

WINTER 2024 COMMUNITY GUIDE

# FIND YOUR PERFECT PROGRAM



**RESIDENT  
REGISTRATION  
STARTS**

**DEC**

**7**



[activeokotoks.ca](https://activeokotoks.ca) 403-938-8954

# WINTER REGISTRATION DATES

TOWN OF OKOTOKS  
& FOOTHILLS COUNTY  
**RESIDENT**

**NON  
RESIDENT**

DEC

7

8 AM

DEC

14

8 AM



## EASY WAYS TO REGISTER



### ONLINE

[activeokotoks.ca](http://activeokotoks.ca)

Active Okotoks is our online guide to activities, programs and resources in Okotoks. Visit [activeokotoks.ca](http://activeokotoks.ca) today to find information on all things programs and recreation!

To create a new account please visit [activeokotoks.ca](http://activeokotoks.ca) prior to registration day and click on "Create Account."



### PHONE

403-938-8954



### WALK IN

#### Okotoks Recreation Centre

##### Customer Experience Hours

Monday - Friday	5:30 a.m. - 9:30 p.m.
Saturday	7:00 a.m. - 6:00 p.m.
Sunday	8:00 a.m. - 4:30 p.m.

Visit [activeokotoks.ca](http://activeokotoks.ca) for up-to-date, daily schedules.

### BEFORE REGISTRATION DAY

To avoid any delays when registering for the programs you've selected, we encourage you to confirm your account login information ahead of time.

If you are a resident of Okotoks or Foothills County, make sure that you have a "Foothills County and Okotoks Resident Pass" showing up on your Active Okotoks account under your "Memberships". This will allow you to access the early resident registration date.



DON'T  
FORGET TO  
CREATE YOUR  
ACTIVE  
OKOTOKS  
ACCOUNT!



ID#

### REGISTERING ONLINE?

Search using the **COURSE ID** in **activeokotoks.ca** – it's the **EASIEST** way to register and takes you directly to your course registration page!

WATCH FOR  
**FACILITY  
LOCATIONS**  
THROUGHOUT  
THE GUIDE!

LOCATION LEGEND	
ORC	Okotoks Rec Centre
SCC	Southside Community Centre
CA	Centennial Arenas
	ONLINE

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# OKOTOKS RECREATION CENTRE

EVERYTHING  
UNDER  
ONE ROOF,  
FOR ONE  
PRICE!

## WELCOME

The Recreation Centre is home to 2 indoor pools, a hot tub and sauna, a state-of-the-art fitness centre and studio, ice arenas, curling rink, a child-minding service, youth centre and hard court gymnasium.

## HOURS

Monday – Friday	5:30 a.m. - 10:00 p.m.
Saturday	7:00 a.m. - 6:00 p.m.
Sunday	8:00 a.m. - 5:00 p.m.

We are open most Statutory Holidays.

Visit [activeokotoks.ca](http://activeokotoks.ca) for up-to-date hours, and daily schedules.

*Hours of operation are subject to change.*



## CONTACT

99 Okotoks Drive, Okotoks AB, T1S 1K1

<b>Online Drop-in Rec Schedule</b>	<a href="http://activeokotoks.ca">activeokotoks.ca</a>
<b>Program &amp; Swim Lesson Registration</b>	403-938-8954

### Staff, Program Area and Bookings

Recreation Customer Experience	403-938-8954 <a href="mailto:okrec@okotoks.ca">okrec@okotoks.ca</a>
Aquatics	<a href="mailto:aquatics@okotoks.ca">aquatics@okotoks.ca</a>
Programs	<a href="mailto:programs@okotoks.ca">programs@okotoks.ca</a>
Events	<a href="mailto:events@okotoks.ca">events@okotoks.ca</a>
Room rentals & Gymnasium	403-995-6334 <a href="mailto:okbookings@okotoks.ca">okbookings@okotoks.ca</a>
Curling Rink Rentals (May-Aug)	403-995-2785
Arena Rentals	403-995-2785 <a href="mailto:arenabookings@okotoks.ca">arenabookings@okotoks.ca</a>
Outdoor Spaces	403-995-2786 <a href="mailto:outdoorbookings@okotoks.ca">outdoorbookings@okotoks.ca</a>
Okotoks Centennial Arenas	403-995-6330

# RECREATION FEE ASSISTANCE OPTIONS



The following Services offer subsidies to participate in recreational activities. Income guidelines apply. Please contact the provider for more information.

## Kidsport Okotoks

587-433-5437 (KIDS) | [www.kidsport.ab.ca](http://www.kidsport.ab.ca)

Supports recreation for children 18 and under. Families may qualify for up to \$600 yearly per child. Okotoks youth register through Okotoks Chapter and surrounding areas register through Calgary Chapter.

## Okotoks Family Resource Centre: Recreation Fee Assistance

403-995-2626 | [www.okotoks.ca/rec-fee-assistance](http://www.okotoks.ca/rec-fee-assistance)

You can apply online today. This program supports children from three months to 18 years of age. Qualified residents receive up to 80% off most Town of Okotoks programs, recreation passes and admissions.

## Canadian Tire Jumpstart

403-938-8955 | [www.jumpstart.canadiantire.ca](http://www.jumpstart.canadiantire.ca)

Funding is available to support children ages 4 to 18 years old who are participating in sports and recreation. Only sustained activities are funded, including sports camps running for a minimum of five consecutive days, or sports and recreational activities running for a minimum of five weeks. Apply online: funding subject to availability.

## Waiting Lists

If a program is full, express your interest by putting your name on the wait list. New classes are added based on wait list numbers. You will be contacted if a space becomes available or an additional class is scheduled.

## Cancellations

All classes/courses are subject to cancellation if there are insufficient registrations. We will notify you once a cancellation decision has been made. If the Town of Okotoks cancels a program, you are entitled to a full refund or you may register for another program, space permitting.

## Withdrawals

If you withdraw from a class/course at least seven days before the start date, a 10% cancellation fee, per registration, will be applied to your refund or credit. No credit will be issued if the withdrawal occurs less than seven days from the start date or after a program starts, except for medical reasons (physician's note required). Withdrawal from programs for medical reasons will be effective from the date of the note and must be received by the Customer Experience team prior to the program end date.

## Credits and Refunds on Account

If a course cancellation, withdrawal or transfer results in a credit, the credit can be refunded. Credits can also be applied towards another Town activity or transferred to an Okotoks Recreation Centre/Okotoks Art Gallery gift card. Credits expire one year from the date that the credit was issued. For credits over \$50, we will make every effort to contact you prior to the expiration but any unclaimed credits will be cleared to zero from your account. Unused credits under \$50 will automatically be cleared to zero from your account upon expiry.

