

RECREATION & CULTURE
PROGRAMS
FALL & WINTER 2022 / 2023



strathcona.ca/registration

ACTIVE SENIORS

Seniors' Dance & Social

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

Seniors' Wellness Days

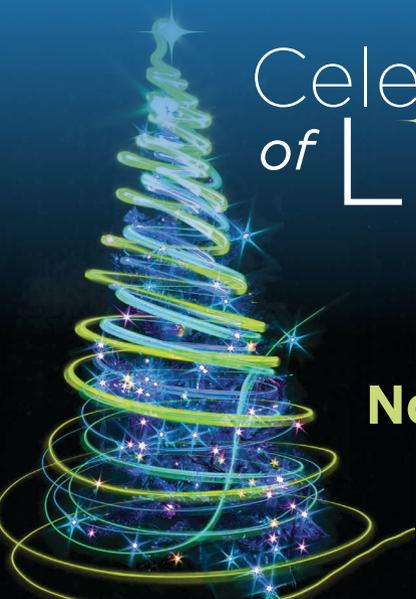
Join us for a featured workout that is suitable for all fitness levels and hear from a special guest speaker. It's a great way to be active and learn something new.

Next Step and Health-Based Programs

The Next Step program is designed for individuals living with chronic health conditions who want to become more physically active or are transitioning from a medically supervised program. These programs are led by a certified fitness instructor promoting active living and welcoming all ability levels.



For more information about any of these programs and activities call **780-464-8262** or visit strathcona.ca/ActiveSeniors



Celebration
of Lights

**Saturday,
November 19**

FREE family fun!

strathcona.ca/COL



New Year's
FESTIVAL

FREE indoor/outdoor activities and entertainment

strathcona.ca/NYE



February 24 - 26, 2023

strathcona.ca/SOA2023



Welcome

As our parks and trails are blanketed in tones of brown, orange and fluffy white, we collectively make the swap from running shoes to skates, and racquets to hockey sticks. Our programs shift their offerings to winter activities like lessons on our world-class cross-country skiing trails at the Strathcona Wilderness Centre, learning to take your first strides on ice, or cozying up at Smeltzer House or Gallery@501 with a canvas overlooking a snowy backdrop through a frosted window.

Our community is also rallying around hosting the Alberta Special Olympics in February 2023, with a renewed focus on our principles of celebrating accessibility, kindness and recreation excellence.

To help you and your children make the most of the colder months, we are pleased to offer a selection of fall and winter programs, as well as fall break options.

Our programs are divided into seven main categories:

- Adult and older adult
- Child, youth and teen
- Outdoor pursuits
- Performing arts
- Preschool
- Swimming
- Visual arts

Read on to learn a bit about what each program area can offer, ways to register and other exciting fall and winter activities available in our community.

Program registration | RecOnline.strathcona.ca

Plan ahead for registration day:

- Create a new Recreation Online account for you and your family members, or log in to your existing account.
- Add family members to your account and edit your information before registration day.
- If a program you wanted to register in has already been filled, clicking on the waitlist button can be a good option. Registrants may drop out from the program for a variety of reasons, and those waitlisted will be contacted in the order they were requested.
- For RecOnline help, please call 780-467-2211. You can also find useful tips for using RecOnline by visiting strathcona.ca/RecOnline.

“ MY SON LOVES TRYING THE DIFFERENT PRESCHOOL CLASSES. THE INSTRUCTORS ARE HANDS-ON AND VERY ENCOURAGING WITH THE KIDS! ”

- KASSANDRA

PRESCHOOL



“ THE COUNTY PROGRAMS HAVE REALLY HELPED MY LITTLE ONE BUILD CONFIDENCE AND MAKE NEW FRIENDS! ”

- PRIYA



Our preschool programs reflect the importance of play in a child's development. Our inquiry-based recreation programs encourage children to learn new skills and make new friends in a fun and safe environment. Indoor and outdoor play spaces are carefully designed by our instructors so children can use their creativity while learning through play.

Children will learn new skills with a caring adult nearby (parented), build confidence being away from loved ones (unparented) or prepare for Kindergarten (Pre-K). Registered programs and drop-in times are offered in several Strathcona County recreation facilities so they're a short walk or drive from your neighbourhood.



