

# Outdoor Programs for Groups

## Strathcona Wilderness Centre



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## Stay, Play and Learn at the Centre

Plan to stay at the Strathcona Wilderness Centre for your next team, family, community group or church overnight event. Whether you are planning an educational field trip, a team building event, a planning retreat, a campout or a family reunion, your group will feel the quiet of the wilderness and the convenience of being close the city. Our modern pine lodge, which has a commercial kitchen, offers hostel style accommodations for up to 41 people in 7 bedrooms. We also offer complimentary wireless internet. Should your group prefer to camp, our bunkhouses or walk-in tent campsites may be just what you are looking for! Book custom “learn-to camp” sessions to help make your camping trip a success. Visit [www.strathcona.ca/wildernesscentre](http://www.strathcona.ca/wildernesscentre) for a video tour.





# What information do I need to book?

## Programs at a Glance

Check the chart on page 8 for a summary of the group programs we offer.

## How do I book programs?

Bookings for group programs are open year round. To ensure you get the time, date and program you prefer, call the Strathcona Wilderness Centre at 780-922-3939 today.

The office is open for bookings 9 a.m.-4 p.m. Monday through Friday.

Program registration can be booked up to a year in advance. Please be prepared with the following information when you call to book.

- contact person
- ages of group members
- leaders' names
- number of participants
- group address (include postal code)
- dates (have 3 dates ready)
- group phone number(s) and fax
- main contact's e-mail address
- program(s) of choice
- credit card for program fee

## Did you know?

The Strathcona Wilderness Centre offers group programs, birthday parties, private lessons and semi-private lessons year round.

The Strathcona Wilderness Centre is a public park, with users sharing the trails and warm-up area. Please inform your participants of the need to be courteous to other visitors.

## Upon booking

You will receive a contract and terms and conditions by fax or email prior to the date of your program. Within seven days of receiving your contract please confirm the details of your program, then sign and return the contract and the terms and conditions by fax or email. Please read the information carefully and discuss any details that need to be clarified or changed with SWC staff at 780-922-3939.

Please note, GST will be added to all program fees.

If you require a contract package mailed to you, please confirm the contact name and their mailing address when booking your program.

## What is included in the program?

We supply equipment, facilities and instructor(s), unless otherwise noted. We provide an experience your group won't forget!

## When can I book a program?

Programs can be scheduled between the hours of 9 a.m. and 9 p.m. every day of the week. Preferred program times are 9:30 to 11:30 a.m., 12:30 to 2:30 p.m. and/or 3:00 to 5:00 p.m. Plan a half-day or full-day program. Areas where your group can eat their lunch are available.



## Strathcona Wilderness Centre contact information

**Phone:** 780-922-3939  
**Fax:** 780-922-6415  
**Email:** [swcinfo@strathcona.ca](mailto:swcinfo@strathcona.ca)

**Mailing Address:**  
Strathcona Wilderness Centre  
2025 Oak Street  
Sherwood Park, Alberta  
T8A 0W9

**Strathcona Wilderness Centre**  
**Site Address** (not for mailing):  
52535 Range Road 212  
Ardrossan, Alberta

**GPS Coordinates:**  
53-31.957 N by 112-59.964 W

# Cancellation procedures

Programs can run in all weather conditions that do not compromise the participants' safety.

In adverse weather conditions, the Strathcona Wilderness Centre may cancel a program. Every attempt will be made to provide an alternative program or to reschedule the program at a later date.

Should we not be able to deliver a specific program due to weather, we will discuss alternative program options with your group leader. Cancellation of a program is done in consultation with your group leader and the Outdoor Recreation Programmer at 780-922-3939.

## Can I cancel or re-book?

Groups are not required to pay for programs cancelled due to adverse weather or if notice of cancellation is received up to 72 hours prior to the program. Please contact us by phone at 780-922-3939 or by email at [swcinfo@strathcona.ca](mailto:swcinfo@strathcona.ca). We will get back to you by the next business day to confirm that your cancellation request has been received. If you do not receive a confirmation, your cancellation has not been processed, please contact us again.

Please have 2-3 potential re-booking dates in mind prior to re-booking your program. Please inform the Strathcona Wilderness Centre of any changes to your bookings, such as the number of participants, arrival times and departure times at least 72 hours prior to your program.

