

FALL 2025

LEISURE

GUIDE

REGISTRATION DATES

Recreation & Culture
August 5 • 8:00 am

Harbour Pool
August 6 • 8:00 am



CITY OF
FORT SASKATCHEWAN
ALBERTA

fortsask.ca/GoLeisure



DCC and Harbour Pool
DROP-IN Schedules are now separate!

CLICK HERE

to view the FALL drop-in schedule

CONTENTS

Admission Rates	4
Questions / Cancellations / Withdrawals	5
City Special Events	6
Dow Centennial Centre Age Guidelines	7
Childminding	8
Dow Centennial Centre Fitness and Wellness Programs	9
FREE Registered Class Trial Week	9
General Fitness	10
Spin Classes	11
Mind & Body	11
Preschool and Child Programs	12
Youth Programs	13
No School Fun Days	15
Harbour Pool	16
Lifesaving Society Leadership Courses	17
Additional Aquatic Programs	18
Lifesaving Society Swim for Life.	19
Art & Culture Programs	24
Fort Heritage Precinct Programs	25
Family and Community Support Services (FCSS) Programs	26



If you or someone you know require accessible and adaptive programming, please call one of our facilities to speak to the program coordinator to determine a program that will be right for you.



DOW CENTENNIAL CENTRE (DCC)

8700 84 STREET

Mon to Thu: 5:30 am - 10:00 pm

Fri: 5:30 am - 9:00 pm

Sat: 6:30 am - 8:00 pm

Sun: 8:00 am - 8:00 pm

STAT Holidays: 10:00 am - 6:00 pm

CLOSED: Jan 1, Jul 1, Sep 30, Dec 25 & 26

Call us: 780-992-6400

f @DowCentennialCentre

fortsask.ca/DCC



HARBOUR POOL

10001 94 AVENUE

Mon to Thu: 6:00 am - 10:00 pm

Fri: 6:00 am - 9:00 pm

Sat: 2:00 - 7:00 pm

Sun: 2:00 - 9:00 pm

STAT Holidays: 1:30 - 4:30 pm

CLOSED: Jan 1, Jul 1, Sep 30, Dec 25 & 26

Call us: 780-992-6162

f @FSHarbourPool

fortsask.ca/Swim



FORT HERITAGE PRECINCT

10006 100 AVENUE

Sep to May long weekend:

Mon to Fri: 10:00 am - 4:00 pm

May long weekend to Sep:

Mon to Sat: 10:00 am - 4:00 pm

Call us: 780-998-1783

f @forheritageprecinct

forheritageprecinct.ca



SHELL THEATRE

8700 84 STREET

Mon to Fri: 8:00 am - 8:00 pm

Sat & Sun: 9:00 am - 5:00 pm

The Shell Theatre box office will be open one hour prior to performances.

CLOSED: Jan 1, Jul 1, Sep 30, Dec 25 & 26

Call us: 780-992-6400

f @shelltheatre

shelltheatre.ca



FAMILY AND COMMUNITY SUPPORT SERVICES (FCSS) PROGRAMS

10005 102 STREET

Call us: 780-992-6267

fortsask.ca/FCSS



Admission Rates

EFFECTIVE JANUARY 2, 2025 Prices are subject to change without notice.

	TOTS UNDER 2	CHILD 2 - 12 YEARS	YOUTH 13 - 17 YEARS	STUDENT 18+ & ID	ADULT 18 - 64 YEARS	SENIOR 65+	FAMILY*
DOW CENTENNIAL CENTRE							
Single Day	FREE	\$5.50	\$6.50	\$8.50	\$10.00	\$8.50	\$27.50
10-Pass Card	FREE	\$49.50	\$58.50	\$76.50	\$90.00	\$76.50	\$247.50
Monthly Pass	FREE	\$33.00	\$39.00	\$51.00	\$60.00	\$51.00	\$165.00
Annual Pass	FREE	\$363.00	\$429.00	\$561.00	\$660.00	\$561.00	\$1,815.00
TRACK ONLY							
Single Day	FREE	\$3.00	\$3.00	\$3.00	\$3.00	\$2.00	N/A
Monthly Pass	FREE	\$24.75	\$24.75	\$24.75	\$24.75	\$16.00	N/A
HARBOUR POOL							
Single Day	FREE	\$4.75	\$6.25	\$6.25	\$8.00	\$6.25	\$23.00
10-Pass Card	FREE	\$42.50	\$56.50	\$56.50	\$72.00	\$56.50	\$207.00
Monthly Pass	FREE	\$33.25	\$43.75	\$43.75	\$56.00	\$43.75	\$161.00
Annual Pass	FREE	\$332.50	\$437.50	\$437.50	\$560.00	\$437.50	\$1,605.00
Aqua Single Day	N/A	N/A	\$7.75	\$7.75	\$9.50	\$7.75	N/A
Aqua 10-Pass Card	N/A	N/A	\$69.80	\$69.80	\$85.50	\$69.80	N/A
Aqua Monthly Pass	N/A	N/A	\$54.25	\$54.25	\$66.50	\$54.25	N/A
Aqua Annual Pass	N/A	N/A	\$542.50	\$542.50	\$665.50	\$542.50	N/A
MULTI-FACILITY PASS							
Single Day	FREE	N/A	N/A	N/A	N/A	N/A	\$28.50
10-Pass Card	FREE	N/A	N/A	N/A	N/A	N/A	\$256.50
Monthly Pass	FREE	\$41.00	\$51.00	\$59.00	\$72.00	\$59.00	\$171.00
Annual Pass	FREE	\$451.00	\$561.00	\$649.00	\$792.00	\$649.00	\$1,881.00
MULTI-FACILITY USE AND ACCESS TO AQUASIZE CLASSES							
Aqua Monthly Pass	N/A	N/A	\$71.25	\$71.25	\$90.00	\$71.25	N/A
Aqua Annual Pass	N/A	N/A	\$783.75	\$783.75	\$1,021.50	\$783.75	N/A

*Two adults and unlimited children, under 18, living in the same home.

FLEX PASS	HARBOUR POOL		DOW CENTENNIAL CENTRE		MULTI-FACILITY PASS	
	Monthly	Annual	Monthly	Annual	Monthly	Annual
First Adult	\$56.00	\$560.00	\$60.00	\$660.00	\$72.00	\$792.00
Second Adult	\$47.50	\$475.00	\$51.00	\$561.00	\$61.25	\$572.25
Child (Added with adult)	\$28.25	\$282.50	\$28.00	\$308.50	\$34.75	\$325.75
Youth (Added with adult)	\$37.25	\$372.50	\$33.25	\$364.50	\$43.25	\$405.25
First Senior/ Student	\$43.75	\$437.50	\$51.00	\$561.00	\$59.00	\$649.00
Second Senior/ Student	\$37.25	\$372.50	\$43.50	\$476.75	\$50.25	\$469.00



Questions/Cancellations/Withdrawals



Register ASAP!

We value your participation in our programs and want to ensure a positive experience for all. Unforeseen circumstances can sometimes result in program cancellations; in order to prevent any disappointment, we highly encourage registering as soon as possible.

Decisions regarding program viability are made one week prior to the scheduled start date. Your prompt registration plays a crucial role in the overall success of the program. Please be aware that each program must meet a minimum registration threshold to proceed.

In the event of a cancellation, participants will receive a full refund, and we commit to providing a minimum of seven days' notice.



Withdrawing From a Program?

We aim to streamline and provide you flexibility within our withdrawal process to further assist you. Here's a breakdown of our withdrawal policy:

Transfer Without Fees: If space is available, you can seamlessly transfer to another course without incurring an administration fee.

Early Notice (Seven or More Days Before): No penalty will be assessed if the withdrawal request is made seven or more days before the class starts. However, funds will be credited to your account for future use with the City.

Short Notice (Less Than Seven Days): If the request is within seven days of the class start, a \$5 administrative fee will apply, and the remaining funds will be credited to your account for future use with the City.

Post-Start Date (Up to the End of the Second Class): After the course has begun, a \$10 administrative fee will apply, and a prorated credit will be issued to your account until the end of the second class. No funds will be returned after the second class.

Medical Withdrawal: In case of withdrawal for medical reasons, the fee is waived with a provided doctor's note. A refund will be issued upon request.



Leadership Program Withdrawal Policy at Harbour Pool

Considering withdrawing from our Leadership Program at Harbour Pool? Here's a breakdown of our withdrawal policy:

Early Notice (Seven or More Days Before): If the withdrawal request is made seven or more days before the class starts, a \$10 administrative fee will apply. Funds will be returned in the same form in which they were paid or placed as a credit on the account for future use with the City.

Short Notice (Less Than Seven Days): If less than seven days' notice is given, no funds will be returned. This policy is in place because we require a minimum registration for these programs to run, and the decision to run the program is made one week prior to the course start date.

We appreciate your understanding and cooperation with our withdrawal process, and we aim to provide clear and fair guidelines for all participants in our Leadership Program at Harbour Pool.



Are you registered in the correct swim level?

To ensure accuracy, Harbour Pool staff will verify pre-registered courses and confirm your swim level. Prior to the first day of lessons, our staff will reach out to confirm your lesson history. If you are registered in the incorrect level, you will be withdrawn from the current level and offered the appropriate one if available.

If you find yourself uncertain about which level to register for, don't hesitate to reach out to our Customer Service team at 780-992-6162 for guidance. We're here to help you make the most informed registration decisions for an enjoyable and successful swimming experience.



Membership Information

The Fort Leisure Card is valid for use at the Dow Centennial Centre and/or Harbour Pool, with access determined by the type of pass purchased. Please note the Fort Leisure Card is non-transferable.

Refunds and Credits

You may be eligible for a refund or credit on your monthly, yearly, or 10x visit pass with the City of Fort Saskatchewan under the following circumstances (with written confirmation):

- Medical reasons
- Employment transfer/moving out of the area

Preauthorized Payments (EFT)

Preauthorized pass payments can be cancelled with written notice. To cancel or re-establish payments, notice must be provided no later than the last day of the previous month.

Yearly Pass Holds

Yearly passes may be put on hold once per annual agreement, for a maximum of 4 months, for the following reasons:

- Medical
- Employment transfer
- Vacation

Cancellations: All pass cancellations are prorated, and any unused portion will be refunded or left as a credit on your account.

Register ASAP (as soon as possible)!

City Special Events

EVENT	DATE	TIME	WEBSITE
MOVIE UNDER THE STARS	Friday, August 15, 2025	4:00 - 11:00 pm	fortsask.ca/Movie
ALBERTA DAY	Saturday, August 30, 2025	Noon to 4:00 pm	fortsask.ca/SummerSendoff
SHEEP LEAVING PARADE	Saturday, August 30, 2025	11:00 am - 12:30 pm	fortsask.ca/SummerSendoff
FORT HERITAGE PRECINCT 150 th CELEBRATION	Saturday, August 30, 2025	Noon - 4:00 pm	fortsask.ca/SummerSendoff
LIGHTS UP	Friday, November 28, 2025	5:00 - 7:30 pm	fortsask.ca/LightsUp
ENCHANTED FOREST	Friday, November 28, 2025 to Tuesday, January 6, 2026		fortsask.ca/Enchanted

Events planned, organized, and executed by the City of Fort Saskatchewan.

If you or your organization is interested in volunteering for city events,
visit fortsask.ca/Events or email [specialevents@fortsask.ca](mailto:specialevnts@fortsask.ca)



Age Guidelines DOW CENTENNIAL CENTRE

Nutrien Soccerfield, ATCO Gymnasium & Connect Hearing Peek-Caboose Station	Children seven years and younger must be accompanied by a responsible person 14 years of age or older.	
Apple Fitness Centre & ATB Wellness Studio	Full Access Ages 15 years and older allowed without Adult supervision. 12 - 14 years old who completed ONE & DONE allowed without adult supervision. (see page 13). 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.	
Fitness Classes	Ages 15 years and older allowed without Adult supervision. 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, exception for Youth & Family Specific classes.	
Umicore Track	Children seven years and younger must be accompanied by a responsible person 14 years of age or older and be within arms reach.	
Skating	Preschool Puck and Play – Seven years & Younger 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. CSA approved helmet required. An opportunity for unstructured play/skill development with pucks. Designed to enable families the opportunity to work on passing, puck control, and skating. Stick and Puck – Eight years & Older An opportunity for unstructured play/skill development with pucks. CSA approved hockey helmet required. Hockey/ringette sticks & pucks/rings are permitted. Family Skills & Drills – 14 years & Under Family Skills & 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. CSA approved helmet required. Designed to enable families the opportunity to work on passing, puck control, and skating. Soft pucks only. Organized shinny games or coaching are NOT allowed.	Child Shinny – 8 - 12 years Youth Shinny 13 - 17 years Adult Shinny 18 years & Older 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. 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. All Participants MUST be fair to one another and allow everyone equal playing time. 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. Public Skate A CSA-approved hockey helmet is required. Bike helmets are not allowed. Sticks and pucks are not allowed on the ice during Public Skate. Spontaneous Use – All ages An opportunity for unstructured skating/skill development with optional sticks and soft pucks only. CSA approved hockey helmet required. NO Shinny Games permitted.

