

Calgary



WINTER Recreation

Program Guide

**Try
something
different**



**Find your child's new
favourite activity.**

REGISTRATION BEGINS
NOVEMBER 26.

calgary.ca/register

Give something different

\$5 kids stocking stuffer coupon booklets. **Over \$60 worth of fun.** Wish the kids on your list a happy holidays and an active new year.

Purchase online at calgary.ca/stockingstuffers until Dec. 14 or in-person at any City of Calgary Recreation pool or leisure centre until Dec. 24.

In partnership with:



*The **Kids Stocking Stuffer booklet** includes 10 coupons valued at over \$60 – 5 Calgary Recreation coupons (4 coupons redeemable for free swim or skate at one of our pools or arenas, or they can receive 50% off an admission to one of our leisure centres and 1 golf coupon), PLUS coupons for Trico Centre for Family Wellness, Repsol Sport Centre, Genesis Centre, The Hangar Flight Museum and Vivo for Healthier Generations. Coupons are valid **Dec. 21, 2019 – June 30, 2020.**



Winter 2020

Welcome to the Winter 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 and safe programs delivered by trained staff for all ages and abilities. Check out a learn to skate program, get creative with paints or clay or try a new sport. Start enjoying the benefits of an active, creative and healthy lifestyle.

#GetMovingYYC

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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 November 26 for Winter 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 Canyon Meadows Aquatic & Fitness Centre**
89 Canova Rd. S.W. | 311
- 33 Foothills Aquatic Centre**
2915 24th Ave. N.W. | 311
- 34 Glenmore Aquatic Centre**
5330 19th St. 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 is improving 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.



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 November 26.

Mark your calendars!

Registration dates*	On stands/online	Registration date
Winter 2020 swim programs	Currently online	Nov. 12, 2019
Winter 2020 programs	Currently on stands/online	Nov. 26, 2019
Spring/Summer 2020 programs	Feb. 26, 2020	Mar. 3, 2020
Spring 2020 swim programs	Feb. 4, 2020	Feb. 4, 2020
Summer 2020 swim programs	May 5, 2020	May 5, 2020
Playschool 2019-2020 (September – June) • Southland Leisure Centre • Village Square Leisure Centre	Currently on stands/online	Until Feb. 2, 2020
Playschool 2020-2021 (September – June) • Southland Leisure Centre • Village Square Leisure Centre	Feb. 3, 2020	Feb. 18, 2020

*Dates are subject to change.

How to register



Online calgary.ca/liveandplay

Your account login information and payment information will be required to complete your registration. To set up your liveandplay account, visit calgary.ca/register. Registration opens at 5:30 a.m. on the first day of registration.



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)

The City of Calgary follows standard industry practice in listing all of our prices inclusive of the goods and services tax. The five per cent GST amount is visible to customers on all receipts issued.

Methods of payment

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

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

Monday – Friday 8:30 a.m.- 4:30 p.m.



Walk-in

All Aquatic & Fitness and Leisure Centres 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 – 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 the winter

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. Visit the Southland Leisure Centre and the Village Square Leisure Centre Facebook pages for movie titles.

Southland Leisure Centre

			Age: All Ages + Adult	
Dec 7	Sa	06:30 pm-08:30 pm	Reg Adm	Drop-in
Jan 11	Sa	06:30 pm-08:30 pm	Reg Adm	Drop-in
Feb 8	Sa	06:30 pm-08:30 pm	Reg Adm	Drop-in
Mar 14	Sa	06:30 pm-08:30 pm	Reg Adm	Drop-in

Village Square Leisure Centre

			Age: All Ages + Adult	
Dec 13	F	06:00 pm-08:00 pm	Reg Adm	Drop-in
Jan 10	F	06:00 pm-08:00 pm	Reg Adm	Drop-in
Feb 7	F	06:00 pm-08:00 pm	Reg Adm	Drop-in
Mar 13	F	06:00 pm-08:00 pm	Reg Adm	Drop-in

Family Event

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

Southland Leisure Centre

			Age: All Ages + Adult	
Dec 20	F	05:30 pm-08:30 pm	Reg Adm	Drop-in
Jan 24	F	05:30 pm-08:30 pm	Reg Adm	Drop-in
Feb 14	F	05:30 pm-08:30 pm	Reg Adm	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.

Southland Leisure Centre

			Age: 11Y – 15Y	
Dec 13		05:30 pm-08:30 pm	Reg Adm	Drop-in
Jan 17		05:30 pm-08:30 pm	Reg Adm	Drop-in
Feb 7		05:30 pm-08:30 pm	Reg Adm	Drop-in

Village Square Leisure Centre

			Age: 11Y – 15Y	
Dec 6	F	07:00 pm-10:00 pm	Reg Adm	Drop-in
Feb 14		07:00 pm-10:00 pm	Reg Adm	Drop-in

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. 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

Age: All Ages + Adult

Jan 18-Mar 21 Sa 03:30 pm-04:30 pm Free Drop-in

December

FREE Wildflower Arts Salon

A great opportunity to acquire your own original piece of artwork created by the professionally trained and practicing artists of Wildflower Arts Centre. Take a tour of the arts centre, have a conversation with our artist/instructors and behold a wide range of works including painting, textiles, sculpture and pottery for purchase. Kick off your holiday shopping at this unique event!

Wildflower Arts Centre

Age: All Ages + Adult

Dec 1 Su 10:00 am-04:00 pm Free Drop-in

FREE Family Skate Night

Come in out of the cold to join us for fun on the ice. Bring your skates and hockey helmet or rentals are available free of charge on a first-come first-served basis. This event is in partnership with Aspen Hand in Hand Parent Link Centre.

Village Square Leisure Centre

Age: All Ages + Adult

Dec 18 W 07:00 pm-08:30 pm Free Drop-in

December (continued)

FREE New Year's Eve Family Event

Play, swim, jump, splash and slide into 2020. Bring the whole family for tons of fun in the waterpark. There will be a DJ pumping out the tunes as families enjoy the wave pool, slides, hot tub and splash zone. Stay until the very end to enjoy our pool party countdown!

Southland Leisure Centre		Age: All Ages + Adult	
Dec 31	Tu	06:00 pm-08:00 pm	Reg Adm Drop-in
Village Square Leisure Centre		Age: All Ages + Adult	
Dec 31	Tu	04:00 pm-06:00 pm	Reg Adm Drop-in

FREE New Year's Eve Fireworks

The City of Calgary will host a fireworks display at midnight from the Calgary Tower. Wherever you happen to be celebrating throughout Calgary, make sure you look up to see the spectacular show that will ring in 2020.

Dec 31	Tu	11:59 pm	Free
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January

FREE Village Square Leisure Centre Open House

Come learn about the great programs offered at Village Square Leisure Centre. Check out a sampler fitness class, visit our gymnasium, and find out all the ways you can have fun in our facility.

Village Square Leisure Centre		Age: All Ages + Adult	
Jan 4		11:00 am-01:00 pm	Free Drop-in

FREE Winter Pop Up N' Play

Embrace the winter and come out and play with your family. This play experience is for children to explore, create and imagine their own way in winter play. Staff will provide basic materials to foster independent and imaginative play.

New Brighton Athletic Park		Age: 2Y – 10Y + Adult	
Jan 11	Sa	01:00 pm-03:00 pm	Free Drop-in
Jan 25	Sa	10:00 am-12:00 pm	Free Drop-in
South Glenmore Park			
Jan 12	Su	01:30 pm-03:30 pm	Free Drop-in

FREE Outdoor Winter Crafts

Bundle up and be inspired by nature as you craft in the outdoors. Crafting supplies will be provided, dress for the weather.

New Brighton Athletic Park		Age: 4Y – 10Y + Adult	
Jan 16	Th	10:00 am-12:00 pm	Free Drop-in

FREE Snoga Lesson

Embrace winter and the benefits of spending active time outdoors. A certified yoga instructor will lead the class through a series of warmth inducing movements. Participants are asked to bring a yoga mat, water bottle and dress accordingly.

South Glenmore Park		Age: 13Y and Up	
Jan 12	Su	12:00 pm-12:45 pm	Free Drop-in

FREE Pop Up Winter Picnic & Games

Pack your cozy blankets, scarves and mittens. Wrap your hot sandwiches in foil and fill your thermoses with warm stew. Snow games and hot chocolate will be provided for all families to enjoy.

South Glenmore Park		Age: All Ages + Adult	
Jan 26	Su	12:00 pm-02:00 pm	Free Drop-in

FREE All Sport One City

Looking to experience a new sport or physical activity for the first time or renew an interest? Calgary Recreation is partnering with Sport Calgary to showcase some of our facility amenities and programs with a week of free activities for adults. Get active, have fun and make some new friends. Online registration opens January 1, 2020. Visit sportcalgary.ca/all-sport-one-city

Bob Bahan Aquatics & Fitness Centre		Age: 18Y and Up	
Jan 18-26	Various Times	Free	Registration
Canyon Meadows Aquatic & Fitness Centre		Age: 18Y and Up	
Jan 18-26	Various Times	Free	Registration
Max Bell Centre		Age: 18Y and Up	
Jan 18-26	Various Times	Free	Registration
National Golf Academy Dome		Age: 18Y and Up	
Jan 18-26	Various Times	Free	Registration
Village Square Leisure Centre		Age: 18Y and Up	
Jan 18-26	Various Times	Free	Registration

February

FREE Winter Family Festival

Live DJ, fire pits, snow shoe rentals and much more creative activities will ensure to keep all members of the family outdoors and active this Family Day weekend.

South Glenmore Park		Age: All Ages + Adult	
Feb 16	Su	01:00 pm-03:30 pm	Free Drop-in

FREE Explore Winter at the Reservoir

Come check out our winter activation station! Warm yourself by the fire, rent a pair of snowshoes and explore the area with winter scavenger hunt! Rentals are available for a fee and are on a first-come first-served basis.

South Glenmore Park		Age: All Ages + Adult	
Feb 6	Th	04:00 pm-06:00 pm	Free Drop-in

Fantastic Family Fair and Skate

Join us for an evening of fun with your family. Free admission includes bounce house, face painting, jungle gym and story time in the Library. For public skating bring your skates and hockey helmet or rentals are available free of charge on a first-come first-served basis. Special: 50% off admission to the pool and weight room

Village Square Leisure Centre		Age: All Ages + Adult	
Feb 19	W	06:00 pm-08:00 pm	Free Drop-in
Skating		07:00 pm-8:30 pm	



**Catch the spectacular
New Year's Eve fireworks
from the Calgary Tower
to ring in 2020**

Visit calgary.ca/NYE for more information



Arts and Culture

Celebrate your inner artist and be creative, more often. The City of Calgary arts centres have been offering fine and performing arts experiences to Calgarians of all ages and abilities for more than 40 years. Whether you are an absolute beginner, have special needs or seek to continue developing your skills, you'll find the creative opportunity you're looking for at The City's arts centres. Visit calgary.ca/artscentres

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



Look for the snowflake symbol
for holiday-themed programs.

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**
Jan 22-Mar 18 W 03:45 pm-04:45 pm 9 \$90.00 40660

Drama – Performing Arts Combo

Dance and drama are fused together, allowing your child's creativity to shine. They'll develop listening skills, body awareness and the confidence to awaken and engage their big imaginations.

Wildflower Arts Centre **Age: 5Y – 6Y**
Mar 23-27 M-F 09:00 am-12:00 pm 5 \$150.00 40663

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**
Jan 13-Mar 16 M 01:00 pm-02:00 pm 9 \$90.00 40694

0 to 6 Years (continued)**Drama Intro for Young Performers (5-6 years)**

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
Jan 13-Mar 16	M	02:00 pm-03:00 pm	9 \$90.00 40698

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
Jan 17-Mar 20	F	10:00 am-10:45 am	9 \$67.50 40502
		Age:	4Y – 5Y
Jan 13-Mar 16	M	11:05 am-11:50 am	9 \$67.50 40500
		Age:	5Y – 6Y
Jan 13-Mar 16	M	04:15 pm-05:15 pm	9 \$90.00 40501

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.

Bob Bahan Aquatic & Fitness Centre		Age:	3Y – 4Y
Jan 25-Mar 21	Sa	08:45 am-09:30 am	8 \$60.00 41149
Canyon Meadows Aquatic & Fitness Centre		Age:	4Y – 6Y
Jan 18-Mar 14	Sa	09:45 am-10:30 am	8 \$60.00 40162
Killarney Aquatic & Recreation Centre		Age:	3Y – 4Y
Jan 21-Mar 17	Tu	01:00 pm-01:45 pm	9 \$67.50 40204
Southland Leisure Centre		Age:	3Y – 4Y
Jan 11-Mar 14	Sa	10:15 am-11:00 am	9 \$67.50 41086
Jan 13-Mar 16	M	01:45 pm-02:30 pm	9 \$67.50 41150
Thornhill Aquatic & Recreation Centre		Age:	4Y – 5Y
Jan 18-Mar 28	Sa	11:20 am-12:05 pm	10 \$75.00 40169
Wildflower Arts Centre		Age:	3Y – 4Y
Jan 13-Mar 16	M	10:15 am-11:00 am	9 \$67.50 40479
Jan 13-Mar 16	M	01:00 pm-01:45 pm	9 \$67.50 40481
Jan 16-Mar 19	Th	09:15 am-10:00 am	9 \$67.50 40485
Jan 16-Mar 19	Th	01:00 pm-01:45 pm	9 \$67.50 40486
Jan 17-Mar 20	F	10:45 am-11:30 am	9 \$67.50 40487
Jan 18-Mar 21	Sa	11:00 am-11:45 am	9 \$67.50 40488
Jan 21-Mar 17	Tu	10:15 am-11:00 am	9 \$67.50 40482
Jan 22-Mar 18	W	10:30 am-11:15 am	9 \$67.50 40483
Jan 22-Mar 18	W	02:00 pm-02:45 pm	9 \$67.50 40484
		Age:	4Y – 5Y
Jan 13-Mar 16	M	01:45 pm-02:45 pm	9 \$90.00 40491
Jan 16-Mar 19	Th	10:50 am-11:50 am	9 \$90.00 40494
Jan 16-Mar 19	Th	01:45 pm-02:45 pm	9 \$90.00 40495
Jan 18-Mar 21	Sa	09:00 am-10:00 am	9 \$90.00 40496
Jan 21-Mar 17	Tu	09:15 am-10:15 am	9 \$90.00 40492
Jan 22-Mar 18	W	01:00 pm-02:00 pm	9 \$90.00 40493

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.

Village Square Leisure Centre		Age:	3Y – 4Y
Jan 19-Mar 29	Su	09:50 am-10:35 am	10 \$75.00 40176
		Age:	5Y – 6Y
Jan 19-Mar 29	Su	11:40 am-12:25 pm	10 \$75.00 40180

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.

Bob Bahan Aquatic & Fitness Centre		Age:	5Y – 6Y
Jan 25-Mar 21	Sa	09:35 am-10:20 am	8 \$60.00 41156
Village Square Leisure Centre		Age:	3Y – 4Y
Jan 18-Mar 28	Sa	09:00 am-09:45 am	10 \$75.00 40160

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.

Acadia Aquatic & Fitness Centre		Age:	3Y – 5Y
Jan 18-Mar 14	Sa	11:00 am-11:45 am	8 \$60.00 40067
Canyon Meadows Aquatic & Fitness Centre		Age:	3Y – 5Y
Jan 18-Mar 14	Sa	10:35 am-11:20 am	8 \$60.00 40167
Killarney Aquatic & Recreation Centre		Age:	3Y – 5Y
Jan 21-Mar 17	Tu	12:00 pm-12:45 pm	9 \$67.50 40203
Southland Leisure Centre		Age:	3Y – 5Y
Jan 11-Mar 14	Sa	10:10 am-10:55 am	9 \$67.50 41034
Jan 14-Mar 17	Tu	10:55 am-11:40 am	10 \$75.00 41027

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.

Killarney Aquatic & Recreation Centre		Age:	4Y – 6Y
Jan 20-Mar 16	M	04:20 pm-05:05 pm	8 \$60.00 40195
Renfrew Aquatic & Recreation Centre		Age:	3Y – 4Y
Jan 18-Mar 14	Sa	10:45 am-11:30 am	8 \$60.00 40288
		Age:	5Y – 6Y
Jan 13-Mar 16	M	06:05 pm-06:50 pm	9 \$67.50 40287
Southland Leisure Centre		Age:	4Y – 6Y
Jan 11-Mar 14	Sa	02:00 pm-02:45 pm	10 \$75.00 41035
Jan 14-Mar 17	Tu	12:40 pm-01:25 pm	10 \$75.00 41029
Village Square Leisure Centre		Age:	3Y – 4Y
Jan 18-Mar 28	Sa	10:45 am-11:30 am	10 \$75.00 40166
		Age:	5Y – 6Y
Jan 19-Mar 29	Su	10:45 am-11:30 am	10 \$75.00 40177



0 to 6 Years (continued)

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.

Southland Leisure Centre		Age:	5Y – 6Y
Jan 11-Mar 14	Sa 11:05 am-11:50 am	9	\$67.50 41036
Jan 12-Mar 15	Su 11:45 am-12:30 pm	9	\$67.50 41042
Wildflower Arts Centre		Age:	5Y – 6Y
Jan 18-Mar 21	Sa 01:20 pm-02:20 pm	9	\$90.00 40562
Jan 21-Mar 17	Tu 04:00 pm-05:00 pm	9	\$90.00 40535

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
Jan 18-Mar 14	Sa 11:00 am-12:00 pm	8	\$80.00 40211
Southland Leisure Centre		Age:	3Y – 5Y
Jan 16-Mar 19	Th 01:50 pm-02:35 pm	10	\$75.00 41032
		Age:	4Y – 5Y
Jan 11-Mar 14	Sa 12:00 pm-12:45 pm	9	\$67.50 41033
Thornhill Aquatic & Recreation Centre		Age:	5Y – 6Y
Jan 19-Mar 29	Su 12:15 pm-01:15 pm	10	\$100.00 40179
Village Square Leisure Centre		Age:	5Y – 6Y
Jan 18-Mar 28	Sa 11:35 am-12:20 pm	10	\$75.00 40168

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
Jan 29-Mar 18	W 01:50 pm-02:35 pm	8	\$60.00 41128
Killarney Aquatic & Recreation Centre		Age:	3Y – 4Y
Jan 20-Mar 16	M 05:10 pm-05:55 pm	8	\$60.00 40200
Renfrew Aquatic & Recreation Centre		Age:	5Y – 6Y
Jan 18-Mar 14	Sa 11:35 am-12:20 pm	8	\$60.00 40290
Southland Leisure Centre		Age:	3Y – 5Y
Jan 13-Mar 16	M 12:55 pm-01:40 pm	9	\$67.50 41025
Jan 14-Mar 17	Tu 11:45 am-12:30 pm	10	\$75.00 41028
Jan 16-Mar 19	Th 12:00 pm-12:45 pm	10	\$75.00 41030
Thornhill Aquatic & Recreation Centre		Age:	3Y – 4Y
Jan 18-Mar 28	Sa 12:15 pm-01:00 pm	10	\$75.00 40171



Preschool Dance – The Wee Nutcracker

An introduction to this seasonal classic. Young dancers explore the music and story of the Nutcracker through creative movement.

Killarney Aquatic & Recreation Centre		Age:	4Y – 5Y
Nov 26-Dec 17	Tu 12:45 pm-01:30 pm	4	\$30.00 37148
Renfrew Aquatic & Recreation Centre		Age:	4Y – 5Y
Dec 2-11	M, W 10:15 am-11:15 am	4	\$40.00 36040
Wildflower Arts Centre		Age:	4Y – 5Y
Dec 3-12	Tu, Th 01:15 pm-02:15 pm	4	\$40.00 36940
Dec 3-12	Tu, Th 04:00 pm-05:00 pm	4	\$40.00 36941
Dec 4-13	W, F 09:30 am-10:30 am	4	\$40.00 36942
Dec 4-13	W, F 01:15 pm-02:15 pm	4	\$40.00 36943

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
Jan 13-Mar 9	M 05:15 pm-06:00 pm	8	\$60.00 40072
Jan 18-Mar 14	Sa 09:00 am-09:45 am	8	\$60.00 40064
Bob Bahan Aquatic & Fitness Centre		Age:	3Y – 4Y
Jan 29-Mar 18	W 01:00 pm-01:45 pm	8	\$60.00 41125
Killarney Aquatic & Recreation Centre		Age:	3Y – 4Y
Jan 18-Mar 14	Sa 09:10 am-09:55 am	8	\$60.00 40207
		Age:	4Y – 5Y
Jan 18-Mar 14	Sa 10:05 am-10:50 am	8	\$60.00 40209
Jan 21-Mar 17	Tu 02:00 pm-02:45 pm	9	\$67.50 40205
Renfrew Aquatic & Recreation Centre		Age:	3Y – 4Y
Jan 13-Mar 16	M 05:15 pm-06:00 pm	9	\$67.50 40226
Jan 18-Mar 14	Sa 09:50 am-10:35 am	8	\$60.00 40228
Jan 19-Mar 15	Su 10:00 am-10:45 am	8	\$60.00 40227
Southland Leisure Centre		Age:	3Y – 4Y
Jan 11-Mar 14	Sa 09:15 am-10:00 am	9	\$67.50 41038
Jan 11-Mar 14	Sa 11:05 am-11:50 am	9	\$67.50 41037
Jan 12-Mar 15	Su 10:00 am-10:45 am	9	\$67.50 41041
Jan 13-Mar 16	M 12:00 pm-12:45 pm	9	\$67.50 41024
Jan 16-Mar 19	Th 12:55 pm-01:40 pm	10	\$75.00 41031
Thornhill Aquatic & Recreation Centre		Age:	3Y – 4Y
Jan 18-Mar 28	Sa 09:30 am-10:15 am	10	\$75.00 40164
		Age:	4Y – 5Y
Jan 18-Mar 28	Sa 10:25 am-11:10 am	10	\$75.00 40165
Village Square Leisure Centre		Age:	3Y – 4Y
Jan 18-Mar 28	Sa 09:50 am-10:35 am	10	\$75.00 40163
Jan 19-Mar 29	Su 09:00 am-09:45 am	10	\$75.00 40173

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
Jan 12-Mar 15	Su 10:50 am-11:35 am	9	\$67.50 41040

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
Jan 18-Mar 14 Sa 10:00 am-10:45 am 8	\$60.00	40070
Bob Bahan Aquatic & Fitness Centre	Age:	2Y – 3Y
Jan 25-Mar 21 Sa 08:05 am-08:35 am 9	\$45.00	41140
Renfrew Aquatic & Recreation Centre	Age:	2Y – 3Y
Jan 18-Mar 14 Sa 09:00 am-09:45 am 8	\$60.00	40214
Jan 19-Mar 15 Su 10:50 am-11:35 am 8	\$60.00	40215
Wildflower Arts Centre	Age:	2Y – 3Y
Jan 13-Mar 16 M 09:30 am-10:15 am 9	\$67.50	40305
Jan 16-Mar 19 Th 10:00 am-10:45 am 9	\$67.50	40308
Jan 18-Mar 21 Sa 09:30 am-10:15 am 9	\$67.50	40310
Jan 18-Mar 21 Sa 10:00 am-10:45 am 9	\$67.50	40309
Jan 21-Mar 17 Tu 11:00 am-11:45 am 9	\$67.50	40306
Jan 22-Mar 18 W 09:40 am-10:25 am 9	\$67.50	40307



Dance – Festive Tales for Two – Parent & Tot

Come and jingle all the way, as together you and your child share this unique holiday experience. This introductory dance class uses music, songs and movement with a festive twist!

Bob Bahan Aquatic & Fitness Centre	Age:	2Y – 3Y
Nov 27-Dec 18 W 01:00 pm-01:45 pm 4	\$30.00	37157
Killarney Aquatic & Recreation Centre	Age:	3Y – 4Y
Nov 26-Dec 17 Tu 01:45 am-02:30 pm 4	\$30.00	42515
Wildflower Arts Centre	Age:	2Y – 3Y
Dec 3-12 Tu, Th 09:30 am-10:15 am 4	\$30.00	36936
Dec 3-12 Tu, Th 05:00 pm-05:45 pm 4	\$30.00	36938
Dec 4-13 W, F 10:30 am-11:15 am 4	\$30.00	36939
	Age:	3Y – 4Y
Dec 3-12 Tu, Th 10:30 am-11:15 am 4	\$30.00	36937

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.

