

WINTER 2025

# LEISURE

## GUIDE

**PROGRAM  
REGISTRATION  
DATES**

**Recreation & Culture**  
December 10 • 8:00 am

**Harbour Pool**  
December 11 • 8:00 am



CITY OF  
FORT SASKATCHEWAN  
ALBERTA

[fortsask.ca/GoLeisure](https://fortsask.ca/GoLeisure)



**DCC and Harbour Pool  
DROP-IN Schedules are now separate!**

**CLICK HERE**

**to view the Drop-in Schedules**



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## DOW CENTENNIAL CENTRE (DCC)

8700 84 STREET

Mon to Thu: 5:30 am - 10:00 pm

Fri: 5:30 am - 9:00 pm

Sat: 6:30 am - 8:00 pm

Sun: 8:00 am - 8:00 pm

STAT Holidays: 10:00 am - 6:00 pm

CLOSED: Jan 1, Jul 1, Sep 30, Dec 25 & 26

Call us: 780.992.6400

 @DowCentennialCentre

[fortsask.ca/DCC](https://fortsask.ca/DCC)



## FORT HERITAGE PRECINCT

10006 100 AVENUE

Sep to May long weekend:

Mon to Fri: 10:00 am - 4:00 pm

May long weekend to Sep:

Mon to Sat: 10:00 am - 4:00 pm

Call us: 780.998.1783

 @fortheritageprecinct

[fortheritageprecinct.ca](https://fortheritageprecinct.ca)



## HARBOUR POOL

10001 94 AVENUE

Mon to Thu: 6:00 am - 10:00 pm

Fri: 6:00 am - 9:00 pm

Sat: 2:00 - 7:00 pm

Sun: 2:00 - 9:00 pm

STAT Holidays: 1:30 - 4:30 pm

CLOSED: Jan 1, Jul 1, Sep 30, Dec 25 & 26

Call us: 780.992.6162

 @FSHarbourPool

[fortsask.ca/Swim](https://fortsask.ca/Swim)



## SHELL THEATRE

8700 84 STREET

Mon to Fri: 8:00 am - 8:00 pm

Sat & Sun: 9:00 am - 5:00 pm

The Shell Theatre box office will be open one hour prior to performances.

CLOSED: Jan 1, Jul 1, Sep 30, Dec 25 & 26

Call us: 780.992.6400

 @shelltheatre

[shelltheatre.ca](https://shelltheatre.ca)



*If you or someone you know require accessible and adaptive programming, please call one of our facilities to speak to the program coordinator to determine a program that will be right for you.*



# Admission Rates

EFFECTIVE JANUARY 2, 2025 Prices are subject to change without notice.

	TOTS UNDER 2	CHILD 2 - 12 YEARS	YOUTH 13 - 17 YEARS	STUDENT 18+ & ID	ADULT 18 - 64 YEARS	SENIOR 65+	FAMILY*
<b>DOW CENTENNIAL CENTRE</b>							
Single Day	FREE	\$5.50	\$6.50	\$8.50	\$10.00	\$8.50	\$27.50
10-Pass Card	FREE	\$49.50	\$58.50	\$76.50	\$90.00	\$76.50	\$247.50
Monthly Pass	FREE	\$33.00	\$39.00	\$51.00	\$60.00	\$51.00	\$165.00
Annual Pass	FREE	\$363.00	\$429.00	\$561.00	\$660.00	\$561.00	\$1,815.00
<b>TRACK ONLY</b>							
Single Day	FREE	\$3.00	\$3.00	\$3.00	\$3.00	\$2.00	N/A
Monthly Pass	FREE	\$24.75	\$24.75	\$24.75	\$24.75	\$16.00	N/A
<b>HARBOUR POOL</b>							
Single Day	FREE	\$4.75	\$6.25	\$6.25	\$8.00	\$6.25	\$23.00
10-Pass Card	FREE	\$42.50	\$56.50	\$56.50	\$72.00	\$56.50	\$207.00
Monthly Pass	FREE	\$33.25	\$43.75	\$43.75	\$56.00	\$43.75	\$161.00
Annual Pass	FREE	\$332.50	\$437.50	\$437.50	\$560.00	\$437.50	\$1,605.00
Aqua Single Day	N/A	N/A	\$7.75	\$7.75	\$9.50	\$7.75	N/A
Aqua 10-Pass Card	N/A	N/A	\$69.80	\$69.80	\$85.50	\$69.80	N/A
Aqua Monthly Pass	N/A	N/A	\$54.25	\$54.25	\$66.50	\$54.25	N/A
Aqua Annual Pass	N/A	N/A	\$542.50	\$542.50	\$665.50	\$542.50	N/A
<b>MULTI-FACILITY PASS</b>							
Single Day	FREE	N/A	N/A	N/A	N/A	N/A	\$28.50
10-Pass Card	FREE	N/A	N/A	N/A	N/A	N/A	\$256.50
Monthly Pass	FREE	\$41.00	\$51.00	\$59.00	\$72.00	\$59.00	\$171.00
Annual Pass	FREE	\$451.00	\$561.00	\$649.00	\$792.00	\$649.00	\$1,881.00
<b>MULTI-FACILITY USE AND ACCESS TO AQUASIZE CLASSES</b>							
Aqua Monthly Pass	N/A	N/A	\$71.25	\$71.25	\$90.00	\$71.25	N/A
Aqua Annual Pass	N/A	N/A	\$783.75	\$783.75	\$1,021.45	\$783.75	N/A

\*Two adults and unlimited children, under 18, living in the same home.

FLEX PASS	HARBOUR POOL		DOW CENTENNIAL CENTRE		MULTI-FACILITY PASS	
	Monthly	Annual	Monthly	Annual	Monthly	Annual
First Adult	\$56.00	\$560.00	\$60.00	\$660.00	\$72.00	\$792.00
Second Adult	\$47.50	\$475.00	\$51.00	\$561.00	\$61.25	\$572.25
Child (Added with adult)	\$28.25	\$282.50	\$28.00	\$308.50	\$34.75	\$325.75
Youth (Added with adult)	\$37.25	\$372.50	\$33.25	\$364.50	\$43.25	\$405.25
First Senior/ Student	\$43.75	\$437.50	\$51.00	\$561.00	\$59.00	\$649.00
Second Senior/ Student	\$37.25	\$372.50	\$43.50	\$476.75	\$50.25	\$469.00



# Questions / Cancellations / Withdrawals

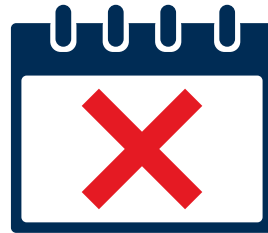


## Register ASAP!

We value your participation in our programs and want to ensure a positive experience for all. Unforeseen circumstances can sometimes result in program cancellations; in order to prevent any disappointment, we highly encourage registering as soon as possible.

Decisions regarding program viability are made one week prior to the scheduled start date. Your prompt registration plays a crucial role in the overall success of the program. Please be aware that each program must meet a minimum registration threshold to proceed.

In the event of a cancellation, participants will receive a full refund, and we commit to providing a minimum of seven days' notice.



## WITHDRAWING FROM A PROGRAM?

We aim to streamline and provide you flexibility within our withdrawal process to further assist you. Here's a breakdown of our withdrawal policy:

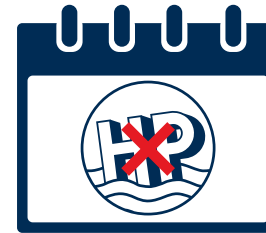
**Transfer Without Fees:** If space is available, you can seamlessly transfer to another course without incurring an administration fee.

**Early Notice (Seven or More Days Before):** No penalty will be assessed if the withdrawal request is made seven or more days before the class starts. However, funds will be credited to your account for future use with the City.

**Short Notice (Less Than Seven Days):** If the request is within seven days of the class start, a \$5 administrative fee will apply, and the remaining funds will be credited to your account for future use with the City.

**Post-Start Date (Up to the End of the Second Class):** After the course has begun, a \$10 administrative fee will apply, and a prorated credit will be issued to your account until the end of the second class. No funds will be returned after the second class.

**Medical Withdrawal:** In case of withdrawal for medical reasons, the fee is waived with a provided doctor's note. A refund will be issued upon request.



## Leadership Program Withdrawal Policy at Harbour Pool

Considering withdrawing from our Leadership Program at Harbour Pool? Here's a breakdown of our withdrawal policy:

**Early Notice (Seven or More Days Before):** If the withdrawal request is made seven or more days before the class starts, a \$10 administrative fee will apply. Funds will be returned in the same form in which they were paid or placed as a credit on the account for future use with the City.

**Short Notice (Less Than Seven Days):** If less than seven days' notice is given, no funds will be returned. This policy is in place because we require a minimum registration for these programs to run, and the decision to run the program is made one week prior to the course start date.

We appreciate your understanding and cooperation with our withdrawal process, and we aim to provide clear and fair guidelines for all participants in our Leadership Program at Harbour Pool.



## Are you registered in the correct swim level?

To ensure accuracy, Harbour Pool staff will verify pre-registered courses and confirm your swim level. Prior to the first day of lessons, our staff will reach out to confirm your lesson history. If you are registered in the incorrect level, you will be withdrawn from the current level and offered the appropriate one if available.

If you find yourself uncertain about which level to register for, don't hesitate to reach out to our Customer Service team at 780.992.6162 for guidance. We're here to help you make the most informed registration decisions for an enjoyable and successful swimming experience.