# OKOTOKS RECREATION CENTRE

GET THE  
BEST  
RECREATION  
PASS  
FOR YOU!

## FACILITY AMENITIES & BENEFITS

### AQUATICS CENTRE

- 4x 25m lane leisure pool with tot area (32 °C)
- 6x 25m lap pool (28 °C)
- 40-person, wheelchair accessible hot tub
- Dry sauna
- One metre diving board, tarzan rope & inflatable toys
- Aqua fitness, self-directed fitness and warm water fitness classes
- Lane swim
- Public swim and toonie swim
- Portable wheelchair lift
- Easy access stairs
- Viewing area
- Rental opportunities

### OUTDOOR AMENITIES

- Water spray park
- Skateboard park
- Outdoor ice rink
- Free parking
- 2 Baseball diamonds
- 1 Playing field
- Outdoor track

### ARENA

- 2 NHL sized hockey arenas (Murray & Piper Arenas)
- Public Skate

### CENTENNIAL ARENAS (located at 204 Community Way)

- 2 NHL sized hockey arenas (Gold & Green Arenas)
- Shinny hockey
- Sledge hockey
- Free leisure ice
- 3 Meeting rooms (available to rent)
- Walking track

### SPECIALTY AREAS

- Kindercare
- Youth centre
- Food services with healthy food choices
- Large change rooms, including inclusive change room
- Wheelchair accessible facility

### FITNESS

- State-of-the-art fitness facility, open 7 days
- 30+ drop-in fitness classes a week
- Technogym cardio equipment
- Spin studio
- 1,100 square-foot exercise studio
- 1 gymnasium for drop-in basketball, volleyball, badminton and pickleball
- Rental opportunities

### RECREATION CUSTOMER EXPERIENCE TEAM

- Facility pass sales, program registrations and facility admissions
- Facility rentals (indoor & outdoor)
- Pro-shop (aquatic & arena items)
- Free wallet lockers





## ADMISSION

All facility passes include admission to drop-in skating, swimming and gymnasium times, plus membership to the state-of-the-art Natural High Fitness Centre and access to over 30 weekly dry land and aquatic fitness classes.

Payment plan options are available for **ANNUAL PASSES**

Call 403-938-8954 for more information

	DAILY RATE	10X PASS	1 MONTH	3 MONTH	ANNUAL
<b>Adult</b> (18-59 years)	\$9.00	\$81.00	\$63.25	\$176.50	\$602.25
<b>Senior</b> (60+ years)	\$7.00	\$63.00	\$51.50	\$143.50	\$490.00
<b>Youth*</b> (12-17 years)	\$7.00	\$63.00	\$51.50	\$143.50	\$490.00
<b>Child</b> (6-11 years)	\$3.75	\$33.75	\$29.25	\$81.50	\$180.50
<b>Preschool</b> (3-5 years)	\$2.50	\$22.50	\$14.50	\$40.75	\$90.25
<b>Tiny Tot</b> (under 3 years)	FREE	-	-	-	-
<b>Family**</b> 1 adult	-	-	-	-	\$872.50
<b>Family**</b> 2 adults	\$18.00	\$162.00	\$151.50	\$422.75	\$1204.50

\*Includes students attending post secondary with a valid student ID.

\*\* Family is defined as 1 or 2 adults and their dependant youth or children living in the same household.

Rates effective January 1, 2024 (subject to change at council's discretion).

Daily and 10x pass fees includes GST.

All facility pass holders must carry a facility pass card to access all areas.

**FREE & REDUCED REC!**

FOR MORE INFO VISIT

[activeokotoks.ca](http://activeokotoks.ca)

CONVERT TO AN ANNUAL PASS to get the most bang for your buck!

### ANNUAL PASS EXTRAS

- 15% discount on most registered community, aquatic and Natural High programs (exclusions apply).
- Renew your annual pass before it expires and get 1 month FREE
- 15% discount on all pro shop items
- 15% discount on personal training at Natural High Fitness
- Ability to suspend pass for up to 90 days

### FREE

DROP-IN  
Family Day

### FREE

SWIM  
Wednesdays 7:00 - 8:00 p.m.

### FREE

Leisure Skating  
60+ Hours a week

### TOONIE

SWIM

Visit [activeokotoks.ca](http://activeokotoks.ca) for days and times.

\$2.00 admission for children, youth, seniors and adults. Children under 3 ALWAYS free!

### FREE

TWEEN AND YOUTH HANGOUTS

Monday to Thursday, 3:30 - 6:30 p.m.  
Supervised youth activities for ages 8 to 17 in Youth Centre or Gymnasium.

### FREE

YOUTH NIGHT

Friday, 6:00 - 10:00 p.m.  
Supervised youth activities for ages 12 - 17 in gymnasium, Youth Centre and swimming pool.

# OKOTOKS RECREATION CENTRE

## FITNESS CENTRE

In Partnership with Natural High Fitness, the Recreation Centre houses a state-of-the-art fitness facility. With competitive prices, flexible payment plans, pass suspension options for annual passholders, corporate memberships, multiple family pass options, and access to the entire facility this is the BEST fitness value in town.

### FACILITY PASS + DROP IN CLASS ACCESS

With any facility pass choose from 30+ drop-in fitness classes each week!

Some examples include: Spin, Spin & Power, Total Body Conditioning, Core & Restore and Yin Yoga.

### YOUTH ACCESS

Youth 12 years of age and older are invited to use the fitness centre anytime!

Children 6 to 11 years of age can also access the fitness centre anytime under the following guidelines:

- Direct parental or guardian (over the age of 18) supervision is required at all times
- Available with a Family Pass or by purchasing a youth drop-in pass

## Natural High Fitness

### HOURS

Monday - Thursday	5:30 a.m. - 10:00 p.m.
Friday	5:30 a.m. - 8:00 p.m.
Saturday	7:00 a.m. - 6:00 p.m.
Sunday	9:00 a.m. - 4:00 p.m.
Statutory Holidays	CLOSED

*Hours of operation are subject to change.*

**TRY OUT  
THE  
RECREATION  
CENTRE!**



**ENJOY A  
10-DAY  
TRIAL PASS\***

This one-time pass includes access to the Natural High Fitness Centre, all drop in fitness classes, swimming pools, hot tub, dry sauna, drop in skating, and drop in gym times.

