

2020
Spring/Summer

DROP-IN SCHEDULES



2020 PASS RATES

All rates subject to change.

* 2 adults (18+), all children in one household (under 18).

** DCC & Multi-Facility Pass includes all drop-in fitness classes & sports.



DOW CENTENNIAL CENTRE	TOTS UNDER 2	CHILD 2-12 Yrs	YOUTH 13-17 Yrs	STUDENT 18+ & ID	ADULT 18 - 64 Yrs	SENIOR 65+	FAMILY*
Single Day	FREE	\$4.75	\$5.25	\$7.50	\$9.00	\$7.50	\$20.00
10 Pass Card	FREE	\$42.50	\$47.30	\$67.50	\$81.00	\$67.50	\$186.00
Monthly Pass	FREE	\$23.75	\$26.25	\$37.50	\$45.00	\$37.50	\$105.00
Annual Pass	FREE	\$261.25	\$288.75	\$412.50	\$500.00	\$412.50	\$1122.00
TRACK ONLY							
Single Day	FREE	\$2.00	\$2.00	\$2.00	\$2.00	\$1.00	N/A
Monthly Pass	FREE	\$20.00	\$20.00	\$20.00	\$20.00	\$10.00	N/A

HARBOUR POOL							
Single Day	FREE	\$4.00	\$5.25	\$5.25	\$7.00	\$5.25	\$15.00
10 Pass Card	FREE	\$36.00	\$47.50	\$47.50	\$63.00	\$47.50	\$135.00
Monthly Pass	FREE	\$20.00	\$36.75	\$36.75	\$49.00	\$36.75	\$100.00
Annual Pass	FREE	\$199.50	\$367.50	\$367.50	\$490.00	\$367.50	\$1000.00
Aqua Single Day	N/A	N/A	\$6.50	\$6.50	\$8.25	\$6.50	N/A
Aqua 10 Pass Card	N/A	N/A	\$58.50	\$58.50	\$74.50	\$58.50	N/A
Aqua Monthly Pass	N/A	N/A	\$45.50	\$45.50	\$58.00	\$45.50	N/A
Aqua Annual Pass	N/A	N/A	\$455.00	\$455.00	\$580.00	\$455.00	N/A
AQUA Surcharge to Monthly & Annual Pass Holders Only			\$2.00	\$2.00	\$2.00	\$2.00	N/A

MULTI-FACILITY PASS**							
Single Day	FREE	N/A	N/A	N/A	N/A	N/A	\$22.00
10 Pass Card	FREE	N/A	N/A	N/A	N/A	N/A	\$198.00
Monthly Pass	FREE	\$25.50	\$31.25	\$43.00	\$54.00	\$43.00	\$116.50
Annual Pass	FREE	\$280.50	\$343.75	\$473.00	\$594.00	\$473.00	\$1242.00

AQUA MULTI-FACILITY PASS							
Aqua Monthly Pass	N/A	N/A	\$52.00	\$52.00	\$62.00	\$52.00	N/A
Aqua Annual Pass	N/A	N/A	\$572.25	\$572.25	\$687.75	\$572.25	N/A

FLEX PASS	HARBOUR POOL		DOW CENTENNIAL CENTRE		MULTI-FACILITY PASS	
	Monthly	Annual	Monthly	Annual	Monthly	Annual
Second Adult	\$40.75	\$416.50	\$38.25	\$425.00	\$46.00	\$503.50
Child (Added with Adult)	\$16.50	\$160.00	\$16.25	\$171.75	\$19.50	\$206.00
Youth (Added with Adult)	\$21.00	\$210.00	\$22.00	\$243.50	\$22.00	\$240.50
Second Senior / Student	\$31.25	\$312.50	\$32.00	\$350.00	\$37.00	\$411.50



DOW CENTENNIAL CENTRE

780.992.6400 | 8700 - 84 STREET | FORTSASK.CA

OPEN All Days (Monday - Sunday) 5:30 am - 10:00 pm

Exceptions: Closed at 5:00 pm on December 24 & 31

Closed December 25, January 1 & July 1

Statutory Holidays: 9:00 am - 9:00 pm

HARBOUR POOL



SCHEDULE HOTLINE: 780.992.6161

10001-94 AVENUE | FORTSASK.CA

Early Out Loonie Swim: 3:00 pm - 4:30 pm

First Wednesday of every month • No lane swim on these days

Statutory Holiday Public Swim: 1:30 pm - 4:30 pm

GAMES DEN

A GREAT PLACE TO RELAX WITH FRIENDS!

