

SPRING

RECREATION GUIDE

2015



craft **2015**
YEAR

GALLERY@501 FAMILY FUN

Programs for all ages and abilities.

See page 20 for details.

SPRING BREAK ACTIVITIES

Registration starts February 26.

See ad on inside back cover.

www.strathcona.ca/recreation

Registration begins

Feb 26 for most programs

Mar 24 for swimming programs

See page 3 for details



STRATHCONA
COUNTY

Current & upcoming projects

Strategy

Concept

Design

Build

Operate

2014-2016

Build

Broadmoor Lake Spray Park/Playground

This project combines replacement of the existing Broadmoor Lake Park Playground with a new, more accessible playground and a community spray park.

The projected opening is summer of 2015.



Spray Park & Playground

Build

Emerald Hills Regional Park

The first artificial turf field in Strathcona County is now complete! Two natural baseball diamonds, one soccer field and the sports pavilion building are under construction.

The projected opening is summer of 2015.



Emerald Hills Regional Park – Artificial Turf & Sports Pavilion

Build

Emerald Hills Aquatic Centre

This project began construction in fall 2014 and includes:

- 6-lane, 25 meter lap pool
- 4-lane, 25 meter warm pool with adjustable depth
- Children's teach pool
- Whirlpool, steamroom and family change facilities

The projected opening is late 2016.



Emerald Hills Aquatic Centre



Message from Mayor Roxanne Carr



This spring we are moving ahead with a number of Open Space and Recreation Facility Strategy projects as we work to meet our growing community's recreation needs. As a long-standing community jewel, GARC's upcoming modernization will increase its profile as a fun, affordable and accessible meeting place for residents to connect and socialize.

The Broadmoor Lake Spray Park / Playground project is near completion and will provide a destination this summer. The new park includes more accessible features, a sensory garden and innovative play features. The artificial turf is in at the Emerald Hills Regional Park and the natural turf fields are slated to open this spring followed by the new sports pavilion. And of course, construction continues on our new aquatic centre in Emerald Hills.

The completion of these recreation venues will enhance the quality of life, happiness and wellbeing of our families in Strathcona County.

Roxanne Carr, MAYOR
STRATHCONA COUNTY

Design

Glen Allan Recreation Complex Modernization

Modernization of the 35-year old facility will include full accessibility with enhancements to the wellness centre, group fitness spaces, racquet courts and curling rink.

Projected construction to begin spring of 2015.



Learn more at www.strathcona.ca/garc



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Registration Starts:

Thursday, Feb 26, 7 am

Preschool, Performing Arts, Visual Arts, Wellness and Outdoor programs.

Tuesday, Mar 24, 7 am

Swimming programs.

Get ready to register online using Click-it



Plan ahead for registration day

Please have your click-it account updated at least 3 business days before registration. Some changes to your account may take up to 3 business days to activate.

If you are using Click-it for the first time, select the “Click-it” logo on the Recreation homepage.

- Once on Click-it select the “create a new account” button in the top right corner.

Already have a Click-it account and would like to add a family member?

- Please contact any recreation centre listed on page 4 to add a family member to your account.

Already have a Click-it account, but forgot your PIN?

- On the Click-it homepage, select the “sign-in” button in the top right corner. Then click on the “Forgot Pin?” button. Enter your email address and press go!



Did you know...

The most efficient way to register is online using “Click-it”



Payment

Payment is accepted from VISA, Mastercard, Amex or credit on account when registering with Click-it.

Did you know...

At peak times, you may receive a message indicating the site is busy and you won't be able to access Click-it. We encourage you to hit the refresh button until you access the site.

For technical assistance regarding Click-it on registration day, please call 780-416-7250.

Please note this phone line does not accept registrations.



Click-it TIPS

- The fastest way to register is to add all programs to your basket first, then complete your registration (using only one transaction).
- Confirm your registration. Once payment is complete, print your receipt and confirm you've registered in the correct course.
- Please remember to log out of Click-it AND close the window when you are finished to allow new customers onto the site.



Registration Receipt

Get your receipt emailed to you directly using Click-it online (click-it.strathcona.ab.ca). Go into your account history and click on the “email receipt” button or contact any customer service representative at one of our facilities for a receipt.

Registration



4 ways to register

Click-it

click-it.strathcona.ab.ca

Recreation Administration Office

Walk-in 7 am - 4:30 pm
Drop-off Random processing starts at 7 am on the designated registration day
Fax 780-464-8471

Ardrossan Recreation Complex

Walk-in 7 am - 10 pm
Drop-off Random processing starts at 7 am on the designated registration day

Kinsmen Leisure Centre

Walk-in 7 am - 10 pm
Drop-off Random processing starts at 7 am on the designated registration day

Millennium Place

Walk-in 7 am - 10:30 pm

Glen Allan Recreation Complex

Walk-in 8:30 am - 10 pm

Strathcona Wilderness Centre

Walk-in 8:30 am - 4:30 pm

Festival Place

Walk-in 9 am - 6 pm



Withdrawing from a program?

Withdraw early to avoid paying a \$10.00 withdrawal fee. The fee will apply to each program when you withdraw from a program 7 days or less before the program starts.

After a course starts, refunds will be given up to the beginning of the 3rd class and will be pro-rated from the time you notify us of your withdrawal. No refunds will be given after the 3rd class.

If you withdraw for medical reasons, the fee does not apply when a Doctor's note is provided.



Children's Fitness and Arts Tax Credit

If your child was under the age of 16 at any time during the tax year and was involved in a program of physical fitness or activity longer than eight weeks, you may be eligible for the Children's Fitness Tax Credit or Children's Arts Tax Credit.

Obtain a receipt for registered programs through Click-it or contact any customer service representative at one of our facilities for a receipt.

The Canada Revenue Agency (CRA) has the authority to determine whether any claim for a credit will be approved. Strathcona County disclaims any responsibility or liability in connection with any determination of the CRA.

Visit www.cra-arc.gc.ca for details.

FRONT DESK HOURS

Ardrossan Recreation Complex

780-922-3377

8 am - 10 pm daily
www.strathcona.ca/ardrossan
80 - 1 Avenue, Ardrossan

Festival Place

780-464-2852

9 am - 6 pm weekdays
9 am - 4 pm weekends
www.festivalplace.ab.ca
100 Festival Way, Sherwood Park

Gallery@501

780-410-8585

Monday/Wednesday/Friday 10 am - 6 pm
Tuesday/Thursday 10 am - 8 pm
Saturday 10 am - 4 pm
Sunday 12 noon - 4 pm
www.strathcona.ca/artgallery
email: artgallery@strathcona.ca
501 Festival Avenue, Sherwood Park

Glen Allan Recreation Complex

780-467-4404

8 am - 10 pm Mon - Thu
8 am - 9 pm Fri - Sun
www.strathcona.ca/garc
199 Georgian Way, Sherwood Park

Kinsmen Leisure Centre

780-464-2112

8:30 am - 10 pm weekdays
11:30 am - 8 pm weekends
www.strathcona.ca/klc
2001 Oak Street, Sherwood Park

Millennium Place

780-416-3300

5:30 am - 10:30 pm daily
Birthday party bookings 780-416-7252
Facility rentals 780-464-8244
www.strathcona.ca/mp
email: millenniumplace@strathcona.ca
2000 Premier Way, Sherwood Park

Recreation Administration Office

780-467-2211

8:30 am - 4:30 pm weekdays
www.strathcona.ca/recreation
email: recreation@strathcona.ca
2025 Oak Street, Sherwood Park

Strathcona Wilderness Centre

780-922-3939

March to Victoria Day Weekend: 9 am - 4:30 pm daily
Starting Victoria Day Weekend: 9 am - 4:30 pm weekdays
9 am - 8 pm weekends & holidays
www.strathcona.ca/wildernesscentre
email: swcinfo@strathcona.ca



Recreation Programs – Registration

Recreation, Parks and Culture, 2025 Oak Street, Sherwood Park, Alberta T8A 0W9

Phone (780) 467-2211 Fax (780) 464-8471

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

Family Medical Information Specify any medical, special needs or if an EpiPen is required.	
Name	Need
Name	Need

Emergency Contact Information	
Name (if different from above)	Phone number

Registration

If family choices **can not** be coordinated **process individually** **don't process**

Family member 1 - Last name		First name		Birth date if under 18 yrs. (M/D/Y)	<input type="checkbox"/> male <input type="checkbox"/> female
Program	Course number		Program name	Fee	
	1 st choice	2 nd choice			
1				\$	
2				\$	
3				\$	

Family member 2 - Last name		First name		Birth date if under 18 yrs. (M/D/Y)	<input type="checkbox"/> male <input type="checkbox"/> female
Program	Course number		Program name	Fee	
	1 st choice	2 nd choice			
1				\$	
2				\$	
3				\$	

Family member 3 - Last name		First name		Birth date if under 18 yrs. (M/D/Y)	<input type="checkbox"/> male <input type="checkbox"/> female
Program	Course number		Program name	Fee	
	1 st choice	2 nd choice			
1				\$	
2				\$	
3				\$	

To confirm your family's registration; go to Click-it at www.strathcona.ca/recreation visit or phone one of our facilities.

Payment Information – For Fax or Drop Off only

<input type="checkbox"/> Receipt required	Total payment submitted \$
Paying by: <input type="checkbox"/> cheque <input type="checkbox"/> credit card <input type="checkbox"/> AMEX <input type="checkbox"/> Master Card <input type="checkbox"/> Visa <small>Post dated cheques are not accepted</small>	Card holder name
Card number	Expiry date
Signature	

Collection and Use of Personal Information
 Personal information is collected in accordance with section 3 of the *Municipal Government Act* and section 33(c) of the *Freedom of Information and Protection of Privacy Act* (FOIP) and is protected by FOIP. It will be used to coordinate program registrations and to notify you of program cancellations. It will also be used for the promotion of new programs or activities so that we can provide you with good customer service. If you have any questions about the collection and use of your information, contact the Coordinator, Central Services, Recreation, Parks and Culture at (780) 467-2211. REC 27010/H



Ardrossan
RECREATION COMPLEX

love **to** play

Do you want to explore **science?** Why not take a trip to the **market?** Build the best **fort** known to mankind! Or blast off into space as an **astronaut!** Let your imagination take you there at Love to Play in Ardrossan Recreation Complex! **See page 29 for drop-in times.**

780-922-3377

www.strathcona.ca/ardrossan

 STRATHCONA
COUNTY

Book your next event at a
COMMUNITY HALL
around Strathcona County



- Capacity between 100-200
- Banquet facilities
- Other amenities
- Smoke free
- Dance floor
- 14 locations to choose from!

Anniversaries
Meetings
Weddings
Reunions
Birthdays
Retreats

Operated
by local
community
groups.

View photos, floor plans, maps and more! www.strathcona.ca/halls

Senior Centres and Activities

Ardrossan 55 Plus Club

780-922-2025, 21 Queen Street, Ardrossan

Membership - \$15/person

Rental Contact - Bruce/Liela 780-922-2258

Membership Contact - Martin 780-922-5043

Monday - Exercise Class - 9:30 am

Potluck Supper - 5:30 pm (2nd Mon of each month)

Tuesday - Artist Group - 1 pm; General Meeting - 7 pm
(1st Tue of each month)

Wednesday - Exercise Class - 9:30 am; Floor Curling - 1 pm

Thursday - Carpet Bowling - 1 - 4 pm; Cribbage - 7 pm Pool - 7 pm

Friday - Scrabble - 1 pm; Artist Group - 9:30 am

Josephburg (Strathcona Area 5)

780-998-9867, 57A, 54569 Range Road 215

Membership - \$7.50/person

Monday - Potluck supper & monthly meeting - 6 pm
(2nd Mon of each month)

Tuesday - Artists Group - 1 pm; Games Night - 7 pm

Thursday - Whist - 7 pm (3rd Thu of each month)

View photos, floor plan, maps and
schedules www.strathcona.ca/halls

Sherwood Park (55 Plus)

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

www.55plusclub.ca (Check online calendar for monthly activities)

Membership Contact - Doreen 780-416-0570

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

Monday Floor Curling - 9:30 am; Duplicate Bridge - 12:30 pm

Whist, cards & games - 1 pm; Cards, games, pool & canasta - 6:30 pm;

Potluck supper - 3rd Mon of each month - 5:30 pm

Tuesday Carpet Bowling - 10 am; Bridge, cards & games - 1 pm

Wednesday Sherwood Music Makers - 10 am; Euchre - 1 pm

Crib - 6:30 pm

Thursday Floor Curling - 9:30 am; General meeting - 2nd Thu of each

month, 1 pm; Competitive Snooker - 6:45 pm; Duplicate Bridge - 7 pm,

Whist, cards, games & canasta - 1 pm

Friday Ball in Hand 8 Ball - 1 pm; American Standard Bridge - 1 pm

Saturday Supper club - 4:30 pm (location picked weekly),

Cards, games, pool & canasta - 6:30 pm

South Cooking Lake

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

Membership Contact - Vi 780-922-2174

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

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

Pool, shuffleboard & card games - 1 - 4 pm

Friday Pool, shuffleboard & card games - 7 - 9:30 pm

Rural Community Programs and Events

Follow and connect with us!
www.strathcona.ca/halls



See page 78 for
 rural contact office

Antler Lake Uncas Community League

www.alucl2014.wix.com/antlerlake-community

Become a member, contact us at alucl2014@gmail.com,
 2015 Playground Redevelopment – Get involved and help decide!
 Call 780-922-0791 for more information.

Monthly meetings 3rd Wednesday, 7 pm at the hall.

2015 memberships due now

Bookmobile Thursdays, 7 - 8 pm

Ardrossan Recreation & Agricultural Society

www.ardrossanrecagsociety.ca

Free Public Skate sponsored by ARAS, Sundays until Mar 22,
 1 - 3 pm, Ardrossan Recreation Complex.

26th Annual Ardrossan Lobster Dinner & Dance hosted by
 ARAS Saturday, May 9, Ardrossan Recreation Complex,
 MC & Auctioneer - Danny Hooper
 Live Band - Five on the Side
 Tickets go on sale March 1st.
 Check the ARAS website for info on how to purchase tickets.
 or email jminarchi@shaw.ca

Brookville Community League

Monthly meetings 3rd Tuesday, 7 pm

2015 memberships due - \$10/family.

Bookmobile Mondays, 5 - 6 pm

Parent Link Stay and Play Tuesdays, 10:30 am - 12 pm, Free,
 Gina 780-464-4044 or gina.summerville@strathcona.ca

Pilates Mondays 6:30 - 7:30 pm, Deborah 780-909-0505.

Brookville Annual Dinner and Show Saturday, April 25, catered
 meal, and entertainment from local vocal studios. 780-998-1975 for
 tickets and information.

Spring Market Saturday, May 9, 10 am - 4 pm, featuring over a dozen
 vendors with jewelry, candles, sewing, woodworking and more.

Colchester Community League

www.colchestercommunity.org

Monthly meetings 3rd Thursday, 7 pm

Stay and Play Mondays, 10 am class is free.

Deville/North Cooking Lake Community League

Hatha Yoga Mondays, 7 - 8:15 pm, and Wednesdays 8:30 - 9:45 am,
 \$175/14 wks or \$100/7 wks or \$70/4 class pass (valid for 1 year)
 or \$20/class drop-in. All prices now include GST. For details call

Donalee at 780-922-0125 or www.trueblissyyoga.com

Bookmobile Mondays, 3:30 - 4:30 pm

View photos, floor plan, maps and more!

www.strathcona.ca/halls

Good Hope Community Club

Bookmobile Wednesdays, 5:30 - 6:30 pm

Hastings Lake Community Association

www.hastingslakehall.ca

Hastings Lake Play Group Tuesday, 10 am - 12 pm

Parents & Children of ALL AGES are welcome to drop in. Themed play
 days, free play and crafts, plus story time at the Bookmobile.

Contact Sam 780-662-0357.

Yoga Tuesdays & Thursdays 7:30 - 8:30 pm. All Levels of Hatha Yoga,
 Drop-in's welcome. Contact Helen 780-662-4782.

Bookmobile Tuesdays 4 - 5 pm.

Josephburg Agricultural Society

www.josephburg-ag.ca

Josephburg Presents at the Moyer Recreation Centre

Feb 22 - The Travelling Mabels, Mar 22 - Trevor Panczak

April 19 - Calvin Vollrath

Josephburg Riding Club meets monthly at Josephburg Hall.

josephburgridingclub.org

Play School Mon & Wed 9 am - 11:30 am, Jan - March & April - June
 sessions. Info call 780-998-2882

Yoga Tues Jan 13 - Mar 17. Josephburg Hall, Register for \$60/10
 sessions or drop in \$9/session

Adult Fitness Tues/Thur 10 am - Moyer, Jan 13 - Apr 28, 16
 sessions/\$128 once/week. Register twice/week get 25% off Thurs
 session. Get a buddy to register for the full session - buddy gets 30%
 off registration. Punch cards available.

Go to josephburg-ag.ca to register for yoga or adult fitness.

Bookmobile Wed at Moyer Rec Centre, 7 - 8 pm

UFA Country Classic 2015, May 22-25, 2015

South Cooking Lake Community League

www.southcookinglake.com

Visit www.southcookinglake.com to learn about family events.

We offer dance classes, exercise classes, yoga, etc. Look for us on
 Facebook under "South Cooking Lake Hall".

Monthly meetings 2nd Thursday, 7 pm

Bookmobile Tuesdays, 5:30 - 7 pm

Parent Link Stay and Play Wednesdays, 10:30 am - 12:30 pm, Free,
 Gina 780-464-4044 or gina.summerville@strathcona.ca

Wye Community League

www.wyecomunityleague.org

Wye String Ensemble enjoy a wine and food pairing, Feb 22,
 Admission by donation. Call Liz 780-449-6848.

Annual Multi-Family Community Garage Sale April 18,
 9 am - 3 pm \$15/table Admission by donation for the Strathcona
 County Food Bank. Call Liz 780-449-6848.



Dogs in our Parks

Where can I take my dog on a leash? Are there places my dog can't go? Is there an off-leash area? Find all of the answers to your dog related questions online at www.strathcona.ca/dogsinparks

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

Sherwood Park Natural Area

Range Road 231, between Twp. Rds 520 and 522

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

Thank you to Colchester & District Agricultural Society, the Strathcona Naturalists, Suncor and Enbridge Pipelines Inc. for funding assistance.

Adopt-a-park

Do you have a park, green space or cul-de-sac island near your home that you would like to take care of? Would you like to beautify your community, meet your neighbours and enjoy the outdoors?

Volunteer for Adopt-a-Park and help keep your neighbourhood looking great. Remember that you must liaise with the Recreation, Parks & Culture department and need approval before you can plant, add to or change any public property. **If you are interested in volunteering, please call Arlene McWilliam-Protz at 780-416-6729.**

www.strathcona.ca/parks

Strathcona in Bloom

Municipalities compete in the following categories – tidiness, landscaped areas, turf areas, heritage conservation, urban forestry, floral arrangements, environmental effort and community involvement.



In 2014 Strathcona County was pleased to receive the Communities in Bloom award for Community Involvement.

Want to get involved?

Find out more by calling 780-464-8476.

www.strathcona.ca/bloom



Trail and weed watch

Help keep our trail system safe and free of litter and noxious weeds. Take the trails to heart and do your part! Become our eyes and ears on the trails. **To register your name as a "trail watcher", to report a problem that you have observed or for more information, please call 780-416-6729.**

How can you tell if spring ice is safe?

You can't!

The way ice forms in the fall and winter affects the way it melts in spring. Ice may look thick enough to support your weight, but it may not be. Weight that was easily supported in the middle of winter crashes through the ice in the spring. The only way to protect yourself and your family is to stay off the ice.

The storm water ponds in Sherwood Park are part of our storm water management system. Please remember they were built for storm water management and stay off the ice at this time of year.



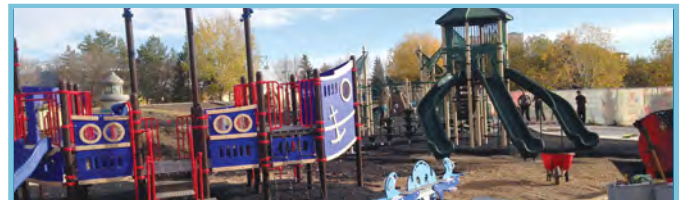
Spray deck volunteers needed!

Spray decks are operated by community volunteers with funds from the Sherwood Park Elks Lodge #481 and the Sherwood Park Lions Club. If you are an adult willing to volunteer a few hours during July or August, this may be a perfect opportunity! Spray decks are located at the following parks:

- Kinsmen/Westboro
- Brentwood
- Woodbridge
- Granville

The decks operate on days when the temperature is 20° Celsius or above. Volunteer duties involve ensuring that the decks are litter-free and turning the water on and off.

To volunteer or learn more about our spray decks please call 780-467-2211. www.strathcona.ca/spraydecks



Watch for the opening of the new Broadmoor Lake Spray Park coming Summer 2015!

Clover Bar Spray Park

Located on Jim Common Drive North

Water features are open 10 am - 9 pm once the warm temperatures arrive. Children can activate the water features with the touch of a button!

Outdoor Activities

Enjoy a variety of outdoor activities available in Strathcona County. To find out about the bike skills or skateboard parks or find information on where to play volleyball, basketball, pickleball and more, visit www.strathcona.ca/outdooractivities or call 780-467-2211.

THE **BROADMOOR**
PUBLIC GOLF COURSE

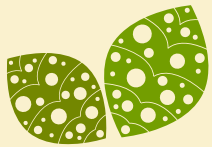
Get into the
Swing of things

DOWNLOAD
OUR
FREE
MOBILE APP
TODAY



780-467-7373

www.thebroadmoor.ca

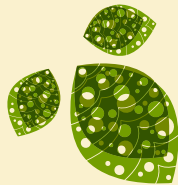


Strathcona
WILDERNESS
Centre

Nature Play Day

Please join us at the
Strathcona Wilderness Centre
Saturday, June 13
1 - 4 p.m.

for a FREE Everybody Gets to Play
Nature PlayDay. Enjoy outdoor
activities, crafts, games and more!



Everybody gets to play[™]
Recreation without barriers

Pitch-In 2015

and make a difference

Kick-off starts May 8

Calling all friends, neighbours, community groups and schools to Pitch-in! Help make Strathcona County beautiful in 2015 by joining this national campaign to clean up the environment.

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

Call: 780-467-2211

Email: recreation@strathcona.ca

 STRATHCONA
COUNTY

D R A M A



Registration starts
February 26

Drama and Musical Theatre

Mini Musical Theatre

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

Please note: The April 13 class will run at the Kinsmen Leisure Centre in the Parkview Room.

Festival Place		The Studios	
98050	Kindergarten	Apr 13 to Jun 8	Mon 4 - 5 pm \$65.25

Musical Theatre

Are you up for the challenge of a musical? Experience what it takes to act, sing, and dance your way through the world of musical theatre. Students will show their talents and amaze the audience at the final performance.

Festival Place		The Studios	
97231	Grade 1 - 3	Apr 7 to Jun 9	Tue 5:05 - 6:05 pm \$96.25
97232	Grade 4-6	Apr 7 to Jun 9	Tue 6:10 - 7:10 pm \$96.25



Most programs wrap up with a final performance which will be held on **Saturday, June 13**. Performance times will be determined by May 9.

IMAGINATION THEATRE

Put an active imagination to work. Skills will be focused on the fundamentals of acting, voice projection, storytelling, and movement through dramatic games and exercises. Students will collaborate on their creativity to create and perform an original skit with in the presented theme. Costumes, props and sets will be used to enhance the final performance.

Life as a Hogwart

Join the cast and create a magical tale from the perspective of a Hogwart student. Participants become characters and are magically transformed into imagination and creative adventure.

Millennium Place		Activity Room 3	
98048	Grade 1 - 6	Apr 11 to Jun 6	Sat 2 - 3:30 pm \$100.00

Yoda - the untold story

Participants become characters based on Star Wars. They will find themselves in a galaxy full of adventure. May the Force Be With You...

Please note: The April 13 class will run at the Kinsmen Leisure Centre in the Parkview Room.

Festival Place		The Studios	
98049	Grade 1 - 6	Apr 13 to Jun 8	Mon 5:15 - 6:45 pm \$100.00





Dance

Baby Ballroom Surprise - parented

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

Festival Place		The Studios	
97217	Age: 16M - 23M	Apr 21 to Jun 9 9:30 - 10:15 am	Tue \$65.25

Two's Groove - parented

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

Festival Place		The Studios	
97241	Age: 2Y	Apr 20 to Jun 8 9:30 - 10:15 am	Mon \$58.00
97240	Age: 2Y	Apr 21 to Jun 9 10:30 - 11:15 am	Tue \$72.50

Mini Moves

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

Festival Place		The Studios	
98098	Age: 3Y - 4Y	Apr 13 - Jun 8 12:30 - 1:15 pm	Mon \$62.25
97228	Age: 3Y - 4Y	Apr 7 to Jun 9 2:30 - 3:15 pm	Tue \$79.75
Millennium Place		Activity Room 3	
96721	Age: 3Y	Apr 8 to Jun 10 10:30 - 11:15 am	Wed \$79.75
96722	Age: 3Y	Apr 11 to Jun 6 10:30 - 11:15 am	Sat \$65.25
96720	Age: 4Y	Apr 8 to Jun 10 9:30 - 10:15 am	Wed \$79.75
Ardrossan Recreation Complex		Aspen Room	
96723	Age: 3Y - 4Y	Apr 11 to Jun 6 10:30 - 11:15 am	Sat \$62.25

Dancing Tutus

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

Millennium Place		Activity Room 3	
96716	Age: 3Y - 4Y	Apr 8 to Jun 10 11:30 am - 12:15 pm	Wed \$79.75
96717	Age: 3Y - 4Y	Apr 11 to Jun 6 9:30 - 10:15 am	Sat \$65.25
Festival Place		The Studios	
97222	Age: 4Y	Apr 7 to Jun 9 1:30 - 2:15 pm	Tue \$79.75

Classic Tutus

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

Millennium Place		Activity Room 1	
97218	Kindergarten	Apr 9 to Jun 11 4 - 4:45 pm	Thu \$79.75
97219	Grades 1 - 4	Apr 9 to Jun 11 5 - 6 pm	Thu \$96.25
Millennium Place		Activity Room 3	
98047	Kindergarten - Grade 4	Apr 11 to Jun 6 12:45 - 1:45 pm	Sat \$78.75



Performing Arts

Dance, Homeschool

Rhythmic Roots

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

Festival Place		The Studios	
97233	Grade 1 - 3	Apr 7 to Jun 9 4 - 5 pm	Tue \$96.25

Millennium Place		Activity Room 1	
97235	Grade 4 - 6	Apr 9 to Jun 11 6:30 - 7:30 pm	Thu \$96.25
97236	Kindergarten	Apr 8 to Jun 10 4:30 - 5:15 pm	Wed \$79.75

Ardrossan Recreation Complex		Aspen Room	
98046	Kindergarten - Grade 3	Apr 11 to Jun 6 11:30 - 12:30 pm	Sat \$78.75

Millennium Place		Activity Room 3	
98045	Kindergarten - Grade 3	Apr 11 to Jun 6 11:30 - 12:30 pm	Sat \$78.75

Boyz R Movin'

A high energy program just for boys that uses a variety of pop, rap, and hip hop music. Boys will be movin', poppin' and explorin' an array of choreographed dance steps. They'll show their moves in the final performance.

