



**Beat  
the heat!**

See inside for  
swimming schedule.



# Summer 2023

— DROP-IN —

## Recreation SCHEDULES

July - August 2023

swimming | gym sports

skating | indoor playgrounds

fitness | disc golf | shinny hockey

Sportzone | youth lounge




Scan to view  
online schedules.

[strathcona.ca/reccalendar](https://strathcona.ca/reccalendar)

 **STRATHCONA  
COUNTY**

# Facility fees

Prices include GST.

The  symbol in this booklet represents activities exclusive to the Active Pass+.

## Daily admission

	Daily admission **Community facilities	Daily admission Millennium Place
Adult (24-64)	\$9.00	\$10.75
Young adult (18-23)	\$7.25	\$9.00
Senior (65+)	\$6.50	\$9.00
Youth (13-17)	\$6.25	\$8.50
Child (2-12)	\$4.50	\$6.00
Tots under 2	FREE	FREE
Family*	\$20.00	\$28.00

Save 10% off admission with a 10-visit card

## Other fees

### Preschool

(preschool will resume in the fall)

#### Preschool Playground (KLC)

Child - \$4.00      Family - \$6.50

Unparented Drop-in (2Y-5Y) - \$16.00

### Swimming Pools

#### Kids Pool (KLC, EHLC)

Child - \$4.00      \*Family - \$6.50

#### Steam/sauna/whirlpool only - \$3.50

(regular fees apply during rec swim)

**Daily admission** includes access to all drop-in and pre-booked activities, including instructor-led classes and indoor court/racquet access.

**Millennium Place admission** includes access to all drop-in and pre-booked activities, including instructor-led classes.

\*A family is a maximum of 2 adults (18+ years) and unlimited children 17 years or younger in the same household. A household cannot combine different types of passes and qualify for family pricing.

\*\*Community facilities: Ardrossan Recreation Complex, Glen Allan Recreation Complex, Emerald Hills Leisure Centre and Kinsmen Leisure Centre

## Safety and use guidelines

Children under 6Y must be accompanied by someone 14Y+ at all times in our facilities.

**Aquatic facilities:** Children under 8Y must be within arms reach of someone 14Y+ at all times while in the water. Supervision ratio is 1:3.

**Drop-in Fitness:** 14Y+ or 10Y - 13Y with completion of Fit for the Future and accompanied by an adult.

**Aqua-fitness:** 8Y+ accompanied by an adult.

Visit [strathcona.ca/saferec](http://strathcona.ca/saferec) for full details.

**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.

## Find out more

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

## Monthly pass

	Active Pass	Active Pass+	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**

# Drop-in fitness class descriptions

Check out the online drop-in calendar at [strathcona.ca/RecCalendar](http://strathcona.ca/RecCalendar) for up-to-date times.

## Baby Worx

Bring your little one for a fun, high energy class suitable for all fitness levels. This full-body functional workout will challenge your strength, cardio and core.

## Bootcamp

This challenging workout changes week to week with equipment and exercises. The intensity remains the same, and so does the fun - if you want to call it that (we do!).

## Bootcamp (Outdoor)

Join us out on the turf for a high energy workout suitable for all fitness levels. This class is kid-friendly and participants are encouraged to bring their own mat.

## Circuit

Time flies in this workout as you zip through exercise stations while working on everything from cardio and strength to agility and core. The formats will vary, but the end result is always an effective workout.

## Cycle 30/45

Rev up your fitness program in this 30 or 45 minute cycle class. Whether you're a beginner or are more advanced, saddle-up for some intervals, hills, sprints and more.

## Cycle Bootcamp

This invigorating cycle class has a portion dedicated to off-bike training for strength and power.

## Deep/Shallow Water Aqua - Fitness

Exercising in the water will improve cardiovascular fitness, muscular strength and endurance. Aqua-fitness provides a reduced impact exercise alternative that is easy on the joints while the water's resistance will create a challenging workout perfect for all fitness levels.

## Force

With strength, stamina, and a strong will comes great FORCE. This class offers it all - strengthening exercises, core work and cardiovascular fitness packaged in a cut-to-the-chase workout.

## Step

Step it up with this classic workout. This class is filled with challenging choreography and intense, energetic moves for an awesome workout.

