



WINTER 2019

# 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.



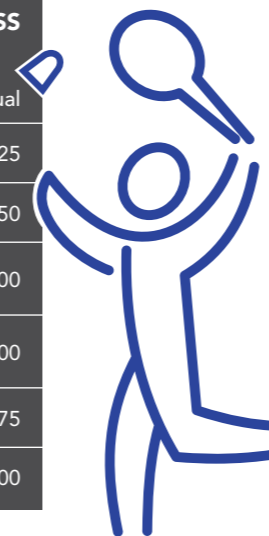
DOW CENTENNIAL CENTRE	TOTS UNDER 2	CHILD 2-12 Yrs	YOUTH 13&14 Yrs	YOUTH 15-17 Yrs	STUDENT 18+ & ID	ADULT 18-64 Yrs	SENIOR 65+	FAMILY*
Single Day	FREE	\$4.50	\$5.00	\$5.00	\$7.25	\$8.75	\$7.25	\$20.00
10 Pass Card	FREE	\$40.50	\$45.00	\$45.00	\$65.30	\$78.80	\$65.30	\$180.00
Monthly Pass	FREE	\$22.50	\$25.00	\$25.00	\$36.25	\$43.75	\$36.25	\$100.00
Annual Pass	FREE	\$247.50	\$275.00	\$275.00	\$398.75	\$481.25	\$398.75	\$1100.00

HARBOUR POOL								
Single Day	FREE	\$3.75	\$5.00	\$5.00	\$5.00	\$6.75	\$5.00	\$14.00
10 Pass Card	FREE	\$33.00	\$45.00	\$45.00	\$45.00	\$61.50	\$45.00	\$126.00
Monthly Pass	FREE	\$18.50	\$35.00	\$35.00	\$35.00	\$45.00	\$35.00	\$98.00
Annual Pass	FREE	\$185.00	\$350.00	\$350.00	\$350.00	\$450.00	\$350.00	\$980.00
Aqua Single Day	N/A	N/A	\$6.25	\$6.25	\$6.25	\$8.00	\$6.25	N/A
Aqua 10 Pass	N/A	N/A	N/A	\$56.00	\$56.00	\$72.00	\$56.00	N/A
Aqua Monthly Pass	N/A	N/A	\$41.50	\$43.75	\$43.75	\$56.00	\$43.75	N/A
Aqua Annual Pass	N/A	N/A	\$415.00	\$437.50	\$437.50	\$560.00	\$437.50	N/A

MULTI-FACILITY PASS								
Single Day	FREE	N/A	N/A	N/A	N/A	N/A	N/A	\$21.50
10 Pass Card	FREE	N/A	N/A	N/A	N/A	N/A	N/A	\$193.50
Monthly Pass	FREE	\$24.50	\$30.00	\$30.00	\$41.25	\$51.75	\$41.25	\$114.00
Annual Pass	FREE	\$269.50	\$330.00	\$330.00	\$453.75	\$569.25	\$453.75	\$1194.30

AQUA MULTI-FACILITY PASS								
Aqua Monthly Pass	N/A	N/A	N/A	\$50.00	\$50.00	\$60.00	\$50.00	N/A
Aqua Annual Pass	N/A	N/A	\$550.00	\$550.00	\$550.00	\$660.00	\$550.00	N/A

FLEX PASS	HARBOUR POOL		DOW CENTENNIAL CENTRE		MULTI-FACILITY PASS	
	Monthly	Annual	Monthly	Annual	Monthly	Annual
First Adult	\$45.00	\$450.00	\$43.75	\$481.25	\$51.75	\$569.25
Second Adult	\$38.00	\$380.00	\$37.25	\$409.75	\$43.50	\$478.50
Child (Added with Adult)	\$15.00	\$150.00	\$15.00	\$165.00	\$18.00	\$198.00
Youth (Added with Adult)	\$20.00	\$200.00	\$21.25	\$233.75	\$21.00	\$231.00
First Senior/ Student	\$35.00	\$350.00	\$36.25	\$398.75	\$41.25	\$453.75
Second Senior/ Student	\$30.00	\$300.00	\$31.00	\$341.00	\$36.00	\$396.00



