

SPRING 2023

RECREATION & CULTURE PROGRAM GUIDE



Become a mermaid on land and in the pool in the new Merfolk Theatre program! See page 12.

Registration starts at 7 a.m. on:

Tuesday, February 28 for spring break programs

Tuesday, March 14 for all programs except swimming

Tuesday, March 21 for swimming



PATIO SERIES



The 26th annual Qualico Patio Series returns to Festival Place July 5.

The Patio Series runs every Wednesday until August 30. Each week features two great acts and a BBQ with weekly specials. Tickets are only \$10.*

*does not include BBQ meal

festivalplace.ca




Festival
Place



**Registration
opens Tuesday,
April 18 at 7 a.m.**

*There's something
for everyone!*

PRESCHOOL | VISUAL ARTS
SPORTS | OUTDOOR SKILLS
DANCE AND DRAMA



strathcona.ca/SummerCamps

Questions? recreation@strathcona.ca

Weekdays: 780-467-2211

Weekends/evenings: 780-416-3300


STRATHCONA
COUNTY



Welcome



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.

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Sobeys
Lakeland & Nottingham



Pick up your **printed copy** of the recreation guide at Sobeys (Sherwood Park Lakeland and Nottingham locations only), the Strathcona County Library or our recreation facilities.

SPRING BREAK

FEBRUARY

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

**Registration starts
Tuesday, February 28**



Scan to view
Spring Break programs

strathcona.ca/springbreak
780-467-2211

Preschool

All Things Spring 3Y - 5Y

Drop-off your child for a half-day of play at the Kinsmen Leisure Centre! Participants will enjoy spring-inspired activities in the classroom, mini-gym, and our exclusive outdoor play space.

Kinsmen Leisure Centre	Lake View Room	Max 20
24858	3Y - 5Y	Mar 28 and Mar 30
Tue/Thu	9 am - 12 pm	\$55.00
24859	3Y - 5Y	Mar 28 and Mar 30
Tue/Thu	1 - 4 pm	\$55.00

All Things Spring 5Y - 7Y

Drop-off your child for a full-day of play at the Kinsmen Leisure Centre! Participants will enjoy spring-inspired activities in the classroom, exploring outdoors around Broadmoor Lake Park, and active play time in the mini-gym.

Kinsmen Leisure Centre	Lake View Room	Max 20
24860	5Y - 7Y	Mar 27
Mon	9 am - 3 pm	\$55.00
24861	5Y - 7Y	Mar 29
Wed	9 am - 3 pm	\$55.00

Child/Youth

Level Up Athletics - Flag Football Camp

Level Up Athletics has designed this camp to teach the fundamentals of football including throwing, catching, running and more! This full day camp includes pre-care from 8:30 - 9 am and post-care from 4 - 4:30 pm.

Ecole Pere Kenneth Kearns School	Gym	Max 20
25360	9Y - 12Y	Mar 27 to Mar 31
Mon-Fri	9 am - 4 pm	\$250.00

School's Out Day Camp

Make the most of your day off school! Meet new friends, have fun playing games, splashing in the pool and exploring Millennium Place! This full day camp includes pre-care from 8:30 - 9 am and post-care from 4 - 4:30 pm. **Please note:** this camp is for 6Y-12Y. It is broken into two different barcodes for swim ratio purposes.

Millennium Place	Activity Room 3	Max 6
25447	6Y - 7Y	Mar 24
Fri	9 am - 4 pm	\$50.00
Millennium Place	Activity Room 3	Max 14
25448	8Y - 12Y	Mar 24
Fri	9 am - 4 pm	\$50.00

Spring Break - Adventure Camp

Join us for a week of springtime fun! Each day there will be new games, crafts, swimming and more! This full day camp includes pre-care 8:30 - 9 am and post-care from 4 - 4:30 pm. **Please note:** this camp is for 6Y-12Y. It is broken into two different barcodes for swim ratio purposes.

Millennium Place	Activity Room 3	Max 6
25346	6Y - 7Y	Mar 27 to Mar 31
Mon-Fri	9 am - 4 pm	\$250.00
Millennium Place	Activity Room 3	Max 14
25347	8Y - 12Y	Mar 27 to Mar 31
Mon-Fri	9 am - 4 pm	\$250.00

Spring Break - Easter Eggs-travaganza

Hippity Hop your way down to Millennium Place for FIVE days of Easter fun! This Easter inspired camp will be packed with crafts, games and more! This full day camp includes pre-care from 8:30 - 9 am and post-care from 4 - 4:30 pm.

Millennium Place	Activity Room 2	Max 20
25349	6Y - 9Y	Mar 27 to Mar 31
Mon-Fri	9 am - 4 pm	\$250.00

Outdoor

Wild Critters Half-Day Camp

Spend your mornings exploring and engaging freely with the natural world. Participants will spend time, climbing over logs, tree roots and playing on uneven ground, while learning to assess risk and encourage to foster a lasting relationship with the natural world. Join us for supervised, unstructured play! We assure you that the critters will have 100% guaranteed play time in the wild! Pre-care available from 8:30 - 9 am and post-care available from 12 - 12:30pm.

Strathcona Wilderness Centre	Max 12
25955	3Y - 6Y
Mon-Fri	9 am - 12 pm
	Mar 27 to Mar 31
	\$165.00

Puddle Jumpers

Get energized and active this spring break! Splash through the puddles, run through the trees, and soak in the sunshine at the Strathcona Wilderness Centre. This full-day camp will have you playing and building outside all day long. Meet new friends, and play outside all week long. This program is run completely outside and runs rain or shine. Bussing included from Sherwood Park Arena, departs 8:30 am. Pre-care available 8 - 8:30 am and post-care available 4:30 - 5 pm.

Strathcona Wilderness Centre	Max 18
25954	5Y - 7Y
Mon-Fri	9 am - 4 pm
	Mar 27 to Mar 31
	\$254.00

Wild Sprouts

Go exploring all week long in this full-day day camp at the Strathcona Wilderness Centre! Learn outdoor skills, play active games, and create a nature masterpiece. Meet new friends, and have fun while learning about the wilderness in your backyard! This program is run completely outside and runs rain or shine. Bussing included from Sherwood Park Arena, departs 8:30 am. Pre-care available 8 - 8:30 am and post-care available 4:30 - 5 pm.

Strathcona Wilderness Centre	Max 18
25953	8Y - 12Y
Mon-Fri	9 am - 4 pm
	Mar 27 to Mar 31
	\$254.00

Performing Arts

Just Imagine - Full-day Camp

Explore creativity in drama, dance and music. Each day will have a playful new theme to entice the creation of dramatic characters through storytelling, dance movements and music. Includes pre-care from 8:30 - 9 am and post-care from 4 - 4:30 pm.

Festival Place	Ardrossan Room	Max 14
25475	5Y - 12Y	Mar 27 to Mar 31
Mon-Fri	9 am - 4 pm	\$283.50

Just Imagine - Half-day Camp

Explore creativity in drama, dance and music. Each day will have a playful new theme to entice the creation of dramatic characters through storytelling, dance movements and music. Morning camp includes pre-care from 8:30 - 9 am, afternoon camp includes post-care from 4 - 4:30 pm. Both camps include lunch care from 12 - 1 pm.

Festival Place	Ardrossan Room	Max 8
25473	5Y - 12Y	Mar 27 to Mar 31
Mon-Fri	9 am - 1 pm	\$141.75
25474	5Y - 12Y	Mar 27 to Mar 31
Mon-Fri	12 - 4 pm	\$141.75

Visual Arts

Glass in Bloom

Explore your creativity in the fused layers of glass. Sketch ideas, plan designs and learn how to work with glass to create stunning artworks at Studio One. Please wear closed-toe shoes to class. Glass projects will be ready for pick up after the firing is complete.

Smeltzer House	Studio One	Max 8
25935	9Y - 14Y	Mar 27 to Mar 31
Mon-Fri	9 am - 12 pm	\$247.50

Spring Break - We Make Art

Paint, craft and make charming artworks at Smeltzer House and build marvelous clay creations at Clay Hut. Let's bounce from medium to medium, from studio to studio to create, experiment and make art together. This full-day camp includes breaks for snack, lunch and games. Includes pre-care from 8:30 - 9 am and post-care from 4 - 4:30 pm.

Smeltzer House	Upper Lounge	Max 10
25931	6Y - 12Y	Mar 27 to Mar 31
Mon-Fri	9 am - 4 pm	\$278.25

Spring Break - Camp Creative

Have a blast at Gallery@501 this spring break. Explore colour, texture and shape with exciting, hands-on art projects led by artists. Get inspired by the contemporary art on display at the gallery. Tour the library, explore the public art on view in the community centre, and much more. All supplies included. Includes pre-care from 8:30 - 9 am and post-care from 4 - 4:30 pm.

Gallery@501	Gallery Studio	Max 15
24874	6Y - 12Y	Mar 27 to Mar 31
Mon-Fri	9 am - 4 pm	\$278.25

Spring Break Swimming Lessons

Preschool 1

Kinsmen Leisure Centre			
25921	3Y - 5Y	Mar 27 to Mar 31	
Mon-Fri	8:45 - 9:15 am		\$45.00
25923	3Y - 5Y	Mar 27 to Mar 31	
Mon-Fri	9:15 - 9:45 am		\$45.00
25924	3Y - 5Y	Mar 27 to Mar 31	
Mon-Fri	9:45 - 10:15 am		\$45.00
325925	3Y - 5Y	Mar 27 to Mar 31	
Mon-Fri	10:15 - 10:45 am		\$45.00
25926	3Y - 5Y	Mar 27 to Mar 31	
Mon-Fri	10:45 - 11:15 am		\$45.00
25927	3Y - 5Y	Mar 27 to Mar 31	
Mon-Fri	11:15 - 11:45 am		\$45.00

Preschool 2

Kinsmen Leisure Centre			
25932	3Y - 6Y	Mar 27 to Mar 31	
Mon-Fri	8:45 - 9:30 am		\$58.35
25933	3Y - 6Y	Mar 27 to Mar 31	
Mon-Fri	11 - 11:45 am		\$58.35

Preschool 3

Kinsmen Leisure Centre			
25936	3Y - 6Y	Mar 27 to Mar 31	
Mon-Fri	9:30 - 10:15 am		\$58.35
25937	3Y - 6Y	Mar 27 to Mar 31	
Mon-Fri	11 - 11:45 am		\$58.35

Preschool 4/5

Kinsmen Leisure Centre			
25939	3Y - 6Y	Mar 27 to Mar 31	
Mon-Thu	10:15 - 11 am		\$58.35

Swimmer 1

Kinsmen Leisure Centre			
25904	5Y+	Mar 27 to Mar 31	
Mon-Fri	8:45 - 9:30 am		\$58.35
25908	5Y+	Mar 27 to Mar 31	
Mon-Fri	9:30 - 10:15 am		\$58.35
25909	5Y+	Mar 27 to Mar 31	
Mon-Fri	10:15 - 11 am		\$58.35
25910	5Y+	Mar 27 to Mar 31	
Mon-Fri	11 - 11:45 am		\$58.35

Swimmer 2/3

Kinsmen Leisure Centre			
25911	5Y+	Mar 27 to Mar 31	
Mon-Fri	8:45 - 9:30 am		\$58.35
25918	5Y+	Mar 27 to Mar 31	
Mon-Fri	9:30 - 10:15 am		\$58.35
25919	5Y+	Mar 27 to Mar 31	
Mon-Fri	11 - 11:45 am		\$58.35

Swimmer 4

Kinsmen Leisure Centre			
25920	5Y+	Mar 27 to Mar 31	
Mon-Fri	8:45 - 9:30 am		\$58.35
25922	5Y+	Mar 27 to Mar 31	
Mon-Fri	10:15 - 11 am		\$58.35

Swimmer 5/6

Kinsmen Leisure Centre			
25928	5Y+	Mar 27 to Mar 31	
Mon-Fri	9:30 - 10:15 am		\$58.35
25930	5Y+	Mar 27 to Mar 31	
Mon-Fri	10:15 - 11 am		\$58.35

Swim Training and Certification

Bronze Medallion & CPR-C

Prerequisites: Bronze star OR 13Y+ and recommended to have taken Ranger/Star Patrol, or a Level 8/9+ equivalent swim ability

Emerald Hills Leisure Centre Garnet Room			
25905		Mar 27 to Mar 31	
Mon-Fri	3:45 - 7:45 pm		\$165.00

National Lifeguard

Prerequisite: 16Y+ and Bronze Cross (need not be current) and a current AB workplace approved Standard First Aid or Aquatic Emergency Care certification

Emerald Hills Leisure Centre Ammolite Room			
25867		Mar 27 to Mar 31	
Mon-Fri	11 am - 7 pm		\$312.00

Swim Instructor

Prerequisite: 15Y+ and Bronze Cross

Kinsmen Leisure Centre Classroom			
25868		Mar 27 to Mar 31	
Mon-Fri	8:45 am - 3:45 pm		\$350.00

Spring Break Private Swimming Lessons

Customized swim instruction for all ages and abilities. These lessons are great for swimmers who need one-on-one attention, or those who need to practice a few skills to complete a level. Register for a Multi-Private Lesson (5 lessons) or a Single Private Lesson.

Visit strathcona.ca/SwimPrograms for available times and to register.



PRESCHOOL

MARCH						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**Registration starts
Tuesday, March 14**



Scan to view
preschool programs

strathcona.ca/Preschool
780-467-2211

Parented

Time for Tots

Our instructor will guide you and your child through age appropriate activities designed to further your child's development.

Millennium Place	Activity Room 2	Max 12
23361	1.5Y - 2.5Y	Apr 4 to May 23
Tue	10 - 11:30 am	\$76.00

Unparented

Building Blocks

Building Blocks programs provide open-ended play opportunities that build confidence, promote exploration, and encourage children to make new friends.

Omit: Apr 10, May 22

Kinsmen Leisure Centre	Park View Room	Max 18
25536	2.5Y - 3.5Y	Apr 3 to Jun 19
Mon	9:15 - 11:15 am	\$128.00

Saturday Playtime

Saturdays are for play! Join us each week for a variety of fun activities including dramatic play, building centres, songs, stories, art and sand/water play. We will also have time to explore outdoors or get active in the Preschool Playground. Omit: May 20

Kinsmen Leisure Centre	Lake View Room	Max 20
26603	3Y - 5Y	Apr 15 to Jun 10
Sat	10 am - 12 pm	\$120.00



Jr. Pre-K

Jr. Pre-K programs support learning and development by inviting children to interact with peers and instructors, discover unique play spaces, participate in circle time activities and explore outdoors. Omit: Apr 10, May 22

Kinsmen Leisure Centre	Park View Room	Max 20
25539	3Y - 4Y	Apr 4 to Jun 15
Tue/Thu	9 am - 12 pm	\$399.96

Millennium Place	Activity Room 1	Max 20
25540	3Y - 4Y	Apr 3 to Jun 19
Mon	9:15 am - 12:15 pm	\$181.80

25768	3Y - 4Y	Apr 14 to Jun 23
Fri	9:15 am - 12:15 pm	\$199.98

Little Chefs

Children will mix, measure, and prepare simple recipes in this hands-on cooking class. Taste testing is encouraged. Pack a takeaway container should there be left overs. Classes will also include activities in the classroom and playtime in the Edu-tainment Centre.

Millennium Place	Activity Room 1	Max 20
25769	3.5Y - 5Y	Apr 6 to Jun 15
Thu	9 am - 12 pm	\$272.25

Out & About

Venture out and about at the Strathcona Olympiette Centre. Participants will have exclusive access to our preschool classroom, specifically designed to encourage exploration and ignite the imagination. Children will also have opportunities to play in the mini-gym and explore outdoor trail systems. Whether it's their first time away from home, or preparing for kindergarten, this program is suitable for all. Omit: Apr 10, May 22

Strathcona Olympiette Centre	Classroom	Max 20
25542	3Y - 5Y	Apr 3 to Jun 21
Mon/Wed	9 am - 12 pm	\$396.00

Kindergarten Readiness

Pre-K

Through intentional teaching practices, purposefully designed learning environments, and enriched activities, our instructors will help ensure your child's early learning experience is fulfilling and enjoyable.

Omit: Apr 7 & 10, May 22

Kinsmen Leisure Centre	Lake View Room	Max 20
25543	4Y - 5Y	Apr 4 to Jun 15
Tue/Thu	9 am - 12 pm	\$396.00

25544	4Y - 5Y	Apr 3 to Jun 21
Mon/Wed	9 am - 12 pm	\$396.00

Millennium Place	Activity Room 2	Max 20
25545	4Y - 5Y	Apr 3 to Jun 23
Mon/Wed/Fri	9 am - 12 pm	\$594.00



CHILD/YOUTH/TEEN

MARCH

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**Registration starts
Tuesday, March 14**



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

Skating

Slide & Glide (Parented) - Active Start

Never been on the ice before? What better way to take your first steps in skates than with someone who loves you by your side. Get comfortable in your skates and gain confidence on the ice while learning fundamental skating skills including starting, stopping, bending and falling down/getting up. Omit: May 20

Millennium Place	Powerade Arena	Max 20
25364	32M - 4Y	May 13 to Jun 24
Sat	10 - 10:30 am	\$64.98
25365	4Y - 6Y	May 13 to Jun 24
Sat	10:45 - 11:15 am	\$64.98

Born to Blade - FUNDamentals

Develop and improve fundamental skating skills including starting, stopping, hopping and turning. T-pushes and sculling will be introduced as you begin to strengthen proper form and stance. Omit: May 20

Millennium Place	Powerade Arena	Max 15
25366	6Y - 9Y	May 13 to Jun 24
Sat	11:30 am - 12 pm	\$64.98

Blazing Blades - Learning to Train

Take your skating skills to the next level as you continue to develop and practice fundamental skating skills including stopping, turning and gliding. You will work on refining proper stance and begin to apply more speed to transitions and edges. Participants must be able to skate the length of the ice unassisted. Omit: May 20

Millennium Place	Powerade Arena	Max 15
26670	9Y - 12Y	May 13 to Jun 24
Sat	12:15 - 1 pm	\$70.02

Starter Shinny - FUNDamentals

Continue to build basic shinny skills such as starting, stopping, turning and gliding. Games will be high energy and modified to introduce stick handling and shooting.

