



CITY OF
FORT SASKATCHEWAN

Leisure **GUIDE**

Fall

2026

REGISTRATION
DATES

Recreation & Culture

August 4 • 8:00 am

Harbour Pool

August 5 • 8:00 am



fortsask.ca/GoLeisure

Contents

Admission Rates	3
Questions / Cancellations / Withdrawals / GST. .	4
City Special Events	5
Dow Centennial Centre Age Guidelines	6
Auggies Place Childminding	7
Dow Centennial Centre Fitness and Wellness Programs	8
Free Trial Week	8
General Fitness	8
Specialty Fitness	8
Spin Classes	9
Mind & Body	9
No School Day Programs	10
Preschool Programs	11
Child & Youth Programs	12
Harbour Pool	14
Aquatic Leaders in Training Pilot Program ..	15
Lifesaving Society Leadership Courses	16
Aquatic Programs	17
Lifesaving Society Swim for Life®	18
NEW Aquatics Facility Construction	24
Art & Culture Programs	25
Shell Theatre	26
Fort Heritage Precinct Programs	27
Fall Sheep Shack	28
Family and Community Support Services (FCSS) Programs	29

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

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

CLOSED: Jan 1, Dec 25 & 26

780-998-1783

10006 100 Avenue

f @fortheritageprecinct

fortheritageprecinct.ca

FAMILY AND COMMUNITY SUPPORT SERVICES (FCSS) PROGRAMS

780-992-6267

10005 102 Street

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

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



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*
DOW CENTENNIAL CENTRE							
Single Admission	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
TRACK ONLY							
Single Admission	FREE	\$3.00	\$3.00	\$3.00	\$3.00	\$2.00	N/A
Monthly Pass	FREE	\$24.75	\$24.75	\$24.75	\$24.75	\$16.00	N/A
HARBOUR POOL							
Single Admission	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 Admission	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
MULTI-FACILITY PASS							
Single Admission	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
MULTI-FACILITY USE AND ACCESS TO AQUASIZE CLASSES							
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

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.



ALBERTA DAY

Saturday, August 29, 2026

Noon to 3:00 pm

fortsask.ca/AlbertaDay



SHEEP LEAVING PARADE

Monday, September 7, 2026

Parade 11:00 am - Noon

Feeding Sheep Noon - 1:00 pm

fortsask.ca/SheepFarewell



MOVIE UNDER THE STARS

Saturday, September 12, 2026

4:00 - 8:00 pm

Movie 1: 5:30 pm | Movie 2: 8:00 pm

fortsask.ca/Movie



LIGHTS UP

Friday, November 27, 2026

5:00 - 7:30 pm

fortsask.ca/LightsUp



ENCHANTED FOREST

Friday, November 27, 2026

to Thursday, January 7, 2027

During facility hours of operation

fortsask.ca/Enchanted

If you or your organization
is interested in volunteering
for city events, visit

fortsask.ca/Events

or email

specialevents@fortsask.ca

fortsask.ca/GoLeisure

Age Guidelines **dow Centennial Centre**

NUTRIEN Soccerfield, ATCO Gymnasium & Connect Hearing Peek-Caboose Station

Children 7 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 7 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 – 7 years & Younger

Children 7 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 – 8 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 7 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.

Figure Skating – All ages

Shared ice time for drop-in figure skating. Children under 8 years must be accompanied by someone 14 years or older at all times.

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.

Fall **HOURS**
EFFECTIVE SEPTEMBER 1, 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 - 1:00 pm **NEW**
- SUNDAY**
9:00 am - 1:00 pm & 3:00 - 6:00 pm **NEW**
- 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.

Fitness and Wellness Programs

EFFECTIVE SEPTEMBER 8 - DECEMBER 23 All prices include 5% GST

Free Trial Week

SEPTEMBER 1 - 3

Try out some of our registered fitness programs for free!

Beginner TRX

ATB Wellness Studio

CODE	DATE	TIME
19766	Tue, Sep 1	7:00 - 8:00 pm

Spin & Core

Apple Fitness Centre

CODE	DATE	TIME
19769	Tue, Sep 1	6:00 - 7:00 pm

Pound

Scotiabank Studio

CODE	DATE	TIME
19767	Wed, Sep 2	6:00 - 7:00 pm

Moving 4 Life

AUX Sable Flexhall

CODE	DATE	TIME
19768	Thu, Sep 3	11:00 am - 12:00 pm

Barre Burn

ATB Wellness Studio

CODE	DATE	TIME
19770	Thu, Sep 3	6:30 - 7:30 pm

Yin Yoga

AUX Sable Flexhall

CODE	DATE	TIME
19771	Thu, Sep 3	9:45 - 10:45 am

General Fitness

FREE Fam Jam Fitness

Jump into a fun-filled family adventure where you cheer each other on, laugh your way through silly challenges, and celebrate every little victory together. It's all about playing as a team, building memories, and enjoying time together. When you play together, you stay connected—and have a blast doing it.

Kerrie M

ATCO Gymnasium

CODE	DATE	TIME	FEE
19775	Sat, Nov 21	10:00 - 11:00 am	FREE

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
19433	Tue, Sep 8 - Oct 27	11:00 am - 12:00 pm	\$84.00
19472	Tue, Nov 3 - Dec 22	11:00 am - 12:00 pm	\$84.00
19473	Thu, Sep 10 - Oct 29	11:00 am - 12:00 pm	\$84.00
19476	Thu, Nov 5 - Dec 17	11:00 am - 12:00 pm	\$73.50

Power Hour

Build strength and stamina with this full-body workout. Improve your ability to move, lift, and perform everyday activities with confidence. Power up your routine!

Patty M

ATB Wellness Studio

CODE	DATE	TIME	FEE
19452	Wed, Sep 9 - Oct 28	6:15 - 7:15 pm	\$84.00
No class Sep 30			
19455	Wed, Nov 4 - Dec 23	6:15 - 7:15 pm	\$73.50
No class Nov 11			

Fit Cross Fusion

Burn calories and build strength in this high-intensity class for adults. Challenge your conditioning with dynamic, full-body exercises. Push your limits and boost energy.

Kerrie M

ATB Wellness Studio

CODE	DATE	TIME	FEE
19378	Sun, Sep 13 - Oct 25	9:00 - 10:00 am	\$73.50
19381	Sun, Nov 1 - Dec 20	9:00 - 10:00 am	\$84.00

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
19420	Mon, Sep 14 - Oct 26	7:00 - 8:00 pm	\$63.00
No class Oct 12			
19423	Mon, Nov 2 - Dec 21	7:00 - 8:00 pm	\$84.00

Strollercise

Stay active without missing a workout in this full-body class for parents. Bring your baby and enjoy strength, cardio, and core training together. Fun, supportive, and flexible.

Baby must stay in stroller for duration of class.

Kerrie M

ATCO Gymnasium

CODE	DATE	TIME	FEE
19424	Mon, Sep 14 - Oct 26	10:00 - 11:00 am	\$63.00
No class Oct 12			
19427	Mon, Nov 2 - Dec 21	10:00 - 11:00 am	\$84.00

Refresh & Conquer

Join us for this eight-week fitness challenge! This program includes a three-month membership to help motivate you and establish your new routine. Join us for a series of high-energy workouts that incorporate strength training, cardio, and flexibility exercises—all designed to boost your overall fitness and confidence.

Kerrie M

ATB Wellness Studio & ATCO Gymnasium

CODE	DATE	TIME	FEE
19428	Mon & Thu, Sep 14 - Nov 23	6:45 - 7:45 pm	\$320.00
No class Oct 12			

Specialty Fitness

Barre Burn

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

Alli M

ATB Wellness Studio

CODE	DATE	TIME	FEE
19466	Thu, Sep 10 - Oct 29	6:30 - 7:30 pm	\$91.98
19469	Thu, Nov 5 - Dec 17	6:30 - 7:30 pm	\$76.65

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
19429	Tue, Sep 8 - Oct 27	7:00 - 8:00 pm	\$92.00
19432	Tue, Nov 3 - Dec 22	7:00 - 8:00 pm	\$80.50

Fitness and Wellness Programs

EFFECTIVE SEPTEMBER 8 - DECEMBER 23 All prices include 5% GST

Continued

Pound

Channel your inner rockstar with this full-body cardio jam session inspired by the infectious, sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and drum your way to a leaner, slimmer physique—all while rocking out to your favourite music!

Kerrie M
Scotiabank Studio

CODE	DATE	TIME	FEE
19456	Wed, Sep 9 - Oct 28	6:00 - 7:00 pm	\$80.50
No class Sep 30			
19459	Wed, Nov 4 - Dec 23	6:00 - 7:00 pm	\$80.50
No class Nov 11			

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.

Trina V
Scotiabank Studio

CODE	DATE	TIME	FEE
19464	Wed, Sep 9 - Dec 16	1:00 - 2:00 pm	\$149.47
No class Sep 30 and Nov 11			

NEW Strong Start: Running for Beginners

Build your running confidence in this supportive 8-week beginner program. Over 16 sessions, you'll improve with guided run/walk intervals, strength and mobility exercises, and stretching. If you can brisk-walk for 20 to 30 minutes, you're ready to start. Finish the program ready to complete a 5K at your own pace.

Michelle L
Apple Fitness Centre/Track

CODE	DATE	TIME	FEE
20631	Mon & Thu, Sep 28 - Nov 30	6:30 - 7:30 pm	\$206.95
No class Oct 12			

NEW Stride & Strength

Improve your running performance and reduce injury risk with targeted strength and mobility exercises. Learn how to engage your core and glutes, improve hip mobility, build ankle strength, and enhance balance and flexibility. This program is designed to help hobby runners build overall strength and support healthier running habits.

Michelle L
ATB Wellness Studio

CODE	DATE	TIME	FEE
20632	Sun, Sep 13 - 27	10:15 - 11:15 am	\$34.50
20633	Oct 4 - 25	10:15 - 11:15 am	\$34.50
No class Oct 11			

Spin Classes

Spin & Core

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

Alli M
Apple Fitness Centre

CODE	DATE	TIME	FEE
19434	Tue, Sep 8 - Oct 27	6:00 - 7:00 pm	\$92.00
19437	Tue, Nov 3 - Dec 22	6:00 - 7:00 pm	\$92.00

Rise & Ride

Start your day strong with this energizing early-morning spin class. Wake up your muscles, boost your mood, and build endurance with a mix of climbs, sprints, and steady rides.

Chantel
Apple Fitness Centre

CODE	DATE	TIME	FEE
20635	Tue, Sep 8 - Oct 27	6:00 - 6:45 am	\$92.00
20634	Tue, Nov 3 - Dec 22	6:00 - 6:45 am	\$92.00

Mind & Body

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.

Please bring a yoga mat and strap.

Mic M
Scotiabank Studio

CODE	DATE	TIME	FEE
19382	Sun, Sep 13 - Oct 18	8:30 - 9:30 am	\$78.00
19385	Sun, Nov 1 - Dec 20	8:30 - 9:30 am	\$104.00



Realignment Yoga

Realignment Yoga emphasizes precise movements, muscle activation, and proper positioning to help reduce discomfort, prevent injury, and support functional movement in everyday life.

