

# Clear your mind get outside



leduc.ca/lrc  
@leducrecreationcentre

\*Weather permitting.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

						<p><b>Black Gold Rodeo</b> <sup>1</sup> LRC (May 30 to June 2)</p> <p>Parade 10 a.m. Start Time 65 Ave to Black Gold Drive along 50 St</p>
<p><b>Ladies Shinny</b> <sup>2</sup> LRC - Robinson Arena 7:15 to 8:15 p.m.</p> <p>Try our Sport for all ages! Full hockey equipment is needed including skates, helmet, gloves, stick, shin/ elbow/shoulder pads, neck guard and hockey pants.</p>	<p><b>Tales on the Multiway</b> <sup>3</sup> LRC 6 to 8 p.m.</p>	<p><b>Patio Family Storytime</b> <sup>4</sup> Library   1:30 to 2:15 p.m.</p>	<p><b>Zumba</b> <sup>5</sup> Southfork Outdoor Rink 7 to 7:45 p.m.</p> <p><b>Dairy Congress Event</b> LRC   June 5 to 8</p> <p><b>Clean Air Day!</b> Receive FREE Transit</p>	<p><b>Walk with the Doc</b> <sup>6</sup> LRC 7 to 7:45 p.m.</p> <p><b>Healthy Hearts</b></p>	<p><b>Flashback Fridays*</b> <sup>7</sup> Alexandra Outdoor Pool 3 to 8 p.m.</p>	<p><b>MEC Intro to Camping</b> <sup>8</sup> 1 p.m.</p> <p><b>MEC Digital Navigation</b> 2 p.m.</p> <p><b>Dog Days of Summer</b> Leduc K-9 Off-leash Park 2 to 4 p.m.</p>
<p><b>Moments to Meditate</b> <sup>9</sup> LRC 7 to 8 p.m.</p> <p><b>Bike Rodeo</b> Alexandra Arena Noon to 3 p.m.</p>	<p><b>Leduc Ringette</b> <sup>10</sup> LRC - Robinson Arena 5:30 to 6:30 p.m.</p> <p>Try our Sport, ages 14 and under! Equipment required includes skates and helmet, other hockey equipment is recommended.</p>	<p><b>Patio Family Storytime</b> <sup>11</sup> Library   1:30 to 2:15 p.m.</p> <p><b>Tales on the Multiway</b> Caledonia Park 6 to 8 p.m.</p>	<p><b>Zumba</b> <sup>12</sup> Blackstone Outdoor Rink Located on Blackstone Blvd. 7 to 7:45 p.m.</p>	<p><b>Walk with the Doc</b> <sup>13</sup> LRC 7 to 7:45 p.m.</p> <p><b>Healthy Hearts</b></p>	<p><b>Flashback Fridays*</b> <sup>14</sup> Alexandra Outdoor Pool 3 to 8 p.m.</p>	<p><b>Good Neighbours Day</b> <sup>15</sup> Fred Johns Park West Playground BBQ 11 a.m. to Noon</p> <p><b>Tales on the Multiway</b> Fred Johns Noon to 2 p.m.</p>
<p><b>Father's Day</b> <sup>16</sup></p> <p><b>Edmonton Masters Lacrosse</b> LRC Co-op Fieldhouse 1:45 to 3:45 p.m.</p> <p>Helmet and gloves are mandatory. Bring or borrow a lacrosse stick if possible.</p>	<p><b>LA Crude Rugby</b> <sup>17</sup> Rugby Field East at William F. Lede Park 6 to 8 p.m.</p> <p>Try our Sport for all ages! Wear running shoes and athletic clothes.</p>	<p><b>Patio Family Storytime</b> <sup>18</sup> Library   1:30 to 2:15 p.m.</p> <p><b>Walk the Paths at Lede Park</b> 11 to 11:45 a.m. LRC East Entrance All levels welcome.</p>	<p><b>Zumba</b> <sup>19</sup> Robinson Outdoor Rink Located close to 40 Rolston Close 7 to 7:45 p.m.</p>	<p><b>Walk with the Doc</b> <sup>20</sup> LRC 7 to 7:45 p.m.</p> <p><b>Healthy Hearts</b></p>	<p><b>Flashback Fridays*</b> <sup>21</sup> Alexandra Outdoor Pool 3 to 8 p.m.</p> <p>International Yoga Day!</p>	<p><b>Connectivity Dance</b> <sup>22</sup> offering <b>Skipping</b> LRC - Court C 10 a.m. to Noon</p> <p>Try our Sport Ages 5 to Adult! Running shoes are requested but ropes will be supplied.</p>
<p><b>MEC</b> <sup>23</sup> Bike General Maintenance 1 p.m.</p> <p><b>MEC Bike Flat Repair</b> 2 p.m.</p>	<p><b>Decade Dash*</b> <sup>24</sup> AquaFit 1960's Alexandra Outdoor Pool Noon to 1 p.m.</p>	<p><b>Decade Dash*</b> <sup>25</sup> AquaFit 1970's Alexandra Outdoor Pool Noon to 1 p.m.</p> <p><b>Patio Family Storytime</b> Library   1:30 to 2:15 p.m.</p>	<p><b>Decade Dash*</b> <sup>26</sup> AquaFit 1980's Alexandra Outdoor Pool Noon to 1 p.m.</p> <p><b>Zumba</b> Kinsmen Outdoor Rink 7 to 7:45 p.m.</p>	<p><b>Decade Dash*</b> <sup>27</sup> AquaFit 1990's Alexandra Outdoor Pool Noon to 1 p.m.</p> <p><b>Walk with the Doc</b> LRC 7 to 7:45 p.m.</p> <p><b>Healthy Hearts</b></p>	<p><b>Decade Dash*</b> <sup>28</sup> AquaFit 2000's Alexandra Outdoor Pool Noon to 1 p.m.</p> <p><b>Flashback Fridays*</b> Alexandra Outdoor Pool 3 to 8 p.m.</p> <p><b>Kick Off to Summer Event*</b> Alexandra Outdoor Pool 1 to 4 p.m.</p>	<p><b>Leduc Adult Coed Soccer</b> William F. Lede Park</p> <p>U-12 North Soccer Field Family: 2 to 4 p.m. U-12 South Soccer Field Adults: 2 to 4 p.m.</p> <p>Shin pads are mandatory and cleats are recommended.</p>