Auggies Place Childminding

DOW CENTENNIAL CENTRE

Newborn - 8 years
 Auggies is a drop-in childcare service focused on providing quality care and a safe environment for children while parents/guardians are partaking in activities within the Dow Centennial Centre.

Our childcare team is certified in HIGH Five Training, Inclusive Play and Adapted Physical Activity training as well as Intermediate First Aid.
 All staff have undergone Criminal Record checks, and RCMP Vulnerable Sector checks.



FALL HOURS EFFECTIVE SEPTEMBER 1, 2025 *Hours subject to change seasonally*

MONDAY	8:30 am - 1:00 pm
TUESDAY	8:30 am - 12:00 pm 4:00 - 7:00 pm
WEDNESDAY	8:30 am - 1:00 pm 4:00 - 7:00 pm
THURSDAY	8:30 am - 12:00 pm 4:00 - 7:00 pm
FRIDAY	8:30 am - 1:00 pm
SATURDAY	8:15 am - 12:00 pm
SUNDAY	8:30 am - 12:00 pm 3:00 - 6:00 pm NEW
HOLIDAYS	CLOSED

CHILDMINDING RATES

DROP IN DAILY ADMISSION (PER ½ HOUR)	FEE
Member Individual	\$4.00
Member Family	\$7.00
Non-Member Individual	\$9.00

FAMILY PUNCH PASS CARDS	FEE
Member Family 10-Hour Punch Pass	\$136.00
Member Family 20-Hour Punch Pass	\$272.00

INDIVIDUAL PUNCH PASS CARDS	FEE
Member 10-Hour Punch Pass	\$82.00
Member 20-Hour Punch Pass	\$164.00
Non-Member 10-Hour Punch Pass	\$171.00
Non-Member 20-Hour Punch Pass	\$342.00

Fitness and Wellness Programs

EFFECTIVE SEPTEMBER 7 - DECEMBER 20

FREE REGISTERED CLASS TRIAL WEEK Pre-registration is required for **ALL** class trials as space is limited.
September 7 - 13

Come try one of our
free registered class trials.
If you register for the fall
session you will be entered
to win a \$50
gift card!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	SATURDAY
Flex & Stretch 10:30 - 11:30 am Code: 18450 ATB Wellness Studio	Pilates 7:00 - 8:00 pm Code: 18451 Aux Sable Flexhall	Moving 4 Life 11:00 am - 12:00 pm Code: 18452 Aux Sable Flexhall	Pound 6:00 - 7:00 pm Code: 18454 ScotiaBank Room	Pilates 9:30 - 10:30 am Code: 18457 ATCO Gymnasium
		Beginner TRX 7:00 - 8:00 pm Code: 18453 ATB Wellness Studio	Power Hour 6:15 - 7:15 pm Code: 18455 ATB Wellness Studio	

General Fitness

REFRESH & CONQUER

Join us for this 12-week fitness challenge! This program includes a three-month membership to help motivate you and establish your new routine. Join us for a series of high-energy workouts that incorporate strength training, cardio, and flexibility exercises—all designed to boost your overall fitness and confidence. Benefit from the expertise of not just one instructor, but an additional surprise instructor at each class.

Kerrie M and friends!

ATB Wellness Studio & ATCO Gym

CODE	DATE	TIME	FEE
17728	Mon & Thu, Sep 22 - Nov 27	6:45 - 7:45 pm	\$294.50

NEW MAT PILATES

This is a low-impact, full-body workout that emphasizes core strength, stability, flexibility, and mindful movement. This class uses bodyweight exercises to improve posture, alignment, and muscle tone. Suitable for all fitness levels, Mat Pilates helps build a strong foundation for everyday movement and overall body balance.

Melissa M

AUX Sable Flexhall/ATCO Gymnasium

CODE	DATE	TIME	FEE
17988	Mon, Sep 15 - Oct 6	7:00 - 8:00 pm	\$40.00
17989	Mon, Oct 20 - Nov 10	7:00 - 8:00 pm	\$40.00
17990	Mon, Nov 17 - Dec 15	7:00 - 8:00 pm	\$50.00
17991	Sat, Sep 20 - Oct 11	9:30 - 10:30 am	\$40.00
17992	Sat, Oct 18 - Nov 15	9:30 - 10:30 am	\$50.00
17993	Sat, Nov 22 - Dec 20	9:30-10:30 am	\$50.00

FIT CROSS FUSION

Take an hour out of your day to blast away some calories! Challenge your strength and conditioning in this high-intensity workout.

Kerrie M

ATB Wellness Studio

CODE	DATE	TIME	FEE
17712	Sun, Sep 14 - Oct 5	9:00 - 10:00 am	\$50.00
17713	Sun, Oct 12 - Nov 9	9:00 - 10:00 am	\$40.00
17714	Sun, Nov 16 - Dec 7	9:00 - 10:00 am	\$40.00

POWER HOUR

Power up your routine with this full-body workout aimed at building your functional capacity for strength and endurance activities.

Patty M

ATB Wellness Studio

CODE	DATE	TIME	FEE
17758	Wed, Sep 17 - Oct 8	6:15 - 7:15 pm	\$40.00
17759	Wed, Oct 15 - Nov 12	6:15 - 7:15 pm	\$50.00
17760	Wed, Nov 19 - Dec 10	6:15 - 7:15 pm	\$40.00

General Fitness

BARRE BURN

Dynamic sequences integrating elements of pilates, dance, and traditional fitness make this workout the complete package. Show off your increased strength, flexibility and stamina as you let your inner ballerina shine!

Alli M

ATB Wellness Studio

CODE	DATE	TIME	FEE
17764	Thu, Sep 18 - Oct 9	6:30 - 7:30 pm	\$40.00
17765	Thu, Oct 16 - Nov 13	6:30 - 7:30 pm	\$50.00
17766	Thu, Nov 20 - Dec 11	6:30 - 7:30 pm	\$40.00

BEGINNER TRX

Get started with TRX Suspension Training in this beginner-friendly class designed to build strength, improve balance, and enhance flexibility using your body weight. Perfect for all fitness levels, this class focuses on mastering foundational movements, proper form, and core engagement in a supportive, low-impact environment. No experience needed—just a willingness to move!

Sherry W

ATB Wellness Studio

CODE	DATE	TIME	FEE
17745	Tue, Sep 16 - Oct 7	7:00 - 8:00 pm	\$40.00
17746	Tue, Oct 14 - Nov 4	7:00 - 8:00 pm	\$40.00
17747	Tue, Nov 18 - Dec 9	7:00 - 8:00 pm	\$40.00



STROLLERCISE

You don't have to miss your workout! Bring your baby along for all the drills, strength, cardio, and core training you can handle.

Kerrie M

NUTRIEN Soccer Field

CODE	DATE	TIME	FEE
17751	Wed, Sep 17 - Oct 8	10:00 - 11:00 am	\$40.00
17752	Wed, Oct 15 - Nov 12	10:00 - 11:00 am	\$40.00
17753	Wed, Nov 19 - Dec 10	10:00 - 11:00 am	\$40.00

POUND

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 favourite music!

Kerrie M

Scotiabank Room

CODE	DATE	TIME	FEE
17730	Tue, Oct 14 - Nov 4	9:00 - 10:00 am	\$33.00
17731	Tue, Nov 18 - Dec 9	9:00 - 10:00 am	\$44.00
17754	Wed, Sep 17 - Oct 8	6:00 - 7:00 pm	\$44.00
17755	Wed, Oct 15 - Nov 12	6:00 - 7:00 pm	\$44.00
17756	Wed, Nov 19 - Dec 10	6:00 - 7:00 pm	\$44.00



MOVING 4 LIFE

A gentle muscular, strength, and endurance class, perfect for the beginner yet challenging enough for the active person. Using small equipment, the primary goals of this class are toning, strengthening, and increasing mobility. A great class for participants rehabilitating or living with mobility issues. Everyday living is made easier through exercise.

Sherry W

AUX Sable Flexhall

CODE	DATE	TIME	FEE
17732	Tue, Sep 16 - Oct 7	11:00 am - 12:00 pm	\$30.00
17741	Thu, Sep 18 - Oct 9	11:00 am - 12:00 pm	\$40.00
17733	Tue, Oct 14 - Nov 4	11:00 am - 12:00 pm	\$40.00
17740	Thu, Oct 16 - Nov 13	11:00 am - 12:00 pm	\$50.00
17734	Tue, Nov 18 - Dec 9	11:00 am - 12:00 pm	\$40.00
17739	Thu, Nov 20 - Dec 11	11:00 am - 12:00 pm	\$40.00



MS ACTIVE STRENGTH AND STRETCH

Exercise is recognized as an important part of the care plan for MS. The goal of exercise is to improve your overall health and help maintain function, your independence, and quality of life. This strength and stretch program can help you achieve your goals. Before beginning an exercise program, be sure to talk to your doctor.

Trina V

Scotiabank Room

CODE	DATE	TIME	FEE
17757	Wed, Sep 17 - Dec 10	1:00 - 2:00 pm	\$121.00



Spin Classes

SPIN AND CORE

A great combination for the entire body! Get your heart pumping on the spin bike, then the off-bike component will complement the spin training as you build your core.

Alli M
Apple Fitness Centre

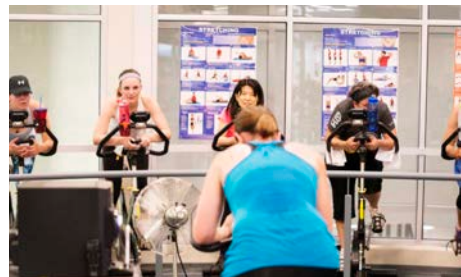
CODE	DATE	TIME	FEE
17742	Tue, Sep 16 - Oct 7	6:00 - 7:00 pm	\$44.00
17743	Tue, Oct 14 - Nov 4	6:00 - 7:00 pm	\$44.00
17744	Tue, Nov 18 - Dec 9	6:00 - 7:00 pm	\$44.00

GENTLE YOGA

Encourage your body to slow down. We will enter postures gradually, layering movements and linking with breath. Balance, mobility, stability and flexibility will be explored together, ending with time for relaxation. This class is both beginner-friendly and suitable for the more experienced, who are looking for a gentler mindful practice.

Mic M
Scotiabank Room

CODE	DATE	TIME	FEE
17709	Sun, Sep 14 - Oct 12	8:30 - 9:30 am	\$50.00
17710	Sun, Oct 19 - Nov 16	8:30 - 9:30 am	\$50.00
17711	Sun, Nov 23 - Dec 14	8:30 - 9:30 am	\$50.00



Mind & Body

REALIGNMENT YOGA

This realignment class will address and correct misalignments in your shoulders, hips, knees, or ankles. Each week will work towards restoring your body to full mobility. Please bring a yoga mat, blanket, and strap.

Candace W
City Hall Room 1 & 2

CODE	DATE	TIME	FEE
17718	Mon, Sep 15 - Oct 6	9:15 - 10:30 am	\$50.00
17719	Mon, Oct 13 - Nov 10	9:15 - 10:30 am	\$77.50
17720	Mon, Nov 17 - Dec 8	9:15 - 10:30 am	\$62.00

Jill G
City Hall Room 1 & 2

CODE	DATE	TIME	FEE
17763	Wed, Sep 10 - Nov 12	5:30 - 6:45 pm	\$155.00

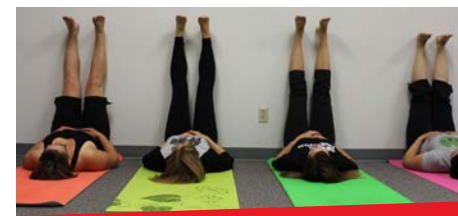
CHAIR YOGA

Applicable to everyone but especially geared to accommodate those recovering from an injury, surgery, or having mobility issues. Come and learn how to use a simple chair to improve flexibility, strength, release tension, and calm the mind.

Please bring a yoga mat and strap.

Candace W
City Hall Room 1 & 2

CODE	DATE	TIME	FEE
17722	Mon, Sep 15 - Oct 6	11:00 - 12:00 pm	\$50.00
17723	Mon, Oct 13 - Nov 10	11:00 - 12:00 pm	\$62.50
17724	Mon, Nov 17 - Dec 8	11:00 - 12:00 pm	\$50.00



Preschool and Child Programs

PARENTS NIGHT OFF

Parents/guardians, you deserve a night off, and we have you covered! Bring your kiddo for four hours of fun, games, activities, and making new friends, all while you do what you need or simply what you want to do! Take the time to shop, have a date night, clean, take a nap or just relax!

Newborn - 9 years

Auggies Place

CODE	DATES	TIME	FEE
17650	Fri, Sep 19	4:30 - 8:30 pm	\$25.00
17651	Fri, Oct 10	4:30 - 8:30 pm	\$25.00
17652	Fri, Oct 24	4:30 - 8:30 pm	\$25.00
17653	Fri, Nov 7	4:30 - 8:30 pm	\$25.00
17654	Fri, Nov 21	4:30 - 8:30 pm	\$25.00
17655	Fri, Dec 12	4:30 - 8:30 pm	\$25.00

PRESCHOOL FUN, FITNESS, AND FRIENDS

Our Preschool programs focus on providing active fitness in our Nutrien Soccer Field, ATCO Gymnasium, AUX Sable Flexhall, unstructured free play, crafts, friendship building, and a safe environment for children.