If a program is missed or cancelled with less than 72 hours notice, there will be a charge of 50 per cent of the total contract or a minimum of \$100.

## Changes to programs

Changes in numbers and programs may be made up to 72 hours prior to the program. Please confirm your program and numbers 3 days in advance. Your invoice will be calculated based on that confirmation number.

## Ensure you book your transportation!

Once you have signed your contract and terms and conditions, please book your transportation.

Most bussing companies provide service to the Strathcona Wilderness Centre.

Note: For canoe programs groups will meet the Strathcona Wilderness Centre staff at the Islet Lake day use area in the Cooking Lake-Blackfoot Provincial Recreation Area. (East on Wye Road to Range Road 200, then north on RR 200, then follow the signs north 3 km to the parking lot).

Islet Lake GPS Coordinates: Lat: 53.456537 Long: -112.821208  
Elevation: 744 m.

Please visit [www.strathcona.ca/isletlake](http://www.strathcona.ca/isletlake) for the Islet Lake map and driving directions.



# Program logistics

## How many participants can attend a program?

Most programs are designed for groups of 8 to 30 people. Check the program description for any participation limitations that have been set to ensure your group will have a safe, quality program.

If your group has less than eight people, please talk to us about our private and semi-private lessons for outdoor skills, cross country skiing, snowshoeing and other programs.

If you have more than 30 participants taking a program, please contact the Outdoor Recreation Programmer at 780-922-3939 to discuss the best options for your group. We will do our best to accommodate you. Please note that an extra fee will apply for groups with over 30 participants.

## What is my role as a leader of a youth group?

Leaders are responsible for enthusiastically participating in the program, and actively maintaining group control while visiting the Strathcona Wilderness Centre.

This includes:

- overall group management
- supervision during the program, lunch and/or free time
- assisting with the program (equipment distribution, sub-grouping and behavior management)
- taking a “sweep” role during trail tours

## What is my role as a leader of an adult group?

Leaders are responsible for enthusiastically participating in the programs with your group.

## What role do I play in an emergency during the program?

SWC Instructors will respond and take charge of the injury incident occurring during the program and will contact Strathcona County Emergency Services if required, at 911. All SWC instructors carry first aid supplies and will apply skills and equipment according to their scope of training and certification. All Centre instructors are certified in a minimum Standard First Aid and CPR. Lead staff hold a 40 hour Wilderness Advanced First Aid Certificate.

During your group’s lunch break and non-program time group leaders, supervisors and volunteers have the lead role in emergencies and are responsible for contacting SWC staff as soon as possible for assistance.

During your group’s visit to SWC, leaders, supervisors and volunteers must maintain group control, assist with the incident as requested by SWC staff and assume full legal responsibility. It is recommended that each group carry a cell phone and a first aid kit and that at least one member of the group hold a minimum current Standard First Aid and CPR certification. It is recommended that leaders, supervisors and volunteers provide one emergency vehicle for emergency transportation (a bus can be considered an emergency vehicle).



## Do I need additional help with my youth group?

Please discuss the number of extra helpers your group is planning to bring when you are booking your program. Extra helpers are welcome to participate. Their enthusiasm and assistance help make the programs more enjoyable.

## What do my participants need to bring?

To ensure your group enjoys their visit to the Strathcona Wilderness Centre, please inform your participants that programs will run in all conditions as long as the safety guidelines are followed. Please ensure participants dress for the weather. Always dress in layers appropriate to the weather conditions. As a minimum, it is recommended your participants bring the following:

- lunch and/or snacks
- sunscreen
- day pack
- closed-toed shoes suitable for all activity levels (no sandals)
- extra socks
- water bottle
- rain gear or winter jacket and pants
- sunglasses
- hats, mittens, gloves and/or boots (weather and activity dependent)

### Questions?

Call the Outdoor Recreation Programmer at 780-922-3939.

## Customize Your Program

Options for custom programs and private and semi-private programs are presented throughout this guide. Please discuss your unique program needs with SWC staff so we can assist your group to meet your special needs and program goals.

Do you have a new program idea? Custom programming can be arranged. Please call the Outdoor Recreation Programmer at 780-922-3939 so we can discuss your program ideas with you.



