that gymnasts can climb in the program are:

### RECREATION COPPER (AGE 6 GIRLS)

Expected class time: Minimum hour and a half per week

**(Boys at age of 6 are welcome to join our Trampoline and Tumbling Program)**

### RECREATION BRONZE (AGE 7 GIRLS)

Expected class time: Minimum hour and a half per week

### RECREATION SILVER (AGE 8 GIRLS)

Expected class time: Minimum hour and a half per week

### RECREATION GOLD (AGES 9-10 GIRLS)

Expected class time: Minimum hour and a half per week

### RECREATION PLATINUM (AGES 11-12 GIRLS)

Expected class time: Minimum two classes per week

### RECREATION PLATINUM PLUS (AGES 13+ GIRLS)

Expected class time: Minimum two classes per week

## Trampoline and Tumbling (coed) | Cochrane

This coed program incorporates four apparatus including trampoline, tumbling, double mini trampoline, and our 40-foot long tumble track. Athletes in this program will be challenged with a wide variety of technical skills on each apparatus as well as strength and flexibility. Athletes will train at their own individual pace and skill set.

### Age categories:

Trampoline for Ages 6-7 | Trampoline for Ages 8-10 | Teen Trampoline for Ages 11-17

# dinos track and field

## FALL/WINTER/SPRING

**With the emphasis being on fun and fundamentals, this track and field program introduces basic athletic skills of running, jumping and throwing.** Participants will be exposed to a variety of experiences that will enhance their athleticism and provide a solid basic development for future specialization in any sport. Programs are specifically developed around the age of the participants, with a hope for continued participation in the sport of track and field. There will be some competition opportunities offered as part of the program.

For more specific information contact: 403.220.2479.

## Junior High Intro To Track And Field

Programs run Saturday mornings

FALL	WINTER	SPRING
Ages 11-14 years	Ages 11-14 years	Ages 11-14 years
September - November	January - March	April - June

## Elementary Intro To Track And Field

Programs run Saturday mornings after Junior High group, and Saturday noon

FALL	WINTER	SPRING
Ages 7-11 years	Ages 7-11 years	Ages 7-11 years
September - November	January - March	April - June

## Intermediate Track And Field

**This program is organized as an extension of the Junior High Introduction to Track and Field Program and competition opportunities will be encouraged.** The emphasis will continue to be on fun and fundamentals. The Track and Field Program will reinforce basic athletic skills of running, jumping and throwing. Basic technical models will be refined to enhance success in track and field competition. Programs are specifically developed around junior-high-aged children, with a hope for continued participation in the sport of Track and Field. For more specific information contact: 403.220.2479.

Program runs Tuesday and Thursday evenings.

FALL	WINTER	SPRING
Ages 12-15 years	Ages 12-15 years	Ages 12-15 years
September - November	January - March	April - June

REGISTRATION: 403.220.7749 or

<https://www.ucalgary.ca/ActiveLiving/registration/Browse/All/Track-And-Field>

# triathlon

## FALL/WINTER/SPRING/SUMMER

## Triathlon (age 10-17)

**Join the longest-serving Triathlon Club in Canada!** Learn proper swimming, biking and running technique from highly trained coaches. We have spin bikes for those who do not have a road bike and trainer. Training develops your aerobic and anaerobic systems to give you a good base for all sports. You will work with other youth at your level, with progression from start up, all the way to national team level training. The goal will be to have you ready to compete in The Kids of Steel Triathlon Series if you're interested. This program welcomes athletes of all level.

<https://www.ucalgary.ca/ActiveLiving/registration/Program/youth-triathlon-club>



# jiu jitsu

## FALL/WINTER

## Jiu Jitsu (age 8-14)

**Our Youth Jiu Jitsu club offers individualized play based instruction in Shorinji Kan Jiu Jitsu, a Japanese style of Jiu Jitsu.** This club is partnered with Jitsu Canada, which is committed to providing high-quality, enjoyable instruction. Participants enjoy a chance to achieve a higher fitness level while gaining valuable self-defence skills. Jiu Jitsu can be learned by anyone regardless of strength, weight or gender.

