

# Spring | Summer + CAMPS GUIDE 2019



## REGISTRATION BEGINS

**February 19:** spring break camps

**March 5:** summer camps and most programs

**March 12:** spring swimming programs

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



**STRATHCONA  
COUNTY**

# Summer CAMPS 2019

Choose a camp to suit your child's age, abilities and interests  
– and your schedule – *there's something for everyone!*



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**MARCH 25 TO 29**

# SPRING BREAK CAMPS

**Performing Arts** Page 12 | **Visual Arts** Pages 18 & 23 | **Preschool** Page 33

**Youth** Page 45 | **Outdoors** Page 66 | **Swimming** Page 86

Registration starts February 19 for all spring break camps. Register online at [www.strathcona.ca/registration](http://www.strathcona.ca/registration) or in person at any County recreation facility.

## SCHOOL'S OUT DAY CAMPS

*Camps are for 6Y-12Y*

There's so much for your child to do on a no-school day!  
Check out page 39 in the Child/Youth/Teen section for  
a variety of camps to register in.



**Click.it**

Registration starts  
March 5



## Message from Mayor Rod Frank

Welcome to our spring and summer guide! This year, we rolled our spring and summer programs and summer camps into one guide (not including swimming) to help Strathcona County families better prepare their busy summer schedules. And for all the swimmers, don't fret; our Summer Swim Guide is coming in May.

The following pages hold a treasure chest of activities for children of all ages including School's Out and Spring Break Day Camps to keep kids active during their school breaks. And for those of you who enjoy outdoor play, the Ardrossan Spray Park and Playground is scheduled to open this summer. Visit our website for a sneak peek of what this new play feature will look like. Stay tuned for more updates.

For our adult community, we again offer a variety of creative and wellness programs – both indoor and outdoor - including a monthly Flex Pass that provides access to a number of fitness classes throughout the County. You are sure to find a program or activity to suit your interests or abilities.

As an update, progress continues on the Recreation and Culture Strategy. Thank you to all the residents and community group members who shared their feedback through surveys and interviews. We will continue providing updates as the Strategy advances.

With warmer temperatures on the way, this guide will help everyone in our community start planning their spring and summer fun. As you consider your warm-weather plans ahead, I challenge you to try a new adventure this summer – one you will surely find within the pages of this guide!

Yours in fitness and recreation,

Rod Frank, MAYOR  
STRATHCONA COUNTY

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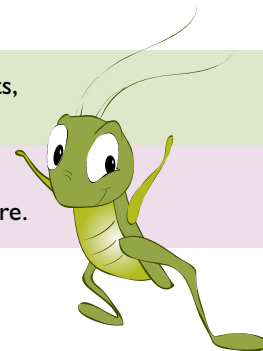


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## Registration Starts:

**Tuesday, March 5, 7 am** Registration starts for spring Preschool, Performing Arts, Visual Arts, Youth, Adult Wellness, Outdoor programs and Summer Camps.

**Tuesday, March 12, 7 am** Registration starts for spring Swimming programs including lessons at Emerald Hills Leisure Centre and Kinsmen Leisure Centre.



## Three ways to register:

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

### 1. Online with Click-it: [click-it.strathcona.ab.ca](http://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	Glen Allan Recreation Complex
Kinsmen Leisure Centre	Recreation Administration Office

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

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

### 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 or fax registrations, visit any of our recreation facilities or go online and follow these steps:

1. Log in to Click-it [www.click-it.strathcona.ab.ca](http://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

## RECREATION AND CULTURE STRATEGY

Thank you to all the residents and community group members who shared their feedback through surveys and interviews. We will continue providing updates as the Strategy advances.

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





## Recreation Programs – Registration

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

Phone 780-467-2211

## Family Contact Information

Last name		First name		Initial
Evening phone number		Daytime phone number		E-mail (required for "Forgot my PIN" option)
Street address (new customers or change in address only)		City	Province	Postal code

## Registration

If family choices <b>can not</b> be coordinated <input type="checkbox"/> <b>Process individually</b> <input type="checkbox"/> <b>Don't process</b>				
Family member 1 - Last name		First name	Birth date if under 18 yrs (YYYY-MM-DD)	<input type="checkbox"/> male <input type="checkbox"/> female
Program	Course number		Program name	Fee
	1 <sup>st</sup> choice	2 <sup>nd</sup> choice		
1				\$
2				\$
3				\$
Family member 2 - Last name		First name	Birth date if under 18 yrs (YYYY-MM-DD)	<input type="checkbox"/> male <input type="checkbox"/> female
Program	Course number		Program name	Fee
	1 <sup>st</sup> choice	2 <sup>nd</sup> choice		
1				\$
2				\$
3				\$
Family member 3 - Last name		First name	Birth date if under 18 yrs (YYYY-MM-DD)	<input type="checkbox"/> male <input type="checkbox"/> female
Program	Course number		Program name	Fee
	1 <sup>st</sup> choice	2 <sup>nd</sup> choice		
1				\$
2				\$
3				\$

To confirm your family's registration; go to Click-it at [www.strathcona.ca/registration](http://www.strathcona.ca/registration) visit or phone one of our facilities.

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

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

## Collection and Use of Personal Information

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

REC 27010-P 2019-01-10

**Ardrossan Recreation Complex** 780-400-2084

8 am - 10 pm, daily

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

80 - 1 Avenue, Ardrossan

**Emerald Hills Leisure Centre** 780-464-2112

Visit website for current hours

[www.strathcona.ca/emeraldhills](http://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](http://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](http://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](http://www.strathcona.ca/garc)

199 Georgian Way, Sherwood Park

**Kinsmen Leisure Centre** 780-464-2112

Visit website for current hours

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

2001 Oak Street, 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](http://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](http://www.strathcona.ca/recreation)

recreation@strathcona.ca

2025 Oak Street, Sherwood Park

**Strathcona Wilderness Centre** 780-922-3939

9 am - 4:30 pm, daily

[www.strathcona.ca/wildernesscentre](http://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



Everybody gets to play™  
Recreation without barriers

## Recreation Access Program

### What is the Recreation Access Program?

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

### The Recreation Access Program offers:

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

### Children and Youth

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

### Adults and Seniors

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



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

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

## We listen. We support. We connect.

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

### Strathcona County Family and Community Services

780-464-4044

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



Drop-in  
Programs

• Parks

• Events

• Early  
Childhood

FREE!

## Recreation Mobile App

Download the app by  
searching "Strathcona  
County Recreation"  
in the app store.



# Pitch-In 2019 *and make a difference*

## Kick-off starts May 1

Calling all friends, neighbours, community groups and schools in Strathcona County to Pitch-In! Help us do our part by joining this national campaign to clean up the environment.

To register, select a date that works for you and apply for your free garbage bags.

**Call: 780-467-2211**

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





## Outdoor activities

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

## Spray deck volunteers needed!

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

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

## Clover Bar Spray Park

**Located on Jim Common Drive North**

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

## RE/MAX Spray Park and Playground

**Located at Broadmoor Lake Park** 2015 Oak Street

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

May long weekend to last week of June: 10 am to 7 pm  
Last week of June to Labour Day: 10 am to 9 pm  
Month of September, after Labour Day: 10 am to 7 pm

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

## Ardrossan Spray Park and Playground

**Opening summer of 2019!**

Watch our website for details. [www.strathcona.ca/spraydecks](http://www.strathcona.ca/spraydecks)

## Communities in Bloom

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

STRATHCONA  
IN Bloom



## Parks and trails

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

## Riverside Nature Trail

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

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

## Legacy Forest and Pollinator Habitat

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

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

## Sherwood Park Natural Area

Range Road 231, between Twp. Rds 520 and 522

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

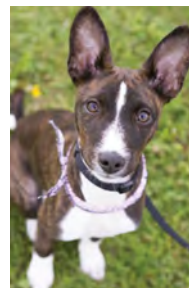
Thank you to Colchester and District Agricultural Society for their support.

## Biodiversity Trail (Beaver Hills)

52521 Range Road 211

**GPS co-ordinates:** Latitude: 53.529715 N Longitude: 112.975522 W

Explore the Beaver Hills Biosphere by walking the Beaver Hills Biodiversity Trail. Connecting people with nature, this 2.5 km natural surface trail is a unique rural trail. [www.strathcona.ca/biodiversity](http://www.strathcona.ca/biodiversity)



## Dog Off-Leash Sites in Strathcona County

### Deermound Off-Leash Park

(23020 Twp Rd 522)

**NEW Sally Stewart Park** (Broadview Drive)

Find all of the answers to your dog-related questions online at:

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

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

*Book your next event at a*  
**COMMUNITY HALL**  
*in Strathcona County*



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

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

*Anniversaries*  
*Meetings*  
*Weddings*  
*Reunions*  
*Birthdays*  
*Retreats*

*Operated  
by local  
community  
groups.*

## Senior Centres and Activities

### Ardrossan 55 Plus Club

780-922-2025, 21 Queen Street, Ardrossan

Membership \$15/person

Membership Contact Martin: 780-922-5043

Rental Contact Geri: 780-922-2748

**Monday** Canasta and Crib 1 - 3 pm; Potluck 5:30 pm (2nd Mon of each month)

**Tuesday** Travelling Café 1 - 3 pm (1st Tue of each month, Oct - Jun);

**Thursday** Bocce 10 am - 12 pm; Canasta and Crib 7 pm

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

**Sunday** Dance 1 - 4 pm (4th Sunday of each month, except Nov & Dec)

### 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 (2nd Mon of each month)

**Tuesday** Artists Group 1 pm; Genealogy course 7 pm (4th Tuesday of each month) contact Reg 780-998-4118

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

### Sherwood Park (55 Plus)

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

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

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

Membership Contact Doreen: 780-416-0570

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

**Monday** Floor Curling 9:30 am; Duplicate Bridge 1 pm; Whist 1 pm; cards, games, pool, Canasta 6:30 pm;

Potluck supper 5:30 pm

(3rd Mon of each month)

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

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

Euchre, pool 1 pm; Cribbage 6:30 pm;

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

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

**Saturday** Crib tournament 1 pm every third Saturday; Canasta and pool 6:30 pm

### South Cooking Lake Seniors Club

780-922-2174, 102, 22106 South Cooking Lake Road

Membership Contact: Al 780-922-2174

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

**Tuesday** Potluck lunch 12 pm (2nd Tue of each month)

Pool, shuffleboard, board games and card games 1 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](http://www.antlerlake.ca)

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

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

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

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

### Ardrossan Recreation and Agricultural Society

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

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

### Art Society of Strathcona County

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

### Brookville Community League

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

**Multi-level Yoga classes** Tue at 7:30 pm, contact Amanda at 780-660-3933

**Pilates** Mon at 6:30 pm, contact Deborah 780-909-0505

### Colchester Community League

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

Twitter: @colchester\_hall

colchestercommunity@hotmail.ca

**Dance and Fitness classes** check [colchestercommunity.org](http://colchestercommunity.org)

### Deville/North Cooking Lake Community League

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

dnclcommhall@gmail.com

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

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

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

### Good Hope Community Hall

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

**Monthly meeting** 1<sup>st</sup> Tue of the month, 6:30 pm, Info: 780-998-4661

### Hastings Lake Community Association

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

Hall rental contact: Crystal Buyar 780-953-1570

**Hatha Yoga** Tue and Thu, 8 pm. Contact helentrefry@gmail.com

**Travel Nights** March 15 and April 26

### Josephburg Agricultural Society

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

**Josephburg Presents** See website or call Diane 780-998-2740

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

**Adult Fitness and Yoga** Runs until April 11. Sign up online at [josephburg-ag.ca](http://josephburg-ag.ca) under PROGRAMS. More info call Brenda 780-998-3441

**Teeball-4-Fun and Softball-4-Fun** Register online starting March 1. Parent volunteers required. Details on website.

**Country Classic Events** May 23-27. Includes Farm Safety Day, livestock shows, pancake breakfast and Fort Saskatchewan 4-H Beef Achievement Day. Details on website.

### South Cooking Lake Community League

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

Visit website for info on events. We offer classes in dance, art, fitness, 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:** Second Thu of each month at 7 p.m. at the Hall (except for July and August)

### Whitcroft Community League

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

**Zumba Gold** Tue 9:30 - 10:30 am, Sandria 780-467-8186

### Wye Community League

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

**Fiddling Group** Mon, 6 - 9 pm 780-449-6286

**Tai chi** Tue, 8:45 - 11:45 am, Tom 780-504-3165

**Girl Guides** Tue, 6 - 9 pm, Ruth 780-662-3826

**Brownies** Wed, 6 - 9 pm, Ruth 780-662-3826

**Anavets** Fri/Sun, Hank 780-449-3173

### 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](http://www.strathcona.ca/parentlink)

Mon	10 am - 12 pm	Colchester Hall
Mon	10 - 11:30 am	North Cooking Lake Community Hall
Tue	10 am - 12 pm	Brookville Community Hall
Wed	10 am - 12 pm	Antler Lake Hall
Thu	10 am - 12 pm	South Cooking Lake Community Hall
Thu	10 am - 12 pm	Whitcroft Community Hall
Fri	10 am - 12 pm	Strathcona Olympiette Centre

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

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



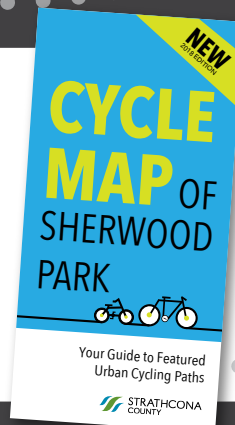
Please visit our website for a listing of Bookmobile special visits to seniors and preschoolers.



# Explore the County!



Enjoy the trails and find your way to all of our wonderful parks and playgrounds.  
[www.strathcona.ca/parks](http://www.strathcona.ca/parks)



Explore nine popular cycling routes featured in the County's recreational cycling map!  
[www.strathcona.ca/cyclingmap](http://www.strathcona.ca/cyclingmap)

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

 STRATHCONA  
COUNTY

# PERFORMING ARTS

## Dance

### Baby Ballroom Surprise - Parented

This unique program is centered on dance, music and the performing arts. Each class will end with a surprise, like dancing in bubbles or playing in a rainbow parachute. The creativity of the performing arts is endless. Remember indoor shoes for baby and guardian.

Festival Place	The Studios	
<a href="#">127207</a> Age: 16M - 23M	Apr 9 to Jun 4	Tue
	10:30 - 11:15 am	\$64.00

### Two's Groove - Parented

What to do with a two year old? They have loads of energy and are not quite old enough for 'Mini Moves'. This program is the next best thing. Children will experience many types of dance moves and styles of music. Omit: Apr 22 & May 20.

Festival Place	The Studios	
<a href="#">127295</a> Age: 2Y	Apr 9 to Jun 4	Tue
	9:30 - 10:15 am	\$80.00
<a href="#">127296</a> Age: 2Y	Apr 8 to Jun 3	Mon
	9:30 - 10:15 am	\$64.00

## Dancing Tutus

Do you have a 'wannabe' ballerina in your home? Creative movement and age-appropriate dance steps and technique are taught while exploring classical and modern music.

Omit: Apr 20, May 18

Festival Place	The Studios	
<a href="#">127273</a>	Apr 8 to Jun 3	Mon
	1:30 - 2:15 pm	\$64.00

Millennium Place	Activity Room 3	
<a href="#">127274</a>	Apr 10 to Jun 5	Wed
	11:30 - 12:15 pm	\$80.00
<a href="#">127275</a>	Apr 6 to Jun 1	Sat
	9:30 - 10:15 am	\$64.00

## Classic Tutus

Students who have a desire to dance like a ballerina should have the opportunity to explore their dreams. This program introduces creative movement and age-appropriate dance steps and technique while exploring classical and modern music. Performers will delight the audience at the final performance.

Omit: Apr 20, 22, May 18, 20

Festival Place	The Studios	
<a href="#">127271</a> K - Grade 4	Apr 8 to Jun 3	Mon
	7 - 8 pm	\$76.00

Millennium Place	Activity Room 3	
<a href="#">127272</a> K - Grade 4	Apr 6 to Jun 1	Sat
	12:45 - 1:45 pm	\$76.00



Most programs wrap up with a final performance on [Saturday, June 8](#). Performance times will be determined by May 11.



## Performing Arts

### Dance/Spring Break

#### Mini Moves

They may be mini, but they have mighty energy levels. This program is designed to touch on many types of dance movements. Your child will explore introductory steps in ballet, tap and jazz/hip-hop. A combination of dance steps with a variety of upbeat music will be sure to please. Omit: Apr 20, 22, May 18, 20

Festival Place		The Studios	
<a href="#">127278</a>	Age: 3Y - 4Y	Apr 8 to Jun 3 12:30 - 1:15 pm	Mon \$64.00
<a href="#">127279</a>	Age: 3Y - 4Y	Apr 8 to Jun 3 11 - 11:45 am	Mon \$64.00
Millennium Place		Activity Room 3	
<a href="#">127280</a>	Age: 3Y - 4Y	Apr 10 to Jun 5 9:30 - 10:15 am	Wed \$80.00
<a href="#">127281</a>	Age: 3Y - 4Y	Apr 10 to Jun 5 10:30 - 11:15 am	Wed \$80.00
<a href="#">127282</a>	Age: 3Y - 4Y	Apr 6 to Jun 1 10:30 - 11:15 am	Sat \$64.00
Ardrossan Recreation Complex		Aspen Room	
<a href="#">127283</a>	Age: 3Y - 4Y	Apr 13 to Jun 1 10:30 - 11:15 am	Sat \$56.00
<a href="#">127284</a>	Age: 3Y - 4Y	Apr 13 to Jun 1 9:30 - 10:15 am	Sat \$56.00



#### Rhythmic Roots

This upbeat high-energy class uses pop music to get young dance enthusiasts exploring an array of dance steps, rhythm, and timing. No experience is required. The final performance will have the audience energized. Omit: Apr 22, May 20

Millennium Place		Activity Room 3	
<a href="#">127292</a>	K - Grade 3	Apr 6 to Jun 1 11:30 - 12:30 pm	Sat \$76.00
Festival Place		The Studios	
<a href="#">127288</a>	K - Grade 3	Apr 8 to Jun 3 4:30 - 5:30 pm	Mon \$76.00
<a href="#">127290</a>	Grade 4 - 6	Apr 8 to Jun 3 5:45 - 6:45 pm	Mon \$76.00
Ardrossan Recreation Complex		Aspen Room	
<a href="#">127291</a>	K - Grade 3	Apr 13 to Jun 1 11:30 - 12:30 pm	Sat \$66.50

#### Boyz R Movin' and Girlz 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.

Millennium Place		Activity Room 3	
<a href="#">127289</a>	<b>Boys:</b> Grade 1 - 4	Apr 11 to Jun 6 6:50 - 7:50 pm	Thu \$95.00
<a href="#">127293</a>	<b>Girls:</b> Grade 1 - 4	Apr 11 to Jun 6 5:45 - 6:45 pm	Thu \$95.00

## SPRING BREAK CAMP



#### The Imagination Disco

Explore creativity in drama, dance and music. Each day will have a new theme for kids to create kooky dramatic characters through a variety of stories, dance moves, music and crafts. The days will end with a disco to showcase all the creations. \*Includes pre-care 8 am - 9 am and post-care 4 pm - 5 pm.

Festival Place			
<a href="#">127342</a>	K - Grade 6	Mar 25 to Mar 28 9 am - 4 pm	Mon-Thu \$180.00

**Spring break camp registration starts Feb 19.**



### Drama and Musical Theatre

#### Imagination Theatre

Put an active imagination to work. Classes will focus on the fundamentals of acting, 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: *Looney Tales*

Looney Tune characters meet up with classic fairy tale characters. It will be a zany dramatic adventure for all to enjoy.

Omit: Apr 20, May 18

Festival Place		The Studios	
<a href="#">127276</a>	Grade 1 - 6	Apr 9 to Jun 4	Tue
		5:15 - 6:45 pm	\$100.00
Millennium Place		Activity Room 3	
<a href="#">127277</a>	Grade 1 - 6	Apr 6 to Jun 1	Sat
		2 - 3:30 pm	\$80.00

#### Mini Musical Theatre

Dance, sing and act to children's music and stories to create a mini musical skit. For the finishing touch, costumes and props will be introduced.

Millennium Place		Activity Room 1	
<a href="#">127285</a>	Kindergarten	Apr 10 to Jun 5	Wed
		4:30 - 5:30 pm	\$95.00

#### Musical Theatre

Are you up for the challenge of a musical? 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.

Millennium Place		Activity Room 1	
<a href="#">127286</a>	Grade 1 - 6	Apr 10 to Jun 5	Wed
		5:40 - 6:40 pm	\$95.00
<a href="#">127287</a>	Grade 1 - 6	Apr 10 to Jun 5	Wed
		6:45 - 7:45 pm	\$95.00

#### The Improv Zone

Teens will learn to be fast and funny, while unlocking their 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.

Millennium Place		Activity Room 1	
<a href="#">127294</a>	Grade 7 - 12	Apr 10 to Jun 5	Wed
		7:45 - 9 pm	\$90.00



### Music

#### Uke in the Park - Level 1

Join the ukulele revolution! Beginners welcome! Learn how to hold and strum a ukulele and play some easy chords taught by a very experienced ukulele tutor. Each class will lead into new strumming skills and playing techniques. Various types of music will be introduced: rock & roll, pop, country, reggae, classics, ballads and class participants' music requests. Be warned, this little instrument is highly addictive! **Remember to bring your ukulele.**

Age: 13Y+

Festival Place		Clover Bar Board Room	
<a href="#">127297</a>		Apr 9 to Jun 4	Tue
		6:30 - 8 pm	\$90.00

#### 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. Lessons in single-string picking and plucking, strumming techniques, including the five finger roll, staggered strum and rest strum, will be taught. Advancing through the program the instructor will help you master the ukulele fretboard while playing a variety of music genres and enhancing your new skills.

**Remember to bring your ukulele.**

Age: 13Y+

Festival Place		Clover Bar Board Room	
<a href="#">127298</a>		Apr 9 to Jun 4	Tue
		5 - 6 pm	\$75.00



# GARAGE BAND

## TEEN & ADULT

**HEAR THE ROAR OF THE CROWD  
AS YOU PERFORM LIVE ON STAGE**

A basic foundation in a band instrument (guitar, bass guitar, drums, acoustic, vocals and/or keyboard) is required for this program. The band mentor will organize musicians into bands who share a passion for the same music genre and guide the two-hour weekly sessions. The band sessions will include song selection, jam sessions, rehearsal and performance development.

**All program bands will perform live on the Festival Place stage the evening of Saturday, June 8.**

Omit: May 19

[127310](#)  
[127309](#)

**TEEN** 12Y - 17Y  
**ADULT** 18Y+

Apr 28 to Jun 2  
2 hrs per Sunday\*  
2 hrs per Sunday\*

Sun  
\$180.00  
\$180.00

Registrants must complete the questionnaire upon registering.

\*You will be contacted in advance of the start date to confirm your time.

### **Times selections include:**

10 am - 12 Noon  
12 Noon - 2 pm  
2 pm - 4 pm  
6 pm - 8 pm  
8 pm - 10 pm

**For more information  
call 780-464-2852.**





# VISUAL ARTS

gallery@501

## Adult Art Workshops

These popular programs offer the chance to sample art materials in 'try-it' style workshops. The focus is on exploring materials, learning about process, and working with basic steps for the beginner level artist. Projects are simplified to fit the beginner and the time available. No experience is needed. All supplies included.

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

### Apr 9 Floral Silkscreen Print

[127154](#)

Design your own basic floral or patterned stencil and learn how to pull ink through a screen to print your image onto paper.

### Apr 16 Chalk Pastel Portrait

[127155](#)

Learn how to use chalk pastel techniques such as cross-hatching, blending and colour application, as you explore useful techniques for a successful portrait drawing.

Apr 23

### Paint Night - Prairie Farm Scene

[127156](#)

Discover how to bring a prairie farm scene to life, as you discover the complexities of composition and atmospheric colour.

May 7

### Pencil Crayon Art

[127158](#)

Discover how to mix and layer colours, shade and highlight, using a basic set of pencil crayons. Learn how to create a light under-drawing, and build up form and colour overtop.

May 14

### Paint Night - Spring Rains

[127159](#)

Learn how to paint an expressive, gestural rainy street scene complete with reflections of light, colour and people. Explore how to use brushes and palette knives to create atmospheric effects.

Jun 4

### Paint Night - Campfire in the Forest

[127162](#)

Discover how to paint a crackling campfire surrounded by trees in a forest at dusk, as you learn to mix deeper tones of colours that emphasize light and shadow.

Jun 11

### Travel Journal

[127163](#)

Learn how to create memories of your travels in a small journal using various media. Discover how to capture basic scenes through quick gestural sketches and thoughtful details. Journal included.





## Visual Arts

### 55+ Art Specials/Adult Art Programs



#### 55+ Art Specials!

These workshops offer you a chance to learn some very basic skills in a fun and inspiring environment. Visit with a new friend, or just enjoy a relaxing time to yourself. All supplies included. No experience needed.

Age: 55Y+		Max 20
Gallery@501	Studio	
Wednesday	10 - 11:30 am	\$12.00

Apr 10	<b>Birch Tree Painting</b>
<a href="#">127151</a>	Learn how to create the surface textures and colours of birch trees using acrylic paint on masonite panel.
May 1	<b>Mini Soapstone Sculpture</b>
<a href="#">127152</a>	Get a taste of working with this beautiful art material as you get to sand and polish a mini pre-cut soapstone shape.
Jun 5	<b>Oil Pastel Panorama Landscape</b>
<a href="#">127153</a>	Learn how changing up the format into a wider horizontal view can create a dynamic outcome with a simple landscape scene.

#### Soapstone

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

It's time to try soapstone carving! Join professional local artist, Kay McCormack, as she leads you through the process of carving a small soapstone animal. Working from a pre-cut shape, you will get to explore three dimensional form, carving and finishing techniques and more. Discover how to transform this beautiful material into a piece to be proud of. No experience needed. All tools and stone are provided.

Age: 18Y+		Max 12
Gallery@501	Studio	
<a href="#">127264</a>	Apr 27	Sat
	12 - 4 pm	\$60.00

#### Painting

##### Forest Scene Intensive Study with Carleen Ross

Join local professional artist, Carleen Ross, as she leads you in building your painting skills. Over three weeks, you will learn the steps in creating a detailed acrylic landscape painting featuring a forest animal. Learn about different styles of brushes and their applications, and try out a variety of techniques to create a more progressive finished painting. All supplies included.

Age: 55Y+		Max 10
Gallery@501	Studio	
<a href="#">127259</a>	Jun 12 to Jun 26	Wed
	10 - 11:30 am	\$55.00

##### Colour Theory with Acrylics with Madonna Mikhail

This popular program lets you explore the colourful world of painting with local artist and educator, Madonna Mikhail. Participants will build their skills when painting with acrylics and increase their knowledge in colour theory as they work with primary, secondary and tertiary colours. Practice generating different tints and shades of hues, while learning about creating colour harmony in your composition. Subject matter will vary and a range of studies will be completed. All supplies included.

Age: 18Y+		Max 10
Gallery@501	Studio	
<a href="#">127265</a>	May 9 to Jun 13	Thu
	6 - 8 pm	\$150.00

Summer Intensive



Old Man Creek by Vincent Roper

##### Plein-Air Artist Retreat with Vincent Roper

Experience the tranquility and inspiration of the heritage gardens at Smeltzer House in this week long intensive plein-air painting retreat, led by local professional artist, Vincent Roper. Participants will learn tips and techniques for painting elements in the landscape through studies in colour, line and atmosphere. Details and supply list will be sent to registrants.

Age: 18+		Max 10
Smeltzer House	Lower Lounge	
<a href="#">127469</a>	June 24 - Jun 28	Mon-Fri
	10 am - 4 pm	\$250.00



### Printmaking

Printmaking is the art of creating multiple prints, or images, from a design you create. Using various techniques, an image can be printed (stamped or reproduced) with inks, various papers and tools. Newspapers, magazines, posters, t-shirts, art prints and more are created using printmaking. Come see what you can create!

### Springtime Linocut Prints

Learn the steps from start to finish, as we guide you through designing your image, carving your lino plate and inking and printing your springtime design. You'll get to use the printing press, professional artist tools, inks, and papers, and the best part is...this is for beginners! You'll take home several colourful prints, as well as your carved lino printing plate. No experience needed and all supplies are included.

Age: 18Y+		Max 10
Gallery@501	Studio	
<a href="#">127257</a>	Apr 11 to May 2	Thu
	6 - 8 pm	\$100.00

### Workshops

#### Drawing in the Gallery

Join us for a special experience: drawing right inside the art gallery! No experience is needed, just an interest in trying something new. The instructor will guide you in creating your own sketches inspired by the artwork on display. All supplies included.

**April:** draw from the variety of media featured in the Chris Reid exhibit.

Age: 14Y+		Max 10
Gallery@501	Gallery	
<a href="#">127261</a>	Apr 17	Wed
	6 - 7:30 pm	\$20.00

### Children's Art Programs and Workshops

Gallery@501 presents fun-filled programs for young artists in a supportive and engaging environment.

#### I Can Paint!

If you love colour and painting, this is the class for you! With inspiration from famous artworks, we're going to learn tips and tricks for creating expressive artwork. Bring your imagination and get ready to have a colourful morning! All supplies included. New projects each session!

Age: 6Y - 8Y		Max 15
Gallery@501	Studio	
<a href="#">127172</a>	Apr 27 to May 11	Sat
	9:30 - 11 am	\$52.00

#### I Can Draw!

Explore new ways of making drawings in this fun-filled creative program. We'll mix up our media as we use graphite, charcoal, markers, pastels and more to create unique drawings. All supplies included. New projects each session!

Age: 6Y - 10Y		Max 15
Gallery@501	Studio	
<a href="#">127173</a>	May 25 to Jun 8	Sat
	9:30 - 11 am	\$52.00



**May:** draw from the local artwork in the Salon Series.

Age: 14Y+		Max 10
Gallery@501	Gallery	
<a href="#">127262</a>	May 29	Wed
	6 - 7:30 pm	\$20.00



# SPRING BREAK CAMP

## Dinosaur Art Camp

Join us for a week of fun this Spring Break as we go on an amazing adventure! You will get to paint, draw, sculpt and stamp all sorts of artwork - from dinosaurs to fossils and imaginary worlds. All supplies included. Pre-care (8 am - 9 am) and post-care (4 pm - 5 pm) are available. Pack a lunch, snacks, drinks and wear art-friendly clothes.

Age: 6Y - 8Y

Max 12

Gallery@501

Studio

[125421](https://www.galleryat501.com)

Mar 25 to Mar 29

9 am - 4 pm

Mon-Fri

\$235.00



## 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

1 - 2:30 pm

\$6.00

Apr 7	<b>Geode Paintings</b>	Combine a watercolour painting with ink to bring a beautiful rock to life.	<a href="#">127175</a>
Apr 14	<b>Easter Egg Wreath Collage</b>	Make a cheerful paper wreath to decorate for Easter using paper, paint, pastels and more.	<a href="#">127176</a>
Apr 28	<b>Eco-art for Earth Day</b>	Take care of our planet and find creative ways to make art using upcycled materials.	<a href="#">127177</a>
May 5	<b>Clothespin Birds</b>	We're going to create a flock of fun springtime 3-D birds!	<a href="#">127178</a>
May 12	<b>Mother's Day Art</b>	Celebrate your mom with a lovely handmade painting for her special day.	<a href="#">127179</a>
May 26	<b>Playful Puppets</b>	Fabric and paper come together to make puppets to perform your favorite story.	<a href="#">127180</a>
Jun 2	<b>Mini Watercolour Magnet</b>	Make mini masterpieces to decorate your fridge or share with a friend.	<a href="#">127181</a>
Jun 9	<b>Father's Day Craft</b>	Let your dad know how special he is with a crafty card and gift for Father's Day.	<a href="#">127182</a>



# gallery@501 Upcoming Exhibits



Baba Yaga and Half Duplex by Chris Saruk Reid

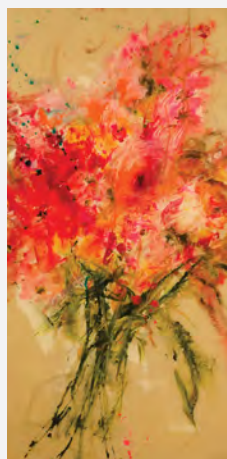
## I Like to Believe I am Telling the Truth

by: Chris Saruk Reid

**March 15 - April 28 | Opening Reception: March 22 @ 7 p.m.**

**Chris Reid Workshop:** March 23, 10 am – 12:30 pm (call gallery to register)

Reid's work is loosely derived from her Ukrainian Canadian Heritage with a mix of her husband's African American Heritage to create stories of modern day survival laden with angst, the fear of paying bills, need for adequate food, housing, etc.



Blooming Abundance by Annette Scotte

## STRATHCONA SALON series

**May 14 - June 22 | Unveiling Reception: June 13 @ 7 p.m.**

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



Untitled by Owen Murray

## LUXOR URBAN ART

by Owen Murray

**July 5 - August 25 | Opening Reception: July 5 @ 7 p.m.**

Urban Art Photography – photographs of murals (referencing ancient Egyptian symbols and artworks combined with contemporary socio-political messages) protesting the political and cultural uprising in Egypt labelled the "Arab Spring". The Arab Spring was a series of pro-democracy uprisings that enveloped several largely Muslim countries, including Tunisia, Morocco, Syria, Libya, Egypt and Bahrain. The events in these nations generally began in the spring of 2011, which led to the name.

Gallery@501 | 501 Festival Avenue | Sherwood Park, Alberta | 780-410-8585

For more info about upcoming Gallery exhibitions, visit  
[www.strathcona.ca/gallery501](http://www.strathcona.ca/gallery501)

 **STRATHCONA**  
COUNTY

# CALL TO *ARTISTS*



**Blooming Abundance**  
by Annette Sicotte, 2018



**Abstract Impressionism**  
by Quinn Anderson, 2017

## 2019 Art Collection Annual Acquisition

### Call for Submissions

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

Work will hang in the "Strathcona Salon Series" exhibition at Gallery@501 from May 14 to June 22 and the artwork that is selected for the Collection will be unveiled at a reception on Thursday, June 13 at 7 p.m. A People's Choice Award will also be presented.

### Submission Deadline

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

**Thursday, May 2, 12 noon to 7 p.m.**

**Friday, May 3, 12 noon to 7 p.m.**

Non-residents with strong ties to Strathcona County must apply to the Art Collection Advisory Committee for review by April 10, 2019.

### Information and Forms

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

**Questions?** Barb Chapman at 780-449-1139  
[barbara.chapman@strathcona.ca](mailto:barbara.chapman@strathcona.ca)

 **STRATHCONA  
COUNTY**



# VISUAL ARTS

## Smeltzer House Centre for Arts & Culture

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

### Youth and Teen Glass Art

#### Glass Bird Stakes

Make a charming bird that can safely live outside in your garden.

Age: 9Y - 12Y		Max 6
Smeltzer House	Studio One	
<a href="#">127193</a>	Apr 9	Tue
	4:30 - 6 pm	\$45.00
<a href="#">127202</a>	Apr 13	Sat
	12:30 - 2 pm	\$45.00
<a href="#">127203</a>	Apr 13	Sat
	2:30 - 4 pm	\$45.00

#### Fishbowl Light Catchers

These little fish don't need feeding! Make a fun flat glass fishbowl, complete with plants and fish, to hang in a window. Projects will be ready for pickup after they are fired.

Age: 9Y - 12Y		Max 6
Smeltzer House	Studio One	
<a href="#">127192</a>	Apr 2	Tue
	4:30 - 6 pm	\$45.00
<a href="#">127200</a>	Apr 6	Sat
	12:30 - 2 pm	\$45.00
<a href="#">127201</a>	Apr 11	Thu
	12 - 1:30 pm	\$45.00

#### Flower Bowls

Score, slice and stack glass to create a bowl full of flowers.

Age: 9Y - 12Y		Max 6
Smeltzer House	Studio One	
<a href="#">127194</a>	Mar 23	Sat
	12:30 - 2 pm	\$45.00
<a href="#">127204</a>	Apr 16	Tue
	4:30 - 6 pm	\$45.00

#### Owl Window Hanger

This class is sure to be a hoot! Create a parliament of owls, perfect to shine in a window.

Age: 9Y - 12Y		Max 6
Smeltzer House	Studio One	
<a href="#">127195</a>	Apr 23	Tue
	4:30 - 6 pm	\$45.00
<a href="#">127205</a>	Apr 27	Sat
	12:30 - 2 pm	\$45.00

#### Teen Painted Glass

Use your glass skills and create an elegant piece of glass art that looks like it's been painted - all with powders and frits.

Age: 13Y - 17Y		Max 6
Smeltzer House	Studio One	
<a href="#">127196</a>	May 4	Sat
	12:30 - 2 pm	\$60.00
<a href="#">127206</a>	May 11	Sat
	12:30 - 2:30 pm	\$60.00





## 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: Apr 22, May 20

Age: 6Y - 10Y		Max 10
Smeltzer House	Lower Lounge	
<a href="#">127221</a>	Apr 8 to May 27	Mon
	4:30 - 6 pm	\$90.00

### Anime Cartooning

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

Age: 10Y - 14Y		Max 12
Smeltzer House	Upper Lounge	
<a href="#">127251</a>	Apr 9 to May 21	Tue
	4:30 - 6:30 pm	\$98.00

### Learn to Cartoon

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

Omit: Apr 20, May 18

Age: 8Y - 12Y		Max 12
Smeltzer House	Upper Lounge	
<a href="#">127225</a>	Apr 6 to May 25	Sat
	10 - 11:30 am	\$90.00



## Mother's Day Clay

Make a special gift for Mom from clay. Projects will be fired and ready for pick up just in time for Mother's Day. Children must be accompanied by an adult.

