

Parent & Tot continued

Wee Wigglers Angels, 4-18 months (Janelle Dyck, instr.)

Day	Date	Time	Cost	Code
MON	SEP 19 - OCT 31	10:30 - 11:15AM	\$50	46370
MON	NOV 7 - DEC 12	10:30 - 11:15AM	\$50	46371

Wee Wigglers Buds, walking-3 yrs (Janelle Dyck, instr.)

Day	Date	Time	Cost	Code
THU	SEP 22 - OCT 27	10:30 - 11:15AM	\$50	46373
THU	NOV 3 - DEC 8	10:30 - 11:15AM	\$50	46374

AQUATIC

Adult Swimmer 1, Beginner

Day	Date	Time	Cost	Code
WED	SEP 14 - OCT 26	8:00 - 9:00PM	\$66.50	45866
WED	NOV 2 - DEC 14	8:00 - 9:00PM	\$57	45867

Adult Intermediate

Day	Date	Time	Cost	Code
SAT	SEP 17 - NOV 19	3:00PM - 4:00PM	\$57	45868

Stroke Improvement

Day	Date	Time	Cost	Code
WED	SEP 14 - OCT 26	7:00 - 7:30AM	\$42	45869
WED	NOV 2 - DEC 14	7:00 - 7:30AM	\$36	45870

Kayaking

Day	Date	Time	Cost	Code
SAT	OCT 15 - DEC 17	4:00 - 5:30PM	\$168	45886

Aquatic Courses

Information on all aquatic lifeguard and instructor programs can be found on the Sport and Recreation website: www.uleth.ca/sportrec

BADMINTON

Badminton, Recreational (Cody Fong, Korey Fenz instructor)

Day	Date	Time	Cost	Code
WED	SEP 14 - NOV 30	7:00 - 8:30PM	\$115	46398

Badminton, Competitive (Cody Fong, Korey Fenz instructor)

Day	Date	Time	Cost	Code
TUE/THU	SEP 13 - DEC 8	7:00 - 9:00PM	\$220	46399



CLIMBING

Introductory Climbing Course

Day	Date	Time	Cost
MON OR WED	WEEKLY	6:30 - 9:30PM	\$45

DANCE

Ballroom Dance, Beginner (Ella Kitzul, instructor)

Day	Date	Time	Cost	Code
TUE	SEP 20 - OCT 25	8:15 - 9:15PM	\$62	46663
TUE	NOV 1 - DEC 13	8:15 - 9:15PM	\$62	46664

MARTIAL ARTS

Brazilian Jiu Jitsu (Brad Wall, instructor)

Day	Date	Time	Cost	Code
TUE/THU	SEP 20 - DEC 8	8:15 - 9:15PM	\$145	46708

Fencing (Jennifer Noel, instructor)

Day	Date	Time	Cost	Code
TUE	SEP 20 - DEC 6	7:00 - 8:00PM	\$140	46345

Karate (Rob & Britney Malmberg, instructors)

Day	Date	Time	Cost	Code
M/W	SEP 12 - DEC 14	8:00 - 9:30PM	\$235	46408

Kickboxing, Beginner & Intermediate

Day	Date	Time	Cost	Code
M/W	SEP 19 - DEC 7	8:10 - 9:05PM	\$145	46406
M/W	SEP 19 - DEC 7	9:10 - 10:05PM	\$145	46407

T'ai Chi (Lance Chong, instructor)

Day	Date	Time	Cost	Code
THU	SEP 22 - DEC 8	7:00 - 8:15PM	\$146	46654

LIFESAVING FIRST AID

Lifesaving Society Standard First-Aid with CPR C, AED, & O2

Day	Date	Time	Cost	Code
SAT/SUN	OCT 22 - 23	9:00 - 4:30PM	\$155	45872

Lifesaving Society Standard First-Aid w/CPR C/AED/O2 Recertification

Day	Date	Time	Cost	Code
SUN	OCT 2	9:00 - 4:30PM	\$105	45874
SUN	DEC 4	9:00 - 4:30PM	\$105	45875

Lifesaving Society CPR C, AED, & O2 Recertification

Day	Date	Time	Cost	Code
SUN	OCT 2	9:00 - 1:00PM	\$65	45876
SUN	DEC 4	9:00 - 1:00PM	\$65	45877

LOCKERS

LOCKERS WITH TOWEL SERVICE - Semester Rentals ONLY.