# DOW CENTENNIAL CENTRE

780.992.6400 | 8700 - 84 STREET | FORTSASK.CA

**OPEN All Days** (Monday - Sunday) 5:30 am - 10:00 pm  
(Exception: Closed January 1, July 1 & December 25)

**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.

Soccer Field

## NO SCHOOL FUN DAYS

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

*Wristband required.*  
Soccer Field

**GAMES & SPORTS**  
February 7, 8 & 15  
Mar 8 & 22

## 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.*



## Childminding [JAN 2019 - JUNE 2019]

### RATES

Subject to change

	1/2 HR	20x 1/2 HR CARD
INDIVIDUAL CHILD.....	\$3.00	\$45.00
FAMILY.....	\$4.25	\$63.75

### HOURS

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

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

Sat: 8:30 am - Noon

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)

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

# 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



## HARBOUR POOL Winter Schedule

Harbour Pool is Improving!  
Pool will be closed Dec 1, 2018-Jan 31, 2019 to complete annual maintenance. Improvements include the addition of the universal change room.

Activity	SUN	MON	TUES	WED	THU	FRI	SAT
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
Early Bird		6:00 - 9:00 am	6:00 - 9:00 am	6:00 - 9:00 am	6:00 - 9:00 am	6:00 - 9:00 am	
Lane Swim	8:00 - 9:00 pm	12:00 - 1:15 pm 3:00 - 4:30 pm 8:00 - 9:00 pm	10:30 - 1:00 pm 3:00 - 4:00 pm 8:00 - 9:00 pm	12:00 - 1:15 pm 3:00 - 4:30 pm 8:00 - 9:00 pm	10:30 - 1:00 pm 3:00 - 4:00 pm 8:00 - 9:00 pm	12:00 - 1:00 pm 3:00 - 4:00 pm	
Aquasize *Deep Water **Gentle Aqua	8:00 - 9:00 pm	6:30 - 7:30 am 12:00 - 1:00 pm *8:00 - 9:00 pm	6:00 - 7:00 am 11:00 - 12:00 pm **12:00 - 1:00 pm 8:00 - 9:00 pm	6:30 - 7:30 am 12:00 - 1:00 pm *8:00 - 9:00 pm	6:00 - 7:00 am 11:00 - 12:00 pm **12:00 - 1:00 pm 8:00 - 9:00 pm	6:30 - 7:30 am 12:00 - 1:00 pm	
Public Swim	4:00 - 8:00 pm	3:00 - 4:30 pm 6:30 - 8:00 pm	3:00 - 4:00 pm 6:30 - 8:00 pm	3:00 - 4:30 pm 6:30 - 8:00 pm	3:00 - 4:00 pm 6:30 - 8:00 pm	3:00 - 4:00 pm 6:30 - 9:00 pm	2:00 - 4:00 pm
Family Swim	2:00 - 4:00 pm						5:00 - 7:00 pm
Adult Swim		9:00 - 10:00 pm	9:00 - 10:00 pm	9:00 - 10:00 pm	9:00 - 10:00 pm		

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.

## Summer Ice

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

## 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!

## APPLE FITNESS CENTRE & ATB FINANCIAL WELLNESS STUDIO

15+ Years

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   \$85.00
Personal Program	1.5 Hrs   \$85.00
Combined Fitness Assessment & Personalized Program	2.5 Hrs   \$140.00
Body Composition Test	0.5 Hrs   \$30.00

### PERSONAL TRAINING

PACKAGES	1 Session   \$55.00
	5 Sessions   \$250.00
	10 Sessions   \$500.00
GROUP TRAINING	\$ 70.00

### 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.

Children 9 and under may walk the track when within arm's reach of supervising adult.

## 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 [JAN - MAR 2019]

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 <b>NEW!</b>	9:00 - 10:00 am Get Going	9:00 - 10:00 am Race Walking	
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 <b>NEW TIME</b>		
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 <b>NEW!</b>	12:00 - 1:00 pm Yoga Strength		
6:00 - 7:00 pm Spin & Core		6:45 - 7:15 pm Yoga Inspired Stretch <b>NEW!</b>		12:05 - 12:50 pm Spin		
7:30 - 8:15 pm Body Pump <b>NEW!</b> 8:15 - 8:45 pm Body Flow <b>NEW!</b>		7:00 - 8:00 pm Race Walking				