Millennium Place		Activity Room 1	
97234	Grade 1 - 4	Apr 8 to Jun 10 6:30 - 7:30 pm	Wed \$96.25
98086	Grade 1 - 4	Apr 8 to Jun 10 7:35 - 8:35 pm	Wed \$96.25



Girlz R Movin'

A high energy program just for girls that uses a variety of pop, rap, and hip hop music. Girls will be movin', poppin' and explorin' an array of choreographed dance steps. They'll show their moves in the final performance. Soft sole dance slipper recommended.

Millennium Place		Activity Room 1	
97237	Grade 1 - 4	Apr 8 to Jun 10 5:20 - 6:20 pm	Wed \$96.25



HOME SCHOOL

Additional home school programs are offered on pages 25 and 74 or visit www.strathcona.ca/homeschool

Creative Theatre

Put an active imagination to work. The class will focus upon the fundamentals of acting, voice projection, storytelling, and movement through a series of dramatic games and exercises. Students will help to create, design, and perform their own original skit. **Please note: The April 13 class will run at the Kinsmen Leisure Centre in the classroom.**

Festival Place		The Studios	
98051	Grade 1 - 6	Apr 13 to Jun 8 1:30 - 3:30 pm	Mon \$100.00



Most programs wrap up with a final performance which will be held on **Saturday, June 13**. Performance times will be determined by May 9.

SPRING BREAK



The Imagination DISCO



Explore creativity in drama, dance and music. Each day will have a new theme for kids to create kooky dramatic characters through a variety of stories, dance moves, music and crafts. The day will end with a disco to showcase all the creations.

Festival Place		The Studios	
96711	Kindergarten - Grade 6	Mar 30 to Apr 2	Mon-Thu
		9 am - 4 pm	\$145.00



Theatre Tour & Performing Arts Workshop @ Festival Place

Get a behind the scenes tour of this vibrant performing arts facility. Learn how performers, staff and stage crew bring countless productions and programs to life for our community. Students can finish their tour with a performing arts workshop, which can include creative movement and drama games. Tour and workshops can be tailored to fit the group.

For more information contact Susan Mullen
780-410-8566 | susan.mullen@strathcona.ca

Youth ROCK!

Celebrating Youth
in Strathcona County

Grades 7-12

Events will be held throughout the month of May.

Watch for details! Check out www.strathcona.ca/youth for more information!



Sponsored by:



• SUMMER PROGRAMMES FOR TEENS •

Under The Big Top Circus Camp

An extraordinary and unique camp for your child. Learn brilliant skills of the circus: stilts, wire walking, juggling, rolo bolo, clowning, magic puppetry and silks. By summers end your child will be better equipped for success in all their school and life skills.

98090	Aug 17 to 21	Mon
	9 am - 4 pm	\$200.00

* For further information about UTBT for 6 to 8 year olds the week of August 10 through 14 please call 780-464-2852.

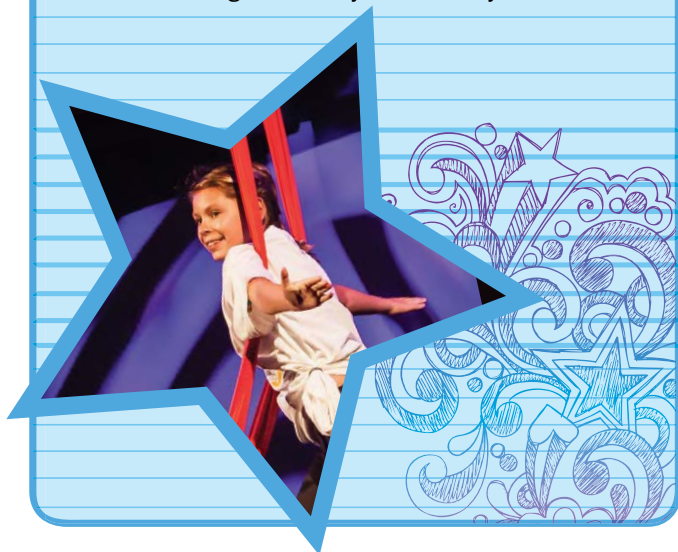
Are you ready for a “masterclass” in circus arts?

Age: 12Y - 18Y

The Under the Big Top master class will offer more focus and intense training. Successful completion of the master class may allow some students to become instructor assistant for the following two weeks of Under the Big Top, for which they will receive an honorarium.

98088	Aug 4 to 7	Tue
	9 am - 4 pm	\$175.00

NOTE: Participants MUST have a minimum 3 years of previous Under the Big Top camp experience. The course runs for 4 days only. Subsidy may be available through Everybody Gets to Play.



VIDEO PRODUCTION FOR SOCIAL MEDIA—FILM IT, POST IT

Age: 13Y - 18Y

NOTE: Registrants must be 13 by March 1, 2015.

Produce short, gripping YouTube quality videos through social media projects. You will learn story boarding, camera technique, lighting and audio while using popular software such as iMovie, Final Cut Pro and other creative apps. Think outside the box. Create it, Film it, Post it. Each participant will develop their own YouTube account.

98095	July 27 to 31	Mon
	9 am - 4 pm	\$200.00

garage band LIVE

Age: 12Y - 18Y

NOTE: Registrants must have experience playing their instrument or singing.

For more information call the performing arts programmer at 780-410-8566.

Guitarists, bassists, keyboard players, singers and drummers will have an amazing experience jamming with the other musicians, making music and learning about the music industry in this wicked camp! Friday at 6:00 p.m. audience members will be blown away with a rock concert in the Festival Place theatre.

98091	July 13 to 17	Mon
	12 pm - 9 pm	\$175.00
98092	July 13 to 17	Mon
	5 pm - 9 pm	\$175.00

* Friday both camps run 12 pm - 9 pm.





VISUAL ARTS



Click.it

Registration starts
February 26

Adult art workshops

This is your chance to try out a whole range of art activities in a comfortable and welcoming environment at Gallery@501. These programs are a great way to explore something new or expand on your creative skills. A wonderful chance to have a fun outing, meet new people and explore your creativity! No experience is needed and all supplies included.

Location: Gallery@501 - Studio **Tuesday** **6 - 8 pm** **Cost: \$15.00** **Age: 18Y+** **Max 20**

Creative Canvas

Get creative and express yourself! Transform a basic canvas into a work of art as you get inspiration from artists like Georgia O'Keefe, Mark Rothko, and Wassily Kandinsky. Focus will be on abstraction using form, line and color.

Apr 14 97059

Watercolour Mixing

Learn how to make the right colours with this handy chart that takes the guesswork out of mixing. Great for beginner or intermediate levels!

Apr 21 97060

Animal Illustration

Create an animal drawing with emphasis on composition, pose and texture.

Apr 28 97061

Acrylic Flowers

Experiment with colour, form and composition as you create a floral inspired acrylic painting.

May 5 97062

Hands

Drawing hands doesn't have to be hard! Join us for a fun and easy introduction to anatomy drawing while using a variety of materials.

May 12 97063

Spring Watercolour

Get inspired by beautiful spring colors while composing a natural scene from a photograph using watercolours.

May 26 97064

Hand Felted Birds Nest

Construct a miniature bird's nest complete with eggs in this great introduction to the techniques of felting!

Jun 2 97065

Mixed Media Self Portraits

Explore the basics of portrait drawing in a fun and relaxed environment. Participants will learn the fundamentals of anatomy and composition while drawing with a variety of materials.

Jun 9 97066

Charcoal Trees

A skill for anyone with a passion for landscapes, take time to relax and enjoy experimenting with charcoal while developing the structure and depth of trees.

Jun 16 97067

Printed Pages

Discover the joys of monoprinting as you create original prints on upcycled book pages. The result will be a unique piece of art ready for your home!

Jun 23 97085

Chalk Pastel Still Life

Create a still life in the studio as you get inspired by the chalk pastel artworks of 19th century artist Edgar Degas. Learn the differences of chalk pastels from other mediums, how to use them and what techniques to try.

Jun 30 97086

Visual Arts Adult Programs

new!

Portfolio Prep Retreat

Applying to a post-secondary fine art program? Looking to build your portfolio? This weekend-long course will help you build your skills and knowledge of what is expected in university level portfolio submissions. Taught by University of Alberta Masters of Fine Art graduates and sessional teachers Megan Hahn and Lindsay Knox, participants will push their artistic boundaries and gain a head start on their portfolios. This course will be catered to senior level high school students, first year university students, and other applicants to Fine Art Programs. However, registrants looking to build their portfolio for other purposes are welcome to attend. Themes will include: how to properly display your artwork in a portfolio, what is expected in a submission, portrait and figure drawing, and perspective.

Age: 16Y+		Max 20
Gallery@501 97087	Gallery Apr 10 to Apr 12	\$75.00
	Apr 10	6:30 - 8:30 pm
	Apr 11	10 am - 3 pm
	Apr 12	12 - 3 pm



"Echoes" Lindsay Knox, Needle Felting and Plaster 2014.



Fine Art Fibre **new!**

Fibre Art is so much more than just fabric! Join us in the gallery@501 studio for the exciting 4 week introduction to Fibre Art. Discover the range and versatility of fibre as you work each week to complete projects in different mediums such as felting, quilting, and handmade paper!
 Week 1: Hand Painted Fabric with Chloe Findlay-Harder
 Week 2: Introduction to Felted Sculpture with Lindsay Knox
 Week 3: Mini Hand-stitched Quilt with Chloe Findlay-Harder
 Week 4: Paper Making with Tina Cho

Age: 18Y+		Max 20
Gallery@501 97057	Studio Apr 3 to May 4	Mon 6:30 - 8:30 pm \$85.00

Date Night DIY

Try something new to get your creative juices flowing! Come with a spouse, friend, or by yourself to complete a do it yourself art project in the Gallery@501 studio. All supplies included.

Teacup Flower Pot

Celebrate spring by potting your plants in something spectacular! Transform a plain teacup and saucer into a hand-painted flower pot.

Age: 18Y+		Max 20
Gallery@501 97068	Studio Apr 16	Thu 6 - 8 pm \$15.00



Decoupage Serving Tray

Entertain in style! Learn how to create one of a kind personalized objects through decoupage as you put your own artistic flair onto a serving tray.

Age: 18Y+		Max 20
Gallery@501 97069	Studio May 14	Thu 6 - 8 pm \$15.00

Paper Lanterns

Summer is just around the corner! Jazz up your home with a unique lantern using different textures, shapes, and forms. See how easy it is to create a sculptural light fixture by giving a makeover to a simple paper lantern. Great for indoors or a covered patio!

Age: 18Y+		Max 20
Gallery@501 97070	Studio Jun 18	Thu 6 - 8 pm \$25.00



Yoga and Mandalas

A unique art and yoga experience you won't want to miss! Treat yourself to a relaxing Sunday at gallery@501! Participants will spend the first 90 minutes of the day doing yoga in the gallery with instructor Donalee Campbell. After a quick lunch break, we will head to the studio for a 2 hour session on creating beautiful and meditative mandalas using colored pencils with artist Lindsay Knox. Suitable for all ability and skill levels. All art supplies included, participants must bring their own yoga mat.

Age: 18Y+		Max 20
Gallery@501	Gallery	
97084	May 24	Sun
	10:30 am - 2:30 pm	\$35.00



Portraits

Over the course of 4 weeks, learn different strategies in capturing the human likeness through portraiture. Explore mediums such as colored pencils, paint, graphite, and charcoal. Great for beginners or intermediate levels!

Age: 18Y+		Max 20
Gallery@501	Studio	
97058	May 7 to May 28	Thu
	6:30 - 8:30 pm	\$85.00

Travel Sketchbooking

Capture your memories with something other than a photograph! Discover the joys of using a sketchbook as you visit locations around Strathcona County to work on your drawing skills. Learn how to depict a variety of subject matter including architecture, landscape, and still life, before you head off on your summer vacation!

Age: 18Y+		Max 20
Gallery@501	Studio	
97083	Jun 1 to Jun 22	Mon
	6:30 - 8:30 pm	\$85.00



SPRING BREAK



Featured Programs at Gallery@501

Paint like Picasso! (6Y - 8Y)

Be ready to get a little messy! Participants will get to experiment with art in a day filled with painting, drawing, collage, gallery exploration, and fun art themed games.

Rousseau's Jungle (6Y - 8Y)

Start off the day by getting inspired! Research your favorite animals and learn about the animal artworks of French artist Henri Rousseau. Then spend the rest of the day in the gallery@501 studio creating drawings, paintings and sculptures of your most loved furred, feathered, and scaled friends.

Draw like Da Vinci (9Y - 12Y)

Explore the fantastical creations of Leonardo Da Vinci! Practice drawing skills and challenge creativity by making Da Vinci inspired inventions. Students will experiment with different drawing materials and create a mixed media sculpture!

Lichtenstein's Comics (9Y - 12Y)

Learn about the pop artists of the 1960s as you explore the world of cartooning with instructor Alex Labarda! Create your own comic book characters and turn them into works of art using painting, drawing, and printmaking.



For all the details, visit:

www.strathcona.ca/registration
780-467-2211



FAMILY FUN @ 501

Gallery@501 offers learning adventures and discoveries in art! A great way to get creative with your children, focusing on fun and art. Price is per person, and all children must be registered with an adult (who also registers, attends and participates with the child). All supplies included.

Location: Gallery@501 - Studio **Sundays** **1 - 2:30 pm** **All ages welcome** **Max 30**
Children: \$5.00 each **Adults: \$5.00 each**

Apr 19	Superhero masks & no-sew cape	97071	Your little superhero or heroine needs a disguise to carry out their mighty deeds, so we'll decorate a simple fabric cape and mask.
Apr 26	Alien UFOs	97072	Aliens ahoy! Make your own fleet of cheerful alien spaceships to hang from the ceiling.
May 3	Japanese Fish Windsocks	97073	Tissue paper and ribbon make a decorative windsock to hang inside.
May 10	Painted Totebag & Card for Mom	97074	Kids will create a one-of-a-kind painting on a totebag, perfect to show Mom how much you love her on Mother's Day!
May 31	Springtime Flower Wreath	97075	Create a whole bouquet of flowers using household materials, then make a fun wreath to hang indoors!
Jun 7	Shadow Puppets	97076	We'll decorate a mini puppet theatre and make shadow puppets to put on a play!
Jun 14	Garden Painting	97077	Let's get creative and use some new tools to make a painting to celebrate spring! Include bugs, trees, flowers and more!
Jun 21	Stepping Stone's for Father's Day	97078	Show your dad he rocks with a special stepping stone for the garden!
Jun 28	Fairy Garden	97079	Make a miniature garden with pebbles and moss and fill it with tiny creatures.

STORIES AND ART

Join us once a month for a story and art project! A great opportunity to connect with other families while engaging your child's curiosity and creativity. Price is per person, and all children must be registered with an adult (who also registers, attends and participates with the child.) All supplies included.

Location: Gallery@501 - Studio **Tuesdays** **10:30 - 11:30 am** **All ages welcome** **Max 20**
Children: \$5.00 each **Adults: \$5.00 each**

Apr 21	The Owl & The Pussycat	97080	Make a little owl and a pussycat in their very own pea pod boat! Inspired by the poem written by Edward Lear.
May 26	The Rainbow Fish	97081	We'll use clay, sequins, and buttons to create a rainbow fish to keep, inspired by the book by Marcus Pfister.
Jun 23	The Very Hungry Caterpillar	97082	Let's play with paint and make a very hungry caterpillar painting to take home with you. Based on the book by Eric Carle.

gallery@501

Upcoming Exhibits

2015

Strathcona Salon Series

May 15 - June 28

Unveiling Reception June 12

The Strathcona Salon Series exhibition will showcase Strathcona County's amazing local artistic talent! Adult and youth artists submitted artworks to be juried into the County's Permanent Art Collection.

In 1987, Council established the Permanent Art Collection and the Committee that oversees the Collection. The purpose of our Committee is to encourage and support local artists, collect works of art by County artists, display those works in municipal buildings, and foster an awareness and enjoyment of our Collections.

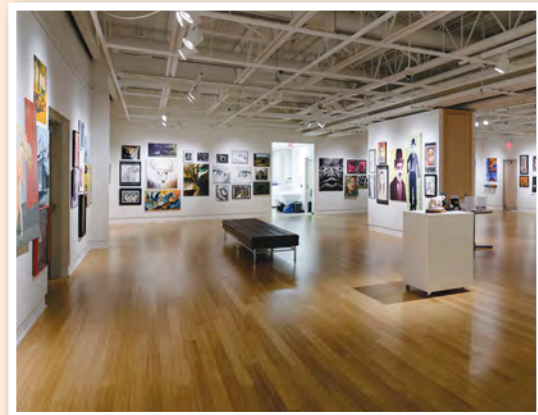


Image and the Curious Mind - Robin Smith-Peck



Image and the Curious Mind

March 20 - April 26

Unveiling Reception March 20

Through the use of pattern and digital layering, Robin Smith Peck creates prints that culminate the history of print culture in its various forms from woodblock printing to digital prints. Smith Peck's large scale prints emphasize these narratives with images from childhood memories of growing up in Goose Bay, Labrador.

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

For more info about upcoming Gallery exhibitions, go to
www.strathcona.ca/artgallery

 STRATHCONA
COUNTY

Smeltzer House Centre for Arts & Culture

Located on Broadmoor Blvd, just north of the traffic circle
 Smeltzer House questions? Call 780-464-2023

VISUAL ARTS



Adult - Pottery Programs

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

Please note: To purchase clay, you must bring a cheque or cash to the first class of the session. All other supplies are provided, including the firing and glazing of your pottery. We are unable to provide credits or make-up classes for any missed classes during the session. For safety reasons, please wear closed-toe shoes and avoid loose clothing.

Try it out! Clay workshop

Are you interested in giving pottery a try? Take this 3-session course, create a hand built project and try out the potter's wheel. This is a great couples activity too! Please note, there is a one-week break between classes 2 & 3 for the clay to dry and be fired. Supplies and materials provided.

Omit: May 3.

Age: 18Y+		Max 12
Smeltzer House	Clay Hut	
97248	Apr 19 to May 10	Sun \$80.00
	1 - 4 pm	

Absolute Beginners Pottery

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

Omit: May 18

Age: 18Y+		Max 12
Smeltzer House	Clay Hut	
97247	Apr 13 to Jun 22	Mon \$220.00
	7 - 10 pm	
97243	Apr 15 to Jun 17	Wed \$220.00
	7 - 10 pm	

Intermediate Pottery

You've mastered the basics and you're ready for more! Learn techniques that will help you transform your clay into pots to be proud of. The instructor will work with you to hone your skills and develop your personal style. Prerequisite: Absolute Beginners Pottery or equivalent skills.

Age: 18Y+		Max 12
Smeltzer House	Clay Hut	
97244	Apr 14 to Jun 16	Tue \$220.00
	7 - 10 pm	

Advanced Pottery

Are you inspired and looking for a challenge? Take your skills to the next level with this advanced course. Improve upon and learn new approaches to working with clay. Explore the complexities of form, function and decoration. Prerequisite: Intermediate Pottery or equivalent skills.

Age: 18Y+		Max 12
Smeltzer House	Clay Hut	
97245	Apr 16 to Jun 18	Thu \$220.00
	7 - 10 pm	

Afternoon Pottery

This afternoon pottery class is for beginners or for those looking to build upon their previous pottery experience. The instructor will work with potters to introduce basic pottery techniques and support the development of each potter's personal style.

Age: 18Y+		Max 12
Smeltzer House	Clay Hut	
97246	Apr 16 to Jun 18	Thu \$220.00
	1 - 4 pm	

Youth Pottery Programs

Clay with me!

Introduce your child to the wonders of clay! Explore pinch, slab and coil techniques while you create memories and treasures and develop fine motor skills. Adult participation required. All materials included.

Age: 3Y - 5Y		Max 10
Smeltzer House	Clay Hut	
97276	Apr 22 to May 27	Wed 9:30 - 11 am \$66.00

Clay Dabblers

Children love to pinch, roll, flatten, twist and bend their clay into all sorts of shapes and sizes. We promise that your child will have an exciting and rewarding experience working with clay. Pieces will be hand painted as children enjoy the colour experience that cannot be achieved through glazing. All materials will be supplied.

Omit: May 16.

Age: 6Y - 8Y		Max 12
Smeltzer House	Clay Hut	
97273	Apr 18 to May 30	Sat 10 - 11:30 am \$90.00

Clay Connections

A great clay program that will introduce the basics to the first time participant and continue to build on the skills of those who have previous experience. Expect to have lots of creative fun in this pottery program! Some pieces will be glaze fired and others will be hand painted. All materials will be supplied.

Omit: May 16.

Age: 9Y - 12Y		Max 12
Smeltzer House	Clay Hut	
97274	Apr 18 to May 30	Sat 12 - 1:30 pm \$90.00

Teen Pottery

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

Omit: May 15.

Age: 11Y - 17Y		Max 12
Smeltzer House	Clay Hut	
97275	Apr 17 to Jun 12	Fri 6 - 9 pm \$165.00



Adult - Special Interest

Fibre Art - Knit a Cowl

Learn to knit and create a wonderful cowl scarf! Participants will first learn the basics and three different stitches and then create their circular scarf. No supplies are needed for the first class; the instructor will provide information on what to purchase for creating your cowl.

Age: 18Y+		Max 10
Smeltzer House	Upper Lounge	
97252	Apr 22 to May 20	Wed 7 - 9 pm \$75.00

Adult - Workshops

Spiral Rope Necklace

This is a fun, easy class for beginner jewelry makers! Your necklace will be created using "stitching" - sewing the beads together so that they spiral around a base and continue spiralling into a necklace. This technique can be adapted to all kinds of beads once the pattern is understood! Price includes the cost of the bead kit (a selection of colours will be provided).

Age: 18Y+		Max 10
Smeltzer House	Lower Lounge	
97268	Apr 21	Tue 7 - 10 pm \$55.00

Netted Sparkle Bracelet

A fun and sparkly stitched bracelet that uses a netted stitch criss-crossing around a bead. The pattern is repeated over and over and creates a beautiful sparkly bracelet. Some experience with bead stitching is suggested.

Age: 18Y+		Max 10
Smeltzer House	Lower Lounge	
98031	May 5	Tue 7 - 10 pm \$55.00

European Handtied Bouquet

An introduction to the art of gathering and weaving florals into a fresh spring bouquet. Inspired by European Garden Design, made contemporary by you! Floral designer and artist, Jillian MacPhee, will give you the knowledge to take care of flowers for the longest possible display and will show you how to wrap a bouquet attractively so you can present it as a gift. You will be walking away with a beautiful creation of your own, gift wrapped and ready for you or a friend to display. Flowers and wrap will be supplied. Please bring your own sharp pruners or snips.

Age: 18Y+		Max 10
Smeltzer House	Upper Lounge	
98032	May 7	Thu 7:30 - 9 pm \$83.00

Visual Arts

Youth Art Programs

European Floral Vase Arrangement

An introduction to the art of gathering and arranging florals into a fresh spring arrangement. Inspired by European Garden Design; floral designer and artist, Jillian MacPhee will give you knowledge of floral care, how to grid a vase for easy arranging and to help floral elements to stay in place. You will walk away with a beautiful creation of your own. Flowers and gridding tape will be supplied. Please bring your own sharp pruners or snips and a medium sized vase or container that inspires you. Approximately 6-8 inch opening, water tight.

Age: 18Y +		Max 10
Smeltzer House	Upper Lounge	
98033	May 14	Thu
	7:30 - 9 pm	\$119.00

Youth Art Programs

Arts Blast!! - Early Dismissal

Join the fun on early dismissal days and explore a variety of creative arts activities: painting, drawing, printmaking, sculpture and more. We'll also play some games to get us active. It's going to be a blast! Don't forget to bring a nut-free snack and indoor shoes. A different program is offered each Wednesday. For the convenience of working parents, post care will be offered until 5 pm.

Age: 6Y - 12Y		Max 15
Smeltzer House	Lower Lounge	
Wed	2:45 - 4:30 pm	\$19.00
95716	Apr 8	
97249	May 6	
97250	Jun 3	

Art Explorers

Explore painting, drawing and printmaking in this creative 6 week program. Get inspiration from art history and find stories in the artwork. New themes with each session, so young artists can take it multiple times and keep learning! All supplies included. Omit: May 18.

Age: 6Y - 10Y		Max 15
Smeltzer House	Lower Lounge	
97271	Apr 13 to May 25	Mon
	4 - 5:30 pm	\$80.00

Sew & Art Basics

You will have fun learning the fine art craft of working with fabric in this four week program! Kids will learn how to safely use a sewing machine and complete their very own lined tote bag. All supplies are included. Omit: April 25.

