



DROP-IN

Drop-in Sports

Drop-in racquetball, squash, ladies shinny soccer and volleyball require a drop-in fee to be paid each visit. Not included in the Millennium Card.

Racquetball

These drop-in opportunities are a great way to meet new players while improving your skills. All levels of play are welcome.

Omit Feb 20

Age: 16Y+		Max 12
Glen Allan Recreation Complex	Court 3	
	Jan 9 to Mar 26	Mon
	7:30 - 9:30 pm	\$6.60

Squash

Age: 16Y+		Max 12
Glen Allan Recreation Complex	Court 1	
	Jan 13 to March 30	Fri
	6:15 - 8:15 pm	\$6.60

Volleyball

Step onto our court for drop-in volleyball featuring co-ed recreational play for various skill levels. No instruction or officiating, instead the court is yours for fun, fitness and the opportunity to meet new people in a relaxed, friendly atmosphere.

Age: 18Y+		Max 27
Clover Bar Junior High School		
	Jan 10 to Mar 20	Tue
	8 - 10 pm	\$5.25
Millennium Place	Gymnasium	
	Jan 5 to Mar 29	Thu
	9:15 - 10:15 pm	\$5.25

Ladies shinny soccer

Step onto the field for drop-in recreational ladies soccer where age and ability do not matter. No instruction or officiating. Come work on your soccer skills during these fun and fair scrimmages!

Omit Feb 20

Age: 16Y+		Max 12
Millennium Place	Field 2	
	Jan 9 to Mar 26	Mon
	9:30 - 11 am	\$5.25

Drop-in adult fitness swim

Take advantage of these regular weekly sessions with a swim coach to fine tune your swimming stroke or boost your endurance. Included with a Millennium Card or as part of a drop-in fee. Achieve your personal best in the water.

Omit Feb 20

Age: 18Y+		Max 20
Millennium Place	Pool	
	Jan 9 to Mar 30	M/W/F
	9:15 - 10:15 am	\$8.00

Shinny hockey

All shinny hockey is included in the Millennium Card or a drop-in fee is required. Full equipment is required for all drop-in shinny.

Youth

Age: 12Y - 15Y (no age exceptions)

Millennium Place		
	Sep 3 to April 7	Sat
	8 - 9 pm	\$6.50

Adult

Remember to sign-in and pick up a pinnie as proof of payment. Please note: 3 goalies are allowed in addition to the max number.

Age: 16Y+

Millennium Place	Sprite Arena	Max 24
	Year round	Mon - Fri
	6:15 - 8 am	\$8.00
Millennium Place	Arena 1	Max 20
	Year Round	Mon - Fri
	12 - 1 pm	\$8.00

**Shell Edu-tainment
Centre**

Open daily 9 am - 9 pm

Fun Factory
Client Babysitting Service (0 - 8 years)

Does your child enjoy colouring, toys, playdough, puzzles and books? Fun Factory provides all this and more while you enjoy recreational time for yourself.

Mon-Fri	8:45 am - 1 pm	Year round
Sat	8:15 am - 12 pm	Ends June 30
Mon/Wed	5 - 8:15 pm	Ends June 27

Holiday hours
Closed on stat holidays
Fees

\$2.75 per child per half hour
 \$3.75 per family per half hour
 (single household)

10-hour punch cards

\$49.50 Single child
 \$67.50 Family (single household)

32-hour punch cards

\$158.50 Single child
 \$216.00 Family (single household)

Child to Staff Ratio

Our ratios follow the guidelines established by the Alberta Government for drop-in daycare centres.

Newborn to 19 months	5:1	3-5 years	10:1
19 months to 3 years	8:1	5 years +	12:1

Please note

- Fun Factory is a special service not included in the Millennium Card.
- We will give you two weeks notice for fee or schedule changes.
- Pick-up our childcare brochure at Millennium Place for more details.
- Our childcare providers are certified in Standard First Aid, Level C CPR, have undergone a Criminal Records Check and an intervention check.

the Millennium Card Enjoy four great facilities for one low price!

