

FORT SASKATCHEWAN

SUMMER 2024

DROP-IN

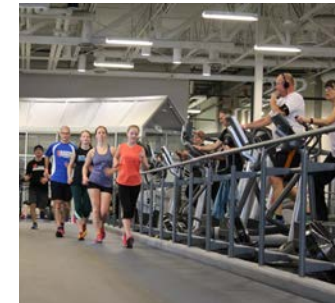
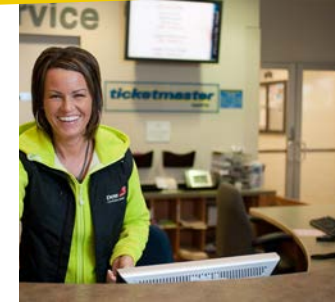
SCHEDULES



DOW Centennial Centre

Age Guidelines

<p>Nutrien Soccerfield, ATCO Gymnasium & Connect Hearing Peek- Caboose Station</p>	<p>Children 7 years and younger must be accompanied by a responsible person 14 years of age or older.</p>
<p>Apple Fitness Centre & ATB Wellness Studio</p>	<p>Cardio Equipment ONLY Access 12 - 14 years old who complete ONE & DONE. Allowed without adult supervision.</p> <p>Full Access Ages 15 years and older allowed without Adult supervision. 12 - 14 years must be accompanied and be within arm's reach of an Adult.</p>
<p>Fitness Classes</p>	<p>Ages 15 years and older 12 -14 years old who completed ONE & DONE allowed without adult supervision. 12-14 years old that have not completed ONE & DONE must be accompanied and be within arms reach of an adult. NO ACCESS for 11 years and younger.</p> <p>*Exception for Youth & Family Specific classes.</p>
<p>Umicor Track</p>	<p>Children 7 years and younger must be accompanied by a responsible person 14 years of age or older and be within arms reach.</p>
<p>Skating</p>	<p>Preschool Puck & Play Ages 7 years and under. Must be accompanied by a responsible person 14 years of age or older.</p> <p>Stick & Puck Ages 8 years and older.</p> <p>Family Skills & Drills Ages 14 years and under. Children 7 years and younger must be accompanied by a responsible person 14 years of age or older.</p> <p>Child Shinny Ages 8 - 12 years - Full Equipment required.</p> <p>Youth Shinny Ages 13 - 17 years - Full Equipment required.</p> <p>Adult Skills Ages 18 years and older.</p>



Drop-in Fitness Classes

EFFECTIVE JULY 1 - AUGUST 31

No Drop in Classes on Stat Holidays: July 1 or August 5

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
15/15/15 9:30 - 10:15 am	Silver Strong 9:00 - 9:45 am	Tabata 9:00 - 9:45 am	Silver Strong 9:00 - 9:45 am	Spin & Core 6:00 - 6:45 am	Silver Strong 9:00 - 9:45 am	Spin 7:45 - 8:15 am
	Circuit 9:00 - 9:45 am	Yoga 10:00 - 10:45 am	Arms and Abs 9:30 - 10:15 am	Chisel'd 9:00 - 9:45 am	Pure Strength 9:00 - 9:45 am	HIIT it Hard 8:30 - 9:15 am
	Pure Strength 6:00 - 6:45 pm	Lower Body Burn 5:45 - 6:30 pm	Yoga 12:05 - 12:50 pm	HIIT it Hard 9:00 - 9:45 am	Buns and Bellies 10:00 - 10:45 am	Step 9:30 - 10:15 am
DAILY ADMISSION OR MONTHLY MEMBERSHIP PASS APPLIES.			Sculpt 6:00 - 6:45 pm	Sit Fit for Health 10:00 - 10:45 am	Stretch it Out 10:00 - 10:45 am	
			Spin 7:00 - 7:30 pm	Upper Body Burn 5:45 - 6:30 pm	Resisted Yoga 12:05 - 12:50 pm	

15/15/15

Challenge yourself with 15 minutes of cardio, 15 minutes of strength, and 15 minutes of core for a complete workout.

ARMS AND ABS

Blast your arms and abs in one workout that focuses on strengthening the upper body.

BUNS AND BELLIES

Strong glutes and core play a major role in controlling the pelvis, hips, and legs and have a huge impact on injury prevention, overall strength, and activities for daily living. This class will teach you to isolate and engage these important stabilizers.