Age: 7Y - 15Y		Max 4
Smeltzer House	Lower Lounge	
97269	Apr 11 to May 9	Sat
	10 - 11:30 am	\$130.00

Sew & Art Level 2

Kids who have already completed Sew & Art Basics (or have the equivalent experience using a sewing machine) will learn how to insert a zipper and sew a pair of pajama pants using a commercial pattern. Omit: April 25.

Age: 7Y - 15Y		Max 4
Smeltzer House	Lower Lounge	
98029	Apr 11 to May 9	Sat
	12 - 1:30 pm	\$130.00

Crafts Central

This fun six-week program will offer a variety of craft activities - both practical and whimsical! We'll weave, sculpt, cut, glue and paint, using wood, fabric, beads, things from nature, recycled bits and more! All supplies included. Omit: May 16.

Age: 7Y - 12Y		Max 15
Smeltzer House	Lower Lounge	
97272	Apr 11 to May 23	Sat
	2 - 3:30 pm	\$80.00

Dynamic Drawing

This six-week program will offer a variety of drawing techniques, tools and materials to inspire you to draw and develop your skills! All supplies included and no experience needed. Omit May 16.

Age: 8Y - 13Y		Max 15
Smeltzer House	Upper Lounge	
97270	Apr 11 to May 23	Sat
	1 - 2:30 pm	\$80.00

Polar and Brooklyn's Cartooning Adventure

Join artist Alex Labarbra and his fun cartoon creations Polar, the bear and Brooklyn, the penguin, as you explore the awesome world of cartooning! All supplies are included and beginners are very welcome as the program covers 3D cartoon basics, shading, inking, coloring and storytelling. Let your imagination run wild and create fun, colorful cartoons! Omit May 16.

Age: 8Y - 12Y		Max 15
Smeltzer House	Upper Lounge	
98030	Apr 11 to May 23	Sat
	10 - 11:30 am	\$80.00

SPRING BREAK



Arts Blast! (6Y - 9Y) & (9Y - 12Y)

Painting! Pottery! Drawing! Sculpture! Fun and Games! Join us for these half-day camps and expand your imagination, explore your creativity and brighten your day!

For all the details:

www.strathcona.ca/registration 780-467-2211

HOME SCHOOL

Additional home school programs are offered on pages 14 and 74 or visit www.strathcona.ca/homeschool

ART PROGRAMS

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

6 - 12 years Thursdays 10:30 am - 12 pm \$12 Max 15

Mono-printed landscapes Apr 23 97255	Let's get inspired by the beautiful spring landscapes around us and experiment with mono-printing techniques to make a unique piece of art.
Engraved Medieval Knight Apr 30 97256	Play with an easy version of metal chasing, or engraving, and create a medieval knight artwork, wearing armor covered with different textures.
Mother's Day Mini-Weaving May 7 97258	Treat your mom (or aunt or grandma) to a special woven landscape artwork for Mother's Day.
Collaged Origami Animals May 14 97259	We'll try out some easy origami, the Japanese art of paper folding, then create a collage using paper and lots more!
Paint a Puppet Theatre May 21 97260	Puppet stages are fun for kids to use to create their own stories - especially when they get to paint their very own. We'll also make a puppet to start the story-telling!
Jungle Animals in Chalk Pastels May 28 97261	Explore your wild side while we use chalk pastels to illustrate animals and their habitats.
Matisse Cut Paper Collage Jun 4 97262	Did you know that not only was Matisse an amazing painter, he also created artwork using scissors and paper? We'll take inspiration from his paper cuts and make our own version.
Faux Fossils Jun 11 97263	Excavate your own ancient artwork using mixed media art techniques to create a bas-relief collage.
Father's Day Art Jun 18 98028	Make a one-of-a-kind artwork and a card to give your dad as a special treat for Father's Day.

10 - 13 years Thursday 10 am - 12 pm \$36 Max 10

Beginner Bead Stringing Apr 16 97254	Design, string and properly finish a necklace and bracelet in this fun class! All materials included. A selection of colorful beads will be provided to choose from.
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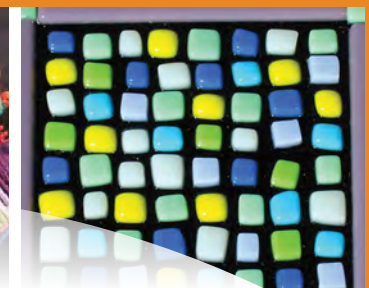
12 - 17 years Thursday 10 am - 12:30 pm \$40 Max 10

Pyramid Bracelets for Teens Apr 23 97257	Create this fabulous bracelet using pyramid shaped beads! You will learn how to stitch beads in patterns and properly finish off your project. All materials included. A variety of colours will be available to choose from.
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POTTERY

Tuesdays Apr 21 to May 26

Clay Dabblers 5Y - 8Y 9:30 - 11 am 97264	A hand building program for children that will introduce the pinch, coil and slab methods. These will be used to create a variety of fun projects. All materials are supplied. Some projects will be glazed and fired and other pieces will be painted, as children enjoy the colour experience that cannot be achieved through glazing. Pick up date to be announced.
Kidz N Clay 9Y - 11Y 11:30 am - 1 pm 97266	A hand building program where kids will use the pinch, coil and slab methods to create more complex projects. The abilities of both beginners and experienced potters will be accommodated. All materials are supplied. Some projects will be glazed and fired and other pieces will be painted, as children enjoy the colour experience that cannot be achieved through glazing. Pick up date to be announced.
Teens N Clay 12Y - 17Y 1:30 - 3:30 pm 97265	Teens will get to create and have fun behind a pottery wheel! We will create thrown pieces and construct hand built projects as well. Some pieces may be glazed. For safety reasons, please wear closed-toe shoes and avoid loose clothing. Pick up date to be announced.



Craft Week 2015

Celebrate CraftYear by participating in Craft Week 2015 - a week long series of workshops for adults, kids and teens! Fibre arts, pottery, jewelry making and the introduction of fused glass workshops!

Introductory Fused Glass

Get a taste of the exciting art of fused glass in this introductory workshop where you will learn the basics. You'll make a window hanger, which will be available for pick up after firing. Materials included.

Age: 18Y+		Max 6
Smeltzer House	Studio One	
98034	Jun 8	Mon
	7 - 9 pm	\$45.00
98038	Jun 10	Wed
	7 - 9 pm	\$45.00

Basic Jewelry Making

An introductory workshop to learn the basics of bead stringing, wrapping, bending, attaching and finishing. You will leave the class with a necklace and earrings as well as the confidence to make your own creations! Price includes the cost of the bead kit (a selection of colors will be provided).

Age: 16Y+		Max 10
Smeltzer House	Lower Lounge	
98037	Jun 9	Tue
	7 - 10 pm	\$55.00

Paper Star Weaving

Sometimes called Scandinavian Stars, learn to weave, bend and wrap double-sided paper to make beautiful 3D stars. Materials included. Instruction provided by the Strathcona County Weavers.

Age: 18Y+		Max 10
Smeltzer House	Lower Lounge	
98039	Jun 11	Thu
	7 - 9 pm	\$10.00

Mother-Daughter Pyramid Bracelets

Bring your mom, aunt or grandma for a fun evening making pyramid bead bracelets. You'll learn how to stitch beads in patterns and properly finish off your project. All materials included. A variety of colours will be available to choose from. Each participant must register separately.

Age: 13Y+		Max 10
Smeltzer House	Lower Lounge	
98040	Jun 12	Fri
	7 - 10 pm	\$55.00

craft **2015** YEAR

Youth/Teen

Clay Animal Rattles

Kids will use the pinch pot method to make animal shaped musical instruments. Learn to shape your clay and how to attach eyes, ears, arms, legs, spines, fins, etc! You'll make your animal on Monday and return on Friday to paint and finish your creation!

Age: 6Y - 12Y		Max 12
Smeltzer House	Clay Hut	
98041	Jun 8 & Jun 12	Mon/Fri
	4 - 5:30 pm	\$28.00

Beginner Jewelry Making

Design, string and properly finish a necklace and bracelet in this fun class! All materials included. A selection of colorful beads will be provided to choose from.

Age: 10Y - 13Y		Max 10
Smeltzer House	Lower Lounge	
98042	Jun 9	Tue
	4 - 6 pm	\$36.00

Kids Weaving

Using a simple loom and cotton loops, weave coasters, doll rugs, and pot holders. Instruction provided by the Strathcona County Weavers.

Age: 8Y - 13Y		Max 8
Smeltzer House	Lower Lounge	
98043	Jun 10	Wed
	4 - 5:30 pm	\$8.00

Glass Mosaics

Learn about the amazing world of glass fusing and create a colorful glass mosaic window hanger.

Age: 9Y - 13Y		Max 6
Smeltzer House	Studio One	
98044	Jun 11	Thu
	4 - 5:30 pm	\$25.00



Registration starts
February 26

We offer programs for children age 0-6 years in a variety of facilities to meet everyone's needs. Our programs are staffed with trained, caring individuals to provide a fun and safe learning environment.

- **Label, label, label.** Label your child's belongings.
- **Uh oh, I gotta go!** Take your child to the washroom before class. Transitioning? Use pull-ups!
- **When does the program end again?** To double check dates ask the instructor or visit www.strathcona.ca/registration to see the online guide.
- **Yum, snack time.** Make sure your child has one small healthy snack. Full day programs need a healthy lunch too.
- **Reduce your waste-line.** Use reusable containers.
- **Don't stress about mess.** Dress your child in play clothes that are craft friendly.
- **Gym time is active time.** Put appropriate footwear on your child.
- **Information is golden.** Give yourself some extra time on the first day to fill out information forms.
- **We need to know.** If your child requires an EpiPen, let us know. Your child's EpiPen will remain with them during their program.

If you have any questions, please contact us at
780-464-2112 or at recreation@strathcona.ca

PRESCHOOL

Our philosophy

Our preschool recreation programs reflect the understanding of the importance of play in a child's healthy development during the early years. In these play-based recreation programs, children are encouraged to develop social competencies, emotional maturity, language skills, cognitive development and fundamental movement skills. We believe that play is not a luxury, but rather a necessity for a child's healthy development.

Learn more at www.strathcona.ca/preschool



Don't forget....Snacks and clean shoes!

Please remember to send your children with a nut-free **light snack for all half-day programs**. In the **full day programs your child will need one nut-free light snack plus a lunch**. Remember to always send your kids with **clean indoor shoes** so they can participate in all the fun activities planned for them!



Finding the right program for your child

Are you a little unsure of where to put your preschooler? Take a look at these charts for some suggestions that may help you map out your child's adventures in the preschool world. **Note: this is only a guideline; there is no pre-requisite or mandatory order.**

Drop-in Programs

6 months - 6 years

6M - 5Y	Preschool playground - parented	p 29
2Y - 6Y	Parent's time out - unparented	
2Y - 6Y	Love to Play - unparented / parented	

Parented Programs

3 months - 5 years

1M - 3Y	Once upon a story time	p 30
1M - 6Y	Little mozarts	
1Y - 3Y	Busy bees and water bugs	
1.5Y - 3Y	Time for twos	
1.5Y - 3.5Y	Coffee and crayons	
2Y - 3Y	Playhouse pals	

Unparented Programs

2.5 years - 5 years

2.5Y - 3.5Y	Building Blocks	p 31
	Busy buddies	p 31
	Kids klub	p 31
	Thrills for threes	p 32
3Y - 4Y	Bonjour mes amis	p 31
	Crayon crowd	p 31
	Hola amigo	p 31
	Jr. Pre-K	p 32
3.5Y - 4.5Y	Messy hands	p 32
	Talk it up	p 33
3Y - 5Y	Drum fit	p 33
	Animal kingdom	p 32
	Gym'ny crickets	p 33
	Kangaroo kids	p 33
	Move, imagine, play	p 32
	Testing! 1,2,3	p 32
4Y - 5Y	YogaKids	p 33
	Pre-K	p 34
4Y - 5Y	Pre-K Français	p 34
	Build it big	p 33

Preschool programs & child care options

We offer child care as well as a number of registered and drop-in programs for adults that coordinate with our Fun Factory and preschool programs.

See pages 48-58 for adult programs and page 47 for Fun Factory hours.

www.strathcona.ca/recreation

love to play

Ardrossan
RECREATION COMPLEX



Love to play (unparented/parented)

Drop off or stay and play in our new Love to Play room upstairs next to our preschool room. Explore the amazing airways, build a fort, take a pretend grocery shopping trip, and much more.

Tickets are \$8.50 per child or \$76.50 for a 10 visit card and can be purchased at the Ardrossan Recreation Complex.

Age: 2Y - 6Y

Ardrossan Recreation Centre	Love to Play
Tue Mar 31 - Jun 23	9 - 11 am
Tue Mar 31 - Jun 23	5:30 - 8:30 pm
Thu Apr 2 - Jun 25	9 - 11 am
Thu Apr 2 - Jun 25	5:30 - 8:30 pm
Sat Apr 4 - Jun 27	9 am - 12 pm

Drop-In

Parents' time out

Are you a busy parent in need of a break? Drop off your preschooler at the Sherwood Park Arena mini-gym with instructors that have play spaces and activities ready for your child to enjoy while you take the afternoon off.

Tickets are \$8.50 per child or \$76.50 for a 10 visit card and can be purchased at the Recreation Administration Office.

Omit: May 18

Age: 2Y - 6Y

Sherwood Park Arena	Arts & Crafts Room
Mon Apr 13 - Jun 22	1 - 3 pm
Wed Apr 8 - Jun 17	1 - 3 pm
Fri Apr 10 - Jun 19	1 - 3 pm

PRESCHOOL playground

Parented Preschool - Drop in and play! Parents are asked to join in activities with their child.



**Drop-in fees: \$3.75/child/visit
\$6/family/visit**

Also included with the Millennium Card

Age: 6M - 5Y

Kinsmen Leisure Centre	Preschool Playground
Tue Mar 31 - Jun 23	9:30 - 11:30 am
Wed Apr 1 - Jun 24	9:30 - 11:30 am
Thu Apr 2 - Jun 25	5:45 - 7:45 pm
Fri Apr 10 - Jun 26	9:30 - 11:30 am
Sun Apr 12 - Jun 28	9:30 - 11:30 am

Preschool Parented

Once upon a story time

Explore stories through books, interactive songs, oral storytelling, musical activities, puppets, bubbles, parachute play and more. American Sign Language signs will be introduced to encourage communication for daily activities. Circle time and a ten minute snack/social time will be included in this fun filled hour program.

Age: 1M - 3Y

Millennium Place 97011	Activity Room 3 Apr 10 to May 29 10 - 11 am	Fri \$75.00
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Busy bees and water bugs

Join us for games, songs and activities in the preschool room, followed by a half hour swim. Parents or caregivers will participate in the pool. Omit May 18

Age: 1Y - 3Y

Kinsmen Leisure Centre 96985	Lake View Apr 13 to Jun 1 6:00 - 7:30 pm	Mon \$92.00
96986	Apr 11 to May 30 9:30 - 11 am	Sat \$105.00
96987	Apr 11 to May 30 10:30 am - 12 pm	Sat \$105.00

Time for twos

Come out to enjoy games, simple art activities, toys and more during this program that offers the opportunity for you and your child to play together and make new friends.

Age: 1.5Y - 3Y

Sherwood Park Arena 97054	Arts & Crafts Room Apr 9 to Jun 18 9:30 - 11 am	Thu \$89.00
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Coffee and crayons

Meet other parents while participating in songs, games and activities in this parented program Monday or Tuesday morning. Coffee provided! Omit: May 18

Age: 1.5Y - 3.5Y

Sherwood Park Arena 96990	Arts & Crafts Room Apr 7 to Jun 16 9:15 - 11:15 am	Tue \$107.00
Arrossan Recreation Complex 96991	Preschool Room Apr 13 to Jun 22 9:15 - 11:15 am	Mon \$97.00

Playhouse pals

Come and explore a world of creativity and imagination in this program designed for kids who loved 'Time for Two's'. Simple crafts, circle time, songs and play centers are highlights of this program. It is a great sharing time for parents and children.

Age: 2Y - 3Y

Sherwood Park Arena 97015	Arts & Crafts Room Apr 8 to Jun 17 9:30 - 11 am	Wed \$89.00
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Clay with me!

Introduce your child to the wonders of clay! Explore pinch, slab and coil techniques while you create memories and treasures and develop fine motor skills. Adult participation required. All materials included.

Age: 3Y - 5Y

Smeltzer House 97276	Clay Hut Apr 22 to May 27 9:30 - 11 am	Max 10 Wed \$66.00
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We have specifically designed our classes to help children foster a love for music while also developing their language, social and motor skills. We offer classes for babies, toddlers and preschoolers. Here are just a few activities that your little Mozart will experience, rhythm and music with small instruments, painting and coloring to the music, puppet shows, parachute fun and more.

Tiny Tigers

Watch your baby's face light up as they hear a variety of musical sounds and interact to fun-learning songs as a group. Come join our musical journey!

Kinsmen Leisure Centre 97005	Age: 1M - 2Y	Classroom Apr 8 - Jun 17 9 - 9:55 am	Wed \$160.00
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Growing Giraffes

These enthusiastic musicians will dance, move and jive as they learn action-packed songs!

Kinsmen Leisure Centre 97006	Age: 2Y - 3Y	Classroom Apr 8 - Jun 17 10 - 10:55 am	Wed \$160.00
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Little Monkeys

By learning music fundamentals they will love learning and exploring their singing voices. These little Mozarts will hop, skip, and jump into creative music and dance.

Kinsmen Leisure Centre 97007	Age: 3Y - 5Y	Classroom Apr 8 - Jun 17 11 - 11:55 am	Wed \$160.00
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Preschool Unparented

Building blocks

This twice a week program offers children the opportunity to bring their imaginations to life as they meet new friends and gain confidence. Omit May 18

Age: 2.5Y - 3.5Y

Kinsmen Leisure Centre	ParkView Room	
96984	Apr 8 to Jun 22	Mon/Wed
	9 - 11 am	\$227.00

Busy buddies

Let's get busy! Sign your child up for a morning of fun in this program that is designed to enhance social development and independence. Children are offered a variety of activities and get to spend time in the mini - gym while learning through play. Omit May 18

Age: 2.5Y - 3.5Y

Kinsmen Leisure Centre	ParkView Room	
96988	Apr 10 to Jun 19	Fri
	9 - 11 am	\$119.00
Sherwood Park Arena	Arts & Crafts Room	
96989	Apr 13 to Jun 22	Mon
	9 - 11 am	\$108.00

Kids Klub

Come join us at Kids Klub! This program focuses on your child's social and physical development. Program includes various activity centres, fun and learning. Omit May 18

Age: 2.5Y - 3.5Y

Millennium Place	Activity Room I	
97002	Apr 13 to Jun 22	Mon
	9 - 11 am	\$108.00
97003	Apr 8 to Jun 17	Wed
	9 - 11 am	\$119.00
Arrossan Recreation Complex	Preschool Room	
97004	Apr 10 to Jun 19	Fri
	9 - 11 am	\$119.00

Bonjour mes amis

Hello my friends! Bring your child to play and meet new friends while exploring the French language through a variety of songs and games; learning basic words, phrases and expressions.

Age: 3Y - 4Y

Millennium Place	Activity Room I	
96982	Apr 10 to Jun 19	Fri
	9 - 11 am	\$119.00

Crayon crowd

Your child has the chance to explore a variety of art experiences, songs stories and games in a fun and creative learning environment. This program focuses on having fun while developing social, physical and intellectual skills as they learn through play.

Age: 3Y - 4Y

Kinsmen Leisure Centre	ParkView Room	
96992	Apr 7 to Jun 18	Tue/Thu
	9 - 11:30 am	\$290.00

Hola Amigo

A Spanish bilingual play based program designed to introduce Spanish as a second language to children during play centers, games and circle time. No previous knowledge is required.

Age: 3Y - 4Y

Sherwood Park Arena	Arts & Crafts Room	
96996	Apr 10 to Jun 19	Fri
	9 - 11 am	\$119.00



Jr. Pre-K

Is your tot not quite old enough for school, yet craving a more mature and challenging program? Jr. Pre-K is your answer! Your almost pre-k child will have plenty of time to explore and opportunities for fun learning. Songs, stories, dramatic play, art, movement, blocks, and more. Your child will have a chance to interact with peers and teachers in this 'more than preschool a tad less than a pre-k' program.

Age: 3Y - 4Y

Kinsmen Leisure Centre	ParkView	
96997	Apr 7 to Jun 16	Tue 12:30 - 3 pm \$145.00
Millennium Place	Activity Room I	
96998	Apr 7 to Jun 16	Tue 12:30 - 3 pm \$145.00
96999	Apr 9 to Jun 18	Thu 12:30 - 3 pm \$145.00

Thrills for threes

This exciting program will challenge your child's imagination while painting a giant rocketship, playing in the sand, building with blocks and exploring in the Love to Play room.

Omit: May 18

Age: 3Y - 4Y

Ardrossan Recreation Complex	Preschool Room	
97053	Apr 13 to Jun 22	Mon 12:30 - 2:30 pm \$108.00

Messy hands

Help your child discover their creative side in this program designed for kids who love to get their hands dirty. Be prepared for things to get messy! Omit: May 18

Age: 3Y - 4Y

Millennium Place	Activity Room I	
97008	Apr 13 to Jun 22	Mon 12:30 - 3 pm \$132.00
97009	Apr 8 to Jun 17	Wed 12:30 - 3 pm \$145.00

Move, imagine, play

This program promotes and develops children's balance, body awareness, flexibility, exploration, and interest in physical activity through games and activities.

Age: 3Y - 5Y

Ardrossan Recreation Complex	Preschool Room	
97010	Apr 9 to Jun 18	Thu 9 am - 12 pm \$170.00

Testing ! 1 2 3

Calling all future scientists! Your child will be given the opportunity to gain a greater understanding of how things work through experiments in this program designed to help children explore their curiosity in an interesting and safe way.

Age: 3Y - 5Y

Kinsmen Leisure Centre	ParkView	
97052	Apr 8 to Jun 17	Wed 12:30 - 3 pm \$145.00

Animal kingdom

Lions, and tigers, and bears, oh my! Bring your child to come learn exciting new facts about the animal kingdom.

Age: 3Y - 5Y

Sherwood Park Arena	Arts & Crafts Room	
96981	Apr 7 to Jun 16	Tue 12:30 - 2:30 pm \$119.00

SPRING BREAK



Preschool Spring Break Camps:

Spring Sprouts (3Y - 5Y)

This mini-camp is a great way to spend Spring Break! Children will sample preschool fun in a variety of Spring themed crafts, stories and preschool playground time. Your child will play the day away with new friends while you take some time for yourself!

Spring-tastic (5Y - 7Y)

Celebrate the arrival of spring in this program. This mini-camp will keep your child active with games, art, physical activity, indoor and outdoor play.

Spring Break brochure available now!

View online or pick-up at any recreation facility.

Registration for all programs starts **February 26 at 7 am**

For all the details, visit:

www.strathcona.ca/registration

780-464-2112





YOGA KIDS

An animated and creative approach to Yoga for youngsters led by a certified Yoga instructor! We encourage healthy body awareness while having fun. Your child will develop strength, flexibility and coordination while learning about bones, muscles and nutrition. A fun to be fit program where children can bend, stretch, play games, create art and enjoy story time and snack.

Age: 3Y - 5Y

Millennium Place 97055	Activity Room I Apr 7 to Jun 16 9 - 10:30 am	Tue \$130.00
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Gym'ny-crickets

An active program for every preschooler! This program focuses on movement including obstacle courses, parachute play and fitness fun. Emphasis is on cooperative games that promote self-esteem and sportsmanship in a non-competitive atmosphere.

Omit May 18

Age: 3Y - 5Y

Kinsmen Leisure Centre 96994	Preschool Playground Apr 13 to Jun 22 9:30 - 10:45 am	Mon \$86.00
96995	Apr 13 to Jun 22 11 am - 12:15 pm	Mon \$86.00

Kangaroo kids

Your child will hop, skip and jump while learning FUNdamental movement skills. Imagination, creativity and fun is offered through art, circle time, play centres and more. This is a great opportunity for your child to develop social skills and become more independent while learning through play.

Age: 3Y - 5Y

Kinsmen Leisure Centre 97000	ParkView Room Apr 9 to Jun 18 12:30 - 3 pm	Thu \$145.00
Strathcona Olympiette Centre 97001	Viewing Area Apr 8 to Jun 17 9 am - 12 pm	Wed \$170.00

Drum fit

Children will find their own rhythms as they drum and play their way to strength and fitness. Children have fun while developing fine and gross motor skills, hand-eye coordination and spatial awareness. They will also take part in activities while learning patterns, rhythm and movement. Opportunities for free play, crafts, stories and songs are included.

Drum Fit

Age: 3.5Y - 4.5Y

Millennium Place 96993	Activity Room I Apr 9 to Jun 18 9 - 11:30 am	Thu \$145.00
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Talk it up!

Talk it up in Preschool! This is a speech and language enriched program that is play based and run by a Speech-Language Pathologist. This is not a treatment program however, your child will participate in a play based recreation program focussing on language concepts.

Age: 3.5Y - 5Y

Ardrossan Recreation Complex 97050	Preschool Room Apr 8 to May 6 12:30 - 3 pm	Wed \$125.00
97051	May 13 to Jun 10 12:30 - 3 pm	Wed \$125.00

Build it big

Come join us for afternoons of creative fun as we build and construct temporary works of art and discover how we can 'Build it Big'!

Omit May 18

Age: 4Y - 5Y

Kinsmen Leisure Centre 96983	ParkView Apr 13 to Jun 22 12 - 3 pm	Mon \$155.00
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Don't forget....Snacks and clean shoes!

Please remember to send your children with a nut-free **light snack for all half-day programs**. In the **full day programs your child will need one nut-free light snack plus a lunch**. Remember to always send your kids with **clean indoor shoes** so they can participate in all the fun activities planned for them!



Know the right age to register



You can register in *Kindergarten Readiness*

Sorry, you'll have to wait until *Fall 2015*. Check out our other preschool programs on pages 28-33.

