

DROP-IN

FALL 2025

SCHEDULES



CITY OF
FORT SASKATCHEWAN
ALBERTA





Drop-In Pool Schedule

Fall Swim Schedule September 1 - December 21

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



ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Reception Desk	2:00 - 9:00 pm	6:00 am - 10:00 pm	6:00 am - 10:00 pm	6:00 am - 10:00 pm	6:00 am - 10:00 pm	6:00 am - 9:00 pm	2:00 - 7:00 pm
Parent & Tot This swim is open to children of all ages accompanied by a responsible person 14 years of age or older into the water.		9:00 - 10:00 am		9:00 - 10:00 am		9:00 - 10:00 am	
Public Swim **Loonie Swim on the first Wednesday of every month	2:00 - 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 - 4:00 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 5:00 - 7:00 pm
Lane Swim	8:00 - 9:00 pm	6:00 - 9:00 am 12:00 - 1:15 pm 3:00 - 4:30 pm 8:00 - 9:00 pm	6:00 - 9:00 am 10:30 am - 1:00 pm 3:00 - 4:00 pm 8:00 - 9:00 pm	6:00 - 9:00 am 12:00 - 1:15 pm 8:00 - 9:00 pm	6:00 - 9:00 am 10:30 am - 1:00 pm 3:00 - 4:00 pm 8:00 - 9:00 pm	6:00 - 9:00 am 12:00 - 1:00 pm 3:00 - 4:00 pm	
Aquasize *Deep Water Class	8:00 - 9:00 pm	6:30 - 7:30 am 12:00 - 1:00 pm 8:00 - 9:00 pm*	11:00 am - 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*	11:00 am - 12:00 pm 12:00 - 1:00 pm* 8:00 - 9:00 pm	6:30 - 7:30 am 12:00 - 1:00 pm	
Adult Swim 18 +		9:00 - 10:00 pm	9:00 - 10:00 pm	9:00 - 10:00 pm	9:00 - 10:00 pm		

STAT Public Swim 1:30 - 4:30 pm Sep 1, Oct 13, Nov 11 | **Extra Public Swim** 1:00 - 4:00 pm Oct 3, Nov 13 & 14

CLOSED Sep 30 National Day for Truth and Reconciliation

New for Fall 2025 In alignment with the recent schedule changes from Elk Island Public Schools (EIPS), our Wednesday afternoon Public Swim will now run from 3:00 - 4:00 pm. Please note there will be no lane swim available during this time.



EVENTS

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



EVENT	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

Age Guidelines Dow Centennial Centre

<p>Nutrien Soccerfield, ATCO Gymnasium & Connect Hearing Peek-Caboose Station</p>	<p>Children seven years and younger must be accompanied by a responsible person 14 years of age or older.</p>	
<p>Apple Fitness Centre & ATB Wellness Studio</p>	<p>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.</p>	
<p>Fitness Classes</p>	<p>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.</p>	
<p>Umicore Track</p>	<p>Children seven years and younger must be accompanied by a responsible person 14 years of age or older and be within arms reach.</p>	
<p>Skating</p>	<p>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.</p> <p>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.</p> <p>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.</p>	<p>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.</p> <p>All players must be able to participate at the appropriate level of play. Players can adjust their play or come at a different time. Body checking and slap shots are not allowed.</p> <p>All Participants MUST be fair to one another and allow everyone equal playing time.</p> <p>Full equipment is required, including hockey pants, a support cup, hockey gloves, shin/elbow/shoulder pads, an ice hockey stick, and a CSA-approved hockey helmet.</p> <p>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.</p> <p>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.</p>

Drop-in Fitness Classes Dow Centennial Centre

Effective September 2 - December 31

Daily Admission or
Membership Pass rates apply.
Call 780-992-6400 for
updated schedule.



No Drop-in Classes on Stat Holidays: Sep 1, Oct 13, Nov 11, & Dec 25 - 26 fortsask.ca/DCC

