



Winter schedule
January - March 2012
 2000 Premier Way, Sherwood Park 780-416-3300
 www.strathcona.ca/mp

Holiday
Skating Schedule

Pick-up a holiday flyer from any recreation facility or check online!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Customer service	5 a.m. - 10:30 p.m.	5 a.m. - 10:30 p.m.	5 a.m. - 10:30 p.m.	5 a.m. - 10:30 p.m.	5 a.m. - 10:30 p.m.	5 a.m. - 10:30 p.m.	5 a.m. - 10:30 p.m.
Suncor Energy Wellness Centre	5 a.m. - 11 p.m.	5 a.m. - 11 p.m.	5 a.m. - 11 p.m.	5 a.m. - 11 p.m.	5 a.m. - 11 p.m.	5 a.m. - 11 p.m.	5 a.m. - 11 p.m.
Edutainment Centre	9 a.m. - 9 p.m.	9 a.m. - 9 p.m.	9 a.m. - 9 p.m.	9 a.m. - 9 p.m.	9 a.m. - 9 p.m.	9 a.m. - 9 p.m.	9 a.m. - 9 p.m.
* Fun Factory		8:45 a.m. - 1 p.m. 5 p.m. - 8:15 p.m.	8:45 a.m. - 1 p.m.	8:45 a.m. - 1 p.m. 5 p.m. - 8:15 p.m.	8:45 a.m. - 1 p.m.	8:45 a.m. - 1 p.m.	8:15 a.m. - 12 p.m.
Leisure ice	9 a.m. - 9 p.m.	9 a.m. - 9 p.m.	9 a.m. - 9 p.m.	9 a.m. - 9 p.m.	9 a.m. - 9 p.m.	9 a.m. - 9 p.m.	9 a.m. - 9 p.m.
Recreational skating	1 p.m. - 5 p.m.	6 p.m. - 8 p.m.	6 p.m. - 8 p.m.		6 p.m. - 8 p.m.	7 p.m. - 9 p.m.	1 p.m. - 5 p.m.
Shinny hockey		6:15 a.m. - 8 a.m. 12 noon - 1 p.m.	6:15 a.m. - 8 a.m. 12 noon - 1 p.m.	6:15 a.m. - 8 a.m. 12 noon - 1 p.m.	6:15 a.m. - 8 a.m. 12 noon - 1 p.m.	6:15 a.m. - 8 a.m. 12 noon - 1 p.m.	9 p.m. - 10 p.m. Ladies
Youth shinny hockey							8 p.m. - 9 p.m.
Lap pool	5:15 a.m. - 11 p.m.	5:15 a.m. - 11 p.m.	5:15 a.m. - 11 p.m.	5:15 a.m. - 11 p.m.	5:15 a.m. - 11 p.m.	5:15 a.m. - 11 p.m.	5:15 a.m. - 11 p.m.
Fun swim in lap pool	1 p.m. - 6 p.m.					7:30 p.m. - 9 p.m.	1 p.m. - 6 p.m. Aquatic inflatable
Leisure/Wave pool	9 a.m. - 9 p.m.	9 a.m. - 9 p.m.	9 a.m. - 9 p.m.	9 a.m. - 9 p.m.	9 a.m. - 9 p.m.	9 a.m. - 9 p.m.	9 a.m. - 9 p.m.
Non-Wave times	No Waves 9 - 10 a.m. Mon - Fri, Mon/Wed 4 - 5:30 p.m. & Tue/Thu 3:45 - 5:30 p.m.						
** Therapeutic fitness (Leisure Pool)	5:15 a.m. - 9 a.m.	5:15 a.m. - 9 a.m.	5:15 a.m. - 9 a.m.	5:15 a.m. - 9 a.m.	5:15 a.m. - 9 a.m.	5:15 a.m. - 9 a.m.	5:15 a.m. - 9 a.m.
Sauna/steam room/whirlpool	5:15 a.m. - 11 p.m.	5:15 a.m. - 11 p.m.	5:15 a.m. - 11 p.m.	5:15 a.m. - 11 p.m.	5:15 a.m. - 11 p.m.	5:15 a.m. - 11 p.m.	5:15 a.m. - 11 p.m.

- * Fun Factory is closed on stat holidays
- ** Therapeutic fitness is for walking, swimming or rehabilitation exercises in the leisure pool.

Single visit fees

Tots under 2	FREE
Child (2 - 12)	\$4.25
Youth (13 - 17)	\$6.50
Adult (18 - 64)	\$8.00
Senior (65+)	\$6.50
Family	\$19.50

Holiday hours

Regular hours

Family Day - Feb 20	5 a.m. - 11 p.m.
Good Friday - Apr 6	5 a.m. - 11 p.m.
Easter Monday - Apr 9	5 a.m. - 11 p.m.