Age: 4Y - 10Y		Max 10
Smeltzer House	Clay Hut	
<a href="#">127223</a>	Apr 27	Sat
	3:30 - 5 pm	\$35.00

## Father's Day Gift Making

Make a special gift for Dad from clay. Projects will be fired and ready for pick up just in time for Mother's Day. Children must be accompanied by an adult.

Age: 4Y - 10Y		Max 10
Smeltzer House	Clay Hut	
<a href="#">127224</a>	Jun 2	Sun
	1 - 3 pm	\$35.00



## Youth Fibre Art

### Youth Learn to Knit

Learn to read a basic pattern, cast on, cast off, rib stitch, stocking stitch and other knitting skills in this fun class. Create a fun pillow perfect for your room. All supplies included.

Omit: Apr 20

Age: 8Y - 12Y		Max 8
Smeltzer House	Lower Lounge	
<a href="#">127215</a>	Apr 13 to May 11	Sat
	12:30 - 2:30 pm	\$78.00

### Springtime Sew-A-Long

Explore the colours and shapes of the season with a combination of hand and machine sewn projects. Kids will create a flower pin cushion and a drawstring tote bag embellished with fabric leaves and plants. Please bring indoor shoes.

Omit: Apr 20, May 18

Age: 7Y - 14Y		Max 4
Smeltzer House	Lower Lounge	
<a href="#">127208</a>	Apr 6 to May 25	Sat
	10 - 11:30 am	\$158.00
<a href="#">127211</a>	Apr 30 to Jun 4	Tue
	4:30 - 6 pm	\$158.00

## Youth and Teen Clay

### 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 colour and texture.

Omit: Apr 20, May 18

Age: 6Y - 12Y		Max 12
Smeltzer House	Clay Hut	
<a href="#">127214</a>	Apr 6 to May 25	Sat
	10 - 11:30 am	\$95.00

### Say 'Yes' to the Mess

A hodgepodge of mediums that include paint, clay and tie-dye are sure to bring out your inner artist. Be prepared to have fun and get messy! New projects each session.

Age: 8Y - 12Y		Max 12
Smeltzer House	Upper Lounge	
<a href="#">127217</a>	Apr 4 to May 9	Thu
	4:30 - 6 pm	\$84.00

### After School 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 will be supplied.

Age: 8Y - 12Y		Max 10
Smeltzer House	Clay Hut	
<a href="#">127219</a>	Apr 2 to May 7	Tue
	4 - 5:30 pm	\$95.00

### Teen Pottery

Teens will learn about the tools and techniques used to create hand-built pieces and then move to the pottery wheel to explore the possibilities of wheel throwing. Program will include all tools, firing and glazing; some pieces may be painted rather than glazed. For safety reasons, please wear closed-toe shoes and avoid loose clothing.

Omit: Apr 22, May 20

Age: 12Y - 17Y		Max 8
Smeltzer House	Clay Hut	
<a href="#">127216</a>	Apr 1 to Jun 3	Mon
	4 - 6 pm	\$185.00



## SPRING BREAK CAMPS

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

### Sew Crafty Spring Break Fun

Kids will get an introduction to hand sewing, as well as play games and make lots of fun spring time crafts. Both boys and girls are welcome. Please bring a water bottle, nut free snacks, lunch and indoor shoes. Pre-care is offered from 8:30 - 9 am and post-care is offered from 4 - 4:30 pm.

Age: 7Y - 12Y		Max 12
Smeltzer House	Lower Lounge	
<a href="#">125427</a>	Mar 26 to Mar 27	Tue/Wed
	8:30 am - 4:30 pm	\$90.00

### Art Attack

Don't be bored this Spring Break! Have fun creating clay creations, glass fusing, painting and much more. Pre-care is available from 8 - 9 am and post-care from 4 - 5 pm. Be warned that 'Art Attack' will result in getting messy and having nearly too much fun.

Age: 8Y - 12Y		Max 20
Smeltzer House	Lower Lounge	
<a href="#">125212</a>	Mar 25 to Mar 29	Mon-Fri
	9 am - 4 pm	\$235.00

## HOME-SCHOOL

### Art Programs

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

Age: 6Y - 12Y		Max 15
Smeltzer House	Upper Lounge	
Thursdays	10 - 11:30 am	\$12.00

#### Apr 4 Watercolour Textures

[127188](#) Explore different ways to add depth and texture using water colour paints and complete a landscape.

#### Apr 11 Collage Animal Eyes

[127189](#) Combine paint, paper and pastels into a unique collage that focuses on animals faces.

#### Apr 18 Brandon Rollin Dot Paintings

[127190](#) Try out a new style of painting and create a fun, colourful painting using dot of all sizes.

#### Apr 25 Expressive Flower Drawings

[127191](#) Play with drawing materials and go from simple lines to a cheerful piece of spring art.



# YOUTH ART NIGHT



## For the Birds

Use acrylics to paint a bird in a tree using contrast and layering to create texture and dimension.

Age: 9Y - 14Y		Max 12
Smeltzer House	Lower Lounge	
<a href="#">127226</a>	Apr 5	Fri
	6:30 - 8:30 pm	\$24.00

## Spring Has Sprung

Daffodils and rabbits will spring from the page with oil pastels.

Age: 9Y - 14Y		Max 12
Smeltzer House	Lower Lounge	
<a href="#">127227</a>	Apr 12	Fri
	6:30 - 8:30 pm	\$24.00

## Samurai Print

Use printmaking techniques to pull your own Samurai print.

Age: 9Y - 14Y		Max 12
Smeltzer House	Lower Lounge	
<a href="#">127228</a>	Apr 26	Fri
	6:30 - 8:30 pm	\$24.00

## The Wonders of Watercolour

Learn simple watercolour techniques as you paint a floral poppy masterpiece.

Age: 9Y - 14Y		Max 12
Smeltzer House	Lower Lounge	
<a href="#">127229</a>	May 3	Fri
	6:30 - 8:30 pm	\$22.00

## Tile Art

Turn a simple tile into a work of art using sharpies, alcohol and your imagination. Great gift for Mother's Day.

Age: 9Y - 14Y		Max 12
Smeltzer House	Lower Lounge	
<a href="#">127230</a>	May 10	Fri
	6:30 - 8:30 pm	\$24.00

## Don't Be Koi

Go on an underwater adventure as you learn to use acrylics to paint a water pond complete with koi fish and plants.

Age: 9Y - 14Y		Max 12
Smeltzer House	Lower Lounge	
<a href="#">127231</a>	May 24	Fri
	6:30 - 8:30 pm	\$24.00



## Adult Pottery Programs

Ranked as one of the best pottery studios in the province, the Clay Hut has been home to Strathcona County's iconic pottery program since 1978. Whether you are looking for a way to relax or want to learn a new skill, we have something for everyone. Experience the many benefits of working with clay under the support and guidance of our talented instructors. Please note: to purchase clay, you must bring a cheque or cash to the first class of the session. 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.

### Absolute Beginners Pottery

Are you interested in exploring your creative side with clay? Learn the basics of becoming a potter in this 10-week course, including handbuilding, the potter's wheel and glazing techniques.

Omit: May 20

Age: 18Y+		Max 12
Smeltzer House	Clay Hut	
<a href="#">127148</a>	Apr 8 to Jun 17	Mon
	7 - 10 pm	\$250.00
<a href="#">127144</a>	Apr 10 to Jun 12	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.		Max 12
Smeltzer House	Clay Hut	
<a href="#">127145</a>	Apr 9 to Jun 11	Tue
	7 - 10 pm	\$250.00

### Advanced Open Studio

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

Age: 18Y+		Max 11
Smeltzer House	Clay Hut	
<a href="#">127146</a>	Apr 11 to Jun 13	Thu
	6:30 - 9:30 pm	\$200.00



### 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: 18Y+		Max 10
Smeltzer House	Clay Hut	
<a href="#">127147</a>	Apr 11 to Jun 13	Thu
	1 - 4 pm	\$250.00

### Try It - Pottery Wheel

Experience the thrill of the wheel in this workshop. Transform a ball of clay to form a cylinder, bowl or your own unique masterpiece. Students will pick their best pieces to trim and glaze. Please note there is a one-week break between classes 2 and 3 for the clay to dry and be fired. Supplies and materials are provided.

Omit: Apr 21

Age: 18Y+		Max 12
Smeltzer House	Clay Hut	
<a href="#">127150</a>	Apr 7 to Apr 28	Sun
	12:30 - 4:30 pm	\$90.00



## Visual Arts

### Adult Glass



### Adult Glass

Studio One, located onsite with Smeltzer House and the Clay Hut, is home to several fused glass programs and workshops. Youth program fees include glass, equipment use, kiln firing and instruction. Adult program fees do not include glass. An additional adult glass fee will apply. Glass pieces will be available for pickup after firing has been completed.

To ensure the safety of all, participants must follow Studio One's glass and tool handling procedures. Studio One is not wheelchair accessible. If registering a personal assistant/support worker, call 780-464-2023 to ensure space is available.

### Introduction to Glass Fusing

This is the perfect class to learn the basics, and more, about fusing glass. In this class learn fundamentals of kiln forming while creating your own exciting fused and slumped glass pieces. \$25.00 glass fee payable at first class.

Age: 18Y+		Max 6
Smeltzer House	Studio One	
<a href="#">127164</a>	Mar 25 to Apr 8	Mon
	7 - 9 pm	\$175.00
<a href="#">127184</a>	Apr 3 to Apr 17	Wed
	7 - 9 pm	\$175.00

### Glass Flower Art

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

Age: 18Y+		Max 6
Smeltzer House	Studio One	
<a href="#">127170</a>	Apr 16	Tue
	6:30 - 9 pm	\$62.00
<a href="#">127185</a>	Apr 24	Wed
	6:30 - 9 pm	\$62.00

### Adult Glass Studio Time

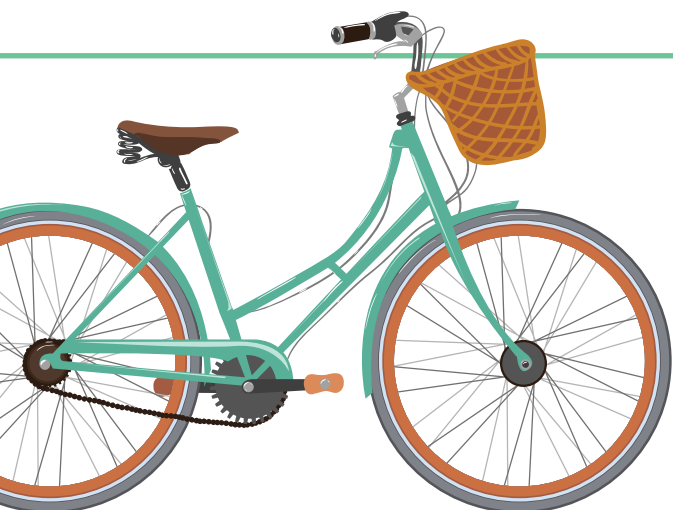
Participants must be registered in one of the current glass programs in order to participate in Studio Time. You must work independently and within kiln space requirements. Pricing includes use of the studio, tools, grinders, molds, one firing and a clear base piece. All glass materials are to be purchased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

Age: 18Y+		Max 6
Smeltzer House	Studio One	
<a href="#">127169</a>	Apr 15 to May 13	Mon
	6:30 - 9 pm	\$110.00

### Glass Birds

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

Age: 18Y+		Max 6
Smeltzer House	Studio One	
<a href="#">127171</a>	Apr 25	Thu
	7 - 9 pm	\$62.00



## Tour d'Art

Join us for a 10 km bicycle ride as we explore Strathcona County's latest public artworks! We'll start at the Bethel Transit Terminal (BTT), have a snack (bring your own) at Emerald Hills Regional Park and finish up back at the BTT. Along the way, you'll meet Sadie, discover outdoor butterflies and see some horses. There'll be challenges, games and fun for all ages. Please make sure your bike is in good mechanical condition. All participants must register and helmets are mandatory.

All Ages		Max 20
Bethel Transit Terminal		
<a href="#">127213</a>	Jun 20	Thu
	6 - 8 pm	FREE

## Special Interest Workshops

### Lightning Bug Deck Art

Using acrylics, paint a delightful mason jar canvas complete with lights sure to light up your deck this summer. All supplies included.

Age: 18Y+		Max 8
Smeltzer House	Lower Lounge	
<a href="#">127232</a>	Apr 23	Tue
	7 - 9 pm	\$65.00

### Jewelry 101

Learn and create your own unique jewelry in this hands-on workshop. Choose your colours and make a beaded birds nest jewelry set, complete with earrings, bracelet and necklace. All supplies included.

Age: 18Y+		Max 10
Smeltzer House	Upper Lounge	
<a href="#">127233</a>	May 1	Wed
	7 - 9 pm	\$62.00

### Sunflower Pallet Art

Paint a colorful summer sunflower you'll be proud to hang in your home. Learn simple painting techniques from Fiona Graham to complete your work of art. All supplies included.

Age: 18Y+		Max 8
Smeltzer House	Upper Lounge	
<a href="#">127234</a>	Apr 30	Tue
	6:30 - 9 pm	\$62.00

### Garden Art

In this fun workshop with Fiona Graham, create a three board garden sign complete with stake. All materials supplied.

Age: 18Y+		Max 8
Smeltzer House	Upper Lounge	
<a href="#">127235</a>	May 16	Thu
	7 - 9 pm	\$58.00



## Adult Full-Week Summer Workshops

### Throwing and Surface Design with Dawn Candy

This adult workshop will feature demonstrations of multiple surface decoration techniques working at both greenware and bisque stages. There will be discussion on methods of combining these techniques to create depth of surface, and throwing and altering various forms on the pottery wheel. Focus will be on creating rich, layered surfaces that compliment forms they adorn. Participants will have time to practice and there will be opportunity for one on one discussion. Although efforts will be made to bisque fire some pieces throughout the week, the focus will be on learning techniques to carry forward into each individual's ceramic practice. Participants must have previous pottery experience. Clay must be purchased from the Clay Hut.

Age: 18Y+  
Max 11

Smeltzer House	Clay Hut	
<a href="#">127236</a>	Jun 24 to Jun 28	Mon-Fri
	10 am - 4 pm	\$250.00

### Fused Glassware Workshop with Wendy McPeak

Expand your glass fusing techniques and take your glass hobby to the next level in this advanced fusing workshop. Glass clays, printing on glass, powders, sandblasting and other techniques will all be explored. A glass fee of \$50.00 is payable to the instructor.

Age: 18Y+  
Max 6

Smeltzer House	Studio One	
<a href="#">127237</a>	Jul 8 to Jul 12	Mon-Fri
	10 am - 4 pm	\$250.00





# *A great gift idea for Mother's & Father's Day!*



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

Recreation gift cards can be loaded in any amount over \$15 and used toward admissions, passes, programs or rentals at any Strathcona County Recreation, Parks and Culture facility.

**[www.strathcona.ca/giftcards](http://www.strathcona.ca/giftcards)**



**UNDER 18  
CHAMPIONSHIPS**  
2019 • Sherwood Park, AB

**Strathcona County is proud to be the host site for the 2019 Canadian Under 18 Curling Championships from April 2 to 7.**

Please expect service modification at Glen Allan Recreation Complex during this time. Visit **[www.strathcona.ca/garc](http://www.strathcona.ca/garc)** for more information.

**Come and shop at the complimentary Mini Pop-Up Market**



# the Millennium Card

## Benefits:

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



**Get active. Be healthy. Stay connected.**

### Child Pass

**\$23.25/month**

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

### Youth Pass

**\$39.25/month**

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

### Adult Pass

**\$49.00/month**

Additional adult pass only \$41.50/month.

### Senior Pass

**\$39.25/month**

Additional senior pass only \$32.50/month.

### Family Pass

**Customizable**

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

recreation@strathcona.ca  
780-416-3300 [www.strathcona.ca/mcard](http://www.strathcona.ca/mcard)

 **STRATHCONA**  
COUNTY

# PRESCHOOL/CHILD

## *Preschool* Journey

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

# A

1M - 5Y

### **Preschool Parented**

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

6M - 8Y Parented Drop-in available

# B

2Y - 4Y

### **Preschool Unparented**

Your child will strengthen his or her social, emotional and 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.

NEW

# D

5Y - 6Y

### **Kindergarten Plus**

Coming Fall 2019

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





**What to bring:**

- Half-day programs: a small, nut-free snack and water bottle
- 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 will be contacted by phone to attend to any changing needs.**

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

**A****1M - 5Y****Preschool Parented****Little Mozarts**

Help children foster a creative love for music while also developing their language, social and motor skills. 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 as well as parachute and singing.

Omit: Apr 19

**Tiny Tigers (parented)**

Age: 1M - 3Y

Kinsmen Leisure Centre	Classroom	
<a href="tel:126439">126439</a>	Apr 5 to Jun 21 10 - 10:50 am	Fri \$174.00

**Little Monkeys (parents optional)**

Age: 2.5Y - 5Y

Kinsmen Leisure Centre	Classroom	
<a href="tel:126440">126440</a>	Apr 5 to Jun 21 11 - 11:50 am	Fri \$174.00

**Tots-on-the-Go**

This program consists of local guests and outings. We will start at the Sherwood Park Arena where we will enjoy games, songs, stories and fun activities. Then it's Tots-on-the-Go to different locations through out Strathcona County. Location outings may include Gallery@501 for a child friendly art experience or Kinsmen Leisure Centre for some mini gym fun and games. Guests and location outings will be announced at your first class.

Age: 1.5Y - 3Y

Sherwood Park Arena	Arts & Crafts Room	
<a href="tel:126441">126441</a>	Apr 11 to May 30 9 - 10:30 am	Thu \$76.00

**Preschool Parented Drop-in**

Parents, bring your child to climb aboard our pirate ship, build a blue block house, try the amazing airways (interactive equipment) and a whole lot more. Choose either the Kinsmen Leisure Centre Preschool Playground or Ardrossan Recreation Complex Love to Play room. **Admission is included with the Millennium Card or facility fees apply.**

Age: 6M - 8Y

Ardrossan Recreation Complex	Love to Play	
Sat Apr 6 to Jun 29	10 am - 1 pm	
Mon Apr 1 to Jun 24	9:30 - 11:30 am	Omit: Apr 22, May 20

Age: 6M - 6Y

Kinsmen Leisure Centre	Preschool Playground	
Tue Apr 2 to Jun 18	9:30 - 11:30 am	
Wed Apr 3 to Jun 19	9:30 - 11:30 am	
Thu Apr 4 to Jun 20	5:45 - 7:45 pm	
Fri Apr 5 to Jun 21	9:30 - 11:30 am	Omit: Apr 19
Sun Apr 7 to Jun 23	9:30 - 11:30 am	



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

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

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

# B

**2Y - 4Y**

## Preschool Unparented

### Building Blocks

This program is designed to adapt and grow with your child throughout all three sessions: fall, winter and spring. Children will build their confidence as they make new friends and explore unique play centres in an exciting and safe environment. They will also visit the mini gym or Edu-tainment spaces for variety and fun.

Omit: Apr 22, May 20

Age: 2.5Y - 3.5Y

Kinsmen Leisure Centre	ParkView Room	
<a href="#">125549</a>	Apr 1 to Jun 24	Mon
	9 - 11 am	\$138.00
Millennium Place	Activity Room 1	
<a href="#">125550</a>	Apr 1 to Jun 24	Mon
	9 - 11 am	\$138.00
<a href="#">125551</a>	Apr 3 to Jun 12	Wed
	9 - 11 am	\$138.00

### Kangaroo Kids

This active start program introduces your little one to the ABC's of movement: agility, balance, co-ordination and speed. 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.

Omit: Apr 19, 22, May 20

Age: 3Y - 5Y

Kinsmen Leisure Centre	ParkView Room	
<a href="#">125558</a>	Apr 1 to Jun 24	Mon
	12:30 - 2:30 pm	\$134.00
Strathcona Olympiette Centre	Preschool Room	
<a href="#">125559</a>	Apr 1 to Jun 24	Mon
	9 am - 12 pm	\$201.00
Millennium Place	Activity Room 1	
<a href="#">125560</a>	Apr 5 to Jun 21	Fri
	9 - 11:30 am	\$168.00

### Clay Tots - Everything Spring

Let your preschooler's imagination run wild this spring! Children will have fun learning to pinch, roll, paint and coil clay into ladybugs, flowers and more. New projects each session.

Age: 4Y - 5Y

Smeltzer House	Clay Hut	
<a href="#">125563</a>	Apr 10 to May 15	Wed
	1 - 2:30 pm	\$85.00



### Little Chefs

How do you fix a broken tomato? Tomato paste! Inviting all 'epicurious' children to explore their culinary potential. Children will have opportunities to prepare, mix and measure ingredients. This hands-on, age appropriate class, fosters a joy of cooking and eating foods that are both nutritious and delicious - an essential step towards health and well-being.

Omit: Apr 19

Age: 3.5Y - 5Y

Kinsmen Leisure Centre	Park View	
<a href="#">125561</a>	Apr 12 to Jun 7	Fri
	12:30 - 2:30 pm	\$132.00

### Preschool STEM

STEM learning incorporates the areas of science, technology, engineering and math to foster children's natural curiosity about the world around them and the way things work. This program will promote children's natural abilities as scientists and engineers by using daily routines to encourage investigation and discovery. Children will compare shapes and recognize patterns; explore simple tools and machines; build and design structures; explore concepts such as measurement, addition and subtraction; and develop basic skills like observation and prediction.

Age: 3.5Y - 5Y

Kinsmen Leisure Centre	Park View	
<a href="#">125564</a>	Apr 3 to Jun 12	Wed
	9 am - 12 pm	\$201.00

## Jr. Pre-K

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

Omit: Apr 19

Age: 3Y - 4Y

Kinsmen Leisure Centre	Park View	
<a href="#">125552</a>	Apr 3 to Jun 12	Wed
	12:30 - 2:30 pm	\$134.00
<a href="#">125555</a>	Apr 2 to Jun 13	Tue/Thu
	9 - 11:30 am	\$335.00
Millennium Place	Activity Room 2	
<a href="#">125553</a>	Apr 2 to Jun 11	Tue
	9 - 11:30 am	\$168.00
Kinsmen Leisure Centre	Lake View	
<a href="#">125554</a>	Apr 5 to Jun 21	Fri
	9 - 11:30 am	\$168.00

## Jr. Pre-K 3 Hour

This program offers the same activities as Jr. Pre-K with extra time for caregivers to run errands, workout or have some 'me' time. Check out our 6 class Flex Reg option at Ardrossan on Wednesdays.

Age: 3Y - 5Y

Ardrossan Recreation Complex	Preschool Room	
<a href="#">125556</a>	Apr 3 to Jun 12	Wed
	9 am - 12 pm	\$201.00

## Jr. Pre-K 3 Hour - Flex Reg

This program runs from April to June on alternating Wednesdays. Call 780-464-8239 to book your 6 out of 11 classes. This program is a great option for children attending kindergarten on alternating Wednesdays.

Age: 3Y - 5Y

Ardrossan Recreation Complex	Preschool Room	
<a href="#">125557</a>	Apr 3 to Jun 12	Wed
	9 am - 12 pm	\$110.00



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

## Preschool Unparented Drop-off

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. Passes are available at the Recreation Administration Office (2025 Oak Street).**

Age: 2Y - 6Y

Sherwood Park Arena	Arts & Crafts Room
Mon Apr 1 to Jun 17	1 - 3 pm Omit: Apr 22 & May 20
Tue Apr 2 to Jun 11	9 - 11 am
Wed Apr 3 to Jun 12	1 - 3 pm
Fri Apr 5 to Jun 14	1 - 3 pm Omit: Apr 19

# SPRING BREAK

Registration starts February 19!

## Spring Sprouts

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

Age: 3Y - 5Y

Kinsmen Leisure Centre	Park View Room	
<a href="#">125679</a>	Mar 25 & Mar 27	Mon/Wed
	9 am - 12 pm	\$55.00
<a href="#">125680</a>	Mar 25 & Mar 27	Mon/Wed
	1 - 4 pm	\$55.00

## Spring-tastic

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

Age: 5Y - 7Y

Kinsmen Leisure Centre	Lake View	
<a href="#">125681</a>	Mar 26	Tue
	9 am - 3 pm	\$55.00





**C**  
4Y - 5Y

**Your child must have turned 4 years old before December 31, 2018 to register for Spring 2019 Pre-K. Check out Jr. Pre-K on page 33 or Kangaroo Kids on page 32 if your child is 3 years old.**

## Spring 2019 Pre-Kindergarten

Pre-Kindergarten (Pre-K) are kindergarten readiness programs 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 spark your child's curiosity to learn, play and develop independence away from home.

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

**Omit: Apr 19, 22, May 20**

**Age: 4Y - 5Y**



Kinsmen Leisure Centre	Lake View	
<a href="#">120761</a>	Apr 1 to Jun 24	Mon
	9 am - 3 pm	\$395.00
<a href="#">120762</a>	Apr 3 to Jun 12	Wed
	9 am - 3 pm	\$395.00
<a href="#">120763</a>	Apr 2 to Jun 13	Tue/Thu
<a href="#">120764</a>	9 am - 12 pm	\$395.00
	12:30 - 3 pm	\$330.00

Millennium Place	Activity Room 2	
<a href="#">120766</a>	Apr 1 to Jun 19	Mon/Wed
<a href="#">120767</a>	9 am - 12 pm	\$395.00
<a href="#">120765</a>	12:30 - 3 pm	\$330.00
	Apr 5 to Jun 21	Fri
	9 am - 3 pm	\$395.00
Strathcona Olympiette Centre	Preschool Room	
<a href="#">120769</a>	Apr 5 to Jun 21	Fri
	9 am - 3 pm	\$395.00

# Pre-Kindergarten Registration for Fall 2019 opens March 5!

Fall 2019 // Winter 2020 // Spring 2020

Your child must turn 4 years old before December 31, 2019 to register for 2019/2020 Pre-K.

**F** Fall 2019

**W** Winter 2020

**S** Spring 2020

Omit: Oct 14, Nov 11, 12, 13, 14, 15, Feb 17, Apr 10, 13, May 18

## Rural locations

Age: 4Y - 5Y

### Ardrossan Recreation Complex

#### Preschool Room

<b>F</b>	<a href="#">126684</a>	Sep 11 to Nov 27	Wed
		9 am - 3 pm	\$395.00
<b>W</b>	<a href="#">126728</a>	Jan 8 to Mar 18	Wed
		9 am - 3 pm	\$395.00
<b>S</b>	<a href="#">126765</a>	Apr 8 to Jun 17	Wed
		9 am - 3 pm	\$395.00

### Strathcona Olympiette Centre

#### Preschool Room

<b>F</b>	<a href="#">126692</a>	Sep 13 to Nov 29	Fri
		9 am - 3 pm	\$395.00
<b>W</b>	<a href="#">126736</a>	Jan 10 to Mar 20	Fri
		9 am - 3 pm	\$395.00
<b>S</b>	<a href="#">126773</a>	Apr 17 to Jun-26	Fri
		9 am - 3 pm	\$395.00

## Sherwood Park locations

Age: 4Y - 5Y

### Kinsmen Leisure Centre

#### Lake View Room

<b>F</b>	<a href="#">126685</a>	Sep 9 to Dec 2	Mon
		9 am - 3 pm	\$395.00
	<a href="#">126686</a>	Sep 11 to Nov 27	Wed
		9 am - 3 pm	\$395.00
	<a href="#">126687</a>	Sep 10 to Nov 28	Tue/Thu
		9 am - 12 pm	\$395.00
	<a href="#">126688</a>	Sep 10 to Nov 28	Tue/Thu
		12:30 - 3 pm	\$330.00
<b>W</b>	<a href="#">126729</a>	Jan 6 to Mar 23	Mon
		9 am - 3 pm	\$395.00
	<a href="#">126730</a>	Jan 8 to Mar 18	Wed
		9 am - 3 pm	\$395.00
	<a href="#">126731</a>	Jan 7 to Mar 19	Tue/Thu
		9 am - 12 pm	\$395.00
	<a href="#">126732</a>	Jan 7 to Mar 19	Tue/Thu
		12:30 - 3 pm	\$330.00
<b>S</b>	<a href="#">126766</a>	Apr 6 to Jun 22	Mon
		9 am - 3 pm	\$360.00
	<a href="#">126767</a>	Apr 8 to Jun 17	Wed
		9 am - 3 pm	\$395.00
	<a href="#">126768</a>	Apr 7 to Jun 18	Tue/Thu
		9 am - 12 pm	\$395.00
	<a href="#">126769</a>	Apr 7 to Jun 18	Tue/Thu
		12:30 - 3 pm	\$330.00

### Millennium Place

#### Activity Room 2

<b>F</b>	<a href="#">126689</a>	Sep 13 to Nov 29	Fri
		9 am - 3 pm	\$395.00
	<a href="#">126690</a>	Sep 9 to Dec 2	Mon
		9 am - 12 pm	\$395.00
<b>W</b>	<a href="#">126733</a>	Jan 10 to Mar 20	Fri
		9 am - 3 pm	\$395.00
	<a href="#">126734</a>	Jan 6 to Mar 23	Mon
		9 am - 12 pm	\$395.00
<b>S</b>	<a href="#">126770</a>	Apr 17 to Jun 26	Fri
		9 am - 3 pm	\$395.00
	<a href="#">126771</a>	Apr 6 to Jun 24	Wed
		9 am - 12 pm	\$395.00

NEW

D

5Y - 6Y

Kindergarten Plus

Coming  
Fall 2019





# SPORTBALL

## Parented

### Parent & Child Multi-Sport 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 introduces 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 & Child programs to ensure that focus is kept on helping little ones practice and progress.

Omit: Apr 20, May 18

Age: 16M - 2Y

Kinsmen Leisure Centre	Preschool Playground	
<a href="#">125576</a>	Apr 6 to Jun 22	Sat
	9 - 9:30 am	\$152.00

### Parent & Child Multi-Sport 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 & Child programs to ensure that focus is kept on helping little ones practice and progress.

Omit: Apr 20, May 18

Age: 2Y - 3.5Y

Millennium Place	Combatives Room	
<a href="#">125582</a>	Apr 2 to Jun 11	Tue
	9:45 - 10:30 am	\$185.00
Kinsmen Leisure Centre	Preschool Playground	
<a href="#">125577</a>	Apr 3 to Jun 12	Wed
	5 - 5:45 pm	\$185.00
<a href="#">125587</a>	Apr 6 to Jun 22	Sat
	9:30 - 10:15 am	\$168.00
<a href="#">125579</a>	Apr 6 to Jun 22	Sat
	10:15 - 11 am	\$168.00
<a href="#">125583</a>	Apr 6 to Jun 22	Sat
	11 - 11:45 am	\$168.00

### Parent & Child Soccer - Outdoor

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

Omit: May 18

Age: 2Y - 3.5Y

Kinsmen Leisure Centre	Green Space	
<a href="#">125584</a>	May 9 to Jun 13	Thu
	4:30 - 5:15 pm	\$130.00
Eton Park, Emerald Hills	Green Space	
<a href="#">125585</a>	May 4 to Jun 15	Sat
	10 - 10:45 am	\$130.00



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

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

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





## Unparented

### Multi-Sport

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, 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: Apr 20, 22, May 18, 20

Age: 3.5Y - 5Y

Kinsmen Leisure Centre	Preschool Playground	
<a href="#">125578</a>	Apr 3 to Jun 12	Wed
	6 - 7 pm	\$185.00
<a href="#">125580</a>	Apr 6 to Jun 22	Sat
	12 - 1 pm	\$168.00

Millennium Place	Combatives Room	
<a href="#">125586</a>	Apr 1 to Jun 24	Mon
	1 - 2 pm	\$185.00
<a href="#">125588</a>	Apr 1 to Jun 24	Mon
	2 - 3 pm	\$185.00
<a href="#">125581</a>	Apr 2 to Jun 11	Tue
	10:30 - 11:30 am	\$185.00

Age: 5Y - 7Y

Millennium Place	Combatives Room	
<a href="#">125540</a>	Apr 6 to Jun 22	Sat
	12:30 - 1:30 pm	\$170.00

Kinsmen Leisure Centre	Preschool Playground	
<a href="#">125539</a>	Apr 3 to Jun 5	Wed
	7 - 8 pm	\$170.00

### Sportball Soccer - Outdoor

Sportball's soccer programs for kids introduce children to the fundamental concepts of the game in a fun, supportive, non-competitive environment. Coaches zero in on skills like dribbling, trapping, throw-ins and passing through exciting, skill-focused play. At the same time, we are teaching kids the basic skills required to "bend it like Beckham", we are also helping children meet developmental milestones and develop physical literacy through our play-based, coaching with purpose curriculum. Kids receive a Sportball jersey and soccer ball so they can take the fun home with them and continue to refine, rehearse and repeat even after the season is over!

Omit: May 18

Age: 3.5Y - 5Y

Kinsmen Leisure Centre	Green Space	
<a href="#">125589</a>	May 9 to Jun 13	Thu
	5:30 - 6:30 pm	\$130.00

Eton Park, Emerald Hills	Green Space	
<a href="#">125590</a>	May 4 to Jun 15	Sat
	9 - 10 am	\$130.00
<a href="#">125591</a>	May 4 to Jun 15	Sat
	11 am - 12 pm	\$130.00

Age: 5Y - 7Y

Kinsmen Leisure Centre	Green Space	
<a href="#">126232</a>	May 9 to Jun 13	Thu
	6:30 - 7:30 pm	\$130.00

Eton Park, Emerald Hills	Green Space	
<a href="#">125541</a>	May 4 to Jun 15	Sat
	12 - 1 pm	\$130.00

### Ultimate Hockey/Soccer

This course is aimed at transitioning kids into a hockey and soccer game. It starts off with a Fitkids Warmup, which is based on promoting physical literacy in a fun way. The warmup is followed by skill-based training where game-like situations are created to teach the necessary hockey and soccer skill sets. Class ends with a controlled scrimmage, allowing sportballers to apply the skills they have learned.

Omit: Apr 22, May 20

Age: 5Y - 7Y

Millennium Place	Combatives Room	
<a href="#">125538</a>	Apr 8 to Jun 24	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

### Junior Triathletes

Looking to be a triple threat? Join us for a splashing good time in the water, a sweat dripping dash on the track and a leg pumping experience on the bikes.

#### Training to Train ➤

Build strength and an aerobic base while combining sport-specific skills including:

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

Omit: Apr 21, May 19	Max 15
Millennium Place Lanes 1 - 4	The McKay Team Aquatics Centre
Age: 12Y - 15Y	Apr 14 to Jun 23 Sun
<a href="#">125528</a>	9 weeks 11 am - 12:15 pm \$107.00

### Teen Cardio Kickboxing

Roundhouse kick and block your way to a good time! Leave feeling energized and empowered. Gloves provided or participants can bring their own.

#### Training to Train ➤

Build strength and an aerobic base through kickboxing skills including:

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

Millennium Place	Purple Room	Max 15
Age: 12Y - 15Y	Apr 16 to Jun 4 Tue	
<a href="#">125544</a>	8 weeks 5:30 - 6:15 pm \$80.00	



## Special Interest

### #ThrowbackThursdays

Let's get back to the basics and play some old time favourites! Each class will focus on a different school yard activity that we all know and love. Capture the Flag, Kickball, Dodgeball and Kick-the-Can top our #TBT list. Join us for a legendary time and don't forget to bring some of your own classics.

Omit: May 23	Max 20
Mills Haven Elementary School	Gym
Age: 6Y - 9Y	Apr 4 to Jun 13 Thu
<a href="#">125503</a>	6:30 - 7:30 pm \$98.00
Age: 9Y - 12Y	Apr 4 to Jun 13 Thu
<a href="#">125504</a>	7:30 - 8:30 pm \$98.00

### Starter Softball

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

Indoor		Max 15
Omit: May 20		
Millennium Place	MacMillan Team Field	
Age: 6Y - 9Y	May 6 to Jun 24 Mon	
<a href="#">126787</a>	7 weeks 6:30 - 7:30 pm \$75.00	
Age: 9Y - 12Y	May 6 to Jun 24 Mon	
<a href="#">126788</a>	7 weeks 7:30 - 8:30 pm \$75.00	

### Outdoor

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

		Max 15
Westboro School	Diamond 1 (NE)	
Age: 6Y - 9Y	Jul 2 to Aug 20 Tue	
<a href="#">126393</a>	8 weeks 6 - 7 pm \$85.00	
Age: 9Y - 12Y	Jul 2 to Aug 20 Tue	
<a href="#">126394</a>	8 weeks 7 - 8 pm \$85.00	

## SCHOOL'S OUT DAY CAMPS

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, running shoes and a GIANT smile! Ensure all snacks and lunches are nut-free.

**Reminder:** Please fill out waivers ahead of time and bring them to camp. All required camp forms are found at [www.strathcona.ca/registration](http://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	Age: 8Y - 12Y	Max 24
Millennium Place	Activity Room 3	Millennium Place	Activity Room 3
	9 am - 4 pm \$50.00		9 am - 4 pm \$50.00
<a href="#">125529</a>	Mar 22 Fri	<a href="#">125530</a>	Mar 22 Fri
<a href="#">125533</a>	May 17 Fri	<a href="#">125534</a>	May 17 Fri



# SPRING SKATING

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.

Let's criss cross, twizzle and land our triple loop safely!



