

FORT SASKATCHEWAN

WINTER 2025

# DROP-IN

## SCHEDULES



CITY OF  
FORT SASKATCHEWAN  
ALBERTA



# Age Guidelines Dow Centennial Centre

|  |   |   |
|--|---|---|
| <p>Nutrien Soccerfield,<br/>ATCO Gymnasium &amp;<br/>Connect Hearing Peek-<br/>Caboose Station</p> | <p>Children seven years and younger must be accompanied by a responsible person 14 years of age or older.</p>   |   |
| <p>Apple Fitness Centre &amp;<br/>ATB Wellness Studio</p>  | <p><b>Cardio Equipment ONLY Access</b><br/>12 - 14 years old who complete ONE &amp; DONE.<br/><br/>Allowed without adult supervision.</p>   | <p><b>Full Access</b><br/>Ages 15 years and older allowed without Adult supervision.<br/><br/>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.<br/><br/>12 - 14 years old who completed ONE &amp; DONE allowed without adult supervision.</p>  | <p>12-14 years old that have not completed ONE &amp; DONE must be accompanied and be under direct supervision of an Adult.<br/><br/>NO ACCESS for 11 years and younger.<br/><br/>*Exception for Youth &amp; Family Specific classes.</p>  |
| <p>Umicore Track</p>   | <p>Children seven 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><b>Preschool Puck and Play – Seven years &amp; Younger</b><br/>Children seven years and under must be actively supervised by a responsible person 14 years of age or older; may be on the ice or in the player's box for supervision. An opportunity for unstructured play/skill development with pucks. Designed to enable families the opportunity to work on passing, puck control, and skating.</p> <p><b>Stick and Puck – Eight years &amp; Older</b><br/>An opportunity for unstructured play/skill development with pucks. CSA approved hockey helmet required. Hockey/ringette sticks &amp; pucks/rings are permitted.</p> <p><b>Family Skills &amp; Drills – 14 years &amp; Under</b><br/>Family Skills &amp; Drills is open to the entire family, with children 14 years and under. Children seven years and younger must be accompanied on the ice by a responsible person 14 years of age or older. Designed to enable families the opportunity to work on passing, puck control, and skating. Organized shinny games or coaching are NOT allowed.</p> <p><b>Figure Skating – All ages</b><br/>Shared ice time for drop-in figure skating. Children under eight years must be accompanied by someone 14 years or older at all times.</p> | <p><b>Child Shinny – 8 - 12 years   Youth Shinny 13 - 17 years   Adult Shinny 18 years &amp; Older</b><br/>Shinny is an informal, non-contact type of hockey played on ice. There are no formal rules or specific positions. All players in attendance agree to the shinny and facility guidelines.</p> <p>All players must be able to participate at the appropriate level of play. Players can adjust their play or come at a different time. Body checking and slap shots are not allowed.</p> <p>All Participants MUST be fair to one another and allow everyone equal playing time.</p> <p>Full equipment is required, including hockey pants, a support cup, hockey gloves, shin/elbow/shoulder pads, an ice hockey stick, and a CSA-approved hockey helmet.</p> <p><b>Public Skate</b><br/>A CSA-approved hockey helmet is required. Bike helmets are not allowed. Sticks and pucks are not allowed on the ice during Public Skate.</p> <p><b>Spontaneous Use – All ages</b><br/>An opportunity for unstructured skating/skill development with optional sticks and pucks permitted. CSA approved hockey helmet required. NO Shinny Games permitted.</p> |

# Drop-in Fitness Classes Dow Centennial Centre [fortsask.ca/DCC](https://fortsask.ca/DCC)

Effective January 2 - March 31

No Drop-in Classes on Stat Holidays: February 17

Daily Admission or  
Membership Pass rates apply.  
Call 780.992.6400 for updated schedule.