Please bring a yoga mat, blanket, and strap.

Candace W
City Hall Multi-purpose Room

CODE	DATE	TIME	FEE
19416	Mon, Sep 14 - Oct 26	9:15 - 10:30 am	\$96.00
No class Oct 12			
19419	Mon, Nov 2 - Dec 21	9:15 - 10:30 am	\$128.00

Jill G
City Hall Multi-purpose Room

CODE	DATE	TIME	FEE
19460	Wed, Sep 9 - Oct 28	5:30 - 6:45 pm	\$112.00
No class Sep 30			
19463	Wed, Nov 4 - Dec 23	5:30 - 6:45 pm	\$112.00
No class Nov 11			

Chair Yoga

A gentle, low-impact class that uses a chair for support to improve flexibility, strength, and balance. Chair Yoga is accessible to all fitness levels and focuses on mindful movement, stretching, and relaxation to help reduce stress and enhance overall well-being.

Please bring a yoga mat and strap.

Candace W
City Hall Multi-purpose Room

CODE	DATE	TIME	FEE
19386	Mon, Sep 14 - Oct 26	11:00 am - 12:00 pm	\$77.99
No class Oct 12			
19389	Mon, Nov 3 - Dec 21	11:00 am - 12:00 pm	\$91.00

Yin Yoga

A slow, restorative style of yoga that focuses on deep stretching and relaxation. Poses are held for several minutes to target connective tissues like ligaments, joints, and fascia, improving flexibility, and promoting mindfulness. It's a calming practice designed to reduce stress and restore balance in both body and mind.

Please bring a yoga mat and strap.

Nicole O
Aux Sable Flexhall

CODE	DATE	TIME	FEE
19477	Thu, Sep 10 - Oct 29	9:45 - 10:45 am	\$104.00
19480	Thu, Nov 5 - Dec 17	9:45 - 10:45 am	\$91.00

No School Day Programs

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

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

Half Days **NEW TIME**

3.5* - 5 years

Auggies Place *must be potty trained

CODE	DATE	TIME	FEE
19511	Fri, Oct 2	8:30 am - 12:00 pm	\$25.00
19512	Mon, Nov 9	8:30 am - 12:00 pm	\$25.00
19513	Tue, Nov 10	8:30 am - 12:00 pm	\$25.00
19514	Thu, Nov 12	8:30 am - 12:00 pm	\$25.00
19515	Fri, Nov 13	8:30 am - 12:00 pm	\$25.00
19516	Mon, Dec 21	8:30 am - 12:00 pm	\$25.00
19517	Tue, Dec 22	8:30 am - 12:00 pm	\$25.00
19518	Wed, Dec 23	8:30 am - 12:00 pm	\$25.00
19519	Mon, Dec 28	8:30 am - 12:00 pm	\$25.00
19520	Tue, Dec 29	8:30 am - 12:00 pm	\$25.00
19521	Wed, Dec 30	8:30 am - 12:00 pm	\$25.00

Full Days

5 - 9 years

Scotia Bank Studio

CODE	DATE	TIME	FEE
19500	Fri, Oct 2	8:30 am - 4:30 pm	\$50.00
19501	Mon, Nov 9	8:30 am - 4:30 pm	\$50.00
19502	Tue, Nov 10	8:30 am - 4:30 pm	\$50.00
19503	Thu, Nov 12	8:30 am - 4:30 pm	\$50.00
19504	Fri, Nov 13	8:30 am - 4:30 pm	\$50.00
19505	Mon, Dec 21	8:30 am - 4:30 pm	\$50.00
19506	Tue, Dec 22	8:30 am - 4:30 pm	\$50.00
19507	Wed, Dec 23	8:30 am - 4:30 pm	\$50.00
19508	Mon, Dec 28	8:30 am - 4:30 pm	\$50.00
19509	Tue, Dec 29	8:30 am - 4:30 pm	\$50.00
19510	Wed, Dec 30	8:30 am - 4:30 pm	\$50.00



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

Scotia Bank Studio

CODE	DATE	TIME	FEE
19489	Fri, Oct 2	8:30 am - 4:30 pm	\$25.00
19490	Mon, Nov 9	8:30 am - 4:30 pm	\$25.00
19491	Tue, Nov 10	8:30 am - 4:30 pm	\$25.00
19492	Thu, Nov 12	8:30 am - 4:30 pm	\$25.00
19493	Fri, Nov 13	8:30 am - 4:30 pm	\$25.00
19494	Mon, Dec 21	8:30 am - 4:30 pm	\$25.00
19495	Tue, Dec 22	8:30 am - 4:30 pm	\$25.00
19496	Wed, Dec 23	8:30 am - 4:30 pm	\$25.00
19497	Mon, Dec 28	8:30 am - 4:30 pm	\$25.00
19498	Tue, Dec 29	8:30 am - 4:30 pm	\$25.00
19499	Wed, Dec 30	8:30 am - 4:30 pm	\$25.00



fortsask.ca/GoLeisure

Preschool Programs

Parents Night Off

Parents and 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	DATE	TIME	FEE
19527	Fri, Sep 11	4:30 - 8:30 pm	\$25.00
19528	Fri, Sep 25	4:30 - 8:30 pm	\$25.00
19529	Fri, Oct 9	4:30 - 8:30 pm	\$25.00
19530	Fri, Oct 23	4:30 - 8:30 pm	\$25.00
19531	Fri, Nov 6	4:30 - 8:30 pm	\$25.00
19532	Fri, Nov 20	4:30 - 8:30 pm	\$25.00
19533	Fri, Dec 4	4:30 - 8:30 pm	\$25.00
19534	Fri, Dec 18	4:30 - 8:30 pm	\$25.00

Preschool Fun, Fitness, and Friends

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

2.5* - 5 years *must be potty trained Auggies Place

CODE	DATE	TIME	FEE
19551	Mon, Sep 14 - Oct 5	1:30 - 3:30 pm	\$50.00
19555	Fri, Sep 11 - Oct 9	1:30 - 3:30 pm	\$62.50
19552	Mon, Oct 19 - Nov 2	1:30 - 3:30 pm	\$37.50
19556	Fri, Oct 16 - Nov 6	1:30 - 3:30 pm	\$50.00
19553	Mon, Nov 16 - Dec 7	1:30 - 3:30 pm	\$50.00
19557	Fri, Nov 20 - Dec 18	1:30 - 3:30 pm	\$62.50
19554	Mon, Dec 14 - Dec 28	1:30 - 3:30 pm	\$37.50

NEW Little Rollers

Get your young rider moving indoors with Little Rollers! This fun and engaging program is designed for children ages 3 - 5 who want to keep riding when the weather turns cold. Bring the bikes inside and keep the fun rolling all year long.

Through playful games and indoor obstacle courses, children build balance, coordination, and confidence while riding scooters and strider bikes in a warm, safe, and supportive environment.

Whether your child is trying wheels for the first time or continuing to build their riding skills, Little Rollers is the perfect way to stay active and keep biking—no matter the season.

Must bring: Helmet, a scooter or strider bike and Indoor sneakers.

Ages 2.5* - 5 years *must be potty trained Kerrie M

ATCO Gymnasium

CODE	DATE	TIME	FEE
19524	Sun, Oct 18 - Nov 8	10:45 - 11:30 am	\$50.00
19525	Sun, Nov 15 - Dec 6	10:45 - 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	DATE	TIME	FEE
19566	Sun, Sep 13 - Nov 1	9:00 - 9:30 am	\$105.00
No class Oct 11			
19567	Sun, Nov 8 - Dec 20	9:00 - 9:30 am	\$105.00



fortsask.ca/GoLeisure

Child & Youth Programs

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)

AUX Sable Flexhall

CODE	DATES	TIME	FEE
19570	Wed, Sep 9 - Oct 21	5:00 - 5:45 pm	\$108.00
No class Sep 30			
19568	Sun, Sep 13 - Nov 1	9:35 - 10:20 am	\$126.00
No class Oct 11			
19569	Sun, Sep 13 - Nov 1	10:25 - 11:10 am	\$126.00
No class Oct 11			
19571	Wed, Oct 28 - Dec 16	5:00 - 5:45 pm	\$126.00
No class Nov 11			
19572	Sun, Nov 8 - Dec 20	9:35 - 10:20 am	\$126.00
19573	Sun, Nov 8 - Dec 20	10:25 - 11:10 am	\$126.00

NUTRIEN Soccer Field

CODE	DATES	TIME	FEE
19574	Tue, Sep 8 - Oct 27	9:50 - 10:35 am	\$144.00
19575	Tue, Nov 3 - Dec 15	9:50 - 10:35 am	\$126.00

Multi-Sport Drop Off

Adults must wait outside the program space so Sportballers can participate independently. If your child has separation anxiety, we'll help them adjust gradually. For questions, contact edmonton@sportball.ca.

3.5 - 5 years

NUTRIEN Soccer Field

CODE	DATES	TIME	FEE
19576	Tue, Sep 8 - Oct 27	10:40 - 11:40 am	\$144.00
19577	Tue, Nov 3 - Dec 15	10:40 - 11:40 am	\$126.00

AUX Sable Flexhall

CODE	DATES	TIME	FEE
19578	Wed, Sep 9 - Oct 21	5:50 - 6:50 pm	\$108.00
No class Sep 30			
19579	Sun, Sep 13 - Nov 1	11:15 am - 12:10 pm	\$126.00
No class Oct 11			
19580	Wed, Oct 28 - Dec 16	5:50 - 6:50 pm	\$126.00
No class Nov 11			
19581	Sun, Nov 8 - Dec 20	11:15 am - 12:10 pm	\$126.00

5 - 8 years

AUX Sable Flexhall

CODE	DATES	TIME	FEE
19582	Wed, Sep 9 - Oct 21	6:55 - 7:55 pm	\$108.00
No class Sep 30			
19583	Sun, Sep 13 - Nov 1	12:15 - 1:10 pm	\$126.00
No class Oct 11			
19584	Wed, Oct 28 - Dec 16	6:55 - 7:55 pm	\$126.00
No class Nov 11			
19585	Sun, Nov 8 - Dec 20	12:15 - 1:10 pm	\$126.00

LEVEL UP Basketball

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

5 - 7 years

ATCO Gymnasium

CODE	DATES	TIME	FEE
19542	Thu, Sep 10 - Oct 29	5:00 - 5:55 pm	\$144.00

7 - 9 years

ATCO Gymnasium

CODE	DATES	TIME	FEE
19543	Thu, Sep 10 - Oct 29	6:00 - 6:55 pm	\$144.00

9 - 12 years

ATCO Gymnasium

CODE	DATES	TIME	FEE
19544	Thu, Sep 10 - Oct 29	7:00 - 8:00 pm	\$144.00

NEW LEVEL UP Volleyball

Ready to bump, set, and spike your way to the next level? Our Level Up Volleyball class is designed to help young athletes build confidence, learn proper technique, and develop a love for the game in a fun and supportive environment.

Each week, players will work on key volleyball skills such as passing, serving, setting, movement, teamwork, and game play.

Whether your child is brand new to volleyball or looking to sharpen their skills, this weekly class is a great way to stay active, make friends, and build strong foundations on and off the court.

