



2019
Spring/Summer

DROP-IN

SCHEDULES



CITY OF
FORT SASKATCHEWAN
FORTSASK.CA

gotta♥*it!*

Sports
Aqua Fitness
Indoor Playground



2019 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	\$4.59	\$5.00	\$7.39	\$8.92	\$7.39	\$20.00
10 Pass Card	FREE	\$41.30	\$45.90	\$66.60	\$80.40	\$66.60	\$183.60
Monthly Pass	FREE	\$22.95	\$25.50	\$36.97	\$44.63	\$36.97	\$102.00
Annual Pass	FREE	\$252.45	\$280.49	\$406.72	\$490.87	\$406.72	\$1122.00
TRACK ONLY							
Single Day	FREE	\$2.00	\$2.00	\$2.00	\$2.00	\$1.00	N/A
Monthly Pass	FREE	\$20.40	\$20.40	\$20.40	\$20.40	\$10.20	N/A

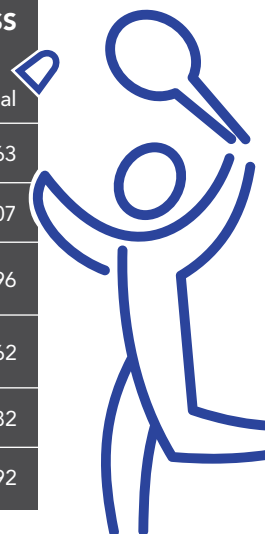
HARBOUR POOL							
Single Day	FREE	\$3.82	\$5.00	\$5.00	\$6.89	\$5.00	\$14.28
10 Pass Card	FREE	\$33.80	\$45.90	\$45.90	\$62.70	\$45.90	\$128.50
Monthly Pass	FREE	\$18.87	\$35.70	\$35.70	\$45.90	\$35.70	\$99.96
Annual Pass	FREE	\$188.70	\$357.00	\$357.00	\$459.00	\$357.00	999.60
Aqua Single Day	N/A	N/A	\$6.37	\$6.37	\$8.16	\$6.37	N/A
Aqua 10 Pass	N/A	N/A	\$57.10	\$57.10	\$73.40	\$57.10	N/A
Aqua Monthly Pass	N/A	N/A	\$44.63	\$44.63	\$57.12	\$44.63	N/A
Aqua Annual Pass	N/A	N/A	\$446.25	\$446.25	\$571.20	\$446.25	N/A
AQUA Surcharge to Monthly & Annual Pass Holders Only			\$1.02	\$1.02	\$1.02	\$1.02	N/A

MULTI-FACILITY PASS							
Single Day	FREE	N/A	N/A	N/A	N/A	N/A	\$21.93
10 Pass Card	FREE	N/A	N/A	N/A	N/A	\$197.41	\$197.41
Monthly Pass	FREE	\$24.99	\$30.60	\$42.08	\$52.79	\$42.08	\$116.28
Annual Pass	FREE	\$274.89	\$336.60	\$462.82	\$580.63	\$462.82	\$1218.19

AQUA MULTI-FACILITY PASS							
Aqua Monthly Pass	N/A	N/A	\$51.00	\$51.00	\$61.20	\$51.00	N/A
Aqua Annual Pass	N/A	N/A	\$561.00	\$561.00	\$673.20	\$561.00	N/A

FLEX PASS

	HARBOUR POOL		DOW CENTENNIAL CENTRE		MULTI-FACILITY PASS	
	Monthly	Annual	Monthly	Annual	Monthly	Annual
First Adult	\$45.90	\$459.00	\$44.63	\$490.87	\$52.79	\$580.63
Second Adult	\$38.76	\$387.60	\$38.00	\$417.95	\$44.37	\$488.07
Child (Added with Adult)	\$16.00	\$153.00	\$16.00	\$168.30	\$19.18	\$201.96
Youth (Added with Adult)	\$20.40	\$204.00	\$21.68	\$238.43	\$21.42	\$235.62
First Senior/ Student	\$35.70	\$357.00	\$36.97	\$406.72	\$42.08	\$462.82
Second Senior/ Student	\$30.60	\$306.00	\$31.62	\$347.82	\$36.72	\$403.92



DOW CENTENNIAL CENTRE

780.992.6400 | 8700 - 84 STREET | FORTSASK.CA

OPEN All Days (Monday - Sunday) 5:30 am - 10:00 pm
(Exception: Closed at 5:00 pm on December 25 & 31)

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

DID YOU KNOW...
We have Drop-In times for Pickleball & Touchtennis!!
No Equipment? No Problem!
Stop by the front desk to sign out the equipment and let the games begin. Have FUN!! Check the Drop-In Sports schedule.
Wristband required.