## Slide & Glide - Parented

Never been on the ice before? What better way to take your first steps in skates than with a loved one 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 gain confidence on the ice

Omit: May 18		Max 20
Millennium Place	Sprite Arena 2	
Age: 32M - 6Y	May 4 to Jun 15	Sat
<a href="#">125535</a>	10 - 10:30 am	\$65.00

## 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

Omit: May 18		Max 15
Millennium Place	Sprite Arena 2	
Age: 4Y - 6Y	May 4 to Jun 15	Sat
<a href="#">125514</a>	10:40 - 11:10 am	\$65.00

### 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

Omit: May 18		Max 15
Millennium Place	Sprite Arena 2	
Age: 7Y - 9Y	May 4 to Jun 15	Sat
<a href="#">125515</a>	11:20 - 11:50 am	\$65.00

## Blazing Blades

Soared through Slide & Glide? Barreled through Born to Blade? Are you ready for your next challenge? **Participants should be able to skate the length of the ice unassisted.**

### Learning to Train ➤

Continue 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

Omit: May 18		Max 15
Millennium Place	Sprite Arena 2	
Age: 9Y - 12Y	May 4 to Jun 15	Sat
<a href="#">125513</a>	12 - 12:45 pm	\$70.00

## Starter Shinny

We watched Connor McDavid and Leon Draisaitl lace 'em up with the Oilers this season. Now it's your turn to come join us for your first hockey experience. Participants should have basic skating skills. **Full equipment is required. This includes 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

		Max 12
Millennium Place	Sprite Arena 2	
Age: 4Y - 6Y	Apr 23 to May 28	Tue
<a href="#">125543</a>	6 - 7 pm	\$90.00

### 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

		Max 12
Millennium Place	Sprite Arena 2	
Age: 7Y - 9Y	Apr 23 to May 28	Tue
<a href="#">125542</a>	7 - 8 pm	\$90.00



## Sports

### Badminton

What do you do when your dog, Minton, is always chewing your birdies? BAD MINTON, BAD MINTON! 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

Omit: Jun 4		Max 12
St Theresa School	Gym	
Age: 9Y - 12Y	Apr 2 to Jun 11	Tue
<a href="#">125506</a>	6:30 - 7:30 pm	\$105.00

##### Training to Train ➤

Games and drills that further develop basic badminton skills including:

- Improving serves and various shots
- Introducing strategy (ie. long vs. short serves and net play)
- Modified game play

Omit: Jun 4		Max 12
St Theresa School	Gym	
Age: 12Y - 15Y	Apr 2 to Jun 11	Tue
<a href="#">125507</a>	8:30 - 9:30 pm	\$105.00

#### Intermediate

##### Training to Train ➤

Further develop fundamental badminton skills including:

- 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: Apr 10, 17, May 15		Max 12
F.R. Haythorne School	Large Gym	
Age: 12Y - 15Y	Apr 3 to Jun 26	Wed
<a href="#">125508</a>	8:15 - 9:15 pm	\$105.00

For details on Family Badminton please see page 43.



### Basketball

Why are basketball players such messy eaters? They are always dribbling!

#### Beginner

##### FUNDamentals ➤

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

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

		Max 15
OLPH School	Gym	
Age: 6Y - 9Y	Apr 2 to Jun 4	Tue
<a href="#">125512</a>	6:15 - 7:15 pm	\$98.00

		Max 15
Wes Hosford School	Gym	
Age: 6Y - 9Y	Apr 2 to Jun 4	Tue
<a href="#">125511</a>	6:30 - 7:30 pm	\$98.00

#### Intermediate

##### Learning to Train ➤

Further develop fundamental basketball skills including:

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

		Max 15
OLPH School	Gym	
Age: 9Y - 12Y	Apr 2 to Jun 4	Tue
<a href="#">125510</a>	7:30 - 8:30 pm	\$98.00

		Max 15
Wes Hosford School	Gym	
Age: 9Y - 12Y	Apr 2 to Jun 4	Tue
<a href="#">125509</a>	7:45 - 8:45 pm	\$98.00

## Dodgeball

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

		Max 20
Campbelltown School	Gym	
Age: 6Y - 9Y	Apr 4 to Jun 6	Thu
<a href="#">125518</a>	6:30 - 7:15 pm	\$98.00

### Learning to Train ➤

Further develop fundamental dodgeball sport skills including:

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

		Max 20
Campbelltown School	Gym	
Age: 9Y - 12Y	Apr 4 to Jun 6	Thu
<a href="#">125516</a>	7:15 - 8 pm	\$98.00

### Training to Train ➤

Emphasis on dodgeball specific skills including:

- 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
Campbelltown School	Gym	
Age: 12Y - 15Y	Apr 4 to Jun 6	Thu
<a href="#">125517</a>	8 - 8:45 pm	\$98.00

### Training to Compete ➤

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

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

		Max 20
Omit: Apr 22, May 20, Jun 10		
F.R. Haythorne School	Large Gym	
Age: 15Y+	Apr 1 to Jun 24	Mon
<a href="#">126073</a>	8:15 - 9:15 pm	\$105.00

For details on Family Dodgeball please see page 43.



## Flag Football

Why did the football coach go to the bank? To get his quarter back! **Please note: for all of our flag football classes we have partnered with KingMcCarty Camps.**



### FUNDamentals ➤

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

- 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: Apr 11		Max 15
Brentwood School	Gym	
Age: 6Y - 9Y	Apr 4 to Jun 13	Thu
<a href="#">125523</a>	5 - 5:45 pm	\$120.00

### Learning to Train ➤

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

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

Omit: Apr 11		Max 15
Brentwood School	Gym	
Age: 9Y - 12Y	Apr 4 to Jun 13	Thu
<a href="#">125524</a>	5:45 - 6:45 pm	\$140.00

## Handball

We will give you a hand in learning the basics of this fast-paced Olympic sport!

### 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	
Age: 6Y - 9Y	Apr 3 to Jun 5	Wed
<a href="#">125525</a>	6:30 - 7:30 pm	\$98.00

### Learning to Train ➤

Further develop fundamental handball sport skills including:

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

		Max 15
Jean Vanier School	Gym	
Age: 9Y - 12Y	Apr 3 to Jun 5	Wed
<a href="#">125526</a>	7:30 - 8:30 pm	\$98.00



## Soccer

Why can't Cinderella play soccer? Because she always runs away from the ball!

### 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: Jun 6		Max 15
Woodbridge Farms School	Gym	
Age: 6Y - 9Y	Apr 4 to Jun 13	Thu
<a href="#">125536</a>	6:30 - 7:30 pm	\$98.00

### All Levels

#### Learning to Train ➤

Further 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: Jun 6		Max 15
Woodbridge Farms School	Gym	
Age: 9Y - 12Y	Apr 4 to Jun 13	Thu
<a href="#">125537</a>	7:30 - 8:30 pm	\$98.00

## Triple Ball (Beginner Volleyball)

If you have a passion for volleyball, this is a great place to start!

#### Learning to Train ➤

Continue to develop 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 (1 - ball is served, 2 - free ball to receiving team, 3 - free ball to serving team)

		Max 15
Jean Vanier School	Gym	
Age: 9Y - 12Y	Apr 2 to Jun 4	Tue
<a href="#">125545</a>	7:15 - 8:15 pm	\$105.00
<a href="#">126781</a>	6:15 - 7:15 pm	\$105.00

## Volleyball

Why couldn't the volleyball player cross the road? Too many bumps!

#### Training to Train ➤

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

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

		Max 15
Jean Vanier Schools	Gym	
Age: 12Y - 15Y	Apr 2 to Jun 4	Tue
<a href="#">125547</a>	8:15 - 9:15 pm	\$105.00

## Family Programs

### Family Badminton

Get the whole family together and cause a racket! **Each registration includes one adult and one child. Additional family members are \$65 each.**

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

Omit: Jun 4		Max 8
St Theresa School	Gym	
Age: 6Y+	Apr 2 to Jun 11	Tue
<a href="#">125519</a>	7:30 - 8:30 pm	\$140.00
Omit: Apr 10, 17, May 15		Max 8
F.R. Haythorne School	Large Gym	
Age: 6Y+	Apr 3 to Jun 26	Wed
<a href="#">125520</a>	7:15 - 8:15 pm	\$140.00

### Family Yoga

Attention moms, dads, daughters and sons! This class is a perfect way to relax as a family without being in front of the TV. No experience required: just a willingness to bend, stretch and have fun! **Each registration includes one adult and one child. Additional family members are \$65 each.**

		Max 15
Millennium Place	Activity Room 2/3	
Age: 6Y+	Apr 17 to Jun 19	Wed
<a href="#">125521</a>	6:15 - 7:15 pm	\$145.00
		Max 12
Ardrossan Recreation Complex	Preschool Room	
Age: 6Y+	Apr 9 to Jun 11	Tue
<a href="#">125522</a>	6 - 7 pm	\$145.00

### 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. Additional family members are \$65 each.**

Omit: Apr 22, May 20, Jun 10		Max 15
F.R. Haythorne School	Large Gym	
Age: 6Y+	Apr 1 to Jun 24	Mon
<a href="#">127349</a>	7:15 - 8:15 pm	\$140.00

### Floating Family Bootcamp

You will have a blast in this ultimate family workout on water (and in!) with a variety of fun games and exercises. **Each registration includes one adult and one child.**

Omit: Apr 20, May 19		Max 12
Emerald Hills Leisure Centre		
Age: 8Y+	Apr 6 to Jun 15	Sat
<a href="#">125862</a>	3:30 - 4:15 pm	\$162.00

# P.L.A.Y.

PHYSICAL LITERACY AND YOU

## WORKSHOP

— FREE EVENT —

LET'S MOVE TOGETHER AND SUPPORT  
OUR CHILDREN TO BE ACTIVE FOR LIFE!

Saturday, March 30

10 a.m. - 3 p.m.

Millennium Place

MaxWell Realty Field

RUN



SWIM



BALANCE



JUMP



Learn how to be a part of your  
child's physical literacy journey!

- Special guest speakers
- Informational booths
- Fun activities for children
- Door prizes, swag and much more!

#strathcoPLAY

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

 STRATHCONA  
COUNTY

# SPRING BREAK CAMPS

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

**Pre-care:** 8 am - 9 am and **Post-care:** 4 pm - 4:30 pm. If you have any questions, please call 780-410-8530.

## Adventure Camp

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

Age: 6Y - 7Y		<b>Max 6</b>	
Millennium Place		Activity Room 3	
		9 am - 4 pm	\$235.00
<a href="#">126214</a>	<b>Full Week</b>	Mar 25 to Mar 29	Mon-Fri
		<b>Max 3</b>	
	<b>Daily</b>	9 am - 4 pm	\$50.00
<a href="#">126215</a>		Mar 25	Mon
<a href="#">126217</a>		Mar 26	Tue
<a href="#">126219</a>		Mar 27	Wed
<a href="#">126221</a>		Mar 28	Thu
<a href="#">126226</a>		Mar 29	Fri

Age: 8Y - 12Y		<b>Max 15</b>	
Millennium Place		Activity Room 3	
		9 am - 4 pm	\$235.00
<a href="#">126213</a>	<b>Full Week</b>	Mar 25 to Mar 29	Mon-Fri
		<b>Max 6</b>	
	<b>Daily</b>	9 am - 4 pm	\$50.00
<a href="#">126216</a>		Mar 25	Mon
<a href="#">126218</a>		Mar 26	Tue
<a href="#">126220</a>		Mar 27	Wed
<a href="#">126222</a>		Mar 28	Thu
<a href="#">126227</a>		Mar 29	Fri

## Easter Eggs-travaganza

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

Age: 6Y - 9Y		<b>Max 20</b>	
Millennium Place		Activity Room 2	
		9 am - 4 pm	\$235.00
<a href="#">126223</a>		Mar 25 to Mar 29	Mon-Fri

## Flag Football Camp

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



Age: 9Y - 12Y		<b>Max 15</b>	
Millennium Place		Activity Room 1	
		9 am - 4 pm	\$250.00
<a href="#">126210</a>		Mar 25 to Mar 29	Mon-Fri





# FLEX PASS

**\$60 PER MONTH**

Enjoy FLEXible access to any  
number of select fitness classes.

**Passes are available at:**

- Millennium Place
- Ardrossan Recreation Complex
- Glen Allan Recreation Complex
- Emerald Hills Leisure Centre
- Kinsmen Leisure Centre

Classes are subject to change. View the Flex Pass FAQ at  
[www.strathcona.ca/flexpass](http://www.strathcona.ca/flexpass) for available monthly classes.

**QUESTIONS? 780-416-7213**

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



# ADULT/OLDER ADULT



## Water Fitness

### Aqua Zumba®

It will be a Zumba pool party as this latin-based dance class heads to the water for an invigorating workout. Aqua Zumba® integrates the Zumba formula with traditional aqua fitness and blends it all into a challenging, cardio-conditioning and body-toning workout.

Omit: Apr 22, May 20

Age: 16Y+	Max 24
Kinsmen Leisure Centre	
<a href="#">125728</a>	Apr 1 to Jun 17 Mon 6 - 6:50 pm \$110.00

### Deep Water Running

This invigorating class will challenge your cardiovascular system, enhance your stamina and increase your strength while giving you all the benefits of running without the impact. Add this great cross-training alternative to your fitness routine.

Omit: May 20

Age: 16Y+	Max 12
Millennium Place	The McKay Team Aquatics Centre
<a href="#">125749</a>	Apr 1 to Jun 17 Mon 7:45 - 8:15 pm \$82.50

### Aqua HIIT

High Intensity Interval Training (HIIT) is a non-stop, high-energy workout. A combination of strength and endurance in an interval based format will push you to the MAX. This class provides a definite challenge for all fitness levels.

Omit: May 20

Age: 16Y+	Max 12
Millennium Place	The McKay Team Aquatics Centre
<a href="#">125725</a>	Apr 1 to Jun 17 Mon 8:15 - 8:45 pm \$82.50

### Aqua Barre

Take your barre class to the water for this fun, challenging and unique format. While incorporating elements of pilates and ballet with traditional aqua fitness and resistance equipment, you'll get a full-body, high-energy workout.

Age: 16Y+	Max 18
Emerald Hills Leisure Centre	
<a href="#">125724</a>	Apr 3 to Jun 19 Wed 7:45 - 8:45 pm \$132.00

## Floating Fitness

Float your fitness on our aqua mats where you will love the added mobility challenge. Classes require a basic level of fitness. Be prepared to get wet. Wear something that is comfortable in the water and on the board.

### Floating Bootcamp

Balance, strength, stability and cardio will be tested in this bootcamp format.

Omit: Apr 22, May 20

Age: 16Y+	Max 12
Emerald Hills Leisure Centre	
<a href="#">125863</a>	Apr 1 to Jun 17 Mon 7:45 - 8:30 pm \$100.00
<a href="#">125865</a>	Apr 3 to Jun 19 Wed 7:45 - 8:30 pm \$120.00
<a href="#">126015</a>	Jul 2 to Aug 27 Tue 7:45 - 8:45 pm \$99.00
<a href="#">126016</a>	Jul 4 to Aug 29 Thu 7:45 - 8:45 pm \$99.00

### Floating Family Bootcamp

You will have a blast in this ultimate family workout on water (and in!) with a variety of fun games and exercises. **Each registration includes one adult and one child.**

Omit: Apr 20, May 19

Age: 8Y+	Max 12
Emerald Hills Leisure Centre	
<a href="#">125862</a>	Apr 6 to Jun 15 Sat 3:30 - 4:15 pm \$162.00



## Fitness

### Advanced Bootcamp

Strength, speed, power and agility are all put to the limits in this training class that combines functional, sports-related movements with traditional bootcamp drills.

Omit: Apr 19, May 20, Aug 5

Age: 16Y+		Max 25
Millennium Place	Doctors Eyecare Blue Room	
<a href="#">125716</a>	Apr 1 to Jun 17	Mon
	6 - 7 pm	\$121.00
		Max 15
Millennium Place	Purple Room	
<a href="#">126078</a>	Apr 5 to Jun 21	Fri
	9 - 10 am	\$121.00
Millennium Place	Doctors Eyecare Blue Room	
<a href="#">125922</a>	Jul 8 to Aug 26	Mon
	6 - 6:45 pm	\$66.50

### 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 designed to make you sweat! All fitness levels welcome.

Omit: May 20

Age: 16Y+		Max 20
Millennium Place	Green Room	
<a href="#">126089</a>	Apr 1 to Jun 17	Mon
	7:15 - 8 pm	\$121.00
<a href="#">126090</a>	Apr 2 to Jun 18	Tue
	9 - 10 am	\$132.00
<a href="#">126040</a>	Jul 2 to Aug 27	Tue
	9 - 10 am	\$99.00

### Cardio Salsa

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

Age: 16Y+		Max 20
Glen Allan Recreation Complex	Studio 206	
<a href="#">126079</a>	Apr 9 to Jun 18	Tue
	6:15 - 7 pm	\$104.50
Millennium Place	Green Room	
<a href="#">125743</a>	Apr 3 to Jun 19	Wed
	11:45 - 12:45 pm	\$114.00
Millennium Place	Doctors Eyecare Blue Room	
<a href="#">125744</a>	Apr 4 to Jun 20	Thu
	5:30 - 6:15 pm	\$114.00

### All-In-One!

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

Age: 16Y+		Max 15
Ardrossan Recreation Complex	Aspen Room	
<a href="#">125721</a>	Apr 2 to Jun 18	Tue
	9:30 - 10:30 am	\$132.00
Ardrossan Recreation Complex	Hall	
<a href="#">125722</a>	Apr 4 to Jun 20	Thu
	10 - 11 am	\$132.00

### Move and Groove

Move through exercises that will increase your cardio, strength, mobility and flexibility. This is the perfect class for all fitness levels set to music that makes you want to groove along.

Age: 18Y+		Max 20
Glen Allan Recreation Complex	Studio 203	
<a href="#">125892</a>	Apr 9 to Jun 18	Tue
	7:15 - 8:15 pm	\$121.00

### TRX - Stretch

A perfect blend of strength work using the TRX suspension system followed by a mobility and stretching routine to ensure healthy and functional joints. Suitable for all levels.

Age: 16Y+		Max 16
Millennium Place	Purple Room	
<a href="#">125915</a>	Apr 4 to Jun 20	Thu
	6:15 - 7:15 pm	\$132.00





## Barre Burn

This class incorporates elements of Pilates and ballet to shape and define your body all 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: May 20, Aug 5

Age: 16Y+		Max 20
Millennium Place	Green Room	
<a href="#">125735</a>	Apr 1 to Jun 17 9 - 10 am	Mon \$121.00
<a href="#">125736</a>	Apr 1 to Jun 17 5:45 - 6:45 pm	Mon \$121.00
<a href="#">125737</a>	Apr 3 to Jun 19 6:15 - 7:15 pm	Wed \$132.00
<a href="#">125738</a>	Apr 4 to Jun 20 9 - 10 am	Thu \$132.00
<a href="#">125931</a>	Jul 8 to Aug 26 9 - 10 am	Mon \$77.00
<a href="#">125930</a>	Jul 8 to Aug 26 5:45 - 6:45 pm	Mon \$77.00
<a href="#">125932</a>	Jul 3 to Aug 28 6:15 - 7:15 pm	Wed \$99.00

## 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 formats will vary, but the end result is always an effective workout. Saturday's class will be held in the weight room. Omit: Apr 20, 22, May 18, 20, Aug 3, 5

Age: 16Y+		Max 20
Glen Allan Recreation Complex	Studio 203	
<a href="#">125746</a>	Apr 8 to Jun 24 6:15 - 7 pm	Mon \$95.00
<a href="#">127430</a>	Jul 8 to Aug 26 6:15 - 7 pm	Mon \$66.50
Glen Allan Recreation Complex	Apple Fitness Centre - Level 2	
<a href="#">125747</a>	Apr 6 to Jun 22 8:15 - 9:15 am	Sat \$100.00
<a href="#">125934</a>	Jul 6 to Aug 24 8:15 - 9:15 am	Sat \$70.00
Millennium Place	Doctors Eyecare Blue Room	
<a href="#">125933</a>	Jul 3 to Aug 28 9:15 - 10:15 am	Wed \$99.00



## Arms and Abs

Open your own jars and say goodbye to the underarm wave! This dynamic class helps you tone and strengthen your arms and gives your midsection a makeover.

Age: 16Y+		Max 20
Glen Allan Recreation Complex	Studio 203	
<a href="#">126091</a>	Apr 10 to Jun 19 6 - 6:45 pm	Wed \$104.50
<a href="#">125927</a>	Jul 4 to Aug 29 7 - 7:45 pm	Thu \$86.00

## Sweat for the Dress

Are you getting ready for a special event this summer? Join us for a kick butt class that incorporates interval and strength training to help you look your best! Also ideal for a bridal party and mothers-of-the-bride or -groom.

Age: 16Y+		Max 20
Glen Allan Recreation Complex	Studio 203	
<a href="#">125908</a>	Apr 10 to Jun 19 7 - 8 pm	Wed \$121.00

## Core and More

Get a strong core and so much more! This class utilizes your body weight, equipment and full body exercises to improve your functional fitness. Enhance strength, stability and flexibility in this workout. Omit: Apr 22, May 20

Age: 16Y+		Max 20
Glen Allan Recreation Complex	Studio 203	
<a href="#">126092</a>	Apr 8 to Jun 24 8:15 - 9 pm	Mon \$95.00
<a href="#">126093</a>	Apr 11 to Jun 20 5:30 - 6:15 pm	Thu \$104.50
Millennium Place	Doctors Eyecare Blue Room	
<a href="#">127431</a>	Jul 3 to Aug 28 5:45 - 6:30 pm	Wed \$86.00

## High Fitness™

This high-intensity, calorie-burning, body-sculpting class is full of cardio peaks combined with the hottest music tracks that will leave you on a high. The choreographed moves are easy to follow, loads of fun and keep you coming back.

Age: 16Y+		Max 25
Millennium Place	Green Room	
<a href="#">125874</a>	Apr 4 to Jun 20 6:15 - 7:15 pm	Thu \$132.00
Millennium Place	Doctors Eyecare Blue Room	
<a href="#">126019</a>	Jul 4 to Aug 29 6:15 - 7:15 pm	Thu \$99.00

## Wellness Adult/Older Adult

### Fitness



### Nothing But the HIITs

Get ready for high intensity interval training (HIIT) every class. The shorter duration drills performed at your own maximal levels provide a big calorie burn not just during class, but after too.

Age: 16Y+	Max 20
Millennium Place	Green Room
<a href="#">126094</a>	Apr 4 to Jun 20 7:30 - 8:15 pm
	Thu \$114.00

### Happy Hour

Finish your day with this high-energy, motivating class that will challenge you with every move. If the music doesn't get you moving after work, the variety of formats and equipment certainly will. There is no doubt you will be a fan of Happy Hour - done the healthy way.

Omit: May 20, Aug 2

Age: 16Y+	Max 18
Millennium Place	Purple Room
<a href="#">126118</a>	Apr 1 to Jun 17 5 - 5:55 pm
	Mon \$121.00
<a href="#">127435</a>	Jul 5 to Aug 23 5 - 5:55 pm
	Fri \$77.00

### P90X Live™

Join us for the group fitness version of P90X. This full-body strength training class features four unique types of work: Cardio X, Lower Strength, Upper Strength and X Core. A class for all levels!

Age: 16Y+	Max 24
Millennium Place	Green Room
<a href="#">125901</a>	Apr 2 to Jun 18 7:30 - 8:30 pm
	Tue \$132.00
<a href="#">126039</a>	Jul 2 to Aug 27 7:30 - 8:30 pm
	Tue \$99.00

### Kettlebell Circuit

Unleash the power of movement in this full-body, functional workout designed to make you sweat. You'll safely learn new skills and movements with the kettlebell while building strength, power and stamina.

Omit: Apr 19

Age: 16Y+	Max 12
Millennium Place	Red Room
<a href="#">125886</a>	Apr 5 to Jun 21 9 - 10 am
	Fri \$121.00
Millennium Place	Purple Room
<a href="#">126021</a>	Jul 5 to Aug 23 9 - 10 am
	Fri \$88.00

### Kickboxing

Get fit and have fun in this non-contact workout. This class will include a variety of kickboxing drills and combinations using focus pads, partner training and bodyweight conditioning exercises. Bag gloves provided.

Age: 16Y+	Max 16
Millennium Place	Purple Room
<a href="#">125887</a>	Apr 2 to Jun 18 6:30 - 7:30 pm
	Tue \$132.00

### Women on Weights I

Learn the basics of resistance training in the weight room while using a combination of machines, free weights and group fitness equipment.

Omit: May 18

Age: 16Y+	Max 12
Glen Allan Recreation Complex	Apple Fitness Centre
<a href="#">127340</a>	Apr 27 to Jun 1 9:30 - 10:30 am
	Sat \$55.00

### Summer Surprise



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

Age: 16Y+	Max 20
Glen Allan Recreation Complex	Studio 203
<a href="#">127433</a>	Jul 2 to Aug 27 7:15 - 8 pm
	Tue \$86.00
Millennium Place	Green Room
<a href="#">127434</a>	Jul 3 to Aug 28 7:30 - 8:15 pm
	Wed \$86.00



## Indoor Group Cycling

### Cycle Swim

This land/water combo will give your fitness, technique and confidence levels a boost with a 30 minute heart pounding cycle class followed by a 45 minute swim. This class has a strong focus on triathlon and free-style swimming. All swim abilities are welcome.

Age: 16Y+	Max 20
Millennium Place	Red Room
<a href="#">125748</a>	Apr 2 to Jun 18 8:15 - 9:45 pm
	Tue \$156.00

### Cycle Stretch

Come join us for this great combo class that features a mix of cycling drills for 35 minutes followed by 25 minutes of stretching.  
Omit: Aug 5

Age: 16Y+	Max 12
Millennium Place	Red Room
<a href="#">125935</a>	Jul 8 to Aug 26 7 - 8 pm
	Mon \$77.00

### HIIT and Ride

There are no rules here! Challenging interval-based cycling drills combined, at any time, with off-bike strength and power exercises to ramp up the intensity and the benefits.  
Omit: Apr 20, 21, May 18, 19, 20, Aug 5

Age: 16Y+	Max 20
Millennium Place	Red Room
<a href="#">125875</a>	Apr 1 to Jun 17 9:15 - 10:15 am
<a href="#">125876</a> 90 minutes	Apr 6 to Jun 22 7 - 8:30 am
<a href="#">125877</a>	Apr 7 to Jun 23 10:15 - 11:15 am
<a href="#">126020</a>	Jul 8 to Aug 26 9:15 - 10:15 am
	Mon \$121.00 Sat \$120.00 Sun \$110.00 Mon \$77.00

### MOC Cycle with Fascia Stretch

Become a lean machine in this signature hybrid fitness class that utilizes a mix of cycling drills for 35 minutes followed by 25 minutes of mobility stretching and foam rolling to work the fascia tissue for optimum performance.

Age: 16Y+	Max 16
Millennium Place	Red Room
<a href="#">125891</a>	Apr 3 to Jun 19 6 - 7 pm
	Wed \$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: May 20

Age: 16Y+	Max 40
Millennium Place	Red Room
<a href="#">125904</a>	Apr 1 to Jun 17 7:15 - 8 pm
<a href="#">125905</a>	Apr 2 to Jun 18 7 - 8 pm
<a href="#">125906</a>	Apr 2 to Jun 18 8:15 - 9 pm
<a href="#">125907</a>	Apr 4 to Jun 20 6:30 - 7:30 pm
<a href="#">126042</a>	Jul 2 to Aug 27 6:45 - 7:45 pm
<a href="#">126043</a>	Jul 4 to Aug 29 6:30 - 7:30 pm
<a href="#">127438</a>	Jul 5 to Aug 30 9:15 - 10 am
	Mon \$104.50 Tue \$132.00 Tue \$114.00 Thu \$132.00 Tue \$99.00 Thu \$99.00 Fri \$86.00

### Row, Ride, Reps

This high-energy class combines rowing intervals, a heart pumping ride and resistance training that will take your fitness experience to new heights.

Age: 16Y+	Max 12
Millennium Place	Purple Room
<a href="#">126150</a>	Apr 3 to Jun 19 4:15 - 5:15 pm
<a href="#">127439</a>	Jul 4 to Aug 29 9 - 10 am
	Wed \$132.00 Thu \$99.00





## Wellness Adult/Older Adult

Pre-natal & Post-natal/Sports

### Pre-natal & post-natal

#### Baby Worx

Our stroller-based classes are good for all fitness levels, so you can step it up or ease into it. The goal is always the same: a fun, challenging workout with baby at your side. Drop-in is available for \$8.50 per class.

Age: 16Y+		Max 20
Millennium Place	MaxWell Realty Field 2	
<a href="#">125731</a>	Apr 2 to Jun 18	Tue
	10:15 - 11:15 am	\$96.00
<a href="#">125732</a>	Apr 18 to Jun 20	Thu
	10:15 - 11:15 am	\$80.00
Glen Allan Recreation Complex	Park	
<a href="#">125928</a>	Jul 2 to Aug 27	Tue
	9 - 10 am	\$72.00
Millennium Place	MaxWell Realty Field 2	
<a href="#">125929</a>	Jul 4 to Aug 29	Thu
	10:15 - 11:15 am	\$64.00

#### Baby Worx H2O

Step it up or ease back into fitness and introduce your baby to the water. Please bring a baby float and swim diapers.

Omit: Apr 19

Age: 6M+		Max 15
Emerald Hills Leisure Centre	Teach Pool	
<a href="#">125733</a>	Apr 5 to Jun 21	Fri
	9 - 10 am	\$99.00

#### Just for Mom

This class is for moms and is designed to recondition the muscles that are challenged by pregnancy and child birth. Each week, progressive exercises will be used to target the functional engagement of the core and pelvic floor muscles.

Age: 16Y+		Max 15
Millennium Place	Green Room	
<a href="#">126231</a>	Apr 3 to May 8	Wed
	10 - 11 am	\$66.00

#### Prenatal Fit

Prenatal Fit will incorporate cardio, resistance, core and stretching exercises suitable for pregnant women of all fitness levels. Meet other moms-to-be in this fun fitness class designed to keep you active throughout your pregnancy.

Omit: May 20

Age: 16Y+		Max 15
Millennium Place	Purple Room	
<a href="#">127464</a>	Apr 1 to May 6	Mon
	6:15 - 7:15 pm	\$66.00
<a href="#">127465</a>	May 13 to Jun 24	Mon
	6:15 - 7:15 pm	\$66.00

### Sports

#### Adult Swim Training

Do you want to take your swimming to the next level? Are you tired of putting in the laps but not advancing? This program offers high calibre coaching where all you need is a passion for swimming and a strong desire for improvement and fun.

Omit: Apr 19, May 20

Age: 16Y+		Max 16
Millennium Place	The McKay Team Aquatics Centre	
<a href="#">125712</a>	Apr 1 to Jun 17	Mon
	10:30 - 11:30 am	\$110.00
<a href="#">125713</a>	Apr 5 to Jun 21	Fri
	10:30 - 11:30 am	\$110.00

#### 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: Apr 21, 23, May 19, 21, Aug 4

Age: 13Y+		Max 16
Millennium Place	Combatives Room	
<a href="#">125888</a>	Apr 2 to Jun 18	Tue
	7:30 - 8:30 pm	\$95.00
Millennium Place	Doctors Eyecare Blue Room	
<a href="#">125889</a>	Apr 7 to Jun 23	Sun
	12 - 1 pm	\$95.00
<a href="#">126022</a>	Jul 7 to Aug 25	Sun
	12 - 1 pm	\$67.00



#### 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.

## Wellness - Adult/Older Adult

Mind & Body

### Mind & Body

#### Essentrics™

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

Omit: Apr 19, Aug 2

Age: 16Y+		Max 20
Millennium Place	Green Room	
<a href="#">125851</a>	Apr 2 to Jun 18	Tue
	6:15 - 7:15 pm	\$132.00
<a href="#">125852</a>	Apr 5 to Jun 21	Fri
	9:15 - 10:15 am	\$121.00
Glen Allan Recreation Complex	Studio 203	
<a href="#">127466</a> <b>Apprentice Instructor</b>	Apr 9 to Jun 18	Tue
	11:30 am - 12:30 pm	\$121.00
<a href="#">126230</a>	Apr 11 to Jun 20	Thu
	7:30 - 8:30 pm	\$121.00
Millennium Place	Green Room	
<a href="#">126011</a>	Jul 2 to Aug 27	Tue
	6:15 - 7:15 pm	\$99.00
<a href="#">126012</a>	Jul 5 to Aug 23	Fri
	9:15 - 10:15 am	\$77.00

#### Essentrics™ Barre

A combo of two great classes that will lengthen and strengthen your muscles using the barre, floorwork and light resistance. A perfect mix all designed to make you sweat and stretch.

Omit: Aug 3

Age: 16Y+		Max 14
Millennium Place	Green Room	
<a href="#">127447</a>	Jul 6 to Aug 24	Sat
	9 - 10 am	\$77.00

#### Aging Backwards with Essentrics™

Based on the best selling book, Aging Backwards, this class leads you through gentle and effective movements where you will engage every muscle, liberate your joints and improve overall health. It's never too late to get aging out of your way!

Omit: May 20

Age: 50Y+		Max 20
Millennium Place	Green Room	
<a href="#">125718</a>	Apr 8 to Jun 17	Mon
	12:15 - 1 pm	\$95.00
Glen Allan Recreation Complex	Studio 203	
<a href="#">125719</a>	Apr 11 to Jun 20	Thu
	1:45 - 2:30 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: Apr 19, Aug 4

Age: 16Y+		Max 30
Ardrossan Recreation Complex	Hall	
<a href="#">125867</a>	Apr 2 to Jun 18	Tue
	7:15 - 8:30 pm	\$156.00
		Max 16
Ardrossan Recreation Complex	Aspen Room	
<a href="#">125868</a>	Apr 3 to Jun 19	Wed
	10:15 - 11:15 am	\$132.00
Glen Allan Recreation Complex	Studio 206	
<a href="#">125869</a>	Apr 10 to Jun 19	Wed
	6 - 7 pm	\$121.00
Millennium Place	Green Room	
<a href="#">125870</a>	Apr 5 to Jun 21	Fri
	10:30 - 11:30 am	\$121.00
Glen Allan Recreation Complex	Studio 203	
<a href="#">126018</a>	Jul 3 to Aug 28	Wed
	6 - 7 pm	\$99.00
<a href="#">126017</a>	Jul 7 to Aug 25	Sun
	9 - 10 am	\$77.00

### Chair Yoga

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

Age: 16Y+		Max 15
Millennium Place	Doctors Eyecare Blue Room	
<a href="#">125745</a>	Apr 4 to Jun 13	Thu
	11:15 am - 12:15 pm	\$99.00

### Tai Chi

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

Age: 16Y+		Max 20
Millennium Place	Green Room	
<a href="#">125909</a>	Apr 2 to Jun 11	Tue
	1 - 2 pm	\$93.50



## Wellness - Adult/Older Adult

Fitness/Older Adult



# Seniors' Fitness 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 serve coffee and snacks. It's a great way to be active, learn something new and meet new friends

**Thursday, April 25**

**Glen Allan Recreation Complex**

10:15 - 11 a.m. *Pickleball: Learn to Play*

11:15 a.m. - 12 p.m. *Pickleball Info Session*

**Thursday, May 23**

**Millennium Place**

10:15 - 11 a.m. *Seated Fitness*

11:15 a.m. - 12 p.m. *Gardening Tips*

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

For schedule details phone

**780-416-7234** or visit [www.strathcona.ca/events](http://www.strathcona.ca/events)

Sponsored by **I ♥ HODGES & MOHR**  
SHPK REALTY GROUP RE/MAX ELITE

## Turning Back the Clock

Stay on top of the fight against aging. This class is held in the weight room, where participants are provided with an individual program to address their specific needs and goals under the guidance of a certified trainer. **Please note April 2 and 4 are located at the Ardrossan Recreation Complex.**

Age: 50Y+

Max 16

Glen Allan Recreation Complex	Apple Fitness Centre - Level 2	
<a href="#">125916</a>	Apr 2 to Jun 18	Tue
	9:15 - 10:15 am	\$108.00
<a href="#">125917</a>	Apr 2 to Jun 18	Tue
	10:15 - 11:15 am	\$108.00
<a href="#">125918</a>	Apr 4 to Jun 20	Thu
	9:15 - 10:15 am	\$108.00
<a href="#">126044</a>	Jul 2 to Aug 27	Tue
	9:15 - 10:15 am	\$81.00

# Seniors' Dance & Social



**April 18**

Three of Diamonds

**May 16**

Chwill Brothers

**Dance:**

7 p.m. - 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**

Sponsored by **I ♥ HODGES & MOHR**  
SHPK REALTY GROUP RE/MAX ELITE





# DO YOU HAVE A CHRONIC HEALTH CONDITION?

**Strathcona County offers programs specific to managing a lifestyle that includes Parkinsons', Multiple Sclerosis, Alzheimers or Arthritis.**

If you or a loved one is affected by one of these chronic health conditions, consider registering in a program outlined on pages 56 and 57. Programs are tailored to the varying needs in the class. Participating in one of these programs is one way to manage a new lifestyle, keep active and meet new people who are impacted by a similar set of health-related circumstances.

**Remaining active is key for:**

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

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



**STRATHCONA  
COUNTY**

## Next Step Program

Do you have chronic health conditions or are finishing a medically-supervised post-rehab program? The Next Step Program is designed for people who want to become more physically active. All Next Step programs are led by a Certified Exercise Physiologist and address varying participant abilities. **Choose what's best for you!**



The programs below start the first week of April.

### Individual Program

#### Glen Allan Recreation Complex

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

**Initial program design fee \$75**

Omit: Apr 19, May 20, Jul 1, Aug 5

April 1, 3, 5 will be held at the Ardrossan Recreation Complex

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

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

### 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.

Omit: April 19

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

**Fri** 10 - 10:45 am (shallow)

### Group Program

#### Millennium Place

This group class will help you move better and make everyday activities easier as we focus on building balance, strength, endurance and flexibility. Exercises are adaptable for everyone.