7 - 10 years

ATCO Gymnasium B

CODE	DATES	TIME	FEE
19804	Mon, Sep 14 - Oct 26	6:00 - 6:55 pm	\$108.00
19806	Mon, Nov 2 - Dec 21	6:00 - 6:55 pm	\$144.00

11 - 14 years

ATCO Gymnasium B

CODE	DATES	TIME	FEE
19805	Mon, Sep 14 - Oct 26	7:00 - 7:55 pm	\$108.00
19807	Mon, Nov 2 - Dec 21	7:00 - 7:55 pm	\$144.00

LEVEL UP Ball Hockey

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

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

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

Ages 5 - 7 years

ATCO Gymnasium

CODE	DATES	TIME	FEE
19539	Thu, Nov 5 - Dec 17	5:00 - 5:55 pm	\$126.00

Ages 7 - 9 years

ATCO Gymnasium

CODE	DATES	TIME	FEE
19540	Thu, Nov 5 - Dec 17	6:00 - 6:55 pm	\$126.00

Ages 9 - 12 years

ATCO Gymnasium

CODE	DATES	TIME	FEE
19541	Thu, Nov 5 - Dec 17	7:00 - 8:00 pm	\$126.00



Child & Youth Programs Continued

LEVEL UP Flag Football Program

Down, set, hut! Who is ready to learn the amazing game of Flag Football? This Level Up Class is dedicated to advancing our athletes' skills and confidence in the amazing game of football. By the end of the semester, your child will learn how to throw and catch a football, how to run great routes, how to play incredible defence and of course, will learn how to perform an epic end zone dance. Our athletes will take part in skills every day and progress to playing a full scrimmage while the coaches guide them. By the end of the semester, we will grow their confidence and love for football so much that they might want to start wearing green and gold to prepare for the future.

Ages 6 - 9 years ATCO Gymnasium

CODE	DATES	TIME	FEE
19545	Sat, Sep 12 - Oct 31	2:00 - 2:55 pm	\$126.00
No class Oct 17			
19548	Sat, Nov 7 - Dec 19	2:00 - 2:55 pm	\$126.00

Ages 9 - 12 years ATCO Gymnasium

CODE	DATES	TIME	FEE
19546	Sat, Sep 12 - Oct 31	3:00 - 3:55 pm	\$126.00
No class Oct 17			
19549	Sat, Nov 7 - Dec 19	3:00 - 3:55 pm	\$126.00

Ages 12 - 15 years ATCO Gymnasium

CODE	DATES	TIME	FEE
19547	Sat, Sep 12 - Oct 31	4:00 - 5:00 pm	\$126.00
No class Oct 17			
19550	Sat, Nov 7 - Dec 19	4:00 - 5:00 pm	\$126.00

Parents Night Off

Parents and 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	DATE	TIME	FEE
19527	Fri, Sep 11	4:30 - 8:30 pm	\$25.00
19528	Fri, Sep 25	4:30 - 8:30 pm	\$25.00
19529	Fri, Oct 9	4:30 - 8:30 pm	\$25.00
19530	Fri, Oct 23	4:30 - 8:30 pm	\$25.00
19531	Fri, Nov 6	4:30 - 8:30 pm	\$25.00
19532	Fri, Nov 20	4:30 - 8:30 pm	\$25.00
19533	Fri, Dec 4	4:30 - 8:30 pm	\$25.00
19534	Fri, Dec 18	4:30 - 8:30 pm	\$25.00

POWER UP!

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

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

Ages 8 years and older ATCO Gymnasium

CODE	DATES	TIME	FEE
19526	Thu, Oct 8 - Nov 12	5:00 - 6:30 pm	\$66.00

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

No Prior Experience Required

Ages 9 - 12 years ATCO Gymnasium

DATES	TIME
Tue, Oct 6 - Nov 24	5:00 - 6:30 pm
Wed, Oct 7 - Dec 2	7:00 - 8:30 pm
No class Nov 11	

One and Done Fitness Centre Orientation

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

Ages 12 - 14 years

Kerrie M Apple Fitness Centre

CODE	DATES	TIME	FEE
19558	Sat, Sep 5	9:30 - 10:30 am	\$60.00
19559	Sat, Sep 26	9:30 - 10:30 am	\$60.00
19560	Sat, Oct 3	9:30 - 10:30 am	\$60.00
19561	Sat, Oct 31	9:30 - 10:30 am	\$60.00
19562	Sat, Nov 14	9:30 - 10:30 am	\$60.00
19563	Sat, Nov 28	9:30 - 10:30 am	\$60.00
19564	Sat, Dec 5	9:30 - 10:30 am	\$60.00
19565	Sat, Dec 19	9:30 - 10:30 am	\$60.00

Babysitter's Training

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

AGES 11 years and older Scotiabank Studio

CODE	DATES	TIME	FEE
19487	Sat, Nov 21	9:00 am - 3:30 pm	\$84.00
19488	Sat, Dec 5	9:00 am - 3:30 pm	\$84.00

Home Alone

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

The course material covers such topics as:

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

Ages 10 years and older Scotiabank Studio

CODE	DATES	TIME	FEE
19537	Thu, Oct 8	5:30 - 8:30 pm	\$55.00
19538	Thu, Dec 3	5:30 - 8:30 pm	\$55.00

Buddy Leaders

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

Ages 13 - 15 years Scotiabank Studio

CODE	DATES	TIME	FEE
19489	Fri, Oct 2	8:30 am - 4:30 pm	\$25
19490	Mon, Nov 9	8:30 am - 4:30 pm	\$25
19491	Tue, Nov 10	8:30 am - 4:30 pm	\$25
19492	Thu, Nov 12	8:30 am - 4:30 pm	\$25
19493	Fri, Nov 13	8:30 am - 4:30 pm	\$25
19494	Mon, Dec 21	8:30 am - 4:30 pm	\$25
19495	Tue, Dec 22	8:30 am - 4:30 pm	\$25
19496	Wed, Dec 23	8:30 am - 4:30 pm	\$25
19497	Mon, Dec 28	8:30 am - 4:30 pm	\$25
19498	Tue, Dec 29	8:30 am - 4:30 pm	\$25
19499	Wed, Dec 30	8:30 am - 4:30 pm	\$25

CLICK HERE to view the
DROP-IN Schedule



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
Carnival Youth Loonie Swim 10 +	September 5, 7:00 - 9:00 pm	Vera Homes
Community Loonie Swim	September 19, 2:00 - 4:00 pm	Freson Bros.
Mad Science Youth Loonie Swim 10 +	October 3, 7:00 - 9:00 pm	Vera Homes
Community Loonie Swim	October 17, 2:00 - 4:00 pm	MEGlobal Canada ULC
Halloween Dive in Movie	This event is dependent on sponsorship. To sponsor this swim, please call 780-992-6162.	
Castaway Island Youth Loonie Swim 10 +	November 14, 7:00 - 9:00 pm	Vera Homes
Community Loonie Swim	November 21, 2:00 - 4:00 pm	City Law Offices
Community Loonie Swim	December 5, 2:00 - 4:00 pm	The Retreat Salon & Spa
Holiday Hangout Youth Loonie Swim 10 +	December 12, 7:00 - 9:00 pm	Vera Homes
Early Bird Holiday Brunch	December 16, 6:00 - 9:00 am	Armstrong & Lypka LLP
Holiday Potluck	December 17, 12:00 - 1:30 pm	Call 780-992-6162 to sponsor this swim or other events.

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

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

Learn TODAY Lead TOMORROW



Start Prerequisites at 13. Register for AQ LIT at 15

Looking for a program that helps prepare you for the future?

With **AQ LIT** (Aquatic Leaders in Training), you can build real job skills, gain volunteer hours, earn a letter of experience documenting your hours, and responsibilities, and **be considered for sponsored certifications**.



Gain experience in a fun, team-based environment while developing leadership and workplace skills that will help you take the next step toward becoming an employable lifeguard.

How it works:

- 1.** Complete Bronze Medallion, Intermediate First Aid, & Bronze Cross
- 2.** Register for AQ LIT
- 3.** Complete 65 hours of experience at Harbour Pool
- 4.** Receive a letter of experience
- 5.** Complete a written application, cultural-fit interview, and in-water assessment
- 6.** Successful applicants are selected for sponsored certifications*

Start your journey today at fortsask.ca/AQLIT



*Please note, candidates must be available for National Lifeguard, Swim & Lifesaving Instructor, and SwimAbilities Instructor on the dates and times listed on the next page.

Lifesaving Society Leadership Courses

Attendance for all program dates is mandatory for course completion.

NEW Aquatic Leaders in Training

AQ LIT (Aquatic Leaders in Training) is a youth program designed to build leadership skills and provide hands-on experience in an aquatic environment while preparing participants for future certifications and potential employment opportunities in aquatics.

See page 15 for more details.

Successful Applicant Orientation

CODE	DATE	TIME	FEE
19808	Aug 31	5:00 - 7:00 pm	Free

Prerequisite: 15 Years old, Bronze Medallion, Bronze Cross (need not be current), and Intermediate First Aid (must be current).

Junior Lifeguard Club (JLC)

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

CODE	DATE	TIME	FEE
18479	Fri, Sep 11 - Dec 18	4:30 - 6:30 pm	\$224.00
No class Oct 9			
18480	Sun, Sep 13 - Dec 20	12:00 - 2:00 pm	\$224.00
No class Oct 11			

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

Lifesaving Society Bronze Star

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

CODE	DATE	TIME	FEE
18465	Sat, Sep 5 - 26	9:00 - 11:30 am	\$156.00

Prerequisite: none (Canadian Swim Patrol experience is recommended)

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
18463	Tue/Thu, Sep 1 - 15	4:00 - 7:00 pm	\$205.50
19354	Sat & Sun, Oct 24 - 25	9:00 - 4:30 pm	\$205.50

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
18472	Sat & Sun, Sep 26 - 27	Sat, 8:00 am - 5:30 pm Sun, 8:00 am - 4:00 pm	\$175.00
19355	Sat & Sun, Oct 31 - Nov 1	Sat, 8:00 am - 5:30 pm Sun, 8:00 am - 4:00 pm	\$175.00

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
18461	Fri - Sun, Oct 2 - 4	Fri, 5:00 - 9:00 pm Sat & Sun, 9:00 am - 5:00 pm	\$177.00
19356	Fri - Sun, Nov 6 - 8	Fri, 5:00 - 9:00 pm Sat & Sun, 9:00 am - 5:00 pm	\$177.00

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
18789	Thu - Sun, Nov 12 - 15	8:00 am - 6:00 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.