# Programs at a Glance

Outdoor Programs for Groups • Please check each program for the specific ages of participants						
	Ages	4-8 yrs	8-11 yrs	11-15 yrs	15-17 yrs	18+ yrs
Program	Page					
Birthday Parties	19	•	•	•	•	
Building Fairyhouses	10	•				
Campfire Program	11		•	•	•	•
Canoeing I: A Skill for Life	13		•	•	•	•
Canoeing: Customized skill development	13		•	•	•	•
Canoeing: Full Day program	13		•	•	•	•
Cross Country Skiing: Private and semi-private lessons	18	•	•	•	•	•
Cross Country Skiing: An Introduction to Classic Level I	17		•	•	•	•
Cross Country Skiing Level II	17		•	•	•	•
Cross Country Skiing Trail Tour	18		•	•	•	•
Cross Country Skiing: FUNdamentals	17	•				
Cross Country Skiing: Introduction to skate-skiing	17			•	•	•
Discover Forest and Trees	9			•		
Discover Wetlands	9		•	•		
Fall into Nature	9	•				
Games: Cooperative Games	15		•	•		
Games: Games, Games, Games	15	•	•	•	•	•
Games: New Games and Challenges	15			•		
Lost in the Woods	10	•				
Nature Scavenger Hunt	11	•				
Orienteering: Forest	10			•	•	
Orienteering: Level I – Map Skills	14		•	•	•	•
Orienteering: Level II – Compass Skills	14		•	•	•	•
Orienteering: Level III – GPS Skills	14		•	•	•	•
Outdoor Skills I: Firelighting	12		•	•	•	•
Outdoor Skills II: Shelter Building	12		•	•	•	•
Outdoor Skills III: Knife Skills	12			•	•	•
Predator Prey Survival Game	11		•	•	•	•
Snowshoeing for the Fun of It	16	•	•	•	•	•
Spring into Nature	9	•				
Team Building	15				•	•





# Programs

## Nature programs

### Spring into Nature

Ages: 4-8 years

Length: 2 hours

Fee: \$160 + GST (group size 8-30)

Time: Spring (May to June)

Welcome to Nature's Home in the spring! It is the season of renewal and rebirth in the natural world. SWC staff will lead your participants through various activities, hunts and hikes that will encourage them to use their senses to discover and explore life in the forest during the spring. Activities can be adapted to suit your group members' ages and physical needs.

### Fall into Nature

Ages: 4-8 years

Length: 2 hours

Fee: \$160 + GST (group size 8-30)

Time: Fall (September to November)

Welcome to Nature's Home in the fall! It is a season of change, vibrant colors and winter preparation. SWC staff will lead your participants through various activities, hunts and hikes that encourage them to use their senses to explore the natural wonders of life in the forest in the fall. Activities can be adapted to suit your group members' ages and physical needs.

### Discover Wetlands

Ages: 9-12 years

Length: 2 hours

Fee: \$195 + GST (group size 8-30)

Time: Fall (September to mid-October) and spring (May to June)

A wetland sustains more life than any other ecosystem; it is an endless flow of producers, consumers and decomposers. Our instructors will lead your participants on an exploration of a wetland using activities that will enhance their awareness of this unique ecosystem. Activities include observing water creatures, participating in an "adaptations for survival" game and learning the effects of bioaccumulation. This program may not include dip net activities in a pond; please confirm when booking.

### Discover Forest & Trees

Ages: 11-13 years

Length: 2 hours

Fee: \$195 + GST (group size 8-30)

Time: Fall (September to mid-October) and spring (May to June)

A forest is a series of interconnecting species that help support the entire ecosystem. Our instructors will lead your participants through 3 forest areas – an aspen stand, a meadow and a black spruce bog – to enhance their awareness of the diversity of these specific areas. Activities include identification of leaves, effects of habitat loss and tree identification through observation of bark, buds, crown and leaf.



### Forest Orienteering

Length: 2 hours

Ages: 10-16 years

Fee: \$195 + GST (group size 8- 30)

Time: Fall (September to mid-October) & spring (late April to June)

Forest Orienteering will provide participants with an active and fun means of gathering information on the plant life native to our area. Participants will interpret ways of identifying characteristics of specific plants, what they need to grow and the role these plants play in our ecosystem. Through the program, group members will identify plants which are useful to humans, with an emphasis placed on practicing responsible use and conservation of the forest.

