

RECREATION GUIDE WINTER/SPRING 2012

sait.ca



**FURTHER
YOUR
PASSION**



WELCOME TO SAIT RECREATION

AQUATIC CENTRE

For hours of operation, please call 403.284.8441 for our weekly schedule or visit our website at sait.ca for our monthly schedule.

ARENA

Recreational Skate, Mon - Thu 12:00pm - 1:00pm
Drop-in Shinny, Mon - Thu 1:00pm - 1:00pm

For more information and schedule changes, visit sait.ca or call 403.284.8357.

BOWLING ALLEY

The Bowling Alley includes 4 lanes and is available for private bookings Monday through Sunday. All bookings are dependent on attendant availability. Contact 403.284.7150 for more information.

COHOS COMMONS FIELD

The opening of our synthetic turf field was officially commissioned in September 2010 and is now part of our daily operations. With the addition of our field at SAIT, there is a strong belief we can now cater to all field sport requests. We are open to student and staff recreation activities, as well as the official home of the SAIT Trojan men's and women's soccer team's. We do offer field availability for private rentals groups. For further rental and booking information and please call 403.284.8035 or email. To view our monthly schedule, visit sait.ca.

WELLNESS CENTRE

For drop-in court times, weight room, gymnasium availability and Wellness Centre hours, visit sait.ca or call 403.284.8027.

FACILITY RENTAL/ FREQUENTLY CALLED NUMBERS

Aquatic rental information403.284.8441
Arena rental information403.284.8357
Birthday Parties or Bowling bookings403.284.7150
Cohos Commons Field bookings403.284.8035
Racquet court and cardio bookings403.284.8027
Gymnasium rental information.....403.284.8026

PARKING

Prices listed include parking (P1 lot only). SAIT Recreation registrants will receive complimentary parking. Simply bring in your parking ticket to the Wellness Centre for validation each class. Drop-in classes do not include parking.

REGISTRATION/ CANCELLATION/ REFUND INFORMATION

Online: sait.ca

Phone: 403.284.7248 (SAIT)

In Person: Customer Services at MA211, Heritage Hall, 1301 - 16 Ave NW

Mon - Thu 8:15am-4:30pm

Fri 9:00am-4:30pm

If you decide to cancel your registration, a minimum administrative fee of \$50 will apply plus any applicable service costs will be retained from the course fee. SAIT Recreation reserves the right to cancel a program due to low registration. In such instances, registrants will be refunded in full in the original form of payment. Registrants withdrawing due to injury or illness must supply appropriate documentation and a request for cancellation in writing to Customer Services prior to the first session.

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FACILITY FEES

FITNESS CENTRE ADMISSIONS		
Adult Day Pass	18 - 54 years of age	\$10.48
Adult 10 Pass Card		\$85.00
Adult 30 Pass Card		\$165.00
Adult 6 Month Membership	Includes Parking and Locker Rental	\$300.00
Adult Yearly Membership	Includes Parking and Locker Rental	\$590.00
Youth/Student Day Pass	15 - 17 Years of age	\$7.62
Youth/Student 10 Pass Card		\$65.00
Youth/Student 30 Pass Card		\$130.00
Child Day Pass	6 - 14 Years of age	\$4.75
Child 10 Pass Card		\$42.50
Family Day Pass	Immediate Family	\$19.04
Family 6 Month Membership	Includes Parking and Locker Rental	\$430.00
Family Yearly Membership	Includes Parking and Locker Rental	\$725.00
Senior Day Pass	Age 55+	\$6.43
Senior 10 Pass Card		\$48.00
Senior 30 Pass Card		\$100.00
Senior 6 Month Membership	Includes Parking and Locker Rental	\$200.00
Senior Yearly Membership	Includes Parking and Locker Rental	\$315.00
Early Bird / Late Night Pass	Before 8:00am/After 8:00pm	\$6.19
Student Membership (with valid Student ID card)	1 semester/2 semesters/Yearly	\$100/\$200/\$300

FITNESS CLASSES		
Bootcamp Flex Pass	6 Pass Card	\$118.00
Fitness Class Drop-in	Day Pass	\$6.00
Fitness Class Drop-in	8 Pass Card	\$42.00
Fitness Class Drop-in	16 Pass Card	\$75.00
Drop-in Pilates	Day Pass	\$13.50
Pilates 10 Pass	10 Pass Card	\$120.00
Drop-in Yoga	10 Pass Card	\$95.00

LOCKER RENTALS (includes towel service)		
Small Locker	2 Months	\$31.50
Small Locker	4 Months	\$40.00
Small Locker	6 Months	\$47.50
Small Locker	1 Year	\$63.00
Full Size Locker	1 Year	\$105.00

DROP-IN SHINNY	
One Pass	\$4.76

PRIVATE SWIM LESSONS	
One-session:	
30 Minute Session	\$20.00
1 Hour Session	\$40.00
Five-sessions	
30 Minute Session	\$90.00
1 Hour Session	\$180.00
Ten Sessions	
30 Minute Session	\$175.50
1 Hour Session	\$350.00

SEMI PRIVATE SWIM LESSONS	
One-session:	
30 Minute Session	\$50.00
1 Hour Session	\$60.00
Five-sessions	
30 Minute Session	\$225.00
1 Hour Session	\$270.00
Ten Sessions	
30 Minute Session	\$437.50
1 Hour Session	\$528.00

DROP-IN MARTIAL ARTS	
One-session:	
Capoeira	\$15.00
Tai Chi	\$6.00
Bujimkan Budo Taijutsu	\$15.00
10-session	
Capoeira	\$90.00
Bujimkan Budo Taijutsu	\$95.00
Aikido	\$95.00
Karate	\$75.00

DROP-IN RECREATION SKATE	
One Pass	\$2.86

* All prices do not include GST.

Along with registered programs, SAIT Recreation offers a variety of drop-in group exercise classes to get your heart pumping! For all monthly schedules visit sait.ca.

PERSONAL TRAINING

Our personal trainer will work with you individually or as a group to help you achieve your physical fitness goals. Take advantage of our consultation where you will meet the trainer to discuss your goals and how you will accomplish them. This is the perfect opportunity to learn more about how the equipment works and how you can take advantage of the facilities you have access to. All ages and levels of fitness welcome!