## Strong

Lift, lift, and then lift some more. In this pure strength class, you will squat, lunge, push, pull and press your way to a full-body burn.

## Yoga

The improved flexibility and relaxation that yoga brings to the body allows you to perform everyday activities with more ease. This Hatha-based yoga class will provide strength and flexibility where you need it.

## Zumba®

Working out isn't always fun ...until you've tried Zumba. If you are looking for a mixed intensity dance and cardio workout set to hypnotic Latin and international rhythms, this is the class for you.

## Older adult drop-in fitness 50Y+

### Pick Your Pace

This older adult class picks up the pace with easy to follow moves that condition the heart and lungs. Combined with exercises for strength, balance and mobility will leave you feeling strong and energized.

### Pump and Walk

Walking and weights go hand-in-hand as you alternate between light resistance exercises in our studio and walking the track at your own perfect pace. Class finishes with a great stretch.

### Yoga

All the poses you love from adult yoga at a modified slower pace.

### Young at Heart

Join this fun-loving group for a shallow water class filled with lively music and low-impact exercises.

**Thank you to our  
indoor facility  
sponsors**



# Drop-in fitness classes

Must be 14Y+ to attend land fitness classes, or 10Y-13Y with Fit for the Future (and accompanied by an adult).

Check [strathcona.ca/RecCalendar](http://strathcona.ca/RecCalendar) for the most up-to-date class locations and omit dates.

## Millennium Place

Classes are 45 minutes long, unless otherwise noted.

July 2 - September 3

Omit: August 7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Baby worx</b> Field		10:15 am (1 hr)					
<b>Bootcamp</b> Field	6:50 pm				9 am (1 hr)	8 am (1 hr)	
<b>Cycle</b> Red Room	6:30 pm	9:15 am		9:30 am (30 min)			
<b>Force</b> Blue Room		9 am (1 hr) Field					9:15 am (1 hr)
<b>Pick Your Pace</b> (50+) Blue Room	10:30 am						
<b>Pump &amp; Walk</b> (50+) Blue Room					9:15 am (1 hr)		
<b>Step</b> Blue Room						10:15 am (1 hr) Omit: Aug 5, Sep 2	
<b>Strong</b> Blue Room	9 am (1 hr) field	6:30 pm	9 am (1 hr) Field	6 pm (1 hr)			
<b>Yoga</b> Blue Room	7:15 pm	10:15 am	1:30 pm (50Y+)	10:15 am 7:15 pm			
<b>Zumba®</b> Blue Room		9:15 am 7:30 pm		9:15 am			

## Ardrossan Recreation Complex

Classes are 45 minutes long, unless otherwise noted.

July 3 - August 31

Omit: August 6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b>		7 pm					
<b>Force</b> Hall		6 pm		9:15 am			
<b>Strong</b> Hall		9:15 am					
<b>Yoga</b> Birch Room							10 am

## Emerald Hills Sports Field

Classes are 1 hour long, unless otherwise noted.

July 3 - August 31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Bootcamp (outdoor)</b>				9:30 am Omit: July 27			



Active Pass+ or Daily Admission+ activity.

## Glen Allan Recreation Complex

July 3 - September 1

Classes are 45 minutes long, unless otherwise noted. All classes are located in Studio 203.

Omit: August 5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Circuit</b>						8:15 am (1hr)	
<b>Force</b>			7:15 pm				
<b>Pick Your Pace</b> (50+)	9 am (1hr)		9:15 am		9:15 am		
<b>Strong</b>						9:30 am	
<b>Yoga</b>		6:15 pm					

## Drop-in aqua-fitness classes +

Must be 10Y+. Children 10Y-13Y must be accompanied by an adult. Classes are 1 hour long, unless otherwise noted.

### Kinsmen Leisure Centre

July 3 - September 1

Classes are 1 hour long, unless otherwise noted.

Omit: August 7

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Deep Water</b>	7:30 am		7:30 am 7 pm		
<b>Shallow Water</b>	7:30 am 6 pm		7:30 am 6 pm		7:30 am
<b>Young at Heart</b> (50Y+)	12 pm (45 min)		12 pm (45 min)		12 pm (45 min)

### Emerald Hills Leisure Centre

July 1 - August 31

Classes are 45 minutes long, unless otherwise noted.

