

WINTER 2026

DROP-IN

SCHEDULES



CITY OF
FORT SASKATCHEWAN





Drop-In Pool Schedule

Winter Swim Schedule January 26 - April 26

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

CLOSED for
annual maintenance
January 4 - 25, 2026.



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

STAT Public Swim 1:30 - 4:30 pm Feb 16 **Extra Public Swim** 1:00 - 4:00 pm Jan 28, Feb 5, 6, Mar 6, 23 - 27 (no lane swim at this time)

New for Winter 2025 In alignment with the recent schedule changes from Elk Island Public Schools (EIPS), our Wednesday afternoon Public Swim will now run from 3:00 - 4:30 pm. Please note there will be no lane swim available during this time.



EVENTS

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



EVENT	DATE & TIME	SPONSOR
Glow Party Youth Loonie Swim	February 7 7:00 - 9:00 pm	Mel Martin's Transfer Ltd.
Community Free Swim	February 14 2:00 - 4:00 pm	FortisAlberta
Family Day Free Swim	February 16 1:30 - 4:30 pm	NWR Sturgeon Refinery
Community Loonie Swim	February 28 2:00 - 4:00 pm	Doderai Dental
Community Loonie Swim	March 14 2:00 - 4:00 pm	Wolf Midstream

Age Guidelines Dow Centennial Centre

<p>Nutrien Soccerfield, ATCO Gymnasium & Connect Hearing Peek-Caboose Station</p>	<p>Children seven years and younger must be accompanied by a responsible person 14 years of age or older.</p>	
<p>Apple Fitness Centre & ATB Wellness Studio</p>	<p>Full Access Ages 15 years and older allowed without Adult supervision. 12 - 14 years old who completed ONE & DONE allowed without adult supervision. (see page 13). 12 - 14 years old that have not completed ONE & DONE must be accompanied and be within arms reach of an adult. NO ACCESS for 11 years and younger.</p>	
<p>Fitness Classes</p>	<p>Ages 15 years and older allowed without Adult supervision. 12 - 14 years old who completed ONE & DONE allowed without adult supervision. 12 - 14 years old that have not completed ONE & DONE must be accompanied and be within arms reach of an adult. NO ACCESS for 11 years and younger, exception for Youth & Family Specific classes.</p>	
<p>Umicore Track</p>	<p>Children seven years and younger must be accompanied by a responsible person 14 years of age or older and be within arms reach.</p>	
<p>Skating</p>	<p>Preschool Puck and Play – Seven years & Younger Children seven years and under must be actively supervised by a responsible person 14 years of age or older; may be on the ice or in the player's box for supervision. An opportunity for unstructured play/skill development with pucks. Designed to enable families the opportunity to work on passing, puck control, and skating.</p> <p>Stick and Puck – Eight years & Older An opportunity for unstructured play/skill development with pucks. CSA approved hockey helmet required. Hockey/ringette sticks & pucks/rings are permitted.</p> <p>Family Skills & Drills – 14 years & Under Family Skills & Drills is open to the entire family, with children 14 years and under. Children seven years and younger must be accompanied on the ice by a responsible person 14 years of age or older. Designed to enable families the opportunity to work on passing, puck control, and skating. Organized shinny games or coaching are NOT allowed.</p>	<p>Child Shinny – 8 - 12 years Youth Shinny 13 - 17 years Adult Shinny 18 years & Older Shinny is an informal, non-contact type of hockey played on ice. There are no formal rules or specific positions. All players in attendance agree to the shinny and facility guidelines.</p> <p>All players must be able to participate at the appropriate level of play. Players can adjust their play or come at a different time. Body checking and slap shots are not allowed.</p> <p>All Participants MUST be fair to one another and allow everyone equal playing time.</p> <p>Full equipment is required, including hockey pants, a support cup, hockey gloves, shin/elbow/shoulder pads, an ice hockey stick, and a CSA-approved hockey helmet.</p> <p>Public Skate A CSA-approved hockey helmet is required. Bike helmets are not allowed. Sticks and pucks are not allowed on the ice during Public Skate.</p> <p>Spontaneous Use – All ages An opportunity for unstructured skating/skill development with optional sticks and pucks permitted. CSA approved hockey helmet required. NO Shinny Games permitted.</p>