# Register ASAP (as soon as possible)!

# City Special Events

EVENT	DATE	TIME	WEBSITE
ENCHANTED FOREST	Fri, Nov 24, 2024 to Sun, Jan 7, 2025	During facility hours of operation	<a href="https://fortsask.ca/Enchanted">fortsask.ca/Enchanted</a>
LEGACY PARK FAMILY FESTIVAL	Sat Jun 7, 2025	11:00 am - 4:00 pm	<a href="https://fortsask.ca/FamilyFestival">fortsask.ca/FamilyFestival</a>
CANADA DAY	Tue, Jul 1, 2025	8:00 am - 11:00 pm	<a href="https://fortsask.ca/CanadaDay">fortsask.ca/CanadaDay</a>

*\*Events planned, organized, and executed by the City of Fort Saskatchewan.*



# Age Guidelines DOW CENTENNIAL CENTRE

Nutrien Soccerfield, ATCO Gymnasium & Connect Hearing Peek-Caboose Station	Children seven years and younger must be accompanied by a responsible person 14 years of age or older.	
Apple Fitness Centre & ATB Wellness Studio	<b>Cardio Equipment ONLY Access</b> 12 - 14 years old who complete ONE & DONE. Allowed without adult supervision.	<b>Full Access</b> Ages 15 years and older allowed without Adult supervision. 12 - 14 years must be accompanied and be under direct supervision of an adult.
Fitness Classes	Ages 15 years and older. 12 -14 years old who completed ONE & DONE allowed without adult supervision. 12-14 years old that have not completed ONE & DONE must be accompanied and be within arms reach of an adult.	NO ACCESS for 11 years and younger. *Exception for Youth & Family Specific classes.
Umicore Track	Children seven years and younger must be accompanied by a responsible person 14 years of age or older and be within arms reach.	
Skating	<b>Preschool Puck and Play – Seven years &amp; Younger</b> Children seven years and under must be actively supervised by a responsible person 14 years of age or older; may be on the ice or in the player's box for supervision. An opportunity for unstructured play/skill development with pucks. Designed to enable families the opportunity to work on passing, puck control, and skating. <b>Stick and Puck – Eight years &amp; Older</b> An opportunity for unstructured play/skill development with pucks. CSA approved hockey helmet required. Hockey/ringette sticks & pucks/rings are permitted. <b>Family Skills &amp; Drills – 14 years &amp; Under</b> Family Skills & Drills is open to the entire family, with children 14 years and under. Children seven years and younger must be accompanied on the ice by a responsible person 14 years of age or older. Designed to enable families the opportunity to work on passing, puck control, and skating. Organized shinny games or coaching are NOT allowed. <b>Figure Skating – All ages</b> Shared ice time for drop-in figure skating. Children under eight years must be accompanied by someone 14 years or older at all times. Helmets are recommended.	<b>Child Shinny – 8 - 12 years   Youth Shinny 13 - 17 years   Adult Shinny 18 years &amp; Older</b> Shinny is an informal, non-contact type of hockey played on ice. There are no formal rules or specific positions. All players in attendance agree to the shinny and facility guidelines. All players must be able to participate at the appropriate level of play. Players can adjust their play or come at a different time. Body checking and slap shots are not allowed. All Participants MUST be fair to one another and allow everyone equal playing time. Full equipment is required, including hockey pants, a support cup, hockey gloves, shin/elbow/shoulder pads, an ice hockey stick, and a CSA-approved hockey helmet. <b>Public Skate</b> A CSA-approved hockey helmet is required. Bike helmets are not allowed. Sticks and pucks are not allowed on the ice during Public Skate. <b>Spontaneous Use – All ages</b> An opportunity for unstructured skating/skill development with optional sticks and pucks permitted. CSA approved hockey helmet required. NO Shinny Games permitted.



# Auggies Place Childminding

## DOW CENTENNIAL CENTRE

**Newborn - 8 years**

Auggies Place is a drop-in childcare service focused on providing quality care and a safe environment for children while parents/guardians are partaking in activities within the Dow Centennial Centre.

Our childcare team is certified in HIGH Five Training, Inclusive Play and Adapted Physical Activity training as well as Intermediate first aid.

All staff have undergone Criminal Record checks, and RCMP Vulnerable Sector checks.



### WINTER HOURS EFFECTIVE January 2, 2025 *Hours subject to change seasonally*

MONDAY	8:30 am - 1:00 pm
TUESDAY	8:30 am - 1:00 pm 4:30 - 7:30 pm
WEDNESDAY	8:30 am - 1:00 pm 4:30 - 7:30 pm
THURSDAY	8:30 am - 1:00 pm 4:30 - 7:30 pm
FRIDAY	8:30 am - 1:00 pm
SATURDAY	8:15 am - 12:15 pm
SUNDAY	9:00 am - 12:00 pm
HOLIDAYS	CLOSED

### CHILDMINDING RATES

DROP IN DAILY ADMISSION (PER ½ HOUR)	FEE
Member Individual	\$4.00
Member Family	\$7.00
Non-Member Individual	\$9.00

FAMILY PUNCH PASS CARDS	FEE
Member Family 10-Hour Punch Pass	\$136.00
Member Family 20-Hour Punch Pass	\$272.00

INDIVIDUAL PUNCH PASS CARDS	FEE
Member 10-Hour Punch Pass	\$82.00
Member 20-Hour Punch Pass	\$164.00
Non-Member 10-Hour Punch Pass	\$171.00
Non-Member 20-Hour Punch Pass	\$342.00



# General Fitness

EFFECTIVE JANUARY 12 - MARCH 21

## REFRESH & CONQUER

Kickstart 2025 with this eight-week fitness challenge! This program includes a three-month membership to help motivate you and establish your new routine. Join us for a series of high-energy workouts that incorporate strength training, cardio, and flexibility exercises—all designed to boost your overall fitness and confidence. Benefit from the expertise of not just one instructor, but an additional surprise instructor at each class.

**Kerrie M and friends!**  
**ATB Wellness Studio & ATCO Gym**

CODE	DATE	TIME	FEE
15968	Mon & Thu, Jan 20 - Mar 13	6:45 - 7:45 pm	\$248.00

No class Feb 17

**Registered Childcare available**  
**Auggies Place**

CODE	DATE	TIME	FEE
17394	Mon & Thu, Jan 20 - Mar 13	6:30 - 8:00 pm	\$75.00

No class Feb 17



# General Fitness

EFFECTIVE JANUARY 12 - MARCH 21

January 5 - 11

**FREE REGISTERED CLASS TRIAL WEEK** Pre-registration is required for **ALL** class trials as space is limited.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Flex &amp; Stretch</b> 10:30 - 11:30 am CODE: 17382 ATB Wellness Studio	<b>Pure Ride</b> 5:45 - 6:45 pm CODE: 17383 Apple Fitness Centre <i>limited spaces</i>	<b>Athletic Cardio</b> 6:15 - 7:15 pm CODE: 17384 ATCO Gymnasium	<b>Pound</b> 6:00 - 7:00 pm CODE: 17381 Scotiabank	<b>Pure Ride</b> 5:45 - 6:45 pm CODE: 17387 Apple Fitness Centre <i>limited spaces</i>
		<b>Fit Cross Fusion</b> 6:45 - 7:45 pm CODE: 17385 ATB Wellness Studio	<b>Power Hour</b> 6:15 - 7:15 pm CODE: 17386 ATB Wellness Studio	

Come try one of our  
free registered class trials. If  
you register for the winter  
session you will be entered  
to win a **\$50**  
gift card!



## FIT CROSS FUSION

Take an hour out of your day to blast away some calories! Challenge your strength and conditioning in this high-intensity workout.

**Kerrie M**  
ATB Wellness Studio

CODE	DATE	TIME	FEE
15979	Sun, Jan 12 - Feb 9	9:00 - 10:00 am	\$50.00
15980	Sun, Feb 16 - Mar 16	9:00 - 10:00 am	\$50.00
15977	Tue, Jan 14 - Feb 11	6:45 - 7:45 pm	\$50.00
15978	Tue, Feb 18 - Mar 18	6:45 - 7:45 pm	\$50.00

## BARRE BURN

Dynamic sequences integrating elements of pilates, dance, and traditional fitness make this workout the complete package. Show off your increased strength, flexibility and stamina as you let your inner ballerina shine!

**Alli M**  
ATB Wellness Studio

CODE	DATE	TIME	FEE
15993	Thu, Jan 16 - Feb 13	6:30 - 7:30 pm	\$50.00
15994	Thu, Feb 20 - Mar 20	6:30 - 7:30 pm	\$50.00



## ATHLETIC CARDIO

Suitable for all levels, you'll challenge yourself with dynamic movements that mimic athletic performance, helping you build strength and stamina. Join us for a fun, fast-paced workout that will leave you feeling energized and empowered.

**Anita P**  
ATCO Gymnasium

CODE	DATE	TIME	FEE
17310	Tue, Jan 14 - Feb 11	6:15 - 7:15 pm	\$50.00
17311	Tue, Feb 18 - Mar 18	6:15 - 7:15 pm	\$50.00



## STROLLERCISE

You don't have to miss your workout! Bring your baby along for all the drills, strength, cardio, and core training you can handle.

**Sherry W**  
NUTRIEN Soccer Field

CODE	DATE	TIME	FEE
15983	Wed, Jan 15 - Feb 12	10:00 - 11:00 am	\$50.00
15984	Wed, Feb 19 - Mar 19	10:00 - 11:00 am	\$50.00

## POUND

Channel your inner rockstar with this full-body cardio jam session inspired by the infectious, sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and drum your way to a leaner, slimmer physique - all while rocking out to your favourite music!

**Kerrie M**  
Scotiabank Room/Lion's Mane

CODE	DATE	TIME	FEE
17319	Tue, Jan 14 - Feb 11	9:00 - 10:00 am	\$55.00
17320	Tue, Feb 18 - Mar 18	9:00 - 10:00 am	\$55.00
15987	Wed, Jan 15 - Feb 12	6:00 - 7:00 pm	\$55.00
15988	Wed, Feb 19 - Mar 19	6:00 - 7:00 pm	\$55.00

## POWER HOUR

Power up your routine with this full-body workout aimed at building your functional capacity for strength and endurance activities.

**Patty M**  
ATB Wellness Studio

CODE	DATE	TIME	FEE
15989	Wed, Jan 15 - Feb 12	6:15 - 7:15 pm	\$50.00
15990	Wed, Feb 19 - Mar 19	6:15 - 7:15 pm	\$50.00



# General Fitness

EFFECTIVE JANUARY 12 - MARCH 21

## FLEX & STRETCH

This session focuses on dynamic stretching techniques and gentle flexibility exercises that target all major muscle groups. Perfect for all fitness levels, participants will engage in guided movements that alleviate tension, increase range of motion, and improve posture.

**Joel J**  
**ATB Wellness Studio**

CODE	DATE	TIME	FEE
17312	Sun, Jan 12 - Feb 16	10:30 - 11:30 am	\$60.00
17313	Sun, Feb 23 - Mar 16	10:30 - 11:30 am	\$40.00

## MOVING 4 LIFE

A gentle muscular, strength, and endurance class, perfect for the beginner yet challenging enough for the active person. Using small equipment, the primary goals of this class are toning, strengthening, and increasing mobility. A great class for participants rehabilitating or living with mobility issues. Everyday living is made easier through exercise.