Enjoy a variety of drop-in recreation activities at three different facilities for one great price. The Millennium Card is a pre-authorized payment program for your convenience. **No contract, no sign-up fees and no cancellation penalty.**



- swimming (wave pool, whirlpool, steamroom, sauna, lazy river and 10-lane 25 metre lap swim pool, water playground)
- Suncor Energy Wellness Centre
- drop-in fitness classes (aquatic/dry land)
- fitness track (235 m loop)
- Shell Edu-tainment Centre for kids
- recreational skating & shinny hockey
- drop-in gym sports



- Apple Fitness Centre
- drop-in fitness classes (dry land)
- recreational skating
- whirlpool & sauna



- lap & recreational swimming (waterslide, whirlpool, steamroom)
- deep tank with tarzan rope and diving boards
- 6-lane, 25 metre pool
- Esso Swim Safe Centre (children's multi-depth pool)
- drop-in preschool playground
- drop-in fitness classes (aquatic)



- trail pass (equipment rentals not included)
 Activities available: cross-country skiing, snowshoeing, disc golf

	Individual	Family
Adult (18-64 yrs)	\$39.00	\$39.00
Additional adult (18-64 yrs)		\$34.00
Senior (65+yrs)	\$32.00	\$32.00
Additional senior (65+yrs)		\$26.00
Youth (13-17 yrs)	\$32.00	
When added to an adult pass		\$12.00
Child (2-12 yrs)	\$19.00	
When added to an adult pass		\$12.00
Tots under 2 yrs	FREE	

Monthly pre-authorized payment! Two easy ways to pay!
Pre-authorized payment plan

An automatic bank withdrawal on the 15th of each month for your convenience.

Annual payment plan

Pay 50 per cent using cash, cheque or credit card and three equal payments of the remaining amount on a credit card of your choice.

Save 10% ask about our multi-visit cards for 10 visits.

*prices based on 5 percent gst.



Millennium Place

2000 Premier Way, Sherwood Park
www.strathcona.ca/MillenniumPlace
780-416-3300



Suncor Energy Wellness Centre

Open daily 5 a.m. - 11 p.m.

Come try out our Wellness Centre!

We now have a functional training area with 4 Olympic lifting platforms, squat racks with bumper plates, pull-up stations, plyometric boxes, battle ropes, medicine balls, and kettlebells. We also have a full line of selectorized weight machines, iso-lateral equipment, multiple free weight areas, and cable machines. We have an extensive cardio line-up with built-in 15 inch television screens and variety that will keep your workout fun and challenging!

Are you 10-13 years old?

Children 10-13 years old, who have completed the Fit For the Future orientation program, are welcome in the Suncor Energy Wellness Centre under the supervision of an adult.

Millennium Place and Glen Allan Recreation Complex are accredited appraisal centres through the Canadian Society for Exercise Physiology.



Why choose our Wellness Centre staff?

Our strength is in our Wellness Team. We are post secondary graduates with degrees or working towards our degrees in Physical Education or Kinesiology. We are certified by the Canadian Society for Exercise Physiology as either Certified Exercise Physiologists or Certified Personal Trainers. We also have staff certified through the National Strength and Conditioning Association as Certified Strength and Conditioning Specialists.

Our Wellness Centre staff are highly qualified to help you develop and meet your fitness goals. We specialize in many areas including sport specific, team training, youth, adult, older adult and chronic or acute health conditions. To help you achieve your wellness/health goals and see results, we offer a full menu of Fitness Services located on page 50.

Indoor Track

Open daily 5 a.m. - 11 p.m.

This three lane track is 235 meters long (4.25 laps = 1 km) and features a unique incline in one section. The track is designed to provide an indoor opportunity for everyone and is fully wheelchair accessible. Please ensure that children under 14 years are accompanied by an adult while using the track.

