



REGISTRATION STARTS

March 10

NEW! Register with **Recreation Online.**
See page 1 for details.

CHILD/YOUTH/TEEN

Did you know....

Strathcona County youth programs support the **Canadian Sport for Life Long-Term Athlete Development model.**

The activities taught in our programs align with the developmental abilities of our participants based on their age. This promotes the physical and social wellbeing of each participant.

Active Start 0 - 6 years

- Unstructured, active play that incorporates a variety of body movements and focuses on fun rather than formal competition
- ABC'S of movement development: Agility, Balance, Co-ordination and Speed
- Begin developing Fundamental Movement Skills

FUNDamentals 6 - 9 years

- Variety of activities that develop Fundamental Movement/Sport Skills through play
- Activities and programs remain focused on fun and formal competition is minimally introduced
- Continue practicing the ABC'S of movement development: Agility, Balance, Co-ordination and Speed

Learning to Train 9 - 12 years

- Begin introducing formalized training methods (ie: drills)
- Emphasis still on general sport skills suitable to a number of activities
- Greater amount of time spent on training/practicing skills rather than competing
- Emphasis on applying basic skills to game-like situations

Training to Train 12 - 15 years

- Fitness component is increased during this stage
- Greater emphasis on sport-specific skills
- Majority of time is still spent improving and practicing skills as opposed to competition

Training to Compete 15 years+

- Skills practiced are entirely sport-specific
- Competition is the primary focus
- Recovery and injury prevention are discussed

Family Programs

How to Register for Family Programs:

1. Register your child who is 6Y+ (8Y+ for floating bootcamp).
2. Your child's registration includes one adult to accompany them.

Family Badminton

Learn basic badminton skills including proper grip, body positioning, various shots and serving as a family. Fun games and drills to involve all abilities. Racquets and birdies provided.

Omit: May 13

Age: 6Y+		Max 8
St Theresa School	Gym	
133320	Apr 7 to Jun 9 7:30 - 8:30 pm	Tue \$140.00
F.R. Haythorne School	Large Gym	
133321	Apr 8 to Jun 17 7:15 - 8:15 pm	Wed \$140.00

Family Dodgeball

Looking for a fun, family workout? Look no further! Each week you will enjoy an active workout in an upbeat and social environment. Play some old time favourites and be introduced to some new exciting dodgeball variations.

Omit: Apr 13, 20, May 18 & Jun 8

Age: 6Y+		Max 15
F.R. Haythorne School	Large Gym	
133346	Apr 6 to Jun 22 7:15 - 8:15 pm	Mon \$126.00

Floating Family Bootcamp

The ultimate family workout on the water! This class features fun games and exercises on floating aqua mats.

Omit: May 16

Age: 8Y+		Max 12
Emerald Hills Leisure Centre	Teach Pool	
133246	Apr 18 to May 30 3:30 - 4:15 pm	Sat \$96.00

Family Yoga

Relax as a family through stretches, mindfulness, and breathing exercises. No yoga experience needed!

Age: 6Y+		Max 15
Millennium Place	Activity Room 2/3	
133305	Apr 15 to Jun 17 6:15 - 7:15 pm	Wed \$145.00



Are you 10 to 13 years old?

Fit for the Future introduces youth to the wellness centre, teaches wellness centre etiquette and proper use of fitness equipment. Drop-in sessions are available.

strathcona.ca/fitfuture



PASTA PANTRY Proud sponsor of Fit for the Future

Fitness

Junior Triathletes Training to Train ➤

Focus on building strength and endurance in this fun training environment. Through this combination of sport specific skills participants will learn correct technique for swimming, biking (on a stationary bike) and running.

Prerequisite: Must be able to swim 25 meters.

Omit: May 17

Age: 12Y - 15Y		Max 15
Millennium Place	Lane 1 - 4	The McKay Team Aquatics Centre
133327	Apr 19 to Jun 28 11am - 12:15 pm	Sun \$118.00

Train with Junior Triathletes to prepare for upcoming community triathlons:

Coronation Triathlon May 31, 2020

Youth 12Y - 13Y 300m swim, 6.5km bike, 2km run

Youth/Junior 14Y - 15Y 500m swim, 6.5km bike, 2km run

multisportscanada.com/events/coronation-triathlon

Teen Cardio Kickboxing Training to Train ➤

Build strength, stamina and flexibility in this kickboxing class designed for all abilities. Feel energized and empowered while focusing on skills such as kicking, punching, knee strikes and blocking in a fun group environment.