**Sherry W**  
**AUX Sable Flexhall**

CODE	DATE	TIME	FEE
15971	Tue, Jan 14 - Feb 11	11:00 am - 12:00 pm	\$50.00
15972	Tue, Feb 18 - Mar 18	11:00 am - 12:00 pm	\$50.00
15973	Thu, Jan 16 - Feb 13	11:00 am - 12:00 pm	\$50.00
15974	Thu, Feb 20 - Mar 20	11:00 am - 12:00 pm	\$50.00

## MS ACTIVE STRENGTH AND STRETCH

Exercise is recognized as an important part of the care plan for MS. The goal of exercise is to improve your overall health and help maintain function, your independence, and quality of life. This strength and stretch program can help you achieve your goals. Before beginning an exercise program, be sure to talk to your doctor.

**Trina V**  
**Scotiabank Room**

CODE	DATE	TIME	FEE
15985	Wed, Jan 15 - Mar 19	1:00 - 2:00 pm	\$110.00

## NOT FALLING FOR YOU

Partnership program with Alberta Health Services designed to help older adults aged 50+ prevent fall risks and injuries through information sharing and physical activity. Ideal for individuals who are independent and looking to maintain and build their physical abilities to avoid falls as they age and build neighborly connections. Come as you are, no previous experience with group exercise required!

**TBA**  
**City Hall Room 1 & 2**

CODE	DATE	TIME	FEE
17337	Fri, Feb 7 - May 2	11:00 am - 12:00 pm	FREE*

**\*PRE-REGISTRATION IS REQUIRED**



# Cycle Classes

## SPIN AND CORE

A great combination for the entire body! Get your heart pumping on the spin bike, then the off-bike component will complement the cycle training as you build your core.

**Alli M**

**Apple Fitness Centre**

CODE	DATE	TIME	FEE
17367	Tue, Jan 14 - Feb 11	6:00 - 7:00 pm	\$55.00
17368	Tue, Feb 18 - Mar 18	6:00 - 7:00 pm	\$55.00

## PURE RIDE

Nothing but you and the bike! This indoor cycling workout is a great no impact option that will take your cardiovascular abilities to new heights.

**Marie R**

**Apple Fitness Centre**

CODE	DATE	TIME	FEE
17363	Mon, Jan 13 - Feb 10	5:45 - 6:45 pm	\$55.00
17364	Mon, Feb 17 - Mar 17	5:45 - 6:45 pm	\$55.00

*No class Feb 17*

**Lindsay P**

**Apple Fitness Centre**

CODE	DATE	TIME	FEE
17365	Thu, Jan 16 - Feb 13	5:45 - 6:45 pm	\$55.00
17366	Thu, Feb 20 - Mar 20	5:45 - 6:45 pm	\$55.00

## CYCLE BOOTCAMP

Challenge yourself with interval-based cycling drills mixed with off-bike strength and power exercises.

**Marie R**

**Apple Fitness Centre**

CODE	DATE	TIME	FEE
17361	Fri, Jan 17 - Feb 14	6:00 - 7:00 pm	\$55.00
17362	Fri, Feb 21 - Mar 21	6:00 - 7:00 pm	\$55.00



# Mind & Body

## GENTLE YOGA

Encourage your body to slow down. We will enter postures gradually, layering movements and linking with breath. Balance, mobility, stability and flexibility will be explored together, ending with time for relaxation. This class is both beginner-friendly and suitable for the more experienced, who are looking for a gentler mindful practice.

*Please bring a mat.*

**Mic M**

**Scotiabank Room**

CODE	DATE	TIME	FEE
17342	Sun, Jan 5 - Feb 9	8:15 - 9:15 am	\$75.00
17343	Sun, Feb 16 - Mar 16	8:15 - 9:15 am	\$62.50

## REALIGNMENT YOGA

This realignment class will address and correct misalignments in your shoulders, hips, knees, or ankles. Each week will work towards restoring your body to full mobility.

*Please bring a mat, strap, and blanket.*

**Candace W**

**City Hall Room 1 & 2**

CODE	DATE	TIME	FEE
15958	Mon, Jan 13 - Feb 10	9:15 - 10:30 am	\$77.50
15959	Mon, Feb 24 - Mar 17	9:15 - 10:30 am	\$62.00

*No class Feb 17*

**Jill G**

**City Hall Room 1 & 2**

CODE	DATE	TIME	FEE
15960	Wed, Jan 15 - Feb 12	5:30 - 6:45 pm	\$77.50
15961	Wed, Feb 19 - Mar 19	5:30 - 6:45 pm	\$77.50



## CHAIR YOGA

Applicable to everyone but especially geared to accommodate those recovering from an injury, surgery, or having mobility issues. Come and learn how to use a simple chair to improve flexibility, strength, release tension, and calm the mind.

*Please bring a mat, and blanket.*

**Candace W**

**City Hall Room 1 & 2**

CODE	DATE	TIME	FEE
15962	Mon, Jan 13 - Feb 10	11:00 am - 12:00 pm	\$62.50
15963	Mon, Feb 24 - Mar 17	11:00 am - 12:00 pm	\$50.00

*No class Feb 17*

## INTRO TO SEED MEDITATION™

The SEED Meditation™ method is a contemporary style that is as simple as its acronym; Simple, Easy, and for Every Day. This practice is for anyone wanting to improve their health, create more awareness, inner peace, and vitality. This course is split into two sessions, allowing you to trial the first two classes before committing to an additional six!

**Trina V**

**Scotiabank Room**

CODE	DATE	TIME	FEE
17314	Wed, Feb 5 - Feb 12	6:00 - 7:00 pm	\$20.00
17315	Wed, Feb 19 - Mar 26	6:00 - 7:00 pm	\$60.00



# Preschool and Child Programs

## NEW PARENTS NIGHT OFF

PARENTS/ GUARDIANS you deserve a night off, and we have you covered! Bring your kiddo for four hours of fun, games, activities, and making new friends while you do what you need or simply what you want to do! Take the time to shop, have a date night, clean, take a nap or just relax!

### Newborn - 9 years

#### Auggies Place

CODE	DATES	TIME	FEE
17316	Fri, Jan 17	4:30 - 8:30 pm	\$25
17399	Fri, Feb 14	4:30 - 8:30 pm	\$25
17317	Fri, Feb 21	4:30 - 8:30 pm	\$25
17318	Fri, Mar 14	4:30 - 8:30 pm	\$25

## PRESCHOOL FUN, FITNESS, AND FRIENDS

Our Preschool programs focus on providing active fitness in our Nutrien Soccer Field, ATCO Gymnasium, AUX Sable Flexhall, unstructured free play, crafts, friendship building and a safe environment for children.

### 2.5\* - 5 years

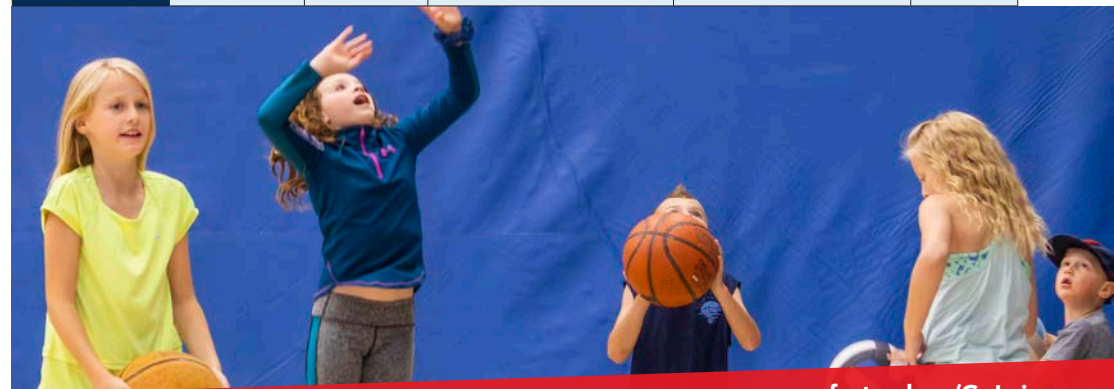
\*must be potty trained

CODE	LOCATION	DATES	TIME	FEE
17369	Auggies Place	Mon, Jan 6 - 27	1:30 - 3:30 pm	\$48.00
17372	Auggies Place	Tue, Jan 7 - 28	1:00 - 3:00 pm	\$48.00
17375	Nutrien Soccer A	Thu, Jan 9 - 30	9:30 - 11:30 am	\$48.00
17378	Auggies Place	Fri, Jan 10 - 31	1:30 - 3:30 pm	\$48.00
17370	Auggies Place	Mon, Feb 3 - 24 No class Feb 17	1:30 - 3:30 pm	\$36.00
17373	Auggies Place	Tue, Feb 4 - 25	1:00 - 3:00 pm	\$48.00
17376	Nutrien Soccer A	Thu, Feb 6 - 27	9:30 - 11:30 am	\$48.00
17379	Auggies Place	Fri, Feb 7 - 28	1:30 - 3:30 pm	\$48.00
17371	Auggies Place	Mon, Mar 3 - 31	1:30 - 3:30 pm	\$60.00
17374	Auggies Place	Tue, Mar 4 - 25	1:00 - 3:00 pm	\$48.00
17377	Nutrien Soccer A	Thu, Mar 6 - 27	9:30 - 11:30 am	\$48.00
17380	Auggies Place	Fri, Mar 7 - 28	1:30 - 3:30 pm	\$48.00

## sportball MULTI-SPORT

If we asked one of our Sportball parents to dream up their child's ultimate class, it would probably look like our star program, Multi-Sport. Multi-Sport classes keep children moving and engaged and send them home with new skills from a different sport each class. These well-rounded classes provide an amazing foundation for a lifetime of active living, bundling soccer, baseball, basketball, football, hockey, volleyball, golf, and tennis into one comprehensive package. That's eight sports per season for one registration! All of our classes are Coached with Purpose using Sportball Methodology. All games, activities, and instructions have a purpose and expected outcome. We aim to build your child's confidence, competence, and Physical Literacy. Our programs target three key areas of childhood development, helping them build skills for life!