The main aim of participation in the martial arts should be the betterment of oneself. Participants in any well-taught martial arts club will derive many non-physical benefits such as improved confidence and increased self-discipline and self-esteem. The martial arts can be extremely valuable to children as training helps reinforce values such as humility, patience, tolerance, discipline, and respect for oneself and others.

Training is tailored to the individual ability of the participant and a friendly, "club" type atmosphere is maintained during all classes. Jiu Jitsu is also great fun to learn and provides an opportunity for people to meet and socialize. Check out the club website at [www.jitsucanada.com](http://www.jitsucanada.com) for more information.

<https://www.ucalgary.ca/ActiveLiving/registration/Program/youth-jiu-jitsu>

# handball, racquetball and squash

FALL/WINTER/SPRING

## Junior Squash

### AGES 6-10

This course will introduce young players to the game of squash. Kids will develop hand-eye coordination, strength and body awareness through fun squash games and activities.

### AGES 9-12

Kids will develop hand-eye coordination, strength and body awareness through fun squash games and activities. This course is for kids new to squash as well as those who have some experience and are aspiring to improve their game.

### TEEN CLUB - AGES 12-17

**Non-Competitive!** These classes are for teens who want to meet new friends in a fun and social setting. All levels are welcomed; brand-new to game or a few years of fun playing experience.

### COMPETITIVE

These classes are geared for players aspiring to compete at a high level. Players will develop all aspects of their game and will be given a high level of instruction during complex drills and match play. Players in the competitive program are encouraged to compete at local tournaments.

Check out [ucalgary.ca/activeliving/racquets](http://ucalgary.ca/activeliving/racquets) for more information on our racquet programs!

# karate

FALL/WINTER/SPRING/SUMMER

## Karate (age 6-17)

This kids program teaches practical defensive strategies within the tradition of classical Okinawan karate (Koryu Uchinadi Kenpo-jutsu). The program uses both modern and ancient pedagogical principles to develop exceptional strategies and characteristics for our students. This program develops values such as courtesy, humility, effort, focus, patience, perseverance and courage. This is an excellent family program and parent-child participation is strongly encouraged.

<https://www.ucalgary.ca/ActiveLiving/registration/Program/1027>

## Junior Racquetball

### AGES 6-10

This course will introduce young players to the game of racquetball. Kids will develop hand-eye coordination, strength and body awareness through fun squash games and activities.

### AGES 9-12

Kids will develop eye-hand coordination, strength and body awareness through fun racquetball games and activities. This course is for kids new to racquetball or have some experience and are aspiring to improve their game.

### TEEN CLUB - AGES 12-17

**Non-Competitive!** These classes are for teens who want to meet new friends in a fun social setting. All levels welcomed; brand new to game or a few years of fun playing experience.

## Junior Handball

### BEGINNER

This course will introduce young players to the game of handball. Kids will develop hand-eye coordination, strength and body awareness through fun handball games and activities.

### COMPETITIVE

These classes are geared for players aspiring to compete at a high level. Players will develop all aspects of their game and will be given a high level of instruction during complex drills and match play. Players in the competitive program are encouraged to compete at local tournaments.

## Watch for our Racquet Summer Camps!

WE ARE EXCITED TO OFFER TRAINING WITH OUR  
HIGHLY EXPERIENCED SQUASH PROFESSIONAL

### COLIN WHITNEY

- NCCP-certified level 3 squash coach - Canada
- Head Professional at clubs in England, Canada, Ireland and Bermuda
- Irish Junior National Coach 2003-2015
- Coached men and women ranked in the top 100 in the world





# mini university

## Mini University Birthday Parties (September-June)

**Mini University is excited to offer your family three unforgettable Birthday Parties for up to 15 guests!** Parties are hosted in Kinesiology classrooms on Saturday and Sunday at 11:30am-1:30pm or 2:30pm-4:30pm. Each party is 2 hours long - 90 minutes will be for playing and 30 minutes will be provided for food, cake and presents. You can bring your own food or you can order food at an additional cost to be delivered by Aramark on campus. We recommend you book your party 6-8 weeks in advance and we will be in contact within 5 business days.

### Choose from three party themes:

**LEGO® Builders** features fun building challenges to choose from such as favourite food/animal, marble maze run or see who can build the tallest tower and then destroy it! Everyone will get to create their own name wall and decorate it to express who they are, which makes for a good photo opportunity.