*\*Valid for one-time use. Offer not eligible to past or current passholders. Can not be used with any other discount offer. Pass valid for 10 consecutive days upon initial visit. No cash value.*








# COMMUNITY PROGRAMS

Find a wide variety of community programs and course options for you! Register for programs by heading to [ActiveOkotoks.ca](http://ActiveOkotoks.ca), by calling the Recreation Customer Experience team at 403-938-8954 or by visiting the Okotoks Recreation Centre located at 99 Okotoks Drive and speaking with the Recreation Customer Experience team.

## LOCATION LEGEND

- |  |                            |
|--|----------------------------|
| ORC  | Okotoks Rec Centre         |
| SCC  | Southside Community Centre |
| CA   | Centennial Arenas          |
|  | ONLINE                     |

### Calling all parents, guardians and caregivers!

If you're bringing the kiddos to a class or program at one of our facilities, be sure to check out our drop-in schedule at [activeokotoks.ca](http://activeokotoks.ca) and treat yourself to a dip in the pool, free-play in the gymnasium, or a workout in the fitness centre while you wait.



## OLDER ADULT & RESTORATIVE

PROGRAM	DATES	DAY	TIME	# CLASSES	COST	LOCATION	COURSE ID
55+ Core & Restore	Jan 9-Mar 26	Tue	10:15 AM-11:15 AM	12	\$100.80	ORC	20552
	Jan 9-Mar 26	Tue	10:15 AM-11:15 AM	12	\$75.60		20553
55+ Dance Fitness	Jan 11- Feb 15	Thu	2:00 PM-2:45 PM	6	\$37.80	ORC	20283
	Jan 11-Feb 15	Thu	2:00 PM-2:45 PM	6	\$28.38		20284
	Feb 22-Mar 28	Thu	2:00 PM-2:45 PM	6	\$37.80	ORC	20730
	Feb 22-Mar 28	Thu	2:00 PM-2:45 PM	6	\$28.38		20731
55+ Drum Fitness	Jan 8-Feb 12	Mon	11:45 AM-12:45 PM	6	\$50.40	ORC	19478
	Jan 11-Feb 15	Thu	10:15 AM-11:15 AM	6	\$50.40	ORC	19477
	Jan 11-Feb 15	Thu	11:30 AM-12:30 PM	6	\$50.40	ORC	19476
	Feb 22-Mar 28	Thu	10:15 AM-11:15 AM	6	\$50.40	ORC	20727
	Feb 22-Mar 28	Thu	11:30 AM-12:30 PM	6	\$50.40	ORC	20728
	Feb 26-Mar 25	Mon	11:45 AM-12:45 PM	5	\$42.00	ORC	20726
55+ Fitness	Jan 9-Mar 26	Tue 	11:30 AM-12:30 PM	12	\$100.80	ORC	20735
	Jan 11-Mar 28	Thu	11:00 AM-12:00 PM	12	\$100.80	ORC	19480
	Jan 11-Mar 28	Thu	11:00 AM-12:00 PM	12	\$75.60		19481
55+ Strength & Stability for Men	Jan 9-Mar 26	Tue	9:00 AM-10:00 AM	12	\$100.80	SCC	19484
55+ Strength Training Circuit 	Jan 10-Feb 14	Wed	9:00 AM-9:45 AM	6	\$37.80	ORC	20699
	Feb 21-Mar 27	Wed	9:00 AM-9:45 AM	6	\$37.80	ORC	20724
55+ Yoga	Jan 8-Mar 25	Mon	10:00 AM-11:00 AM	11	\$92.40	ORC	19487
	Jan 8-Mar 25	Mon	10:00 AM-11:00 AM	11	\$69.30		19489
	Jan 16-Mar 26	Tue	11:00 AM-12:00 PM	11	\$92.40	SCC	19488
55+ Yoga for Men	Jan 12-Mar 22	Fri	9:00 AM-10:00 AM	11	\$92.40	SCC	19485
	Jan 12-Mar 22	Fri	9:00 AM-10:00 AM	11	\$69.30		19486
Living Well: Exercise for Quality of Life	Jan 8-Mar 25	Mon	12:30 PM-1:30 PM	11	\$92.40	ORC	19529
Living Well: Strength & Stretch	Jan 11-Mar 28	Thu	10:15 AM-11:15 AM	12	\$100.80	SCC	20154

SEE PAGE 11 FOR COURSE DESCRIPTIONS

## Fitness & Wellness

### 55+ Core & Restore

This class will take you on a journey with gentle yoga poses, deep core activation, core strength through engaging with specific core-related poses, while incorporating breath and relaxation. All levels are welcome. Instructor: Shawna Kotyk.

### 55+ Dance Fitness

Come and “feel the beat” in this easy-to-follow, upbeat dance fitness class where you will be moving and shaking to old and new pop and Latin tunes! Choreography will focus on balance and coordination. No experience necessary, but must love having fun and not taking yourself too seriously! Instructor: Emelia Jager!

### 55+ Drum Fitness

Move and groove to a different beat, drumming out some of your old favorite tunes, and some new ones too. This instructor-led class involves gentle upper and lower body rhythmic drumming movements on a physio ball while seated! Coordination, musicality, memory/cognition, fitness and all-round fun are some of the benefits you will experience! Join with your friends, or come and make some new ones! No experience necessary. Instructor: Emelia Jager.

### 55+ Fitness NEW TIMES ADDED!

Have fun in a social and supportive environment! This is a moderate fitness class targeting the 55+ population or those who prefer a gentle pace with exercises that are easy to follow. Classes include exercises for improving strength, flexibility, balance and cardiovascular fitness. Yoga mat required. Instructor: Shawna Kotyk.

### 55+ Strength & Stability for Men

You can't go wrong with getting strong! A Sports Medicine 2020 research study reported that only 6% of men over 50 get the recommended amount of strength training to maintain functional fitness. In this fun class, you will build strength, increase flexibility, and boost stability so you can maintain your health and independence. Physical activity is the number one contributor to longevity, so sign up today and bring a buddy. It's not just about adding years to your life...but also life to your years! Instructor: Carolyn Sterenberg.

### 55+ Strength Training Circuit NEW!

This 45 minute circuit-style class is suited for the active older adult that would like to increase strength, balance and stability, to help improve the demands that daily life can bring. You will use free weights, resistance bands and body weight in this fun group fitness class. Note: this class will incorporate mat work. Instructor: Keeley McLeod.

## REGISTERING ONLINE?

Search using the **COURSE ID** in **activeokotoks.ca** – it's the **EASIEST** way to register and takes you directly to your course registration page!