## Outdoor programs

### Building Fairyhouses

Ages: 4-8 Years

Length: 1.5 hours

Fee: \$160 + GST (group size 8-30)

Time: Year round

We begin by reading the story Fairyhouses by Tracy Kane that introduces the “fairies of the woods.” As we move through the story, participants will understand that the fairies are “spirits of the woods” and represent the living species in our forests.

Following the story, participants will move into the woods and work together in groups to create their own fairyhouse with the natural non-living materials they find and collect. The fairyhouses will remain at the Wilderness Centre.

With the skills learned, children will be able to make fairyhouses in local outdoor places. This program teaches the concept of diversity and emphasizes care and respect for the natural environment.

### Lost in the Woods

Ages: 4-8 Years

Length: 1.5 hours

Fee: \$160 + GST (group size 8-30)

Time: Year round

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



### Nature Scavenger Hunt

Ages: 4-8 Years

Length: 1.5 hours

Fee: \$160 + GST (group size 8-30)

Time: Year round

Come out to the Wilderness and start searching! In this program SWC staff will lead participants through the outdoors and get them searching for the wonders nature has to offer. Whether it's a bird's nest or a bug on a log, when you start to "hunt" for nature's gems, a new world of amazement emerges. All scavenger hunt materials will remain in nature to continue their role in the ecosystem.

### Predator Prey Survival Game

Ages: 8-adult

Length: 2 hours

Fee: 20-30 participants \$170 + GST

31-75 participants \$250 + GST

Time: Fall (September to until the snow falls)

Spring (April to June)

Summer (July and August)

Immerse your participants in nature and experience the chase and cunning needed to survive as a herbivore, omnivore or carnivore. This game reinforces the concepts of food chains and pyramids, predator/prey dynamics and ecological interrelationships.

### Campfire Program

Ages: 8-adult

Length: 2 hours

Fee: \$155 + GST (group size 8-30)

Time: Year round

Our instructor will lead your group in a variety of activities such as songs, skits and stories. The campfire program can be designed to meet your program objectives. This is a very active campfire program and full participation is encouraged.

### Private and semi-private programs

Private and semi-private programs are available for our nature programs, outdoor programs, outdoor skills, orienteering, canoeing, cross country skiing and snowshoeing.

Please contact the Strathcona Wilderness Centre at 780-922-3939 or [swcinfo@strathcona.ca](mailto:swcinfo@strathcona.ca) for more information.



## Camping at SWC

Book a walk-in tent site at the Strathcona Wilderness Centre and enjoy an overnight campout.

## Outdoor skills

Outdoor Skills I, II and III provide foundational skills for comfortable wilderness living. If your group is new to camping, these skills are a perfect component of a learn to camp program. Additional outdoor programs including nature arts and crafts, plant identification and nature interpretation may be custom designed. Please call the Outdoor Recreation Programmer at 780-922-3939 for more information.

Ages: 8-adult

Length: 2 hours

Fee: \$9.75 per person + GST Minimum fee: \$200

Time: Year round

### Outdoor Skills I: Fire Lighting

Ages: 8-adult

Participants will learn and practice a variety of fire lighting techniques to enable them to start a fire in any weather. Topics include the difference between tinder and kindling, how to collect materials responsibly from the environment and how to build a fire that will provide sufficient warmth and comfort to survive in the bush. Minimal impact camping concepts will be a guiding theme for the program. The program will be adapted to the ages of the group members.

### Outdoor Skills II: Shelter Building

Ages: 8-adult

Participants will learn knot tying, shelter building and tarp set-up. Concepts of minimal impact camping will be emphasized. The focus of this program is hands-on experience, providing participants with an opportunity to construct their own shelters and identify the purpose behind various methods of shelter building. The program will be adapted to the ages of the group members. It's fun, it's active and it's lifelong education!