Omit: August 6, 7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Deep Water</b> (4 lanes)	9:15 am 10 am		9 am 11:15 am		9 am 10 am		
<b>Shallow Water</b> (6 lanes)	10:15 am	7:45 pm (1 hr)	11:15 am		10:15 am		8:45 am (50 min)

### Millennium Place

July 3 - September 1

Classes are 1 hour long.

Omit: August 6, 7

Rohit Aquatics Centre

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Deep Water</b>	8 am	9 am	8 am	9 am	8 am

## Drop-in childminding

at the **FUNFACTORY**

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



Check the Ardrossan Recreation Complex and Millennium Place pages.

## Recreation gift cards

Recreation gift cards can be used towards admission, programs and rentals at Strathcona County recreation and culture facilities.


Purchase your gift card today!

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





# Ardrossan Recreation Complex

80 - 1 Avenue, Ardrossan, AB [strathcona.ca/ARC](http://strathcona.ca/ARC)**780-400-2084****Holiday hours:** July 1, August 7: Closed**Customer service:** 5:30 am to 8:45 pm, Mon - Fri • 6 am to 8:45 pm, Sat/Sun  **Active Pass+ or Daily Admission+ activity.**

## Fitness July 1 - August 31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Wellness Centre</b>			5:30 am - 10 pm			6 am - 9 pm	

## Skating August 8 - 31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Rusty McLean Arena</b> Note: After Aug 23 some skate times will be on the MacMillan Team Arena. Check <a href="http://strathcona.ca/RecCalendar">strathcona.ca/RecCalendar</a> for the most up-to-date schedule.							
<b>Recreational Skating</b>	1:15 - 2:30 pm	1:15 - 2:30 pm Omit: Aug 8	1:15 - 2:30 pm Aug 30 only	1:15 - 2:30 Omit: Aug 10	1:15 - 2:30 Omit: Aug 11		1 - 3 pm
<b>Figure Skating</b>	2:45 - 4:15 pm			2:45 - 4:15 pm Aug 10: 3:15 - 4:30			
 <b>Stick and Skate*</b> All ages	9 - 10 am	2:45 - 4:15 Aug 8 (3:15 - 4:30)	2:45 - 4:15 pm Aug 9 (3:15 - 4:30)	9 - 10 am Omit: Aug 10	2:45 - 4:15 Omit: Aug 25 Aug 11 (3:15 - 4:30)	2 - 3:30 pm Omit: Aug 12 6:30 - 8:15 pm	6:15 - 7:45 pm
 <b>Stick and Skate*</b> 11 - 14Y** <b>NEW!</b>	12 - 1 pm	9:15 - 10:45 am Omit: Aug 8	9:15 - 10:45 am Aug 30 only	12 - 1 pm Omit: Aug 10	9:15 - 10:45 am Omit: Aug 11		
 <b>Shinny 15Y+**</b> Full equipment required	6 - 8 am 10:15 - 11:45 am	6 - 8 am 11 am - 1 pm Omit: Aug 8	6 - 8 am 11 am - 1 pm Aug 30 only	6 - 8 am 10:15 - 11:45 am Omit: Aug 10	6 - 8 am 11 am - 1 pm Omit: Aug 11	12:30 - 1:45 pm Omit: Aug 12	8:15 - 9:15 pm

### Book online

**Pre-booking is required for Shinny and Stick and Skate** Visit [strathcona.ca/skating](http://strathcona.ca/skating) to book and pay up to 1 day in advance. Active Pass+ valid.

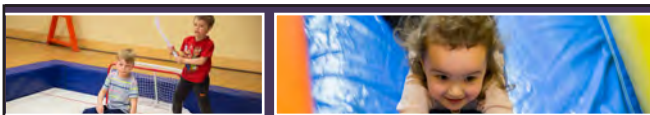
\* Helmet required. Ringette and hockey sticks permitted. \*\* Recommended ages only.

## Dry surface July 4 - 25

Omit: July 11

### Rusty McLean Arena

<b>Roller skating</b> Helmets recommended. Roller skates or blades permitted.	All ages	Tue (Family)	6 - 7:30 pm
	16Y+	Fri (Adult)	6 - 7:30 pm

Check [strathcona.ca/RecCalendar](http://strathcona.ca/RecCalendar) for the most up-to-date schedule.

