

# Spring | Summer + CAMPS GUIDE 2020



## NEW: Register with Recreation Online

Be sure to set up your new Recreation Online account before registration day. See the inside front cover for details.

### REGISTRATION BEGINS

**February 25:** spring break camps

**March 10:** spring and summer programs

**March 17:** spring swimming programs

[www.strathcona.ca/registration](http://www.strathcona.ca/registration)



STRATHCONA  
COUNTY






# Ready? SET GO

**Goodbye Click-it, hello Recreation Online.**

Register for your spring and summer programs on our new online registration system.



## What you can expect:

-  New, easy to use website
-  Improved searching
-  Mobile friendly

# RECREATION ONLINE

[RecOnline.strathcona.ca](http://RecOnline.strathcona.ca)



Set up your Recreation Online account today!



## Questions?

780-467-2211

[recreation@strathcona.ca](mailto:recreation@strathcona.ca)

[strathcona.ca/RecOnline](http://strathcona.ca/RecOnline)



## Message from Mayor Rod Frank

The wait is over! After much anticipation, Strathcona County is thrilled to launch our new program registration system, Recreation Online. This upcoming session will be the first time residents will register for our recreation and culture programs using this brand new system. My own family regularly uses the County's recreation program offerings, and I look forward to using the updated system.

Remember to take some time before registration opens to set up your Recreation Online account and get familiar with it. Recreation Online features the ability for you to create your account using your email address instead of a pin, improved searching capabilities, and a mobile friendly experience. You can visit [strathcona.ca/RecOnline](http://strathcona.ca/RecOnline) for more information and instructions on how to set up your account.

In this guide you will find many ways to get out and get active in our community throughout the spring and summer. Whether you are interested in getting in touch with your creative side, or learning a new skill like orienteering, this guide has a program for you. Explore the pages and try something new!

Sincerely,

*Rod*

Rod Frank  
 Mayor  
 Strathcona County

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## Registration Starts:

**Tuesday, February 25 at 7 am**

Spring Break camps.

**Tuesday, March 10 at 7 am**

Spring and summer programs (including camps) for preschool, performing arts, visual arts, youth, adult wellness and outdoors.

**Tuesday, March 17 at 7 am**

Spring swimming programs.

## Three ways to register: Recreation Online | Walk-in | Drop-off

### 1. NEW: Recreation Online

[RecOnline.strathcona.ca](http://RecOnline.strathcona.ca)

#### Plan ahead for registration day.

- Create a new Recreation Online account for you and your family members.
- Had a Click-it account and registered for a program after September 2018? Activate your Recreation Online account using the email address previously associated with your Click-it account.
- Add family members to your account and edit your information before registration day.
- Remember your username (email address) and password (set up by you). If you forget your password, select "reset password" and you will be sent an email with directions.

#### Recreation Online help on registration day:

For technical assistance on registration days, call the **Recreation Online Help Line at 780-416-7250.**

For Recreation Online help Monday to Friday, 8:30 a.m. to 4:30 p.m., call 780-467-2211.

### 2. Walk-in

Recreation Administration Office	7 am - 4:30 pm
Emerald Hills Leisure Centre	7 am - 9 pm
Ardrossan Recreation Complex	7 am - 10 pm
Kinsmen Leisure Centre	7 am - 10 pm
Millennium Place	7 am - 10:30 pm
Glen Allan Recreation Complex	8 am - 10 pm
Strathcona Wilderness Centre	9 am - 4:30 pm
Festival Place	9 am - 6 pm

#### Withdrawing from a program?

After a course starts, refunds will be given up to the beginning of the third class and will be pro-rated from the time you notify us of your withdrawal. No refunds will be given after the third class.

### 3. Drop-off \*Cheque required

**Drop-off registration forms are accepted in advance at the following locations.**

Ardrossan Recreation Complex      Glen Allan Recreation Complex  
Kinsmen Leisure Centre              Recreation Administration Office

**Random processing starts at 7 am on the designated registration day.**

\* To protect the security of your financial information, we no longer accept drop off registration forms with credit card information.



RECREATION ONLINE

[RecOnline.strathcona.ca](http://RecOnline.strathcona.ca)



Recreation Online is Strathcona County's new program registration system. Be sure to set up your account before registration day.

See the inside front cover for more information.



Recreation, Parks and Culture, 2025 Oak Street, Sherwood Park, AB  
 Mail: Recreation Administration Office, 2001 Sherwood Drive, Sherwood Park, AB T8A 3W7

Phone 780-467-2211

### Family Contact Information

Last name		First name		Initial
Evening phone number		Daytime phone number		E-mail
Street address		City	Province	Postal code

### Registration

If family choices **can not** be coordinated  **Process individually**  **Don't process**

<b>Family member 1 - Last name</b>		First name		Birth date if under 18 yrs (YYYY-MM-DD)	<input type="checkbox"/> male <input type="checkbox"/> female
Program	Course number		Program name	Fee	
	1 <sup>st</sup> choice	2 <sup>nd</sup> choice			
1				\$	
2				\$	
3				\$	
<b>Family member 2 - Last name</b>		First name		Birth date if under 18 yrs (YYYY-MM-DD)	<input type="checkbox"/> male <input type="checkbox"/> female
Program	Course number		Program name	Fee	
	1 <sup>st</sup> choice	2 <sup>nd</sup> choice			
1				\$	
2				\$	
3				\$	
<b>Family member 3 - Last name</b>		First name		Birth date if under 18 yrs (YYYY-MM-DD)	<input type="checkbox"/> male <input type="checkbox"/> female
Program	Course number		Program name	Fee	
	1 <sup>st</sup> choice	2 <sup>nd</sup> choice			
1				\$	
2				\$	
3				\$	

### Payment Information – For Drop Off – cheque or prepayment only. Payment Information can be dropped off at the address listed above

<input type="checkbox"/> Receipt required	Total payment submitted \$
To protect the security of your financial information, we will no longer accept drop off registration forms with credit card information. Please refer to the registration information in the program guide for payment options.	

### Collection and Use of Personal Information

Personal information is collected under the authority of section 33(c) of the Freedom of Information and Protection of Privacy Act and will be used for managing and administering program registrations. If you have questions about the collection, use or disclosure of this information, contact the Manager, Finance and Business Operations, Recreation, Parks and Culture at 780-467-2211.

REC 27010-P 2019-01-10

## FRONT DESK REGULAR HOURS

<b>Ardrossan Recreation Complex</b> 8 am - 10 pm, daily <a href="http://www.strathcona.ca/ardrossan">www.strathcona.ca/ardrossan</a> 80 - 1 Avenue, Ardrossan	<b>780-400-2084</b>
<b>Emerald Hills Leisure Centre</b> Visit website for current hours <a href="http://www.strathcona.ca/emeraldhills">www.strathcona.ca/emeraldhills</a> 3555 Emerald Drive, Sherwood Park	<b>780-464-2112</b>
<b>Festival Place</b> 9 am - 6 pm, weekdays 9 am - 4 pm, Sat Closed Sun <a href="http://www.festivalplace.ab.ca">www.festivalplace.ab.ca</a> 100 Festival Way, Sherwood Park	<b>780-464-2852</b>
<b>Gallery@501</b> Mon/Wed/Fri 10 am - 6 pm Tue/Thu 10 am - 8 pm Sat 10 am - 4 pm Sun 12 noon - 4 pm <a href="http://www.strathcona.ca/gallery501">www.strathcona.ca/gallery501</a> artgallery@strathcona.ca #120, 501 Festival Avenue, Sherwood Park	<b>780-410-8585</b>
<b>Glen Allan Recreation Complex</b> 8 am - 10 pm, daily <a href="http://www.strathcona.ca/garc">www.strathcona.ca/garc</a> 199 Georgian Way, Sherwood Park	<b>780-467-4404</b>
<b>Kinsmen Leisure Centre</b> Visit website for current hours <a href="http://www.strathcona.ca/klc">www.strathcona.ca/klc</a> 2001 Oak Street (Vic Bidzinski Way), Sherwood Park	<b>780-464-2112</b>
<b>Millennium Place</b> 5 am - 10:30 pm, weekdays Facility rentals / Birthday party bookings <a href="http://www.strathcona.ca/mp">www.strathcona.ca/mp</a> millenniumplace@strathcona.ca 2000 Premier Way, Sherwood Park	<b>780-416-3300</b> <b>780-416-7252</b>
<b>Recreation Administration Office</b> 8:30 am - 4:30 pm, weekdays <a href="http://www.strathcona.ca/recreation">www.strathcona.ca/recreation</a> recreation@strathcona.ca 2025 Oak Street (Vic Bidzinski Way), Sherwood Park	<b>780-467-2211</b>
<b>Strathcona Wilderness Centre</b> 9 am - 4:30 pm, daily <a href="http://www.strathcona.ca/wildernesscentre">www.strathcona.ca/wildernesscentre</a> swcinfo@strathcona.ca 52535 Range Road 212, Ardrossan	<b>780-922-3939</b>
<b>Mailing address for all recreation facilities:</b> 2001 Sherwood Drive, Sherwood Park, AB T8A 3W7	



**Everybody gets to play™**  
Recreation without barriers

## Recreation Access Program

### What is the Recreation Access Program?

The program improves access to recreation for Strathcona County residents with limited income. It provides approved applicants with access to no cost drop-in program opportunities and reduced fee registered program opportunities.

### The Recreation Access Program offers:

- An annual Millennium Card at no cost.
- The card is valid for one year from the date of issue.
- All drop-in activities and services offered with the Millennium Card, which is valid at: the Ardrossan Recreation Complex, Emerald Hills Leisure Centre, Glen Allan Recreation Complex, Kinsmen Leisure Centre, Millennium Place, and the Strathcona Wilderness Centre.

### Children and Youth

Four registered programs per year at a 75% discount off the current fee

### Adults and Seniors

Three registered programs per year at a 75% discount off the current fee



To determine eligibility for the program, contact Family and Community Services at 780-464-8439.

[www.strathcona.ca/egtp](http://www.strathcona.ca/egtp)

## We listen. We support. We connect.

Do you have relationship, parenting, housing or financial challenges? Through our **Solutions Navigation** program, we can provide you with information, skill building and referral services you may be eligible for, plus access to transit and recreation subsidies, such as Everybody gets to play™. Our services are free.

### Strathcona County Family and Community Services

**780-464-4044**

[www.strathcona.ca/wellbeing](http://www.strathcona.ca/wellbeing)





*There's something for everyone!*

Choose a camp to suit your child's age, abilities and interests – and your schedule.



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## SPRING BREAK CAMPS

**March 30 to April 3**

Registration starts February 25  
for all spring break camps.

[RecOnline.Strathcona.ca](http://RecOnline.Strathcona.ca)

**Outdoors** Page 47  
**Visual Arts** Pages 15 & 23  
**Preschool** Page 33  
**Youth** Page 44  
**Swimming** Pages 80 - 81





### Outdoor activities

Enjoy a variety of outdoor activities available in Strathcona County. To find out about the bike skills or skateboard parks, where to play volleyball, basketball, tennis, pickleball and more, visit [www.strathcona.ca/outdooractivities](http://www.strathcona.ca/outdooractivities)

### Spray deck volunteers needed!

Spray decks are operated by community volunteers. If you are an adult willing to volunteer a few hours during July or August, this may be a perfect opportunity! Spray decks are located at Brentwood, Granville, Kinsmen/Westboro and Woodbridge.

The decks operate from 1 p.m. - 4 p.m. on days when the temperature is 20°C or above. Volunteer duties involve ensuring that the decks are litter-free and turning the water on and off. **To volunteer, please call 780-467-2211.** [www.strathcona.ca/spraydecks](http://www.strathcona.ca/spraydecks)

### Clover Bar Spray Park

Located on Jim Common Drive North

Water features are open 10 a.m. - 9 p.m. from May long weekend to September long weekend. Children can activate the water features with the touch of a button!

### RE/MAX Spray Park and Playground

Located at Broadmoor Lake Park 2015 Oak Street

When it's 20°C or warmer, play times are:

May long weekend to last week of June: 10 a.m. to 7 p.m.  
Last week of June to Labour Day: 10 a.m. to 9 p.m.  
Month of September, after Labour Day: 10 a.m. to 7 p.m.

The park features innovative play structures for children all the way up to 15 years old. The park is both environmentally-friendly and accessible. Washrooms are available in the Sherwood Park Arena and Sports Centre, just north of the spray park.

### ArrKann Spray Park and Playground

Located behind the Ardrossan Recreation Complex  
80 - 1 Ave, Ardrossan

When it's 20°C or warmer, play times are:

May long weekend to after Labour Day 10 a.m. to 8 p.m.

Washrooms and change facilities are available inside Ardrossan Recreation Complex.

### Communities in Bloom

Do you have the time to plant and/or help maintain a flower bed in your neighbourhood? Strathcona in Bloom is looking for people who want to volunteer to plant and maintain a community flowerbed, while having fun doing it! [www.strathcona.ca/bloom](http://www.strathcona.ca/bloom)



### Parks and trails

Strathcona County has hundreds of kilometres of trails to help residents explore their community. [www.strathcona.ca/trails](http://www.strathcona.ca/trails)

### Riverside Nature Trail

Township Road 540. One trailhead at Twp Rd. 540 and Range Road 232. Other trail head is west on Twp Rd. 540, about 1 km

This 5.5 km riverside nature trail runs along the North Saskatchewan River and was constructed in partnership with the River Valley Alliance.

### Legacy Forest and Pollinator Habitat

Centennial Park (park by diamond #1), 4000 Sherwood Drive

An outdoor space featuring a pollinator habitat, native grass pathway, and planted trees in celebration of the 20th anniversary of Strathcona County's specialized municipality status in 2016.

### Sherwood Park Natural Area

Range Road 231, between Twp. Rds 520 and 522

Enjoy a 3 km walk at the Sherwood Park Natural Area! Interested in becoming a volunteer steward for this aspen parkland? **Call Howard or Mary Jane MacPherson at 780-464-7072. For a map of the area go to [www.strathcona.ca/parks](http://www.strathcona.ca/parks)**

Thank you to Colchester and District Agricultural Society for their support.

### Biodiversity Trail (Beaver Hills)

52521 Range Road 211

**GPS co-ordinates:** Latitude: 53.529715 N Longitude: 112.975522 W  
Explore the Beaver Hills Biosphere by walking the Beaver Hills Biodiversity Trail. Connecting people with nature, this 2.5 km natural surface trail is a unique rural trail. [www.strathcona.ca/biodiversity](http://www.strathcona.ca/biodiversity)

### Dog Off-Leash Sites in Strathcona County

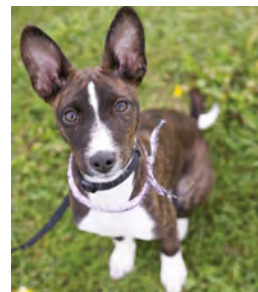
**Ardrossan Regional Park** (80-1 Avenue, Ardrossan)

**Deermound Off-Leash Park** (23020 Twp Rd 522)

**Heritage Hills Off-Leash Area** (Heritage Drive)

**Sally Stewart Park** (Broadview Drive)

Find all of the answers to your dog-related questions online at: [www.strathcona.ca/dogparks](http://www.strathcona.ca/dogparks)



Remember, every time they poop, you scoop - it's the law!

Anniversaries  
Meetings  
Weddings  
Reunions  
Birthdays  
Retreats

Operated  
by local  
community  
groups.

Book your next event at a

# COMMUNITY HALL

in Strathcona County



- Capacity between 80-200
- Banquet facilities
- Other amenities
- Smoke free
- Dance floor
- 14 locations to choose from!

View photos, floor plans, maps and more: [www.strathcona.ca/halls](http://www.strathcona.ca/halls)

## Senior Centres and Activities

### Ardrossan 55 Plus Club

780-922-2025, 21 Queen Street, Ardrossan

Membership \$15/person

Membership Contact: Sophie Homeniuk 780-935-3625

Rental Contact: Martin Bohn 780-922-5043

**Monday** 10am CHAIR YOGA Mar 2 - May 11, Canasta/Crib 1-3pm

**Tuesday** Kitchen Bridge 1- 3 pm, Travelling Cafe 1 - 3 pm (1st Tues each month), Potluck Supper 5:30 pm + General Meeting 6:30 pm (2nd Tues of each month)

**Wednesday** Floor Curling 1-3pm (Oct to May)

**Thursday** 10 am - 12 pm BOCCE (May to Oct), Carpet Bowling 1 - 3 pm (Oct to May), Crib/Canasta 7 - 9 pm

**Friday** Artist Group 9:30 am - 12 pm, Scrabble 1 - 3 pm

**Sunday** Dance 1- 4 pm (4th Sun of each month) live band, lite lunch

### Josephburg (Strathcona Area 5)

780-998-3441, 57A, 54569 Range Road 215

Membership - \$7.50/person

Membership Contact Brenda Jossy: 780-998-3441

**Monday** Potluck supper and monthly meeting 6 pm, 2<sup>nd</sup> Mon monthly

**Tuesday** Artists Group 1 pm; Genealogy course 7 pm, 4<sup>th</sup> Tue monthly. Contact Reg 780-998-4118

**Wednesday** Baby Boomers meet on the 1<sup>st</sup> and 3<sup>rd</sup> Wed at 7 pm and 2<sup>nd</sup> and 4<sup>th</sup> Wed at 1 pm

### Sherwood Park (55 Plus)

780-467-8389, 50A Spruce Ave, Sherwood Park

Mailing address: Box 79065, Sherwood Park, AB T8A 5S3

[www.55plusclub.ca](http://www.55plusclub.ca) (Check online calendar for monthly activities)

Membership Contact Doreen: 780-416-0570

Membership \$25/person, \$1 drop-in fee for activities

**Monday** Floor Curling 9:30 am; Duplicate Bridge, Whist 1 pm; cards, games, pool, Canasta 6:30 pm; Potluck supper 5:30 pm, 3<sup>rd</sup> Mon monthly (except July and August)

**Tuesday** Carpet Bowling 9:30 am; Bridge 1 pm; pool, Wizard card games 6:30 pm

**Wednesday** Coffee and Conversation 10:30 am to 12 pm; Euchre, pool 1 pm; Cribbage 6:30 pm;

**Thursday** Floor Curling 9:30 am; Canasta, pool 1 pm; Duplicate Bridge, pool 6:30 pm;

**Friday** Carpet Bowling 9:30 am; American Standard Bridge, pool 1 pm; Canasta & pool 6:30 pm

### South Cooking Lake Seniors Club

780-922-2639 102-22106 South Cooking Lake Road

Membership Contact: Jean 780-922-2639

Membership - \$5/person, \$1 drop-in fee for activities

**Tuesday** Potluck lunch 12 pm, 2<sup>nd</sup> Tue montly

Pool, shuffleboard, board games and card games 1 to 4 pm

**Friday** Pool, shuffleboard, board games and card games 7 to 9:30 pm

### Antler Lake Uncas Community League

[www.antlerlake.ca](http://www.antlerlake.ca)

Become a member (free), sign up at antlerlake.ca

**Monthly meetings** 3<sup>rd</sup> Wed, 7 pm at the hall

**Lake Stewardship Meeting** 6:30 pm, 3<sup>rd</sup> Wednesday of every month at the hall. Contact Leah @ antlerlakesc@outlook.com for more information

**Plus 55 Coffee Club** 2<sup>nd</sup> Wednesday of every month 1:30 - 3:30 pm

### Ardrossan Recreation and Agricultural Society

[www.ardrossanag.ca](http://www.ardrossanag.ca)

**Free movie night** 1<sup>st</sup> Fri, monthly. Concession supports non-profits.

### A.J. Ottewell Community Centre

**Art Society of Strathcona County** [www.artstrathcona.com](http://www.artstrathcona.com)

### Brookville Community League

[www.brookvillehall.wixsite.com/rentusnow](http://www.brookvillehall.wixsite.com/rentusnow)

**Monthly meetings** 3<sup>rd</sup> Thu, 7 pm memberships due - \$10/family

**Pilates** Mon at 6:30 pm

### Colchester Community League

[www.colchestercommunity.org](http://www.colchestercommunity.org) Twitter: @colchester\_hall

colchestercommunity@gmail.com

Check [colchestercommunity.org](http://colchestercommunity.org) for updates.

### Deville/North Cooking Lake Community League

[www.dnclhall.com](http://www.dnclhall.com) [dnclcommhall@gmail.com](mailto:dnclcommhall@gmail.com)

**Hatha Yoga** Mon 7 - 8:15 pm, Wed 8:30 - 9:45 am visit

[www.trueblissyyoga.com](http://www.trueblissyyoga.com) for more information.

**Deville Community Market** Every Tue 4 - 8 pm

### Good Hope Community Hall

[www.goodhopehall.wix.com/ghch](http://www.goodhopehall.wix.com/ghch)

**Monthly meeting** 1<sup>st</sup> Tue of the month, 6:30 pm

### Hastings Lake Community Association

[www.hastingslakehall.ca](http://www.hastingslakehall.ca)

Hall rental contact: [hastingslakerentals@gmail.com](mailto:hastingslakerentals@gmail.com)

**Hatha Yoga** Tue and Thu, 7 pm.

### Josephburg Agricultural Society

[www.josephburg-ag.ca](http://www.josephburg-ag.ca)

**Josephburg Presents** See website for information.

**Pickleball** Moyer Rec Centre [www.strathcona.ca/reccalendar](http://www.strathcona.ca/reccalendar)

**Adult Fitness** Moyer Rec Centre Jan 7 - Apr 6

**Yoga** Josephburg Community Hall Jan 7 - Apr 14

**Softball4fun/TeeBall4Fun** register in March for May/June session

**Farm Smarts Safety Day** May 21

**JAS Classic Beef/Horse Show** May 23, 24

**Fort Saskatchewan 4-H Beef Club** Achievement Day May 25

### South Cooking Lake Community League

[www.southcookinglake.com](http://www.southcookinglake.com)

Visit website for info on events. We offer classes in dance, art, yoga, barre fitness, Zumba®, photography, drama, martial arts, music, knitting and crocheting, meal prep, Girl Guides, Scouts, paint nights and more. Look for us on Facebook under "South Cooking Lake Community League"

**Monthly league meetings:** 2<sup>nd</sup> Thu monthly at 7 pm at the Hall (except for July and August)

### Whitcroft Community League

[www.whitcrofthall.org](http://www.whitcrofthall.org)

**Zumba Gold** Tue 9:30 - 10:30 am

### Wye Community League

[www.wyecomunityleague.org](http://www.wyecomunityleague.org)

**Fiddling Group** Mon, 6 - 9 pm

**Tai chi** Tue, 8:45 - 11:45 am

**Girl Guides** Tue, 6 - 9 pm,

**Brownies** Wed, 6 - 9 pm

**Anavets** Fri/Sun

### Family and Community Services

#### Drop-in Play Programs for Families

These programs are a great way to meet other parents and caregivers, play with your child and find out what is happening in your community. All programs are parented, free and unregistered.

[www.strathcona.ca/fcs](http://www.strathcona.ca/fcs)

**780-416-6730**

Mon	10 am - 12 pm	Colchester Hall
Mon	10 am - 12 pm	Deville/North Cooking Lake Community Hall
Tue	10 am - 12 pm	Brookville Community Hall
Wed	10 am - 12 pm	Antler Lake Hall
Thu	10 am - 12 pm	South Cooking Lake Community Hall
Thu	10 am - 12 pm	Whitcroft Community Hall
Fri	10 am - 12 pm	Strathcona Olympiette Centre

### Bookmobile [www.sclibrary.ca/bookmobile](http://www.sclibrary.ca/bookmobile)

Mon	3:30 - 4:30 pm	Deville/North Cooking Lake Community Hall
	5 - 6 pm	Brookville Community Hall
	6:45 - 8:15 pm	Ardrossan Recreation Complex
Tue	2:30 - 3:30 pm	Strathcona Olympiette Centre
	4 - 5 pm	Hastings Lake Community Hall
	5:15 - 6 pm	Ministik School
	6:15 - 7:30 pm	South Cooking Lake Community Hall
Wed	7:45 - 8:30 pm	Colchester Hall
	4 - 5 pm	Partridge Hill Community Hall
	5:30 - 6:30 pm	Good Hope Community Hall
Thu	7 - 8 pm	Josephburg Moyer Recreation Centre
	3:30 - 4:30 pm	Collingwood Cove (mailboxes)
	5 - 6:30 pm	Country Mercantile Store
	7 - 8 pm	Antler Lake Community Hall



Please visit our website for a listing of Bookmobile special visits to seniors and preschoolers.

# the Millennium Card

## Benefits

- More than 100 drop-in fitness programs
- FREE fitness orientations
- Six recreation facilities
- Hassle-free monthly renewal
- No contract

Get active. Be healthy. Stay connected.



### Child

\$23.25/month

\$14.25/month with the purchase of an adult card.



### Youth

\$39.25/month

\$14.25/month with the purchase of an adult card.



### Family

Customizable

Child/youth rates as low as \$14.25/month with the purchase of an adult card.



### Senior

\$39.25/month

Additional senior pass only \$32.50/month.



### Adult

\$49.00/month

Additional adult pass only \$41.50/month.

Prices in effect until April 2021

recreation@strathcona.ca | 780-416-3300

[www.strathcona.ca/mcard](http://www.strathcona.ca/mcard)

 STRATHCONA COUNTY

# gallery@501

#120 - 501 Festival Avenue, Sherwood Park  
780-410-8585

[www.strathcona.ca/gallery501](http://www.strathcona.ca/gallery501)

Get inspired at the gallery!

Our art classes are connected to and enhanced by the exhibitions on display.



**REGISTRATION STARTS**

March 10

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

## VISUAL ARTS

### Landscape Painting on Knotty Pine

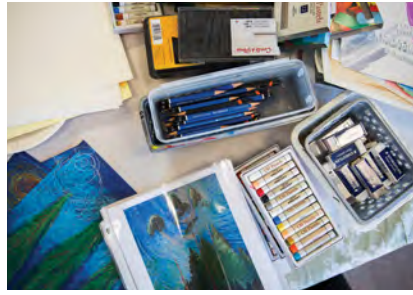
Discover how to use the natural rhythms of a knotty pine wood board to inspire your own custom landscape painting. Learn how to create features in your scene around the textures and lines in the wood, and plan a colour palette to go with your unique landscape. All supplies and hanging hardware included.

Age: 18Y+		Max 12
Gallery@501	Studio	
<a href="tel:780410135628">135628</a>	Apr 23 to Apr 30	Thu
	6 - 8 pm	\$50.00

### Sculptural Home Decor

Explore different materials and techniques as you create one-of-a-kind sculptures for your home! Learn to sculpt a beautiful landscape scene on a wall tile using air dry clay, colourful springtime birds out of plaster, and a bonus small soapstone carving. This course is packed with value, and all supplies are included.

Age: 18Y+		Max 12
Gallery@501	Studio	
<a href="tel:780410135629">135629</a>	May 21 to Jun 4	Thu
	6 - 8 pm	\$75.00



# MAKE & TAKE ART WORKSHOPS

Enjoy a night out learning new skills, getting creative, visiting with friends, or having a little 'me time'. Projects are designed for the beginner artist.

**All supplies included.**



**For Art, Drawing and Paint Night Social:**

Arrive at 5:45 pm to order any food and drinks from Vicky's Restaurant. Please note: food and drink are not included in your program fee.

Age: 18Y+

Max 15

Gallery@501

Studio

Tuesdays

6 - 8 pm

\$25.00

Apr 7	<b>Vintage Easter Egg Decor</b>	Learn about the art of 'decoupage' as you apply various vintage springtime images onto artificial eggs. Discover how to use stencils to create patterns and transform a set of eggs into beautiful seasonal décor that you can hang indoors at home for years to come.	<a href="#">135613</a>
Apr 14	<b>Oil Pastel Rooster</b>	Learn how to layer and blend colours using oil pastels, as we draw a vibrant rooster on a fencepost. You'll discover how to design basic shapes, fill in forms, and create the illusion of textures for feathers and wood.	<a href="#">135614</a>
Apr 21	<b>Paint Night Social - Spring Butterflies</b> ★	Grab a friend and come celebrate spring with a paint night social! Learn how to create an acrylic painting of beautiful butterflies, as you learn how to paint their structure, colours and details.	<a href="#">135615</a>
Apr 28	<b>Watercolour Pears</b>	Working from a basic outline, you'll learn how to use watercolor paint to bring juicy pears to life. We'll show you steps in layering colors using washes, how to create roundness and dimension in your pears, and how to add details overtop with dry brushwork and thin lines.	<a href="#">135616</a>
May 5	<b>Art Night Social - Beach Scene</b> ★	It's time to think of warmer weather and favorite outdoor places, like the beach! Learn how to use paint, gel and tissue paper to add textures and build up forms of waves, sand and reeds waving in the wind.	<a href="#">135617</a>
May 12	<b>Art Night Social - Pinecone Succulent Tapestry</b> ★	Create the illusion of a succulent plant tapestry using trimmed and painted pinecones within a frame. We'll study the details on succulents and learn how to mix a variety of colours to replicate their look.	<a href="#">135618</a>
May 19	<b>Drawing Night Social - Monet Water Lilies</b> ★	Create a colourful water lily scene inspired by the Impressionist artwork of the 19th century French artist Claude Monet. Use oil pastels and coloured pencils to create the shapes and textures of these delicate freshwater plants.	<a href="#">135619</a>
May 26	<b>Coloured Pencil Fox</b>	Learn how to draw a beautiful fox using cross-hatching, scumbling and burnishing with coloured pencils. Create the appearance of textures such as fur and how to bring sparkle to the eyes of these woodland creatures.	<a href="#">135620</a>
Jun 2	<b>Garden Insect Habitat</b>	Learn how to encourage friendly pollinators to grace your garden by providing them with this unique shelter. Design your own 'rooms' as you arrange various natural materials into a wooden frame. A conversation piece for your garden, this work of art is great for the environment.	<a href="#">135621</a>
Jun 9	<b>Paint Night Social - Sassy Cat</b> ★	Come share your stories about your favorite furry friend, as you create an acrylic painting of a cat. Learn how to capture all the fur and fabulous nature of these beloved animals in a whimsical painting.	<a href="#">135622</a>
Jun 16	<b>Cactus Plant Watercolour</b>	Learn how to create a small watercolor painting of a cactus plant. Discover how to lightly sketch basic shapes using watercolor pencils, and then apply soft layers of watercolor overtop to create colourful forms.	<a href="#">135623</a>



### 55+ Art Specials!

Learn basic art skills in a fun, relaxed and inspiring environment. All art supplies are included and no experience is needed.

#### Exploring How to Mix Media

Ever wonder how and why artists would use more than one type of art material (media) in their work? Every material has a range of application in art, and combining them can enhance things like mood, details, and perspective. This class is about experimentation as you create simple mini scenes using learned techniques for mixing various media, including graphite, ink, and watercolor.

Age:55Y+		Max 20
Gallery@501	Studio	
<a href="tel:135625">135625</a>	Apr 15	Wed
	10 - 11:30 am	\$15.00

#### Horse Perspective Drawing

Learn some fundamentals in creating perspective and proportion in a drawing using a ruler to help measure the placement of forms when drawing from a photograph. Participants will work from a photo of a horse, using a range of graphite pencils. Discover how to create form and mass through shading, blending and line-weight.

Age:55Y+		Max 20
Gallery@501	Studio	
<a href="tel:135626">135626</a>	May 6	Wed
	10 - 11:30 am	\$15.00



#### Expanding your Acrylic Palette with Carleen Ross

Local professional artist Carleen Ross will guide you in creating a colourful landscape scene using acrylic paint in this three week course. Beginner artists will grow their skills in mixing colours to create a palette of possibilities for defining mood, atmosphere and sunlight/shadow. Learn how to create the illusion of space in a landscape through composition, layering and details. You'll leave inspired to continue painting with this wonderful spring project. All supplies included.

Age:55Y+		Max 10
Gallery@501	Studio	
<a href="tel:135624">135624</a>	May 13 to May 27	Wed
	10 - 11:30 am	\$54.00

#### Coloured Pencil Spring Garden

Discover a world of colouring possibilities when you learn how to use various techniques with coloured pencils (pencil crayons). Things like layering, blending, hatching, and pressure applied can open up a range of various effects with this media. We'll practice some techniques by creating a spring garden scene that you can continue to work on at home. A basic set of coloured pencils are included!

Age:55Y+		Max 20
Gallery@501	Studio	
<a href="tel:135627">135627</a>	Jun 10	Wed
	10 - 11:30 am	\$15.00



## Visual Arts

### Child/Youth Art Programs



#### Child

##### I Can Paint! - Colour Creators

Expand your art skills using science experiments as we learn new ways to create colourful paintings! Explore unusual painting tools, like fly swatters, feathers and a swinging pendulum to create textures and patterns for our amazing creations. All supplies included.

Age: 6Y - 10Y	Max 18
Gallery@501	Studio
<a href="#">135633</a>	Apr 18 to May 2 9:30 - 11 am
	Sat \$54.00

##### I Can Draw! - Travelling Sketchbook

You'll enjoy drawing in a brand new sketchbook as we travel around the Community Centre to find your favorite artwork! We'll draw from new perspectives, change up our drawing tools, and explore new ways of making drawings come to life. All supplies included.

Age: 6Y - 10Y	Max 18
Gallery@501	Studio
<a href="#">135634</a>	May 9 to May 23 9:30 - 11 am
	Sat \$54.00

##### I Can Design! - Castle Edition

This program will inspire your imagination and get your brain working as you learn ways to bring science and art together. Engineer and construct your own castle with a bridge, sculpt a few fairytale characters, and learn the secret behind creating your own dragon to fly overhead. All supplies included.

Age: 6Y - 10Y	Max 18
Gallery@501	Studio
<a href="#">135635</a>	May 30 to Jun 13 9:30 - 11 am
	Sat \$54.00

#### After School Art Workshops

Join us for a creative workshop after school and on early dismissal days at Gallery@501.

##### Drawing Faces

We'll teach you how to see and draw the basic shapes and structure of facial features, and give you practice sheets to take home.

Age: 6Y - 12Y	Max 15
Gallery@501	Studio
<a href="#">135637</a>	Apr 8 3 - 4:30 pm
	Wed \$18.00

##### Extreme Painting

Learn how to make colours fly onto the canvas using a science experiment, and then paint overtop to create a really cool scene.

Age: 10Y - 13Y	Max 15
Gallery@501	Studio
<a href="#">135638</a>	Apr 28 4 - 5:30 pm
	Tue \$18.00

##### Paint Pouring

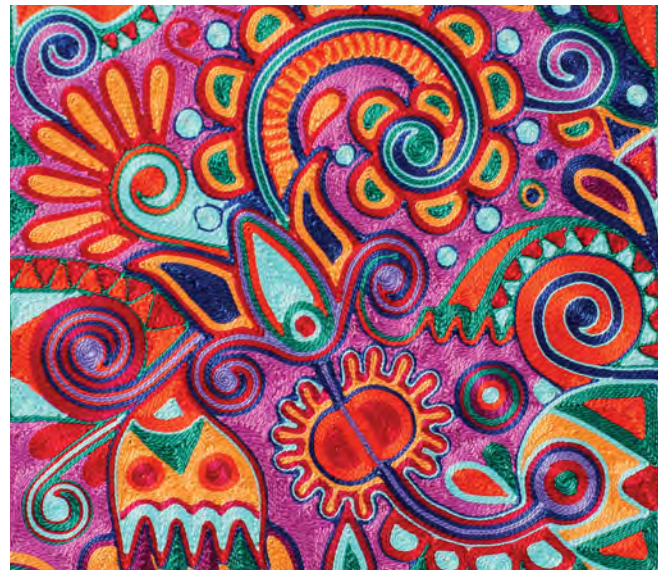
Try out the fun technique of paint pouring, as you use the science and random nature of this art form to create your own unique mini paintings.

Age: 10Y - 13Y	Max 15
Gallery@501	Studio
<a href="#">135640</a>	Jun 2 4 - 5:30 pm
	Tue \$18.00

##### Yarn Painting

If you want a relaxing project, learn how to use the lines and colours in yarn to create a colourful "painting" on sticky-backed felt.

Age: 6Y - 12Y	Max 15
Gallery@501	Studio
<a href="#">135641</a>	Jun 3 3 - 4:30 pm
	Wed \$18.00





# HOME-SCHOOL



## PD Day Programs

These programs are packed with great activities including an interactive gallery exhibition tour, hands-on art projects, and more. Pre-care is available from 8 am - 9 am, and post-care from 4 pm - 5 pm. Pack a nut-free lunch and snacks, and drinks. All supplies included.

## Art Discovery Lab - Full STEAM Ahead

It's a day full of art-making as we take learning to the next level with great STEAM (Science, Technology, Engineering, Art and Mathematics) art projects! You'll create zentangles, watercolor and oil pastel paintings, optical illusion drawings, sculptures that move, and colourful tissue paper paintings.

Age: 8Y - 12Y		Max 15
Gallery@501	Studio	
<a href="#">135636</a>	May 15	Fri
	9 am - 4 pm	\$50.00

## Youth and Teen

### 501 Express - Spring 2020

Join us for art-making with snacks, drinks, and music! Each month you can try out different projects in painting, drawing and more. 501 Express is generously sponsored by the Festival Place Cultural Arts Foundation.

Age: 12Y - 18Y		Max 30
Gallery@501	Studio	
<a href="#">135631</a>	Apr 16	Thu
	4 - 6 pm	\$5.00
<a href="#">135632</a>	May 14	Thu
	4 - 6 pm	\$5.00

## Homeschool Art - Land and Home

Enhance your homeschool studies at Gallery@501! Take a tour of the Gallery exhibit "Repeated Visits to the Museum of Life" by Paddy Lamb. Draw in the gallery from the artwork and create prints using a printmaking press. The second class includes a scavenger hunt using Public Art and local art and an Alberta landscape painting project using palette knives.

Age: 8Y - 13Y		Max 15
Gallery@501	Studio	
<a href="#">135630</a>	Apr 16 to Apr 23	Thu
	1 - 3 pm	\$36.00

# SPRING BREAK CAMP

Spring break registration starts February 25

## Mythical Creatures Art Camp

From fantastical creatures like fairies and unicorns, to the legends of mermaids and dragons, there is a ton to inspire your imagination this Spring Break! Learn about the origins of these mythical creatures and create your own interpretations through painting, drawing, sculpture and printmaking. All supplies included. Pack a lunch, snacks, drinks and wear art friendly clothes. Pre-care (8 am - 9 am) & post-care (4 pm - 5 pm) are available.

Age: 6Y - 10Y		Max 15
Gallery@501	Studio	
<a href="#">135642</a>	Mar 30 to Apr 3	Mon-Fri
	9 am - 4 pm	\$230.00



## Visual Arts

### Family Art Programs



## FAMILY FUN @ 501

Gallery@501 offers learning adventures and discoveries in art! A great way to get creative with your children, focusing on fun and art. **Price is per person and all children must be registered with an adult (who also registers, attends and participates with the child). All supplies included.**

These programs are great for grandparents, parents and caregivers of children!

All Ages		Max 30
Gallery@501	Studio	
Sundays	1 - 2:30 pm	\$6.00

Apr 5	<b>Easter Egg Prints</b>	Get inspired by Pop Art and create a one of a kind print for Easter.	<a href="#">134515</a>
Apr 19	<b>Springtime Showers Painting</b>	Combine paints, pastels and more to make a springy painting.	<a href="#">134516</a>
Apr 26	<b>Fairy Doors</b>	Welcome magical creatures into your backyard with an eco-friendly craft.	<a href="#">134517</a>
May 3	<b>Mother's Day Art</b>	Treat your Mom to a crafty present and a handmade card.	<a href="#">134518</a>
May 10	<b>Blended Colours Cherry Blossoms</b>	Blend, smooch and dot paint for a sweet and simple spring painting.	<a href="#">134519</a>
May 24	<b>Butterfly Window Clings</b>	Craft a whole swarm of colourful butterflies to decorate your windows.	<a href="#">134520</a>
May 31	<b>Sail Away Ocean Diorama</b>	Capture ocean waves with a fun crafty diorama, complete with a little boat.	<a href="#">134521</a>
Jun 7	<b>Gone Camping Collage</b>	Combine paper, pastels and more to celebrate camping and the great outdoors.	<a href="#">134522</a>
Jun 14	<b>Father's Day Art</b>	Show your Dad how much he means to you with a special piece of custom art.	<a href="#">134523</a>

### Grandparents Art Workshop

Join us for an afternoon as we celebrate grandparents! Designed for all ages, we welcome parents, grandparents and children to come and make art together. Each participant will get to create their own whimsical family tree, with a colourful twist!