CIRCUIT

Cycle through different exercises and stations aimed to target and challenge various aspects of your anatomy and physiology.

CHISEL'D

Continually challenge and transform your body as you chisel your way through this motivating full-body strength and conditioning class.

HIIT IT HARD

Add some variety to your regime with High-Intensity Interval Training. Guaranteed to make you sweat this workout focuses on bursts of intense work interspersed with short recovery aimed to improve your overall fitness.

LOWER BODY BURN

You guessed it. Glutes, hamstrings, quads, and of course calves will all get incorporated in this lower-body burn.

PURE STRENGTH

Strength, strength, and more strength. Build a strong body with this class that solely focuses on building muscle; YES that means NO CARDIO!

SCULPT

Define your muscle with this full-body workout. Learn classic lifting techniques and exercises that will sculpt your physique.

SILVER STRONG

This total body workout for the active agers focuses on improving strength, balance, stability, and flexibility. Research has shown that exercise can slow the physiological aging clock with many health benefits.

SIT FIT FOR HEALTH

Good news! You don't have to run a marathon to get into shape. This class consists of functional strength and stretch movements that are seated or chair assisted making them accessible and fun. The class will brighten your spirits, clear your mind, boost circulation, and reaction time as you stretch and strengthen your body. It's time to MOVE, just for the HEALTH of it!

SPIN

Be strong. Spin strong. Train hard!

SPIN & CORE

Climb, sprint and cycle strong: a challenge for both mind and body. Power through the core moves and you will be good to the core!

STEP

Step up, down and all around with this classic cardio workout that utilizes aerobic steps, energizing music, and choreographed patterns to boost your heart rate and leave you wanting more.

STRETCH IT OUT

Offset the normal decline in the flexibility of your joints and improve circulation, and posture with this full-body, 30-minute stretch class.

TABATA

Tabata training is a unique and revolutionary approach to achieve maximum exercise benefits in minimal time. Enjoy a total-body workout that will focus on lower body, upper body, and core providing both cardio and strength. Within each 45-minute workout, participants experience short intervals based on Tabata Bootcamp's training that delivers a calorie drenching workout and post metabolic boost.

UPPER BODY BURN

Skipping leg day? We got you covered! Shoulders, back, biceps, triceps, chest, and that sneaky core are the staples to a well rounded upper-body day.

YOGA

Balance your training with this practice intended to bring awareness and bliss to both mind and body.

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.

DOW Centennial Centre

Drop-in Sports JULY 2 – AUGUST 31

CHILDREN 7 YEARS AND YOUNGER MUST BE ACCOMPANIED BY A RESPONSIBLE PERSON 14 YEARS OF AGE OR OLDER.

STAT Holiday Schedule in effect July 1 & August 5 - call 780.992.6400 for updated schedule. Schedule also available online. fortsask.ca/DCC

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pickleball	FULL GYM 8:30 - 10:30 am (Beginner)			FULL GYM 1:00 - 3:00 pm Omit Jul 31			
Badminton	GYM A 5:00 - 6:30 pm	GYM A 10:30 am - 12:00 pm Omit Jul 15, 29, Aug 12 3:30 - 5:00 pm Omit Jul 29	GYM A 1:15 - 2:45 pm Omit Jul 30			GYM A 10:30 am - 12:00 pm Omit Jul 19, Aug 2, 16	GYM A 11:00 am - 12:30 pm
Basketball	FULL GYM 6:30 - 8:00 pm	FULL GYM 7:00 - 9:00 pm	GYM A 11:00 am - 1:00 pm Omit Jul 16, 30, Aug 13	FULL GYM 7:00 - 10:00 pm	GYM A 11:00 am - 1:00 pm Omit Jul 18, Aug 1, 15 7:00 - 10:00 pm		GYM A 7:00 - 8:00 pm
Family Gym Time	GYM A 1:30 - 3:30 pm			GYM A 3:30 - 5:30 pm Jul 31, 4:15 - 5:30pm			GYM A 5:00 - 7:00 pm
Floor Hockey	GYM A 10:45 - 11:30 am		GYM A 3:00 - 5:00 pm Omit Jul 30			GYM A 1:15 - 2:45 pm Omit Aug 2	
Spontaneous Gym Use	GYM B 1:30 - 4:30 pm	GYM B 3:00 - 5:30 pm Jul 2, 9 4:15 - 5:30 pm	GYM B 4:00 - 5:30 pm Jul 30, 4:15 - 5:30 pm	GYM B 3:30 - 5:30 pm Jul 31, 4:15 - 5:30 pm	GYM A 1:15 - 3:45 pm Omit Aug 1	GYM A 3:00 - 9:00 pm Aug 2, 4:15 - 9:00 pm	GYM A 1:00 - 3:30 pm

Continued on next page

Daily Admission or Monthly Membership Pass Applies.
Schedule is subject to change without notice.