Turn up the "fun level" with a game of PS4, Xbox, ping pong, foosball, arcade video or good old board games. Or maybe you just want to relax...

You decide, it's your game!

Open to close (9 YRS+)

(Subject to change)

8 and under require adult supervision. *Wristband required.* \$2 for all ages.

FREE with STUFF TO DO wristband.

This room can also be booked for Birthday Parties! Contact Bookings at 780.992.6266



CONNECT HEARING PEEK-CABOOSE PLAY STATION

Open During Hours of Operation

Challenge your little one with some indoor fun by visiting our indoor playground.

Height restrictions: 4'3"

Free Admission to Play Station.

Adult supervision required in play area.

NO SCHOOL FUN DAYS

9:00 - 10:30 am (6 - 12 YRS)
Wristband required. Nutrien Soccer Field

GAMES & SPORTS

Mar 6 & 27 | May 15

DID YOU KNOW?!

We have Drop-In times for Pickleball! No Equipment? No Problem! Stop by the front desk and ask about the equipment then let the games begin. **HAVE FUN!!** Check the Drop-In Sports schedule. Call the front desk to confirm times. *Wristband required.*



JOIN US FOR SPRING BREAK BOUNCY CASTLES!

Wristbands Required | Under 2 are FREE
Children 8 and under require adult supervision.
Children 9 and up are welcome to attend.

Mar 30 - Apr 3 | Nutrien Soccer Field
Mon through Fri: 9:00 - 11:30 am, 12:30 - 3:00 pm

2020 Summer Ice

Contact the Bookings Office to book your ice requests now!

Call 780.992.6266 or email: bookings@fortsask.ca

Childminding [JAN - AUG 2020]

RATES

Subject to change

1/2 HR CARD

INDIVIDUAL CHILD.....	\$3.00	\$45.00
FAMILY.....	\$4.35	\$65.00

HOURS

Mon | Tues | Wed
8:30 am - 8:00 pm
Thu | Fri:
8:30 am - 4:30 pm
Sat | 8:30 am - Noon

We provide parents with short term care while visiting the centre.
All children 8 and under are welcome.

July 1 - August 31 - No evening hours
Mon - Fri | 8:30 am - 4:30 pm
Sat | 8:30 am - Noon
CLOSED Spring/Summer long weekend Saturdays (May 16, Aug 1 & Sep 5)

SPRING SWIM SCHEDULE: May - June

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
Reception Desk	12:00 - 9:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-9:00pm	9:00am-7:00pm
Lane Swim	8:00-9:00pm	6:00-9:00am 12:00-1:15pm 3:00-4:30pm 8:00-9:00pm	6:00-9:00am 10:30am-1:00pm 3:00-4:00pm 8:00-9:00pm	6:00-9:00am 12:00-1:15pm 3:00-4:30pm 8:00-9:00pm	6:00-9:00am 10:30am-1:00pm 3:00-4:00pm 8:00-9:00pm	6:00-9:00am 12:00-1:00pm 3:00-4:00pm	
Aquasize *Deep Water **Gentle Aqua ***Quick Cardio	8:00-9:00pm	6:30-7:30am 12:00-1:00pm *8:00-9:00pm	***6:30-7:00am 11:00am-12:00pm **12:00-1:00pm 8:00-9:00pm	6:30-7:30am 12:00-1:00pm *8:00-9:00pm	***6:30-7:00am 11:00am-12:00pm **12:00-1:00pm 8:00-9:00pm	6:30-7:30am 12:00-1:00pm	
Public Swim	2:00-8:00pm	3:00-4:30pm 6:30-8:00pm	3:00-4:00pm	3:00-4:30pm 6:30-8:00pm	3:00-4:00pm	3:00-4:00pm 7:30-9:00pm	2:00-4:00pm 5:00-7:00pm
Adult Swim		9:00-10:00pm	9:00-10:00pm	9:00-10:00pm	9:00-10:00pm		

