



CITY OF  
FORT SASKATCHEWAN

# Leisure GUIDE

*Spring &  
Summer*

2026

REGISTRATION  
DATES

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**Recreation & Culture**

March 10 • 8:00 am

**Harbour Pool**

March 11 • 8:00 am

June 10 • 8:00 am



[fortsask.ca/GoLeisure](https://fortsask.ca/GoLeisure)

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## DOW CENTENNIAL CENTRE (DCC)

**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

780-992-6400  
8700 84 Street  
f @DowCentennialCentre  
[fortsask.ca/DCC](http://fortsask.ca/DCC)

## FORT HERITAGE PRECINCT

**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

780-998-1783  
10006 100 Avenue  
f @fortheritageprecinct  
[fortheritageprecinct.ca](http://fortheritageprecinct.ca)

## FAMILY AND COMMUNITY SUPPORT SERVICES (FCSS) PROGRAMS

780-992-6267  
10005 102 Street  
[fortsask.ca/FCSS](http://fortsask.ca/FCSS)

## HARBOUR POOL

**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

780-992-6162  
10001 94 Avenue  
f @FSHarbourPool  
[fortsask.ca/Swim](http://fortsask.ca/Swim)

## SHELL THEATRE

**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

780-992-6400  
8700 84 Street  
f @shelltheatre  
[shelltheatre.ca](http://shelltheatre.ca)



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.

# Admission Rates

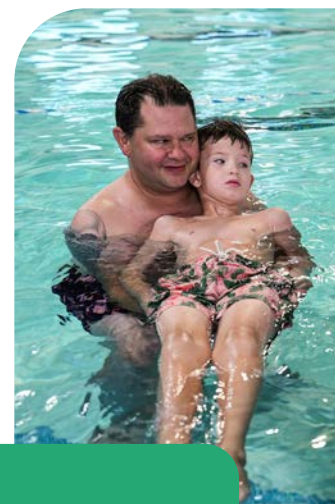
EFFECTIVE JANUARY 2, 2026

Prices are subject to change without notice. All prices include 5% GST.

	TOTS UNDER 2	CHILD 2 - 12 YEARS	YOUTH 13 - 17 YEARS	STUDENT 18+ & ID	ADULT 18 - 64 YEARS	SENIOR 65+	FAMILY*
<b>DOW CENTENNIAL CENTRE</b>							
Single Day	FREE	\$6.00	\$7.00	\$9.00	\$10.50	\$9.00	\$28.50
10-Pass Card	FREE	\$54.00	\$63.00	\$81.00	\$94.50	\$81.00	\$256.50
Monthly Pass	FREE	\$39.00	\$45.50	\$58.50	\$68.25	\$58.50	\$185.25
Annual Pass	FREE	\$429.00	\$500.50	\$643.50	\$750.75	\$643.50	\$2037.75
<b>TRACK ONLY</b>							
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
<b>HARBOUR POOL</b>							
Single Day	FREE	\$5.00	\$6.50	\$6.50	\$8.50	\$6.50	\$23.50
10-Pass Card	FREE	\$45.00	\$58.50	\$58.50	\$76.50	\$58.50	\$211.50
Monthly Pass	FREE	\$35.00	\$45.50	\$45.50	\$59.50	\$45.50	\$164.50
Annual Pass	FREE	\$350.00	\$455.00	\$455.00	\$595.00	\$455.00	\$1,645.00
Aqua Single Day	N/A	N/A	\$8.00	\$8.00	\$10.00	\$8.00	N/A
Aqua 10-Pass Card	N/A	N/A	\$72.00	\$72.00	\$90.00	\$72.00	N/A
Aqua Monthly Pass	N/A	N/A	\$56.00	\$56.00	\$70.00	\$56.00	N/A
Aqua Annual Pass	N/A	N/A	\$560.00	\$560.00	\$700.00	\$560.00	N/A
<b>MULTI-FACILITY PASS</b>							
Single Day	FREE	N/A	N/A	N/A	N/A	N/A	\$30.00
10-Pass Card	FREE	N/A	N/A	N/A	N/A	N/A	\$270.00
Monthly Pass	FREE	\$44.00	\$54.00	\$62.00	\$76.00	\$62.00	\$208.00
Annual Pass	FREE	\$484.00	\$594.00	\$682.00	\$836.00	\$682.00	\$2288.00
<b>MULTI-FACILITY USE AND ACCESS TO AQUASIZE CLASSES</b>							
Aqua Monthly Pass	N/A	N/A	\$75.00	\$75.00	\$102.50	\$75.00	N/A
Aqua Annual Pass	N/A	N/A	\$825.00	\$825.00	\$1,127.50	\$825.00	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	\$59.50	\$595.00	\$68.25	\$750.75	\$76.00	\$836.00
Second Adult	\$50.75	\$505.75	\$58.25	\$640.75	\$64.75	\$710.75
Child (Added with adult)	\$29.75	\$297.50	\$33.25	\$365.75	\$37.50	\$411.50
Youth (Added with adult)	\$38.75	\$386.75	\$38.75	\$426.25	\$46.00	\$505.00
First Senior/Student	\$45.50	\$455.00	\$58.50	\$643.50	\$62.00	\$682.00
Second Senior/Student	\$38.75	\$386.75	\$49.75	\$547.25	\$52.75	\$579.75



[fortsask.ca/GoLeisure](https://fortsask.ca/GoLeisure)

# Questions/ Cancellations/ Withdrawals/ GST



## 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. 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.



## Program Fees and GST

Prices in this guide include 5% GST, where applicable. Programs primarily for participants 14 years of age or under are GST exempt.

**Register ASAP (as soon as possible)!**

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



## LEGACY PARK FAMILY FESTIVAL

Saturday, Jun 6, 2026  
11:00 am - 4:00 pm

[fortsask.ca/FamilyFestival](https://fortsask.ca/FamilyFestival)



## CANADA DAY

Wednesday, Jul 1, 2026  
8:00 am - 11:00 pm

[fortsask.ca/CanadaDay](https://fortsask.ca/CanadaDay)



## MOVIE UNDER THE STARS

Saturday, September 12, 2026  
4:00 - 10:00 pm

[fortsask.ca/Movie](https://fortsask.ca/Movie)



## SHEEP LEAVING PARADE

Monday, September 7  
11:30 am - 1:00 pm

[fortsask.ca/SheepFarewell](https://fortsask.ca/SheepFarewell)

[fortsask.ca/GoLeisure](https://fortsask.ca/GoLeisure)

If you or your organization is interested in volunteering for city events, visit [fortsask.ca/Events](https://fortsask.ca/Events) or email [specialevents@fortsask.ca](mailto:specialevents@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 must be accompanied and be under direct supervision of an adult.

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.

## 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.

## 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.

## 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. 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. Designed to enable families the opportunity to work on passing, puck control, and skating. 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 pucks permitted. 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.



### Spring HOURS EFFECTIVE MARCH 31, 2026

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

#### HOLIDAYS

CLOSED

### Summer HOURS EFFECTIVE JUNE 29, 2026

Hours subject to change seasonally

#### MONDAY

8:30 am - 1:00 pm

#### TUESDAY

8:30 am - 12:00 pm

#### WEDNESDAY

8:30 am - 1:00 pm

#### THURSDAY

8:30 am - 12:00 pm

#### FRIDAY

8:30 am - 1:00 pm

#### SATURDAY

8:15 am - 12:00 pm

#### SUNDAY

CLOSED

#### HOLIDAYS

CLOSED

## CHILDMINDING RATES

Drop In Daily Admission (per ½ hour)	Fee
Individual child (with membership)	\$4.50
Individual child (no membership)	\$9.00
Family (with membership)	\$7.00
Family (no membership)	\$14.00

Punch Pass Cards	Fee
Individual child (with membership) 20 Punch Pass (20 half hours)	\$82.00
Individual child (no membership) 20 Punch Pass (20 half hours)	\$171.00
Family (with Membership) 20 Punch Pass (20 half hours)	\$136.00
Family (no membership) 20 Punch Pass (20 half hours)	\$252.00

Membership pricing requires purchase of a monthly or annual pass.

# General Fitness EFFECTIVE APRIL 6 – AUGUST 31

## RECREATION & CULTURE Program Registration Date

Spring & Summer March 10 • 8:00 am

### The Journey Continues

Don't let your fitness journey plateau! Push your boundaries and bring your progress to new heights. No matter how big or small, we will be with you to celebrate all your milestones.

**Kerrie M.**  
ATCO Gymnasium/ATB Wellness Studio

CODE	DATE	TIME	FEE
19073	Mon & Thu, Apr 13 - May 28	6:45 - 7:45 pm	\$208.00

### 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
19052	Thu, Apr 9 - May 14	6:30 - 7:30 pm	\$63.00
19053	Thu, May 21 - Jun 25	6:30 - 7:30 pm	\$63.00
19274	Thu, Jul 9 - 30	6:30 - 7:30 pm	\$42.00
19275	Thu, Aug 6 - 27	6:30 - 7:30 pm	\$42.00

### 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
19054	Tue, Apr 14 - May 12	7:00 - 8:00 pm	\$52.50
19055	Tue, May 26 - Jun 23	7:00 - 8:00 pm	\$52.50



### 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
19058	Sun, Apr 12 - May 10	9:00 - 10:00 am	\$52.50
19059	Sun, May 24 - Jun 21	9:00 - 10:00 am	\$52.50
19263	Sun, Jul 5 - 26	9:00 - 10:00 am	\$42.00
19264	Sun, Aug 9 - 30	9:00 - 10:00 am	\$42.00

### 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.**  
AUX Sable Flexhall

CODE	DATE	TIME	FEE
19069	Wed, Apr 15 - May 13	6:00 - 7:00 pm	\$57.50
19070	Wed, May 20 - Jun 24	6:00 - 7:00 pm	\$69.00
19269	Wed, Jul 8 - 29	6:00 - 7:00 pm	\$46.00
19270	Wed, Aug 5 - 26	6:00 - 7:00 pm	\$46.00

### 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
19071	Wed, Apr 15 - May 13	6:15 - 7:15 pm	\$52.50
19072	Wed, May 20 - Jun 24	6:15 - 7:15 pm	\$63.00
19271	Wed, Jul 8 - 29	6:15 - 7:15 pm	\$42.00
19272	Wed, Aug 5 - 26	6:15 - 7:15 pm	\$42.00

### Outdoor Summer Shape Up

Get ready to transform your body and boost your confidence with our Summer Shape Up fitness class! Perfect for all fitness levels, this class is designed to help you achieve your summer fitness goals through a combination of high-intensity workouts, strength training, and cardio exercises.

**Kerrie M.**  
CO-OP Hill

CODE	DATE	TIME	FEE
19281	Thu, Jul 9 - 30	6:00 - 7:00 pm	\$42.00
19282	Thu, Aug 6 - 27	6:00 - 7:00 pm	\$42.00



### 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. Older children must be able to stay in the stroller.

**Kerrie M.**  
ATCO Gymnasium

CODE	DATE	TIME	FEE
19080	Mon Apr 13 - May 11	10:00 - 11:00 am	\$52.50
19081	Mon May 25 - Jun 22	10:00 - 11:00 am	\$52.50

**Kerrie M.**  
NUTRIEN Soccer

CODE	DATE	TIME	FEE
19078	Wed Apr 15 - May 13	10:00 - 11:00 am	\$52.50
19079	Wed May 20 - Jun 24	10:00 - 11:00 am	\$63.00
19267	Wed Jul 8 - 29	10:00 - 11:00 am	\$42.00
19268	Wed Aug 5 - 26	10:00 - 11:00 am	\$42.00

### 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
19066	Tue, Apr 14 - May 12	11:00 am - 12:00 pm	\$52.50
19067	Tue, May 26 - Jun 23	11:00 am - 12:00 pm	\$52.50
19290	Tue, Jul 7 - 28	11:00 am - 12:00 pm	\$42.00
19292	Tue, Aug 4 - 25	11:00 am - 12:00 pm	\$42.00

**Sherry W.**  
AUX Sable Flexhall

CODE	DATE	TIME	FEE
19120	Thu, Apr 9 - May 14	11:00 am - 12:00 pm	\$63.00
19121	Thu, May 21 - Jun 25	11:00 am - 12:00 pm	\$63.00
19291	Thu, Jul 9 - 30	11:00 am - 12:00 pm	\$42.00
19293	Thu, Aug 6 - 27	11:00 am - 12:00 pm	\$42.00

[fortsask.ca/GoLeisure](https://fortsask.ca/GoLeisure)

# General Fitness EFFECTIVE APRIL 6 – AUGUST 31

*Continued*

## 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

CODE	DATE	TIME	FEE
19062	Mon, Apr 13 - May 11	7:00 pm - 8:00 pm	\$57.50
19063	Mon, May 25 - Jun 22	7:00 pm - 8:00 pm	\$57.50
19265	Mon, Jul 6 - 27	7:00 pm - 8:00 pm	\$46.00

## 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
19068	Wed, Apr 15 - Jun 24	1:00 - 2:00 pm	\$126.50



## Spin Classes

### Spin and More

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

**Alli M.**  
Apple Fitness Centre

CODE	DATE	TIME	FEE
19074	Tue, Apr 14 - May 12	6:00 - 7:00 pm	\$57.50
19075	Tue, May 26 - Jun 23	6:00 - 7:00 pm	\$57.50

**Chantel S.**  
Apple Fitness Centre

CODE	DATE	TIME	FEE
19076	Tue, Apr 14 - May 12	6:00 - 6:45 am	\$57.50
19077	Tue, May 26 - Jun 23	6:00 - 6:45 am	\$57.50

## RECREATION & CULTURE Program Registration Date

Spring & Summer March 10 • 8:00 am



## Mind & Body

### Chair Yoga

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

**Candace W.**  
City Hall Room 1 & 2

CODE	DATE	TIME	FEE
19056	Mon, Apr 13 - May 11	11:00 am - 12:00 pm	\$65.00

**Nicole O.**  
City Hall Room 1 & 2

CODE	DATE	TIME	FEE
19057	Mon, May 25 - Jun 22	11:00 am - 12:00 pm	\$65.00

### 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.**  
Scotia Bank Room

CODE	DATE	TIME	FEE
19060	Sun, Apr 12 - May 10	8:30 - 9:30 am	\$65.00
19061	Sun, May 24 - Jun 21	8:30 - 9:30 am	\$65.00

### 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 mat, strap and blanket.*

**Candace W.**  
City Hall Room 1 & 2

CODE	DATE	TIME	FEE
19116	Mon, Apr 13 - May 11	9:15 - 10:30 am	\$80.00

**Jill G.**  
City Hall Room 1 & 2

CODE	DATE	TIME	FEE
19118	Wed, Apr 15 - May 13	5:30 - 6:45 pm	\$80.00
19119	Wed, May 20 - Jun 24	5:30 - 6:45 pm	\$96.00

### Yin Yoga Class

A slow, calming practice with long-held floor poses to gently stretch deep connective tissues, improve flexibility, and quiet the mind. Perfect for all levels seeking relaxation and renewal.

**Nicole O.**  
AUX Sable Flexhall

CODE	DATE	TIME	FEE
19225	Thu, Apr 9 - May 14	9:30 - 10:30 am	\$78.00
19226	Thu, May 21 - Jun 25	9:30 - 10:30 am	\$78.00

# Preschool Programs

## RECREATION & CULTURE Program Registration Date

Spring & Summer March 10 • 8:00 am

### 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**

**Auggies Place**

*\*must be potty trained*

CODE	DATES	TIME	FEE
19273	Mon, Apr 13 - 27	1:30 - 3:30 pm	\$37.50
19276	Thu, Apr 9 - 30	9:30 - 11:30 am	\$50.00
19277	Mon, May 4 - 25	1:30 - 3:30 pm	\$37.50
<i>No class May 18</i>			
19279	Thu, May 7 - 28	9:30 - 11:30 am	\$50.00
19278	Mon, Jun 1 - 29	1:30 - 3:30 pm	\$50.00
19280	Thu, Jun 4 - 25	9:30 - 11:30 am	\$50.00

### sportball Multi-Sport

If we asked a Sportball parent to design the ultimate class, it would look a lot like Multi-Sport. Each class introduces a new sport, keeping children active, engaged, and building skills along the way. This well-rounded program supports physical literacy, confidence, and competence, giving children a strong foundation for lifelong active living. Eight sports, one registration, coached with purpose using Sportball Methodology.