**Active Gamers** guests will play the hottest new motion control games for Xbox One Kinect and Wii U gaming systems. Party guests will also get to play a wide variety of classic and new board games. This party is great for all ages and a good way to get your kids active. Available Sundays only due to room availability.

**Gym Games** theme sets your kids up to play a variety of fun games and activities together in one of the gyms on campus. Games will be tailored for your child and facilitated by one of our trained games instructors. Some popular activities include dodgeball, parachute games, floor hockey and soccer. (Limited availability)

### The cost for the party is only \$225 and includes:

- Adult Supervision so parents have the option to leave and come back
- Everyone gets a Mini University T-shirt!
- Decorations our staff set up 90 minutes before the party begins
- Disposable food ware including plates, cups, cutlery, tablecloths
- Items for serving cake including candles, lighter and serving utensils
- Parking passes for you and your guests for the length of the party
- A map showing how to get to the room that you can include in your invitations

To book your party, please complete the [Mini University Birthday Party Request Form](#): [goo.gl/xLndgy](http://goo.gl/xLndgy)

If you have any questions, please call Evan at 403.220.5192

## Mini U Winter Break Camp/ Spring Break Camp

### GRADE 2-4

**Get an early taste of summer for Winter or Spring Break!** Engage your child's mind and body through a variety of fun activities offered by Mini University's most popular camps including LEGO® building, arts & crafts, active gaming, swimming, yoga, Zumba®, racquet sports and more. Campers will also participate in a wide range of indoor games and sports in Active Living's professional facilities every day. Your child won't want to miss out on this exciting opportunity to get active over your break.

# minds in motion

## FALL/WINTER

## Applied Science and Engineering Clubs

**ALL GIRLS CLUB: GRADE 2-4 (9AM-NOON SATURDAYS)**  
**COED KIDS CLUB: GRADE 3-5 (1PM-4PM SATURDAYS)**

Calling all kids psyched about science in Grades 2-5! Need something fantastic to do on your Saturdays? This is the place for you! Learn about science, engineering, and technology in a super fun environment. Instructors will lead you through several exciting sessions of hands-on projects that will leave you craving more science. Participants will get a chance to explore the University of Calgary, take part in a self-directed community project and meet professionals working in the fields of science and engineering. Our all-girls club meets Saturday mornings (9am-noon) and the coed kids club meets Saturday afternoons (1pm-4pm).



# climbing

## Youth Climbing (Fall/Winter/Spring)

**Looking for a fun and engaging sport that challenges both mental and physical ability?** Climbing is a great way to get in shape, develop team-building and leadership skills as well as build self-confidence. Our experienced instructors will guide your child through games and challenges emphasizing skill development to help them learn, grow and excel in the vertical world – and beyond!

### GECKOS (4-6 YEARS)

A beginner play-based program that introduces young climbers-to-be to the vertical world. Kids will build confidence and physical literacy skills through bouldering games and skills, plus one session of top-rope climbing. Our kid-oriented instructors teach safety and emphasize making climbing FUN! *No experience required. Includes climbing gear.*

<https://ucalgary.ca/ActiveLiving/registration/Program/geckos>

### MOUNTAIN KIDS (7-10 YEARS)

This beginner climbing series will get kids 7-10 years old excited to be active and explore their limits. Learn to belay and develop fundamental movement skills through top-rope climbing and bouldering. *No experience required. Includes climbing gear.*

<https://ucalgary.ca/ActiveLiving/registration/Program/mountainkids>

### YOUTH CLIMBING CLUB (11-14 YEARS)

Climbing is an engaging way to develop body awareness, coordination, and strength but best of all it's tons of fun! In this introductory series for youth, our dedicated coaches teach key skills for climbing and belaying safely. *No experience required. Includes climbing gear.*

<https://ucalgary.ca/ActiveLiving/registration/Program/youthclimbingclub>

### TEEN CLIMBING CLUB (12-14 YEARS)

Do you love climbing and ready to learn more? This 10-week intermediate program for teens offers a fun, social environment to develop lead climbing skills, discover mental tricks, and learn new movement techniques. Our coaches incorporate warm-ups, stretching and strength training into each class to increase fitness and build awareness around injury prevention. *Top rope climbing and belay experience is required. Includes instructor, climbing gear.*

<https://ucalgary.ca/ActiveLiving/registration/Program/teenclimbingclub>

Check out [ucalgary.ca/ActiveLiving/registration/Browse/Climbing-and-Bouldering/Climbing](https://ucalgary.ca/ActiveLiving/registration/Browse/Climbing-and-Bouldering/Climbing) for more information on our climbing programs!