Lifesaving Society Swim Instructor + Lifesaving Instructor

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

CODE	DATE	TIME	FEE
18811	Fri - Sun, Dec 4 - 6 & Dec 11 - 13	Fri, 5:00 - 9:00 pm Sat & Sun, 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
19756	Fri & Sat Dec 18 - 19	Fri, 4:00 - 8:00 pm Sat, 9:00 - 5:00 pm	\$158.00

Prerequisite: Current Swim or Lifesaving Instructor

Lifesaving Society National Lifeguard/Oxygen Administration Recert

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

CODE	DATE	TIME	FEE
18790	Sun, Sep 20	8:00 am - 1:30 pm	\$97.00

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

Lifesaving Society Intermediate First Aid Recert

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

CODE	DATE	TIME	FEE
18475	Sat, Sep 19	8:00 am - 4:00 pm	\$112.50

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

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
Tue	Sep 8 - Oct 27	9:00 - 11:30 am	18792	\$178.00
Tue	Sep 8 - Oct 27	12:30 - 3:00 pm	18797	\$178.00
Wed	Sep 9 - Oct 28	9:00 - 11:30 am	18793	\$155.75
No class Sep 30				
Wed	Sep 9 - Oct 28	12:30 - 3:00 pm	18798	\$155.75
No class Sep 30				
Thu	Sep 10 - Oct 29	9:00 - 11:30 am	18794	\$178.00
Thu	Sep 10 - Oct 29	12:30 - 3:00 pm	18799	\$178.00
Fri	Sep 11 - Oct 30	9:00 - 11:30 am	18795	\$178.00
Fri	Sep 11 - Oct 30	12:30 - 3:00 pm	18800	\$178.00
Mon	Sep 14 - Oct 26	9:00 - 11:30 am	18791	\$133.50
No class Oct 12				
Mon	Sep 14 - Oct 26	12:30 - 3:00 pm	18796	\$133.50
No class Oct 12				
Mon	Nov 2 - Dec 14	9:00 - 11:30 am	18801	\$155.75
Mon	Nov 2 - Dec 14	12:30 - 3:00 pm	18806	\$155.75
Tue	Nov 3 - Dec 15	9:00 - 11:30 am	18802	\$155.75
Tue	Nov 3 - Dec 15	12:30 - 3:00 pm	18807	\$155.75
Wed	Nov 4 - Dec 16	9:00 - 11:30 am	18803	\$133.50
No class Nov 11				
Wed	Nov 4 - Dec 16	12:30 - 3:00 pm	18808	\$133.50
No class Nov 11				
Thu	Nov 5 - Dec 10	9:00 - 11:30 am	18804	\$133.50
Thu	Nov 5 - Dec 10	12:30 - 3:00 pm	18809	\$133.50
Fri	Nov 6 - Dec 18	9:00 - 11:30 am	18805	\$155.75
Fri	Nov 6 - Dec 18	12:30 - 3:00 pm	18810	\$155.75

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	Sep 1 - 24	4:00 - 4:45 pm	18635	\$72.00
Sat	Sep 12 - Oct 31	9:00 - 9:45 am	18644	\$63.00
No class Oct 10				
Tue & Thu	Sep 29 - Oct 22	4:00 - 4:45 pm	18641	\$72.00
Tue & Thu	Oct 27 - Nov 19	4:00 - 4:45 pm	18642	\$72.00
Sat	Nov 7 - Dec 19	9:00 - 9:45 am	18645	\$63.00
Tue & Thu	Nov 24 - Dec 17	4:00 - 4:45 pm	18643	\$72.00

Swimabilities®

16 and Under

DAY	DATES	TIME	CODE	FEE
Tue & Thu	Sep 1 - 24	4:00 - 4:45 pm	18639	\$72.00
Sat	Sep 12 - Oct 31	9:00 - 9:45 am	18638	\$63.00
No class Oct 10				
Tue & Thu	Sep 29 - Oct 22	4:00 - 4:45 pm	18637	\$72.00
Tue & Thu	Oct 27 - Nov 19	4:00 - 4:45 pm	18634	\$72.00
Sat	Nov 7 - Dec 19	9:00 - 9:45 am	18636	\$63.00
Tue & Thu	Nov 24 - Dec 17	4:00 - 4:45 pm	18640	\$72.00



Stroke Improvement

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

DAY	DATES	TIME	CODE	FEE
Sat	Sep 12 - Oct 31	9:45 - 10:30 am	18633	\$63.00
No class Oct 10				
Sun	Sep 13 - Nov 1	12:00 - 12:45 pm	18628	\$63.00
No class Oct 11				
Tue & Thu	Sep 29 - Oct 22	4:50 - 5:35 pm	18629	\$72.00
Mon	Nov 2 - Dec 14	5:35 - 6:20 pm	18630	\$63.00
Sat	Nov 7 - Dec 19	12:05 - 12:50 pm	18631	\$63.00
Tue & Thu	Nov 24 - Dec 17	4:50 - 5:35 pm	18632	\$72.00

Lifesaving Society Swim for Life®

Please note, if proof of completion for the previous level is not provided you may be withdrawn from the course. Please see page 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 flotation device. Swimmers will practice blowing bubbles in the water, front floats, back floats, jump entry, face in the water, and safe shallow water movement.

Preschool 2

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

Preschool 3

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

Preschool 4

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

Preschool 5

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

Lifesaving Society School - Aged Programs

5 - 14 years

Swimmer 1

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

Swimmer 2

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

Swimmer 3

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

Swimmer 4

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

Swimmer 5

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

Swimmer 6

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

Canadian Swim Patrol Programs

5 - 14 years

Rookie Patrol

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

Ranger Patrol

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

Star Patrol

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

Adult / Teen Swim Programs

14+ Years

Adult 1

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.

Parent & Tot 1 / 2

4 - 12 Months

DAY	DATES	TIME	CODE	FEE
Mon	Aug 31 - Oct 26	4:30 - 5:00 pm	18488	\$56.00
No class Sep 7 & Oct 12				
Tue & Thu	Sep 1 - 24	9:00 - 9:30 am	18646	\$64.00
Fri	Sep 11 - Oct 30	5:05 - 5:35 pm	18489	\$56.00
No class Oct 9				
Sat	Sep 12 - Oct 31	10:35 - 11:05 am	18490	\$56.00
No class Oct 10				
Sun	Sep 13 - Nov 1	12:35 - 1:05 pm	18491	\$56.00
No class Oct 11				
Mon & Wed	Sep 28 - Oct 21	2:30 - 3:00 pm	18492	\$48.00
No class Sep 30 & Oct 12				
Wed	Oct 28 - Dec 16	4:50 - 5:20 pm	18493	\$56.00
No class Nov 11				
Fri	Nov 6 - Dec 18	5:25 - 5:55 pm	18494	\$56.00
Sat	Nov 7 - Dec 19	11:15 - 11:45 am	18495	\$56.00
Sun	Nov 8 - Dec 20	12:00 - 12:30 pm	18496	\$56.00
Tue & Thu	Nov 24 - Dec 17	4:45 - 5:15 pm	18498	\$64.00

Parent & Tot 1 / 2 / 3

12 - 24 Months

DAY	DATES	TIME	CODE	FEE
Mon & Wed	Aug 31 - Sep 23	2:00 - 2:30 pm	18500	\$56.00
No class Sep 7				
Tue & Thu	Sep 1 - 24	5:25 - 5:55 pm	18499	\$64.00
Wed	Sep 2 - Oct 21	5:25 - 5:55 pm	18501	\$56.00
No class Sep 30				
Tue & Thu	Sep 29 - Oct 22	9:30 - 10:00 am	18502	\$64.00
Tue & Thu	Sep 29 - Oct 22	4:45 - 5:15 pm	18503	\$64.00
Mon & Wed	Oct 26 - Nov 18	2:30 - 3:00 pm	18504	\$56.00
No class Nov 11				
Tue & Thu	Oct 27 - Nov 19	10:00 - 10:30 am	18505	\$64.00
Tue & Thu	Oct 27 - Nov 19	5:55 - 6:25 pm	18506	\$64.00
Mon	Nov 2 - Dec 14	5:05 - 5:35 pm	18507	\$56.00
Mon & Wed	Nov 23 - Dec 16	1:15 - 1:45 pm	18508	\$64.00
Tue & Thu	Nov 24 - Dec 17	10:00 - 10:30 am	18497	\$64.00

Parent & Tot 3

24 - 36 Months

DAY	DATES	TIME	CODE	FEE
Mon	Aug 31 - Oct 26	5:55 - 6:25 pm	18510	\$56.00
No class Sep 7 & Oct 12				
Tue & Thu	Sep 1 - 24	9:30 - 10:00 am	18509	\$64.00
Fri	Sep 11 - Oct 30	4:00 - 4:30 pm	18511	\$56.00
No class Oct 9				
Sat	Sep 12 - Oct 31	9:50 - 10:20 am	18512	\$56.00
No class Oct 10				
Sun	Sep 13 - Nov 1	1:25 - 1:55 pm	18513	\$56.00
No class Oct 11				
Mon & Wed	Sep 28 - Oct 21	1:50 - 2:20 pm	18514	\$48.00
No class Sep 30 & Oct 12				
Tue & Thu	Sep 29 - Oct 22	9:00 - 9:30 am	18532	\$64.00
Wed	Oct 28 - Dec 16	5:25 - 5:55 pm	18515	\$56.00
No class Nov 11				
Fri	Nov 6 - Dec 18	4:35 - 5:05 pm	18516	\$56.00
Sat	Nov 7 - Dec 19	12:15 - 12:45 pm	18517	\$56.00
Sun	Nov 8 - Dec 20	12:35 - 1:05 pm	18518	\$56.00
Mon & Wed	Nov 23 - Dec 16	2:30 - 3:00 pm	18519	\$64.00
Tue & Thu	Nov 24 - Dec 17	6:00 - 6:30 pm	18521	\$64.00

Preschool 1

3 - 5 Years

DAY	DATES	TIME	CODE	FEE
Mon & Wed	Aug 31 - Sep 23	2:00 - 2:30 pm	18524	\$56.00
No class Sep 7				
Mon	Aug 31 - Oct 26	5:55 - 6:25 pm	18525	\$56.00
No class Sep 7 & Oct 12				
Tue & Thu	Sep 1 - 24	9:30 - 10:00 am	18522	\$64.00
Tue & Thu	Sep 1 - 24	4:50 - 5:20 pm	18523	\$64.00
Wed	Sep 2 - Oct 21	4:35 - 5:05 pm	18529	\$56.00
No class Sep 30				
Wed	Sep 2 - Oct 21	5:40 - 6:10 pm	18530	\$56.00
No class Sep 30				
Fri	Sep 11 - Oct 30	5:45 - 6:15 pm	18526	\$56.00
No class Oct 9				
Sat	Sep 12 - Oct 31	10:25 - 10:55 am	18527	\$56.00
No class Oct 10				
Sun	Sep 13 - Nov 1	12:00 - 12:30 pm	18528	\$56.00
No class Oct 11				
Mon & Wed	Sep 28 - Oct 21	1:15 - 1:45 pm	18531	\$48.00
No class Sep 30 & Oct 12				
Tue & Thu	Sep 29 - Oct 22	9:00 - 9:30 am	18533	\$64.00
Tue & Thu	Sep 29 - Oct 22	5:55 - 6:25 pm	18534	\$64.00
Mon & Wed	Oct 26 - Nov 18	2:30 - 3:00 pm	18535	\$56.00
No class Nov 11				
Tue & Thu	Oct 27 - Nov 19	9:00 - 9:30 am	18536	\$64.00
Tue & Thu	Oct 27 - Nov 19	5:25 - 5:55 pm	18537	\$64.00
Wed	Oct 28 - Dec 16	5:20 - 5:50 pm	18539	\$56.00
No class Nov 11				
Mon	Nov 2 - Dec 14	4:30 - 5:00 pm	18538	\$56.00
Fri	Nov 6 - Dec 18	4:50 - 5:20 pm	18540	\$56.00
Sat	Nov 7 - Dec 19	11:40 am - 12:10 pm	18541	\$56.00
Sat	Nov 7 - Dec 19	12:25 - 12:55 pm	18542	\$56.00
Sun	Nov 8 - Dec 20	12:50 - 1:20 pm	18543	\$56.00
Mon & Wed	Nov 23 - Dec 16	1:50 - 2:20 pm	18544	\$64.00
Tue & Thu	Nov 24 - Dec 17	9:00 - 9:30 am	18520	\$64.00
Tue & Thu	Nov 24 - Dec 17	10:00 - 10:30 am	18545	\$64.00
Tue & Thu	Nov 24 - Dec 17	5:55 - 6:25 pm	18546	\$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