| SUNDAYS                                     | MONDAYS  | TUESDAYS   | WEDNESDAYS   | THURSDAYS  | FRIDAYS   | SATURDAYS   |
|---|--|--|--|--|---|---|
| Tabata<br>ATCO Gymnasium<br>9:30 - 10:15 am | Silver Strong<br>NUTRIEN Soccer<br>Field<br>9:00 - 9:45 am | Spin & More<br>Apple Fitness<br>Centre<br>6:00 - 6:45 am | Silver Strong<br>NUTRIEN Soccer<br>Field<br>9:00 - 9:45 am | Spin & More<br>Apple Fitness<br>Centre<br>6:00 - 6:45 am | Silver Strong<br>NUTRIEN Soccer<br>Field<br>9:00 - 9:45 am    | HIIT It Hard<br>ATCO<br>Gymnasium<br>8:30 - 9:15 am |
|   | Circuit<br>ATCO Gymnasium<br>9:00 - 9:45 am                | Tabata<br>ATCO Gymnasium<br>9:00 - 9:45 am               | Circuit<br>ATCO Gymnasium<br>9:30 - 10:15 am               | Pure Strength<br>ATCO Gymnasium<br>9:00 - 9:45 am        | Pure Strength<br>ATCO Gymnasium<br>9:00 - 9:45 am             |   |
|   | Pure Strength<br>ATCO Gymnasium<br>12:05 - 12:50 pm        | Yoga*<br>AUX Sable<br>Flexhall<br>10:00 - 10:45 am       | Yoga*<br>AUX Sable<br>Flexhall<br>12:05 - 12:50 pm         | HIIT It Hard<br>ATB Wellness<br>Studio<br>9:00 - 9:45 am | Stretch It Out<br>NUTRIEN Soccer<br>Field<br>10:00 - 10:45 am |   |
|   | Pure Strength<br>ATCO Gymnasium<br>6:00 - 6:45 pm          | Circuit<br>ATB Wellness<br>Studio<br>5:45 - 6:30 pm      | Pure Strength<br>ATCO Gymnasium<br>6:00 - 6:45 pm          | Sit Fit For Health<br>ATCO Gymnasium<br>10:00 - 10:45 am | Yoga*<br>AUX Sable<br>Flexhall<br>12:05 - 12:50 pm            |   |
|   |  | Yoga*<br>Scotiabank<br>7:00 - 7:45 pm                    | Spin & More<br>Apple Fitness<br>Centre<br>7:00 - 7:45 pm   | Circuit<br>ATCO Gymnasium<br>6:00 - 6:45 pm              |   |   |
|   |  |  |  | Stretch It Out<br>Scotiabank<br>7:00 - 7:30 pm           |   |   |



\*Please bring a yoga mat.

Schedule is subject to change without notice. Refer to the Age Guidelines for facility access rules.

 for class descriptions.

## **CIRCUIT**

Cycle through various exercises and stations to challenge your entire body.

## **HIIT IT HARD**

High-Intensity Interval Training designed to make you sweat and boost fitness.

## **PURE STRENGTH**

Build muscle with this strength-focused class—no cardio included.

## **SILVER STRONG**

Improve strength, balance, and flexibility with this total body workout for active agers.

## **SIT FIT FOR HEALTH**

Functional strength and stretch movements while seated or chair-assisted for all fitness levels.

## **SPIN & MORE**

Challenge your mind and body with a combination of cycling and strength conditioning moves.

## **STRETCH IT OUT**

Improve flexibility, circulation, and posture with this full-body stretch class.

## **TABATA**

Achieve maximum benefits in minimal time with this total-body workout featuring short intervals.