SUMMER SWIM SCHEDULE: July - August

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
Reception Desk	1:00 - 9:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-9:00pm	1:00-7:00pm
Lane Swim	8:00-9:00pm	6:00-9:00am 12:00-1:00pm 9:00-10:00pm	6:00-9:00am (Only 3 lanes) 12:00-1:00pm 9:00-10:00pm	6:00-9:00am 12:00-1:00pm 9:00-10:00pm	6:00-9:00am (Only 3 lanes) 12:00-1:00pm 9:00-10:00pm	6:00-9:00am 12:00-1:00pm	
Aquasize *Deep Water **Quick Cardio		6:30-7:30am 12:00-1:00pm *9:00-10:00pm	**6:30-7:00am 12:00-1:00pm 9:00-10:00pm	6:30-7:30am 12:00-1:00pm *9:00-10:00pm	**6:30-7:00am 12:00-1:00pm 9:00-10:00pm	6:30-7:30am 12:00-1:00pm	
Public Swim	1:00-8:00pm	1:00-3:00pm 7:30-9:00pm	1:00-3:00pm 7:30-9:00pm	1:00-3:00pm 7:30-9:00pm	1:00-3:00pm 7:30-9:00pm	1:00-4:00pm 6:30-9:00pm	1:00-7:00pm

Schedule & fees are subject to change without notice. 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.

APPLE FITNESS CENTRE & ATB FINANCIAL WELLNESS STUDIO

15 YRS+

PLEASE NOTE: Youth ages 10 - 14 must be accompanied by and within reach of supervising adult at all times. Proper footwear must be worn - sandals and boots are not permitted. Call 780.992.6404

THREE FOR FREE (12-14 Years)

Do you want to work out in the Apple Fitness Centre on your own? In only 3 sessions, our certified trainer will teach you proper techniques for strength training and how to correctly and safely use the fitness equipment. Orientations run for 3 consecutive weeks beginning the first **Saturday** of every month from **12:30 - 1:30 pm**. You must attend all three classes to complete the program. A waiver form for each participant must be filled out by a parent/guardian before their first class.

July & August by appointment only.

FITNESS SERVICES

All prices include 5% GST

Personal Program (2 hrs).....\$120.00

Personal Fitness Assessment (1 hr).....\$60.00

Starter Package - 3 training sessions, program and assessment.....\$170.00

PERSONAL TRAINING

PACKAGES - 1 Person

1 hour package..... \$60.00

5 hour package..... \$270.00

10 hour package..... \$510.00

15 hour package..... \$720.00

GROUP TRAINING - 2 People

1 hour package..... \$80.00

5 hour package..... \$360.00

10 hour package..... \$680.00

15 hour package..... \$960.00

UMICORE TRACK

Open daily, the Umicore Track is designed to provide an indoor opportunity for everyone! The track is 335 m long (3 laps = 1 km; 5 laps = 1 mile) and runs through both the Apple Fitness Centre and Agrium Soccer Field. Proper footwear must be worn -sandals and boots are not permitted.

Children 9 and under may walk the track when within arm's reach of supervising adult. Youth 10 - 14 yrs may walk the track when they have a supervising adult in the Apple Fitness Centre.

CLASS DESCRIPTIONS

ACTIVE AGING STRONG

That's right we are all aging! An active lifestyle is important to maintain your health and wellness. This full body, low impact workout is designed to help build strength and maintain flexibility, great for all ages. Get moving so you can keep moving!

ATHLETIC TRAINING

Looking for a challenge? This class will motivate you to move up to the next level of fitness. Increase strength and cardiovascular endurance.

CARDIO SCULPT COMBO

Elements focused on endurance, muscle conditioning and cardio are built into this class to help you sculpt and energize your fit and firm physique.

CHISEL'D

Transform both mind and body with this muscle strengthening and conditioning class. You will be challenged and motivated as you chisel your way through this workout using a variety of equipment and conditioning methods.

FIT MIX

A full body workout with a mix of strength, cardio and flexibility.

GET GOING

Wish to have a stronger and healthier body? This class will get you going in the right direction in a supportive, motivating environment. Group fitness is a fun way to build strength, cardiovascular endurance and core stability.

HIIT IT HARD

Start your weekend off right with 45 minutes of High Intensity Interval Training. Guaranteed to make you sweat, improve your speed and agility. Each class ends with a 15 minute stretching component.

METABOLIC BLAST

Start off your week with a 50 minute cardio/strength workout at noon, great fit into your busy schedule.

MORNING MADNESS NEW!

It's Monday and the instructor has gone "mad"! Let her imagination and skills take you through a workout that will kick the weekend food and fun to the curb. It's going to get sweaty!

MUSCLE UP

Define and strengthen muscles as you challenge yourself with a wide variety of conditioning methods and training equipment.

POUND® PLUS NEW!

Channel your inner rockstar with this full-body cardio jam session inspired by the infectious, sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and drum your way to a leaner, slimmer physique - all while rocking out to your favorite music!

PUT A SPIN ON IT

Challenge yourself with a mix of 20 min strength, 20 min core and 20 min of spin for a complete workout.

