

Calgary



SPRING/SUMMER Recreation

Program Guide

**Try
something
different**

**1,000+
affordable
programs and
day camps.**

REGISTRATION
BEGINS **MARCH 3**

calgary.ca/register





Spring/Summer 2020

Welcome to the Spring and Summer 2020 edition of The City's Recreation Program Guide.

Inside you'll find thousands of affordable activities for you and your family that are close to home. The City offers fun, safe and skill-building programs for all ages and abilities delivered by trained staff. Learn to golf, start creating your own pottery or join a pure strength class. The City of Calgary is here to help you enjoy the benefits of an active, creative and healthy lifestyle.

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Interpretation service available – contact 311

Over-the-phone interpretation available in more than 140 languages.

Arabic 311 للاستعلام اتصل برقم

French **Pour les informations, composez le 311**

Hindi अधिक जानकारी के लिए 311 पर फोन करें

Korean 문의 사항은 311 로 전화하십시오.

Mandarin 信息查询, 请拨打 311

Spanish **Para obtener información, llamar al 311**

Sudanese 311 للمعلومات خابر

Tagalog **Tumawag sa 311 upang makakuha ng impormasyon**

Vietnamese Xin gọi 311 để được hướng dẫn

Register **March 3** for Spring/Summer Programs



Arenas

- 1 Ed Whalen/Joseph Kryczka Arenas**
(Southland Leisure Centre)
2000 Southland Dr. S.W. | 311
- 2 Ernie Starr Arena**
4808 14 Ave. S.E. | 311
- 3 Father David Bauer/Norma Bush Arenas**
2424 University Dr. N.W. | 311
- 4 Frank McCool Arena**
1900 Lake Bonavista Dr. S.E. | 311
- 5 Max Bell Centre**
1001 Barlow Tr. S.E. | 311
- 6 Murray Copot Arena**
6727 Centre St. N.W. | 311
- 7 Optimist/George Blundun Arenas**
5020 26th Ave. S.W. | 311
- 8 Rose Kohn/Jimmie Condon Arenas**
502 Heritage Dr. S.W. | 311
- 9 Shouldice Arena**
1515 Home Rd. N.W. | 311
- 10 Stew Hendry/Henry Viney Arenas**
814 13th Ave. N.E. | 311
- 11 Stu Peppard (Glenmore) Arena**
5300 19th St. S.W. | 311
- 12 Village Square Leisure Centre (Arenas 1 & 2)**
2623 56th St. N.E. | 311



Arts Centres

- 13 North Mount Pleasant Arts Centre**
523 27 Ave. N.W. | 403-221-3682
- 14 Wildflower Arts Centre**
3363 Spruce Dr. S.W. | 403-249-3773



Athletic Parks

- 15 Acadia Athletic Park**
315 90 Ave. S.E. | 311
- 16 Ernest Manning**
20 Springborough Blvd. S.W. | 311
- 17 Foothills Athletic Park**
2431 Crowchild Tr. N.W. | 311
- 18 Foothills Stadium**
2255 Crowchild Tr. N.W. | 311
- 19 Forest Lawn Athletic Park**
4808 14th Ave. S.E. | 311
- 20 Frank McCool Athletic Park**
1900 Lake Bonavista Dr. S.E. | 311
- 21 Glenmore Athletic Park**
5300 19th St. S.W. | 311
- 22 Optimist Athletic Park**
5020 26th Ave. S.W. | 311
- 23 New Brighton Athletic Park**
5801 130th Ave. S.E. | 311
- 24 Pop Davies Athletic Park**
6415 Ogden Rd. S.E. | 311
- 25 Renfrew Athletic Park**
814 13th Ave. N.E. | 311
- 26 Shouldice Athletic Park**
1515 Home Rd. N.W./4900 13 Ave. N.W. | 311
- 27 South Glenmore Park**
90 Ave. & 24 St. S.W. | 311
- 28 Tom Brook Athletic Park**
2000 Southland Dr. S.W. | 311



Aquatic and Fitness

- 29 Acadia Aquatic & Fitness Centre**
9009 Fairmount Dr. S.E. | 311
- 30 Bob Bahan Aquatic & Fitness Centre**
4812 14th Ave. S.E. | 311
- 31 Beltline Aquatic & Fitness Centre**
221 12th Ave. S.W. | 311
- 32 Glenmore Aquatic Centre**
5330 19th St. S.W. | 311
- 33 Foothills Aquatic Centre**
2915 24th Ave. N.W. | 311
- 34 Canyon Meadows Aquatic & Fitness Centre**
89 Canova Rd. S.W. | 311
- 35 Inglewood Aquatic Centre**
1527 17th Ave. S.E. | 311
- 36 Killarney Aquatic & Recreation Centre**
1919 29th St. S.W. | 311
- 37 Renfrew Aquatic & Recreation Centre**
810 13th Ave. N.E. | 311
- 38 Shouldice Aquatic Centre**
5303 Bowness Rd. N.W. | 311
- 39 Sir Winston Churchill Aquatic & Recreation Centre**
1520 Northmount Dr. N.W. | 311
Closed from Nov. 30, 2019 to end of June for maintenance and upgrades.
- 40 Thornhill Aquatic & Recreation Centre**
6715 Centre St. N. | 311



Golf Courses

- 41 Confederation**
3204 Collingwood Dr. N.W. | 403-300-1002
- 42 Lakeview**
5840 19 St. S.W. | 403-300-1003
- 43 Maple Ridge**
1240 Mapleglade Dr. S.E. | 403-300-1004
- 44 McCall Lake**
1600 32 Ave. N.E. | 403-300-1005
- 45 Shaganappi Point**
1200 26th St. S.W. | 403-300-1007



Leisure Centres

- 46 Southland Leisure Centre**
2000 Southland Dr. S.W. | 403-648-6555
- 47 Village Square Leisure Centre**
2623 56th St. N.E. | 403-366-3900



Parks

- 48 Devonian Gardens**
317 7th Ave. S.W. | 311
- 49 Inglewood Bird Sanctuary**
2425 9th Ave S.E. | 311
- 50 Ralph Klein Park**
12350 84th St. S.E. | 311
- 51 Reader Rock Garden**
325 25th Ave. S.E. | 311



Sailing

- 52 Glenmore Sailing School**
8415 24th St. S.W. | 311



Skateparks

- 53 Bowness Skatepark**
4324 77 St. N.W. | 311
- 54 Carrington Skatespot**
Carrington Blvd. & 140th Ave. N.W. | 311
- 55 CKE Skatespot**
1015 73rd Ave. S.W. | 311
- 56 Deer Run Skatepark**
2223 146th Ave. S.E. | 311
- 57 Huntington Hills Skatepark**
Centre St. & 64th Ave. N.W. | 311
- 58 Mid-Sun Skatepark**
50 Midpark Rise S.E. | 311
- 59 N.E. Community Skatepark**
7555 Falconridge Blvd. N.E. | 311
- 60 New Brighton Skatepark**
5801 130th Ave. S.E. | 311
- 61 Shaw Millennium Park**
1220 9th Ave. S.W. | 311
- 62 Southwood Skatepark**
11 Sackville Dr. S.W. | 311

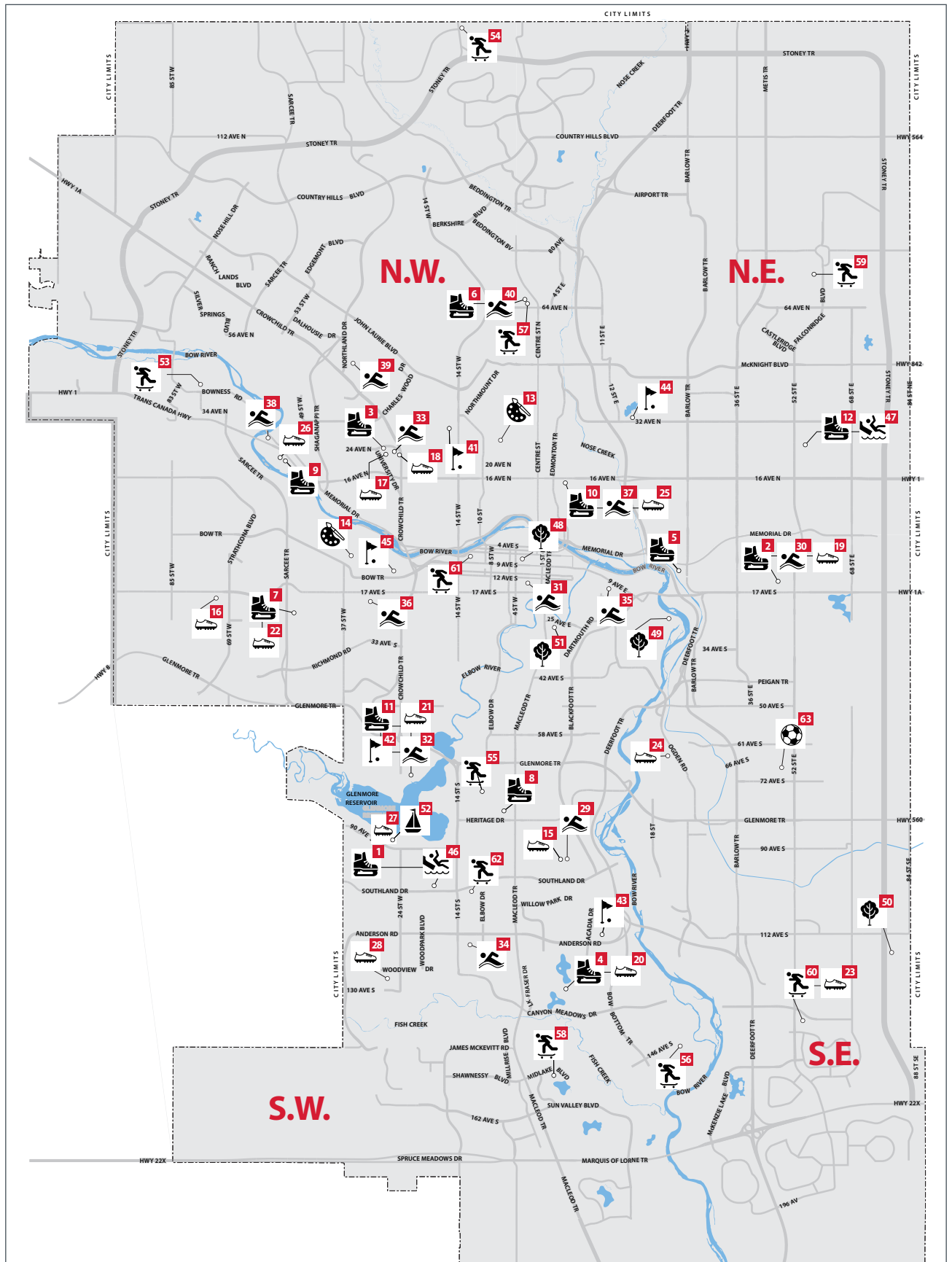


Soccer

- 63 Calgary Soccer Centre**
7000 48th St. S.E. | 403-300-1091

Facility accessibility

Calgary Recreation improves accessibility in facilities whenever upgrades are done. Currently, facilities have various levels of access. To know whether your access needs will be met before you go, type 'Recreation facility accessibility' in the search bar at calgary.ca for a detailed description of each facility's accessibility.



2020 Rates and Fees

Affordable fees help you and your family stay active all year.

	Indoor Pools		Leisure Centres			Public Skating	
	Single visit	10x punch card	Single visit	Rec Pass	10x punch card	Single visit	10x punch card
Preschool (0-5)	FREE	FREE	FREE	FREE	FREE	FREE	FREE
Child (6-12)	\$3.65	\$34.30	\$6.05		\$56.90	\$2.50	\$23.50
Youth (13-17)	\$4.10	\$38.50	\$6.85	\$2.75	\$64.40	\$2.75	\$25.90
Adult (18-64)	\$8.00	\$75.20	\$13.35	\$5.35	\$125.50	\$5.50	\$51.70
Senior (65+)	\$4.80	\$45.10	\$8.00	\$3.20	\$75.20	\$3.45	\$32.40
Family	\$16.30	\$153.20	\$27.15		\$255.20	\$11.25	\$105.80
Single parent family	\$10.70	\$100.60	\$17.80		\$167.30	\$8.00	\$75.20

Notes:

- Fees include GST and are subject to change.
- All 10x punch cards expire two years after the date of purchase.
- Children under eight must be accompanied by an adult for admission.
- Family includes one or two adults with children (under 18) residing in the same household.

Shinny admission prices:

Age	Single visit	10x punch card
Adult & senior (18+) – Prime Time	\$10.85	\$102.00
Adult & senior (18+) – Non-prime time	\$8.00	\$75.20
Youth (13 - 17)	\$5.00	\$47.00

2020 Rec Passes

Super flexible Rec passes give you access to more facilities than ever before. Get yours today.

	Rec pass PLUS	REC pass	Child pass PLUS
Facilities			
Access to 12 indoor pools	✓	✓	✓
Access to 7 arenas	✓	✓	✓
Access to leisure centres	✓	+\$	✓
Amenities			
Lane swim	✓	✓	✓
Public swim	✓	✓	✓
Hot tubs	✓	✓	✓
Steam room	✓	✓	✓
Weight and cardio equipment	✓	✓	✗
Drop-in fitness & sports	✓	✓	✓
Public skate & shinny hockey	✓	✓	✓
Climbing wall	✓	✓	✓
Wave pool & water slides	✓	+\$	✓
Leisure Centre Gymnasiums	✓	+\$	✓
Racquetball & squash courts	✓	+\$	✓

✓ Included +\$ Special rate (additional) ✗ for safety reasons, children under 12 are not permitted to use weight and cardio equipment.

2020 Pass Prices:	Rec pass PLUS	REC pass	Child pass PLUS
Preschool (0-5)	Admission is free		
Child (6-12)			\$20.00
Youth (13-17)	\$30.75	\$26.00	
Adult (18-64)	\$61.50	\$52.00	
► Add Child (6-12)	+ \$4.45	+ \$4.45	
► Add Youth (13-17)	+ \$5.50	+ \$4.70	
Senior (65+)	\$36.90	\$31.20	

Three ways to pay:

- Continuous automatic monthly payments
- One-month term paid up front
- 12-month term paid up front

Buy your pass at any City of Calgary recreation facility.



Registration

Nearly every program we offer is available for online registration at calgary.ca/register. Programs fill up quickly. Register early, so you don't miss out! Registration begins March 3.

Mark your calendars!

Registration dates*	On stands/online	Registration date
Spring 2020 swim programs	Feb. 4, 2020	Feb. 4, 2020
Spring/Summer 2020 programs	Feb. 26, 2020	Mar. 3, 2020
Playschool 2020-2021 (September – June) • Southland Leisure Centre • Village Square Leisure Centre	Feb. 3, 2020	Feb. 18, 2020
Summer 2020 swim programs	May 5, 2020	May 5, 2020
Fall 2020 swim programs	July 7, 2020	July 7, 2020
Fall 2020 programs	Aug. 5, 2020	Aug. 11, 2020

*Dates are subject to change.

How to register

Registration opens at 5:30 a.m. on the first day of registration. All prices include GST. The five per cent GST amount is visible on all receipts. Payment is due at time of registration.

Methods of payment

1. Visa, MasterCard or American Express.
 2. Cash, debit card or gift card (walk-in registration only).
- A \$25 administration fee is charged on all credit card chargebacks and declined preauthorized payments, plus related financial institution charges.

 **Online**
calgary.ca/register

 **Phone**
403-268-3800 (option 1)

Monday-Thursday 8:30 a.m.-5 p.m.
Friday 8:30 a.m.-4:30 p.m.
Saturday 9 a.m.-12:30 p.m. and 1-3 p.m.
(excluding statutory holidays and holiday weekend)

TTY (deaf, hard of hearing and speech impaired) 403-268-3825

Monday-Friday 8:30 a.m.-4:30 p.m.

Walk-in

Register in person at any Aquatic & Fitness or Leisure Centre (listed on page 2).

Commitment to inclusion

People with disabilities are encouraged to participate in all of our recreation programs at a level suitable to their ability and program choice. Please disclose your disability during registration – staff need to know your needs in order to work together to meet them.

Cancellations

All classes are subject to cancellation due to insufficient registrations. You will be notified of class cancellations and are entitled to a full refund or a transfer to another program.

Withdrawals

- A \$20 fee is charged per registrant/per program, and the remaining balance refunded.
- Once the program has started, a \$20 fee is charged per registrant/per program and a prorated balance refunded.

Transfers

- All transfers are subject to space availability.
- To transfer to a different program, the registrant is charged a \$10 fee, plus any program fee difference.
- Once a program has started, transfers are subject to approval; transfer and program fee differences apply.

Medical exceptions

- A doctor's note is required within 14 days of withdrawal/transfer or the request will be processed as per the withdrawal and transfer policies (allow two to four weeks for processing).
- Requests received after the program start date are subject to a prorated refund from the date of notification.

Aquatics registration policy

Candidates must have successfully completed all award prerequisites to register for a course.

Access to other facility amenities (e.g. hot tub, steam rooms, slides) are not included in any program registration fee. Customers wishing to use amenities are welcome to pay regular admission. Other children in the family are not permitted to visit or participate in classes with their registered siblings.

Program forms and waivers

Some programs have information sheets, forms or waivers that require review or completion/signature by participant/parent for submission to the program leader at the first class. Refer to your registration receipt for details. Program forms and waivers can be found on calgary.ca/recreationforms

Sun Life Financial Arts + Culture Pass

The Calgary Public Library offers a unique made-in-Calgary initiative that opens doors and opportunities for low-income Calgarians to access quality arts and culture experiences. For more information, go to artsculturepass.ca

The initiative is in partnership with Sun Life Financial, The Calgary Public Library and The City of Calgary's Fee Assistance Program.

Recreation Connector

Do you need someone to meet with you and show you what you can do at City facilities? Do you need questions answered about the fee assistance application process or filling out the Fair Entry application? Do you need help finding information on the costs to attend a program, go for a swim or other recreation activities? The Recreation Connector can help you! Simply contact 311 and ask to be put in touch with the Recreation Connector.

**Lets us help
you with
income barriers.**



You may qualify for
City subsidized programs
and services.

The City of Calgary has several programs that are offered at a subsidized rate for low income Calgarians. Fair Entry is an application process that uses one form to assess if a Calgarian qualifies for available subsidized programs and services.

Programs available for financial assistance are:

- 1. Calgary Transit Low Income Transit Pass Program** – Provides lower cost monthly passes for adults (18 and older), youth (6-17 years of age), and an annual pass for seniors (65+).
- 2. Recreation Fee Assistance Program** – Subsidized access to City of Calgary registered programs and admissions to aquatics & fitness centres, leisure centres, art centres, golf courses and a number of local fee assistance program partners.
- 3. Property Tax Assistance Program** – Provided to low income homeowners who experience an increase in their property tax. If approved, homeowners also receive a rebate on City waste and recycling fees.
- 4. No Cost Spay/Neuter Program** – Free spay/neuter surgery for eligible companion cats and dogs. Not available to breeders and only to adult (18+) pet owners.
- 5. Seniors Services Home Maintenance program** – Basic yard care, snow removal, light housekeeping. Paint and minor repair services will be assessed upon intake. This service enables low-income seniors to live securely in their homes longer.

Visit calgary.ca/FairEntry for more information, to apply online or to find a list of drop off locations. You can also mail or fax your application, or apply in person at these two locations:

Municipal Building
Third floor
800 MacLeod Tr. S.E.

Calgary Public Library
Village Square Branch
2623 56th St. N.E.

1801118156



Special Events

The City of Calgary has a variety of fun events to keep you and your family active and entertained throughout the year. Visit calgary.ca/calendar for a complete listing of events.

Throughout spring and summer

Beginner Golf Nights

New to golf? Feeling a little intimidated? Come out for our very popular Beginner Golf Nights and golf in a fun, relaxed atmosphere with others of the same ability. Green fees include: nine holes, giveaways, game and etiquette tips and golf pro for free golf tips. Four-day advanced tee times recommended. Book at calgary.ca/golf.

Lakeview

Jun 29	05:00 pm–closing
Jul 6	05:00 pm–closing
Jul 27	05:00 pm–closing
Aug 10	05:00 pm–closing

McCall Par 3

Jun 15	05:00 pm–closing
Jun 22	05:00 pm–closing
Jul 13	05:00 pm–closing
Jul 20	05:00 pm–closing
Aug 17	05:00 pm–closing
Aug 24	05:00 pm–closing

Age: 18Y and Up
pre-booking
pre-booking
pre-booking
pre-booking

Age: 18Y and Up
pre-booking
pre-booking
pre-booking
pre-booking
pre-booking

Explore & Create using the Medium Alcohol Inks

Participate in a unique experience exploring the Glenmore reservoir and creating an original piece of art using the medium of alcohol inks. Create your colourful piece with pouring, spraying and brushing the ink around. This workshop includes art supplies, tea and treats.

Glenmore Sailing School

May 30	Sa	02:00 pm–04:30 pm	\$75.50	44803
Jun 20	Sa	02:00 pm–04:30 pm	\$75.50	44804

Age: 15Y and up

Fitness in the Park

Join the party outdoors in a unique and picturesque setting or get your zen on with yoga in the park. Classes are held under a tent and are weather dependent.

South Glenmore Park

Age: All Ages + Adult

Jun 9-Aug 25	Tu		
Zumba	06:45 pm–07:45 pm	\$10.00	Drop-in
Yoga	07:55 pm–08:55 pm	\$10.00	Drop-in

Family Golf Nights – Juniors are FREE!

Spend time with your family and have fun golfing together. Free golf for junior ages six – 17 with a paying adult (one adult per foursome required). Green fees include: nine holes, giveaways, game and etiquette tips and golf pro for free golf tips. Four-day advanced tee times recommended. Book at calgary.ca/golf.

Lakeview

Age: 6Y – 17Y + Adult

Jul 11	05:00 pm–closing	pre-booking
Jul 18	05:00 pm–closing	pre-booking
Aug 15	05:00 pm–closing	pre-booking
Aug 22	05:00 pm–closing	pre-booking

McCall Par 3

Age: 6Y – 17Y + Adult

Jun 27	05:00 pm–closing	pre-booking
Jul 4	05:00 pm–closing	pre-booking
Jul 25	05:00 pm–closing	pre-booking
Aug 8	05:00 pm–closing	pre-booking

Throughout spring and summer (continued)

Ladies Golf Nights

Spend time with other ladies in a fun, relaxed atmosphere. Play a different course each week. Green fees include: nine holes, giveaways and more! Golf pro for free golf tips. Call specific clubhouse four days in advance to book tee time.

Beginner/Intermediate

McCall Par 3

June 24 05:30pm – 07:30pm

Lakeview

July 2 05:30pm – 07:30pm

Shaganappi – Valley 9

July 8 5:30pm – 07:30pm

Shaganappi 18 (9 holes only)

July 15 05:30pm – 07:30pm

Advanced Level

Confederation

July 23 05:30pm – 07:30pm

July 30 05:30pm – 07:30pm

McCall 18 (9 holes only)

Aug 5 05:30pm – 07:30pm

Aug 12 05:30pm – 07:30pm

Sharing Dance

Join us and be part of a massive, nation-wide celebration of dance! Learn the 2020 Sharing Dance routine for free with a professional dancer at Wildflower Arts Centre. The National Ballet School of Canada is partnering with artists across the country to engage all Canadians in this shared expression of joy. Visit sharingdance.ca.

Wildflower Arts Centre

Mar 7, 14, 21 Sa 03:30 pm – 04:30 pm Free Drop-in

Apr 18, 25 Sa 03:30 pm – 04:30 pm Free Drop-in

May 2, 9, 23, 30 Sa 03:30 pm – 04:30 pm Free Drop-in

Calgary Central Library

Jun 5 F 12:00 pm – 01:00 pm Free Drop-in

Youth Event

Play, swim, jump, splash and slide into the weekend. Bring all your friends to the waterpark for tons of fun, including games, music and even prizes! Enjoy the wave pool, slides and hot tub.

Village Square Leisure Centre

Age: 11Y – 15Y

Apr 17 F 07:00 pm – 10:00 pm Reg Adm Drop-in

Jun 19 F 07:00 pm – 10:00 pm Reg Adm Drop-in

March

Dive-in Movie

Experience the movies like never before! Come settle in for a night at the movies in the waterpark. Lounge poolside or watch from the water itself. You'll enjoy a great film and even better time with friends, family and neighbours. Check our Facebook page for upcoming movie titles.

Southland Leisure Centre

Age: All Ages + Adult

Mar 14 Sa 06:30 pm – 08:30 pm Reg Adm Drop-in

Village Square Leisure Centre

Age: All Ages + Adult

Mar 13 F 06:00 pm – 08:00 pm Reg Adm Drop-in

April

FREE Scavenger Hunt at the Reservoir

Ready to explore Glenmore Reservoir through a fun and interactive event geared toward all ages? Exercise your brain and body through a scavenger hunt that will provide excitement, education and physical activity while experiencing the beauty of the reservoir.

South Glenmore Park

Age: All Ages + Adult

Apr 25 Sa 01:00 pm – 03:00 pm Free Drop-in

May

FREE Children's Art Exhibition

Join us for our 33rd Annual Exhibition of Children's Art from North Mount Pleasant and Wildflower Arts Centres. Celebrate the sculpture, painting, drawing and mixed media artworks created by young artists, ages three to seventeen. Everyone welcome! Visit calgary.ca/artscentres for details.

Municipal Building

Age: All Ages + Adult

May 7 Th 05:30 pm–07:00 pm Free Drop-in

FREE Pop Up N' Play

Explore, create and imagine at this fun-filled, activity-based event. All members of the family get involved, playing together and enjoying family fun.

New Brighton Athletic Park

Age: All Ages + Adult

May 7-Jun 25 Th 10:00 am–12:00 pm Free Drop-in

South Glenmore Park

Age: All Ages + Adult

May 23 Sa 10:00 am–12:00 pm Free Drop-in

FREE Pop Up Pickle Ball

Come try pickle ball outdoors at South Glenmore Park racquet courts. Nets and paddles will be provided. This is a drop-in class and some knowledge of the game would be an asset.

South Glenmore Park

Age: Older Adults

May 14 Th 01:00 pm – 03:00 pm Free Drop-in

May 28 Th 01:00 pm – 03:00 pm Free Drop-in

June

FREE All Sport One Day 2020

This is a great opportunity for children and youth to discover a new sport. Registration opens in May for this exciting two-day event. Learn more and register at allsportoneday.ca.

Calgary Soccer Centre

Age: 6Y – 17Y

Jun 13 Sa 10:00 am–02:15 pm Free pre-register

Southland Leisure Centre

Age: 6Y – 17Y

Jun 13 Sa 10:00 am–02:15 pm Free pre-register

Glenmore Athletic Park

Age: 6Y – 17Y

Jun 13 Sa 10:00 am–02:15 pm Free pre-register

Village Square Leisure Centre

Age: 6Y – 17Y

Jun 13 Sa 10:00 am–02:15 pm Free pre-register

McCall Lake Golf Course

Age: 6Y – 17Y

Jun 14 Su 10:00 am–02:15 pm Free pre-register

June (continued)

FREE Pop Up Outdoor Pure Cycle Class at the Reservoir

Ready to take your indoor cycle class outside? Stay tuned to calgary.ca/calendar for upcoming pop up cycle classes at the Glenmore Reservoir. Get your cardio on in the beauty of the outdoors. Visit calgary.ca/calendar for a list of locations, dates and times.

TBA **Age: All Ages + Adult**
Various Free Drop-in

FREE Spring Picnic & Games

Bring your own picnic and we will provide the games and activities for the family. Enjoy the outdoors with something different for your family.

South Glenmore Park **Age: All Ages + Adult**
Jun 7 Su 12:00 pm-02:00 pm Free Drop-in

July

FREE Canada Day Celebrations

Join Canada's 153rd birthday celebrations! We have a fabulous line-up of activities, food, music and fun in store to help you celebrate Canada Day. Bring the whole family. Visit calgary.ca/CanadaDay for details.

Various Locations **Age: All ages**
July 1 W

Take a Kid to Course Week

Juniors 6 – 17 golf for free when golfing with one paid golfing adult. Four-day advanced tee times recommended at calgary.ca/golf. Reservations recommended.

McCall Par 3 **Age: 6Y – 17Y + Adult**
Jul 6-12 Free with one paid Adult

August

FREE Monstrous Adventure Playground for National Play Day

Come rediscover play at our adventure playground! Use loose parts, your creativity and imagination to build your own playground and make new friends!

Prairie Winds Park **Age: All Ages + Adult**
Aug 5 W 03:00 pm-07:00 pm Free Drop-in

EJ Justice Junior Golf Event

Join this 'just for fun' event. Included in the fee are nine holes of golf, lunch, skills contests and prizes for everyone, plus a chance to socialize with other junior golfers. Visit calgary.ca/golf for more information.

Lakeview **Age: 8Y – 14Y**
Aug 21 \$25.00 pre-register by Aug 3

sport
calgary
be part of the energy™

ALL SPORT ONE DAY

A FREE day of sport discovery for kids ages 6-17

June 13-14, 2020



AllSportOneDay.ca

Presented in partnership with



**PLAYERS BENCH
TEAM APPAREL**

Preferred Team Vendor



Seniors' Week

The week of June 1-7 we are celebrating seniors and acknowledging the contribution they make to our community every day. Calgary Recreation is hosting a number of free fitness classes and social events for older adults as a token of our appreciation.



Course name	Date	Weekday	Time	Cost	Course code
Acadia Aquatic & Fitness Centre					
Seniors' Week – Tai Chi (3)	Jun 2	Tu	01:30 pm-02:30 pm	Free	45043
Seniors' Week – Lawn Games	Jun 2	Tu	12:45 pm-01:30 pm	Free	45044
Seniors' Week – Tea and Coffee Social	Jun 3	W	08:00 am-09:00 am	Free	45041
Seniors' Week – 50+ Aquacize (3)	Jun 4	Th	03:00 pm-3:55 pm	Free	45047
Bob Bahan Aquatic & Fitness Centre					
Seniors' Week – Tai Chi (3)	Jun 1	M	11:00 am–12:00 pm	Free	46994
Seniors' Week – Tethered Deep Water Workout	Jun 1	M	03:00 pm-04:00 pm	Free	46995
Seniors' Week – Bone Builders (3)	Jun 2	Tu	10:40 am-11:30 am	Free	46996
Seniors' Week – 50 + Line Dance – Beginner – Level 1	Jun 2	Tu	02:05 pm-02:55 pm	Free	Drop-in
Seniors' Week – 50+ Aquacize (3)	Jun 2	Tu	03:05 pm-04:00 pm	Free	Drop-in
Seniors' Week – Weight Room Orientation	Jun 3	W	10:45 am-11:45 am	Free	44866
Seniors' Week – Nordic Pole Walking	Jun 3	W	01:10 pm-02:10 pm	Free	46997
Seniors' Week – 50+ Variety (2)	Jun 4	Th	02:05 pm-02:55 pm	Free	Drop-in
Seniors' Week – 50+ Pilates - Introductory	Jun 4	Th	05:30 pm-06:30 pm	Free	46998
Seniors' Week – 50+ Aquacize (3)	Jun 4	Th	03:05 pm-04:00 pm	Free	Drop-in
Seniors' Week – Aquacize	Jun 5	F	08:05 am-08:55 am	Free	46999
Seniors' Week – Dance Yourself Fit	Jun 5	F	05:30 pm-06:30 pm	Free	47002
Seniors' Week – Tea and Social	Jun 5	F	09:00 am-10:30 am	Free	47001

- ① Gentle Fitness Level 1
- ② Gentle Fitness Level 2
- ③ Gentle Fitness Level 3

Course name	Date	Weekday	Time	Cost	Course code
Canyon Meadows Aquatic & Fitness Centre					
Seniors' Week – Line Dance Beginner	Jun 1	M	09:15 am-10:00 am	Free	47059
Seniors' Week – Living Healthy – Easy Going – Level 1	Jun 2	Tu	01:30 am-02:30 pm	Free	47061
Seniors' Week – Yoga (3)	Jun 3	W	01:15 pm-02:15 pm	Free	47062
Seniors' Week – Ever Active (3)	Jun 4	Th	10:30 am-11:30 am	Free	47063
Seniors' Week – Nordic Pole Walking	Jun 5	F	10:00 am-11:00 am	Free	47064
Glenmore Aquatic Centre					
Seniors' Week – Nordic Pole Walking	Jun 3	W	10:00 am-11:00 am	Free	45034
Seniors' Week – Pot Luck and Coffee Social	Jun 4	Th	12:00 pm-2:00 pm	Free	45036
Seniors' Week – Lawn Games	Jun 4	Th	01:00 pm-02:00 pm	Free	45039
Glenmore Sailing School - South Glenmore Park					
Seniors' Week – Experience Sailing	Jun 3	W	12:30pm-03:30pm	Free	44973
Seniors' Week – Nordic Pole Walking	Jun 4	Th	01:30 pm-03:00 pm	Free	Drop-in
Seniors' Week – Alcohol Inks	Jun 5	F	01:00pm-03:30pm	Free	44906
Inglewood Aquatic Centre					
Seniors' Week – Aquacize	Jun 1	M	09:00 am-10:00 am	Free	46620
Seniors' Week – Deep Water Workout	Jun 2	Tu	09:00 am-10:00 am	Free	46624
Seniors' Week – Bone Builders (3)	Jun 2	Tu	01:30 pm-02:30 pm	Free	Drop-in
Seniors' Week – Balance & Strength	Jun 3	W	01:30 pm-02:30 pm	Free	Drop-in
Seniors' Week – Tethered Deep Water Workout	Jun 4	Th	12:05 pm-12:55 pm	Free	46622
Killarney Aquatic & Recreation Centre					
Seniors' Week – Essentrics	Jun 3	W	02:05 pm-03:05 pm	Free	44853
Seniors' Week – Nordic Pole Walking	Jun 4	Th	09:00 am-10:30 am	Free	44525
Seniors' Week – Nutrition Workshop	Jun 4	Th	11:00 am-12:30 pm	Free	44843
Max Bell Centre					
Seniors' Week – Core & Restore – Beginner	Jun 2	Tu	01:15 pm-02:15 pm	Free	46618
Seniors' Week – Posture Perfect	Jun 3	W	02:30 pm-03:30 pm	Free	46614
Seniors' Week – Zumba Gold	Jun 5	F	01:30 pm-02:30 pm	Free	46580
Seniors' Week – Nordic Pole Walking	Jun 5	F	12:00 pm-01:00 pm	Free	46582
Renfrew Aquatic & Recreation Center					
Seniors' Week – Tea and Social	Jun 2	Tu	01:45 pm-03:00 pm	Free	Drop-in
Seniors' Week – Tea and Social	Jun 3	W	02:15 pm-03:00 pm	Free	Drop-in
Seniors' Week – 50+ Fitness (3)	Jun 4	Th	01:00 pm-01:40 pm	Free	Drop-in
Seniors' Week – 50+ Aquacize (3)	Jun 4	Th	01:45 pm-02:45 pm	Free	Drop-in
Seniors' Week – Living Healthy Easy Going (1)	Jun 5	F	01:15 pm-02:15 pm	Free	Drop-in
Seniors' Week – Living Healthy Keep Going (3)	Jun 5	F	02:30 pm-03:30 pm	Free	Drop-in
Shouldice Aquatic Centre					
Seniors' Week – Nordic Pole Walking	Jun 3	W	09:15 am-10:15 am	Free	46309
Seniors' Week – Lawn Games	Jun 4	Th	01:15 pm-02:15 pm	Free	46312
Seniors' Week – Coffee & Social	Jun 5	F	09:00 am-10:30 am	Free	46324
Southland Leisure Centre					
Seniors' Week – Tea and Social	Jun 1	M	10:00 am-11:00 am	Free	Drop-in
Seniors' Week – Tea and Social	Jun 2	Tu	03:10 pm-04:10 pm	Free	Drop-in

- ① Gentle Fitness Level 1
- ② Gentle Fitness Level 2
- ③ Gentle Fitness Level 3

Course name	Date	Weekday	Time	Cost	Course code
Thornhill Aquatic & Recreation Centre					
Seniors' Week – Weight Room Orientation	Jun 1	M	09:00 am-10:00 am	Free	46672
Seniors' Week – 50+ Fitness (3)	Jun 2	Tu	11:00 am-11:50 am	Free	46675
Seniors' Week – 50+ Aquacize (3)	Jun 2	Tu	12:00 pm-01:00 pm	Free	46676
Seniors' Week – Line Dance – Beginner Level 1	Jun 2	Tu	01:10 pm-02:00 pm	Free	46677
Seniors' Week – Tea and Coffee Social	Jun 3	W	12:00 pm-01:00 pm	Free	46678
Seniors' Week – Sit Fit (1)	Jun 3	W	01:10 pm-02:00 pm	Free	46688
Seniors' Week – 50+ Fitness (3)	Jun 4	Th	11:00 am-11:50 am	Free	46689
Seniors' Week – 50+ Aquacize (3)	Jun 4	Th	12:00 pm-01:00 pm	Free	46690
Seniors' Week – Tai Chi (3)	Jun 5	F	09:30 am-10:30 am	Free	46692
Village Square Leisure Centre					
Seniors' Week – Living Healthy Keep Going (3)	Jun 1	M	08:00 am-09:00 am	Free	46514
Seniors' Week – Bone Builders (3)	Jun 2	Tu	10:05 am-10:55 am	Free	46515
Seniors' Week – Posture Perfect (3)	Jun 2	Tu	06:00 pm-07:00 pm	Free	46517
Seniors' Week – Stretch & Restore	Jun 3	W	11:00 am-12:00 pm	Free	46518
Seniors' Week – Deep Water Workout	Jun 4	Th	07:00 am-07:45 am	Free	46519
Seniors' Week – Aquacize	Jun 4	Th	07:45 am-08:30 am	Free	46520
Seniors' Week – Qigong	Jun 5	F	05:30 pm-06:15 pm	Free	46521
Seniors' Week – Tai Chi with Fan	Jun 5	F	06:15 pm-07:00 pm	Free	46522
Seniors' Week – Strength & Stretch (2)	Jun 6	Sa	08:15 am-09:15 am	Free	46523



Seniors' Week Summer Celebration at Shouldice Inclusive Playground

Grandparents come celebrate the start of summer with your grandchildren, family and friends. Enjoy summer games and activities at the new Shouldice Inclusive Playground. Bring a picnic, enjoy summer games outdoors and explore the playground. Outdoor games will be supplied.

Course name	Date	Weekday	Time	Cost	Course code
Shouldice Inclusive Playground					
Summer Celebration	Jun 6	Sa	11:00 am-02:00 pm	Free	Drop-in

- ① Gentle Fitness Level 1
- ② Gentle Fitness Level 2
- ③ Gentle Fitness Level 3



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for more information.



Arts and Culture

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The City's Arts Centres

Visit an arts centre and meet our qualified staff. We can provide you with information about our programs and assist you in making decisions about which one is suited to your abilities and interests.

North Mount Pleasant Arts Centre

523 27th Ave. N.W. • 403-221-3682 • Email: NMPAC@calgary.ca
Facebook: facebook.com/northmountpleasantartscentre

Wildflower Arts Centre

3363 Spruce Dr. S.W. • 403-249-3773 • Email: WFAC@calgary.ca
Facebook: facebook.com/wildflowerartscentre

ARTS DANCE AND PERFORMING

0 to 6 Years

Drama – Performing Arts Combo for Preschoolers

Does your budding performer dance around the house acting out scenes from a make-believe story? In this lively class, dance and drama are combined and creativity is nurtured. Children develop listening skills, body awareness and the confidence to express themselves. They'll be acting out – but in a good way.

Wildflower Arts Centre			Age:	5Y – 6Y
Mar 23-27	M-F	09:00 am-12:00 pm	5	\$150.00 40663
Jul 6-10	M-F	01:00 pm-04:00 pm	5	\$150.00 45331
Jul 20-24	M-F	09:00 am-12:00 pm	5	\$150.00 45348
Aug 10-14	M-F	01:00 pm-04:00 pm	5	\$150.00 45345
Aug 17-21	M-F	09:00 am-12:00 pm	5	\$150.00 45368
Aug 24-28	M-F	09:00 am-12:00 pm	5	\$150.00 45369

Drama – Stage Start for Preschoolers

This creative and lively course focuses on theatre as play. Stretch your child's imagination through movement, action songs, storytelling and other drama techniques. Parents and caregivers are invited to the final class.

Wildflower Arts Centre			Age:	4Y – 5Y
Apr 20-Jun 22	M	01:00 pm-02:00 pm	9	\$90.00 46306

0 to 6 Years (continued)**Drama Intro for Young Performers**

Using their body, voice and imagination, young performers explore storytelling and character creation in a safe and supportive environment. Family and caregivers are invited in to see a short demonstration on the last day.

Wildflower Arts Centre **Age: 5Y – 6Y**
 Apr 20-Jun 22 M 02:00 pm-03:00 pm 9 \$90.00 46326

Preschool Dance – Creative Dance/ Movement for Boys

Children explore movement and music styles that stimulate their imaginations and natural creative tendencies. This class offers the basics in a number of dance forms while encouraging confident self-expression.

Wildflower Arts Centre **Age: 3Y – 4Y**
 Apr 24-Jun 19 F 10:00 am-10:45 am 9 \$67.50 45481
Age: 4Y – 5Y
 Apr 20-Jun 22 M 11:05 am-11:50 am 9 \$67.50 45480
Age: 5Y – 6Y
 Apr 20-Jun 22 M 04:15 pm-05:15 pm 9 \$90.00 45482

Preschool Dance – Dance for Preschoolers

This gently structured class emphasizes exploration, movement, creativity, and imagination in a safe and encouraging atmosphere. Your child's rhythm, physical confidence and imagination are nurtured. It's an excellent way to prepare them for ballet and modern dance.

Acadia Aquatic & Fitness Centre **Age: 3Y – 4Y**
 Apr 18-Jun 13 Sa 10:50 am-11:35 am 8 \$60.00 44775
Bob Bahan Aquatic & Fitness Centre **Age: 3Y – 5Y**
 Apr 18-Jun 13 Sa 09:10 am-09:40 am 8 \$40.00 47060
Southland Leisure Centre **Age: 3Y – 4Y**
 Apr 4-Jun 20 Sa 10:15 am-11:00 am 10 \$75.00 45176
 Apr 6-Jun 15 M 01:45 pm-02:30 pm 10 \$75.00 45175
Thornhill Aquatic & Recreation Centre **Age: 4Y – 5Y**
 Apr 18-Jun 27 Sa 11:20 am-12:05 pm 10 \$75.00 45557
Wildflower Arts Centre **Age: 3Y – 4Y**
 Apr 18-Jun 20 Sa 11:00 am-11:45 am 9 \$67.50 45472
 Apr 20-Jun 22 M 10:15 am-11:00 am 9 \$67.50 45457
 Apr 20-Jun 22 M 01:00 pm-01:45 pm 9 \$67.50 45458
 Apr 21-Jun 16 Tu 10:15 am-11:00 am 9 \$67.50 45459
 Apr 22-Jun 17 W 10:30 am-11:15 am 9 \$67.50 45460
 Apr 22-Jun 17 W 02:00 pm-02:45 pm 9 \$67.50 45461
 Apr 23-Jun 18 Th 09:15 am-10:00 am 9 \$67.50 45462
 Apr 23-Jun 18 Th 01:00 pm-01:45 pm 9 \$67.50 45463
 Apr 24-Jun 19 F 10:45 am-11:30 am 9 \$67.50 45464
Age: 4Y – 5Y
 Apr 18-Jun 20 Sa 09:00 am-10:00 am 9 \$90.00 45479
 Apr 20-Jun 22 M 01:45 pm-02:45 pm 9 \$90.00 45474
 Apr 21-Jun 16 Tu 09:15 am-10:15 am 9 \$90.00 45475
 Apr 22-Jun 17 W 01:00 pm-02:00 pm 9 \$90.00 45476
 Apr 23-Jun 18 Th 10:50 am-11:50 am 9 \$90.00 45477
 Apr 23-Jun 18 Th 01:45 pm-02:45 pm 9 \$90.00 45478
 Jul 14-30 Tu-Th 05:30 pm-06:30 pm 9 \$90.00 45087

Preschool Dance – Dance, Rhythm & Sound

Feel the beat from head to feet! Your child will explore a diverse range of movement, dances and beats from around the world. There's a focus on rhythm and co-ordination combined with an eclectic mix of music, sound and instrumentation.

Bob Bahan Aquatic & Fitness Centre **Age: 5Y – 6Y**
 Apr 18-Jun 13 Sa 09:50 am-10:35 am 8 \$60.00 47065
Wildflower Arts Centre **Age: 5Y – 6Y**
 Jul 6-10 M-F 09:00 am-12:00 pm 5 \$150.00 45273
 Jul 20-24 M-F 01:00 pm-04:00 pm 5 \$150.00 45289
 Aug 10-14 M-F 09:00 am-12:00 pm 5 \$150.00 45290
 Aug 24-28 M-F 01:00 pm-04:00 pm 5 \$150.00 45291
Southland Leisure Centre **Age: 5Y – 6Y**
 Apr 4-Jun 20 Sa 02:00 pm-02:45 pm 10 \$75.00 48736

Preschool Dance – Fairy Tale Ball

Little dancers will move from head to toe. In this class, preschoolers explore rhythms and musical styles that stimulate their imaginations and ignite their natural creativity. Boys and girls will learn a variety of movement while expressing themselves and boosting their confidence.

Killarney Aquatic & Recreation Centre **Age: 4Y – 5Y**
 Apr 21-Jun 9 Tu 02:00 pm-02:45 pm 8 \$60.00 44439

Preschool Dance – Happy Feet & Tapping Toes

Children explore movement and music styles that stimulate their imaginations and natural creativity. This class for boys and girls offers exposure to various dance forms while encouraging confident self-expression.

Bob Bahan Aquatic & Fitness Centre **Age: 3Y – 4Y**
 Jul 4-Aug 29 Sa 09:40 am-10:10 am 8 \$40.00 47069
Canyon Meadows Aquatic & Fitness Centre **Age: 3Y – 5Y**
 Apr 4-Jun 20 Sa 10:20 am-11:05 am 8 \$60.00 47032
Southland Leisure Centre **Age: 3Y – 5Y**
 Apr 4-Jun 20 Sa 10:10 am-10:55 am 10 \$75.00 45178
 Apr 7-Jun 16 Tu 10:55 am-11:40 am 11 \$82.50 45177
Thornhill Aquatic & Recreation Centre **Age: 3Y – 4Y**
 Jul 20-24 M-F 11:20 am-12:05 pm 5 \$37.50 46173
 Aug 17-21 M-F 11:20 am-12:05 pm 5 \$37.50 46187
Village Square Leisure Centre **Age: 3Y – 4Y**
 Apr 18-Jun 13 Sa 12:30 pm-01:15 pm 8 \$60.00 44857
 Jul 4-Aug 29 Sa 12:30 pm-01:15 pm 8 \$60.00 47085



0 to 6 Years (continued)

Preschool Dance – Hop n' Pop

Come in and get down! Be ready to play, boogy, stall and groove. These fun beats will inspire preschoolers to explore dance, their bodies and creativity.

Bob Bahan Aquatic & Fitness Centre			Age:	5Y – 6Y	
Jul 6-10	M-F	10:05 am-11:05 am	5	\$50.00	47074
Killarney Aquatic & Recreation Centre			Age:	3Y – 4Y	
Jul 20-24	M-F	12:45 pm-01:30 pm	5	\$37.50	44894
			Age:	3Y – 5Y	
Apr 21-Jun 9	Tu	12:00 pm-12:45 pm	8	\$60.00	44423
Renfrew Aquatic & Recreation Centre			Age:	3Y – 5Y	
Apr 18-Jun 20	Sa	10:45 am-11:30 am	9	\$67.50	46382
			Age:	4Y – 6Y	
Apr 20-Jun 22	M	06:05 pm-06:50 pm	9	\$67.50	46381
Jul 13-17	M-F	11:05 am-11:50 am	5	\$37.50	46438
Aug 10-14	M-F	11:05 am-11:50 am	5	\$37.50	46439
Southland Leisure Centre			Age:	4Y – 6Y	
Apr 7-Jun 16	Tu	12:40 pm-01:25 pm	11	\$82.50	45215

Preschool Dance – Pre-Ballet

In this introductory class, your little one will learn the basics of classical ballet, one step at a time. This class is for preschool aged children who are ready for a structured approach to movement.

Killarney Aquatic & Recreation Centre			Age:	5Y – 6Y	
Apr 20-Jun 15	M	05:10 pm-05:55 pm	8	\$60.00	44412
Southland Leisure Centre			Age:	5Y – 6Y	
Apr 4-Jun 20	Sa	11:05 am-11:50 am	10	\$75.00	45267
Apr 5-Jun 21	Su	11:45 am-12:30 pm	10	\$75.00	45268
Wildflower Arts Centre			Age:	5Y – 6Y	
Apr 18-Jun 20	Sa	01:20 pm-02:20 pm	9	\$90.00	46089
Apr 21-Jun 16	Tu	04:00 pm-05:00 pm	9	\$90.00	46080

Preschool Dance – Pre-Jazz & Ballet Combo

In this class, preschoolers have the chance to try both jazz and ballet. It's a classic combo that will keep them on their toes. From the lively rhythms of jazz to the beautiful grace of ballet, it's two styles that will lead to big smiles.

Killarney Aquatic & Recreation Centre			Age:	5Y – 6Y	
Apr 18-Jun 13	Sa	11:00 am-12:00 pm	8	\$80.00	44450
Southland Leisure Centre			Age:	3Y – 5Y	
Apr 4-Jun 20	Sa	12:00 pm-12:45 pm	10	\$75.00	45264
Apr 9-Jun 18	Th	01:50 pm-02:35 pm	11	\$82.50	45251
Thornhill Aquatic & Recreation Centre			Age:	5Y – 6Y	
Apr 26-Jun 28	Su	12:15 pm-01:15 pm	9	\$90.00	45563

Preschool Dance – Story Book Ballet

This enchanting ballet class will develop your child's imagination, coordination, balance, rhythm and confidence. Children are guided on a magical journey through a tale with thematic inspirations that helps them to retell the story through creative movement.

Bob Bahan Aquatic & Fitness Centre			Age:	5Y – 6Y	
Jul 4-Aug 29	Sa	10:15 am-11:00 am	8	\$60.00	47070
Killarney Aquatic & Recreation Centre			Age:	5Y – 6Y	
Jul 20-24	M-F	01:45 pm-02:30 pm	5	\$37.50	44896
Renfrew Aquatic & Recreation Centre			Age:	5Y – 6Y	
Apr 18-Jun 20	Sa	11:35 am-12:20 pm	9	\$67.50	46385
Southland Leisure Centre			Age:	3Y – 5Y	
Apr 4-Jun 20	Sa	12:50 pm-01:35 pm	10	\$75.00	48735
Apr 6-Jun 15	M	12:55 pm-01:40 pm	10	\$75.00	45171
Apr 7-Jun 16	Tu	11:45 am-12:30 pm	11	\$82.50	45172
Apr 9-Jun 18	Th	12:00 pm-12:45 pm	11	\$82.50	45173
Thornhill Aquatic & Recreation Centre			Age:	3Y – 4Y	
Apr 18-Jun 27	Sa	12:15 pm-01:00 pm	10	\$75.00	45558
			Age:	4Y – 5Y	
Jul 20-24	M-F	10:25 am-11:10 am	5	\$37.50	46159
Aug 17-21	M-F	10:25 am-11:10 am	5	\$37.50	46162
Village Square Leisure Centre			Age:	3Y – 4Y	
Apr 18-Jun 13	Sa	09:00 am-09:45 am	8	\$60.00	44806
Jul 4-Aug 29	Sa	09:00 am-09:45 am	8	\$60.00	47081



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17-00960521

0 to 6 Years (continued)

Preschool Dance – Tiny Ballerinas

Tiny ballerinas will swirl and leap their way into this fun-filled recreational approach to ballet. Your child will focus on expression and musicality in a supportive environment.