Thornhill Aquatic & Recreation Centre	Age:	6Y – 7Y
Jan 18-Mar 28 Sa 01:10 pm-02:10 pm 10	\$100.00	40174
Village Square Leisure Centre	Age:	6Y – 8Y
Jan 19-Mar 29 Su 12:30 pm-01:15 pm 10	\$75.00	40183
Wildflower Arts Centre	Age:	6Y – 7Y
Jan 21-Mar 17 Tu 05:00 pm-06:00 pm 9	\$90.00	40567
	Age:	6Y – 8Y
Jan 18-Mar 21 Sa 12:15 pm-01:15 pm 9	\$90.00	40569
	Age:	8Y – 10Y
Jan 21-Mar 17 Tu 06:00 pm-07:00 pm 9	\$90.00	40570

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
Jan 19-Mar 29 Su 01:20 pm-02:20 pm 10	\$100.00	40182

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
Jan 13-Mar 16 M 05:15 pm-06:15 pm 9	\$90.00	40508

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
Jan 22-Mar 18 W 04:45 pm-05:45 pm 9	\$90.00	40578

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
Jan 21-Mar 17 Tu 06:30 pm-08:00 pm 9	\$114.75	40712

Drama Intro for Young Performers (6-8 years)

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
Jan 13-Mar 16 M 04:30 pm-05:45 pm 9	\$99.00	40704

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
Jan 13-Mar 16 M 05:45 pm-07:15 pm 9	\$114.75	40705
	Age:	9Y – 12Y
Jan 21-Mar 17 Tu 04:45 pm-06:15 pm 9	\$114.75	40707

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:	10Y – 13Y
Jan 25-Mar 21 Sa 11:30 am-12:30 pm 8	\$80.00	41158



5 to 17 Years (continued)

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.

Killarney Aquatic & Recreation Centre	Age:	8Y – 10Y
Jan 18-Mar 14 Sa 12:10 pm-01:10 pm 8	\$80.00	40212
Thornhill Aquatic & Recreation Centre	Age:	8Y – 10Y
Jan 19-Mar 29 Su 02:30 pm-03:30 pm 10	\$100.00	40184

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 – 10Y
Jan 25-Mar 21 Sa 10:25 am-11:25 am 8	\$80.00	41157
Killarney Aquatic & Recreation Centre	Age:	6Y – 8Y
Jan 20-Mar 16 M 06:05 pm-07:05 pm 8	\$80.00	40202
Southland Leisure Centre	Age:	6Y – 8Y
Jan 11-Mar 14 Sa 12:50 pm-01:50 pm 9	\$90.00	41039
Village Square Leisure Centre	Age:	6Y – 8Y
Jan 15-Mar 25 W 04:30 pm-05:15 pm 10	\$75.00	40187
	Age:	9Y – 12Y
Jan 15-Mar 25 W 05:20 pm-06:05 pm 10	\$75.00	40189
Wildflower Arts Centre	Age:	6Y – 8Y
Mar 23-27 M-F 01:00 pm-04:00 pm 5	\$150.00	40689
	Age:	7Y – 9Y
Jan 16-Mar 19 Th 04:30 pm-05:30 pm 9	\$90.00	40589
	Age:	10Y – 13Y
Jan 16-Mar 19 Th 05:30 pm-06:30 pm 9	\$90.00	40599

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.

Village Square Leisure Centre	Age:	12Y – 15Y
Jan 15-Mar 25 W 06:15 pm-07:00 pm 10	\$80.00	40192
Wildflower Arts Centre	Age:	13Y – 16Y
Jan 16-Mar 19 Th 06:45 pm-07:45 pm 9	\$94.50	40600

Modern Contemporary Dance

Enjoy the exuberance of modern dance! Basics of this dance form are taught with emphasis on technique, body awareness and self-expression in a creative and supportive environment. A short presentation may be performed in the final class.

Killarney Aquatic & Recreation Centre	Age:	6Y – 8Y
Jan 18-Mar 14 Sa 01:20 pm-02:20 pm 8	\$80.00	40216
Wildflower Arts Centre	Age:	6Y – 8Y
Jan 18-Mar 21 Sa 10:15 am-11:15 am 9	\$90.00	40637
	Age:	9Y – 12Y
Jan 18-Mar 21 Sa 02:25 pm-03:25 pm 9	\$90.00	40638

Tap Dance – Child

This recreational tap class will develop rhythm, coordination, balance and general fitness. Little tappers will be introduced to music awareness, rhythm movement, various tap steps and tap techniques. Step, stamp and stomp your way to a tappin' good time!

Canyon Meadows Aquatic & Fitness Centre	Age:	6Y – 8Y
Jan 18-Mar 14 Sa 11:25 am-12:10 pm 8	\$60.00	40170
Village Square Leisure Centre	Age:	6Y – 8Y
Jan 18-Mar 28 Sa 12:30 pm-01:15 pm 10	\$75.00	40172

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
Jan 21-Mar 17 Tu 08:30 pm-09:30 pm 9	\$94.50	40573

Ballet Dance for Big Feet – Beyond Basics

Continue to develop your technique, grace and flexibility in the encouraging environment of this class. Dancers move beyond ballet fundamentals and expand their creativity, self-expression and musicality. Prerequisite: Ballet for Big Feet – Basics or previous dance experience required.

Wildflower Arts Centre	Age:	18Y and Up
Jan 21-Mar 17 Tu 07:15 pm-08:30 pm 9	\$117.00	40572

Belly Dance – Basics

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
Jan 22-Mar 25 W 07:10 pm-08:10 pm 10	\$105.00	40188
Wildflower Arts Centre	Age:	18Y and Up
Jan 13-Mar 16 M 06:15 pm-07:30 pm 9	\$117.00	40519

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
Jan 13-Mar 16 M 07:30 pm-08:45 pm 9	\$117.00	40523

18 Years and Over (continued)

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.

Wildflower Arts Centre **Age: 18Y and Up**
Jan 21 Tu 01:00 pm-03:00 pm 1 \$21.00 40524

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**
Jan 22-Mar 18 W 06:00 pm-07:00 pm 9 \$94.50 40583

Dance from Musicals – Adult

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**
Jan 22-Mar 18 W 07:00 pm-08:15 pm 9 \$117.00 40584

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**
Jan 17-Mar 20 F 01:00 pm-02:00 pm 9 \$94.50 40623
Jan 18-Mar 21 Sa 11:30 am-12:45 pm 9 \$117.00 40627

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**
Feb 24-Mar 16 M 07:30 pm-09:30 pm 4 \$71.00 40709

Hip-Hop Dance – Adult

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**
Jan 16-Mar 19 Th 07:45 pm-08:45 pm 9 \$94.50 40601

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**
Jan 29-Mar 18 W 06:15 pm-07:15 pm 8 \$84.00 41132

Canyon Meadows Aquatic & Fitness Centre **Age: 13Y and Up**
Jan 22-Mar 11 W 10:30 am-11:30 am 8 \$84.00 40175

Thornhill Aquatic & Recreation Centre **Age: 13Y and Up**
Jan 25-Mar 21 Sa 02:30 pm-03:30 pm 8 \$84.00 40193

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**
Jan 29-Mar 18 W 07:20 pm-08:20 pm 8 \$84.00 41134

Thornhill Aquatic & Recreation Centre **Age: 13Y and Up**
Jan 14-Feb 18 Tu 03:10 pm-04:10 pm 6 \$63.00 40194
Feb 25-Mar 31 Tu 03:10 pm-04:10 pm 6 \$63.00 40197

Modern Contemporary Dance – Adult

This contemporary dance form is about expression, exploration and movement invention. Dancers are introduced to the fundamentals of modern dance, using ballet as a technical base, with emphasis on self-expression, coordination and strength. No experience required.

Wildflower Arts Centre **Age: 18Y and Up**
Jan 17-Mar 20 F 02:15 pm-03:15 pm 9 \$94.50 40636



18 Years and Over (continued)

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.

Acadia Aquatic & Fitness Centre					Age: 18Y and Up	
Partners Dance – Ballroom Dance – Foxtrot						
Jan 14-Feb 11	Tu	07:20 pm-08:20 pm	5	\$52.50	40048	
Partners Dance – Ballroom Dance – Foxtrot Continuing						
Feb 18-Mar 24	Tu	07:20 pm-08:20 pm	6	\$63.00	40062	
Canyon Meadows Aquatic & Fitness Centre					Age: 18Y and Up	
Partners Dance – Ballroom Dance – East Coast Swing						
Jan 21-Mar 10	Tu	05:30 pm-06:30 pm	8	\$84.00	40178	
Killarney Aquatic & Recreation Centre					Age: 18Y and Up	
Partners Dance – Ballroom Dance – Cha Cha						
Jan 21-Feb 18	Tu	07:10 pm-08:10 pm	5	\$52.50	40220	
Partners Dance – Ballroom Dance – Cha Cha Continuing						
Feb 25-Mar 24	Tu	07:10 pm-08:10 pm	5	\$52.50	40222	
Partners Dance – Ballroom Dance – Mambo						
Jan 21-Feb 18	Tu	08:20 pm-09:20 pm	5	\$52.50	40223	
Partners Dance – Ballroom Dance – Tango						
Feb 25-Mar 24	Tu	08:20 pm-09:20 pm	5	\$52.50	40224	
Southland Leisure Centre					Age: 18Y and Up	
Partners Dance – Ballroom Dance – West Coast Swing						
Jan 15-Feb 12	W	05:45 pm-06:45 pm	5	\$52.50	41079	
Partners Dance – Ballroom Dance – West Coast Swing Continuing						
Feb 19-Mar 18	W	05:45 pm-06:45 pm	5	\$52.50	41080	
Thornhill Aquatic & Recreation Centre					Age: 18Y and Up	
Partners Dance – Ballroom Dance – Cha Cha						
Jan 29-Mar 18	W	08:30 pm-09:30 pm	8	\$84.00	40199	

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.

Renfrew Aquatic & Recreation Centre					Age: 18Y and Up	
Partners Dance – Country Dance – Two Step						
Jan 23-Feb 27	Th	07:15 pm-08:15 pm	6	\$63.00	40467	
Southland Leisure Centre					Age: 18Y and Up	
Partners Dance – Country Dance – Nightclub Continuing						
Jan 15-Feb 12	W	08:00 pm-09:00 pm	5	\$52.50	41073	
Feb 19-Mar 18	W	08:00 pm-09:00 pm	5	\$52.50	41074	

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	
Partners Dance – Latin Dance – Salsa						
Jan 23-Feb 20	Th	07:20 pm-08:20 pm	5	\$52.50	40217	
Partners Dance – Latin Dance – Salsa Continuing						
Feb 27-Mar 26	Th	07:20 pm-08:20 pm	5	\$52.50	40218	
Southland Leisure Centre					Age: 18Y and Up	
Partners Dance – Latin Dance – Salsa						
Jan 15-Feb 12	W	06:50 pm-07:50 pm	5	\$52.50	41075	
Partners Dance – Latin Dance – Salsa Continuing						
Feb 19-Mar 18	W	06:50 pm-07:50 pm	5	\$52.50	41076	

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
Jan 17-Mar 20	F	04:15 pm-05:15 pm 9 \$99.00 40717
Wildflower Arts Centre		Age: 5Y – 6Y
Jan 22-Mar 18	W	03:45 pm-04:45 pm 9 \$99.00 40367

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
Jan 16-Mar 19	Th	02:00 pm-03:00 pm 9 \$94.50 40475
Jan 18-Mar 21	Sa	10:00 am-11:00 am 9 \$94.50 40729
Wildflower Arts Centre		Age: 4Y – 5Y
Jan 13-Mar 16	M	09:30 am-10:30 am 9 \$94.50 40387
Jan 17-Mar 20	F	01:00 pm-02:00 pm 9 \$94.50 40389
Jan 21-Mar 17	Tu	10:45 am-11:45 am 9 \$94.50 40388
		Age: 5Y – 6Y
Jan 16-Mar 19	Th	03:45 pm-04:45 pm 9 \$94.50 40390



Preschool – Art and the Christmas Story

Explore colour, texture and shape while developing creative skills and imagination. Preschoolers hear and see a different Christmas story each class and then make an inventive art project inspired by aspects of the book.

Wildflower Arts Centre		Age: 3Y – 4Y
Dec 6-13	F	09:30 am-10:30 am 2 \$23.00 36663
Dec 7-14	Sa	09:30 am-10:30 am 2 \$23.00 36668
		Age: 4Y – 5Y
Dec 6-13	F	11:00 am-12:15 pm 2 \$28.50 36665
Dec 7-14	Sa	11:00 am-12:15 pm 2 \$28.50 36667

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.

North Mount Pleasant Arts Centre		Age: 4Y – 5Y
Jan 13-Mar 16	M	12:00 pm-01:00 pm 9 \$94.50 40321
Wildflower Arts Centre		Age: 3Y – 4Y
Jan 13-Mar 16	M	01:00 pm-02:00 pm 9 \$94.50 40468
Jan 22-Mar 18	W	11:00 am-12:00 pm 9 \$94.50 40470
		Age: 4Y – 5Y
Jan 17-Mar 20	F	10:45 am-12:00 pm 9 \$117.00 40471
Jan 22-Mar 18	W	09:30 am-10:45 am 9 \$117.00 40469

0 to 6 Years (continued)

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
Jan 14-Mar 10	Tu	01:00 pm-02:00 pm	9	\$94.50 40360
Wildflower Arts Centre			Age:	3Y – 4Y
Jan 16-Mar 19	Th	09:30 am-10:30 am	9	\$94.50 40498
Jan 17-Mar 20	F	09:30 am-10:30 am	9	\$94.50 40499

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
Jan 15-Mar 11	W	01:00 pm-02:00 pm	9	\$99.00 40372
Wildflower Arts Centre			Age:	4Y – 5Y
Jan 13-Mar 16	M	02:15 pm-03:15 pm	9	\$99.00 40364
Jan 21-Mar 17	Tu	01:00 pm-02:00 pm	9	\$99.00 40365

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
Jan 17-Mar 20	F	02:15 pm-03:15 pm	9	\$94.50 40473
Jan 21-Mar 17	Tu	03:45 pm-04:45 pm	9	\$94.50 40472



Preschool – Wee Holiday Wishes

Seasonal fun for preschoolers. Celebrate this wonderful time of year by creating festive two- and three-dimensional art projects.

North Mount Pleasant Arts Centre			Age:	4Y – 5Y
Dec 3-12	Tu, Th	01:30 pm-02:30 pm	4	\$46.00 36763
Wildflower Arts Centre			Age:	4Y – 5Y
Dec 3-12	Tu, Th	01:00 pm-02:00 pm	4	\$46.00 36638
Dec 4-16	M, W	10:00 am-11:00 am	4	\$46.00 36621

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
Jan 13-Mar 16	M	01:30 pm-02:30 pm	9	\$94.50 40229
Jan 16-Mar 19	Th	12:30 pm-01:30 pm	9	\$94.50 40298
Jan 18-Mar 21	Sa	11:30 am-12:30 pm	9	\$94.50 40299
Wildflower Arts Centre			Age:	4Y – 5Y
Jan 16-Mar 19	Th	10:45 am-11:45 am	9	\$94.50 40477
Jan 18-Mar 21	Sa	09:30 am-10:30 am	9	\$94.50 40478
Jan 22-Mar 18	W	02:15 pm-03:15 pm	9	\$94.50 40476

0 to 17 Years + Adult



Christmas Combo

Create memories and experience some artistic time with your child this Christmas season. The two of you will explore a variety of festive visual art materials and techniques together. (Nanny, grandparent or caregiver may register instead of parent.)

Wildflower Arts Centre			Age:	4Y – 7Y
Dec 7-14	Sa	01:15 pm-03:15 pm	2	\$60.00 36680



Classic Christmas

Relax as a family and make unique gifts and Christmas decorations together. These keepsakes can be enjoyed for years to come. Designed for younger children, accompanied by an adult, you will both make projects.

North Mount Pleasant Arts Centre			Age:	4Y – 9Y
Dec 7-14	Sa	01:00 pm-04:00 pm	2	\$81.00 36782
Dec 8-15	Su	09:30 am-12:30 pm	2	\$81.00 36844
Dec 8-15	Su	01:00 pm-04:00 pm	2	\$81.00 36846
Wildflower Arts Centre			Age:	6Y – 9Y
Dec 7-14	Sa	01:00 pm-04:00 pm	2	\$81.00 36678

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
Jan 15-Mar 11	W	02:30 pm-03:30 pm	9	\$114.75 40406
Jan 18-Mar 21	Sa	11:30 am-12:30 pm	9	\$114.75 40749
Wildflower Arts Centre			Age:	3Y – 5Y
Jan 18-Mar 21	Sa	09:00 am-10:00 am	9	\$114.75 40380
Jan 21-Mar 17	Tu	09:15 am-10:15 am	9	\$114.75 40379

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
Jan 19-Mar 22	Su	10:30 am-11:30 am	9	\$114.75 40771
Wildflower Arts Centre			Age:	3Y – 5Y
Jan 13-Mar 16	M	10:45 am-11:45 am	9	\$114.75 40432
Jan 22-Mar 18	W	01:00 pm-02:00 pm	9	\$114.75 40456

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
Jan 24-Mar 6	F	06:30 pm-08:00 pm	6	\$123.00 40697



0 to 17 Years + Adult (continued)

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**
Jan 26-Mar 8 Su 12:00 pm-01:30 pm 6 \$123.00 40772

Family Clay Projects (4 – 10 yrs + Adult)

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**
Jan 25-Mar 7 Sa 09:30 am-11:00 am 6 \$123.00 40760
Jan 25-Mar 7 Sa 03:00 pm-04:30 pm 6 \$123.00 40761
Jan 26-Mar 8 Su 09:30 am-11:00 am 6 \$123.00 40762

Family Clay Projects (4 – 15 yrs + Adult)

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**
Feb 3-Mar 16 M 05:00 pm-06:30 pm 6 \$123.00 40381
Feb 8-Mar 21 Sa 01:00 pm-02:30 pm 6 \$123.00 40383
Feb 8-Mar 21 Sa 02:45 pm-04:15 pm 6 \$123.00 40382

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 – 12Y**
Jan 24-Mar 6 F 06:30 pm-08:30 pm 6 \$225.00 40708
Jan 25-Mar 7 Sa 12:30 pm-02:30 pm 6 \$225.00 40710
Jan 26-Mar 8 Su 11:00 am-01:00 pm 6 \$225.00 40711



Make n' Take: Tree Ornaments

Festive handmade ornaments for your tree – made from an assortment of artists' materials. You'll both enjoy making a set of seven ornaments, and decorating them with paint, beads and sparkles. All supplies included.

North Mount Pleasant Arts Centre **Age: 4Y – 9Y**
Dec 2 M 06:00 pm-08:00 pm 1 \$30.00 36766
Dec 4 W 06:00 pm-08:00 pm 1 \$30.00 36767
Dec 7 Sa 01:30 pm-03:30 pm 1 \$30.00 36842
Dec 8 Su 10:00 am-12:00 pm 1 \$30.00 36847
Dec 14 Sa 10:00 am-12:00 pm 1 \$30.00 36784
Dec 15 Su 10:00 am-12:00 pm 1 \$30.00 36849



Santa's Art Workshop

Ho-ho-hold onto your hats! Make this a Christmas that your child will never forget. Create ornamental keepsakes and unforgettable artworks with your child. You will both treasure the experience.

North Mount Pleasant Arts Centre **Age: 3Y – 4Y**
Dec 2-11 M, W 01:30 pm-02:30 pm 4 \$51.00 36758
Wildflower Arts Centre **Age: 3Y – 4Y**
Dec 3-12 Tu, Th 09:30 am-10:30 am 4 \$51.00 36660



Winter Village

Start a unique tradition and collaborate with your child to create your own Winter Village in clay!

Return each year and watch your little hamlet grow. All supplies included.

North Mount Pleasant Arts Centre **Age: 6Y – 17Y**
Dec 7-14 Sa 10:00 am-12:00 pm 2 \$60.00 36835
Dec 7-14 Sa 01:00 pm-03:00 pm 2 \$60.00 36840
Dec 8-15 Su 10:00 am-12:00 pm 2 \$60.00 36865
Dec 8-15 Su 01:00 pm-03:00 pm 2 \$60.00 36866
Wildflower Arts Centre **Age: 6Y – 17Y**
Dec 5-12 Th 05:00 pm-07:00 pm 2 \$60.00 36753
Dec 7-14 Sa 10:00 am-12:00 pm 2 \$60.00 36751
Dec 7-14 Sa 10:00 am-12:00 pm 2 \$60.00 36752
Dec 7-14 Sa 01:00 pm-03:00 pm 2 \$60.00 36749

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!

