

Gymnastics continued

Acrobatic, 7 - 17 yrs

Day	Date	Time	Cost	Code
FRI	SEP 23 - DEC 16	3:00 - 4:15PM	\$207	46236

Acrobatic - Advanced, 8 - 17 yrs

Day	Date	Time	Cost	Code
MON/FRI	SEP 19 - DEC 16	MON 4:15 - 5:30PM & FRI 1:15 - 2:30PM	\$297	46237

Trampoline & Tumbling, 8 yrs & up

Day	Date	Time	Cost	Code
TUE	SEP 20 - DEC 13	6:00 - 7:00PM	\$170	46240
TUE	SEP 20 - DEC 13	7:00 - 8:00PM	\$170	46241
THU	SEP 22 - DEC 15	6:00 - 7:00PM	\$170	46242
THU	SEP 22 - DEC 15	7:00 - 8:00PM	\$170	46243

PARENT & TOT PROGRAMS

Fitastic Play, 12 months-3 yrs

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

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

Wee Wigglers Angels, 4-18 months

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

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

YOUTH PROGRAMS

Badminton Recreational, 12 yrs & up

Day	Date	Time	Cost	Code
WED	SEP 14 - NOV 30	7:00 - 8:30PM	\$115	46394

Badminton Competitive, 14 yrs & up

Day	Date	Time	Cost	Code
T/TH	SEP 13 - DEC 8	7:00 - 9:00PM	\$220	46395

Climbing - Adventure Youth, 12-17 yrs

Day	Date	Time	Cost	Code
TUE	SEP 20 - DEC 13	5:00 - 7:00PM	\$189	46254

Climbing - Rockstars, 8-16 yrs

Day	Date	Time	Cost	Code
WED	SEP 21 - DEC 14	4:30 - 6:30PM	\$189	46286
THU	SEP 22 - DEC 15	4:30 - 6:30PM	\$189	46287
THU	SEP 22 - DEC 15	6:30 - 8:30PM	\$189	46288
SAT	SEP 24 - DEC 17	10:00 - 12:00PM	\$189	46289
SAT	SEP 24 - DEC 17	12:00 - 2:00PM	\$189	46290

Introductory Climbing Course, 14 yrs & up

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

Fencing, 10-15 yrs

Day	Date	Time	Cost	Code
TUE	SEP 20 - DEC 6	6:00 - 7:00PM	\$140	46335

Hoop Fitness, All Ages

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

Kenzen Karate, Beginner, 6-13 yrs

Day	Date	Time	Cost	Code
M/W	SEP 12 - DEC 14	6:15 - 7:00PM	\$165	46409

Kenzen Karate, Intermediate/Advanced 8-13 yrs

Day	Date	Time	Cost	Code
M/W	SEP 12 - DEC 14	7:00 - 8:00PM	\$200	46410

Kickboxing, 14 yrs & up

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

S.A.L.T.S. Soccer

Age	Day	Date	Time	Cost	Code
6-8	M/W	SEP 12 - OCT 5	6:30 - 7:30PM	\$95	46697
9-10	M/W	SEP 12 - OCT 5	6:30 - 7:30PM	\$95	46698

Sports Plus, 3-5 yrs

Sport	Date	Time	Cost	Code
SWIM	SEP 20 - OCT 18	1:00 - 2:00PM	\$60	46699
SWIM	NOV 1 - NOV 29	1:00 - 2:00PM	\$60	46700



Sports Plus, 6-12 yrs

Sport	Date	Time	Cost	Code
SWIM	SEP 20 - OCT 18	2:10 - 3:10PM	\$60	46701
MULTI	SEP 20 - OCT 18	1:00 - 2:00PM	\$60	46702
SWIM	NOV 1 - NOV 29	2:15 - 3:15PM	\$60	46704
MULTI	NOV 1 - NOV 29	1:00 - 2:00PM	\$60	46705

BIRTHDAY PARTIES & GROUP BOOKINGS

- Birthday Parties can be booked at the Max Bell Pool during the weekends when space is available and in the Climbing Wall on Fridays and Saturdays at specific times for a one hour period. There is a food and present area also available for up to one hour after your climbing or pool time for an additional charge
- We also offer a 2 hour Group Experience that can be booked at the Climbing Wall on Tuesday evenings and available Saturdays and Custom Group Packages including Christmas parties at other available times during the year.
- Call 403-329-2658 for further information regarding these bookings.
- For Gymnastic Birthday Party bookings call Scott at 403-317-2856 or email scott.whiteside@uleth.ca.

