

WINTER 2026

LEISURE

GUIDE



REGISTRATION DATES

Recreation & Culture

December 9 • 8:00 am

Harbour Pool

December 10 • 8:00 am



CITY OF
FORT SASKATCHEWAN

fortsask.ca/GoLeisure



**DCC and Harbour Pool
Drop-in Schedules are now separate!**

CLICK HERE

to view the WINTER drop-in schedule

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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.



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

f @DowCentennialCentre
fortsask.ca/DCC



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

f @FSHarbourPool
fortsask.ca/Swim



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

f @fortheritageprecinct
fortheritageprecinct.ca



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

f @shelltheatre
shelltheatre.ca



FAMILY AND COMMUNITY SUPPORT SERVICES (FCSS) PROGRAMS

10005 102 STREET

Call us: 780-992-6267

fortsask.ca/FCSS



Admission Rates

EFFECTIVE JANUARY 2, 2026 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* |
|--|-----------------|--------------------------|---------------------------|---------------------|---------------------------|---------------|------------|
| DOW CENTENNIAL CENTRE | | | | | | | |
| Single Day | FREE | \$6.00 | \$7.00 | \$9.00 | \$10.50 | \$9.00 | \$28.50 |
| 10-Pass Card | FREE | \$54.00 | \$63.00 | \$81.00 | \$94.50 | \$81.00 | \$256.50 |
| Monthly Pass | FREE | \$39.00 | \$45.50 | \$58.50 | \$68.25 | \$58.50 | \$185.25 |
| Annual Pass | FREE | \$429.00 | \$500.50 | \$643.50 | \$750.75 | \$643.50 | \$2037.75 |
| TRACK ONLY | | | | | | | |
| 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 |
| HARBOUR POOL | | | | | | | |
| Single Day | FREE | \$5.00 | \$6.50 | \$6.50 | \$8.50 | \$6.50 | \$23.50 |
| 10-Pass Card | FREE | \$45.00 | \$58.50 | \$58.50 | \$76.50 | \$58.50 | \$211.50 |
| Monthly Pass | FREE | \$35.00 | \$45.50 | \$45.50 | \$59.50 | \$45.50 | \$164.50 |
| Annual Pass | FREE | \$350.00 | \$455.00 | \$455.00 | \$595.00 | \$455.00 | \$1,645.00 |
| Aqua Single Day | N/A | N/A | \$8.00 | \$8.00 | \$10.00 | \$8.00 | N/A |
| Aqua 10-Pass Card | N/A | N/A | \$72.00 | \$72.00 | \$90.00 | \$72.00 | N/A |
| Aqua Monthly Pass | N/A | N/A | \$56.00 | \$56.00 | \$70.00 | \$56.00 | N/A |
| Aqua Annual Pass | N/A | N/A | \$560.00 | \$560.00 | \$700.00 | \$560.00 | N/A |
| MULTI-FACILITY PASS | | | | | | | |
| Single Day | FREE | N/A | N/A | N/A | N/A | N/A | \$30.00 |
| 10-Pass Card | FREE | N/A | N/A | N/A | N/A | N/A | \$270.00 |
| Monthly Pass | FREE | \$44.00 | \$54.00 | \$62.00 | \$76.00 | \$62.00 | \$208.00 |
| Annual Pass | FREE | \$484.00 | \$594.00 | \$682.00 | \$836.00 | \$682.00 | \$2288.00 |
| MULTI-FACILITY USE AND ACCESS TO AQUASIZE CLASSES | | | | | | | |
| Aqua Monthly Pass | N/A | N/A | \$75.00 | \$75.00 | \$102.50 | \$75.00 | N/A |
| Aqua Annual Pass | N/A | N/A | \$825.00 | \$825.00 | \$1,127.50 | \$825.00 | 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 | \$59.50 | \$595.00 | \$68.25 | \$750.75 | \$76.00 | \$836.00 |
| Second Adult | \$50.75 | \$505.75 | \$58.25 | \$640.75 | \$64.75 | \$710.75 |
| Child (Added with adult) | \$29.75 | \$297.50 | \$33.25 | \$365.75 | \$37.50 | \$411.50 |
| Youth (Added with adult) | \$38.75 | \$386.75 | \$38.75 | \$426.25 | \$46.00 | \$505.00 |
| First Senior/ Student | \$45.50 | \$455.00 | \$58.50 | \$643.50 | \$62.00 | \$682.00 |
| Second Senior/ Student | \$38.75 | \$386.75 | \$49.75 | \$547.25 | \$52.75 | \$579.75 |



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. 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.



Membership Information

The Fort Leisure Card is valid for use at the Dow Centennial Centre and/or Harbour Pool, with access determined by the type of pass purchased. Please note the Fort Leisure Card is non-transferable.

Refunds and Credits

You may be eligible for a refund or credit on your monthly, yearly, or 10x visit pass with the City of Fort Saskatchewan under the following circumstances (with written confirmation):

- Medical reasons
- Employment transfer/moving out of the area

Preauthorized Payments (EFT)

Preauthorized pass payments can be cancelled with written notice. To cancel or re-establish payments, notice must be provided no later than the last day of the previous month.

Yearly Pass Holds

Yearly passes may be put on hold once per annual agreement, for a maximum of 4 months, for the following reasons:

- Medical
- Employment transfer
- Vacation

Cancellations: All pass cancellations are prorated, and any unused portion will be refunded or left as a credit on your account.

Register ASAP (as soon as possible)!

City Special Events

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



ENCHANTED FOREST

Friday, November 28, 2025 to Tuesday,
January 6, 2026
During facility hours of operation

fortsask.ca/Enchanted



LEGACY PARK FAMILY FESTIVAL

Saturday, Jun 7, 2026
11:00 am - 4:00 pm

fortsask.ca/FamilyFestival



CANADA DAY

Tuesday, Jul 1, 2026
8:00 am - 11:00 pm

fortsask.ca/CanadaDay

If you or your organization is interested in volunteering for city events,
visit fortsask.ca/Events or email specialevents@fortsask.ca

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 | Full Access Ages 15 years and older allowed without Adult supervision. 12 - 14 years old who completed ONE & DONE allowed without adult supervision. (see page 13). 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. | |
| Fitness Classes | Ages 15 years and older allowed without Adult supervision. 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 | Preschool Puck and Play – Seven years & Younger 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. Stick and Puck – Eight years & Older An opportunity for unstructured play/skill development with pucks. CSA approved hockey helmet required. Hockey/ringette sticks & pucks/rings are permitted. Family Skills & Drills – 14 years & Under 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. | Child Shinny – 8 - 12 years Youth Shinny 13 - 17 years Adult Shinny 18 years & Older 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. Public Skate A CSA-approved hockey helmet is required. Bike helmets are not allowed. Sticks and pucks are not allowed on the ice during Public Skate. Spontaneous Use – All ages 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 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, 2026 *Hours subject to change seasonally*

| | |
|-----------|--------------------------------------|
| MONDAY | 8:30 am - 1:00 pm |
| TUESDAY | 8:30 am - 12:00 pm 4:00 - 7:00 pm |
| WEDNESDAY | 8:30 am - 1:00 pm 4:00 - 7:00 pm |
| THURSDAY | 8:30 am - 12:00 pm 4:00 - 7:00 pm |
| FRIDAY | 8:30 am - 1:00 pm |
| SATURDAY | 8:15 am - 12:00 pm |
| SUNDAY | 8:30 am - 12:00 pm 3:00 - 6:00 pm |
| HOLIDAYS | CLOSED |

CHILDMINDING RATES

| DROP IN DAILY ADMISSION (PER ½ HOUR) | FEE |
|--------------------------------------|---------|
| Individual child (with membership) | \$4.50 |
| Individual child (no membership) | \$9.00 |
| Family (with membership) | \$7.00 |
| Family (no membership) | \$14.00 |

| PUNCH PASS CARDS | FEE |
|--|----------|
| Individual child (with membership) 20 Punch Pass (20 half hours) | \$82.00 |
| Individual child (no membership) 20 Punch Pass (20 half hours) | \$171.00 |
| Family (with Membership) 20 Punch Pass (20 half hours) | \$136.00 |
| Family (no membership) 20 Punch Pass (20 half hours) | \$252.00 |

**Membership pricing requires purchase of a monthly or annual pass*

Fitness & Wellness Programs

EFFECTIVE JANUARY 11 - MARCH 20

FREE REGISTERED CLASS TRIAL WEEK
January 4 - 8

Pre-registration is required for **ALL** class trials as space is limited.

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!

