# WINTER 726 RECREATION GUIDE

**REGISTRATION STARTS** November 26: most programs **December 3**: swim programs

Recreation Online coming in the new year A new online registration system replacing Click-it.

See inside front cover.

**Smeltzer House Centennial** 

Celebrate 100 years of history at Smeltzer House. See page 28.

www.strathcona.ca/registration



# Ready? SET

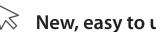
### **RECREATION ONLINE**

New online registration system replacing Click-it, coming in the new year.





### What you can expect:



New, easy to use website



**Mobile friendly** 





### What you need to know for winter program registration:



Register for all winter programs by December 31 to avoid any online registration service interruptions.

Online program registration will be unavailable for a period of time in the new year.



Ensure your email address in Click-it is up to date.

Recreation Online will use your email address as your username.



Active Click-it accounts will be transferred to Recreation Online.

Your account is considered active if you have registered for a program since January 2018, or if you have an active Millennium Card or 10-Visit scan card.



Print or record any old registration information or receipts you might need, like swimming levels.

Historical data will not be easily accessible after December 31.



Clear up any balances on your account.

A balance includes either a credit on your account or a balance owing.

**Questions?**780-467-2211
recreation@strathcona.ca
strathcona.ca/RecOnline



### **Introduction**Table of Contents





### Message from Mayor Rod Frank

Get ready to celebrate and enjoy winter in Strathcona County!

This winter we will be celebrating the 100th Anniversary of Smeltzer House in our community. Smeltzer House was built in 1920 by Maurice and Eliza Smeltzer across the road from their original homestead. Since 1985, this historic building has become an important hub for arts and culture in Strathcona County. We will celebrate this monumental anniversary on Monday, February 17 with a family friendly event. You can find more details on page 28 of this guide.

In addition to celebrating our past, this winter we will also be exploring our future. In the new year, we will be introducing a brand new registration system, Recreation Online, that will replace Click-it. With Recreation Online, you can look forward to a new, easy to use website, the ability to create custom user names and passwords, improved searching capabilities, and a mobile friendly experience when registering for recreation and culture programs. For more details on what you can do to get ready for this transition, visit the inside cover of this guide.

Enjoy this winter season and be sure to browse through this guide to find events and programs to keep you and your family active and connected to the community.

Sincerely,

Rod

Rod Frank Mayor Strathcona County

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### **Registration Starts:**

**Tuesday, November 26 at 7 am** Registration starts for winter Preschool, Performing Arts, Visual Arts, Youth, Adult Wellness, and Outdoor programs.

**Tuesday, December 3 at 7 am**Registration starts for winter Swimming programs including lessons at Emerald Hills Leisure Centre and Kinsmen Leisure Centre.

# Three ways to register:

### Click-it | Walk-in | Drop-off

### I. Online with Click-it: click-it.strathcona.ab.ca

### Click-it help on registration day:

For technical assistance on registration day call the Click- it Help Line at 780-416-7250.

For Click-it help Monday to Friday, 8:30 am to 4:30 pm call 780-467-2211.

### Plan ahead for registration day:

- Create a new account: open it at least three business days before registration.
- Edit your account: you can now add family members and edit your own account online by signing in.
- Have your pin handy: if you don't remember your pin, select forgot pin and enter your email address.
- Pick your program: find your program in this guide, online or using Click-it.

### 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

### 3. Drop-off \*Cheque or pre-payment required

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

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

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

### 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.

### How to put a credit on your Click-it account

To put a credit on your Click-it account for drop-off registrations, visit any of our recreation facilities or go online and follow these steps:

- I. Log in to Click-it www.click-it.strathcona.ab.ca
- 2. Under My Account, Select Make Payment
- 3. Pay Specific Amount (enter Amount in Box)
- 4. Enter Credit Card information
- 5. Apply Payment
- 6. Print Receipt
- 7. Log out

# Ready? SET

**RECREATION ONLINE** 

### strathcona.ca/RecOnline,

Recreation Online is the new online registration system replacing Click-it in the new year.

See the inside front cover for more information.

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

### **Registration**



### Recreation Programs – Registration

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To protect the	e security of you				will no longer acce	pt drop o	ff regist	tration forms v		edit card

### 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

### **Registration**

### FRONT DESK REGULAR HOURS

Ardrossan Recreation Complex 780-400-2084

8 am - 10 pm, daily

www.strathcona.ca/ardrossan

80 - I Avenue, Ardrossan

Emerald Hills Leisure Centre 780-464-2112

Visit website for current hours www.strathcona.ca/emeraldhills 3555 Emerald Drive. Sherwood Park

Festival Place 780-464-2852

9 am - 6 pm, weekdays 9 am - 4 pm, Sat Closed Sun www.festivalplace.ab.ca

100 Festival Way, Sherwood Park

Gallery@501 780-410-8585

 Mon/Wed/Fri
 10 am - 6 pm

 Tue/Thu
 10 am - 8 pm

 Sat
 10 am - 4 pm

 Sun
 12 noon - 4 pm

www.strathcona.ca/gallery501 artgallery@strathcona.ca

#120, 501 Festival Avenue, Sherwood Park

Glen Allan Recreation Complex 780-467-4404

8 am - 10 pm, daily www.strathcona.ca/garc

199 Georgian Way, Sherwood Park

Kinsmen Leisure Centre 780-464-2112

Visit website for current hours

www.strathcona.ca/klc

2001 Oak Street (Vic Bidzinski Way), Sherwood Park

Millennium Place 780-416-3300

5 am - 10:30 pm, weekdays

Facility rentals / Birthday party bookings 780-416-7252

www.strathcona.ca/mp

millenniumplace@strathcona.ca 2000 Premier Way, Sherwood Park

Recreation Administration Office 780-467-2211

8:30 am - 4:30 pm, weekdays

www.strathcona.ca/recreation

recreation@strathcona.ca

2025 Oak Street (Vic Bidzinski Way), Sherwood Park

Strathcona Wilderness Centre 780-922-3939

9 am - 4:30 pm, daily

www.strathcona.ca/wildernesscentre

swcinfo@strathcona.ca

52535 Range Road 212, Ardrossan

Mailing address for all recreation facilities:

2001 Sherwood Drive, Sherwood Park, AB T8A 3W7





### **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:

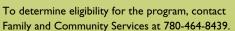
- · An annual Millennium Card at no cost.
- The card is valid for one year from the date of issue.
- All drop-in activities and services offered with the Millennium Card, which is valid at: the Ardrossan Recreation Complex, Emerald Hills Leisure Centre, Glen Allan Recreation Complex, Kinsmen Leisure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



### 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 eiligible 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



Tuesday, December 31 4 p.m. - 8 p.m.

Sherwood Park Arena Sports Centre, Community Centre, Festival Place and Broadmoor Lake Park



- LEGO
- Figure Skating Show
- Shinny Hockey
- Hot Chocolate
- Hockey Shoot Out
- Pineapple Cones Craft
- Glow Volcanoes and Flower Bracelets

### Rohit Hub

- Face Painting
- Remote Control Bobsled Races
- Turtle Edible Art
- Indoor Surfboard
- Science Fun

### SHERW@D PARKMALL

### **Fireworks**

Broadmoor Lake Park at 8 p.m.

### **G** Construction Group

### Winter Fun

- Grilled Pineapple S'mores
- LED and Fire Dance Show
- Snowshoeing
- Wagon Rides
- Crokicurl
- Snow and Ice Sculptures

### Free Park 'n Ride

Provided by Strathcona County Transit

### Wednesday, January 1 1 p.m. - 4 p.m.

and entertainment

indoor/outdoor activities

### Strathcona Wilderness Centre

Dress warmly, bring a mug and head to the Strathcona Wilderness Centre for a day of winter fun! Enjoy a blazing campfire, hot chocolate and tasty treats for the whole family.

- Snowshoeing and Cross Country Skiing
- Toonie Ski Lessons (1 p.m. and 3 p.m.)
- Toonie Snowshoe Ramble ( 2 p.m.)

Regular trail and equipment rental rates apply.

Proceeds from Toonie Lessons go to the Strathcona County Food Bank.



# Santaskate

### Sunday, December 15

1 p.m. to 3 p.m.

**Glen Allan Recreation Complex** 

This free event includes skating with Santa, holiday music, photo booth, cookies and hot chocolate!

www.strathcona.ca/santaskate



**FREE skate** sponsored by





# Photos Saturday, December 7 AT MILLENNIUM PLACE



### 1 pm - 4 pm

Get your photo taken with Santa and Mrs. Claus for free courtesy of the MacMillan Team. Come prepared with a special question to ask the jolly couple!

www.strathcona.ca/santaphotos

PRESENTED BY







# Celebration of Lights

Saturday, November 16 2:30 p.m. to 4:30 p.m.

Festival Place, 100 Festival Way

### Free family fun

- Campfire cooking
- Cookie decorating
- Digital tree light up
- Holiday crafts
- Santa's reindeer
- Santa photos
- Wagon rides

Dress for the weather as some activities will be outside.



TRINA HODGES MEGAN MOHR RE/MAXELITE



www.strathcona.ca/col2019

### 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.

### **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.

### **Sherwood Park Natural Area**

Range Road 231, between Twp. Rds 520 and 522. Enjoy a 3 km walk at the Sherwood Park Natural Area! 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

### **Sledding Hills**

The following sledding hills are inspected weekly. If you notice any hazards please call 780-467-2211 or contact us via County Connect.

### Invite family and friends to enjoy safe sledding at:

### Broadmoor Lake Park\*

2025 Oak Street north of Recreation, Parks and Culture office

**Broadmoor Golf Course** 

2100 Oak Street

### Clarkdale Meadows Pond

Clarkdale Drive west of Orchid Crescent

### Cottonwood Park

Cottonwood Avenue south of Pine Street

### **Estates of Sherwood Park**

North of Estate Drive

Florian Park Regency Drive

### **Greengrove Park**

199 Georgian Way north of Glen Allan Recreation Complex

### McGhan Park

Meadowview Drive

### Strathcona Athletic Park

1100 Clover Bar Road (access off Clover Bar Road)

### Woodbridge Lake Park\*

Woodbridge Way

\*Hills by lakes are open for sledding only if it is safe. Please obey "unsafe ice" signs.



### **Dog Off-Leash Sites in Strathcona County**

Ardrossan Regional Park (80-I Avenue, Ardrossan)
Deermound Off-Leash Park (23020 Twp Rd 522)
Heritage Hills Off-Leash Area (Heritage Drive)
Sally Stewart Park (Broadview Drive)

### Winter Seasonal Dog Off-Leash Sites

Emerald Hills ball diamond (4501 Emerald Drive)

Find all of the answers to your dog-related questions online at: www.strathcona.ca/dogsinparks

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

### Warning: Unknown Ice Conditions!

The onset of winter means colder temperatures and the start of ice forming on ponds and streams. People of all ages are tempted to venture onto the new ice. However, early snowfall insulates the thin layer of ice and doesn't allow it to freeze properly. Freeze/thaw cycles make the ice unstable.

All ice, at any time of year, can be dangerous. Obey all posted signs! On-ice safety is a personal responsibility.

The stormwater ponds in Sherwood Park are part of our stormwater management system and are not meant for skating. Stay off the stormwater ponds.

www.strathcona.ca/icesafety



### **Outdoor Rinks**

780-467-5800 www.strathcona.ca/outdoorrinks

Sign-up for the outdoor rink e-newsletter and get instant updates on closures.

### **Rural Outdoor Rinks**

### Rinks with boards, lights and/or shelters open until 10 pm

Ardrossan Recreation Complex - (lights, snowbank and change facilities) 80 - I Avenue, Ardrossan

NEW! ArrKann skating pathway - Ardrossan Regional Park, 80 - I Avenue, Ardrossan

Collingwood Cove - (lights and snowbank)

Deville/North Cooking Lake - (shelter and lights)

Wye Road Rge Rd 210, north of Deville/North Cooking Lake Community

### Snowbank rinks

Hastings Lake - 51080 Range Rd 204, Hastings Lake Community Hall Josephburg - 54569 Range Rd 215

South Cooking Lake skating pathway - beside picnic shelter

Uncas - at Uncas School

Whitecroft - 314, 52313 Range Rd 232, Whitecroft Community Hall

### Sherwood Park Unsupervised Outdoor Rinks

### Rinks with boards and lights on until 10 pm

Heritage Hills - (snowbank) - Heritage Drive

McGhan Park - (boarded and snowbank) - Meadowview Drive

Mills Haven - 73 Main Boulevard

### Snowbank rinks

Cloverbar Ranch - Jim Common Drive North, south of Cimmaron Way

Davidson Creek - Davenport Drive

Fountain Creek - 528 Fountain Creek Boulevard

McPherson Park - Regency Drive Rainbow Park - Nottingham Drive

Sin Bin Skate Track - Broadmoor Lake Park Field,

100 Festival Way

### **Sherwood Park Supervised Outdoor Rinks**

### Rinks with boards, lights, snowbank rinks and heated change facilities.

Brentwood - 12 Falcon Drive - next to Brentwood School

Kinsmen/Westboro - 1011 Strathcona Drive - North of Strathcona

Drive and Keith Road

Sherwood Heights - 225 Fir Street

Strathcona Athletic Park - 1100 Clover Bar Road Cowan skating pathway - 4501 Emerald Drive

Hours of operation:

4 - 9 pm Monday to Friday I - 9 pm Saturday and Sunday

\*Minor user groups may book Kinsmen/Westboro or Sherwood Heights rinks from 6 - 7 pm and Strathcona Athletic Park or Brentwood rinks from 7:45 - 8:45 pm Monday to Thursday. Except on days with scheduled holiday hours.

### **Holiday Hours for Supervised Rinks**

### **Christmas Break**

December 24	I - 5 pm
December 25	Closed
December 26 to 30	I - 9 pm
December 31	I - 5 pm
January I to 5	I - 9 pm

### **Teachers Convention**

I - 9 pm February 6 & 7

Family Day

I - 9 pm February 17



Rent an outdoor rink for birthday parties or pick-up hockey games with friends! Call 780-467-2211 for details.

# **Skating Pathways**

### **NEW ArrKann skating pathway**

Ardrossan Regional Park - 80 - I Avenue, Ardrossan

### Cowan skating pathway

Emerald Hills Regional Park - 4501 Emerald Drive

### www.strathcona.ca/outdoorrinks

### Sin Bin Skate Track

Broadmoor Lake Park Field - 100 Festival Way

### South Cooking Lake skating pathway

100, 22106 South Cooking Lake Road

### **Rural**Community Programs and Events

### Book your next event at a

### **COMMUNITY HALL**

in Strathcona County



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

Anniversaries

Meetings

Weddings

Reunions

Birthdays

Retreats

Operated by local community groups.

View photos, floor plans, maps and more: 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 Canasta, Crib and Pool I-3 pm;

Tuesday Chair Yoga 10-11 am (Nov 12 - Dec 17); Kitchen Bridge 1-3 pm

Wednesday Floor Curling I-4 pm

Thursday Carpet Bowling I-4 pm; Canasta, Crib and Pool 7-9 pm

Friday Artists' Group 9:30 am-12 pm; Scrabble 1-3 pm

Sunday Dance I-4 pm, 4th Sun monthly

Travelling Café 1-3 pm, Ist Tue monthly

Potluck Supper 5:30 pm and Monthly Meeting 7 pm, 2<sup>nd</sup> Tues monthly

Christmas Supper and Dance Dec 2, 6 pm

### 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 I pm; Genealogy course 7 pm, 4<sup>th</sup> Tue monthly. Contact Reg 780-998-4118

Wednesday Baby Boomers meet on the 1st and  $3^{rd}$  Wed at 7 pm and  $2^{nd}$  and  $4^{th}$  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 (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 I 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 I pm;

pool, Wizard card games 6:30 pm

Wednesday Coffee and Conversation 10:30 am to 12 pm;

Euchre, pool I pm; Cribbage 6:30 pm;

**Thursday** Floor Curling 9:30 am; Canasta, pool I 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 I to 4 pm

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

### Rural

### Community Programs and Events

### Antler Lake Uncas Community League



www.antlerlake.ca

Become a member (free), sign up at antlerlake.ca Monthly meetings 3rd Wed, 7 pm at the hall

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

Plus 55 Coffee Club 2nd Wednesday of every month 1:30 - 3:30 pm

### Ardrossan Recreation and **Agricultural Society**





www.ardrossanag.ca

Free movie night 1st Fri, monthly. Concession supports non-profits.

### A.J. Ottewell Community Centre



**Art Society of Strathcona County** 

### **Brookville Community League**

www.brookvillehall.wixsite.com/rentusnow

Monthly meetings 3rd Thu, 7 pm memberships due - \$10/family Pilates Mon at 6:30 pm

Christmas in the Heartland Nov 23

### Colchester Community League



Twitter: @colchester\_hall www.colchestercommunity.org

colchestercommunity@hotmail.ca

Christmas in the Country Dec 7

Check colchestercommunity.org for updates.

### **Deville/North Cooking Lake** Community League



www.dnclhall.com

dnclcommhall@gmail.com

Hatha Yoga Mon 7 - 8:15 pm, Wed 8:30 - 9:45 am visit www.trueblissyoga.com for more information.

Deville Community Market Every Tue 4 - 8 pm

Christmas in the Country Dec 7

### Bookmobile www.sclibrary.ca/bookmobile

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

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

### Good Hope Community Hall



www.goodhopehall.wix.com/ghch

Monthly meeting 1st Tue of the month, 6:30 pm Christmas in the Heartland Nov 23

### Hastings Lake Community Association



www.hastingslakehall.ca

Hall rental contact: hastingslakerentals@gmail.com

Hatha Yoga Tue and Thu, 7 pm.

Christmas in the Country Dec 7

### Josephburg Agricultural Society







www.josephburg-ag.ca

Josephburg Presents See website for information. Pickleball Moyer Rec Centre www.strathcona.ca/reccalendar Adult Fitness Moyer Rec Centre Oct 8 to Dec 19, Jan 7 to Apr 16

Yoga Josephburg Community Hall Oct 8 to Dec 17

Christmas in the Heartland Nov 23 and 24

### South Cooking Lake Community League 다



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)

Christmas in the Country Dec 7

### Whitecroft Community League

www.whitecrofthall.org

Zumba Gold Tue 9:30 - 10:30 am

### Wye Community League

www.wyecommunityleague.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

### Parent Link 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/parentlink

Mon	10 am - 12 pm	Colchester Hall
Mon	10 am - 11:45 am	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	Whitecroft Community Hall
Fri	10 am - 12 pm	Strathcona Olympiette Centre







# Experience the Holidays IN STRATHCONA COUNTY!



Celebration of Lights









100 Festival Way

Nov 30

Sultan's of String Christmas Caravan

Dec 1

Susan Aglukark Christmas Show

Dec 13 to 30

Oklahoma!



Sing Along Bus
Christmas Caroling

Registration required. Call 780-464-2852



CHRISTMAS \*IN THE COUNTRY\*

South of Highway 16



### Dec 7

PHOTOS WITH SANTA

Millennium Place







Yew Years FESTIVAL

Dec 31 Broadmoor Lake Park and nearby facilities

Jan 1

Strathcona Wilderness Centre www.strathcona.ca/winterevents





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

www.strathcona.ca/artgallery

Get inspired at the gallery!

Our art classes are connected to and enhanced by the exhibitions on display. All adult and youth programs include a guided tour of the exhibit.

### **REGISTRATION STARTS**

November 26

A new registration system, **Recreation Online**, is coming in the new year! See page 1 for details.

### VISUAL ARTS

### **Beginner Portrait Painting**

Learn how to create a portrait painting in acrylic from sketch to completion in this six week course, with inspiration from the documentary portrait photography of Tim Smith in the gallery. We'll look at how Tim Smith uses dramatic lighting in his portraits, and we'll look at famous portraits in art history, for inspiration to capture character, expression and mood of a subject. Learn how to work from a photograph as subject matter, as you experiment with pose, lighting, composition, facial structure, choosing a palette, color mixing for skin tones, and creating shadow and light in color. We'll explore some drawing techniques first to get comfortable with forms and features, and work through progressive steps in painting. All supplies are included.

Age: 18Y+		Max 15
Gallery@501	Studio	
132288	Feb 6 to Mar 12	Thu
	6 - 8 pm	\$150.00

### 55+ Art Specials!

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

### **Snowy Rabbit Painting**

Paint a snowy rabbit in a winter setting using acrylic paints and various brushes. Learn how to create the illusion of fur and how to blend various colors to show depth and form in the rabbit and snow.

Age: 55Y+		Max 20
Gallery@501	Studio	
131466	Jan 15	Wed
	10 - 11:30 am	\$15.00

### **Pressed Floral Cards**

Learn the language of flowers, as you create simple floral designs for your own handmade cards. Designs will be printed onto paper using a press and printing ink, just in time for Valentine's Day or upcoming birthdays.

Age: 55Y+		Max 20
Gallery@501	Studio	
131467	Feb 12	Wed
	10 - 11:30 am	\$15.00

### **Drawing Faces**

Learn the basics about sketching a face as we explore proportion, measuring techniques, drawing features and how to create dimension and form using graphite.

Age: 55Y+		Max 20
Gallery@501	Studio	
131468	Mar II	Wed
	10 - 11:30 am	\$15.00



### **Famous Canadian Painters with Carleen Ross**

Over three weeks you will create artwork inspired by iconic Canadian painters in this beginner's class. Learn about the artists and their styles as you create an Emily Carr forest painting, a Lawren Harris shoreline painting, and an AY Jackson oil pastel river drawing. Discover how Carr and these Group of Seven artists captured the beauty of the Canadian landscape. All supplies included.

Age: 55Y+		Max 10
Gallery@501	Studio	
132305	Feb 19 to Mar 4	Wed
	10 - 11:30 am	\$54.00

The Strathcona County Art Gallery@501 programs in this column are connected to and enhanced by the exhibition on display.

### Candid Portrait Photography Lifestyle Session with Tim Smith

Learn how to capture the moments that count from professional photographer, Tim Smith. Whether you are a photography enthusiast or just looking to improve the photos you take of family, friends, and life around you, this workshop is for you. Almost everyone has a camera in their pocket now thanks to the rise of smartphones and every year the camera technology improves. No matter what camera you are using, the same rules to great photography such as composition, light and waiting for the right moment still apply. This workshop will focus more on the art of candid and portrait photography and less on the technical aspects so that it is accessible regardless of whether you have a smart phone or a DSLR. Please bring a fully charged smartphone or DSLR camera with you.