### Outdoor Skills III: Knife Skills

Ages: 12-adult

Participants will learn and practice safe knife techniques to enable them to effectively use a knife as a tool in the outdoors. The goal of this program is hands-on experience, providing participants with an opportunity to carve their own Bull Roars. The program will culminate with a roar off allowing participants to use the traditional noise-making device they have created in a fun, noisy challenge. Safe knife use will be emphasized and the consequences of knife accidents in a wilderness situation will also be discussed.

## Did you know?

Private and semi-private lessons are available.





## Canoeing



Our canoeing programs are offered at Islet Lake in the Cooking Lake-Blackfoot Provincial Recreation Area (East on Wye Road to RR 200; north on RR 200, then follow the signs north 3 km to the parking lot). Strathcona Wilderness Centre staff will meet your group at Islet Lake. Please visit [www.strathcona.ca/isletlake](http://www.strathcona.ca/isletlake) for the Islet Lake map and driving directions. Islet Lake GPS Coordinates: Lat: 53.456537 Long: -112.821208

Backup activities for windy and adverse weather may be initiated if the instructor deems conditions are unsafe for paddling on Islet Lake. Lead staff at Islet Lake hold a minimum 40-hour Wilderness Advanced First Aid Certificate.

### Canoeing I: A Skill for Life

Ages: 8-adult

Length: 2 hours

Fee: 1-16 participants \$285 + GST

17-30 participants \$405 + GST

Time: Fall (September to October)

Spring (May to June)

Summer (July and August)

### Customized canoe skill development programs

SWC staff will work with you to custom design canoe skill development programs to take your group beyond Canoe I. Please contact the Outdoor Programmer at 780-922-3939 for more information.

Participants learn small craft safety procedures, parts of a canoe and basic canoe strokes with our Paddle Canada certified instructors. Related activities will be used as a means of practicing skills while having fun. Through instruction and games, this program provides participants with basic strokes and skills to allow them to move their canoes effectively. The program culminates with an opportunity for your group to paddle along the shores of scenic Islet Lake.

### Full Day Canoe Program

Ages: 8-adult

Length: 4 hours of instruction plus a ½ hour lunch break

Fee: 1-16 participants \$455 + GST

17-30 participants \$605 + GST

Time: Fall (September to October)

Spring (May to June)

Summer (July and August)

A full day program enables participants to move beyond the basic skills to learn strokes that will keep their canoe moving in a straight line or turning on command. This includes emphasis on correction strokes (Js and sweeps) and turning strokes (draws and prys).



### Private and semi-private programs

Private and semi-private canoe lessons are available. Please contact the Strathcona Wilderness Centre at 780-922-3939 for more information and fees.

# Orienteering



## Orienteering: Level I – Map Skills

Ages: 8 to adult  
Length: 2 hours  
Fee: \$170 + GST (group size 8-30)  
Time: Fall (September to until the snow flies)  
Spring (April to June)  
Summer (July to August)

Get your participants involved in this active sport designed to introduce proper map reading skills and the art of finding your way in the great outdoors. Your participants will be introduced to the skills to orient a map, use map symbols and legends, recognize landmarks and develop strategies to move between markers. Participants will practice their new skills on challenging outdoor orienteering courses.

## Orienteering: Level II – Compass Skills

Ages: 8-adult  
Length: 2 hours  
Fee: \$170 + GST (group size 8-30)  
Time: Fall (September to November)  
Spring (April to June)  
Summer (July to August)

This course introduces the use of a compass, taking bearings and pacing. Participants engage in activities where they practice their new skills, including participation in a challenging outdoor game.

## Orienteering: Level III – GPS Skills

Ages: 8-adult  
Length: 2 hours  
Fee: \$235 + GST (group size 8-30)  
Time: Fall (September to November)  
Spring (April to June)  
Summer (July to August)

This course introduces the use of a Global Positioning System (GPS) as another method of orienteering. The GPS System, creating and navigating to a waypoint, and geocaching, a popular recreational activity for GPS users, will be discussed during the program. Participants will practice their new skills and apply them to complete a course or attempt to find a geocache. The program activities will be adapted to the ages of your group members. Younger group members will require additional group leaders to assist them.

### Did you know?

Private and semi-private orienteering lessons can be arranged.

## Forest Orienteering

See the description on page 10



## Team building and new games

### Develop leadership abilities that last a lifetime

#### Did you know?

Games and team building activities are an excellent way for your group to get to know each other.