Full equipment required. Omit: Jun 8

Millennium Place	Powerade Arena	Max 12
25362	6Y - 9Y	May 11 to Jun 22
Thu	6 - 6:45 pm	\$66.00

Shinny - Learning to Train

Bring the outdoor rink inside this season and continue to develop fundamental skating and hockey skills that include stick handling, shooting and passing. Introduction of proper positioning throughout modified game play will be reviewed while encouraging teamwork and application of skills learned. **Full equipment required.**

Omit: Jun 8

Millennium Place	Powerade Arena	Max 20
25367	9Y - 12Y	May 11 to Jun 22
Thu	7 - 8 pm	\$69.00

Sports

Beginner Badminton - Learning to Train

Learn to play badminton in a fun and supportive environment. This class will review badminton basics such as game rules, proper grip and stance. A variety of serves and shots will be introduced. **Equipment provided.**

Ecole Pere Kenneth Kearns School	Gym	Max 16
25438	9Y - 12Y	Apr 4 to Jun 6
Tue	6 - 7 pm	\$105.00

Beginner Badminton - Training to Train

Improve fundamental badminton skills including serve, return serve, drops and net play. **Equipment provided.**

Ecole Pere Kenneth Kearns School	Gym	Max 16
25439	12Y - 15Y	Apr 4 to Jun 6
Tue	7 - 8 pm	\$105.00

Intermediate Badminton - Training to Train

Continue to develop and improve fundamental badminton skills including serves, shots, stance and grip. There will be an introduction to more advanced skills such as the backhand and flick shots. Apply strategy and new skills learned to game play. **Equipment provided.**

Omit: Apr 10, May 22, 29

Ecole Pere Kenneth Kearns School	Gym	Max 16
25437	12Y - 15Y	Apr 3 to Jun 26
Mon	8:15 - 9:15 pm	\$105.00



Basketball - FUNDamentals

Fun, high energy game play that will teach fundamental movements including running and lunging while learning basketball basics such as dribbling, shooting, passing, footwork and proper stance. Omit: May 20

Ecole Pere Kenneth Kearns School	Gym	Max 20
25449	6Y - 9Y	Apr 15 to Jun 24
Sat	11:15 am - 12:15 pm	\$98.00

Davidson Creek Elementary School	Gym	Max 20
25461	6Y - 9Y	Apr 11 to Jun 13
Tue	6:30 - 7:30 pm	\$98.00

Basketball - Learning to Train

Continue to develop fundamental basketball skills such as dribbling, passing and shooting. Offensive and defensive strategy will be introduced. Omit: May 20

Ecole Pere Kenneth Kearns School	Gym	Max 20
25450	9Y - 12Y	Apr 15 to Jun 24
Sat	12:15 - 1:15 pm	\$98.00

Davidson Creek Elementary School	Gym	Max 20
25462	9Y - 12Y	Apr 11 to Jun 13
Tue	7:30 - 8:30 pm	\$98.00



DANCEPL3Y

DANCEPL3Y (dance-play) focuses on developing physical literacy through teaching simple dance moves and playful group formations to inspire children and teens to get fit and feel confident. Through the 3 Rules of PL3Y – Be Positive, Be Fun, Be Yourself, DANCEPL3Y is more than a dance lesson; it is a fun, positive mental well-being, and confidence-boosting approach to physical activity.

Omit: Apr 10, May 22

Millennium Place	Purple Room	Max 12
25433	6Y - 9Y	Apr 3 to Jun 19
Mon	5:30 - 6:30 pm	\$110.00
25434	9Y - 12Y	Apr 3 to Jun 19
Mon	6:30 - 7:30 pm	\$110.00

Dodgeball - FUNDamentals

Dip, duck, dodge and dive your way to victory! Learn this unique team sport that focuses on throwing, catching, and dodging techniques. Several new and fun dodgeball variations will be introduced.

Ecole Pere Kenneth Kearns School	Gym	Max 25
25445	6Y - 9Y	Apr 6 to Jun 8
Thu	6 - 7 pm	\$98.00

Dodgeball - Learning to Train

Continue to develop fundamental skills such as catching, throwing and dodging. Basic offensive and defensive strategy will be introduced through fun game play.

Ecole Pere Kenneth Kearns School	Gym	Max 25
25446	9Y - 12Y	Apr 6 to Jun 8
Thu	7 - 8 pm	\$98.00

Dodgeball - Training to Train

Continue to refine fundamental dodgeball skills including catching, throwing and dodging technique. Basic strategy and competition will be introduced while improving accuracy and adding speed to various drills.

Omit: Jun 8

Woodbridge Farms Elementary School	Gym	Max 20
25472	12Y - 15Y	Apr 13 to Jun 22
Thu	7:30 - 8:30 pm	\$98.00

Flag Football - FUNDamentals

Level Up Athletics has designed an introductory football program that works on fundamental movement skills such as starting/stopping, twisting and lunging. Beginner football skills will be reviewed, including proper stance, grip, throwing and catching.

St. Nicholas Catholic School	Gym	Max 15
25463	6Y - 9Y	Apr 12 to Jun 14
Wed	6:30 - 7:15 pm	\$120.00

Flag Football - Learning to Train

Level Up Athletics has designed an introductory football program that continues to work on fundamental flag football skills including throwing, catching, dodging, flagging and kicking technique.

St. Nicholas Catholic School	Gym	Max 15
25464	9Y - 12Y	Apr 12 to Jun 14
Wed	7:15 - 8:15 pm	\$140.00

Floor Hockey - FUNDamentals

Learn how to pass, shoot, and stick handle! This high energy class includes modified game play that encourages sportsmanship and teamwork. Omit: May 20

Ecole Pere Kenneth Kearns School	Gym	Max 15
25451	6Y - 9Y	Apr 15 to Jun 24
Sat	9 - 10 am	\$105.00

Floor Hockey - Learning to Train

Continue to develop and refine floor hockey skills including passing, shooting, stick handling, and more! Omit: May 20

Ecole Pere Kenneth Kearns School	Gym	Max 15
25452	9Y - 12Y	Apr 15 to Jun 24
Sat	10 - 11 am	\$105.00

Handball - Training to Train

Continue to develop and improve fundamental handball skills including dribbling, shooting and passing technique. More advanced shots and footwork will be introduced while applying strategy and new skills learned to game play. Omit: Jun 8

Woodbridge Farms Elementary School	Gym	Max 20
25471	12Y - 15Y	Apr 13 to Jun 22
Thu	6:30 - 7:30 pm	\$98.00

Indoor Softball - FUNDamentals

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!

Omit: May 22

Millennium Place	Field 1	Max 15
25457	6Y - 9Y	Apr 24 to Jun 19
Mon	6 - 7 pm	\$84.00

Indoor Softball - Learning to Train

Continue to learn the basics of softball including throwing, catching and batting. Omit: May 22

Millennium Place	Field 1	Max 15
25458	9Y - 12Y	Apr 24 to Jun 19
Mon	7 - 8 pm	\$84.00

Indoor Soccer - FUNDamentals

Run, pass, shoot and score as you learn to play this international team sport. Play fun games that teach fundamental movement skills such as running, starting/stopping, throwing and bending. Proper kicking and passing techniques will be introduced. Omit: Apr 20

Brentwood Elementary School	Gym	Max 20
25465	6Y - 9Y	Apr 13 to Jun 15
Thu	6 - 7 pm	\$88.20

Indoor Soccer - Learning to Train

Continue to develop and improve fundamental soccer skills including dribbling, shooting and passing technique. Omit: Apr 20

Brentwood Elementary School	Gym	Max 20
25466	9Y - 12Y	Apr 13 to Jun 15
Thu	7 - 8 pm	\$88.20



A HEALTHY LIFESTYLE



INJURY PREVENTION



REDUCED RISK OF ILLNESS



SOCIAL SKILL DEVELOPMENT



PROBLEM SOLVING



TRANSFERABLE LIFE SKILLS

PHYSICAL LITERACY AND YOU

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

strathcona.ca/physical-literacy

What are the benefits?

- physical and mental health
- educational success
- positive social skills
- overall healthy and active lifestyle



What can I do?

- register in a program from the recreation guide
- borrow a free sport kit from the Strathcona County Library. Kits include: soccer, dodgeball, basketball, flag football, baseball, badminton, horseshoes, lawn toss, games and relays



MOTIVATION TO PARTICIPATE



POSITIVE MENTAL HEALTH



SELF-REGULATION AND EMOTIONAL RESILIENCY



WILLINGNESS TO TRY NEW THINGS



INDEPENDENCE



INCREASED PHYSICAL ACTIVITY



Outdoor Soccer - FUNDamentals

Spring is here and it is time to get outside! This class will work on fundamental movement skills such as running, starting/stopping, throwing and bending. Proper kicking and passing techniques will be introduced.

Broadmoor Lake Park	Field A (N)	Max 20
25467	6Y - 9Y	May 10 to Jun 14
Wed	6 - 7 pm	\$58.80

Outdoor Soccer - Learning to Train

Continue to improve and review fundamental soccer skills including dribbling, shooting and passing outside in the fresh air.

Broadmoor Lake Park	Field A (N)	Max 20
25468	9Y - 12Y	May 10 to Jun 14
Wed	7 - 8 pm	\$58.80

Tripleball - Learning to Train

Join us for a beginner volleyball class that covers fundamental skills including bumping, setting, serving and attacking. There will be fun modified game play, that follows a three rally sequence encouraging additional ball touches and practice.

Ecole Pere Kenneth Kearns School	Gym	Max 18
25440	9Y - 12Y	Apr 5 to Jun 7
Wed	6 - 7 pm	\$105.00
25441	9Y - 12Y	Apr 5 to Jun 7
Wed	7 - 8 pm	\$105.00

Try It Tuesdays

Join us every Tuesday for a fun new activity! Each week participants will be introduced to a new sport or game. There will be some fan favourites such as dodgeball and capture the flag along with an introduction to other games played across the world. Come give it a try!

St. Nicholas Catholic School	Gym	Max 20
25459	6Y - 9Y	Apr 11 to Jun 13
Tue	6:45 - 7:45 pm	\$98.00
25460	9Y - 12Y	Apr 11 to Jun 13
Tue	7:45 - 8:45 pm	\$98.00

Volleyball - Training to Train

Continue to develop and improve volleyball skills including passing, serving, spiking and blocking. Strategic play such as ball placement and switches will be introduced.

Ecole Pere Kenneth Kearns School	Gym	Max 18
25442	12Y - 15Y	Apr 5 to Jun 7
Wed	8 - 9 pm	\$105.00

Yoga

Relax and unwind in this beginner yoga class. All abilities welcome.

Millennium Place	Activity Room 2/3	Max 20
25444	9Y - 12Y	Apr 5 to Jun 7
Wed	6:30 - 7:30 pm	\$105.00

Family

Each registration includes one adult and one child. Additional participant pricing available.

Family Badminton

Learn basic badminton skills including proper grip, body positioning, various shots and serving as a family. Fun games and drills to involve all abilities.

Omit: Apr 10, May 22, May 29

Ecole Pere Kenneth Kearns School	Gym	Max 8
25435	6Y+	Apr 3 to Jun 26
Mon	7:15 - 8:15 pm	\$140.00

Family Dodgeball

Looking for a fun, family workout? Each week you will enjoy an active workout in a upbeat and social environment. Play some old time favourites and be introduced to some new exciting dodgeball variations. Omit: Apr 10, May 22, May 29

Ecole Pere Kenneth Kearns School	Gym	Max 10
25436	6Y+	Apr 3 to Jun 26
Mon	6 - 7 pm	\$140.00

Family Yoga

Relax while having fun in this family friendly class led by a certified yoga instructor. Partner poses, breathing exercises, and mindfulness will leave you feeling more connected than ever!

Millennium Place	Activity Room 2/3	Max 15
25443	6Y+	Apr 5 to Jun 7
Wed	5:30 - 6:30 pm	\$145.00



Camps

School's Out Day Camp

Make the most of your day off school! Meet new friends, have fun playing games, splashing in the pool and exploring Millennium Place! This full day camp includes pre-care from 8:30 - 9 am and post-care from 4 - 4:30 pm. Please note all School's Out Day Camps are for 6Y-12Y. They are broken into two different barcodes for swim ratios.

Millennium Place	Activity Room 3	Max 6
6Y - 7Y	9 am - 4 pm	\$50.00
25453	May 5	Fri
25454	May 19	Fri

Millennium Place	Activity Room 3	Max 14
8Y-12Y	9 am - 4 pm	\$50.00
25455	May 5	Fri
25456	May 19	Fri



Leaders in Training work . play . grow

- Youth 12-17 years old (must have completed grade 7)
- Develop leadership skills in a fun and positive environment
- Registration opens on March 1
- Program fee: \$150.00

strathcona.ca/lit

STRATHCONA
COUNTY



OUTDOOR PURSUITS

MARCH

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**Registration starts
Tuesday, March 14**



Scan to view
outdoor programs

strathcona.ca/OutdoorPrograms
780-467-2211

Child/Youth

Birds and their Nest - Parented

Little ones will learn about birds and their nests that we might see in Spring and experience what it is like to build a bird's nest.

Strathcona Wilderness Centre		Max 12
25964	3Y - 7Y	May 20
Sat	10 - 11 am	\$24.00

Finally, I'm a Butterfly! - Parented

Little ones will learn about butterflies, the process of how caterpillars transform into butterflies, have a chance to learn all about butterflies through a story, games and a craft to take home.

Strathcona Wilderness Centre		Max 12
25963	3Y - 7Y	May 13
Sat	10 - 11 am	\$24.00

I Spy using my Eyes - Parented

Enjoy special time with your children as they explore the "sense of sight" in the forest, go on a scavenger hunt and make a kaleidoscope to take home.

Strathcona Wilderness Centre		Max 12
25969	3Y+	Jun 24
Sat	10 - 11 am	\$11.00

I'm a Bug? - Parented

Enjoy special time with your children as they learn about the insect world and participate in a hunt for bugs.

Strathcona Wilderness Centre		Max 12
25967	3Y - 7Y	Jun 10
Sat	10 - 11 am	\$24.00

The Listening Walk - Parented

Enjoy special time with your children as they explore the "sense of hearing" in the forest, learn sounds birds and animals make and whether they have special ears and then make a bird caller to take home.

Strathcona Wilderness Centre		Max 12
25965	3Y - 7Y	May 27
Sat	10 - 11 am	\$24.00



Rocks are Special - Parented

Little ones will hear a fantastic story called "Trudy's Healing Stone", an engaging First Nation's story that teaches children that it is okay to have feelings and a special rock can help.

Strathcona Wilderness Centre		Max 12
25968	3Y - 7Y	Jun 17
Sat	10 - 11 am	\$24.00

Building Fairyhouses

Listen to the brilliant story, 'Fairyhouses' by Tracy Kane then use your imagination to build a special fairyhouse in the woods with your child. Learn about the environment, explore your child's creativity and have fun!

Strathcona Wilderness Centre		Max 24
25962	4Y - 7Y	May 6
Sat	10 - 11:30 am	\$17.00

Wild Critters

Exploring the forest, getting messy, and playing at the Strathcona Wilderness Centre! Join our supervised, unstructured play program that runs year round.

Strathcona Wilderness Centre		Max 12
25949	3Y - 14Y	May 2 to May 30
Tue	10 am - 12 pm	\$165.00
25950	3Y - 14Y	May 4 to May 25
Thu	10 am - 12 pm	\$132.00
25951	3Y - 14Y	Jun 6 to Jun 20
Tue	10 am - 12 pm	\$95.00
25952	3Y - 14Y	Jun 1 to Jun 22
Thu	10 am - 12 pm	\$132.00



Lost in the Woods

Children learn how to avoid getting lost when playing outdoors, what they should always have in their backpacks and practice fun activities that will help them identify what to do if they find themselves lost.

Strathcona Wilderness Centre		Max 24
25966	5Y - 9Y	Jun 03
Sat	10 - 11:30 am	\$24.00

Owl Prowl

Join our guest speaker(s) in this introduction program to the fascinating world of Alberta's owls. We will then go outside and call for Great Horned and Saw-whet owls. They may hoot back! Dress appropriately for the weather.

Strathcona Wilderness Centre		Max 40
25960	5Y+	Apr 14
Fri	7 - 10 pm	\$22.00
25961	5Y+	Apr 28
Fri	7 - 10 pm	\$22.00



Homeschool

Discover Forests and Trees

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

Strathcona Wilderness Centre	Max 15
25943	8Y - 14Y
Thu	10 am - 12 pm
	May 25
	\$24.00

Discover Wetlands

A wetlands sustains more life than any other ecosystem; it is an endless flow of producers, consumers and decomposers. SWC instructors will lead you on an exploration of a wetland using various activities to enhance your awareness of this unique ecosystem.