Age: I8Y+		Max 15
Gallery@501	Gallery	
132327	Jan II	Sat
	10 am - 12:30 pm	\$38.00

### Learn, Make and Shop Local!

With inspiration from Tim Smith's Gallery@501 exhibit documenting Hutterites in Manitoba, this workshop focuses on community and connection. Learn about the Deerboine Colony and Hutterite life through the gallery exhibit then create your own design to print onto a unique, reusable cotton shopping bag using organic inks and stamps made from vegetables. Use your bag to shop local. All participants will receive a coupon to use at the Sherwood Park Farmer's Market and a coupon from our friends across the street at Planet Organic. Learn new skills, create art and shop local with us!

Age: I8Y+		Max 20
Gallery@501	Studio	
132286	Feb 12	Wed
	6 - 8 pm	\$25.00





### Make and 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 are included.

### Embroidery Sampler

Discover the traditional folk art of embroidery sampler-making. Get inspired by Hutterite examples from the Royal Alberta Museum Needlework Collection and some modern twists using humorous sayings! We'll guide you as you begin your own sampler and learn how to embroider using basic designs. After this workshop, you'll have the beginning of a great piece you can continue to work on all winter long.

Age: 18Y+		Max 15
Gallery@501	Studio	
132298	Jan 21	Tue
	6 - 8 pm	\$25.00

### Winter Watercolour Warm-Up

Winter has come, and it's time to get cozy and make some art. Join us for a cup of tea and learn how to paint a snowy winter landscape scene, based on the artwork of Group of Seven artist A.Y.Jackson.We'll explore various watercolor techniques to create atmosphere, depth and detail. Tea is included.

Age: I8Y+		Max 15
Gallery@501	Studio	
132299	Jan 28	Tue
	6 - 8 pm	\$25.00

### Handmade Valentine's Wrap and Card

Make this Valentine's Day extra special with handmade wrapping paper and a matching card. Learn how to create your own designs, as we stamp and stencil patterns onto various papers using printmaking techniques. We'll get inspiration from Victorian era patterns and a variety of festive stencils.

Age: I8Y+		Max 15
Gallery@501	Studio	
132300	Feb 4	Tue
	6 - 8 pm	\$25.00

### Paint Night Social - Valentine's Day

Grab someone you love and come celebrate Valentine's Day with a paint night social. Learn how to create an acrylic painting, based on a famous work of art about love.\*Arrive at 5:45pm to pre-order any food and drinks you'd like from Vicky's Restaurant - payment is required that night, separate from your program fee.

Age: I8Y+		Max 15
Gallery@501	Studio	
132301	Feb II	Tue
	6 - 8 pm	\$25.00

### **Origami Gift Boxes**

Join us for a cup of green tea and learn the centuries old art of Japanese origami. Discover how to reuse wrapping paper, newspapers, book pages and more, as you turn them into small folded origami boxes, great for holding gifts. Instructions will be handed out so you can keep creating at home.

Age: I8Y+		Max 15
Gallery@501	Studio	
132302	Mar 10	Tue
	6 - 8 pm	\$25.00

### Art Night Social - St. Patrick's Day

Don something green and join us for a fun night out as we celebrate St. Patrick's Day and learn about some classic Irish symbols. Learn how to tie a couple celtic knots to create a lucky charm, and make a wee shamrock painting. \*Arrive at 5:45pm to pre-order any food and drinks you'd like from Vicky's Restaurant - payment is required that night, separate from your program fee.

Age: 18Y+		Max 15
Gallery@501	Studio	
132303	Mar 17	Tue
	6 - 8 pm	\$25.00

### **Drawing Night Social - Spring Flowers**

With dreams of lush gardens to come, we'll bring in fresh flowers to draw from to get inspired for Spring! Create a colorful, expressive floral drawing as you learn how to draw the structure, forms and vibrant colors of a flower still life. \*Arrive at 5:45pm to pre-order any food and drinks you'd like from Vicky's Restaurant - payment is required that night, separate from your program fee.

Age: 18Y+		Max 15
Gallery@501	Studio	
132304	Mar 24	Tue
	6 - 8 pm	\$25.00



### The Art Lovers Book Club

Awaken your creativity as you travel across the globe and through time with literature and art! Spend the first hour discussing a novel with Library staff. Then head to the Gallery@501 studio to create your own artwork based on the novel. No experience needed. All supplies included. NOTE: Registration for Art Lovers



Book Club programs starts on December 7th at 9:30 am. Register at strathcona.ca/registration. Sponsored by the Strathcona County Library.

### The Story Hour by Thrity Umrigar

A friendship develops between Maggie, a psychologist, and Lakshmi, a troubled Indian woman who struggles being separated from her family. In the studio we'll create a beautiful print of an elephant - a powerful symbol in both Indian culture and as a friend of Lakshmi's. The first hour is a book discussion with Library staff, followed by artwork creation at Gallery@501.

Age:18Y+		Max 12
Library	Birch Room	
131491	Jan 26	Sun
	2 - 5 pm	\$5.00

### The Day the Falls Stood Still by Cathy Marie Buchanan

Set in 1915, at the dawn of the hydroelectric power era in Niagara Falls, seventeen-year-old Bess Heath has led a sheltered existence as the youngest daughter of the director of the Niagara Power Company. After graduation day at her boarding school, she is eager to return to her picturesque family home, but when she arrives, nothing is as she had left it. In the studio we'll create a set of decorative alcohol ink tiles inspired by the powerful river and falls scenery in the book. The first hour is a book discussion with Library staff, followed by artwork creation at Gallery@501.

Age:18Y+		Max 12
Library	Birch Room	
131492	Feb 23	Sun
	2 - 5 pm	\$5.00

### Soapstone

### **Try-It Soapstone with Kay McCormack**

Try your hand at creating a soapstone sculpture under the guidance of local, professional artist Kay McCormack. Discover this amazing material as you sample the tools and some basic sanding techniques while creating a small, flat animal out of a pre-cut shape (about 4 inches). This program is a great sample if you're considering our longer soapstone programs. Repeat students welcome.

Age: 18Y+		Max 12
Gallery@501	Studio	
132317	Feb I	Sat
	I - 4 pm	\$30.00

### Soapstone Polar Bear with Kay McCormack

Join local, professional artist Kay McCormack as she leads you through the process of carving a soapstone polar bear. Learn how to use tools to shape your creation, and bring your bear to life! Learn about basic animal anatomy, three dimensional form, carving and finishing techniques, and more. Discover how to transform the beauty in nature into an expressive piece in gorgeous stone. All tools and stone are provided and beginner and intermediate level carvers are welcome.

Age: 18Y+		Max 12
Gallery@501	Studio	
132318	Mar 7 to Mar 14	Sat
	12 - 4 pm	\$120.00

### HOME-SCHOOL



### Home-school Soapstone with Kay McCormack

Local, professional artist Kay McCormack will guide homeschool students through creating a small, flat animal out of a pre-cut shape (about 4 inches). Discover this amazing material as you sample the tools and some basic sanding techniques.

	Max 12
Studio	
Jan 30	Thu
12:30 - 3 pm	\$30.00
	Jan 30



### Child

### I Can Paint!

Expand your painting skills as we create patterns with shaving cream, fluid acrylic pouring paintings, bubble and salt paintings, and painting with palette knives. Discover how you can use these techniques to paint new interpretations of artworks by famous painters such as Kandinsky, Cezanne, and Degas, through your own original creations. All supplies included.

Age: 6Y - 10Y		Max 18
Gallery@501	Studio	
132320	Jan II to Jan 25	Sat
	9:30 - 11 am	\$51.99

### I Can Draw!

Can you sketch a person upside down, or without looking at your page? Can you draw a face with one continuous line? Explore different ways of making drawings as we experiment with graphite, charcoal, pastels and more. We'll get inspiration from the drawings of famous artists like Matisse, Warhol, and Dali, as we mix our media and try out unusual mark-making tools. All supplies included.

Age: 6Y - 10Y		Max 18
Gallery@501	Studio	
132321	Feb I to Feb 15	Sat
	9:30 - 11 am	\$51.99

### I Can Print!

Use your drawing and painting skills as you dive into the world of printmaking! Learn how to make all sorts of prints in this class, as we get inspiration from famous printmakers such as Durer, Kollwitz, and Hokusai. Experiment with painted prints on gelli plates, silkscreen printing, and styro-printing with a real printmaking press. Discover the science behind optical patterns and learn how to create your own in a print. All supplies included.

Age: 6Y - 10Y		Max 18
Gallery@501	Studio	
132322	Mar 7 to Mar 21	Sat
	9:30 - 11 am	\$51.99

### Youth

### **Art Masters After School Workshops**

Join us for a creative workshop after school and on early dismissal days here at Gallery@501. Discover how to create your own piece of original art based on the artwork of famous art masters, learn new techniques for using various art supplies, try out new styles of art, and expand your artistic skills in a fun and supportive environment!

### **Edvard Munch Expressive Printmaking**

Age: 10Y - 14Y		Max 15
Gallery@501	Studio	
132323	Jan 30	Thu
	4:30 - 6 pm	\$18.00

### **Pablo Picasso Abstract Portrait Painting**

Age: 6Y - 12Y		Max 15
Gallery@501	Studio	
132324	Feb 5	Wed
	3 - 4:30 pm	\$18.00

### Leonardo da Vinci Graphite Drawing

Age: 10Y - 14Y		Max 15
Gallery@501	Studio	
132325	Feb 27	Thu
	4:30 - 6 pm	\$18.00

### Pierre-Auguste Renoir Chalk Pastel Drawing

Age: 6Y - 12Y		Max 15
Gallery@501	Studio	
132326	Mar 4	Wed
	3 - 4:30 pm	\$18.00





### **PD Day Programs**

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

### **Art Discovery Lab - The Secrets of Photography**

Build your skills in photography and make some amazing art! Learn tips for taking great photos, as we look at the photo exhibit by artist Tim Smith. Travel around the Community Centre taking photos of architecture, people, and plants as you learn techniques for creating composition, play with lighting and filters, and more. We'll look at photographs from art history and print out photos to transfer them onto wood or canvas using gel. Learn how to edit photos and create a photo montage. We'll also experiment with pinhole cameras, as you learn the science behind taking a photo. Bring a fully charged digital camera or phone, and charging cord.

Age: 8Y - 12Y		Max 15
Gallery@501	Studio	
131484	Feb 6	Thu
	9 am - 4 pm	\$50.00

### **Art Discovery Lab - Portraits in Art**

Don't miss this day full of art making based around portraits in art! We'll look at portraits through art history and discover the photo portraits by artist Tim Smith in the gallery, to learn how light, color and poses are chosen. Create a Van Gogh oil pastel drawing, try Andy Warhol printmaking, and a Rembrandt charcoal drawing. We'll even experiment with a material you may not have tried before - using eggs to create an egg tempera painting - a centuries old technique that was used before the invention of oil painting.

Age: 6Y - 10Y		Max 15
Gallery@501	Studio	
131485	Feb 7	Fri
	9 am - 4 pm	\$50.00

### Art Discovery Lab - For the Love of Art

Come spend Valentine's Day doing what you love - making art! Learn about the secret life of St Valentine, and design your own colorful self-portrait in a 'stained-glass' window style, inspired by the historical stained glass windows of this figure. We'll look at famous artworks themed around love, and make Pop-Art multi-colored prints using a printing press. Discover the legends behind Eros, the Greek god of love, and Cupid, the Roman god of love, and paint your own display plate inspired by the patterns of ancient Greek pottery.

Age: 6Y - 10Y		Max 15
Gallery@501	Studio	
131486	Feb 14	Fri
	9 am - 4 pm	\$50.00





### Teen

### 501 Express - Grades 7 - 12

Join us for art-making, food, music and fun! This February it's a Valentine-themed 501 Express focused on what you love and care about, as you decorate a photo frame, try watercolor painting, and stamp mini cards for friends. In March learn how to transfer images onto wood with gel, and try out all sorts of drawing materials as we sketch from artwork right in the gallery!

Snacks will include popcorn and chips, and the return of the popular hot chocolate bar (with fancy toppings). Sign up with a friend and come see us after school! 501 Express is generously sponsored by the Festival Place Cultural Arts Foundation.

Age: 12Y - 18Y		Max 50
Gallery@501	Gallery	
2 hours	4 - 6 pm	\$5.00
131489	Feb 13	Thu
131490	Mar 19	Thu





### **Art Discovery Lab - Experiments in Sculpture x 3**

Explore the world of three dimensions with us in this day packed with sculpture-making! Get inspiration from the sculptures of local artist Paddy Lamb in the gallery. Experiment with plaster relief sculpture by pressing objects into plaster then removing them to transfer textures and forms. Learn how to build sculptures out of unusual materials and recycled objects, draw your sculptural creations, and then gel transfer these onto a canvas. We'll take photos of your work and turn them into postcards that you can share!

Age: 6Y - 10Y		Max 15
Gallery@501	Studio	
131487	Mar 6	Fri
	9 am - 4 pm	\$50.00

### **Art Discovery Lab - Alchemy in Art**

Mix the Elements of Art (line, shape, space, color, value, form, texture) with the Chinese and Greek Elements of wood, earth, fire, metal, air and water, and the result is a great day of art-making! Create drawings using sticks, dowels, India ink and chunky charcoal as you investigate wood, earth and fire. Build your own unique drawing board and see how metal can turn into a drawing material when it connects with magnets. Construct a weather vane to determine wind direction, and design wind chimes representing the elements. Tour the gallery to see how local artist Paddy Lamb combines these elements into artwork about home, place and memory. Record some of your weather and science experiments from the day and place it in a time capsule that you can open in the future!

Age: 6Y - 10Y		Max 15
Gallery@501	Studio	
131488	Mar 27	Fri
	9 am - 4 pm	\$50.00







### 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	I - 2:30 pm	\$6.00

Jan 12	Top Down Snowman	Capture a unique view of a snowman with paint, paper and fun crafty bits to bring it to life.	131470
Jan 19	Snowflake Art Party	Embrace the winter world with a bevy of wintry snowflake crafts.	131471
Jan 26	Woven Owls	Hoot hoot! Use yarn and felt to create a cheerful owl to hang on the wall.	131472
Feb 2	Birds in Silhouette	Explore simple watercolour painting techniques and combine them with paper collage.	131473
Feb 9	Valentine's Day Heart Banner	Share your love with a Valentine's Day banner created with all kinds of crafty fun.	131474
Feb 16	Family Day Wishing Tree Painting	Celebrate family with a special acrylic painting.	131475
Feb 23	Oil Pastel Tea Cups	Warm up winter with a playful collage using oil pastels.	131476
Mar I	<b>Printed City Skylines</b>	Try out our printing press to make your own cityscape.	131477
Mar 8	Jumping Jellyfish Painting	We're going to play with paint and soft pastels to create an underwater scene.	131478
Mar 15	St. Patrick's Day Leprechaun Trap	See if you can find your very own leprechaun with a diorama filled with rainbows and gold.	131479
Mar 22	Flock of Birds Pebble Collage	Paint pebbles to make a whole flock of birds.	131480





# gallery @ 501 Upcoming Exhibits

# IN THE WORLD BUT NOT OF IT by Tim Smith



"Baker Colony" by Tim Smith Kelly Waldner stands atop her quarter horse mix Kia

### January 10 to February 23, 2020

Reception: January 10 at 7 p.m. Artist in attendance

This exhibit includes documentary photography based on an ongoing nine-year project photographing the Hutterites, a communal Anabaptist religious group that live apart from mainstream society on colonies throughout Canada. What began as a simple encounter with members of the Deerboine Hutterite Colony in the spring of 2009 has grown into a multi-layer long-term documentation of the Hutterites.

# TBD **by Paddy Lamb**



"The Growth of Privilege Reaches the Point of Prejudice" by Paddy Lamb

### March 5 to April 26, 2020

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

Paddy Lamb works with collected objects and artifacts that have a deeply personal, tactile significance, reflecting on cultural heritage and memory. Lamb's work if a reaction to the blindness that often accompanies progress and prosperity, and the utopian demand for instant solutions to productivity and happiness.





### 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	
132295	Jan 15	Wed
	9:30 - 11 am	\$21.00
132296	Mar 4	Wed
	9:30 - 11 am	\$21.00
132297	Mar 25	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: Feb 16

Age: 6Y - 12Y		Max 10
Smeltzer House	Clay Hut	
132292	Jan 18 to Feb 29	Sat
	10 - 11:30 am	\$94.98

### **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 glaze fired and others will be hand painted. All materials inlouded.

Age: 8Y - 12Y		Max 10
Smeltzer House	Clay Hut	
132294	Jan 21 to Feb 25	Tue
	4 - 5:30 pm	\$94.98

### **Teen Pottery**

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

Omit: Feb 17

Age: 12Y - 17Y		Max 10
Smeltzer House	Clay Hut	
132293	Jan 20 to Mar 16	Mon
	4 - 6 pm	\$190.00















### Paint a Puffin

Paint this colorful bird using acrylics.

Age: 9Y - 16Y		Max 12
Smeltzer House	Lower Lounge	
132246	Jan 17	Fri
	6:30 - 8:30 pm	\$24.00

### **Pen and Ink Tiger**

Experiment with watercolor and ink as you draw a tiger.

Age: 12Y - 16Y		Max 12
Smeltzer House	Lower Lounge	
132247	Jan 24	Fri
	6:30 - 8:30 pm	\$24.00

### Sloth in chalk

Use chalk pastels to bring this lovable creature to life.

Age: 12Y - 16Y		Max 12
Smeltzer House	Lower Lounge	
132306	Jan 31	Fri
	6:30 - 8:30 pm	\$24.00

### **Printmaking**

Paint a watercolour background and add in a city design using printmaking.

Age: 9Y - 16Y		Max 12
Smeltzer House	Upper Lounge	
132248	Feb 7	Fri
	6:30 - 8:30 pm	\$24.00

### Ride the wave

Learn to paint water using reflection as you create an ocean of waves.

Age: 9Y - 16Y		Max 12
Smeltzer House	Upper Lounge	
132328	Feb 21	Fri
	6:30 - 8:30 pm	\$24.00

### **Holy Cow**

Who knew a cow could be so cute! No paint or brushes required, only chalk.

Age: 9Y - 12Y		Max 12
Smeltzer House	Upper Lounge	
132249	Mar 6	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	
132275	Jan 18 to Feb 1	Sat
	12:30 - 2 pm	\$125.01
132287	Mar 3 to Mar 17	Tue
	4:30 - 6 pm	\$125.01

### Moms and 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	
132279	Feb 8	Sat
	12:30 - 2 pm	\$22.00
132284	Feb 29	Sat
	12:30 - 2 pm	\$22.00

### **Level 2 Glass Fusing**

Kids with experience in glass will boost their skills with frit, glass powders and more. Closed toe shoes must be worn in the studio.

### Winter Landscape Tile

Age: 9Y - 17Y		Max 6
Smeltzer House	Studio One	
132282	Feb 22	Sat
	12:30 - 2 pm	\$45.00
Koi Fish Bowl		
Age: 9Y - 17Y		Max 6
Smeltzer House	Studio One	
132283	Mar 7	Sat
	12:30 - 2 pm	\$45.00



### 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: Feb 17

		Max 10
Smeltzer House	Lower Lounge	
132241 Age: 6Y - 8Y	Jan 13 to Mar 9	Mon
	4:30 - 6 pm	\$92.00
132242 Age: 8Y - 10Y	Jan 15 to Mar 4	Wed
	4:30 - 6 pm	\$92.00

### **Anime Cartooning**

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

Age: 10Y - 14Y		Max 12
Smeltzer House	Upper Lounge	
132243	Jan 14 to Mar 3	Tue
	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, you will design funny faces, outrageous bodies and dynamic actions and create unique stories that go along with these new characters.

Omit: Feb 15

Age: 8Y - 12Y		Max 12
Smeltzer House	Upper Lounge	
132244	Jan 18 to Mar 14	Sat
	10 - 11:30 am	\$92.00

### **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	
132245	Jan 15 to Mar 4	Wed
	4:30 - 6 pm	\$92.00

### Youth Fibre Art

### Winter Warm Up Sewing

Come in from the cold and learn to sew projects sure to keep you warm and cozy this winter. Kids will be given a safe introduction to both hand and machine sewing and will complete several projects. All supplies included. Please bring indoor shoes.

Omit: Feb 15

	Max 4
Upper Lounge	
Jan 18 to Feb 29	Sat
10 - 11:30 am	\$157.98
Jan 21 to Feb 25	Tue
4:30 - 6 pm	\$157.98
	Jan 18 to Feb 29 10 - 11:30 am Jan 21 to Feb 25



# HOME-SCHOOL (

### **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	
132307	Jan 22 to Feb 26	Wed
	10 - 11:30 am	\$94.98

### Glass Fusing

### **Recycled Glass Bowls**

Tempered glass is fused to create a one of a kind bowl.

Age: 9Y+		Max 6
Smeltzer House	Studio One	
132259	Jan 30	Thu
	12 - 1:30 pm	\$45.00

### Winter Tree Window Hanger

Get inspired by the bold lines of winter trees and make a seasonal window hanger.

Age: 9Y+		Max 6
Smeltzer House	Studio One	
132260	Feb 20	Thu
	12 - 1:30 pm	\$45.00

### **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
Jan 16	Shades, Tones and Tints
<u>132291</u>	Break out the paints and learn new techniques for blending colours.
Jan 23	Winter Stained Glass Panels Use oil pastels to make a beautiful piece of art that
<u>132251</u>	resembles stained glass.
Jan 30	Jumping for Joy Learn a fun way to draw yourself by adding
132252	perspective.
Feb 6	Outer Space Acrylic Painting Take a look at our solar system and paint your
132253	own planets.
Feb 13	Woven Dream Catcher
132254	Play with yarn to create a beautiful crafty dream catcher.
Feb 20	Northern Lights Chalk Pastels
<u>132255</u>	Capture the colours of the aurora borealis using the delicate shades of chalk pastels.
Feb 27	Mixed Media Polar Animals Landscape
132256	Explore the north and make a wintry landscape from different art and craft materials.
Mar 5	Build A Cardboard Race Car Add some STEAM to your homeschool morning
<u>132257</u>	and learn how to build an eco-friendly car.