DOW Centennial Centre

Drop-in Sports JULY 2 – AUGUST 31

CHILDREN 7 YEARS AND YOUNGER MUST BE ACCOMPANIED BY A RESPONSIBLE PERSON 14 YEARS OF AGE OR OLDER.

STAT Holiday Schedule in effect July 1 & August 5 - call 780.992.6400 for updated schedule. Schedule also available online. fortsask.ca/DCC

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Volleyball	GYM A 12:00 - 1:00 pm	GYM A 1:15 - 2:45 pm Omit Jul 29		GYM A 10:30 am - 12:00 pm Omit Jul 17,31, Aug 14	GYM A 4:00 - 5:30 pm Aug 1, 4:15 - 5:30 pm		GYM A 4:00 - 5:00 pm
Tot Time <small>(ages 3 and under)</small>			FLEXHALL 11:00 am - 1:30 pm		FLEXHALL 11:00 am - 1:30 pm		FLEXHALL 11:00 am - 2:00 pm
Tot & Kinder Time <small>(ages 5 and under)</small>	FLEXHALL 11:00 am - 1:00 pm	FLEXHALL 1:30 - 3:30 pm		FLEXHALL 1:30 - 3:30 pm		FLEXHALL 1:30 - 3:30 pm	
Spontaneous Soccer Use		SOCCER A 10:00 am - 3:00 pm	FULL SOCCER 4:00 - 5:00 pm	FULL SOCCER 12:00 - 4:00 pm	FULL SOCCER 4:00 - 5:00 pm	SOCCER A 11:00 am - 5:00 pm	
Lacrosse		SOCCER B 3:30 - 5:00 pm	SOCCER B 12:30 - 2:30 pm		SOCCER B 12:30 - 2:30 pm	SOCCER B 3:30 - 5:00 pm	
Adult Drop In Soccer	FULL SOCCER 7:00 - 8:00 pm		SOCCER A 8:00 - 9:00 pm	FULL SOCCER 4:45 - 5:45 pm			

Daily Admission or Monthly Membership Pass Applies.
Schedule is subject to change without notice.

DOW Centennial Centre Sherritt-CEP Arena

Dry Pad Drop-in Schedule EFFECTIVE JULY 2 – JULY 30

Children 7 years and younger must be accompanied by a responsible person 14 years of age or older.

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spontaneous Use	10:30 am - 5:00 pm	10:30 am - 5:00 pm	10:30 am - 5:00 pm	10:30 am - 5:00 pm	10:30 am - 5:00 pm	10:30 am - 5:00 pm	10:30 am - 5:00 pm

Daily Admission or Monthly Membership Pass Applies | Schedule is subject to change without notice

Call 780.992.6400 for updated schedule | Schedule also available online: fortsask.ca/dcc

SPONTANEOUS USE IS OPEN TO ALL AGES AND CAN INCLUDE:

Badminton

Volleyball

Pickleball

Scooters: Small selection of scooters available to borrow on a first come, first served basis. Helmets are required.

Ball Hockey: Full equipment and helmets are required.

Roller Skating: Must bring own roller skates. Helmets are required.

Scooters: Small selection of scooters available to borrow on a first come, first served basis. Helmets are required.

FREE Drop-in Skating at the Sportsplex from June 30 to August 18, 2024.

Enjoy limited FREE Drop-In City Programs at the Sportsplex until August 18. Enjoy public skating, shinny, and more.

See page 9 for the Sportsplex Arena Drop-in Schedule.

DOW Centennial Centre Sherritt-CEP Arena

Drop-in Schedule EFFECTIVE AUGUST 11 – AUGUST 30

Children 7 years and younger must be accompanied by a responsible person 14 years of age or older.
Full equipment required for all shinny. Helmets required for ages 12 years and under.