3 - 5 Years

DAY	DATES	TIME	CODE	FEE
Mon & Wed	Aug 31 - Sep 23	2:30 - 3:00 pm	18550	\$56.00
No class Sep 7				
Mon	Aug 31 - Oct 26	5:20 - 5:50 pm	18551	\$56.00
No class Sep 7 & Oct 12				
Tue & Thu	Sep 1 - 24	10:00 - 10:30 am	18547	\$64.00
Tue & Thu	Sep 1 - 24	5:55 - 6:25 pm	18549	\$64.00
Wed	Sep 2 - Oct 21	4:50 - 5:20 pm	18556	\$56.00
No class Sep 30				
Wed	Sep 2 - Oct 21	5:25 - 5:55 pm	18557	\$56.00
No class Sep 30				
Fri	Sep 11 - Oct 30	4:00 - 4:30 pm	18552	\$56.00
No class Oct 9				
Sat	Sep 12 - Oct 31	11:30 am - 12:00 pm	18553	\$56.00
No class Oct 10				
Sat	Sep 12 - Oct 31	12:25 - 12:55 pm	18554	\$56.00
No class Oct 10				
Sun	Sep 13 - Nov 1	12:50 - 1:20 pm	18555	\$56.00
No class Oct 11				
Mon & Wed	Sep 28 - Oct 21	2:25 - 2:55 pm	18558	\$48.00
No class Sep 30 & Oct 12				
Tue & Thu	Sep 29 - Oct 22	10:00 - 10:30 am	18559	\$64.00
Tue & Thu	Sep 29 - Oct 22	4:45 - 5:15 pm	18560	\$64.00
Mon & Wed	Oct 26 - Nov 18	2:00 - 2:30 pm	18561	\$56.00
No class Nov 11				
Tue & Thu	Oct 27 - Nov 19	10:00 - 10:30 am	18563	\$64.00
Tue & Thu	Oct 27 - Nov 19	4:50 - 5:20 pm	18564	\$64.00
Wed	Oct 28 - Dec 16	4:50 - 5:20 pm	18566	\$56.00
No class Nov 11				
Mon	Nov 2 - Dec 14	4:30 - 5:00 pm	18565	\$56.00
Fri	Nov 6 - Dec 18	4:00 - 4:30 pm	18567	\$56.00
Sat	Nov 7 - Dec 19	9:50 - 10:20 am	18568	\$56.00
Sat	Nov 7 - Dec 19	10:40 - 11:10 am	18569	\$56.00
Sun	Nov 8 - Dec 20	12:35 - 1:05 pm	18570	\$56.00
Mon & Wed	Nov 23 - Dec 16	2:25 - 2:55 pm	18571	\$64.00
Tue & Thu	Nov 24 - Dec 17	9:00 - 9:30 am	18572	\$64.00
Tue & Thu	Nov 24 - Dec 17	5:20 - 5:50 pm	18573	\$64.00

Preschool 3

3 - 5 Years

DAY	DATES	TIME	CODE	FEE
Mon & Wed	Aug 31 - Sep 23	2:30 - 3:00 pm	18576	\$56.00
No class Sep 7				
Mon	Aug 31 - Oct 26	5:05 - 5:35 pm	18577	\$56.00
No class Sep 7 & Oct 12				
Tue & Thu	Sep 1 - 24	9:35 - 10:05 am	18574	\$64.00
Tue & Thu	Sep 1 - 24	4:50 - 5:20 pm	18575	\$64.00
Wed	Sep 2 - Oct 21	4:00 - 4:30 pm	18581	\$56.00
No class Sep 30				
Fri	Sep 11 - Oct 30	4:35 - 5:05 pm	18578	\$56.00
No class Oct 9				
Sat	Sep 12 - Oct 31	10:40 - 11:10 am	18579	\$56.00
No class Oct 10				
Sun	Sep 13 - Nov 1	1:25 - 1:55 pm	18580	\$56.00
No class Oct 11				
Mon & Wed	Sep 28 - Oct 21	1:15 - 1:45 pm	18582	\$48.00
No class Sep 30 & Oct 12				
Tue & Thu	Sep 29 - Oct 22	9:30 - 10:00 am	18583	\$64.00
Tue & Thu	Sep 29 - Oct 22	5:50 - 6:20 pm	18584	\$64.00
Mon & Wed	Oct 26 - Nov 18	2:05 - 2:35 pm	18585	\$56.00
No class Nov 11				
Tue & Thu	Oct 27 - Nov 19	9:00 - 9:30 am	18562	\$64.00
Tue & Thu	Oct 27 - Nov 19	9:30 - 10:00 am	18586	\$64.00
Tue & Thu	Oct 27 - Nov 19	5:55 - 6:25 pm	18587	\$64.00
Wed	Oct 28 - Dec 16	5:55 - 6:25 pm	18589	\$56.00
No class Nov 11				
Mon	Nov 2 - Dec 14	5:05 - 5:35 pm	18588	\$56.00
Fri	Nov 6 - Dec 18	4:50 - 5:20 pm	18590	\$56.00
Sat	Nov 7 - Dec 19	10:25 - 10:55 am	18591	\$56.00
Sun	Nov 8 - Dec 20	1:25 - 1:55 pm	18592	\$56.00
Mon & Wed	Nov 23 - Dec 16	2:00 - 2:30 pm	18593	\$64.00
Tue & Thu	Nov 24 - Dec 17	9:00 - 9:30 am	18594	\$64.00
Tue & Thu	Nov 24 - Dec 17	5:50 - 6:20 pm	18595	\$64.00



Preschool 4 / 5

3 - 5 Years

DAY	DATES	TIME	CODE	FEE
Mon & Wed	Aug 31 - Sep 23	2:05 - 2:35 pm	18598	\$56.00
No class Sep 7				
Mon	Aug 31 - Oct 26	4:45 - 5:15 pm	18599	\$56.00
No class Sep 7 & Oct 12				
Tue & Thu	Sep 1 - 24	10:00 - 10:30 am	18596	\$64.00
Tue & Thu	Sep 1 - 24	4:45 - 5:15 pm	18597	\$64.00
Wed	Sep 2 - Oct 21	4:50 - 5:20 pm	18603	\$56.00
No class Sep 30				
Fri	Sep 11 - Oct 30	5:40 - 6:10 pm	18600	\$56.00
No class Oct 9				
Sat	Sep 12 - Oct 31	11:10 - 11:40 am	18601	\$56.00
No class Oct 10				
Sun	Sep 13 - Nov 1	12:00 - 12:30 pm	18602	\$56.00
No class Oct 11				
Mon & Wed	Sep 28 - Oct 21	2:00 - 2:30 pm	18604	\$48.00
No class Sep 30 & Oct 12				
Tue & Thu	Sep 29 - Oct 22	9:35 - 10:05 am	18605	\$64.00
Tue & Thu	Sep 29 - Oct 22	5:20 - 5:50 pm	18606	\$64.00
Mon & Wed	Oct 26 - Nov 18	2:00 - 2:30 pm	18607	\$56.00
No class Nov 11				
Tue & Thu	Oct 27 - Nov 19	9:35 - 10:05 am	18608	\$64.00
Tue & Thu	Oct 27 - Nov 19	4:45 - 5:15 pm	18609	\$64.00
Wed	Oct 28 - Dec 16	4:45 - 5:15 pm	18611	\$56.00
No class Nov 11				
Mon	Nov 2 - Dec 14	5:40 - 6:10 pm	18610	\$56.00
Fri	Nov 6 - Dec 18	5:25 - 5:55 pm	18612	\$56.00
Sat	Nov 7 - Dec 19	12:25 - 12:55 pm	18613	\$56.00
Sun	Nov 8 - Dec 20	12:35 - 1:05 pm	18614	\$56.00
Mon & Wed	Nov 23 - Dec 16	2:25 - 2:55 pm	18615	\$64.00
Tue & Thu	Nov 24 - Dec 17	9:35 - 10:05 am	18616	\$64.00
Tue & Thu	Nov 24 - Dec 17	4:50 - 5:20 pm	18617	\$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	Aug 31 - Oct 26	5:20 - 5:50 pm	18648	\$56.00
No class Sep 7 & Oct 12				
Tue & Thu	Sep 1 - 24	9:00 - 9:30 am	18548	\$64.00
Tue & Thu	Sep 1 - 24	5:20 - 5:50 pm	18647	\$64.00
Wed	Sep 2 - Oct 21	5:55 - 6:25 pm	18653	\$56.00
No class Sep 30				
Fri	Sep 11 - Oct 30	4:35 - 5:05 pm	18649	\$56.00
No class Oct 9				
Sat	Sep 12 - Oct 31	10:25 - 10:55 am	18650	\$56.00
No class Oct 10				
Sat	Sep 12 - Oct 31	11:50 am - 12:20 pm	18651	\$56.00
No class Oct 10				
Sun	Sep 13 - Nov 1	12:00 - 12:30 pm	18652	\$56.00
No class Oct 11				
Mon & Wed	Sep 28 - Oct 21	2:25 - 2:55 pm	18654	\$48.00
No class Sep 30 & Oct 12				
Tue & Thu	Sep 29 - Oct 22	10:00 - 10:30 am	18655	\$64.00
Tue & Thu	Sep 29 - Oct 22	5:20 - 5:50 pm	18656	\$64.00
Tue & Thu	Oct 27 - Nov 19	9:00 - 9:30 am	18657	\$64.00
Tue & Thu	Oct 27 - Nov 19	5:20 - 5:50 pm	18658	\$64.00
Wed	Oct 28 - Dec 16	5:55 - 6:25 pm	18660	\$56.00
No class Nov 11				
Mon	Nov 2 - Dec 14	4:30 - 5:00 pm	18659	\$56.00
Fri	Nov 6 - Dec 18	5:55 - 6:25 pm	18661	\$56.00
Sat	Nov 7 - Dec 19	9:50 - 10:20 am	18662	\$56.00
Sat	Nov 7 - Dec 19	11:50 am - 12:20 pm	18663	\$56.00
Sun	Nov 8 - Dec 20	1:10 - 1:40 pm	18664	\$56.00
Mon & Wed	Nov 23 - Dec 16	1:50 - 2:20 pm	18665	\$64.00
Tue & Thu	Nov 24 - Dec 17	9:30 - 10:00 am	18666	\$64.00
Tue & Thu	Nov 24 - Dec 17	5:15 - 5:45 pm	18667	\$64.00