### **Visual Arts**Adult Pottery/Family Program



### **Adult Pottery Programs**

Experience the 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. Price may increase depending on clay body desired. 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: Jan 26

Age: I8Y+		Max 10
Smeltzer House	Clay Hut	
132216	Jan 12 to Feb 2	Sun
	I I:30 am - 4:30 pm	\$90.00

### **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: I8Y+		Max 10
Smeltzer House	Clay Hut	
<u>132214</u>	Jan 16 to Mar 19	Thu
	I - 4 pm	\$250.00

### **Absolute Beginners Pottery**

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

Omit: Feb 17

Age: I8Y+		Max 12
Smeltzer House	Clay Hut	
132215	Jan 13 to Mar 23	Mon
	7 - 10 pm	\$250.00
132211	Jan 15 to Mar 18	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: I8Y+		Max 12
Smeltzer House	Clay Hut	
132212	Jan 14 to Mar 17	Tue
	7 - 10 pm	\$250.00

### **Open Studio - Advanced**

Open studio is for skilled potters ages 18 and up 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: I8Y+		Max II
Smeltzer House	Clay Hut	
132213	Jan 16 to Mar 19	Thu
	6:30 - 9:30 pm	\$200.00

### Family Program

### Family Clay Day

Get messy and have fun with your child creating a special clay memory project. Adult must participate.

Age: 6Y - 10Y		Max 15
Smeltzer House	Clay Hut	
132335	Jan 25	Sat
	12:30 - 2 pm	\$22.00
132336	Feb 22	Sat
	12:30 - 2 pm	\$22.00



### Adult Fibre Art

### Learn to Knit

Knit a pair of wrist warmers with matching scarf in this fun class. Cast on, purl, and cast off will all be taught. All supplies included.

Age: I7Y+		Max 10
Smeltzer House	Lower Lounge	
132266	Jan 22 to Feb 5	Wed
	6:30 - 8:30 pm	\$72.00



### **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. Youth program fees include glass. 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 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!

Age: 18Y+		Max 6
Smeltzer House	Studio One	
132218	Jan 27 to Feb 10	Mon
	7 - 9 pm	\$174.99
132219	Jan 30 to Feb 13	Thu
	7 - 9 pm	\$174.99
132272	Feb 12 to Feb 26	Wed
	I - 3 pm	\$174.99

### **Adult Glass Studio Time**

Participants must have previous glass experience to participate in open studio time. You must be able to 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 approximately one week after being made. Our technician will be available to purchase glass and monitor the studio.

Age: I8Y+		Max 6
Smeltzer House	Studio One	
132225	Feb II to Mar 10	Tue
	12:30 - 3 pm	\$120.00
132226	Feb 24 to Mar 23	Mon
	6:30 - 9 pm	\$120.00

### Kiln Carved Appetizer Plate

Cut your own unique design out of fibre paper then add glass on top to create this stunning plate. No glass experience required. All supplies included.

Age: 18Y+		Max 6
Smeltzer House	Studio One	
132220	Mar 12	Thu
	7 - 9 pm	\$58.00



### Workshops

### Welcome Mat

Design your own personalized welcome mat for your home. All supplies included.

Age: I8Y+		Max 10
Smeltzer House	Upper Lounge	
132330	Feb 12	Wed
	7 - 9:30 pm	\$72.00

### **Inspirational Pallet Sign**

In this fun workshop with Fiona Graham, create a pallet sign with inspirational quote. All materials supplied.

Age: 18Y+		Max 8
Smeltzer House	Upper Lounge	
132332	Feb 19	Wed
	7 - 9 pm	\$60.00













# Smeltzer House Centennial Celebration

February 17 1 p.m. - 4 p.m.

#1 Broadmoor Blvd, Sherwood Park

Join us as we celebrate the 100<sup>th</sup> Anniversary of Smeltzer House. Learn about our local history, the Smeltzer pioneer family farm life, and explore the uniqueness of this modern day visual arts centre.

Enjoy wagon rides, make crafts, check out ice sculptures, sample a tasty treat at Les Bucherons Maple Sugar Shack, tour through the art studios and enjoy light refreshments.



# Explore your community!

Discover winter activities around Strathcona County. Pick-up your Winter Fun brochure at any recreation facility starting in early December.

780-467-2211 www.strathcona.ca/winterfun





### What is the Recreation Access Program?

- It provides access to recreation services for those who have limited income
- Reduced rates for registered and no cost drop-in programs

### More information:

780-464-4044 strathcona.ca/egtp



### Performing Arts Drama and Musical Theatre





### **REGISTRATION STARTS**

November 26

A new registration system, **Recreation Online**, is coming in the new year! See page I for details.

### PERFORMING ARTS

### **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:** A Journey To Oz

A tornado plucks Dot and Gill from Sherwood Park and drops them in unknown surrounding. Now the two must venture and find their way home. Be part of the dramatic cast and help create the whirl wind of events and get the pair home.

Omit: Feb 15

			Max 16
Festival P	lace	The Studios	
132342	Grades I - 6	Jan 14 to Mar 17 5:15 - 6:45 pm	Tue \$100.00
132343	Grades I - 6	Jan II to MarI4 2 - 3:30 pm	Sat \$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
Festival Place	The Studios	
132352 K - Grade 3	Jan 16 to Mar 19	Thu
	5:40 - 6:40 pm	\$105.60
132353 Grade 4 - 6	Jan 16 to Mar 19	Thu
	6:45 - 7:45 pm	\$105.60

Most programs wrap up with a final performance, which will be held on Saturday, March 21. Performance times will be determined by February 29.



### **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.

			Max 15
Festival F	Place	The Studios	
132361	Grade 7 - 12	Jan 16 to Mar 19	Thu
		7:45 - 9 pm	\$100.00

### Music

### Uke in the Park - Level I

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 and roll, pop, country, reggae, classics, ballads, and class participants' music requests. Join the ukulele revolution, beginners welcome!

			Max 12
Festival Place		Green Room	
132365 Age:	8Y - 12Y	Jan 28 to Mar 17	Tue
		5 - 6 pm	\$96.00
132364 Age:	13Y+	Jan 28 to Mar 17	Tue
		7:30 - 8:30 pm	\$96.00

### 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.

			Max 12
Festival F	Place	Green Room	
132366	Age: I3Y+	Jan 28 to Mar 17	Tue
		6:15 - 7:15 pm	\$96.00



### Sing Along Bus - Christmas Carolling

Get into the holiday season and share the spirit of Christmas as you carol through Strathcona County.

Participants will gather at Festival Place, be guided through the songs that will be performed, board a double-decker bus and visit select venues within the County. The group will return to Festival Place for Christmas treats at the end of event.

Registrations include song books, song leaders and transportation to select venues and back to Festival Place. This unique experience is available to people of all ages and singing abilities. Please dress for the weather. Children under 12 must register with a responsible guardian.

Proud Sponsor  $\mathbb{P}A\mathbb{R}\mathbb{R}$ 

All Ages		
Festival Place	The Studios	
132333	Dec I	Sun
	2:30 - 5:30 pm	\$15.00

### Holiday Ukulele Workshop

Celebrate the chilly holiday season by warming up with the ukulele. Learn the melody and rhythms for traditional Christmas songs like "Jingle Bells" and "What Child is This". Remember to bring your ukulele and your singing voice.

Age: I0Y+		Max 40
Festival Place	Sherwood Park Ro	om
132334	Dec 7	Sat
	2:30 - 4:30 pm	\$20.00



### Performing Arts

Dance



### **Dance**

### **Two's Groove - Parented**

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

Omit: Feb 17

			Max 12
Festival P	lace	The Studios	
132362	Ages: 2Y	Jan 14 to Mar 17	Tue
		10:30 - 11:15 am	\$88.90
132363	Ages: 2Y	Jan 13 to Mar 16	Mon
		9:30 - 10:15 am	\$80.01

### **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: Feb 15, 17

			Max 12
Festival Place		The Studios	
		Jan 13 to Mar 16	Mon
132345	Ages: 3Y - 4Y	10:30 - 11:15 am	\$80.01
132344	Ages: 3Y - 4Y	11:30 am - 12:15 pm	\$80.01
		Jan 15 to Mar 18	Wed
132347	Ages: 3Y - 4Y	10:30 - 11:15 am	\$88.90
132346	Ages: 3Y - 4Y	11:30 am - 12:15 pm	\$88.90
132348	Ages: 3Y - 4Y	Jan II to Mar 14	Sat
		10:30 - 11:15 am	\$80.01
			Max 12
Ardrossa	n Recreation Complex	Aspen Room A	
		Jan 11 to Mar 14	Sat
132350	Ages: 3Y - 4Y	9:30 - 10:15 am	\$80.01
132349	Ages: 3Y - 4Y	10:30 - 11:15 am	\$80.01

Soft sole dance slippers are recommended for all dance programs.





### **Dancing Tutus**

Dance like a ballerina in the creative movement program. Your child will learn age-appropriate dance steps and techniques while exploring classical and modern music.

Omit: Feb 15, 17

				Max 12
Festival Place		lace	The Studios	
	132339	Ages: 3Y - 4Y	Jan 13 to Mar 16	Mon
			I - I:45 pm	\$80.01
	<u>132340</u>	Ages: 3Y - 4Y	Jan 15 to Mar 18	Wed
			9:30 - 10:15 am	\$88.90
	132341	Ages: 3Y - 4Y	Jan II to Mar 14	Sat
			9:30 - 10:15 am	\$80.01

### **Classic 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: Feb 15, 17

	Max 15
The Studios	
Jan 13 to Mar 16	Mon
7 - 8 pm	\$95.04
Jan II to Mar I4	Sat
12:45 - 1:45 pm	\$95.04
	Jan 13 to Mar 16 7 - 8 pm Jan 11 to Mar 14

Most programs wrap up with a final performance, which will be held on Saturday, March 21. Performance times will be determined by February 29.

### 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: Feb 15, 17

			Max 15
Festival P	lace	The Studios	
132354	K - Grade 3	Jan 13 to Mar 16 4:30 - 5:30 pm	Mon \$95.04
132358	K - Grade 3	Jan 11 to Mar 14 11:30 am - 12:30 pm	Sat \$95.04
132356	Grade 4 - 6	Jan 13 to Mar 16 5:45 - 6:45 pm	Mon \$95.04 Max 15
Androssa	n Recreation Complex	Aspen Room	Max 13
Aidiossa	ii Recreation Complex	Aspen Room	
<u>132357</u>	K - Grade 3	Jan 11 to Mar 14 11:30 am - 12:30 pm	Sat \$95.04



# Clowning - Juggling - Magic WORKSHOPS

### **Clown Around**

Clowning is a classic form of entertainment. Participants will be taught different types of clown trickery, including juggling, magic and slapstick comedy. This workshop will be full of giggles and smiles. Supplies included. Don't forget to bring a snack, water bottle and indoor shoes.

			Max 20
Festival F	Place	Ardrossan Room	
132369	Grade 3 - 6	Mar I	Sun
		10 am - 12 pm	\$20.00

### Juggling Workshop

Learn a new, fun and exciting skill - juggling! Juggling involves coordination and a mind body connection. This unique class will introduce you to the world of juggling balls, clubs, rings, and scarves. All supplies included. This workshop is something you'll want to 'toss' yourself into.

		Max 20
Festival Place	Ardrossan Room	
132370 Grade 3 - 6	Jan 25	Sat
	10 am - 12 pm	\$20.00





### **Magical Ways**

Participants will find themselves spellbound when taking this workshop. Students will be taught age appropriate magic tricks and magical performing skills. Register early, room in this workshop could r'disappear' right before your eyes.

		Max 20
Festival Place	Ardrossan Room	
132368 Grade 2 - 5	Feb 23	Sun
	10 am - 12 pm	\$20.00

## 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.

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.



### NFW

5Y - 6Y

### Kindergarten Kids

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

## Preschool/Child



#### 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: IM	1 - 3Y
---------	--------

Kinsmen Leisure Centre	Classroom	
132173	Jan 8 to Mar 18	Wed
	9:30 - 10:20 am	\$173.91
Age: 2.5Y - 5Y		
Kinsmen Leisure Centre	Classroom	
132174	Jan 8 to Mar 18	Wed

10:30 - 11:20 am

\$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 I	
132210	Jan 16 to Mar 5	Thu
	9 - 10:30 am	\$76.00

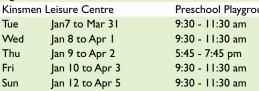
#### Drop-In

#### **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 Feb 17

Age: 6M - 8Y	
Ardrossan Recreation Complex	Love to Play
Mon Jan 6 to Mar 30	9:30 - 11:30 am
Sat Jan II to Apr 4	10 am - 1 pm
Age: 6M - 6Y	
Kinsmen Leisure Centre	Preschool Playgrou



#### 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 or call 780-467-2211

## REGISTRATION STARTS November 26

A new registration system, **Recreation Online**, is coming in the new year! 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

Unparented/Fall Break/Christmas Programs

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: Feb 17

Age: 2.5Y - 3.5Y

Kinsmen Leisure Centre	Park View Room	
132150	Jan 6 to Mar 23	Mon
	9 - 11 am	\$137.50
Millennium Place	Activity Room I	
132151	Jan 6 to Mar 23	Mon
	9 - 11 am	\$137.50
132152	Jan 8 to Mar 18	Wed
	9 - 11 am	\$137.50

#### 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

O .		
Millennium Place	Activity Room 2	
132156	Jan 7 to Mar 17	Tue
	9 - 11:30 am	\$167.97
Kinsmen Leisure Centre	Park View	
132157	Jan 10 to Mar 20	Fri
	9 - 11:30 am	\$167.97
Kinsmen Leisure Centre	Park View	
132158	Jan 7 to Mar 19	Tue/Thu
	9 - 11:30 am	\$335.94

#### Jr. Pre-K 3 Hour

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

Omit: Feb 17

Age: 3Y - 5Y

Age. 31 - 31		
Ardrossan Recreation Complex	Preschool Room	
132159	Jan 8 to Mar 18	Wed
	9 am - 12 pm	\$199.98
Strathcona Olympiette Centre	Indoor Playground	
132160	Jan 6 to Mar 23	Mon
	9 am - 12 pm	\$199.98

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

#### **Preschool Playtime - Drop off unparented**

Drop-off your preschooler in a fun and inviting environment while you run errands, workout, 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 Feb 17

Age: 2Y - 6Y

Kinsme	n Leisure Centre	Park View
Mon	Jan 6 to Mar 23	I - 3 pm
Wed	Jan 8 to Mar 18	I - 3 pm
Fri	Jan 10 to Mar 20	I - 3 pm

#### **Register Now!**

## CHRISTMAS PROGRAMS

#### **Cookies and Christmas Carols**

Children will decorate sugar cookies, sing Christmas carols, make crafts and play while you take some time for last minute shopping and wrapping.

Age: 3Y - 5Y

Millennium Place	Activity Room 2	
<u>130464</u>	Dec 9	Mon
	9 am - 12 pm	\$27.00
<u>130476</u>	Dec 11	Wed
	9 am - 12 pm	\$27.00
Strathcona Olympiette Centre	Preschool Room	
130478	Dec 9	Mon
	9 am - 12 pm	\$27.00

#### **Little Reindeers**

Let us keep your 'little reindeer' busy in this exciting all-day program, where kids will engage in reindeer games, activities and outdoor winter fun. Please bring a nut-free snack, lunch and indoor shoes.

Age: 3.5Y - 5Y

Ardrossan Recreation Complex	Preschool Room	
130465	Dec 4	Wed
	9 am - 3 pm	\$54.00
Millennium Place	Activity Room 2	
130477	Dec 6	Fri
	9 am - 3 pm	\$54.00
130479	Dec 13	Fri
	9 am - 3 pm	\$54.00

#### Pre-Kindergarten

#### 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

78c. 21 - 21		
Kinsmen Leisure Centre	Park View Room	
132161	Jan 7 to Mar 17	Tue
	12:30 - 2:30 pm	\$133.98
Millennium Place	Activity Room I	
132162	Jan 10 to Mar 20	Fri
	9 - 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	Park View	
132172	Jan 16 to Mar 5	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

0		
Kinsmen Leisure Centre	Park View	
132192	Jan 8 to Mar18	Wed
	9 am - 12 pm	\$199.98

#### **Clay Tots - Everything Winter**

Let your preschooler's imagination run wild this winter creating with clay. Children will learn to pinch, roll, paint and coil clay into fun projects with winter themes.

Age: 4Y - 5Y

Smeltzer House	Clay Hut	
132186	Jan 15 to Feb 19	Wed
	I - 2:30 pm	\$84.96



Your child's 4th birthday



#### Know the right age to register

Dec, 31 2019

Mar Apr

You can register in Kindergarten Readiness

Sorry, you'll have to wait until Fall 2020 for Pre-K.

#### Winter/Spring 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. To learn more about our play-based curriculum, visit www.strathcona.ca/preschool

Please remember to bring indoor shoes and a nut free snack for your child. Full day programs will also require a lunch. Omit: Feb 17, Apr 10, 13, May 18

See programs on next page

May

### Pre-K Registration is now open!

Register for one or more sessions.

Winter session

Spring session

#### **Sherwood Park locations**

Δ	ge:	<b>4Y</b>		51
-	ve.	41	-	Э 1

	W	1 1 \ \ ( ) ( ) D	
	Kinsmen Leisure Centre	Lake View Room	
>	<u>126729</u> 126730	Jan 6 to Mar 23 9 am - 3 pm Jan 8 to Mar 18	Mon \$395.00 Wed
>	126731	9 am - 3 pm Jan 7 to Mar 19 9 am - 12 pm	\$395.00 Tue/Thu \$395.00
	126732	Jan 7 to Mar 19 12:30 - 3 pm	Tue/Thu \$330.00
	126766	Apr 6 to Jun 22 9 am - 3 pm	Mon \$360.00
S	126767	Apr 8 to Jun 17 9 am - 3 pm	Wed \$395.00
	<u>126768</u> <u>126769</u>	Apr 7 to Jun 18 9 am - 12 pm Apr 7 to Jun 18	Tue/Thu \$395.00 Tue/Thu
		12:30 - 3 pm	\$330.00
	Millennium Place	Activity Room 2	
>	<u>126734</u>	Jan 10 to Mar 20 9 am - 3 pm Jan 6 to Mar 23 9 am - 12 pm	Fri \$395.00 Mon/Wed \$395.00
S	<u>126771</u>	Apr 17 to Jun 26 9 am - 3 pm Apr 6 to Jun 24 9 am - 12 pm	Fri \$395.00 Mon/Wed \$395.00

Rural	locations	Age: 4Y - 5Y
nurai	iocacions	Age: 41 - 51

	Ardrossan Recreation Complex	Preschool Room	
>	126728	Jan 8 to Mar 18 9 am - 3 pm	Wed \$395.00
S	126765	Apr 8 to Jun 17 9 am - 3 pm	Wed \$395.00
	Strathcona Olympiette Centre	Preschool Room	
>	126736	Jan 10 to Mar 20 9 am - 3 pm	Fri \$395.00
S	126773	Apr 17 to Jun 26 9 am - 3 pm	Fri \$395.00



#### Kindergarten Kids

**NEW** 

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: 31 - 0	Age:	5Y	_	6
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Kinsmen	Leisure Centre	Lake View	
		0, 24, Feb 21, Mar 13	Fri
<u>132163</u> <u>132164</u>	•	9 am - 3 pm 7, 31, Feb 28, Mar 20 9 am - 3 pm	\$144.00 Fri \$144.00
132165	Schools Out	Feb 7 9 am - 3 pm	Fri \$36.00
132237	Schools Out	Feb 14 9 am - 3 pm	Fri \$36.00
132166	Schools Out	Mar 6 9 am - 3 pm	Fri \$36.00
Strathcor	a Olympiette Centr	re Preschool Room	
132167		0, 24, Feb 21, Mar 13 9 am - 3 pm	Fri \$144.00
132168	Jan 13	7, 31, Feb 28, Mar 20 9 am - 3 pm	Fri \$144.00
132169	Schools Out	Feb 7 9 am - 3 pm	Fri \$36.00
132238	Schools Out	Feb 14 9 am - 3 pm	Fri \$36.00
132170	Schools Out	Mar 6 9 am - 3 pm	Fri \$36.00
Ardrossa	n Recreation Comp	lex Preschool Room	
132171		0, 24, Feb 21, Mar 13 9 am - 3 pm	Fri \$144.00
132268	Jan 1	7, 31, Feb 28, Mar 20 9 am - 3 pm	Fri \$144.00
132269	Schools Out	Feb 7 9 am - 3 pm	Fri \$36.00
132270	Schools Out	Feb 14 9 am - 3 pm	Fri \$36.00
132271	Schools Out	Mar 6 9 am - 3 pm	Fri \$36.00



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

Age: 16M - 2Y

Kinsmen Leisure Centre	Preschool Playgrou	nd
132195	Jan II to Mar 21	Sat
	9 - 9:30 am	\$165.00

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

Age: 2Y - 3.5Y

7 (gC. 21 - 3.31		
Kinsmen Leisure Centre	Preschool Playground	
132196	Jan 8 to Mar 18 5 - 5:45 pm	Wed \$187.00
132200	Jan 11 to Mar 21 9:30 - 10:15 am	Sat \$187.00
132197	Jan II to Mar 21 10:15 - 11 am	Sat \$187.00
132199	Jan II to Mar 2I II - II:45 am	Sat \$187.00
Millennium Place	Combatives Room	
132198	Jan 7 to Mar 17 9:45 - 10:30 am	Tue \$187.00

#### Multi-Sport Indoor 3.5Y - 5Y and 5Y - 7Y

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: Feb 17

Age: 3.5Y - 5Y

Kinsmen Leisure Centre	Preschool Playground	
132203	Jan 8 to Mar 18 6 - 7 pm	Wed \$187.00
132204	Jan II to Mar 2I I2 - I pm	Sat \$187.00
Millennium Place	Combatives Room	
132206	Jan 6 to Mar 16 1 - 2 pm	Mon \$170.00
132207	Jan 6 to Mar 16 2 - 3 pm	Mon \$170.00
132205	Jan 7 to Mar 17 10:30 - 11:30 am	Tue \$187.00
Age: 5Y - 7Y		
Kinsmen Leisure Centre	Preschool Playground	
131568	Jan 8 to Mar II 7 - 8 pm	Wed \$170.00
Millennium Place	Combatives Room	
131569 Omit: Feb 15	Jan 11 to Mar 21 12:30 - 1:30 pm	Sat \$170.00

#### Sportball 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: Feb 17

	Age:	5Y	-	7	Υ
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0		
Millennium Place	Combatives Room	
131567	Jan 6 to Mar 16	Mon
	4 - 5 pm	\$170.00



## 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

#### **Fitness**

#### **Teen Cardio Kickboxing**

Feel energized and empowered as you roundhouse kick and block in this teen cardio program. Gloves provided or participants can bring their own.