Kindergarten Readiness

Pre-K

Learn through Play! Play is one of the most effective ways for children to learn to be independent and confident. Strathcona County recreation programs will introduce your child to discovery centres, open ended art and circle time. These play opportunities will encourage social competencies, emotional maturity, language skills, cognitive development, physical health and wellbeing. Additional features will provide fun and fond memories. Pre-K recreation programs are offered out of five unique locations throughout Strathcona County. There are a variety of half day and full day programs to choose from. For half day programs please provide a small snack. Full day programs require a snack and lunch. Indoor shoes are also required for both full and half day programs.

Omit: May 18

Age: 4Y - 5Y

	Ardrossan Recreation Complex	Preschool Room	
★	97016	Apr 7 to Jun 16 9 am - 3 pm	Tue \$346.00
	Kinsmen Leisure Centre	Lake View	
	97017	Apr 13 to Jun 22 9 am - 3 pm	Mon \$315.00
	97018	Apr 7 to Jun 18 9 am - 12 pm	Tue/Thu \$346.00
★	97019	Apr 8 to Jun 17 9 am - 3 pm	Wed \$346.00
	97020	Apr 10 to Jun 19 9 am - 3 pm	Fri \$346.00
	97021	Apr 7 to Jun 18 12:30 - 3 pm	Tue/Thu \$290.00
	Millennium Place	Activity Room 2	
	97022	Apr 8 to Jun 22 12 - 3 pm	Mon/Wed \$330.00
	97023	Apr 7 to Jun 18 12:30 - 3 pm	Tue/Thu \$290.00
	97024	Apr 10 to Jun 19 9 am - 3 pm	Fri \$346.00
	97025	Apr 8 to Jun 22 9 - 11:30 am	Mon/Wed \$277.00

Strathcona Olympiette Centre	Viewing Area	
97026	Apr 7 to Jun 16 9 am - 3 pm	Tue \$346.00
★ 97027	Apr 10 to Jun 19 9 am - 3 pm	Fri \$346.00

★ These programs have been chosen for a play research project with the University of Alberta.
Learn more at www.strathcona.ca/preschool

Pre-K Francais

Enjoy all the benefits of our Pre-K recreation program while discovering a second language. This program is designed for those who will enroll in a French Immersion Kindergarten or for children who want to explore a new language! No previous knowledge is required.

Age: 4Y - 5Y

Millennium Place	Activity Room 2	
97028	Apr 7 to Jun 18 9 am - 12 pm	Tue/Thu \$346.00
Ardrossan Recreation Complex	Preschool Room	
97029	Apr 8 to Jun 17 9 am - 12 pm	Wed \$173.00





SPORTBALL

Welcome to Sportball! Children are introduced to sports, creative games, songs, rhymes, stories, bubble time and much more! Learn the FUNdamentals of soccer, hockey, basketball, baseball, volleyball, tennis and golf.

Sportball Junior Sportball (parented)

Shin Ji Taekwon-Do Club			
97038	Age: 16M - 2Y	Apr 8 to Jun 10 9:15 - 9:45 am	Wed \$145.00

Sportball Parent & Tot (parented)

Kinsmen Leisure Centre		Preschool Playground	
97035	Age: 2Y - 3.5Y	Apr 11 to Jun 13 10 - 10:45 am	Sat \$160.00

Sportball Me and My Dad (parented)

Kinsmen Leisure Centre		Preschool Playground	
97039	Age: 2.5Y - 4.5Y	Apr 11 to Jun 13 9 - 9:45 am	Sat \$160.00

Sportball Multi-Sport (parented)

Kinsmen Leisure Centre		Preschool Playground	
97040	Age: 2Y - 3.5Y	Apr 8 to Jun 10 5 - 5:45 pm	Wed \$160.00

Shin Ji Taekwon-Do Club			
97043	Age: 2Y - 3.5Y	Apr 8 to Jun 10 9:45 - 10:30 am	Wed \$160.00

Ardrossan Recreation Complex		Preschool Room	
97044	Age: 2.5Y - 6Y	Apr 11 to Jun 13 9:30 - 10:15 am	Sat \$160.00

97048	Age: 2.5Y - 6Y	Apr 11 to Jun 13 10:30 - 11:15 am	Sat \$160.00
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Sportball FitKids (parented)

Ardrossan Recreation Complex			
97047	Age: 2Y - 3.5Y	Apr 8 to Jun 10 10:15 - 11 am	Wed \$160.00

Sportball Multi-sport girls only (unparented)

Kinsmen Leisure Centre		Preschool Playground	
97037	Age: 3Y - 5Y	Apr 11 to Jun 13 11 am - 12 pm	Sat \$160.00

Sportball FitKids (unparented)

Omit May 18			
Millennium Place		Combatives Room	
97045	Age: 3.5Y - 5Y	Apr 13 to Jun 22 1 - 2 pm	Mon \$160.00
97046	Age: 3.5Y - 5Y	Apr 13 to Jun 22 2 - 3 pm	Mon \$160.00
Ardrossan Recreation Complex		Hall	
97049	Age: 3.5Y - 5Y	Apr 8 to Jun 10 11 am - 12 pm	Wed \$160.00

Sportball Multi-Sport (unparented)

Kinsmen Leisure Centre		Preschool Playground	
97036	Age: 3.5Y - 5Y	Apr 11 to Jun 13 12:15 - 1:15 pm	Sat \$160.00
97041	Age: 3.5Y - 5Y	Apr 8 to Jun 10 6 - 7 pm	Wed \$160.00
Shin Ji Taekwon-Do Club			
97042	Age: 3.5 - 5Y	Apr 8 to Jun 10 10:30 - 11:30 am	Wed \$160.00

Sportball Multi-Sport (unparented)

Omit: May 16			
Kinsmen Leisure Centre		Preschool Playground	
96964	Age: 5Y - 7Y	Apr 22 to Jun 24 7 - 8 pm	Wed \$160.00
Lakeland Ridge		Small Gym	
96965	Age: 5Y - 7Y	Apr 18 to Jun 20 12:15 - 1:15 pm	Sat \$108.00

Sportball Ultimate Hockey/ Soccer (5-7yrs)

The classes are aimed towards transitioning kids into a hockey and soccer game. The class includes Fitkids Warm-up that is based on physical literacy and getting kids into shape in a fun way. The warm-ups are followed by skill based training where game like situations are created to teach the necessary hockey and soccer skill sets. Class ends with a controlled scrimmage so the Sportballers can implement the skills they learned!

Omit: May 18			
Millennium Place		Combatives Room	
96963	Age: 5Y - 7Y	Apr 20 to Jun 22 4 - 5 pm	Mon \$108.00

Wellness - Youth/Teen

Drop-in sports



YOUTH/TEEN

Drop In Sports



Millennium Place & Ardrossan Recreation Complex

A facilitator will be on the field during drop in activities to help get the games going. There is no facilitator during regular open gym time.

Drop in fees apply. Millennium Card Valid.

Floor Hockey

Millennium Place	Gymnasium East		
Apr 7 - Jun 30			
Age: 6Y - 10Y	6 - 7 pm		Tue
Age: 10Y - 17Y	7 - 8 pm		Tue

Dodgeball

Millennium Place	Gymnasium East		
Apr 8 - Jun 24			
Age: 6Y - 9Y	6 - 7 pm		Wed
Age: 9Y - 12Y	7 - 8 pm		Wed
Age: 13Y - 17Y	8 - 9 pm		Wed

Basketball

Millennium Place	Gymnasium East		
Apr 16 - Jun 25			
Age: 8Y - 12Y	6 - 7 pm		Thu
Age: 13Y - 17Y	7 - 8 pm		Thu

Flag Football

Millennium Place	Gymnasium East		
Apr 18 - Jun 27			
Age: 8Y - 12Y	7:15 - 8:15 pm		Sat

Teen Running Club

Omit May 16			
Ardrossan Recreation Complex	Team Training Room		
Apr 11 - Jun 27			
Age: 10Y - 17Y	11 am - 12 pm		

Family

Family badminton

Get the whole family together and cause a 'racquet'! This class gets everyone moving together towards one common goal...FUN! Each registration includes one adult and one child.

Additional family member: \$60.

Age: 6Y+

St Theresa School	Gym	Max 8
96931	Apr 14 to Jun 16 6:45 - 7:45 pm	Tue \$120.00
Ardrossan Elementary	Gym	Max 6
96932	Apr 15 to Jun 17 6 - 7 pm	Wed \$120.00

Family yoga

Attention moms, dads, daughters and sons! A perfect way to relax as a family without being in front of the T.V. No experience required: just a willingness to bend, stretch and have fun! Each registration includes one adult and one child. Additional child: \$48.

Age: 6Y+

Millennium Place	Activity Room 2	Max 15
96935	Apr 15 to Jun 3 6:15 - 7:15 pm	Wed \$115.00
Ardrossan Recreation Complex	Preschool Room	Max 10
96936	Apr 14 to Jun 2 6 - 7 pm	Tue \$115.00

Family bootcamp

Come enjoy some quality family time while getting everyone active. This class is designed to challenge the adults as well as build a strong movement foundation for youth. Enjoy some traditional drills, learn some new ones and join in some fun, fitness based games. Each registration includes one adult and one child.

Omit: May 16

Age: 6Y+

Millennium Place	Blue Room	Max 18
96933	Apr 11 to Jun 20 9:15 - 10:15 am	Sat \$120.00

Family Stick & Skate - Drop-in

Drop-in family stick & skate! Helmets required for all participants. Pucks are provided and are to remain on the ice surface (no high shots).

Omit: June 11

All Ages

Millennium Place	Sprite Arena 2	
96923	Apr 23 to Jun 18 7:30 - 8:30 pm	Thu



Fitness

Junior triathletes

Swimming, biking and running is the name of the game in this increasingly popular individual sport. Learn the basics in a fun and positive environment!

Omit: May 17

Age: 10Y - 16Y		Max 25
Millennium Place	Lane 1 (25m)	
96940	Apr 19 to Jun 21 11 am - 12:15 pm	Sun \$110.00

Mind & Body

Yoga for kids

An exciting time of learning and development through movement and yoga. Yoga helps develop better body awareness, self control, flexibility and coordination. By helping children to breathe more efficiently, consciously and purposely we are giving them tools to self-calm and to help themselves through anxious moments like bullying or tests. Yoga for kids helps improve their self-esteem and allows them to feel successful because they can do it to the best of their ability, irrespective of shape, weight or academic ability.

Age: 7Y - 12Y		Max 20
Yoga For Today		
96974	May 6 to Jun 24 4:15 - 5:15 pm	Wed \$96.00

Teen Yoga

This class will focus on your inner power, re-energize and use moves that improve muscle strength, posture, flexibility and body zone. Add fun music and friends...what better way to find your inner peace!

Age: 13Y - 17Y		Max 25
Millennium Place	Activity Room 2	
96970	May 6 to Jun 24 7:30 - 8:30 pm	Wed \$80.00



SPRING SKATING

Slide & Glide - parented

Do you want to make sure your child embraces the ice with open arms? What better way to accomplish this than to spend quality time together playing activities and games on skates! Start your child off with a foundation they can build on. CSA approved helmets are mandatory for both children and parents.

Omit: Apr 25, May 16

Age: 32M - 4Y		Max 12
Millennium Place	Sprite Arena 2A East	
96954	Apr 18 to Jun 6	Sat
	10 - 10:30 am	\$65.00

Born to blade

If you can venture on the ice without mom or dad's help, stand on the ice by yourself, fall and get back up unassisted, this class is for you! Build on existing basic skills learned in Slide & Glide to develop self confidence on the ice while having fun! CSA helmets are mandatory.

Omit: Apr 25, May 16

Age: 4Y - 6Y		Max 6
Millennium Place	Sprite Arena 2	
96916	Apr 18 to Jun 6	Sat
	10:40 - 11:10 am	\$65.00

Age: 5Y - 8Y		Max 6
Millennium Place	Sprite Arena 2	
96913	Apr 18 to Jun 6	Sat
	11:20 - 11:50 am	\$65.00

Blazing blades

Soared through Slide & Glide? Barreled through Born to Blade? Ready for the next challenge? Refine your skating skills learned in previous classes here! Participants should be able to skate the length of the ice unassisted. CSA helmets are mandatory.

Omit: Apr 25, May 16

Age: 8Y - 12Y		Max 10
Millennium Place	Sprite Arena 2	
96909	Apr 18 to Jun 6	Sat
	12 - 12:45 pm	\$65.00



Starter Shiny

Play and fun are the name of the game as kids get their first taste of hockey! Basic hockey skills are covered as kids enjoy playing in a comfortable smaller group setting. Participants should have basic skating skills. Full equipment required.

Age: 5Y - 8Y		Max 12
Millennium Place	Sprite Arena 2	
96967	Apr 21 to May 26	Tue
	6 - 7 pm	\$70.00

Age: 8Y - 12Y		Max 15
Millennium Place	Sprite Arena 2	
96966	Apr 21 to May 26	Tue
	7 - 8 pm	\$70.00

Youth ROCK!

Celebrating Youth
in Strathcona County

Grades 7-12

Events will be held
throughout the
month of May.

Watch for details!

Check out www.strathcona.ca/youth
for more information!



Sponsored by:



SCHOOLS OUT Camps

Make the most of your day off school. From playing organized games to hanging out in the Ardrossan Youth Lounge, this one-day camp is sure to get your heart racing! Outdoor activities will occur, so come dressed for the weather! Pre-care will be from 8:30 - 9 am and post-care will be from 4 - 4:30 pm.

Age: 6Y - 12Y		Max 12
Ardrossan Recreation Complex	Cedar Room	
97330	May 1	Fri
	9 am - 4 pm	\$45.00
97331	May 15	Fri
	9 am - 4 pm	\$45.00

Sports

Badminton - beginner

This class is such a 'smash', it should be called 'GOOD'minton. The focus is on fun and personal achievement where you will practice all the skills needed to send that birdie flying! Shuttles and racquets provided...but feel free to bring your own if you have one!

Age: 8Y - 10Y		Max 12
St Theresa School	Gym	
96902	Apr 14 to Jun 16	Tue
	5:45 - 6:45 pm	\$100.00

Age: 10Y - 14Y		Max 12
St Theresa School	Gym	
96903	Apr 14 to Jun 16	Tue
	7:45 - 8:45 pm	\$100.00

Badminton - intermediate

Designed for young teens looking to take their badminton game to the next level. This class will encourage skill development in a low-pressure environment. Instruction will be similar in style to the coaching found at a junior-high school level. Shuttles and racquets provided...but feel free to bring your own if you have one!

Age: 12Y - 15Y		Max 12
Ardrossan Elementary	Gym	
96904	Apr 15 to Jun 17	Wed
	7:30 - 8:30 pm	\$100.00

Badminton - advanced

Have you been looking for a real challenge on the badminton court? Meet your match here. Perfect your drives, drops, smashes and kills against some of the most advanced competition in the County. Please note: this class is for those with significant badminton experience.

Omit: May 18

Age: 15Y+		Max 12
Wes Hosford Elementary	Gym	
96901	Apr 13 to Jun 22	Mon
	6:15 - 7:45 pm	\$130.00

Basketball

Why are basketball players such messy eaters? They are always dribbling! Get in the zone as you learn the basics of basketball. This class is a slam dunk!

			Max 16
Wes Hosford Elementary	Gym		
96906	Age: 6Y - 9Y	Apr 14 to Jun 16	Tue
	Beginner	6:30 - 7:30 pm	\$90.00
96905	Age: 10Y - 14Y	Apr 14 to Jun 16	Tue
	Intermediate	7:45 - 8:45 pm	\$90.00

Dodgeball

Dip, Duck, Dodge and Dive! This class is sure to get the sweat flowing and the smiles going as you pick target, take aim and fire away.

Age: 6Y - 9Y		Max 25
Campbeltown Elementary	Gym	
96919	Apr 16 to Jun 18	Thu
	7 - 7:45 pm	\$90.00

Age: 8Y - 12Y		Max 25
Campbeltown Elementary	Gym	
96917	Apr 16 to Jun 18	Thu
	7:45 - 8:30 pm	\$90.00

Age: 12Y - 17Y		Max 25
Campbeltown Elementary	Gym	
96918	Apr 16 to Jun 18	Thu
	8:30 - 9:15 pm	\$90.00

Flag Football

Down, set... HUT! Get an introduction to the sport of football in a fun, non-contact atmosphere. Learn basic skills and strategy while scrimmaging with friends!

Age: 6Y - 9Y		Max 15
Campbeltown Elementary	Gym	
96937	Apr 16 to Jun 18	Thu
	6 - 6:45 pm	\$80.00

Kickball

This active class includes the fundamentals of baseball with a soccer spin. Come enjoy the team environment, make new friends and learn new skills!

Age: 8Y - 12Y		Max 16
Madonna	Gym	
96941	Apr 14 to Jun 16	Tue
	7:30 - 8:15 pm	\$80.00



Soccer Beginner

Come bend it like Beckham! This course provides each participant with an introduction to the sport of soccer. They will learn basic skills from passing and ball control to kicking. Held in a fun and non-competitive environment, this course welcomes children of all skill levels and abilities.
Omit: April 23, May 28, June 4

Age: 6Y - 9Y		Max 16
Sherwood Heights Junior High	Gym	
96961	Apr 16 to Jun 18 6:45 - 7:45 pm	Thu \$63.00

Age: 9Y - 12Y		Max 16
Sherwood Heights Junior High	Gym	
96962	Apr 16 to Jun 18 7:45 - 8:45 pm	Thu \$63.00

Triple Ball (Beginner Volleyball)

If you have a passion for volleyball, this is a great place to start! Based on Alberta Volleyball model for Long Term Athlete Development, Triple Ball promotes skill development, fun and participation. Very similar to traditional volleyball, small changes allow each child more contact with the ball for more play time!

Omit: May 16

Age: 9Y - 12Y		Max 16
Lakeland Ridge School	Gym	
96971	Apr 18 to Jun 20 1:15 - 2:30 pm	Sat \$99.00

Volleyball

This class is for those who would like to prepare for Junior High Volleyball. Practice the basics in this fun and friendly environment as you get better acquainted with this popular sport.

Omit: May 16

Age: 12Y - 15Y		Max 16
Lakeland Ridge School	Gym	
96972	Apr 18 to Jun 20 2:45 - 4 pm	Sat \$99.00

SPRING BREAK



Featured Youth Programs

Yoga For Kids Camp (5Y - 10Y)

Calling all kids ages 5-10 years, join us for 3 afternoons of yoga fun! As we blast out of this world, dive down into the commotion in the ocean, and then go 'under the big top' for a Yoga Circus. Each day will include yoga, games, crafts, relaxation, and tons of fun!!

Spring fever (6Y - 9Y)

What's better than a day with your friends at Millennium Place? FOUR days with your friends at Millennium Place!and Laser Tag. And Bowling! Okay come to think of it, its all pretty awesome.

Adventure Camp (6Y - 7Y) and (8Y -12Y)

Get off the couch and get involved this Spring Break! Spend your days at Millennium Place swimming, playing in the gym and on the soccer fields. Please remember to bring a bagged lunch, two snacks, water bottle, indoor shoes, bathing suit, towel and change for a locker.

Spring Break brochure available now!

View online or pick-up at any recreation facility.

Registration for all programs starts **February 26 at 7 am**

For all the details, visit:

www.strathcona.ca/registration
780-467-2211



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

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

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



www.strathcona.ca/giftcards

 STRATHCONA
COUNTY



"I did **MEND**
and **LOVED IT!**
I've got loads
more **ENERGY**
now and I'm
so much more
CONFIDENT."

JOSH
age 12



mend

This is a free healthy lifestyle program for children ages 7 - 13 who are above a healthy weight. The goal of the program is to offer long-term solutions that help people improve their health, fitness and self-esteem.

Along with the child, a parent/caregiver takes part in the program so that what is learned in each theory and activity session can then be applied in a family context at home to maximize healthy, active living.

Program runs twice a week for 10 weeks starting in April 2015.

For further information
call 780-464-8197 or email mend@strathcona.ca



leaders in training

work. play. grow. **volunteer.**

12 to 17 years
must have completed
grade 7

- An opportunity for your teen to:
- work.**
develop skills. gain valuable work experience. learn to be a leader.
- play.**
have fun. hang out with friends. meet other LIT's.
- grow.**
be independent. explore something new. take on a challenge.

LIT's must attend training sessions in June, check online for more info.
Applications available at open house, Recreation Administration Office or online.

LIT's will be involved in our summer camps during July and/or August.

Check out the website for more information: www.strathcona.ca/lit



**Check online
for Open
House times!**



DRO- IN

Drop-in Sports

Drop-in volleyball

Step onto our court for drop-in volleyball featuring co-ed recreational play for various skill levels. No instruction or officiating, instead the court is yours for fun, fitness and the opportunity to meet new people in a relaxed, friendly atmosphere. Not included in the Millennium Card. A drop-in fee applies.

Age: 18Y+		Max 27
Clover Bar Junior High	Apr 7 - Jun 23	Tue 8 - 10 pm
Millennium Place	Gymnasium	Apr 16 - Jun 25
		Thu 9:15 - 11:15 pm

Pickleball

Try pickleball! It's a mix of badminton, tennis, and ping-pong, and it is a great way to have fun and stay active for all abilities. Learn the game at your pace, and meet new people along the way whether playing singles or teaming up for doubles. Included in the Millennium Card or facility admission applies.

Age: 16Y+		
Millennium Place	Gymnasium	
See our drop-in Recreation Calendar at www.strathcona.ca/schedules or contact the facility for program times.		

Drop-in adult fitness swim

Take advantage of these great sessions to fine tune your swimming stroke and boost your endurance. We'll help you towards achieving your personal best in the water. Coaching provided two times per week. Included in the Millennium Card or facility admission applies.

Age: 18Y+		Max 20
Millennium Place	Pool	
Omit: May 18	Apr 6 - Jun 26	M/W/F 9:15 - 10:15 am

Glen Allan Recreation Complex
Modernization

Modernization of the 35-year old facility will include full accessibility with enhancements to the wellness centre, group fitness spaces, racquet courts and curling rink.

Projected construction to begin spring of 2015.

For up-to-date information visit,
www.strathcona.ca/garc

Drop-in ladies shinny soccer

Step onto the field for recreational soccer where age and ability do not matter. No instruction or officiating. Come work on your soccer skills during these fun and fair scrimmages! Not included in the Millennium Card. A drop-in fee applies.

Age: 16Y+		Max 20
Millennium Place	Field 1	
Omit: May 18	Apr 20 - Jun 22	Mon 9:30 - 11 am

Shinny hockey

All shinny hockey is included in the Millennium Card or facility admission applies. Full equipment is required for all drop-in shinny.

Adult shinny hockey and recreational skating will be offered at various Strathcona County facilities during the Great Canadian Trade Fair from **April 5 at 5 pm to April 17**. Check www.strathcona.ca/schedules for up-to-date information.

Youth shinny hockey

Age: 12Y - 15Y (no age exceptions)		Max 20
Millennium Place	Sprite Arena	
Wed starting Apr 22	Apr 22 - Jun 26	Wed/Fri
Fri starting May 1	5:30 - 6:30 pm	

Adult shinny hockey

Remember to sign-in and pick up a pinnie as proof of payment. Please note: 3 goalies are allowed in addition to the max number.

Age: 16Y+		Max 24
Millennium Place	Sherwood Park Chevrolet Arena	
Omit: Apr 6 - 17	Year Round	Mon-Fri 5:45 - 7:30 am
Millennium Place	Sprite Arena	
Omit: Apr 6 - 17, Apr 24, May 15	Apr 1 - Jun 30	Mon-Fri 11:30 am - 12:30 pm
Androssan Recreation Complex	MacMillan Team Arena	
Omit: Apr 3 & 6	Apr 1 to May 2	Mon-Fri 11:30 am - 12:30 pm
Androssan Recreation Complex	MacMillan Team Arena	
Omit: Apr 3	Apr 1 to May 2	Wed/Fri 6:30 - 8 am

Become a healthier,
happier you!



Total Wellpower

Total Wellpower is a personalized 13-week program created just for you by a Certified Personal Trainer.

This program is the total package. Meet your fitness goals with one on one training sessions, fitness assessments and weekly newsletters to keep you motivated.

For more information see page 51
or call Ben at 780-464-8245.





What fitness class is right for you?

Drop-in Schedule
available online
and for pick-up
Mid March.

Bootcamp
Core
Cycle
Endurance
Fit 2.0
Force
Maxed Out

Step
Strong
Yoga
Zumba™
Adult fitness swim
Deep water aquatics
Shallow water aquatics

Lifelong recreation 50Y+
Keep fit
Pick your pace
Pump and walk
Young at heart
Zumba™

New THIS SPRING: Changes to the drop-in recreation schedule!

The spring drop-in schedule is being revamped to help you find the classes and information you need. The drop-in schedule's new format will feature a new, easier to read layout and a more timely distribution date to improve the accuracy of the information provided.

The spring drop-in schedule will be available for pick up at all recreation facilities in mid March. You can also view the drop-in schedule online.

www.strathcona.ca/schedules

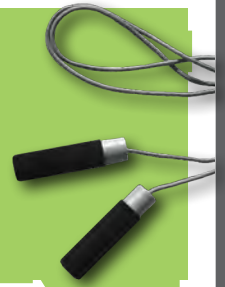
Questions?

780-467-2211 | recreation@strathcona.ca



fitness training

Our fitness philosophy is built on expert guidance and motivation.



getting started

A certified personal trainer will design a custom program to help you meet your goals and begin a successful workout routine. We will discuss your goals, and go over aerobic, resistance, core, and flexibility exercises with you. This package includes a 1 hr follow-up session to make sure you are on the right path.

1.5 hour program design plus a 1 hour follow up **\$125.00**

individual sessions

Work one on one with a fitness specialist for expert guidance and motivation.

Individual 1 hr session **\$65.50**

5 x 1 hour sessions **\$294.75** 5th session is ½ price

10 x 1 hour sessions **\$589.50** 10th session is FREE

partner training

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

\$82.00/hr

team training

Work with our Fitness Trainers in the Team Training Room at the Ardrossan Recreation Complex.