AGE	LOCATION	CODE	DATES	TIME	FEE
16 months - 2 years (Parented)	AUX Sable Flexhall	17215 No class Feb 16	Sun, Jan 12 - Mar 23	9:00 - 9:30 am	\$137.50
	Nutrien Soccer A	17192	Tue, Jan 7 - Mar 18	9:50 - 10:35 am	\$184.25
2 - 3.5 years (Parented)	AUX Sable Flexhall	17212	Wed, Jan 8 - Mar 19	5:00 - 5:45 pm	\$184.25
	AUX Sable Flexhall	17216 No class Feb 16	Sun, Jan 12 - Mar 23	9:35 - 10:20 am	\$167.50
		17217 No class Feb 16	Sun, Jan 12 - Mar 23	10:25 - 11:10 am	\$167.50
3.5 - 5 years	Nutrien Soccer A	17211	Tue, Jan 7 - Mar 18	10:40 - 11:40 am	\$184.25
	AUX Sable Flexhall	17213	Wed, Jan 8 - Mar 19	5:50 - 6:50 pm	\$184.25
		17218 No class Feb 16	Sun, Jan 12 - Mar 23	11:15 am - 12:10 pm	\$167.50
5 - 8 years	AUX Sable Flexhall	17214	Wed, Jan 8 - Mar 19	6:55 - 7:55 pm	\$184.25
		17219 No class Feb 16	Sun, Jan 12 - Mar 23	12:15 - 1:10 pm	\$167.50





# No School Fun Day Full Day Camps!

## ONE DAY CAMPS!

Our No School Fun Day Full Day camps will have participants enjoying unstructured free play, making new friends, playing games, making crafts, and being active with special trips into the Nutrien Soccer field, AUX Sable Flexhall and the ATCO Gymnasium. Each day we will be working on our dodging skills in our Nerf Adventures, discovering our inner scientist while creating experiments and burning off energy with our obstacle courses and bouncy castles!

*NOTE: Please pack and label a nut-free lunch, water bottle, snacks, indoor shoes, and outdoor weather-appropriate clothing.*

A waiver must be signed at the time of drop-off.

## 5 - 9 years

### Auggies Place

CODE	DATE	TIME	FEE
17257	Thu, Jan 2	8:30 am - 4:30 pm	\$50.00
17258	Fri, Jan 3	8:30 am - 4:30 pm	\$50.00
17396	Wed, Jan 29	8:30 am - 4:30 pm	\$50.00
17259	Thu, Feb 6	8:30 am - 4:30 pm	\$50.00
17260	Fri, Feb 7	8:30 am - 4:30 pm	\$50.00
17261	Fri, Mar 7	8:30 am - 4:30 pm	\$50.00
17262	Fri, Mar 21	8:30 am - 4:30 pm	\$50.00
17263	Mon, Mar 24	8:30 am - 4:30 pm	\$50.00
17264	Tue, Mar 25	8:30 am - 4:30 pm	\$50.00
17265	Wed, Mar 26	8:30 am - 4:30 pm	\$50.00
17266	Thu, Mar 27	8:30 am - 4:30 pm	\$50.00
17267	Fri, Mar 28	8:30 am - 4:30 pm	\$50.00





# Youth Programs

## NEW LEVEL UP BASKETBALL PROGRAM

Designed for athletes who want to learn more about the game and how to become impact players for their team. Our experienced coaching staff will effectively introduce skills and teach players how to transfer them into gameplay. Athletes will be given a multitude of opportunities to hone skills through competitive games, which are designed to help players build their in-game IQ and decision making.

### 5 - 7 years

#### ATCO Gymnasium

CODE	DATE	TIME	FEE
17230	Thu, Jan 9- Feb 13	5:00 - 5:55 pm	\$99.00
17233	Thu, Feb 20 - Mar 20	5:00 - 5:55 pm	\$82.50

### 7 - 9 years

#### ATCO Gymnasium

CODE	DATE	TIME	FEE
17234	Thu, Jan 9 - Feb 13	6:00 - 6:55 pm	\$99.00
17231	Thu, Feb 20 - Mar 20	6:00 - 6:55 pm	\$82.50

### 9 - 12 years

#### ATCO Gymnasium

CODE	DATE	TIME	FEE
17232	Thu, Jan 9 - Feb 13	6:55 - 7:55 pm	\$99.00
17235	Thu, Feb 20 - Mar 20	6:55 - 7:55 pm	\$82.50

## POWER UP! PROGRAM

Power Up is an educational program geared towards sport groups across Canada that focuses on building confidence in girls. This program will incorporate a facilitator-led curriculum, games-focused activities, a practical component, and strategies to help engage and promote long-term participation of girls in sport. During our sessions, we may play various sports in a fun, empowering, and caring environment. We aim to provide an atmosphere of acceptance, so girls are not afraid to try new things and gain the benefits of physical activity.

### 8 - 17 years

#### ATCO Gymnasium

CODE	DATE	TIME	FEE
17269	Wed, Jan 8 - Feb 12	7:00 - 8:30 pm	\$66.00
17270	Wed, Feb 19 - Mar 19	7:00 - 8:30 pm	\$55.00



## NEW GO SPORTS! Volleyball Alberta's Atomic 1

GO Sport Atomic is an eight-week volleyball program for youth aged 9-12, based on Volleyball Canada's Atomic Volleyball curriculum. Sessions are 1.5 hours, combining skills practice and modified games. The program focuses on fun, fair play, participation, and increasing ball contacts, following the Long-Term Athlete Development Model Stage 2: "Learning to Train."

Volleyball Alberta was awarded grant funding through the Sport, Physical Activity and Recreation Stakeholder Services (SPAR) – Every Kid Can Play (EKCP) initiative. Each participant for GO Sports program for 2024-2025 (excluding Fall 2025), will receive a \$30.00 discount at time of check out.

### 9 - 12 years No Prior Experience Required

#### ATCO Gymnasium

DATE	TIME	FEE
Tue, Jan 14 - Mar 4	5:00 - 6:30 pm	fee listed at site

Register through [GO Sports North – Volleyball Alberta](#)

## BABYSITTER'S TRAINING PROGRAM

This one-day course teaches students the skills to become St. John Ambulance-certified babysitters. They'll learn basic first aid, childcare techniques, diaper changing, and injury prevention. Wear comfortable clothes and bring a nut-free lunch, snacks, drinks, a pen, and a baby-sized doll or stuffie.

### 11 - 15 years

#### Lions Pride

CODE	DATE	TIME	FEE
17335	Thu, Feb 6	9:00 am - 3:30 pm	\$84.00

## ONE AND DONE FITNESS CENTRE ORIENTATION

This one-hour orientation is for youth who want to use the Fitness Centre's weights and cable machines without parental supervision. A trainer will cover basic weightlifting tips, proper form, and safe use of cable machines.

### 12 - 14 years

#### Kerrie M Apple Fitness Centre

CODE	DATE	TIME	FEE
17400	Sat, Feb 1	9:30 - 10:30 am	\$60.00
17401	Sat, Mar 1	9:30 - 10:30 am	\$60.00

## HOME ALONE PROGRAM

The Canada Safety Council Home Alone Program is designed to provide children 10 years of age and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied.

The course material covers such topics as:

- Establishing a routine
- House Key is your responsibility
- Strangers
- Telephone
- Emergencies
- Basic First Aid
- Internet Safety

### 10 years and older

#### Scotia Bank Room

CODE	DATE	TIME	FEE
17344	Sat, Jan 11	9:00 am - 12:00 pm	\$55.00
17483	Sat, Mar 8	9:00 am - 12:00 pm	\$55.00

## JUNIOR LEADERS PROGRAM

Spend your No School Day gaining hands-on experience and developing leadership skills while having FUN with children! After successfully attending three No School Days as a Junior Leader-in-Training (within one school calendar year), each Junior Leader-in-Training will be eligible for a letter of reference reflecting the total hours inputted, growth, and abilities demonstrated.

### 12 - 15 years

#### Auggies Place

CODE	DATE	TIME	FEE
17348	Thu, Jan 2	8:00 am - 4:30 pm	\$25.00
17349	Fri, Jan 3	8:00 am - 4:30 pm	\$25.00
17397	Wed, Jan 29	8:00 am - 4:30 pm	\$25.00
17350	Thu, Feb 6	8:00 am - 4:30 pm	\$25.00
17351	Fri, Feb 7	8:00 am - 4:30 pm	\$25.00
17352	Fri, Mar 7	8:00 am - 4:30 pm	\$25.00
17353	Fri, Mar 21	8:00 am - 4:30 pm	\$25.00
17354	Mon, Mar 24	8:00 am - 4:30 pm	\$25.00
17355	Tue, Mar 25	8:00 am - 4:30 pm	\$25.00
17356	Wed, Mar 26	8:00 am - 4:30 pm	\$25.00
17357	Thu, Mar 27	8:00 am - 4:30 pm	\$25.00
17358	Fri, Mar 28	8:00 am - 4:30 pm	\$25.00



CLOSED for  
annual maintenance  
January 5 - 26, 2025.

[fortsask.ca/Swim](https://fortsask.ca/Swim)



CLICK HERE to view the  
**DROP-IN** Schedule



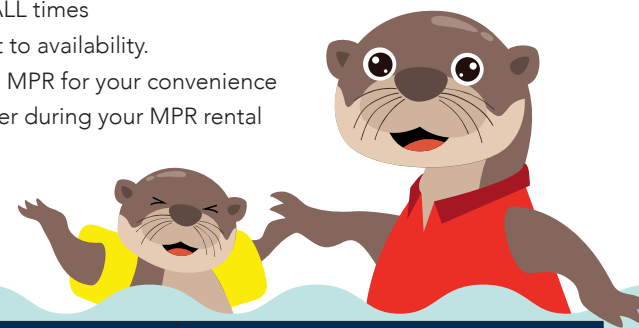
EVENTS

EVENT	DATE & TIME	SPONSOR
<b>Glow Party Youth Loonie Swim</b>	February 8 7:00 - 9:00 pm	Mel Martin's Transfer
<b>Community Loonie Swim</b>	February 15 2:00 - 4:00 pm	The Retreat Salon & Spa
<b>FREE Extra Public Swim</b>	February 16 11:00 am - 1:00 pm	Courtesy of FORTIS Alberta
<b>Family Day FREE Swim</b>	February 17 1:30 - 4:30 pm	Park Pest Control
<b>Community Loonie Swim</b>	March 15 2:00 - 4:00 pm	Doderai Dental

To become a sponsor, contact us at  
780.992.6162 for more information.