Acadia Aquatic & Fitness Centre			Age:	3Y – 5Y		
Apr 18-Jun 13	Sa	09:00 am-09:45 am	8	\$60.00	44769	
Apr 20-Jun 15	M	05:15 pm-06:00 pm	8	\$60.00	44777	
Bob Bahan Aquatic & Fitness Centre			Age:	3Y – 4Y		
Jul 6-10	M-F	09:00 am-10:00 am	5	\$50.00	47073	
Canyon Meadows Aquatic & Fitness Centre			Age:	4Y – 6Y		
Apr 4-Jun 20	Sa	09:30 am-10:15 am	8	\$60.00	47022	
Killarney Aquatic & Recreation Centre			Age:	3Y – 4Y		
Apr 18-Jun 13	Sa	09:10 am-09:55 am	8	\$60.00	44398	
Apr 21-Jun 9	Tu	01:00 pm-01:45 pm	8	\$60.00	44392	
Jul 6-10	M-F	12:45 pm-01:30 pm	5	\$37.50	44880	
			Age:	4Y – 5Y		
Apr 18-Jun 13	Sa	10:05 am-10:50 am	8	\$60.00	44405	
Apr 20-Jun 15	M	04:20 pm-05:05 pm	8	\$60.00	44382	
Jul 6-10	M-F	01:45 pm-02:30 pm	5	\$37.50	44883	
Renfrew Aquatic & Recreation Centre			Age:	3Y – 4Y		
Apr 18-Jun 20	Sa	09:50 am-10:35 am	9	\$67.50	46395	
Apr 19-Jun 21	Su	10:00 am-10:45 am	9	\$67.50	46396	
Apr 20-Jun 22	M	05:15 pm-06:00 pm	9	\$67.50	46394	
			Age:	3Y – 5Y		
Jul 13-17	M-F	10:15 am-11:00 am	5	\$37.50	46430	
Aug 10-14	M-F	10:15 am-11:00 am	5	\$37.50	46431	
Southland Leisure Centre			Age:	3Y – 4Y		
Apr 4-Jun 20	Sa	09:15 am-10:00 am	10	\$75.00	45168	
Apr 4-Jun 20	Sa	11:05 am-11:50 am	10	\$75.00	45167	
Apr 5-Jun 21	Su	10:00 am-10:45 am	10	\$75.00	45169	
Apr 6-Jun 15	M	12:00 pm-12:45 pm	10	\$75.00	45165	
Apr 9-Jun 18	Th	12:55 pm-01:40 pm	11	\$82.50	45166	
Thornhill Aquatic & Recreation Centre			Age:	3Y – 4Y		
Apr 18-Jun 27	Sa	09:30 am-10:15 am	10	\$75.00	45555	
Jul 20-24	M-F	09:30 am-10:15 am	5	\$37.50	46125	
Aug 17-21	M-F	09:30 am-10:15 am	5	\$37.50	46130	
			Age:	4Y – 5Y		
Apr 18-Jun 27	Sa	10:25 am-11:10 am	10	\$75.00	45556	
Village Square Leisure Centre			Age:	3Y – 4Y		
Apr 19-Jun 14	Su	09:00 am-09:45 am	8	\$60.00	44820	
Jul 5-Aug 30	Su	09:00 am-09:45 am	8	\$60.00	47079	
			Age:	4Y – 5Y		
Apr 18-Jun 13	Sa	09:50 am-10:35 am	8	\$60.00	44817	
Jul 4-Aug 29	Sa	09:50 am-10:35 am	8	\$60.00	47083	
			Age:	5Y – 6Y		
Apr 18-Jun 13	Sa	10:45 am-11:30 am	8	\$60.00	44819	
Apr 19-Jun 14	Su	09:50 am-10:35 am	8	\$60.00	44821	
Jul 4-Aug 29	Sa	10:45 am-11:30 am	8	\$60.00	47084	
Jul 5-Aug 30	Su	09:50 am-10:35 am	8	\$60.00	47080	

Preschool Dance – You Can Dance

Children will explore creative dance by using their imagination in a nurturing and supportive environment. Your child will enjoy this playful class, which incorporates storytelling, props and a ton of fun.

Southland Leisure Centre			Age:	4Y – 5Y		
Apr 5-Jun 21	Su	10:50 am-11:35 am	10	\$75.00	45269	

0 to 17 Years + Adult

Dance – Big & Little Steps Together – Parent & Tot

When big and little feet come together, magical things happen. Experience an introduction to dance with an emphasis on rhythm and creative movement. You and your little one will move and groove together in this highly interactive class, using music, songs and movement.

Acadia Aquatic & Fitness Centre			Age:	2Y – 3Y		
Apr 18-Jun 13	Sa	09:55 am-10:40 am	8	\$60.00	44772	
Bob Bahan Aquatic & Fitness Centre			Age:	2Y – 3Y		
Jul 4-Aug 29	Sa	09:00 am-09:30 am	8	\$40.00	47068	
Renfrew Aquatic & Recreation Centre			Age:	2Y – 3Y		
Apr 18-Jun 20	Sa	09:00 am-09:45 am	9	\$67.50	46373	
Apr 19-Jun 21	Su	10:50 am-11:35 am	9	\$67.50	46372	
Jul 13-17	M-F	12:00 pm-12:45 pm	5	\$37.50	46443	
Aug 10-14	M-F	12:00 pm-12:45 pm	5	\$37.50	46444	
Wildflower Arts Centre			Age:	2Y – 3Y		
Apr 18-Jun 20	Sa	10:00 am-10:45 am	9	\$67.50	45455	
Apr 20-Jun 22	M	09:30 am-10:15 am	9	\$67.50	45450	
Apr 21-Jun 16	Tu	11:00 am-11:45 am	9	\$67.50	45452	
Apr 22-Jun 17	W	09:45 am-10:30 am	9	\$67.50	45453	
Apr 23-Jun 18	Th	10:00 am-10:45 am	9	\$67.50	45454	
Jul 14-30	Tu-Th	06:30 pm-07:15 pm	9	\$67.50	44980	

5 to 17 Years

Ballet Dance

This class is a creative exploration of classical ballet, where you'll learn basic ballet technique with a focus on body awareness and self-expression.

Killarney Aquatic & Recreation Centre			Age:	7Y – 8Y		
Apr 20-Jun 15	M	06:05 pm-07:05 pm	8	\$80.00	44415	
Thornhill Aquatic & Recreation Centre			Age:	6Y – 7Y		
Apr 18-Jun 27	Sa	01:10 pm-02:10 pm	10	\$100.00	45559	
Village Square Leisure Centre			Age:	6Y – 8Y		
Apr 18-Jun 13	Sa	11:35 am-12:20 pm	8	\$60.00	44846	
Jul 4-Aug 29	Sa	11:35 am-12:20 pm	8	\$60.00	47086	
Wildflower Arts Centre			Age:	6Y – 7Y		
Apr 21-Jun 16	Tu	05:00 pm-06:00 pm	9	\$90.00	46102	
			Age:	6Y – 8Y		
Apr 18-Jun 20	Sa	12:15 pm-01:15 pm	9	\$90.00	46123	
			Age:	8Y – 10Y		
Apr 21-Jun 16	Tu	06:00 pm-07:00 pm	9	\$90.00	46122	

Dance Allsorts

Experience an introduction to the basics of ballet, modern and jazz, all taught in a safe and creative environment. This lively sampler includes technique fundamentals and short dance combinations for each dance genre.

Thornhill Aquatic & Recreation Centre			Age:	7Y – 9Y		
Apr 26-Jun 28	Su	01:20 pm-02:20 pm	9	\$90.00	45564	
Village Square Leisure Centre			Age:	5Y – 7Y		
Apr 18-Jun 13	Sa	01:20 pm-02:05 pm	8	\$60.00	44876	
Jul 4-Aug 29	Sa	01:20 pm-02:05 pm	8	\$60.00	47087	
			Age:	6Y – 8Y		
Apr 19-Jun 14	Su	10:45 am-11:30 am	8	\$60.00	44878	
Jul 5-Aug 30	Su	10:45 am-11:30 am	8	\$60.00	47082	



5 to 17 Years (continued)

Dance for Boys

Get boys dancing! Dance improves coordination, core strength, flexibility and rhythm. High in energy, this class introduces different dance styles and music genres keeping participants interested, challenged and moving. Sorry, no girls allowed.

Wildflower Arts Centre Age: **6Y – 8Y**
Apr 20-Jun 22 M 05:15 pm-06:15 pm 9 \$90.00 45483

Dance from Musicals

Is your child inspired by musicals? This class includes choreography inspired by the best-loved stage and screen musicals. On the final day, your child will present in a short performance for friends and family. Boys and girls welcome.

Wildflower Arts Centre Age: **6Y – 8Y**
Apr 22-Jun 17 W 04:45 pm-05:45 pm 9 \$90.00 46234
Jul 27-31 M-F 09:00 am-12:00 pm 5 \$150.00 45376

Drama – Improvisation for Teens

Get ready to turn off your internal editor and lose yourself in laughter! Play the game of improv and learn a lot about yourself as you go. With small class sizes, there's a safe and encouraging place to create original theatre on the spot. No experience required.

Wildflower Arts Centre Age: **12Y – 15Y**
Apr 21-Jun 16 Tu 06:30 pm-08:00 pm 9 \$114.75 46425

Drama Intro for Young Performers

Using their bodies, voices and imaginations, young performers will create interesting characters, build confidence and tell their own stories. Family and friends will be invited to see the original creation performed on the last day.

Wildflower Arts Centre Age: **6Y – 8Y**
Apr 20-Jun 22 M 04:30 pm-05:45 pm 9 \$99.00 46333

Drama Introduction

What's the best way to study drama? With a real actor! Get a feel for the basics of improv, storytelling, characterization and vocal techniques, all while developing your ideas and self-expression. Family and friends are invited to the last class.

Wildflower Arts Centre Age: **8Y – 10Y**
Apr 20-Jun 22 M 05:45 pm-07:15 pm 9 \$114.75 46344
Age: **9Y – 12Y**
Apr 21-Jun 16 Tu 04:45 pm-06:15 pm 9 \$114.75 46420

Hip-Hop & Breakdance Combo

Join the crew in this fun, high-energy introductory dance class. Your child will learn the foundations of both styles, including popping, locking, free style and breaking. Join this high energy class filled with unique hip-hop and breakdance moves. Come on out and learn the foundations of these popular forms of dance.

Bob Bahan Aquatic & Fitness Centre Age: **9Y – 13Y**
Jul 4-Aug 29 Sa 11:55 am-12:55 pm 8 \$80.00 47072
Age: **10Y – 13Y**
Apr 18-Jun 13 Sa 11:30 am-12:30 pm 8 \$80.00 47067

Hip-Hop & Jazz Combo

Two upbeat dance styles in one amazing class. Children will improve their musicality and coordination as they learn dance sequences from both hip-hop and jazz. They'll move to the rhythms of music while learning about the roots of these evolving dance styles.

Thornhill Aquatic & Recreation Centre Age: **8Y – 10Y**
Apr 26-Jun 28 Su 02:30 pm-03:30 pm 9 \$90.00 45565

Hip-Hop Dance – Child

Has your child always been full of energy? In this class, they'll learn the fundamentals and basics of hip-hop and practise the coolest moves. Each class includes a warm-up, dance sequences and creation of a dance routine. Extreme confidence may be a side effect.

Bob Bahan Aquatic & Fitness Centre Age: **7Y – 9Y**
Apr 18-Jun 13 Sa 10:40 am-11:25 am 8 \$60.00 47066

Age: **7Y – 10Y**
Jul 4-Aug 29 Sa 11:05 am-11:50 am 8 \$60.00 47071
Jul 6-10 M-F 11:10 am-12:10 pm 5 \$50.00 47075

Killarney Aquatic & Recreation Centre Age: **6Y – 8Y**
Apr 18-Jun 13 Sa 12:10 pm-01:10 pm 8 \$80.00 44455

Age: **7Y – 9Y**
Jul 6-10 M-F 02:45 pm-03:45 pm 5 \$50.00 44887

Age: **10Y – 12Y**
Jul 20-24 M-F 02:45 pm-03:45 pm 5 \$50.00 44897

Village Square Leisure Centre Age: **6Y – 7Y**
Apr 15-Jun 17 W 05:35 pm-06:20 pm 10 \$75.00 44882

Jul 8-Aug 26 W 05:35 pm-06:20 pm 8 \$60.00 47078

Age: **8Y – 12Y**
Apr 15-Jun 17 W 06:25 pm-07:10 pm 10 \$75.00 44885

Jul 8-Aug 26 W 06:25 pm-07:10 pm 8 \$60.00 47077

Wildflower Arts Centre Age: **6Y – 8Y**
Mar 23-27 M-F 01:00 pm-04:00 pm 5 \$150.00 40689

Jul 13-17 M-F 09:00 am-12:00 pm 5 \$150.00 45378

Jul 27-31 M-F 01:00 pm-04:00 pm 5 \$150.00 45384

Aug 4-7 Tu-F 09:00 am-12:00 pm 4 \$120.00 45379

Aug 17-21 M-F 01:00 pm-04:00 pm 5 \$150.00 45385

Age: **7Y – 9Y**
Apr 23-Jun 18 Th 04:30 pm-05:30 pm 9 \$90.00 46273

Age: **9Y – 12Y**
Jul 13-17 M-F 01:00 pm-04:00 pm 5 \$150.00 45380

Aug 4-7 Tu-F 01:00 pm-04:00 pm 4 \$120.00 45383

Hip-Hop Dance – Youth

Make new friends as you create your own individual dance style. Learn the fundamentals and basics of hip-hop as you move to house music, rap, dub-step, funk, soul or pop. No dance experience required.

Bob Bahan Aquatic & Fitness Centre Age: **10Y – 13Y**
Jul 6-10 M-F 12:30 pm-01:30 pm 5 \$50.00 47076

Wildflower Arts Centre Age: **10Y – 13Y**
Apr 23-Jun 18 Th 05:30 pm-06:30 pm 9 \$90.00 46277

Age: **13Y – 16Y**
Apr 23-Jun 18 Th 06:45 pm-07:45 pm 9 \$94.50 46278

18 Years and Over

Ballet Dance For Big Feet – Basics

In this class, you'll learn ballet fundamentals, improve your fitness level, have some fun and explore a new artistic side of yourself. No experience necessary, just feet that are ready to move.

Wildflower Arts Centre		Age: 18Y and Up	
Apr 21-Jun 16	Tu	07:15 pm-08:30 pm	9 \$117.00 46141
Aug 4-27	Tu, Th	06:00 pm-07:00 pm	8 \$84.00 45170

Belly Dance – Basics – Adults

Get those hips moving! In this class you'll discover your sense of rhythm, increase your flexibility and improve your coordination. Instructors offer new insight into this intriguing dance form taught in the feminine style. It's a good idea to try the basic class twice. No experience required.

Thornhill Aquatic & Recreation Centre		Age: 18Y and Up	
Apr 22-Jun 24	W	07:10 pm-08:10 pm	10 \$105.00 45560
Wildflower Arts Centre		Age: 18Y and Up	
Apr 20-Jun 22	M	06:15 pm-07:30 pm	9 \$117.00 46075

Belly Dance – Beyond Basics

Ready for more belly dancing? Transition from basic steps to continuous dancing, exploring music, interpretation and intermediate steps. Come back for the next session to learn more, as instructors offer their own style, choreography and talent. The prerequisite is a minimum of two sessions of Belly Dance Basics or equivalent.

Wildflower Arts Centre		Age: 18Y and Up	
Apr 20-Jun 22	M	07:30 pm-08:45 pm	9 \$117.00 46077

Belly Dance – Sampler

This class introduces the sensuously feminine world of belly dancing. Shake and shimmy as you discover new muscles, new movements and a whole new experience. Enjoy an introduction to belly dancing, then move on to a full course of Belly Dance Basics.

Thornhill Aquatic & Recreation Centre		Age: 18Y and Up	
Jul 15-22	W	07:00 pm-09:00 pm	2 \$42.00 46202

Conditioning for Dance

Use dance-inspired exercises and techniques to increase joint mobility, balance, strength and flexibility. Variations on Pilates, ballet floor barre and yoga may be explored, along with traditional dance conditioning methods. Suitable for all levels.

Wildflower Arts Centre		Age: 18Y and Up	
Apr 22-Jun 17	W	06:00 pm-07:00 pm	9 \$94.50 46251

Dance from Musicals

Dance to hit songs from best-loved stage and screen musicals that include choreography inspired by popular Broadway shows. Each week, you'll discover new dance sequences as you journey through this spectacular class. No dance experience required.

Wildflower Arts Centre		Age: 18Y and Up	
Apr 22-Jun 17	W	07:00 pm-08:15 pm	9 \$117.00 46270
Aug 4-27	Tu, Th	07:00 pm-08:15 pm	8 \$104.00 45174

Dance Fusion

Get a taste of the world of dance. Be inspired, stretch your body and have a blast as you explore hip-hop, jazz, contemporary, ballet and more. Why learn one choreography from one style when you can try them all?

Wildflower Arts Centre		Age: 18Y and Up	
Apr 24-Jun 19	F	01:00 pm-02:00 pm	9 \$94.50 46297
Jul 14-30	Tu-Th	07:30 pm-08:30 pm	9 \$94.50 45160

Drama – Improvisation for Adults

Learn to create amazing, unplanned theatre, right in the moment. Small class sizes offer a safe and playful place to dare each other in a game of wits. No experience required – just an open and imaginative mind.

Wildflower Arts Centre		Age: 18Y and Up	
Apr 20-May 11	M	07:30 pm-09:30 pm	4 \$71.00 46427

Hip-Hop Dance

This urban style of dance will leave you feeling energized. Learn the fundamentals of hip-hop as you move to house music, rap, dub-step, funk, soul or pop. Each instructor guides the class differently and teaches their own style, so you'll never get bored!

Wildflower Arts Centre		Age: 18Y and Up	
Apr 23-Jun 18	Th	07:45 pm-08:45 pm	9 \$94.50 46279

Jazz Dance for Big Feet

Fall in love with all that Jazz. In this class, you'll develop your rhythm and coordination as you move to a variety of music styles, including everything from Broadway and beatnik to blues.

Wildflower Arts Centre		Age: 18Y and Up	
Apr 22-Jun 17	W	03:45 pm-04:45 pm	9 \$94.50 46152

Line Dance – Beginner Level 1

Designed for the beginner, routines contain short sequences of steps and easy to follow travelling steps. With a slower pace of teaching it will ease you into this dance style. No previous dance experience or partner required. All types of music used; come join the fun!

Bob Bahan Aquatic & Fitness Centre		Age: 13Y and Up	
Apr 15-Jun 3	W	06:30 pm-07:30 pm	8 \$84.00 47052
Jul 8-Aug 12	W	06:30 pm-07:30 pm	6 \$63.00 47054
Thornhill Aquatic & Recreation Centre		Age: 13Y and Up	
Apr 18-Jun 13	Sa	02:30 pm-03:30 pm	8 \$84.00 45561



18 Years and Over (continued)

Line Dance – Improver Level 2

Comfortable with the beginner level and ready to keep improving? This is your class! Routines review steps taught in the previous level with the introduction of additional step patterns using various rhythms and tempos. Previous line dance experience required as this class offers a faster pace of teaching.

Bob Bahan Aquatic & Fitness Centre		Age: 13Y and Up			
Apr 15-Jun 3	W	07:35 pm-08:35 pm	8	\$84.00	47053
Jul 8-Aug 12	W	07:35 pm-08:35 pm	6	\$63.00	47055
Thornhill Aquatic & Recreation Centre		Age: 13Y and Up			
Apr 28-Jun 23	Tu	03:10 pm-04:10 pm	8	\$84.00	45566
Jul 7-28	Tu	03:10 pm-04:10 pm	4	\$42.00	46221
Aug 4-25	Tu	03:10 pm-04:10 pm	4	\$42.00	46238

Partners Dance – Ballroom Dance

Turn heads on the dance floor as you step your way to partner dances that are enjoyed around the world. Learn the fundamentals while gaining skills and confidence as a dancer. No partner is required.

Killarney Aquatic & Recreation Centre			Age: 18Y and Up		
Rumba					
Apr 14-May 12	Tu	07:10 pm-08:10 pm	5	\$52.50	44461
Rumba Continuing					
May 19-Jun 16	Tu	07:10 pm-08:10 pm	5	\$52.50	44468
Waltz					
Apr 14-May 12	Tu	08:20 pm-09:20 pm	5	\$52.50	44465
Southland Leisure Centre			Age: 18Y and Up		
West Coast Swing					
Apr 8-May 6	W	05:45 pm-06:45 pm	5	\$52.50	45231
West Coast Swing Continuing					
May 13-Jun 10	W	05:45 pm-06:45 pm	5	\$52.50	45241
Thornhill Aquatic & Recreation Centre			Age: 18Y and Up		
Waltz					
Apr 29-Jun 17	W	08:30 pm-09:30 pm	8	\$84.00	45562

Partners Dance – Country Dance

With country music and smooth moves, you'll learn the basic steps, patterns and timing for popular country dances. With no partner required, you can take your Yahoo to a whole new level.

Acadia Aquatic & Fitness Centre				Age: 18Y and Up		
Stampede Kick Off						
May 19-Jun 23	Tu	07:20 pm-08:20 pm	6	\$63.00	44767	
Two Stepping						
Apr 14-May 12	Tu	07:20 pm-08:20 pm	5	\$52.50	44754	
Killarney Aquatic & Recreation Centre				Age: 18Y and Up		
Two Stepping						
May 19-Jun 16	Tu	08:20 pm-09:20 pm	5	\$52.50	44479	
Renfrew Aquatic & Recreation Centre				Age: 18Y and Up		
Two Stepping						
Apr 30-Jun 4	Th	07:15 pm-08:15 pm	6	\$63.00	46405	
Southland Leisure Centre				Age: 18Y and Up		
Nightclub Continuing						
Apr 8-May 6	W	08:00 pm-09:00 pm	5	\$52.50	45238	
May 13-Jun 10	W	08:00 pm-09:00 pm	5	\$52.50	45248	

Partners Dance – Country Dance Workshop

Here's a one day class to get you started on the most popular stampede dance! You will learn the basic step and a few patterns to have you looking the best in the west on the dance floor.

Southland Leisure Centre		Age: 18Y and Up			
Jun 17	W	07:00 pm-09:00 pm	1	\$21.00	45674
Jun 24	W	07:00 pm-09:00 pm	1	\$21.00	45684

Partners Dance – Latin Dance

Social, sensual and a little bit sexy, you'll love every minute of this class. With no partner required, Latin dance will seduce you with playful movements, flavourful music and exotic styles.

Killarney Aquatic & Recreation Centre			Age: 18Y and Up		
Salsa					
Apr 16-May 14	Th	07:20 pm-08:20 pm	5	\$52.50	44483
Salsa Continuing					
May 21-Jun 18	Th	07:20 pm-08:20 pm	5	\$52.50	44486
Southland Leisure Centre			Age: 18Y and Up		
Salsa					
Apr 8-May 6	W	06:50 pm-07:50 pm	5	\$52.50	45234
Salsa Continuing					
May 13-Jun 10	W	06:50 pm-07:50 pm	5	\$52.50	45245

Professional Art Development for Educators

Attend one or all of these interactive sessions designed to enhance your classroom creativity. Instructor/practicing artists share their inspirational lesson delivery with the focus on supporting children in art practice. Learn self-directed problem-solving, discover creative solutions to everyday questions, develop your vocabulary and make math and science connections! Suitable for Elementary Educators.

Wildflower Arts Centre			Age: 18Y and Up		
Dramatic Science					
Apr 24	F	02:15 pm-04:15 pm	1	\$45.00	46437
Language of Movement					
May 1	F	02:15 pm-04:15 pm	1	\$45.00	46436

ARTS VISUAL

0 to 6 Years

Animals in Clay

Children love animals, especially ones they create themselves. Your child will explore the details of some of their favorite animals; from claws and jaws to feathers and fur. While using their wild imagination, they'll learn building skills including coil, slab and pinch. It's a wild time.

North Mount Pleasant Arts Centre		Age:	5Y – 6Y
Apr 17-Jun 19	F	04:30 pm-05:30 pm	9 \$99.00 45217
Apr 19-Jun 21	Su	01:00 pm-02:00 pm	9 \$99.00 45218
Wildflower Arts Centre		Age:	5Y – 6Y
Apr 22-Jun 17	W	03:45 pm-04:45 pm	9 \$99.00 44658

Preschool – Anatomy for Young Artists

We take inspirations from the world of nature and science in this exploration of clay, collage, drawing, painting and more. Bones or feathers, snowflakes or your brain, curious little ones create art to express the wonder of it all.

North Mount Pleasant Arts Centre		Age:	4Y – 5Y
Apr 23-Jun 18	Th	01:30 pm-02:30 pm	9 \$94.50 45686
Wildflower Arts Centre		Age:	4Y – 5Y
Apr 20-Jun 22	M	09:30 am-10:30 am	9 \$94.50 44276
Apr 21-Jun 16	Tu	10:45 am-11:45 am	9 \$94.50 44418
Apr 24-Jun 19	F	01:00 pm-02:00 pm	9 \$94.50 44420
		Age:	5Y – 6Y
Apr 23-Jun 18	Th	03:45 pm-04:45 pm	9 \$94.50 44419

Preschool – Art and the Story

It starts with a story and ends with inspired artwork. Preschoolers hear and see a different story each week, then create an artwork inspired by that story. They'll learn about colour, texture and shape in two- and three-dimensional art while developing artistic skills and using their imaginations.

Wildflower Arts Centre		Age:	3Y – 4Y
Apr 20-Jun 22	M	01:00 pm-02:00 pm	9 \$94.50 44278
Apr 22-Jun 17	W	11:00 am-12:00 pm	9 \$94.50 44501
		Age:	4Y – 5Y
Apr 24-Jun 19	F	10:45 am-12:00 pm	9 \$117.00 44502

Preschool – Art Start

Introduce your child to the fun of creative self-expression. Designed for preschoolers who are ready for an independent class, this program explores everything from painting and collage to three-dimensional art. It's a great opportunity to start your young artist on their artistic adventure!

North Mount Pleasant Arts Centre		Age:	3Y – 4Y
Apr 21-Jun 16	Tu	12:30 pm-01:30 pm	9 \$94.50 45642
Wildflower Arts Centre		Age:	3Y – 4Y
Apr 23-Jun 18	Th	09:30 am-10:30 am	9 \$94.50 44622
Apr 24-Jun 19	F	09:30 am-10:30 am	9 \$94.50 44629

Preschool – Clay Discovery

Let your preschooler's imagination run wild creating mythical monsters and other captivating projects. In this class, they'll learn basic clay skills including pinch, coil, slab and hollow building. It's the perfect class for young creative minds.

Six-year-olds that are not yet in grade one are welcome to join.

North Mount Pleasant Arts Centre		Age:	4Y – 5Y
Apr 21-Jun 16	Tu	02:00 pm-03:00 pm	9 \$99.00 45650
Wildflower Arts Centre		Age:	4Y – 5Y
Apr 21-Jun 16	Tu	01:00 pm-02:00 pm	9 \$99.00 44628
Apr 22-Jun 17	W	09:45 am-10:45 am	9 \$99.00 44620

Preschool – Drawing & Painting

Your preschooler will get to explore two exciting art fundamentals – drawing and painting. Children will develop their skills and imagination, while experiencing a wide range of artist's materials like tempera, watercolour, pastel, wax resist and more.

Wildflower Arts Centre		Age:	5Y – 6Y
Apr 21-Jun 16	Tu	03:45 pm-04:45 pm	9 \$94.50 44520
Apr 24-Jun 19	F	02:15 pm-03:15 pm	9 \$94.50 44557

Preschool Art

Creative and fun for preschoolers, children will explore two- and three-dimensional art while developing basic skills and vivid imaginations. From painting and collage to clay modelling, young artists will work on projects that encourage their personality to shine.

North Mount Pleasant Arts Centre		Age:	4Y – 5Y
Apr 18-Jun 20	Sa	11:30 am-12:30 pm	9 \$94.50 45213
Apr 19-Jun 21	Su	10:00 am-11:00 am	9 \$94.50 45214
Apr 20-Jun 22	M	02:30 pm-03:30 pm	9 \$94.50 45164
Wildflower Arts Centre		Age:	4Y – 5Y
Apr 18-Jun 20	Sa	09:30 am-10:30 am	9 \$94.50 44569
Apr 22-Jun 17	W	02:15 pm-03:15 pm	9 \$94.50 44564
Apr 23-Jun 18	Th	10:45 am-11:45 am	9 \$94.50 44568

0 to 17 Years + Adult

Clay For Two

Experience the fun and excitement of clay with your little one. Dig into the creative process together, learn basic clay working skills while encouraging imagination and self-expression. Fuel your child's imagination and tap into your well of creativity.

North Mount Pleasant Arts Centre		Age:	3Y – 5Y
Apr 18-Jun 20	Sa	11:00 am-12:00 pm	9 \$114.75 45448
Apr 19-Jun 21	Su	01:00 pm-02:00 pm	9 \$114.75 45449
Wildflower Arts Centre		Age:	3Y – 5Y
Apr 18-Jun 20	Sa	09:00 am-10:00 am	9 \$114.75 44596
Apr 21-Jun 16	Tu	09:15 am-10:15 am	9 \$114.75 44593



0 to 17 Years + Adult (continued)

Create Together

Here's a rewarding opportunity to connect with your child through creativity. Each class offers an exciting new art activity that will stimulate the imagination, develop your child's social and motor skills and provide quality bonding time. Nannies, grandparents or other caregivers are also welcome to register with your child.

North Mount Pleasant Arts Centre			Age:	3Y – 5Y
Apr 18-Jun 20	Sa	09:30 am-10:30 am	9	\$114.75 45381
Apr 19-Jun 21	Su	10:00 am-11:00 am	9	\$114.75 45382
Wildflower Arts Centre			Age:	3Y – 5Y
Apr 20-Jun 22	M	10:45 am-11:45 am	9	\$114.75 44277
Apr 22-Jun 17	W	01:00 pm-02:00 pm	9	\$114.75 44491

Drawing & Painting for Families

There's nothing better than creating as a family. Together, you'll explore proportion, shading and perspective through fun, innovative and imaginative projects. Experiment with artist materials including acrylic and tempera paints, pastels, wax-resist, charcoal and more. It's fun for the whole family!

North Mount Pleasant Arts Centre			Age:	6Y – 12Y
Apr 24-Jun 5	F	07:00 pm-08:30 pm	6	\$123.00 45690

Family Arts Combo

Children and adults are invited to explore a variety of visual art materials and techniques together. Work side-by-side with your child on collaborative and individual projects. (Nanny, grandparent or other caregiver may register instead of parent.)

North Mount Pleasant Arts Centre			Age:	4Y – 10Y
Apr 25-Jun 6	Sa	11:00 am-12:30 pm	6	\$123.00 45387

Family Clay Projects

Learn the basics of clay while sharing a fun, family experience. Use this versatile material to make imaginative sculptures. Create something on your own or work with your child on a project. Make time for family while making cool things out of clay!

North Mount Pleasant Arts Centre			Age:	4Y – 10Y
Apr 25-Jun 6	Sa	03:00 pm-04:30 pm	6	\$123.00 45493
Apr 26-Jun 7	Su	10:30 am-12:00 pm	6	\$123.00 45494

Family Clay Projects

Connect as a family while working with clay. Together, you'll discover infinite creativity and develop your basic clay working skills. Work individually or collaborate on projects as a family. It will challenge, engage and excite you!

Wildflower Arts Centre			Age:	4Y – 15Y
May 9-Jun 20	Sa	01:00 pm-02:30 pm	6	\$123.00 44560
May 9-Jun 20	Sa	02:45 pm-04:15 pm	6	\$123.00 44561
May 11-Jun 22	M	05:00 pm-06:30 pm	6	\$123.00 44527

Family Potter's Wheel

The family that throws together grows together! Work side-by-side on the potter's wheel. Together, you'll learn basic techniques, watch demonstrations and then put your pottery skills to work. Please note that previous clay experience is an asset, but not a prerequisite. Supplies extra.

North Mount Pleasant Arts Centre			Age:	9Y – 17Y
Apr 25-Jun 6	Sa	12:30 pm-02:30 pm	6	\$225.00 45497
Apr 26-Jun 7	Su	10:00 am-12:00 pm	6	\$225.00 45498

5 to 17 Years

Arts Around the World

From the vibrant colours of Bali to the ancient history of Rome, art is inspired by our big, beautiful world. In this class, you'll expand your creativity and explore different cultures. Strengthen your drawing skills, experiment with paint and lose yourself in sculpture. It's an artistic journey to an unknown destination!

Wildflower Arts Centre			Age:	6Y – 9Y
Apr 20-Jun 22	M	05:00 pm-06:30 pm	9	\$119.25 44723

Arts Combo

Explore an exciting mix of two- and three-dimensional art activities. From clay, drawing and painting to printmaking, sculpture and mixed media projects, it's the ultimate creative combo.

North Mount Pleasant Arts Centre			Age:	7Y – 10Y
Apr 18-Jun 20	Sa	09:30 am-11:00 am	9	\$119.25 45222
Apr 19-Jun 21	Su	11:30 am-01:00 pm	9	\$119.25 45226
Apr 20-Jun 22	M	05:00 pm-06:30 pm	9	\$119.25 45227
Jul 6-16	M-F	09:00 am-12:00 pm	9	\$222.75 46583
Aug 4-14	M-F	01:00 pm-04:00 pm	9	\$222.75 46590
Aug 17-27	M-F	09:00 am-12:00 pm	9	\$222.75 46591
Wildflower Arts Centre			Age:	7Y – 10Y
Apr 18-Jun 20	Sa	09:00 am-10:30 am	9	\$119.25 44648
Apr 20-Jun 22	M	05:00 pm-06:30 pm	9	\$119.25 44644
Aug 17-27	M-F	01:00 pm-04:00 pm	9	\$222.75 46739
			Age:	10Y – 13Y
Apr 21-Jun 16	Tu	05:00 pm-06:30 pm	9	\$119.25 44647

Arts Combo With The Masters

With so much rich history from which to mine, you could find yourself making an ancient Mesopotamian styled clay pot, painting a self-portrait like Kahlo, or drawing like Hokusai. Each project will include an art history lesson and then ample time to explore a variety of artforms and approaches. All supplies are provided.

North Mount Pleasant Arts Centre			Age:	7Y – 10Y
Aug 17-27	M-F	01:00 pm-04:00 pm	9	\$222.75 46993
Wildflower Arts Centre			Age:	7Y – 10Y
Apr 22-Jun 17	W	05:00 pm-06:30 pm	9	\$119.25 46209

5 to 17 Years (continued)

Arts Ventures

There's no better adventure than a full day of creative expression. During the week, your child will participate in exciting two- and three-dimensional art activities, including drawing, painting, mixed media and fabric painting. Supplies included.

North Mount Pleasant Arts Centre			Age:	6Y – 8Y
Mar 23-27	M-F	09:00 am-04:00 pm	5	\$242.50 40781
Apr 13-17	M-F	09:00 am-04:00 pm	5	\$242.50 45703
Jul 2-3	Th, F	09:00 am-04:00 pm	2	\$97.00 46058
Jul 6-10	M-F	09:00 am-04:00 pm	5	\$242.50 46131
Jul 13-17	M-F	09:00 am-04:00 pm	5	\$242.50 46134
Jul 20-24	M-F	09:00 am-04:00 pm	5	\$242.50 46135
Jul 27-31	M-F	09:00 am-04:00 pm	5	\$242.50 46136
Aug 4-7	Tu-F	09:00 am-04:00 pm	4	\$194.00 46137
Aug 10-14	M-F	09:00 am-04:00 pm	5	\$242.50 46138
Aug 17-21	M-F	09:00 am-04:00 pm	5	\$242.50 46139
Aug 24-28	M-F	09:00 am-04:00 pm	5	\$242.50 46140

			Age:	7Y – 10Y
Mar 23-27	M-F	09:00 am-04:00 pm	5	\$242.50 40803
Jul 2-3	Th, F	09:00 am-04:00 pm	2	\$97.00 46060
Jul 6-10	M-F	09:00 am-04:00 pm	5	\$242.50 46172
Jul 13-17	M-F	09:00 am-04:00 pm	5	\$242.50 46174
Jul 27-31	M-F	09:00 am-04:00 pm	5	\$242.50 46175
Aug 4-7	Tu-F	09:00 am-04:00 pm	4	\$194.00 46176
Aug 10-14	M-F	09:00 am-04:00 pm	5	\$242.50 46177
Aug 24-28	M-F	09:00 am-04:00 pm	5	\$242.50 46178

			Age:	9Y – 12Y
Mar 23-27	M-F	09:00 am-04:00 pm	5	\$242.50 40804
Apr 13-17	M-F	09:00 am-04:00 pm	5	\$242.50 45710
Jul 2-3	Th, F	09:00 am-04:00 pm	2	\$97.00 46129
Jul 6-10	M-F	09:00 am-04:00 pm	5	\$242.50 46179
Jul 13-17	M-F	09:00 am-04:00 pm	5	\$242.50 46180
Jul 20-24	M-F	09:00 am-04:00 pm	5	\$242.50 46203
Jul 27-31	M-F	09:00 am-04:00 pm	5	\$242.50 46204
Aug 4-7	Tu-F	09:00 am-04:00 pm	4	\$194.00 46205
Aug 10-14	M-F	09:00 am-04:00 pm	5	\$242.50 46206
Aug 17-21	M-F	09:00 am-04:00 pm	5	\$242.50 46207
Aug 24-28	M-F	09:00 am-04:00 pm	5	\$242.50 46208

Wildflower Arts Centre			Age:	6Y – 8Y
Mar 23-27	M-F	09:00 am-04:00 pm	5	\$242.50 40696
Jul 6-10	M-F	09:00 am-04:00 pm	5	\$242.50 46059
Jul 13-17	M-F	09:00 am-04:00 pm	5	\$242.50 46061
Jul 20-24	M-F	09:00 am-04:00 pm	5	\$242.50 46062
Jul 27-31	M-F	09:00 am-04:00 pm	5	\$242.50 46063
Aug 4-7	Tu-F	09:00 am-04:00 pm	4	\$194.00 46064
Aug 10-14	M-F	09:00 am-04:00 pm	5	\$242.50 46065
Aug 17-21	M-F	09:00 am-04:00 pm	5	\$242.50 46066
Aug 24-28	M-F	09:00 am-04:00 pm	5	\$242.50 46067

			Age:	7Y – 10Y
Mar 23-27	M-F	09:00 am-04:00 pm	5	\$242.50 40701
Jul 6-10	M-F	09:00 am-04:00 pm	5	\$242.50 46084
Jul 13-17	M-F	09:00 am-04:00 pm	5	\$242.50 46090
Jul 20-24	M-F	09:00 am-04:00 pm	5	\$242.50 46091
Jul 27-31	M-F	09:00 am-04:00 pm	5	\$242.50 46092
Aug 4-7	Tu-F	09:00 am-04:00 pm	4	\$194.00 46093
Aug 10-14	M-F	09:00 am-04:00 pm	5	\$242.50 46094
Aug 17-21	M-F	09:00 am-04:00 pm	5	\$242.50 46095
Aug 24-28	M-F	09:00 am-04:00 pm	5	\$242.50 46096

			Age:	9Y – 12Y
Mar 23-27	M-F	09:00 am-04:00 pm	5	\$242.50 40703
Jul 6-10	M-F	09:00 am-04:00 pm	5	\$242.50 46155
Jul 13-17	M-F	09:00 am-04:00 pm	5	\$242.50 46163
Jul 20-24	M-F	09:00 am-04:00 pm	5	\$242.50 46164
Jul 27-31	M-F	09:00 am-04:00 pm	5	\$242.50 46165
Aug 4-7	Tu-F	09:00 am-04:00 pm	4	\$194.00 46166
Aug 10-14	M-F	09:00 am-04:00 pm	5	\$242.50 46167
Aug 17-21	M-F	09:00 am-04:00 pm	5	\$242.50 46168
Aug 24-28	M-F	09:00 am-04:00 pm	5	\$242.50 46169

Arts Centres Pre and Post Care – Extended

Extended care is available for summer childrens' programs. Visit the day camp section of this guide for an at-a-glance day camp chart.

Cartoons & Comics

Explore visual storytelling and develop your own unique illustrative style. Create interesting cartoons through character development, expression, exaggeration and lettering styles. It's a drawing class that encourages you to draw on your vivid imagination.

North Mount Pleasant Arts Centre			Age:	6Y – 8Y
Apr 18-Jun 20	Sa	10:30 am-12:00 pm	9	\$119.25 45402
Aug 17-27	M-F	09:00 am-12:00 pm	9	\$222.75 46971

			Age:	9Y – 12Y
Apr 18-Jun 20	Sa	12:30 pm-02:00 pm	9	\$119.25 45438
Jul 20-30	M-F	09:00 am-12:00 pm	9	\$222.75 46705
Aug 17-27	M-F	01:00 pm-04:00 pm	9	\$222.75 46972

Wildflower Arts Centre			Age:	6Y – 8Y
Apr 18-Jun 20	Sa	10:45 am-12:15 pm	9	\$119.25 44673
Apr 23-Jun 18	Th	05:00 pm-06:30 pm	9	\$119.25 44670
Aug 4-14	M-F	01:00 pm-04:00 pm	9	\$222.75 46738

			Age:	9Y – 12Y
Apr 18-Jun 20	Sa	01:15 pm-02:45 pm	9	\$119.25 44674
Apr 20-Jun 22	M	05:00 pm-06:30 pm	9	\$119.25 44672
Jul 20-30	M-F	01:00 pm-04:00 pm	9	\$222.75 46736
Aug 4-14	M-F	09:00 am-12:00 pm	9	\$222.75 46737

Cartoons & Comics – Youth

Discover your own cartooning style. You'll explore drawing and cartooning, fundamentals of line, proportion, shading and perspective. Find your voice, develop characters, and learn to tell a story or a joke, even create a multi-page comic book.

North Mount Pleasant Arts Centre			Age:	13Y – 17Y
Apr 29-Jun 3	W	06:30 pm-08:30 pm	6	\$114.00 45676

Clay Creations

This class includes projects that challenge every young artist of every skill level. Your child will learn the art of hand building where they'll pinch, coil, slab and hollow build their own work of art. Each new session introduces new skills, new projects and new smiles.

North Mount Pleasant Arts Centre			Age:	6Y – 8Y
Apr 18-Jun 20	Sa	01:00 pm-02:30 pm	9	\$132.75 45491
Apr 19-Jun 21	Su	02:30 pm-04:00 pm	9	\$132.75 45492
Jul 6-16	M-F	09:00 am-12:00 pm	9	\$245.25 46422
Jul 20-30	M-F	01:00 pm-04:00 pm	9	\$245.25 46432
Aug 17-27	M-F	01:00 pm-04:00 pm	9	\$245.25 46433

Wildflower Arts Centre			Age:	6Y – 8Y
Apr 18-Jun 20	Sa	10:15 am-11:45 am	9	\$132.75 44646
Apr 21-Jun 16	Tu	05:00 pm-06:30 pm	9	\$132.75 44645
Jul 6-16	M-F	09:00 am-12:00 pm	9	\$245.25 45659
Aug 4-14	M-F	09:00 am-12:00 pm	9	\$245.25 45668
Aug 17-27	M-F	01:00 pm-04:00 pm	9	\$245.25 45723



5 to 17 Years (continued)

Clay Explorations

Discover the exciting world of clay while learning basic skills. Hand building methods including pinch, coil, slab and hollow building, as well as an introduction to the potter's wheel. New projects each season allow you to hone your skills.

North Mount Pleasant Arts Centre			Age: 9Y – 12Y
Apr 18-Jun 20	Sa	03:00 pm-04:30 pm	9 \$132.75 45602
Apr 19-Jun 21	Su	02:30 pm-04:00 pm	9 \$132.75 45611
Jul 6-16	M-F	01:00 pm-04:00 pm	9 \$245.25 46609
Jul 20-30	M-F	09:00 am-12:00 pm	9 \$245.25 46612
Aug 17-27	M-F	09:00 am-12:00 pm	9 \$245.25 46613
Wildflower Arts Centre			Age: 9Y – 12Y
Apr 18-Jun 20	Sa	12:45 pm-02:15 pm	9 \$132.75 44676
Apr 22-Jun 17	W	05:00 pm-06:30 pm	9 \$132.75 44660
Jul 6-16	M-F	01:00 pm-04:00 pm	9 \$245.25 45727
Aug 17-27	M-F	09:00 am-12:00 pm	9 \$245.25 45729

Drawing & Painting

Here's a chance for your child to explore art fundamentals, including line, proportion, shading and perspective through innovative projects. They'll develop observational and interpretive skills using a range of artist's materials like acrylic and tempera paints, pastels, wax resist, charcoal and more.

North Mount Pleasant Arts Centre			Age: 6Y – 8Y
Apr 18-Jun 20	Sa	01:00 pm-02:30 pm	9 \$119.25 45337
Apr 19-Jun 21	Su	02:30 pm-04:00 pm	9 \$119.25 45338
Jul 6-16	M-F	01:00 pm-04:00 pm	9 \$222.75 46445
Jul 20-30	M-F	09:00 am-12:00 pm	9 \$222.75 46447
Aug 4-14	M-F	09:00 am-12:00 pm	9 \$222.75 46448
			Age: 9Y – 12Y
Apr 18-Jun 20	Sa	03:00 pm-04:30 pm	9 \$119.25 45334
Apr 19-Jun 21	Su	02:30 pm-04:00 pm	9 \$119.25 45335
Apr 21-Jun 16	Tu	04:30 pm-06:00 pm	9 \$119.25 45336
Jul 6-16	M-F	09:00 am-12:00 pm	9 \$222.75 46449
Jul 20-30	M-F	01:00 pm-04:00 pm	9 \$222.75 46450
Aug 4-14	M-F	01:00 pm-04:00 pm	9 \$222.75 46451
Wildflower Arts Centre			Age: 6Y – 8Y
Apr 18-Jun 20	Sa	09:00 am-10:30 am	9 \$119.25 44701
Apr 21-Jun 16	Tu	05:00 pm-06:30 pm	9 \$119.25 44698
Jul 6-16	M-F	01:00 pm-04:00 pm	9 \$222.75 46733
Jul 20-30	M-F	09:00 am-12:00 pm	9 \$222.75 46734
Aug 17-27	M-F	09:00 am-12:00 pm	9 \$222.75 46735
			Age: 9Y – 12Y
Apr 18-Jun 20	Sa	10:45 am-12:15 pm	9 \$119.25 44700
Apr 22-Jun 17	W	05:00 pm-06:30 pm	9 \$119.25 44699
Jul 6-16	M-F	09:00 am-12:00 pm	9 \$222.75 46732

Drawing & Painting for Youth

Get ready to express yourself visually. Develop your personal style while exploring exciting artist's materials, including watercolour, acrylic, charcoal, pastel and more! Discover the ones that best suit your artistic goals, then start creating unique imagery.

North Mount Pleasant Arts Centre			Age: 13Y – 17Y
Aug 4-27	Tu, Th	06:00 pm-08:00 pm	8 \$166.00 47009

Explore the Potter's Wheel

Develop, practise and hone your throwing skills in this wheel-focused class. Projects vary from season to season, so you can take this class again and again. Clay Explorations is recommended, but not a prerequisite.

North Mount Pleasant Arts Centre			Age: 9Y – 12Y
Apr 25-Jun 6	Sa	09:45 am-12:00 pm	6 \$132.00 45495
Apr 30-Jun 4	Th	04:15 pm-06:30 pm	6 \$132.00 45496
Aug 4-14	M-F	09:00 am-12:00 pm	9 \$245.25 46977
Wildflower Arts Centre			Age: 9Y – 12Y
Apr 23-Jun 18	Th	05:00 pm-06:30 pm	9 \$132.75 44671
Jul 20-30	M-F	09:00 am-12:00 pm	9 \$245.25 45682
Aug 4-14	M-F	01:00 pm-04:00 pm	9 \$245.25 45719

Fab Friday Studio

Your child will create inspired paintings, drawings and collages while exploring a wide selection of artist's materials. It's perfect for those who are looking to further enrich their Arts Centre experience, or for those who just want a visual arts sampling of what we have to offer.

North Mount Pleasant Arts Centre			Age: 6Y – 12Y
Jul 17	F	09:00 am-04:00 pm	1 \$57.00 47010
Jul 31	F	09:00 am-04:00 pm	1 \$57.00 47012
Aug 28	F	09:00 am-04:00 pm	1 \$57.00 47013

Focus on Drawing

Develop your drawing skills using graphite, charcoal, conte, as well as pen and ink. Program includes both observational studies and projects that encourage imagination and build confidence as students learn about simple perspective, proportion, line, tone, texture and shading.

North Mount Pleasant Arts Centre			Age: 6Y – 8Y
Apr 18-Jun 20	Sa	03:00 pm-04:30 pm	9 \$119.25 45329
			Age: 9Y – 12Y
Apr 18-Jun 20	Sa	01:00 pm-02:30 pm	9 \$119.25 45326
Apr 19-Jun 21	Su	11:00 am-12:30 pm	9 \$119.25 45328
Wildflower Arts Centre			Age: 6Y – 8Y
Apr 18-Jun 20	Sa	03:00 pm-04:30 pm	9 \$119.25 44715
Apr 22-Jun 17	W	05:00 pm-06:30 pm	9 \$119.25 44714
			Age: 9Y – 12Y
Apr 23-Jun 18	Th	05:00 pm-06:30 pm	9 \$119.25 44704

5 to 17 Years (continued)

Focus on Fibre Arts

Explore the creative possibilities of fibre arts! Using processes of hand-making which may include stitching, weaving, felting and dyeing, try your hand at traditional techniques with an artistic approach to process and materials. New inspirations each session allow for continuous skill development.

Wildflower Arts Centre		Age: 7Y – 10Y	
Apr 18-Jun 20	Sa	10:45 am-12:15 pm	9 \$119.25 44687
Apr 21-Jun 16	Tu	05:00 pm-06:30 pm	9 \$119.25 44688

Focus on Painting for Youth

Paint using your personal style! Experiment with scale, dimension, surface, colour theory and brushstroke. The class will discuss contemporary art movements and famous artists, which will inspire you and help you grow as an artist.

North Mount Pleasant Arts Centre		Age: 13Y – 17Y	
Aug 4-14	M-F	09:00 am-12:00 pm	9 \$247.50 46979

Homeschool Art

Focus on the four major components of the Alberta Art curriculum while experimenting with an exciting variety of two- and three-dimensional art activities. These may include clay, drawing, painting, printmaking and mixed media projects. Supplies included.

North Mount Pleasant Arts Centre		Age: 6Y – 8Y	
Apr 22-Jun 17	W	02:30 pm-04:30 pm	9 \$155.25 45657
		Age: 9Y – 12Y	
Apr 22-Jun 17	W	02:30 pm-04:30 pm	9 \$155.25 45660

How to Draw People

Explore time-tested strategies and interesting techniques that will improve your portraits, sketches and action drawings. You'll work with an accomplished artist who can help bring your "people" to life.

North Mount Pleasant Arts Centre		Age: 6Y – 8Y	
Apr 19-May 3	Su	12:30 pm-02:00 pm	3 \$45.00 45628
Jun 7-21	Su	12:30 pm-02:00 pm	3 \$45.00 45632
		Age: 9Y – 12Y	
May 10-31	Su	12:30 pm-02:00 pm	3 \$45.00 45631

Let's Make a Claymation Movie

Make your own Claymation short-film using tablet computers. Develop story, create characters, design sets and film your mini-cinematic feature while working in small collaborative groups. You'll have something funny, thrilling or both to later share with your family and friends. All supplies included. Imagination required.

North Mount Pleasant Arts Centre		Age: 7Y – 10Y	
Jul 20-30	M-F	01:00 pm-04:00 pm	9 \$229.50 46697
		Age: 9Y – 12Y	
Apr 25-Jun 6	Sa	02:30 pm-04:00 pm	6 \$79.50 45446

Potter's Wheel Basics for Youth

Develop your wheel-throwing skills through instruction, demonstration and working on the potter's wheel. The course is designed to give participants a great deal of practice time during class.

North Mount Pleasant Arts Centre		Age: 13Y – 17Y	
Apr 18-Jun 20	Sa	12:30 pm-02:30 pm	9 \$182.25 45615
Apr 22-Jun 17	W	04:30 pm-06:30 pm	9 \$182.25 45617
Aug 4-14	M-F	01:00 pm-04:00 pm	9 \$263.25 46989
Wildflower Arts Centre		Age: 13Y – 17Y	
Apr 18-Jun 20	Sa	02:30 pm-04:30 pm	9 \$180.00 44678
Jul 20-30	M-F	01:00 pm-04:00 pm	9 \$263.25 45732

Teens Arts Combo With The Masters

With so much rich history from which to mine, you could find yourself making an ancient Mesopotamian styled clay pot, painting a self-portrait like Kahlo, or drawing like Hokusai. Each project will include an art history lesson and then ample time to explore a variety of artforms and approaches. All supplies are provided.

North Mount Pleasant Arts Centre		Age: 13Y – 17Y	
Apr 19-Jun 21	Su	02:00 pm-04:00 pm	9 \$171.00 45789
Jul 6-16	M-F	01:00 pm-04:00 pm	9 \$252.00 46695

Teens Only Art Studio – Youth

Here's a great opportunity to build a portfolio! Further exploring your creativity, projects are designed as a studio experience with a lot more freedom. Work with materials of all kinds as your instructor guides you through new techniques. All supplies are included.

North Mount Pleasant Arts Centre		Age: 13Y – 17Y	
Jul 20-24	M-F	09:00 am-04:00 pm	5 \$275.00 46954
Aug 17-21	M-F	09:00 am-04:00 pm	5 \$275.00 46961
Wildflower Arts Centre		Age: 13Y – 16Y	
Apr 23-Jun 18	Th	04:30 pm-06:30 pm	9 \$171.00 44729

18 Years and Over

Abstract Art for Adults

Celebrate your sense of creativity. Think, feel and express yourself through abstract art work, and complete the class with greater understanding of your own skills and personal expression. We have the supplies – you just need the imagination.

Wildflower Arts Centre		Age: 18Y and Up	
Apr 20-Jun 22	M	07:00 pm-09:30 pm	9 \$276.75 44730
Apr 21-Jun 16	Tu	09:30 am-12:00 pm	9 \$276.75 44731

Acrylic Sampler

Acrylic paint is truly a versatile medium with many possible applications. This short course offers you an introduction to a wide range of possibilities, whether you're a beginner or looking for a change of media. All supplies included.