North Mount Pleasant Arts Centre **Age: 6Y – 8Y**
Jan 18-Mar 21 Sa 02:00 pm-03:30 pm 9 \$119.25 40751
Wildflower Arts Centre **Age: 6Y – 8Y**
Jan 13-Mar 16 M 05:00 pm-06:30 pm 9 \$119.25 40556

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**
Jan 13-Mar 16 M 05:00 pm-06:30 pm 9 \$119.25 40327
Jan 16-Mar 19 Th 05:00 pm-06:30 pm 9 \$119.25 40334
Jan 18-Mar 21 Sa 09:30 am-11:00 am 9 \$119.25 40335
Jan 19-Mar 22 Su 02:30 pm-04:00 pm 9 \$119.25 40336
Age: 10Y – 13Y
Jan 15-Mar 11 W 05:00 pm-06:30 pm 9 \$119.25 40353
Wildflower Arts Centre **Age: 7Y – 10Y**
Jan 13-Mar 16 M 05:00 pm-06:30 pm 9 \$119.25 40480
Jan 18-Mar 21 Sa 09:00 am-10:30 am 9 \$119.25 40490
Age: 10Y – 13Y
Jan 21-Mar 17 Tu 05:00 pm-06:30 pm 9 \$119.25 40489

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	
Jan 2-3	Th,F	09:00 am-04:00 pm	2	\$97.00	36882
Feb 13-14	Th,F	09:00 am-04:00 pm	2	\$97.00	40774
Mar 23-27	M-F	09:00 am-04:00 pm	5	\$242.50	40781
				Age: 7Y – 10Y	
Mar 23-27	M-F	09:00 am-04:00 pm	5	\$242.50	40803
				Age: 9Y – 12Y	
Jan 2-3	Th,F	09:00 am-04:00 pm	2	\$97.00	36883
Feb 13-14	Th,F	09:00 am-04:00 pm	2	\$97.00	40780
Mar 23-27	M-F	09:00 am-04:00 pm	5	\$242.50	40804
Wildflower Arts Centre				Age: 6Y – 8Y	
Feb 13-14	Th,F	09:00 am-04:00 pm	2	\$97.00	40690
Mar 23-27	M-F	09:00 am-04:00 pm	5	\$242.50	40696
				Age: 7Y – 10Y	
Feb 13-14	Th,F	09:00 am-04:00 pm	2	\$97.00	40700
Mar 23-27	M-F	09:00 am-04:00 pm	5	\$242.50	40701
				Age: 9Y – 12Y	
Feb 13-14	Th,F	09:00 am-04:00 pm	2	\$97.00	40702
Mar 23-27	M-F	09:00 am-04:00 pm	5	\$242.50	40703

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	
Jan 18-Mar 21	Sa	10:00 am-11:30 am	9	\$119.25	40744
				Age: 9Y – 12Y	
Jan 18-Mar 21	Sa	12:00 pm-01:30 pm	9	\$119.25	40746
Wildflower Arts Centre				Age: 6Y – 8Y	
Jan 16-Mar 19	Th	05:00 pm-06:30 pm	9	\$119.25	40503
Jan 18-Mar 21	Sa	10:45 am-12:15 pm	9	\$119.25	40505
				Age: 9Y – 12Y	
Jan 13-Mar 16	M	05:00 pm-06:30 pm	9	\$119.25	40507
Jan 18-Mar 21	Sa	01:15 pm-02:45 pm	9	\$119.25	40506

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	
Jan 16-Feb 6	Th	06:45 pm-08:45 pm	4	\$76.00	40411
Feb 20-Mar 12	Th	06:45 pm-08:45 pm	4	\$76.00	40417

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	
Jan 18-Mar 21	Sa	01:00 pm-02:30 pm	9	\$132.75	40753
Wildflower Arts Centre				Age: 6Y – 8Y	
Jan 18-Mar 21	Sa	10:15 am-11:45 am	9	\$132.75	40362
Jan 21-Mar 17	Tu	05:00 pm-06:30 pm	9	\$132.75	40361

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	
Jan 18-Mar 21	Sa	11:00 am-12:30 pm	9	\$132.75	40765
Jan 19-Mar 22	Su	02:30 pm-04:00 pm	9	\$132.75	40766
Wildflower Arts Centre				Age: 9Y – 12Y	
Jan 22-Mar 18	W	05:00 pm-06:30 pm	9	\$132.75	40369

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	
Jan 18-Mar 21	Sa	01:00 pm-02:30 pm	9	\$119.25	40734
Jan 19-Mar 22	Su	02:30 pm-04:00 pm	9	\$119.25	40740
				Age: 9Y – 12Y	
Jan 18-Mar 21	Sa	03:00 pm-04:30 pm	9	\$119.25	40739
Jan 19-Mar 22	Su	12:30 pm-02:00 pm	9	\$119.25	40741
Wildflower Arts Centre				Age: 6Y – 8Y	
Jan 18-Mar 21	Sa	09:00 am-10:30 am	9	\$119.25	40529
Jan 21-Mar 17	Tu	05:00 pm-06:30 pm	9	\$119.25	40527
				Age: 9Y – 12Y	
Jan 18-Mar 21	Sa	10:45 am-12:15 pm	9	\$119.25	40530
Jan 22-Mar 18	W	05:00 pm-06:30 pm	9	\$119.25	40528

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	
Jan 23-Mar 5	Th	04:15 pm-06:30 pm	6	\$132.00	40658
Jan 25-Mar 7	Sa	01:30 pm-03:45 pm	6	\$132.00	40662
Wildflower Arts Centre				Age: 9Y – 12Y	
Jan 16-Mar 19	Th	05:00 pm-06:30 pm	9	\$132.75	40370
Jan 18-Mar 21	Sa	12:45 pm-02:15 pm	9	\$132.75	40371



5 to 17 Years (continued)

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
Jan 18-Mar 21	Sa	11:30 am-01:00 pm	9	\$119.25	40731
Jan 19-Mar 22	Su	12:30 pm-02:00 pm	9	\$119.25	40733
				Age:	9Y – 12Y
Jan 18-Mar 21	Sa	01:30 pm-03:00 pm	9	\$119.25	40732
Wildflower Arts Centre				Age:	6Y – 8Y
Jan 18-Mar 21	Sa	03:00 pm-04:30 pm	9	\$119.25	40551
Jan 22-Mar 18	W	05:00 pm-06:30 pm	9	\$119.25	40550
				Age:	9Y – 12Y
Jan 16-Mar 19	Th	05:00 pm-06:30 pm	9	\$119.25	40546

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
Jan 18-Mar 21	Sa	10:45 am-12:15 pm	9	\$119.25	40522
Jan 21-Mar 17	Tu	05:00 pm-06:30 pm	9	\$119.25	40525

Focus on Making Prints

Apply images to paper in a whole new way! Line, form, texture, composition and colour are all part of the printmaking process. Create many versions of your unique ideas using different techniques and materials. Put your personal spin on your own prints.

Wildflower Arts Centre				Age:	7Y – 10Y
Jan 22-Mar 18	W	05:00 pm-06:30 pm	9	\$119.25	40497

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
Jan 15-Mar 11	W	02:30 pm-04:30 pm	9	\$155.25	40374
				Age:	9Y – 12Y
Jan 15-Mar 11	W	02:30 pm-04:30 pm	9	\$155.25	40376

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
Jan 19-Feb 2	Su	10:30 am-12:00 pm	3	\$45.00	40721
Feb 7-28	F	04:30 pm-06:00 pm	3	\$45.00	40719
Mar 8-22	Su	10:30 am-12:00 pm	3	\$45.00	40728
				Age:	9Y – 12Y
Jan 17-31	F	04:30 pm-06:00 pm	3	\$45.00	40718
Feb 9-Mar 1	Su	10:30 am-12:00 pm	3	\$45.00	40727
Mar 6-20	F	04:30 pm-06:00 pm	3	\$45.00	40720

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:	9Y – 12Y
Jan 25-Mar 7	Sa	03:15 pm-04:45 pm	6	\$79.50	40748

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
Jan 15-Mar 11	W	04:30 pm-06:30 pm	9	\$182.25	40474
Jan 18-Mar 21	Sa	02:45 pm-04:45 pm	9	\$182.25	40768
Wildflower Arts Centre				Age:	13Y – 17Y
Jan 18-Mar 21	Sa	02:30 pm-04:30 pm	9	\$182.25	40386

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.

Wildflower Arts Centre				Age:	13Y – 16Y
Jan 16-Mar 19	Th	04:30 pm-06:30 pm	9	\$171.00	40557



Tis the Season to be Jolly

Create magnificent works of art, dedicated to this joyous time of year. Explore clay, paint and printmaking, etc. to express your holiday cheer!

North Mount Pleasant Arts Centre				Age:	6Y – 8Y
Dec 7-14	Sa	09:30 am-12:30 pm	2	\$60.00	36774
Dec 8-15	Su	01:00 pm-04:00 pm	2	\$60.00	36864
Wildflower Arts Centre				Age:	6Y – 8Y
Dec 7-14	Sa	09:00 am-12:00 pm	2	\$60.00	36681



Winter Animal in Clay

Hand build a charming clay animal while learning a variety of sculptural techniques. We'll provide guidance to help you complete your finest, most imaginative painted sculpture.

North Mount Pleasant Arts Centre				Age:	6Y – 8Y
Dec 8-15	Su	10:00 am-12:00 pm	2	\$44.50	36867
				Age:	9Y – 12Y
Dec 8-15	Su	01:00 pm-03:00 pm	2	\$44.50	36868
Wildflower Arts Centre				Age:	6Y – 8Y
Dec 3-10	Tu	04:30 pm-06:30 pm	2	\$44.50	36769
Dec 7-14	Sa	01:00 pm-03:00 pm	2	\$44.50	36759



Winter Holiday Magic

Create holiday treasures using a variety of materials including clay, paint and papier mâché. All supplies included.

North Mount Pleasant Arts Centre				Age:	6Y – 8Y
Dec 7-14	Sa	01:00 pm-04:00 pm	2	\$60.00	36822

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	
Jan 13-Mar 16	M	07:00 pm-09:30 pm	9	\$276.75	40576
Jan 21-Mar 17	Tu	09:30 am-12:00 pm	9	\$276.75	40577

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

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	
Feb 4-Mar 10	Tu	07:00 pm-09:30 pm	6	\$178.50	40795

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	
Jan 14-Mar 10	Tu	12:30 pm-03:00 pm	9	\$276.75	40799
Jan 15-Mar 11	W	07:00 pm-09:30 pm	9	\$276.75	40806
Wildflower Arts Centre				Age: 18Y and Up	
Jan 16-Mar 19	Th	07:00 pm-09:30 pm	9	\$276.75	40580
Jan 22-Mar 18	W	09:30 am-12:00 pm	9	\$276.75	40582

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	
Jan 13-Mar 16	M	07:00 pm-09:30 pm	9	\$222.75	40735
Jan 14-Mar 10	Tu	07:00 pm-09:30 pm	9	\$222.75	40736
Jan 16-Mar 19	Th	01:15 pm-03:45 pm	9	\$222.75	40737
Jan 19-Mar 22	Su	01:00 pm-03:30 pm	9	\$222.75	40738
Wildflower Arts Centre				Age: 18Y and Up	
Jan 22-Mar 18	W	01:00 pm-03:30 pm	9	\$222.75	40289

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	
Jan 21-Mar 17	Tu	10:00 am-12:30 pm	9	\$222.75	40295
Jan 21-Mar 17	Tu	07:00 pm-09:30 pm	9	\$222.75	40297

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	
Jan 16-Mar 19	Th	01:00 pm-03:30 pm	9	\$222.75	40292

Creative Printmaking for Adults

Here's your chance to create original artwork on paper. Explore printmaking processes like polystyrene prints, monoprints and collographs, 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	
Jan 15-Mar 11	W	07:00 pm-09:30 pm	9	\$276.75	40809
Wildflower Arts Centre				Age: 18Y and Up	
Jan 16-Mar 19	Th	07:00 pm-09:30 pm	9	\$276.75	40688

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	
Jan 13-Mar 16	M	07:00 pm-09:30 pm	9	\$276.75	40812
Jan 15-Mar 11	W	09:30 am-12:00 pm	9	\$276.75	40813
Jan 16-Mar 19	Th	07:00 pm-09:30 pm	9	\$276.75	40814
Wildflower Arts Centre				Age: 18Y and Up	
Jan 13-Mar 16	M	09:30 am-12:00 pm	9	\$276.75	40590
Jan 13-Mar 16	M	07:00 pm-09:30 pm	9	\$276.75	40596
Jan 21-Mar 17	Tu	12:30 pm-03:00 pm	9	\$276.75	40597



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	
Jan 14-Mar 10	Tu	07:00 pm-09:30 pm	9	\$202.50	40818
Jan 16-Mar 19	Th	09:30 am-12:00 pm	9	\$202.50	40819
Wildflower Arts Centre				Age: 18Y and Up	
Jan 16-Mar 19	Th	09:30 am-12:00 pm	9	\$202.50	40625
Jan 22-Mar 18	W	07:00 pm-09:30 pm	9	\$202.50	40629

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-09:00 pm	1	\$37.50	40906

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	
Jan 14-Mar 10	Tu	09:30 am-12:00 pm	9	\$202.50	40822

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	
Feb 3-Mar 16	M	12:30 pm-03:00 pm	6	\$189.00	40693
Feb 5-Mar 11	W	07:00 pm-09:30 pm	6	\$189.00	40695

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	
Jan 16-Mar 19	Th	07:00 pm-09:30 pm	9	\$222.75	40750

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	
Jan 13-Mar 16	M	01:00 pm-03:30 pm	9	\$222.75	40745
Jan 15-Mar 11	W	07:00 pm-09:30 pm	9	\$222.75	40747



Holiday Greetings – Cards and Envelopes

Create a unique series of cards with matching envelopes using a variety of papers, inks and accents. Each card becomes an impressive gift of art unto itself. Learn simple print techniques, some of which are suitable to pursue at home. Supplies included.

North Mount Pleasant Arts Centre				Age: 18Y and Up	
Dec 2-9	M	06:30 pm-09:30 pm	2	\$76.50	36657
Dec 4-11	W	06:30 pm-09:30 pm	2	\$76.50	36659
Wildflower Arts Centre				Age: 18Y and Up	
Oct 18-25	F	12:30 pm-03:30 pm	2	\$76.50	37495
Nov 15-22	F	12:30 pm-03:30 pm	2	\$76.50	37496

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	
Jan 15-Mar 11	W	07:00 pm-09:30 pm	9	\$202.50	40825
Wildflower Arts Centre				Age: 18Y and Up	
Jan 21-Mar 17	Tu	07:00 pm-09:30 pm	9	\$202.50	40657

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	
Jan 21-Mar 17	Tu	07:00 pm-09:30 pm	9	\$202.50	40672

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	
Jan 16-Mar 19	Th	12:30 pm-03:00 pm	9	\$202.50	40845

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	
Jan 13-Mar 16	M	09:30 am-12:00 pm	9	\$202.50	40827
Jan 14-Mar 10	Tu	07:00 pm-09:30 pm	9	\$202.50	40828
Wildflower Arts Centre				Age: 18Y and Up	
Jan 16-Mar 19	Th	01:00 pm-03:30 pm	9	\$202.50	40664
Jan 22-Mar 18	W	07:00 pm-09:30 pm	9	\$202.50	40661

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	
Jan 16-Mar 19	Th	07:00 pm-09:30 pm	9	\$202.50	40830

18 Years and Over (continued)

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**
Jan 16-Mar 19 Th 07:00 pm-09:30 pm 9 \$202.50 40831

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**
Jan 13-Mar 16 M 12:30 pm-03:00 pm 9 \$202.50 40838
Jan 13-Mar 16 M 07:00 pm-09:30 pm 9 \$202.50 40840
Wildflower Arts Centre **Age: 18Y and Up**
Jan 13-Mar 16 M 07:00 pm-09:30 pm 9 \$202.50 40617
Jan 16-Mar 19 Th 09:30 am-12:00 pm 9 \$202.50 40620

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.

North Mount Pleasant Arts Centre **Age: 18Y and Up**
Jan 16-Mar 19 Th 09:30 am-12:00 pm 9 \$202.50 40842
Wildflower Arts Centre **Age: 18Y and Up**
Jan 16-Mar 19 Th 07:00 pm-09:30 pm 9 \$202.50 40675

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**
Jan 22-Mar 18 W 12:30 pm-03:00 pm 9 \$276.75 40659

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**
Jan 13-Mar 16 M 07:00 pm-09:30 pm 9 \$222.75 40752
Jan 14-Mar 10 Tu 01:00 pm-03:30 pm 9 \$222.75 40754
Jan 14-Mar 10 Tu 07:00 pm-09:30 pm 9 \$222.75 40755
Jan 15-Mar 11 W 07:00 pm-09:30 pm 9 \$222.75 40756
Jan 16-Mar 19 Th 07:00 pm-09:30 pm 9 \$222.75 40757
Jan 17-Mar 20 F 06:00 pm-08:30 pm 9 \$222.75 40758
Jan 19-Mar 22 Su 09:30 am-12:00 pm 9 \$222.75 40759
Wildflower Arts Centre **Age: 18Y and Up**
Jan 13-Mar 16 M 09:30 am-12:00 pm 9 \$222.75 40276
Jan 13-Mar 16 M 07:00 pm-09:30 pm 9 \$222.75 40278
Jan 16-Mar 19 Th 07:00 pm-09:30 pm 9 \$222.75 40279

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The Youth Employment Centre
Open Monday–Friday 8:00 a.m.– 4:30 p.m.



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**

Jan 13-Mar 16	M	06:30 pm-09:00 pm	9	\$222.75	40773
Jan 14-Mar 10	Tu	06:30 pm-09:00 pm	9	\$222.75	40775
Jan 15-Mar 11	W	01:00 pm-03:30 pm	9	\$222.75	40776
Jan 15-Mar 11	W	06:30 pm-09:00 pm	9	\$222.75	40777
Jan 17-Mar 20	F	06:00 pm-08:30 pm	9	\$222.75	40778
Jan 18-Mar 21	Sa	09:30 am-12:00 pm	9	\$222.75	40779

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

Jan 21-Mar 17	Tu	07:00 pm-09:30 pm	9	\$222.75	40285
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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**

Jan 16-Mar 19	Th	09:30 am-12:00 pm	9	\$222.75	40782
Jan 16-Mar 19	Th	07:00 pm-09:30 pm	9	\$222.75	40783

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

Jan 22-Mar 18	W	07:00 pm-09:30 pm	9	\$222.75	40286
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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-09:00 pm	1	\$37.50	40907
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Wildflower Arts Centre **Age: 18Y and Up**

Feb 28-Mar 20	F	01:00 pm-03:30 pm	4	\$126.00	40692
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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**

Feb 5-26	W	10:00 am-12:30 pm	4	\$105.00	40300
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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-08:30 pm	1	\$31.25	40910
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19-0000256

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.

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listing of special events and admission deals.



Calgary AfterSchool and Youth

Calgary AfterSchool offers fun, safe and engaging after school 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

NW

North Mount Pleasant Arts Centre

Sep 10-Jun 18 Tu-Th 03:00 pm-06:00 pm

Age: 10Y – 14Y

Free Drop-in

Thornhill Aquatic & Fitness Centre

Sep 23-Jun 18 M-Th 03:00 pm-06:00 pm
F 12:30 pm-05:00 pm

Age: 11Y – 15Y

Free Drop-in
Free Drop-in

SW

Optimist Arena

Sep 23-Jun 19 M-Th 03:00 pm-06:00 pm
F 02:00 pm-06:00 pm

Age: 11Y – 15Y

Free Drop-in
Free Drop-in

Southland Leisure Centre

Sep 23-Jun 19 M-Th 03:00 pm-06:00 pm
F 01:00 pm-05:00 pm

Age: 11Y – 15Y

Free Drop-in
Free Drop-in

SE

Acadia Aquatic & Fitness Centre

Sep 23-Jun 19 M-Th 03:00 pm-06:00 pm
F 01:00 pm-05:00 pm

Age: 11Y – 15Y

Free Drop-in
Free Drop-in

Bob Bahan Aquatic & Fitness Centre

Aug 15-Jun 19 M-Th 03:00 pm-06:00 pm
F 12:15 am-05:00 pm

Age: 11Y – 15Y

Free Drop-in
Free Drop-in

NE

Village Square Leisure Centre

Sep 23-Jun 19 M, W 03:00 pm-06:00 pm

Age: 8Y – 10Y

Free Drop-in

Sep 23-Jun 19 M-Th 03:00 pm-06:00 pm
F 01:00 pm-05:00 pm

Age: 11Y – 15Y

Free Drop-in
Free Drop-in

Calgary



18-0118156

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

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

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.

Bob Bahan Aquatic & Fitness Centre		Age: 12Y – 17Y
Jan 7-30	Tu, Th 05:00 pm-06:30 pm	8 \$110.00 39753
Canyon Meadows Aquatic & Fitness Centre		Age: 12Y – 17Y
Jan 7-30	Tu, Th 06:30 pm-08:00 pm	8 \$110.00 39767
Feb 4-27	Tu, Th 06:30 pm-08:00 pm	8 \$110.00 39768
Mar 5-31	Tu, Th 06:30 pm-08:00 pm	8 \$110.00 39769
Glenmore Aquatic Centre		Age: 12Y – 17Y
Jan 7-30	Tu, Th 07:00 pm-08:30 pm	8 \$110.00 39730
Renfrew Aquatic & Recreation Centre		Age: 12Y – 17Y
Jan 5-Mar 1	Su 10:00 am-11:30 am	8 \$110.00 39746
Thornhill Aquatic & Recreation Centre		Age: 12Y – 17Y
Jan 7-30	Tu, Th 06:00 pm-07:30 pm	8 \$110.00 39762
Village Square Leisure Centre		Age: 12Y – 17Y
Jan 7-30	Tu, Th 05:00 pm-06:30 pm	8 \$110.00 39750

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
Jan 4-Feb 29	Sa 11:30 am-02:00 pm	8 \$156.00 39726
Mar 23-27	M-F 08:00 am-12:00 pm	5 \$156.00 39728
Bob Bahan Aquatic & Fitness Centre		Age: 13Y and Up
Feb 4-27	Tu, Th 05:00 pm-07:30 pm	8 \$156.00 39754
Canyon Meadows Aquatic & Fitness Centre		Age: 13Y and Up
Feb 4-27	Tu, Th 06:30 pm-09:00 pm	8 \$156.00 39777
Foothills Aquatic Centre		Age: 13Y and Up
Jan 2- 5	Su-Sa 10:00 am-03:00 pm	4 \$156.00 39733
Jan 31-Feb 2	F, Sa, Su 09:00 am-01:00 pm	5 \$156.00 39734
Glenmore Aquatic Centre		Age: 13Y and Up
Feb 4-27	Tu, Th 07:00 pm-09:30 pm	8 \$156.00 39731
Renfrew Aquatic & Recreation Centre		Age: 13Y and Up
Jan 4-Feb 1	Sa 08:30 am-12:30 pm	5 \$156.00 39747
Shouldice Aquatic Centre		Age: 13Y and Up
Jan 11-Feb 8	Sa 10:00 am-02:00 pm	5 \$156.00 39758
Thornhill Aquatic & Recreation Centre		Age: 13Y and Up
Feb 4-27	Tu, Th 06:00 pm-08:30 pm	8 \$156.00 39763
Village Square Leisure Centre		Age: 13Y and Up
Feb 4-27	Tu, Th 05:00 pm-07:30 pm	8 \$156.00 39751

12 Years and Over (continued)

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
Mar 7-May 2	Sa 11:30 am-02:00 pm	8 \$156.00 39727
Mar 23-27	M-F 12:00 pm-04:00 pm	5 \$156.00 39729
Bob Bahan Aquatic & Fitness Centre		Age: 13Y and Up
Mar 3-26	Tu, Th 05:00 pm-07:30 pm	8 \$156.00 39755
Canyon Meadows Aquatic & Fitness Centre		Age: 13Y and Up
Jan 7-30	Tu, Th 06:30 pm-09:00 pm	8 \$156.00 39773
Mar 5-31	Tu, Th 06:30 pm-09:00 pm	8 \$156.00 39781
Foothills Aquatic Centre		Age: 13Y and Up
Jan 2-5	Th-Sa 10:00 am-03:00 pm	4 \$156.00 39735
Feb 13-15	Th-Sa 09:00 am-04:00 pm	3 \$156.00 39736
Glenmore Aquatic Centre		Age: 13Y and Up
Mar 3-26	Tu, Th 07:00 pm-09:30 pm	8 \$156.00 39732
Renfrew Aquatic & Recreation Centre		Age: 13Y and Up
Feb 22-Mar 21	Sa 08:30 am-12:30 pm	5 \$156.00 39749
Shouldice Aquatic Centre		Age: 13Y and Up
Feb 29-Mar 28	Sa 10:00 am-02:00 pm	5 \$156.00 39759
Thornhill Aquatic & Recreation Centre		Age: 13Y and Up
Mar 3-26	Tu, Th 06:00 pm-08:30 pm	8 \$156.00 39764
Village Square Leisure Centre		Age: 13Y and Up
Mar 3-26	Tu, Th 05:00 pm-07:30 pm	8 \$156.00 39752

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
Jan 4	Tu 08:00 am-12:00 pm	1 \$85.00 39770
Foothills Aquatic Centre		Age: 13Y and Up
Feb 8	Th 08:30 am-12:30 pm	1 \$85.00 39737

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
Feb 22-23	Sa, Su 08:00 am-04:00 pm	2 \$163.00 39778
Father David Bauer Arena		Age: 12Y and Up
Feb 8-9	Sa, Su 08:00 am-04:00 pm	2 \$163.00 39744

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
Jan 6-8	M, W 05:30 pm-09:30 pm	2 \$91.00 39772
Father David Bauer Arena		Age: 12Y and Up
Jan 25	Sa 08:00 am-04:00 pm	1 \$91.00 39745

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
Mar 3	Tu 05:00 pm-10:00 pm	1 \$94.50 39780
Foothills Aquatic Centre		Age: 16Y and Up
Jan 26	Su 11:00 am-04:00 pm	1 \$94.50 39740

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
Mar 20-29	F, Sa, Su 07:00 am-03:00 pm	6 \$380.00 39757
Canyon Meadows Aquatic & Fitness Centre		Age: 16Y and Up
Jan 11-Feb 8	Sa 08:00 am-04:00 pm	5 \$380.00 39774
Feb 29-Mar 28	Sa 08:00 am-04:00 pm	5 \$380.00 39779
Foothills Aquatic Centre		Age: 16Y and Up
Feb 16-21	Su-Fr 08:00 am-04:00 pm	5 \$380.00 39738
Mar 22-26	Su-Th 08:00 am-04:00 pm	5 \$380.00 39739
Thornhill Aquatic & Recreation Centre		Age: 16Y and Up
Jan 5-Mar 1	Su 10:30 am-03:30 pm	8 \$380.00 39765

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
Jan 17-26	F, Sa, Su 07:00 am-03:00 pm	6 \$380.00 39756
Canyon Meadows Aquatic & Fitness Centre		Age: 16Y and Up
Jan 12-Feb 9	Su 08:00 am-04:00 pm	5 \$380.00 39775
Mar 1-29	Su 08:00 am-04:00 pm	5 \$380.00 39776
Foothills Aquatic Centre		Age: 16Y and Up
Feb 16-21	Su-Fr 08:00 am-04:00 pm	5 \$380.00 39741
Mar 20-29	F, Sa, Su 08:00 am-04:00 pm	5 \$380.00 39742
Thornhill Aquatic & Recreation Centre		Age: 16Y and Up
Mar 22-26	Su-Th 07:00 am-03:00 pm	5 \$380.00 39766

National Lifeguard Instructor – Recertification

This is a recertification course for the National Lifeguard award.

