

Strathcona Wilderness Centre

52535 Range Road 212, Ardrossan
 swcinfo@strathcona.ca 780-922-3939
www.strathcona.ca/wildernesscentre

OUTDOORS



Photo credit: Jan Studios

Canoeing

All canoeing programs are offered at Islet Lake. Participants must meet the instructors at the picnic shelter off the main parking lot.

The directions to Islet Lake are as follows:

Head east on Township Road 630 (Wye Road), turn left on Range Road 200, follow the gravel road to the Islet Lake staging area. Islet Lake GPS coordinates: 53 27.40N by 112-49.30W.

Tandem Canoe I

Learn the basics of flatwater canoeing in this introductory course for beginners. You will learn the skills needed to turn your canoe, keep your canoe in a straight line, and understand relevant safety considerations. All programs will be taught by certified Paddle Canada Instructors. No prerequisites required except a smile and willingness to have fun! This course takes place at Islet Lake (see directions above). All equipment provided.

Age: 12Y+		Max 16
Strathcona Wilderness Centre	Islet Lake	
130634	Sep 14	Sat
	10 am - 3 pm	\$80.00

Outdoor Skills

Orienteering with GPS

Learn how to orienteer with a Global Positioning System (GPS). It's fun for the entire family. Children under 14 must be accompanied by a participating adult. GPS units will be supplied.

Age: 12Y+		Max 30
Strathcona Wilderness Centre		
130632	Sep 14	Sat
	1 - 3 pm	\$19.00
130633	Oct 1	Tue
	6:30 - 8:30 pm	\$19.00

Nature Awareness - Parented

Building Fairyhouses

Bring your little ones (3 - 7 years) to share a brilliant story by Tracy Kane called Fairyhouses. You will then have the opportunity to work with your child to build a special fairyhouse in the woods. Enjoy 'special time' with your children as they learn about the environment, explore their creativity and have fun! Following the program, bring your own picnic lunch and stay to enjoy the afternoon with other fairyhouse builders. Fairyhouses remain at the Strathcona Wilderness Centre.

Age: 3Y - 7Y		Max 30
Strathcona Wilderness Centre		
130623	Sep 4	Wed
	10 - 11:30 am	\$17.00
130624	Sep 14	Sat
	10 - 11:30 am	\$17.00

Lost in the Woods

Based on the Search and Rescue of British Columbia Children's Survival Kit, this program teaches children how to avoid getting lost and what they should do should they find themselves lost in the woods. Our staff will guide participants in learning what to do should they get lost, and provide opportunity to practice these techniques. This is valuable safety information that all young people should have...and it's fun!

Age: 3Y - 7Y		Max 30
Strathcona Wilderness Centre		
130629	Sep 11	Wed
	10 - 11:30 am	\$16.50
130630	Sep 21	Sat
	10 - 11:30 am	\$16.50

Workshops

Northern Saw-whet Owl Fall Movements and Banding Workshop

Join us at SWC for an evening of Owling. Learn about the history of saw-whet owl banding in North America, how the programs were established in western Canada and the projects current results. Nets will be set up on the trails and checked every ½ hour by small groups. We will bring any captured owls we catch back to the Information Centre for banding and release. This program will be lead by biologists Lisa and Chuck Priestley, two Owlers with extensive expertise in the field. Program open to all ages, children under 12 must be accompanied by a participating adult.

All Ages		Max 40
Strathcona Wilderness Centre		
130631	Oct 18 7 - 10:30 pm	Fri \$16.50



Photo credit: jaN Studios

HOME-SCHOOL

All home-school programs are developed to meet specific Curriculum Connections. Additional home-school programs are offered on pages 11, 49 and 80, or visit www.strathcona.ca/homeschool

Outdoor Skills 1 - Firelighting

Join us at SWC to learn the foundational skills for comfortable wilderness living. In this two hour program students will learn and practice various firelighting techniques to enable them to start a fire in any weather. Topics include the difference between tinder and kindling, and how to collect materials responsibly from the environment to build a fire and stay warm and comfortable in the bush. Minimal impact camping concepts will be a guiding theme for the program. This program meets curriculum objectives for Physical Education and/or Outdoor Education.