Wildflower Arts Centre		Age: 18Y and Up	
Jul 8-29	W	06:00 pm-08:30 pm	4 \$126.00 46728



18 Years and Over (continued)

Adult Cartooning Sampler

Always wanted to try your hand at cartooning? Whether you're a chronic doodler or are just curious about this often underestimated art-form this is a great place to start. In this sampler, students will be instructed in the basics of character development and sequential drawing. All supplies included.

North Mount Pleasant Arts Centre			Age: 18Y and Up		
Apr 2	Th	06:00 pm-09:00 pm	1	\$37.50	40902
Apr 14	Tu	06:00 pm-09:00 pm	1	\$37.50	46341
Jul 14	Tu	06:00 pm-09:00 pm	1	\$37.50	46501

Artful BookBinding – Basics and Beyond

Ever wonder how books are made? In this class, discover simple and complex non-adhesive methods of creating handmade and hand-bound books that are used for journaling, photos or poetry. Explore the history, beauty and relevance of books and create some books that are perfect for gift giving.

North Mount Pleasant Arts Centre			Age: 18Y and Up		
May 12-Jun 16	Tu	07:00 pm-09:30 pm	6	\$178.50	46197

Arts Combo for Adults

Stretch your creativity with ceramics, painting, drawing, mixed media, printmaking and sculpture. All supplies and tools are included to make interesting art – you just need to bring an open mind!

North Mount Pleasant Arts Centre			Age: 18Y and Up		
Apr 21-Jun 16	Tu	12:30 pm-03:00 pm	9	\$276.75	46199
Apr 22-Jun 17	W	07:00 pm-09:30 pm	9	\$276.75	46200
Jul 6-29	M, W	06:00 pm-08:30 pm	8	\$246.00	46492
Wildflower Arts Centre			Age: 18Y and Up		
Apr 22-Jun 17	W	09:30 am-12:00 pm	9	\$276.75	45652
Apr 23-Jun 18	Th	07:00 pm-09:30 pm	9	\$276.75	45649
Aug 4-27	Tu, Th	06:00 pm-08:30 pm	8	\$246.00	46729

Clay Basics

There's something exciting about creating with clay. As the foundation for our other clay programs, learn the basics of clay. Develop skills in hand building, throw on the potter's wheel, experiment with surface decoration and glazing and enjoy your finished work. Supplies extra.

North Mount Pleasant Arts Centre			Age: 18Y and Up		
Apr 19-Jun 21	Su	12:30 pm-03:00 pm	9	\$222.75	46068
Apr 20-Jun 22	M	07:00 pm-09:30 pm	9	\$222.75	46070
Apr 21-Jun 16	Tu	07:00 pm-09:30 pm	9	\$222.75	46071
Apr 23-Jun 18	Th	01:15 pm-03:45 pm	9	\$222.75	46072
Jul 2-28	Tu, Th	06:00 pm-08:30 pm	8	\$198.00	46488
Aug 5-31	M, W	06:00 pm-08:30 pm	8	\$198.00	46489
Wildflower Arts Centre			Age: 18Y and Up		
Apr 22-Jun 17	W	01:00 pm-03:30 pm	9	\$222.75	44516

Clay Sculpture

Explore the third dimension with clay. Develop basic building techniques and explore sculptural concepts like movement, texture and form. Finish your works of art with a variety of surface treatments, including glaze and acrylics, then find a place to display them.

Wildflower Arts Centre			Age: 18Y and Up		
Apr 21-Jun 16	Tu	07:00 pm-09:30 pm	9	\$222.75	44506

Clay Studio

Want to develop your own ideas with an instructor on hand for inspiration and technical support? Take advantage of this relaxed studio atmosphere and take time to create. Demonstrations will be provided on an as-needed basis. Previous clay experience is a prerequisite.

Wildflower Arts Centre			Age: 18Y and Up		
Apr 23-Jun 18	Th	01:00 pm-03:30 pm	9	\$222.75	44513

Creative Printmaking for Adults

Here's your chance to create original artwork on paper. Explore printmaking processes like polystyrene prints, monoprints and collagraphs, where you'll use techniques to produce multiples of an original image. With an eye on design, create your own editions of cards or works of art for framing. Supplies are included.

North Mount Pleasant Arts Centre			Age: 18Y and Up		
Apr 20-Jun 22	M	07:00 pm-09:30 pm	9	\$276.75	46217

Drawing & Painting for Adults

Thinking of taking art classes, but don't know which medium is for you? Try this introduction to a variety of drawing and painting media. Get grounded in the fundamentals of drawing concepts, then move on to the basics of acrylics and watercolour. All supplies are included.

North Mount Pleasant Arts Centre			Age: 18Y and Up		
Apr 22-Jun 17	W	09:30 am-12:00 pm	9	\$276.75	46223
Apr 23-Jun 18	Th	07:00 pm-09:30 pm	9	\$276.75	46225
Aug 5-31	M, W	06:00 pm-08:30 pm	8	\$246.00	46494
Wildflower Arts Centre			Age: 18Y and Up		
Apr 20-Jun 22	M	09:30 am-12:00 pm	9	\$276.75	45664
Apr 20-Jun 22	M	07:00 pm-09:30 pm	9	\$276.75	45670
Apr 21-Jun 16	Tu	12:30 pm-03:00 pm	9	\$276.75	45677
Jul 7-30	Tu, Th	06:00 pm-08:30 pm	8	\$246.00	46726

18 Years and Over (continued)

Drawing For the Completely Intimidated

Anyone can learn to draw! Drawing exercises allow you to approach drawing from a variety of perspectives while learning about yourself in the process. Just open your mind, relax your hands and let your creativity flow. Supplies are extra.

North Mount Pleasant Arts Centre				Age: 18Y and Up	
Apr 20-Jun 22	M	07:00 pm-09:30 pm	9	\$202.50	46245
Apr 23-Jun 18	Th	09:30 am-12:00 pm	9	\$202.50	46252
Jul 2-28	Tu, Th	06:00 pm-08:30 pm	8	\$180.00	46497
Wildflower Arts Centre				Age: 18Y and Up	
Apr 22-Jun 17	W	07:00 pm-09:30 pm	9	\$202.50	45701
Apr 23-Jun 18	Th	09:30 am-12:00 pm	9	\$202.50	45699
Aug 4-27	Tu, Th	06:00 pm-08:30 pm	8	\$180.00	46730

Drawing Sampler

Drawing is often considered the base for many artistic pursuits. This sampler course introduces you to some fundamental drawing concepts and allows you to start expanding your creativity. All supplies included.

North Mount Pleasant Arts Centre				Age: 18Y and Up	
Apr 7	Tu	06:00 pm-09:00pm	1	\$37.50	40906
Apr 15	W	06:00 pm-09:00 pm	1	\$37.50	46342
Aug 5	W	06:00 pm-09:00 pm	1	\$37.50	46503

Drawing Studio

Take your drawing skills to the next level. Learn intermediate drawing fundamentals in a supportive environment with an instructor who's there to provide guidance and encouragement. We have drawing tables, easels and great light, but please bring your own drawing supplies.

North Mount Pleasant Arts Centre				Age: 18Y and Up	
Apr 21-Jun 16	Tu	09:30 am-12:00 pm	9	\$202.50	46269

Fibre Arts Basics for Adults

This introductory course is a great way to discover untapped creative potential in the world of fibre arts! Weave various textile based processes into your artistic endeavors, which may include stitching, weaving, felting and printing. Different approaches to traditional techniques and materials each session allow for continuous inspiration and skill development.

Wildflower Arts Centre				Age: 18Y and Up	
May 4-Jun 15	M	12:30 pm-03:00 pm	6	\$189.00	46188

Hand Building Studio

Advance your hand building skills in our supportive studio environment. Set your own goals and combine your ideas with advice and expertise from your instructor to create exciting new work. Prerequisite: Clay Introduction and Pottery Unplugged or equivalent.

North Mount Pleasant Arts Centre				Age: 18Y and Up	
Apr 23-Jun 18	Th	07:00 pm-09:30 pm	9	\$222.75	46098

22nd Annual Youth Hiring Fair

Thursday, April 2
1:30 – 6 p.m.

- Ages 15-24
- 5,000 job opportunities
- Bring copies of your resume
- Meet local employers
- Free admission

Where: **BMO Hall A, Stampede Park**

Prepare yourself at the Youth Employment Centre, call 403-268-2490 or visit youthemploymentcentre.ca



The Youth Employment Centre



18 Years and Over (continued)

Hand Building with Clay

An alternative to wheel throwing, you'll explore form, function and sculpture through a variety of construction methods. Glazing and decorating techniques will also be covered, giving you fresh ideas. No experience is necessary and supplies are extra.

North Mount Pleasant Arts Centre **Age: 18Y and Up**

Apr 20-Jun 22	M	01:00 pm-03:30 pm	9	\$222.75	46081
Apr 22-Jun 17	W	07:00 pm-09:30 pm	9	\$222.75	46082

Oil Painting for the Completely Intimidated

Have you always wanted to try oil painting, but didn't know where to start? Let us show you how to work in this lush, historic medium in a supportive environment. Work on painting projects that will allow you to understand colour mixing and theory, application and composition. Supplies are extra.

North Mount Pleasant Arts Centre **Age: 18Y and Up**

Apr 22-Jun 17	W	07:00 pm-09:30 pm	9	\$202.50	46290
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Wildflower Arts Centre **Age: 18Y and Up**

Apr 21-Jun 16	Tu	07:00 pm-09:30 pm	9	\$202.50	45691
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Open Studio

Continue to expand your creative practice in an open and supportive environment. Explore concepts and techniques with the guidance of an experienced instructor. Please bring your own materials. Prerequisite: Moderate to advanced familiarity with own materials.

Wildflower Arts Centre

Age: 18Y and Up

Apr 21-Jun 16	Tu	07:00 pm-09:30 pm	9	\$202.50	45707
Jul 7-30	Tu, Th	06:00 pm-08:30 pm	8	\$180.00	46727

Painting Studio

Continue your art practice in a supportive environment. You'll have access to an instructor who is well versed in traditional painting media. Bring your own supplies and have access to our easels and great light. Basics and Beyond Basics in Acrylics, Oils or Watercolour is a prerequisite.

North Mount Pleasant Arts Centre

Age: 18Y and Up

Apr 20-Jun 22	M	12:30 pm-03:00 pm	9	\$202.50	46332
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19-0000256

18 Years and Over (continued)

Painting With Acrylics – Basics

Develop your artistic skills with this exciting and versatile medium. Water-based, fast-drying and practically odourless, acrylic paints can produce a variety of effects. Painting techniques and art fundamentals including composition, design and colour theory will be covered. Supplies are extra.

North Mount Pleasant Arts Centre **Age: 18Y and Up**

Apr 20-Jun 22	M	09:30 am-12:00 pm	9	\$202.50	46300
Apr 21-Jun 16	Tu	07:00 pm-09:30 pm	9	\$202.50	46302
Aug 4-27	Tu, Th	06:00 pm-08:30 pm	8	\$180.00	46498

Wildflower Arts Centre **Age: 18Y and Up**

Apr 22-Jun 17	W	07:00 pm-09:30 pm	9	\$202.50	45697
Apr 23-Jun 18	Th	01:00 pm-03:30 pm	9	\$202.50	45698

Painting With Acrylics – Beyond Basics

Further develop your acrylic interests. Designed to work with individual skills levels and interests, the format includes set projects as well as time to work on the subjects of your choice. Supplies are extra and Painting with Acrylics – Basics or equivalent is a prerequisite.

North Mount Pleasant Arts Centre **Age: 18Y and Up**

Apr 23-Jun 18	Th	07:00 pm-09:30 pm	9	\$202.50	46307
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Painting With Oils – Beyond Basics

Continue your exploration of this medium. Increase your technical skills while developing a deeper understanding of the art of painting. Prerequisite: Painting With Oils – Basic or equivalent. Supplies extra.

North Mount Pleasant Arts Centre **Age: 18Y and Up**

Apr 23-Jun 18	Th	07:00 pm-09:30 pm	9	\$202.50	46313
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Painting With Watercolour – Basics

Discover the unique aspects of this beautiful, transparent and sometimes unpredictable medium. Choose your own subject matter or paint projects suggested by your instructor. Learn paper stretching, brush handling and watercolour painting techniques. No experience necessary. Supplies extra.

North Mount Pleasant Arts Centre **Age: 18Y and Up**

Apr 20-Jun 22	M	07:00 pm-09:30 pm	9	\$202.50	46320
Apr 21-Jun 16	Tu	09:30 am-12:00 pm	9	\$202.50	46322
Apr 23-Jun 18	Th	09:30 am-12:00 pm	9	\$202.50	46323
Aug 5-31	M, W	06:00 pm-08:30 pm	8	\$180.00	46500

Wildflower Arts Centre **Age: 18Y and Up**

Apr 20-Jun 22	M	07:00 pm-09:30 pm	9	\$202.50	45685
Apr 23-Jun 18	Th	09:30 am-12:00 pm	9	\$202.50	45687

Painting With Watercolour – Beyond Basics

Continue to explore this infinitely versatile art medium.

New techniques will be introduced and composition skills are encouraged through challenging projects. Supplies are extra and Painting With Watercolour – Basics or equivalent is a prerequisite.

Wildflower Arts Centre

Age: 18Y and Up

Apr 23-Jun 18	Th	07:00 pm-09:30 pm	9	\$202.50	45704
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Paper Clay Sculpture

Try your hand at paper clay – an incredibly versatile medium. Start by preparing your own batch of clay pulp, then construct the sculptural form of your choice. Both beginners and experienced potters will benefit from exploring this adaptable medium. Clay materials are included.

Wildflower Arts Centre

Age: 18Y and Up

Aug 5-26	W	06:00 pm-08:30 pm	4	\$105.00	45757
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Pastel Sampler

Explore the exquisite medium that is pastel. Express yourself in both oil and chalk pastel, while discovering the rich texture and blendability of this traditional medium. In this course you will gain a greater understanding of the material by introduction to pastel drawing and painting.

Wildflower Arts Centre

Age: 18Y and Up

May 20-Jun 10	W	07:00 pm-09:30 pm	4	\$126.00	46638
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Portrait Basics

Capture a likeness by learning how a face is put together through drawing and clay sculpting. Gain a better understanding of structure and proportion by drawing faces. Then sculpt the face into 3D space. Strengthen your portrait capturing skills by creating your own reference modeling bust to improve your future portraiture. Some drawing experience required.

Wildflower Arts Centre

Age: 18Y and Up

Apr 22-Jun 17	W	12:30 pm-03:00 pm	9	\$276.75	45696
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18 Years and Over (continued)

Potter's Wheel Basics

It's fascinating to see clay being transformed on the potter's wheel. Develop your skills through throwing techniques, demonstrations and practise in this introductory course. Supplies are extra and Clay Basics is recommended, but not a prerequisite.

North Mount Pleasant Arts Centre Age: 18Y and Up

Apr 17-Jun 19	F	06:00 pm-08:30 pm	9	\$222.75	46103
Apr 19-Jun 21	Su	09:30 am-12:00 pm	9	\$222.75	46105
Apr 20-Jun 22	M	07:00 pm-09:30 pm	9	\$222.75	46106
Apr 21-Jun 16	Tu	01:00 pm-03:30 pm	9	\$222.75	46107
Apr 21-Jun 16	Tu	07:00 pm-09:30 pm	9	\$222.75	46108
Apr 22-Jun 17	W	07:00 pm-09:30 pm	9	\$222.75	46109
Apr 23-Jun 18	Th	07:00 pm-09:30 pm	9	\$222.75	46110
Jul 2-28	Tu, Th	06:00 pm-08:30 pm	8	\$198.00	46478
Aug 5-31	M, W	06:00 pm-08:30 pm	8	\$198.00	46480

Wildflower Arts Centre Age: 18Y and Up

Apr 20-Jun 22	M	09:30 am-12:00 pm	9	\$222.75	44441
Apr 20-Jun 22	M	07:00 pm-09:30 pm	9	\$222.75	44446
Apr 23-Jun 18	Th	07:00 pm-09:30 pm	9	\$222.75	44394
Jul 2-28	Tu, Th	06:00 pm-08:30 pm	8	\$198.00	45740
Jul 30-Aug 25	Tu, Th	06:00 pm-08:30 pm	8	\$198.00	45743

Potter's Wheel Beyond Basics

Learn more about the wonders of the potter's wheel. Evolve your throwing and glazing skills through instruction, demonstration and time on the wheel. Practice time is available at a special discounted rate for participants. Also, supplies are extra and participants should be confident in their basic wheel throwing skills.

North Mount Pleasant Arts Centre Age: 18Y and Up

Apr 18-Jun 20	Sa	09:30 am-12:00 pm	9	\$222.75	46144
Apr 20-Jun 22	M	06:30 pm-09:00 pm	9	\$222.75	46145
Apr 21-Jun 16	Tu	06:30 pm-09:00 pm	9	\$222.75	46146
Apr 22-Jun 17	W	12:30 pm-03:00 pm	9	\$222.75	46147
Apr 22-Jun 17	W	06:30 pm-09:00 pm	9	\$222.75	46148
Aug 5-31	M, W	06:00 pm-08:30 pm	8	\$198.00	46482

Wildflower Arts Centre Age: 18Y and Up

Apr 21-Jun 16	Tu	07:00 pm-09:30 pm	9	\$222.75	44492
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Potter's Wheel Studio

The studio is a supportive place to learn and grow as an artist. You'll hone your skills on the potter's wheel with access to an instructor. Get passionate about pottery and start pursuing exciting personal projects. Supplies are extra and Potter's Wheel Beyond Basics is a prerequisite.

North Mount Pleasant Arts Centre Age: 18Y and Up

Apr 23-Jun 18	Th	09:30 am-12:00 pm	9	\$222.75	46170
Apr 23-Jun 18	Th	07:00 pm-09:30 pm	9	\$222.75	46171
Jul 2-28	Tu, Th	06:00 pm-08:30 pm	8	\$198.00	46487

Wildflower Arts Centre Age: 18Y and Up

Apr 22-Jun 17	W	07:00 pm-09:30 pm	9	\$222.75	44498
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Printmaking Sampler

Whether you're a beginner or looking for a change, this session offers a taste of different printmaking materials and techniques. All supplies included.

North Mount Pleasant Arts Centre Age: 18Y and Up

Apr 9	Th	06:00 pm-09:00pm	1	\$37.50	40907
Apr 16	Th	06:00 pm-09:00 pm	1	\$37.50	46343
Aug 13	Th	06:00 pm-09:00 pm	1	\$37.50	46502

Wildflower Arts Centre Age: 18Y and Up

Apr 23-May 14	Th	07:00 pm-09:30 pm	4	\$126.00	45711
May 29-Jun 19	F	01:00 pm-03:30 pm	4	\$126.00	45718
Aug 5-26	W	06:00 pm-08:30 pm	4	\$126.00	46731

Teapot Intensive

Steep yourself in one of the potter's ultimate challenges – the teapot. In this intensive class, you'll learn the fundamentals of the teapot including lips, lids, handles and spouts. Study what makes this form function and gain the skills to create your own teapot. Intermediate wheel throwing skills are required.

Wildflower Arts Centre Age: 18Y and Up

Jul 8-29	W	06:00 pm-08:30 pm	4	\$105.00	45749
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Watercolour Sampler

Always wondered about watercolour painting? Whether you're a beginner or looking for a change, this sampler course is a perfect opportunity to try this beautiful, transparent art medium. All supplies included.

North Mount Pleasant Arts Centre Age: 18Y and Up

Mar 31	Tu	06:00 pm-09:00pm	1	\$37.50	40910
Apr 13	M	06:00 pm-09:00 pm	1	\$37.50	46339
Jul 2	Th	06:00 am-09:00 am	1	\$37.50	46504

A photograph of three children running out of a swimming pool. The child on the left is a girl with wet hair, wearing black swim trunks with a blue waistband. The child in the middle is a boy wearing blue swim trunks with a black pattern and blue swim goggles. The child on the right is a boy wearing green swim trunks and blue swim goggles. They are all smiling and splashing water. In the background, other children are swimming in the pool, and a large mural of a tiger is visible on the wall.

**Get active without spending a lot.
Admission specials, free family
friendly events and more.**

We offer various discounts at
City of Calgary recreation centres. Visit
calgary.ca/recreationdeals for a complete
listing of special events and admission deals.



Calgary AfterSchool and Youth

Calgary AfterSchool offers fun, safe and engaging afterschool programs for children and youth in communities across the city. Visit calgary.ca/AfterSchool to see a full list of program providers.

**Calgary
AfterSchool**

Our AfterSchool programs

Calgary AfterSchool is invested in the future of every young person. The goals of the program are to build self-esteem, develop positive relationships and inspire children and youth to experience new activities. We offer free after school programs that focus on sports, arts, healthy living and leadership development.

Community partners

In addition to our Calgary AfterSchool programs, several agencies also provide children and youth programs as part of the Calgary AfterSchool network. Check out calgary.ca/afterschool for details or contact the provider directly. Most AfterSchool programs are drop-in and space is not guaranteed. All programs are on a first-come, first-served basis.

Calgary AfterSchool programs provide safe, caring and healthy environments that inspire, challenge and support children to succeed.



Calgary Recreation facility programs

Northwest

North Mount Pleasant Arts Centre	Age:	10Y – 14Y
Sep 10-Jun 18 Tu-Th 03:00 pm-06:00 pm	Free	Drop-in

Thornhill Aquatic & Fitness Centre	Age:	11Y – 15Y
Sep 23-Jun 18 M-Th 03:00 pm-06:00 pm	Free	Drop-in
F 12:30 pm-05:00 pm	Free	Drop-in

Southwest

Beltline Aquatic & Fitness Centre	Age:	8Y – 15Y
Sep 23-Jun 19 M-Th 03:00 pm-06:00 pm	Free	Drop-In
F 02:00 pm-06:00 pm	Free	Drop-In

Optimist Arena	Age:	11Y – 15Y
Sep 23-Jun 19 M-Th 03:00 pm-06:00 pm	Free	Drop-in
F 02:00 pm-06:00 pm	Free	Drop-in

Southland Leisure Centre	Age:	11Y – 15Y
Sep 23-Jun 19 M, W, Th 03:00 pm-06:00 pm	Free	Drop-in
Tu 06:00 pm-08:00 pm	Free	Drop-in
F 01:00 pm-05:00 pm	Free	Drop-in

Southeast

Acadia Aquatic & Fitness Centre	Age:	11Y – 15Y
Sep 23-Jun 19 M-Th 03:00 pm-06:00 pm	Free	Drop-in
F 01:00 pm-05:00 pm	Free	Drop-in

Bob Bahan Aquatic & Fitness Centre	Age:	11Y – 15Y
Aug 15-Jun 19 M-Th 03:00 pm-06:00 pm	Free	Drop-in
F 12:15 am-05:00 pm	Free	Drop-in

Northeast

Village Square Leisure Centre	Age:	8Y – 10Y
Sep 23-Jun 19 M, W 03:00 pm-06:00 pm	Free	Drop-in

Age:	11Y – 15Y	
Sep 23-Jun 19 M-Th 03:00 pm-06:00 pm	Free	Drop-in
F 01:00 pm-05:00 pm	Free	Drop-in

Calgary



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The fun starts after the bell.

Calgary AfterSchool offers safe, free and low-cost after school programs for children and youth aged 6–16.

Find a program near you at [**calgary.ca/AfterSchool**](https://calgary.ca/AfterSchool)

In partnership with

**Calgary
AfterSchool**



Certification & Leadership

You could save a life. The City of Calgary provides a variety of certification courses for first aid, fitness, CPR and water safety at several locations throughout the city. These courses meet international first aid and CPR guidelines and are intended for the workplace and general public.

5 to 17 Years

LEAD – Leadership Empowerment Achieving a Difference

LEAD is The City of Calgary's leadership certification program. Develop and practice leadership skills while earning credibility, recognition and opportunities at school, work and in the community. Participants are required to complete 20 hours of practicum experience. Make a difference, and dare to LEAD!

Ralph Klein Park				Age:	11Y – 15Y
Jul 14-17	Tu-F	09:00 am-03:00 pm	4	Free	47427
Reader Rock Garden				Age:	11Y – 15Y
Aug 11-14	Tu-F	09:00 am-03:00 pm	4	Free	47429

12 Years and Over

Bronze Star

Bronze Star is the pre-Bronze Medallion training standard and excellent preparation for success in Bronze Medallion. In Bronze Star, participants develop problem-solving and decision-making skills as individuals and with partners. They learn CPR and develop Water Smart® confidence and the lifesaving skills needed to be their own personal lifeguard. Includes CPR A and AED.

Canyon Meadows Aquatic & Fitness Centre				Age:	12Y – 17Y
Apr 7-30	Tu, Th	06:30 pm-08:00 pm	8	\$110.00	43944
May 5-28	Tu, Th	06:30 pm-08:00 pm	8	\$110.00	43949
Jun 2-25	Tu, Th	06:30 pm-08:00 pm	8	\$110.00	43963
Jul 7-30	Tu, Th	07:30 pm-09:00 pm	8	\$110.00	44073
Aug 4-27	Tu, Th	07:30 pm-09:00 pm	8	\$110.00	44079
Renfrew Aquatic & Recreation Centre				Age:	12Y – 17Y
Jul 7-17	Tu-F	09:00 am-10:30 am	8	\$110.00	44245
May 3-Jun 28	Su	10:00 am-11:30 am	8	\$110.00	43939
Sir Winston Churchill Aquatic & Rec Ctr				Age:	12Y – 17Y
Jul 7-30	Tu, Th	07:30 pm-09:00 pm	8	\$110.00	44269
Aug 4-27	Tu, Th	07:30 pm-09:00 pm	8	\$110.00	44271
Thornhill Aquatic & Recreation Centre				Age:	12Y – 17Y
Mar 31-Apr 23	Tu, Th	06:00 pm-07:30 pm	8	\$110.00	43899
Jul 6-16	M-Th	09:30 am-11:00 am	8	\$110.00	43904
Village Square Leisure Centre				Age:	12Y – 17Y
May 2-Jun 27	Sa	09:00 am-10:30 am	8	\$110.00	43914
Jul 21-31	Tu-F	08:45 am-10:15 am	8	\$110.00	44035
Aug 4-14	Tu-F	08:45 am-10:15 am	8	\$110.00	44037

12 Years and Over (continued)

Bronze Medallion

Bronze Medallion Award teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. Rescuers learn tows and carries, and defence and release methods in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a timed swim. Includes CPR A and AED. Prerequisite: Bronze Star or 13 years old.

Acadia Aquatic & Fitness Centre				Age: 13Y and Up	
May 23-Jun 20	Sa	10:00 am-02:00 pm	5	\$156.00	43619
Jul 7-30	Tu, Th	06:00 pm-08:30 pm	8	\$156.00	43997
Bob Bahan Aquatic & Fitness Centre				Age: 13Y and Up	
Aug 10-13	M-Th	08:00 am-01:00 pm	4	\$156.00	44061
Canyon Meadows Aquatic & Fitness Centre				Age: 13Y and Up	
Apr 7-30	Tu, Th	06:30 pm-09:00 pm	8	\$156.00	43945
Jun 2-25	Tu, Th	06:30 pm-09:00 pm	8	\$156.00	43962
Jul 21-31	Tu-F	09:30 am-12:00 pm	8	\$156.00	44072
Aug 18-28	Tu-F	09:30 am-12:00 pm	8	\$156.00	44075
Foothills Aquatic Centre				Age: 13Y and Up	
May 15-17	Su, M, Tu	09:00 am-04:00 pm	3	\$156.00	43652
Jun 6-27	Sa	09:00 am-02:00 pm	4	\$156.00	43658
Jul 6-9	M-Th	08:00 am-01:00 pm	4	\$156.00	44011
Jul 20-23	M-Th	08:00 am-01:00 pm	4	\$156.00	44014
Aug 4-7	Tu-F	08:00 am-01:00 pm	4	\$156.00	44016
Aug 17-20	M-Th	08:00 am-01:00 pm	4	\$156.00	44020
Glenmore Aquatic Centre				Age: 13Y and Up	
Apr 28-May 21	Tu, Th	06:30 pm-09:00 pm	8	\$156.00	44287
Renfrew Aquatic & Recreation Centre				Age: 13Y and Up	
Apr 4-May 9	Sa	08:30 am-12:30 pm	5	\$156.00	43937
Jul 21-31	Tu-F	09:00 am-11:30 am	8	\$156.00	44247
Shouldice Aquatic Centre				Age: 13Y and Up	
Apr 25-May 30	Sa	10:00 am-02:00 pm	5	\$156.00	44299
Jul 7-17	Tu-F	09:30 am-12:00 pm	8	\$156.00	44253
Jul 21-31	Tu-F	09:30 am-12:00 pm	8	\$156.00	44256
Sir Winston Churchill Aquatic & Rec Ctr				Age: 13Y and Up	
Jul 7-17	Tu-F	09:30 am-12:00 pm	8	\$156.00	44264
Thornhill Aquatic & Recreation Centre				Age: 13Y and Up	
Apr 30-May 26	Tu, Th	06:00 pm-08:30 pm	8	\$156.00	43900
Jul 20-30	M-Th	09:30 am-12:00 pm	8	\$156.00	43905
Village Square Leisure Centre				Age: 13Y and Up	
Jul 7-17	Tu-F	09:00 am-11:30 am	8	\$156.00	44034
May 3-Jun 28	Su	08:45 am-11:15 am	8	\$156.00	43915

Bronze Cross

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Includes CPR C and AED. Prerequisite: Bronze Medallion.

Acadia Aquatic & Fitness Centre				Age: 13Y and Up	
Aug 4-27	Tu, Th	06:00 pm-08:30 pm	8	\$156.00	44002
Bob Bahan Aquatic & Fitness Centre				Age: 13Y and Up	
Aug 17-20	M-Th	08:00 am-01:00 pm	4	\$156.00	44063
Canyon Meadows Aquatic & Fitness Centre				Age: 13Y and Up	
May 5-28	Tu, Th	06:30 pm-09:00 pm	8	\$156.00	43951
Jul 7-17	Tu-F	09:30 am-12:00 pm	8	\$156.00	44071
Aug 4-14	Tu-F	09:30 am-12:00 pm	8	\$156.00	44074
Foothills Aquatic Centre				Age: 13Y and Up	
May 15-17	Su, M, Tu	09:00 am-04:00 pm	3	\$156.00	43656
Jun 6-27	Sa	09:00 am-01:00 pm	4	\$156.00	43896
Jul 13-16	M-Th	08:00 am-01:00 pm	4	\$156.00	44021
Jul 27-30	M-Th	08:00 am-01:00 pm	4	\$156.00	44023
Aug 10-13	M-Th	08:00 am-01:00 pm	4	\$156.00	44024
Aug 24-27	M-Th	08:00 am-01:00 pm	4	\$156.00	44025
Glenmore Aquatic Centre				Age: 13Y and Up	
May 26-Jun 18	Tu, Th	06:30 pm-09:00 pm	8	\$156.00	44289
Renfrew Aquatic & Recreation Centre				Age: 13Y and Up	
May 23-Jun 20	Sa	08:30 am-12:30 pm	5	\$156.00	43938
Aug 4-14	Tu-F	09:00 am-11:30 am	8	\$156.00	44248
Shouldice Aquatic Centre				Age: 13Y and Up	
Aug 4-14	Tu-F	09:30 am-12:00 pm	8	\$156.00	44258
Aug 18-28	Tu-F	09:30 am-12:00 pm	8	\$156.00	44260
Sir Winston Churchill Aquatic & Rec Ctr				Age: 13Y and Up	
Jul 21-31	Tu-F	09:30 am-12:00 pm	8	\$156.00	44266
Thornhill Aquatic & Recreation Centre				Age: 13Y and Up	
Jun 2-25	Tu, Th	06:00 pm-08:30 pm	8	\$156.00	43901
Aug 4-14	Tu-F	09:30 am-12:00 pm	8	\$156.00	43906
Village Square Leisure Centre				Age: 13Y and Up	
Aug 18-28	Tu-F	09:00 am-11:30 am	8	\$156.00	44036

Bronze Cross – Recertification

This course is designed for lifesavers who have an expired Bronze Cross award. This course covers updated water rescue techniques, CPR skills and knowledge and includes an exam. Prerequisite: Previously held a Bronze Cross award.

Canyon Meadows Aquatic & Fitness Centre				Age: 13Y and Up	
May 11	Tu	05:00 pm-09:00 pm	1	\$85.00	43964
Jul 25	Sa	01:00 pm-05:00 pm	1	\$85.00	44070
Foothills Aquatic Centre				Age: 13Y and Up	
May 16	Sa	09:00 am-01:00 pm	1	\$85.00	43670
Aug 2	Su	09:00 am-01:00 pm	1	\$85.00	44026



12 Years and Over (continued)

First Aid – Lifesaving SFA/AED/CPR

Standard First Aid provides comprehensive training covering all aspects of first aid and CPR. This course is for those who want an in-depth understanding of first aid such as: medical/legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns, and medical emergencies. Includes CPR-C and AED certification. Certification Currency: three years from the date of certification.

Canyon Meadows Aquatic & Fitness Centre		Age: 12Y and Up	
Apr 4-5	Sa, Su	08:00 am-04:00 pm	2 \$163.00 43946
Jun 6-7	Sa, Su	08:00 am-04:00 pm	2 \$163.00 43965
Jun 27-28	Sa, Su	08:00 am-04:00 pm	2 \$163.00 43966
Aug 29-30	Sa, Su	08:00 am-04:00 pm	2 \$163.00 44086
Foothills Aquatic Centre		Age: 12Y and Up	
May 9-10	Sa, Su	08:00 am-04:00 pm	2 \$163.00 43686
Jul 25-26	Sa, Su	08:00 am-04:00 pm	2 \$163.00 44031
Glenmore Aquatic Centre		Age: 12Y and Up	
Jun 6-7	Sa, Su	08:00 am-04:00 pm	2 \$163.00 44284

First Aid – Lifesaving SFA/AED/CPR Recertification

This is a recertification course for Standard First Aid/AED and CPR C awards. Current, non-expired certification must be presented to the instructor on the first day of the course.

Canyon Meadows Aquatic & Fitness Centre		Age: 12Y and Up	
May 9	Su	08:00 am-04:00 pm	1 \$91.00 43953
Aug 23	Su	08:00 am-04:00 pm	1 \$91.00 44083
Foothills Aquatic Centre		Age: 12Y and Up	
Jun 14	Su	08:00 am-04:00 pm	1 \$91.00 43687
Aug 8	Su	08:00 am-04:00 pm	1 \$91.00 44032

Lifesaving Swim/Lifesaving Instructor – Recertification

This is a recertification course for the Lifesaving/Swim for Life Instructor award.

Canyon Meadows Aquatic & Fitness Centre		Age: 16Y and Up	
Jun 13	Su	08:00 am-01:00 pm	1 \$94.50 43968
Foothills Aquatic Centre		Age: 16Y and Up	
May 17	M	09:00 am-02:00 pm	1 \$94.50 43678
Jul 5	Su	09:00 am-02:00 pm	1 \$94.50 44028

Lifesaving/Swim for Life Instructor

This certification allows candidates to teach and evaluate Swim for Life programs, Canadian Swim Patrol, Bronze Star, Bronze Medallion and Bronze Cross. Completion of this course also includes Lifesaving CPR Instructor certification. Prerequisite: 16 years old and current Bronze Cross or higher. Apprenticeship: In course. Certification Currency: two years from the date of certification.

Bob Bahan Aquatic & Fitness Centre		Age: 16Y and Up	
Jun 5-14	F, Sa, Su	04:00 pm-08:00 pm	10 \$380.00 43923
Canyon Meadows Aquatic & Fitness Centre		Age: 16Y and Up	
May 23-Jun 6	Su	08:00 am-04:00 pm	5 \$380.00 43957
Jul 4-18	Sa, Su	08:00 am-04:00 pm	5 \$380.00 44066
Aug 8-22	Sa, Su	08:00 am-04:00 pm	5 \$380.00 44082
Foothills Aquatic Centre		Age: 16Y and Up	
Apr 11-16	M, Tu, W, Th, Sa	08:00 am-04:00 pm	5 \$380.00 43673
Aug 16-20	Su-Th	08:00 am-04:00 pm	5 \$380.00 44027
Glenmore Aquatic Centre		Age: 16Y and Up	
Jul 13-17	M-F	09:00 am-05:00 pm	5 \$380.00 44229
Thornhill Aquatic & Recreation Centre		Age: 16Y and Up	
Mar 29-May 31	Su	10:30 am-03:30 pm	8 \$380.00 43903
Aug 17-27	M-Th	09:30 am-02:30 pm	8 \$380.00 43907

National Lifeguard

The Lifesaving Society's National Lifeguard certification builds on the fundamental skills, knowledge, fitness, judgment and values taught in the prerequisite Bronze Cross award. Prerequisite: Bronze Cross, current Standard First Aid and minimum 16 years of age.

Bob Bahan Aquatic & Fitness Centre		Age: 16Y and Up	
Apr 24-May 3	F, Sa, Su	04:00 pm-08:00 pm	6 \$380.00 43925
Jul 10-19	F, Sa, Su	04:00 pm-08:00 pm	6 \$380.00 44052
Canyon Meadows Aquatic & Fitness Centre		Age: 16Y and Up	
Apr 18-May 2	Sa, Su	08:00 am-04:00 pm	5 \$380.00 43947
Jul 4-18	Sa, Su	08:00 am-04:00 pm	5 \$380.00 44065
Aug 8-22	Sa, Su	08:00 am-04:00 pm	5 \$380.00 44081
Foothills Aquatic Centre		Age: 16Y and Up	
May 30-Jun 27	Sa	08:00 am-04:00 pm	5 \$380.00 43679
Aug 16-20	Su-Th	08:00 am-04:00 pm	5 \$380.00 44029

National Lifeguard Instructor – Recertification

This is a recertification course for the National Lifeguard award.

Canyon Meadows Aquatic & Fitness Centre		Age: 16Y and Up	
Jun 28	Su	08:00 am-12:00 pm	1 \$65.00 43967
Foothills Aquatic Centre		Age: 16Y and Up	
May 16	Sa	09:00 am-01:00 pm	1 \$65.00 43681
Jul 5	Su	09:00 am-01:00 pm	1 \$65.00 44030

18 Years and Over

AFLCA Aquatic Exercise Certification

Learn the components necessary to teach water workouts. Includes principles of water, class organization, use of equipment and special populations. Manual included in the price.

Acadia Aquatic & Fitness Centre		Age: 18Y and Up	
May 29-31	F	04:00 pm-08:00 pm	3 \$222.50 44879
	Sa, Su	07:30 pm-04:00 pm	

AFLCA Older Adult Certification

Improve your skills and knowledge in the area of fitness and the older adult. Topics include sociology, physiology of aging, common conditions and program design. Manual included in the price.

Village Square Leisure Centre		Age: 18Y and Up	
Apr 3-5	F	05:30 pm-09:30 pm	3 \$222.50 40133
	Sa, Su	08:30 am-05:00 pm	

Day Camps



We make happy campers. Keep your child happy and active with our award-winning day camps and holiday programs. We offer a variety of fun, physically active and educational programs including swimming, sports, arts and more.

Visit calgary.ca/daycamps

Day Camp – Pre-care and Post-care

Pre-care and/or post-care is available for before and after camp hours.

Calgary Soccer Centre

Age: 5Y – 12Y

Day Camp – Pre-care

Mar 23-27	M-F	07:30 am-09:00 am	5	\$37.50	41186
Apr 14-17	Tu-F	07:30 am-09:00 am	4	\$30.00	41188

Day Camp – Post-care

Mar 23-27	M-F	04:00 pm-05:30 pm	5	\$37.50	41187
Apr 14-17	Tu-F	04:00 pm-05:30 pm	4	\$30.00	41189

Southland Leisure Centre

Age: 5Y – 12Y

Day Camp – Pre-care

Mar 23-27	M-F	07:30 am-09:00 am	5	\$37.50	40328
Apr 13-17	M-F	07:30 am-09:00 am	5	\$37.50	40329

Day Camp – Post-care

Mar 23-27	M-F	04:00 pm-05:30 pm	5	\$37.50	40331
Apr 13-17	M-F	04:00 pm-05:30 pm	5	\$37.50	40332

Village Square Leisure Centre

Age: 5Y – 12Y

Day Camp – Pre-care

Mar 23-27	M-F	07:30 am-09:00 am	5	\$37.50	40861
Apr 13-17	M-F	07:30 am-09:00 am	5	\$37.50	40862

Day Camp – Post-care

Mar 23-27	M-F	04:00 pm-05:30 pm	5	\$37.50	40872
Apr 13-17	M-F	04:00 pm-05:30 pm	5	\$37.50	40873

Day Camp – Rec Adventures – Daily

Based on weekly themes, this action-packed camp includes games, physical activities, sports, arts, crafts and outdoor adventures. Camps may include an off-trip to a local park and special guest visits. Swimming and water activities may be included.

Beltline Aquatic & Fitness Centre

Age: 5Y – 7Y

Mar 23	M	07:30 am-05:30 pm	1	\$50.00	47440
Mar 24	Tu	09:00 am-04:00 pm	1	\$50.00	47441
Mar 25	W	09:00 am-04:00 pm	1	\$50.00	47442
Mar 26	Th	09:00 am-04:00 pm	1	\$50.00	47443
Mar 27	F	09:00 am-04:00 pm	1	\$50.00	47444
Apr 13	M	07:30 am-05:30 pm	1	\$50.00	47445
Apr 14	Tu	07:30 am-05:30 pm	1	\$50.00	47446
Apr 15	W	07:30 am-05:30 pm	1	\$50.00	47447
Apr 16	Th	07:30 am-05:30 pm	1	\$50.00	47448
Apr 17	F	07:30 am-05:30 pm	1	\$50.00	47449

Age: 8Y – 12Y

Mar 23	M	07:30 am-05:30 pm	1	\$50.00	47450
Mar 24	Tu	09:00 am-04:00 pm	1	\$50.00	47451
Mar 25	W	09:00 am-04:00 pm	1	\$50.00	47452
Mar 26	Th	09:00 am-04:00 pm	1	\$50.00	47453
Mar 27	F	09:00 am-04:00 pm	1	\$50.00	47454
Apr 13	M	07:30 am-05:30 pm	1	\$50.00	47455
Apr 14	Tu	07:30 am-05:30 pm	1	\$50.00	47456
Apr 15	W	07:30 am-05:30 pm	1	\$50.00	47457
Apr 16	Th	07:30 am-05:30 pm	1	\$50.00	47458
Apr 17	F	07:30 am-05:30 pm	1	\$50.00	47459



Day Camp – Rec Adventures – Daily (continued)

Village Square Leisure Centre				Age:	5Y – 7Y
Mar 23	M	07:30 am-05:30 pm	1	\$50.00	40922
Mar 24	Tu	07:30 am-05:30 pm	1	\$50.00	40923
Mar 25	W	07:30 am-05:30 pm	1	\$50.00	40924
Mar 26	Th	07:30 am-05:30 pm	1	\$50.00	40925
Mar 27	F	07:30 am-05:30 pm	1	\$50.00	40926
Apr 13	M	07:30 am-05:30 pm	1	\$50.00	40927
Apr 14	Tu	07:30 am-05:30 pm	1	\$50.00	40928
Apr 15	W	07:30 am-05:30 pm	1	\$50.00	40929
Apr 16	Th	07:30 am-05:30 pm	1	\$50.00	40930
Apr 17	F	07:30 am-05:30 pm	1	\$50.00	40931
				Age:	8Y – 12Y
Mar 23	M	07:30 am-05:30 pm	1	\$50.00	40935
Mar 24	Tu	07:30 am-05:30 pm	1	\$50.00	40936
Mar 25	W	07:30 am-05:30 pm	1	\$50.00	40937
Mar 26	Th	07:30 am-05:30 pm	1	\$50.00	40938
Mar 27	F	07:30 am-05:30 pm	1	\$50.00	40939
Apr 13	M	07:30 am-05:30 pm	1	\$50.00	40940
Apr 14	Tu	07:30 am-05:30 pm	1	\$50.00	40941
Apr 15	W	07:30 am-05:30 pm	1	\$50.00	40942
Apr 16	Th	07:30 am-05:30 pm	1	\$50.00	40943
Apr 17	F	07:30 am-05:30 pm	1	\$50.00	40944

Day Camp – Rec Adventures

Based on weekly themes, this action-packed camp includes games, physical activities, sports, arts, crafts and outdoor adventures. Camps may include an off-trip to a local park and special guest visits. Swimming and water activities may be included.

Beltline Aquatic & Fitness Centre				Age:	5Y – 7Y
Mar 23-27	M-F	09:00 am-04:00 pm	5	\$185.00	47433
Apr 13-17	M-F	09:00 am-04:00 pm	5	\$185.00	47437
				Age:	8Y – 12Y
Mar 23-27	M-F	09:00 am-04:00 pm	5	\$185.00	47434
Apr 13-17	M-F	09:00 am-04:00 pm	5	\$185.00	47438
Southland Leisure Centre				Age:	5Y – 7Y
Apr 13-17	M-F	09:00 am-04:00 pm	5	\$185.00	47438
Mar 23-27	M-F	09:00 am-04:00 pm	5	\$185.00	40344
Apr 13-17	M-F	09:00 am-04:00 pm	5	\$185.00	40347
				Age:	8Y – 9Y
Mar 23-27	M-F	09:00 am-04:00 pm	5	\$185.00	40345
Apr 13-17	M-F	09:00 am-04:00 pm	5	\$185.00	40348
				Age:	10Y – 12Y
Mar 23-27	M-F	09:00 am-04:00 pm	5	\$185.00	40346
Apr 13-17	M-F	09:00 am-04:00 pm	5	\$185.00	40349
Village Square Leisure Centre				Age:	5Y – 7Y
Mar 23-27	M-F	09:00 am-04:00 pm	5	\$185.00	40911
Apr 13-17	M-F	09:00 am-04:00 pm	5	\$185.00	40912
				Age:	8Y – 12Y
Mar 23-27	M-F	09:00 am-04:00 pm	5	\$185.00	40917
Apr 13-17	M-F	09:00 am-04:00 pm	5	\$185.00	40918

Day Camp – Field Sports

Flag it, kick it, throw it! Campers will play a variety of sports that may include everything from ultimate frisbee, soccer and ball hockey to lacrosse and flag football. They'll build confidence learning basic rules and developing the fundamental movement skills while playing games in a supportive environment. Swimming and water activities may be included.

Calgary Soccer Centre				Age:	8Y – 12Y
Mar 23-27	M-F	09:00 am-04:00 pm	5	\$185.00	41182
Apr 14-17	Tu-F	09:00 am-04:00 pm	4	\$148.00	41184

Day Camp – Skate and More

Build skills on the ice! Campers will learn the basics of skating with a qualified skate instructor. They'll build confidence learning basic rules, developing the fundamental movement skills while playing games in a supportive environment. Swimming and water activities may be included. Participants must provide skates, hockey helmet and mittens/gloves.

Village Square Leisure Centre				Age:	5Y – 7Y
Mar 23-27	M-F	09:00 am-04:00 pm	5	\$220.00	40946
Apr 13-17	M-F	09:00 am-04:00 pm	5	\$220.00	40947
				Age:	8Y – 12Y
Mar 23-27	M-F	09:00 am-04:00 pm	5	\$220.00	40949
Apr 13-17	M-F	09:00 am-04:00 pm	5	\$220.00	40950

Day Camp – Soccer

Campers will build confidence learning basic rules of soccer and developing the fundamental movement skills while playing games in a supportive environment. Swimming and water activities may be included.

Calgary Soccer Centre				Age:	5Y – 7Y
Mar 23-27	M-F	09:00 am-04:00 pm	5	\$185.00	41183
Apr 14-17	Tu-F	09:00 am-04:00 pm	4	\$148.00	41185

0 to 6 Years

Day Camp – School's Out PD Day

Everyone's favourite kind of day! Fun, games and activities throughout the facility and the great outdoors will have your camper buzzing with joy. Activities may include arts, crafts, gym time, electronics, movies, and outdoor play.

Southland Leisure Centre				Age:	4Y – 6Y
Mar 19	Th	07:00 am-06:00 pm	1	\$65.00	30208
Mar 20	F	07:00 am-06:00 pm	1	\$65.00	30209
Apr 27	M	07:00 am-06:00 pm	1	\$65.00	30210
May 15	F	07:00 am-06:00 pm	1	\$65.00	30211

5 to 17 Years

Day Camp – School's Out PD Day

Everyone's favourite kind of day! Fun, games and activities throughout the facility and the great outdoors will have your camper buzzing with joy. Activities may include arts, crafts, gym time, electronics, movies, and outdoor play.

Southland Leisure Centre				Age:	7Y – 12Y
Mar 19	Th	07:00 am-06:00 pm	1	\$65.00	30308
Mar 20	F	07:00 am-06:00 pm	1	\$65.00	30309
Apr 27	M	07:00 am-06:00 pm	1	\$65.00	30310
May 15	F	07:00 am-06:00 pm	1	\$65.00	30311

Animals and More

From creepy-crawling bugs and frogs to the massive stomping dinosaurs, the animal kingdom is an incredible place to explore! Campers will have fun with games, stories, arts and crafts, all based on various two, four, six or eight legged creatures. Swimming and water activities may be included.

Arts, Crafts and More

Creative campers will use their imagination, various brushes, finger-paints and numerous materials to build and design creations of their very own. They'll have fun through active games, stories, arts and crafts. Swimming and water activities may be included.

Arts Centres Camps



Visit the Arts & Culture section of this guide for descriptions and details. Register online by searching Arts.

Calgary Fire Bucket Brigade

Youth 14Y – 18Y years will experience four days in the life of a firefighter by giving them a taste of our Fire Cadet program. Our Bucket Brigade camps are sponsored by ATCO. Visit calgary.ca/daycamps for details.

Climb, Gymnastics and More

Climb up our climbing walls and cartwheel on our gymnastics floor! This combination rock climbing and gymnastics camp will introduce basic skills in both sports. Co-operative games and swimming are also included.

Climbing and More

Campers will reach new heights! This camp introduces participants to climbing, including the skills they need to safely reach the top. Belaying, knots, equipment, active games, swimming and water activities are all part of the fun. Opportunity to climb the bouldering wall or rock wall is included.

Court Sports

Campers will participate in a series of court sports, which may include badminton, basketball and ball hockey. They'll build confidence learning basic rules, developing the fundamental movement skills and playing games in a supportive environment. Swimming and water activities may be included.

Climb, Gymnastics and More

Climb up our climbing walls and cartwheel on our gymnastics floor! This combination rock climbing and gymnastics camp will introduce basic skills in both sports. Co-operative games and swimming are also included.

Climbing and More

Campers will reach new heights! This camp introduces participants to climbing, including the skills they need to safely reach the top. Belaying, knots, equipment, active games, swimming and water activities are all part of the fun. Opportunity to climb the bouldering wall or rock wall is included.



Move. Laugh. Grow.

Flexible options for Preschoolers:
registered, drop-in or year round.

Visit calgary.ca/playschool
for more information.



Dance and More

Campers get ready to turn up the music and move! Campers will learn the basics of various dance styles, including hip-hop, jazz, ballet and more. No previous dance experience is required to experience the fun. Active games and activities included. Swimming and water activities may be included.

Explore Sports

Campers will play a variety of sports each day that incorporate skills like co-ordination, endurance, speed, agility and team work. They'll build confidence learning basic rules, developing the fundamental movement skills while playing games in a supportive environment. Swimming and water activities may be included.

Extreme Adventures

Come and enjoy activities throughout our facility and the outdoors. Activities may include arts/crafts, archery, indoor rock climbing and swimming. An off-trip to a park/green space to participate in challenges and enjoy the great outdoors is also included. Additional field trip information will be given out on the first day.

Field Sports

Flag it, kick it, throw it! Campers will play a variety of sports that may include everything from ultimate frisbee, soccer and ball hockey to lacrosse and flag football. They'll build confidence learning basic rules and developing the fundamental movement skills while playing games in a supportive environment. Swimming and water activities may be included.

Games and More

Why can't life be all fun and games? In this camp, it can! Every day is filled with active games, stories, arts and crafts. Swimming and water activities may be included.

Girl Power

Girls just wanna have fun – and here's where it happens! Campers dive into cool arts and crafts projects, move their bodies to groovy beats and have fun with fitness. It's a great time for girls on the go. Swimming and water activities may be included.

Gymnastics and More

Take camp to new heights! Campers experience skills on the floor, mini-trampoline and trampoline. Round-off the fun with progressions and routine building, and learn the fundamental of bars, beams and trampolines. Swimming and water activities may be included. Note: no inverted skills will be taught on the trampoline.

Hockey and More

Build hockey skills! Campers will learn the basics of hockey with a qualified hockey instructor. They'll build confidence learning basic rules, developing the fundamental movement skills while playing games in a supportive environment. Swimming and water activities may be included. Participants must provide full hockey gear.

Imagine and More

They dream, we deliver! From a pirate on a high seas adventure to a princess discovering enchanted castles, imagination will keep campers busy as they pretend to be their favourite character. They'll read stories, sing songs, and enjoy arts and crafts. Swimming and water activities may be included.