Swimmer 2

5 - 14 years

DAY	DATES	TIME	CODE	FEE
Mon	Aug 31 - Oct 26	4:30 - 5:00 pm	18669	\$56.00
No class Sep 7 & Oct 12				
Mon	Aug 31 - Oct 26	5:55 - 6:25 pm	18670	\$56.00
No class Sep 7 & Oct 12				
Tue & Thu	Sep 1 - 24	9:00 - 9:30 am	18487	\$64.00
Tue & Thu	Sep 1 - 24	5:55 - 6:25 pm	18668	\$64.00
Wed	Sep 2 - Oct 21	4:15 - 4:45 pm	18676	\$56.00
No class Sep 30				
Wed	Sep 2 - Oct 21	5:55 - 6:25 pm	18677	\$56.00
No class Sep 30				
Fri	Sep 11 - Oct 30	5:10 - 5:40 pm	18671	\$56.00
No class Oct 9				
Sat	Sep 12 - Oct 31	9:50 - 10:20 am	18672	\$56.00
No class Oct 10				
Sat	Sep 12 - Oct 31	11:50 am - 12:20 pm	18673	\$56.00
No class Oct 10				
Sat	Sep 12 - Oct 31	12:25 - 12:55 pm	18674	\$56.00
No class Oct 10				
Sun	Sep 13 - Nov 1	12:35 - 1:05 pm	18675	\$56.00
No class Oct 11				
Mon & Wed	Sep 28 - Oct 21	1:50 - 2:20 pm	18678	\$48.00
No class Sep 30 & Oct 12				
Tue & Thu	Sep 29 - Oct 22	9:00 - 9:30 am	18679	\$64.00
Tue & Thu	Sep 29 - Oct 22	5:55 - 6:25 pm	18680	\$64.00
Tue & Thu	Oct 27 - Nov 19	9:30 - 10:00 am	18681	\$64.00
Tue & Thu	Oct 27 - Nov 19	4:50 - 5:20 pm	18682	\$64.00
Wed	Oct 28 - Dec 16	4:50 - 5:20 pm	18684	\$56.00
No class Nov 11				
Mon	Nov 2 - Dec 14	5:55 - 6:25 pm	18683	\$56.00
Fri	Nov 6 - Dec 18	4:15 - 4:45 pm	18685	\$56.00
Sat	Nov 7 - Dec 19	10:40 - 11:10 am	18686	\$56.00
Sat	Nov 7 - Dec 19	11:50 am - 12:20 pm	18687	\$56.00
Sun	Nov 8 - Dec 20	12:00 - 12:30 pm	18688	\$56.00
Mon & Wed	Nov 23 - Dec 16	1:15 - 1:45 pm	18689	\$64.00
Tue & Thu	Nov 24 - Dec 17	9:30 - 10:00 am	18690	\$64.00
Tue & Thu	Nov 24 - Dec 17	5:25 - 5:55 pm	18691	\$64.00



Swimmer 3

5 - 14 years

DAY	DATES	TIME	CODE	FEE
Mon	Aug 31 - Oct 26	5:05 - 5:50 pm	18693	\$63.00
No class Sep 7 & Oct 12				
Tue & Thu	Sep 1 - 24	4:50 - 5:35 pm	18692	\$72.00
Wed	Sep 2 - Oct 21	4:00 - 4:45 pm	18697	\$63.00
No class Sep 30				
Wed	Sep 2 - Oct 21	5:45 - 6:30 pm	18698	\$63.00
No class Sep 30				
Fri	Sep 11 - Oct 30	4:00 - 4:45 pm	18694	\$63.00
No class Oct 9				
Sat	Sep 12 - Oct 31	9:50 - 10:35 am	18695	\$63.00
No class Oct 10				
Sun	Sep 13 - Nov 1	12:00 - 12:45 pm	18696	\$63.00
No class Oct 11				
Tue & Thu	Sep 29 - Oct 22	4:50 - 5:35 pm	18699	\$72.00
Tue & Thu	Oct 27 - Nov 19	5:25 - 6:10 pm	18700	\$72.00
Wed	Oct 28 - Dec 16	5:25 - 6:10 pm	18702	\$63.00
No class Nov 11				
Mon	Nov 2 - Dec 14	5:05 - 5:50 pm	18701	\$63.00
Fri	Nov 6 - Dec 18	4:50 - 5:35 pm	18703	\$63.00
Sat	Nov 7 - Dec 19	9:50 - 10:35 am	18704	\$63.00
Sun	Nov 8 - Dec 20	1:05 - 1:50 pm	18705	\$63.00
Tue & Thu	Nov 24 - Dec 17	5:40 - 6:25 pm	18706	\$72.00

Swimmer 4

5 - 14 years

DAY	DATES	TIME	CODE	FEE
Mon	Aug 31 - Oct 26	4:30 - 5:15 pm	18707	\$63.00
No class Sep 7 & Oct 12				
Wed	Sep 2 - Oct 21	4:50 - 5:35 pm	18710	\$63.00
No class Sep 30				
Fri	Sep 11 - Oct 30	5:10 - 5:55 pm	18708	\$63.00
No class Oct 9				
Sat	Sep 12 - Oct 31	11:00 - 11:45 am	18709	\$63.00
No class Oct 10				
Mon	Nov 2 - Dec 14	5:40 - 6:25 pm	18711	\$63.00
Fri	Nov 6 - Dec 18	4:00 - 4:45 pm	18712	\$63.00
Sat	Nov 7 - Dec 19	11:15 am - 12:00 pm	18713	\$63.00



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.

Swimmer 4 / 5

5 - 14 years

DAY	DATES	TIME	CODE	FEE
Tue & Thu	Sep 1 - 24	5:25 - 6:10 pm	18714	\$72.00
Sat	Sep 12 - Oct 31	12:15 - 1:00 pm	18715	\$63.00
No class Oct 10				
Sun	Sep 13 - Nov 1	1:10 - 1:55 pm	18716	\$63.00
No class Oct 11				
Tue & Thu	Sep 29 - Oct 22	5:40 - 6:25 pm	18717	\$72.00
Tue & Thu	Oct 27 - Nov 19	4:50 - 5:35 pm	18718	\$72.00
Wed	Oct 28 - Dec 16	4:50 - 5:35 pm	18719	\$63.00
No class Nov 11				
Sun	Nov 8 - Dec 20	12:00 - 12:45 pm	18720	\$63.00
Tue & Thu	Nov 24 - Dec 17	4:50 - 5:35 pm	18721	\$72.00

Swimmer 5

5 - 14 years

DAY	DATES	TIME	CODE	FEE
Mon	Aug 31 - Oct 26	5:40 - 6:25 pm	18722	\$63.00
No class Sep 7 & Oct 12				
Wed	Sep 2 - Oct 21	5:10 - 5:55 pm	18725	\$63.00
No class Sep 30				
Fri	Sep 11 - Oct 30	5:40 - 6:25 pm	18723	\$63.00
No class Oct 9				
Sat	Sep 12 - Oct 31	10:40 - 11:25 am	18724	\$63.00
No class Oct 10				
Mon	Nov 2 - Dec 14	5:40 - 6:25 pm	18726	\$63.00
Fri	Nov 6 - Dec 18	5:40 - 6:25 pm	18727	\$63.00
Sat	Nov 7 - Dec 19	12:10 - 12:55 pm	18728	\$63.00



Swimmer 6

5 - 14 years

DAY	DATES	TIME	CODE	FEE
Mon	Aug 31 - Oct 26	4:30 - 5:15 pm	18730	\$63.00
No class Sep 7 & Oct 12				
Tue & Thu	Sep 1 - 24	5:40 - 6:25 pm	18729	\$72.00
Wed	Sep 2 - Oct 21	4:00 - 4:45 pm	18734	\$63.00
No class Sep 30				
Fri	Sep 11 - Oct 30	4:50 - 5:35 pm	18731	\$63.00
No class Oct 9				
Sat	Sep 12 - Oct 31	12:05 - 12:50 pm	18732	\$63.00
No class Oct 10				
Sun	Sep 13 - Nov 1	12:35 - 1:20 pm	18733	\$63.00
No class Nov 11				
Tue & Thu	Sep 29 - Oct 22	5:40 - 6:25 pm	18735	\$72.00
Tue & Thu	Oct 27 - Nov 19	5:40 - 6:25 pm	18736	\$72.00
Wed	Oct 28 - Dec 16	5:40 - 6:25 pm	18738	\$63.00
No class Nov 11				
Mon	Nov 2 - Dec 14	4:45 - 5:30 pm	18737	\$63.00
Fri	Nov 6 - Dec 18	4:00 - 4:45 pm	18739	\$63.00
Sat	Nov 7 - Dec 19	10:50 - 11:35 am	18740	\$63.00
Sun	Nov 8 - Dec 20	1:10 - 1:55 pm	18741	\$63.00
Tue & Thu	Nov 24 - Dec 17	5:40 - 6:25 pm	18742	\$72.00

Rookie / Ranger / Star Patrol

5 - 14 years

DAY	DATES	TIME	CODE	FEE
Mon	Aug 31 - Oct 26	5:20 - 6:20 pm	18619	\$70.00
No class Sep 7 & Oct 12				
Tue & Thu	Sep 1 - 24	4:50 - 5:50 pm	18618	\$80.00
Fri	Sep 11 - Oct 30	4:00 - 5:00 pm	18620	\$70.00
No class Oct 9				
Sat	Sep 12 - Oct 31	11:50 am - 12:50 pm	18621	\$70.00
No class Oct 10				
Sun	Sep 13 - Nov 1	12:50 - 1:50 pm	18622	\$70.00
No class Oct 11				
Tue & Thu	Oct 27 - Nov 19	4:50 - 5:50 pm	18623	\$80.00
Mon	Nov 2 - Dec 14	4:30 - 5:30 pm	18624	\$70.00
Fri	Nov 6 - Dec 18	5:10 - 6:10 pm	18625	\$70.00
Sat	Nov 7 - Dec 19	9:45 - 10:45 am	18626	\$70.00
Sun	Nov 8 - Dec 20	12:00 - 1:00 pm	18627	\$70.00



Homeschool Swimmer 1

DAY	DATES	TIME	CODE	FEE
Mon & Wed	Aug 31 - Sep 23	1:15 - 2:00 pm	18466	\$63.00
No class Sep 7				
Mon & Wed	Oct 26 - Nov 18	1:15 - 2:00 pm	18467	\$63.00
No class Nov 11				

Homeschool Swimmer 2 / 3

DAY	DATES	TIME	CODE	FEE
Mon & Wed	Aug 31 - Sep 23	1:15 - 2:00 pm	18468	\$63.00
No class Sep 7				
Mon & Wed	Oct 26 - Nov 18	1:15 - 2:00 pm	18469	\$63.00
No class Sep 11				