Strathcona Wilderness Centre	Max 15
25944	8Y - 14Y
Thu	10 am - 12 pm
	Jun 1
	\$24.00

Learn to Canoe

This program is an introduction to flat-water canoeing, with an emphasis on the fundamental canoeing skills.

Note: This program takes place at the Islet Lake Staging Area

Islet Lake	Max 16
26664	12Y+
Tue	1 - 3 pm
	Jun 13
	\$33.00

Orienteering 1 - Map Skills

Orienteering is an active sport designed to introduce proper map reading skills and the art of finding your way in the great outdoors. Students will learn techniques of map orientation, map symbols and legends, recognizing landmarks and identifying a variety of orienteering strategies. Students will practice their new skills on challenging outdoor orienteering courses.

Strathcona Wilderness Centre	Max 15
25940	9Y - 17Y
Tue	10 am - 12 pm
	May 16
	\$24.00
25948	9Y - 17Y
Thu	10 am - 12 pm
	Jun 15
	\$24.00

Orienteering 2 - Compass Skills

Continue to progress your orienteering skills by learning how to effectively use a compass. This course introduces the use of a compass, taking bearings and pacing. Participants engage in activities where they practice their new skills and participate in a challenging orienteering game.

Strathcona Wilderness Centre	Max 15
25941	8Y - 17Y
Tue	10 am - 12 pm
	May 23
	\$24.00



Orienteering 3 - GPS

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. This program combines fitness, technical skills, competition and fun.

Strathcona Wilderness Centre	Max 15
25942	12Y - 17Y
Tue	10 - 11:30 am
	May 30
	\$30.00

Outdoor Skills 1 - Firelighting

In this two hour program participants will learn and practice various firelighting techniques to enable them to start a fire in any weather. Topics include the difference between tinder and kindling, and how to collect materials responsibly from the environment to build a fire and stay warm and comfortable in the bush. Minimal impact camping concepts will be a guiding theme for the program.

Strathcona Wilderness Centre	Max 15
25929	12Y - 17Y
Tue	10 am - 12 pm
	May 9
	\$24.00
25946	12Y - 17Y
Thu	10 am - 12 pm
	Jun 8
	\$24.00

Outdoor Skills 2 - Shelter Building

Living comfortably in the woods requires knowledge and skills in shelter building. This two hour program provides the fundamentals of shelter building. Participants will learn and practice knot tying, and the use of tarps and other materials to create a shelter. Concepts of minimal impact camping will be emphasized. The focus of this program is 'hands on' experience, with the opportunity for participants to construct their own shelters and identify the reasons behind various methods of shelter building.

Strathcona Wilderness Centre	Max 15
25934	12Y - 17Y
Thu	10 am - 12 pm
	May 11
	\$24.00
25947	12Y - 17Y
Tue	10 am - 12 pm
	Jun 06
	\$24.00

Outdoor Skills 3 - Knife Skill

Participants will learn and practice safe knife techniques to enable themselves to use a knife as a tool in the outdoors. The goal of this program is to have a hands-on experience, providing participants with an opportunity to carve a spoon and a Bull Roarer. The program will culminate with a "Roar Off" encouraging participants to use the traditional noise making device they have created in a fun, noisy challenge.

Strathcona Wilderness Centre	Max 15
25938	12Y - 17Y
Thu	10 am - 12 pm
	May 18
	\$24.00

Adult Date Nights

Our Story: A Geocaching Adventure

Date Night FUN! Learn as a group how to use GPS to find geocaches with date-themed questions to inspire conversation, enjoy refreshments and a picnic box for 2. Explore the trails at Strathcona Wilderness Centre with your sweetheart and learn about each other whether your relationship is just budding or has grown into something wonderful! Join up at the end of the evening for a fireside chat and hot beverages. Equipment rental, instruction and refreshments are included. Tickets sold in a pair.

Strathcona Wilderness Centre	Max 15
26667	18Y+
Fri	6 - 8 pm
	May 12
	\$64.00

Picnic in the Park

Are you looking for new activities to try as a couple? Our Date Night series will inspire you to explore the beautiful spaces at Strathcona Wilderness Centre, enjoy a picnic box for two, and a self-guided tour at the centre. Spend your evening wildlife spotting, walking the trails, or enjoying the evening sun. Tickets sold in a pair.

Strathcona Wilderness Centre	Max 10
26668	18Y+
Sat	5 - 8 pm
	May 27
	\$64.00

Two in a Canoe

On this Date Adventure, learn basic tandem canoe skills and enjoy a picnic treat. Be surprised and amazed by the natural beauty of the setting, then relax around a group campfire to close out the evening with some hot beverages. Equipment, instruction and refreshments are included. Tickets sold as a pair.

Islet Lake	Max 10
26665	18Y+
Fri	5:30 - 8:30 pm
	June 2
	\$64.00
26666	18Y
Fri	5:30 - 8:30 pm
	June 23
	\$64.00



PERFORMING ARTS

MARCH

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**Registration starts
Tuesday, March 14**



Scan to view
performing arts programs

strathcona.ca/PerformingArts
780-467-2211

**All programs will have a final
performance at Festival Place on
Saturday, June 24. Performance
times will be given during classtime.**

Dance

Dancing Tutus

Dance like a ballerina in this creative movement program. Your child will learn age-appropriate dance steps and technique while exploring classical and modern music. Omit: May 20

Emerald Hills Leisure Centre - Sapphire Room		Max 12
26075	3Y - 4Y	Apr 15 to Jun 17
Sat	9:30 - 10:15 am	\$94.50
26076	3Y - 4Y	Apr 11 to Jun 20
Tue	10:30 - 11:15 am	\$113.40

Mini Moves

They may be mini, but they have mighty energy levels! Your child will have a blast exploring different types of dance movements including ballet, tap, jazz and hip-hop. Omit: May 20

Emerald Hills Leisure Centre - Sapphire Room		Max 12
26084	3Y - 4Y	Apr 15 to Jun 17
Sat	10:30 - 11:15 am	\$94.50
26086	3Y - 4Y	Apr 11 to Jun 20
Tue	9:30 - 10:15 am	\$113.40

Footwork Fusion **NEW**

Join us for a brand new dance offering. This energetic and varied class provides a unique fusion of European jazz dance with inspiration from line dance, Latin-style dance, and traditional ballroom dance! Dance as a group and also explore partner work, while dancing to a variety of music including western and Latin pop, hip hop, jazz, and Country.

Emerald Hills Leisure Centre - Sapphire Room		Max 16
26089	8Y - 13Y	Apr 11 to Jun 20
Tue	5:30 - 6:30 pm	\$180.00

Kidz R Movin

A high energy program that uses a variety of jazz and hip hop music. Kids will be movin', poppin' and explorin' an array of choreographed dance steps. Omit: May 20 & 22

Emerald Hills Leisure Centre - Sapphire Room		Max 16
26080	5Y - 9Y	Apr 15 to Jun 17
Sat	11:30 am - 12:30 pm	\$104.00
26081	5Y - 9Y	Apr 17 to Jun 19
Mon	5:30 - 6:30 pm	\$104.00
26082	9Y - 12Y	Apr 17 to Jun 19
Mon	6:45 - 7:45 pm	\$104.00

Drama and Theatre Arts

Imagination Theatre

Imagination is at the centre of this drama-based program. The fundamentals of acting will be the focus, including voice projection, storytelling, and stage movement. All activities will be taught through drama 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. Omit: May 20

Emerald Hills Leisure Centre - Sapphire Room		Max 16
26077	5Y - 12Y	Apr 12 to Jun 21
Wed	6 - 7 pm	\$124.80
26078	5Y - 12Y	Apr 15 to Jun 17
Sat	2 - 3 pm	\$104.00

Merfolk Theatre **NEW**

Participants will start on land learning drama and performance skills while developing a merfolk character. We will jump into the pool and learn valuable water safety skills, entries, and movement skills with and without mermaid tails. All the skills will be used to develop a water routine to share on your last day of class at the pool. The routine will be filmed and featured on the Festival Place stage as part of the spring 2023 final performance.

Emerald Hills Leisure Centre - Sapphire Room		Max 8
25959	8Y - 13Y	May 5 to Jun 23
Fri	6:45 - 8:45 pm	\$225.00

Musical Theatre

Music! Drama! Dance! Action! 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.

Emerald Hills Leisure Centre - Sapphire Room		Max 16
26087	5Y - 9Y	Apr 13 to Jun 22
Thu	5:20 - 6:20 pm	\$124.80
26088	9Y - 12Y	Apr 13 to Jun 22
Thu	6:30 - 7:30 pm	\$124.80

Makin Stuff Up IMPROV

Games, imagination, and stories this program has them all. Stir all three together and you develop unleashed laughter. Learn, play, and cooperate while playing improv and drama games and learn acting techniques. Time will fly by with giggles and jokes totally made up on the spot. This is a fun and supportive environment where kids get to be kids and focus on fun.

Emerald Hills Leisure Centre - Sapphire Room		Max 16
26083	9Y - 12Y	Apr 12 to Jun 21
Wed	7:15 - 8:15 pm	\$124.80

Off the Cuff IMPROV

Each class will take youth on a trip through an imaginary world. Learning improv skills combined with drama games and acting techniques will allow you to sharpen your wit and hone your humor. Come pretend, play, and perform. Omit: May 20

Emerald Hills Leisure Centre - Sapphire Room		Max 16
26095	12Y - 14Y	Apr 15 to Jun 17
Sat	12:45 - 1:45 pm	\$104.00

IMPROV Zone

Teens unlock your creativity and imagination. Develop acting skills while playing and performing improv and drama games. Your audience will embrace the unexpected through your imagination and quick wit.

Emerald Hills Leisure Centre - Sapphire Room		Max 16
26079	15Y - 17Y	Apr 13 to Jun 22
Thu	7:45 - 8:45 pm	\$124.80

VISUAL ARTS



**Registration starts
Tuesday, March 14**



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

Visual Arts programs at Gallery@501

Child/Youth

Camps

School's Out PD Day Art Camp May 5

Spend your day off school exploring art at Gallery@501! We'll go see art around the Community Centre, get outside and make art inspired by nature with an experienced gallery educator. All supplies included.

Gallery@501	Gallery Studio	Max 15
26085	6Y - 12Y	May 5
Fri	9 am - 4 pm	\$55.65

Art Travels

Explore art this spring! Learn new techniques, experiment with colour and create wonderful works of art. The gallery comes to you for these Saturday sessions at the Ardrossan Recreation Complex. All supplies included.

Art Travels: Silkscreen Printing

Try something new! Using special silk screens and ink, we'll create one-of-a-kind prints.

Ardrossan Recreation Complex	Cedar Room	Max 15
25793	6Y - 12Y	Apr 22
Sat	1 - 2:30 pm	\$21.00

Art Travels: Paper Weaving

Learn all about weaving and how to use paper strips to create exciting woven images.

Ardrossan Recreation Complex	Cedar Room	Max 15
25792	6Y - 12Y	May 27
Sat	1 - 2:30 pm	\$21.00

Art Travels: Charcoal Drawing

Try out a new way of making art! Create a unique charcoal image using light and shade.

Ardrossan Recreation Complex	Cedar Room	Max 15
25794	6Y - 12Y	Jun 24
Sat	1 - 2:30 pm	\$21.00

Art Wizards

This popular program is moving from Smeltzer House over to Gallery@501, where we can incorporate exhibitions into the classes! All supplies included.

Art Wizards: Acrylic Painting

Want to level up your painting skills? Interested in learning more about acrylics? Over the course of this three-week series we'll explore artwork on display at Gallery@501, then make our own acrylic creations.

Gallery@501	Gallery Studio	Max 15
25785	12Y - 14Y	Apr 12 to Apr 26
Wed	6:30 - 8:30 pm	\$75.60

Art Wizards: Linocut Printmaking

Try something out of the ordinary! We'll use special carving tools and easy to cut linoleum sheets to create beautiful relief printed designs. With the help of our experienced art educator, use the gallery's printing press to print your work.

Gallery@501	Gallery Studio	Max 15
25786	12Y - 14Y	May 3 to May 17
Wed	6:30 - 8:30 pm	\$75.60

Art Wizards: Silkscreen

Check out the art on display in Gallery@501 and get inspired to explore negative space, shape and form with a totally new medium. Silkscreen printing is a fun and unique way of creating exciting images. We'll explore how to use silkscreen frames, squeegees and screen printing ink over the course of this three-class series.

Gallery@501	Gallery Studio	Max 15
25787	12Y - 14Y	May 24 to Jun 7
Wed	6:30 - 8:30 pm	\$75.60

I Can Create!

Explore new art techniques, get inspired by kid-friendly visits to the gallery exhibition and boost your creativity with 'I Can Create!' classes this spring. All supplies included.

I Can Create! - Landscapes

Get inspired by a kid-friendly visit to a Gallery@501 exhibition, then create your own landscapes! Learn what makes a landscape different from other types of art with our experienced art educator.

Gallery@501	Gallery Studio	Max 15
25788	6Y - 12Y	Apr 12 to Apr 26
Wed	4:30 - 6 pm	\$63.00

I Can Create! - Portraits

Learn all about portraits in this three-class session! Explore the art work on display in Gallery@501 and get inspired to try out new materials and make portraits of your own.

Gallery@501	Gallery Studio	Max 15
25789	6Y - 12Y	May 3 to May 17
Wed	4:30 - 6 pm	\$63.00

I Can Create! - Printmaking

Plunge into the world of printmaking! Try out one of the coolest types of art making at the gallery, something totally different from school. We'll break out the printing press and explore the Gallery@501 exhibition, then make our own unique prints.

Gallery@501	Gallery Studio	Max 15
25790	6Y - 12Y	May 24 to Jun 7
Wed	4:30 - 6 pm	\$63.00

Family

Art Stories

Art Stories programs: Please register children only. The \$22 registration fee includes 1 child and 1 adult. All supplies included.

Art Stories: Paint Experiments

Plunge into the world of paint with Gallery@501. After reading a story, we'll use unusual painting tools, like bubble wrap, paper cups and sponges, to explore paint and develop motor skills. This is a parented program.

Gallery@501	Gallery Studio	Max 15
25772	3Y - 6Y	Apr 23
Sun	1 - 2:30 pm	\$22.00

Art Stories: Cardboard Box Creations

What's more fun than a cardboard box? We'll read a story, then get inspired to create our own cardboard box inventions. This is a parented program.

Gallery@501	Gallery Studio	Max 15
25771	3Y - 6Y	May 7
Sun	1 - 2:30 pm	\$22.00

Art Stories: Bubble Art

Play with paint! We'll read a story, then experiment with bubbles and paint to develop motor skills and create fun works of art. This is a parented program.

Gallery@501	Gallery Studio	Max 15
25773	3Y - 6Y	Jun 4
Sun	1 - 2:30 pm	\$22.00



Family Fun

Family Fun programs: Please register all participants including adults and children. The \$7.70 fee is applied to each participant. All supplies included.

Family Fun: Spring Flowers

Have a blast at Gallery@501 this spring. Get inspired by a visit to the landscapes on view in the gallery, then make your own spring flower painting!

Gallery@501	Gallery Studio	Max 20
25780	All ages	Apr 16
Sun	1 - 2:30 pm	\$7.70

Family Fun: Mystery Art Challenge!

Get crafty together! Our art educators have put together a mystery box full of art materials for you to create with! Unleash your imagination and see what you can make.

Gallery@501	Gallery Studio	Max 20
25781	All ages	May 14
Sun	1 - 2:30 pm	\$7.70

Family Fun: Watercolour Patterns

Explore watercolours as a family. Using a fun crayon and watercolour technique, we'll create resist paintings.

Gallery@501	Gallery Studio	Max 20
25782	All ages	Jun 11
Sun	1 - 2:30 pm	\$7.70

Family Fun: Father's Day Collage

Celebrate Dad with a photo collage! Bring in a photo and create a fun collage full of your dad's favorite things. All supplies included.

Gallery@501	Gallery Studio	Max 20
25783	All ages	Jun 18
Sun	1 - 2:30 pm	\$7.70

Adult

Make and Take: Paint Night!

Celebrate the beginning of spring with a relaxing night of painting. Meet new people and unwind at the Gallery@501 studio. All supplies included.

Gallery@501	Gallery Studio	Max 15
25777	18Y+	Apr 6
Thu	6 - 8:30 pm	\$28.60

Make and Take: Needle Felted Birds

Back by popular demand: needle felting! Create a needle felted bird with the help of our experienced instructor. All supplies included.

Gallery@501	Gallery Studio	Max 15
25778	18Y+	May 25
Thu	6 - 8:30 pm	\$28.60

Make and Take: Sun Printing

Explore the art of sun printing with Gallery@501. Use special paper to create sun shadow prints, also called cyanotypes. All supplies included, dependant on weather.

Gallery@501	Gallery Studio	Max 15
25779	18Y+	Jun 8
Thu	6 - 8:30 pm	\$28.60

Motanka: Traditional Ukrainian Dollmaking

Celebrate the culture of Ukraine through a traditional dollmaking class. Using high quality Ukrainian fabrics, learn the symbolic meaning behind these dolls with Ukrainian artist Myroslava Oksentiuk. Create your own one-of-a-kind doll with a unique meaning. All supplies included.

Gallery@501	Gallery Studio	Max 15
25818	18Y+	Apr 22
Sat	1 - 4 pm	\$75.00

Studio Sessions: Mixed Media

Discover mixed media over the course of six classes.