Junior Golf Camp

This three day camp is designed to teach fundamentals such as the swing, chipping, pitching, putting and safety and etiquette on the course. Students will have a chance to challenge themselves with fun competitions and par 3 rounds. Register online by searching Golf.

Leisure Leaders

Do you think you would be a great volunteer or camp leader? Participants will tap into their creative side and develop their leadership and communication skills, while playing and practising fun children's games. At the end of the week, each participant will lead games for the younger aged camps. Swimming and water activities may be included.

Nature Camps

Enchanted Nature Adventures

Let your little one's imagination run wild during this week of half-day nature adventures! Campers will journey through enchanted habitats to explore and learn about amazing bugs, birds, plants, and animals. Activities will include guided nature walks, arts and crafts, and fun nature games. Pre-camp care is available in the morning and post-camp care is available in the afternoon (if registering for post-camp care, please ensure your child comes with a lunch).

Amazing Animals and Where to Find Them

Discover the amazing animals that live in our parks! Explore the natural habitats these fantastic creatures call home, and learn how people can help protect them. Campers will connect with nature through guided walks, crafts, a field trip to a local park, and a variety of STEM-based activities. Pre-camp care is available in the morning and post-camp care is available in the afternoon.

Performing and More

Calling all rock, pop and tv stars! This camp has everything from lip-syncing, singing and air bands to dance, and drama. Your performer can chase their wildest dreams and rock it out with their favourite bands and movies! Active games and activities included. Swimming and water activities may be included.

Outdoor Adventures

Let them explore the great outdoors! With outdoor games and activities, environmental awareness and creating art using recycled materials. Swimming and water activities may be included.

Rec Adventures – Daily

Based on weekly themes, this action-packed camp includes games, physical activities, sports, arts, crafts and outdoor adventures. Camps may include an off-trip to a local park and special guest visits. Swimming and water activities may be included.

Rec Adventures

Swimming is included in this camp! Based on weekly themes, this action-packed camp includes games, physical activities, sports, arts, crafts and outdoor adventures. Camps may include an off-trip to a local park and special guest visits.

Sailing Camps

Visit the Sailing section of this guide for descriptions and details. Register online by searching Sailing.

Science and More

This is one camp they'll love to experiment with! Campers will experience the wonders of science through air, water and land using their five senses. From hot dishes to cool stories, they'll enjoy science, and basic cooking. Swimming and water activities may be included.

Skate and More

Build skills on the ice! Campers will learn the basics of skating with a qualified skate instructor. They'll build confidence learning basic rules, developing the fundamental movement skills while playing games in a supportive environment. Swimming and water activities may be included. Participants must provide skates, hockey helmet and mittens/gloves.

Soccer and Lacrosse

Campers will play soccer and lacrosse. They'll build confidence learning basic rules and developing the fundamental movement skills while playing games in a supportive environment. Swimming and water activities may be included.

Soccer

Campers will build confidence learning basic rules of soccer and developing the fundamental movement skills while playing games in a supportive environment. Swimming and water activities may be included.

Swim and Fun

Where pool meets cool! Camp includes a daily 45-minute Lifesaving Society® Swim to Survive session with a qualified instructor, as well as a daily fun swim. Also included arts and crafts, activities and games, both indoors and out!

Swim, Sport and More

Camp includes a 45-minute Lifesaving Society® Swim to Survive session with a qualified instructor. Play a variety of sports each day that incorporate skills like co-ordination, endurance, speed, agility and team work. They'll build confidence learning basic rules, developing the fundamental movement skills while playing games in a supportive environment. Additional swimming and water activities may be included.

Team Sports

Campers that enjoy a sampling a wide variety of sports will love the multi-Sport Camp! Soccer, Volleyball, Badminton, Softball and Team Handball headline the roster of sports offered at Multi-Sport Camp. This introductory camp will encourage spirited play and friendly competition. They will experience the thrill of sport and team play.



Northeast Area – July Day Camps

Age	Time	June 29 – July 3 (M, Tu, Th, F)	July 6 – 10	July 13 – 17	July 20 – 24	July 27 – 31
Henry Viney Arena – 814 13 Ave. N.E.						
Pre-Care	07:30 am–09:00 am	~	~	~	~	\$37.50 46569
Post-Care	04:00 pm–05:30 pm	~	~	~	~	\$37.50 46574
5Y – 7Y	09:00 am–04:00 pm	~	~	~	~	Hockey and More \$220.00 46555
8Y – 12Y	09:00 am–04:00 pm	~	~	~	~	Hockey and More \$220.00 46558
McCall Lake Golf Course – 1600 32 Ave. N.E.						
10Y – 14Y	08:45 am–12:45 pm	~	Junior Golf Camp Jul 7 – 9 (3 days) \$279.75 44170	~	~	~
Thornhill Aquatic and Recreation Centre – 6715 Centre St. N.E.						
Pre-Care	07:30 am–08:30 am	~	\$25.00 46192	\$25.00 46189	\$25.00 46196	\$25.00 46194
Post-Care	04:30 pm–05:30 pm	~	\$25.00 46214	\$25.00 46210	\$25.00 46213	\$25.00 46216
5Y – 7Y	08:30 am–4:30 pm	~	Swim and Fun \$225.00 46133	Swim, Sport and More \$225.00 46126	Swim and Fun \$225.00 46149	Swim, Sport and More \$225.00 46124
8Y – 12Y	08:30 am–4:30 pm	~	Swim and Fun \$225.00 46156	Swim, Sport and More \$225.00 46069	Swim and Fun \$225.00 46158	Swim, Sport and More \$225.00 46121



**Our arts centres offer
more than you
can imagine**

Custom programs

Design a custom school field trip, team-building event or birthday party tailored just for you.

Artist residencies

We collaborate with parent councils, schools and non-profit organisations to animate curriculum, supporting fine and performing arts learning.

Arts centre instructors

We offer a wealth of knowledge in a variety of disciplines. Small studio ratios promote individuality and positive self-expression, supported by professional practising artists.

For more information call us
403-221-3682 (NMPAC),
403-249-3773 (WFAC) or visit
calgary.ca/artscentres

18-00293783

Northeast Area – July Day Camps (Continued)

Age	Time	June 29 – July 3 (M, Tu, Th, F)	July 6 – 10	July 13 – 17	July 20 – 24	July 27 – 31
Village Square Leisure Centre – 2623 56 St. N.E.						
Pre-Care	07:30 am-09:00 am	\$30.00 46040	\$37.50 46041	\$37.50 46042	\$37.50 46043	\$37.50 46044
Post-Care	04:00 pm-05:30 pm	\$30.00 46049	\$37.50 46050	\$37.50 46051	\$37.50 46052	\$37.50 46053
3Y – 4Y	09:00 am-12:00 pm	Science and More \$93.00 45998	Arts, Crafts and More \$116.25 46000	Imagine and More \$116.25 46002	Explore Sports \$116.25 46004	Dance and More \$116.25 46005
	01:00 pm-04:00 pm	Explore Sports \$93.00 45999	Dance and More \$116.25 46001	Animals and More \$116.25 46003	Imagine and More \$116.25 46010	Arts, Crafts and More \$116.25 46011
5Y – 6Y	09:00 am-04:00 pm	Rec Adventures \$148.00 45790	Rec Adventures \$185.00 45794	Rec Adventures \$185.00 45795	Rec Adventures \$185.00 45796	Rec Adventures \$185.00 45797
		Rec Adventures – Daily \$50.00/day M – 45826 Tu – 45834 Th – 45851 F – 45860	Rec Adventures – Daily \$50.00/day M – 45827 Tu – 45835 W – 45843 Th – 45852 F – 45861	Rec Adventures – Daily \$50.00/day M – 45828 Tu – 45836 W – 45844 Th – 45853 F – 45862	Rec Adventures – Daily \$50.00/day M – 45829 Tu – 45837 W – 45845 Th – 45854 F – 45863	Rec Adventures – Daily \$50.00/day M – 45830 Tu – 45838 W – 45846 Th – 45855 F – 45864
5Y – 7Y	09:00 am-12:00 pm	~	Dance and More \$116.25 46015	Court Sports \$105.00 46016	Science and More \$105.00 46017	~
	01:00 pm-04:00 pm	~	Arts, Crafts and More \$105.00 46022	Outdoor Adventures \$105.00 46024	Explore Sports \$105.00 46025	~
	09:00 am-04:00 pm	~	~	~	~	Swim, Sport and More \$220.00 46018
7Y	09:00 am-04:00 pm	Rec Adventures \$148.00 45791	Rec Adventures \$185.00 45802	Rec Adventures \$185.00 45803	Rec Adventures \$185.00 45804	Rec Adventures \$185.00 45805
		Rec Adventures – Daily \$50.00/day M – 45869 Tu – 45877 Th – 45894 F – 45903	Rec Adventures – Daily \$50.00/day M – 45870 Tu – 45878 W – 45886 Th – 45895 F – 45904	Rec Adventures – Daily \$50.00/day M – 45871 Tu – 45879 W – 45887 Th – 45896 F – 45905	Rec Adventures – Daily \$50.00/day M – 45872 Tu – 45880 W – 45888 Th – 45897 F – 45906	Rec Adventures – Daily \$50.00/day M – 45873 Tu – 45881 W – 45889 Th – 45898 F – 45907
8Y – 9Y	09:00 am-04:00 pm	Rec Adventures \$148.00 45792	Rec Adventures \$185.00 45810	Rec Adventures \$185.00 45811	Rec Adventures \$185.00 45812	Rec Adventures \$185.00 45813
		Rec Adventures – Daily \$50.00/day M – 45912 Tu – 45920 Th – 45937 F – 45946	Rec Adventures – Daily \$50.00/day M – 45913 Tu – 45921 W – 45929 Th – 45938 F – 45947	Rec Adventures – Daily \$50.00/day M – 45914 Tu – 45922 W – 45930 Th – 45939 F – 45948	Rec Adventures – Daily \$50.00/day M – 45915 Tu – 45923 W – 45931 Th – 45940 F – 45949	Rec Adventures – Daily \$50.00/day M – 45916 Tu – 45924 W – 45932 Th – 45941 F – 45950
8Y – 12Y	09:00 am-12:00 pm	~	Outdoor Adventures \$105.00 46027	Field Sports \$105.00 46029	~	Arts, Crafts and More \$105.00 46031
	01:00 pm-04:00 pm	~	Court Sports \$105.00 46035	Science and More \$105.00 46036	~	Dance and More \$116.25 46037
	09:00 am-04:00 pm	~	~	~	Swim, Sport and More \$220.00 46030	~
10Y – 12Y	09:00 am-04:00 pm	Rec Adventures \$148.00 45793	Rec Adventures \$185.00 45818	Rec Adventures \$185.00 45819	Rec Adventures \$185.00 45820	Rec Adventures \$185.00 45821
		Rec Adventures – Daily \$50.00/day M – 45955 Tu – 45963 Th – 45980 F – 45989	Rec Adventures – Daily \$50.00/day M – 45956 Tu – 45964 W – 45972 Th – 45981 F – 45990	Rec Adventures – Daily \$50.00/day M – 45957 Tu – 45965 W – 45973 Th – 45982 F – 45991	Rec Adventures – Daily \$50.00/day M – 45958 Tu – 45966 W – 45974 Th – 45983 F – 45992	Rec Adventures – Daily \$50.00/day M – 45959 Tu – 45967 W – 45975 Th – 45984 F – 45993



Northeast Area – August Day Camps

Age	Time	Aug 4 – 7 (Tu – F)	Aug 10 – 14	Aug 17 – 21	Aug 24 – 28
Henry Viney Arena – 814 13 Ave. N.E.					
Pre-Care	07:30 am-09:00 am	\$30.00 46570	\$37.50 46571	\$37.50 46572	\$37.50 46573
Post-Care	04:00 pm-05:30 pm	\$30.00 46575	\$37.50 46576	\$37.50 46577	\$37.50 46578
6Y – 9Y	09:00 am-04:00 pm	Skate and More \$176.00 46560	Hockey and More \$220.00 46556	Skate and More \$220.00 46561	Skate and More \$220.00 46562
10Y – 12Y	09:00 am-04:00 pm	Skate and More \$176.00 46566	Hockey and More \$220.00 46559	Skate and More \$220.00 46567	Skate and More \$220.00 46568
McCall Lake Golf Course – 1600 32 Ave. N.E					
10Y – 14Y	08:45 am-12:45 pm	Junior Golf Camp Aug 4 – 6 (3 days) \$279.75 44172	~	~	~
Thornhill Aquatic and Recreation Centre – 6715 Centre St. N.E.					
Pre-Care	07:30 am-08:30 am	\$20.00 46190	\$25.00 46195	\$25.00 46193	\$25.00 46191
Post-Care	04:30 pm-05:30 pm	\$20.00 46212	\$25.00 46215	\$25.00 46211	\$25.00 46201
5Y – 7Y	08:30 am-4:30 pm	Swim and Fun \$180.00 46151	Swim, Sport and More \$225.00 46127	Swim and Fun \$225.00 46150	Swim, Sport and More \$225.00 46128
8Y – 12Y	08:30 am-4:30 pm	Swim and Fun \$180.00 46161	Swim, Sport and More \$225.00 46120	Swim and Fun \$225.00 46157	Swim, Sport and More \$225.00 46119

**Miles
of smiles**

Endless choices for family fun.
Visit calgary.ca/leisurecentres
for more information.

Northeast Area – August Day Camps (Continued)

Age	Time	Aug 4 – 7 (Tu – F)	Aug 10 – 14	Aug 17 – 21	Aug 24 – 28
Village Square Leisure Centre – 2623 56 St. N.E.					
Pre-Care	07:30 am-09:00 am	\$30.00 46045	\$37.50 46046	\$37.50 46047	\$37.50 46048
Post-Care	04:00 pm-05:30 pm	\$30.00 46054	\$37.50 46055	\$37.50 46056	\$37.50 46057
3Y – 4Y	09:00 am-12:00 pm	Animals and More \$93.00 46009	Science and More \$116.25 46006	Arts, Crafts and More \$116.25 46007	Imagine and More \$116.25 46008
	01:00 pm-04:00 pm	Science and More \$93.00 46023	Explore Sports \$116.25 46012	Dance and More \$116.25 46013	Animals and More \$116.25 46014
5Y – 6Y	09:00 am-04:00 pm	Rec Adventures \$148.00 45801	Rec Adventures \$185.00 45798	Rec Adventures \$185.00 45799	Rec Adventures \$185.00 45800
		Rec Adventures – Daily \$50.00/day Tu – 45839 W – 45847 Th – 45856 F – 45865	Rec Adventures – Daily \$50.00/day M – 45831 Tu – 45840 W – 45848 Th – 45857 F – 45866	Rec Adventures – Daily \$50.00/day M – 45832 Tu – 45841 W – 45849 Th – 45858 F – 45867	Rec Adventures – Daily \$50.00/day M – 45833 Tu – 45842 W – 45850 Th – 45859 F – 45868
5Y – 7Y	09:00 am-12:00 pm	~	~	Dance and More \$116.25 46021	~
	01:00 pm-04:00 pm	~	~	Arts, Crafts and More \$105.00 46026	~
	09:00 am-04:00 pm	Outdoor Adventures \$148.00 46019	Swim, Sport and More \$220.00 46020	~	~
7Y	09:00 am-04:00 pm	Rec Adventures \$148.00 45809	Rec Adventures \$185.00 45806	Rec Adventures \$185.00 45807	Rec Adventures \$185.00 45808
		Rec Adventures – Daily \$50.00/day Tu – 45882 W – 45890 Th – 45899 F – 45908	Rec Adventures – Daily \$50.00/day M – 45874 Tu – 45883 W – 45891 Th – 45900 F – 45909	Rec Adventures – Daily \$50.00/day M – 45875 Tu – 45884 W – 45892 Th – 45901 F – 45910	Rec Adventures – Daily \$50.00/day M – 45876 Tu – 45885 W – 45893 Th – 45902 F – 45911
8Y – 9Y	09:00 am-04:00 pm	Rec Adventures \$148.00 45817	Rec Adventures \$185.00 45814	Rec Adventures \$185.00 45815	Rec Adventures \$185.00 45816
		Rec Adventures – Daily \$50.00/day Tu – 45925 W – 45933 Th – 45942 F – 45951	Rec Adventures – Daily \$50.00/day M – 45917 Tu – 45926 W – 45934 Th – 45943 F – 45952	Rec Adventures – Daily \$50.00/day M – 45918 Tu – 45927 W – 45935 Th – 45944 F – 45953	Rec Adventures – Daily \$50.00/day M – 45919 Tu – 45928 W – 45936 Th – 45945 F – 45954
8Y – 12Y	09:00 am-12:00 pm	~	Arts, Crafts and More \$105.00 46033	~	~
	01:00 pm-04:00 pm	~	Explore Sports \$105.00 46038	~	~
	09:00 am-04:00 pm	Swim, Sport and More \$176.00 46032	~	Outdoor Adventures \$185.00 46034	~
10Y – 12Y	09:00 am-04:00 pm	Rec Adventures \$148.00 45825	Rec Adventures \$185.00 45822	Rec Adventures \$185.00 45823	Rec Adventures \$185.00 45824
		Rec Adventures – Daily \$50.00/day Tu – 45968 W – 45976 Th – 45985 F – 45994	Rec Adventures – Daily \$50.00/day M – 45960 Tu – 45969 W – 45977 Th – 45986 F – 45995	Rec Adventures – Daily \$50.00/day M – 45961 Tu – 45970 W – 45978 Th – 45987 F – 45996	Rec Adventures – Daily \$50.00/day M – 45962 Tu – 45971 W – 45979 Th – 45988 F – 45997
11Y – 15Y	09:00 am-04:00 pm	~	Leisure Leaders \$220.00 46039	~	~



Northwest Area – July Day Camps

Age	Time	June 29 – July 3 (M, Tu, Th, F)	July 6 – 10	July 13 – 17	July 20 – 24	July 27 – 31
Foothills Aquatic Centre – 2915 24 Ave. N.W.						
Pre-Care	07:30 am-08:30 am	~	\$25.00 46424	\$25.00 46483	\$25.00 46631	\$25.00 46462
Post-Care	04:30 pm-05:30 pm	~	\$25.00 46429	\$25.00 46486	\$25.00 46633	\$25.00 46475
5Y – 7Y	08:30 am-04:30 pm	~	Swim and Fun \$225.00 46390	Swim, Sport and More \$225.00 46479	Swim, Sport and More \$225.00 46616	Swim and Fun \$225.00 46453
8Y – 12Y	08:30 am-04:30 pm	~	Swim and Fun \$225.00 46435	Swim, Sport and More \$225.00 46481	Swim, Sport and More \$225.00 46627	Swim and Fun \$225.00 46457
Sir Winston Churchill Aquatic & Recreation Centre – 1520 Northmount Dr. N.W.						
Pre-Care	07:30 am-08:30 am	~	\$25.00 44186	\$25.00 44189	\$25.00 44199	\$25.00 44212
Post-Care	04:30 am-05:30 pm	~	\$25.00 44187	\$25.00 44190	\$25.00 44198	\$25.00 44213
5Y – 7Y	08:30 am-04:30 pm	~	Swim and Fun \$225.00 44183	Swim and Fun \$225.00 44193	Swim and Fun \$225.00 44205	Swim and Fun \$225.00 44216
8Y – 12Y	08:30 am-04:30 pm	~	Swim and Fun \$225.00 44185	Swim and Fun \$225.00 44194	Swim and Fun \$225.00 44206	Swim and Fun \$225.00 44217

Northwest Area – August Day Camps

Age	Time	Aug 4 – 7 (Tu – F)	Aug 10 – 14	Aug 17 – 21	Aug 24 – 28
Foothills Aquatic Centre – 2915 24 Ave. N.W.					
Pre-Care	07:30 am-08:30 am	~	\$25.00 46463	\$25.00 46632	~
Post-Care	04:30 pm-05:30 pm	~	\$25.00 46476	\$25.00 46634	~
5Y – 7Y	08:30 am-04:30 pm	~	Swim and Fun \$225.00 46454	Swim, Sport and More \$225.00 46617	~
8Y – 12Y	08:30 am-04:30 pm	~	Swim and Fun \$225.00 46458	Swim, Sport and More \$225.00 46628	~
Sir Winston Churchill Aquatic & Recreation Centre – 1520 Northmount Dr. N.W.					
Pre-Care	07:30 am-08:30 am	\$20.00 44219	\$25.00 44227	\$25.00 44233	\$25.00 44239
Post-Care	04:30 am-05:30 pm	\$20.00 44220	\$25.00 44228	\$25.00 44234	\$25.00 44240
5Y – 7Y	08:30 am-04:30 pm	Swim and Fun \$180.00 44222	Swim and Fun \$225.00 44230	Swim and Fun \$225.00 44235	Swim and Fun \$225.00 44237
8Y – 12Y	08:30 am-04:30 pm	Swim and Fun \$180.00 44223	Swim and Fun \$225.00 44232	Swim and Fun \$225.00 44236	Swim and Fun \$225.00 44238

Southeast Area – July Day Camps

Age	Time	June 29 – July 3 (M, Tu, Th, F)	July 6 – 10	July 13 – 17	July 20 – 24	July 27 – 31
Calgary Soccer Centre – 7000 48 St. S.E.						
Pre-Care	07:30 am-09:00 am	~	~	\$37.50 46871	\$37.50 46926	\$37.50 46928
Post-Care	04:00 pm-05:30 pm	~	~	\$37.50 46925	\$37.50 46927	\$37.50 46929
5Y – 7Y	09:00 am-04:00 pm	~	~	Soccer \$185.00 46833	Soccer \$185.00 46863	Soccer \$185.00 46864
8Y – 12Y	09:00 am-04:00 pm	~	~	Field Sports \$185.00 46740	Intro to Team Multi-sport \$185.00 46741	Field Sports \$185.00 46742
Inglewood Bird Sanctuary – 2425 9 Ave. S.E.						
Pre-Care	07:30 am-09:00 am	~	\$25.00 46370	\$25.00 46384	\$25.00 46637	\$25.00 46643
Post-Care	04:00 pm-05:30 pm	~	~	\$25.00 46386	~	\$25.00 46645
Post-Care	12:00 pm-01:30 pm	~	\$25.00 46378	~	\$25.00 46639	~
4Y – 6Y	09:00 am-12:00 pm	~	Enchanted Nature Adventures \$120.00 46243	~	Enchanted Nature Adventures \$120.00 46275	~
7Y – 11Y	09:00 am-4:00 pm	~	~	Amazing Animals and Where to Find Them \$235.00 46318		Amazing Animals and Where to Find Them \$235.00 46330
Max Bell Centre – 1001 Barlow Tr. S.E.						
Pre-Care	07:30 am-09:00 am	~	\$37.50 47460	\$37.50 47461	\$37.50 47462	\$30.00 47466
Post-Care	04:00 pm-05:30 pm	~	\$37.50 47468	\$37.50 47469	\$37.50 47470	\$30.00 47471
5Y – 7Y	09:00 am-04:00 pm	~	Outdoor Adventures \$185.00 47482	Outdoor Adventures \$185.00 47484	Outdoor Adventures \$185.00 47486	Extreme Adventures \$176.00 47492
		~	~	Skate and More \$220.00 47476	Hockey and More \$220.00 47490	Skate and More \$220.00 47478
8Y – 12Y	09:00 am-04:00 pm	~	Outdoor Adventures \$185.00 47483	Outdoor Adventures \$185.00 47485	Outdoor Adventures \$185.00 47487	Extreme Adventures \$176.00 47493
		~	Skate and More \$220.00 47477	Hockey and More \$220.00 47491	Skate and More \$220.00 47479	~
Ralph Klein Park – 12350 84 St. S.E.						
Pre-Care	07:30 am-09:00 am	~	\$25.00 46653	\$25.00 46657	\$25.00 46661	\$25.00 46665
Post-Care	04:00 pm-05:30 pm	~	\$25.00 46655	~	\$25.00 46662	~
Post-Care	12:00 pm-01:30 pm	~	~	\$25.00 46658	~	\$25.00 46666
4Y – 6Y	09:00 am-12:00 pm	~	~	Enchanted Nature Adventures \$120.00 46271	~	Enchanted Nature Adventures \$120.00 46287
7Y – 11Y	09:00 am-04:00 pm	~	Amazing Animals and Where to Find Them \$235.00 48485	~	Amazing Animals and Where to Find Them \$235.00 46329	~



Southeast Area – August Day Camps

Age	Time	Aug 4 – 7 (Tu – F)	Aug 10 – 14	Aug 17 – 21	Aug 24 – 28
Calgary Soccer Centre – 7000 48 St. S.E.					
Pre-Care	07:30 am-09:00 am	\$30.00 46930	\$37.50 46932	~	~
Post-Care	04:00 pm-05:30 pm	\$30.00 46931	\$37.50 46933	~	~
5Y – 7Y	09:00 am-04:00 pm	Soccer \$148.00 46865	Soccer \$185.00 46866	~	~
8Y – 12Y	09:00 am-04:00 pm	Field Sports \$148.00 46743	Field Sports \$185.00 46744	~	~
Inglewood Bird Sanctuary – 2425 9 Ave. S.E.					
Pre-Care	07:30 am-09:00 am	~	\$25.00 46646	\$25.00 46649	~
Post-Care	04:00 pm-05:30 pm	~	~	\$25.00 46651	~
Post-Care	12:00 pm-01:30 pm	~	\$25.00 46647	~	~
4Y – 6Y	09:00 am-12:00 pm	~	Enchanted Nature Adventures \$120.00 46292	~	~
7Y – 11Y	09:00 am-4:00 pm	~	~	Amazing Animals and Where to Find Them \$235.00 46340	~
Max Bell Centre – 1001 Barlow Tr. S.E.					
Pre-Care	07:30 am-09:00 am	\$30.00 47467	\$37.50 47463	\$37.50 47464	\$37.50 47465
Post-Care	04:00 pm-05:30 pm	\$30.00 47472	\$37.50 47473	\$37.50 47474	\$37.50 47475
5Y – 7Y	09:00 am-04:00 pm	Extreme Adventures \$176.00 47494	Outdoor Adventures \$185.00 47488	Extreme Adventures \$220.00 47498	Extreme Adventures \$220.00 47500
		~	Extreme Adventures \$220.00 47496	Skate and More \$220.00 47480	~
8Y – 12Y	09:00 am-04:00 pm	Extreme Adventures \$176.00 47495	Outdoor Adventures \$185.00 47489	Extreme Adventures \$220.00 47499	Extreme Adventures \$220.00 47501
		~	Extreme Adventures \$220.00 47497	Skate and More \$220.00 47481	~
Ralph Klein Park – 12350 84 St. S.E.					
Pre-Care	07:30 am-09:00 am	~	\$25.00 46667	\$25.00 46673	~
Post-Care	04:00 pm-05:30 pm	~	\$25.00 46668	~	~
Post-Care	12:00 pm-01:30 pm	~	~	\$25.00 46674	~
4Y – 6Y	09:00 am-12:00 pm	~	~	Enchanted Nature Adventures \$120.00 46298	~
7Y – 11Y	09:00 am-04:00 pm	~	Amazing Animals and Where to Find Them \$235.00 46334	~	~

Southwest Area – July Day Camps

Age	Time	June 29 – July 3 (M, Tu, Th, F)	July 6 – 10	July 13 – 17	July 20 – 24	July 27 – 31
Beltline Aquatic & Fitness Centre 221 12 Ave. S.W.						
Pre-Care	07:30 am-09:00 am	~	\$37.50 47515	\$37.50 47549	\$37.50 47574	\$37.50 47618
Post-Care	04:00 pm-05:30 pm	~	\$37.50 47516	\$37.50 47550	\$37.50 47576	\$37.50 47621
5Y – 7Y	09:00 am-04:00 pm	~	Climbing and More \$220.00 47517	Rec Adventures \$185.00 47551	Climbing and More \$220.00 47580	Rec Adventures \$185.00 47627
		~	~	Rec Adventures – Daily \$50.00/day M – 47553 Tu – 47554 W – 47555 Th – 47556 F – 47557	~	Rec Adventures – Daily \$50.00/day M – 47628 Tu – 47629 W – 47630 Th – 47631 F – 47632
		~	Climbing and More – Daily \$44.00/day M – 47518 Tu – 47524 W – 47527 Th – 47529 F – 47535	~	Climbing and More – Daily \$44.00/day M – 47584 Tu – 47587 W – 47591 Th – 47595 F – 47596	~
8Y – 12Y	09:00 am-04:00 pm	~	Rec Adventures \$185.00 47537	Climbing and More \$220.00 47558	Rec Adventures \$185.00 47599	Climbing and More \$220.00 47633
	07:30 am-05:30 pm	~	Rec Adventures – Daily \$50.00/day M – 47544 Tu – 47544 W – 47545 Th – 47547 F – 47548	~	Rec Adventures – Daily \$50.00/day M – 47604 Tu – 47607 W – 47609 Th – 47612 F – 47614	~
	09:00 am-04:00 pm	~	~	Climbing and More – Daily \$44.00/day M – 47559 Tu – 47560 W – 47561 Th – 47562 F – 47563	~	Climbing and More – Daily \$44.00/day M – 47634 Tu – 47635 W – 47636 Th – 47637 F – 47638
Canyon Meadows Aquatic and Fitness Centre – 89 Canova Rd. S.W.						
Pre-Care	07:30 am-08:30 am	~	\$25.00 46873	\$25.00 46874	\$25.00 46875	\$25.00 46876
Post-Care	04:30 pm-05:30 pm	~	\$25.00 46881	\$25.00 46882	\$25.00 46883	\$25.00 46884
6Y – 7Y	08:30 am-04:30 pm	~	Swim and Fun \$225.00 46892	Swim and Fun \$225.00 46894	Swim and Fun \$225.00 46895	Swim and Fun \$225.00 46896
8Y – 12Y	08:30 am-04:30 pm	~	Swim and Fun \$225.00 46901	Swim and Fun \$225.00 46902	Swim and Fun \$225.00 46903	Swim and Fun \$225.00 46904
Glenmore Sailing School – 8415 24 St. S.W.						
Pre-Care	08:00 am-09:00 am	~	\$25.00 46870	\$20.00 46915	\$25.00 46916	\$20.00 46917
Post-Care	04:00 pm-05:00 pm	~	\$25.00 46960	\$20.00 46964	\$25.00 46965	\$20.00 46966
7Y – 8Y	09:00 am-04:00 pm	~	WetFeet 7-8 \$220.00 46679	WetFeet 7-8 \$176.00 46680	WetFeet 7-8 \$220.00 46681	WetFeet 7-8 \$176.00 46682
9Y – 10Y	09:00 am-04:00 pm	~	WetFeet 9+ \$220.00 46696	WetFeet 9+ \$176.00 46698	WetFeet 9+ \$220.00 46699	WetFeet 9+ \$176.00 46700
		~	CANSail Opti 1 (Jul 6 – 16) 9 days \$396.00 46706		CANSail Opti 1 (Jul 20 – 30) 9 days \$396.00 46707	
11Y – 17Y	09:00 am-04:00 pm	~	CANSail Opti 2 (Jul 6 – 16) 9 days \$396.00 46711		CANSail Opti 2 (Jul 20 – 30) 9 days \$396.00 46712	
		~	CANSail 1 (Jul 6 – 16) 9 days \$396.00 46716		CANSail 1 (Jul 20 – 30) 9 days \$396.00 46717	
		~	Cansail 2 (Jul 6 – 16) 9 days \$396.00 46720		Cansail 2 (Jul 20 – 30) 9 days \$396.00 46721	
		~	CANSail 3 (Jul 6 – 16) 9 days \$396.00 46797		CANSail 3 (Jul 20 – 30) 9 days \$396.00 46798	
		~	Cansail 4/5 (Jul 6 – 16) 9 days \$396.00 46827		Cansail 4/5 (Jul 20 – 30) \$396.00 46828	



Southwest Area – July Day Camps (continued)

Age	Time	June 29 – July 3 (M, Tu, Th, F)	July 6 – 10	July 13 – 17	July 20 – 24	July 27 – 31
Killarney Aquatic and Recreation Centre – 1919 29 St. S.W.						
Pre-Care	07:30 am-08:30 am	\$20.00 46534	\$25.00 46538	\$25.00 46541	\$25.00 46545	\$25.00 46544
Post-Care	04:30 pm-05:30 pm	\$20.00 46550	\$25.00 46551	\$25.00 46552	\$25.00 46553	\$25.00 46554
3Y – 4Y	01:00 pm-04:00 pm	~	Science and More \$105.00 46615	~	~	Explore Sports \$105.00 46611
5Y – 7Y	08:30 am-04:30 pm	Rec Adventures \$156.00 46807	Swim and Fun \$225.00 46745	Swim and Fun \$225.00 46747	Rec Adventures \$195.00 46816	Rec Adventures \$195.00 46823
	07:30 am-05:30 pm	Rec Adventures – Daily \$50.00/day M – 46832 Tu – 46837 Th – 46839 F – 46841	~	~	Rec Adventures – Daily \$50.00/day M – 46847 Tu – 46849 W – 46852 Th – 46859 F – 46861	Rec Adventures – Daily \$50.00/day M – 46913 Tu – 46922 W – 46924 Th – 46937 F – 46938
7Y – 9Y	08:30 am-04:30 pm	~	~	Dance and More \$225.00 46623	~	~
8Y – 12Y	08:30 am-04:30 pm	Rec Adventures \$156.00 46812	Swim and Fun \$225.00 30835	Swim and Fun \$225.00 46780	Rec Adventures \$195.00 46821	Rec Adventures \$195.00 46825
	07:30 am-05:30 pm	Rec Adventures – Daily \$50.00/day M – 46940 Tu – 46945 Th – 46947 F – 46949	~	~	Rec Adventures – Daily \$50.00/day M – 46950 Tu – 46952 W – 46955 Th – 46957 F – 46959	Rec Adventures – Daily \$50.00/day M – 46962 Tu – 46963 W – 46973 Th – 46974 F – 46976
South Glenmore Park – 8415 24 St. S.W.						
8Y – 15Y	09:00 am-04:00 pm	~	Outdoor Adventures (Outdoor Pursuits) \$220.00 45033 \$44.00/day M – Hiking 45040 Tu – Kayaking 45045 W – Sailing 45048 Th – Canoeing 45050 F – Explore 45052	~	Outdoor Adventures (Outdoor Pursuits) \$220.00 45075 \$44.00/day M – Hiking 45090 Tu – Kayaking 45102 W – Sailing 45120 Th – Canoeing 45138 F – Explore 45149	~

Age	Time	June 29 – July 3 (M, Tu, Th, F)	July 6 – 10	July 13 – 17	July 20 – 24	July 27 – 31
Southland Leisure Centre – 2000 Southland Dr. S.W.						
Pre-Care	07:30 am-09:00 pm	\$30.00 44325	\$37.50 44317	\$37.50 44318	\$37.50 44319	\$37.50 44320
Post-Care	04:00 pm-05:30 pm	\$30.00 44334	\$37.50 44326	\$37.50 44327	\$37.50 44328	\$37.50 44329
3-4Y	09:00 am-12:00 pm	~	Arts, Crafts and More \$116.25 44349	Imagine and More \$116.25 44475	Dance and More \$116.25 44495	Arts, Crafts and More \$116.25 44359
	01:00 pm-04:00 pm	~	Explore Sports \$116.25 44375	Arts, Crafts and More \$116.25 44358	Explore Sports \$116.25 44380	Explore Sports \$116.25 44377
5Y – 7Y	09:00 am-12:00 pm	Gymnastics and More \$93.00 44710	Gymnastics and More \$116.25 44703	Climbing and More \$116.25 44630	Games and More \$105.00 44521	Dance and More \$116.25 44507
		~	~	Court Sports \$105.00 44530	Gymnastics and More \$116.25 44707	Climbing and More \$116.25 44632
	01:00 pm-04:00 pm	~	Court Sports \$105.00 44529	Dance and More \$116.25 44509	Explore Sports \$105.00 44388	Gymnastics and More \$116.25 44711
		Climbing and More \$93.00 44637	Climbing and More \$116.25 44578	Gymnastics and More \$116.25 44705	Climbing and More \$116.25 44631	~
	09:00 am-04:00 pm	Rec Adventures \$148.00 44669	Rec Adventures \$185.00 44661	Rec Adventures \$185.00 44662	Rec Adventures \$185.00 44663	Rec Adventures \$185.00 44664
		~	~	~	~	~
8Y – 9Y	09:00 am-12:00 pm	Climbing and More \$93.00 44577	Climbing and More \$116.25 44566	Gymnastics and More \$116.25 44718	Climbing and More \$116.25 44570	Gymnastics and More \$116.25 44719
	01:00 pm-04:00 pm	Gymnastics and More \$93.00 44728	Gymnastics and More \$116.25 44722	Climbing and More \$116.25 44571	Gymnastics and More \$116.25 44726	Climbing and More \$116.25 44572
	09:00 am-04:00 pm	Rec Adventures \$148.00 44686	Rec Adventures \$185.00 44677	Rec Adventures \$185.00 44679	Rec Adventures \$185.00 44680	Rec Adventures \$185.00 44681
		~	~	Explore Sports \$185.00 44402	Dance and More \$220.00 44515	Arts, Crafts and More \$185.00 44370
10Y – 12Y	01:00 pm-04:00 pm	Climb, Gymnastics and More \$176.00 44657	Climb, Gymnastics and More \$220.00 44649	Climb, Gymnastics and More \$220.00 44650	Climb, Gymnastics and More \$220.00 44653	Climb, Gymnastics and More \$220.00 44651
		Extreme Adventures \$176.00 44697	Extreme Adventures \$220.00 44689	Extreme Adventures \$220.00 44690	Extreme Adventures \$220.00 44691	Extreme Adventures \$220.00 44692



Southwest Area – August Day Camps

Age	Time	Aug 4 – 7 (Tu – F)	Aug 10 – 14	Aug 17 – 21	Aug 24 – 28
Beltline Aquatic & Fitness Centre 221 12 Ave. S.W.					
Pre-Care	07:30 am-09:00 am	\$30.00 47640	\$37.50 47665	\$37.50 47697	\$37.50 47732
Post-Care	04:00 pm-05:30 pm	\$30.00 47641	\$37.50 47666	\$37.50 47698	\$37.50 47733
5Y – 7Y	09:00 am-04:00 pm	Climbing and More \$176.00 47642	Rec Adventures \$185.00 47668	Climbing and More \$220.00 47699	Rec Adventures \$185.00 47734
	07:30 am-05:30 pm	~	Rec Adventures – Daily \$50.00/day M – 47669 Tu – 47673 W – 47677 Th – 47680 F – 47682	~	Rec Adventures – Daily \$50.00/day M – 47736 Tu – 47738 W – 47740 Th – 47741 F – 47742
	09:00 am-04:00 pm	Climbing and More – Daily \$44.00/day Tu – 47643 W – 47644 Th – 47645 F – 47646	~	Climbing and More – Daily \$44.00/day M – 47700 Tu – 47702 W – 47704 Th – 47706 F – 47707	~
8Y – 12Y	09:00 am-04:00 pm	Rec Adventures \$148.00 47648	Climbing and More \$220.00 47687	Rec Adventures \$185.00 47723	Climbing and More \$220.00 47743
	07:30 am-05:30 pm	Rec Adventures – Daily \$50.00/day Tu – 47659 W – 47660 Th – 47661 F – 47664	~	Rec Adventures – Daily \$50.00/day M – 47726 Tu – 47728 W – 47729 Th – 47730 F – 47731	~
	09:00 am-04:00 pm	~	Climbing and More – Daily \$44.00/day M – 47688 Tu – 47693 W – 47694 Th – 47695 F – 47696	~	Climbing and More – Daily \$44.00/day M – 47744 Tu – 47745 W – 47746 Th – 47747 F – 47748
Canyon Meadows Aquatic and Fitness Centre – 89 Canova Rd. S.W.					
Pre-Care	07:30 am-08:30 am	\$20.00 46877	\$25.00 46878	\$25.00 46879	\$25.00 46880
Post-Care	04:30 pm-05:30 pm	\$20.00 46885	\$25.00 46886	\$25.00 46887	\$25.00 46888
5Y – 7Y	08:30 am-4:30 pm	Swim and Fun \$180.00 46897	Swim and Fun \$225.00 46898	Swim and Fun \$225.00 46899	Swim and Fun \$225.00 46900
8Y – 12Y	08:30 am-4:30 pm	Swim and Fun \$180.00 46095	Swim and Fun \$225.00 46906	Swim and Fun \$225.00 46907	Swim and Fun \$225.00 46908
Glenmore Sailing School – 8415 24 St. S.W.					
Pre-Care	08:00 am-09:00 am	\$20.00 46918	\$25.00 46919	\$25.00 46920	\$20.00 46921
Post-Care	04:00 pm-05:00 pm	\$20.00 46967	\$25.00 46968	\$25.00 46869	\$20.00 46970
7Y – 8Y	09:00 am-04:00 pm	WetFeet 7-8 \$176.00 46683	WetFeet 7-8 \$220.00 46684	WetFeet 7-8 \$220.00 46685	WetFeet 7-8 \$176.00 46686
9Y – 10Y	09:00 am-04:00 pm	WetFeet 9+ \$176.00 46701	WetFeet 9+ \$220.00 46702	WetFeet 9+ \$220.00 46703	WetFeet 9+ \$176.00 46704
		CANSail Opti 1 (Aug 4 – 14) \$396.00 46709		CANSail Opti 1 (Aug 17 – 27) \$396.00 46710	
11Y – 17Y	09:00 am-04:00 pm	CANSail Opti 2 Aug (4 – 14) \$396.00 46714		CANSail Opti 2 (Aug 17 – 27) \$396.00 46715	
		CANSail 1 (Aug 4 – 14) \$396.00 46718		CANSail 1 (Aug 17 – 27) \$396.00 46719	
		Cansail 2 (Aug 4 – 14) \$396.00 46722		Cansail 2 (Aug 17 – 27) \$396.00 46723	
		CANSail 3 (Aug 4 – 14) \$396.00 46799		CANSail 3 (Aug 17 – 27) \$396.00 46800	
		Cansail 4/5 (Aug 4 - 14) \$369.00 46829		Cansail 4/5 (Aug 17 – 27) \$396.00 46830	

Southwest Area – August Day Camps (Continued)

Age	Time	Aug 4 – 7 (Tu – F)	Aug 10 – 14	Aug 17 – 21	Aug 24 – 28
Killarney Aquatic and Recreation Centre – 1919 29 St. S.W.					
Pre-Care	07:30 am-08:30 am	\$20.00 46543	\$25.00 46542	\$25.00 46547	\$25.00 46578
Post-Care	04:30 pm-05:30 pm	\$20.00 46557	\$25.00 46563	\$25.00 46564	\$25.00 46565
3Y – 4Y	01:00 pm-04:00 pm	~	~	Imagine and More \$105.00 46621	Science and More \$105.00 46891
5Y – 7Y	08:30 am-04:30 pm	Swim and Fun \$180.00 46783	Swim and Fun \$225.00 46786	Swim and Fun \$225.00 46789	Swim and Fun \$225.00 46791
7Y – 9Y	09:00 am-12:00 pm	~	Dance and More \$225.00 46625	~	~
8Y – 12Y	08:30 am-4:30 pm	Swim and Fun \$180.00 46784	Swim and Fun \$225.00 46787	Swim and Fun \$225.00 46790	Swim and Fun \$225.00 46793
South Glenmore Park – 8415 24 St. S.W.					
8Y – 15Y	09:00 am-04:00 pm	~	Outdoor Adventures (Outdoor Pursuits) \$220.00 45076 \$44.00/day M – Hiking 45091 Tu – Kayaking 45103 W – Sailing 45121 Th – Canoeing 45139 F – Explore 45150	Outdoor Adventures (Outdoor Pursuits) \$220.00 45077 \$44.00/day M – Hiking 45092 Tu – Kayaking 45104 W – Sailing 45122 Th – Canoeing 45140 F – Explore 45151	~
Southland Leisure Centre – 2000 Southland Dr. S.W.					
Pre-Care	07:30 am-09:00 pm	\$30.00 44321	\$37.50 44322	\$37.50 44323	\$37.50 44324
Post-Care	04:00 pm-05:30 pm	\$30.00 44330	\$37.50 44331	\$37.50 44332	\$37.50 44333
3-4Y	09:00 am-12:00 pm	Games and More \$93.00 44517	Animals and More \$116.25 44488	Explore Sports \$116.25 44379	Dance and More \$116.25 44497
	01:00 pm-04:00 pm	Dance and More \$93.00 44496	Explore Sports \$116.25 44378	Imagine and More \$116.25 44477	Animals and More \$116.25 44499
5Y – 7Y	09:00 am-12:00 pm	Gymnastics and More \$93.00 44708	Court Sports \$105.00 44532	Gymnastics and More \$116.25 44709	Explore Sports \$105.00 44390
		~	Climbing and More \$116.25 44634	Dance and More \$116.25 44511	Climbing and More \$116.25 44636
	01:00 pm-04:00 pm	Court Sports \$84.00 44531	Gymnastics and More \$116.25 44712	Climbing and More \$116.25 44635	Gymnastics and More \$116.25 44713
		Climbing and More \$93.00 44633	Dance and More \$116.25 44510	Games and More \$105.00 44522	Court Sports \$105.00 44533
	09:00 am-04:00 pm	Rec Adventures \$148.00 44665	Rec Adventures \$185.00 44666	Rec Adventures \$185.00 44667	Rec Adventures \$185.00 44668
8Y – 9Y	09:00 am-12:00 pm	Climbing and More \$93.00 44573	Gymnastics and More \$116.25 44720	Climbing and More \$116.25 44575	Gymnastics and More \$116.25 44721
	01:00 pm-04:00 pm	Gymnastics and More \$93.00 44724	Climbing and More \$116.25 44574	Gymnastics and More \$116.25 44725	Climbing and More \$116.25 44576
	09:00 am-04:00 pm	Explore Sports \$148.00 44400	Rec Adventures \$185.00 44683	Rec Adventures \$185.00 44684	Rec Adventures \$185.00 44685
		Rec Adventures \$148.00 44682	Explore Sports \$185.00 44401	Performing and More \$185.00 44549	Explore Sports \$185.00 44399
	09:00 am-04:00 pm	Climb, Gymnastics and More \$176.00 44654	Climb, Gymnastics and More \$220.00 44652	Climb, Gymnastics and More \$220.00 44655	Climb, Gymnastics and More \$220.00 44656
		Extreme Adventures \$176.00 44693	Extreme Adventures \$220.00 44694	Extreme Adventures \$220.00 44695	Extreme Adventures \$220.00 44696



Arts Centres

Age	Time	July 2 – 3 (Th, F)	July 6 – 10	July 13 – 17	July 20 – 24	July 27 – 31
North Mount Pleasant Arts Centre – 523 27 Ave. N.W.						
Post-Care	04:30 pm-05:30 pm	\$10.00 46078	\$25.00 46087	\$25.00 46111	\$25.00 46112	\$25.00 46113
6Y – 8Y	09:00 am-12:00 pm	~	Clay Creations (Jul 6 – 16 M-F, M-Th) \$245.25 46422		Drawing and Painting (Jul 20 – 30 M-F, M-Th) \$222.75 46447	
	01:00 pm-04:00 pm	~	Drawing and Painting (Jul 6 – 16 M-F, M-Th) \$222.75 46445		Clay Creations (Jul 20 – 30 M-F, M-Th) \$245.25 46432	
	09:00 am-04:00 pm	Arts Ventures \$97.00 46058	Arts Ventures \$242.50 46131	Arts Ventures \$242.50 46134	Arts Ventures \$242.50 46135	Arts Ventures \$242.50 46136
7Y – 10Y	09:00 am-12:00 pm	~	Arts Combo (Jul 6 – 16 M-F, M-Th) \$222.75 46583		~	~
	01:00 pm-04:00 pm	~	~	~	Let's Make a Claymation Movie (Jul 20 – 30 M-F, M-Th) \$229.50 46697	
	09:00 am-04:00 pm	Arts Ventures \$97.00 46060	Arts Ventures \$242.50 46172	Arts Ventures \$242.50 46174	~	Arts Ventures \$242.50 46175
9Y – 12Y	09:00 am-12:00 pm	~	Drawing and Painting (Jul 6 – 16 M-F, M-Th) \$222.75 46449		Clay Explorations (Jul 20 – 30 M-F, M-Th) \$245.25 46612	
	01:00 pm-04:00 pm	~	~	~	Cartooning & Comics (Jul 20-30 M-F, M-Th) \$222.75 46705	
		~	Clay Explorations (Jul 6 – 16 M-F, M-Th) \$245.25 46609		Drawing and Painting (Jul 20 – 30 M-F, M-Th) \$222.75 46450	
	09:00 am-04:00 pm	Arts Ventures \$97.00 46129	Arts Ventures \$242.50 46179	Arts Ventures \$242.50 46180	Arts Ventures \$242.50 46203	Arts Ventures \$242.50 46204
13Y – 17Y	09:00 am-04:00 pm	~	~	~	Teens Only Arts Studio \$275.00 46954	~
	01:00 pm-04:00 pm	~	Teens Arts Combo with the Masters (Jul 6 – 16 M-F, M-Th) \$252.00 46695		~	~

Age	Time	Aug 4 – 7 (Tu – F)	Aug 10 – 14	Aug 17 – 21	Aug 24 – 28
North Mount Pleasant Arts Centre – 523 27 Ave. N.W.					
Post-Care	04:30 pm-05:30 pm	\$20.00 46114	\$25.00 46115	\$25.00 46116	\$25.00 46117
6Y – 8Y	09:00 am-12:00 pm	Drawing and Painting (Aug 4-14 Tu-F, M-F) \$222.75 46448		Cartooning & Comics (Aug 17-27 M-F, M-Th) \$222.75 46971	
	01:00 pm-04:00 pm	~	~	Clay Creations (Aug 17-27 M-F, M-Th) \$227.75 46433	
	09:00 am-04:00 pm	Arts Ventures \$194.00 46137	Arts Ventures \$242.50 46138	Arts Ventures \$242.50 46139	Arts Ventures \$242.50 46140
7Y – 10Y	09:00 am-12:00 pm	~	~	Arts Combo (Aug 17-27 M-F, M-Th) \$222.75 46591	
	01:00 pm-04:00 pm	Arts Combo (Aug 4-14 Tu-F, M-F) \$222.75 46590		Arts Combo with the Masters (Aug 17-27 M-F, M-Th) \$222.75 46993	
	09:00 am-04:00 pm	\$222.75 46590	Arts Ventures \$242.50 46177	~	Arts Ventures \$242.50 46178
9Y – 12Y	09:00 am-12:00 pm	Explore the Potter's Wheel (Aug 4-14 Tu-F, M-F) \$245.25 46977		Clay Explorations (Aug 17-27 M-F, M-Th) \$245.25 46613	
	01:00 pm-04:00 pm	Drawing and Painting (Aug 4-14 Tu-F, M-F) \$222.75 46451		Cartooning & Comics (Aug 17-27 M-F, M-Th) \$222.75 46972	
	09:00 am-04:00 pm	Arts Ventures \$194.00 46205	Arts Ventures \$242.50 46206	Arts Ventures \$242.50 46207	Arts Ventures \$242.50 46208
13Y – 17Y	09:00 am-12:00 pm	Focus on Painting for Youth (Aug 4-14 Tu-F, M-F) \$247.50 46979		~	~
	01:00 pm-04:00 pm	Potter's Wheel Basics for Youth (Aug 4-14 Tu-F, M-F) \$263.25 46989		~	~
	09:00 am-04:00 pm	~	~	Teens Only Arts Studio \$242.50 46961	~

Arts Centres (Continued)

Age	Time	June 29 – July 3 (M, Tu, Th, F)	July 6 – 10	July 13 – 17	July 20 – 24	July 27 – 31
Wildflower Arts Centre – 3363 Spruce Dr. S.W.						
Pre-Care	08:00 am-09:00 am	~	\$25.00 46241	\$25.00 46259	\$25.00 46260	\$25.00 46261
Post-Care	04:00 pm-05:00 pm					
5Y – 6Y	09:00 am-12:00 pm	~	Dance Rhythm & Sound \$150.00 45273	~	Performing Arts Combo \$150.00 45348	~
	01:00 pm-04:00 pm	~	Performing Arts Combo \$150.00 45331	~	Dance Rhythm & Sound \$150.00 45289	~
6Y – 8Y	09:00 am-12:00 pm	~	~	Hip Hop \$150.00 45378	~	Dance from Musicals \$150.00 45376
		~	Clay Creations (Jul 6-16 M-F, M-Th) \$245.25 45659		Drawing and Painting (Jul 20-30 M-F, M-Th) \$222.75 46734	
	01:00 pm-04:00 pm	~	~	~	~	Hip Hop \$150.00 45384
		~	Drawing and Painting (Jul 6-16 M-F, M-Th) \$222.75 46733		~	~
	09:00 am-04:00 pm	~	Arts Venture \$242.50 46059	Arts Venture \$242.50 46061	Arts Venture \$242.50 46062	Arts Venture \$242.50 46063
7Y – 10Y	09:00 am-04:00 pm	~	Arts Venture \$242.50 46084	Arts Venture \$242.50 46090	Arts Venture \$242.50 46091	Arts Venture \$242.50 46092
9Y – 12Y	09:00 am-12:00 pm	~	Drawing and Painting (Jul 6-16 M-F, M-Th) \$222.75 46732		Explore the Potter's Wheel (Jul 20-30 M-F, M-Th) \$245.25 45682	
	01:00 pm-04:00 pm	~	~	Hip Hop \$150.00 45380	Cartoons and Comics (Jul 20-30 M-F, M-Th) \$222.75 46736	
		~	Clay Explorations (Jul 6-16 M-F, M-Th) \$245.25 45727		~	~
	09:00 am-04:00 pm	~	Arts Venture \$242.50 46155	Arts Venture \$242.50 46163	Arts Venture \$242.50 46164	Arts Venture \$242.50 46165
13Y – 17Y	01:00 pm-04:00 pm	~	~	~	Potter's Wheel for Youth (Jul 20-30 M-F, M-Th) \$263.25 45732	

Age	Time	Aug 4 – 7 (Tu – F)	Aug 10 – 14	Aug 17 – 21	Aug 24 – 28
Wildflower Arts Centre – 3363 Spruce Dr. S.W.					
Pre-Care	08:00 am-09:00 am	\$20.00 46262	\$25.00 46263	\$25.00 46264	\$25.00 46265
Post-Care	04:00 pm-05:00 pm				
5Y – 6Y	09:00 am-12:00 pm	~	Dance Rhythm & Sound \$150.00 45290	Performing Arts Combo \$150.00 45368	Performing Arts Combo \$150.00 45369
	01:00 pm-04:00 pm	~	Performing Arts Combo \$150.00 45345	~	Dance Rhythm & Sound \$150.00 45291
6Y – 8Y	09:00 am-12:00 pm	Hip Hop \$120.00 45379	~	~	~
		Clay Creations (Aug 4-14 Tu-F, M-F) \$245.25 45668		Drawing and Painting (Aug 17-27 M-F, M-Th) \$222.75 46735	
	01:00 pm-04:00 pm	Cartoon and Comics (Aug 4-14 Tu-F, M-F) \$222.75 46738		Clay Creations (Aug 17-27 M-F, M-Th) \$245.25 45723	
		~	~	Hip Hop \$150.00 45385	~
	09:00 am-04:00 pm	Arts Venture \$194.00 46064	Arts Venture \$242.50 46065	Arts Venture \$242.50 46066	Arts Venture \$242.50 46067
7Y – 10Y	01:00 pm-04:00 pm	~	~	Arts Combo (Aug 17-27 M-F, M-Th) \$222.75 46739	
	09:00 am-04:00 pm	Arts Venture \$194.00 46093	Arts Venture \$242.50 46094	Arts Venture \$242.50 46095	Arts Venture \$242.50 46096
9Y – 12Y	09:00 am-12:00 pm	Cartoon and Comics (Aug 4 – 14 Tu-F, M-F) \$222.75 46737		Clay Explorations (Aug 17 – 27 M-F, M-Th) \$245.25 45729	
	01:00 pm-04:00 pm	Hip Hop \$120.00 45383	~	~	~
		Explore the Potter's Wheel (Aug 4 – 14 Tu-F, M-F) \$245.25 45719		~	~
	09:00 am-04:00 pm	Arts Venture \$194.00 46166	Arts Venture \$242.50 46167	Arts Venture \$242.50 46168	Arts Venture \$242.50 46169



Fitness

City-operated recreation facilities are a great place to exercise, meet new friends, challenge yourself and learn something new. Try a registered program or drop-in class, or let our personal trainers help you achieve your fitness goals. Adding just 30 minutes to your everyday routine can help improve your physical well-being and reduce stress. **#YYCActive**

Drop-in Fitness

We offer a variety of drop-in aquatic and dry land programs at City of Calgary Recreation facilities. Beginners are welcome and intensity levels are adjusted.