Lethbridge University of Lethbridge
Sport & Recreation Service
Horns Recreation
for program details go to www.uleth.ca/sportrec
YOUTH PROGRAMS FALL 2016



Check us out on
Facebook and Twitter
<https://www.facebook.com/ulethsportrec>
<https://twitter.com/UofLSportRec>



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.

FALL 2016

University of Lethbridge Horns Recreation

for program details go to www.uleth.ca/sportrec

AQUATIC PROGRAMS

Junior Lifesaving Club, 8-13 yrs

Day	Date	Time	Cost	Code
WED	SEP 21 - DEC 14	6:00 - 7:30PM	\$153	45860
FRI	SEP 23 - DEC 16	6:00 - 7:30PM	\$136	45861

Junior Development Program, 10 yrs & up

Day	Date	Time	Cost	Code
WED	SEP 21 - DEC 14	7:30 - 9:00PM	\$153	45862
FRI	SEP 23 - DEC 16	7:30 - 9:00PM	\$136	45863

Senior Development Program, 12 yrs & up

Day	Date	Time	Cost	Code
SUN	SEP 25 - DEC 18	10:00AM - 12:00PM	\$145.50	45864

Stroke Improvement, 8-12 yrs

Day	Date	Time	Cost	Code
SAT	SEP 17 - NOV 19	3:00 - 4:00PM	\$57	45885

Aquatic Courses

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

Private Swim Lessons

Swim lessons are private one-on-one lessons, based on a 1/2 hour lesson for 1 person. The 1/2 hour lesson will be scheduled within the time frame listed below. A second or third person may share lesson time, if at the same swim level, for a discounted rate. FEE: \$22.75 base rate for 1 person per half hour lesson. Membership discount does not apply. Pool space is shared with other user groups.

FALL 1 Session

Day	Date	Time	# of Lessons	Cost/1 Child
MON	SEP 12 - OCT 24	9:30 - 11:45AM	6	\$142.50
		3:15 - 7:30PM	6	\$142.50
TUE	SEP 6 - OCT 25	3:15 - 7:30PM	8	\$190.00
WED	SEP 7 - OCT 26	3:15 - 7:30PM	8	\$190.00
THU	SEP 8 - OCT 27	3:15 - 7:30PM	8	\$190.00
FRI	SEP 9 - OCT 28	2:45 - 7:00PM	8	\$190.00
SAT	SEP 10 - NOV 19	11:00AM - 2:40PM	8	\$190.00
SUN	SEP 11 - NOV 20	12:30 - 2:10PM	8	\$190.00

NOTE: the 1/2 hour lessons are scheduled within the above times

FALL 2 Session

Day	Date	Time	# of Lessons	Cost/1 Child
MON	OCT 31 - DEC 12	9:30 - 11:45AM	6	\$142.50
		3:15 - 7:30PM	6	\$142.50
TUE	NOV 1 - DEC 13	3:15 - 7:30PM	6	\$142.50
WED	NOV 2 - DEC 14	3:15 - 7:30PM	6	\$142.50
THU	NOV 3 - DEC 15	3:15 - 7:30PM	6	\$142.50
FRI	NOV 4 - DEC 16	2:45 - 7:00PM	5	\$118.75

NOTE: the 1/2 hour lessons are scheduled within the above times

FALL Reading Week Session

Day	Date	Time	# of Lessons	Cost/1 Child
M-TH	NOV 7 - NOV 10	3:15 - 7:30PM	4	\$95.00

