

# June is Recreation and Parks Month

Join the fun in Fort Saskatchewan!

Celebrations Start June 1



## Activity Highlights

Parks & Historical Tours  
Family Activities & Fitness Classes  
Events All Month Long

Visit [fortsask.ca/JRPM](https://fortsask.ca/JRPM) for more info.  
Activities suitable for various age groups.  
Check specifics.

Explore,  
Exercise,  
and  
Enjoy!



### LOWER BODY BURN

You guessed it.. glutes, hamstrings, quads and of course, calves will all get incorporated in this lower body burn. Watch out for the sneaky core work in there too.

### RESISTED YOGA

Spice up your yoga practice with this class that incorporates resistance bands to add another layer of strength and control to classic movements.

### POUND

Channel your inner rockstar with this fullbody, cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.

### YOGA STRETCH

Offset the normal decline in the flexibility of your joints and improve circulation, posture with this full-body yoga stretch class.

### MOVING 4 LIFE

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

### POWER HOUR BOOTCAMP

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

### STROLLERCISE

You don't have to miss your workout! Bring your baby along for all the high-intensity drills, strength, cardio, and core training you can handle. Older children must be able to stay in the stroller.

Parental supervision is required for all Pop Up and Plays as well as all Family fitness classes!  
Spontaneous Gym time : 7 years and younger must be accompanied by a responsible person 14 years of age or older.  
All other Fitness Classes: Ages 15 years and older 12-14 years old who completed ONE & DONE.



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FORT SASKATCHEWAN  
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <b>Legacy Park Family Festival</b> 11:00 am - 4:00 pm <b>Sheep Arriving Parade</b> 1:05 pm
	3 <b>FREE Spontaneous Use</b> DCC GYM B 3:30 - 5:30 pm	4	5 <b>Pop Up and Play @ the Park</b> <b>Rock Snake Creations</b> RCMP Park 4:00 - 6:30 pm <i>(come ready to get messy while painting)</i>	6 <b>Free Drop In Deep Water Aquasize</b> Harbour Pool 12:00 - 1:00 pm	7	8 <b>FREE Family Gym Time</b> DCC GYM A 5:00 - 7:00 pm <b>Christmas in June Youth Swim</b> Harbour Pool 7:00 - 9:00 pm
9 <b>Pop Up and Play @ the Park</b> <b>Kite Flying Fun</b> Henderson Park 11:00 am - 1:00 pm <i>(limited FREE kites available)</i>	10 <b>Registered Class Demo Day Strollercise</b> DCC GYM 10:30 - 11:30 am	11	12 <b>Registered Class Demo Day Power Hour</b> DCC Wellness Studio 6:15 - 7:15 pm	13 <b>Registered Class Demo Day Moving 4 Life</b> DCC Flexhall 11:00 am - 12:00 pm <b>FREE Family Yoga &amp; Stretch</b> DCC GYM 6:45 - 7:15 pm	14	15 <b>Pop Up and Play @ the Park Rock Snake Creations</b> Ken Hodgins Park 10:00 am - 12:00 pm <i>(come ready to get messy while painting)</i> <b>Community FREE Swim</b> Harbour Pool 2:00 - 4:00 pm
16 <b>Father's Day Swim</b> Harbour Pool 2:00 - 8:00 pm	17	18 <b>FREE Spontaneous Use</b> DCC GYM A 4:00 - 5:30 pm	19 <b>Free Drop In Shallow Water Aquasize</b> Harbour Pool 12:00 - 1:00 pm	20 <b>Pop Up and Play @ the Park Coffee Social Day</b> RCMP Park 1:30 - 3:00 pm <i>(Coffee, Hot chocolate, Timbits provided)</i> <b>Indigenous Peoples Day celebrations</b> Lagacy Park Bandshell 5:00 - 7:00 pm	21	22
23 <b>FREE Family Pound</b> Taurus Field 10:30 - 11:15 am <b>Fort Sask Disc Golf</b> Turner Park 1:00 - 4:00 pm Fort Saskatchewan Disc Golf	24 <b>Free Drop In Shallow Water Aquasize</b> Harbour Pool 6:30 - 7:30 am	25 <b>FREE Drop In Fitness Lower Body Burn</b> DCC GYM 5:45 - 6:30 pm	26 <b>Pop Up and Play @ the Park Scavenger Hunt Day</b> Pryce Alderson Park 2:00 - 3:30 pm	27 <b>FREE Family Pound</b> Taurus Field 6:00 - 7:00 pm	28 <b>FREE Drop In Fitness Resist Yoga</b> DCC Flexhall 12:05 - 12:50 pm <b>Out of School Bash</b> Harbour Pool 1:00 - 4:00 pm	29
30						

\* **Pop Up and Play locations:** June 5: RCMP Park, June 9: Henderson Park, June 15: Ken Hodgins Park, June 20: RCMP Park, June 26: Pryce Alderson Park (Spray Park)