## **YOGA**

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

# No School Fun Days Dow Centennial Centre

## Drop-in Activities For all ages

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



| DATE          | DROP-IN ACTIVITIES                            |  |  |  |  |  |  |  |
|---------------|---|--|--|--|--|--|--|--|
| Thu<br>Jan 2  | Lacrosse<br>Soccer A<br>10:00 am - 11:30 am   | Badminton<br>Gym A<br>11:00 am - 12:30 pm                  | Basketball<br>Gym B<br>11:00 - 12:30 pm    | Soccer<br>Soccer A<br>11:30 am - 12:30 pm<br>Full Soccer<br>4:00 - 5:00 pm | Nerf Wars*<br>Soccer A<br>1:00 - 2:00 pm   | Dodge ball<br>Soccer A<br>2:30 - 3:30 pm   | Spontaneous Use<br>Gym B<br>2:30 - 3:30 pm |  |
| Fri<br>Jan 3  | Basketball<br>Full Gym<br>11:00 am - 12:00 pm | Soccer<br>Soccer A<br>11:00 am - 2:00 pm<br>4:00 - 5:00 pm | Lacrosse<br>Soccer A<br>2:00 - 3:30 pm     | Badminton<br>Gym A<br>3:30 - 5:00 pm                                       | Spontaneous Use<br>Gym B<br>3:30 - 5:00 pm | Basketball<br>Gym B<br>5:00 - 9:00 pm      | Volleyball<br>Gym A<br>5:30 - 7:30 pm      |  |
| Sat<br>Jan 4  | Basketball<br>Full Gym<br>9:30 - 10:30 am     | Badminton<br>Gym A<br>11:00 am - 12:30 pm                  | Soccer<br>Full Soccer<br>12:15 - 12:45 pm  | Spontaneous Use<br>Gym A<br>1:00 - 3:30 pm                                 | Volleyball<br>Gym A<br>4:00 - 5:00 pm      | Family Gym Time<br>Gym A<br>5:00 - 7:00 pm |  |  |
| Sun<br>Jan 5  | Floor Hockey<br>Gym A<br>10:45 - 11:30 am     | Volleyball<br>Gym A<br>12:00 - 1:00 pm                     | Basketball<br>Gym B<br>12:00 - 2:30 pm     | Family Gym Time<br>Gym A<br>1:30 - 3:30 pm                                 | Spontaneous Use<br>Gym B<br>2:30 - 5:00 pm | Badminton<br>Gym A<br>4:00 - 5:00 pm       |  |  |
| Thur<br>Feb 6 | Lacrosse<br>Soccer B<br>10:00 - 11:30 am      | Badminton<br>Gym A<br>11:00 am - 12:30 pm                  | Basketball<br>Gym B<br>11:00 am - 12:30 pm | Soccer<br>Soccer A<br>11:30 am - 12:30 pm<br>Full Soccer<br>4:00 - 5:00 pm | Nerf Wars*<br>Soccer A<br>1:00 - 2:00 pm   | Dodge ball<br>Soccer A<br>2:30 - 3:30 pm   | Volleyball<br>Gym A<br>3:30 - 4:30 pm      | Basketball<br>Gym B<br>4:00 - 5:00 pm<br>8:00 - 10:00 pm |
| Fri<br>Feb 7  | Basketball<br>Gym B<br>11:00 am - 12:00 pm    | Soccer<br>Soccer A<br>11:00 am - 2:00 pm<br>4:00 - 5:00 pm | Lacrosse<br>Soccer A<br>2:00 - 3:30 pm     | Badminton<br>Gym A<br>3:30 - 5:00 pm                                       | Spontaneous Use<br>Gym B<br>3:30 - 5:00 pm | Basketball<br>Gym B<br>5:00 - 9:00 pm      | Volleyball<br>Gym A<br>5:30 - 7:30 pm      |  |
| Fri<br>Mar 7  | Basketball<br>Gym B<br>11:00 am - 12:00 pm    | Soccer<br>Soccer A<br>11:00 am - 2:00 pm<br>4:00 - 5:00 pm | Lacrosse<br>Soccer A<br>2:00 - 3:30 pm     | Badminton<br>Gym A<br>3:30 - 5:00 pm                                       | Spontaneous Use<br>Gym B<br>3:30 - 5:00 pm | Basketball<br>Gym B<br>5:00 - 9:00 pm      | Volleyball<br>Gym A<br>5:30 - 7:30 pm      |  |

\*Must bring own Nerf guns and darts. Daily admissions or membership passes apply. Schedule is subject to change without notice.