## HARBOUR POOL RENTAL INFO

- Harbour Pool will be open 15 minutes prior to your rental time
- All rental contracts must be signed and returned to Harbour Pool PRIOR to your rental
- Changes or cancellations must be done 72 hours in advance of your rental. All cancellations have a \$5 administrative fee
- Children 7 years and younger must be accompanied into the water by a responsible person 14 years of age or older and must be within arm's reach at ALL times
- Lifejackets are available for use, sizes are subject to availability.
- A sink, microwave and fridge are available in the MPR for your convenience
- Please refrain from any kind of sparkles and glitter during your MPR rental
- No alcohol is permitted on the premises
- All Harbour Pool rules apply to rentals
- Full payment is required at time of booking



PARTY PACKAGE	POOL ONLY	MULTI-PURPOSE ROOM (MPR)
<b>\$321.00</b> (GST Included) • 2 hours in the Party Room	Based on number of patrons, GST Included <b>1 - 74 .....\$197.25</b> <b>75 - 124 .....\$248.40</b> <b>125 - 185 .....\$298.65</b> <b>186 - 246 .....\$349.00</b> <b>247 - 300 .....\$398.75</b>	(GST Included)  <b>\$37.50 / HOUR</b>  MAX 34 people in the room



# Lifesaving Society Leadership Courses

**ATTENDANCE FOR ALL PROGRAM DATES IS MANDATORY FOR COURSE COMPLETION.**

## JUNIOR LIFEGUARD CLUB (JLC)

Junior Lifeguard Club combines each of the Canadian Swim Patrol programs in a club-based setting, providing enriched training for those who are ready to go beyond learn-to-swim. This program continues to develop participants' swim strokes and provide the skill foundation that prepares them for success in the Lifesaving Society's Bronze Medal awards.

CODE	DATE	TIME	FEE
16073	Fri, Jan 31 - Mar 21	4:30 - 6:30 pm	\$108.15
<i>No class Feb 14</i>			
16280	Sun, Feb 2 - Mar 23	12:00 - 2:00 pm	\$108.15

*No class Feb 16*

**Prerequisite:** Ability to swim 25m, tread water for 2 minutes, and be comfortable in deep water.

## LIFESAVING SOCIETY BRONZE STAR

Bronze Star is the pre-Bronze Medallion training standard, and it is excellent preparation for success in Bronze Medallion. Participants develop problem-solving, decision-making skills, and Water Smart® confidence.

CODE	DATE	TIME	FEE
16550	Sat, Feb 1 - 22	9:30 am - 1:00 pm	\$152.75

*No Class Feb 15*

**Prerequisite:** None (Canadian Swim Patrol experience is recommended)

## LIFESAVING SOCIETY BRONZE MEDALLION / CPR-C

The Bronze Medallion tests judgment, knowledge, skill, and fitness for water rescues, teaching problem-solving and decision-making around water. CPR-C covers CPR skills for adults, children, and infants, including two-rescuer techniques and AED use.

CODE	DATE	TIME	FEE
16560*	Tue / Thu, Feb 27 - Mar 20	4:00 - 7:00 pm	\$191.52
16559**			\$201.11

Under 15\* / Over 15\*\*

**Prerequisite:** Bronze Star OR 13+ years old

## LIFESAVING SOCIETY BRONZE CROSS

Bronze Cross prepares candidates to assist lifeguards by building lifesaving skills and teaching active surveillance techniques in aquatic facilities. It emphasizes teamwork, communication, and emergency response. Candidates must complete a 400 m swim in 11 minutes or less. Bronze Cross is required for National Lifeguard and leadership training.

CODE	DATE	TIME	FEE
16289*	Fri, Sat, Sun, Mar 28 - 30	9:00 am - 5:00 pm	\$165.00
16288**	Fri, Sat, Sun, Mar 28 - 30	9:00 am - 5:00 pm	\$176.40

Under 15\* / Over 15\*\*

**Prerequisite:** Bronze Medallion & Current Intermediate First Aid

## LIFESAVING SOCIETY INTERMEDIATE FIRST AID CPR-C (IFA) / AQUATIC EMERGENCY CARE (AEC) / OXYGEN ADMINISTRATION (O<sub>2</sub>)

Intermediate First Aid CPR-C & AED provides comprehensive first aid training, covering all aspects of first aid, CPR, and AED use. Aquatic Emergency Care provides training specific to emergencies in an aquatic setting. Oxygen Administration provides knowledge and techniques for the use of oxygen as a supplement in an emergency care situation.

CODE	DATE	TIME	FEE
16551	Mon - Wed, Mar 24 - 26	9:00 am - 5:00 pm	\$225.00

**Prerequisite:** None



## LIFESAVING SOCIETY IFA RECERT

This is a recertification course for Intermediate First Aid CPR-C & AED. Prior completion of Intermediate First Aid CPR-C & AED (must be current).

CODE	DATE	TIME	FEE
17272	Sat, Feb 22	8:00 am - 4:00 pm	\$110.00

**Prerequisite:** Prior completion of Intermediate First Aid CPR-C & AED (must be current), is required for enrollment.

## LIFESAVING SOCIETY NL / AEC / O<sub>2</sub> RECERT

This is a recertification course for National Lifeguard, Intermediate First Aid CPR-C & AED, and Aquatic Emergency Care. Prior completion of National Lifeguard (need not be current) and Intermediate First Aid CPR-C & AED (must be current).

CODE	DATE	TIME	FEE
16235	Sun, Feb 23	8:00 am - 5:00 pm	\$130.00

**Prerequisite:** Prior completion of National Lifeguard (need not be current) and Intermediate First Aid CPR-C & AED (must be current), are required for enrollment.

## SWIMABILITIES® INSTRUCTOR

SwimAbilities® Instructors are responsible for teaching and evaluating candidates participating in the SwimAbilities® learn to swim program. The SwimAbilities® Instructor course prepares instructors to apply level 2 leadership competencies and strategies designed to teach candidates with special needs.

CODE	DATE	TIME	FEE
16558	Feb 7 & 8	Fri 9:00 am - 5:00 pm Sat 8:00 am - 1:00 pm	\$154.50

**Prerequisite:** Current Swim or Lifesaving Instructor



# Additional Aquatic Programs

## AQUA BOOTCAMP

Aqua Bootcamp is designed to provide a more intense aerobic workout than our Shallow and Deep Aquasize classes. This fast-paced, 45-minute workout is led by an aquafitness instructor and will help you improve your cardio, increase your endurance, strengthen your core, and, most importantly, challenge yourself.

DAY	DATES	TIME	CODE	FEE
Tue & Thu	Feb 4 - 25	9:00 - 9:45 am	17321	\$71.75
Tue & Thu	Feb 27 - Mar 20	9:00 - 9:45 am	17322	\$71.75

## PRESCHOOL PLUNGE & PLAY

This unparented program combines physical creativity, art, music, stories, snacks and, of course, swimming. Each class includes a minimum half hour pool session.

**Prerequisite:** Three years of age, completely toilet trained and able to dress themselves prior to class registration.

DAY	DATES	TIME	CODE	FEE
Mon No class Feb 17	Feb 3 - Mar 17	9:00 - 11:30 am	16236	\$130.80
Mon No class Feb 17	Feb 3 - Mar 17	12:30 - 3:00 pm	16552	\$130.80
Tue	Feb 4 - Mar 18	9:00 - 11:30 am	16237	\$152.60
Tue	Feb 4 - Mar 18	12:30 - 3:00 pm	16553	\$152.60
Wed	Feb 5 - Mar 19	9:00 - 11:30 am	16238	\$152.60
Wed	Feb 5 - Mar 19	12:30 - 3:00 pm	16554	\$152.60
Thu	Feb 6 - Mar 20	9:00 - 11:30 am	16239	\$152.60
Thu	Feb 6 - Mar 20	12:30 - 3:00 pm	16555	\$152.60
Fri	Feb 7 - Mar 21	9:00 - 11:30 am	16556	\$152.60
Fri	Feb 7 - Mar 21	12:30 - 3:00 pm	16557	\$152.60

## SWIM TO SURVIVE

Over the last 20 years in Alberta, on average, fatal drownings have increased 1.1% and emergency department visits have increased 0.6% annually. Swim to Survive is a survival training program that focuses on the skills needed to survive an unexpected fall into deep water. Learn to roll into deep water, tread water for one-minute, and swim 50 metres. This course is for all ages and abilities, and families are encouraged to enroll together! The program is adaptable to include skills and water safety teachings based on the abilities of participants.

DAY	DATES	TIME	CODE	FEE
Mon/ Wed/ Fri	Mar 24 - Mar 28 Spring Break!	10:00 am - 12:00 pm	16279	\$15.75

## SWIMABILITIES®

### CAREGIVER IN WATER PARTICIPATION REQUIRED.

SwimAbilities® is a learn-to-swim program geared for children aged 3 - 16 years with special needs, looking for an alternative to Swim for Life lessons. No formal diagnosis is needed! The child's caregiver is in the water to provide one-on-one focus while being under the direction of a certified instructor. SwimAbilities® assists children and their caregivers to accomplish goals surrounding safety, independence, and enjoyment in and around the water.

Harbour Pool now offers designated times for SwimAbilities® classes when no other Swim for Life programs are occurring in the pool, to offer a safe and comfortable sensory experience for participants.

Questions about this program? Call 780.992.6162.

## SWIMABILITIES® (8 AND UNDER)

DAY	DATES	TIME	CODE	FEE
Sat No class Feb 15	Feb 1 - Mar 22	9:00 - 9:45 am	16129	\$61.25
Tue & Thu	Feb 4 - 25	4:00 - 4:45 pm	16130	\$61.25
Tue & Thu	Feb 27 - Mar 20	4:00 - 4:45 pm	16277	\$61.25

## SWIMABILITIES® (16 AND UNDER)

DAY	DATES	TIME	CODE	FEE
Sat No class Feb 15	Feb 1 - Mar 22	9:00 - 9:45 am	16127	\$61.25
Tue & Thu	Feb 4 - 25	4:00 - 4:45 pm	16128	\$61.25
Tue & Thu	Feb 27 - Mar 20	4:00 - 4:45 pm	16278	\$61.25

## STROKE IMPROVEMENT

Stroke Improvement is intended for participants between the ages of 8 and 14 years who have completed Swimmer 6. However, individuals who have not completed Swimmer 6 who wish to improve their strokes are welcome to enroll. Candidates should come prepared to participate in a variety of stroke drills and swim upwards of 50 - 100 metres at a time.

DAY	DATES	TIME	CODE	FEE
Sat No class Feb 15	Feb 1 - Mar 22	10:30 - 11:15 am	16192	\$61.25
Wed	Feb 5 - Mar 19	5:30 - 6:15 pm	16284	\$61.25





# Lifesaving Society Swim For Life

Please note, if proof of completion for the previous level is not provided you may be withdrawn from the course. Please see page 4 for more information. Call Harbour Pool at 780.992.6162 if you are unsure of what level to register in for more information or to book a free swim placement.