	Weekly Schedule	Individual Training	Group Training
Consultation/ Program Design	1 hour	\$100	
1 Maintenance Session	1 session	\$80	\$70 / person
6 Sessions	3x/week for 2 weeks or 2x/week for 6 weeks	\$390	\$330 / person
12 Sessions	3x/week for 4 weeks or 2x/week for 12 weeks	\$720	\$600 / person
24 Sessions	3x/week for 8 weeks or 2x/week for 18 weeks	\$1,312	\$1,000 / person

Session Breakdown

Consultation/ Program Design: includes goal setting, 30-day exercise plan, and exercise demonstrations.

Maintenance Session: one session to ensure proper technique and update exercises to meet new goals.

6, 12, 24, and 36 Sessions: individual or group training sessions.



SWIM LESSONS

SWIM PRESCHOOL

Preschool Parented classes age's 4 – 36 months. These classes are for toddlers and their parent or caregiver.

Starfish 4 - 18 months - The goal of this orientation to water class is to experience buoyancy, movement, entries, songs and play in the water. To enter this level, your child must be 4–18 months and be able to hold their head up.

January 15 - March 11, 2012	Sun	10:30am - 11:00am	61354
March 18 - May 13, 2012	Sun	10:30am - 11:00am	62038

Fee: \$54 | 4 hours

Duck 18 - 30 months - Toddlers build confidence while enjoying the water through games, songs and active water play.

January 15 - March 11, 2012	Sun	11:00am - 11:30am	61355
March 18 - May 13, 2012	Sun	11:00am - 11:30am	62039

Fee: \$54 | 4 hours

Sea Turtle 30 - 36 months - Toddlers build confidence while enjoying the water through games, songs and active water play. This is a great transitional class preparing for un-parented classes.

January 15 - March 11, 2012	Sun	11:30am - 12:00pm	61356
March 18 - May 13, 2012	Sun	11:30am - 12:00pm	62040

Fee: \$54 | 4 hours

Preschool ages 3 - 5 years. These classes are un-parented. The child is with the instructor for the entire class.

In these levels children move from one level to the next based on what skills they have completed. At the end of each session every child will receive a progress card telling you what level to register in next. If you have taken lessons with a different program please see the program equivalency chart to see what level is right for your child or call 403.284.8441 to speak to an aquatic professional.

Sea Otter 3 - 5 years - Toddlers develop independence and build confidence in this transitional class. They will experience the water on their own for the first time through games, songs and active water play, in preparation for the adventures of Salamander.

January 15 - March 11, 2012	Sun	10:30am - 11:00am	61358
March 18 - May 13, 2012	Sun	10:30am - 11:00am	62041

Fee: \$54 | 4 hours

Salamander 3 - 5 years - Preschoolers actively learn new swimming skills including assisted floats and glides through games and songs. Fun includes learning to jump into chest deep water.

January 15 - March 11, 2012	Sun	11:00am - 11:30am	61359
March 18 - May 13, 2012	Sun	11:00am - 11:30am	62042

Fee: \$54 | 4 hours

SWIM LESSONS

Sunfish 3 - 5 years - Preschoolers will work on stroke and skills progressions. Learning is also focuses on good judgment in, on and around the water, and entries and floats in deep water.

January 15 - March 11, 2012	Sun	12:00pm - 12:30pm	61361
March 18 - May 13, 2012	Sun	12:00pm - 12:30pm	62044

Fee: \$54 | 4 hours

Crocodile 3 - 5 years - Preschoolers start independent glides and kicking in deep water. Endurance is built through increasing distance for front and back swims. Swimmers learn about the dolphin kick and try Synchro skills in the water.

January 15 - March 11, 2012	Sun	12:00pm - 12:30pm	61362
March 18 - May 13, 2012	Sun	12:00pm - 12:30pm	62036

Fee: \$54 | 4 hours

Whale 3 - 5 years - Children will learn to swim independently and participate in team games. Distance will be increased and skills improved in front and back swims. Swimmers also learn about throwing assists to help another person in the water.

January 15 - March 11, 2012	Sun	11:30am - 12:00pm	61363
March 18 - May 13, 2012	Sun	11:30am - 12:00pm	62037

Fee: \$54 | 4 hours



SWIM LESSONS

SWIM KIDS

Swim Kids 1 - This entry level provides orientation to water and pool area, and introduces floats and glides with kicks. Children build their endurance by improving distance.

January 15 - March 11, 2012	Sun	10:30am - 11:00am	61364
January 15 - March 11, 2012	Sun	11:30am - 12:00pm	61365
March 18 - May 13, 2012	Sun	10:30am - 11:00am	62045
March 18 - May 13, 2012	Sun	11:30am - 12:00pm	62046

Fee: \$54 | 4 hours

Swim Kids 2 - Helps build skills in front and back swims. Children are introduced to deep water activities and proper use of a personal flotation device. Endurance is built on flutter kicking with assisted glides.

January 15 - March 11, 2012	Sun	10:30am - 11:00am	61368
January 15 - March 11, 2012	Sun	11:30am - 12:00pm	61369
March 18 - May 13, 2012	Sun	10:30am - 11:00am	62047
March 18 - May 13, 2012	Sun	11:30am - 12:00pm	62048

Fee: \$54 | 4 hours

Swim Kids 3 - This course lays the foundation for making wise choices on where and when to swim. Diving is introduced and children will work on floats and changing direction. Endurance is achieved by building strength in flutter kick and a front crawl 15 - meter swim.

January 15 - March 11, 2012	Sun	11:00am - 11:30am	61370
January 15 - March 11, 2012	Sun	12:00pm - 12:30pm	61371
March 18 - May 13, 2012	Sun	11:00am - 11:30am	62049
March 18 - May 13, 2012	Sun	12:00pm - 12:30pm	62050

Fee: \$54 | 4 hours

Swim Kids 4 - The front crawl, back glide and shoulder roll for back crawl are further developed. Children work on kneeling dives, surface support and developing a greater sense of self safety by understanding their own limits. Endurance is built through a 25-metre swim.

January 15 - March 11, 2012	Sun	11:00am - 11:30am	61372
January 15 - March 11, 2012	Sun	12:00pm - 12:30pm	61373
March 18 - May 13, 2012	Sun	11:00am - 11:30am	62051
March 18 - May 13, 2012	Sun	12:00pm - 12:30pm	62052

Fee: \$54 | 4 hours

SWIM LESSONS

Swim Kids 5- Back crawl is introduced, along with sculling skills and whip kick on the back. Children perform stride dives and receive an introduction to safe boating skills. Endurance is developed through dolphin kick and a 50-metre swim.