### 55+ Yoga

Immerse yourself in a kind, supportive and social environment. Learn gentle ways to keep your joints moving, muscles flexible and your mind relaxed. All levels welcome and options are provided to create a safe and comfortable experience. Yoga mat required. Instructor: Shawna Kotyk.

### 55+ Yoga for Men

This class is designed to introduce men to yoga, reduce stress and release muscular holding patterns that are typical in men's bodies. A yoga class that is a good place to start, grow into or come join with experience. Increase flexibility and add strength as we flow through class together. Yoga mat required. Instructor: Shawna Kotyk.


### Living Well: Exercise for Quality of Life

Exercise in a safe, supportive and motivating group environment. You will gain confidence as you're introduced to a variety of gentle exercises. Each class includes a warmup, strength and balance exercises, access to cardio equipment and weight machines (optional), plus stretching and cool-down. Participants with mobility aids are welcome in this class and modifications are provided, including option to exercise from a chair.

### Living Well: Strength & Stretch

This gentle class will offer a supportive, encouraging and fun environment where you will strengthen and stretch your whole body through the use of a variety of simple equipment, as well as body weight exercises. Balance exercises for fall prevention will also be incorporated into each class. Exercises can be done standing or seated in a chair. Participants that require walkers or canes are welcome to join!

#### LOCATION LEGEND

ORC	Okotoks Rec Centre
SCC	Southside Community Centre
CA	Centennial Arenas
	ONLINE



## ADULT

PROGRAM	DATES	DAY	TIME	# CLASSES	COST	LOCATION	COURSE ID
Brain Boost	Feb 7-Mar 6	Wed	6:30 PM-8:00 PM	5	\$112.50	SCC	19497
Language: French for Beginners	Jan 18-Mar 7	Thu	7:00 PM-8:30 PM	8	\$120.00	SCC	19513
Money Management 101 <b>NEW!</b>	February 28	Wed	7:00-8:30 PM	1	\$10.00	ORC	20760
Adult Floor Hockey Co-ed (16Y+)	Jan 7-Mar 24	Sun	7:30-9:00 PM	12	\$120.00	ORC	20759
Diversity Dance	Jan 11-Mar 28	Thu	1:00 PM-1:45 PM	12	\$75.60	ORC	19506
Learn to Skate (16Y+)	Jan 15-Feb 12	Mon	11:00 AM-12:00 PM	5	\$62.50	ORC	19491
	Feb 26-Mar 25	Mon	11:00 AM-12:00 PM	5	\$62.50	ORC	19492
Pickleball: Introduction (16Y+)	Jan 10-Mar 27	Wed	7:30 PM-9:00 PM	12	\$132.00	ORC	20163
Pickleball: Intermediate (16Y+)	Jan 11-Mar 28	Thu	7:00 PM-8:30 PM	12	\$120.00	ORC	20162
Tai Chi: Beginner Level 1	Jan 8-Mar 25	Mon	6:30 PM-7:30 PM	11	\$143.00	ORC	20761
Tai Chi: Intermediate	Jan 10-Mar 27	Wed	6:30 PM-7:30 PM	12	\$156.00	ORC	20762

SEE PAGE 13 FOR COURSE DESCRIPTIONS

### Okotoks Memory Café



Compassion. Connection. Resources – that's what Okotoks Memory Café is about. For people dealing with memory loss and their caregivers, this is an opportunity to meet for mutual support.

Join us on the **first Wednesday of every month from 1:00 to 2:30 p.m.** at the Okotoks & District Seniors Club, #4, 204 Community Way.

For more information, please contact 403-995-2772 or email [tchurch@okotoks.ca](mailto:tchurch@okotoks.ca)



### SOCIAL CAFÉ

Looking for opportunities to stay connected to your community? **Watch for upcoming social cafés starting in Spring 2024!** These gatherings will include a variety of learning and connection opportunities and are open to all.

## Personal Development and General Interest

### Brain Boost

Learn to reduce your risk of cognitive decline and maximize your brain health. Jennifer Mallamo (B.Kin.) will coach you to implement wellness approaches related to inflammation, nutrition, lifestyle, detoxification and sleep. This course is engaging, interactive and hands-on, and filled with stress-relieving laughter!

### Language: French for Beginners


Voulez-vous apprendre le français? Early acquisition of good pronunciation, basic vocabulary and verbs will be a priority in this beginner course. Designed for the novice or for those wishing to refresh their language skills, this course will also appeal to parents of French Immersion students as they seek to understand what their children are learning. Instructor: Kristel Boon.

### Money Management 101 NEW!

Did you miss out on some critical money management lessons in your youth that are now impacting your life in a challenging way? Register for this seminar and hear from a Certified Financial Planner who will discuss simple money concepts from budgeting to credit, and help you understand the best way to save money. This interactive seminar will also consider bigger picture financial planning and what yours should look like, and leave time for questions.



#### LOCATION LEGEND

ORC	Okotoks Rec Centre
SCC	Southside Community Centre
CA	Centennial Arenas
	ONLINE

## Dance & Sport

### Adult Floor Hockey Co-ed (16Y+)

For a good hockey workout, join our co-ed adult floor hockey program. Pre-registration is required.

### Diversity Dance

This easy-to-follow, pop and Latin inspired dance fitness class is geared to meet the specific needs of the participants. A high energy class that keeps you fit while having F-U-N! Note: Aide must accompany each participant to all classes. Instructor: Emelia Jager.

### Learn to Skate (16Y+)

Continuing to enhance ones physical literacy will result in being Active for Life in this adult program. Whether you are a brand new skater or wanting to hone your skating skills, this class is for you. From the basics to backward crossovers, an instructor is on the ice to provide instruction. A CSA-approved skating helmet is mandatory.

### Pickleball: Introduction (16Y+)

Pickleball is a low impact racquet sport suitable for beginners. In this introductory course, you will learn and practice basic skills and rules, as well as have opportunities for game play. Improve your balance, agility and hand-eye coordination in a fun, encouraging and social environment. Course instruction & mentoring provided for first 8 weeks of course. Paddles and balls provided. No experience necessary.

### Pickleball: Intermediate (16Y+)

Take your Pickleball game to the next level as you continue to hone your skills and increase game play time. This self-directed, recreational course is suitable for those with some instructional experience and a good understanding of game play rules. Participants will work together to set up a round robin schedule at the start of each class. Paddles and balls provided. No instructor.

### Tai Chi: Beginner Level 1

Tai Chi is a Chinese martial art form that benefits the body, mind and spirit. This course is for those that want to learn and practice the sequence of continuous flow movements. Instructor: Andrea Siqueira.