#### Training to Train

Build strength and an aerobic base through kickboxing skills which include:

- Kicking, punching, knee strikes and blocks
- Building stamina in a fun, group environment
- Exercises that increase range of motion

			Max 15
Millenniu	n Place	Purple Room	
131575	Age: I2Y - I5Y	Jan 14 to Mar 3	Tue
		5:30 - 6:15 pm	\$80.00

#### **Junior Triathletes**

Push yourself as you swim, bike, and run your way into becoming a triple threat! Junior triathletes will learn what it takes to compete in this Olympic sport.

#### Training to Train

Focus on building strength and an aerobic base while combining sport specific skills through:

- Learning correct technique for swimming, biking (on a stationary bike) and running
- · Endurance training in a fun environment

#### Prerequisite: Ability to swim 25 metres

Omit: Feb 1	6		Max 15
Millennium	Place	Red Room	
131548	Age: 12Y - 15Y	Feb 2 to Mar 29	Sun
		11 am - 12:15 pm	\$94.40

### 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



## 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

#### 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 Yoga

Relax as a family through stretches, mindfulness, and breathing exercises. No yoga experience needed! Each registration includes one adult and one child.

			Max 15
Millenniur	m Place	Activity Room 2	
131541	Age: 6Y+	Jan 22 to Mar 25	Wed
		6:15 - 7:15 pm	\$145.00

#### **Family Badminton**

Learn to play badminton as a family and cause a 'racquet' together! Each registration includes one adult and one child.

All family members will be introduced to basic skills and concepts including:

- Proper grip, body positioning and movement
- Serving, returning serve, clear, drop shot and smash
- Fun games and drills to involve all abilities

			Max 8
St Theresa	School	Gym	
131539	Age: 6Y+	Jan 7 to Mar 10	Tue
		7:30 - 8:30 pm	\$140.00
Omit: Jan	15, 22, Mar 11, 18		Max 8
	15, 22, Mar 11, 18 orne School	Gym	Max 8
		Gym Jan 8 to Mar 25	Max 8 Wed

#### Family Dodgeball

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

Omit: Feb 17		Max 15
F.R. Haythorne School	Gym	
131529 Age: 6Y+	Jan 6 to Mar 9	Mon
	7:15 - 8:15 pm	\$126.00

#### Floating Family Bootcamp

On our aqua mats, you will have a blast in this ultimate family workout. In each class, get on board for a variety of exercises and fun games sure to get everyone laughing. Each registration includes one adult and one child.

Omit: Feb 15		Max 12
Emerald Hills Leisure Centre	Teach Pool	
131320 Age: 8Y+	Jan 18 to Mar 21	Sat
	3:30 - 4:15 pm	\$150.00

## 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

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.

#### **Active Start**

Fun active play that incorporates a variety of body movements and fundamental skating skills including:

- Starting, stopping, bending and falling down/getting up
- Getting comfortable in your skates and gaining confidence on the ice

			Max 20
Millenniun	n Place	Sprite Arena 2	
131559	Age: 32M - 4Y	Jan 11 to Feb 8	Sat
	5 weeks	9:45 - 10:15 am	\$54.15
<u>131561</u>	Age: 32M - 4Y	Feb 22 to Mar 21	Sat
	5 weeks	9:45 - 10:15 am	\$54.15
131560	Age: 4Y - 6Y	Jan 11 to Feb 8	Sat
	5 weeks	10:30 - 11 am	\$54.15
131564	Age: 4Y - 6Y	Feb 22 to Mar 21	Sat
	5 weeks	10:30 - 11 am	\$54.15
			Max 20
Ardrossan	Recreation Complex	West Arena I	
131562	Age: 32M - 6Y	Jan 16 to Feb 20	Thu
	6 weeks	5:45 - 6:15 pm	\$64.98
131563	Age: 32M - 6Y	Mar 5 to Apr 9	Thu
	6 weeks	5:45 - 6:15 pm	\$64.98

#### **Born to Blade**

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!

#### Active Start

High energy activities and games that continue to build the fundamental movement skills and skating basics including:

- · Starting, stopping, hopping and turning
- Developing proper form and stance

			Max 15
Millennium	n Place	Sprite Arena 2	
131517	Age: 3Y - 5Y	Jan II to Feb 8	Sat
	5 weeks	11:15 - 11:50 am	\$54.15
131518	Age: 3Y - 5Y	Feb 22 to Mar 21	Sat
	5 weeks	11:15 - 11:50 am	\$54.15
131514	Age: 4Y - 6Y	Jan 14 to Feb 18	Tue
	6 weeks	6 - 6:30 pm	\$64.98
131521	Age: 4Y - 6Y	Feb 25 to Mar 31	Tue
	6 weeks	6 - 6:30 pm	\$64.98

#### **Born to Blade continued**

#### **FUNdamentals**

High energy activities and games that continue to build the fundamental movement skills and skating basics including:

- Starting, stopping, hopping and turning
- Developing proper form and stance
- Introducing T-pushes and sculling

			Max 15
Millenniun	n Place	Sprite Arena 2	
131519	Age: 6Y - 8Y	Jan 11 to Feb 8	Sat
	5 weeks	11:55 - 12:30 pm	\$54.15
131520	Age: 6Y - 8Y	Feb 22 to Mar 21	Sat
	5 weeks	11:55 - 12:30 pm	\$54.15
<u>131515</u>	Age: 7Y - 9Y	Jan 14 to Feb 18	Tue
	6 weeks	6:35 - 7:10 pm	\$64.98
131522	Age: 7Y - 9Y	Feb 25 to Mar 31	Tue
	6 weeks	6:35 - 7:10 pm	\$64.98
		•	Max 15
Ardrossan	Recreation Complex	West Arena I	
131516	Age: 6Y - 8Y	Jan 16 to Feb 20	Thu
	6 weeks	6:20 - 6:55 pm	\$64.98
131523	Age: 6Y - 8Y	Mar 5 to Apr 9	Thu
	6 weeks	6:20 - 6:55 pm	\$64.98

#### **Blazing Blades**

Take your skating skills to the next level in Blazing Blades. Participants should be able to skate the length of the ice unassisted.

#### Learning to Train

Continuing to develop and practice fundamental skating skills including:

- Stopping, turning and gliding
- · Introducing transitions and edges
- Refining proper stance and form
- · Improving speed and agility

			Max 15
Millenniun	n Place	Sprite Arena 2	
131512	Age: 9Y - 12Y	Jan 14 to Feb 18	Tue
	6 weeks	7:15 - 8 pm	\$70.02
131513	Age: 9Y - 12Y	Feb 25 to Mar 31	Tue
	6 weeks	7:15 - 8 pm	\$70.02
Omit:			Max 15
Ardrossar	Recreation Complex	West Arena I	
131510	Age: 9Y - 12Y	Jan 16 to Feb 20	Thu
	6 weeks	7 - 7:45 pm	\$70.02
131511	Age: 9Y - 12Y	Mar 5 to Apr 9	Thu
			\$70.02

#### **Power Skating**

Take your game to the next level. Power skating helps to improve your individual skating technique as it relates to hockey or ringette. Participants must have basic skating skills. Full equipment is required including a helmet, hockey pants, support cup, hockey gloves, shin/elbow/shoulder pads and stick. Neck guard recommended.

#### **FUNdamentals**

Fun and dynamic drills that continue to develop fundamental movement skills and power skating basics including:

- Correct posture and stance
- Learning technical skills such as quick starts, long strides, turning, crossovers, forward and backward glide
- Applying learned skills to game-like situations with puck/ring and stick

Omit: Feb 17		Max 15
Strathcona Olympiette Centre	Ice - Main	
131551 Age: 6Y - 9Y	Jan 20 to Mar 30	Mon
	5:45 - 6:30 pm	\$145.00

#### Learning to Train

Adrenaline pumping drills that enhance fundamental movement skills and power skating basics including:

- Reviewing correct posture and stance
- · Balance and agility
- Learning technical skills such as tight turns, accelerated stopping, transitions, forward and backward glide
- Applying learned skating skills to game-like situations with puck/ring and stick

Omit: Feb 17			Max 20
Strathcon	a Olympiette Centre	Ice - Main	
131552	Age: 9Y - 12Y	Jan 20 to Mar 30	Mon
		6:30 - 7:15 pm	\$145.00

#### Starter Shinny

You've watched your favourite NHL players lace 'em up and now it's your turn to play. Join us for your first hockey experience with starter shinny. Participants should have basic skating skills. Full equipment is required including: a helmet, hockey pants, support cup, hockey gloves, shin/elbow/ shoulder pads and hockey stick. Neck guard recommended.

#### Active Start

Active play that incorporates a variety of body movements and essential shinny skills including:

- Starting, stopping, getting up/down and turning
- · Introducing skating with a stick
- Modified game play

Omit: Feb 15			Max 12
Strathcon	a Olympiette Centre	Ice - Small	
131570	Age: 3Y - 5Y	Jan 11 to Mar 21	Sat
		8:45 - 9:15 am	\$105.00
131571	Age: 4Y - 6Y	Jan 11 to Mar 21	Sat
		9:20 - 9:50 am	\$105.00

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

Check out the Sherwood Park Skating Club and the Ardrossan Strathcona Figure Skating Club features on page 88 and 91 of this guide.

# Club

#### **Starter Shinny continued**

#### **FUNdamentals**

High energy play that incorporates a variety of body movements and essential shinny skills including:

- · Starting, stopping, turning and gliding
- Introducing stick handling and shooting
- Modified game play

Omit: Feb		Max 12	
Strathcona	Olympiette Centre	Ice - Small	
131572	Age: 6Y - 8Y	Jan 11 to Mar 21 9:55 - 10:25 am	Sat \$105.00
Omit: Feb		Max 15	
Moyer Recreation Complex (Josephburg)			Ice
131573	Age: 6Y - 8Y	Jan 11 to Mar 21	Sat
		11:30 - 12:15 pm	\$110.00
131574	Age: 7Y - 9Y	Jan 11 to Mar 21	Sat
		12:15 - 1 pm	\$110.00

#### **Shinny**

Bring the outdoor rink inside this season. Full equipment is required including a helmet, hockey pants, support cup, hockey gloves, shin/elbow/shoulder pads and hockey stick. Neck guard recommended.

#### Learning to Train

Continuing to develop fundamental skating and hockey skills including:

- · Stick handling, shooting and passing
- Introducing proper positioning
- Modified games that encourage teamwork and application of skills learned

			Max 20
Broadmo	or Arena	Arena	
131557	Age: 9Y - 12Y	Jan 14 to Mar 17	Tue
		5:30 - 6:30 pm	\$115.00

#### Training to Train

Continuing to develop fundamental hockey skills including:

- · Refining stick handling, passing and shooting
- Introducing key hockey rules (ie. icing, offside) and review of proper positioning
- · Applying basic skills to game-like situations

			Max 20
Broadmo	or Arena	Arena	
131558	Age: 12Y - 15Y	Jan 14 to Mar 17	Tue
		6:45 - 7:45 pm	\$115.00

## Wellness - Child/Youth/Teen Sports

#### **Sports**

#### Triple Ball (Beginner Volleyball)

Learn to play volleyball as we cover the basics in this beginner program.

#### Learning to Train

Continuous development of fundamental volleyball skills including:

- · Bumping, volleying and setting
- · Introducing passing, serving and attacking
- End of class modified game play, which includes a three rally sequence (I - ball is served, 2 - free ball to receiving team, 3 - free ball to serving team)

			Max 15
Jean Vanier School		Gym	
131576	Age: 9Y - 12Y	Jan 7 to Mar 10	Tue
		6:15 - 7:15 pm	\$105.00
131577	Age: 9Y - 12Y	Jan 7 to Mar 10	Tue
		7:15 - 8:15 pm	\$105.00

#### **Volleyball**

Learn and improve upon your volleyball skills as we introduce strategy and team play.

#### Training to Train

A variety of sport specfic skills are introduced and developed including:

- · Passing, serving, spiking and blocking
- Introducing strategic play (ie. ball placement, switches, etc.)

			Max 15
Jean Vanie	r School	Gym	
131578	Age: 12Y - 15Y	Jan 7 to Mar 10	Tue
		8:15 - 9:15 pm	\$105.00

#### Handball

Learn the basics of this fast paced, team sport where you work together to score goals by throwing a ball.

#### **FUNdamentals**

Fun games that teach fundamental movement skills and handball basics including:

- Throwing, catching, passing, dribbling and shooting
- · Movement skills such as running, jumping and lunging
- Fun game play that has an emphasis on teamwork

			Max 15
Jean Vanier	School	Gym	
131545	Age: 6Y - 9Y	Jan 8 to Mar I I 6:30 - 7:30 pm	Wed \$98.00

#### Learning to Train

Continuing to develop fundamental handball sport skills including:

- Improving dribbling, shooting and passing technique
- Introducing more advanced shots and footwork
- · Applying strategy and new skills learned to game play

			Max 15
Jean Vanie	r School	Gym	
131546	Age: 9Y - 12Y	Jan 8 to Mar 11	Wed
		7:30 - 8:30 pm	\$98.00

#### **Basketball**

Dribble, shoot, pass, and more as you learn how to play basketball.

#### **Beginner**

#### **FUNdamentals**

Fun games that teach fundamental movements skills and basketball basics including:

- · Lunging, squatting, jogging, bending and twisting
- Stance, footwork, dribbling, passing and shooting
- Fun, high energy game play

			Max 15
Davidson Creek School		Gym	
<u>131508</u>	Age: 6Y - 9Y	Jan 7 to Mar 10 6:30 - 7:30 pm	Tue \$98.00 Max 15
OLPH Sch	ool	Gym	
131509	Age: 6Y - 9Y	Jan 7 to Mar 10 6:30 - 7:30 pm	Tue \$98.00

#### Intermediate

#### Learning to Train

Continuing to develop fundamental basketball skills including:

- · Improving dribbling, passing and shooting techniques
- Introducing strategy (ie. offence vs. defence)
- Modified game play

			Max 15
Davidson Creek School		Gym	
131506	Age: 9Y - 12Y	Jan 7 to Mar 10 7:30 - 8:30 pm	Tue \$98.00 Max 15
OLPH Sch	nool	Gym	
131507	Age: 9Y - 12Y	Jan 7 to Mar 10 7:30 - 8:30 pm	Tue \$98.00



#### **Badminton**

Learn to play badminton in a friendly and supportive environment. Racquets and birdies provided.

#### **Beginner**

#### Learning to Train

A variety of activities that improve fundamental movement skills and badminton basics including:

- Introducing serves, clears, drop shots and smashes
- Proper grip, stance and movement
- · Modified game play

			Max 12
St Theresa School		Gym	
131503	Age: 9Y - 12Y	Jan 7 to Mar 10	Tue
		6:30 - 7:30 pm	\$105.00
131504	Age: 12Y - 15Y	Jan 7 to Mar 10	Tue
		8:30 - 9:30 pm	\$105.00

#### **Intermediate**

#### Training to Train

Continuing to develop fundamental badminton skills through:

- · Continued practice of serves, various shots, stance and grip
- Introducing backhand and flick shots
- · More of an emphasis on strategy throughout end of class game play

Omit: Jan	Max 12		
F.R. Haytho	orne School	Gym	
131505	Age: 12Y - 15Y	Jan 8 to Mar 25	Wed
		8:15 - 9:15 pm	\$84.00

#### Flag Football

Learn and love the game of flag football with King McCarty Camps. Ryan King and Calvin McCarty of your Edmonton Eskimos will lead players through activities and games that develop their fundamental movement skills.



#### **FUNdamentals**

Ryan King and Calvin McCarty of your Edmonton Eskimos have created a football program that works on fundamental movement skills which includes:

- · Running, starting/stopping, bending, twisting and lunging
- Introducing proper stance, ball grip, throwing and catching
- Fun game play with basic rules that encourage teamwork

Omit: Feb	Max 15		
Brentwood School		Gym	
131543	Age: 6Y - 9Y	Jan 9 to Mar 26	Thu
		5 - 5:45 pm	\$96.00

#### Learning to Train

Ryan King and Calvin McCarty of your Edmonton Eskimos have created a football program that continues to work on fundamental movement skills which includes:

- Throwing, catching, dodging, flagging and kicking
- The above skills will gradually be applied to game scenarios
- End of class fun, controlled scrimmage

Omit: Feb	Max 15		
Brentwood School		Gym	
131544	Age: 9Y - 12Y	Jan 9 to Mar 26 5:45 - 6:45 pm	Thu \$112.00



#### **D**odgeball

Dip, duck, dodge and dive your way to victory!

#### **FUNdamentals**

High energy games that teach fundamental movement skills and dodgeball basics including:

- · Running, squatting, bending, twisting and lunging
- Introducing throwing and catching techniques
- Several variations of inclusive game play

Omit: Feb	Max 20		
Campbelltown School		Gym	
131528	Age: 6Y - 9Y	Jan 9 to Mar 26	Thu
		6:30 - 7:15 pm	\$98.00

#### Learning to Train

Continuing to develop fundamental dodgeball sport skills including:

- Improving catching, throwing and dodging techniques
- · Introducing basic offensive and defensive strategy
- Various fun dodgeball games

Omit: Feb	Max 20		
Campbelltown School		Gym	
131526	Age: 9Y - 12Y	Jan 9 to Mar 26	Thu
		7:15 - 8 pm	\$98.00

#### Training to Train

Emphasis on dodgeball specific skills that include:

- Refining throwing, catching and dodging techniques
- Improving accuracy and speed through various drills (ie. relays)
- · Introducing competition to develop basic strategic understanding
- Applying learned skills to game play

			Max 20
Campbell	town School	Gym	
131527	Age: 12Y - 15Y	Jan 9 to Mar 26	Thu
		8 - 8:45 pm	98 00

#### Training to Compete

Elevated level of game play with an emphasis on strategy and competition:

- Refining all dodgeball skills previously learned
- Introducing more advanced shots and technique

Omit: Feb	Max 20		
F.R. Haytho	orne School	Gym	
131530	Age: I5Y+	Jan 6 to Mar 9	Mon
		8:15 - 9:15 pm	\$94.50

## Wellness - Child/Youth/Teen Sports

#### Soccer

Run, pass, shoot and score as you learn to play this world wide sport.

#### **Beginner**

#### **FUNdamentals**

Fun games that teach fundamental movement skills and soccer basics including:

- Running, starting/stopping, throwing and bending
- · Introducing proper kicking and passing techniques
- Fun end of class game play that encourages participation and teamwork

Omit: Feb	6		Max 15
Woodbri	dge Farms School	Gym	
131565	Age: 6Y - 9Y	Jan 9 to Mar 19	Thu
		6:30 - 7:30 pm	\$98.00

#### **All Levels**

#### Learning to Train

Continuing to develop fundamental soccer sport skills including:

- Emphasizing proper kicking and shooting technique
- Introducing controlled dribbling and passing through a variety of drills
- · Defining positions and introducing strategy
- End of class modified scrimmage

Omit: Feb	Max 15		
Woodbri	dge Farms School	Gym	
131566	Age: 9Y - 12Y	Jan 9 to Mar 19	Thu
		7:30 - 8:30 pm	\$98.00

#### **Special Interest**

#### #ThrowbackThursdays

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

Omit: Feb	Max 20		
Mills Have	en School	Gym	
131501	Age: 6Y - 9Y	Jan 9 to Mar 19	Thu
		6:30 - 7:30 pm	\$98.00
131502	Age: 9Y - 12Y	Jan 9 to Mar 19	Thu
		7:30 - 8:30 pm	\$98.00

#### Learn to Play Racquetball

Learn racquetball rules, basic shots, serving, and game strategy in this awesome class for beginners. Equipment is provided.

Omit: Feb	15		Max 8
Glen Allan	Recreation Complex	Court 4/5/6	
131549	Age: 9Y - 12Y	Jan II to Mar 14	Sat
		9:30 - 10:30 am	\$108.00
131550	Age: I3Y+	Jan II to Mar 14	Sat
		10:30 - 11:30 am	\$108.00

#### **Intermediate Racquetball**

Take your racquetball skills to the next level! Improve upon your skills and learn new ones like racquetball fundamentals, shot selection and game strategy. Game play in each class allows you to practice, learn and improve. Equipment is provided.

Omit: Feb		Max 8	
Glen Allan Recreation Complex		Court 4/5/6	
131547	Age: I5Y+	Jan II to Mar 14	Sat
		11:30 - 12:30 pm	\$108.00

#### Youth and Teen

## DANCEPL3Y

#### **DancePLAY™**

Fusing dance with play and imagination, DANCEPL3Y will get the kids moving while having fun and learning in a playful and accessible way! DANCEPL3Y develops physical literacy through the Three Rules of PL3Y: Be Positive, Be Fun, Be Yourself. Get ready to leave your heart on the dance floor!

Omit: Feb	15		Max 25
Millenniur	n Place	Purple Room	
131524	Age: 6Y - 9Y	Jan 25 to Mar 21 12 - 1 pm	Sat \$88.00
131525	Age: 9Y - 12Y	Jan 25 to Mar 21 I - 2 pm	Sat \$88.00







Camps are a blend of youth 6Y - 12Y. Due to swimming ratios, each camp includes two course codes.