NOTE: the 1/2 hour lessons are scheduled within the above times

BALLET PROGRAMS

Ballet

Age	Day	Date	Time	Cost	Code
3-4	MON	SEP 12 - JUN 12	2:30 - 3:00PM	\$248	46429
3-4	MON	SEP 12 - JUN 12	3:00 - 3:30PM	\$248	46430
3-4	FRI	SEP 16 - JUN 16	4:00 - 4:30PM	\$248	46431
3-4	SAT	SEP 17 - JUN 17	9:30 - 10:00AM	\$248	46432
5	MON	SEP 12 - JUN 12	1:45 - 2:30PM	\$279	46433
5	FRI	SEP 16 - JUN 16	4:30 - 5:15PM	\$279	46434
5	SAT	SEP 17 - JUN 17	10:00 - 10:45AM	\$279	46435
6	MON	SEP 12 - JUN 12	4:00 - 4:45PM	\$279	46437
6	FRI	SEP 16 - JUN 16	5:15 - 6:00PM	\$279	46438
6	SAT	SEP 17 - JUN 17	10:45 - 11:30AM	\$279	46439
7	TUE	SEP 13 - JUN 6	4:00 - 4:45PM	\$279	46440
7	FRI	SEP 16 - JUN 16	6:00 - 6:45PM	\$279	46441
7	SAT	SEP 17 - JUN 17	11:30 - 12:15PM	\$279	46462
8	TUE	SEP 13 - JUN 6	4:45 - 5:30PM	\$279	46611
8	FRI	SEP 16 - JUN 16	6:45 - 7:30PM	\$279	46612
9	TUE	SEP 13 - JUN 6	5:30 - 6:30PM	\$310	46614
9	SAT	SEP 17 - JUN 17	12:15 - 1:15PM	\$310	46613
10	MON	SEP 12 - JUN 12	4:45 - 5:45PM	\$310	46400
11	MON	SEP 12 - JUN 12	5:45 - 6:45PM	\$310	46404
12	MON	SEP 12 - JUN 12	6:45 - 7:45PM	\$310	46401
13	WED	SEP 14 - JUN 7	4:30 - 5:30PM	\$310	46403
14	WED	SEP 14 - JUN 7	5:30 - 6:30PM	\$310	46417
15&UP	TUE	SEP 13 - JUN 6	6:45 - 8:00PM	\$388	46419



GYMNASTIC PROGRAMS

Tiny Tumbleweeds, 2-3 yrs; Parent & Tot Class

Day	Date	Time	Cost	Code
TUE	SEP 20 - DEC 13	9:15 - 10:00AM	\$143	46205
TUE	SEP 20 - DEC 13	10:10 - 10:55AM	\$143	46206
TUE	SEP 20 - DEC 13	1:15 - 2:00PM	\$143	46207
TUE	SEP 20 - DEC 13	2:10 - 2:55PM	\$143	46208
TUE	SEP 20 - DEC 13	4:10 - 4:55PM	\$143	46209
TUE	SEP 20 - DEC 13	5:00 - 5:45PM	\$143	46210
WED	SEP 21 - DEC 14	9:15 - 10:00AM	\$143	46211
SAT	SEP 24 - DEC 17	9:15 - 10:00AM	\$143	46212
SAT	SEP 24 - DEC 17	11:05 - 11:50AM	\$143	46213
SAT	SEP 24 - DEC 17	1:15 - 2:00PM	\$143	46214

Preschool, 4-5 yrs; Unparented Class

Day	Date	Time	Cost	Code
THU	SEP 22 - DEC 15	9:15 - 10:00AM	\$143	46217
THU	SEP 22 - DEC 15	10:10 - 10:55AM	\$143	46218
THU	SEP 22 - DEC 15	1:15 - 2:00PM	\$143	46219
THU	SEP 22 - DEC 15	2:10 - 2:55PM	\$143	46220
THU	SEP 22 - DEC 15	4:10 - 4:55PM	\$143	46221
THU	SEP 22 - DEC 15	5:00 - 5:45PM	\$143	46222
WED	SEP 21 - DEC 14	10:10 - 10:55AM	\$143	46223
SAT	SEP 24 - DEC 17	10:10 - 10:55AM	\$143	46224
SAT	SEP 24 - DEC 17	12:20 - 1:05PM	\$143	46225
SAT	SEP 24 - DEC 17	2:10 - 2:55PM	\$143	46226

Beginner, 6-11 yrs

Day	Date	Time	Cost	Code
MON	SEP 19 - DEC 19	5:35 - 6:50PM	\$207	46227
TUE	SEP 20 - DEC 13	5:55 - 7:10PM	\$207	46228
THU	SEP 22 - DEC 15	5:55 - 7:10PM	\$207	46229

Intermediate Level 1, 6-11yrs

Day	Date	Time	Cost	Code
MON	SEP 19 - DEC 19	4:10 - 5:25PM	\$207	46230
WED	SEP 21 - DEC 14	4:10 - 5:25PM	\$207	46231

Intermediate Level 2/3, 6-12 yrs

Day	Date	Time	Cost	Code
WED	SEP 21 - DEC 14	5:30 - 6:45PM	\$207	46232

Intermediate Level 2/3, 8-16 yrs

Day	Date	Time	Cost	Code
WED	SEP 21 - DEC 14	6:50 - 8:05PM	\$207	46233

Advanced, 9-17 yrs

Day	Date	Time	Cost	Code
FRI	SEP 23 - DEC 16	4:15 - 5:30PM	\$207	46234



403.329.2706 | www.uleth.ca/sportrec