## LIFESAVING SOCIETY PARENT AND TOT PROGRAMS

### PARENT AND TOT 1 (4 - 12 MONTHS)

Bring your tot here for their first introduction to swimming lessons! Tots will practice front floats, back floats, splashing, and kicking in the water, all while being assisted by an adult.

### PARENT AND TOT 2 (12 - 24 MONTHS)

Tots will become familiar with using personal floatation devices, submerging their face in the water, blowing bubbles, front floats, back floats, and shallow water movement.

### PARENT AND TOT 3 (24 - 36 MONTHS)

This is the last parented level before your tot learns to swim on their own! Tots will practice jump entries, building water confidence, floats, submersion, blowing bubbles, opening their eyes underwater, and kicking.

## LIFESAVING SOCIETY PRESCHOOL

### PROGRAMS (3 - 5 YEARS)

#### PRESCHOOL 1

This is the first level that is un - parented. Standards are all assisted by the instructor or a floatation device. Swimmers will practice blowing bubbles in the water, front floats, back floats, jump entry, face in the water, and safe shallow water movement.

#### PRESCHOOL 2

In this level, swimmers will become familiar with personal floatation devices (PFD), flutter kick, floats while wearing a PFD, and roll over glides while wearing a PFD. The use of the PFD and not the instructor for assistance will build your swimmer's confidence in the water and prepare them for Preschool 3!

#### PRESCHOOL 3

This level only has two PFD assisted items in it. All other items are completed by swimmers, all by themselves! They will practice flutter kick, front floats, back floats, waist - deep submersion, roll over glides, and jump entries.

#### PRESCHOOL 4

In Preschool 4, swimmers will learn and practice assisted treading water, chest-deep water submersion, floats, glides, front crawl, flutter kick on back, and object recovery in chest-deep water.

#### PRESCHOOL 5

In this level, swimmers will learn unassisted treading water, whip kick, front crawl, back crawl, and short interval training. If the swimmer is 5 years old or older when they pass Preschool 5, they may move onto Swimmer 2.

## LIFESAVING SOCIETY SCHOOL - AGED PROGRAMS (5 - 14 YEARS)

### SWIMMER 1

This is the starting level for anyone aged 5 - 14 who has not yet taken swimming lessons. In this level, swimmers will learn basic floats, glides, rolls, flutter kicks, front crawl, and basic aquatic safety items.

### SWIMMER 2

This level is the next step for swimmers who have previously passed either Preschool 5 or Swimmer 1. Swimmer 2 focuses on getting comfortable in deep water as well as learning the basics of whip kick, front crawl, back crawl, and interval training.

### SWIMMER 3

This level will cover new skills such as disorienting entries/movements, diving, and treading water without a PFD. Swimmers will also practice front crawl, back crawl, and interval training with increased difficulty.

### SWIMMER 4

Front crawl and back crawl distances are now increased up to 25-metres. Swimmers will learn diving, swimming underwater, and the breaststroke arm technique.

### SWIMMER 5

In this level, swimmers will learn eggbeater for treading water, breaststroke, and head - up front crawl. Swimmers will continue to practice interval training, as well as short sprints.

### SWIMMER 6

The last swimmer level will teach swimmers strength and endurance. Swimmers will practice all swimming skills at the highest difficulty within this level. New skills include scissor kick, stride entry, sprint breaststroke and a 300-metre distance swim.

## CANADIAN SWIM PATROL PROGRAMS (5 - 14 YEARS)

### ROOKIE PATROL

In this program, swimmers will continue stroke development with 50-metre swims of front crawl, back crawl, and breaststroke. Lifesaving sport skills include a 25-metre obstacle swim and a 15-metre object carry. First aid focuses on assessment of conscious victims, contacting EMS and treatment for bleeding. Fitness skills will improve with 350-metre workouts and 100-metre timed sprints.

### RANGER PATROL

In this program, swimmers will strengthen their strokes doing over 75-metre swims of each stroke. Lifesaving sport skills include a timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock, and obstructed airway procedures.

### STAR PATROL

In this program, swimmers are challenged with 600-metre workouts, 300-metre timed swims, and a 25-metre object carry. Strokes are refined over 100-metre swims. First aid focuses on treatment of bone and joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defense methods, victim removals, and rolling over and supporting a victim face up in shallow water.

## ADULT / TEEN SWIM PROGRAMS (14+ YEARS)

### ADULT 1 (AGES 14+)

This level will help get you started on developing water confidence and swimming skills. Endurance training and activities based on your swimming level will increase your confidence to perform skills unassisted.

### ADULT 2 / 3 (AGES 14+)

Build on your endurance, swimming front and back crawl and start to explore interval training and drills to help you master your newly developed swimming skills. Breaststroke and deep-water orientation/entries are introduced.

# Lifesaving Society Swim for Life

Please note, if proof of completion for the previous level is not provided you may be withdrawn from the course. Please see page 4 for more information.

## PARENT & TOT 1/2

DAY	DATES	TIME	CODE	FEE
Fri No class Feb 14	Jan 31 - Mar 21	5:10 - 5:40 pm	16076	\$54.25
Sat No class Feb 15	Feb 1 - Mar 22	9:50 - 10:20 am	16077	\$54.25
Wed	Feb 5 - Mar 19	5:05 - 5:35 pm	16246	\$54.25

## PARENT & TOT 1 / 2 / 3

DAY	DATES	TIME	CODE	FEE
Sun No class Feb 16	Feb 2 - Mar 23	12:00 - 12:30 pm	16080	\$54.25
Mon & Wed No class Feb 17	Feb 3 - 24	2:00 - 2:30 pm	16079	\$46.50
Mon No class Feb 17	Feb 3 - Mar 17	5:55 - 6:25 pm	16082	\$46.50
Tue & Thu	Feb 4 - 25	10:00 - 10:30 am	16085	\$54.25
Tue & Thu	Feb 4 - 25	5:20 - 5:50 pm	16081	\$54.25
Mon & Wed	Feb 26 - Mar 19	2:25 - 2:55 pm	16078	\$54.25
Tue & Thu	Feb 27 - Mar 20	9:30 - 10:00 am	16250	\$54.25
Tue & Thu	Feb 27 - Mar 20	5:25 - 5:55 pm	16248	\$54.25

## PARENT & TOT 3

DAY	DATES	TIME	CODE	FEE
Fri No class Feb 14	Jan 31 - Mar 21	5:55 - 6:25 pm	16083	\$54.25
Sat No class Feb 15	Feb 1 - Mar 22	10:25 - 10:55 am	16084	\$54.25
Wed	Feb 5 - Mar 19	5:55 - 6:25 pm	16249	\$54.25

## PRESCHOOL 1

DAY	DATES	TIME	CODE	FEE
Fri No class Feb 14	Jan 31 - Mar 21	4:35 - 5:05 pm	16089	\$54.25
Sat No class Feb 15	Feb 1 - Mar 22	10:40 - 11:10 am	16092	\$54.25
Sat No class Feb 15	Feb 1 - Mar 22	11:20 - 11:50 am	16093	\$54.25
Sun No class Feb 16	Feb 2 - Mar 23	12:00 - 12:30 pm	16091	\$54.25
Mon & Wed No class Feb 17	Feb 3 - 24	2:00 - 2:30 pm	16086	\$46.50
Mon No class Feb 17	Feb 3 - Mar 17	5:55 - 6:25 pm	16088	\$46.50
Tue & Thu	Feb 4 - 25	9:30 - 10:00 am	16094	\$54.25
Tue & Thu	Feb 4 - 25	4:50 - 5:20 pm	16095	\$54.25
Wed	Feb 5 - Mar 19	5:05 - 5:35 pm	16090	\$54.25
Mon & Wed	Feb 26 - Mar 19	1:15 - 1:45 pm	16087	\$54.25
Tue & Thu	Feb 27 - Mar 20	10:00 - 10:30 am	16251	\$54.25
Tue & Thu	Feb 27 - Mar 20	5:50 - 6:20 pm	16252	\$54.25

## PRESCHOOL 2

DAY	DATES	TIME	CODE	FEE
Fri No class Feb 14	Jan 31 - Mar 21	4:00 - 4:30 pm	16100	\$54.25
Sat No class Feb 15	Feb 1 - Mar 22	11:00 - 11:30 am	16101	\$54.25
Sat No class Feb 15	Feb 1 - Mar 22	12:25 - 12:55 pm	16102	\$54.25
Sun No class Feb 16	Feb 2 - Mar 23	12:50 - 1:20 pm	16106	\$54.25
Mon & Wed No class Feb 17	Feb 3 - 24	2:30 - 3:00 pm	16096	\$46.50
Mon No class Feb 17	Feb 3 - Mar 17	4:30 - 5:00 pm	16103	\$46.50
Tue & Thu	Feb 4 - 25	9:00 - 9:30 am	16104	\$54.25
Tue & Thu	Feb 4 - 25	5:50 - 6:20 pm	16099	\$54.25
Wed	Feb 5 - Mar 19	4:30 - 5:00 pm	16097	\$54.25
Mon & Wed	Feb 26 - Mar 19	2:05 - 2:35 pm	16105	\$54.25
Tue & Thu	Feb 27 - Mar 20	9:00 - 9:30 am	16253	\$54.25
Tue & Thu	Feb 27 - Mar 20	4:50 - 5:20 pm	16098	\$54.25

## PRESCHOOL 3

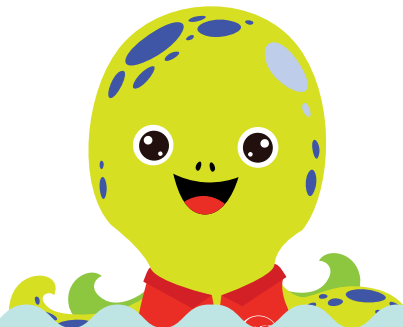
DAY	DATES	TIME	CODE	FEE
Fri No class Feb 14	Jan 31 - Mar 21	4:50 - 5:20 pm	16107	\$54.25
Sat No class Feb 15	Feb 1 - Mar 22	9:50 - 10:20 am	16109	\$54.25
Sat No class Feb 15	Feb 1 - Mar 22	11:35 am - 12:05 pm	16108	\$54.25
Sun No class Feb 16	Feb 2 - Mar 23	12:50 - 1:20 pm	16110	\$54.25
Mon No class Feb 17	Feb 3 - Mar 17	4:30 - 5:00 pm	16111	\$46.50
Tue & Thu	Feb 4 - 25	10:00 - 10:30 am	16255	\$54.25
Tue & Thu	Feb 4 - 25	4:50 - 5:20 pm	16256	\$54.25
Wed	Feb 5 - Mar 19	5:55 - 6:25 pm	16257	\$54.25
Mon & Wed	Feb 26 - Mar 19	1:15 - 1:45 pm	16258	\$54.25
Tue & Thu	Feb 27 - Mar 20	9:30 - 10:00 am	16259	\$54.25
Tue & Thu	Feb 27 - Mar 20	5:25 - 5:55 pm	16260	\$54.25