Age: 12Y - 15Y		Max 15
Millennium Place	Purple Room	
133342	Apr 14 to Jun 2 5:30 - 6:15 pm	Tue \$80.00

Wellness - Child/Youth/Teen

Skating

Skating Programs

All participants on skates require a CSA-approved helmet. Parents are required to wear skates or shoe grippers on the ice and a CSA-approved helmet is recommended.

Slide & Glide - Parented Active Start ➤

Never been on the ice before? What better way to take your first steps in skates than with someone who loves you by your side. Get comfortable in your skates and gain confidence on the ice while learning fundamental skating skills including starting, stopping, bending and falling down/getting up.

Omit: May 16

Age: 32M - 6Y		Max 20
Millennium Place	Sprite Arena 2	
133330	May 9 to Jun 20	Sat
	10 - 10:30 am	\$64.98

Born to Blade Active Start ➤

If you can venture on the ice without any help, stand on the ice by yourself, fall and get back up unassisted, this class is for you! High energy activities and games that will continue to build skating basics including starting, stopping, hopping and turning.

Omit: May 16

Age: 4Y - 6Y		Max 15
Millennium Place	Sprite Arena 2	
133315	May 9 to Jun 20	Sat
	10:40 - 11:10 am	\$64.98

Born to Blade FUNDamentals ➤

If you can venture on the ice without any help, stand on the ice by yourself, fall and get back up unassisted, this class is for you! Continue to develop and improve fundamental skating skills including starting, stopping, hopping and turning. T-pushes and sculling will be introduced as you continue to develop proper form and stance.

Omit: May 16

Age: 7Y - 9Y		Max 15
Millennium Place	Sprite Arena 2	
133316	May 9 to Jun 20	Sat
	11:20 - 11:50 am	\$64.98

Blazing Blades Learning to Train ➤

Take your skating skills to the next level as you continue to develop and practice fundamental skating skills including stopping, turning and gliding. You will work on refining proper stance and begin to apply more speed to transitions and edges.

Omit: May 16

Age: 9Y - 12Y		Max 15
Millennium Place	Sprite Arena 2	
133314	May 9 to Jun 20	Sat
	12 - 12:45 pm	\$70.02



Starter Shiny

Full equipment required: helmet, hockey pants, support cup, hockey gloves, shin/elbow/shoulder pads and hockey stick. Neck guard recommended.

Starter Shiny Active Start ➤

Join us for your first hockey experience! Fun, active play that incorporates a variety of body movements and essential shiny skills including starting, stopping, getting up/down and turning. Modified game play that introduces skating with a stick and getting comfortable in full equipment.

Omit: Jun 2

Age: 4Y - 6Y		Max 12
Millennium Place	Sprite Arena 2	
133339	5 weeks	Tue
	May 5 to Jun 9	\$57.50
	6 - 7 pm	

Starter Shiny FUNDamentals ➤

Continue to build basic shiny skills such as starting stopping, turning and gliding. Games will be high energy and modified to introduce stick handling and shooting.

Omit: Jun 2

Age: 7Y - 9Y		Max 12
Millennium Place	Sprite Arena 2	
133338	5 weeks	Tue
	May 5 to Jun 9	\$57.50
	7 - 8 pm	

Looking for Skate Canada Figure Skating, CanSkate or CanPower programs?

Check out the Sherwood Park Skating Club on page 107 of this guide.



Sports

Beginner Badminton Learning to Train ➤

Learn to play badminton in a fun and supportive environment. This class will introduce a variety of activities that focus on fundamental movement skills and badminton basics such as proper grip and stance. End of class modified game play will also cover serving and various shots. Racquets and birdies provided.

Age: 9Y - 12Y		Max 12
St Theresa School	Gym	
133307	Apr 7 to Jun 9 6:30 - 7:30 pm	Tue \$105.00

Beginner Badminton Training to Train ➤

Further develop basic badminton skills through games and drills that improve serves and various shots. Strategy such as net play and long vs short serves will be introduced through modified game play. Racquets and birdies provided.

