

June is Recreation and Parks Month

Join the fun in Fort Saskatchewan!

Explore,
Exercise,
and Enjoy!

Activities Start June 1

Activity Highlights

Enjoy Parks and Trails
Family Activities & Fitness Classes
Events All Month Long

Visit fortsask.ca/JRPM for more info.
Activities suitable for various age groups.
Check specifics.



Geocaching

Geocaching is like a treasure hunt using GPS coordinates.

Here's how to participate:

- Use the posted coordinates to navigate to geocache locations (use your phone's map or GPS app).
- Choose one or a few locations, you don't have to visit them all!
- Search the area carefully, containers may be hidden in plain sight.
- Open the container and check out the small prizes inside.
- Take one item only (please)
- Return the container exactly as you found it so others can enjoy the experience.

Location 1
Strachan's Landing
53.717100, -113.214200

Location 2
Bridge over river
53.705668, -113.233096

Location 3
Chabot Trail
53.701549, -113.236594

Location 4
Boat Launch Outlook
53.686596, -113.270748

Location 5
WRE Pond
53.683809, -113.274758

Location 6
River Outlook
53.675840, -113.291869

Location 7
Pryce Alderson Park
53.684675, -113.254807

Location 8
JD Maclean Park
53.686497, -113.241860

Location 9
Carscadden Park
53.696592, -113.229109

Location 10
Heritage Trails Park
53.706663, -113.225510

Location 11
Jubilee Park
53.703772, -113.210951

Location 12
River Road Outlook
53.730972, -113.199133

Location 13
Don Westman Park
53.685171, -113.207320

Location 14
Allard Storm Pond Bridge
53.686193, -113.212107

Location 15
Henderson Park Soccer
53.681761, -113.229636

Location 16
DCC Sign
53.684661, -113.238488

Location 17
Lesley Macmillan Park
53.676117, -113.228380

Location 18
Ridgeland Way Park
53.678328, -113.242910

Location 19
Greenfield Trail
53.686400, -113.227847

Location 20
Woodsmere Close Park
53.677262, -113.258825



CITY OF
FORT SASKATCHEWAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 GEOCACHING	2 GEOCACHING Free Drop-in Fitness Tabata <i>DCC ATCO Gymnasium</i> 9:00 - 9:45 am	3 GEOCACHING Free Drop-in Basketball 2:00 - 5:30 pm Free Drop-in Deep Water Aquasize <i>Harbour Pool</i> 8:00 - 9:00 pm	4 GEOCACHING Free Drop-in Fitness Spin & More <i>Apple Fitness Centre</i> 6:00 - 6:45 am	5 GEOCACHING Free Drop-in Fitness Yoga <i>DCC Flexhall</i> 12:05 - 12:50 pm	6 GEOCACHING Legacy Park Family Festival 11:00 am - 4:00 pm <i>Sheep arriving parade @ 1:00 pm</i>
7 GEOCACHING Free Drop-in Badminton <i>DCC ATCO Gymnasium</i> 4:00 - 5:00 pm	8 GEOCACHING Free Drop-in Fitness Pure Strength <i>DCC ATCO Gymnasium</i> 6:00 - 6:45 pm	9 GEOCACHING Free Drop-in Soccer 3:00 - 4:30 pm	10 GEOCACHING Free Drop-in Fitness Silver Strong <i>DCC NUTRIEN</i> <i>Soccer Field</i> 9:00 - 9:45 am	11 GEOCACHING Free Drop-in Pickleball 1:00 - 3:00 pm Free Pop Up & Play* 5:00 - 7:00 pm	12 GEOCACHING	13 GEOCACHING Free Drop-in Fitness HIIT it Hard <i>DCC ATCO Gymnasium</i> 8:30 - 9:15 am
14 Free Drop-in Basketball <i>DCC ATCO Gymnasium</i> 12:00 - 3:45 pm	15 Free Drop-in Fitness Circuit <i>DCC ATCO Gymnasium</i> 9:00 - 9:45 am	16 Free Drop-in Fitness Yoga <i>DCC Flexhall</i> 10:00 - 10:45 am	17 Free Drop-in Badminton <i>DCC ATCO Gymnasium</i> 2:00 - 3:30 pm Early Bird Aquasize <i>Harbour Pool</i> 6:30 - 7:30 am	18 Free Drop-in Sit Fit for Health <i>DCC ATCO Gymnasium</i> 10:00 - 10:45 am Free Pop Up & Play* 5:00 - 7:00 pm	19	20 Free Drop-in Volleyball 12:45 - 1:45 pm Free Pop Up & Play* 10:00 - 12:00 pm
21 Free Drop-in Fitness Tabata <i>DCC ATCO Gymnasium</i> 9:00 - 9:45 am	22	23 Free Drop-in Kinder Time 10:00 - 11:30 am Free Drop-in Deep Water Aquasize <i>Harbour Pool</i> 12:00 - 1:00 pm	24 Free Drop-in Fitness Pure Strength <i>DCC ATCO Gymnasium</i> 6:00 - 6:45 pm	25 Free Drop-in Fitness Spin & more <i>Apple Fitness Centre</i> 6:00 - 6:45 am Free Pop Up & Play* 5:00 - 7:00 pm	26 Free Drop-in Fitness Silver Strong <i>DCC NUTRIEN</i> <i>Soccer Field</i> 9:00 - 9:45 am	27
28	29 Free Drop-in Tot Time 8:30 - 11:00 am Shallow Water Aquasize <i>Harbour Pool</i> 12:00 - 1:00 pm	30 Free Drop-in Fitness Circuit <i>DCC ATCO Gymnasium</i> 6:00 - 6:45 pm	NOTE: Parental supervision is required for all Pop Up and Plays as well as all Family fitness classes! Spontaneous Gym time: 7 years and younger must be accompanied by a responsible person 14 years of age or older. All other Fitness Classes: Ages 15 years and older 12 - 14 years old who completed ONE & DONE			

*Nature's Playground - behind the old Fort.

Free Drop-in Fitness

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

Hiit it Hard: High-intensity interval training designed to make you sweat and boost fitness.

Pure Strength: Build muscle with this strength focused class—no cardio included.

Silver Strong: Improve strength, balance, and flexibility with this total body workout for active agers.

Sit Fit for Health: Functional strength and stretch movements while seated or chair assisted for all fitness levels.

Spin & More: challenge your mind and body with a combination of cycling and strength conditioning moves.

Stretch it Out: Improve flexibility, circulation, and posture with this full-body stretch class.

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

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

Drop-in Aquatic Classes

Aquasize: Aquasize is a low-impact fitness class held in both shallow and deep water, designed to improve strength, flexibility, and cardiovascular health. With water's natural resistance and buoyancy, it's a great workout for all fitness levels, including those with joint concerns.