A new track is set to open at the Ardrossan Recreation Complex in Spring 2012!

Check out our Fitness Training & Nutritional Services on page 50.





Santa Skate

Sunday, December 18
2 p.m. - 4 p.m.

Glen Allan Recreation Complex

Fees:	
Child	\$1.75
Youth/Senior	\$2.25
Adults	\$4.00
Family	\$7.75

Glen Allan
Recreation Complex

Glen Allan Recreation Complex

199 Georgian Way, Sherwood Park 780-467-4404
www.strathcona.ca/garc

Holiday hours

Hours for stat holiday weekends may be reduced.
See facility for details.

Apple Fitness Centre

Open daily 5:30 am - 11 pm

Includes a full line of cardiovascular equipment, a wide variety of weight machines and free weights. Enjoy support and free orientations from our knowledgeable and experienced wellness staff. Children 10-13 years old who have completed the Fit for the Future orientation program are welcome in the Apple Fitness Centre under supervision of an adult. Our Centre features:

- upright bikes
- recumbent bikes
- stack weight machines
- Olympic lifting platform
- free weight area
- summit trainer
- stairmasters
- treadmills
- cross trainers
- arm bike
- rowing machine

Wellness fees

• Wellness centre • Drop-in fitness classes • Sauna & whirlpool

	Single	1 month	3 month	1 year
Youth (13 - 17)	\$4.25	\$32.00	\$88.80	\$345.65
Adult (18 - 64)	\$5.25	\$39.00	\$108.20	\$421.20
Senior (65+)	\$4.25	\$32.00	\$88.80	\$345.65
Single family	\$11.50	\$78.00	\$216.45	\$842.45

(Family refers to 2 adults and up to 5 children under the age of 18 living in the same household.)

Wellness - save 10% for Adult & Youth/Senior 10 - visit pass

• Wellness centre • Sauna & whirlpool • Drop-in fitness classes

What's inside

- Ice arena
- Fitness centre
- Weight room
- Whirlpool & Sauna
- Cardio corridor
- Drop-in fitness room (drop-in fitness classes - centre feature)

Racquet courts

Squash courts open daily 6:15 am - 10:15 pm (2 courts)

Racquetball/handball open daily 6:30 am - 10:30 pm (3 courts)

Call 780-467-4404 to book your time. Equipment rentals are available.
Eye guard rentals are free.

Court

- Sauna & whirlpool included

	Single	1 month	1 year
	\$13.20/hr	\$44.10	\$476.28

\$13.20 will cover the whole fee for the court. Monthly passes for court only cover the pass holder.

The other player will be charged \$6.60.

Fitness/Court

- Racquet courts (racquetball, squash, handball)
- Wellness centre • Drop-in fitness classes • Sauna & whirlpool

	1 month	1 year
14+ years	\$69.30	\$748.44

Court - 10 visit \$59.40

- Single court use • Sauna & whirlpool

Whirlpool/sauna

Open daily 5:30 a.m. - 10 p.m. \$2.25/person



Partner



Age-friendly facility

What fitness class is right for you?

Just starting? Then try out...

Back to basics

A great intro group fitness class designed to demonstrate a variety of cardio conditioning drills and strength exercises - with alternatives for every fitness level.

These are for everyone

Watch a video tour
of these classes!
www.strathcona.ca/mp

20/20/20

Want to get it all done in an hour? Three twenty minute intervals of cardiovascular exercise, strength/conditioning and then finish with abs and stretching.

Cardio blast

It's all cardio all the time with a guarantee to get your heart pumping with a mix of hi-low, step, intervals and much more.

MetaBALLic mix

new!

This class uses metabolic training - a series of higher intensity intervals followed by active recovery - to challenge everyone at their own level. Added to the mix is the use of our ball equipment - stability, medicine, bosu and bender balls - to bring a new twist to popular exercises.