Age: 12Y - 15Y		Max 12
St Theresa School	Gym	
133308	Apr 7 to Jun 9 8:30 - 9:30 pm	Tue \$105.00

Intermediate Badminton Training to Train ➤

Continue to develop and improve fundamental badminton skills including serves, shots, stance and grip. There will be an introduction to more advanced skills such as the backhand and flick shots. Apply strategy and new skills learned to game play. Racquets and birdies provided.
Omit: May 13

Age: 12Y - 15Y		Max 12
F.R. Haythorne School	Large Gym	
133309	Apr 8 to Jun 17 8:15 - 9:15 pm	Wed \$105.00

Basketball FUNdamentals ➤

Fun, high energy game play that will teach fundamental movements including running and lunging while learning basketball basics such as dribbling, shooting, passing, footwork and proper stance.

Age: 6Y - 9Y		Max 15
Davidson Creek School	Gym	
133312	Apr 7 to Jun 9 6:30 - 7:30 pm	Tue \$98.00
OLPH School	Gym	
133313	Apr 7 to Jun 9 6:30 - 7:30 pm	Tue \$98.00

Basketball Learning to Train ➤

Continue to develop fundamental basketball skills such as dribbling, passing and shooting. Offensive and defensive strategy will be introduced through modified game play.

Age: 9Y - 12Y		Max 15
Davidson Creek School	Gym	
133310	Apr 7 to Jun 9 7:30 - 8:30 pm	Tue \$98.00
OLPH School	Gym	
133311	Apr 7 to Jun 9 7:30 - 8:30 pm	Tue \$98.00

Dodgeball FUNdamentals ➤

Dip, duck, dodge and dive your way to victory! Learn this unique team sport that focuses on throwing, catching, and dodging techniques. Several new and fun dodgeball variations will be introduced.

Age: 6Y - 9Y		Max 20
Campbelltown School	Gym	
133319	Apr 9 to Jun 11 6:30 - 7:15 pm	Thu \$98.00

Dodgeball Learning to Train ➤

Fun dodgeball variations that continue to develop fundamental skills such as catching, throwing and dodging. Basic offensive and defensive strategy will be introduced.

Age: 9Y - 12Y		Max 20
Campbelltown School	Gym	
133317	Apr 9 to Jun 11 7:15 - 8 pm	Thu \$98.00

Dodgeball Training to Train ➤

Continue to refine fundamental dodgeball skills including catching, throwing and dodging technique. Basic strategy and competition will be introduced while improving accuracy and adding speed to various drills.

Age: 12Y - 15Y		Max 20
Campbelltown School	Gym	
133318	Apr 9 to Jun 11 8 - 8:45 pm	Thu \$98.00

Dodgeball Training to Compete ➤

Continue to refine your dodgeball skills as more advanced shots and techniques are introduced. This elevated level of game play will emphasize strategy and competition.
Omit: Apr 13, 20, May 18 & Jun 8

Age: 15Y+		Max 20
F.R. Haythorne School	Large Gym	
133347	Apr 6 to Jun 22 8:15 - 9:15 pm	Mon \$94.50



Flag Football FUNDamentals ➤

Learn and love the game of flag football with KingMcCarty Camps. Ryan King and Calvin McCarty of your Edmonton Eskimos have designed an introductory program that works on fundamental movement skills such as starting/stopping, twisting and lunging. Beginner football skills will be reviewed, including proper stance, grip, throwing and catching. There will be fun scrimmages that focus on basic rules and encourage teamwork.



Age: 6Y - 9Y		Max 15
Brentwood School	Gym	
133322	Apr 16 to Jun 18	Thu
	5 - 5:45 pm	\$120.00

Flag Football Learning to Train ➤

Learn and love the game of flag football with KingMcCarty Camps. Ryan King and Calvin McCarty of your Edmonton Eskimos have designed an introductory program that continues to work on fundamental flag football skills including throwing, catching, dodging, flagging and kicking technique. These skills will be applied to a fun controlled scrimmage at the end of class.