2.5* - 5 years *must be potty trained

CODE	DATES	TIME	FEE	LOCATION
17644	Mon, Sep 15 - Oct 6	1:30 - 3:30 pm	\$48.00	Auggies Place
17645	Thu, Sep 18 - Oct 9	9:30 - 11:30 am	\$48.00	Nutrien Soccer A
17646	Mon, Oct 20 - Nov 10	1:30 - 3:30 pm	\$48.00	Auggies Place
17648	Thu, Oct 16 - Nov 6	9:30 - 11:30 am	\$48.00	Nutrien Soccer A
17647	Mon, Nov 17 - Dec 15	1:30 - 3:30 pm	\$60.00	Auggies Place
17649	Thu, Nov 20 - Dec 18	9:30 - 11:30 am	\$60.00	Nutrien Soccer A

sportball MULTI-SPORT

If we asked one of our Sportball parents to dream up their child's ultimate class, it would probably look like our star program, Multi-Sport. Multi-Sport classes keep children moving and engaged and send them home with new skills from a different sport each class. These well-rounded classes provide an amazing foundation for a lifetime of active living, bundling soccer, baseball, basketball, football, hockey, volleyball, golf, and tennis into one comprehensive package. That's eight sports per season for one registration! All of our classes are Coached with Purpose using Sportball Methodology. All games, activities, and instructions have a purpose and expected outcome. We aim to build your child's confidence, competence, and Physical Literacy. Our programs target three key areas of childhood development, helping them build skills for life!



AGE	LOCATION	CODE	DATES	TIME	FEE
16 months - 2 years (Parented)	AUX SABLE FLEXHALL	17701	Sun, Sep 14 - Oct 26 No class Oct 12	9:00 - 9:30 am	\$82.50
		17702	Sun, Nov 2 - Dec 14	9:00 - 9:30 am	\$96.25
2 - 3.5 years (Parented)	AUX SABLE FLEXHALL	17695	Sun, Sep 14 - Oct 26 No class Oct 12	9:35 - 10:20 am	\$100.50
		17698	Sun, Sep 14 - Oct 26 No class Oct 12	10:25 - 11:10 am	\$100.50
	NUTRIEN SOCCER A	17696	Tue, Sep 9 - Oct 28	9:50 - 10:35 am	\$117.25
		18000	Tue, Nov 4 - Dec 16 No class Nov 11	9:50 - 10:35 am	\$100.50
	AUX SABLE FLEXHALL	18002	Wed, Sep 10 - Oct 29	5:00 - 5:45 pm	\$134.00
		17699	Sun, Nov 2 - Dec 14	9:35 - 10:20 am	\$117.25
		17700	Sun, Nov 2 - Dec 14	10:25 - 11:10 am	\$117.25
		17697	Wed, Nov 5 - Dec 17	5:00 - 5:45 pm	\$117.25
		17687	Tue, Sep 9 - Oct 28	10:40 - 11:40 am	\$117.25
3.5 - 5 years	NUTRIEN SOCCER A	17999	Tue, Nov 4 - Dec 16 No class Nov 11	10:40 - 11:40 am	\$100.50
		18001	Wed, Sep 10 - Oct 29	5:50 - 6:50 pm	\$134.00
	AUX SABLE FLEXHALL	17689	Sun, Sep 14 - Oct 26 No class Oct 12	11:15 am - 12:10 pm	\$100.50
		17690	Sun, Nov 2 - Dec 14	11:15 am - 12:10 pm	\$117.25
		17688	Wed, Nov 5 - Dec 17	5:50 - 6:50 pm	\$117.25
		17691	Wed, Sep 10 - Oct 29	6:55 - 7:55 pm	\$134.00
5 - 8 years	AUX SABLE FLEXHALL	17693	Sun, Sep 14 - Oct 26 No class Oct 12	12:15 - 1:10 pm	\$100.50
		17694	Sun, Nov 2 - Dec 14	12:15 - 1:10 pm	\$117.25
		17692	Wed, Nov 5 - Dec 17	6:55 - 7:55 pm	\$117.25

Youth Programs

LEVEL UP BASKETBALL

LEVEL UP Skill Developer camp is designed for athletes who want to learn more about the game and how to become impact players for their team. Our experienced LEVEL UP coaching staff will effectively introduce skills and teach players how to transfer them into gameplay. Athletes will be given a multitude of opportunities to hone skills through competitive games, which are designed to help players build their in-game IQ and decision making.

Ages 5 - 7 years

ATCO Gymnasium

CODE	DATE	TIME	FEE
17770	Thu, Sep 11 - Oct 23	5:00 - 5:55 pm	\$115.50

Ages 7 - 9 years

ATCO Gymnasium

CODE	DATE	TIME	FEE
17771	Thu, Sep 11 - Oct 23	6:00 - 6:55 pm	\$115.50

Ages 9 - 12 years

ATCO Gymnasium

CODE	DATE	TIME	FEE
17772	Thu, Sep 11 - Oct 23	6:55 - 7:55 pm	\$115.50



NEW LEVEL UP BALL HOCKEY

Welcome to Level Up Ball Hockey – the perfect introduction to hockey for kids ready to learn! Our exciting, high-energy class is designed to get your little ones moving, laughing, and learning the basics of the game in a safe and fun environment.

No skates? No problem! Ball hockey is played in running shoes – all the action, none of the ice! Kids will learn skills like passing, shooting, teamwork, and sportsmanship through games, drills, and creative challenges that keep them engaged from start to finish.

Whether your child is brand new to hockey or just looking for a fun way to stay active, Level Up Ball Hockey is the perfect place to build skills, make friends, and fall in love with the game. Let's play some hockey – the fun way!

Ages 5 - 7 years

ATCO Gymnasium

CODE	DATE	TIME	FEE
18003	Thu, Nov 6 - Dec 18	5:00 - 5:55 pm	\$115.50

Ages 7 - 9 years

ATCO Gymnasium

CODE	DATE	TIME	FEE
18004	Thu, Nov 6 - Dec 18	6:00 - 6:55 pm	\$115.50

Ages 9 - 12 years

ATCO Gymnasium

CODE	DATE	TIME	FEE
18005	Thu, Nov 6 - Dec 18	6:55 - 7:55 pm	\$115.50



POWER UP!

Power Up is an educational program geared towards sport groups across Canada that focuses on building confidence in girls.

This program will incorporate a facilitator-led curriculum, games-focused activities, a practical component (a sport experience delivered by us), and strategies to help engage and promote long-term participation of girls in sport. During our sessions, we may play various sports in a fun, empowering, and caring environment. We aim to provide an atmosphere of acceptance, so girls are not afraid to try new things and gain the benefits of physical activity.

Ages 8 years and older

ATCO Gymnasium

CODE	DATE	TIME	FEE
17686	Wed, Oct 8 - Nov 12	7:00 - 8:30 pm	\$66

GO SPORTS! Volleyball Alberta's Atomic 1

GO Sport Atomic programs follow the curriculum set out in Volleyball Canada's Atomic Volleyball Program. Atomic Volleyball is an eight-week program with adapted rules for youth ages 9 - 12 years. Each session is 1.5 hours with every session being a combination of skills/technique practice and modified games play. Atomic Volleyball is part of the Long-Term Athlete Development Model Stage 2 "Learning to Train" that stresses FUN, FAIRPLAY, and PARTICIPATION by increasing the number of ball contacts. Register at: volleyballalberta.ca/go_sports_edmonton

Ages 9 - 12 years No Prior Experience Required

ATCO Gymnasium

CODE	DATE	TIME	FEE
	Tue, Oct 7 - Nov 25		



Youth Programs

ONE AND DONE FITNESS CENTRE ORIENTATION

This one-hour orientation is for youth who want to use the Apple Fitness Centre's weights and cable machines without parental supervision. A trainer will cover basic weightlifting tips, proper form, and safe use of cable machines.

Ages 12 - 14 years

Kerrie M

Apple Fitness Centre

CODE	DATE	TIME	FEE
17735	Sat, Sep 13	9:30 - 10:30 am	\$60.00
17736	Sat, Oct 11	9:30 - 10:30 am	\$60.00
17737	Sat, Nov 1	9:30 - 10:30 am	\$60.00
17738	Sat, Dec 6	9:30 - 10:30 am	\$60.00

BABYSITTER'S TRAINING

This one-day, hands-on course will give students the tools to become St. John Ambulance-certified babysitters. In addition to learning basic first aid, they will learn how to engage with children, deal with temper tantrums, practice diaper changing, and prevent injuries. Please wear comfortable clothing, and bring a nut-free, non-heated lunch, snacks, drinks, a pen, and a baby-sized doll or stuffie.

AGES 11 years and older

Lion's Pride / Scotia Bank Studio

CODE	DATE	TIME	FEE
17980	Fri, Oct 3	9:00 am - 3:30 pm	\$84.00
17982	Sat, Nov 8	9:00 am - 3:30 pm	\$84.00
17983	Wed, Nov 12	9:00 am - 3:30 pm	\$84.00
17984	Sat, Dec 13	9:00 am - 3:30 pm	\$84.00



HOME ALONE

The Canada Safety Council Home Alone Program is designed to provide children 10 years of age and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied.

The course material covers such topics as:

- Establishing a routine
- House Key is your responsibility
- Strangers
- Telephone
- Emergencies
- Basic First Aid
- Internet Safety

Ages 10 years and older

Lion's Pride / Scotia Bank Studio

CODE	DATE	TIME	FEE
17981	Thu, Sep 11	5:30 - 8:30 pm	\$55.00
17985	Sat, Sep 27	9:00 am - 12:00 pm	\$55.00
17986	Mon, Oct 20	5:30 - 8:30 pm	\$55.00
17987	Sat, Dec 6	9:00 am - 12:00 pm	\$55.00



BUDDY LEADERS

Spend your No School Day gaining hands-on experience and developing leadership skills while having FUN with children! After successfully attending three No School Days as a Buddy Leaders (within one school calendar year), each Buddy Leaders will be eligible for a letter of reference reflecting the total hours inputted, growth, and abilities demonstrated.

Ages 13 - 15 years

Scotia Bank Studio

CODE	DATE	TIME	FEE
17601	Fri, Oct 3	8:30 am - 4:30 pm	\$25
17602	Mon, Nov 10	8:30 am - 4:30 pm	\$25
17603	Wed, Nov 12	8:30 am - 4:30 pm	\$25
17604	Thu, Nov 13	8:30 am - 4:30 pm	\$25
17605	Fri, Nov 14	8:30 am - 4:30 pm	\$25
17606	Mon, Dec 22	8:30 am - 4:30 pm	\$25
17607	Tue, Dec 23	8:30 am - 4:30 pm	\$25
17608	Mon, Dec 29	8:30 am - 4:30 pm	\$25
17609	Tue, Dec 30	8:30 am - 4:30 pm	\$25
17610	Wed, Dec 31	8:30 am - 4:30 pm	\$25



No School Days Programs

Spend your No School Day having FUN with unstructured free play, making new friends, playing games, creating crafts, and getting active! On these days, we will be spending time all around the building, checking out the Nutrien Soccer field, AUX Sable Flexhall, and the ATCO Gymnasium! Pack a NUT-FREE lunch, snacks, indoor shoes, and outdoor weather-appropriate clothing.

A waiver must be signed before/at the time of drop off.



NEW AGES 3.5* - 5 years

Auggies Place

**must be potty trained*

CODE	DATE	TIME	FEE
17634	Fri, Oct 3	1:00 pm - 4:30 pm	\$25
17635	Mon, Nov 10	1:00 pm - 4:30 pm	\$25
17636	Wed, Nov 12	1:00 pm - 4:30 pm	\$25
17637	Thu, Nov 13	1:00 pm - 4:30 pm	\$25
17638	Fri, Nov 14	1:00 pm - 4:30 pm	\$25
17639	Mon, Dec 22	1:00 pm - 4:30 pm	\$25
17640	Tue, Dec 23	1:00 pm - 4:30 pm	\$25
17641	Mon, Dec 29	1:00 pm - 4:30 pm	\$25
17642	Tue, Dec 30	1:00 pm - 4:30 pm	\$25
17643	Wed, Dec 31	1:00 pm - 4:30 pm	\$25

AGES 5 - 9 years

Scotia Bank Studio

CODE	DATE	TIME	FEE
17591	Fri, Oct 3	8:30 am - 4:30 pm	\$50
17592	Mon, Nov 10	8:30 am - 4:30 pm	\$50
17593	Wed, Nov 12	8:30 am - 4:30 pm	\$50
17594	Thu, Nov 13	8:30 am - 4:30 pm	\$50
17595	Fri, Nov 14	8:30 am - 4:30 pm	\$50
17596	Mon, Dec 22	8:30 am - 4:30 pm	\$50
17597	Tue, Dec 23	8:30 am - 4:30 pm	\$50
17598	Mon, Dec 29	8:30 am - 4:30 pm	\$50
17599	Tue, Dec 30	8:30 am - 4:30 pm	\$50
17600	Wed, Dec 31	8:30 am - 4:30 pm	\$50

BUDDY LEADERS

Spend your No School Day gaining hands-on experience and developing leadership skills while having FUN with children! After successfully attending three No School Days as a Buddy Leader (within one school calendar year), each Buddy Leader will be eligible for a letter of reference reflecting the total hours inputted, growth, and abilities demonstrated.