**Tue** 10 - 11 am

**Register by phone only:**  
**Call 780-416-7233**



## Special Interest

### Fighting Back

For people with Parkinson's and other chronic conditions, this boxing and circuit training program, offered in partnership with Parkinson Association of Alberta, 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. Omit: May 20

Max 16			
Millennium Place	MaxWell Realty Field 2		
<a href="#">125854</a>	Apr 1 to May 6	Mon	
	10:15 - 11:15 am	\$48.00	
<a href="#">125857</a>	May 13 to Jun 24	Mon	
	10:15 - 11:15 am	\$48.00	
Millennium Place	Combatives Room		
<a href="#">125855</a>	Apr 3 to May 8	Wed	
	10:30 - 11:30 am	\$48.00	
<a href="#">125858</a>	May 15 to Jun 19	Wed	
	10:30 - 11:30 am	\$48.00	
Millennium Place	Green Room		
<a href="#">126013</a>	Jul 3 to Aug 28	Wed	
	10:30 - 11:30 am	\$72.00	

### Joint Health

Joint health is one of the most overlooked areas of wellness in the body, but is so important when it comes to how well we move and feel. This class features movements to benefit all the key joint areas including the hips, shoulders, knees, spine, feet and hands.

Max 14			
Millennium Place	Purple Room		
<a href="#">125878</a>	Apr 4 to May 9	Thu	
	12:15 - 12:45 pm	\$36.00	
<a href="#">125879</a>	May 16 to Jun 20	Thu	
	12:15 - 12:45 pm	\$36.00	

### Joint Works

Joint Works is a low-impact water exercise program for people with muscle, joint or mobility problems, such as arthritis or fibromyalgia, and those recovering from joint replacements. A trained instructor will lead participants through slower movements in the warmer, shallow pool to relieve stiffness, increase flexibility and improve muscle strength. Omit: May 20

Max 16			
Emerald Hills Leisure Centre			
<a href="#">125884</a>	Apr 1 to Jun 17	Mon	
	11 am - 12 pm	\$104.50	



### Minds in Motion™

This fitness and social program for people in the early stages of dementia is designed to be attended with a friend, family member or care partner. It includes a 45-minute fitness portion followed by social time in a relaxed atmosphere with games, puzzles and other activities. This class is held in partnership with the Alzheimers Society of Alberta and NWT. Registration includes one participant and their care partner.

Max 22			
Millennium Place	Doctors Eyecare Blue Room		
<a href="#">125890</a>	May 1 to Jun 19	Wed	
	12 - 2 pm	\$72.00	
<a href="#">126023</a>	Jun 26 to Aug 14	Wed	
	12 - 2 pm	\$72.00	



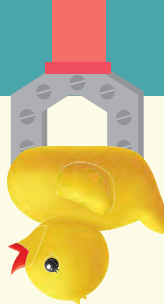
Fighting Back

### Did you know?

Aquatic walking lanes are available daily at Emerald Hills Leisure Centre. See our Drop-in Recreation Schedules for times: [www.strathcona.ca/schedules](http://www.strathcona.ca/schedules)



# FUN FACTORY



Fun Factory is a drop-in childminding service for people involved in Recreation, Parks and Culture activities. We'll entertain your little one with colouring, toys, playdough, puzzles and books in a safe and caring environment. You are then free to have leisure time to participate in a healthy lifestyle activity within our Strathcona County facilities.

## Please note

- Fun Factory is a special service not included in the Millennium Card.
- We will give you two weeks notice of fee or schedule changes based on usage.
- Our childcare providers are certified in Standard First Aid, Level C CPR and have undergone Criminal Record and Intervention checks.

## CHILDCARE PROVIDERS

Alberta government child-to-staff ratios are as follows:

Newborn to 19 months	5:1
19 months to 3 years	8:1
3 - 5 years	10:1
5 years+	12:1

## HOURS

### Millennium Place

#### April 1 - June 30

Mon/Wed 8:45 am - 2 pm  
5 - 8:15 pm

Tue/Thu/Fri/Sat 8:45 am - 1 pm

#### July 2 - August 30

Mon-Fri 8:45 am - 1 pm

### Ardrossan Recreation Complex

#### April 1 - June 28

Mon-Fri 9 am - 12 pm

#### July 2 - August 30

Tue/Wed/Thu 9 am - 12 pm

### Closed for holidays (both facilities)

- Good Friday - April 19
- Easter Monday - April 22
- Victoria Day - May 20
- Canada Day - July 1
- Heritage Day - August 5
- Labour Day - September 2

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



# A Celebration of Family and Community

**SATURDAY, JUNE 15**

ARE YOU  
INTERESTED IN  
VOLUNTEERING?  
CONTACT ARAS

## 72<sup>ND</sup> OLD-FASHIONED PARADE & PICNIC

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

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

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

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

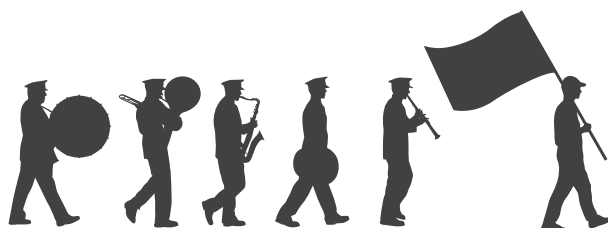
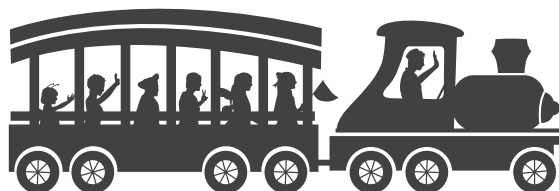
## FREE COMMUNITY DAY ARDROSSAN RECREATION COMPLEX

Check out all the fun spaces and places to play in the Ardrossan Recreation Complex! You can play in the Edu-tainment Centre or the Love-to-Play space, hang out in the Youth Lounge or work out in the Wellness Centre. There is fun for everyone!

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

**ARAS**  
ARDROSSAN RECREATION  
& AGRICULTURAL SOCIETY  
Est. 1945

  
**STRATHCONA**  
COUNTY



# *The* Wellpower Pack

## Become a healthier, happier you!

You have health and fitness goals and we have the expertise to make them happen. With The Wellpower Pack our certified personal trainers will guide you through your fitness journey.

First we will meet with you to learn more about your current health and your goals, then we will create a custom exercise program just for you. You will receive eight, one-on-one sessions with your trainer and work out independently following your customized program. At the end of your sessions, we'll show you just how far you've come!

### **For \$628 the pack includes:**

- 2 fitness assessments
- 1 program design
- 8 personal training sessions

### **For more information:**

780-416-7229

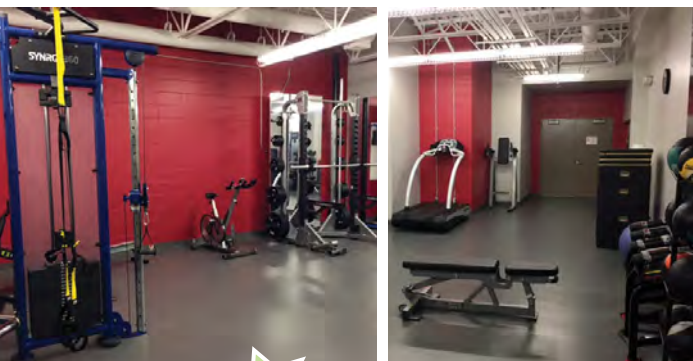
[fitnesstrainingservices@strathcona.ca](mailto:fitnesstrainingservices@strathcona.ca)





# fitness Training

Our fitness philosophy is  
built on expert guidance  
and motivation.



Private training room  
at Millennium Place

## Program Design

A certified personal trainer will design a custom program to help you meet your goals and begin a successful workout routine. We will discuss your goals and go over aerobic, resistance, core strength and flexibility exercises with you. With our program design, we will make sure that you are on the right path. **\$125.00**

## Individual Sessions

Work one-on-one with a certified personal trainer for expert guidance and motivation.

**1 hour session \$65.50**  
**5 x 1 hour sessions \$294.75**  
**10 x 1 hour sessions \$589.50**  
**15 x 1 hour sessions \$786.00**

## Partner Training

Do you prefer exercising with a family member or friend? Try training together with one of our certified personal trainers for a great partner workout. Together, you can help each other stay motivated.

**1 hour session \$82.00**  
**5 x 1 hour sessions \$369.00**  
**10 x 1 hour sessions \$738.00**  
**15 x 1 hour sessions \$984.00**

## Team Training

Bring your sports team to work with our fitness trainers in the Team Training Room at the Ardrossan Recreation Complex.

**1 hour session \$100.00**

**Fit for  
NOW**  
Adult Wellness  
Orientation

New to fitness or need a refresher? Get a full orientation of our fitness centre and equipment with our friendly fitness staff. Contact us at the phone numbers below to book your orientation today.



**FIT** for the **Future**

**Are you 10 to 13 years old?**

Fit for the future introduces 10 to 13 year olds to the wellness centre, teaches wellness centre etiquette and proper use of fitness equipment. Drop-in sessions are available Saturdays at 9:30 am at Millennium Place or Ardrossan Recreation Complex. Contact us at the phone numbers below to book an appointment.



Proud sponsor of Fit for the Future



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

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

## Broadmoor Public Golf Course

### Golf Lessons

# GOLF LESSONS

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

### 2-Day Ladies Golf Clinics

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

Age: 18Y+		Max 8
Broadmoor Public Golf Course	Lesson Area	
	2 - 4 pm	\$150.00
<a href="#">126753</a>	May 11 to May 12	Sat/Sun
<a href="#">126755</a>	May 25 to May 26	Sat/Sun
<a href="#">126756</a>	Jun 8 to Jun 9	Sat/Sun
<a href="#">126759</a>	Jul 6 to Jul 7	Sat/Sun
	6 - 8 pm	\$150.00
<a href="#">126754</a>	May 20 to May 21	Mon/Tue
<a href="#">126757</a>	Jun 10 to Jun 11	Mon/Tue
<a href="#">126758</a>	Jun 24 to Jun 25	Mon/Tue
<a href="#">126760</a>	Jul 8 to Jul 9	Mon/Tue

### New to Golf

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

Age: 18Y+		Max 8
Broadmoor Public Golf Course	Lesson Area	
	6 - 8 pm	\$145.00
<a href="#">126761</a>	May 23 to May 24	Thu/Fri
<a href="#">126762</a>	Jun 20 to Jun 21	Thu/Fri
<a href="#">126763</a>	Jul 11 to Jul 12	Thu/Fri
<a href="#">126764</a>	Jul 25 to Jul 26	Thu/Fri

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

### 2-Day Junior Clinic

These junior clinics are designed for junior's ages 6 - 12 years old that would like to take up golf or improve their skills. The clinics cover the basic fundamentals of the golf swing, chipping and putting.

Age: 6Y - 12Y		Max 15
Broadmoor Public Golf Course	Lesson Area	
	9 am - 12:30 pm	\$150.00
<a href="#">126742</a>	Jun 15 to Jun 16	Sat/Sun
<a href="#">126743</a>	Jun 22 to Jun 23	Sat/Sun
<a href="#">126744</a>	Jun 29 to Jun 30	Sat/Sun
<a href="#">126745</a>	Jul 6 to Jul 7	Sat/Sun
<a href="#">126746</a>	Jul 13 to Jul 14	Sat/Sun
<a href="#">126747</a>	Jul 20 to Jul 21	Sat/Sun
<a href="#">126748</a>	Jul 27 to Jul 28	Sat/Sun
<a href="#">126749</a>	Aug 3 to Aug 4	Sat/Sun
<a href="#">126750</a>	Aug 10 to Aug 11	Sat/Sun

### Junior Masters

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

### Junior Masters Novice

Age: 6Y - 10Y		Max 20
Broadmoor Public Golf Course	Lesson Area	
<a href="#">126740</a>	Jul 13, 20, 27	Sat
	3 - 4:30 pm	\$136.00

### Junior Masters Intermediate

Age: 11Y - 16Y		Max 20
Broadmoor Public Golf Course	Lesson Area	
<a href="#">127519</a>	Jun 26, Jul 17	\$136
	6 - 7:30 pm	Wed
	Jun 30	
	3 - 4:30 pm	Sun



All classes lead by  
Alberta Golf Professionals





## GATHERINGS ARE MORE FUN IN THE WILDERNESS

### INTERESTED IN A CHANGE OF SCENERY OR WANT A UNIQUE MEETING ENVIRONMENT?

The Strathcona Wilderness Centre, located just 20 minutes east of Sherwood Park, offers many unique rental opportunities in a scenic, natural setting.

#### ENJOY OUR CENTRE FOR:

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

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

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



BEAVER HILLS BIOSPHERE

## PRESCRIPTION TO GET ACTIVE

Are you one of the 90% of Canadians who are not moving enough?

Your doctor can write you a Prescription To Get Active to help you get started. This prescription provides advice on how to increase activity levels and access community recreation resources for free. Talk to your doctor today!

For more information  
[www.prescriptiontogetactive.com](http://www.prescriptiontogetactive.com)

 STRATHCONA  
COUNTY





# Strathcona Wilderness Centre

**Play for a day... or camp for a weekend!**



**Disc Golf**



**Camp Sites**



**Cookhouse & Picnic Sites**

## *Explore the Beaver Hills Biosphere at the Strathcona Wilderness Centre*



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

### Location

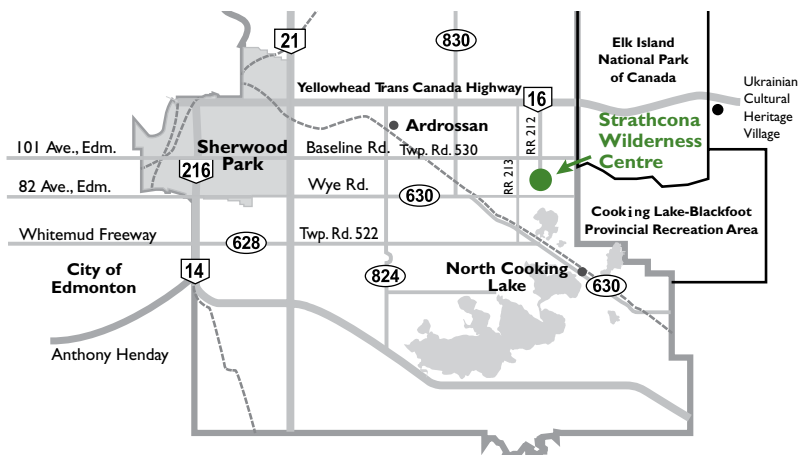
52535 Range Road 212, Ardrossan  
Just 20 minutes east of  
Sherwood Park on Township Road 530 (Baseline Road)  
and Range Road 212

### GPS co-ordinates:

Latitude: 53.53264 N Longitude: 112.99921 W

**Visit our website for hours of operation.**

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





# OUTDOORS



## Canoeing

### Paddle Canada Waterfront Instructor

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

Age: 16Y+	Max 12
Strathcona Wilderness Centre	Offsite Islet Lake
<a href="#">125701</a>	Jun 8 and Jun 9 9 am - 5 pm
	Sat/Sun \$210.00

### Canoeing

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

### Getting to Islet Lake

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

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

### Tandem Canoe 1

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

Age: 14Y+	Max 16
Strathcona Wilderness Centre	Offsite Islet Lake
<a href="#">125702</a>	May 11 10 am - 3 pm
<a href="#">126486</a>	Aug 10 10 am - 3 pm
	Sat \$80.00
	Sat \$80.00

### Tandem Canoe 2

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

Age: 14Y+	Max 16
Strathcona Wilderness Centre	Offsite Islet Lake
<a href="#">125703</a>	May 25 10 am - 3 pm
<a href="#">126487</a>	Aug 24 10 am - 3 pm
	Sat \$80.00
	Sat \$80.00



# SPRING BREAK

## Spring Break registration starts February 19!

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

### Spring Active Day

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

Age: 8Y - 16Y	Max 40
Strathcona Wilderness Centre	Information Centre #2
<a href="#">125693</a>	Mar 28 Thu
	9 am - 4 pm \$54.00

### Outdoor Fun

Calling all youth interested in the outdoors, leadership and fun! Over the two days you will have a blast doing cooperative games, orienteering, team building and learning cool camping skills (firelighting, shelter-building, camp cooking). We hope you will have so much fun, you will register in our summer day camps and Junior Outdoor Leadership program. Lunch will be provided. If you have any dietary restrictions please bring additional food (a vegetarian option will be available).

Age: 8Y - 16Y	Max 40
Strathcona Wilderness Centre	Information Centre #2
<a href="#">125692</a>	Mar 26 and Mar 27 Tue/Wed
	9 am - 4 pm \$108.00



## Nature Awareness

### Building Fairyhouses - Parented

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

Age: 3Y - 7Y	Max 24
Strathcona Wilderness Centre	Firepond Picnic Site
<a href="#">125694</a>	May 15 Wed
	10 - 11:30 am \$17.00
<a href="#">125695</a>	May 28 Tue
	10 - 11:30 am \$17.00

### Interpretive Hike

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

Age: 5Y+	Max 16
Strathcona Wilderness Centre	Firepond Picnic Site
<a href="#">125696</a>	May 26 Sun
	1 - 3 pm \$18.50

### Owl Prowl

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

Age: 5Y+	Max 40
Strathcona Wilderness Centre	Information Centre #1
<a href="#">125699</a>	Apr 5 Fri
	7 - 10 pm \$19.00
<a href="#">125700</a>	Apr 26 Fri
	7 - 10 pm \$19.00





## Outdoor Skills

### Orienteering with GPS

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

Age: 8Y+		Max 30
Strathcona Wilderness Centre	Firepond Picnic Site	
<a href="#">125697</a>	May 14	Tue
	6:30 - 8 pm	\$19.00
<a href="#">125698</a>	May 25	Sat
	2:30 - 4:30 pm	\$19.00

### Wilderness Living Skills For Teens

Join our qualified staff for a short introduction to living in the bush. The program will highlight shelter building/tarp set up, firelighting and basic knife use. Come dressed to play and learn in the bush. You will go home with a new set of skills that will make those next camping trips a huge success. Fee includes instruction and a bush lunch.

Age: 12Y - 17Y		Max 16
Strathcona Wilderness Centre	Firepond Picnic Site	
<a href="#">125704</a>	Jun 1	Sat
	9 am - 2 pm	\$52.00

### Introduction to Geocaching

A family treasure hunt using cool technical gear...what could be more fun! Join our staff to learn the skills of operating a Global Positioning System (GPS), followed by a fun treasure hunt to locations in the park. Run, walk, alone or with your family. This program combines fitness, technical skills, competition and fun. Children 14 and under must be accompanied by a participating adult.

Age: 8Y+		Max 30
Strathcona Wilderness Centre	Information Centre	
<a href="#">126462</a>	Jul 25	Thu
	6:30 - 8 pm	\$19.50



Everybody gets to play<sup>TM</sup>  
Recreation without barriers



Play Days **Free!**

### Summer Play Day

Wednesday, July 10 11 am - 2 pm  
Broadmoor Lake Park

### Summer Play Day

Wednesday, August 14 11 am - 2 pm  
Broadmoor Lake Park

### Fall Open House

Sunday, September 29 1 - 4 pm  
Strathcona Wilderness Centre

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



# SUMMER SWIMMING SESSIONS



## COMING MAY 2019

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

 STRATHCONA  
COUNTY

## When in doubt, pools are out!

### Keep the poo out of the pool:

If you've had diarrhea within the last 14 days, stay out of the pool.

### Did you know?

- Poop contamination = pool closure for 7 to 24 hours to maintain a high-quality of safe and clean water. This can result in cancelled lessons and recreation swims for hundreds of people.
- Swim diapers don't prevent diarrhea from entering the pool.

Do your part to help keep our pools clean and open.

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



 STRATHCONA  
COUNTY





## Spring swim programs for every age and ability

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

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

**Session 1:** April 1 - 25: 7 or 8 classes (2 classes per week) at Kinsmen Leisure Centre

**Session 2:** April 12 - June 24: 9 or 10 classes at Emerald Hills Leisure Centre

**Session 3:** April 30 - June 23: 8 classes at Kinsmen Leisure Centre

**Spring Break:** March 25 - 29: 5 classes at Kinsmen Leisure Centre (mornings) and Emerald Hills Leisure Centre (afternoons)





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

5Y+

## Learning to swim through play

\* 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 one metre upon completion of this level. This is the first unparented program.



**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 two 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 five 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.

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

**Level 1**

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

**Level 2**

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

**Level 3**

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

**Level 4**

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

**Level 5**

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

**Level 6**

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

**Level 7**

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

**Level 8**

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

**Level 9**

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

**Level 10**

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

### Session 1 Kinsmen Leisure Centre 2 classes per week

**Mondays/Wednesdays April 1 - 24 7 classes** (Omit: Apr 22)

**Tuesdays/Thursdays April 2 - 25 8 classes**

#### Starfish

Ages 4M - 12M

Parented Classes: 7 \$46 8 \$53

Day(s)	Time	Code
Mon/Wed	10 - 10:30 am	<a href="#">127359</a>
Tue/Thu	4 - 4:30 pm	<a href="#">126493</a>
	5:30 - 6 pm	<a href="#">126494</a>

#### Duck

Ages 12M - 24M

Parented Classes: 7 \$46 8 \$53

Day(s)	Time	Code
Mon/Wed	9:30 - 10 am	<a href="#">127360</a>
Tue/Thu	5 - 5:30 pm	<a href="#">126495</a>

#### Sea Turtle

Ages 24M - 36M

Parented Classes: 7 \$48 8 \$53

Day(s)	Time	Code
Mon/Wed	9 - 9:30 am	<a href="#">127361</a>
	10:30 - 11:00 am	<a href="#">127362</a>
Tue/Thu	4:30 - 5 pm	<a href="#">126496</a>
	6 - 6:30 pm	<a href="#">126497</a>

#### Sea Otter

Ages 3Y - 5Y

Unparented Classes: 7 \$48 8 \$55

Day(s)	Time	Code
Mon/Wed	9 - 9:30 am	<a href="#">127363</a>
	9:30 - 10 am	<a href="#">127364</a>
	10 - 10:30 am	<a href="#">127365</a>
	10:30 - 11 am	<a href="#">127366</a>
Tue/Thu	4 - 4:30 pm	<a href="#">126498</a>
	4:30 - 5 pm	<a href="#">126499</a>
	5 - 5:30 pm	<a href="#">126500</a>
	5:30 - 6 pm	<a href="#">126501</a>
	6 - 6:30 pm	<a href="#">126502</a>

#### Salamander

Ages 3Y - 5Y

Unparented Classes: 7 \$58 8 \$67

Day(s)	Time	Code
Mon/Wed	9 - 9:45 am	<a href="#">127367</a>
	9:45 - 10:30 am	<a href="#">127368</a>
	10:30 - 11:15 am	<a href="#">127369</a>
Tue/Thu	4:30 - 5:15 pm	<a href="#">126503</a>
	5:15 - 6 pm	<a href="#">126504</a>
	6 - 6:45 pm	<a href="#">126505</a>

#### Sunfish

Ages 3Y - 6Y

Unparented Classes: 7 \$58 8 \$67

Day(s)	Time	Code
Mon/Wed	9 - 9:45 am	<a href="#">127370</a>
Tue/Thu	4:30 - 5:15 pm	<a href="#">126506</a>
	6 - 6:45 pm	<a href="#">126507</a>

#### Crocodile/Whale

Ages 3Y - 6Y

Unparented Classes: 7 \$58 8 \$67

Day(s)	Time	Code
Mon/Wed	9:45 - 10:30 am	<a href="#">127371</a>
	10:30 - 11:15 am	<a href="#">127372</a>
Tue/Thu	5:15 - 6 pm	<a href="#">126508</a>

#### Level 1

Ages 5Y+

Unparented Classes: 7 \$58 8 \$67

Day(s)	Time	Code
Mon/Wed	9 - 9:45 am	<a href="#">127356</a>
	9:45 - 10:30 am	<a href="#">127357</a>
Tue/Thu	4:30 - 5:15 pm	<a href="#">126509</a>
	5:15 - 6 pm	<a href="#">126510</a>
	6 - 6:45 pm	<a href="#">126511</a>

#### Level 2

Ages 5Y+

Unparented Classes: 7 \$58 8 \$67

Day(s)	Time	Code
Mon/Wed	10:30 - 11:15 am	<a href="#">127358</a>
Tue/Thu	4:30 - 5:15 pm	<a href="#">126512</a>
	6 - 6:45 pm	<a href="#">126513</a>

#### Level 3

Ages 5Y+

Unparented Classes: 8 \$67

Day(s)	Time	Code
Tue/Thu	5:15 - 6 pm	<a href="#">126514</a>

#### Level 4

Ages 5Y+

Unparented Classes: 8 \$67

Day(s)	Time	Code
Tue/Thu	4:30 - 5:15 pm	<a href="#">126517</a>
	5:15 - 6 pm	<a href="#">126518</a>

#### Level 5

Ages 5Y+

Unparented Classes: 8 \$67

Day(s)	Time	Code
Tue/Thu	5:15 - 6 pm	<a href="#">126519</a>
	6 - 6:45 pm	<a href="#">126520</a>

#### Level 6

Ages 5Y+

Unparented Classes: 8 \$67

Day(s)	Time	Code
Tue/Thu	4:30 - 5:15 pm	<a href="#">126521</a>
	6 - 6:45 pm	<a href="#">126522</a>

#### Level 7

Ages 5Y+

Unparented Classes: 8 \$67

Day(s)	Time	Code
Tue/Thu	4:30 - 5:15 pm	<a href="#">126523</a>
	6 - 6:45 pm	<a href="#">126524</a>

#### Level 8

Ages 5Y+

Unparented Classes: 8 \$67

Day(s)	Time	Code
Tue/Thu	4:30 - 5:15 pm	<a href="#">126525</a>
	5:15 - 6 pm	<a href="#">126526</a>

#### Level 9

Ages 5Y+

Unparented Classes: 8 \$67

Day(s)	Time	Code
Tue/Thu	5:15 - 6 pm	<a href="#">126527</a>

#### Level 10

Ages 5Y+

Unparented Classes: 8 \$67

Day(s)	Time	Code
Tue/Thu	6 - 6:45 pm	<a href="#">126528</a>



## Session 2 Emerald Hills Leisure Centre Once a week for 10 classes

**Mondays** April 15 - June 24 (Omit: Apr 22, May 20 -- only 9 classes)  
**Tuesdays** April 16 - June 18  
**Wednesdays** April 17 - June 19  
**Thursdays** April 18 - June 20  
**Fridays** April 12 - June 21 (Omit: Apr 19)  
**Saturdays** April 13 - June 22 (Omit: Apr 20)  
**Sundays** April 14 - June 23 (Omit: Apr 21)



### Starfish

Parented Ages 4M - 12M  
9 Classes \$59  
10 Classes \$66

Day(s)	Time	Code
Mon	1 - 1:30 pm	<a href="#">I26052</a>
	2:30 - 3 pm	<a href="#">I26053</a>
	5:30 - 6 pm	<a href="#">I26054</a>
Tue	5 - 5:30 pm	<a href="#">I26570</a>
Wed	4 - 4:30 pm	<a href="#">I26617</a>
	5:30 - 6 pm	<a href="#">I26618</a>
Thu	4 - 4:30 pm	<a href="#">I26677</a>
	5 - 5:30 pm	<a href="#">I26678</a>
	6:30 - 7 pm	<a href="#">I26679</a>
Fri	2:30 - 3 pm	<a href="#">I26848</a>
	4 - 4:30 pm	<a href="#">I26849</a>
	5:30 - 6 pm	<a href="#">I26850</a>
Sat	10 - 10:30 am	<a href="#">I26934</a>
	11:45 am - 12:15 pm	<a href="#">I26935</a>
Sun	11:45 am - 12:15 pm	<a href="#">I27069</a>
	1:30 - 2 pm	<a href="#">I27070</a>

### Duck

Parented Ages 12M - 24M  
9 Classes \$59  
10 Classes \$66

Day(s)	Time	Code
Mon	1:30 - 2 pm	<a href="#">I26055</a>
	4:30 - 5 pm	<a href="#">I26056</a>
	6 - 6:30 pm	<a href="#">I26057</a>
Tue	4 - 4:30 pm	<a href="#">I26571</a>
	4:30 - 5 pm	<a href="#">I26572</a>
	5:30 - 6 pm	<a href="#">I26573</a>
Wed	4:30 - 5 pm	<a href="#">I26619</a>
	6 - 6:30 pm	<a href="#">I26620</a>
Thu	2 - 2:30 pm	<a href="#">I26680</a>
	4:30 - 5 pm	<a href="#">I26681</a>
	5:30 - 6 pm	<a href="#">I26682</a>
Fri	7 - 7:30 pm	<a href="#">I26683</a>
	4:30 - 5 pm	<a href="#">I26853</a>
	6 - 6:30 pm	<a href="#">I26854</a>
Sat	7 - 7:30 pm	<a href="#">I26855</a>
	10:30 - 11 am	<a href="#">I26936</a>
Sun	12:15 - 12:45 pm	<a href="#">I26937</a>
	10:45 - 11:15 am	<a href="#">I27071</a>
	1 - 1:30 pm	<a href="#">I27072</a>

### Sea Turtle

Parented Ages 24M - 36M  
9 Classes \$61  
10 Classes \$68

Day(s)	Time	Code
Mon	2 - 2:30 pm	<a href="#">I26058</a>
	2:30 - 3 pm	<a href="#">I26059</a>
	4 - 4:30 pm	<a href="#">I26060</a>
	5 - 5:30 pm	<a href="#">I26061</a>
	6:30 - 7 pm	<a href="#">I26062</a>
Tue	4 - 4:30 pm	<a href="#">I26574</a>
	5 - 5:30 pm	<a href="#">I26575</a>
	5:30 - 6 pm	<a href="#">I26576</a>
Wed	6 - 6:30 pm	<a href="#">I26577</a>
	5 - 5:30 pm	<a href="#">I26621</a>
	6 - 6:30 pm	<a href="#">I26622</a>
Thu	6:30 - 7 pm	<a href="#">I26623</a>
	2:45 - 3:15 pm	<a href="#">I26693</a>
	4 - 4:30 pm	<a href="#">I26696</a>
	5:30 - 6 pm	<a href="#">I26694</a>
Fri	6 - 6:30 pm	<a href="#">I26695</a>
	2 - 2:30 pm	<a href="#">I26856</a>
	3 - 3:30 pm	<a href="#">I26857</a>
	5 - 5:30 pm	<a href="#">I26858</a>
Sat	6:30 - 7 pm	<a href="#">I26859</a>
	11 - 11:30 am	<a href="#">I26938</a>
	11:45 am - 12:15 pm	<a href="#">I26939</a>
	12:45 - 1:15 pm	<a href="#">I26940</a>
	1:15 - 1:45 pm	<a href="#">I26941</a>



Sun	10:15 - 10:45 am	<a href="#">127073</a>
	10:45 - 11:15 am	<a href="#">127077</a>
	11:15 - 11:45 am	<a href="#">127074</a>
	12:30 - 1 pm	<a href="#">127075</a>
	1 - 1:30 pm	<a href="#">127076</a>

### Sea Otter

Ages 3Y - 5Y  
Unparented  
9 Classes \$61  
10 Classes \$68

Day(s)	Time	Code
Mon	1 - 1:30 pm	<a href="#">126095</a>
	1:30 - 2 pm	<a href="#">126096</a>
	2 - 2:30 pm	<a href="#">126097</a>
	2:30 - 3 pm	<a href="#">126098</a>
	4 - 4:30 pm	<a href="#">126099</a>
	4:30 - 5 pm	<a href="#">126100</a>
	5 - 5:30 pm	<a href="#">126101</a>
	5:30 - 6 pm	<a href="#">126102</a>
	6 - 6:30 pm	<a href="#">126103</a>
	6:30 - 7 pm	<a href="#">126104</a>
Tue	4 - 4:30 pm	<a href="#">126578</a>
	4:30 - 5 pm	<a href="#">126579</a>
	6 - 6:30 pm	<a href="#">126580</a>
Wed	4 - 4:30 pm	<a href="#">126624</a>
	4:30 - 5 pm	<a href="#">126625</a>
	5 - 5:30 pm	<a href="#">126626</a>
	5:30 - 6 pm	<a href="#">126627</a>
	6:30 - 7 pm	<a href="#">126628</a>
Thu	2 - 2:30 pm	<a href="#">126789</a>
	2:45 - 3:15 pm	<a href="#">126790</a>
	4 - 4:30 pm	<a href="#">127299</a>
	4:30 - 5 pm	<a href="#">126791</a>
	5 - 5:30 pm	<a href="#">126792</a>
	6 - 6:30 pm	<a href="#">126793</a>
	6:30 - 7 pm	<a href="#">126794</a>
	7 - 7:30 pm	<a href="#">126795</a>

Fri	2 - 2:30 pm	<a href="#">126860</a>
	2:30 - 3 pm	<a href="#">126861</a>
	3 - 3:30 pm	<a href="#">126862</a>
	4 - 4:30 pm	<a href="#">126863</a>
	4:30 - 5 pm	<a href="#">126864</a>
	5:30 - 6 pm	<a href="#">126865</a>
	6 - 6:30 pm	<a href="#">126866</a>
	6:30 - 7 pm	<a href="#">126867</a>
Sat	7 - 7:30 pm	<a href="#">126868</a>
	10 - 10:30 am	<a href="#">126942</a>
	10:30 - 11 am	<a href="#">126943</a>
	11 - 11:30 am	<a href="#">126944</a>
	12:15 - 12:45 pm	<a href="#">126946</a>
	12:45 - 1:15 pm	<a href="#">126947</a>
Sun	1:15 - 1:45 pm	<a href="#">126948</a>
	10:15 - 10:45 am	<a href="#">127078</a>
	11:15 - 11:45 am	<a href="#">127079</a>
	11:45 am - 12:15 pm	<a href="#">127080</a>
	12:30 - 1 pm	<a href="#">127081</a>
	1:30 - 2 pm	<a href="#">127082</a>

### Salamander

Ages 3Y - 5Y  
Unparented  
9 Classes \$75  
10 Classes \$83

Day(s)	Time	Code
Mon	1 - 1:45 pm	<a href="#">126105</a>
	1:45 - 2:30 pm	<a href="#">126106</a>
	4 - 4:45 pm	<a href="#">126107</a>
	4:45 - 5:30 pm	<a href="#">126108</a>
	5:30 - 6:15 pm	<a href="#">126109</a>
	6:15 - 7 pm	<a href="#">126110</a>
Tue	4:30 - 5:15 pm	<a href="#">126581</a>
	5:15 - 6 pm	<a href="#">126582</a>
	6 - 6:45 pm	<a href="#">126583</a>

Wed	4 - 4:45 pm	<a href="#">126629</a>
	4:45 - 5:30 pm	<a href="#">126630</a>
	5:30 - 6:15 pm	<a href="#">126631</a>
	6:15 - 7 pm	<a href="#">126632</a>
Thu	2 - 2:45 pm	<a href="#">126796</a>
	4:30 - 5:15 pm	<a href="#">126797</a>
	5:15 - 6 pm	<a href="#">126798</a>
	6 - 6:45 pm	<a href="#">126799</a>
	6:45 - 7:30 pm	<a href="#">126800</a>
Fri	2 - 2:45 pm	<a href="#">126869</a>
	2:45 - 3:30 pm	<a href="#">126870</a>
	4 - 4:45 pm	<a href="#">126871</a>
	4:45 - 5:30 pm	<a href="#">126872</a>
	5:30 - 6:15 pm	<a href="#">126873</a>
	6:15 - 7 pm	<a href="#">126874</a>
	7 - 7:45 pm	<a href="#">126875</a>
Sat	10 - 10:45 am	<a href="#">126949</a>
	10:45 - 11:30 am	<a href="#">126950</a>
	11:45 am - 12:30 pm	<a href="#">126951</a>
	12:30 - 1:15 pm	<a href="#">126952</a>
	1:15 - 2 pm	<a href="#">126953</a>
Sun	10 - 10:45 am	<a href="#">127083</a>
	10:45 - 11:30 am	<a href="#">127084</a>
	11:30 am - 12:15 pm	<a href="#">127085</a>
	12:30 - 1:15 pm	<a href="#">127086</a>
	1:15 - 2 pm	<a href="#">127087</a>



## Session 2 EHLC

Once a week for 10 classes

**Mon** Apr 15 - Jun 24 Omit: Apr 22, May 20**Tue** Apr 16 - Jun 18**Wed** Apr 17 - Jun 19**Thu** Apr 18 - Jun 20**Fri** Apr 12 - Jun 21 Omit: Apr 19**Sat** Apr 13 - Jun 22 Omit: Apr 20**Sun** Apr 14 - Jun 23 Omit: Apr 21

## Sunfish

Unparented

Ages 3Y - 6Y

9 Classes \$75

10 Classes \$83

Day(s)	Time	Code
Mon	1 - 1:45 pm	<a href="#">I26111</a>
	1:45 - 2:30 pm	<a href="#">I26112</a>
	2:30 - 3:15 pm	<a href="#">I26113</a>
	4 - 4:45 pm	<a href="#">I26114</a>
	4:45 - 5:30 pm	<a href="#">I26115</a>
	5:30 - 6:15 pm	<a href="#">I26116</a>
	6:15 - 7 pm	<a href="#">I26117</a>
Tue	4:30 - 5:15 pm	<a href="#">I26584</a>
	5:15 - 6 pm	<a href="#">I26585</a>
	6 - 6:45 pm	<a href="#">I26586</a>
Wed	4 - 4:45 pm	<a href="#">I26633</a>
	4:45 - 5:30 pm	<a href="#">I26634</a>
	5:30 - 6:15 pm	<a href="#">I26635</a>
	6:15 - 7 pm	<a href="#">I26636</a>
Thu	2 - 2:45 pm	<a href="#">I26801</a>
	4:30 - 5:15 pm	<a href="#">I26802</a>
	5:15 - 6 pm	<a href="#">I26803</a>
	6 - 6:45 pm	<a href="#">I26804</a>
	6:45 - 7:30 pm	<a href="#">I26805</a>