Scan to view
preschool programs

strathcona.ca/preschool
780-467-2211

“ MY DAUGHTER HAD SO MUCH FUN IN HER SKATING CLASS. SHE MADE A NEW FRIEND WHO ENDED UP JOINING HER RINGETTE TEAM, AND THEY'RE BOTH LOOKING FORWARD TO REGISTERING IN THE NEXT LEVEL OF THE PROGRAM! ”

- JEFF

YOUTH



Our child, youth and teen programs are jam-packed full of fun with courses designed to keep your kids active, introduce new skills or try out a new sport. In the fall and winter, you'll find a large selection of skating options, as well as sports like badminton, basketball, volleyball and soccer.

Our programs are entry-level classes that work on teaching fundamental movement and sports skills.



Scan to view youth programs
strathcona.ca/YouthPrograms
780-467-2211



“

IT'S WONDERFUL TO HAVE AN OPTION FOR SPORTS THAT DOESN'T REQUIRE A LOT OF COMMITMENT. IT IS A GREAT WAY TO TRY NEW ACTIVITIES, THEY ARE FUN AND MY KIDDO LEARNS A LOT!

”

- LYNDA



“AMAZING INSTRUCTORS! MY KIDS HAD A BLAST AND LEARNED SO MUCH IN THE CROSS-COUNTRY SKIING PROGRAMS.”

- ERIN

OUTDOORS



“THIS PLACE IS A GEM IN OUR COMMUNITY! I LOVE SPENDING TIME ON THE TRAILS ANY SEASON OF THE YEAR.”

- COLIN





True outdoor adventurers don't hibernate over the colder months, they embrace their Canadian roots. Our team at the Strathcona Wilderness Centre offers a large variety of private and group cross-country skiing courses for novice learners all the way up to experts, including Para Nordic skiers. You can also enjoy snowshoe tours, date nights, group outdoor skills programs and winter walks on our world-class trail system.

Children and youth progress through Nordiq Canada's Bunny and Jackrabbit cross-country skiing programs, which focus on developing a love of the outdoors, ski skills and physical fitness all while making new friends. In the Track Attack program, coaches support youth to continue their skills year-round through family ski events and roller skiing options.



Scan to view outdoor programs
strathcona.ca/OutdoorPrograms
780-467-2211

“ PERFORMING ARTS PROGRAMS ARE SO MUCH FUN FOR MY SON AND A GREAT WAY FOR HIM TO GET HIS CREATIVE ENERGY OUT! ”
- AUBREY

PERFORMING ARTS



“ I ENJOYED BEING ON STAGE AS A TEENAGER AND NOW THAT I'M OLDER, THE ADULT PROGRAMS AT FESTIVAL PLACE HELPED ME GET BACK INTO PERFORMING AGAIN! ”
- RUTH



Operating from the newly renovated Festival Place and other Strathcona County facilities, our performing arts programs have inspired decades of actors, dancers and singers. Our programs pair you with other like-minded creatives to develop imaginative thinking, trust, confidence and build self-esteem.

Get ready to act, dance and sing on the extravagant Festival Place stage. Our fall and winter classes include options for kids, teens, adults and seniors.



Scan to view
performing art programs

strathcona.ca/PerformingArts
780-467-2211

“ WE COMPLIMENT OUR HOMESCHOOLING WITH COUNTY ART PROGRAMS EVERY YEAR. THERE IS ALWAYS A GOOD VARIETY TO CHOOSE FROM! ”

- BRITA

VISUAL ARTS

GALLERY@501 AND SMELTZER HOUSE



At Gallery@501, we run our programs in a fully equipped art studio right next to our main gallery exhibit space. Kids, adults and seniors can get creative with watercolour and acrylic painting, needle felting and printmaking. In the fall and winter, try out encaustics, a way of painting with melted wax, or explore Métis art and culture in a beaded flower workshop.

The Smeltzer House Visual Arts Centre offers a variety of art and craft classes for all ability levels in drawing, pottery, painting, fused glass, mixed media and other workshops. The Clay Hut and Studio One (glassmaking) within the Smeltzer House grounds are beautiful stand-alone buildings where you'll refine your craft in an environment that inspires creativity.



Scan to view visual art programs
strathcona.ca/VisualArts
780-467-2211



“ MY CHILD HAD A GREAT TIME AND LOVED ALL OF THE CRAFTS. THE INSTRUCTORS WERE ALL FANTASTIC AND MADE SUCH AN EFFORT TO GET TO KNOW MY CHILD. THANK YOU! ”

- ANONYMOUS



“

KNOWLEDGEABLE INSTRUCTORS,
GREAT MUSIC AND AN ENERGIZING
WORKOUT EVERY TIME!