GAMES DEN

A great place to relax with friends. Turn up the "fun level" with a game of ping pong, foosball, arcade video or good old board games. Maybe you just want to relax and hang out.

You decide, it's your game!

Open to close (9 YRS+)
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



JOIN US ON SPRING BREAK! BOUNCY CASTLES:

March 25 - 29 | Mon thru Fri: 9 - 11:30 am, 12:30 - 3 pm

Ages 2 - 14 Yrs | *Wristbands required* | Under 2 are FREE

Children 9 and under require adult supervision.

Agrium Soccer Field



PRECISION 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.

NO SCHOOL FUN DAYS

9:00 - 10:30 am
(6 - 12 YRS)

Wristband required.
Agrium Soccer Field

GAMES & SPORTS
Mar 8 & 22
May 17

Childminding [JAN 2019 - DEC 2019]

RATES

Subject to change

1/2 HR

20x
1/2 HR
CARD

INDIVIDUAL

CHILD..... \$3.06

\$45.90

FAMILY..... \$4.34

\$65.02

HOURS

Mon | Tues | Wed
8:30 am - 8:00 pm

*Evening hours end after June 27

Thu | Fri:
8:30 am - 4:30 pm

Sat: 8:30 am - Noon

We provide short-term care while visiting the centre. All children 8 & under are welcome.

No evening hours Jul 1 - Aug 31
CLOSED on statutory holidays and Saturdays on Spring/Summer Long weekends.
(May 18, Jun 29 & Aug 3, 31)

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

Synrgy360™

Have you used our Synrgy training system in the ATB Financial Wellness Studio? Sign up for a registered class or use it when you drop-in for a workout!

Summer Ice

Submit your 2019 summer ice request now! Contact our Bookings Office at 780.992.6266 or bookings@fortsask.ca

SPRING SWIM SCHEDULE: May - June

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

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+

PUT YOUR HEART INTO IT!



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.

FITNESS SERVICES

All prices include 5% GST

Fitness Assessment	1.5 Hrs \$86.70
Personal Program	1.5 Hrs \$86.70
Combined Fitness Assessment & Personalized Program	2.5 Hrs \$142.80
Body Composition Test	0.5 Hrs \$30.60

PERSONAL TRAINING

PACKAGES	1 Session \$56.10
	5 Sessions \$255.01
	10 Sessions \$510.00
GROUP TRAINING	\$ 71.40

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.

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 *NEW!*

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.

BODY FLOW *NEW!*

Strengthen and stretch with slow rhythmical movements that will challenge your body from head to toe. Benefit by releasing tight muscles, strengthen and stretch for optimum joint movement for a greater range of motion.

BODY PUMP *NEW!*

Sweat, sculpt and pump it out in this energizing full body workout. Fuel your inner fire and feel the burn as you take your muscle conditioning to the next level. Get the most out of your workout!

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.

HARD CORE

Don't be intimidated, this class is for all. Work within your limits but push yourself to achieve a strong stable core. Work hard, train hard and get results that are good to the core!

METABOLIC BLAST

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

MUSCLE UP

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

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.

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.

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 & CORE *NEW!*

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!

STRETCH IT OUT *NEW!*

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, improves 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!

TABATA BOOTCAMP™ EXPRESS

There's a reason HIIT is HOT, and Tabata Bootcamp™ is the new hit! Tabata Bootcamp™ training is a unique and revolutionary approach to achieve maximum exercise benefits in minimal time. Train with our certified Tabata Bootcamp™ instructor in a total body workout that will focus on lower body, upper body and core providing both cardio and strength. Within each 30 minute workout, participants experience short intervals based on Tabata Bootcamp's training that delivers a calorie drenching workout and post metabolic boost. Are you ready to get in the best shape of your life?