## SPORTZONE

**June 29 - July 31** Omit: July 1 **Mon - Sun**

(Drop-in sports will be on Rusty McLean Arena on July 22 from 10 am - 8 pm and July 23 from 10 am - 4 pm; no inflatable)

**9 am - 8 pm** (no inflatable from 9 - 10 am or 4 - 8 pm)

### MacMillan Team Arena

Activities include: Sporting equipment, inflatables, mini-hockey stick arena and more.

For ages 3 and up. 3 - 6 year olds require supervision by someone at least 14 years old. Included in the daily admission or the Active Pass.

**Socks are required for use of the inflatable.**

## Drop-in kids July 1 - August 31

Omit: July 1, Aug 7

### Edu-tainment Centre

<b>Indoor Playground</b>	0Y - 10Y	Mon - Sun	9 am - 8 pm
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Children under the age of 6 must be supervised by someone 14 years or older.

### Fun Factory

<b>Childminding</b> ♦ Omit: July 1, Aug 7	0Y - 8Y	Mon/Wed	9:30 am - 12 pm
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Unparented. Drop-off your child and enjoy recreational time for yourself. Visit [strathcona.ca/funfactory](http://strathcona.ca/funfactory) for fees. ♦ Not included on the Active Pass. Additional fee applies.

## Drop-in youth July 1 - August 31

Omit: July 1, Aug 7

<b>Teen Running Club</b>	10Y - 17Y	Sun	12 - 1 pm
<b>Youth Lounge</b>	10Y - 17Y	Mon - Sun	9 am - 8 pm

## Pickleball

There are two pickleball courts available during open dry surface times in MacMillan Arena from July 2-25. Call 780-400-2084 for available times - subject to change. Moyer Recreation Centre Pickleball may be added on Arena dry surface during extended rainout dates from July 2- August 31. Check [Strathcona.ca/RecCalendar](http://Strathcona.ca/RecCalendar) for most up-to-date schedule.

# Glen Allan Recreation Complex

199 Georgian Way, Sherwood Park, AB [strathcona.ca/garc](http://strathcona.ca/garc)

780-467-4404

**Customer service:** 5:30 am to 9 pm, Mon - Fri • 6 am - 8 pm, Sat/Sun

**Holiday hours:** July 1, August 7: Closed

## Fitness July 1 - August 31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Wellness Centre</b> 14Y+	5:30 am - 10 pm					6 am - 9 pm	6 am - 9 pm <b>Fit for the Future</b> sponsored by Pasta Pantry <b>10Y-13Y</b> 11 am - 12:30 pm
<b>Sauna/whirlpool</b> (10 yrs+)	6 am - 9 pm					6 am - 8 pm	

## Skating July 2 - August 27

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Recreational Skating</b> Omit: Aug 18, 27	<b>Book online</b> Pre-booking is required for Shinny and Stick and Skate Visit <a href="http://strathcona.ca/skating">strathcona.ca/skating</a> to book and pay up to 1 day in advance. Active Pass+ valid.				5:15 - 7:15 pm Aug 25 (4:30 - 6:30)		2:15 - 4:15 pm
<b>+ Stick and Skate*</b> All ages Omit: Aug 7, 14, 16, 18, 27	8 - 9:30 am Aug 21 (11:30 am - 1 pm)		8 - 9:30 am Aug 23 (11:30 am - 1 pm)		8 - 9:30 am		4:30 - 5:45 pm
<b>+ Shinny 15Y+**</b> Full equipment required Omit: Aug 15, 17		8 - 9:30 am Aug 22 (11:30 am - 1 pm)		8 - 9:30 am Aug 24 (11:30 am - 1 pm)		8 - 10 am Aug 26 (8 - 9:30 am) 4 - 6 pm	6:45 - 8 pm

\* Helmet required. Ringette and hockey sticks permitted. \*\* Recommended ages only.

## + Courts July 1 - August 31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Squash</b> 2 courts	6 am - 10 pm					6 am - 9 pm	
<b>Moveable Wall</b> 2 courts	6:15 am - 9:15 pm					6:15 am - 8:15 pm	
<b>Racquetball/ Handball</b> 2 courts	6:30 am - 9:30 pm					6:30 am - 8:30 pm	

Visit [strathcona.ca/IndoorCourts](http://strathcona.ca/IndoorCourts) or call 780-467-4404 to book or inquire about the courts. Equipment rentals are available. Group rate is available for Wallyball.