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
Tabata ATCO Gymnasium 9:00 - 9:45 am	Silver Strong NUTRIEN Soccer 9:00 - 9:45 am	Tabata ATCO Gymnasium 9:00 - 9:45 am	Silver Strong NUTRIEN Soccer 9:00 - 9:45 am	Spin & More Apple Fitness Centre 6:00 - 6:45 am	Silver Strong NUTRIEN Soccer 9:00 - 9:45 am	HIIT It Hard ATCO Gymnasium 8:30 - 9:15 am
	Circuit ATCO Gymnasium 9:00 - 9:45 am Omit Oct 20	Yoga* AUX Sable Flexhall 10:00 - 10:45 am	Circuit ATB Wellness Studio 9:00 - 9:45 am	Pure Strength ATCO Gymnasium 9:00 - 9:45 am	Pure Strength ATCO Gymnasium 9:00 - 9:45 am	
	Pure Strength ATCO Gymnasium 12:05 - 12:50 pm Starting Sept 15 Omit Oct 20	Circuit ATCO Gymnasium 5:45 - 6:30 pm	Yoga* AUX Sable Flexhall 12:05 - 12:50 pm	HIIT It Hard ATB Wellness Studio 9:00 - 9:45 am Omit Oct 30	Stretch It Out AUX Sable Flexhall 10:00 - 10:45 am	
	Pure Strength ATCO Gymnasium 6:00 - 6:45 pm Omit Oct 20	Yoga* Scotiabank Room 7:00 - 7:45 pm Omit Sep 20	Pure Strength ATCO Gymnasium 6:00 - 6:45 pm	Sit Fit For Health ATCO Gymnasium 10:00 - 10:45 am Omit Oct 30	Yoga* AUX Sable Flexhall 12:05 - 12:50 pm	
				Circuit ATCO Gymnasium 5:45 - 6:30 pm Omit Oct 30		

*Please bring a yoga mat. Schedule is subject to change without notice. Refer to the Age Guidelines for facility access rules.

CIRCUIT

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

HIIT IT HARD

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

PURE STRENGTH

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

SILVER STRONG

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

SIT FIT FOR HEALTH

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

SPIN & MORE

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

STRETCH IT OUT

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

TABATA

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

YOGA

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

No School Fun Days Dow Centennial Centre

Drop-in Activities For all ages

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

Daily Admission or
Membership Pass rates apply.
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updated schedule.



DATE	DROP-IN ACTIVITIES						
Friday October 3	Basketball Gym A 10:00 am - 12:45 pm 3:30 - 8:30 pm	Spontaneous Use Soccer A 10:00 am - 12:00 pm 3:00 - 4:30 pm	Kinder Time Gym B 10:30 am - 12:00 pm	Badminton Gym B 3:30 - 5:00 pm	Volleyball Gym B 5:30 - 6:30 pm		
Monday November 10	Tot Time Flexhall 8:30 am - 1:00 pm	Basketball Gym A 10:00 - 11:30 am	Spontaneous Use Gym A 3:30 - 5:30 pm	Nerf Wars* Soccer A 1:00 - 1:30 pm	Dodgeball Soccer A 2:00 - 2:30 pm	Badminton Gym B 3:30 - 5:00 pm	Spontaneous Use Soccer A 3:00 - 4:30 pm
Tuesday November 11	Basketball Gym A 10:00 am - 12:45 pm 3:30 - 5:00 pm	Badminton Gym B 10:30 - 12:30 pm	Spontaneous Use Soccer A 11:00 am - 2:00 pm	Spontaneous Use Gym B 3:00 - 4:30 pm	Soccer Soccer Full 4:00 - 5:00 pm	Volleyball Gym B 4:30 - 5:30 pm	
Wednesday November 12	Basketball Gym A 8:00 - 9:45 am 1:00 - 5:30 pm	Tot Time Flexhall 8:30 - 11:30 am	Spontaneous Use Soccer A 11:00 am - 12:30 pm 3:00 - 4:30 pm	Badminton Gym B 12:00 - 2:00 pm	Nerf Wars* Soccer A 1:00 - 1:30 pm	Dodgeball Soccer A 2:00 - 2:30 pm	Volleyball Gym B 2:30 - 4:30 pm
Thursday November 13	Basketball Gym A 11:00 am - 12:45 pm 3:30 - 5:00 pm						
Friday November 14	Basketball Gym A 10:00 - 11:00 am 3:30 - 8:30 pm	Kinder Time Gym B 10:30 am - 12:00 pm	Badminton Gym B 11:15 am - 12:45 pm 4:00 - 5:00 pm	Volleyball Gym B 5:30 - 6:30 pm			
Monday December 22	Tot Time Flexhall 8:30 am - 1:00 pm	Basketball Gym A 10:00 am - 11:30 am 8:00 - 10:00 pm	Volleyball Gym B 10:00 - 11:30 am	Spontaneous Use Soccer A 10:00 am - 1:00 pm 3:00 - 4:30 pm	Spontaneous Use Gym A 3:30 - 5:30 pm	Badminton Gym B 3:30 - 5:00 pm	

*Must bring own Nerf guns and darts. Schedule is subject to change without notice.