## SCHOOL'S OUT DAY CAMPS

PD Day Camps for 6Y-12Y

Make the most of your day off school! Meet new friends, have fun playing games, splashing in the pool and exploring the Youth Lounge. Please bring a bathing suit, towel, change for a locker, and running shoes. 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** 

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

Age: 6Y - 7Y		Max 6
Millennium Place	Activity Room 3	
•	8:30 am - 4:30 pm	\$50.00
131553	Feb 6	Thu
131555	Feb 7	Fri
Millennium Place	Soccer Room 5 & 6	
rillennium Flace	Soccer Room 5 & 6	
131612	Mar 6	Fri

Age: 8Y - 12Y		Max 24
Millennium Place	Activity Room 3	
•	8:30 am - 4:30 pm	\$50.00
131554	Feb 6	Thu
131556	Feb 7	Fri
Millennium Place	Soccer Room 5 & 6	
131613	Mar 6	Fri

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

## Free!

Borrow physical literacy kits from the Strathcona County Library.

### Physical literacy is important for:



A HEALTHY LIFESTYLE



MOTIVATION TO PARTICIPATE



INJURY PREVENTION



POSITIVE MENTAL HEALTH



REDUCED RISK



SELF-REGULATION AND EMOTIONAL RESILIENCY



SOCIAL SKILL
DEVELOPMENT



WILLINGNESS TO TRY NEW THINGS



PROBLEM SOLVING



INDEPENDENCE



TRANSFERABLE LIFE SKILLS



INCREASED PHYSICAL ACTIVITY

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

**Skating Pathways** 

Keep active this winter! Grab the family and lace up at any of Strathcona County's four skating pathways!

#### **NEW ArrKann skating pathway**

Ardrossan Regional Park - 80 - I Avenue, Ardrossan

#### Cowan skating pathway

Emerald Hills Regional Park - 4501 Emerald Drive

#### Sin Bin Skate Track

Broadmoor Lake Park Field - 100 Festival Way

#### South Cooking Lake skating pathway

100, 22106 South Cooking Lake Road

Outdoor rinks are not open when temperatures are warmer than 5°C or below -20°C.

www.strathcona.ca/outdoorrinks













## Strathcona Wilderness Centre

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

#### **REGISTRATION STARTS**

November 26

A new registration system, **Recreation Online**, is coming in the new year! See page 1 for details.

## Winter Programs

Strathcona County X-C ski programs support Canada's Sport for Life Long-Term Athlete Development guideline. The activities taught in our programs align with the developmental abilities of our participants based on their age. This promotes the physical and social wellbeing of each participant.

Find out more information at www.ltad.ca

#### **Active Start**

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

#### **FUNdamentals**

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

#### Learning to Train

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

#### Training to Train

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

#### **Active for Life**

All Strathcona Wilderness Centre winter programs will keep you active for life.

#### Jackrabbit X-C Ski Program

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

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

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

#### **Bunnies X-C Ski Program - Parented**

#### Active Start

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

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

Age: 3Y - 6Y		Max 15
Strathcona Wilderness Centre		
	Jan II to Mar 7	Sat
130638	10 am - 12 pm	\$119.00
130641 Including rentals	10 am - 12 pm	\$161.00
	Jan II to Mar 7	Sat
130637	I - 3 pm	\$119.00
130640 Including rentals	I - 3 pm	\$161.00
	Jan 12 to Mar 8	Sun
130639	I - 3 pm	\$119.00
130642 Including rentals	I - 3 pm	\$161.00

#### **Jackrabbit Fast Track**

#### **FUNdamentals**

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

Age: 8Y - 16Y			Max 10
Strathcor	na Wilderness Centre		
		Jan II to Mar 7	Sat
130805		10 am - 12 pm	\$119.00
130806	Including rentals	10 am - 12 pm	\$161.00
		Jan 9 to Mar 5	Thu
130807		6:15 - 7:45 pm	\$90.00
130808	Including rentals	6:15 - 7:45 pm	\$137.00

#### Jackrabbit X-C Ski Program Level I

#### **FUNdamentals**

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

Age: 6Y - 8	3Y		Max 16
Strathcona	Wilderness Centre		
		Jan II to Mar 7	Sat
130810		10 am - 12 pm	\$119.00
130813	Including rentals	10 am - 12 pm	\$161.00
		Jan II to Mar 7	Sat
130809		I - 3 pm	\$119.00
130812	Including rentals	I - 3 pm	\$161.00
		Jan 12 to Mar 8	Sun
130811		I - 3 pm	\$119.00
130814	Including rentals	I - 3 pm	\$161.00

#### Jackrabbit X-C Ski Program Level 2

#### **FUNdamentals**

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

Age: 6Y -	I2Y		Max 20
Strathcor	na Wilderness Centre		
		Jan II to Mar 7	Sat
130816		10 am - 12 pm	\$119.00
130819	Including rentals	10 am - 12 pm	\$161.00
		Jan II to Mar 7	Sat
130815		I - 3 pm	\$119.00
130818	Including rentals	I - 3 pm	\$161.00
		Jan 12 to Mar 8	Sun
130817		I - 3 pm	\$119.00
130820	Including rentals	I - 3 pm	\$161.00

#### Jackrabbit X-C Ski Program Level 3 - 6

#### **FUNdamentals**

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

Age: 8Y - 16Y			Max 16
Strathcor	na Wilderness Centre		
		Jan II to Mar 7	Sat
130831		10 am - 12 pm	\$119.00
130834	Including rentals	10 am - 12 pm	\$161.00
		Jan II to Mar 7	Sat
130830		I - 3 pm	\$119.00
130833	Including rentals	I - 3 pm	\$161.00
		Jan 12 to Mar 8	Sun
130832		I - 3 pm	\$119.00
130835	Including rentals	I - 3 pm	\$161.00

#### **Track Attack**

#### Learning to Train

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

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

#### **Track Attack**

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

This course includes:

- 7 dryland training weekly sessions
- I dryland training day camp on October 26 from 10 am 3 pm
- 18 on-snow training sessions from December 5 March 7
- I overnight on-snow camp on January 25 26
- 4 local cross country ski events

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

Age: 9Y - 1	6Y		Max 16
Strathcona	Wilderness Centre		
130858	Oct 17 to Mar 5	6:15 - 7:45 pm	Thu
	Dec 7 to Mar 7	9:30 - 11:30 am	Sat
			\$512.00

#### Track Attack: An Intro

A once a week program for participants to develop their technical skills while training in a fun, supportive, and positive environment.

This course includes:

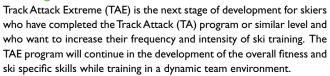
- 7 dryland training weekly sessions
- I dryland training day camp on October 26 from 10 am 3 pm
- 12 on-snow training sessions from December 5 March 5

Omit: Dec 26, Jan 2

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

#### **Track Attack Extreme**

#### Training to Train



TAE participants will work on developing sound technique in both classic and skating in a group setting and provide a greater challenge with additional training days per week. The TAE program will meet 2 times a week for fall dryland training and 3 days a week for on snow training throughout the winter. Seasonal training plans will provide direction for uncoached workouts.

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

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

This course includes:

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

Individualized training programs for participants are included in the fee.

Omit: Dec 21, 26, 28, 29, Jan 2, 4

Age: 12Y -	16Y		Max 16
Strathcona	Wilderness Centre		
130887	Oct 17 to Mar 5	6:15 - 7:45 pm	Thu
	Oct 19 to Mar 7	9:30 - 11:30 am	Sat
	Dec 8 to Mar 8	9:30 - 11:30 am	Sun
			\$712.00



## HOME-SCHOOL

#### **Snowshoe Lesson and Tour**

#### **FUNdamentals**

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

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

#### X-C Ski Lessons

#### **FUNdamentals**

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

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

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





#### Youth and Teens

#### **FUNdamentals**

#### **Strathcona Wilderness Centre Snow Day**

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

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

#### Youth Intro to X-C Skiing

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

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

#### **Junior X-C Ski Coach**

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

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

Opportunities will also be available for our Junior Coaches to gain experience in assisting with other outdoor programs and special events. Please contact Adam Binder for information and registration procedures at 780-922-3939 adam.binder@strathcona.ca.

Age: I3Y - I7Y	Max 10	
Strathcona Wilderness Centre		
130836	Jan II to Mar 7	Sat
	10 am - 4 pm	\$154.00

#### Teen and Adult Learn to Ski

Active for Life

#### Firststrides: Learn to X-C Ski

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

Omit: Feb 8, 9

Age: I3Y	+		Max 24
Strathcor	na Wilderness Centre		
		Jan 11 to Feb 22	Sat
130650		I - 3 pm	\$280.00
130651	Including rentals	I - 3 pm	\$342.00
		Jan 12 to Feb 23	Sun
130652		10 am - 12 pm	\$280.00
130653	Including rentals	10 am - 12 pm	\$342.00

#### Evening Firststrides: Learn to X-C Ski

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

Age: I3Y	+		Max 16
Strathcor	na Wilderness Centre		
		Jan 7 to Feb 11	Tue
130646		7 - 9 pm	\$280.00
130647	Including rentals	7 - 9 pm	\$342.00
		Jan 9 to Feb 13	Thu
130648		7 - 9 pm	\$280.00
130649	Including rentals	7 - 9 pm	\$342.00

#### Stridefurther: Intermediate XC Ski

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

Omit: Feb 8

	Max 12
Jan 11 to Feb 22	Sat
I - 3 pm	\$280.00
I - 3 pm	\$342.00
	I - 3 pm

#### Ski Masters

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

Omit: Feb 8

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

#### Adaptive Learn to Ski Program (Para-Nordic)

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

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

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

Contact Adam Binder at 780-922-3939.

Omit: Feb 19

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

#### **Birkie Rookie Package**

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

Age: I3Y	+		Max 24
Strathcor	na Wilderness Centre		
130635		Jan 19 to Feb 2	Sun
		I - 3 pm	\$203.96
130636	Including rentals	Jan 19 to Feb 2	Sun
		I - 3 pm	\$242.55

#### Improve Your Skiing in a Day

#### Active for Life

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

#### Learn to X-C Ski Skate Technique

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

Age: I3Y+		Max 16
Strathcona Wilderness Centre		
130837	Dec 11	Wed
	7 - 9 pm	\$49.50
130841	Jan 10	Fri
	7 - 9 pm	\$49.50
130842	Jan 24	Fri
	7 - 9 pm	\$49.50
130839	Feb I	Sat
	10 am - 12 pm	\$49.50
130843	Feb 14	Fri
	7 - 9 pm	\$49.50
130840	Feb 15	Sat
	10 am - 12 pm	\$49.50
130838	Mar 14	Sat
	I - 3 pm	\$49.50

#### Introduction to X-C Skiing: Level I

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

Age: I3Y+		Max 24
Strathcona Wilderness Centre		
130661	Jan 8	Wed
	6:30 - 8:30 pm	\$49.50
130657	Jan II	Sat
	10 am - 12 pm	\$49.50
130658	Jan 18	Sat
	10 am - 12 pm	\$49.50
130662	Jan 29	Wed
	6:30 - 8:30 pm	\$49.50
130663	Feb 5	Wed
	6:30 - 8:30 pm	\$49.50
130664	Feb 12	Wed
	6:30 - 8:30 pm	\$49.50
130659	Feb 15	Sat
	10 am - 12 pm	\$49.50
130660	Mar 7	Sat
	10 am - 12 pm	\$49.50

#### X-C Skiing Level 2

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

Age: I3Y+		Max 16
Strathcona Wilderness Centre		
130850	Jan 25	Sat
	10 am - 12 pm	\$49.50



Photo credit: JaN Studios

Sat/Sun

\$250.00

#### **Ski Coaching and Instructor Certifications**

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

#### **CANSI Prep**

Age: 16Y+

130643

Age: I6Y+		Max 16
Strathcona Wilderness Centre	e	
130644	Jan 12	Sun
	10 am - 4 pm	\$125.00
CANSI Level   Cert	ification Course	
Age: 16Y+		Max 16

#### Community Coaching (CC)

Community Comming		
Age: 15Y - 99Y		Max 4
Strathcona Wilderness Centre		
130645	Dec 7 and Dec 8 8:30 am - 4:30 pm	Sat/Sun \$115.00
Learn to Train (L2T)		

Jan 25 to Jan 26

9 am - 6 pm

Strathcona Wilderness Centre

Dryland	Nov 2, 3	Sat/Sun
On snow	Nov 30 and Dec 1	Sat/Sun

Contact Adam Binder to register:

780-922-3939 or adam.binder@strathcona.ca

## **Special Events**



#### Winter Family Fun Days

New Year's Day: Monday, January 1 Family Day: Monday, February 17

I - 4 pm

Dress warmly, bring a mug and head to the Strathcona Wilderness Centre for a day of winter fun! Enjoy a blazing campfire, hot chocolate and tasty treats for the whole family.

- Snowshoeing and Cross-country Skiing
   \*Toonie Ski Lesson (1:30 pm or 3 pm) equipment rental extra
   \*Toonie Snow Shoe Ramble (2 pm) equipment rental extra
- Regular trail and equipment rental rates apply.
- Proceeds from Toonie Lessons go to the Strathcona Food Bank.

#### Ski the Canadian Birkebeiner

February 7 to 9

Blackfoot Provincial Recreation Area

- Celebrate the adventure of the rescue of the infant prince by two Birkebeiner warriors near Lillehammer, Norway
- Participate in events ranging from 2.5 to 55 km.
   To register contact the Canadian Birkebeiner
   Society online at www.canadianbirkie.com
   or email ski@canadianbirkie.com



For beginner cross-country skiers looking to experience the fun of the Canadian Birkebeiner check out the Birkie Rookie Package on Page 53.

#### **Beat the Blues Boogie**

March 8

The tradition continues with this year's edition of the "Beat the Blues Boogie", raising funds in the name of Roger Tetrault, with all entry fees donated to the Alberta Cancer Foundation. Participate in events ranging from 2 to 24 km. Register online on Zone 4. Host Club Fast Trax. Info: www.fasttraxathleticclub.com/btbb



## Sunday, January 19 1 - 4 pm Strathcona Wilderness Centre

Featuring the Beaver Hills Bioblitz Celebrating Stewardship

Join professional biologists from the Alberta Chapter of the Wildlife Society, Nature Alberta, the Beaver Hills Initiative and the SWC team for a fun day of outdoor winter activities featuring stewardship opportunities.

Activities include:

- Check out citizen science programs you can join
- Getting to know the wildlife of the moraine and how you can track it
- Test out demo ski equipment
- · Warm up at a campfire with hot chocolate and tasty treats
- Visit www.strathcona.ca/wildernesscentre for more information















Take a video tour of the centre www.strathcona.ca/wildernesscentre

#### **Go Cross-Country Skiing**

- World Class groomed trails for classic and skate skiing
- Rent classic and skate skis
- Try out sit-skis and lessons for paranordic skiers
- Sign up for group or private lessons for beginners to advanced skiers, children and adults
- Sign up for school and group lessons
- Warm-up indoors in the skiers lounge

#### Go Snowshoeing

- Rent snowshoes for children and adults
- Sign up for group and school lessons
- Explore snowshoe and multipurpose trails

#### Stay a while

- Stay for the day or the weekend in our lodge with commercial kitchen
- Bundle up and ski or snowshoe to the tent-sites
- · Cook meals on the wood stove in the cookhouse
- Bring the family, sports team, church or school group

#### View the abundant wildlife

- Enjoy spotting birds, moose and deer
- · Leave your pets at home!













#### **Day passes**

Tots (under 2) FREE
Child (2-12) \$2.75
Youth (13-17) \$3.25
Adult \$7.00
Family \$14.00
Senior \$4.50

#### Season passes (Nov to Mar)

Child (2-12) \$21.00 Youth (under 18) \$25.00 Adult \$55.00 Family \$115.00 Senior \$35.00

#### Spring season passes (Feb to Mar)

Child (2-12) \$10.00 Youth (under 18) \$12.50 Adult \$28.00 Family \$57.00 Senior \$18.00

#### Ski and snow equipment rentals

- First come, first served no reservations
- Complete packages and partial sets available
- Rentals for use only within the park
- $\bullet$  Equipment rental rate is for up to 3 hours
- Rentals available up to 2 hours before closing
- Rental equipment must be returned I hour before closing
- Photo ID required to rent

Youth ski package (waxless) \$13.00
Adult ski package (waxless) \$16.00
Performance skate or skin ski package
(skis, boots & poles) \$20.00
All terrain snowshoes \$8.75
Preschool skis \$3.75
Baby glider (ski pulk) \$3.75

\*all prices include GST

Sign up for our X-C Ski Bulletin www.strathcona.ca/wildernesscentre

#### **Hours of Operation**

9 am - 4:30 pm daily

Closed: Christmas Day, Dec 25

Easter Sunday, Apr 12

Only 20 minutes east of Sherwood Park on Township Road 530 (Baseline Road) and Range Road 212. Coordinates: N 53° 31.957 W 112° 59.964

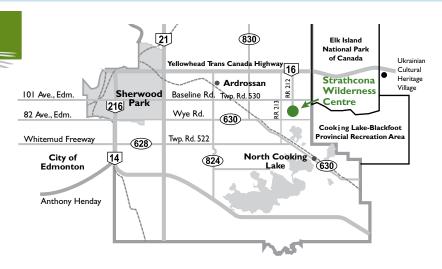
780-922-3939

swcinfo@strathcona.ca

www.strathcona.ca/wildernesscentre











## Titress Training

Our fitness philosophy is built on expert guidance and motivation.



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

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

www.strathcona.ca/teamtraining



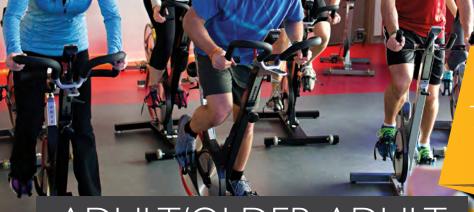
Floating Fitness | Baby Worx | Bootcamp | Barre | POUND® | TRX | HIIT | Cycle | Yoga | Kickboxing | and more!

Find the full class schedule and more details at Strathcona.ca/flexpass

Classes are subject to change.

**QUESTIONS?** 780-416-7234 www.strathcona.ca/flexpass





#### **REGISTRATION STARTS**

November 26

A new registration system, **Recreation Online**, is coming in the new year! See page 1 for details.

## ADULT/OLDER ADULT



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

#### **HIIT and Ride**

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

Omit: Feb 16, 17

Age: 16Y+		Max 20
Millennium Place	Red Room	
131333	Jan 6 to Mar 23	Mon
	9:15 - 10:15 am	\$121.00
<u>131334</u>	Jan 5 to Mar 29	Sun
	10:15 - 11:15 am	\$132.00

#### 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: I6Y+		Max 16
Millennium Place	Red Room	
131344	Jan 8 to Mar 25	Wed
	6 - 7 pm	\$132.00

#### **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: Feb 17

Age: 16Y+		Max 40
Millennium Place	Red Room	
<u>131363</u>	Jan 6 to Mar 23	Mon
	7:15 - 8 pm	\$104.50
131364	Jan 7 to Mar 24	Tue
	7 - 8 pm	\$132.00
<u>131365</u>	Jan 7 to Mar 24	Tue
	8:15 - 9 pm	\$114.00
131366	Jan 9 to Mar 26	Thu
	6:30 - 7:30 pm	\$132.00

#### 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 off of the bike with strength based exercises.

Omit: Feb 15

Age: I6Y+		Max 40
Millennium Place	Red Room	
131375	Jan 4 to Mar 28	Sat
	7 - 8:30 am	\$144.00

#### **Strength and Stretch**

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

Omit: Feb 17

Age: I6Y+		Max 22
Glen Allan Recreation Complex	Studio 203	
<u>131367</u>	Jan 6 to Mar 23	Mon
	8:15 - 9 pm	\$104.50

#### 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: Feb 15

Age: 16Y+		Max 30
Ardrossan Recreation Complex	Hall	
131323	Jan 7 to Mar 24 7:15 - 8:30 pm	Tue \$156.00
Ardrossan Recreation Complex	Aspen Room	
131324	Jan 8 to Mar 25 10:15 - 11:15 am	Wed \$132.00
Glen Allan Recreation Complex	Studio 203	
131325	Jan 8 to Mar 25 6 - 7 pm	Wed \$132.00
Millennium Place	Green Room	
<u>131326</u> <u>131327</u>	Jan 10 to Mar 27 10:30 - 11:30 am Jan 11 to Mar 21 10:15 - 11:15 am	Fri \$132.00 Sat \$110.00

#### **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: Feb 17

Age: 16Y+		Max 20
Millennium Place	Green Room	
131186	Jan 6 to Mar 23	Mon
	9:15 - 10:15 am	\$121.00
131187	Jan 8 to Mar 25	Wed
	6 - 7 pm	\$132.00





#### **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: Feb 17

Age: I6Y+		Max 20
Millennium Place	Green Room	
<u>131357</u>	Jan 6 to Mar 23	Mon
	7 - 8 pm	\$121.00
131358	Jan 7 to Mar 24	Tue
	9 - 10 am	\$132.00

#### It's Friday

A new class each week, It's Friday features our most popular programs like Bootcamp, Circuit, POUND®, Barre, and more. Visit strathcona.ca/ flexpass to see the weekly class schedule.

Age: 16Y+		Max 16
Millennium Place	Purple Room	
131335	Jan 3 to Mar 27	Fri
	9 - 10 am	\$143.00

#### Fit Mix Wednesday

This full-body conditioning class is designed to make you sweat. Expect a variety of exercises and formats like intervals, High Intensity Interval Training, circuits and more. Work hard, challenge yourself, and keep moving!

Age: 16Y+		Max 25
Glen Allan Recreation Complex	Studio 203	
131319	Jan 8 to Mar 25	Wed
	7:15 - 8:15 pm	\$132.00



#### **Floating Fitness**

Get on board our aqua mats where you will love the added mobility challenge that a workout on water brings. Classes require a basic level of fitness. Be prepared to get wet. Wear something that is comfortable in the water and on the board. Balance, strength, stability and cardio will be tested in this bootcamp format.

