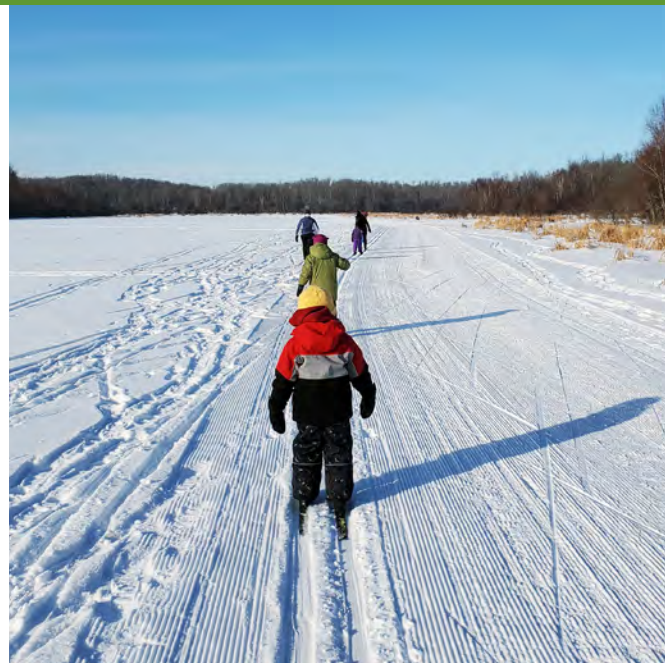




Outdoor Programs, School and Group Guide **2023/24**

STRATHCONA WILDERNESS CENTRE





What's inside

- Booking Programs4**
- Cancellation Procedures5**
- Curriculum Connections and Logistics6**
- Program Information8**
- Programs8**
 - Outdoor Active 8
 - Nature Detectives10
 - Social Studies11
 - Science12
 - Outdoor Skills13
 - Canoeing14
 - Orienteering15
 - Team Building and Games.....16
 - Winter16
- Map - Getting to the Centre18**



Programs can be adapted to community groups.



Booking Programs

How do I book programs?

Contact the Strathcona Wilderness Centre at 780-922-3939, Monday to Friday between 9 a.m. and 4:30 p.m.

Program registration is ongoing and can be booked up to a year in advance. Have the following information ready when you call to book:

- Main contact person (email address, and phone number)
- Grade or age
- Number of participants
- School address (include postal code)
- School phone number
- Program(s) of choice
- 2 to 3 potential program dates
- Special needs/accessibility arrangements

Upon booking

You will receive a booking licence with terms and conditions by email prior to the date of your program. Please read the information carefully, sign and return by email within 48 hours.

GST will be added to all Grade 10 and up program fees.

Contract packages can be sent by mail, upon request.

What is included in the program?

- Equipment, facilities and instructor(s), unless otherwise noted.
- An experience your students won't forget!

When can I book a program?

Full day and half-day programs can be scheduled between the hours of 9 a.m. and 9 p.m. any day of the week. Areas are available for students to eat their lunch.

Email: swcinfo@strathcona.ca

Mailing Address:
Strathcona Wilderness Centre
2001 Sherwood Drive
Sherwood Park, Alberta
T8A 0W9

Site Address (not for mailing):
52535 Range Road 212
Ardrossan, Alberta
T8G 2E9

GPS Coordinates:
GPS: Lat 53.456537
Long -112.821208



Cancellation Procedures

Programs can run in all weather conditions that do not compromise students' safety. If a specific program is not able to take place due to inclement weather, an alternate program will be discussed with teachers. Cancellation of a program or selection of another program is left to the teacher's discretion. This can be done in consultation with the Outdoor Recreation Programmer at 780-922-3939.

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

For programs delivered at your school, we will cancel the program if Strathcona County school busses are not running due to adverse weather or road conditions. We will make every attempt to reschedule the program at a later date.

Can I cancel or re-book?

Yes, bookings can be cancelled and re-booked. Please contact us by phone at 780-922-3939 or email us at swcinfo@strathcona.ca.

We will get back to you the next business day to confirm that your cancellation request has been received. If you do not receive a confirmation, your cancellation has not been processed - please contact us again.