AGES 13 - 15 years

Scotia Bank Studio

CODE	DATE	TIME	FEE
17601	Fri, Oct 3	8:30 am - 4:30 pm	\$25
17602	Mon, Nov 10	8:30 am - 4:30 pm	\$25
17603	Wed, Nov 12	8:30 am - 4:30 pm	\$25
17604	Thu, Nov 13	8:30 am - 4:30 pm	\$25
17605	Fri, Nov 14	8:30 am - 4:30 pm	\$25
17606	Mon, Dec 22	8:30 am - 4:30 pm	\$25
17607	Tue, Dec 23	8:30 am - 4:30 pm	\$25
17608	Mon, Dec 29	8:30 am - 4:30 pm	\$25
17609	Tue, Dec 30	8:30 am - 4:30 pm	\$25
17610	Wed, Dec 31	8:30 am - 4:30 pm	\$25





fortsask.ca/Swim

CLICK HERE to view the
FALL Drop-in Schedule



EVENTS	DATE & TIME	SPONSOR
Inflatable Party Youth Swim 10 +	September 6 7:00 - 9:00 pm	Vera Homes
Community Loonie Swim	September 20 2:00 - 4:00 pm	Wolf Midstream
Spooky Youth Swim 10 +	October 4 7:00 - 9:00 pm	Vera Homes
Community Loonie Swim	October 18 2:00 - 4:00 pm	Wolf Midstream
Dive in Movie	November 1 5:00 - 8:00 pm <i>Movie starts at 6:00 pm</i>	Kate's Delivery
Community Loonie Swim	November 15 2:00 - 4:00 pm	CUPE Local 30
Luau Youth Swim 10 +	November 29 7:00 - 9:00 pm	Vera Homes
Holiday Hangout Youth Swim 10 +	December 13 7:00 - 9:00 pm	Vera Homes
Early Bird Holiday Brunch	December 17 6:00 - 9:00 am	Call 780-992-6162 to sponsor this swim or other events.
Holiday Potluck	December 18 12:00 - 1:30 pm	
Community Free Swim	December 20 2:00 - 4:00 pm	NWR Sturgeon Refinery

HARBOUR POOL RENTAL INFO

- Harbour Pool will be open 15 minutes prior to your rental time.
- All rental contracts must be signed and returned to Harbour Pool PRIOR to your rental.
- Changes or cancellations must be done 72 hours in advance of your rental. All cancellations have a \$5 administrative fee.
- Children 7 years and younger must be accompanied into the water by a responsible person 14 years of age or older and must be within arm's reach at ALL times.
- Lifejackets are available for use, sizes are subject to availability.
- A sink, microwave and fridge are available in the MPR for your convenience.
- Please refrain from any kind of sparkles and glitter during your MPR rental.
- No alcohol is permitted on the premises.
- All Harbour Pool rules apply to rentals.
- Full payment is required at time of booking.



PARTY PACKAGE	POOL ONLY	MULTI-PURPOSE ROOM (MPR)
\$321.00 (GST Included) • Two hours in the Party Room • One hour in the Pool • Party hats and balloons • Pool inflatables	Based on number of patrons, (GST Included) 1 - 74 \$197.25 75 - 124 \$248.40 125 - 185 \$298.65 186 - 246 \$349.00 247 - 300 \$398.75	\$37.50 / HOUR (GST Included) MAX 34 people in the room

To become a sponsor, contact us at 780-992-6162 for more information.

Lifesaving Society Leadership Courses



LIFESAVING SOCIETY®
The Lifeguarding Experts

**ATTENDANCE FOR ALL PROGRAM DATES
IS MANDATORY FOR COURSE COMPLETION.**

JUNIOR LIFEGUARD CLUB (JLC)

Junior Lifeguard Club combines each of the Canadian Swim Patrol programs in a club-based setting, providing enriched training for those who are ready to go beyond learn-to-swim. This program continues to develop participants' swim strokes and provide the skill foundation that prepares them for success in the Lifesaving Society's Bronze Medal awards.

CODE	DATE	TIME	FEE
16799	Fri, Sep 5 - Dec 19	4:30 - 6:30 pm	\$231.75

No class Oct 10

16800	Sun, Sep 7 - Dec 21	12:00 - 2:00 pm	\$231.75
-------	---------------------	-----------------	----------

No class Oct 12

Prerequisite: Ability to swim 25m, tread water for 2-minutes and are comfortable in deep water.

LIFESAVING SOCIETY BRONZE STAR

Bronze Star is the pre-Bronze Medallion training standard, and it is excellent preparation for success in Bronze Medallion. Participants develop problem-solving, decision-making skills, and Water Smart® confidence.

CODE	DATE	TIME	FEE
16787	Sat, Sep 6 - 27	9:00 - 11:30 am	\$152.76

Prerequisite: none (Canadian Swim Patrol experience is recommended)

LIFESAVING SOCIETY BRONZE MEDALLION/CPR-C

The Bronze Medallion tests judgment, knowledge, skill, and fitness for water rescues, teaching problem-solving and decision-making around water. CPR-C covers CPR skills for adults, children, and infants, including two-rescuer techniques and AED use.

CODE	DATE	TIME	FEE
17623*	Fri - Sun, Oct 3 - 5	Fri, 5:00 - 9:00 pm	\$191.50
17624**		Sat/Sun, 9:00 am - 5:00 pm	\$201.10

Under 15* / Over 15**

Prerequisite: Bronze Star OR 13+ years old

LIFESAVING SOCIETY INTERMEDIATE FIRST AID / AQUATIC EMERGENCY CARE / OXYGEN ADMINISTRATION

Intermediate First Aid CPR-C & AED provides comprehensive first aid training, covering all aspects of first aid, CPR, and AED use. Aquatic Emergency Care provides training specific to emergencies in an aquatic setting. Oxygen Administration provides knowledge and techniques for the use of oxygen as a supplement in an emergency care situation.

CODE	DATE	TIME	FEE
17625	Fri - Sun, Oct 10 - 12	Fri, 5:00 - 9:00 pm	\$225.00
		Sat & Sun, 9:00 am - 6:30 pm	

Prerequisite: None

LIFESAVING SOCIETY BRONZE CROSS

Bronze Cross prepares candidates to assist lifeguards by building lifesaving skills and teaching active surveillance techniques in aquatic facilities. It emphasizes teamwork, communication, and emergency response. Bronze Cross is required for National Lifeguard and leadership training.

CODE	DATE	TIME	FEE
16784*	Fri - Sun, Oct 24 - 26	Fri, 5:00 - 9:00 pm	\$165.00
17626**		Sat & Sun, 9:00 am - 5:00 pm	\$173.30

Under 15* / Over 15**

Prerequisite: Current Intermediate First Aid CPR-C & AED award and successful completion of the Lifesaving Society Bronze Medallion award (need not be current).

LIFESAVING SOCIETY NATIONAL LIFEGUARD

National Lifeguard is Canada's standard for professional lifeguarding - the course builds on the fundamental skills, knowledge, fitness, judgment, and values taught in prerequisite courses. The course develops a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude toward the role of the lifeguard.

CODE	DATE	TIME	FEE
17627	Wed - Sat, Nov 12 - 15	8:00 am - 6:00 pm	\$361.25

Prerequisite: 15 years old, Bronze Cross (need not be current) and current Intermediate First Aid CPR-C & AED award (or equivalent). Aquatic Emergency Care recommended, but not required.

LIFESAVING SOCIETY SWIM INSTRUCTOR + LIFESAVING INSTRUCTOR

This dual certification course prepares candidates to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society's Swim for Life and Canadian Swim Patrol programs, as well as Bronze Medal Awards. Candidates acquire proven teaching methods, planning skills, and a variety of stroke development drills and correction techniques. Harbour Pool offers an in-house apprenticeship program to candidates who successfully complete the course.

CODE	DATE	TIME	FEE
17628	Fri - Sun, Dec 5 - 7 & Dec 12 - 14	Fri, 5:00 - 9:00 pm	\$463.50
		Sat & Sun, 9:00 am - 5:00 pm	

Prerequisite: 15 years old, Bronze Cross (need not be current).

LIFESAVING SOCIETY NATIONAL LIFEGUARD/OXYGEN ADMINISTRATION/ AQUATIC EMERGENCY CARE RECERT

This is a recertification course for National Lifeguard, Intermediate First Aid CPR-C & AED, and Aquatic Emergency Care. Prior completion of National Lifeguard (need not be current) and Intermediate First Aid CPR-C & AED (must be current).

CODE	DATE	TIME	FEE
17621	Sun, Sep 21	8:00 am - 5:00 pm	\$130.00

Prerequisite: Prior completion of National Lifeguard (need not be current) and Intermediate First Aid CPR-C & AED (must be current), are required for enrollment.

LIFESAVING SOCIETY INTERMEDIATE FIRST AID RECERT

This is a recertification course for Intermediate First Aid CPR-C & AED. Prior completion of Intermediate First Aid CPR-C & AED (must be current)

CODE	DATE	TIME	FEE
17622	Sat, Sep 20	8:00 am - 4:00 pm	\$110.00

Prerequisite: Prior completion of Intermediate First Aid CPR-C & AED (must be current), is required for enrollment.

Additional Aquatic Programs

PRESCHOOL PLUNGE & PLAY

This unparented program combines physical creativity, art, music, stories, snacks and, of course, swimming. Each class includes a minimum half hour pool session.

Prerequisite: Three years of age, completely toilet trained, and able to dress themselves.

DAY	DATES	TIME	CODE	FEE
Mon	Sep 8 - Oct 27 No class Oct 13	9:00 - 11:30 am	17098	\$152.60
Mon	Sep 8 - Oct 27 No class Oct 13	12:30 - 3:00 pm	17103	\$152.60
Tue	Sep 9 - Oct 28 No class Sep 30	9:00 - 11:30 am	17099	\$152.60
Tue	Sep 9 - Oct 28 No class Sep 30	12:30 - 3:00 pm	17104	\$152.60
Wed	Sep 10 - Oct 29	9:00 - 11:30 am	17100	\$174.40
Wed	Sep 10 - Oct 29	12:30 - 3:00 pm	17105	\$174.40
Thu	Sep 11 - Oct 30	9:00 - 11:30 am	17101	\$174.40
Thu	Sep 11 - Oct 30	12:30 - 3:00 pm	17106	\$174.40
Fri	Sep 12 - Oct 31	9:00 - 11:30 am	17102	\$174.40
Fri	Sep 12 - Oct 31	12:30 - 3:00 pm	17107	\$174.40
Mon	Nov 3 - Dec 15	9:00 - 11:30 am	17108	\$152.60
Mon	Nov 3 - Dec 15	12:30 - 3:00 pm	17113	\$152.60
Tue	Nov 4 - Dec 16 No class Nov 11	9:00 - 11:30 am	17109	\$130.80
Tue	Nov 4 - Dec 16 No class Nov 11	12:30 - 3:00 pm	17114	\$130.80
Wed	Nov 5 - Dec 17 No class Nov 12	9:00 - 11:30 am	17110	\$130.80
Wed	Nov 5 - Dec 17 No class Nov 12	12:30 - 3:00 pm	17115	\$130.80
Thu	Nov 6 - Dec 11 No class Nov 13	9:00 - 11:30 am	17111	\$109.00
Thu	Nov 6 - Dec 11 No class Nov 13	12:30 - 3:00 pm	17116	\$109.00
Fri	Nov 7 - Dec 19 No class Nov 14	9:00 - 11:30 am	17112	\$130.80
Fri	Nov 7 - Dec 19 No class Nov 14	12:30 - 3:00 pm	17117	\$130.80



SWIMABILITIES®

***CAREGIVER IN WATER PARTICIPATION REQUIRED.**

SwimAbilities® is a learn-to-swim program geared for children aged 3 - 16 years who require additional supports, looking for an alternative to Swim for Life lessons. The child's caregiver is in the water to provide one-on-one focus while being under the direction of a certified instructor. SwimAbilities® assists children and their caregivers to accomplish goals surrounding safety, independence, and enjoyment in and around the water.

Harbour Pool now offers designated times for SwimAbilities® classes when no other Swim for Life programs are occurring in the pool, to offer a safe and comfortable sensory experience for participants.

Questions about this program? Call 780-992-6162.