Expand your skills and explore new ways of mixing painting, drawing, collage, fabric art, and everything in between to create unique artwork. All supplies included.

Gallery@501	Gallery Studio	Max 15
25775	18Y+	Apr 13 to May 18
Thu	6 - 8:30 pm	\$163.50

Studio Sessions: Painting on Location

Brush up on your painting skills with local artist Jeff Chorney. Over the course of three classes you'll learn more about painting en plain air, techniques and tools, then get out and paint on location! All supplies included.

Gallery@501	Gallery Studio	Max 15
25776	18Y+	Jun 15 to Jun 29
Thu	6 - 8:30 pm	\$81.75

Adult 55+

Creative Club: Spring Watercolours

Looking to learn more about watercolours? Interested in expanding your skills? Explore watercolours with this six week session. At the end of each class, enjoy refreshments together and chat about your work. All supplies included.

Gallery@501	Gallery Studio	Max 15
25795	55Y+	Apr 5 to May 10
Wed	9:30 - 11:30 am	\$151.20

Creative Club: Painting Trees

Celebrate the beauty of nature and the everchanging world of trees with this three week class. At the end of each class, enjoy refreshments together and chat about your work. All supplies included.

Gallery@501	Gallery Studio	Max 15
25796	55Y+	May 17 to May 31
Wed	9:30 - 11:30 am	\$75.60

Creative Club: Charcoal Drawing

Explore charcoal drawing over the course of three weeks. White charcoal, willow charcoal, we'll try it all and create beautiful works of art. At the end of each class, enjoy refreshments together and chat about your work. All supplies included.

Gallery@501	Gallery Studio	Max 15
25797	55Y+	Jun 7 to Jun 21
Wed	9:30 - 11:30 am	\$75.60

Visual Arts programs at Smeltzer House

Child/Youth

One Stitch at a Time

From threading the needle to stitching the pattern, this kid-friendly beginner's class will walk you through the basics of hand and machine sewn craft. All are welcome to try their hands at sewing their own charming creations. All supplies included.

Smeltzer House	Lower Lounge	Max 6
25906	9Y - 14Y	Apr 19 to May 3
Wed	4:30 - 6 pm	\$108.00
25907	9Y - 14Y	May 31 to Jun 14
Wed	4:30 - 6 pm	\$108.00

Mother's Day Glass Art

Make this Mother's Day extra special with a miniature glass keepsake made with love and care. No experience required. All supplies included. Please wear closed-toe shoes to class. Projects will be ready for pick up one week after class.

Smeltzer House	Studio One	Max 6
25887	9Y - 17Y	May 6
Sat	10 - 11:30 am	\$49.50
25888	9Y - 17Y	May 6
Sat	12:30 - 2 pm	\$49.50

Father's Day Glass Art

Make this Father's Day extra special with a miniature glass keepsake made with love and care. No experience required. All supplies included. Please wear closed-toe shoes to class. Projects will be ready for pick up one week after class.

Smeltzer House	Studio One	Max 6
25889	9Y - 17Y	Jun 3
Sat	10 - 11:30 am	\$49.50
25890	9Y - 17Y	Jun 3
Sat	12:30 - 2 pm	\$49.50

Father's Day Clay Art

Make this Father's Day extra special with a handmade keepsake made with love and care. No experience required. All supplies included.

Smeltzer House	Clay Hut	Max 12
25998	6Y - 8Y	Jun 3
Sat	12 - 1:30 pm	\$18.00
25999	9Y - 12Y	Jun 3
Sat	2 - 3:30 pm	\$18.00

Clay Dabblers

Use your imagination as inspiration to create exciting projects from clay. Fanciful sculptures, coiled bowls and slab pots will be explored through basic ceramic techniques. No experience required. All supplies included. Omit: May 20

Smeltzer House	Clay Hut	Max 12
25992	6Y - 8Y	Apr 22 to Jun 17
Sat	10 - 11:30 am	\$144.00

Glass Fusing I + II

Cut, shape, embellish and create a new project each week while exploring your creativity in the fused layers of glass. All supplies included. No experience required. Returning students are welcome! Please wear closed-toe shoes to class. Projects will be ready for pick up one week after class.

Smeltzer House	Studio One	Max 6
25847	9Y - 17Y	Apr 18 to May 2
Tue	4:30 - 6 pm	\$148.50
25848	9Y - 17Y	May 9 to May 23
Tue	4:30 - 6 pm	\$148.50
25849	9Y - 17Y	May 30 to Jun 13
Tue	4:30 - 6 pm	\$148.50

After School Clay

A great after school program to introduce clay to the first-time participant. Fanciful sculptures, coiled bowls and slab pots will be explored through basic ceramic techniques. All supplies included.

Smeltzer House	Clay Hut	Max 12
25990	9Y - 12Y	Apr 21 to Jun 16
Fri	4:30 - 6 pm	\$162.00

Teens Pottery

Introduce young potters to creative hand building and basic wheel throwing techniques. No experience required. Please bring your own apron, hand towel, and wear comfortable clothing that you do not mind getting clay on. All supplies included.

Smeltzer House	Clay Hut	Max 10
25991	12Y - 17Y	Apr 21 to Jun 23
Fri	6:30 - 9 pm	\$300.00

Homeschool

Artist ABCs - Watercolour

There is so much you can do with watercolour and we are determined to try all the tricks that little masters need to know. All supplies included.

Smeltzer House	Upper Lounge	Max 10
25896	6Y - 12Y	Apr 20 to May 4
Thu	10 - 11:30 am	\$63.00

Artist ABCs - Oil Pastels

Let's find our creative mojo with a few of our favourite oil pastel techniques. Find diverse ways to layer and blend colour, and explore texture application. All supplies included.

Smeltzer House	Upper Lounge	Max 10
25897	6Y - 12Y	May 11 to May 25
Thu	10 - 11:30 am	\$63.00

Artist ABCs - More Than Scribbles

Express thoughts and observations through relaxing scribbles, quick sketches and various line drawings with different techniques and mediums. All supplies included.

Smeltzer House	Upper Lounge	Max 10
25898	6Y - 12Y	Jun 1 to Jun 15
Thu	10 - 11:30 am	\$63.00

Craft + Sampler

Get creative with different visual art and fine craft mediums. Enjoy clay building in the Clay Hut, glass fusing at Studio One and art making at Smeltzer House. All supplies included.

Smeltzer House	Clay Hut/Studio One	Max 8
25861	9Y - 12Y	Apr 20 to May 4
Thu	10 - 11:30 am	\$108.00
25862	9Y - 12Y	May 11 to May 25
Thu	10 - 11:30 am	\$108.00
25863	9Y - 12Y	Jun 1 to Jun 15
Thu	10 - 11:30 am	\$108.00

Glass Fusing - Trees in Bloom

Fuse your creativity in the layers of glass and learn techniques for creating your own miniature glass sun catcher inspired by the blossoming trees in spring. No experience required. All supplies included. Please wear closed-toe shoes to class. Projects will be ready for pick up one week after class.

Smeltzer House	Studio One	Max 6
25872	9Y - 17Y	Apr 20
Thu	10 - 11:30 am	\$49.50

Glass Fusing - Flower Bowls

Cut, shape and assemble a stunning and colourful flower to fuse into a beautiful glass bowl. No experience required. All supplies included. Please wear closed-toe shoes to class. Projects will be ready for pick up one week after class.

Smeltzer House	Studio One	Max 6
25873	9Y - 17Y	May 11
Thu	10 - 11:30 am	\$49.50

Glass Fusing - Garden Stake

Create glass flowers that will last all year! Cut, layer and fuse glass into unique designs to create a one-of-a-kind garden stake to display inside or outside. All supplies included. Please wear closed-toe shoes to class. Projects will be ready for pick up one week after class.

Smeltzer House	Studio One	Max 6
25874	9Y - 17Y	Jun 1
Thu	10 - 11:30 am	\$49.50



Family

Family Glass Fusing

Bring your family and friends to this hands-on class to create miniature glass decorations. This class is for one group of up to six participants per booking. Each participant has a choice of making one 4" x 4" project or maximum of four 2" x 2" projects. No experience required and returning students are welcome! All supplies included. Projects will be ready for pick up one week after class. Please wear closed-toe shoes to class.

Smeltzer House	Studio One	
25875	9Y+	Apr 22
Sat	10 - 11:30 am	\$145.00
25876	9Y+	Apr 22
Sat	12 - 1:30 pm	\$145.00
25877	9Y+	Apr 29
Sat	10 - 11:30 am	\$145.00
25878	9Y+	Apr 29
Sat	12 - 1:30 pm	\$145.00
25879	9Y+	May 13
Sat	10 - 11:30 am	\$145.00
25880	9Y+	May 13
Sat	12 - 1:30 pm	\$145.00
25881	9Y+	May 27
Sat	10 - 11:30 am	\$145.00
25882	9Y+	May 27
Sat	12 - 1:30 pm	\$145.00
25883	9Y+	Jun 10
Sat	10 - 11:30 am	\$145.00
25884	9Y+	Jun 10
Sat	12 - 1:30 pm	\$145.00
25885	9Y+	Jun 17
Sat	10 - 11:30 am	\$145.00
25886	9Y+	Jun 17
Sat	12 - 1:30 pm	\$145.00



Family Clay

Introduce your family and friends to the wonders of clay. Explore either pinch, coil or slab building techniques while you create memories and your own treasures in clay. Projects vary from class to class so you can register more than once! This class is for one group of up to six participants per booking. Adult participation is required. All supplies included. No experience required. Project pick up in 3-4 weeks.

Smeltzer House	Clay Hut	
25995	6Y+	Apr 29
Sat	12 - 1:30 pm	\$105.00
25996	6Y+	Jun 10
Sat	12 - 1:30 pm	\$105.00
25997	6Y+	Jun 17
Sat	12 - 1:30 pm	\$105.00

You + Me + Clay

Bring the little ones to create their very first clay project to treasure for years to come. This class is for a group of up to three participants (adult + max of 2 kids) per booking. Adult participation is required. All supplies included. Project pick up in 3-4 weeks.

Smeltzer House	Clay Hut	Max 4
26000	3Y+	May 8
Mon	10 - 11:30 am	\$55.00
26001	3Y+	Jun 19
Mon	10 - 11:30 am	\$55.00

Teen/Adult

Writing Pysanka

Join us for an evening of exceptional and delightful creativity, and learn the meditative process of creating a traditional Ukrainian Easter egg. This workshop will guide you through the meditative method of applying patterns and intricate designs with beeswax to create a timeless, delicate and fragile work of art – Pysanka. This class is suitable for all levels. All supplies included.

Smeltzer House	Upper Lounge	Max 8
24486	14Y+	Apr 5
Wed	6 - 9 pm	\$40.00

Weaving

Join Strathcona County Weavers for the evening of exceptional and delightful creativity and learn the meditative process of hand weaving. Create a set of four woven coasters to add a little warmth and style to your home. This 3-week course includes demonstrations on winding a warp, threading, and dressing a loom, as well as how to hem stitch their weavings. All supplies included.

Smeltzer House	Lower Lounge	Max 6
25894	14Y+	May 10 to May 24
Wed	6:30 - 8:30 pm	\$162.00

Clay Workshop - Plant Pots

Using traditional hand building techniques create a new home for your favourite plants – a set of charming planting pots with decorative texture and details. All supplies included. No experience required. Projects will be available for pick up 3 - 4 weeks after the second class. Omit: Apr 29

Smeltzer House	Clay Hut	Max 10
25994	14Y+	Apr 22 to May 6
Sat	12 - 2 pm	\$60.00

Clay Workshop - Bird House

Make your very own bird house using traditional hand building techniques. Add decorative texture and unique details to make a lovely ceramic piece for your home or to put it outside for your feathered friends to enjoy. All supplies included. No experience required. Projects will be available for pick up 3 - 4 weeks after the second class. Omit: May 2

Smeltzer House	Clay Hut	Max 10
25993	14Y+	May 13 to May 27
Sat	12 - 2 pm	\$60.00

Oil Painting - Abstract the Landscape

Designed for the beginner and intermediate painter to learn the alluring medium of oil painting. Starting with the basics, learn the process of abstracting the landscape inspired and drawn from personal memories and connections with nature. Experiment with lines, colour, shape and mark making to create movement and rhythmic patterns. Learn ways to mix, blend and move oil paint to manipulate visual space in a sound and vibrant composition. This course is suitable for all levels, all supplies included. Instructor: Yvonne DuBourdieu.

Smeltzer House	Upper Lounge	Max 8
25958	18Y+	May 27 to Jun 10
Sat	10 am - 1 pm	\$120.00

Glass Fusing I + II

Starting with the fundamentals such as glass handling, cutting, and assembling, students will design unique fused and slumped glass projects. All supplies included. No experience required. Returning students are welcome! Participants must be able to work independently and wear closed-toe shoes to class. Projects will be ready for pick up one week after class.

Smeltzer House	Studio One	Max 6
25850	18Y+	Apr 18 to May 2
Tue	6:30 - 8:30 pm	\$216.00
25851	18Y+	May 9 to May 23
Tue	6:30 - 8:30 pm	\$216.00
25852	18Y+	May 30 to Jun 13
Tue	6:30 - 8:30 pm	\$216.00
25864	18Y+	Apr 20 to May 4
Thu	12:30 - 2:30 pm	\$216.00
25865	18Y+	May 11 to May 25
Thu	12:30 - 2:30 pm	\$216.00
25866	18Y+	Jun 1 to Jun 15
Thu	12:30 - 2:30 pm	\$216.00

Glass Fusing II – Enchanted Forest

Put your glass fusing skills to work and create a magical scenery filled with flowery trees and shy mystical creatures. Students will work with frit, stringers, and glass and make a multi-fired free-standing piece. This course is suitable for those who have previously attended a 3-week Glass Fusing I + II course and are confident with handling and cutting glass. All supplies included. Participants must be able to work independently. Please wear closed-toe shoes to class. Projects will be ready for pick up one week after class.

Smeltzer House	Studio One	Max 6
25891	18Y+	May 8 to May 15
Mon	6:30 - 8:30 pm	\$144.00

Glass Fusing II – Springtime Oasis

Put your glass fusing skills to work and create a colourful landscape filled with spring flowers and critters. Students will work with frit, stringers, and glass and make a multi-fired free-standing piece. This course is suitable for those who have previously attended a 3-week Glass Fusing I + II course and are confident with handling and cutting glass. All supplies included. Participants must be able to work independently. Please wear closed-toe shoes to class. Projects will be ready for pick up one week after class.

Smeltzer House	Studio One	Max 6
25892	18Y+	May 29 to Jun 5
Mon	6:30 - 8:30 pm	\$144.00

Glass Studio Time

Glass Studio Time provides an opportunity to use our studio space, tools, and equipment to work independently on individual designs within kiln space and studio requirements. This course is suitable for those who have previously attended multiple 3-week Glass Fusing I + II courses and have achieved the skills required to complete their desired project(s) independently within course timelines. No instruction is provided during the Glass Studio Time. Additional fees for glass materials and firing will be applied based on the individual project and materials used. Projects vary from \$7.50 (fused project 3"x3") to \$57.50 (slumped project 13"x13"). If you have any questions, please contact Visual Arts Programmer at Smeltzer House prior to first class.

Smeltzer House	Studio One	Max 6
25853	18Y+	Apr 19 to May 17
Wed	6:30 - 8:30 pm	\$132.50
25854	18Y+	May 24 to Jun 21
Wed	6:30 - 8:30 pm	\$132.50



Absolute Beginner Pottery

Learn the basics of becoming a potter. This introductory course will cover basic ceramic techniques including hand building, wheel throwing, surface decoration and establish a strong foundation for successful pottery making. Price includes a box of clay, use of studio tools and equipment, coloured slips and stains, glazes, and firing. Please note extra clay cannot be purchased. Please bring your own apron, hand towel, and wear comfortable clothing that you do not mind getting clay on.

Omit: May 22

Smeltzer House	Clay Hut	Max 10
25980	18Y+	Apr 17 to Jun 26
Mon	1 - 4 pm	\$330.00
25981	18Y+	Apr 17 to Jun 26
Mon	6 - 9 pm	\$330.00
25984	18Y+	Apr 19 to Jun 21
Wed	1 - 4 pm	\$330.00
25985	18Y+	Apr 19 to Jun 21
Wed	6 - 9 pm	\$330.00
25988	18Y+	Apr 21 to Jun 23
Fri	9 am - 12 pm	\$330.00
25989	18Y+	Apr 21 to Jun 23
Fri	1 - 4 pm	\$330.00

Beginner Wheel Throwing

Develop, practice, and improve pottery throwing skills. This course is for beginners and for those wanting to improve their confidence in working with potter's wheel. Practice centering, pulling walls, trimming, and making functional and more complex ware. Price includes a box of clay, use of studio tools and equipment, coloured slips and stains, glazes, and firing. Please note extra clay cannot be purchased. Some experience recommended but not required. Please bring your own apron, hand towel, and wear comfortable clothing that you do not mind getting clay on.

Smeltzer House	Clay Hut	Max 10
25982	18Y+	Apr 18 to Jun 20
Tue	1 - 4 pm	\$330.00
25983	18Y+	Apr 18 to Jun 20
Tue	6 - 9 pm	\$330.00



Intermediate Pottery

You have mastered the basics and ready for more. This advanced course is for students looking to bring their pottery skills to perfection. Potters will challenge the basics, focus on learning to design, and plan, and make more technically difficult forms. Price includes a box of clay, use of studio equipment, coloured slips and stains, glazes, and firing. Please note extra clay cannot be purchased. Students are required to bring their own pottery tools, apron, and hand towel.