#### Games, Games, Games!

Ages: 5-adult  
Length: 2 hours  
Fee: \$170 + GST (group size 8-30)  
Time: Year round

Participants play games that focus on active fitness in the outdoors. The instructor explains the rules, provides the equipment and coordinates the games. This program is adapted to the ages of group members.

#### Cooperative Games

Ages: 9-12 years  
Length: 2 hours  
Fee: \$170 + GST (group size 8-30)  
Time: Year round

The goal of this program is cooperation and team work. Participants need to work together in order to accomplish each task. Instructors will debrief the activities with the group to highlight the effectiveness of cooperation.

#### New Games and Challenges

Ages: 12 – 15 years  
Length: 2 hours  
Fee: 5-10 participants \$160 + GST  
      11-20 participants \$220 + GST  
      21-30 participants \$285 + GST  
Time: Year round

Have fun and be active! Participants will move from large to small group activities, initiative tasks and team challenges as they learn more about cooperation, themselves and others.

#### Team Building

Ages: 15-adult  
Length: 2 hours  
Fees for youth groups (15-17 yrs):  
      5-10 participants \$160 + GST  
      11-20 participants \$220 + GST  
      21-30 participants \$285 + GST  
Fees for adult groups (18+ yrs):  
      5-10 participants \$220 + GST  
      11-20 participants \$335 + GST  
      21-30 participants \$445 + GST

Designed to enhance group interactions, this team building program provides participants with the opportunity to work together to accomplish a variety of exciting tasks and cooperative challenges. The instructors will lead the group through pre-briefs and debriefs to provide meaningful insight into the activities. The program can be designed specifically to meet your group's objectives.



# Winter programs



The Strathcona Wilderness Centre is a public ski area, with users sharing the trails and warm-up area. Please inform your participants of the need to be courteous to other skiers on the trails.

## Equipment Rentals

Equipment rentals are for your program time only. If you wish to rent the equipment for a longer period of time, please speak with the Outdoor Programmer upon booking at 780-922-3939. Trail tours without an instructional program must be pre-approved by the Outdoor Recreation Programmer.

**Please ensure your participants are properly dressed in order to enjoy their winter program.**

## What should we wear for these programs?

Encourage your participants to select clothing that is warm, breathable, water resistant and comfortable. Ski jacket, ski pants, a toque, mitts/gloves and warm socks (ex. wool, and bring an extra pair) should be worn. No jeans please.

- Warmth – Choose thin, insulated clothing.
- Breathability – Choose breathable materials.
- Water Resistance – Choose water resistant clothing.
- Comfort – Choose a material that can stretch. Four-way stretch materials are very popular in ski clothing.

## Questions?

For more details call 780-922-3939.

# Snowshoeing

## Snowshoeing For the Fun of It

Ages: 4-adult

Length: 2 hours

Fee: \$9.75 per person + GST Minimum fee: \$200

Time: Winter (November 30 to March or until the snow melts)

Your group will discover the fun of snowshoeing in the magical world of winter. Participants will learn the history and types of snowshoes and how to use the snowshoes for fun and fitness. Games and a hike on the snowshoe trail will provide an opportunity to explore the outdoors. Be sure your group members wear warm boots that are suitable for hiking in winter conditions.

Book a snowshoe program along with an outdoor skills or a cross country program to create a full day of fun activities. Private and semi-private lessons are available.





# Cross Country Skiing



## Cross Country Skiing: FUNdamentals (Parented program)

Ages: 3-8 years

Length: 1.5 hours

Fee: \$17 per participant + GST. Minimum fee \$200 (group size 8-30)

Time: Winter (November 30 to March or until the snow melts)

Through active play on skis children will learn balance, gliding and basic FUNdamental skills that will get them started in the wonderful sport of cross country skiing.

## Cross Country Skiing: An Introduction to Classic Level I

Ages: 9-adult

Length: 2 hours

Fee for youth: \$17/participant + GST. Minimum fee \$200 (group size 8-30)

Fee for adults: \$47/participant + GST. Minimum fee \$200 (group size 8-30)

Time: Winter (November 30 to March or until the snow melts)

In this program participants will learn the FUNdamentals of classical cross-country skiing. Through a combination of “motion on skis activities,” active games and skill development, participants will learn the basics of diagonal stride and uphill and downhill techniques. Participants will then use these skills on a short tour around the trails. Safety and trail etiquette will also be discussed.