**16 months - 2 years (Parented)**  
**AUX Sable Flexhall**

CODE	DATES	TIME	FEE
19091	Sun, Apr 12 - Jun 21	9:00 - 9:30 am	\$150.00
<i>No class May 17</i>			



# No School Days Programs

Enjoy some me time while the kids enjoy having FUN with unstructured free play, making new friends, playing games, making crafts, and being active with special trips into the NUTRIEN Soccer Field, the AUX Sable Flexhall, and the ATCO Gymnasium.

*NOTE: Please pack and label a nut-free lunch, water bottle, snacks, indoor shoes, and outdoor weather-appropriate clothing.*

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

### Half Day Camp

**3.5\* - 5 years**

**Auggies Place**

*\*must be potty trained*

CODE	DATE	TIME	FEE
19105	Fri, May 1	1:00 - 4:30 pm	\$25.00
19106	Wed, Jun 24	1:00 - 4:30 pm	\$25.00
19107	Thu, Jun 25	1:00 - 4:30 pm	\$25.00
19108	Fri, Jun 26	1:00 - 4:30 pm	\$25.00

### Full Day Camp

**5 - 9 years**

**Auggies Place**

CODE	DATE	TIME	FEE
19102	Wed, Jun 24	8:30 am - 4:30 pm	\$50.00

**Scotia Bank Room**

CODE	DATE	TIME	FEE
19101	Fri, May 1	8:30 am - 4:30 pm	\$50.00
19103	Thu, Jun 25	8:30 am - 4:30 pm	\$50.00
19104	Fri, Jun 26	8:30 am - 4:30 pm	\$50.00

### Buddy Leaders Program

**13 - 15 years**

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.

**Auggies Place**

CODE	DATE	TIME	FEE
19110	Wed, Jun 24	8:30 am - 4:30 pm	\$25.00

**Scotia Bank Room**

CODE	DATE	TIME	FEE
19109	Fri, May 1	8:30 am - 4:30 pm	\$25.00
19111	Thu, Jun 25	8:30 am - 4:30 pm	\$25.00
19112	Fri, Jun 26	8:30 am - 4:30 pm	\$25.00



[fortsask.ca/GoLeisure](https://fortsask.ca/GoLeisure)

# Child & Youth Programs

## RECREATION & CULTURE Program Registration Date

Spring & Summer March 10 • 8:00 am

### 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
19095	Fri, Apr 10	4:30 - 8:30 pm	\$25.00
19096	Fri, Apr 24	4:30 - 8:30 pm	\$25.00
19097	Fri, May 8	4:30 - 8:30 pm	\$25.00
19098	Fri, May 22	4:30 - 8:30 pm	\$25.00
19099	Fri, Jun 5	4:30 - 8:30 pm	\$25.00
19100	Fri, Jun 19	4:30 - 8:30 pm	\$25.00
19258	Fri, Jul 10	4:30 - 8:30 pm	\$25.00
19259	Fri, Jul 24	4:30 - 8:30 pm	\$25.00
19260	Fri, Aug 7	4:30 - 8:30 pm	\$25.00
19261	Fri, Aug 21	4:30 - 8:30 pm	\$25.00

### sportball Multi-Sport

If we asked a Sportball parent to design the ultimate class, it would look a lot like Multi-Sport. Each class introduces a new sport, keeping children active, engaged, and building skills along the way. This well-rounded program supports physical literacy, confidence, and competence, giving children a strong foundation for lifelong active living. Eight sports, one registration, coached with purpose using Sportball Methodology.

### Multi-Sport Parent & Child

#### 2 - 3.5 years (Parented) NUTRIEN Soccer A

CODE	DATES	TIME	FEE
19089	Wed, Apr 8 - Jun 17	5:00 - 5:45 pm	\$198.00
19090	Tue, Apr 7 - May 19	9:50 - 10:35 am	\$126.00

#### AUX Sable Flexhall

CODE	DATES	TIME	FEE
19087	Sun, Apr 12 - Jun 21	9:35 - 10:20 am	\$180.00
No class May 17			
19088	Sun, Apr 12 - Jun 21	10:25 - 11:10 am	\$180.00
No class May 17			

### Multi-Sport Drop Off

#### 3.5 - 5 years NUTRIEN Soccer A

CODE	DATES	TIME	FEE
19084	Wed, Apr 8 - Jun 17	5:50 - 6:50 pm	\$198.00
19086	Tue, Apr 7 - May 19	10:40 - 11:40 am	\$126.00

#### AUX Sable Flexhall

CODE	DATES	TIME	FEE
19082	Sun, Apr 12 - Jun 21	11:15 am - 12:10 pm	\$180.00
No class May 17			

#### 5 - 8 years NUTRIEN Soccer A

CODE	DATES	TIME	FEE
19085	Wed, Apr 8 - Jun 17	6:55 - 7:55 pm	\$198.00

#### AUX Sable Flexhall

CODE	DATES	TIME	FEE
19083	Sun, Apr 12 - Jun 21	12:15 - 1:10 pm	\$180.00
No class May 17			

### sportball T-Ball

Core memories start on the baseball field, and Sportball T-Ball is a fun, active introduction to the game. Using Sportball Methodology, children learn batting, throwing, and catching while building movement skills, confidence, and imagination. Led by trained coaches, this program is the perfect first step for young players ready to get the ball rolling.

#### 2 - 3.5 years (PARENTED) NUTRIEN Soccer A

CODE	DATES	TIME	FEE
19150	Thu May 7 - Jun 18	5:00 - 5:45 pm	\$126.00

#### 3.5 - 5 years NUTRIEN Soccer A

CODE	DATES	TIME	FEE
19151	Thu May 7 - Jun 18	5:50 - 6:50 pm	\$126.00

#### 5 - 8 years NUTRIEN Soccer A

CODE	DATES	TIME	FEE
19152	Thu May 7 - Jun 18	6:55 - 7:55 pm	\$126.00



### LEVEL UP Basketball Program

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.

#### 5 - 7 years ATCO Gymnasium

CODE	DATE	TIME	FEE
19092	Thu, Apr 9 - Apr 30	5:00 - 5:55 pm	\$72.00

#### 7 - 9 years ATCO Gymnasium

CODE	DATE	TIME	FEE
19093	Thu, Apr 9 - Apr 30	6:00 - 6:55 pm	\$72.00

#### 9 - 12 years ATCO Gymnasium

CODE	DATE	TIME	FEE
19094	Thu, Apr 9 - Apr 30	7:00 - 8:00 pm	\$72.00

For **sportball** Summer Camps check out:

**Sport, Gaming, & Theatre Camps - page 34**



# Child & Youth Programs

Continued

## RECREATION & CULTURE

Program Registration Date

Spring & Summer March 10 • 8:00 am

### NEW Day and Time Power Up! Program

Power Up is an educational program designed to build confidence and encourage long-term participation in sport for girls. Each session combines facilitator-led learning, interactive games, and hands-on sport experiences in a fun, caring environment. Participants are encouraged to try new activities, develop skills, and enjoy the physical and social benefits of staying active.

#### 8 years and older ATCO Gymnasium

CODE	DATE	TIME	FEE
19145	Thu, Apr 16 - Jun 4	5:00 - 6:30 pm	\$88.00

### Level Up Flag Football Program

Down, set, hut! This Flag Football Level Up class builds confidence and skills like throwing, catching, routes, and defence through daily drills and fun scrimmages, with plenty of end zone celebrations along the way.

#### 6 - 10 years ATCO Gymnasium

CODE	DATE	TIME	FEE
19358	Sat, Apr 11 - May 9	2:00 - 2:55 pm	\$90.00
19359	Sat, May 23 - Jun 20	2:00 - 2:55 pm	\$90.00

### 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](http://volleyballalberta.ca/go_sports_edmonton)

#### 9 - 12 years No Prior Experience Required ATCO Gymnasium A

DATE	TIME
Tue, Apr 7 - May 26	5:00 - 6:30 pm
Mon, Apr 13 - Jun 8	5:00 - 6:30 pm

### 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.

#### Kerrie M 12 - 14 years Apple Fitness Centre

CODE	DATE	TIME	FEE
19215	Sat, Apr 11	9:30 - 10:30 am	\$60.00
19217	Sat, May 9	9:30 - 10:30 am	\$60.00
19219	Sat, Jun 6	9:30 - 10:30 am	\$60.00
19221	Sat, Jul 18	9:30 - 10:30 am	\$60.00
19222	Sat, Aug 15	9:30 - 10:30 am	\$60.00

### Babysitter's Training Course

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.

#### 11 - 15 years Scotia Bank Studio

CODE	DATE	TIME	FEE
19193	Sat, Apr 18	9:00 am - 3:30 pm	\$84.00
19194	Sat, Jun 20	9:00 am - 3:30 pm	\$84.00
19195	Sat, Aug 22	9:00 am - 3:30 pm	\$84.00

### Home Alone Program

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

#### 10 years and older Scotia Bank Studio

CODE	DATE	TIME	FEE
19196	Thu, Jun 25	5:30 - 8:30 pm	\$55.00
19197	Thu, Aug 6	5:30 - 8:30 pm	\$55.00

### Buddy Leaders Program

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.

#### 13 - 15 years Auggies Place

CODE	DATE	TIME	FEE
19110	Wed, Jun 24	8:30 am - 4:30 pm	\$25.00

#### Scotia Bank Room

CODE	DATE	TIME	FEE
19109	Fri, May 1	8:30 am - 4:30 pm	\$25.00
19111	Thu, Jun 25	8:30 am - 4:30 pm	\$25.00
19112	Fri, Jun 26	8:30 am - 4:30 pm	\$25.00

### Summer Leaders in Training

Your Leader in Training (LIT) experience includes a training session and volunteer time in a summer program setting. You will be able to put your skills to work while committing to work as a LIT for a minimum of 35 consecutive hours (one full week of camp) in our awesome summer programs, which run through July and August. In addition to having fun and gaining valuable experience, you will be given feedback throughout the week to help build on your newfound skills, as well as receive a swag bag full of amazing goodies for each week you participate in our summer programs, a certificate for training you completed, and a reference letter.

#### 13 - 16 years Fort Saskatchewan Golf and Curling Club

CODE	DATE	TIME	FEE
19223	Thu, Jun 25	9:00 am - 4:00 pm	\$50.00

For more Child & Youth Programs check out:

City Summer Camps - page 29

Sport, Gaming, & Theatre Camps - page 34

[fortsask.ca/GoLeisure](http://fortsask.ca/GoLeisure)



**CLICK HERE** to view the **DROP-IN Schedule**



**HARBOUR POOL**  
Program Registration Date

- *Spring* March 11 • 8:00 am
- *Summer* June 10 • 8:00 am

## Harbour Pool Rental Information

- 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. Refund requests cannot be accommodated beyond the 72-hour period.
- Children under the age of 8 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.



	EVENT	DATE & TIME	SPONSOR
<i>Spring</i>	<b>Easter Loonie Swim</b>	April 4, 2:00 - 4:00 pm	Park Pest Control
	<b>Retro-Arcade Youth Loonie Swim</b>	April 18, 7:00 - 9:00 pm	Vera Homes
	<b>Mother's Day Potluck</b>	May 7, 12:00 - 1:30 pm	Tim Hortons
	<b>Mother's Day Swim</b>	May 10, 2:00 - 8:00 pm	Kate's Delivery
	<b>Community Loonie Swim</b>	May 16, 2:00 - 4:00 pm	Osco Mudjacking & Construction Ltd.
	<b>Community FREE Swim</b>	June 20, 2:00 - 4:00 pm	Twice But Nice
	<b>Father's Day Swim</b>	June 21, 2:00 - 8:00 pm	Titan Towing
	<b>Out of School Bash Public Swim</b>	June 26, 1:00 - 4:00 pm	Bad Boyz Oilfield Services
<i>Summer</i>	<b>Wild West Day Public Swim</b>	July 3, 1:00 - 4:00 pm	Majestic Chapter #126 Grand Chapter of Alberta - Order of Eastern Star
	<b>Obstacle Course Day Public Swim</b>	July 10, 1:00 - 4:00 pm	City Law Offices
	<b>Fairy Tale Day Public Swim</b>	July 17, 1:00 - 4:00 pm	Cameron Dental
	<b>Water Safety Day Public Swim</b>	July 24, 1:00 - 4:00 pm	MEGlobal Canada ULC
	<b>Circus Day Public Swim</b>	July 31, 1:00 - 4:00 pm	Robertson's Plumbing & Gasfitting
	<b>Shark Week Day Public Swim</b>	August 7, 1:00 - 4:00 pm	MEGlobal Canada ULC
	<b>Art Attack Day Public Swim</b>	August 14, 1:00 - 4:00 pm	<b>Call 780-992-6162 to sponsor this swim or other events.</b>
	<b>Rainforest Day Public Swim</b>	August 21, 1:00 - 4:00 pm	
	<b>Back to School Bash Loonie Swim</b>	August 28, 1:00 - 4:00 pm	CUPE Local 30

### PARTY PACKAGE

- \$331.00** (GST Included)
- Two hours in the Party Room
  - One hour in the Pool
  - Party hats and balloons
  - Pool inflatables

### POOL ONLY

- Based on number of patrons, (GST Included)
- 1 - 74 . . . . . \$226.00**
- 75 - 124 . . . . . \$270.00**
- 125 - 185 . . . . . \$312.75**
- 186 - 246 . . . . . \$355.75**
- 247 - 300 . . . . . \$398.75**

### MULTI-PURPOSE ROOM (MPR)

**\$38.50 / 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

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' swimming strokes and provide the skill foundation that prepares them for success in the Lifesaving Society's Bronze Medal awards.

CODE	DATE	TIME	FEE
18018	Fri, Apr 10 - Jun 19	4:30 - 6:30 pm	\$160.00
No class May 15			
19144	Sun, Apr 12 - Jun 21	12:00 - 2:00 pm	\$160.00
No class May 17			

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

## Lifesaving Society Bronze Medallion

The Bronze Medallion tests judgment, knowledge, skill, and fitness for water rescues, teaching problem-solving and decision-making around water.

CODE	DATE	TIME	FEE
17860**	Tue & Thu, Apr 7 - 16	4:00 - 8:00 pm	\$195.50**
17878*			\$205.50*
Over 15* / Under 15**			
18291**	Mon - Thu, Jul 6 - 9	9:00 am - 1:00 pm	\$195.50**
18290*			\$205.50*
Over 15* / Under 15**			

**Prerequisite:** Bronze Star OR 13+ years old

## Lifesaving Society Intermediate First Aid / Oxygen Administration

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

CODE	DATE	TIME	FEE
18292	Mon & Tue, Jul 13 - 14	Mon, 9:00 am - 6:00 pm	\$175.00
		Tue, 9:00 am - 5:30 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. Candidates must complete a 400 m swim in 11 minutes or less. Bronze Cross is required for National Lifeguard and leadership training.

CODE	DATE	TIME	FEE
18459**	Tue & Thu, May 14 - Jun 9	4:00 - 6:30 pm	\$177.00
18460*			\$168.50
Over 15* / Under 15**			
18289**	Mon - Thu, Jul 20 - 23	9:00 am - 2:00 pm	\$168.50
18288*			\$177.00
Over 15* / Under 15**			

**Prerequisite:** Basic First Aid (need not be current) or higher 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
18264	Fri - Sun, Jun 12 - 14, & 19 - 21		\$368.50
	Fri	5:00 - 9:00 pm	
	Sat / Sun	9:00 am - 5:00 pm	
18446	Mon - Fri, Jul 27 - 31	9:00 am - 5:00 pm	\$368.50

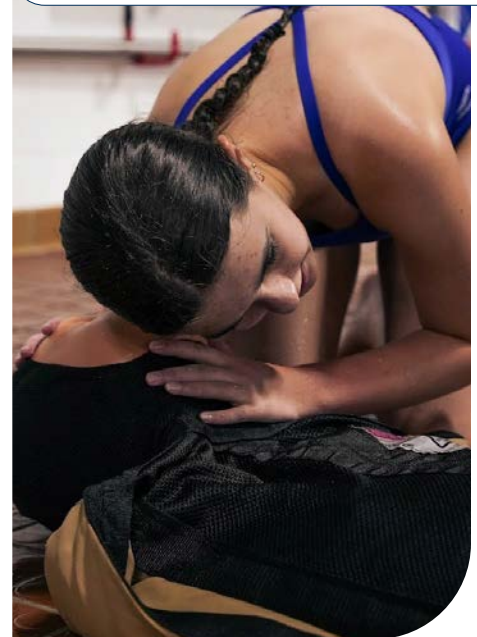
**Prerequisite:** 15 years old, Bronze Cross (need not be current) and Intermediate First aid requirement (need not be current). Aquatic Emergency Care recommended, but not required.