Price is per person, and all children must be registered with an adult (who also registers, attends and participates with the child). All supplies included.

All Ages		Max 30
Gallery@501	Studio	
<a href="#">135643</a>	May 9	Sat
	1 - 2:30 pm	\$6.00



REPEATED VISITS TO  
THE MUSEUM OF LIFE  
by Paddy Lamb



"Half Gorgeous, Half Absurd, Half Imagined"(Detail)  
by Paddy Lamb

**March 5 to April 26, 2020**

Reception: March 5 at 7 p.m.  
Artist in attendance

For Paddy Lamb, collected objects and artifacts have a deeply personal, tactile significance. They add a tangible link between the actual and the imagined. Lamb's work reflects on different eras of cultural heritage, and challenges a traditional definition of commemoration or monument. Lamb's landscape based installations act as a repository for our history, culture and collective memory.

STRATHCONA  
SALON series



"Cosmic Love" by Caylan Young

**May 12 to June 11, 2020**

Reception: June 11 at 7 p.m.  
Artists in attendance

This exhibition features Strathcona County's amazing artistic talent! The work in the show has been submitted for consideration for purchase, loan or donation to the Strathcona County Art Collection (est. 1987). Both adult and high school artists are eligible to submit. All of the work will be juried and the selected artwork will be announced on June 13. Visitors to the show prior to June 13 may vote for their favourite artwork and the People's Choice Award will be presented at the unveiling.

# CALL TO *ARTISTS*

## 2020 Art Collection Annual Acquisition



**Conversations at Noon**  
by Cindy Revell, 2019



**Chicken Scratch**  
by Remy McGlashan, 2019

### Call for Submissions

Visual artists who live in Strathcona County or have contributed to the enrichment of art in the community are invited to submit their work for consideration for purchase, loan or donation to Strathcona County's Art Collection. Both adults and high school artists are eligible to submit.

Work will hang in the "Strathcona Salon Series" exhibition at Gallery@501 from May 12 to June 26 and the artwork that is selected for the Collection will be celebrated at a reception on Thursday, June 11 at 7 p.m. A People's Choice Award will also be presented.

### Submission Deadline

Bring your forms and artwork to Gallery@501 at 501 Festival Avenue, Sherwood Park.

**Thursday, April 30**, 12 noon to 7 p.m.

**Friday, May 1**, 12 noon to 7 p.m.

Non-residents with strong ties to Strathcona County and/or who have contributed to the enrichment of art in the County must apply to the Art Collection Advisory Committee for review by April 10, 2020.

### Information and Forms

[www.strathcona.ca/artcollection](http://www.strathcona.ca/artcollection)

**Questions?** Barb Chapman at 780-449-1139  
barbara.chapman@strathcona.ca

 STRATHCONA  
COUNTY

**REGISTRATION STARTS**

March 10

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

**VISUAL ARTS****Smeltzer House  
Centre for Arts & Culture**

Located on Broadmoor Blvd, just north of the traffic circle.  
Questions? Call 780-464-2023

**Child/Youth****Mom and Me Clay**

Introduce your child to the wonders of clay! Explore pinch, slab and coil techniques while you create memories and treasures and develop fine motor skills. New project each class. Adult participation required.

Age: 3Y - 5Y		Max 10
Smeltzer House	Clay Hut	
<a href="#">134283</a>	Apr 15	Wed
	9:30 - 11 am	\$21.00
<a href="#">134284</a>	Jun 3	Wed
	9:30 - 11 am	\$21.00

**Clay Dabblers**

Using their imagination as inspiration, your child will create exciting projects from clay. Fanciful sculptures, mythical creatures and coiled bowls will be explored through basic ceramic techniques such as pinch, slab, rolling, and applying color and texture.

Omit: May 16

Age: 6Y - 12Y		Max 10
Smeltzer House	Clay Hut	
<a href="#">134280</a>	Apr 18 to May 30	Sat
	10 - 11:30 am	\$94.98

**Teen Pottery**

Learn the tools and techniques used to create hand built pieces, and then move onto the pottery wheel to explore wheel throwing. Program will include all supplies, tools and firing. Pieces will be hand painted and glazed. For safety reasons, please wear closed-toe shoes and avoid loose clothing. All supplies included.

Omit: May 18

Age: 12Y - 17Y		Max 10
Smeltzer House	Clay Hut	
<a href="#">134281</a>	Apr 20 to Jun 15	Mon
	4 - 6 pm	\$190.00

**Afterschool Clay**

A great after school clay program that will introduce the basics to the first time participant and continue to build on the skills of those who have previous experience. Expect to have lots of creative fun in this pottery program! Some pieces will be glazed fired and others will be hand painted. All materials included.

Age: 8Y - 12Y		Max 10
Smeltzer House	Clay Hut	
<a href="#">134282</a>	Apr 14 to May 19	Tue
	4 - 5:30 pm	\$94.98

# YOUTH ART NIGHT



## Mixed Media

Use watercolor paint, pencils, paper and tissue to create a triptych format artwork.

Age: 9Y - 16Y		Max 12
Smeltzer House	Lower Lounge	
<a href="#">134345</a>	Apr 17	Fri
	6:30 - 8:30 pm	\$24.00

## Fabulous Floral

Paint a beautiful floral canvas perfect for Mother's Day giving.

Age: 9Y - 16Y		Max 12
Smeltzer House	Lower Lounge	
<a href="#">134346</a>	May 1	Fri
	6:30 - 8:30 pm	\$24.00

## Crooked House

Acrylics will bring your crooked house canvas to life.

Age: 9Y - 16Y		Max 12
Smeltzer House	Upper Lounge	
<a href="#">134347</a>	May 15	Fri
	6:30 - 8:30 pm	\$24.00

## Tortoise or Turtle?

Add reptile painting to your collection as you learn to paint a tortoise.

Age: 9Y - 16Y		Max 12
Smeltzer House	Upper Lounge	
<a href="#">134348</a>	May 29	Fri
	6:30 - 8:30 pm	\$24.00

## Majestic Mountain

Take a trip to the mountains as you learn to paint landscapes just in time for summer.

Age: 9Y - 16Y		Max 12
Smeltzer House	Upper Lounge	
<a href="#">134350</a>	Jun 12	Fri
	6:30 - 8:30 pm	\$24.00

## Pull a Print

Create your own print perfect for Father's Day.

Age: 9Y - 16Y		Max 12
Smeltzer House	Upper Lounge	
<a href="#">134349</a>	Jun 19	Fri
	6:30 - 8:30 pm	\$24.00

## Youth Glass Art

### Beginner Glass for Youth

Interested in glass fusing? This hot new class is for absolute beginners and kids wanting to polish their skills. Complete a new project each week that will develop your glass techniques. Closed-toe shoes must be worn in the studio.

Age: 9Y - 17Y		Max 6
Smeltzer House	Studio One	
<a href="#">134351</a>	Apr 18 to May 2	Sat 12:30 - 2 pm \$125.01
<a href="#">134352</a>	Jun 2 to Jun 16	Tue 4:30 - 6 pm \$125.01

### Youth Open Studio

Explore your own ideas and create something unique. Students must have previous glass experience and be confident using tools. Come prepared with your inspiration and ideas. Closed-toe shoes must be worn in the studio.

Age: 9Y - 12Y		Max 6
Smeltzer House	Studio One	
<a href="#">134354</a>	May 30	Sat 12:30 - 2 pm \$45.00
<a href="#">134364</a>	Jun 13	Sat 10 - 11:30 am \$45.00

### Moms & Daughters Glass Pendants

Adults and kids come together and make matching pendants. Learn simple glass techniques and create two pendants per person. Each person must register separately.

Age: 9Y+		Max 8
Smeltzer House	Studio One	
<a href="#">134355</a>	May 9	Sat 12:30 - 2 pm \$22.00
<a href="#">134360</a>	Jun 6	Sat 10 - 11:30 am \$22.00
<a href="#">134361</a>	Jun 13	Sat 12:30 - 2 pm \$22.00



### Level 2 Glass Fusing - Painted Wavy Plate

Learn how to paint with enamels, then combine them with glass and frit to make a seasonal decorative plate. Kids must have previous fused glass experience. Closed toe shoes must be worn in the studio.

Age: 9Y - 17Y		Max 6
Smeltzer House	Studio One	
<a href="#">134358</a>	May 16	Sat 12:30 - 2 pm \$45.00
<a href="#">134362</a>	Jun 23	Tue 4:30 - 6 pm \$45.00

### Level 2 Glass Fusing - Fairy Door Light Catcher

Polish up on your glass skills and cut complex shapes to create a charming fairy door. Safe for inside or outside display. Closed-toe shoes must be worn in the studio.

Age: 9Y - 17Y		Max 6
Smeltzer House	Studio One	
<a href="#">134359</a>	Jun 6	Sat 12:30 - 2 pm \$45.00

## Smeltzer House is 100! Talk and Tour

Learn about the Smeltzer family farm and settler history in Strathcona County, and take in a rare tour of Smeltzer House.

**July 8, 2020** at Smeltzer House, #1 Broadmoor Boulevard, Sherwood Park.

**6:30 p.m. - 7:15 p.m. or 7:30 p.m. - 8:15 p.m.**

Register starting May 30 at [www.sclibrary.ab.ca](http://www.sclibrary.ab.ca) or by calling 780-410-8600.

Hosted collaboratively as part of Historic Festival and Doors Open Edmonton by Strathcona County Library and Strathcona County.

**100** 1920-2020  
**Smeltzer House**  
— Celebrating our history —



**STRATHCONA**  
COUNTY

# HOME-SCHOOL

## Art Programs

Begin the morning learning and creating. Explore and discover new materials, techniques and concepts each week. A great addition to your home studies!

Age: 6Y - 12Y		Max 15
Smeltzer House	Upper Lounge	
Thursdays	10 - 11:30 am	\$14.00

### Apr 9 **Pop Art Movement Collage**

[134287](#)

Layer a collage to bring movement to life with a pop art twist.

### Apr 16 **Colour and Texture Springtime Fox**

[134288](#)

Create a colourful springtime fox using markers, paint and more.

### Apr 23 **Draw With A Magnifying Glass**

[134289](#)

Use your imagination to discover what's living in a little patch of grass.

### Apr 30 **Painted Trees In Bloom**

[134290](#)

Blend paint to add texture, lines and colour to a lovely tree.



## Glass Fusing

### Easter Egg Ornaments

Explore the world of fused glass with a trio of simple Easter eggs to share.

Age: 9Y+		Max 6
Smeltzer House	Studio One	
<a href="#">134295</a>	Apr 9	Thu
	12 - 1:30 pm	\$45.00

### Flower Plate

Capture the seasonal beauty of flowers in fused glass.

Age: 9Y+		Max 6
Smeltzer House	Studio One	
<a href="#">134296</a>	Apr 30	Thu
	12 - 1:30 pm	\$45.00

## Pottery

### Kidz in Clay - Try It

Get your hands dirty and have fun with clay. Kids will create projects using coils, slabs and the clay extruder. All supplies included.

Age: 6Y - 14Y		Max 14
Smeltzer House	Clay Hut	
<a href="#">134286</a>	Apr 22 to May 27	Wed
	10 - 11:30 am	\$94.98





## Youth Art Programs

### Art Explosion

Explore painting, drawing, printmaking and much more in this dynamic program. Get inspiration from art history and find stories in the artwork. There are new themes with each session, so young artists can take it multiple times and keep learning! All supplies included.

Omit: May 25

			Max 10
Smeltzer House	Lower Lounge		
<a href="#">134340</a>	6Y - 10Y	Apr 20 to Jun 15	Mon
		4:30 - 6 pm	\$92.00
<a href="#">134341</a>	8Y - 10Y	Apr 22 to Jun 10	Wed
		4:30 - 6 pm	\$92.00

### Learn to Cartoon

Draw your own cartoon characters, creatures and magical beasts. Using a variety of tools and materials, including pencil, pen, ink, and more, design funny faces, outrageous bodies and dynamic actions and create unique stories that go along with these new characters. All supplies included.

Omit: May 23

Age: 8Y - 12Y			Max 12
Smeltzer House	Upper Lounge		
<a href="#">134343</a>		Apr 25 to Jun 20	Sat
		10 - 11:30 am	\$92.00

### Anime Cartooning

Learn how to use geometric forms to create cartoon characters in the popular Japanese anime style.

Age: 10Y - 14Y			Max 12
Smeltzer House	Upper Lounge		
<a href="#">134342</a>		Apr 21 to Jun 9	Tue
		4:30 - 6 pm	\$92.00

### Youth - Learn to Draw

Gain confidence and build your skills as you create drawings in a variety of styles including realistic, figurative and abstract. Learn drawing fundamentals including line and contour, hatching, shading, and proportion that will add texture and depth to your work. Charcoal, oil and chalk pastel, watercolour pencil and graphite media will all be used.

Supplies included.

Age: 10Y - 14Y			Max 10
Smeltzer House	Lower Lounge		
<a href="#">134344</a>		Apr 15 to Jun 3	Wed
		4:30 - 6 pm	\$92.00



### Fibre Art

#### Sew Through Spring

Learn how to hand and machine sew with fun seasonal projects. Kids will make several projects including crafts and wearable items. Please bring indoor shoes.

Omit: May 16

Age: 8Y - 14Y			Max 4
Smeltzer House	Lower Lounge		
<a href="#">134374</a>		Apr 18 to May 30	Sat
		10 - 11:30 am	\$157.98
<a href="#">134379</a>		Apr 14 to May 19	Tue
		4:30 - 6 pm	\$157.98

## SPRING BREAK CAMPS

### Spring break registration starts February 25

Make new friends while playing games and enjoying a variety of spring activities. Get creative this spring break with awesome spring-themed activities for boys and girls alike!

**Pre-care is available from 8 am - 9 am  
and post-care from 4 pm - 5 pm.**

### Art Attack - Spring Break

Don't be bored this Spring Break! Have fun creating clay creations, glass fusing, painting and much more. Be warned that 'Art Attack' will result in getting messy, and having nearly too much fun.

Age: 8Y - 12Y			Max 20
Smeltzer House	Lower Lounge		
<a href="#">134380</a>		Mar 30 to Apr 3	Mon-Fri
		9 - 4 pm	\$230.00

### Sew Crafty Spring Break Fun

Kids will get an introduction to hand sewing, as well as play games and make lots of fun spring time crafts. Both boys and girls are welcome. Please bring a water bottle, nut free snacks, lunch and indoor shoes.

Age: 7Y - 12Y			Max 12
Smeltzer House	Lower Lounge		
<a href="#">134510</a>		Mar 31 - Apr 1	Tue-Wed
		9 - 4 pm	\$90.00

#### Adult Pottery Programs

Experience the many benefits of working with clay under the support and guidance of our talented instructors. Whether you are looking for a way to relax or want to learn a new skill, the Clay Hut has been offering pottery programs for all ages since 1978. Please note: To purchase clay, you must bring a cheque or cash to the first class of the session. Clay cost is \$25 per bag. Cost may increase depending on clay body used. All other supplies are provided, including the firing and glazing of your pottery. We are unable to provide credits or make-up classes for any missed classes during the session. For safety reasons, please wear closed-toe shoes and avoid loose clothing. Clay is included in the cost for all Try It classes.

#### Try it out! Clay Workshop

Are you interested in giving pottery a try? Take this 3-session course, create a handbuilt vase then onto the potter's wheel to make a bowl and plate. This is a great couples activity too! Please note, there is a one-week break between classes 2 and 3 for the clay to dry and be fired. Supplies and materials provided.

Omit: May 3

Age: 18Y+		Max 10
Smeltzer House	Clay Hut	
<a href="#">134279</a>	Apr 19 to May 10	Sun
	April 19 11:30 - 4:30 pm	\$90.00
	April 26 12:30 - 3:30 pm	
	May 10 12:30 - 2:30 pm	

#### Afternoon Pottery

This afternoon pottery class is for beginners or for those looking to build upon their previous pottery experience. The instructor will work with potters to introduce basic pottery techniques and support the development of each potter's personal style.

Age: 18Y+		Max 11
Smeltzer House	Clay Hut	
<a href="#">134277</a>	Apr 16 to Jun 18	Thu
	1 - 4 pm	\$250.00

#### Absolute Beginners Pottery

Learn the basics of becoming a potter in this 10 week course, including handbuilding, the potter's wheel and glazing techniques.

Omit: Apr 13

Age: 18Y+		Max 12
Smeltzer House	Clay Hut	
<a href="#">134278</a>	Apr 6 to Jun 15	Mon
	7 - 10 pm	\$250.00
<a href="#">134274</a>	Apr 15 to Jun 17	Wed
	7 - 10 pm	\$250.00



#### Intermediate Pottery

You've mastered the basics and you're ready for more! Learn techniques that will help you transform your clay into pots to be proud of. The instructor will work with you to hone your skills and develop your personal style.

Prerequisite: Absolute Beginners Pottery or equivalent skills.

Age: 18Y+		Max 12
Smeltzer House	Clay Hut	
<a href="#">134275</a>	Apr 14 to Jun 16	Tue
	7 - 10 pm	\$250.00

#### Open Studio - Advanced

Open studio is for skilled potters ages 18+ and are current or past Clay Hut participants or have previous pottery experience. No pottery instruction is provided during open studio. All students must work within assigned shelf space and kiln firing requirements. Clay must be purchased from facility staff. Price includes glazes and firing.

Age: 18Y+		Max 11
Smeltzer House	Clay Hut	
<a href="#">134276</a>	Apr 16 to Jun 18	Thu
	6:30 - 9:30 pm	\$200.00



**Adult Glass**

Located on the same site as Smeltzer House and the Clay Hut, Studio One is home to a variety of fused glass programs and workshops for youth and adults. Adult program fees include the use of equipment, kiln firing and instruction; participants are required to pay a glass fee for programs and workshops. Glass pieces will be available for pick up after firing is complete. To ensure the safety of all, participants must be able to work independently and follow Studio One's glass and tool handling procedures. Please note Studio One is not wheelchair accessible.

**Introduction to Glass Fusing**

In this introductory glass fusing class, you will learn the basics of fusing glass in a kiln, cutting glass and basic design. The class will also cover different kinds of glass, their use and the importance of compatibility. Students will complete projects they will be proud to take home. A \$25.00 glass fee payable at first class.

Age: 18Y+		Max 6
Smeltzer House	Studio One	
<a href="#">134461</a>	Apr 13 to Apr 27	Mon 7 - 9 pm \$174.99
<a href="#">134465</a>	Apr 29 to May 13	Wed 1 - 3 pm \$174.99
<a href="#">134463</a>	May 7 to May 21	Thu 7 - 9 pm \$174.99

**Adult Glass Studio Time**

Participants must have completed a level one or introductory glass program in order to participate in Studio Time. You must work independently and within kiln space requirements. Pricing includes use of the studio, tools, grinders, molds, one firing and a clear base piece. All glass materials are to be purchased by the participant. Additional firing fee will be applied to more complex pieces. The average price point is \$20 to \$50. Fused items will be ready for pick up one week after being made. Our technician will be available to sell glass and monitor the studio.

Age: 18Y+		Max 6
Smeltzer House	Studio One	
<a href="#">134469</a>	Apr 21 to May 19	Tue 12:30 - 3 pm \$120.00
<a href="#">134471</a>	May 11 to Jun 15	Mon 6:30 - 9 pm \$120.00



**Glass Flower Art**

Cut, layer and fuse glass into stunning glass flowers for your garden. No watering required!

Age: 18Y+		Max 6
Smeltzer House	Studio One	
<a href="#">135651</a>	Apr 21	Tue 7 - 9 pm \$62.00
<a href="#">135652</a>	Apr 29	Wed 7 - 9 pm \$62.00

**Glass Birds**

Add a touch of glass to your garden this spring. Create a glass bird complete with stake.

Age: 18Y+		Max 6
Smeltzer House	Studio One	
<a href="#">135654</a>	May 6	Wed 7 - 9 pm \$62.00

**Patio Lantern**

Using an indoor/outdoor lantern, create 4 unique panels using rods, stringers and frit. Must have previous class experience.

Age: 18Y+		Max 6
Smeltzer House	Studio One	
<a href="#">135655</a>	May 28	Thu 7 - 9 pm \$62.00
<a href="#">135656</a>	Jun 4	Thu 7 - 9 pm \$62.00

**Workshop**

**Jewelry 101**

Learn and create your own unique Celtic inspired jewelry in this hands on workshop. Celtic charms will be used to complete a necklace, bracelet or earrings. All supplies included.



Age: 18Y+		Max 10
Smeltzer House	Upper Lounge	
<a href="#">134512</a>	Apr 22	Wed 7 - 9 pm \$62.00

**Adult Full-Week Summer Workshop**

**Fused Glassware Workshop with Wendy McPeak**

Expand your glass fusing techniques and take your glass hobby to the next level in this advanced fusing plate workshop. Students will design and decorate plates of different shapes and sizes using advanced decorating techniques. A glass fee of \$50.00 payable to the instructor.

Age: 18Y+		Max 6
Smeltzer House	Studio One	
<a href="#">134323</a>	Jul 13 to Jul 17	Mon-Fri 10 - 4 pm \$250.00



### REGISTRATION STARTS

March 10

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

# PERFORMING ARTS

## Dance

### Two's Groove - Parented

Experience different types of dance moves and music with your two year old in this upbeat, parented program.

Age: 2Y		Max 12
Festival Place	The Studios	
<a href="#">135607</a>	Apr 6 to Jun 8	Mon
	9:30 - 10:15 am	\$71.12
<a href="#">135606</a>	Apr 7 to Jun 9	Tue
	10:30 - 11:15 am	\$80.01

### Dancing Tutus

Explore your dreams to dance like a ballerina. This program introduces creative movement and age-appropriate dance steps and techniques while exploring classical and modern music. Performers will delight the audience at the final performance.

Omit: April 11, 13, May 16, 18

Ages: 3Y - 4Y		Max 12
Festival Place	The Studios	
<a href="#">135585</a>	Apr 6 to Jun 8	Mon
	1 - 1:45 pm	\$71.12
Millennium Place	Activity Room 3	
<a href="#">135587</a>	Apr 4 to Jun 6	Sat
	9:30 - 10:15 am	\$71.12
<a href="#">135586</a>	Apr 8 to Jun 10	Wed
	9:30 - 10:15 am	\$88.90

### Mini Moves

They may be mini, but they have mighty energy levels! Your child will have a blast exploring different types of dance movements including ballet, tap, jazz, and hip-hop.

Omit: April 11, 13, May 16, 18

Ages: 3Y - 4Y		Max 12	
<b>Festival Place</b>	<b>The Studios</b>		
<a href="#">135593</a>	Apr 6 to Jun 8	Mon	
	10:30 - 11:15 am	\$71.12	
<a href="#">135592</a>	Apr 6 to Jun 8	Mon	
	11:30 am - 12:15 pm	\$71.12	
<b>Millennium Place</b>	<b>Activity Room 3</b>		
<a href="#">135596</a>	Apr 4 to Jun 6	Sat	
	10:30 - 11:15 am	\$71.12	
<a href="#">135594</a>	Apr 8 to Jun 10	Wed	
	11:30 am - 12:15 pm	\$88.90	
<a href="#">135595</a>	Apr 8 to Jun 10	Wed	
	10:30 - 11:15 am	\$88.90	
<b>Ardrossan Recreation Complex</b>	<b>Aspen Room A</b>		
<a href="#">135598</a>	Apr 4 to Jun 6	Sat	
	9:30 - 10:15 am	\$71.12	
<a href="#">135597</a>	Apr 4 to Jun 6	Sat	
	10:30 - 11:15 am	\$71.12	

### Classic Tutus

Dance like a ballerina in this creative movement program. Your child will learn age-appropriate dance steps and technique while exploring classical and modern music. Performers will delight the audience at the final performance.

Omit: April 11, 13, May 16, 18

K - Grade 4		Max 12	
<b>Millennium Place</b>	<b>Activity Room 3</b>		
<a href="#">135583</a>	Apr 4 to Jun 6	Sat	
	12:45 - 1:45 pm	\$84.48	
			Max 15
<b>Festival Place</b>	<b>The Studios</b>		
<a href="#">135582</a>	Apr 6 to Jun 8	Mon	
	7 - 8 pm	\$84.48	

Most programs wrap up with a final performance, which will be held on **Saturday, June 13**. Performance times will be determined by May 23.

Soft sole dance slippers are recommended for all dance programs.



### Kidz 'R' Movin

A high energy program that uses a variety of pop, rap, and hip hop music. Kids will be movin', poppin' and explorin' an array of choreographed dance steps. They'll show their moves in the final performance.

Omit: April 11, 13, May 16, 18

		Max 13	
<b>Festival Place</b>	<b>The Studios</b>		
<a href="#">135601</a>	K - Grade 3	Apr 6 to Jun 8	Mon
		4:30 - 5:30 pm	\$84.48
			Max 15
<b>Millennium Place</b>	<b>Activity Room 3</b>		
<a href="#">135604</a>	K - Grade 3	Apr 4 to Jun 6	Sat
		11:30 am - 12:30 pm	\$84.48
			Max 15
<b>Ardrossan Recreation Complex</b>	<b>Aspen Room A</b>		
<a href="#">135603</a>	K - Grade 3	Apr 4 to Jun 6	Sat
		11:30 am - 12:30 pm	\$84.48
			Max 15
<b>Festival Place</b>	<b>The Studios</b>		
<a href="#">135602</a>	Grade 4 - 6	Apr 6 to Jun 8	Mon
		5:45 - 6:45 pm	\$84.48





## Drama and Musical Theatre

### Imagination Theatre

Bring your active imagination to life in this drama based program. We will focus on the fundamentals of acting including voice projection, storytelling, and movement through dramatic games and exercises. Costumes, props and sets will be used to enhance the final performance. Students will collaborate to create and perform an original skit within the advertised theme.

### Imagination Theatre Theme: *Welcome to the Circus*

Times are hard for the circus, and the whole Big Top Circus team is meeting to find a way to draw people away from their televisions and computer games and come to the live circus shows. Come join the circus and help create the winning act.

Omit: April 11, May 16.

Grade 1 - 6		Max 16
Millennium Place	Activity Room 3	
<a href="#">135589</a>	Apr 4 to Jun 6	Sat
	2 - 3:30 pm	\$80.00
Grade 1 - 6		Max 14
Festival Place	The Studios	
<a href="#">135588</a>	Apr 7 to Jun 9	Tue
	5:15 - 6:45 pm	\$90.00

## Musical Theatre

Experience what it takes to sing, dance, and act your way through the world of musical theatre. Students will show their talents and amaze the audience at the final performance.

			Max 15
Millennium Place	Activity Room 3		
<a href="#">135599</a>	K - Grade 3	Apr 9 to Jun 11	Thu
		5:40 - 6:40 pm	\$105.60
<a href="#">135600</a>	Grade 4 - 6	Apr 9 to Jun 11	Thu
		6:45 - 7:45 pm	\$105.60

## Teens

### The Improv Zone

Be fast and funny, while unlocking your creativity. Learn to perform without the safety net of a script. Embrace the unexpected and take the audience on a wild ride through your imagination.

Grade 7 - 12		Max 15
Millennium Place	Activity Room 3	
<a href="#">135605</a>	Apr 9 to Jun 11	Thu
	7:45 - 9 pm	\$100.00



Most programs wrap up with a final performance, which will be held on **Saturday, June 13**. Performance times will be determined by May 23.

**Music**

**Uke in the Park - Level 1**

Learn how to hold and strum a ukulele and play some easy chords taught by a very experienced ukulele tutor. Each class will lead into new strumming skills and playing techniques. Various types of music will be introduced: rock & roll, pop, country, reggae, classics, ballads, and class participants' music requests.

Festival Place	Age	Clover Bar Board Room	Max 12
<a href="#">135609</a>	Age: 8Y - 12Y	Apr 28 to Jun 9 5 - 6 pm	Tue \$84.00
<a href="#">135608</a>	Age: 13Y+	Apr 28 to Jun 9 6:15 - 7:15 pm	Tue \$84.00

**Uke in the Park - Level 2**

Have you mastered basic ukulele skills and can strum all four strings to play a simple recognizable tune? Sounds like you're ready to take the next step and advance your ukulele skills with this intermediate class.

Festival Place	Age	Clover Bar Board Room	Max 12
<a href="#">135610</a>	Age: 13Y+	Apr 28 to Jun 9 7:30 - 8:30 pm	Tue \$84.00



**GerActors Performance Storytelling Workshop**

GerActors is an internationally known and Edmonton based not-for-profit company creating and promoting older adult and intergenerational theatre. Their mission is to engage all ages in theatre activities and to produce theatre of meaning for their performers and audiences.

If you've EVER acted or NEVER acted a GerActors workshop is the perfect place to begin! Learn how to take stories, both true and invented, and turn them into moments of theatre to perform and share. Teaching through storytelling, theatre games, laughter and fun, participants will be delighted to see their memories come alive.

Age: 50Y+	Max 16
<b>Festival Place</b>	<b>The Studios</b>
<a href="#">135681</a>	May 12 1 - 4 pm Tue \$20.00
<a href="#">135680</a>	Jun 3 9:30 am - 12:30 pm Wed \$20.00

**Storytelling**



**Improv**



**Laughter**



# PRESCHOOL/CHILD

## Preschool Journey

Our preschool programs reflect the importance of play in a child's healthy development. Through intentional teaching, our play-based recreation programs offer children opportunities to expand their skills and knowledge in a fun and safe environment.

# A

1M - 5Y

### Preschool Parented

Children build new relationships and learn new skills, while maintaining their comfort zone with a loved one nearby.

6M - 8Y Parented Drop-in available



# B

2Y - 4Y

### Preschool Unparented

Your child will strengthen his or her social and emotional development, motor skills and build confidence being away from parents or guardians.

2Y - 6Y Unparented Drop-off available



# C

4Y - 5Y

### Pre-Kindergarten

Offers foundational learning opportunities in language and literacy, pre-math, movement and social development.



# D

5Y - 6Y

### Kindergarten Kids

A supplement to your child's all-day kindergarten schedule to support routine and play.





**What to bring:**

- Half-day programs: a small, nut-free snack and water bottle (**not including Building Blocks**)
- Full-day programs: a small, nut-free snack, water bottle and lunch
- Indoor shoes and play clothes
- Extra clothes in case of an accident
- Appropriate clothing for outdoor fun

Children registered in unparented programs should be toilet trained. For extra reassurance, parents/guardians can send their little one wearing pull-ups. **Please note: parents/guardians will be contacted by phone to attend to any changing needs.**

Learn more at  
[www.strathcona.ca/preschool](http://www.strathcona.ca/preschool)  
or call 780-467-2211

**REGISTRATION STARTS**

March 10

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

**Download the FREE Early childhood App for information including:**

- Calendar of programs and activities in Strathcona County for young children and their families
- Services for families of young children
- Information on developmental milestones

[www.strathcona.ca/earlychildhood](http://www.strathcona.ca/earlychildhood)

**A**

1M - 5Y

**Preschool Parented****Little Mozarts**

Foster a love for music in your child! Your Little Mozart will experience rhythm and music with small instruments (such as rhythm sticks, maracas, egg shakers, bells and more), movement and dance with scarves and a parachute, and singing as we make music together. Children will be encouraged to be creative through arts and crafts, they will have fun with puppets, poems and musical rhymes.

Age: 1M - 3Y

Kinsmen Leisure Centre	Classroom	
<a href="#">133384</a>	Apr 8 to Jun 17 9:30 am - 10:20 am	Wed \$173.91

Age: 2.5Y - 5Y

Kinsmen Leisure Centre	Classroom	
<a href="#">133385</a>	Apr 8 to Jun 17 10:30 - 11:20 am	Wed \$173.91

**Tots on the Go**

Explore Strathcona County's toddler friendly spaces and places in this program on the move. Get to know each other at the first class, enjoy games, songs, stories and fun activities. Then it's Tots on the Go to different locations throughout the County like Gallery@501 for art or Kinsmen Leisure Centre for some mini gym fun. Guest speakers and locations will be announced at your first class.

Age: 18M - 3Y

Millennium Place	Activity Room 1	
<a href="#">133417</a>	Apr 16 to Jun 4 9 am - 10:30 am	Thu \$76.00

**Drop-In****Preschool Playtime - Drop-in**

Drop-in and play with your child, climb aboard our pirate ship, build a blue block house, try the amazing airways (interactive equipment) and a whole lot more. Admission is included with the Millennium Card or facility fees apply.

Omit: Apr 10, 13, May 18

Age: 6M - 8Y

Ardrossan Recreation Complex	Love to Play	
Mon	Apr 6 to Jun 22	9:30 - 11:30 am
Sat	Apr 4 to Jun 27	10 am - 1 pm



Age: 6M - 6Y

Kinsmen Leisure Centre	Preschool Playground	
Tue	Apr 7 to Jun 23	9:30 - 11:30 am
Wed	Apr 1 to Jun 24	9:30 - 11:30 am
Thu	Apr 2 to Jun 25	5:45 - 7:45 pm
Fri	Apr 3 to Jun 26	9:30 - 11:30 am
Sun	Apr 5 to Jun 28	9:30 - 11:30 am

## B

2Y - 4Y



## Preschool Unparented

## Building Blocks

Children will build their confidence as they make new friends and explore unique play centres in an exciting and safe environment. This program is designed to adapt and grow with your child throughout all three sessions; fall, winter and spring.

Omit: Apr 13, May 18

Age: 2.5Y - 3.5Y

Kinsmen Leisure Centre	ParkView Room		
<a href="#">133358</a>	Apr 6 to Jun 22	Mon	\$125.00
	9 am - 11 am		

Millennium Place	Activity Room 1		
<a href="#">133359</a>	Apr 6 to Jun 22	Mon	\$125.00
	9 am - 11 am		

<a href="#">133360</a>	Apr 8 to Jun 17	Wed	\$137.50
	9 am - 11 am		

## Preschool Playtime - Drop-off unparented

Drop-off your preschooler in a fun and inviting environment while you run errands, work out, or just have some 'me' time. Your child will enjoy toys, play spaces and activities led by our friendly preschool instructors.

**Admission is \$8.50 per child for this two hour drop-in program. Receive a 10% discount when you purchase a 10-visit card for just \$76.50. Get your pass at the Kinsmen Leisure Centre today!**

Omit: Apr 13, May 18

Age: 2Y - 6Y

Kinsmen Leisure Centre	ParkView		
Mon	Apr 6 to Jun 22	1 - 3 pm	
Wed	Apr 8 to Jun 17	1 - 3 pm	
Fri	Apr 17 to Jun 26	1 - 3 pm	

**Note:** This program is not included with the Millennium Card.

## Jr. Pre-K

Jr. Pre-K builds on your child's developing social, emotional, and motor skills. Your child will continue to learn through play by interacting with their peers and teachers, exploring unique play environments, learning games and songs, listening to stories, investigating sensory tables, and more. This program is the perfect stepping stone before enrolling your little one in Kindergarten Readiness.

Age: 3Y - 4Y

Millennium Place	Activity Room 2		
<a href="#">133361</a>	Apr 7 to Jun 16	Tue	\$167.97
	9 am - 11:30 am		

Kinsmen Leisure Centre	ParkView		
<a href="#">133362</a>	Apr 17 to Jun 26	Fri	\$167.97
	9 am - 11:30 am		
<a href="#">133363</a>	Apr 7 to Jun 18	Tue/Thu	\$335.94
	9 am - 11:30 am		

## Jr. Pre-K 3 Hour

This program offers the same activities as Jr. Pre K but in a three hour format.

Omit: Apr 13, May 18

Age: 3Y - 5Y

Ardrossan Recreation Complex	Preschool Room		
<a href="#">133364</a>	Apr 8 to Jun 17	Wed	\$199.98
	9 am - 12 pm		

Strathcona Olympiette Centre	Indoor Playground		
<a href="#">133365</a>	Apr 6 to Jun 22	Mon	\$181.80
	9 am - 12 pm		

## Kangaroo Kids

This active start program will introduce your little one to the ABC's of movement: agility, balance, and co-ordination. Your child will begin to develop fundamental movement skills through unstructured, active play that incorporates a variety of body movements with a focus on child initiated learning.

Age: 3Y - 5Y

Kinsmen Leisure Centre	ParkView Room	
<a href="#">133366</a>	Apr 7 to Jun 16	Tue
	12:30 - 2:30 pm	\$133.98

Millennium Place	Activity Room 1	
<a href="#">133367</a>	Apr 17 to Jun 26	Fri
	9 am - 11:30 am	\$167.97

## Little Chefs

Mix, measure, and prepare ingredients as you explore the world of cooking. This hands-on class fosters a joy of cooking and eating foods that are both nutritious and delicious.

Age: 3.5Y - 5Y

Kinsmen Leisure Centre	ParkView	
<a href="#">133383</a>	Apr 16 to Jun 4	Thu
	12 - 3 pm	\$198.00

## Preschool STEM

Explore the wonderful world of science, technology, engineering and math (STEM) with hands-on activities and simple experiments.

Age: 3.5Y - 5Y

Kinsmen Leisure Centre	ParkView	
<a href="#">133405</a>	Apr 8 to Jun 17	Wed
	9 am - 12 pm	\$199.98

## Preschool Clay

### Clay Tots 4-5 yrs - Everything Spring

Let your preschooler's imagination run wild this spring creating with clay. Children will have fun learning to pinch, roll, paint and coil clay into fun projects all with a spring theme.

Age: 4Y - 5Y

Smeltzer House	Clay Hut	
<a href="#">133394</a>	Apr 15 to May 20	Wed
	1 - 2:30 pm	\$84.96

# SPRING BREAK CAMPS

Spring break registration starts February 25

## Spring Sprouts

Welcoming all little sprouts to the preschool garden! This Monday/Wednesday half-day camp is a great way for children to sample the preschool environment, and enjoy Spring Break with some fun activities! Get ready to play the day away with both new and old friends. Please send a nut-free snack and a pair of clean indoor shoes with your child. When planning your day, please note that there is no pre-care or post-care available for this program.

Age: 3Y - 5Y

Kinsmen Leisure Centre	ParkView Room	
<a href="#">133444</a>	Mar 30 to Apr 1	MonWed
	9 am - 12 pm	\$55.00
<a href="#">133445</a>	Mar 30 to Apr 1	MonWed
	1 - 4 pm	\$55.00

## Spring-tastic

Celebrate the arrival of spring by joining in on this action-packed full-day camp. Your child will have the opportunity to create and participate in games, indulge their artistic side and be active through indoor and outdoor play. Please send a packed lunch, containing a nut-free snack, a pair of clean indoor shoes, and weather appropriate outdoor clothing with your child. When planning your day, please note that there is no pre-care or post-care available for this program.

Age: 5Y - 7Y

Kinsmen Leisure Centre	Lake View	
<a href="#">133446</a>	Mar 31	Tue
	9 am - 3 pm	\$55.00





# C

*Know the right age to register*

4Y - 5Y



## Spring 2020 Pre-Kindergarten

Kindergarten Readiness (Pre-K) programs are filled with investigation and exploration, including indoor and outdoor play experiences. Through intentional teaching practices, purposefully-designed learning environments and enriched activities, instructors will help ensure your child's learning experience is fulfilling and enjoyable. Our program offers foundational learning opportunities in language and literacy, pre-math, physical literacy, and social development. Pre-K programs have access to recreation facility amenities such as the Preschool Playground, Edu-tainment Centre, Love to Play Room or mini-gym spaces. Our interest-based play curriculum will be sure to spark your child's curiosity to learn and play, while developing independence away from home.