Age: I6Y+		Max 13
Emerald Hills Leisure Centre	Teach Pool	
131321	Jan 8 to Mar 25	Wed
	7:45 - 8:30 pm	\$114.00
131322	Jan 9 to Mar 26	Thu
	7 - 7:45 pm	\$114.00

#### 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 crosstraining alternative to your fitness routine.

Omit: Feb 17

Age: I6Y+		Max 12
Millennium Place	The McKay Team Aq	uatics Centre
131181	Jan 6 to Mar 23	Mon
	7:45 - 8:45 pm	\$121.00

#### **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.

Age: I6Y+		Max 20
Millennium Place	MaxWell Realty Field	1 2
131183	Jan 7 to Mar 24	Tue
	10:15 - 11:15 am	\$102.00
131184	Jan 9 to Mar 26	Thu
	10:15 - 11:15 am	\$102.00

#### **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	
131185	Jan 10 to Mar 27	Fri
	9 - 9:45 am	\$114.00

#### 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	
131179	Jan 7 to Mar 24 9:30 - 10:30 am	Tue \$132.00
Ardrossan Recreation Complex	Hall	
<u>131180</u>	Jan 9 to Mar 26 10 - 11 am	Thu \$132.00

#### **Move and Groove**

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

Age: I8Y+		Max 25
Glen Allan Recreation Complex	Studio 203	
131345	Jan 7 to Mar 24	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. Saturdays class will be held in the weight room. Omit: Feb 15, 17

Age: I6Y+		Max 20
Glen Allan Recreation Complex	Studio 203	
131193	Jan 6 to Mar 23 6:15 - 7 pm	Mon \$104.50
Glen Allan Recreation Complex	Level 2 - Apple Fitne	ss Centre
131194	Jan 4 to Mar 28	Sat
	8:15 - 9:15 am	\$132.00

#### **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	
131356	Jan 7 to Mar 24	Tue
	7:30 - 8:30 pm	\$132.00

#### **Advanced Bootcamp**

This next level bootcamp will test your strength, speed, power and agility with functional, sports-related exercises and traditional bootcamp drills. Omit: Feb. 17

Age: I6Y+		Max 25
Millennium Place	Doctors Eyecare Blu	e Room
131173	Jan 6 to Mar 23	Mon
	6 - 7 pm	\$121.00

#### 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: I6Y+		Max 24
Millennium Place	Green Room	
131332	Jan 9 to Mar 26	Thu
	6:15 - 7:15 pm	\$132.00

#### **POUND®**

Rock out in this exhilarating, full-body workout with choreographed movements set to music. This class combines cardio conditioning and strength training in a fun atmosphere perfect for letting loose, getting energized, and toning up. All fitness levels welcome.

Age: I6Y+		Max 18
Millennium Place	Purple Room	
131360	Jan 8 to Mar 25	Wed
	7:15 - 8 pm	\$114.00

#### **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: I6Y+		Max 16
Millennium Place	Purple Room	
131369	Jan 9 to Mar 26	Thu
	6:15 - 7:15 pm	\$132.00

#### **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: I6Y+		Max 18
Glen Allan Recreation Complex	Studio 203	
131331	Jan 9 to Mar 26	Thu
	5:15 - 6:15 pm	\$132.00

#### **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	
131338	Jan 7 to Mar 24	Tue
	6:30 - 7:30 pm	\$132.00



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

#### 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	
131190	Jan 7 to Mar 24 6:15 - 7 pm	Tue \$114.00
Millennium Place	Green Room	
<u>131191</u>	Jan 8 to Mar 25 11:45 am - 12:45 pm	Wed \$114.00

#### **Get Started**

The perfect class for beginners or those looking to get back into a fitness routine. Learn the basics in this blended group fitness and wellness centre workout class. Enjoy a comfortable and encouraging environment that introduces you to a variety of exercises and equipment.

Omit: Feb 16

Age: 16Y+		Max 16
Millennium Place	Doctors Eyecare Blue	Room
131328	Jan 8 to Mar 11 5:30 - 6:30 pm	Wed \$95.00
Millennium Place	Personal Training Roo	m
131329	Jan 12 to Mar 15 9:30 - 10:30 am	Sun \$85.50

#### **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 for those wanting help with swim technique. All swim abilities welcome.

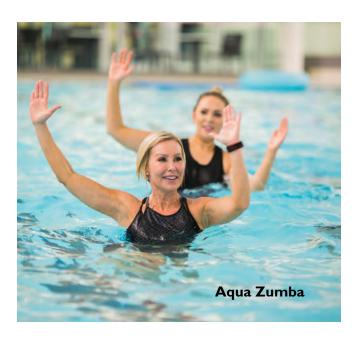
Age: I6Y+		Max 20
Millennium Place	Red Room	
131195	Jan 7 to Mar 24 8:15 - 9:45 pm	Tue \$156.00



#### 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.



#### 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: Feb 17

Age: I6Y+		Max 25
Kinsmen Leisure Centre	Pool	
131182	Jan 27 to Mar 23	Mon
	6 - 6:50 pm	\$88.00

#### **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: Feb 17

Age: 16Y+		Max 16
Millennium Place	The McKayTeam Aqu	atics Centre
131170	Jan 6 to Mar 23	Mon
	10:30 - 11:30 am	\$110.00
131172	Jan 7 to Mar 24	Tue
	9 - 9:45 pm	\$114.00
<u>131171</u>	Jan 10 to Mar 27	Fri
	10:30 - 11:30 am	\$120.00

#### Floating Family Bootcamp

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

Omit: Feb 15

	Max 12
Teach Pool	
Jan 18 to Mar 21	Sat
3:30 - 4:15 pm	\$144.00
	Jan 18 to Mar 21

#### **Adult Power Skate/Learn to Play Hockey**

Work on your skating technique and hockey skills with Jim Fleming. Learn proper body control and positioning to improve your skating skills while developing hockey essentials like stick handling, puck control and shooting. Full equipment including sticks is required. Pucks will be provided. Omit Feb 17

Age: I6Y+		Max 20
Strathcona Olympiette Centre	Ice - Main	
131168	Jan 27 to Mar 30	Mon
	7:30 - 8:30 pm	\$150.00
131169	Jan 27 to Mar 30	Mon
	8:45 - 9:45 pm	\$150.00

#### 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: Feb 16

Age: I2Y+		Max 16
Millennium Place	Doctors Eyecare Blu	e Room
131340	Jan 12 to Mar 29	Sun
	12 - 1 pm	\$10 <del>4</del> .50

#### **Kettlebell Circuit**

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

Age: 16Y+		Max 12
Millennium Place	Purple Room	
132641	Jan 9 to Mar 26	Thu
	7:30 - 8:30 pm	\$132.00
Millennium Place	Red Room	
131337	Jan 10 to Mar 27	Fri
	9 - 10 am	\$132.00



#### **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

#### **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: I6Y+		Max 22
Millennium Place	Green Room	
<u>131312</u>	Jan 7 to Mar 24 6:15 - 7:15 pm	Tue \$132.00
131313	Jan 10 to Mar 27 9:15 - 10:15 am	Fri \$132.00
Glen Allan Recreation Complex	Studio 203	
131314	Jan 9 to Mar 26 7:30 - 8:30 pm	Thu \$132.00

#### Essentrics™ Barre

Lengthen and strengthen your muscles using the barre, floorwork and light resistance. This combination class will make you sweat and stretch. Omit: Feb 15

Age: I6Y+		Max 16
Millennium Place	Green Room	
131315	Jan II to Mar 28	Sat
	9 - 10 am	\$121.00



#### Wellness - Adult/Older Adult

Registered Programs

#### Aging Backwards with Essentrics™

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

Omit: Feb 17

Age: 50Y+		Max 22
Millennium Place	Green Room	TIUX ZZ
<u>131175</u>	Jan 6 to Mar 23 12:15 - 1 pm	Mon \$104.50
Ardrossan Recreation Complex	Aspen Room	
131177	Jan 7 to Mar 24 12 - 12:45 pm	Tue \$114.00
Glen Allan Recreation Complex	Studio 203	
131174	Jan 9 to Mar 26 1:45 - 2:30 pm	Thu \$114.00
<u>131176</u>	Jan 10 to Mar 27 12:15 - 1 pm	Fri \$114.00

#### 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	
131368	Jan 14 to Mar 17	Tue
	I - 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	
	Jan 7 to Mar 24	Tue
131370	9:15 - 10:15 am	\$114.00
<u>131371</u>	10:15 - 11:15 am	\$114.00
	Jan 9 to Mar 26	Thu
131372	9:15 - 10:15 am	\$114.00
<u>131373</u>	10:15 - 11:15 am	\$114.00

#### 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: I6Y+		Max 15
Millennium Place	Green Room	
131192	Jan 16 to Mar 19	Thu
	11:15 am - 12:15 pm	\$110.00

## Seniors Dance & Social



Ian 16 Sparkling Tones

Feb 20 **Dynamics** 

Mar 19 **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/MAXELITE

## 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.

All programs are located at Millennium Place.

Jan 23

POUND® for Seniors 10:15 - 11 am

11:15 am - 12 pm Surprising facts about your vision:

with Doctors Eyecare

Feb 27

10:15 - 11 am Aging Backwards with Essentrics™

11:15 am - 12 pm Alzheimer Society

Mar 26

10:15 - 11 am Tai Chi

Healthy Eating for Aging: 11:15 am - 12 pm

with Primary Care Network

**Drop-in admission or Millennium Card required** 

780-416-7234 or visit 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 68 or 69. 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









#### **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.

**Mon/Wed/Fri** 9:30 - 11 am **Mon/Fri** 11 am - 12:30 pm

Initial program design fee \$75

#### **Deep/Shallow Water Program**

#### **Emerald Hills Leisure Centre**

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

Thu 10:15 - 10:45 am Directional Stepping

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.

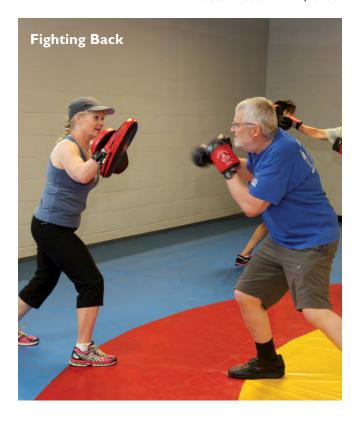
Omit: Feb 16

Age: 40Y+		Max 13
Emerald Hills Leisure Centre	Teach Pool	
131189	Jan 12 to Mar I	Sun
	8:50 - 9:50 am	\$112.00

#### 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: Feb 17

Age: I6Y+		Max 16
Millennium Place	MaxWell Realty Fiel	d 2
<u>131316</u>	Jan 6 to Mar 30 10:15 - 11:15 am	Mon \$96.00
Millennium Place	Combatives Room	
131317	Jan 8 to Apr 1 10:30 - 11:30 am	Wed \$104.00





#### 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: Feb 17

Age: 50Y+		Max 16
Emerald Hills Leisure Centre	Teach Pool	
131336	Jan 6 to Mar 23	Mon
	10:45 - 11:45 am	\$104.50

#### 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: I6Y+		Max 12
Millennium Place	Doctors Eyecare Blo	ue Room
131341	Jan 9 to Feb 27	Thu
	12 - 2 pm	\$90.00
131342	Mar 5 to Apr 23	Thu
	12 - 2 pm	\$90.00



# FUN:::. Factory

Guest Childminding Service 0-8 years

HOURS OF OPERATION September - June

#### **Millennium Place**

**Mon and Wed** 8:45 a.m. - 2 p.m.

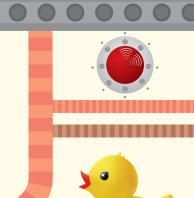
5 p.m. - 8:15 p.m.

Tue/Thu/Fri/Sat 8:45 a.m. - I p.m.



**Mon to Fri** 9 a.m. - I2 p.m.

Closed on statutory holidays



Millennium Place 780-416-3300 Ardrossan Recreation Complex 780-400-2084

www.strathcona.ca/funfactory





## Winter 2020

-- DROP-IN --Recreation
SCHEDULES

## Millennium Card

Plan your recreation with our drop-in schedules and Mobile Recreation App. Winter Drop-in Recreation Schedules will be available online and for pickup in late December.

www.strathcona.ca/reccalendar www.strathcona.ca/mobile





Discover Scuba IOY+
Discover Scuba Kids 8Y to I2Y

PADI Open-Diver Certification 10Y+

Test the waters of scuba and snorkeling with a 60 to 90 minute introductory class lead by certified Professional Association of Diving Instructors from Ocean Sports. All equipment provided.

See page 84 for classes.

For more information call 780-464-8236





Learn to be a **Nermaid** 

Dive in and enjoy the magic of a mermaid experience!

Learn more about our Mermaid Celebration and Atlantis Academy at strathcona.ca/mermaid



strathcona.ca/registration







### Winter swim programs for every age and ability

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

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

Session I: January 6 - March 16: 10 classes at Emerald Hills Leisure Centre

Session 2: January 28 - March 22: 8 classes at Kinsmen Leisure Centre



# **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 I 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.

- 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

- 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

- · 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

### Session I Emerald Hills Leisure Centre Once a week for 10 classes

Mondays January 6 - March 16 (Omit: Feb 17) Fridays January 10 - March 13
Tuesdays January 7 - March 10 Saturdays January 11 - March 14
Wednesdays January 8 - March 11 Sundays January 12 - March 15
Thursdays January 9 - March 12

Starfish Ages 4M - 12M Parented 10 Classes \$65.70		
Place	Time	S \$65.70
Piace		
Mon	I - 1:30 pm	<u>131614</u>
	5:30 - 6 pm	<u>131615</u>
Tue	5 - 5:30 pm	131693
iue	6 - 6:30 pm	<u>131694</u>
	3 - 3:30 pm	132147
Wed	4 - 4:30 pm	131753
	5:30 - 6 pm	<u>131754</u>
	11:15 - 11:45 am	132536
Thu	2 - 2:30 pm	<u>131811</u>
	5 - 5:30 pm	131813
	I - I:30 pm	<u>132137</u>
Fri	2 - 2:30 pm	131953
LL!	4 - 4:30 pm	<u>131954</u>
	5:30 - 6 pm	131955
Sat	10 - 10:30 am	132059
Jdl	11:45 am - 12:15 pm	132060
Sun	9:15 - 9:45 am	<u>131870</u>
	11:45 am - 12:15 pm	<u>131871</u>
	1:30 - 2 pm	131872
Duck		

<b>Duck</b> Parented		2M - 24M s <b>\$65.70</b>
Place	Time	Code
Mon	1:30 - 2 pm	<u>131616</u>
	2:30 - 3 pm	<u>131617</u>
	4:30 - 5 pm	131618
	6 - 6:30 pm	131619

Tue	4:30 - 5 pm	131695
	5:30 - 6 pm	131696
	7 - 7:30 pm	131697
	2:30 - 3 pm	132148
Wed	4:30 - 5 pm	<u>131755</u>
	6 - 6:30 pm	<u>131756</u>
	11:45 am - 12:15 pm	132537
Thu	2:30 - 3 pm	<u>131814</u>
Tilu	4:30 - 5 pm	<u>131815</u>
	5:30 - 6 pm	<u>131816</u>
	2:30 - 3 pm	<u>131956</u>
Fri	4:30 - 5 pm	<u>131957</u>
111	6 - 6:30 pm	131958
	6:30 - 7 pm	131959
	10:30 - 11 am	<u>132061</u>
Sat	12:15 - 12:45 pm	132062
	1:45 - 2:15 pm	132063
Sun	10:45 - 11:15 am	<u>131873</u>
Juli	I - I:30 pm	131874

10 Classe	10 Classes \$65.70	
Time	Code	
2 - 2:30 pm	131620	
2:30 - 3 pm	131627	
4 - 4:30 pm	<u>131621</u>	
5 - 5:30 pm	131622	
6:30 - 7 pm	131623	
	Time 2 - 2:30 pm 2:30 - 3 pm 4 - 4:30 pm 5 - 5:30 pm	

Sea Turtle Ages 24M - 36M

Tue	5 - 5:30 pm	131698
	5:30 - 6 pm	131699
	6:30 - 7 pm	131700
	2 - 2:30 pm	132146
Wed	5 - 5:30 pm	131757
vved	6 - 6:30 pm	131758
	6:30 - 7 pm	131759
	5:30 - 6 pm	<u>131817</u>
Thu	6 - 6:30 pm	131818
	6:30 - 7 pm	131819
	1:30 - 2 pm	<u>132136</u>
Fri	3 - 3:30 pm	131960
111	5 - 5:30 pm	<u>131961</u>
	7 - 7:30 pm	131962
	11 - 11:30 am	132064
Sat	11:45 am - 12:15 pm	132065
Sat	12:45 - 1:15 pm	132066
	1:15 - 1:45 pm	132067
	9:45 - 10:15 am	131875
	10:15 - 10:45 am	<u>131876</u>
Sun	10:45 - 11:15 am	<u>131877</u>
Juli	11:15 - 11:45 am	<u>131878</u>
	12:30 - 1 pm	131879
	I - I:30 pm	<u>131880</u>

Session I: Emerald Hills Leisure Centre

Sea Otter Ages 3Y - 5Y Unparented 10 Classes \$65.70		
Place	Time	Code
	1:30 - 2 pm	<u>131624</u>
	2 - 2:30 pm	<u>131625</u>
	2:30 - 3 pm	<u>131626</u>
	4 - 4:30 pm	<u>131628</u>
Mon	4:30 - 5 pm	<u>131629</u>
	5 - 5:30 pm	<u>131630</u>
	5:30 - 6 pm	<u>131631</u>
	6 - 6:30 pm	<u>131632</u>
	6:30 - 7 pm	<u>131633</u>
	4:30 - 5 pm	<u>131701</u>
Tue	6 - 6:30 pm	<u>131702</u>
iue	6:30 - 7 pm	<u>131703</u>
	7 - 7:30 pm	<u>131704</u>
	2 - 2:30 pm	132142
	2:15 - 2:45 pm	132145
	2:30 - 3 pm	132143
	3 - 3:30 pm	<u>132144</u>
Wed	4 - 4:30 pm	<u>131760</u>
	4:30 - 5 pm	<u>131761</u>
	5 - 5:30 pm	<u>131762</u>
	5:30 - 6 pm	<u>131763</u>
	6:30 - 7 pm	<u>131764</u>
	11:15 - 11:45 am	<u>132538</u>
	11:45 am - 12:15 pm	<u>132539</u>
	2 - 2:30 pm	<u>131820</u>
Thu	4:30 - 5 pm	<u>131821</u>
	5 - 5:30 pm	131822
	6 - 6:30 pm	<u>131823</u>
	6:30 - 7 pm	131824

	I - I:30 pm	<u>132134</u>
	1:30 - 2 pm	132135
	2 - 2:30 pm	131963
	2:30 - 3 pm	131964
	3 - 3:30 pm	131965
Fri	4 - 4:30 pm	131966
111	4:30 - 5 pm	<u>131967</u>
	5 - 5:30 pm	131968
	5:30 - 6 pm	131969
	6 - 6:30 pm	131970
	6:30 - 7 pm	<u>131971</u>
	7 - 7:30 pm	131972
	10 - 10:30 am	132068
	10:30 - 11 am	132069
	11 - 11:30 am	132070
Sat	12:15 - 12:45 pm	<u>132071</u>
	12:45 - 1:15 pm	132072
	1:15 - 1:45 pm	132073
	1:45 - 2:15 pm	132074
	9:15 - 9:45 am	<u>131881</u>
	9:45 - 10:15 am	131882
	10:15 - 10:45 am	131883
Sun	11:15 - 11:45 am	<u>131884</u>
	11:45 am - 12:15 pm	131885
	12:30 - 1 pm	<u>131886</u>
	1:30 - 2 pm	<u>131887</u>
Salar	nander Ages	3Y _ 5Y_
Unparen		
Place	Time	Code
	I - I:45 pm	131634
	1:45 - 2:30 pm	131635
Mon	2:30 - 3:15 pm	131636
	4 - 4:45 pm	131637
	4:45 - 5:30 pm	131638
	5:30 - 6:15 pm	131639
	6:15 - 7 pm	131640
	0.13 - 7 pm	131010

Tue	4:30 - 5:15 pm	131705
	5:15 - 6 pm	131706
	6 - 6:45 pm	131707
	6:45 - 7:30 pm	131708
	2 - 2:45 pm	132138
	2:45 - 3:30 pm	132139
Wed	4 - 4:45 pm	131765
vved	4:45 - 5:30 pm	<u>131766</u>
	5:30 - 6:15 pm	<u>131767</u>
	6:15 - 7 pm	131768
	11:15 am - 12 pm	132530
	2 - 2:45 pm	131825
Thu	4:30 - 5:15 pm	131826
	5:15 - 6 pm	131827
	6 - 6:45 pm	131828
	1:15 - 2 pm	132133
	2 - 2:45 pm	131973
	2:45 - 3:30 pm	131974
Fri	4 - 4:45 pm	131975
	4:45 - 5:30 pm	<u>131976</u>
	5:30 - 6:15 pm	131978
	6:15 - 7 pm	131979
	7 - 7:45 pm	131980
	10 - 10:45 am	132075
	10:45 - 11:30 am	132076
Sat	11:45 am - 12:30 pm	132077
	12:30 - 1:15 pm	132078
	1:15 - 2 pm	132079
	10 - 10:45 am	131888
Sun	10:45 - 11:30 am	131889
	11:30 am - 12:15 pm	131890
	12:30 - 1:15 pm	<u>131891</u>
	1:15 - 2 pm	131892

Session I: Emerald Hills Leisure Centre

### **Session I EHLC**

Once a week for 10 classes

Mon Jan 6 - Mar 16 (Omit Feb 17)

Tue Jan 7 - Mar 10 Wed Jan 8 - Mar 11 Thu Jan 9 - Mar 12

Fri Jan 10 - Mar 13 Sat Jan 11 - Mar 14

Sun Jan 12 - Mar 15

Sunfish Ages 3Y - 6Y Unparented 10 Classes \$83.20		
Place	Time	Code
	I - I:45 pm	<u>131641</u>
	1:45 - 2:30 pm	131642
	2:30 - 3:15 pm	131643
Mon	4 - 4:45 pm	<u>131644</u>
	4:45 - 5:30 pm	131645
	5:30 - 6:15 pm	<u>131646</u>
	6:15 - 7 pm	131647
	4:30 - 5:15 pm	131709
Tue	5:15 - 6 pm	<u>131710</u>
iue	6 - 6:45 pm	<u>131711</u>
	6:45 - 7:30 pm	<u>131712</u>
	2 - 2:45 pm	132140
	2:45 - 3:30 pm	132141
Wed	4 - 4:45 pm	131769
vved	4:45 - 5:30 pm	<u>131770</u>
	5:30 - 6:15 pm	<u>131771</u>
	6:15 - 7 pm	<u>131772</u>
	11:15 am - 12 pm	<u>132531</u>
	2 - 2:45 pm	131829
Thu	4:30 - 5:15 pm	<u>131830</u>
	5:15 - 6 pm	<u>131831</u>
	6 - 6:45 pm	<u>131832</u>