Continued

# No School Fun Days Dow Centennial Centre



## Drop-in Activities For all ages

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

| DATE        | DROP-IN ACTIVITIES  |   |  |   |  |  |  |  |
|-------------|---|---|--|---|--|--|--|--|
| Fri Mar 21  | <b>Basketball Gym B</b><br>11:00 am - 12:00 pm                                    | <b>Soccer Soccer A</b><br>9:00 - 11:00 am<br>2:30 - 5:00 pm         | <b>Lacrosse Soccer A</b><br>1:00 - 2:30 pm         | <b>Badminton Gym A</b><br>3:30 - 5:00 pm          | <b>Spontaneous Use Gym B</b><br>3:30 - 5:00 pm   | <b>Basketball Gym B</b><br>5:00 - 9:00 pm      | <b>Volleyball Gym A</b><br>5:30 - 7:30 pm                    |  |
| Sat Mar 22  | <b>Basketball Full Gym</b><br>9:30 - 10:30 am                                     | <b>Badminton Gym A</b><br>11:00 am - 12:30 pm                       | <b>Spontaneous Use Gym A</b><br>1:00 - 3:30 pm     | <b>Volleyball Gym A</b><br>4:00 - 5:00 pm         | <b>Family Gym Time Gym A</b><br>5:00 - 7:00 pm   | <b>Soccer Soccer A</b><br>10:00 am - 1:00 pm   | <b>Lacrosse Soccer A</b><br>3:30 - 5:00 pm                   |  |
| Sun Mar 23  | <b>Floor Hockey Gym A</b><br>10:45 - 11:30 am                                     | <b>Volleyball Gym A</b><br>12:00 - 1:00 pm                          | <b>Basketball Gym B</b><br>12:00 - 2:30 pm         | <b>Family Gym Time Gym A</b><br>1:30 - 3:30 pm    | <b>Spontaneous Use Gym B</b><br>2:30 - 5:00 pm   | <b>Badminton Gym A</b><br>4:00 - 5:00 pm       | <b>Soccer Soccer A</b><br>10:00 am - 1:00 pm                 | <b>Lacrosse Soccer A</b><br>3:30 - 5:00 pm     |
| Mon Mar 24  | <b>Badminton Gym A</b><br>10:30 - 11:30 am  | <b>Basketball Gym B</b><br>10:00 - 11:30 am                         | <b>Soccer Soccer A</b><br>10:00 am - 1:00 pm       | <b>Spontaneous Use Soccer A</b><br>3:30 - 5:00 pm | <b>Badminton Gym A</b><br>3:30 - 5:00 pm   | <b>Spontaneous Use Gym B</b><br>3:30 - 5:30 pm | <b>Basketball Gym B</b><br>8:00 - 10:00 pm                   |  |
| Tue Mar 25  | <b>Soccer Soccer A</b><br>9:00 - 10:30 am<br><b>Full Soccer</b><br>4:00 - 5:00 pm | <b>Basketball Gym B</b><br>11:00 am - 12:30 pm                      | <b>Lacrosse Soccer A</b><br>11:00 am - 12:30 pm    | <b>Badminton Gym A</b><br>11:30 am - 12:30 pm     | <b>Nerf Wars* Soccer A</b><br>1:00 - 2:00 pm<br><b>Dodge ball Soccer A</b><br>2:30 - 3:30 pm | <b>Volleyball Gym B</b><br>2:30 - 3:30 pm      | <b>Floor Hockey Gym A</b><br>3:00 - 4:00 pm                  | <b>Spontaneous Use Gym B</b><br>4:00 - 5:00 pm |
| Wed Mar 26  | <b>Badminton Gym A</b><br>10:30 am - 12:00 pm                                     | <b>Basketball Gym B</b><br>10:30 am - 12:00 pm                      | <b>Soccer Soccer A</b><br>10:00 am - 1:00 pm       | <b>Lacrosse Soccer A</b><br>3:30 - 5:00 pm        | <b>Family Gym Time Gym A</b><br>3:30 - 5:30 pm   | <b>Spontaneous Use Gym B</b><br>3:30 - 5:30 pm | <b>Basketball Gym B</b><br>7:00 - 10:00 pm                   | <b>Volleyball Gym A</b><br>7:30 - 8:30 pm      |
| Thur Mar 27 | <b>Lacrosse Soccer B</b><br>9:00 - 10:00 am                                       | <b>Basketball Gym B</b><br>11:00 am - 12:30 pm                      | <b>Soccer Soccer B</b><br>10:00 - 11:30 am         | <b>Badminton Gym A</b><br>11:30 am - 12:30 pm     | <b>Nerf Wars* Soccer A</b><br>1:00 - 2:00 pm   | <b>Dodge ball Soccer A</b><br>2:30 - 3:30 pm   | <b>Basketball Gym B</b><br>2:30 - 5:30 pm<br>7:00 - 10:00 pm | <b>Volleyball Gym A</b><br>3:30 - 4:30 pm      |
| Fri Mar 28  | <b>Basketball Gym B</b><br>11:00 am - 12:00 pm                                    | <b>Drop In Soccer Soccer A</b><br>9:00 - 11:00 am<br>2:30 - 5:00 pm | <b>Drop In Lacrosse Soccer A</b><br>1:00 - 2:30 pm | <b>Badminton Gym A</b><br>3:30 - 5:00 pm          | <b>Spontaneous Use Gym B</b><br>3:30 - 5:00 pm   |  |  |  |

\*Must bring own Nerf guns and darts. Daily Admission or Membership Pass rates apply. Schedule is subject to change without notice.

# Drop-in Sports Dow Centennial Centre

Daily Admission or Membership Pass rates apply.  
Call 780.992.6400 for updated schedule.

