

ACTIVE LIVING

UNIVERSITY OF CALGARY RECREATION PROGRAMS FOR ADULTS



PERSONAL TRAINING

PAGE 8

WINTER 2020

Register Today! | (403) 220-7749 | ucalgary.ca/activeliving



UNIVERSITY OF
CALGARY

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The Faculty of Kinesiology and the Community

The Faculty of Kinesiology offers programs, services and facilities through Active Living that promote healthy, active lifestyles to children, youth and adults in Calgary and the greater community. Programs range from gymnastics and skating to weight loss/lifestyle change. Facilities include: an Aquatic Centre, Racquet Centre (racquetball, squash and tennis), Fitness Centre, Olympic Oval, Outdoor Centre and two Gymnastics Centres (in Calgary & Cochrane).

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REGISTRATION

Online registration for programs is easy and convenient.

1. Go to www.ucalgary.ca/activeliving.
2. Search for your program and click on the course to view offerings.
3. Click the "Add to Cart" button.
4. You'll be asked to log in to our U of C Active Living site. If you don't have an Active Living account then simply click "Not a Client? Create an account!" link below the login button. Parents, please create your account first, then you can add family members under your account.
5. Select the person you are adding to the course.
6. Check out and pay with a valid credit card.

You are officially registered! A confirmation and receipt form will be sent to you by email.

For more details on programs or services or to register by phone during regular business hours, please contact:

ACTIVE LIVING CLIENT SERVICES:

(403) 220-7749

PROGRAMS & SERVICES

Take advantage of the broad range of expert-led health and recreation programs and services from personal training, weight loss and yoga programs to marathon training and joint pain management and recovery. Our programs and services are created with the help of the leading-edge research developed at the world-renowned Roger Jackson Centre for Health & Wellness Research right on campus! Programs and Services are not included with membership. Prices do not include GST.

membership information

Everyone in the Calgary community can re-energize, create and maintain a healthy, active lifestyle with access to our world-class Active Living facilities.

MEMBERSHIPS

Valid starting September 1, 2016

University of Calgary Students have their All-Access Membership included in their tuition. (A summer membership can be purchased for a nominal fee.) Your All-Access Membership will provide you access to all of the University of Calgary's Active Living Facilities. Visiting Students can ask Client Services about special rates.

University of Calgary Staff or Faculty will receive discounted rates on Annual Active Living memberships. Enjoy the convenience of world-class facilities right on campus!

University of Calgary Alumni receive special rates on Annual Memberships. On the purchase of your first membership, you will receive 50% off the regular alumni membership rate.

General Public members are welcome to access to a wide variety of Active Living facilities at great rates.

Facility Tours

Your friendly guide will get you familiar with each facility and share insider tips on how to get the most of your visits. Call (403) 220-6562 to book a highly recommended tour!

Facility Maintenance

The facility has planned maintenance periods throughout the year. The shut-down period varies by amenity, depending on the work to be done. Reduced schedules and activities may occur in some, others are closed completely. This shut-down period is built into the price of the Pass fee and no refunds or extensions will be given. Please watch for facility signage.

Membership Policies

- Memberships are fully refundable during the first two-week period that your membership is valid. After the two-week period your membership is non-refundable, with the following exceptions (written documentation must be provided):
- Relocation outside of Calgary
- Injury or accident
- Work-related leave
- Memberships are non-transferable.
- A "family" for the purposes of these passes includes two adults who live in the same household, and their children under 18.
- Members must have valid ID cards to access the facilities. You are allowed 3 entries per semester without it, at which time you must purchase a day pass.
- **Members/Drop-ins must be 17 years and older to use the Fitness Centre independently. Youth 14 to 16 years must complete an orientation program and be accompanied by an adult to access the Fitness Centre.**

Daily Admission Passes

	CHILD (4-12 YRS)	YOUTH / (13-16) SENIOR 60+)	ADULT (17-59 YRS)	FAMILY
Day Pass	\$4.50	\$7.50	\$10.50	\$27
10 Passes	\$37.50	\$62.50	\$87.50	N/A
Weekly Passes	\$15.50	\$26.75	\$36	N/A

MEMBERSHIPS

Annual All-Access Membership

Includes access to the Fitness Centre, Racquet Centre, Aquatic Centre, Outdoor Centre Climbing Wall and Bouldering Walls, Olympic Oval and gymnasiums during open, recreation hours.

	SINGLE	SENIOR	FAMILY
Public	\$650	\$325	\$1050
Alumni	\$520	\$260	\$820
Faculty/Staff	\$355	\$177.50	\$570

Annual Fitness Membership

Includes access to the Fitness Centre, Aquatic Centre, Outdoor Centre Climbing Wall and Bouldering Walls, Olympic Oval and gymnasiums during open recreation hours. (Excludes Racquet Centre access.)

	SINGLE	SENIOR	FAMILY
Public	\$540	\$270	\$870
Alumni	\$440	\$220	\$705
Faculty/Staff	\$295	\$147.50	\$470

Annual Auxiliary Membership

Includes access to the Aquatic Centre, Gymnasiums, Racquet Centre, Climbing and Bouldering Walls, and the Olympic Oval.

	SINGLE	SENIOR	FAMILY
Public	\$415	\$207.50	\$665
Alumni	\$325	\$162.50	\$530
Faculty/Staff	\$250	\$125	\$400

* Annual Membership Rates to August 31, 2019.

** Seniors (60+) receive a 50% discount on all membership rates.

Monthly Passes

ONE MONTH PASS: A one-month pass can be purchased for the All-Access Membership only at a rate of \$87.50 per person.

FOUR MONTH PASS: A four-month pass can be purchased at 50% off any annual pass rate.

Passes can be upgraded to an annual pass while the pass is still active.

Parking Passes* complete an

	DAYS/HOURS VALID	ANNUAL COST
Early Bird Meters Lot 9 & 16	Mon - Fri before 8:15 am	\$30
Weekday Lot 10	Mon - Fri after 3:00 pm Sat & Sun all day	\$60
All Week Lot 12	Mon - Fri after 3:00 pm Sat & Sun all day	\$120

* Parking passes apply to Annual Members only. Students, staff and faculty are excluded from this offer. Prices may change without notice.

winter 2020 fitness classes

*No classes on statutory holidays

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING 9-11 AM						
		Keep Moving! 9:05 am - 9:55 am	Gentle Hatha Yoga 9:00 am - 10:30 am	Keep Moving! 9:05 am - 9:55 am		Keep Moving 10:00 am - 10:55 am
						Indoor Cycling 10:00 am - 10:55 am
		Yoga Flow 11:00 am - 11:55 am				
LUNCH 12-1 PM	Fifty-Minute Fitness 12:05 pm - 12:55 pm	Chiseled 12:00 pm - 12:55 pm	Hard Core Express 12:05 pm - 12:50 pm	Yoga Flow 12:00 pm - 12:55 pm	Chiseled 12:00 pm - 12:55 pm	
	Yoga Core 12:00 pm - 12:55 pm	Yoga Flow 12:00 pm - 12:55 pm	*Zumba ® 12:00 pm - 12:55 pm	Functional Fitness 12:00 pm - 12:55 pm	Yoga Core 12:00 pm - 12:55 pm	
		Indoor Cycling 12:05 pm - 12:55 pm				
AFTER WORK 4-6 PM	*Barre Fusion 4:00 pm - 4:55 pm			Pilates 4:00 pm - 4:55 pm		
		Chiseled 5:00 pm - 5:55 pm		Chiseled 4:00 pm - 4:55 pm		
	Cycle and Core 5:00 pm - 5:55 pm		Cycle and Core 5:00 pm - 5:55 pm	Barre Fusion 5:00 pm - 5:55 pm	Indoor Cycling 5:00 pm - 5:55 pm	
	Pilates 5:00 pm - 5:55 pm	Keep Moving! 5:05 pm - 5:55 pm	*Zumba ® 5:00 pm - 5:55 pm	Keep Moving! 5:05 pm - 5:55 pm		
	Total Body Blast 5:00 pm - 5:55 pm		Yang/Yin Yoga 5:00 pm - 6:30 pm			
			Indoor Cycling 6:00 pm - 6:50 pm			
EVENING 7-9 PM			Chiseled 7:15 pm - 8:15 pm			
	Chiseled 7:15 pm - 8:15 pm	Kickboxing 7:00 pm - 8:30 pm		Kickboxing 7:00 pm - 8:30 pm		
		Kickboxing Level 2 7:00 pm - 9:00 pm		Kickboxing Level 2 7:00 pm - 9:00 pm		
						* women's-only class

group fitness classes

*No classes on statutory holidays



Barre Fusion*

This energizing class will challenge your core strength and muscle endurance while leaving you with long lean legs and defined arms and back. Barre Fusion combines elements of Pilates, core conditioning, classical ballet and resistance training on and off a barre. Through a variety of blended exercises you will develop strength, muscle tone, coordination, body awareness and flexibility while promoting proper posture, joint flexibility and lumbo pelvic stability. You will definitely work in this class!

FFBA	Mon	Jan 13 - April 6	4:00 pm - 4:55 pm	\$120
FFBA	Thurs	Jan 16 - April 9	5:00 pm - 5:55 pm	\$120

* Women's only class

Chiseled

Build your strength, endurance and definition using bars, plates and free weights in this effective group weight-training program. The weight room comes into the studio to transform your body using all major muscle groups. Focus is on technique, precision and getting you results.

FFCH	Mon	Jan 13 - April 6	7:15 pm - 8:15 pm	\$120
FFCH	Tues	Jan 14 - April 7	12:00 pm - 12:55 pm	\$120
FFCH	Tues	Jan 14 - April 7	5:00 pm - 5:55 pm	\$120
FFCH	Wed	Jan 15 - April 8	7:15 pm - 8:15 pm	\$120
FFCH	Thurs	Jan 16 - April 9	4:00 pm - 4:55 pm	\$120
FFCH*	Fri	Jan 17 - April 3	12:00 pm - 12:55 pm	\$110

* Extra classes will include a cardio component

Cycle and Core

Combine the power and energy of indoor cycling with an inner focus on core stability. After a challenging 40-minute ride, a core conditioning component will improve posture, balance and stability.

FFCY	Mon	Jan 13 - April 6	5:00 pm - 5:55 pm	\$120
FFCY	Wed	Jan 15 - April 8	5:00 pm - 5:55 pm	\$120

Fifty-Minute Fitness

Get your fifty-minute fitness fix! You'll get an effective full-body workout including a variety of cardio followed by resistance/core training and a relaxing stretch. Perfect for those on a tight schedule who want to squeeze in fitness over the lunch hour.

FFFI	Mon	Jan 13 - April 6	12:05 pm - 12:55 pm	\$120
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Functional Fitness

Designed for those looking for a low impact, moderately paced class. In this full body workout you will improve strength, endurance and your ability to move efficiently through resistance training, body awareness and core strength. Great for beginners and those looking for a lower intensity workout.

FFFU	Thurs	Jan 16 - April 6	12:05 pm - 12:55 pm	\$120
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group fitness classes

Gentle Hatha Yoga

This slower gentle hatha yoga class is suitable for people of all ages including beginners and emphasizes alignment and breathing techniques to stretch and strengthen the body. Through breathing and relaxation techniques we create space for a more mindful and healthy life. A fun class with a variety of options for all levels.

FFYO	Wed	Jan 8 - April 9	9:00 am - 10:30 am	\$195
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Hard Core Express

This Pilates inspired, functional fitness workout is designed to strengthen and tone your core. Bodyweight, free weights, stability balls, flex bands and more will be used to strengthen the muscles, including abs, back and pelvis. The focus will be on proper form and safely pushing your personal limits.

FFHC	Wed	Jan 15 - April 8	12:05 pm - 12:50 pm	\$120
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Indoor Cycling

Challenge the 620+ muscles in your body in this ultimate cardio workout! You'll put your cycling skills, endurance, aerobic capacity and focus to the test in this fun, social class. All levels are welcome to join and work at their own pace.

FFCY	Tues	Jan 14 - April 7	12:00 - 12:55	\$120
FFCY	Wed	Jan 15 - April 8	6:00 pm - 6:50 pm	\$120
FFCY	Sat	Jan 18 - April 4	10:00 am - 10:55 am	\$120
FFCY	Fri	Jan 17 - April 3	5:00 pm - 5:55 pm	\$110

Keep Moving!