Holiday Hours

Christmas Eve - Dec 24	5 a.m. - 5 p.m.
Christmas Day - Dec 25	Closed
Boxing Day - Dec 26	10 a.m. - 5 p.m.
New Year's Eve - Dec 31	5 a.m. - 5 p.m.
New Year's Day - Jan 1	10 a.m. - 5 p.m.

Drop-in Aqua-fitness Classes

 **KINSMEN**
Leisure Centre 780-464-2112

Jan 23 to Mar 23

Omit: Feb 20

Monday	Tuesday	Wednesday	Thursday	Friday
Deep water Shallow water 7:30 - 8:30 am		Deep water Shallow water 7:30 - 8:30 am		Deep water Shallow water 7:30 - 8:30 am
Young at heart 50+ 12 - 12:45 pm		Young at heart 50+ 12 - 12:45 pm		Young at heart 50+ 12 - 12:45 pm Social 1 - 2 pm
Shallow water 7:30 - 8:30 pm		Shallow water 7:30 - 8:30 pm		
	Deep water Shallow water 8:35 - 9:20 pm		Deep water Shallow water 8:35 - 9:20 pm	


 **Millennium**
Place 780-416-3300

Jan 9 to Mar 30

Omit: Feb 20

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Deep water 8:05 - 9:05 am	Young at heart 50+ 8:10 - 8:55 am shallow pool	Deep water 8:05 - 9:05 am		Deep water 8:05 - 9:05 am	
Adult fitness swim 9:15 - 10:15 am	Deep water 9 - 10 am	Adult fitness swim 9:15 - 10:15 am	Deep water 9 - 10 am	Adult fitness swim 9:15 - 10:15 am	Deep water 9 - 10 am
		Deep water 7:30 - 8:30 pm			

Drop-in Fitness Classes

 **Millennium**
Place 780-416-3300

Jan 9 to Apr 1

Omit: Feb 20

Group Fitness Studio

Max 35 people

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*Pure step 9:15 - 10:15 am	*Muscle 9 - 10 am	*MetaBALLic Mix 9:15 - 10:15 am	*Step n' Stretch 9:15 - 10:15 am	*Muscle 8:55 - 9:50 am		*20/20/20 9:30 - 10:30 am
Active & agile 50+ 10:30 - 11:30 am		Pump & walk 50+ 10:30 - 11:30 am		*20/20/20 10 - 11 am	*Step n' strength 10:30 - 11:30 am	
		*Bootcamp 5:45 - 6:45 pm		Pump & walk 50+ 10:30 - 11:30 am		
*Back to Basics 5 - 5:45 pm	*Step n' strength 6:45 - 7:45 pm	*Muscle 7 - 8 pm	*Cardio Blast 6:15 - 7:15 pm	*20/20/20 5:45 - 6:45 pm		

 **Millennium**
Place

Jan 9 to Mar 30

Field House Max 100 people Omit: Feb 20

Monday	Tuesday	Wednesday
20/20/20 9 - 10 am	Bootcamp 9 - 10 am	Muscle 9 - 10 am
Bootcamp 6:50 - 7:35 pm		
Thursday	Friday	Saturday
20/20/20 9 - 10 am	Bootcamp 9 - 10 am	Bootcamp 7:15 - 8:15 am
		Bootcamp 8:30 - 9:30 am

 **Glen Allan**
Recreation Complex 780-467-4404

Jan 9 to Mar 29

Omit: Feb 20

Strathcona Room

Max 30 people

Monday	Tuesday	Wednesday	Thursday	Friday
Pick your pace 50+ 9:15 - 10:15 am		Pick your pace 50+ 9:15 - 10:15 am		Pick your pace 50+ 9:15 - 10:15 am
Keep Fit(50+) 10:30 - 11:30 am		*Muscle 5:45 - 6:45 pm	Keep Fit(50+) 10:30-11:30 am	
*Cardio Blast 7:15 - 8:15 pm	*20/20/20 6 - 7 pm		*Back to Basics 5:35 - 6:35 pm	

 **the**
Millennium
Card

All drop-in fitness classes included in the Millennium Card.

*Please pick up a ticket for this class at the front desk to reserve your spot. Tickets available 30 minutes prior to class start time.

Visit www.strathcona.ca/recreation for full class descriptions.

Single Visit Fees

Kinsmen Leisure Centre	Millennium Place	Glen Allan Recreation Complex
\$5.25 (18Y +)	\$8.00 (18Y- 64Y) \$6.50 (65Y+)	\$5.25 (18Y- 64Y) \$4.25 (65Y+)