## January 2 - March 31

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

STAT Holiday Schedule in effect Jan 1 and Feb 17 - call 780.992.6400 for updated schedule. Schedule also available online. [fortsask.ca/DCC](https://fortsask.ca/DCC)



| ACTIVITY        | SUNDAY  | MONDAY                            | TUESDAY   | WEDNESDAY                          | THURSDAY   | FRIDAY                            | SATURDAY   |
|-----------------|---|-----------------------------------|---|------------------------------------|--|-----------------------------------|--|
| Badminton       | <b>Gym A</b><br>4:00 - 5:00 pm  | <b>Gym A</b><br>3:30 - 5:00 pm    |   |                                    |  | <b>Gym A</b><br>3:30 - 5:00 pm    | <b>Gym A</b><br>11:00 am - 12:30 pm<br><b>Omit Mar 8, Mar 29</b> |
| Basketball      | <b>Gym B</b><br>12:00 - 2:30 pm<br><b>Omit Feb 23, Mar 9</b>                                      | <b>Gym B</b><br>8:00 - 10:00 pm   | <b>Gym B</b><br>4:00 - 5:00 pm  | <b>Full Gym</b><br>8:45 - 10:00 pm | <b>Gym B</b><br>4:00 - 5:00 pm<br>8:00 - 10:00 pm  | <b>Gym B</b><br>3:30 - 5:00 pm    |  |
| Family Gym Time | <b>Gym A</b><br>1:30 - 3:30 pm<br><b>Omit Mar 9</b>   |                                   |   | <b>Gym A</b><br>3:30 - 5:30 pm     |  |                                   | <b>Gym A</b><br>5:00 - 7:00 pm<br><b>Omit Mar 29</b>             |
| Floor Hockey    | <b>Gym A</b><br>10:45 - 11:30 am<br><b>Omit Mar 9</b>   |                                   | <b>Gym A</b><br>3:00 - 4:00 pm  |                                    |  |                                   |  |
| Pickleball      | <b>Gym A</b><br>8:30 - 10:30 am<br><b>Omit Feb 23, Mar 9</b><br><b>Full Gym</b><br>5:30 - 7:30 pm | <b>Full Gym</b><br>1:00 - 3:00 pm | <b>Full Gym</b><br>1:00 - 3:00 pm<br>(beginners/novice)<br><b>Gym A</b><br>7:00 - 9:00 pm<br>(all levels) | <b>Full Gym</b><br>1:00 - 3:00 pm  | <b>Full Gym</b><br>1:00 - 3:00 pm<br>(beginners/novice)<br><b>Gym A</b><br>8:00 - 10:00 pm<br>(all levels) | <b>Full Gym</b><br>1:00 - 3:00 pm |  |
| Volleyball      | <b>Gym A</b><br>12:00 - 1:00 pm   |                                   |   |                                    | <b>Gym A</b><br>3:30 - 4:30 pm   |                                   | <b>Gym A</b><br>4:00 - 5:00 pm<br><b>Omit Mar 8</b>              |

Schedule is subject to change without notice.

 for more drop-in sports.

Continued

Daily Admission or Membership Pass rates apply.  
Call 780.992.6400 for updated schedule.

# Drop-in Sports Dow Centennial Centre

## January 2 - March 31

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

STAT Holiday Schedule in effect Jan 1 and Feb 17 - call 780.992.6400 for updated schedule. Schedule also available online. [fortsassk.ca/DCC](https://fortsassk.ca/DCC)



| ACTIVITY                       | SUNDAY  | MONDAY   | TUESDAY                              | WEDNESDAY   | THURSDAY   | FRIDAY                              | SATURDAY  |
|--------------------------------|---|--|--------------------------------------|---|--|-------------------------------------|---|
| Spontaneous Use                | <b>Gym B</b><br>2:30 - 5:00 pm                                      | <b>Gym B</b><br>3:30 -5:30 pm<br><b>Soccer A</b><br>3:30 - 5:00 pm |                                      | <b>Gym B</b><br>3:30 - 5:30 pm                          |  | <b>Soccer A</b><br>4:00 - 5:00 pm   | <b>Gym A</b><br>1:00 - 3:00 pm<br><b>Omit Feb 22, Mar 8, Mar 29</b>         |
| Soccer                         |   |  | <b>Full Soccer</b><br>4:00 - 5:00 pm |   | <b>Full Soccer</b><br>4:00 - 5:00 pm<br><b>Soccer A Mar 20</b> |                                     |   |
| Lacrosse                       |   |  |                                      | <b>Soccer A</b><br>3:30 - 5:00 pm<br><b>Omit Jan 15</b> |  |                                     |   |
| Adult Soccer                   | <b>Full Soccer</b><br>7:00 – 8:00 pm<br><b>Omit Mar 23 &amp; 30</b> |  |                                      |   |  |                                     |   |
| Kinder Time (ages 3 - 5 years) |   |  | <b>Gym A</b><br>10:00 - 11:30 am     |   |  | <b>Gym A</b><br>10:30 am - 12:00 pm |   |
| Tot Time (ages 3 and under)    |   | <b>Flexhall</b><br>8:30 am - 1:00 pm                               |                                      | <b>Flexhall</b><br>8:30 - 11:30 am                      |  |                                     | <b>Flexhall</b><br>9:00 - 12:00 pm<br><b>Omit Jan 18, Feb 8, 22, Mar 29</b> |