### Tai Chi: Intermediate

This class is for students who are ready to take their Tai Chi practice to the next level. You will learn new movements while staying committed to those previously-learned. Come discover what's in store and keep your beautiful Chi flowing! Prerequisite: Completion of at least one beginner level Tai Chi. Instructor: Andrea Siqueira.

## ADULT

PROGRAM	DATES	DAY	TIME	# CLASSES	COST	LOCATION	COURSE ID
Barre Fitness <b>NEW!</b>	Jan 10-Feb 14	Wed	10:00 AM-11:00 AM	6	\$66.00	ORC	20713
	Feb 21-Mar 27	Wed	10:00 AM-11:00 AM	6	\$66.00	ORC	20725
Diversity Yoga	Jan 17-Mar 27	Wed	1:00 PM-2:00 PM	11	\$92.40	SCC	19573
Meditation for Well-Being	Jan 15-Mar 25	Mon	7:15 PM-8:15 PM	10	\$100.00	SCC	19530
Mom Strong	Jan 8-Feb 12	Mon	10:00 AM-11:00 AM	6	\$66.00	ORC	20155
	Feb 26-Mar 25	Mon	10:00 AM-11:00 AM	5	\$55.00	ORC	20156
Pound® Family Fitness	Jan 15-Mar 25	Mon	6:15 PM-7:00 PM	10	\$82.50	SCC	20182
Restorative Yin Yoga <b>NEW!</b>	Jan 16-Mar 26	Tue	7:45 PM-8:45 PM	11	\$121.00	SCC	20739
Strength & Core Fitness Combo	Jan 11-Mar 28	Thu	7:00 PM-8:00 PM	12	\$132.00	ORC	19560
Strength & Stretch Combo	Jan 8-Mar 25	Mon	10:30 AM-11:30 AM	11	\$121.00	ORC	20184
	Jan 8-Mar 25	Mon	10:30 AM-11:30 AM	11	\$90.75		20185
Strollers & Strength	Jan 17-Feb 21	Wed	10:45 AM-11:45 AM	6	\$66.00	ORC	20740
	Feb 28-Mar 27	Wed	10:45 AM-11:45 AM	5	\$55.00	ORC	20753
Tone it Up! Fitness	Jan 9-Mar 26	Tue	6:30 PM-7:30 PM	12	\$132.00	ORC	20160
Women's Health: Yoga & Pelvic Floor Restore	Jan 12-Mar 22	Fri	10:15 AM-11:15 AM	11	\$143.00	SCC	19571
Yoga for Beginners	Jan 16- Mar 26	Tue	6:30 PM-7:30 PM	11	\$121.00	SCC	20277
Zumba® Dance Fitness	Jan 11-Mar 21	Thu	5:00 PM-6:00 PM	11	\$110.00	CA	19578

SEE PAGE 15 FOR COURSE DESCRIPTIONS



## Fitness & Wellness

### Barre Fitness

NEW!

Barre will challenge all levels of fitness in a unique Pilates and ballet-inspired class. You will use a combination of hand weights, body weight and resistance bands to tone your full body through a series of exercises that focus on strength, flexibility and balance. No prior fitness experience necessary. Instructor: Keeley McLeod.

### Diversity Yoga

This is a FUN class with great energy in a welcoming environment! You will be strengthening core muscles, calming the nervous system, reducing muscular fatigue, improving your flexibility as you move through a series of interesting poses in a relaxed environment. Note: An aide must accompany each registrant to class. Yoga mat required. Instructor: Shawna Zylstra.

### Meditation for Well-Being

Are you carrying heavy burdens that seem overwhelming or looking for ways to decompress from stressful circumstances? This class will incorporate elements of breath, movement and meditation as a means of building resiliency and strength, mentally, emotionally and physically, while improving overall well-being and quality of life. Instructor: Tamara Boivin.

### Mom Strong

Calling all moms who want an opportunity to connect with their littles and other moms while also getting stronger! Workouts will be set up to maximize the opportunity to build strength and stamina in a fun and social atmosphere. This course also provides modifications for prenatal and postpartum fitness. \*Consider signing up for the Strollers & Strength class on Wednesdays to complement your workout routine. Instructor: Keeley McLeod.

### Pound® Family Fitness

Join Tamara Boivin for this 45 minute family-friendly, fun, energized, fitness class that will have you moving and grooving to the beat with Pound® fitness using lightly-weighted drumsticks. No experience necessary. Bring water bottle and yoga mat to class. All children must be at least 6 years old to participate and must register. No charge for child/youth registrants. Adult must accompany child/youth to every class.

### Restorative Yin Yoga

NEW!

Relax and restore your body in this gentle class where you will use props to support your body in lengthening shapes for gentle holds. Poses in this class are done either seated or lying down, and are geared towards nurturing your connective tissues and joints as you release the stress of the day and wind down for the evening. Yoga mat required. Instructor: Shawna Zylstra.

### Strength & Core Fitness Combo

A fun and challenging full body workout that will incorporate a variety of equipment and body weight for an all-around, full body workout. Instructor: Sarah Reader.

### Strength & Stretch Combo

Build strength and improve flexibility in this one hour combo class. Using a variety of equipment and body weight exercises, you will be led through a challenging and balanced workout. No experience necessary! Yoga mat required. Instructor: Emelia Jager .

### Strollers & Strength

Join in on this active, fun and social class as you workout with your stroller and baby! This fitness class combines cardio with strength training exercises, and offers flexibility to allow each participant to work at their own fitness level. Instructor: Tina Harris.

### Tone it Up! Fitness

Get ready to tone your body from head to toe! This class will incorporate a combination of cardio and strength moves that are not only effective, but fun too! You will get the blood pumping as you work to increase metabolism, while toning muscles and building strength. Gain confidence in your own abilities as you maintain or improve your overall health. Instructor: Sarah Reader.

### Women's Health: Yoga & Pelvic Floor Restore

Enjoy the benefits of this gentle yoga class, combined with the benefits of effectively targeting and strengthening the deep core muscles. Improve balance and posture, reduce muscle imbalance, and create spinal stability. Create length, strength and relaxation as you learn the importance of using the breath within the yoga and pelvic floor exercises. Yoga mat required. Instructor: Shawna Kotyk.

### Yoga for Beginners

Be introduced to the basic poses of yoga in a safe and attentive environment. The focus is on practicing correct alignment so that you will learn how to move into, and release poses safely. By the end of the program, you will feel comfortable to join any yoga class. Instructor: Shawna Zylstra.

### Zumba® Dance Fitness

An energizing dance fitness class featuring Latin, North American Top 40 and international music for a fun workout! You will burn lots of calories and have a great time doing it! All body types and fitness levels welcome! Instructor: Janine Rempel.