**Please remember to bring indoor shoes and a nut free snack for your child. Full day programs will also require a lunch. To learn more about our play-based curriculum, visit [www.strathcona.ca/preschool](http://www.strathcona.ca/preschool)**

**Omit: Apr 13, May 18**

### Sherwood Park locations

Age: 4Y - 5Y

Kinsmen Leisure Centre	LakeView Room	
<a href="#">126766</a>	Apr 6 to Jun 22	Mon 9 am - 3 pm \$359.00
<a href="#">126767</a>	Apr 8 to Jun 17	Wed 9 am - 3 pm \$394.90
<a href="#">126768</a>	Apr 7 to Jun 18	Tue/Thu 9 am - 12 pm \$396.00
<a href="#">126769</a>	Apr 7 to Jun 18	Tue/Thu 12:30 - 3 pm \$330.00
Millennium Place	Activity Room 2	
<a href="#">126770</a>	Apr 17 to Jun 26	Fri 9 am - 3 pm \$394.90
<a href="#">126771</a>	Apr 6 to Jun 24	Mon/Wed 9 am - 12 pm \$396.00

### Rural locations

Age: 4Y - 5Y

Ardrossan Recreation Complex	Preschool Room	
<a href="#">126765</a>	Apr 8 to Jun 17	Wed 9 am - 3 pm \$394.90
Strathcona Olympiette Centre	Preschool Room	
<a href="#">126773</a>	Apr 17 to Jun 26	Fri 9 am - 3 pm \$394.90

# D

5Y - 6Y

## Kindergarten Kids

Supplement your child's rotating, full-day kindergarten schedule. This program runs on alternating Fridays to help you keep your weekly routine and meet the needs of your child's schedule.

Age: 5Y - 6Y

Kinsmen Leisure Centre	Lake View	
<a href="#">133368</a>	Apr 24, May 8, 29, Jun 12	Fri 9 am - 3 pm \$143.60
<a href="#">133369</a>	Apr 17, May 1, 22, Jun 5, 19	Fri 9 am - 3 pm \$179.50
<a href="#">133377</a>	<b>Schools Out</b>	May 15 9 am - 3 pm Fri \$35.90
Strathcona Olympiette Centre	Preschool Room	
<a href="#">133372</a>	Apr 24, May 8, 29, Jun 12	Fri 9 am - 3 pm \$143.60
<a href="#">133373</a>	Apr 17, May 1, 22, Jun 5, 19	Fri 9 am - 3 pm \$179.50
<a href="#">133378</a>	<b>Schools Out</b>	May 15 9 am - 3 pm Fri \$35.90



# Pre-Kindergarten

Fall 2020 / Winter 2021 / Spring 2021

*Fall 2020 registration opens March 10!*

Register for one or more sessions.

Your child must turn 4 years old before December 31, 2020 to register for 2020/2021 Pre-K.

**F** Fall 2020    **W** Winter 2021    **S** Spring 2021

Omit: Oct 12, Nov 9, 10, 11, 12, 13, Feb 15, May 24

## Rural locations

Age: 4Y - 5Y

	Ardrossan Recreation Complex	Preschool Room	
<b>F</b>	<a href="#">135558</a>	Sep 16 to Dec 2 9 am - 3 pm	Wed \$394.90
<b>W</b>	<a href="#">135566</a>	Jan 13 to Mar 24 9 am - 3 pm	Wed \$394.90
<b>S</b>	<a href="#">135574</a>	Apr 7 to Jun 16 9 am - 3 pm	Wed \$394.90
	Strathcona Olympiette Centre	Preschool Room	
<b>F</b>	<a href="#">135565</a>	Sep 18 to Dec 4 9 am - 3 pm	Fri \$394.90
<b>W</b>	<a href="#">135573</a>	Jan 15 to Mar 26 9 am - 3 pm	Fri \$394.90
<b>S</b>	<a href="#">135581</a>	Apr 9 to Jun 18 9 am - 3 pm	Fri \$394.90

## Sherwood Park locations

Age: 4Y - 5Y

	Kinsmen Leisure Centre	Lake View	
<b>F</b>	<a href="#">135559</a>	Sep 14 to Dec 7 9 am - 3 pm	Mon \$394.90
<b>F</b>	<a href="#">135560</a>	Sep 16 to Dec 2 9 am - 3 pm	Wed \$394.90
<b>F</b>	<a href="#">135561</a>	Sep 15 to Dec 3 9 am - 12 pm	Tue/Thu \$394.90
<b>F</b>	<a href="#">135562</a>	Sep 15 to Dec 3 12:30 - 3 pm	Tue/Thu \$330.00
<b>W</b>	<a href="#">135567</a>	Jan 11 to Mar 22 9 am - 3 pm	Mon \$359.00
<b>W</b>	<a href="#">135568</a>	Jan 13 to Mar 24 9 am - 3 pm	Wed \$394.90
<b>W</b>	<a href="#">135569</a>	Jan 12 to Mar 25 9 am - 12 pm	Tue/Thu \$394.90
<b>W</b>	<a href="#">135570</a>	Jan 12 to Mar 25 12:30 - 3 pm	Tue/Thu \$330.00
<b>S</b>	<a href="#">135575</a>	Apr 12 to Jun 21 9 am - 3 pm	Mon \$359.00
<b>S</b>	<a href="#">135576</a>	Apr 7 to Jun 16 9 am - 3 pm	Wed \$394.90
<b>S</b>	<a href="#">135577</a>	Apr 6 to Jun 17 9 am - 12 pm	Tue/Thu \$394.90
<b>S</b>	<a href="#">135578</a>	Apr 6 to Jun 17 12:30 - 3 pm	Tue/Thu \$330.00
	Millennium Place	Activity Room 2	
<b>F</b>	<a href="#">135563</a>	Sep 18 to Dec 4 9 am - 3 pm	Fri \$394.90
<b>F</b>	<a href="#">135564</a>	Sep 14 to Dec 7 9 am - 12 pm	Mon/Wed \$394.90
<b>W</b>	<a href="#">135571</a>	Jan 15 to Mar 26 9 am - 3 pm	Fri \$394.90
<b>W</b>	<a href="#">135572</a>	Jan 11 to Mar 24 9 am - 12 pm	Mon/Wed \$394.90
<b>S</b>	<a href="#">135579</a>	Apr 9 to Jun 18 9 am - 3 pm	Fri \$394.90
<b>S</b>	<a href="#">135580</a>	Apr 12 to Jun 23 9 am - 12 pm	Mon/Wed \$394.90





# SPORTBALL

### Parented

Sportball maintains a one-parent-per-child ratio policy in all Parent & Child programs to ensure that focus is kept on helping little ones practice and progress.

### Parent & Child Multi-Sport Indoor 16M - 2Y

You've made the team! Toddlers and parents/caregivers learn fundamental sport skills and participate in creative motor games, songs, rhymes, stories, bubble time and much more! In addition to focusing on physical movements and social exploration, this 30-minute program will introduce children to a different sport each week. Parents/caregivers participate with their little one to guide and challenge them according to their individual skill level. Omit: April 11, May 16

Age: 16M - 2Y

Kinsmen Leisure Centre	Preschool Playground	
<a href="#">133406</a>	Apr 4 to Jun 27	Sat 9 - 9:30 am \$165.00

### Parent & Child Multi-Sport Indoor 2Y - 3.5Y

You made it to the big leagues! Parents/caregivers have a direct hand in their pre-schooler's development through this unique 45-minute Multi-Sport program. With the active support and participation of their grownup, children are able to refine their skills and continue their social and physical development such as balance and coordination by participating in eight popular sports - hockey, soccer, football, baseball, basketball, volleyball, golf and tennis. Under the guidance of our expert Coaches, grownups also understand proven teaching techniques that can be applied outside of Sportball classes. Omit: April 11, May 16

Age: 2Y - 3.5Y

Kinsmen Leisure Centre	Preschool Playground	
<a href="#">133407</a>	Apr 8 to Jun 17	Wed 5 - 5:45 pm \$187.00
<a href="#">133411</a>	Apr 4 to Jun 27	Sat 9:30 - 10:15 am \$187.00
<a href="#">133408</a>	10:15 - 11 am	\$187.00
<a href="#">133410</a>	11 - 11:45 am	\$187.00

Millennium Place	Combatives Room	
<a href="#">133409</a>	Apr 7 to Jun 16	Tue 9:45 - 10:30 am \$187.00

### Parent & Child Soccer 2Y - 3.5Y - Outdoor

Sportball's Parent and Child Soccer program for kids introduce children to the fundamental concepts of the game in a fun, supportive, non-competitive environment. The best part is that parents and kids get to learn together. Coaches zero in on skills like dribbling, trapping, throw-ins and passing through exciting, skill-focused play. Kids receive a Sportball jersey and soccer ball so they can take the fun home with them and continue to refine, rehearse and repeat even after the season is over!

**Soccer cleats or shin pads not required. Parents must stay on site.**

Omit: May 16

Age: 2Y - 3.5Y

Broadmoor Lake Park	Field A (N)	
<a href="#">133453</a>	May 7 to Jun 11	Thu 4:30 - 5:15 pm \$129.96
Emerald Hills	Field A (W)	
<a href="#">133454</a>	May 9 to Jun 20	Sat 10 - 10:45 am \$129.96



## Unparented

### Multi-Sport 3.5Y - 5Y

Sportball Drop-off programs help kids ages 3.5 and up develop independence and build confidence by attending classes 'all by themselves'. Coaches engage younger children with creative storylines and special themes and connect with older kids as leaders and mentors. Parents and caregivers are asked to remain outside during classes to minimize distractions and encourage kids to participate on their own.

Omit: April 11, 13, May 16, 18

Age: 3.5Y - 5Y

Kinsmen Leisure Centre <a href="#">133412</a>	Preschool Playground Apr 8 to Jun 17 6 - 7 pm \$187.00	Wed
<a href="#">133413</a>	Apr 4 to Jun 27 12 - 1 pm \$187.00	Sat

Millennium Place <a href="#">133414</a>	Combatives Room Apr 7 to Jun 16 10:30 - 11:30 am \$187.00	Tue
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<a href="#">133415</a>	Apr 6 to Jun 22 1 - 2 pm \$170.00	Mon
<a href="#">133416</a>	2 - 3 pm \$170.00	

### Multi-Sport 5Y - 7Y

Sportball multi-sport keeps children moving, engaged and sends them home with new skills from a different sport each week. These classes provide a foundation for a lifetime of activity bundling soccer, hockey, basketball, baseball, football, volleyball, tennis and golf.

Omit: May 16

Age: 5Y - 7Y

Kinsmen Leisure Centre <a href="#">133334</a>	Preschool Playground Apr 8 to Jun 10 7 - 8 pm \$170.00	Wed
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Millennium Place <a href="#">133335</a>	Combatives Room Apr 18 to Jun 27 12:30 - 1:30 pm \$170.00	Sat
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### Ultimate Hockey / Soccer

This class is aimed towards transitioning kids into a hockey and soccer game. The class includes Fitkids Warmup followed by skill based training in a game like setting. Class ends with a controlled scrimmage, allowing Sportballers to apply the skills they have learned!

Omit: April 13, May 18

Age: 5Y - 7Y

Millennium Place <a href="#">133333</a>	Combatives Room Apr 6 to Jun 22 4 - 5 pm \$170.00	Mon
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### Sportball Soccer - Outdoor

This soccer program introduces children to the fundamental concepts of the game in a fun, supportive, non-competitive environment. Coaches zero in on skills like dribbling, trapping, throw-ins and passing through exciting, skill-focused play.

Participants receive a Sportball jersey and soccer ball so they can take the fun home with them and continue to refine, rehearse and repeat even after the season is over!

**Soccer cleats or shin pads not required. Parents must stay on site.**

Omit: May 16

Age: 3.5Y - 5Y

Broadmoor Lake Park <a href="#">133460</a>	Field A (North) May 7 to Jun 11 5:30 - 6:30 pm \$129.96	Thu
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Emerald Hills Sports Pavilion <a href="#">133461</a>	Field A (West) May 9 to Jun 20 9 - 10 am \$129.96	Sat
<a href="#">133462</a>	11 am - 12 pm \$129.96	

Age: 5Y - 7Y

Broadmoor Lake Park <a href="#">133337</a>	Field A (North) May 7 to Jun 11 6:45 - 7:45 pm \$129.96	Thu
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Emerald Hills Sports Pavilion <a href="#">133336</a>	Field A (West) May 9 to Jun 20 12 - 1 pm \$129.96	Sat
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**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	
<a href="#">133320</a>	Apr 7 to Jun 9 7:30 - 8:30 pm	Tue \$140.00
F.R. Haythorne School	Large Gym	
<a href="#">133321</a>	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	
<a href="#">133346</a>	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	
<a href="#">133246</a>	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	
<a href="#">133305</a>	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](http://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
<a href="#">133327</a>	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](http://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	
<a href="#">133342</a>	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	
<a href="#">133330</a>	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	
<a href="#">133315</a>	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	
<a href="#">133316</a>	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	
<a href="#">133314</a>	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	
<a href="#">133339</a>	5 weeks	Tue
		\$57.50

#### 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	
<a href="#">133338</a>	5 weeks	Tue
		\$57.50

#### 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	
<a href="#">133307</a>	Apr 7 to Jun 9	Tue
	6:30 - 7:30 pm	\$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	
<a href="#">133308</a>	Apr 7 to Jun 9	Tue
	8:30 - 9:30 pm	\$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	
<a href="#">133309</a>	Apr 8 to Jun 17	Wed
	8:15 - 9:15 pm	\$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	
<a href="#">133312</a>	Apr 7 to Jun 9	Tue
	6:30 - 7:30 pm	\$98.00

OLPH School	Gym	
<a href="#">133313</a>	Apr 7 to Jun 9	Tue
	6:30 - 7:30 pm	\$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	
<a href="#">133310</a>	Apr 7 to Jun 9	Tue
	7:30 - 8:30 pm	\$98.00
OLPH School	Gym	
<a href="#">133311</a>	Apr 7 to Jun 9	Tue
	7:30 - 8:30 pm	\$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	
<a href="#">133319</a>	Apr 9 to Jun 11	Thu
	6:30 - 7:15 pm	\$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	
<a href="#">133317</a>	Apr 9 to Jun 11	Thu
	7:15 - 8 pm	\$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	
<a href="#">133318</a>	Apr 9 to Jun 11	Thu
	8 - 8:45 pm	\$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	
<a href="#">133347</a>	Apr 6 to Jun 22	Mon
	8:15 - 9:15 pm	\$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	
<a href="#">133322</a>	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	
<a href="#">133323</a>	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	
<a href="#">133324</a>	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	
<a href="#">133325</a>	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	
<a href="#">133331</a>	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	
<a href="#">133332</a>	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	
<a href="#">133344</a>	Apr 7 to Jun 9	Tue
	6:15 - 7:15 pm	\$105.00
<a href="#">133343</a>	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	
<a href="#">133345</a>	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](http://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		
<a href="#">133340</a>	Age: 6Y - 9Y	May 11 to Jun 29 6:30 - 7:30 pm	Mon \$73.50
			Max 15
Millennium Place	MacMillan Team Field		
<a href="#">133341</a>	Age: 9Y - 12Y	May 11 to Jun 29 7:30 - 8:30 pm	Mon \$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)		
<a href="#">134269</a>	Age: 6Y - 9Y	Jul 7 to Aug 25 6 - 7 pm	Tue \$84.00
<a href="#">134270</a>	Age: 9Y - 12Y	Jul 7 to Aug 25 7 - 8 pm	Tue \$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	
<a href="#">133303</a>	Apr 9 to Jun 18 6:30 - 7:30 pm	Thu \$98.00
Age: 9Y - 12Y		Max 20
Mills Haven School	Gym	
<a href="#">133304</a>	Apr 9 to Jun 18 7:30 - 8:30 pm	Thu \$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](http://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](http://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](http://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
<a href="#">134208</a>	Mar 27	<a href="#">134209</a>	Mar 27
<a href="#">133328</a>	May 15	<a href="#">133329</a>	May 15

## 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	
<b>Full Week</b>	<b>Max 6</b>	\$235.00
<a href="#">134196</a>	Mar 30 to Apr 3	Mon-Fri

<b>Daily</b>	<b>Max 3</b>	\$50.00
<a href="#">134197</a>	Mar 30	Mon
<a href="#">134199</a>	Mar 31	Tue
<a href="#">134201</a>	Apr 1	Wed
<a href="#">134203</a>	Apr 2	Thu
<a href="#">134205</a>	Apr 3	Fri

Millennium Place	Activity Room 3	
Age: 8Y - 12Y	9 am - 4 pm	
<b>Full Week</b>	<b>Max 15</b>	\$235.00
<a href="#">134195</a>	Mar 30 to Apr 3	Mon-Fri

<b>Daily</b>	<b>Max 6</b>	\$50.00
<a href="#">134198</a>	Mar 30	Mon
<a href="#">134200</a>	Mar 31	Tue
<a href="#">134202</a>	Apr 1	Wed
<a href="#">134204</a>	Apr 2	Thu
<a href="#">134206</a>	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
<a href="#">134207</a>	Mar 30 to Apr 3
	9 am - 4 pm
	Fri
	\$235.00

### 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
<a href="#">134194</a>	Mar 30 to Apr 3
	9 am - 4 pm
	Fri
	\$250.00

# GATHERINGS are more FUN in the *Wilderness*



## Interested in a change of scenery or want a unique meeting environment?

The Strathcona Wilderness Centre, located just 20 minutes east of Sherwood Park, offers many unique rental opportunities in a scenic, natural setting. Groups can enjoy activities such as hiking, geocaching, disc golf and more.

## Enjoy our centre for:

- school/business meetings, retreats, workshops or getaways
- group overnight stay (accommodations for 41 people)
- family get-togethers, birthday parties, reunions or weddings



BEAVER HILLS BIOSPHERE

Strathcona Wilderness Centre

780-922-3939 | [swcinfo@strathcona.ca](mailto:swcinfo@strathcona.ca)  
[www.strathcona.ca/wildernesscentre](http://www.strathcona.ca/wildernesscentre)

**Everybody gets to play™**  
Recreation without barriers

**Play Days** **Free!**

Check the website for more details.  
[www.strathcona.ca/egtp](http://www.strathcona.ca/egtp)





# OUTDOORS

## Strathcona Wilderness Centre

52535 Range Road 212, Ardrossan  
 swcinfo@strathcona.ca 780-922-3939  
[www.strathcona.ca/wildernesscentre](http://www.strathcona.ca/wildernesscentre)

### Nature Awareness

#### Building Fairyhouses - Parented

Listen to the brilliant story 'Fairyhouses' by Tracy Kane, then use your imagination to build a special fairyhouse in the woods with your child. Learn about the environment, explore your child's creativity and have fun! Bring your own picnic lunch and stay to enjoy the afternoon with other participants. Fairyhouses remain at the Strathcona Wilderness Centre.

Age: 3Y - 7Y		Max 24
Strathcona Wilderness Centre	Firepond Picnic Site	
<a href="#">134145</a>	May 13	Wed
	10 - 11:30 am	\$17.00
<a href="#">134146</a>	May 26	Tue
	10 - 11:30 am	\$17.00

## REGISTRATION STARTS

March 10

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

#### Interpretive Hike

Join one of our interpretive specialists as you saunter through the woods and learn about the trees and shrubs native to the boreal forest in the Beaver Hills Biosphere. Bring a cup for tea or hot chocolate to enjoy around the fire after our walk. Parents with strollers or backpacks are welcome.

Age: 5Y+		Max 16
Strathcona Wilderness Centre	Firepond Picnic Site	
<a href="#">134147</a>	May 24	Sun
	1 - 3 pm	\$18.50



**Owl Prowl**

Join SWC Staff for an introduction to the fascinating world of Alberta's owls. This program consists of a discussion followed by a walk on our trails to call for Great Horned and Saw-whet owls. They may hoot back! Dress appropriately for the weather. Children under 14 must be accompanied by a participating adult.

Age: 5Y+		Max 40
Strathcona Wilderness Centre	Information Centre #1	
<a href="#">134150</a>	Apr 3	Fri
	7 - 10 pm	\$19.00
<a href="#">134151</a>	Apr 24	Fri
	7 - 10 pm	\$19.00

**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: 8Y+		Max 30
Strathcona Wilderness Centre	Firepond Picnic Site	
<a href="#">134148</a>	May 12	Tue
	6:30 - 8 pm	\$19.00
<a href="#">134149</a>	May 23	Sat
	2:30 - 4 pm	\$19.00

**Wilderness Living Skills for Teens**

Learn introductory skills for living in the bush from our qualified staff. Highlights include shelter building, tarp set up, firelighting, and basic knife use. Come dressed for the weather as we play and learn outdoors. Lunch included.

Age: 12Y - 17Y		Max 16
Strathcona Wilderness Centre	Firepond Picnic Site	
<a href="#">134155</a>	May 30	Sat
	9 am - 2 pm	\$52.00



**SPRING BREAK**

**Spring break registration starts February 25**

Transportation will be provided from the Sherwood Park Arena leaving at 8:30 am and arriving back at 4:30 pm. Supervision will be provided at the Sherwood Park Arena from 8 am until 5 pm; a charge for late pickup will apply.

**Spring Active Day**

Join the SWC staff for a fun day of outdoor programs especially designed for kids. Bring a picnic lunch (hot dogs to cook over a fire or a bag lunch), a change of clothing, your running shoes and a smile. Programs include orienteering, lunch around a camp fire, cooperative games and predator prey.

Age: 8Y - 16Y		Max 40
Strathcona Wilderness Centre	Information Centre #2	
<a href="#">134143</a>	Apr 2	Thu
	9 am - 4 pm	\$54.00

**Outdoor Fun**

Calling all youth interested in the outdoors, leadership and fun! Have a blast playing cooperative games, orienteering, team building and learning cool camping skills like firelighting, shelter building, and camp cooking. This program is a great lead into our summer day camps and Junior Outdoor Leadership Program. Lunch will be provided. If you have any dietary restrictions please bring additional food (a vegetarian option will be available).

Age: 8Y - 16Y		Max 40
Strathcona Wilderness Centre	Information Centre #2	
<a href="#">134144</a>	Mar 31 and Apr 1	Tue/Wed
	9 am - 4 pm	\$108.00

### Canoeing

Private, group and family canoe lessons are available. Call 780-922-3939 or visit [www.strathcona.ca/swcgroups](http://www.strathcona.ca/swcgroups).

### Paddle Canada Waterfront Instructor

This provincial canoe instructors' certificate trains participants to lead introductory flatwater canoeing programs on very controlled ponds or small, sheltered lake environments within 80 meters from shore. The focus of the program is to introduce students to skill progressions in teaching basic tandem strokes and to emphasize safety considerations when leading a group. Participants must be proficient in basic canoe strokes and hold a Standard First Aid certificate to register. Canoe equipment is included. A personal equipment list will be provided upon registration. This course takes place at Islet Lake. Fee: \$210.00 + \$30.00 Paddle Canada membership fee (total \$240.00). To register contact Adam Binder 780-922-3939.

Age: 16Y+		Max 12
Strathcona Wilderness Centre	Offsite Islet Lake	
<a href="#">134152</a>	Jun 6 and Jun 7	Sat/Sun
	9 am - 5 pm	\$210

### Tandem Canoe 1

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 pre-requisites required except the willingness to have fun! This course takes place at Islet Lake.

Age: 14Y+		Max 16
Strathcona Wilderness Centre	Offsite Islet Lake	
<a href="#">134153</a>	May 9	Sat
	10 - 3 pm	\$80.00

### Tandem Canoe 2

Move your canoeing to the next level. Building on the skills learned in Tandem Canoe 1, you will be introduced to more advanced skills such as sideways displacement, parking, paddling in a wind, and rescue techniques. All programs will be taught by certified Paddle Canada instructors. Prerequisite of Tandem Canoe 1 or equivalent is required. This course takes place at Islet Lake.

Age: 14Y+		Max 16
Strathcona Wilderness Centre	Offsite Islet Lake	
<a href="#">134154</a>	May 23	Sat
	10 am - 3 pm	\$80.00

### Getting to Islet Lake

Head east on Wye Road (Twp Rd 515), turn left on Rge Rd 200, follow the gravel road north to the Islet Lake staging area.

**GPS coordinates:** Latitude: 53.456537 Longitude: -112.821208





# Strathcona Wilderness Centre

PLAY FOR A DAY... OR CAMP FOR A WEEKEND!



## Explore the Beaver Hills Biosphere

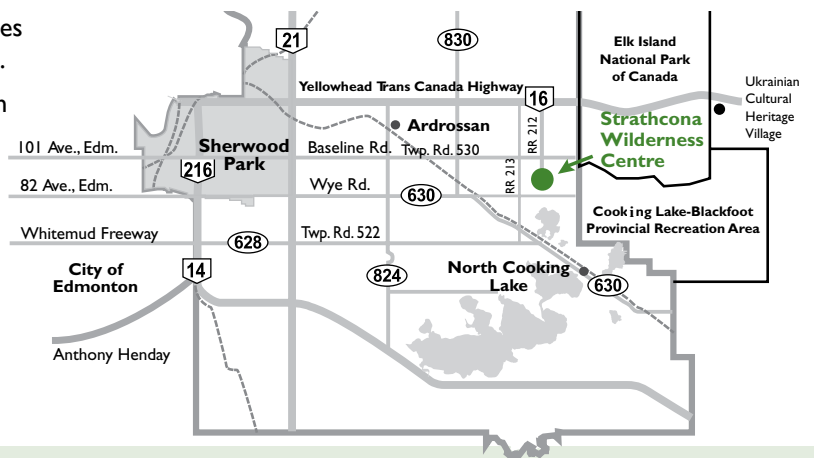
- Watch for wildlife as you explore the spruce bog boardwalk and over 12 km of trails.
- Try geocaching!
- Spend the day together outdoors with a family picnic or camping trip (book your site in advance).
- Reunite with family or enjoy a retreat with colleagues in our rustic pine lodge (advance booking required).
- Plan a fun, active day trip with your family, club, team or organization.
- Try disc golf! (disc rental available)
- Check out the FireSmart trail.  
Visit [www.strathcona.ca/firesmart](http://www.strathcona.ca/firesmart)

## Location

52535 Range Road 212, Ardrossan  
Just 20 minutes east of Sherwood Park on Township Road 530 (Baseline Road) and Range Road 212

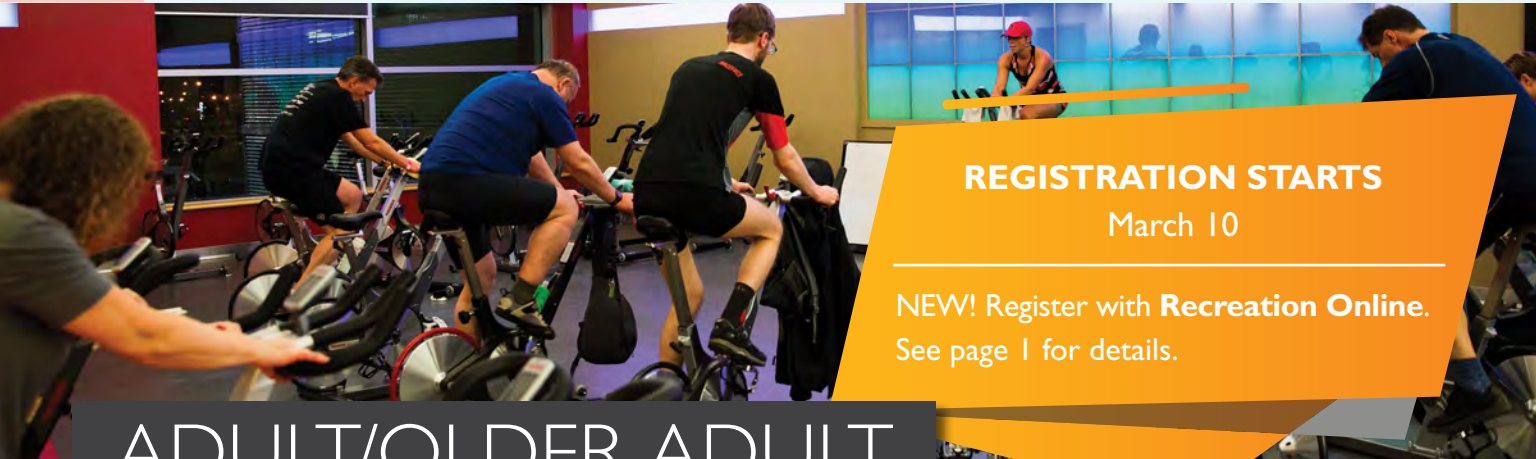
## GPS co-ordinates:

Latitude: 53.53264 N Longitude: 112.99921 W



Visit our website for hours of operation.

[www.strathcona.ca/wildernesscentre](http://www.strathcona.ca/wildernesscentre)  
swcinfo@strathcona.ca 780-922-3939



## REGISTRATION STARTS

March 10

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

## ADULT/OLDER ADULT

# FLEX PASS

Get drop-in access to our most popular registered fitness classes for \$60 per month. Purchase your monthly Flex Pass at any Strathcona County recreation facility.

Programs with **BLUE** titles are included on the Flex Pass.

Classes are subject to change, find the latest Flex Pass schedule and more info at [www.strathcona.ca/flexpass](http://www.strathcona.ca/flexpass)

## SUMMER FLEX PASS

Purchase July and August together for just \$99!

### HIIT and Ride

Challenging interval-based cycling drills mixed with off-bike strength and power exercises.

Omit: May 18

Age: 16Y+	Max 20
Millennium Place	Red Room
<a href="#">133258</a>	Apr 6 to Jun 22 Mon 9:15 - 10:15 am \$121.00
<a href="#">133259</a>	Apr 19 to Jun 28 Sun 10:15 - 11:15 am \$110.00
<a href="#">134488</a> <b>Summer</b>	Jun 29 to Aug 24 Mon 9:15 - 10:15 am \$99.00

### MOC Cycle and Mobility Stretch

Increase your mobility and flexibility in this combination fitness class. This signature class includes 35 minutes of cycling drills followed by 25 minutes of stretching and foam rolling.

Age: 16Y+	Max 16
Millennium Place	Red Room
<a href="#">133268</a>	Apr 8 to May 27 Wed 6 - 7 pm \$88.00

### Pure Ride

Pedal with purpose and elevate your fitness level. This cycling workout uses bike displays to monitor wattage, RPMs and resistance, so you can get the most from your indoor ride.

Omit: May 18

Age: 16Y+	Max 40
Millennium Place	Red Room
<a href="#">133286</a>	Apr 6 to Jun 22 Mon 7:15 - 8 pm \$104.50
<a href="#">133287</a>	Apr 7 to Jun 23 Tue 7 - 8 pm \$132.00
<a href="#">133288</a>	Apr 7 to Jun 9 Tue 8:15 - 9 pm \$95.00
<a href="#">133289</a>	Apr 9 to Jun 25 Thu 6:30 - 7:30 pm \$132.00
<a href="#">134503</a> <b>Summer</b>	Jun 30 to Aug 25 Tue 6:45 - 7:45 pm \$99.00
<a href="#">134504</a> <b>Summer</b>	Jul 2 to Aug 27 Thu 6:30 - 7:30 pm \$99.00
<a href="#">134505</a> <b>Summer</b>	Jul 3 to Aug 28 Fri 9:15 - 10:15 am \$99.00

### Watts Up Saturday!

Power up your cycling abilities and monitor your progress based on Watts. This 90 minute workout starts with challenging cycling drills and finishes with off-bike strength based exercises.

Omit: May 16

Age: 16Y+		Max 40
Millennium Place	Red Room	
<a href="#">133298</a>	Apr 18 to Jun 27	Sat
	7 - 8:30 am	\$120.00

### Cycle Strength

Mix up your cycle class with 30 minutes of resistance training exercises.

Omit: Aug 3

Age: 16Y+		Max 12
Millennium Place	Purple Room	
<a href="#">135700</a> Summer	Jul 6 to Aug 24	Mon
	7:15 - 8:15 pm	\$77.00

### Strength & Stretch

Targeting every muscle group, this class introduces a variety of exercises to improve your muscular strength and flexibility.

Omit: Apr 13, May 18

Age: 16Y+		Max 22
Glen Allan Recreation Complex	Studio 203	
<a href="#">133291</a>	Apr 6 to Jun 22	Mon
	8:15 - 9 pm	\$95.00



### Full Body Yoga

Mobility and flexibility are the foundations of strength and power. Connect the mind and body through various yoga poses, while lengthening the soft tissues and creating space in the joints.

Omit: Aug 1

Age: 16Y+		Max 30
Ardrossan Recreation Complex	Hall	
<a href="#">133249</a>	Apr 7 to May 12	Tue
	7:15 - 8:30 pm	\$78.00
<a href="#">135691</a>	May 19 to Jun 23	Tue
	7:15 - 8:30 pm	\$78.00
Ardrossan Recreation Complex	Aspen Room	
<a href="#">133250</a>	Apr 8 to May 27	Wed
	10:15 - 11:15 am	\$88.00
Glen Allan Recreation Complex	Studio 203	
<a href="#">133251</a>	Apr 8 to May 13	Wed
	6 - 7 pm	\$66.00
<a href="#">135692</a>	May 20 to Jun 24	Wed
	6 - 7 pm	\$66.00
Millennium Place	Green Room	
<a href="#">133252</a>	Apr 17 to May 15	Fri
	10:30 - 11:30 am	\$55.00
<a href="#">135693</a>	May 22 to Jun 26	Fri
	10:30 - 11:30 am	\$66.00
<a href="#">133253</a>	Apr 18 to May 9	Sat
	10:15 - 11:15 am	\$44.00
<a href="#">135694</a>	May 23 to Jun 27	Sat
	10:15 - 11:15 am	\$66.00
Glen Allan Recreation Complex	Studio 203	
<a href="#">134485</a> Summer	Jul 8 to Aug 26	Wed
	6 - 7 pm	\$88.00
Millennium Place	Green Room	
<a href="#">134484</a> Summer	Jul 4 to Aug 29	Sat
	10:15 - 11:15 am	\$88.00



**Floating Bootcamp**

### Barre Burn

This class incorporates elements of pilates and ballet to shape and define your body with the help of a barre and light resistance. You'll get a full-body, high-energy workout that will have you feeling the burn.

Omit: Apr 13, May 18, Aug 1, 3

Age: 16Y+		Max 20
Millennium Place	Green Room	
<a href="#">133111</a>	Apr 6 to Jun 22	Mon 9:15 - 10:15 am \$121.00
<a href="#">133112</a>	Apr 8 to Jun 24	Wed 6 - 7 pm \$132.00
<a href="#">134387</a> <b>Summer</b>	Jul 6 to Aug 24	Mon 9:15 - 10:15 am \$77.00
<a href="#">134388</a> <b>Summer</b>	Jul 8 to Aug 26	Wed 6:15 - 7:15 pm \$88.00
<a href="#">135705</a> <b>Summer</b>	Jul 4 to Aug 29	Sat 9 - 10 am \$88.00

### Pilates Bootcamp

This Pilates-based workout focuses on building core strength and increasing flexibility, fused with low-impact cardio and traditional bootcamp drills. A perfect mix all designed to make you sweat! All fitness levels welcome.

Omit: May 18

Age: 16Y+		Max 20
Millennium Place	Green Room	
<a href="#">133281</a>	Apr 6 to Jun 22	Mon 7 - 8 pm \$121.00
<a href="#">133282</a>	Apr 7 to Jun 23	Tue 9 - 10 am \$132.00
<a href="#">134502</a> <b>Summer</b>	Jun 30 to Aug 25	Tue 9 - 10 am \$99.00

### It's Friday

A new class each week, It's Friday features our most popular programs like Bootcamp, Circuit, POUND®, Barre, and more.

Visit [www.strathcona.ca/flexpass](http://www.strathcona.ca/flexpass) to see the weekly schedule.

Age: 16Y+		Max 16
Millennium Place	Purple Room	
<a href="#">133260</a>	Apr 10 to Jun 26	Fri 9 - 10 am \$132.00

### Summer Surprise

Are you ready to roll the dice? Come try this instructor's choice format featuring some of our current classes along with a few surprises. Be prepared to work hard, get sweaty and be challenged with different formats all summer long.

Age: 16Y+		Max 20
Millennium Place	Green Room	
<a href="#">134508</a> <b>Summer</b>	Jul 1 to Aug 26	Wed 7:30 - 8:30 pm \$99.00

### Fit Mix Wednesday

This full-body conditioning class that is designed to make you sweat. Expect a variety of exercises and formats like high intensity interval training, circuits, and more. Work hard, challenge yourself, and keep moving!

Age: 16Y+		Max 25
Glen Allan Recreation Complex	Studio 203	
<a href="#">133245</a>	Apr 8 to Jun 24	Wed 7:15 - 8:15 pm \$132.00

### Floating Bootcamp

Get on board our aqua mats where you will love the added mobility challenge that a workout on water brings. Balance, strength, stability and cardio will be tested in this bootcamp format. Be prepared to get wet!

Age: 16Y+		Max 13
Emerald Hills Leisure Centre	Teach Pool	
<a href="#">133247</a>	Apr 8 to May 27	Wed 7:45 - 8:30 pm \$76.00
<a href="#">133248</a>	Apr 9 to May 28	Thu 7 - 7:45 pm \$76.00

### Aqua X-Train

Dive into deep water for a high energy low impact workout perfect for all fitness levels. This class focuses on running drills to challenge your cardio level and exercises to improve your strength. This is a great cross-training alternative to your fitness routine.

Omit: May 18

Age: 16Y+		Max 12
Millennium Place	The McKay Team Aquatics Centre	
<a href="#">133106</a>	Apr 6 to May 25	Mon 7:45 - 8:45 pm \$77.00

### Prenatal Yoga

This yoga class promotes health and wellness for both mom and growing baby including preparation for labour with movement and breathing techniques.

Omit: Apr 13

Age: 18Y+		Max 20
Glen Allan Recreation Complex	Studio 206	
<a href="#">133285</a>	Apr 6 to May 11	Mon
	6:15 - 7:15 pm	\$55.00
<a href="#">135697</a>	May 25 to Jun 22	Mon
	6:15 - 7:15 pm	\$55.00

### Baby Worx

Bring your little one and your stroller for a fun, high energy class suitable for all fitness levels. This full-body functional workout will challenge your strength, cardio and core. Drop-in is available for \$9.00 per class.

Omit: Apr 13, 16, May 18

Age: 16Y+		Max 20
Ardrossan Recreation Complex	Hall	
<a href="#">135699</a>	Apr 6 to May 25	Mon
	9:30 - 10:30 am	\$51.00
Millennium Place	Maxwell Realty Field 2	
<a href="#">133108</a>	Apr 7 to Jun 23	Tue
	10:15 - 11:15 am	\$102.00
<a href="#">133109</a>	Apr 9 to Jun 25	Thu
	10:15 - 11:15 am	\$93.50
Glen Allan Recreation Complex	Studio 203	
<a href="#">134384</a> <b>Summer</b>	Jul 7 to Aug 25	Tue
	9 - 10 am	\$68.00
Millennium Place	Maxwell Realty Field 2	
<a href="#">134385</a> <b>Summer</b>	Jul 2 to Aug 27	Thu
	10:15 - 11:15 am	\$76.50

### Baby Worx H2O

You and your little one will love this high-energy water workout. This action packed aqua class is designed for all fitness levels while your baby enjoys some floating fun. Please bring a baby float and swim diapers.

Age: 6M+		Max 15
Emerald Hills Leisure Centre	Teach Pool	
<a href="#">133110</a>	Apr 17 to Jun 5	Fri
	9 - 9:45 am	\$76.00



### All In One!

The name says it all! Challenge your cardio, strength, balance and flexibility to reach your fitness goals. Old school aerobics meets new age fitness while using the beat of the music to keep your heart pumping. Stay for a coffee social after the class.

Age: 16Y+		Max 15
Ardrossan Recreation Complex	Aspen Room	
<a href="#">133104</a>	Apr 7 to Jun 23	Tue
	10:15 - 11:15 am	\$132.00
Ardrossan Recreation Complex	Hall	
<a href="#">133105</a>	Apr 9 to Jun 25	Thu
	10 - 11 am	\$132.00
Ardrossan Recreation Complex	Aspen Room	
<a href="#">135701</a> <b>Summer</b>	Jul 7 to Aug 25	Tue
	10:15 - 11:15 am	\$88.00
<a href="#">135702</a> <b>Summer</b>	Jul 9 to Aug 27	Thu
	10 - 11 am	\$88.00

### Move and Groove

This low impact aerobics class is perfect for all fitness levels. Increase your cardio, strength, mobility and flexibility through exercises set to music that makes you want to groove along.

Age: 18Y+		Max 25
Glen Allan Recreation Complex	Studio 203	
<a href="#">133269</a>	Apr 7 to Jun 23	Tue
	7:15 - 8:15 pm	\$132.00

### Circuit

Time flies in this workout as you zip through exercise stations while working on everything from cardio and strength to agility and core. The types of exercises and equipment will vary each class for a different workout each week. Saturday's class will be held in the weight room.