Enjoy this lower intensity, traditional fitness class that combines cardio and simple low-impact movements including strength, core conditioning and flexibility in a non-intimidating environment. While this class is designed for older adults it is open to all ages and fitness levels.

FFKE	Tues/Thurs	Jan 2 - April 30	9:05 am - 9:55 am	\$220
FFKE	Tues/Thurs	Jan 2 - April 30	5:05 pm - 5:55 pm	\$220
FFKE	Sat	Jan 4 - April 25	10:00 am - 10:55 am	\$120

Kickboxing

Learn practical, self-defence moves and get a great cardio workout with the help of our high-energy, dynamic instructor. You'll develop skills through targeted drills done on your own and with other participants in a safe, non-competitive environment. Although this class is designed for beginners all levels are welcome.

FFKB	Tues	Jan 14 - April 7	7:00 pm - 8:30 pm	\$195
FFKB	Thurs	Jan 16 - April 9	7:00 pm - 8:30 pm	\$195



group fitness classes

Kickboxing...continued (level 2)

This class is designed for those who have completed our basic class and are ready to put their skills into practice. Continue to enjoy a great workout while taking what you've learned to the next level.

Prerequisite: Must have attended Kickboxing Level I here at U of C.

FFKB	Tues	Jan 14 - April 7	7:00 pm - 9:00 pm	\$195
FFKB	Thurs	Jan 16 - April 9	7:00 pm - 9:00 pm	\$195

Pilates (Mat Classes)

Strengthen, lengthen and tone by focusing on deep, inner core and postural muscles in this fun Pilates mat class. You'll increase stability and mobility in your spine, shoulders and hips while enhancing your body awareness and improving your postural alignment.

FFPI	Mon	Jan 13 - April 6	5:00 pm - 5:55 pm	\$120
FFPI	Thurs	Jan 16 - April 9	4:00 pm - 4:55 pm	\$120

Total Body Blast

This bootcamp-inspired 55-minute class targets all major muscle groups to maximize your calorie burn! Join our high energy instructors to experience cardio and strength drills designed to give you a challenging and effective total body workout.

FFTB	Mon	Jan 13 - April 6	5:00 pm - 5:55 pm	\$120
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Yang/Yin Yoga

This class will start with a more active and dynamic Yang practice to energize and strengthen the body and create a sense of steadiness and alignment. The Yin portion is a gentle, quiet and meditative practice that teaches us to relax and accept ourselves as we are. Through mindful stretching, Yin Yoga maintains the health of the connective tissue with an emphasis on the hips and spine. This class will also have a focus on breathwork, meditation and mindfulness. Suitable for all levels. Beginners welcome!

FFYO	Wed	Jan 15 - April 8	5:00 pm - 6:30 pm	\$175
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Yoga Core

A creative, dynamic vinyasa flow yoga class with an emphasis on core awareness. Strengthen your center inside and out.

FFYO	Mon	Jan 13 - April 6	12:00 pm - 12:55 pm	\$120
FFYO	Fri	Jan 17 - April 3	12:00 pm - 12:55 pm	\$110

Yoga Flow

This dynamic flow class incorporates traditional sun salutations and yoga poses while allowing for more varied practice. You'll focus on breath, building full body strength, core stability, flexibility, and proper body alignment. Options will be given for all levels, from beginners to those looking for more challenge.

FFYO	Tues	Jan 14 - April 7	11:00 am - 11:55 am	\$120
FFYO	Tues	Jan 14 - April 7	12:00 pm - 12:55 pm	\$120
FFYO	Thurs	Jan 16 - April 9	12:00 pm - 12:55 pm	\$120

Zumba®

Ditch the workout, join the party! Easy-to-follow steps coincide with a celebration of Latin and world music to provide cardio, toning, and FUN!

FFZU	Wed	Jan 15 - April 8	12:00 pm - 12:55 pm	\$120
FFZU*	Wed	Jan 15 - April 8	5:00 pm - 5:55 pm	\$120

* Women's only class



personal fitness



Initial Training Packages

Mandatory for all new Personal Training clients.

Includes: A detailed fitness assessment, plus 5, 10, or 20 one-hour training sessions. Perfect for those just starting out or looking to progress beyond their current level of fitness. Measure your level of fitness using the CSEP standards and guidelines, providing you with a starting point to set fitness and lifestyle goals and monitor your progress.

For more information, call (403) 220-4374 or email our Personal Training Coordinator at ptrain@ucalgary.ca. You will be asked to complete a brief questionnaire (PAR-Q+) and an intake form.

Additional Training Packages

Small Group Training

Do you have a group of friends or colleagues that are interested in setting up group training before work, after school, or during the noon hour? Work with our certified personal trainers to schedule weekly sessions focusing on anything from strength and conditioning to yoga.

To set up private, personalized group training sessions, please e-mail ptrain@ucalgary.ca.

Program	Initial packages		Renewals	
	Public	Students/ Members	Public	Students/ Members
5 sessions	\$490	\$380	\$395	\$300
10 sessions	\$835	\$640	\$740	\$560
20 sessions	\$1455	\$1120	\$1360	\$1040
5 sessions — buddy training	\$320 per person	\$255 per person	\$225 per person	\$180 per person
10 sessions — buddy training	\$520 per person	\$415 per person	\$425 per person	\$340 per person
20 sessions —buddy training	\$895 per person	\$715 per person	\$800 per person	\$640 per person
Fitness assess and Program Design	\$205	\$160	n/a	n/a

Cost will be determined based on the number of sessions and participants.

UCalgary students and Active Living members receive up to 25% regular prices!

**25%
OFF**

personal fitness



Body Composition Testing

Analyze your body fat percentage using the CSEP certified skin fold testing. This package includes an initial body fat analysis, as well as two follow-up appointments.

Public	\$115
Students/Members	\$92

General Fitness Appraisal

A big-picture look at your overall fitness using the Canadian Society of Exercise Physiology (CSEP) standards and guidelines. Includes: body composition, cardiovascular fitness, muscular strength and endurance, power, and flexibility. A great starting point to set fitness goals and measure your progress.

Public	\$115
Students/Members	\$92

One-on-One Express

Just want to check in with a trainer to ensure you're lifting properly or need some new exercises for your repertoire? Do you want to learn power lifting techniques or how to modify exercises to suite your needs? This one-hour session with a highly qualified personal trainer is for you. We'll tailor the session to exactly what you want to learn!

Sign up as an individual.

	Public	Students/Members
one person	\$75 per person	\$60 per person

Occupational Fitness Test Training

Preparing to apply for a job in the law enforcement or public service? This package includes three one-on-one training sessions, which will prepare you for APREP and PARE tests. It also includes one-month membership to Fitness Centre.

	Public	Students/Members
3 sessions	\$225	\$180
1 session	\$75	\$60

Gym Orientations for Students

Never been to the fitness centre but want to see what it's all about, or thinking about beginning an exercise program but don't know where to start? Come to our gym orientation for only \$2 and we'll help you get on track! A highly qualified personal trainer will guide you through the gym and teach you how to use various machines, and demonstrate some common exercises. We will also provide guidelines on how to design a workout on your own. After attending the orientation, you will receive a shoe tag that grants you access to our exclusive Super Circuit area.

Check online for dates	\$2
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gymnastics coaches • swim instructors • lifeguards • intramural supervisors/refs • fitness centre staff



client services staff • skating instructors • dinos events • racquet sport instructors • outdoor centre staff

WORK FOR US!

Get a job at UCalgary working with the most fun people on campus. Many areas of **Active Living** hire throughout the year. Check online for our current openings and send your resume to the area you're interested in:

Gymnastics Centre
gymnast@ucalgary.ca

Aquatic Centre
swim@ucalgary.ca

Intramurals
imssport@ucalgary.ca

Fitness Centre
cdgordon@ucalgary.ca

Client Services
eschwart@ucalgary.ca

Outdoor Centre
eschwart@ucalgary.ca

Racquet Centre
racquet@ucalgary.ca

Dinos Event Staff
mboyles@ucalgary.ca

Leading the way to healthy,
ACTIVE LIVING



UNIVERSITY OF
CALGARY

ucalgary.ca/activeliving/job-opportunities

swim classes



ADULT SWIMMING CLASSES

Stay fit and healthy through swimming. When you choose the Red Cross Swim program, you're getting:

- A program based on research
- A focus on your personal needs
- Proven excellence in teaching
- Programs designed to support you in achieving a fit and healthy lifestyle

These swimming programs are designed to meet your individual needs. Learn to swim in Red Cross Swim Basics, and develop or improve strokes in Red Cross Swim Strokes. The programs are customized to your individual goals and rate of progress. To book a swimming assessment to determine a level that best suits your needs and abilities, call **(403) 210-7832**.

Classes are offered:

8 classes	Saturday mornings	45 minutes	\$88
6 classes	Monday/Wednesday nights	60 minutes	\$88

Sessions start in January, February and March.

Adult Swim Basics 1

We help increase your comfort level and confidence in the water through floats, glides, kicking, and swimming. Work with your Water Safety Instructor to set goals and develop your swimming skills. This class offers an introduction to swimming with a focus on front swim.

Adult Swim Basics 2

Work with your Water Safety Instructor to set goals to develop your swimming skills. This course focuses on developing the front and back crawl, establishing comfort in deep water, and increasing the swimming distance.

Recommended that Swim Basics 1 is completed before registering in this level.

Adult Swim Strokes (15+)

We help you develop several swimming strokes, working toward proficiency and increased endurance. Work with your Water Safety Instructor to set your goals and priorities. If you are interested in developing your strokes so that you can increase your fitness and endurance, this is the course for you. Red Cross Swim Strokes is for people 15 and older, who have experience swimming in deep water. If you are unsure if this is the correct level for you please call **(403) 210-7832** to schedule a swim assessment.

Adult Swim Workout

Do you want to challenge your current aquatic skills? Have you completed Red Cross Swim Strokes or are you in training for a triathlon and want to learn ways to improve your skill and speed? Do you enjoy swimming and want to know what else you can do in the pool? Join the Red Cross Swim Workout and learn how to develop your own swimming training program. Learn skills and techniques to bring your strokes to the next level and get exposed to all that the water can do for you. All participants must be able to swim 400 meters comfortably and be able to perform front crawl, back crawl and breaststroke. If you are unsure if this level is for you call **(403) 210-7832** to schedule a swim assessment.

Adult Private Swim Lessons

Working with a certified Water Safety Instructor, adult swimmers can work on skills in the Red Cross Swim Basics, Swim Strokes, or Sport Program. Whether you are looking for advancements in your workout or a little extra help, this one-on-one experience can provide it.

Classes are offered:

6 classes	Monday and/or Wednesday nights	30 minutes	\$220
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Sessions start in January, February and March.



JointEffort

A HIP AND KNEE OSTEOARTHRITIS PROGRAM

JointEffort

For healthier hip and knee joints! The University of Calgary's *JointEffort* program is a 6-week exercise program for people with hip or knee osteoarthritis. *JointEffort* is ideal for people who don't qualify for surgery, need to prepare for surgery or have had a joint replacement. You will participate in a one-hour individualized program design, 11 supervised group exercise sessions and a one-hour group nutrition session with the university's team of health and joint experts.

The registration package and waiver MUST be completed and returned at least one week prior to your individualized program design. The registration package is available online and a link will also be provided on your registration receipt.

Please call **403-220-8814** or email smithe@ucalgary.ca to arrange your program design appointment or if you have any questions. A physician's consent may be required to participate in *JointEffort*.

FJE01	Mon/Wed	Jan 13 - Feb 24	7:00 pm - 8:00 pm	\$389
FJE02	Mon/Wed	March 9 - April 15	7:00 pm - 8:00 pm	\$389
FJE04	Tues/Thurs	Jan 14 - Feb 20	12:15 pm - 1:15 pm	\$389
FJE05	Tues/Thurs	March 10 - April 16	12:15 pm - 1:15 pm	\$389
FJE07	Tues/Thurs	Jan 14 - Feb 20	5:30 pm - 6:30 pm	\$389
FJE08	Tues/Thurs	March 10 - April 16	5:30 pm - 6:30 pm	\$389

No classes on statutory holidays

JointEffort 12-week Follow Up

Continue to work on your fitness after you've completed the initial *JointEffort* program. These effective once-a-week sessions will continue your progress and will teach you to safely exercise on your own.