## Class Descriptions

### Bike Rodeo

This is where kids can learn and practice the skills they need to be better cyclists, get their bike inspected and learn how to properly fit their bike helmet. It is a fun and interactive activity.

### Decade Dash Aquafit

Join us for a journey through the decades. Don't miss out on some cool props, music from the time to get you moving and lots of fun each day.

### Dog Days of Summer

Leduc Enforcement Services is hosting a fun-filled, free outdoor event for dogs and their owners.

### Flashback Fridays

Introducing Flashback Friday's! For the entire summer during Family and Public Swim pay only what you would have back in 1969. Admission for just...Age 3-7 \$0.25, Age 8-18 \$0.35, Age 18+ \$0.50.

### MEC Hosted Events

Located at 4314 Lions Park Road  
Parking available in the overflow parking lot.

### Moments to Meditate

An evening to unwind and be quiet with your thoughts. With our world getting busier, the pathways that have been created in our brains are like race tracks! Join us for an evening of guided meditation to give you the tools to create new pathways on your journey to health and happiness.

### Patio Family Storytime

Pop out to our patio (weather permitting) for interactive stories followed by a related craft or some piece of art. Nature themed for Recreation and Parks month!

### Walk the Paths at Lede Park

Join us for a supervised walk on the various paths outside the LRC at Lede Park.  
Meet us at the east entrance for a 45 minute guided/supervised walk which includes gentle stretches at the end.