Homeschool Swimmer 4 / 5 / 6

DAY	DATES	TIME	CODE	FEE
Mon & Wed	Aug 31 - Sep 23	1:15 - 2:00 pm	18470	\$63.00
No class Sep 7				
Mon & Wed	Oct 26 - Nov 18	1:15 - 2:00 pm	18471	\$63.00
No class Nov 11				



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
Tue	Sep 1 - 22	5:55 - 6:25 pm	18745	\$142.00
Wed	Sep 2 - 16	4:00 - 4:30 pm	18761	\$106.50
Wed	Sep 2 - 16	4:35 - 5:05 pm	18763	\$106.50
Wed	Sep 2 - 16	5:10 - 5:40 pm	18765	\$106.50
Wed	Sep 2 - 16	6:00 - 6:30 pm	18759	\$106.50
Thu	Sep 3 - 24	5:55 - 6:25 pm	18746	\$142.00
Fri	Sep 11 - 25	6:00 - 6:30 pm	18747	\$106.50
Sat	Sep 12 - 26	11:15 - 11:45 am	18749	\$106.50
Sat	Sep 12 - 26	11:45 am - 12:15 pm	18755	\$106.50
Sun	Sep 13 - 27	1:10 - 1:40 pm	18757	\$106.50
Wed	Sep 23 - Oct 21	4:00 - 4:30 pm	18762	\$142.00
No class Sep 30				
Wed	Sep 23 - Oct 21	4:35 - 5:05 pm	18764	\$142.00
No class Sep 30				
Wed	Sep 23 - Oct 21	5:10 - 5:40 pm	18766	\$142.00
No class Sep 30				
Wed	Sep 23 - Oct 21	6:00 - 6:30 pm	18760	\$142.00
No class Sep 30				
Tue	Sep 29 - Oct 20	4:50 - 5:20 pm	18767	\$142.00
Tue	Sep 29 - Oct 20	5:20 - 5:50 pm	18769	\$142.00
Thu	Oct 1 - 22	4:50 - 5:20 pm	18768	\$142.00
Thu	Oct 1 - 22	5:20 - 5:50 pm	18770	\$142.00
Fri	Oct 2 - 30	6:00 - 6:30 pm	18748	\$142.00
No class Oct 9				
Sat	Oct 3 - Oct 31	11:15 - 11:45 am	18750	\$142.00
No class Oct 10				

DAY	DATES	TIME	CODE	FEE
Sat	Oct 3 - Oct 31	11:45 am - 12:15 pm	18756	\$142.00
No class Oct 10				
Sun	Oct 4 - Nov 1	1:10 - 1:40 pm	18758	\$142.00
No class Oct 11				
Tue	Oct 27 - Nov 17	6:00 - 6:30 pm	18771	\$142.00
Wed	Oct 28 - Nov 18	5:25 - 5:55 pm	18774	\$106.50
No class Nov 11				
Wed	Oct 28 - Nov 18	5:55 - 6:25 pm	18773	\$106.50
No class Nov 11				
Thu	Oct 29 - Nov 19	6:00 - 6:30 pm	18772	\$142.00
Fri	Nov 6 - 20	6:00 - 6:30 pm	18775	\$106.50
Sat	Nov 7 - 21	10:25 - 10:55 am	18777	\$106.50
Sat	Nov 7 - 21	11:00 - 11:30 am	18779	\$106.50
Sat	Nov 7 - 21	11:35 am - 12:05 pm	18781	\$106.50
Sun	Nov 8 - 22	12:00 - 12:30 pm	18783	\$106.50
Sun**	Nov 8 - 22	1:10 - 1:55 pm	18743	\$159.00
Tue	Nov 24 - Dec 15	4:45 - 5:15 pm	18785	\$142.00
Wed	Nov 25 - Dec 16	5:25 - 5:55 pm	18788	\$142.00
Wed	Nov 25 - Dec 16	5:55 - 6:25 pm	18787	\$142.00
Thu	Nov 26 - Dec 17	4:45 - 5:15 pm	18786	\$142.00
Fri	Nov 27 - Dec 18	6:00 - 6:30 pm	18776	\$142.00
Sat	Nov 28 - Dec 19	10:25 - 10:55 am	18778	\$142.00
Sat	Nov 28 - Dec 19	11:00 - 11:30 am	18780	\$142.00
Sat	Nov 28 - Dec 19	11:35 am - 12:05 pm	18782	\$142.00
Sun	Nov 29 - Dec 20	12:00 - 12:30 pm	18784	\$142.00
Sun**	Nov 29 - Dec 20	1:10 - 1:55 pm	18744	\$212.00



Adult 1

14+ years

DAY	DATES	TIME	CODE	FEE
Sat	Sep 12 - Oct 31	11:00 - 11:45 am	18483	\$71.75
No class Oct 10				
Mon & Wed	Sep 28 - Oct 21	1:15 - 2:00 pm	18482	\$61.50
No class Sep 30 & Oct 12				
Sat	Nov 7 - Dec 19	11:00 - 11:45 am	18481	\$71.75

Adult 2 / 3

14+ years

DAY	DATES	TIME	CODE	FEE
Sat	Sep 12 - Oct 31	9:50 - 10:35 am	18486	\$71.75
No class Oct 10				
Sat	Nov 7 - Dec 19	9:50 - 10:35 am	18484	\$71.75
Mon & Wed	Nov 23 - Dec 16	1:15 - 2:00 pm	18485	\$82.00



fortsask.ca/GoLeisure

NEW Aquatics Facility Construction



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

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

STAY IN THE FLOW

What to Expect During Construction in Fall 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.
- Structural steel work is scheduled to start in Fall 2026.
- A fenced construction zone is in place. Please follow all posted signage and stay clear of restricted areas.

Parking and Transit Changes

- No major changes to parking or Transit are expected for Fall 2026.
- Updated parking information will be posted onsite and online throughout the project.

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

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



 **Aquatics**
Facility Project

DOW CENTENNIAL CENTRE

Art & Culture Programs

All prices include 5% GST



Early Out Pottery

8 years and older

Get creative after school with Early Out Pottery. Participants ages eight and older will explore clay projects and pottery techniques in a fun, hands-on setting.

All supplies are included.

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

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

CODE	DATE	TIME	FEE
19764	Wed, Oct 7, Nov 4, Dec 2	2:15 - 4:00 pm	\$60.00

Kids & Clay

8 years and older

Create fun clay projects in Kids and Clay Pottery. Participants ages eight and older will learn hand-building techniques while exploring creativity in a supportive, hands-on environment.

All supplies are included.

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

CODE	DATE	TIME	FEE
19763	Sat, Sep 19 - Nov 7	10:00 am - 12:00 pm	\$160.00

Teen Pottery

12 - 17 years

Learn the basics of wheel throwing in Teen Pottery Wheel Course. Designed for ages 12 to 17, this hands-on program helps teens build pottery skills and creativity while working on the potter's wheel.

Additional clay costs approximately \$42/bag.

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

CODE	DATE	TIME	FEE
19765	Sun, Sep 20 - Nov 22	11:00 am - 2:00 pm	\$250.00

Ornaments Workshop

8 years and older

Create a handmade ornament in this fun pottery workshop. Participants will build their ornament during the first session, then return to paint and glaze it. Children under 12 must attend with a registered or non-registered adult companion.

All supplies are included.

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

CODE	DATE	TIME	FEE
19757	Sun, Oct 25 (build) & Nov 15 (paint & glaze)	3:00 - 4:30 pm	\$30.00

Gingerbread House Workshop

8 years and older

Hand build a clay gingerbread house in this creative, seasonal workshop. Participants will learn simple hand-building techniques in a fun, guided session. Children under 12 must attend with a registered or non-registered adult companion.

All supplies are included.

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

CODE	DATE	TIME	FEE
19758	Fri, Nov 6	6:00 - 9:00 pm	\$45.00

Beginner Adult Pottery

18 years and older

Learn the basics of pottery in Beginner Adult Pottery Course. Designed for adults 18 and older, this class covers hand-building techniques, glazing, and an introduction to the potter's wheel, along with an overview of the Fort Saskatchewan Pottery Guild.

Additional costs for clay and tools apply.

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

CODE	DATE	TIME	FEE
19759	Thu, Sep 17 - Nov 19	6:30 - 9:30 pm	\$250.00

Intermediate Adult Pottery

18 years and older

Build on your skills in Intermediate Adult Pottery Course. Designed for adults 18 and older who have completed Beginner Adult Pottery at the Fort Saskatchewan Pottery Guild, this class focuses on refining hand-building and wheel techniques. Students must meet prerequisite requirements to register.

Additional clay costs apply.

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

CODE	DATE	TIME	FEE
19760	Tue, Sep 15 - Nov 17	9:00 am - 12:00 pm	\$250.00
19761	Tue, Sep 15 - Nov 17	6:30 - 9:30 pm	\$250.00
19762	Wed, Sep 16 - Dec 2	6:30 - 9:30 pm	\$250.00

No Class Sep 30, Nov 11

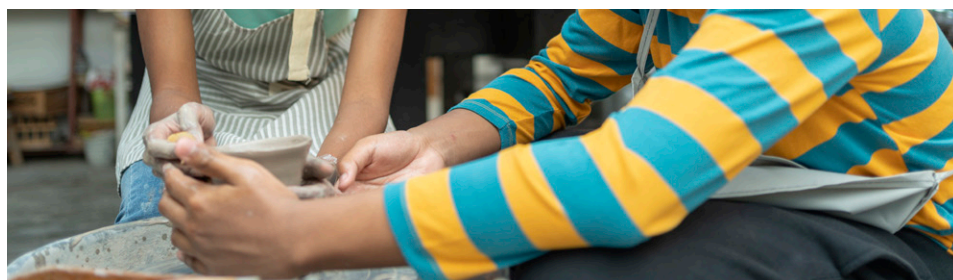
Acting Up For The Fall

5 - 18 years

Build confidence, creativity, and performance skills in Acting Up Fall Theatre Program Youth. Participants ages 5 to 18 will experience the full theatre process, from auditions to choreography, costuming, singing, and live performances. Working together to produce a show in just one week, participants will learn new skills, make connections, and shine on stage for family and friends. Bring a positive attitude and a water bottle to audition day at the Shell Theatre.