## HARBOUR POOL

### Program Registration Date

Spring March 11 • 8:00 am

Summer June 10 • 8:00 am



## Lifesaving Society Swim / 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
18273	Sat/Sun, Apr 11 - 12 & 18 - 19	8:00 am - 6:00 pm	\$473.00
18448	Mon - Fri, Aug 10 - 14	9:00 am - 5:00 pm	\$473.00

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

## Swimabilities® Instructor

SwimAbilities® Instructors are responsible for teaching and evaluating candidates participating in the SwimAbilities® learn to swim program. The SwimAbilities® Instructor course prepares instructors to apply level 2 leadership competencies and strategies designed to teach candidates with special needs.

CODE	DATE	TIME	FEE
18447	Mon & Tue, Aug 17 - 18	Mon, 9:00 am - 5:00 pm	\$158.00
		Tue, 1:00 - 5:00 pm	

**Prerequisite:** Current Swim or Lifesaving Instructor

# 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	Mar 30 - May 4	9:00 - 11:30 am	18271	\$111.25
	No class April 6			
Mon	Mar 30 - May 4	12:30 - 3:00 pm	18263	\$111.25
	No class April 6			
Tue	Mar 31 - May 5	9:00 - 11:30 am	18265	\$133.50
Tue	Mar 31 - May 5	12:30 - 3:00 pm	17833	\$133.50
Wed	Apr 1 - May 6	9:00 - 11:30 am	18266	\$133.50
Wed	Apr 1 - May 6	12:30 - 3:00 pm	17826	\$133.50
Thu	Apr 2 - Apr 30	9:00 - 11:30 am	18267	\$111.25
Thu	Apr 2 - Apr 30	12:30 - 3:00 pm	17806	\$111.25
Fri	Apr 10 - May 8	9:00 - 11:30 am	18268	\$111.25
Fri	Apr 10 - May 8	12:30 - 3:00 pm	17792	\$111.25
Mon	May 11 - Jun 15	9:00 - 11:30 am	17777	\$111.25
	No class May 18			
Mon	May 11 - Jun 15	12:30 - 3:00 pm	18287	\$111.25
	No class May 18			
Tue	May 12 - Jun 16	9:00 - 11:30 am	18281	\$133.50
Tue	May 12 - Jun 16	12:30 - 3:00 pm	18286	\$133.50
Wed	May 13 - Jun 17	9:00 - 11:30 am	18269	\$133.50
Wed	May 13 - Jun 17	12:30 - 3:00 pm	18285	\$133.50
Thu	May 14 - Jun 18	9:00 - 11:30 am	18282	\$133.50
Thu	May 14 - Jun 18	12:30 - 3:00 pm	18284	\$133.50
Fri	May 15 - Jun 19	9:00 - 11:30 am	18270	\$133.50
Fri	May 15 - Jun 19	12:30 - 3:00 pm	18283	\$133.50

## Swimabilities® Caregiver In Water Participation Required.

SwimAbilities® is a learn-to-swim program geared for children aged 3 - 16 years with special needs, looking for an alternative to Swim for Life® lessons. No formal diagnosis is needed! 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.

## Swimabilities®

### 8 and Under

DAY	DATES	TIME	CODE	FEE
Tue & Thu	Mar 31 - Apr 23	4:00 - 4:45 pm	18104	\$72.00
Sat	Apr 11 - May 30	9:00 - 9:45 am	18105	\$63.00
	No class May 16			
Tue & Thu	Apr 28 - May 21	4:00 - 4:45 pm	18106	\$72.00
Tue & Thu	May 26 - Jun 18	4:00 - 4:45 pm	18107	\$72.00
Tue & Thu	Aug 4 - 27	3:00 - 3:45 pm	18362	\$72.00

## Swimabilities®

### 16 and Under

DAY	DATES	TIME	CODE	FEE
Tue & Thu	Mar 31 - Apr 23	4:00 - 4:45 pm	18100	\$72.00
Sat	Apr 11 - May 30	9:00 - 9:45 am	18103	\$63.00
	No class May 16			
Tue & Thu	Apr 28 - May 21	4:00 - 4:45 pm	18101	\$72.00
Tue & Thu	May 26 - Jun 18	4:00 - 4:45 pm	18102	\$72.00
Tue & Thu	Aug 4 - 27	3:00 - 3:45 pm	18361	\$72.00

## HARBOUR POOL

### Program Registration Date

Spring March 11 • 8:00 am

Summer June 10 • 8:00 am



## 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	Apr 11 - May 30	10:35 - 11:20 am	18099	\$63.00
	No class May 16			
Tue & Thu	Jul 7 - 30	4:05 - 4:50 pm	18358	\$72.00
Mon - Thu	Jul 20 - 30	10:25 - 11:10 am	18357	\$72.00
Mon & Wed	Aug 5 - 26	4:05 - 4:50 pm	18359	\$63.00
Mon - Thu	Aug 17 - 27	9:00 - 9:45 am	18360	\$72.00

## 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
Mon & Wed	May 25 - Jun 17	1:15 - 2:15 pm	18276	\$22.00
Sat	Jun 6 - 20	9:00 - 11:00 am	18274	\$16.50
Mon - Thu	Jul 6 - 16	9:15 - 10:15 am	18449	\$22.00



[fortsask.ca/GoLeisure](https://fortsask.ca/GoLeisure)

# 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 4 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.

## HARBOUR POOL

### Program Registration Date

Spring March 11 • 8:00 am

Summer June 10 • 8:00 am

## 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

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

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® *Continued*

Please note, if proof of completion for the previous level is not provided you may be withdrawn from the course. Please see page 4 for more information.

## HARBOUR POOL Program Registration Date

- Spring March 11 • 8:00 am
- Summer June 10 • 8:00 am

### Parent & Tot 1 / 2

DAY	DATES	TIME	CODE	FEE
Sat	Apr 11 - May 30	9:50 - 10:20 am	18022	\$56.00
<i>No class May 16</i>				
Tue & Thu	Apr 28 - May 21	4:45 - 5:15 pm	18025	\$64.00
Tue & Thu	May 26 - Jun 18	9:50 - 10:20 am	18026	\$64.00
Tue & Thu	May 26 - Jun 18	6:30 - 7:00 pm	18027	\$64.00
Mon - Thu	Jul 6 - 16	11:25 - 11:55 am	18296	\$64.00
Mon & Wed	Jul 6 - 29	3:00 - 3:30 pm	18297	\$64.00
Tue & Thu	Jul 7 - 30	6:00 - 6:30 pm	18298	\$64.00
Mon - Thu	Aug 4 - 13	10:55 - 11:25 am	18295	\$56.00
Mon & Wed	Aug 5 - 26	3:50 - 4:20 pm	18300	\$56.00
Mon - Thu	Aug 17 - 27	10:40 - 11:10 am	18299	\$64.00

### Parent & Tot 1 / 2 / 3

DAY	DATES	TIME	CODE	FEE
Mon & Wed	Mar 30 - Apr 22	2:00 - 2:30 pm	18028	\$56.00
<i>No class Apr 6</i>				
Mon & Wed	Mar 30 - Apr 22	4:30 - 5:00 pm	18033	\$56.00
<i>No class Apr 6</i>				
Tue & Thu	Mar 31 - Apr 23	10:00 - 10:30 am	18036	\$64.00
Tue & Thu	Mar 31 - Apr 23	5:25 - 5:55 pm	18128	\$64.00
Fri	Apr 10 - May 29	5:10 - 5:40 pm	18029	\$56.00
<i>No class May 15</i>				
Fri	Apr 10 - May 29	6:00 - 6:30 pm	18156	\$56.00
<i>No class May 15</i>				
Sun	Apr 12 - May 31	12:00 - 12:30 pm	18030	\$56.00
<i>No class May 17</i>				
Mon & Wed	Apr 27 - May 20	2:25 - 2:55 pm	18031	\$56.00
<i>No class May 18</i>				
Mon & Wed	Apr 27 - May 20	4:45 - 5:15 pm	18034	\$56.00
<i>No class May 18</i>				
Tue & Thu	Apr 28 - May 21	9:30 - 10:00 am	18024	\$64.00
Mon & Wed	May 25 - Jun 17	1:50 - 2:20 pm	18032	\$64.00
Mon - Thu	Jul 20 - 30	9:00 - 9:30 am	18301	\$64.00
Tue & Thu	Aug 4 - 27	4:40 - 5:10 pm	18302	\$64.00
Mon & Wed	Aug 5 - 26	5:50 - 6:20 pm	18303	\$56.00

### Preschool 1

DAY	DATES	TIME	CODE	FEE
Mon & Wed	Mar 30 - Apr 22	2:00 - 2:30 pm	18039	\$56.00
<i>No class Apr 6</i>				
Mon & Wed	Mar 30 - Apr 22	5:20 - 5:50 pm	18040	\$56.00
<i>No class Apr 6</i>				
Tue & Thu	Mar 31 - Apr 23	9:00 - 9:30 am	18019	\$64.00
Tue & Thu	Mar 31 - Apr 23	9:30 - 10:00 am	18041	\$64.00
Tue & Thu	Mar 31 - Apr 23	4:50 - 5:20 pm	18042	\$64.00
Fri	Apr 10 - May 29	4:35 - 5:05 pm	18043	\$56.00
<i>No class May 15</i>				
Sat	Apr 11 - May 30	10:40 - 11:10 am	18044	\$56.00
<i>No class May 16</i>				
Sat	Apr 11 - May 30	11:25 - 11:55 am	18023	\$56.00
<i>No class May 16</i>				
Sun	Apr 12 - May 31	12:00 - 12:30 pm	18045	\$56.00
<i>No class May 17</i>				
Mon & Wed	Apr 27 - May 20	1:15 - 1:45 pm	18046	\$56.00
<i>No class May 18</i>				
Mon & Wed	Apr 27 - May 20	5:55 - 6:25 pm	18047	\$56.00
<i>No class May 18</i>				
Tue & Thu	Apr 28 - May 21	9:35 - 10:05 am	18048	\$64.00
Tue & Thu	Apr 28 - May 21	5:55 - 6:25 pm	18049	\$64.00
Mon & Wed	May 25 - Jun 17	1:50 - 2:20 pm	18050	\$64.00
Mon & Wed	May 25 - Jun 17	5:05 - 5:35 pm	18054	\$64.00
Tue & Thu	May 26 - Jun 18	9:00 - 9:30 am	18051	\$64.00
Tue & Thu	May 26 - Jun 18	5:20 - 5:50 pm	18052	\$64.00
Tue & Thu	May 26 - Jun 18	6:35 - 7:05 pm	18053	\$64.00
Mon - Thu	Jul 6 - 16	9:00 - 9:30 am	18310	\$64.00
Mon & Wed	Jul 6 - 29	3:00 - 3:30 pm	18311	\$64.00
Mon & Wed	Jul 6 - 29	5:30 - 6:00 pm	18312	\$64.00
Tue & Thu	Jul 7 - 30	5:25 - 5:55 pm	18313	\$64.00
Mon - Thu	Jul 20 - 30	9:50 - 10:20 am	18314	\$64.00
Mon - Thu	Aug 4 - 13	10:00 - 10:30 am	18317	\$56.00
Tue & Thu	Aug 4 - 27	4:55 - 5:25 pm	18319	\$64.00
Tue & Thu	Aug 4 - 27	5:50 - 6:20 pm	18316	\$64.00
Mon & Wed	Aug 5 - 26	5:25 - 5:55 pm	18315	\$56.00
Mon - Thu	Aug 17 - 27	10:25 - 10:55 am	18318	\$64.00

### Parent & Tot 3

DAY	DATES	TIME	CODE	FEE
Sat	Apr 11 - May 30	10:25 - 10:55 am	18035	\$56.00
<i>No class May 16</i>				
Tue & Thu	Apr 28 - May 21	9:00 - 9:30 am	18138	\$64.00
Tue & Thu	Apr 28 - May 21	6:35 - 7:05 pm	18037	\$64.00
Tue & Thu	May 26 - Jun 18	9:00 - 9:30 am	18038	\$64.00
Tue & Thu	May 26 - Jun 18	4:50 - 5:20 pm	18279	\$64.00
Mon - Thu	Jul 6 - 16	9:35 - 10:05 am	18304	\$64.00
Mon & Wed	Jul 6 - 29	4:25 - 4:55 pm	18305	\$64.00
Tue & Thu	Jul 7 - 30	3:00 - 3:30 pm	18308	\$64.00
Mon - Thu	Aug 4 - 13	9:35 - 10:05 am	18306	\$56.00
Mon & Wed	Aug 5 - 26	3:00 - 3:30 pm	18309	\$56.00
Mon - Thu	Aug 17 - 27	10:45 - 11:15 am	18307	\$64.00



# Lifesaving Society Swim for Life® *Continued*

Please note, if proof of completion for the previous level is not provided you may be withdrawn from the course. Please see page 4 for more information.

## Preschool 2

DAY	DATES	TIME	CODE	FEE
Mon & Wed	Mar 30 - Apr 22	2:30 - 3:00 pm	18055	\$56.00
	No class Apr 6			
Mon & Wed	Mar 30 - Apr 22	5:40 - 6:10 pm	18056	\$56.00
	No class Apr 6			
Tue & Thu	Mar 31 - Apr 23	9:00 - 9:30 am	18057	\$64.00
Tue & Thu	Mar 31 - Apr 23	5:55 - 6:25 pm	18058	\$64.00
Fri	Apr 10 - May 29	4:00 - 4:30 pm	18059	\$56.00
	No class May 15			
Sat	Apr 11 - May 30	11:00 - 11:30 am	18060	\$56.00
	No class May 16			
Sat	Apr 11 - May 30	12:25 - 12:55 pm	18061	\$56.00
	No class May 16			
Sun	Apr 12 - May 31	12:50 - 1:20 pm	18063	\$56.00
	No class May 17			
Mon & Wed	Apr 27 - May 20	2:05 - 2:35 pm	18064	\$56.00
	No class May 18			
Mon & Wed	Apr 27 - May 20	5:40 - 6:10 pm	18065	\$56.00
	No class May 18			
Tue & Thu	Apr 28 - May 21	10:00 - 10:30 am	18066	\$64.00
Tue & Thu	Apr 28 - May 21	5:25 - 5:55 pm	18067	\$64.00
Mon & Wed	May 25 - Jun 17	2:20 - 2:50 pm	18062	\$64.00
Mon & Wed	May 25 - Jun 17	5:20 - 5:50 pm	18069	\$64.00
Tue & Thu	May 26 - Jun 18	9:15 - 9:45 am	18068	\$64.00
Tue & Thu	May 26 - Jun 18	5:25 - 5:55 pm	18280	\$64.00
Mon - Thu	Jul 6 - 16	10:40 - 11:10 am	18320	\$64.00
Mon & Wed	Jul 6 - 29	4:55 - 5:25 pm	18325	\$64.00
Tue & Thu	Jul 7 - 30	5:30 - 6:00 pm	18327	\$64.00
Tue & Thu	Jul 7 - 30	5:55 - 6:25 pm	18328	\$64.00
Mon - Thu	Jul 20 - 30	9:00 - 9:30 am	18324	\$64.00
Mon - Thu	Jul 20 - 30	11:15 - 11:45 am	18321	\$64.00
Mon - Thu	Aug 4 - 13	9:35 - 10:05 am	18323	\$56.00
Tue & Thu	Aug 4 - 27	5:15 - 5:45 pm	18329	\$64.00
Mon & Wed	Aug 5 - 26	5:30 - 6:00 pm	18330	\$56.00
Mon & Wed	Aug 5 - 26	5:55 - 6:25 pm	18326	\$56.00
Mon - Thu	Aug 17 - 27	9:00 - 9:30 am	18322	\$64.00

