



## SPORT FOR LIFE

7 RIVER HEIGHTS DRIVE N.W.  
EDMONTON, ALBERTA T6M 2R1  
780.444.7300 swimgym@telus.net  
www.swimgym.org

# SWIM GYM

## WEEKLY SPORTS PROGRAMS

### JOIN US AT EDMONTON'S MOST POPULAR SPORT PROGRAM FOR CHILDREN!

Increasing children's physical health and safety through training to improve body awareness, spatial orientation, strength, speed, coordination, balance, and aerobic fitness. Our programs are directed by Olympic and International coaches. Staff includes nationally certified gymnastics, swimming and diving instructors. Swim Gym includes gymnastics, trampoline, fitness and acrobatic tumbling, swimming instruction and diving lessons.

**FREE PROGRAMS:** Programs can be **cash free** for those who volunteer in fundraising at our bingos.

**SPORT INSTRUCTION:** Children aged 6 -14 participate in our classes which have 2 hours of instruction.

Fun-filled achievement sport programming consists of swimming lessons, diving instruction as well as gymnastics and fitness training. Badges are available when levels are completed for each sport. (MAX CLASS SIZE 6-8 PARTICIPANTS)

**KINSMEN SPORTS CENTRE** or **TERWILLEGAR REC CENTRE**  
(9100 Walterdale Hill) (2051 Leger Road)

**KINSMEN:** Monday, Tuesday, Thursday and Friday at 5:45-7:45pm. Saturday 9:45, 10:45 and 12:00.

**Starts: Monday April 13, Tuesday April 14, Thursday April 16, Friday April 17 and Saturday April 18.**

**TERWILLEGAR:** Monday, Wednesday or Friday at 5:30-7:30 pm. \*Children must be able to swim in deep water at this location\*

**Starts: Wednesday April 8, Friday April 10 and Monday April 13.**

\*Pre-registraton information is available for our Summer Camps that start in July.  
Email for more information and to be added to our email list: [swimgym@telus.net](mailto:swimgym@telus.net)

### SWIM GYM SPRING 2026 SESSION

**10 WEEK PROGRAM: \$395**

**9 WEEK PROGRAM: \$355**

### BINGO/CASH FREE OPTION:

You may volunteer at our bingos to pay for the program partially or in full. Individuals working bingos will be reimbursed the value of bingos worked (up to the amount paid) within 4-6 weeks of notifying us that you have fulfilled your bingo requirements.

### PAYMENT OPTIONS:

- In all cases, payment is required for the full amount of the program at time of registration.
- Payment can be made by cash, cheque or e-transfer.
- A post-dated option is offered for payments by e-transfer or cheque. The first payment will be dated currently, the second payment on April 15, 2026 and the third payment on May 1, 2026.
- An insurance fee of \$35 will be added to the program cost. This fee is only charged once per year.



**HOW TO REGISTER:** email [swimgym@telus.net](mailto:swimgym@telus.net) to find out current availability. Registrations are prioritized based on date registration form and payment are received. Form and e-transfer should be sent to the email above OR dropped in our 'Sport For Life' drop-off box at Kinsmen.

**REGISTRATION FORM ON REVERSE SIDE OF PAGE**



[www.swimgym.org](http://www.swimgym.org)

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[swimgym@telus.net](mailto:swimgym@telus.net)

# SWIM GYM

## SPRING SESSION REGISTRATION FORM

CHILD'S SURNAME: \_\_\_\_\_ GIVEN NAMES: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
No. Street /Ave. City Postal Code

BIRTHDATE: \_\_\_\_\_ AGE: \_\_\_\_\_ GENDER: \_\_\_\_\_ EMAIL: \_\_\_\_\_

PARENT'S/GUARDIAN'S NAME: \_\_\_\_\_ PHONE (CELL): \_\_\_\_\_

ADDRESS: \_\_\_\_\_ PHONE (ALT): \_\_\_\_\_

ALBERTA HEALTH CARE NO.: \_\_\_\_\_ MEDICAL INFO (IF ANY) \_\_\_\_\_

**BADGES RECEIVED:** **SWIMMING** (PROGRAM NAME & LEVEL): \_\_\_\_\_ **DIVING:** \_\_\_\_\_ **GYM:** \_\_\_\_\_

Please indicate your 1st, 2nd and 3rd choices in case your preferred day is not available. Registration is based on a first come, first served basis of when you reserved a spot or emailed in your registration form.

### KINSMEN SPORTS CENTRE - 9100 WALTERDALE HILL

DAY	MON (10 wks)	TUES (10 wks)	THRS (10 wks)	FRI (10 wks)	SAT (9 wks)	SAT (9 wks)	SAT (9 wks)
	<input type="checkbox"/> 5:45-7:45	<input type="checkbox"/> 5:45-7:45	<input type="checkbox"/> 5:45-7:45	<input type="checkbox"/> 5:45-7:45	<input type="checkbox"/> 9:45-11:45	<input type="checkbox"/> 10:45-12:45	<input type="checkbox"/> 12:00-2:00
FEE	\$395	\$395	\$395	\$395	\$355	\$355	\$355

### TERWILLEGAR REC. CENTRE - 2051 LEGER ROAD

DAY	MON (9 wks)	WED (10 wks)	FRI (10 wks)
	<input type="checkbox"/> 5:30-7:30	<input type="checkbox"/> 5:30-7:30	<input type="checkbox"/> 5:30-7:30
FEE	\$355	\$395	\$395

\* Children must be able to swim in deep water at the Terwillegar location.

### **PAYMENT OPTIONS:**

**E-transfers:** send to [swimgym@telus.net](mailto:swimgym@telus.net) with child's first and last name in the memo.

**Cheques:** payable to **SPORT FOR LIFE**

### **BINGO/CASH FREE OPTION:**

I will be paying by cash, cheque or e-transfer and will work at one or more bingos for reimbursement. I am enclosing the amount of **\$395 for the 10 week program or \$355 for the 9 week program. \*See below for yearly insurance fee information.**

I will be paying by post dated cheques or e-transfers and will work one or more bingos for reimbursement. The first payment will be dated currently, the second payment on April 15, 2026 and the third payment on May 1, 2026.

**Post dated amounts: 10 week program \$135+\$135+\$135 or 9 week program \$125+\$120+\$120 (INCLUDES \$10 ADMIN FEE).**

For the privilege of working bingos, we require a \$100 bingo security cheque which will be held as a bond.

**Afternoon (11am-4pm) or Evening (5-10pm) bingo is a \$70 credit per volunteer;**

**Late night bingo (5pm-midnight) is a \$105 credit per volunteer.**

### **NO BINGO OPTION:**

I will be paying by cash, cheque or e-transfer and choose not to work bingos. I am enclosing the amount of **\$395 for the 10 week program or \$355 for the 9 week program. \*See below for yearly insurance fee information.**

I will be paying by post dated cheques or e-transfers. The first payment will be dated currently, the second payment on April 15, 2026 and the third payment on May 1, 2026. **Post dated amounts: 10 week program \$135+\$135+\$135 or 9 week program \$125+\$120+\$120 (INCLUDES \$10 ADMIN FEE).**

**\*\*YEARLY INSURANCE FEE:** An insurance fee of \$35 will be added to the program cost. This is a yearly fee and will only be charged once per year on your account (September through August).

**CANCELLATION POLICY:** Notice must be given in writing 2 weeks prior to withdrawal. No refunds after 5th week.

I agree to these terms of registration: \_\_\_\_\_

Signature

Date

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