	1:15 - 2 pm	131981
	2:45 - 3:30 pm	131982
	4 - 4:45 pm	131983
Fri	4:45 - 5:30 pm	131984
	5:30 - 6:15 pm	131985
	6:15 - 7 pm	131986
	7 - 7:45 pm	131987
	10 - 10:45 am	132080
	10:45 - 11:30 am	132081
Sat	11:45 am - 12:30 pm	132082
	12:30 - 1:15 pm	132083
	1:15 - 2 pm	132084
	10 - 10:45 am	131893
Sun	10:45 - 11:30 am	131894
	11:30 am - 12:15 pm	131895
	12:30 - 1:15 pm	131896
	1:15 - 2 pm	131897

Crocodile/ Ages 3Y - 6Y Whale Unparented 10 Classes \$83.20		
Unparen	Time	Code
	I - I:45 pm	131648
	1:45 - 2:30 pm	131649
M	4 - 4:45 pm	<u>131650</u>
Mon	4:45 - 5:30 pm	<u>131651</u>
	5:30 - 6:15 pm	<u>131652</u>
	6:15 - 7 pm	131653
Tue	4:30 - 5:15 pm	<u>131713</u>
iue	6 - 6:45 pm	131714
	2:45 - 3:30 pm	132149
	4 - 4:45 pm	131773
Wed	4:45 - 5:30 pm	131774
	5:30 - 6:15 pm	131775
	6:15 - 7 pm	131776

Thu	11:15 am - 12 pm	132532
	2 - 2:45 pm	131833
	5:15 - 6 pm	131834
	1:15 - 2 pm	131988
	2:45 - 3:30 pm	131989
	4 - 4:45 pm	131990
Fri	4:45 - 5:30 pm	131991
	5:30 - 6:15 pm	131992
	6:15 - 7 pm	131993
	7 - 7:45 pm	131994
	10 - 10:45 am	132085
	10:45 - 11:30 am	132086
Sat	11:45 am - 12:30 pm	132087
	12:30 - 1:15 pm	132088
	1:15 - 2 pm	132089
Sun	10 - 10:45 am	131898
	10:45 - 11:30 am	131899
	12:30 - 1:15 pm	131900

Level I Ages 5Y+		
Unparented 10 Classes \$83.20		
Place	Time	Code
	I - 1:45 pm	<u>131654</u>
	1:45 - 2:30 pm	<u>131655</u>
	2:30 - 3:15 pm	<u>131656</u>
Mon	4 - 4:45 pm	<u>131657</u>
	4:45 - 5:30 pm	<u>131658</u>
	5:30 - 6:15 pm	<u>131659</u>
	6:15 - 7 pm	<u>131660</u>
	4:30 - 5:15 pm	131719
Tue	5:15 - 6 pm	131720
	6 - 6:45 pm	<u>131721</u>
	6:45 - 7:30 pm	131722

### Session I: Emerald Hills Leisure Centre

	4 - 4:45 pm	<u>131777</u>
<b>VA</b> / 1	4:45 - 5:30 pm	131778
Wed	5:30 - 6:15 pm	131779
	6:15 - 7 pm	131780
	11:15 am - 12 pm	132533
<b>-</b> .	4:30 - 5:15 pm	131838
Thu	5:15 - 6 pm	131839
	6 - 6:45 pm	131840
	2 - 2:45 pm	131995
	4 - 4:45 pm	131996
<b>-</b> .	4:45 - 5:30 pm	131997
Fri	5:30 - 6:15 pm	131998
	6:15 - 7 pm	131999
	7 - 7:45 pm	132000
	10 - 10:45 am	132090
	10:45 - 11:30 am	132091
Sat	11:45 am - 12:30 pm	132092
	12:30 - 1:15 pm	132093
	1:15 - 2 pm	132094
	10 - 10:45 am	131903
	10:45 - 11:30 am	131904
Sun	11:30 am - 12:15 pm	131905
	12:30 - 1:15 pm	<u>131906</u>
	1:15 - 2 pm	131907

	1:15 - 2 pm	131907	
Level 2 Ages 5Y+ Unparented 10 Classes \$83.20			
Place	Time	Code	
	1:45 - 2:30 pm	<u>131661</u>	
	4 - 4:45 pm	131662	
Mon	4:45 - 5:30 pm	131663	
	5:30 - 6:15 pm	<u>131664</u>	
	6:15 - 7 pm	131665	
	4:30 - 5:15 pm	131723	
Tue	5:15 - 6 pm	131724	
	6 - 6:45 pm	131725	
	6:45 - 7:30 pm	131726	

	4 - 4:45 pm	<u>131781</u>
<b>\ \ \ \ \ \ \ \ \</b>	4:45 - 5:30 pm	131782
Wed	5:30 - 6:15 pm	131783
	6:15 - 7 pm	131784
	11:15 am - 12 pm	132534
<b>T</b> 1	4:30 - 5:15 pm	131841
Thu	5:15 - 6 pm	131842
	6 - 6:45 pm	131843
	2 - 2:45 pm	132004
	4 - 4:45 pm	132005
<b>-</b> .	4:45 - 5:30 pm	132006
Fri	5:30 - 6:15 pm	132007
	6:15 - 7 pm	132008
	7 - 7:45 pm	132009
	10 - 10:45 am	132095
	10:45 - 11:30 am	132096
Sat	11:45 am - 12:30 pm	132097
	12:30 - 1:15 pm	132098
	1:15 - 2 pm	132099
	10 - 10:45 am	131908
	10:45 - 11:30 am	131909
Sun	11:30 am - 12:15 pm	131910
	12:30 - 1:15 pm	<u>131911</u>
	1:15 - 2 pm	131912

Level 3 Ages 5Y+ Unparented 10 Classes \$83.20		
Place	Time	Code
	2:30 - 3:15 pm	<u>131666</u>
	4 - 4:45 pm	<u>131667</u>
Mon	4:45 - 5:30 pm	131668
	5:30 - 6:15 pm	131669
	6:15 - 7 pm	131670
	5:15 - 6 pm	131727
Tue	6 - 6:45 pm	131728
	6:45 - 7:30 pm	131729

Wed	4 - 4:45 pm	<u>131785</u>
	4:45 - 5:30 pm	<u>131786</u>
	5:30 - 6:15 pm	<u>131787</u>
	6:15 - 7 pm	131788
	11:15 am - 12 pm	132535
TI	4:30 - 5:15 pm	131844
Thu	5:15 - 6 pm	131845
	6 - 6:45 pm	131846
	4 - 4:45 pm	132010
	4:45 - 5:30 pm	<u>132011</u>
Fri	5:30 - 6:15 pm	132012
	6:15 - 7 pm	132013
	7 - 7:45 pm	132014
	10 - 10:45 am	132100
	10:45 - 11:30 am	<u>132101</u>
Sat	11:45 am - 12:30 pm	132102
	12:30 - 1:15 pm	132103
	1:15 - 2 pm	132104
	10 - 10:45 am	131913
Sun	10:45 - 11:30 am	131914
	11:30 am - 12:15 pm	<u>131915</u>
	12:30 - 1:15 pm	131916
	1:15 - 2 pm	<u>131917</u>



Session I: Emerald Hills Leisure Centre

### Session I EHLC

Once a week for 10 classes

Mon Jan 6 - Mar 16 (Omit Feb 17)

Tue Jan 7 - Mar 10 Wed Jan 8 - Mar 11 Thu Jan 9 - Mar 12 Fri Jan 10 - Mar 13

Sat Jan II - Mar I4 Sun Jan I2 - Mar I5

Level 4 Ages 5Y+ Unparented 10 Classes \$83.20		
Place	Time	Code
	4 - 4:45 pm	<u>131671</u>
Mon	4:45 - 5:30 pm	131672
	5:30 - 6:15 pm	131673
	4:30 - 5:15 pm	131730
Tue	5:15 - 6 pm	<u>131731</u>
iue	6 - 6:45 pm	131732
	6:45 - 7:30 pm	131733
	4 - 4:45 pm	131789
Wed	4:45 - 5:30 pm	131790
vved	5:30 - 6:15 pm	<u>131791</u>
	6:15 - 7 pm	131792
	4:30 - 5:15 pm	131847
Thu	5:15 - 6 pm	131848
	6 - 6:45 pm	131849
	4 - 4:45 pm	132015
	4:45 - 5:30 pm	132016
Fri	5:30 - 6:15 pm	132017
	6:15 - 7 pm	132018
	7 - 7:45 pm	132019

	10 - 10:45 am	132105
	10:45 - 11:30 am	132106
Sat	11:45 am - 12:30 pm	132107
	12:30 - 1:15 pm	132108
	1:15 - 2 pm	132109
	10 - 10:45 am	131918
	10:45 - 11:30 am	131919
Sun	11:30 am - 12:15 pm	131920
	12:30 - 1:15 pm	<u>131921</u>
	1:15 - 2 pm	131922

Level 5 Ages 5Y+ Unparented 10 Classes \$83.20		
Place	Time	Code
	4 - 4:45 pm	131674
Mon	5:30 - 6:15 pm	<u>131675</u>
	6:15 - 7 pm	<u>131676</u>
	4:30 - 5:15 pm	<u>131734</u>
Tue	5:15 - 6 pm	131735
iue	6 - 6:45 pm	<u>131736</u>
	6:45 - 7:30 pm	<u>131737</u>
	4 - 4:45 pm	131793
Wed	5:30 - 6:15 pm	131794
	6:15 - 7 pm	131795
	4:30 - 5:15 pm	131850
Thu	5:15 - 6 pm	<u>131851</u>
	6 - 6:45 pm	131852
	4 - 4:45 pm	132020
	4:45 - 5:30 pm	132021
Fri	5:30 - 6:15 pm	132022
	6:15 - 7 pm	132023
	7 - 7:45 pm	132024

	10 - 10:45 am	132110
	10:45 - 11:30 am	<u>132111</u>
Sat	11:45 am - 12:30 pm	132112
	12:30 - 1:15 pm	132113
	1:15 - 2 pm	132114
	10 - 10:45 am	131923
	10:45 - 11:30 am	131924
Sun	11:30 am - 12:15 pm	131925
	12:30 - 1:15 pm	131926
	1:15 - 2 pm	131927

Level 6 Ages 5Y+ Unparented 10 Classes \$83.20		
Time	Code	
4 - 4:45 pm	<u>131677</u>	
4:45 - 5:30 pm	131678	
6:15 - 7 pm	131679	
4:30 - 5:15 pm	131738	
5:15 - 6 pm	131739	
6:45 - 7:30 pm	131740	
4 - 4:45 pm	131796	
4:45 - 5:30 pm	<u>131797</u>	
6:15 - 7 pm	131798	
4:30 - 5:15 pm	131853	
5:15 - 6 pm	131854	
6 - 6:45 pm	131855	
4 - 4:45 pm	132025	
4:45 - 5:30 pm	<u>132026</u>	
5:30 - 6:15 pm	132027	
6:15 - 7 pm	132028	
7 - 7:45 pm	132029	
	Time  4 - 4:45 pm  4:45 - 5:30 pm  6:15 - 7 pm  4:30 - 5:15 pm  5:15 - 6 pm  6:45 - 7:30 pm  4 - 4:45 pm  4:45 - 5:30 pm  6:15 - 7 pm  4:30 - 5:15 pm  5:15 - 6 pm  6- 6:45 pm  4 - 4:45 pm  4 - 4:45 pm  5:15 - 6 pm  6 - 6:45 pm  4 - 4:45 pm  4:30 - 5:15 pm  5:15 - 6 pm  6 - 6:45 pm	

Session I: Emerald Hills Leisure Centre

		10 - 10:45 am	<u>132115</u>
	Sat	10:45 - 11:30 am	<u>132116</u>
	Sat	11:45 am - 12:30 pm	132117
		12:30 - 1:15 pm	132118
		10 - 10:45 am	131928
Su		10:45 - 11:30 am	131929
	Sun	11:30 am - 12:15 pm	131930
		12:30 - 1:15 pm	<u>131931</u>
		1:15 - 2 pm	131932

Level 7 Ages 5Y+ Unparented 10 Classes \$83.20		
Place	Time	Code
Maria	4:45 - 5:30 pm	131680
Mon	5:30 - 6:15 pm	<u>131681</u>
	4:30 - 5:15 pm	131741
Tue	5:15 - 6 pm	131742
iue	6 - 6:45 pm	131743
	6:45 - 7:30 pm	131744
	4 - 4:45 pm	131799
Wed	4:45 - 5:30 pm	131800
	6:15 - 7 pm	<u>131801</u>
Thu	4:30 - 5:15 pm	131856
THU	6 - 6:45 pm	131857
	4 - 4:45 pm	132030
Fri	5:30 - 6:15 pm	<u>132031</u>
	7 - 7:45 pm	132032
	10 - 10:45 am	132119
Sat	10:45 - 11:30 am	132120
	12:30 - 1:15 pm	132121
Sun	10:45 - 11:30 am	131933
Suri	12:30 - 1:15 pm	131934

Level 8 Ages 5Y+ Unparented 10 Classes \$83.20		
Place	Time	Code
Mon	4 - 4:45 pm	131682
Mon	5:30 - 6:15 pm	131683
	4:30 - 5:15 pm	131745
Tue	5:15 - 6 pm	131746
	6:45 - 7:30 pm	131747
Wed	5:30 - 6:15 pm	131802
Thu	4:30 - 5:15 pm	131858
Thu	5:15 - 6 pm	131859
Fri	4:45 - 5:30 pm	132033
ΓΠ	5:30 - 6:15 pm	132034
Sat	10 - 10:45 am	132122
Jal	11:45 am - 12:30 pm	132123
	10 - 10:45 am	131935
Sun	11:30 am - 12:15 pm	131936
	1:15 - 2 pm	<u>131937</u>

Level 9 Ages 5Y+ Unparented 10 Classes \$83.20		
Place	Time	Code
Mon	4:45 - 5:30 pm	<u>131684</u>
Mon	6:15 - 7 pm	131685
	5:15 - 6 pm	131748
Tue	6 - 6:45 pm	131749
	6:45 - 7:30 pm	131750
Wed	4:45 - 5:30 pm	131803
Thu	4:30 - 5:15 pm	131860
ınu	6 - 6:45 pm	131861
Fri	4 - 4:45 pm	132035
rri	6:15 - 7 pm	132036
Sat	10:45 - 11:30 am	132124
Sat	12:30 - 1:15 pm	132125
	10 - 10:45 am	131938
Sun	11:30 am - 12:15 pm	131939
	1:15 - 2 pm	131940

Level 10 Ages 5Y+ Unparented 10 Classes \$83.20		
Place	Time	Code
Mon	6:15 - 7 pm	131686
Tue	4:30 - 5:15 pm	131751
iue	6 - 6:45 pm	131752
Wed	5:30 - 6:15 pm	131804
Thu	5:15 - 6 pm	131862
ınu	6 - 6:45 pm	131863
Fri	4:45 - 5:30 pm	132037
rrı	6:15 - 7 pm	132038
Car	10 - 10:45 am	132126
Sat	11:45 am - 12:30 pm	132127
C	10:45 - 11:30 am	131941
Sun	12:30 - 1:15 pm	131942



Session 2: Kinsmen Leisure Centre

### Session 2 Kinsmen Leisure Centre Once a week for 8 classes

TuesdaysJanuary 28 - March 17SaturdaysFebruary 1 - March 21WednesdaysJanuary 29 - March 18SundaysFebruary 2 - March 22ThursdaysJanuary 30 - March 19

Sunfish

Salamander Ages 3Y - 5Y		
Unparented 8 Classes \$66.56		
Day(s)	Time	Code
	4:30 - 5:15 pm	130976
Tue	5:15 - 6 pm	130977
	6 - 6:45 pm	130978
Wed	1:30 - 2:15 pm	130979
vved	2:15 - 3 pm	130980
	4 - 4:45 pm	130981
Thu	4:45 - 5:30 pm	130982
Thu	5:30 - 6:15 pm	130983
	6:15 - 7 pm	130984
	9 - 9:45 am	130985
Sat	9:45 - 10:30 am	130986
Jal	10:30 - 11:15 am	130987
	11:15 am - 12 pm	130988
	9 - 9:45 am	130989
	9:45 - 10:30 am	130990
Sun	10:45 - 11:30 am	130991
	11:30 am - 12:15 pm	130992
	12:15 - 1 pm	130993

Unparented 8 Classes \$66.56		
Day(s)	Time	Code
т	4:30 - 5:15 pm	130994
Tue	6 - 6:45 pm	130995
Wed	1:30 - 2:15 pm	130996
Thu	4 - 4:45 pm	130997
Thu	5:30 - 6:15 pm	130998
Sat	9:45 - 10:30 am	130999
Sat	11:15 am - 12 pm	131000
	9 - 9:45 am	131001
Sun	10:45 - 11:30 am	131002
	12:15 - 1 pm	131003
	odile/ Age	131003 es 3Y - 6Y
Croc Wha Unparen	odile/ Age le	
Wha	odile/ Age le	es 3Y - 6Y
Wha Unparen	odile/ Age le ted <b>8 Classe</b>	es 3Y - 6Y
Wha Unparen Day(s)	odile/ Age le ted 8 Classe	es 3Y - 6Y es <b>\$66.56</b> Code
What Unparent Day(s) Tue Wed	codile/ Age le ted 8 Classe Time 5:15 - 6 pm	es 3Y - 6Y es \$66.56 Code 131004
What Unparent Day(s) Tue	todile/ Age le ted 8 Classe Time 5:15 - 6 pm 2:15 - 3 pm	Code 131004 131005
What Unparent Day(s) Tue Wed	Fine Sils - 3 pm 4:45 - 5:30 pm	Code 131004 131005 131006
What Unparent Day(s) Tue Wed Thu	Fodile/ Age le ted 8 Classe Time 5:15 - 6 pm 2:15 - 3 pm 4:45 - 5:30 pm 6:15 - 7 pm	es \$66.56  Code  131004  131005  131006

Ages 3Y - 6Y

Level I Ages 5Y+		
Unparented 8 Classes \$66.56		
Day(s)	Time	Code
	4:30 - 5:15 pm	<u>131011</u>
Tue	5:15 - 6 pm	131012
	6 - 6:45 pm	131013
	4 - 4:45 pm	<u>131014</u>
Thu	4:45 - 5:30 pm	131015
	6:15 - 7 pm	<u>131016</u>
	9 - 9:45 am	131017
Sat	9:45 - 10:30 am	131018
	10:30 - 11:15 am	131019
	9 - 9:45 am	131020
Sun	9:45 - 10:30 am	<u>131021</u>
	10:45 - 11:30 am	131022
	12:15 - 1 pm	131023

Unparented 8 Classes \$66.56		
Day(s)	Time	Code
Tue	4:30 - 5:15 pm	131024
iue	6 - 6:45 pm	131025
	4 - 4:45 pm	131026
Thu	4:45 - 5:30 pm	131027
	5:30 - 6:15 pm	131028
	9 - 9:45 am	131029
Sat	9:45 - 10:30 am	131030
Sat	10:30 - 11:15 am	<u>131031</u>
	11:15 am - 12 pm	131032



Session 2: Kinsmen Leisure Centre

Sun	9 - 9:45 am	131033
	9:45 - 10:30 am	131034
	11:30 am - 12:15 pm	131035
	12:15 - 1 pm	131036

Level 3 Ages 5Y+ Unparented 8 Classes \$66.56		
Day(s)	Time	Code
Tue	5:15 - 6 pm	<u>131037</u>
iue	6 - 6:45 pm	131038
Thu	5:30 - 6:15 pm	131039
THU	6:15 - 7 pm	131040
	9:45 - 10:30 am	<u>131041</u>
Sat	10:30 - 11:15 am	131042
	11:15 am - 12 pm	131043
	9 - 9:45 am	131044
Sun	10:45 - 11:30 am	131045
	11:30 am - 12:15 pm	131046
	12:15 - 1 pm	131047

Level 4 Ages 5Y+ Unparented 8 Classes \$66.56		
Day(s)	Time	Code
Tue	4:30 - 5:15 pm	131079
iue	5:15 - 6 pm	131080
	4 - 4:45 pm	<u>131081</u>
Thu	4:45 - 5:30 pm	131083
	6:15 - 7 pm	<u>131084</u>
Sat	9 - 9:45 am	131085
Sat	11:15 am - 12 pm	131086
	9 - 9:45 am	131087
Sun	9:45 - 10:30 am	131088
	11:30 am - 12:15 pm	131089
	12:15 - 1 pm	131090

Level 5 Ages 5Y+ Unparented 8 Classes \$66.56		
Day(s)	Time	Code
Tue	5:15 - 6 pm	131094
iue	6 - 6:45 pm	131095
	4 - 4:45 pm	131096
Thu	5:30 - 6:15 pm	131097
	6:15 - 7 pm	131098
Car	9:45 - 10:30 am	131099
Sat	10:30 - 11:15 am	131100
Sun	9:45 - 10:30 am	131101
	10:45 - 11:30 am	131102
	11:30 am - 12:15 pm	131103

Unparented 8 Classes \$66.56		
Day(s)	Time	Code
Tue	4:30 - 5:15 pm	131104
iue	6 - 6:45 pm	131105
Thu	4:45 - 5:30 pm	131106
Thu	5:30 - 6:15 pm	131107
	9 - 9:45 am	131108
Sat	10:30 - 11:15 am	131109
	11:15 am - 12 pm	131110
	9 - 9:45 am	<u>131111</u>
Sun	10:45 - 11:15 am	131112
	12:15 - 1 pm	131113

Ages 5Y+

Level 6

Level 7

Unparented 8 Classes \$66.56		
Day(s)	Time	Code
Tue	4:30 - 5:15 pm	131114
iue	6 - 6:45 pm	<u>131115</u>
Thu	4 - 4:45 pm	131116
THU	6:15 - 7 pm	<u>131117</u>