## Preschool 3

DAY	DATES	TIME	CODE	FEE
Mon & Wed	Mar 30 - Apr 22	5:05 - 5:35 pm	18070	\$56.00
	No class Apr 6			
Tue & Thu	Mar 31 - Apr 23	10:00 - 10:30 am	18071	\$64.00
Tue & Thu	Mar 31 - Apr 23	4:50 - 5:20 pm	18163	\$64.00
Fri	Apr 10 - May 29	4:50 - 5:20 pm	18072	\$56.00
	No class May 15			
Sat	Apr 11 - May 30	9:50 - 10:20 am	18073	\$56.00
	No class May 16			
Sat	Apr 11 - May 30	11:35 - 12:05 pm	18074	\$56.00
	No class May 16			
Sun	Apr 12 - May 31	12:50 - 1:20 pm	18075	\$56.00
	No class May 17			
Mon & Wed	Apr 27 - May 20	1:15 - 1:45 pm	18076	\$56.00
	No class May 18			
Mon & Wed	Apr 27 - May 20	5:05 - 5:35 pm	18077	\$56.00
	No class May 18			
Tue & Thu	Apr 28 - May 21	10:00 - 10:30 am	18078	\$64.00
Tue & Thu	Apr 28 - May 21	6:35 - 7:05 pm	18080	\$64.00
Mon & Wed	May 25 - Jun 17	2:25 - 2:55 pm	18079	\$64.00
Mon & Wed	May 25 - Jun 17	5:40 - 6:10 pm	18083	\$64.00
Tue & Thu	May 26 - Jun 18	10:00 - 10:30 am	18081	\$64.00
Tue & Thu	May 26 - Jun 18	5:55 - 6:25 pm	18082	\$64.00
Mon - Thu	Jul 6 - 16	10:25 - 10:55 am	18331	\$64.00
Mon & Wed	Jul 6 - 29	5:25 - 5:55 pm	18336	\$64.00
Tue & Thu	Jul 7 - 30	3:35 - 4:05 pm	18339	\$64.00
Mon - Thu	Jul 20 - 30	9:50 - 10:20 am	18333	\$64.00
Mon - Thu	Aug 4 - 13	9:00 - 9:30 am	18334	\$56.00
Mon - Thu	Aug 4 - 13	10:35 - 11:05 am	18335	\$56.00
Tue & Thu	Aug 4 - 27	5:50 - 6:20 pm	18340	\$64.00
Mon & Wed	Aug 5 - 26	3:35 - 4:05 pm	18337	\$56.00
Mon - Thu	Aug 17 - 27	9:35 - 10:05 am	18338	\$64.00

## Preschool 3 / 4 / 5

DAY	DATES	TIME	CODE	FEE
Mon & Wed	Mar 30 - Apr 22	2:05 - 2:35 pm	18084	\$56.00
	No class Apr 6			
Mon & Wed	Aug 5 - 26	4:55 - 5:25 pm	18341	\$56.00

## HARBOUR POOL Program Registration Date

Spring March 11 • 8:00 am

Summer June 10 • 8:00 am



## Preschool 4 / 5

DAY	DATES	TIME	CODE	FEE
Mon & Wed	Mar 30 - Apr 22	4:30 - 5:00 pm	18086	\$56.00
	No class Apr 6			
Tue & Thu	Mar 31 - Apr 23	9:30 - 10:00 am	18187	\$64.00
Tue & Thu	Mar 31 - Apr 23	4:50 - 5:20 pm	18186	\$64.00
Fri	Apr 10 - May 29	4:00 - 4:30 pm	18087	\$56.00
	No class May 15			
Sat	Apr 11 - May 30	11:15 - 11:45 am	18088	\$56.00
	No class May 16			
Sun	Apr 12 - May 31	1:25 - 1:55 pm	18089	\$56.00
	No class May 17			
Mon & Wed	Apr 27 - May 20	1:50 - 2:20 pm	18091	\$56.00
	No class May 18			
Tue & Thu	Apr 28 - May 21	9:00 - 9:30 am	18090	\$64.00
Tue & Thu	Apr 28 - May 21	7:20 - 7:50 pm	18085	\$64.00
Mon & Wed	May 25 - Jun 17	1:15 - 1:45 pm	18275	\$64.00
Mon & Wed	May 25 - Jun 17	4:45 - 5:15 pm	18092	\$64.00
Tue & Thu	May 26 - Jun 18	10:00 - 10:30 am	18277	\$64.00
Tue & Thu	May 26 - Jun 18	7:25 - 7:55 pm	18278	\$64.00
Mon - Thu	Jul 6 - 16	10:10 - 10:40 am	18342	\$64.00
Mon & Wed	Jul 6 - 29	3:35 - 4:05 pm	18346	\$64.00
Tue & Thu	Jul 7 - 30	3:00 - 3:30 pm	18347	\$64.00
Mon - Thu	Jul 20 - 30	9:30 - 10:00 am	18343	\$64.00
Mon - Thu	Aug 4 - 13	10:45 - 11:15 am	18344	\$56.00
Tue & Thu	Aug 4 - 27	4:25 - 4:55 pm	18349	\$64.00
Mon & Wed	Aug 5 - 26	3:00 - 3:30 pm	18348	\$56.00
Mon - Thu	Aug 17 - 27	9:50 - 10:20 am	18345	\$64.00

# Lifesaving Society Swim for Life® *Continued*

Please note, if proof of completion for the previous level is not provided you may be withdrawn from the course. Please see page 4 for more information.

## Swimmer 1

### 5 - 14 years

DAY	DATES	TIME	CODE	FEE
Mon & Wed	Mar 30 - Apr 22	2:30 - 3:00 pm	18108	\$56.00
	No class Apr 6			
Mon & Wed	Mar 30 - Apr 22	5:05 - 5:35 pm	18125	\$56.00
	No class Apr 6			
Mon & Wed	Mar 30 - Apr 22	5:55 - 6:25 pm	18109	\$56.00
	No class Apr 6			
Tue & Thu	Mar 31 - Apr 23	9:00 - 9:30 am	18110	\$64.00
Tue & Thu	Mar 31 - Apr 23	5:25 - 5:55 pm	18111	\$64.00
Fri	Apr 10 - May 29	4:35 - 5:05 pm	18126	\$56.00
	No class May 15			
Fri	Apr 10 - May 29	5:45 - 6:15 pm	18112	\$56.00
	No class May 15			
Sat	Apr 11 - May 30	10:20 - 10:50 am	18113	\$56.00
	No class May 16			
Sat	Apr 11 - May 30	12:20 - 12:50 pm	18114	\$56.00
	No class May 16			
Sun	Apr 12 - May 31	12:35 - 1:05 pm	18115	\$56.00
	No class May 17			
Sun	Apr 12 - May 31	1:25 - 1:55 pm	18127	\$56.00
	No class May 17			
Mon & Wed	Apr 27 - May 20	1:50 - 2:20 pm	18116	\$56.00
	No class May 18			
Mon & Wed	Apr 27 - May 20	5:20 - 5:50 pm	18117	\$56.00
	No class May 18			
Tue & Thu	Apr 28 - May 21	9:00 - 9:30 am	18118	\$64.00
Tue & Thu	Apr 28 - May 21	5:20 - 5:50 pm	18119	\$64.00
Tue & Thu	Apr 28 - May 21	6:00 - 6:30 pm	18120	\$64.00
Mon & Wed	May 25 - Jun 17	2:25 - 2:55 pm	18121	\$64.00
Mon & Wed	May 25 - Jun 17	5:55 - 6:25 pm	18124	\$64.00
Tue & Thu	May 26 - Jun 18	9:30 - 10:00 am	18122	\$64.00
Tue & Thu	May 26 - Jun 18	6:00 - 6:30 pm	18123	\$64.00
Mon - Thu	Jul 6 - 16	11:00 - 11:30 am	18363	\$64.00
Mon & Wed	Jul 6 - 29	5:00 - 5:30 pm	18371	\$64.00
Tue & Thu	Jul 7 - 30	4:55 - 5:25 pm	18370	\$64.00
Mon - Thu	Jul 20 - 30	9:15 - 9:45 am	18364	\$64.00
Mon - Thu	Jul 20 - 30	10:25 - 10:55 am	18365	\$64.00
Mon - Thu	Aug 4 - 13	10:10 - 10:40 am	18367	\$56.00
Tue & Thu	Aug 4 - 27	3:50 - 4:20 pm	18332	\$64.00
Tue & Thu	Aug 4 - 27	5:15 - 5:45 pm	18369	\$64.00
Mon & Wed	Aug 5 - 26	4:55 - 5:25 pm	18368	\$56.00
Mon - Thu	Aug 17 - 27	9:00 - 9:30 am	18366	\$64.00

## Swimmer 2

### 5 - 14 years

DAY	DATES	TIME	CODE	FEE
Mon & Wed	Mar 30 - Apr 22	4:30 - 5:00 pm	18129	\$56.00
	No class Apr 6			
Tue & Thu	Mar 31 - Apr 23	9:35 - 10:05 am	18130	\$64.00
Tue & Thu	Mar 31 - Apr 23	6:00 - 6:30 pm	18131	\$64.00
Fri	Apr 10 - May 29	4:00 - 4:30 pm	18132	\$56.00
	No class May 15			
Fri	Apr 10 - May 29	6:00 - 6:30 pm	18133	\$56.00
	No class May 15			
Sat	Apr 11 - May 30	9:50 - 10:20 am	18134	\$56.00
	No class May 16			
Sat	Apr 11 - May 30	11:50 am - 12:20 pm	18135	\$56.00
	No class May 16			
Sun	Apr 12 - May 31	1:25 - 1:55 pm	18137	\$56.00
	No class May 17			
Mon & Wed	Apr 27 - May 20	2:25 - 2:55 pm	18139	\$56.00
	No class May 18			
Mon & Wed	Apr 27 - May 20	4:30 - 5:00 pm	18140	\$56.00
	No class May 18			
Tue & Thu	Apr 28 - May 21	9:30 - 10:00 am	18141	\$64.00
Tue & Thu	Apr 28 - May 21	4:50 - 5:20 pm	18142	\$64.00
Mon & Wed	May 25 - Jun 17	1:15 - 1:45 pm	18143	\$64.00
Mon & Wed	May 25 - Jun 17	4:30 - 5:00 pm	18147	\$64.00
Tue & Thu	May 26 - Jun 18	9:30 - 10:00 am	18144	\$64.00
Tue & Thu	May 26 - Jun 18	4:45 - 5:15 pm	18145	\$64.00
Tue & Thu	May 26 - Jun 18	7:20 - 7:50 pm	18146	\$64.00
Mon - Thu	Jul 6 - 16	9:00 - 9:30 am	18373	\$64.00
Mon - Thu	Jul 6 - 16	11:10 - 11:40 am	18374	\$64.00
Mon & Wed	Jul 6 - 29	3:50 - 4:20 pm	18372	\$64.00
Mon & Wed	Jul 6 - 29	4:20 - 4:50 pm	18379	\$64.00
Tue & Thu	Jul 7 - 30	3:50 - 4:20 pm	18380	\$64.00
Tue & Thu	Jul 7 - 30	4:25 - 4:55 pm	18382	\$64.00
Mon - Thu	Jul 20 - 30	10:25 - 10:55 am	18375	\$64.00
Mon - Thu	Aug 4 - 13	9:00 - 9:30 am	18384	\$56.00
Mon - Thu	Aug 4 - 13	11:20 - 11:50 am	18376	\$56.00
Tue & Thu	Aug 4 - 27	4:40 - 5:10 pm	18381	\$64.00
Mon & Wed	Aug 5 - 26	4:25 - 4:55 pm	18383	\$56.00
Mon & Wed	Aug 5 - 26	6:00 - 6:30 pm	18385	\$56.00
Mon - Thu	Aug 17 - 27	9:35 - 10:05 am	18378	\$64.00
Mon - Thu	Aug 17 - 27	11:15 - 11:45 am	18277	\$64.00

## HARBOUR POOL Program Registration Date

Spring March 11 • 8:00 am

Summer June 10 • 8:00 am



## Swimmer 3

### 5 - 14 years

DAY	DATES	TIME	CODE	FEE
Mon & Wed	Mar 30 - Apr 22	4:30 - 5:15 pm	18149	\$63.00
	No class Apr 6			
Tue & Thu	Mar 31 - Apr 23	4:50 - 5:35 pm	18150	\$72.00
Fri	Apr 10 - May 29	4:35 - 5:20 pm	18151	\$63.00
	No class May 15			
Sat	Apr 11 - May 30	10:55 - 11:40 am	18152	\$63.00
	No class May 16			
Sun	Apr 12 - May 31	12:00 - 12:45 pm	18153	\$63.00
	No class May 17			
Tue & Thu	Apr 28 - May 21	7:10 - 7:55 pm	18154	\$72.00
Tue & Thu	May 26 - Jun 18	6:35 - 7:20 pm	18155	\$72.00
Mon - Thu	Jul 6 - 16	11:15 am - 12:00 pm	18386	\$72.00
Mon & Wed	Jul 6 - 29	3:30 - 4:15 pm	18387	\$72.00
Tue & Thu	Jul 7 - 30	3:00 - 3:45 pm	18392	\$72.00
Mon - Thu	Jul 20 - 30	9:00 - 9:45 am	18388	\$72.00
Mon - Thu	Aug 4 - 13	9:10 - 9:55 am	18389	\$63.00
Mon - Thu	Aug 4 - 13	10:10 - 10:55 am	18394	\$63.00
Tue & Thu	Aug 4 - 27	3:50 - 4:35 pm	18393	\$72.00
Mon & Wed	Aug 5 - 26	3:00 - 3:45 pm	18391	\$63.00
Mon - Thu	Aug 17 - 27	9:50 - 10:35 am	18390	\$72.00

## Swimmer 4

### 5 - 14 years

DAY	DATES	TIME	CODE	FEE
Sat	Apr 11 - May 30	9:50 - 10:35 am	18159	\$63.00
	No class May 16			
Sun	Apr 12 - May 31	12:00 - 12:45 pm	18158	\$63.00
	No class May 17			
Mon - Thu	Jul 6 - 16	9:35 - 10:20 am	18395	\$72.00
Mon & Wed	Jul 6 - 29	4:10 - 4:55 pm	18398	\$72.00
Mon - Thu	Jul 20 - 30	10:05 - 10:50 am	18397	\$72.00
Mon - Thu	Aug 4 - 13	11:10 - 11:55 am	18396	\$63.00
Tue & Thu	Aug 4 - 27	3:50 - 4:35 pm	18400	\$72.00
Mon & Wed	Aug 5 - 26	5:00 - 5:45 pm	18401	\$63.00
Mon - Thu	Aug 17 - 27	11:00 - 11:45 am	18399	\$72.00

# Lifesaving Society Swim for Life® *Continued*

Please note, if proof of completion for the previous level is not provided you may be withdrawn from the course. Please see page 4 for more information.