Preschool Puck & Play	Ages 7YRS & Under
Child Shinny	Ages 8-12YRS
Youth Shinny	Ages 13-17YRS
Stick & Puck	Ages 8YRS & Older
Family Skills & Drills	Ages 14YRS & Under
Adult Skills	Ages 18YRS & Older

EFFECTIVE AUGUST 11 – AUGUST 17

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Child Shinny			2:00 - 3:00 pm				
Youth Shinny				2:00 - 3:00 pm			
Stick & Puck					2:00 - 3:00 pm		
Family Skills & Drills							2:00 - 3:00 pm
NEW Figure Skating		2:00 - 3:00 pm				2:00 - 3:00 pm	

EFFECTIVE AUGUST 18 – AUGUST 24

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FREE Public Skating					11:30 am - 12:00 pm	11:30 am - 12:00 pm	
Preschool Puck & Play		9:30 - 10:30 am	9:30 - 10:30 am	9:30 - 10:30 am	9:30 - 10:30 am	9:30 - 10:30 am	
Child Shinny			10:30 - 11:30 am				
Youth Shinny				10:30 - 11:30 am			
Stick & Puck		10:30 - 11:30 am					10:30 - 11:30 am
Family Skills & Drills						10:30 - 11:30 am	9:30 - 10:30 am
Adult Skills						12:00 - 1:00 pm	
NEW Figure Skating		11:30 am - 12:00 pm	11:30 am - 12:00 pm	11:30 am - 12:00 pm	10:30 - 11:30 am	1:00 - 1:30 pm	11:30 am - 12:00 pm

Schedule is subject to change without notice Call 780.992.6400 for updated schedule.

DOW Centennial Centre Sherritt-CEP Arena

Drop-in Schedule EFFECTIVE AUGUST 11 – AUGUST 30

Children 7 years and younger must be accompanied by a responsible person 14 years of age or older. Full equipment required for all shinny. Helmets required for ages 12 years and under.

Preschool Puck & Play	Ages 7YRS & Under
Child Shinny	Ages 8-12YRS
Youth Shinny	Ages 13-17YRS
Stick & Puck	Ages 8YRS & Older
Family Skills & Drills	Ages 14YRS & Under
Adult Skills	Ages 18YRS & Older

EFFECTIVE AUGUST 25 – AUGUST 30

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FREE Public Skating	11:30 am - 12:00 pm					
Preschool Puck & Play	10:30 - 11:30 am	11:00 am - 12:00 pm	10:00 - 11:00 am	10:00 - 11:45 am	10:00 - 11:45 am	10:00 - 11:45 am
Child Shinny			11:00 am - 12:00 pm			
Youth Shinny		10:00 - 11:00 am				
Adult Skills		12:00 - 12:45 pm	12:00 - 12:45 pm	12:00 - 1:15 pm	12:00 - 1:15 pm	12:00 - 1:15 pm
NEW Figure Skating		12:45 - 1:30 pm	12:45 - 1:30 pm			

Schedule is subject to change without notice Call 780.992.6400 for updated schedule.

Sportsplex Arena Drop-in Schedule

All drop-ins are FREE at the Sportsplex from June 30 to August 18, 2024

Children 7 years and younger must be accompanied by a responsible person 14 years of age or older. Full equipment required for all shinny. Helmets required for ages 12 years and under.

Preschool Puck & Play	Ages 7YRS & Under
Child Shinny	Ages 8-12YRS
Youth Shinny	Ages 13-17YRS
Stick & Puck	Ages 8YRS & Older
Family Skills & Drills	Ages 14YRS & Under
Adult Skills	Ages 18YRS & Older

EFFECTIVE JUNE 30 – JULY 6

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FREE Public Skating	4:15 - 5:30 pm						2:30 - 4:00 pm
Preschool Puck & Play			10:15 - 11:30 am	10:15 - 11:30 am	10:15 - 11:30 am	11:00 am - 12:15 pm	4:00 - 5:15 pm
Family Skills & Drills						4:00 - 5:15 pm	

EFFECTIVE JULY 7 – JULY 13

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FREE Public Skating	4:15 - 5:15 pm						2:30 - 4:30 pm
Preschool Puck & Play			10:15 - 11:30 am		10:15 - 11:30 am		
Child Shinny			4:00 - 5:15 pm				
Youth Shinny				4:00 - 5:15 pm			
Stick & Puck		10:15 - 11:30 am 4:00 - 5:15 pm		10:15 - 11:30 am		10:15 - 11:30 am	4:30 - 5:15 pm
Family Skills & Drills						4:00 - 5:15 pm	
NEW Figure Skating	5:15 - 6:30 pm				4:00 - 5:15 pm		

Schedule is subject to change without notice Call 780.992.6400 for updated schedule.