Schedules Subject To Change

**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 [JAN - MAR 2019]

MON	TUES	WED	THU	FRI	SAT	SUN
<b>ADULT SHINNY HOCKEY</b> (15 Yrs+) Mon - Fri 5:45 - 7:30 am Sherritt-CEP Arena						
<b>SILVER SNEAKERS SENIORS</b> (65 Yrs+) All week, open to close - Umicore Track   \$1.00 / Day						
9:30 - 10:30 am FREE Public Skate Sherritt-CEP Arena	9:30 - 10:30 am FREE Public Skate Sherritt-CEP Arena	9:30 - 10:30 am FREE Public Skate Sherritt-CEP Arena	9:30 - 10:30 am FREE Public Skate Sherritt-CEP Arena	9:30 - 10:30 am FREE Public Skate Sherritt-CEP Arena		
10:30 - 11:30 am Touchtennis(13+) ATCO Gym B <b>NEW!</b>		10:30 - 11:30 am Pickleball (13+) ATCO Gym		11:30 am - 1:00 pm Badminton ATCO Gym A <b>NEW!</b>		
12:15 - 1:15 pm Adult Shinny (18+) Sherritt-CEP Arena	12:15 - 1:15 pm Adult Shinny (18+) Sherritt-CEP Arena	11:30 am - 1:00 pm Badminton ATCO Gym A <b>NEW!</b>	12:15 - 1:15 pm Adult Shinny (18+) Sherritt-CEP Arena	12:15-1:15 pm Adult Shinny (18+) Sherritt-CEP Arena	12:30 - 1:30 pm <b>Three For Free!</b> (12 - 14 Yrs) Apple Fitness Centre	1:30 - 2:30 pm Family Badminton ATCO Gym B
1:30 - 2:30 pm Pre School Puck & Play Sherritt-CEP Arena	10:30 - 11:30 am & 1:30 - 2:30 pm Pre School Puck & Play Sherritt-CEP Arena	12:15 - 1:15 pm Adult Shinny (18+) Sherritt-CEP Arena	10:30 - 11:30 am & 1:30 - 2:30 pm Pre School Puck & Play Sherritt-CEP Arena	10:30 - 11:30 am Pre School Puck & Play Sherritt-CEP Arena	1:15 - 2:15 pm FREE Public Skate Sherritt-CEP Arena	2:45 - 3:45 pm FREE Public Skate Sportsplex
1:30 - 2:30 pm Beginner Pickleball (13+ Yrs) ATCO Gym	1:00 - 3:00 pm Pickleball (13 Yrs+) ATCO Gym	1:30 - 2:30 pm Pre School Puck & Play Sherritt-CEP Arena	2:45 - 3:45 pm Pickleball (13 Yrs+) ATCO Gym	12:30 - 1:45 pm Pickleball (13 Yrs+) ATCO Gym	2:15 - 3:15 pm Child Shinny Hockey (10-13 Yrs) Sherritt-CEP Arena	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 <b>NEW!</b>				3:45 - 4:45 pm FREE Public Skate Sherritt-CEP Arena
* 4:00 - 5:00 pm After School Drop-In (6 - 12 Yrs) ATCO Gym B	4:00 - 5:00 pm Badminton ATCO Gym B <b>NEW!</b>	* 4:00 - 5:00 pm After School Drop-In (6 - 12 Yrs) ATCO Gym B	4:00 - 5:00 pm Basketball (8 - 13 Yrs) ATCO Gym B	3:00 - 4:30 pm Pickleball ATCO Gym A		** 4:45 - 5:45 pm Family Ice Skills & Drills (12 & Under) Bring puck & stick. Helmet required. Sherritt-CEP Arena
	6:30 - 7:30 pm <b>FREE STUFF TO DO</b> (12 - 17 Yrs) ATCO Gym A			* 6:00 - 7:00 pm Duck, Dodge & Dive <b>NEW!</b> (8 - 13 Yrs) Aux Sable Flex Hall	* 7:00 - 8:00 pm <b>FREE STUFF TO DO</b> (12 - 17 Yrs) ATCO Gym	5:45 - 6:45 pm Youth Shinny (13-17 Yrs) Sherritt-CEP Arena
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 Adult Volleyball (18 +) ATCO Gym		* 7:00 - 8:00 pm <b>FREE STUFF TO DO</b> (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

Call 780.992.6400 for spontaneous gym times during the week!

\*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.

# 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.

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PLOT DATE: OCT. 2017