Schedule is subject to change without notice.





# Winter Break Drop-in Arena Schedule

Daily Admission or Membership Pass rates apply.  
Call 780.992.6400 for updated schedule.

## Dow Centennial Centre Sherritt-CEP Arena December 30, 2024 - January 5, 2025

Children seven 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 and under.

Call 780.992.6400 for updated schedule. Schedule also available online. [fortsask.ca/DCC](https://fortsask.ca/DCC)

|                                   |                       |
|-----------------------------------|-----------------------|
| <b>Adult Shinny</b>               | Ages 18 years & older |
| <b>Child Shinny</b>               | Ages 8 - 12 years     |
| <b>Family Skills &amp; Drills</b> | Ages 14 years & under |
| <b>Figure Skating</b>             | All Ages              |
| <b>Preschool Puck &amp; Play</b>  | Ages 7 Years & Under  |
| <b>Public Skate</b>               | All Ages              |
| <b>Spontaneous Use</b>            | All Ages              |
| <b>Stick &amp; Puck</b>           | Ages 8 years & older  |
| <b>Youth Shinny</b>               | Ages 13 - 17 years    |

| ACTIVITY                           | MONDAY,<br>DECEMBER 30            | TUESDAY,<br>DECEMBER 31 | WEDNESDAY,<br>JANUARY 1 | THURSDAY,<br>JANUARY 2 | FRIDAY,<br>JANUARY 3              | SATURDAY,<br>JANUARY 4 | SUNDAY,<br>JANUARY 5   |
|------------------------------------|-----------------------------------|-------------------------|-------------------------|------------------------|-----------------------------------|------------------------|------------------------|
| <b>FREE Public Skating</b>         | 1:15 - 3:00 pm                    |                         | CLOSED                  |                        |                                   |                        | 2:45 - 3:45 pm<br>@SPX |
| <b>Preschool Puck and Play</b>     | 10:00 - 11:45 am                  | 10:00 - 11:45 am        |                         |                        | 10:30 - 11:45 am                  |                        |                        |
| <b>Child Shinny</b>                | 5:45 - 6:45 pm                    | 3:00 - 4:00 pm          |                         | 3:00 - 4:00 pm         | 1:30 - 2:30 pm                    |                        |                        |
| <b>Youth Shinny</b>                | 7:15 - 8:15 am<br>7:00 - 8:00 pm  | 8:00 - 9:00 am          |                         | 4:30 - 5:30 pm         |                                   |                        |                        |
| <b>Spontaneous Ice (no shinny)</b> |                                   | 1:30 - 2:30 pm          |                         | 10:30 - 11:45 am       | 7:15 - 8:15 am<br>4:00 - 5:00 pm  | 12:00 - 1:00 pm        | 4:00 - 5:00 pm         |
| <b>Adult Shinny</b>                | 6:00 - 7:15 am<br>12:00 - 1:00 pm | 12:00 - 1:00 pm         |                         | 12:00 - 1:00 pm        | 6:00 - 7:15 am<br>12:00 - 1:00 pm |                        |                        |
| <b>Stick &amp; Puck</b>            | 3:15 - 4:15 pm                    |                         |                         |                        |                                   | 2:15 - 2:45 pm         |                        |
| <b>Figure Skating</b>              |                                   |                         |                         |                        | 2:45 - 3:45 pm                    |                        |                        |
| <b>Family Skills and Drills</b>    |                                   |                         |                         | 6:00 - 7:00 pm         |                                   | 1:15 - 2:15 pm         | 5:15 - 6:15 pm         |

Schedule is subject to change without notice. Refer to the facility Age Guidelines for the activity rules and descriptions.

# Drop-in Arena Schedule

Daily Admission or Membership Pass rates apply.  
Call 780.992.6400 for updated schedule.

## Dow Centennial Centre Sherritt-CEP Arena

January 5 - March 23 (Ice removed March 24)

Children seven 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 and under.