Fri	2 - 2:45 pm	<a href="#">I26876</a>
	2:45 - 3:30 pm	<a href="#">I26877</a>
	4 - 4:45 pm	<a href="#">I26878</a>
	4:45 - 5:30 pm	<a href="#">I26879</a>
	5:30 - 6:15 pm	<a href="#">I26880</a>
	6:15 - 7 pm	<a href="#">I26881</a>
	7 - 7:45 pm	<a href="#">I26882</a>
Sat	10 - 10:45 am	<a href="#">I26961</a>
	10:45 - 11:30 am	<a href="#">I26962</a>
	11:45 am - 12:30 pm	<a href="#">I26963</a>
	12:30 - 1:15 pm	<a href="#">I26964</a>
	1:15 - 2 pm	<a href="#">I26965</a>
Sun	10 - 10:45 am	<a href="#">I27088</a>
	10:45 - 11:30 am	<a href="#">I27089</a>
	11:30 am - 12:15 pm	<a href="#">I27090</a>
	12:30 - 1:15 pm	<a href="#">I27091</a>
	1:15 - 2 pm	<a href="#">I27092</a>

## Crocodile/Whale

Unparented

Ages 3Y - 6Y

9 Classes \$75

10 Classes \$83

Day(s)	Time	Code
Mon	1 - 1:45 pm	<a href="#">I26322</a>
	1:45 - 2:30 pm	<a href="#">I26323</a>
	2:30 - 3:15 pm	<a href="#">I26324</a>
	4 - 4:45 pm	<a href="#">I26325</a>
	4:45 - 5:30 pm	<a href="#">I26326</a>
	5:30 - 6:15 pm	<a href="#">I26327</a>
	6:15 - 7 pm	<a href="#">I26328</a>
Tue	4:30 - 5:15 pm	<a href="#">I26587</a>
	6 - 6:45 pm	<a href="#">I26588</a>
Wed	4 - 4:45 pm	<a href="#">I26637</a>
	4:45 - 5:30 pm	<a href="#">I26638</a>
	5:30 - 6:15 pm	<a href="#">I26639</a>
	6:15 - 7 pm	<a href="#">I26640</a>

Thu	2 - 2:45 pm	<a href="#">I26806</a>
	5:15 - 6 pm	<a href="#">I26807</a>
	6:45 - 7:30 pm	<a href="#">I26808</a>
Fri	2 - 2:45 pm	<a href="#">I26883</a>
	2:45 - 3:30 pm	<a href="#">I26884</a>
	4 - 4:45 pm	<a href="#">I26885</a>
	4:45 - 5:30 pm	<a href="#">I26886</a>
	5:30 - 6:15 pm	<a href="#">I26887</a>
	6:15 - 7 pm	<a href="#">I26888</a>
	7 - 7:45 pm	<a href="#">I26889</a>
Sat	10 - 10:45 pm	<a href="#">I26966</a>
	10:45 - 11:30 pm	<a href="#">I26967</a>
	11:45 am - 12:30 pm	<a href="#">I26968</a>
	12:30 - 1:15 pm	<a href="#">I26969</a>
Sun	1:15 - 2 pm	<a href="#">I26970</a>
	10 - 10:45 pm	<a href="#">I27093</a>
	10:45 - 11:30 pm	<a href="#">I27094</a>
	12:30 - 1:15 pm	<a href="#">I27095</a>
	1:15 - 2 pm	<a href="#">I27096</a>

## Level 1

Unparented

Ages 5Y+

9 Classes \$75

10 Classes \$83

Day(s)	Time	Code
Mon	1 - 1:45 pm	<a href="#">I26329</a>
	1:45 - 2:30 pm	<a href="#">I26330</a>
	2:30 - 3:15 pm	<a href="#">I26331</a>
	4 - 4:45 pm	<a href="#">I26332</a>
	4:45 - 5:30 pm	<a href="#">I26333</a>
	5:30 - 6:15 pm	<a href="#">I26334</a>
	6:15 - 7 pm	<a href="#">I26335</a>
Tue	4:30 - 5:15 pm	<a href="#">I26591</a>
	5:15 - 6 pm	<a href="#">I26592</a>
	6 - 6:45 pm	<a href="#">I26593</a>
Wed	4 - 4:45 pm	<a href="#">I26641</a>
	4:45 - 5:30 pm	<a href="#">I26642</a>
	5:30 - 6:15 pm	<a href="#">I26643</a>
	6:15 - 7 pm	<a href="#">I26644</a>

Thu	2 - 2:45 pm	<a href="#">I26809</a>
	4:30 - 5:15 pm	<a href="#">I26810</a>
	5:15 - 6 pm	<a href="#">I26811</a>
	6 - 6:45 pm	<a href="#">I26812</a>
	6:45 - 7:30 pm	<a href="#">I26813</a>
Fri	2 - 2:45 pm	<a href="#">I26890</a>
	2:45 - 3:30 pm	<a href="#">I26891</a>
	4 - 4:45 pm	<a href="#">I26892</a>
	4:45 - 5:30 pm	<a href="#">I26893</a>
	5:30 - 6:15 pm	<a href="#">I26894</a>
	6:15 - 7 pm	<a href="#">I26895</a>
	7 - 7:45 pm	<a href="#">I26896</a>
Sat	10 - 10:45 pm	<a href="#">I26971</a>
	10:45 - 11:30 pm	<a href="#">I26972</a>
	11:45 am - 12:30 pm	<a href="#">I26973</a>
	12:30 - 1:15 pm	<a href="#">I26974</a>
	1:15 - 2 pm	<a href="#">I26975</a>
Sun	10 - 10:45 pm	<a href="#">I27097</a>
	10:45 - 11:30 pm	<a href="#">I27098</a>
	11:30 - 12:15 pm	<a href="#">I27099</a>
	12:30 - 1:15 pm	<a href="#">I27100</a>
	1:15 - 2 pm	<a href="#">I27101</a>

### Level 2

Ages 5Y+  
Unparented  
9 Classes \$75  
10 Classes \$83

Day(s)	Time	Code
Mon	1 - 1:45 pm	<a href="#">I26534</a>
	1:45 - 2:30 pm	<a href="#">I26535</a>
	2:30 - 3:15 pm	<a href="#">I26536</a>
	4 - 4:45 pm	<a href="#">I26538</a>
	4:45 - 5:30 pm	<a href="#">I26539</a>
	5:30 - 6:15 pm	<a href="#">I26540</a>
	6:15 - 7 pm	<a href="#">I26541</a>

Tue	4:30 - 5:15 pm	<a href="#">I26594</a>
	5:15 - 6 pm	<a href="#">I26595</a>
	6 - 6:45 pm	<a href="#">I26596</a>
Wed	4 - 4:45 pm	<a href="#">I26645</a>
	4:45 - 5:30 pm	<a href="#">I26646</a>
	5:30 - 6:15 pm	<a href="#">I26647</a>
	6:15 - 7 pm	<a href="#">I26648</a>
Thu	2 - 2:45 pm	<a href="#">I26814</a>
	4:30 - 5:15 pm	<a href="#">I26815</a>
	5:15 - 6 pm	<a href="#">I26816</a>
	6 - 6:45 pm	<a href="#">I26817</a>
	6:45 - 7:30 pm	<a href="#">I26819</a>
Fri	2 - 2:45 pm	<a href="#">I26897</a>
	2:45 - 3:30 pm	<a href="#">I26898</a>
	4 - 4:45 pm	<a href="#">I26899</a>
	4:45 - 5:30 pm	<a href="#">I26900</a>
	5:30 - 6:15 pm	<a href="#">I26901</a>
	6:15 - 7 pm	<a href="#">I26902</a>
	7 - 7:45 pm	<a href="#">I26903</a>
Sat	10 - 10:45 am	<a href="#">I26976</a>
	10:45 - 11:30 am	<a href="#">I26977</a>
	11:45 am - 12:30 pm	<a href="#">I26978</a>
	12:30 - 1:15 pm	<a href="#">I26979</a>
	1:15 - 2 pm	<a href="#">I26980</a>
Sun	10 - 10:45 am	<a href="#">I27102</a>
	10:45 - 11:30 am	<a href="#">I27103</a>
	11:30 am - 12:15 pm	<a href="#">I27104</a>
	12:30 - 1:15 pm	<a href="#">I27105</a>
	1:15 - 2 pm	<a href="#">I27106</a>

### Level 3

Ages 5Y+  
Unparented  
9 Classes \$75  
10 Classes \$83

Day(s)	Time	Code
Mon	4 - 4:45 pm	<a href="#">I26542</a>
	4:45 - 5:30 pm	<a href="#">I26543</a>
	5:30 - 6:15 pm	<a href="#">I26544</a>
	6:15 - 7 pm	<a href="#">I26545</a>
Tue	4:30 - 5:15 pm	<a href="#">I26597</a>
	5:15 - 6 pm	<a href="#">I26598</a>
	6 - 6:45 pm	<a href="#">I26599</a>
Wed	4 - 4:45 pm	<a href="#">I26649</a>
	4:45 - 5:30 pm	<a href="#">I26650</a>
	5:30 - 6:15 pm	<a href="#">I26651</a>
	6:15 - 7 pm	<a href="#">I26652</a>
Thu	4:30 - 5:15 pm	<a href="#">I26820</a>
	5:15 - 6 pm	<a href="#">I26821</a>
	6 - 6:45 pm	<a href="#">I26822</a>
	6:45 - 7:30 pm	<a href="#">I26823</a>
Fri	4 - 4:45 pm	<a href="#">I26904</a>
	4:45 - 5:30 pm	<a href="#">I26905</a>
	5:30 - 6:15 pm	<a href="#">I26906</a>
	6:15 - 7 pm	<a href="#">I26907</a>
	7 - 7:45 pm	<a href="#">I26908</a>
Sat	10 - 10:45 am	<a href="#">I26981</a>
	10:45 - 11:30 am	<a href="#">I26982</a>
	11:45 am - 12:30 pm	<a href="#">I26983</a>
	12:30 - 1:15 pm	<a href="#">I26984</a>
	1:15 - 2 pm	<a href="#">I26985</a>
Sun	10 - 10:45 am	<a href="#">I27107</a>
	10:45 - 11:30 am	<a href="#">I27108</a>
	11:30 am - 12:15 pm	<a href="#">I27109</a>
	12:30 - 1:15 pm	<a href="#">I27110</a>
	1:15 - 2 pm	<a href="#">I27111</a>





### Session 2 EHLC

Once a week for 10 classes

**Mon** Apr 15 - Jun 24 Omit: Apr 22, May 20  
**Tue** Apr 16 - Jun 18  
**Wed** Apr 17 - Jun 19  
**Thu** Apr 18 - Jun 20  
**Fri** Apr 12 - Jun 21 Omit: Apr 19  
**Sat** Apr 13 - Jun 22 Omit: Apr 20  
**Sun** Apr 14 - Jun 23 Omit: Apr 21

### Level 4

Unparented

Ages 5Y+

9 Classes \$75

10 Classes \$83

Day(s)	Time	Code
Mon	4 - 4:45 pm	<a href="#">I26546</a>
	4:45 - 5:30 pm	<a href="#">I26547</a>
	5:30 - 6:15 pm	<a href="#">I26548</a>
Tue	4:30 - 5:15 pm	<a href="#">I26600</a>
	5:15 - 6 pm	<a href="#">I26601</a>
Wed	6 - 6:45 pm	<a href="#">I26602</a>
	4 - 4:45 pm	<a href="#">I26653</a>
	5:30 - 6:15 pm	<a href="#">I26654</a>
Thu	6:15 - 7 pm	<a href="#">I26655</a>
	4:30 - 5:15 pm	<a href="#">I26824</a>
	5:15 - 6 pm	<a href="#">I26825</a>
	6 - 6:45 pm	<a href="#">I26826</a>
Fri	6:45 - 7:30 pm	<a href="#">I26827</a>
	4 - 4:45 pm	<a href="#">I26909</a>
	4:45 - 5:30 pm	<a href="#">I26910</a>
	5:30 - 6:15 pm	<a href="#">I26911</a>
	6:15 - 7 pm	<a href="#">I26912</a>
Sat	7 - 7:45 pm	<a href="#">I26913</a>
	10 - 10:45 am	<a href="#">I26986</a>
	10:45 - 11:30 am	<a href="#">I26987</a>
	11:45 am - 12:30 pm	<a href="#">I26988</a>
	12:30 - 1:15 pm	<a href="#">I26989</a>
	1:15 - 2 pm	<a href="#">I26990</a>

Sun	10 - 10:45 am	<a href="#">I27112</a>
	10:45 - 11:30 am	<a href="#">I27113</a>
	11:30 am - 12:15 pm	<a href="#">I27114</a>
	12:30 - 1:15 pm	<a href="#">I27115</a>
	1:15 - 2 pm	<a href="#">I27116</a>

### Level 5

Unparented

Ages 5Y+

9 Classes \$75

10 Classes \$83

Day(s)	Time	Code
Mon	4 - 4:45 pm	<a href="#">I26549</a>
	5:30 - 6:15 pm	<a href="#">I26550</a>
	6:15 - 7 pm	<a href="#">I26551</a>
Tue	4:30 - 5:15 pm	<a href="#">I26603</a>
	5:15 - 6 pm	<a href="#">I26604</a>
	6 - 6:45 pm	<a href="#">I26605</a>
Wed	4 - 4:45 pm	<a href="#">I26656</a>
	5:30 - 6:15 pm	<a href="#">I26657</a>
	6:15 - 7 pm	<a href="#">I26658</a>
Thu	4:30 - 5:15 pm	<a href="#">I26828</a>
	5:15 - 6 pm	<a href="#">I26829</a>
	6 - 6:45 pm	<a href="#">I26830</a>
Fri	6:45 - 7:30 pm	<a href="#">I26831</a>
	4 - 4:45 pm	<a href="#">I26914</a>
	4:45 - 5:30 pm	<a href="#">I26915</a>
	5:30 - 6:15 pm	<a href="#">I26916</a>
Sat	6:15 - 7 pm	<a href="#">I26917</a>
	7 - 7:45 pm	<a href="#">I26918</a>
	10 - 10:45 am	<a href="#">I26993</a>
	10:45 - 11:30 am	<a href="#">I26994</a>
	11:45 am - 12:30 pm	<a href="#">I26995</a>
Sun	12:30 - 1:15 pm	<a href="#">I26996</a>
	10 - 10:45 am	<a href="#">I27117</a>
	10:45 - 11:30 am	<a href="#">I27118</a>
	11:30 am - 12:15 pm	<a href="#">I27119</a>
	12:30 - 1:15 pm	<a href="#">I27120</a>
	1:15 - 2 pm	<a href="#">I27121</a>

### Level 6

Unparented

Ages 5Y+

9 Classes \$75

10 Classes \$83

Day(s)	Time	Code
Mon	4 - 4:45 pm	<a href="#">I26552</a>
	4:45 - 5:30 pm	<a href="#">I26553</a>
	6:15 - 7 pm	<a href="#">I26554</a>
Tue	4:30 - 5:15 pm	<a href="#">I26606</a>
	5:15 - 6 pm	<a href="#">I26607</a>
Wed	4 - 4:45 pm	<a href="#">I26659</a>
	4:45 - 5:30 pm	<a href="#">I26660</a>
Thu	4:30 - 5:15 pm	<a href="#">I26832</a>
	5:15 - 6 pm	<a href="#">I26833</a>
	6 - 6:45 pm	<a href="#">I26834</a>
Fri	6:45 - 7:30 pm	<a href="#">I26835</a>
	4 - 4:45 pm	<a href="#">I26919</a>
	4:45 - 5:30 pm	<a href="#">I26920</a>
	5:30 - 6:15 pm	<a href="#">I26921</a>
Sat	6:15 - 7 pm	<a href="#">I26922</a>
	7 - 7:45 pm	<a href="#">I26923</a>
	10 - 10:45 am	<a href="#">I26997</a>
	10:45 - 11:30 am	<a href="#">I26998</a>
	12:30 - 1:15 pm	<a href="#">I26999</a>
Sun	10 - 10:45 am	<a href="#">I27122</a>
	10:45 - 11:30 am	<a href="#">I27123</a>
	11:30 am - 12:15 pm	<a href="#">I27124</a>
	12:30 - 1:15 pm	<a href="#">I27125</a>
	1:15 - 2 pm	<a href="#">I27126</a>



### Level 7

Ages 5Y+  
Unparented  
9 Classes \$75  
10 Classes \$83

Day(s)	Time	Code
Mon	4:45 - 5:30 pm	<a href="#">I26555</a>
	5:30 - 6:15 pm	<a href="#">I26556</a>
Tue	4:30 - 5:15 pm	<a href="#">I26608</a>
	5:15 - 6 pm	<a href="#">I26609</a>
	6 - 6:45 pm	<a href="#">I26610</a>
Wed	4 - 4:45 pm	<a href="#">I26661</a>
	4:45 - 5:30 pm	<a href="#">I26662</a>
	6:15 - 7 pm	<a href="#">I26663</a>
Thu	4:30 - 5:15 pm	<a href="#">I26836</a>
	6 - 6:45 pm	<a href="#">I26837</a>
	6:45 - 7:30 pm	<a href="#">I26838</a>
Fri	4 - 4:45 pm	<a href="#">I26924</a>
	5:30 - 6:15 pm	<a href="#">I26925</a>
	7 - 7:45 pm	<a href="#">I26926</a>
Sat	10:45 - 11:30 am	<a href="#">I27000</a>
	11:45 am - 12:30 pm	<a href="#">I27001</a>
	12:30 - 1:15 pm	<a href="#">I27002</a>
Sun	10:45 - 11:30 am	<a href="#">I27127</a>
	11:30 am - 12:15 pm	<a href="#">I27128</a>
	12:30 - 1:15 pm	<a href="#">I27129</a>

### Level 8

Ages 5Y+  
Unparented  
9 Classes \$75  
10 Classes \$83

Day(s)	Time	Code
Mon	4 - 4:45 pm	<a href="#">I26557</a>
	5:30 - 6:15 pm	<a href="#">I26558</a>
Tue	4:30 - 5:15 pm	<a href="#">I26611</a>
	5:15 - 6 pm	<a href="#">I26612</a>
Wed	4:45 - 5:30 pm	<a href="#">I26664</a>
	5:30 - 6:15 pm	<a href="#">I26665</a>
Thu	4:30 - 5:15 pm	<a href="#">I26839</a>
	5:15 - 6 pm	<a href="#">I26840</a>
	6:45 - 7:30 pm	<a href="#">I26841</a>
Fri	4:45 - 5:30 pm	<a href="#">I26927</a>
	5:30 - 6:15 pm	<a href="#">I26928</a>
	6:15 - 7 pm	<a href="#">I26929</a>
Sat	10 - 10:45 am	<a href="#">I27003</a>
	10:45 - 11:30 am	<a href="#">I27004</a>
	11:45 am - 12:30 pm	<a href="#">I27005</a>
Sun	12:30 - 1:15 pm	<a href="#">I27006</a>
	10 - 10:45 am	<a href="#">I27130</a>
	11:30 am - 12:15 pm	<a href="#">I27131</a>
	1:15 - 2 pm	<a href="#">I27132</a>

### Level 9

Ages 5Y+  
Unparented  
9 Classes \$75  
10 Classes \$83

Day(s)	Time	Code
Mon	4:45 - 5:30 pm	<a href="#">I26559</a>
	6:15 - 7 pm	<a href="#">I26560</a>
Tue	5:15 - 6 pm	<a href="#">I26613</a>
	6 - 6:45 pm	<a href="#">I26614</a>
Wed	4:45 - 5:30 pm	<a href="#">I26666</a>
	6:15 - 7 pm	<a href="#">I26667</a>
Thu	4:30 - 5:15 pm	<a href="#">I26842</a>
	6 - 6:45 pm	<a href="#">I26843</a>
Fri	4 - 4:45 pm	<a href="#">I26930</a>
	6:15 - 7 pm	<a href="#">I26931</a>
Sat	11:45 am - 12:30 pm	<a href="#">I27007</a>
Sun	10 - 10:45 am	<a href="#">I27133</a>
	11:30 am - 12:15 pm	<a href="#">I27134</a>
	1:15 - 2 pm	<a href="#">I27135</a>

### Level 10

Ages 5Y+  
Unparented  
9 Classes \$75  
10 Classes \$83

Day(s)	Time	Code
Mon	6:15 - 7 pm	<a href="#">I26561</a>
Tue	4:30 - 5:15 pm	<a href="#">I26615</a>
	6 - 6:45 pm	<a href="#">I26616</a>
Wed	5:30 - 6:15 pm	<a href="#">I26668</a>
Thu	5:15 - 6 pm	<a href="#">I26844</a>
	6 - 6:45 pm	<a href="#">I26845</a>
Fri	4:45 - 5:30 pm	<a href="#">I26932</a>
	7 - 7:45 pm	<a href="#">I26933</a>
Sat	10 - 10:45 am	<a href="#">I27008</a>
Sun	10:45 - 11:30 am	<a href="#">I27136</a>
	12:30 - 1:15 pm	<a href="#">I27137</a>



## Free Sunday Swims

Sponsored by

**TONY ROMA'S**  
RIBS • SEAFOOD • STEAKS  
SHERWOOD PARK

### Schedule

**Emerald Hills Leisure Centre**

Select Sundays from September 2018 to June 2019  
2 - 4 p.m. • April 14 | May 12 | June 16

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

STRATHCONA COUNTY

## Session 3 Kinsmen Leisure Centre

Once a week for 8 classes

**Tuesdays**    **April 30 - June 18**  
**Wednesdays**    **May 1 - June 19**  
**Thursdays**    **May 2 - June 20**  
**Saturdays**    **May 4 - June 22**  
**Sundays**    **May 5 - June 23**



### Sea Otter

Ages 3Y - 5Y  
Unparented    8 Classes \$55

Day(s)	Time	Code
Tue	4 - 4:30 pm	<a href="#">I26199</a>
	5:15 - 5:45 pm	<a href="#">I26200</a>
Wed	1:15 - 1:45 pm	<a href="#">I26262</a>
	2:30 - 3 pm	<a href="#">I26263</a>
Thu	4 - 4:30 pm	<a href="#">I26280</a>
	5:15 - 5:45 pm	<a href="#">I26281</a>
	6:30 - 7 pm	<a href="#">I26282</a>
	7 - 7:30 pm	<a href="#">I26283</a>
Sat	9 - 9:30 am	<a href="#">I26168</a>
	10:15 - 10:45 am	<a href="#">I26169</a>
	11:30 am - 12 pm	<a href="#">I26170</a>
Sun	9:15 - 9:45 am	<a href="#">I26119</a>
	10:45 - 11:15 am	<a href="#">I26120</a>
	12 - 12:30 pm	<a href="#">I26121</a>
	12:30 - 1 pm	<a href="#">I26122</a>

### Salamander

Ages 3Y - 5Y  
Unparented    8 Classes \$67

Day(s)	Time	Code
Tue	4:30 - 5:15 pm	<a href="#">I26201</a>
	5:45 - 6:30 pm	<a href="#">I26202</a>
Wed	1:45 - 2:30 pm	<a href="#">I26264</a>
Thu	4:30 - 5:15 pm	<a href="#">I26284</a>
	5:45 - 6:30 pm	<a href="#">I26285</a>
Sat	9:30 - 10:15 am	<a href="#">I26171</a>
	10:45 - 11:30 am	<a href="#">I26172</a>
Sun	9:45 - 10:30 am	<a href="#">I26123</a>
	11:15 am - 12 pm	<a href="#">I26124</a>

### Crocodile/Whale

Ages 3Y - 6Y  
Unparented    8 Classes \$67

Day(s)	Time	Code
Tue	5:15 - 6 pm	<a href="#">I26207</a>
Wed	1:30 - 2:15 pm	<a href="#">I26266</a>
Thu	4:45 - 5:30 pm	<a href="#">I26288</a>
	6:15 - 7 pm	<a href="#">I26289</a>
Sat	9 - 9:45 am	<a href="#">I26175</a>
Sun	9:45 - 10:30 am	<a href="#">I26127</a>
	12:15 - 1 pm	<a href="#">I26128</a>

### Level 1

Ages 5Y+  
Unparented    8 Classes \$67

Day(s)	Time	Code
Tue	4:30 - 5:15 pm	<a href="#">I26205</a>
	6 - 6:45 pm	<a href="#">I26206</a>
Thu	4 - 4:45 pm	<a href="#">I26291</a>
	4:45 - 5:30 pm	<a href="#">I26292</a>
	6:15 - 7 pm	<a href="#">I26293</a>
Sat	9 - 9:45 am	<a href="#">I26176</a>
	10:30 - 11:15 am	<a href="#">I26177</a>
	11:15 - 12 pm	<a href="#">I26178</a>
Sun	9 - 9:45 am	<a href="#">I26130</a>
	9:45 - 10:30 am	<a href="#">I26132</a>
	11:30 am - 12:15 pm	<a href="#">I26133</a>
	12:15 - 1 pm	<a href="#">I26134</a>

### Sunfish

Ages 3Y - 6Y  
Unparented    8 Classes \$67

Day(s)	Time	Code
Tue	4:30 - 5:15 pm	<a href="#">I26203</a>
	6 - 6:45 pm	<a href="#">I26204</a>
Wed	2:15 - 3 pm	<a href="#">I26265</a>
Thu	4 - 4:45 pm	<a href="#">I26286</a>
	5:30 - 6:15 pm	<a href="#">I26287</a>
Sat	9:45 - 10:30 am	<a href="#">I26173</a>
	11:15 am - 12 pm	<a href="#">I26174</a>
Sun	9 - 9:45 am	<a href="#">I26125</a>
	10:45 - 11:30 am	<a href="#">I26126</a>





### Level 2

Ages 5Y+  
Unparented 8 Classes \$67

Day(s)	Time	Code
Tue	4:30 - 5:15 pm	<a href="#">I26208</a>
	5:15 - 6 pm	<a href="#">I26209</a>
Thu	4 - 4:45 pm	<a href="#">I26294</a>
	4:45 - 5:30 pm	<a href="#">I26295</a>
	5:30 - 6:15 pm	<a href="#">I26296</a>
Sat	9:45 - 10:30 am	<a href="#">I26179</a>
	10:30 - 11:15 am	<a href="#">I26180</a>
Sun	9 - 9:45 am	<a href="#">I26136</a>
	9:45 - 10:30 am	<a href="#">I26137</a>
	10:45 - 11:30 am	<a href="#">I26138</a>
	11:30 am - 12:15 pm	<a href="#">I26139</a>
	12:15 - 1 pm	<a href="#">I26140</a>

### Level 3

Ages 5Y+  
Unparented 8 Classes \$67

Day(s)	Time	Code
Tue	5:15 - 6 pm	<a href="#">I26237</a>
	6 - 6:45 pm	<a href="#">I26238</a>
Thu	5:30 - 6:15 pm	<a href="#">I26297</a>
	6:15 - 7 pm	<a href="#">I26298</a>
Sat	9 - 9:45 am	<a href="#">I26182</a>
	9:45 - 10:30 am	<a href="#">I26183</a>
	10:30 - 11:15 am	<a href="#">I26184</a>
	11:15 am - 12 pm	<a href="#">I26185</a>
Sun	10:45 - 11:30 am	<a href="#">I26141</a>
	11:30 am - 12:15 pm	<a href="#">I26142</a>
	12:15 - 1 pm	<a href="#">I26143</a>

### Level 4

Ages 5Y+  
Unparented 8 Classes \$67

Day(s)	Time	Code
Tue	4:30 - 5:15 pm	<a href="#">I26239</a>
	5:15 - 6 pm	<a href="#">I26240</a>

Thu	4 - 4:45 pm	<a href="#">I26299</a>
	4:45 - 5:30 pm	<a href="#">I26300</a>
	6:15 - 7 pm	<a href="#">I26301</a>
Sat	9 - 9:45 am	<a href="#">I26186</a>
	11:15 - 12 pm	<a href="#">I26187</a>
Sun	9 - 9:45 am	<a href="#">I26144</a>
	9:45 - 10:30 am	<a href="#">I26145</a>
	11:30 am - 12:15 pm	<a href="#">I26146</a>

### Level 5

Ages 5Y+  
Unparented 8 Classes \$67

Day(s)	Time	Code
Tue	5:15 - 6 pm	<a href="#">I26241</a>
	6 - 6:45 pm	<a href="#">I26242</a>
Thu	4 - 4:45 pm	<a href="#">I26302</a>
	5:30 - 6:15 pm	<a href="#">I26303</a>
	6:15 - 7 pm	<a href="#">I26304</a>
Sat	9:45 - 10:30 am	<a href="#">I26188</a>
	10:30 - 11:15 am	<a href="#">I26189</a>
Sun	9 - 9:45 am	<a href="#">I26147</a>
	10:45 - 11:30 am	<a href="#">I26148</a>
	11:30 am - 12:15 pm	<a href="#">I26149</a>
	12:15 - 1 pm	<a href="#">I26151</a>

### Level 6

Ages 5Y+  
Unparented 8 Classes \$67

Day(s)	Time	Code
Tue	4:30 - 5:15 pm	<a href="#">I26243</a>
	6 - 6:45 pm	<a href="#">I26244</a>
Thu	5:30 - 6:15 pm	<a href="#">I26305</a>
Sat	9 - 9:45 am	<a href="#">I26190</a>
	10:30 - 11:15 am	<a href="#">I26191</a>
Sun	9:45 - 10:30 am	<a href="#">I26152</a>
	10:45 - 11:30 am	<a href="#">I26153</a>

### Level 7

Ages 5Y+  
Unparented 8 Classes \$67

Day(s)	Time	Code
Tue	4:30 - 5:15 pm	<a href="#">I26245</a>
	6 - 6:45 pm	<a href="#">I26246</a>
Thu	4 - 4:45 pm	<a href="#">I26306</a>
Sat	9 - 9:45 am	<a href="#">I26192</a>
	11:15 am - 12 pm	<a href="#">I26193</a>
Sun	9 - 9:45 am	<a href="#">I26154</a>
	12:15 - 1 pm	<a href="#">I26155</a>

### Level 8

Ages 5Y+  
Unparented 8 Classes \$67

Day(s)	Time	Code
Tue	4:30 - 5:15 pm	<a href="#">I26247</a>
	5:15 - 6 pm	<a href="#">I26248</a>
Thu	4:45 - 5:30 pm	<a href="#">I26307</a>
Sat	9:45 - 10:30 am	<a href="#">I26194</a>
	11:15 am - 12 pm	<a href="#">I26195</a>
Sun	9:45 - 10:30 am	<a href="#">I26156</a>

### Level 9

Ages 5Y+  
Unparented 8 Classes \$67

Day(s)	Time	Code
Tue	5:15 - 6 pm	<a href="#">I26249</a>
Sat	10:30 - 11:15 am	<a href="#">I26196</a>
Sun	10:45 - 11:30 am	<a href="#">I26157</a>

### Level 10

Ages 5Y+  
Unparented 8 Classes \$67

Day(s)	Time	Code
Tue	6 - 6:45 pm	<a href="#">I26250</a>
Sat	9:45 - 10:30 am	<a href="#">I26197</a>
Sun	11:30 am - 12:15 pm	<a href="#">I26135</a>



# Learn to be a *Mermaid*





## Did you know?

You and up to seven friends can celebrate your birthday, bachelorette party or any special event you have with a private Mermaid Party. Private parties are available for kids, teens and adults starting at \$240.

To book your private party, please call 780-464-8236.

## More Mermaid Programs!

Spring Break Camp  
page 87

Summer Camp  
page 94

## Mermaid Party

Dive in and enjoy the magic of a mermaid experience. In this introductory 90-minute class, young mer-girls and -boys will create a craft, complete a short water safety session and experience the fun of swimming in one of our Finfun Mertails. Cap off your experience with a special photo keepsake with your Mermaid Guide and see why everything is better under the sea. **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.

Prerequisite: 8Y - 13Y and Red Cross Swim Kids 3 or higher

Emerald Hills Leisure Centre	All Pools	
<a href="#">126955</a>	7:30 - 9 pm	Fri
<a href="#">126956</a>	Apr 12	\$30.00
<a href="#">126957</a>	Apr 26	\$30.00
<a href="#">126958</a>	May 10	\$30.00
<a href="#">126959</a>	May 24	\$30.00
<a href="#">126959</a>	Jun 7	\$30.00
<a href="#">126960</a>	Jun 21	\$30.00

## Mermaid Academy

At Mermaid Academy, we invite young mer-girls and -boys to don their tails and discover the magic of life under the sea. Under the care of our magical faculty, students will participate in a mix of dry and wet class time that includes crafts, skills, games and more as they immerse themselves in the world of the mermaids. Learn valuable water safety skills, entries and movement skills with and without tails and develop a routine to share with your families on the last day of class. **Participants must have a FinFun Mermaid Tail and Monofin to participate in Mermaid Academy** (rentals are available free of charge). **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.

Prerequisite: 8Y - 13Y and Red Cross Swim Kids 3 or higher

Emerald Hills Leisure Centre	All Pools	
<a href="#">126954</a>	Apr 13 to Jun 22 2 - 3:30 pm	Sat \$225.00



## Sports

### + Red Cross Swim Sports

Strathcona County is pleased to introduce the Red Cross Swim SPORTS program. This program has been designed with our tweens and teens in mind, providing a fun, fast-paced swim program without all those laps. Come learn the basics and try your hand at a variety of different swim sports, including underwater hockey, water polo, diving, lifeguard sport, and more. Red Cross Swim Kids 8 or higher is suggested due to the need for swimming and deep water comfort in many swim sports.

Red Cross Swim Sports

Age: 8Y - 14Y

Kinsmen Leisure Centre	All Pools	
<a href="#">126313</a>	May 2 to Jun 20	Thu
	7:30 - 8:15 pm	\$83.00

## Diving

### Learn to Dive - Beginner

Learn to Dive - Beginner is our introductory recreational diving program for children and youth. Each session is a new experience as the diving coaches work with the existing strengths and abilities of every student in the group. Learn about diving safety, fitness, and elementary body positions. Students will progress at their own pace based on the Canadian Amateur Diving Association Learn to Dive levels 1 and 2. Children must be comfortable swimming in deep water and be able to tread water for a minimum of 2 minutes to register for this class (completion of Red Cross Swim Kids Level 6 is recommended). If your child has previously been in Learn to Dive lessons, please bring their existing progress card to the first lesson.

Age: 6Y - 14Y

Kinsmen Leisure Centre	Deep Tank	
<a href="#">126531</a>	Apr 2 to Apr 25	Tue/Thu
<a href="#">126532</a>	4 - 4:45 pm	\$83.00
	4:45 - 5:30 pm	\$83.00
<a href="#">126253</a>	Apr 30 to Jun 18	Tue
<a href="#">126254</a>	4 - 4:45 pm	\$83.00
<a href="#">126255</a>	4:45 - 5:30 pm	\$83.00
	5:30 - 6:15 pm	\$83.00
<a href="#">126316</a>	May 2 to Jun 20	Thu
<a href="#">126317</a>	4:30 - 5:15 pm	\$83.00
<a href="#">126318</a>	5:15 - 6 pm	\$83.00
	6 - 6:45 pm	\$83.00
<a href="#">126163</a>	May 5 to Jun 23	Sun
<a href="#">126164</a>	9 - 9:45 am	\$83.00
<a href="#">126165</a>	9:45 - 10:30 am	\$83.00
	11:30 am - 12:15 pm	\$83.00

### Learn to Dive - Advanced

Learn to Dive - Advanced is the continuation of Learn to Dive - Beginner. The advanced diving course builds on the skills taught within the Beginner course, which include complex body positions, technical dives and a large emphasis on the 3-meter springboard. Students will progress at their own pace based on the Canadian Amateur Diving Association Learn to Dive levels 3 and 4. For the best experience possible, children should register in this class after completion of Learn to Dive - Beginner.

Age: 6Y - 14Y

Kinsmen Leisure Centre	Deep Tank	
<a href="#">126533</a>	Apr 2 to Apr 25	Tue/Thu
	5:30 - 6:15 pm	\$83.00
<a href="#">126256</a>	Apr 30 to Jun 18	Tue
	6:15 - 7 pm	\$83.00
<a href="#">126319</a>	May 2 to Jun 20	Thu
	7 - 7:45 pm	\$83.00
<a href="#">126166</a>	May 5 to Jun 23	Sun
<a href="#">126167</a>	10:45 - 11:30 am	\$83.00
	12:15 - 1 pm	\$83.00

## Teen and Adult

### Learn to Dive - Adult and Teen

Are you interested in springboard diving, but never had the opportunity to try it? Then this program is for you! Learn the basic body positions, diving techniques, and diving-centered fitness. The diving coaches will cater the lessons to your specified outcomes and personal skill level. If you are 16+ years old, comfortable swimming and treading in deep water, and looking for an exciting class, then look no further!

Age: 15Y+

Kinsmen Leisure Centre	Deep Tank	
<a href="#">126320</a>	May 2 to Jun 20	Thu
	7:45 - 8:30 pm	\$83.00

### + Red Cross Swim Adults - Basics

We help you increase your comfort level and confidence in the water through floats, glides, kicking and swimming. Work with your water safety instructor to set goals to develop your swimming skills.

Age: 16Y+

Emerald Hills Leisure Centre	Lap Pool	
<a href="#">126991</a>	Apr 13 to Jun 22	Sat
	1:15 - 2 pm	\$83.00
<a href="#">126564</a>	Apr 15 to Jun 24	Mon
	6:15 - 7 pm	\$75.00
<a href="#">126671</a>	Apr 17 to Jun 19	Wed
	5:30 - 6:15 pm	\$83.00
<a href="#">126846</a>	Apr 18 to Jun 20	Thu
	2 - 2:45 pm	\$83.00

## + Red Cross Swim Adults - Strokes

We help you develop one or more swimming strokes, working toward proficiency and increased endurance. Work with your water safety instructor to choose the strokes and set your goals and priorities. If you are interested in developing your strokes so that you can train for a triathlon, this is the ideal course for you.