Drop-in Fitness Classes Dow Centennial Centre

Effective January 2 - March 31

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



No Drop-in Classes on Stat Holidays: February 16 fortsask.ca/DCC

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
Tabata ATCO Gymnasium 9:00 - 9:45 am Omit Feb 15	Silver Strong NUTRIEN Soccer Field 9:00 - 9:45 am	Tabata ATCO Gymnasium 9:00 - 9:45 am	Silver Strong NUTRIEN Soccer Field 9:00 - 9:45 am	Spin & Tone Apple Fitness Centre 6:00 - 6:45 am	Silver Strong NUTRIEN Soccer Field 9:00 - 9:45 am	HIIT It Hard ATCO Gymnasium 8:30 - 9:15 am Omit Feb 14
	Circuit ATCO Gymnasium 9:00 - 9:45 am	Yoga* AUX Sable Flexhall 10:00 - 10:45 am	Circuit ATCO Gymnasium 9:00 - 9:45 am	Pure Strength ATCO Gymnasium 9:00 - 9:45 am	Pure Strength ATCO Gymnasium 9:00 - 9:45 am	
	Pure Strength ATCO Gymnasium 12:05 - 12:50 pm	Circuit ATCO Gymnasium 6:00 - 6:45 pm	Yoga* AUX Sable Flexhall 12:05 - 12:50 pm	HIIT It Hard NUTRIEN Soccer Field 9:00 - 9:45 am	Stretch It Out AUX Sable Flexhall 10:00 - 10:45 am	
	Pure Strength ATCO Gymnasium 6:00 - 6:45 pm	Yoga* Scotiabank 7:00 - 7:45 pm Omit Feb 24	Pure Strength ATCO Gymnasium 6:00 - 6:45 pm	Sit Fit For Health ATCO Gymnasium 10:00 - 10:45 am	Yoga* AUX Sable Flexhall 12:05 - 12:50 pm	

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

CIRCUIT

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

HIIT IT HARD

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

PURE STRENGTH

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

SILVER STRONG

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

SIT FIT FOR HEALTH

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

SPIN & TONE

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

STRETCH IT OUT

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

TABATA

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

YOGA

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

Continued

No School Fun Days Dow Centennial Centre



Drop-in Activities For all ages

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

DATE	DROP-IN ACTIVITIES						
Mon Mar 23	Tot Time Flexhall 8:30 am - 1:00 pm	Basketball Gym A 10:00 am - 11:30 pm 8:00 - 10:00 pm	Badminton Gym B 10:00 am - 11:30 am 3:30 - 5:00 pm	Soccer Soccer A 11:30 am - 12:30 pm Full Soccer 4:30 - 6:00 pm	Nerf Wars* Soccer A 1:00 - 1:30 pm	Dodgeball Soccer A 2:00 - 2:30 pm	Spontaneous Use Gym A 3:30 - 5:30 pm
Tue Mar 24	Spontaneous Use Gym B 3:00 - 4:30 pm	Volleyball Gym B 10:00 am - 12:00 pm	Kinder Time Gym A 10:00 - 11:30 am		Basketball Gym A 3:30 - 5:00 pm		
Wed Mar 25	Basketball Gym A 1:00 - 4:30 pm 8:00 - 10:00 pm	Tot Time Flexhall 8:30 am - 11:30 am	Disc Golf Soccer Full 11:30 am - 1:30 pm	Badminton Gym B 12:00 - 2:30 pm	Spontaneous Use Soccer A 2:00 - 4:30 pm	Volleyball Gym B 3:00 - 5:30 pm	Soccer Soccer A 5:00 - 8:00 pm
Thur Mar 26	Spontaneous Use Soccer A 9:00 am - 12:00 pm	Basketball Gym A 11:00 am - 12:30 pm 3:30 - 5:00 pm 7:00 - 10:00 pm	Nerf Wars* Soccer A 1:00 - 1:30 pm	Dodgeball Soccer A 2:00 - 2:30 pm	Soccer Soccer Full 3:00 - 4:30 pm	Volleyball Gym B 3:00 - 5:30 pm	
Fri Mar 27	Badminton Gym B 10:00 am - 12:30 pm 3:30 - 5:30 pm	Kinder Time Gym A 10:30 am - 12:00 pm	Soccer Soccer A 11:00 am - 2:00 pm	Basketball Gym A 3:30 - 8:30 pm	Spontaneous Use Soccer A 3:00 - 4:30 pm		

