

## YOUTH ONLY

### Friday Night Youth Drop-In (11Y-17Y)

Make Cardel Place your place. Your place to chill, shoot hoops, listen to music, play video games or hang with friends. And this fall, Friday's are better than ever with pool parties, theme nights, dance classes and more. Bring a friend, meet new friends, or just do your own thing – it's your night to be. Regular admission applies. Visit us on the web for updates and information.

F	Jan 8 - Jun 25	07:00 PM-10:00 PM	11Y-12Y \$5.25
			13Y-17Y \$6.50

### Cardel Place Kids Zone (9Y-16Y)

Cardel Place is your afterschool destination! Our dedicated youth specialists lead you through a variety of dynamic activities to get you laughing, jumping, sharing, talking and thinking your way to a seriously cool and healthy life. So bring your friends and beat the after school blues, we've got everything from basketball, ping-pong, arts and Nintendo Wii. Regular admission applies. Call 403-567-4484 for more details.

M-Th	Jan 4 - Jun 24	03:00 PM-06:00 PM	9Y-12Y \$5.25
			13Y-17Y \$6.50



### Girls Teen Yoga (10Y-16Y)

This one is for the girls! Positive self-awareness and esteem are encouraged in this introductory class for all abilities. Using yoga postures to build inner and outer strength and flexibility, participants find emotional balance through breathing exercises, flowing sequences, balancing poses and deep relaxation. A great transition to adult yoga.

F	Jan 15-Mar 5	04:30 PM-05:30 PM	\$88/8	[17068]
F	Mar 12-Apr 23	04:30 PM-05:30 PM	\$66/7	[17069]

# Meet

## Teen Weight Training (10Y-16Y)

Get pumped! Introduces the foundations of weight training including machines, free weights, and weight room etiquette. Gain confidence, understanding and access to our weight room.

W	Jan 13-Mar 3	06:00 PM-07:00 PM	\$76/8	[17144]
W	Mar 10-Apr 28	06:00 PM-07:00 PM	\$76/8	[17145]

New!

## Youth TRI-It (11Y-16Y)

TRI-It! Swim. Bike. Run. Come meet new friends and challenge yourself in an introductory course to the sport of triathlon. At your own pace learn to improve your cardio, technique and get the inside scoop on nutrition and race fundamentals.

F	Jan 15-Apr 2	05:00 PM-06:30 PM	\$195/12	[17136]
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## Climbing Conditioning for Teens (12Y-17Y)

Improve your overall fitness level for climbing or any other sport with this bootcamp style class. Learn the fundamentals of climbing, plus skills and drills using other fitness equipment to develop strength, agility, muscular endurance and confidence.

Th	Jan 14-Mar 4	05:00 PM-06:00 PM	\$90/8	[17208]
Th	Mar 11-Apr 29	05:00 PM-06:00 PM	\$90/8	[17209]