## Dry Surface July 1 - August 20

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Drop-in sports</b>	9 am - 9 pm					8 am - 8 pm	
<b>Inflatable</b>	9:45 - 11:15 am		9:45 - 11:15 am		9:45 - 11:15 am	10 am - 1 pm	

**sports**  
on the dry surface

**All ages!**

**Basketball, pickleball, badminton, blue blocks, mini sticks and more!**

Bookings and equipment available on first come first serve basis.

Book up to half the dry surface space for private use or book a birthday party!

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

780-467-4404

# Kinsmen Leisure Centre

2001 Oak Street (Vic Bidzinski Way) Sherwood Park, AB

[strathcona.ca/klc](http://strathcona.ca/klc) Aquatic line: **780-464-2112**

**Customer service:** 7 am to 9 pm, Mon - Fri • 7 am - 7 pm, Sat • 7 am - 6 pm, Sun

**Holiday hours:** August 7: Closed

Children under 8Y must be within arms reach of someone 14Y+ at all times while in the water. Ratio of supervision is 1:3

## Swimming July 2 - August 27

Omit: Aug 7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Rec Swim</b>	1:30 - 5:30 pm	1:30 - 9 pm	1:30 - 5:30 pm	1:30 - 7:30 pm	1:30 - 7 pm	1 - 7 pm July 8: 1 - 3:30 pm	1 - 7 pm
<b>Kids Pool Only</b> 5 years and younger, parented.	12 - 1 pm	12 - 1 pm	12 - 1 pm	12 - 1 pm	12 - 1 pm	8 - 10:30 am	8 - 10:30 am
<b>Lap Swim - Shallow</b>	6:30 - 7:15 am 7:15 - 9 pm	6:30 - 8:30 am 12 - 1 pm	6:30 - 7:15 am 7:15 - 9 pm	6:30 - 8:30 am 12 - 1 pm 7:45 - 9 pm	6:30 - 7:15 am	7 - 10:30 am	7 - 10:30 am 7:30 - 9 pm
<b>Lap Swim - Deep</b>	6:30 - 7:15 am 12 - 1 pm 6 - 9 pm	6:30 - 8:30 am 12 - 1 pm	6:30 - 7:15 am 12 - 1 pm 6 - 7 pm 8 - 9 pm	6:30 - 8:30 am 12 - 1 pm 7:45 - 9 pm	6:30 - 8:30 am 12 - 1 pm	7 - 10:30 am	7 - 10:30 am 7:30 - 9 pm

## Swimming August 28 - September 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Rec Swim</b>	9 - 11:30 am 1:30 - 5:30 pm	1:30 - 9 pm	9 - 11:30 am 1:30 - 5:30 pm		4 - 7 pm	1 - 7 pm	1 - 7 pm
<b>Kids Pool Only</b> 5 years and younger, parented.	12 - 1 pm	9 - 1 pm	12 - 1 pm	9 am - 4 pm	9 am - 3 pm	8 - 10:30 am	8 - 10:30 am
<b>Lap Swim - Shallow</b>	6:30 - 7:15 am 7:15 - 9 pm	6:30 am - 1 pm	6:30 - 7:15 am 7:15 - 9 pm	6:30 am - 4 pm 7:30 pm - 9 pm	6:30 - 7:15 am 8:45 - 11:45 am 1 - 3:30 pm	7 - 10:30 am	7 - 10:30 am 7:30 - 9 pm
<b>Lap Swim - Deep</b>	6:30 - 7:15 am 12 - 1 pm 6 - 9 pm	6:30 am - 1 pm	6:30 - 7:15 am 12 - 1 pm 6 - 7 pm 8 - 9 pm	6:30 am - 4 pm 7:30 - 9 pm	6:30 am - 3:30 pm	7 - 10:30 am	7 - 10:30 am 7:30 - 9 pm

The hot tub and steam room are open during recreation and lap swims. During swim programs, they are available for a reduced fee. No access is available during private bookings or staff training.