STAT Holiday Schedule in effect Jan 1 and Feb 17 - call 780.992.6400 for updated schedule.

Schedule also available online. [fortsask.ca/DCC](https://fortsask.ca/DCC)

|                        |                       |
|------------------------|-----------------------|
| Adult Shinny           | Ages 18 years & older |
| Child Shinny           | Ages 8 - 12 years     |
| Family Skills & Drills | Ages 14 years & under |
| Figure Skating         | All Ages              |
| Preschool Puck & Play  | Ages 7 Years & Under  |
| Public Skate           | All Ages              |
| Spontaneous Use        | All Ages              |
| Stick & Puck           | Ages 8 years & older  |
| Youth Shinny           | Ages 13 - 17 years    |

| ACTIVITY                    | SUNDAY                              | MONDAY                           | TUESDAY          | WEDNESDAY  | THURSDAY         | FRIDAY                            | SATURDAY  |
|-----------------------------|-------------------------------------|----------------------------------|------------------|--|------------------|-----------------------------------|---|
| FREE Public Skating         | 2:45 - 3:45 pm<br>@Sportsplex Arena |                                  |                  | 1:15 - 2:30 pm                                       |                  |                                   |   |
| Preschool Puck and Play     |                                     | 10:30 - 11:45 am                 |                  | 10:30 - 11:45 am                                     |                  | 10:30 - 11:45 am                  |   |
| Child Shinny                |                                     |                                  | 3:15 - 4:15 pm   |  |                  |                                   |   |
| Youth Shinny                |                                     | 7:15 - 8:15 am                   |                  |  | 3:00 - 4:00 pm   |                                   |   |
| Adult Shinny                |                                     | 12:00 - 1:00 pm                  | 12:00 - 1:00 pm  | 12:00 - 1:00 pm                                      | 12:00 - 1:00 pm  | 6:00 - 7:15 am<br>12:00 - 1:00 pm |   |
| Family Skills and Drills    | 5:15 - 6:15 pm                      |                                  |                  |  |                  |                                   | 1:15 - 2:15 pm                                  |
| Stick & Puck                |                                     | 3:15 - 4:15 pm                   |                  |  |                  |                                   | 2:15 - 3:00 pm<br>Note: Jan 4<br>2:15 - 2:45 pm |
| Spontaneous Use (no shinny) | 4:00 - 5:00 pm<br>ONLY on Jan 5     | 6:00 - 7:15 am<br>1:15 - 3:00 pm | 10:30 - 11:45 am | 2:30 - 4:15 pm<br>ONLY on Jan 8,<br>Feb 5 and Mar 5. | 10:30 - 11:45 am | 7:15 - 8:15 am<br>4:00 - 5:00 pm  |   |
| Figure Skating              |                                     |                                  |                  |  |                  | 2:45 - 3:45 pm                    |   |



Schedule is subject to change without notice. Refer to the facility Age Guidelines for the activity rules and descriptions.



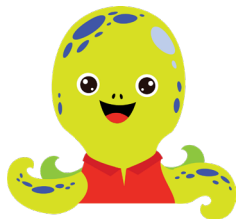
# Drop-In Pool Schedule

**HOLIDAY SWIM SCHEDULE DECEMBER 29, 2024 - JANUARY 4, 2025**

**ANNUAL SHUTDOWN JANUARY 5 - 26, 2025**

Children under the age of eight must be accompanied into the water, staying within arm's reach of a responsible person 14 years of age or older. [fortsask.ca/Swim](https://fortsask.ca/Swim)

| ACTIVITY       | SUNDAY,<br>DEC 29 | MONDAY,<br>DEC 30 | TUESDAY,<br>DEC 31 | WEDNESDAY,<br>JAN 1 | THURSDAY,<br>JAN 2 | FRIDAY,<br>JAN 3  | SATURDAY,<br>JAN 4 |
|----------------|-------------------|-------------------|--------------------|---------------------|--------------------|-------------------|--------------------|
| Reception Desk | 1:00 - 4:00 pm    | 8:30 am - 4:00 pm | 8:30 am - 4:00 pm  | <b>CLOSED</b>       | 8:30 am - 4:00 pm  | 8:30 am - 4:00 pm | 1:00 - 4:00 pm     |
| Public Swim    | 1:00 - 4:00 pm    | 1:00 - 4:00 pm    | 1:00 - 4:00 pm     |                     | 1:00 - 4:00 pm     | 1:00 - 4:00 pm    | 1:00 - 4:00 pm     |
| Lane Swim      |                   | 12:00 - 1:00 pm   | 12:00 - 1:00 pm    |                     | 12:00 - 1:00 pm    | 12:00 - 1:00 pm   |                    |
| Aquasize       |                   | 12:00 - 1:00 pm   | 12:00 - 1:00 pm    |                     | 12:00 - 1:00 pm    | 12:00 - 1:00 pm   |                    |