To rent a locker you must have a valid ONE Pass.

Lockers expire Apr 30, Aug 31, Dec 31.

	1 Semester	2	3	Deposit	Payroll
Half Lockers	\$30.00	\$51.50	\$76.50	\$20.00	\$6.38

TEXTBOOK LOCKERS located in UHall

All textbook lockers expire April 30.

Rate: \$25.00 Deposit \$10.00

BIKE LOCKERS expire Apr 30, Aug 31, Dec 31.

	1 Semester	2	3	Deposit
Bike Lockers	\$31.00	\$51.00	\$77.50	\$25.00

MEMBERSHIPS
 The ONE Pass includes access during open times to the following facilities: Fitness Centre - Max Bell Aquatic Centre - Triple Gymnasium - Indoor Running Track (200m) / Outdoor Running Track (400m) - Ascent Climbing Centre and Bouldering Cave
 This Pass Also Includes: Drop In Fitness Classes - Use of Locker Rooms and Stream Rooms (Locker Rental Extra), 10% Membership Discount on select Group Programs and Services - Parking for Alumni and Community

FEE'S	12 Months*	8 Months*	4 Months*	3 Months*	2 Months	1 Month	Day	10 Punch
Community Adult (18-64)	\$572.00	\$430.50	\$215.25	\$183.75	\$122.50	\$61.25	\$9.25	\$74.00
Community Senior (65+)	\$456.50	\$343.50	\$171.75	\$147.00	\$98.00	\$49.00	\$6.75	\$54.00
Community Youth (14-17)	\$456.50	\$343.50	\$171.75	\$147.00	\$98.00	\$49.00	\$6.75	\$54.00
Community Child (3-13)	\$228.25	\$171.75	\$85.90	\$73.50	\$49.00	\$24.50	\$3.75	\$30.00
Other Post Secondary**	\$456.50	\$343.50	\$171.75	\$147.00	\$98.00	\$49.00	\$6.75	\$54.00
U of L Alumni	\$386.00	\$291.00	\$145.50	\$123.75	\$82.50	\$41.25	\$6.75	\$54.00
U of L Staff			\$90.40	\$77.10	\$51.40	\$25.70	\$6.75	\$54.00
U of L Student							\$19.00	\$152.00
Family Drop In (max 5)								

Family Discount: Min 3 members in same residence (dependants under 18). 15% discount off applicable rates. Passes are same length and purchased together.

* Commitment Discount built into 4 Month and 12 Month purchase
 ** Must provide a valid student ID to receive Other Post Secondary rate



TO REGISTER
 ONLINE AT www.uleth.ca/sportrec
 CALL 403-329-2706



REGISTRATION

Payments are accepted via the following ways:

ONLINE www.uleth.ca/sportrec

NOTE: if you have ever registered IN PERSON or ONLINE for a program with Sport & Recreation Services or have had a membership, you are already in our system and you DO NOT need to create your online account. Follow the instructions online to retrieve your information.

IN PERSON PE160, Customer Service Centre, UofL

PHONE 403-329-2706

FACILITY HOURS

Customer Service Centre

Monday - Thursday	5:30AM - 11:00PM
Friday	5:30AM - 9:00PM
Saturday/Sunday	8:00AM - 8:00PM
Holidays	10:00AM - 5:00PM

GENERAL INFORMATION

- Most Sport & Recreation Services non-credit programs are open to University students, faculty, staff and the community.

- All applications are received on a "First Come, First Serve" basis. Only those registrations received with immediate payment are considered officially registered.

- GST is included in program fees unless otherwise noted.

- The personal information collected is subject to Alberta's Freedom of Information and Protection of Privacy Act and is collected under the authority of s.32 of that Act. It is collected for the purpose of program registration and will also be used for future Sport & Recreation Services mail-outs. If you have questions contact the Sport & Recreation Services Programs Manager at the University of Lethbridge, Lethbridge, AB, T1K 3M4 or at 403-329-2706.

CANCELLATIONS / TRANSFERS / REFUNDS

- A \$20 cancellation/\$10 transfer fee is charged for each activity/program cancellation or transfer.

- Cancellations/transfers must be received in writing, by Sport & Recreation Services, no less than 5 days prior to the activity/program start date.