Muscle

Tone and strengthen your whole body with this all muscle workout. With the use of resistance equipment and your own body weight, you'll get a fabulous workout full of variety.

Step n strength

This class combines high-energy choreographed step moves and resistance training exercises that use various equipment. The result - a pumping cardio workout that challenges and tones your whole body.

Step n stretch

All the fun and choreography of step topped off with a lengthened stretch and stress release component at the end.

Adult fitness swim

Take advantage of these great sessions with a swim coach to fine tune your swimming stroke and boost your endurance. We'll help you towards achieving your personal best in the water.

Deep water aquatics

This impact-free water class helps enhance muscle toning, proper breathing and cardiovascular endurance along with movement and flexibility. Aqua-jogger belts are used, but participants must be comfortable in deep water. These classes is ideal for people with arthritis or other joint issues.

Shallow water aquatics

A great workout that challenges your muscles using the resistance of the water and various equipment. Perfect for all fitness levels. These classes are ideal for people with arthritis, back and knee problems and people recovering from accident or injury.

Want to take it up a notch? Then try these...

Bootcamp

This fun, fast, and athletically challenging class works your entire body. A mix of intervals and sports drills makes bootcamp the ultimate in total body conditioning. A great class for anyone who's not-so-coordinated, but wants an intense, exciting workout.

Pure step

Step it up with this classic workout. This class is filled with challenging choreography and intense energetic moves for an awesome workout.

Lifelong recreation 50Y+

Active and agile

Tailored to the health and fitness needs of older adults, this fun class focuses on improving strength, balance, coordination and flexibility using a variety of equipment.

Keep fit

Movement and music are combined to give you a cardiovascular boost in this non impact aerobic-based older adult class that also includes some gentle strength training and stretching exercises.

Pick your pace

This older adult class varies in style but the same fitness components to help you stay strong and healthy are always there: strength, cardio and core - presented with various intensity levels to meet your needs.

Pump and walk

Walking and weights go hand-in-hand in this class. Join us on the indoor track for one of the safest exercises you can do to help your heart and lungs.

Young at heart

Join this fun loving group of youngsters for a shallow water class filled with lively music and low impact exercise. Stay for the coffee social on Friday following the class.



All drop-in fitness classes are included in your
Millennium Card.
See centre tear outs for schedule



Fitness training & nutritional services

Our fitness philosophy is built on expert guidance and motivation.

getting started

A certified personal trainer will design a custom program to help you meet your goals and begin a successful work out routine. We will discuss your goals, and go over aerobic, resistance, core, and flexibility exercises with you. This package includes a 1 hr follow-up session to make sure you are on the right path.

1.5 hour program design plus a 1 hour follow up **\$120.⁰⁰**

individual sessions

Work one on one with a fitness specialist for extra motivation

Individual 1 hr session **\$59.⁸⁵**

5 x 1 hour sessions **\$269.³³** 5th session is ½ price

10 x 1 hour sessions **\$538.⁶⁵** 10th session is FREE

partner training

Do you prefer exercising with a family member or friend? Try training together with one of our fitness specialists for a great partner workout. Together, you can help each other stay motivated.

\$78.⁰⁰/hr

group training

new!

Looking to train with a larger group? Try this out!

3 or more people **\$78.⁰⁰/hr**

fitness assessment

A full fitness assessment that includes measuring muscular strength and endurance, flexibility, aerobic endurance and power, as well as body composition.

1 hour session **\$59.⁸⁵**

body composition

Our staff can assess body fat, and measure circumferences to determine if you are in a healthy range.

30 minute session **\$29.⁹³**

initial consult

Our registered dietitian will work with you to provide:

- tips for making healthy eating a part of your life
- ideas for nutritious meals and snacks
- sports nutrition
- advice on healthy eating for conditions such as diabetes, pregnancy and heart disease

\$75.⁰⁰

custom meal plan

Our registered dietitian can help you create a meal plan that suits your needs. The custom meal plan package includes:

- initial consult
- review of 3-day food record to identify your eating habits
- a custom meal plan to meet your needs and goals
- help to set smart nutrition goals
- nutrition recommendations for your specific goals
- 2 follow-up sessions to provide you with support and guidance.