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!

SILVER STRONG

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

SPIN

Be strong... spin strong... train hard!

SPIN & CORE PLUS

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!

SPIN & MORE NEW!

A great combination for the entire body! Get your heart pumping with the spin cycling, then more on the floor with weights and core.

STRETCH IT OUT

Stretching is important to maintain flexibility, it helps offset the effects of normal decline in the flexibility of your joints. The body needs to move to stay strong and healthy. Stretching can improve blood circulation, reduce symptoms of disease, improve posture and give you an overall feeling of wellbeing. A good warm-up will get your body ready to stretch it out.

STROLLERCISE

Bring your baby in the stroller to this high energy workout. Get your body back into shape with an assortment of drills focusing on strength, power, agility, balance, cardio and core. You won't get bored using a wide variety of training equipment. Don't just exercise... STROLLERCISE!

STRONG + Essentrics® NEW!

Build strength with this full body workout that rapidly changes the shape of your body through a dynamic and fluid combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. Perfect for all fitness levels.

YOGA INSPIRED STRETCH

We all know the importance of stretching but do we make the time for it? This stretch class will focus on STRENGTH, FLEXIBILITY & BALANCE to create full range of motion to reduce risk of injury. It's only 30 minutes. You can do it!

YOGA STRENGTH

Incorporate yoga movements into a full body and core strengthening workout, while improving flexibility.

DROP IN FITNESS [APRIL - AUGUST 2020]

Schedules Subject To Change

MON	TUES	WED	THU	FRI	SAT	SUN
9:00 - 10:00 am Silver Strong		9:00 - 10:00 am Silver Strong	9:00 - 10:00 am Cardio Sculpt Combo	8:45 - 9:45 am Spin & Core	8:30 - 9:30 am HIIT It Hard	10:00 - 11:00 am Put a Spin On It
9:00 - 10:00 am Morning Madness NEW!	9:00 - 10:00 am Fit Mix	9:00 - 10:00 am Chisel'd	9:00 - 10:00 am Stretch It Out NEW!	9:00 - 10:00 am Get Going	9:00 - 10:00 am Race Walking ENDS Jun 24	
	10:00 - 11:00 am Sit Fit for Health	12:05 - 12:55 pm Spin and More	10:45 - 11:45 am Sit Fit for Health	9:00 - 10:00 am Silver Strong		
12:05 - 12:55 pm Metabolic BLAST	12:05 - 12:50 pm Spin & More NEW!	12:00 - 1:00 pm Yoga	12:05 - 12:55 pm Muscle Up	10:30 - 11:30 am Strollercise		
	5:15 - 6:15 pm Athletic Training	6:15 - 6:45 pm Pound® Plus NEW!	5:15 - 6:15 pm Active Aging Strong NEW!	12:00 - 1:00 pm Yoga Strength		
6:00 - 7:00 pm Spin & Core Plus		6:45 - 7:15 pm Yoga Inspired Stretch NEW!		12:05 - 12:50 pm Spin		
7:30 - 8:30 pm Strong + Essentrics® NEW!		7:00 - 8:00 pm Race Walking ENDS Jun 24				

ALL DROP-IN CLASSES

INCLUDED WITH ADMISSION AND MEMBERSHIP PASSES

Wristbands required for participation. Participating age is 15 years and up, unless otherwise noted.

SEE PAGE TO THE LEFT FOR CLASS DESCRIPTIONS

DROP IN SPORTS [APRIL - AUGUST 2020]