Omit: Apr 13, May 18

Age: 16Y+		Max 20
Glen Allan Recreation Complex	Studio 203	
<a href="#">133118</a>	Apr 6 to Jun 22	Mon
	6:15 - 7 pm	\$95.50
Glen Allan Recreation Complex	Level 2 - Wellness Centre	
<a href="#">133119</a>	Apr 18 to Jun 27	Sat
	8:15 - 9:15 am	\$121.00
Millennium Place	Purple Room	
<a href="#">134390</a> <b>Summer</b>	Jul 1 to Aug 26	Wed
	9:15 - 10:15 am	\$99.00
Glen Allan Recreation Complex	Level 2 - Wellness Centre	
<a href="#">134391</a> <b>Summer</b>	Jul 4 to Aug 29	Sat
	8:15 - 9:15 am	\$99.00
Glen Allan Recreation Complex	Studio 203	
<a href="#">134392</a> <b>Summer</b>	Jun 29 to Aug 24	Mon
	6:15 - 7 pm	\$85.50

### Reps, Row, Repeat

This high energy interval class combines rowing, battle ropes and resistance training that will take your fitness experience to new heights.

Age: 16Y+		Max 14
Millennium Place	Purple Room	
<a href="#">134506</a> <b>Summer</b>	Jul 2 to Aug 27	Thu
	9 - 10 am	\$99.00

### P90X Live™

Join us for P90X Live in a group setting! This full-body cardio and strength class is broken up into different sections of Cardio X, Lower Body X, Upper Body X, and Core X.

Age: 16Y+		Max 24
Millennium Place	Green Room	
<a href="#">133280</a>	Apr 7 to Jun 23	Tue
	7:30 - 8:30 pm	\$132.00
<a href="#">134501</a> <b>Summer</b>	Jul 7 to Aug 25	Tue
	7:30 - 8:30 pm	\$88.00

### Advanced Bootcamp

This next level bootcamp will test your strength, speed, power and agility with functional, sport-related exercises and traditional bootcamp drills. Omit: May 18

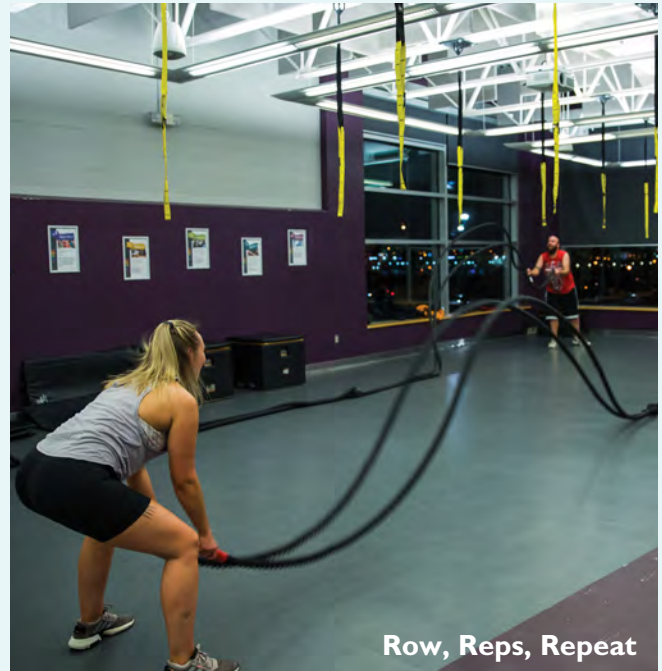
Age: 16Y+		Max 25
Millennium Place	Doctors Eyecare Blue Room	
<a href="#">133099</a>	Apr 6 to Jun 22	Mon
	6 - 7 pm	\$121.00
<a href="#">134381</a> <b>Summer</b>	Jun 29 to Aug 24	Mon
	6 - 7 pm	\$99.00



**FUN**  
**FACTORY**

Fun Factory is a **drop-in babysitting** service for people participating in a recreation program or activity. Enjoy your workout while your little one has fun in a safe and caring environment. Available at Millennium Place and Ardrossan Recreation Complex.

Check online for more information.  
[www.strathcona.ca/funfactory](http://www.strathcona.ca/funfactory)



Row, Reps, Repeat

### High Fitness™

This high intensity, total body workout combines cardio and body weight exercises to the beat of the hottest music tracks. The choreographed moves are fun and easy to follow. You will keep coming back for more!

Age: 16Y+		Max 24
Millennium Place	Green Room	
<a href="#">133257</a>	Apr 9 to Jun 25	Thu
	6:15 - 7:15 pm	\$132.00
Millennium Place	Doctors Eyecare Blue Room	
<a href="#">134487</a> <b>Summer</b>	Jul 9 to Aug 27	Thu
	6:15 - 7:15 pm	\$88.00

### TRX Strong

Train smart, fast and efficiently with this muscle conditioning class for all levels. The TRX system uses your body weight against gravity to work strength, core stability and flexibility. Finish off with a mobility session!

Age: 16Y+		Max 16
Millennium Place	Purple Room	
<a href="#">133293</a>	Apr 9 to Jun 25	Thu
	6:15 - 7:15 pm	\$132.00

### Arms and Abs

Tone your arms and strengthen your abs in this dynamic class using free weights, resistance bands, and more!

Age: 16Y+		Max 24
Millennium Place	Green Room	
<a href="#">135729</a>	Apr 8 to May 27	Wed
	7:15 - 8 pm	\$76.00
Glen Allan Recreation Complex	Studio 203	
<a href="#">134383</a> <b>Summer</b>	Jul 2 to Aug 27	Thu
	7 - 7:45 pm	\$85.50



**Pure Strength**

Push, pull, and lift your way to a new fitness level. This strength-based class includes a variety of equipment and exercises which will increase your muscular power and endurance.

Age: 16Y+		Max 18
Glen Allan Recreation Complex	Studio 203	
<a href="#">135708</a>	Apr 9 to Jun 25	Thu
	5:15 - 6:15 pm	\$132.00
Millennium Place	Doctors Eyecare Blue Room	
<a href="#">135706</a> Summer	Jul 5 to Aug 30	Sun
	10:30 - 11:30 am	\$99.00

**Buns and Bellies**

Balance that bod in this fitness class focusing on the glutes and core. Bands and weights will help you get your sweat on while toning and strengthening these target areas.

Age: 16Y+		Max 20
Millennium Place	Green Room	
<a href="#">135709</a>	Apr 8 to May 27	Wed
	9:15 - 10 am	\$76.00

**Happy Hour**

Finish your day with this high-energy, motivating class. If the music doesn't get you moving after work, the variety of exercises and equipment certainly will. It's Happy Hour, the healthy way!

Age: 16Y+		Max 20
Millennium Place	Purple Room	
<a href="#">134486</a> Summer	Jul 3 to Aug 28	Fri
	5 - 6 pm	\$99.00

**Essentrics** and **Aging Backwards with Essentrics** are on the Flex Pass for July and August. See page 57 for spring and summer program details.



**Kickboxing**

Build strength and stamina through kicking and punching skills! No experience needed. We focus on fun and fitness using a variety of boxing drills and partner work. Gloves and focus pads provided during class. Get ready to have a blast.

Age: 16Y+		Max 16
Millennium Place	Purple Room	
<a href="#">133264</a>	Apr 7 to May 26	Tue
	6:30 - 7:30 pm	\$88.00



Kickboxing

**Fit for NOW**



Adult Wellness Orientation

**Need help getting started?**

Get a 30 minute orientation of our wellness center with one of our fitness technicians. See the wellness desk for booking details.

[www.strathcona.ca/fitness](http://www.strathcona.ca/fitness)

## Wellness - Adult/Older Adult

### Registered Programs

#### Cardio Salsa

No dance partner required! This energetic, upbeat class is based on Salsa, Merengue, Cha Cha, and Rumba moves, taught to pulsing Latin rhythms. Come prepared for a ton of fun.

Age: 16Y+		Max 20
Glen Allan Recreation Complex	Studio 206	
<a href="#">133115</a>	Apr 7 to Jun 23	Tue
	6:15 - 7 pm	\$114.00
Millennium Place	Green Room	
<a href="#">133116</a>	Apr 8 to May 27	Wed
	11:45 am - 12:45 pm	\$76.00

#### Cycle Swim

Boost your fitness level with a heart pounding cycle class followed by a coached swim workout. This class is a perfect cross-training alternative for runners and those wanting help with swim technique. All swim abilities welcome.

Age: 16Y+		Max 20
Millennium Place	Red Room	
<a href="#">133120</a>	Apr 7 to Jun 9	Tue
	8:15 - 9:45 pm	\$130.00

#### Adult Swim Training

Take your swimming to the next level. This program offers high caliber coaching to help you improve your form and endurance in the pool. Omit: May 18

Age: 16Y+		Max 16
Millennium Place	Lane 1	
<a href="#">133096</a>	Apr 6 to Jun 22	Mon
	10:30 - 11:30 am	\$110.00
<a href="#">133098</a>	Apr 7 to Jun 9	Tue
	9 - 9:45 pm	\$95.00
<a href="#">133097</a>	Apr 17 to Jun 26	Fri
	10:30 - 11:30 am	\$110.00

#### Aqua Zumba®

Perfect for those looking to make a splash by adding a high-energy workout to their fitness routine. This class blends the Zumba® format with water resistance for one pool party you don't want to miss. Omit: Apr 13, May 18

Age: 16Y+		Max 25
Kinsmen Leisure Centre	Pool	
<a href="#">133107</a>	Apr 6 to May 25	Mon
	6 - 6:50 pm	\$66.00

#### Floating Family Bootcamp

The ultimate family workout on the water! This class features fun games and exercises on floating aqua mats. Each registration includes one adult and one child. Omit: May 16

Age: 8Y+		Max 12
Emerald Hills Leisure Centre	Teach Pool	
<a href="#">133246</a>	Apr 18 to May 30	Sat
	3:30 - 4:15 pm	\$96.00

#### Dodgeball

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	
<a href="#">133347</a>	Apr 6 to Jun 22	Mon
	8:15 - 9:15 pm	\$94.50

#### Kung Fu

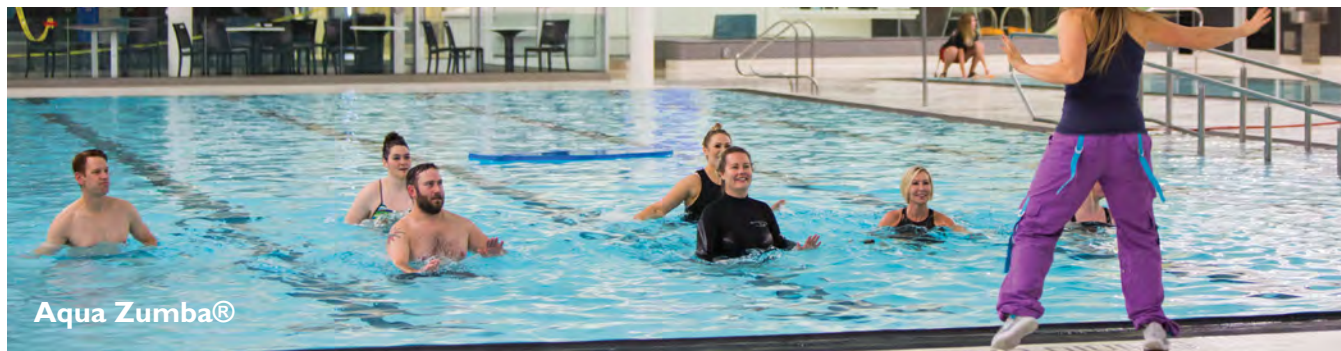
Tibetan White Crane Kung Fu is a complete traditional martial art system that integrates internal and external methods of kicking, striking, wrestling and grappling. This system also provides training in sword, staff and pole arms. Suitable for beginners and experienced martial artists. Omit: Apr 12, May 17

Age: 12Y+		Max 16
Millennium Place	Doctors Eyecare Blue Room	
<a href="#">133265</a>	Apr 19 to Jun 28	Sun
	12 - 1 pm	\$95.00
<a href="#">134490</a>	<b>Summer</b>	
	Jul 5 to Aug 23	Sun
	12 - 1 pm	\$66.50

#### Kettlebell Circuit

Tap into your powerful side with this full-body strength based program. Each week you'll learn new skills and movement using a kettlebell weight to build on your strength, power, and stamina.

Age: 16Y+		Max 12
Millennium Place	Red Room	
<a href="#">133262</a>	Apr 17 to Jun 26	Fri
	9 - 10 am	\$121.00



Aqua Zumba®



Essentrics™

**SHERWOOD PARK**  
SportsPhysiotherapy

**Services include:**

- Physical Therapy
- Massage
- Acupuncture
- Intramuscular Stimulation(IMS)
- SportFit
- KneeFit
- GolfFit
- CycleFit

www.sherwoodparkphysio.com | 780-464-5915  
Located on the second floor of Millennium Place.

**Aging Backwards with Essentrics™**

Improve your range of motion and mobility in this class based on the best selling book, Aging Backwards. Through gentle and effective movements you will engage every muscle and liberate your joints to improve your overall health.

Age: 50Y+	Max 22
<b>Millennium Place</b>	<b>Green Room</b>
<a href="#">133101</a>	Apr 6 to Jun 22 Mon 12:15 - 1 pm \$104.50
<a href="#">133102</a>	Apr 17 to Jun 26 Fri 12:15 - 1 pm \$104.50
<b>Androssan Recreation Complex</b>	<b>Aspen Room</b>
<a href="#">133103</a>	Apr 7 to Jun 23 Tue 12 - 12:45 pm \$114.00
<b>Glen Allan Recreation Complex</b>	<b>Studio 203</b>
<a href="#">135690</a>	Apr 8 to Jun 24 Wed 12:15 - 1 pm \$114.00
<a href="#">133100</a>	Apr 9 to Jun 25 Thu 1:45 - 2:30 pm \$114.00
<b>Androssan Recreation Complex</b>	<b>Aspen Room</b>
<a href="#">134382</a> <b>Summer</b>	Jul 7 to Aug 25 Tue 12 - 12:45 pm \$76.00
<b>Millennium Place</b>	<b>Green Room</b>
<a href="#">135704</a> <b>Summer</b>	Jul 9 to Aug 27 Thu 1:45 - 2:30 pm \$76.00

SUMMER FLEX



Essentrics™

**Essentrics™**

Essentrics is a full-body stretch workout based on the continual flow of movement, resulting in increased flexibility, improved posture and pain relief.

Age: 16Y+	Max 22
<b>Millennium Place</b>	<b>Green Room</b>
<a href="#">133239</a>	Apr 7 to Jun 23 Tue 6:15 - 7:15 pm \$132.00
<a href="#">133240</a>	Apr 17 to Jun 26 Fri 9:15 - 10:15 am \$121.00
<b>Glen Allan Recreation Complex</b>	<b>Studio 203</b>
<a href="#">133241</a>	Apr 9 to Jun 25 Thu 7:30 - 8:30 pm \$132.00
<b>Millennium Place</b>	<b>Green Room</b>
<a href="#">134477</a> <b>Summer</b>	Jul 7 to Aug 25 Tue 6:15 - 7:15 pm \$88.00
<a href="#">134478</a> <b>Summer</b>	Jul 3 to Aug 28 Fri 9:15 - 10:15 am \$99.00

SUMMER FLEX

**Essentrics Barre™**

Lengthen and strengthen your muscles using the barre, floorwork, and light resistance. This combination class will make you sweat and stretch. Omit: May 16

Age: 16Y+	Max 16
<b>Millennium Place</b>	<b>Green Room</b>
<a href="#">133242</a>	Apr 18 to May 30 Sat 9 - 10 am \$66.00

## Wellness - Adult/Older Adult Registered Programs

### Tai Chi

This class emphasizes overall health and fitness through the development of slow and controlled movements in a fixed sequence. It also aims to promote circulation of 'chi' energy and foster a calm and tranquil mind.

Age: 16Y+		Max 20
Millennium Place	Green Room	
<a href="#">133292</a>	Apr 7 to Jun 9	Tue
	1 - 2 pm	\$95.00

### Turning Back the Clock

Kick aging to the curb in this class that focuses on maintaining strength to stay healthy and strong, utilizing the wellness centre equipment, participants will follow an individualized program under the guidance of a certified trainer.

Age: 50Y+		Max 16
Glen Allan Recreation Complex	Studio 206	
<a href="#">133294</a>	Apr 7 to Jun 23	Tue
<a href="#">133295</a>	9:15 - 10:15 am	\$114.00
	10:15 - 11:15 am	\$114.00
<a href="#">133296</a>	Apr 9 to Jun 25	Thu
<a href="#">133297</a>	9:15 - 10:15 am	\$114.00
	10:15 - 11:15 am	\$114.00
Glen Allan Recreation Complex	Level 2 - Wellness Centre	
<a href="#">134509</a> <b>Summer</b>	Jun 30 to Aug 25	Tue
	9:15 - 10:15 am	\$85.50



### Chair Yoga

A gentle yoga practice that integrates the assistance of a chair for seated and standing poses, to increase flexibility, strength and body awareness.

Age: 16Y+		Max 15
Millennium Place	Green Room	
<a href="#">133117</a>	Apr 9 to May 14	Thu
	11:15 am - 12:15 pm	\$66.00
<a href="#">135698</a>	May 21 to Jun 25	Thu
	11:15 am - 12:15 pm	\$66.00

### Realignment Yoga

Focus on bringing the body into alignment through exercises that will correct problems such as pain in your shoulders, hips, knees, ankles due to misalignment. This class is suitable for all levels, no yoga experience required.

Omit: Apr 13

Age: 16Y+		Max 15
Glen Allan Recreation Complex	Studio 206	
<a href="#">133290</a>	Apr 6 to May 11	Mon
	7:30 - 8:30 pm	\$55.00
<a href="#">135695</a>	May 25 to Jun 22	Mon
	7:30 - 8:30 pm	\$55.00

## Seniors Dance & Social



**April 16** Sparkling Tones

**May 21** Chwill Brothers

**Dance:** 7 - 10 p.m.  
(doors open at 6:30 p.m.)

**Tickets:** \$12 at the door

**Location:** Log Cabin  
50 A Spruce Avenue, Sherwood Park

- Dance, socialize or just come and enjoy the music!
- Partners and singles welcome.

**For more information call 780-416-7234**

Seniors Wellness Days and Seniors Dance and Social are proudly sponsored by



**TRINA HODGES**  
&  
**MEGAN MOHR**

RE/MAX ELITE  
Real Estate Services

## Seniors Wellness Days

Join us for a featured workout that is suitable for all fitness levels or take part in a walk on our track and then stay for a special guest speaker. We'll also be serving coffee and snacks. It's a great way to be active, learn something new and meet new friends.

### April 23 - Millennium Place

10:15 - 11 am Gardening with Sheila Flint  
11:15 am - 12 pm Exercises for Fall Prevention

### May 28 - Glen Allan Recreation Complex

10:15 - 11 am Pickleball 101  
11:15 am - 12 pm Local Pickleball Opportunities

**Drop-in admission or Millennium Card required**  
**780-416-7234** or visit [www.strathcona.ca/events](http://www.strathcona.ca/events)



# DO YOU HAVE A CHRONIC HEALTH CONDITION?

**Strathcona County offers programs that assist in managing health conditions, chronic diseases and mobility issues.**

If you or a loved one is experiencing health challenges, consider registering in a program outlined on page 60 or 61. Programs are tailored to the varying needs in the class. Participating in one of these programs is one way to manage a new lifestyle, keep active and meet new people who are impacted by a similar set of health-related circumstances.

## **Remaining active is key for:**

- ✓ Managing pain
- ✓ Slowing the progression of your illness
- ✓ Improved joint function, strength and balance

**For more information or to register:  
780-416-7233**

  
**STRATHCONA  
COUNTY**



## Next Step Program

Do you have chronic health conditions or are finishing a medically-supervised post-rehab program? The Next Step Program is designed for people who want to become more physically active. All Next Step programs are led by a certified instructor and address varying participant abilities.

**Choose what's best for you!**



### Individual Program

#### **Glen Allan Recreation Complex**

Join us in the weight room as you work on improving your endurance, strength, balance and mobility. Participants will follow a program specifically designed to address their needs and goals. Finish off the class with a group stretch.

**Initial program design fee \$75**

**Mon/Wed/Fri** 9:30 - 11 am

**Mon/Fri** 11 am - 12:30 pm

### Deep/Shallow Water Program

#### **Emerald Hills Leisure Centre (Closed June 29 to July 19)**

This reduced-impact exercise alternative is ideal for people with mobility issues as we focus on improving joint function, strength and cardiovascular fitness. Our warm water pool, featuring deep and shallow formats, is fully accessible.

**Wed** 10 - 11 am (deep)

**Fri** 10 - 10:50 am (shallow)

### Group Program

#### **Millennium Place**

Move better and make everyday activities easier as we focus on building balance, strength, and endurance in these different formats. **\*Offered in partnership with Parkinson Association of Alberta**

**\*Mon** 10:15 - 11:15 am *Fighting Back - Pole Walking/Circuit*

**Tue** 10 - 11 am *Strength, Endurance & Balance*

**\*Wed** 10:30 - 11:30 am *Fighting Back - Boxing Circuit*

**Register by phone only:**

**Call 780-416-7233**



### Buoyancy and Balance

This falls prevention program uses the pool as its foundation to benefit anyone looking to improve their balance. A Registered Occupational Therapist will lead the class and begin with a 10 minute on-deck instructional session on a specific component of balance. This is followed by a 50 minute in-pool training session using a variety of equipment including the aqua mats.

Omit: May 17

Age: 40Y+		Max 13
<a href="#">133114</a>	Emerald Hills Leisure Centre	Teach Pool Apr 19 to Jun 14 8:50 - 9:50 am
		Sun \$128.00

### Fighting Back

For people with Parkinson's and other chronic conditions, this boxing and circuit training program will help you feel and function better. With a focus on fast-action exercises, as well as increasing strength, power and flexibility, this program is designed to enhance quality of life. This program is offered in partnership with the Parkinson Association of Alberta.

Omit: May 18

Age: 16Y+		Max 16
<a href="#">133243</a>	Millennium Place	Maxwell Realty Field 2 Apr 6 to Jun 22 10:15 - 11:15 am
		Mon \$88.00
<a href="#">133244</a>	Millennium Place	Combatives Room Apr 8 to Jun 24 10:30 - 11:30 am
		Wed \$96.00
<a href="#">134481</a>	Millennium Place	Green Room Jul 8 to Aug 26 10:30 - 11:30 am
	<b>Summer</b>	Wed \$60.00



Minds in Motion



Buoyancy and Balance



Fighting Back

### Joint Health

This low-impact water program is specifically designed to help ease the aches of joint-pain to make everyday living easier. In the warmer, shallow pool, the instructor will lead participants through slower movements to benefit all key joint areas by increasing range of motion, strength and flexibility.

Omit: Apr 13, May 18

Age: 50Y+		Max 16
<a href="#">133261</a>	Emerald Hills Leisure Centre	Teach Pool Apr 6 to Jun 1 10:45 - 11:45 am
		Mon \$66.50

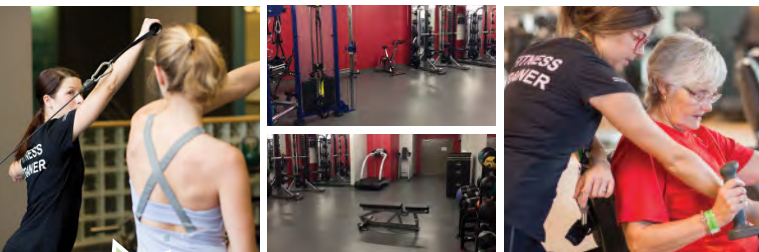
### Minds in Motion

Designed for people in the early stages of dementia, this supportive, welcoming program starts with a 45-minute fitness class followed by a cognitive portion including games, puzzles and other activities. A friend, family member or care partner is required to attend and is included in the registration fee. This class is held in partnership with the Alzheimer Society of Alberta and NWT.

Age: 16Y+		Max 13
<a href="#">133266</a>	Millennium Place	Doctors Eyecare Blue Room Apr 30 to Jun 18 12 - 2 pm
		Thu \$90.00
<a href="#">134491</a>	<b>Summer</b>	Jun 25 to Aug 13 12 - 2 pm
		Thu \$90.00

# fitness Training

Our fitness philosophy is built on expert guidance and motivation.



Private training room at Millennium Place

**Program Design**

**Individual Sessions**

**Partner Training**



Contact us today for more information.

Ardrossan Recreation Complex 780-400-2079  
Glen Allan Recreation Complex 780-410-6557  
Millennium Place 780-416-7212

[fitnesstrainingservices@strathcona.ca](mailto:fitnesstrainingservices@strathcona.ca)

[www.strathcona.ca/fitness](http://www.strathcona.ca/fitness)

# TEAM training

fitness services

Work with our certified trainers to improve your team's performance.

Enjoy a variety of training options tailored to the sport and age range of your team including:

- Speed and Agility
- Strength and Flexibility
- Power and Plyometrics
- Specialty team classes including Yoga, Zumba and Cycle



Ardrossan Recreation Complex  
780-400-2077  
[teamtraining@strathcona.ca](mailto:teamtraining@strathcona.ca)

[www.strathcona.ca/teamtraining](http://www.strathcona.ca/teamtraining)



# GOLF LESSONS

## Broadmoor Public Golf Course

[www.thebroadmoor.ca](http://www.thebroadmoor.ca)

# NEW!

## Register For Golf Programs Using Chronogolf

To register, visit [thebroadmoor.ca](http://thebroadmoor.ca)

Registration begins **March 10.**

### Junior

#### 2-day Junior Clinic

This junior clinic is designed for junior's ages 6 - 12 years old that would like to take up golf and/or improve their skills. The clinic will cover the basic fundamentals of the golf swing, chipping and putting. Includes snacks at break time and lunch both days.

Age: 6Y - 12Y		Max 15	
Broadmoor Public Golf Course	Lesson Area	Sat/Sun	
	9 am - 12:30 pm	\$165.00	
<a href="#">Jun 13/14</a>	<a href="#">Jun 20/21</a>	<a href="#">Jun 27/28</a>	<a href="#">Jul 4/5</a>
<a href="#">Jul 11/12</a>	<a href="#">Jul 18/19</a>	<a href="#">Jul 25/26</a>	<a href="#">Aug 1/2</a>
<a href="#">Aug 8/9</a>			

#### Last Chance Golf Camp

We've saved the best for last! This is the last opportunity to send your child to a comprehensive golf camp before school starts. Students should have some experience with golf and enjoy learning how to improve their game to become better players. Self-motivated is an asset for this camp. Note: lunch is not included.

Age: 13Y - 15Y		Max 8	
Broadmoor Public Golf Course	Lesson Area	Mon-Fri	
	9 am - 12 pm	\$325.00	
<a href="#">August 17-21</a>			

### Junior Masters

The focus of our Junior Masters program is to develop skills on the basic setup, and full swing with woods and irons. Juniors will practice on the driving range, putting green and spare hole. Led by our CPGA Golf Professionals.

#### Junior Masters Novice

Age: 6Y - 10Y		Max 20	
Broadmoor Public Golf Course	Lesson Area	Sat	
	3 - 4 pm	\$145.00	
<a href="#">Jul 11/18/25</a>			

### Junior Masters Intermediate

Age: 11Y - 16Y		Max 20	
Broadmoor Public Golf Course	Lesson Area	Sat/Sun	
		\$145.00	
<a href="#">Jun 24/Jul 1: 6 - 7:30 pm</a>	<a href="#">Jun 28: 3 - 4:30 pm</a>		

Join us every Tuesday afternoon in July and August for Junior Drop-in!

### Adult

#### New to Golf

This program is designed for adults with limited or no golf experience. We cover basic fundamentals of chipping, putting and the full swing as well as golf course orientation.

Age: 18Y+		Max 8	
Broadmoor Public Golf Course	Lesson Area	Thu/Fri	
	6 - 8 pm	\$155.00	
<a href="#">May 21/22</a>	<a href="#">Jun 18/19</a>	<a href="#">Jul 9/10</a>	<a href="#">Jul 23/24</a>

#### 2-day Ladies Golf Clinics

A complete look at the fundamentals of golf: putting, chipping and the golf swing. You'll gain confidence in your game after these clinics.

Age: 18Y+		Max 8	
Broadmoor Public Golf Course	Lesson Area	Sat/Sun	
	2 - 4 pm	\$160.00	
<a href="#">May 9/10</a>	<a href="#">May 23/24</a>	<a href="#">Jun 6/7</a>	<a href="#">Jul 4/5</a>
Broadmoor Public Golf Course	Lesson Area	Mon/Tue	
	6 - 8 pm	\$160.00	
<a href="#">May 18, 19</a>	<a href="#">Jun 8/9</a>	<a href="#">Jun 22/23</a>	<a href="#">Jul 6/7</a>



All classes lead by Alberta Golf Professionals

REGISTRATION STARTS March 10

Spring | Summer 2020

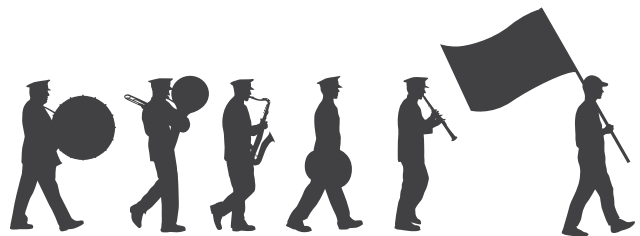
73<sup>RD</sup>

# ARDROSSAN'S OLD-FASHIONED PICNIC & PARADE

• SATURDAY, JUNE 20 •

# ARAS

ARDROSSAN RECREATION  
& AGRICULTURAL SOCIETY  
Est. 1945



The full-day event includes a pancake breakfast, parade, markets, heritage displays, live performances and fun, affordable activities for you and your family!

**PANCAKE BREAKFAST 7 TO 11 A.M.**  
**PARADE 11 A.M.**

Grounds come alive at 10 a.m. Road closures start at 10:30 a.m. so please come early.

## VOLUNTEERS NEEDED

For more information, to register a parade entry, volunteer or apply to be a vendor, visit [www.ardrossanag.ca](http://www.ardrossanag.ca)

*A celebration of  
family and community*

FREE

## COMMUNITY DAY

• ARDROSSAN RECREATION COMPLEX •

 STRATHCONA  
COUNTY

Enjoy free admission at Ardrossan Recreation Complex on Saturday, June 20. Play in the Edu-tainment Centre or the Love-to-Play space, hang out in the Youth Lounge or work out in the Wellness Centre.

Find schedules and more information:  
[www.strathcona.ca/ardrossan](http://www.strathcona.ca/ardrossan)



## Spring swim programs for every age and ability

Strathcona County offers a variety of Red Cross Swim Programs at two locations during the spring months: Kinsmen Leisure Centre and Emerald Hills Leisure Centre.

**Choose the session that works best for you:**

**Session 1:** April 6 - 30: 7 or 8 classes (2 per week) at Emerald Hills Leisure Centre

**Session 2:** April 21 - June 28: 10 classes at Kinsmen Leisure Centre

**Session 3:** May 4 - June 28: 7 or 8 classes at Emerald Hills Leisure Centre

**SPRING BREAK:** March 30 - April 3: 5 classes at Kinsmen Leisure Centre (mornings) and Emerald Hills Leisure Centre (afternoons)

### REGISTRATION STARTS

February 25 for Spring Break classes  
March 17 for all other swimming classes

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



# SWIMMING

## + Red Cross Swim Preschool 4M - 6Y

\* During swimming lessons, all children under the age of 8 need to be supervised on-deck by a responsible person 14 years of age or older.



**Starfish** 4 - 12 months of age, able to hold their head up, and participating with a parent or caregiver (assisted). Babies and their caregivers work on getting wet, buoyancy and movement, front, back and vertical position in the water, and shallow water entries and exits.



**Duck** 12 - 24 months of age, participating with a parent or caregiver (assisted). Babies and their caregivers work on rhythmic breathing, moving forward and backward, front and back float with recovery, and shallow water entries and exits.



**Sea Turtle** 24 - 36 months of age, participating with a parent or caregiver (assisted). Toddlers and their caregivers work on submersion, front and back floats and glides, jumping into chest-deep water with assistance, kicking on front and front swim.



**Sea Otter** 3 - 5 years. Swimmers work on front and back floats and glides, kicking on front with a buoyant object, and will be able to swim 1 metre upon completion of this level. This is the first unparented program in the Preschool Programs.



**Salamander** 3 - 5 years, successful completion of the skills in Red Cross Preschool Sea Otter. Swimmers work on improving their front and back float and jumping into chest-deep water unassisted. Kicking is added to the front and back glide and swimmers will be able to swim 2 metres upon completion.



**Sunfish** 3 - 6 years, successful completion of the skills in Red Cross Preschool Salamander. Swimmers work on kicking and can perform glides (front and back), enter deep water safely, float in deep water, swim with a PFD, and swim 5 metres continuously.



**Crocodile** 3 - 6 years, successful completion of the skills in Red Cross Preschool Sunfish. Swimmers further develop the front and back glide with kick, front and back swim, jump into deep water, swim with a PFD in deep water, and swim 10 metres continuously.



**Whale** 3 - 6 years, successful completion of the skills in Red Cross Preschool Crocodile. Swimmers increase their distance on front and back glide with kick, increase distance on front and back swim, learn the sitting dive, and will be able to swim 15 metres continuously upon completion of the level.

## + Red Cross Swim Kids

### 5Y+

This 10-level program helps swimmers develop all five swimming strokes (front and back crawl, elementary backstroke, breaststroke, and sidestroke). Swimmers actively learn how to be safe around the water, increase fitness and improve endurance through fun activities.

#### Level 1

- orientation to water and pool area, introduce floats and glides with kicks
- build endurance by improving distance

#### Level 2

- build skills for front/back swims in deep water; build endurance in flutter kicking with assisted glides
- learn proper use of a Personal Flotation Device (PFD)

#### Level 3

- learn front crawl, diving and making wise choices surrounding swims
- work on floats, changing direction; build strength in flutter kick and 15m swim

#### Level 4

- develop front crawl, back glide and shoulder roll for back crawl
- work on kneeling dives, surface support; build strength in 25m swim; develop sense of self-safety and personal limits

#### Level 5

- develop back crawl, sculling skills, stride dives, safe boating skills and whip kick on back
- develop endurance through 50m swim

#### Level 6

- refine front and back crawl; introduce elementary backstroke and dolphin kick; build endurance through a 75m swim
- introduce safety on ice, elementary rescue of others with throwing assists, treading water and front dives

#### Level 7

- continue to build skills and endurance for front crawl, back crawl and elementary backstroke; introduce whip kick on the front
- learn about airway/breathing obstructions; increase endurance through timed water-treading and a 150m swim

#### Level 8

- introduce breaststroke, foot first surface dives, and rescue entries.
- learn the dangers of open water, hypothermia, airway/breathing obstructions; build endurance through dolphin kick and 300m swim

#### Level 9

- refine front crawl, back crawl, elementary backstroke and breaststroke; combine different strokes and kicks for fitness; build endurance through 400m swim
- work on head-first shallow dives and standing dives; learn about wise choices, peer influences, and self-rescue from ice

#### Level 10

- increased stroke and endurance development
- learn about sun safety, rescuing others from the ice, and head-first, feet first shallow dives
- build endurance using dolphin kick and 500m swim

### Session I Emerald Hills Leisure Centre 2 classes per week

**Mondays/Wednesdays April 6 - 29 7 classes** (Omit: Apr 13)

**Tuesdays/Thursdays April 7 - 30 8 classes**

Starfish <span style="float: right;">Ages 4M - 12M</span>		
Parented <span style="float: right;">Classes: 7 \$45.99 8 \$52.56</span>		
Day(s)	Time	Code
Mon/Wed	1 - 1:30 pm	<a href="#">132594</a>
	2:30 - 3pm	<a href="#">132595</a>
	4 - 4:30 pm	<a href="#">132596</a>
	5:30 - 6pm	<a href="#">132597</a>
Tue/Thu	4 - 4:30 pm	<a href="#">132906</a>
	6 - 6:30 pm	<a href="#">132907</a>

Duck <span style="float: right;">Ages 12M - 24M</span>		
Parented <span style="float: right;">Classes: 7 \$45.99 8 \$52.56</span>		
Day(s)	Time	Code
Mon/Wed	1:30 - 2pm	<a href="#">132598</a>
	4:30 - 5pm	<a href="#">132599</a>
	6 - 6:30 pm	<a href="#">132600</a>
Tue/Thu	5 - 5:30 pm	<a href="#">132908</a>
	6:30 - 7pm	<a href="#">132909</a>

Sea Turtle <span style="float: right;">Ages 24M - 36M</span>		
Parented <span style="float: right;">Classes: 7 \$45.99 8 \$52.56</span>		
Day(s)	Time	Code
Mon/Wed	2 - 2:30 pm	<a href="#">132601</a>
	5 - 5:30 pm	<a href="#">132602</a>
	6:30 - 7pm	<a href="#">132603</a>
	7 - 7:30 pm	<a href="#">132604</a>
Tue/Thu	4:30 - 5pm	<a href="#">132910</a>
	5:30 - 6pm	<a href="#">132911</a>

Sea Otter <span style="float: right;">Ages 3Y - 5Y</span>			
Unparented <span style="float: right;">Classes: 7 \$45.99 8 \$52.56</span>			
Day(s)	Time	Code	
Mon/Wed	1 - 1:30 pm	<a href="#">132605</a>	
	1:30 - 2pm	<a href="#">132606</a>	
	2 - 2:30 pm	<a href="#">132607</a>	
	2:30 - 3pm	<a href="#">132608</a>	
	4 - 4:30 pm	<a href="#">132609</a>	
	4:30 - 5pm	<a href="#">132610</a>	
	5:30 - 6pm	<a href="#">132611</a>	
	6 - 6:30 pm	<a href="#">132612</a>	
	6:30 - 7pm	<a href="#">132613</a>	
	7 - 7:30 pm	<a href="#">132614</a>	
	Tue/Thu	4 - 4:30 pm	<a href="#">132912</a>
		4:30 - 5pm	<a href="#">132913</a>
		5 - 5:30 pm	<a href="#">132914</a>
		5:30 - 6pm	<a href="#">132915</a>
Tue/Thu	6 - 6:30 pm	<a href="#">132916</a>	
	6:30 - 7pm	<a href="#">132917</a>	

Salamander <span style="float: right;">Ages 3Y - 5Y</span>			
Unparented <span style="float: right;">Classes: 7 \$58.24 8 \$66.56</span>			
Day(s)	Time	Code	
Mon/Wed	1 - 1:45 pm	<a href="#">132615</a>	
	1:45 - 2:30 pm	<a href="#">132616</a>	
	2:30 - 3:15 pm	<a href="#">132617</a>	
	4 - 4:45 pm	<a href="#">132618</a>	
	4:45 - 5:30 pm	<a href="#">132619</a>	
	5:30 - 6:15 pm	<a href="#">132620</a>	
	6:15 - 7pm	<a href="#">132621</a>	
	Tue/Thu	4:30 - 5:15 pm	<a href="#">132918</a>
		5:15 - 6pm	<a href="#">132919</a>
		6 - 6:45 pm	<a href="#">132920</a>

Sunfish <span style="float: right;">Ages 3Y - 6Y</span>		
Unparented <span style="float: right;">Classes: 7 \$58.24 8 \$66.56</span>		
Day(s)	Time	Code
Mon/Wed	1 - 1:45 pm	<a href="#">132622</a>
	1:45 - 2:30 pm	<a href="#">132623</a>
	2:30 - 3:15 pm	<a href="#">132624</a>
	4 - 4:45 pm	<a href="#">132625</a>
	4:45 - 5:30 pm	<a href="#">132626</a>
	5:30 - 6:15 pm	<a href="#">132627</a>
Tue/Thu	6:15 - 7pm	<a href="#">132628</a>
	4:30 - 5:15 pm	<a href="#">132921</a>
	5:15 - 6pm	<a href="#">132922</a>
Tue/Thu	6 - 6:45 pm	<a href="#">132923</a>