## Swimmer 4 / 5

5 - 14 years

DAY	DATES	TIME	CODE	FEE
Mon & Wed	Mar 30 - Apr 22	5:40 - 6:25 pm	18160	\$63.00
No class Apr 6				
Tue & Thu	Mar 31 - Apr 23	5:40 - 6:25 pm	18161	\$72.00
Fri	Apr 10 - May 29	4:00 - 4:45 pm	18157	\$63.00
No class May 15				
Tue & Thu	Apr 28 - May 21	7:10 - 7:55 pm	18162	\$72.00
Tue & Thu	May 26 - Jun 18	6:30 - 7:15 pm	18166	\$72.00
Tue & Thu	Jul 7 - 30	3:35 - 4:20 pm	18402	\$72.00

## Swimmer 5

5 - 14 years

DAY	DATES	TIME	CODE	FEE
Sat	Apr 11 - May 30	12:15 - 1:00 pm	18165	\$63.00
No class May 16				
Sun	Apr 12 - May 31	12:05 - 12:50 pm	18164	\$63.00
No class May 17				
Mon - Thu	Jul 6 - 16	9:50 - 10:35 am	18404	\$72.00
Mon & Wed	Jul 6 - 29	3:00 - 3:45 pm	18406	\$72.00
Mon - Thu	Jul 20 - 30	11:00 - 11:45 am	18408	\$72.00
Mon - Thu	Aug 4 - 13	11:00 - 11:45 am	18407	\$63.00
Tue & Thu	Aug 4 - 27	5:30 - 6:15 pm	18409	\$72.00
Mon & Wed	Aug 5 - 26	3:35 - 4:20 pm	18403	\$63.00
Mon - Thu	Aug 17 - 27	9:00 - 9:45 am	18405	\$72.00



## Swimmer 6

5 - 14 years

DAY	DATES	TIME	CODE	FEE
Mon & Wed	Mar 30 - Apr 22	4:30 - 5:15 pm	18167	\$63.00
No class Apr 6				
Tue & Thu	Mar 31 - Apr 23	5:25 - 6:10 pm	18168	\$72.00
Fri	Apr 10 - May 29	5:10 - 5:55 pm	18169	\$63.00
No class May 15				
Sat	Apr 11 - May 30	9:45 - 10:30 am	18170	\$63.00
No class May 16				
Sun	Apr 12 - May 31	12:35 - 1:20 pm	18171	\$63.00
No class May 17				
Tue & Thu	Apr 28 - May 21	6:30 - 7:15 pm	18172	\$72.00
Tue & Thu	May 26 - Jun 18	7:10 - 7:55 pm	18173	\$72.00
Mon - Thu	Jul 6 - 16	9:00 - 9:45 am	18411	\$72.00
Mon & Wed	Jul 6 - 29	4:05 - 4:50 pm	18414	\$72.00
Tue & Thu	Jul 7 - 30	3:15 - 4:00 pm	18415	\$72.00
Mon - Thu	Jul 20 - 30	9:35 - 10:20 am	18412	\$72.00
Mon - Thu	Aug 4 - 13	10:05 - 10:50 am	18410	\$63.00
Tue & Thu	Aug 4 - 27	5:00 - 5:45 pm	18417	\$72.00
Mon & Wed	Aug 5 - 26	3:15 - 4:00 pm	18416	\$63.00
Mon - Thu	Aug 17 - 27	11:15 am - 12:00 pm	18413	\$72.00

## Rookie / Ranger / Star Patrol

5 - 14 years

DAY	DATES	TIME	CODE	FEE
Mon & Wed	Mar 30 - Apr 22	5:20 - 6:20 pm	18093	\$70.00
No class Apr 6				
Tue & Thu	Mar 31 - Apr 23	4:50 - 5:50 pm	18098	\$80.00
Fri	Apr 10 - May 29	5:25 - 6:25 pm	18094	\$70.00
No class May 15				
Sat	Apr 11 - May 30	11:15 am - 12:15 pm	18095	\$70.00
No class May 16				
Sun	Apr 12 - May 31	12:55 - 1:55 pm	18096	\$70.00
No class May 17				
Tue & Thu	Apr 28 - May 21	6:40 - 7:40 pm	18097	\$80.00
Mon - Thu	Jul 6 - 16	10:20 - 11:20 am	18350	\$80.00
Mon & Wed	Jul 6 - 29	3:00 - 4:00 pm	18353	\$80.00
Mon - Thu	Jul 20 - 30	10:55 - 11:55 am	18351	\$80.00
Mon - Thu	Aug 4 - 13	9:00 - 10:00 am	18354	\$70.00
Tue & Thu	Aug 4 - 27	3:50 - 4:50 pm	18352	\$80.00
Mon & Wed	Aug 5 - 26	5:30 - 6:30 pm	18356	\$70.00
Mon - Thu	Aug 17 - 27	10:10 - 11:10 am	18355	\$80.00

## HARBOUR POOL

### Program Registration Date

Spring March 11 • 8:00 am

Summer June 10 • 8:00 am



## Homeschool Swimmer 1

DAY	DATES	TIME	CODE	FEE
Mon & Wed	Mar 30 - Apr 22	1:15 - 2:00 pm	18008	\$63.00
No class Apr 6				

## Homeschool Swimmer 2 / 3

DAY	DATES	TIME	CODE	FEE
Mon & Wed	Mar 30 - Apr 22	1:15 - 2:00 pm	18009	\$63.00
No class Apr 6				

## Homeschool Swimmer 4 / 5 / 6

DAY	DATES	TIME	CODE	FEE
Mon & Wed	Mar 30 - Apr 22	1:15 - 2:00 pm	18010	\$63.00
No class Apr 6				



[fortsask.ca/GoLeisure](https://fortsask.ca/GoLeisure)

# Lifesaving Society Swim for Life® *Continued*

Please note, if proof of completion for the previous level is not provided you may be withdrawn from the course. Please see page 4 for more information.

## Private Lessons

\*\*Advanced Lessons are for those in Swimmer 3 or higher

DAY	DATES	TIME	CODE	FEE
Mon	Mar 30 - Apr 20	5:05 - 5:35 pm	18174	\$106.50
<i>No class Apr 6</i>				
Tue	Mar 31 - Apr 21	6:00 - 6:30 pm	18176	\$142.00
Wed	Apr 1 - 22	5:05 - 5:35 pm	18175	\$142.00
Thu	Apr 2 - 23	6:00 - 6:30 pm	18177	\$142.00
Fri	Apr 10 - 24	5:25 - 5:55 pm	18180	\$106.50
Sat	Apr 11 - 25	11:45 am - 12:15 pm	18182	\$106.50
Sat	Apr 11 - 25	12:00 - 12:30 pm	18184	\$106.50
Sat	Apr 11 - 25	12:30 - 1:00 pm	18178	\$106.50
Sun**	Apr 12 - 26	1:10 - 1:55 pm	18262	\$159.00
Tue	Apr 28 - May 19	6:30 - 7:00 pm	18188	\$142.00
Tue	Apr 28 - May 19	7:00 - 7:30 pm	18190	\$142.00
Tue	Apr 28 - May 19	7:30 - 8:00 pm	18192	\$142.00
Thu	Apr 30 - May 21	6:30 - 7:00 pm	18189	\$142.00
Thu	Apr 30 - May 21	7:00 - 7:30 pm	18191	\$142.00
Thu	Apr 30 - May 21	7:30 - 8:00 pm	18193	\$142.00
Fri	May 1 - 29	5:25 - 5:55 pm	18181	\$142.00
<i>No class May 15</i>				
Sat	May 2 - 30	11:45 am - 12:15 pm	18183	\$142.00
<i>No class May 16</i>				
Sat	May 2 - 30	12:00 - 12:30 pm	18185	\$142.00
<i>No class May 16</i>				
Sat	May 2 - 30	12:30 - 1:00 pm	18179	\$142.00
<i>No class May 16</i>				
Sun**	May 3 - 31	1:10 - 1:55 pm	18250	\$212.00
<i>No class May 17</i>				
Tue	May 26 - Jun 16	6:30 - 7:00 pm	18194	\$142.00
Tue	May 26 - Jun 16	7:00 - 7:30 pm	18196	\$142.00
Tue	May 26 - Jun 16	7:30 - 8:00 pm	18198	\$142.00
Thu	May 28 - Jun 18	6:30 - 7:00 pm	18195	\$142.00
Thu	May 28 - Jun 18	7:00 - 7:30 pm	18197	\$142.00
Thu	May 28 - Jun 18	7:30 - 8:00 pm	18199	\$142.00

DAY	DATES	TIME	CODE	FEE
Fri	Jun 5 - 19	4:00 - 4:30 pm	18200	\$106.50
Fri	Jun 5 - 19	4:00 - 4:30 pm	18206	\$106.50
Fri	Jun 5 - 19	4:00 - 4:30 pm	18209	\$106.50
Fri**	Jun 5 - 19	4:00 - 4:45 pm	18252	\$159.00
Fri	Jun 5 - 19	4:35 - 5:05 pm	18201	\$106.50
Fri	Jun 5 - 19	4:35 - 5:05 pm	18210	\$106.50
Fri**	Jun 5 - 19	4:35 - 5:20 pm	18253	\$159.00
Fri	Jun 5 - 19	4:50 - 5:20 pm	18203	\$106.50
Fri	Jun 5 - 19	5:10 - 5:40 pm	18202	\$106.50
Fri	Jun 5 - 19	5:10 - 5:40 pm	18211	\$106.50
Fri	Jun 5 - 19	5:20 - 5:50 pm	18204	\$106.50
Fri	Jun 5 - 19	5:25 - 5:55 pm	18207	\$106.50
Fri**	Jun 5 - 19	5:40 - 6:25 pm	18251	\$159.00
Fri	Jun 5 - 19	5:45 - 6:15 pm	18212	\$106.50
Fri	Jun 5 - 19	5:55 - 6:25 pm	18205	\$106.50
Fri	Jun 5 - 19	5:55 - 6:25 pm	18208	\$106.50
Sat	Jun 6 - 20	9:00 - 9:30 am	18218	\$106.50
Sat	Jun 6 - 20	9:00 - 9:30 am	18225	\$106.50
Sat	Jun 6 - 20	9:00 - 9:30 am	18229	\$106.50
Sat**	Jun 6 - 20	9:00 - 9:45 am	18254	\$159.00
Sat	Jun 6 - 20	9:30 - 10:00 am	18219	\$106.50
Sat	Jun 6 - 20	9:35 - 10:05 am	18230	\$106.50
Sat**	Jun 6 - 20	9:35 - 10:20 am	18255	\$159.00
Sat	Jun 6 - 20	9:45 - 10:15 am	18213	\$106.50
Sat	Jun 6 - 20	10:05 - 10:35 am	18220	\$106.50
Sat	Jun 6 - 20	10:05 - 10:35 am	18227	\$106.50
Sat	Jun 6 - 20	10:20 - 10:50 am	18214	\$106.50
Sat	Jun 6 - 20	10:25 - 10:55 am	18226	\$106.50
Sat	Jun 6 - 20	10:40 - 11:10 am	18221	\$106.50
Sat	Jun 6 - 20	10:40 - 11:10 am	18232	\$106.50

**HARBOUR POOL**  
**Program Registration Date**

Spring March 11 • 8:00 am  
 Summer June 10 • 8:00 am

DAY	DATES	TIME	CODE	FEE
Sat	Jun 6 - 20	10:55 - 11:25 am	18215	\$106.50
Sat	Jun 6 - 20	11:00 - 11:30 am	18231	\$106.50
Sat	Jun 6 - 20	11:05 - 11:35 am	18236	\$106.50
Sat	Jun 6 - 20	11:15 - 11:45 am	18222	\$106.50
Sat	Jun 6 - 20	11:15 - 11:45 am	18233	\$106.50
Sat	Jun 6 - 20	11:30 am - 12:00 pm	18216	\$106.50
Sat	Jun 6 - 20	11:35 am - 12:05 pm	18228	\$106.50
Sat**	Jun 6 - 20	11:40 am - 12:25 pm	18257	\$159.00
Sat	Jun 6 - 20	11:50 am - 12:20 pm	18223	\$106.50
Sat	Jun 6 - 20	11:50 am - 12:20 pm	18234	\$106.50
Sat	Jun 6 - 20	12:05 - 12:35 pm	18217	\$106.50
Sat**	Jun 6 - 20	12:10 - 12:55 pm	18256	\$159.00
Sat	Jun 6 - 20	12:25 - 12:55 pm	18224	\$106.50
Sat	Jun 6 - 20	12:25 - 12:55 pm	18235	\$106.50
Sat	Jun 6 - 20	12:30 - 1:00 pm	18237	\$106.50
Sun	Jun 7 - 21	12:00 - 12:30 pm	18238	\$106.50
Sun	Jun 7 - 21	12:00 - 12:30 pm	18239	\$106.50
Sun	Jun 7 - 21	12:00 - 12:30 pm	18244	\$106.50
Sun**	Jun 7 - 21	12:00 - 12:45 pm	18259	\$159.00
Sun**	Jun 7 - 21	12:00 - 12:45 pm	18260	\$159.00
Sun	Jun 7 - 21	12:35 - 1:05 pm	18242	\$106.50
Sun	Jun 7 - 21	12:35 - 1:05 pm	18243	\$106.50
Sun**	Jun 7 - 21	12:35 - 1:20 pm	18258	\$159.00
Sun	Jun 7 - 21	12:50 - 1:20 pm	18245	\$106.50
Sun	Jun 7 - 21	12:50 - 1:20 pm	18246	\$106.50
Sun	Jun 7 - 21	1:10 - 1:40 pm	18247	\$106.50
Sun**	Jun 7 - 21	1:10 - 1:55 pm	18261	\$159.00
Sun	Jun 7 - 21	1:25 - 1:55 pm	18240	\$106.50
Sun	Jun 7 - 21	1:25 - 1:55 pm	18241	\$106.50
Sun	Jun 7 - 21	1:25 - 1:55 pm	18248	\$106.50



[fortsask.ca/GoLeisure](https://fortsask.ca/GoLeisure)

# Lifesaving Society Swim for Life® *Continued*

Please note, if proof of completion for the previous level is not provided you may be withdrawn from the course. Please see page 4 for more information.

## Private Lessons

\*Beginner lessons are for those in Swimmer 2 or lower  
\*\*Advanced Lessons are for those in Swimmer 3 or higher

DAY	DATES	TIME	CODE	FEE
Mon - Thu	Jul 6 - 9	10:45 - 11:15 am	18418	\$142.00
Mon - Thu	Jul 6 - 9	11:30 am - 12:00 pm	18420	\$142.00
Mon*	Jul 6 - 27	6:00 - 6:30 pm	18422	\$142.00
Mon*	Jul 6 - 27	6:00 - 6:30 pm	18424	\$142.00
Tue	Jul 7 - 28	4:25 - 4:55 pm	18428	\$142.00
Tue*	Jul 7 - 28	5:00 - 5:30 pm	18426	\$142.00
Wed*	Jul 8 - 29	6:00 - 6:30 pm	18423	\$142.00
Wed*	Jul 8 - 29	6:00 - 6:30 pm	18425	\$142.00
Thu	Jul 9 - 30	4:25 - 4:55 pm	18429	\$142.00
Thu*	Jul 9 - 30	5:00 - 5:30 pm	18427	\$142.00
Mon - Thu	Jul 13 - 16	10:45 - 11:15 am	18419	\$142.00
Mon - Thu	Jul 13 - 16	11:30 am - 12:00 pm	18421	\$142.00
Mon - Thu	Jul 20 - 23	11:00 - 11:30 am	18430	\$142.00
Mon - Thu	Jul 20 - 23	11:30 am - 12:00 pm	18432	\$142.00
Mon - Thu	Jul 27 - 30	11:00 - 11:30 am	18431	\$142.00
Mon - Thu	Jul 27 - 30	11:30 am - 12:00 pm	18433	\$142.00
Tue - Thu	Aug 4 - 6	11:30 am - 12:00 pm	18440	\$106.50
Tue	Aug 4 - 25	5:50 - 6:20 pm	18438	\$142.00
Wed	Aug 5 - 26	4:25 - 4:55 pm	18437	\$142.00
Wed*	Aug 5 - 26	5:00 - 5:30 pm	18436	\$142.00
Thu	Aug 6 - 27	5:50 - 6:20 pm	18439	\$142.00
Mon - Thu	Aug 10 - 13	11:30 am - 12:00 pm	18441	\$142.00
Mon	Aug 10 - 24	4:25 - 4:55 pm	18435	\$106.50
Mon*	Aug 10 - 24	5:00 - 5:30 pm	18434	\$106.50
Mon - Thu	Aug 17 - 20	10:10 - 10:40 am	18442	\$142.00
Mon - Thu**	Aug 17 - 20	11:15 am - 12:00 pm	18444	\$212.00
Mon - Thu	Aug 24 - 27	10:10 - 10:40 am	18443	\$142.00
Mon - Thu**	Aug 24 - 27	11:15 am - 12:00 pm	18445	\$212.00

## Adult 1

14+ years

DAY	DATES	TIME	CODE	FEE
Mon & Wed	Mar 30 - Apr 22	5:40 - 6:25 pm	18249	\$71.75
No class Apr 6				
Sat	Apr 11 - May 30	12:10 - 12:55 pm	18136	\$71.75
No class May 16				
Tue & Thu	May 26 - Jun 18	7:05 - 7:50 pm	18020	\$82.00
Tue & Thu	Jul 7 - 30	4:10 - 4:55 pm	18293	\$82.00

## Adult 2 / 3

14+ years

DAY	DATES	TIME	CODE	FEE
Sat	Apr 11 - May 30	10:25 - 11:10 am	18021	\$71.75
No class May 16				
Mon & Wed	Apr 27 - May 20	1:15 - 2:00 pm	18148	\$71.75
No class May 18				
Mon & Wed	Aug 5 - 26	4:10 - 4:55 pm	18294	\$71.75



## HARBOUR POOL Program Registration Date

- Spring March 11 • 8:00 am
- Summer June 10 • 8:00 am



[fortsask.ca/GoLeisure](https://fortsask.ca/GoLeisure)

# NEW Aquatics Facility Construction



Construction on the new Aquatics Facility begins in the Spring 2026 with an expected opening in 2029.