Schools are not required to pay for programs cancelled due to adverse weather, or if notice of cancellation is received **at least 7 days prior** to the program.

Please check potential booking dates preferred with all teachers involved prior to booking your program, as sometimes changes to dates and times are not always guaranteed. Changes to your bookings require at least 48 hours notice. Changes may include number of students, arrival times and departure times.

Changes to programs

Changes to numbers and programs may be made up to 48 hours before your scheduled program. Your invoice will be calculated based on that confirmation number.

Ensure you book your transportation

Please book your transportation after signing your terms and conditions. Most bussing companies provide service to the Strathcona Wilderness Centre.

Note: For canoe programs groups will meet at Islet Lake, in the Cooking Lake-Blackfoot Provincial Recreation Area. (East on Wye Road to Range Road 200, then North 3 km to the parking lot).

Islet Lake GPS Coordinates:

53 27.40N by 112-49.30W, elevation 744m
Please visit www.strathcona.ca/isletlake for the Islet Lake map and driving directions.

Curriculum connections and logistics

Do these programs meet the school curriculum?

All programs complement Alberta Education Curriculum guidelines.

How many students can attend a program?

Generally, our programs are designed to accommodate one class of approximately 30 students. If your class has more than 30 students, we will do our best to accommodate you. To follow our predetermined risk assessments and practices, there are limits to how many students can be added to programs. Experience teaches that if there are over 30 students in a program, the quality of the program may be diminished. If you have more than 30 students taking a program, please contact us to discuss the best situation for your students. Please note, an extra fee may apply for classes over 30 students.

What is my role?

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

This includes:

- Overall group discipline
- Supervision during the program, lunch and/or free time
- Assisting with the program (equipment distribution, sub-grouping and behaviour management)
- Taking a "sweep" role during trail tours

What role do I play in an emergency?

For incidents that occur while in a program, the Strathcona Wilderness Centre staff will take the lead first aid role. Teachers are responsible to supervise the remainder of the group and assist as directed by centre staff. All Strathcona Wilderness Centre instructors carry first aid supplies and are certified in a minimum Standard First Aid & CPR. Lead staff hold a 40 hour Wilderness Advanced First Aid Certificate.

Do I need additional help?

Extra teacher/parent helpers are welcome to participate. Their enthusiasm and assistance help make the learning experience more positive.

- K-3 suggested helper/student ratio is 1:5
- For Grades 4-6 the suggested helper/student ratio is 1:10
- For Grades 7-12 the suggested ratio is 1:15
- For Grades 4 and up we recommend a maximum of 4 additional teacher/parent helpers in addition to the teacher



Program Information

What do my students need to bring?

To ensure your students enjoy their visit to the Strathcona Wilderness Centre, please read the following information:

- Programs will run in all conditions as long as the safety guidelines are followed.
- Please have students dress for the weather. Always dress in layers appropriate to the weather conditions. As a minimum, it is recommended your students bring the following:
 - Lunch and/or snacks (no nuts please)
 - Sunscreen
 - Day pack
 - Closed-toe shoes suitable for all activity levels (no sandals)
 - Extra socks
 - Water bottle
 - Rain gear or winter jacket and pants
 - Sunglasses
 - Hats, mittens, gloves and/or boots (weather dependent)



Can we stay for a picnic?

If your class would like to stay for lunch, please reserve a spot when you book your program. Space is limited and may need to be shared with another school. Private picnic sites may be booked. Regular booking fees will apply.

Come with another class

Benefits include:

- Shared busing
- Students interacting with other classes and/or levels
- Double the FUN!
- Experience nature

Customize Your Program

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

Homeschool

All of our programs are available to homeschoolers. Get a group of eight or more students together and book today! Check out [RecOnline](#) for additional programs created specifically for homeschooled students.

Programs

Outdoor Active Programs

Birds & Their Nests

Explore the behaviours, calls and nesting habits of various birds that we might find in the Beaver Hills biosphere. Learn about camouflage, build your own bird's nest, and develop an understanding about birds and their relationship with the environment. Explore curriculum connections with the seasons, flying animals and life cycles.