January 15 - March 11, 2012	Sun	10:30am - 11:15am	61375
March 18 - May 13, 2012	Sun	10:30am - 11:15am	62053

Fee: \$59 | 6 hours

Swim Kids 6 - Front and back crawl continue to be refined as the elementary backstroke is newly introduced. Children are also introduced to safety on ice, elementary rescue of others with throwing assists, treading water and the front dive. Endurance is built through a 75-metre swim.

January 15 - March 11, 2012	Sun	10:30am - 11:15am	61376
March 18 - May 13, 2012	Sun	10:30am - 11:15am	62054

Fee: \$59 | 6 hours

Swim Kids 7 - Builds on skills and endurance for front crawl, back crawl and elementary back stroke. Introduces whip kick on the front. Children learn about airway and breathing obstructions, and participate in treading water for increasing endurance. Endurance is built through timed treading water and a 150-metre swim.

January 15 - March 11, 2012	Sun	11:30am - 12:30pm	61377
March 18 - May 13, 2012	Sun	11:30am - 12:30pm	62055

Fee: \$74 | 8 hours

Swim Kids 8 - Provides introduction to breaststroke, feet first surface dives and rescue entries. Children learn about the dangers of open water, hypothermia, and the performance of rescue breathing on children and adults. Endurance is built through dolphin kick and a 300-metre swim.

January 15 - March 11, 2012	Sun	11:30am - 12:30pm	61378
March 18 - May 13, 2012	Sun	11:30am - 12:30pm	62056

Fee: \$74 | 8 hours

Swim Kids 9 - Front crawl, back crawl, elementary backstroke and breaststroke continue to be refined. Children are encouraged to try combining different strokes and kicks for fitness. They also work on head-first shallow dives and standing dives and learn about wise choices, peer influences and self-rescue from ice. Endurance is built through a 400-metre swim.

January 15 - March 11, 2012	Sun	11:30am - 12:30pm	61379
March 18 - May 13, 2012	Sun	11:30am - 12:30pm	62057

Fee: \$74 | 8 hours

SWIM LESSONS

Swim Kids 10 - Further refinement of strokes, with an introduction to butterfly and scissor kick as a warm-up/cool down stroke for fitness. Children learn about sun safety, rescue of others from ice, and head-first and feet-first shallow dives. Endurance is built using dolphin kick and butterfly drills and a 500-metre swim.

January 15 - March 11, 2012	Sun	11:30am - 12:30pm	61380
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March 18 - May 13, 2012	Sun	11:30am - 12:30pm	62058
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Fee: \$74 | 8 hours

ADULT LESSONS

Red Cross Swim Basics - Introduces the fundamental skills required to build swimming proficiency. This course is designed for those who have no or limited swimming experience.

January 15 - March 11, 2012	Sun	10:30am - 11:30am	61382
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January 16 - February 8, 2012	Mon/Wed	5:30pm - 6:30pm	61383
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February 13 - March 12, 2012	Mon/Wed	5:30pm - 6:30pm	61384
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March 18 - May 13, 2012	Sun	10:30am - 11:30am	62059
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March 19 - April 16, 2012	Mon/Wed	5:30pm - 6:30pm	61385
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Fee: \$74 | 8 hours

Red Cross Swim Strokes - Designed to further develop strokes chosen by the swimmer to increase swimming distances and proficiencies. This course is for those who have completed Red Cross Swim Basics or who can swim but would like to improve on technique, speed and endurance.

Prerequisite: The ability to swim 50 metres continuously on your front and/or back and a willingness to increase your comfort in deep water.

January 15 - March 11, 2012	Sun	11:30am - 12:30pm	61386
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January 16 - February 8, 2012	Mon/Wed	5:30pm - 6:30pm	61387
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February 13 - March 12, 2012	Mon/Wed	5:30pm - 6:30pm	61388
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March 18 - May 13, 2012	Sun	11:30am - 12:30pm	62061
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March 19 - April 16, 2012	Mon/Wed	5:30pm - 6:30pm	61390
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Fee: \$74 | 8 hours

CERTIFICATION COURSES

AFLCA EXERCISE THEORY

Take the first step to becoming a member of the Alberta Fitness and Leadership Certification Association! Gain practical knowledge of anatomy, exercise physiology, movement mechanics, and basic nutrition. This course is a prerequisite for certification in Group Exercise Fundamentals, Resistance Training, and Aquatic Exercise.

February 4, 5 and 11, 2012	Sat/Sun	9:00am – 5:30pm	34177
May 26, 27 and June 2, 2012	Sat/Sun	9:00am – 5:30pm	40851
Fee: \$189 24 hours			

AFLCA RESISTANCE TRAINING

You will be instructed in proper lifting techniques, workout planning, program design and how to use elements to craft enjoyable and beneficial fitness routines for your clients. This class will increase your confidence as a fitness leader and will allow you to safely guide others through weight training exercises.

Prerequisite: AFLCA Exercise Theory.

February 24, 25 and 26, 2012	Fri	5:30pm – 9:30pm	
	Sat/Sun	9:00am – 5:30pm	34563
Fee: \$184 20 hours			

AFLCA AQUATIC EXERCISE

Become a leader in the field of aquatic fitness. Learn the most up to date skills and techniques necessary to bring fitness to the pool while becoming certified in this field. You'll learn the proper equipment to use, how to effectively choose music for your class, the best pool set ups and the effects water has on movements.

Prerequisite: AFLCA Exercise Theory.

March 2, 3 and 4, 2012	Fri	5:30pm – 9:30pm	
	Sat/Sun	9:00am – 5:30pm	61103
Fee: \$184 20 hours			

AFLCA Group Exercise Fundamentals – Mind and Body

Course topics include leadership, trends, history, legal responsibility and accountability, class components, music, movement and cueing. This course is combined with the Mind and Body specialization practical designation course.

March 17, 18, 24 and 25, 2012	Sat/Sun	9:00am – 5:00pm	63465
Fee: \$269 28 hours			

CERTIFICATION COURSES

BRONZE MEDALLION/ BRONZE CROSS AWARD

This course builds on the fundamental skills, knowledge and values taught in the Lifesaving Society aquatic awards program. Practical skills, First-Aid and aquatic knowledge will be introduced as part of becoming a certified Lifeguard. Recognized as the standard of introductory lifeguard performance in Canada, the Bronze Medallion and Bronze Cross Award education is designed to develop a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude towards the role of a lifeguard.