\$190.⁰⁰



call us
today!

Millennium Place 780-416-7212

Glen Allan Recreation Complex 780-410-6557

www.strathcona.ca/recreation



get the whole package and everything you need to start making important lifestyle changes and become

a healthier you!

**the total
Wellpower
package**

starts

Wednesday, January 11

**See page 54 for
program information
or call 780-416-7229**

Certified Personal Trainers set you up with an all-inclusive registered program that includes:

- Personalized workout program, with one-on-one training sessions throughout the 13 weeks.
- Initial fitness assessment
- Weekly group fitness classes exclusively for the total wellpower group
- Final fitness assessment

**TOTAL
ATHLETE
PACKAGE**



Are you looking to take your game to the next level? Whether your training for hockey, baseball, figure slating, or golf, this 13 week sport specific training program will prepare your body for the demands of your sport. Program includes a custom exercise program, weekly training sessions with a Certified Personal Trainer, a sport nutrition consultation, and a biomechanical analysis of sport movements (ex. golf swing, soccer kick, etc.)

One session/week = \$675.00

For more information call 780-416-7229

New programs on your Millennium Card!

These programs are at Millennium Place and are available to Millennium Card holders as well as the public on a drop-in basis. Regular facility admission applies to non card holders.



Questions? Call 780-416-7212

Fit for NOW

Adult Wellness Orientation

Fit for Now is a program designed to introduce adults to the Millennium Place Wellness Centre. Whether new to the gym or simply needing a refresher, this introductory session will teach the essentials of exercise and physical activity

What can I learn from the Fit for Now program?

- Proper workout guidelines and exercise principles
- The importance of warm-ups and cool-downs
- Resistance training and stretching techniques
- Variations to cardio and strength training
- Helpful tips on exercise and nutrition
- The importance of goal setting and time management
- Wellness Centre etiquette

When and where is Fit for Now?

- Fit for Now is offered every Sunday and Monday (excluding long weekends)
- From 10:30 a.m. to noon on Sundays and 5:30 pm - 7 pm on Mondays.
- Can't make this time? See one of our Fitness Specialists to organize a time that works for you
- Fit for Now is a drop-in session, therefore no registration is required
- Meet our Fitness Specialist at the upstairs Wellness Centre desk
- * Be sure to wear comfortable clothes, running shoes and bring a water bottle

What will I take away from Fit for Now?

Fit for Now will provide you with the knowledge and motivation to exercise safe and effectively. You will also receive a take-home program of the exercises and topics covered in your session.

Take

10

Mix up your workout in
10 minutes

Take 10, ViPR and TRX sessions meet at the upstairs Wellness Desk.

Take 10 to Stretch

10:30 a.m. Monday - Friday

Follow up a hard workout with 10 minutes to stretch. Relieve stress, release tension and relax as our Certified Fitness Specialists take you through a quick full body stretching session.

Take 10 to Strengthen

5:30 p.m. Monday - Friday

Challenge your midsection with 10 minutes of core strengthening. Join our Certified Fitness Specialists Mon - Fri for new ideas and exercises to mix up your everyday ab workout.

Learn to use a ViPR in 15 minutes

Tuesday afternoons at 12 noon

Never used a ViPR before and want to learn how? The ViPR is a multi-functional exercise tool that all levels of ability can utilize. Come and learn how to incorporate it into your workouts for a challenging experience!

Learn to use the TRX in 15 minutes

Thursday mornings at 7 a.m.

Never used a TRX before and want to learn how? The TRX suspension system utilizes your own body weight to create a challenging workout experience. It is perfect for all fitness levels and ages.