### Tales on the Multiways

Come outside and enjoy reading a book page by page on the multiways around Leduc. Follow the story down the multiway while reading, playing and making memories. Have a blast being wrapped up in the tale all while being outside and active. Special Notes: This is a parented event. Dress for being outside. Drop in activity during hours provided.

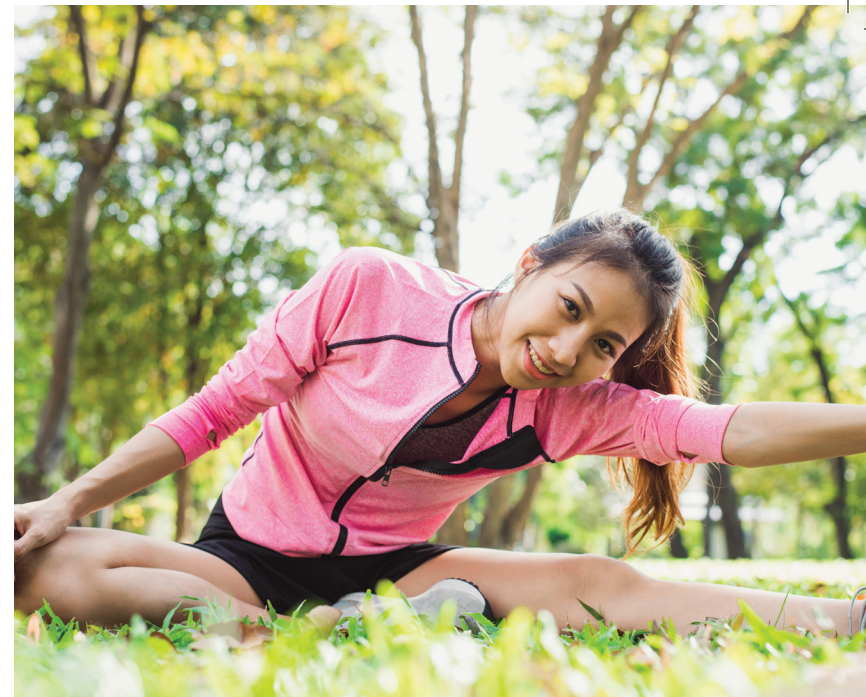
### Walk with the Doc

Join a local physician for a 45-minute walk outside or on the indoor track and improve your health, one step at a time.



### Zumba

Join this fun dance class that is exercise in disguise. These easy to follow moves will burn calories and help tone your body!



## GET OUTSIDE and PLAY PACKS

Pick up one of the NEW Get Outside and Play Packs at the Leduc Public Library filled with games, outdoor recreation activities, sport equipment, butterfly kits and more, these packs will entertain the whole family!

Example: Inside our Insect Play Pack we have a nature walk activity, drawing activity sheets including markers, an insect explorer book, insect catching supplies and magnifying glass too. Activities, pictures and things to do all packed up in our nifty backpacks.

The Get Outside and Play Packs were created in partnership with Leduc Recreation Centre and Leduc Public Library so stop by today to sign one out. Try them all this summer!

## GET INVOLVED

### Spring Bird Count

Sunday June 2 to Saturday June 8, 2019  
[leduc.ca/spring-bird-count-2019](http://leduc.ca/spring-bird-count-2019)



The Spring Bird Count is a perfect way for everyone to enjoy nature and learn more about our different bird species. Watch for birds for at least 30 minutes, recording all your sightings. Return your completed tally sheet no later than Sunday, June 16, 2019 to [ecosmart@Leduc.ca](mailto:ecosmart@Leduc.ca)

### Pollinator Garden Challenge

Runs all Summer  
[leduc.ca/pollinator-garden](http://leduc.ca/pollinator-garden)

City of Leduc residents are encouraged to help preserve and nurture Leduc's pollinator population by taking part in Leduc's Pollinator Garden Challenge.  
Devote some space in your yard or garden to provide food, water and safe shelter and you can be entered to win a prize.