Prerequisite: Bronze Star or 13 years of age and the ability to swim 500m.

March 26 - 30, 2012	Mon - Thu	8:00am - 5:00pm	64153
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Fee: \$234 | 32 hours

NATIONAL LIFEGUARD SERVICE AWARD

NLS Award builds on the fundamental skills, knowledge and values taught in the lifesaving awards of the Lifesaving Society to develop the practical skills and knowledge required by lifeguards. Recognized as the standard of lifeguard performance in Canada, National Lifeguard Service Award education is designed to develop a sound understanding of lifeguarding principles, good judgment and a mature and responsible attitude towards the role of a lifeguard.

Prerequisite: Minimum 16 years of age at the time of the course, current Standard First Aid and CPR level C, taken Bronze Cross in the past.

March 17 - 31, 2012	Sat/Sun	8:00am - 6:00pm	34561
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Fee: \$299 | 42 hours

NATIONAL LIFEGUARD SERVICE INSTRUCTOR AWARD

Candidates who are successful in completing this course will be certified to instruct and examine the Lifesaving Society's National Lifeguard Service Award

Prerequisite: Complete the Lifesaving Society's application form and submit your application to the Society. Minimum 18 years of age at the time of the course, current NLS award, Standard First Aid/CPR level C.

April 27, 28 and 29, 2012	Fri	6:00pm - 10:00pm	63482
	Sat/Sun	8:00am - 5:00pm	

Fee: \$289 | 20 hours

RED CROSS ASSISTANT WATER SAFETY INSTRUCTOR

This course is the prerequisite for the Water Safety Instructor course. It involves both classroom and pool sessions so please ensure you bring your swimsuit. Eight hours of practice teaching are required for successful completion of this course.

Prerequisite: The ability to perform Red Cross Swim Kids 10 (Aquaquest level 12) strokes and skills, and be 15 years of age.

February 4 - 12, 2012	Sat/Sun	9:00am - 5:00pm	34752
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Fee: \$219 | 30 hours

CERTIFICATION COURSES

RED CROSS WATER SAFETY INSTRUCTOR

Candidates successfully completing this course will be certified to teach the Red Cross Water Safety Program. Instruction takes place in both the classroom and pool, so be sure to bring your swimsuit. A minimum 12 hour instructional practicum is required following completion of this course.

Prerequisite: Minimum 15 years of age; Completion of Red Cross Assistant Water Safety Instructor course.

February 25 - March 3, 2012	Sat/Sun	9:00am - 4:00pm	37915
Fee: \$215 25 hours			

SCUBA DIVING - BASIC

Get certified to explore the deep blue sea! This program combines classroom learning with hands-on skill development in a safe, controlled aquatic environment. Participants are provided with all course materials and diving equipment. Open water dives are included and dates will be arranged in class.

Prerequisite: Must be a minimum of 12 years of age; ability to swim 200 meters and tread water for 10 minutes.

April 4, 2012(Orientation)	Wed	6:30pm - 7:30pm	
April 11 - 25, 2012	Mon/Wed	6:30pm - 10:30pm	34172
Fee: \$334 21 hours			



DANCE

BEGINNER BALLROOM 1

Preparing for an upcoming wedding or social event? Get in to the swing of things and learn some of the most popular and practical dance sequences. Tango, Waltz and the Foxtrot instruction will allow you to hit the dance floor with style.

January 18 - April 4, 2012	Wed	7:30pm - 9:00pm	34195
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April 11 - June 27, 2012	Wed	7:30pm - 9:00pm	34196
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Fee: \$139 | 18 hours

BEGINNER BALLROOM 1.5

Want to add more patterns, technique and other dances that will make you look more polished on the dance floor? This is a great course to deepen your understanding of Waltz and Foxtrot, and to learn new figures and techniques to strengthen your Ballroom dancing skills. We will add the Rumba - a slow, sensuous, romantic dance and the Tango - an earthy and dramatic dance to your repertoire.

January 18 - April 4, 2012	Wed	6:00pm - 7:25pm	64196
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April 11 - June 27, 2012	Wed	6:00pm - 7:25pm	64197
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Fee: \$139 | 18 hours

BEGINNER BELLY DANCE

Oriental dance (known as belly dance) is a dance that shows that a woman's body is beautiful regardless of age, size and shape. This class is for women of all ages and fitness levels and covers basic movements of oriental dance, focusing on proper posture and alignment to avoid injury. We will also be doing a short choreography that you can show your friends and family! Bring a water bottle; this class counts as a workout!

Prerequisite: For Women age 16 and over.

January 16 - April 2, 2012	Wed	12:00pm - 1:00pm	39034
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January 19 - April 5, 2012	Thu	6:00pm - 7:00pm	38451
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April 12 - June 28, 2012	Thu	6:00pm - 7:00pm	39035
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Fees: \$99 | 12 hours

DANCEFIT FITNESS

In each class you will learn the basic dance steps to many Latin and Swing dances. The exhilarating and easy to follow hip movements will get your heart pumping while toning and tightening your entire core. All classes will target your arms, abs, glutes and thighs.

January 19 - April 5, 2012	Thu	7:10pm - 8:10pm	63469
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April 12 - June 28, 2012	Thu	7:10pm - 8:10pm	63470
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Fees: \$99 | 12 hours

DANCE

HIP HOP

This exciting dance class will take you from the old school to the new, stopping off everywhere in between. Immerse yourself in the foundations of this highly stylistic form and discover its influences from around the world. The focus for the class is style, energy, and FUN!

January 16 - March 26, 2012	Mon	7:15pm - 8:15pm	61106
January 19 - March 22, 2012	Thu	7:15pm - 8:15pm	38650
April 12 - June 14, 2012	Thu	7:15pm - 8:15pm	39720
April 16 - June 25, 2012	Mon	7:15pm - 8:15pm	61107

Fee: \$108 | 10 hours

TAP

Join a class where music is made with your feet. This class is a great low impact physical workout challenging stamina and endurance. It improves fitness, develops good coordination, agility, sense of timing and rhythm, toning, as well as mental dexterity, memory and is also great mood-booster. Join Linda with over 20 year experience for this fun class. Tap shoes are required.

January 17 - April 3, 2012	Tue	6:00pm - 7:00pm	62450
April 10 - June 26, 2012	Tue	6:00pm - 7:00pm	63468

Fees: \$99 | 12 hours

WEST COAST SWING

West Coast Swing is one of the smoothest, funkiest and most modern forms of partner dancing. People of all ages can use it almost anywhere, anytime. It's huge appeal is significantly due to the wide range of music it can be danced to, including Top 40, R'n'B, Jazz, Funk, Blues, Country, etc. Take this opportunity to learn it right from West Coast Swing Professional, Andrew Opyrchal.