”

- ALLISON

GROUP FITNESS

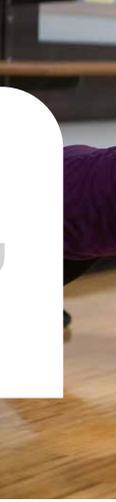


“

THESE PROGRAMS ARE A
GREAT ADDITION TO MY
WEEKLY FITNESS ROUTINE.
THE VARIETY OF EXERCISES
AT EACH CLASS KEEPS ME
COMING BACK!

”

- HAKIM





Our adult and older adult wellness programs are built with a focus on flexibility around your busy lifestyle. We offer multiple week or single class registered options, or you can choose the Active Pass+ for maximum flexibility with access to a wide variety of drop-in fitness activities, dates and times.

Our fall and winter group fitness programs include options like mind/body, 50+ strength and conditioning, cycle, health-based and many classes in the pool.

These programs offer various durations and intensity levels to meet the needs of all participants. You'll gain physical benefits, motivational support, learning opportunities and socialize with others in our active community.



Scan to view adult and older adult programs

strathcona.ca/AdultFitness
780-464-8262

“ WE WERE VERY IMPRESSED WITH HOW HELPFUL YOU WERE AND ATTENTIVE TO OUR DAUGHTER’S SWIM NEEDS. SHE LOVED GOING TO SWIMMING LESSONS AND YOUR ENCOURAGEMENT AND POSITIVITY WAS CERTAINLY A CONTRIBUTING FACTOR. THANK YOU FROM A GRATEFUL FAMILY FOR THE CARE YOU SHOWED OUR DAUGHTER TO BUILD HER CONFIDENCE AND EXCITEMENT FOR BEING IN THE WATER. ”

- KERRI

SWIMMING



After more than 75 years in operation, the Canadian Red Cross is winding down its swimming and water safety program. Starting in fall 2022, Strathcona County will be transitioning from the Red Cross Swim Kids program to the Lifesaving Society's Swim For Life and lifesaving programs.

Learn more by visiting
strathcona.ca/SwimTransition



Our team of aquatic instructors teaches the Lifesaving Society Swim for Life program at the Kinsmen Leisure Centre and Emerald Hills Leisure Centre. We're fully outfitted to guide you or your child's first steps in the water, all the way to more advanced swim strokes and skills like front crawl, breaststroke and water rescue skills. Our certification programs can also guide you through becoming a Swim Instructor or Lifeguard.

Outside of our Swim for Life programs, you can expect a seasonal selection of monofin swimming programs (mermaid and shark tails), Ocean Sports with SCUBA, kayak and paddle board or private lessons if you prefer learning away from the crowd. We also offer adapted aquatics for swimmers who need physical, emotional or cognitive adaptations.



Scan to view swimming programs
strathcona.ca/SwimPrograms
780-467-2211



STRATHCONA MINOR HOCKEY

Hockey is a sport for all Strathcona County kids, regardless of skill, age, race, gender or socioeconomic status! Check out our registration information at smhahockey.com

New players can join for \$199. Teams at all ages and skill level available for youth aged 4-21.

Questions? Email registrar.smha@gmail.com or call 780-719-6810. Game on!!



ART SOCIETY OF STRATHCONA COUNTY

A. J. Ottewell Community Centre
590 Broadmoor Blvd, Sherwood Park

Membership fee \$40 annually. Meetings second Tuesday of each month at 7 pm. (except July & August). All welcome! Loft Art Gallery and Gift Shop is open on Saturday & Sunday (exc long weekends, July & August) 12 noon to 4 pm.

Check website for Upcoming Fall Show, Christmas Market and Upcoming Workshops!

www.artstrathcona.com
780-449-4443 | email: artsoc@telus.net



Sunridge Ski Area offers skiing, snowboarding, snowtubing, terrain parks, a skier cross and much more. We have a large Bunny Hill serviced by two carpet lifts and a cable tow, which is ideal for beginners. We also offer ski and snowboard lessons for all ability levels throughout the winter.

www.sunridgeskiarea.com

DANCEFUSION ACADEMY OF DANCE

Celebrating 25 years of
DANCE EXCELLENCE
in a Family Friendly Studio!

- Full-Year & 10 week Sessional Classes
- Ages 1.5 yrs to adult
- Licensed and Accredited Artistic Staff

Visit our website for more information and to register!
www.dancefusionsp.com
780.464.6963



SHERWOOD KARATE-DO

Karate Club Celebrating
40 years in Sherwood Park!