# Drop-In Pool Schedule

Winter Swim Schedule January 27 - April 28

Children under the age of eight must be accompanied into the water, staying within arm's reach of a responsible person 14 years of age or older. [fortsask.ca/Swim](https://fortsask.ca/Swim)



| ACTIVITY  | SUNDAY         | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY                         |
|---|----------------|---|--|--|--|---|----------------------------------|
| Reception Desk  | 2:00 - 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                                   | 2:00 - 7:00 pm                   |
| Parent & Tot<br><small>This swim is open to children of all ages accompanied by a responsible person 14 years of age or older into the water.</small> |                | 9:00 - 10:00 am   |  | 9:00 - 10:00 am  |  | 9:00 - 10:00 am                                     |                                  |
| Public Swim   | 2:00 - 8:00 pm | 3:00 - 4:30 pm<br>6:30 - 8:00 pm                                      | 3:00 - 4:00 pm<br>6:30 - 8:00 pm   | 3:00 - 4:30 pm<br>6:30 - 8:00 pm                                       | 3:00 - 4:00 pm<br>6:30 - 8:00 pm   | 3:00 - 4:00 pm<br>6:30 - 9:00 pm                    | 2:00 - 4:00 pm<br>5:00 - 7:00 pm |
| Lane Swim<br><small>*No lane swim the first Wednesday of every month</small>  | 8:00 - 9:00 pm | 6:00 - 9:00 am<br>12:00 - 1:15 pm<br>3:00 - 4:30 pm<br>8:00 - 9:00 pm | 6:00 - 9:00 am<br>10:30 am - 1:00 pm<br>3:00 - 4:00 pm<br>8:00 - 9:00 pm | 6:00 - 9:00 am<br>12:00 - 1:15 pm<br>3:00 - 4:30 pm*<br>8:00 - 9:00 pm | 6:00 - 9:00 am<br>10:30 am - 1:00 pm<br>3:00 - 4:00 pm<br>8:00 - 9:00 pm | 6:00 - 9:00 am<br>12:00 - 1:00 pm<br>3:00 - 4:00 pm |                                  |
| Aquasize<br><small>**Deep Water Class</small>   | 8:00 - 9:00 pm | 6:30 - 7:30 am<br>12:00 - 1:00 pm<br>8:00 - 9:00 pm**                 | 11:00 am - 12:00 pm<br>12:00 - 1:00 pm**<br>8:00 - 9:00 pm               | 6:30 - 7:30 am<br>12:00 - 1:00 pm<br>8:00 - 9:00 pm**                  | 11:00 am - 12:00 pm<br>12:00 - 1:00 pm**<br>8:00 - 9:00 pm               | 6:30 - 7:30 am<br>12:00 - 1:00 pm                   |                                  |
| Adult Swim 18 +   |                | 9:00 - 10:00 pm   | 9:00 - 10:00 pm  | 9:00 - 10:00 pm  | 9:00 - 10:00 pm  |   |                                  |

**STAT Public Swim** 1:30 - 4:30 pm Feb 17 **Extra Public Swim** 1:00 - 4:00 pm Jan 29, Feb 6, 7, Mar 7, 21, 24 - 28 (no lane swim at this time)

Closed for annual maintenance January 5 - 26, 2025

## EVENTS

To become a sponsor, contact us at 780.992.6162 for more information.

| EVENT                        | DATE & TIME                     | SPONSOR                    |
|------------------------------|---------------------------------|----------------------------|
| Glow Party Youth Loonie Swim | February 8, 7:00 - 9:00 pm      | Mel Martin's Transfer      |
| Community Loonie Swim        | February 15, 2:00 - 4:00 pm     | The Retreat Salon & Spa    |
| FREE Extra Public Swim       | February 16, 11:00 am - 1:00 pm | Courtesy of FORTIS Alberta |
| Family Day Free Swim         | February 17, 1:30 - 4:30 pm     | Park Pest Control          |
| Community Loonie Swim        | March 15, 2:00 - 4:00 pm        | Doderai Dental             |



Schedule and fees are subject to change without notice.