This exciting project will enhance recreation opportunities for our community, and we want visitors to the Dow Centennial Centre to know what to expect during construction.

## STAY IN THE FLOW

### What to Expect During Construction in 2026

#### Programs & Facility Access

- The Dow Centennial Centre remains fully open to the public.
- All recreation programs and fitness services will continue as scheduled.
- Programming and performances will continue at the Shell Theatre and the Alberta Lottery Fund Art Gallery.
- Private bookings and facility rentals will continue as planned.
- If any changes arise during construction, we will communicate with visitors and booking holders as early as possible to keep everyone informed.

#### Construction Activity & Noise

- The bulk of the earthworks, piling, and foundation work will occur in 2026, which will cause additional noise, vibrations and vehicle activity at the site. Efforts will be made to minimize these impacts on the Dow Centennial Centre and surrounding areas.
- A fenced construction zone will be in place. Please follow all posted signage and stay clear of restricted areas.

#### Parking and Transit Changes

- Parking and traffic availability will shift throughout the spring and summer of 2026 due to utility tie-ins on Town Crest Road.
- Some stalls may be temporarily closed or relocated.
- Updated parking information will be posted onsite and online throughout the project.
- Transit routes and stops will be affected in the spring and summer of 2026 due to the installation of a new sanitary service. Updates will be posted to [goforttransit.ca](https://goforttransit.ca) as needed.

Dive into the details of what's happening with the New Aquatics Facility Project at the Dow Centennial Centre. Visit [fortsask.ca/NewAquaticsFacility](https://fortsask.ca/NewAquaticsFacility) for:

- Construction updates
- Parking and traffic changes
- Maps and timelines
- Frequently asked questions



DOW CENTENNIAL CENTRE

[fortsask.ca/GoLeisure](https://fortsask.ca/GoLeisure)

# Art & Culture Programs



Presented by

## RECREATION & CULTURE Program Registration Date

Spring & Summer March 10 • 8:00 am

### Beginner Adult Pottery

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

Additional costs including clay and tools (approximately \$60).

**18 years and older**

**Presented by the Fort Saskatchewan Pottery Guild**  
Dow Centennial Centre  
Waiward Pottery Studio

CODE	DATE	TIME	FEE
19160	Thu, Apr 2 - Jun 11	6:30 - 9:30 pm	\$250.00
No Class Apr 30			

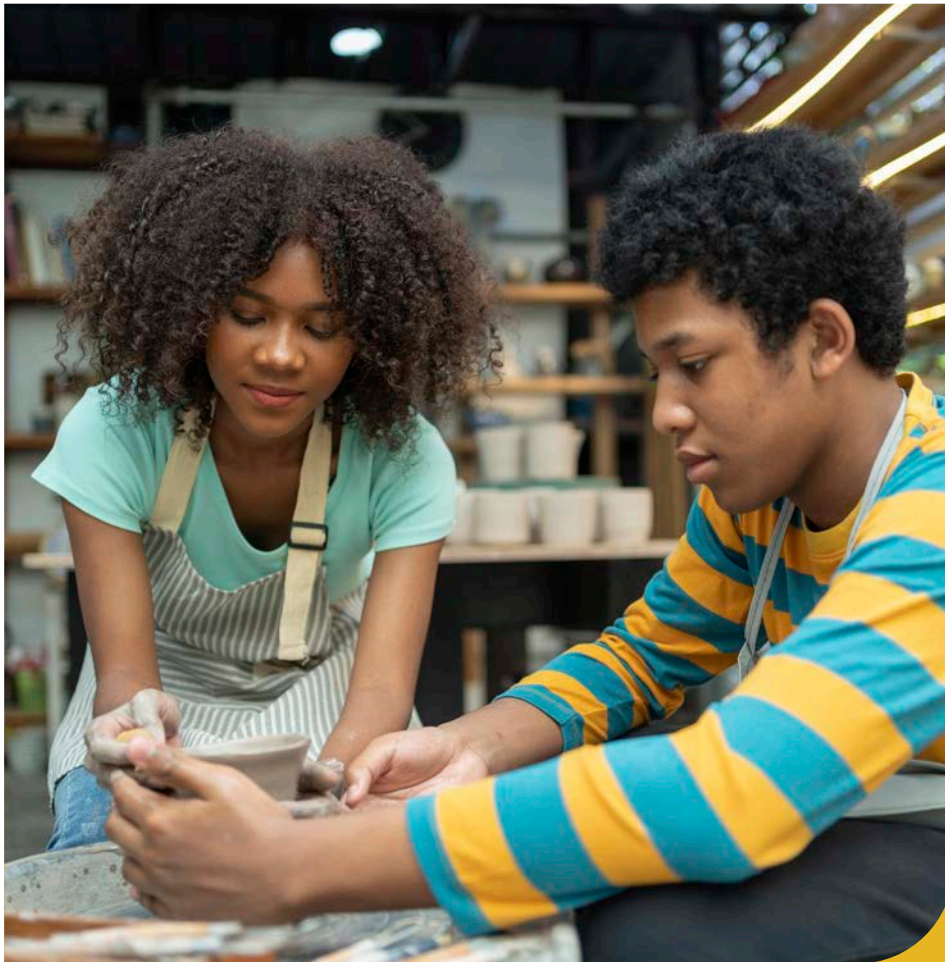
### Intermediate Adult Pottery

This is a workshop-only session without an instructor. Registration is limited to participants who have completed Beginner Adult Pottery through the Fort Saskatchewan Pottery Guild and have been students of the Guild previously. Additional supply costs apply for clay and tools (approximately \$60).

**18 years and older**

**Presented by the Fort Saskatchewan Pottery Guild**  
Dow Centennial Centre  
Waiward Pottery Studio

CODE	DATE	TIME	FEE
19159	Tue, Mar 31 - Jun 2	6:30 - 9:30 pm	\$200.00



### Lidded Container Workshop

**8 years and older**

Children under 12 must be accompanied by an adult (non-registered adults welcome). Join us to create a handbuilt lidded jar. All supplies are included.

**Presented by the Fort Saskatchewan Pottery Guild**  
Dow Centennial Centre  
Waiward Pottery Studio

CODE	DATE	TIME	FEE
19161	Sun, Apr 26	3:00 - 5:00 pm	\$25.00

[fortsask.ca/GoLeisure](https://fortsask.ca/GoLeisure)

# SHELL THEATRE

## 2025/2026 PERFORMANCE SERIES

**BIF NAKED: A DOCUMENTARY  
AND ACOUSTIC EXPERIENCE**



**MAR 7**

**UNION DUKE**



**MAR 18**

**GLASS TIGER ACOUSTIC**



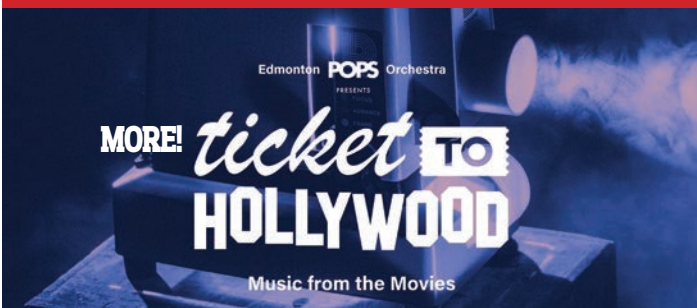
**MAR 26**

**SHAUN MAJUMDER**



**APR 14**

**EDMONTON POPS ORCHESTRA  
"MORE! TICKET TO HOLLYWOOD"**



**MAY 21**

### HOW TO BUY **TICKETS**

**By Phone:** (888) 655-9090 or (780) 992-6400

**Online:** [www.shelltheatre.ca](http://www.shelltheatre.ca) or [www.ticketpro.ca](http://www.ticketpro.ca)

**In Person:** Dow Centennial Centre



Dow Centennial Centre Shell Theatre - 8700-84 Street, Fort Saskatchewan, AB T8L 4P5 • T. 780-992-6400 • [www.shelltheatre.ca](http://www.shelltheatre.ca)

[fortsask.ca/GoLeisure](http://fortsask.ca/GoLeisure)



# 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!

## RECREATION & CULTURE Program Registration Date

Spring & Summer March 10 • 8:00 am

Admission	Fee (GST included)
Child (2 - 12 years)	\$5.00
Youth (13 - 17 years)	\$6.00
Senior (65+ years)	\$6.00
Adult (18 - 64 years)	\$10.00
Family (2 adults/caregivers and unlimited children under 18 years)	\$26.50

## Mounties and Monsters

Mounties and Monsters' is a program for young adults to experience the hardships of the March West and early life within Fort Saskatchewan through a tabletop, role-playing game. Participants will take on the role of the RCMP as they venture through and attempt to tame the wilds of the Canadian West over the course of four, three-hour sessions.

Maximum participants: 6

### 14 - 21 years

CODE	DATE	TIME	FEE
19285	Apr 13, 20, 27 & May 4	6:00 - 9:00 pm	\$100.00



Stay tuned to social media  
 @fortheritageprecinct  
 FortHeritagePrecinct.ca

fortsask.ca/GoLeisure

## Thrifty Cooking

The Thrifty Cooking program series gives participants the chance to learn (and eat!) historical recipes that kept folks going during hard times, while learning about the innovative recipe-makers of the past. The recipes you'll use are from cookbooks in the museum's collection!

Maximum participants: 12

### 14+ years

## Pasta and Crackers

This session introduces participants to making homemade pasta and crackers.

CODE	DATE	TIME	FEE
19286	Apr 18	1:00 - 3:00 pm	\$25.00

## Potato Soup

This session introduces participants to making homemade potato soup with a time-tested recipe.

CODE	DATE	TIME	FEE
19287	May 2	1:00 - 3:00 pm	\$25.00

## Freezer Jam

This session introduces participants to making homemade jam that sets in the freezer.

CODE	DATE	TIME	FEE
19288	May 16	1:00 - 3:00 pm	\$25.00

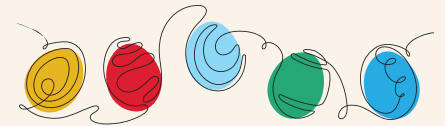
## Pumpkin Fritters

This session introduces participants to making homemade pumpkin fritters.

CODE	DATE	TIME	FEE
19289	May 30	1:00 - 3:00 pm	\$25.00



# Easter FUN AT THE FORT HERITAGE PRECINCT!



## April 11 | 1:00 - 4:00 pm

Hop on over to the Fort Heritage Precinct for a **FREE**, drop-in Easter celebration filled with fun for the whole family!

**Games & Crafts** – Enjoy Easter-themed activities and hands-on crafts.

**Egg-citing Fun** – Join in the hunt for hidden treasures and surprises.

**Festive Atmosphere** – Experience the charm of the historic site while celebrating the season.

**No registration required**—just bring your Easter spirit and drop in for a day of fun!

# Community Gardens

The Fort Saskatchewan Jubilee Park Community Gardens are overseen by the City of Fort Saskatchewan and are designed to bring residents together to support local, healthy eating while encouraging intergenerational learning and community connection.

The gardens include 30 beds available for rent on a first-come, first-served basis. Each bed is \$23.75 (tax included), making participation accessible for a wide range of gardeners.

Registration opens April 1, 2026, at 8:00 am. Planting season begins on the May long weekend, giving gardeners time to prepare their plots and start growing fruits, vegetables, and herbs.

For information on plot rentals or to register, contact Family and Community Support Services by email [fcssinfo@fortsask.ca](mailto:fcssinfo@fortsask.ca) or at **780-992-6267**.

## COMMUNITY GARDENS Program Registration Date

Spring & Summer April 1 • 8:00 am



### Curling Rink

Harbour Pool	<b>Amisk</b> 19227	<b>Arrowwood*</b> 19228	<b>Beaverlodge</b> 19229	<b>Bentley</b> 19230	<b>Berwyn</b> 19231	<b>Bluesky</b> 19232
	<b>Breton</b> 19233	<b>Chauvin*</b> 19234	<b>Clyde</b> 19235	<b>Coronation</b> 19236	<b>Cremona</b> 19237	<b>Delia</b> 19238
	<b>Donnelly</b> 19239	<b>Elnora*</b> 19240	<b>Empress</b> 19241	<b>Fox Creek</b> 19242	<b>Glenwood</b> 19243	<b>Halkirk</b> 19244
	<b>Irma</b> 19257	<b>Killam*</b> 19246	<b>Longview</b> 19247	<b>Nampa</b> 19248	<b>Nanton</b> 19249	<b>Ranfurlly</b> 19256
	<b>Rosalind</b> 19250	<b>Stirling*</b> 19255	<b>Sundre</b> 19251	<b>Valleyview</b> 19253	<b>Vilna</b> 19252	<b>Warner</b> 19254

\*raised bed

### Parking Lot/Shed



[fortsask.ca/GoLeisure](https://fortsask.ca/GoLeisure)

# City Summer Camps

RECREATION & CULTURE  
Program Registration Date

Spring & Summer March 10 • 8:00 am

## Welcome to the Best Summer Ever!

Our Summer Camps bring all the fun and friendship you could ask for! Enjoy your summer with us in any one or all of our Themed Week-Long or One-Day Camps. We will keep your summer active with lots of surprise visits from furry friends, face painters, bouncy castles, balloon magic, caricatures, and many others!

Please note that the dates for these surprise visits are not confirmed, so they are not noted in the descriptions and can not be guaranteed; that's why they are a surprise.

Our Summer Camps are not just great camps for kids to attend but also great camps for our summer staff to gain experience and knowledge. This is just a friendly reminder that our summer staff are young, eager to learn, and dedicated to providing you with the best service. We kindly ask for your patience and support as they grow and gain new skills. Thank you for helping us create a positive and nurturing environment for everyone!

All programs conclude on Fridays at 1:00 pm for staff training, program planning, and preparation.

## How to Make Your Camp Experience Successful

- Remember to pack swim gear, bug spray, sun block, snacks, and lunches daily. Lunches required for all
- Full-Day Camps.
- To ensure your camper has the best possible time at camp, they must be **fully toilet trained; due to our staff-to-camper ratio, we are unable to provide individual potty training assistance.**
- All electronic games/devices should be left at home.
- Staff cannot administer **any** medication.
- Be prepared to have the best Summer ever!
- If you have any questions or would like to discuss your child's medical or behavioral needs, we encourage you to contact us prior to registering so we can be able to provide the best experience possible for your child.

**\*Please note:** If your child has an aide or support at school, we expect them to attend camps with an aide. Please contact us prior to registering to discuss the aide requirements.

We can be reached by email at [cpssummer@fortsask.ca](mailto:cpssummer@fortsask.ca)



## Kinder Camps

Kinder camp themes are offered in two different weeks – choose which week(s) work best for you.

**3\* - 5 years**

*\*must be toilet trained*

All kinder camps are located at the Dow Centennial Centre.

Morning camps start at

**NEW DROP OFF TIME**

8:00 am and end at 12:00 pm  
Monday - Friday

Afternoon classes start at

**NEW DROP OFF TIME**

12:30 pm and end at 4:30 pm  
Monday - Thursday

WEEKS		MORNING CAMP 8:00 am - 12:00 pm	AFTERNOON CAMP 12:30 - 4:30 pm
1	<b>Jun 29 - Jul 3</b> No camps Jul 1	Summer Adventure Kick Off!	Crazy About Science
2	<b>Jul 6 - 10</b>	Carnival Mania	Figure It Out
3	<b>Jul 13 - 17</b>	Mad Scientists	Animal Pals
4	<b>Jul 20 - 24</b>	Animal Pals	Carnival Mania
5	<b>Jul 27 - 31</b>	Crazy About Science	Animals, Animals, and MORE Animals!
6	<b>Aug 4 - 7</b>	Figure It Out	Water Wonders
7	<b>Aug 10 - 14</b>	Water Wonders	Mad Scientists
8	<b>Aug 17 - 21</b>	Animals, Animals, and MORE Animals!	Summer Send Off

[fortsask.ca/GoLeisure](https://fortsask.ca/GoLeisure)

# Kinder Camps

*Continued*

**Ages 3\* - 5 years**

**Morning camps start at** 8:00 am and end at 12:00 pm Monday - Friday

**Afternoon classes start at** 12:30 pm and end at 4:30 pm Monday - Thursday

*\*must be toilet trained*

## Summer Adventure Kick Off!

Big fun for our littlest campers!