- Refunds will not be considered from the day prior to start of the activity/program.

Fall Registration Begins

AUGUST 2, 2016 @ 8 am

**Register online www.uleth.ca/sportrec,
in person at PE160 or by phone 403-329-2706.**

FITNESS

Advanced Conditioning (Heidi Jackson, instructor)

Day	Date	Time	Cost	Code
M/W	SEP 19 - DEC 7	12:05 - 1:00PM	\$201	46382

Barre Fitness (Janelle Dyck, Sheila Gruenhagen, instructors)

Day	Date	Time	Cost	Code
MON	SEP 19 - DEC 5	12:05 - 1:00PM	\$134	46377
WED	SEP 21 - DEC 7	12:05 - 1:00PM	\$146	46378
THU	SEP 22 - DEC 8	5:00 - 5:55PM	\$146	46379

Bender Ball Stretch (Darcy Zimmerman, instructor)

Day	Date	Time	Cost	Code
WED	SEP 21 - DEC 7	7:00 - 7:55PM	\$146	46649

Cycle Blitz (Heidi Jackson and various instructors)

Day	Date	Time	Cost	Code
MON	SEP 19 - DEC 5	5:30 - 6:25PM	\$133	46384
MON	SEP 19 - DEC 5	6:30 - 7:25PM	\$133	46385
TUE	SEP 27 - DEC 6	6:30 - 7:25PM	\$133	46387
WED	SEP 28 - DEC 7	5:30 - 6:25PM	\$122	46388
WED	SEP 28 - DEC 7	6:30 - 7:25PM	\$122	46389
THU	SEP 22 - DEC 8	5:30 - 6:25PM	\$122	46426
THU	SEP 22 - DEC 8	6:30 - 7:25PM	\$122	46390

Fit Mom Fitness (Janelle Dyck, instructor)

Day	Date	Time	Cost	Code
TUE	SEP 20 - DEC 6	9:15 - 10:15AM	\$111	46368
THU	SEP 22 - DEC 8	9:15 - 10:15AM	\$111	46369

Fitball for Seniors (Jochen Bocksnick, instructor)

Day	Date	Time	Cost	Code
M/W/F	SEP 7 - DEC 9	8:00 - 8:50AM	\$110	46427

Hoop Fitness, All Ages (Bobbi Farrell, instructor)

Day	Date	Time	Cost	Code
THU	SEP 22 - DEC 8	7:00 - 7:55PM	\$120	46653

Insanity® LIVE (Kyla Bedard, instructor)

Day	Date	Time	Cost	Code
WED	SEP 21 - DEC 7	9:00 - 9:55AM	\$146	46405
TUE	SEP 20 - DEC 6	12:05 - 1:00PM	\$146	46414

B.O.G.O. FITNESS!

Register in one Fitness or Yoga class and receive 50% off the registration of a second class (equal or lesser value).

Not available online. Fall session only. Must register for both classes at the same time. Per registrant/non transferable.

K.I.C.K. (Killer Interval Cardio Kickboxing) (Sheila Gruenhagen)

Day	Date	Time	Cost	Code
TUE	SEP 20 - DEC 6	5:00 - 5:55PM	\$146	46425

Military Boot Camp (Alex Sirard, instructor)

Day	Date	Time	Cost	Code
TUE	SEP 20 - DEC 6	8:00 - 8:55PM	\$145	46488

Mat Pilates (Jody Evanson, instructor)

Day	Date	Time	Cost	Code
THU	SEP 22 - DEC 8	12:05 - 12:50PM	\$108	46652

P90X® LIVE (Kyla Bedard, instructor)

Day	Date	Time	Cost	Code
MON	SEP 19 - DEC 5	9:00 - 9:55AM	\$133	46396
THU	SEP 22 - DEC 8	5:00 - 5:55PM	\$146	46397

Sculpt (Jeannie Williamson, Danni McKenzie, instructors)

Day	Date	Time	Cost	Code
MON	SEP 19 - DEC 5	5:00 - 5:55PM	\$133	46383
WED	SEP 21 - DEC 7	5:00 - 5:30PM	\$146	46707

Hot Mama Stroller Boot Camp (Janelle Dyck, instructor)