YOGA INSPIRED STRETCH *NEW!*

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 2019]

Schedules
Subject To
Change

MON	TUES	WED	THU	FRI	SAT	SUN
			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 Silver Strong	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 June 30	
9:00 - 9:30 am Tabata Bootcamp Express	10:00 - 11:00 am Sit Fit for Health	9:00 - 10:00 am Silver Strong	10:45 - 11:45 am Sit Fit for Health	9:00 - 10:00 am Silver Strong		
9:30 - 10:00 am Hard Core	12:05 - 12:50 pm Tabata Bootcamp Express	12:00 - 1:00 pm Yoga Strength	12:05 - 12:55 pm Muscle Up	10:30 - 11:30 am Strollercise NEW TIME		
12:05 - 12:55 pm Metabolic BLAST	5:15 - 6:15 pm Athletic Training	6:15 - 6:45 pm Tabata Bootcamp Express	5:15 - 6:15 pm Active Aging Strong NEW!	12:00 - 1:00 pm Yoga Strength		
6:00 - 7:00 pm Spin & Core		6:45 - 7:15 pm Yoga Inspired Stretch NEW!		12:05 - 12:50 pm Spin		
7:30 - 8:15 pm Body Pump NEW! 8:15 - 8:45 pm Body Flow NEW!		7:00 - 8:00 pm Race Walking Ends June 30				

ALL DROP-IN CLASSES
INCLUDED WITH ADMISSION AND
MEMBERSHIP PASSES.
Wristbands required for participation.
Participating age is 15 years and up,
unless otherwise noted.

DROP IN SPORTS [APRIL - AUGUST 2019]

Call
780.992.6400
for spontaneous
gym times
during the
week!

MON	TUES	WED	THU	FRI	SAT	SUN
SILVER SNEAKERS SENIORS (65 Yrs+) All week, open to close - Umicore Track \$1.00 / Day						
10:30 - 11:30 am Touchtennis(13+) ATCO Gym B NEW!		10:30 - 11:30 am Pickleball (13+) ATCO Gym		11:30 am - 1:00 pm Badminton ATCO Gym A NEW!		
		11:30 am - 1:00 pm Badminton ATCO Gym A NEW!			12:30 - 1:30 pm Three For Free! (12 - 14 Yrs) Apple Fitness Centre	1:30 - 2:30 pm Family Badminton ATCO Gym B
1:30 - 2:30 pm Beginner Pickleball (13+ Yrs) ATCO Gym	1:00 - 3:00 pm Pickleball (13 Yrs+) ATCO Gym		2:45 - 3:45 pm Pickleball (13 Yrs+) ATCO Gym			3:00 - 5:00 pm Family Gym Time ATCO Gym B
2:30 - 3:30 pm Pickleball ATCO Gym		2:30 - 3:30 pm Touchtennis (13+) ATCO Gym B NEW!				
* 4:00 - 6:00 pm After School Drop-In (6 - 12 Yrs) ATCO Gym B Ends June 24	4:00 - 5:00 pm Badminton ATCO Gym B NEW!		4:00 - 5:00 pm Child Basketball (8 - 13 Yrs) ATCO Gym B	3:00 - 4:30 pm Pickleball ATCO Gym A		
	6:30 - 7:30 pm FREE STUFF TO DO (12 - 17 Yrs) ATCO Gym A	* 4:00 - 5:00 pm After School Drop-In (6 - 12 Yrs) ATCO Gym B Ends June 26		* 6:00 - 7:00 pm Duck, Dodge & Dive NEW! (8 - 13 Yrs) Aux Sable Flex Hall	7:00 - 8:00 pm FREE STUFF TO DO (12 - 17 Yrs) ATCO Gym	
8:45 - 9:45 pm Basketball ATCO Gym	7:45 - 8:45 pm Youth Basketball (13 - 17 Yrs) ATCO Gym B		7:45 - 9:45 pm Volleyball ATCO Gym	7:00 - 8:00 pm FREE STUFF TO DO (12 - 17 Yrs) ATCO Gym	8:00 - 9:00 pm Youth Basketball (13 - 17 Yrs) ATCO Gym B	
		8:45 - 9:45 pm Badminton ATCO Gym				8:45 - 9:45 pm Floor Hockey ATCO Gym

YOUTH PROGRAMS

LOOKING FOR STUFF TO DO?
Come pick your fun!
Bring your friends and get moving. ATCO Gym | (12-17 YRS) | **FREE!**

*Supervision Provided
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.

Call the Dow Centennial Centre for Spring/Summer skate times after May 17.

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.

#FortDogPark

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



 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



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PLOT DATE: OCT. 2017