SWIMABILITIES (AGES 8 AND UNDER)

DAY	DATES	TIME	CODE	FEE
Tue & Thu	Sep 2 - 25	4:00 - 4:45 pm	16942	\$70.00
Sat	Sep 6 - Nov 1 No class Oct 11	9:00 - 9:45 am	16951	\$70.00
Tue & Thu	Oct 2 - 23	4:00 - 4:45 pm	16948	\$61.25
Tue & Thu	Oct 28 - Nov 20 No class Nov 11	4:00 - 4:45 pm	16949	\$61.25
Sat	Nov 8 - Dec 20	9:00 - 9:45 am	16952	\$61.25
Tue & Thu	Nov 25 - Dec 18	4:00 - 4:45 pm	16950	\$70.00

SWIMABILITIES (AGES 16 AND UNDER)

DAY	DATES	TIME	CODE	FEE
Tue & Thu	Sep 2 - 25	4:00 - 4:45 pm	16946	\$70.00
Sat	Sep 6 - Nov 1 No class Oct 11	9:00 - 9:45 am	16945	\$70.00
Tue & Thu	Oct 2 - 23	4:00 - 4:45 pm	16944	\$61.25
Tue & Thu	Oct 28 - Nov 20 No class Nov 11	4:00 - 4:45 pm	16941	\$61.25
Sat	Nov 8 - Dec 20	9:00 - 9:45 am	16943	\$61.25
Tue & Thu	Nov 25 - Dec 18	4:00 - 4:45 pm	16947	\$70.00



STROKE IMPROVEMENT

Stroke Improvement is intended for participants between the ages of 8 and 14 years who have completed Swimmer 6. However, individuals who have not completed Swimmer 6 who wish to improve their strokes are welcome to enroll. Candidates should come prepared to participate in a variety of stroke drills and swim upwards of 50 - 100 metres at a time.

DAY	DATES	TIME	CODE	FEE
Sat	Sep 6 - Nov 1 No class Oct 11	9:45 - 10:30 am	17160	\$70.00
Sun	Sep 7 - Nov 2 No class Oct 12	12:00 - 12:45 pm	16937	\$70.00
Tue & Thu	Oct 2 - Oct 23	4:50 - 5:35 pm	16938	\$61.25
Mon	Nov 3 - Dec 15	5:35 - 6:20 pm	16939	\$61.25
Sat	Nov 8 - Dec 20	12:05 - 12:50 pm	16940	\$61.25
Tue & Thu	Nov 25 - Dec 18	4:50 - 5:35 pm	17159	\$70.00

SWIM TO SURVIVE

Over the last 20 years in Alberta, on average, fatal drownings have increased 1.1% and emergency department visits have increased 0.6% annually. Swim to Survive is a survival training program that focuses on the skills needed to survive an unexpected fall into deep water. Learn to roll into deep water, tread water for one-minute, and swim 50 metres. This course is for all ages and abilities, and families are encouraged to enroll together! The program is adaptable to include skills and water safety teachings based on the abilities of participants.

DAY	DATES	TIME	CODE	FEE
Sat	Oct 4 - Nov 1 No class Oct 11	9:30 - 11:30 am	17161	\$21.00



Lifesaving Society Swim For Life

Please note, if proof of completion for the previous level is not provided you may be withdrawn from the course. Please see page 5 for more information. Call Harbour Pool at 780.992.6162 if you are unsure of what level to register in for more information or to book a free swim placement.

LIFESAVING SOCIETY PARENT AND TOT PROGRAMS

PARENT AND TOT 1 (4 - 12 MONTHS)

Bring your tot here for their first introduction to swimming lessons! Tots will practice front floats, back floats, splashing, and kicking in the water, all while being assisted by an adult.

PARENT AND TOT 2 (12 - 24 MONTHS)

Tots will become familiar with using personal floatation devices, submerging their face in the water, blowing bubbles, front floats, back floats, and shallow water movement.

PARENT AND TOT 3 (24 - 36 MONTHS)

This is the last parented level before your tot learns to swim on their own! Tots will practice jump entries, building water confidence, floats, submersion, blowing bubbles, opening their eyes underwater, and kicking.

LIFESAVING SOCIETY PRESCHOOL

PROGRAMS (3 - 5 YEARS)

PRESCHOOL 1

This is the first level that is un - parented. Standards are all assisted by the instructor or a floatation device. Swimmers will practice blowing bubbles in the water, front floats, back floats, jump entry, face in the water, and safe shallow water movement.

PRESCHOOL 2

In this level, swimmers will become familiar with personal floatation devices (PFD), flutter kick, floats while wearing a PFD, and roll over glides while wearing a PFD. The use of the PFD and not the instructor for assistance will build your swimmer's confidence in the water and prepare them for Preschool 3!

PRESCHOOL 3

This level only has two PFD assisted items in it. All other items are completed by swimmers, all by themselves! They will practice flutter kick, front floats, back floats, waist - deep submersion, roll over floats, and jump entries.

PRESCHOOL 4

In Preschool 4, swimmers will learn and practice assisted treading water, chest-deep water submersion, floats, glides, front crawl, flutter kick on back, and object recovery in chest-deep water.

PRESCHOOL 5

In this level, swimmers will learn unassisted treading water, whip kick, front crawl, back crawl, and short interval training. If the swimmer is 5 years old or older when they pass Preschool 5, they may move onto Swimmer 2.

LIFESAVING SOCIETY SCHOOL - AGED PROGRAMS (5 - 14 YEARS)

SWIMMER 1

This is the starting level for anyone aged 5 - 14 who has not yet taken swimming lessons. In this level, swimmers will learn basic floats, glides, rolls, flutter kicks, front crawl, and basic aquatic safety items.

SWIMMER 2

This level is the next step for swimmers who have previously passed either Preschool 5 or Swimmer 1. Swimmer 2 focuses on getting comfortable in deep water as well as learning the basics of whip kick, front crawl, back crawl, and interval training.

SWIMMER 3

This level will cover new skills such as disorienting entries/movements, diving, and treading water without a PFD. Swimmers will also practice front crawl, back crawl, and interval training with increased difficulty.

SWIMMER 4

Front crawl and back crawl distances are now increased up to 25-metres. Swimmers will learn diving, swimming underwater, and the breaststroke arm technique.

SWIMMER 5

In this level, swimmers will learn eggbeater for treading water, breaststroke, and head - up front crawl. Swimmers will continue to practice interval training, as well as short sprints.

SWIMMER 6

The last swimmer level will teach swimmers strength and endurance. Swimmers will practice all swimming skills at the highest difficulty within this level. New skills include scissor kick, stride entry, sprint breaststroke and a 300-metre distance swim.

CANADIAN SWIM PATROL PROGRAMS (5 - 14 YEARS)

ROOKIE PATROL

In this program, swimmers will continue stroke development with 50-metre swims of front crawl, back crawl, and breaststroke. Lifesaving sport skills include a 25-metre obstacle swim and a 15-metre object carry. First aid focuses on assessment of conscious victims, contacting EMS and treatment for bleeding. Fitness skills will improve with 350-metre workouts and 100-metre timed sprints.

RANGER PATROL

In this program, swimmers will strengthen their strokes doing over 75-metre swims of each stroke. Lifesaving sport skills include a timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock, and obstructed airway procedures.

STAR PATROL

In this program, swimmers are challenged with 600-metre workouts, 300-metre timed swims, and a 25-metre object carry. Strokes are refined over 100-metre swims. First aid focuses on treatment of bone and joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defense methods, victim removals, and rolling over and supporting a victim face up in shallow water.

ADULT / TEEN SWIM PROGRAMS (14+ YEARS)

ADULT 1 (AGES 14+)

This level will help get you started on developing water confidence and swimming skills. Endurance training and activities based on your swimming level will increase your confidence to perform skills unassisted.

ADULT 2 / 3 (AGES 14+)

Build on your endurance, swimming front and back crawl and start to explore interval training and drills to help you master your newly developed swimming skills. Breaststroke and deep-water orientation/entries are introduced.

Lifesaving Society Swim for Life

Please note, if proof of completion for the previous level is not provided you may be withdrawn from the course. Please see page 5 for more information.

PARENT & TOT 1 / 2

DAY	DATES	TIME	CODE	FEE
Tue & Thu	Sep 2 - 25	9:00 - 9:30 am	16805	\$62.00
Fri	Sep 5 - Oct 31 No class Oct 10	5:45 - 6:15 pm	16807	\$62.00
Sat	Sep 6 - Nov 1 No class Oct 11	10:35 - 11:05 am	16808	\$62.00
Sun	Sep 7 - Nov 2 No class Oct 12	12:35 - 1:05 pm	16809	\$62.00
Mon	Sep 8 - Oct 27 No class Oct 13	4:30 - 5:00 pm	16806	\$54.25
Mon & Wed	Sep 29 - Oct 22 No class Oct 13	2:30 - 3:00 pm	16810	\$54.25
Wed	Oct 29 - Dec 17	4:50 - 5:20 pm	16811	\$62.00
Fri	Nov 7 - Dec 19	5:25 - 5:55 pm	16812	\$54.25
Sat	Nov 8 - Dec 20	11:15 - 11:45 am	16813	\$54.25
Sun	Nov 9 - Dec 21	12:00 - 12:30 pm	16814	\$54.25
Tue & Thu	Nov 25 - Dec 18	10:00 - 10:30 am	16815	\$62.00
Tue & Thu	Nov 25 - Dec 18	4:45 - 5:15 pm	16816	\$62.00

PARENT & TOT 1 / 2 / 3

DAY	DATES	TIME	CODE	FEE
Tue & Thu	Sep 2 - 25	5:25 - 5:55 pm	16820	\$62.00
Mon & Wed	Sep 3 - 24	2:00 - 2:30 pm	17148	\$54.25
Wed	Sep 3 - Oct 22	5:25 - 5:55 pm	17149	\$62.00
Tue & Thu	Oct 2 - 23	9:30 - 10:00 am	17150	\$54.25
Tue & Thu	Oct 2 - 23	4:45 - 5:15 pm	17151	\$54.25
Mon & Wed	Oct 27 - Nov 19	2:30 - 3:00 pm	17152	\$62.00
Tue & Thu	Oct 28 - Nov 20 No class Nov 11	10:00 - 10:30 am	17153	\$54.25
Tue & Thu	Oct 28 - Nov 20 No class Nov 11	5:55 - 6:25 pm	17154	\$54.25
Mon	Nov 3 - Dec 15	5:05 - 5:35 pm	17155	\$54.25
Mon & Wed	Nov 24 - Dec 17	1:15 - 1:45 pm	17156	\$62.00

PARENT & TOT 3

DAY	DATES	TIME	CODE	FEE
Tue & Thu	Sep 2 - 25	9:30 - 10:00 am	16821	\$62.00
Fri	Sep 5 - Oct 31 No class Oct 10	4:00 - 4:30 pm	16823	\$62.00
Sat	Sep 6 - Nov 1 No class Oct 11	9:50 - 10:20 am	16824	\$62.00
Sun	Sep 7 - Nov 2 No class Oct 12	1:25 - 1:55 pm	16825	\$62.00
Mon	Sep 8 - Oct 27 No class Oct 13	5:55 - 6:25 pm	16822	\$54.25
Mon & Wed	Sep 29 - Oct 22 No class Oct 13	1:50 - 2:20 pm	16826	\$54.25
Wed	Oct 29 - Dec 17	5:25 - 5:55 pm	16827	\$62.00
Fri	Nov 7 - Dec 19	4:35 - 5:05 pm	16828	\$54.25
Sat	Nov 8 - Dec 20	12:15 - 12:45 pm	16829	\$54.25
Sun	Nov 9 - Dec 21	12:35 - 1:05 pm	16830	\$54.25
Mon & Wed	Nov 24 - Dec 17	2:30 - 3:00 pm	16831	\$62.00
Tue & Thu	Nov 25 - Dec 18	9:30 - 10:00 am	16832	\$62.00
Tue & Thu	Nov 25 - Dec 18	6:00 - 6:30 pm	16833	\$62.00

PRESCHOOL 1

DAY	DATES	TIME	CODE	FEE
Tue & Thu	Sep 2 - 25	9:50 - 10:20 am	16835	\$62.00
Tue & Thu	Sep 2 - 25	4:50 - 5:20 pm	16836	\$62.00
Mon & Wed	Sep 3 - 24	2:00 - 2:30 pm	16837	\$54.25
Wed	Sep 3 - Oct 22	4:35 - 5:05 pm	16842	\$62.00
Wed	Sep 3 - Oct 22	5:40 - 6:10 pm	16843	\$62.00
Fri	Sep 5 - Oct 31 No class Oct 10	5:05 - 5:35 pm	16839	\$62.00
Sat	Sep 6 - Nov 1 No class Oct 11	10:25 - 10:55 am	16840	\$62.00
Sun	Sep 7 - Nov 2 No class Oct 12	12:00 - 12:30 pm	16841	\$62.00
Mon	Sep 8 - Oct 27 No class Oct 13	5:55 - 6:25 pm	16838	\$54.25
Mon & Wed	Sep 29 - Oct 22 No class Oct 13	1:15 - 1:45 pm	16844	\$54.25
Tue & Thu	Oct 2 - 23	9:00 - 9:30 am	16846	\$54.25
Tue & Thu	Oct 2 - 23	10:00 - 10:30 am	16845	\$54.25
Tue & Thu	Oct 2 - 23	5:55 - 6:25 pm	16847	\$54.25
Mon & Wed	Oct 27 - Nov 19	2:30 - 3:00 pm	16848	\$62.00
Tue & Thu	Oct 28 - Nov 20 No class Nov 11	9:00 - 9:30 am	16849	\$54.25
Tue & Thu	Oct 28 - Nov 20 No class Nov 11	5:25 - 5:55 pm	16850	\$54.25
Wed	Oct 29 - Dec 17	5:20 - 5:50 pm	16852	\$62.00
Mon	Nov 3 - Dec 15	4:30 - 5:00 pm	16851	\$54.25
Fri	Nov 7 - Dec 19	4:50 - 5:20 pm	16853	\$54.25
Sat	Nov 8 - Dec 20	11:40 am - 12:10 pm	16854	\$54.25
Sat	Nov 8 - Dec 20	12:25 - 12:55 pm	16855	\$54.25
Sun	Nov 9 - Dec 21	12:50 - 1:20 pm	16856	\$54.25
Mon & Wed	Nov 24 - Dec 17	1:50 - 2:20 pm	16857	\$62.00
Tue & Thu	Nov 25 - Dec 18	10:00 - 10:30 am	16858	\$62.00
Tue & Thu	Nov 25 - Dec 18	4:45 - 5:15 pm	16859	\$62.00