Prerequisite: *JointEffort* 6-week initial program

Course includes an access pass to Fitness Centre for the duration of the session.

FJE03	Mon/Wed	Jan 13 - April 15	7:00 pm - 8:00 pm	\$319
FJE06	Tues/Thurs	Jan 14 - April 16	12:15 pm - 1:15 pm	\$319
FJE09	Tues/Thurs	Jan 14 - April 16	5:30 pm - 6:30 pm	\$319

No classes on statutory holidays or between sessions



GLA:D™

CANADA

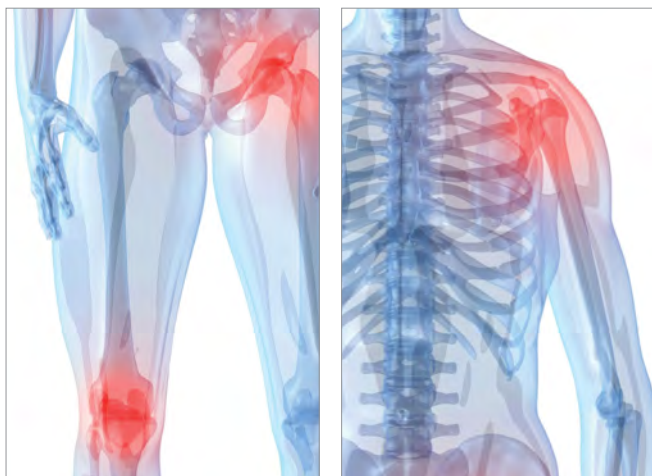
GLA:D Good Life Arthritis: Denmark

GLA:D® is an education and exercise program developed by researchers in Denmark for individuals with hip or knee osteoarthritis symptoms. This program includes two education sessions, 12 neuromuscular exercise sessions (60 minutes each) and the opportunity for data collection and quality monitoring (measures taken at initial visit, 3 months and 12 months). Classes will run twice a week for one hour over 7 weeks.

FGLAD01	Mon/Wed	Jan 13 - March 2	9:15 am - 10:15 am
FGLAD02	Mon/Wed	March 9 - April 22	9:15 am - 10:15 am

Cost: \$389

The registration package and waiver MUST be completed prior to the first class. The registration package is available on-line and a link will also be provided on your registration receipt.



Rehabilitation & Fitness Program

FOR PERSONS WITH A CHRONIC PHYSICAL DISABILITY generously supported by  **Scotiabank™**



This program incorporates individually designed programs performed in a group setting. The program runs twice a week for 14 weeks. All programs are specifically designed to meet the individual's goals, with elements of strength training, cardiovascular fitness, flexibility, balance and coordination. Program orientations are available upon request; please call **(403) 220-8112** to arrange a tour of the program.

Winter program runs from January 13 to April 17.

Cost Includes: Twice a week supervised exercise sessions for 14 weeks.

Prerequisites: In order to complete this course you must:

- Be 16 years of age or older
- Have a chronic physical disability
- Complete a registration form

Please call **(403) 220-8112** or email rehab@ucalgary.ca to obtain the registration package.

W20FDIS01	Mon/Wed	10:00 am - 12:00 pm	\$205*/semester
W20FDIS02	Mon/Wed	2:00 pm - 4:00 pm	\$205*/semester
W20FDIS03	Tues/Thurs	10:00 am - 12:00 pm	\$205*/semester
W20FDIS04	Tues/Thurs	2:00 pm - 4:00 pm	\$205*/semester
W20FDIS05	Tues/Thurs	7:00 pm - 9:00 pm	\$205*/semester
W20FDIS06	Wed/Fri	12:00 pm - 1:45 pm	\$205*/semester

(4 hours/week for 14 weeks)

*First-Time Participants Add \$75

Looking for a fun and fulfilling volunteer opportunity?

The Rehabilitation and Fitness Program for Persons with Physical Disabilities is currently looking for volunteers to assist program participants with individual exercise programs. As you volunteer, you will:

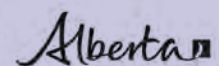
- Assist participants with strength training and stretching techniques
- Supervise participants during cardiovascular exercises
- Keep participants motivated throughout sessions

No prior experience is required. An orientation will be provided.

Volunteer today! Call **(403) 220-8112** or email rehab@ucalgary.ca or details.

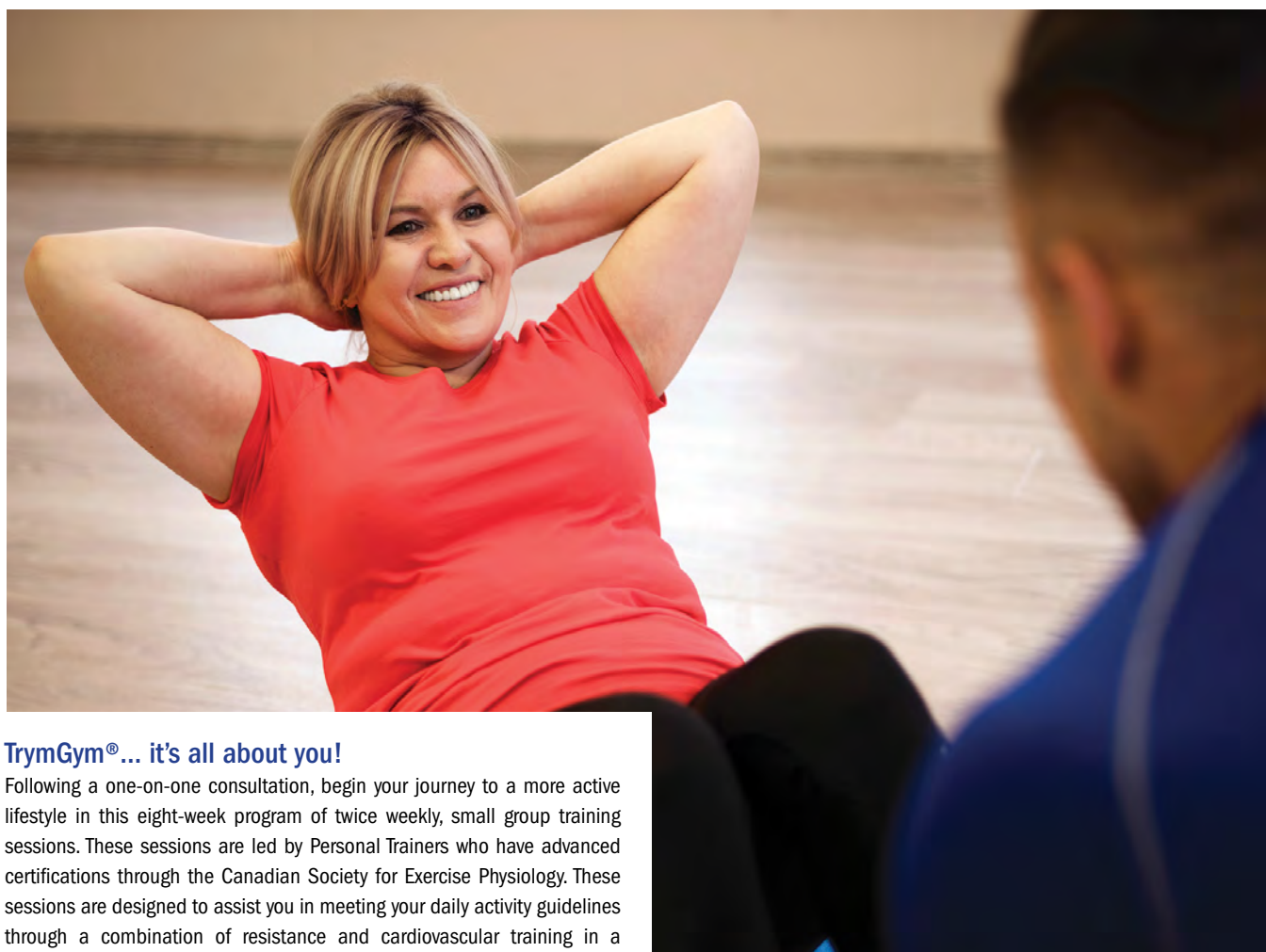
Kinesiology students: practicum placements are available and can be applied to your program for credit.

Equipment sponsored by:



Would you or your company be interested in supporting this program by donating funding for specialized equipment? Call **(403) 220-8112** for more information. Donations are tax deductible!

TrymGym®



TrymGym®... it's all about you!

Following a one-on-one consultation, begin your journey to a more active lifestyle in this eight-week program of twice weekly, small group training sessions. These sessions are led by Personal Trainers who have advanced certifications through the Canadian Society for Exercise Physiology. These sessions are designed to assist you in meeting your daily activity guidelines through a combination of resistance and cardiovascular training in a supportive, non-intimidating environment, and are targeted at weight loss. After completion of the program, you will revisit the one-on-one consultation with your trainer to track the progress that you have made.

This program also includes a free fitness center membership for the length of the program. To register, visit our website at ucalgary.ca/trymgym or by calling (403) 220-4374.

Session 1

Mon/Wed	6:00 pm - 7:00 pm	Jan 6 - Feb 26	\$230
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Session 2

Mon/Wed	6:00 pm - 7:00 pm	March 2 - April 22	\$230
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Nutrition package

This nutrition package is available to all TrymGym participants, and includes two one-hour interactive presentations with a Registered Dietitian as well as ongoing e-mail support for the duration of the TrymGym program. The one-hour presentations will focus on vital nutrition information needed to live healthier as well as introduce strategies to aid you in achieving your health goals. This information will empower you to make important and lasting lifestyle changes.

Dates TBD	\$40
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Follow-up TrymGym® Small-Group Personal Training

Continue to stay active and continue your weight-loss goals after you've completed the Initial TrymGym program. These effective, small group, personal training sessions are designed to continue where you left off, promoting weight loss, lifelong physical activity and keeping you motivated.

Prerequisite: TrymGym Initial Program

Session 1

Mon/Wed	5:00 pm - 6:00 pm	Jan 6 - Feb 26	\$215
Tues/Thurs	6:00 pm - 7:00 pm	Jan 7 - Feb 27	\$230
Tues/Thurs	7:00 pm - 8:00 pm	Jan 7 - Feb 27	\$230

Session 2

Mon/Wed	5:00 pm - 6:00 pm	March 2 - April 22	\$215
Tues/Thurs	6:00 pm - 7:00 pm	March 3 - April 23	\$230
Tues/Thurs	7:00 pm - 8:00 pm	March 3 - April 23	\$230

Add-on Follow-up classes

Sat	9:00 am - 10:00 am	Jan 11 - Feb 29	\$100
Sat	9:00 am - 10:00 am	March 7 - April 25	\$100

u of c marathon training program



U of C Marathon Training Program

Join Calgary's first and longest-running destination marathon training program. Each year we choose an exciting destination, which will be announced this winter.

The University of Calgary Marathon Training Program is a highly informative and social marathon preparation program that combines research-based information, guidance and support with the help of internationally respected local experts and the Faculty of Kinesiology.

Included in your registration:

- 8 months of dedicated coaching
- Year-long membership to the team and group runs
- Movement preparation training
- Access to our private website for interactive web-based learning and communication
- Lectures from some of the leading experts in the areas of physiology, nutrition, injury prevention and sport psychology
- Strength and core training
- Full- and half-marathon training schedule
- Team running singlet
- Organized social events

Participants of this program will have the opportunity to meet and train with a group two times per week. Coached runs will take place on Mondays at 6:30 pm and Saturdays at 8:00 am.

This program is designed with the new marathoner in mind, but runners with marathon experience will certainly benefit from the vast amount of information provided.

*Participants must be able to run 30 minutes, 3 times per week before joining the program.

If this sounds like something you might be interested in then we invite you to join us on this journey!

Stay tuned for updates on ucalgary.ca/marathon about an Information Night.

\$749 + GST new participant | \$275 + GST alumni of the program

Contact: marathon@ucalgary.ca | twitter: [@bffl_calgary](https://twitter.com/bffl_calgary) | [#runuofc](https://twitter.com/runuofc)

TORN OVER SURGERY?