Age: 16Y+

Emerald Hills Leisure Centre		Lap Pool
<a href="#">126992</a>	Apr 13 to Jun 22	Sat 1:15 - 2 pm \$83.00
<a href="#">126565</a>	Apr 15 to Jun 24	Mon 5:30 - 6:15 pm \$75.00
<a href="#">126672</a>	Apr 17 to Jun 19	Wed 6:15 - 7 pm \$83.00
<a href="#">126847</a>	Apr 18 to Jun 20	Thu 2 - 2:45 pm \$83.00

## + Red Cross Swim Teens - Basics

For those starting to swim, we help you increase your comfort and confidence in the water and build skills for swimming. Focus is on developing front and back crawl, establishing comfort in deep water, and increasing the swimming distance.

Age: 11Y - 17Y

Emerald Hills Leisure Centre		Lap Pool
<a href="#">126562</a>	Apr 15 to Jun 24	Mon 4:45 - 5:30 pm \$75.00
<a href="#">126669</a>	Apr 17 to Jun 19	Wed 4 - 4:45 pm \$83.00

## + Red Cross Swim Teens - Strokes

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

Age: 11Y - 17Y

Emerald Hills Leisure Centre		Lap Pool
<a href="#">126563</a>	Apr 15 to Jun 24	Mon 4 - 4:45 pm \$75.00
<a href="#">126670</a>	Apr 17 to Jun 19	Wed 4:45 - 5:30 pm \$83.00



## Stroke Improvement

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

Stroke Improvement - RCSK 3-5 is a course for children who have taken Red Cross Swim Kids levels 3 to 5 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.

Age: 5Y - 14Y

Kinsmen Leisure Centre		Lap Pool (25m)
<a href="#">126308</a>	May 2 to Jun 20	Thu 4:45 - 5:30 pm \$67.00
<a href="#">126158</a>	May 5 to Jun 23	Sun 9 - 9:45 am \$67.00
<a href="#">126159</a>	May 5 to Jun 23	Sun 12:15 - 1 pm \$67.00

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

Stroke Improvement - RCSK 6-7 is a course for children who have taken Red Cross Swim Kids levels 6 or 7 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.

Age: 5Y - 14Y

Kinsmen Leisure Centre		Lap Pool (25m)
<a href="#">126309</a>	May 2 to Jun 20	Thu 5:30 - 6:15 pm \$67.00
<a href="#">126160</a>	May 5 to Jun 23	Sun 9:45 - 10:30 am \$67.00
<a href="#">126161</a>	May 5 to Jun 23	Sun 11:30 am - 12:15 pm \$67.00

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

Stroke Improvement - RCSK 8-10 is a course for children who have taken Red Cross Swim Kids levels 8 to 10 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.

Age: 5Y - 14Y

Kinsmen Leisure Centre		Lap Pool (25m)
<a href="#">126310</a>	May 2 to Jun 20	Thu 6:15 - 7 pm \$67.00
<a href="#">126162</a>	May 5 to Jun 23	Sun 10:45 - 11:30 am \$67.00



# HOME-SCHOOL

## + Home-school Swim Lessons

### 45 Minute Classes (10 weeks)

Age: 5Y+

Kinsmen Leisure Centre	Lap Pool	
	May 1 to Jun 19	Wed
	1:30 - 2:15 pm	\$46.00

[126258](#)

[126260](#)

[126267](#)

[126269](#)

[126271](#)

[126273](#)

Red Cross Swim Kids Level 1  
Red Cross Swim Kids Level 2  
Red Cross Swim Kids Level 3  
Red Cross Swim Kids Level 5  
Red Cross Swim Kids Level 7  
Red Cross Swim Kids Level 9

Kinsmen Leisure Centre	Lap Pool	
	May 1 to Jun 19	Wed
	2:15 - 3 pm	\$46.00

[126259](#)

[126261](#)

[126268](#)

[126270](#)

[126272](#)

[126274](#)

Red Cross Swim Kids Level 1  
Red Cross Swim Kids Level 2  
Red Cross Swim Kids Level 4  
Red Cross Swim Kids Level 6  
Red Cross Swim Kids Level 8  
Red Cross Swim Kids Level 10

### Learn to Dive - Beginner

Learn to Dive - Beginner is our introductory recreational diving program for children and youth. Each session is a new experience as the diving coaches work with the existing strengths and abilities of every student in the group. Learn about diving safety, fitness, and elementary body positions. Students will progress at their own pace based on the Canadian Amateur Diving Association Learn to Dive levels 1 and 2. Children must be comfortable swimming in deep water and be able to tread water for a minimum of 2 minutes to register for this class (completion of Red Cross Swim Kids Level 6 is recommended). If your child has previously been in Learn to Dive lessons, please bring their existing progress card to the first lesson.

Age: 6Y - 14Y

Kinsmen Leisure Centre	Deep Tank	
	May 1 to Jun 19	Wed
	1:30 - 2:15 pm	\$83.00
	2:15 - 3 pm	\$83.00

[126276](#)

[126277](#)

### Recreational Swim @ Kinsmen Leisure Centre Wednesdays 3:15 - 5:45 p.m.

Drop in and swim for just \$2. Children under the age of 8 are welcome, but must be accompanied in the water by someone 14 years or older. If your child is registered for lessons, please pay prior to lessons and get a wristband. Rec swim is a drop-in activity, no need to register.

## Special Interest

### + Red Cross Swim Adapted - Preschool

Experience a fun, splashy class designed to help your preschooler learn to love the water. Join your child in this parented experience that focuses on building block skills for swimming through a mix of songs, games, and activities.

Age: 3Y - 5Y

Emerald Hills Leisure Centre	Kids Pool	
<a href="#">126718</a>	Apr 13 to Jun 22	Sat
	9 - 9:45 pm	\$87.00

### + Red Cross Swim Adapted - Sensory

This class offers one-on-one instruction for our guests with complex needs that require direct supervision and support. In this program, students will enjoy the freedom and mobility offered by the pool environment, working on basic movement skills (floats, glides) and movement in water.

Age: 5Y+

Emerald Hills Leisure Centre	Teach Pool	
<a href="#">126719</a>	Apr 13 to Jun 22	Sat
	9 - 9:45 am	\$97.00

### + Red Cross Swim Adapted - Basics

This class offers 2-on-1 instruction for those working on introductory swimming skills. We help students increase comfort and confidence in the water and build skills for swimming, including floating, gliding, kicking, and front swim.

Age: 5Y+

Emerald Hills Leisure Centre	Teach Pool	
<a href="#">126720</a>	Apr 13 to Jun 22	Sat
	9 - 9:45 am	\$97.00
<a href="#">126590</a>	Apr 16 to Jun 18	Tue
	5:15 - 6 pm	\$97.00
<a href="#">126724</a>	Apr 18 to Jun 20	Thu
	2 - 2:45 pm	\$97.00
<a href="#">126725</a>	Apr 18 to Jun 20	Thu
	4:30 - 5:15 pm	\$97.00
<a href="#">126726</a>	Apr 18 to Jun 20	Thu
	6 - 6:45 pm	\$97.00

### + Red Cross Swim Adapted - Strokes

This class offers 3-on-1 instruction for those developing their swimming skills. Instructors will work with the class to improve endurance and increase swimming skills, distance, and efficiency. Whenever possible, we suggest students be recommended to Adapted Strokes by their previous swim instructor.

Age: 5Y+

Emerald Hills Leisure Centre	Lap Pool	
<a href="#">126721</a>	Apr 13 to Jun 22	Sat
	9 - 9:45 am	\$97.00
<a href="#">126589</a>	Apr 16 to Jun 18	Tue
	6 - 6:45 pm	\$97.00
<a href="#">126722</a>	Apr 18 to Jun 20	Thu
	5:15 - 6 pm	\$97.00
<a href="#">126723</a>	Apr 18 to Jun 20	Thu
	6:45 - 7:30 pm	\$97.00



## Instructor and Lifeguard Development

Attendance is essential for all development programs

### Bronze Star

Train to become a lifeguard sooner! Once you have completed your Bronze Star you can take Bronze Medallion before you are 13 years of age. Develop your basic safety, fitness and lifesaving skills. It is recommended that you have completed Red Cross Swim Kids 8 (or higher) prior to registering.

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

Kinsmen Leisure Centre	All Pools	
<a href="#">126311</a>	May 2 to Jun 20	Thu
	4 - 5:30 pm	\$95.00

### Bronze Medallion

Learn the primary skills required to rescue a swimmer in distress. Develop your physical fitness, decision making and judgement skills. Sign up when you are 13 years old or have completed your Bronze Star. Remember to purchase your Canadian Lifesaving Manual at KLC's front desk for \$35.00.

Prerequisite: 13Y+ or Bronze Star certification

Kinsmen Leisure Centre	All Pools	
<a href="#">126312</a>	May 2 to Jun 20	Thu
	6 - 8:30 pm	\$158.00

### Bronze Cross

Learn more advanced skills required to prevent and respond to aquatic emergencies. Build on rescue techniques and teamwork learned in Bronze Medallion. Sign up after you have completed your Bronze Medallion.

Prerequisite: Bronze Medallion certification

Kinsmen Leisure Centre	All Pools	
<a href="#">126229</a>	May 4 to Jun 22	Sat
	9:30 am - 12 pm	\$158.00



### Lifeguard School

Have you always wanted to be a lifeguard? Strathcona County's Lifeguard School program can make that dream a reality with a one-stop shop for completing your Aquatic Emergency Care, CPR, and National Lifeguard certifications. Sign up when you are 16 years of age and have a completed Bronze Cross certification.

Prerequisite: 16Y+ and Bronze Cross certification

Emerald Hills Leisure Centre	All Pools	
<a href="#">126717</a>	Apr 13 to Jun 22	Sat
	9 am - 3 pm	\$441.00

### Water Safety Instructor

This Canadian Red Cross blended classroom program prepares candidates to become swim instructors that can work in a variety of facilities across Canada. Participate in classroom, eLearning, and on-the-job training to prepare you to be a top candidate for Water Safety Instructor jobs in Strathcona County or across Canada.

Prerequisites: 15 yrs old, Bronze Cross or Standard First Aid

Kinsmen Leisure Centre	Classroom	
<a href="#">126257</a>	Apr 30 to Jun 18	Tue
	4:30 - 7:30 pm	\$350.00



Free after school recreational swims

Sponsored by  PASTA PANTRY

3:15 p.m. - 5:45 p.m. on **Wednesdays** at Kinsmen Leisure Centre  
April 3, May 1, June 5

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

## Private Lessons

### For all ages and levels!

This is an excellent opportunity for individuals who prefer customized swim instruction or swimmers who have taken lessons before but need to practice a few skills to complete a level. Register for Private Lesson Pack (a four- or five-lesson set), or call to book individual private swimming lessons.

Private Lessons can be viewed online at [strathcona.ca/registration](http://strathcona.ca/registration) or call **Strathcona County's Aquatics Information Line** at 780-464-2112 for available times.



# SPRING BREAK



## Red Cross Swim Programs

Spring break lessons feature lower class ratios in all programs. All spring break swim programs run Monday to Friday, March 25 to 29. See page 70 for program descriptions.

### Starfish

Age: 4M - 18M

\$44.00

Kinsmen Leisure Centre

[125592](#) 10:30 - 11 am

Emerald Hills Leisure Centre

[125634](#) 5:30 - 6 pm

### Duck

Age: 1Y - 3Y

\$44.00

Kinsmen Leisure Centre

[125593](#) 10 - 10:30 am

Emerald Hills Leisure Centre

[125635](#) 4:30 - 5 pm

[125636](#) 6 - 6:30 pm

### Sea Turtle

Age: 2Y - 4Y

\$47.00

Kinsmen Leisure Centre

[125594](#) 9 - 9:30 am

[125595](#) 9:30 - 10 am

[125596](#) 11 - 11:30 am

Emerald Hills Leisure Centre

[125637](#) 4 - 4:30 pm

[125639](#) 4:30 - 5 pm

[125638](#) 5 - 5:30 pm

### Sea Otter

Age: 3Y - 6Y

\$47.00

Kinsmen Leisure Centre

[125597](#) 9 - 9:30 am

[125598](#) 9:30 - 10 am

[125599](#) 10 - 10:30 am

[125600](#) 10:30 - 11 am

[125601](#) 11 - 11:30 am

Emerald Hills Leisure Centre

[125640](#) 4 - 4:30 pm

[125641](#) 5 - 5:30 pm

[125642](#) 5:30 - 6 pm

[125643](#) 6 - 6:30 pm

### Salamander

Age: 3Y - 6Y

\$57.00

Kinsmen Leisure Centre

[125602](#) 8:45 - 9:30 am

[125603](#) 9:30 - 10:15 am

[125604](#) 10:15 - 11 am

[125605](#) 11 - 11:45 am

Emerald Hills Leisure Centre

[125644](#) 3:45 - 4:30 pm

[125645](#) 4:30 - 5:15 pm

[125646](#) 5:15 - 6 pm

[125647](#) 6 - 6:45 pm

### Sunfish

Age: 3Y - 6Y

\$57.00

Kinsmen Leisure Centre

[125606](#) 9:30 - 10:15 am

[125607](#) 11 - 11:45 am

Emerald Hills Leisure Centre

[125648](#) 3:45 - 4:30 pm

[125649](#) 4:30 - 5:15 pm

[125650](#) 5:15 - 6 pm

[125651](#) 6 - 6:45 pm

### Crocodile/Whale

Age: 3Y - 6Y

\$57.00

Kinsmen Leisure Centre

[125608](#) 8:45 - 9:30 am

[125609](#) 10:15 - 11 am

Emerald Hills Leisure Centre

[125652](#) 4:30 - 5:15 pm

[125653](#) 5:15 - 6 pm

### Red Cross Swim Kids 1

Age: 5Y - 14Y

\$57.00

Kinsmen Leisure Centre

[125610](#) 8:45 - 9:30 am

[125611](#) 10:15 - 11 am

[125612](#) 11 - 11:45 am

Emerald Hills Leisure Centre

[125654](#) 3:45 - 4:30 pm

[125655](#) 4:30 - 5:15 pm

[125656](#) 5:15 - 6:00 pm

[125657](#) 6 - 6:45 pm

### Red Cross Swim Kids 2

Age: 5Y - 14Y

\$57.00

Kinsmen Leisure Centre

[125613](#) 9:30 - 10:15 am

[125614](#) 11 - 11:45 am

Emerald Hills Leisure Centre

[125658](#) 3:45 - 4:30 pm

[125659](#) 4:30 - 5:15 pm

[125660](#) 5:15 - 6 pm

[125661](#) 6 - 6:45 pm

### Red Cross Swim Kids 3

Age: 5Y - 14Y

\$57.00

Kinsmen Leisure Centre

[125615](#) 8:45 - 9:30 am

[125616](#) 9:30 - 10:15 am

[125617](#) 10:15 - 11 am

Emerald Hills Leisure Centre

[125662](#) 3:45 - 4:30 pm

[125663](#) 4:30 - 5:15 pm

[125664](#) 5:15 - 6:00 pm

### Red Cross Swim Kids 4

Age: 5Y - 14Y

\$57.00

Kinsmen Leisure Centre

[125618](#) 8:45 - 9:30 am

[125619](#) 11 - 11:45 am

Emerald Hills Leisure Centre

[125665](#) 3:45 - 4:30 pm

[125666](#) 5:15 - 6 pm

[125667](#) 6 - 6:45 pm

### Red Cross Swim Kids 5

Age: 5Y - 14Y

\$57.00

Kinsmen Leisure Centre

[125620](#) 9:30 - 10:15 am

[125621](#) 10:15 - 11 am

Emerald Hills Leisure Centre

[125668](#) 3:45 - 4:30 pm

[125669](#) 4:30 - 5:15 pm

[125670](#) 6 - 6:45 pm

### Red Cross Swim Kids 6

Age: 5Y - 14Y

\$57.00

Kinsmen Leisure Centre

[125622](#) 8:45 - 9:30 am

[125623](#) 10:15 - 11 am

Emerald Hills Leisure Centre

[125671](#) 4:30 - 5:15 pm

[125672](#) 6 - 6:45 pm

### Red Cross Swim Kids 7

Age: 5Y - 14Y

\$57.00

Kinsmen Leisure Centre

[125624](#) 8:45 - 9:30 am

[125625](#) 10:15 - 11 am

[125626](#) 11 - 11:45 am

Emerald Hills Leisure Centre

[125673](#) 3:45 - 4:30 pm

[125674](#) 5:15 - 6 pm

## All Spring Break Swim Programs run Monday to Friday • March 25 to 29

### Red Cross Swim Kids 8

Age: 5Y - 14Y	\$57.00
Kinsmen Leisure Centre	Emerald Hills Leisure Centre
<a href="#">I25627</a> 8:45 - 9:30 am	<a href="#">I25675</a> 4:30 - 5:15 pm
<a href="#">I25628</a> 11 - 11:45 am	<a href="#">I25676</a> 6 - 6:45 pm

### Red Cross Swim Kids 9

Age: 5Y - 16Y	\$57.00
Kinsmen Leisure Centre	Emerald Hills Leisure Centre
<a href="#">I25629</a> 9:30 - 10:15 am	<a href="#">I25677</a> 3:45 - 4:30 pm
	<a href="#">I25678</a> 5:15 - 6 pm

### Red Cross Swim Kids 10

Age: 5Y - 16Y	\$57.00
Kinsmen Leisure Centre	Emerald Hills Leisure Centre
<a href="#">I25630</a> 10:15 - 11 am	<a href="#">I26047</a> 4:30 - 5:15 pm
	<a href="#">I26048</a> 6 - 6:45 pm

### Stroke Improvement - Swim Kids 3-5

Age: 5Y - 14Y	
Kinsmen Leisure Centre	All Pools
<a href="#">I25631</a>	11 - 11:45 am \$57.00

### Stroke Improvement - Swim Kids 8-10

Age: 5Y - 14Y	
Kinsmen Leisure Centre	All Pools
<a href="#">I25632</a>	9:30 - 10:15 am \$57.00

### Special Interest

#### + Red Cross Swim Adapted - Basics

Join us for Swim Adapted - Basics, an opportunity for 2-on-1 instruction for those working on introductory swimming skills. We help students increase comfort and confidence in the water and build skills for swimming, including floating, gliding, kicking, and front swim.

Age: 5Y+	
Emerald Hills Leisure Centre	Teach Pool
<a href="#">I26045</a>	3:45 - 4:30 pm \$48.00
<a href="#">I26046</a>	6 - 6:45 pm \$48.00

#### + Red Cross Swim Adapted - Strokes

Join us for Swim Adapted - Strokes, an opportunity for 3-on-1 instruction for those developing their swimming skills. Instructors will work with the class to improve endurance and increase swimming skills, distance, and efficiency. Whenever possible, we suggest students be recommended to Adapted Strokes by their previous swim instructor.

Age: 5Y+	
Emerald Hills Leisure Centre	Lap Pool
<a href="#">I26049</a>	5:15 - 6 pm \$48.00

### Private Lessons

Private swim lessons are for all ages and abilities! They are an excellent opportunity for individuals who prefer customized swim instruction or swimmers who have taken lessons before, but need to practice a few skills to complete a level. Register for a Private Lesson Pak (a four or five lesson set) or call to book single private swimming lessons. Private swim lessons can be viewed online at [click-it.strathcona.ab.ca](http://click-it.strathcona.ab.ca) or call Strathcona County's Aquatics Information Line at 780-464-2112 for available times.

### Sports

#### Mermaid Party - single day classes

Dive in and experience the magic of a personal mermaid encounter. In this introductory 90-minute experience, young mer-girls and boys will create a craft, complete a short water safety session, and experience the fun of Mermaid Swimming in one of our Finfun Mertails. Cap off your experience with a special photo keepsake with your Mermaid Guide and see why everything is better under the sea. **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.

Prerequisite: 8Y - 13Y and Red Cross Swim Kids 3 or higher

Emerald Hills Leisure Centre	All Pools	
<a href="#">I27301</a>	Mar 29	Fri
	1:30 - 3 pm	\$32.50
<a href="#">I27300</a>	Mar 30	Sat
	10 - 11:30 am	\$32.50

### Instructor and Lifeguard Development

#### 🌀 Bronze Medallion

Learn the primary skills required to rescue a swimmer in distress. Develop your physical fitness, decision making and judgement skills. Sign up when you are 13 years old or have completed your Bronze Star. Remember to purchase your Canadian Lifesaving Manual at KLC's front desk for \$35.00.

Prerequisite: 13Y+ or Bronze Star certification

Emerald Hills Leisure Centre	Lap Pool	
<a href="#">I26050</a>	3:45 - 7:45 pm	\$158.00

#### 🌀 Bronze Cross

Learn more advanced skills required to prevent and respond to aquatic emergencies. Build on rescue techniques and teamwork learned in Bronze Medallion. Sign up after you have completed your Bronze Medallion.

Prerequisite: Bronze Medallion certification

Kinsmen Leisure Centre	All Pools	
<a href="#">I25633</a>	8:45 am - 1 pm	\$158.00





## CAMP NOTES

- Preschool/young child camps: for your child's best experience we suggest they are fully toilet trained. Parents will be contacted by telephone to attend to any changing needs.
- Parents/guardians are required to sign children in and out each day.
- Due to the increasing severity of nut allergies, we request that lunches and snacks do not include peanut butter or nuts of any kind.
- All classes begin and end promptly at the times indicated for each program (a late pick-up procedure is used). Program times include pre- and post-care where indicated.
- Please dress your child in play clothes that are art friendly.
- All lunch hours are supervised.
- Clearly label all of your child's belongings.
- All electronic games and devices should be left at home.

Parents/guardians are asked to complete the **Camps and programs – information, health and assumption of risk** form. If your child has a severe allergy and/or carries an epi-pen, please also fill out the **Severe Allergy** form. Children with epi-pens are required to carry one throughout the duration of the program/camp. Please access these forms at [www.strathcona.ca/registration](http://www.strathcona.ca/registration)

Please bring completed forms with you to the first day of the program/camp. If you plan to fill out the forms in person, please arrive early on the first day of camp.

If your child has a special medical need, advance notice and camper information allows instructors to plan appropriately to offer inclusive and accessible programs. Please return completed forms to the Recreation Administration Office at 2025 Oak Street, Sherwood Park.



**Click.it**

Registration starts  
March 5

## WHAT YOUR CHILD NEEDS EACH DAY

### For every camp



Send a nut free light snack and a water bottle for your child each day. Full day programs require two separate nut-free snacks and a lunch for your child.



Bring clean rubber-soled shoes for indoor sessions. For health and safety reasons, bare feet, flip flops and sandals are not permitted.



We request that your child wear protective clothing and that sunscreen and/or insect repellent be applied to your child prior to class. Programs operate regardless of weather. Instructors will inform parents of outdoor activities. Please dress your child accordingly for outdoor activities.



Parents will need to complete all applicable forms. See camp notes for details.

### For special camps



Camps may include a swim component, so please send your child with a bathing suit and towel on the specified day.



Bring clean indoor dance shoes for indoor sessions (for health and safety reasons, bare feet, flip flops and sandals are not permitted).



Bring a bicycle or ice skates.



Helmets are mandatory.



Please send your child with a CSA approved helmet.

**Please send your child with these items when they appear beside program.**



### Pre- and post-care available for full day camps

For the convenience of working parents, pre- and post-care are offered for children registered in full-day, week-long camps. Hours vary according to camp and location. Please see details listed on each page.

## LOOK FOR A CAMP BY AGE

Pre- and Post-care  
available for full day camps

## Week long camps

week 1 Jul 2 to Jul 5

week 3 Jul 15 to Jul 19

week 5 Jul 29 to Aug 2

week 7 Aug 12 to Aug 16

week 2 Jul 8 to Jul 12

week 4 Jul 22 to Jul 26

week 6 Aug 6 to Aug 9

week 8 Aug 19 to Aug 23



	page	Jul 2 - 5	Jul 8 - 12	Jul 15 - 19	Jul 22 - 26	Jul 29 - Aug 2	Aug 6 - 9	Aug 12 - 16	Aug 19 - 23
<b>Preschool/Child Camps</b>									
Dinosaur Detectives	93	3-5Y			3-5Y			3-5Y	
Einstein's Athletes	92				6-9Y			6-9Y	
Epic Camp	92			6-9Y					6-9Y
Play Palooza	93	3-5Y	3-5Y	3-5Y	3-5Y	3-5Y	3-5Y	3-5Y	3-5Y
Splash and Dash	92							4-7Y	
Sun, Sand and Water Week	92		4-7Y			4-7Y	4-7Y		
Tinkering Around	93			3-5Y			3-5Y		
Tracks and Trails	93			3.5-5Y	3.5-5Y		3.5-5Y	3.5-5Y	
Unicorn Camp	93		3-5Y			3-5Y			3-5Y



	page	Jul 2 - 5	Jul 8 - 12	Jul 15 - 19	Jul 22 - 26	Jul 29 - Aug 2	Aug 6 - 9	Aug 12 - 16	Aug 19 - 23
<b>Swimming Camps</b>									
Aquatic Adventure Camp	94	8-12Y					8-12Y		
Mermaid Camp	94	7-14Y					7-14Y		



	page	Jul 2 - 5	Jul 8 - 12	Jul 15 - 19	Jul 22 - 26	Jul 29 - Aug 2	Aug 6 - 9	Aug 12 - 16	Aug 19 - 23
<b>Performing Arts Camps</b>									
CSI Strathcona County	95		6-12Y						
Discover Dance	95								6-12Y
Garage Band Live	96							12-18Y	
Just Dance	95		4-5Y						
Movie Stars Behind the Lens	96	8-12Y		8-12Y			8-12Y		
Seuss: Turning Back the Pages	95			6-12Y					
Stepping on Stage	95	6-12Y					6-12Y		
Stories Alive	95								4-5Y
Under the Big Top	97			4-5Y	6-10Y	11-17Y	4-5Y		
Under the Big Top: Master Class	97	12-18Y							
Video Production for Social Media	96		13-17Y						13-17Y





	page	Jul 2 - 5	Jul 8 - 12	Jul 15 - 19	Jul 22 - 26	Jul 29 - Aug 2	Aug 6 - 9	Aug 12 - 16	Aug 19 - 23
<b>Visual Art Camps</b>									
<b>Adventure photography</b>	107					12-16Y			
<b>Art Attack</b>	98		6-12Y	6-12Y				6-12Y	6-12Y
<b>Egyptian Art Camp</b>	98						6-10Y		
<b>Fine Art and Glass</b>	98					9-13Y			
<b>Jungle Safari Art Adventure</b>	98			6-10Y				6-10Y	
<b>Kids Clay and Art Camp</b>	99	8-12Y			8-12Y	8-12Y	6-8Y		
<b>Sew Much Crafty Fun</b>	99				8-12Y			8-12Y	
<b>Teen Clay</b>	99					12-17Y			
<b>Treasure Island Art Camp</b>	98					6-10Y			6-10Y
<b>Yeah For Clay Camp</b>	99					5-7Y			
<b>Young Author &amp; Artist Camp</b>	98		8-12Y		8-12Y				



	page	Jul 2 - 5	Jul 8 - 12	Jul 15 - 19	Jul 22 - 26	Jul 29 - Aug 2	Aug 6 - 9	Aug 12 - 16	Aug 19 - 23
<b>Youth Camps</b>									
<b>ARC Adventure Camps</b>	102	6-12Y		6-12Y	6-12Y	6-12Y	6-12Y	6-12Y	6-12Y
<b>Dumbledore's Dormitory</b>	100				5-8Y				
<b>Extreme Camps</b>	104	7-10Y		8-12Y	7-10Y	8-12Y		8-12Y	8-12Y
<b>Flag Football Camp</b>	101					9-12Y			
<b>FUN First: Sports Spectacular!</b>	100	6-9Y					6-9Y		
<b>Fur-ever Friends</b>	100			5-8Y					
<b>Half Day Camps</b>	103		5-8Y			5-8Y		5-8Y	5-8Y
<b>Kick it into Gear</b>	100	7-10Y							
<b>Leaders-in-Training</b>	105	12-17Y							
<b>Marine Mayhem</b>	101		8-12Y						
<b>MP Adventure Camps</b>	103	6-12Y	6-12Y	6-12Y	6-12Y	6-12Y	6-12Y	6-12Y	6-12Y
<b>Play Café</b>	101		7-10Y						
<b>Simply D.I.Y</b>	101			8-12Y					8-12Y
<b>So you wanna be an Emergency Responder?</b>	100						6-9Y		
<b>Ultimate Teen Camp</b>	101							12-15Y	



	page	Jul 2 - 5	Jul 8 - 12	Jul 15 - 19	Jul 22 - 26	Jul 29 - Aug 2	Aug 6 - 9	Aug 12 - 16	Aug 19 - 23
<b>Outdoor Camps</b>									
<b>Adventure Photography</b>	107					12-16Y			
<b>Adventure Seekers</b>	107		10-13Y		10-13Y		10-13Y		10-13Y
<b>Explorers</b>	107		8-10Y	8-10Y	8-10Y	8-10Y	8-10Y	8-10Y	8-10Y
<b>Junior Outdoor Leader Program</b>	108	Level 1: Jul 15 - 19 / Level 2: Jun 28 - Jul 4 / Program Plus: Aug 12 - 16							
<b>Kool Kidz Camp</b>	106		5-6Y	5-6Y	5-6Y	5-6Y	5-6Y	5-6Y	5-6Y
<b>Roughin' It</b>	107			10-13Y		10-13Y		10-13Y	
<b>Teen Leadership Out-trip</b>	107							13-17Y	
<b>Tracks and Trails</b>	92			3.5-5Y	3.5-5Y		3.5-5Y	3.5-5Y	
<b>Trail Blazers</b>	106		7-9Y	7-9Y	7-9Y	7-9Y	7-9Y	7-9Y	7-9Y

# PRESCHOOL/CHILD CAMPS

## Splash and Dash

One week only in Ardrossan. This all day camp will be filled with tonnes of fun. Bring your swimsuit and towel for play time at the spray park.

Age: 4Y - 7Y

Ardrossan Recreation Complex		Preschool Room
		9 am - 4 pm \$227.00
		Aug 12 to Aug 16 Mon-Fri

[126739](#)

## Sun, Sand and Water Week

Play and play some more in this all-day camp. Your child will meet new friends and have plenty of fun splashing at the spray park (weather dependent) and playing games indoors and out. Be sure to pack a swimsuit, towel, hat and sunscreen.

Age: 4Y - 7Y

Sherwood Park Arena		Arts & Crafts Room
		9 am - 4 pm \$227.00
		Jul 8 to Jul 12 Mon-Fri
		Jul 29 to Aug 2 Mon-Fri
		9 am - 4 pm \$182.00
		Aug 6 to Aug 9 Tue-Fri

[126449](#)

[126737](#)

[126738](#)



## Einstein's Athletes

This Sportball camp is one part sport and one part science. Throw in some kids and you have an epic week of awesome. Sports and science have come together in one amazing class. Our camp will get kids moving, and provide them with time to work on science projects and experiments.



Age: 6Y - 9Y

Millennium Place	Activity Room I
	9 am - 4 pm \$227.00
	Jul 22 to Jul 26 Mon-Fri
Sherwood Park Arena	Arts & Crafts Room
	9 am - 4 pm \$227.00
	Aug 12 to Aug 16 Mon-Fri

[126405](#)

[126406](#)

## Epic Camp

Epic Camp is a partnership camp run by Sportball. This full-day camp is specifically for 6-9 year old Sportballers, and it's going to be sweet. Sportballers will learn nine different sports throughout the week. Your Sportballer will be talking about Epic Camp for the rest of the summer, with water gun fights, sweet science experiments, amazing art challenges, dodgeball tournaments, Lego building, Nerf Gun challenges and much more. This camp is so fun that kids won't even realise that they're also improving their sports skills!

Age: 6Y - 9Y

Millennium Place	Activity Room I
	9 am - 4 pm \$227.00
	Jul 15 to Jul 19 Mon-Fri
Sherwood Park Arena	Arts & Crafts Room
	9 am - 4 pm \$227.00
	Aug 19 to Aug 23 Mon-Fri

[126427](#)



## Pre- and post-care available for full day camps

For the convenience of working parents, pre-care will be offered from 8 am to 9 am and post-care will be offered from 4 pm to 5 pm. (for children registered in full day, week-long camps).

# HALF DAY CAMPS

## Dinosaur Detectives

Get ready for some Jurassic grooves in this earthshaking dino camp! Dig the super-saurus crafts and dino games each day in this fast-paced, high-energy camp! It's sure to be a prehistoric time.

Age: 3Y - 5Y

Kinsmen Leisure Centre	Lake View	
	9 am - 12 pm	\$102.00
<a href="#">126488</a>	Jul 22 to Jul 26	Mon-Fri
<a href="#">126491</a>	Aug 12 to Aug 16	Mon-Fri
	1 - 4 pm	\$82.00
<a href="#">126446</a>	Jul 2 to Jul 5	Tue-Fri



## Play Palooza

There's a different theme each week. Activities include games, crafts, songs, mini-gym and outdoor sand and water play.

Age: 3Y - 5Y

Kinsmen Leisure Centre	Lake View	
<a href="#">126418</a>	Jul 2 to Jul 5	Tue-Fri
	9 am - 12 pm	\$82.00
Kinsmen Leisure Centre	Park View Room	
	9 am - 12 pm	\$102.00
<a href="#">126419</a>	Jul 8 to Jul 12	Mon-Fri
<a href="#">126420</a>	Jul 15 to Jul 19	Mon-Fri
<a href="#">126421</a>	Jul 22 to Jul 26	Mon-Fri
<a href="#">126422</a>	Jul 29 to Aug 2	Mon-Fri
<a href="#">126424</a>	Aug 12 to Aug 16	Mon-Fri
<a href="#">126425</a>	Aug 19 to Aug 23	Mon-Fri
	9 am - 12 pm	\$82.00
<a href="#">126423</a>	Aug 6 to Aug 9	Tue-Fri

## Tinkering Around

Your scientist or handyperson will come alive in this half-day experiential program. Perform experiments to make discoveries and explore how things work, come apart or go together in this half day camp. Come prepared for some amazing fun while we tinker around.

Age: 3Y - 5Y

Kinsmen Leisure Centre	Lake View	
	9 am - 12 pm	\$102
<a href="#">126435</a>	Jul 15 to Jul 19	Mon-Fri
	9 am - 12 pm	\$82.00
<a href="#">126490</a>	Aug 6 to Aug 9	Tue-Fri

## Unicorn Camp

Using their vibrant imaginations and sense of wonder, children will colour, paint, stick, roll, squish and fold as they develop several colourful and glittery creations in this half-day camp. Be sure to clear some space on your fridge for your child's works of art!

Age: 3Y - 5Y

Kinsmen Leisure Centre	Lake View	
	9 am - 12 pm	\$102.00
<a href="#">126447</a>	Jul 8 to Jul 12	Mon-Fri
<a href="#">126489</a>	Jul 29 to Aug 2	Mon-Fri
<a href="#">126492</a>	Aug 19 to Aug 23	Mon-Fri

## Tracks and Trails

Join us at the Strathcona Wilderness Centre and let your little one enjoy making tracks on the trails. Play field games in the wide open spaces, climb over fallen trees, examine animal tracks and listen to the sounds of the wonderful outdoors. This camp runs rain or shine.

Age: 3.5Y - 5Y

Strathcona Wilderness Centre		
	9 am - 12 pm	\$117.00
<a href="#">126431</a>	Jul 15 to Jul 19	Mon-Fri
<a href="#">126432</a>	Jul 22 to Jul 26	Mon-Fri
<a href="#">126434</a>	Aug 12 to Aug 16	Mon-Fri
	9 am - 12 pm	\$94.00
<a href="#">126433</a>	Aug 6 to Aug 9	Tue-Fri



## Remember to bring:

See page 89 for details.



## For special camps:

Look for these symbols by each camp.





# SWIMMING CAMPS

## Mermaid Camp

At Mermaid Camp, we invite young mer-girls and boys to don their tails and discover the magic of life under the sea. Under the care of our magical faculty, students will participate in a mix of dry and wet class time that includes crafts, skills, games, and more as they immerse themselves in the world of the mermaids. Learn valuable water safety skills, entries, and movement skills with and without tails, and develop a routine to share with your families at the end of the program. **Participants must have a FinFun Mermaid Tail and Monofin to participate in Mermaid Camp** (rentals are available at no charge). **PREREQUISITES:** Must be 8 years old, confidently swim 10m on front and back, maintain surface support for 30 seconds and swim underwater for 2m. Red Cross Swim Kids 3 or higher.

Age: 8Y - 13Y

Emerald Hills Leisure Centre



Max 8

1 - 4 pm

\$240.00

Jul 2 to Jul 5

Tue-Fri

Aug 6 to Aug 9

Tue-Fri

[127304](#)[127305](#)

## Aquatic Adventure Camp

Aquatic Adventure Camp combines the fun of camp with the world of swimming. Join other kids 8 - 12 years old as you spend the day immersed in the world of aquatics. From swim sports like underwater hockey, competitive lifeguarding and diving, to first-aid, pool mechanics, and games, this camp is easily the wettest week in Strathcona County. Join us and make a splash! Prerequisites - Red Cross Swim 3 or higher.

Age: 8Y - 13Y

Kinsmen Leisure Centre



Max 18

9 am - 5 pm

\$228.50

Jul 2 to Jul 5

Tue-Fri

Aug 6 to Aug 9

Tue-Fri

[127307](#)[127308](#)

## Can't wait until Summer?

Check out Mermaid classes during Spring Break Camps from March 25 to 29, and Red Cross Swim Sports and Mermaid classes starting April 12. See pages 81 and 87 for details.

## SUMMER SWIMMING LESSONS

Week-long summer swimming lessons are available at

Kinsmen Leisure Centre, Emerald Hills Leisure Centre and Hastings Lake this summer.