Age: 12Y - 17Y		Max 30
Strathcona Wilderness Centre		
130627	Sep 10 9:30 - 11:30 am	Tue \$16.50

Outdoor Skills 2 - Shelter Building

Living comfortably in the woods requires knowledge and skills in shelter building. This two hour program provides the fundamentals of shelter building. Students will learn and practice knot tying, and the use of tarps and other materials to create a shelter. Concepts of minimal impact camping will be emphasized. The focus of this program is 'hands on' experience, with the opportunity for participants to construct their own shelters and identify the reasons behind various methods of shelter building.

Age: 12Y - 17Y		Max 30
Strathcona Wilderness Centre		
130628	Sep 17 9:30 - 11:30 am	Tue \$16.50



Orienteering 1 - Map Skills

Perfect as a part of a physical education curriculum, orienteering is an active sport designed to introduce proper map reading skills and the art of finding your way in the great outdoors. Students will learn techniques of map orientation, map symbols and legends, recognizing landmarks and identifying a variety of orienteering strategies. Students will practice their new skills on challenging outdoor orienteering courses.

Age: 8Y - 17Y		Max 30
Strathcona Wilderness Centre		
130625	Sep 26 9:30 - 11:30 am	Thu \$16.50

Orienteering 2 - Compass Skills

Continue to progress your orienteering skills by learning how to effectively use a compass. This course introduces the use of a compass, taking bearings and pacing. Students engage in activities where they practice their new skills and participate in a challenging orienteering game.

Age: 8Y - 17Y		Max 30
Strathcona Wilderness Centre		
130626	Oct 10 9:30 - 11:30 am	Thu \$16.50



Winter Programs



Did you know this is what we offer at the Wilderness Centre...

Strathcona County X-C ski programs support Canada's Sport for Life Long-Term Athlete Development guideline. 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.

Find out more information at www.ltad.ca

Active Start

- Nordiq Canada (Cross Country Canada) encourages children to be involved in lifelong activity and to begin cross country skiing at an early age through the Bunnies program. This is an essential period of acquiring fundamental movement skills and lay the foundation for more complex movements.

FUNDamentals

- Fundamental movement skills are mastered, motor development emphasized, and basic cross-country skills learned. All the basic ski skills in classic and skating should be learned before the end of this period. To help children learn these skills, Nordiq Canada (CCC)'s Jackrabbit Program provides guidance on these skills.

Learning to Train

- Important period for motor development and optimal window of trainability for motor-coordination. Children are developmentally ready to acquire the general sport skills that are the cornerstone of their development. Nordiq Canada (CCC)'s Track Attack Program is designed to promote the continued development of physical literacy and fitness and enhance competence in the basic skills required to excel in cross country skiing.

Training to Train

- Important period for developing aerobic capacity which is especially critical for cross country skiing. Social and emotional considerations are very important. Team building, group interaction and social events emphasized. Strathcona Wilderness Centre's Track Attack Extreme Program provides training at this level.

Active for Life

- All Strathcona Wilderness Centre winter programs will keep you Active for Life.

Jackrabbit X-C Ski Program

Jackrabbits' is a nationally recognized program through Nordiq Canada (Cross Country Canada) that teaches age appropriate skill progressions for your child.

At SWC we offer programs from Bunnies up to Track Attack.

- A Youth Season Ski Pass for SWC is included.
- Season rental packages are available for program use only.
- Please register based on age. Instructors will assess Jackrabbits and Bunnies and place them in the appropriate level.
- When registering, please provide an email address.
- All programs are led by qualified instructors/coaches.
- Participants in the Jackrabbit and Bunnies programs will receive a booklet to keep track of their progress.

Bunnies X-C Ski Program - Parented

Active Start

Through active play on skis, children will learn balance, gliding and basic FUNdamental skills that will get them started in the wonderful sport of X-C Skiing. The program is instructed by qualified instructors/coaches. All participants will receive a fun booklet to keep track of their progression. Groups will be divided into Bunnies Levels 1, 2 and 3.

Bunnies level 1 is a parented program; participants in levels 2 and 3 may be un-parented at the instructor's discretion.

Age: 3Y - 6Y		Max 15
Strathcona Wilderness Centre		
	Jan 11 to Mar 7	Sat
I30638	10 am - 12 pm	\$119.00
I30641	Including rentals 10 am - 12 pm	\$161.00
	Jan 11 to Mar 7	Sat
I30637	1 - 3 pm	\$119.00
I30640	Including rentals 1 - 3 pm	\$161.00
	Jan 12 to Mar 8	Sun
I30639	1 - 3 pm	\$119.00
I30642	Including rentals 1 - 3 pm	\$161.00

Jackrabbit Fast Track

FUNDamentals

This program is designed for older youth who have not skied before or have had minimal instruction and wish to join the Jackrabbit program. During the 9 week session, the program will fast track the FUNdamentals of Jackrabbit Levels 1 and 2 and prepare participants for Jackrabbit Level 3. All participants will receive a booklet to keep track of their progress.