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|--|---|--|---|---|
| Gentle Yoga 8:30 - 9:30 am CODE: 18979 AUX Sable Flexhall | Mat Pilates 7:00 - 8:00 pm CODE: 18988 AUX Sable Flexhall | Spin & More 6:00 - 7:00 pm CODE: 18986 Apple Fitness Centre <i>limited spaces</i> | Pound 6:00 - 7:00 pm CODE: 18984 Lions Pride | Barre Burn 6:30 - 7:30 pm CODE: 18987 ATB Wellness Studio |
| Fit Cross Fusion 9:00 - 10:00 am CODE: 18980 ATB Wellness Studio | | Beginner TRX 7:00 - 8:00 pm CODE: 18983 ATB Wellness Studio | Power Hour 6:15 - 7:15 pm CODE: 18985 ATB Wellness Studio | |

General Fitness

REFRESH & CONQUER

Join us for this 10-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 confidence. This challenge is geared towards not only weight loss, but also strength gains and inches lost!

That means **THREE** winners will be crowned. What better way to start 2026!

Kerrie M
ATB Wellness Studio & ATCO Gymnasium

| CODE | DATE | TIME | FEE |
|-----------------|----------------------------|----------------|----------|
| 18931 | Mon & Thu, Jan 12 - Mar 19 | 6:45 - 7:45 pm | \$304.00 |
| No class Feb 16 | | | |

NEW MAT PILATES

This is a low-impact, full-body workout that emphasizes core strength, stability, flexibility, and mindful movement. This class uses bodyweight exercises to improve posture, alignment, and muscle tone. Suitable for all fitness levels, Mat Pilates helps build a strong foundation for everyday movement and overall body balance.

Melissa M
AUX Sable Flexhall

| CODE | DATE | TIME | FEE |
|-------|----------------------|----------------|---------|
| 18904 | Mon, Jan 12 - Feb 9 | 7:00 - 8:00 pm | \$57.50 |
| 18905 | Mon, Feb 23 - Mar 16 | 7:00 - 8:00 pm | \$46.00 |

Melissa M
Scotia Bank Studio

| | | | |
|-----------------|----------------------|----------------|---------|
| 18906 | Thu, Jan 15 - Feb 12 | 6:30 - 7:30 pm | \$46.00 |
| No class Jan 29 | | | |
| 18907 | Thu, Feb 19 - Mar 19 | 6:30 - 7:30 pm | \$46.00 |
| No class Feb 26 | | | |

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 |
|-------|----------------------|-----------------|---------|
| 18908 | Sun, Jan 11 - Feb 8 | 9:00 - 10:00 am | \$52.50 |
| 18909 | Sun, Feb 22 - Mar 15 | 9:00 - 10:00 am | \$42.00 |

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 |
|-------|----------------------|----------------|---------|
| 18927 | Wed, Jan 14 - Feb 11 | 6:15 - 7:15 pm | \$52.50 |
| 18928 | Wed, Feb 18 - Mar 18 | 6:15 - 7:15 pm | \$52.50 |

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 |
|-------|----------------------|----------------|---------|
| 18929 | Thu, Jan 15 - Feb 12 | 6:30 - 7:30 pm | \$52.50 |
| 18930 | Thu, Feb 19 - Mar 19 | 6:30 - 7:30 pm | \$52.50 |

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.

Kerrie M
ATCO Gymnasium

| CODE | DATE | TIME | FEE |
|-------|----------------------|------------------|---------|
| 19017 | Mon, Jan 12 - Feb 9 | 10:00 - 11:00 am | \$52.50 |
| 19018 | Mon, Feb 23 - Mar 16 | 10:00 - 11:00 am | \$42.00 |

Kerrie M
NUTRIEN Soccer Field

| CODE | DATE | TIME | FEE |
|-------|----------------------|------------------|---------|
| 18924 | Wed, Jan 14 - Feb 11 | 10:00 - 11:00 am | \$52.50 |
| 18925 | Wed, Feb 18 - Mar 18 | 10:00 - 11:00 am | \$52.50 |

General Fitness



BEGINNER TRX

Get started with TRX suspension Training in this beginner-friendly class designed to build strength, improve balance, and enhance flexibility using your body weight. Perfect for all fitness levels, this class focuses on mastering foundational movements, proper form, and core engagement in a supportive, low-impact environment. No experience needed- just a willingness to move!

Sherry W
ATB Wellness Studio

| CODE | DATE | TIME | FEE |
|-------|----------------------|----------------|---------|
| 18922 | Tue, Jan 13 - Feb 10 | 7:00 - 8:00 pm | \$52.50 |
| 18923 | Tue, Feb 17 - Mar 17 | 7:00 - 8:00 pm | \$52.50 |



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
Scotia Bank Studio/Lion's Mane

| CODE | DATE | TIME | FEE |
|-----------------|----------------------|----------------|---------|
| 18916 | Wed, Jan 14 - Feb 11 | 6:00 - 7:00 pm | \$57.50 |
| 18917 | Wed, Feb 18 - Mar 18 | 6:00 - 7:00 pm | \$46.00 |
| No class Feb 25 | | | |



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 |
|-------|----------------------|---------------------|---------|
| 18918 | Tue, Jan 13 - Feb 10 | 11:00 am - 12:00 pm | \$52.50 |
| 18919 | Tue, Feb 17 - Mar 17 | 11:00 am - 12:00 pm | \$52.50 |
| 18920 | Thu, Jan 15 - Feb 12 | 11:00 am - 12:00 pm | \$52.50 |
| 18921 | Thu, Feb 19 - Mar 19 | 11:00 am - 12:00 pm | \$52.50 |



MS ACTIVE STRENGTH & 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
Scotia Bank Studio

| CODE | DATE | TIME | FEE |
|-------|----------------------|----------------|----------|
| 18926 | Wed, Jan 14 - Mar 18 | 1:00 - 2:00 pm | \$115.00 |

Spin Classes

SPIN & MORE

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 and work on your strength endurance.

Alli M

Apple Fitness Centre

| CODE | DATE | TIME | FEE |
|-------|----------------------|----------------|---------|
| 18912 | Tue, Jan 13 - Feb 10 | 6:00 - 7:00 pm | \$57.50 |
| 18913 | Tue, Feb 17 - Mar 17 | 6:00 - 7:00 pm | \$57.50 |

Chantal S

Apple Fitness Centre

| CODE | DATE | TIME | FEE |
|-------|----------------------|----------------|---------|
| 18914 | Tue, Jan 13 - Feb 10 | 6:00 - 6:45 am | \$57.50 |
| 18915 | Tue, Feb 17 - Mar 17 | 6:00 - 6:45 am | \$57.50 |



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

Scotia Bank Studio/Lions Pride

| CODE | DATE | TIME | FEE |
|-------|----------------------|----------------|---------|
| 18902 | Sun, Jan 11 - Feb 8 | 8:30 - 9:30 am | \$65.00 |
| 18903 | Sun, Feb 22 - Mar 15 | 8:30 - 9:30 am | \$52.00 |



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

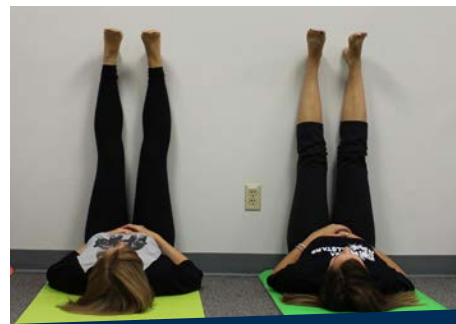
City Hall Room 1 & 2

| CODE | DATE | TIME | FEE |
|-------|----------------------|-----------------|---------|
| 18896 | Mon, Jan 12 - Feb 9 | 9:15 - 10:30 am | \$80.00 |
| 18897 | Mon, Feb 23 - Mar 16 | 9:15 - 10:30 am | \$64.00 |

Jill G

City Hall Room 1 & 2

| CODE | DATE | TIME | FEE |
|-------|----------------------|----------------|---------|
| 18898 | Wed, Jan 14 - Feb 11 | 5:30 - 6:45 pm | \$80.00 |
| 18899 | Wed, Feb 18 - Mar 18 | 5:30 - 6:45 pm | \$80.00 |



CHAIR YOGA

This class is 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 |
|-------|----------------------|---------------------|---------|
| 18900 | Mon, Jan 12 - Feb 9 | 11:00 am - 12:00 pm | \$65.00 |
| 18901 | Mon, Feb 23 - Mar 16 | 11:00 am - 12:00 pm | \$52.00 |

INTRODUCTION 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.