Sportsplex Arena Drop-in Schedule

All drop-ins are FREE at the Sportsplex from May 5 to August 18, 2024

Children 7 years and younger must be accompanied by a responsible person 14 years of age or older. Full equipment required for all shinny. Helmets required for ages 12 years and under.

Preschool Puck & Play	Ages 7YRS & Under
Child Shinny	Ages 8-12YRS
Youth Shinny	Ages 13-17YRS
Stick & Puck	Ages 8YRS & Older
Family Skills & Drills	Ages 14YRS & Under
Adult Skills	Ages 18YRS & Older

EFFECTIVE JULY 14 – JULY 20

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FREE Public Skating	4:00 - 5:15 pm						3:00 - 4:15 pm
Preschool Puck & Play			8:30 - 9:30 am		8:30 - 9:30 am		
Child Shinny			4:15 - 5:15 pm				
Youth Shinny				4:15 - 5:45 pm			
Stick & Puck		8:30 - 9:30 am 4:15 - 5:45 pm		8:30 - 9:30 am		8:30 - 9:30 am	4:15 - 5:15 pm
Family Skills & Drills	2:30 - 4:00 pm					4:15 - 5:45 pm	
NEW Figure Skating					4:15 - 5:45 pm		

Schedule is subject to change without notice Call 780.992.6400 for updated schedule.

Sportsplex Arena Drop-in Schedule

All drop-ins are FREE at the Sportsplex from May 5 to August 18, 2024

Children 7 years and younger must be accompanied by a responsible person 14 years of age or older. Full equipment required for all shinny. Helmets required for ages 12 years and under.

Preschool Puck & Play	Ages 7YRS & Under
Child Shinny	Ages 8-12YRS
Youth Shinny	Ages 13-17YRS
Stick & Puck	Ages 8YRS & Older
Family Skills & Drills	Ages 14YRS & Under
Adult Skills	Ages 18YRS & Older

EFFECTIVE JULY 21 – JULY 27

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FREE Public Skating	4:15 - 5:45 pm						2:30 - 4:00 pm
Preschool Puck & Play			10:00 - 11:15 am		10:00 - 11:15 am		
Child Shinny			4:00 - 5:15 pm				
Youth Shinny				4:00 - 5:15 pm			
Stick & Puck		10:00 - 11:15 am 4:00 - 5:15 pm		10:00 - 11:15 am		10:00 - 11:15 am	4:00 - 5:15 pm
Family Skills & Drills	3:00 - 4:15 pm					4:00 - 5:15 pm	
NEW Figure Skating					4:00 - 5:15 pm		

Schedule is subject to change without notice Call 780.992.6400 for updated schedule.

Sportsplex Arena Drop-in Schedule

All drop-ins are FREE at the Sportsplex from May 5 to August 18, 2024

Children 7 years and younger must be accompanied by a responsible person 14 years of age or older. Full equipment required for all shinny. Helmets required for ages 12 years and under.

Preschool Puck & Play	Ages 7YRS & Under
Child Shinny	Ages 8-12YRS
Youth Shinny	Ages 13-17YRS
Stick & Puck	Ages 8YRS & Older
Family Skills & Drills	Ages 14YRS & Under
Adult Skills	Ages 18YRS & Older

EFFECTIVE JULY 28 – AUGUST 3

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FREE Public Skating	4:00 - 5:15 pm						2:30 - 3:45 pm
Preschool Puck & Play			9:30 - 10:45 am		9:30 - 10:45 am		
Child Shinny			3:45 - 4:30 pm				
Youth Shinny				3:45 - 4:30 pm			
Stick & Puck		9:30 - 10:45 am 3:45 - 4:30 pm		9:30 - 10:45 am		9:30 - 10:45 am	3:45 - 4:30 pm
Family Skills & Drills	2:30 - 4:00 pm					3:45 - 4:30 pm	
NEW Figure Skating					3:45 - 4:30 pm		

Schedule is subject to change without notice Call 780.992.6400 for updated schedule.

Sportsplex Arena Drop-in Schedule

All drop-ins are FREE at the Sportsplex from May 5 to August 18, 2024

Children 7 years and younger must be accompanied by a responsible person 14 years of age or older. Full equipment required for all shinny. Helmets required for ages 12 years and under.