## CHILDREN & YOUTH

PROGRAM	DATES	DAY	TIME	# CLASSES	COST	LOCATION	COURSE ID
<b>Badminton (7-11Y)</b>	Jan 10-Mar 27	Wed	4:15 PM-5:15 PM	11	\$92.40	ORC	19494
<b>Badminton (12-15Y)</b>	Jan 10-Mar 27	Wed	5:15 PM-6:15 PM	11	\$92.40	ORC	20733
<b>Basketball (11-15Y)</b>	Jan 10-Mar 27	Wed	6:30 PM-7:30 PM	11	\$92.40	ORC	19496
<b>Homeschool Skate (6-12Y)</b>	Jan 18-Feb 15	Thu	9:30 AM-10:15 AM	5	\$52.50	ORC	19511
	Feb 29-Mar 28	Thu	9:30 AM-10:15 AM	5	\$52.50	ORC	19512
<b>Rec Skate (6-12Y)</b>	Jan 17-Feb 14	Wed	5:55 PM-6:35 PM	5	\$50.00	CA	19574
	Feb 28-Mar 27	Wed	5:55 PM-6:35 PM	5	\$50.00	CA	19575
<b>Volleyball (7-11Y)</b>	Jan 11-Mar 28	Thu	4:15 PM-5:15 PM	11	\$92.40	ORC	19569
<b>Volleyball (11-15Y)</b>	Jan 11-Mar 28	Thu	5:15 PM-6:15 PM	11	\$92.40	ORC	19570
<b>Babysitting Course 2-Day (12-14Y)</b>	Feb 21-Feb 22	Wed, Thu	9:00 AM-2:30 PM	2	\$60.00	ORC	19493
	Apr 3-Apr 4	Wed, Thu	9:00 AM-2:30 PM	2	\$60.00	ORC	20176
<b>Home Alone Safely (10-13Y)</b>	Feb 20	Tue	9:00 AM-12:30 PM	1	\$60.00	ORC	19510
	Apr 2	Tue	9:00 AM-12:30 PM	1	\$60.00	ORC	20554
<b>Never Bee Lost (5-7Y)</b>	Feb 20	Tue	1:00 PM-2:00 PM	1	\$20.00	ORC	19534
	Apr 2	Tue	1:00 PM-2:00 PM	1	\$20.00	ORC	20555

SEE PAGE 17 FOR COURSE DESCRIPTIONS



## Fitness, Wellness, Dance & Sport

### Badminton (7-11Y)

Learn the basics of badminton in a fun and exciting way! This co-ed intro course will help kids develop their motor skills in a social setting while keeping them active. Participants must supply their own badminton racquet.

### Badminton (12-15Y)

This co-ed badminton course is sure to be a smash! Badminton is the perfect sport for staying active while working on game strategy and physical fundamentals. Participants are encouraged to bring their own racquet if they have one.

### Basketball (11-15Y)

This co-ed basketball program is suitable for all levels and emphasizes learning and practicing skills while having fun. This course focuses on all areas of basketball including footwork, ball handling, dribbling, shooting, passing, receiving, rebounding and offence skills.

### Homeschool Skate (6-12Y)

Join us for youth skating lessons focusing on backwards skating, bunny hops, slaloms, fun on the ice and much more! You will be skating around the rink in no time! All levels are welcome. A CSA-approved skate helmet is mandatory.

### Rec Skate (6-12Y)

Join us for youth skating lessons focusing on backwards skating, bunny hops, slaloms, fun on the ice and much more! You will be skating around the rink in no time! All levels are welcome. A CSA-approved skate helmet is mandatory.

### Volleyball (7-11Y, 11-15Y)

This co-ed volleyball program is suitable for youth with some volleyball experience. Participants will build and develop basic skills such as serving, setting, and volleying as well as game strategies.

## Personal Development and General Interest

### Babysitting Course 2-Day (12-14Y)

Welcome to the wonderful world of babysitting! When accepting a job to care for young children, you are providing a valuable service to families and to the community at large. This course will help prepare you to respond appropriately in common situations that may arise while children are under your care as a babysitter. Please pack a water bottle, indoor shoes, and nut-free snacks and lunch. To receive the Canada Safety Council Babysitting Certificate, the participant must receive at least 75% on the final exam and be 12 years of age or turning 12 within the calendar year. It is important that participants attend both days in order to successfully complete the course. Failure to meet the passing grade will require the participant to re-write the exam at a later date. Partially funded by Family and Community Support Services.


### Home Alone Safely (10-13Y)

The Home Alone program is designed to provide children 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. This course is for children and their parents to examine the freedoms, responsibilities and concerns of children staying home alone. Parents will play an active role in negotiating a special "Home Alone Contract" and problem-solve real-life home alone scenarios with their children.

### Never Bee Lost (5-7Y)

This special program teaches children steps to stay safe if they become lost or separated from their parents or caregiver. What a child does and most importantly how prepared they are for the situation can make the difference in their overall safety. This is an unparented class.

#### LOCATION LEGEND

ORC	Okotoks Rec Centre
SCC	Southside Community Centre
CA	Centennial Arenas
	ONLINE

ID#

### REGISTERING ONLINE?

Search using the **COURSE ID** in [activeokotoks.ca](https://activeokotoks.ca) – it's the EASIEST way to register and takes you directly to your course registration page!