Trina V

Scotia Bank Studio

| CODE | DATE | TIME | FEE |
|-------|------------------|----------------|---------|
| 19027 | Wed, Jan 21 & 28 | 6:00 - 7:00 pm | \$23.00 |

Preschool & Child Programs

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, all 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 |
|-------|--------------|----------------|---------|
| 18878 | Fri, Jan 16 | 4:30 - 8:30 pm | \$25.00 |
| 18879 | Fri, Jan 30 | 4:30 - 8:30 pm | \$25.00 |
| 18880 | Fri, Feb, 13 | 4:30 - 8:30 pm | \$25.00 |
| 18881 | Fri, Feb 27 | 4:30 - 8:30 pm | \$25.00 |
| 18882 | Fri, Mar 13 | 4:30 - 8:30 pm | \$25.00 |
| 18883 | Fri Mar 20 | 4:30 - 8:30 pm | \$25.00 |

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 |
|-----------------|------------------|------------------|-----------------|---------|
| 18884 | Auggies Place | Mon, Jan 12 - 26 | 1:30 - 3:30 pm | \$37.50 |
| 18887 | Nutrien Soccer A | Thu, Jan 15 - 29 | 9:30 - 11:30 am | \$37.50 |
| 18885 | Auggies Place | Mon, Feb 2 - 23 | 1:30 - 3:30 pm | \$37.50 |
| No class Feb 16 | | | | |
| 18888 | Nutrien Soccer A | Thu, Feb 12 - 26 | 9:30 - 11:30 am | \$37.50 |
| 18886 | Auggies Place | Mon, Mar 2 - 16 | 1:30 - 3:30 pm | \$37.50 |
| 18889 | Nutrien Soccer A | Thu, Mar 5 - 19 | 9:30 - 11:30 am | \$37.50 |

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!



MULTI-SPORT PARENT & CHILD JR

16 months - 2 years (Parented)

| CODE | LOCATION | DATES | TIME | FEE |
|-----------------|--------------------|----------------------|----------------|----------|
| 18946 | AUX Sable Flexhall | Sun, Jan 11 - Mar 15 | 9:00 - 9:30 am | \$135.00 |
| No class Feb 15 | | | | |

MULTI-SPORT PARENT & CHILD

2 - 3.5 years (Parented)

| CODE | LOCATION | DATES | TIME | FEE |
|-----------------|--------------------|----------------------|------------------|----------|
| 18947 | AUX Sable Flexhall | Sun, Jan 11 - Mar 15 | 9:35 - 10:20 am | \$162.00 |
| No class Feb 15 | | | | |
| 18948 | AUX Sable Flexhall | Sun, Jan 11 - Mar 15 | 10:25 - 11:10 am | \$162.00 |
| No class Feb 15 | | | | |
| 18954 | Nutrien Soccer A | Tue, Jan 13 - Mar 17 | 9:50 - 10:35 am | \$180.00 |
| 18951 | AUX Sable Flexhall | Wed, Jan 14 - Mar 18 | 5:00 - 5:45 pm | \$180.00 |

MULTI-SPORT DROP OFF

3.5 - 5 years

| CODE | LOCATION | DATES | TIME | FEE |
|-----------------|--------------------|----------------------|---------------------|----------|
| 18949 | AUX Sable Flexhall | Sun, Jan 11 - Mar 15 | 11:15 am - 12:10 pm | \$162.00 |
| No class Feb 15 | | | | |
| 18955 | Nutrien Soccer A | Tue, Jan 13 - Mar 17 | 10:40 - 11:40 am | \$180.00 |
| 18952 | AUX Sable Flexhall | Wed, Jan 14 - Mar 18 | 5:50 - 6:50 pm | \$180.00 |

MULTI-SPORT DROP OFF

5 - 8 years

| LOCATION | CODE | DATES | TIME | FEE |
|-----------------|--------------------|----------------------|-----------------|----------|
| 18950 | AUX Sable Flexhall | Sun, Jan 11 - Mar 15 | 12:15 - 1:10 pm | \$162.00 |
| No class Feb 15 | | | | |
| 18953 | AUX Sable Flexhall | Wed, Jan 14 - Mar 18 | 6:55 - 7:55 pm | \$180.00 |

No School Days Programs

Enjoy some me time while the kids enjoy having FUN with unstructured free play, making new friends, playing games, making crafts, and being active with special trips into the Nutrien Soccer Field, the AUX Sable Flexhall, and the ATCO Gymnasium.

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.



HALF DAY CAMP

AGES 3.5* - 5 years

Auggies Place

**must be potty trained*

| CODE | DATE | TIME | FEE |
|-------|-------------|----------------|---------|
| 19132 | Fri, Jan 2 | 1:00 - 4:30 pm | \$25.00 |
| 19133 | Wed, Jan 28 | 1:00 - 4:30 pm | \$25.00 |
| 19134 | Thu, Feb 5 | 1:00 - 4:30 pm | \$25.00 |
| 19135 | Fri, Feb 6 | 1:00 - 4:30 pm | \$25.00 |
| 19136 | Fri, Mar 6 | 1:00 - 4:30 pm | \$25.00 |
| 19137 | Mon, Mar 23 | 1:00 - 4:30 pm | \$25.00 |
| 19138 | Tue, Mar 24 | 1:00 - 4:30 pm | \$25.00 |
| 19139 | Wed, Mar 25 | 1:00 - 4:30 pm | \$25.00 |
| 19140 | Thu, Mar 26 | 1:00 - 4:30 pm | \$25.00 |
| 19141 | Fri, Mar 27 | 1:00 - 4:30 pm | \$25.00 |

FULL DAY CAMP

AGES 5 - 9 years

Scotia Bank Studio

| CODE | DATE | TIME | FEE |
|----------------|-------------|-------------------|---------|
| 19122 | Fri, Jan 2 | 8:30 am - 4:30 pm | \$50.00 |
| 19123 | Wed, Jan 28 | 8:30 am - 4:30 pm | \$50.00 |
| 19124 | Thu, Feb 5 | 8:30 am - 4:30 pm | \$50.00 |
| 19125 | Fri, Feb 6 | 8:30 am - 4:30 pm | \$50.00 |
| JRC MPR | | | |
| 19126 | Fri, Mar 6 | 8:30 am - 4:30 pm | \$50.00 |
| 19127 | Mon, Mar 23 | 8:30 am - 4:30 pm | \$50.00 |
| 19128 | Tue, Mar 24 | 8:30 am - 4:30 pm | \$50.00 |
| 19129 | Wed, Mar 25 | 8:30 am - 4:30 pm | \$50.00 |
| 19130 | Thu, Mar 26 | 8:30 am - 4:30 pm | \$50.00 |
| 19131 | Fri, Mar 27 | 8:30 am - 4:30 pm | \$50.00 |

BUDDY LEADERS

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 Buddy Leader (within one school calendar year), each Buddy Leader will be eligible for a letter of reference reflecting the total hours inputted, growth, and abilities demonstrated.

AGES 13 - 15 years

Scotia Bank Studio

| CODE | DATE | TIME | FEE |
|----------------|-------------|-------------------|---------|
| 18890 | Fri, Jan 2 | 8:30 am - 4:30 pm | \$25.00 |
| 18891 | Wed, Jan 28 | 8:30 am - 4:30 pm | \$25.00 |
| 18893 | Thu, Feb 5 | 8:30 am - 4:30 pm | \$25.00 |
| 18932 | Fri, Feb 6 | 8:30 am - 4:30 pm | \$25.00 |
| JRC MPR | | | |
| 18933 | Fri, Mar 6 | 8:30 am - 4:30 pm | \$25.00 |
| 18934 | Mon, Mar 23 | 8:30 am - 4:30 pm | \$25.00 |
| 18935 | Tue, Mar 24 | 8:30 am - 4:30 pm | \$25.00 |
| 18936 | Wed, Mar 25 | 8:30 am - 4:30 pm | \$25.00 |
| 18937 | Thu, Mar 26 | 8:30 am - 4:30 pm | \$25.00 |
| 18938 | Fri, Mar 27 | 8:30 am - 4:30 pm | \$25.00 |



Youth Programs



LEVEL UP BASKETBALL PROGRAM

LEVEL UP Skill Developer camp is designed for athletes who want to learn more about the game and how to become impact players for their team. Our experienced LEVEL UP 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 B

| CODE | DATE | TIME | FEE |
|-------|----------------------|----------------|---------|
| 18957 | Thu, Jan 15 - Feb 12 | 5:00 - 5:55 pm | \$90.00 |

7 - 9 years

ATCO Gymnasium B

| CODE | DATE | TIME | FEE |
|-------|----------------------|----------------|---------|
| 18958 | Thu, Jan 15 - Feb 12 | 6:00 - 6:55 pm | \$90.00 |

9 - 12 years

ATCO Gymnasium B

| CODE | DATE | TIME | FEE |
|-------|----------------------|----------------|---------|
| 18959 | Thu, Jan 15 - Feb 12 | 6:55 - 7:55 pm | \$90.00 |



LEVEL UP BALL HOCKEY PROGRAM

Welcome to Level Up Ball Hockey – the perfect introduction to hockey for kids ready to learn! Our exciting, high-energy class is designed to get your little ones moving, laughing, and learning the basics of the game in a safe and fun environment.