Day	Date	Time	Cost	Code
MON	SEP 12 - DEC 12	9:00 - 10:00AM	\$120	46362
WED	SEP 14 - DEC 14	9:00 - 10:00AM	\$130	46364
FRI	SEP 16 - DEC 16	9:00 - 10:00AM	\$111	46366

TRX® BEGINNER (Sheila Gruenhagen, instructor)

Day	Date	Time	Cost	Code
WED	SEP 23 - DEC 9	6:00 - 6:55PM	\$146	46709

TRX® EVOLUTION (Janelle Dyck, instructor)

Day	Date	Time	Cost	Code
TUE	SEP 13 - DEC 13	5:45 - 6:45AM	\$170	46358
THU	SEP 15 - DEC 15	5:45 - 6:45AM	\$170	46359

TRX® Yoga Fusion (Darcy Zimmerman, instructor)

Day	Date	Time	Cost	Code
SAT	SEP 24 - NOV 5	10:00 - 11:00AM	\$73	46655

Walking to Wellness

Day	Date	Time	Cost	Code
TUE/THU	SEP 20 - DEC 8	9:00 - 10:30AM	\$35	46693

Drop In Fitness Classes

PLEASE SEE WEBSITE FOR CURRENT SCHEDULE

Personal Training & Fitness Assessments

PLEASE SEE WEBSITE FOR FEES AND PROGRAM DESCRIPTIONS

YOGA

Yoga, Active Boomers (Susan Drblik, instructor)

Day	Date	Time	Cost	Code
TUE	SEP 20 - DEC 6	9:15 - 10:30AM	\$158	46420
THU	SEP 22 - DEC 8	9:15 - 10:30AM	\$158	46421

Yoga, Alignment in Motion (Susan Drblik, instructor)

Day	Date	Time	Cost	Code
TUE	SEP 20 - DEC 6	12:15 - 1:30PM	\$158	46422
TUE	SEP 20 - DEC 6	5:15 - 6:30PM	\$158	46423
THU	SEP 22 - DEC 8	12:15 - 1:30PM	\$158	44624

Yoga, Beginner (Darcy Zimmerman, instructor)

Day	Date	Time	Cost	Code
THU	SEP 22 - DEC 8	5:15 - 6:30PM	\$158	46646

Yoga, Introductory (Susan Drblik, instructor)

Day	Date	Time	Cost	Code
WED	SEP 21 - DEC 7	12:00 - 1:15PM	\$158	46645

Yoga, Gentle/Restorative (Susan Drblik, instructor)

Day	Date	Time	Cost	Code
WED	SEP 21 - DEC 7	4:45 - 6:00PM	\$158	46647

Yoga, Postnatal (Kelsey Lazarick, instructor)

Day	Date	Time	Cost	Code
SAT	SEP 24 - DEC 10	9:00 - 9:55AM	\$132	46696

Yoga, Prenatal (Kelsey Lazarick, instructor)

Day	Date	Time	Cost	Code
MON	SEP 19 - DEC 5	5:15 - 6:30PM	\$145	46695

Yoga, Therapeutic (Susan Drblik, instructor)

Day	Date	Time	Cost	Code
MON	SEP 26 - DEC 12	12:00 - 1:15PM	\$145	46381

Yoga, Vinyasa Flow

Day	Date	Time	Cost	Code
WED	SEP 21 - DEC 7	6:15 - 7:30PM	\$158	46650

Yoga, Yin (Darcy Zimmerman instructor)

Day	Date	Time	Cost	Code
THU	SEP 23 - DEC 9	6:45 - 8:00PM	\$158	46648

Yoga Fit (Lorelei Waters, instructor)

Day	Date	Time	Cost	Code
TUE	SEP 20 - DEC 6	6:45 - 8:00PM	\$158	46428

PARENT & TOT

Fitastic Play, 12 months-3 yrs (Janelle Dyck, instructor)

Day	Date	Time	Cost	Code
WED	SEP 21 - OCT 26	10:45 - 11:30AM	\$50	46453
WED	NOV 2 - DEC 7	10:45 - 11:30AM	\$50	46454

Fitastic Gym, 12 months-3 yrs (Janelle Dyck, instructor)

Day	Date	Time	Cost	Code
FRI	SEP 23 - OCT 28	10:45 - 11:30AM	\$50	46458
FRI	NOV 4 - DEC 9	10:45 - 11:30AM	\$41	46459