# PRESCHOOL

PROGRAM	DATES	DAY	TIME	# CLASSES	COST	LOCATION	COURSE ID
Friday Frolics and Splash (3-5Y)	Jan 12-Feb 16	Fri	9:30 AM-11:30 AM	6	\$96.00	ORC	20750
	Feb 29-Mar 22	Fri	9:30 AM-11:30 AM	4	\$70.00	ORC	19507
Happy Little Feet (2-3Y)	Jan 10-Feb 14	Wed	10:45 AM-11:45 AM	6	\$48.00	ORC	19508
	Feb 28-Mar 27	Wed	10:45 AM-11:45 AM	5	\$40.00	ORC	19509
Little Explorers (3-5Y)	Jan 9-Feb 13	Tue	9:30 AM-11:30 AM	6	\$96.00	ORC	20741
	Feb 27-Mar 26	Tue	9:30 AM-11:30 AM	5	\$80.00	ORC	20742
	Jan 11-Feb 15	Thu	9:30 AM-11:30 AM	6	\$96.00	ORC	20743
	Feb 29-Mar 28	Thu	9:30 AM-11:30 AM	5	\$80.00	ORC	20745
Parent & Tot Music & Movement (2-3Y)	Jan 8-Feb 12	Mon	9:30 AM-10:30 AM	6	\$48.00	SCC	19532
	Feb 26-Mar 25	Mon	9:30 AM-10:30 AM	5	\$40.00	SCC	19533
Learn to Skate Level 1 (3-6Y)	Jan 13-Feb 10	Sat	9:00 AM-9:30 AM	5	\$45.00	CA	19519
	Jan 15-Feb 12	Mon	10:25 AM-10:55 AM	5	\$45.00	ORC	19515
	Jan 17-Feb 14	Wed	4:10 PM-4:40 PM	5	\$45.00	CA	19518
	Feb 26-Mar 25	Mon	10:25 AM-10:55 AM	5	\$45.00	ORC	20557
	Feb 28-Mar 27	Wed	4:10 PM-4:40 PM	5	\$45.00	CA	20556
	Mar 2-Mar 23	Sat	9:00 AM-9:30 AM	4	\$36.00	CA	19520
Learn to Skate Level 2 (3-6Y)	Jan 13-Feb 10	Sat	9:35 AM-10:05 AM	5	\$45.00	CA	19525
	Jan 17-Feb 14	Wed	4:45 PM-5:15 PM	5	\$45.00	CA	19523
	Feb 28-Mar 27	Wed	4:45 PM-5:15 PM	5	\$45.00	CA	19524
	Mar 2-Mar 23	Sat	9:35 AM-10:05 AM	4	\$36.00	CA	19526
Learn to Skate Level 3-4 (3-6Y)	Jan 13-Feb 10	Sat	10:45 AM-11:15 AM	5	\$45.00	CA	19527
	Mar 2-Mar 23	Sat	10:45 AM-11:15 AM	4	\$36.00	CA	19528
Parent and Tot Skate (2-5Y)	Jan 13-Feb 10	Sat	10:10 AM-10:40 AM	5	\$45.00	CA	19539
	Jan 15-Feb 12	Mon	9:50 AM-10:20 AM	5	\$45.00	ORC	19535
	Jan 17-Feb 14	Wed	5:20 PM-5:50 PM	5	\$45.00	CA	19537
	Feb 26-Mar 25	Mon	9:50 AM-10:20 AM	5	\$45.00	ORC	19536
	Feb 28-Mar 27	Wed	5:20 PM-5:50 PM	5	\$45.00	CA	19538
	Mar 2-Mar 23	Sat	10:10 AM-10:40 AM	4	\$36.00	CA	19540
Tiny Tot Hockey (4-6Y)	Jan 17-Feb 14	Wed	6:45 PM-7:30 PM	5	\$55.00	CA	19567
	Feb 28-Mar 27	Wed	6:45 PM-7:30 PM	5	\$55.00	CA	19568

SEE PAGE 19 FOR COURSE DESCRIPTIONS

## Parent & Tot

### Friday Frolics and Splash (3-5Y)

This program provides active learners an opportunity to explore the Okotoks Recreation Centre, make new friends and participate in learn-through-play activities once a week. Each week, your child will explore new themes through circle time, songs and games, science experiments, crafts, physical activity and free-play. As a BONUS children will enjoy a carefully supervised swim time. Please have your child wear their bathing suit to each class and send them with a water bottle, indoor shoes, and a small nut-free snack. Children must be toilet trained. Check out Preschoolers Explore Tuesdays and Thursdays to make this a 3-day-a-week class.

### Happy Little Feet (2-3Y)

Your 2 and new 3-year-old will have lots of fun in this un-parented program. We encourage your child's creativity and imagination through themed-based classes that include elements tapping their toes and sing-alongs as well as crafts and active free-play. As this program is for 2-3 year olds, child should be able to use the washroom independently or use disposable training pants. Please bring indoor shoes and a water bottle.

### Little Explorers (3 -5Y)

This program provides active learners an opportunity to explore the Okotoks Recreation Centre, make new friends, and participate in learn-through-play activities once a week. Each week, your child will explore new themes through circle time, songs, games, science experiments, crafts, physical activity and free-play. Please send your child with a water bottle, indoor shoes, and a small nut-free snack. Children must be toilet trained. Check out Preschoolers Explore Thursdays to make this a 2-day-a-week class.

### Parent & Tot Music & Movement (2-3Y)

Bring your toddler out for a lovely morning of interactive, music & movement. This class will explore songs, instruments, age-appropriate activities, games and storytelling. The fun-filled sessions aim to engage both the caregiver and child in a creative and fun environment! Please bring clean indoor shoes.

## Learn to Skate

### Learn to Skate Level 1 (3-6Y)

In this unparented class, your child will learn the FUNdamentals to skating and progress while playing games and having fun! CSA-approved skate helmet is mandatory. Pre-requisites: The child has completed a Parent & Tot Skate program and is able to stand up and move unassisted.

### Learn to Skate Level 2 (3-6Y)

For Level 2, your child must be able to march across the ice and glide while touching their toes. In this level, the focus will be on strides, glides, stops and backwards skating. A CSA-approved skate helmet is mandatory.

### Learn to Skate Level 3-4 (3-6Y)

For Level 3-4, your child must be able to skate using full v-pushes, stop and skate backwards across the width of the ice. In this level, the focus will be on 1-ft glides, developing C-pushes for backwards skating, and starting crossover exercises. A CSA-approved skate helmet is mandatory.


### Parent and Tot Skate (2-5Y)

This parented class teaches early learners how to fall safely, stand up, march across the ice and glide. A CSA-approved skate helmet is mandatory for all participants on the ice. Caregivers can choose to wear skates or clean shoes.

### Tiny Tot Hockey (4-6Y)

This program will focus on improving the speed and power of skating, and learning the fundamentals of hockey! Pre-requisite: Completion of Preschool Learn to Skate Level 3 is required or register in Level 3 (same session). For a free evaluation, please email [programs@okotoks.ca](mailto:programs@okotoks.ca). Full equipment including a CSA-approved skate helmet with face mask, neck guard, stick, hockey gloves and shin pads are all mandatory.

#### LOCATION LEGEND

ORC	Okotoks Rec Centre
SCC	Southside Community Centre
CA	Centennial Arenas
	ONLINE



# AQUATICS PROGRAMS

FOR  
SWIMMING  
LEVEL  
DESCRIPTIONS  
SEE PAGE 32



Find the aquatics program and schedule options for you! Register for swimming programs by heading to [ActiveOkotoks.ca](http://ActiveOkotoks.ca), by calling the Recreation Customer Experience team at 403-938-8954 or by visiting the Okotoks Recreation Centre located at 99 Okotoks Drive.