Dow Centennial Centre - Shell Theatre

CODE	DATE	TIME	FEE
17994	Mon - Sat Nov 9 - 14	4:00 - 8:15 pm	\$40.00



fortsask.ca/GoLeisure

SHELL THEATRE

2026/2027 PERFORMANCE SERIES

BANGS, BOBS & BANTER: CONFESSIONS OF A HAIRSTYLIST  OCT 3	UP ON CRIPPLE CREEK: THE SONGBOOK OF THE BAND  OCT 9	MUDMEN  OCT 16	DARCY OAKE  OCT 17	AARON GOODVIN WITH TONY STEVENS  OCT 21
TENILLE TOWNES  NOV 6	JAKE'S GIFT  Nov 7	ACTING UP FOR THE FALL "LIVE IN LIVING COLOUR"  NOV 14	DON ROSS WITH JULIE MALIA  NOV 20	STARS AND STORIES LIVE - FOLSOM PRISON REVISITED  NOV 21
PRO CORO "A CHRISTMAS CAROL"  NOV 28	LEAHY - CELTIC ROOTS AND CHRISTMAS CHEER  DEC 4	CHRISTMAS IS HERE! WITH MICHELLE WRIGHT  DEC 11	DARLA DANIELS MANY MILES TO HOME  JAN 23	OKTOPUS  JAN 29
20TH ANNIVERSARY FORT'S GOT TALENT  JAN 30	RARE FORM THEATRE "ARSENIC AND OLD LACE"  FEB 12 & 13	DUFFLEBAG THEATRE "BEAUTY AND THE BEAST"  FEB 15	"THE MUSIC OF ADELE" VALKYRIE STRING QUARTET  FEB 19	THE DREAMBOATS  FEB 20
DONOVAN WOODS  FEB 27	LEWIS & ROYAL  MAR 5	TOM MORELLO: A NIGHT OF STORIES & MUSIC  MAR 6	ALEX CUBA  MAR 16	

THANK YOU TO OUR SPONSORS



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CITY OF
FORT SASKATCHEWAN
ALBERTA

Dow Centennial Centre Shell Theatre | 8700 84 Street
Fort Saskatchewan, AB T8L 4P5 | (780) 992-6400 | shelltheatre.ca

fortsask.ca/GoLeisure

HOW TO BUY TICKETS

(888) 655-9090
or (780) 992-6400

shelltheatre.ca
or ticketpro.ca

Dow Centennial Centre





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. Group tours are available. Visit us at the Warden's House at 10006 100 Avenue or call us at 780-998-1783 to book your spot!

EVENTS PUT ON BY:
Youth Action Committee
and Fort Heritage Precinct

Youth Council Presents Screams on the Screen: Final Destination

16+ years

Enjoy a thrilling outdoor movie night with Youth Council. Watch Final Destination with other youth and young adults in a fun community setting. Bring a lawn chair.

Fort Heritage Precinct

DATE	TIME	FEE
Fri, Sep 25	Movie Starts at 9:00 pm	Drop-in Free
Doors open at 8:00 pm Concession on site		

Deadwood

Deadwood: Exhibit 13

14+ years

Step into an immersive haunted exhibit experience designed for youth and older teens. Exhibit 13 delivers suspense and storytelling in an interactive setting that encourages curiosity and participation.

Fort Heritage Precinct

DATE	TIME	FEE
Oct 16 & 17	7:00 - 9:00 pm	\$5.00

*Purchase tickets at the Door / Cash only



Stay tuned to social media
@fortheritageprecinct
FortHeritagePrecinct.ca

fortsask.ca/GoLeisure

Twilight Tours

Registration through TicketPro.ca

A History of the Fort Gaol Murders

90 minutes

Explore Fort Saskatchewan's chilling past through true stories from the Fort and Provincial Gaol. Twilight Tours: Fort Gaol Murders History brings history to life with gripping storytelling that deepens understanding of the city's "Hanging Town" legacy. Register today for an unforgettable evening experience.

Fort Heritage Precinct

DATE	TIME	FEE
Thu - Sat, Oct 8, 9, 10	7:00 pm	\$13.00

Knock Knock: A History of Contacting the Dead

90 minutes

Step into the history of seances and spiritualism with Knock Knock: History of Contacting Dead. Learn how people have tried to connect with spirits, from the 1800s to modern paranormal investigation. Engage with fascinating stories that bring history's mysteries to life.

Fort Heritage Precinct

DATE	TIME	FEE
Oct 23 & 24	7:00 pm	

Make Do and Mend

Learn practical mending techniques to help extend the life of your clothing and reduce textile waste. Discover traditional skills once essential in every household and explore simple methods for repairing and altering garments. Bring your own items to mend or practise on materials provided. No previous experience required.

Session 1: Patching and Reinforcing

CODE	DATE	TIME	FEE
20628	Nov 7	1:00 - 3:00 pm	\$25.00

Session 2: Zippers, Buttons, Hemming, and Alterations

CODE	DATE	TIME	FEE
20629	Nov 14	1:00 - 3:00 pm	\$25.00

Session 3: Darning and Invisible Mending

CODE	DATE	TIME	FEE
20630	Nov 21	1:00 - 3:00 pm	\$25.00

Mounties and Monsters

12 - 19 years

Step into history with Mounties and Monsters, a tabletop role-playing game for youth. Play as Mounties, fur traders, or bootleggers in story-driven sessions set in different eras of Canadian history. No experience needed and all supplies are provided.

Try one session or join them all for a unique fall break experience.

No previous experience required, all supplies provided.

Fort Heritage Precinct

CODE	DATE	TIME	FEE
19800	Mon, Nov 9	1:00 - 4:00 pm	\$25.00
19801	Tue, Nov 10	1:00 - 4:00 pm	\$25.00
19802	Thu, Nov 12	1:00 - 4:00 pm	\$25.00
19803	Fri, Nov 13	1:00 - 4:00 pm	\$25.00

Remembrance Day Cemetery Tour

90 minutes

Honour Fort Saskatchewan's veterans through powerful stories shared on a guided cemetery tour. Learn about their service and sacrifices, both overseas and at home. The tour will be outdoors and will last approximately 90 minutes, please dress for the weather.

Fort Saskatchewan Cemetery 11090 86 Ave

DATE	TIME	FEE
Wed, Nov 11	1:00 pm	Drop-in Free

Winter Wonderland in the Fort!

Experience the magic of the season at Winter Wonderland in the Fort!

Join us on December 12 from 1:00 to 4:00 pm at the Fort Heritage Precinct. Celebrate the season with a festive community experience for all ages. Enjoy holiday crafts, seasonal stories, and simple winter traditions that bring people together. Join friends and family for a warm, welcoming celebration of the holidays.

Fort Heritage Precinct

DATE	TIME	FEE
Sat, Dec 12	1:00 - 4:00 pm	Drop-in Free



What is Sheep Shack Pop-Up & Plays?

FOR PARENTS/CAREGIVERS:

Sheep Shack Pop-Up & Plays is a free, drop-in outdoor play experience that brings ever-changing, nature-based play to neighbourhood parks across Fort Saskatchewan.

Each visit offers something new, with loose parts, natural materials, games, and creative activities that encourage children and families to explore, build, create, and connect outdoors.

Supports:

- Outdoor play and creativity
- Social connection and belonging
- Healthy child development

Children 7 & under must be accompanied by a responsible person 14+

FOR KIDS:

**Come
on over
and play!**

fortsask.ca/SheepShack

Scan for Dates,
Times, and
Locations



Presented by FCSS and Recreation



CITY OF
FORT SASKATCHEWAN

DATE	TIME	LOCATION
Tue, Sep 1	5:00 - 7:00 pm	Forrest Ridge
Wed, Sep 2	3:00 - 5:00 pm	Dick Mager Park
Thu, Sep 3	5:00 - 7:00 pm	Natures Playground
Tue, Sep 8	5:00 - 7:00 pm	JD Maclean Park
Wed, Sep 9	3:00 - 5:00 pm	Leslie MacMillan Park
Thu, Sep 10	5:00 - 7:00 pm	Natures Playground
Sat, Sep 12	10:00 am - 12:00 pm	Natures Playground
Tue, Sep 15	5:00 - 7:00 pm	Ken Hodgins Park
Wed, Sep 16	3:00 - 5:00 pm	Neville Parry Park
Thu, Sep 17	5:00 - 7:00 pm	Natures Playground
Sat, Sep 19	10:00 am - 12:00 pm	Natures Playground
Tue, Sep 22	5:00 - 7:00pm	Don Westman Park
Wed, Sep 23	3:00 - 5:00 pm	Jubilee Park
Thu, Sep 24	5:00 - 7:00 pm	Natures Playground
Tue, Sep 29	5:00 - 7:00 pm	RCMP Park
Thu, Oct 1	5:00 - 7:00 pm	Natures Playground
Tue, Oct 6	5:00 - 7:00 pm	Forrest Ridge Park
Wed, Oct 7	3:00 - 5:00 pm	Dick Mager Park
Thu, Oct 8	5:00 - 7:00 pm	Natures Playground
Sat, Oct 10	10:00 am - 12:00 pm	Natures Playground
Tue, Oct 13	5:00 - 7:00 pm	JD Maclean Park
Wed, Oct 14	3:00 - 5:00 pm	Leslie MacMillan Park
Thu, Oct 15	5:00 - 7:00 pm	Natures Playground
Tue, Oct 20	5:00 - 7:00 pm	Ken Hodgins Park
Wed, Oct 21	3:00 - 5:00 pm	Neville Parry Park
Thu, Oct 22	5:00 - 7:00 pm	Natures Playground
Sat, Oct 24	10:00 am - 12:00 pm	Natures Playground
Tue, Oct 27	5:00 - 7:00 pm	Don Westman Park
Wed, Oct 28	3:00 - 5:00 pm	RCMP Park
Thu, Oct 29	5:00 - 7:00p m	Natures Playground

Family and Community Support Services (FCSS) Programs

Support for Every Stage of Life

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



We offer

Mental health resources

Access supports for your personal well-being.

Workshops and Support Groups

Learn and connect with others facing similar experiences.

Programs for seniors, families and youth

Programs and services that meet the needs of every age.

Navigation services

Get help finding and connecting with the right resources.

Not Falling for You

Stay steady with Not Falling for You

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

City Hall Multipurpose Room

CODE	DATE	TIME	FEE
19784	Tue, Sep 15 - Dec 1	11:00 am - 12:00 pm	FREE
19785	Wed, Oct 7 - Dec 16	11:00 am - 12:00 pm	FREE
No class Nov 11			
19786	Fri, Sep 18 - Dec 4, 12 classes	11:00 am - 12:00 pm	FREE

Learn more and register: fortsask.ca/GoLeisure

Offered in partnership with



Primary Care Alberta



Scan the QR code to visit our website!

Community Helpers Program

Become a certified "Community Helper" and support the mental wellness of youth in our community.

The Community Helpers Program is a free certificate course for youth ages 12 - 18. Participants who complete all 9 sessions will receive certification. If you're the friend others turn to for support, this program is for you - because while 49% of youth talk to friends or family about mental health, 39% talk to no one.

Scotia Bank Room, DCC

CODE	DATE	TIME	FEE
19773	Wed, Oct 1 - Dec 16	3:30 - 4:30 pm	FREE
No course Nov 4 & 11			

Mental Health First Aid

18 years and older

Learn how to support someone experiencing mental health challenges. Mental Health First Aid Training for Adults builds confidence to respond in difficult moments and strengthen community connections. Hosted by FCSS and Opening Minds. This is a three-module course: Module 1 is two hours of self-paced online learning that must be completed prior to attending. Modules 2 and 3 will be delivered in person. Register today and make a difference in your community.

West Rivers Edge

CODE	DATE	TIME	FEE
19369	Wed, Oct 21	8:30 am - 4:00 pm	\$25.00*
19370	Thu, Oct 22	8:30 am - 4:00 pm	\$25.00*

*per participant

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

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



Family & Community Support Services
CITY OF FORT SASKATCHEWAN

fortsask.ca/FCSS

fortsask.ca/GoLeisure



CITY OF
FORT SASKATCHEWAN