## Climbing Birthday Bookings

**Don't want kids bouncing off your walls? Let them climb ours instead!**

Party-goers defy gravity on the indoor climbing and bouldering walls. Instruction is minimal because the emphasis is put on climbing as much as possible. *No experience required.*

*Includes: Youth oriented instruction, Party Room and climbing equipment (except shoes)*

<https://ucalgary.ca/ActiveLiving/registration/Program/climbingparties>

## Climbing Group Bookings

**Get the most out of your climbing experience!** Our youth-oriented instructors make climbing safe and fun while minimizing instructional time, so kids do the most climbing and bouldering as possible.

<https://ucalgary.ca/ActiveLiving/registration/Program/bookgroupclimbing>

The Outdoor Centre Climbing Wall is proud to offer inclusive programs. To help us better tailor the program to your child, please let us know if you have any participants with special needs, including any learning or behavioral challenges. This information will allow us to customize the way we deliver the program, and give your child the greatest chance at a fun, successful class!

# outdoor centre programs

## Bunnies & Jackrabbits Ski Sampler (Winter)

Registration Opens: September

**This half-day sampler is an introduction to cross-country skiing for kids in Kananaskis.** If you want to ski all season check out the Jackrabbits and Bunnies Ski Series! Equipment is not included but can be rented from the Outdoor Centre.

Transportation is not included. Prerequisite: None

**BUNNIES (4-6 YEARS)**

<https://ucalgary.ca/ActiveLiving/registration/Program/bunniessampler>

**JACKRABBITS (7-14 YEARS)**

<https://ucalgary.ca/ActiveLiving/registration/Program/jackrabbitsampler>

## Bunnies & Jackrabbits Ski Series (Winter)

**Spend Saturdays learning how to cross-country ski or developing your ski skills.** Tailored specifically for the Kananaskis ski trails, the Bunnies & Jackrabbits program focuses on classic technique, going for skis and playing games. Choose from morning or afternoon lessons. Depending on group size, kids are divided based on age and ability. Parents are encouraged to join in. Bunnies is for ages 4-6, Jackrabbits is for ages 7-14 and all abilities are welcome. Jackrabbits Plus is for skilled and speedy skiers who are 12-17 years old. If you are younger than 7, please check out the Bunnies program. No experience necessary. Transportation and equipment rentals are not included.

Includes: Instructor. Prerequisite: None

**BUNNIES (4-6 YEARS)**

<https://ucalgary.ca/ActiveLiving/registration/Program/xcskiyouth>

**JACKRABBITS (7-14 YEARS)**

<https://www.ucalgary.ca/ActiveLiving/registration/Program/jackrabbits>

**JACKRABBITS PLUS (10-17 YEARS) (and passed all Jackrabbit levels)**

<https://www.ucalgary.ca/ActiveLiving/registration/Program/JRplus>

## Outdoor Winter Break Camp

Registration Opens: September

**Spend 2 days over winter holidays having fun and playing in the snow.** Enjoy cross-country skiing and snowshoeing in Kananaskis. There is something here for everyone and you'll have great stories and new skills to share when you return to school. If there isn't enough snow to ski and snowshoe, we will hike and build shelters.

Includes: Instructor, equipment, passes, permits, transportation.

Required: weather-appropriate clothing and indoor footwear. Prerequisite: None

**GRADES 2-8**

<https://ucalgary.ca/ActiveLiving/registration/Program/winterbreakcamp>

## Outdoor Spring Break Camp

Registration Opens: September

**Meet new friends and have loads of fun this Spring Break.** In this day camp, we'll snowshoe and cross-country ski in Kananaskis. We'll also visit cool Calgary locations, play tons of outdoor games, and go climbing, bouldering and swimming. If the weather is warm we'll hike and build shelters instead of being on snow. Every day is jam-packed with activities. Camps available for Grades 2-8.