Watch for details online this May in the Summer Swimming Recreation Guide.

## SPRING SWIMMING LESSONS

## Swimming Lessons

Registration starts March 12 for classes at

**Kinsmen Leisure Centre** and **Emerald Hills Leisure Centre**.

Four sessions are available including spring break, from March 25 to 29.

See the swimming section on page 69 for a complete list of classes.

## Pre- and post-care available for full day camps

For the convenience of working parents, pre-care will be offered from 8 am to 9 am

and post-care will be offered from 4 pm to 5 pm. (for children registered in full day, week-long camps).

\***AQUATIC ADVENTURE CAMP** pre- and post-care: 830 am to 9 am and 5 pm - 5:30 pm



## PERFORMING ARTS CAMPS

## Stories Alive

**Drama and imagination.** Each day we will read a story and bring it to life. Classic children's books, theatre games and imagination are the foundations on which we will build our story to life. Costumes, crafts and music will be included to create fun-filled days. Friday's class will end with a final performance for family and friends.

Age: 4Y - 5Y

Festival Place



9 am - 12 pm \$95.00

Aug 19 to Aug 23 Mon-Fri

[127330](#)

## Just Dance

**Dance.** Step right up this summer and give dance a spin. Basic dance movements, steps and choreography in ballet, jazz, hip hop and modern dance styles will be taught throughout the camp. A variety of dance-themed activities, games and crafts will be included to create fun-filled days. Friday's class will end with a final performance for family and friends.

Age: 4Y - 5Y

Festival Place



9 am - 12 pm \$95.00

Jul 8 to Jul 12 Mon-Fri

[127317](#)

## Discover Dance

**Dance and swim.** Discover ballet, jazz, hip hop, tap and modern styles of dance. This camp will introduce basic concepts, but will also challenge those with a dance background. Basic dance movements, steps, styles and choreography will be taught throughout the camp. A variety of dance themed activities, games and crafts will be included, plus swimming on Wednesday afternoon.

Festival Place



9 am - 4 pm \$220.00

Aug 19 to Aug 23 Mon-Fri

[127313](#)[127314](#) 6Y - 7Y

Aug 19 to Aug 23 Mon-Fri



## Stepping on Stage

**Drama and dance.** Get a taste of the performing arts this summer! An enthusiastic choreographer will teach a variety of dance types, including ballet, jazz, tap and hip hop. Drama will involve mime, skits and improv games taught by a talented drama instructor. All students will gain basic theatre skills, the ability to perform an array of dance steps, maybe even star in a music video. Costumes, props and sets will be used to enhance the final performance on the last day of class.

Age: 6Y - 12Y

Festival Place



9 am - 4 pm \$180.00

Jul 2 to Jul 5 Tue-Fri

[127321](#)[127322](#)

Aug 6 to Aug 9 Tue-Fri

## Seuss: Turning Back the Pages

**Drama.** Come for an adventure with The Cat in the Hat and other Dr. Seuss characters in a show that is that. Costumes, props and sets will be the best. Don't worry, if you forget your lines...you can make up the rest. The final performance on the last day of class will be the talk of the town.

Age: 6Y - 12Y

Festival Place

9 am - 4 pm \$220.00

Jul 15 to Jul 19 Mon-Fri

[127331](#)

## CSI Strathcona County

**Drama.** Be a detective. Be a witness. Get involved with CSI Strathcona County and help solve the case. Participants will be guided through dramatic games, acting and theatre techniques to develop their character and perform in this original dramatic skit. Costumes, props and sets will be used to enhance the final performance on the last day of class. **Culture extra:** a constable from Strathcona County R.C.M.P. detachment will offer insight on crime scene investigation.

Age: 6Y - 12Y

Festival Place

9 am - 4 pm \$220.00

Jul 8 to Jul 12 Mon-Fri

[127311](#)

## Pre- and post-care available for full day camps

For the convenience of working parents, pre-care will be offered from 8 am to 9 am and post-care will be offered from 4 pm to 5 pm. (for children registered in full day, week-long camps).

# YOUTH AND TEEN CAMPS

## Movie Stars Behind The Lens

**Short film making.** Get out your video camera and let the world see your imagination using the medium of motion picture. A film maker will teach tricks to planning, writing, shooting and editing short films and creative projects. You will also gain tips for acting in front of the camera from a talented drama instructor. An action packed week you don't want to miss. iMovie and other film apps will be used throughout the camp. Participants will receive a DVD of completed film(s).

Age: 8Y - 12Y

Festival Place

[127318](#)

[127319](#)

[127320](#)

9 am - 4 pm \$180.00  
 Jul 2 to Jul 5 Tue-Fri  
 Aug 6 to Aug 9 Tue-Fri

9 am - 4 pm \$225.00  
 Jul 15 to Jul 19 Mon-Fri



## Video Production for Social Media

**Short film making.** Your social media project will help you to produce short, gripping YouTube quality videos. You will learn about story boarding, camera technique, lighting and audio using popular software like iMovie, Final Cut Pro and other creative apps. Think outside the box. Create it, film it, post it.

Age: 13Y - 17Y

Festival Place

[127328](#)

[127329](#)

9 am - 4 pm \$225.00  
 Jul 8 to Jul 12 Mon-Fri  
 Aug 19 to Aug 23 Mon-Fri



# GARAGE BAND

Rock 'n' roll with other skilled teen musicians and singers this summer.

Garage Band LIVE is designed for teens that have a basic foundation in a band instrument (guitar, bass guitar, drums, vocals and/or keyboard). Music professionals teach and mentor the pre-grouped rock bands in appropriate song choice and performance skills, while providing insight into the music industry. Each band will have a pre-set rehearsal space and perform live on the Festival Place stage Friday, August 16 at 6 p.m. On Friday, the camp hours are 12 - 9 p.m. to accommodate rehearsal time and the rock concert. Please answer the prompt questions accurately to complete your registration.

**NOTE:** Auditions are held to place registrants into a positive and productive band grouping and will be held the week of June 26 - 30 or sooner. You will be contacted to book an audition time.

Contact 780-464-2852 or [susan.mullen@strathcona.ca](mailto:susan.mullen@strathcona.ca) for more information.

Age: 12Y - 18Y

Festival Place

[127315](#)

[127316](#)

Aug 12 to Aug 16 \$215.00  
 12 - 4 pm Mon-Thu  
 12 - 9 pm Fri  
 5 - 9 pm Mon-Thu  
 12 - 9 pm Fri

Supported by



SHERWOOD PARK



## Pre- and post-care available for full day camps

For the convenience of working parents, pre-care will be offered from 8 am to 9 am and post-care will be offered from 4 pm to 5 pm. (for children registered in full day, week-long camps).





## Why Circus?

Circus is inherently an art form that celebrates diversity; it is the marriage of physical challenge and creative thinking. Training in the circus arts builds strength, focus, coordination and confidence. During the annual, hands-on Circus Camps at Festival Place, kids and teens are encouraged to get creative, to challenge themselves and to make new connections.

Under The Big Top Circus instructors come to us from across North America. They are professional performers, buskers and educators with the skills, experience and sensitivity to encourage your child toward success.

## What skills are explored at Under the Big Top?

During one energized week at Under the The Big Top, your child or teen will be introduced to exciting, age-appropriate elements of the circus arts, in a creative environment of safe risk: puppetry and puppet-building, balancing (rola bola, tight wire, barrel-riding), juggling and object manipulation, acrobatics and human pyramids, stilt-walking, unicycling, clowning, choreography and act-creation.

A showcase to spotlight all campers and their achievements is presented on Fridays at 3pm, free for families and friends.

# Under the Big Top Circus Camps

## Under the Big Top (4Y - 5Y)

Run away and join the circus! Participants will be taught magic, puppetry, juggling, clowning and balancing acts. Come Under the Big Top for a creative, active and fun experience. Family and friends will be thrilled to watch the final performance on the last day of class.

Age: 4Y - 5Y

Festival Place



[127323](#)

9 am - 12 pm \$95.00

Jul 15 to Jul 19 Mon-Fri

[127324](#)

9 am - 12 pm \$75.00

Aug 6 to Aug 12 Tue-Fri

## Under the Big Top (6Y - 17Y)

Come Under the Big Top for a creative and fun experience. Learn magic, circus skills and puppetry from industry professionals. Age appropriate instruction will develop amazing performing arts and physical skills. There will be a final performance for family and friends on the last day of class to spotlight camp participants' new skills.

Festival Place



[127325](#)

6Y - 10Y

9 am - 4 pm \$225.00

Jul 22 to Jul 26 Mon-Fri

[127326](#)

11Y - 17Y

Jul 29 to Aug 2 Mon-Fri

# Under the Big Top

## MASTER CLASS & PERFORMANCE

### LEVEL SKILLS (3 years of experience required)

Have you been in the circus camps for three or more years? This is an outstanding opportunity for you. This circus development camp is taught by highly-skilled circus professionals where you will gain valuable performance skill and refine your circus arts.

Age: 12Y - 18Y

Festival Place



[127327](#)

9 am - 4 pm \$200.00

Jul 2 to Jul 5 Tue-Fri

Under the Big Top is supported by



## Remember to bring:

See page 89 for details.



## For special camps:

Look for these symbols by each camp.



## VISUAL ARTS CAMPS

## Egyptian Art Camp

Become an art archeologist and explore images of artifacts, tombs, historical symbols and Gallery@501's exhibit 'Luxor Urban Art' to see how ancient Egypt has influenced modern day Egyptian urban art. Leap back in history to learn about King Tutankhamun and Queen Nefertiti and create your own pharaoh's crown. Get inspiration from Egyptian jewelry, patterns and artifacts, as you design neck collars, anklets and bracelets. Learn about Anubis and other Egyptian Gods, create an amulet with the 'Eye of Horus', design your own cartouche using Egyptian hieroglyphics, and more!

Age: 6Y - 10Y	Max 15
Gallery@501	Studio
	9 am - 4 pm \$185.00
<a href="#">127270</a>	Aug 6 to Aug 9 Tue-Fri

## Jungle Safari Art Adventure

Come swing through the trees and cross the desert plains with us on an art adventure! You'll get to make wild animal prints, hanging bird mobiles and colourful, lush jungle scenes. We'll travel through the Library and public art to discover inspiration for our art creations and we might even run into a famous lion or two. Hakuna Matata!

Age: 6Y - 10Y	Max 15
Gallery@501	Studio
	9 am - 4 pm \$230.00
<a href="#">127268</a>	Jul 15 to Jul 19 Mon-Fri
<a href="#">127269</a>	Aug 12 to Aug 16 Mon-Fri

## Treasure Island Art Camp

Bring your imagination: we just got marooned on a secret treasure island! Using all sorts of art materials you'll get to build your own island with volcano, design a hidden treasure map and create fantasy creatures that live on the island. With lots of art-making, creative games and stories, you will have a week full of adventure!

Age: 6Y - 10Y	Max 15
Gallery@501	Studio
	9 am - 4 pm \$230.00
<a href="#">127266</a>	Jul 29 to Aug 2 Mon-Fri
<a href="#">127267</a>	Aug 19 to Aug 23 Mon-Fri

## Art Attack

Take an art-venture this summer at Smeltzer House! Build marvelous clay creations, paint in the garden, cartoon, play games and much more. Be warned that ArtAttack will result in getting messy and having nearly too much fun. Art-venturer's will also spend time at the Remax spray park.

Age: 6Y - 12Y	Max 25
Smeltzer House	Lower Lounge
	9 am - 4 pm \$230.00
<a href="#">127238</a>	Jul 8 to Jul 12 Mon-Fri
<a href="#">127254</a>	Jul 15 to Jul 19 Mon-Fri
<a href="#">127255</a>	Aug 12 to Aug 16 Mon-Fri
<a href="#">127256</a>	Aug 19 to Aug 23 Mon-Fri

## Young Author and Artist Camp



gallery@501

Co-sponsored with the Strathcona County Library. Join author Debby Waldman to create fantastic stories all week that get turned into a class magazine for each person to take home. Or join author Natasha Deen and learn how to create unforgettable characters and twisty plots. Visit the Library's attractions to get inspiration while you explore your creativity, expand your writing skills and meet new friends. In the afternoons, transform your words into visual artwork using assorted art materials (all supplies included). End the week with an Open House to showcase your writing and artwork to family and friends, alongside our resident author.

Age: 8Y - 12Y	Max 20
Gallery@501	Studio

## Guest author Debby Waldman

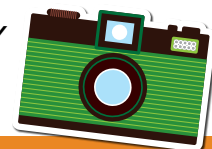
	9 am - 4 pm \$200.00
<a href="#">127186</a>	Jul 8 to Jul 12 Mon-Fri

## Guest author Natasha Deen

	9 am - 4 pm \$200.00
<a href="#">127187</a>	Jul 22 to Jul 26 Mon-Fri

ADVENTURE  
PHOTOGRAPHY

July 29 to August 2 | Ages 12Y - 16Y  
See details on page 107.



## Pre- and post-care available for full day camps

For the convenience of working parents, pre-care will be offered from 8 am to 9 am and post-care will be offered from 4 pm to 5 pm. (for children registered in full day, week-long camps).



## Clay Camps

Clay Camps are back at the Clay Hut! Have tons of fun this summer creating clay art! All materials are supplied.

### Yeah for Clay Camp

Kids will get to create and play with clay all week long, using a variety of handbuilding techniques to create creatures, keepsakes and crazy houses. Pieces will be painted rather than glazed and taken home at the end of the week. The program includes breaks for outdoor fun and games, so dress for the weather and bring a nut-free snack each day.

Age: 5Y - 7Y		Max 15
Smeltzer House	Clay Hut	
	9 - 12 pm	\$98.00
	Jul 29 to Aug 2	Mon-Fri

[127241](#)

### Kids Clay and Art Camp

Kids will create, play and get messy with clay, paint and other art materials to make awesome art projects. All projects will be taken home at the end of the week. The program will include breaks for outdoor fun and games, so dress for the weather and bring a nut-free snack each day.

Age: 6Y - 8Y		Max 25
Smeltzer House	Clay Hut	
	9 am - 4 pm	\$185.00
	Aug 6 to Aug 9	Tue-Fri

[127243](#)

Age: 8Y - 12Y		Max 20
Smeltzer House	Clay Hut	
	9 am - 4 pm	\$185.00
	Jul 2 to Jul 5	Tue-Fri

[127244](#)

	9 am - 4 pm	\$230.00
	Jul 22 to Jul 26	Mon-Fri
	Jul 29 to Aug 2	Mon-Fri

[127258](#)

[127245](#)

## Youth and Teen

### Teen Clay

Join us for the perfect week: creating with clay, meeting new people, sharing ideas, exploring your artistic abilities, having fun! You will learn a variety of exciting hand-building techniques as you create funky pots with amazing surfaces. You'll move to the pottery wheel and the possibilities and challenges of wheel throwing. Program includes all tools, firing and glazing. Some pieces may be painted rather than glazed. Please wear closed-toe shoes. Glazed work will be picked up after the program ends.

Age: 12Y - 17Y		Max 10
Smeltzer House	Clay Hut	
	1:30 - 4:30 pm	\$105.00
	Jul 29 to Aug 2	Mon-Fri

[127246](#)

### Sew Much Crafty Fun

Join this camp and learn how to hand sew, safely use a sewing machine and make all kinds of fun and creative crafts! Kids will sew items to play with and to use and will create several projects to bring home. No sewing experience is necessary. Both boys and girls are welcome. All materials provided. The program will include breaks for outdoor fun and games, so dress for the weather and bring a nut-free snack each day.

Age: 8Y - 12Y		Max 12
Smeltzer House	Lower Lounge	
	9 - 12 pm	\$98.00
	Jul 29 to Aug 2	Mon-Fri
	9 am - 4 pm	\$220.00
	Jul 22 to Jul 26	Mon-Fri

[127248](#)

[127249](#)

### Fine Art and Glass

Spend the afternoon exploring a different art technique from painting, drawing, collage and fused glass. Please wear closed-toe shoes.

Age: 9Y - 13Y		Max 6
Smeltzer House	Studio One	
	1 - 4 pm	\$115.00
	Jul 29 to Aug 2	Mon-Fri

[127247](#)

## Adult Summer Workshops

**Plein-air Artist Retreat** | See page 16

**Throwing and Surface Design**  
**Fused Glassware Workshop** | See page 27

### Remember to bring:

See page 89 for details.



### For special camps:

Look for these symbols by each camp.





## CHILD/YOUTH CAMPS

## ACTIVITY CAMPS

## Fur-ever Friends

This is the purr-fect place to make pals. Gather up your wolfpack and get ready to monkey around. We will make paws-itive friendships, learn about amazing animals and visit with cuddly critters. Holy cow! The wait is un-bear-able. This camp is sure to be the cat's meow!

Age: 5Y - 8Y		Max 20
Ardrossan Recreation Complex	Preschool Room	
	9 am - 4 pm	\$225.00
<a href="#">126783</a>	Jul 15 to Jul 19	Mon-Fri




## Dumbledore's Dormitory

ACCIO witches and wizards! Spend the week playing Quidditch and casting spells with Harry, Ron and Hermione. Grab your wand, robes and broomstick and jump on the Hogwarts Express!

Age: 5Y - 8Y		Max 20
Ardrossan Recreation Complex	Preschool Room	
	9 am - 4 pm	\$225.00
<a href="#">126785</a>	Jul 22 to Jul 26	Mon-Fri

## FUNFirst: Sports Spectacular!

Putting the FUN in fundamentals! Campers will get an active start in this camp designed to introduce basic movement and sports skills in a positive and safe environment through games/play. Based on the Canadian Sport for Life model of physical literacy, activities will incorporate throwing, running, hopping, swimming, skating and much more! **CSA-approved helmet and skates required for skating on Tuesday. Skate rentals are available on site for \$5.25. Please bring swimsuits daily.**

Age: 6Y - 9Y	  	Activity Room 1	Max 12
Millennium Place		9 am - 4 pm	\$168.00
<a href="#">126357</a>		Jul 2 to Jul 5	Tue-Fri
<a href="#">126358</a>		Aug 6 to Aug 9	Tue-Fri



## So you wanna be an Emergency Responder?

A week of heart racing, pulse pounding action! Be prepared for police physical activity challenges, touring the local fire hall and playing adventure seeking games. Campers will get the chance to meet local heroes and learn all about what it takes to become one.

Age: 6Y - 9Y		Max 20
Millennium Place	Activity Room 2	
<a href="#">126392</a>	Aug 6 to Aug 9	Tue-Fri
	9 am - 4 pm	\$180.00

## Kick it into Gear

'Tire'd of spending your days riding around the neighborhood by yourself? Kick your summer into high gear with this camp where fun, safety and friends are wheelie important! **Please bring a bike, a lock, and a CSA-approved helmet daily.**

Age: 7Y - 10Y	 	Arena	Max 20
Broadmoor Arena		9 am - 4 pm	\$168.00
<a href="#">126395</a>		Jul 2 to Jul 5	Tue-Fri



## Pre- and post-care available for full day camps

For the convenience of working parents, pre-care will be offered from 8 am to 9 am and post-care will be offered from 4 pm to 5 pm. (for children registered in full day, week-long camps).

## Play Café

Welcome to our very own Play Café! This fine establishment incorporates fun active games and healthy snack making. Each day you will move, play and create the snack of the day. There may even be some arts and crafts. You're in for a treat!

Age: 7Y - 10Y		Max 20
Broadmoor Arena	Arena	
	9 am - 4 pm	\$230.00
	Jul 8 to Jul 12	Mon-Fri

[126389](#)

## Marine Mayhem

What did one tide say to the other tide? Nothing...they just waved! This under the sea camp is going to be so much fun, you'll be 'sand' if you miss it! There will be a field trip to the Sea Life Caverns at West Edmonton Mall. **Please be prepared for water activities daily.**

Age: 8Y - 12Y		Max 20
Millennium Place	Activity Room 2	
	9 am - 4 pm	\$225.00
	Jul 8 to Jul 12	Mon-Fri

[126372](#)

## Simply D.I.Y.

PINTEREST! PINTEREST! PINTEREST! Welcome to our 'Do It Yourself' inspired camp. Each day there will be fun new projects to work on. In addition, there will be active games to get the creative juices flowing. If you love to create, move and craft this is the place for you. Lace up your sneakers and get your glue gun ready!

Age: 8Y - 12Y		Max 20
Broadmoor Arena	Arena	
	9 am - 4 pm	\$230.00
	Jul 15 to Jul 19	Mon-Fri
	Aug 19 to Aug 23	Mon-Fri

[126391](#)

[126438](#)



## Flag Football Camp

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

Age: 9Y - 12Y		Max 15
Millennium Place	Activity Room 1	
	9 am - 4 pm	\$250.00
	Jul 29 to Aug 2	Mon-Fri

[126356](#)

## Ultimate Teen Camp

Get stoked for our first ever TEEN CAMP! Your camp fam will get to chill with special guests and enjoy sweet field trips such as laser tag, rock climbing and much more. While you hang with your awesome instructor team, you will learn how to navigate the wellness center, make healthy snacks and learn valuable life skills. Don't miss out. This camp will be the greatest of all time!

Age: 12Y - 15Y		Max 20
Millennium Place	Activity Room 1	
	Aug 12 to Aug 16	Mon-Fri
	9 am - 4 pm	\$225.00

[126727](#)



Please note that youth camps are a **TECHNOLOGY FREE ZONE**. Who needs cell phones, ipods or handheld video games when camps are **THIS** great?



## Remember to bring:

See page 89 for details.



## For special camps:

Look for these symbols by each camp.



## ADVENTURE CAMPS

## ARC ADVENTURE CAMPS

Experience new adventures every day in these action packed themed camps! Each camp is jammed full of games, activities, new friends and fantastic memories. Throughout the week campers will go on fun field trips that include laser tag, bowling and swimming. There may also be a waterfight or two (weather permitting)!

**Age: 6Y - 7Y Max 9 | Age: 8Y - 12Y Max 21**

## Beat the Buzzer

C'mon down! It's your lucky chance to step right up and be the next contestant on your favourite game show. Get your buzzer ready as we test your skills and encounter team challenges. Are you ready to see if you have what it takes? Survey says it's going to be a good time! Don't forget to phone a friend.

Ardrossan Recreation Complex		Cedar Room	
		9 am - 4 pm	\$180.00
<a href="#">126336</a>	6Y - 7Y	Jul 2 to Jul 5	Tue-Fri
<a href="#">126337</a>	8Y - 12Y	Jul 2 to Jul 5	Tue-Fri

## International TEAM Olympics

**Teamwork. Endurance. Agility. Movement.** Welcome to the Olympic Oval where everyone comes together to have fun and conquer. Be prepared for individual and team sport activities. Are you ready to bring home the gold?

Ardrossan Recreation Complex		Cedar Room	
		9 am - 4 pm	\$225.00
<a href="#">126342</a>	6Y - 7Y	Jul 15 to Jul 19	Mon-Fri
<a href="#">126343</a>	8Y - 12Y	Jul 15 to Jul 19	Mon-Fri

## Pirate's Plank

Ahoy mates! ARRR you ready to set sail? Grab your pirate's hat, compass and get ready to heave-ho. Your captain has ordered us to steer starboard and all hands are needed on deck. We'll encounter bandits and swashbuckler enemies for hopes of riches and treasures. Careful not to shiver me timbers or you might have to walk the plank.

Ardrossan Recreation Complex		Cedar Room	
		9 am - 4 pm	\$225.00
<a href="#">126344</a>	6Y - 7Y	Jul 22 to Jul 26	Mon-Fri
<a href="#">126345</a>	8Y - 12Y	Jul 22 to Jul 26	Mon-Fri

**Adventure Camps are a blend of youth 6Y to 12Y**

Due to swimming ratios, each camp includes two course codes.



## Pre- and post-care available for full day camps

For the convenience of working parents, pre-care will be offered from 8 am to 9 am and post-care will be offered from 4 pm to 5 pm. (for children registered in full day, week-long camps).

**\*ARC CAMPS HAVE EXTENDED PRE-CARE from 7:30 am to 9 am.**



## Sea Breeze

Set your clock to beach time! Summer is finally here and it's time to enjoy a week of sun, sand and sea. Sit back, relax and let us bring the beach to you!

Ardrossan Recreation Complex		Cedar Room	
		9 am - 4 pm	\$225.00
<a href="#">126340</a>	6Y - 7Y	Jul 29 to Aug 2	Mon-Fri
<a href="#">126341</a>	8Y - 12Y	Jul 29 to Aug 2	Mon-Fri

## Disco Mania

Boogie on down to our bumpin' discotheque. We will travel back to the 70's and experience all that the decade had to offer. Learn some new dance moves, brush up on your tie dye skills and master the rubiks cube. It is sure to be a groovin' time!

Ardrossan Recreation Complex		Cedar Room	
		9 am - 4 pm	\$180.00
<a href="#">126338</a>	6Y - 7Y	Aug 6 to Aug 9	Tue-Fri
<a href="#">126339</a>	8Y - 12Y	Aug 6 to Aug 9	Tue-Fri

## Einstein's Laboratory

Is your curiosity driving you mad? Hypothesize, test and explore the most puzzling scientific phenomena. We'll mix potions, investigate aerodynamics and experiment with gravity. Grab your lab coats scientists and get ready for an exploding good time!

Ardrossan Recreation Complex		Cedar Room	
		9 am - 4 pm	\$225.00
<a href="#">126348</a>	6Y - 7Y	Aug 12 to Aug 16	Mon-Fri
<a href="#">126349</a>	8Y - 12Y	Aug 12 to Aug 16	Mon-Fri

## Farewell Fiesta

Put on your sombreros señors and señoritas and get ready for a fiesta! Let's celebrate the end of summer by breaking out the maracas, discovering a new culture and making colourful crafts. Before we can say 'adios amigos', the week would not be complete without a piñata and treat.

Ardrossan Recreation Complex		Cedar Room	
		9 am - 4 pm	\$225.00
<a href="#">126346</a>	6Y - 7Y	Aug 19 to Aug 23	Mon-Fri
<a href="#">126347</a>	8Y - 12Y	Aug 19 to Aug 23	Mon-Fri





## MILLENNIUM PLACE ADVENTURE CAMPS

**BEST. SUMMER. EVER!** Spend the week at Millennium Place swimming, skating, playing in the gym/youth lounge and enjoying the sun at Centennial Park. There will be swimming throughout the week so please bring a swimsuit, towel and change for a locker daily. Skating will be on Tuesdays and campers will need to bring skates and a CSA-approved helmet. Skate rentals are available on site for \$5.25.

Age: 6Y - 7Y Max 9 | Age: 8Y - 12Y Max 21



Age: 6Y - 7Y		Max 9
Millennium Place	Activity Room 3	
	9 am - 4 pm	\$168.00
<a href="#">126388</a>	Jul 2 to Jul 5	Tue-Fri
<a href="#">126386</a>	Aug 6 to Aug 9	Tue-Fri
	9 am - 4 pm	\$210.00
<a href="#">126382</a>	Jul 8 to Jul 12	Mon-Fri
<a href="#">126383</a>	Jul 15 to Jul 19	Mon-Fri
<a href="#">126384</a>	Jul 22 to Jul 26	Mon-Fri
<a href="#">126385</a>	Jul 29 to Aug 2	Mon-Fri
<a href="#">126387</a>	Aug 12 to Aug 16	Mon-Fri
<a href="#">126381</a>	Aug 19 to Aug 23	Mon-Fri

Age: 8Y - 12Y		Max 21
Millennium Place	Activity Room 3	
	9 am - 4 pm	\$168.00
<a href="#">126373</a>	Jul 2 to Jul 5	Tue-Fri
<a href="#">126378</a>	Aug 6 to Aug 9	Tue-Fri
	9 am - 4 pm	\$210.00
<a href="#">126374</a>	Jul 8 to Jul 12	Mon-Fri
<a href="#">126375</a>	Jul 15 to Jul 19	Mon-Fri
<a href="#">126376</a>	Jul 22 to Jul 26	Mon-Fri
<a href="#">126377</a>	Jul 29 to Aug 2	Mon-Fri
<a href="#">126379</a>	Aug 12 to Aug 16	Mon-Fri
<a href="#">126380</a>	Aug 19 to Aug 23	Mon-Fri

## HALF DAY CAMPS

Come join us for a half day of fun at the Sherwood Park Arena. Please don't forget to bring indoor shoes, a water bottle, a nut free snack and a giant smile!  
**Pre- and post-care:** 8:30 am to 9 am and 12 pm to 12:30 pm for morning camps | 12:30 pm to 1 pm and 4 pm to 4:30 pm for afternoon camps.

### Galactic Quest

Congratulations! You've just been selected for a top secret mission! Rocket into the galaxy with us as we explore all that space has to offer. The countdown is on until we launch. Don't be late!

Age: 5Y - 8Y		Max 15
Sherwood Park Arena	Mini Gym	
	Jul 8 to Jul 12	Mon-Fri
<a href="#">126359</a>	9 am - 12 pm	\$98.00
<a href="#">126364</a>	1 - 4 pm	\$98.00

### Buggin' Out

Grab your hat and binoculars! We are going on a bug adventure. It is time to explore and learn about the fascinating creatures residing in nature. Watch out for flies and mosquitoes along the way. Is your bug spray ready?

Age: 5Y - 8Y		Max 15
Sherwood Park Arena	Mini Gym	
	Jul 29 to Aug 2	Mon-Fri
<a href="#">126363</a>	9 am - 12 pm	\$98.00
<a href="#">126362</a>	1 - 4 pm	\$98.00

### Superhero Academy

KAPOW! Do you want to save the world and stop crime? Do you dream of taking on the world's most infamous super villains? Please report for superhero training, dressed and ready to take action.

Age: 5Y - 8Y		Max 15
Sherwood Park Arena	Mini Gym	
	Aug 12 to Aug 16	Mon-Fri
<a href="#">126370</a>	9 am - 12 pm	\$98.00
<a href="#">126369</a>	1 - 4 pm	\$98.00

### Summer Sendoff!

Let the good times roll as we wrap up summer with your favourite activities. It's your last chance to get wet and wild, soak up the sun and create memories with friends. Finish off the week with a picnic in the park, we'll provide the watermelon. Let's end summer with a bang!

Age: 5Y - 8Y		Max 15
Sherwood Park Arena	Mini Gym	
	Aug 19 to Aug 23	Mon-Fri
<a href="#">126365</a>	9 am - 12 pm	\$98.00
<a href="#">126366</a>	1 - 4 pm	\$98.00

### Remember to bring:

See page 89 for details.



### For special camps:

Look for these symbols by each camp.



## EXTREME CAMPS

**Camps include:** fun activities like swimming, recreational sports, active games and more!


## Extreme Dodgeball

Dip, duck, dodge and dive your way to victory! Explore all different types of dodgeball as you conquer Millennium Place. You will play some old time favourites and be introduced to some new exciting variations. **This camp is a blend of youth ages 7Y to 10Y. Due to swimming ratios, two course codes are included.**

Age: 7Y			Max 6
Millennium Place		Activity Room 2	
<a href="#">127140</a>		Jul 2 to Jul 5	Tue-Fri
		9 am - 4 pm	\$180.00
Age: 8Y - 10Y			Max 24
Millennium Place		Activity Room 2	
<a href="#">126352</a>		Jul 2 to Jul 5	Tue-Fri
		9 am - 4 pm	\$180.00


## Extreme Ninja Warriors

Do you have what it takes to become the ultimate Ninja Warrior? Throughout the week you will conquer challenges, test your athleticism and be faced with daily obstacles. Watch your talents unfold as you learn stealthy movements, master martial art forms and develop self-confidence, discipline and respect.

Age: 8Y - 12Y			Max 30
Millennium Place		Activity Room 2	
<a href="#">126350</a>		Jul 15 to Jul 19	Mon-Fri
		9 am - 4 pm	\$225.00

## Extreme Parkour

Are you ready to get your adrenaline pumping as you challenge your mind and body? Come master parkour with us as we run, vault, roll and swing through this summer. **This camp is a blend of youth ages 7Y to 10Y. Due to swimming ratios, two course codes are included.**

Age: 7Y			Max 6
Millennium Place		Activity Room 2	
<a href="#">127141</a>		Jul 22 to Jul 26	Mon-Fri
		9 am - 4 pm	\$225.00
Age: 8Y - 10Y			Max 24
Millennium Place		Activity Room 2	
<a href="#">126354</a>		Jul 22 to Jul 26	Mon-Fri
		9 am - 4 pm	\$225.00


## BMX-treme

Pump up those tires and get wheeling! This camp is an opportunity for you to explore extreme riding for the first time or brush up on new moves with the support of our instructors. Start with basic skills and progress to small jumps during the week, while learning about bike and road safety. **Please bring a bike and CSA-approved helmet each day.**

Age: 8Y - 12Y			Max 30
Millennium Place	 	Activity Room 2	
<a href="#">126786</a>		Jul 29 to Aug 2	Mon-Fri
		9 am - 4 pm	\$225.00


## Extreme Rock Climbing

Climb, rappel, repeat! This rockin' camp will go indoor climbing, swimming and play active games at Millennium Place throughout the week.

Age: 8Y - 12Y			Max 30
Millennium Place		Activity Room 2	
<a href="#">126353</a>		Aug 12 to Aug 16	Mon-Fri
		9 am - 4 pm	\$225.00

## Extreme Mash Up

Can't decide which extreme sport is right for you? Join us for five days of epic adventures. This sampler is great way for you to discover the best of all of our extreme camps. Learn ninja skills, dodge balls, conquer boulders and so much more. Get ready to feel your pulse pumpin'.

Age: 8Y - 12Y			Max 30
Millennium Place		Activity Room 2	
<a href="#">126355</a>		Aug 19 to Aug 23	Mon-Fri
		9 am - 4 pm	\$225.00



## Pre- and post-care available for full day camps

For the convenience of working parents, pre-care will be offered from 8 am to 9 am and post-care will be offered from 4 pm to 5 pm. (for children registered in full day, week-long camps).



# leaders in training

work. play. grow.

*\$120.00*

**LITs assist in our youth, preschool, visual and performing arts summer camps throughout July and August. Build your leadership skills through planning, leading games and activities, collaborating with our experienced instructors and having fun in a positive atmosphere.**

- LIT applicants should be 12 to 17 years old and have completed grade 7.
- All LITs must submit an application form and attend an interview before they are registered in the program.
- LITs are required to attend training on June 21 and 22.

For more information on the LIT program, please visit [www.strathcona.ca/lit](http://www.strathcona.ca/lit)

**All applications are due by Wednesday, May 22, 2019.**

## Questions?

**780-416-7271**

**[leaders-in-training@strathcona.ca](mailto:leaders-in-training@strathcona.ca)**





## OUTDOOR CAMPS

It's great to play in the outdoors!

Playing, camping, learning and having fun are all part of our summer outdoor camps at the Strathcona Wilderness Centre (SWC). All programs are designed to meet the developmental needs and interests of children and youth ages 3 to 17. Our activities include outdoor living skills, fitness, canoeing, kayaking, outdoor cooking, crafting, nature hikes and outdoor games, all designed to help everyone experience the wonders of nature. All programs are led by certified and qualified staff who make your child's safety and enjoyment their first priority. Transportation to offsite locations will be provided.

## Parent Information Sessions

Parents and campers are encouraged to attend one of these sessions, which will help you prepare for camp. Information on what to bring will be presented **Wednesday, June 5, 7 - 8 pm and Thursday, June 6, 7 - 8 pm** at the Strathcona Wilderness Centre.

Please visit [www.strathcona.ca/wildernesscentre](http://www.strathcona.ca/wildernesscentre) or contact Adam at 780-922-3939 for more information.



Transportation will be provided by school bus between the Sherwood Park Arena and the SWC.

The bus will depart at 8:30 am and will return at 4:30 pm Monday to Friday each week of camps.



Pre- and post-care for your child(ren) is provided from 8 to 8:30 am and 4:30 to 5 pm each day at the Arena. Parents may also drop participants off at the SWC. GPS Coordinates: N 53° 31.957' by W 112° 59.964' Pre- and post-care is available at SWC from 8:30 to 9 am and from 4 to 4:30 pm. **Please call 780-922-3939 if you have further questions.**

## Kool Kidz Camp

All kids are kool and the Strathcona Wilderness Centre staff wants to camp with you! Have fun during four days of hiking, games, nature crafts, stories and treasure hunts. This program provides a positive introduction to day camps for youngsters. Participants must have completed kindergarten.

Age: 5Y - 6Y

Max 24

Strathcona Wilderness Centre	Program Space #1	
<a href="#">126466</a>	9 am - 4 pm	\$188.00
<a href="#">126467</a>	Jul 8 to Jul 11	Mon-Thu
<a href="#">126468</a>	Jul 15 to Jul 18	Mon-Thu
<a href="#">126469</a>	Jul 22 to Jul 25	Mon-Thu
<a href="#">126470</a>	Jul 29 to Aug 1	Mon-Thu
<a href="#">126471</a>	Aug 6 to Aug 9	Tue-Fri
<a href="#">126472</a>	Aug 12 to Aug 15	Mon-Thu
	Aug 19 to Aug 22	Mon-Thu

## Trail Blazers

Spend five days learning to live in the outdoors. Have fun hiking making nature crafts, learning wilderness living skills and just plain having fun! You will make new friends and build memories as you discover the wonders of nature.

Age: 7Y - 9Y

Max 30

Strathcona Wilderness Centre	Program Space #2	
<a href="#">126479</a>	9 am - 4 pm	\$228.00
<a href="#">126480</a>	Jul 8 to Jul 12	Mon-Fri
<a href="#">126481</a>	Jul 15 to Jul 19	Mon-Fri
<a href="#">126482</a>	Jul 22 to Jul 26	Mon-Fri
<a href="#">126484</a>	Jul 29 to Aug 2	Mon-Fri
<a href="#">126485</a>	Aug 12 to Aug 16	Mon-Fri
	Aug 19 to Aug 23	Mon-Fri
<a href="#">126483</a>	9 am - 4 pm	\$182.50
	Aug 6 to Aug 9	Tue-Fri



Photo credit: Jan Studios

Tracks  
and Trails

Day camp for 3.5 to 5 year olds at the Strathcona Wilderness Centre.