Continued

No School Fun Days Dow Centennial Centre

Drop-in Activities For all ages

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



DATE	DROP-IN ACTIVITIES						
Tuesday December 23	Spontaneous Use Soccer A 9:00 am - 12:00 pm	Kinder Time Gym A 10:00 - 11:30 am	Basketball Gym A 12:00 - 1:00 pm 3:30 - 5:00 pm	Nerf Wars* Soccer A 1:00 -1:30 pm	Dodgeball Soccer A 2:00 - 2:30 pm	Spontaneous Use Gym B 3:00 - 4:00 pm	Soccer Soccer Full 3: 00 - 4:30 pm
Wednesday December 24	Tot Time Flexhall 8:30 am - 11:30 am	Basketball Gym A 8:00 - 9:30 am 1:00 - 4:00 pm	Badminton Gym B 12:30 - 2:00 pm	Volleyball Gym B 2:30 - 3:30 pm	Spontaneous Use Soccer A 10:00 am - 2:00 pm	Soccer Soccer Full 2:00 - 4:00 pm	
Saturday December 27	Tot Time Flexhall 9:00 am - 12:00 pm	Basketball Gym A 9:00 am - 12:30 pm 5:00 - 7:00 pm	Badminton Gym B 11:00 am - 12:30 pm	Spontaneous Use Gym B 1:00 - 3:00 pm	Volleyball Gym B 3:30 - 4:30 pm		
Sunday December 28	Volleyball Gym B 11:00 am - 1:00 pm	Basketball Gym A 12:00 - 5:00 pm	Spontaneous Use Gym B 1:30 - 3:30 pm	Badminton Gym B 4:00 - 5:00 pm			
Monday December 29	Tot Time Flexhall 8:30 am - 1:00 pm	Basketball Gym A 10:00 - 11:45 am 8:00 - 10:00 pm	Spontaneous Use Gym A 3:30 - 5:30 pm	Badminton Gym B 3:30 - 5:00 pm	Spontaneous Use Soccer A 10:00 am - 1:00 pm 3:00 - 4:30 pm		
Tuesday December 30	Spontaneous Use Soccer A 9:00 am - 12:00 pm	Kinder Time Gym A 10:00 - 11:30 am	Basketball Gym A 12:00 - 1:00 pm 3:30 - 5:00 pm	Nerf Wars* Soccer A 1:00 -1:30 pm	Dodgeball Soccer A 2:00 - 2:30 pm	Spontaneous Use Gym B 3:00 - 4:00 pm	
Wednesday December 31	Basketball Gym A 8:00 - 9:00 am 2:00 - 4:30 pm	Tot Time Flexhall 8:30 - 11:30 am	Spontaneous Use Soccer A 10:00 am - 4:00 pm	Badminton Gym B 12:30 - 2:00 pm	Volleyball Gym B 2:30 - 4:00 pm		

*Must bring own Nerf guns and darts. Schedule is subject to change without notice.

Drop-in Sports Dow Centennial Centre

September 2 - December 31

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

STAT Holiday Schedule in effect Sep 1, Sep 30, Oct 13, Nov 11, Dec 25, Dec 26, & Jan 1 fortsask.ca/DCC

Daily Admission or
Membership Pass rates apply.
Call 780-992-6400 for
updated schedule.



ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Badminton	Gym B 4:00 - 5:00 pm	Gym B 3:30 - 5:00 pm <i>Omit Oct 20</i>		Gym B 2:00 - 3:30 pm		Gym B 3:30 - 5:00 pm	Gym B 11:00 am - 12:30 pm <i>Omit Oct 11, Nov 1 & 29</i>
Basketball	Gym A 12:00 - 5:00 pm <i>Omit Sep 7, 14, 21</i>	Gym A 8:00 - 10:00 pm <i>Omit Oct 20</i>	Gym A 3:30 - 5:00 pm <i>Omit Oct 21</i>	Gym A 2:00 - 5:30 pm	Gym A 3:30 - 5:00 pm <i>Omit Oct 30</i> 8:00 - 10:00 pm	Gym A 3:30 - 5:00 pm	Gym A 5:00 - 7:00 pm NOTE Time Change Oct 11 11:00 am - 7:00 pm
Pickleball	Gym B 8:30 - 10:30 am FULL GYM 5:30 - 7:30 pm <i>Omit Oct 19</i>	FULL GYM 1:00 - 3:00 pm <i>Omit Oct 20</i> Gym B 8:00 - 10:00 pm (all levels)	FULL GYM 1:00 - 3:00 pm (beginner/novice) <i>Omit Oct 21</i>	NEW TIME FULL GYM 10:00 am - 12:00 pm	FULL GYM 1:00 - 3:00 pm (beginner/novice) <i>Omit Oct 30</i> Gym B 8:00 - 10:00 pm (all levels) <i>Omit Oct 30</i>	FULL GYM 1:00 - 3:00 pm	
Volleyball	Gym B 11:00 am - 1:00 pm			Gym B 4:00 - 5:30 pm	Gym B 3:30 - 4:30 pm <i>Omit Oct 30</i>		Gym B 3:30 - 4:30 pm <i>Omit Oct 11, Nov 1 & 29</i>