Calgary Sport Medicine Centre identifies treatment options for shoulder injuries

Fern Kornelson was walking with a friend to dinner when she fell and ended up on a snow pile, on her back, with her arm pinned behind her body. The pain was excruciating, she felt nausea and was on the verge of fainting. After the physician put her shoulder in place, he gave her a choice — rotator cuff surgery or treatment.

“I chose treatment. I thought that surgery would tie me up for a long time,” says Kornelson, who was 65 at the time. Ten years later she is still leading an active life and has started barrel racing.

Many people believe if their rotator cuff is torn, they need to have surgery. New research shows that is not the case and treatment of tears can be managed successfully without an operation.

Managing without surgery

“If you have a rotator cuff tear, you don’t necessarily need an MRI or a referral to a surgeon,” says orthopedic surgeon Dr. Richard Boorman, MD, University of Calgary Sport Medicine Centre, Faculty of Kinesiology and Cumming School of Medicine.

“A sport medicine physician or a physiotherapist can help manage your rotator cuff tear, often with just one or two visits, and by teaching you exercises that you can do at home to help your shoulder,” said Boorman.

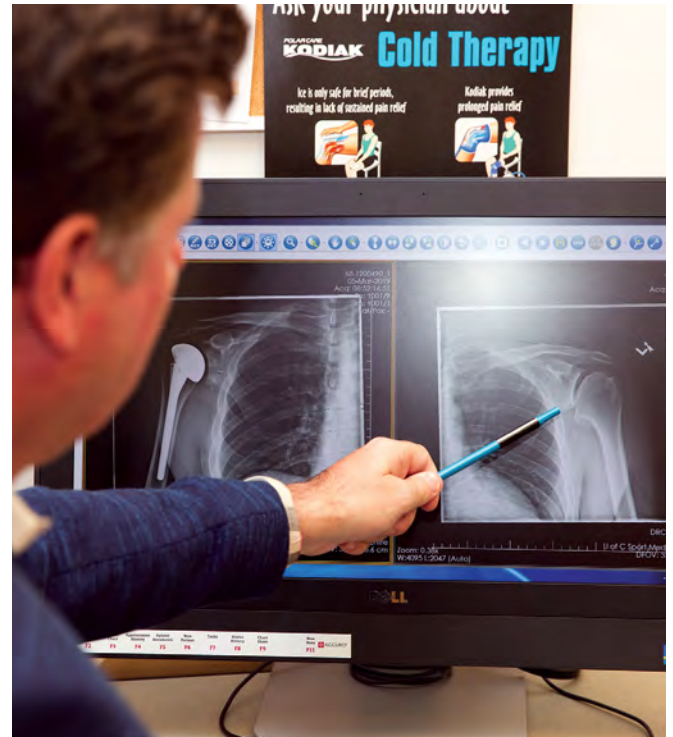
A published study by Boorman’s team found that 75 per cent of patients were successfully treated without surgery and this was maintained up to five years later. Boorman anticipates that surgery still won’t be needed for most patients even 10 years after the injury.

Patient and surgeon collaboration

The study included 100 patients, including Kornelson, who had a full-thickness tear — torn right through from top to bottom — of their rotator cuff shown on ultrasound or MRI, and who had been referred to one of the shoulder surgeons at the University of Calgary Sport Medicine Centre.

All patients were assessed by a sport medicine physician who determined if they met the criteria to participate in the study, and if they did, then the physician assessed their shoulder. The patients worked with a physiotherapist to learn a specialized set of exercises they were to perform at home and for followup at regular intervals. After the three months, patients met the surgeon to whom they had originally been referred.

“Together — the patient and surgeon — decided if the treatment program was ‘successful’ and that surgery was not an appropriate intervention,



“If you have a rotator cuff tear, you don’t necessarily need an MRI or referral to a surgeon.”

Dr. Richard Boorman, Calgary Sport Medicine Centre

or if it ‘failed,’ meaning surgery was the best option because significant symptoms still persisted,” says Boorman.

Unique tool helps avoid surgery

Some people are debilitated by a rotator cuff tear while others may not even know they have one. A questionnaire known as the RC-QOL (rotator cuff quality of life index) was used as a tool in the current study to help clinicians understand how much a rotator cuff injury impacts a patient’s life. It was created by Drs. Nick Mohtadi, MD, Bob Hollinshead, MD, and their research team at the Sport Medicine Centre in 2000.

“The RC-QOL also allows us as clinicians and researchers to track a patient’s progress (or lack of) over time to evaluate if a course of treatment is actually working for that patient,” says Boorman.

— Leanne Yohemas, Faculty of Kinesiology

Story originally published online September 18, 2019



Orthopedic surgeon Richard Boorman with his patient, Fern Kornelson.
Photos by Riley Brandt, University of Calgary

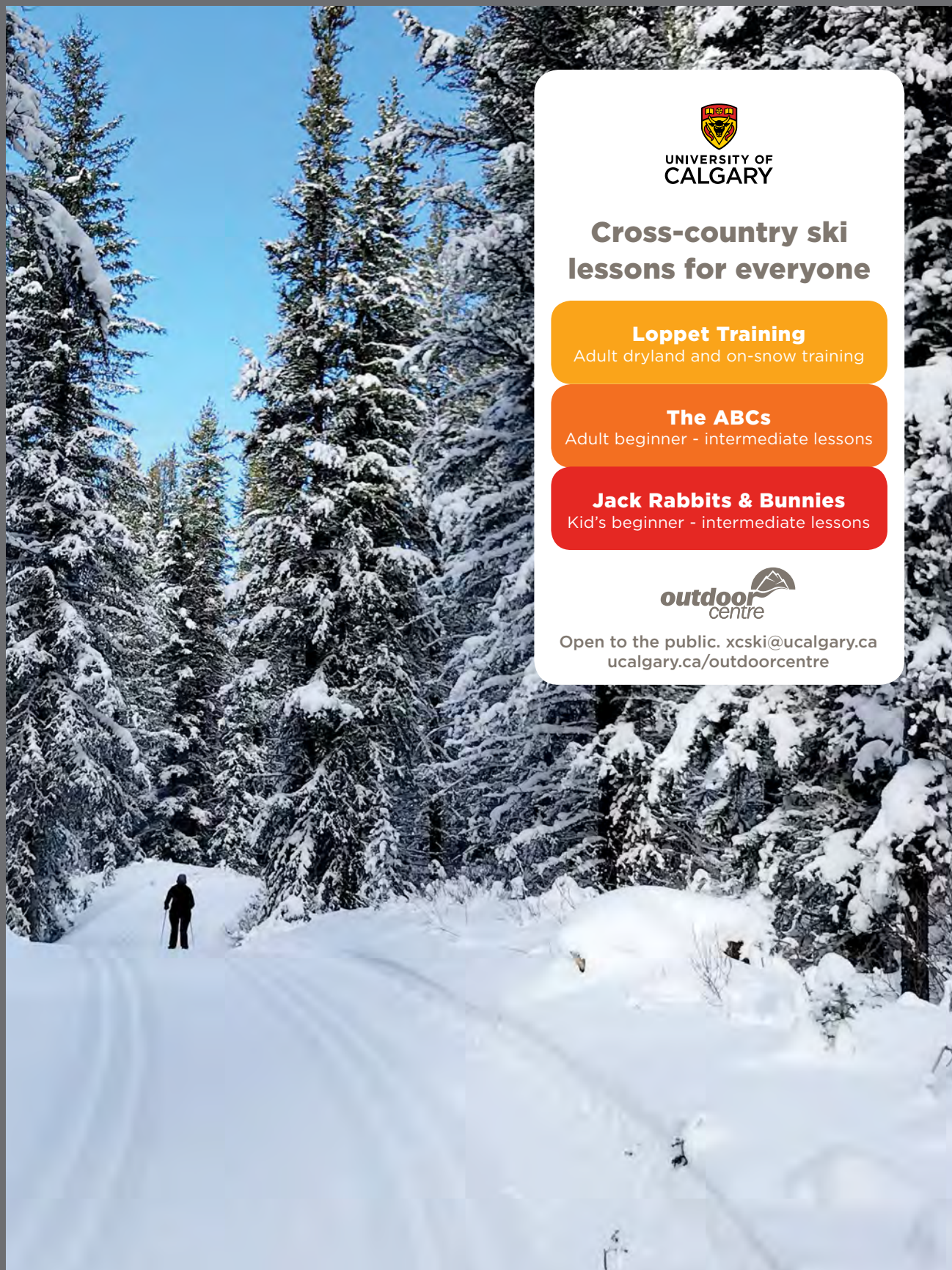
More information

The paper entitled: “What Happens to Patients When We Do Not Repair Their Cuff Tears? Five-Year Rotator Cuff Quality-of-Life Index Outcomes Following Nonoperative Treatment of Patients with Full-Thickness Rotator Cuff Tears,” was published in the Journal of Shoulder and Elbow Surgery.

About the Sport Medicine Centre

The Sport Medicine Centre in the Faculty of Kinesiology provides quality care in physiotherapy, massage therapy, athletic therapy, performance nutrition and X-ray services alongside a team of sport medicine physicians and orthopaedic surgeons. It is the hub of sport medicine research since being established at the University of Calgary during the 1988 Winter Olympic Games. It delivers integrated care to elite and recreational athletes on campus and in the community.





UNIVERSITY OF
CALGARY

Cross-country ski lessons for everyone

Loppet Training

Adult dryland and on-snow training

The ABCs

Adult beginner - intermediate lessons

Jack Rabbits & Bunnies

Kid's beginner - intermediate lessons



Open to the public. xcski@ucalgary.ca
ucalgary.ca/outdoorcentre

NCCP

national coaching certification program

Canadian Sport Institute Calgary

The Canadian Sport Institute Calgary offers multi-sport coach training classes for every coaching context.

Coaches can now register online, check out csicalgary.ca/en/education
For more information on the NCCP Program, classes or to register, call
(403) 220-8197 or by email at jsjostrom@csicalgary.ca.

Fundamental Movement Skills

Contact us for more information on running a Fundamental Movement Skills program with your team, coaches, or instructors.

Introduction to Competition

Plan a Practice

7 hours	Sat	Jan 18	9:00 am - 4:00 pm	\$65
7 hours	Sun	March 1	9:00 am - 4:00 pm	\$65

Make Ethical Decisions

4 hours	Tues	Jan 14	5:30 pm - 9:30 pm	\$45
4 hours	Tues	Feb 18	5:30 pm - 9:30 pm	\$45
4 hours	Mon	March 9	5:30 pm - 9:30 pm	\$45

Design a Basic Sport Program

4.5 hours	Tues	Jan 21	5:30 pm - 10:00 pm	\$45
4.5 hours	Mon	March 2	5:30 pm - 10:00 pm	\$45

Basic Mental Skills

4 hours	Fri	Jan 17	5:30 pm - 9:30 pm	\$45
4 hours	Mon	Feb 24	5:30 pm - 9:30 pm	\$45

Teaching and Learning

7 hours	Sun	Jan 19	9:00 am - 4:00 pm	\$75
7 hours	Sat	Feb 29	9:00 am - 4:00 pm	\$75

The CSI Calgary in partnership with the University of Calgary will work with your group to get your instructors trained at a convenient time and with relative and specific information to suit their needs.

Please call the CSI Calgary (403) 220-8197 for more information and to set up a course.