Four weeks to choose from.

**See details on page 93.**



## Pre- and post-care available for full day camps

For the convenience of working parents, pre-care will be offered from 8:30 am to 9 am and post-care will be offered from 4 pm to 4:30 pm. (for children registered in full day, week-long camps).

## Explorers

Do you like the outdoors? Do you like adventure? If so, this 5-day camp is for you! Spend the week making friends and learning cool outdoor skills: canoeing, fire-lighting, shelter-building and orienteering. Spend the last evening camped with us in our bunkhouses, cooking your own grub over a fire and having a hoot

Age: 8Y - 10Y		Max 30
Strathcona Wilderness Centre	Program Space #3	
<a href="#">126455</a>	9 am - 4 pm	\$254.00
<a href="#">126456</a>	Jul 8 to Jul 12	Mon-Fri
<a href="#">126457</a>	Jul 15 to Jul 19	Mon-Fri
<a href="#">126458</a>	Jul 22 to Jul 26	Mon-Fri
<a href="#">126460</a>	Jul 29 to Aug 2	Mon-Fri
<a href="#">126461</a>	Aug 12 to Aug 16	Mon-Fri
	Aug 19 to Aug 23	Mon-Fri
	9 am - 4 pm	\$204.00
<a href="#">126459</a>	Aug 6 to Aug 9	Tue-Fri

## Roughin' It

Five days in the bush with your friends...sound like fun? You bet! Join our fantastic SWC staff as they lead you through a variety of fun-filled adventures! Beginning with some cool initiative task programs that will help you to make lasting friends, you will enter into the realm and the fun of living in the outdoors. Try canoeing, kayaking, firefighting, shelter building, orienteering, adventure games, slacklining and much more. You will even be able to build your own camp for the final evening and try out your hand at campfire cooking. You will learn a ton from our qualified staff!

Age: 10Y - 13Y		Max 30
Strathcona Wilderness Centre	Program Space #4	
<a href="#">126473</a>	9 am - 4 pm	\$275.00
<a href="#">126474</a>	Jul 15 to Jul 19	Mon-Fri
<a href="#">126475</a>	Jul 29 to Aug 2	Mon-Fri
	Aug 12 to Aug 16	Mon-Fri

## Adventure Seekers

Are you looking for some real adventure? Then, join us for canoeing, kayaking, wilderness living skills adventure games, orienteering introduction to biathlon and indoor rock climbing. The final night of the program allows you to set up camp and live bush style. This is a spectacular way to spend a week of your summer, so register now and have a thrilling camp you will not forget!

Age: 10Y - 13Y		Max 30
Strathcona Wilderness Centre	Program Space #5	
<a href="#">126451</a>	9 am - 4 pm	\$335.00
<a href="#">126452</a>	Jul 8 to Jul 12	Mon-Fri
<a href="#">126453</a>	Jul 22 to Jul 26	Mon-Fri
	Aug 19 to Aug 23	Mon-Fri
	9 am - 4 pm	\$268.00
<a href="#">126454</a>	Aug 6 to Aug 9	Tue-Fri

## Remember to bring:

See page 89 for details.

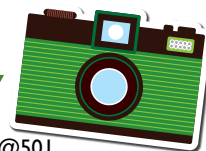


## For special camps:

Look for these symbols by each camp.



# ADVENTURE PHOTOGRAPHY



The Strathcona Wilderness Centre and Gallery@501 partner for a week of amazing outdoor activities and creative photography! Develop your paddling and outdoor skills and try your hand at biathlon and adventure games. With the guidance of a professional photographer, you will capture the fun on film, take amazing nature shots and get inspired through photo projects. Enter your photos into Dr. Roberta Bondar's 'Summer Camp Bondar Challenge'. Dr. Bondar is Canada's first woman in space! On the last night of the program, you will learn the art of wilderness living as you build your camp, create delicious camp meals and enjoy time around the fire with your friends. Group equipment, transportation offsite and qualified instruction are provided. Please bring your charged digital camera (and computer cord) with you each day. If you participated in this camp last summer we will customize the program to continue to develop your skills. We hope to see you again.

Age: 12Y - 16Y		Max 24
Strathcona Wilderness Centre	Program Space #6	
<a href="#">126450</a>	9 am - 4 pm	\$380.00
	Jul 29 to Aug 2	Mon-Fri

## Teen Leadership Out-trip

How would you like to travel by canoe on the North Saskatchewan River? We, the staff at SWC, would love to have you join us on this multi-day adventure!

The trip will begin with a lake day at Islet Lake, to introduce you to lake and river canoeing skills. You will learn how to keep your canoe in a straight line and how to carve your canoe. We will camp at SWC that evening and begin to pack and prepare for our trip. The following day will consist of finalizing the packing and being 'shuttled' to the river access point. The remainder of the week will involve moving downriver, paddling, floating, camping and eating of course! We will end the trip at a river access near Edmonton where we will be picked up and shuttled back to the Sherwood Park arena.

During the week, you can expect to be immersed in a wilderness adventure, learning moving water canoe techniques, wilderness living skills, river trip cooking and environmental stewardship. This trip will exemplify living, learning and playing in the outdoors, building lasting friendships and of course having FUN. All transportation, equipment, tents and meals will be supplied. A personal packing list will be available upon registration. The trip will be guided by certified Paddle Canada Moving Water instructors. For further information, please call Adam Binder, Outdoor Recreation Programmer, (780) 922-3939 or email [adam.binder@strathcona.ca](mailto:adam.binder@strathcona.ca).

Age: 13Y - 17Y		Max 16
Strathcona Wilderness Centre	Offsite Adventure #2	
<a href="#">126478</a>	9 am - 5 pm	\$525.00
	Aug 12 to Aug 16	Mon-Fri

# Attention all **Teens** – join our

## Junior Outdoor Leader Program

The Strathcona Wilderness Centre offers a Junior Outdoor Leader program (JOL) to teens wanting to develop skills to become Outdoor Leaders. The program provides both skill development and experience in a safe and supportive environment and is divided into two levels: Level I includes a skills development camp, and Level II combines skills development with experience, giving participants the opportunity to work with our Outdoor Leaders in delivering day camp programs. For both groups, the Junior Outdoor Leader Plus program offers the added opportunity to explore their foundational skills developed through the summer during an exciting canoe river trip.

**Contact the Outdoor Recreation Programmer at 780-922-3939 for more information.**

### Junior Outdoor Leader Level I Camp



This program provides foundational skills in all of the outdoor programs we offer, plus the added opportunity to practice leadership skills. The 5-day camp includes two overnight camping experiences and introduces participants to:

- organizing programs, equipment and supplies for summer camps
- emergency response
- flat water canoeing
- wilderness living skills
- group development and team building concepts
- lesson planning and delivery

Upon completion of the program, participants will have the pre-requisite to apply to the JOL Level 2 program.

Age: 13Y - 17Y	Max 17
Strathcona Wilderness Centre	Program Space #1
	9 am - 4:30 pm
	Jul 15 to Jul 19
	\$320.00
	Mon-Fri

[126463](#)



Photo credit: Cameron Toner



### Junior Outdoor Leader Program Level 2



The JOL II program combines valuable skill development with work experience, providing young aspiring leaders with an opportunity to work with our trained staff in the delivery of our summer camps. Participants receive five days of training and then participate in Canada Day, followed with an additional three days of training. JOL II aspiring leaders have the opportunity to assist with a minimum of three weeks of summer camps. **Transportation is provided during the camps only. Participants are responsible for their own transportation during the training week.**

The JOL 2 program provides:

- opportunity to enhance and practice leadership skills
- further training in outdoor activities (canoeing, kayaking, orienteering, wilderness living skills, outdoor games;
- experience in the delivery of outdoor camps for youth
- Standard First Aid and CPR certification (June 22 and 23, 9 am - 5 pm)
- a fantastic opportunity to make friends, build relationships and have fun

**Pre-requisites: in order to be accepted into the JOL 2 program, participants must have completed the JOL I program and completed an application package (available April 1st).**

Age: 13Y - 17Y	Max 15
Strathcona Wilderness Centre	Cookhouse
	9 am - 4:30 pm
	Jun 28, Jul 1-4
	\$140.00

[126464](#)

### Junior Outdoor Leader Program Plus



Both Level I and Level 2 Junior Outdoor Leaders. Come and join us on our incredible out trip. The trip will begin with a lake day at Islet Lake, to introduce you to lake and river canoeing skills. You will learn how to keep your canoe in a straight line and how to carve your canoe. We will camp at SWC that evening and begin to pack and prepare for our trip. The following day will consist of finalizing the packing and being shuttled to the river access point. The remainder of the week will involve moving downriver, paddling, floating, camping, and eating of course! We will end the trip at a river access near Edmonton where we will be picked up and shuttled back to the Sherwood Park arena. During the week, you can expect to be immersed in a wilderness adventure, learning moving water canoe techniques, wilderness living skills, river trip cooking, and environmental stewardship.

Age: 13Y - 17Y	Max 8
Strathcona Wilderness Centre	Offsite School #1
	9 am - 5 pm
	Aug 12 to Aug 16
	\$425.00
	Mon-Fri

[126465](#)



# CREATE ART!



ART SOCIETY OF STRATHCONA COUNTY

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

Ph 780-449-4443 email: artsoc@telus.net

Membership fee \$40 annually.  
Meetings second Tuesday of each month at 7 pm. (except July & August)

## UPCOMING EVENTS:

Annual Spring Show & Sale: March 29, 30, 21, 2019

Annual Student Art Competition, Show & Sale: May 10, 11, 12, 2019

Annual Open Art Studio Tour: June 22, 23

**Loft Art Gallery and Gift Shop** is closed January 2019,  
Enjoy Feature Artist, Michele Telford in February  
Open Sat. and Sun. thereafter (excl long weekends).  
12 noon to 4 pm.

All events at the Ottewell Centre,  
590 Broadmoor Blvd.



Alberta  
Foundation  
for the Arts



STRATHCONA  
COUNTY

## UPCOMING WORKSHOPS:

### FEBRUARY

3 WEEKS BEGINNER ACRYLIC

Margaret Klappstein (All Levels Welcome) Wednesdays Feb 13, 20, 27, 1-4pm Cost \$65

**EXPRESSIVE WATERCOLOUR BOTANICS**

Allison Argy-Burgess, (Experienced watercolourists) Feb 23/24, 10-4pm Cost \$140

### MARCH

**MOSAIC MANDALA** (All Levels Welcome) Darlene Madden // March 2/3, 10-5

Saturday 1-3pm Sunday Cost \$200 all supplies included.

**URBAN INTERIORS AND STILL LIFE**

Cheryl Peddie // March 9/10, 10-4pm Cost \$140

**SMALL ABSTRACTED LANDSCAPES**

(Oil and Acrylic) – Vern Busby // March 23/24, 9am-4pm Cost \$140

### APRIL

**MINIATURE WATERCOLOUR BOOK**

Sally Sybill Towers // April 13, 10-4pm Cost \$65

**GOLDEN WATERMEDIA DEMO/ LECTURE/SOCIAL**

Samantha Williams-Chapelisky (Golden Rep) April 26, 7-9:30pm Cost \$15

## CANADIAN RED CROSS BABYSITTING & FIRST AID COURSE

**Updated Babysitters Manual and more first-aid content.**

Teaching safety and first aid specially designed for boys and girls ages 11 and up. Learn babysitting and first aid skills through role-play, skits, discussion and hands-on experience using dolls & each other! Learn the importance of the job and the skills required to be a popular, successful (and wealthy) sitter in a one-day format.

### INCLUDES:

- Compression CPR and first aid for choking
- How to use an asthma inhaler and EpiPen
- First aid for bleeding, burns, poisons and seizures
- Home-alone safety and accident prevention
- Leadership skills and managing difficult behaviours
- How to feed, diaper, dress, and play with children and babies
- Job search, interview skills...and much more

#### In Sherwood Park

Friday Feb 15 .....(No School)

Friday March 8 .....(no school)

Friday March 22 .....(no school)

Saturday April 27 .....(no school)

Friday May 17 .....(no school)

Saturday May 25

Saturday June 8

Saturday June 22

#### Sherwood Park cont.

Tuesday July 2

Tuesday July 9

Friday July 12

#### In Fort Saskatchewan

Sunday February 24

#### In South Cooking Lake

Wed. March 27 .....(spring break)

**Each course is 9 am - 5 pm**

**REGISTER EARLY! CLASSES FILL QUICKLY**

**Registrations now open for all dates, contact Velta at  
780-464-0660 OR [velta@youthfirstaid.ca](mailto:velta@youthfirstaid.ca)**

Learn in confidence with the #1 Red Cross Babysitting Instructor in Northern Alberta, training safe sitters for over 28 years.  
Gift Certificates available.



## ART CLASSES

**CREATE, PAINT, EXPLORE, AND GET MESSY!**

Art Camps & Workshops

Art Explorers (Gr. 1 - 9)

Homeschool Mixed Media (Gr. 1 - 9)

Preschool Art Play (4 - 6 yrs)

Adult Classes & Workshops

Taught from my home art studio in Sherwood Park.

Call Robyn Skaley at 780-700-9313

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

# SUNSATONAL SUMMER SCHOOL & YOUTH CAMPS

- **PE10**
- **CALM**  
*In-Class or Self-Paced*
- **GRADE 10-12**  
*Credit Courses*
- **EXTREME CALM/PE10**
- **FILM PRODUCTION**
- **COOKING CAMPS**
- **EXTREME BABYSITTING**
- **SPORT CAMPS**
- **GRAMP CAMPS**

**REGISTRATION OPENS MAR 11, 2019**

## Where to find the summer catalogue?

You can view or download the catalogue from our website or pick up a copy from our office, a school, local rec centre, grocery store or library.

For a complete list of pick up locations and when it will be available please visit our website at [eipscontinuing.ca/about-us/publications](http://eipscontinuing.ca/about-us/publications).

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



NEXT STEP  
CONTINUING  
EDUCATION

## VACATION BIBLE SCHOOL

JULY 8 – 12, 2019 \* 9 AM TO NOON EACH DAY  
@ ST. JOHN'S LUTHERAN CHURCH [52233 RANGE ROAD 221]

AGES 4 – 12 \* \$25 PER CHILD

FOR REGISTRATION CONTACT JANIS VOS  
780 922 2699 OR EMAIL: [VOS.JANIS@GMAIL.COM](mailto:VOS.JANIS@GMAIL.COM)

# SHERWOOD PARK MINOR SOFTBALL

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



**Register Online  
at [www.spmsa.com](http://www.spmsa.com)**

**Register by March 31, 2019**

- Youth 5-19 years old
- Learn to Play Program
- Spring Camps/Pitching Clinics
- Low registration fees
- Season runs from April - June for House League
- Season runs from April - Mid July for Provincial teams.

**Eat, Sleep ... Play Softball!**

Join Us This Summer For

## Adventure DAY CAMPS

July 8-12, 2019  
July 22-26, 2019

Grades 1-6  
\$150/child  
9 A.M. - 4 P.M.

Don't miss out. Register today!

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



Since 1993



presents

**Soccer  
Camps 2019**

- ⚽ July and August weeks
- ⚽ boys & girls aged 5 to 13
- ⚽ ball, tshirt & medal provided
- ⚽ full days, mornings or afternoons
- ⚽ FREE early drop off/ pickup

**1 location  
in Strathcona**

**NEW  
discounts**  
Check out our  
Earlybird (March 31)  
& June 1 discounts.



**1-800-427-0536**

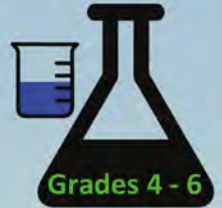
**royalsoccer.com**

Learn local History through Science...

# Time Travelling Science Camps

## Full Day Programs

Register for Single Days or  
the Full Week!



**Grades 4 - 6**

Week 1 July 8-12 (M-F)

Week 2 July 22-26 (M-F)

**9 am - 4 pm**

**\$50/day**

Early drop-off: 8-9 am Late Pick-up: 4-5 pm

Included: pre/post program care, one snack,  
all craft materials & a Science Camp notebook.  
Students bring: lunch, snack and water bottle.

**Monday**

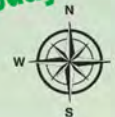
**FIRST NATIONS**



Archaeology  
& Ecology

**Tuesday**

**EXPLORERS &  
the FUR TRADE**



Geography  
& Zoology

**Wednesday**

**AGRICULTURE  
SCIENCES**



Crops, Dairy & Bees

**Thursday**

**PIONEER HOME  
SCIENCES**



Chemistry &  
Engineering

**Friday**

**COAL, RAIL & OIL**



Engineering  
& Geology



STRATHCONA COUNTY  
**museum  
& archives**  
... a cupful of history

Strathcona County Museum & Archives  
www.strathconacountymuseum.ca  
assist.scm@shaw.ca  
780 467 8189





PLAY. EXPLORE. DISCOVER.  
TRINITY BAPTIST PRESCHOOL  
*Reggio-Inspired. Faith-Based.*

**4 Year Old Program**  
Monday/Wednesday/Friday  
9-11:30am

**3 Year Old Program**  
Tuesday/Thursday  
9-11:30am

**For More Information**  
[www.trinitybaptistpreschool.ca](http://www.trinitybaptistpreschool.ca)  
780-464-4040



# 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](http://www.strathcona.ca/partypackages)

# SherwoodParkMusic

MUSIC STORE & PROFESSIONAL MUSIC SCHOOL

PRIVATE & GROUP LESSONS

## SPRING

### 12 WEEKS PRIVATE LESSONS \$270

- Starts April 1
- 12 - 1/2 hr private lessons
- all ages
- instruments of choice

### Lil Jammers

#### Program \$69

- Mondays
- April 8 - June 17
- 9mos. - 2 yrs : 1:30-2 p.m.
- 2-4yrs: 2 -2:30p.m.

### BEGINNER UKULELE \$89

April 10 - June 12

### WEJAM ROCK GROUPS \$99.00/mo

April 5 - June 28



## SUMMER LESSONS & PROGRAMS

### Registration start May 1st

Summer Passes available for 30-minute lessons in instrument of choice

- 3 lessons: \$75, 6 lessons - \$149, 8 lessons - \$189

**Ask about Rock Band Week - July 8th - 12th, Ukulele Camps, Beginner Guitar Camps**



## DON'T MISS OUT!!

invite your family and friends to our annual event! Stage, Local Bands, Food, Bouncy Castle, Face Painting and Prizes

**JUNE 22**



RAVENWOOD  
EXPERIENCE

Sherwood Park Music is a proud partner in Strathcona's first ever Summer Family Festival!

**Join us July 19th & 20th for music and fun family activities!**

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

GIVE THE GIFT OF MUSIC IN A GIFT CARD!  
LESSONS, INSTRUMENTS AND MUSICAL ACCESSORIES AND BOOKS.

SPRING CLEANING SPECIALS!  
**IN THE STORE APRIL 8 - 13**

Subscribe to [info@sherwoodparkmusic.com](mailto:info@sherwoodparkmusic.com) anytime & receive 10% off first purchase.

**780-467-5537**

#107, 52 Sioux Rd. [sherwoodparkmusic.com](http://sherwoodparkmusic.com)

Tax Credits, Recitals, Accredited Teachers, WeJam Performance Opportunities

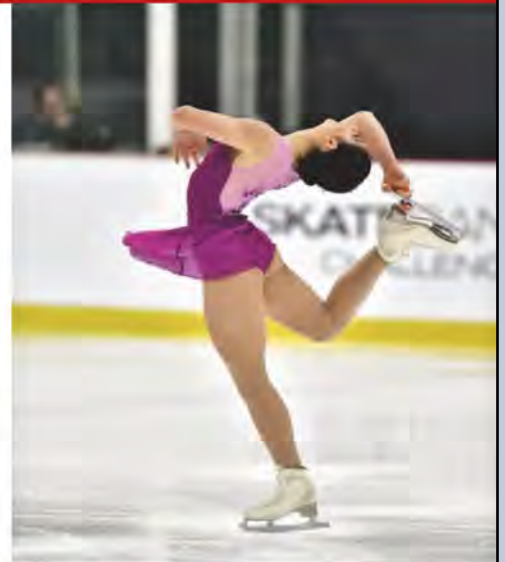




[SherwoodParkSkatingClub.ca](http://SherwoodParkSkatingClub.ca)



# SKATE WITH US



## SKATE CANADA PROGRAMS

- PreCan/CanSkate, CanPowerSkate and Figure Skating programs
- Programs offered year-round with intake sessions in fall, winter, spring and summer
- Dynamic learn-to-skate programs are specifically designed for ages 3-14 years

## NATIONALLY CERTIFIED

- National level coaches
- Coach-to-student ratios 1:10 for PreCan/CanSkate programs
- Skate Canada quality curriculum and proven coaching techniques
- Skaters progress at own rate

## 45 YEARS PROVEN RESULTS

For 45+ years, the Sherwood Park Skating Club has trained and developed athletes of all levels. Located in the heart of our community, we are the only **Skate Canada Approved** skating program in Sherwood Park. Visit [SherwoodParkSkatingClub.ca](http://SherwoodParkSkatingClub.ca) to learn more.

**THE BEST START**

**THE BEST RESULTS**





# Sherwood Park **RAMS** Football Club

**CELEBRATING 50+ YEARS OF FOOTBALL IN SHERWOOD PARK**

## Join the Sherwood Park Rams for the 2019 Football season!

The Sherwood Park Rams Football Club's philosophy is based on helping our youth build a better life through football. Our purpose is to introduce youth to the game of football in a safe and structured environment that promotes the values of teamwork, respect and self-confidence.

### **SPRING TRYOUTS AND CAMPS:**

**Bantam Rams** are players who turn 13, 14 or 15 during the current year and who are not entering grade 10 in September of this year

Tryouts will run the first two full weeks in May at the  
Jim Skitsko Field 1015 Strathcona Drive from 6 pm - 8:30 pm

**Peewee Rams** are players who turn 11 or 12 during the current year  
spring camp will start on May 7th running on Tuesday, Wednesday and  
Thursday at the Bethel Football Field 298 Bethel Drive

**Atom Rams** players who turn 10 or under before December 31



### **REGISTRATION AND PRACTICES WILL START IN LATE MAY!**

For updates on our open gym days and times, registration info  
and other exciting Rams Football news

**visit our website [www.sherwoodparkrams.com](http://www.sherwoodparkrams.com)**

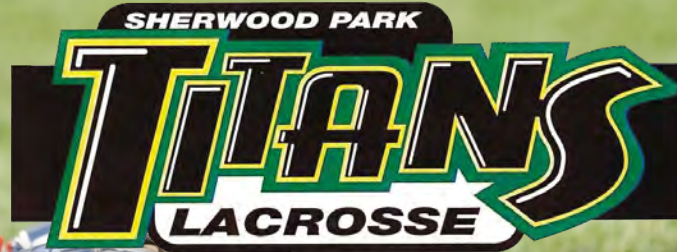


STRATHCONA  
IN Bloom

## Front Yard Recognition

Cultivating  
Community

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



*"The fastest game on two feet."*

*If you live in Sherwood park or surrounding Strathcona area, you can play with the Sherwood park Titans.  
A club since 1988. It's Canada's National Summer sport.*



PLAYER LEVEL	FEE
MINI TYKE (born in 2013,2014)	\$210
TYKE (born in 2011,2012)	\$325
NOVICE BOYS AND GIRLS TEAMS (born in 2009,2010)	\$335
PEE WEE BOYS AND GIRLS TEAMS (born in 2007,2008)	\$335
BANTAM BOYS AND GIRLS TEAMS (born in 2005,2006)	\$350
MIDGET BOYS AND GIRLS TEAMS (born in 2003, 2004)	\$350

**Registration is NOW OPEN for the season!**

Season runs April 15 - July 14 • Come try lacrosse sessions posted on the website.  
Deadline for registration March 2, 2019 • Drop in Lacrosse sessions have started at Millenium Place - MacMillian Field

Check our website [sherwoodparktitans.ca](http://sherwoodparktitans.ca)



# Love to Play

Let your imagination run wild  
in the Love to Play room at the  
Ardrossan Recreation Complex.

Drop-in and registered programs available.

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

 STRATHCONA  
COUNTY

*Love Swimming?*

*Try Synchronized Swimming!*

- For any interested participants aged 6-17
- NCPP Certified Coaches
- Fall intake 2019 for pre-competitive and competitive synchronized swimming programs
- Participants must be able to swim 25m continuously on their front in deep water and tread water for 20 seconds with head above the water.

*Plan now for Summer Camp!*  
**AUGUST 19 THROUGH THE 22ND**

 **STRATHCONA**  
**Synatics**  
SYNCHRONIZED SWIMMING

 CELEBRATING  
**30**  
YEARS!

Visit our website at [www.synatics.ca](http://www.synatics.ca) or email [info@Synatics.ca](mailto:info@Synatics.ca)

 Strathcona Synatics and  @SynaticsSynchro

*Celebrating 25 years in Sherwood Park!*

 **SUNSHINE GENERATION** CA  
Children's Performing Group

*Building Confidence & Self-Esteem*

 SING  DANCE  PERFORM  SHINE!

*All classes are 1 hour*  
**WEDNESDAY EVENING**  
Sherwood Park Arena 2015 Oak St.

Ages 3 - 5.....	5:00
Ages 6 - 8 .....	6:00
Ages 9 - 12 .....	7:00
Ages 12+ .....	7:00

**Summer Camp**  
**AUGUST 19-23, 2019**

For More Information Call Jenni: 780-242-7788  
[sunshinegeneration.ca](http://sunshinegeneration.ca)

 **keep it local**  
EAT SHOP CONNECT | THE MARKET

**Next Market**  
**March 16, 2019**



# *The Basketball Edge*

## 2019

### Summer Training Camps

9 am  
to  
4 pm  
(35 Hours)



5 days  
\$315  
(GST incl.)

Athletes will be grouped based on age & ability.



**Boys: July 1 to 5    Girls: July 8 to 12**

#### The Competitive Edge

- Ball Handling
- Shooting
- Passing
- Rebounding
- Offensive Principles
- Defensive Principles
- Transitional Games
- Full-court Games

#### The Coaching Edge

- Coach to Player ratio – 1:10 or better
- Experienced NCCP trained coaches
- Many with B. Ed. or Phys. Ed. Degrees
- See detailed coach profiles on website

#### Director

André Lussier - Former Canada Basketball CP Head Coach, Current NCCP facilitator, over 25 yrs.' coaching experience.

#### Location

School in Sherwood Park – to be determined

#### Registration

Registration Form Available at [www.thebasketballedge.com](http://www.thebasketballedge.com)

Registration Deadline June 1, 2019  
Note: camp often fills up by April

Refund Policy Cancellations prior to June 1 will receive refund less \$50 administrative fee. Cancellations between June 1 and June 23 will receive 50% credit towards another Basketball Edge camp  
No Refunds or Credits for cancellations after June 23.

Photography Alert Photos and/or video will be taken at camp and may be used for promotional purposes





## 2019 Summer Camps and Fall Ball

- 3 – one week camps will be held July/August.
  - Fall Ball League will occur in late August and September.
- \*Exact dates and times to be determined.*

Check out our website for full details and registration forms.

*Let's play ball... with SPMB!*

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

## SHERWOOD PARK SWIM CLUB

JOIN OUR TEAM, AND MAKE A SPLASH  
WITH US THIS COMING YEAR!



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

### **\*\* SUMMER CAMP FOR NEW SWIMMERS! \*\***

Session 1: July 29 - Aug. 1 & Aug. 6 - Aug. 9 or Session 2: Aug. 12-23 (omit Wed.)

For ages 8+ Availability based on enrollment.

Visit [sherwoodparkswimclub.com](http://sherwoodparkswimclub.com) for more details.

*Sherwood Park Swim Club provides swim training for children in our community at various ages and levels of ability. We are dedicated to teaching proper stroke technique while the swimmers are in their formative years and then concentrating on the necessary endurance so the children can compete at a higher level. We offer a flexible training schedule and monthly training fees.*

### **SHERWOOD PARK SWIM CLUB OFFERS TWO MAIN PROGRAMS AT MILLENNIUM PLACE:**

**Junior Stingrays** is a developmental swim program for kids aged 5 to 8 who are confident in the water, and is primarily delivered in the wave pool lanes. Swimmers can progress at their own pace, from learning the fundamentals to developing more advanced skills.

The Junior Stingray swimmers are registered with Swim Alberta and Swim Canada. This includes insurance, access to club functions and being eligible to participate in one sanctioned competition per season.

**Tuesdays and Thursdays**

**Senior Stingrays** is a program for the stronger, more confident swimmer, and is delivered in the 25 meter Lap Pool. These swimmers should be comfortable in deep water and have appropriate skills to progress in this program. Senior Stingray swimmers are aged 8 to 18 and swim at all competitive levels from Beginner to Provincial and National.

#### **Monday- Sundays**

The training calendar can be viewed on our website.

*Openings for the Junior Stingrays program are very limited!*

*We recommend that all new swimmers complete a skill assessment.*

*Assessment dates for 2019/20 will be held in July and August. To request an assessment, contact: [registrations@sherwoodparkswimclub.com](mailto:registrations@sherwoodparkswimclub.com) AND [headcoach@sherwoodparkswimclub.com](mailto:headcoach@sherwoodparkswimclub.com)*

**Visit us @ [www.sherwoodparkswimclub.com](http://www.sherwoodparkswimclub.com)  
for further information.**

## **SEE YOU IN THE POOL!**



Interested in  
Salto Preschool?  
Contact Kerri  
Cowell at [kcowell@saltogymnastics.com](mailto:kcowell@saltogymnastics.com)  
or at 780-449-1518!

## BOGO SUMMER CAMP!

WHEN YOU PURCHASE 8 FULL  
WEEKS OF SUMMER CAMP!

Save at least \$728 on one child and Save \$1728 on one sibling. Pay only \$2000 for the first child. Regularly \$2728 purchased at the 2019 weekly rate. Pay only \$1000 for the second child. BOGO 50% Off!

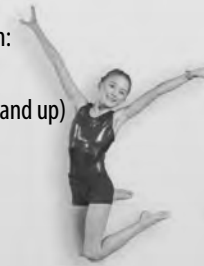
Registration starts Jan. 7th, 2019 and ends Mar. 22nd, 2019 (or when all spots are filled). Because this is a very special promotion, it is a FINAL SALE. There are no refunds.

REGISTRATION FOR SPRING STARTS FEBRUARY 27, 2019  
NEW SEASON STARTS MONDAY, APRIL 1, 2019

All classes, infant through teens, are taught by AGF and Salto trained professionals who offer both guidance and support.

Personalized instructional classes for all skill levels in:

- Active Start Gymnastics (0-6 year olds)
- CanGym and CanJump Badge Program (6 years and up)
- Tumbling Classes and Acrobatic Gymnastics
- Men's Competitive Gymnastics
- Women's Competitive Gymnastics
- Competitive Acrobatic Gymnastics



Register at [saltogymnastics.com](http://saltogymnastics.com)

or call (780) 449-1518 for full class descriptions and to find out more.

2025 Oak Street, Sherwood Park, AB. T8A 0W9  
Fax: 780-449-0601 • Phone: 780-449-1518



## PREPARE FOR EMERGENCIES BEFORE THEY HAPPEN

Strathcona County offers several courses and presentations to help you and your family prepare for emergencies.



✚ At home by yourself  
(ages 9 to 11)



✚ Fire extinguisher  
training



✚ Are you prepared  
for 72 hours?

Get more details

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

[safety.educators@strathcona.ca](mailto:safety.educators@strathcona.ca)

780-464-8468

  
STRATHCONA  
COUNTY

## Strathcona Summer HOCKEY LEAGUE

REGISTER NOW!

ADULT 16Y+ | COMPETITIVE DIVISIONS  
GREAT ICE TIMES | WELL ORGANIZED

MORE INFORMATION:

780-416-7234

[strathconashl.com](http://strathconashl.com)



  
STRATHCONA  
COUNTY

## Sherwood Park

### Recreation Facilities

Broadmoor Recreation Complex (2100 Oak St)  
 Child and Youth Community Centre (3 Spruce Ave)  
 Capital Care Centre (12 Brower Dr)  
 Emerald Hills Leisure Centre (3555 Emerald Dr)  
 Glen Allan Recreation Complex (199 Georgian Wy)  
 Kinsmen Leisure Centre (2001 Oak St)  
 Millennium Place (2000 Premier Wy)  
 Recreation Administration Office (2025 Oak St)  
 Sherwood Park Arena/Sports Centre (2015 Oak St)

### Cultural Facilities

Festival Place (100 Festival Wy)  
 Gallery@501 (501 Festival Ave)  
 Smeltzer House Visual Arts Centre & Clay Hut  
 (1 Broadmoor Blvd)

### Parks

Broadmoor Lake Park (Oak St & Sherwood Dr)  
 Emerald Hills Regional Park (4501 Emerald Dr)  
 Strathcona Athletic Park (Colwill Blvd & Clover Bar Rd)  
 Salisbury Athletic Park (Sherwood Dr & Brentwood Blvd)

### Schools

Archbishop Jordan (4001 Emerald Dr)  
 Bev Facey Community High (99 Collwill Blvd)  
 Brentwood Elementary (28 Heron Rd)  
 Campbelltown School (271 Conifer St)  
 Clover Bar Jr. High (50 Main Blvd)  
 Father Kenneth Kearns School (8 Sandpiper Dr)  
 Glen Allan Elementary (106 Georgian Wy)  
 Jean Vanier (109 Georgian Wy)  
 Lakeland Ridge (151 Crimson Dr)  
 Madonna (15 Main Blvd)  
 Mills Haven Elementary (73 Main Blvd)  
 Our Lady of Perpetual Help School (273 Fir St)  
 Pine Street Elementary (133 Pine St)  
 Sherwood Heights Jr. High (241 Fir St)  
 St. Theresa (2021 Brentwood Blvd)  
 Wes Hosford Elementary (207 Granada Blvd)  
 Westboro Elementary (1078 Strathcona Dr)  
 Woodbridge Farms Elementary (1127 Parker Dr)

## Rural Strathcona County

### Recreation Facilities

Ardrossan Recreation Complex (80 - 1 Ave)  
 Moyer Recreation Centre (Josephsburg)  
 (54569 Range Road 215)  
 Strathcona Olympiette Centre (Fultonvale)  
 (52029 Range Road 224)  
 Strathcona Wilderness Centre  
 (Township Rd. 530 & Range Road 212)  
 GPS: N 53° 31.957 W 112° 59.964

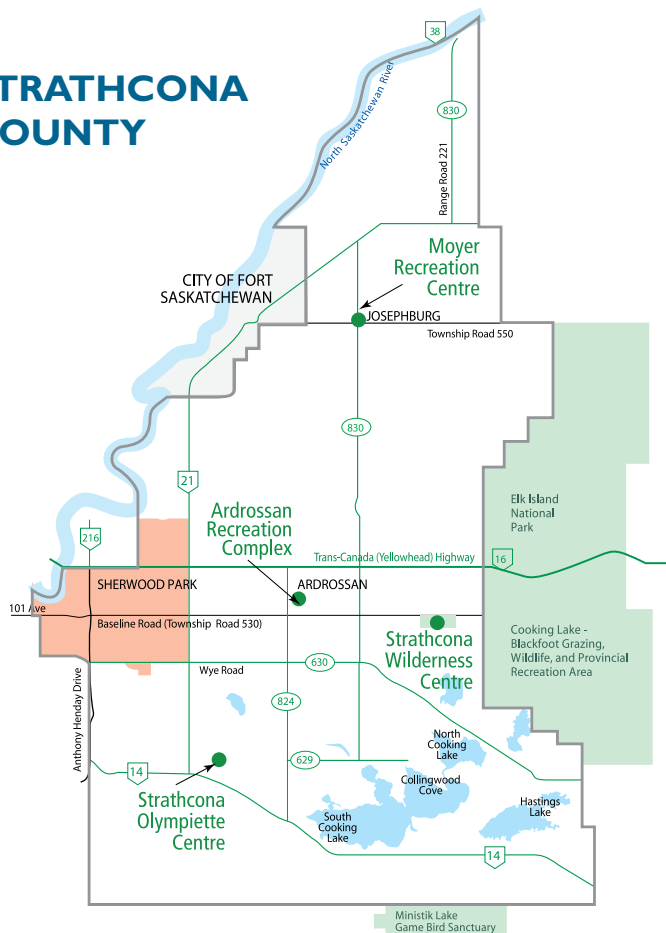
### Schools

Ardrossan Elem./Jr./High (53129 Range Road 222 Ardrossan)  
 Holy Redeemer (53117 Range Road 222 Ardrossan)  
 Uncas (21313 Township Road 524 Ardrossan)

## SHERWOOD PARK



## STRATHCONA COUNTY





THE **BROADMOOR**  
PUBLIC GOLF COURSE



*Have you heard about*  
**Family Night**  
at  
***The Broadmoor***

**Join us this golf season every  
Saturday and Sunday (after 2 pm)**

Spend an evening of quality time with  
your kids at The Broadmoor.

Receive a FREE Junior green fee plus 50% off  
a power cart rental with the purchase of a  
regular priced green fee.

2100 Oak Street, Sherwood Park  
**780-467-7373 | [www.thebroadmoor.ca](http://www.thebroadmoor.ca)**

 **STRATHCONA  
COUNTY**



July 1, 2019

# Canada Day

Broadmoor Lake Park in Strathcona County | 9 a.m. - 11 p.m.



*Volunteer for Canada Day!*



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

FESTIVAL PARTNER



Coca-Cola  
Canada  
Bottling  
Limited

FUNDING  
PROVIDED BY

Canada 

780-467-2211

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



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