Required: weather-appropriate clothing and indoor footwear. Check equipment list and additional information in the online event details.

Includes: instructor, equipment, passes, transportation. Prerequisite: None

**GRADES 2-8**

<https://ucalgary.ca/ActiveLiving/registration/Program/springbreak>

## Outdoor Centre School Programs

**School programs customized for each class. Some programs seasonal.** Contact [erick.rust@ucalgary.ca](mailto:erick.rust@ucalgary.ca) to book.

**We offer a large range of custom outdoor programming for all grades and abilities, year-round, both in and out of the city.** Learn to paddle on Bowness Lagoon, go on an overnight canoe trip, learn survival skills or cross-country skiing in a local park, and much more! See our website for more options.

**GRADES 1-12**

<https://www.ucalgary.ca/ActiveLiving/registration/Browse/All/School>

## Outdoor Homeschool Program (Fall/Spring)

**Spend 6 week days (Mondays or Fridays) exploring and learning outside in Calgary's parks!** Switch up your learning format this season and leave the classroom behind. This program is a mix of Alberta curriculum content, outdoor skill development, and nature play. We have programs for Grades 1-8. Please read individual description on our website.

<https://www.ucalgary.ca/ActiveLiving/registration/Program/homeschoolOC>





# fencing

FALL/WINTER/SPRING

## Youth Fencing (age 8-12)

This youth fencing program is being offered in partnership with Epic Fencing Club of Calgary. Fencing is very popular and fast becoming the new alternative sport to help improve fitness, coordination, agility, speed and strength. The fencing program is led by Epic Fencing Club's head coach, Peter Drevenka. Peter has been fencing since he was 8 years old. His coaching experience covers 15 years in Hungary and Canada. His students won many local, provincial, national and western championships in Canada and Hungary over the past 15 years. Under Peter's guidance and supervision, you will have the unique opportunity to learn from one of Alberta's most successful fencing coaches.

The sport of fencing is a challenge both physically and tactically between two opponents. You will learn an elegant, prestigious, modern and safe combat sport. The demand for instant analysis, concentration and self-control of mind and muscles is the key for success. Epic's coaching staff ensures that the games and exercises provide a lot of fun and teach fundamentals as well, if you want to advance in fencing.

- Fun games
- Correct coordination of hands and feet
- Essential foot and blade work
- Concepts of attack, counter-attack, defense, and right of way
- Different strategies in foil fencing
- Basic refereeing skills, vocabulary of fencing

<https://www.ucalgary.ca/ActiveLiving/registration/Program/youth-fencing>



# badminton

FALL/WINTER/SPRING/SUMMER

## Youth Badminton (age 6-17)

**This program is a fun way to develop proper technique and learn about the game.** It meets the needs of players from beginner to competitive. Each level is a progression from the previous level. Class sizes are small and grouped according to ability. Children sign up according to age and move through the levels according to tests of ability. Each practice consists of instruction followed by match play in a fun, ladder format.

