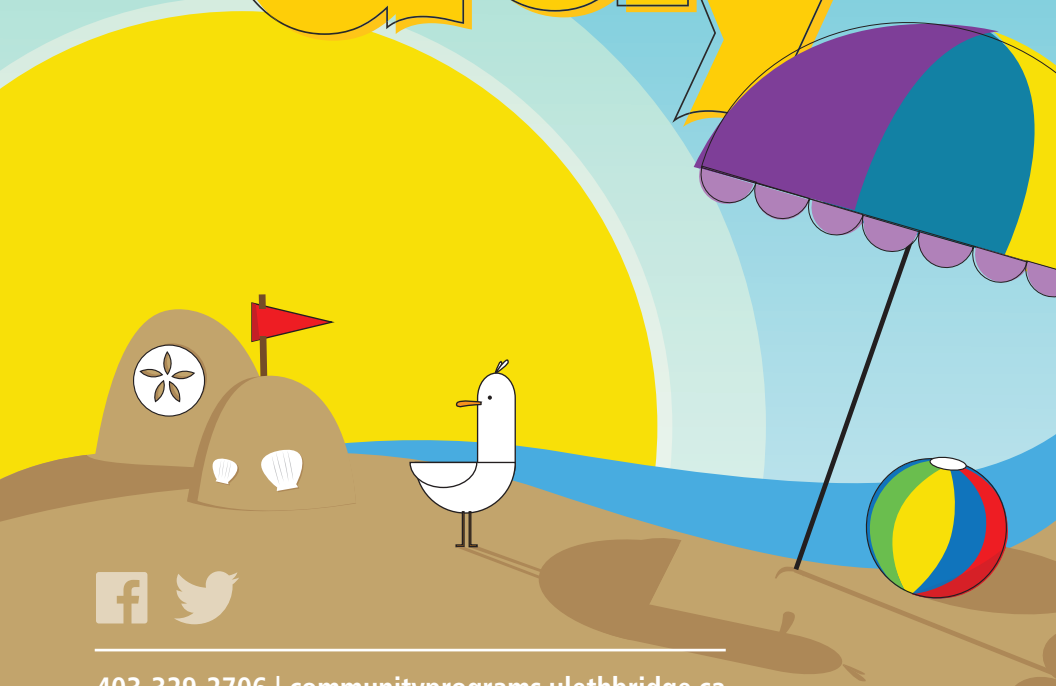


University of  
Lethbridge



# play day



403-329-2706 | [communityprograms.ulethbridge.ca](http://communityprograms.ulethbridge.ca)

# FITNESS

## DID YOU KNOW?

You do not have to be a student or member to access our fitness classes? We offer a wide variety of classes that are open to everyone!

### There are 3 options for accessing our fitness classes:

1. Register in the course - this guarantees your spot for the entire session.
2. Purchase a Class Pass (available in 10 or 20 classes) – this gives you the flexibility to choose which classes you want to attend and when you want to attend them.
3. Pay for a single class – in town visiting? Just want to try one class? Simply sign up for an individual class...online or in person.

We also offer a selection of drop-in classes that are included in your membership! Participants will be required to purchase the ONE Pass membership, a 10 Punch Pass, or pay a daily drop-in fee to access these free classes.

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**SPRING SESSION** (starts April 23 - June 29)

**SUMMER SESSION** (starts July 3 - Aug 31)

## WHAT WE OFFER:

Urban Training

Mommy & Me classes

Power Barre

Therapeutic Yoga

Aerial Yoga

Ballroom Dance

Yin Yoga

Sculpt

TRX

H.I.I.T

Gentle Yoga

Advanced Conditioning

TRX Evolution

Yoga for Active Boomers

Stroller Boot Camp

Zumba

Gentle Restorative Yoga

And more!

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For additional information & **current** schedule, or to Register in a course or purchase a class pass visit:

[communityprograms.ulethbridge.ca](https://communityprograms.ulethbridge.ca)

- Select Recreation Programs/Courses
- Select Fitness

# AQUATICS

## Mermaid Summer Camp

Put your best fin forward with our Mermaid Summer Camp where you will enjoy fun activities in and out of the water, including mermaid crafts! Our mermaid camps are designed to help swimmers learn to swim as gracefully as a creature under the sea. Camps include an underwater photo shoot!