Grades: K-3 **Length:** 1.5 hours
Fee: \$200
Time: April - October

Building Fairyhouses

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

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

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

Grades: K-3 **Length:** 1.5 hours
Fee: \$200
Time: Year-round

Finally, I'm a Butterfly!

Ever wonder about how caterpillars turn into butterflies? Do the caterpillars get impatient? Are there many different butterflies around? Through a story, games and craft (to take home), participants will learn about butterflies and the process of how caterpillars transform into butterflies.

Grades: K-3 **Length:** 1.5 hours
Fee: \$200
Time: April - June

I Spy Using My Eyes

What can you see in the woods? What is up high or down low? Are all plants the same? What colours can you see? Do animals or insects see differently? Make a kaleidoscope to enjoy different shapes and patterns! Learn what makes animal eyes unique, and the difference between a predator and prey eyes.

Grades: K-3 **Length:** 1.5 hours
Fee: \$200
Time: April - October

I'm a Bug?

If you were a bug, what would you do? Where would you live? Would you swim in the water, fly or sleep in a dark place? What makes insects special? Join us for a bug hunt to learn about the life of a bug (decomposer) and what it means to the ecosystem.

Grades: K-3 **Length:** 1.5 hours
Fee: \$200
Time: April - October



Outdoor Active Programs

Lost in the Woods

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

Grades: K-3

Length: 1.5 hours

Fee: \$200

Time: Year-round

Nature Scavenger Hunt

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

Ages: 4-8 Years

Length: 1.5 hours

Fee: \$200

Time: Year-round

Slackline & Initiative Games

Slacklining is a sport and art that tests your balance and skill. It is similar, at first glance, to tightrope walking and is most commonly practiced in conjunction with Rock Climbing! Join us for a session on the slack line, and team building games!

Grades: 2-9

Length: 2 hours

Fee: \$200

Time: May - October



Disc Golf

Learn to Disc Golf is an introduction to the sport with an emphasis on the basic throwing skills and strategies of the game. Disc Golf is a great way to get outdoors and enjoy walking in nature while playing the game

Grades: 4-12

Length: 1.5 hours

Fee: \$200

Time: May - October

Campfire Program

Our instructor extraordinaire will lead your class in a variety of activities such as songs, skits and stories. The campfire program can be designed to meet your class objectives. Come prepared to be actively involved.

Grades: 4-12

Length: 2 hours

Fee: \$200

Time: Year-round

Off-site Fees

Off-site Fees are as follows:

- \$25 within Strathcona County
- \$50 Edmonton and Area

Nature Detectives

Spring Fever

When Spring Fever hits your classroom – have the Nature Detective visit and cool that fever with an indoor pond. The hands-on indoor presentation and displays gives your students an in-depth look at various bugs and plants and how they survive in nature's watery basement. During outside activities your students will observe herbivores, omnivores, plants and how they interact.

Grades: K-2 Length: 1.5 hours
Fee: \$160
Time: Spring (April-June)

Fabulous Fall

Fall is a time of heightened activity in nature. Animals are preparing for the long winter ahead. The Nature Detective teaches your classroom about nature's busy fall time creatures with displays and activities that provide your students with hands-on learning. Through a variety of activities your students are encouraged to use their imagination and become busy creatures of the fall.

Grades: K-2 Length: 1.5 hours
Fee: \$160
Time: Fall (September-November)

Winter Wonderland

How do the birds and animals survive when the season is cold and covered with snow? The Nature Detective will visit your classroom and use hands-on displays and activities to help your students discover the wonder of winter survival in Alberta. During the outside activities, your students stretch their imaginations and become a bird or animal and learn what they need to do to survive during our cold winter months.

Grades: K-2 Length: 1.5 hours
Fee: \$160
Time: Winter (December-March)



Social Studies Programs

Métis Women and the Fur Trade

Learn the contributions made by Métis women, specifically Charlotte Small, to the success of the fur trade. Apply basic map reading skills to David Thompson's cartography. In this program students will investigate how Métis observations and lived experiences contribute to the understanding and relationship with the land, historically and present day. Using a map, navigate the trails at the Strathcona Wilderness Centre in a fun, fur trading game. Collect tokens for correct answers and then trade tokens at the North West Company Fort for items needed to survive the upcoming winter.