PRESCHOOL 2

DAY	DATES	TIME	CODE	FEE
Tue & Thu	Sep 2 - 25	9:30 - 10:00 am	16862	\$62.00
Tue & Thu	Sep 2 - 25	10:00 - 10:30 am	16863	\$62.00
Tue & Thu	Sep 2 - 25	5:55 - 6:25 pm	16864	\$62.00
Mon & Wed	Sep 3 - 24	2:30 - 3:00 pm	16865	\$54.25
Wed	Sep 3 - Oct 22	4:50 - 5:20 pm	16871	\$62.00
Wed	Sep 3 - Oct 22	5:25 - 5:55 pm	16872	\$62.00
Fri	Sep 5 - Oct 31 No class Oct 10	4:00 - 4:30 pm	16867	\$62.00
Sat	Sep 6 - Nov 1 No class Oct 11	11:30 am - 12:00 pm	16868	\$62.00
Sat	Sep 6 - Nov 1 No class Oct 11	12:25 - 12:55 pm	16869	\$62.00
Sun	Sep 7 - Nov 2 No class Oct 12	12:50 - 1:20 pm	16870	\$62.00
Mon	Sep 8 - Oct 27 No class Oct 13	5:20 - 5:50 pm	16866	\$54.25
Mon & Wed	Sep 29 - Oct 22 No class Oct 13	2:25 - 2:55 pm	16873	\$54.25
Tue & Thu	Oct 2 - 23	9:50 - 10:20 am	16874	\$54.25
Tue & Thu	Oct 2 - 23	4:45 - 5:15 pm	16875	\$54.25
Mon & Wed	Oct 27 - Nov 19	2:00 - 2:30 pm	16876	\$62.00
Tue & Thu	Oct 28 - Nov 20 No class Nov 11	9:30 - 10:00 am	16877	\$54.25
Tue & Thu	Oct 28 - Nov 20 No class Nov 11	10:00 - 10:30 am	16878	\$54.25
Tue & Thu	Oct 28 - Nov 20 No class Nov 11	4:50 - 5:20 pm	16879	\$54.25
Wed	Oct 29 - Dec 17	4:50 - 5:20 pm	16881	\$62.00
Mon	Nov 3 - Dec 15	4:30 - 5:00 pm	16880	\$54.25
Fri	Nov 7 - Dec 19	4:00 - 4:30 pm	16882	\$54.25
Sat	Nov 8 - Dec 20	9:50 - 10:20 am	16883	\$54.25
Sat	Nov 8 - Dec 20	10:40 - 11:10 am	16884	\$54.25
Sun	Nov 9 - Dec 21	12:35 - 1:05 pm	16885	\$54.25
Mon & Wed	Nov 24 - Dec 17	2:25 - 2:55 pm	16886	\$62.00
Tue & Thu	Nov 25 - Dec 18	9:00 - 9:30 am	16887	\$62.00
Tue & Thu	Nov 25 - Dec 18	5:20 - 5:50 pm	17123	\$62.00



Lifesaving Society Swim for Life

Please note, if proof of completion for the previous level is not provided you may be withdrawn from the course. Please see page 5 for more information.

PRESCHOOL 3

DAY	DATES	TIME	CODE	FEE
Tue & Thu	Sep 2 - 25	9:15 - 9:45 am	16888	\$62.00
Tue & Thu	Sep 2 - 25	4:50 - 5:20 pm	16889	\$62.00
Mon & Wed	Sep 3 - 24	2:30 - 3:00 pm	16890	\$54.25
Wed	Sep 3 - Oct 22	4:00 - 4:30 pm	16895	\$62.00
Fri	Sep 5 - Oct 31 No class Oct 10	4:35 - 5:05 pm	16892	\$62.00
Sat	Sep 6 - Nov 1 No class Oct 11	10:40 - 11:10 am	16893	\$62.00
Sun	Sep 7 - Nov 2 No class Oct 12	1:25 - 1:55 pm	16894	\$62.00
Mon	Sep 8 - Oct 27 No class Oct 13	5:05 - 5:35 pm	16891	\$54.25
Mon & Wed	Sep 29 - Oct 22 No class Oct 13	1:15 - 1:45 pm	16896	\$54.25
Tue & Thu	Oct 2 - 23	9:30 - 10:00 am	16897	\$54.25
Tue & Thu	Oct 2 - 23	5:50 - 6:20 pm	16898	\$54.25
Mon & Wed	Oct 27 - Nov 19	2:05 - 2:35 pm	16899	\$62.00
Tue & Thu	Oct 28 - Nov 20 No class Nov 11	9:30 - 10:00 am	16900	\$54.25
Tue & Thu	Oct 28 - Nov 20 No class Nov 11	5:55 - 6:25 pm	16901	\$52.24
Wed	Oct 29 - Dec 17	5:55 - 6:25 pm	16903	\$62.00
Mon	Nov 3 - Dec 15	5:05 - 5:35 pm	16902	\$54.25
Fri	Nov 7 - Dec 19	4:50 - 5:20 pm	17124	\$54.25
Sat	Nov 8 - Dec 20	10:25 - 10:55 am	17125	\$54.25
Sun	Nov 9 - Dec 21	1:25 - 1:55 pm	17126	\$54.25
Mon & Wed	Nov 24 - Dec 17	2:00 - 2:30 pm	17127	\$62.00
Tue & Thu	Nov 25 - Dec 18	9:00 - 9:30 am	17128	\$62.00
Tue & Thu	Nov 25 - Dec 18	5:50 - 6:20 pm	17129	\$62.00

PRESCHOOL 4 / 5

DAY	DATES	TIME	CODE	FEE
Tue & Thu	Sep 2 - 25	10:00 - 10:30 am	16912	\$62.00
Tue & Thu	Sep 2 - 25	4:45 - 5:15 pm	16913	\$62.00
Mon & Wed	Sep 3 - 24	2:05 - 2:35 pm	16914	\$54.25
Wed	Sep 3 - Oct 22	4:50 - 5:20 pm	16919	\$62.00
Fri	Sep 5 - Oct 31 No class Oct 10	5:40 - 6:10 pm	16916	\$62.00
Sat	Sep 6 - Nov 1 No class Oct 11	11:10 - 11:40 am	16917	\$62.00
Sun	Sep 7 - Nov 2 No class Oct 12	12:00 - 12:30 pm	16918	\$62.00
Mon	Sep 8 - Oct 27 No class Oct 13	4:45 - 5:15 pm	16915	\$54.25
Mon & Wed	Sep 29 - Oct 22 No class Oct 13	2:00 - 2:30 pm	16920	\$54.25
Tue & Thu	Oct 2 - 23	9:15 - 9:45 am	16921	\$54.25
Tue & Thu	Oct 2 - 23	5:20 - 5:50 pm	16922	\$54.25
Mon & Wed	Oct 27 - Nov 19	2:00 - 2:30 pm	16923	\$62.00
Tue & Thu	Oct 28 - Nov 20 No class Nov 11	9:15 - 9:45 am	16924	\$54.25
Tue & Thu	Oct 28 - Nov 20 No class Nov 11	4:45 - 5:15 pm	16925	\$54.25
Wed	Oct 29 - Dec 17	4:45 - 5:15 pm	17130	\$62.00
Mon	Nov 3 - Dec 15	5:40 - 6:10 pm	16926	\$54.25
Fri	Nov 7 - Dec 19	5:25 - 5:55 pm	17131	\$54.25
Sat	Nov 8 - Dec 20	12:25 - 12:55 pm	17132	\$54.25
Sun	Nov 9 - Dec 21	12:35 - 1:05 pm	17133	\$54.25
Mon & Wed	Nov 24 - Dec 17	2:25 - 2:55 pm	17134	\$62.00
Tue & Thu	Nov 25 - Dec 18	9:50 - 10:20 am	17135	\$62.00
Tue & Thu	Nov 25 - Dec 18	4:50 - 5:20 pm	17136	\$62.00

SWIMMER 1 (5 - 14 YEARS)

DAY	DATES	TIME	CODE	FEE
Tue & Thu	Sep 2 - 25	9:00 - 9:30 am	16953	\$62.00
Tue & Thu	Sep 2 - 25	5:20 - 5:50 pm	16954	\$62.00
Wed	Sep 3 - Oct 22	5:55 - 6:25 pm	16960	\$62.00
Fri	Sep 5 - Oct 31 No class Oct 10	4:35 - 5:05 pm	16956	\$62.00
Sat	Sep 6 - Nov 1 No class Oct 11	10:25 - 10:55 am	16957	\$62.00
Sat	Sep 6 - Nov 1 No class Oct 11	11:50 am - 12:20 pm	16958	\$62.00
Sun	Sep 7 - Nov 2 No class Oct 12	12:00 - 12:30 pm	16959	\$62.00
Mon	Sep 8 - Oct 27 No class Oct 13	5:20 - 5:50 pm	16955	\$54.25
Mon & Wed	Sep 29 - Oct 22 No class Oct 13	2:25 - 2:55 pm	16961	\$54.25
Tue & Thu	Oct 2 - 23	10:00 - 10:30 am	16962	\$54.25
Tue & Thu	Oct 2 - 23	5:20 - 5:50 pm	16963	\$54.25
Tue & Thu	Oct 28 - Nov 20 No class Nov 11	9:00 - 9:30 am	16964	\$54.25
Tue & Thu	Oct 28 - Nov 20 No class Nov 11	5:20 - 5:50 pm	16965	\$54.25
Wed	Oct 29 - Dec 17	5:55 - 6:25 pm	16967	\$62.00
Mon	Nov 3 - Dec 15	4:30 - 5:00 pm	16966	\$54.25
Fri	Nov 7 - Dec 19	5:55 - 6:25 pm	16968	\$54.25
Sat	Nov 8 - Dec 20	9:50 - 10:20 am	16969	\$54.25
Sat	Nov 8 - Dec 20	11:50 am - 12:20 pm	16970	\$54.25
Sun	Nov 9 - Dec 21	1:10 - 1:40 pm	16971	\$54.25
Mon & Wed	Nov 24 - Dec 17	1:50 - 2:20 pm	17120	\$62.00
Tue & Thu	Nov 25 - Dec 18	9:15 - 9:45 am	17121	\$62.00
Tue & Thu	Nov 25 - Dec 18	5:15 - 5:45 pm	17122	\$62.00

Lifesaving Society Swim for Life

Please note, if proof of completion for the previous level is not provided you may be withdrawn from the course. Please see page 5 for more information.