\$100.00/hr

fitness assessment

Includes body composition, flexibility, muscular strength, muscular endurance and cardiovascular testing.

1 hour session

\$65.50

body composition

30 minute session

\$32.75

call us today!

Millennium Place 780-416-7212

Ardrossan Recreation Complex 780-400-2079

www.strathcona.ca/fitness



Millennium Place 780-416-7212
 Ardrossan Recreation Complex 780-400-2079

Millennium
 Card

Fit for NOW

Adult Wellness
 Orientation

Are you interested in making any of the Strathcona County wellness centers a part of your active lifestyle? Are you new to the wellness center environment or unfamiliar with exercise and the equipment?

Contact our wellness staff to book your Fit For Now orientation today.

FIT for the Future

Are you 10-13 years old?

Children 10-13 years old, who have completed the Fit For the Future orientation program are welcome in Strathcona County Wellness Centres under the supervision of an adult. This also includes the ability to attend drop-in fitness classes with an adult. Check out all the programs available in the Adult Wellness section starting on page 48.

Millennium Place 780-416-7212

Ardrossan Recreation Complex 780-400-2079

the Millennium Card

more fun
more fitness
more family



Pre-authorized monthly fees

Cost per individual and additional family members	
Adult (18-64 yrs)	\$46.00
Additional adult when added to an adult card	\$39.00
Senior (65+yrs)	\$38.00
Additional senior when added to an adult/senior card	\$30.00
Youth (13-17 yrs)	\$38.00
When added to an adult/senior card	\$13.00
Child (2-12 yrs)	\$22.00
When added to an adult/senior card	\$13.00
Tots under 2 yrs When added to an adult/senior card	FREE

Enjoy a variety of drop-in recreation activities at five different facilities for one great price. The Millennium Card is a pre-authorized payment program for your convenience.



Two easy ways to pay!

Monthly Pre-authorized payment plan

An automatic bank withdrawal on the 15th of each month for your convenience.

Annual payment plan

Pay 50 per cent using cash, cheque or credit card & three equal payments of the remaining amount on a credit card of your choice.

Save 10% ask about our 10 visit cards.

* prices based on 5 per cent GST.

Drop-in fitness program schedule

- programs offered at ARC, GARC, MP & KLC
- more variety • more flexibility • join anytime

www.strathcona.ca/mcard



Fun Factory Guest Babysitting Service (0 - 8 years)

Does your child enjoy colouring, toys, playdough, puzzles and books?
Fun Factory provides all this and more while you enjoy recreational time for yourself.

Fees

\$3.00 per child per half hour \$4.00 per family per half hour (single household)

10-hour punch cards

\$54.00 Single child
\$72.00 Family (single household)

32-hour punch cards

\$172.80 Single child
\$230.40 Family (single household)

Child to Staff Ratio

Our ratios follow the guidelines established by the Alberta Government for drop-in daycare centres.

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

Please note

- Fun Factory is a special service not included in the Millennium card.
- We will give you two weeks notice for fee or schedule changes.
- Our childcare providers are certified in Standard First Aid, Level C CPR, have undergone a Criminal Records & intervention check.



Hours

Millennium Place

Mon/Wed	8:45 am - 2 pm
	5 - 8:15 pm
Tue/Thu/Fri	8:45 am - 1 pm
Sat	8:15 am - 12 pm

Ardrossan

Recreation Complex

Mon/Tue/Wed/Thu 9 am - 12 pm

Fun Factory closed for holidays

- Good Friday - Apr 3
- Easter Monday - Apr 6
- Victoria Day - May 18

Wellness - Adult/Older Adult

Strength & Conditioning



Registration starts
February 26

ADULT/OLDER ADULT

All barre classes offer flexible registration

Does your schedule make it difficult to commit to a full session of barre classes? Not anymore! All of our barre classes have extra spots available for drop-in registration. You can register in person at Millennium Place or over the phone.

See barre class listings for all days and times. \$14.00 per class.

Strength and Conditioning

Barre burn

This body sculpting class incorporates elements of pilates and dance to shape and define your body all with the help of a ballet barre. You'll get a full-body, high-energy workout that will leave you feeling incredible.

Omit: May 18

Age: 14Y+		Max 20
Millennium Place	Green Room	
95279	Apr 6 to Jun 22 9 - 10 am	Mon \$132.00
95281	Apr 6 to Jun 22 5:45 - 6:45 pm	Mon \$132.00
95283	Apr 7 to Jun 23 5:45 - 6:30 pm	Tue \$144.00
95282	Apr 8 to Jun 24 9 - 10 am	Wed \$144.00
95284	Apr 8 to Jun 24 7:45 - 8:45 pm	Wed \$144.00
95285	Apr 9 to Jun 25 9 - 10 am	Thu \$144.00

Barre sweat

Elevate your heart rate and get your sweat on! Part barre class, part cardio intervals, this 1 hour hybrid is totally awesome.

Age: 16Y+		Max 20
Millennium Place	Green Room	
95288	Apr 7 to Jun 23 9 - 10 am	Tue \$144.00

Barre bike - See page 52

Barre star - See page 55

Buns and bellies

Burn baby burn! Focusing on glutes, abdominals and core this class has a well balanced approach between isolated and integrated exercises that will strengthen your posterior and challenge your mid-section.

Omit: May 18

Age: 13Y+		Max 25
Millennium Place	Blue Room	
95291	Apr 6 to Jun 22 8:15 - 9 pm	Mon \$99.00
Asdressan Recreation Complex	Aspen Room	
98080	Apr 9 - Jun 25 6:15 - 7 pm	Thu \$108.00

Cardio kickboxing

Get fit and have fun while learning kickboxing drills and combinations using focus pads, partner training and bodyweight conditioning exercises. This non-contact workout can leave you breathless. Bag gloves provided.

Age: 16Y+		Max 16
Millennium Place	Purple Room	
95292	Apr 8 to Jun 24	Wed 7:30 - 8:15 pm \$126.00
95293	Apr 9 to Jun 25	Thu 9:15 - 10 am \$126.00

Circuit for success

Join in on one of the best style of workouts to improve your fitness and reach your training goals. Be ready for challenging cardio and strength based intervals- great for all fitness levels.

Omit: May 16 & 18

Age: 13Y+		Max 15
Millennium Place	Purple Room	
95296	Apr 6 to Jun 22	Mon 6:45 - 7:30 pm \$96.00
Ardrossan Recreation Complex	Hall	
95297	Apr 9 to Jun 25	Thu 7 - 7:45 pm \$105.00
Ardrossan Recreation Complex	Apple Fitness Centre	
95298	Apr 11 to Jun 20	Sat 8:15 - 9:15 am \$90.00

Insanity™

Looking for insane results? Insanity, a cardio-based total body conditioning program based on the principles of MAX Interval Training, is now live in our studio with a certified instructor.

Omit: May 16

Age: 16Y+		Max 16
Millennium Place	Purple Room	
95451	Apr 11 to Jun 20	Sat 9:30 - 10:20 am \$100.00

Nothing but the HIITs

Get ready for High Intensity Interval Training (HIIT) every class, all class. The shorter duration drills performed at your own maximal levels provide a big calorie burn not just during class, but after too. ViPR, sandbells, dumbbells and more are used to keep it fresh and fun.

Age: 16Y+		Max 16
Millennium Place	Purple Room	
95462	Apr 8 to Jun 24	Wed 6:30 - 7:15 pm \$108.00
95463	Apr 9 to Jun 25	Thu 8:15 - 9 pm \$108.00

Do you want to know
who the instructor
will be for your
registered program?

Check out our
instructor listing,
Programs at a Glance

Available for pick up at any recreation
facilities or online at
www.strathcona.ca/schedules

Total body training

Achieve all your goals with this total body transformation session. Work through exercises that will strengthen and lengthen your body as well as increase your cardio.

Age: 13Y+		Max 17
Millennium Place	Purple Room	
95478	Apr 7 to Jun 23	Tue 4:30 - 5:15 pm \$108.00
Ardrossan Recreation Complex	Aspen Room	
95480	Omit: June 4 Apr 7 to Jun 23	Tue 9:30 - 10:30 am \$108.00
Ardrossan Recreation Complex	Hall	Max 25
95479	Apr 8 to Jun 24	Wed 7:15 - 8 pm \$108.00
95481	Omit: June 4 Apr 9 to Jun 25	Thu 9:30 - 10:30 am \$99.00
Ardrossan Recreation Complex		
95482	Apr 7 to Jun 25	Tue/Thu 9:30 - 10:30 am \$178.00

Tue: Hall Thu: Aspen Room

Wellness - Adult/Older Adult Strength & Conditioning

Training for Warriors™

TFW is a physical and mental training system that encompasses detailed warmups with speed, strength and endurance training and flexibility work for a results-driven workout.

Age: 16Y+		Max 10
Millennium Place	Purple Room	
95483	Apr 7 to Jun 11	Thu 6 - 7 am \$220.00

Triple threat

You'll need to bring your A game to every workout in this no-nonsense, kick-butt, interval style class that combines the functional strength exercises of the TRX and ViPR with the power movements of the sandbell or kettlebell.

Omit: May 18

Age: 16Y+		Max 17
Millennium Place	Purple Room	
95484	Apr 6 to Jun 22	Mon 5 - 5:45 pm \$105.00
95485	Apr 7 to Jun 23	Tue 7:30 - 8:15 pm \$114.00
95486	Apr 10 to Jun 19	Fri 6 - 7 am \$115.50
97136	Apr 10 to Jun 19	Fri 9 - 10 am \$115.50

Kettlebell circuit

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

Age: 16Y+		Max 16
Millennium Place	Red Room	
95299	Apr 10 to Jun 19	Fri 9 - 10 am \$115.50



Turning back the clock

Stay on top in the fight against aging. This class is held in the weight room and participants are provided with an individual program to address their specific needs and goals under the guidance of a certified trainer.

Age: 50Y+		Max 16
Ardrossan Recreation Complex	Apple Fitness Centre	
95487	Apr 7 to Jun 23	Tue 9:15 - 10:15 am \$96.00
95488	Apr 7 to Jun 23	Tue 10:30 - 11:30 am \$96.00
Millennium Place	Meyer's Insurance Wellness Centre	
95489	Apr 9 to Jun 25	Thu 9:15 - 10:15 am \$96.00

ViPR athletic

This metabolic conditioning class uses the ViPR to train the body the way it was built to move - as one unit using whole-body exercises to move better, feel stronger and become more agile.

Age: 16Y+		Max 16
Millennium Place	Purple Room	
98096	Apr 7 to Jun 16	Tue 6 - 6:45 am \$110.00
Millennium Place	Blue Room	
98114	Apr 8 - Jun 17	Wed 5:45 - 6:30 pm \$110.00

Fresh start

Fresh start is designed for new exercisers or those getting back into fitness. These classes will build up your endurance and strength for a new and improved you. Participants will learn a variety of new exercises in a fun and social environment.

Age: 16Y+		Max 20
Millennium Place	Blue Room	
95442	Apr 7 to Jun 25	Tu/Thu Tue 5:45 - 6:30 pm Thu 5:30 - 6:15 pm \$199.00



Fitness

Family bootcamp

Come enjoy some quality family time while getting everyone active. This class is designed to challenge the adults as well as build a strong movement foundation for youth. Enjoy some traditional drills, learn some new ones and join in some fun, fitness based games. Each registration includes one adult and one child.

Omit: May 16

Age: 6Y+		Max 18
Millennium Place	Blue Room	
96933	Apr 11 to Jun 20	Sat
	9:15 - 10:15 am	\$120.00

Advanced bootcamp

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

Omit: May 18

Age: 16Y+		Max 25
Millennium Place	Blue Room	
95267	Apr 6 to Jun 22	Mon
	6 - 7 pm	\$110.00

Aqua Zumba™

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

Omit: April 18, May 16, May 18

Age: 16Y		Max 20
Kinsmen Leisure Centre	Pool	
95269	Apr 13 to Jun 22	Mon
	8:30 - 9:30 pm	\$110.00
Millennium Place	Pool	
95270	Apr 11 to Jun 20	Sat
	8 - 9 am	\$99.00

Fitness and beyond

Move beyond fitness barriers no matter what your goals and fitness levels are. This is an overall conditioning class set to some great beats, new and old. With exercises that will increase stamina, strength, mobility, and flexibility, you can become a FAB you!

Omit: May 18

Age: 16Y+		Max 25
Brentwood Elementary		
95438	Apr 13 to Jun 15	Mon
	7:30 - 8:30 pm	\$76.50
95439	Apr 15 to Jun 17	Wed
	7:30 - 8:30 pm	\$85.00
Arrossan Recreation Complex	Hall	
95440	Apr 7 to Jun 23	Tue
	7:15 - 8:15 pm	\$102.00
Millennium Place	Blue Room	
95441	Apr 9 to Jun 25	Thu
	7:30 - 8:30 pm	\$102.00

Preschool programs & child care options

We offer child care as well as a number of registered and drop-in programs for infants, toddlers and children.

See pages 27-34 for preschool programs and page 47 for Fun Factory hours.

www.strathcona.ca/recreation

The Total Wellpower Package

Gather momentum towards your health and fitness goals with this 13 week program. Begin with an initial fitness assessment and program design, and continue to progress with weekly one-on-one training sessions with a Certified Personal Trainer. Finish with a final fitness assessment to see how far you've come. Questions? Call Ben at 780-464-8245. Start-up meeting is on Wednesday, April 8. Recreation Access Program cards are not eligible to be redeemed for this program.

Age: 16Y+		Max 25
Millennium Place		
95476	1 one-on-one session per week	\$640.00
95477	2 one-on-one sessions per week	\$1145.00

Water bootcamp

Splash, splash you won't be taking a bath! Challenge yourself bootcamp style without the wear and tear on your joints. Work through all of your favorite exercises and learn some new calorie burning ones. Water bootcamp is for all fitness levels.

Omit: May 18

Age: 16Y+		Max 20
Millennium Place	Pool	
95490	Apr 6 to Jun 22	Mon
	8:15 - 9:15 pm	\$104.00
Kinsmen Leisure Centre	Pool	
95491	Apr 8 to Jun 24	Wed
	8:30 - 9:30 pm	\$120.00



Wellness - Adult/Older Adult

Indoor Group Cycling

Indoor Group Cycling

Barre bike

This combo class checks all the boxes - conditioning, strength, flexibility and core - and features a 40 minute ride and 20 minutes of intense barre exercises.

Age: 16Y+		Max 20
Millennium Place	Red Room	
95277	Apr 8 to Jun 3	Wed
	5:45 - 6:45 pm	\$108.00

ViPR meets cycle

A 30 minute ViPR circuit followed by an intense bout of cycling. Come experience our newest strength training tool that brings out the fun in functional training.

Age: 16Y+		Max 16
Millennium Place	Purple Room	
98115	Apr 6 to Jun 15	Mon
	7:45 - 8:45 pm	\$110.00

Cycle bootcamp

There are no rules here - challenging cycling drills combined at any time with off the bike exercises to build full-body strength and power.

Omit: May 18

Age: 16Y+		Max 20
Millennium Place	Red Room	
95300	Apr 6 to Jun 22	Mon
	9:15 - 10:15 am	\$110.00
Ardrossan Recreation Complex	Group Cycle	
95301	Apr 7 to Jun 23	Tue
	6:15 - 7 pm	\$108.00

Up for a 90 minute cycle bootcamp challenge?

Age: 16Y+		Max 20
Millennium Place	Red Room	
	7 - 8:30 am	Sat
		\$13.50

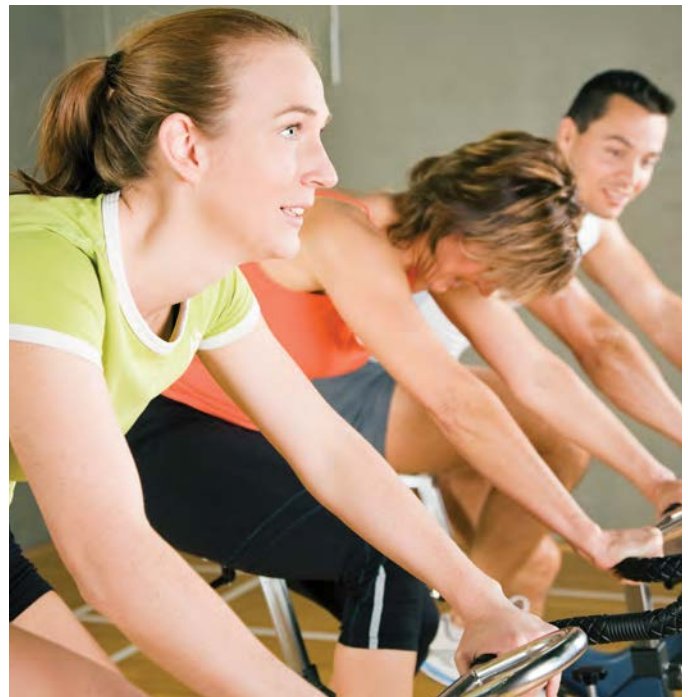
95302	Apr 11
95303	Apr 18
95304	Apr 25
95305	May 2
95306	May 9
95307	May 23
95308	May 30
95309	Jun 6
95310	Jun 13
95311	Jun 20

Cycle buns and bellies

A combo of two popular classes; cycling for a blast of cardio followed by a buns and bellies session to strengthen, shape and sculpt.

Omit: May 18

Age: 13Y+		Max 18
Millennium Place	Red Room	
95314	Apr 6 to Jun 22	Mon
	5:30 - 6:30 pm	\$110.00
95316	Apr 8 to Jun 24	Wed
	8:15 - 9:15 pm	\$120.00
95317	Apr 9 to Jun 25	Thu
	5:45 - 6:45 pm	\$120.00



SHERWOOD PARK
SportsPhysiotherapy

Services include:

- Physical Therapy
- Massage
- Acupuncture
- Intramuscular Stimulation (IMS)
- SportFit
- KneeFit
- GolfFit
- CycleFit

www.sherwoodparkphysio.com | 780-464-5915
Located on the second floor of Millennium Place.



Cycle performance

Come and challenge yourself in this progressive cycle session. You will be sure to experience inspiration, perspiration and great beats every class. All fitness levels welcome!

Omit: May 18

Age: 13Y+	Max 30
Millennium Place	Red Room
95318	Apr 6 to Jun 22 7:15 - 8 pm Mon \$99.00
95319	Apr 7 to Jun 23 9:15 - 10:15 am Tue \$120.00
95320	Apr 7 to Jun 23 7 - 8 pm Tue \$120.00
95321	Apr 8 to Jun 24 6 - 6:45 am Wed \$108.00
95322	Apr 9 to Jun 25 6:45 - 7:45 pm Thu \$120.00
95323	Apr 9 to Jun 25 8 - 8:45 pm Thu \$108.00

Cycle swim

Challenge yourself on land and water with a 30 minute sweat-inducing cycle followed by a 45 minute fitness swim.

Age: 16Y+	Max 20
Millennium Place	Red Room
95324	Apr 7 to Jun 23 8:15 - 9:45 pm Tue \$153.00

Suspension cycle

A 30 minute cycle combined with a 30 minute strength workout using the TRX - a suspension training system.

Omit: May 17

Age: 16Y+	Max 16
Millennium Place	Red Room
95475	Apr 7 to Jun 23 6:15 - 7:15 pm Tue \$126.00
97144	Apr 12 to Jun 21 10:15 - 11:15 am Sun \$105.00



Did You Know...

Classes with low registration will be cancelled one week prior to the course start date. Register early to avoid class cancellations.

Mind & Body

Essentrics

Lengthen and strengthen your entire body through increasing range of motion and flexibility. Postural and balance training will help provide relief for those with back, shoulder and hip pain. Stress release and relaxation will also be emphasized.

Age: 16Y+		Max 15
Millennium Place	Green Room	
95436	Apr 14 to Jun 16	Tue 6:40 - 7:40 pm \$110.00
95437	Apr 17 to Jun 19	Fri 9:15 - 10:15 am \$110.00

Full body yoga

Mobility and flexibility are the foundations to strength and power. Connect the mind and body while lengthening the soft tissue through movements, stamina in various yoga poses and creating space in the joints. Omit: May 18

Age: 16Y+		Max 16
Ardrassan Recreation Complex	Hall	
95444	Apr 6 to Jun 22	Mon 10:15 - 11:15 am \$127.00
95446	Apr 8 to Jun 24	Wed 10:15 - 11:15 am \$138.00
Ardrassan Recreation Complex	Preschool Room	
95445	Apr 7 to Jun 23	Tue 7:15 - 8:30 pm \$156.00

Fusion fitness

Fusion fitness is a perfect blend of yoga, pilates and fitness conditioning that challenges strength, balance, flexibility, increases stamina and focuses the mind. Gentle lighting and music provide a soothing environment.

Age: 16Y+		Max 25
Millennium Place	Green Room	
9544	Apr 7 to Jun 23	Tue 7:50 - 8:50 pm \$144.00
Archbishop Jordan High School		
95448	Apr 9 to Jun 18	Thu 6:30 - 7:30 pm \$132.00

Get bent!

Do your body good with this modern, movement-based approach to flexibility that involves full body patterns that target all the connective tissue in the body known as fascia. A mobility section to start the class will help unlock tight joints. Omit: May 17

Age: 16Y+		Max 14
Millennium Place	Green Room	
95450	Apr 12 to Jun 7	Sun 10:15 - 11:15 am \$76.00

Pilates mat

This mixed level class focuses on the hips, back, glutes and abdominals. Tone, strengthen and feel invigorated as you discover movements that improve posture, prevent injuries and develop flexibility.

Age: 16Y+		Max 15
Millennium Place	Purple Room	
95465	Apr 7 to Jun 23	Tue 9 - 10 am \$144.00

PiYo™

Take the best of pilates and yoga-inspired moves and then crank up the speed and you have PiYo - a higher intensity, low impact workout for a new definition of strong!

Omit: May 16 & 18

Age: 16Y+		Max 16
Millennium Place	Green Room	
95466	Apr 6 to Jun 22	Mon 7 - 8 pm \$121.00
97135	Apr 9 to Jun 25	Thu 7:50 - 8:50 pm \$132.00
95467	Apr 11 to Jun 20	Sat 9:30 - 10:30 am \$110.00

Restorative stretch

This class features step by step, hands on teaching to get muscles un-kinked. Help relieve back, shoulder and hip pain by finding the tightest lines in your body and working through them one stretch at a time.

Omit: May 18

Age: 16Y+		Max 12
Millennium Place	Combatives Room	
95473	Apr 6 to Jun 22	Mon 8:15 - 9:15 pm \$115.50

Glen Allan Recreation Complex Modernization

Modernization of the 35-year old facility will include full accessibility with enhancements to the wellness centre, group fitness spaces, racquet courts and curling rink.

Projected construction to begin spring of 2015.

For up-to-date information visit,
www.strathcona.ca/garc

Movement

Barre star

Radio Star meets Barre! This dance fitness, divas inspired class will leave you dripping in sweat, toned, and exhilarated with a 40 minute Radio Star class combined with 35 minutes of barre.

Age: 16Y+		Max 20
Millennium Place	Green Room	
97138	Apr 6 to May 11	Mon 8:15 - 9:30 pm \$96.00
97139	May 25 to Jun 22	Mon 8:15 - 9:30 pm \$80.00

Belly dancing

Work your body and your coordination in a way you've never experienced before while learning shimmies, accents and circles- all put together in fun, easy to follow choreography. A total body workout!

Age: 16Y+		Max 16
Archbishop Jordan High		
95290	Apr 8 to Jun 17	Wed 7:30 - 8:30 pm \$110.00

Cardio salsa

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

Age: 16Y+		Max 20
Millennium Place	Green Room	
95295	Apr 8 to Jun 17	Wed 11:45 am - 12:45 pm \$104.50

Zumba™

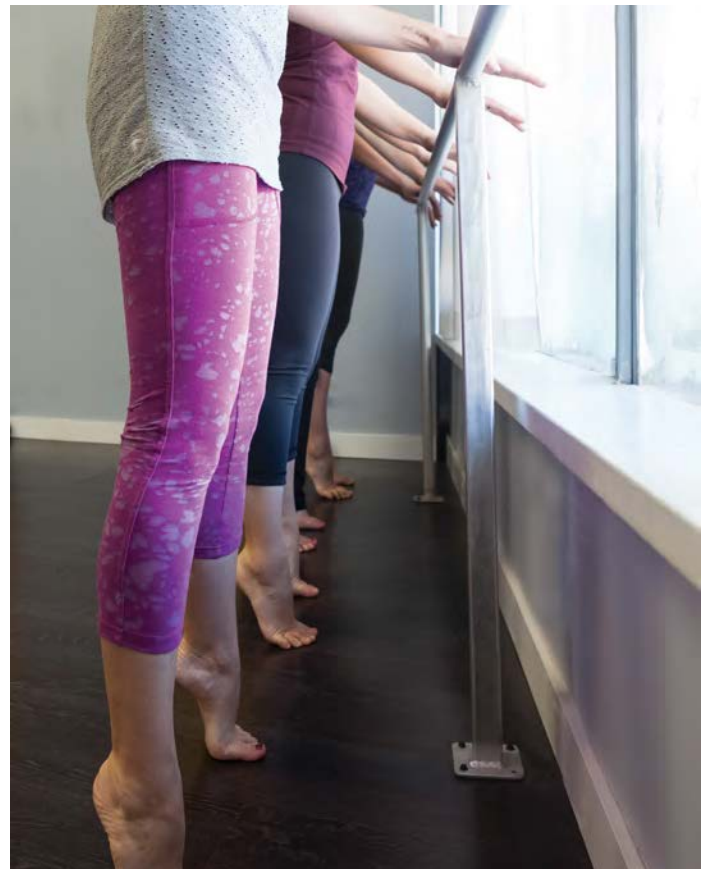
Working out isn't always fun...until now! Zumba, the hottest fitness craze, features interval dance where fast and slow rhythms are combined with Latin flavor and international zest. Ditch the workout, join the party!