## Cross Country Skiing Level II

Ages: 9-adult

Length: 2 hours

Fee for youth: \$17 per participant + GST. Minimum fee \$200 (group size 8-30)

Fee for adults: \$47/participant + GST. Minimum fee \$200 (group size 8-30)

Time: Winter (November 30 to March or until the snow melts)

Level II allows participants to advance their ski skills learned in Level I. Participants refine their diagonal stride and are introduced to poling techniques. Snowplow turns and uphill diagonal stride are revisited in order to prepare the group for a longer tour on a more challenging trail.

## Cross Country Skiing: Introduction to Skate-Skiing

Ages: 14-adult

Length: 2 hours

Fee for youth: \$17/participant + GST. Minimum fee \$200

Fee for adults: \$47/participant + GST. Minimum fee \$200 (group size 8-30)

Time: Winter (November 30 to March or until the snow melts)

Maximum number of participants: 12

Introduce your group to the joys of skate skiing. This two hour session will teach the foundational skills of weight shift and free skate and will introduce the poling action. It's fun, it's fast and it's a perfect way to encourage fitness for life.





### Cross Country Trail Tour

Ages: 9-adult

Length: From 2 hours to a full day

Time: Winter (November 30 to March or until the snow melts)

This is a custom designed program that will be developed to suit your group's needs.

Upon completion of any of our instructional ski programs, a guided trail tour may be booked for your group. Our qualified instructors will lead the tour to ensure a safe and enjoyable ski experience. This may be booked in conjunction with one of the previously mentioned cross-country instructional programs, or on a later date. You may book tours of 2 hours to a full day. Please call the Outdoor Recreation Programmer at 780-922-3939 for more information.

### Private and semi-private x-c ski lessons

Private cross country ski lessons are available at the Strathcona Wilderness Centre. Our experienced instructors will work one on one with you to introduce, develop and enhance your cross county skiing technique. Lessons are available in classic technique and skate technique. Private lessons are available for groups of up to 7 people. Groups of 8 individuals or more qualify for a group program/class.



# Birthday Parties

## Strathcona Wilderness Centre Birthday Programs

Strathcona Wilderness Centre offers several different birthday programs for preschoolers to teens. Birthday programs are offered year round.



### Step 1:

#### Pick your program

Your program includes a 1½ hour or 2 hour fun outdoor adventure, complete with instructor(s) and equipment rental. Prices for programs start at \$160, depending on the program chosen. Click on the birthday program name for more details.

#### Ages 5 to 8

- Building fairy houses
- Cross Country Skiing: FUNdamentals (Parented program)
- Games, Games, Games
- Lost in the Woods
- Nature scavenger hunt
- Snowshoeing For the Fun of It

#### Ages 9 to 17

- Canoeing programs at Islet Lake (April – September)
- Cross-country skiing
- Orienteering programs
- Predator Prey
- Snowshoeing For the Fun of It
- Team building and new games



### Step 2:

Care to extend the party and bring out cake and goodies?

No problem!

For an additional fee, our cookhouse, fire pit areas or Information Centre can be booked to complete your party.

**Please note:** The Strathcona Wilderness Centre is a public park. Your group will share the use of the public areas. Every effort will be made to ensure your group has as much privacy as possible. For a completely private area inquire about the availability of our lodge.

For cancellation policies for programs and cancellations due to weather conditions see page 5.