Canyon Meadows Aquatic & Fitness Centre		Age: 16Y and Up
Jan 5	Su 08:00 am-12:00 pm	1 \$65.00 39771
Foothills Aquatic Centre		Age: 16Y and Up
Feb 1	Su 09:00 am-01:00 pm	1 \$65.00 39743

18 Years and Over

AFLCA Aquatic Exercise Certification

Learn the components necessary to teach water workouts. This course includes principles of water, class organization, use of equipment and special populations. A fee for a manual will be included at the time of registration.

Acadia Aquatic & Fitness Centre		Age: 18Y and up
Feb 7-9	F Sa, Su 04:00 pm-08:00 pm	3 \$222.50 41023



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

Jan 2-3	Th, F	07:30 am-09:00 am	2	\$15.00	37263
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

Jan 2-3	Th, F	04:00 pm-05:30 pm	2	\$15.00	37264
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

Dec 30-31	M, Tu	07:30 am-09:00 am	2	\$15.00	36705
Jan 2-3	Th, F	07:30 am-09:00 am	2	\$15.00	36706
Jan 6-8	M-W	07:30 am-09:00 am	3	\$22.50	36707
Feb 13-14	Th, F	07:30 am-09:00 am	2	\$15.00	40326
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

Dec 30-31	M, Tu	04:00 pm-05:30 pm	2	\$15.00	36710
Jan 2-3	Th, F	04:00 pm-05:30 pm	2	\$15.00	36711
Jan 6-8	M-W	04:00 pm-05:30 pm	3	\$22.50	36712
Feb 13-14	Th, F	04:00 pm-05:30 pm	2	\$15.00	40330
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

Dec 23-27	M, Tu, F	07:30 am-09:00 am	3	\$22.50	37241
Dec 30-31	M, Tu	07:30 am-09:00 am	2	\$15.00	37242
Jan 2-3	Th, F	07:30 am-09:00 am	2	\$15.00	37243
Jan 6-8	M-W	07:30 am-09:00 am	3	\$22.50	37244
Feb 13-14	Th, F	07:30 am-09:00 am	2	\$15.00	40857
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

Dec 23-27	M, F	04:00 pm-05:30 pm	2	\$15.00	37245
Dec 30-31	M, Tu	04:00 pm-05:30 pm	2	\$15.00	37246
Jan 2-3	Th, F	04:00 pm-05:30 pm	2	\$15.00	37247
Jan 6-8	M-W	04:00 pm-05:30 pm	3	\$22.50	37248
Feb 13-14	Th, F	04:00 pm-05:30 pm	2	\$15.00	40871
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 (5 yrs & up)

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.

Southland Leisure Centre			Age:	5Y – 12Y
Dec 23	M	07:30 am-05:30 pm	1	\$50.00 37040
Dec 27	F	07:30 am-05:30 pm	1	\$50.00 37041
Village Square Leisure Centre			Age:	5Y – 7Y
Dec 23	M	07:30 am-05:30 pm	1	\$50.00 37221
Dec 24	Tu	07:30 am-04:00 pm	1	\$50.00 37222
Dec 27	F	07:30 am-05:30 pm	1	\$50.00 37223
Dec 30	M	07:30 am-05:30 pm	1	\$50.00 37224
Dec 31	Tu	07:30 am-05:30 pm	1	\$50.00 37225
Jan 2	Th	07:30 am-05:30 pm	1	\$50.00 37226
Jan 3	F	07:30 am-05:30 pm	1	\$50.00 37227
Jan 6	M	07:30 am-05:30 pm	1	\$50.00 37228
Jan 7	Tu	07:30 am-05:30 pm	1	\$50.00 37229
Jan 8	W	07:30 am-05:30 pm	1	\$50.00 37230
Feb 13	Th	07:30 am-05:30 pm	1	\$50.00 40919
Feb 14	F	07:30 am-05:30 pm	1	\$50.00 40921
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
Dec 23	M	07:30 am-05:30 pm	1	\$50.00 37231
Dec 24	Tu	07:30 am-04:00 pm	1	\$50.00 37232
Dec 27	F	07:30 am-05:30 pm	1	\$50.00 37233
Dec 30	M	07:30 am-05:30 pm	1	\$50.00 37234
Dec 31	Tu	07:30 am-05:30 pm	1	\$50.00 37235
Jan 2	Th	07:30 am-05:30 pm	1	\$50.00 37236
Jan 3	F	07:30 am-05:30 pm	1	\$50.00 37237
Jan 6	M	07:30 am-05:30 pm	1	\$50.00 37238
Jan 7	Tu	07:30 am-05:30 pm	1	\$50.00 37239
Jan 8	W	07:30 am-05:30 pm	1	\$50.00 37240
Feb 13	Th	07:30 am-05:30 pm	1	\$50.00 40933
Feb 14	F	07:30 am-05:30 pm	1	\$50.00 40934
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 (5 yrs & up)

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.

Southland Leisure Centre			Age:	5Y – 7Y
Dec 30-31	M, Tu	09:00 am-04:00 pm	2	\$74.00 37014
Jan 2-3	Th, F	09:00 am-04:00 pm	2	\$74.00 37018
Jan 6-8	M-W	09:00 am-04:00 pm	3	\$111.00 37019
Feb 13-14	Th, F	09:00 am-04:00 pm	2	\$74.00 40341
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
Dec 30-31	M, Tu	09:00 am-04:00 pm	2	\$74.00 37020
Jan 2-3	Th, F	09:00 am-04:00 pm	2	\$74.00 37021
Jan 6-8	M-W	09:00 am-04:00 pm	3	\$111.00 37022
Feb 13-14	Th, F	09:00 am-04:00 pm	2	\$74.00 40342
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
Dec 30-31	M, Tu	09:00 am-04:00 pm	2	\$74.00 37023
Jan 2-3	Th, F	09:00 am-04:00 pm	2	\$74.00 37024
Jan 6-8	M-W	09:00 am-04:00 pm	3	\$111.00 37025
Feb 13-14	Th, F	09:00 am-04:00 pm	2	\$74.00 40343
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
Dec 23-27	M, Tu, F	09:00 am-04:00 pm	3	\$111.00 37213
Dec 30-31	M, Tu	09:00 am-04:00 pm	2	\$74.00 37214
Jan 2-3	Th, F	09:00 am-04:00 pm	2	\$74.00 37215
Jan 6-8	M-W	09:00 am-04:00 pm	3	\$111.00 37216
Feb 13-14	Th, F	09:00 am-04:00 pm	2	\$74.00 40908
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
Dec 23-27	M, Tu, F	09:00 am-04:00 pm	3	\$111.00 37217
Dec 30-31	M, Tu	09:00 am-04:00 pm	2	\$74.00 37218
Jan 2-3	Th, F	09:00 am-04:00 pm	2	\$74.00 37219
Jan 6-8	M-W	09:00 am-04:00 pm	3	\$111.00 37220
Feb 13-14	Th, F	09:00 am-04:00 pm	2	\$74.00 40914
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 (5 yrs & up)

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 – Outdoor Adventures (5 yrs & up)

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.

Glenmore Sailing School Age: **9Y – 15Y**
Feb 13-14 Th, F 09:00 am-04:00 pm 2 \$88.00 40544

Day Camp – Skate and More (5 yrs & up)

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 (5 yrs & up)

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**
Jan 2-3 Th, F 09:00 am-04:00 pm 2 \$74.00 37261
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

Day Camp – Soccer and Lacrosse (8 yrs & up)

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.

Calgary Soccer Centre Age: **8Y – 12Y**
Jan 2-3 Th, F 09:00 am-04:00 pm 2 \$74.00 37262

School's Out PD Day Camps

Join us for fun, games, and activities throughout the facility and the outdoors. Activities may include arts/crafts, gym time, electronics, movies and outdoor play.

Southland Leisure Centre Age: **4Y – 6Y**

Dec 6	F	07:00 am-06:00 pm	1	\$65.00	30206
Jan 31	F	07:00 am-06:00 pm	1	\$65.00	30207
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	F	07:00 am-06:00 pm	1	\$65.00	30210
May 15	F	07:00 am-06:00 pm	1	\$65.00	30211

Southland Leisure Centre Age: **7Y – 12Y**

Dec 6	F	07:00 am-06:00 pm	1	\$65.00	30306
Jan 31	F	07:00 am-06:00 pm	1	\$65.00	30307
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	F	07:00 am-06:00 pm	1	\$65.00	30310
May 15	F	07:00 am-06:00 pm	1	\$65.00	30311

Move. Laugh. Grow.



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

Visit calgary.ca/playschool
for more information.



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 to achieve your fitness goals. Adding just 30 minutes to your everyday routine can help improve your physical well-being and reduce stress. **#GetMovingYYC**

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/Strength Training 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 Strength Training Card/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

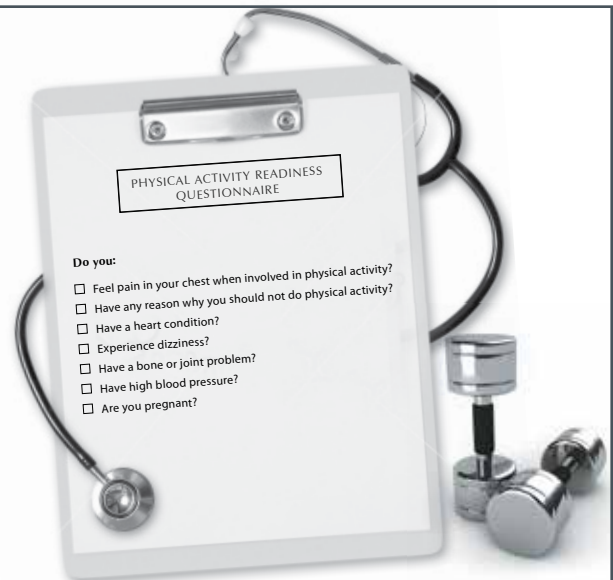
Physical Activity Readiness Questionnaire

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.



FITNESS FITNESS AND STRENGTH

0 to 6 Years

Zumba® Kids Jr.

Zumba® Kids Jr. classes are rockin', high-energy dance parties packed with kid-friendly routines. Instructors break down steps, add games, activities and cultural exploration elements into the class structure to suit different abilities. Your kids will make new friends, get active and learn new dance moves!

Canyon Meadows Aquatic & Fitness Centre **Age: 4Y – 6Y**
Jan 22-Mar 11 W 04:45 pm-05:30 pm 8 \$64.00 40190

Max Bell Centre **Age: 4Y – 6Y**
Jan 21-Feb 25 Tu 06:00 pm-06:45 pm 6 \$48.00 41145

5 to 17 Years

Adventure Fitness – Youth

Every week is a new fitness adventure! In this fitness program for youth, classes may include everything from strength training, core stability and boxercise to circuit training, bootcamp as well as speed and agility drills. It's a fun way to improve fitness levels!

Max Bell Centre **Age: 13Y – 17Y**
Jan 23-Feb 27 Th 07:00 pm-07:45 pm 6 \$51.00 41155

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**
Jan 18-Mar 21 Sa 01:00 pm-02:00 pm 9 \$94.50 39990

Glenmore Aquatic Centre **Age: 11Y – 17Y**
Jan 18-Mar 21 Sa 10:00 am-11:00 am 9 \$94.50 40111

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 workout.

Thornhill Aquatic & Recreation Centre **Age: 13Y – 15Y**
Jan 14-23 Tu, Th 04:00 pm-05:00 pm 4 \$84.00 40252

Looking for additional support in achieving your fitness goals?

Check out our personal training options on page 42.

12 Years and Over

Strength Training/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**
Jan 20 M 06:15 pm-07:15 pm 1 Reg Adm 39998
Feb 11 Tu 05:30 pm-06:30 pm 1 Reg Adm 40000
Mar 10 Tu 05:30 pm-06:30 pm 1 Reg Adm 39999

Bob Bahan Aquatic & Fitness Centre **Age: 13Y and Up**
Jan 15 W 10:45 am-11:45 am 1 Reg Adm 41159
Jan 21 Tu 04:15 pm-05:15 pm 1 Reg Adm 41160
Jan 25 Sa 11:00 am-12:00 pm 1 Reg Adm 41161
Feb 12 W 10:45 am-11:45 am 1 Reg Adm 41162
Feb 18 Tu 04:15 pm-05:15 pm 1 Reg Adm 41163
Feb 29 Sa 11:00 am-12:00 pm 1 Reg Adm 41164
Mar 11 W 10:45 am-11:45 am 1 Reg Adm 41165
Mar 17 Tu 04:15 pm-05:15 pm 1 Reg Adm 41166
Mar 28 Sa 11:00 am-12:00 pm 1 Reg Adm 41167

Canyon Meadows Aquatic & Fitness Centre **Age: 13Y and Up**
Jan 13 M 05:00 pm-06:00 pm 1 Reg Adm 40232
Jan 18 Sa 10:30 am-11:30 am 1 Reg Adm 40234
Jan 23 Th 06:00 pm-07:00 pm 1 Reg Adm 40235
Feb 6 Th 12:00 pm-01:00 pm 1 Reg Adm 40236
Feb 11 Tu 06:30 pm-07:30 pm 1 Reg Adm 40237
Feb 26 W 07:00 pm-08:00 pm 1 Reg Adm 40238
Mar 7 Sa 10:30 am-11:30 am 1 Reg Adm 40239
Mar 16 M 05:00 pm-06:00 pm 1 Reg Adm 40240

Killarney Aquatic & Recreation Centre **Age: 13Y and Up**
Jan 8 W 07:00 pm-08:00 pm 1 Reg Adm 40247
Jan 9 Th 11:45 am-12:45 pm 1 Reg Adm 40233
Jan 22 W 09:00 am-10:00 am 1 Reg Adm 40244
Feb 6 Th 11:45 am-12:45 pm 1 Reg Adm 40242
Feb 12 W 09:00 am-10:00 am 1 Reg Adm 40245
Feb 19 W 07:00 pm-08:00 pm 1 Reg Adm 40248
Mar 5 Th 11:45 am-12:45 pm 1 Reg Adm 40243
Mar 11 W 09:00 am-10:00 am 1 Reg Adm 40246
Mar 17 Tu 07:00 pm-08:00 pm 1 Reg Adm 40250

Renfrew Aquatic & Recreation Centre **Age: 13Y and Up**
Jan 12 Su 10:00 am-11:00 am 1 Reg Adm 40462
Jan 22 W 07:00 pm-08:00 pm 1 Reg Adm 40463
Feb 9 Su 11:00 am-12:00 pm 1 Reg Adm 40464
Mar 4 W 07:00 pm-08:00 pm 1 Reg Adm 40465

Southland Leisure Centre **Age: 13Y and Up**
Jan 7 Tu 05:30 pm-06:30 pm 1 Reg Adm 40821
Jan 24 F 04:00 pm-05:00 pm 1 Reg Adm 40826
Feb 11 Tu 05:30 pm-06:30 pm 1 Reg Adm 40832
Feb 28 F 04:00 pm-05:00 pm 1 Reg Adm 40835
Mar 17 Tu 05:30 pm-06:30 pm 1 Reg Adm 40833

Thornhill Aquatic & Recreation Centre **Age: 13Y and Up**
Jan 11 Sa 09:30 am-10:30 am 1 Reg Adm 40254
Jan 16 Th 06:15 pm-07:15 pm 1 Reg Adm 40257
Feb 9 Su 10:30 am-11:30 am 1 Reg Adm 40258
Feb 18 Tu 07:30 pm-08:30 pm 1 Reg Adm 40743
Mar 7 Sa 10:00 am-11:00 am 1 Reg Adm 40256
Mar 19 Th 06:15 pm-07:15 pm 1 Reg Adm 40255

Village Square Leisure Centre **Age: 13Y and Up**
Jan 12 Su 10:30 am-11:30 am 1 Reg Adm 40510
Jan 14 Tu 07:00 pm-08:00 pm 1 Reg Adm 40514
Jan 15 W 04:30 pm-05:30 pm 1 Reg Adm 40517
Feb 9 Su 10:30 am-11:30 am 1 Reg Adm 40511
Feb 11 Tu 07:00 pm-08:00 pm 1 Reg Adm 40513
Feb 12 W 04:30 pm-05:30 pm 1 Reg Adm 40516
Mar 8 Su 10:30 am-11:30 am 1 Reg Adm 40512
Mar 10 Tu 07:00 pm-08:00 pm 1 Reg Adm 40515
Mar 11 W 04:30 pm-05:30 pm 1 Reg Adm 40518

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**
Jan 8-Mar 25 W 06:35 pm-07:35 pm 12 \$126.00 40384

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	
Jan 6-Mar 30	M, W	09:30 am-11:30 am	24 \$174.00 40788
Jan 7-Mar 26	Tu, Th	11:00 am-01:00 pm	24 \$174.00 40790
Jan 7-Mar 26	Tu, Th	01:00 pm-03:00 pm	24 \$174.00 40792
Jan 10-Mar 27	F	09:30 am-11:30 am	12 \$87.00 40791
Village Square Leisure Centre		Age: 18Y and Up	
Jan 2-Apr 2	Th	10:00 am-12:00 pm	14 \$101.50 40268
Jan 2-Apr 2	Th	12:00 pm-02:00 pm	14 \$101.50 40269
Jan 3-Apr 3	F	10:00 am-12:00 pm	14 \$101.50 40270
Jan 3-Apr 3	F	12:00 pm-02:00 pm	14 \$101.50 40271
Jan 7-Mar 31	Tu	10:00 am-12:00 pm	13 \$94.25 40264
Jan 7-Mar 31	Tu	12:00 pm-02:00 pm	13 \$94.25 40265
Jan 8-Apr 1	W	10:00 am-12:00 pm	13 \$94.25 40266
Jan 8-Apr 1	W	12:00 pm-02:00 pm	13 \$94.25 40267



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	
Jan 6-Mar 30	M, W	05:00 pm-06:00 pm	24 \$0.00 40559
Renfrew Aquatic & Recreation Centre		Age: 18Y and Up	
Jan 8-Mar 27	W, F	02:40 pm-03:40 pm	24 \$0.00 42413
Southland Leisure Centre		Age: 18Y and Up	
Jan 6-Mar 30	M, Th	09:45 am-10:45 am	24 \$0.00 40430
Village Square Leisure Centre		Age: 18Y and Up	
Jan 6-Mar 30	M, Th	03:50 pm-04:50 pm	23 \$0.00 40829

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	
Jan 13-Mar 25	M, W	04:00 pm-04:45 pm	21 \$115.50 40560
Renfrew Aquatic & Recreation Centre		Age: 18Y and Up	
Jan 8-Mar 27	W, F	03:45 pm-04:45 pm	24 \$174.00 42420
Southland Leisure Centre		Age: 18Y and Up	
Jan 13-Mar 30	M, Th	08:30 am-09:30 am	22 \$159.50 40426
Jan 13-Mar 30	M, Th	10:55 am-11:55 am	22 \$159.50 40433
Village Square Leisure Centre		Age: 18Y and Up	
Jan 6-Mar 30	M, Th	04:55 pm-05:55 pm	23 \$166.75 40834

Adults with Disabilities

The City of Calgary provides specialty programming for adults with disabilities, including a wide range of fitness and general interest programs. We offer a variety of seasonal, registered programs based on customer interest and the schedules and transportation needs of our customers.

Some of the programs we offer:

- Water Polo
- Drumming
- Sports
- Drum Aerobics
- Music Aerobics
- Floor Curling
- Dance Aerobics (seated)
- Boxcercise
- Card Making
- Cycle Dance Party

Look for new opportunities this winter.

Acadia Aquatic & Fitness Centre – 311

Glenmore Aquatic Centre – 311

Renfrew Aquatic & Recreation Centre – 311

Southland Leisure Centre – 403-648-6550

Village Square Leisure Centre – 403-366-3900

Visit calgary.ca/liveandplay to register for a program. Choose registered programs and click on Adapted.

18 Years and Over (continued)

Alberta Cancer Exercise – Survivorship

Alberta Cancer Exercise – Survivorship is an evidence-based physical activity program open to all cancer survivors over the age of 18 who are capable of moderate intensity exercise. This program focuses on maintaining strength, with 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. 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
Jan 14-Mar 26 Tu, Th 04:15 pm-05:00 pm 22	\$121.00 40561
Southland Leisure Centre	Age: 18Y and Up
Jan 14-Mar 27 Tu, F 01:30 pm-02:30 pm 22	\$159.50 40437

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
Jan 14-Mar 31 Tu 08:00 am-09:00 am 12	\$126.00 40579
Jan 16-Apr 2 Th 08:00 am-09:00 am 12	\$126.00 40581
Killarney Aquatic & Recreation Centre	Age: 13Y and Up
Jan 7-Feb 13 Tu, Th 07:00 am-07:55 am 12	\$126.00 40407
Feb 18-Mar 31 Tu, Th 07:00 am-07:55 am 13	\$136.50 40408
Shouldice Aquatic Centre	Age: 13Y and Up
Jan 16-Mar 26 Th 07:30 pm-08:30 pm 11	\$115.50 40400

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
Jan 15-Mar 18 W 07:30 pm-08:30 pm 10	\$105.00 39976
Killarney Aquatic & Recreation Centre	Age: 13Y and Up
Jan 6-Mar 30 M 06:30 pm-07:30 pm 12	\$126.00 40395
Renfrew Aquatic & Recreation Centre	Age: 13Y and Up
Jan 13-Mar 23 M 07:30 pm-08:30 pm 10	\$105.00 40366

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
Jan 13-Mar 23 M 08:15 pm-09:15 pm 10	\$105.00 40396

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
Jan 25-Mar 14 Sa 07:10 am-07:55 am 7	\$85.75 40963
Renfrew Aquatic & Recreation Centre	Age: 16Y and Up
Jan 12-Mar 22 Su 09:00 am-10:00 am 10	\$142.50 40375
Jan 14-Mar 17 Tu 06:30 pm-07:15 pm 10	\$122.50 40377
Jan 16-Mar 19 Th 06:30 pm-07:15 pm 10	\$122.50 40378
Thornhill Aquatic & Recreation Centre	Age: 16Y and Up
Jan 19-Mar 29 Su 11:05 am-12:05 pm 10	\$142.50 40213
Jan 21-Mar 24 Tu 08:15 pm-09:15 pm 10	\$142.50 40219

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.

Max Bell Centre	Age: 18Y and Up
Jan 7-Feb 11 Tu 11:35 am-12:35 pm 6	\$63.00 39997
Feb 25-Mar 31 Tu 11:35 am-12:35 pm 6	\$63.00 39996
Sir Winston Churchill Aquatic & Rec Centre	Age: 18Y and Up
Jan 7-Mar 24 Tu 11:30 am-12:30 pm 12	\$126.00 42462

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 & Fitness Centre	Age: 16Y and Up
Jan 19-Mar 15 Su 10:30 am-11:30 am 8	\$84.00 43485

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!

Max Bell Centre	Age: 18Y and Up
Jan 7-Feb 11 Tu 10:30 am-11:30 am 6	\$63.00 39991
Feb 25-Mar 31 Tu 10:30 am-11:30 am 6	\$63.00 39992
Sir Winston Churchill Aquatic & Rec Centre	Age: 18Y and Up
Jan 21-Mar 10 T, Th 01:30 pm-02:30 pm 15	\$157.50 42463

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.

Killarney Aquatic & Recreation Centre	Age: 16Y and Up
Jan 6-Feb 14 M, W, F 06:05 am-06:50 am 18	\$153.00 40391
Feb 19-Mar 30 M, W, F 06:05 am-06:50 am 18	\$153.00 40392

18 Years and Over (continued)

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.