Get ready for a week full of exciting adventures designed just for our youngest campers! Summer Adventures Kick off is all about play, creativity, and discovery in a safe and nurturing environment. Each day brings new activities that spark imagination and build confidence — all while making new friends and enjoying the sunshine!

### WEEK 1

#### Morning Camp

##### Scotia Bank Room

CODE	DATE	TIME	FEE
19199	Mon - Fri, Jun 29 - Jul 3	8:00 am - 12:00 pm	\$100.00
<i>No Camp Jul 1</i>			

## Carnival Mania

Step right up, little campers!

Get ready for a week of bright colours, big smiles, and carnival fun! Carnival Mania Kinder Camp is packed with playful games, creative crafts, and exciting activities that bring the magic of the carnival to life.

### WEEK 2

#### Morning Camp

##### Scotia Bank Room

CODE	DATE	TIME	FEE
19200	Mon - Fri, Jul 6 - 10	8:00 am - 12:00 pm	\$125.00

### WEEK 4

#### Afternoon Camp

##### Scotia Bank Room

CODE	DATE	TIME	FEE
19210	Mon - Thu, Jul 20 - 23	12:30 - 4:30 pm	\$100.00



## Mad Scientists

Calling all curious little scientists!

Get ready for a week of silly science fun at Mad Scientist Kinder Camp! This camp is all about hands-on experiments, colorful creations, and exciting discoveries. We'll mix, fizz, and giggle our way through science activities designed to spark imagination and curiosity.

### WEEK 3

#### Morning Camp

##### Scotia Bank Room

CODE	DATE	TIME	FEE
19201	Mon - Fri, Jul 13 - 17	8:00 am - 12:00 pm	\$125.00

### WEEK 6

#### Afternoon Camp

##### Scotia Bank Room

CODE	DATE	TIME	FEE
19213	Mon - Thu, Aug 10 - 13	12:30 - 4:30 pm	\$100.00

## Animal Pals

Let's go wild (in the cutest way)!

Join us for Animal Pals Kinder Camp, where every day is an adventure into the amazing world of animals! From furry friends to feathered pals, campers will explore, play, and create in a week full of animal-themed fun. It's all about imagination, movement, and learning through play—perfect for our youngest campers!

### WEEK 4

#### Morning Camp

##### Scotia Bank Room

CODE	DATE	TIME	FEE
19202	Mon - Fri, Jul 20 - 24	8:00 am - 12:00 pm	\$125.00

### WEEK 3

#### Afternoon Camp

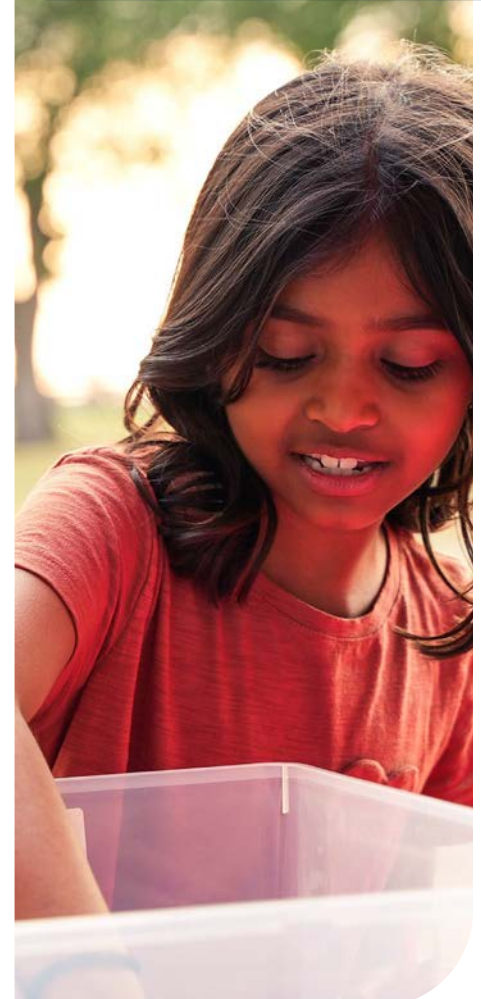
##### Scotia Bank Room

CODE	DATE	TIME	FEE
19209	Mon - Thu, Jul 13 - 16	12:30 - 4:30 pm	\$100.00

## RECREATION & CULTURE

### Program Registration Date

Spring & Summer March 10 • 8:00 am



## Crazy About Science

Curious minds, get ready to explore!

Step into a world of wonder at Crazy About Science Kinder Camp, where every day is packed with colorful experiments, silly surprises, and hands-on fun! This camp turns science into an adventure—perfect for little learners who love to mix, splash, and discover amazing things.

### WEEK 5

#### Morning Camp

##### Scotia Bank Room

CODE	DATE	TIME	FEE
19203	Mon - Fri, Jul 27 - Jul 31	8:00 am - 12:00 pm	\$125.00

### WEEK 1

#### Afternoon Camp

##### Scotia Bank Room

CODE	DATE	TIME	FEE
19207	Mon - Thu, Jun 29 - Jul 2*	12:30 - 4:30 pm	\$75.00
<i>*No camp Jul 1</i>			

# Kinder Camps

*Continued*

**Ages 3\* - 5 years**

**Morning camps start at** 8:00 am and end at 12:00 pm Monday - Friday  
**Afternoon classes start at** 12:30 pm and end at 4:30 pm Monday - Thursday  
*\*must be toilet trained*

## Figure It Out

Build it, solve it, create it!

Get ready for a week of hands-on fun at Figure It Out Kinder Camp, where little campers become builders, problem-solvers, and inventors! This camp is all about imagination and teamwork as we explore exciting challenges and creative projects designed for curious young minds.

### WEEK 6

#### Morning Camp

Scotia Bank Room

CODE	DATE	TIME	FEE
19204	Tue - Fri, Aug 4 - 7	8:00 am - 12:00 pm	\$100.00

### WEEK 2

#### Afternoon Camp

Scotia Bank Room

CODE	DATE	TIME	FEE
19208	Mon - Thu, Jul 6 - 10	12:30 - 4:30 pm	\$100.00

## Water Wonders

Splish, splash, and laugh all week long!

This week is the perfect way for little ones to beat the heat while learning and playing. It's a week of giggles, creativity, and cool adventures—where every camper makes a splash and a new friend!

### WEEK 7

#### Morning Camp

Scotia Bank Room

CODE	DATE	TIME	FEE
19205	Mon - Fri, Aug 10 - 14	8:00 am - 12:00 pm	\$125.00

### WEEK 6

#### Afternoon Camp

Scotia Bank Room

CODE	DATE	TIME	FEE
19212	Tue - Thu, Aug 4 - 6	12:30 - 4:30 pm	\$75.00

## RECREATION & CULTURE

### Program Registration Date

Spring & Summer March 10 • 8:00 am



## Animals, Animals, and More Animals!

Calling all animal enthusiasts!

Get ready for a wild adventure during Animals, Animals, and More Animals Week! This camp is all about exploring the fascinating world of creatures big and small. Campers will dive into fun activities, creative crafts, and exciting games—all inspired by their favorite animals.

### WEEK 8

#### Morning Camp

Scotia Bank Room

CODE	DATE	TIME	FEE
19206	Mon - Fri, Aug 17 - 21	8:00 am - 12:00 pm	\$125.00

### WEEK 5

#### Afternoon Camp

Scotia Bank Room

CODE	DATE	TIME	FEE
19211	Mon - Thu, Jul 27 - 30	12:30 - 4:30 pm	\$100.00

## Summer Send Off!

Let's finish summer with a big smile and lots of fun!

Summer Send Off Kinder Camp is a week-long adventure designed just for our littlest campers to celebrate the end of summer in a playful, welcoming, and happy environment.

Each day is filled with giggles, games, and creative fun! Campers will enjoy hands-on crafts, silly games, outdoor play, and themed activities that capture the joy of summer. Whether they're creating colourful masterpieces, moving their bodies, or making new friends, there's always something exciting to do.

### WEEK 8

#### Afternoon Camp

Scotia Bank Room

CODE	DATE	TIME	FEE
19214	Mon - Thu, Aug 17 - 20	12:30 - 4:30 pm	\$100.00



[fortsask.ca/GoLeisure](https://fortsask.ca/GoLeisure)

# Discovery Camps

Note: Camp participants will be grouped by age to ensure fun, fair, and developmentally appropriate activities, including skill-building drills and friendly competitions.

## Ages 6 - 12 years

Discovery camps are held at the Fort Saskatchewan Golf and Curling Club.

**NEW DROP OFF TIME** All camps are 8:00 am - 4:30 pm Monday - Thursday.

All camps end at 1:00 pm on Friday for staff training and program planning.

## Summer Adventure Kick Off!

Start the summer with action-packed fun and teamwork!

Join us for Summer Adventure Kick-Off, the ultimate way to launch an unforgettable season of excitement! This week is all about teamwork, laughter, and outdoor challenges that keep campers moving and smiling. From thrilling scavenger hunts to friendly NERF competitions, campers will bond, explore, and celebrate the joy of summer together.

### Fort Saskatchewan Golf and Curling Club

CODE	DATE	TIME	FEE
19185	Mon - Thu, Jun 29 - Jul 2*	8:00 am - 4:30 pm	\$200.00
	Fri, Jul 3	8:00 am - 1:00 pm	
*No Camp Jul 1			

## Carnival Mania

Welcome to Carnival Week where the fun never ends!

Get ready for a week full of laughter, games, and colourful fun! Campers will step into a world of excitement with classic carnival games, creative crafts, and tasty treats. From face painting to a grand carnival parade, every day will be packed with activities that celebrate the joy of summer. Don't miss out on this unforgettable experience — sign up today and let the carnival magic begin!

\*Day trip this week to Millennium Place.

### Fort Saskatchewan Golf and Curling Club

CODE	DATE	TIME	FEE
19186	Mon - Thu, Jul 6 - 9	8:00 am - 4:30 pm	\$250.00
	Fri, Jul 10	8:00 am - 1:00 pm	

## Mad Scientists

Calling all curious minds!

Get ready to mix, bubble, and experiment during our exciting Mad Scientist Week! Campers will turn into mad geniuses and dive headfirst into a world of bubbling potions, gooey, stretchy, glittery slime, flying rockets, and mind-bending experiments. Forget boring textbooks — this is science that splashes, pops, and blows your mind!

\*Day trip this week to Telus World of Science.

### Fort Saskatchewan Golf and Curling Club

CODE	DATE	TIME	FEE
19187	Mon - Thu, Jul 13 - 16	8:00 am - 4:30 pm	\$250.00
	Fri, Jul 17	8:00 am - 1:00 pm	

## Animal Pals

Calling all animal lovers!

Join us for a week full of furry, feathered, and scaly fun during Animal Pals Week! Campers will explore the amazing world of animals through hands-on activities, creative crafts, and exciting games. From learning about habitats to creating animal art, this week is all about celebrating our favourite creatures big and small.

\*Day trip this week to The Edmonton Valley Zoo and the Royal Alberta Museum.

### Fort Saskatchewan Golf and Curling Club

CODE	DATE	TIME	FEE
19188	Mon - Thu, Jul 20 - 23	8:00 am - 4:30 pm	\$250.00
	Fri, Jul 24	8:00 am - 1:00 pm	

## Crazy About Science

Boom! Bang! Fizz!

Get ready for a week of mind-blowing experiments, wacky inventions, and explosive fun! At Crazy About Science, campers will dive into the coolest side of science — where things bubble, pop, and soar through the air. This isn't your ordinary classroom science... it's hands-on, messy, and totally awesome!

\*Day trip this week to Telus World of Science and Elk Island National Park.

### Fort Saskatchewan Golf and Curling Club

CODE	DATE	TIME	FEE
19189	Mon - Thu, Jul 27 - 30	8:00 am - 4:30 pm	\$250.00
	Fri, Jul 31	8:00 am - 1:00 pm	

## Figure It Out

Ready to build, create, and solve?

Join us for Figure It Out Week, where campers become inventors, engineers, and problem-solvers! This hands-on week is packed with exciting challenges and creative projects that encourage teamwork, imagination, and critical thinking. From building catapults, designing forts, creating LEGO masterpieces to designing marble runs, campers will explore the world of construction and innovation in the most fun way possible!

\*Day trip this week to Fort Edmonton Park and the Edmonton Valley Zoo.

### Fort Saskatchewan Golf and Curling Club

CODE	DATE	TIME	FEE
19190	Tue - Thu, Aug 4 - 6	8:00 am - 4:30 pm	\$200.00
	Fri, Aug 7	8:00 am - 1:00 pm	

## RECREATION & CULTURE Program Registration Date

Spring & Summer March 10 • 8:00 am



## Water Wonders

Dive into a week of splash-tastic fun!

Get ready to make a splash during Water Wonders Week, where campers explore the amazing world of water through exciting games, creative activities, and cool science experiments. From water relays to underwater art, this week is all about staying cool and having fun in the sun!

\*Day trip this week to Millennium Place, Elk Island National Park and Boardmoor Lake Park.

### Fort Saskatchewan Golf and Curling Club

CODE	DATE	TIME	FEE
19191	Mon - Thu, Aug 10 - 13	8:00 am - 4:30 pm	\$250.00
	Fri, Aug 14	8:00 am - 1:00 pm	

## Animals, Animals, and More Animals!

Calling all animal enthusiasts!

Get ready for a wild adventure during Animals, Animals, and More Animals Week! This camp is all about exploring the fascinating world of creatures big and small. Campers will dive into fun activities, creative crafts, and exciting games—all inspired by their favorite animals.

\*Day trip this week to the Royal Alberta Museum and Edmonton Valley Zoo.

### Fort Saskatchewan Golf and Curling Club

CODE	DATE	TIME	FEE
19192	Mon - Thu, Aug 17 - 20	8:00 am - 4:30 pm	\$250.00
	Fri, Aug 21	8:00 am - 1:00 pm	

# One Day Only Camps

\*Ages 6 - 12 years

These specialized One Day Camps will not only get the kiddos out of the house for the day but give a great alternative to having to sign up for a whole week-long camp.

**NEW DROP OFF TIME** All camps are 8:00 am - 4:30 pm and only held on the day and location as indicated.

\*Camp participants will be grouped by age to ensure fun, fair, and developmentally appropriate activities, including skill-building drills and friendly competitions.

Day Trips are subject to change due to uncontrollable circumstances (ie; weather warnings). We will do our best to inform all campers as soon as possible should any last-minute changes arise.

## The Great Hunt

Get ready for an action-packed day of exploration, problem-solving, and fun! The Great Hunt is a one-day camp designed for adventurers of all ages who love a good challenge. Participants will team up to tackle exciting scavenger hunts filled with clues, riddles, and hidden treasures.

Whether you're a seasoned scavenger or a first-time hunter, this camp promises laughter, teamwork, and unforgettable memories. Bring your curiosity, your energy, and your sense of adventure—because the hunt is on!

### Fort Saskatchewan Golf and Curling Club

CODE	DATE	TIME	FEE
19162	Tue, Jun 30	8:00 am - 4:30 pm	\$50.00

## Mission Nerf

Gear up for the ultimate Nerf experience! Mission: Nerf is a high-energy, action-packed one-day camp where campers become secret agents on a mission to complete exciting challenges and epic Nerf battles. This camp is perfect for kids who love action, strategy, and friendly competition. All equipment is provided—just bring your energy and enthusiasm!

### Fort Saskatchewan Golf and Curling Club

CODE	DATE	TIME	FEE
19163	Thu, Jul 2	8:00 am - 4:30 pm	\$50.00

## Under The Big Top

Get ready for one unforgettable day of summer fun! Our Carnival Day Camp is packed with bright colours, big laughs, and classic carnival magic—the perfect adventure for kids who love to play, create, and explore.