Crocodile/Whale <span style="float: right;">Ages 3Y - 6Y</span>		
Unparented <span style="float: right;">Classes: 7 \$58.24 8 \$66.56</span>		
Day(s)	Time	Code
Mon/Wed	1 - 1:45 pm	<a href="#">132629</a>
	1:45 - 2:30 pm	<a href="#">132630</a>
	2:30 - 3:15 pm	<a href="#">132631</a>
	4:45 - 5:30 pm	<a href="#">132632</a>
	6:15 - 7pm	<a href="#">132633</a>
	Tue/Thu	5:15 - 6pm

Level I <span style="float: right;">Ages 5Y+</span>		
Unparented <span style="float: right;">Classes: 7 \$58.24 8 \$66.56</span>		
Day(s)	Time	Code
Mon/Wed	1 - 1:45 pm	<a href="#">132634</a>
	1:45 - 2:30 pm	<a href="#">132635</a>
	2:30 - 3:15 pm	<a href="#">132636</a>
	4 - 4:45 pm	<a href="#">132637</a>
	4:45 - 5:30 pm	<a href="#">132638</a>
	5:30 - 6:15 pm	<a href="#">132639</a>
Tue/Thu	6:15 - 7pm	<a href="#">132640</a>
	4:30 - 5:15 pm	<a href="#">132925</a>
	5:15 - 6pm	<a href="#">132926</a>
Tue/Thu	6 - 6:45 pm	<a href="#">132927</a>

## Session 1 EHLC

2 classes per week

**Mon/Wed** Apr 6 - 29 (Omit Apr 13)

**Tue/Thu** Apr 7 - 30

### Level 2

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon/Wed	1 - 1:45 pm	<a href="#">132642</a>
	1:45 - 2:30 pm	<a href="#">132643</a>
	2:30 - 3:15 pm	<a href="#">132644</a>
	4 - 4:45 pm	<a href="#">132645</a>
	4:45 - 5:30 pm	<a href="#">132646</a>
	5:30 - 6:15 pm	<a href="#">132647</a>
Tue/Thu	6:15 - 7pm	<a href="#">132648</a>
	4:30 - 5:15 pm	<a href="#">132928</a>
	5:15 - 6pm	<a href="#">132929</a>
	6 - 6:45 pm	<a href="#">132930</a>

### Level 3

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon/Wed	1 - 1:45 pm	<a href="#">132649</a>
	1:45 - 2:30 pm	<a href="#">132650</a>
	2:30 - 3:15 pm	<a href="#">132651</a>
	4 - 4:45 pm	<a href="#">132652</a>
	4:45 - 5:30 pm	<a href="#">132653</a>
	5:30 - 6:15 pm	<a href="#">132654</a>
Tue/Thu	6:15 - 7pm	<a href="#">132655</a>
	4:30 - 5:15 pm	<a href="#">132931</a>
	5:15 - 6pm	<a href="#">132932</a>
	6 - 6:45 pm	<a href="#">132933</a>

### Level 4

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon/Wed	4 - 4:45 pm	<a href="#">132656</a>
	4:45 - 5:30 pm	<a href="#">132657</a>
	5:30 - 6:15 pm	<a href="#">132658</a>
	6:15 - 7pm	<a href="#">132659</a>
Tue/Thu	4:30 - 5:15 pm	<a href="#">132934</a>
	5:15 - 6pm	<a href="#">132935</a>
	6 - 6:45 pm	<a href="#">132936</a>

### Level 5

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Place	Time	Code
Mon/Wed	4 - 4:45 pm	<a href="#">132660</a>
	5:30 - 6:15 pm	<a href="#">132661</a>
	6:15 - 7pm	<a href="#">132662</a>
Tue/Thu	4:30 - 5:15 pm	<a href="#">132937</a>
	5:15 - 6pm	<a href="#">132938</a>
	6 - 6:45 pm	<a href="#">132939</a>

### Level 6

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Place	Time	Code
Mon/Wed	4 - 4:45 pm	<a href="#">132663</a>
	4:45 - 5:30 pm	<a href="#">132664</a>
	5:30 - 6:15 pm	<a href="#">132665</a>
	6:15 - 7pm	<a href="#">132666</a>
Tue/Thu	4:30 - 5:15 pm	<a href="#">132940</a>
	5:15 - 6pm	<a href="#">132941</a>
	6 - 6:45 pm	<a href="#">132942</a>

### Level 7

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Place	Time	Code
Mon/Wed	4 - 4:45 pm	<a href="#">132667</a>
	4:45 - 5:30 pm	<a href="#">132668</a>
	5:30 - 6:15 pm	<a href="#">132669</a>
Tue/Thu	4:30 - 5:15 pm	<a href="#">132943</a>
	5:15 - 6pm	<a href="#">132944</a>
	6 - 6:45 pm	<a href="#">132945</a>

### Level 8

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Place	Time	Code
Mon/Wed	4 - 4:45 pm	<a href="#">132670</a>
	4:45 - 5:30 pm	<a href="#">132671</a>
	5:30 - 6:15 pm	<a href="#">132672</a>
Tue/Thu	4:30 - 5:15 pm	<a href="#">132946</a>
	5:15 - 6pm	<a href="#">132947</a>
	6 - 6:45 pm	<a href="#">132948</a>

### Level 9

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Place	Time	Code
Mon/Wed	4 - 4:45 pm	<a href="#">132673</a>
	6:15 - 7pm	<a href="#">132674</a>
Tue/Thu	4:30 - 5:15 pm	<a href="#">132949</a>
	6 - 6:45 pm	<a href="#">132950</a>

### Level 10

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Place	Time	Code
Mon/Wed	4:45 - 5:30 pm	<a href="#">132675</a>
	6:15 - 7pm	<a href="#">132676</a>
Tue/Thu	5:15 - 6pm	<a href="#">132951</a>



**Session 2 Kinsmen Leisure Centre**

Once a week for 10 classes

**Tuesdays April 21 - June 23**

**Wednesdays April 22 - June 24**

**Thursdays April 23 - June 25**

**Saturdays April 25 - June 27**

**Sundays April 26 - June 28**

**Salamander** Ages 3Y - 5Y  
Unparented 10 Classes \$83.20

Place	Time	Code
Tue	4:30 - 5:15 pm	<a href="#">I33983</a>
	5:15 - 6 pm	<a href="#">I33984</a>
	6 - 6:45 pm	<a href="#">I33985</a>
Wed	11 - 11:45 am	<a href="#">I34007</a>
	1:30 - 2:15 pm	<a href="#">I34008</a>
	2:15 - 3 pm	<a href="#">I34009</a>
Thu	4 - 4:45 pm	<a href="#">I34032</a>
	4:45 - 5:30 pm	<a href="#">I34033</a>
	5:30 - 6:15 pm	<a href="#">I34034</a>
	6:15 - 7 pm	<a href="#">I34035</a>
Sat	9 - 9:45 am	<a href="#">I34068</a>
	9:45 - 10:30 am	<a href="#">I34069</a>
	10:30 - 11:15 am	<a href="#">I34070</a>
	11:15 am - 12 pm	<a href="#">I34071</a>
Sun	9 - 9:45 am	<a href="#">I34102</a>
	9:45 - 10:30 am	<a href="#">I34103</a>
	10:45 - 11:30 am	<a href="#">I34104</a>
	11:30 am - 12:15 pm	<a href="#">I34105</a>
	12:15 - 1 pm	<a href="#">I34106</a>

**Sunfish** Ages 3Y - 6Y  
Unparented 10 Classes \$83.20

Place	Time	Code
Tue	4:30 - 5:15 pm	<a href="#">I33986</a>
	6 - 6:45 pm	<a href="#">I33987</a>
Wed	11 - 11:45 am	<a href="#">I34010</a>
	2:15 - 3 pm	<a href="#">I34011</a>
Thu	4 - 4:45 pm	<a href="#">I34036</a>
	5:30 - 6:15 pm	<a href="#">I34037</a>
Sat	9:45 - 10:30 am	<a href="#">I34072</a>
	11:15 am - 12 pm	<a href="#">I34073</a>
Sun	9 - 9:45 am	<a href="#">I34107</a>
	10:45 - 11:30 am	<a href="#">I34108</a>

**Crocodile/Whale** Ages 3Y - 6Y  
Unparented 10 Classes \$83.20

Place	Time	Code
Tue	5:15 - 6 pm	<a href="#">I33988</a>
Wed	11 - 11:45 am	<a href="#">I34012</a>
	1:30 - 2:15 pm	<a href="#">I34013</a>
Thu	4:45 - 5:30 pm	<a href="#">I34038</a>
	6:15 - 7 pm	<a href="#">I34039</a>
Sat	9 - 9:45 am	<a href="#">I34074</a>
Sun	9:45 - 10:30 am	<a href="#">I34109</a>
	12:15 - 1 pm	<a href="#">I34110</a>

**Level 1** Ages 5Y+  
Unparented 10 Classes \$83.20

Place	Time	Code
Tue	4:30 - 5:15 pm	<a href="#">I33989</a>
	6 - 6:45 pm	<a href="#">I33990</a>
Wed	11 - 11:45 am	<a href="#">I34014</a>
Thu	4 - 4:45 pm	<a href="#">I34040</a>
	4:45 - 5:30 pm	<a href="#">I34041</a>
	6:15 - 7 pm	<a href="#">I34042</a>
Sat	9 - 9:45 am	<a href="#">I34076</a>
	10:30 - 11:15 am	<a href="#">I34077</a>
	11:15 am - 12 pm	<a href="#">I34078</a>
Sun	9 - 9:45 am	<a href="#">I34111</a>
	9:45 - 10:30 am	<a href="#">I34112</a>
	11:30 am - 12:15 pm	<a href="#">I34113</a>
	12:15 - 1 pm	<a href="#">I34114</a>



**Level 2** Ages 5Y+  
Unparented 10 Classes \$83.20

Place	Time	Code
Tue	4:30 - 5:15 pm	<a href="#">I33991</a>
	5:15 - 6 pm	<a href="#">I33992</a>
Wed	11 - 11:45 am	<a href="#">I34015</a>
Thu	4 - 4:45 pm	<a href="#">I34043</a>
	4:45 - 5:30 pm	<a href="#">I34044</a>
	5:30 - 6:15 pm	<a href="#">I34045</a>
Sat	9:45 - 10:30 am	<a href="#">I34081</a>
	10:30 - 11:15 am	<a href="#">I34082</a>
Sun	9 - 9:45 am	<a href="#">I34115</a>
	9:45 - 10:30 am	<a href="#">I34116</a>
	10:45 - 11:30 am	<a href="#">I34117</a>
	11:30 am - 12:15 pm	<a href="#">I34118</a>
	12:15 - 1 pm	<a href="#">I34119</a>

### Session 2 KLC

Once a week for 10 classes

**Tue Apr 21 - Jun 23**

**Wed Apr 22 - Jun 24**

**Thu Apr 23 - Jun 25**

**Sat Apr 25 - Jun 27**

**Sun Apr 26 - Jun 28**

### Level 3

Ages 5Y+

Unparented

10 Classes \$83.20

Place	Time	Code
Tue	5:15 - 6 pm	<a href="#">I33993</a>
	6 - 6:45 pm	<a href="#">I33994</a>
Wed	11 - 11:45 am	<a href="#">I34016</a>
Thu	5:30 - 6:15 pm	<a href="#">I34046</a>
	6:15 - 7 pm	<a href="#">I34047</a>
Sat	9 - 9:45 am	<a href="#">I34083</a>
	9:45 - 10:30 am	<a href="#">I34084</a>
	10:30 - 11:15 am	<a href="#">I34085</a>
	11:15 am - 12 pm	<a href="#">I34086</a>
Sun	10:45 - 11:30 am	<a href="#">I34120</a>
	11:30 am - 12:15 pm	<a href="#">I34121</a>
	12:15 - 1 pm	<a href="#">I34122</a>

### Level 4

Ages 5Y+

Unparented

10 Classes \$83.20

Place	Time	Code
Tue	4:30 - 5:15 pm	<a href="#">I33995</a>
	5:15 - 6 pm	<a href="#">I33996</a>
Thu	4 - 4:45 pm	<a href="#">I34048</a>
	4:45 - 5:30 pm	<a href="#">I34049</a>
	6:15 - 7 pm	<a href="#">I34050</a>
Sat	9 - 9:45 am	<a href="#">I34087</a>
	9:45 - 10:30 am	<a href="#">I34088</a>
	11:15 am - 12 pm	<a href="#">I34089</a>
Sun	9 - 9:45 am	<a href="#">I34123</a>
	9:45 - 10:30 am	<a href="#">I34124</a>
	11:30 am - 12:15 pm	<a href="#">I34125</a>

### Level 5

Ages 5Y+

Unparented

10 Classes \$83.20

Place	Time	Code
Tue	5:15 - 6 pm	<a href="#">I33997</a>
	6 - 6:45 pm	<a href="#">I33998</a>
Thu	4 - 4:45 pm	<a href="#">I34051</a>
	5:30 - 6:15 pm	<a href="#">I34052</a>
	6:15 - 7 pm	<a href="#">I34053</a>
Sat	9:45 - 10:30 am	<a href="#">I34090</a>
	10:30 - 11:15 am	<a href="#">I34091</a>
	11:15 am - 12 pm	<a href="#">I34092</a>
Sun	9 - 9:45 am	<a href="#">I34126</a>
	10:45 - 11:30 am	<a href="#">I34127</a>
	11:30 am - 12:15 pm	<a href="#">I34128</a>
	12:15 - 1 pm	<a href="#">I34129</a>

### Level 6

Ages 5Y+

Unparented

10 Classes \$83.20

Place	Time	Code
Tue	4:30 - 5:15 pm	<a href="#">I33999</a>
	6 - 6:45 pm	<a href="#">I34000</a>
Thu	5:30 - 6:15 pm	<a href="#">I34054</a>
Sat	9 - 9:45 am	<a href="#">I34093</a>
	10:30 - 11:15 am	<a href="#">I34094</a>
Sun	9:45 - 10:30 am	<a href="#">I34130</a>
	10:45 - 11:30 am	<a href="#">I34131</a>

### Level 7

Ages 5Y+

Unparented

10 Classes \$83.20

Place	Time	Code
Tue	4:30 - 5:15 pm	<a href="#">I34001</a>
	6 - 6:45 pm	<a href="#">I34002</a>
Thu	4 - 4:45 pm	<a href="#">I34055</a>
Sat	9 - 9:45 am	<a href="#">I34095</a>
	11:15 am - 12 pm	<a href="#">I34096</a>
Sun	9 - 9:45 am	<a href="#">I34132</a>
	12:15 - 1 pm	<a href="#">I34133</a>

### Level 8

Ages 5Y+

Unparented

10 Classes \$83.20

Place	Time	Code
Tue	4:30 - 5:15 pm	<a href="#">I34003</a>
	5:15 - 6 pm	<a href="#">I34004</a>
Thu	4:45 - 5:30 pm	<a href="#">I34056</a>
Sat	9 - 9:45 am	<a href="#">I34097</a>
	9:45 - 10:30 am	<a href="#">I34098</a>
	11:15 am - 12 pm	<a href="#">I34099</a>
Sun	9:45 - 10:30 am	<a href="#">I34134</a>

### Level 9

Ages 5Y+

Unparented

10 Classes \$83.20

Place	Time	Code
Tue	5:15 - 6 pm	<a href="#">I34005</a>
Sat	10:30 - 11:15 am	<a href="#">I34100</a>
Sun	10:45 - 11:30 am	<a href="#">I34135</a>

### Level 10

Ages 5Y+

Unparented

10 Classes \$83.20

Place	Time	Code
Tue	6 - 6:45 pm	<a href="#">I34006</a>
Sat	9:45 - 10:30 am	<a href="#">I34079</a>
	10:30 - 11:15 am	<a href="#">I34080</a>
Sun	11:30 am - 12:15 pm	<a href="#">I34136</a>





### Session 3 Emerald Hills Leisure Centre Once a week for 7 or 8 classes

**Mondays**      **May 4 - June 22** (Omit: May 18)  
**Tuesdays**    **May 5 - June 23**  
**Wednesdays** **May 6 - June 24**  
**Thursdays**   **May 7 - June 25**

**Fridays**        **May 8 - June 26**  
**Saturdays**    **May 9 - June 27**  
**Sundays**       **May 10 - June 28**

#### Starfish Ages 4M - 12M Parented    Classes: 7 \$45.99 8 \$52.56

Day(s)	Time	Code
Mon	1 - 1:30 pm	<a href="#">I32959</a>
	2:30 - 3 pm	<a href="#">I32960</a>
	5:30 - 6 pm	<a href="#">I32956</a>
Tue	2 - 2:30 pm	<a href="#">I33041</a>
	3:30 - 4 pm	<a href="#">I33042</a>
	5 - 5:30 pm	<a href="#">I33043</a>
Wed	4 - 4:30 pm	<a href="#">I33044</a>
	7 - 7:30 pm	<a href="#">I33600</a>
Thu	4 - 4:30 pm	<a href="#">I33601</a>
	5 - 5:30 pm	<a href="#">I33658</a>
Fri	2 - 2:30 pm	<a href="#">I33659</a>
	4 - 4:30 pm	<a href="#">I33660</a>
	5 - 5:30 pm	<a href="#">I33726</a>
Sat	2:30 - 3 pm	<a href="#">I33727</a>
	4 - 4:30 pm	<a href="#">I33728</a>
	5:30 - 6 pm	<a href="#">I33825</a>
Sun	10 - 10:30 am	<a href="#">I33826</a>
	11:45 am - 12:15 pm	<a href="#">I33899</a>
	1:30 - 2 pm	<a href="#">I33894</a>

#### Duck Ages 12M - 24M Parented    Classes: 7 \$45.99 8 \$52.56

Day(s)	Time	Code
Mon	1:30 - 2 pm	<a href="#">I32961</a>
	4:30 - 5 pm	<a href="#">I32957</a>
	6 - 6:30 pm	<a href="#">I32958</a>
Tue	2:30 - 3 pm	<a href="#">I33045</a>
	4 - 4:30 pm	<a href="#">I33046</a>
	4:30 - 5 pm	<a href="#">I33047</a>
Wed	5:30 - 6 pm	<a href="#">I33048</a>

Wed	4:30 - 5 pm	<a href="#">I33602</a>
	6 - 6:30 pm	<a href="#">I33603</a>
Thu	2 - 2:30 pm	<a href="#">I33661</a>
	4:30 - 5 pm	<a href="#">I33662</a>
	5:30 - 6 pm	<a href="#">I33663</a>
Fri	4:30 - 5 pm	<a href="#">I33729</a>
	6 - 6:30 pm	<a href="#">I33730</a>
	7 - 7:30 pm	<a href="#">I33731</a>
Sat	10:30 - 11 am	<a href="#">I33827</a>
	12:15 - 12:45 pm	<a href="#">I33828</a>
Sun	10:45 - 11:15 am	<a href="#">I33897</a>
	1 - 1:30 pm	<a href="#">I33898</a>

#### Sea Turtle Ages 24M - 36M Parented    Classes: 7 \$45.99 8 \$52.56

Day(s)	Time	Code
Mon	2 - 2:30 pm	<a href="#">I32963</a>
	2:30 - 3 pm	<a href="#">I32964</a>
	4 - 4:30 pm	<a href="#">I32965</a>
	5 - 5:30 pm	<a href="#">I32966</a>
	6:30 - 7 pm	<a href="#">I32967</a>
	7 - 7:30 pm	<a href="#">I35710</a>
	3 - 3:30 pm	<a href="#">I33049</a>
Tue	4 - 4:30 pm	<a href="#">I33050</a>
	5 - 5:30 pm	<a href="#">I33051</a>
	5:30 - 6 pm	<a href="#">I33052</a>
	6 - 6:30 pm	<a href="#">I33053</a>
Wed	7 - 7:30 pm	<a href="#">I33054</a>
	5 - 5:30 pm	<a href="#">I33604</a>
	6 - 6:30 pm	<a href="#">I33607</a>
	6:30 - 7 pm	<a href="#">I33605</a>
Thu	7 - 7:30 pm	<a href="#">I33606</a>



Thu	2:45 - 3:15 pm	<a href="#">I33664</a>
	4 - 4:30 pm	<a href="#">I33665</a>
	5:30 - 6 pm	<a href="#">I33666</a>
	6 - 6:30 pm	<a href="#">I33667</a>
Fri	6:30 - 7 pm	<a href="#">I33668</a>
	2 - 2:30 pm	<a href="#">I33732</a>
	3 - 3:30 pm	<a href="#">I33733</a>
Sat	5 - 5:30 pm	<a href="#">I33734</a>
	6:30 - 7 pm	<a href="#">I33735</a>
	11 - 11:30 am	<a href="#">I33829</a>
Sun	11:45 am - 12:15 pm	<a href="#">I33830</a>
	12:45 - 1:15 pm	<a href="#">I33831</a>
	1:15 - 1:45 pm	<a href="#">I33832</a>
Sun	9:45 - 10:15 am	<a href="#">I33900</a>
	10:15 - 10:45 am	<a href="#">I33901</a>
	10:45 - 11:15 am	<a href="#">I33902</a>
	11:15 - 11:45 am	<a href="#">I33903</a>
	12:30 - 1 pm	<a href="#">I33904</a>
1 - 1:30 pm	<a href="#">I33905</a>	

## Session 3 EHLC

Once a week for 7 or 8 classes

**Mon May 4 - Jun 22** (Omit: May 18)

**Tue May 5 - Jun 23**

**Wed May 6 - Jun 24**

**Thu May 7 - Jun 25**

**Fri May 8 - Jun 26**

**Sat May 9 - Jun 27**

**Sun May 10 - Jun 28**

## Sea Otter

Ages 3Y - 5Y

Unparented Classes: 7 \$45.99 8 \$52.56

Day(s)	Time	Code
Mon	1 - 1:30 pm	<a href="#">I32968</a>
	1:30 - 2 pm	<a href="#">I32969</a>
	2 - 2:30 pm	<a href="#">I32970</a>
	2:30 - 3 pm	<a href="#">I32971</a>
	4 - 4:30 pm	<a href="#">I32972</a>
	4:30 - 5 pm	<a href="#">I32973</a>
	5 - 5:30 pm	<a href="#">I32974</a>
	5:30 - 6 pm	<a href="#">I32975</a>
	6 - 6:30 pm	<a href="#">I32976</a>
	6:30 - 7 pm	<a href="#">I32977</a>
7 - 7:30 pm	<a href="#">I35711</a>	
Tue	2 - 2:30 pm	<a href="#">I33055</a>
	2:30 - 3 pm	<a href="#">I33056</a>
	3 - 3:30 pm	<a href="#">I33057</a>
	3:30 - 4 pm	<a href="#">I33058</a>
	4:30 - 5 pm	<a href="#">I33059</a>
	6 - 6:30 pm	<a href="#">I33060</a>
6:30 - 7 pm	<a href="#">I33061</a>	
Wed	4 - 4:30 pm	<a href="#">I33608</a>
	4:30 - 5 pm	<a href="#">I33609</a>
	5 - 5:30 pm	<a href="#">I33610</a>
	5:30 - 6 pm	<a href="#">I33611</a>
	6:30 - 7 pm	<a href="#">I33612</a>
7 - 7:30 pm	<a href="#">I33613</a>	

Thu	2 - 2:30 pm	<a href="#">I33669</a>
	2:45 - 3:15 pm	<a href="#">I33670</a>
	4 - 4:30 pm	<a href="#">I33671</a>
	4:30 - 5 pm	<a href="#">I33672</a>
	5 - 5:30 pm	<a href="#">I33673</a>
	6 - 6:30 pm	<a href="#">I33674</a>
	6:30 - 7 pm	<a href="#">I33675</a>
Fri	2 - 2:30 pm	<a href="#">I33736</a>
	2:30 - 3 pm	<a href="#">I33737</a>
	3 - 3:30 pm	<a href="#">I33738</a>
	4 - 4:30 pm	<a href="#">I33739</a>
	4:30 - 5 pm	<a href="#">I33740</a>
	5:30 - 6 pm	<a href="#">I33741</a>
	6 - 6:30 pm	<a href="#">I33742</a>
	6:30 - 7 pm	<a href="#">I33743</a>
	7 - 7:30 pm	<a href="#">I35703</a>
	Sat	10 - 10:30 am
10:30 - 11 am		<a href="#">I33834</a>
11 - 11:30 am		<a href="#">I33835</a>
12:15 - 12:45 pm		<a href="#">I33836</a>
12:45 - 1:15 pm		<a href="#">I33837</a>
1:15 - 1:45 pm		<a href="#">I33838</a>
Sun	9:15 - 9:45 am	<a href="#">I33906</a>
	9:45 - 10:15 am	<a href="#">I33907</a>
	10:15 - 10:45 am	<a href="#">I33908</a>
	11:15 - 11:45 am	<a href="#">I33909</a>
	11:45 am - 12:15 pm	<a href="#">I33910</a>
	12:30 - 1 pm	<a href="#">I33911</a>
	1:30 - 2 pm	<a href="#">I33912</a>

## Salamander

Ages 3Y - 5Y

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code	
Mon	1 - 1:45 pm	<a href="#">I32978</a>	
	1:45 - 2:30 pm	<a href="#">I32979</a>	
	4 - 4:45 pm	<a href="#">I32980</a>	
	4:45 - 5:30 pm	<a href="#">I32981</a>	
	5:30 - 6:15 pm	<a href="#">I32982</a>	
	6:15 - 7 pm	<a href="#">I32983</a>	
Tue	2 - 2:45 pm	<a href="#">I33062</a>	
	2:45 - 3:30 pm	<a href="#">I33063</a>	
	3:30 - 4:15 pm	<a href="#">I33064</a>	
	4:30 - 5:15 pm	<a href="#">I33065</a>	
	5:15 - 6 pm	<a href="#">I33066</a>	
	6 - 6:45 pm	<a href="#">I33067</a>	
	6:45 - 7:30 pm	<a href="#">I33068</a>	
	Wed	4 - 4:45 pm	<a href="#">I33614</a>
		4:45 - 5:30 pm	<a href="#">I33615</a>
		5:30 - 6:15 pm	<a href="#">I33616</a>
Thu	6:15 - 7 pm	<a href="#">I33617</a>	
	2 - 2:45 pm	<a href="#">I33676</a>	
	4:30 - 5:15 pm	<a href="#">I33677</a>	
	5:15 - 6 pm	<a href="#">I33678</a>	
Fri	6 - 6:45 pm	<a href="#">I33679</a>	
	2 - 2:45 pm	<a href="#">I33744</a>	
	2:45 - 3:30 pm	<a href="#">I33745</a>	
	4 - 4:45 pm	<a href="#">I33746</a>	
	4:45 - 5:30 pm	<a href="#">I33747</a>	
	5:30 - 6:15 pm	<a href="#">I33748</a>	
Sat	6:15 - 7 pm	<a href="#">I33749</a>	
	7 - 7:45 pm	<a href="#">I33750</a>	
	10 - 10:45 am	<a href="#">I33839</a>	
	10:45 - 11:30 am	<a href="#">I33840</a>	
	11:45 am - 12:30 pm	<a href="#">I33841</a>	
Sun	12:30 - 1:15 pm	<a href="#">I33842</a>	
	1:15 - 2 pm	<a href="#">I33843</a>	
	10 - 10:45 am	<a href="#">I33913</a>	
	10:45 - 11:30 am	<a href="#">I33915</a>	
	11:30 am - 12:15 pm	<a href="#">I33916</a>	
12:30 - 1:15 pm	<a href="#">I33917</a>		
1:15 - 2 pm	<a href="#">I33918</a>		

## Sunfish Ages 3Y - 6Y

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon	1 - 1:45 pm	<a href="#">I32984</a>
	1:45 - 2:30 pm	<a href="#">I32985</a>
	2:30 - 3:15 pm	<a href="#">I32986</a>
	4 - 4:45 pm	<a href="#">I32987</a>
	4:45 - 5:30 pm	<a href="#">I32988</a>
	5:30 - 6:15 pm	<a href="#">I32989</a>
	6:15 - 7 pm	<a href="#">I32990</a>
Tue	2 - 2:45 pm	<a href="#">I33069</a>
	2:45 - 3:30 pm	<a href="#">I33070</a>
	3:30 - 4:15 pm	<a href="#">I33071</a>
	4:30 - 5:15 pm	<a href="#">I33072</a>
	5:15 - 6 pm	<a href="#">I33073</a>
	6 - 6:45 pm	<a href="#">I33074</a>
	6:45 - 7:30 pm	<a href="#">I33075</a>
Wed	4 - 4:45 pm	<a href="#">I33618</a>
	4:45 - 5:30 pm	<a href="#">I33619</a>
	5:30 - 6:15 pm	<a href="#">I33620</a>
	6:15 - 7 pm	<a href="#">I33621</a>
Thu	2 - 2:45 pm	<a href="#">I33680</a>
	4:30 - 5:15 pm	<a href="#">I33681</a>
	5:15 - 6 pm	<a href="#">I33682</a>
	6 - 6:45 pm	<a href="#">I33683</a>
Fri	2 - 2:45 pm	<a href="#">I33751</a>
	2:45 - 3:30 pm	<a href="#">I33752</a>
	4 - 4:45 pm	<a href="#">I33753</a>
	4:45 - 5:30 pm	<a href="#">I33754</a>
	5:30 - 6:15 pm	<a href="#">I33755</a>
	6:15 - 7 pm	<a href="#">I33756</a>
	7 - 7:45 pm	<a href="#">I33757</a>
Sat	10 - 10:45 am	<a href="#">I33844</a>
	10:45 - 11:30 am	<a href="#">I33845</a>
	11:45 am - 12:30 pm	<a href="#">I33846</a>
	12:30 - 1:15 pm	<a href="#">I33847</a>
	1:15 - 2 pm	<a href="#">I33848</a>
Sun	10 - 10:45 am	<a href="#">I33919</a>
	10:45 - 11:30 am	<a href="#">I33920</a>
	11:30 am - 12:15 pm	<a href="#">I33921</a>
	12:30 - 1:15 pm	<a href="#">I33922</a>
	1:10 - 2 pm	<a href="#">I33923</a>

## Crocodile/ Whale Ages 3Y - 6Y

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon	1 - 1:45 pm	<a href="#">I32991</a>
	1:45 - 2:30 pm	<a href="#">I32992</a>
	2:30 - 3:15 pm	<a href="#">I32993</a>
	4 - 4:45 pm	<a href="#">I32994</a>
	4:45 - 5:30 pm	<a href="#">I32995</a>
	5:30 - 6:15 pm	<a href="#">I32996</a>
	6:15 - 7 pm	<a href="#">I32997</a>
Tue	2 - 2:45 pm	<a href="#">I33076</a>
	2:45 - 3:30 pm	<a href="#">I33077</a>
	3:30 - 4:15 pm	<a href="#">I33078</a>
	4:30 - 5:15 pm	<a href="#">I33079</a>
	6 - 6:45 pm	<a href="#">I33081</a>
	4 - 4:45 pm	<a href="#">I33622</a>
Wed	4:45 - 5:30 pm	<a href="#">I33623</a>
	5:30 - 6:15 pm	<a href="#">I33624</a>
	6:15 - 7 pm	<a href="#">I33625</a>
Thu	2 - 2:45 pm	<a href="#">I33684</a>
	5:15 - 6 pm	<a href="#">I33685</a>
Fri	2 - 2:45 pm	<a href="#">I33758</a>
	2:45 - 3:30 pm	<a href="#">I33759</a>
	4 - 4:45 pm	<a href="#">I33760</a>
	4:45 - 5:30 pm	<a href="#">I33761</a>
	5:30 - 6:15 pm	<a href="#">I33762</a>
	6:15 - 7 pm	<a href="#">I33763</a>
	7 - 7:45 pm	<a href="#">I33764</a>
Sat	10 - 10:45 am	<a href="#">I33849</a>
	10:45 - 11:30 am	<a href="#">I33850</a>
	11:45 am - 12:30 pm	<a href="#">I33851</a>
	12:30 - 1:15 pm	<a href="#">I33852</a>
Sun	1:15 - 2 pm	<a href="#">I33853</a>
	10 - 10:45 am	<a href="#">I33924</a>
	10:45 - 11:30 am	<a href="#">I33925</a>
12:30 - 1:15 pm	<a href="#">I33926</a>	

## Level I Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon	1 - 1:45 pm	<a href="#">I32998</a>
	1:45 - 2:30 pm	<a href="#">I32999</a>
	2:30 - 3:15 pm	<a href="#">I33000</a>
	4 - 4:45 pm	<a href="#">I33001</a>
	4:45 - 5:30 pm	<a href="#">I33002</a>
	5:30 - 6:15 pm	<a href="#">I33003</a>
	6:15 - 7 pm	<a href="#">I33004</a>
Tue	2 - 2:45 pm	<a href="#">I33084</a>
	2:45 - 3:30 pm	<a href="#">I33085</a>
	3:30 - 4:15 pm	<a href="#">I33086</a>
	4:30 - 5:15 pm	<a href="#">I33087</a>
	5:15 - 6 pm	<a href="#">I33088</a>
	6 - 6:45 pm	<a href="#">I33089</a>
	6:45 - 7:30 pm	<a href="#">I33090</a>
Wed	4 - 4:45 pm	<a href="#">I33626</a>
	4:45 - 5:30 pm	<a href="#">I33627</a>
	5:30 - 6:15 pm	<a href="#">I33628</a>
	6:15 - 7 pm	<a href="#">I33629</a>
Thu	2 - 2:45 pm	<a href="#">I33686</a>
	4:30 - 5:15 pm	<a href="#">I33687</a>
	5:15 - 6 pm	<a href="#">I33688</a>
	6 - 6:45 pm	<a href="#">I33689</a>
Fri	2 - 2:45 pm	<a href="#">I33765</a>
	2:45 - 3:30 pm	<a href="#">I33766</a>
	4 - 4:45 pm	<a href="#">I33767</a>
	4:45 - 5:30 pm	<a href="#">I33768</a>
	5:30 - 6:15 pm	<a href="#">I33769</a>
	6:15 - 7 pm	<a href="#">I33770</a>
	7 - 7:45 pm	<a href="#">I33771</a>
Sat	10 - 10:45 am	<a href="#">I33854</a>
	10:45 - 11:30 am	<a href="#">I33855</a>
	11:45 am - 12:30 pm	<a href="#">I33856</a>
	12:30 - 1:15 pm	<a href="#">I33857</a>
	1:15 - 2 pm	<a href="#">I33858</a>
Sun	10 - 10:45 am	<a href="#">I33928</a>
	10:45 - 11:30 am	<a href="#">I33929</a>
	11:30 am - 12:15 pm	<a href="#">I33930</a>
	12:30 - 1:15 pm	<a href="#">I33931</a>
	1:15 - 2 pm	<a href="#">I33932</a>

### Session 3 EHLC

Once a week for 7 or 8 classes

**Mon May 4 - Jun 22** (Omit: May 18)

**Tue May 5 - Jun 23**

**Wed May 6 - Jun 24**

**Thu May 7 - Jun 25**

**Fri May 8 - Jun 26**

**Sat May 9 - Jun 27**

**Sun May 10 - Jun 28**

### Level 2

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon	1 - 1:45 pm	<a href="#">I33005</a>
	1:45 - 2:30 pm	<a href="#">I33006</a>
	2:30 - 3:15 pm	<a href="#">I33007</a>
	4 - 4:45 pm	<a href="#">I33008</a>
	4:45 - 5:30 pm	<a href="#">I33009</a>
	5:30 - 6:15 pm	<a href="#">I33010</a>
Tue	6:15 - 7 pm	<a href="#">I33011</a>
	2 - 2:45 pm	<a href="#">I33553</a>
	2:45 - 3:30 pm	<a href="#">I33554</a>
	4:30 - 5:15 pm	<a href="#">I33555</a>
	5:15 - 6 pm	<a href="#">I33556</a>
	6 - 6:45 pm	<a href="#">I33557</a>
Wed	6:45 - 7:30 pm	<a href="#">I33558</a>
	4 - 4:45 pm	<a href="#">I33630</a>
	4:45 - 5:30 pm	<a href="#">I33631</a>
	5:30 - 6:15 pm	<a href="#">I33632</a>
Thu	6:15 - 7 pm	<a href="#">I33633</a>
	2 - 2:45 pm	<a href="#">I33690</a>
	4:30 - 5:15 pm	<a href="#">I33691</a>
	5:15 - 6 pm	<a href="#">I33692</a>
Fri	6 - 6:45 pm	<a href="#">I33693</a>
	2 - 2:45 pm	<a href="#">I33772</a>
	2:45 - 3:30 pm	<a href="#">I33773</a>
	4 - 4:45 pm	<a href="#">I33774</a>
	4:45 - 5:30 pm	<a href="#">I33775</a>
	5:30 - 6:15 pm	<a href="#">I33776</a>
Fri	6:15 - 7 pm	<a href="#">I33777</a>
	7 - 7:45 pm	<a href="#">I33778</a>

Sat	10 - 10:45 am	<a href="#">I33860</a>
	10:45 - 11:30 am	<a href="#">I33861</a>
	11:45 am - 12:30 pm	<a href="#">I33862</a>
	12:30 - 1:15 pm	<a href="#">I33863</a>
	1:15 - 2 pm	<a href="#">I33864</a>
Sun	10 - 10:45 am	<a href="#">I33933</a>
	10:45 - 11:30 am	<a href="#">I33934</a>
	11:30 am - 12:15 pm	<a href="#">I33935</a>
	12:30 - 1:15 pm	<a href="#">I33936</a>
	1:15 - 2 pm	<a href="#">I33937</a>

### Level 3

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon	1 - 1:45 pm	<a href="#">I33012</a>
	1:45 - 2:30 pm	<a href="#">I33013</a>
	2:30 - 3:15 pm	<a href="#">I33014</a>
	4 - 4:45 pm	<a href="#">I33015</a>
	4:45 - 5:30 pm	<a href="#">I33016</a>
	5:30 - 6:15 pm	<a href="#">I33017</a>
Tue	6:15 - 7 pm	<a href="#">I33018</a>
	2 - 2:45 pm	<a href="#">I33559</a>
	2:45 - 3:30 pm	<a href="#">I33560</a>
	4:30 - 5:15 pm	<a href="#">I33561</a>
	5:15 - 6 pm	<a href="#">I33562</a>
	6 - 6:45 pm	<a href="#">I33563</a>
Wed	6:45 - 7:30 pm	<a href="#">I33564</a>
	4 - 4:45 pm	<a href="#">I33634</a>
	4:45 - 5:30 pm	<a href="#">I33635</a>
	5:30 - 6:15 pm	<a href="#">I33636</a>
Thu	6:15 - 7 pm	<a href="#">I33637</a>
	4:30 - 5:15 pm	<a href="#">I33694</a>
	5:15 - 6 pm	<a href="#">I33695</a>
Fri	6 - 6:45 pm	<a href="#">I33696</a>
	4 - 4:45 pm	<a href="#">I33779</a>
	4:45 - 5:30 pm	<a href="#">I33780</a>
	5:30 - 6:15 pm	<a href="#">I33781</a>
Sat	6:15 - 7 pm	<a href="#">I33782</a>
	7 - 7:45 pm	<a href="#">I33783</a>
	10 - 10:45 am	<a href="#">I33865</a>
	10:45 - 11:30 am	<a href="#">I33866</a>
Sun	11:45 am - 12:30 pm	<a href="#">I33867</a>
	12:30 - 1:15 pm	<a href="#">I33868</a>
	1:15 - 2 pm	<a href="#">I33869</a>

Sun	10 - 10:45 am	<a href="#">I33938</a>
	10:45 - 11:30 am	<a href="#">I33939</a>
	11:30 am - 12:15 pm	<a href="#">I33940</a>
	12:30 - 1:15 pm	<a href="#">I33941</a>
	1:15 - 2 pm	<a href="#">I33942</a>