July 9-13 and Aug 13-17 | 9 am - 4 pm | \$220.00

## Lifesaving Sport Summer Camp

This beginner camp is for youth interested in learning and experiencing growth in a dynamic arrangement of rescue based activities. You will enjoy fun activities in and out of the water. Swimmers must be able to swim a minimum of 50m prior to registration.

July 23-27 | 9 am - 4 pm | \$220.00

## Private & Semi-Private Swimming Lessons

Learn steps to improve all aspects of your technique. In a private or semi-private lesson (1-3 participants), the curriculum is up to you! Let us know what you would like to improve and leave the rest up to us! Your instructor will customize the lesson to your exact desire. Available lessons are in ½ hour blocks within the below times.

### MAY – JUNE SESSION

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Date	Time	Cost	Day
Apr 30 - June 25 (No Lessons on May 21)	9:30 - 11:45 AM & 3:15 - 7:30 PM	\$200.00	Monday
May 1 - June 26	3:15 - 7:30 PM	\$225.00	Tuesday
May 2 - June 27	3:15 - 7:30 PM	\$225.00	Wednesday
May 3 - June 28	3:15 - 7:30 PM	\$225.00	Thursday
May 4 - June 29	9:30 - 11:45 AM & 12:45 - 7 PM	\$225.00	Friday
May 5 - June 16 (No lessons on May 19)	11 am - 2:45 PM	\$150.00	Saturday
May 6 - June 24 (No lessons on May 20)	12:30 - 2:45 PM	\$175.00	Sunday

### WEEK-LONG JULY & AUGUST SESSIONS

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Date	Time	Cost	Day
July 3 - 6	9 AM - 12:45 PM & 4 - 7:45 PM	\$100.00	Tue – Fri
July 9 - 13	9 AM - 12:45 PM & 4 - 7:45 PM	\$125.00	Mon- Fri
July 16 - 20	9 AM - 12:45 PM & 4 - 7:45 PM	\$125.00	Mon- Fri
July 23 - 27	9 AM - 12:45 PM & 4 - 7:45 PM	\$125.00	Mon- Fri
July 30 - Aug 3	9 AM - 12:45 PM & 4 - 7:45 PM	\$125.00	Mon- Fri
Aug 7 - 10	9 AM - 12:45 PM	\$100.00	Tue- Fri
Aug 13 - 17	9 AM - 12:45 PM & 4 - 7:45 PM	\$125.00	Mon- Fri
Aug 20 - 24	9 AM - 12:45 PM & 4 - 7:45 PM	\$125.00	Mon- Fri
Aug 27 - 31	9 AM - 12:45 PM & 4 - 7:45 PM	\$125.00	Mon- Fri

# SUMMER CAMPS

## SUMMER CAMP WEEKS (8):

**Week 1 | July 3-6**

**Week 2 | July 9-13**

**Week 3 | July 16-20**

**Week 4 | July 23-27**

**Week 5 | July 30-Aug 3**

**Week 6 | Aug 7-10**

**Week 7 | Aug 13-17**

**Week 8 | Aug 20-24**

\* **15% off Regular Priced Horns Summer Camp Registration, In-Person Only on Play Day \***

## CAMPS OFFERED:

### **Adventure Youth**

\$250 Full Day (Week 7)

### **Artist Studio**

\$270 Full Day (All Weeks)

### **Badminton**

\$220 Full Day - \$115 Half Day (Weeks 1 & 2)

### **Horns Basketball**

Elementary: \$215 Full Day - \$115 Half Day (Weeks 5 & 8)

Jr. Girls: \$225 Full Day (Week 6)

Jr. Boys: \$225 Full Day (Week 7)

### **Climbing**

\$220 Full Day (All Weeks)

### **Drama**

\$220 Full Day (Weeks 1, 5, 6, 7 & 8)

### **Fencing**

\$150 Half Day (Week 2)

### **Gymnastics**

\$190 Full Day (All Weeks)

### **Leader's In Training**

\$205 Full Day (Week 1)

### **Martial Arts**

\$115 Half Day (Weeks 2 & 3)

### **Mountain Bike**

\$150 Full Day (Crownsnest Pass – Week 4)

### **Multi-Activity**

\$220 Full Day - \$115 Half Day (All Weeks)

### **Ringette**

\$375 Full Day (Week 8)

### **Horns Swim**

\$195 Half Day (Week 4)

### **Horns Soccer**

\$65 Half Day (Week 8)