MON	TUES	WED	THU	FRI	SAT	SUN
SILVER SNEAKERS SENIORS (65 Yrs+) All week, open to close Umicore Track \$1.00 / Day						
		6:30 - 8:30 am Pickleball ATCO Gym NEW!				
		10:15 - 11:30 am Pickleball ATCO Gym NEW!				
	12:30 - 3:30 pm Pickleball ATCO Gym	11:30 am - 1:00 pm Badminton ATCO Gym A		11:30 am - 1:00 pm Badminton ATCO Gym A	12:30 - 1:30 pm Three For Free! (12 - 14 Yrs) Apple Fitness Centre Jul & Aug by appointment only	
1:15 - 2:30 pm Beginner Pickleball ATCO Gym				1:30 - 3:45 pm Pickleball ATCO Gym		1:30 - 2:30 pm Family Badminton ATCO Gym B
2:30 - 3:45 pm Pickleball ATCO Gym			2:30 - 3:45 pm Pickleball ATCO Gym			3:00 - 5:00 pm Family Gym Time ATCO Gym B
4:00 - 5:00 pm After School Drop-In (6 - 12 Yrs) ATCO Gym B & Aux Sable Flexhall Supervision Provided ENDS Jun 22	4:00 - 5:00 pm Badminton ATCO Gym B	4:00 - 5:00 pm After School Drop-In (6 - 12 Yrs) ATCO Gym A & Aux Sable Flexhall Supervised ENDS Jun 24	4:00 - 5:00 pm Basketball (9 - 13 Yrs) ATCO Gym B			
	6:30 - 7:30 pm FREE STUFF TO DO (12 - 17 Yrs) ATCO Gym A			6:00 - 7:00 pm Duck, Dodge & Dive 8 - 13 Yrs Aux Sable Flex Hall Supervised	7:00 - 8:00 pm FREE STUFF TO DO (12 - 17 Yrs) ATCO Gym	5:00 - 6:00 pm Pickleball ATCO Gym NEW!
8:45 - 9:45 pm Basketball ATCO Gym A	8:45 - 9:45 pm Badminton ATCO Gym	8:45 - 9:45 pm Basketball ATCO Gym	8:15 - 9:45 pm Pickleball ATCO Gym NEW!	7:00 - 8:00 pm FREE STUFF TO DO (12 - 17 Yrs) ATCO Gym	8:00 - 9:00 pm Basketball (13 - 17 Yrs) ATCO Gym	

Call 780.992.6400 for spontaneous gym times during the week!

CHILD/YOUTH PROGRAMS

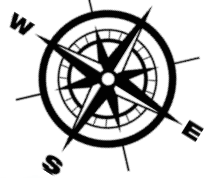
LOOKING FOR STUFF TO DO?

Come pick your fun! Bring your friends and get moving. ATCO Gym | (12-17 YRS) | **FREE!**

Supervision is provided for 6 - 12 YRS for After School Drop-In Only. Public Gym Time (9 YRS+), no supervision is provided and parental supervision is strongly recommended. Participation in all activities is at own risk. Safety equipment is required for all shinny/hockey programs.

#FortDogPark

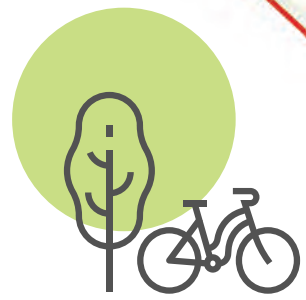
The fenced-in off-leash dog park is equipped with a dry dog area and a doggie playground. Dog owners are reminded that leashes are required in the rest of our City's parks.





Parks & Trails

Over 75 km of paved multi-use trails extend to all areas of Fort Saskatchewan. Users of all ages enjoy the trails in a variety of ways, including walking, cycling, jogging, in-line skating and more!

Please be courteous to users and keep right, except when passing or turning left. Be aware of proper skating and braking techniques, yield to slower moving traffic, leash your dog and pick up after your pet.



 Multiuse Trails  Slippery Sections

Approximate Trail Distances

A to B 1.7 KM	G to H 0.9 KM	F to S1 0.8 KM	W3 to W5 0.7 KM
B to C 1.9 KM	H to I 0.9 KM	E to S2 0.8 KM	W1 to S4 0.9 KM
C to D 2.4 KM	I to A 0.9 KM	W1 to W2 0.9 KM	C to W2 1.2 KM
D to E 1.9 KM	S1 to S2 1.0 KM	W2 to W3 0.6 KM	C to W6 1.9 KM
E to B 0.8 KM	S2 to S3 1.4 KM	W3 to W4 0.7 KM	W2 to W6 1.8 KM
E to F 1.4 KM	S3 to S4 0.7 KM	W1 to W5 0.9 KM	W3 to W6 1.8 KM
F to G 1.0 KM	S2 to S4 1.6 KM	W2 to W4 1.0 KM	W6 LOOP - 4.3 KM

ALL RIGHTS RESERVED. NO PART OF THIS MAP MAY BE REPRODUCED IN ANY FORM OR BY ANY MEANS WITHOUT WRITTEN CONSENT OF THE CITY OF FORT SASKATCHEWAN. NO WARRANTY IS MADE FOR THE COMPLETENESS OR ACCURACY OF THE INFORMATION ON THIS MAP.
PLOT DATE: OCT. 2017



Check out the **NEW** Fort Saskatchewan River Valley Trails Map at: fortsask.ca/RiverTrails
Pick-up a printed copy at City Facilities.