View the schedules at calgary.ca/dropin

Try a Gentle Fitness Program

Gentle Fitness programs allow individuals of all fitness levels to find opportunities that meet their needs, even those recovering from injuries or just starting a fitness routine. Our Gentle Fitness programs are categorized into three fitness levels to help people find a program that meets their needs. Drop-in and registered gentle fitness opportunities are available.

For more information visit calgary.ca/gentlefitness

Gentle Fitness Levels

Level 1:

These slow-paced exercise classes focus on functional movements, fall prevention and strength exercises. You will do these classes primarily while you are seated.

- Significant limitations to exercise.
- Capable of 0 – 15 minutes of continuous physical activity.
- Mobility issues, may be at risk of a fall, may use mobility devices.

Level 2:

These moderately-paced exercise classes focus on increasing your functional capacity, balance and mobility, muscle strength and aerobic endurance. They have seated and standing components.

- You have some limitations to exercise.
- You are capable of 15 – 30 minutes of continuous physical activity.
- You have mild to moderate balance and/or mobility issues, and you may use a mobility aide.

Level 3:

These moderately-paced exercise classes focus on improving your functional strength and aerobic endurance. You will perform these exercises primarily while you're standing.

- Little to no limitations to exercise.
- Capable of doing 30+ minutes of continuous physical activity.
- No significant mobility issues.

Latecomers

The safety and wellbeing of our patrons is very important to us. Our fitness classes are designed to include a warm-up, workout and cool-down component. We ask all participants to arrive before the class begins, and stay to benefit from all components.

Out of respect for fellow participants, and due to the specific nature of the following classes, latecomers will not be permitted to join: Mind-Body, Yoga, Body Bars n' Stuff, Pure Strength and Tethered Deep Water Workout. Arriving late is disruptive and can negatively impact other participants' experience. Please respect this rule and the instructor when he/she enforces it.

Weight Room Orientation

The City of Calgary offers orientation sessions for ages 13 and up. Get a general overview of how to use the fitness equipment, learn about weight room etiquette and ask your fitness related questions. Regular drop-in admission applies. To find out when the next orientation sessions are being offered, check the program listing within this guide or visit calgary.ca/liveandplay

For youth 13-15, an orientation session allows access to our weight rooms with or without an adult. Upon successful completion, youth will be issued a City of Calgary youth weight room orientation sticker that must be presented before they will be admitted into the weight room.

Welcome & Orientation Sessions

Learn about our drop-in and registered programs for all ages and abilities, accessibility and facility locations, pass types and more.

To find out when the next session is offered, visit calgary.ca/liveandplay

Personal Training

Are you just getting started or want to enhance your workout? Get motivated with a certified trainer who will work within your fitness level to develop a personal training program to suit your needs and goals. We offer personal training in water or training focused on strength and cardio, fitness appraisals and team sport training sessions.

To book an appointment contact 311 or speak to a staff member at any recreation facility. For more information or training rates visit calgary.ca/personaltraining

Corporate Team Building

Add energy and enthusiasm to your next team building event. Our fun facilities are perfect for holiday parties, corporate celebrations and team building events. We have a venue for every size of business, every occasion and event interest. For more information or to book a package, contact 311 or visit calgary.ca/teambuilding

Babysitting Service

While you get fit, your child can have fun with us. Babysitting is available at several of our recreation facilities. Ask our staff for available hours and package prices or visit calgary.ca/babysitting



Adults with disabilities

The City of Calgary provides a wide range of specialty programming to accommodate the interests, schedules and transportation needs of Calgarians with disabilities.

Our programs include:

- Water polo
- Drumming
- Sports
- Drum aerobics
- Music aerobics
- Floor curling
- Dance aerobics (seated)
- Boxercise
- Scrapbooking
- Cycle dance party

Visit calgary.ca/adaptedfitness to see and register for our programs.

Renfrew Aquatic & Recreation Centre – 311
Village Square Leisure Centre – 403-366-3900

19-0002874

FITNESS FITNESS AND STRENGTH

5 to 17 Years

Aqua – Conditioning Swim – Youth

Work on endurance in this conditioning swim class geared for youth. Appropriate for those who have achieved basic swim skills and are looking to improve techniques in all four strokes including turns, starts and reading a pace clock. This is not a swim lesson. Pre-requisite: Completion of Swimmer 5 or equivalent.

Acadia Aquatic & Fitness Centre				Age: 11Y – 17Y
Apr 18-Jun 20	Sa	01:00 pm-02:00 pm	9	\$94.50 44848
Glenmore Aquatic Centre				Age: 11Y – 17Y
Apr 18-Jun 20	Sa	10:00 am-11:00 am	9	\$94.50 45027
Jul 13-17	M-F	09:00 am-10:00 am	5	\$52.50 45724
Aug 24-28	M-F	09:00 am-10:00 am	5	\$52.50 45725
Shouldice Aquatic Centre				Age: 11Y – 17Y
Apr 19-Jun 21	Su	10:00 am-11:00 am	9	\$94.50 44364

Strength – Strength Training for Youth

Learn how to lift! This introductory program covers the proper techniques of weight training using a combination of free weights and machines. You'll gain confidence, build a strong and healthy body and meet other youth who are interested in strength training and fitness. Come prepared to work out.

Acadia Aquatic & Fitness Centre				Age: 13Y – 15Y
Jul 6-10	M-F	11:15 am-12:15 pm	5	\$105.00 44981
Thornhill Aquatic & Recreation Centre				Age: 13Y – 15Y
Apr 21-30	Tu, Th	04:00 pm-05:00 pm	4	\$84.00 45570



**While you get fit,
your child can have fun with us.**

Visit calgary.ca/babysitting
for available babysitting
hours and package prices.

12 Years and Over

Weight Room Orientation

Do you have questions about the weight room? In this orientation, you'll get an overview of fitness equipment, learn about specific weight room etiquette, and you can ask fitness-related questions too. It's open to ages 13 and up. Regular admission fee applies.

Acadia Aquatic & Fitness Centre				Age: 13Y and Up
Jul 7	Tu	10:00 am-11:00 am	1	Reg Adm 44983
Jul 15	W	05:30 pm-06:30 pm	1	Reg Adm 44984
Jul 20	M	11:00 am-12:00 pm	1	Reg Adm 44985
Jul 28	Tu	06:30 pm-07:30 pm	1	Reg Adm 44986
Aug 12	W	09:15 am-10:15 am	1	Reg Adm 44987
Apr 20	M	06:15 pm-07:15 pm	1	Reg Adm 44852
May 12	Tu	05:30 pm-06:30 pm	1	Reg Adm 44855
Jun 16	Tu	05:30 pm-06:30 pm	1	Reg Adm 44856
Bob Bahan Aquatic & Fitness Centre				Age: 13Y and Up
Apr 8	W	10:45 am-11:45 am	1	Reg Adm 44854
Apr 14	Tu	04:15 pm-05:15 pm	1	Reg Adm 44861
Apr 25	Sa	11:10 am-12:10 pm	1	Reg Adm 44862
May 6	W	10:45 am-11:45 am	1	Reg Adm 44863
May 19	Tu	04:15 pm-05:15 pm	1	Reg Adm 44864
May 30	Sa	11:10 am-12:10 pm	1	Reg Adm 44865
Jun 16	Tu	04:15 pm-05:15 pm	1	Reg Adm 44867
Jun 27	Sa	11:00 am-12:00 pm	1	Reg Adm 44868
Jul 15	W	10:45 am-11:45 am	1	Reg Adm 44872
Jul 25	Sa	11:00 am-12:00 pm	1	Reg Adm 44873
Aug 18	Tu	04:15 pm-05:15 pm	1	Reg Adm 44874
Aug 29	Sa	11:00 am-12:00 pm	1	Reg Adm 44875
Canyon Meadows Aquatic & Fitness Centre				Age: 13Y and Up
Apr 4	Sa	10:30 am-11:30 am	1	Reg Adm 47033
Apr 8	W	07:00 pm-08:00 pm	1	Reg Adm 47034
Apr 16	Th	06:15 pm-07:15 pm	1	Reg Adm 47035
Apr 25	Sa	10:30 am-11:30 am	1	Reg Adm 47036
May 5	Tu	09:30 am-10:30 am	1	Reg Adm 47037
May 11	M	07:00 pm-08:00 pm	1	Reg Adm 47038
May 23	Sa	10:30 am-11:30 am	1	Reg Adm 47039
May 27	W	05:30 pm-06:30 pm	1	Reg Adm 47040
Jun 1	M	05:30 pm-06:30 pm	1	Reg Adm 47041
Jun 11	Th	09:15 am-10:15 am	1	Reg Adm 47042
Jun 20	Sa	10:30 am-11:30 am	1	Reg Adm 47043
Jun 25	Th	06:00 pm-07:00 pm	1	Reg Adm 47044
Jul 6	M	06:30 pm-07:30 pm	1	Reg Adm 47045
Jul 11	Sa	10:30 am-11:30 am	1	Reg Adm 47046
Jul 15	W	07:00 pm-08:00 pm	1	Reg Adm 47047
Jul 21	Tu	02:30 pm-03:30 pm	1	Reg Adm 47048
Jul 30	Th	05:30 pm-06:30 pm	1	Reg Adm 47049
Aug 8	Sa	10:30 am-11:30 am	1	Reg Adm 47050
Aug 12	W	06:00 pm-07:00 pm	1	Reg Adm 47051
Killarney Aquatic & Recreation Centre				Age: 13Y and Up
Apr 8	W	07:00 pm-08:00 pm	1	Reg Adm 44195
Apr 16	Th	11:00 am-12:00 pm	1	Reg Adm 44182
Apr 28	Tu	09:00 am-10:00 am	1	Reg Adm 44188
May 6	W	07:00 pm-08:00 pm	1	Reg Adm 44196
May 12	Tu	09:00 am-10:00 am	1	Reg Adm 44191
May 28	Th	11:00 am-12:00 pm	1	Reg Adm 44184
Jun 9	Tu	09:00 am-10:00 am	1	Reg Adm 44192
Jun 17	W	07:00 pm-08:00 pm	1	Reg Adm 44197
Jul 7	Tu	09:00 am-10:00 am	1	Reg Adm 44860
Jul 21	Tu	09:00 am-10:00 am	1	Reg Adm 44870
Aug 18	Tu	09:00 am-10:00 am	1	Reg Adm 44871

12 Years and Over

Weight Room Orientation (continued)

Renfrew Aquatic & Recreation Centre Age: 13Y and Up

Apr 15	W	07:00 pm-08:00 pm	1	Reg Adm	45768
May 3	Su	11:30 am-12:30 pm	1	Reg Adm	45766
Jun 10	W	07:00 pm-08:00 pm	1	Reg Adm	45767
Aug 19	W	07:00 pm-08:00 pm	1	Reg Adm	45769

Southland Leisure Centre Age: 13Y and Up

Apr 9	Th	05:30 pm-06:30 pm	1	Reg Adm	44838
May 1	F	04:00 pm-05:00 pm	1	Reg Adm	44839
May 21	Th	05:30 pm-06:30 pm	1	Reg Adm	44837
Jun 5	F	04:00 pm-05:00 pm	1	Reg Adm	44840
Jun 25	Th	05:30 pm-06:30 pm	1	Reg Adm	44836
Jul 17	F	04:00 pm-05:00 pm	1	Reg Adm	46529
Jul 23	Th	05:30 pm-06:30 pm	1	Reg Adm	46526
Aug 13	Th	05:30 pm-06:30 pm	1	Reg Adm	46525
Aug 28	F	04:00 pm-05:00 pm	1	Reg Adm	46530

Thornhill Aquatic & Recreation Centre Age: 13Y and Up

Apr 2	Th	06:15 pm-07:15 pm	1	Reg Adm	45580
Apr 4	Sa	09:30 am-10:30 am	1	Reg Adm	45595
May 2	Sa	10:00 am-11:00 am	1	Reg Adm	45597
May 7	Th	06:15 pm-07:15 pm	1	Reg Adm	45587
Jun 4	Th	06:15 pm-07:15 pm	1	Reg Adm	45588
Jun 14	Su	09:30 am-10:30 am	1	Reg Adm	45599
Jul 2	Th	06:15 pm-07:15 pm	1	Reg Adm	45589
Jul 12	Su	10:30 am-11:30 am	1	Reg Adm	45598
Aug 6	Th	06:15 pm-07:15 pm	1	Reg Adm	45590
Aug 22	Sa	09:00 am-10:00 am	1	Reg Adm	45596

Village Square Leisure Centre

Age: 13Y and Up

Apr 5	Su	10:30 am-11:30 am	1	Reg Adm	45582
Apr 7	Tu	07:00 pm-08:00 pm	1	Reg Adm	45569
Apr 8	W	04:30 pm-05:30 pm	1	Reg Adm	45577
May 3	Su	10:30 am-11:30 am	1	Reg Adm	45585
May 5	Tu	07:00 pm-08:00 pm	1	Reg Adm	45571
May 6	W	04:30 pm-05:30 pm	1	Reg Adm	45578
Jun 7	Su	10:30 am-11:30 am	1	Reg Adm	45584
Jun 9	Tu	07:00 pm-08:00 pm	1	Reg Adm	45572
Jun 10	W	04:30 pm-05:30 pm	1	Reg Adm	45579
Jul 12	Su	10:30 am-11:30 am	1	Reg Adm	45672
Jul 14	Tu	07:00 pm-08:00 pm	1	Reg Adm	45601
Jul 15	W	04:30 pm-05:30 pm	1	Reg Adm	45666
Aug 9	Su	10:30 am-11:30 am	1	Reg Adm	45675
Aug 11	Tu	07:00 pm-08:00 pm	1	Reg Adm	45665
Aug 12	W	04:30 pm-05:30 pm	1	Reg Adm	45669

18 Years and Over

Abs & Arms

The ultimate sculpting class, you'll tone your arms and abs in this challenging session. Your instructor will lead you through a variety of exercises that will help you create a stronger and more defined upper body and mid-section. You'll look great and feel great, too!

Renfrew Aquatic & Recreation Centre

Age: 13Y and Up

Apr 8-Jun 24	W	06:35 pm-07:35 pm	12	\$126.00	45654
Jul 8-29	W	06:35 pm-07:35 pm	4	\$42.00	45656
Aug 12-Sep 2	W	06:35 pm-07:35 pm	4	\$42.00	45655

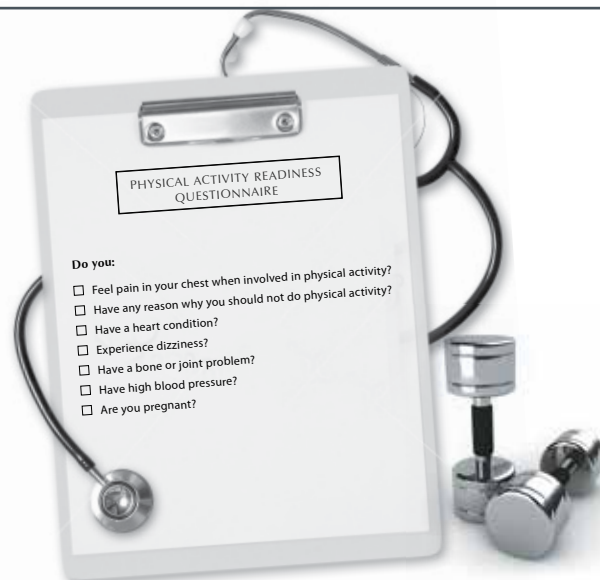
Physical Activity Readiness Questionnaire

Regular physical activity is fun and healthy. Being more active is safe for most people. However, some people should check with their doctor before increasing their level of physical activity.

Do you:

- Feel pain in your chest when you're involved in physical activity?
- Have any reason why you should not do physical activity?
- Have a heart condition?
- Experience dizziness?
- Have a bone or joint problem?
- Have high blood pressure?
- Are you pregnant?

If you answered YES to any of the questions above or are 70 years of age or older, please consult your doctor about participating in physical activities. If you don't know how to interpret any of the above questions, please discuss them with your doctor. It is important for your fitness/wellness instructor to be aware of any concerns so that he/she may make adjustments to your activities as required.



18 Years and Over (continued)

Adapted Fitness

This supervised group exercise program is for individuals who need assistance or have a support worker. Meeting individual needs and goals, you'll get a mobility friendly program, including strength training, cardiovascular fitness, flexibility, balance and coordination. An assessment must be done for new participants for \$45. Call your Leisure Centre for details.

Southland Leisure Centre **Age: 18Y and Up**

Apr 3-Jun 26	F	09:30 am-11:30 am	12	\$87.00	44892
Apr 6-Jun 29	M, W	09:30 am-11:30 am	24	\$174.00	44889
Apr 7-Jun 25	Tu, Th	11:00 am-01:00 pm	24	\$174.00	44890
Apr 7-Jun 25	Tu, Th	01:00 pm-03:00 pm	24	\$174.00	44891
Jul 6-Aug 26	M, W	09:30 am-11:30 am	15	\$108.75	45065
Jul 7-Aug 27	Tu, Th	11:00 am-01:00 pm	16	\$116.00	45070
Jul 7-Aug 27	Tu, Th	01:00 pm-03:00 pm	16	\$116.00	45071
Jul 10-Aug 28	F	09:30 am-11:30 am	8	\$58.00	45072

Village Square Leisure Centre **Age: 18Y and Up**

Apr 7-Jun 30	Tu	10:00 am-12:00 pm	13	\$94.25	45545
Apr 7-Jun 30	Tu	12:00 pm-02:00 pm	13	\$94.25	45548
Apr 8-Jun 24	W	10:00 am-12:00 pm	12	\$87.00	45549
Apr 8-Jun 24	W	12:00 pm-02:00 pm	12	\$87.00	45550
Apr 9-Jun 25	Th	10:00 am-12:00 pm	12	\$87.00	45551
Apr 9-Jun 25	Th	12:00 pm-02:00 pm	12	\$87.00	45552
Apr 17-Jun 26	F	10:00 am-12:00 pm	11	\$79.75	45553
Apr 17-Jun 26	F	12:00 pm-02:00 pm	11	\$79.75	45554
Jul 2-Aug 27	Th	10:00 am-12:00 pm	9	\$65.25	45778
Jul 2-Aug 27	Th	12:00 pm-02:00 pm	9	\$65.25	45779
Jul 3-Aug 28	F	10:00 am-12:00 pm	9	\$65.25	45780
Jul 3-Aug 28	F	12:00 pm-02:00 pm	9	\$65.25	45781
Jul 7-Aug 25	Tu	10:00 am-12:00 pm	8	\$58.00	45772
Jul 7-Aug 25	Tu	12:00 pm-02:00 pm	8	\$58.00	45775
Jul 8-Aug 26	W	10:00 am-12:00 pm	8	\$58.00	45776
Jul 8-Aug 26	W	12:00 pm-02:00 pm	8	\$58.00	45777



Alberta Cancer Exercise Program

Funded by Alberta Innovates Health Solutions – Cancer Prevention

Research Opportunity, this 12-week physical activity program is open to all cancer survivors within three years of completing treatment, capable of low to moderate intensity exercise, over the age of 18, and able to consent in English. This includes two 60-minute classes each week, combining aerobic and strength training. **Must complete pre-screening through the Health & Wellness Lab at the University of Calgary prior to registering – call 403-210-8482 or email ace@ucalgary.ca.

Killarney Aquatic & Recreation Centre **Age: 18Y and Up**

Apr 6-Jun 24	M, W	04:00 pm-05:00 pm	23	\$0.00	46079
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Renfrew Aquatic & Recreation Centre **Age: 18Y and Up**

Apr 8-Jun 26	W, F	03:45 pm-04:45 pm	24	\$0.00	45782
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Southland Leisure Centre **Age: 18Y and Up**

Apr 6-Jun 29	M, Th	09:45 am-10:45 am	24	\$0.00	44535
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Alberta Cancer Exercise Maintenance Program

Alberta Cancer Exercise Maintenance is an evidence-based physical activity program open to all cancer survivors over the age of 18 and capable of low to moderate intensity exercise. This program combines aerobic exercise and strength training components. *All participants must have previously participated in a TrueNTH or ACE program where they completed the pre-screening process. Individuals that have experienced a change in their health or fitness status must be re-screened through the Health & Wellness Lab at the University of Calgary prior to registering – call 403-210-8482 or email ace@ucalgary.ca.

Killarney Aquatic & Recreation Centre **Age: 18Y and Up**

Apr 13-Jun 17	M, W	04:00 pm-05:00 pm	19	\$137.75	46086
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Renfrew Aquatic & Recreation Centre **Age: 18Y and Up**

Apr 8-Jun 26	W, F	03:45 pm-04:45 pm	24	\$174.00	46132
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Southland Leisure Centre **Age: 18Y and Up**

Apr 6-Jun 29	M, Th	08:30 am-09:30 am	24	\$174.00	44534
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Apr 6-Jun 29	M, Th	10:55 am-11:55 am	24	\$174.00	44553
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Apr 13-Jun 18	M, Th	09:45 am-10:45 am	19	\$137.75	47367
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Alberta Cancer Exercise – Survivorship

Alberta Cancer Exercise – Survivorship is a continuing evidence-based, community oriented physical activity program open to all cancer survivors over the age of 18 who are capable of moderate intensity exercise. This program provides the next level of challenge, building upon previous courses, with a focus on maintaining strength and including elements of aerobic exercise, balance and wellness. Recommended for those who are not currently under active treatment. *All participants must have previously participated in a TrueNTH or at least one session in ACE Maintenance in the past year. Individuals that have experienced a change in their health or fitness status must be re-screened through the Health & Wellness Lab at the University of Calgary prior to registering – call 403-210-8482 or email ace@ucalgary.ca.

Killarney Aquatic & Recreation Centre **Age: 18Y and Up**

Apr 7-Jun 25	Tu, Th	04:15 pm-05:00 pm	24	\$126.00	44337
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Jul 7-Aug 27	Tu, Th	04:15 pm-05:00 pm	16	\$84.00	45568
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Southland Leisure Centre **Age: 18Y and Up**

Apr 7-Jun 30	Tu, F	01:30 pm-02:30 pm	24	\$174.00	44551
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Making memories



Endless choices for family fun.

Visit calgary.ca/leisurecentres for more information.

Aqua – H.E.A.T. (High Energy Athletic Training)

Love the water and a good workout? This class will get your heart pumping and your body working. With no choreography involved, H.E.A.T. stands for High Energy Athletic Training. All moves are athletically based and offer a fun aerobic and anaerobic workout in the water.

Foothills Aquatic Centre **Age: 13Y and Up**

Apr 14-Jun 23	Tu	08:00 am-09:00 am	11	\$115.50	46104
Apr 16-Jun 25	Th	08:00 am-09:00 am	11	\$115.50	46118

Killarney Aquatic & Recreation Centre **Age: 13Y and Up**

Apr 2-30	Tu, Th	07:00 am-07:55 am	9	\$94.50	44344
May 7-28	Tu, Th	07:00 am-07:55 am	7	\$73.50	44346
Jun 2-30	Tu, Th	07:00 am-07:55 am	9	\$94.50	44347
Jul 8-Aug 26	W	04:40 pm-05:30 pm	8	\$84.00	45621

Shouldice Aquatic Centre **Age: 13Y and Up**

Apr 16-Jun 25	Th	07:30 pm-08:30 pm	11	\$115.50	44314
Jul 6-Aug 24	M	09:30 am-10:30 am	7	\$73.50	46524

Aqua – Conditioning Swim

Want to become a better all-around swimmer? In each class, your instructor designs a swim workout to increase your cardiovascular and muscular endurance and improve your swimming efficiency. While it's not a swim lesson, some stroke correction will be given. Participants must be able to swim eight lengths continuously.

Acadia Aquatic & Fitness Centre **Age: 13Y and Up**

Apr 15-Jun 17	W	07:30 pm-08:30 pm	10	\$105.00	44831
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Killarney Aquatic & Recreation Centre **Age: 13Y and Up**

Apr 6-Jun 29	M	06:30 pm-07:30 pm	12	\$126.00	44335
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Renfrew Aquatic & Recreation Centre **Age: 13Y and Up**

Apr 13-Jun 29	M	07:30 pm-08:30 pm	11	\$115.50	45529
Jul 6-27	M	07:30 pm-08:30 pm	4	\$42.00	46142
Aug 10-31	M	07:30 pm-08:30 pm	4	\$42.00	46143

Aqua – Deep Water Workout

Dive deep into an exciting water workout! This water fitness class uses the buoyancy and resistance of the water to challenge your cardiovascular system and muscle groups. Exercises are done while wearing a floatation belt in deep water. With no swimming skills necessary, you can get fit and have fun.

Shouldice Aquatic Centre **Age: 16Y and Up**

Apr 13-Jun 22	M	08:15 pm-09:15 pm	10	\$105.00	44311
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18 Years and Over (continued)

Aqua – Tethered Deep Water Workout

This is one deep water workout you won't want to miss! Traditional deep water moves are performed while tethered to a lane rope by a bungee cord and attached to a deep belt. Benefits include stationary stability resulting in increased intensity. It's great whether you're a beginner or advanced!

Bob Bahan Aquatic & Fitness Centre **Age: 16Y and Up**
 Apr 18-May 30 Sa 07:05 am-08:05 am 6 \$85.50 46975
 Jul 4-26 Su, Sa 07:05 am-08:05 am 8 \$114.00 47003

Renfrew Aquatic & Recreation Centre **Age: 16Y and Up**
 Apr 14-Jun 23 Tu 06:30 pm-07:15 pm 11 \$134.75 45646
 Apr 16-Jun 25 Th 06:30 pm-07:15 pm 11 \$134.75 45645
 Apr 19-Jun 21 Su 09:00 am-10:00 am 9 \$128.25 45644
 Jul 2-23 Th 06:30 pm-07:15 pm 4 \$49.00 46183
 Jul 5-26 Su 09:00 am-10:00 am 4 \$57.00 46186
 Jul 7-28 Tu 06:30 pm-07:15 pm 4 \$49.00 46181
 Aug 6-27 Th 06:30 pm-07:15 pm 4 \$49.00 46184
 Aug 9-30 Su 09:00 am-10:00 am 4 \$57.00 46185
 Aug 11-Sep 1 Tu 06:30 pm-07:15 pm 4 \$49.00 46182

Thornhill Aquatic & Recreation Centre **Age: 16Y and Up**
 Apr 19-Jun 28 Su 11:05 am-12:05 pm 10 \$142.50 45623
 Apr 21-Jun 23 Tu 08:15 pm-09:15 pm 10 \$142.50 45624

Balance & Strength (Gentle 2)

An easy to follow low intensity class for adults. Designed for those with any type of limited mobility, helping increase confidence and improve balance, strength, core stability and flexibility. Also includes low intensity cardio to help build up endurance.

Sir Winston Churchill Aquatic & Rec Ctr **Age: 18Y and Up**
 Apr 7-Jun 23 Tu 11:30 am-12:30 pm 12 \$126.00 44296

Body Positive Fitness

Try a workout class in a supportive space for bodies of all sizes. This class is a mixture of functional movement, coordination, strength, stretch and of course fun! Appreciate your body the way it is and measure your physical success by the way you feel and by what your body can do! All fitness levels welcome!

Killarney Aquatic & Recreation Centre **Age: 13Y and Up**
 Apr 19-Jun 14 Su 10:30 am-11:30 am 8 \$84.00 44508
 Jul 5-26 Su 10:30 am-11:30 am 4 \$42.00 45708
 Aug 9-30 Su 10:30 am-11:30 am 4 \$42.00 45709

Bone Builders (Gentle 3)

Strengthen your bones and prevent fall-related injuries in this strength, core and balance class. This program will incorporate weight bearing activities as well as balance exercises that will help keep your bones strong and your body stable. Bone Builders is open to anyone wanting to improve their balance and strengthen their bones!

Sir Winston Churchill Aquatic & Rec Ctr **Age: 18Y and Up**
 Apr 7-Jun 11 Tu, Th 01:30 pm-02:30 pm 18 \$189.00 44295

Bootcamp

Get your sweat on with an athletic workout that incorporates strength training and cardio drills. Bootcamp is great for anyone who wants a vigorous, conditioning based workout. Be part of a group, feel the energy and reap the rewards of feeling fit.

Beltline Aquatic & Fitness Centre **Age: 16Y and Up**
 Jul 4-Aug 29 Sa 09:00 am-10:00 am 8 \$84.00 46664
Killarney Aquatic & Recreation Centre **Age: 16Y and Up**
 Apr 1-29 M, W, F 06:05 am-06:50 am 12 \$102.00 44308
 May 8-29 M, W, F 06:05 am-06:50 am 9 \$76.50 44309
 Jun 1-29 M, W, F 06:05 am-06:50 am 13 \$110.50 44310
 Jul 3-31 M, W, F 06:05 am-06:50 am 13 \$110.50 44988
 Aug 5-31 M, W, F 06:05 am-06:50 am 12 \$102.00 44989

Bootcamp – Adventure Bootcamp

Be part of an athletic adventure! Packed with fun and energizing activities that will help you reach your fitness goals fast. Adventure Bootcamp offers the full body workout you want. Classes may take place in the studio, in the gym, on the stairs or in the great outdoors.

Bob Bahan Aquatic & Fitness Centre **Age: 16Y and Up**
 May 24-Jun 21 Su 08:00 am-09:00 am 5 \$52.50 46987
Glenmore Sailing School **Age: 16Y and Up**
 May 6-Jun 24 W 06:00 pm-07:00 pm 8 \$84.00 44469
 May 23-Jun 27 Sa 10:00 am-11:00 am 6 \$63.00 44493
New Brighton Athletic Park **Age: 16Y and Up**
 May 4-Jun 29 M 06:00 pm-07:00 pm 8 \$84.00 44504
 May 7-Jun 25 Th 10:00 am-11:00 am 8 \$84.00 44512
Southland Leisure Centre **Age: 16Y and Up**
 Apr 4-Jun 20 Sa 08:00 am-09:00 am 9 \$94.50 45126

Bootcamp – Aqua – Conditioning Swim

With the benefits of our popular conditioning swim and the challenge of a cross-training bootcamp class, you have one fantastic workout! Reach your goals faster in this all water class that combines stroke efficiency coaching along with core, strength and endurance activities.

Acadia Aquatic & Fitness Centre **Age: 13Y and Up**
 Apr 20-Jun 22 M 07:30 pm-08:30 pm 9 \$94.50 44801

18 Years and Over (continued)

Bootcamp – Beginner

A full body workout for the beginner! Whether you're getting back into physical fitness or just beginning, this program will kick start your wellness goals and have you looking and feeling good. Build your strength, endurance, cardiovascular fitness, and range of motion in a supportive environment. And have fun, too!

Southland Leisure Centre			Age: 16Y and Up		
Apr 7-Jun 16	Tu	06:05 pm-07:05 pm	11	\$115.50	45127
Apr 9-Jun 18	Th	06:05 pm-07:05 pm	11	\$115.50	45128
Jul 7-Aug 25	Tu	06:05 pm-07:05 pm	8	\$84.00	46980

Buns & Bellies

Target those trouble spots in this effective class. The ultimate midsection and bun toner, the focus is on abdominals, hips and thighs followed by a relaxing stretch. It's a workout that tightens, tones and leaves you feeling good about yourself, and your body.

Acadia Aquatic & Fitness Centre			Age: 13Y and Up		
Apr 20-Jun 22	M	07:00 pm-08:00 pm	9	\$94.50	44795
Canyon Meadows Aquatic & Fitness Centre			Age: 13Y and Up		
Apr 20-Jun 15	M	07:15 pm-08:15 pm	8	\$84.00	47017
Thornhill Aquatic & Recreation Centre			Age: 13Y and Up		
Apr 22-Jun 24	W	06:10 pm-07:10 pm	10	\$105.00	45626

Cardio Kickbox Combo

A knockout fitness class combining basic kickboxing technique with cardio and muscle conditioning, ending with a good stretch. This full body workout packs a punch!

Village Square Leisure Centre			Age: 16Y and Up		
Apr 8-May 13	W	07:10 pm-08:10 pm	6	\$63.00	46506
May 20-Jun 24	W	07:10 pm-08:10 pm	6	\$63.00	46507
Jul 8-Aug 26	W	07:10 pm-08:10 pm	8	\$84.00	46505

Core & More

Get stronger to your core! From full body workouts and cardio to strengthening your legs and arms, the focus will be on creating a toned and strong midsection. Each class will finish with a relaxing stretch.

Village Square Leisure Centre			Age: 16Y and Up		
Apr 7-May 12	Tu	07:10 pm-08:10 pm	6	\$63.00	46490
May 19-Jun 23	Tu	07:10 pm-08:10 pm	6	\$63.00	46491
Jul 7-Aug 25	Tu	07:10 pm-08:10 pm	8	\$84.00	46493

Core & Restore – Beginner

Using a variety of fitness equipment, ease into this gentle introduction to your core awareness and strengthening as well as the mind-body connection of breath and stretch. Myofascial release may be included. Regular practice through progression will develop stability/balance, flexibility and a calming of the mind.

Thornhill Aquatic & Recreation Centre			Age: 16Y and Up		
Apr 30-Jun 18	Th	01:15 pm-02:15 pm	8	\$84.00	45629

Cut

It feels good to be strong! This total body workout uses high repetitions to improve your muscular endurance and heart health. As you progress through this challenging class you'll see your fitness levels improve and your body change.

Acadia Aquatic & Fitness Centre			Age: 16Y and Up		
Apr 15-Jun 17	W	06:30 pm-07:30 pm	10	\$105.00	44824
Renfrew Aquatic & Recreation Centre			Age: 16Y and Up		
Apr 13-Jun 29	M	07:10 pm-08:10 pm	11	\$115.50	45661
Jul 6-27	M	07:10 pm-08:10 pm	4	\$42.00	45662
Aug 10-31	M	07:10 pm-08:10 pm	4	\$42.00	45663

Cycle – Pure Cycle

Experience the ride of your life! You'll be led through a virtual ride on flat roads, hills and sprints. Improve your aerobic fitness levels and power through a segmented training plan. With each training session done, you'll return begging for more!

Killarney Aquatic & Recreation Centre			Age: 16Y and Up		
Apr 2-30	Tu, Th	06:05 am-06:50 am	9	\$76.50	44338
Apr 2-Jun 25	Th	05:10 pm-05:55 pm	13	\$110.50	44487
Apr 7-28	Tu	05:10 pm-05:55 pm	4	\$34.00	44366
May 7-28	Tu, Th	06:05 am-06:50 am	7	\$59.50	44339
May 12-Jun 2	Tu	05:10 pm-05:55 pm	4	\$34.00	44368
Jun 2-30	Tu, Th	06:05 am-06:50 am	9	\$76.50	44340
Jun 9-30	Tu	05:10 pm-05:55 pm	4	\$34.00	44369
Jul 2-30	Tu, Th	06:05 am-06:50 am	9	\$76.50	45573
Jul 7-28	Tu	05:10 pm-05:55 pm	4	\$34.00	45576
Aug 4-27	Tu, Th	06:05 am-06:50 am	8	\$68.00	45574
Aug 4-25	Tu	05:10 pm-05:55 pm	4	\$34.00	45581



Check out our fitness centres.
Visit calgary.ca/fitness
for more information.

18 Years and Over (continued)

Cycle – Virtual Ride

Ride in beautiful countries, with spectacular scenery where it's always sunny and warm! This class will challenge you with hills, sprints, intervals and endurance – all matching the virtual ride projected in front of you. You bring your legs, we bring the music and "location." No previous experience required.

Southland Leisure Centre **Age: 16Y and Up**
Apr 6-Jun 15 M 06:30 pm-07:30 pm 10 \$105.00 45130

Cycle & Core

Combine your workouts and train more efficiently! In this class, you'll get an incredible calorie burn and effective core workout. Each class incorporates both cardiovascular and core conditioning, resulting in a challenging and rewarding fitness experience.

Killarney Aquatic & Recreation Centre **Age: 16Y and Up**
Apr 14-May 14 Tu, Th 07:00 am-08:00 am 10 \$105.00 44342
May 19-Jun 25 Tu, Th 07:00 am-08:00 am 12 \$126.00 44343
Renfrew Aquatic & Recreation Centre **Age: 16Y and Up**
Apr 16-Jun 11 Th 07:15 pm-08:15 pm 9 \$94.50 45671

Essentrics

A full body workout using a dynamic and fluid combination of strengthening and stretching. The technique rebalances the body and develops lean, strong and flexible muscles that help develop a healthy posture. With a diverse music playlist, this equipment-free workout leaves you feeling energized, youthful and healthy.

Killarney Aquatic & Recreation Centre **Age: 16Y and Up**
Apr 13-Jun 22 M 07:10 pm-08:10 pm 10 \$127.50 44336
Renfrew Aquatic & Recreation Centre **Age: 16Y and Up**
Apr 8-Jun 24 W 07:15 pm-08:15 pm 12 \$153.00 45733

Ever Active (Gentle 3)

A safe and fun way to be more active. Classes include cardio, strength, balance, core and flexibility. It will build on your current level of activity and is appropriate for those new/returning to fitness or looking for a wellness approach to exercise. Join us to be Ever Active!

Village Square Leisure Centre **Age: 16Y and Up**
Apr 20-Jun 15 M 07:10 pm-08:10 pm 8 \$84.00 46160

Fun, free
community
activities



The City of Calgary offers a wide variety of free summer programs for children, youth and families in communities across Calgary. Get outside, have fun and make new friends this summer.

Visit calgary.ca/free to find out what's available in your area.

18 Years and Over (continued)

HIIT

Take your fitness and fat loss to the next level! In this explosive High Intensity Interval Training workout, you'll use a variety of portable equipment and skip choreography altogether. Boost your metabolism, improve anaerobic and aerobic performance and experience creative energy.

Southland Leisure Centre **Age: 16Y and Up**
Apr 7-Jun 16 Tu 07:15 pm-08:15 pm 11 \$115.50 45125

HIIT Circuit

Ready for the next-level challenge? This High Intensity Circuit Training class will push you with a mixed series of strength and cardio training stations designed for fun and motivation including fast-moving cardio drills. Burn mega-calories in this fast-paced workout.

Max Bell Centre **Age: 16Y and Up**
Apr 7-May 26 Tu 06:30 am-07:30 am 8 \$84.00 46605
Jun 2-Jul 28 Tu 06:30 am-07:30 am 9 \$94.50 46607

HIIT Circuit & Yoga

The 30-minute High Intensity Circuit Training class will push you with a mixed series of strength and cardio training stations designed for fun and motivation including fast-moving cardio drills followed by stretch and relaxation in a 30-minute yoga class.

Acadia Aquatic & Fitness Centre **Age: 16Y and Up**
Apr 20-Jun 22 M 08:10 pm-09:10 pm 9 \$114.75 44796

Knee & Hip Friendly Fitness (Gentle 3)

A class specifically for those with knee and/or hip pain or arthritis. All exercises are selected to strengthen the body of those who are pre-surgery, post-surgery and those choosing a non-surgical route. This class will include both strength and some light cardio, with plenty of options for pain-free fitness.

Canyon Meadows Aquatic & Fitness Centre **Age: 18Y and Up**
Apr 8-May 27 W 05:15 pm-06:15 pm 8 \$84.00 47020
Renfrew Aquatic & Recreation Centre **Age: 18Y and Up**
Apr 14-Jun 23 Tu 07:15 pm-08:15 pm 11 \$115.50 45679
Jul 7-28 Tu 07:15 pm-08:15 pm 4 \$42.00 45680
Aug 11-Sep 1 Tu 07:15 pm-08:15 pm 4 \$42.00 45681

Latin Rhythms

Join this hot dance-based fitness craze. Latin Rhythms will teach you the basics of many popular Latin dances while allowing you to enjoy the benefits of a fast-paced, heart-pumping workout. Lose yourself to sizzling hot Latin culture while burning off extra pounds with this fun workout.

Killarney Aquatic & Recreation Centre **Age: 18Y and Up**
Apr 14-Jun 16 Tu 06:05 pm-07:05 pm 10 \$105.00 44383

Mind-Body Flow

This class introduces you to the physical practice of yoga. You can expect to strengthen and stretch your body in this dynamic and flowing class incorporating yoga inspired postures. Improvements in strength, flexibility, balance and stamina can be achieved with consistent practise.

Sir Winston Churchill Aquatic & Rec Ctr **Age: 13Y and Up**
Apr 7-Jun 23 Tu 10:00 am-11:00 am 12 \$126.00 44293
Apr 9-Jun 25 Th 10:00 am-11:00 am 9 \$94.50 44294

Mind-Body Flow – Chair (Gentle 2)

Enjoy a gentle combination of yoga inspired postures seated in a chair and standing strength and balance postures with the support of a chair. This class ends with guided relaxation. The instructor will provide options for levels within the postures. Experience an improvement in flexibility, functional strength, balance and mobility.

Thornhill Aquatic & Recreation Centre **Age: 16Y and Up**
Apr 22-May 27 W 01:15 pm-02:15 pm 6 \$63.00 45633

Nordic Pole Walking

Enjoy the company of other like-minded people while you reap the benefits from walking with poles! Your instructor will teach you the proper techniques that will get you the best workout and results. This total body workout will enhance your core, posture, joints and confidence.

Bob Bahan Aquatic & Fitness Centre **Age: 18Y and Up**
Jul 8-Aug 12 W 01:10 pm-02:10 pm 6 \$63.00 47014

Nordic Pole Walking – Power Up

Taught by a certified instructor, our Nordic Pole Walking program will improve your endurance and core stability via various aerobic, strength and balancing drills – all while enjoying Calgary's outdoors. Nordic poles are provided for this program.

Max Bell Centre **Age: 18Y and Up**
Apr 3-May 29 F 12:00 pm-01:00 pm 6 \$63.00 46608
Jun 12-Jul 24 F 12:00 pm-01:00 pm 6 \$63.00 46610

Plus Size Fitness

Looking for an encouraging program that won't be intimidating? Forget your size, age and fitness level and change your life! With zero focus on "weight loss" or "being thin," this class encourages feeling good in your own skin through exercise and active living. Concentrate on the positives of working out, while you get healthier and feel better.

Southland Leisure Centre **Age: 16Y and Up**
Apr 7-Jun 16 Tu 07:10 pm-08:10 pm 11 \$115.50 45124
Apr 9-Jun 18 Th 07:10 pm-08:10 pm 11 \$115.50 45123
Jul 7-Aug 25 Tu 07:10 pm-08:10 pm 8 \$84.00 46978

18 Years and Over (continued)

Posture Perfect (Gentle 3)

Improve your posture and alignment to prevent injury from daily activities. Shoulders, abs, back and legs will be the focus of this strength-building class. Exercises may be performed seated, standing or on the ground, and modifications will be provided.

Village Square Leisure Centre				Age: 16Y and Up	
Apr 7-May 12	Tu	06:00 pm-07:00 pm	6	\$63.00	46474
May 19-Jun 23	Tu	06:00 pm-07:00 pm	6	\$63.00	46484
Jul 7-Aug 25	Tu	06:00 pm-07:00 pm	8	\$84.00	46485

Pure Strength

Get a pure workout! Set to motivating music, this progressive strength training workout uses barbells with adjustable weights. A group class, Pure Strength is a simple, athletic-based workout that strengthens, tones and defines every major muscle giving you power, endurance and new fitness principles to follow.

Renfrew Aquatic & Recreation Centre				Age: 16Y and Up	
Apr 19-Jun 14	Su	09:00 am-10:00 am	8	\$84.00	45731
Thornhill Aquatic & Recreation Centre				Age: 16Y and Up	
Apr 17-Jun 26	F	05:00 pm-06:00 pm	10	\$105.00	45636

Sets, Reps & Cardio

The benefits of a weight room workout and a cardio set, in one fun-filled class. This class combines bouts of cardio for heart health and body composition with repeated sets of resistance exercises to strengthen your body head-to-toe. Everything is done at your own pace, making it all about you.

Renfrew Aquatic & Recreation Centre				Age: 16Y and Up	
Apr 13-Jun 29	M	06:05 pm-07:05 pm	11	\$115.50	45693
Jul 6-27	M	06:05 pm-07:05 pm	4	\$42.00	45694
Aug 10-31	M	06:05 pm-07:05 pm	4	\$42.00	45695

Sets, Reps & Core

A weight room style class, without the weight room! This group fitness class uses repeated sets to strengthen, tone and increase your core stability. The weight training workout uses hand weights, as well as your own body to help strengthen your whole body!

Acadia Aquatic & Fitness Centre				Age: 16Y and Up	
Apr 16-Jun 11	Th	05:45 pm-06:45 pm	9	\$94.50	44834
Renfrew Aquatic & Recreation Centre				Age: 16Y and Up	
Apr 8-Jun 24	W	07:40 pm-08:40 pm	12	\$126.00	45720
Jul 8-29	W	07:40 pm-08:40 pm	4	\$42.00	45721
Aug 12-Sep 2	W	07:40 pm-08:40 pm	4	\$42.00	45722
Thornhill Aquatic & Recreation Centre				Age: 16Y and Up	
Apr 28-Jun 16	Tu	05:00 pm-06:00 pm	8	\$84.00	45643
Village Square Leisure Centre				Age: 16Y and Up	
Apr 9-May 14	Th	09:00 am-10:00 am	6	\$63.00	46508
May 21-Jun 25	Th	09:00 am-10:00 am	6	\$63.00	46509
Jul 9-Aug 27	Th	09:00 am-10:00 am	8	\$84.00	46510

Find your fit



If you are a beginner, intermediate or athlete, our trainers can guide you in the right direction to achieve your goals.

A Personal Training Session Includes:

- Client interview/Needs assessment
- Personalized fitness program geared to your goals
- Basic nutritional and lifestyle counseling
- Individualized handouts and education
- One-on-one individualized attention

Call 311 or speak with a staff member at the facility to book with our Personal Trainers to meet your 2020 fitness goals.

calgary.ca/personaltraining

19-0002874

18 Years and Over (continued)

Small Group Training – Body Under Construction

Try our small group training classes which deliver personalized attention and a progressive program for a lower cost. Build strength, feel more energetic and tone up. This group training program will give you tools to achieve your fitness goals. Build your confidence to work out in a gym and experience working with a variety of fitness equipment to help reshape your body. Have fun...get results!

Southland Leisure Centre		Age: 16Y and Up	
Apr 6-May 6	M, W 06:00 pm-07:00 pm	10	\$210.00 44945
May 11-Jun 15	M, W 06:00 pm-07:00 pm	10	\$210.00 47414

Small Group Training – FUNctional Strength

Try our small group training classes which deliver personalized attention and a progressive program for a lower cost. Become stronger, improve muscle tone and have fun working out in a group environment. This class will focus on strength and endurance exercises using free weights, cables, TRX's and machines to improve your overall strength, fitness levels and movement mechanics. Have fun...get stronger!

Southland Leisure Centre		Age: 16Y and Up	
Apr 7-May 7	Tu, Th 09:30 am-10:30 am	10	\$210.00 44946
Apr 7-May 7	Tu, Th 06:30 pm-07:30 pm	10	\$210.00 44963
May 12-Jun 11	Tu, Th 09:30 am-10:30 am	10	\$210.00 47415
May 12-Jun 11	Tu, Th 06:30 pm-07:30 pm	10	\$210.00 47416

Small Group Training – Warrior Women

Try our small group training classes which deliver personalized attention and a progressive program for a lower cost. Learn how to train like a strong women warrior. This class will go over the fundamentals of strength, power, speed training and how to push your body to the next strength level. Come out stronger, more confident and ready to tackle new obstacles and fitness challenges.

Acadia Aquatic & Fitness Centre		Age: 16Y and Up	
Apr 20-Jun 15	M 05:00 pm-06:00 pm	8	\$168.00 44784
Southland Leisure Centre		Age: 16Y and Up	
Apr 8-Jun 10	W 07:30 pm-08:30 pm	10	\$210.00 44943

Step – Introductory

Step your way to better fitness! Learn the basics of step and get a workout at the same time. Along with other beginners, you'll explore techniques and simple choreography for step fitness classes. Gain the confidence you need to participate in our drop-in step classes held around the city!

Village Square Leisure Centre		Age: 13Y and Up	
Apr 7-May 12	Tu 09:00 am-10:00 am	6	\$63.00 46456
May 19-Jun 23	Tu 09:00 am-10:00 am	6	\$63.00 46459
Jul 7-Aug 25	Tu 09:00 am-10:00 am	8	\$84.00 46461

Step Pump

A step class combining the challenge of cardio alternating with resistance training using a variety of hand weights and/or tubing.

Village Square Leisure Centre		Age: 16Y and Up	
Apr 8-May 13	W 06:00 pm-07:00 pm	6	\$63.00 46495
May 20-Jun 24	W 06:00 pm-07:00 pm	6	\$63.00 46496
Jul 8-Aug 26	W 06:00 pm-07:00 pm	8	\$84.00 46499

Strength – Circuit Series

Led by a qualified fitness instructor, you'll get fit, improve aerobic fitness and reshape your body. The circuit series uses a variety of cardio stations and circuit equipment creating a complete and effective training fitness program.

Acadia Aquatic & Fitness Centre		Age: 18Y and Up	
Apr 14-Jun 16	Tu 06:30 pm-07:30 pm	10	\$105.00 44816

Strength – For Women Introductory

Strength training can help you become stronger, healthier and more confident! Learn how to safely use weight machines and free weights and better understand facts about strength training in a friendly group setting.

Bob Bahan Aquatic & Fitness Centre		Age: 16Y and Up	
Jul 14-28	Tu 05:00 pm-06:15 pm	3	\$73.50 47011
Killarney Aquatic & Recreation Centre		Age: 16Y and Up	
May 8-Jun 26	F 09:15 am-10:00 am	8	\$144.00 44494
Jul 3-31	F 09:15 am-10:00 am	5	\$90.00 45705
Aug 7-28	F 09:15 am-10:00 am	4	\$72.00 45706

Strength – Strength Training Introductory

Lifting does a body good! Regular weight training not only tones and shapes, it also reduces stress and perpetuates good health. You'll learn the principles of strength training techniques as well as instruction on warming up, flexibility as well as form and safety.