### Level 4

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon	4 - 4:45 pm	<a href="#">I33020</a>
	4:45 - 5:30 pm	<a href="#">I33021</a>
	5:30 - 6:15 pm	<a href="#">I33022</a>
Tue	4:30 - 5:15 pm	<a href="#">I33565</a>
	5:15 - 6 pm	<a href="#">I33566</a>
	6 - 6:45 pm	<a href="#">I33567</a>
Wed	6:45 - 7:30 pm	<a href="#">I33568</a>
	4 - 4:45 pm	<a href="#">I33638</a>
	5:30 - 6:15 pm	<a href="#">I33639</a>
Thu	6:15 - 7 pm	<a href="#">I33640</a>
	4:30 - 5:15 pm	<a href="#">I33697</a>
	5:15 - 6 pm	<a href="#">I33698</a>
Fri	6 - 6:45 pm	<a href="#">I33699</a>
	4 - 4:45 pm	<a href="#">I33784</a>
	4:45 - 5:30 pm	<a href="#">I33785</a>
	5:30 - 6:15 pm	<a href="#">I33786</a>
Sat	6:15 - 7 pm	<a href="#">I33787</a>
	7 - 7:45 pm	<a href="#">I33788</a>
	10 - 10:45 am	<a href="#">I33870</a>
	10:45 - 11:30 am	<a href="#">I33871</a>
Sun	11:45 am - 12:30 pm	<a href="#">I33873</a>
	12:30 - 1:15 pm	<a href="#">I33874</a>
	1:15 - 2 pm	<a href="#">I33875</a>
Sun	10 - 10:45 am	<a href="#">I33943</a>
	10:45 - 11:30 am	<a href="#">I33944</a>
	11:30 am - 12:15 pm	<a href="#">I33945</a>
	12:30 - 1:15 pm	<a href="#">I33946</a>
Sun	1:15 - 2 pm	<a href="#">I33947</a>

### Level 5

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon	4 - 4:45 pm	<a href="#">I33024</a>
	5:30 - 6:15 pm	<a href="#">I33025</a>
	6:15 - 7 pm	<a href="#">I33026</a>

Tue	4:30 - 5:15 pm	<a href="#">133569</a>
	5:15 - 6 pm	<a href="#">133570</a>
	6 - 6:45 pm	<a href="#">133571</a>
	6:45 - 7:30 pm	<a href="#">133572</a>
Wed	4 - 4:45 pm	<a href="#">133641</a>
	5:30 - 6:15 pm	<a href="#">133642</a>
	6:15 - 7 pm	<a href="#">133643</a>
Thu	4:30 - 5:15 pm	<a href="#">133700</a>
	5:15 - 6 pm	<a href="#">133701</a>
	6 - 6:45 pm	<a href="#">133702</a>
Fri	4 - 4:45 pm	<a href="#">133789</a>
	4:45 - 5:30 pm	<a href="#">133790</a>
	5:30 - 6:15 pm	<a href="#">133791</a>
	6:15 - 7 pm	<a href="#">133792</a>
	7 - 7:45 pm	<a href="#">133793</a>
Sat	10 - 10:45 am	<a href="#">133876</a>
	10:45 - 11:30 am	<a href="#">133877</a>
	11:45 am - 12:30 pm	<a href="#">133878</a>
	12:30 - 1:15 pm	<a href="#">133879</a>
Sun	10 - 10:45 am	<a href="#">133949</a>
	10:45 - 11:30 am	<a href="#">133950</a>
	11:30 am - 12:15 pm	<a href="#">133951</a>
	12:30 - 1:15 pm	<a href="#">133952</a>
	1:15 - 2 pm	<a href="#">133953</a>

## Level 6 Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon	4 - 4:45 pm	<a href="#">133027</a>
	4:45 - 5:30 pm	<a href="#">133028</a>
	6:15 - 7 pm	<a href="#">133029</a>
Tue	4:30 - 5:15 pm	<a href="#">133573</a>
	5:15 - 6 pm	<a href="#">133574</a>
	6 - 6:45 pm	<a href="#">133575</a>
Wed	4 - 4:45 pm	<a href="#">133644</a>
	4:45 - 5:30 pm	<a href="#">133645</a>
Thu	4:30 - 5:15 pm	<a href="#">133703</a>
	5:15 - 6 pm	<a href="#">133704</a>
	6 - 6:45 pm	<a href="#">133705</a>
Fri	4 - 4:45 pm	<a href="#">133794</a>
	4:45 - 5:30 pm	<a href="#">133795</a>
	5:30 - 6:15 pm	<a href="#">133796</a>
	6:15 - 7 pm	<a href="#">133797</a>
	7 - 7:45 pm	<a href="#">133798</a>

Sat	10 - 10:45 am	<a href="#">133880</a>
	10:45 - 11:30 am	<a href="#">133881</a>
	12:30 - 1:15 pm	<a href="#">133882</a>
Sun	10 - 10:45 am	<a href="#">133954</a>
	10:45 - 11:30 am	<a href="#">133955</a>
	11:30 am - 12:15 pm	<a href="#">133956</a>
	12:30 - 1:15 pm	<a href="#">133957</a>
	1:15 - 2 pm	<a href="#">133958</a>

## Level 7 Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon	4:45 - 5:30 pm	<a href="#">133030</a>
	5:30 - 6:15 pm	<a href="#">133031</a>
Tue	4:30 - 5:15 pm	<a href="#">133576</a>
	5:15 - 6 pm	<a href="#">133577</a>
	6 - 6:45 pm	<a href="#">133578</a>
Wed	6:45 - 7:30 pm	<a href="#">133579</a>
	4 - 4:45 pm	<a href="#">133646</a>
	4:45 - 5:30 pm	<a href="#">133647</a>
Thu	6:15 - 7 pm	<a href="#">133648</a>
	4:30 - 5:15 pm	<a href="#">133706</a>
	6 - 6:45 pm	<a href="#">133707</a>
Fri	4 - 4:45 pm	<a href="#">133799</a>
	5:30 - 6:15 pm	<a href="#">133800</a>
	7 - 7:45 pm	<a href="#">133801</a>
Sat	10:45 - 11:30 am	<a href="#">133883</a>
	11:45 am - 12:30 pm	<a href="#">133884</a>
	12:30 - 1:15 pm	<a href="#">133885</a>
Sun	10:45 - 11:30 am	<a href="#">135682</a>
	11:30 am - 12:15 pm	<a href="#">135683</a>
	12:30 - 1:15 pm	<a href="#">135684</a>

## Level 8 Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon	4 - 4:45 pm	<a href="#">133032</a>
	5:30 - 6:15 pm	<a href="#">133033</a>
Tue	4:30 - 5:15 pm	<a href="#">133580</a>
	5:15 - 6 pm	<a href="#">133581</a>
	6:45 - 7:30 pm	<a href="#">133582</a>
Wed	4:45 - 5:30 pm	<a href="#">133649</a>
	5:30 - 6:15 pm	<a href="#">133650</a>
Thu	4:30 - 5:15 pm	<a href="#">133708</a>
	5:15 - 6 pm	<a href="#">133709</a>

Fri	4:45 - 5:30 pm	<a href="#">133802</a>
	5:30 - 6:15 pm	<a href="#">133803</a>
	6:15 - 7 pm	<a href="#">133804</a>
Sat	10 - 10:45 am	<a href="#">133886</a>
	10:45 - 11:30 am	<a href="#">133887</a>
	11:45 am - 12:30 pm	<a href="#">133888</a>
	12:30 - 1:15 pm	<a href="#">133889</a>
Sun	10 - 10:45 am	<a href="#">133962</a>
	11:30 am - 12:15 pm	<a href="#">133963</a>
	1:15 - 2 pm	<a href="#">133964</a>

## Level 9 Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon	4:45 - 5:30 pm	<a href="#">133034</a>
	6:15 - 7 pm	<a href="#">133035</a>
Tue	5:15 - 6 pm	<a href="#">133583</a>
	6 - 6:45 pm	<a href="#">133584</a>
Wed	4:45 - 5:30 pm	<a href="#">133651</a>
	6:15 - 7 pm	<a href="#">133652</a>
Thu	4:30 - 5:15 pm	<a href="#">133710</a>
	6 - 6:45 pm	<a href="#">133712</a>
Fri	4 - 4:45 pm	<a href="#">133805</a>
	6:15 - 7 pm	<a href="#">133806</a>
Sat	11:45 am - 12:30 pm	<a href="#">133890</a>
Sun	10 - 10:45 am	<a href="#">133965</a>
	11:30 am - 12:15 pm	<a href="#">133966</a>
	1:15 - 2 pm	<a href="#">133967</a>

## Level 10 Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon	6:15 - 7 pm	<a href="#">133036</a>
Tue	4:30 - 5:15 pm	<a href="#">133585</a>
	6:45 - 7:30 pm	<a href="#">133586</a>
Wed	5:30 - 6:15 pm	<a href="#">133653</a>
Thu	5:15 - 6 pm	<a href="#">133713</a>
	6 - 6:45 pm	<a href="#">133714</a>
Fri	4:45 - 5:30 pm	<a href="#">133807</a>
	7 - 7:45 pm	<a href="#">133808</a>
Sat	10 - 10:45 am	<a href="#">133891</a>
Sun	10 - 10:45 am	<a href="#">135685</a>
	12:30 - 1:15 pm	<a href="#">135686</a>

## + Red Cross Swim Programs

Home-school/Teen and Adult/Private Lessons

# HOME-SCHOOL

## + Home-school Swim Lessons

### 45 Minute Classes (10 weeks)

Age: 5Y+

Kinsmen Leisure Centre	Lap Pool		
	Apr 22 to Jun 24	Wed	
	1:30 - 2:15 pm		\$57.70
<a href="#">134019</a>	Red Cross Swim Kids Level 1		
<a href="#">134021</a>	Red Cross Swim Kids Level 2		
<a href="#">134023</a>	Red Cross Swim Kids Level 3		
<a href="#">134025</a>	Red Cross Swim Kids Level 5		
<a href="#">134027</a>	Red Cross Swim Kids Level 7		
<a href="#">134029</a>	Red Cross Swim Kids Level 9		
	2:15 - 3 pm		\$57.70
<a href="#">134020</a>	Red Cross Swim Kids Level 1		
<a href="#">134022</a>	Red Cross Swim Kids Level 2		
<a href="#">134024</a>	Red Cross Swim Kids Level 4		
<a href="#">134026</a>	Red Cross Swim Kids Level 6		
<a href="#">134028</a>	Red Cross Swim Kids Level 8		
<a href="#">134030</a>	Red Cross Swim Kids Level 10		

See page 69 for preschool classes offered during this time.

## Teen and Adult

## + Red Cross Swim Teens - Basics

Increase your comfort and confidence in the water while building your swimming skills. Develop your front and back crawl, get more comfortable in deep water, and increase the distance you can swim.

Age: 11Y - 17Y

Emerald Hills Leisure Centre	Lap Pool		
<a href="#">133037</a>	May 4 to Jun 22	Mon	
	4 - 4:45 pm		\$58.24
<a href="#">133654</a>	May 6 to Jun 24	Wed	
	4 - 4:45 pm		\$66.56

## + Red Cross Swim Teens - Strokes

Set your own goals and priorities with the Instructor and develop one or more swimming strokes. Instructors will work directly with you to improve your endurance and increase your swimming distance and speed. If you are interested in training for a triathlon, this is the ideal course for you. This program can also help you improve your skills before taking the Water Safety Instructor course.

Age: 11Y - 17Y

Emerald Hills Leisure Centre	Lap Pool		
<a href="#">133038</a>	May 4 to Jun 22	Mon	
	4:45 - 5:30 pm		\$58.24
<a href="#">133655</a>	May 6 to Jun 24	Wed	
	4:45 - 5:30 pm		\$66.56

## + Red Cross Swim Adults - Basics

Increase your comfort level and confidence in the water through floats, glides, kicking and swimming. Work with your Water Safety Instructor to set goals to develop your swimming skills.

Age: 16Y+

Emerald Hills Leisure Centre	Lap Pool		
<a href="#">133039</a>	May 4 to Jun 22	Mon	
	5:30 - 6:15 pm		\$58.24
<a href="#">133592</a>	May 5 to Jun 23	Tue	
	2 - 2:45 pm		\$66.56
<a href="#">133656</a>	May 6 to Jun 24	Wed	
	5:30 - 6:15 pm		\$66.56
<a href="#">133715</a>	May 7 to Jun 25	Thu	
	2 - 2:45 pm		\$66.56
<a href="#">133892</a>	May 9 to Jun 27	Sat	
	1:15 - 2 pm		\$66.56

## + Red Cross Swim Adults - Strokes

Develop one or more swimming strokes, working towards proficiency and increased endurance. Work with your Water Safety Instructor to choose the strokes and set your goals. This course is a good fit for individuals training for a triathlon.

Age: 16Y+

Emerald Hills Leisure Centre	Lap Pool		
<a href="#">133040</a>	May 4 to Jun 22	Mon	
	6:15 - 7 pm		\$58.24
<a href="#">133593</a>	May 5 to Jun 23	Tue	
	2:45 - 3:30 pm		\$66.56
<a href="#">133657</a>	May 6 to Jun 24	Wed	
	6:15 - 7 pm		\$66.56
<a href="#">133716</a>	May 7 to Jun 25	Thu	
	2 - 2:45 pm		\$66.56
<a href="#">133893</a>	May 9 to Jun 27	Sat	
	1:15 - 2 pm		\$66.56

# Private Lessons

## For all ages and levels!

Customized swim instruction for all ages and abilities. These lessons are great for swimmers who need one on one attention or those who need to practice a few skills to complete a level. Register for a Private Lesson Pack (4-5 lessons) or call to book a single lesson. Call **Strathcona County's Aquatics Information Line at 780-464-2112** for available times.





## Extra Help

### Stroke Improvement:

#### Red Cross Swim Kids 3-5 / 6-7 / 8-10

Stroke Improvement classes are for children who have previously taken Red Cross Swim Kids classes and need some extra practice on swim strokes to complete their individual level. Students who bring their report card to this lesson can continue their evaluation in Stroke Improvement.

#### Stroke Improvement - Swim Kids 3-5

Age: 5Y - 14Y

Emerald Hills Leisure Centre	Lap Pool	
<a href="#">132677</a>	Apr 6 to Apr 29	Mon/Wed
	4 - 4:45 pm	\$58.24

Kinsmen Leisure Centre	Lap Pool (25m)	
<a href="#">134057</a>	Apr 23 to Jun 25	Thu
	4:45 - 5:30 pm	\$83.20
<a href="#">134137</a>	Apr 26 to Jun 28	Sun
<a href="#">134138</a>	9 - 9:45 am	\$83.20
	12:15 - 1 pm	\$83.20

#### Stroke Improvement - Swim Kids 6-7

Age: 5Y - 14Y

Emerald Hills Leisure Centre	Lap Pool	
<a href="#">132678</a>	Apr 6 to Apr 29	Mon/Wed
<a href="#">132679</a>	4:45 - 5:30 pm	\$58.24
	6:15 - 7 pm	\$58.24

Kinsmen Leisure Centre	Lap Pool (25m)	
<a href="#">134058</a>	Apr 23 to Jun 25	Thu
	5:30 - 6:15 pm	\$83.20
<a href="#">134139</a>	Apr 26 to Jun 28	Sun
<a href="#">134140</a>	9:45 - 10:30 am	\$83.20
	11:30 - 12:15 pm	\$83.20

#### Stroke Improvement - Swim Kids 8-10

Age: 5Y - 14Y

Emerald Hills Leisure Centre	Lap Pool	
<a href="#">132680</a>	Apr 6 to Apr 29	Mon/Wed
	5:30 - 6:15 pm	\$58.24

Kinsmen Leisure Centre	Lap Pool (25m)	
<a href="#">134059</a>	Apr 23 to Jun 25	Thu
	6:15 - 7 pm	\$83.20
<a href="#">134141</a>	Apr 26 to Jun 28	Sun
	10:45 - 11:30 am	\$83.20

## Special Interest

### Red Cross Swim Adapted - Preschool

Experience a fun class designed to help your preschooler learn to love the water. Join your child in the water as we focus on building skills for swimming through a mix of songs, games, and activities.

Age: 3Y - 5Y

Emerald Hills Leisure Centre	Kids Pool	
<a href="#">133821</a>	May 9 to Jun 27	Sat
	9 - 9:45 am	\$69.36

### Red Cross Swim Adapted - Sensory

Enjoy the freedom and mobility offered in the water and work on basic movement skills like floats and glides. This program offers one-on-one instruction for individuals with complex needs that require direct supervision and support.

All Ages

Emerald Hills Leisure Centre	Teach Pool	
<a href="#">135688</a>	May 5 to Jun 23	Tue
	6:45 - 7:30 pm	\$77.52
<a href="#">133822</a>	May 9 to Jun 27	Sat
	9 - 9:45 am	\$77.52

### Red Cross Swim Adapted - Basics

Increase your comfort and confidence in the water as you build on your introductory swimming skills with two-on-one instruction. Skills include floating, gliding, kicking, and front swim.

Age: 5Y+

Emerald Hills Leisure Centre	Teach Pool	
<a href="#">132954</a>	Apr 7 to Apr 30	Tue/Thu
<a href="#">132955</a>	4:30 - 5:15 pm	\$77.52
	6 - 6:45 pm	\$77.52
	May 5 to Jun 23	Tue
<a href="#">133588</a>	2 - 2:45 pm	\$77.52
<a href="#">133587</a>	5:15 - 6 pm	\$77.52
	May 7 to Jun 25	Thu
<a href="#">133717</a>	4:30 - 5:15 pm	\$77.52
<a href="#">133718</a>	6 - 6:45 pm	\$77.52
	May 9 to Jun 27	Sat
<a href="#">133824</a>	9 - 9:45 am	\$77.52
	May 10 to Jun 28	Sun
<a href="#">135714</a>	1:15 - 2 pm	\$77.52

### Red Cross Swim Adapted - Strokes

Improve endurance and increase swimming skills, distance, and efficiency with three-on-one instruction. Participants should be recommended for this program by their previous swim instructor.

Age: 5Y+

Emerald Hills Leisure Centre	Lap Pool	
<a href="#">133589</a>	May 5 to Jun 23	Tue
<a href="#">133590</a>	2:45 - 3:30 pm	\$77.52
<a href="#">133591</a>	6 - 6:45 pm	\$77.52
	6:45 - 7:30 pm	\$77.52
	May 7 to Jun 25	Thu
<a href="#">133719</a>	5:15 - 6 pm	\$77.52
	May 9 to Jun 27	Sat
<a href="#">133823</a>	9 - 9:45 am	\$77.52



### Mermaid Celebration

In this introductory 90-minute experience, you will create a craft, complete a short water safety session, and experience the fun of monofin swimming in one of our FinFun Mermaids. Cap off your experience with a special photo keepsake and see why everything is better under the sea.

Participants must have a FinFun Mermaid Tail and Monofin to participate in Mermaid Celebration (rentals are available free of charge). To purchase MermaidTails, please contact [swimming@strathcona.ca](mailto:swimming@strathcona.ca) or call 780-464-8236.

**PREREQUISITES:** Must be 8 years old, confidently swim 10m on front and back, maintain surface support for 30 seconds, and swim underwater for 2m. Red Cross Swim Kids 3 or higher.

Age: 8Y - 13Y \$30.00

Emerald Hills Leisure Centre		Teach Pool		
<a href="#">133722</a>	May 8	craft: photo frame	7:30 - 9 pm	Fri
<a href="#">133723</a>	May 22	craft: key chain	7:30 - 9 pm	Fri
<a href="#">133724</a>	Jun 5	craft: bath bomb	7:30 - 9 pm	Fri
<a href="#">133725</a>	Jun 19	craft: glam photo shoot	7:30 - 9 pm	Fri

### Atlantis Academy

Discover the magic of life under the sea! Learn valuable water safety skills, entries and movement skills with and without mermaid tails and develop a routine to share on your last day of class. Participate in a mix of dry and wet class time that includes crafts, skills and games as you immerse yourself in the world of mermaids. Tail rentals are available free of charge but participants can also bring or purchase their own FinFun Mermaid Tail or Monofin.

**PREREQUISITES:** Must be 8 years old, confidently swim 10m on front and back, maintain surface support for 30 seconds, and swim underwater for 2m. Red Cross Swim Kids 3 or higher.

Age: 8Y - 14Y

Emerald Hills Leisure Centre		Teach Pool	
<a href="#">133820</a>	May 9 to Jun 27	Sat	
	2 - 3:30 pm		\$225.00

## Sports

### Discover Scuba - Kids

Kids will learn to breathe underwater, blow bubbles, and swim around in shallow water in this fun, introductory scuba class. All equipment is provided, participants must be 8 to 10 years old and comfortable in the water. No prior scuba experience needed. This program is in partnership with Ocean Sports. For more information, call 780-432-1904 or email [mandy@oceansports.ca](mailto:mandy@oceansports.ca)

Age: 8Y - 10Y

Kinsmen Leisure Centre		Lap Pool (25m)	
	7 - 8:30 pm	Sun	
<a href="#">135723</a>	Apr 26		\$60.00
<a href="#">135724</a>	Jun 14		\$60.00

### Discover Scuba

Join one of our experienced Professional Association of Diving Instructors and get a taste of scuba in this 90 minute experience. All equipment is provided. Participants must be a minimum of 10 years old. This program is in partnership with Ocean Sports. For more information, call 780-432-1904 or email [mandy@oceansports.ca](mailto:mandy@oceansports.ca)

Age: 10Y+

Kinsmen Leisure Centre		All Pools	
	7 - 8:30 pm	Sun	
<a href="#">135725</a>	Apr 19		\$60.00
<a href="#">135726</a>	May 31		\$60.00

### Discover Snorkel

One hour introductory snorkeling experience with one of our PADI professionals exploring the basics of snorkeling and focusing on equipment use, breathing, movement, and safety. You'll come away with the knowledge to enjoy snorkeling on some of the most incredible reefs in the world. Come alone, invite a friend, or bring the entire family to share the experience!!

Age: 8Y+

Kinsmen Leisure Centre		All Pools	
	7 - 8 pm	Sun	
<a href="#">135727</a>	Apr 12		\$35.00
<a href="#">135728</a>	May 3		\$35.00





## + Red Cross Swim Sports

Learn the basics and try your hand at swim sports like underwater hockey, water polo, diving, lifeguard sports, and more. This is a fun, fast-paced program, no laps involved! Completion of Red Cross Swim Kids 8 or higher is recommended.

Age: 8Y - 14Y

Kinsmen Leisure Centre	All Pools	
	Apr 23 to Jun 25	Thu
<a href="#">134064</a>	7:15 - 8 pm	\$104.00
<a href="#">134065</a>	8 - 8:45 pm	\$104.00

## Tidal Waves Lifesaving Sport Club

Tidal Waves Lifesaving Sport Club is a new opportunity for young lifesavers to train and compete in one of the world's most demanding, multi-disciplinary sports. Combining athletic ability with lifesaving skills and rescue equipment, this program will focus on fitness, swimming technique, speed, and endurance. Athletes will learn and practice sanctioned lifesaving sport competition skills and have the opportunity to register in competitions across the province.

Age: 8Y - 14Y

Kinsmen Leisure Centre	All Pools	
	Apr 23 to Jun 25	Thu
<a href="#">134063</a>	7:30 - 8:30 pm	\$60.00

## Instructor and Lifeguard Development

Attendance is essential for all development programs

### S Bronze Cross

Learn advanced skills required to prevent and respond to aquatic emergencies. Build on rescue techniques and teamwork learned in Bronze Medallion. Register after the successful completion of your Bronze Medallion.

Prerequisite: Bronze Medallion certification

Kinsmen Leisure Centre	All Pools	
	Apr 25 to Jun 27	Sat
<a href="#">134075</a>	9:30 - 12 pm	\$158.00

### S Bronze Medallion

Learn the primary skills required to rescue a swimmer in distress. Develop your physical fitness, decision making and judgement skills. You can register for this program if you are 13 years old OR if you've completed your Bronze Star. Participants require a Canadian Lifesaving Manual which can be purchased at EHLK or KLC.

Prerequisite: 13Y+ or Bronze Star certification

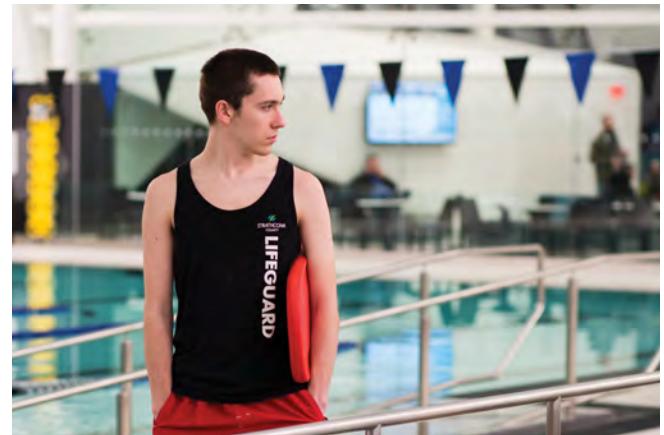
Kinsmen Leisure Centre	All Pools	
	Apr 23 to Jun 25	Thu
<a href="#">134062</a>	6 - 8:30 pm	\$158.00
	Apr 26 to Jun 28	Sun
<a href="#">134101</a>	9 - 11:30 am	\$158.00

### S Bronze Star

Develop your basic safety, fitness and lifesaving skills as you begin your training to become a lifeguard. Once you have completed your Bronze Star, you can take Bronze Medallion before you are 13 years of age.

Prerequisite: 8Y+ and Red Cross Swim Level 8 recommended

Kinsmen Leisure Centre	All Pools	
	Apr 23 to Jun 25	Thu
<a href="#">134060</a>	4 - 5:30 pm	\$95.00
<a href="#">134061</a>	7:30 - 9 pm	\$95.00



### S Lifeguard School

Become a lifeguard in this one-stop shop for completing your Aquatic Emergency Care, CPR, and National Lifeguard certifications. Register if you are at least 16 years of age and have successfully completed your Bronze Cross.

Prerequisite: 16Y+ and Bronze Cross certification

Emerald Hills Leisure Centre	All Pools	
	May 9 to Jun 27	Sat
<a href="#">133819</a>	9 am - 4:30 pm	\$441.00

## + Water Safety Instructor

This Canadian Red Cross blended classroom program prepares candidates to become swim instructors that can work in a variety of facilities across Canada. Participate in classroom, eLearning, and on-the-job training to prepare you to be a top candidate for Water Safety Instructor jobs in Strathcona County or across Canada. Experience a one-stop solution to complete your WSI certification and experience the simplicity that comes with no hidden fees.

Prerequisites: 15Y+, Bronze Cross or Standard First Aid

Kinsmen Leisure Centre	Classroom	
	Apr 21 to Jun 23	Tue
<a href="#">133982</a>	4:30 - 7:30 pm	\$350.00

**SPRING BREAK  
REGISTRATION STARTS**  
February 25

# SPRING BREAK

## **+** Red Cross Swim Programs

Spring break lessons feature lower class ratios in all programs. All spring break swim programs run Monday to Friday, March 30 to April 3. See page 66 for program descriptions.

### Starfish

Age: 4M - 18M \$44.10  
Emerald Hills Leisure Centre Kids Pool  
[133496](#) 4:30 - 5 pm [133497](#) 5:30 - 6 pm

### Duck

Age: 1Y - 3Y \$44.10  
Emerald Hills Leisure Centre Kids Pool  
[133498](#) 4:30 - 5 pm [133499](#) 6 - 6:30 pm

### Sea Turtle

Age: 2Y - 4Y \$44.10  
Emerald Hills Leisure Centre Kids Pool  
[133500](#) 4 - 4:30 pm [133502](#) 6:30 - 7 pm  
[133501](#) 5 - 5:30 pm

### Sea Otter

Age: 3Y - 6Y \$44.10  
Emerald Hills Leisure Centre Kids Pool  
[133503](#) 4 - 4:30 pm [133506](#) 6 - 6:30 pm  
[133504](#) 5 - 5:30 pm [133507](#) 6:30 - 7 pm  
[133505](#) 5:30 - 6 pm

### Salamander

Age: 3Y - 6Y \$57.20  
Kinsmen Leisure Centre Emerald Hills Leisure Centre  
[133464](#) 8:45 - 9:30 am [133508](#) 3:45 - 4:30 pm  
[133465](#) 9:30 - 10:15 am [133509](#) 4:30 - 5:15 pm  
[133466](#) 10:15 - 11 am [133510](#) 5:15 - 6 pm  
[133467](#) 11 - 11:45 am [133511](#) 6 - 6:45 pm

### Sunfish

Age: 3Y - 6Y \$57.20  
Kinsmen Leisure Centre Emerald Hills Leisure Centre  
[133468](#) 9:30 - 10:15 am [133512](#) 3:45 - 4:30 pm  
[133469](#) 11 - 11:45 am [133513](#) 4:30 - 5:15 pm  
[133514](#) 5:15 - 6 pm  
[133515](#) 6 - 6:45 pm

### Crocodile/Whale

Age: 3Y - 6Y \$57.20  
Kinsmen Leisure Centre Emerald Hills Leisure Centre  
[133470](#) 8:45 - 9:30 am [133516](#) 4:30 - 5:15 pm  
[133471](#) 10:15 - 11 am [133517](#) 5:15 - 6 pm

### Red Cross Swim Kids 1

Age: 5Y - 14Y \$57.20  
Kinsmen Leisure Centre Emerald Hills Leisure Centre  
[133472](#) 8:45 - 9:30 am [133520](#) 3:45 - 4:30 pm  
[133473](#) 10:15 - 11 am [133521](#) 4:30 - 5:15 pm  
[133474](#) 11 - 11:45 am [133523](#) 5:15 - 6 pm  
[133524](#) 6 - 6:45 pm

### Red Cross Swim Kids 2

Age: 5Y - 14Y \$57.20  
Kinsmen Leisure Centre Emerald Hills Leisure Centre  
[133475](#) 9:30 - 10:15 am [133527](#) 3:45 - 4:30 pm  
[133476](#) 11 - 11:45 am [133528](#) 4:30 - 5:15 pm  
[133529](#) 5:15 - 6 pm  
[133530](#) 6 - 6:45 pm

### Red Cross Swim Kids 3

Age: 5Y - 14Y \$57.20  
Kinsmen Leisure Centre Emerald Hills Leisure Centre  
[133477](#) 8:45 - 9:30 am [133531](#) 3:45 - 4:30 pm  
[133478](#) 9:30 - 10:15 am [133532](#) 4:30 - 5:15 pm  
[133479](#) 10:15 - 11 am [133533](#) 5:15 - 6 pm

### Red Cross Swim Kids 4

Age: 5Y - 14Y \$57.20  
Kinsmen Leisure Centre Emerald Hills Leisure Centre  
[133480](#) 8:45 - 9:30 am [133534](#) 3:45 - 4:30 pm  
[133481](#) 11 - 11:45 am [133535](#) 5:15 - 6 pm  
[133536](#) 6 - 6:45 pm

### Red Cross Swim Kids 5

Age: 5Y - 14Y \$57.20  
Kinsmen Leisure Centre Emerald Hills Leisure Centre  
[133482](#) 9:30 - 10:15 am [133537](#) 3:45 - 4:30 pm  
[133483](#) 10:15 - 11 am [133538](#) 4:30 - 5:15 pm  
[133539](#) 6 - 6:45 pm

### Red Cross Swim Kids 6

Age: 5Y - 14Y \$57.20  
Kinsmen Leisure Centre Emerald Hills Leisure Centre  
[133484](#) 8:45 - 9:30 am [133540](#) 4:30 - 5:15 pm  
[133485](#) 10:15 - 11 am [133541](#) 6 - 6:45 pm

### Red Cross Swim Kids 7

Age: 5Y - 14Y \$57.20  
Kinsmen Leisure Centre Emerald Hills Leisure Centre  
[133486](#) 8:45 - 9:30 am [133542](#) 3:45 - 4:30 pm  
[133487](#) 10:15 - 11 am [133543](#) 5:15 - 6 pm  
[133488](#) 11 - 11:45 am

## All Spring Break Swim Programs run Mon to Fri • March 30 to April 3

### Red Cross Swim Kids 8

Age: 5Y - 14Y	\$57.20
Kinsmen Leisure Centre	Emerald Hills Leisure Centre
<a href="#">133489</a> 8:45 - 9:30 am	<a href="#">133544</a> 4:30 - 5:15 pm
<a href="#">133490</a> 11 - 11:45 am	<a href="#">133545</a> 6 - 6:45 pm

### Red Cross Swim Kids 9

Age: 5Y - 14Y	\$57.20
Kinsmen Leisure Centre	Emerald Hills Leisure Centre
<a href="#">133491</a> 9:30 - 10:15 am	<a href="#">133546</a> 3:45 - 4:30 pm
	<a href="#">133547</a> 5:15 - 6 pm

### Red Cross Swim Kids 10

Age: 5Y - 14Y	\$57.20
Kinsmen Leisure Centre	Emerald Hills Leisure Centre
<a href="#">133492</a> 10:15 - 11 am	<a href="#">133525</a> 4:30 - 5:15 pm
	<a href="#">133526</a> 6 - 6:45 pm

### Stroke Improvement - Swim Kids 3-5

Age: 5Y - 14Y	\$57.20
Kinsmen Leisure Centre	Lap Pool (25m)
<a href="#">133494</a>	11 - 11:45 am

### Stroke Improvement - Swim Kids 8-10

Age: 5Y - 14Y	\$57.20
Kinsmen Leisure Centre	Lap Pool (25m)
<a href="#">133495</a>	9:30 - 10:15 am

## Private Lessons

### For all ages and levels!

Customized swim instruction for all ages and abilities. These lessons are great for swimmers who need one on one attention or those who need to practice a few skills to complete a level. Register for a Private Lesson Pack (4-5 lessons) or a single lesson. Call **Strathcona County's Aquatics Information Line at 780-464-2112** for available times.



### Special Interest

#### Red Cross Swim Adapted - Basics

Increase your comfort and confidence in the water as you build on your introductory swimming skills with two-on-one instruction. Skills include floating, gliding, kicking, and front swim.

Age: 5Y+

Emerald Hills Leisure Centre	Teach Pool	
<a href="#">133548</a>	Mar 30 to Apr 3	Fri
	3:45 - 4:30 pm	\$48.45
<a href="#">133549</a>	Mar 30 to Apr 3	Fri
	6 - 6:45 pm	\$48.45

#### Red Cross Swim Adapted - Strokes

Improve endurance and increase swimming skills, distance, and efficiency with three-on-one instruction. Participants should be recommended for this program by their previous swim instructor.

Age: 5Y+

Emerald Hills Leisure Centre	Lap Pool	
<a href="#">133550</a>	Mar 30 to Apr 3	Fri
	5:15 - 6 pm	\$48.45

### Instructor and Lifeguard Development

#### Bronze Medallion

Learn the primary skills required to rescue a swimmer in distress. Develop your physical fitness, decision making and judgement skills. You can register for this program if you are 13 years old OR if you've completed your Bronze Star. Participants require a Canadian Lifesaving Manual which can be purchased at EHLC or KLC.

Prerequisite: 13Y+ or Bronze Star certification

Emerald Hills Leisure Centre	Pool Deck	
<a href="#">133519</a>	Mar 30 to Apr 3	Mon-Fri
	3:45 - 7:45 pm	\$158.00

#### Bronze Cross

Learn advanced skills required to prevent and respond to aquatic emergencies. Build on rescue techniques and teamwork learned in Bronze Medallion. Register after the successful completion of your Bronze Medallion.

Prerequisite: Bronze Medallion certification

Kinsmen Leisure Centre	Classroom	
<a href="#">133493</a>	Mar 30 to Apr 3	Mon-Fri
	8:45 am - 12:45 pm	\$158.00



# Summer CAMPS 2020



## CAMP NOTES

- Preschool/young child camps: for your child's best experience we suggest they are fully toilet trained. Parents will be contacted by telephone to attend to any changing needs.
- Parents/guardians are required to sign children in and out each day.
- Due to the increasing severity of nut allergies, we request that lunches and snacks do not include peanut butter or nuts of any kind.
- All classes begin and end promptly at the times indicated for each program (a late pick-up procedure is used). Program times include pre and post-care where indicated.
- Please dress your child in play clothes that are art friendly.
- All lunch hours are supervised.
- Clearly label all of your child's belongings.
- All electronic games and devices should be left at home.

Parents/guardians are asked to complete the **Camps and programs – information, health and assumption of risk** form. If your child has a severe allergy and/or carries an epi-pen, please also fill out the **Severe Allergy** form. Children with epi-pens are required to carry one throughout the duration of the program/camp. Please access these forms at [www.strathcona.ca/registration](http://www.strathcona.ca/registration)

Please bring completed forms with you to the first day of the program/camp. If you plan to fill out the forms in person, please arrive early on the first day of camp.

If your child has a special medical need, advance notice and camper information allows instructors to plan appropriately to offer inclusive and accessible programs. Please return completed forms to the Recreation Administration Office at 2025 Oak Street, Sherwood Park.



## REGISTRATION STARTS

March 10

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

# WHAT YOUR CHILD NEEDS EACH DAY

## For every camp



Send a nut free light snack and a water bottle for your child each day. Full day programs require two separate nut-free snacks and a lunch for your child.



Bring clean rubber-soled shoes for indoor sessions. For health and safety reasons, bare feet, flip flops and sandals are not permitted.



We request that your child wear protective clothing and that sunscreen and/or insect repellent be applied to your child prior to class. Programs operate regardless of weather. Instructors will inform parents of outdoor activities. Please dress your child accordingly for outdoor activities.



Parents will need to complete all applicable forms. See camp notes for details.

## For select camps



Camps may include a swim component, so please send your child with a bathing suit and towel when specified.



Bring clean indoor dance shoes for indoor sessions (for health and safety reasons, bare feet, flip flops and sandals are not permitted).



Bring a bicycle or ice skates.



Helmets are mandatory.



Please send your child with a CSA approved helmet.

**Please send your child with these items when they appear beside program.**



## Pre and post-care available for full day camps

For the convenience of working parents, pre and post-care are offered for children registered in full-day, week-long camps. Hours vary according to camp and location. Please see details listed on each page.