We train Tuesday and Thursday evening and Saturday or Sunday daytime.

sherwoodkarate.com
780-938-0218



Strathcona Synatics offers recreational and competitive Artistic Swimming programs to swimmers aged 6+ years. Participants must be able to swim 15m unassisted. Introductory sessions, pre-competitive, and competitive programs are offered at either Emerald Hills Leisure Centre or Millennium Place.

synatics.ca
president@synatics.ca or headcoach@synatics.ca

DREALEE

FITNESS + DANCE

Discover the joy of fitness and dance! We offer programs for kids and adults. Our kids' classes include a daytime preschool program, jazz, tap, ballet, acro, lyrical and pop styles. Our adult programs include barre, pilates fusion, dance cardio, yoga, tap and more!

drealeedancestudio.com

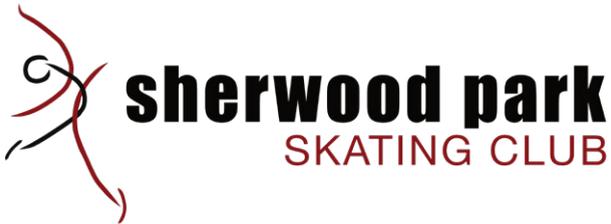


SHERWOOD PARK TITANS MINOR LACROSSE

The Sherwood Park Titans offers minor lacrosse for players aged 5-16 years. Lacrosse is Canada's national summer sport and is a great off season sport for hockey players. The season runs March to June, and we offer separate divisions in 10U-16U. Stay tuned for our free "Come Try" events in Feb!

sherwoodparktitans.ca

registrar@sherwoodparktitans.ca



PRE-CANSKATE / CANSKATE / POWERSKATE
AGILITY, BALANCE, CONTROL! CanSkate is Canada's learn-to-skate program for beginners AND for those who want to improve on their basic skating skills. Programs create the best foundation to transition into hockey, ringette, speed skating or figure skating.

www.sherwoodparkskatingclub.ca



Crescendo Music Studios offers private and group music lessons in two spacious studio locations in Sherwood Park. From baby and preschool music classes to musical theatre and vocal chorus group classes, plus kids, teen and adult WeJam band programs we have a music program for all ages and abilities.

www.crescendomusicstudios.ca

780-570-5699



Check out curling, we are more than just rocks and ice. Our lounge serves local brews and great eats. We host community and corporate events on and off ice. Programs and league for all ages and skill levels. Join us in celebrating 20 years of SPCC and 60 years of curling in Strathcona County in 2023.

sherwoodparkcurling.com

780-467-9412

Strathcona Curling Club offers curling for all ages and for any level of experience. The Club is only 10 minutes from Sherwood Park at the Strathcona Olympiette Centre beside Fultonvale School. Registration opens first of September. Leagues commence first week in October. For info go to the webpage.



strathcona.curling.io



Individualized art classes for adults and children ages 5 & up in drawing, painting and sculpture. Limited Enrollment so get your spot now.

www.ArtfullyYoursSchool.ca
780-449-3824 | info@ArtfullyYoursSchool.ca



Everybody Plays at the Wolverines!

Programs for kids aged 5-15.
Novice, Atom, Peewee, Bantam and Flag.

Visit our website for more information.

www.spwolverines.com
spwolverines@gmail.com



Join a Mixed Choir!

Start up: Tue, Sep 6, 2022 at 7:15 pm - 9:30 pm
Mount Olivet Lutheran Church, Sherwood Park

**Enjoy workshops, concert performances,
and a great group of people!**

festivalsingers.ca
festival.singers08@gmail.com



Writers Foundation of Strathcona County

"Supporting writers any age, any stage of their writing career."

The Writers Foundation of Strathcona County (WFSC) promotes the literary arts in our community and beyond. Monthly meetings include the Writer's Circle, Children's Writing Workshop, and Poets in the Park. Annually, the WFSC hosts an annual writer's conference and our signature fall event ~ Words in the Park - Author & Book Fair. New members are always welcome.

www.wfscsherwoodpark.com
Email: wfscsherwoodpark@hotmail.com
Phone: 1-800-311-7091



Come SKATE with us!