Grades: 4-6

Length: 2 hours

Fee: \$200

Time: Year-round *off-site charges will apply

Peoples of the Land

The Peoples of the Land series may be delivered either at the Strathcona Wilderness Centre or at your school.

Grades: 1-5

Length: 2 hours

Fee: \$200

Time: Year-round

*Offsite Travel Fees: \$25 within Strathcona County
\$50 Edmonton & Area

Grade 1 - First Families

Students will learn about the daily lives, family traditions and community life of Canada's First Families. Three different areas of Canada are covered to give the students a look at a variety of customs and lifestyles. Students make a Indigenous craft and play Indigenous games that help them understand the importance of family life.

Grade 2 - Inuit

In this program, students learn the Inuit way of life in the past, including their hunting skills, homes, clothing, transportation, family life, art and games. Test your students' strength and ability as they build Inukshuks, colour artwork and play games.

Grade 3 - Community Connections

In this program, students will learn about an Indigenous Community. The program will focus on discussions regarding Indigenous homes, food, clothing, hunting, and the importance of storytelling and legends. The role of different members of the society will be talked about and the lives of children will be explored. By studying the past experiences students will see how events have shaped this community. Students will make a traditional craft and play Indigenous games

Grade 4 - Plains First Nations

This program provides students the opportunity to learn about the way of life of the people of the Plains including social organizations, the buffalo hunt, food preparation, clothing, their unique homes and the importance of the horse. Students play Indigenous games, make a traditional craft, and may also have the opportunity to build a teepee.

Grade 5 - Woodland First Nations

In this program the people of Canada's deep forests are explored. The program will focus on discussions regarding the Woodland First Nations' communities, their family lives, homes, clothing, and hunting and trapping skills. The importance of birch bark and canoes to their daily lives will also be presented. This program is available year-round. In the winter, book this program in conjunction with a snowshoe program to make a full and meaningful day!

Please note: In all of the science programs, accompanying supervisors must be prepared to take an "active role." Be assured...it's fun!

Birthday Parties

Book your [birthday party](#) at the Strathcona Wilderness Centre!

Rent a picnic site, fire pit or the Lodge, and let the party take place outside. We have a wide variety of program options for you to choose from. Almost any of our programs can be adapted to suit your needs.

Science Programs

Forest Orienteering

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

Grade: 4 Length: 2 hours
Fee: \$215
Time: Fall (September-mid October)
and Spring (May-June)

Forest Orienteering II

Forest Orienteering 2 will provide participants with an active means of gathering information on the forest ecosystem. There is a greater focus on interpreting ways of identifying adaptations of specific plants, what they need to grow, and the role these plants play in our ecosystem. Students will classify and identify plants, estimate population size in a study plot, and identify the needs and uses of plants and their different growing conditions. A continued emphasis on practicing responsible use and conservation of the forest will be provided.

Grade: 7 Length: 2 hours
Fee: \$215
Time: Fall (September-October)
and Spring (May-June)

Predator Prey

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

Grade: 4-12 Length: 2 hours
Fee: \$215
Time: Fall (September-mid October)
and Spring (April-June)



Adaptations for Air

Students will have the opportunity to explore unique parts of the Strathcona Wilderness Centre to learn about how birds and insects are adapted for flight. While learning about adaptations that birds and insects have, students will learn about the broader principles of aerodynamics.

Grades: 6 Length: 2 hours
Fee: \$215
Time: May - October

Discover Wetlands

A wetland sustains more life than any other ecosystem; it is an endless flow of producers, consumers and decomposers. Our instructors will lead your students on an exploration of a wetland using various activities to enhance their awareness of this unique ecosystem. Activities include observing water creatures, participating in an adaptations for survival game and learning the effects of bioaccumulation. This program acts as a great start to your Grade 5 "Wetland" unit, a hands-on experience during the unit, or as a refresher before year-end exams.

Grade: 5 Length: 2 hours
Fee: \$215
Time: Fall (September-mid October)
and Spring (May-June)

Discover Forest and Trees

A forest is a series of interconnecting species that help support the entire ecosystem. Our instructors will lead your students through 3 forest areas – an aspen stand, a meadow and a black spruce bog – to enhance their awareness of the diversity of these specific areas. Activities include identification of leaves, effects of habitat loss and tree identification through observation of bark, buds, crown and leaf. This program acts as a great start to your Grade 6 "Trees and Forest" units, a hands-on experience during the unit, or as a refresher before year-end exams.