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

Drop-in Sports Dow Centennial Centre

January 2 - March 31

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

STAT Holiday Schedule in effect Feb 16. fortsask.ca/DCC

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



ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Badminton	Gym B 4:00 - 5:00 pm <i>Omit Mar 22</i>	Gym B 3:30 - 5:00 pm		Gym B 2:00 - 3:30 pm NOTE Time change Mar 25, 12:00 - 2:30 pm		Gym B 3:30 - 5:00 pm	Gym B 11:00 am - 12:30 pm
Basketball	Gym A 12:00 - 5:00 pm <i>Omit Mar 22</i>	Gym A 8:00 - 10:00 pm	Gym A 3:30 - 5:00 pm	Gym A 2:00 - 5:30 pm	Gym A 3:30 - 5:00 pm 8:00 - 10:00 pm	Gym A 3:30 - 5:00 pm	Gym A 5:00 - 7:00 pm NOTE Time change Mar 14 10:00 am - 1:00 pm
Disc Golf NEW DROP-IN Toss time		Soccer Full 3:00 - 4:30 pm		Soccer Full 11:30 am - 1:30 pm		Soccer Full 3:00 - 4:30 pm <i>Omit Mar 13, 20, 27</i>	
Give disc golf a try at your own pace. We'll have baskets set up around the soccer field and discs ready for anyone who wants to jump in. It's a casual, self-guided activity, so there won't be staff on hand to teach the basics—but it's easy to pick up and fun to play.							
Pickleball	Gym B 8:30 - 10:30 am <i>Omit Mar 22</i> Full Gym 5:30 - 7:30 pm <i>Omit Mar 22</i>	Full Gym 1:00 - 3:00 pm Gym B 8:00 - 10:00 pm (all levels)	Full Gym 1:00 - 3:00 pm (beginners/novice)	Full Gym 10:00 am - 12:00 pm	Full Gym 1:00 - 3:00 pm (beginners/novice) Gym B 8:00 - 10:00 pm (all levels)	Full Gym 1:00 - 3:00 pm	
Volleyball	Gym B 11:00 - 1:00 pm <i>Omit Mar 22</i>			Gym B 4:00 - 5:30 pm	Gym B 3:30 - 4:30 pm		Gym B 12:45 - 1:45 pm

Schedule is subject to change without notice.

 for more drop-in sports.

Continued



Drop-in Sports Dow Centennial Centre

January 2 - March 31

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

STAT Holiday Schedule in effect Feb 16. fortsask.ca/DCC

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spontaneous Use	Gym B 1:30 - 3:30 pm <small>Omit Mar 22</small>	Gym A 3:30 - 5:30 pm	Gym B 3:00 - 4:30 pm	Soccer A 2:00 - 4:30 pm			Gym B 1:00 - 3:00 pm
Soccer			Full Soccer 3:00 - 4:30 pm		Full Soccer 3:00 - 4:30 pm <small>Omit Mar 12, 19</small>		
Adult Soccer	Full Soccer 7:00 - 8:00 pm <small>Omit Mar 15, 22, 29</small>						
Kinder Time (ages 3 - 5 years)			Gym A 10:00 - 11:30 am			Gym A 10:30 am - 12:00 pm	
Tot Time (ages 3 & under)		Flexhall 8:30 am - 1:00 pm		Flexhall 8:30 - 11:30 am			Flexhall 9:00 - 12:00 pm <small>Omit Mar 21</small>

Schedule is subject to change without notice.

Drop-in Arena Schedule

Dow Centennial Centre Sherritt-CEP Arena
 January 2 - March 22 (Ice removed March 23)

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

STAT Holiday Schedule in effect Jan 1 fortsask.ca/DCC

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

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FREE Public Skating	9:15 - 10:00 am @Sportsplex Arena Omit March 22	1:15 - 2:45 pm					
Preschool Puck & Play		10:00 - 11:45 am		10:00 - 11:45 am		10:00 - 11:45 am	
Child Shinny			2:45 - 3:30 pm				
Youth Shinny					3:15 - 4:00 pm		
Adult Shinny		12:00 - 1:00 pm	12:00 - 1:00 pm	12:00 - 1:00 pm	12:00 - 1:00 pm	12:00 - 1:00 pm	
Family Skills & Drills							1:15 - 2:00 pm
Stick & Puck		3:00 - 4:00 pm					2:15 - 3:00 pm
Spontaneous Use (no shinny)		6:00 - 8:15 am Omit Feb 16	10:00 - 11:45 am	1:15 - 2:30 pm NOTE Additional Time 2:45 - 4:00 pm Jan 21	10:00 - 11:45 am	6:00 - 7:15 am 8:00 - 9:00 am 3:00 - 4:15 pm	



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

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