Sat	9 - 9:45 am	
Sat	11:15 am - 12 pm	131119
	9:45 - 10:30 am	131120
Sun	11:30 am - 12:15 pm	<u>131121</u>
	12:15 - 1 pm	131122

Level 8 Ages 5Y+ Unparented 8 Classes \$66.56		
Day(s)	Time	Code
Tue	4:30 - 5:15 pm	131123
iue	5:15 - 6 pm	<u>131124</u>
Thu	4:45 - 5:30 pm	131125
	9 - 9:45 am	<u>131126</u>
Sat	9:45 - 10:30 am	<u>131127</u>
	11:15 am - 12 pm	131128
	9 - 9:45 am	131129
Sun	10:45 - 11:30 am	131130

Level 9 Ages 5Y+ Unparented 8 Classes \$66.56		
Day(s)	Time	Code
Tue	5:15 - 6 pm	<u>131131</u>
Thu	5:30 - 6:15 pm	131132
Sat	9:45 - 10:30 am	131133
Sat	10:30 - 11:15 am	<u>131134</u>
Sun	9:45 - 10:30 am	131135
Sun	10:45 - 11:30 am	131136

Level 10 Unparented 8 Classes		Ages 5Y+ s <b>\$66.56</b>
Day(s)	Time	Code
Thu	6:15 - 7 pm	<u>131091</u>
Sat	10:30 - 11:15 am	131092
Sun	11:30 am - 12:15 pm	131093

Extra Help/Teen and Adult

### 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	
132128	Jan II to Mar I4 I0:45 - II:30 am	Sat \$83.20
Kinsmen Leisure Centre	Lap Pool (25m)	
<u>131062</u>	Jan 30 to Mar 19 4 - 4:45 pm	Thu \$66.56

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

Age: 5Y - 14Y		
Emerald Hills Leisure Centre	Lap Pool	
132129	Jan II to Mar I4 II:45 - I2:30 pm	Sat \$83.20
Kinsmen Leisure Centre	Lap Pool (25m)	
131063	Jan 30 to Mar 19	Thu
	4:45 - 5:30 pm	\$66.56

### Stroke Improvement - Swim Kids 8-10

Age: 5Y - 14Y		
Emerald Hills Leisure Centre	Lap Pool	
132130	Jan 11 to Mar 14 12:30 - 1:15 pm	Sat \$83.20
Kinsmen Leisure Centre	Lap Pool	
131064	Jan 30 to Mar 19 5:30 - 6:15 pm	Thu \$66.56



### 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: IIY - I7Y		
Emerald Hills Leisure Centre	Lap Pool	
131687	Jan 6 to Mar 16	Mon
	4:45 - 5:30 pm	\$83.20
131807	Jan 8 to Mar II	Wed
	4 - 4:45 pm	\$83.20

### 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: I I Y - I 7 Y		
Emerald Hills Leisure Centre	Lap Pool	
131688	Jan 6 to Mar 16	Mon
	4 - 4:45 pm	\$83.20
131808	Jan 8 to Mar II	Wed
	4:45 - 5:30 pm	\$83.20

### 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: I6Y+		
Emerald Hills Leisure Centre	Lap Pool	
131689	Jan 6 to Mar 16	Mon
	6:15 - 7 pm	\$83.20
131805	Jan 8 to Mar 11	Wed
	5:30 - 6:15 pm	\$83.20
<u>132131</u>	Jan II to Mar I4	Sat
	1:15 - 2 pm	\$83.20

### 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: I6Y+		
Emerald Hills Leisure Centre	Lap Pool	
131690	Jan 6 to Mar 16	Mon
	5:30 - 6:15 pm	\$83.20
131806	Jan 8 to Mar II	Wed
	6:15 - 7 pm	\$83.20
<u>132132</u>	Jan II to Mar 14	Sat
	1:15 - 2 pm	\$83.20

Special Interest/Private Lessons



### **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	
132056	Jan II to Mar 14	Sat
	9 - 9:45 am	\$86.70

### 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

8		
Emerald Hills Leisure Centre	Teach Pool	
131717	Jan 7 to Mar 10	Tue
	4:30 - 5:15 pm	\$96.90
132057	Jan II to Mar 14	Sat
	9 - 9:45 am	\$96.90

### 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	
131715	Jan 7 to Mar 10	Tue
	5:15 - 6 pm	\$96.90
131716	Jan 7 to Mar 10	Tue
	6:45 - 7:30 pm	\$96.90
131835	Jan 9 to Mar 12	Thu
	4:30 - 5:15 pm	\$96.90
131836	Jan 9 to Mar 12	Thu
	6 - 6:45 pm	\$96.90
132055	Jan II to Mar I4	Sat
	9 - 9:45 am	\$96.90
131901	Jan 12 to Mar 15	Sun
	11:30 am - 12:15 pm	\$96.90
131902	Jan 12 to Mar 15	Sun
	1:15 - 2 pm	\$96.90

### 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+

0		
Emerald Hills Leisure Centre	Lap Pool	
131718	Jan 7 to Mar 10	Tue
	6 - 6:45 pm	\$96.90
131837	Jan 9 to Mar 12	Thu
	5:15 - 6 pm	\$96.90
132058	Jan II to Mar 14	Sat
	9 - 9:45 am	\$96.90

# **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.



### **Swimming**

**Sports** 



### **Sports**

### **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:	RΥ	_	14Y
תצכ.	o ı	-	171

Kinsmen Leisure Centre	Lap Pool	
132002	Jan 30 to Mar 19	Thu
	7:30 - 8:30 pm	\$48.00

### 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:	QΥ		149
Age:	OΙ	-	1 <del>4</del> 1

Age. or - ITI		
Kinsmen Leisure Centre	All Pools	
131060	Jan 30 to Mar 19	Thu
	7 - 7:45 pm	\$83.20
131061	Jan 30 to Mar 19	Thu
	7:45 - 8:30 pm	\$83.20

### **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

Age: IOY+

Kinsmen Leisure Centre	Deep Tank	
132229	Feb 16	Sun
	7 - 8:30 pm	\$60.00

### **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 12 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

Age: 8Y - 12Y

Kinsmen Leisure Centre	Lap Pool	
132228	Feb 16	Sun
	7 - 8:30 pm	\$60.00

### **PADI Open-Diver Certification**

This Professional Association of Diving Instructors (PADI) Confined Water Course is the first step in becoming a certified diver. Get comfortable and explore the magic of breathing underwater. Participants must finish e-learning modules and attend all pool sessions in order to successfully complete this program. Four open water dives need to be completed within one year of finishing this course to complete your PADI Open Water Diver certificate. Dives can be completed with any PADI dive shop across the world. Maximize your dive time on your holidays by taking this course locally. This program is in partnership with Ocean Sports. For more information, call 780-432-1904 or email mandy@oceansports.ca

Age: I0Y+

Kinsmen Leisure Centre	Deep Tank	
132227	Feb 2 to Mar 15	Sun
	6:45 - 8:45 pm	\$399.00



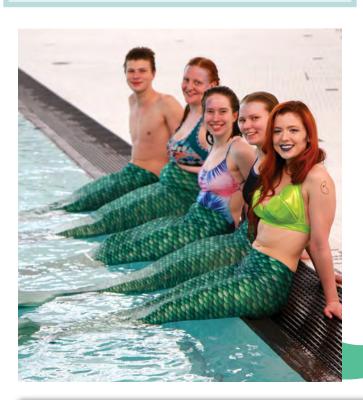
# HOME-SCHOOL

### **Home-school Swim Lessons**

45 Minute Classes (8 weeks)

See page 76 for preschool classes offered during this time.

	onered a	ai iiig ciiis ciiii
Age: 5Y+		
Kinsmen Leisure Centre	Lap Pool	
	Jan 29 to Mar 18	Wed
	1:30 - 2:15 pm	\$46.16
131067	Red Cross Swim K	ids Level I
131069	Red Cross Swim K	ids Level 2
131071	Red Cross Swim K	ids Level 3
131073	Red Cross Swim K	ids Level 5
131075	Red Cross Swim K	ids Level 7
131077	Red Cross Swim K	ids Level 9
	2:15 - 3 pm	\$46.16
131068	Red Cross Swim K	ids Level I
131070	Red Cross Swim K	ids Level 2
131072	Red Cross Swim K	ids Level 4
131074	Red Cross Swim K	ids Level 6
131076	Red Cross Swim K	ids Level 8
131078	Red Cross Swim K	ids Level 10



### **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 the 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	
132054	Jan II to Mar I4	Sat
	2 - 3:30 pm	\$225.00

### **Mermaid Celebration**

Dive in and experience the magic of a personal mermaid encounter. 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 Mertails. 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 Mermaid Tails, please contact 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 -	I3Y			\$30.00
Emerald	Hills Leisu	re Centre	Teach Pool	
132039	Jan 10	craft: photo frame	7:30 - 9 pm	Fri
132040	Jan 24	craft: keychain	7:30 - 9 pm	Fri
132041	Feb 07	craft: glam photoshoot	7:30 - 9 pm	Fri
132042	Feb 21	craft: keychain	7:30 - 9 pm	Fri
132043	Mar 6	craft: photo frame	7:30 - 9 pm	Fri



### **Swimming**

Instructor and Lifeguard Development

### **Instructor and Lifeguard Development**

Attendance is essential for all development programs



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. Participants should complete Red Cross Swim Kids 8 (or higher) prior to registering.

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

Kinsmen Leisure Centre	All Pools	
131059	Jan 30 to Mar 19	Thu
	7:15 - 8:45 pm	\$95.0 <del>4</del>



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

Kinsmen Leisure Centre	Classroom and Lap	Pool
132273	Jan 28 to Mar 17	Tue
	4:30 - 7 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.



Learn the skills required to prevent and respond to aquatic incidents This program covers both the Bronze Medallion and Bronze Cross courses. 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

Kinsmen Leisure Centre	All Pools	
131058	Jan 30 to Mar 19	Thu
	4:30 - 9 pm	\$285.04

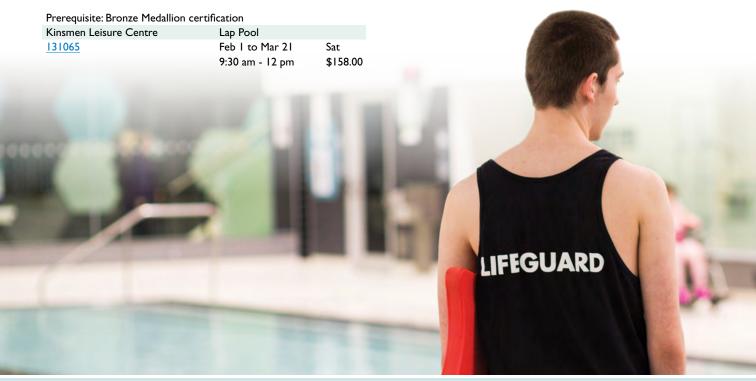
### Lifeguard School

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

Kinsmen Leisure Centre	All Pools	
131066	Feb 2 to Mar 22	Sun
	9 am - 4:30 pm	\$441.04



# Make someone happy this holiday season!



### Give the gift of fun, fitness and family time.

Recreation Gift Cards can be used towards admission, programs, rentals and green fees at Strathcona County recreation and culture facilities.

Purchase your gift card today at Ardrossan Recreation Complex, Emerald Hills Leisure Centre, Glen Allan Recreation Complex, Millennium Place, or at the Recreation Administration Office.





# **Come Skate With Us!**



Friendly & Fun Atmosphere

- PreCanSkate/PreCanPower (ages 3+)
- CanSkate/CanPower (ages 5+)
- PreStarSkate (Stage 3+)
- StarSkate

Register today online: www.asfsc.ca

or by mail: ASFSC, Box 62 Ardrossan, AB T8E 2A1

www.asfsc.ca | info@asfsconline.com





### **ART CLASSES**

Emphasis on Technique – Fabulous Results!

Limited Enrollment - Register Today

Ages 5 & Up

## DRAWING \* PAINTING \* SCULPTURE PORTFOLIO PREPARATION

Portfolio Preparation offered for entrance into college and university in a number of disciplines

Six-week introductory program offered

#102 108 PROVINCIAL AVENUE (UPSTAIRS) SHERWOOD PARK, AB

780-449-3824

Email: info@artfullyyoursschooloffineart.ca artfullyyoursschooloffineart.ca

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 ······

 Friday ...... March 27 (PD day) Thursday ......April 2 (spring break)

IN FORT SASKATCHEWAN Sunday..... Dec 1

IN SOUTH COOKING LAKE Tuesday....... Nov 12 (fall break)

9 am - 5 pm • For boys and girls, ages 11+

### REGISTER NOW!

https://bookwhen.com/redcrossbabysitting

OR CONTACT VELTA AT 780-464-0660 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.

# CREATE ART!





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 Treasurers 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.





### **UPCOMING WORKSHOPS:**

### 2020

Terrie Shaw: Painting Portraits, 0il or Acrylic, \$125, six Weds Jan 15 - Feb 19 Willie Wong: Watercolors, \$190, 6 Mondays Jan 20 - Feb 24

Dee Poisson: Oil Paint & Cold Wax Medium, \$125, January 25, 26 Cindy Revell: Whimsical Painting, Oil or Acrylic, \$140, February 8 and 9

Margaret Klappstein: Create A Better Painting, \$125, six Weds Feb 26, March 4, 11, 18, 25, April 1

Doris Charest: Mixed Media Level II, \$140, Feb 29 - March 1

Joyce Boyer: Pastels, \$85, four Wed. Evenings Mar 18, 25, April 1, 8

Frances Alty-Arscott: Watercolor Landscapes, Intermediate, \$70, March 28

Randy Hayashi: Acrylic Landscapes, \$160, April 30 at 7 pm, and May 1 and 2 from 9:30 to 4:30

### 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!



### **Calling All Curlers**

Join us for slippery fun between the sheets.

Club Lounge & Ice Rentals Available

Check out our website and Facebook page

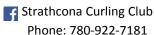
### **UPCOMING BONSPIELS**

Tough Person (one on one) - Jan 18 & 19
Family Fun & Friends - January 25
Mixed Spiel - February 8
Family Curling - February 23
Open Doubles - March 7

**Register Online** 

### Strathcona Curling Club, Fultonvale

info@strathconacurlingclub.ca www.strathconacurlingclub.ca







### **BUILDING CONFIDENCE & SELF-ESTEEM**









### **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

# TO REGISTER OR FOR MORE INFORMATION: SPOTLIGHTPERFORMING.CA

or email hello@spotlightperforming.ca

### Join us for an experience your children will never forget!

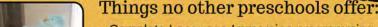
# English Camps & PD Days:



French & German 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 \$45 per child per day.
- 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.



- Complete Language Immersion programming for 3 & 4 year olds; not just an introduction.
- Certified teachers deliver developmentallyappropriate curriculum.
- · No mandatory volunteering or fundraising.
- Belief Re-patterning technique empowers choice of feelings for emotional regulation.
- We focus on Kindergarten readiness, problemsolving, process-driven crafts, positive selfesteem, socialization and yoga.

Still accepting registrations for this school year. Sherwood Park's choice since 2006!

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petits-soleils@shaw.ca



(780) 709-2602



ESC ALPINE SKI RACING SOCIETY IS RETURNING TO EDMONTON SKI CLUB!

### REGISTER NOW 2019/2020 SKI RACING SEASON

Visit our website for more information www.escalpine.com info@escalpine.com

SKI RACING PROGRAMS AVAILABLE FOR AGES 4 AND UP ALL LEVELS WELCOME.



# **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



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



# SEARCHING FOR AN EDUCATION THAT FITS YOUR LIFESTYLE?

### FIND IT AT EIPSCONTINUINGED.CA

- CAREER DEVELOPMENT
- LIFESTYLE CLASSES
- ONLINE EDUCATION
- NIGHT CLASSES (CREDIT)
- DIPLOMA EXAM PREP
- SUMMER SCHOOL (CREDIT)
- YOUTH CAMPS

**SPRING REGISTRATION OPENS JAN 6, 2020** 



20 Festival Way Sherwood Park, AB T8A 4Y1 780.467,7292



### **WINTER 2019 Programs**

at Millenium Place and Glen Allan Recreation Complex

### **PreCanSkate**

For skaters 3 yrs+ with little or no skating experience. Group lessons (30 mins) focus on basic movements to move safely & effectively on the ice to become ready for the Canskate program. Parents are not required or permitted on the ice.

### Canskate

For skaters that have completed PreCanSkate program. This program focuses on the fundamental movements of skating. Interactive (45 min) group lessons.

**Prepower** Full hockey/ringette equipment is recommended. For skaters 4 yrs+ who are Initiation/Novice hockey level and have completed at least one session of Canskate or equivalent.

**Canpowerskate** Full hockey/ringette equipment is recommended. For skaters 6 yrs+ who have passed the Prepower program or are Atom hockey level & above. For skaters interested in improving their skating skills needed for hockey and/or ringette.

Full schedule online!

Registration online @ www.sherwoodparkskatingclub.ca or email spfsclearntoskate@gmail.com

# Celebrate your birthday with us!

### **Book your party at:**

Ardrossan Recreation Complex

Strathcona Wilderness Centre

Kinsmen Leisure Centre

• Strathcona Olympiette Centre

Millennium Place



www.strathcona.ca/partypackages

SHERWOOD PARK BALL HOCKEY

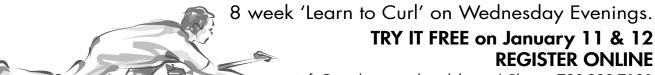
### **Season runs April thru June**

- Youth Program (4-19yrs)
- Special Needs Program
- Women's Program
- Men's Shinny
- Ball Hockey Camps



Registration opens Dec. 1, 2019 • www.parkballhockey.ca

# Your Game is Here! Strathcona Curling Club



info@strathconacurlingclub.ca | Phone: 780-922-7181 www.strathconacurlingclub.ca



# **I SherwoodPark**Music

Check

NOV 29TH

Huge Savings on Instruments & Accessories throughout December

Instruments, pedals, strings, harmonicas, capos, ukuleles, headphones, blue tooth speakers, amps, violins, guitars, digital pianos, plus more!

Holiday Specials Scratch & SAVE Dec. 13, 14 & 15

PIANO, VOICE, VIOLIN, GUITAR, UKULELE, BANJO, DRUMS, WOODWINDS, BRASS, RUDIMENTS, HARMONY & HISTORY AVAILABLE.

### PRIVATE & GROUP LESSONS (ALLAGES) 12 WEEK BEGINNER PROGRAM \$270

(INTRODUCTORY OFFER) 12-1/2 hr private lessons start Jan 6th with your

instruments of choice!

**PROGRAM** 

PERFORMANCE Take your music lessons to the next level. Join one of our bands or ensembles and "jam" with other students!

### Sing Club - TOO much fun!

Unique vocal experience, exp. different genres, learn magical harmonization

- 12 17 yrs.old
- starts Jan. 6th
- Mondays at 6:00p.m.

### Rock/pop Band

- 1 year playing ability
- Friday, Saturday or Sundays
- starting Jan. 10th
- · one hour sessions
- Bands based on genre interest and experience

Tax Credits, Recitals, Accredited Teachers, WeJam Performance Program

780-467-5537

Ukulele or Violin Ensemble

If you're studying ukulele or

violin and would like to have the

opportunity to play with others,

this is the group for you. Learn the

music, rehearse, and perform. (2 performances per semester)

\$39/semester

• 7-12 yrs.old

#107, 52 Sioux Rd. sherwoodparkmusic.com







# **TAEKWON-DO CLASSES FOR AGES 4 to ADULT**

ECOLE PARC SCHOOL - FORT SASKATCHEWAN WESTBORO SCHOOL - SHERWOOD PARK

CALL 780-951-1697

PHOENIXTAEKWON-DO.CA

### Strathcona County Where's My Program?

### **Sherwood Park**

### **Recreation Facilities**

**Broadmoor Recreation Complex** 

- 2100 Oak St (Vic Bidzinski Way)

Child and Youth Community Centre - 3 Spruce Ave

Capital Care Centre - I2 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

- I Broadmoor Blvd

### Darks

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

 ${\sf Campbelltown\ School-271\ Conifer\ St}$ 

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  $-273\ \text{Fir St}$ 

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 (Josephburg)

- 54569 Range Road 215

Strathcona Olympiette Centre (Fultonvale)

- 52029 Range Road 224

Strathcona Wilderness Centre

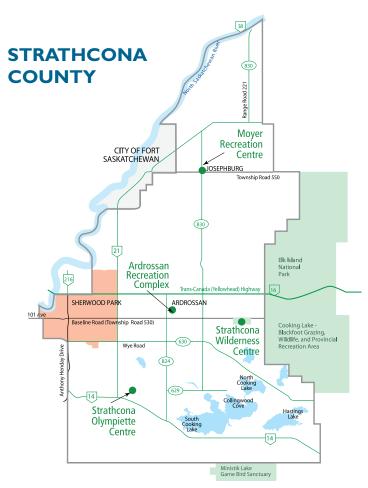
Township Rd. 530 & Range Road 212
 GPS: N 53° 31.957 W 112° 59.964

### Schools

Ardrossan Elem./Jr./High – 53129 Range Road 222 Ardrossan Holy Redeemer – 53117 Range Road 222 Ardrossan

Uncas – 21313 Township Road 524 Ardrossan





# Millennium Card

### **Benefits:**

- More than 100 drop-in fitness programs
- FREE fitness orientations (book at the front desk)
- Six recreation facilities
- Hassle-free monthly renewal
- Card suspension option
- No contract



### **Child Pass**

\$23.25/month \$14.25/month with the purchase of an adult pass.

### **Senior Pass**

\$39.25/month
Additional senior
pass only \$32.50/month.

### **Youth Pass**

\$39.25/month \$14.25/month with the purchase of an adult pass.

### **Family Pass**

Customizable

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

Prices in effect until April 2020



**Adult Pass** 

\$49.00/month

Additional adult pass only \$41.50/month.



Tuesday, December 31 • 4 p.m. - 8 p.m.

Sherwood Park Arena Sports Centre, Community Centre, Festival Place and Broadmoor Lake Park



FREE tropical-themed indoor/outdoor activities and entertainment at the New Year's Festival!

**Presenting Sponsors** 













Festival Partner