Smeltzer House	Clay Hut	Max 10
25986	18Y+	Apr 20 to Jun 22
Thu	1 - 4 pm	\$330.00
25987	18Y+	Apr 20 to Jun 22
Thu	6 - 9 pm	\$330.00

Adult 55+

Glass Fusing 55Y+

Begin your morning creating miniature glass artworks. Projects vary from class to class so you can register more than once! All supplies and firing included. No experience required. Participants must be able to work independently and wear closed-toe shoes to class. Projects will be ready for pick up one week after class.

Smeltzer House	Studio One	Max 6
25855	55Y+	May 4
Thu	10 - 11:30 am	\$58.00
25856	55Y+	May 25
Thu	10 - 11:30 am	\$58.00
25857	55Y+	Jun 15
Thu	10 - 11:30 am	\$58.00

Clay Circle 55Y+

Spend your mornings in the Clay Hut studio learning traditional hand building techniques. Pinch, coil, and roll the clay to create beautiful handmade pottery pieces to decorate with glaze on the last class. After each class enjoy tea + coffee + treats and each other's company at Smeltzer House. All supplies included.

Omit: May 08, June 19

Smeltzer House	Clay Hut/Lower Lounge	Max 10
25823	55Y+	Apr 17 to May 15
Mon	10 - 12 pm	\$120.00
25824	55Y+	May 29 to Jun 26
Mon	10 - 12 pm	\$120.00



ADULT/SENIOR

MARCH

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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**Registration starts
Tuesday, March 14**



Scan to view adult and older adult programs

strathcona.ca/AdultFitness
780-464-8262

Fitness

All in One!

Challenge your cardio, strength, balance and flexibility to reach your fitness goals. Old school aerobics meets new age fitness while using the beat of the music to keep your heart pumping.

Ardressan Recreation Complex	Hall	Max 12
25712	40Y+	Apr 4 to Jun 20
Tue	10:15 - 11:15 am	\$114.00
25713	40Y+	Apr 6 to Jun 22
Thu	10:15 - 11:15 am	\$114.00
25714	40Y+	Apr 4 to Jun 22
Tue/Thu	10:15 - 11:15 am	\$168.00

High Fitness

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

Millennium Place	Purple Room	Max 18
25731	14Y+	Apr 4 to Jun 20
Tue	7 - 8 pm	\$132.00

POUND®

POUND® is a full-body jam session that combines cardio, conditioning and core work with the excitement and euphoria of drumming. Designed for all fitness levels, POUND® provides the perfect atmosphere to let loose, get energized, tone up and rock out! Omit: Apr 20, 27

Millennium Place	Purple Room	Max 18
25741	14Y+	Apr 6 to Jun 22
Thu	7:30 - 8:15 pm	\$95.00

Turning Back the Clock

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

Glen Allan Recreation Complex	Wellness Centre and Studio 206	Max 16
25753	50Y+	Apr 4 to Jun 20
Tue	9:15 - 10:15	\$114.00
25754	50Y+	Apr 4 to Jun 20
Tue	10:15 - 11:15 am	\$114.00
25755	50Y+	Apr 6 to Jun 22
Thu	9:15 - 10:15 am	\$114.00

UpBeat Barre

Shape and define your body with the help of a barre and light resistance. You'll get a full-body, high energy workout that will have you feeling the burn.

Millennium Place	Blue Room	Max 18
25758	16Y+	Apr 5 to Jun 21
Wed	9 - 10 am	\$132.00

Glen Allan Recreation Complex	Studio 203	Max 18
26669	16Y+	Apr 4 to Jun 20
Tue	5 - 6 pm	\$132.00

Water Fitness

Aqua Zumba®

Perfect for those looking to make a splash by adding a high-energy workout to their fitness routine. This class blends the Zumba format with water resistance for one pool party you don't want to miss. Omit: Apr 10, May 22

Kinsmen Leisure Centre	Lap Pool	Max 18
25715	14Y+	Apr 3 to Jun 19
Mon	7 - 8 pm	\$110.00



Floating Fitness Bootcamp

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

Emerald Hills Leisure Centre	Teach Pool	Max 13
25724	16Y+	Apr 6 to Jun 22
Thu	7 - 8 pm	\$132.00

Sports

Swim Training

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

Millennium Place	Lap Pool	Max 12
25704	16Y+	Apr 5 to Jun 21
Wed	10:30 - 11:30 am	\$132.00

Kung Fu

This class emphasizes overall health and fitness through the development of controlled movements and sequences to promote the circulation of Chi energy and foster physical and mental well being. Omit: May 21

Millennium Place	Blue Room	Max 16
25733	12Y+	Apr 16 to Jun 18
Sun	12 - 1 pm	\$85.50



Mind and Body

Aging Backwards with Essentrics™

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

Omit: May 22

Millennium Place	Blue Room	Max 18
25706	50Y+	Apr 17 to Jun 19
Mon	12:15 - 1 pm	\$85.50
25707	50Y+	Apr 5 to Jun 21
Wed	10:30 - 11:15 am	\$114.00
Glen Allan Recreation Complex	Studio 203	Max 18
25708	50Y+	Apr 14 to Jun 23
Fri	10:15 - 11 am	\$104.50

Essentrics™

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

Glen Allan Recreation Complex	Studio 203	Max 18
25722	16Y+	Apr 4 to Jun 20
Tue	7:15 - 8:15 pm	\$132.00

Full Body Yoga

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

Omit: May 22

Millennium Place	Blue Room	Max 18
25725	16Y+	Apr 17 to Jun 19
Mon	6 - 7 pm	\$99.00
Glen Allan Recreation Complex	Studio 203	Max 18
25728	16Y+	Apr 6 to Jun 22
Thu	7 - 8 pm	\$132.00
Ardrossan Recreation Complex	Hall	Max 18
25726	16Y+	Apr 4 to Jun 20
Tue	7 - 8:15 pm	\$156.00

Indoor Group Cycling

Ride and Define

Looking to effectively train every part of your body? Ride the bike and get ripped in one workout – intervals of cycling and off the bike exercises will help you get the most out of your workout. Feel free to wear cycle shoes or sneakers for the ride portion of the class, but sneakers are required for the strength portion off the bike.

Millennium Place	Red & Purple Room	Max 18
25747	16Y+	Apr 5 to Jun 21
Wed	9:15 - 10:15 am	\$132.00



Rev Up

Do you want to train like an athlete, ride like a racer and find your inner competitor? Jump on a bike and ride to the driving beats that will improve your cardio endurance and muscular strength. This low impact/high intensity workout designed for multi levels of fitness, will leave you drenched in sweat, yet inspired to come back for more!

Millennium Place	Red Room	Max 18
25745	16Y+	Apr 6 to Jun 22
Thu	6:30 - 7:30 pm	\$132.00

Pre-natal and Post-natal

Prenatal Yoga

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

Glen Allan Recreation Complex	Studio 203	Max 12
25869	16Y+	Apr 17 to May 15
Mon	6:45 - 7:45 pm	\$55.00
25870	16Y+	May 29 to Jun 26
Mon	6:45 - 7:45 pm	\$55.00

Baby Worx - Aqua

You and your little one will love this water workout. This aqua class is designed for all fitness levels while your baby enjoys some floating fun. Omit: May 22

Emerald Hills Leisure Centre		Max 16
25716	16Y+	Apr 17 to Jun 19
Mon	11 - 11:45 am	\$99.00
25720	16Y+	Apr 17 to Jun 19
Mon	12 - 12:45 pm	\$99.00
25717	16Y+	Apr 5 to May 10
Wed	10:15 - 11 am	\$66.00
25719	16Y+	May 17 to Jun 21
Wed	10:15 - 11 am	\$66.00
Kinsmen Leisure Centre		Max 16
26671	16Y+	Apr 4 to May 9
Tue	9:30 - 10:15am	\$66.00
26672	16Y+	May 16 to June 20
Tue	9:30 - 10:15am	\$66.00

Virtual

These classes are held virtually through Zoom.

Aging Backwards with Essentrics™

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

Virtual		Max 20
25761	50Y+	Apr 5 to Jun 21
Wed	10:30 - 11:15 am	\$84.00

Stability Yoga

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

Virtual		Max 20
25762	50Y+	Apr 6 to Jun 29
Thu	11:15 am - 12:15 pm	\$91.00

Health Based

Boxing Circuit

For people recently diagnosed with Parkinson's or other chronic conditions, this boxing and circuit training program will help you feel and function better. Participants are encouraged to bring their own boxing gloves.

Millennium Place	Combatives Room	Max 16
25721		Apr 5 to Jun 28
Wed	10:15 - 11:15 am	\$110.00

Next Step Deep Water

This reduced impact class is ideal for people with mobility issues as we focus on improving joint function, strength and cardiovascular fitness. This class is held in our fully accessible warm water pool.

Emerald Hills Leisure Centre	Teach Pool	Max 16
25736		Apr 5 to Jun 28
Wed	10 - 11 am	\$110.00

Next Step Individual

Join us in the weight room as you work on improving your endurance, strength, balance and mobility. Under the supervision of certified trainer, participants will follow their individual program for 1 hour followed by a 30-minute group stretch. Omit: Apr 10, May 22

Glen Allan Recreation Complex	Studio 206	Max 12
25737		Apr 3 to Jun 26
Mon	9:30 - 11 am	\$93.50
25738		Apr 14 to Jun 30
Fri	9:30 - 11 am	\$102.00

Next Step Shallow Water

This reduced impact class is ideal for people with mobility restrictions as we focus on improving joint function, strength and cardiovascular fitness. Our warm water pool is fully accessible.

Emerald Hills Leisure Centre	Teach Pool	Max 16
25739		Apr 14 to Jun 30
Fri	11 - 11:45 am	\$102.00

Pole Walking & Strength

For people living with Parkinson's and other chronic conditions, this fitness program will help you feel and function better. With a focus on fast-action exercises, as well as increasing strength, power and flexibility, this program is designed to enhance quality of life.

Omit: May 22

Millennium Place	MaxWell Realty Field	Max 16
25740		Apr 3 to Jun 26
Mon	10:15 - 11:15 am	\$102.00

Stability Yoga

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

Millennium Place	Blue Room	Max 18
25752		Apr 6 to Jun 29
Thu	11:15 am - 12:15 pm	\$110.50

SWIMMING

MARCH

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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**Registration starts
Tuesday, March 21**



Scan to view swimming programs
strathcona.ca/SwimPrograms
780-464-2112

Parent & Tot aquatic programs

Parent & Tot classes provide an opportunity for parents and children to enjoy in-water interaction in a fun and social setting. Focusing on the importance of play and developing water positive attitudes and skills, children gain valuable exposure to being in and around the water. Parents will learn to be Water Smart® to keep themselves and their child safe in any aquatic setting. Activities and progressions in Parent & Tot are based on developmental stages. Parent & Tot levels are based on the age of the child.

Parent & Tot 1: Age: 4-12 months

Parents and babies will explore the water together under the watchful eyes of their instructor. They will learn how to safely enter and exit the water and work on getting ready to discover the water safely. Parents will learn how to safely support their child while they play.

Parent & Tot 2: Age: 12-24 months

Instructors will lead sessions to help parents with children learn basic water safety skills in a welcoming environment. Parents are taught how to support their child with assisted entries and exits into water and support them in learning to float and kick. They can celebrate together when the child can get their face wet and blow bubbles for the first time.

Parent & Tot 3: Age: 2-3 years

Parents will work towards supporting their toddlers in becoming more independent in the water. Getting in, getting out, going under, and floating, parents and toddlers will be introduced to different iterations of these fundamental skills.

Preschool aquatic programs

Preschool gives children an early start on learning to swim. Children 3-5 years old will have fun while gaining foundational water skills and become comfortable in the water. Water Smart® education is incorporated into all Preschool levels to support children in learning how to keep themselves safe in and around the water. Preschool levels are skill based.

Preschool 1

Preschoolers will be assisted by their instructor when learning to enter and exit water safely, jump into chest deep water, and put their faces in the water to blow bubbles. Becoming comfortable with floats and glides and moving safely in shallow water while wearing lifejackets will help them gain confidence with their water skills.

Preschool 2

Preschoolers will work on becoming more independent with their water skills. Some of these skills include jumping into chest deep water unassisted, submerging and exhaling underwater, and floating and gliding with various buoyant aids. They will be introduced to lateral rollovers and practice their flutter kick on their backs.

Preschool 3

Preschoolers will kick and glide their way through the water on their fronts and backs. They will work on retrieving objects from the bottom in water that is waist deep, and work towards mastering their floats, rollovers, glides, and kicks. In this level they work their way into deeper water for side entries and jumping in with their lifejackets on.

Preschool 4

Preschoolers will gain some independence in deep water. They will practice jumping into deeper water (including getting out by themselves), sideways entries, and opening their eyes underwater. These swimmers in training will work on completing 5m of front crawl in their lifejackets and work on their ability to tread water.

Preschool 5

Preschoolers will work towards achieving important swimming milestones. They will work on being able to support themselves treading in deep water for 10 seconds and complete 5m swims with front crawl and back crawl. Wearing a lifejacket, they will practice forward roll entries into deep water, learn to whip kick in a vertical position, and be introduced to interval training.



Spring swim programs for every age and ability

Strathcona County offers a variety of swim programs at two locations during the spring months.

Session 1: April 3 - 27 (7 or 8 classes, twice a week) at Emerald Hills Leisure Centre

Session 2: April 18 - June 25 (10 week session) at Kinsmen Leisure Centre

Session 3: May 1 - June 26 (8 week session) at Emerald Hills Leisure Centre

Swimmer aquatic programs

Swimmer is a 6-level, success-oriented learn to swim program for children 5-12 years old. There is a prominent focus on in-water swimming practice as swimmers learn fundamental strokes and skills, mastering them as they progress through the program. Swimmers also learn how to be safe in, on, and around the water through Water Smart® education incorporated into every level. Swimmer levels are skill based.

Swimmer 1

Building the foundation of swimming skill development, beginner swimmers will gain confidence in the water as they learn safe entries into various depths of water; treading water in a lifejacket, opening their eyes underwater, and breath control. Once they have learned their floats, rollovers, glides, and kicks from front to back, they will front crawl their way into the next level.

Swimmer 2

Swimmers will gain comfort in deeper water by jumping in, learning their sideways entry, and treading water without a lifejacket. Swimmers will be challenged by the introduction of various skills including flutter kick on their front, back, and side, vertical whip kick with an aid, and swimming front crawl and back crawl for 10m. Swimmers will get to work on their Swim to Survive skills and be introduced to interval training.

Swimmer 3

Swimmers will make a splash with their kneeling dives and forward roll entries. Swimmers will be challenged with the introduction to more difficult (but fun) skills such as handstands in shallow water and in front somersaults (in water). Increased time and distance components are incorporated for skills learned such as flutter kick on front and back, whip kick on back, front and back crawl, and interval training.

Swimmer 4

Swimmers will move from a beginner to intermediate swimming level. Swimmers will complete standing dives, tread water for 1 minute, and work towards being able to swim underwater for 5m. Swimmers will achieve the Swim to Survive standard by being able to roll into deep water, tread water for 1 minute, and swim 50m. In addition to improving their front crawl, back crawl, and whip kick, swimmers will be introduced to breaststroke.

Swimmer 5

Swimmers will be challenged with a whole new set of skills; shallow dives, tuck jumps (cannonball entries), eggbeater kick, and backward somersaults (in water). Technique and endurance will also receive greater focus as swimmers will need to complete longer distance swims and interval training sessions for all their strokes.

Swimmer 6

As the final level in the Swimmer program, swimmers will build up their advanced skillset. Swimmers will work towards mastering stride entries, compact jumps, and lifesaving kicks. They will also refine their strokes to increase their swimming strength, power, and endurance - critical for success in the 300m workout required to complete the level.

Canadian Swim Patrol

The Lifesaving Society's 3 level Canadian Swim Patrol program is for swimmers who are ready to go beyond learn-to-swim. The programs focus on developing strength and proficiency while introducing swimmers to the challenging world of lifesaving. Swimmers will have fun enhancing their capability in the water, increasing their physical conditioning, and learning lifesaving judgement. Each level will continue to develop swimmers' strokes and provide a skill foundation that will prepare them for success in the Society's Bronze Medal Awards. Each level of the Canadian Swim Patrol program has three modules: Water Proficiency, First Aid, and Recognition and Rescue.

Rookie Patrol

Rookie Patrol lays the foundation of the Swim Patrol program. It includes 4 main components: stroke refinement, fitness, first aid, and lifesaving. Stroke refinement is focused on front crawl, back crawl, and breaststroke. Fitness components include a 350m workout and 100m timed swim. Swimmers will learn about assessing conscious victims, contacting EMS, and treatment for bleeding. Rookie Patrol is rounded off with an introduction to lifesaving skills, including self rescue techniques, victim recognition, and using throwing assists.

Ranger Patrol

Stroke refinement and underwater proficiency continues to be a focus in Ranger Patrol as it is critical for supporting swimmer fitness. Swimmers can expect their fitness levels to increase as they work towards a 200m timed swim. First aid at the Ranger Patrol level includes assessment of unconscious victims, treating for shock, and procedures for obstructed airways. Lifesaving skills are expanded to include object support and non-contact rescues with a buoyant aid.