Age: 16Y+		Max 27
Millennium Place	Green Room	
95498	Apr 9 to May 14	Thu 6:30 - 7:40 pm \$90.00
97137	May 21 to Jun 25	Thu 6:30 - 7:40 pm \$90.00

Stay on track with your fitness goals

Group classes are a great way to reach your fitness goals, but not if you don't show up every week. Sometimes missing classes can't be avoided but now we've made it easier to stay on track.

If you have to miss a class or two, you can now make them up by attending one of our other registered programs during the session. Check with your instructor for options and keep active!



Looking for more fitness options closer to home?

Check out the variety of community programs and special events in rural Strathcona County on pages 8 & 9 of the guide.

Wellness - Adult/Older Adult

Pre-natal & Post-natal

Pre-natal & post-natal

Baby worx

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

Omit: May 18

Age: 16Y+		Max 20
Millennium Place	Realty Executives Field 2	
95271	Apr 6 to Jun 22	Mon 10:15 - 11:15 am \$80.00
95272	Apr 7 to Jun 23	Tue 10:15 - 11:15 am \$87.00
95273	Apr 16 to Jun 18	Thu 10:15 - 11:15 am \$73.00

Baby worx H2O

Introduce your baby to water in this great fitness class! This program is designed for babies 6 months and older; for your baby's safety, neck stability is required. One baby/adult is permitted. Please bring your baby floats and swim diapers.

Age: 6M+		Max 20
Kinsmen Leisure Centre	Pool	
95274	Apr 8 to May 27	Wed 11 am - 12 pm \$72.00

Fit mama yoga

This class is for postnatal moms and their babies 6 weeks and older and brings yoga and Pilates together to strengthen and restructure the core while cultivating strength for the whole body and mind. We will also interact with the babies through playful songs and baby yoga postures.

Age: 16Y+		Max 15
Yoga For Today		
98084	May 6 to Jun 24	Wed 11 am - 12 pm \$136.00

Prenatal yoga

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

Age: 16Y+		Max 20
Millennium Place	Green Room	
95468	Apr 8 to May 13	Wed 6:30 - 7:30 pm \$72.00
95469	May 20 - Jun 24	Wed 6:30 - 7:30 pm \$72.00

Workouts for moms... and moms to be!

Hey Mama, or mommies in training, want to get fit and ready for the demands of motherhood? This class combines cardio and strength training, core work and stretching. Doctor's consent recommended.

Omit: May 18

Age: 16Y+		Max 17
Ardrossan Recreation Complex	Aspen Room	
95492	Apr 13 to Jun 8	Mon 7:15 - 8 pm \$72.00



Sports

Adult swim training

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

Omit: May 18

Age: 16Y+		Max 20
Millennium Place	Pool	
95264	Apr 6 to Jun 22	Mon
	5:30 - 7 am	\$115.50
95265	Apr 8 to Jun 24	Wed
	5:30 - 7 am	\$126.00
95266	Apr 10 to Jun 26	Fri
	5:30 - 7 am	\$126.00

Badminton

Pick up a racquet, stay fit, and learn something new. This class will cover various techniques and game play ideal for the beginner as well as those with recreational experience.

Omit: May 18

Age: 15Y+		Max 12
Wes Hosford Elementary		
95276	Apr 13 to Jun 22	
Mon	7:45 - 9:15 pm	\$130.00

Badminton - advanced

Have you been looking for a real challenge on the badminton court? Meet your match here. Perfect your drives, drops, smashes and kills against some of the most advanced competition in the County. Please note: this class is for those with significant badminton experience.

Omit: May 18

Age: 15Y+		Max 12
Wes Hosford Elementary		
96901	Apr 13 to Jun 22	Mon
	6:15 - 7:45 pm	\$130.00

Kung Fu

Tibetan White Crane Kung Fu is a complete traditional martial art system that integrates internal and external methods of kicking, striking, wrestling and grappling. This system also provides training in sword, staff and pole arms. Suitable for beginners and experienced martial artists.

Omit: May 17, 19

Age: 16Y+		Max 16
Millennium Place	Combatives Room	
95453	Apr 7 to Jun 23	Tue
	7:30 - 8:30 pm	\$91.00
95454	Apr 12 to Jun 28	Sun
	12- 1 pm	\$91.00

Racewalking

Looking for a great cardio workout without the impact that you can transfer to the outdoors? This 6-week program will give you the technical skills to walk more efficiently and as fast as possible for great aerobic and calorie burning benefits.

Age: 16Y+		Max 10
Ardrossan Recreation Complex	Indoor Track	
95470	Apr 28 to Jun 2	Tue
	7 - 8 pm	\$52.00



Wellness - Adult/Older Adult Special Interest

Special Interest

Managing Thru Movement

Don't let your chronic health condition hold you back from your fitness goals! Register today for this six week activity and weight management program lead by a clinical exercise specialist to meet your unique needs. This is a walking and stretching based program. For more information, contact Terry Skidnuk at 780 416-7234 or terry.skidnuk@strathcona.ca

Age: 16Y+		Max 15
Millennium Place	Gibson Room	
95455	Starts Apr 7	Tue
	10:30 - 11:30 am	
95456	Starts Apr 9	Thu
	10:30 - 11:30 am	

Fee: \$90 for initial 6 week program
\$80 for 10-visit pass

Next step

This exercise program is designed for people with neurological disorders or chronic health conditions. Participants, who must provide a doctor's consent prior to registration, will first meet with a certified exercise physiologist for a personal program of exercises tailored to each individual's abilities. Next Step workouts are done in a group setting under the supervision of a trainer. For more information and registration call Meagan at 780-416-7214.

Omit: May 18 & Jul 1

Age: 16Y+		Max 15
Millennium Place	Meyer's Insurance Wellness Centre	
Ongoing - Join anytime	9:30 - 11 am	Mon/Wed/Fri
	11 am - 12:30 pm	Mon/Wed



Seniors' Fitness Days

Join us for either a featured workout that is suitable for all fitness levels or take part in a walk on our track and then stay for our special guest speaker on a fun or interesting topic. We'll also be serving coffee and snacks. It's a great way to be active, learn something new and meet new friends.

Join us on

April 23, May 28 & June 25
10:15 am - 12 noon at Millennium Place

Drop-in admission or Millennium Card required

For schedule details contact
Terry Skidnuk at 780-416-7234
or visit www.strathcona.ca/events

Seniors' Dance & Social

April 16 • The Diamonds

May 21 • The Serenaders

June 18 • The Chwill Brothers

- Dance, socialize or just enjoy the music!
- Partners & singles welcome
- 7 - 10 pm (Doors open at 6:30 pm)

At the Log Cabin

(attached to the Sherwood Park 55+ Club)
50 A Spruce Avenue, Sherwood Park

Tickets \$9.50

(Must be purchased at door)

**For more information
call 780-416-7234**



GOLF LESSONS

THE BROADMOOR

PUBLIC GOLF COURSE

www.thebroadmoor.ca

2-day junior camp

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

Age: 6Y - 12Y		Max 14
Broadmoor Public Golf Course	Lesson Area	
	9 - 12:30 pm	Sat/Sun
98057	May 9 & May 10	\$148.85
98058	May 23 & May 24	\$148.85
98059	Jun 6 & Jun 7	\$148.85
98060	Jun 20 & Jun 21	\$148.85
98061	Jun 27 & Jun 28	\$148.85
98062	Jul 11 & Jul 12	\$148.85
98063	Jul 25 & Jul 26	\$148.85
98064	Aug 8 & Aug 9	\$148.85

Junior Masters

Live, Breath, Play golf! This program is designed around age, ability and enjoyment of the game. This program is for boys & girls who have played golf and are able to play 9 holes, unsupervised, in the appropriate amount of time. Golfers will learn and develop skills including: fundamentals of the golf swing, course management, tournament preparation, trouble shots and overall love for the game. 8 weeks (sessions).

Omit: Aug 3

Age: 10Y - 18Y		Max 35
Broadmoor Public Golf Course	Lesson Area	
98070	Jun 28 to Aug 23	Sun
	3 - 4 pm	\$157.50

Family Golf Clinic

This Clinic is designed to learn the game of golf with your family in a very comfortable environment. These camps will be an hour long with a total of 2 sessions. An adult over 18 must be registered with a child. A family includes up to 2 adults and 3 children between 5 and 17 years.

Age: 5Y+		Max 10
Broadmoor Public Golf Course	Lesson Area	
98078		\$190.00
Session 1	May 23	Sat
		2 - 3 pm
Session 2	May 24	Sun
		3 - 4 pm
98079		\$190.00
Session 1	Jun 22	Mon
		6 - 7 pm
Session 2	Jun 23	Tue
		7 - 8 pm

2-day Ladies Golf Clinics

A basic but complete look at all aspects of the fundamentals of golf: putting, chipping and the golf swing.

Age: 18Y+		Max 6
Broadmoor Public Golf Course	Lesson Area	
98065	May 7 & May 8	Thu/Fri
	6:30 - 8:30 pm	\$152.25
98066	May 14 & May 15	Thu/Fri
	6:30 - 8:30 pm	\$152.25
98067	May 20 & May 21	Wed/Thu
	6:30 - 8:30 pm	\$152.25
98068	May 27 & May 28	Wed/Thu
	6:30 - 8:30 pm	\$152.25
98069	Jun 1 & Jun 2	Mon/Tue
	6:30 - 8:30 pm	\$152.25
98077	Jun 11 & Jun 12	Thu/Fri
	6:30 - 8:30 pm	\$152.25

New to Golf

This program is designed for either men and women golfers who have limited or no golf experience. We cover basic fundamentals of chipping, putting and the full swing as well as golf course orientation.

Age: 18Y+		Max 6
Broadmoor Public Golf Course	Lesson Area	
98071	May 14 & May 15	Thu/Fri
	6:30 - 8:30 pm	\$131.25
98072	May 18 & May 19	Mon/Tue
	6:30 - 8:30 pm	\$131.25
98073	Jun 3 & Jun 4	Wed/Thu
	6:30 - 8:30 pm	\$131.25
98074	Jun 9 & Jun 10	Tue/Wed
	6:30 - 8:30 pm	\$131.25

Swing into Spring

This spring session will consist of two swing classes. One will focus solely on the fundamentals of the golf swing; the second class will have a review of the fundamentals followed by an instructional seminar on the basics of the golf swing.

Age: 18Y+		Max 6
Broadmoor Public Golf Course	Lesson Area	
98075	May 16 & May 17	Sat/Sun
	6:30 - 8:30 pm	\$152.25
98076	May 23 & May 24	Sat/Sun
	6:30 - 8:30 pm	\$152.25

Outdoors

Strathcona Wilderness Centre



Strathcona WILDERNESS Centre



Your four season outdoor adventure centre

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

- Experience the full glory of spring and the sense of freedom as you enjoy our 12 km of trails
- Watch for wildlife as you explore the spruce bog boardwalk and 3 km of interpretive trails
- Spend the day together outdoors with a family picnic or camping trip (book your site in advance)

- Reunite with family, or enjoy a retreat with colleagues in our rustic pine lodge (advance booking required)
- Plan a fun, active day trip with your family, club, team or organization
- Try disc golf!
- Check out the FireSmart trail. Visit www.strathcona.ca/firesmart

Hours of operation

March to Victoria Day Weekend: 9 am - 4:30 pm daily

Starting the Victoria Day weekend:

Weekdays: 9 am - 4:30 pm

Weekends and Statutory holidays: 9 am - 8 pm

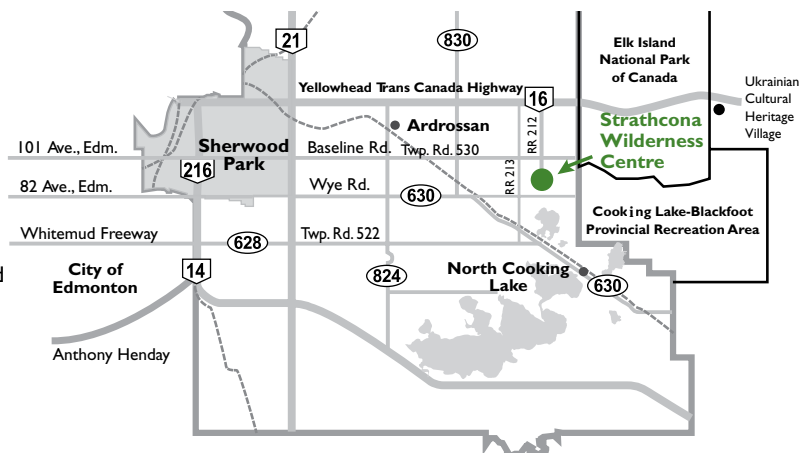
Closed Easter Sunday

Location

52535 Range Road 212, Ardrossan

Drive - Just 20 minutes east of Sherwood Park on Township Road 530 (Baseline Road) and Range Road 212

GPS co-ordinates: Latitude: 53.53264 N Longitude: 112.99921 W



www.strathcona.ca/wildernesscentre
swcinfo@strathcona.ca 780-922-3939



OUTDOORS



Canoeing

Tandem canoe 1

Learn the basics in this introduction to flatwater canoeing course. You will learn the skills needed to turn your canoe, keep your canoe in a straight line, and understand relevant safety considerations. All programs are lead by qualified Paddle Canada Instructors/Guides.

Age: 12Y+		Max 16
Strathcona Wilderness Centre	Offsite Islet Lake	
96891	May 9	Sat
	10 am - 3 pm	\$70.00

Tandem canoe 2

Move your canoeing to the next level! Building on the skills learned in Tandem canoe 1, you will be introduced to more advanced skills such as sideways displacement, parking, paddling in a wind, rescue techniques and basic solo paddling skills. All programs will be taught by certified Paddle Canada Instructors. Prerequisite of Tandem canoe 1 or equivalent is required.

Age: 12Y+		Max 16
Strathcona Wilderness Centre	Offsite Islet Lake	
96892	Jun 6	Sat
	10 am - 3 pm	\$70.00

Outdoor Skills

Orienteering with GPS

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

Age: 10Y+		Max 30
Strathcona Wilderness Centre	Information Centre #2	
96885	May 30	Sat
	1 - 3 pm	\$17.00
96886	Jun 16	Tue
	6:30 - 8 pm	\$17.00

Wilderness living skills for teens

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

Age: 12Y+		Max 16
Strathcona Wilderness Centre	Firepond Picnic Site	
96893	May 23	Sat
	9 am - 2 pm	\$45.00

Canoeing Private, group and family canoe lessons are available. Call 780-922-3939 or visit www.strathcona.ca/swcgroups.

Leave the city behind and book the lodge at the Strathcona Wilderness Centre for a family reunion, corporate retreat, staff meetings and much more! Call 780-922-3939 for information.

Attention all **Teens**

 Join our
Junior Outdoor Leader Program

The Strathcona Wilderness Centre offers a Junior Outdoor Leader program (JOL) to teens wanting to obtain leadership skills to become Outdoor Leaders. The program is designed to provide both skill development and experience in a safe and supportive environment. The program is divided into two levels: Level I which involves a skill development camp; and Level II which combines skill development with experience and offers participants the ability to work with our Outdoor Leaders in the delivery of day camp programs. For both groups, the Junior Outdoor Leader Plus program offers an opportunity to utilize the foundational skills developed through the summer on an exciting out trip to the mountains.

Junior Outdoor Leader Level I

This program is designed to provide foundational skills in all of the outdoor programs we offer. In addition, leadership skills that are key to becoming a leader in any field will be presented and practiced. The camp will run over 5 days and will include two overnight camping experiences. Participants will be introduced to:

- organizing programs, equipment and supplies for summer camps
- emergency response
- flat water canoeing
- wilderness living skills
- group development and team building concepts
- lesson planning and delivery

Upon completion of the program, participants will have the pre-requisite to apply to the JOL Level II program for the summer of 2016.

Age: 13Y - 15Y	Max 12
Strathcona Wilderness Centre	
96882	Jul 13 to Jul 17 Mon-Fri \$300.00

Junior Outdoor Leader Program Level 2

The JOL II program combines valuable skill development with work experience, providing young aspiring outdoor leaders the opportunity to work with our trained leaders in the delivery of our summer camps. Participants will receive a week of training during the first week in July, followed by an opportunity to assist with a minimum of three of our seven weeks of summer camps. The JOL II program will provide:

- opportunity to enhance and practice leadership skills
 - further training in outdoor activities (canoeing, kayaking, orienteering, wilderness living skills, outdoor games)
 - experience in the delivery of outdoor camps for youth;
 - Standard First Aid and CPR certification;
 - a fantastic opportunity to make friends, build relationships and have fun!
- Pre-requisites: In order to be accepted into the JOL II program, participants must have completed the JOL I program and completed an application package and interview (available April 1).

Age: 14Y - 17Y	Max 15
Strathcona Wilderness Centre	
96883	Jun 29 to Jul 3 Mon-Fri \$125.00

Junior Outdoor Leader Program Plus

Both Level I and Level II Junior Outdoor Leaders. Come and join us on our incredible summer out trip. This exciting trip includes a full week of adventure activities in the mountains. Develop your outdoor and leadership skills in lake canoeing, river canoeing, top roped rock climbing, and a beach day. Contact Adam at 780-922-3939 for more details.

Age: 13Y - 17Y	Max 8
Strathcona Wilderness Centre	
96884	Aug 17 to Aug 21 Mon-Fri \$450.00

SPRING BREAK

Featured Outdoor Programs
Spring Active Day...for kids (8Y - 16Y)

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

Outdoor Fun for Youth (8Y - 17Y)

Calling all teens interested in the outdoors, leadership and fun! Over the two days you will have a blast doing cooperative games, orienteering, team building and learning cool camping skills (firelighting, shelter building, camp cooking).

Spring Break brochure available now!

View online or pick-up at any recreation facility.

Registration for all programs starts **February 26 at 7 am**

For all the details, visit:
www.strathcona.ca/registration
 780-467-2211



Inspired by Nature AT SUMMER CAMP

a photographic display
June 5 - August 23

Opening Reception | June 6, 2 - 3 pm
Gallery@501, 501 Festival Avenue, Sherwood Park
www.strathcona.ca/artgallery
780-410-8585

gallery@501

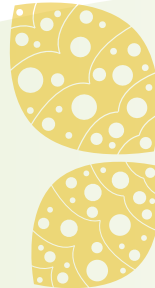


Photo credit: Jade Fontana
"Blue Dots"

Inspired by Nature at Summer Camp is a group exhibit of photography by seven youth who attended a week long "Adventure Photography" summer camp at the Strathcona Wilderness Centre, summer of 2014. Led by SWC instructors and professional photographers Jamie and Nadine Burdon, the 12 - 15 year old campers explored a variety of compositional and technical topics with both their eyes and lens. Inspired by Nature at Summer Camp is part of the "Summer Camp Bondar Challenge" where the young photographers submitted their photographs to the Roberta Bondar Foundation jury for prizes and awards.

Nature Awareness

Building Fairyhouses

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

Age: 4Y - 7Y		Max 24
Strathcona Wilderness Centre	Firepond Picnic Site	
96879	May 13	Wed
	10 am - 11:30 am	\$15.00
96880	Jun 2	Tue
	10 am - 11:30 am	\$15.00

Interpretive Hike

Join one of our interpretive specialists for an enjoyable saunter through the woods. Learn about trees and shrubs native to the Spruce Moose Forest. Bring a cup for tea or hot chocolate around the fire. Parent with kids in strollers or backpacks welcome.

Age: 8Y+		Max 16
Strathcona Wilderness Centre	Firepond Picnic Site	
96881	May 31	Sun
	1 - 3 pm	\$16

Owl Prowl

Join Ray Cromie in his introduction 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. Children under 14 must be accompanied by a participating adult.

Age: 5Y+		Max 30
Strathcona Wilderness Centre	Information Centre #1	
96887	Apr 10	Fri
	7 - 10 pm	\$12.00
96888	Apr 17	Fri
	7 - 10 pm	\$12.00

Certifications

Paddle Alberta Waterfront Instructor

This provincial canoe instructors' certificate trains participants to lead introductory flatwater canoeing programs on very controlled ponds or small, sheltered lake environments within 80 meters from shore. The focus of the program is to introduce students to skill progressions in teaching basic tandem strokes and to emphasize safety considerations when leading a group. Participants must be proficient in basic canoe strokes and hold a Standard First Aid certificate to register. Canoe equipment is included. A personal equipment list will be provided upon registration.

Age: 16Y+		Max 12
Strathcona Wilderness Centre	Offsite Islet Lake	
96889	Jun 13 to Jun 14	Sun
	9 am - 5 pm	\$350.00

Nature Play Day

Saturday, June 13 | 1 - 4 p.m.

FREE Everybody Gets to Play Nature PlayDay.
Enjoy outdoor activities, crafts, games and more!



Everybody gets to play®
Strathcona Wilderness Centre

Summer Camps



NEW! Register Early!

Course descriptions are available in **Click-it** and will be included in our **Summer Recreation Guide**.

Transportation will be provided by school bus between the Sherwood Park Arena and the Strathcona Wilderness Centre (SWC). Pre and post care is available at The Sherwood Park Arena and SWC between 8:30 and 9 am and from 4 to 4:30 pm. **Please call the Centre at 780-922 3939 for more information.**

Kool Kidz Camp

Age: 5Y - 6Y		Max 24
Strathcona Wilderness Centre		
	9 am - 4 pm	\$170.00
97114	Jul 6 to Jul 9	Mon-Thu
97115	Jul 13 to Jul 16	Mon-Thu
97116	Jul 20 to Jul 23	Mon-Thu
97117	Jul 27 to Jul 30	Mon-Thu
97118	Aug 4 to Aug 7	Mon-Thu
97119	Aug 10 to Aug 13	Mon-Thu
97120	Aug 17 to Aug-20	Mon-Thu

Trail Blazers

Age: 7Y - 9Y		Max 24
Strathcona Wilderness Centre		
	9 am - 4 pm	\$210.00
97127	Jul 6 to Jul 10	Mon-Fri
97128	Jul 13 to Jul 17	Mon-Fri
97129	Jul 20 to Jul 24	Mon-Fri
97130	Jul 27 to Jul 31	Mon-Fri
97132	Aug 10 to Aug 14	Mon-Fri
97133	Aug 17 to Aug 21	Mon-Fri
97131	Aug 4 to Aug 7	Tue-Fri
	9 am - 4 pm	\$168.00

Explorers

Age: 8Y - 10Y		Max 30
Strathcona Wilderness Centre		
	9 am - 4 pm (Thursday overnight)	\$230.00
97106	Jul 6 to Jul 10	Mon-Fri
97107	Jul 13 to Jul 17	Mon-Fri
97108	Jul 20 to Jul 24	Mon-Fri
97109	Jul 27 to Jul 31	Mon-Fri
97111	Aug 10 to Aug 14	Mon-Fri
97112	Aug 17 to Aug 21	Mon-Fri
97110	Aug 4 to Aug 7	Tue-Fri
	9 am - 4 pm	\$180.00

Roughin' It

Age: 10Y - 12Y		Max 24
Strathcona Wilderness Centre		
	9 am - 4 pm (Thursday overnight)	\$247.00
97121	Jul 13 to Jul 17	Mon-Fri
97122	Jul 27 to Jul 31	Mon-Fri
97123	Aug 10 to Aug 14	Mon-Fri

Adventure Seekers

Age: 10Y - 13Y		Max 24
Strathcona Wilderness Centre		
	9 am - 4 pm (Thursday overnight)	\$306.00
97102	Jul 6 to Jul 10	
97103	Jul 20 to Jul 24	
97104	Aug 17 to Aug 21	
97105	Aug 4 to Aug 7	Tue-Fri
	9 am - 4 pm	\$246.00

Adventure Photography

Age: 12Y - 16Y		Max 24
Strathcona Wilderness Centre		
97101	Aug 10 to Aug 14 (Thursday overnight)	Mon-Fri
	9 am - 4 pm	\$365.00

Teen Leadership Out-trip

Age: 13Y - 17Y		Max 20
Strathcona Wilderness Centre		
97126	Aug 17 to Aug 21	Mon-Fri
		\$625





We want to hear from you!

Recreation Guide

SURVEY



You want to find quality programs to meet your family's needs, and we want to make it easier for you.

Provide us with your feedback and together we can create a better Recreation Guide experience for you and our community.

Complete our online survey today at www.strathcona.ca/guide or call us at 780-467-2211 to request a printed copy.



STRATHCONA
COUNTY

SWIMMING

Red Cross Swim Preschool Programs 4 Months - 6 Years

* During swimming lessons, all children under the age of 8 need to be supervised on-deck by a responsible person 14 years of age or older.



Starfish 4 - 12 months of age, able to hold their head up, and participating with a parent or caregiver (assisted). Babies and their caregivers work on getting wet, buoyancy and movement, front, back and vertical position in the water, and shallow water entries and exits.



Duck 12 - 24 months of age, participating with a parent or caregiver (assisted). Babies and their caregivers work on rhythmic breathing, moving forward and backward, front and back float with recovery, and shallow water entries and exits.



Sea Turtle 24 - 36 months of age, participating with a parent or caregiver (assisted). Toddlers and their caregivers work on submersion, front and back floats and glides, jumping into chest-deep water with assistance, kicking on front and front swim.



Sea Otter 3 - 5 years. Swimmers work on front and back floats and glides, kicking on front with a buoyant object, and will be able to swim 1 metre upon completion of this level. This is the first unparented program in the Red Cross Swim Preschool Programs.



Salamander 3 - 5 years, successful completion of the skills in Red Cross Preschool Sea Otter. Swimmers work on improving their front and back float and jumping into chest-deep water unassisted. Kicking is added to the front and back glide and swimmers will be able to swim 2 metres upon completion.



Sunfish 3 - 6 years, successful completion of the skills in Red Cross Preschool Salamander. Swimmers work on kicking and can perform glides (front and back), enter deep water safely, float in deep water, swim with a PFD, and swim 5 metres continuously.



Crocodile 3 - 6 years, successful completion of the skills in Red Cross Preschool Sunfish. Swimmers further develop the front and back glide with kick, front and back swim, jump into deep water, swim with a PFD in deep water, and swim 10 metres continuously.