Age: 9Y - 12Y		Max 15
Brentwood School	Gym	
133323	Apr 16 to Jun 18	Thu
	5:45 - 6:45 pm	\$140.00

Handball FUNDamentals ➤

Learn the basics of this fast paced, team sport including throwing, catching, passing, dribbling and shooting. Play fun games that teach fundamental movement skills with an emphasis on teamwork.

Age: 6Y - 9Y		Max 15
Jean Vanier School	Gym	
133324	Apr 8 to Jun 10	Wed
	6:30 - 7:30 pm	\$98.00

Handball Learning to Train ➤

Continue to develop and improve fundamental handball sport skills including dribbling, shooting and passing technique. More advanced shots and footwork will be introduced while applying strategy and new skills learned to game play.

Age: 9Y - 12Y		Max 15
Jean Vanier School	Gym	
133325	Apr 8 to Jun 10	Wed
	7:30 - 8:30 pm	\$98.00

Soccer FUNDamentals ➤

Run, pass, shoot and score as you learn to play this world wide sport. Play fun games that teach fundamental movement skills such as running, starting/stopping, throwing and bending. Proper kicking and passing techniques will be introduced with an emphasis on participation and teamwork.

Omit: Jun 4

Age: 6Y - 9Y		Max 15
Woodbridge Farms School	Gym	
133331	Apr 9 to Jun 18	Thu
	6:30 - 7:30 pm	\$98.00

Soccer Learning to Train ➤

Continue to develop and improve fundamental soccer sport skills including dribbling, shooting and passing technique. Positional play will be introduced while applying strategy and new skills learned to modified scrimmages.

Omit: Jun 4

Age: 9Y - 12Y		Max 15
Woodbridge Farms School	Gym	
133332	Apr 9 to Jun 18	Thu
	7:30 - 8:30 pm	\$98.00

Triple Ball Learning to Train ➤

Join us for a beginner volleyball class that will cover the fundamental skills of bumping, setting, serving and attacking. There will be fun modified game play, which includes a three rally sequence that encourages additional ball touches and practice.

Age: 9Y - 12Y		Max 15
Jean Vanier School	Gym	
133344	Apr 7 to Jun 9	Tue
	6:15 - 7:15 pm	\$105.00
133343	Apr 7 to Jun 9	Tue
	7:15 - 8:15 pm	\$105.00

Volleyball Training to Train ➤

Continue to develop and improve volleyball skills including passing, serving, spiking and blocking. Strategic play such as ball placement and switches will be introduced.

Age: 12Y - 15Y		Max 15
Jean Vanier School	Gym	
133345	Apr 7 to Jun 9	Tue
	8:15 - 9:15 pm	\$105.00



leaders in training
work. play. grow.



See page 99 for details or visit www.strathcona.ca/lit

Special Interest

Starter Softball

Hit it out of the park! This class is designed for all abilities. Learn the basics of softball in a positive, safe environment where it is okay to strike out and fun is a home run!

Indoor

Omit: May 18			Max 15
Millennium Place	MacMillan Team Field		
133340	Age: 6Y - 9Y	May 11 to Jun 29	Mon
		6:30 - 7:30 pm	\$73.50
			Max 15
Millennium Place	MacMillan Team Field		
133341	Age: 9Y - 12Y	May 11 to Jun 29	Mon
		7:30 - 8:30 pm	\$73.50

Outdoor

If the weather throws us a curve ball and goes foul, we will delay the game until the next week.

			Max 15
Village Sports Grounds	Diamond 2 (NE)		
134269	Age: 6Y - 9Y	Jul 7 to Aug 25	Tue
		6 - 7 pm	\$84.00
134270	Age: 9Y - 12Y	Jul 7 to Aug 25	Tue
		7 - 8 pm	\$84.00

#ThrowbackThursdays

Get back to the basics with some old time, favourite games. Each class focuses on a different 'school yard' activity including Capture the Flag, Kickball, Dodgeball and Kick-the-Can.

Omit: May 28

Age: 6Y - 9Y		Max 20
Mills Haven School	Gym	
133303	Apr 9 to Jun 18	Thu
	6:30 - 7:30 pm	\$98.00
Age: 9Y - 12Y		Max 20
Mills Haven School	Gym	
133304	Apr 9 to Jun 18	Thu
	7:30 - 8:30 pm	\$98.00



Physical Literacy is the motivation, confidence, physical competence, knowledge and understanding to be active for life.