Learn to Skate Programs:

- PreCanSkate
- CanSkate
- CanPowerSkate

Figure Skating

- Jr. Academy
- STARSkate

www.asfsc.ca
info@asfsonline.com



EDMONTON MOVIE CLUB
Presents

INDIA FILM FESTIVAL OF ALBERTA

"Bridging Cultures Through Cinema"



The India Film Festival of Alberta is coming to Sherwood Park on Sep 23-25, featuring award-winning and independent films from India and Canada, along with Dance Performances, Food Festival, and a Red Carpet event. We are also offering exciting sponsorship opportunities to local businesses!

To know about our recent initiatives visit :
www.edmontonmovieclub.com
+1 780-710-9840

SHERWOOD PARK RINGETTE



Registration is now open! New to ringette and Active Start registration fee is only \$160.

Visit our website to register!

sherwoodparkringette.ca

COME JOIN YATRAN!

Dancers are welcomed from all areas, all levels of experience from ages 3 to adult. Practices are held at the Ardrossan Recreation Centre. Check out our website for more details or to register.



UKRAINIAN DANCE ASSOCIATION

ardrossanyatran.com



northstarsfootball.com
780-905-4728

Northstars football offers fall football season and winter camps for ages 5-14 years old. We practice behind the Ardrossan Jr./Sr. High School football field. We have Flag (5-8 yrs) and Tackle (8-14 yrs) for fall season. We also run skill development camps in the winter! Call to book your spot now!



Your year 'round destination for arts and culture... right here in the Park!



VISIT STRATHMA.CA
780.467.8189

stepostep
SCHOOL OF DANCE

COME DANCE WITH US!

With over 40 years in business, SBS offers classes from Preschool to Adult, Beginner to Advanced in Ballet, Jazz, Tap, Acro, Lyrical, Contemporary and Musical Theatre. Sessions and full year programs available.

For more information and to register online visit,

www.stepbystepdance.ca
780-464-3788



The Rec and Culture Network

Your source for community recreation and culture information

Looking for information about local non-profit sport, recreation, and culture groups in Strathcona County?

Visit strathcona.ca/RCNetwork



OUTDOOR RECREATION

Parks and Trails

Explore your community and enjoy a winter walk or snowshoe on Strathcona County's hundreds of kilometres of trails.

strathcona.ca/trails

Dog Off-Leash Sites

Strathcona County is a pawesome place for your furry friends! You'll find many large off-leash dog areas throughout Sherwood Park and Ardrossan that include features like enclosed spaces for smaller dogs, large fenced areas and ball diamond parks (seasonally available).

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

strathcona.ca/dogsinparks

Outdoor Rinks and Skating Pathways

Strathcona County features dozens of high quality ice surfaces for you to enjoy throughout the winter months. Our outdoor rink season usually operates from December to March (weather-dependent), and many ice surfaces include boards, lights, changing facilities and even skating pathways.

strathcona.ca/OutdoorRinks

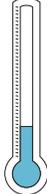
Tobogganing

Family-friendly winter activities don't get much better than tobogganing! You'll find many hills of different sizes and slopes throughout Strathcona County that are perfect for sledding.

Have fun, keep warm and stay safe by wearing a helmet and paying close attention to ice safety signs.

strathcona.ca/toboggan



 Rinks are not open at temperatures warmer than +5°C or cooler than -20°C or when conditions are deemed unsafe.



The Active Pass offers affordable access to Strathcona County's recreation centres, and includes a variety of activities for all ages and levels of physical ability.

Two pass options are available based on your individual needs - the **Active Pass** and **Active Pass+**.

active PASS

The Active Pass is a good option if you only require access to self-led drop-in activities within our facilities.

The Active Pass includes unlimited access to activities like:

- Gymnasium sports
- Wellness centre workouts
- Recreation swims

active PASS+

The Active Pass+ provides unlimited access to all drop-in activities found at strathcona.ca/RecCalendar.

The Active Pass+ includes:

- All Active Pass activities
- Instructor-led drop-in classes
- Pre-booked activities
- Indoor court rentals



Get yours online today!
strathcona.ca/activepass



Strathcona County is honoured to host the **2023 Special Olympics Alberta Winter Games** from February 24 - 26.

Over 1,000 athletes from across the province will compete in eight winter sports that include: 5-pin bowling, alpine skiing, cross-country skiing, curling, figure skating, floor hockey, snowshoeing, and speed skating. The mission of Special Olympics Alberta is to enrich the lives of Albertans with intellectual disabilities through sport.

Get involved!

If you'd like to give back to your community and sign up to be a Games volunteer, please email volunteer@strathcona.ca





strathcona.ca/registration