

## **ACE CALGARY PROGRAM OPTIONS – SPRING 2022**

- We strongly encourage individuals who wish to participate in an **in-person class** be fully vaccinated for Covid-19. A third booster dose is also recommended for those who are eligible.
- It is also recommended that you:
  - Wear masks within facilities and during exercise when possible,
  - Physically distance whenever possible, and
  - Complete the Alberta Health Daily Checklist prior to attending each class.

You may also be required to follow additional facility-specific guidelines depending on your exercise location.

The above recommendations are made with the well-being of all of our participants, instructors, and facility staff being of the utmost concern.

- Those who would prefer to stay in the comfort of their own home can choose a **virtual class**, knowing that we will create a supportive and social environment for both settings. We encourage those individuals who are not fully vaccinated to consider participating in one of our virtual classes as well.  
More details on the virtual program options can be found at the end of this document.

Participants in both the in-person and virtual programs complete **two 1-hour exercise classes each week** that are led by an ACE instructor.

Please contact the Calgary ACE team to enrol for the Spring session or for more information:

- Email: [ace@ucalgary.ca](mailto:ace@ucalgary.ca)
- Phone: 403-210-8482

**Note:** Class schedules may be subject to change based on demand or a change in Covid-19 guidelines/restrictions.

## In-Person Classes

### Thrive Centre

**Location:** University of Calgary, Kinesiology Complex.

**Class Times:** Mondays & Wednesdays @ 1:00 – 2:00pm.

**Dates:** March 30 – June 29. *No class on Apr 18, May 23, or May 30.*

**Facility Website:**

<https://kinesiology.ucalgary.ca/labs/health-and-wellness/resources/thrive-centre>

### Sir Winston Churchill Aquatic and Recreation Centre

**Location:** 1520 Northmount Drive NW.

**Class Times:** Mondays & Wednesdays @ 11:15am – 12:15pm.

**Dates:** April 4 – June 29. *No class on Apr 18 or May 23.*

**Facility Website:** <http://www.calgary.ca/CSPS/Recreation/Pages/Pools/Sir-Winston-Churchill.aspx>

### Southland Leisure Centre

**Location:** 2000 Southland Drive SW.

**Class Times:** Tuesdays & Fridays @ 9:15 – 10:15 am.

**Dates:** April 5 – June 28. *No class on Apr 15.*

**Facility Website:** <http://www.calgary.ca/CSPS/Recreation/Pages/Leisure-centres/Southland.aspx>

## Virtual Classes

- All virtual exercise classes are live and led by an ACE instructor.
- Participants will complete a virtual fitness assessment before and after the exercise program.

### Option 1

**Class Times:** Mondays & Wednesdays @ 4:45 – 5:45 pm.

**Class Dates:** April 4 – June 27. *No class on Apr 18, May 23, or May 30.*

### Option 2

**Class Times:** Tuesdays & Thursdays @ 9:30 – 10:30am

**Class Dates:** April 12 – June 23.