Star Patrol

Star Patrol will prepare swimmers for the Bronze Star Award. Strokes will continue to be refined through completion of 100m swims. It demands good physical conditioning as swimmers will be challenged with a 600m workout, 300m timed swim, and a 25m object carry. First aid at this level focuses on treatment of bone and joint injuries, and respiratory emergencies like asthma and allergic reactions. Lifesaving skills include in water defence methods, rolling over and supporting victims in shallow water, and removing victims from shallow water. Swimmers that complete Star Patrol will be well on their way to becoming bona fide Lifesavers.

Emerald Hills Leisure Centre

Session 1: 7 or 8 classes, twice a week

Mon/Wed: April 3 - 26 (7 days) - Omit: April 10
Tue/Thu: April 4 - 27 (8 days)

Parent & Tot 1, 2, 3 and Preschool 1:
Mon/Wed \$46.90 | Tue/Thu \$53.50

Preschool 2-5 and Swimmer 1-6:
Mon/Wed \$59.50 | Tue/Thu \$68.00

Parent & Tot 1		EHLCL
Class-Day	Class-Time	Course-Id
Mon/Wed	4 - 4:30 pm	26090
Mon/Wed	1 - 1:30 pm	26091
Mon/Wed	2:30 - 3 pm	26092
Mon/Wed	5:30 - 6 pm	26093
Mon/Wed	7 - 7:30 pm	26094
Tue/Thu	4 - 4:30 pm	26152
Tue/Thu	2:30 - 3 pm	26153
Tue/Thu	5:30 - 6 pm	26154

Preschool 2		EHLCL
Class-Day	Class-Time	Course-Id
Mon/Wed	4 - 4:45 pm	26011
Mon/Wed	4:45 - 5:30 pm	26112
Mon/Wed	5:30 - 6:15 pm	26113
Mon/Wed	6:15 - 7 pm	26114
Mon/Wed	7 - 7:45 pm	26115
Tue/Thu	5 - 6 pm	26012
Tue/Thu	4:30 - 5:15 pm	26165
Tue/Thu	2:30 - 3:15 pm	26168

Swimmer 2		EHLCL
Class-Day	Class-Time	Course-Id
Mon/Wed	4 - 4:45 pm	26022
Mon/Wed	4:45 - 5:30 pm	26126
Mon/Wed	5:30 - 6:15 pm	26127
Mon/Wed	6:15 - 7 pm	26128
Mon/Wed	7 - 7:45 pm	26129
Tue/Thu	6 - 6:45 pm	26023
Tue/Thu	5 - 6 pm	26174
Tue/Thu	4:30 - 5:15 pm	26175
Tue/Thu	2:30 - 3:15 pm	26176

Parent & Tot 2		EHLCL
Class-Day	Class-Time	Course-Id
Mon/Wed	4:30 - 5 pm	26005
Mon/Wed	1:30 - 2 pm	26096
Mon/Wed	3 - 3:30 pm	26097
Mon/Wed	6 - 6:30 pm	26098
Tue/Thu	4:30 - 5 pm	26006
Tue/Thu	3 - 3:30 pm	26155
Tue/Thu	6 - 6:30 pm	26156

Preschool 3		EHLCL
Class-Day	Class-Time	Course-Id
Mon/Wed	4 - 4:45 pm	26014
Mon/Wed	4:45 - 5:30 pm	26116
Mon/Wed	5:30 - 6:15 pm	26117
Mon/Wed	6:15 - 7 pm	26118
Mon/Wed	7 - 7:45 pm	26119
Tue/Thu	2:30 - 3:15 pm	26013
Tue/Thu	5 - 6 pm	26166
Tue/Thu	6 - 6:45 pm	26167

Swimmer 3		EHLCL
Class-Day	Class-Time	Course-Id
Mon/Wed	4 - 4:45 pm	26025
Mon/Wed	4:45 - 5:30 pm	26130
Mon/Wed	5:30 - 6:15 pm	26131
Mon/Wed	6:15 - 7 pm	26132
Mon/Wed	7 - 7:45 pm	26133
Tue/Thu	4:30 - 5:15 pm	26024
Tue/Thu	2:30 - 3:15 pm	26177
Tue/Thu	5 - 6 pm	26178
Tue/Thu	6 - 6:45 pm	26179

Parent & Tot 3		EHLCL
Class-Day	Class-Time	Course-Id
Mon/Wed	2 - 2:30 pm	26007
Mon/Wed	5 - 5:30 pm	26099
Mon/Wed	6:30 - 7 pm	26100
Mon/Wed	6 - 6:30 pm	26101
Tue/Thu	5 - 5:30 pm	26008
Tue/Thu	6:30 - 7 pm	26157

Preschool 4/5		EHLCL
Class-Day	Class-Time	Course-Id
Mon/Wed	4:45 - 5:30 pm	26015
Mon/Wed	5:30 - 6:15 pm	26120
Mon/Wed	6:15 - 7 pm	26121
Tue/Thu	5 - 6 pm	26016
Tue/Thu	2:30 - 3:15 pm	26169
Tue/Thu	6 - 6:45 pm	26170

Swimmer 4		EHLCL
Class-Day	Class-Time	Course-Id
Mon/Wed	6:15 - 7 pm	26027
Mon/Wed	5:30 - 6:15 pm	26134
Mon/Wed	4:45 - 5:30 pm	26135
Mon/Wed	4 - 4:45 pm	26136
Tue/Thu	4:30 - 5:15 pm	26026
Tue/Thu	5 - 6 pm	26180
Tue/Thu	6 - 6:45 pm	26181

Preschool 1		EHLCL
Class-Day	Class-Time	Course-Id
Mon/Wed	7 - 7:30 pm	26009
Mon/Wed	1 - 1:30 pm	26102
Mon/Wed	1:30 - 2 pm	26103
Mon/Wed	2 - 2:30 pm	26104
Mon/Wed	2:30 - 3 pm	26105
Mon/Wed	3 - 3:30 pm	26106
Mon/Wed	4 - 4:30 pm	26107
Mon/Wed	4:30 - 5 pm	26108
Mon/Wed	5 - 5:30 pm	26109
Mon/Wed	5:30 - 6 pm	26110
Mon/Wed	6:30 - 7 pm	26111
Tue/Thu	2:30 - 3 pm	26010
Tue/Thu	3 - 3:30 pm	26158
Tue/Thu	4 - 4:30 pm	26159
Tue/Thu	4:30 - 5 pm	26160
Tue/Thu	5 - 5:30 pm	26161
Tue/Thu	5:30 - 6 pm	26162
Tue/Thu	6 - 6:30 pm	26163
Tue/Thu	6:30 - 7 pm	26164

Swimmer 1		EHLCL
Class-Day	Class-Time	Course-Id
Mon/Wed	4 - 4:45 pm	26020
Mon/Wed	4:45 - 5:30 pm	26122
Mon/Wed	5:30 - 6:15 pm	26123
Mon/Wed	6:15 - 7 pm	26124
Mon/Wed	7 - 7:45 pm	26125
Tue/Thu	2:30 - 3:15 pm	26021
Tue/Thu	4:30 - 5:15 pm	26171
Tue/Thu	5 - 6 pm	26172
Tue/Thu	6 - 6:45 pm	26173

Swimmer 5		EHLCL
Class-Day	Class-Time	Course-Id
Mon/Wed	4 - 4:45 pm	26028
Mon/Wed	4:45 - 5:30 pm	26137
Mon/Wed	5:30 - 6:15 pm	26138
Mon/Wed	6:15 - 7 pm	26139
Tue/Thu	4:30 - 5:15 pm	26029

Swimmer 6		EHLCL
Class-Day	Class-Time	Course-Id
Mon/Wed	4 - 4:45 pm	26030
Mon/Wed	6:15 - 7 pm	26140
Tue/Thu	4:30 - 5:15 pm	26031
Tue/Thu	6 - 6:45 pm	26182

Tuesday: April 18 - June 20
 Wednesday: April 19 - June 21
 Thursday: April 20 - June 22

Friday: April 21 - June 23
 Saturday: April 22 - June 24
 Sunday: April 23 - June 25

Parent & Tot 1, 2, 3 and Preschool 1: \$67.00
Preschool 2-5: \$85.00

Parent & Tot 1 KLC

Class-Day	Class-Time	Course-Id
Wed	1 - 1:30 pm	26066
Sat	9 - 9:30 am	26614

Parent & Tot 2 KLC

Class-Day	Class-Time	Course-Id
Wed	2:30 - 3 pm	26067
Sat	11 - 11:30 am	26622

Parent & Tot 3 KLC

Class-Day	Class-Time	Course-Id
Wed	2 - 2:30 pm	26068
Sat	10 - 10:30 am	26616

Preschool 1 KLC

Class-Day	Class-Time	Course-Id
Wed	1:30 - 2 pm	26069
Wed	2 - 2:30 pm	26637
Wed	2:30 - 3 pm	26638
Sat	9:30 - 10 am	26624
Sat	10:30 - 11 am	26626
Sat	11:30 am - 12 pm	26628

Preschool 2 KLC

Class-Day	Class-Time	Course-Id
Wed	1:15 - 2 pm	26070
Sat	9 - 9:45 am	26618
Sat	10:30 - 11:15 am	26621
Sat	9:45 - 10:30 am	26659

Preschool 3 KLC

Class-Day	Class-Time	Course-Id
Wed	1:30 - 2:15 pm	26071
Sat	9:45 - 10:30 am	26619
Sat	11:15 am - 12 pm	26629

Preschool 4/5 KLC

Class-Day	Class-Time	Course-Id
Wed	2:15 - 3 pm	26072
Sat	9 - 9:45 am	26661
Sat	10:30 - 11:15 am	26662

Homeschool
Homeschool Swim Lessons -10 classes

See page 22 for preschool classes offered during this time.

Swim for Life

Kinsmen Leisure Centre Lap Pool

Homeschool Swim - Swimmer 1

26059	5Y - 14Y	Apr 19 to Jun 21
Wed	1:30 - 2:15 pm	\$57.50

Homeschool Swim - Swimmer 2

26060	5Y - 14Y	Apr 19 to Jun 21
Wed	2:15 - 3 pm	\$57.50

Homeschool Swim - Swimmer 3

26636	5Y - 14Y	Apr 19 to Jun 21
Wed	1:30 - 2:15 pm	\$57.50

Homeschool Swim - Swimmer 3

26061	5Y - 14Y	Apr 19 to Jun 21
Wed	2:15 - 3 pm	\$57.50

Homeschool Swim - Swimmer 4

26062	5Y - 14Y	Apr 19 to Jun 21
Wed	1:30 - 2:15 pm	\$57.50

Homeschool Swim - Swimmer 5

26063	5Y - 14Y	Apr 19 to Jun 21
Wed	2:15 - 3 pm	\$57.50

Homeschool Swim - Swimmer 6

26064	5Y - 14Y	Apr 19 to Jun 21
Wed	1:30 - 2:15 pm	\$57.50

Canadian Swim Patrol

Kinsmen Leisure Centre Lap Pool

Homeschool Swim - Rookie Patrol

26057	5Y - 14Y	Apr 19 to Jun 21
Wed	1:30 - 2:15 pm	\$57.50

Homeschool Swim - Ranger Patrol

26056	5Y - 14Y	Apr 19 to Jun 21
Wed	2:15 - 3 pm	\$57.50

Homeschool Swim - Star Patrol

26058	5Y - 14Y	Apr 19 to Jun 21
Wed	2:15 - 3 pm	\$57.50


Private lessons for all ages and levels

Customized swim instruction for all ages and abilities. These lessons are great for swimmers who need one-on-one attention or those who need to practice a few skills to complete a level. Register for a Multi-Private Lesson (4-5 lessons) or a Single Private Lesson.

For available times and to register, visit:

strathcona.ca/swimprograms

Mondays: May 1 - June 26 (omit May 22)
 Tuesday: May 2 - June 20
 Wednesday: May 3 - June 21
 Thursday: May 4 - June 22

Friday: May 5 - June 23
 Saturday: May 6 - June 24
 Sunday: May 7 - June 25

Parent & Tot 1, 2, 3 and Preschool 1: \$53.60
 Preschool 2-5 and Swimmer 1-6: \$68.00

Parent & Tot 1		EHL
Class-Day	Class-Time	Course-Id
Mon	3:15 - 3:45 pm	26384
Mon	4 - 4:30 pm	26385
Mon	5:30 - 6 pm	26386
Tue	2 - 2:30 pm	26193
Tue	4 - 4:30 pm	26190
Tue	5:30 - 6 pm	26040
Wed	4 - 4:30 pm	26192
Wed	5:30 - 6 pm	26263
Thu	2:45 - 3:15 pm	26320
Thu	4 - 4:30 pm	26321
Thu	6:30 - 7 pm	26322
Fri	2 - 2:30 pm	26476
Fri	4 - 4:30 pm	26473
Fri	5:30 - 6 pm	26477
Sat	10 - 10:30 am	26262
Sat	11:45 am - 12:15 pm	26480
Sun	9:15 - 9:45 am	26328
Sun	10:45 - 11:15 am	26329
Sun	12:30 - 1 pm	26330

Parent & Tot 2		EHL
Class-Day	Class-Time	Course-Id
Mon	2:30 - 3 pm	26387
Mon	4:30 - 5 pm	26388
Mon	6 - 6:30 pm	26389
Tue	2:30 - 3 pm	26194
Tue	4:30 - 5 pm	26195
Tue	6 - 6:30 pm	26196
Tue	7 - 7:30 pm	26041
Wed	4:30 - 5 pm	26197
Wed	6 - 6:30 pm	26470
Wed	7 - 7:30 pm	26266
Thu	2:15 - 2:45 pm	26323
Thu	5 - 5:30 pm	26324
Fri	2:30 - 3 pm	26474
Fri	4:30 - 5 pm	26478
Fri	6 - 6:30 pm	26479
Sat	10:30 - 11 am	26264
Sat	12:15 - 12:45 pm	26492
Sun	9:45 - 10:15 am	26331
Sun	11:30 am - 12 pm	26332

Parent & Tot 3		EHL
Class-Day	Class-Time	Course-Id
Mon	3 - 3:30 pm	26390
Mon	5 - 5:30 pm	26391
Mon	6 - 6:30 pm	26392
Mon	6:30 - 7 pm	26393
Tue	2:30 - 3 pm	26042
Tue	3 - 3:30 pm	26198
Tue	5 - 5:30 pm	26200
Tue	6:30 - 7 pm	26201
Wed	4:30 - 5 pm	26267
Wed	5 - 5:30 pm	26199
Wed	6:30 - 7 pm	26269
Thu	2:45 - 3:15 pm	26325
Thu	4 - 4:30 pm	26326
Thu	5:30 - 6 pm	26327
Fri	3 - 3:30 pm	26482
Fri	5 - 5:30 pm	26475
Fri	6:30 - 7 pm	26483
Sat	11 - 11:30 am	26471
Sat	12:45 - 1:15 pm	26499
Sat	1:15 - 1:45 pm	26500
Sun	10:15 - 10:45 am	26333
Sun	12 - 12:30 pm	26334
Sun	1 - 1:30 pm	26335

Preschool 1		EHL
Class-Day	Class-Time	Course-Id
Mon	2:30 - 3 pm	26394
Mon	3 - 3:30 pm	26395
Mon	4 - 4:30 pm	26397
Mon	4:30 - 5 pm	26398
Mon	5 - 5:30 pm	26399
Mon	5:30 - 6 pm	26400
Mon	6:30 - 7 pm	26401
Mon	7 - 7:30 pm	26402
Tue	2 - 2:30 pm	26203
Tue	3 - 3:30 pm	26202
Tue	4 - 4:30 pm	26205
Tue	4:30 - 5 pm	26206
Tue	5 - 5:30 pm	26207
Tue	5:30 - 6 pm	26208
Tue	6 - 6:30 pm	26209
Tue	6:30 - 7 pm	26210
Tue	7 - 7:30 pm	26211

Preschool 1 - continued		EHL
Class-Day	Class-Time	Course-Id
Wed	4 - 4:30 pm	26457
Wed	5 - 5:30 pm	26271
Wed	5:30 - 6 pm	26272
Wed	6 - 6:30 pm	26273
Wed	6:30 - 7 pm	26274
Wed	7 - 7:30 pm	26275
Thu	2:15 - 2:45 pm	26564
Thu	4 - 4:30 pm	26577
Thu	4:30 - 5 pm	26580
Thu	6 - 6:30 pm	26578
Thu	6:30 - 7 pm	26579
Fri	2 - 2:30 pm	26043
Fri	2:30 - 3 pm	26484
Fri	3 - 3:30 pm	26485
Fri	4 - 4:30 pm	26486
Fri	4:30 - 5 pm	26487
Fri	5 - 5:30 pm	26488
Fri	5:30 - 6 pm	26489
Fri	6 - 6:30 pm	26490
Fri	6:30 - 7 pm	26491
Sat	10 - 10:30 am	26336
Sat	10:30 - 11 am	26510
Sat	11 - 11:30 am	26511
Sat	11:45 am - 12:15 pm	26512
Sat	12:15 - 12:45 pm	26513
Sat	12:45 - 1:15 pm	26514
Sat	1:15 - 1:45 pm	26515
Sun	9:15 - 9:45 am	26270
Sun	9:45 - 10:15 am	26643
Sun	10:15 - 10:45 am	26338
Sun	10:45 - 11:15 am	26339
Sun	11:30 am - 12 pm	26340
Sun	12 - 12:30 pm	26341
Sun	12:30 - 1 pm	26342
Sun	1 - 1:30 pm	26343