No skates? No problem! Ball hockey is played in running shoes – all the action, none of the ice! Kids will learn skills like passing, shooting, teamwork, and sportsmanship through games, drills, and creative challenges that keep them engaged from start to finish.

Whether your child is brand new to hockey or just looking for a fun way to stay active, Level Up Ball Hockey is the perfect place to build skills, make friends, and fall in love with the game. Let's play some hockey – the fun way!

Ages 5 - 7 years

ATCO Gymnasium B

| CODE | DATE | TIME | FEE |
|-------|----------------------|----------------|---------|
| 19004 | Thu, Feb 19 - Mar 19 | 5:00 - 5:55 pm | \$90.00 |

Ages 7 - 9 years

ATCO Gymnasium B

| CODE | DATE | TIME | FEE |
|-------|----------------------|----------------|---------|
| 19005 | Thu, Feb 19 - Mar 19 | 6:00 - 6:55 pm | \$90.00 |

Ages 9 - 12 years

ATCO Gymnasium B

| CODE | DATE | TIME | FEE |
|-------|----------------------|----------------|---------|
| 19006 | Thu, Feb 19 - Mar 19 | 6:55 - 7:55 pm | \$90.00 |



NEW LEVEL UP FLAG FOOTBALL PROGRAM

Down, set, hut! Who is ready to learn the amazing game of Flag Football? This Level Up Class is dedicated to advancing our athletes' skills and confidence in the amazing game of football. By the end of the semester, your child will learn how to throw and catch a football, how to run great routes, how to play incredible defence and of course, will learn how to perform an epic end zone dance. Our athletes will take part in skills every day and progress to playing a full scrimmage while the coaches guide them. By the end of the semester, we will grow their confidence and love for football so much that they might want to start wearing green and gold to prepare for the future.

Ages 6 - 9 years

ATCO Gymnasium B

| CODE | DATE | TIME | FEE |
|-------|----------------------|----------------|---------|
| 18998 | Sat, Jan 17 - Feb 14 | 2:00 - 2:55 pm | \$90.00 |
| 19001 | Sat, Feb 21 - Mar 14 | 2:00 - 2:55 pm | \$72.00 |

Ages 9 - 12 years

ATCO Gymnasium B

| CODE | DATE | TIME | FEE |
|-------|----------------------|----------------|---------|
| 18999 | Sat, Jan 17 - Feb 14 | 3:00 - 3:55 pm | \$90.00 |
| 19002 | Sat, Feb 21 - Mar 14 | 3:00 - 3:55 pm | \$72.00 |

Ages 12 - 15 years

ATCO Gymnasium B

| CODE | DATE | TIME | FEE |
|-------|----------------------|----------------|---------|
| 19000 | Sat, Jan 17 - Feb 14 | 4:00 - 5:00 pm | \$90.00 |
| 19003 | Sat, Feb 21 - Mar 14 | 4:00 - 5:00 pm | \$72.00 |

Youth Programs

GO SPORTS!

Volleyball Alberta's Atomic 1

GO Sport Atomic programs follow the curriculum set out in Volleyball Canada's Atomic Volleyball Program. Atomic Volleyball is an eight-week program with adapted rules for youth ages 9 - 12 years. Each session is 1.5 hours with every session being a combination of skills/technique practice and modified games play. Atomic Volleyball is part of the Long-Term Athlete Development Model Stage 2 "Learning to Train" that stresses FUN, FAIRPLAY, and PARTICIPATION by increasing the number of ball contacts.

Ages 9 - 12 years No Prior Experience Required ATCO Gymnasium

| CODE | DATE | TIME | FEE |
|------|--------------------|----------------|--------------------|
| | Tue, Jan 6 - Mar 3 | 5:00 - 6:30 pm | fee listed at site |
| | Wed, Jan 7 - Mar 4 | 7:00 - 8:30 pm | fee listed at site |

Register here: GO Sports North – Volleyball Alberta

ONE & DONE FITNESS CENTRE ORIENTATION

This one-hour orientation is for youth who want to use the Apple 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.

Ages 12 - 14 years Kerrie M Apple Fitness Centre

| CODE | DATE | TIME | FEE |
|-------|-------------|-----------------|---------|
| 18960 | Sat, Jan 17 | 9:30 - 10:30 am | \$60.00 |
| 18961 | Sat, Feb 28 | 9:30 - 10:30 am | \$60.00 |
| 18962 | Sat, Mar 14 | 9:30 - 10:30 am | \$60.00 |



BABYSITTER'S TRAINING PROGRAM

This one-day, hands-on course will give students the tools they need to become St. John Ambulance-certified babysitters. In addition to learning basic first aid, they will learn how to engage with children, deal with temper tantrums, practice diaper changing, and prevent injuries. Please wear comfortable clothing, and bring a nut-free, non-heated lunch, snacks, and drinks, as well as a pen and a baby-sized doll or stuffie.

Ages 11 - 15 years Scotia Bank Studio

| CODE | DATE | TIME | FEE |
|-------|-------------|-------------------|---------|
| 18942 | Sat, Jan 24 | 9:00 am - 3:30 pm | \$84.00 |
| 18944 | Sat, Feb 21 | 9:00 am - 3:30 pm | \$84.00 |
| 18945 | Sat, Mar 7 | 9:00 am - 3:30 pm | \$84.00 |

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 | |

Scotia Bank Studio

| CODE | DATE | TIME | FEE |
|-------|-------------|--------------------|---------|
| 18939 | Sat, Jan 31 | 9:00 am - 12:00 pm | \$55.00 |

Lion's Pride

| CODE | DATE | TIME | FEE |
|-------|-------------|----------------|---------|
| 18940 | Thu, Feb 12 | 5:30 - 8:30 pm | \$55.00 |
| 18941 | Thu, Mar 19 | 5:30 - 8:30 pm | \$55.00 |

BUDDY 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 Buddy Leader (within one school calendar year), each Buddy Leader will be eligible for a letter of reference reflecting the total hours inputted, growth, and abilities demonstrated.

Ages 13 - 15 years Scotia Bank Studio

| CODE | DATE | TIME | FEE |
|-------|-------------|-------------------|---------|
| 18890 | Fri, Jan 2 | 8:30 am - 4:30 pm | \$25.00 |
| 18891 | Wed, Jan 28 | 8:30 am - 4:30 pm | \$25.00 |
| 18893 | Thu, Feb 5 | 8:30 am - 4:30 pm | \$25.00 |
| 18932 | Fri, Feb 6 | 8:30 am - 4:30 pm | \$25.00 |

JRC MPR

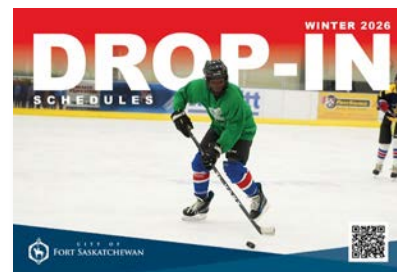
| | | | |
|-------|-------------|-------------------|---------|
| 18933 | Fri, Mar 6 | 8:30 am - 4:30 pm | \$25.00 |
| 18934 | Mon, Mar 23 | 8:30 am - 4:30 pm | \$25.00 |
| 18935 | Tue, Mar 24 | 8:30 am - 4:30 pm | \$25.00 |
| 18936 | Wed, Mar 25 | 8:30 am - 4:30 pm | \$25.00 |
| 18937 | Thu, Mar 26 | 8:30 am - 4:30 pm | \$25.00 |
| 18938 | Fri, Mar 27 | 8:30 am - 4:30 pm | \$25.00 |



CLOSED for
annual maintenance
January 4 - 25, 2026.

HP HARBOUR POOL

fortsask.ca/Swim



CLICK HERE to
view the **WINTER**
Drop-in Schedule



| EVENTS | DATE & TIME | SPONSOR |
|------------------------------|-------------------------------|----------------------------|
| Glow Party Youth Loonie Swim | February 7 7:00 - 9:00 pm | Mel Martin's Transfer Ltd. |
| Family Day Free Swim | February 16 1:30 - 4:30 pm | NWR Sturgeon Refinery |
| Community Loonie Swim | February 28 2:00 - 4:00 pm | Doderai Dental |
| Community Loonie Swim | March 14 2:00 - 4:00 pm | Wolf Midstream |

To become a
sponsor,
contact us at
780-992-6162
for more
information.

Harbour Pool Rental Information

- 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. Refund requests cannot be accommodated beyond the 72-hour period.
- 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

\$331.00

(GST Included)

- Two hours in the Party Room
- One hour in the Pool
- Party hats and balloons
- Pool inflatables

POOL ONLY

Based on number of patrons,
(GST Included)

1 - 74 \$226.00

75 - 124 \$270.00

125 - 185 \$312.75

186 - 246 \$355.75

247 - 300 \$398.75

MULTI-PURPOSE ROOM (MPR)

\$38.50 / HOUR

(GST Included)

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 |
|-----------------|----------------------|----------------|----------|
| 17791 | Fri, Jan 30 - Mar 20 | 4:30 - 6:30 pm | \$112.00 |
| No class Feb 13 | | | |

Prerequisite: Ability to swim 25m, tread water for two minutes and are comfortable in deep water.