SWIMMER 2 (5 - 14 YEARS)

DAY	DATES	TIME	CODE	FEE
Tue & Thu	Sep 2 - 25	5:55 - 6:25 pm	16972	\$62.00
Wed	Sep 3 - Oct 22	4:15 - 4:45 pm	16980	\$62.00
Wed	Sep 3 - Oct 22	5:55 - 6:25 pm	16981	\$62.00
Fri	Sep 5 - Oct 31 No class Oct 10	5:10 - 5:40 pm	16975	\$62.00
Sat	Sep 6 - Nov 1 No class Oct 11	9:50 - 10:20 am	16976	\$62.00
Sat	Sep 6 - Nov 1 No class Oct 11	11:50 am - 12:20 pm	16977	\$62.00
Sat	Sep 6 - Nov 1 No class Oct 11	12:25 - 12:55 pm	16978	\$62.00
Sun	Sep 7 - Nov 2 No class Oct 12	12:35 - 1:05 pm	16979	\$62.00
Mon	Sep 8 - Oct 27 No class Oct 13	4:30 - 5:00 pm	16973	\$54.25
Mon	Sep 8 - Oct 27 No class Oct 13	5:55 - 6:25 pm	16974	\$54.25
Mon & Wed	Sep 29 - Oct 22 No class Oct 13	1:50 - 2:20 pm	16982	\$54.25
Tue & Thu	Oct 2 - 23	9:00 - 9:30 am	16983	\$54.25
Tue & Thu	Oct 2 - 23	5:55 - 6:25 pm	16984	\$54.25
Tue & Thu	Oct 28 - Nov 20 No class Nov 11	9:50 - 10:20 am	16985	\$54.25
Tue & Thu	Oct 28 - Nov 20 No class Nov 11	4:50 - 5:20 pm	16986	\$54.25
Wed	Oct 29 - Dec 17	4:50 - 5:20 pm	17139	\$62.00
Mon	Nov 3 - Dec 15	5:55 - 6:25 pm	17138	\$54.25
Fri	Nov 7 - Dec 19	4:15 - 4:45 pm	17140	\$54.25
Sat	Nov 8 - Dec 20	10:40 - 11:10 am	17141	\$54.25
Sat	Nov 8 - Dec 20	11:50 am - 12:20 pm	17142	\$54.25
Sun	Nov 9 - Dec 21	12:00 - 12:30 pm	17143	\$54.25
Mon & Wed	Nov 24 - Dec 17	1:15 - 1:45 pm	17144	\$62.00
Tue & Thu	Nov 25 - Dec 18	9:30 - 10:00 am	17145	\$62.00
Tue & Thu	Nov 25 - Dec 18	5:25 - 5:55 pm	17146	\$62.00

SWIMMER 3 (5 - 14 YEARS)

DAY	DATES	TIME	CODE	FEE
Tue & Thu	Sep 2 - 25	4:50 - 5:35 pm	16987	\$70.00
Wed	Sep 3 - Oct 22	4:00 - 4:45 pm	16992	\$70.00
Wed	Sep 3 - Oct 22	5:40 - 6:25 pm	16993	\$70.00
Fri	Sep 5 - Oct 31 No class Oct 10	4:00 - 4:45 pm	16989	\$70.00
Sat	Sep 6 - Nov 1 No class Oct 11	9:50 - 10:35 am	16990	\$70.00
Sun	Sep 7 - Nov 2 No class Oct 12	12:00 - 12:45 pm	16991	\$70.00
Mon	Sep 8 - Oct 27 No class Oct 13	5:05 - 5:50 pm	16988	\$61.25
Tue & Thu	Oct 2 - 23	4:50 - 5:35 pm	16994	\$61.25
Tue & Thu	Oct 28 - Nov 20 No class Nov 11	5:25 - 6:10 pm	16995	\$61.25
Wed	Oct 29 - Dec 17	5:25 - 6:10 pm	16997	\$70.00
Mon	Nov 3 - Dec 15	5:05 - 5:50 pm	16996	\$61.25
Fri	Nov 7 - Dec 19	4:50 - 5:35 pm	16998	\$61.25
Sat	Nov 8 - Dec 20	9:50 - 10:35 am	16999	\$61.25
Sun	Nov 9 - Dec 21	1:05 - 1:50 pm	17000	\$61.25
Tue & Thu	Nov 25 - Dec 18	5:40 - 6:25 pm	17137	\$70.00

SWIMMER 4 (5 - 14 YEARS)

DAY	DATES	TIME	CODE	FEE
Wed	Sep 3 - Oct 22	4:50 - 5:35 pm	17003	\$70.00
Fri	Sep 5 - Oct 31 No class Oct 10	5:10 - 5:55 pm	17001	\$70.00
Sat	Sep 6 - Nov 1 No class Oct 11	11:00 - 11:45 am	17002	\$70.00
Mon	Sep 8 - Oct 27 No class Oct 13	4:30 - 5:15 pm	16911	\$61.25
Mon	Nov 3 - Dec 15	5:40 - 6:25 pm	17004	\$61.25
Fri	Nov 7 - Dec 19	4:00 - 4:45 pm	17005	\$61.25
Sat	Nov 8 - Dec 20	11:15 am - 12:00 pm	17006	\$61.25

SWIMMER 4 / 5 (5 - 14 YEARS)

DAY	DATES	TIME	CODE	FEE
Tue & Thu	Sep 2 - 25	5:25 - 6:10 pm	17008	\$70.00
Sat	Sep 6 - Nov 1 No class Oct 11	12:15 - 1:00 pm	17009	\$70.00
Sun	Sep 7 - Nov 2 No class Oct 12	1:10 - 1:55 pm	17010	\$70.00
Tue & Thu	Oct 2 - 23	5:40 - 6:25 pm	17011	\$61.25
Tue & Thu	Oct 28 - Nov 20 No class Nov 11	4:50 - 5:35 pm	17012	\$61.25
Wed	Oct 29 - Dec 17	4:50 - 5:35 pm	17013	\$70.00
Sun	Nov 9 - Dec 21	12:00 - 12:45 pm	17014	\$61.25
Tue & Thu	Nov 25 - Dec 18	4:50 - 5:35 pm	17015	\$70.00

SWIMMER 5 (5 - 14 YEARS)

DAY	DATES	TIME	CODE	FEE
Wed	Sep 3 - Oct 22	5:10 - 5:55 pm	17019	\$70.00
Fri	Sep 5 - Oct 31 No class Oct 10	5:40 - 6:25 pm	17017	\$70.00
Sat	Sep 6 - Nov 1 No class Oct 11	10:40 - 11:25 am	17018	\$70.00
Mon	Sep 8 - Oct 27 No class Oct 13	5:40 - 6:25 pm	17016	\$61.25
Mon	Nov 3 - Dec 15	5:40 - 6:25 pm	17020	\$61.25
Fri	Nov 7 - Dec 19	5:40 - 6:25 pm	17021	\$61.25
Sat	Nov 8 - Dec 20	12:10 - 12:55 pm	17022	\$61.25

SWIMMER 6 (5 - 14 YEARS)

DAY	DATES	TIME	CODE	FEE
Tue & Thu	Sep 2 - 25	5:40 - 6:25 pm	17023	\$70.00
Wed	Sep 3 - Oct 22	4:00 - 4:45 pm	17028	\$70.00
Fri	Sep 5 - Oct 31 No class Oct 10	4:50 - 5:35 pm	17025	\$70.00
Sat	Sep 6 - Nov 1 No class Oct 11	12:05 - 12:50 pm	17026	\$70.00
Sun	Sep 7 - Nov 2 No class Oct 12	12:35 - 1:20 pm	17027	\$70.00
Mon	Sep 8 - Oct 27 No class Oct 13	4:30 - 5:15 pm	17024	\$61.25
Tue & Thu	Oct 2 - 23	5:40 - 6:25 pm	17029	\$61.25
Tue & Thu	Oct 28 - Nov 20 No class Nov 11	5:40 - 6:25 pm	17030	\$61.25
Wed	Oct 29 - Dec 17	5:40 - 6:25 pm	17032	\$70.00
Mon	Nov 3 - Dec 15	4:45 - 5:30 pm	17031	\$61.25
Fri	Nov 7 - Dec 19	4:00 - 4:45 pm	17033	\$61.25
Sat	Nov 8 - Dec 20	10:50 - 11:35 am	17034	\$61.25
Sun	Nov 9 - Dec 21	1:10 - 1:55 pm	17035	\$61.25
Tue & Thu	Nov 25 - Dec 18	5:40 - 6:25 pm	17036	\$70.00



Lifesaving Society Swim for Life

Please note, if proof of completion for the previous level is not provided you may be withdrawn from the course. Please see page 5 for more information.

ROOKIE / RANGER / STAR PATROL (5 - 14 YEARS)

DAY	DATES	TIME	CODE	FEE
Tue & Thu	Sep 2 - 25	4:50 - 5:50 pm	16927	\$76.80
Fri	Sep 5 - Oct 31 No class Oct 10	4:00 - 5:00 pm	16929	\$76.80
Sat	Sep 6 - Nov 1 No class Oct 11	11:50 am - 12:50 pm	16930	\$76.80
Sun	Sep 7 - Nov 2 No class Oct 12	12:50 - 1:50 pm	16931	\$76.80
Mon	Sep 8 - Oct 27 No class Oct 13	5:20 - 6:20 pm	16928	\$67.20
Tue & Thu	Oct 28 - Nov 20 No class Nov 11	4:50 - 5:50 pm	16932	\$67.20
Mon	Nov 3 - Dec 15	4:30 - 5:30 pm	16933	\$67.20
Fri	Nov 7 - Dec 19	5:10 - 6:10 pm	16934	\$67.20
Sat	Nov 8 - Dec 20	9:45 - 10:45 am	16935	\$67.20
Sun	Nov 9 - Dec 21	12:00 - 1:00 pm	16936	\$67.20

HOMESCHOOL SWIMMER 1

DAY	DATES	TIME	CODE	FEE
Mon & Wed	Sep 3 - 24	1:15 - 2:00 pm	16788	\$61.25
Mon & Wed	Oct 27 - Nov 19	1:15 - 2:00 pm	16789	\$70.00

HOMESCHOOL SWIMMER 2 / 3

DAY	DATES	TIME	CODE	FEE
Mon & Wed	Sep 3 - 24	1:15 - 2:00 pm	16790	\$61.25
Mon & Wed	Oct 27 - Nov 19	1:15 - 2:00 pm	16791	\$70.00

HOMESCHOOL SWIMMER 4 / 5 / 6

DAY	DATES	TIME	CODE	FEE
Mon & Wed	Sep 3 - 24	1:15 - 2:00 pm	16792	\$61.25
Mon & Wed	Oct 27 - Nov 19	1:15 - 2:00 pm	16793	\$70.00

PRIVATE LESSONS

****ADVANCED LESSONS ARE FOR THOSE IN SWIMMER 3 OR HIGHER**

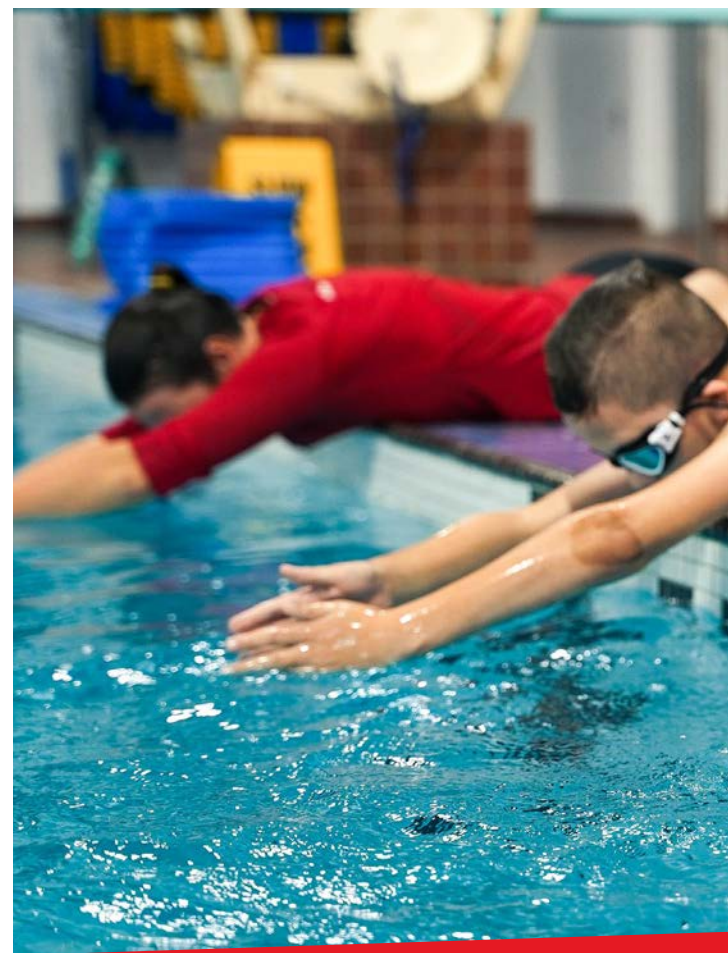
DAY	DATES	TIME	CODE	FEE
Tue	Sep 2 - 23	5:55 - 6:25 pm	17044	\$138.00
Wed	Sep 3 - 24	4:00 - 4:30 pm	17060	\$138.00
Wed	Sep 3 - 24	4:30 - 5:00 pm	17062	\$138.00
Wed	Sep 3 - 24	5:05 - 5:35 pm	17064	\$138.00
Wed	Sep 3 - 24	6:00 - 6:30 pm	17058	\$138.00
Thu	Sep 4 - 25	5:55 - 6:25 pm	17045	\$138.00
Fri	Sep 5 - 26	6:00 - 6:30 pm	17046	\$138.00
Sat	Sep 6 - 27	11:15 - 11:45 am	17048	\$138.00
Sat	Sep 6 - 27	11:45 am - 12:15 pm	17054	\$138.00
Sat	Sep 6 - 27	11:50 am - 12:20 pm	17050	\$138.00
Sat	Sep 6 - 27	12:25 - 12:55 pm	17052	\$138.00
Sun	Sep 7 - 28	1:10 - 1:40 pm	17056	\$138.00
Wed	Oct 1 - 22	4:00 - 4:30 pm	17061	\$138.00
Wed	Oct 1 - 22	4:30 - 5:00 pm	17063	\$138.00
Wed	Oct 1 - 22	5:05 - 5:35 pm	17065	\$138.00
Wed	Oct 1 - 22	6:00 - 6:30 pm	17059	\$138.00
Thu	Oct 2 - 23	4:50 - 5:20 pm	17067	\$138.00
Thu	Oct 2 - 23	5:20 - 5:50 pm	17069	\$138.00
Fri	Oct 3 - 31 No class Oct 10	6:00 - 6:30 pm	17047	\$138.00
Sat	Oct 4 - Nov 1 No class Oct 11	11:15 - 11:45 am	17049	\$138.00
Sat	Oct 4 - Nov 1 No class Oct 11	11:45 am - 12:15 pm	17055	\$138.00
Sat	Oct 4 - Nov 1 No class Oct 11	11:50 am - 12:20 pm	17051	\$138.00
Sat	Oct 4 - Nov 1 No class Oct 11	12:25 - 12:55 pm	17053	\$138.00
Sun	Oct 5 - Nov 2 No class Oct 12	1:10 - 1:40 pm	17057	\$138.00
Tue	Oct 7 - 21	4:50 - 5:20 pm	17066	\$103.50
Tue	Oct 7 - 21	5:20 - 5:50 pm	17068	\$103.50
Tue	Oct 28 - Nov 18 No class Oct 11	6:00 - 6:30 pm	17070	\$103.50
Wed	Oct 29 - Nov 19	5:25 - 5:55 pm	17073	\$138.00
Wed	Oct 29 - Nov 19	5:55 - 6:25 pm	17072	\$138.00
Thu	Oct 30 - Nov 20	6:00 - 6:30 pm	17071	\$138.00
Fri	Nov 7 - 28	6:00 - 6:30 pm	17074	\$138.00
Sat	Nov 8 - 29	10:25 - 10:55 am	17076	\$138.00
Sat	Nov 8 - 29	11:00 - 11:30 am	17078	\$138.00
Sat	Nov 8 - 29	11:35 am - 12:05 pm	17080	\$138.00
Sun	Nov 9 - 30	12:00 - 12:30 pm	17082	\$138.00
Sun**	Nov 9 - 30	1:10 - 1:55 pm	17037	\$207.00
Tue	Nov 25 - Dec 16	4:45 - 5:15 pm	17084	\$138.00
Wed	Nov 26 - Dec 17	5:25 - 5:55 pm	17087	\$138.00
Wed	Nov 26 - Dec 17	5:55 - 6:25 pm	17086	\$138.00
Thu	Nov 27 - Dec 18	4:45 - 5:15 pm	17085	\$138.00
Fri	Dec 5 - 19	6:00 - 6:30 pm	17075	\$103.50
Sat	Dec 6 - 20	10:25 - 10:55 am	17077	\$103.50
Sat	Dec 6 - 20	11:00 - 11:30 am	17079	\$103.50
Sat	Dec 6 - 20	11:35 am - 12:05 pm	17081	\$103.50
Sun	Dec 7 - 21	12:00 - 12:30 pm	17083	\$103.50
Sun**	Dec 7 - 21	1:10 - 1:55 pm	17038	\$155.25