Southland Leisure Centre **Age: 16Y and Up**
Jan 11-Mar 14 Sa 08:00 am-09:00 am 9 \$94.50 40824

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**
Jan 13-Mar 16 M 07:30 pm-08:30 pm 9 \$94.50 39947

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**
Jan 14-Mar 17 Tu 06:05 pm-07:05 pm 10 \$105.00 40836
Jan 16-Mar 19 Th 06:05 pm-07:05 pm 10 \$105.00 40837

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**
Jan 13-Mar 16 M 07:00 pm-08:00 pm 9 \$94.50 39945
Canyon Meadows Aquatic & Fitness Centre **Age: 13Y and Up**
Jan 20-Mar 16 M 07:15 pm-08:15 pm 8 \$84.00 40185
Thornhill Aquatic & Recreation Centre **Age: 13Y and Up**
Jan 22-Mar 25 W 06:10 pm-07:10 pm 10 \$105.00 40225

18 Years and Over (continued)

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**
Jan 8-Feb 12 W 07:10 pm-08:10 pm 6 \$63.00 40044
Feb 26-Apr 1 W 07:10 pm-08:10 pm 6 \$63.00 40045

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

Bob Bahan Aquatic & Fitness Centre **Age: 16Y and Up**
Jan 26-Mar 15 Su 01:00 pm-01:45 pm 7 \$59.50 41170
Renfrew Aquatic & Recreation Centre **Age: 16Y and Up**
Jan 16-Mar 19 Th 07:30 pm-08:30 pm 10 \$105.00 40385
Village Square Leisure Centre **Age: 16Y and Up**
Jan 7-Feb 11 Tu 07:10 pm-08:10 pm 6 \$63.00 40037
Feb 25-Mar 31 Tu 07:10 pm-08:10 pm 6 \$63.00 40038

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.

Max Bell Centre **Age: 16Y and Up**
Jan 9-Feb 13 Th 10:30 am-11:30 am 6 \$63.00 40136
Feb 27-Apr 2 Th 10:30 am-11:30 am 6 \$63.00 40135
Thornhill Aquatic & Recreation Centre **Age: 16Y and Up**
Jan 16-Feb 20 Th 01:15 pm-02:15 pm 6 \$63.00 40231
Feb 27-Apr 2 Th 01:15 pm-02:15 pm 6 \$63.00 40241

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



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

18 Years and Over (continued)

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	
Jan 15-Mar 18	W	06:30 pm-07:30 pm	10 \$105.00 39974
Renfrew Aquatic & Recreation Centre		Age: 16Y and Up	
Jan 13-Mar 23	M	07:10 pm-08:10 pm	10 \$105.00 40404

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	
Jan 7-Feb 13	Tu, Th	06:05 am-06:50 am	12 \$102.00 40401
Jan 7-Mar 31	Tu	05:10 pm-05:55 pm	13 \$110.50 40418
Jan 9-Mar 26	Th	05:10 pm-05:55 pm	12 \$102.00 40419
Feb 18-Mar 31	Tu, Th	06:05 am-06:50 am	13 \$110.50 40402

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	
Jan 13-Mar 16	M	06:30 pm-07:30 pm	9 \$94.50 40909

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	
Jan 21-Feb 20	Tu, Th	07:00 am-08:00 am	10 \$105.00 40403
Feb 25-Mar 19	Tu, Th	07:00 am-08:00 am	8 \$84.00 40405
Renfrew Aquatic & Recreation Centre		Age: 16Y and Up	
Jan 16-Mar 19	Th	07:15 pm-08:15 pm	10 \$105.00 40409

Dance Yourself Fit

Got moves? You will after this class! With no dance experience required, you'll move to the music with hot dance-based Latin, hip-hop and swing exercise routines. Combining the basics of many popular dance styles, it's a fast-paced conditioning workout that gets your heart pumping.

Bob Bahan Aquatic & Fitness Centre		Age: 16Y and Up	
Jan 17-Feb 21	F	05:30 pm-06:30 pm	6 \$63.00 41172

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.

18 Years and Over (continued)

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**
Jan 20-Mar 23 M 07:10 pm-08:10 pm 9 \$114.75 40397

Renfrew Aquatic & Recreation Centre **Age: 16Y and Up**
Jan 15-Mar 25 W 07:15 pm-08:15 pm 11 \$140.25 40431

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**
Jan 6-Feb 10 M 07:10 pm-08:10 pm 6 \$63.00 40005
Feb 24-Mar 30 M 07:10 pm-08:10 pm 6 \$63.00 40006

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**
Jan 14-Mar 17 Tu 07:15 pm-08:15 pm 10 \$105.00 40823

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**
Jan 7-Feb 11 Tu 06:30 am-07:30 am 6 \$63.00 39988
Feb 25-Mar 31 Tu 06:30 am-07:30 am 6 \$63.00 39989

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**
Jan 13-Mar 16 M 08:10 pm-09:10 pm 9 \$114.75 39946

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**
Jan 22-Mar 11 W 05:15 pm-06:15 pm 8 \$84.00 40230

Renfrew Aquatic & Recreation Centre **Age: 18Y and Up**
Jan 14-Mar 17 Tu 07:15 pm-08:15 pm 10 \$105.00 40420

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**
Jan 21-Mar 24 Tu 06:05 pm-07:05 pm 10 \$105.00 40421

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 Centre **Age: 16Y and Up**
Jan 7-Mar 24 Tu 10:00 am-11:00 am 12 \$126.00 42460
Jan 9-Mar 26 Th 10:00 am-11:00 am 9 \$94.50 42461

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**
Feb 5-Mar 11 W 01:15 pm-02:15 pm 6 \$63.00 41110

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**
Jan 8-Feb 12 W 01:30 pm-02:30 pm 6 \$63.00 40144
Feb 26-Apr 1 W 01:30 pm-02:30 pm 6 \$63.00 40143

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**
Jan 14-Mar 17 Tu 07:10 pm-08:10 pm 10 \$105.00 40817
Jan 16-Mar 19 Th 07:10 pm-08:10 pm 10 \$105.00 40820

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.

Max Bell Centre		Age: 16Y and Up	
Jan 8-Feb 12	W 02:30 pm-03:30 pm	6	\$63.00 40723
Feb 26-Apr 1	W 02:30 pm-03:30 pm	6	\$63.00 40722
Village Square Leisure Centre		Age: 16Y and Up	
Jan 7-Feb 11	Tu 06:00 pm-07:00 pm	6	\$63.00 40019
Feb 25-Mar 31	Tu 06:00 pm-07:00 pm	6	\$63.00 40018

Power Walking (Gentle 3)

Walk with a qualified instructor who provides information on proper techniques of walking, nutrition and active living. Meet new friends and get motivated. We walk outdoors, so please dress accordingly.

Central Memorial Park		Age: 16Y and Up	
Feb 7-Mar 27	F 12:00 pm-01:00 pm	8	\$84.00 40159

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.

Canyon Meadows Aquatic & Fitness Centre		Age: 16Y and Up	
Jan 22-Mar 11	W 07:45 pm-08:45 pm	8	\$84.00 40208
Renfrew Aquatic & Recreation Centre		Age: 16Y and Up	
Jan 12-Mar 22	Su 09:00 am-10:00 am	10	\$105.00 40428
Thornhill Aquatic & Recreation Centre		Age: 16Y and Up	
Jan 10-Mar 20	F 05:00 pm-06:00 pm	10	\$105.00 40272

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	
Jan 13-Mar 23	M 06:05 pm-07:05 pm	10	\$105.00 40422

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	
Jan 16-Mar 19	Th 05:45 pm-06:45 pm	9	\$94.50 41429
Renfrew Aquatic & Recreation Centre		Age: 16Y and Up	
Jan 8-Mar 25	W 07:40 pm-08:40 pm	12	\$126.00 40424
Thornhill Aquatic & Recreation Centre		Age: 16Y and Up	
Jan 14-Feb 18	Tu 05:00 pm-06:00 pm	6	\$63.00 40323
Mar 3-Apr 7	Tu 05:00 pm-06:00 pm	6	\$63.00 40275
Village Square Leisure Centre		Age: 16Y and Up	
Jan 9-Feb 13	Th 09:00 am-10:00 am	6	\$63.00 40051
Feb 27-Apr 2	Th 09:00 am-10:00 am	6	\$63.00 40052

Small Group Training – Body Under Construction

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	
Jan 13-Feb 5	M, W 06:00 pm-07:00 pm	8	\$168.00 40847
Feb 10-Mar 9	M, W 06:00 pm-07:00 pm	8	\$168.00 40848

Small Group Training – FUNctional Strength

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	
Jan 14-Feb 6	Tu, Th 09:30 am-10:30 am	8	\$168.00 40913
Feb 11-Mar 5	Tu, Th 09:30 am-10:30 am	8	\$168.00 40916

Small Group Training – Warrior Women

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	
Jan 13-Mar 9	M 05:00 pm-06:00 pm	8	\$168.00 39942
Southland Leisure Centre		Age: 16Y and Up	
Jan 15-Mar 4	W 07:30 pm-08:30 pm	8	\$168.00 40816

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	
Jan 7-Feb 11	Tu 09:00 am-10:00 am	6	\$63.00 40015
Feb 25-Mar 31	Tu 09:00 am-10:00 am	6	\$63.00 40014

18 Years and Over (continued)

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		
Jan 8-Feb 12	W	06:00 pm-07:00 pm	6	\$63.00	40041	
Feb 26-Apr 1	W	06:00 pm-07:00 pm	6	\$63.00	40042	

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		
Jan 14-Mar 17	Tu	06:30 pm-07:30 pm	10	\$105.00	39966	

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.

Canyon Meadows Aquatic & Fitness Centre				Age: 16Y and Up		
Jan 22-Mar 11	W	06:00 pm-07:00 pm	8	\$168.00	40206	
Killarney Aquatic & Recreation Centre				Age: 16Y and Up		
Jan 10-Feb 14	F	09:15 am-10:00 am	6	\$108.00	40455	
Feb 21-Mar 27	F	09:15 am-10:00 am	6	\$108.00	40457	

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		
Jan 22-Feb 19	W	12:00 pm-01:00 pm	5	\$105.00	41168	
Thornhill Aquatic & Recreation Centre				Age: 16Y and Up		
Mar 4-18	W	01:00 pm-03:00 pm	3	\$109.50	40263	

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		
Jan 22-Mar 25	W	10:15 am-11:15 am	10	\$105.00	40427	
Village Square Leisure Centre				Age: 16Y and Up		
Jan 11-Feb 15	Sa	08:30 am-09:30 am	6	\$63.00	40131	
Feb 29-Apr 4	Sa	08:30 am-09:30 am	6	\$63.00	40132	

Strong & Steady (Gentle 1)

A gentle class for participants with limited mobility who are looking to improve their mental and physical well-being. This class will involve mostly seated exercise with some standing options to build your overall fitness level in a sociable, goal directed environment.

Max Bell Centre				Age: 16Y and Up		
Jan 9-Feb 13	Th	11:35 am-12:35 pm	6	\$63.00	40140	
Feb 27-Apr 2	Th	11:35 am-12:35 pm	6	\$63.00	40139	

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		
Jan 13-Mar 16	M	06:00 pm-07:00 pm	9	\$94.50	40841	

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		
Jan 8-Mar 25	W	06:55 am-07:50 am	12	\$126.00	40423	
Jan 10-Mar 27	F	06:55 am-07:50 am	12	\$126.00	40425	

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		
Jan 14-Mar 17	Tu	06:00 pm-07:15 pm	10	\$162.50	40098	
Jan 17-Mar 20	F	09:30 am-11:15 am	9	\$177.75	40105	

Triathlon Training – Multi-Level

Swim, bike and run your way towards better overall fitness. This multi-level program is geared to all fitness levels and will help you with your triathlon technique, endurance and speed whether you are new to triathlons or a seasoned triathlete. Participants must be able to swim a minimum of four lengths continuously.

Glenmore Aquatic Centre				Age: 16Y and Up		
Jan 19-Mar 15	Su	09:00 am-11:00 am	8	\$174.00	40118	

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		
Jan 15-Mar 18	W	05:35 am-06:35 am	10	\$105.00	39968	
Glenmore Aquatic Centre				Age: 16Y and Up		
Jan 14-Mar 17	Tu	07:30 pm-08:30 pm	10	\$105.00	40100	
Shouldice Aquatic Centre				Age: 16Y and Up		
Jan 7-Mar 17	Tu	08:30 pm-09:30 pm	11	\$115.50	40398	
Jan 9-Mar 19	Th	08:30 pm-09:30 pm	11	\$115.50	40399	

18 Years and Over (continued)

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
Jan 13-Mar 16 M 06:05 pm-06:50 pm 9	\$90.00 39944
Canyon Meadows Aquatic & Fitness Centre	Age: 16Y and Up
Jan 22-Mar 11 W 05:30 pm-06:30 pm 8	\$102.00 40191
Killarney Aquatic & Recreation Centre	Age: 16Y and Up
Jan 22-Mar 11 W 05:00 pm-06:00 pm 8	\$102.00 40447
Renfrew Aquatic & Recreation Centre	Age: 16Y and Up
Jan 17-Mar 20 F 05:00 pm-06:00 pm 9	\$114.75 40429
Thornhill Aquatic & Recreation Centre	Age: 16Y and Up
Jan 21-Mar 24 Tu 10:45 am-11:45 am 10	\$127.50 40282
Jan 23-Mar 26 Th 06:00 pm-07:00 pm 10	\$127.50 40283

50 Years and Over

Small Group Training – Athletic Older Adult

Try our athletic small group training tailored for very active older adults who are interested in improving their athletic skills, increase strength, improve balance and overall muscular endurance. This program will help you to maintain or improve your performance for the fun activities in your life.

Acadia Aquatic & Fitness Centre	Age: 50Y and Up
Jan 14-Mar 3 Tu 01:45 pm-02:45 pm 8	\$168.00 39948

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.

Southland Leisure Centre	Age: 50Y and Up
Jan 14-Feb 13 Tu, Th 01:00 pm-02:00 pm 10	\$105.00 40797
Feb 18-Mar 26 Tu, Th 01:00 pm-02:00 pm 11	\$115.50 40798

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
Jan 22-Mar 4 W 11:30 am-12:30 pm 7	\$147.00 40449

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!

Thornhill Aquatic & Recreation Centre	Age: 50Y and Up
Jan 31-Mar 13 F 03:00 pm-04:00 pm 6	\$63.00 40284

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19-0000256



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 – 5Y
Jan 17-Mar 27 F 05:30 pm-06:15 pm 10	\$67.50	40351
Village Square Leisure Centre	Age:	5Y – 5Y
Jan 19-Mar 15 Su 12:30 pm-01:15 pm 8	\$54.00	40953

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
Jan 16-Mar 19 Th 06:15 pm-07:15 pm 9	\$56.25	40860

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
Jan 16-Mar 19 Th 06:55 pm-07:55 pm 9	\$81.00	39981
Bob Bahan Aquatic & Fitness Centre	Age:	6Y and Up
Jan 20-Mar 16 M 06:30 pm-07:30 pm 8	\$72.00	41175
Canyon Meadows Aquatic & Fitness Centre	Age:	6Y and Up
Jan 21-Mar 10 Tu 06:30 pm-07:30 pm 8	\$72.00	40198
Killarney Aquatic & Recreation Centre	Age:	7Y and Up
Jan 20-Mar 16 M 06:05 pm-07:05 pm 8	\$72.00	40251
Jan 22-Mar 11 W 06:05 pm-07:05 pm 8	\$72.00	40253
Village Square Leisure Centre	Age:	6Y and Up
Jan 19-Mar 15 Su 01:25 pm-02:25 pm 8	\$72.00	40955

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
Jan 16-Mar 19 Th 08:10 pm-09:10 pm 9	\$81.00	39982
Bob Bahan Aquatic & Fitness Centre	Age:	6Y and Up
Jan 18-Mar 14 Sa 02:00 pm-03:00 pm 8	\$72.00	41180
Canyon Meadows Aquatic & Fitness Centre	Age:	6Y and Up
Jan 21-Mar 10 Tu 07:45 pm-08:45 pm 8	\$72.00	40201
Killarney Aquatic & Recreation Centre	Age:	7Y and Up
Jan 20-Mar 16 M 07:15 pm-08:45 pm 8	\$86.00	40259
Jan 22-Mar 11 W 07:15 pm-08:45 pm 8	\$86.00	40260
Village Square Leisure Centre	Age:	6Y and Up
Jan 19-Mar 15 Su 02:30 pm-03:30 pm 8	\$72.00	40958

Aikido Tanren Juku

Aikido is a traditional Japanese martial art developed by Morihei Ueshiba during his lifelong commitment to martial arts. Aikido, or "the way of harmonizing with energy", emphasizes the use of flowing, circular motion to absorb power and redirect an attack into a throw or pin to neutralize the attack. Aikido is not a competitive martial art. The purpose of practising aikido is to develop into a better person, not a better fighter. Conflict and stress present themselves in many ways during our day-to-day lives. At work, and in the playground, Aikido is a tool to learn how to resolve conflict while developing our spirit and our mental and physical health.



For information and registration for our club classes, please call Tanren Juku at 403-281-2518, or visit us on our website at TanrenJuku.com or also CanadianAikidoFederation.ca

We also offer registered introductory classes in partnership with Southland Leisure Centre.

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

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
Jan 15-Mar 18 W 05:25 pm-06:25 pm 10	\$82.50	40868
	Age:	8Y – 13Y
Jan 15-Mar 18 W 06:30 pm-07:30 pm 10	\$82.50	40870

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
Jan 18-Mar 14 Sa 01:05 pm-01:50 pm 8	\$54.00	41179
Jan 20-Mar 16 M 05:40 pm-06:25 pm 8	\$54.00	41174
Canyon Meadows Aquatic & Fitness Centre	Age:	6Y – 9Y
Jan 21-Mar 10 Tu 05:30 pm-06:15 pm 8	\$54.00	40196
Thornhill Aquatic & Recreation Centre	Age:	6Y – 9Y
Jan 17-Mar 27 F 06:20 pm-07:05 pm 10	\$67.50	40293

5 to 17 Years (continued)

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.

Max Bell Centre	Age: 13Y – 17Y
Jan 22-Feb 26 W 07:00 pm-07:45 pm 6	\$57.00 41147
Thornhill Aquatic & Recreation Centre	Age: 13Y – 17Y
Feb 7-Apr 3 F 06:20 pm-07:20 pm 8	\$94.00 40355
Village Square Leisure Centre	Age: 13Y – 17Y
Feb 6-Mar 26 Th 06:00 pm-07:00 pm 8	\$94.00 40869

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
Feb 6-Mar 26 Th 07:15 pm-08:15 pm 8	\$94.00 40894

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: 7Y – 11Y
Jan 22-Mar 18 W 06:30 pm-07:15 pm 9	\$60.75 41177
	Age: 12Y – 16Y
Jan 20-Mar 16 M 07:35 pm-08:35 pm 8	\$72.00 41176
Max Bell Centre	Age: 7Y – 12Y
Jan 21-Feb 25 Tu 07:00 pm-07:45 pm 6	\$40.50 41137
Village Square Leisure Centre	Age: 7Y – 8Y
Jan 18-Mar 14 Sa 10:15 am-11:00 am 8	\$54.00 40849
	Age: 9Y – 12Y
Jan 21-Mar 10 Tu 06:00 pm-07:00 pm 8	\$72.00 40866

Tae Kwon Do – Continuing

In this continuing program, your child will be challenged to learn new Tae Kwon Do skills involving dynamic kicks and hand techniques. This exciting martial art will help your child learn focus, respect and discipline.

Bob Bahan Aquatic & Fitness Centre	Age: 7Y – 12Y
Jan 22-Mar 18 W 07:20 pm-08:20 pm 9	\$81.00 41178
Village Square Leisure Centre	Age: 7Y – 8Y
Jan 18-Mar 14 Sa 11:10 am-11:55 am 8	\$54.00 40865
	Age: 9Y – 12Y
Jan 21-Mar 10 Tu 07:15 pm-08:15 pm 8	\$72.00 40867



The Tanren Juku Aikido Club and their instructors have been teaching introductory adult, children's and family Aikido programs in partnership with The City of Calgary since 2001. The Tanren Juku Aikido Club instructors are skilled, passionate and bring a professional practice to our programs. Check out our current Aikido offerings at Southland Leisure Centre.

12 Years and Over



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
Jan 13-Mar 16 M 07:30 pm-09:00 pm 9	\$119.25 40864

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
Jan 14-Mar 17 Tu 04:30 pm-05:30 pm 10	\$82.50 41014

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
Jan 13-Mar 30 M 07:00 pm-08:30 pm 11	\$145.75 41120

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.

Thornhill Aquatic & Recreation Centre	Age: 13Y and Up
Jan 25-Mar 21 Sa 11:40 am-12:40 pm 8	\$72.00 40359

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
Jan 25-Mar 21 Sa 12:45 pm-02:00 pm 8	\$82.00 40363



12 Years and Over (continued)

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**
Feb 4-Mar 24 Tu 06:05 pm-07:05 pm 8 \$94.00 40357

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**
Jan 29-Mar 18 W 01:45 pm-02:45 pm 8 \$94.00 40526

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.

Renfrew Aquatic & Recreation Centre **Age: 13Y and Up**
Feb 2 Su 12:00 pm-03:00 pm 1 \$43.00 40461

Thornhill Aquatic & Recreation Centre **Age: 13Y and Up**
Mar 28-Apr 4 Sa 12:00 pm-02:00 pm 2 \$50.50 40531

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.

Bob Bahan Aquatic & Fitness Centre **Age: 16Y and Up**
Feb 3-Mar 23 M 11:00 am-12:00 pm 7 \$82.25 41181

Renfrew Aquatic & Recreation Centre **Age: 16Y and Up**
Jan 19-Mar 22 Su 10:15 am-11:15 am 9 \$105.75 40453

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**
Jan 13-Mar 16 M 01:00 pm-02:00 pm 9 \$105.75 39941

Year round drop-in sports to keep you active



We offer a variety of indoor drop-in sports programs – basketball, soccer, badminton, volleyball and more.

Visit calgary.ca/dropin for program times.

18-00293783

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
Jan 13-Mar 16 M 10:00 am-10:45 am 9 \$76.50 40092

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
Jan 21-Mar 17 Tu 10:30 am-11:30 am 9 \$94.50 40410

Jan 22-Mar 18 W 01:00 pm-01:50 pm 9 \$94.50 40445

Southland Leisure Centre Age: 0 – 12M

Jan 15-Feb 14 W, F 10:30 am-11:30 am 10 \$105.00 40794

Feb 19-Mar 20 W, F 10:30 am-11:30 am 10 \$105.00 40796

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
Jan 13-Mar 16 M 02:35 pm-03:35 pm 9 \$94.50 40095

Southland Leisure Centre Age: 0 – 12M
Jan 14-Mar 17 Tu 10:30 am-11:30 am 10 \$105.00 40802

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
Jan 20-Mar 16 M 11:30 am-12:30 pm 8 \$102.00 40393

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.

Killarney Aquatic & Recreation Centre Age: 0 – 12M
Jan 24-Mar 20 F 10:20 am-11:20 am 8 \$84.00 40459

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

Jan 9-Mar 19 Th 10:30 am-11:30 am 11 \$115.50 41248

Jan 14-Mar 24 Tu 10:30 am-11:30 am 11 \$115.50 40368

Southland Leisure Centre Age: 0 – 12M

Jan 13-Mar 16 M 10:30 am-11:30 am 9 \$94.50 40789

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

Jan 22-Mar 18 W 11:00 am-11:50 am 9 \$94.50 40442

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.

Canyon Meadows Aquatic & Fitness Centre Age: 6M – 2Y
Jan 24-Mar 13 F 10:00 am-11:00 am 8 \$84.00 40221

Southland Leisure Centre Age: 6M – 2Y
Jan 13-Mar 16 M 09:45 am-10:45 am 9 \$94.50 40793



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18-0118156



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**
Jan 18-Mar 14 Sa 09:05 am-09:50 am 8 \$68.00 40460

Southland Leisure Centre **Age: 16Y and Up**
Jan 15-Mar 18 W 06:00 pm-07:00 pm 10 \$105.00 40810

Prenatal – Barre

An athletic fusion of ballet-inspired movements to help you gain strength and tone the muscles you need for motherhood and for carrying your little one. Barre is not a dance class. It's a fun, low-impact workout that targets your arms, legs and core – all modified for your changing body.