Age: 8Y - 16Y		Max 10
Strathcona Wilderness Centre		
	Jan 11 to Mar 7	Sat
I30805	10 am - 12 pm	\$119.00
I30806	Including rentals 10 am - 12 pm	\$161.00
	Jan 9 to Mar 5	Thu
I30807	6 - 7:30 pm	\$119.00
I30808	Including rentals 6 - 7:30 pm	\$161.00

Jackrabbit X-C Ski Program Level 1

FUNDamentals

Level 1 teaches the FUNdamental skills to beginning young X-C skiers. Participants will learn the basics of stance and balance, turning, stopping, running step, and moving up and down hills. All participants will receive a booklet to keep track of their progress.

Age: 6Y - 8Y		Max 16
Strathcona Wilderness Centre		
	Jan 11 to Mar 7	Sat
I30810	10 am - 12 pm	\$119.00
I30813	Including rentals 10 am - 12 pm	\$161.00
	Jan 11 to Mar 7	Sat
I30809	1 - 3 pm	\$119.00
I30812	Including rentals 1 - 3 pm	\$161.00
	Jan 12 to Mar 8	Sun
I30811	1 - 3 pm	\$119.00
I30814	Including rentals 1 - 3 pm	\$161.00

Jackrabbit X-C Ski Program Level 2

FUNDamentals

Level 2 further develops the FUNdamental skills and introduces students to gliding, herringbone, double poling, and snow plow turns. All participants will receive a booklet to keep track of their progress.

Age: 6Y - 12Y		Max 20
Strathcona Wilderness Centre		
	Jan 11 to Mar 7	Sat
I30816	10 am - 12 pm	\$119.00
I30819	Including rentals 10 am - 12 pm	\$161.00
	Jan 11 to Mar 7	Sat
I30815	1 - 3 pm	\$119.00
I30818	Including rentals 1 - 3 pm	\$161.00
	Jan 12 to Mar 8	Sun
I30817	1 - 3 pm	\$119.00
I30820	Including rentals 1 - 3 pm	\$161.00

Jackrabbit X-C Ski Program Level 3 - 6

FUNDamentals

Our instructors will work individually with students at their level. The class will focus on weight shift, propulsion, advanced techniques, and an introduction to skate skiing. All participants will be divided into skill-level groups within the first 2 weeks of class. All participants will receive a booklet to keep track of their progress.

Age: 8Y - 16Y		Max 16
Strathcona Wilderness Centre		
	Jan 11 to Mar 7	Sat
I30831	10 am - 12 pm	\$119.00
I30834	Including rentals 10 am - 12 pm	\$161.00
	Jan 11 to Mar 7	Sat
I30830	1 - 3 pm	\$119.00
I30833	Including rentals 1 - 3 pm	\$161.00
	Jan 12 to Mar 8	Sun
I30832	1 - 3 pm	\$119.00
I30835	Including rentals 1 - 3 pm	\$161.00

Track Attack

Learning to Train ➤

Track Attack (TA) is a Nordiq Canada (Cross Country Canada) program designed for youth who are at, or above, Level 4 of the Jackrabbit program. The TA program aims to challenge young skiers to develop their cross-country ski technical skills while training in a fun and positive team environment. In a group setting, they will learn about gear, waxing, wilderness safety, and the principles of racing. During dryland training in the fall, TA participants will learn team building skills and enhance their overall fitness levels. The on-snow portion of the program includes skill development in classic and skate techniques, and longer training ski sessions. Skiers will be introduced to a competitive component with participation in local events and races. SWC offers three Track Attack programs.

For more information please check out the TA information at www.strathcona.ca/trackattack

Track Attack

A once a week fall dryland program and twice a week winter on snow program for participants to develop their technical skills and participate in local events while training in a supportive team environment.