## LOOK FOR A CAMP BY AGE

Pre and Post-care  
available for full day camps

## Week long camps

week 1 Jul 6 to Jul 10

week 3 Jul 20 to Jul 24

week 5 Aug 4 to Aug 7

week 7 Aug 17 to Aug 21

week 2 Jul 13 to Jul 17

week 4 Jul 27 to Jul 31

week 6 Aug 10 to Aug 14

week 8 Aug 24 to Aug 28



page Jul 6 - 10 Jul 13 - 17 Jul 20 - 24 Jul 27 - 31 Aug 4 - 7 Aug 10 - 14 Aug 17 - 21 Aug 24 - 28

## Preschool/Child Camps

	page	Jul 6 - 10	Jul 13 - 17	Jul 20 - 24	Jul 27 - 31	Aug 4 - 7	Aug 10 - 14	Aug 17 - 21	Aug 24 - 28
<b>Dinosaur Detectives</b>	87			3-5Y			3-5Y		
<b>Einstein's Athletes</b>	86			6-9Y	6-9Y		6-9Y		
<b>Epic Camp</b>	86		6-9Y					6-9Y	6-9Y
<b>Play Palooza</b>	87	3-5Y	3-5Y	3-5Y	3-5Y		3-5Y	3-5Y	3-5Y
<b>Splash and Dash</b>	86		4-7Y				4-7Y	4-7Y	
<b>Sun, Sand and Water Week</b>	86			4-7Y	4-7Y	4-7Y			
<b>Tinkering Around</b>	87		3-5Y			3-5Y			
<b>Tracks and Trails</b>	87		3.5-5Y	3.5-5Y			3.5-5Y	3.5-5Y	
<b>Unicorn Camp</b>	87	3-5Y			3-5Y			3-5Y	



page Jul 6 - 10 Jul 13 - 17 Jul 20 - 24 Jul 27 - 31 Aug 4 - 7 Aug 10 - 14 Aug 17 - 21 Aug 24 - 28

## Swimming Camps

	page	Jul 6 - 10	Jul 13 - 17	Jul 20 - 24	Jul 27 - 31	Aug 4 - 7	Aug 10 - 14	Aug 17 - 21	Aug 24 - 28
<b>Aquatic Adventure Camp</b>	88					8-13Y			
<b>Mermaid Camp</b>	88					8-13Y			



page Jul 6 - 10 Jul 13 - 17 Jul 20 - 24 Jul 27 - 31 Aug 4 - 7 Aug 10 - 14 Aug 17 - 21 Aug 24 - 28

## Performing Arts Camps

	page	Jul 6 - 10	Jul 13 - 17	Jul 20 - 24	Jul 27 - 31	Aug 4 - 7	Aug 10 - 14	Aug 17 - 21	Aug 24 - 28
<b>CSI Strathcona County</b>	89					6-12Y			
<b>Discover Dance</b>	89							6-12Y	
<b>Garage Band Live</b>	90						12-18Y		
<b>Just Dance</b>	89	4-5Y							
<b>Movie Stars Behind the Lens</b>	90	8-12Y	8-12Y			8-12Y			
<b>Kermit and Alice's Radical Musical Adventure</b>	89		6-12Y						
<b>Stepping on Stage</b>	89	6-12Y						4-5Y	
<b>Under the Big Top</b>	91		4-5Y	6-10Y	11-17Y	4-5Y			
<b>Video Production for Social Media</b>	90							13-17Y	



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Visual Art Camps

<b>Adventure Photography</b>	101				12-16Y				
<b>Art Attack</b>	92		6-12Y	6-12Y			6-12Y	6-12Y	
<b>Fine Art and Glass</b>	93			9-13Y			9-13Y		
<b>Kids Clay and Art Camp</b>	93	8-12Y			6-8Y	6-8Y			
<b>Models &amp; Miniatures Art Camp</b>	92				8-12Y				
<b>Science &amp; Art Maker Camp</b>	92			6-10Y		6-10Y			
<b>Sew Much Crafty Fun</b>	93	8-12Y				8-12Y			
<b>Teen Clay</b>	93				12-17Y				
<b>Under the Sea Art Camp</b>	92	6-10Y						6-10Y	
<b>Young Author &amp; Artist Camp</b>	92		8-12Y				8-12Y		



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Youth Camps

<b>ARC Adventure Camps</b>	96	6-12Y		6-12Y	6-12Y	6-12Y	6-12Y	6-12Y	6-12Y
<b>Dumbledore's Dormitory</b>	94		5-8Y						
<b>Extreme Camps</b>	98	8-12Y		8-12Y	8-12Y	8-12Y		8-12Y	8-12Y
<b>Flag Football Camp</b>	95				8-12Y				
<b>FUN First: Sports Spectacular!</b>	94	6-9Y					6-9Y		
<b>Fur-ever Friends</b>	94			5-8Y					
<b>Half Day Camps</b>	97		5-8Y		5-8Y			5-8Y	5-8Y
<b>Leaders-in-Training</b>	99				12-17Y				
<b>Marine Mayhem</b>	95		8-12Y						
<b>MP Adventure Camps</b>	97	6-12Y	6-12Y	6-12Y	6-12Y	6-12Y	6-12Y	6-12Y	6-12Y
<b>Play Café</b>	94		7-10Y						
<b>Simply D.I.Y</b>	95			8-12Y					
<b>So you wanna be an Emergency Responder?</b>	94						6-9Y		
<b>Ultimate Teen Camp</b>	95							12-15Y	
<b>Wheelie Awesome Bike Camp</b>	95						7-10Y		



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Outdoor Camps


<b>Adventure Photography</b>	101	12-16Y							
<b>Adventure Seekers</b>	101	10-13Y		10-13Y		10-13Y		10-13Y	
<b>Explorers</b>	101	8-10Y	8-10Y	8-10Y	8-10Y	8-10Y	8-10Y	8-10Y	
<b>Junior Outdoor Leader Program</b>	102	Level 1: Jul 13 - 17 / Level 2: Jun 29 - Jul 3 / Program Plus: Aug 10 - 14							
<b>Kool Kidz Camp</b>	100	5-6Y	5-6Y	5-6Y	5-6Y	5-6Y	5-6Y	5-6Y	
<b>Roughin' It</b>	101		10-13Y		10-13Y		10-13Y		
<b>Teen Leadership Out-trip</b>	101						13-17Y		
<b>Tracks and Trails</b>	87		3.5-5Y	3.5-5Y			3.5-5Y	3.5-5Y	
<b>Trail Blazers</b>	100	7-9Y	7-9Y	7-9Y	7-9Y	7-9Y	7-9Y	7-9Y	

# PRESCHOOL/CHILD CAMPS

## Splash and Dash

This all day camp will be filled with tonnes of fun. Bring your swimsuit and towel for play time at the spray park.

Age: 4Y - 7Y

Androssan Recreation Complex		Preschool Room	
		9 am - 4 pm	\$227.00
		Jul 13 to Jul 17	Mon-Fri
		Aug 10 to Aug 14	Mon-Fri
<a href="#">135548</a>		Aug 17 to Aug 21	Mon-Fri
<a href="#">133431</a>			
<a href="#">135713</a>			

## Sun, Sand, & Water Week

Play summer games and explore the spray park in this fun filled camp. Bring your swimwear every day.

Age: 4Y - 7Y

Sherwood Park Arena		Arts & Crafts Room	
		9 am - 4 pm	\$227.00
		Jul 20 to Jul 24	Mon-Fri
		Jul 27 to Jul 31	Mon-Fri
<a href="#">133432</a>		9 am - 4 pm	\$181.60
<a href="#">133433</a>		Aug 4 to Aug 7	Tue-Fri
<a href="#">133434</a>			



## Einstein's Athletes Camp

Sports and science have come together in one amazing class. This Sportball camp will get you moving and learning with sports, science projects, and experiments.



Age: 6Y - 9Y

Millennium Place		Activity Room I	
		9 am - 4 pm	\$227.00
		Jul 20 to Jul 24	Mon-Fri
		Jul 27 to Jul 31	Mon-Fri
<a href="#">133420</a>			
<a href="#">135712</a>			
Sherwood Park Arena		Arts & Crafts Room	
		9 am - 4 pm	\$227.00
		Aug 10 to Aug 14	Mon-Fri
<a href="#">133421</a>			

## Epic Camp

Learn nine different sports throughout the week and enjoy water fights, sweet science experiments, amazing art challenges, dodgeball tournaments, LEGO building, Nerf Gun challenges, and much more. This Sportball camp is so fun that kids won't even realize that they are also improving their sports skills!

Age: 6Y - 9Y

Millennium Place		Activity Room I	
		9 am - 4 pm	\$227.00
		Jul 13 to Jul 17	Mon-Fri
<a href="#">133422</a>			
Sherwood Park Arena		Arts & Crafts Room	
		9 am - 4 pm	\$227.00
		Aug 17 to Aug 21	Mon-Fri
		Aug 24 to Aug 28	Mon-Fri
<a href="#">133423</a>			
<a href="#">134804</a>			



### Pre and post-care available for full day camps

For the convenience of working parents, pre-care will be offered from 8 am to 9 am and post-care will be offered from 4 pm to 5 pm. (for children registered in full day, week-long camps).



# HALF DAY CAMPS

## Dinosaur Detectives

Get ready for some Jurassic grooves in this earthshaking dino camp! Dig the super-saurus crafts and dino games each day in this fast-paced, high energy camp! It's sure to be a prehistoric time.

Age: 3Y - 5Y

Kinsmen Leisure Centre	Lake View	
	9 am - 12 pm	\$102.00
<a href="#">133418</a>	Jul 20 to Jul 24	Mon-Fri
<a href="#">133419</a>	Aug 10 to Aug 14	Mon-Fri



## Play Palooza

Enjoy games, activities, crafts, songs, playing in the mini gym, and outdoors with sand and water in this summer camp for tots. Each week focuses on a new, exciting theme.

Age: 3Y - 5Y

Kinsmen Leisure Centre	ParkView Room	
	9 am - 12 pm	\$102.00
<a href="#">133424</a>	Jul 6 to Jul 10	Mon-Fri
<a href="#">133425</a>	Jul 13 to Jul 17	Mon-Fri
<a href="#">133426</a>	Jul 20 to Jul 24	Mon-Fri
<a href="#">133427</a>	Jul 27 to Jul 31	Mon-Fri
<a href="#">133429</a>	Aug 10 to Aug 14	Mon-Fri
<a href="#">133430</a>	Aug 17 to Aug 21	Mon-Fri
<a href="#">134827</a>	Aug 24 to Aug 28	Mon-Fri

### Remember to bring:

See page 83 for details.



## Tinkering Around

Your scientist or handyperson will come alive in this half-day experiential program. Perform experiments to make discoveries and explore how things work, come apart or go together in this half day camp. Come prepared for some amazing fun while we tinker around.

Age: 3Y - 5Y

Kinsmen Leisure Centre	Lake View	
	9 am - 12 pm	\$102.00
<a href="#">133435</a>	Jul 13 to Jul 17	Mon-Fri
	9 am - 12 pm	\$81.60
<a href="#">133436</a>	Aug 4 to Aug 7	Tue-Fri

## Unicorn Camp

Using their vibrant imaginations and sense of wonder, children will colour, paint, stick, roll, squish and fold as they develop several colourful and glittery creations in this half-day camp. Be sure to clear some space on your fridge for your child's works of art!

Age: 3Y - 5Y

Kinsmen Leisure Centre	Lake View	
	9 am - 12 pm	\$102.00
<a href="#">133441</a>	Jul 6 to Jul 10	Mon-Fri
<a href="#">133442</a>	Jul 27 to Jul 31	Mon-Fri
<a href="#">133443</a>	Aug 17 to Aug 21	Mon-Fri

## Tracks and Trails

Your little one will explore nature as they play field games in wide open spaces, climb over fallen trees, examine animal tracks, and listen to the sounds of the great outdoors. This camp runs rain or shine.



Age: 3.5Y - 5Y

Strathcona Wilderness Centre		
	9 am - 12 pm	\$117.00
<a href="#">133437</a>	Jul 13 to Jul 17	Mon-Fri
<a href="#">133438</a>	Jul 20 to Jul 24	Mon-Fri
<a href="#">133440</a>	Aug 10 to Aug 14	Mon-Fri
<a href="#">134775</a>	Aug 17 to Aug 21	Mon-Fri

### For select camps:

Look for these symbols by each camp.




# SWIMMING CAMPS

## Mermaid Camp

At Mermaid Camp, we invite you to don your tail and discover the magic of life under the sea. Under the care of our magical faculty, you will participate in a mix of dry and wet class time that includes crafts, skills, games, and more as you immerse yourself in the world of the mermaids. Learn valuable water safety skills, entries, and movement skills with and without tails, and develop a routine to share with your families on the last day of camp. **Campers must have a FinFun Mermaid Tail and Monofin to participate in Mermaid Camp** (rentals are available free of charge). To purchase Mermaid Tails, please contact [swimming@strathcona.ca](mailto:swimming@strathcona.ca) or call 780-464-8236. **Prerequisites:** Must be 8 years old, confidently swim 10m on front and back, maintain surface support for 30 seconds, and swim underwater for 2m. Red Cross Swim Kids level 3 or higher.

Age: 8Y - 13Y

 Emerald Hills Leisure Centre

1 - 4 pm

\$240.00

[134527](#)

Aug 4 to Aug 7


Tue-Fri



## Aquatic Adventure Camp

Aquatic Adventure Camp combines the fun of camp with the world of swimming. Join other kids 8 - 13 years old as you spend the day immersed in the world of aquatics. From swim sports like underwater hockey, competitive lifeguarding, and diving, to first-aid, pool mechanics, and games, this camp is easily the wettest week in Strathcona County. Join us and make a splash! **Prerequisites:** Red Cross Swim Kids level 3 or higher.

Age: 8Y - 13Y

 Kinsmen Leisure Centre

9 am - 5 pm

\$228.48

[134526](#)

Aug 4 to Aug 7

Tue-Fri

## Spring swimming lessons

Find spring swimming lessons on pages 65 to 81 of this guide. Spring swimming lesson registration starts on Tuesday, March 17 at 7 a.m.



## Looking for summer swimming lessons?

Watch for the Summer Swimming Recreation Guide available in May.

### Pre and post-care available for full day camps

For the convenience of working parents, pre-care will be offered from 8 am to 9 am and post-care will be offered from 4 pm to 5 pm. (for children registered in full day, week-long camps).  
\*AQUATIC ADVENTURE CAMP pre and post-care: 8:30 am to 9 am and 5 pm - 5:30 pm

# PERFORMING ARTS CAMPS

## Just Dance

**Dance.** Step right up and give dance a spin. Basic dance movements, steps, and choreography in ballet, jazz, hip hop, and modern dance styles will be taught throughout the camp. A variety of dance themed activities, games, and crafts will be included to create full fun-filled days. Activities will be held inside and outside weather pending. Friday's class will end with a final performance for family and friends.

Age: 4Y - 5Y

Festival Place



The Studios

9 am - 12 pm

\$95.00

Jul 6 to Jul 10

Mon-Fri

[135665](#)

## Stepping on Stage

**Drama and dance.** Get a taste of the performing arts this summer! An enthusiastic choreographer will teach a variety of dance types, including ballet, jazz, tap, hip hop. Drama will involve mime, skits, and improv games taught by a talented drama instructor. All students will gain basic theatre skills, the ability to perform an array of dance steps, maybe even star in a music video.

Culture extra - a professional musical artist will offer a workshop on performing live music. Costumes, props, and sets will be used to enhance the final performance on the last day of class.

Festival Place



9 am - 4 pm

\$220.00

Jul 6 to Jul 10

Mon-Fri

[135669](#) 6Y - 12Y

9 am - 12 pm

\$95.00

Aug 17 to Aug 21

Mon-Fri

[135670](#) 4Y - 5Y

## Discover Dance

**Dance and swim.** Discover ballet, jazz, hip hop, tap and modern styles of dance. This camp will introduce basic concepts, but will also challenge those with a dance background. Basic dance movements, steps, styles and choreography will be taught throughout the camp. A variety of dance themed activities, games, and crafts will be included to create full fun-filled days; including swimming on Wednesday afternoon.

Festival Place



9 am - 4 pm

\$220.00

Aug 17 to Aug 21

Mon-Fri

[135663](#) 6Y - 7Y

Aug 17 to Aug 21

Mon-Fri

[135664](#) 8Y - 12Y



## Kermit and Alice's Radical Musical Adventure

**Musical theatre.** Alice sees Kermit at Broadmoor Lake Park and follows him into the pond. The two meet Fozzie Hatte and are invited to attend the underwater tea party. What a great time they were having singing & dancing - until they realize its 10 p.m. and they have two hours to get home.

Age: 6Y - 12Y

Festival Place

9 am - 4 pm

\$220.00

Jul 13 to Jul 17

Mon-Fri

[135677](#)

## CSI Strathcona County

**Drama.** Be a detective. Be a witness. Get involved with CSI Strathcona County and help solve the case. Participants will be guided through dramatic games, acting and theatre techniques to develop their character and perform in this original dramatic skit. Activities will be inside and out, remember to dress for the weather. Costumes, props, and sets, will be used to enhance the final performance on the last day of class.

Culture extra - a constable from Strathcona County R.C.M.P. detachment will offer insight on crime scene investigation.

Age: 6Y - 12Y

Festival Place

9 am - 4 pm

\$176.00

Aug 4 to Aug 7

Tue-Fri

[135661](#)



### Pre and post-care available for full day camps

For the convenience of working parents, pre-care will be offered from 8 am to 9 am and post-care will be offered from 4 pm to 5 pm. (for children registered in full day, week-long camps).

## YOUTH AND TEEN CAMPS

**Movie Stars Behind The Lens**

*Short film making.* Get out your video camera, and let the world see your imagination using the medium of motion picture.

A film maker will teach tricks to planning, writing, shooting, editing short films and creative projects. You will also gain tips for acting in front of the camera from a talented drama instructor. An action packed week you don't want to miss. iMovie and other film apps will be used throughout the camp. Participants will receive a DVD of completed films.

Age: 8Y - 12Y

Festival Place

[135666](#)[135667](#)[135668](#)

9 am - 4pm	\$225.00
Jul 6 to Jul 10	Mon-Fri
Jul 13 to Jul 17	Mon-Fri
9 am - 4 pm	\$180.00
Aug 4 to Aug 7	Tue-Fri

**Video Production for Social Media**

Your social media project will help you to produce short, gripping YouTube quality videos. You will learn about story boarding, camera technique, lighting and audio using popular software like iMovie, Final Cut Pro and other creative apps. Think outside the box. Create it, film it, post it.

Age: 13Y - 17Y

Festival Place

[135671](#)

Max 12

Clover Bar Board Room

9 am - 4 pm

Aug 17 to Aug 21

\$225.00

Mon-Fri



Jam with other skilled teen musicians and singers and perform on stage this summer. This camp is designed for teens who have established training in musical instruments and/or vocal experience. (E.g. guitar, bass guitar, drums, keyboard, brass/wind/string instruments). Professional musicians will coach and mentor pregrouped bands in appropriate song choice, and performance skills. Bands will have a preset rehearsal space and perform live on the Festival Place stage Friday at 6 pm.

**Bonus:** Special guest speakers will provide insight into the music industry and performance experiences.

**Note:** Must have experience playing their instrument and/or singing.

Age: 12Y - 18Y

Festival Place

[135678](#)**Mon-Thu: 11 am - 4 pm**

Aug 10 to Aug 14

**Fri: 11 am - 9 pm**

Mon-Fri

\$215.00

After completing the registration and payment - an email questionnaire will be sent from Susan Mullen - this will help to identify your music skill set, music genre, type of instrument and list other participants you would like in your band.

Contact 780-464-2852 (ext. 0) or [susan.mullen@strathcona.ca](mailto:susan.mullen@strathcona.ca) for more information.

**Pre and post-care available for full day camps**

For the convenience of working parents, pre-care will be offered from 8 am to 9 am and post-care will be offered from 4 pm to 5 pm. (for children registered in full day, week-long camps).



**Under the Big Top Festival**  
MAGIC ★ PUPPETRY ★ PHYSICAL THEATRE



## Under the Big Top Circus Camps

### Under the Big Top (4Y - 5Y)

Run away and join the circus! Participants will be taught magic, puppetry, juggling, clowning, and balancing acts. Come Under the Big Top for a creative, active and fun experience. Family and friends will be thrilled to watch the final performance on the last day of class. **No pre or post-care is available for this camp.**

Age: 4Y - 5Y

#### Festival Place

[135673](#) 9 am - 12 pm \$95.00  
Jul 13 to Jul 17 Mon-Fri

[135674](#) 9 am - 12 pm \$76.00  
Aug 4 to Aug 7 Tue-Fri

### Under the Big Top (6Y - 17Y)

Come 'Under the Big Top' for a creative and fun experience. Learn physical circus skills and puppetry from industry professionals. Age appropriate instruction will develop amazing performing arts and physical skills. There will be a final performance for family and friends on the last day of class to spotlight camp participants' new skills.

#### Festival Place

[135675](#) 6Y - 10Y 9 am - 4 pm \$225.00  
Jul 20 to Jul 24 Mon-Fri

[135676](#) 11Y - 17Y Jul 27 to Jul 31 Mon-Fri



### Why Circus?

Circus is inherently an art form that celebrates diversity; it is the marriage of physical challenge and creative thinking. Training in the circus arts builds strength, focus, coordination and confidence. During the annual, hands-on Circus Camps at Festival Place, kids and teens are encouraged to get creative, to challenge themselves and to make new connections.

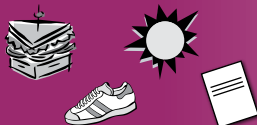
Under The Big Top Circus instructors come to us from across North America. They are professional performers, buskers and educators with the skills, experience and sensitivity to encourage your child toward success.

### What skills are explored at Under the Big Top?

During one energized week at Under the The Big Top, your child or teen will be introduced to exciting, age-appropriate elements of the circus arts, in a creative environment of safe risk: puppetry and puppet-building, balancing (rola bola, tight wire, barrel-riding), juggling and object manipulation, acrobatics and human pyramids, stilt-walking, unicycling, clowning, choreography and act-creation.

### Remember to bring:

See page 83 for details.



### For select camps:

Look for these symbols by each camp.



## VISUAL ARTS CAMPS

**Under the Sea Art Camp**

It's an adventure this week as we go under the sea! Try out colorful salt water and ocean science experiments and learn about all sorts of sea creatures. Create a hanging jellyfish mobile, octopus sculpture, dolphin watercolor painting, textured starfish collage, colorful fish paintings and a coral reef!

Age: 6Y - 10Y		Max 15
Gallery@501	Studio	
	9 am - 4 pm	\$230.00
<a href="#">135644</a>	Jul 6 to Jul 10	Mon-Fri
<a href="#">135645</a>	Aug 17 to Aug 21	Mon-Fri

**Models & Miniatures Art Camp**

Explore a whole new world of models and miniatures! Tour the gallery exhibit by Jason Frizzell featuring tiny model dioramas of fantastical scenes. Get inspiration from miniature art through history and create a diorama, miniature characters, small sculptures, and teeny tiny paintings.

Age: 8Y - 12Y		Max 15
Gallery@501	Studio	
	9 am - 4 pm	\$230.00
<a href="#">135648</a>	Jul 27 to Jul 31	Mon-Fri

**Young Author & Artist Camp**

Co-sponsored with the Strathcona County Library.

Join award-winning author Carissa Halton in compiling the funny, moving, magical stories in our lives into a class magazine. Or join author Lorna Schultz-Nicholson and create amazing characters who time-travel to worlds unknown. Visit the Library's attractions to get inspiration and transform your words into visual artwork!



gallery@501

Age: 8Y - 12Y		Max 20
Gallery@501	Studio	
<b>Guest author Carissa Halton</b>	9 am - 4 pm	\$200.00
<a href="#">135659</a>	Jul 13 to Jul 17	Mon-Fri

<b>Guest author Lorna Schultz-Nicholson</b>	9 am - 4 pm	\$200.00
<a href="#">135660</a>	Aug 10 to Aug 14	Mon-Fri

**Science & Art Maker Camp**

Join us for a week full of amazing art projects that use really cool science principles for their creation! You'll use science to create pendulum paintings, moving sculptures, origami animals, optical illusions, and a colourful bag to carry your artwork in.

Age: 6Y - 10Y		Max 15
Gallery@501	Studio	
	9 am - 4 pm	\$230.00
<a href="#">135646</a>	Jul 20 to Jul 24	Mon-Fri
<a href="#">135647</a>	9 am - 4 pm	\$185.00
	Aug 4 to Aug 7	Tue-Fri

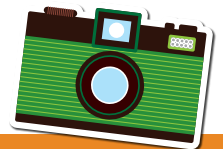
**Art Attack**

Take an Artventure this Summer at Smeltzer House! Build marvelous clay creations, paint in the garden, cartoon, play games and much more. Be warned that 'ArtAttack' will result in getting messy, and having nearly too much fun. Artventurer's will also spend time at the Remax spray park.

Age: 6Y - 12Y		Max 20
Smeltzer House	Lower Lounge	
	9 am - 4 pm	\$230.00
<a href="#">134318</a>	Jul 13 to Jul 17	Mon-Fri
<a href="#">134319</a>	Jul 20 to Jul 24	
<a href="#">134320</a>	Aug 10 to Aug 14	
<a href="#">134321</a>	Aug 17 to Aug 21	

**ADVENTURE  
PHOTOGRAPHY**

July 6 to July 10 | Ages 12Y - 16Y  
See details on page 101.

**Pre and post-care available for full day camps**

For the convenience of working parents, pre-care will be offered from 8 am to 9 am and post-care will be offered from 4 pm to 5 pm. (for children registered in full day, week-long camps).



### Clay Camps

Clay Camps are back at the Clay Hut! Have tons of fun this summer creating clay art! All materials are supplied.

#### Kids Clay and Art Camp

Kids will create, play and get messy with clay, paint, other art materials to make awesome art projects. All projects will be taken home at the end of the week. The program will include breaks for outdoor fun and games, so dress for the weather and bring a nut-free snack each day.

Smeltzer House		Clay Hut		Max 20
<a href="#">134327</a>	8Y - 12Y	9 am - 4 pm	\$230.00	Mon-Fri
<a href="#">134328</a>	6Y - 8Y	Jul 6 to Jul 10		Mon-Fri
		Jul 27 to Jul 31		Mon-Fri
		9 am - 4 pm	\$185.00	
<a href="#">134325</a>	6Y - 8Y	Aug 4 to Aug 7		Tue-Fri



### Youth and Teen

#### Teen Clay

Join us for the perfect week - creating with clay, meeting new people, sharing ideas, exploring your artistic abilities, having fun! You will learn a variety of exciting hand-building techniques, creating funky pots with amazing surfaces. You'll move to the pottery wheel and the possibilities and challenges of wheel throwing. Program will include all tools, firing and glazing. Some pieces may be painted rather than glazed. Please wear closed-toe shoes. Glazed work will be picked up after the program ends.

Age: 12Y - 17Y		Clay Hut	Max 12
	Smeltzer House	1:30 - 4:30 pm	\$105.00
<a href="#">134329</a>		Jul 27 to Jul 31	Mon-Fri



#### Sew Much Crafty Fun

Join this camp and learn how to hand sew, safely use a sewing machine and make all kinds of fun and creative crafts! Kids will sew items to play with and to use and will create several projects to bring home. No sewing experience is necessary; both boys and girls are welcome. All materials provided. The program will include breaks for outdoor fun and games, so dress for the weather and bring a nut-free snack each day.

Age: 8Y - 12Y		Lower Lounge	Max 12
	Smeltzer House	9 am - 4 pm	\$230.00
<a href="#">134332</a>		Jul 6 to Jul 10	Mon-Fri
		9 am - 4 pm	\$185.00
<a href="#">134333</a>		Aug 4 to Aug 7	Tue-Fri

#### Fine Art & Glass

Spend the afternoon exploring a different art technique from painting, drawing, collage and fused glass. Please wear closed-toe shoes.

Age: 9Y - 13Y		Studio One	Max 6
	Smeltzer House	1 - 4 pm	\$115.00
<a href="#">134316</a>		Jul 20 to Jul 24	Mon-Fri
<a href="#">134317</a>		Aug 10 to Aug 14	Mon-Fri

#### Remember to bring:

See page 83 for details.



#### For select camps:

Look for these symbols by each camp.



## CHILD/YOUTH CAMPS

**Dumbledore's Dormitory**

ACCIO witches and wizards! Spend the week playing quidditch and casting spells with Harry, Ron and Hermione. Grab your wand, robes and broomstick and jump on the Hogwarts Express!

Age: 5Y - 8Y		Max 20
Ardrossan Recreation Complex	Cedar Room	
	9 am - 4 pm	\$225.00
<a href="#">134225</a>	Jul 13 to Jul 17	Mon-Fri




**Fur-ever Friends**

This is the purr-fect place to make pals. Gather up your wolf pack and get ready to monkey around! We will make paws-itive friendships, learn about amazing animals and visit with cuddly critters. Holy cow! The wait is un-bear-able, this camp is sure to be the cat's meow!

Age: 5Y - 8Y		Max 20
Ardrossan Recreation Complex	Preschool Room	
	9 am - 4 pm	\$225.00
<a href="#">134238</a>	Jul 20 to Jul 24	Mon-Fri

**FUNFirst: Sports Spectacular!**

Put the FUN in fundamentals! Campers will get an active start in this camp designed to introduce basic movement and sports skills in a positive and safe environment through games/play. Based on the Canadian Sport for Life model of physical literacy, activities will incorporate throwing, running, hopping, swimming, skating and much more! **CSA-approved helmet and skates required for skating on Tuesday. Skate rentals are available on site for \$5.25. Please bring swimsuits daily.**

Age: 6Y - 9Y	  	Max 12
Millennium Place	Activity Room 1	
	9 am - 4 pm	\$210.00
<a href="#">134236</a>	Jul 6 to Jul 10	Mon-Fri
<a href="#">134237</a>	Aug 10 to Aug 14	Mon-Fri

**Pre and post-care available for full day camps**

For the convenience of working parents, pre-care will be offered from 8 am to 9 am and post-care will be offered from 4 pm to 5 pm. (for children registered in full day, week-long camps).  
\*ARC CAMPS HAVE EXTENDED Pre-care from 7:30 am to 9 am.

**So You Wanna be an Emergency Responder?**

A week of heart racing, pulse pounding action! Test your skills with police physical activity challenges, tour the local fire hall and play adventure seeking games. Campers will get the chance to meet local heroes and learn all about what it takes to become one.

Age: 6Y - 9Y		Max 20
Millennium Place	Activity Room 2	
	9 am - 4 pm	\$225.00
<a href="#">134268</a>	Aug 10 to Aug 14	Mon-Fri

**Play Café**

Welcome to our very own Play Café! This fine establishment incorporates fun active games and healthy snack making. Each day you will move, play and create the snack of the day. There may even be some arts and crafts. You're in for a treat!

Age: 7Y - 10Y		Max 20
Broadmoor Arena	Arena	
	9 am - 4 pm	\$230.00
<a href="#">134265</a>	Jul 13 to Jul 17	Mon-Fri




### Wheelie Awesome Bike Camp

Kick your summer into high gear with this wheelie awesome cycling camp. **Please bring a bike, lock and a CSA-approved helmet daily.**

Age: 7Y - 10Y		Max 20
Broadmoor Arena	 	Arena
		9 am - 4 pm
<a href="#">134247</a>		Aug 10 to Aug 14
		Mon-Fri

### Marine Mayhem

What did one tide say to the other tide? Nothing...they just waved! This under the sea camp is going to be so much fun, you'll be 'sand' if you miss it! There will be a field trip to the Sea Life Caverns at West Edmonton Mall. **Please be prepared for water activities daily.**

Age: 8Y - 12Y		Max 20
Millennium Place		Activity Room 2
		9 am - 4 pm
<a href="#">134248</a>		Jul 13 to Jul 17
		Mon-Fri

### Simply D.I.Y.

Welcome to our 'Do It Yourself' inspired camp. Work on your very own Pinterest worthy DIY project each day. Play active games to get your creative juices flowing. If you love to create, move and craft this is the place for you. Lace up your sneakers and get your glue gun ready!

Age: 8Y - 12Y		Max 20
Broadmoor Arena		Arena
		9 am - 4 pm
<a href="#">134266</a>		Jul 20 to Jul 24
		Mon-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: 8Y - 12Y		Max 20
Broadmoor Arena		Arena
		9 am - 4 pm
<a href="#">134235</a>		Jul 27 to Jul 31
		Mon-Fri

### Ultimate Teen Camp

Get excited for a TEENS ONLY camp! You will enjoy the Broadmoor Lake area and venture out on some sweet field trips such as laser tag. We will also bring the fun to you with our special guests who will get you moving and grooving. Nothing beats enjoying the summer with new friends and learning a few new skills along the way. You won't want to miss out!

Age: 12Y - 15Y		Max 20
Broadmoor Arena		Arena
		9 am - 4 pm
<a href="#">134271</a>		Aug 17 to Aug 21
		Mon-Fri



Please note that youth camps are a **TECHNOLOGY FREE ZONE** Who needs cell phones, ipods or handheld video games when camps are **THIS** great?

#### Remember to bring:

See page 83 for details.



#### For select camps:

Look for these symbols by each camp.



## ADVENTURE CAMPS

## ARDROSSAN RECREATION COMPLEX ADVENTURE CAMPS

Experience new adventures every day in these action packed themed camps! Each camp is jammed full of games, activities, new friends and fantastic memories. Throughout the week campers will go on a fun field trip, be visited by special guests and play at the spray park. There may also be a waterfight or two (weather permitting)!

### Earthy Explorers

Nature lovers unite! It's time to explore the great outdoors all week long. From scavenger hunts in the woods to wide games on the field, the fun never stops. Be prepared for a grass stain or two.

Age: 6Y - 12Y		Max 20
Ardrossan Recreation Complex	Cedar Room	
	9 am - 4 pm	\$225.00
<a href="#">134211</a>	Jul 6 to Jul 10	Mon-Fri

### International TEAM Olympics

Teamwork. Endurance. Agility. Movement.

Welcome to the Olympic Oval where everyone comes together to have fun and conquer. Be prepared for individual and team sport activities. Go for the gold!

Age: 6Y - 12Y		Max 20
Ardrossan Recreation Complex	Cedar Room	
	9 am - 4 pm	\$225.00
<a href="#">134217</a>	Jul 20 to Jul 24	Mon-Fri

### Pirates of the County

Ahoy mateys! ARRR you ready to set sail? Grab your pirate hat, compass and get ready to heave ho. Your captain has ordered us to steer starboard and all hands are needed on deck. We'll encounter bandits and swashbuckler enemies for hopes of riches and treasure. Be careful not to shiver me timbers or you might have to walk the plank.

Age: 6Y - 12Y		Max 20
Ardrossan Recreation Complex	Cedar Room	
	9 am - 4 pm	\$225.00
<a href="#">134219</a>	Jul 27 to Jul 31	Mon-Fri



### Pre and post-care available for full day camps

For the convenience of working parents, pre-care will be offered from 8 am to 9 am and post-care will be offered from 4 pm to 5 pm. (for children registered in full day, week-long camps).  
\*ARC CAMPS HAVE EXTENDED Pre-care from 7:30 am to 9 am.

### Backyard Bash

Nothing says summer like a backyard bash! Join us for a week of fun activities that include ladder ball, bocce ball, cornhole and more. Enjoy time spent at the park and picnic lunches outside.

Sunshine + Lawn Games = The perfect summer combination!

Age: 6Y - 12Y		Max 20
Ardrossan Recreation Complex	Cedar Room	
	9 am - 4 pm	\$180.00
<a href="#">134215</a>	Aug 4 to Aug 7	Tue-Fri

### Major League Madness

Calling all sport fans! Grab your favourite jersey and let's get this week of sports based activities started. Campers will be introduced to a variety of sports, teams and major league legends. 'Fans, fans, in the stands. If you're with us clap your hands!'

Age: 6Y - 12Y		Max 20
Ardrossan Recreation Complex	Cedar Room	
	9 am - 4 pm	\$225.00
<a href="#">134213</a>	Aug 10 to Aug 14	Mon-Fri

### Einstein's Laboratory

Hypothesize, test and explore the most puzzling scientific phenomena. We'll mix potions, investigate gravity and rocket into space. Grab your lab coats scientists and get ready for an 'exploding' good time!

Age: 6Y - 12Y		Max 20
Ardrossan Recreation Complex	Cedar Room	
	9 am - 4 pm	\$225.00
<a href="#">134223</a>	Aug 17 to Aug 21	Mon-Fri

### Farewell Fiesta

Put on your sombreros señores and señoritas and get ready for a fiesta! Let's celebrate the end of summer by breaking out the maracas, discovering a new culture and making fun crafts. Before we can say 'adios amigos', the week would not be complete without a piñata party!

Age: 6Y - 12Y		Max 20
Ardrossan Recreation Complex	Cedar Room	
	9 am - 4 pm	\$225.00
<a href="#">134221</a>	Aug 24 to Aug 28	Mon-Fri



## MILLENNIUM PLACE ADVENTURE CAMPS

**BEST. SUMMER. EVER!** Spend the week at Millennium Place swimming, skating, playing in the gym, youth lounge and enjoying the sun at Centennial Park. There will be swimming throughout the week so please bring a swimsuit, towel and change for a locker daily. Skating will be on Tuesdays and campers will need to bring skates and a CSA-approved helmet. Skate rentals are available on site for \$5.25.

**\*Please note Millennium Place pool will be closed for the month of August. Campers will be bussed to another Strathcona County pool twice throughout the week.**

Age: 6Y - 7Y Max 9 | Age: 8Y - 12Y Max 21

Age: 6Y - 7Y		Max 9
Millennium Place		Activity Room 3
<a href="#">134261</a>		9 am - 4 pm \$168.00 Aug 4 to Aug 7 Tue-Fri
<a href="#">134264</a>		9 am - 4 pm \$210.00 Jul 6 to Jul 10 Mon-Fri
<a href="#">134258</a>		Jul 13 to Jul 17 Mon-Fri
<a href="#">134259</a>		Jul 20 to Jul 24 Mon-Fri
<a href="#">134260</a>		Jul 27 to Jul 31 Mon-Fri
<a href="#">134262</a>		Aug 10 to Aug 14 Mon-Fri
<a href="#">134263</a>		Aug 17 to Aug 21 Mon-Fri

Millennium Place		Activity Room 1	Max 6
<a href="#">134257</a>		Aug 24 to Aug 28	Mon-Fri

Age: 8Y - 12Y		Max 21
Millennium Place		Activity Room 3
<a href="#">134253</a>		9 am - 4 pm \$168.00 Aug 4 to Aug 7 Tue-Fri
<a href="#">134249</a>		9 am - 4 pm \$210.00 Jul 6 to Jul 10 Mon-Fri
<a href="#">134250</a>		Jul 13 to Jul 17 Mon-Fri
<a href="#">134251</a>		Jul 20 to Jul 24 Mon-Fri
<a href="#">134252</a>		Jul 27 to Jul 31 Mon-Fri
<a href="#">134254</a>		Aug 10 to Aug 14 Mon-Fri
<a href="#">134255</a>		Aug 17 to Aug 21 Mon-Fri

Millennium Place		Activity Room 1	Max 14
<a href="#">134256</a>		Aug 24 to Aug 28	Mon-Fri

## HALF DAY CAMPS

Come join us for a half day of fun at the Sherwood Park Arena! Please don't forget to bring indoor shoes, a water bottle, a nut free snack and a giant smile! **Pre-care & post-care:** 8:30am - 9 am & 12pm - 12:30pm for morning camps | 12:30pm - 1 pm & 4pm - 4:30pm for afternoon camps.

### Frozen Fantasy

The hot summer sun may be out, but you're dreaming of a far away place that's a little more frozen. Experience the magic of Elsa, Anna and Olaf as we let it all go and have fun exploring our camp castle together. Costumes are welcome but not required.

Age: 5Y - 8Y		Max 15
Sherwood Park Arena		Mini Gym
<a href="#">134241</a>		Jul 13 to Jul 17 Mon-Fri
<a href="#">134240</a>		9 am - 12 pm \$98.00 1 - 4 pm \$98.00

### Holiday Express

'Tis the season for Christmas, Halloween and Easter. Every day we will celebrate a new holiday. All aboard the holiday express!

Age: 5Y - 8Y		Max 15
Sherwood Park Arena		Mini Gym
<a href="#">134239</a>		Jul 27 to Jul 31 Mon-Fri
<a href="#">134242</a>		9 am - 12 pm \$98.00 1 - 4 pm \$98.00

### Superhero Academy

KAPOW! Save the world, stop crime, and take-on the world's most infamous super villains. Please report for superhero training, dressed and ready to take action.

Age: 5Y - 8Y		Max 15
Sherwood Park Arena		Mini Gym
<a href="#">134246</a>		Aug 17 to Aug 21 Mon-Fri
<a href="#">134245</a>		9 am - 12 pm \$98.00 1 - 4 pm \$98.00

### Summer Sendoff!

Let the good times roll as you wrap up summer with your favourite activities. It's your last chance to soak up the sun and create summer memories with friends. Finish off the week with a picnic in the park, we'll provide the watermelon. Let's end summer with a bang!

Age: 5Y - 8Y		Max 15
Sherwood Park Arena		Mini Gym
<a href="#">134243</a>		Aug 24 to Aug 28 Mon-Fri
<a href="#">134244</a>		9 am - 12 pm \$98.00 1 - 4 pm \$98.00

### Remember to bring:

See page 83 for details.



### For select camps:

Look for these symbols by each camp.



## EXTREME CAMPS


Camps also include: fun activities like swimming, recreational sports, active games and more!



\*Please note Millennium Place pool will be closed for the month of August. Campers will be bussed to another Strathcona County pool twice throughout the week.

### Extreme Mash Up

Can't decide which extreme sport is right for you? Join us for 5 days of epic adventures. This sampler is a great way for you to discover the best of all of our extreme camps. Learn ninja skills, dodge balls, conquer boulders and so much more. Get ready to feel your pulse pumpin'.

Age: 8Y - 12Y		Max 30
Millennium Place		Activity Room 2
		9 am - 4 pm
		\$225.00
<a href="#">134232</a>		Jul 6 to Jul 10
		Mon-Fri


### Extreme Ninja Warriors

Do you have what it takes to become the ultimate Ninja Warrior? Throughout the week you will conquer challenges, test your athleticism and be faced with daily obstacles. Watch your talents unfold as you learn stealthy movements, master martial art forms and develop self-confidence, discipline and respect.

Age: 8Y - 12Y		Max 30
Millennium Place		Activity Room 2
		9 am - 4 pm
		\$225.00
<a href="#">134226</a>		Jul 20 to Jul 24
		Mon-Fri

### Extreme Parkour

Get your adrenaline pumping as you challenge your mind and body. Come master parkour with us as we run, vault, roll and swing through the week.