Preschool Puck & Play	Ages 7YRS & Under
Child Shinny	Ages 8-12YRS
Youth Shinny	Ages 13-17YRS
Stick & Puck	Ages 8YRS & Older
Family Skills & Drills	Ages 14YRS & Under
Adult Skills	Ages 18YRS & Older

EFFECTIVE AUGUST 4 – AUGUST 10

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FREE Public Skating	3:45 - 4:30 pm			6:45 - 7:45 am		6:45 - 7:45 am	12:30 - 1:30 pm
Preschool Puck & Play						9:00 - 10:00 am	
Youth Shinny			6:45 - 7:45 am		6:45 - 7:45 am		
Family Skills & Drills	2:30 - 3:45 pm						

EFFECTIVE AUGUST 11 – AUGUST 17

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FREE Public Skating	12:30 - 1:30 pm						10:30 - 11:30 am
Preschool Puck & Play			10:30 - 11:30 am		10:30 - 11:30 am		
Stick & Puck		10:30 - 11:30 am		10:30 - 11:30 am		10:30 - 11:30 am	

EFFECTIVE AUGUST 18 – AUGUST 24

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FREE Public Skating	10:30 - 11:30 am						

Schedule is subject to change without notice Call 780.992.6400 for updated schedule.



Drop-In Pool Schedule

SUMMER SWIM SCHEDULE JULY 1 - AUGUST 25

Children under the age of 8 must be accompanied into the water, staying within arm's reach by a responsible person 14 years of age or older.

Schedule and fees are subject to change without notice. fortsask.ca/Swim

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Reception Desk	1:00 - 9:00 pm	6:00 am - 10:00 pm	6:00 am - 10:00 pm	6:00 am - 10:00 pm	6:00 am - 10:00 pm	6:00 am - 9:00 pm	1:00 - 7:00 pm
Public Swim	1:00 - 8:00 pm	1:00 - 3:00 pm 6:30 - 9:00 pm	1:00 - 3:00 pm 6:30 - 9:00 pm	1:00 - 3:00 pm 6:30 - 9:00 pm	1:00 - 3:00 pm 6:30 - 9:00 pm	1:00 - 4:00 pm 6:30 - 9:00 pm	1:00 - 7:00 pm
Lane Swim *3 lanes only 7:00 - 8:30 am Tuesday/Thursday	8:00 - 9:00 pm	6:00 - 9:00 am 12:00 - 1:00 pm 9:00 - 10:00 pm	6:00 - 9:00 am* 12:00 - 1:00 pm 9:00 - 10:00 pm	6:00 - 9:00 am 12:00 - 1:00 pm 9:00 - 10:00 pm	6:00 - 9:00 am* 12:00 - 1:00 pm 9:00 - 10:00 pm	6:00 - 9:00 am 12:00 - 1:00 pm	
Aquasize **Deep Water Class		6:30 - 7:30 am 12:00 - 1:00 pm 9:00 - 10:00 pm**	12:00 - 1:00 pm 9:00 - 10:00 pm	6:30 - 7:30 am 12:00 - 1:00 pm 9:00 - 10:00 pm**	12:00 - 1:00 pm 9:00 - 10:00 pm	6:30 - 7:30 am 12:00 - 1:00 pm	

CLOSED July 1 | CLOSED July 20 for Piranhas Swim Meet | STAT Public Swim 1:30 - 4:30 pm August 5

Harbour Pool Events

EVENT	DATE & TIME	SPONSOR
Sports Day Public Swim	July 5, 1:00 - 4:00 pm	Fort Sask Rotary Club
Craft Day Public Swim	July 12, 1:00 - 4:00 pm	City Law Offices
Science Day Public Swim	July 19, 1:00 - 4:00 pm	Majestic Chapter #126 Grand Chapter of Alberta - Order of Eastern Star
Water Safety Day Public Swim	July 26, 1:00 - 4:00 pm	Manderley Turf Products Inc.
Emoji Fun Day Public Swim	August 2, 1:00 - 4:00 pm	Fort Sask Reno Inc.
Mission Impossible Day Public Swim	August 9, 1:00 - 4:00 pm	Allard Home Care
Obstacle Challenge Day Public Swim	August 16, 1:00 - 4:00 pm	City Law Offices
Back to School Bash Public Swim	August 23, 1:00 - 4:00 pm	MEGlobal Canada ULC