LIFESAVING SOCIETY NATIONAL LIFEGUARD / OXYGEN ADMINISTRATION RECERT

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

| CODE | DATE | TIME | FEE |
|-------|-------------|-------------------|---------|
| 17958 | Sat, Jan 31 | 8:00 am - 1:30 pm | \$97.00 |

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



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 |
|-------|-----------------------------------|------------------------|----------|
| 17950 | Sat & Su, Feb 7 - 8 & Feb 21 - 22 | Sat, 9:00 am - 1:00 pm | \$156.00 |
| | | Sun, 12:00 - 2:00 pm | |

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 |
|-----------------------|----------------------------|----------------|----------|
| 17782* | Tue & Thu, Feb 26 - Mar 19 | 4:00 - 7:00 pm | \$195.51 |
| 17781** | | | \$205.52 |
| Under 15* / Over 15** | | | |

Prerequisite: Bronze Star OR 13+ years old



LIFESAVING SOCIETY INTERMEDIATE FIRST AID CPR-C (IFA) / OXYGEN ADMINISTRATION (O2)

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

| CODE | DATE | TIME | FEE |
|-------|-----------------------|------------------------|----------|
| 17786 | Mon & Tue Mar 23 - 24 | Mon, 8:00 am - 5:30 pm | \$175.00 |
| | | Tue, 8:00 am - 4:00 pm | |

Prerequisite: None

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 |
|-----------------------|------------------------|------------------------------|----------|
| 17779** | Wed - Fri, Mar 25 - 27 | Wed & Thu, 9:00 am - 5:00 pm | \$177.00 |
| 17780* | | Fri, 9:00 am - 1:00 pm | \$168.51 |
| Under 15* / Over 15** | | | |

Prerequisite: Current Intermediate First Aid CPR-C & AED award and successful completion of the Lifesaving Society Bronze Medallion award (need not be current).

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 3 - 24 | 9:00 - 9:45 am | 17776 | \$73.50 |
| Tue & Thu | Feb 26 - Mar 19 | 9:00 - 9:45 am | 17946 | \$73.50 |

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.

| DAY | DATES | TIME | CODE | FEE |
|-----------------|----------------|-----------------|-------|----------|
| Mon | Feb 2 - Mar 16 | 9:00 - 11:30 am | 17959 | \$133.50 |
| No class Feb 16 | | | | |
| Mon | Feb 2 - Mar 16 | 12:30 - 3:00 pm | 17954 | \$133.50 |
| No class Feb 16 | | | | |
| Tue | Feb 3 - Mar 17 | 9:00 - 11:30 am | 17960 | \$155.75 |
| Tue | Feb 3 - Mar 17 | 12:30 - 3:00 pm | 17953 | \$155.75 |
| Wed | Feb 4 - Mar 18 | 9:00 - 11:30 am | 17966 | \$155.75 |
| Wed | Feb 4 - Mar 18 | 12:30 - 3:00 pm | 17961 | \$155.75 |
| Thu | Feb 5 - Mar 19 | 9:00 - 11:30 am | 17955 | \$155.75 |
| Thu | Feb 5 - Mar 19 | 12:30 - 3:00 pm | 17952 | \$155.75 |
| Fri | Feb 6 - Mar 20 | 9:00 - 11:30 am | 17962 | \$155.75 |
| Fri | Feb 6 - Mar 20 | 12:30 - 3:00 pm | 17951 | \$155.75 |



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. This program runs during spring break.

| DAY | DATES | TIME | CODE | FEE |
|----------------|-----------------|---------------------|-------|---------|
| Mon, Wed & Fri | Mar 23 - Mar 27 | 10:00 am - 12:00 pm | 17965 | \$16.50 |

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 | Jan 31 - Mar 21 | 10:35 - 11:20 am | 17963 | \$63.00 |
| No class Feb 14 | | | | |
| Wed | Feb 4 - Mar 18 | 5:45 - 6:30 pm | 17964 | \$63.00 |



SWIMABILITIES®

CAREGIVER IN WATER PARTICIPATION REQUIRED.

SwimAbilities® is a learn-to-swim program geared for children aged 3 - 16 years who require additional supports, looking for an alternative to Swim for Life lessons. 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 | Jan 31 - Mar 21 | 9:00 - 9:45 am | 17858 | \$63.00 |
| No class Feb 14 | | | | |
| Tue & Thu | Feb 3 - 24 | 4:00 - 4:45 pm | 17859 | \$63.00 |
| Tue & Thu | Feb 26 - Mar 19 | 4:00 - 4:45 pm | 17947 | \$63.00 |

SWIMABILITIES® (16 AND UNDER)

| DAY | DATES | TIME | CODE | FEE |
|-----------------|-----------------|----------------|-------|---------|
| Sat | Jan 31 - Mar 21 | 9:00 - 9:45 am | 17855 | \$63.00 |
| No class Feb 14 | | | | |
| Tue & Thu | Feb 3 - 24 | 4:00 - 4:45 pm | 17856 | \$63.00 |
| Tue & Thu | Feb 26 - Mar 19 | 4:00 - 4:45 pm | 17948 | \$63.00 |

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 5 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 floats, 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 5 for more information.

PARENT & TOT 1 / 2

| DAY | DATES | TIME | CODE | FEE |
|-----------------|-----------------|-----------------|-------|---------|
| Sat | Jan 31 - Mar 21 | 9:50 - 10:20 am | 17797 | \$56.00 |
| No class Feb 14 | | | | |
| Wed | Feb 4 - Mar 18 | 5:05 - 5:35 pm | 17798 | \$56.00 |

PARENT & TOT 1 / 2 / 3

| DAY | DATES | TIME | CODE | FEE |
|-----------------|-----------------|------------------|-------|---------|
| Fri | Jan 30 - Mar 20 | 5:10 - 5:40 pm | 17799 | \$56.00 |
| No class Feb 13 | | | | |
| Sun | Feb 1 - Mar 22 | 12:00 - 12:30 pm | 17800 | \$56.00 |
| No class Feb 15 | | | | |
| Mon & Wed | Feb 2 - 25 | 2:00 - 2:30 pm | 17802 | \$56.00 |
| No class Feb 16 | | | | |
| Mon | Feb 2 - Mar 16 | 5:40 - 6:10 pm | 17941 | \$48.00 |
| No class Feb 16 | | | | |
| Tue & Thu | Feb 3 - 24 | 10:00 - 10:30 am | 17803 | \$56.00 |
| Tue & Thu | Feb 3 - 24 | 5:25 - 5:55 pm | 17801 | \$56.00 |
| Mon & Wed | Mar 2 - 18 | 2:25 - 2:55 pm | 17796 | \$48.00 |
| Tue & Thu | Feb 26 - Mar 19 | 9:30 - 10:00 am | 17805 | \$56.00 |
| Tue & Thu | Feb 26 - Mar 19 | 5:20 - 5:50 pm | 17804 | \$56.00 |

PARENT & TOT 3

| DAY | DATES | TIME | CODE | FEE |
|-----------------|-----------------|------------------|-------|---------|
| Sat | Jan 31 - Mar 21 | 10:25 - 10:55 am | 17807 | \$56.00 |
| No class Feb 14 | | | | |
| Wed | Feb 4 - Mar 18 | 5:55 - 6:25 pm | 17808 | \$56.00 |



PRESCHOOL 1

| DAY | DATES | TIME | CODE | FEE |
|-----------------|-----------------|------------------|-------|---------|
| Fri | Jan 30 - Mar 20 | 4:35 - 5:05 pm | 17812 | \$56.00 |
| No class Feb 13 | | | | |
| Sat | Jan 31 - Mar 21 | 10:40 - 11:10 am | 17815 | \$56.00 |
| No class Feb 14 | | | | |
| Sat | Jan 31 - Mar 21 | 11:25 - 11:55 am | 17816 | \$56.00 |
| No class Feb 14 | | | | |
| Sun | Feb 1 - Mar 22 | 12:00 - 12:30 pm | 17814 | \$56.00 |
| No class Feb 15 | | | | |
| Mon | Feb 2 - Mar 16 | 5:55 - 6:25 pm | 17811 | \$48.00 |
| No class Feb 16 | | | | |
| Tue & Thu | Feb 3 - 24 | 9:30 - 10:00 am | 17817 | \$56.00 |
| Tue & Thu | Feb 3 - 24 | 4:50 - 5:20 pm | 17818 | \$56.00 |
| Wed | Feb 4 - Mar 18 | 5:05 - 5:35 pm | 17813 | \$56.00 |
| Wed | Feb 4 - Mar 18 | 5:15 - 5:45 pm | 17821 | \$56.00 |
| Mon & Wed | Mar 2 - 18 | 1:15 - 1:45 pm | 17810 | \$48.00 |
| Mon & Wed | Mar 2 - 18 | 2:30 - 3:00 pm | 17944 | \$48.00 |
| Tue & Thu | Feb 26 - Mar 19 | 10:00 - 10:30 am | 17819 | \$56.00 |
| Tue & Thu | Feb 26 - Mar 19 | 5:50 - 6:20 pm | 17820 | \$56.00 |