Age: 8Y - 12Y		Max 30
Millennium Place		Activity Room 2
		9 am - 4 pm
		\$225.00
<a href="#">134231</a>		Jul 27 to Jul 31
		Mon-Fri


### BMX-treme

Pump up those tires and get wheeling! This camp is an opportunity for you to explore extreme riding for the first time or brush up on new moves with the support of our instructors. Start with basic skills and progress to small jumps during the week, while learning about bike and road safety. **Please bring a bike and CSA-approved helmet daily.**

Age: 8Y - 12Y		Max 30
Millennium Place	  	Activity Room 2
		9 am - 4 pm
		\$180.00
<a href="#">134230</a>		Aug 4 to Aug 7
		Tue-Fri


### Extreme Rock Climbing

Climb, Rappel, Repeat! This rockin' camp will go indoor climbing, swimming and play active games at Millennium Place throughout the week.

Age: 8Y - 12Y		Max 30
Millennium Place		Activity Room 2
		9 am - 4 pm
		\$225.00
<a href="#">134229</a>		Aug 17 to Aug 21
		Mon-Fri

### Extreme Dodgeball

Dip, duck, dodge and dive your way to victory! Explore all different types of dodgeball as you play some old time favourites and get introduced to some new and exciting variations.

Age: 8Y - 12Y		Max 30
Millennium Place		Activity Room 2
		9 am - 4 pm
		\$225.00
<a href="#">134228</a>		Aug 24 to Aug 28
		Mon-Fri



### Pre and post-care available for full day camps

For the convenience of working parents, pre-care will be offered from 8 am to 9 am and post-care will be offered from 4 pm to 5 pm. (for children registered in full day, week-long camps).





## leaders in training

work. play. grow.

*\$120.00*

**LITs assist in our youth, preschool, visual and performing arts summer camps throughout July and August. Build your leadership skills through planning, leading games and activities, collaborating with our experienced instructors and having fun in a positive atmosphere.**

- LIT applicants should be 12 to 17 years old and have completed grade 7.
- All LITs must submit an application form and attend an interview before they are registered in the program.
- LITs are required to attend training on June 29 and 30, 2020

For more information on the LIT program, please visit [www.strathcona.ca/lit](http://www.strathcona.ca/lit)

**All applications are due by May 20, 2020.**

### Questions?

**780-416-7271**

**leaders-in-training@strathcona.ca**



## OUTDOOR CAMPS

It's great to play in the outdoors!

Playing, camping, learning and having fun are all part of our summer outdoor camps at the Strathcona Wilderness Centre (SWC). All programs are designed to meet the developmental needs and interests of children and youth ages 3 to 17. Our activities include outdoor living skills, fitness, canoeing, kayaking, outdoor cooking, crafting, nature hikes and outdoor games, all designed to help everyone experience the wonders of nature. All programs are led by certified and qualified staff who make your child's safety and enjoyment their first priority. Transportation to offsite locations will be provided.

**Parent Information Sessions**

Parents and campers are encouraged to attend one of these sessions, which will help you prepare for camp. Information on what to bring will be presented **Wednesday, June 10, 7 - 8 pm** and **Thursday, June 11, 7 - 8 pm** at the Strathcona Wilderness Centre.

Please visit [www.strathcona.ca/wildernesscentre](http://www.strathcona.ca/wildernesscentre) or contact Adam at 780-922-3939 for more information.



Transportation will be provided by school bus between the Sherwood Park Arena and the SWC.

The bus will depart at 8:30 am and will return at 4:30 pm Monday to Friday each week of camps.



Pre and post-care for your child(ren) is provided from 8 to 8:30 am and 4:30 to 5 pm each day at the Arena. Parents may also drop participants off at the SWC. GPS Coordinates: N 53° 31.957' by W 112° 59.964' Pre and post-care is available at SWC from 8:30 to 9 am and from 4 to 4:30 pm. **Please call 780-922-3939 if you have further questions.**

**Kool Kidz Camp**

All kidz are kool and the Strathcona Wilderness Centre staff wants to camp with you! Have fun during four days of hiking, games, nature crafts, stories and treasure hunts. This program provides a positive introduction to day camps for youngsters. Participants must have completed kindergarten.

Age: 5Y - 6Y

Max 16

Strathcona Wilderness Centre	Program Space #1	
	9am - 4 pm	\$188.00
<a href="#">134172</a>	Jul 6 to Jul 9	Mon-Thu
<a href="#">134173</a>	Jul 13 to Jul 16	Mon-Thu
<a href="#">134174</a>	Jul 20 to Jul 23	Mon-Thu
<a href="#">134175</a>	Jul 27 to Jul 30	Mon-Thu
<a href="#">134176</a>	Aug 4 to Aug 7	Tue-Fri
<a href="#">134177</a>	Aug 10 to Aug 13	Mon-Thu
<a href="#">134178</a>	Aug 17 to Aug 20	Mon-Thu

**Trail Blazers**

Spend five days learning to live in the outdoors. Have fun hiking, making nature crafts, learning wilderness living skills, and just plain having fun! You will make new friends and build memories as you discover the wonders of nature.

Age: 7Y - 9Y

Max 20

Strathcona Wilderness Centre	Program Space #2	
	9 am - 4 pm	\$228.00
<a href="#">134187</a>	Jul 6 to Jul 10	Mon-Fri
<a href="#">134188</a>	Jul 13 to Jul 17	Mon-Fri
<a href="#">134189</a>	Jul 20 to Jul 24	Mon-Fri
<a href="#">134190</a>	Jul 27 to Jul 31	Mon-Fri
<a href="#">134192</a>	Aug 10 to Aug 14	Mon-Fri
<a href="#">134193</a>	Aug 17 to Aug-21	Mon-Fri
	9 am - 4 pm	\$182.40
<a href="#">134191</a>	Aug 4 to Aug 7	Tue-Fri



Photo Credit: JaN Studios

**Tracks and Trails**

Day camp for 3.5 to 5 year olds at the Strathcona Wilderness Centre.

Four weeks to choose from.

**See details on page 87.**

**Pre and post-care available for full day camps**

For the convenience of working parents, pre-care will be offered from 8:30 am to 9 am and post-care will be offered from 4 pm to 4:30 pm. (for children registered in full day, week-long camps).

## Explorers

This is the perfect camp for kids who like adventure and the outdoors. Spend the week making friends and learning cool outdoor skills like canoeing, fire-lighting, shelter-building, and orienteering. Spend the last evening camping with us in a bunkhouse, cooking your own grub over a fire and having a blast.

Age: 8Y - 10Y		Max 20
Strathcona Wilderness Centre	Program Space #3	
	9 am - 4 pm	\$254.00
<a href="#">134161</a>	Jul 6 to Jul 10	Mon-Fri
<a href="#">134162</a>	Jul 13 to Jul 17	Mon-Fri
<a href="#">134163</a>	Jul 20 to Jul 24	Mon-Fri
<a href="#">134164</a>	Jul 27 to Jul 31	Mon-Fri
<a href="#">134166</a>	Aug 10 to Aug 14	Mon-Fri
<a href="#">134167</a>	Aug 17 to Aug 21	Mon-Fri
	9 am - 4 pm	\$203.20
<a href="#">134165</a>	Aug 4 to Aug 7	Tue-Fri

## Roughin' It

Join our fantastic staff as they lead you through a variety of fun filled adventures! Build lasting friendships, try canoeing, kayaking, firelighting, shelter building, orienteering, adventure games and much more. On our final night you'll be able to build your own camp and do some campfire cooking. Get ready to learn a ton of fantastic skills from our qualified staff!

Age: 10Y - 13Y		Max 30
Strathcona Wilderness Centre	Program Space #4	
	9 am - 4 pm	\$275.00
<a href="#">134179</a>	Jul 13 to Jul 17	Mon-Fri
<a href="#">134180</a>	Jul 27 to Jul 31	Mon-Fri
<a href="#">134181</a>	Aug 10 to Aug 14	Mon-Fri

## Adventure Seekers

Join us for an adventure canoeing, kayaking, learning wilderness living skills, playing adventure games, orienteering, and trying out biathlon and indoor rock climbing. Live 'bush style' on the final night of camp. A spectacular way to spend a week of your summer, this is a thrilling camp you will not forget!

Age: 10Y - 13Y		Max 20
Strathcona Wilderness Centre	Program Space #5	
	9 am - 4 pm	\$335.00
<a href="#">134157</a>	Jul 6 to Jul 10	Mon-Fri
<a href="#">134158</a>	Jul 20 to Jul 24	Mon-Fri
<a href="#">134159</a>	Aug 17 to Aug 21	Mon-Fri
	9 am - 4 pm	\$268.00
<a href="#">134160</a>	Aug 4 to Aug 7	Tue-Fri

## Remember to bring:

See page 83 for details.

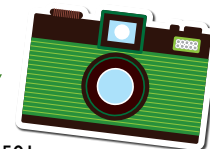


## For select camps:

Look for these symbols by each camp.



# ADVENTURE PHOTOGRAPHY



The Strathcona Wilderness Centre and Gallery@501 partner for a week of amazing outdoor activities and creative photography! Develop your paddling and outdoor skills, and try your hand at biathlon and adventure games. With the guidance of a professional photographer, you will capture the fun on film, take amazing nature shots and get inspired through photo projects. Enter your photos into Dr. Roberta Bondar's 'Summer Camp Bondar Challenge'. Dr. Bondar is Canada's first woman in space! On the last night of the program, you will learn the art of wilderness living as you build your camp, create delicious camp meals and enjoy time around the fire with your friends. Group equipment, transportation offsite and qualified instruction are provided. Please bring your charged digital camera (and computer cord) with you each day. If you participated in this camp last summer we will customize the program to continue to develop your skills. We hope to see you again.

Age: 12Y - 16Y		Max 20
Strathcona Wilderness Centre	Program Space #6	
	9 am - 4 pm	\$380.00
<a href="#">134156</a>	Jul 6 to Jul 10	Mon-Fri

## Teen Leadership Out-trip

How would you like to travel by canoe on the North Saskatchewan River? We, the staff at SWC, would love to have you join us on this multi-day adventure!

The trip will begin with a lake day at Islet Lake, to introduce you to lake and river canoeing skills. You will learn how to keep your canoe in a straight line, and how to carve your canoe. We will camp at SWC that evening and begin to pack and prepare for our trip. The following day will consist of finalizing the packing and being 'shuttled' to the river access point. The remainder of the week will involve moving downriver, paddling, floating, camping, and eating of course! We will end the trip at a river access near Edmonton where we will be picked up and 'shuttled' back to the Sherwood Park arena.

During the week, you can expect to be immersed in a wilderness adventure, learning moving water canoe techniques, wilderness living skills, river trip cooking, and environmental stewardship. This trip will exemplify living, learning and playing in the outdoors, building lasting friendships and of course having FUN. All transportation, equipment, tents and meals will be supplied. A personal packing list will be available upon registration. The trip will be guided by certified Paddle Canada Moving Water Instructors. For further information, please call Adam Binder, Outdoor Recreation Programmer, (780) 922-3939 or email adam.binder@strathcona.ca.

Age: 13Y - 17Y		Max 16
Strathcona Wilderness Centre	Offsite Adventure #2	
	9 am - 5 pm	\$525.00
<a href="#">134186</a>	Aug 10 to Aug 14	Mon-Fri

# Attention all **Teens** – join our **Junior Outdoor Leader Program**

Develop the skills necessary to become an Outdoor Leader. This program provides skill development opportunities and experiences in a safe and supportive environment.

Level I includes a skill development camp and Level II combines skill development with experience, giving participants the opportunity to work with our Outdoor Leaders to deliver day camp programs.

The Junior Outdoor Leader Plus program offers Level I and II leaders the opportunity to explore the foundational skills they developed through the summer, during an exciting canoe river trip. Each program option is outlined below.

**Contact the Outdoor Recreation Programmer at 780-922-3939 for more information.**

## Junior Outdoor Leader Level I Camp

This program provides the foundational skills from all of the outdoor programs we offer. Leadership skills, which are key to becoming a leader in any field, will also be presented and practiced. This camp runs over 5 days and includes two overnight camping experiences.

Participants will be introduced to:

- organizing programs, equipment and supplies for summer camps;
- emergency response;
- flat water canoeing;
- wilderness living skills;
- group development and team building concepts;
- lesson planning and delivery.

Upon completion of the program, participants will have the prerequisite to apply to the JOL Level II program.

Age: 13Y - 17Y		Max 17
Strathcona Wilderness Centre	Program Space #1	
	9 am - 4:30 pm	\$320.00
<a href="#">134169</a>	Jul 13 to Jul 17	Mon-Fri



Photo credit: Cameron Toner



## Junior Outdoor Leader Program Level 2

The JOL II program combines valuable skill development with work experience, providing young aspiring leaders the opportunity to work with our trained staff to deliver our summer camps. Participants will receive five days of training: June 29 and 30, then participate in Canada Day, followed by July 2 and 3. You will have the opportunity to assist with a minimum of three weeks of summer camps. The JOL II program will provide:

- opportunities to enhance and practice leadership skills
- further training in outdoor activities (canoeing, kayaking, orienteering, wilderness living skills, outdoor games)
- experience in the delivery of outdoor camps for youth
- Standard First Aid and CPR certification
- a fantastic opportunity to make friends, build relationships and have fun

**Prerequisites: In order to be accepted into the JOL II program, participants must have completed the JOL I program and completed an application package (available April 1)**

Age: 13Y - 17Y		Max 15
Strathcona Wilderness Centre	Cookhouse	
	9 am - 4:30 pm	\$140.00
<a href="#">134170</a>	Jun 29 to Jul 3	Mon-Fri

## Junior Outdoor Leader Program Plus

Both Level I and Level II Junior Outdoor Leaders. Come and join us on our incredible out trip. The trip will begin with a lake day at Islet Lake, to introduce you to lake and river canoeing skills. You will learn how to keep your canoe in a straight line, and how to carve your canoe. We will camp at SWC that evening and begin to pack and prepare for our trip. The following day will consist of finalizing the packing and being 'shuttled' to the river access point. The remainder of the week will involve moving downriver, paddling, floating, camping, and eating of course! We will end the trip at a river access near Edmonton where we will be picked up and 'shuttled' back to the Sherwood Park arena. During the week, you can expect to be immersed in a wilderness adventure, learning moving water canoe techniques, wilderness living skills, river trip cooking, and environmental stewardship. For further information, please call Adam Binder, (780) 922-3939, adam.binder@strathcona.ca

Age: 13Y - 17Y		Max 8
Strathcona Wilderness Centre	Offsite	
	9 am - 5 pm	\$425.00
<a href="#">134171</a>	Aug 10 to Aug 14	Fri



# LEARN-TO-PLAY RINGETTE!!



**5-week program Only \$59/player**

*Ages: 5 yrs. old by Dec 2020 and older.*

**To register, go to [sherwoodparkringette.ca](http://sherwoodparkringette.ca)**

**Lead Instructor: Jen Rogers from Future Champions**

**Required equipment:** Skates, shin pads, elbow pads, gloves, neck guard, approved helmet with ringette mask and stick\*

*\*Sticks and ringette masks will be available to rent for \$20 (for five sessions), payable at first ice time. (A \$55 deposit cheque will be required if renting mask and/or stick, made out to "SPRA")*

<b>Monday, February 24</b>	<b>Broadmoor Arena</b>	<b>6:00-7:00</b>
<b>Monday, March 2</b>	<b>Broadmoor Arena</b>	<b>6:00-7:00</b>
<b>Monday, March 9</b>	<b>Broadmoor Arena</b>	<b>6:00-7:00</b>
<b>Monday, March 16</b>	<b>Broadmoor Arena</b>	<b>6:00-7:00</b>
<b>Monday, March 23</b>	<b>Millennium Place</b>	<b>6:00-7:00</b>

## COME TRY THE "FASTEST SPORT ON ICE"

[www.sherwoodparkringette.ca](http://www.sherwoodparkringette.ca)

Since 1993



Register by  
March 31 or  
June 1, 2020  
for AMAZING  
discounts

**SOCCER  
DAY CAMPS  
2020**

Strathcona

- \* July and August weeks
- \* all children aged 5 to 13
- \* morning & full day sessions
- \* before & after care available
- \* camp soccer ball, tshirt & medal for all participants



1-800-427-0536  
royalsoccer.com



## KENO HILLS STABLE & TACK SHOP LTD.

### Summer Camps

Day Camps \$400+GST for the week (Mon-Fri)  
Camps with a sleepover are \$450+GST for the week (Mon-Fri)  
Arrival at 9:00 am at Keno Hills (Early Drop off @ 7:45 am extra \$10)  
Pick-up at 4:00 pm (Late Pick up @ 5:15 pm extra \$10)

#### Wilderness Camp (ages 8+)

July 20-24, 27-31  
New revised program! Learn about the outside world around you from our environmentalist. Discover amazing animals; reptiles, deer, elk, moose, birds, learn to set night cameras and see the wonder that happens at night. Don't be afraid to get dirty and wet. Come experience this amazing camp. Sleepover campout on the Thursday night!

#### Crazy for Horses Camp (ages 8+)

July 6-10, 13-17, 20-24, 27-31  
Aug 10-14, 17-21  
Enjoy a week of fun at the barn! This five-day camp focuses on horsemanship skills including riding, stable management and proper horse care. Fun games, crafts, time to cool down with water activities, team building and a riding showcase for parents on the last day of camp. Riders at any ability level will enjoy their week with the horses. Sleepover campout on the Thursday night!

#### Frontier Kids (ages 5-7)

July 6-10, 13-17, Aug 10-17, 17-21  
Perfect for campers ages 5-7, junior campers will learn skills such as safety around horses, proper preparation of your horse, riding, and much more. Fun games, crafts, water activities and a show at the end of the week to show off their skills to their parents on the last day.

#### \*NEW\* Advanced Horsemanship Camp (ages 10+)

July 6-10  
This is your chance to be a trainer. Learn the steps involved in starting young horses and preparing them to ride, jump and show. This camp is for experienced riders only. Sleepover campout on Thursday night!!

*On the last day of each camp, parents are invited to attend a show put on by their children to showcase their riding skills they learned throughout the week. Times of the showcase will be decided prior to the date. Cost of camp due at time of registration. Please contact us for cancellation policy.*

### Celebrate a Birthday with us!

\$42/ per participant. Call to Book today.

Come out and spend some time at the farm! Riders will enjoy games and fun from horseback that can be tailored to your age group and theme.

### Spring Break Day Camp

\$75/Day March 30-April 3 (Ages 7-12)

Come one day or all days.

Spend a week immersed in the world of horses.

For a full list of horsemanship classes, please visit our website at [kenohills.com](http://kenohills.com)

#### Keno Hills Stable & Tack Shop

52165 RR 210, Sherwood Park T8G 1A1  
Phone: (780)922-2941 Fax: (780)922-6874  
E-mail: [kenohills@gmail.com](mailto:kenohills@gmail.com)  
[www.kenohills.com](http://www.kenohills.com)



# Strathcona County Museum

KIDS 9-12 YEARS OLD

# SUMMER CAMP

Discovery Camp

July 6-10

Adventure Camp

July 20-24



FUNDING SUPPORTED BY



STRATHCONA COUNTY

REGISTER NOW

[www.strathconacountymuseum.ca](http://www.strathconacountymuseum.ca)



## SUPERHERO TRAINING

July 6 - 10, 2020

1:00 PM - 4:00 PM

August 17 - 21, 2020

9:00 AM - 12:00 PM



Boys & Girls Welcome!

\$190.00 per Child

195-130 Broadway Blvd, Sherwood Park  
(780) 902-7543

*Children must be potty trained.*

## ROYALTY TRAINING

July 6 - 10, 2020

9:00 AM - 12:00 PM

August 17 - 21, 2020

1:00 PM - 4:00 PM





*Technique oriented Art classes  
designed especially for you! (ages 5 & up)*

## ART CLASSES

**Limited Enrollment - Register Today**  
**Benefit from our unique approach**  
**learning techniques to further skill and creativity**

**DRAWING \* PAINTING \* SCULPTURE**  
**PORTFOLIO PREPARATION**

**6-week Introductory Course**  
**& Gift Certificates now available**

#102 108 PROVINCIAL AVENUE (UPSTAIRS)  
SHERWOOD PARK, AB

**780-449-3824**

Email: [info@artfullyyourschooloffineart.ca](mailto:info@artfullyyourschooloffineart.ca)  
[artfullyyourschooloffineart.ca](http://artfullyyourschooloffineart.ca)

# SHERWOOD PARK MINOR SOFTBALL

[www.spmsa.com](http://www.spmsa.com)



**Register Online**  
**at [www.spmsa.com](http://www.spmsa.com)**

**Register by March 29, 2020**

- Youth 4-19 years old
- Introducing TIMBITS Learn to play for our \*NEW\* U6 Division
- U6 Div \$50 registration fee
- Visit SPMSA.com and follow the link for more info on our new U6 Division
- Low registration fees U8 - U19
- Spring Camps/Pitching Camps
- Season runs April - June House league
- Season runs April - Mid July Provincial Teams

**Eat, Sleep ... Play Softball!**

# CREATE ART!

**Membership fee \$40 annually.**  
**Meetings second Tuesday of each month at 7 pm. (except July & August)**

## UPCOMING EVENTS:

April 17, 18, 19 – Annual Spring Art Show & Sale  
May 8, 9, 10 – Annual High School Student Art Competition, Show & Sale  
June 20, 21 – Hidden Treasures Art Studio Tour

**Loft Art Gallery and Gift Shop** is open on Saturdays and  
Sundays (exclong Weekends and July & August) Noon to 4 pm.

**All events at the Ottewell Centre,**  
590 Broadmoor Blvd.



**ART SOCIETY OF STRATHCONA COUNTY**

[www.artstrathcona.com](http://www.artstrathcona.com)

Ph 780-449-4443 email: [artsoc@telus.net](mailto:artsoc@telus.net)

## UPCOMING WORKSHOPS:

**Margaret Klappstein: Create A Better Painting**, \$125  
Six Wednesdays, Feb 26, March 4, 11, 18, 25, April 1

**Crystal Driedger: Illustration/Color Wash**, March 14/15

**Doris Charest: Mixed Media Level II**, \$140, Feb 29 - March 1

**Joyce Boyer: Pastels**, \$85, four Wednesday Evenings Mar 18, 25, April 1, 8

**Frances Alty-Arscott: Watercolor Landscapes**, Intermediate, \$70, March 28

**Terrie Shaw: Silk Scarf Creations**, March 21

**Norma Callicott: Acrylic Pouring – Beginner**, May 23

**Willie Wong: Beginner Watercolor**, June 20

## DROP IN PAINTING:

**Every Monday 1 to 4 pm, and every Wednesday 9:30 -12:30**  
Bring your own supplies, and enjoy the camaraderie of artists!

Join us for an experience your children will never forget!

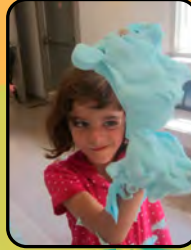
**English Camps & PD Days:**



**French Preschool:**

**Things no other camps offer:**

- 6:30am-6:00pm at no additional cost.
- Full breakfast & 2 snacks included.
- Kinder - Gr. 6: all your kids at one camp!
- Daily rates at \$50 per child; Weekly rates starting at \$225.
- We teach your child HOW to think positively using Belief Re-patterning.
- Themed programming with crafts you will want to keep, cooking, and indoor and outdoor games.
- Child-centred options: your child is free to choose their programming activities for a treasured experience.



**Things no other preschools offer:**

- Complete French Immersion programming for 3 & 4 year olds; not just an introduction.
- Certified teacher delivers developmentally-appropriate curriculum.
- No mandatory volunteering or fundraising.
- Belief Re-patterning technique empowers choice of feelings for emotional regulation.
- We focus on Kindergarten readiness, problem-solving, process-driven crafts, positive self-esteem, socialization and yoga.

Still accepting registrations for this school year. Sherwood Park's choice since 2006!

(780) 709-2602



petits-soleils@shaw.ca



MAKE THE RIGHT CHOICE!  
LEARN TO SKATE; IMPROVE SKILLS



**SPRING Skating Classes for Every Ability**

REGISTER AT

[www.https://registersherwoodparkskatingclub.ca](http://www.https://registersherwoodparkskatingclub.ca)

The **Sherwood Park Skating Club** offers skating classes at Millenium Place (MP).

CHOOSE the session that works best for you/your age and ability.  
Registration Live - Feb 28th, 2020 @ 7:00 am via our website.

**Pre-CanSkate**

**CanSkate**

**PrePower (Ages 4-6)**

**CanPower (Ages 6-8, 9 and up)**

SPRING CLASSES  
April 28 th - May 21st, 2020  
Tuesday / Thursday (MP)  
4:00 - 5:30 pm

**Why Sherwood Park Skating Club?**

- Skate Canada Certified Coaches
- Skate Canada Guidelines
- Best Curriculum
- Best RESULTS
- Program based on Long Term Athlete Development (LTAD)

**Learn to Skate; Perfect Your Skills!**

# Love to Play

Let your imagination run wild in the Love to Play room at the Ardrossan Recreation Complex. Drop-in and registered programs available.

[www.strathcona.ca/ardrossan](http://www.strathcona.ca/ardrossan)



 STRATHCONA  
COUNTY



## Crescendo Music Celebrates 15 Years in Sherwood Park!

As we celebrate our 15th anniversary, we look forward to a major expansion as we welcome the students of Sherwood Park Music into Crescendo so that we may offer even more music learning opportunities to our customer base. At the same time, Sherwood Park Music's retail operations will also be expanding to offer more product lines, services and rentals to meet the ever growing needs of our community!

*We would like to take this opportunity to congratulate Janice Dyrland and thank her for her incredible service to our community for over 30 years. We wish her all the best in her retirement!*

**Crescendo Music Studios**

**780-570-5699**

[crescendomusicstudios.ca](http://crescendomusicstudios.ca)  
#140, 849 Premier Way

### Private Lessons

- Piano
- Voice
- Drums
- Guitar
- Ukulele
- Violin
- and more

### Group Lessons

- Spring Break and Summer Rock Band Camps
- Crescendo Chorus
- Musical Theatre
- Rock Band
- Music For Young Children
- and more



*Proud dealer  
of Roland,  
Fender, Gibson,  
Marshall, VOX,  
Yamaha, and more!*

**Sherwood Park Music**

**780-467-5537**

[sherwoodparkmusic.com](http://sherwoodparkmusic.com)  
#107, 52 Sioux Road

### Music Sales

Guitars, digital pianos, ukuleles, pedals, strings, harmonicas, capos, headphones, speakers, amps, violins, and more!

### Service & Repairs

Guitar restringing/setup, pickup installs, neck adjustments, etc.

### Rentals

Instrument and PA rentals



École Père Kenneth Kearns  
Catholic School

**PRE K - Grade 4**  
French Immersion Education

**Upcoming  
New Gym**

**Why  
EPK  
School?**

**Undergoing  
modernization**

**Before & After  
School Care**

**Say "Oui" to  
French  
Immersion**

**We Offer:**

**Pre Kindergarten**

- Tues/Thurs half day program
- Mon/Wed/Friday half day program

**Kindergarten**

- AM Monday to Friday
- Full day M/W & alt Friday
- Full day T/TH & alt Friday

**Grade 1 to 4**

- Small School with a family atmosphere
- ONLY Catholic Pre-K to Grade 4 French Immersion School in Sherwood Park
- Enthusiastic and dedicated staff



Children learn best when they are discovering, interacting with their peers and having fun!

**FOR MORE INFORMATION & REGISTRATION FORM**  
[epk.eics.ab.ca](http://epk.eics.ab.ca)


**REGISTER EARLY!**

**2020-21**

**ONLINE REGISTRATION**




**NEXT STEP  
CONTINUING EDUCATION**



do more this **Summer**  
**School & Camps 2020**




More than 25 credit courses offered

REGISTRATION OPENS  
**MARCH 9, 2020**



credit classes and diploma exam prep  
culinary skills and cooking camps  
sports and computer camps  
babysitting certification camps

Fun camps

20 Festival Way  
Sherwood Park, AB T8A 4Y1  
780-467-7292  
eipscontinuinged.ca |   

*Celebrate your birthday with us!*

**Book your party at:**

- Ardrossan Recreation Complex
- Kinsmen Leisure Centre
- Strathcona Wilderness Centre
- Millennium Place
- Strathcona Olympiette Centre

[www.strathcona.ca/partypackages](http://www.strathcona.ca/partypackages)



**STRATHCONA COUNTY**

*Celebrating 25 years in Sherwood Park!*

**SPOTLIGHT**  
*Performing*

**BUILDING CONFIDENCE & SELF-ESTEEM**

 SING    DANCE    PERFORM    SHINE!

**WEDNESDAY EVENING**  
Sherwood Park Arena 2015 Oak St.

Ages 3/4 ..... 5:00pm-5:45pm  
Ages 5-7 ..... 5:45pm-6:45pm  
Ages 8-10 ..... 6:30pm-7:30pm  
Ages 11+ ..... 7:30pm-8:30pm

*\*\* Summer Camp: August 17 - 21 \*\**

**TO REGISTER OR FOR MORE INFORMATION:  
SPOTLIGHTPERFORMING.CA**  
*or email [hello@spotlightperforming.ca](mailto:hello@spotlightperforming.ca)*

Join Us This Summer For

**Adventure DAY CAMPS**

**Early Bird Discount Feb 1 - 28th**

**July 6-10, 2020  
July 20-24, 2020**

Grades 1-6  
\$130/child  
9 A.M. - 4 P.M.

Don't miss out. Register today!

[www.adventuredaycamps.ca](http://www.adventuredaycamps.ca)





*Love Swimming?*



*Try Synchronized Swimming!*  
 If you are between the ages of 6 & 17, love swimming, teamwork, and being creative, we would love to welcome you to try out this dynamic and unique sport!

- NCPP Certified Coaches
- Fall intake 2020 for pre-competitive and competitive synchronized swimming programs
- Participants must be able to swim 25m continuously on their front in deep water and tread water for 20 seconds with head above the water.

*Plan now for Summer Camp!*  
**AUGUST 19 THROUGH THE 22**



**CELEBRATING 31 YEARS!**

Visit our website at [www.synatics.ca](http://www.synatics.ca) or email [info@synatics.ca](mailto:info@synatics.ca)  
 Facebook: [Strathcona Synatics](#) and Twitter: [@SynaticsSynchro](#)



# ART CLASSES

**CREATE, PAINT, EXPLORE, AND GET MESSY!**

- Art Camps & Workshops
- Preschool Art
- Art Explorers
- Homeschool Mixed Media
- Adult Classes & Workshops
- In-School Art Field Trips

**Taught from my home art studio in Sherwood Park.**  
 Call Robyn Skaley at 780-700-9313

[www.redpoppyconsulting.com](http://www.redpoppyconsulting.com)

Learn the importance of the job and the skills to be a popular, successful (and wealthy) sitter in one-day!

## CANADIAN RED CROSS BABYSITTING COURSE WITH BASIC FIRST AID INCLUDES:

- First aid for choking (adult/child/baby/alone)
- Compression-only CPR
- Use of asthma inhaler and EpiPen
- First aid for bleeding, burns, poisons and seizures
- Home safety and accident prevention
- Developmental stages and strategies
- How to feed, diaper, and play with children and babies
- How to manage difficult behaviours
- Job search, interview skills... and much more

**UPCOMING DATES**

**IN SHERWOOD PARK:**

Fri. (no school) .....	Feb. 14	Sat. ....	June 20
Fri. (no school) .....	March 6	Tue. (summer break) .....	June 30
Fri. (spring break) .....	March 27	Thu. ....	July 2
Thu. (no school) .....	April 2	Tue. ....	July 14
Sat. ....	April 25	<b>IN FORT SASKATCHEWAN</b>	
Fri. (no school) .....	May 15	Sun. ....	March 8
Sat. ....	June 6	<b>IN SOUTH COOKING LAKE</b>	
		Tue. (spring break) .....	March 31

**9 am - 4:30 pm • For boys and girls, ages 11+**

**REGISTER NOW!** Visit <https://bookwhen.com/redcrossbabysitting>  
 OR CONTACT VELTA AT 780-464-0660 OR [velta@youthfirstaid.ca](mailto:velta@youthfirstaid.ca)  
 Learn in confidence with the #1 Red Cross Babysitting Program Instructor in Northern Alberta, with over 25 years experience. Gift Certificates available.

**Sherwood Park**

**Recreation Facilities**

- Broadmoor Recreation Complex  
– 2100 Oak St (Vic Bidzinski Way)
- Child and Youth Community Centre – 3 Spruce Ave
- Capital Care Centre – 12 Brower Dr
- Emerald Hills Leisure Centre – 3555 Emerald Dr
- Glen Allan Recreation Complex – 199 Georgian Wy
- Kinsmen Leisure Centre – 2001 Oak St (Vic Bidzinski Way)
- Millennium Place – 2000 Premier Wy
- Recreation Administration Office  
– 2025 Oak St (Vic Bidzinski Way)
- Sherwood Park Arena/Sports Centre  
– 2015 Oak St (Vic Bidzinski Way)

**Cultural Facilities**

- Festival Place – 100 Festival Wy
- Gallery@501 – 501 Festival Ave
- Smeltzer House Visual Arts Centre & Clay Hut  
– 1 Broadmoor Blvd

**Parks**

- Broadmoor Lake Park  
– Oak St & Sherwood Dr (Vic Bidzinski Way)
- Emerald Hills Regional Park – 4501 Emerald Dr
- Strathcona Athletic Park – Colwill Blvd & Clover Bar Rd
- Salisbury Athletic Park – Sherwood Dr & Brentwood Blvd

**Schools**

- Archbishop Jordan – 4001 Emerald Dr
- Bev Facey Community High – 99 Collwill Blvd
- Brentwood Elementary – 28 Heron Rd
- Campbelltown School – 271 Conifer St
- Clover Bar Jr. High – 50 Main Blvd
- Father Kenneth Kearns School – 8 Sandpiper Dr
- Glen Allan Elementary – 106 Georgian Wy
- Jean Vanier – 109 Georgian Wy
- Lakeland Ridge – 151 Crimson Dr
- Madonna – 15 Main Blvd
- Mills Haven Elementary – 73 Main Blvd
- Our Lady of Perpetual Help School – 273 Fir St
- Pine Street Elementary – 133 Pine St
- Sherwood Heights Jr. High – 241 Fir St
- St. Theresa – 2021 Brentwood Blvd
- Wes Hosford Elementary – 207 Granada Blvd
- Westboro Elementary – 1078 Strathcona Dr
- Woodbridge Farms Elementary – 1127 Parker Dr

**Rural Strathcona County**

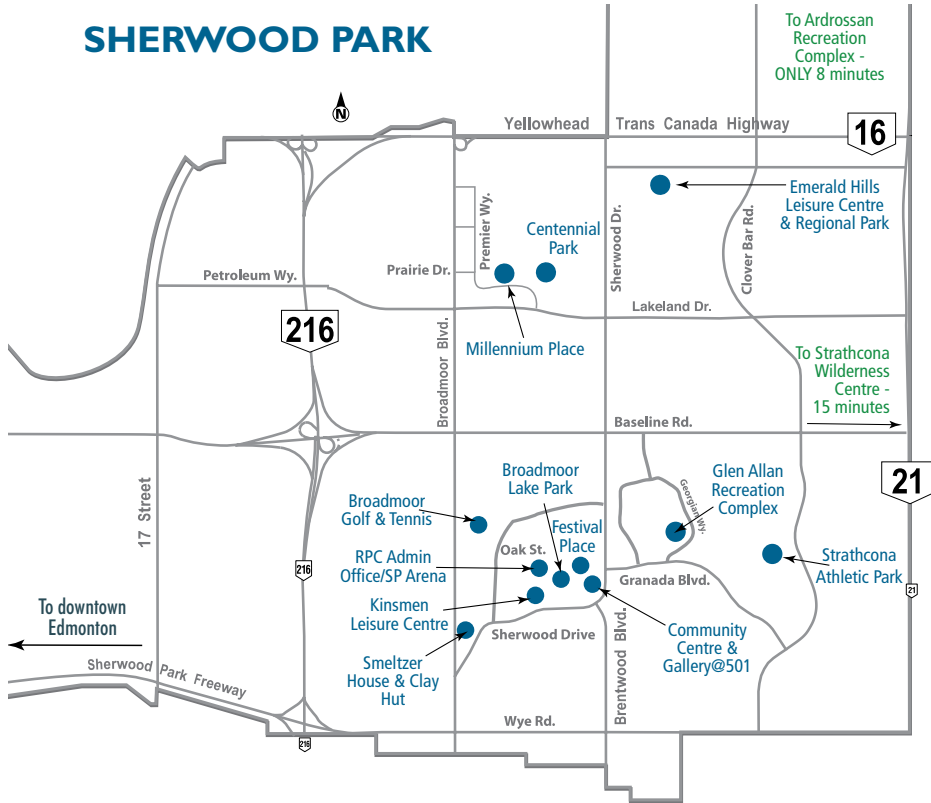
**Recreation Facilities**

- Ardrossan Recreation Complex – 80-1 Ave, Ardrossan
- Moyer Recreation Centre (Josephsburg)  
– 54569 Range Road 215
- Strathcona Olympiette Centre (Fultonvale)  
– 52029 Range Road 224
- Strathcona Wilderness Centre  
– Township Rd. 530 & Range Road 212  
GPS: N 53° 31.957 W 112° 59.964

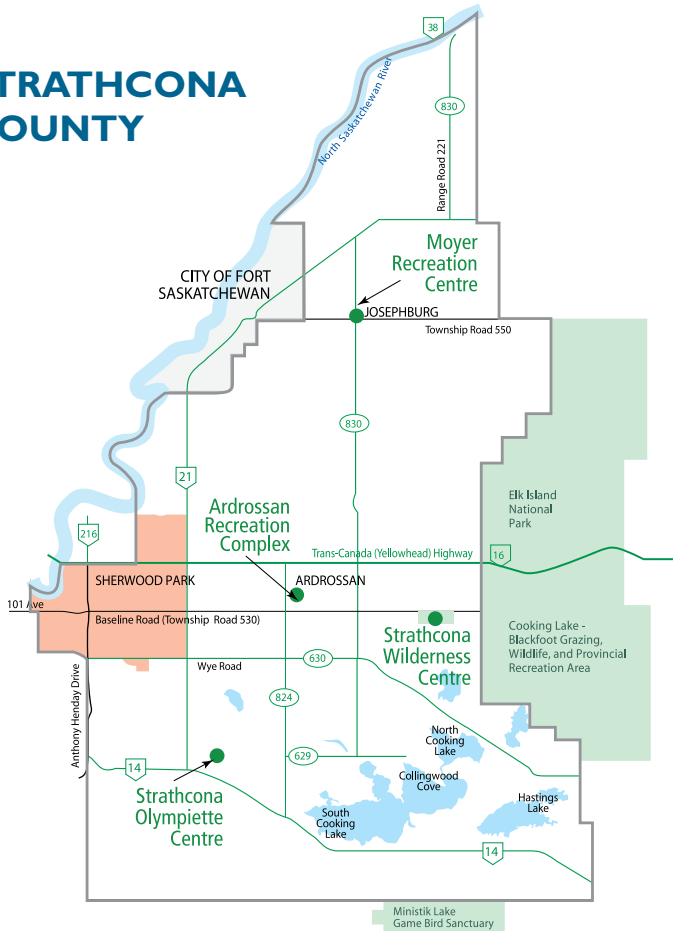
**Schools**

- Ardrossan Elem./Jr./High – 53129 Range Road 222 Ardrossan
- Holy Redeemer – 53117 Range Road 222 Ardrossan
- Uncas – 21313 Township Road 524 Ardrossan

**SHERWOOD PARK**



**STRATHCONA COUNTY**



THE **BROADMOOR**  
PUBLIC GOLF COURSE



*Have you heard about*  
**Family Night**  
at  
*The Broadmoor*

**Join us this golf season every  
Saturday and Sunday (after 2 pm)**

Spend an evening of quality time with your kids at The Broadmoor.

Receive a FREE Junior green fee plus 50% off a power cart rental with the purchase of a regular priced green fee.



2100 Oak Street, Sherwood Park  
**780-467-7373 | [www.thebroadmoor.ca](http://www.thebroadmoor.ca)**

 **STRATHCONA  
COUNTY**

July 1, 2020

# Canada Day

Broadmoor Lake Park in Strathcona County | 9 a.m. - 11 p.m.



*Volunteer for Canada Day!*



[volunteer@strathcona.ca](mailto:volunteer@strathcona.ca)

Share your community spirit and be a part of Strathcona County's largest, annual festival.

FESTIVAL PARTNER



Coca-Cola  
Canada  
Bottling  
Limited

780-467-2211  
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