January 17 - April 3, 2012	Tue	6:45pm - 7:45pm	61347
April 10 - June 26, 2012	Tue	6:45pm - 7:45pm	61348

Fees: \$99 | 12 hours

Zumba® - Zumba® is enriched with hypnotic Latin rhythms and zesty, easy to follow dance moves providing a complete cardio workout. This increasingly popular dance craze focuses on specific beats and tempo changes, transitioning the workout from one-toning, strengthening to cardio, and targets every major muscle group in the body. The dynamic combination of slow and fast movements will sculpt your body while burning fat and leave you feeling energized and captivated.

January 16 - April 16, 2012	Mon	5:00pm - 6:00pm	62433
January 18 - April 4, 2012	Wed	12:00pm - 1:00pm	62482
January 18 - April 4, 2012	Wed	5:00pm - 6:00pm	62434

Fees: \$89 | 12 hours

MIND, BODY AND WELLNESS

COUPLES MASSAGE

Learn and receive basic massage techniques to ease sore stiff muscles, and relax your mind. You will learn to use your hands without getting tired. Learn to help your fellow student or relieve your partner's headaches. This class is tailored to the abilities of each couple.

Prerequisite: Couples only, please register both people.

February 9, 2012	Thu	7:00pm - 9:00pm	37942
April 12, 2012	Thu	7:00pm - 9:00pm	37943
May 24, 2012	Thu	7:00pm - 9:00pm	44871

Fee: \$69 per couple | 2 hours

COUPLES MASSAGE 2.0

Had fun with the first class? Now you can learn intermediate massage techniques on legs, arms, feet, hands for even greater relaxation. Please wear shorts and t-shirt for this class.

Prerequisite: Couples Massage (HSCI-105).

March 8, 2012	Thu	7:00pm - 9:00pm	45188
May 3, 2012	Thu	7:00pm - 9:00pm	45991

Fee: \$69 per couple | 2 hours

FENG SHUI

Start by joining this 6-hour interactive class to map out your home or office environment. Come and discover ancient, proven techniques to enhance any area of your life using Feng Shui.

March 24, 2012	Sat	10:30am - 5:00pm	63472
June 9, 2012	Sat	10:30am - 5:00pm	45904

Fee: \$98 | 6 hours

INTRODUCTION TO PRIMORDIAL MEDITATION

Our Meditation course works to quiet our busy mind through a self-administered process which enables us to view everything in a "clearer" light. In this course, you learn to handle potentially stressful situations calmly and effectively. The focus is towards a 5000 year old method of primordial sound meditations as used by the Chopra Centre in Carlsbad, California. Certified PM sound instructor.

February 7 - 9, 2012	Tue/Thu	6:30pm - 9:30pm	64150
May 8 - 10, 2012	Tue/Thu	6:30pm - 9:30pm	46159

Fee: \$98 | 6 Hours

MIND, BODY AND WELLNESS

TAI CHI INTERMEDIATE

You will learn joint exercise, standing exercise, silk reeling exercise, Yang style 24-form and Chen Style 18 form in this course. It paces equal emphasis on external body movements and internal energy control; mental awareness is combined with body movements. The conscious mind focuses on the movements, directing the body to move through the forms. It is recommended that participants have prior Tai Chi experience.

January 22 - April 15, 2012	Sun	10:15am - 11:15am	63475
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Fee: \$89 | 12 hours

HEATED YOGA

Practiced in a heated room, this invigorating class allows students to explore their balance, strength and flexibility. Rather than a set series, various postures, methods and techniques are taught through the teacher's discretion. All levels welcome. This is a flowing form of yoga that heals, detoxifies and electrifies the body and mind at their deepest levels.

January 16 - April 16, 2012	Mon	5:00pm - 6:00pm	62778
January 18 - April 4, 2012	Wed	5:00pm - 6:00pm	63479
April 2 - June 6, 2012	Mon/Wed	5:00pm - 6:00pm	63480

Fee: \$114 | 12 Hours

RAJA YOGA

Raja Yoga can be practiced by anyone and it leads to improved physical health and mental clarity while heightening your senses of perception. Referred to as the Royal Path of Yoga the essence of Raja Yoga is the integration of mind, body and spirit. Practices include yoga poses, self-awareness and meditation. Raja yoga leads to a greater enjoyment of life and equips students to deal with the conflicts and frustrations common to modern living.

January 17 - February 23, 2012	Tue/Thu	12:00pm - 1:00pm	34552
January 18 - April 4, 2012	Wed	12:00pm - 1:00pm	61110
February 28 - April 5, 2012	Tue/Thu	12:00pm - 1:00pm	34553
April 4 - June 27, 2012	Wed	12:00pm - 1:00pm	61111
April 10 - May 17, 2012	Tue/Thu	12:00pm - 1:00pm	34554

Fee \$104 | 6 Weeks | 12 Hours

SATURDAY YOGA

Had a stressful week? Then this is the class for you. Using a sequence of gentle restorative poses, meditation and guided relaxation, you are able to calm the mind and de-stress.

January 21 - April 14, 2012	Sat	9:00am - 10:00am	61112
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Fee: \$104 | 12 Hours

MIND, BODY AND WELLNESS

VINYASA FLOW YOGA

This yoga is linked in a flowing and unique innovative series with optional vinyasas. Focus is placed on breathing, energy locks and safe practice techniques. Modifications are given for more challenging postures. Each class is balanced to give you a full body workout.

January 19 - April 5, 2012	Thu	6:00pm - 7:00pm	62576
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April 12 - June 28, 2012	Thu	6:00pm - 7:00pm	63481
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Fee: \$104 | 12 Hours

YIN YOGA

A great stress release. Yin Yoga concentrates on freeing your body for improved movement and relaxation. Increase body awareness, flexibility and strength through a series of poses and postures.