Fee includes:

- 1 free introductory afternoon at the SWC Fall Open House on September 29
- 7 dryland training weekly sessions
- 1 dryland training day camp on October 26 from 10 am - 3 pm
- 18 on-snow training sessions from December 5 - March 7
- 1 overnight on-snow camp on January 25 - 26
- 4 local cross country ski events

Omit: Dec 21, 26, 28, Jan 2, 4

Age: 9Y - 16Y			Max 16
Strathcona Wilderness Centre			
130858	Oct 17 to Mar 5	6:15 - 7:45 pm	Thu
	Dec 7 to Mar 7	9:30 - 11:30 am	Sat
			\$512.00

Track Attack: An Intro

A once a week program for participants to develop their technical skills while training in a fun, supportive, and positive environment. Please contact Adam Binder to register 780-410-8677.

This course includes:

- 1 free introductory afternoon at the SWC Fall Open House on September 29
- 7 dryland training weekly sessions
- 1 dryland training day camp on October 26 from 10 am - 3 pm
- 12 on-snow training sessions from December 5 - March 5

Omit: Dec 26, Jan 2

Age: 9Y - 14Y		Max 16
Strathcona Wilderness Centre		
130859	Oct 17 to Mar 5	Thu
	6:15 - 7:45 pm	\$312.00



Track Attack Extreme

Training to Train ➤

Track Attack Extreme (TAE) is the next stage of development for skiers who have completed the Track Attack (TA) program or similar level and who want to increase their frequency and intensity of ski training. The TAE program will continue in the development of the overall fitness and ski specific skills while training in a dynamic team environment. TAE participants will work on developing sound technique in both classic and skating in a group setting and provide a greater challenge with additional training days per week. The TAE program will meet 2 times a week for fall dryland training and 3 days a week for on snow training throughout the winter. Seasonal training plans will provide direction for uncoached workouts.

The program will begin with team building and dryland training in the fall to enhance overall fitness levels. The on-snow portion will provide more specific individualized training sessions in both technical and tactical skills in preparation for competitive events from local loppets to AB Cup events and AB Winter Games. The TAE program is part of Nordiq Canada (Cross Country Canada) Train to Train level of athlete development which has an emphasis on aerobic training which is especially critical for cross country skiing.

For further information please review the TAE information at www.strathcona.ca/trackattack

This course includes:

- 1 free introductory afternoon at the SWC Fall Open House on September 29
- seasonal training plans for each participant
- 13 dryland training weekly sessions
- 1 dryland training day camp on October 26 from 10 am - 3 pm
- 27 on-snow training sessions from December 5 - March 7
- 1 cross country ski day trip at Elk Island National Park
- 1 overnight on-snow camp at SWC from 10 am January 25 to 2 pm January 26
- 4 local cross country ski events
- coaching in technique and tactics to compete in the Alberta Winter Games trials and, if selected, the Alberta Winter Games 2020

Included in the fee are individualized training programs for participants

Omit: Dec 21, 26, 28, Jan 2, 4

Age: 12Y - 16Y			Max 16
Strathcona Wilderness Centre			
130887	Oct 17 to Mar 5	6:15 - 7:45 pm	Thu
	Dec 7 to Mar 7	9:30 - 11:30 am	Sat
	Dec 8 to Mar 8	9:30 - 11:30 am	Sun
			\$712.00

HOME-SCHOOL

Snowshoe Lesson and Tour

FUNDamentals ➤

This program is designed to meet Phys. Ed curriculum outcomes for Grades 4 - 6. The program introduces the skills of snowshoeing combined with a snowshoe tour. The first lesson will include an introduction to the history of snowshoeing, equipment use and care, safety considerations, and the skills of snowshoeing through activities and games. The second lesson will involve an interpretive tour that will incorporate aspects of the Science curriculum. This is a great way to get outside, be active and learn all at the same time!

Age: 5Y - 16Y	Max 20
Strathcona Wilderness Centre	
130654	Jan 22 to Jan 29 9:30 - 11:30 am Wed \$36.00

X-C Ski Lessons

FUNDamentals ➤

For home schooled students who are looking for activities in an alternate environment, this cross-country ski program is a perfect fit for your Phys. Ed. Curriculum. During this six week session, our certified instructors will introduce the fundamentals of cross-country skiing including stance and balance, turning, stopping, diagonal stride, and up and down hill techniques. Students will be assessed during the first lesson and moved into age and skill appropriate groups. Get active, meet other homeschool students and have fun in the snow!! Day pass and rental equipment included for the program times.