PRESCHOOL 1 / 2

| DAY | DATES | TIME | CODE | FEE |
|-----------------|------------|----------------|-------|---------|
| Mon & Wed | Feb 2 - 25 | 2:00 - 2:30 pm | 17809 | \$56.00 |
| No class Feb 16 | | | | |



PRESCHOOL 2

| DAY | DATES | TIME | CODE | FEE |
|-----------------|-----------------|------------------|-------|---------|
| Fri | Jan 30 - Mar 20 | 4:00 - 4:30 pm | 17822 | \$56.00 |
| No class Feb 13 | | | | |
| Sat | Jan 31 - Mar 21 | 11:00 - 11:30 am | 17827 | \$56.00 |
| No class Feb 14 | | | | |
| Sun | Feb 1 - Mar 22 | 12:50 - 1:20 pm | 17831 | \$56.00 |
| No class Feb 15 | | | | |
| Mon | Feb 2 - Mar 16 | 4:30 - 5:00 pm | 17828 | \$48.00 |
| No class Feb 16 | | | | |
| Tue & Thu | Feb 3 - 24 | 9:00 - 9:30 am | 17829 | \$56.00 |
| Tue & Thu | Feb 3 - 24 | 5:50 - 6:20 pm | 17825 | \$56.00 |
| Wed | Feb 4 - Mar 18 | 4:30 - 5:00 pm | 17823 | \$56.00 |
| Mon & Wed | Mar 2 - 18 | 2:00 - 2:30 pm | 17830 | \$48.00 |
| Tue & Thu | Feb 26 - Mar 19 | 9:00 - 9:30 am | 17832 | \$56.00 |
| Tue & Thu | Feb 26 - Mar 19 | 4:45 - 5:15 pm | 17824 | \$56.00 |

PRESCHOOL 3

| DAY | DATES | TIME | CODE | FEE |
|-----------------|-----------------|---------------------|-------|---------|
| Fri | Jan 30 - Mar 20 | 4:50 - 5:20 pm | 17834 | \$56.00 |
| No class Feb 13 | | | | |
| Sat | Jan 31 - Mar 21 | 9:50 - 10:20 am | 17836 | \$56.00 |
| No class Feb 14 | | | | |
| Sat | Jan 31 - Mar 21 | 11:35 am - 12:05 pm | 17835 | \$56.00 |
| No class Feb 14 | | | | |
| Sun | Feb 1 - Mar 22 | 12:50 - 1:20 pm | 17837 | \$56.00 |
| No class Feb 15 | | | | |
| Mon | Feb 2 - Mar 16 | 4:30 - 5:00 pm | 17940 | \$48.00 |
| No class Feb 16 | | | | |
| Tue & Thu | Feb 3 - 24 | 10:00 - 10:30 am | 17838 | \$56.00 |
| Tue & Thu | Feb 3 - 24 | 4:50 - 5:20 pm | 17839 | \$56.00 |
| Wed | Feb 4 - Mar 18 | 5:55 - 6:25 pm | 17840 | \$56.00 |
| Mon & Wed | Mar 2 - 18 | 1:15 - 1:45 pm | 17841 | \$48.00 |
| Tue & Thu | Feb 26 - Mar 19 | 9:30 - 10:00 am | 17842 | \$56.00 |
| Tue & Thu | Feb 26 - Mar 19 | 5:25 - 5:55 pm | 17843 | \$56.00 |

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 5 for more information.



PRESCHOOL 3 / 4 / 5

| DAY | DATES | TIME | CODE | FEE |
|-----------------|------------|----------------|-------|---------|
| Mon & Wed | Feb 2 - 25 | 2:30 - 3:00 pm | 17844 | \$56.00 |
| No class Feb 16 | | | | |

PRESCHOOL 4 / 5

| DAY | DATES | TIME | CODE | FEE |
|-----------------|-----------------|------------------|-------|---------|
| Fri | Jan 30 - Mar 20 | 4:00 - 4:30 pm | 17845 | \$56.00 |
| No class Feb 13 | | | | |
| Sat | Jan 31 - Mar 21 | 11:15 - 11:45 am | 17852 | \$56.00 |
| No class Feb 14 | | | | |
| Sun | Feb 1 - Mar 22 | 1:25 - 1:55 pm | 17846 | \$56.00 |
| No class Feb 15 | | | | |
| Mon | Feb 2 - Mar 16 | 5:05 - 5:35 pm | 17847 | \$48.00 |
| No class Feb 16 | | | | |
| Tue & Thu | Feb 3 - 24 | 9:30 - 10:00 am | 17849 | \$56.00 |
| Tue & Thu | Feb 3 - 24 | 4:50 - 5:20 pm | 17850 | \$56.00 |
| Wed | Feb 4 - Mar 18 | 4:30 - 5:00 pm | 17848 | \$56.00 |
| Mon & Wed | Mar 2 - 18 | 1:50 - 2:20 pm | 17851 | \$48.00 |
| Tue & Thu | Feb 26 - Mar 19 | 10:00 - 10:30 am | 17945 | \$56.00 |
| Tue & Thu | Feb 26 - Mar 19 | 5:55 - 6:25 pm | 17877 | \$56.00 |

SWIMMER 1 (5 - 14 YEARS)

| DAY | DATES | TIME | CODE | FEE |
|-----------------|-----------------|------------------|-------|---------|
| Fri | Jan 30 - Mar 20 | 4:35 - 5:05 pm | 17867 | \$56.00 |
| No class Feb 13 | | | | |
| Fri | Jan 30 - Mar 20 | 5:45 - 6:15 pm | 17866 | \$56.00 |
| No class Feb 13 | | | | |
| Sat | Jan 31 - Mar 21 | 10:20 - 10:50 am | 17869 | \$56.00 |
| No class Feb 14 | | | | |
| Sat | Jan 31 - Mar 21 | 12:20 - 12:50 pm | 17870 | \$56.00 |
| No class Feb 14 | | | | |
| Sat | Jan 31 - Mar 21 | 12:25 - 12:55 pm | 17875 | \$56.00 |
| No class Feb 14 | | | | |
| Sun | Feb 1 - Mar 22 | 12:35 - 1:05 pm | 17871 | \$56.00 |
| No class Feb 15 | | | | |
| Sun | Feb 1 - Mar 22 | 1:25 - 1:55 pm | 17868 | \$56.00 |
| No class Feb 15 | | | | |
| Mon & Wed | Feb 2 - 25 | 2:30 - 3:00 pm | 17861 | \$56.00 |
| No class Feb 16 | | | | |
| Mon | Feb 2 - Mar 16 | 5:05 - 5:35 pm | 17865 | \$48.00 |
| No class Feb 16 | | | | |
| Tue & Thu | Feb 3 - 24 | 9:00 - 9:30 am | 17863 | \$56.00 |
| Tue & Thu | Feb 3 - 24 | 5:25 - 5:55 pm | 17873 | \$56.00 |
| Wed | Feb 4 - Mar 18 | 4:30 - 5:00 pm | 17862 | \$56.00 |
| Mon & Wed | Mar 2 - 18 | 1:50 - 2:20 pm | 17864 | \$48.00 |
| Tue & Thu | Feb 26 - Mar 19 | 9:50 - 10:20 am | 17872 | \$56.00 |
| Tue & Thu | Feb 26 - Mar 19 | 4:50 - 5:20 pm | 17874 | \$56.00 |