## Canada Day Free Swim

**Saturday, July 1**

**Rec Swim** 10:30 am - 3:30 pm  
6:30 - 10 pm

**Lap Swim** 8 - 10 am  
(shallow and deep) 4 - 6 pm



Parking will be limited.  
Visit [strathcona.ca/CanadaDay](http://strathcona.ca/CanadaDay) for more information

**SATURDAY, JULY 8**  
**4:30 - 7:30 P.M.**

Tickets go on sale June 5 at KLC only

**Kinsmen Leisure Centre**  
**BEACH BASH**

GAMES // FOOD // PRIZES

More information:  
**780-464-2112**



# Emerald Hills Leisure Centre

3555 Emerald Drive, Sherwood Park, AB

[strathcona.ca/emeraldhills](http://strathcona.ca/emeraldhills) Aquatic line: **780-464-2112**

**Customer service:** 5:30 am to 8:30 pm, Mon - Fri • 7 am to 8 pm, Sat • 7 am to 4 pm, Sun

**Holiday hours:** July 1, August 7: Closed

Children under 8Y must be within arms reach of someone 14Y+ at all times while in the water. Ratio of supervision is 1:3.

## Swimming July 2 -August 28

Omit: Aug 7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Rec Swim</b>		10 am - 12:30 pm Inflatable (Depth:1.3m) (Aug 8: no inflatable Depth: 2.5m)		10 am - 12:30 pm Inflatable (Depth:1.3m) (Aug 10: no inflatable Depth: 2.5m)		1 - 4 pm Inflatable (Depth:1.3m)	10 am - 2 pm (Depth: 2.5m)
<b>Kids Pool Only</b> 5 years and younger, parented.	6 am - 12:45 pm	6 am - 9:45 am (Aug 8: 1 - 7 pm)	6 am - 12:45 pm (Aug 9: 6 am - 7 pm)	6 am - 9:45 am (Aug 10: 1 - 7 pm)	6 am - 12:45 pm (Aug 11: 6 am - 7 pm)	7 - 10 am 4:15 - 6 pm	7 - 9:30 am 2:15 - 6 pm
<b>Walking</b> 4 Lanes	Depth: 1m 11 am - 12:45 pm Depth: 1.3m 5:30 - 9 am 7:45 - 9 pm	Depth: 1m 5:30 - 9:45 am Depth: 1.3m 7:45 - 9 pm	Depth: 2.5m 12 - 12:45 pm Depth: 1.3m 5:30 - 9 am 7:45 - 9 pm	Depth: 1m 5:30 - 9:45 am Depth: 1.3m 7:45 - 9 pm	Depth: 1.3m 5:30 - 8:45 am 12 - 12:45 pm (Aug 11: 12 - 12:45 pm 2.5 m) 7:45 - 9 pm	Depth: 1.3m 7 - 10 am 4:15 - 6 pm	Depth: 1m 7 - 9:30 am Depth: 1.3m 2:15 - 6 pm
<b>Lap Swim</b> 6 Lanes unless noted	5:30 - 10 am 12:15 - 1 pm 7:45 - 9 pm	5:30 - 9:45 am	5:30 - 10 am 12:15 - 1 pm (2) 7:45 - 9 pm	5:30 - 9:45 am	5:30 - 10 am 11:15 am - 1 pm 7:45 - 9 pm	7 - 10 am 4:15 - 6 pm	7 - 8:30 am (Aug 6: 7 - 9:30 am) 2:15 - 6 pm

## Swimming August 28 - September 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Rec Swim</b>		10 am - 12:30 pm Inflatable (Depth:1.3m)	12:30 - 4:30 pm Inflatable (Depth:1.3m)			11 am - 3 pm Inflatable (Depth:1.3m)	10 am - 2 pm (Depth: 2.5m)
<b>Kids Pool Only</b> 5 years and younger, parented.	6 am - 12 pm	6 - 9:45 am	6 am - 12 pm	6 am - 7 pm	6 am - 3:45 pm	7 - 10:30 am 3:15 - 6 pm	7 - 9:30 am 2:15 - 6 pm
<b>Walking</b> 4 Lanes	Depth: 1.3m 5:30 - 9 am 7:45 - 9 pm	Depth: 1m 5:30 - 9:45 am Depth: 1.3m 7:45 - 9 pm	Depth: 1.3m 5:30 - 9 am 7:45 pm - 9 pm	Depth: 1m 5:30 - 10 am Depth: 1.3m 10:15 am - 5:15 pm 7:45 - 9 pm	Depth: 1.3m 5:30 - 9 am 12 - 3:45 pm 6:15 - 9 pm	Depth: 1.3m 7 - 10:30 am 3:15 - 6 pm	Depth: 1m 7 - 9:30 am Depth: 1.3m 2:15 - 6 pm
<b>Lap Swim</b> 6 Lanes unless noted	5:30 - 10 am 7:15 - 9 pm	5:30 - 9:45 am 5:30 - 7:30 pm	5:30 - 10 am 7:45 - 9 pm	5:30 am - 7:30 pm	5:30 - 10 am 12:15 - 3:45 pm 6:15 - 9 pm	7 - 10:30 am 3:15 - 6 pm	7 - 9:30 am 2:15 - 6 pm