If this time does not work for you call Adam Binder the Outdoor Recreation Programmer and a private lesson can be created for you. (780) 922-3939

Age: 5Y - 17Y	Max 30
Strathcona Wilderness Centre	
130655	Jan 7 to Feb 11 9:30 - 11:30 am Tue \$105.00

Youth and Teens

FUNDamentals ➤

Strathcona Wilderness Centre Snow Day

Come to SWC during Teachers Convention and experience the joys of winter with a fun filled day in the snow. Have a great time learning how to snowshoe and cross-country ski and enjoy a campfire lunch. Come prepared to spend the day outside; snow boots, pants, toque, mitts and jacket are a must. All other equipment and food for lunch will be provided. If you have dietary restrictions please bring any special food you may need.

Age: 8Y - 16Y	Max 30
Strathcona Wilderness Centre	
130849	Feb 6 9 am - 4:30 pm Thu \$54.00

Youth Intro to X-C Skiing

Please join us to experience the extraordinary sport of cross-country skiing. Enjoy fun and games, great instructors, and an exciting trail tour. Day pass and rental equipment included.

Age: 8Y - 16Y	Max 24
Strathcona Wilderness Centre	
130851	Feb 7 1:30 - 3:30 pm Fri \$24.00

Junior X-C Ski Coach

This program is designed for young individuals interested in becoming winter outdoor leaders. The program provides a unique combination of formal training through our Jackrabbit program, with work experience and mentoring. The program will include three components:

- 1) one day of skill development, safety training and introductory coaching processes;
- 2) registration in a Jackrabbit program (Fast Trax, JR 3 and up); and
- 3) opportunity for work experience and mentoring in our Bunnies or JR I programs.

Opportunities will also be available for our Junior Coaches to gain experience in assisting with other outdoor programs and special events. Please contact Adam Binder for specific information and registration procedures (780-922-3939). To register please contact the Strathcona Wilderness Centre at (780) 922-3939 or adam.binder@strathcona.ca

Age: 13Y - 17Y	Max 10
Strathcona Wilderness Centre	
130836	Jan 11 to Mar 7 10 am - 4 pm Sat \$154.00



Teen and Adult Learn to Ski

Active for Life ➤

Firststrides: Learn to X-C Ski

For beginner or intermediate cross-country skiers, this six week program will provide learning throughout the season with our qualified ski instructors. The course will begin with the basics of weight shift, diagonal stride and double pole, then will progress to up and down hill manoeuvres, step turns and ski touring tips. Equipment selection, waxing, proper dress and trail etiquette will also be addressed. Day pass included. Additional fee for equipment rental will apply.

Omit: Feb 8, 9

Age: 13Y+		Max 24
Strathcona Wilderness Centre		
	Jan 11 to Feb 22	Sat
130650	1 - 3 pm	\$280.00
130651 Including rentals	1 - 3 pm	\$342.00
	Jan 12 to Feb 23	Sun
130652	10 am - 12 pm	\$280.00
130653 Including rentals	10 am - 12 pm	\$342.00

Evening Firststrides: Learn to X-C Ski

For beginner or intermediate cross-country skiers looking for a weeknight lesson, this six week program will provide learning throughout the season with our qualified ski instructors. The program will begin with the basics of weight shift, diagonal stride and double pole, then will progress to up and down hill maneuvers, step turns and ski touring tips. Equipment selection, waxing, proper dress and trail etiquette will also be addressed. Day pass is included. Additional fee for equipment rental will apply.

Age: 13Y+		Max 16
Strathcona Wilderness Centre		
	Jan 7 to Feb 11	Tue
130646	7 - 9 pm	\$280.00
130647 Including rentals	7 - 9 pm	\$342.00
	Jan 9 to Feb 13	Thu
130648	7 - 9 pm	\$280.00
130649 Including rentals	7 - 9 pm	\$342.00

Stride further: Intermediate XC Ski

This six week program is for cross-country skiers who have taken lessons before in classic technique and are comfortable with diagonal stride and basic hill manoeuvres. The program is designed to improve technique, introduce advanced skills, and enhance up and downhill manoeuvres. Day pass included. Additional fee for ski rentals will apply.

Omit: Feb 8

Age: 13Y+		Max 12
Strathcona Wilderness Centre		
	Jan 11 to Feb 22	Sat
130847	1 - 3 pm	\$280.00
130848 Including rentals	1 - 3 pm	\$342.00

Ski Masters

Join our qualified instructors/coaches as they lead you through skill progressions and ski touring/racing tips that will improve your efficiency and fun on the trails. Discussion topics will include equipment, waxing, training tips and networking with other skiers. This six week program is suited to intermediate or advanced skiers. Day pass included. Additional fee for ski rentals will apply.