Schedule is subject to change without notice.

 for more drop-in sports.

Continued

Drop-in Sports Dow Centennial Centre

September 2 - December 31

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



STAT Holiday Schedule in effect Sep 1, Sep 30, Oct 13, Nov 11; closed Dec 25, Dec 26. fortsask.ca/DCC

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spontaneous Use	Gym B 1:30 - 3:30 pm <i>Omit Sep 7, 14, 21</i>	Gym A 3:30 - 5:30 pm <i>Omit Oct 20</i> Soccer A 3:00 - 4:30 pm	Gym B 3:00 - 4:30 pm <i>Omit Oct 21</i>	Soccer A 2:00 - 4:30 pm <i>Omit Oct 22</i>		Soccer A 3:00 - 4:30 pm <i>Omit Oct 24, Nov 14</i>	Gym A 1:00 - 3:00 pm <i>Omit Oct 11</i>
Soccer			Full Soccer 3:00 - 4:30 pm <i>Omit Oct 21</i>		Full Soccer 3:00 - 4:30 pm <i>Omit Oct 23, Nov 13</i>		
Adult Soccer	Full Soccer 7:00 - 8:00 pm <i>Omit Oct 26</i>						
Kinder Time (3-5 yrs)			Gym A 10:00 - 11:30 am <i>Omit Oct 21</i>			Gym A 10:30 am - 12:00 pm	
Tot Time (3 & under)		Flexhall 8:30 am - 1:00 pm		Flexhall 8:30 am - 11:30 am			Flexhall 9:00 am - 12:00 pm <i>Omit Oct 11, Nov 1 & 29</i>

Schedule is subject to change without notice.

 **Flip** for more drop-in sports.

Drop-in Arena Schedule

Dow Centennial Centre Sherritt-CEP Arena September 3 - December 31

Children seven years and younger must be accompanied by a responsible person 14 years of age or older. Full equipment required for all Shinny. Helmets required for ages 12 and under.

STAT Holiday Schedule in effect Sep 1, Sep 30, Oct 13, Nov 11, Dec 25, Dec 26 & Jan 1 fortsask.ca/DCC

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

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FREE Public Skating	9:15 - 10:00 am @SPX Omit Sep 3, 14, Dec 24	1:15 - 2:45 pm					
Preschool Puck and Play		10:00 - 11:45 am		10:00 - 11:45 am		10:00 - 11:45 am Omit Nov 7, Dec 5	
Child Shinny			2:45 - 3:30 pm				
Youth Shinny					3:15 - 4:00 pm		
Adult Shinny		12:00 - 1:00 pm	12:00 - 1:00 pm	12:00 - 1:00 pm	12:00 - 1:00 pm	12:00 - 1:00 pm Omit Nov 7, Dec 5	
Family Skills and Drills							1:15 - 2:00 pm Omit Sep 6,13,27, Nov 8, Dec 6
Stick & Puck		3:00 - 4:00 pm					2:15 - 3:00 pm Omit Sep 6,13,27, Nov 8, Dec 6
Spontaneous Use (no shinny)		6:00 - 8:15 am	10:00 - 11:45 am	1:15 -2:30 pm NOTE Additional Time 2:45 - 4:00 pm Oct 15, Nov 19, Dec 10	10:00 - 11:45 am	6:00 - 7:15 am 8:00 - 9:00 am 2:45 - 4:15 pm Omit Nov 7, Dec 5 NOTE Time Change Sep 5, 12, 19, 26 2:45 - 3:45 pm	



Daily Admission or
Membership Pass rates apply.
Call 780-992-6400 for
updated schedule.

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