ADULT 1 (AGES 14 +)

DAY	DATES	TIME	CODE	FEE
Sat	Sep 6 - Nov 1 No class Oct 11	11:00 - 11:45 am	17157	\$80.00
Mon & Wed	Sep 29 - Oct 22 No class Oct 13	1:15 - 2:00 pm	16802	\$70.00
Sat	Nov 8 - Dec 20	11:00 - 11:45 am	16801	\$70.00

ADULT 2 / 3 (AGES 14 +)

DAY	DATES	TIME	CODE	FEE
Sat	Sep 6 - Nov 1 No class Oct 11	9:50 - 10:35 am	17158	\$80.00
Sat	Nov 8 - Dec 20	9:50 - 10:35 am	16803	\$70.00
Mon & Wed	Nov 24 - Dec 17	1:15 - 2:00 pm	16804	\$80.00





Art & Culture Programs

EARLY OUT POTTERY

Eight years and older

Something fun to do after school! Cost includes all supplies.

Early Out runs on the first Wednesday of each month. October, November, and December.

Presented by the Fort Saskatchewan Pottery Guild

Dow Centennial Centre / Waiward Pottery Studio

CODE	DATE	TIME	FEE
17970	Wed, Oct 8, Nov 5, Dec 3	2:15 - 4:15 pm	\$60.00

KIDS & CLAY

Eight years and older

Hand build creative projects in this kid-oriented course. Cost includes all supplies.

Presented by the Fort Saskatchewan Pottery Guild

**Dow Centennial Centre
Waiward Pottery Studio**

CODE	DATE	TIME	FEE
17971	Sat, Sep 20 - Nov 8	10:00 am - 12:00 pm	\$160.00

TEEN WHEEL THROWING

13 years and older

Learn to throw on the potter's wheel, just for teens, in this eight-week course. Additional costs may include clay.

Presented by the Fort Saskatchewan Pottery Guild

Dow Centennial Centre / Waiward Pottery Studio

CODE	DATE	TIME	FEE
17972	Sun, Sep 21 - Nov 9	10:00 am - 12:00 pm	\$160.00



GNOME WORKSHOP

Eight years and older

Under 12 years must be accompanied by an adult (non-registered welcome).

Have fun with this gnome hand-building workshop. Day one you'll build the gnome and then come back to paint and glaze it.

Cost includes all supplies.

Presented by the Fort Saskatchewan Pottery Guild

Dow Centennial Centre / Waiward Pottery Studio

CODE	DATE	TIME	FEE
17978	Sun, Oct 5 (build) & Nov 2 (paint & glaze)	3:00 - 5:00 pm	\$30.00

BUTTER DISH WORKSHOP

Eight years and older

Under 12 years must be accompanied by an adult (non-registered welcome).

Hand build a butter dish with us! Cost includes all supplies.

Presented by the Fort Saskatchewan Pottery Guild

Dow Centennial Centre / Waiward Pottery Studio

CODE	DATE	TIME	FEE
17979	Fri, Oct 24	7:00 - 9:00 pm	\$25.00

BEGINNER ADULT POTTERY

18 years and older

Learn hand building techniques, glazing and intro to the potter's wheel, as well as an introduction to the Fort Saskatchewan Pottery Guild.

Additional cost including clay and tools.

Presented by the Fort Saskatchewan Pottery Guild

Dow Centennial Centre / Waiward Pottery Studio

CODE	DATE	TIME	FEE
17968	Thu, Sep 18 - Nov 20	6:30 - 9:30 pm	\$250.00



INTERMEDIATE ADULT POTTERY

18 years and older

MUST HAVE PREVIOUSLY TAKEN BEGINNER ADULT POTTERY AT THE FORT SASK POTTERY GUILD

This class has a prerequisite. You must be a student or recent student at the Fort Saskatchewan Pottery Guild to take this class. No exceptions. Please do not register if you do not meet these requirements.

If class is full, please add your name to the waitlist.

Additional costs for clay

Presented by the Fort Saskatchewan Pottery Guild

Dow Centennial Centre / Waiward Pottery Studio

CODE	DATE	TIME	FEE
17977	Tue, Sep 16 - Nov 25	9:00 am - 12:00 pm	\$250.00

No class Nov 11

17976	Tue, Sep 16 - Nov 25	6:30 - 9:30 pm	\$250.00
-------	----------------------	----------------	----------

No class Nov 11

17975	Wed, Sep 17 - Nov 19	6:30 - 9:30 pm	\$250.00
-------	----------------------	----------------	----------

ACTING UP FOR THE FALL

AGES 5 - 18 Years

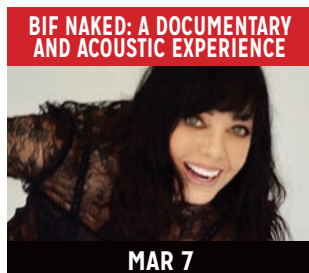
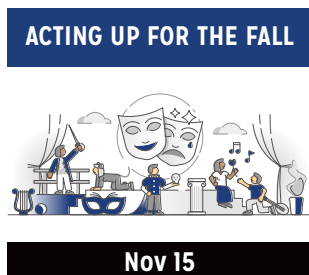
Engage and learn about putting on a theatre program during the fall school break. Join us every evening as we go from audition through the creative process to produce a show in just one week! Choreography, to scripts, costuming and singing, each participant will learn something new while honing their theatrical skills, culminating in two great shows on Saturday for your families and friends.

Audition in our space with our camp leaders by bringing your can-do spirit (and a water bottle) on Monday, November 10 to the Shell Theatre. Once casted in the play, program registration will occur.

Dow Centennial Centre - Shell Theatre

CODE	DATE	TIME	FEE
17994	Mon - Sat Nov 10 - 15	4:00 - 8:15 pm	\$40.00

SHELL THEATRE 2025/2026 PERFORMANCE SERIES



Dow Centennial Centre Shell Theatre - 8700-84 Street, Fort Saskatchewan, AB T8L 4P5 • T. 780.992.6400 • www.shelltheatre.ca





Fort Heritage Precinct Tours and Events

Throughout the year, The Fort Heritage Precinct is accessible through guided tours. As you take a tour through the NWMP Fort, you will be whisked back in time to imagine yourself as a constable climbing the bastion to view the surrounding landscape. After exploring the Fort, hop forward in time to the historical village, where you can imagine yourself as a student in the 1902 Castle School, visualize life as a settler in the early 20th century, and see how the town doctor lived in the 1920s. Visit us at the Warden's House at 10006 100 Avenue or call us at 780-998-1783 to book your spot!



**CELEBRATING
AUGUST 30, 2025**

DISCOVER EXCITING FALL AND WINTER EVENTS AT FORT HERITAGE PRECINCT!

Experience the magic of the season at Fort Heritage Precinct with a lineup of unforgettable fall and winter events. Whether you're looking for family-friendly activities or a unique adult night out, we have something special for everyone.

Stay tuned to FortHeritagePrecinct.ca for more details and updates on all our upcoming events. Don't miss out on the seasonal fun at Fort Heritage Precinct!

FALL ACTIVITIES

Halloween Trick or Treat

Join us for a spooktacular Halloween in the historic village! Children can enjoy trick-or-treating. Dress up in your favourite costume and explore the village for a afternoon filled with treats and adventures.



Twilight Tours (16+)

As night falls, the Fort Heritage Precinct transforms into a place of eerie enchantment. Our Spooky Twilight Tours invite you to explore the darker side of history with ghostly tales and chilling legends. Wander through dimly lit paths and uncover the haunted stories that lurk in the shadows. This spine-tingling experience is not to be missed for those who dare to venture into the unknown.



WINTER HIGHLIGHT

Celebrate Christmas at the Fort Heritage Precinct! December 13, 2025

Embrace the season with a visit to our Christmas events in December! Enjoy holiday treats, twinkling lights, and special seasonal activities.



ADMISSION	FEE (GST included)
Child (2 - 12 years)	\$4.60
Youth (13 - 17 years)	\$5.65
Senior (65+ years)	\$5.65
Adult (18 - 64 years)	\$9.25
Family (2 adults/ caregivers and unlimited children under 18 years)	\$24.40



Family and Community Support Services (FCSS) Programs

SUPPORT FOR EVERY STAGE OF LIFE

Looking for community programs, counselling, or outreach services? The Fort Saskatchewan FCSS department is here to help.

WE
OFFER

MENTAL HEALTH RESOURCES

Access supports
for your personal
well-being.

WORKSHOPS AND SUPPORT GROUPS

Learn and connect
with others facing
similar experiences.

PROGRAMS FOR SENIORS, FAMILIES AND YOUTH

Programs and services
that meet the needs
of every age.

NAVIGATION SERVICES

Get help finding and
connecting with the
right resources.

Explore our fall
workshops and
seasonal programs:
fortsask.ca/FCSSWorkshops



Scan the QR code
to register today!

Not Falling for You

Stay steady with Not Falling for You

A free fall-prevention class designed for older adults
Build strength, improve balance, and reduce your risk
of falling — all in a safe, welcoming setting.

Multi-use Room, City Hall

CODE	DATE	TIME	FEE
18007	Wed, Sep 10 - Nov 26	11:00 am - 12:00 pm	FREE
18006	Fri, Sep 12 - Nov 28	11:00 am - 12:00 pm	FREE



Mental Health First Aid

18 years and older

Mental Health First Aid teaches you how to recognize when someone is struggling with their mental health and how to offer initial support during tough times. Hosted by Family and Community Support Services (FCSS) and delivered by Opening Minds, this training empowers attendees to handle sensitive situations with confidence, building stronger connections and contributing to a more compassionate community. Snacks and refreshments will be provided throughout the day. This is a three-module course: Module 1 is two hours of self-paced online learning that must be completed prior to attending. Modules 2 and 3 will be delivered in person on November 6.

West Rivers Edge

CODE	DATE	TIME	FEE
18458	Thu, Nov 6	8:30 am - 4:00 pm	\$25.00 per participant

Drop-in or reach out — we're here for you.



**Family & Community
Support Services**
CITY OF FORT SASKATCHEWAN

fortsask.ca/FCSS



CITY OF
FORT SASKATCHEWAN