Omit: Feb 8

Age: 13Y+		Max 15
Strathcona Wilderness Centre		
	Jan 11 to Feb 22	Sat
130845	1 - 3 pm	\$280.00
130846 Including rentals	1 - 3 pm	\$342.00

Adaptive Learn to Ski Program (Para-Nordic)

The Adaptive Learn to Ski Program, or Para-Nordic, is a 6-week Learn to Ski Program for individuals of all abilities who have physical impairments and want the opportunity to participate in the sport of cross-country skiing. The program is designed to provide youth and adults with opportunities to learn how to ski with adaptive equipment, techniques, and methods in sit-ski or standing ski categories, including guided skiing for visually impaired.

Specialized equipment may be needed for participants who have reduced lower limb mobility. The sleds or sit-skis are available for participants to use during the program.

The purpose of the Adaptive Learn to Ski Program (Para Nordic) is to provide a safe and friendly social learning environment, with sessions on technical skill development, learning to be as independent as possible, and taking part in a great outdoor winter activity. As part of the program there are two local fun events which we encourage participants to take part in, as these events are a great opportunity for social interaction and to participate in the great sport of cross-country skiing.

Contact Adam Binder at 780-410-8677. Watch our website for more information. www.strathcona.ca/wildernesscentre

Omit: Feb 19

Age: 16Y+		Max 12
Strathcona Wilderness Centre		
130912	Jan 15 to Feb 19	Wed
	6:30 - 8 pm	\$125.00

Birkie Rookie Package

This three week program will provide skill development and instruction to beginner cross-country skiers to introduce the fun of the Canadian Birkebeiner. This lesson will begin with the basics of weight shift, diagonal stride and double pole, then progress to up and down hill maneuvers and ski touring tips. Equipment selection, waxing, proper dress and trail etiquette will also be addressed. The program will prepare participants to ski the 13 km Birkie. Registration fee and access code to ski the 13 km Birkie on February 8, 2020 will be provided.

Age: 13Y+		Max 24
Strathcona Wilderness Centre		
130635	Jan 19 to Feb 2	Sun
	1 - 3 pm	\$203.96
130636 Including rentals	Jan 19 to Feb 2	Sun
	1 - 3 pm	\$242.55

Improve Your Skiing in a Day

Active for Life

An additional fee for equipment rental will apply for all Improve Your Skiing in a Day programs.

Learn to X-C Ski Skate Technique

Try out the technique of skate skiing with our qualified instructors. It's fun, it's fast, and it will extend your ski season! Try our performance skate skis and boots. An additional fee for equipment rentals will apply. Day pass is included.

Age: 13Y+		Max 16
Strathcona Wilderness Centre		
130837	Dec 11	Wed
	7 - 9 pm	\$49.50
130841	Jan 10	Fri
	7 - 9 pm	\$49.50
130842	Jan 24	Fri
	7 - 9 pm	\$49.50
130839	Feb 1	Sat
	10 am - 12 pm	\$49.50
130843	Feb 14	Fri
	7 - 9 pm	\$49.50
130840	Feb 15	Sat
	10 am - 12 pm	\$49.50
130838	Mar 14	Sat
	1 - 3 pm	\$49.50

Introduction to X-C Skiing: Level 1

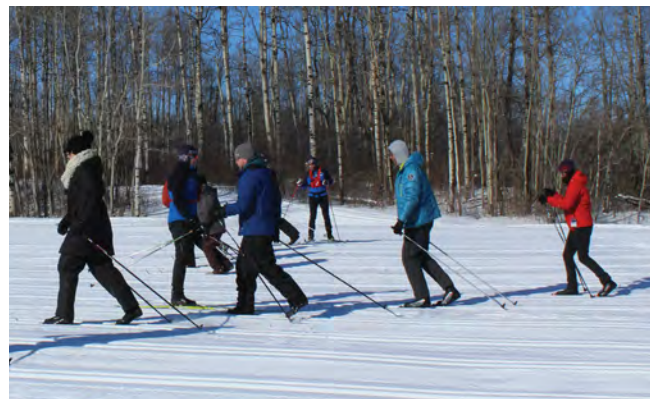
If you have never cross-country skied before, or have skied but never taken a lesson, this program is for you. Designed to introduce participants to Cross-Country Skiing (Classic Technique), the program will focus on gaining comfort on skis, weight shift, flat terrain skills and basic hill techniques. Discussion of proper equipment, dress and trail etiquette will be included. An additional fee for equipment rental will apply. Day Pass included.