The hot tub and steam room are open during recreation and lap swims. During swim programs, they are available for a reduced fee. No access is available during private bookings or staff training.

## Poolpod

The Pool Pod at Emerald Hills Leisure Centre is a lift that can assist someone with mobility challenges into and out of the pool.

It has been installed on the 4-Lane pool to replace the existing in-pool Spectrum platform lift that is currently out of service.

The maximum weight capacity for the Pool Pod is 550lbs.

**Fun Fact**  
the Pool Pod  
comes from  
Scotland.



# Millennium Place

2000 Premier Way, Sherwood Park, AB

[strathcona.ca/mp](http://strathcona.ca/mp) **780-416-3300**

 **Active Pass+ or Daily Admission+ activity.**

**Customer service:** 5 am to 10:30 pm, Mon-Fri • 6 am to 9 pm, Sat/Sun

## Holiday hours:

July 1, August 7  
9 am - 8 pm

## Fitness July 1 - August 31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Mattamy Homes Wellness Centre</b>	5:30 am - 10:30 pm					6 am - 9 pm	

## Swimming July 1 - August 31

Rohit Aquatics Centre	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Pool	5:15 am - 10:30 pm					6:15 am - 9 pm	
Fun Swim in the Lap Pool	11 am - 4 pm				Inflatable: 11 am - 4 pm <i>Omit: Aug 11 - 13</i>		
Leisure/Wave pool	9 am - 9 pm						
Non-wave times	9 - 10 am						
Therapeutic Fitness, Adult 18Y+ <small>(Wave Pool) <i>Omit: July 1, Aug 7</i></small>	5:15 - 9 am					6:15 - 9 am	
Sauna/Whirlpool/Steamroom	5:15 am - 10:30 pm					6:15 - 9 pm	

Kids under 8 years old must be within arm's reach to someone 14+ at all times in the water. Ratio of supervision is 1:3

## Skating July 1 - August 31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Powerade Arena							
Recreational Skating			7 - 9 pm			1 - 4:30 pm <i>(July 1: 12 - 4:30 pm)</i>	1 - 2:30 pm
	First Call Leisure Ice 9 am - 9 pm						
Stick & Skate* All ages						5 - 7 pm	3 - 4:30 pm
Stick & Skate* 11-14Y**	NEW!		<div>Book online</div> <div>Pre-booking is required for Shinny and Stick and Skate. Visit <a href="http://strathcona.ca/skating">strathcona.ca/skating</a> to book and pay up to 1 day in advance. Active Pass+ valid.</div>		7 - 9 pm	7:15 - 8:15 pm <i>Omit: July 1</i>	
Sherwood Park Chevrolet Arena							
Stick & Skate* All ages						2:45 - 4:15 pm <i>Omit: July 2, 9</i>	
Stick & Skate* 11-14Y**	NEW!				7:15 - 9:15 pm (Jul 14, 28, Aug 4, 11 only)		
Shinny 15Y+** Full equipment required	5:45 - 7:30 am <i>Omit: Aug 7</i> 11:30 am - 12:30 pm <i>(ends July 14)</i>					5:15 - 6:45 pm 7 - 8:30 pm <i>Omit: July 1 (both times) Aug 26 (5:15 only)</i>	

\* Helmet required. Ringette and hockey sticks permitted.  
\*\* Recommended ages only.