January 17 - April 3, 2012	Tue	5:00pm - 6:30pm	34173
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April 10 - June 26, 2012	Tue	5:00pm - 6:30pm	34174
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Fee: \$144 | 18 Hours

January 19 - April 5, 2012	Thu	4:45pm - 5:45pm	38308
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April 12 - June 28, 2012	Thu	4:45pm - 5:45pm	39004
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Fee: \$104 | 12 Hours

YOGA FOR BACKS

We have your back covered. Learn how to relieve back and neck tension, strengthen and support the whole spine. This class is designed to pay particular attention to the whole back including the neck and shoulders. Extra care will be given to stretching and strengthening all the muscles that support the back including core breathing exercises and relaxation techniques that will be used to assist the body's ability to release and heal. Whether you are currently experiencing back discomfort or are looking to prevent future back problems this class is for you.

January 16 - April 16, 2012	Mon	12:00pm - 1:00pm	39066
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Fee: \$104 | 12 Hours

April 23 - June 25, 2012	Mon	12:00pm - 1:00pm	39813
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Fee: \$79 | 9 Hours

MIND, BODY AND WELLNESS

PILATES

With an emphasis on core conditioning, breathing and body awareness, this unique form of exercise will help to stretch and strengthen muscles with little to no impact on joints. Focus is on the development of the muscles of the torso, pelvis and back.

January 17 - April 3, 2012	Tue	5:00pm - 6:00pm	63476
January 19 - April 5, 2012	Thu	5:00pm - 6:00pm	34551
April 10 - May 17, 2012	Tue/Thu	5:00pm - 6:00pm	63477
May 22 - June 28, 2012	Tue/Thu	5:00pm - 6:00pm	45905

Fee: \$129 | 12 hours



FITNESS PROGRAMS

AQUA ZUMBA

This Specialty course is the “pool party” workout for all ages. You’ll participate in safe, effective and challenging water-based workouts that integrate the Zumba formula and philosophy into traditional aqua fitness disciplines.

January 17 - April 3, 2012	Tue	5:00 pm - 6:00 pm	62779
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April 10 - June 26, 2012	Tue	5:00 pm - 6:00 pm	63466
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Fees: \$84 | 12 hours

BOOTCAMP

Shake up your fitness with this fun, challenging class that takes you through several weeks of intense cardio, varied circuit training, demanding body resistance, and sculpting core exercises. You’ll even learn some basic weight lifting techniques that can be applied in the weight room. Students of any fitness level can come out and enjoy an exciting new twist to their fitness routine. Classes will take place indoors and outdoors (weather permitting).

January 16 - February 27, 2012	Mon/Wed	4:35pm - 5:35pm	61349
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January 20 - April 13, 2012	Fri	12:00pm - 1:00pm	62484
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January 21 - April 21, 2012	Sat	10:00am - 11:00am	61104
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March 5 - April 16, 2012	Mon/Wed	4:35pm - 5:35pm	61350
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April 23 - June 4, 2012	Mon/Wed	4:35pm - 5:35pm	61351
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April 28 - June 23, 2012	Sat	10:00am - 11:00am	61105
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Fee: \$194 | 12 hours

GOLF CONDITIONING CAMP

Try out our program that has been designed to cover golf stroke improvement and a golf specific strength program.

March 19 - April 16, 2012	Mon/Wed	5:30pm - 7:00pm	62034
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Fee: \$199 | 12hours

INTRODUCTION TO BADMINTON FOR ADULTS

This 10-week program is designed to teach the beginner level badminton player the fundamentals of the sport of badminton. Participants will learn the skills of serving, rallying, strategies and court positioning.

January 15 - March 25, 2012	Sun	9:45am - 10:45pm	64199
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Fees: \$89 | 10 hours

FITNESS PROGRAMS

PEDAL

Get ready for an intense and enjoyable ride. A 60-minute ride on our Keiser M3 spins bikes involving sprints, simulated hills, and intervals to provide a superior cardiovascular workout.

January 17 - February 23, 2012	Tue/Thu	6:30am - 7:30am	34754
January 17 - April 3, 2012	Tue	12:00pm - 1:00pm	62575
February 28 - April 5, 2012	Tue/Thu	6:30am - 7:30am	34755
April 10 - May 17, 2012	Tue/Thu	6:30am - 7:30am	34756
April 10 - June 26, 2012	Tue	12:00pm - 1:00pm	63478

Fee: \$84 | 12 hours

PEDAL AND PUMP

A cycle workout for the cardiovascular system paired with upper body conditioning. Resistance training is done using a variety of body resistance, free weights and tubing.

January 16 - February 27, 2012	Mon/Wed	5:40pm - 6:40pm	34758
March 5 - April 16, 2012	Mon/Wed	5:40pm - 6:40pm	34759
April 23 - June 4, 2012	Mon/Wed	5:40pm - 6:40pm	39040

Fee: \$84 | 12 hours

TRI-KIDS TRAINING: 8 - 12 YEARS

This 8-week program consisting of swimming, cycling, and running at SAIT is designed for kids interested in racing triathlon. This program will provide the participants the skills, core strength and endurance to prepare them for a triathlon race for their age group, through games and drills. This program will be facilitated by an NCCP Community Sport Triathlon Coach. Pre-requisites Swim Kids 5 or the ability to swim 50m continuously.

April 16 - June 11, 2012	Sun	10:30am - 12:00pm	63467
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Fees: \$84 | 12 hours

TRX CUT

A full body, core blasting and physique transforming workout that will have your heart pounding, and leave you feeling stronger and more defined.

January 19 - April 5, 2012	Thu	6:10pm - 7:10pm	64152
January 21 - April 21, 2012	Sat	11:10am - 12:10pm	63471

Fee: \$179 | 12 hours

April 28 - June 30, 2012	Sat	11:10am - 12:10pm	64151
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Fee: \$134 | 9 hours

MARTIAL ARTS

AIKIDO

Learn the way of harmony in everyday living through the Japanese Martial Art of Aikido. Stretch your mind power to acquire a calm spirit and enhanced mental focus, to be at one with the universe. It places emphasis on motion and the dynamics of movement. Use of the wooden staff (jo), the wooden sword (bokken), and the wooden knife (tanto) are included along with various hand techniques for blending with the opponent's attack method.

January 16 - April 20, 2012	Mon/Fri	6:45pm - 8:45pm	34345
Fee: \$239 50 hours			
April 23 - June 15, 2012	Mon/ Fri	6:45pm - 8:45pm	34803
June 18 - August 13, 2012	Mon/Fri	6:00pm - 8:00pm	45896
Fee: \$144 30 hours			

BUJINKAN BUDO TAIJUTSU

Bujinkan Budo Taijutsu is the combined product of nine Japanese martial traditions. It involves the strategic application of both empty handed and armed techniques. Strikes, locks, throws and escapes are all practiced with an emphasis on practical self-defence. Training is demanding but done in a friendly and relaxed atmosphere. New students ages 16 and up are always welcome!