## PRESCHOOL 3 / 4 / 5

DAY	DATES	TIME	CODE	FEE
Mon & Wed No class Feb 17	Feb 3 - 24	2:30 - 3:00 pm	16113	\$46.50

## PRESCHOOL 4 / 5

DAY	DATES	TIME	CODE	FEE
Fri No class Feb 14	Jan 31 - Mar 21	4:00 - 4:30 pm	16266	\$54.25
Sat No class Feb 15	Feb 1 - Mar 22	11:15 - 11:45 am	16117	\$54.25
Sun No class Feb 16	Feb 2 - Mar 23	1:25 - 1:55 pm	16118	\$54.25
Mon No class Feb 17	Feb 3 - Mar 17	5:05 - 5:35 pm	16119	\$46.50
Tue & Thu	Feb 4 - 25	9:30 - 10:00 am	16121	\$54.25
Tue & Thu	Feb 4 - 25	4:45 - 5:15 pm	16261	\$54.25
Wed	Feb 5 - Mar 19	4:30 - 5:00 pm	16120	\$54.25
Mon & Wed	Feb 26 - Mar 19	1:50 - 2:20 pm	16262	\$54.25
Tue & Thu	Feb 27 - Mar 20	10:00 - 10:30 am	16112	\$54.25
Tue & Thu	Feb 27 - Mar 20	5:55 - 6:25 pm	16263	\$54.25





# Lifesaving Society Swim for Life

Please note, if proof of completion for the previous level is not provided you may be withdrawn from the course. Please see page 4 for more information.

## SWIMMER 1 (5 - 14 YEARS)

DAY	DATES	TIME	CODE	FEE
Fri No class Feb 14	Jan 31 - Mar 21	4:35 - 5:05 pm	16137	\$54.25
Fri No class Feb 14	Jan 31 - Mar 21	5:45 - 6:15 pm	16136	\$54.25
Sat No class Feb 15	Feb 1 - Mar 22	10:20 - 10:50 am	16139	\$54.25
Sat No class Feb 15	Feb 1 - Mar 22	12:20 - 12:50 pm	16140	\$54.25
Sun No class Feb 16	Feb 2 - Mar 23	12:35 - 1:05 pm	16141	\$54.25
Sun No class Feb 16	Feb 2 - Mar 23	1:25 - 1:55 pm	16138	\$54.25
Mon & Wed No class Feb 17	Feb 3 - 24	2:05 - 2:35 pm	16131	\$46.50
Mon No class Feb 17	Feb 3 - Mar 17	5:05 - 5:35 pm	16135	\$46.50
Tue & Thu	Feb 4 - 25	9:00 - 9:30 am	16133	\$54.25
Tue & Thu	Feb 4 - 25	5:25 - 5:55 pm	16144	\$54.25
Wed	Feb 5 - Mar 19	4:30 - 5:00 pm	16132	\$54.25
Mon & Wed	Feb 26 - Mar 19	1:50 - 2:20 pm	16134	\$54.25
Tue & Thu	Feb 27 - Mar 20	9:50 - 10:20 am	16143	\$54.25
Tue & Thu	Feb 27 - Mar 20	4:50 - 5:20 pm	16146	\$54.25

## SWIMMER 2 (5 - 14 YEARS)

DAY	DATES	TIME	CODE	FEE
Fri No class Feb 14	Jan 31 - Mar 21	4:00 - 4:30 pm	16147	\$54.25
Fri No class Feb 14	Jan 31 - Mar 21	6:00 - 6:30 pm	16148	\$54.25
Sat No class Feb 15	Feb 1 - Mar 22	9:50 - 10:20 am	16151	\$54.25
Sat No class Feb 15	Feb 1 - Mar 22	11:50 am - 12:20 pm	16152	\$54.25
Sun No class Feb 16	Feb 2 - Mar 23	1:25 - 1:55 pm	16154	\$54.25
Mon No class Feb 17	Feb 3 - Mar 17	5:20 - 5:50 pm	16149	\$46.50
Tue & Thu	Feb 4 - 25	9:50 - 10:20 am	16150	\$54.25
Tue & Thu	Feb 4 - 25	5:55 - 6:25 pm	16153	\$54.25
Wed	Feb 5 - Mar 19	5:20 - 5:50 pm	16156	\$54.25
Mon & Wed	Feb 26 - Mar 19	2:25 - 2:55 pm	16157	\$54.25
Tue & Thu	Feb 27 - Mar 20	9:00 - 9:30 am	16158	\$54.25
Tue & Thu	Feb 27 - Mar 20	4:50 - 5:20 pm	16160	\$54.25

## SWIMMER 3 (5 - 14 YEARS)

DAY	DATES	TIME	CODE	FEE
Fri No class Feb 14	Jan 31 - Mar 21	4:35 - 5:20 pm	16170	\$61.25
Sat No class Feb 15	Feb 1 - Mar 22	10:55 - 11:40 am	16164	\$61.25
Sun No class Feb 16	Feb 2 - Mar 23	12:00 - 12:45 pm	16163	\$61.25
Mon No class Feb 17	Feb 3 - Mar 17	4:30 - 5:15 pm	16162	\$52.50
Tue & Thu	Feb 4 - 25	4:50 - 5:35 pm	16169	\$61.25
Wed	Feb 5 - Mar 19	5:05 - 5:50 pm	16168	\$61.25
Tue & Thu	Feb 27 - Mar 20	5:25 - 6:10 pm	16161	\$61.25

## SWIMMER 4 (5 - 14 YEARS)

DAY	DATES	TIME	CODE	FEE
Sat No class Feb 15	Feb 1 - Mar 22	9:50 - 10:35 am	16178	\$61.25
Sun No class Feb 16	Feb 2 - Mar 23	12:00 - 12:45 pm	16268	\$61.25
Mon No class Feb 17	Feb 3 - Mar 17	4:30 - 5:15 pm	16269	\$52.50
Wed	Feb 5 - Mar 19	4:30 - 5:15 pm	16270	\$61.25

## SWIMMER 4 / 5 (5 - 14 YEARS)

DAY	DATES	TIME	CODE	FEE
Fri No class Feb 14	Jan 31 - Mar 21	4:00 - 4:45 pm	16174	\$61.25
Tue & Thu	Feb 4 - 25	5:40 - 6:25 pm	16172	\$61.25
Tue & Thu	Feb 27 - Mar 20	4:45 - 5:30 pm	16171	\$61.25

## SWIMMER 5 (5 - 14 YEARS)

DAY	DATES	TIME	CODE	FEE
Sat No class Feb 15	Feb 1 - Mar 22	12:15 - 1:00 pm	16177	\$61.25
Sun No class Feb 16	Feb 2 - Mar 23	1:10 - 1:55 pm	16271	\$61.25
Mon No class Feb 17	Feb 3 - Mar 17	5:40 - 6:25 pm	16272	\$52.50
Wed	Feb 5 - Mar 19	5:40 - 6:25 pm	16273	\$61.25

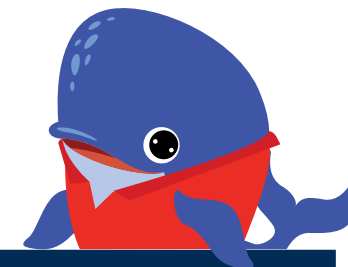
## SWIMMER 6 (5 - 14 YEARS)

DAY	DATES	TIME	CODE	FEE
Fri No class Feb 14	Jan 31 - Mar 21	5:10 - 5:55 pm	16180	\$61.25
Sat No class Feb 15	Feb 1 - Mar 22	9:40 - 10:25 am	16183	\$61.25
Sun No class Feb 16	Feb 2 - Mar 23	12:35 - 1:20 pm	16184	\$61.25
Mon No class Feb 17	Feb 3 - Mar 17	5:40 - 6:25 pm	16179	\$52.50
Tue & Thu	Feb 4 - 25	5:25 - 6:10 pm	16182	\$61.25
Wed	Feb 5 - Mar 19	4:40 - 5:25 pm	16181	\$61.25
Tue & Thu	Feb 27 - Mar 20	5:40 - 6:25 pm	16185	\$61.25



# Lifesaving Society Swim for Life

Please note, if proof of completion for the previous level is not provided you may be withdrawn from the course.  
Please see page 4 for more information.



## ROOKIE / RANGER / STAR PATROL (5 - 14 YEARS)

DAY	DATES	TIME	CODE	FEE
Fri No class Feb 14	Jan 31 - Mar 21	5:25 - 6:25 pm	16122	\$67.20
Sat No class Feb 15	Feb 1 - Mar 22	11:15 am - 12:15 pm	16125	\$67.20
Mon No class Feb 17	Feb 3 - Mar 17	4:30 - 5:30 pm	16126	\$57.60
Tue & Thu	Feb 4 - 25	4:45 - 5:45 pm	16123	\$67.20
Tue & Thu	Feb 27 - Mar 20	4:45 - 5:45 pm	16124	\$67.20

## HOMESCHOOL SWIMMER 1

DAY	DATES	TIME	CODE	FEE
Mon & Wed No class Feb 17	Feb 3 - 24	1:15 - 2:00 pm	16064	\$52.50

## HOMESCHOOL SWIMMER 2 / 3

DAY	DATES	TIME	CODE	FEE
Mon & Wed No class Feb 17	Feb 3 - 24	1:15 - 2:00 pm	16066	\$52.50

## HOMESCHOOL SWIMMER 4 - 6

DAY	DATES	TIME	CODE	FEE
Mon & Wed No class Feb 17	Feb 3 - 24	1:15 - 2:00 pm	16068	\$52.50