Competition Development

Coaching and Leading Effectively

14 hours	Fri/Sat	Jan 31 - Feb 1	5:30 pm - 10:00 pm 9:00 am - 4:00 pm	\$140
14 hours	Fri/Sat	March 6 - 7	5:30 pm - 10:00 pm 9:00 am - 4:00 pm	\$140

Prevention and Recovery

8 hours	Sun	Feb 23	9:00 am - 5:00 pm	\$100
8 hours	Sat	March 21	9:00 am - 5:00 pm	\$100

Psychology of Performance

8 hours	Sat	Feb 22	9:00 am - 5:00 pm	\$100
8 hours	Sun	March 22	9:00 am - 5:00 pm	\$100

Leading Drug Free Sport

4 hours	Mon	Feb 3	5:30 pm - 10:00 pm	\$50
4 hours	Tues	March 10	5:30 pm - 10:00 pm	\$50

Developing Athletic Abilities

8 hours	Sun	Feb 2	9:00 am - 5:30 pm	\$120
8 hours	Sun	March 8	9:00 am - 5:30 pm	\$120

Managing Conflict

5 hours	Mon	Jan 27	5:30 pm - 9:30 pm	\$75
5 hours	Tues	March 3	5:30 pm - 9:30 pm	\$75

Performance Planning

14 hours	Sat/Sun	Feb 8-9	9:00 am - 4:00 pm 9:00 am - 2:00 pm	\$200
14 hours	Sat/Sun	March 14-15	9:00 am - 4:00 pm 9:00 am - 2:00 pm	\$200

Advanced Practice Planning

8 hours	Sun	Feb 9	2:00 pm - 6:00 pm	\$75
8 hours	Sun	March 15	2:00 pm - 6:00 pm	\$75

Manage a Sport Program

5 hours	Mon	Feb 10	5:30 pm - 10:00 pm	\$50
5 hours	Mon	March 16	5:30 pm - 10:00 pm	\$50

Mentorship

5 hours	Sun	Jan 12	9:00 am - 5:00 pm	\$60
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first aid and CPR

Red Cross Standard First Aid with CPR/AED – Level C

This two-day Red Cross course provides comprehensive first aid and CPR techniques for those who want more knowledge to respond to emergencies in the home or workplace. A variety of topics are covered from basic first aid, such as cardiovascular and breathing emergencies, CPR (Level C), prevention of disease transmission, to more severe sudden medical conditions and injuries to the head and spine.

Contact **(403) 220-3655** for more information.

Red Cross CPR/AED – Level C

This Red Cross course provides basic lifesaving techniques. Topics covered include rescue skills such as airway, breathing and cardiovascular emergencies, CPR (Level C), using an Automated External Defibrillator (AED) and prevention of disease transmission.

Classes are on weekdays and weekends

Standard First Aid – CPR/AED – Level C	8:30 am - 5:00 pm	\$130
CPR/AED – Level C	8:30 am - 2:30 pm	\$90

Check online for our most up-to-date offerings!

On campus custom group booking also available.

Email swim@ucalgary.ca for more information.

Red Cross Standard First Aid with CPR/AED – Level C Recertifications

This Red Cross course is designed as an update for those individuals who already hold current valid certification in Standard First Aid and CPR. If your Standard First Aid and CPR certification is expired, you **cannot** take this course.

Prerequisite: Recognized Standard First Aid and CPR/AED – Level C or CPR Level C certification that is current. Awards without an expiry date are considered current for 3 years.

Classes are on weekdays and weekends

Standard First Aid – CPR/AED – Level C Recertification	8:30 am - 5:00 pm	\$90
CPR/AED – Level C – Recertification	8:30 am - 1:00 pm	\$55

First Aid Instructor Development Program

First Aid and CPR Instructors support the Red Cross First Aid Program through the delivery of First Aid and CPR courses. This course provides candidates with the knowledge and skills to teach Emergency and Standard First Aid, CPR/AED, Marine Basic First Aid, and Emergency and Standard Child Care First Aid. This program is designed to prepare you to support dynamic, learner-centred classroom environments. It includes how to teach and facilitate, individual and group assignments, practise teaching, injury prevention principles, inclusion, and progressive learning. Transfer options are available, check online for details.

First Aid Instructor Recertification Course also available!



lifeguard certifications



RED CROSS LIFEGUARDING PROGRAM

Red Cross Assistant Lifeguard Course (12 yrs+)

Red Cross Lifeguard is a two-step certification program designed to provide candidates with the knowledge and skills to become effective lifeguards. This Assistant Lifeguard course is the first step, and is the pre-requisite to the Red Cross Lifeguard course. Candidates will learn injury prevention, teamwork, basic rescues, and lifeguarding skills. **Must have Swim Kids Level 10 or equivalent swimming ability.**

Red Cross Lifeguard Course (15 yrs+)

This course will certify lifeguards with the Red Cross Lifeguard program. The course prepares deck-ready lifeguards to respond to lifeguard emergencies, create a safe environment, work in teams, and handle public relations in a professional manner. This course emphasizes hands-on practise and scenarios.

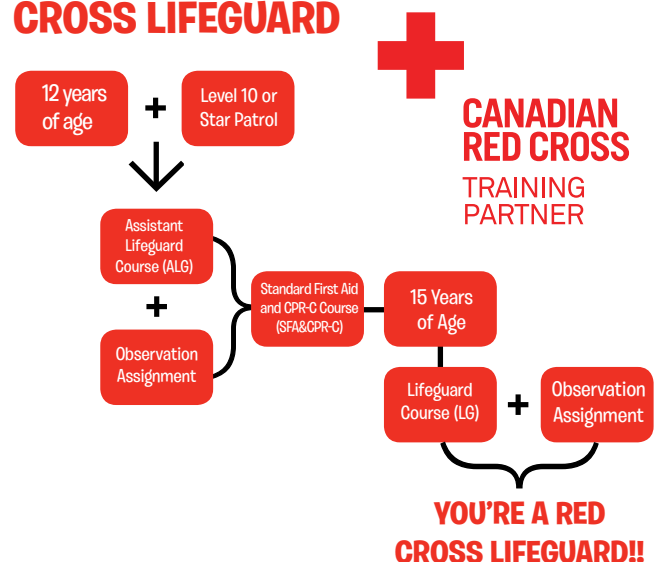
LIFESAVING SOCIETY LIFEGUARDING PROGRAM

National Lifeguard Recertification (NLR)

Recertification of your National Lifeguard (NL) certification is based on the ability to meet ALL performance criteria laid out by the Lifesaving Society. Candidates are encouraged to practise skills and review knowledge to prepare for the recertification course. Ongoing training and maintaining an appropriate level of fitness is important to being able to lifeguard effectively.

Check online for our most up-to-date offerings!

HOW TO BECOME A RED CROSS LIFEGUARD



swim instructor certifications

Water Safety Instructor (WSI) (15 yrs+)

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. Our program is broken into four separate steps which allow you to work through the program with more ease.

Prerequisites:

- 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, skills and Instructor Emergency Response skills. After completing your Skills Evaluation you will purchase your online course materials from the Client Services desk.

Step 2: Online

This online component focuses on the theory of instruction. It includes videos, virtual games, online activities, workbook exercises and a knowledge evaluations.

Step 3: Teaching Experience

You will assist a supervising WSI for hands-on experience with teaching progressions, communicating to swimmers and evaluations. This step provides a frame of reference to reflect on and link to the theory taught in Step 2 and 4.

Teaching experience can also be arranged with other Red Cross Training Providers.

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.

Water Safety Instructor Transfer

This course is designed to enable current swimming Instructors certified through other aquatic agencies to demonstrate equivalent knowledge and skills as a method to obtain a Red Cross Water Safety Instructor certification.

Prerequisites must be submitted to Vicki Logan 403-210-7832 or jvlogan@ucalgary.ca

Prerequisites:

- Current swimming Instructor certifications: American Red Cross Swim Instructor, Lifesaving Instructor, Lifesaving Swim Instructor, Toronto Ultra Swim Program, Sears I Can Swim, YMCA program, AUST Swim Instructor, ASA UKCC British Swim Instructor, B.Ed. Physical and Health Education Teacher or National Coaching Certification Program, Competitive Swimming, Level 1.
- Minimum of 16 years of age.
- Previous teaching experience is an asset.
- One of: Red Cross Assistant Lifeguard, Emergency First Aid or higher, or Bronze Cross (Certifications do not need to be current).

After submitting prerequisites:

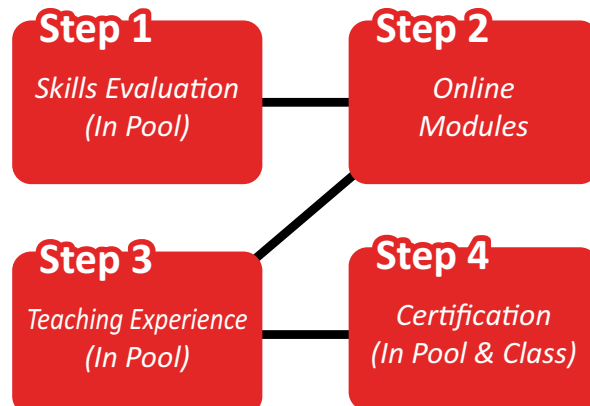
- Complete the first three steps of the WSI certification process, including:
 - + Water Safety Instructor Step 1 - Skills Evaluation
 - + Water Safety Instructor Step 2 - Online Modules
 - + Water Safety Instructor Step 3 - Teaching Experience (to be completed prior to this course at the same location as the Transfer course)
- Finally, complete Water Safety Instructor Step 4 — Transfer as your step 4 (Water Safety Instructor Step 4 — Classroom/Pool is not required).

Water Safety Instructor Recertification (WSIR)

The Water Safety Instructor Recertification course is designed to ensure quality and standards are maintained in the field. Recertification provides the opportunity for WSIs to share ideas, review skills and address areas of challenge.

Prerequisites: You must have taken a WSI course since 1996 and have proof of certification.

HOW TO BECOME A RED CROSS SWIM INSTRUCTOR



adult gymnastics



Register online, in person at Client Services or call **(403) 220-7749**

Winter classes start January 12, 2020

Spring classes start March 29, 2020

The **University of Calgary Gymnastics Centre** is located in the basement of the Kinesiology B complex. Many Canadian Olympians and National Team athletes have trained at our centre including **Nathan Gafuik**, **Kevin Lytwyn**, and **Kyle Shewfelt**. We also offer pre-school and recreational programs for ages 2+. Please visit us on-line or see our Active Kids Guide for more information.

Adult Programs

Participants are only permitted in the Gymnastics Centre during the class in which they are registered. These programs welcome both students and members of the community.

Recreational Gymnastics

Whether you have done gymnastics in the past, or would like to try something new, our Adult Programs are for you. Our program divides classes based on ability including both Beginner and Experienced levels. These classes use all of the apparatus within the Gymnastics Centre by following a rotation schedule to ensure each participant has the opportunity to improve their

strength, flexibility, mobility and agility across a multitude of areas. The skills presented during the session will be based on the Dominant Movement Patterns of Gymnastics (landing, springs, statics and rotations).

W20 Beginner	Sun	5:30 pm - 7:00 pm	7:05 pm - 8:35 pm	\$261
W20 Experienced	Sun	5:30 pm - 7:00 pm	7:05 pm - 8:35 pm	\$261

Winter Drop-in Gymnastics

Drop in to the Gymnastics Centre and work on improving your gymnastics skills. **No outside equipment is allowed within the Gymnastics Centre.**

Sign up in person on the day of at Client Services to receive a stamp and fill out your waiver in order to Drop-in. Waivers for all patrons are required to be signed in order to participate, no exceptions will be made.

Maximum of 40 participants will be allowed in the gym at a time.

UCalgary students, staff, and faculty members with a current Active Living membership pay **\$5** | General public (18+) **\$10**

Monthly passes available, please inquire at Client Services.

Winter/Spring 2020	Tues/Thurs	January to April	8:00 pm - 9:30 pm
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**Please note that due to unforeseen circumstances, scheduling may change without notice.*

Check online for Spring session information!

adult skating and hockey programs

Adult Learn to Skate

Learn the basics of skating in a fun and social atmosphere. Choose from three levels to suit your ability and help you meet your goals.

Adult Skate 1

Never been on skates before? Has it been too long? Terrified of falling? In small groups, you will learn at your own pace. Focus is on balance, falling down and getting up, moving forwards, gliding, and building confidence.

Adult Skate 2

Once you can glide, snowplow stop, and walk backwards, this level 2 class will introduce fundamental skating skills such as one-foot glides, edges, side stops, and backwards c-cuts, as well as introducing intermediate skills such as crossovers and tight turns.

Adult Skate 3

For those wanting to improve their backwards skating and edges, and learn crossovers, pivot turns, tight turns and other advanced skills.

W20YSAS	Sun	Jan 12 - March 22	11:15 am - 12:00 pm	\$110
W20YSAS	Thurs	Jan 16 - March 19	6:30 pm - 7:15 pm	\$120



Adult Power Skating

Improve your skating; improve your game. Whether you play hockey or ringette, 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 those who already have basic skating skills.**

Power 1

Are you new to hockey or ringette and can skate forwards, backwards, stop, and turn? We will teach skills like two foot stops, c-cuts tight turns, crossovers and improve balance, stride and edges.