Bob Bahan Aquatic & Fitness Centre		Age: 16Y and Up	
Apr 8-22	W 01:10 pm-02:40 pm	2	\$56.00 46986
Thornhill Aquatic & Recreation Centre		Age: 16Y and Up	
May 6-20	W 01:00 pm-03:00 pm	3	\$109.50 45575

Strength & Stretch (Gentle 2)

Want to get stronger through stretching? In this class, you'll increase your range of motion with flexibility exercises and tone your body using hand weights, tubing and fit balls. It's a great way to change up your fitness routine and challenge your body in new ways.

Killarney Aquatic & Recreation Centre		Age: 16Y and Up	
Apr 15-Jun 24	W 10:15 am-11:15 am	11	\$115.50 44422
Apr 17-Jun 26	F 09:15 am-10:15 am	11	\$115.50 44424
Village Square Leisure Centre		Age: 16Y and Up	
Apr 11-May 16	Sa 08:15 am-09:15 am	6	\$63.00 46511
May 23-Jun 27	Sa 08:15 am-09:15 am	6	\$63.00 46512
Jul 4-Aug 29	Sa 08:15 am-09:15 am	8	\$84.00 46513

Top 10 for 10

Here is your opportunity to experience the top 10 different formats popular in the fitness industry. Each week a new form will be taught that will offer you variety and challenge. Formats may include, but are not limited to: TRX, Cycle, Barre, BOSU, Bootcamp, Tabata Circuit, Strength, Balls and Bands, Step, HIIT and Bodyweight Interval.

Southland Leisure Centre		Age: 16Y and Up	
Apr 6-Jun 15	M 06:00 pm-07:00 pm	10	\$105.00 45129

18 Years and Over (continued)

Total Body Workout

An intense yet self-paced class with simple or no choreography. There is no set blueprint – classes may have different formats but will include either interval or continuous cardio (possibly utilizing sport moves) and strength moves for every major muscle group including core and balance exercises.

Killarney Aquatic & Recreation Centre				Age: 16Y and Up		
Apr 1-29	W	06:55 am-07:50 am	5	\$52.50	44406	
Apr 3-Jun 26	F	06:55 am-07:50 am	12	\$126.00	44411	
May 13-Jun 24	W	06:55 am-07:50 am	7	\$73.50	44408	
Jul 3-31	F	06:55 am-07:50 am	5	\$52.50	45606	
Jul 8-29	W	06:55 am-07:50 am	4	\$42.00	45603	
Aug 5-26	W	06:55 am-07:50 am	4	\$42.00	45604	
Aug 7-28	F	06:55 am-07:50 am	4	\$42.00	45607	

Triathlon Brick Workout

Become a lean, mean biking and running machine! Triathlon brick workouts train your legs and body to switch and quickly adapt between two very different types of activities: cycling and running. Incorporating an indoor cycling component followed by an outdoor self-paced run, you'll get the conditioning you need.

Glenmore Aquatic Centre				Age: 16Y and Up		
Apr 14-Jun 9	Tu	06:00 pm-07:15 pm	9	\$146.25	45016	
Apr 17-Jun 12	F	09:30 am-11:15 am	8	\$158.00	45025	

Triathlon Training – Race Ready – Adult

Learn what you need to know for race day! This triathlon training workshop will not only provide you with running and biking tips, plus pool time for stroke corrections, but will also include race nutrition, strength and stretching exercises, as well as transition techniques and strategies to get you race ready. You'll need your own bike with slick back tires, running gear and a water bottle, however, a bike trainer is provided.

Glenmore Aquatic Centre				Age: 16Y and Up		
Jul 13-17	M-F	06:00 pm-08:00 pm	5	\$108.75	45726	

Triathlon Training – Swim

Gain valuable triathlon swim tips so you can get the most out of your tri-swim experience. Improve your stroke technique, speed and endurance. This course will focus on triathlon drills that can help you start your triathlon off right. Participants must be able to swim four lengths without stopping.

Acadia Aquatic & Fitness Centre				Age: 16Y and Up		
Apr 15-Jun 17	W	05:35 am-06:35 am	10	\$105.00	44822	
Glenmore Aquatic Centre				Age: 16Y and Up		
Apr 14-Jun 9	Tu	07:30 pm-08:30 pm	9	\$94.50	45019	
Shouldice Aquatic Centre				Age: 16Y and Up		
Apr 14-Jun 23	Tu	08:30 pm-09:30 pm	11	\$115.50	44312	
Apr 16-Jun 25	Th	08:30 pm-09:30 pm	11	\$115.50	44313	

Women's Wellness Program

An Indigenous-based health and fitness class that introduces participants to a variety of activities. Each class consists of a 60-minute physical activity component, followed by 30 minutes of nutrition education and spiritual connection. Graduates of the Women Warriors and Wolf Trail programs are encouraged to register in this course to further enhance their experience.

Village Square Leisure Centre				Age: 13Y and Up		
May 5-Aug 18	Tu	06:30 pm-08:00 pm	16	\$160.00	46693	
May 5-Jun 23	Tu	06:30 pm-08:00 pm	8	\$80.00	46691	
Jun 30-Aug 18	Tu	06:30 pm-08:00 pm	8	\$80.00	46694	

YYC Barre

Meet you at the barre! Barre is an athletic fusion of ballet-inspired movements designed to help you gain strength, tone and get definition in hard-to-target muscles. Barre is not a dance class – it's a fun, high-energy, low-impact workout that targets your core, arms and legs. Great for all levels, you'll transform and sculpt your entire body.

Acadia Aquatic & Fitness Centre				Age: 16Y and Up		
Apr 20-Jun 22	M	06:05 pm-06:50 pm	9	\$90.00	44789	
Killarney Aquatic & Recreation Centre				Age: 16Y and Up		
Apr 15-Jun 3	W	05:00 pm-06:00 pm	8	\$102.00	44472	
Thornhill Aquatic & Recreation Centre				Age: 16Y and Up		
Apr 21-Jun 23	Tu	10:45 am-11:45 am	10	\$127.50	45658	
Apr 23-Jun 25	Th	06:05 pm-07:05 pm	10	\$127.50	45667	

Strength – Circuit Series – Older Adults

Led by a qualified fitness instructor, you'll get fit, improve functional muscle strength and increase your balance. The circuit series uses a variety of cardio and balance stations creating a complete training fitness program.

Acadia Aquatic & Fitness Centre				Age: 50Y and Up		
Apr 14-Jun 16	Tu	01:45 pm-02:45 pm	10	\$105.00	44810	
Southland Leisure Centre				Age: 50Y and Up		
Apr 7-May 14	Tu, Th	01:00 pm-02:00 pm	12	\$126.00	44964	
May 19-Jun 25	Tu, Th	01:00 pm-02:00 pm	12	\$126.00	44965	

Strength – Older Adults

This introductory program covers the proper techniques of weight training using a combination of free weights and machines in the weight room. Learn proper stability and strengthening exercises for improving strength, functionality, balance and independence. Come prepared to workout.

Killarney Aquatic & Recreation Centre				Age: 50Y and Up		
Apr 15-May 20	W	11:30 am-12:30 pm	6	\$126.00	44447	
May 27-Jun 24	W	11:30 am-12:30 pm	5	\$105.00	44449	
Jul 8-29	W	11:45 am-12:45 pm	4	\$84.00	45616	

Zumba Gold (Gentle 3)

Experience the fun, party-like atmosphere of this Latin inspired dance/fitness program. Designed for the older active adult in mind, you'll get a safe and effective total body workout for the mind, body and soul. Just follow the easy-to-learn steps and feel the music!

Bob Bahan Aquatic & Fitness Centre				Age: 50Y and Up		
Jun 25-Jul 30	Th	05:30 pm-06:30 pm	6	\$63.00	47007	
Thornhill Aquatic & Recreation Centre				Age: 50Y and Up		
Apr 24-Jun 5	F	03:00 pm-04:00 pm	6	\$63.00	45673	

FITNESS MARTIAL ARTS

0 to 6 Years

Karate – Preschool

Give your child a karate kick start! This recreational introduction to the basic techniques of karate will help your child learn blocks and punches, as well as the importance of discipline in the respected practice. The focus is on fundamentals, like balance, coordination, restraint and respect for oneself and for others.

Thornhill Aquatic & Recreation Centre **Age: 5Y**
Apr 17-Jun 26 F 05:30 pm-06:15 pm 10 \$67.50 46073

Village Square Leisure Centre **Age: 5Y**
Apr 19-Jun 14 Su 12:30 pm-01:15 pm 8 \$54.00 47110

0 to 17 Years + Adult



Aikido – Family Introductory

Parents and children can learn basic Aikido skills together! This class is structured so parents can work with their children and children can learn with their peers. Together,

you'll learn techniques in a fun environment, with a focus on respect and self-discipline. Class curriculum will be first level skill requirements.

Southland Leisure Centre **Age: 6Y and Up**
Apr 9-Jun 18 Th 06:15 pm-07:15 pm 11 \$68.75 45344

Karate for Everyone – Introductory

Come one, come all – it's karate for everyone! In this recreational class for children and/or adults, you'll learn the basic learning blocks of karate, including the development of balance, discipline, coordination and basic techniques.

Acadia Aquatic & Fitness Centre **Age: 6Y and Up**
Apr 16-Jun 11 Th 06:55 pm-07:55 pm 9 \$81.00 44841

Bob Bahan Aquatic & Fitness Centre **Age: 6Y and Up**
Apr 18-Jun 13 Sa 02:00 pm-03:00 pm 8 \$72.00 45324
Jul 4-Aug 15 Sa 02:00 pm-03:00 pm 6 \$54.00 47023

Canyon Meadows Aquatic & Fitness Centre **Age: 6Y and Up**
Apr 7-May 26 Tu 06:30 pm-07:30 pm 8 \$72.00 47019

Killarney Aquatic & Recreation Centre **Age: 7Y and Up**
Apr 20-Jun 15 M 05:20 pm-06:05 pm 8 \$54.00 46088

Apr 22-Jun 10 W 06:05 pm-07:05 pm 8 \$72.00 44518

Village Square Leisure Centre **Age: 6Y and Up**
Apr 19-Jun 14 Su 01:25 pm-02:25 pm 8 \$72.00 47111

Aikido Tanren Juku



Aikido is a traditional Japanese martial art developed by Morihei Ueshiba to resolve conflict without aggression. Aikido means 'the way of harmonizing with energy'. It utilizes flowing circular movements to absorb power and redirect it to a restraint or unbalancing technique. Aikido is a non-competitive martial art.

Conflict at school or work can affect us physically or mentally. Aikido helps us develop a calm, relaxed approach to resolving conflict with respect and improved self-confidence.

For information and registration in club classes at Tanren Juku Aikido Club call (403) 819-5001 or visit our website at TanrenJuku.com. Also check the CAF (Canadian Aikido Federation) at CanadianAikidoFederation.ca.

We also offer instruction in Aikido Introductory Classes in partnership with Southland Leisure Centre.

See the Martial Arts section of this guide for the course descriptions and more information.

Karate for Everyone – Continuing

Build on what you know! In this continuing program, you'll progress from beginner techniques to more advanced karate moves. Children and adults can learn together and develop a deeper understanding of respect, discipline, coordination and balance.

Acadia Aquatic & Fitness Centre **Age: 6Y and Up**
Apr 16-Jun 11 Th 08:10 pm-09:10 pm 9 \$81.00 44845

Killarney Aquatic & Recreation Centre **Age: 7Y and Up**
Apr 20-Jun 15 M 06:10 pm-07:25 pm 8 \$82.00 46099

Apr 22-Jun 10 W 07:15 pm-08:45 pm 8 \$86.00 44519

Village Square Leisure Centre **Age: 6Y and Up**
Apr 19-Jun 14 Su 02:30 pm-03:30 pm 8 \$72.00 47112

Kung Fu – For Everyone

This Chinese Martial Art is quick, effective and produces fast results. Develop your fitness, speed, self-defense, confidence and self-discipline with an introduction to Kung Fu. Suitable for all ages.

Bob Bahan Aquatic & Fitness Centre **Age: 6Y and Up**
Apr 20-Jun 15 M 07:40 pm-08:40 pm 8 \$72.00 46992

Jul 6-Aug 17 M 07:40 pm-08:40 pm 6 \$54.00 47027

Village Square Leisure Centre **Age: 6Y and Up**
Apr 18-Jun 13 Sa 11:10 am-11:55 am 8 \$54.00 47113

Jul 4-Aug 29 Sa 11:10 am-11:55 am 8 \$54.00 47122



5 to 17 Years



Aikido – Children's Introductory

This class teaches children to have fun and respect one another, while improving self-confidence. Building physical and

mental fitness while learning basic Aikido skills, students even have the option to test for first level belt promotion for an additional fee. This class is taught by black belt instructors from Aikido Tanren Juku.

Southland Leisure Centre				Age:	6Y – 8Y
Apr 8-Jun 17	W	05:25 pm-06:25 pm	11	\$90.75	45341
				Age:	8Y – 13Y
Apr 8-Jun 17	W	06:30 pm-07:30 pm	11	\$90.75	45342

Karate – Child

In this recreational introduction to basic techniques, your child will learn blocks, punches and the importance of discipline in this respected sport. They'll focus on developing balance, coordination, restraint and respect for themselves and those around them. Returning students are welcome.

Bob Bahan Aquatic & Fitness Centre				Age:	6Y – 9Y
Apr 18-Jun 13	Sa	01:00 pm-01:45 pm	8	\$54.00	45320
Jul 4-Aug 15	Sa	12:55 pm-01:55 pm	6	\$54.00	47021
Thornhill Aquatic & Recreation Centre				Age:	6Y – 9Y
Apr 17-Jun 26	F	06:20 pm-07:20 pm	10	\$90.00	46076

Kickboxing – Youth

Switch things up! Kickboxing is a great alternative to other workouts your youth may be used to. Give them a great challenge and a chance to learn the fundamentals beyond just punches and kicks. They'll build their fitness level in a fun, structured, hands-on class. No previous experience is required.

Thornhill Aquatic & Recreation Centre				Age:	13Y – 17Y
Apr 24-Jun 19	F	06:20 pm-07:20 pm	8	\$94.00	45683
Jul 3-24	F	06:20 pm-07:20 pm	4	\$47.00	46348
Village Square Leisure Centre				Age:	13Y – 17Y
Apr 23-Jun 11	Th	06:00 pm-07:00 pm	8	\$94.00	47117

Kickboxing – Youth – Continuing

Expand your knowledge and ability with this exciting continuation to Kickboxing. Learn new combinations and strategies while refining what has been learned. Introductory Kickboxing experience required.

Village Square Leisure Centre				Age:	13Y – 17Y
Apr 23-Jun 11	Th	07:15 pm-08:15 pm	8	\$94.00	47118

Kung Fu – Child

This Chinese Martial Art is developed through hard work and practice. It promotes the ideas of persistence, energy and speed to achieve a goal. Students are introduced to kicks, blocks, the use of both open and closed hand movements. Classes are designed to promote discipline and self-reliance.

Bob Bahan Aquatic & Fitness Centre				Age:	6Y – 9Y
Apr 20-Jun 15	M	06:30 pm-07:30 pm	8	\$72.00	46991
Jul 6-Aug 17	M	06:30 pm-07:30 pm	6	\$54.00	47026
Village Square Leisure Centre				Age:	7Y – 10Y
Apr 18-Jun 13	Sa	10:15 am-11:00 am	8	\$54.00	47114
Jul 4-Aug 29	Sa	10:15 am-11:00 am	8	\$54.00	47121

Tae Kwon Do – Introductory

Your kids will love this fun, action-packed Korean martial arts class! They'll feel stronger and more confident as they improve their all-around fitness and learn basic Tae Kwon Do skills, like kicking and punching. This respected sport also creates positive goals and a winning attitude.

Bob Bahan Aquatic & Fitness Centre				Age:	6Y – 11Y
Apr 15-Jun 3	W	06:30 pm-07:15 pm	8	\$54.00	45330
				Age:	7Y – 11Y
Jul 8-Aug 12	W	06:30 pm-07:30 pm	6	\$54.00	47024
				Age:	7Y – 12Y
Apr 15-Jun 3	W	07:20 pm-08:20 pm	8	\$72.00	45332
				Age:	7Y – 16Y
Jul 8-Aug 12	W	07:35 pm-08:35 pm	6	\$54.00	47025
Canyon Meadows Aquatic & Fitness Centre				Age:	6Y – 9Y
Apr 18-Jun 13	Sa	10:45 am-11:30 am	8	\$54.00	47057
				Age:	7Y – 12Y
Apr 17-Jun 12	F	05:30 pm-06:30 pm	8	\$72.00	47056
				Age:	8Y – 12Y
Apr 18-Jun 13	Sa	11:35 am-12:35 pm	8	\$72.00	47058
Southland Leisure Centre				Age:	6Y – 9Y
Apr 5-Jun 21	Su	01:00 pm-01:45 pm	10	\$67.50	45333
				Age:	9Y – 11Y
Apr 5-Jun 21	Su	01:55 pm-02:55 pm	10	\$90.00	45339
				Age:	12Y – 14Y
Apr 5-Jun 21	Su	03:00 pm-04:00 pm	10	\$90.00	45340
Village Square Leisure Centre				Age:	7Y – 8Y
Apr 21-Jun 9	Tu	06:00 pm-07:00 pm	8	\$72.00	47115
Jul 7-Aug 25	Tu	06:00 pm-07:00 pm	8	\$72.00	47119
				Age:	9Y – 12Y
Apr 21-Jun 9	Tu	07:15 pm-08:15 pm	8	\$72.00	47116
Jul 7-Aug 25	Tu	07:15 pm-08:15 pm	8	\$72.00	47120

Aikido – Youth/Adult Introductory

Aikido emphasizes respect, relaxation, self-confidence, and physical and mental fitness. Learn how to harmonize with an attack and resolve conflict without aggression. This class is integrated with Aikido Tanren Juku Club students, who bring their experience to instruction and learning. This class is taught by black belt instructors from Aikido Tanren Juku.

Southland Leisure Centre				Age:	14Y and Up
Apr 6-Jun 15	M	07:30 pm-09:00 pm	10	\$132.50	45343

12 Years and Over

Hapkido – Child & Youth

An introduction to martial arts for the growing body and mind. Learn fundamental hapkido techniques including how to roll, kick, strike and defend yourself in a safe, fun and lively environment. This introductory/intermediate, traditional martial arts class is taught by black belt instructors from Tillman Hapkido.

Renfrew Aquatic & Recreation Centre **Age: 8Y – 14Y**
Apr 14-Jun 23 Tu 04:30 pm-05:30 pm 11 \$90.75 45765

Hapkido – Youth & Adult

The art of complete self-defence, hapkido combines the dynamic kicking and striking, together with a vast array of locks and throws designed to control an attacker. This multi-level, traditional martial arts class is taught by black belt instructors from Tillman Hapkido.

Renfrew Aquatic & Recreation Centre **Age: 15Y and Up**
Apr 13-Jun 29 M 07:00 pm-08:30 pm 11 \$145.75 45764

Karate for Everyone – Beyond Continuing

This fast paced class is a recreational approach to karate for continuing students who want to advance their karate techniques, throws, rolls and high intensity exercises. You must have trained for at least three years in a martial art before registering.

Killarney Aquatic & Recreation Centre **Age: 7Y and Up**
Apr 20-Jun 15 M 07:30 pm-08:30 pm 8 \$72.00 46101

Thornhill Aquatic & Recreation Centre **Age: 13Y and Up**
Apr 25-Jun 20 Sa 11:40 am-12:40 pm 8 \$72.00 45688

Tai Chi & Qigong Healing (Gentle 3)

The ancient Chinese practices of Tai-Chi and Qigong provide gentle stretching, soft flowing movements and breathing exercises. This improves the circulation of blood and qi and promotes good function of internal organs, metabolism and lubrication of the joints. It's a simple way to achieve better health, inside and out.

Acadia Aquatic & Fitness Centre **Age: 13Y and Up**
Apr 20-Jun 15 M 01:00 pm-02:00 pm 8 \$94.00 44781

Beltline Aquatic & Fitness Centre **Age: 13Y and Up**
May 4-Jun 29 M 06:15 pm-07:15 pm 8 \$94.00 46630
Jul 6-Aug 24 M 06:15 pm-07:15 pm 7 \$82.25 46629

18 Years and Over

Karate – Tambo Training

This class uses Tambo (stick) training, which combines development drills and dynamic exercise from modern arnis and karate. The drills and exercises promote a balance between the left and right sides of the body and improve speed, coordination, power and agility. This class is designed for all ability levels.

Thornhill Aquatic & Recreation Centre **Age: 13Y and Up**
Apr 25-Jun 20 Sa 12:45 pm-02:00 pm 8 \$82.00 45692

Kickboxing

Kickboxing is a great addition to your fitness routine! Introduce your body to a new set of challenges and learn the fundamentals in a fun, structured, hands-on class. Build your fitness level in a challenging setting while learning about more than punches and kicks. No previous experience is required.

Thornhill Aquatic & Recreation Centre **Age: 15Y and Up**
Apr 21-Jun 23 Tu 06:05 pm-07:05 pm 10 \$117.50 45678

Qigong (Gentle 3)

Qigong includes stretching, breathing and meditative postures and exercises, which help stimulate and balance your internal energy (Qi). These exercises are short, repetitive movements which take practise and focus. The regular practise of Qigong helps relieve stress, tension, depression and physical fatigue, improving your quality of life and well-being.

Thornhill Aquatic & Recreation Centre **Age: 16Y and Up**
Apr 29-Jun 17 W 01:15 pm-02:45 pm 8 \$94.00 45728

Self-defence and Awareness Workshop

This workshop focuses on situational awareness and practical tactics that can help you get out of unfortunate situations. With practical scenarios, lecture and group discussion, you'll feel safe in our ever growing city.

Thornhill Aquatic & Recreation Centre **Age: 13Y and Up**
Jun 27 Sa 12:00 pm-03:00 pm 1 \$43.00 45730

Tai Chi (Yang Style) – Introductory (Gentle 3)

Add a little Yang to your Tai Chi practice. In this gentle, non-competitive class, you'll be introduced to the basics of Yang Style Tai Chi, including balance, posture and mental awareness. Learn to relax through breathing patterns and soft flowing movements of Tai Chi.

Renfrew Aquatic & Recreation Centre **Age: 16Y and Up**
Apr 19-Jun 21 Su 10:15 am-11:15 am 9 \$105.75 45763



Women's Aikido Workshops

Join us for a special event as Tanren Juku Aikido Club presents two ladies-only workshops at Southland Leisure Centre. Each session will be in a relaxed atmosphere with your peers. We will present practical defense techniques with an introduction to Aikido as a martial art. No prior experience is necessary. Sessions are April 25 and May 3. Phone (403) 819-5001 to register. Choose one day or the other for a three hour session. Age 13 and up. Cost is \$25.



FITNESS PARENT AND CHILD

0 to 17 Years + Adult

Mom & Me Move

Bring your little one to this interactive movement class that may include fitness, dance, yoga, Pilates and more. Get fit while enriching your child's exposure to movement by playing games that include strength, coordination, balance and flexibility. Children must be walking and parent participation is mandatory.

Glenmore Aquatic Centre **Age: 12M – 2Y**
Apr 20-Jun 22 M 10:00 am-10:45 am 9 \$76.50 45007

Parent & Baby Fit Together – Bootcamp

Bring your baby and get fit Bootcamp style! This high energy indoor workout includes an assortment of drills that focus on core function, strength, power, agility and balance while progressively bringing back cardio conditioning.

Killarney Aquatic & Recreation Centre **Age: 0 – 12M**
Apr 1-May 13 W 01:00 pm-01:50 pm 7 \$73.50 44459
Apr 14-Jun 16 Tu 10:30 am-11:30 am 10 \$105.00 44351
Jul 7-28 Tu 02:10 pm-03:10 pm 4 \$42.00 45586
Southland Leisure Centre **Age: 0 – 12M**
Apr 8-May 13 W, F 11:00 am-12:00 pm 10 \$105.00 45114
May 15-Jun 17 W, F 11:00 am-12:00 pm 10 \$105.00 45111
Jul 8-Aug 26 W 10:30 am-11:30 am 8 \$84.00 46868

Parent & Baby Fit Together – Core & More

Bring your baby to this challenging strength-based class that focuses on rebuilding your core and extending that strength to the rest of your body. Enjoy the company of other parents as you strengthen your body in preparation for all of the fun adventures to come with your new little one.

Glenmore Aquatic Centre **Age: 0 – 12M**
Apr 20-Jun 22 M 02:35 pm-03:35 pm 9 \$94.50 45010
Southland Leisure Centre **Age: 0 – 12M**
Apr 7-Jun 16 Tu 10:30 am-11:30 am 11 \$115.50 45112

Parent & Baby Fit Together – Inside Out

Babies welcome! This innovative class can be held indoors or outdoors depending on the weather. You will have a great time doing stroller fitness, cardiovascular and strength training exercises. Meet other parents while learning safe exercises that can be done with baby indoors or outdoors.

Acadia Aquatic & Fitness Centre **Age: 0 – 12M**
Jul 7-28 Tu 11:40 am-12:30 pm 4 \$42.00 44982
Killarney Aquatic & Recreation Centre **Age: 0 – 12M**
Jul 8-29 W 10:30 am-11:30 am 4 \$42.00 45610

Parent & Baby Fit Together – Pilates

Enjoy Pilates with your baby. Pilates is a progressive series of exercises that restores the core, back and pelvic floor muscles while strengthening and lengthening all muscles. In this relaxed atmosphere, you will bring about balance to your body and meet other parents, while learning and getting stronger.

Killarney Aquatic & Recreation Centre **Age: 0 – 12M**
Apr 13-Jun 22 M 11:30 am-12:30 pm 10 \$127.50 44315
Jul 6-Aug 31 M 02:45 pm-03:45 pm 8 \$102.00 44990

Parent & Baby Fit Together – Restore & Core

Your body has gone through some big changes! Now let's begin to rebuild your core in a class that will stretch tight muscles and strengthen weak ones. Increasing your physical well-being will help you to enjoy your new baby. A variety of equipment (as well as baby) may be used throughout this class.

Acadia Aquatic & Fitness Centre **Age: 0 – 12M**
Apr 15-Jun 17 W 01:00 pm-02:00 pm 10 \$105.00 45181
Killarney Aquatic & Recreation Centre **Age: 0 – 12M**
Apr 17-Jun 19 F 10:20 am-11:20 am 10 \$105.00 44499

Parent & Baby Fit Together – Stroller Fitness

Bring your stroller to this baby-friendly full body workout. Classes include bouts of power walking, cardio drills intervals, functional strength training and postnatal core/pelvic floor work. Class can take place indoors or outdoors.

Killarney Aquatic & Recreation Centre **Age: 0 – 24M**
May 20-Jun 24 W 01:00 pm-02:00 pm 6 \$63.00 44462
New Brighton Athletic Park **Age: 0 – 24M**
May 4-Jun 29 M 10:00 am-11:00 am 8 \$84.00 44514
Shouldice Aquatic Centre **Age: 0 – 24M**
May 27-Jun 24 W 10:20 am-11:20 am 5 \$52.50 46280
Jul 8-29 W 10:20 am-11:20 am 4 \$42.00 46336
Aug 5-26 W 10:20 am-11:20 am 4 \$42.00 46337
Southland Leisure Centre **Age: 0 – 24M**
Jul 6-Aug 24 M 10:30 am-11:30 am 7 \$73.50 46869

Parent & Baby Fit Together – Strong

Grow stronger while spending time with your baby in this unique strength-based fitness class. Re-connect with your body by restoring the core, building strength with resistance exercises and increasing stamina while defining and toning your body.

Renfrew Aquatic & Recreation Centre **Age: 0 – 12M**
Apr 14-Jun 23 Tu 10:30 am-11:30 am 11 \$115.50 45532
Apr 16-Jun 25 Th 10:30 am-11:30 am 11 \$115.50 45531
Jul 2-30 Th 10:30 am-11:30 am 5 \$52.50 46219
Aug 6-Sep 3 Th 10:30 am-11:30 am 5 \$52.50 46220
Southland Leisure Centre **Age: 0 – 12M**
Apr 6-Jun 15 M 10:30 am-11:30 am 10 \$105.00 45113

Parent & Baby Fit Together – TRX

New parents will work on improving core strength, muscular endurance and postural awareness through this fun and unique program. Enjoy exercises both on and off the TRX through a highly effective and challenging workout. Get fit and meet other new parents at the same time.

Killarney Aquatic & Recreation Centre **Age: 0 – 12M**
Apr 1-May 13 W 11:00 am-11:50 am 7 \$73.50 44428
May 20-Jun 24 W 11:00 am-11:50 am 6 \$63.00 44430

Parent & Tot – In the Water

Get your tot in the water while you get a workout! This low impact water workout includes cardiovascular, strength and stretching exercises that utilize the water and other equipment as resistance. Your tot must remain in the provided flotation device.

Southland Leisure Centre **Age: 6M – 24M**
Apr 6-Jun 15 M 09:45 am-10:45 am 10 \$105.00 45116

FITNESS

PRE AND POSTNATAL

18 Years and Over

Prenatal – Aquatic Fitness (Gentle 3)

Interested in staying fit throughout your pregnancy? This deep water class is specifically designed to help prenatal women stay active by strengthening and toning muscles while working on light cardio. The buoyancy of the water offers relief and support to joints and muscles that get tired as the belly grows. PAR med-X for Pregnancy signed by a doctor is required prior to participation.

Killarney Aquatic & Recreation Centre **Age: 16Y and Up**

Apr 18-Jun 13 Sa 09:05 am-09:55 am 8 \$84.00 44505

Jul 6-Aug 31 M 06:40 pm-07:25 pm 8 \$68.00 45011

Southland Leisure Centre **Age: 16Y and Up**

Apr 8-Jun 17 W 06:00 pm-07:00 pm 11 \$115.50 45117

Prenatal – Fitness

Stay healthy and fit through your pregnancy and beyond! This exercise class focuses on preparing mom-to-be for body changes before and after delivery, including pelvic floor and core health, light cardio training, muscle strengthening and stretching. PAR med-X for Pregnancy signed by a doctor is required prior to participation.

Acadia Aquatic & Fitness Centre **Age: 16Y and Up**

Apr 14-Jun 16 Tu 05:15 pm-06:15 pm 10 \$105.00 44813

Killarney Aquatic & Recreation Centre **Age: 16Y and Up**

Apr 15-May 20 W 06:05 pm-07:05 pm 6 \$63.00 44474

May 27-Jun 24 W 06:05 pm-07:05 pm 5 \$52.50 44480

Jul 8-Aug 26 W 06:10 pm-07:10 pm 8 \$84.00 45700

Prenatal – Yoga

With changes in your body happening every day, Prenatal Yoga is a perfect way to find balance. You'll build and maintain flexibility, balance and strength while enjoying the relaxation and meditative rewards of each posture. PAR med-X for Pregnancy must be signed by doctor prior to participation.

Killarney Aquatic & Recreation Centre **Age: 16Y and Up**

Apr 13-Jun 8 M 05:10 pm-06:00 pm 8 \$102.00 44316

Jul 6-27 M 05:10 pm-06:00 pm 4 \$51.00 44991

Aug 10-31 M 05:10 pm-06:00 pm 4 \$51.00 44992

Southland Leisure Centre **Age: 16Y and Up**

Apr 7-Jun 16 Tu 09:00 am-10:00 am 11 \$140.25 45118

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FITNESS YOGA, PILATES AND WELLNESS

0 to 6 Years

Yoga – Preschool

Roar like a lion, stretch like a dog and stand tall like a brave warrior. In this joyful yoga class, your little one will increase their self-esteem and improve their body awareness. They'll practice flexibility, coordination and balance while role playing in this light-hearted and imaginative program.

Killarney Aquatic & Recreation Centre **Age: 4Y – 5Y**
 Apr 16-Jun 4 Th 09:45 am-10:30 am 8 \$74.00 44484

5 to 17 Years

Yoga – Kids

Introduce your child to a fun yoga class where poses are inspired by imagination, stories and games. Breathing techniques will help your child develop stress management skills and creative visualizations will enhance focus. This class helps build strength and flexibility and form a positive body image while they learn.

Killarney Aquatic & Recreation Centre **Age: 9Y – 12Y**
 Apr 14-Jun 2 Tu 05:45 pm-06:35 pm 8 \$94.00 44373

18 Years and Over

NIA (Gentle 3)

Explore the natural rhythm and power of your body with NIA – a creative, barefoot workout that blends modern and ethnic dance with martial arts and yoga. NIA offers unique stretching and toning as you deepen your mind/body/spirit connection. It's a chance to release stress and fun and expressive movement.

Renfrew Aquatic & Recreation Centre **Age: 13Y and Up**
 Apr 14-May 19 Tu 10:30 am-11:30 am 6 \$76.50 45735
 Apr 16-May 21 Th 10:30 am-11:30 am 6 \$76.50 45737
 May 26-Jun 30 Tu 10:30 am-11:30 am 6 \$76.50 45736
 May 28-Jun 25 Th 10:30 am-11:30 am 5 \$63.75 45738

Pilates – H2O

Target the core muscles in a new way based on the principles of Pilates and the water. Increase coordination, physical and mental strength by increasing mind body awareness and fluidity. This combination cardio/Pilates class will train your core to the fullest!

Thornhill Aquatic & Recreation Centre **Age: 13Y and Up**
 Jul 7-28 Tu 08:15 pm-09:15 pm 4 \$51.00 46375
 Aug 4-25 Tu 08:15 pm-09:15 pm 4 \$51.00 46440

Pilates Mat – Introductory

This is a great introduction to Pilates. In this class, you'll learn a progressive series of exercises designed to tone and elongate your muscles. You'll experience improved body alignment, body-mind integration, stress and tension relief, as well as a whole body conditioning workout. You'll be stronger and ready for more challenging Pilates workouts in no time.

Bob Bahan Aquatic & Fitness Centre **Age: 16Y and Up**
 Apr 14-May 19 Tu 06:30 pm-07:30 pm 6 \$76.50 46988
 Jul 7-Aug 11 Tu 06:30 pm-07:30 pm 6 \$76.50 47015
Southland Leisure Centre **Age: 16Y and Up**
 Apr 5-Jun 21 Su 10:00 am-11:00 am 10 \$127.50 45136
Thornhill Aquatic & Recreation Centre **Age: 16Y and Up**
 Apr 21-Jun 23 Tu 06:15 pm-07:15 pm 10 \$127.50 45734
 Apr 22-Jun 24 W 11:45 am-12:45 pm 10 \$127.50 45739



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Pilates Plus Yoga

This program is a unique and very rewarding integration of two dynamic disciplines. Using influences of Pilates and yoga to develop core stability, balance, strength and flexibility. As you explore how one practice influences the other, your body and mind will benefit from this fitness fusion.

Glenmore Aquatic Centre **Age: 16Y and Up**
Apr 20-Jun 22 M 07:30 pm-08:30 pm 9 \$114.75 45013

Pilates Reformer – Level 1

The Pilates Reformer is an exercise machine that includes a moveable carriage, springs, footbar and straps. In this class, Pilates principles are combined with the Reformer and applied with an emphasis on safety and form. Gain strength as you become aware of posture and body alignment. Pilates Reformer – Introductory is a prerequisite.

Southland Leisure Centre **Age: 16Y and Up**
Apr 8-Jun 17 W 06:00 pm-07:00 pm 11 \$189.75 45143
Apr 17-May 15 F 10:35 am-11:35 am 5 \$86.25 45142
Jul 8-Aug 26 W 06:00 pm-07:00 pm 8 \$138.00 46984

Pilates Reformer – Level 2

It's time to take your workout to the next level. New, dynamic exercises requiring greater stability and strength will be introduced in this class. Imbalances and weaknesses will be addressed while safety and form is a focus. Two sessions of Pilates Reformer – Level 1 or equivalent is a prerequisite.

Southland Leisure Centre **Age: 16Y and Up**
Apr 17-Jun 19 F 09:30 am-10:30 am 10 \$172.50 45141
May 22-Jun 19 F 10:35 am-11:35 am 5 \$86.25 45137
Jul 3-Aug 28 F 09:30 am-10:30 am 9 \$155.25 46985

Plus Size Yoga

Enjoy all the benefits of yoga no matter what your size. You'll learn to perform yoga poses by modifying traditional yoga poses with props and safe variations. Flexible movements enhance the mind body connection that yoga offers with special attention to the comfort of each student.

Southland Leisure Centre **Age: 18Y and Up**
Apr 17-Jun 19 F 06:00 pm-07:15 pm 10 \$145.00 45134
Jul 6-Aug 24 M 05:45 pm-06:45 pm 7 \$89.25 46983

Wellness – Meditation Workshop

This workshop offers a sampling of tools for building a basic meditation practice. Learn concentration techniques to ground a busy mind and create focus and inner peace. With a focus on wellness and meditation, you'll become more efficient and effective at work and at home.

Thornhill Aquatic & Recreation Centre **Age: 16Y and Up**
May 16 Sa 11:00 am-03:00 pm 1 \$59.75 45748

Yoga – Chair Yoga (Gentle 1)

Chair Yoga works all joints of the body in a slow, easy, safe and gentle manner. This class consists of breath awareness, seated postures in a chair and standing postures with support of a chair. The class finishes with a guided relaxation.

Shouldice Aquatic Centre **Age: 18Y and Up**
Apr 16-May 14 Th 10:00 am-11:00 am 5 \$63.75 46294
May 28-Jun 25 Th 10:00 am-11:00 am 5 \$63.75 46296

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18-00293783



Yoga – Core

Unleash the power of your core in this practical yoga class. You'll strengthen your core musculature while experiencing the holistic benefits of the mind, body and spirit. This is a great class for the yoga student looking for a challenge.

Renfrew Aquatic & Recreation Centre				Age: 13Y and Up	
Apr 16-Jun 25	Th	06:05 pm-07:05 pm	11	\$140.25	45754
Jul 9-Aug 27	Th	06:35 pm-07:35 pm	8	\$102.00	46257
Southland Leisure Centre				Age: 13Y and Up	
Apr 6-Jun 15	M	07:00 pm-08:00 pm	10	\$127.50	45131
Jul 6-Aug 24	M	07:00 pm-08:00 pm	7	\$89.25	46981
Thornhill Aquatic & Recreation Centre				Age: 13Y and Up	
Jul 9-30	Th	07:30 pm-08:45 pm	4	\$58.00	46446
Aug 6-27	Th	07:30 pm-08:45 pm	4	\$58.00	46452

Yoga – For a Healthy Back

Move more freely with safe and gentle yoga poses in this class focused on the back. Carefully designed postures help strengthen your back and reduce chronic pain. These powerful poses will help minimize the effects of stress, poor posture and weak muscles.

Renfrew Aquatic & Recreation Centre				Age: 13Y and Up	
Apr 16-Jun 25	Th	05:00 pm-06:00 pm	11	\$140.25	45747
Apr 16-Jun 25	Th	07:10 pm-08:10 pm	11	\$140.25	48774
Jul 9-Aug 27	Th	05:30 pm-06:30 pm	8	\$102.00	46254
Thornhill Aquatic & Recreation Centre				Age: 13Y and Up	
Apr 23-Jun 25	Th	09:30 am-11:00 am	10	\$175.00	45752

Yoga – For Better Balance

Falling is scary no matter your age and can lead to injury and fear of falling again. Improve your balance, focus, strength and physical resilience in this yoga class. Learn to get up and down from the floor with ease while improving your physical confidence and promoting well-being.

Canyon Meadows Aquatic & Fitness Centre				Age: 13Y and Up	
Apr 7-May 26	Tu	10:00 am-11:00 am	8	\$102.00	47018
Killarney Aquatic & Recreation Centre				Age: 13Y and Up	
Apr 14-Jun 16	Tu	03:00 pm-04:00 pm	10	\$127.50	44362

Yoga – For Relaxation

Flowing through yoga postures helps the body release tension and tightness. In this class, you'll experience the moment and discover lightness and tranquility. Move through static yoga postures with the mind aware and relaxed as you release stress and fatigue. Each session wraps up with relaxation and reflection.

Bob Bahan Aquatic & Fitness Centre				Age: 13Y and Up	
Apr 14-May 19	Tu	07:40 pm-08:40 pm	6	\$76.50	46990
Southland Leisure Centre				Age: 13Y and Up	
Apr 7-Jun 16	Tu	07:05 pm-08:05 pm	11	\$140.25	45132
Jul 7-Aug 25	Tu	08:10 pm-09:10 pm	8	\$102.00	46982

Yoga – Introductory

Discover the benefits of a regular yoga practice in this introductory class. An instructor will lead you through meditation and breathing techniques. Look inward and increase body awareness through strength, balance and flexibility. Learn to relax, re-energize and relieve everyday stress through safe, gentle postures and relaxation methods.

Renfrew Aquatic & Recreation Centre				Age: 13Y and Up	
Apr 9-Jun 25	Th	06:00 pm-07:15 pm	12	\$174.00	45753
Southland Leisure Centre				Age: 13Y and Up	
Apr 9-Jun 18	Th	06:10 pm-07:25 pm	11	\$159.50	45133
Thornhill Aquatic & Recreation Centre				Age: 13Y and Up	
Apr 14-Jun 16	Tu	08:00 pm-09:30 pm	10	\$175.00	45751

Yoga – Multi-Level

Beginner or guru, experience the extraordinary benefits of a regular yoga practice as you expand your skills. Develop greater body awareness, feel stronger, find balance and hone flexibility as your energy rises and relaxation deepens. Build on your knowledge in this dynamic class which is open to all levels.

Beltline Aquatic & Fitness Centre				Age: 13Y and Up	
May 6-Jun 24	W	06:15 pm-07:15 pm	8	\$102.00	46640
Jul 8-Aug 26	W	06:15 pm-07:15 pm	8	\$102.00	46641
Bob Bahan Aquatic & Fitness Centre				Age: 13Y and Up	
Jul 7-Aug 11	Tu	07:40 pm-08:40 pm	6	\$76.50	47016
Killarney Aquatic & Recreation Centre				Age: 13Y and Up	
Apr 16-Jun 18	Th	07:15 pm-08:30 pm	10	\$145.00	44490
Jul 9-Aug 27	Th	07:15 pm-08:30 pm	8	\$116.00	45702
Renfrew Aquatic & Recreation Centre				Age: 13Y and Up	
Apr 17-Jun 5	F	11:00 am-11:45 am	8	\$80.00	45762
Jul 10-Aug 28	F	11:00 am-11:45 am	8	\$80.00	46266

Yoga – Power Yoga

Power up your heart centre with this focused practice. This yoga style involves breath connection and a progressive series of postures. Create internal heat and sweat to shed the extra physical and mental weight you carry. Improve your circulation, increase strength, and calm your mind.

Renfrew Aquatic & Recreation Centre				Age: 15Y and Up	
Apr 8-Jun 24	W	05:30 pm-06:30 pm	12	\$153.00	45759

Yoga & Meditation – Introductory

Expand your mind and body with this introductory class. By practicing yoga and meditation, you'll start to find the peace and relaxation you need. You'll reduce stress, tension and fatigue and discover a deeper sense of strength and balance. It will be the perfect break from your busy life.

Killarney Aquatic & Recreation Centre				Age: 16Y and Up	
Apr 15-Jun 17	W	08:45 am-09:45 am	10	\$127.50	44417
Jul 6-Aug 31	M	08:15 pm-09:15 pm	8	\$102.00	45567
Thornhill Aquatic & Recreation Centre				Age: 16Y and Up	
Apr 27-Jun 22	M	06:55 pm-08:10 pm	8	\$116.00	45758

50 Years and Over

Yoga – Older Adult (Gentle 3)

A class for the young at heart seeking strength and flexibility. This program focuses on the benefits of yoga for older adults, including increasing joint mobility, respiration, body awareness, balance and conditioning. It's a great way to improve your overall well-being, allowing you to nourish your mind, body and soul.

Thornhill Aquatic & Recreation Centre				Age: 50Y and Up	
Apr 20-May 25	M	09:30 am-11:00 am	5	\$87.50	45755
Jun 1-29	M	09:30 am-11:00 am	5	\$87.50	45756

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Visit calgary.ca/dropin for program times.

Golf



Casual golf. Serious fun. The City of Calgary offers a variety of affordable ways to play golf. With seven municipal courses conveniently located throughout the city, there is a course to suit your ability – whether you're an experienced player or a beginner. Amenities vary by location and include driving ranges, CPGA teaching professionals, club rentals, pull and power carts, and licensed snack bars. Visit calgary.ca/golf

Golf Lessons

Raise your game with lessons taught by award-winning instructors who are certified by the National Golf Academy. The City of Calgary offers lessons for adults, women, juniors and families throughout the spring and summer at the NGA Dome, McCall Lake, Confederation and Shaganappi golf courses.

National Golf Academy Dome is located at 50 50 Ave S.E. For full details on selecting the appropriate skill level, what you will learn in each program and student-instructor ratios go to calgary.ca/golflessons

Your connection to all things Golf

Find a driving range, reserve your tee time, view our rates and fees, and book your tournament all in one place. There is also information on our golf subsidy program and fun event nights.

Free Golf App

You can book a tee time, keep score, check out our GPS and satellite flyovers of all holes, and share results right to your Facebook page.

To download our free golf app, subscribe to our free e-newsletter and for more information, visit us at calgary.ca/golf

0 to 17 Years + Adult

Family Beginner Series

Great classes for new golfing families or those who want to improve their skills together. We'll guide you from first swing to first round on the course. Adults register with youth and fee is per person. Clubs will be provided if needed,

Confederation Park Golf Course				Age:	6Y – 9Y
Family					
May 23-31	Su, Sa	10:00 am-11:00 am	4	\$90.00	44154
McCall Lake Golf Course					
May 23-Jun 13	Sa	02:45 pm-03:45 pm	4	\$90.00	44158
Jul 4-12	Su, Sa	11:45 am-12:45 pm	4	\$90.00	44157
				Age:	8Y – 12Y

Family Future Golfers – Tee to Green

May 9-Jun 13	Sa	11:15 am-12:45 pm	5	\$98.75	44097
Family					
Jul 4-12	Su, Sa	12:55 pm-01:55 pm	4	\$90.00	44160
Shaganappi Golf Course					
May 23-24	Su, Sa	10:00 am-12:00 pm	2	\$90.00	44155

5 to 17 Years

EJ Justice Junior Golf Event

Join this 'just for fun' golf event for boys and girls! Included in the fee are 9 holes of golf, lunch, skills contests and prizes for everyone, plus a chance to socialize with other junior golfers. Visit calgary.ca/golf for more information. Registration deadline August 3.

Lakeview Golf Course				Age:	8Y – 11Y
Aug 21	F	09:00 am-12:00 pm	1	\$25.00	45154
				Age:	12Y – 14Y
Aug 21	F	11:15 am-02:15 pm	1	\$25.00	45153

5 to 17 Years (continued)

Junior Beginner Series

These are great classes for new, young golfers or junior golfers who want to improve their golf skills. Clubs will be provided if needed.

Confederation Park Golf Course Age: 6Y – 9Y

Weekend/after school

May 23-31	Su, Sa	11:05 am-12:05 pm	4	\$88.00	44165
				Age: 10Y – 14Y	

Weekend/after school

May 25-Jun 3	M, W	04:00 pm-05:00 pm	4	\$91.00	44171
Jul 4- 5	Su, Sa	01:00 pm-03:00 pm	2	\$91.00	44163

McCall Lake Golf Course Age: 6Y – 9Y

Weekend/after school

May 2-10	Su, Sa	11:55 am-12:55 pm	4	\$88.00	44168
Jul 4-12	Su, Sa	02:00 pm-03:00 pm	4	\$88.00	44164
				Age: 8Y – 12Y	

Future Golfers – tee to green

Jun 23-Jul 21	Tu	05:45 pm-07:15 pm	5	\$98.75	44159
				Age: 10Y – 14Y	

Junior Golf Camp

Jul 7- 9	Tu-Th	08:45 am-12:45 pm	3	\$285.75	44170
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Weekend/after school

Jul 18-26	Su, Sa	11:45 am-12:45 pm	4	\$91.00	44167
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Junior Golf Camp

Aug 4- 6	Tu-Th	08:45 am-12:45 pm	3	\$285.75	44172
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National Golf Academy Dome

				Age: 10Y – 14Y	
Apr 1-29	W	05:30 pm-06:30 pm	4	\$141.00	44162

Shaganappi Golf Course

				Age: 8Y – 12Y	
Jul 7	Tu	09:30 am-11:30 am	1	\$45.50	44166
				Age: 10Y – 14Y	

Weekend/after school

Jun 13-14	Su, Sa	09:30 am-11:30 am	2	\$91.00	44161
				Age: 12Y – 15Y	

Swing and shortgame

Jul 3	F	01:30 pm-03:30 pm	1	\$50.50	44169
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18 Years and Over



Adapted Indoors

New to Golf? This program is for adults with disabilities. This is a great way to learn the game! Course includes the basic fundamentals of the swing and putt as well as safety and etiquette. Clubs provided if needed.

National Golf Academy Dome Age: 18Y and Up

Apr 8-29	W	01:00 pm-01:45 pm	4	\$37.00	44064
Apr 8-29	W	02:00 pm-02:45 pm	4	\$37.00	44069



Adapted Outdoors

New to Golf? This program is for adults with disabilities. This is a great way to learn the game! Course includes the basic fundamentals of the swing, putt, pitching and chipping, as well as safety and etiquette. Last class will be on the Par 3 course. Clubs provided if needed.

McCall Lake Golf Course Age: 18Y and Up

May 13-Jun 17	W	01:00 pm-01:45 pm	6	\$55.50	44067
May 13-Jun 17	W	02:00 pm-02:45 pm	6	\$55.50	44068

Adult Beginner Series

New to golf? With just 6 to 8 students in the class, it's a great way to learn the game. You can also combine it with other beginner golf programs. Clubs will be provided if needed.

Confederation Park Golf Course

Age: 18Y and Up

Ladies only

May 4-14	M, Th	07:05 pm-08:35 pm	4	\$157.00	44122
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Beginner

May 5-22	Tu, F	06:35 pm-07:35 pm	6	\$157.50	44135
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Small group

May 5-22	Tu, F	07:40 pm-08:40 pm	6	\$196.50	44134
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Ladies only

May 25-Jun 11	M, Th	05:30 pm-06:30 pm	6	\$157.50	44108
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Beginner

May 25-Jun 11	M, Th	06:35 pm-07:35 pm	6	\$157.50	44128
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May 25-Jun 11	M, Th	07:40 pm-08:40 pm	6	\$157.50	44111
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Ladies only

May 26-Jun 12	Tu, F	10:05 am-11:05 am	6	\$157.50	44144
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Beginner

May 26-Jun 12	Tu, F	11:10 am-12:10 pm	6	\$157.50	44105
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May 26-Jun 12	Tu, F	05:30 pm-06:30 pm	6	\$157.50	44109
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May 26-Jun 12	Tu, F	06:35 pm-07:35 pm	6	\$157.50	44120
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Jul 9-20	M, Th	07:05 pm-08:35 pm	4	\$157.00	44140
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Jul 30-Aug 20	M, Th	06:35 pm-07:35 pm	6	\$157.50	44130
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Ladies only

Jul 30-Aug 20	M, Th	07:40 pm-08:40 pm	6	\$157.50	44114
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McCall Lake Golf Course

Age: 18Y and Up

Ladies only with playing lesson

May 11-21	M, Th	07:20 pm-09:20 pm	3	\$184.50	44106
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Beginner

May 25-Jun 10	M, W	06:35 pm-07:35 pm	6	\$157.50	44112
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May 25-Jun 10	M, W	07:40 pm-08:40 pm	6	\$157.50	44101
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Small group

May 26-Jun 5	Tu, F	07:05 pm-08:35 pm	4	\$197.00	44138
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Beginner with playing lesson

Jul 7-14	Tu, F	07:20 pm-09:20 pm	3	\$184.50	44121
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Beginner

Jul 9-20	M, Th	05:30 pm-07:00 pm	4	\$157.00	44142
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Ladies only with playing lesson

Jul 14-21	Tu, F	07:20 pm-09:20 pm	3	\$184.50	44139
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Beginner

Jul 28-Aug 6	Tu, Th	07:05 pm-08:35 pm	4	\$157.00	44119
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Jul 29-Aug 12	M, W	05:30 pm-07:00 pm	4	\$157.00	44104
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National Golf Academy Dome

Age: 18Y and Up

Beginner

Apr 1-29	W	06:35 pm-07:35 pm	4	\$120.00	44103
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Small group

Apr 25	Sa	09:00 am-11:00 am	1	\$74.00	44126
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Shaganappi Golf Course

Age: 18Y and Up

Beginner

May 4-25	M, W	06:35 pm-07:35 pm	6	\$157.50	44123
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May 4-25	M, W	07:40 pm-08:40 pm	6	\$157.50	44116
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May 5-15	Tu, F	10:45 am-12:15 pm	4	\$157.00	44113
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Ladies only

May 5-21	Tu, Th	06:35 pm-07:35 pm	6	\$157.50	44125
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Beginner

May 5-21	Tu, Th	07:40 pm-08:40 pm	6	\$157.50	44115
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Ladies only – small group

May 25-Jun 11	M, Th	11:10 am-12:10 pm	6	\$196.50	44124
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Ladies only

May 25-Jun 11	M, Th	12:15 pm-01:15 pm	6	\$157.50	44102
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18 Years and Over (continued)

Adult Beginner Series (continued)

Shaganappi Golf Course **Age: 18Y and Up**
Beginner

May 26-Jun 11 Tu, Th 05:30 pm-06:30 pm 6 \$157.50 44117
Ladies only

May 26-Jun 11 Tu, Th 06:35 pm-07:35 pm 6 \$157.50 44141
Beginner

Jun 1-17 M, W 05:30 pm-06:30 pm 6 \$157.50 44145

Small group
Jun 1-17 M, W 06:35 pm-07:35 pm 6 \$196.50 44132

Ladies only
Jun 1-17 M, W 07:40 pm-08:40 pm 6 \$157.50 44143

Beginner
Jun 18-30 Tu, Th 05:30 pm-07:00 pm 4 \$157.00 44136

Beginner with playing lesson
Jul 7-14 Tu, F 07:00 pm-09:30 pm 3 \$184.00 44118

Beginner
Jul 9-27 M, Th 05:30 pm-06:30 pm 6 \$157.50 44127

Jul 9-27 M, Th 06:35 pm-07:35 pm 6 \$157.50 44129
Ladies only

Jul 9-27 M, Th 07:40 pm-08:40 pm 6 \$157.50 44131
Beginner

Jul 23-Aug 6 M, Th 06:35 pm-08:05 pm 4 \$157.00 44137

Jul 31-Aug 19 W, F 05:30 pm-06:30 pm 6 \$157.50 44107

Jul 31-Aug 19 W, F 06:35 pm-07:35 pm 6 \$157.50 44133

Jul 31-Aug 19 W, F 07:40 pm-08:40 pm 6 \$157.50 44110

Golf – Adult Improvement Series

These 1.5-4 hour sessions are designed for players who have taken lessons and want to improve their skills in a particular area. Clubs will be provided if needed.