Whale 3 - 6 years, successful completion of the skills in Red Cross Preschool Crocodile. Swimmers increase their distance on front and back glide with kick, increase distance on front and back swim, learn the sitting dive, and will be able to swim 15 metres continuously upon completion of the level.



+ Red Cross Swim Kids Programs 5 Years +

This 10-level program for school aged children helps swimmers develop all five swimming strokes (front and back crawl, elementary backstroke, breaststroke, and sidestroke). Swimmers actively learn how to be safe around the water; increase fitness and improve endurance through fun activities. Children are challenged to achieve personal bests in distance and time, which is a strong motivator through all 10 levels.

Recognized partners with Swimming Canada, Red Cross Swim programs are an excellent way to pursue the sport of swimming by developing survival and competitive swimming skills in all students.

Level 1

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

Level 2

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

Level 3

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

Level 4

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

Level 5

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

Level 6

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

Level 7

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

Level 8

- introduce breaststroke, foot first surface dives, and rescue entries.
- learn the dangers of open water, hypothermia; perform rescue breathing on children and adults; build endurance through dolphin kick and 300m swim.

Level 9/10

In level 9

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

In level 10

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

Program Dates

Mon	Tue	Wed	Thu	Fri	Sat	Sun
April 13 - June 1 omit: May 18	April 7 - May 26	April 8 - May 27	April 9 - May 28	April 10 - May 29	April 11 - May 30	April 12 - May 31



Starfish

Ages 4M - 12M

Parented - 1 child per adult

7 Classes \$44 8 Classes \$50

Day(s)	Time	Code
Mon	9 - 9:30 am	97917
	6:30 - 7 pm	97918
Tue	2:30 - 3 pm	97919
	4 - 4:30 pm	97920
Wed	5:30 - 6 pm	97921
Thu	4:15 - 4:45 pm	97922
	6 - 6:30 pm	97924
Fri	4 - 4:30 pm	97923
Sat	10 - 10:30 am	97925
	12:45 - 1:15 pm	97926
Sun	10:30 - 11 am	97927
	11:15 - 11:45 am	97928

Duck

Ages 12M - 24M

Parented - 1 child per adult

7 Classes \$44 8 Classes \$50

Day(s)	Time	Code
Mon	9:30 - 10 am	97418
	4:15 - 4:45 pm	97419
	5:15 - 5:45 pm	97420
	7:30 - 8 pm	97421
Tue	3 - 3:30 pm	97422
	4:45 - 5:15 pm	97424
	5:30 - 6 pm	97423

Day(s)	Time	Code
Wed	6:15 - 6:45 pm	97425
	7:30 - 8 pm	97426
Thu	5:30 - 6 pm	97427
	7:15 - 7:45 pm	97428
Fri	4:30 - 5 pm	97429
	6:15 - 6:45 pm	97430
Sat	9 - 9:30 am	97431
	12 - 12:30 pm	97432
Sun	9 - 9:30 am	97433
	10 - 10:30 am	97434
	12:15 - 12:45 pm	97435

Sea Turtle

Ages 24M - 36M

Parented - 1 child per adult

7 Classes \$44 8 Classes \$50

Day(s)	Time	Code
Mon	10:45 - 11:15 am	97890
	2:30 - 3 pm	97902
	4:45 - 5:15 pm	97891
	6 - 6:30 pm	97892
	8 - 8:30 pm	97893
Tue	2 - 2:30 pm	97894
	6 - 6:30 pm	97903
Wed	11 - 11:30 am	97904
	4:15 - 4:45 pm	97905
	7 - 7:30 pm	97906
	8 - 8:30 pm	97907

Day(s)	Time	Code
Thu	10:45 - 11:15 am	97909
	5 - 5:30 pm	97908
	6:30 - 7 pm	97910
	8 - 8:30 pm	97911
Fri	5:30 - 6 pm	97914
	6:45 - 7:15 pm	97915
Sat	8:30 - 9 am	97912
	1:15 - 1:45 pm	97913
Sun	9:30 - 10 am	97916

Sea Otter

Ages 3Y - 5Y

Unparented

7 Classes \$44 8 Classes \$50

Day(s)	Time	Code
Mon	9 - 9:30 am	97821
	9:30 - 10 am	97816
	2:30 - 3 pm	97822
	4:15 - 4:45 pm	97855
	4:45 - 5:15 pm	97818
	5:15 - 5:45 pm	97887
	5:30 - 6 pm	97817
	5:45 - 6:15 pm	97819
6:15 - 6:45 pm	97820	

Sea Otter
Continued

Day(s)	Time	Code
Tue	2 - 2:30 pm	97845
	2:30 - 3 pm	97823
	2:45 - 3:15 pm	97862
	4:15 - 4:45 pm	97886
	4:30 - 5 pm	97879
	4:45 - 5:15 pm	97824
	5:45 - 6:15 pm	97825
	6:15 - 6:45 pm	97884
	6:30 - 7 pm	97826
	Wed	11 - 11:30 am
4:15 - 4:45 pm		97858
5 - 5:30 pm		97827
5:30 - 6 pm		97867
6 - 6:30 pm		97844
6:15 - 6:45 pm		97868
6:30 - 7 pm		97828
7 - 7:30 pm		97829
Thu	10:45 - 11:15 am	97876
	4:15 - 4:45 pm	97857
	4:45 - 5:15 pm	97869
	5 - 5:30 pm	97830
	5:45 - 6:15 pm	97831
	6:30 - 7 pm	97832
	7:15 - 7:45 pm	97865
	7:45 - 8:15 pm	97885
	8 - 8:30 pm	97833

Day(s)	Time	Code
Fri	4 - 4:30 pm	97883
	4:45 - 5:15 pm	97834
	5:30 - 6 pm	97835
	5:45 - 6:15 pm	97866
	6:15 - 6:45 pm	97836
	6:45 - 7:15 pm	97881
	7 - 7:30 pm	97856
Sat	9 - 9:30 am	97837
	10:30 - 11 am	97838
	12 - 12:30 pm	97870
	12:45 - 1:15 pm	97877
	1:15 - 1:45 pm	97859
Sun	1:30 - 2 pm	97839
	8:30 - 9 am	97843
	9 - 9:30 am	97840
	10:30 - 11 am	97841
	11:15 - 11:45 am	97871
	12 - 12:30 pm	97842

Day(s)	Time	Code
Tue	2 - 2:45 pm	97769
	3 - 3:45 pm	97770
	4 - 4:45 pm	97771
	4:45 - 5:30 pm	97772
	5:30 - 6:15 pm	97806
	6 - 6:45 pm	97773
Wed	4:45 - 5:30 pm	97774
	5:30 - 6:15 pm	97775
	6:15 - 7 pm	97776
Thu	10:45 - 11:30 am	97812
	4 - 4:45 pm	97807
	5:15 - 6 pm	97777
	6:15 - 7 pm	97778
	7:15 - 8 pm	97779
	7:45 - 8:30 pm	97780
Fri	2:45 - 3:30 pm	97791
	4 - 4:45 pm	97781
	4:45 - 5:30 pm	97782
	5:30 - 6:15 pm	97811
	6:15 - 7 pm	97783
Sat	8:45 - 9:30 am	97784
	9:30 - 10:15 am	97785
	10:15 - 11 am	97786
	11:15 am - 12 pm	97787
	12 - 12:45 pm	97788
Sun	1:15 - 2 pm	97790
	8:45 - 9:30 am	97815
	9:30 - 10:15 am	97789
	10:15 - 11:00 am	97813
	12 - 12:45 pm	97814

Salamander Ages 3Y - 5Y
Unparented

7 Classes \$54 8 Classes \$61

Day(s)	Time	Code
Mon	9:15 - 10 am	97808
	10:45 - 11:30 am	97766
	2:30 - 3:15 pm	97805
	4 - 4:45 pm	97767
	4:45 - 5:30 pm	97810
	5:30 - 6:15 pm	97804
	6:30 pm - 7:15 pm	97768

4-week session in June

See the Summer Guide coming
in April 2015

Program Dates

Mon	Tue	Wed	Thu	Fri	Sat	Sun
April 13 - June 1 omit: May 18	April 7 - May 26	April 8 - May 27	April 9 - May 28	April 10 - May 29	April 11 - May 30	April 12 - May 31



Sunfish		
Unparented		Ages 3Y - 6Y
7 Classes \$54 8 Classes \$61		
Day(s)	Time	Code
Mon	9:15 - 10 am	97979
	10:45 - 11:30 am	97961
	2:30 - 3:15 pm	97976
	4 - 4:45 pm	97948
	4:45 - 5:30 pm	97949
	6:15 - 7 pm	97950
Tue	2 - 2:45 pm	97951
	2:45 - 3:30 pm	97952
	3:15 - 4 pm	97953
	4 - 4:45 pm	97974
	4:45 - 5:30 pm	97954
	5:30 - 6:15 pm	97955
Wed	4 - 4:45 pm	97957
	4:45 - 5:30 pm	97975
	5:30 - 6:15 pm	97958
	6:45 - 7:30 pm	97959
Thu	10:45 - 11:30 am	97962
	4:15 - 5 pm	97960
	5:30 - 6:15 pm	97980
	7:15 - 8 pm	97981

Day(s)	Time	Code
Fri	2:45 - 3:30 pm	97998
	4 - 4:45 pm	97982
	4:45 - 5:30 pm	97983
	5:30 - 6:15 pm	97984
	6:45 - 7:30 pm	97985
	Sat	8:45 - 9:30 am
9:30 - 10:15 am		97987
10:15 - 11 am		97994
11:15 am - 12 pm		97988
12 - 12:45 pm		97996
12:45 - 1:30 pm		97989
Sun	8 - 8:45 am	97995
	8:45 - 9:30 am	97990
	9:30 - 10:15 am	97991
	10:15 - 11 am	97997
	11:15 am - 12 pm	97992
	12 pm - 12:45 pm	97993

Day(s)	Time	Code
Tue	2 - 2:45 pm	97387
	2:45 - 3:30 pm	97388
	5:30 - 6:15 pm	97391
Wed	4 - 4:45 pm	97403
	6 - 6:45 pm	97404
Thu	10:45 - 11:30 am	97410
	4:45 - 5:30 pm	97405
	5:30 - 6:15 pm	97406
	6:15 - 7 pm	97407
Fri	2:45 - 3:30 pm	97415
	4 - 4:45 pm	97408
	4:45 - 5:30 pm	97417
	5:15 - 6 pm	97409
Sat	8:30 - 9:15 am	97412
	9:30 - 10:15 am	97416
	12:45 - 1:30 pm	97411
Sun	10:15 - 11 am	97413
	11:15 am - 12 pm	97414

Crocodile		
Unparented		Ages 3Y - 6Y
7 Classes \$54 8 Classes \$61		
Day(s)	Time	Code
Mon	9:15 - 10 am	97390
	10:45 - 11:30 am	97384
	2:30 - 3:15 pm	97389
	4:45 - 5:30 pm	97385
	6:30 - 7:15 pm	97386

Whale Ages 3Y - 6Y
Unparented
7 Classes \$54 8 Classes \$61

Day(s)	Time	Code
Mon	2:30 - 3:15 pm	98005
	5:30 - 6:15 pm	98000
	6:15 - 7 pm	98025
Tue	2 -2:45 pm	98001
	2:45 - 3:30 pm	98002
	3 -3:45 pm	98003
	4 -4:45 pm	98004
Wed	4:45 - 5:30 pm	98007
	6:15 - 7 pm	98008
Thu	10:45 - 11:30 am	98011
	4 - 4:45 pm	98009
	5:45 - 6:30 pm	98010
Fri	2:45 - 3:30 pm	98027
	6 - 6:45 pm	98023
Sat	9:15 - 10 am	98012
	12 -12:45 pm	98013
	1 - 1:45 pm	98026
Sun	9:30 - 10:15 am	98014
	12 -12:45 pm	98015

Level 1 Ages 5Y+
Unparented
7 Classes \$54 8 Classes \$61

Day(s)	Time	Code
Mon	9:15 - 10 am	97538
	4 - 4:45 pm	97535
	4:45 - 5:30 pm	97518
	5:45 - 6:30 pm	97517
	6:45 - 7:30 pm	97529
Tue	4 - 4:45 pm	97521
	4:45 - 5:30 pm	97542
	5:30 - 6:15 pm	97520
Wed	4 - 4:45 pm	97550
	4:45 - 5:30 pm	97523
	6:15 - 7 pm	97540
Thu	4 - 4:45 pm	97526
	5 - 5:45 pm	97539
	6:15 - 7 pm	97525
Fri	2:45 - 3:30 pm	98082
	4 - 4:45 pm	97527
	4:45 - 5:30 pm	97547
	6:15 - 7 pm	97528
Sat	8:45 - 9:30 am	97551
	9:30 - 10:15 am	97552
	10:15 - 11 am	97530
	11:15 am - 12 pm	97553
	12 - 12:45 pm	97549
	12:45 - 1:30 pm	97548
Sun	8 - 8:45 am	97537
	8:45 - 9:30 am	97543
	9:30 - 10:15 am	97531
	10:15 - 11 am	97541
	12 - 12:45 pm	97534

Level 2 Ages 5Y+
Unparented
7 Classes \$54 8 Classes \$61

Day(s)	Time	Code
Mon	9:15 - 10 am	97581
	4 - 4:45 pm	97570
	4:45 - 5:30 pm	97554
	5:30 - 6:15 pm	97555
	6:30 - 7:15 pm	97556
Tue	4 - 4:45 pm	97576
	4:45 - 5:30 pm	97557
	5:15 - 6 pm	97582
	6:15 - 7 pm	97558
Wed	4 - 4:45 pm	97559
	4:45 - 5:30 pm	97580
	5:30 - 6:15 pm	97560
Thu	4 - 4:45 pm	97585
	5 - 5:45 pm	97561
	6 - 6:45 pm	97577
	7:15 - 8 pm	97562
Fri	4 - 4:45 pm	97571
	4:45 - 5:30 pm	97563
	6:15 - 7 pm	97564
Sat	8:45 - 9:30 am	97566
	10:15 - 11 am	97583
	11:15 am - 12 pm	97567
	12 - 12:45 pm	97565
	12:45 - 1:30 pm	97590
	8:30 - 9:15 am	97575
Sun	8:45 - 9:30 am	97584
	9:30 - 10:15 am	97589
	10:15 - 11 am	97568
	11:15 - 12 pm	97569
	12:15 - 1 pm	97578

WORKOUT IN THE WATER!

Aqua Zumba - page 51

Water bootcamp - page 51

Baby worx H2O - page 56

Program Dates

Mon	Tue	Wed	Thu	Fri	Sat	Sun
April 13 - June 1 omit: May 18	April 7 - May 26	April 8 - May 27	April 9 - May 28	April 10 - May 29	April 11 - May 30	April 12 - May 31



Level 3

Ages 5Y+
Unparented

7 Classes \$54 8 Classes \$61

Day(s)	Time	Code
Mon	4 - 4:45 pm	97616
	5:45 - 6:30 pm	97591
	6:15 - 7 pm	97617
Tue	4 - 4:45 pm	97599
	4:45 - 5:30 pm	97592
	5:45 - 6:30 pm	97593
Wed	4 - 4:45 pm	97594
	4:45 - 5:30 pm	97595
	5:30 - 6:15 pm	97600
	6:15 - 7 pm	97596
Thu	4:15 - 5 pm	97601
	4:45 - 5:30 pm	97598
	5:30 - 6:15 pm	97597
	7:15 - 8 pm	97602
Fri	4 - 4:45 pm	97621
	4:45 - 5:30 pm	97614
	5:30 - 6:15 pm	97618
	6 - 6:45 pm	97619
Sat	8:30 - 9:15 am	97626
	9:45 - 10:30 am	97604
	10:15 - 11 am	97607
	11:15 am - 12 pm	97605
	12:45 - 1:30 pm	97622

Day(s)	Time	Code
Sun	8 - 8:45 am	97624
	8:45 - 9:30 am	97608
	9:30 - 10:15 am	97609
	10:15 - 11 am	97623
	11:15 am - 12 pm	97610
	12 - 12:45 pm	97615

Level 4

Ages 5Y+
Unparented

7 Classes \$54 8 Classes \$61

Day(s)	Time	Code
Mon	4 - 4:45 pm	97661
	4:45 - 5:30 pm	97627
	5:30 - 6:15 pm	97656
	6:15 - 7 pm	97650
Tue	4 - 4:45 pm	97629
	4:45 - 5:30 pm	97628
	5:15 - 6 pm	97630
	6:15 - 7 pm	97655
Wed	4 - 4:45 pm	97662
	4:45 - 5:30 pm	97631
	5:30 - 6:15 pm	97632
	6:15 - 7 pm	97633
Thu	4 - 4:45 pm	97651
	5:45 - 6:30 pm	97634
	7:15 pm - 8 pm	97637

Day(s)	Time	Code
Fri	4 - 4:45 pm	97660
	5 - 5:45 pm	97636
	5:30 - 6:15 pm	97659
	6:30 - 7:15 pm	97635
Sat	9:30 - 10:15 am	97640
	10:15 - 11 am	97641
	11:15 am - 12 pm	97664
	12 - 12:45 pm	97639
	12:30 - 1:15 pm	97663
Sun	8 - 8:45 am	97643
	8:45 - 9:30 am	97657
	9:30 - 10:15 am	97644
	10:15 - 11 am	97642
	11:15 am - 12 pm	97654
	11:45 - 12:30 pm	97645

Level 5

Ages 6Y+
Unparented

7 Classes \$54 8 Classes \$61

Day(s)	Time	Code
Mon	4:45 - 5:30 pm	97682
	5:30 - 6:15 pm	97666
	6:15 - 7 pm	97665
Tue	4 - 4:45 pm	97668
	5 - 5:45 pm	97667
	6:15 - 7 pm	97669

Day(s)	Time	Code
Wed	4 - 4:45 pm	97671
	4:45 - 5:30 pm	97693
	5:30 - 6:15 pm	97670
	6:45 - 7:30 pm	97672
Thu	4:45 - 5:30 pm	97674
	5:45 - 6:30 pm	97673
	6:15 - 7 pm	97691
	7:15 - 8 pm	97695
Fri	4 - 4:45 pm	97677
	4:45 - 5:30 pm	97692
	5:30 - 6:15 pm	97676
	6:45 - 7:30 pm	97675
Sat	9:30 - 10:15 am	97679
	10:15 - 11 am	97680
	11:15 am - 12 pm	97678
	12:15 - 1 pm	97681
Sun	8 - 8:45 am	97690
	8:45 - 9:30 am	97696
	10:15 - 11 am	97683
	11:15 am - 12 pm	97684

Level 6 Ages 6Y+ Unparented 7 Classes \$54 8 Classes \$61		
Day(s)	Time	Code
Mon	4 - 4:45 pm	97721
	4:45 - 5:30 pm	97698
	5:30 - 6:15 pm	97697
Tue	4 - 4:45 pm	97711
	4:45 - 5:30 pm	97699
	5:30 - 6:15 pm	97701

Day(s)	Time	Code
Wed	4 - 4:45 pm	97713
	4:45 - 5:30 pm	97720
	5:30 - 6:15 pm	97702
	6:30 - 7:15 pm	97724
Thu	5:30 - 6:15 pm	97703
	6:45 - 7:30 pm	97704
	7:30 - 8:15 pm	97705
Fri	4 - 4:45 pm	97722
	4:45 - 5:30 pm	97708
	6 - 6:45 pm	97714
Sat	9:30 - 10:15 am	97709
	10:15 - 11:00 am	97725
	11:15 am - 12 pm	97710
	12:30 - 1:15 pm	97723
Sun	8:00 - 8:45 am	97715
	9:30 - 10:15 am	97716
	10:15 - 11:00 am	97712
	11:15 am - 12 pm	97719

Level 7 Ages 6Y+ Unparented 7 Classes \$60 8 Classes \$69		
Day(s)	Time	Code
Mon	4:45 - 5:45 pm	97726
Tue	5:30 - 6:30 pm	97727
Wed	4:45 - 5:45 pm	97728
Thu	4:45 - 5:45 pm	97737
	7:30 - 8:30 pm	97738
Fri	5:30 - 6:30 pm	97729
Sat	9:15 - 10:15 am	97731
	1 - 2 pm	97730
Sun	8:30 - 9:30 am	97736
	11:15 am - 12:15 pm	97732

Level 8 Ages 6Y+ Unparented 7 Classes \$60 8 Classes \$69		
Day(s)	Time	Code
Mon	5:30 - 6:30 pm	97739
Tue	4:45 - 5:45 pm	97750
Wed	4 - 5 pm	97749
	5:30 - 6:30 pm	97741
Thu	4:45 - 5:45 pm	97742
	6:30 - 7:30 pm	97743
Fri	5:30 - 6:30 pm	97744
Sat	8:45 - 9:45 am	97745
	11:15 am - 12:15 pm	97746
Sun	9:30 - 10:30 am	97747
	11:15 am - 12:15 pm	97748

Level 9/10 Ages 6Y+ Unparented 7 Classes \$60 8 Classes \$69		
Day(s)	Time	Code
Mon	6:15 - 7:15 pm	97762
Tue	6 - 7 pm	97752
Wed	5:45 - 6:45 pm	97753
Thu	4 - 5 pm	97754
Fri	4:30 - 5:30 pm	97759
Sat	8:30 - 9:30 am	97760
	12 - 1 pm	97755
Sun	9:15 - 10:15 am	97761
	12 - 1 pm	97756

HOME SCHOOL

Additional home school programs are offered on pages 14 and 25 or visit www.strathcona.ca/homeschool

+ Home School Swim Lessons

Classes are 60 minutes with opportunity for a one hour recreational swim from 3 - 4 pm following the lesson.

Kinsmen Leisure Centre	Pool Deck	
	Apr 8 - May 27	Wed
	2 - 3 pm	\$69.00

Age: 5Y+

97443	Red Cross Swim kids level 1
97444	Red Cross Swim kids level 2
97445	Red Cross Swim kids level 3
97446	Red Cross Swim kids level 4

Age: 6Y+

97447	Red Cross Swim kids level 5
97448	Red Cross Swim kids level 6
97449	Red Cross Swim kids level 7
97450	Red Cross Swim kids level 8
97451	Red Cross Swim kids level 9/10

+ Home School Learn to Dive

Learn to dive in this introductory recreational diving program for children and youth. Each session is a new experience as dive coaches work with the existing strengths and abilities of each new group. Learn about diving safety, fitness and elementary body positions. Students will progress at their own pace beginning with basic skills and moving to more advanced skills based on the CADA learn to dive program modules. Children must be comfortable swimming in deep water and be able to tread water for a minimum of 2 minutes to register for this class. If your child has previously been in Learn to Dive lessons, please bring your child's progress card to the first lesson. PILOT: We are testing a homeschool program to see if there is potential to run diving programs during Homeschool swimming lessons. Please note that this program may not be available each session.

All Ages

Kinsmen Leisure Centre	Pool Deck	97442
	2 - 3 pm	\$91.00

Fun Swim

Wednesdays | 3 - 4 p.m.

Fun swim is a drop-in activity, so no need to register. Parents and their children can drop-in for \$2 each. Children under the age of 8 are welcome to use the aquatic centre when accompanied in the water by someone 14 years or older. If your child is registered for lessons, please pay prior to lessons and get a wristband.

+ Teens & Adults

Red Cross Swim Teens - Basics

For those starting to swim, we help you increase your comfort and confidence in the water and build skills for swimming. Focus is on developing front and back crawl, establishing comfort in deep water, and increasing the swimming distance.

Age: 13Y - 17Y

Kinsmen Leisure Centre	Pool Deck	
97764	Apr 12 to May 31	Sun
	11:45 am - 12:45 pm	\$69.00

Red Cross Swim Teens - Strokes

Set your own goals and priorities with the Instructor and develop one or more swimming strokes. Instructors will work directly with you to improve your endurance and increase your swimming distance and speed. If you are interested in training for a triathlon, this is the ideal course for you. This program can also help you improve your skills before taking the Water Safety Instructor course.

Age: 13Y - 17Y

Kinsmen Leisure Centre	Pool Deck	
97765	Apr 10 to May 29	Fri
	6:30 - 7:30 pm	\$69.00

Red Cross Swim Adults - Basics

We help you increase your comfort level and confidence in the water through floats, glides, kicking and swimming. Work with your Water Safety Instructor to set goals to develop your swimming skills.

Omit: May 18

Age: 16Y+

Kinsmen Leisure Centre	Pool Deck	
97509	Apr 13 to Jun 1	Mon
	2:30 - 3:30 pm	\$60.00
97506	Apr 13 to Jun 1	Mon
	8:30 - 9:30 pm	\$60.00

Red Cross Swim Adults - Strokes

We help you develop one or more swimming strokes, working toward proficiency and increased endurance. Work with your Water Safety Instructor to choose the strokes and set your goals and priorities. If you are interested in developing your strokes so that you can train for a triathlon, this is the ideal course for you.

Age: 16Y+

Kinsmen Leisure Centre	Pool Deck	
97510	Apr 7 to May 26	Tue 2 - 3 pm \$69.00
97516	Apr 8 to May 27	Wed 8:30 - 9:30 pm \$69.00
97512	Apr 12 to May 31	Sun 8 - 9 am \$69.00

+ Extra Help

One-on-one swimming lessons

For all ages and levels!

This is an excellent opportunity for individuals who prefer customized swim instruction or swimmers who have taken lessons before but need to practice a few skills to complete a level. Register for One-on-Fun sessions (a four lesson set of private lessons), or call Kinsmen Leisure Centre to book individual private swimming lessons. One-on-Fun sets can be viewed online at www.strathcona.ca/recreation or call the Kinsmen Leisure Centre at 464-2112 for available times.

Stroke Improvement - RCSK 3-5

A course for children who have taken Red Cross Swim Kids levels 3 to 5 and need some extra practice on swim strokes to complete their individual level. Students who bring their report card to this lesson can continue their evaluation in Stroke Improvement.