**Shinny and Stick & Skate** are also offered at  
Ardrossan Recreation Complex and Glen Allan Recreation Complex.

## Drop-in Kids July 1 - August 31

### Edu-tainment Centre

<b>Indoor Playground</b>	0Y - 7Y	Mon - Sun	9 am - 9 pm
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Designed for ages 0 - 7, and anyone under 6 years old must be supervised by a responsible individual.

### Fun Factory

<b>Childminding</b> Omit: July 1, Aug 7	0Y - 7Y	Mon, Tue, Thu, Fri, Sat	8:45 am - 12 pm
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Drop off your child and enjoy recreational time for yourself. ♦ Not included on the Active Pass. Additional fee applies. Visit [strathcona.ca/funfactory](http://strathcona.ca/funfactory) for fees.

## Drop-in Sports July 1 - August 31

### Gymnasium

<b>Drop-in Sports</b>	All Ages	Sat - Thu	9 am - 9 pm
		Fri	9 am - 10:30 pm

## Holiday Schedule

### Recreational Skating

12 - 4:30 pm July 1, Aug 7

### Fun Swim Inflatable

11 am - 4 pm Aug 7



## Drop-in Youth July 1 - August 31

### Youth Lounge

Teens only Fri 9 - 10:30 pm

10Y - 17Y

Sat - Thu  
Fri

9 am - 9 pm  
9 am - 10:30 pm

### Mattamy Homes Wellness Centre

### Fit for the Future

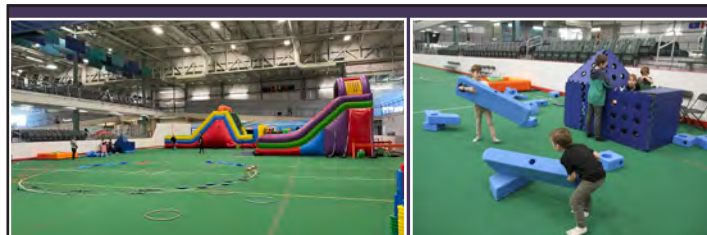
sponsored by Pasta Pantry

Learn to use the Wellness Centre

10Y - 13Y

Sat

9:30 - 11 am



## SPORTZONE

**August 1 - 31 10 am - 4 pm**

Millennium Place Field 1

Activities include: Sporting equipment, inflatables, mini-hockey stick arena and more.

For ages 3 and up. 3 - 6 year olds require supervision by someone at least 14 years old. Included in the daily admission or the Active Pass.

**Socks are required for use of the inflatable.**

**CELEBRATE YOUR  
BIRTHDAY  
WITH US!**



### Book your party at:

- Ardrossan Recreation Complex
- Kinsmen Leisure Centre
- Gallery@501
- Millennium Place
- Glen Allan Recreation Complex
- Strathcona Wilderness Centre
- Strathcona Olympiette Centre

**[strathcona.ca/partypackages](http://strathcona.ca/partypackages)**

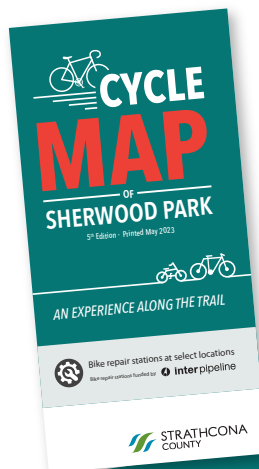


## Gymnasium rentals

Gymnasium bookings are available at Millennium Place and École Père Kenneth Kearns.

Call today: **780-416-6724**

## Cycling is fun!



Pick up your printed copy of the cycle map for a handy guide on exploring the 287 km of trails in Sherwood Park.

You can find one at any Strathcona County recreation facility, the Recreation, Parks and Culture Administration Office (2025 Oak Street), or at the Community Centre.

**[strathcona.ca/cyclemap](http://strathcona.ca/cyclemap)**



# STRATHCONA WILDERNESS CENTRE

**CAMPING JUST 15  
MINUTES AWAY!**

Rent a tent or bring your own.  
Just bring your gear!



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



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

Questions? [recreation@strathcona.ca](mailto:recreation@strathcona.ca)

Weekdays: 780-467-2211

Weekends/evenings: 780-416-3300

**Register today!**

*There's something  
for everyone*

PRESCHOOL | VISUAL ARTS  
SPORTS | OUTDOORS  
DANCE AND DRAMA