W20YSAP101	Fri	Jan 17 - March 20	7:45 pm - 8:45 pm	\$145
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Power 2

This class is for those who've been playing hockey or ringette for a season, or two, and have completed Power 1. Focus is on improving balance, edges, and speed while performing fundamental skating skills.

W20YSAP201	Tues	Jan 14 - March 17	8:15 pm - 9:15 pm	\$145
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Power 3

Want to benefit from expert skating instruction to become a more efficient skater? We will break down skating skills to correct common mistakes and improve skating technique to increase efficiency on your blades. You must be able to perform basic skating skills with ease and confidence in order to participate. Completion of Power 2 is highly recommended.

W20YSAP301	Fri	Jan 17 - March 20	7:45 pm - 8:45 pm	\$145
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adult skating and hockey programs



Adult Hockey

Learn to play Canada's favourite past-time in a safe, fun and social environment. This co-ed program will help you improve your skating skills, hockey skills, and knowledge of the game. Each class will include a warm-up, skill specific lesson, and a 10-20 minute non-contact scrimmage.

Goalies wanted: Goalies register for a \$25 fee

Hockey 1

This is the first step in learning to play hockey. No hockey experience is necessary, but you must be able to skate laps forwards and backwards, stop on both sides, and perform a variety of turns. Instructors will teach basic hockey skills like puck handling, passing, and shooting while focusing on correct stick placement and posture. **Completion of Power Skating 1 is highly recommended.**

W20YSAH101	Tues	Jan 14 - March 17	6:45 pm - 7:45 pm	\$145
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Hockey 2

After mastering the introductory skills in Hockey 1 you'll be ready for this next step to improve your game. Instructors will continue to focus on puck handling skills, passing, and shooting — all while moving. As always, this course includes 15-20 minutes of scrimmage to help expand your understanding of the game.

Completion of Hockey 1 and Power 2 is highly recommended.

W20YSAH201	Wed	Jan 15 - March 18	6:45 pm - 7:45 pm	\$145
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Hockey 3

Want to improve your game? More complex drills are covered such as advanced puck handling skills, open-ice striding with and without pucks, gap control, one-touch passing and shooting, and playing strategies.

W20YSAH301	Thurs	Jan 16 - March 19	6:45 pm - 7:45 pm	\$145
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Hockey 1 and Power 2 Combo

Get the best of both programs in one evening and register at a discounted rate!

W20YSAH000	Tues	Jan 14 - March 17	6:45 pm to 9:00 pm	\$225
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Bowness Park!

We can create a school or corporate outdoor skating experience for you at the newly renovated Bowness Park. Email skate@ucalgary.ca for details!

adult skating and hockey programs

Figure Skating Club

All levels of figure skaters are welcome to join us at the Olympic Oval for relaxed, friendly, and fun ice times this semester. Come as little or often as you like. We are pleased to announce a sanctioning partnership with Skate West for those wishing to compete or try tests, or compete in Skate Canada events. A stereo system is provided, and athletes are encouraged to bring music.

Coaching is not provided through the club, but is available through Skate West. If you wish to bring your coach, they must register with the program supervisor.

Mon	Jan 13 - March 9	12:15 pm - 1:45 pm
Tues	Jan 14 - March 10	12:15 pm - 1:45 pm
Wed	Jan 15 - March 11	12:15 pm - 1:45 pm
Thurs	Jan 16 - March 12	12:15 pm - 1:45 pm
Fri	Jan 17 - March 13	12:15 pm - 1:45 pm

Student: \$150 | Public: \$175

10 PASS

U of C student: **\$125** Non-Student: **\$150**

Single drop can be purchased from Olympic Oval Guest Services for **\$20**.



UNIVERSITY OF CALGARY
FACULTY OF KINESIOLOGY

SKATE AT THE OLYMPIC OVAL THIS SEASON!

#PUBLICSKATING

SUMMER SKATING
BEGINS AUGUST 10, 2019

SCHEDULES
[OVAL.UCALGARY.CA/
PUBLIC-SKATING](http://OVAL.UCALGARY.CA/PUBLIC-SKATING)

racquet sports

Introduction to Squash

Never played squash before? If you want to try it out in a smaller class setting, let our coaches teach you the rules and basic skills in a fun and relaxed environment.

W20RCSI	Tues	Jan 21 - Feb 11	7:45 pm - 9:00 pm	M\$55 NM\$65
W20RCSI	Tues	Feb 25 - March 17	7:45 pm - 9:00 pm	M\$55 NM\$65
W20RCSI	Tues	March 24 - April 14	7:45 pm - 9:00 pm	M\$55 NM\$65

Ladies Only Squash

Come enjoy an evening out ladies. These fun, 75-minute sessions will focus on the rules, learning the basic skills and techniques. Beginner to Intermediate levels welcome.

W20RCSL	Mon	Jan 20 - Feb 10	7:45 pm - 9:00 pm	M\$55 NM\$65
W20RCSL	Mon	Feb 24 - March 16	7:45 pm - 9:00 pm	M\$55 NM\$65
W20RCSL	Mon	March 23 - April 13	7:45 pm - 9:00 pm	M\$55 NM\$65

Squash – Intermediate & Advance

Our certified Level 3 instructors will focus on footwork, drills, technique and strategy. This course is only for Intermediate to Advance players (Level A – Open).

W20RASC	Wed	Jan 22 - Feb 12	7:45 pm - 9:00 pm	M\$55 NM\$65
W20RASC	Wed	Feb 26 - March 18	7:45 pm - 9:00 pm	M\$55 NM\$65
W20RASC	Wed	March 25 - April 15	7:45 pm - 9:00 pm	M\$55 NM\$65



Meet our squash pro, Colin Whitney

- More than 20 years of coaching experience of all levels and age groups
- Certified Level 3 Squash Coach – England
- Irish Junior National Coach 2003-2005
- Irish National Development Officer 2004-2006
- Head Professional at clubs in England, Canada, Ireland and Bermuda
- Coached 10 National Junior Champions
- Coached Professional Men and Women ranked in the top 100 in the world
- Coached at Harvard and Princeton Universities

climbing

Climbing Wall

Designed specifically for teaching rock climbing and mountaineering skills, the Outdoor Centre climbing wall features concrete panels combined with real rock and artificial holds, vertical and horizontal cracks, finger holds, friction bulges and overhangs. The perfect place to learn how to climb or practise rappelling, building anchors, lead climbing and crevasse rescue.

Climbing & Bouldering Wall Fees

U of C Students	Free
Active Living Members	Free
Belay Test	\$7
Adult Day Pass	\$10.50
Youth Pass (14-17)	\$7.50
Child Pass (13 & under)	\$4.50
Family Day Pass	\$27
10-Pass Climbing Card	\$84

Annual passes are also available at the Outdoor Centre or Client Services. Call (403) 220-5038 or (403) 220-7749 for prices.

Climbing Wall Hours of Operation

September — June

Mon - Fri	8:00 am - 9:00 pm
Sat, Sun	12:00 pm - 8:00 pm

*Closed on statutory holidays

*Note: The wall may be closed for private group bookings. Call the Outdoor Centre at (403) 220-5038 or check our online calendar for availability.

Book a customized indoor or outdoor climbing session for your club, school, scout troop, corporate or social club. Please email climb@ucalgary.ca for more information.



Climbing Wall Access

To access the climbing wall, you must check in at the Outdoor Centre front desk with your climbing card and photo ID. Groups with more than 8 people must contact the climbing coordinator. All users must wear a wrist band, which can be picked up at the Outdoor Centre. On your first visit and prior to accessing the wall, you must:

- Sign a liability waiver
- Pass a top-rope belay test
- Complete a wall orientation

This process takes between 25 to 35 minutes and costs \$5. Once completed, a climbing card is issued to you. If you need instruction, we offer regular climbing courses (the \$5 belay test fee is included in the instructional course fee). Please Note: There is no instruction given during the Belay Test. Bring a partner and take the test using either the ATC or Grigri.

Belay Test and Orientation

The belay test will check your climbing skills are adequate to safely climb on your own in our facility. You will need to bring a partner and fill out a waiver. In the orientation, you will become familiar with the Outdoor Centre Climbing Wall, how to manage any potential hazards and the Outdoor Centre Climbing Wall Safety Code.

W200CLO000

Belay Test and Orientation — Waiver

New in Fall 2019, the waiver may be signed online ahead of time. Simply enroll in the event online, sign it, and skip the line when you come to climb.

W200CLO100

Youth Climbers

4 - 6 Years: Parent or legal guardian must sign a consent form and the child must have direct adult supervision while climbing (adult must hold a climbing card). The use of a body harness is encouraged for youth 6 and under.

7 - 13 Years: Youth 7 and older are permitted to belay. Parent or legal guardian must sign a consent form and the child must have direct adult supervision while climbing and belaying (adult must hold a climbing card).

14 - 17 Years: Youth 14 - 17 are permitted to use the climbing room without adult supervision after successfully completing the orientation and belay test. Parent or legal guardian must sign a consent form and be present when the youth takes the Climbing Orientation and belay test.

climbing



Bouldering Wall

The bouldering wall is 3.5-meters high, has a fully padded floor, and features a variety of climbing surfaces and holds for a broad range of ability levels. The wall is located in the basement level of the Kinesiology Complex below the Active Living locker rooms.

Note: Bouldering Wall may be closed for private group bookings. To confirm availability, please check our online schedule or call the Outdoor Centre at (403) 220-5038.

Hours of operation

Mon - Fri	6:00 am - 10:30 pm
Sat & Sun	8:00 am - 9:00 pm

*Closed on statutory holidays

Bouldering Wall Access

All users are required to display an Active Living wrist band, which shows they are students, members or have paid access to the facility. Get your wristband from the Outdoor Centre or Active Living Client Services before accessing the wall.

- Youth under the age of 14 must be directly supervised at all times by a responsible adult.
- Youth under the age of 7 must keep below the red bouldering line.
- Youth 14-17 are permitted to use the bouldering wall without adult supervision.



Visit outdoor-centre.ucalgary.ca for all of our latest climbing and bouldering program updates.

intramural sports

Teams comprised of all active UCalgary students will be eligible for a \$50 rebate.



Basketball — Men’s, Women’s, Mixed Competitive Leagues

Intramural Sports offers basketball players a wide selection of divisions to choose from. Play in the Men’s or Mixed competitive leagues. Men’s and Mixed leagues are tiered to allow you to select the type of competition you want. Players are only allowed to play on one team per division/league, e.g. Men’s A & Mixed A. Sign up a team or as an Individual.

Registration Deadline is January 21
Mandatory League Meeting Thursday January 23
League play commences Monday January 27

- Scheduled for 8 Games
- Officials, Supervisor/First Aid providers
- Standings and Playoffs
- Minimum two players of opposite gender must be on the court at all times (mixed league)
- “A” — Players will have advanced skills and knowledge of the rules. They would have usually played competitively at an elite level within a city league. Teams are highly competitive.
- “B” — Players will have intermediate skills and knowledge of the rules. They would have played at a competitive level with a city league.

- “C” — Players are relatively new to the sport and have basic skills and knowledge of the rules. Emphasis is on fun over competition. Teams still want the competitive atmosphere.
- Seeding round in both Men’s and Mixed leagues

Men’s Competitive Basketball

Individuals A	ICBBMIA	Mon, Wed	7:00 pm - 11:00 pm	M \$90 NM \$105
Individuals B	ICBBMIB	Mon, Wed	7:00 pm - 11:00 pm	M \$90 NM \$105
Individuals C	ICBBMIC	Mon, Wed	7:00 pm - 11:00 pm	M \$90 NM \$105
Teams A	ICBBMTA	Mon, Wed	7:00 pm - 11:00 pm	\$530
Teams B	ICBBMTB	Mon, Wed	7:00 pm - 11:00 pm	\$530
Teams C	ICBBMTC	Mon, Wed	7:00 pm - 11:00 pm	\$530

Mixed Competitive Basketball

Individuals A	ICBBXIA	Mon, Wed	7:00 pm - 11:00 pm	M \$90 NM \$105
Individuals B	ICBBXIB	Mon, Wed	7:00 pm - 11:00 pm	M \$90 NM \$105
Individuals C	ICBBXIC	Mon, Wed	7:00 pm - 11:00 pm	M \$90 NM \$105
Teams A	ICBBXTA	Mon, Wed	7:00 pm - 11:00 pm	\$530
Teams B	ICBBXTB	Mon, Wed	7:00 pm - 11:00 pm	\$530
Teams C	ICBBXTC	Mon, Wed	7:00 pm - 11:00 pm	\$530

intramural sports

Futsal – Open Recreational

For people that are less familiar with Futsal, it is played with a smaller ball with less bounce than a regular soccer ball. Also, the rules are adjusted slightly to create an emphasis on improvisation, creativity and technique as well as ball control and passing. You can expect more ball touches, controlled plays and continuous action. Sign up a team or as an Individual.