Omit: May 18

Kinsmen Leisure Centre	Pool Deck	Max 6
97936	Apr 9 to May 28	Thu 7 - 7:45 pm \$61.00
97937	Apr 11 to May 30	Sat 12 - 12:45 pm \$61.00
97935	Apr 13 to Jun 1	Mon 4 - 4:45 pm \$54.00



Stroke Improvement - RCSK 6-7

A course for children who have taken Red Cross Swim Kids levels 6 or 7 and need some extra practice on swim strokes to complete their individual level. Students who bring their report card to this lesson can continue their evaluation in Stroke Improvement.

Age: 6Y - 14Y

Kinsmen Leisure Centre	Pool Deck	
97940	Apr 9 to May 28	Thu 4:45 - 5:30 pm \$61.00
97941	Apr 11 to May 30	Sat 9:30 - 10:15 am \$61.00

Stroke Improvement - RCSK 8-10

A course for children who have taken Red Cross Swim Kids levels 8 to 10 and need some extra practice on swim strokes to complete their individual level. Students who bring their report card to this lesson can continue their evaluation in Stroke Improvement.

Age: 6Y - 14Y

Kinsmen Leisure Centre	Pool Deck	
97943	Apr 9 to May 28	Thu 7:45 - 8:30 pm \$61.00
97944	Apr 11 to May 30	Sat 11:15 am - 12 pm \$61.00
97942	Apr 13 to Jun 1	Mon 4 - 4:45 pm \$54.00





SPRING BREAK

Spring Break Swimming Lessons available for:

Private Lessons Parented Lessons
Stroke Improvement Swim Camps

Spring Break brochure available now!

Registration for all programs starts **February 26 at 7 am**

For all the details, visit:

www.strathcona.ca/registration
780-464-2112



Special Interest

+ Red Cross Swim Adapted

This program is designed to accommodate any person with a disability, physical or mental. Small class sizes and plenty of individualized time with the instructor are elements that help create a safe, social and fun environment in the water. We work from current abilities to take each individual a few steps further into the wonderful world of water! Note: To accommodate children with a variety of needs in the class, parents are required to provide an aide or accompany their child in the water.

Age: 5Y+

Kinsmen Leisure Centre	Pool Deck	
97375	Apr 9 to May 28	Thu 4:15 - 5 pm \$67.00
97376	Apr 10 to May 29	Fri 4 - 4:45 pm \$67.00
97374	Apr 11 to May 30	Sat 10:15 - 11 am \$67.00
97377	Apr 11 to May 30	Sat 1:15 - 2 pm \$67.00

Diving

Learn to Dive

Learn to dive in this introductory recreational diving program for children and youth. Each session is a new experience as dive coaches work with the existing strengths and abilities of each new group. Learn about diving safety, fitness and elementary body positions. Students will progress at their own pace beginning with basic skills and moving to more advanced skills based on the CADA learn to dive program modules. Children must be comfortable swimming in deep water and be able to tread water for a minimum of 2 minutes to register for this class. If your child has previously been in Learn to Dive lessons, please bring your child's progress card to the first lesson.

Age: 6Y - 15Y

Kinsmen Leisure Centre	Pool Deck	
97453	Apr 7 to Jun 23	Tue 4 - 5 pm \$137.00
97454	Apr 7 to Jun 23	Tue 5 - 6 pm \$137.00
97455	Apr 7 to Jun 23	Tue 6 - 7 pm \$137.00
97459	Apr 12 to Jun 21	Sun 8 - 9 am \$126.00
97456	Apr 12 to Jun 21	Sun 9 - 10 am \$126.00
97457	Apr 12 to Jun 21	Sun 10 - 11 am \$126.00
97458	Apr 12 to Jun 21	Sun 11:15 am - 12:15 pm \$126.00



Instructor Development

Bronze Star

Train to become a lifeguard sooner! Once you have completed your Bronze Star you can take Bronze Medallion before you are 13 years of age. Develop your basic safety, fitness and lifesaving skills. It is recommended that you have completed Red Cross swim level 8 prior to registering.

Age: 8Y+

Kinsmen Leisure Centre	Pool Deck	
97383	Apr 9 to May 28 5:30 - 7 pm	Thu \$90.00

Bronze Medallion

Learn the primary skills required to rescue a swimmer in distress. Develop your physical fitness, decision making and judgement skills. Sign up when you are 13 years old or have completed your Bronze Star. Remember to purchase your Canadian Lifesaving Manual at KLC's front desk for \$35.00. Attendance is essential.

Omit: May 18

Prerequisite: 13Y+ or Bronze Star Certification

Kinsmen Leisure Centre	Classroom	
97381	Apr 9 to May 28 6:30 - 8:30 pm	Thu \$151.00
97382	Apr 13 to Jun 1 5 - 7:30 pm	Mon \$151.00

Lifeguard School

Become a lifeguard in one session! This course will take you from zero knowledge to hero knowledge (Aquatic Emergency Care, CPR-C and National Lifeguard). Sign up when you are 16 years of age and have a Bronze Cross Award. Note: Attendance is essential for completion.

Prerequisite: 16Y+ Bronze Cross, Standard First Aid and Aquatic Emergency Care

Kinsmen Leisure Centre	Classroom	
97460	Apr 11 to May 30 8:30 am - 3:30 pm	Sat \$386.00

Aquatic Emergency Care (AEC)

AEC teaches the care of injuries and illnesses common to pool and waterfront situations. Emphasis is placed on assessment skill and basic aquatic emergency care principles. This award is recognized by Occupational Health and Safety as a Standard First Aid Award. Attendance is essential.

Age: 13Y+

Kinsmen Leisure Centre	Pool Deck	
97378	Apr 8 to May 27 4:30 - 7:30 pm	Wed \$202.00

Next Wave

Prepare to become a Water Safety Instructor now! This in-depth new program will teach you the skills and knowledge you will need to work at KLC as an aquatic instructor. Course includes: fitness, swimming skills, teaching strategies, water safety and leadership training. Meet some of our supervisors and senior staff and listen to their stories about what it's like to be part of our exciting team! Don't wait.....catch the wave now! Recommend completing Red Cross Swim level 8 prior to registering for this course.

Age: 11Y - 15Y

Kinsmen Leisure Centre	Classroom	
97461	Apr 8 to May 27 4:30 - 7:30 pm	Wed \$119.00

+ Assistant Water Safety Instructor

This course consists of 2 parts:

Part 1: This 30 hour course covers the foundation of instructional skills and is a prerequisite for the Water Safety Instructor course. Included in this certification is the new High Five(TM) Principles of Healthy Childhood Development certification.

Part 2: Upon completion of part 1, each candidate must successfully complete 8 hours of assistant teaching. It is the responsibility of each participant to arrange their assistant teaching at a facility of their choosing.

Age: 15Y+

Kinsmen Leisure Centre	Classroom	
97379	Apr 7 to May 26 4:30 - 8:30 pm	Tue \$296.00



Elk Island Regional HONOUR CHOIRS

3 Outstanding Choirs!

JUNIOR CHOIR (grades 3-6)

INTERMEDIATE CHOIR (grades 7-9)

SENIOR CHOIR (grades 10-12)

Excellent Choral Education

Professional Instructors

Workshops and Retreats

Three Annual Concerts

Touring Opportunities



www.elkislandchoirs.ca
780.237.2167



Elk Island Regional
Honour Choirs Association
30th Anniversary

At your service...

in rural Strathcona County



As a "satellite" service of County Hall, the rural liaison team is dedicated to serving residents in rural Strathcona with:

- information on County programs for rural residents
- assistance with resident inquiries and issues
- dog licences and County bills (payment accepted by cheque only)
- Commissioner for Oaths services and fire permits – free of charge
- computer/Internet access... and more

Two rural contact offices to serve you better!

Heartland Hall Contact Office

55305 Range Road 214 (in Fire Station #4)



Phone: 780-400-2165
Fax: 780-998-7447
Email: lori.morgan@strathcona.ca

Office hours: Monday to Thursday, 1 p.m. to 4 p.m.

South Contact Office

22142 South Cooking Lake Road (in Fire Station #2)



Phone: 780-922-1318
Fax: 780-998-7447
Email: patti.hoy@strathcona.ca

Office hours: Wednesday to Friday, 1 p.m. to 4 p.m.

Website:

www.strathcona.ca/rural



Do you...

Struggle with reading or writing?

Want to learn English as a new language?

Want to learn something new for fun, or to gain employment skills?

Visit whatdidyoulearntoday.ca
or call **780-464-8441** for information
on programs and courses available in
our community!



Community Adult
Learning & Literacy Society
Fort Saskatchewan & Strathcona County

*Awesome course! I had fun. The teaching was amazing! It helped me so much, and I feel totally confident to babysit.
- Emily H.*

Canadian Red Cross BABYSITTING SAFETY COURSE

...teaches safety and first aid specially designed for boys and girls ages 11 and up. Learn babysitting and first aid skills through role-play, skits, discussion and hands-on experience using dolls & each other! Learn the importance of the job and the skills required to be a popular, successful (and wealthy) sitter in a one-day format.

COURSE INCLUDES:

- Child and infant First-Aid for choking
- First aid for children
- How to handle emergencies
- Rights and responsibilities
- Caring for babies, toddlers and children
- Home safety and accident prevention
- How deal with phones and doorbells
- Dealing with behaviour problems and much more!

One all-inclusive price! Each course is 9 am - 5 pm

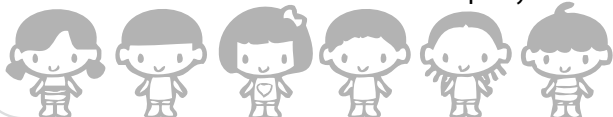
Sherwood Park

- | | |
|------------------------------------|--------------------------------|
| Friday Feb. 27 (no school) | Friday May 1 (no school) |
| Friday March 6 (no school) | Saturday ... May 23 |
| Saturday... March 14 | Saturday... June 13 |
| Friday March 27 (no school) | |
| Wednesday.. April 1 (spring break) | |
| Thursday... April 2 (spring break) | |
| Saturday... April 18 | |

Fort Saskatchewan

Sun March 8

REGISTER EARLY! Classes fill quickly



Learn in confidence with the #1 Red Cross Babysitting Program Instructor in Northern Alberta, with over 24 years experience. Gift Certificates available.

To register or for more information contact **Velta** at 780-464-0660 or veltasmith@live.com

DISCOVER
www.discover.ualberta.ca

EXPLORE THE EXCITEMENT OF CAMP

Engaging engineering, science, technology & math programs for youth in grades 1-12. **Registration opens February 16th!**



FACULTY OF
ENGINEERING
UNIVERSITY OF ALBERTA

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learning to change
discovered your design.

CREATE ART!



Art Society of Strathcona County
www.artstrathcona.com
Ph 780-449-4443 email: artsoc@telus.net

Membership fee \$40 annually.
Meetings second Tuesday of each month at 7 pm. (except July & August)

UPCOMING EVENTS:

- 2015 30th Anniversary Spring Show: Open Artist Call, April 15-19, 2015
- High School Student Art Show: May 8 & 9
- Mothers' Day Show & Sale: May 10

Loft Art Gallery and Gift Shop open Saturdays and Sundays, 12 to 4 pm! Featuring artist-made gifts in the Gift Shop, and affordable local art in the Gallery!

Check www.artstrathcona.com for details and more workshops via DVD's.

All events at the Ottewell Centre,
590 Broadmoor Blvd.

2015 WORKSHOPS:

- Feb 9, Mar 9 Life Drawing with a model
- Feb 28 Trish Acres – Abstract Pastel
- Mar 13, 14, 15 Karen Richter, Acrylics
- Mar 21, 22 Tracy Proctor - Encaustics
- Apr 25, 26, 27 Dominik Modinski, Oils & Acrylics

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STRATHCONA
COUNTY

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Download the Registration Forms

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TOP 5 REASONS TO CHOOSE NEXT STEP HOME EDUCATION

We make available:

- 1 Assistance from certificated teachers with expertise in the Alberta curriculum
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- 3 Transition support between home education and school
- 4 School counselor support
- 5 Hands-on learning tools including textbooks

Families can choose either traditional home education or follow the Alberta Education program of studies, or a combination of both. Access to funding is available.




Information & Volunteer Centre FOR STRATHCONA COUNTY

Seniors Line	IVC Volunteer Database
Community Calendar	IVC on Indiegogo
P3 Volunteer Fair	New Resident Packages
Workshops & Training	Community Information
Techy Tutor	Funders Forum
IVC Video Project	Imagine Canada Grant Connect
IVC Online Auction	School Presentations
Youth Volunteer programs	Chef's Choice Frozen Meals

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PRECANSKATE & CANSKATE A.M. CLASSES
(April 7 - May 14) at Sherwood Park Arena (Sports Centre Ice) and Millennium Place

PRECANSKATE, CANSKATE & CANPOWER P.M. CLASSES
(April 21 - May 21) at Millennium Place

Online Registration and Class Information
available on our website: spfsc.ca
Or contact us at spfsclearntoskate@gmail.com




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Youth dates:

Jan 4, 11, 18, 25
March 1, 8, 15, 22
April 12, 19, 26, May 3
May 24, 31, June 7, 14

Adult Horsemanship:

Feb 8, 22 1:00-3:00 Sunday
April 10, 17 7:30-9:30 Fridays
May 1, 8 7:30-9:30 Fridays
June 12, 19 7:30-9:30 Fridays

Tiny Tot Horsemanship

(age 2-5 years)

\$150/4 sessions

Sundays: 10 - 11 a.m. or 11 a.m. - 12 p.m.

Experience the thrill of riding a horse! Play games and make some new, four-legged friends, while gaining confidence and learning to ride. Parent/Guardian must stay with child (the horses are on lead-lines) and be prepared to join the fun. The child will have a riding time of a half hour, and extra time may be permitted to groom or visit with the horses.

Junior Horsemanship

(Beginners, age 5-7 years)

\$168/4 sessions

Sundays: 2:15 - 3:15 p.m.

Build up your riding skills and start to ride on your own. Play some games and have some fun with your new friends! Each session consists of a half hour riding the horse, and a half hour learning "stable management" (i.e. Grooming, tacking up, and proper horse care). *Parent/guardian may be asked to lead child at the instructor's discretion*

Horsemanship I

(Beginner, age 8-13 years)

\$168/4 sessions

Sundays: 1:00 - 2:00 p.m.

Horsemanship 1 provides the basic skills for any type of riding. The focus is on walking and trotting, with progression at your own comfort level. Each session consists of a half hour riding the horse, and a half hour learning "stable management" (i.e. Grooming, tacking up, and proper horse care).

Horsemanship II

(Intermediate, age 8 years +)

\$168/4 sessions

Sunday 9:00 - 10:00 a.m.

This class is for those with a little more experience, confidence, and independence around horses (Horsemanship 1 or equivalent experience). The focus is on position, technique, and advanced skills such as posting trot, and trotting in a group. Each session consists of a half hour riding the horse, and a half hour learning "stable management" (i.e. Grooming, tacking up, and proper horse care).

Adult Horsemanship

All of this fun isn't just for the kids! This class is for adults and teens who love horses and are interested in learning the basics of riding. The focus is on walk, trot, and having a good time. Riders learn how to handle, groom, saddle and bridle their horse. Come out for a social evening and meet fellow horse lovers!

\$168/2 sessions - 2 Hours each session
Fridays: 6:30 - 8:30 p.m.

Come and celebrate a Birthday with us!

\$25 per participant

Do you or someone you know have a special day coming up? We have just the thing for your party! Come out and spend some time at the farm - ride a horse, play some games, Spend some time outside in our picnic areas or enjoy our party room for your event. The party room and our full kitchen facility can be used rain, snow, sleet or hail. We cater to all groups and ages. Call for details and reservations.

Visit www.kenohills.com

for up to date program and camp information

Keno Hills Stable & Tack Shop

52165 RR 210, Sherwood Park T8G 1A1

Phone: (780)922-2941 Fax: (780)922-6874

E-mail: kenohills@gmail.com

www.kenohills.com



Community gardening

These are two of the six thriving community gardens in Strathcona County.

Benefits of a Community Garden

Community gardens provide fresh produce and plants as well as satisfying labor, neighbourhood improvement, sense of community and a connection to the environment. The first community garden in Strathcona County began 9 years ago and they are continuing to gain interest as people get more interested in knowing where their food is coming from, teaching children about gardening and fostering community 'togetherness'.

To find out more information on any of the established gardens or to establish your own community gardening group please contact: Transportation & Agriculture Services at 780-417-7100.

Bev Facey



Cloverbar Ranch



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English and French Programs offered for 3 and 4 year olds.
 Programs run September to June
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Please contact Kari Wiens, Teacher
780-922-4447

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2015 Outdoor Soccer Registration
 Youth Soccer Programs for U4 – U18 age groups
 for House league and EMSA
 Community (House, SPDSA, or EMSA league) and
 Competitive teams, see website for details.

Online registrations begin February 1
@ www.ardrossansoccer.com

*Please register early,
 as our teams fill up fast!*



For more information visit
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Update your safety skills or learn new ones.

Emergency Services offers many learning opportunities in home safety, fire prevention, 72 hours of preparedness and injury prevention. Free courses can be arranged for groups of 10 or more to learn about:

- 72 Hours of Preparedness (for all ages)
- At Home by Yourself (aimed at grade 5 or 6 students being left at home for the first time)
- Play safe! Be Safe! (aimed at preschool aged children)
- Hazard house demonstration or visits (aimed at families/children)
- Fall Prevention presentation (aimed at 55 years and better)

The following training is also available. Schedules and pricing can be found online at www.strathcona.ca/sces

- Fire extinguisher training - learn how to properly use and maintain a fire extinguisher while remaining safe. This is a certificate program.
- First aid and/or CPR - have peace of mind knowing that you'll know what to do if someone needs help.

For further information

780-464-8468

safety.educators@strathcona.ca

www.strathcona.ca/sces



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You can receive reminders any or all of the following ways:

- ✓ Email ✓ Phone call ✓ Text ✓ Android or iPhone app ✓ Tweet ✓ iCal

Sign up today! Go to www.strathcona.ca/wastereminder.

Questions? 780-449-5514 greenroutine@strathcona.ca



SERVING SHERWOOD PARK AND SURROUNDING AREA FOR 35 YEARS!

AGES 1 YEAR - 4.5 YRS OLD

We offer classes for all ages that develop gross motor, fine motor and fundamental gymnastics movements that create the bases for gymnastics and sport. Classes are parented until the age of 3.

JUNIOR GYM - 4.5 - 6 YRS OLD

Developed for a wide range of abilities from beginners to children with gymnastics experience, this program has 4 testing levels designed to build on skills and keep gymnasts challenged in a fun, structured environment.

CANGYM: 6+ YRS

CANGYM is the recreational program developed by Gymnastics Canada. There are 12 badge levels that develop skills, create success and challenge recreational gymnasts for as long as they wish to participate in gymnastics.

PARKOUR: 8+ YRS

Participants learn to run, swing, vault and so much more in a controlled, safe environment. Programming is developed by 2J Pantoja so there is challenge in every class.

PRESCHOOL DROP-IN

Come in for unstructured gymnastics time! Parents take the lead role in play and supervision while children explore events, movement and fun! Note:

BIRTHDAY PARTIES

Salto offers you and your children the highest energy and lowest hassle party in town. You get the gym and our excellent and qualified coaches to make your party more fun, with less stress and no mess in your house. Book your party online today!

LICENSED PRE-SCHOOL PROGRAMS

Salto Gymnastics offers Pre-School programs! Programming is led by Christina Denis who has her Education Degree and creates classes that work on phonetics, cognitive, social skills and of course gymnastics!

Open Registration for Spring Programs starts on March 4!

Check saltogymnastics.com or call (780) 449-1518 for information on our Programs and Birthdays!

2025 Oak Street, Sherwood Park, AB.T8A0W9 Phone: 780-449-1518 Fax: 780-449-0601 www.saltogymnastics.com



www.TheBasketballEdge.com

2015

Summer Training Camps

9 am
to
4 pm
(35 Hours)



5 days
\$275
(GST incl.)

Ages 10-15

Athletes will be grouped based on age & ability.

Boys: July 6 to 10 Girls: July 13 to 17
Sherwood Park – school to be determined

The Competitive Edge

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- Shooting
- Passing
- Rebounding
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- Transitional Games
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The Coaching Edge

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Director: André Lussier

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Registration Form on website



Limited spaces
Register early to
avoid disappointment

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Investing in Your Child's Future through **FUN FAMILY FITNESS**

"As parents, we all want our children to grow up to be kind,
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Valley Taekwondo offers:

- character development
- flexible schedules
- classes 6 days/week
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We guarantee that your child will:

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- learn accountability
- stop the bullying cycle



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for 5-6 yr olds

- 10 week program
- uniform required

\$120 Introductory
SPECIAL!

Includes 1 month of training and
FREE uniform

Limited to new students only. Not valid for the Dino Warriors'
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Sherwood Park

Recreation Facilities

Broadmoor Public Golf Course/Arena (2100 Oak Street)
 Child and Youth Community Centre (3 Spruce Avenue)
 Capital Care Centre (12 Brower Drive)
 Glen Allan Recreation Complex (199 Georgian Way)
 Kinsmen Leisure Centre (2001 Oak Street)
 Millennium Place (2000 Premier Way)
 Recreation Administration Office (2025 Oak Street)
 Sherwood Park Arena/Sports Centre (2015 Oak Street)

Cultural Facilities

Festival Place (100 Festival Way)
 Gallery@501 (501 Festival Avenue)
 Museum (913 Ash Street)
 Clay Hut at Smeltzer House (1 Broadmoor Boulevard)
 Smeltzer House Visual Arts Centre
 (1 Broadmoor Boulevard)

Parks

Broadmoor Lake Park (Oak Street & Sherwood Drive)
 Strathcona Athletic Park
 (Colwill Boulevard & Clover Bar Road)
 Salisbury Athletic Park
 (Sherwood Drive & Brentwood Boulevard)

Schools

Archbishop Jordan Catholic High School
 (4001 Emerald Drive)
 Bev Facey High (99 Collwill Boulevard)
 Brentwood Elementary (28 Heron Road)
 Campbelltown Elementary (271 Conifer Street)
 Clover Bar Jr. High (50 Main Boulevard)
 École Père Kenneth Kearns Catholic School
 (8 Sandpiper Drive)
 Glen Allan Elementary (106 Georgian Way)
 Jean Vanier Elementary (109 Georgian Way)
 Lakeland Ridge (151 Crimson Drive)
 Madonna Community School (15 Main Boulevard)
 Mills Haven Elementary (73 Main Boulevard)
 Pine Street Elementary (133 Pine Street)
 Sherwood Heights Jr. High (241 Fir Street)
 St. Theresa School (2021 Brentwood Boulevard)
 Wes Hosford Elementary (207 Granada Boulevard)
 Westboro Elementary (1078 Strathcona Drive)
 Woodbridge Farms Elementary (1127 Parker Drive)

Community Facilities

Yoga for Today (2016 Sherwood Drive)

Rural Strathcona County

Recreation Facilities

Ardrossan Recreation Complex (80 - 1 Avenue)
 Moyer Recreation Centre
 (Josephsburg) (54569 Range Road 215)
 Strathcona Olympiette Centre
 (Fultonvale) (52029 Range Road 224)
 Strathcona Wilderness Centre
 (Township Rd. 530 & Range Road 212)
 GPS: N 53° 31.957 W 112° 59.964

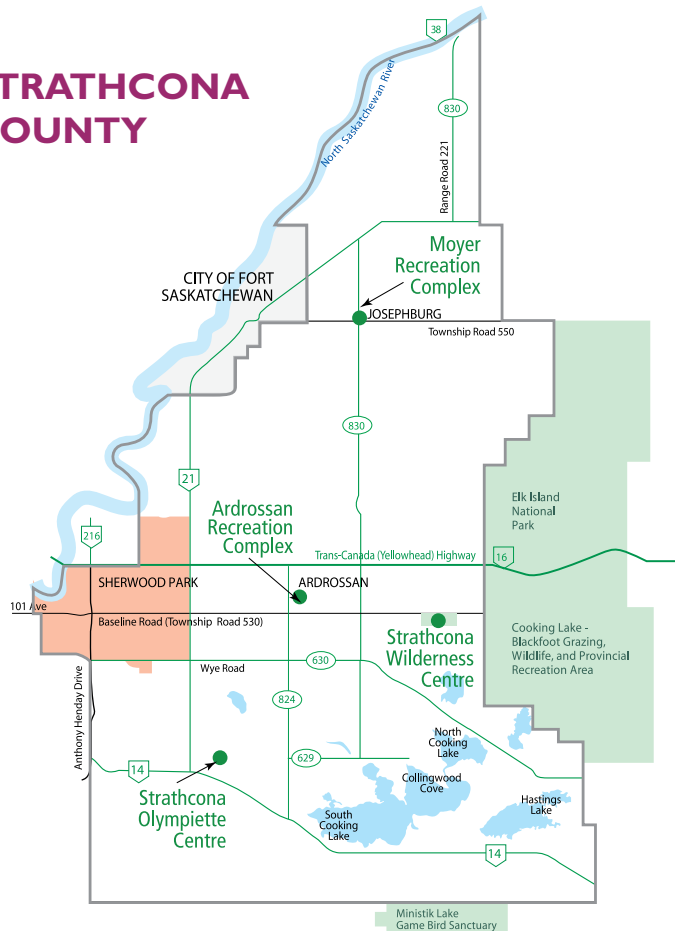
Schools

Ardrossan Elem./Jr./High (53129 Range Road 222 Ardrossan)
 Holy Redeemer Catholic School
 (53117 Range Road 222 Ardrossan)
 Uncas School (21313 Township Road 524 Ardrossan)

SHERWOOD PARK



STRATHCONA COUNTY



SPRING BREAK CAMPS

MARCH 30 - APRIL 2, 2015

Pick-up a Spring Break
program booklet at any recreation
facility or check it out online.

YOUTH p. 40

PRESCHOOL p. 32

PERFORMING ARTS p. 15

VISUAL ARTS p. 19

SWIMMING p. 76

OUTDOOR



REGISTER

online at www.strathcona.ca/registration
or in person at any recreation facility.

Registration starts February 26 for all programs.

 STRATHCONA
COUNTY

the Millennium Card



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Schedules
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more fitness
more facilities