Confederation Park Golf Course **Age: 18Y and Up**
Swing only

Jun 6-13 Sa 09:00 am-11:00 am 2 \$110.00 44148

Jun 23 Tu 10:05 am-11:35 am 1 \$41.25 44088

McCall Lake Golf Course **Age: 18Y and Up**
Putting and chipping

May 31 Su 09:00 am-11:00 am 1 \$55.00 44149

Shaganappi Golf Course **Age: 18Y and Up**
Swing and shortgame

May 9 Sa 10:00 am-12:00 pm 1 \$67.25 44150

Jun 24 W 11:00 am-01:00 pm 1 \$67.25 44146

Golf – Adult Intermediate Series

Covering more advanced skills, these classes are for golfers with previous golf experience, who play regularly (1-2x/week), and have completed several Adult Beginner classes (or equivalent). Clubs will be provided if needed.

Confederation Park Golf Course **Age: 18Y and Up**
Intermediate with playing lesson

May 4-14 M, Th 06:45 pm-08:45 pm 4 \$193.75 44090

McCall Lake Golf Course **Age: 18Y and Up**
Intermediate with playing lesson

Jul 9-20 M 07:05 pm-09:05 pm 4 \$193.75 44244

Shaganappi Golf Course **Age: 18Y and Up**
Intermediate

May 26-Jun 9 Tu, Th 07:40 pm-08:40 pm 5 \$170.00 44153

***all intermediate classes now include video analysis**

Casual Golf. Serious Fun.

**Affordable pricing and
golf fun for all skill levels.**



Visit calgary.ca/golf for locations, rates, lessons, golf subsidy program and booking a tee time.

19-0003315



Leisure Centres

The City of Calgary has two leisure centres that offer one-stop fun, fitness and adventure for the entire family. Whether you're looking to catch a wave, hit the gym, find a playschool program or play sports, you'll find a wide range of activities all year long. Drop in to play all day or purchase a pass to visit as many times as you like. Visit calgary.ca/leisurecentres for admission specials, hours of operation, team building, corporate events and holiday parties.

The City's Leisure Centres

Southland Leisure Centre
2000 Southland Dr. S.W.
403-648-6555

Village Square Leisure Centre
2623 56th St. N.E.
403-366-3900

Facility Features

- **Waterpark** – Surf's up with wave pools, slides, dive tanks, hot tubs, rope swings, steam rooms and aqua play structures with swinging bridges, dump buckets, spray guns and waterslides.
- **Fitness** – Check out the aquatic and dry land drop-in and registered fitness and wellness classes, gyms, weight rooms, and adapted, personal and group fitness training. Options are available for all fitness levels.
- **Playschool** – Move. Laugh. Grow. We offer registered school year programs for ages two to four. Children experience all the leisure centre amenities to start them living an active lifestyle along with classroom learning activities. See Playschool section for details.
- **Drop-in activities and programs** – Our leisure centres offer a variety of drop-in activities (badminton, basketball, soccer, skating, shinny hockey, kinderschool and more). Southland Leisure Centre also offers drop-in rock climbing and gymnastics. Activities for all ages are on a first-come, first-served basis.
- **Squash, racquetball & wallyball courts (Southland Leisure Centre)** – Book a court and enjoy a game by phoning 403-648-6550.
- **Babysitting (Southland Leisure Centre)** – Attend one of our many programs and activities while your child visits our babysitting room. Parents must remain in the building. No booking required. Space is limited on a first-come, first-served basis.
- **Birthday parties** – We offer a wide variety of birthday party packages with something for everyone. Choose from a variety of special theme and active parties. View party options at calgary.ca/birthdays
- **Corporate, private and holiday party bookings** – Available at both leisure centres including after-hour pool bookings for groups of 50 or more. Call for more information.
- **Pro Shop (Southland Leisure Centre)** – Visit our Pro Shop to check out our great selection of swimwear, swim accessories and hockey supplies for all ages. Equipment rentals, including swim tubes are available. We also offer skate sharpening.
- **Volunteers** – Looking for a great volunteer experience to give back to your community? Contact the leisure centre for daytime, evening and weekend opportunities.



Nature

Calgary's parks, pathways and green spaces provide a welcome escape from life's hustle and bustle. They're places where you can connect with nature, your community and our history. The City of Calgary offers a variety of programs and events that celebrate our natural areas, promote ecological literacy and encourage environmental stewardship.

Visit calgary.ca/parks

Outdoor Series

Looking for unique and educational opportunities? The outdoor series offers four workshops designed for the novice and outdoor enthusiast in mind. Come enjoy nature at South Glenmore Park guided by an experienced outdoor leader. Visit calgary.ca/register

Group programs and nature walks

We offer a variety of nature programs that combine hands-on activities with outdoor exploration. Our programs are delivered by experienced educators and can be customized to meet your group's needs and badge requirements. For more information visit calgary.ca/parks or to book a group program contact 311.

12 Years and Over

Birding

Birding courses are designed to improve bird watching skills for all levels of experience. You will leave all courses with expert information on equipment, tips and techniques for field identification and fascinating facts on flight, adaptations and the latest avian science.

Bow River Pathways **Age: 13Y and Up**

Form and Function

Aug 22	Sa	09:00 am-12:00 pm	1	\$26.25	45653
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Learn to Birdwatch

Mar 21	Sa	09:00 am-12:00 pm	1	\$26.25	45613
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Carburn Park

Age: 13Y and Up

Summer Sightings

Jun 20	Sa	09:00 am-12:00 pm	1	\$26.25	45651
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Confederation Park

Age: 13Y and Up

Spring Migrants

May 23	Sa	09:00 am-12:00 pm	1	\$26.25	45641
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Inglewood Bird Sanctuary

Age: 13Y and Up

Summer Bird Safari

Jul 18	Sa	08:00 am-11:00 am	1	\$26.25	47004
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Weaselhead Park

Age: 13Y and Up

Learn to Birdwatch

Apr 18	Sa	09:00 am-12:00 pm	1	\$26.25	45619
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12 Years and Over (continued)

Outdoor Spring Series – Canoeing

Learn the basics of canoeing with a guided tour of the South Glenmore Reservoir. Your trained guide will discuss the basics of paddling, while introducing the key strokes. Lesson time will be spent on both water and land, ensuring a hands on educational experience.

Glenmore Sailing School **Age: 12Y and Up**
May 23 Sa 01:00 pm-03:00 pm 1 \$31.25 44626

Outdoor Spring Series – Hiking

Learn the basics of outdoor hiking while exploring, traversing and encountering the wilderness of South Glenmore Reservoir. Your trained guide will discuss map routing, proper outdoor preparation and essential navigation skills.

Glenmore Sailing School **Age: 12Y and Up**
May 2 Sa 01:00 pm-03:00 pm 1 \$31.25 44598

Outdoor Spring Series – Kayaking

Learn the basics of kayaking with a guided tour of the South Glenmore Reservoir. Your trained guide will discuss the basics of paddling, while introducing the key strokes. Lesson time will be spent on both water and land, ensuring a hands on educational experience.

Glenmore Sailing School **Age: 12Y and Up**
May 30 Sa 01:00 pm-03:00 pm 1 \$31.25 44642

Outdoor Spring Series – Outdoor Survival

Learn the basics of outdoor survival techniques by incorporating emergency preparedness, maintaining core body temperature and building a shelter. Your trained guide will teach you the essentials of outdoor survival that will leave you equipped with knowledge and training.

Glenmore Sailing School **Age: 12Y and Up**
May 9 Sa 01:00 pm-03:00 pm 1 \$31.25 44619

**We've improved
your online experience**



18-01118156

Introducing **calgary.ca/liveandplay** – our new registration portal.

With one simplified login, you can register for programs, receive e-notifications, and browse your transaction history. Best of all – it's mobile friendly so you can do all this plus check availability of tonight's Zumba® class – all while on the go.



Playschool

Preschoolers love to be active – they run, jump, spin, leap and climb at every opportunity. It's a great time to get them participating in preschool programs and learning physical literacy. Physical literacy provides the basic skills your children need to live active and healthy lives. Visit calgary.ca/playschool

DROP-IN PLAYSCHOOL

All children need time to play. We offer several indoor, safe, fun and engaging drop-in playschool programs. Due to the age group of these programs some require adult supervision. Check the schedule at calgary.ca/recdropin or the specific facility schedule to find out more.

*Reg Adm – regular admission applies.

Funtime

Southland Leisure Centre Age: 3Y-6Y
F 01:00pm-03:00pm Drop-in \$8.00/child.

Jungle Gym

Village Square Leisure Centre Age: Up to 6Y + Adult
M-Su various times Reg Adm* Drop-in
View the schedule at calgary.ca/villagesquare

Kinder Room

Southland Leisure Centre Age: Walking – 5Y + Adult
Various days and times Drop-in \$5.50/child.
View the schedule at calgary.ca/southland

Active Play

Southland Leisure Centre Age: Walking – 5Y + Adult
Various days and times Drop-in \$5.50/child.
View the schedule at calgary.ca/southland

PLAYSCHOOL SEASONAL

0 to 6 Years

Playschool – ABC Club

Learning the ABCs and 123s is so fun! Your child will participate in active games, arts and crafts and stories, which will help build their knowledge of the basics. Each week will have a fun educational theme like shapes, colours, numbers or letters.

Killarney Aquatic & Recreation Centre				Age:	3Y – 5Y
May 25-Jun 22	M	10:00 am-11:00 am	5	\$53.75	44282
Southland Leisure Centre				Age:	3Y – 5Y
Apr 6-May 25	M	01:00 pm-02:30 pm	6	\$88.50	44716
Village Square Leisure Centre				Age:	3Y – 5Y
Apr 16-Jun 4	Th	01:15 pm-02:45 pm	8	\$118.00	46346
Apr 18-Jun 6	Sa	12:30 pm-02:00 pm	7	\$103.25	46347
Apr 20-Jun 8	M	01:15 pm-02:45 pm	7	\$103.25	46345

Playschool – Active Start

On your mark...get set...go! Get your children off to a great start by helping them learn fundamental movements like jumping, running, throwing and more. They'll have fun and gain confidence by participating in physical activities, doing arts/crafts and hearing stories!

Acadia Aquatic & Fitness Centre				Age:	2Y – 5Y
Apr 15-Jun 3	W	12:15 pm-01:30 pm	8	\$102.00	44999

Playschool – All About Animals

Calling all curious children! Get to know the two, four, six and eight legged creatures of our world. Get down on all fours and pretend to be a creepy crawly bug, wiggly fish, jumping frog, stomping dinosaur and more. Children will participate in active games, stories and arts and crafts based on different animals.

Killarney Aquatic & Recreation Centre **Age: 3Y – 5Y**
Apr 16-Jun 18 Th 01:00 pm-02:00 pm 10 \$107.50 44300

Playschool – Imagine If You Were

Imagination rules in this class for children! A pirate on a high seas adventure, a princess discovering enchanted castles, mighty machines working as a team. Building these imaginary worlds, they can pretend to be their favourite character, read stories, sing songs and create arts and crafts.

Killarney Aquatic & Recreation Centre **Age: 3Y – 5Y**

Playschool – Imagine If You Were – Pirates and Princesses

May 20-Jun 17 W 10:00 am-11:00 am 5 \$53.75 44286

Playschool – Little Explorers

Have a little explorer? Let them discover the wonders of science through the elements of air, water and earth. Using their five senses, they'll investigate, play, read stories, learn basic cooking skills and participate in exciting science experiments.

Killarney Aquatic & Recreation Centre **Age: 3Y – 5Y**

Playschool – Little Explorers – Cooking Monsters

Apr 16-Jun 18 Th 11:15 am-12:30 pm 10 \$127.50 44297

Playschool – Little Explorers – Science How & Why

Apr 13-Jun 22 M 11:15 am-12:30 pm 10 \$127.50 44283

Southland Leisure Centre **Age: 3Y – 5Y**

Playschool – Little Explorers

Apr 8-May 27 W 01:00 pm-02:30 pm 8 \$118.00 44717

Village Square Leisure Centre **Age: 3Y – 5Y**

Playschool – Little Explorers

Apr 17-Jun 5 F 01:15 pm-02:45 pm 8 \$118.00 46367

Playschool – Music Makers

Sing, clap and make noise. Songs and movement exploration gets your child jumping and jiggling while promoting body awareness and flexibility.

Killarney Aquatic & Recreation Centre **Age: 3Y – 5Y**

May 20-Jun 17 W 11:15 am-12:30 pm 5 \$63.75 44288

Playschool – Open Playtime

Need a few tot-free hours? Bring your energetic child to this unstructured open play time where children can be part of physical activities, games, free play, arts and crafts and reading time. With an instructor supervising the activity stations in this unparented program, you can leave the facility and have some free time to run errands.

Acadia Aquatic & Fitness Centre **Age: 3Y – 5Y**

Apr 20-May 11 M 12:15 pm-02:15 pm 4 \$76.00 44994

May 25-Jun 15 M 12:15 pm-02:15 pm 4 \$76.00 44996

Glenmore Aquatic Centre **Age: 3Y – 5Y**

Apr 15-May 6 W 09:30 am-11:30 am 4 \$76.00 45021

May 20-Jun 10 W 09:30 am-11:30 am 4 \$76.00 45023

Killarney Aquatic & Recreation Centre **Age: 3Y – 5Y**

Apr 15-May 13 W 01:15 pm-03:15 pm 5 \$95.00 44291

May 20-Jun 24 W 01:15 pm-03:15 pm 6 \$114.00 44292

May 22-Jun 19 F 09:15 am-11:15 am 5 \$95.00 44301

Thornhill Aquatic & Recreation Centre **Age: 3Y – 5Y**

Apr 16-May 7 Th 02:00 pm-04:00 pm 4 \$76.00 46085

May 21-Jun 11 Th 02:00 pm-04:00 pm 4 \$76.00 46097

0 to 17 Years + Adult

Playschool – Parent & Tot – Rhyming Time

Hear them rhyme their hearts out! Songs, games and lots of play, they'll just giggle the day away! Listening to storytelling is a great chance to bond with your tot and share in their learning. Come join the fun, there's something for everyone!

Acadia Aquatic & Fitness Centre **Age: 2Y – 4Y**

Apr 15-Jun 3 W 01:45 pm-02:30 pm 8 \$74.00 45001

PLAYSCHOOL SCHOOL YEAR

Our playschools offer preschool children an active and engaging opportunity to learn physical and social skills. The children participate in active play, songs, activities, arts and crafts. They learn skills that help build the foundations of being active for life, while preparing them for school.

Southland Leisure Centre and Village Square Leisure Centre offer Playschool programs for children aged two to four from September to June. Registration is ongoing and in person only. There are no classes on statutory holidays and scheduled Playschool breaks.

Visit calgary.ca/playschool for more information.

How to register

In person at the leisure centres only.

Payment options:

Pre-authorized payments

Visa, Mastercard, or American Express. A non-refundable \$25.00 administration fee applies.

Payment in full

Visa, Mastercard, American Express, direct debit or cash.

Fees are directly related to the number of classes scheduled in the Playschool year. Fees are prorated for registrations after the start date.

Siblings attending the programs simultaneously will be given a 10 per cent discount off the lowest priced program.

Spaces may open up

If the class is full, add your child to the waitlist. You will be contacted should spaces become available during the school year.

For more information, call Southland at 403-648-6582 or Village Square at 403-366-3926.

2020 – 2021 Playschool (Sep-Jun)

Southland Leisure Centre

Children must be 2Y prior to October 31, 2020

and do not need to be toilet trained. Age: 2Y

Sep 14-Jun 7	M, W, F	09:00 am-11:30 am	\$1,790.25/yr	44944
Sep 15-Jun 8	Tu, Th	09:00 am-11:30 am	\$1,275.75/yr	44948
Sep 15-Jun 8	Tu, Th	12:00 pm-02:30 pm	\$1,275.75/yr	44949

Children must be 3Y prior to March 1, 2021

and do not need to be toilet trained. Age: 2.5Y – 3Y

Sep 14-Jun 7	M, W	12:30 pm-03:00 pm	\$1,255.50/yr	44952
Sep 15-Jun 8	Tu, Th	09:00 am-11:30 am	\$1,275.75/yr	44951
Sep 14-Jun 7	M, W, F	09:00 am-11:30 am	\$1,790.25/yr	44950

Children must be 3Y prior to December 31, 2020

and MUST be fully toilet trained by the program

start date. Age: 3Y

Sep 14-Jun 7	M, W, F	09:00 am-11:30 am	\$1,790.25/yr	44953
Sep 15-Jun 8	Tu, Th	09:00 am-11:30 am	\$1,275.75/yr	44954
Sep 15-Jun 8	Tu, Th	09:00 am-11:30 am	\$1,275.75/yr	44955
Sep 15-Jun 8	Tu, Th	12:30 pm-03:00 pm	\$1,275.75/yr	44956

Children must be 4Y by December 31, 2020

and MUST be fully toilet trained. Age: 4Y

Sep 14-Jun 8	M-F	12:30 pm-03:00 pm	\$2,769.00/yr	44957
Sep 14-Jun 7	M, W, F	09:00 am-11:30 am	\$1,790.25/yr	44958
Sep 14-Jun 7	M, W, F	09:15 am-11:45 am	\$1,790.25/yr	44959
Sep 14-Jun 7	M, W, F	12:30 pm-03:00 pm	\$1,790.25/yr	44960
Sep 15-Jun 8	Tu, Th	09:15 am-11:45 am	\$1,275.75/yr	44961
Sep 15-Jun 8	Tu, Th	12:30 pm-03:00 pm	\$1,275.75/yr	44962

Village Square Leisure Centre

Children must be 2Y prior to October 31, 2020

and do not need to be toilet trained. Age: 2Y

Sep 14-Jun 11	M, W, F	09:20 am-11:50 am	\$1,809.50/yr	45266
Sep 14-Jun 11	M, W, F	12:50 pm-03:20 pm	\$1,809.50/yr	45270
Sep 19-Jun 12	Sa	09:30 am-12:00 pm	\$616.25/yr	45274
Sep 15-Jun 10	Tu, Th	09:20 am-11:50 am	\$1,296.00/yr	45271
Sep 15-Jun 10	Tu, Th	12:50 pm-03:20 pm	\$1,296.00/yr	45272

Children must be 3Y prior to March 1, 2021

and do not need to be toilet trained. Age: 2.5Y – 3Y

Sep 14-Jun 11	M, W, F	09:20 am-11:50 am	\$1,809.50/yr	45275
Sep 14-Jun 11	M, W, F	12:50 pm-03:20 pm	\$1,809.50/yr	45277
Sep 15-Jun 10	Tu, Th	09:20 am-11:50 am	\$1,296.00/yr	45279
Sep 15-Jun 10	Tu, Th	12:50 pm-03:20 pm	\$1,296.00/yr	45280

Children must be 3Y prior to December 31, 2020

and MUST be fully toilet trained by the program

start date. Age: 3Y

Sep 14-Jun 11	M, W, F	09:20 am-11:50 am	\$1,809.50/yr	45285
Sep 14-Jun 11	M, W, F	09:20 am-11:50 am	\$1,809.50/yr	45282
Sep 14-Jun 11	M, W, F	12:50 pm-03:20 pm	\$1,809.50/yr	45286
Sep 19-Jun 12	Sa	09:30 am-12:00 pm	\$616.25/yr	45298
Sep 15-Jun 10	Tu, Th	09:20 am-11:50 am	\$1,296.00/yr	45293
Sep 15-Jun 10	Tu, Th	09:20 am-11:50 am	\$1,296.00/yr	45295
Sep 15-Jun 10	Tu, Th	12:50 pm-03:20 pm	\$1,296.00/yr	45296

Children must be 4Y by December 31, 2020

and MUST be fully toilet trained. Age: 4Y

Sep 14-Jun 11	M, W, F	09:30 am-12:00 pm	\$1,809.50/yr	45302
Sep 14-Jun 11	M, W, F	09:30 am-12:00 pm	\$1,809.50/yr	45304
Sep 14-Jun 11	M, W, F	01:00 pm-03:30 pm	\$1,809.50/yr	45306
Sep 14-Jun 11	M, W, F	01:00 pm-03:30 pm	\$1,809.50/yr	45305
Sep 19-Jun 12	Sa	09:30 am-12:00 pm	\$616.25/yr	45319
Sep 19-Jun 12	Sa	09:30 am-12:00 pm	\$616.25/yr	45318
Sep 15-Jun 10	Tu, Th	09:30 am-12:00 pm	\$1,296.00/yr	45310
Sep 15-Jun 10	Tu, Th	09:30 am-12:00 pm	\$1,296.00/yr	45311
Sep 15-Jun 10	Tu, Th	01:00 pm-03:30 pm	\$1,296.00/yr	45314
Sep 15-Jun 10	Tu, Th	01:00 pm-03:30 pm	\$1,296.00/yr	45315



Sailing

The City of Calgary operates the Glenmore Sailing School. We offer sailing lessons, sailing camps and private lessons. You can also rent sail boats, canoes and kayaks for group and corporate team building days. All of this happens in the middle of the city on the beautiful Glenmore Reservoir. Visit calgary.ca/sailing

Book our Catalina Cruiser

Enjoy a sunset cruise or a team outing aboard our 22-foot sloop-rigged Catalina, the “Jane Mary,” which is capable of handling groups of up to six adults. It is always rented with a skipper to guide your sailing experience. All safety equipment is provided including personal flotation devices, paddle, bailer, heaving line and sound signal device.

Glenmore Sailing School

We offer Sail Canada certification courses, non-certification courses and boat rentals. There are opportunities to experience the basics of sailing, practise existing skills and even learn to race. Topics include safety, rigging, boat handling skills, terminology, knots, crewing and skippering when taking lessons with us.

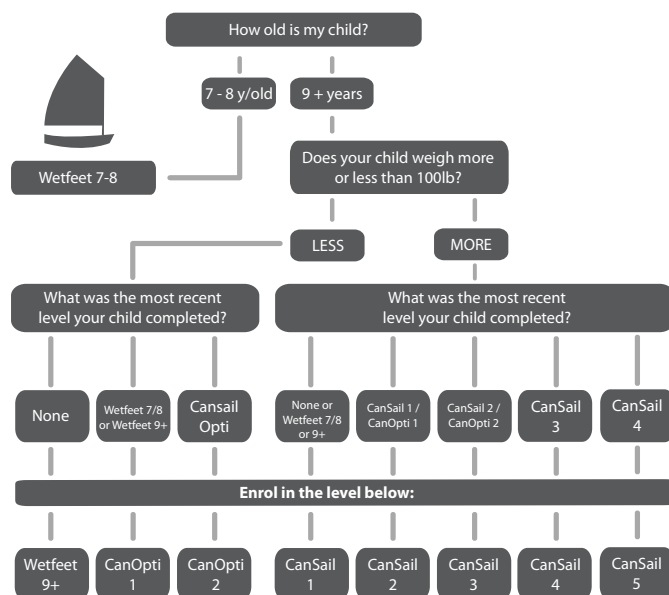
Junior Sailing Club and Evening Programs (7Y – 17Y)

Junior Sailing Club: The Junior Sailing Club is a program to promote sailors to keep working on their sailing skills during the evening in a fun and practise oriented environment! Sailors will work on tuning their skills in Opti or Laser class sailboats and will practise race specific skills. This is a great way to stay sailing, keep in shape and meet new friends!

Evening programs: Don’t have time to take our day camps? Don’t worry! We have introductory courses for youth sailors in all weight classes. Courses will run in the evening in a fun learning environment, specific for youth. Courses here have the same content as in the day camps, so you can always take a day camp later without losing progress!

YOUTH DAYCAMP CANSAIL REGISTRATION CHART

Follow the flow chart to find the right level:

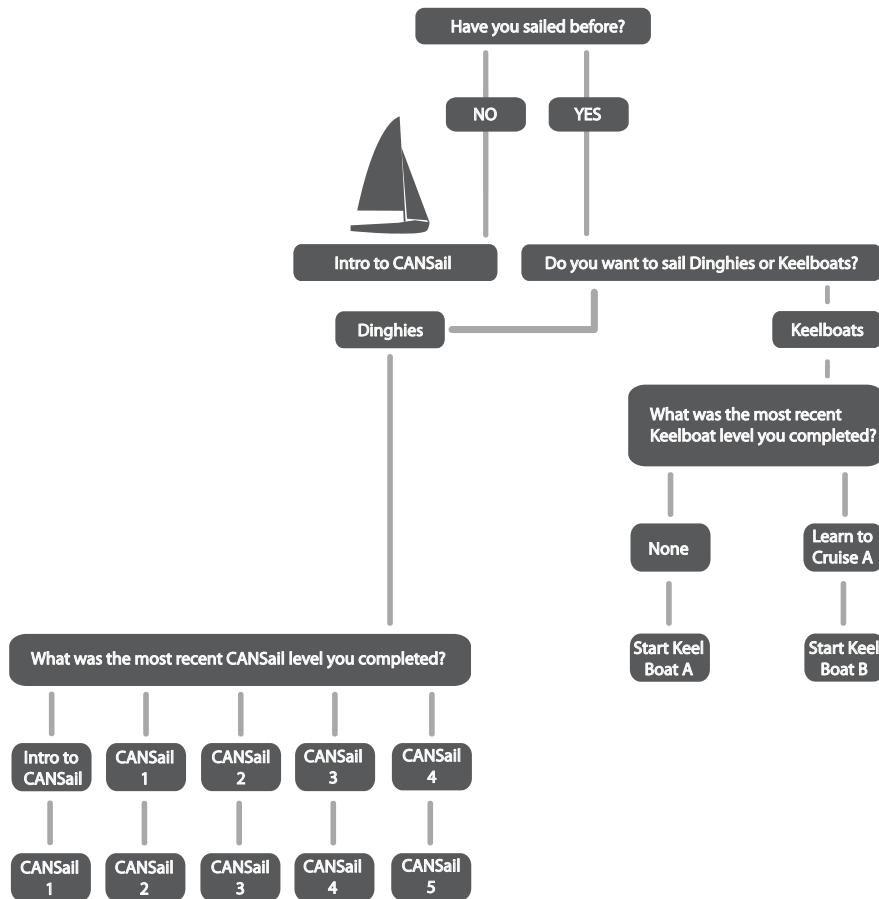


Glenmore Sailing School Day Camps

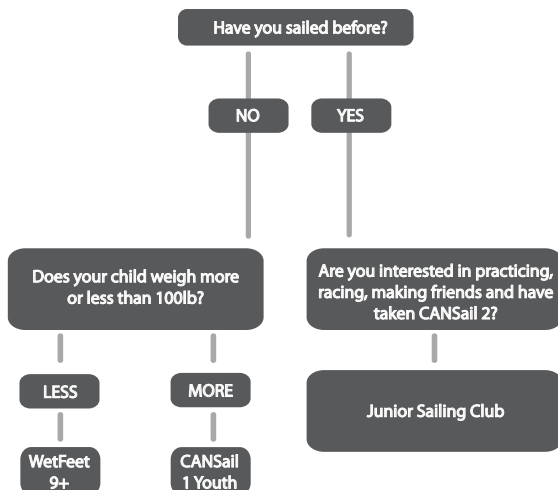
The Glenmore Sailing School has been running day camps for the past 50 years and we pride ourselves in having one of the funnest and friendliest summer camps out there. Our Sail Canada certified staff are knowledgeable and active members of the sailing community, and are enthusiastic about making sure the next generation of sailors are just as passionate as they are. We hope to see you out on the water this summer!



ADULT CANSail REGISTRATION CHART



YOUTH EVENING CANSail



7 to 17 Years

Sailing – CANSail 1

This course is for beginner sailors who have no previous experience or beginners who are over 100 pounds. Students will sail in winds up to 30 kilometres an hour and learn basic propulsion, direction and balance skills in a 420 class sailboat. Emphasis will be placed on teamwork and having fun!

Glenmore Sailing School

Age: 11Y – 17Y

May 7-28	Tu, Th	06:00 pm-09:00 pm	7	\$257.25	45773
Jun 2-23	Tu, Th	06:00 pm-09:00 pm	7	\$257.25	46281
Jul 6-16	M-F	09:00 am-04:00 pm	9	\$396.00	46716
Jul 7-30	Tu, Th	06:00 pm-09:00 pm	8	\$156.00	46284
Jul 20-30	M-F	09:00 am-04:00 pm	9	\$396.00	46717
Aug 4-14	M-F	09:00 am-04:00 pm	9	\$396.00	46718
Aug 4-27	Tu, Th	06:00 pm-09:00 pm	8	\$156.00	46224
Aug 17-27	M-F	09:00 am-04:00 pm	9	\$396.00	46719

7 to 17 Years (continued)

Sailing – CANSail 2

This course is for intermediate sailors who have previously taken a CANSail 1 or CANSail1 Opti course. Sail in winds up to 35km/hr and continue to refine propulsion, direction and balance skills in 420 class sailboats. Emphasis will be on teamwork, skill development and fun! Students must be 100lbs+.

Glenmore Sailing School				Age:	11Y – 17Y
Jul 6-16	M-F	09:00 am-04:00 pm	9	\$396.00	46720
Jul 20-30	M-F	09:00 am-04:00 pm	9	\$396.00	46721
Aug 4-14	M-F	09:00 am-04:00 pm	9	\$396.00	46722
Aug 17-27	M-F	09:00 am-04:00 pm	9	\$396.00	46723

Sailing – CANSail 3

This course is for intermediate sailors. Sail in winds up to 40km/hr and learn intermediate sailing skills and basic racing knowledge. Emphasis will be on teamwork, skill development and a fun sailing environment! CANSail 2 or CANSail 2 Opti course is a prerequisite.

Glenmore Sailing School				Age:	11Y – 17Y
Jul 6-16	M-F	09:00 am-04:00 pm	9	\$396.00	46797
Jul 20-30	M-F	09:00 am-04:00 pm	9	\$396.00	46798
Aug 4-14	M-F	09:00 am-04:00 pm	9	\$396.00	46799
Aug 17-27	M-F	09:00 am-04:00 pm	9	\$396.00	46800

Sailing – CANSail 4/5

This course is for intermediate sailors that will cover CANSail 4/5 material, consisting of intermediate sailing skills and basic racing skills. Students must have taken CANSail 3 to register. Students will sail in up to 40km/h of wind in laser sailboats. Emphasis will be placed on skill refinement in racing specific environments.

Glenmore Sailing School				Age:	7Y – 17Y
Jul 6-16	M-F	09:00 am-04:00 pm	9	\$396.00	46827
Jul 20-30	M-F	09:00 am-04:00 pm	9	\$396.00	46828
Aug 4-14	M-F	09:00 am-04:00 pm	9	\$396.00	46829
Aug 17-27	M-F	09:00 am-04:00 pm	9	\$396.00	46830

Sailing – CANSail Opti 1

This course is for students looking to work on their CANSail 1 skills. Sail in winds up to 35 km/hr and refine basic propulsion, direction and balance skills in an Optimist class sailboat, specific to this weight class. Students must be under 100lbs and have taken a Wet Feet course previously.

Glenmore Sailing School				Age:	9Y – 17Y
Jul 6-16	M-F	09:00 am-04:00 pm	9	\$396.00	46706
Jul 20-30	M-F	09:00 am-04:00 pm	9	\$396.00	46707
Aug 4-14	M-F	09:00 am-04:00 pm	9	\$396.00	46709
Aug 17-27	M-F	09:00 am-04:00 pm	9	\$396.00	46710

Sailing – CANSail Opti 2

CANSail Opti 2 supports CANSail 2 skill building. Sail in winds up to 35 km/hr and refine propulsion, direction and balance skills in an Optimist class sailboat, specific to this weight class. Students must be under 100lbs and have taken a Wet Feet or CANSail Opti course previously.

Glenmore Sailing School				Age:	9Y – 17Y
Jul 6-16	M-F	09:00 am-04:00 pm	9	\$396.00	46711
Jul 20-30	M-F	09:00 am-04:00 pm	9	\$396.00	46712
Aug 4-14	M-F	09:00 am-04:00 pm	9	\$396.00	46714
Aug 17-27	M-F	09:00 am-04:00 pm	9	\$396.00	46715

Sailing – Junior Sailing Club

Develop your skills in the Junior Sailing Club! Working on boat handling and racing skills, students sail either Optimist or Laser class sailboats. This program feeds into instructor and competitive streams of the sailing community. You are required to have taken CANSail 2 and there's no weight minimum.

Glenmore Sailing School				Age:	11Y – 17Y
May 7-28	Tu, Th	06:00 pm-09:00 pm	7	\$257.25	45784
Jun 2-23	Tu, Th	06:00 pm-09:00 pm	7	\$257.25	46455
Jul 7-30	Tu, Th	06:00 pm-09:00 pm	8	\$156.00	46286
Aug 4-27	Tu, Th	06:00 pm-09:00 pm	8	\$156.00	46228

Sailing – WetFeet

In this hands-on introductory course, your junior sailor will participate in fun activities on water and on land. Using boats specifically designed for juniors, participants will explore in groups of 2 or 3 with an emphasis on fun and participation. For ages 7 to 8 – no experience necessary.

Glenmore Sailing School				Age:	7Y – 8Y
Jul 6-10	M-F	09:00 am-04:00 pm	5	\$220.00	46679
Jul 13-16	M-Th	09:00 am-04:00 pm	4	\$176.00	46680
Jul 20-24	M-F	09:00 am-04:00 pm	5	\$220.00	46681
Jul 27-30	M-Th	09:00 am-04:00 pm	4	\$176.00	46682
Aug 4-7	Tu-F	09:00 am-04:00 pm	4	\$176.00	46683
Aug 10-14	M-F	09:00 am-04:00 pm	5	\$220.00	46684
Aug 17-21	M-F	09:00 am-04:00 pm	5	\$220.00	46685
Aug 24-27	M-Th	09:00 am-04:00 pm	4	\$176.00	46686

Sailing – WetFeet

In this hands-on introductory course, students participate in fun activities on water and on land. Using boats specifically designed for juniors, participants will explore in groups of 2 or 3 with an emphasis on fun and participation. For ages 9 and up and under 100lbs – no experience necessary.

Glenmore Sailing School				Age:	9Y – 17Y
May 23-31	Su, Sa	09:00 am-03:00 pm	4	\$156.00	46074
Jun 6-14	Su, Sa	09:00 am-03:00 pm	4	\$156.00	46671
Jul 6-10	M-F	09:00 am-04:00 pm	5	\$220.00	46696
Jul 13-16	M-Th	09:00 am-04:00 pm	4	\$176.00	46698
Jul 18-26	Su, Sa	09:00 am-03:00 pm	4	\$156.00	46303
Jul 20-24	M-F	09:00 am-04:00 pm	5	\$220.00	46699
Jul 27-30	M-Th	09:00 am-04:00 pm	4	\$176.00	46700
Aug 4-7	Tu-F	09:00 am-04:00 pm	4	\$176.00	46701
Aug 8-16	Su, Sa	09:00 am-03:00 pm	4	\$156.00	46282
Aug 10-14	M-F	09:00 am-04:00 pm	5	\$220.00	46702
Aug 17-21	M-F	09:00 am-04:00 pm	5	\$220.00	46703
Aug 24-27	M-Th	09:00 am-04:00 pm	4	\$176.00	46704



12 Years and Over

Sailing – Basic Cruising

This introductory Keelboat Sailing course builds on basic sailing knowledge. Students will learn the basic of keelboat sailing in winds of 5-20km/hr. Previous sailing experience is recommended but not mandatory. This course develops skills according to Sail Canada's basic cruising standard curriculum.

Glenmore Sailing School			Age: 14Y and Up		
May 23-31	Su, Sa	09:00 am-03:00 pm	4	\$372.00	46083
Jun 6-14	Su, Sa	09:00 am-03:00 pm	4	\$372.00	46408
Jul 18-26	Su, Sa	09:00 am-03:00 pm	4	\$372.00	46409
Aug 8-16	Su, Sa	09:00 am-03:00 pm	4	\$372.00	46229

Sailing – Start Keelboat – Basics

In this introductory sailing course, students will learn the basics of sailing in a Keelboat. Prepare to sail in winds up to 30km/hr with a focus on hands-on experience and learning the basic skills required to operate a keelboat class sailboat. Intro to CANSail or above is a prerequisite.

Glenmore Sailing School			Age: 14Y and Up		
May 6-27	W	06:00 pm-09:00 pm	4	\$186.00	45787
Jun 3-24	W	06:00 pm-09:00 pm	4	\$186.00	46327
Jul 8-29	W	06:00 pm-09:00 pm	4	\$218.00	46328
Aug 5-26	W	06:00 pm-09:00 pm	4	\$218.00	46244

18 Years and Over

Sailing – Accessible Sailing

This course is for individuals with mild to moderate physical impairments to experience the basics of sailing in a safe environment. Students will participate in sailboat rides, operation and basic theory under instructor supervision. Students will sail in winds of 5-20km/hr. No previous sailing experience required.

Glenmore Sailing School			Age: 18Y and Up		
Jun 3-24	W	06:00 pm-09:00 pm	4	\$201.00	45786
Jul 8-29	W	06:00 pm-09:00 pm	4	\$201.00	46235
Aug 5-26	W	06:00 pm-09:00 pm	4	\$201.00	46428

Sailing – CANSail 2/3

This course is for sailors looking to work on CANSail 2 or 3 skills. This course is for intermediate sailors. Sail in winds up to 40km/hr and learn intermediate sailing skills and basic racing knowledge. Emphasis will be on teamwork, skill development and a fun sailing environment! CANSail 2 or CANSail Opti 2 course is a prerequisite.

Glenmore Sailing School			Age: 17Y and Up		
May 7-28	Tu, Th	06:00 pm-09:00 pm	7	\$267.75	45783
Jun 2-23	Tu, Th	06:00 pm-09:00 pm	7	\$267.75	46315
Jul 7-30	Tu, Th	06:00 pm-09:00 pm	8	\$284.00	46316
Aug 4-27	Tu, Th	06:00 pm-09:00 pm	8	\$284.00	46226

Sailing – Intro to CANSail

This introductory course teaches the basics of sailing for wind strengths of eight-15 kilometres an hour. Emphasis is on hands-on experience in the boat and sailing with other students under instructor supervision. Students will work on completing CANSail skills in dinghy class sailboats. No sailing experience necessary to enrol in this course.

Glenmore Sailing School			Age: 17Y and Up		
May 6-Jun 1	M, W	06:00 pm-09:00 pm	7	\$267.75	45750
May 7-28	Tu, Th	06:00 pm-09:00 pm	7	\$267.75	45760
May 23-31	Su, Sa	09:00 am-03:00 pm	4	\$284.00	45761
Jun 2-23	Tu, Th	06:00 pm-09:00 pm	7	\$267.75	46369
Jun 3-24	M, W	06:00 pm-09:00 pm	7	\$267.75	46434
Jun 6-14	Su, Sa	09:00 am-03:00 pm	4	\$284.00	46371
Jul 6-29	M, W	06:00 pm-09:00 pm	8	\$284.00	46248
Jul 7-30	Tu, Th	06:00 pm-09:00 pm	8	\$284.00	46250
Jul 18-26	Su, Sa	09:00 am-03:00 pm	4	\$284.00	46441
Aug 4-27	Tu, Th	06:00 pm-09:00 pm	8	\$284.00	46268
Aug 5-26	M, W	06:00 pm-09:00 pm	7	\$267.75	46267
Aug 8-16	Su, Sa	09:00 am-03:00 pm	4	\$284.00	46442

Sailing – Para CANSail 1/2

Para CANSail 1/2 is a course for beginner sailors who want to learn sailing with mild to moderate physical impairment. This course will teach CANSail 1/2 curriculum but modified for accessibility. Students will learn basic sailing skills. Sailing experience is not required but encouraged. Students will sail in up to 25km/h winds.

Glenmore Sailing School			Age: 18Y and Up		
Jun 5-26	F	12:30 pm-03:30 pm	4	\$201.00	46198
Jul 10-31	F	12:30 pm-03:30 pm	4	\$201.00	46247
Aug 7-28	F	12:30 pm-03:30 pm	4	\$201.00	46237

50 Years and Over

Sailing – 55 plus Experience Sailing

This sailing course is for adults 55+ with little or no sailing experience. The lessons develop basic balance and sailing skills in a safe environment with a strong social and community focus in up to 20km/hr of wind. The course concludes with a sailing specific social outing. Experience something new!

Glenmore Sailing School			Age: 55Y and Up		
May 23-31	Su, Sa	09:00 am-03:00 pm	4	\$284.00	46100
Jun 6-14	Su, Sa	09:00 am-03:00 pm	4	\$284.00	46350
Jul 18-26	Su, Sa	09:00 am-03:00 pm	4	\$284.00	46351
Aug 8-16	Su, Sa	09:00 am-03:00 pm	4	\$284.00	46231

A photograph of three children, two boys and one girl, looking at a large, wrapped gift box. The boy on the left is wearing a red and black striped shirt. The girl in the middle is wearing a grey top. The boy on the right is wearing a blue and white plaid shirt and red-rimmed glasses. They are all smiling and looking at the gift. The background is a wall decorated with colorful handprints and a birthday cake. The text "We do birthday parties" is overlaid on the top left in a red box.

We do birthday parties

Book your party today at one of our

- Leisure centres
- Arts centres
- Aquatic & fitness centres
- Nature centres

Find out more at calgary.ca/birthdays



Sports

The City of Calgary offers year-round, drop-in and registered indoor and outdoor programs, so everyone can stay active. Whether you're interested in climbing, basketball, soccer, baseball, badminton or even gymnastics, we can help get you started.

DROP-IN SPORTS

Drop-in sports are available at several recreation facilities across the city. Visit the current facility schedules at calgary.ca/dropin

Badminton

Beltline Aquatic & Fitness Centre
Southland Leisure Centre
Village Square Leisure Centre

Basketball

Beltline Aquatic & Fitness Centre
Southland Leisure Centre
Village Square Leisure Centre

Rock climbing

Beltline Aquatic & Fitness Centre – outdoor
Southland Leisure Centre – indoor

Floor hockey

Beltline Aquatic & Fitness Centre

Gymnastics

Southland Leisure Centre

Pickleball

Southland Leisure Centre

Soccer

Calgary Soccer Centre

Squash, racquetball and wallyball

Southland Leisure Centre

Tot's Gymnastics Time

Southland Leisure Centre

Volleyball

Beltline Aquatic & Fitness Centre

Gymnastic Partnership

Glenmore Gymnastics Club and The City of Calgary work in partnership to offer a variety of gymnastics programs at Southland Leisure Centre. The gymnastics equipment within the space is purchased and maintained by Glenmore Gymnastics.

SPORTS

0 to 6 Years

Gymnastics – Gym Maniacs

In this unparented introduction to gymnastics, your child will engage in creative movement and learn fundamental gymnastic skills like rolling, jumping, landing, swinging and balancing.

Southland Leisure Centre			Age:	3Y – 4Y
Apr 4-Jun 20	Sa	02:45 pm-03:30 pm	9	\$105.75 45435
Apr 5-Jun 21	Su	10:15 am-11:00 am	10	\$117.50 45415
Apr 5-Jun 21	Su	10:15 am-11:00 am	10	\$117.50 45414
Apr 5-Jun 21	Su	10:15 am-11:00 am	10	\$117.50 45418
Apr 5-Jun 21	Su	10:15 am-11:00 am	10	\$117.50 45417
Apr 5-Jun 21	Su	10:15 am-11:00 am	10	\$117.50 45416
Apr 5-Jun 21	Su	11:15 am-12:00 pm	10	\$117.50 45422
Apr 5-Jun 21	Su	11:15 am-12:00 pm	10	\$117.50 45423
Apr 5-Jun 21	Su	11:15 am-12:00 pm	10	\$117.50 45420
Apr 5-Jun 21	Su	11:15 am-12:00 pm	10	\$117.50 45421
Apr 5-Jun 21	Su	11:15 am-12:00 pm	10	\$117.50 45419
Apr 7-Jun 16	Tu	11:15 am-12:00 pm	11	\$129.25 45424
Apr 7-Jun 16	Tu	12:15 pm-01:00 pm	11	\$129.25 45425
Apr 7-Jun 16	Tu	01:15 pm-02:00 pm	11	\$129.25 45426
Apr 7-Jun 16	Tu	05:00 pm-05:45 pm	11	\$129.25 45428
Apr 7-Jun 16	Tu	05:00 pm-05:45 pm	11	\$129.25 45427
Apr 8-Jun 17	W	10:00 am-10:45 am	11	\$129.25 45429
Apr 8-Jun 17	W	11:00 am-11:45 am	11	\$129.25 45430
Apr 8-Jun 17	W	12:00 pm-12:45 pm	11	\$129.25 45431
Apr 17-Jun 19	F	10:15 am-11:00 am	10	\$117.50 45432
Apr 17-Jun 19	F	11:15 am-12:00 pm	10	\$117.50 45433
Apr 17-Jun 19	F	12:15 pm-01:00 pm	10	\$117.50 45434

Gymnastics – Jumping Jacks & Jills

In this introductory program, children develop coordination and flexibility through creative movement and learn fundamental gymnastics skills like rolling, jumping, landing, swinging and balancing.

Southland Leisure Centre			Age:	5Y – 6Y
Apr 4-Jun 20	Sa	03:45 pm-04:45 pm	9	\$141.75 45396
Apr 5-Jun 21	Su	12:30 pm-01:30 pm	10	\$157.50 45399
Apr 5-Jun 21	Su	12:30 pm-01:30 pm	10	\$157.50 45397
Apr 5-Jun 21	Su	12:30 pm-01:30 pm	10	\$157.50 45398
Apr 5-Jun 21	Su	12:30 pm-01:30 pm	10	\$157.50 45401
Apr 5-Jun 21	Su	12:30 pm-01:30 pm	10	\$157.50 45400
Apr 7-Jun 16	Tu	05:00 pm-06:00 pm	11	\$173.25 45393
Apr 7-Jun 16	Tu	05:00 pm-06:00 pm	11	\$173.25 45394
Apr 7-Jun 16	Tu	05:00 pm-06:00 pm	11	\$173.25 45395

Gymnastics & Rock Climbing – Rock & Roll

In this introductory class, your child will learn the fundamentals of both climbing and gymnastics! They'll learn the fundamentals of one sport during the first weeks and the of the other during the last weeks, developing strength, coordination and flexibility along the way.

Southland Leisure Centre			Age:	4Y
Apr 4-Jun 20	Sa	02:45 pm-03:30 pm	9	\$105.75 45346
			Age:	5Y – 6Y
Apr 4-Jun 20	Sa	03:45 pm-04:45 pm	9	\$141.75 45349

Rock Climbing – Climbing Critters

This class is your child's introduction to exciting world of climbing through games, activities and practice of fundamental bouldering and climbing skills. Instructors will belay climbers on the large wall using provided climbing equipment.

Southland Leisure Centre			Age:	4Y
Apr 5-May 10	Su	11:40 am-12:25 pm	5	\$51.25 45370
May 24-Jun 21	Su	11:40 am-12:25 pm	5	\$51.25 45373

Rock Climbing – Little Rockers

Your kids will "boulder" their way to success! Little Rockers conquer the big wall where they put on a harness and climb. They learn safety, coordination, self-awareness, problem solving skills, and basic climbing skills. Instructors will belay climbers, however, parents are invited to do the belaying at the last class.

Southland Leisure Centre			Age:	5Y – 6Y
Apr 5-May 10	Su	12:40 pm-01:40 pm	5	\$67.50 45353
Apr 7-May 12	Tu	05:10 pm-06:10 pm	6	\$81.00 45350
May 19-Jun 16	Tu	05:10 pm-06:10 pm	5	\$67.50 45352
May 24-Jun 21	Su	12:40 pm-01:40 pm	5	\$67.50 45354

Sports – All Sports

Play a variety of sports that incorporate skills like coordination, endurance, speed, agility and team work. Build confidence learning basic concepts and develop fundamental movement skills while playing games in a supportive environment.

Killarney Aquatic & Recreation Centre			Age:	3Y – 5Y
Apr 14-Jun 16	Tu	02:30 pm-03:15 pm	10	\$75.00 44305
Southland Leisure Centre			Age:	4Y – 6Y
Apr 4-Jun 6	Sa	09:55 am-10:40 am	8	\$60.00 44285
Apr 5-Jun 21	Su	09:55 am-10:40 am	10	\$75.00 44290
Village Square Leisure Centre			Age:	3Y – 4Y
Apr 19-Jun 14	Su	08:45 am-09:30 am	8	\$60.00 47101

Sports – Soccer and Floor Hockey

Play soccer and floor hockey indoors. Build confidence learning basic concepts of two sports. Develop fundamental movement skills while playing games in a supportive environment. Equipment will be provided.

Southland Leisure Centre			Age:	4Y – 5Y
Apr 4-Jun 6	Sa	09:55 am-10:40 am	8	\$60.00 44376
			Age:	5Y – 6Y
Apr 4-Jun 6	Sa	10:50 am-11:35 am	8	\$60.00 44306
Village Square Leisure Centre			Age:	5Y – 6Y
Apr 19-Jun 14	Su	10:25 am-11:10 am	8	\$60.00 47103

Sports – Soccer and T-Ball

Kick the ball and swing at the ball. Build confidence learning basic concepts of two sports. Develop fundamental movement skills while playing games in a supportive environment. Equipment will be provided.

Killarney Aquatic & Recreation Centre			Age:	4Y – 5Y
Apr 14-Jun 16	Tu	01:30 pm-02:15 pm	10	\$75.00 44304
Southland Leisure Centre			Age:	4Y – 5Y
Apr 4-Jun 6	Sa	09:00 am-09:45 am	8	\$60.00 44307
			Age:	5Y – 6Y
Apr 4-Jun 6	Sa	10:50 am-11:35 am	8	\$60.00 44302
Village Square Leisure Centre			Age:	4Y – 5Y
Apr 19-Jun 14	Su	09:35 am-10:20 am	8	\$60.00 47102



0 to 17 Years + Adult

Gymnastics – Tumbling Tykes – Plus Adult

Tumble together! You and your tot will be introduced to creative movement, basic gymnastic skills, trampoline and lots of fun games. Your little one will burn off extra energy, have fun and learn a few new skills. Parents/guardians must participate with their child.

Southland Leisure Centre		Age:	2Y – 3Y	
Apr 5-Jun 21	Su	09:15 am-10:00 am	10	\$117.50 45388
Apr 7-Jun 16	Tu	10:15 am-11:00 am	11	\$129.25 45386
Apr 8-Jun 17	W	09:00 am-09:45 am	11	\$129.25 45389

Sports – All Sports (Plus Adult)

Play a variety of sports that incorporate skills like coordination, endurance, speed, agility and team work. Build confidence learning basic concepts and develop fundamental movement skills while playing games in a supportive environment. The person registered must attend the program with an adult, who must actively participate with them.

Killarney Aquatic & Recreation Centre		Age:	2Y – 3Y	
Apr 14-Jun 16	Tu	10:45 am-11:30 am	10	\$75.00 44303
Southland Leisure Centre		Age:	2Y – 4Y	
Apr 4-Jun 6	Sa	09:00 am-09:45 am	8	\$60.00 44395
		Age:	3Y – 4Y	
Apr 5-Jun 21	Su	09:00 am-09:45 am	10	\$75.00 44403

Sports – Badminton (Plus Adult)

Learn to play badminton. Build confidence learning basic rules and develop fundamental movement skills while playing in a supportive environment. Equipment will be provided. The person registered must attend the program with an adult, who must actively participate with them.