Registration Deadline January 22

Mandatory League Meeting January 23

League play commences January 26

- Scheduled for 8 Games
- No slide tackles
- Supervisor/First Aid
- Shin guards highly recommended
- No minimum of opposite gender players
- 5v5 including goaltender

Mixed Recreational Futsal

Individuals	ICISXI	Sun	4:30 pm - 8:30 pm	M \$80 NM \$100
Teams	ICISXT	Sun	4:30 pm - 8:30 pm	\$416

Dodgeball – Open

No way is this just for kids! Dodge, Duck, Dip, Dive, and DODGE! Different version of dodgeball each week. Play a different version of dodgeball each week, doctor dodgeball, hoop shot dodgeball, regular dodgeball etc. Sign up a team or as an Individual.

Registration Deadline January 21

Mandatory League Meeting January 22

League Play Commences January 23

- Scheduled for 9 games
- Officials/Supervisor/First Aid
- Standings/Playoffs
- No minimum of opposite gender players

Open Dodgeball

Individuals	ICDBXI	Thurs	6:30 pm - 10:30 pm	M \$105 NM \$120
Teams	ICDBXT	Wed	6:30 pm - 10:30 pm	\$600



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LIBERO**

intramural sports

Hockey

Intramural Sports offers ice hockey players a wide selection of divisions to choose from. Play in the Non-Contact A, B, or C NON CHECKING leagues. Ice Hockey is tiered to allow you to select the type of competition you want. Players are only allowed to play on one team per division, e.g. players may play in A & B or B & C divisions, but cannot play in the A & C divisions. Individual goaltenders are to register in the goaltender codes. Sign up a team or as an Individual.

Registration Deadline January 14

Mandatory League Meeting January 16

League Play Commences January 18

- **Scheduled for 8 Games**
- **Officials, Supervisor/First Aid**
- **Standings & Playoffs**
- **NON-CHECKING**
- **CSA approved helmet with full cage**
- **“A”** — Players will have advanced skills and knowledge of the rules. They would have played at an elite level within a city league. Teams are highly competitive.
- **“B”** — Players will have intermediate skills and knowledge of the rules. They would have played at a competitive level within a city leagues. Teams are still competitive.
- **“C”** — Players are relatively new to the sport — still learning the skills and will have basic knowledge of the rules. Emphasis is on fun over competition. Teams want the competitive atmosphere.
- **“D”** — Players are relatively new to the sport and have basic skills and knowledge of the rules. Emphasis is on fun over competition. **NO SLAP SHOTS, ANY SHOT WHERE THE STICK IS ABOVE THE WAIST.**
- **Seeding round in all divisions**

Competitive Hockey

Individuals A	ICNHMIA	Mon	7:00 pm - 12:00 am	M \$120 NM \$140
		Wed	7:00 pm - 12:00 am	
		Sat/Sun	1:00 pm - 5:00 pm	
Individuals B	ICNHMIB	Mon	7:00 pm - 12:00 am	M \$120 NM \$140
		Wed	7:00 pm - 12:00 am	
		Sat/Sun	1:00 pm - 5:00 pm	
Individuals C	ICNHMIC	Mon	7:00 pm - 12:00 am	M \$120 NM \$140
		Wed	7:00 pm - 12:00 am	
		Sat/Sun	1:00 pm - 5:00 pm	
Individuals D	ICNHMID	Mon	7:00 pm - 12:00 am	M \$120 NM \$140
		Wed	7:00 pm - 12:00 am	
		Sat/Sun	1:00 pm - 5:00 pm	
Teams A	ICNHMTA	Mon	7:00 pm - 12:00 am	\$1350
		Wed	7:00 pm - 12:00 am	
		Sat/Sun	1:00 pm - 5:00 pm	
Teams B	ICNHMTB	Mon	7:00 pm - 12:00 am	\$1350
		Wed	7:00 pm - 12:00 am	
		Sat/Sun	1:00 pm - 5:00 pm	
Teams C	ICNHMTC	Mon	7:00 pm - 12:00 am	\$1350
		Wed	7:00 pm - 12:00 am	
		Sat/Sun	1:00 pm - 5:00 pm	
Teams D	ICNHMTD	Mon	7:00 pm - 12:00 am	\$1350
		Wed	7:00 pm - 12:00 am	
		Sat/Sun	1:00 pm - 5:00 pm	
Individual Goaltenders A	ICNHMGA	Mon	7:00 pm - 12:00 am	M \$120 NM \$140
		Wed	7:00 pm - 12:00 am	
		Sat/Sun	1:00 pm - 5:00 pm	
Individual Goaltenders B	ICNHMGB	Mon	7:00 pm - 12:00 am	M \$120 NM \$140
		Wed	7:00 pm - 12:00 am	
		Sat/Sun	1:00 pm - 5:00 pm	
Individual Goaltenders C	ICNHMGC	Mon	7:00 pm - 12:00 am	M \$120 NM \$140
		Wed	7:00 pm - 12:00 am	
		Sat/Sun	1:00 pm - 5:00 pm	
Individual Goaltenders D	ICNHMGD	Mon	7:00 pm - 12:00 am	M \$120 NM \$140
		Wed	7:00 pm - 12:00 am	
		Sat/Sun	1:00 pm - 5:00 pm	



Looking for an intramurals team? Extra players? Subs?

Download the free PlayCity app
to connect with other players!



www.playcityapp.com

intramural sports

Indoor Soccer – Men's & Mixed Competitive

Intramural Sports offers soccer players a wide selection of leagues to choose. Play in Mens, Mixed, Outdoor, Indoor, Competitive or Recreational leagues. Players are only allowed to play on one team per division/league. e.g. Men's & Mixed.

Registration Deadline January 21

Mandatory League Meeting January 22

League Play Commences January 26

- Scheduled for 8 Games
- Officials/Supervisor/First Aid
- No slide tackles
- Standings/Playoffs
- Shin guards highly recommended
- Minimum 2 players of the opposite gender must be on the field at all times (mixed leagues)
- "A" – Players will have advanced skills and knowledge of the rules. They would have played at an elite level within a city league. Teams are highly competitive.
- "B" – Players will have intermediate skills and knowledge of the rules. They would have played at a competitive level within city leagues, (5v5, including goaltender).
- Seeding round in the Mixed league.

Men's Competitive indoor soccer

Individuals	ICISMI	Sun	10:00 am - 4:00 pm	M \$90 NM \$105
Teams	ICISMT	Sun	10:00 am - 4:00 pm	\$530

Mixed Competitive indoor soccer

Individuals	ICISXIA	Sun	4:30 pm - 8:30 pm	M \$90 NM \$105
Teams	ICISXTA	Sun	4:30 pm - 8:30 pm	\$530



Volleyball – Mixed Competitive and Open Recreational

Intramural Sports offers volleyball players a wide selection of divisions to choose. Play in the Mixed Competitive leagues or the Open Recreational. Mixed leagues are tiered to allow you to select the type of competition you want. Players are only allowed to play on one team per division/league. Volleyball leagues are offered in the fall, winter semesters.

Registration Deadline January 20

Mandatory League Meeting January 22

League Play Commences Thursday January 23, Tuesday January 28

- Tuesday League scheduled for 18 games (9 double headers) A&B skill levels
- Thursday League scheduled for 14 games (7 double headers) B&C skill levels
- Supervisor/First Aid/Officials
- Standings & Playoffs
- Minimum of two players of the opposite gender must be on the court at all times
- "A" – Players will have advanced skills and knowledge of the rules. They would have played at an elite level within a city league. Teams are highly competitive.
- "B" – Players will have intermediate skills and knowledge of the rules. They would have played at a competitive level. Teams are competitive
- "C" – Players new to the sport, just learning the skills and rules of the game. Emphasis on fun over competition. Teams still want a competitive atmosphere.
- Seeding round for both Tuesday and Thursday leagues.

Mixed competitive

Individuals Tues	ICVBXTI	Tues	7:00 pm - 11:00 pm	M \$130 NM \$150
Teams Tues	ICVBXTT	Tues	7:00 pm - 11:00 pm	\$660
Individuals Thurs	ICVBXRI	Thurs	7:00 pm - 11:00 pm	M \$120 NM \$140
Teams Thurs	ICVBXTR	Thurs	7:00 pm - 11:00 pm	\$870

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recreational sports

Cost Includes: The cost of these programs allows members to train and receive instruction during the listed club times.

Badminton

Welcome to the University of Calgary Badminton club. All levels of players are welcome. This is not an instructional club, the club gives players the opportunity to meet and play other people. You will find plenty of new members eager to play and to have fun. Club members include students, faculty, staff, alumni and community members. They are primarily a recreational club but players of all skill levels are welcome and well-represented.

All participants are expected to help with the set up and take down of the equipment.

SRBAD	Tues	8:30 pm - 10:30 pm	M \$115 NM \$130
	Fri	7:30 pm - 9:30 pm	
	Sun	12:00 pm - 2:00 pm	

Individual day options also available, see web for details.

Capoeira

This session is for all levels! Welcome to the Capoeira Club. Capoeira is a Brazilian art form that incorporates martial art, music, dance, history, and philosophy. Africans brought to Brazil as slaves from several regions and of different ethnic groups shared cultural customs: dances, fighting techniques, & rituals. Capoeira is an art of interaction, expression and play that, today is gaining popularity worldwide. Weekly sessions work agility, dynamic flexibility, strength, speed, & endurance. Participation will provide a solid foundation in this exotic martial art form.

Beginner's option also available. See website for details.

SRCAPO	Tues	7:00 pm - 8:30 pm	M \$85 NM \$105
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Beginners' Fencing

This session is for those who do not have any experience with fencing. The University of Calgary Fencing Club is one of the oldest sport fencing organizations in Calgary. In 1963, Don Laszlo created the club so the University (then the University of Alberta, Calgary Campus) could enter a team in the Western Finals that year. The UCFC has been around in various forms since that time. The UCFC is not a varsity club, so we are open to everyone of all skill levels. We offer foil, sabre, and épée in both dry and electric.

SRFENC	Wed	6:30 pm - 8:30 pm	M \$105 NM \$115
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recreational sports



Fencing

The University of Calgary Fencing Club is one of the oldest sport fencing organizations in Calgary. In 1963, Don Laszlo created the club so the University (then the University of Alberta, Calgary Campus) could enter a team in the Western Finals that year. The UCFC has been around in various forms since that time. The UCFC is not a varsity club, so we are open to everyone of all skill levels. We offer foil, sabre and épée in both dry and electric.

SRFENC	Wed	6:30 pm - 8:30 pm	M \$130 NM \$200
	Sun	2:15 pm - 4:15 pm	

Jiu Jitsu

The association, Jitsu Canada, is committed to providing high quality and enjoyable instruction to anyone who wishes to learn. Although we recognize the benefits of competitive sports, competition is not an aspect of our system. The coaching methods used during sessions emphasize co-operation amongst participants. Jiu Jitsu offers an enjoyable atmosphere for participants to achieve a higher fitness level while gaining valuable self-defense skills. Jiu Jitsu can be used by anyone irrespective of strength, weight or gender. Training is tailored to the individual ability of the participant and a friendly, 'club' type atmosphere is maintained at all sessions. New students do not need a high standard of physical fitness or flexibility to begin, as participants will find their endurance, strength, flexibility and speed all improve as training progresses. Jiu Jitsu is also great fun to learn and provides an opportunity for people to meet and socialize and relieve stress.