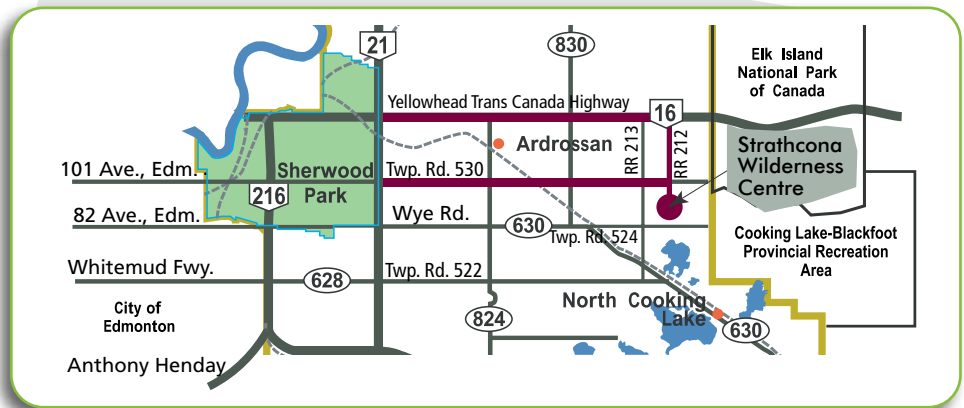
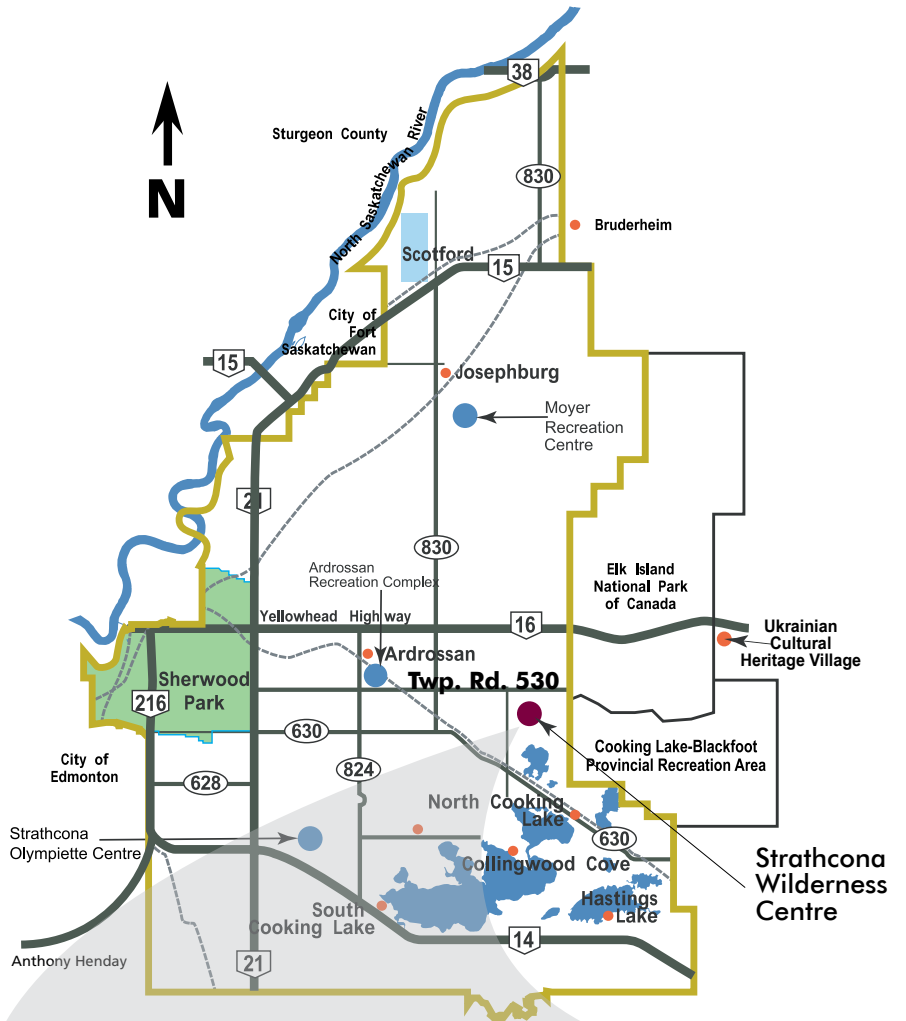
To find out more information on each specific program (eg. min/max number of participants) please refer to the program descriptions listed on pages 9-18.

#### Additional information

780-922-3939

swcinfo@strathcona.ca





## Getting here... it's so easy!

**Location address:** 52535 RR 212, Ardrossan (no mail)

**GPS Coordinates:** 53-31.957 N by 112-59.964 W

Strathcona Wilderness Centre is located at Township Road 530 and Range Road 212, just 20 minutes east of Sherwood Park.