January 19 - April 7, 2012	Thu	7:00 pm - 9:00pm	
	Sat	1:00 pm - 3:00pm	39079
April 12 - June 30, 2012	Thu	7:00pm - 9:00pm	
	Sat	1:00pm - 3:00pm	39080
Fee: \$249 48 Hours			



MARTIAL ARTS

CAPOEIRA

Capoeira is a Brazilian mixed martial art developed 400 years ago by the slaves and indigenous people of Brazil who were forced to disguise their art form by incorporating elements of dance and acrobatics. Our classes are for people of all ages and abilities and involve cardiovascular and muscular components; as well as, various forms of Brazilian song and dance.

TYKES

January 9 - April 2, 2012	Mon	5:30pm - 6:30pm	61108
Fee: \$84 12 Hours			
April 16 - June 25, 2012	Mon	5:30pm - 6:30pm	61109
Fee: \$70 10 Hours			

KIDS

January 11 - March 28, 2012	Wed	5:30pm - 6:30pm	60515
April 4 - June 20, 2012	Wed	5:30pm - 6:30pm	60516
Fee: \$84 12 Hours			

YOUTH

January 9 - April 11, 2012	Mon/Wed/Fri	6:30pm - 8:00pm	37938
Fee: \$249 57 Hours			
April 16 - June 29, 2012	Mon/Wed/Fri	6:30pm - 8:30pm	37940
Fee: \$209 48 Hours			

ADULT BEGINNER

January 9 - April 11, 2012	Mon/Wed/Fri	6:30pm - 8:00pm	37936
Fee: \$259 57 Hours			
April 16 - June 29, 2012	Mon/Wed/Fri	6:30pm - 8:00pm	37939
Fee: \$219 48 Hours			

ADULT INTERMEDIATE/ADVANCED

January 9 - April 11, 2012	Mon/Wed/Fri	7:30pm - 9:00pm	60622
Fee: \$259 57 Hours			
April 16 - June 29, 2012	Mon/Wed/Fri	7:30pm - 9:00pm	62035
Fee: \$219 48 Hours			

MARTIAL ARTS

KARATE

Our programs incorporate the discipline of Wado Karate and are designed for different age groups and levels. While studying techniques, Kata (forms) and Kumite (sparring), participants learn self-defence and build their physical conditioning. The workouts are fun and designed to teach self-control, commitment to a task, self-respect and respect for others.

LITTLE DRAGONS

January 3 - April 10, 2012	Tue	6:00pm - 7:00pm	38983
January 5 - April 12, 2102	Thu	6:00pm - 7:00pm	63474
Fee: \$99 15 hours			

CHILDREN

January 5 - April 12, 2012	Thu	6:00pm - 7:00pm	34169
Fee: \$99 15 hours			
April 19 - June 21, 2012	Thu	6:00pm - 7:00pm	61118
Fee: \$66 10 hours			

YOUTH

January 3 - April 12, 2012	Tue/Thu	6:00pm - 7:00pm	34557
Fee: \$199 30 hours			
April 17 - June 21, 2012	Tue/Thu	6:00pm - 7:00pm	61119
Fee: \$134 20 hours			

ADULT BEGINNER

January 3 - April 10, 2012	Tue	6:00pm - 7:30pm	38013
Fee: \$86 22 hours			

ADULT INTERMEDIATE

January 5 - April12, 2012	Thu	7:00pm - 9:00pm	62366
Fee: \$114 30 hours			

MARTIAL ARTS

ADULT ADVANCED

January 3 - April 12, 2012	Tue/Thu	7:00pm - 9:00pm	34134
Fee: \$229 60 hours			
April 17 - June 21, 2012	Tue/Thu	7:00pm - 9:00pm	61120
Fee: \$154 40 hours			

KICKBOXING

In this beginner class, you will learn proper execution of all your kicks and punches, how to flow through the many combinations of moves involved in kickboxing.

January 17 - April 3, 2012	Tue	7:30pm - 8:30pm	38698
April 10 - June 26, 2012	Tue	7:30pm - 8:30pm	38699
Fee: \$119 12 Hours			

KICKBOXING 2.0

Reach your fitness goals through the art of intermediate kickboxing. Learn self-defence while toning, conditioning, and gaining motor skill enhancement. These sessions will be more challenging while perfecting the execution of all your kicks and punches.

January 17 - April 3, 2012	Tue	8:30pm - 9:30pm	39812
April 10 - June 26, 2012	Tue	8:30pm - 9:30pm	61352
Fee: \$119 12 Hours			

WOMEN'S SELF DEFENCE

This course is for women only and will empower women to avoid and manage confrontational situations. This interactive course will teach women safety awareness, risk reduction, power in self defence and support systems. Sample topics include: self defence techniques, awareness and assertiveness skills, anti-abduction techniques, basic striking drills, escapes, holds and ground work. Instruction is provided by an experienced female black belt teacher.

February 7, 2012	Tue	7:00pm - 9:00pm	34559
May 22, 2012	Tue	7:00pm - 9:00pm	45188
Fee: \$24 2 hours			

WOMEN'S SELF DEFENCE 2.0

Continue to progress your self defence skills. This course will build upon your self defence skills and increase your safety awareness. Instruction is provided by an experienced female black belt teacher.

February 21 - March 6, 2012	Tue	7:00pm - 9:00pm	64169
June 5 - June 19, 2012	Tue	7:00pm - 9:00pm	46173
Fee: \$54 6 hour			

CHILDRENS PROGRAMS

SPRING BREAK CAMP

Keep your children active and entertained with a full week of adventures at the SAIT Campus! This camp experience includes cooperative games, swimming, bowling, crafts, and more! Morning drop-off is from 8:00–8:30am and pick-up is between 4:00–4:30pm. For more information, contact 403.284.8734.

6 - 9 YEARS OF AGE

March 26 - March 30, 2012	Mon - Fri	8:00am - 4:30pm	34466
Fee: \$209 40 hours			

10 - 12 YEARS OF AGE

March 26 - March 30, 2012	Mon - Fri	8:00am - 4:30pm	34748
Fee: \$209 40 hours			

TEACHER'S CONVENTION CAMP

Our enthusiastic camp staff will lead campers through 2 adventure filled days at the SAIT Campus Centre. Daily swimming, bowling, gym time, and more. Child drop-off is from 8:00–8:30am and pick-up is from 4:00–4:30pm. For more information, please contact 403.284.8734.