SWIMMER 2 (5 - 14 YEARS)

| DAY | DATES | TIME | CODE | FEE |
|-----------------|-----------------|---------------------|-------|---------|
| Fri | Jan 30 - Mar 20 | 4:00 - 4:30 pm | 17880 | \$56.00 |
| No class Feb 13 | | | | |
| Fri | Jan 30 - Mar 20 | 5:55 - 6:25 pm | 17882 | \$56.00 |
| No class Feb 13 | | | | |
| Fri | Jan 30 - Mar 20 | 6:00 - 6:30 pm | 17881 | \$56.00 |
| No class Feb 13 | | | | |
| Sat | Jan 31 - Mar 21 | 9:50 - 10:20 am | 17884 | \$56.00 |
| No class Feb 14 | | | | |
| Sat | Jan 31 - Mar 21 | 11:50 am - 12:20 pm | 17885 | \$56.00 |
| No class Feb 14 | | | | |
| Sun | Feb 1 - Mar 22 | 1:25 - 1:55 pm | 17887 | \$56.00 |
| No class Feb 15 | | | | |
| Mon & Wed | Feb 2 - 25 | 2:05 - 2:35 pm | 17889 | \$56.00 |
| No class Feb 16 | | | | |
| Mon | Feb 2 - Mar 16 | 5:20 - 5:50 pm | 17876 | \$48.00 |
| No class Feb 16 | | | | |
| Tue & Thu | Feb 3 - 24 | 9:50 - 10:20 am | 17883 | \$56.00 |
| Tue & Thu | Feb 3 - 24 | 5:55 - 6:25 pm | 17886 | \$56.00 |
| Wed | Feb 4 - Mar 18 | 5:20 - 5:50 pm | 17888 | \$56.00 |
| Mon & Wed | Mar 2 - 18 | 2:25 - 2:55 pm | 17890 | \$48.00 |
| Tue & Thu | Feb 26 - Mar 19 | 9:00 - 9:30 am | 17894 | \$56.00 |
| Tue & Thu | Feb 26 - Mar 19 | 4:50 - 5:20 pm | 17891 | \$56.00 |

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 5 for more information.

SWIMMER 3 (5 - 14 YEARS)

| DAY | DATES | TIME | CODE | FEE |
|-----------------|-----------------|------------------|-------|---------|
| Fri | Jan 30 - Mar 20 | 4:35 - 5:20 pm | 17902 | \$63.00 |
| No class Feb 13 | | | | |
| Sat | Jan 31 - Mar 21 | 10:55 - 11:40 am | 17898 | \$63.00 |
| No class Feb 14 | | | | |
| Sun | Feb 1 - Mar 22 | 12:35 - 1:20 pm | 17901 | \$63.00 |
| No class Feb 15 | | | | |
| Mon | Feb 2 - Mar 16 | 4:30 - 5:15 pm | 17896 | \$54.00 |
| No class Feb 16 | | | | |
| Tue & Thu | Feb 3 - 24 | 4:50 - 5:35 pm | 17900 | \$63.00 |
| Wed | Feb 4 - Mar 18 | 5:05 - 5:50 pm | 17899 | \$63.00 |
| Tue & Thu | Feb 26 - Mar 19 | 5:25 - 6:10 pm | 17895 | \$63.00 |

SWIMMER 4 (5 - 14 YEARS)

| DAY | DATES | TIME | CODE | FEE |
|-----------------|-----------------|------------------|-------|---------|
| Sat | Jan 31 - Mar 21 | 9:50 - 10:35 am | 17904 | \$63.00 |
| No class Feb 14 | | | | |
| Sun | Feb 1 - Mar 22 | 12:00 - 12:45 pm | 17905 | \$63.00 |
| No class Feb 15 | | | | |
| Mon | Feb 2 - Mar 16 | 4:30 - 5:15 pm | 17906 | \$54.00 |
| No class Feb 16 | | | | |
| Wed | Feb 4 - Mar 18 | 4:30 - 5:15 pm | 17907 | \$63.00 |

SWIMMER 4 / 5 (5 - 14 YEARS)

| DAY | DATES | TIME | CODE | FEE |
|-----------------|-----------------|----------------|-------|---------|
| Fri | Jan 30 - Mar 20 | 4:00 - 4:45 pm | 17910 | \$63.00 |
| No class Feb 13 | | | | |
| Tue & Thu | Feb 3 - 24 | 5:40 - 6:25 pm | 17909 | \$63.00 |
| Tue & Thu | Feb 26 - Mar 19 | 4:45 - 5:30 pm | 17908 | \$63.00 |

SWIMMER 5 (5 - 14 YEARS)

| DAY | DATES | TIME | CODE | FEE |
|-----------------|-----------------|-----------------|-------|---------|
| Sat | Jan 31 - Mar 21 | 12:15 - 1:00 pm | 17911 | \$63.00 |
| No class Feb 14 | | | | |
| Sun | Feb 1 - Mar 22 | 1:10 - 1:55 pm | 17912 | \$63.00 |
| No class Feb 15 | | | | |
| Mon | Feb 2 - Mar 16 | 5:40 - 6:25 pm | 17913 | \$54.00 |
| No class Feb 16 | | | | |
| Wed | Feb 4 - Mar 18 | 5:40 - 6:25 pm | 17914 | \$63.00 |

SWIMMER 6 (5 - 14 YEARS)

| DAY | DATES | TIME | CODE | FEE |
|-----------------|-----------------|------------------|-------|---------|
| Fri | Jan 30 - Mar 20 | 5:10 - 5:55 pm | 17916 | \$63.00 |
| No class Feb 13 | | | | |
| Sat | Jan 31 - Mar 21 | 9:45 - 10:30 am | 17903 | \$63.00 |
| No class Feb 14 | | | | |
| Sun | Feb 1 - Mar 22 | 12:00 - 12:45 pm | 17897 | \$63.00 |
| No class Feb 15 | | | | |
| Mon | Feb 2 - Mar 16 | 5:40 - 6:25 pm | 17915 | \$54.00 |
| No class Feb 16 | | | | |
| Tue & Thu | Feb 3 - 24 | 5:25 - 6:10 pm | 17918 | \$63.00 |
| Wed | Feb 4 - Mar 18 | 4:30 - 5:15 pm | 17917 | \$63.00 |
| Tue & Thu | Feb 26 - Mar 19 | 5:40 - 6:25 pm | 17919 | \$63.00 |

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

| DAY | DATES | TIME | CODE | FEE |
|-----------------|-----------------|---------------------|-------|---------|
| Fri | Jan 30 - Mar 20 | 5:25 - 6:25 pm | 17853 | \$70.00 |
| No class Feb 13 | | | | |
| Sat | Jan 31 - Mar 21 | 11:15 am - 12:15 pm | 17854 | \$70.00 |
| No class Feb 14 | | | | |
| Mon | Feb 2 - Mar 16 | 4:30 - 5:30 pm | 17942 | \$60.00 |
| No class Feb 16 | | | | |
| Tue & Thu | Feb 3 - 24 | 4:45 - 5:45 pm | 17793 | \$70.00 |
| Tue & Thu | Feb 26 - Mar 19 | 4:45 - 5:45 pm | 17949 | \$70.00 |

HOMESCHOOL SWIMMER 1

| DAY | DATES | TIME | CODE | FEE |
|-----------------|------------|----------------|-------|---------|
| Mon & Wed | Feb 2 - 25 | 1:15 - 2:00 pm | 17783 | \$63.00 |
| No class Feb 16 | | | | |

HOMESCHOOL SWIMMER 2 / 3

| DAY | DATES | TIME | CODE | FEE |
|-----------------|------------|----------------|-------|---------|
| Mon & Wed | Feb 2 - 25 | 1:15 - 2:00 pm | 17784 | \$63.00 |
| No class Feb 16 | | | | |

HOMESCHOOL SWIMMER 4 - 6

| DAY | DATES | TIME | CODE | FEE |
|-----------------|------------|----------------|-------|---------|
| Mon & Wed | Feb 2 - 25 | 1:15 - 2:00 pm | 17785 | \$63.00 |
| No class Feb 16 | | | | |



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 5 for more information.