Preschool 2		EHLC
Class-Day	Class-Time	Course-Id
Mon	2:30 - 3:15 pm	26403
Mon	4 - 4:45 pm	26404
Mon	4:45 - 5:30 pm	26405
Mon	5:30 - 6:15 pm	26406
Mon	6:15 - 7 pm	26407
Mon	7 - 7:45 pm	26408
Tue	2 - 2:45 pm	26212
Tue	2:45 - 3:30 pm	26213
Tue	4:30 - 5:15 pm	26214
Tue	5 - 6 pm	26215
Tue	6:45 - 7:30 pm	26216
Wed	4 - 4:45 pm	26276
Wed	4:45 - 5:30 pm	26277
Wed	5:30 - 6:15 pm	26278
Wed	6:15 - 7 pm	26279
Thu	2:30 - 3:15 pm	26565
Thu	4:30 - 5:15 pm	26581
Thu	5 - 6 pm	26582
Thu	6 - 6:45 pm	26583
Fri	2 - 2:45 pm	26044
Fri	2:45 - 3:30 pm	26493
Fri	4 - 4:45 pm	26494
Fri	4:45 - 5:30 pm	26495
Fri	5:30 - 6:15 pm	26496
Fri	6:15 - 7 pm	26497
Fri	7 - 7:45 pm	26498
Sat	10 - 10:45 am	26458
Sat	10:45 - 11:30 am	26522
Sat	11:45 am - 12:30 pm	26523
Sat	12:30 - 1:15 pm	26524
Sat	1:15 - 2 pm	26525
Sun	9 - 9:45 am	26344
Sun	9:45 - 10:30 am	26345
Sun	10:30 - 11:15 am	26346
Sun	11:30 am - 12:15 pm	26347
Sun	12:15 - 1 pm	26348

Preschool 3		EHLC
Class-Day	Class-Time	Course-Id
Mon	2:30 - 3:15 pm	26409
Mon	4 - 4:45 pm	26410
Mon	4:45 - 5:30 pm	26411
Mon	5:30 - 6:15 pm	26412
Mon	6:15 - 7 pm	26413
Mon	7 - 7:45 pm	26414
Tue	2 - 2:45 pm	26217
Tue	2:45 - 3:30 pm	26218
Tue	5 - 6 pm	26219
Tue	6 - 6:45 pm	26224
Tue	6:45 - 7:30 pm	26220
Wed	4 - 4:45 pm	26459
Wed	4:45 - 5:30 pm	26281
Wed	5:30 - 6:15 pm	26282
Wed	6:15 - 7 pm	26283
Wed	7 - 7:45 pm	26284

Preschool 3 - continued		EHLC
Class-Day	Class-Time	Course-Id
Thu	2:30 - 3:15 pm	26566
Thu	4:30 - 5:15 pm	26584
Thu	5 - 6 pm	26585
Fri	2 - 2:45 pm	26045
Fri	2:45 - 3:30 pm	26501
Fri	4 - 4:45 pm	26502
Fri	4:45 - 5:30 pm	26503
Fri	5:30 - 6:15 pm	26504
Fri	6:15 - 7 pm	26505
Fri	7 - 7:45 pm	26506
Sat	10 - 10:45 am	26280
Sat	10:45 - 11:30 am	26531
Sat	11:45 am - 12:30 pm	26532
Sat	12:30 - 1:15 pm	26533
Sat	1:15 - 2 pm	26534
Sun	9 - 9:45 am	26349
Sun	9:45 - 10:30 am	26350
Sun	10:30 - 11:15 am	26351
Sun	11:30 am - 12:15 pm	26352
Sun	12:15 - 1 pm	26353

Preschool 4/5		EHLC
Class-Day	Class-Time	Course-Id
Mon	4:45 - 5:30 pm	26415
Mon	6:15 - 7 pm	26416
Tue	2 - 2:45 pm	26221
Tue	5 - 6 pm	26222
Tue	6 - 6:45 pm	26223
Wed	4 - 4:45 pm	26460
Wed	5:30 - 6:15 pm	26286
Wed	7 - 7:45 pm	26287
Thu	2:30 - 3:15 pm	26567
Thu	5 - 6 pm	26586
Thu	6 - 6:45 pm	26587
Fri	2 - 2:45 pm	26046
Fri	2:45 - 3:30 pm	26507
Fri	4:45 - 5:30 pm	26508
Fri	6:15 - 7 pm	26509
Sat	10:45 - 11:30 am	26285
Sat	11:45 am - 12:30 pm	26540
Sat	12:30 - 1:15 pm	26541
Sun	9:45 - 10:30 am	26355
Sun	10:30 - 11:15 am	26356
Sun	12:15 - 1 pm	26357

Swimmer 1		EHLC
Class-Day	Class-Time	Course-Id
Mon	2:30 - 3:15 pm	26417
Mon	4 - 4:45 pm	26418
Mon	4:45 - 5:30 pm	26419
Mon	5:30 - 6:15 pm	26420
Mon	6:15 - 7 pm	26421
Mon	7 - 7:45 pm	26422
Tue	2 - 2:45 pm	26225
Tue	2:45 - 3:30 pm	26226
Tue	4:30 - 5:15 pm	26227
Tue	5 - 6 pm	26228
Tue	6 - 6:45 pm	26229
Tue	6:45 - 7:30 pm	26230
Wed	4 - 4:45 pm	26288
Wed	4:45 - 5:30 pm	26289
Wed	5:30 - 6:15 pm	26291
Wed	6:15 - 7 pm	26292
Wed	7 - 7:45 pm	26293
Thu	2:30 - 3:15 pm	26571
Thu	4:30 - 5:15 pm	26588
Thu	5 - 6 pm	26589
Thu	6 - 6:45 pm	26590
Fri	2 - 2:45 pm	26516
Fri	2:45 - 3:30 pm	26517
Fri	4 - 4:45 pm	26050
Fri	4:45 - 5:30 pm	26518
Fri	5:30 - 6:15 pm	26519
Fri	6:15 - 7 pm	26520
Fri	7 - 7:45 pm	26521
Sat	10 - 10:45 am	26464
Sat	10:45 - 11:30 am	26542
Sat	11:45 am - 12:30 pm	26543
Sat	12:30 - 1:15 pm	26544
Sat	1:15 - 2 pm	26545
Sun	9 - 9:45 am	26358
Sun	9:45 - 10:30 am	26359
Sun	10:30 - 11:15 am	26360
Sun	11:30 am - 12:15 pm	26361
Sun	12:15 - 1 pm	26362



Swimmer 2		EHLC
Class-Day	Class-Time	Course-Id
Mon	2:30 - 3:15 pm	26423
Mon	4 - 4:45 pm	26424
Mon	4:45 - 5:30 pm	26425
Mon	5:30 - 6:15 pm	26426
Mon	6:15 - 7 pm	26427
Mon	7 - 7:45 pm	26428
Tue	2 - 2:45 pm	26231
Tue	2:45 - 3:30 pm	26232
Tue	4:30 - 5:15 pm	26233
Tue	5 - 6 pm	26234
Tue	6 - 6:45 pm	26235
Tue	6:45 - 7:30 pm	26236
Wed	4 - 4:45 pm	26294
Wed	4:45 - 5:30 pm	26295
Wed	5:30 - 6:15 pm	26296
Wed	6:15 - 7 pm	26297
Wed	7 - 7:45 pm	26298
Thu	2:30 - 3:15 pm	26572
Thu	4:30 - 5:15 pm	26594
Thu	5 - 6 pm	26595
Thu	6 - 6:45 pm	26593
Fri	2 - 2:45 pm	26051
Fri	4 - 4:45 pm	26526
Fri	4:45 - 5:30 pm	26527
Fri	5:30 - 6:15 pm	26528
Fri	6:15 - 7 pm	26529
Fri	7 - 7:45 pm	26530
Sat	10 - 10:45 am	26465
Sat	10:45 - 11:30 am	26546
Sat	11:45 am - 12:30 pm	26547
Sat	12:30 - 1:15 pm	26548
Sat	1:15 - 2 pm	26549
Sun	9 - 9:45 am	26363
Sun	9:45 - 10:30 am	26364
Sun	10:30 - 11:15 am	26365
Sun	11:30 am - 12:15 pm	26366
Sun	12:15 - 1 pm	26367

Swimmer 3		EHLC
Class-Day	Class-Time	Course-Id
Mon	2:30 - 3:15 pm	26429
Mon	4 - 4:45 pm	26430
Mon	4:45 - 5:30 pm	26431
Mon	5:30 - 6:15 pm	26432
Mon	6:15 - 7 pm	26433
Mon	7 - 7:45 pm	26434
Tue	2 - 2:45 pm	26237
Tue	4:30 - 5:15 pm	26239
Tue	5 - 6 pm	26240
Tue	6 - 6:45 pm	26241
Tue	6:45 - 7:30 pm	26242

Swimmer 3 - continued		EHLC
Class-Day	Class-Time	Course-Id
Wed	4 - 4:45 pm	26299
Wed	4:45 - 5:30 pm	26300
Wed	5:30 - 6:15 pm	26301
Wed	6:15 - 7 pm	26302
Wed	7 - 7:45 pm	26304
Thu	2:30 - 3:15 pm	26596
Thu	4:30 - 5:15 pm	26573
Thu	5 - 6 pm	26597
Thu	6 - 6:45 pm	26598
Fri	2:45 - 3:30 pm	26052
Fri	4 - 4:45 pm	26535
Fri	4:45 - 5:30 pm	26536
Fri	5:30 - 6:15 pm	26537
Fri	6:15 - 7 pm	26538
Fri	7 - 7:45 pm	26539
Sat	10 - 10:45 am	26466
Sat	10:45 - 11:30 am	26550
Sat	11:45 am - 12:30 pm	26551
Sat	12:30 - 1:15 pm	26552
Sat	1:15 - 2 pm	26553
Sun	9 - 9:45 am	26368
Sun	9:45 - 10:30 am	26369
Sun	10:30 - 11:15 am	26370
Sun	11:30 am - 12:15 pm	26371
Sun	12:15 - 1 pm	26372

Swimmer 4		EHLC
Class-Day	Class-Time	Course-Id
Mon	2:30 - 3:15 pm	26435
Mon	4 - 4:45 pm	26436
Mon	5:30 - 6:15 pm	26437
Mon	6:15 - 7 pm	26438
Tue	4:30 - 5:15 pm	26243
Tue	5 - 6 pm	26244
Tue	6 - 6:45 pm	26245
Tue	6:45 - 7:30 pm	26246
Wed	4 - 4:45 pm	26305
Wed	4:45 - 5:30 pm	26306
Wed	5:30 - 6:15 pm	26307
Wed	6:15 - 7 pm	26308
Thu	4:30 - 5:15 pm	26574
Thu	6 - 6:45 pm	26599
Fri	4 - 4:45 pm	26053
Fri	4:45 - 5:30 pm	26554
Fri	5:30 - 6:15 pm	26555
Fri	6:15 - 7 pm	26556
Sat	10 - 10:45 am	26467
Sat	11:45 am - 12:30 pm	26557
Sat	12:30 - 1:15 pm	26558
Sat	1:15 - 2 pm	26559
Sun	10:30 - 11:15 am	26373
Sun	11:30 am - 12:15 pm	26374
Sun	12:15 - 1 pm	26375
Sun	1 - 1:45 pm	26376

Swimmer 5		EHLC
Class-Day	Class-Time	Course-Id
Mon	4 - 4:45 pm	26439
Mon	5:30 - 6:15 pm	26440
Tue	4:30 - 5:15 pm	26247
Tue	6 - 6:45 pm	26248
Wed	4:45 - 5:30 pm	26309
Wed	6:15 - 7 pm	26310
Thu	4:30 - 5:15 pm	26575
Fri	4 - 4:45 pm	26054
Fri	5:30 - 6:15 pm	26560
Sat	10 - 10:45 am	26468
Sat	12:30 - 1:15 pm	26591
Sun	11:30 am - 12:15 pm	26377
Sun	1 - 1:45 pm	26378

Swimmer 6		EHLC
Class-Day	Class-Time	Course-Id
Mon	4:45 - 5:30 pm	26441
Mon	6:15 - 7 pm	26442
Tue	5 - 6 pm	26249
Wed	4 - 4:45 pm	26311
Wed	5:30 - 6:15 pm	26312
Thu	5 - 6 pm	26576
Fri	4:45 - 5:30 pm	26055
Fri	5:30 - 6:15 pm	26562
Fri	7 - 7:45 pm	26563
Sat	10:45 - 11:30 am	26469
Sat	1:15 - 2 pm	26592
Sun	10:30 - 11:15 am	26379
Sun	12:15 - 1 pm	26380

Teen and Adult

Teen Swim Lessons - Basics (11Y-16Y)

Teen Basics is for those aged 11Y-16Y who are new to swimming, or are beginners that are looking to be with an older age group. Increase your comfort and confidence in the water while building your swimming skills. Develop your front and back crawl, get more comfortable in deep water and increase the distance you can swim.

Omit: April 10, May 22

Emerald Hills Leisure Centre		Lap Pool
26032	11Y - 16Y	Apr 3 to Apr 26
Mon/Wed	5:30 - 6:15 pm	\$59.50
26443	11Y - 16Y	May 1 to Jun 26
Mon	4 - 4:45 pm	\$68.00
26074	11Y - 16Y	May 5 to Jun 23
Fri	4:45 - 5:30 pm	\$68.00

Canadian Swim Patrol

Rookie Patrol

Rookie Patrol lays the foundation of the Swim Patrol program. It includes 4 main components: stroke refinement, fitness, first aid, and lifesaving. Stroke refinement is focused on front crawl, back crawl, and breaststroke. Fitness components include a 350m workout and 100m timed swim. Swimmers will learn about assessing conscious victims, contacting EMS, and treatment for bleeding. Rookie Patrol is rounded off with an introduction to lifesaving skills, including self rescue techniques, victim recognition and using throwing assists.

Prerequisite: Recommend taking after Swimmer 6

Omit: May 22

Emerald Hills Leisure Centre		Lap Pool
26018	5Y - 14Y	Apr 4 to Apr 27
Tue/Thu	5 - 6 pm	\$68.00
26449	5Y - 14Y	May 1 to Jun 26
Mon	6:15 - 7 pm	\$68.00
26251	5Y - 14Y	May 2 to Jun 20
Tue	6 - 6:45 pm	\$68.00
26381	5Y - 14Y	May 3 to Jun 21
Wed	4:45 - 5:30 pm	\$68.00
26569	5Y - 14Y	May 4 to Jun 22
Thu	4:30 - 5:15 pm	\$68.00
26048	5Y - 14Y	May 5 to Jun 23
Fri	4 - 4:45 pm	\$68.00
26462	5Y - 14Y	May 6 to Jun 24
Sat	11:45 am - 12:30 pm	\$68.00
26314	5Y - 14Y	May 7 to Jun 25
Sun	12:15 - 1 pm	\$68.00

Rookie Patrol- 1 hr

Omit: April 10

Emerald Hills Leisure Centre		Lap Pool
26036	5Y - 14Y	Apr 3 to Apr 26
Mon/Wed	5 - 6 pm	\$79.24

Teen Swim Lessons - Advanced (11Y-16Y)

Teen Advanced is for those 11Y-16Y who have learned the swim basics, and are looking to continue to develop one or more swimming strokes, working towards proficiency and increased endurance. Work with your Swim Instructor to choose the strokes and set your goals. This program can also help you improve your skills before taking Bronzes, National Lifeguard, or Swim Instructor courses.

Omit: April 10, May 22

Emerald Hills Leisure Centre		Lap Pool
26141	11Y - 16Y	Apr 3 to Apr 26
Mon/Wed	4:45 - 5:30 pm	\$59.50
26444	11Y - 16Y	May 1 to Jun 26
Mon	4:45 - 5:30 pm	\$68.00
26073	11Y - 16Y	May 5 to Jun 23
Fri	6:15 - 7 pm	\$68.00

Ranger Patrol

Stroke refinement and underwater proficiency continues to be a focus in Ranger Patrol as it is critical for supporting swimmer fitness. Swimmers can expect their fitness levels to increase as they work towards a 200m timed swim. First aid at the Ranger Patrol level includes assessment of unconscious victims, treating for shock, and procedures for obstructed airways. Lifesaving skills are expanded to include object support and non-contact rescues with a buoyant aid.

Prerequisite: Recommend taking after Rookie Patrol
Omit: May 22

Emerald Hills Leisure Centre		Lap Pool
26017	5Y - 14Y	Apr 4 to Apr 27
Tue/Thu	6 - 6:45 pm	\$68.00
26447	5Y - 14Y	May 1 to Jun 26
Mon	4:45 - 5:30 pm	\$68.00
26252	5Y - 14Y	May 2 to Jun 20
Tue	6:45 - 7:30 pm	\$68.00
26382	5Y - 14Y	May 3 to Jun 21
Wed	4 - 4:45 pm	\$68.00
26568	5Y - 14Y	May 4 to Jun 22
Thu	5 - 6 pm	\$68.00
26047	5Y - 14Y	May 5 to Jun 23
Fri	6:15 - 7 pm	\$68.00
26461	5Y - 14Y	May 6 to Jun 24
Sat	10:45 - 11:30 am	\$68.00
26313	5Y - 14Y	May 7 to Jun 25
Sun	10:30 - 11:15 am	\$68.00

Ranger Patrol- 1hr

Omit: April 10

Emerald Hills Leisure Centre		Lap Pool
26035	5Y - 14Y	Apr 3 to Apr 26
Mon/Wed	4 - 5 pm	\$79.24

Adult Swim Lessons- Basics (16Y+)

Adult Basics is for those aged 16Y+ who are new to swimming, or are beginners working towards increasing their comfort and confidence in the water while building the basic swimming skills. Develop your front and back crawl, get more comfortable in deep water, and increase the distance you can swim. Work with your Swim Instructor to set goals to develop your swimming skills.