<https://www.ucalgary.ca/ActiveLiving/registration/Program/1268>

# capoeira

NEW

FALL/WINTER

## Youth Capoeira (age 7-14)

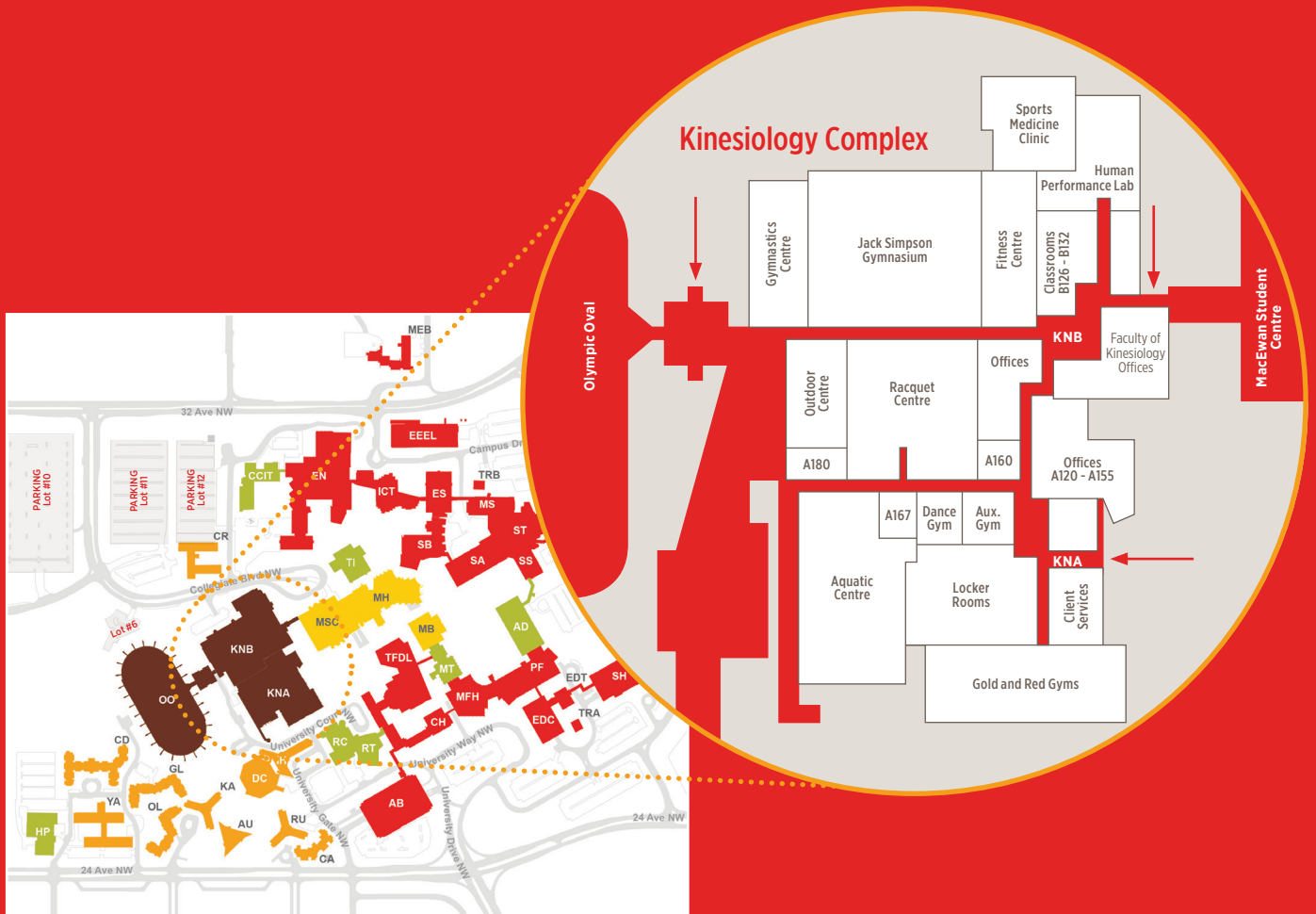
**Welcome to the University of Calgary Youth Capoeira program.** Learn the art and culture of Capoeira. Your child will be exposed to martial arts, music, dance, the rich Brazilian culture, the history, and the philosophies. Capoeira is an art of interaction, expression and play that is gaining popularity worldwide. Throughout the program, your child will enjoy benefits such as:

- Fitness • New friends • Have fun • Gain confidence • Increased focus •
- Learn drums • Learn some basic vocabulary in Portuguese • Develop respect •
- Fostered creativity • Healthier lifestyle • Strength and flexibility •

<https://www.ucalgary.ca/ActiveLiving/registration/Program/2115>



# make exercise your “thing”



Active Kids is a partner with the Faculty of Kinesiology and University of Calgary Active Living

## Active Living

### Client Services (KNA 104)

403.220.7749

[active@ucalgary.ca](mailto:active@ucalgary.ca)

Registration phone lines open:

Monday to Sunday: 8am-8pm

Holidays: 10am-5:30pm

## Aquatic Centre (KNA 171)

403.220.6755

[ucalgary.ca/activeliving/aquatics](http://ucalgary.ca/activeliving/aquatics)

## Outdoor Centre (KNB 180)

403.220.5038

[ucalgary.ca/outdoorcentre](http://ucalgary.ca/outdoorcentre)

Tuesday to Thursday: 8am-6pm

Friday to Monday: 8am-8pm

[ucalgary.ca/activeliving/kids](http://ucalgary.ca/activeliving/kids)