Grades: 4 and 6 Length: 2 hours
Fee: \$215
Time: Fall (September-mid October)
and Spring (May-June)

Science Programs

Fall into Nature

Welcome to Nature's Home in the Fall! It is a season of change, vibrant colours and winter preparation. Our instructors will lead your students through various activities, hunts and hikes, encouraging them to use their senses to explore the natural wonders of life in the forest in the Fall. Activities are adapted to suit grade-level curriculum objectives and student physical needs.

Grades: K-3 **Length:** 2 hours
Fee: \$215
Time: Fall (September-November)

Spring into Nature

Welcome to Nature's Home in the Spring. It is the season of renewal and rebirth in the natural world. Our instructors will lead your students through various activities, hunts and hikes, encouraging them to use their senses to explore and discover life in the forest in Spring. Activities are adapted to suit grade-level curriculum objectives and students' physical needs.

Grades: K-3 **Length:** 2 hours
Fee: \$215
Time: Spring (May-June)



Outdoor Skills

Outdoor Skills 1, 2 and 3 provide foundational skills for comfortable wilderness living. Additional outdoor programs can be custom designed including nature arts and crafts, plant identification and nature interpretation. Please call 780-922-3939 for more information.

Grades: 7-12 **Length:** 2 hours
Fee: \$295
Time: Year-round

Outdoor Skills 1: Firelighting

Students 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, how to responsibly collect materials from the environment and how to build a fire that will provide sufficient warmth and comfort to survive in the bush. Minimal impact camping concepts will be a guiding theme for the program.

Outdoor Skills 2: Shelter Building

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

Outdoor Skills 3: Knife Skills

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



Our canoeing programs are offered at Islet Lake in the Cooking Lake-Blackfoot Provincial Recreation Area (East on Wye Road to RR 200; North on RR 200, then North 3 km to the parking lot). Strathcona Wilderness Centre staff will meet your group at Islet Lake. Please visit www.strathcona.ca/isletlake for a map and driving directions.

Islet Lake GPS Coordinates: 53 27.40N by 112-49.30W

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

Introduction to Canoeing

Students learn small craft safety procedures, parts of a canoe and basic canoe strokes from our Paddle Canada certified instructors. Activities will be used to practice skills while having fun. Through instruction and games, this program provides students with basic strokes and skills to enable them to move their canoes effectively. The program culminates with an opportunity for students to paddle along the shores of scenic Islet Lake.

Grades: 4-12 **Length:** 2 hours
Fee: Up to 20 participants \$317
21-30 participants \$447
Time: May-mid October, weather dependent

Full Day Canoe Program

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

Grades: 4-12
Length: 4 hours of instruction plus a ½ hour lunch break
Fee: Up to 20 participants \$500
21-30 participants \$667
Time: May-mid October, weather dependent

Orienteering

Orienteering: Level 1 – Map Skills

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

Grades: 4-12

Length: 2 hours

Fee: \$210

Time: April-October (until the snow flies)

Orienteering: Level 2 – Compass Skills

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

Grades: 4-12

Length: 2 hours

Fee: \$210

Time: April-November

Orienteering: Level 3 – GPS Skills

This course introduces the use of a Global Positioning System (GPS) as another method of orienteering. The GPS System, Creating and Navigating to a Waypoint, and Geocaching will be discussed during the program. Students engage in activities where they practice their new skills and apply them to complete a course or attempt to Geocache (a popular recreational activity for GPS users).

Grades: 4-12

Length: 2 hours

Fee: \$255

Time: April-November

Forest Orienteering and Forest Orienteering 2

See description on page 12.



Team Building and Games

Develop leadership abilities that last a lifetime.

Games, Games, Games!

Students play a wide variety of games that focus on active fitness in the outdoors. The instructor explains the rules, provides the equipment and coordinates the games. This program is adapted to each grade level.