PRIVATE LESSONS

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

| DAY | DATES | TIME | CODE | FEE |
|-----------------|-----------------|---------------------|-------|----------|
| Fri | Jan 30 - Feb 20 | 5:25 - 5:55 pm | 17920 | \$106.50 |
| No class Feb 13 | | | | |
| Sat | Jan 31 - Feb 21 | 11:45 am - 12:15 pm | 17938 | \$106.50 |
| No class Feb 14 | | | | |
| Sat | Jan 31 - Feb 21 | 12:00 - 12:30 pm | 17922 | \$106.50 |
| No class Feb 14 | | | | |
| Sat | Jan 31 - Feb 21 | 12:30 - 1:00 pm | 17924 | \$106.50 |
| No class Feb 14 | | | | |
| Sun | Feb 1 - 22 | 12:00 - 12:30 pm | 17926 | \$106.50 |
| No class Feb 15 | | | | |
| Sun | Feb 1 - 22 | 12:35 - 1:05 pm | 17928 | \$106.50 |
| No class Feb 15 | | | | |
| Sun** | Feb 1 - 22 | 1:10 - 1:55 pm | 17956 | \$159.00 |
| No class Feb 15 | | | | |
| Mon | Feb 2 - 23 | 5:20 - 5:50 pm | 17930 | \$106.50 |
| No class Feb 16 | | | | |
| Mon | Feb 2 - 23 | 5:55 - 6:25 pm | 17932 | \$106.50 |
| No class Feb 16 | | | | |
| Tue | Feb 3 - 24 | 6:00 - 6:30 pm | 17934 | \$142.00 |
| Thu | Feb 5 - 19 | 6:00 - 6:30 pm | 17935 | \$106.50 |
| Thu | Feb 26 - Mar 19 | 6:00 - 6:30 pm | 17937 | \$142.00 |
| Fri | Feb 27 - Mar 20 | 5:25 - 5:55 pm | 17921 | \$142.00 |
| Sat | Feb 28 - Mar 21 | 11:45 am - 12:15 pm | 17939 | \$142.00 |
| Sat | Feb 28 - Mar 21 | 12:00 - 12:30 pm | 17923 | \$142.00 |
| Sat | Feb 28 - Mar 21 | 12:30 - 1:00 pm | 17925 | \$142.00 |
| Sun | Mar 1 - 22 | 12:00 - 12:30 pm | 17927 | \$142.00 |
| Sun | Mar 1 - 22 | 12:35 - 1:05 pm | 17929 | \$142.00 |
| Sun** | Mar 1 - 22 | 1:10 - 1:55 pm | 17957 | \$212.00 |
| Mon | Mar 2 - 16 | 5:20 - 5:50 pm | 17931 | \$106.50 |
| Mon | Mar 2 - 16 | 5:55 - 6:25 pm | 17933 | \$106.50 |
| Tue | Mar 3 - 17 | 6:00 - 6:30 pm | 17936 | \$106.50 |

ADULT 1 (14+)

| DAY | DATES | TIME | CODE | FEE |
|-----------------|-----------------|------------------|-------|---------|
| Sat | Jan 31 - Mar 21 | 12:10 - 12:55 pm | 17794 | \$71.75 |
| No class Feb 14 | | | | |
| Wed | Feb 4 - Mar 18 | 5:40 - 6:25 pm | 17893 | \$71.75 |
| Mon / Wed | Mar 2 - 18 | 1:15 - 2:00 pm | 17943 | \$61.50 |

ADULT 2 / 3 (14+)

| DAY | DATES | TIME | CODE | FEE |
|-----------------|-----------------|------------------|-------|---------|
| Sat | Jan 31 - Mar 21 | 10:25 - 11:10 am | 17795 | \$71.75 |
| No class Feb 14 | | | | |



Art & Culture Programs



TEEN WHEEL THROWING

12 - 17 years

An eight-week course, just for teens, to learn to throw on the potter's wheel.

Additional costs for clay at approx. \$39 a bag.

Dow Centennial Centre / Waiward Pottery Studio

| CODE | DATE | TIME | FEE |
|-------|---------------------|--------------------|----------|
| 19026 | Sun, Jan 18 - Mar 8 | 11:30 am - 1:30 pm | \$160.00 |

BEGINNER ADULT POTTERY

18 years and older

Learn hand-building techniques, glazing, and get an introduction to both the potter's wheel and the Fort Sask Pottery Guild.

Additional costs may include clay and tools.

Dow Centennial Centre / Waiward Pottery Studio

| CODE | DATE | TIME | FEE |
|-------|----------------------|----------------|----------|
| 19019 | Thu, Jan 15 - Mar 19 | 6:30 - 9:30 pm | \$250.00 |



INTERMEDIATE ADULT POTTERY

18 years and older

Prerequisite: You must be a student or recent student at the Fort Saskatchewan Pottery Guild to take this class. **No exceptions.** Please do not register if you do not meet these requirements.

If class is full, please add your name to the waitlist.

Additional costs for clay

Dow Centennial Centre / Waiward Pottery Studio

| CODE | DATE | TIME | FEE |
|-------|----------------------|--------------------|----------|
| 19020 | Tue Jan 13 - Mar 17 | 9:00 am - 12:00 pm | \$250.00 |
| 19021 | Tue, Jan 13 - Mar 17 | 6:30 - 9:30 pm | \$250.00 |
| 19022 | Wed, Jan 14 - Mar 18 | 6:30 - 9:30 pm | \$250.00 |

KIDS & CLAY

8 years and older

Hand build creative projects in this kid-oriented course.

Cost includes all supplies.

Dow Centennial Centre / Waiward Pottery Studio

| CODE | DATE | TIME | FEE |
|-------|---------------------|---------------------|----------|
| 19024 | Sat, Jan 17 - Mar 7 | 10:00 am - 12:00 pm | \$160.00 |



EARLY OUT POTTERY

8 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.

Dow Centennial Centre / Waiward Pottery Studio

| CODE | DATE | TIME | FEE |
|-------|--------------------|----------------|---------|
| 19025 | Wed, Feb 4 - May 6 | 2:15 - 4:00 pm | \$80.00 |

GARDEN FROG WORKSHOP

8 years and older. Under 12 must be accompanied by an adult (non-registered welcome).

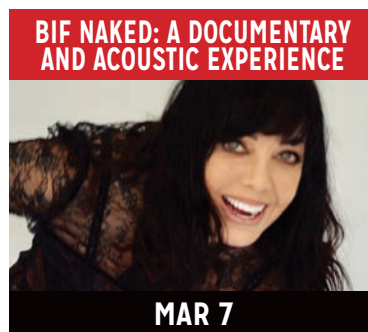
Get ready for spring with a hand-built frog for the garden decor.

Cost includes all supplies.

Dow Centennial Centre / Waiward Pottery Studio

| CODE | DATE | TIME | FEE |
|-------|-------------|----------------|---------|
| 19023 | Fri, Mar 27 | 7:00 - 9:00 pm | \$25.00 |

SHELL THEATRE 2025/2026 PERFORMANCE SERIES



HOW TO BUY TICKETS

By Phone: (888) 655-9090 or (780) 992-6400
Online: www.shelltheatre.ca or 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



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 20th 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!

| ADMISSION (Effective Jan 2) | FEE (GST included) |
|--|--------------------|
| Child (2 - 12 years) | \$5.00 |
| Youth (13 - 17 years) | \$6.00 |
| Senior (65+ years) | \$6.00 |
| Adult (18 - 64 years) | \$10.00 |
| Family (2 adults/caregivers and unlimited children under 18 years) | \$26.50 |
| Specialty Tours (all ages) | \$13.00 |



Winter WONDERLAND

AT FORT HERITAGE PRECINCT

December 13, 2025
1:00 - 4:00 pm | Drop-in | Free

Crafts for kids, cookies, stories, fire pits, exhibit, hot chocolate, and candy canes.

LOOKING FOR SOMETHING UNIQUELY FORT SASK?

Visit the Fort Heritage Precinct gift shop for locally crafted gifts and custom pieces you won't find anywhere else—drinkware, art, shirts, hats, books, and more.

Warden's House | Open Weekdays | 10:00 am - 4:00 pm
fortheritageprecinct.ca/Gift-Shop

Family and Community Support Services (FCSS) Programs

SUPPORT FOR EVERY STAGE OF LIFE

Looking for community programs, counselling, or outreach services? The Fort Saskatchewan FCSS department is here to help.

WE
OFFER

MENTAL HEALTH RESOURCES

Access supports for your personal well-being.

WORKSHOPS AND SUPPORT GROUPS

Learn and connect with others facing similar experiences.

PROGRAMS FOR SENIORS, FAMILIES AND YOUTH

Programs and services that meet the needs of every age.

NAVIGATION SERVICES

Get help finding and connecting with the right resources.

Explore our winter workshops and seasonal programs:
fortsask.ca/FCSSWorkshops



Scan the QR code to register today!

Not Falling for You

Stay steady with Not Falling for You

A free fall-prevention class designed for older adults. Build strength, improve balance, and reduce your risk of falling — all in a safe, welcoming setting.

Multi-use Room, City Hall

| CODE | DATE | TIME | FEE |
|----------------|-----------------------|---------------------|------|
| 19038 | Wed, Jan 14 - Apr 1 | 11:00 am - 12:00 pm | FREE |
| 19037 | Fri, Jan. 16 - Apr 10 | 11:00 am - 12:00 pm | FREE |
| No class Apr 3 | | | |

Learn more and register: fortsask.ca/FCSSWorkshops

Offered in partnership with



Community Helpers Program

The Community Helpers Program is a free certificate course for youth ages 12 - 18. Complete all nine sessions to earn your certification. If you're the kind of friend others turn to for support, this program is for you. We know that 49% of youth talk to family and friends about mental health and this program helps prepare you for this tough conversation.

Scotia Bank Studio

| CODE | DATE | TIME | FEE |
|-----------------|-------------------|----------------|------|
| 19048 | Wed Feb 4 - Apr 8 | 3:00 - 4:30 pm | FREE |
| No class Mar 25 | | | |



Drop-in or reach out — we're here for you.



fortsask.ca/FCSS



CITY OF
FORT SASKATCHEWAN