Omit: April 10, May 22

Emerald Hills Leisure Centre		Lap Pool
26142	16Y+	Apr 3 to Apr 26
Mon/Wed	7 - 7:45 pm	\$59.50
26445	16Y+	May 1 to Jun 26
Mon	7 - 7:45 pm	\$68.00
26317	16Y+	May 3 to Jun 21
Wed	7 - 7:45 pm	\$68.00

Star Patrol

Star Patrol will prepare swimmers for the Bronze Star Award. Strokes will continue to be refined through completion of 100m swims. It demands good physical conditioning as swimmers will be challenged with a 600m workout, 300m timed swim, and a 25m object carry. First aid at this level focuses on treatment of bone and joint injuries, and respiratory emergencies like asthma and allergic reactions. Lifesaving skills include in water defense methods, rolling over and supporting victims in shallow water, and removing victims from shallow water. Swimmers that complete Star Patrol will be well on their way to becoming bona fide Lifesavers.

Prerequisite: Recommend taking after Ranger Patrol
Omit: May 22

Emerald Hills Leisure Centre		Lap Pool
26183	5Y - 14Y	Apr 4 to Apr 27
Tue/Thu	4:30 - 5:15 pm	\$68.00
26448	5Y - 14Y	May 1 to Jun 26
Mon	5:30 - 6:15 pm	\$68.00
26250	5Y - 14Y	May 2 to Jun 20
Tue	4:30 - 5:15 pm	\$68.00
26383	5Y - 14Y	May 3 to Jun 21
Wed	5:30 - 6:15 pm	\$68.00
26570	5Y - 14Y	May 4 to Jun 22
Thu	6 - 6:45 pm	\$68.00
26463	5Y - 14Y	May 6 to Jun 24
Sat	1:15 - 2 pm	\$68.00
26315	5Y - 14Y	May 7 to Jun 25
Sun	11:30 am - 12:15 pm	\$68.00

Star Patrol- 1hr

Omit: April 10

Emerald Hills Leisure Centre		Lap Pool
26019	5Y - 14Y	Apr 3 to Apr 26
Mon/Wed	6 - 7 pm	\$79.24

Adult Swim Lessons- Advanced (16Y+)

Adult Swim Advanced is for those 16Y+, who have learned the swim basics, and are looking to continue to develop one or more swimming strokes, working towards proficiency and increased endurance. Work with your Swim Instructor to choose the strokes and set your goals. This course is also a good fit for individuals training for a triathlon.

Omit: April 10, May 22

Emerald Hills Leisure Centre		Lap Pool
26002	16Y+	Apr 3 to Apr 26
Mon/Wed	7 - 7:45 pm	\$59.50
26446	16Y+	May 1 to Jun 26
Mon	7 - 7:45 pm	\$68.00
26259	16Y+	May 2 to Jun 20
Tue	2:45 - 3:30 pm	\$68.00
26316	16Y+	May 3 to Jun 21
Wed	6:15 - 7 pm	\$68.00

Special Interest

Adapted Preschool (3Y-5Y)

Increase your preschoolers comfort and confidence in the water as they build on their introductory swimming skills through song, games and creative activities. Skills include floating, gliding, kicking, and front swim. This is a 3 on 1 parented group class for our younger swimmers needing more adapted instruction, or smaller groups.

Note: This course is similar to Adapted Basics, but is for our younger age group of 3Y-5Y. Swimmers younger than 5Y must be accompanied in the water by a parent/caregiver.

Emerald Hills Leisure Centre		Lap Pool
26454	3Y - 5Y	May 6 to Jun 24
Sat	9 - 9:45 am	\$80.00

Adapted Basics

Increase your comfort and confidence in the water as you build on your introductory swimming skills. Skills include floating, gliding, kicking, and front swim. This is a 2 on 1 group class. This is a great choice for those who can be in a pairing, but require more attention and assistance from their instructor than typical group lessons may allow.

Emerald Hills Leisure Centre		Lap Pool
26261	5Y+	May 2 to Jun 20
Tue	6:45 - 7:30 pm	\$80.00
26187	5Y+	May 4 to Jun 22
Thu	4:30 - 5:15 pm	\$80.00

Adapted Sensory

Enjoy the freedom and mobility offered in the water and work on basic movement skills like floats and glides. This program offers one-on-one instruction for individuals with complex needs that require direct supervision and support. Swimmers should be recommended for this program by a Programmer, or instructor. To discuss if unsure you can email swimming@strathcona.ca

Emerald Hills Leisure Centre		Lap Pool
26260	3Y+	May 2 to Jun 20
Tue	4:30 - 5:15 pm	\$80.00
26188	3Y+	May 4 to Jun 22
Thu	6 - 6:45 pm	\$80.00

Emerald Hills Leisure Centre		Lap Pool
26455	3Y+	May 6 to Jun 24
Sat	9 - 9:45 am	\$80.00

Adapted Strokes

Improve endurance and increase swimming skills, distance, and efficiency. This course is a 3 on 1 lesson and takes place in the 25m Lap Pool. Participants should be recommended for this program by their previous swim instructor, or be able to swim at least 15m-25m fairly independently.

Emerald Hills Leisure Centre		Lap Pool
26189	5Y+	May 4 to Jun 22
Thu	5 - 6 pm	\$80.00
26456	5Y+	May 6 to Jun 24
Sat	9 - 9:45 am	\$80.00



Swim Sport and Recreation

Swim Sports

Learn the basics and try your hand at swim sports like underwater hockey, water polo, diving, lifesaving/lifeguarding sport, and more. This is a fun, fast-paced program, no laps involved!

Kinsmen Leisure Centre		Pool
26610	8Y - 14Y	Apr 20 to Jun 22
Thu	6:45 - 7:30 pm	\$106.00

Tidal Waves Sport Club

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

Note: This is not the Tidal Waves Lifeguard Club program, but the sister Sport Club designed for lifeguard competition based training.

Kinsmen Leisure Centre		Pool
26612	8Y - 15Y	Apr 20 to Jun 22
Thu	7:30 - 8:30 pm	\$60.00

Discover Scuba

Join one of our experienced Professional Association of Diving Instructors and get a taste of scuba in this 90-minute experience.

Kinsmen Leisure Centre		
26677	10Y+	Apr 23
Sun	6:30 - 8 pm	\$75.00
26678	10Y+	May 28
Sun	6:30 - 8 pm	\$75.00

Discover Scuba Kids (Bubblemaker)

Kids will learn to breath underwater, blow bubbles and swim around in shallow water in this fun, introductory scuba class.

Kinsmen Leisure Centre		
26691	8Y - 13Y	Jun 4
Sun	6:30 - 8 pm	\$75.00
26679	8Y - 13Y	Jun 11
Sun	6:30 - 8 pm	\$75.00

Scuba Bubble Around

If you have not been diving for a few months and are looking to blow a few bubbles and get back into the swing of things, this option is perfect for you. We provide any gear you need - just bring your buddy and jump in to practice your skills and dive around. This option is for CERTIFIED DIVERS and will NOT provide a signature in your log book, as you are not working directly with a PADI professional.

Note: Proof of Scuba Certification is required.

Kinsmen Leisure Centre		
26686	10Y+	Apr 16
Sun	6:30 - 8 pm	\$41.05
26687	10Y+	Apr 30
Sun	6:30 - 8 pm	\$41.05
26688	10Y+	May 28
Sun	6:30 - 8 pm	\$41.05
26689	10Y+	Jun 4
Sun	6:30 - 8 pm	\$41.05
26690	10Y+	Jun 11
Sun	6:30 - 8 pm	\$41.05

PADI Open Water Diver (2 Day)

Learn to scuba dive with the PADI Open Water Diver program! This program includes all necessary classroom & pool sessions so that you can finish your training anywhere in the world by completing 4 open water dives (not included). This course is open to participants ages 10+ who are comfortable swimming in shallow and deep water (medical and liability forms required upon registration) who have completed PADI's online Open Water elearning modules.

Once you have registered for this program, please contact Ocean Sports at 780-432-1904 to complete your registration forms and, if needed, purchase an elearning code to complete your prerequisite online modules.

Kinsmen Leisure Centre		
26676	10Y+	May 28 & Jun 4
Sun	9 am - 1:15 pm	\$238.00

PADI Open Water Diver (3 Day)

Kinsmen Leisure Centre		
26674	10Y+	Apr 16, 23 & 30
Sun	6 - 9 pm	\$238.02

PADI Certified Diver Refresher

Are you a CERTIFIED scuba diver and want to brush up on your skills, this refresher session is for you! You will work with a PADI instructor or divemaster in a small group and go through a 20-skill circuit to boost your confidence for your next dive adventure. Includes a PADI Pro signature in your logbook on completion.

Once registered, we will contact you to complete the required paperwork. Please remember to bring your certification card and log book, as well as any snorkel gear and equipment you own. Gear rental (as needed) is included.

Note: Proof of scuba certification is required.

Kinsmen Leisure Centre		
26680	10Y+	Apr 16
Sun	6:30 - 8 pm	\$75.00
26681	10Y+	Apr 23
Sun	6:30 - 8 pm	\$75.00
26682	10Y+	Apr 30
Sun	6:30 - 8 pm	\$75.00
26683	10Y+	May 28
Sun	6:30 - 8 pm	\$75.00
26684	10Y+	Jun 4
Sun	6:30 - 8 pm	\$75.00
26685	10Y+	Jun 11
Sun	6:30 - 8 pm	\$75.00

Swim Training and Certification

Bronze Star & CPR-A

The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill, and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport. Includes CPR A.

Prerequisite: Candidates must be 8Y+ and recommend have taken Ranger/Star Patrol or a Level 8/9+ equivalent.

Kinsmen Leisure Centre		Pool Deck
26604	8Y+	Apr 20 to Jun 22
Thu	4:30 - 6 pm	\$124.00

Bronze Medallion & CPR-C

The Lifesaving Society's Bronze Medallion challenges the candidate both mentally and physically. Judgement, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Includes CPR C.

Note: Canadian Lifesaving Manual not included in course fee and can be purchased at either the KLC or the EHLC front desk. The Manual is required for Bronze Medallion.

Prerequisites: Bronze star OR 13Y+ and recommend have taken Ranger/Star Patrol, or a Level 8/9+ equivalent swim ability.

Kinsmen Leisure Centre		Classroom & Pool
26602	8Y+	Apr 18 - Jun 20
Tue	4:30 - 6:45 pm	\$165.00
26630	8Y+	Apr 23 to Jun 25
Sun	9 - 11:15 am	\$165.00

Bronze Cross & Standard First Aid

Standard First Aid provides comprehensive training covering all aspects of first aid and CPR-C. This is an Alberta workplace approved first aid course. The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as an assistant lifeguard. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a pre-requisite for advanced training in the Society's National Lifeguard and leadership certification programs.

Note: Candidates will need to bring their Canadian Lifesaving Manual to course (same book they purchased for Bronze Medallion); all other course materials are included in course fee.

Prerequisite: Bronze Medallion

Kinsmen Leisure Centre		Classroom & Pool
26608	8Y+	Apr 20 to Jun 22
Thu	4:30 - 8:45 pm	\$331.00
26613	8Y+	Apr 22 to Jun 24
Sat	9 am - 1:15 pm	\$331.00



National Lifeguard

The primary role of the National Lifeguard certification is the prevention of emergency situations and the timely and effective resolution of aquatic emergencies. The National Lifeguard certification prepares lifeguards to fulfil this role as professional facilitators of safe, enjoyable aquatic activities in a pool setting.

The National Lifeguard program develops the basic lifeguarding skills, principles and decision-making process to help lifeguards evaluate and adapt to different aquatic facilities and emergencies.

Prerequisite: 16Y+ and Bronze Cross (need not be current) and a current AB workplace approved Standard First Aid or Aquatic Emergency Care certification.

Kinsmen Leisure Centre		Classroom & Pool
26601	16Y+	Apr 18 to Jun 20
Tue	4 - 8:15 pm	\$312.00

Swim Instructor

The Lifesaving Society's Swim Instructor course is an in-person program that prepares candidates to become Swim for Life instructors that can work in a variety of facilities across Alberta. SI courses include a mandatory in-class/pool portion followed by (or done concurrently) an optional, but highly recommended, in-water teaching experience - this can be scheduled in class with the course instructor.

Prerequisite: 15Y+ and Bronze Cross (need not be current)

Emerald Hills Leisure Centre		Ammolite Room & Pool
26641	15Y+	May 3 to Jun 21
Wed	4 - 8:15 pm	\$350.00



THE BROADMOOR

PUBLIC GOLF COURSE

780-467-7373 thebroadmoor.ca

Golf Programs

Register for all golf programs online at thebroadmoor.ca

Child/Youth

2-Day Junior Camps (8Y-12Y)

This junior clinic is designed for junior's ages 8 - 12 years old looking to take up golf and/or improve their skills. The clinic will cover the fundamentals of the golf swing, chipping and putting. Includes snacks at break time and a 5-punch range pass. *Please include contact information in notes section when registering online.

Broadmoor Golf Course		Max 12
Sat/Sun	9 am - 12:30 pm	\$165.00
May 27/28	June 3/4	June 10/11
June 17/18	June 24/25	July 1/2
July 8/9	July 15/16	July 22/23
July 29/30		

Adult

New to Golf (18Y+)

This program is designed for adults with limited or no golf experience. We cover basic fundamentals of chipping, putting and the full swing as well as golf course orientation. *Please include contact information in notes section when registering online.

Broadmoor Golf Course		Max 7
Thu/Fri	5:30 - 7:30 pm	\$160.00
May 18/19	May 25/26	June 8/9
June 29/30	July 6/7	

2-Day Ladies Golf Clinic (18Y+)

A complete look at the fundamentals of golf: putting, chipping and the golf swing. You'll gain confidence in your game after these clinics. *Please include contact information in notes section when registering online.

Broadmoor Golf Course		Max 7
Mon/Tue	5:30 - 7:30 pm	\$160.00
May 15/16	May 29/30	June 12/13
June 26/27	July 3/4	July 17/18
Sat/Sun	1 - 3 pm	\$160.00
May 27/28	June 10/11	July 8/9



All classes lead by Alberta Golf Professionals

ACTIVE SENIORS

55+ ZONE

A variety of activities to enjoy while connecting with your friends or making new ones!! Drop in and enjoy a variety of wellness activities and games that are designed for older adults (55+).

Regular facility admissions apply. Active Pass and (+) are valid.

Millennium Place

Tuesdays, 1:30 to 3:30 p.m. (Coffee and games)

Glen Allan Recreation Complex

Thursdays, 1:30 to 3:30 p.m. (Coffee and circuit)

Seniors' Dance & Social

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

supported by:



EMERALD
HILLS
retirement residence

Seniors' Wellness Days

Join us for a featured workout that is suitable for all fitness levels and hear from a special guest speaker.

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.

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



activePASS

move | play | experience

The Active Pass is a monthly membership that is flexible around your active lifestyle. It offers affordable access to Strathcona County's recreation centres, and includes activities for all ages and levels of physical ability. Two pass options are available - the Active Pass and Active Pass+.

Facilities included on the active pass:

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

Get yours today!

strathcona.ca/activepass

Pricing below effective April 1, 2023
Prices include GST.

Monthly pass

	Active Pass continuous	Active Pass+ continuous	Active Pass+ One-month non-continuous
Adult (24-64)	\$47.50	\$52.50	\$65.75
Young adult (18-23)	\$35.00	\$39.00	\$48.75
Senior (65+)	\$35.00	\$39.00	\$48.75
Youth (13-17)	\$19.00	\$21.50	\$26.75
Child (2-12)	\$15.00	\$17.00	\$21.25
Tots under 2	FREE	FREE	FREE
Family*	\$135.00	\$150.00	

*A family is a maximum of 2 adults (18+ years) and unlimited children 17 years or younger living in the same household.

Annual options are available.



Strathcona County | Recreation, Parks and Culture

SPONSORSHIP OPPORTUNITIES



Growing your brand by growing your community

- Connect through partnerships with festivals, events and community programs
- Build brand awareness and connect with a target audience with naming rights sponsorships
- Promote a product, service or your brand through advertising opportunities in select indoor recreation spaces
- *Golf season is almost here!* Sponsorship and advertising opportunities available at the Broadmoor

Find out more: strathcona.ca/sponsorship-advertising
sponsorship.rpc@strathcona.ca

 STRATHCONA
COUNTY



Join our aquatics team today!

We are looking for qualified swim instructors to teach our swim programs at both Emerald Hills Leisure Centre and Kinsmen Leisure Centre.

Apply here



Learn how to become a swim instructor:
strathcona.ca/certifications



EXPERIENCE THE STRATHCONA WILDERNESS CENTRE

- **CAMP** - TENT OR BOOK A BUNKHOUSE
- **ENJOY A PICNIC**
- **STAY AT THE LODGE**
- **EXPLORE NATURE**
- **WALK ON THE TRAILS**
- **PLAY DISC GOLF**
(DISC RENTALS AVAILABLE)



Park open daily from 9 a.m. to 4:30 p.m.
780-922-3939 | swcinfo@strathcona.ca

strathcona.ca/swc