Grades: 4-12 Length: 2 hours
Fee: \$210
Time: Year-round

Cooperative Games

Students experience many games and activities that shift the focus from me to us. The goal of the program is to explore cooperation and team work. Students need to work together in order to accomplish each task. Instructors will debrief the activities with the students to highlight the effectiveness of cooperation.

Grades: 4-6 Length: 2 hours
Fee: \$210
Time: Year-round

New Games and Challenges

New Games and Challenges is a fun and active program. Students move from large to small group activities, initiative tasks and team challenges as they learn more about cooperation, themselves and others.

Grades: 7-9 Length: 2 hours
Fee: \$300
Time: Year-round

Team Building

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

Grades: 9-12 Length: 2 hours
Fee: \$300

Winter Programs

- The Strathcona Wilderness Centre is a public ski area. Please inform your students of the need to be courteous to other skiers on the trails.
- Equipment rentals (ski, boot and poles) are included for your program time only. If you wish to rent the equipment for a longer period of time, please reserve when booking your program.
- Trail tours without an instructional program must be pre-booked.
- Please ensure your students are properly dressed in order to enjoy their winter program. Encourage your students to select clothing that is warm, breathable, water resistant and comfortable. Ski jacket, ski pants, toque, mitts/gloves (no jeans please). Choose thin, insulated, water-resistant clothing. Breathable materials are more comfortable. Four-way stretch materials are very popular in ski clothing.

Snowshoeing for the fun of it

Your students will discover the fun of snowshoeing as it leads them into the magical world of winter. Students will learn the history and types of snowshoes and how to use the snowshoes for fun and fitness. Games and a hike on the snowshoe trail provide an opportunity to explore the outdoors.

Book a snowshoe program along with a Peoples of the Land or cross-country program to create a full day of fun activities.

Note: Custom Snowshoeing tour is available. Contact us at 780-922-3939 for more information.

Grades: K-12 Length: 2 hours
Fee: \$295
Time: Winter (December-March)



Did you know...

You can create a full day ski experience by booking a trail tour after an instruction program.



Cross-Country Skiing Level I

Ensure your students are properly dressed in order to enjoy their program of cross country skiing.

In this program students will learn the "FUNdamentals" of classical cross country skiing. Through a combination of motion on skis, active games and skill development students will learn the basics of diagonal stride and uphill and downhill techniques. Students will use these skills on a short tour around the trails. Safety and trail etiquette will be discussed.

Grades: 4-12 **Length:** 2 hours
Fee: \$540 (\$10.25/additional participant)
Max 30
Time: Winter (December-March)

Cross-Country Skiing Level II

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

Grades: 4-12 **Length:** 2 hours
Fee: \$540 (\$10.25/additional participant)
Max 30
Time: Winter (December-March)

Cross-Country Skiing – Adult Group

Interested in bringing your group out to learn the basics of Cross-County Skiing? You will learn balance, gliding on skis, uphill and downhill techniques, and the beautiful XC technique of diagonal stride. Then explore the trails on a ski tour. Equipment included.

Ages: 18Y+ **Length:** 2 hours
Fee: \$250 (\$41.60/participant, minimum 6)
Max 30
Time: Winter (December-March)

Introduction to Skate Skiing

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

Grades: 10-12 **Length:** 2 hours
Fee: \$540
Max 12
Time: Winter (December-March)

Cross-Country Trail Tour

Upon completion of any of our instructional ski programs, a guided trail tour may be booked for your students. Our qualified instructors will lead the tour to ensure a safe and enjoyable ski experience. This may be booked in conjunction with one of the above cross-country instructional programs, or at a later date. You may book a half day or a full day. Call us at 780-922-3939 to create this custom program.

Grades: 4-12
Length: 1 to 2 hour options

Fee: **1 hour tour** \$25.75/ participant
2 hour tour \$35/participant

This is a custom designed program that will be developed to suit your needs.
Time: Winter (December-March)

ParaNordic and Adapted Activities:

These programs are suited for participants who have an amputation, are visually impaired or those who have a spinal cord injury. Adaptive ski equipment (sit skis or standing equipment) will be provided for each session. Each participant will need a guide/family member to accompany them.



Stay, Play and Learn at the Centre

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

Location

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

GPS co-ordinates:
Lat 53.456537 Long -112.821208