Renfrew Aquatic & Recreation Centre **Age: 16Y and Up**
Jan 21-Mar 17 Tu 07:15 pm-08:15 pm 9 \$114.75 40458

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**
Jan 14-Mar 17 Tu 05:15 pm-06:15 pm 10 \$105.00 39949

Killarney Aquatic & Recreation Centre **Age: 16Y and Up**
Jan 22-Mar 11 W 06:05 pm-07:05 pm 8 \$84.00 40450

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**
Jan 20-Mar 16 M 05:10 pm-06:00 pm 8 \$102.00 40394

Southland Leisure Centre **Age: 18Y and Up**
Jan 14-Mar 17 Tu 07:05 pm-08:05 pm 10 \$127.50 40805



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FITNESS

YOGA, PILATES AND WELLNESS

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	
Jan 23-Mar 12	Th 05:30 pm-06:20 pm	8	\$94.00	40452
Max Bell Centre		Age:	9Y – 12Y	
Jan 22-Feb 26	W 06:00 pm-06:45 pm	6	\$55.50	41146
Jan 23-Feb 27	Th 06:00 pm-06:45 pm	6	\$55.50	41148

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	
Jan 9-Feb 13	Th 09:15 am-10:15 am	6	\$76.50	40435
Jan 14-Feb 18	Tu 10:30 am-11:30 am	6	\$76.50	40434
Feb 20-Apr 2	Th 09:15 am-10:15 am	7	\$89.25	40438
Feb 25-Mar 31	Tu 10:30 am-11:30 am	6	\$76.50	40436

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	
Jan 26-Mar 15	Su 01:55 pm-02:40 pm	7	\$70.00	41171
Southland Leisure Centre		Age:	16Y and Up	
Jan 12-Mar 15	Su 10:00 am-11:00 am	9	\$114.75	40948
Thornhill Aquatic & Recreation Centre		Age:	16Y and Up	
Jan 21-Mar 24	Tu 06:15 pm-07:15 pm	10	\$127.50	40532
Jan 22-Mar 25	W 11:45 am-12:45 pm	10	\$127.50	40533

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	
Jan 13-Mar 16	M 07:00 pm-08:00 pm	9	\$114.75	40096

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	
Jan 15-Mar 18	W 06:00 pm-07:00 pm	10	\$172.50	40951
Jan 17-Feb 14	F 10:35 am-11:35 am	5	\$86.25	40954

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	
Jan 17-Mar 20	F 09:30 am-10:30 am	10	\$172.50	40959
Feb 21-Mar 20	F 10:35 am-11:35 am	5	\$86.25	40957

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	
Jan 17-Mar 20	F 06:00 pm-07:15 pm	10	\$145.00	40945

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	
Feb 15	Sa 11:00 am-03:00 pm	1	\$59.75	40534

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	
Jan 16-Mar 26	Th 06:20 pm-07:20 pm	11	\$140.25	40446
Southland Leisure Centre		Age:	13Y and Up	
Jan 13-Mar 16	M 07:00 pm-08:00 pm	9	\$114.75	40915

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	
Jan 16-Mar 26	Th 05:15 pm-06:15 pm	11	\$140.25	40439
Thornhill Aquatic & Recreation Centre		Age:	13Y and Up	
Jan 23-Mar 26	Th 09:30 am-11:00 am	10	\$175.00	40564



18 Years and Over (continued)

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**
Jan 21-Mar 10 Tu 02:00 pm-03:00 pm 8 \$102.00 40186

Killarney Aquatic & Recreation Centre **Age: 16Y and Up**
Jan 21-Mar 10 Tu 03:00 pm-04:00 pm 8 \$102.00 40412

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.

Canyon Meadows Aquatic & Fitness Centre **Age: 13Y and Up**
Jan 23-Mar 12 Th 07:05 pm-08:20 pm 8 \$116.00 40210

Southland Leisure Centre **Age: 13Y and Up**
Jan 14-Mar 17 Tu 08:10 pm-09:10 pm 10 \$127.50 40920

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.

Bob Bahan Aquatic & Fitness Centre **Age: 13Y and Up**
Jan 28-Mar 3 Tu 06:30 pm-07:45 pm 6 \$87.00 41173

Canyon Meadows Aquatic & Fitness Centre **Age: 13Y and Up**
Jan 20-Mar 16 M 07:10 pm-08:10 pm 8 \$102.00 40181

Renfrew Aquatic & Recreation Centre **Age: 13Y and Up**
Jan 9-Mar 26 Th 06:00 pm-07:15 pm 12 \$174.00 40441

Southland Leisure Centre **Age: 13Y and Up**
Jan 16-Mar 19 Th 06:10 pm-07:25 pm 10 \$145.00 40932

Thornhill Aquatic & Recreation Centre **Age: 13Y and Up**
Jan 7-Mar 10 Tu 08:00 pm-09:30 pm 10 \$175.00 40563

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.

Killarney Aquatic & Recreation Centre **Age: 13Y and Up**
Jan 23-Mar 12 Th 07:15 pm-08:30 pm 8 \$116.00 40454

Village Square Leisure Centre **Age: 13Y and Up**
Jan 9-Feb 13 Th 07:10 pm-08:10 pm 6 \$76.50 40055
Feb 27-Apr 2 Th 07:10 pm-08:10 pm 6 \$76.50 40056

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**
Jan 8-Mar 25 W 05:30 pm-06:30 pm 12 \$153.00 40448

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**
Jan 22-Mar 11 W 08:45 am-09:45 am 8 \$102.00 40558

Thornhill Aquatic & Recreation Centre **Age: 16Y and Up**
Jan 27-Mar 23 M 06:55 pm-08:10 pm 8 \$116.00 40568

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**
Jan 13-Feb 10 M 09:30 am-11:00 am 5 \$87.50 40565
Feb 24-Mar 30 M 09:30 am-11:00 am 5 \$87.50 40566



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

Year round drop-in sports to keep you active



We offer a variety of indoor drop-in sports programs – basketball, soccer, badminton, volleyball and more.

Visit calgary.ca/dropin for program times.



Golf

Casual golf. Serious fun. It's about active, healthy, family time. The City of Calgary offers a variety of affordable golf opportunities. With seven municipal courses conveniently located throughout the city, there is a course to suit your ability, whether you are 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

The City of Calgary provides lessons for adults, women, juniors and families through the spring/summer/fall/winter at NGA Dome, McCall Lake, Confederation and Shaganappi golf courses. Lesson information can be found in this guide.

Lessons are taught by award winning professional golf instructors. For information on instructors, please go to nationalgolfacademy.ca

National Golf Academy Dome is located at #50 50 Ave. S.E.

Your connection to all things Golf



Do you want to look for a driving range, or learn how to reserve a tee time, view our rates and fees, or make a tournament or school booking? Are you interested in our golf subsidy program or our event nights? You can subscribe to our free e-newsletter by visiting calgary.ca/golf

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 and for more information, visit us at calgary.ca/golf

For full details on what you will learn in each program, and to review student-instructor ratios and to confirm appropriate skill level, refer to content and progression chart online at calgary.ca/golflessons

5 to 17 Years

Golf – Junior Beginner Series

These are great classes for new, young golfers or junior golfers who want to improve their golf skills.

National Golf Academy Dome **Age: 6Y – 9Y**
Mar 7-15 Su,Sa 11:05 am-12:05 pm 4 \$127.00 40013

18 Years and Over

Golf – 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.

National Golf Academy Dome **Age: 18Y and Up**
Adult Beginner Series

Feb 27-Mar 19	Th	05:50 pm-06:50 pm	4	\$120.00	40010
Mar 7-15	Su,Sa	10:00 am-11:00 am	4	\$120.00	40023

Age: 40Y and Up

Adult Beginner Series – Active Adults 40+

Feb 26-Mar 11	W	01:00 pm-02:00 pm	3	\$90.00	40008
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Golf – Adult Intermediate Series

Covering more advanced skills, these classes are for golfers with previous golf experience, who play regularly (1 – 2x/week) in-season, and have completed several Adult Beginner classes (or equivalent).

National Golf Academy Dome **Age: 18Y and Up**
Feb 27-Mar 19 Th 06:55 pm-07:55 pm 4 \$157.00 40012



Leisure Centres

The City of Calgary has two leisure centres that offer one-stop fun, fitness and adventure for the entire family. Whether you are 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 and purchase a one-day admission to play all day or purchase a pass to save some money. Visit calgary.ca/leisurecentres for our 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.



**Smiles
are free**

Waterparks so friendly they wave.

Visit calgary.ca/leisurecentres
for more information.



Nature

Calgary's parks, pathways and green spaces provide a welcome escape from life's hustle and bustle 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 Winter Series

Looking for unique and educational opportunities this winter? The outdoor winter 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.

Carburn Park			Age: 12Y and Up		
Winged Wonders of Winter					
Feb 22	Sa	09:00 am-12:00 pm	1	\$26.25	40785

12 Years and Over

NEW Outdoor Winter Series – Fire Starting and Cooking

Learn the basics of starting a fire, preparing food and safely cooking over an open flame. Your trained guide will teach you various cooking methods and food preparation that will enhance your winter outdoor activity experience.

Glenmore Sailing School		Age: 12Y and Up			
Jan 25	Sa	01:00 pm-03:00 pm	1	\$31.25	40520

NEW Outdoor Winter Series – Hiking

Learn the basics of outdoor winter hiking while exploring, traversing and encountering the wilderness of South Glenmore Reservoir. Your trained guide will discuss map routing, proper winter outdoor preparation and essential navigation skills.

Glenmore Sailing School		Age: 12Y and Up			
Jan 11	Sa	01:00 pm-03:00 pm	1	\$31.25	40504

NEW Outdoor Winter Series – Snowshoeing

Learn the basics of snow shoeing with a guided tour of the South Glenmore Reservoir. Your trained guide will discuss orientation, provide a mapped route and assist in the mechanics of snow shoeing.

Glenmore Sailing School		Age: 12Y and Up			
Jan 18	Sa	01:00 pm-03:00 pm	1	\$31.25	40509

NEW Outdoor Winter Series – 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			
Feb 1	Sa	01:00 pm-03:00 pm	1	\$31.25	40521

#getmovinggyyc



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 basics that children need to make physical activity a part of their 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
\$16.50/child or \$9.90 for Passholder (minimum six month pass).

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
\$5.45/child or free for Passholder (minimum six month pass). View the schedule at calgary.ca/southland

Active Play

Southland Leisure Centre **Age: Walking – 5Y + Adult**
Various days and times Drop-in
\$5.45/child or free for Passholder (minimum six month pass). 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.

Acadia Aquatic & Fitness Centre		Age:	3Y – 5Y
Jan 15-Mar 4	W 12:15 pm-01:30 pm	8	\$102.00 40003
Killarney Aquatic & Recreation Centre		Age:	3Y – 5Y
Jan 20-Mar 16	M 10:00 am-10:45 am	8	\$74.00 40281
Southland Leisure Centre		Age:	3Y – 5Y
Jan 8-Mar 18	W 01:00 pm-02:30 pm	10	\$147.50 40358
Village Square Leisure Centre		Age:	2Y – 3Y
Jan 25-Mar 21	Sa 01:30 pm-02:15 pm	8	\$74.00 40157
		Age:	3Y – 5Y
Jan 20-Mar 16	M 01:15 pm-02:45 pm	8	\$118.00 40154

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!

Village Square Leisure Centre		Age:	2Y – 3Y
Jan 25-Mar 21	Sa 12:30 pm-01:15 pm	8	\$74.00 40156

0 to 6 Years (continued)

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

Playschool – All About Animals – Under the Sea

Jan 17-Mar 13 F 01:00 pm-01:45 pm 8 \$74.00 40325

Southland Leisure Centre **Age:** 3Y – 5Y

Playschool – All About Animals

Jan 6-Mar 16 M 01:00 pm-02:30 pm 10 \$147.50 40350

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

Jan 20-Mar 16 M 09:00 am-09:45 am 8 \$74.00 40277

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

Jan 20-Mar 16 M 11:00 am-12:15 pm 8 \$102.00 40311

Playschool – Little Explorers – Science How & Why

Jan 22-Mar 18 W 11:00 am-12:15 pm 9 \$114.75 40312

Village Square Leisure Centre **Age:** 3Y – 5Y

Playschool – Little Explorers (3 – 5 yrs)

Jan 24-Mar 20 F 01:15 pm-02:45 pm 8 \$118.00 40155

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

Jan 23-Mar 19 Th 10:30 am-11:45 am 9 \$114.75 40318

Village Square Leisure Centre **Age:** 3Y – 5Y

Jan 23-Mar 19 Th 01:15 pm-02:45 pm 8 \$118.00 40158

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

Jan 20-Feb 10 M 12:15 pm-02:15 pm 4 \$76.00 40001

Feb 24-Mar 16 M 12:15 pm-02:15 pm 4 \$76.00 40002

Glenmore Aquatic Centre

Age: 3Y – 5Y

Jan 22-Feb 12 W 09:30 am-11:30 am 4 \$76.00 40102

Feb 19-Mar 11 W 09:30 am-11:30 am 4 \$76.00 40104

Killarney Aquatic & Recreation Centre

Age: 3Y – 5Y

Jan 17-Feb 7 F 09:15 am-11:15 am 4 \$76.00 40315

Jan 22-Feb 19 W 01:15 pm-03:15 pm 5 \$95.00 40313

Feb 21-Mar 13 F 09:15 am-11:15 am 4 \$76.00 40316

Feb 26-Mar 18 W 01:15 pm-03:15 pm 4 \$76.00 40314

Thornhill Aquatic & Recreation Centre

Age: 3Y – 5Y

Jan 9-30 Th 02:00 pm-04:00 pm 4 \$76.00 40571

Feb 6-27 Th 02:00 pm-04:00 pm 4 \$76.00 40575

Mar 5-26 Th 02:00 pm-04:00 pm 4 \$76.00 40574

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!

Killarney Aquatic & Recreation Centre

Age: 2Y – 3Y

Jan 17-Mar 13 F 02:00 pm-02:45 pm 8 \$74.00 40319

Southland Leisure Centre

Age: 2Y – 3Y

Jan 8-Mar 18 W 12:00 pm-01:00 pm 10 \$107.50 40337

Playschool – Parent & Tot – Wiggle, Giggle & Move

Designed for toddlers to develop their coordination, balance and imagination. Creative movement, music and stories make this a great class for growing minds and bodies. Parents/guardians are required to participate.

Acadia Aquatic & Fitness Centre

Age: 2Y – 3Y

Jan 15-Mar 4 W 01:45 pm-02:30 pm 8 \$74.00 40004

Killarney Aquatic & Recreation Centre

Age: 2Y – 3Y

Jan 23-Mar 19 Th 09:30 am-10:15 am 9 \$83.25 40317

Southland Leisure Centre

Age: 2Y – 3Y

Jan 6-Mar 16 M 12:00 pm-01:00 pm 10 \$107.50 40339

PLAYSCHOOL SCHOOL YEAR

Play, it's more than you think. 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.

How to register

In person at the leisure centres only.

Payment options:

Pre-authorized payments

A non-refundable \$25 administration fee applies.

Visa, Mastercard, American Express or direct debit (with void cheques).

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.

School Year – Playschool – Registration Dates

September 2019 – June 2020, registration is ongoing and in person until February 2, 2020.

September 2020 – June 2021, will start February 26, 2020, in person.

Visit calgary.ca/playschool for more information.

2019 – 2020 Playschool (Sep-Jun)

Southland Leisure Centre

Children must be 2Y prior to October 31, 2019 and do not need to be toilet trained. Age: 2Y

Sep 9-Jun 10	M, W, F	09:00 am-11:30 am	\$1,848.00/y	30469
Sep 10-Jun 9	Tu, Th	09:00 am-11:30 am	\$1,316.25/y	30470
Sep 10-Jun 9	Tu, Th	12:00 pm-02:30 pm	\$1,316.25/y	30471

Children must be 3Y prior to March 1, 2020 and do not need to be toilet trained. Age: 2½Y – 3Y

Sep 9-Jun 10	M, W	12:30 pm-03:00 pm	\$1,316.25/y	30474
Sep 9-Jun 10	M, W, F	09:00 am-11:30 am	\$1,848.00/y	30472
Sep 10-Jun 9	Tu, Th	09:00 am-11:30 am	\$1,316.25/y	30473

Children must be 3Y prior to October 31, 2019 and MUST be fully toilet trained by the program start date. Age: 3Y

Sep 9-Jun 10	M, W, F	09:00 am-11:30 am	\$1,848.00/y	30477
Sep 10-Jun 9	Tu, Th	09:00 am-11:30 am	\$1,316.25/y	30478
Sep 10-Jun 9	Tu, Th	09:00 am-11:30 am	\$1,316.25/y	30479
Sep 10-Jun 9	Tu, Th	12:30 pm-03:00 pm	\$1,316.25/y	30480

Children must be 4Y by March 1, 2020 and MUST be fully toilet trained. Age: 4Y

Sep 9-Jun 10	M-F	12:30 pm-03:00 pm	\$2,857.75	30481
Sep 9-Jun 10	M, W, F	09:00 am-11:30 am	\$1,848.00/y	30482
Sep 9-Jun 10	M, W, F	09:15 am-11:45 am	\$1,848.00/y	30483
Sep 9-Jun 10	M, W, F	12:30 pm-03:00 pm	\$1,848.00/y	30484
Sep 10-Jun 9	Tu, Th	09:15 am-11:45 am	\$1,316.25/y	30485
Sep 10-Jun 9	Tu, Th	12:30 pm-03:00 pm	\$1,316.25/y	30486

Village Square Leisure Centre

Children must be 2Y prior to October 31, 2019 and do not need to be toilet trained. Age: 2Y

Sep 16-Jun 12	M, W, F	09:20 am-11:50 am	\$1,790.25/y	30001
Sep 16-Jun 12	M, W, F	12:50 pm-03:20 pm	\$1,790.25/y	30005
Sep 17-Jun 11	Tu, Th	09:20 am-11:50 am	\$1,296.00/y	30006
Sep 17-Jun 11	Tu, Th	12:50 pm-03:20 pm	\$1,296.00/y	30007
Sep 21-Jun 13	Sa	09:30 am-12:00 pm	\$637.50/y	30008

Children must be 3Y prior to March 1, 2020 and do not need to be toilet trained. Age: 2½Y – 3Y

Sep 16-Jun 12	M, W, F	09:20 am-11:50 am	\$1,790.25/y	30009
Sep 16-Jun 12	M, W, F	12:50 pm-03:20 pm	\$1,790.25/y	30010
Sep 17-Jun 11	Tu, Th	09:20 am-11:50 am	\$1,296.00/y	30011
Sep 17-Jun 11	Tu, Th	12:50 pm-03:20 pm	\$1,296.00/y	30012

Children must be 3Y prior to October 31, 2019 and MUST be fully toilet trained by the program start date. Age: 3Y

Sep 16-Jun 12	M, W, F	09:20 am-11:50 am	\$1,790.25/y	30013
Sep 16-Jun 12	M, W, F	09:20 am-11:50 am	\$1,790.25/y	30014
Sep 16-Jun 12	M, W, F	12:50 pm-03:20 pm	\$1,790.25/y	30015
Sep 17-Jun 11	Tu, Th	09:20 am-11:50 am	\$1,296.00/y	30016
Sep 17-Jun 11	Tu, Th	09:20 am-11:50 am	\$1,296.00/y	30017
Sep 17-Jun 11	Tu, Th	12:50 pm-03:20 pm	\$1,296.00/y	30018
Sep 21-Jun 13	Sa	09:30 am-12:00 pm	\$637.50/y	30019

Children must be 4Y by March 1, 2020 and MUST be fully toilet trained. Age: 4Y

Sep 16-Jun 12	M, W, F	09:30 am-12:00 pm	\$1,790.25/y	30020
Sep 16-Jun 12	M, W, F	09:30 am-12:00 pm	\$1,790.25/y	30021
Sep 16-Jun 12	M, W, F	01:00 pm-03:30 pm	\$1,790.25/y	30022
Sep 16-Jun 12	M, W, F	01:00 pm-03:30 pm	\$1,790.25/y	30023
Sep 17-Jun 11	Tu, Th	09:30 am-12:00 pm	\$1,296.00/y	30024
Sep 17-Jun 11	Tu, Th	09:30 am-12:00 pm	\$1,296.00/y	30025
Sep 17-Jun 11	Tu, Th	01:00 pm-03:30 pm	\$1,296.00/y	30026
Sep 17-Jun 11	Tu, Th	01:00 pm-03:30 pm	\$1,296.00/y	30027
Sep 21-Jun 13	Sa	09:30 am-12:00 pm	\$637.50/y	30028
Sep 21-Jun 13	Sa	09:30 am-12:00 pm	\$637.50/y	30029



Sailing

The City of Calgary operates the Boat Rescue Patrol and the Glenmore Sailing School with a range of boat-related services including: sailing lessons, sailing camps, 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.

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 (6Y – 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!

12 Years and Over

Sailing – Theory (Youth)

This course will develop the basic theory knowledge that compliments sailors on water skills in CanSAIL 1, 2 and 3. This course will follow the general topics from the books "Basic Sailing Skills" and "Advanced Sailing Skills". The course runs for 4 weeks, twice a week. Students should be prepared to take notes and have specific examples of sailing challenges that they ran into on the water!

Southland Leisure Centre **Age: 7Y – 17Y**
Feb 24-Mar 18 M,W 06:00 pm-09:00 pm 8 \$156.00 41093

18 Years and Over

Sailing – Theory (Adult)

This course will develop the basic theory knowledge that compliments sailors on water skills in CanSAIL 1, 2 and 3. This course will follow the general topics from the books "Basic sailing skills" and "Advanced Sailing Skills". The course runs for 4 weeks, twice a week. Students should be prepared to take notes and have specific examples of sailing challenges that they ran into on the water!

Southland Leisure Centre **Age: 18Y and Up**
Jan 13-Feb 5 M,W 06:00 pm-09:00 pm 8 \$284.00 40787

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 blue 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



Skating and Hockey

The City of Calgary has 12 arenas with 19 sheets of ice to serve you. We offer learn to skate and introduction to hockey programs, public skate, sticks and pucks, and shinny times. Drop in for a public skate time or register for a skating program near you. 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 (6 yrs & under)

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.