6 - 9 YEARS OF AGE

February 16 - February 17, 2012	Thu/Fri	8:00am - 4:30pm	34465
Fee: \$84 16 hours			

10 - 12 YEARS OF AGE

February 16 - February 17, 2012	Thu/Fri	8:00am - 4:30pm	37907
Fee: \$84 16 hours			

INTRODUCTION TO BADMINTON FOR KIDS: 8 - 14 YEARS OF AGE

This 10-week program is designed to teach children the fundamentals of the sport of badminton. Participants will learn the skills of serving, rallying, strategies and court positioning.

January 15 - March 25, 2012	Sun	11:00am - 12:00pm	64198
Fees: \$79 10 hours			

CHILDRENS PROGRAMS

TRI-KIDS TRAINING: 8 - 12 YEARS OF AGE

This 8-week program consisting of swimming, cycling, and running at SAIT is designed for kids interested in racing triathlon. This program will provide the participants the skills, core strength and endurance to prepare them for a triathlon race for their age group, through games and drills. This program will be facilitated by an NCCP Community Sport Triathlon Coach. Pre-requisites Swim Kids 5 or the ability to swim 50m continuously.

April 16 - June 11, 2012

Sun 10:30am - 12:00pm

63467

Fees: \$84 | 12 hours

BIRTHDAY PARTY PACKAGES

A great and easy way to celebrate your child's birthday!

3 hr party package – \$200.00 plus GST

- One hour of swimming
- One hour of bowling
- One hour in the party room

2 hr party package – \$160.00 plus GST

- One hour of swimming or bowling
- One hour in the party room

Both packages include a hot dog, bag of chips, juice box and a 1/4 slab cake from Safeway. Parties are available on Saturday and Sunday afternoons between 12:00pm – 5:00pm September to June. Please book early as our parties fill quickly.

*Party package prices are based on 12 people.

For more information or to book, phone 403.284.7150, check out our website, or email birthday.party@sait.ca



DROP-IN SPORTS

BADMINTON

Drop-in or join our Badminton Club, which is challenging and well-organized. This is a very fun way to spend your Sunday mornings!

January 18 - April 15, 2012

Sun

9:30am - 12:00pm

Fee: 12 pass \$70.00/ Drop in \$9.00

INTERNATIONAL SOCCER

Our drop-in soccer offers a challenging and prepared experience. Test out your skills against other fellow international players.

January 18 - April 14, 2012

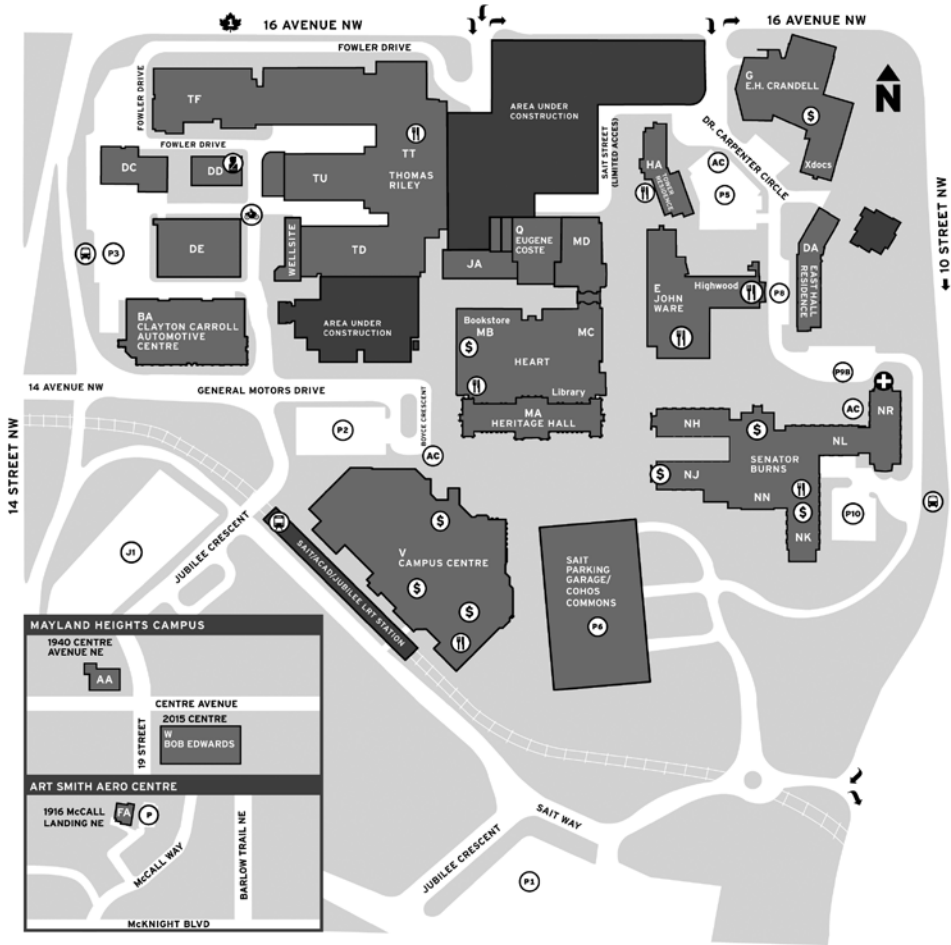
Sat

1:00pm - 3:00pm

No fee - must be a current SAIT student.



CAMPUS MAP



SAIT CAMPUS LEGEND

- AA** NR Buck Crump
- BA** Clayton Carroll Automotive Centre
- DA** East Hall Residence
- DC** Classroom/Labs
- DD** Classroom/Labs
- DE** Classroom/Labs
- E** John Ware
- FA** Art Smith Aero Centre
- G** E.H. Crandell
- JA** South Wing

- HA** Tower Residence
- M** Heart (MB, MC)
- MA** Heritage Hall
- MD** ICT Centre
- N** Senator Burns (NH, NJ, NK, NL, NN, NR)
- Q** Eugene Coste
- T** Thomas Riley (TD, TF, TT, TU)
- V** Campus Centre
- W** Bob Edwards

- SAIT Campus Building
- Under Construction
- Parking
- Motorcycle Parking
- Bus Stop
- LRT Station
- Health Services
- Food Service
- ATM
- Campus Security
- Access Calgary Loading Zone

Please refer to sait.ca for most current map.



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