Age: 13Y+		Max 24
Strathcona Wilderness Centre		
130661	Jan 8	Wed
	6:30 - 8:30 pm	\$49.50
130657	Jan 11	Sat
	10 am - 12 pm	\$49.50
130658	Jan 18	Sat
	10 am - 12 pm	\$49.50
130662	Jan 29	Wed
	6:30 - 8:30 pm	\$49.50
130663	Feb 5	Wed
	6:30 - 8:30 pm	\$49.50
130664	Feb 12	Wed
	6:30 - 8:30 pm	\$49.50
130659	Feb 15	Sat
	10 am - 12 pm	\$49.50
130660	Mar 7	Sat
	10 am - 12 pm	\$49.50

X-C Skiing Level 2

For individuals who have taken Level 1 or have cross-country skiing experience, this course is for you. Designed to further progress participants in Classic Technique, the program will focus on strengthening the diagonal stride and weight shift, hill techniques and turning manoeuvres. Discussion on equipment and waxing will be included. An additional fee for rental equipment will apply. Day pass included.

Age: 13Y+		Max 16
Strathcona Wilderness Centre		
130850	Jan 25	Sat
	10 am - 12 pm	\$49.50



Ski Coaching and Instructor Certifications

Full course descriptions are available on Click-it. Please contact Adam Binder to register at 780-922-3939.

CANSI Prep

Age: 16Y+		Max 16
Strathcona Wilderness Centre		
130644	Jan 12	Sun
	10 am - 4 pm	\$125.00

CANSI Level 1 Certification Course

Age: 16Y+		Max 16
Strathcona Wilderness Centre		
130643	Jan 25 to Jan 26	Sat/Sun
	9 am - 6 pm	\$250.00

Community Coaching (CC)

Age: 15Y - 99Y		Max 4
Strathcona Wilderness Centre		
130645	Dec 7 and Dec 8	Sat/Sun
	8:30 am - 4:30 pm	\$115.00

Learn to Train (L2T) dryland

Contact Adam Binder to register Oct 5 and 6 Sat/Sun
780-410-8677 • adam.binder@strathcona.ca

Learn to Train (L2T) on snow

Contact Adam Binder to register Nov 30 and Dec 1 Sat/Sun
780-410-8677 • adam.binder@strathcona.ca

Strathcona Wilderness Centre

Photo credit: JaN Studios



Photo credit: JaN Studios



Photo credit: JaN Studios

Fall Open House Sunday, September 29

Trail Run

10 a.m.

- Pre-register online at www.zone4.ca
- Event day registration from 9 - 9:45 am
- A variety of trail lengths will be available for all ages and enthusiasm levels

Afternoon Family Activities

1 - 4 p.m.

- Join the St. Albert Timber Trekkers Volksmarch on a 5 km or 11 km walk
- Join Jackrabbits and Track Attackers for an afternoon of agility and fitness challenges
- Check out ParaNordic sit-skis
- Search for clues on a digital scavenger hunt
- Play disc golf
- Make sparks with flint and steel
- Find treasures: go geocaching
- Play traditional games
- Roast bannock and s'mores around the fire
- "Treat Yourself" by Family and Community Services: Fuel your well being with treats, community resources, DIY self-care kit and fun activities.

Land of Stories

1 - 4 p.m.



Join us in the *Land of Stories* to celebrate the return of the *Golden Scrolls of Knowledge*. Wear your favourite costume or dress up in one of ours for a green screen photo.

Special guests in the *Enchanted Forest* include Wild Rose, a porcupine from Wild North, Vinnie, the peregrine falcon (with Gordon Court) and Ricky, the northern saw-whet owl from the Beaver Hill Bird Sanctuary.

Everybody gets to play™
Recreation without barriers

Fall Play Day

1 - 4 p.m.

- Art Zone
- Creating Zone
- Bubble Zone
- Play Zone
- Edible Art
- Face painting

Proud sponsor



www.strathcona.ca/playdays

Don't forget to bring a donation for the Strathcona County Food Bank and a digital camera! Bring cross country ski gear to donate to Sport Central. Please leave your pets at home.