## PRIVATE LESSONS

\*\*Advanced Lessons are for those in Swimmer 3 or higher

DAY	DATES	TIME	CODE	FEE
Fri No class Feb 14	Jan 31 - Feb 28	5:25 - 5:55 pm	16186	\$138.00
Sat No class Feb 15	Feb 1 - Mar 1	11:45 am - 12:15 pm	16205	\$138.00
Sat No class Feb 15	Feb 1 - Mar 1	12:00 - 12:30 pm	16188	\$138.00
Sat No class Feb 15	Feb 1 - Mar 1	12:30 - 1:00 pm	16190	\$138.00
Sun No class Feb 16	Feb 2 - Mar 2	12:00 - 12:30 pm	16193	\$138.00
Sun No class Feb 16	Feb 2 - Mar 2	12:35 - 1:05 pm	16195	\$138.00
Sun** No class Feb 16	Feb 2 - Mar 2	1:10 - 1:55 pm	16231	\$207.00
Mon No class Feb 17	Feb 3 - 24	5:20 - 5:50 pm	16197	\$103.50
Mon No class Feb 17	Feb 3 - 24	5:55 - 6:25 pm	16199	\$103.50
Tue	Feb 4 - 25	5:55 - 6:25 pm	16201	\$138.00
Thu	Feb 6 - 20	5:55 - 6:25 pm	16202	\$103.50
Thu	Feb 27 - Mar 20	6:00 - 6:30 pm	16204	\$138.00
Mon	Mar 3 - 17	5:20 - 5:50 pm	16198	\$103.50
Mon	Mar 3 - 17	5:55 - 6:25 pm	16200	\$103.50
Tue	Mar 4 - 18	6:00 - 6:30 pm	16203	\$103.50
Fri	Mar 7 - 21	5:25 - 5:55 pm	16187	\$103.50
Sat	Mar 8 - 22	11:45 am - 12:15 pm	16206	\$103.50
Sat	Mar 8 - 22	12:00 - 12:30 pm	16189	\$103.50
Sat	Mar 8 - 22	12:30 - 1:00 pm	16191	\$103.50
Sun	Mar 9 - 23	12:00 - 12:30 pm	16194	\$103.50
Sun	Mar 9 - 23	12:35 - 1:05 pm	16196	\$103.50
Sun**	Mar 9 - 23	1:10 - 1:55 pm	16232	\$155.25

## ADULT 1 (14+)

DAY	DATES	TIME	CODE	FEE
Sat No class Feb 15	Feb 1 - Mar 22	12:10 - 12:55 pm	16074	\$70.00
Wed	Feb 5 - Mar 19	5:40 - 6:25 pm	16274	\$70.00
Mon / Wed	Feb 26 - Mar 19	1:15 - 2:00 pm	17393	\$70.00

## ADULT 2 / 3 (14+)

DAY	DATES	TIME	CODE	FEE
Sat No class Feb 15	Feb 1 - Mar 22	10:25 - 11:10 am	16075	\$70.00







# Art & Culture Programs

## TEEN WHEEL THROWING

12 - 17 years

Learn to throw on the potters wheel, just for teens in this eight-week course.

*Additional costs may include clay.*

**Presented by the Fort Saskatchewan Pottery Guild**  
**DOW CENTENNIAL CENTRE / WAIWARD POTTERY STUDIO**

CODE	DATE	TIME	FEE
17328	Sun, Jan 19 - Mar 9	10:00 am - 12:00 pm	\$160.00

## BEGINNER ADULT POTTERY

18 years and older

Learn Hand building techniques, glazing and intro to the potters wheel.

*Additional costs may include clay and tools.*

**Presented by the Fort Saskatchewan Pottery Guild**  
**DOW CENTENNIAL CENTRE / WAIWARD POTTERY STUDIO**

CODE	DATE	TIME	FEE
17325	Thu, Jan 23 - Mar 27	6:30 - 9:30 pm	\$250.00

## KIDS & CLAY

Eight years and older

Hand build creative projects in this kid-oriented course.

*Cost includes all supplies.*

**Presented by the Fort Saskatchewan Pottery Guild**  
**DOW CENTENNIAL CENTRE / WAIWARD POTTERY STUDIO**

CODE	DATE	TIME	FEE
17323	Sat, Jan 25 - Mar 15	10:00 am - 12:00 pm	\$160.00

## EARLY OUT POTTERY

Eight years and older

Something fun to do after school!

Early Out runs on the first Wednesday of each month.

February, March, April, and May.

*Cost includes all supplies.*

**Presented by the Fort Saskatchewan Pottery Guild**  
**DOW CENTENNIAL CENTRE / WAIWARD POTTERY STUDIO**

CODE	DATE	TIME	FEE
17324	Wed, Feb 5 - May 7	2:15 - 4:00 pm	\$80

## BERRY BOWLS WORKSHOP

Eight years and older

Under 12 must be accompanied by an adult (non-registered welcome).

Hand build a berry bowl and saucer for summer berries with us!

*Cost includes all supplies.*

**Presented by the Fort Saskatchewan Pottery Guild**  
**DOW CENTENNIAL CENTRE / WAIWARD POTTERY STUDIO**

CODE	DATE	TIME	FEE
17327	Fri, May 9	7:00 - 9:00 pm	\$25.00

## GARDEN MARKERS WORKSHOP

Eight years and older

Under 12 must be accompanied by an adult (non-registered welcome).

Get ready for planting with handbuilding eight garden markers.

*Cost includes all supplies.*

**Presented by the Fort Saskatchewan Pottery Guild**  
**DOW CENTENNIAL CENTRE / WAIWARD POTTERY STUDIO**

CODE	DATE	TIME	FEE
17326	Fri, Mar 21	7:00 - 9:00 pm	\$25.00



# SHELL THEATRE 2024/2025 PERFORMANCE SERIES

## 20<sup>th</sup> Anniversary

**MATT ANDERSEN**



**DEC 6**

**THE HELLO DARLINS**



**JAN 24**

**FORT'S GOT TALENT**



**JAN 25**

**AXIS THEATRE**



**JAN 26**

**LAILA BIALI**



**JAN 31**

**SECHILE SEDARE**



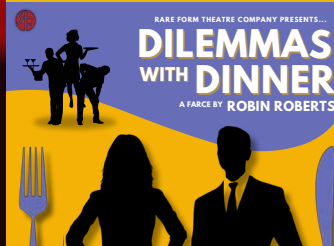
**FEB 1**

**CALUM GRAHAM &  
ANTOINE DUFOUR**



**FEB 9**

**RARE FORM THEATRE**



**FEB 14 & 15**

**JACK SEMPLE SINGS  
GORDON LIGHTFOOT**



**FEB 22**

**RHYTHM OF  
THE DANCE**



**FEB 27**

**EDMONTON POPS  
ORCHESTRA**



**MAR 1**

**GREAT CANADIAN  
ROAD TRIP 2.0**



**MAR 8**

**THE ARROGANT  
WORMS**



**MAR 11**

**SUSAN AGLUKARK**



**MAR 27**

## HOW TO BUY TICKETS

**By Phone:** (888) 655-9090  
or (780) 992-6400

**Online:** [www.shelltheatre.ca](http://www.shelltheatre.ca)  
or [www.ticketpro.ca](http://www.ticketpro.ca)

**In Person:** Dow Centennial Centre



Dow Centennial Centre Shell Theatre - 8700-84 Street, Fort Saskatchewan, AB T8L 4P5 • T. 780.992.6400 • [www.shelltheatre.ca](http://www.shelltheatre.ca)

[fortsask.ca/GoLeisure](http://fortsask.ca/GoLeisure)



# Fort Heritage Precinct Tours and Events

Throughout the year, The Fort Heritage Precinct is accessible through guided tours. As you take a tour through the NWMP Fort, you will be whisked back in time to imagine yourself as a constable climbing the bastion to view the surrounding landscape. After exploring the Fort, hop forward in time to the historical village, where you can imagine yourself as a student in the 1902 Castle School, visualize life as a settler in the early 20<sup>th</sup> century, and see how the town doctor lived in the 1920s. Visit us at the Warden's House at 10006 100 Avenue or call us at 780.998.1783 to book your spot!



## Discover Exciting Winter Events at Fort Heritage Precinct!

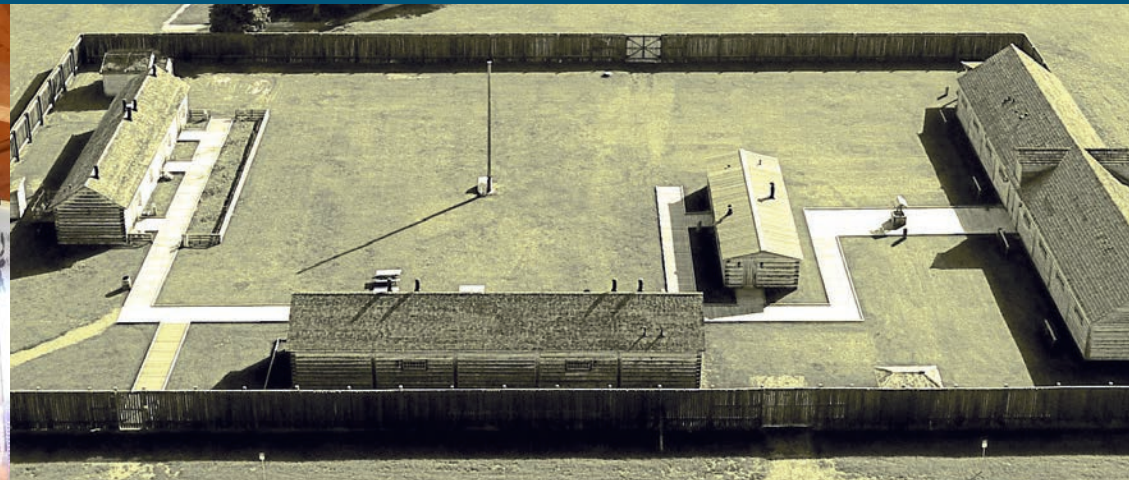
Experience the magic of the season at  
**Winter Wonderland at the Fort!**

Join us at the Fort Heritage Precinct on December 14 from 1:00 - 4:00 pm for a cozy, festive afternoon fit for all ages. This free, drop-in event promises something special for everyone: kids can get creative with holiday crafts, enjoy a cookie decorating station, and listen to enchanting holiday season stories. Stroll through the Fort, sip on warm hot chocolate, and indulge in classic candy canes.

Bundle up, bring friends and family, and make memories at this heartwarming community celebration.



ADMISSION	FEE (GST included)
Child (2 - 12 years)	\$4.50
Youth (12 - 18 years)	\$5.50
Senior (65+)	\$5.40
Adult	\$9.00
Family (2 adults + children)	\$22.50



Stay tuned to [FortHeritagePrecinct.ca](https://FortHeritagePrecinct.ca) for more details and updates on all our upcoming events, exhibits, and programs.





CITY OF  
FORT SASKATCHEWAN