Physical literacy is important for:

Free! Borrow physical literacy kits from the Strathcona County Library.
New kits launching this spring!
www.strathcona.ca/sportkit



A HEALTHY LIFESTYLE



INJURY PREVENTION



REDUCED RISK OF ILLNESS



SOCIAL SKILL DEVELOPMENT



PROBLEM SOLVING



TRANSFERABLE LIFE SKILLS



MOTIVATION TO PARTICIPATE



POSITIVE MENTAL HEALTH



SELF-REGULATION AND EMOTIONAL RESILIENCY



WILLINGNESS TO TRY NEW THINGS



INDEPENDENCE



INCREASED PHYSICAL ACTIVITY

For more information visit www.strathcona.ca/physical-literacy





Pre-care will be from 8:30 - 9 am and
post-care will be from 4 - 4:30 pm.

For all full day camps please bring a lunch, indoor shoes, two snacks and a water bottle. Ensure all snacks and lunches are nut-free.

Reminder: Please fill out participant information forms ahead of time and bring them to camp. All required camp forms are found at www.strathcona.ca/registration

SCHOOL'S OUT DAY CAMPS

Make the most of your day off school! Meet new friends, have fun playing games, splashing in the pool and exploring Millennium Place. Please bring a bathing suit, towel, change for a locker and running shoes. Ensure all snacks and lunches are nut-free.




Age: 6Y - 7Y	Max 6	Age: 8Y - 12Y	Max 24
Millennium Place 	Activity Room 3	Millennium Place 	Activity Room 3
	9 am - 4 pm		9 am - 4 pm
134208	Mar 27	134209	Mar 27
133328	May 15	133329	May 15
	\$50.00		\$50.00
	Fri		Fri
	Fri		Fri

SPRING BREAK CAMPS




Spring break registration
starts February 25

Adventure Camp

Spend your Spring Break at Millennium Place swimming, playing in the gym and checking out the youth lounge. Please remember to bring a bathing suit, towel and change for a locker daily. Don't forget your CSA-approved helmet and skates on Thursday. Skates can be rented onsite for \$5.25.

Millennium Place   	Activity Room 3		
Age: 6Y - 7Y	9 am - 4 pm		
Full Week	Max 6	\$235.00	
134196	Mar 30 to Apr 3	Mon-Fri	



Daily	Max 3	\$50.00	
134197	Mar 30	Mon	
134199	Mar 31	Tue	
134201	Apr 1	Wed	
134203	Apr 2	Thu	
134205	Apr 3	Fri	

Millennium Place   	Activity Room 3		
Age: 8Y - 12Y	9 am - 4 pm		
Full Week	Max 15	\$235.00	
134195	Mar 30 to Apr 3	Mon-Fri	

Daily	Max 6	\$50.00	
134198	Mar 30	Mon	
134200	Mar 31	Tue	
134202	Apr 1	Wed	
134204	Apr 2	Thu	
134206	Apr 3	Fri	

Easter Eggs-travaganza

Hippity hop your way down to Millennium Place for FIVE days of Easter fun! Don't forget to bring a CSA-approved helmet and skates on Thursday. Skates can be rented onsite for \$5.25.

Age: 6Y - 9Y	Max 20
Millennium Place  	Activity Room 2
134207	Mar 30 to Apr 3
	9 am - 4 pm
	\$235.00
	Fri

Flag Football Camp

Ready. Set. HUT! KingMcCarty flag football camp will be the week campers won't forget! We are dedicated to bringing the sport of football to kids in a way that will enhance their skills, increase their confidence and fuel their love for the game. Our program was created by Calvin McCarty, Ryan King and Neil King of the Edmonton Eskimos. The overall goal is to work with campers to teach the fundamentals of football. We will touch on route running, quarterback skills, defensive back coverage, special teams, running back movements, general fitness and much more! We will combine drills and fun active games to engage campers and encourage application of skills learned throughout the week. Join us as we kickoff the week with a touchdown!



Age: 9Y - 12Y	Max 15
Millennium Place	Activity Room 1
134194	Mar 30 to Apr 3
	9 am - 4 pm
	\$250.00
	Fri