Southland (Ed Whalen Arena) **Age: 4Y – 6Y**
Jan 24-Mar 20 F 04:30 pm-05:15 pm 8 \$100.00 35550

Learn to Skate Level 1 (6 yrs & under)

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**
Jan 25-Mar 28 Sa 10:00 am-10:30 am 9 \$69.75 35724

Age: 4Y – 6Y
Jan 25-Mar 28 Sa 10:35 am-11:05 am 9 \$69.75 35730

Age: 5Y – 6Y
Jan 25-Mar 28 Sa 10:00 am-10:30 am 9 \$69.75 35725

Norma Bush Arena **Age: 3Y – 4Y**
Jan 23-Mar 26 Th 03:50 pm-04:20 pm 10 \$77.50 35661

Age: 4Y – 6Y
Jan 23-Mar 26 Th 04:25 pm-04:55 pm 10 \$77.50 35667

Age: 5Y – 6Y
Jan 23-Mar 26 Th 03:50 pm-04:20 pm 10 \$77.50 35662

Rose Kohn Arena **Age: 4Y – 6Y**
Jan 25-Mar 21 Sa 12:50 pm-01:20 pm 8 \$62.00 35575

Jan 25-Mar 21 Sa 12:50 pm-01:20 pm 8 \$62.00 35574

Jan 25-Mar 21 Sa 01:25 pm-01:55 pm 8 \$62.00 35580

Southland (Ed Whalen Arena) **Age: 4Y – 6Y**
Jan 20-Mar 16 M 04:30 pm-05:00 pm 8 \$62.00 35429

Jan 20-Mar 16 M 04:30 pm-05:00 pm 8 \$62.00 35426

Jan 20-Mar 16 M 04:30 pm-05:00 pm 8 \$62.00 35227

Jan 20-Mar 16 M 05:05 pm-05:35 pm 8 \$62.00 35436

Jan 22-Mar 18 W 04:30 pm-05:00 pm 9 \$69.75 35532

Jan 22-Mar 18 W 04:30 pm-05:00 pm 9 \$69.75 35533

Jan 22-Mar 18 W 05:05 pm-05:35 pm 9 \$69.75 35539

Jan 25-Mar 21 Sa 10:10 am-10:40 am 8 \$62.00 35558

Jan 25-Mar 21 Sa 10:45 am-11:15 am 8 \$62.00 35561

Southland (Joseph Kryczka Arena) **Age: 4Y – 6Y**
Jan 5-Feb 9 Su 09:45 am-10:15 am 6 \$46.50 35599

Jan 5-Feb 9 Su 09:45 am-10:15 am 6 \$46.50 35600

Jan 5-Feb 9 Su 10:20 am-10:50 am 6 \$46.50 35605

Jan 5-Feb 9 Su 10:20 am-10:50 am 6 \$46.50 35606

Village Square Arena #1 **Age: 3Y – 4Y**
Jan 29-Apr 1 W 06:15 pm-06:45 pm 10 \$77.50 35705

Age: 4Y – 6Y
Jan 29-Apr 1 W 06:50 pm-07:20 pm 10 \$77.50 35710

Age: 5Y – 6Y
Jan 29-Apr 1 W 06:15 pm-06:45 pm 10 \$77.50 35706

Village Square Arena #2 **Age: 3Y – 4Y**
Jan 28-Mar 31 Tu 06:10 pm-06:40 pm 10 \$77.50 35688

Age: 4Y – 6Y
Jan 28-Mar 31 Tu 05:00 pm-05:30 pm 10 \$77.50 35679

Jan 28-Mar 31 Tu 05:35 pm-06:05 pm 10 \$77.50 35684

Jan 28-Mar 31 Tu 07:05 pm-07:35 pm 10 \$77.50 35693

Age: 5Y – 6Y
Jan 28-Mar 31 Tu 06:10 pm-06:40 pm 10 \$77.50 35689

Learn to Skate Level 2 (6 yrs & under)

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**
Jan 25-Mar 28 Sa 10:00 am-10:30 am 9 \$69.75 35727

Jan 25-Mar 28 Sa 10:35 am-11:05 am 9 \$69.75 35733

Norma Bush Arena **Age: 4Y – 6Y**
Jan 23-Mar 26 Th 03:50 pm-04:20 pm 10 \$77.50 35664

Jan 23-Mar 26 Th 04:25 pm-04:55 pm 10 \$77.50 35669

Rose Kohn Arena **Age: 4Y – 6Y**
Jan 25-Mar 21 Sa 12:50 pm-01:20 pm 8 \$62.00 35577

Jan 25-Mar 21 Sa 12:50 pm-01:20 pm 8 \$62.00 35576

Southland (Ed Whalen Arena) **Age: 4Y – 6Y**
Jan 20-Mar 16 M 04:30 pm-05:00 pm 8 \$62.00 35431

Jan 22-Mar 18 W 04:30 pm-05:00 pm 9 \$69.75 35534

Jan 22-Mar 18 W 05:05 pm-05:35 pm 9 \$69.75 35540

Jan 25-Mar 21 Sa 10:10 am-10:40 am 8 \$62.00 35559

Jan 25-Mar 21 Sa 10:45 am-11:15 am 8 \$62.00 35562

Jan 25-Mar 21 Sa 11:20 am-11:50 am 8 \$62.00 35564

Southland (Joseph Kryczka Arena) **Age: 4Y – 6Y**
Jan 5-Feb 9 Su 09:45 am-10:15 am 6 \$46.50 35601

Jan 5-Feb 9 Su 09:45 am-10:15 am 6 \$46.50 35602

Jan 5-Feb 9 Su 10:20 am-10:50 am 6 \$46.50 35608

Jan 5-Feb 9 Su 10:20 am-10:50 am 6 \$46.50 35607

Village Square Arena #1 **Age: 4Y – 6Y**
Jan 29-Apr 1 W 06:15 pm-06:45 pm 10 \$77.50 35708

Jan 29-Apr 1 W 06:50 pm-07:20 pm 10 \$77.50 35713

Village Square Arena #2 **Age: 4Y – 6Y**
Jan 28-Mar 31 Tu 05:35 pm-06:05 pm 10 \$77.50 35686

Jan 28-Mar 31 Tu 07:05 pm-07:35 pm 10 \$77.50 35696

Learn to Skate Level 3 (6 yrs & under)

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**
Jan 25-Mar 21 Sa 12:50 pm-01:20 pm 8 \$62.00 35578

Southland (Ed Whalen Arena) **Age: 4Y – 6Y**
Jan 20-Mar 16 M 04:30 pm-05:00 pm 8 \$62.00 35432

Jan 22-Mar 18 W 04:30 pm-05:00 pm 9 \$69.75 35535

Jan 25-Mar 21 Sa 11:20 am-11:50 am 8 \$62.00 35565

Southland (Joseph Kryczka Arena) **Age: 4Y – 6Y**
Jan 5-Feb 9 Su 09:45 am-10:15 am 6 \$46.50 35603

Jan 5-Feb 9 Su 10:20 am-10:50 am 6 \$46.50 35609

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 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
Jan 25-Mar 28	Sa 10:35 am-11:05 am	9	\$69.75 35729
Norma Bush Arena		Age:	3Y – 5Y
Jan 23-Mar 26	Th 04:25 pm-04:55 pm	10	\$77.50 35666
Rose Kohn Arena		Age:	3Y – 5Y
Jan 25-Mar 21	Sa 12:50 pm-01:20 pm	8	\$62.00 35573
Jan 25-Mar 21	Sa 01:25 pm-01:55 pm	8	\$62.00 35579
Southland (Ed Whalen Arena)		Age:	3Y – 5Y
Jan 20-Mar 16	M 04:30 pm-05:00 pm	8	\$62.00 35226
Jan 20-Mar 16	M 05:05 pm-05:35 pm	8	\$62.00 35433
Jan 22-Mar 18	W 05:05 pm-05:35 pm	9	\$69.75 35538
Jan 25-Mar 21	Sa 10:10 am-10:40 am	8	\$62.00 35557
Jan 25-Mar 21	Sa 10:45 am-11:15 am	8	\$62.00 35560
Jan 25-Mar 21	Sa 11:20 am-11:50 am	8	\$62.00 35563
Southland (Joseph Kryczka Arena)		Age:	3Y – 5Y
Jan 5-Feb 9	Su 09:45 am-10:15 am	6	\$46.50 35598
Jan 5-Feb 9	Su 10:20 am-10:50 am	6	\$46.50 35604
Village Square Arena #2		Age:	3Y – 5Y
Jan 28-Mar 31	Tu 05:00 pm-05:30 pm	10	\$77.50 35678
Jan 28-Mar 31	Tu 05:35 pm-06:05 pm	10	\$77.50 35683

5 to 17 Years

Hockey – Recreational Level 1 (6 yrs & up)

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.

Southland (Ed Whalen Arena)		Age:	6Y – 12Y
Jan 21-Mar 17	Tu 04:25 pm-05:25 pm	9	\$150.75 35528
		Age:	8Y – 16Y
Jan 21-Mar 17	Tu 05:30 pm-06:30 pm	9	\$150.75 35530
Village Square Arena #1		Age:	6Y – 12Y
Jan 26-Mar 29	Su 09:15 am-10:15 am	9	\$150.75 35251



Hey, need more
ice time?

Score last minute ice times at calgary.ca/arenas.



5 to 17 Years (continued)

Hockey – Recreational Level 2 (6 yrs & up)

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.

Southland (Ed Whalen Arena)		Age:	8Y – 16Y
Jan 24-Mar 20	F 05:25 pm-06:25 pm	8	\$134.00 35551
Village Square Arena #1		Age:	6Y – 12Y
Jan 26-Mar 29	Su 09:15 am-10:15 am	9	\$150.75 35252

Hockey – Recreational Goalies (6 yrs & up)

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.

Southland (Ed Whalen Arena)		Age:	6Y – 12Y
Jan 21-Mar 17	Tu 04:25 pm-05:25 pm	9	\$74.25 35529
		Age:	8Y – 16Y
Jan 21-Mar 17	Tu 05:30 pm-06:30 pm	9	\$74.25 35531
Jan 24-Mar 20	F 05:25 pm-06:25 pm	8	\$66.00 35552

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.

Norma Bush Arena		Age:	6Y – 15Y
Jan 22-Mar 25	W 07:15 pm-08:00 pm	10	\$115.00 35258
Rose Kohn Arena		Age:	8Y – 15Y
Jan 25-Mar 21	Sa 02:00 pm-02:45 pm	8	\$92.00 35589
Southland (Ed Whalen Arena)		Age:	8Y – 15Y
Jan 20-Mar 16	M 05:40 pm-06:25 pm	8	\$92.00 35469
Southland (Joseph Kryczka Arena)		Age:	8Y – 15Y
Jan 5-Feb 9	Su 11:45 am-12:30 pm	6	\$69.00 35617

Learn to Skate Level 1 (6 yrs & up)

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
Jan 25-Mar 28	Sa 10:00 am-10:30 am	9	\$69.75 35726
Jan 25-Mar 28	Sa 10:35 am-11:05 am	9	\$69.75 35731
Jan 25-Mar 28	Sa 10:35 am-11:05 am	9	\$69.75 35732
Norma Bush Arena		Age:	6Y – 12Y
Jan 23-Mar 26	Th 03:50 pm-04:20 pm	10	\$77.50 35663
Jan 23-Mar 26	Th 04:25 pm-04:55 pm	10	\$77.50 35668
Rose Kohn Arena		Age:	6Y – 8Y
Jan 25-Mar 21	Sa 01:25 pm-01:55 pm	8	\$62.00 35581
Southland (Ed Whalen Arena)		Age:	6Y – 8Y
Jan 20-Mar 16	M 05:05 pm-05:35 pm	8	\$62.00 35439
Jan 20-Mar 16	M 05:05 pm-05:35 pm	8	\$62.00 35440
Jan 22-Mar 18	W 04:30 pm-05:00 pm	9	\$69.75 35536
Jan 22-Mar 18	W 05:05 pm-05:35 pm	9	\$69.75 35541
		Age:	6Y – 12Y
Jan 20-Mar 16	M 05:40 pm-06:25 pm	8	\$92.00 35443
Jan 22-Mar 18	W 05:40 pm-06:25 pm	9	\$103.50 35544
Jan 25-Mar 21	Sa 10:10 am-10:55 am	8	\$92.00 35566
Southland (Joseph Kryczka Arena)		Age:	6Y – 12Y
Jan 5-Feb 9	Su 10:55 am-11:40 am	6	\$69.00 35610
Jan 5-Feb 9	Su 10:55 am-11:40 am	6	\$69.00 35611
Village Square Arena #1		Age:	6Y – 12Y
Jan 29-Apr 1	W 06:15 pm-06:45 pm	10	\$77.50 35707
Jan 29-Apr 1	W 06:50 pm-07:20 pm	10	\$77.50 35712
Jan 29-Apr 1	W 06:50 pm-07:20 pm	10	\$77.50 35711
Village Square Arena #2		Age:	6Y – 12Y
Jan 28-Mar 31	Tu 05:00 pm-05:30 pm	10	\$77.50 35680
Jan 28-Mar 31	Tu 05:00 pm-05:30 pm	10	\$77.50 35681
Jan 28-Mar 31	Tu 05:35 pm-06:05 pm	10	\$77.50 35685
Jan 28-Mar 31	Tu 06:10 pm-06:40 pm	10	\$77.50 35691
Jan 28-Mar 31	Tu 06:10 pm-06:40 pm	10	\$77.50 35690
Jan 28-Mar 31	Tu 07:05 pm-07:35 pm	10	\$77.50 35695
Jan 28-Mar 31	Tu 07:05 pm-07:35 pm	10	\$77.50 35694

5 to 17 Years (continued)

Learn to Skate Level 2 (6 yrs & up)

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
Jan 25-Mar 28	Sa	10:00 am-10:30 am	9	\$69.75 35728
Jan 25-Mar 28	Sa	11:10 am-11:55 am	9	\$103.50 35734

Norma Bush Arena			Age:	6Y – 12Y
Jan 23-Mar 26	Th	03:50 pm-04:20 pm	10	\$77.50 35665
Jan 23-Mar 26	Th	04:25 pm-04:55 pm	10	\$77.50 35670

			Age:	6Y – 15Y
Jan 22-Mar 25	W	07:15 pm-08:00 pm	10	\$115.00 35254

Rose Kohn Arena			Age:	6Y – 8Y
Jan 25-Mar 21	Sa	01:25 pm-01:55 pm	8	\$62.00 35582
Jan 25-Mar 21	Sa	01:25 pm-01:55 pm	8	\$62.00 35583

			Age:	6Y – 12Y
Jan 25-Mar 21	Sa	02:00 pm-02:45 pm	8	\$92.00 35585

Southland (Ed Whalen Arena)			Age:	6Y – 8Y
Jan 20-Mar 16	M	05:05 pm-05:35 pm	8	\$62.00 35441
Jan 22-Mar 18	W	04:30 pm-05:00 pm	9	\$69.75 35537
Jan 22-Mar 18	W	05:05 pm-05:35 pm	9	\$69.75 35542

			Age:	6Y – 12Y
Jan 20-Mar 16	M	05:40 pm-06:25 pm	8	\$92.00 35444
Jan 22-Mar 18	W	05:40 pm-06:25 pm	9	\$103.50 35545
Jan 25-Mar 21	Sa	10:10 am-10:55 am	8	\$92.00 35567

Southland (Joseph Kryczka Arena)			Age:	6Y – 12Y
Jan 5-Feb 9	Su	10:55 am-11:40 am	6	\$69.00 35612

Village Square Arena #1			Age:	6Y – 12Y
Jan 29-Apr 1	W	06:15 pm-06:45 pm	10	\$77.50 35709
Jan 29-Apr 1	W	06:50 pm-07:20 pm	10	\$77.50 35714

Village Square Arena #2			Age:	6Y – 12Y
Jan 28-Mar 31	Tu	05:00 pm-05:30 pm	10	\$77.50 35682
Jan 28-Mar 31	Tu	05:35 pm-06:05 pm	10	\$77.50 35687
Jan 28-Mar 31	Tu	06:10 pm-06:40 pm	10	\$77.50 35692
Jan 28-Mar 31	Tu	07:05 pm-07:35 pm	10	\$77.50 35697

Learn to Skate Level 3 (6 yrs & up)

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
Jan 25-Mar 28	Sa	11:10 am-11:55 am	9	\$103.50 35735

Norma Bush Arena			Age:	6Y – 15Y
Jan 22-Mar 25	W	07:15 pm-08:00 pm	10	\$115.00 35255
Jan 23-Mar 26	Th	05:00 pm-05:45 pm	10	\$115.00 35671

Rose Kohn Arena			Age:	6Y – 8Y
Jan 25-Mar 21	Sa	01:25 pm-01:55 pm	8	\$62.00 35584

			Age:	6Y – 12Y
Jan 25-Mar 21	Sa	02:00 pm-02:45 pm	8	\$92.00 35586

Southland (Ed Whalen Arena)			Age:	6Y – 8Y
Jan 20-Mar 16	M	05:05 pm-05:35 pm	8	\$62.00 35442
Jan 22-Mar 18	W	05:05 pm-05:35 pm	9	\$69.75 35543

			Age:	6Y – 12Y
Jan 20-Mar 16	M	05:40 pm-06:25 pm	8	\$92.00 35445
Jan 22-Mar 18	W	05:40 pm-06:25 pm	9	\$103.50 35546
Jan 25-Mar 21	Sa	10:10 am-10:55 am	8	\$92.00 35568

Southland (Joseph Kryczka Arena)			Age:	6Y – 12Y
Jan 5-Feb 9	Su	10:55 am-11:40 am	6	\$69.00 35613
Jan 5-Feb 9	Su	11:45 am-12:30 pm	6	\$69.00 35618

Village Square Arena #1			Age:	6Y – 15Y
Jan 29-Apr 1	W	07:25 pm-08:10 pm	10	\$115.00 35715

Village Square Arena #2			Age:	6Y – 15Y
Jan 28-Mar 31	Tu	07:40 pm-08:25 pm	10	\$115.00 35698

			Age:	6Y – 12Y
Jan 29-Apr 1	W	07:25 pm-08:10 pm	10	\$115.00 35715

Village Square Arena #2			Age:	6Y – 15Y
Jan 28-Mar 31	Tu	07:40 pm-08:25 pm	10	\$115.00 35698

Learn to Skate Level 4 (6 yrs & up)

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
Jan 25-Mar 28	Sa	11:10 am-11:55 am	9	\$103.50 35736

Norma Bush Arena			Age:	6Y – 15Y
Jan 22-Mar 25	W	07:15 pm-08:00 pm	10	\$115.00 35256
Jan 23-Mar 26	Th	05:00 pm-05:45 pm	10	\$115.00 35672

Rose Kohn Arena			Age:	6Y – 12Y
Jan 25-Mar 21	Sa	02:00 pm-02:45 pm	8	\$92.00 35587

Southland (Ed Whalen Arena)			Age:	6Y – 12Y
Jan 20-Mar 16	M	05:40 pm-06:25 pm	8	\$92.00 35464
Jan 22-Mar 18	W	05:40 pm-06:25 pm	9	\$103.50 35547
Jan 25-Mar 21	Sa	11:05 am-11:50 am	8	\$92.00 35569

Southland (Joseph Kryczka Arena)			Age:	6Y – 12Y
Jan 5-Feb 9	Su	10:55 am-11:40 am	6	\$69.00 35614
Jan 5-Feb 9	Su	11:45 am-12:30 pm	6	\$69.00 35619

Village Square Arena #1			Age:	6Y – 15Y
Jan 29-Apr 1	W	07:25 pm-08:10 pm	10	\$115.00 35716

Village Square Arena #2			Age:	6Y – 15Y
Jan 28-Mar 31	Tu	07:40 pm-08:25 pm	10	\$115.00 35699



5 to 17 Years (continued)

Learn to Skate Level 5 (6 yrs & up)

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	
Jan 25-Mar 28	Sa	11:10 am-11:55 am	9 \$103.50 35737
Norma Bush Arena		Age: 6Y – 15Y	
Jan 22-Mar 25	W	07:15 pm-08:00 pm	10 \$115.00 35257
Jan 23-Mar 26	Th	05:00 pm-05:45 pm	10 \$115.00 35673
Rose Kohn Arena		Age: 6Y – 12Y	
Jan 25-Mar 21	Sa	02:00 pm-02:45 pm	8 \$92.00 35588
Southland (Ed Whalen Arena)		Age: 6Y – 12Y	
Jan 20-Mar 16	M	05:40 pm-06:25 pm	8 \$92.00 35467
Jan 22-Mar 18	W	05:40 pm-06:25 pm	9 \$103.50 35548
Jan 25-Mar 21	Sa	11:05 am-11:50 am	8 \$92.00 35570
Southland (Joseph Kryczka Arena)		Age: 6Y – 12Y	
Jan 5-Feb 9	Su	10:55 am-11:40 am	6 \$69.00 35616
Jan 5-Feb 9	Su	11:45 am-12:30 pm	6 \$69.00 35620
Village Square Arena #1		Age: 6Y – 15Y	
Jan 29-Apr 1	W	07:25 pm-08:10 pm	10 \$115.00 35717
Village Square Arena #2		Age: 6Y – 15Y	
Jan 28-Mar 31	Tu	07:40 pm-08:25 pm	10 \$115.00 35700

Learn to Skate Level 6 (6 yrs & up)

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.

Norma Bush Arena		Age: 6Y – 15Y	
Jan 23-Mar 26	Th	05:00 pm-05:45 pm	10 \$115.00 35674
Southland (Ed Whalen Arena)		Age: 6Y – 12Y	
Jan 25-Mar 21	Sa	11:05 am-11:50 am	8 \$92.00 35571
Southland (Joseph Kryczka Arena)		Age: 6Y – 12Y	
Jan 5-Feb 9	Su	11:45 am-12:30 pm	6 \$69.00 35621
Village Square Arena #1		Age: 6Y – 15Y	
Jan 29-Apr 1	W	07:25 pm-08:10 pm	10 \$115.00 35718
Village Square Arena #2		Age: 6Y – 15Y	
Jan 28-Mar 31	Tu	07:40 pm-08:25 pm	10 \$115.00 35701

12 Years and Over

Learn to Skate – Level 1 (Adult)

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	
Jan 25-Mar 28	Sa	11:10 am-11:55 am	9 \$108.00 35738
Norma Bush Arena		Age: 16Y and Up	
Jan 22-Mar 25	W	07:15 pm-08:00 pm	10 \$120.00 35259
Jan 23-Mar 26	Th	05:00 pm-05:45 pm	10 \$120.00 35675
Rose Kohn Arena		Age: 16Y and Up	
Jan 25-Mar 21	Sa	02:00 pm-02:45 pm	8 \$96.00 35590
Southland (Ed Whalen Arena)		Age: 16Y and Up	
Jan 22-Mar 18	W	05:40 pm-06:25 pm	9 \$108.00 35549
Southland (Joseph Kryczka Arena)		Age: 16Y and Up	
Jan 5-Feb 9	Su	11:45 am-12:30 pm	6 \$72.00 35622
Village Square Arena #1		Age: 16Y and Up	
Jan 29-Apr 1	W	07:25 pm-08:10 pm	10 \$120.00 35719
Village Square Arena #2		Age: 16Y and Up	
Jan 28-Mar 31	Tu	07:40 pm-08:25 pm	10 \$120.00 35702

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	
Jan 26-Mar 29	Su	10:30 am-11:30 am	9 \$155.25 35253



Sports

The City of Calgary offers year-round, drop-in and registered indoor and outdoor opportunities at various facilities, so everyone can be engaged in sport. 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 (3 – 4 yrs)

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
Jan 11-Mar 14	Sa	02:45 pm-03:30 pm	9	\$105.75 41003
Jan 12-Mar 15	Su	10:15 am-11:00 am	9	\$105.75 41004
Jan 12-Mar 15	Su	10:15 am-11:00 am	9	\$105.75 41008
Jan 12-Mar 15	Su	10:15 am-11:00 am	9	\$105.75 41006
Jan 12-Mar 15	Su	10:15 am-11:00 am	9	\$105.75 41007
Jan 12-Mar 15	Su	10:15 am-11:00 am	9	\$105.75 41005
Jan 12-Mar 15	Su	11:15 am-12:00 pm	9	\$105.75 41012
Jan 12-Mar 15	Su	11:15 am-12:00 pm	9	\$105.75 41010
Jan 12-Mar 15	Su	11:15 am-12:00 pm	9	\$105.75 41009
Jan 12-Mar 15	Su	11:15 am-12:00 pm	9	\$105.75 41013
Jan 12-Mar 15	Su	11:15 am-12:00 pm	9	\$105.75 41011
Jan 14-Mar 17	Tu	11:00 am-11:45 am	10	\$117.50 40886
Jan 14-Mar 17	Tu	12:00 pm-12:45 pm	10	\$117.50 40993
Jan 14-Mar 17	Tu	01:00 pm-01:45 pm	10	\$117.50 40994
Jan 14-Mar 17	Tu	05:00 pm-05:45 pm	10	\$117.50 40996
Jan 14-Mar 17	Tu	05:00 pm-05:45 pm	10	\$117.50 40995
Jan 15-Mar 18	W	10:00 am-10:45 am	10	\$117.50 40997
Jan 15-Mar 18	W	11:00 am-11:45 am	10	\$117.50 40998
Jan 15-Mar 18	W	12:00 pm-12:45 pm	10	\$117.50 40999
Jan 17-Mar 20	F	10:15 am-11:00 am	9	\$105.75 41000
Jan 17-Mar 20	F	11:15 am-12:00 pm	9	\$105.75 41001
Jan 17-Mar 20	F	12:15 pm-01:00 pm	9	\$105.75 41002

Gymnastics – Jumping Jacks & Jills (5 – 6 yrs)

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
Jan 11-Mar 14	Sa	03:45 pm-04:45 pm	9	\$141.75 40987
Jan 12-Mar 15	Su	12:30 pm-01:30 pm	9	\$141.75 40989
Jan 12-Mar 15	Su	12:30 pm-01:30 pm	9	\$141.75 40991
Jan 12-Mar 15	Su	12:30 pm-01:30 pm	9	\$141.75 40990
Jan 12-Mar 15	Su	12:30 pm-01:30 pm	9	\$141.75 40992
Jan 12-Mar 15	Su	12:30 pm-01:30 pm	9	\$141.75 40988
Jan 14-Mar 17	Tu	05:00 pm-06:00 pm	10	\$157.50 40888
Jan 14-Mar 17	Tu	05:00 pm-06:00 pm	10	\$157.50 40985
Jan 14-Mar 17	Tu	05:00 pm-06:00 pm	10	\$157.50 40986

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 – 4Y
Jan 11-Mar 14	Sa	02:45 pm-03:30 pm	9	\$105.75 40875
			Age:	5Y – 6Y
Jan 11-Mar 14	Sa	03:45 pm-04:45 pm	9	\$141.75 40876

Rock Climbing – Climbing Critters (4 – 6 yrs)

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 – 4Y
Jan 12-Feb 9	Su	11:40 am-12:25 pm	5	\$51.25 40883
Feb 23-Mar 15	Su	11:40 am-12:25 pm	4	\$41.00 40952

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
Jan 12-Feb 9	Su	12:40 pm-01:40 pm	5	\$67.50 40961
Jan 14-Feb 11	Tu	05:10 pm-06:10 pm	5	\$67.50 40884
Feb 18-Mar 17	Tu	05:10 pm-06:10 pm	5	\$67.50 40960
Feb 23-Mar 15	Su	12:40 pm-01:40 pm	4	\$54.00 40962

Sports – All Sports (6 yrs & under)

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
Jan 21-Mar 17	Tu	10:00 am-10:45 am	9	\$67.50 40262
Southland Leisure Centre			Age:	4Y – 6Y
Jan 11-Mar 14	Sa	09:55 am-10:40 am	9	\$67.50 40302
Jan 12-Mar 15	Su	09:55 am-10:40 am	9	\$67.50 40303
Village Square Leisure Centre			Age:	3Y – 4Y
Jan 19-Mar 15	Su	08:45 am-09:30 am	8	\$60.00 41196

5 to 17 Years (continued)

Sports – Soccer and Floor Hockey (6 yrs & under)

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 – 6Y
Jan 11-Mar 14	Sa	10:50 am-11:35 am	9	\$67.50	40088
Village Square Leisure Centre				Age:	5Y – 6Y
Jan 19-Mar 15	Su	10:25 am-11:10 am	8	\$60.00	41201

Sports – Soccer and T-Ball (6 yrs & under)

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
Jan 21-Mar 17	Tu	02:30 pm-03:15 pm	9	\$67.50	40274
Southland Leisure Centre				Age:	4Y – 6Y
Jan 11-Mar 14	Sa	09:00 am-09:45 am	9	\$67.50	40087
Village Square Leisure Centre				Age:	4Y – 5Y
Jan 19-Mar 15	Su	09:35 am-10:20 am	8	\$60.00	41200

Sports – Sporting Edge (6 yrs & under)

Give your preschooler a head start in developing physical skills needed to be active for life. Your child will build confidence, coordination and imagination as a physical mover and shaker, on and off the field. Preschoolers will be introduced to basic movement skills through games in a fun and active setting.