SRJISTU	Tues, Thurs	8:30 pm - 10:30 pm	M \$130 NM \$200
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Judo *NEW

Active Living's newest program. Welcome to the University of Calgary Judo club! Our goal is to teach the Olympic sport of Judo in a manner that is both positive and healthy for individuals of all ages. Judo is one of the most popular sports in the world. With the first dojo opening in 1882 by Sensei Jigoro Kano in Japan, the sport has only gained popularity since then. Learning Judo will allow you to gain incredible physical prowess and great mental discipline. Our instructors are more than qualified to teach with integrity and compassion, having climbed the black belt and NCCP (National Coaching Certification Program) ranks. With 20 million individuals practicing Judo worldwide (and growing!), try Judo with us and become part of this large community.

SRJUDO	Mon/Thurs	7:00 pm - 8:30 pm	M \$130 NM \$200
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Karate

Learn Koryu Uchinadi, the Mixed Martial Art of Karate. A holistic system of striking and grappling based on the original principles of Okinawan Karate and southern Chinese Chuan Fa. Focused training provides excellent overall physical conditioning and functional self-defence. All levels are welcome. More info can be found on the club website www.bunbukan.ca.

SRKARAT	Tues	7:00 pm - 9:00 pm	M \$155 NM \$220
	Fri	6:30 pm - 9:00 pm	

recreational sports

Beginners II Kendo

This session is for beginners only. Experienced and returning members please register within the main Kendo club stream. Kendo is a traditional Japanese Martial art of fencing using a bamboo sword called a Shinai. The goal of Kendo is to develop oneself through practise. Physical and mental strength can be achieved via rigorous practise and commitment to oneself and others. Initially all that is required is athletic clothing and appreciation for traditions as well as traditional teaching methods. Students must purchase all of their own gear. Shinai are for sale through the club and advice on equipment is freely given.

- **Beginners I** is offered to anyone with no previous experience.
- **Beginners II** is offered to returning students who have completed Beginners I course or equivalent.
- **Advanced** is offered to anyone who has a minimum of one-year kendo experience and is in bogu, or with instructor's permission.

SRKENBE	Mon Thurs	7:30 pm - 8:30 pm 7:30 pm - 8:30 pm	M \$105 NM \$120
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Kendo

Kendo is a traditional Japanese Martial art of Fencing using a bamboo sword called a Shinai. The goal of Kendo is to develop oneself through practise. Physical and mental strength can be achieved via rigorous practise and commitment to oneself and others, the appreciation for traditions as well as traditional teaching methods. Students must purchase all of their own gear. Shinai are for sale through the club and advice on equipment is freely given.

SRKENDO	Mon/Thurs Fri	7:30 pm - 10:00 pm 7:30 pm - 9:00 pm	M \$130 NM \$200
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Masters Swim

The University of Calgary Masters Swim Club is made of people who enjoy swimming as a great cardiovascular workout. Members of the club may choose to compete, however it is not a requirement. Expert coaching will help you to improve your swimming technique and offer you a challenge. The club encourages new members to join its friendly social group. Swimming is one of the most beneficial cardiovascular workouts you can get!

SRMAST	Tues/Thurs	8:30 pm - 10:00 pm	M \$250 NM \$300
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recreational sports



Taekwondo

Welcome to the U of C Taekwondo club: Kicking Dinos

Taekwondo is a martial art from Korea characterized by its powerful and dynamic kicks. Taekwondo is the only kicking martial art, which is also an official Olympic sport. We practice both traditional and Olympic Taekwondo.

The Taekwondo tenets are:

- Courtesy
- Integrity
- Perseverance
- Self-control
- Indomitable spirit.

We guarantee you an awesome workout each session.

SRTAEK	Mon	8:30 pm - 10:00 pm	M \$130 NM \$200
	Thurs	8:30 pm - 10:00 pm	

Triathlon

The University of Calgary Triathlon Club is one of the most successful triathlon clubs in the city. Club members train and encourage others to strive to be the best. Novices to experts are welcome. Triathlon is one of the most challenging sports to be involved in. Challenge yourself.

SRTRI	Mon, Wed	7:30 pm - 9:00 pm	Brick Workout Olympic Oval
	Tues/Thurs	7:00 pm - 8:30 pm	Aquatic Centre
	Sun	10:00 am - 2:00 pm	Brick Workout Olympic Oval
	Sun	4:00 pm - 6:00 pm	Aquatic Centre
M \$450 NM \$550 UCalgary Students: \$300			

Netball

Netball is an exciting, fast, and skillful game with widespread popularity in commonwealth countries. This sport involves passing a ball among teammates attempting to score on a net similar to that of basketball, but without a backboard, located in the opposing team's goal circle. Each player has a designated area of court to move within, encouraging players to work together and ensuring that all players on court are involved in the game. This game is ideal for athletes who wish to develop or enhance their court balance, spatial awareness, shooting, passing, and defensive skills.

Offerings include weekly scrimmages and drills run by local and visiting international coaches with the opportunity to participate in seasonal tournaments and matches against other club teams. Both new and experienced players welcome.

SRTBAL	Mon	5:00 pm - 6:00 pm	M \$40 NM \$60
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Women's Field Hockey

The University of Calgary Women's Field Hockey Club caters to people who want to enhance their existing field hockey skills. The game is fast-paced and exciting when played indoors. Participants will get an opportunity to train and develop their indoor skills. There will also be some opportunities for some tactical and game play. Mouth guards and shin guards are mandatory. As well, all participants are required to provide their own indoor field hockey sticks.

SRWFHC	Mon	6:30 pm - 8:30 pm	M \$110 NM \$160
	Wed	8:30 pm - 10:00 pm	

facilities

FITNESS CENTRE

- More than 10,000 sq. ft. of weight and cardio space
- State-of-the-art weight and cardio equipment
- 6 lane, 200m indoor running track
- Super Circuit



RACQUET CENTRE

- 13 international squash courts
- 13 pickleball courts
- 4 international racquetball courts
- 4 seasonal outdoor tennis courts
- 10 badminton courts



AQUATIC CENTRE

- 50m Olympic-sized swimming pool with moveable bulkhead
- 1m spring board



OLYMPIC OVAL

- 400m ice skating track
- 2 lane, 450m indoor running track
- 8 lane, 115m sprint track
- skate rental and repair shop



OUTDOOR CENTRE

- 4-storey indoor climbing wall
- Bouldering wall
- Full-service rental shop (more than 10,000 items)
- Bike and ski repair shop



GYMNASTICS CENTRE

- Olympic-standard equipment
- Spring gymnastics and tumbling floors
- Trampoline
- Foam pits
- Ropes, bars and rings
- Beams and vaults



facilities

Active Living Client Services, KNA 104

Call (403) 220-7749

The friendly team at Client Services can provide assistance with program and membership registration and answer your questions regarding Active Living programs, services, facilities and hours.

Aquatic Centre, KNA 171

Call (403) 220-6755 or visit ucalgary.ca/activeliving/aquatics for facility hours and swimming schedule.

Fitness Centre, KNB 155

Call (403) 220-5185

Monday - Thursday	6:00 am - 10:30 pm
Friday	6:00 am - 9:30 pm
Saturday & Sunday	8:00 am - 8:30 pm

Holidays* 10:00 am - 5:30 pm

*Please contact Fitness Centre for winter holiday hours

Outdoor Centre, Rentals & Programs, KNB 180

Call (403) 220-5038 or visit outdoor-centre.ucalgary.ca for climbing wall and hours.

Tuesday - Thursday	8:00 am - 6:00 pm
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Friday - Monday 8:00 am - 8:00 pm

Racquet Centre, KNA 169

Call (403) 220-5029

Monday - Thursday	8:00 am - 10:30 pm
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Friday 8:00 am - 9:30 pm

Saturday & Sunday 8:00 am - 8:30 pm

Holidays* 8:00 am - 5:30 pm

* Please contact Racquet Centre for winter holiday hours

Legend

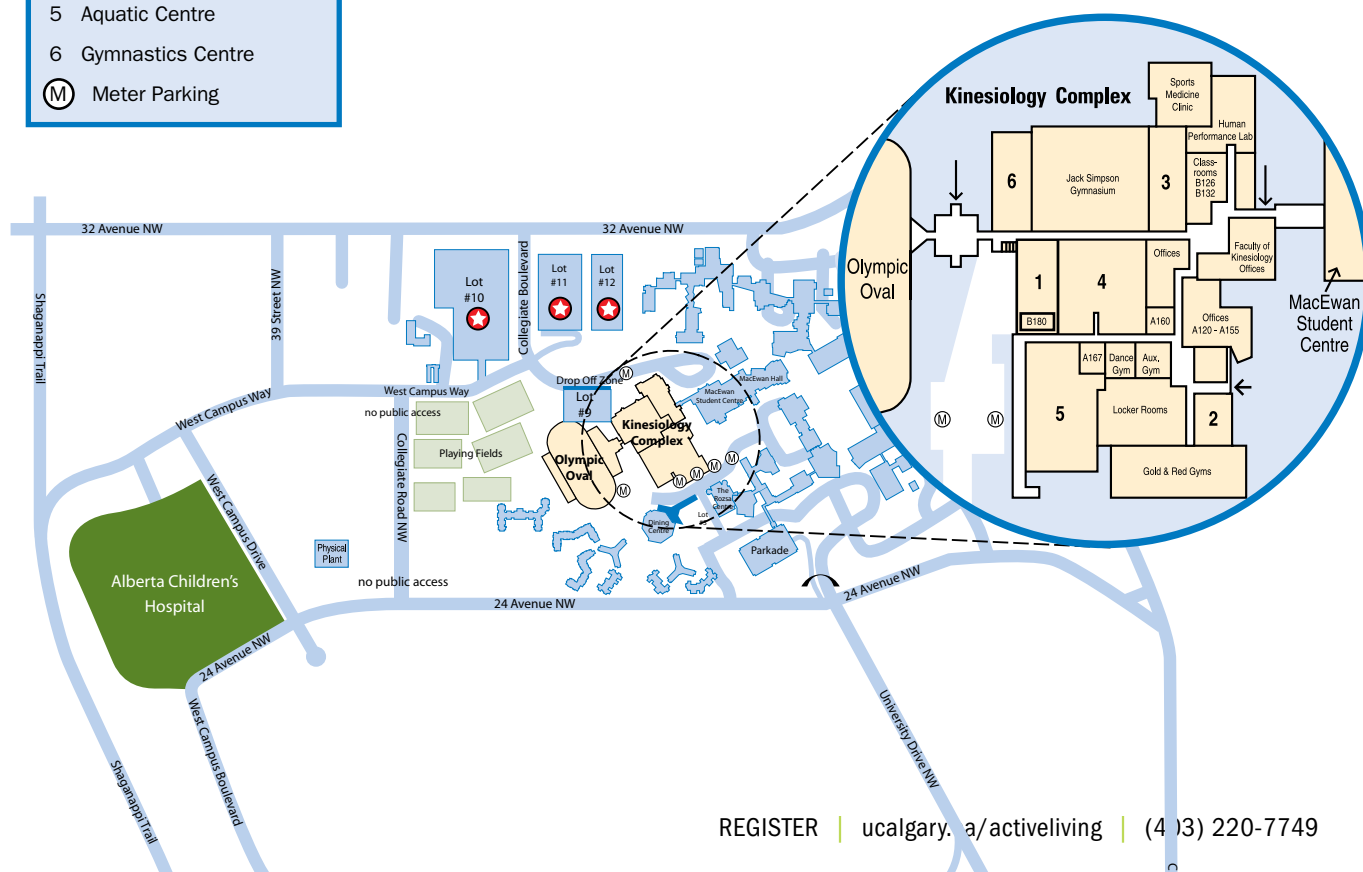
- 1 Outdoor Centre
- 2 Client Services
- 3 Fitness Centre
- 4 Racquet Centre
- 5 Aquatic Centre
- 6 Gymnastics Centre
- (M) Meter Parking

Lot #10 | Available for public parking anytime. \$8/entry

Lot #11 | Available for public parking anytime. \$8/entry

Lot #12 | Available after 3:30pm Monday-Friday and all day Saturday & Sunday. \$8/entry

*Please see page 3 for information on Annual Parking Passes.



INTRAMURAL SPORTS & REC SPORTS



WINTER 2020

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