Southland Leisure Centre		Age:	10Y – 15Y	
Apr 9-Jun 18	Th	06:30 pm-07:45 pm	11	\$137.50 44099

5 to 17 Years

Gymnastics – Tumble, Twist & Turn

In this class, your child will develop their coordination, balance and flexibility through creative movement and the practice of fundamental gymnastics skills.

Southland Leisure Centre		Age:	7Y – 9Y	
Apr 4-Jun 20	Sa	05:00 pm-06:00 pm	9	\$141.75 45408
Apr 5-Jun 21	Su	01:45 pm-02:45 pm	10	\$157.50 45410
Apr 5-Jun 21	Su	01:45 pm-02:45 pm	10	\$157.50 45409
Apr 5-Jun 21	Su	01:45 pm-02:45 pm	10	\$157.50 45411
Apr 7-Jun 16	Tu	06:15 pm-07:15 pm	11	\$173.25 45403
Apr 7-Jun 16	Tu	06:15 pm-07:15 pm	11	\$173.25 45406
Apr 7-Jun 16	Tu	06:15 pm-07:15 pm	11	\$173.25 45407
Apr 7-Jun 16	Tu	06:15 pm-07:15 pm	11	\$173.25 45405



YOUR
PLACE TO
TRY, PLAY
OR **COACH**
SPORTS

SPORT HUB

Visit calgary.ca/sporthub for more
Sport Hub Programs near you.

0 to 17 Years + Adult (continued)

Gymnastics – Tumblin' Tweens

Want to start tumbling in your tweens? From first time tumblers to those with a few tricks up their sleeves, this introductory class helps participants discover and build on new skills in a fun and encouraging environment.

Southland Leisure Centre		Age: 10Y – 12Y	
Apr 5-Jun 21	Su	01:45 pm-02:45 pm	10 \$157.50 45390
Apr 5-Jun 21	Su	01:45 pm-02:45 pm	10 \$157.50 45391
Apr 7-Jun 16	Tu	06:15 pm-07:15 pm	11 \$173.25 45392

Gymnastics & Rock Climbing – Climb & Cartwheel

Your child will learn the fundamentals of both climbing and gymnastics in this class. They'll develop strength, coordination and flexibility in one sport for the first weeks of this combination session, and then the same for the other sport during the remaining weeks.

Southland Leisure Centre		Age: 7Y – 9Y	
Apr 4-Jun 20	Sa	05:00 pm-06:00 pm	9 \$141.75 45347

Rock Climbing – Rocks & Knots

Reach new heights in this active bouldering and climbing class. Learn fundamental climbing and bouldering skills through games and practice, including safety, knot-tying and the basics of belaying. Instructors will belay climbers on the large wall using provided climbing equipment.

Beltline Aquatic & Fitness Centre		Age: 7Y – 9Y	
May 21-Jun 25	Th	06:00 pm-07:00 pm	6 \$81.00 47507
Apr 9-May 14	Th	06:00 pm-07:00 pm	6 \$81.00 47506
Jul 23-Aug 27	Th	06:00 pm-07:00 pm	6 \$81.00 47512
Southland Leisure Centre		Age: 7Y – 9Y	
Apr 5-Jun 21	Su	01:50 pm-02:50 pm	10 \$135.00 45356
Apr 7-May 12	Tu	06:20 pm-07:20 pm	6 \$81.00 45355

Rock Climbing – Towering Tweens

Teens will love this whole body workout! They'll strap on a harness and be introduced to equipment, knots and belaying through instruction and climbing games. Register your teen today for something completely different and completely awesome.

Beltline Aquatic & Fitness Centre		Age: 10Y – 15Y	
Apr 9-May 14	Th	07:15 pm-08:15 pm	6 \$81.00 47508
May 21-Jun 25	Th	07:15 pm-08:15 pm	6 \$81.00 47509
Jul 23-Aug 27	Th	07:15 pm-08:15 pm	6 \$81.00 47513
Southland Leisure Centre		Age: 10Y – 12Y	
Apr 5-Jun 21	Su	10:30 am-11:30 am	10 \$135.00 45359
May 19-Jun 16	Tu	06:20 pm-07:20 pm	5 \$67.50 45357

Sports – All Sports & Swim to Survive

Play a variety of sports and games that help build confidence learning basic concepts and develop fundamental movement skills. The last 30 minutes of each class will be a Swim to Survive Swim lesson. Parents pick up kids 5 minutes prior to the end of the swim lesson.

Acadia Aquatic & Fitness Centre		Age: 4Y – 5Y	
Apr 14-Jun 2	Tu	04:30 pm-05:45 pm	8 \$116.00 44881
		Age: 6Y – 8Y	
Apr 16-Jun 4	Th	04:30 pm-06:00 pm	8 \$124.00 44886

Sports – All Sports

Play a variety of sports that incorporate skills like coordination, endurance, speed, agility and team work. Build confidence learning basic concepts and develop fundamental movement skills while playing games in a supportive environment.

Southland Leisure Centre		Age: 6Y – 9Y	
Apr 4-Jun 6	Sa	11:45 am-12:30 pm	8 \$60.00 44298
Village Square Leisure Centre		Age: 7Y – 9Y	
Apr 21-Jun 9	Tu	06:15 pm-07:00 pm	8 \$60.00 47104
		Age: 10Y – 12Y	
Apr 21-Jun 9	Tu	07:10 pm-07:55 pm	8 \$60.00 47105

Sports – Badminton

Learn to play badminton. Build confidence learning basic rules and develop fundamental movement skills while playing in a supportive environment. Equipment will be provided.

Southland Leisure Centre		Age: 6Y – 9Y	
Apr 4-Jun 6	Sa	11:45 am-12:30 pm	8 \$60.00 44095
Apr 5-Jun 21	Su	10:50 am-11:35 am	10 \$75.00 44062
		Age: 7Y – 12Y	
Apr 6-Jun 15	M	05:30 pm-06:30 pm	10 \$100.00 44060
Village Square Leisure Centre		Age: 7Y – 10Y	
Apr 19-Jun 14	Su	09:00 am-09:45 am	8 \$60.00 47098
		Age: 11Y – 14Y	
Apr 19-Jun 14	Su	09:50 am-10:50 am	8 \$80.00 47099

Sports – Badminton Continuing

Increase your badminton knowledge with a focus on skill development and game strategy. Provides the opportunities to practice and play. Equipment will be provided.

Village Square Leisure Centre		Age: 9Y – 14Y	
Apr 19-Jun 14	Su	10:55 am-11:55 am	8 \$80.00 47100

Sports – Basketball

Learn to dribble, pass and shoot a basketball! Build confidence, learn basic rules and develop fundamental movement skills while playing in a supportive environment. Equipment will be provided.

Southland Leisure Centre		Age: 6Y – 9Y	
Apr 5-Jun 21	Su	11:45 am-12:45 pm	10 \$100.00 44048
		Age: 7Y – 10Y	
Apr 9-Jun 18	Th	05:15 pm-06:15 pm	11 \$110.00 44043
		Age: 10Y – 13Y	
Apr 6-Jun 15	M	06:45 pm-07:45 pm	10 \$100.00 44041
Village Square Leisure Centre		Age: 7Y – 9Y	
Apr 18-Jun 20	Sa	08:30 am-09:30 am	8 \$80.00 47095
		Age: 10Y – 12Y	
Apr 18-Jun 20	Sa	09:40 am-10:40 am	8 \$80.00 47096
		Age: 12Y – 15Y	
Apr 18-Jun 20	Sa	10:50 am-11:50 am	8 \$80.00 47097



Sports – Learn to Roller Skate

This class is for those with little or no roller skating or inline skating experience. Build confidence while working on skills such as balance and forward movement. Participants must provide a CSA approved helmet (No bicycle helmets) and roller/inline skates.

Village Square Leisure Centre				Age:	5Y – 7Y
Apr 23-Jun 11	Th	06:15 pm-07:00 pm	8	\$92.00	47106
				Age:	8Y – 12Y
Apr 23-Jun 11	Th	06:15 pm-07:00 pm	8	\$92.00	47107

Sports – Learn to Roller Skate Continuing

This class is for those with basic roller skating or inline skating experience. Learn forward skating with pushes, jumps, glides, sculling, walking backwards and more while participating in drills and activities. Participants must provide a CSA approved helmet (No bicycle helmets) and roller/inline skates. Prerequisite: Completion of Level 1 or equivalent.

Village Square Leisure Centre				Age:	5Y – 7Y
Apr 23-Jun 11	Th	07:10 pm-07:55 pm	8	\$92.00	47439
				Age:	8Y – 12Y
Apr 23-Jun 11	Th	07:10 pm-07:55 pm	8	\$92.00	47109

Sports – Soccer – Indoor

Play soccer indoors. Build confidence learning basic concepts of soccer and develop fundamental movement skills while playing games in a supportive environment. Equipment will be provided.

Calgary Soccer Centre				Age:	5Y – 6Y
Apr 18-Jun 20	Sa	12:30 pm-01:15 pm	8	\$60.00	47091
				Age:	7Y – 9Y
Apr 18-Jun 20	Sa	01:20 pm-02:05 pm	8	\$60.00	47092
				Age:	10Y – 12Y
Apr 18-Jun 20	Sa	02:10 pm-02:55 pm	8	\$60.00	47093
				Age:	12Y – 15Y
Apr 18-Jun 20	Sa	03:00 pm-03:45 pm	8	\$60.00	47094
Southland Leisure Centre				Age:	7Y – 9Y
Apr 8-Jun 17	W	05:55 pm-06:55 pm	11	\$110.00	44038
				Age:	10Y – 13Y
Apr 8-Jun 17	W	07:05 pm-08:05 pm	11	\$110.00	44039
Village Square Leisure Centre				Age:	5Y – 6Y
Apr 18-Jun 20	Sa	08:30 am-09:15 am	8	\$60.00	47088
				Age:	7Y – 8Y
Apr 18-Jun 20	Sa	09:25 am-10:25 am	8	\$80.00	47089
				Age:	9Y – 12Y
Apr 18-Jun 20	Sa	10:35 am-11:35 am	8	\$80.00	47090

Flood Are your kids ready?

Tornado Are your kids prepared?

Blackout Are your kids in the dark?

Get your kids ready for any emergency. Ready Squad's free online course is fun, easy and takes just 20 minutes.

calgary.ca/readysquad

18 Years and Over

Adapted Floor Curling

Floor curling is an indoor version of the Olympic sport of curling. This very social sport can be enjoyed by people of all ages and abilities. Our 'pusher sticks' can be used to deliver the stones/rocks which enables everyone to play – seated or standing. The best part of this sport is that it is fun!!

Village Square Leisure Centre				Age: 18Y and Up		
Apr 21-Jun 16	Tu	10:00 am-10:45 am	9	\$65.25	45542	
Apr 23-Jun 18	Th	01:15 pm-02:00 pm	9	\$65.25	45540	

Adapted Sports

Connect with other sports minded people. Play a variety of sports such as soccer, basketball, badminton, floor hockey, large group games and more. Let the games begin!

Village Square Leisure Centre				Age: 18Y and Up		
Apr 21-Jun 16	Tu	01:15 pm-02:00 pm	9	\$65.25	45541	

Adapted Water Polo

All swimmers and non-swimmers are welcome! Water Polo is a great way to have fun, meet new people and improve your fitness level. You need your own goggles and swimsuit – all other equipment including flotation devices are included. No previous experience is needed.

Village Square Leisure Centre				Age: 18Y and Up		
Apr 20-Jun 22	M	11:30 am-12:15 pm	9	\$65.25	45537	

Leagues – Slo-Pitch Co-ed Leagues

Step up to the plate! Join a fun, recreational, semi-competitive slow pitch team this Spring and Summer. Gain skills and be social. Have one person register and represent the entire team. For more information, check out cityofcalgaryleagues.ca

S.E./South Central				Age: 18Y and Up		
May 5-Aug 11	Tu	06:00 pm-09:00 pm	15	\$1,200.00	46935	
South Central				Age: 18Y and Up		
May 6-Aug 12	W	06:00 pm-09:00 pm	14	\$1,120.00	46851	
S.W./South Central				Age: 18Y and Up		
May 7-Aug 13	Th	06:00 pm-09:00 pm	15	\$1,200.00	46936	
North				Age: 18Y and Up		
May 7-Aug 13	Th	06:00 pm-09:00 pm	15	\$1,200.00	46619	
Woodbine Athletic Park				Age: 18Y and Up		
May 1-Aug 14	F	06:15 pm-09:15 pm	14	\$1,120.00	46850	

Rock Climbing – Adult Introduction

Interested in climbing but don't know where to start? We can show you the ropes! You will learn basic skills and techniques in a fun and inclusive environment. Skills such as how to put on your harness, tie knots and belay, just to start. Register today to begin your next adventure!

Beltline Aquatic & Fitness Centre				Age: 18Y and Up		
Apr 8-May 13	W	07:15 pm-08:15 pm	6	\$81.00	47503	
May 20-Jun 24	W	07:15 pm-08:15 pm	6	\$81.00	47505	
Jul 22-Aug 26	W	07:15 pm-08:15 pm	6	\$81.00	47511	

Rock Climbing – Partners in Climb

Looking for a new activity you can enjoy together? Join this exciting program that teaches the basics of climbing and the techniques to safely belay each other. Designed for pairs, lessons cater to all levels. Fee is per person (not per couple), so register each person individually.

Beltline Aquatic & Fitness Centre				Age: 18Y and Up		
Apr 8-May 13	W	06:00 pm-07:00 pm	6	\$81.00	47502	
May 20-Jun 24	W	06:00 pm-07:00 pm	6	\$81.00	47504	
Jul 22-Aug 26	W	06:00 pm-07:00 pm	6	\$81.00	47510	



Skating and Hockey

The City of Calgary has 12 arenas with 19 sheets of ice for your family to enjoy. We offer learn to skate classes, introduction to hockey programs, public skating, and shinny times. Drop in for a public skate or register your child for a skating program. Visit calgary.ca/arenas for schedules.

Skating and hockey lessons

The City of Calgary provides a variety of Learn to Skate and recreational hockey programs at a number of arenas throughout Calgary. Programs are designed to introduce participants to the fundamentals and are offered to all age groups and skill levels.

Drop-in skating and hockey

All public skating and shinny times for arenas are listed online. Visit calgary.ca/arenas or contact 311 to find the most up to date information including regular schedules and holiday schedules.

Public skating

On some statutory holidays we offer skating. Check the event schedule at calgary.ca/recreationdeals to find participating facilities close to you.

Equipment requirements

Our priority is the safety of you and/or your child.

Learn to Skate

All participants in the Learn to Skate programs are required to wear:

Skates

Lace-up skates (hockey or figure skates) are recommended over moulded skates with buckles. Ensure skates are sharpened; new skates do not come sharpened.

Helmets

All participants are required to wear a hockey helmet or an acceptable Canadian Safety Association (CSA) approved alternative. Cages or face shields are encouraged, especially for younger children. Bicycle and skateboard helmets are not permitted.

Gloves

Gloves or mittens are required for all participants.

Hockey

Full equipment is required. Helmet with full face cage, mouth guard, neck, shoulder, elbow and shin pads, hockey pants, gloves, jersey and socks (any colour), pelvic protection, stick and skates. Bring your own water bottle.

0 to 6 Years

Hockey – Introduction

Hockey players will learn the skills needed to play one of Canada's favourite winter sports through drills, activities and scrimmages in this non-competitive program. Players will learn the fundamental for hockey with basic passing, shooting and puck handling skills. Players must provide: CSA approved hockey helmet with full cage and full hockey gear. Prerequisites: Previous skating experience is required, ability to skate forwards, backwards and ability to stop. Previous hockey experience is not required.

Rose Kohn Arena		Age:	4Y – 6Y
Apr 18-Jun 20	Sa	09:00 am-09:45 am	9 \$112.50 43126
Jul 5-Aug 23	Su	09:15 am-10:00 am	7 \$87.50 43392

Hockey – Rec Hockey Tournament

Calling all City of Calgary Recreational Hockey enthusiasts! Come join us in our annual Recreational Hockey Tournament. In this one-day tournament participants will play in at least two games, receive a pizza lunch and a chance to win prizes. Players must provide: CSA approved hockey helmet with full cage and full hockey gear. Prerequisite: previous participation in a City of Calgary Recreational Hockey program.

Rose Kohn Arena		Age:	4Y – 6Y
Jun 28	Su	10:00 am-04:00 pm	1 \$70.00 42774

Learn to Skate Level 1

This skating lesson level is for skaters with little or no experience. Children will learn the proper way of falling and standing up, marching on ice, the start of forward gliding and more while participating in drills and activities. Participants must provide: approved helmet (NO bicycle or skateboard helmets), skates, gloves/mittens.

Henry Viney Arena		Age:	3Y – 4Y
Apr 25-Jun 20	Sa	10:00 am-10:30 am	8 \$62.00 43062
Jul 7-30	Tu, Th	06:00 pm-06:30 pm	8 \$62.00 43095
		Age:	4Y – 6Y
Apr 25-Jun 20	Sa	10:35 am-11:05 am	8 \$62.00 43084
Jul 7-30	Tu, Th	06:35 pm-07:05 pm	8 \$62.00 43103

		Age:	5Y – 6Y
Apr 25-Jun 20	Sa	10:00 am-10:30 am	8 \$62.00 43079
Jul 7-30	Tu, Th	06:00 pm-06:30 pm	8 \$62.00 43098

Rose Kohn Arena		Age:	4Y – 6Y
Apr 19-Jun 21	Su	09:30 am-10:00 am	9 \$69.75 42756
Apr 19-Jun 21	Su	09:30 am-10:00 am	9 \$69.75 43056
Apr 19-Jun 21	Su	09:30 am-10:00 am	9 \$69.75 43055
Apr 19-Jun 21	Su	10:05 am-10:35 am	9 \$69.75 43246
Jul 4-Aug 22	Sa	09:30 am-10:00 am	7 \$54.25 43343
Jul 4-Aug 22	Sa	09:30 am-10:00 am	7 \$54.25 43344
Jul 4-Aug 22	Sa	09:30 am-10:00 am	7 \$54.25 43339
Jul 6-Aug 24	M	05:00 pm-05:30 pm	7 \$54.25 43308
Jul 6-Aug 24	M	05:00 pm-05:30 pm	7 \$54.25 43307
Jul 6-Aug 24	M	05:00 pm-05:30 pm	7 \$54.25 43309
Jul 6-Aug 24	M	05:35 pm-06:05 pm	7 \$54.25 43314
Jul 6-Aug 24	M	05:35 pm-06:05 pm	7 \$54.25 43313

Southland (Joseph Kryczka Arena)		Age:	4Y – 6Y
Apr 9-Jun 4	Th	04:30 pm-05:00 pm	9 \$69.75 42690
Apr 9-Jun 4	Th	04:30 pm-05:00 pm	9 \$69.75 42691
Apr 9-Jun 4	Th	04:30 pm-05:00 pm	9 \$69.75 42692

Village Square Arena #1		Age:	3Y – 4Y
Apr 21-Jun 23	Tu	05:30 pm-06:00 pm	10 \$77.50 42679
Apr 21-Jun 23	Tu	06:40 pm-07:10 pm	10 \$77.50 43031

		Age:	4Y – 6Y
Apr 21-Jun 23	Tu	06:05 pm-06:35 pm	10 \$77.50 43027
Apr 21-Jun 23	Tu	07:15 pm-07:45 pm	10 \$77.50 43036

		Age:	5Y – 6Y
Apr 21-Jun 23	Tu	05:30 pm-06:00 pm	10 \$77.50 42681
Apr 21-Jun 23	Tu	06:40 pm-07:10 pm	10 \$77.50 43032

Learn to Skate Level 2

This skating lesson level is for skaters with a basic experience. Children will learn forward skating, snowplow stops, walking backwards, walking crossovers and more while participating in drills and activities. Participants must provide: approved helmet (NO bicycle or skateboard helmets), skates, gloves/mittens. Prerequisite: Completion of Level 1 or equivalent.

Henry Viney Arena		Age:	4Y – 6Y
Jul 7-30	Tu, Th	06:35 pm-07:05 pm	8 \$62.00 43106
Apr 25-Jun 20	Sa	10:00 am-10:30 am	8 \$62.00 43081
Apr 25-Jun 20	Sa	10:35 am-11:05 am	8 \$62.00 43087
Jul 7-30	Tu, Th	06:00 pm-06:30 pm	8 \$62.00 43100

Rose Kohn Arena		Age:	4Y – 6Y
Apr 19-Jun 21	Su	09:30 am-10:00 am	9 \$69.75 43112
Apr 19-Jun 21	Su	10:05 am-10:35 am	9 \$69.75 43248
Jul 4-Aug 22	Sa	09:30 am-10:00 am	7 \$54.25 43345
Jul 6-Aug 24	M	05:35 pm-06:05 pm	7 \$54.25 43315

Southland (Joseph Kryczka Arena)		Age:	4Y – 6Y
Apr 9-Jun 4	Th	04:30 pm-05:00 pm	9 \$69.75 42693

Village Square Arena #1		Age:	4Y – 6Y
Apr 21-Jun 23	Tu	06:05 pm-06:35 pm	10 \$77.50 43029
Apr 21-Jun 23	Tu	07:15 pm-07:45 pm	10 \$77.50 43039

Learn to Skate Level 3

This skating lesson level is for skaters with experience. Children will learn forward skating into one foot glide, L-push, forward and backwards sculling, backwards skating and more while participating in drills and activities. Participants must provide: approved helmet (NO bicycle or skateboard helmets), skates, gloves/mittens. Prerequisite: Completion of Level 2 or equivalent.

Rose Kohn Arena		Age:	4Y – 6Y
Apr 19-Jun 21	Su	09:30 am-10:00 am	9 \$69.75 43114
Jul 4-Aug 22	Sa	09:30 am-10:00 am	7 \$54.25 43348

Southland (Joseph Kryczka Arena)		Age:	4Y – 6Y
Apr 9-Jun 4	Th	04:30 pm-05:00 pm	9 \$69.75 42694

0 to 17 Years + Adult

Learn to Skate – Parent & Child

Support your child on ice during their skating lesson. They learn the basic skills for skating and building their confidence while participating in games, drills and activities. Children must be accompanied on ice by a parent/guardian. Participants must provide: approved helmet (NO bicycle or skateboard helmets), skates, gloves/mittens.

Henry Viney Arena		Age:	3Y – 5Y
Apr 25-Jun 20	Sa	10:35 am-11:05 am	8 \$62.00 43083
Jul 7-30	Tu, Th	06:35 pm-07:05 pm	8 \$62.00 43102

Rose Kohn Arena		Age:	3Y – 5Y
Apr 19-Jun 21	Su	09:30 am-10:00 am	9 \$69.75 42745
Apr 19-Jun 21	Su	10:05 am-10:35 am	9 \$69.75 43119
Jul 4-Aug 22	Sa	09:30 am-10:00 am	7 \$54.25 43336
Jul 6-Aug 24	M	05:00 pm-05:30 pm	7 \$54.25 43306
Jul 6-Aug 24	M	05:35 pm-06:05 pm	7 \$54.25 43312

Southland (Joseph Kryczka Arena)		Age:	3Y – 5Y
Apr 9-Jun 4	Th	04:30 pm-05:00 pm	9 \$69.75 42689

Village Square Arena #1		Age:	3Y – 5Y
Apr 21-Jun 23	Tu	06:05 pm-06:35 pm	10 \$77.50 43026



5 to 17 Years

Hockey – Rec Hockey Tournament

Calling all City of Calgary Recreational Hockey enthusiasts! Come join us in our annual Recreational Hockey Tournament. In this one-day tournament participants will play in at least two games, receive a pizza lunch and a chance to win prizes. Players must provide: CSA approved hockey helmet with full cage and full hockey gear. Prerequisite: previous participation in a City of Calgary Recreational Hockey program.

Rose Kohn Arena **Age: 7Y – 9Y**

Hockey – Rec Hockey Tournament (7 – 9 yrs)

Jun 28	Su	10:00 am-04:00 pm	1	\$70.00	42787
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Age: 7Y – 12Y

Hockey – Rec Hockey Tournament Goalies (7 – 12 yrs)

Jun 28	Su	10:00 am-04:00 pm	1	\$70.00	42797
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Age: 10Y – 12Y

Hockey – Rec Hockey Tournament (10 – 12 yrs)

Jun 28	Su	10:00 am-04:00 pm	1	\$70.00	42788
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Hockey – Recreational Level 1

Hockey players will learn the skills needed to play one of Canada's favourite winter sports through drills, activities and scrimmages in this non-competitive program. Players will learn the fundamental for hockey with basic passing, shooting and puck handling skills. Players must provide: CSA approved hockey helmet with full cage and full hockey gear. Prerequisites: Previous skating experience is required, ability to skate forwards, backwards and ability to stop. Previous hockey experience is not required.

Rose Kohn Arena **Age: 6Y – 8Y**

Apr 18-Jun 20	Sa	09:55 am-10:55 am	9	\$150.75	43219
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Age: 7Y – 12Y

Jul 5-Aug 23	Su	10:05 am-11:05 am	7	\$117.25	43394
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Age: 8Y – 12Y

Apr 18-Jun 20	Sa	11:00 am-12:00 pm	9	\$150.75	43223
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Village Square Arena #1

Age: 6Y – 12Y

Apr 19-Jun 21	Su	09:45 am-10:45 am	9	\$150.75	43125
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Hockey – Recreational Level 2

Hockey players will develop their skills needed to play one of Canada's favourite winter sports through drills, activities and scrimmages in this non-competitive program. Players will continue to work on their passing, shooting and puck handling skills. Players must provide: CSA approved hockey helmet with full cage and full hockey gear. Prerequisites: Completion of Hockey Recreation level 1 or equivalent, with the ability to skate forwards, backwards and the ability to turn and stop.

Rose Kohn Arena **Age: 8Y – 12Y**

Apr 18-Jun 20	Sa	12:05 pm-01:05 pm	9	\$150.75	43192
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Village Square Arena #1

Age: 6Y – 12Y

Apr 19-Jun 21	Su	09:45 am-10:45 am	9	\$150.75	43141
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golf fun for all skill levels.**



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17-00960521

5 to 17 Years (continued)

Hockey – Recreational Goalies

Are you a hockey goalie looking for play time? This program is a chance for you to get some practice time. Specific goalie instructional time is not included. Players must provide: CSA approved hockey helmet with full cage and full goalie hockey gear. Prerequisites: Current ice hockey goalie looking for practice time.

Rose Kohn Arena				Age:	8Y – 12Y
Apr 18-Jun 20	Sa	11:00 am-12:00 pm	9	\$74.25	43226
Apr 18-Jun 20	Sa	12:05 pm-01:05 pm	9	\$74.25	43212
Jul 5-Aug 23	Su	10:05 am-11:05 am	7	\$57.75	43398

Learn to Figure Skate

This skating lesson level is for skaters with strong forward skating wanting to learn figure skating moves. Skaters will learn edges, stroking, jumps, spins, specialty moves and more while participating in drills and activities. Participants must provide: approved helmet (NO bicycle or skateboard helmets), figure skates, gloves/mittens. Prerequisite: Completion of Level 4 or equivalent.

Rose Kohn Arena				Age:	8Y – 15Y
Apr 19-Jun 21	Su	10:40 am-11:25 am	9	\$103.50	43123
Southland (Joseph Kryczka Arena)				Age:	8Y – 15Y
Apr 9-Jun 4	Th	06:45 pm-07:30 pm	9	\$103.50	43240

Learn to Skate Level 1

This skating lesson level is for skaters with little or no experience. Children will learn the proper way of falling and standing up, marching on ice, the start of forward gliding and more while participating in drills and activities. Participants must provide: approved helmet (NO bicycle or skateboard helmets), skates, gloves/mittens.

Henry Viney Arena				Age:	6Y – 12Y
Apr 25-Jun 20	Sa	10:00 am-10:30 am	8	\$62.00	43080
Apr 25-Jun 20	Sa	10:35 am-11:05 am	8	\$62.00	43085
Apr 25-Jun 20	Sa	10:35 am-11:05 am	8	\$62.00	43086
Jul 7-30	Tu, Th	06:00 pm-06:30 pm	8	\$62.00	43099
Jul 7-30	Tu, Th	06:35 pm-07:05 pm	8	\$62.00	43104
Jul 7-30	Tu, Th	06:35 pm-07:05 pm	8	\$62.00	43105
Rose Kohn Arena				Age:	6Y – 8Y
Apr 19-Jun 21	Su	10:05 am-10:35 am	9	\$69.75	43249
Jul 4-Aug 22	Sa	10:05 am-10:50 am	7	\$80.50	43349
Jul 6-Aug 24	M	05:00 pm-05:30 pm	7	\$54.25	43311
Jul 6-Aug 24	M	05:00 pm-05:30 pm	7	\$54.25	43310
Jul 6-Aug 24	M	05:35 pm-06:05 pm	7	\$54.25	43316
				Age:	6Y – 12Y
Jul 4-Aug 22	Sa	10:05 am-10:50 am	7	\$80.50	43370
Jul 6-Aug 24	M	06:10 pm-06:55 pm	7	\$80.50	43319
				Age:	10Y – 16Y
Jul 6-Aug 24	M	06:10 pm-06:55 pm	7	\$80.50	43332
Southland (Joseph Kryczka Arena)				Age:	6Y – 8Y
Apr 9-Jun 4	Th	05:05 pm-05:50 pm	9	\$103.50	42696
Apr 9-Jun 4	Th	05:05 pm-05:50 pm	9	\$103.50	42695
				Age:	6Y – 12Y
Apr 9-Jun 4	Th	05:05 pm-05:50 pm	9	\$103.50	42698
Apr 9-Jun 4	Th	05:55 pm-06:40 pm	9	\$103.50	42701
				Age:	13Y – 17Y
Apr 9-Jun 4	Th	05:55 pm-06:40 pm	9	\$103.50	42728
Village Square Arena #1				Age:	6Y – 12Y
Apr 21-Jun 23	Tu	05:30 pm-06:00 pm	10	\$77.50	43024
Apr 21-Jun 23	Tu	05:30 pm-06:00 pm	10	\$77.50	43023
Apr 21-Jun 23	Tu	06:05 pm-06:35 pm	10	\$77.50	43028
Apr 21-Jun 23	Tu	06:40 pm-07:10 pm	10	\$77.50	43034
Apr 21-Jun 23	Tu	06:40 pm-07:10 pm	10	\$77.50	43033
Apr 21-Jun 23	Tu	07:15 pm-07:45 pm	10	\$77.50	43037
Apr 21-Jun 23	Tu	07:15 pm-07:45 pm	10	\$77.50	43038

Learn to Skate Level 2

This skating lesson level is for skaters with a basic experience. Children will learn forward skating, snowplow stops, walking backwards, walking crossovers and more while participating in drills and activities. Participants must provide: approved helmet (NO bicycle or skateboard helmets), skates, gloves/mittens. Prerequisite: Completion of Level 1 or equivalent.

Henry Viney Arena				Age:	6Y – 12Y
Apr 25-Jun 20	Sa	10:00 am-10:30 am	8	\$62.00	43082
Jul 7-30	Tu, Th	06:00 pm-06:30 pm	8	\$62.00	43101
				Age:	6Y – 15Y
Apr 25-Jun 20	Sa	11:10 am-11:55 am	8	\$92.00	43088
Jul 7-30	Tu, Th	07:10 pm-07:55 pm	8	\$92.00	43107
Rose Kohn Arena				Age:	6Y – 8Y
Apr 19-Jun 21	Su	10:05 am-10:35 am	9	\$69.75	43250
Jul 4-Aug 22	Sa	10:05 am-10:50 am	7	\$80.50	43355
Jul 6-Aug 24	M	05:35 pm-06:05 pm	7	\$54.25	43317
				Age:	6Y – 12Y
Jul 4-Aug 22	Sa	10:05 am-10:50 am	7	\$80.50	43372
Jul 4-Aug 22	Sa	10:55 am-11:40 am	7	\$80.50	43375
Jul 6-Aug 24	M	06:10 pm-06:55 pm	7	\$80.50	43322
Southland (Joseph Kryczka Arena)				Age:	6Y – 8Y
Apr 9-Jun 4	Th	05:05 pm-05:50 pm	9	\$103.50	42697
				Age:	6Y – 12Y
Apr 9-Jun 4	Th	05:05 pm-05:50 pm	9	\$103.50	42699
Apr 9-Jun 4	Th	05:55 pm-06:40 pm	9	\$103.50	42702
				Age:	13Y – 17Y
Apr 9-Jun 4	Th	05:55 pm-06:40 pm	9	\$103.50	42732
Village Square Arena #1				Age:	6Y – 12Y
Apr 21-Jun 23	Tu	05:30 pm-06:00 pm	10	\$77.50	43025
Apr 21-Jun 23	Tu	06:05 pm-06:35 pm	10	\$77.50	43030
Apr 21-Jun 23	Tu	06:40 pm-07:10 pm	10	\$77.50	43035
Apr 21-Jun 23	Tu	07:15 pm-07:45 pm	10	\$77.50	43040

Learn to Skate Level 3

This skating lesson level is for skaters with experience. Children will learn forward skating into one foot glide, L-push, forward and backwards sculling, backwards skating and more while participating in drills and activities. Participants must provide: approved helmet (NO bicycle or skateboard helmets), skates, gloves/mittens. Prerequisite: Completion of Level 2 or equivalent.

Henry Viney Arena				Age:	6Y – 15Y
Apr 25-Jun 20	Sa	11:10 am-11:55 am	8	\$92.00	43089
Jul 7-30	Tu, Th	07:10 pm-07:55 pm	8	\$92.00	43108
Rose Kohn Arena				Age:	6Y – 8Y
Apr 19-Jun 21	Su	10:05 am-10:35 am	9	\$69.75	43251
Jul 4-Aug 22	Sa	10:05 am-10:50 am	7	\$80.50	43368
				Age:	6Y – 12Y
Jul 6-Aug 24	M	06:10 pm-06:55 pm	7	\$80.50	43324
Apr 19-Jun 21	Su	10:40 am-11:25 am	9	\$103.50	43252
Jul 4-Aug 22	Sa	10:05 am-10:50 am	7	\$80.50	43373
Jul 4-Aug 22	Sa	10:55 am-11:40 am	7	\$80.50	43379
Southland (Joseph Kryczka Arena)				Age:	6Y – 12Y
Apr 9-Jun 4	Th	05:05 pm-05:50 pm	9	\$103.50	42700
Apr 9-Jun 4	Th	05:55 pm-06:40 pm	9	\$103.50	42703
Apr 9-Jun 4	Th	06:45 pm-07:30 pm	9	\$103.50	42733



5 to 17 Years (continued)

Learn to Skate Level 4

This skating lesson level is for skaters with strong forward skating and moderate backwards skating skills. Children will learn forward circle thrusts, forward slalom, backward skating with glides, turning forward to backwards, edges on a curve and more while participating in drills and activities. Participants must provide: approved helmet (NO bicycle or skateboard helmets), skates, gloves/mittens. Prerequisite: Completion of Level 3 or equivalent.

Henry Viney Arena		Age: 6Y – 15Y	
Apr 25-Jun 20	Sa 11:10 am-11:55 am	8	\$92.00 43090
Jul 7-30	Tu, Th 07:10 pm-07:55 pm	8	\$92.00 43109
Rose Kohn Arena		Age: 6Y – 12Y	
Apr 19-Jun 21	Su 10:40 am-11:25 am	9	\$103.50 43253
Jul 4-Aug 22	Sa 10:55 am-11:40 am	7	\$80.50 43381
Jul 6-Aug 24	M 06:10 pm-06:55 pm	7	\$80.50 43325
Southland (Joseph Kryczka Arena)		Age: 6Y – 12Y	
Apr 9-Jun 4	Th 05:55 pm-06:40 pm	9	\$103.50 42725
Apr 9-Jun 4	Th 06:45 pm-07:30 pm	9	\$103.50 42736

Learn to Skate Level 5

This skating lesson level is for skaters with strong forward and backwards skating skills. Children will learn two foot stops, backwards 1/2 snowplow stops, backwards circle thrusts, forward crossovers and more while participating in drills and activities. Participants must provide: approved helmet (NO bicycle or skateboard helmets), skates, gloves/mittens. Prerequisite: Completion of Level 4 or equivalent.

Henry Viney Arena		Age: 6Y – 15Y	
Apr 25-Jun 20	Sa 11:10 am-11:55 am	8	\$92.00 43091
Jul 7-30	Tu, Th 07:10 pm-07:55 pm	8	\$92.00 43110
Rose Kohn Arena		Age: 6Y – 12Y	
Apr 19-Jun 21	Su 10:40 am-11:25 am	9	\$103.50 43254
Jul 4-Aug 22	Sa 10:55 am-11:40 am	7	\$80.50 43383
Jul 6-Aug 24	M 06:10 pm-06:55 pm	7	\$80.50 43326
Southland (Joseph Kryczka Arena)		Age: 6Y – 12Y	
Apr 9-Jun 4	Th 06:45 pm-07:30 pm	9	\$103.50 43235

Learn to Skate Level 6

This skating lesson level is for skaters who can perform forward crossovers in both directions and skate confidently with speed. Children will learn forward crossovers in figure eight pattern, one foot stop, mohawk turns and more while participating in drills and activities. Participants must provide: approved helmet (NO bicycle or skateboard helmets), skates, gloves/mittens. Prerequisite: Completion of Level 5 or equivalent.

Rose Kohn Arena		Age: 6Y – 12Y	
Apr 19-Jun 21	Su 10:40 am-11:25 am	9	\$103.50 43255
Jul 4-Aug 22	Sa 10:55 am-11:40 am	7	\$80.50 43384
Southland (Joseph Kryczka Arena)		Age: 6Y – 12Y	
Apr 9-Jun 4	Th 06:45 pm-07:30 pm	9	\$103.50 43243

12 Years and Over

Learn to Skate – Adult Level 1

Ready to learn how to skate? In this skating lesson you will learn the basic fundamental skating skills while building your confidence in a supportive environment. Participants must provide: approved helmet (NO bicycle or skateboard helmets), skates, gloves/mittens.

Henry Viney Arena		Age: 16Y and Up	
Apr 25-Jun 20	Sa 11:10 am-11:55 am	8	\$96.00 43092
Jul 7-30	Tu, Th 07:10 pm-07:55 pm	8	\$96.00 43111
Rose Kohn Arena		Age: 18Y and Up	
Apr 19-Jun 21	Su 10:40 am-11:25 am	9	\$108.00 43256
Jul 4-Aug 22	Sa 10:55 am-11:40 am	7	\$84.00 43377
Southland (Joseph Kryczka Arena)		Age: 18Y and Up	
Apr 9-Jun 4	Th 06:45 pm-07:30 pm	9	\$108.00 43238

18 Years and Over

Hockey – Introduction for Adults

This introductory recreation hockey program is for adult skaters to learn the fundamentals for hockey by participating in drills, skills and scrimmages. Players must provide: CSA approved hockey helmet with full cage and full hockey gear. Prerequisites: Previous skating experience is required, ability to skate forwards, backwards and ability to stop. Previous hockey experience is not required.

Village Square Arena #1		Age: 16Y and Up	
Apr 19-Jun 21	Su 10:55 am-11:55 am	9	\$155.25 43142



Swimming

Take your children for a swim. We have teaching pools, wading pools, dive tanks, rope swings, slides, saunas, hot tubs, steam rooms, fitness classes, weight rooms and babysitting services at various locations. With scheduled and drop-in programs for all ages and abilities, you'll find something for your family.

Swim Lessons

The City of Calgary is proud to be the largest provider of quality swim programs in Calgary. The Lifesaving Society has a long-standing relationship with The City of Calgary and is a well-established water safety and swimming lesson provider, delivering quality aquatic programs with an excellent reputation in the marketplace. Regardless of which program you've taken, The City of Calgary aquatics team will ensure that you and your family are placed in the level that best suits you and your learn to swim goals.

Private Lessons

Need extra practice with a swimming skill? Or do you prefer a one-on-one setting to learn? Then try our private lessons. A private lesson can be shared by two individuals, if their swim level is similar. Learn how to register at calgary.ca/register

Drop-in Swimming

Public swim times and water fitness schedules are available online at calgary.ca/dropin

Swimming Alone/Arms Reach Age Policy

All children under the age of eight years must be accompanied in the water and kept within arm's reach by a responsible person (minimum 14 years of age) while at a City of Calgary aquatic facility.

Lifesaving Society Authorized Provider

In our Learn to Swim – Swim for Life program, learning and evaluating skills is an ongoing process. Your child's specific talents in co-ordination, physical strength and comfort level in the water all have an impact on what your child can do and how quickly they learn. Children will acquire these skills at their own rate. One or more lesson sets may be necessary for the child to complete the swim level.



Please note the number of lessons in each session may vary from facility to facility affecting practice time for success. The goal is to keep children swimming and have fun doing it.

Parent & Tot Programs

This preschool swim program targets two different groups: children ages six months to five years and their parents. Based on the principle of "Within Arms Reach", Parent & Tot focuses on close, playful interaction and shared fun between the child, the parent and the water. Children are placed in their level based only on age.

Parent & Tot 1 (6 – 12 months)

Parent & Tot 2 (12 – 24 months)

Parent & Tot 3 (24 – 36 months)

Swimwear guidelines for tots

All tots 35 months and under are required to wear plastic pants over their swim diapers. If you don't have plastic pants, they can be purchased at the pool.



Preschool Programs

Preschool levels are aimed at independent preschoolers, aged three to five, who are ready to learn without their parents in the class.

Swim for Life – Preschool 1

These preschoolers learn to enter and exit shallow water safely and to put their face in the water blowing bubbles. They will learn to move safely in shallow water and to wear a lifejacket to be comfortable with floats and back glides.

Swim for Life – Preschool 2

These youngsters will jump into chest-deep water and learn to submerge and to exhale underwater. They will be introduced to lateral rollovers and will practise front and back glides as well as flutter kick wearing a lifejacket or other buoyant aid. Prerequisite: Swim for Life – Preschool 1.

Swim for Life – Preschool 3

These youngsters will perform a sideways entry into deep water wearing a lifejacket. They will recover objects from the bottom in waist deep water. They will master independent front and back floats, lateral rollovers, front and back glides and flutter kick on front and back. Prerequisite: Swim for Life – Preschool 2.

Swim for Life – Preschool 4

These independent preschoolers will master short swims of front crawl (five metres) and will be introduced to side glides and flutter kick performed on their side. New challenges such as opening the eyes underwater, pendulum rollovers onto the back and treading of water using the sculling action of hand are presented at this level. Prerequisite: Swim for Life – Preschool 3.

Swim for Life – Preschool 5

These skilled preschoolers will demonstrate that they can support themselves in deep water for 10 seconds using the sculling action and a supportive kick. Wearing a lifejacket, they will practise a forward roll entry into deep water. Whip kick, back crawl and interval training will also be introduced. Preschool 5 graduates will be prepared to enter Swimmer 2. Prerequisite: Swim for Life – Preschool 4.

Children Programs

Swim To Survive

This program is focused on achieving the Canadian Swim to Survive standard which includes a sequence of three essential self rescue skills. These skills are vital for safe play around the water. Learn to survive the unexpected fall into deep water and to swim to safety.

Swim for Life – Swimmer 1

This level is the foundation for swimming skill development. It includes safe entries into various depths of water, treading water with sculling action of hand, breath control, opening of the eyes under the water, front and back floats, lateral rollovers, front, back and side glides, flutter kick on front and back, and front crawl.

Swim for Life – Swimmer 2

Sideways entry into deep water wearing a lifejacket as well as interval training will be introduced at this level. Other swimming skills include flutter kick on their back and side, whip kick in a vertical position and distance swims of both front and back crawl. Prerequisite: Swim for Life – Swimmer 1.

Swim for Life – Swimmer 3

Swimmers will practise kneeling dives, forward roll into deep water, handstands and front somersaults in water. They'll work on front crawl, back crawl, whip kick on back and include interval training. Prerequisite: Swim for Life – Swimmer 2.

Swim for Life – Swimmer 4

Standing dives into deep water and underwater swims of five metres will be introduced. New swimming skills include whip kick on front and breaststroke arm drills. Greater swimming distances of 25 – 50 metres are set for both front and back crawl. The 25 m sprint front crawl will further challenge the swimmer's fitness. In this level, swimmers will achieve the Swim to Survive standard: roll entry into deep water, tread water (one minute) and swim (50 m). This standard defines the minimum skills required to survive an unexpected fall into deep water. Prerequisite: Swim for Life – Swimmer 3.

Swim for Life – Swimmer 5

Shallow dives and tuck jumps (cannonball) are the entries into the water practised at this level. These swimmers will master back somersaults in the water, stationary eggbeater kick, head up front crawl and breaststroke. Interval training and sprints for front and back crawl are the fitness components. Prerequisite: Swim for Life – Swimmer 4.

Swim for Life – Swimmer 6

Stride entry and compact jumps into deep water are introduced. Swimmers are treading water legs only using a lifesaving kick such as eggbeater or scissor kick. They will easily accomplish a 300 m workout with their effective strokes for front crawl, back crawl and/or breaststroke. Swimmer 6 graduates will be well prepared for success in the Canadian Swim Patrol awards. Prerequisite: Swim for Life – Swimmer 5.

Children Programs (continued)

Rookie Patrol

Develops individual fitness levels to meet a timed 100 m swim and 350 m workout. Water proficiency skills include: swims with clothes, ready position, foot-first and head-first surface dives. Demonstrating an ability to conduct a primary assessment and initiating EMS are included as first aid skills. Victim recognition and throwing assists are other key elements of the program. Prerequisite: Swimmer 6.

Ranger Patrol

Enhances capability in the water, including stride entry, underwater forward and backward somersaults, lifesaving eggbeater kick and increased fitness levels to meet a 200 m timed swim. Rescue skills involve an increased skill level in ABC first aid basics, victim recognition and non-contact rescues. Prerequisite: Swimmer 6.

Star Patrol

An excellent preparation for the Bronze Star award, Star Patrol demands good physical conditioning and lifesaving judgment. Participants develop lifesaving and first aid skills; further refine front crawl, back crawl and breaststroke (100 m each); and complete 600 m workouts and for 300 m timed swims. Prerequisite: Swimmer 6.

Bronze Star /Bronze Medallion/Bronze

Courses are found in the Certification and Leadership section of this guide.

Adult Programs

Learn to Swim Adult Levels 1 – 3

This flexible program is designed specifically for adults and adolescents. The instructor works toward meeting individual needs and interests, from those who are just learning to those who want stroke refinement. Water safety can be integrated into any of the levels dependent on student interest.

Family Programs

Swim to Survive

This program will teach the necessary skills to survive an unexpected fall into deep water. Participants learn safe entries, front and back floats, lateral rollovers, flutter kick on front and back, treading water and front crawl. This flexible program is designed for participants of various ages and abilities at the same time.

This program is perfect for families who are looking at getting the entire family active at the same time. Children under the age of eight must have an adult in the water with them for the entire lesson.

Specialty Aquatic Programs

Adapted Water Polo

All swimmers and non-swimmers are welcome. Water polo is a great way to have fun, meet new people and improve your fitness level. You need your own goggles and swimsuit – all other equipment including flotation devices are included. No previous swimming experience is needed.

Junior Lifesaving Club – 8Y – 18Y

This program provides high activity challenges in an energetic learning environment in the pool and on the deck. Youth are developing skills in swimming, lifesaving, fitness, knowledge, leadership and teamwork. Community involvement and competition can also be part of the program. Prerequisite: swim 50 m and tread water for one minute.

Learn to Swim Youth Levels 1 – 3 – 14Y and up

This flexible program is designed specifically for youth 14 and older. The instructor works toward meeting individual needs and interests, from those who are just learning to those who want stroke refinement. Water safety can be integrated into any of the levels dependent on student interest.

Springboard Diving

Learn the basics as well as more difficult progressions of springboard diving. Instruction is geared to the individual student's ability. Prerequisite: Red Cross Swim Kids Level 4 or Lifesaving Society Swimmer 2 or equivalent.

SwimAbilities

This swimming program is for children ages six to 16, with special needs, who are at a basic learn-to-swim level and need additional support to achieve their beginning swimmer goals. This program is also geared to increase their safety, independence and enjoyment in and around water. Parents/ caregivers provide one-on-one support for their child during the lessons. Our goal is to have children with special needs swimming as safely and independently as possible. Children under the age of eight years must have an adult with them the entire lesson.

Synchronized Swimming

Each day consists of an exploration of creative synchronized swimming skills. Participants may perform a closing water show to display what they have learned. Prerequisite: Swim for Life Swimmer 2 or equivalent.

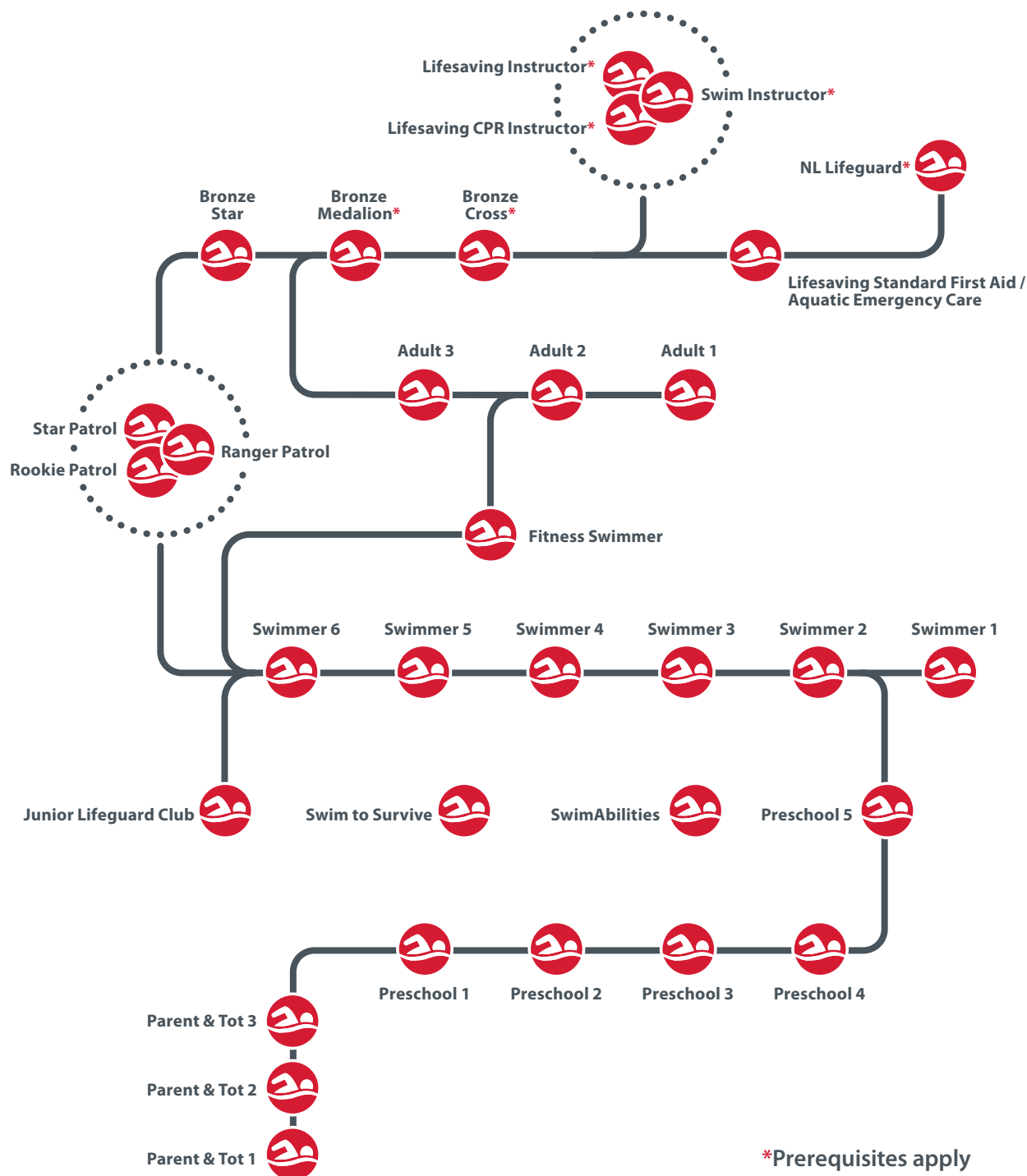
Keeping our kids safe



The City's within arms reach swimming standard is increasing to 8 years of age.

Beginning January 1, 2019, all children under 8 years must be accompanied in the water and kept within arm's reach by a responsible person (minimum 14 years of age) while at a City of Calgary aquatic facility. This aligns The City of Calgary with the recommended age as outlined by the Lifesaving Society.

To view our complete Aquatic Facility Guidelines, visit calgary.ca/pools.



A photograph of an indoor swimming pool. In the foreground, three people are sitting on the tiled edge of the pool, facing away from the camera with their arms raised and hands clasped above their heads. They are wearing swimwear. In the background, another person is sitting on the edge of the pool, facing the camera with their arms raised. The pool water is clear and blue. The background shows the interior of the pool facility, including a diving board and some equipment.

**Learn a life skill.
Register anytime for
swim lessons.**

We offer a large variety of swim lessons for adults, children and parents with toddlers.

Visit [**calgary.ca/register**](https://calgary.ca/register) to learn how to register for swim lessons.

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