Killarney Aquatic & Recreation Centre				Age:	3Y – 5Y
Jan 21-Mar 17	Tu	01:30 pm-02:15 pm	9	\$67.50	40273
Southland Leisure Centre				Age:	4Y – 6Y
Jan 11-Mar 14	Sa	10:50 am-11:35 am	9	\$67.50	40301

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
Jan 12-Mar 15	Su	09:15 am-10:00 am	9	\$105.75	40975
Jan 14-Mar 17	Tu	09:00 am-09:45 am	10	\$117.50	40892
Jan 14-Mar 17	Tu	10:00 am-10:45 am	10	\$117.50	40973
Jan 15-Mar 18	W	09:00 am-09:45 am	10	\$117.50	40974



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SPORTS

SPORT HUB

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19-00309722



0 to 17 Years + Adult (continued)

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
Jan 21-Mar 17	Tu	09:00 am-09:45 am	9 \$67.50 40261
Southland Leisure Centre		Age:	2Y – 3Y
Jan 11-Mar 14	Sa	09:00 am-09:45 am	9 \$67.50 40083
Jan 12-Mar 15	Su	09:00 am-09:45 am	9 \$67.50 40084
		Age:	3Y – 4Y
Jan 11-Mar 14	Sa	09:55 am-10:40 am	9 \$67.50 40085

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
Jan 16-Mar 19	Th	06:30 pm-07:45 pm	9 \$112.50 40036

5 to 17 Years

Gymnastics – Tumble, Twist & Turn (7 yrs & up)

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
Jan 11-Mar 14	Sa	05:00 pm-06:00 pm	9 \$141.75 40981
Jan 12-Mar 15	Su	01:45 pm-02:45 pm	9 \$141.75 40982
Jan 12-Mar 15	Su	01:45 pm-02:45 pm	9 \$141.75 40984
Jan 12-Mar 15	Su	01:45 pm-02:45 pm	9 \$141.75 40983
Jan 14-Mar 17	Tu	06:15 pm-07:15 pm	10 \$157.50 40889
Jan 14-Mar 17	Tu	06:15 pm-07:15 pm	10 \$157.50 40978
Jan 14-Mar 17	Tu	06:15 pm-07:15 pm	10 \$157.50 40979
Jan 14-Mar 17	Tu	06:15 pm-07:15 pm	10 \$157.50 40980

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
Jan 12-Mar 15	Su	01:45 pm-02:45 pm	9 \$141.75 40976
Jan 12-Mar 15	Su	01:45 pm-02:45 pm	9 \$141.75 40977
Jan 14-Mar 17	Tu	06:15 pm-07:15 pm	10 \$157.50 40890

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
Jan 11-Mar 14	Sa	05:00 pm-06:00 pm	9 \$141.75 40877

Rock Climbing – Rocks & Knots (7 yrs & up)

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.

Southland Leisure Centre		Age:	7Y – 9Y
Jan 12-Feb 9	Su	01:50 pm-02:50 pm	5 \$67.50 40965
Jan 14-Feb 11	Tu	06:20 pm-07:20 pm	5 \$67.50 40882
Feb 23-Mar 15	Su	01:50 pm-02:50 pm	4 \$54.00 40966

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.

Southland Leisure Centre		Age:	10Y – 12Y
Jan 12-Mar 15	Su	10:30 am-11:30 am	9 \$121.50 40956
Feb 18-Mar 17	Tu	06:20 pm-07:20 pm	5 \$67.50 40881

Sports – All Sports (6 yrs & up)

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
Jan 11-Mar 14	Sa	11:45 am-12:30 pm	9 \$67.50 40304
Village Square Leisure Centre		Age:	7Y – 9Y
Jan 19-Mar 15	Su	09:00 am-09:45 am	8 \$60.00 41197
		Age:	9Y – 11Y
Jan 19-Mar 15	Su	09:50 am-10:50 am	8 \$80.00 41198
		Age:	12Y – 14Y
Jan 19-Mar 15	Su	10:55 am-11:55 am	8 \$80.00 41199

5 to 17 Years (continued)

Sports – Badminton (6 yrs & up)

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	
Jan 11-Mar 14	Sa	11:45 am-12:30 pm	9	\$67.50	40032
Jan 12-Mar 15	Su	10:50 am-11:35 am	9	\$67.50	40034
			Age:	8Y – 12Y	
Jan 13-Mar 16	M	05:30 pm-06:30 pm	9	\$90.00	40028
Village Square Leisure Centre			Age:	7Y – 10Y	
Jan 19-Mar 15	Su	09:00 am-09:45 am	8	\$60.00	41193
			Age:	11Y – 14Y	
Jan 19-Mar 15	Su	09:50 am-10:50 am	8	\$80.00	41194

Sports – Badminton Continuing (6 yrs & up)

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	
Jan 19-Mar 15	Su	10:55 am-11:55 am	8	\$80.00	41195

Sports – Basketball (6 yrs & up)

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	
Jan 12-Mar 15	Su	11:45 am-12:45 pm	9	\$90.00	39995
			Age:	7Y – 10Y	
Jan 16-Mar 19	Th	05:15 pm-06:15 pm	9	\$90.00	39994
			Age:	10Y – 12Y	
Jan 13-Mar 16	M	06:45 pm-07:45 pm	9	\$90.00	39993
Village Square Leisure Centre			Age:	7Y – 9Y	
Jan 18-Mar 14	Sa	08:30 am-09:30 am	8	\$80.00	41190
			Age:	10Y – 12Y	
Jan 18-Mar 14	Sa	09:40 am-10:40 am	8	\$80.00	41191
			Age:	13Y – 15Y	
Jan 18-Mar 14	Sa	10:50 am-11:50 am	8	\$80.00	41192

Flood Are your kids ready?

Tornado Are your kids prepared?

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Get your kids ready for any emergency. Ready Squad's free online course is fun, easy and takes just 20 minutes.

calgary.ca/readysquad



5 to 17 Years (continued)

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	
Jan 30-Mar 19	Th	06:15 pm-07:00 pm	8	\$60.00	41202
				Age: 8Y – 12Y	
Jan 30-Mar 19	Th	06:15 pm-07:00 pm	8	\$60.00	41203

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	
Jan 30-Mar 19	Th	07:10 pm-07:55 pm	8	\$60.00	41204
				Age: 8Y – 12Y	
Jan 30-Mar 19	Th	07:10 pm-07:55 pm	8	\$60.00	41205

Sports – Soccer – Indoor (6 yrs & up)

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: 7Y – 8Y	
Jan 18-Mar 14	Sa	12:30 pm-01:15 pm	8	\$60.00	40969
				Age: 9Y – 12Y	
Jan 18-Mar 14	Sa	01:20 pm-02:05 pm	8	\$60.00	40970
Southland Leisure Centre				Age: 7Y – 9Y	
Jan 15-Mar 18	W	05:55 pm-06:55 pm	10	\$100.00	39986
				Age: 10Y – 12Y	
Jan 15-Mar 18	W	07:05 pm-08:05 pm	10	\$100.00	39987
Village Square Leisure Centre				Age: 5Y – 6Y	
Jan 18-Mar 14	Sa	08:30 am-09:15 am	8	\$60.00	40964
				Age: 7Y – 8Y	
Jan 18-Mar 14	Sa	09:25 am-10:25 am	8	\$80.00	40967
				Age: 9Y – 12Y	
Jan 18-Mar 14	Sa	10:35 am-11:35 am	8	\$80.00	40968

Sports – Soccer and Lacrosse (6 yrs & up)

Kick it and toss it. Build confidence learning basic concepts of two sports. Develop fundamental movement skills while playing games in a supportive environment. Equipment will be provided.

Calgary Soccer Centre				Age: 7Y – 9Y	
Jan 18-Mar 14	Sa	02:10 pm-02:55 pm	8	\$60.00	40971
				Age: 10Y – 12Y	
Jan 18-Mar 14	Sa	03:00 pm-03:45 pm	8	\$60.00	40972



Swimming

Our swimming pools are great. 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. We offer a variety of scheduled and drop-in programs for all ages and abilities. You'll find something of interest.

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 just like a private setting to learn? Try our private lessons for a change of pace. You can contact your nearest pool for options. The private lessons can be shared by two individuals if their swim level is similar. To book a private lesson ask the facility front counter or contact 311 to request.

Drop-in Swimming

Public swim times and water fitness schedules are available online at calgary.ca/dropin

Splash Swim \$1 for kids

Splash Swim admission price is \$2 for adults and \$1 for children and seniors. Visit calgary.ca/recreationdeals for participating locations.

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.



Swimming Alone/ Arms Reach Age Policy

Effective Jan. 1, 2019, to align with the updated industry standards outlined by the Lifesaving Society, 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.

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.



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 to learn how to register for swim lessons.

Red Cross Transition into Swim for Life



	In which level did you last enroll?	Did you complete or incomplete?	Continue in...
Parented	Starfish	Based on age	Parent & Tot 1 (6 – 12 months)
	Duck	Based on age	Parent & Tot 2 (12 – 24 months)
	Sea Turtle	Based on age	Parent & Tot 3 (2Y – 5Y)
Preschool-Aged (3Y – 5Y)	Sea Turtle	Incomplete Sea Turtle	Preschool 1
		Complete Sea Turtle	Preschool 2
	Salamander	Incomplete Salamander	Preschool 1
		Complete Salamander	Preschool 2
	Sunfish	Incomplete Sunfish	Preschool 2
		Complete Sunfish	Preschool 3
	Crocodile	Incomplete Crocodile	Preschool 4
		Complete Crocodile	Preschool 5
	Whale	Incomplete Whale	Preschool 5
		Complete Whale	Swimmer 1 or 2 (if 6Y old)
School-Aged (6Y and up)	Swim Kids 1	Incomplete Swim Kids 1	Swimmer 1
		Complete Swim Kids 1	Swimmer 2
	Swim Kids 2	Incomplete Swim Kids 2	Swimmer 2
		Complete Swim Kids 2	Swimmer 2
	Swim Kids 3	Incomplete Swim Kids 3	Swimmer 2
		Complete Swim Kids 3	Swimmer 3
	Swim Kids 4	Incomplete Swim Kids 4	Swimmer 3
		Complete Swim Kids 4	Swimmer 3
	Swim Kids 5	Incomplete Swim Kids 5	Swimmer 3
		Complete Swim Kids 5	Swimmer 4
	Swim Kids 6	Incomplete Swim Kids 6	Swimmer 4
		Complete Swim Kids 6	Swimmer 5
	Swim Kids 7	Incomplete Swim Kids 7	Swimmer 5
		Complete Swim Kids 7	Swimmer 6
	Swim Kids 8	Incomplete Swim Kids 8	Swimmer 6
		Complete Swim Kids 8	Rookie Patrol
	Swim Kids 9	Complete or Incomplete Swim Kids 9	Rookie Patrol
	Swim Kids 10	Incomplete Swim Kids 10	Ranger or Star Patrol
		Complete Swim Kids 10	Bronze Star



YMCA Transition into Swim for Life



	In which level did you last enroll?	Did you complete or incomplete?	Continue in...
Parented	Splashers	Based on age	Parent & Tot 1 (6 – 12 months)
	Bubblers	Based on age	Parent & Tot 2 (12 – 24 months)
	Bobbers	Based on age	Parent & Tot 3 (2Y – 5Y)
Preschool-Aged (3Y – 5Y)	Bobbers	Incomplete Bobbers	Preschool 1
		Complete Bobbers	Preschool 2
	Floaters	Incomplete Floaters	Preschool 2
		Complete Floaters	Preschool 3
	Divers	Incomplete Divers	Preschool 3
		Complete Divers	Preschool 4
	Surfers	Incomplete Surfers	Preschool 4
		Complete Surfers	Preschool 5
	Dippers	Incomplete Dippers	Preschool 5
		Complete Dippers	Swimmer 1 or 2 (if 6Y old)
School-Aged (6Y and up)	Otter	Incomplete Otter	Swimmer 1
		Complete Otter	Swimmer 2
	Seal	Incomplete Seal	Swimmer 2
		Complete Seal	Swimmer 3
	Dolphin	Incomplete or Complete Dolphin	Swimmer 3
	Swimmer	Incomplete or Complete Swimmer	Swimmer 4
	Star 1	Incomplete or Complete Star 1	Swimmer 5
	Star 2	Incomplete or Complete Star 2	Swimmer 6
	Star 3	Incomplete Star 3	Rookie Patrol
		Complete Star 3	Ranger Patrol
	Star 4	Incomplete or Complete Star 4	Ranger Patrol
	Star 5	Complete or Incomplete Star 5	Star Patrol
	Star 6	Complete or Incomplete Star 6	Star Patrol
	Masters	Incomplete Masters	Star Patrol or Bronze Star
		Complete Masters	Bronze Star

Arts and Culture

Drama – Performing Arts Combo for Preschoolers	9	Line Dance – Improver Level 2	14	Arts Combo for Adults	20
Drama – Performing Arts Combo	9	Modern Contemporary Dance – Adult ..	14	Clay Basics	20
Drama – Stage Start for Preschoolers.....	9	Partners Dance – Ballroom Dance.....	15	Clay Sculpture.....	20
Drama Intro for Young Performers (5-6 years)	10	Partners Dance – Country Dance.....	15	Clay Studio.....	20
Preschool Dance – Creative Dance/ Movement for Boys	10	Partners Dance – Latin Dance.....	15	Creative Printmaking for Adults.....	20
Preschool Dance – Dance for Preschoolers	10	Animals in Clay.....	15	Drawing & Painting for Adults.....	20
Preschool Dance – Dance, Rhythm & Sound.....	10	Preschool – Anatomy for Young Artists..	15	Drawing For the Completely Intimidated	21
Preschool Dance – Fairy Tale Ball	10	Preschool – Art and the Christmas Story	15	Drawing Sampler.....	21
Preschool Dance – Happy Feet & Tapping Toes.....	10	Preschool – Art and the Story.....	15	Drawing Studio.....	21
Preschool Dance – Hop n’ Pop	10	Preschool – Art Start.....	16	Fibre Arts Basics for Adults.....	21
Preschool Dance – Pre-Ballet.....	11	Preschool – Clay Discovery.....	16	Hand Building Studio.....	21
Preschool Dance – Pre-Jazz & Ballet Combo	11	Preschool – Drawing & Painting.....	16	Hand Building with Clay	21
Preschool Dance – Story Book Ballet	11	Preschool – Wee Holiday Wishes	16	Holiday Greetings – Cards and Envelopes	21
Preschool Dance – The Wee Nutcracker .	11	Preschool Art.....	16	Oil Painting for the Completely Intimidated	21
Preschool Dance – Tiny Ballerinas	11	Christmas Combo	16	Open Studio	21
Preschool Dance – You Can Dance	11	Classic Christmas.....	16	Painting Studio.....	21
Dance – Big & Little Steps Together – Parent & Tot.....	12	Clay For Two.....	16	Painting With Acrylics – Basics	21
Dance – Festive Tales for Two – Parent & Tot.....	12	Create Together	16	Painting With Acrylics – Beyond Basics ..	21
Ballet Dance.....	12	Drawing & Painting for Families.....	16	Painting With Oils – Beyond Basics	22
Dance Allsorts.....	12	Family Arts Combo	17	Painting With Watercolour – Basics.....	22
Dance for Boys	12	Family Clay Projects (4 – 10 yrs + Adult)	17	Painting With Watercolour – Beyond Basics.....	22
Dance from Musicals	12	Family Clay Projects (4 – 15 yrs + Adult)	17	Portrait Basics	22
Drama – Improvisation for Teens.....	12	Family Potter’s Wheel.....	17	Potter’s Wheel Basics	22
Drama Intro for Young Performers (6-8 years)	12	Make n’ Take: Tree Ornaments.....	17	Potter’s Wheel Beyond Basics	23
Drama Introduction	12	Santa’s Art Workshop	17	Potter’s Wheel Studio.....	23
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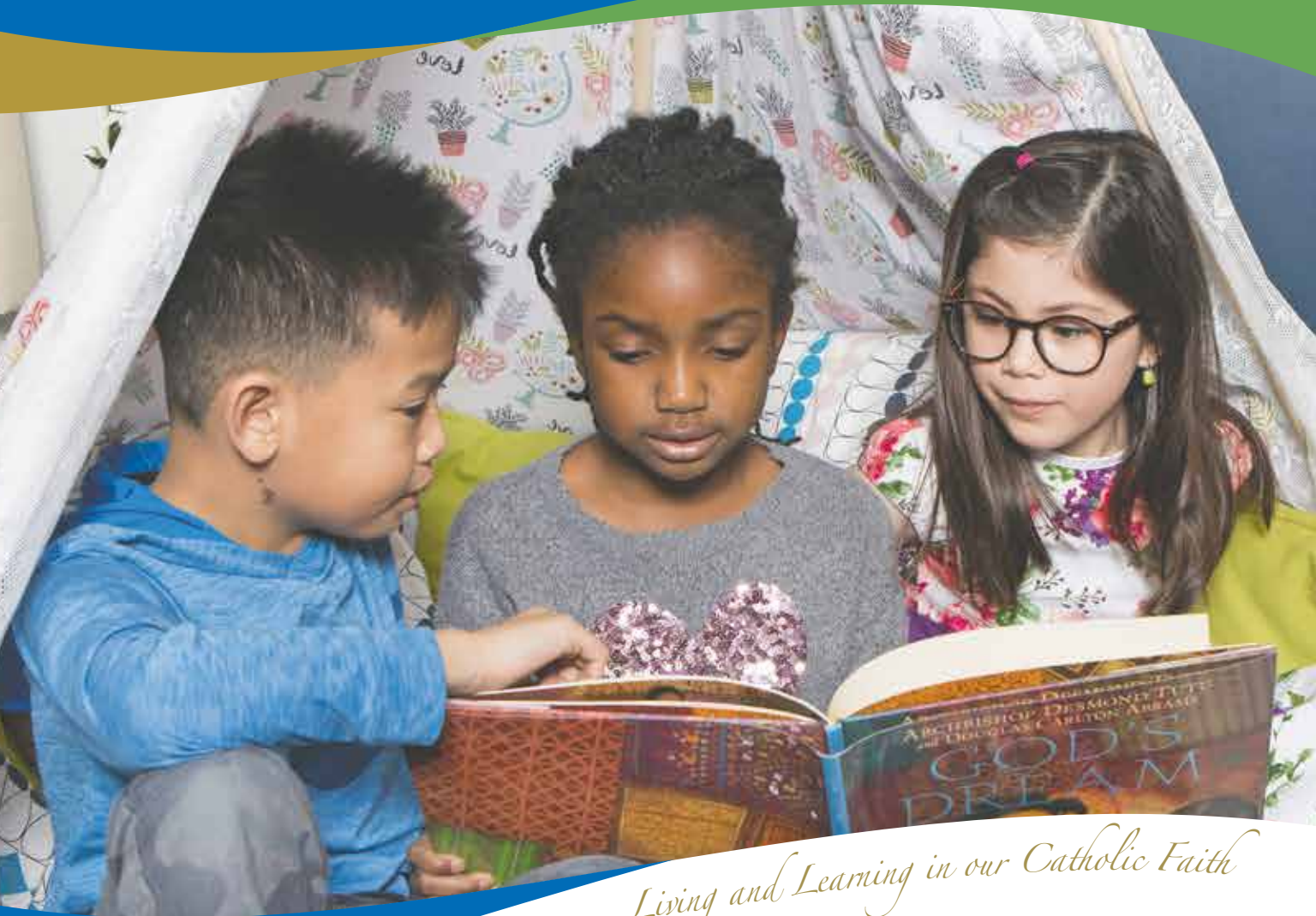
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Calgary Catholic School District



Living and Learning in our Catholic Faith

Register your child today

All Calgary Catholic schools offer a well-rounded, faith-based education in a supportive and inclusive community to meet each child's unique needs from kindergarten through Grade 12.

To register, contact your local Calgary Catholic school. Students born outside of Canada will need to first schedule an appointment at St. John Reception Centre by calling 403-500-2007.

All families are encouraged to inquire.

*Advanced Placement
Filipino Language and Culture
Fine Arts
French Immersion
Hockey Canada Skills Academy
International Baccalaureate (IB)
Italian Language and Culture*

Visit ccsinfo.ca/registration
or contact 403-500-2000 for
more information.

*Off-Campus Education
Self-Directed Learning
Senior High Marching Band
Single Gender
Spanish Bilingual
Strings Program
Year-Round Education*





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of fun**

Family time is the best gift ever. This holiday season, give the gift of recreation. Recreation* and Golf** gift cards are **on sale now**.

Visit **calgary.ca/giftcards** for more information.

*Recreation gift cards can be purchased and used only at City of Calgary pools and leisure centres. **Golf gift cards can be purchased and used only at City of Calgary golf courses. Golf gift cards can be purchased Monday - Friday from 9 a.m. - 3 p.m. (closed 12 - 1 p.m.) at the Golf Administration Office, Max Bell Arena 1001 Barlow Trail S.E., (entrance door is on the left as you drive down the hill). This office is on the second floor and has stairs. If you require access to an elevator, please call 403-300-1012.