From the moment campers arrive, they'll be swept into a vibrant world filled with upbeat music, exciting stations, and the joyful atmosphere of a real carnival.

### Fort Saskatchewan Golf and Curling Club

CODE	DATE	TIME	FEE
19164	Tue, Jul 7	8:00 am - 4:30 pm	\$50.00

## Millennium Place

Our Millennium Place Adventure Camp is the perfect one-day getaway packed with energy, exploration, and non-stop fun. Campers will spend the day enjoying the variety of exciting features Millennium Place has to offer

### Fort Saskatchewan Golf and Curling Club

CODE	DATE	TIME	FEE
19165	Wed, Jul 8	8:00 am - 4:30 pm	\$50.00
19166	Tue, Aug 11	8:00 am - 4:30 pm	\$50.00

## Artistic Adventures

Get ready for a one-day creative adventure like no other! Artistic Adventures Day is the perfect place for young artists to explore their imaginations, experiment with new materials, and bring their ideas to life in a fun, welcoming environment.

From bold brush strokes to colourful crafts, this camp is designed to inspire confidence, spark curiosity, and celebrate every child's unique artistic style. No experience needed—just enthusiasm and a love for creating!

### Fort Saskatchewan Golf and Curling Club

CODE	DATE	TIME	FEE
19167	Thu, Jul 9	8:00 am - 4:30 pm	\$50.00

## Telus World Of Science

Join us for an unforgettable adventure at TELUS World of Science, where curiosity comes to life! This one-day camp is perfect for kids who love hands-on learning, exciting exhibits, and exploring the wonders of science.

### Fort Saskatchewan Golf and Curling Club

CODE	DATE	TIME	FEE
19168	Tue, Jul 14	8:00 am - 4:30 pm	\$50.00
19169	Wed, Jul 29	8:00 am - 4:30 pm	\$50.00

## RECREATION & CULTURE Program Registration Date

Spring & Summer March 10 • 8:00 am



## The Great Science Mess Up!

Get ready to get messy, silly, and seriously scientific! Join us for The Great Science Mess Up, a one day camp where mistakes are encouraged, experiments get wild, and learning happens in the most unexpected (and gooey) ways.

### Fort Saskatchewan Golf and Curling Club

CODE	DATE	TIME	FEE
19170	Wed, Jul 15	8:00 am - 4:30 pm	\$50.00

## Science Unleashed

Campers will unleash their inner scientists as they explore bubbling chemistry, zippy physics challenges, and mind bending mini labs. From launching small creations to testing crazy hypotheses, each activity is designed to spark imagination, boost confidence, and let kids discover just how exciting science can be when it's set free.

### Fort Saskatchewan Golf and Curling Club

CODE	DATE	TIME	FEE
19171	Thu, Jul 16	8:00 am - 4:30 pm	\$50.00

# One Day Only Camps

*Continued*

**\*Ages 6 - 12 years**

These specialized One Day Camps will not only get the kiddos out of the house for the day but give a great alternative to having to sign up for a whole week-long camp.

**NEW DROP OFF TIME** All camps are 8:00 am - 4:30 pm and only held on the day and location as indicated.

*\*Camp participants will be grouped by age to ensure fun, fair, and developmentally appropriate activities, including skill-building drills and friendly competitions.*

*Day Trips are subject to change due to uncontrollable circumstances (ie; weather warnings). We will do our best to inform all campers as soon as possible should any last-minute changes arise.*

## Edmonton Valley Zoo

Lions and tigers and... lemurs? Oh my! Get ready for a wildly exciting adventure at the Edmonton Valley Zoo, where curious campers will step into a world filled with amazing animals, colourful critters, and unforgettable discoveries.

### Fort Saskatchewan Golf and Curling Club

CODE	DATE	TIME	FEE
19172	Tue, Jul 21	8:00 am - 4:30 pm	\$50.00
19173	Tue, Aug 4	8:00 am - 4:30 pm	\$50.00
19174	Wed, Aug 19	8:00 am - 4:30 pm	\$50.00

## Royal Alberta Museum

Get ready to explore, imagine, and discover at the Royal Alberta Museum! This exciting one day camp invites curious campers to step into a world filled with wonders from the past, present, and beyond.

### Fort Saskatchewan Golf and Curling Club

CODE	DATE	TIME	FEE
19175	Wed, Jul 22	8:00 am - 4:30 pm	\$50.00
19176	Tue, Aug 18	8:00 am - 4:30 pm	\$50.00

## Pets, Pets, Pets!

Calling all animal lovers!

Get ready for a pawsitively amazing day at Pet, Pet, Pets, where everything is all about our furry, feathered, scaly, and totally adorable animal friends!

### Fort Saskatchewan Golf and Curling Club

CODE	DATE	TIME	FEE
19177	Thu, Jul 23	8:00 am - 4:30 pm	\$50.00

## Elk Island National Park

Get ready for a wild day outdoors! We will be exploring the incredible wonders of Elk Island National Park — home to towering trees, peaceful lakes, and some of Canada's coolest wildlife. It's a full day of discovery, adventure, and outdoor fun—perfect for kids who love exploring, observing, and getting a little bit wild!

### Fort Saskatchewan Golf and Curling Club

CODE	DATE	TIME	FEE
19178	Tue, Jul 28	8:00 am - 4:30 pm	\$50.00
19179	Wed, Aug 12	8:00 am - 4:30 pm	\$50.00

## Down to a Science

Get ready for a day where curiosity rules and discoveries are waiting around every corner! Down to a Science is the ultimate one day camp for young thinkers who love to tinker, test, build, and explore.

It's a full day of curiosity, creativity, and clever thinking—because when you break things Down to a Science, the world becomes one giant adventure waiting to be explored!

### Fort Saskatchewan Golf and Curling Club

CODE	DATE	TIME	FEE
19180	Thu, Jul 30	8:00 am - 4:30 pm	\$50.00

## Build-A-Palooza

Build a Palooza is the ultimate one-day workshop for young creators who love to construct, design, and dream big! No experience needed — just curious minds, busy hands, and a whole lot of imagination. Whether things stand tall or tumble down, it's all part of the fun. At Build a Palooza, every camper is an inventor in the making!

### Fort Saskatchewan Golf and Curling Club

CODE	DATE	TIME	FEE
19181	Wed, Aug 5	8:00 am - 4:30 pm	\$50.00

## RECREATION & CULTURE

### Program Registration Date

Spring & Summer March 10 • 8:00 am



## Fort Edmonton Park

With something new to discover around every corner, this one day camp is packed with curiosity, laughter, and unforgettable moments. It's a playful journey through time where learning feels like an adventure and every camper becomes part of the story!

### Fort Saskatchewan Golf and Curling Club

CODE	DATE	TIME	FEE
19182	Thu, Aug 6	8:00 am - 4:30 pm	\$50.00

## Broadmoor Lake Park

Get ready for a day of fresh air, fun, and outdoor discovery at Broadmoor Lake Park! This one day camp invites curious campers to explore the beauty of the park through play, imagination, and hands on adventures.

### Fort Saskatchewan Golf and Curling Club

CODE	DATE	TIME	FEE
19183	Thu, Aug 13	8:00 am - 4:30 pm	\$50.00

## Fur, Feathers, and Fun!

Get ready for a wildly wonderful day celebrating all kinds of animal friends!

At Fur, Feathers and Fun, campers will dive into the amazing world of pets and critters—soft, fluffy, feathery, and everything in between!

### Fort Saskatchewan Golf and Curling Club

CODE	DATE	TIME	FEE
19184	Thu, Aug 20	8:00 am - 4:30 pm	\$50.00



[fortsask.ca/GoLeisure](https://fortsask.ca/GoLeisure)

# Sport, Gaming, & Theatre Camps

## Junior Golf Camp

Fort Saskatchewan Golf & Curling Club offers a fun and safe environment for your young aspiring junior golfers. They will learn the game of golf through the full swing, short game, and putting, rules, etiquette, and finish with a few holes of golf.

*Bring your own golf clubs. Hot dog and pop each day for lunch are included.*

**8 - 15 years**

**Fort Saskatchewan Golf and Curling Club**

CODE	DATE	TIME	FEE
19146	Mon - Wed, Jul 6 - 8	9:30 - 11:30 am	\$150.00
19147	Mon - Wed, Jul 13 - 15	9:30 - 11:30 am	\$150.00
19148	Mon - Wed, Jul 20 - 22	9:30 - 11:30 am	\$150.00
19149	Mon - Wed, Jul 27 - 29	9:30 - 11:30 am	\$150.00

## Acting Up for the Summer

Engage and learn about all aspects of the theatre through high-energy activities with a focus on creativity, collaboration, and the performing arts! From public speaking to movement and choreography campers will build a show from start to finish and then show it off at the end of the week.

**8 - 14 years**

**Dow Centennial Centre - Shell Theatre**

CODE	DATE	TIME	FEE
19198	Mon - Fri, Jul 6 - 10	9:00 am - 4:00 pm	\$240.00

# NEW Level Up Camps

## Gaming Camp

Welcome to the amazing world of gaming! This camp is made for kids who love to play games of all types and who love to have fun!

Each day will be a blend of different activities. We combine group video games, board/card games (both retro and new), group challenges, live action role playing (LARPING), and even nerf gun wars! We of course will get some physical activity every day through fun group games that all kids can play and have fun with. There will be trivia, intriguing debates, and we will study some of the best gamers of all time. Gaming camp is the perfect camp for kids who love playing games, making new friends and creating lite long memories!

*Camp begins at 9:00 am each day, with coaches available starting at 8:30 am for early drop-off.*

**9 - 14 years**

**Lions Mane**

CODE	DATE	TIME	FEE
19224	Mon - Fri, Jul 13 - 17	9:00 am - 3:00 pm	\$250.00

## Soccer Camp

Who is ready for a full week of playing the beautiful game?! LEVEL UP Soccer Camp is a dynamic and upbeat program where kids build skills, stay active, and enjoy the game in a supportive environment. Campers take part in fun drills, small-sided games, and challenges that develop coordination, teamwork, and confidence. Coaches focus on encouragement, fair play, and helping every child improve at their own pace. Each day is designed to keep kids moving, smiling, and learning. At LEVEL UP, soccer is all about having fun, making friends, and growing both on and off the field.

*Players will be split up into appropriate age groups up for competitive drills etc*

**7 - 14 years**

**NUTRIEN Soccer Field**

CODE	DATE	TIME	FEE
19155	Tue - Fri, Aug 4 - 7	9:00 am - 12:00 pm	\$132.00

## Flag Football Camp

Down, Set, Hut! Who is ready to learn the amazing game of Flag Football? LEVEL UP Football camps provide an amazing week of football fundamentals and fun. Our athletes will learn how to throw a spiral, catch beautiful passes, run crips routes, become a lock down defender and even how to do some sweet touchdown dances. Each day we will teach new skills and play games that will elevate their abilities and increase their love for the beautiful game of flag football. Sign up today!

*\*Players will be split up into appropriate age groups up for competitive drills etc*

**7 - 14 years**

**NUTRIEN Soccerfield**

CODE	DATE	TIME	FEE
19156	Tue - Fri, Aug 4 - 7	12:30 - 3:30 pm	\$132.00

## Basketball Camp

Tie up your laces, pump up your ball and get ready for a fantastic week of basketball! LEVEL UP Basketball Camp is an exciting and energetic program where kids learn, play, and grow through the game of basketball. Each day is filled with skill-building drills, fun games, and friendly challenges designed to build confidence and teamwork. Campers are encouraged to try new skills, support one another, and develop a love for staying active. With positive coaching and a welcoming atmosphere, every child feels included and motivated. At LEVEL UP, basketball is more than a game—it's a chance to have fun, make friends, and level up both on and off the court.

*Players will be split up into appropriate age groups up for competitive drills etc*

**7 - 14 years**

**ATCO Gymnasium**

CODE	DAT	TIME	FEE
19157	Mon - Fri, Aug 17 - 21	9:00 am - 12:00 pm	\$165.00

## RECREATION & CULTURE

### Program Registration Date

Spring & Summer March 10 • 8:00 am



## Volleyball Camp

Serve it up! LEVEL UP Volleyball Camp is a fun and fast-paced program where kids learn the fundamentals of volleyball in an encouraging and supportive setting. Campers practice skills like serving, passing, and teamwork through exciting drills and interactive games. Coaches focus on building confidence, communication, and a positive attitude on the court. Every day is filled with movement, laughter, and opportunities to try something new. At LEVEL UP, volleyball is about having fun, building friendships, and growing skills that last beyond camp.

*Players will be split up into appropriate age groups up for competitive drills etc*

**7 - 14 years**

**ATCO Gymnasium**

CODE	DATE	TIME	FEE
19158	Mon - Fri, Aug 17 - 21	12:30 pm - 3:30 pm	\$165.00

## sportball

# Multi-Sport Camps

Kick off summer with a week of active fun at Sportstars Multi-Sport Camp. Campers explore favourite sports and try new ones, often one or two each day, while building skills, confidence, and physical literacy. Days are filled with games, team challenges, and creative activities like crafts and stories, all led by Sportball coaches. Optional themed items from home may be included on select days.

## Mini Sportstars!

**3.5 - 5 years**

**ATCO Gymnasium**

CODE	DATE	TIME	FEE
19153	Mon - Fri, Aug 10 - 14	9:30 am - 12:30 pm	\$165.00

## Sportstars!

**5 - 8 years**

**ATCO Gymnasium**

CODE	DATE	TIME	FEE
19154	Mon - Fri, Aug 10 - 14	1:00 - 4:00 pm	\$165.00

Summer

# Sheep Shack Pop Up & Play

Summer Sheep Shack Pop Up and Plays are a **FREE** drop-in program for children and their families.

Our staff run a variety of games, activities, and crafts alongside open-ended free play to keep kids active and entertained.

They also get back to basics with natural outdoor exploring and using their imaginations.



## Who is it for?

All kids and families are welcome; best suited for children nine and under. Any children under the age of seven must be accompanied and supervised by an adult (or a responsible person 14 years of age or older).

## What do we do?

Crafts, games, activities, and have the BEST day ever!

## Where is it?

Nature's Playground; located behind the Fort Heritage Precinct; 10006 100 Ave. Fort Saskatchewan.

## When is it?

DATE	TIME
Sat, Jun 6	11:00 am - 2:00 pm
Thu, Jun 11	5:00 - 7:00 pm
Thu, Jun 18	5:00 - 7:00 pm
Sat, Jun 20	10:00 am - 12:00 pm
Thu, Jun 25	5:00 - 7:00 pm
Thu, Jul 2	5:00 - 7:00 pm
Sat, Jul 4	10:00 am - 12:00 pm
Thu, Jul 9	5:00 - 7:00 pm
Thu, Jul 16	5:00 - 7:00 pm
Sat, Jul 18	10:00 am - 12:00 pm
Thu, Jul 23	5:00 - 7:00 pm
Thu, Jul 30	5:00 - 7:00 pm
Thu, Aug 6	5:00 - 7:00 pm
Thu, Aug 13	5:00 - 7:00 pm
Sat, Aug 15	10:00 am - 12:00 pm
Thu, Aug 20	5:00 - 7:00 pm
Thu, Aug 27	5:00 - 7:00 pm
Sat, Aug 29	10:00 am - 12:00 pm

Watch for  
schedule updates  
and details on our Dow  
Centennial Centre  
Facebook page.



[fortsask.ca/GoLeisure](https://fortsask.ca/GoLeisure)

# Family and Community Support Services (FCSS) Programs

Support for Every Stage of Life

FAMILY AND COMMUNITY SUPPORT SERVICES

Program Registration Date

Spring & Summer March 10 • 8:00 am

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 winter workshops and seasonal programs:  
[fortsask.ca/FCSSWorkshops](https://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
19299	Tue, May 12 - Jul 18	11:00 am - 12:00 pm	FREE
19300	Wed, May 13 - Jul 19	11:00 am - 12:00 pm	FREE

Learn more and register: [fortsask.ca/GoLeisure](https://fortsask.ca/GoLeisure)

Offered in partnership with



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



Family & Community Support Services  
 CITY OF FORT SASKATCHEWAN

[fortsask.ca/FCSS](https://fortsask.ca/FCSS)

[fortsask.ca/GoLeisure](https://fortsask.ca/GoLeisure)



CITY OF  
FORT SASKATCHEWAN