## COMPLIMENTARY SWIM ASSESSMENTS

Not sure about what swimming lesson your child belongs in? We offer free swim assessments during any of our public swim times – find the full schedule at [ActiveOkotoks.ca](http://ActiveOkotoks.ca)! The process typically takes 5-10 minutes per participant, and you will leave with a suggested level for registration! If you'd like to stay and swim after your assessment, just let our customer experience team at the front desk know, and they will charge you an admission fee.

# JAN 7 - MAR 17

No Class Feb 25, Mar 3

## SUNDAY

### REGISTERING ONLINE!

Search using the **COURSE ID** in **activeokotoks.ca** - it's the EASIEST way to register and takes you directly to your course registration page!

COURSE ID

XXXXXX

PROGRAM	TIME	# LESSONS	COST	COURSE ID
Parent and Tot 1/2	9:00 AM-9:30 AM	9	\$82.80	20380
Parent and Tot 3	10:15 AM-10:45 AM	9	\$82.80	20381
Preschool 1	9:00 AM-9:30 AM	9	\$82.80	20376
	9:30 AM-10:00 AM	9	\$82.80	20377
	10:00 AM-10:30 AM	9	\$82.80	20378
	11:45 AM-12:15 PM	9	\$82.80	20379
Preschool 2	9:30 AM-10:00 AM	9	\$82.80	20383
	11:00 AM-11:30 AM	9	\$82.80	20384
	12:00 PM-12:30 PM	9	\$82.80	20385
Preschool 3	9:00 AM-9:30 AM	9	\$82.80	20386
	9:45 AM-10:15 AM	9	\$82.80	20387
	12:00 PM-12:30 PM	9	\$82.80	20388
	11:15 AM-11:45 AM	9	\$82.80	20389
Preschool 4	11:30 AM-12:00 PM	9	\$82.80	20390
	9:30 AM-10:00 AM	9	\$82.80	20391
Preschool 5	10:00 AM-10:30 AM	9	\$82.80	20392
Swimmer 1	9:30 AM-10:15 AM	9	\$85.05	20393
	11:00 AM-11:45 AM	9	\$85.05	20394
	11:45 AM-12:30 PM	9	\$85.05	20395
Swimmer 2	10:45 AM-11:30 AM	9	\$85.05	20402
	10:15 AM-11:00 AM	9	\$85.05	20403
	11:45 AM-12:30 PM	9	\$85.05	20404
Swimmer 3	9:00 AM-9:45 AM	9	\$85.05	20399
	10:00 AM-10:45 AM	9	\$85.05	20400
	11:00 AM-11:45 AM	9	\$85.05	20401
Swimmer 4	10:00 AM-10:45 AM	9	\$85.05	20396
	9:30 AM-10:15 AM	9	\$85.05	20397
Swimmer 5	10:45 AM-11:30 AM	9	\$85.05	20405
Swimmer 6	10:00 AM-10:45 AM	9	\$85.05	20398



SIGN UP AT [activeokotoks.ca](https://activeokotoks.ca)



# JAN 8 - JAN 31

## MONDAY/WEDNESDAY

PROGRAM	TIME	# LESSONS	COST	COURSE ID
Parent and Tot 1/2/3	9:00 AM-9:30 AM	8	\$73.60	20333
	5:30 PM-6:00 PM	8	\$73.60	20571
Preschool 1	9:00 AM-9:30 AM	8	\$73.60	20567
	5:30 PM-6:00 PM	8	\$73.60	20568
	6:00 PM-6:30 PM	8	\$73.60	20569
Preschool 2	8:30 AM-9:00 AM	8	\$73.60	20565
	5:00 PM-5:30 PM	8	\$73.60	20566
	6:00 PM-6:30 PM	8	\$73.60	20570
Preschool 3	8:30 AM-9:00 AM	8	\$73.60	20562
	5:00 PM-5:30 PM	8	\$73.60	20563
	6:30 PM-7:00 PM	8	\$73.60	20564
Preschool 4	8:00 AM-8:30 AM	8	\$73.60	20559
	6:30 PM-7:00 PM	8	\$73.60	20560
Preschool 5	8:00 AM-8:30 AM	8	\$73.60	20561
Swimmer 1	4:00 PM-4:45 PM	8	\$75.60	20572
	5:30 PM-6:15 PM	8	\$75.60	20573
Swimmer 2	5:30 PM-6:15 PM	8	\$75.60	20574
Swimmer 3	4:45 PM-5:30 PM	8	\$75.60	20575
	6:15 PM-7:00 PM	8	\$75.60	20576
Swimmer 4	4:00 PM-4:45 PM	8	\$75.60	20577
Swimmer 5	4:00 PM-4:45 PM	8	\$75.60	20578
Swimmer 6	4:45 PM-5:30 PM	8	\$75.60	20579



## FEB 5 - MAR 6

No Class Feb 19, Feb 21

### MONDAY/WEDNESDAY

PROGRAM	TIME	# LESSONS	COST	COURSE ID
Parent and Tot 1/2/3	9:00 AM-9:30 AM	8	\$73.60	20581
	5:30 PM-6:00 PM	8	\$73.60	20582
Preschool 1	9:00 AM-9:30 AM	8	\$73.60	20592
	4:45 PM-5:15 PM	8	\$73.60	20593
	5:30 PM-6:00 PM	8	\$73.60	20594
Preschool 2	6:00 PM-6:30 PM	8	\$73.60	20589
	5:00 PM-5:30 PM	8	\$73.60	20590
	8:30 AM-9:00 AM	8	\$73.60	20591
Preschool 3	8:30 AM-9:00 AM	8	\$73.60	20586
	5:00 PM-5:30 PM	8	\$73.60	20587
	6:00 PM-6:30 PM	8	\$73.60	20588
Preschool 4	8:00 AM-8:30 AM	8	\$73.60	20583
	6:30 PM-7:00 PM	8	\$73.60	20584
Preschool 5	8:00 AM-8:30 AM	8	\$73.60	20585
Swimmer 1	4:00 PM-4:45 PM	8	\$75.60	20595
	5:30 PM-6:15 PM	8	\$75.60	20596
Swimmer 2	5:30 PM-6:15 PM	8	\$75.60	20597
Swimmer 3	4:45 PM-5:30 PM	8	\$75.60	20598
	6:15 PM-7:00 PM	8	\$75.60	20599
Swimmer 4	4:45 PM-5:30 PM	8	\$75.60	20600
Swimmer 5	4:00 PM-4:45 PM	8	\$75.60	20601
Swimmer 6	4:45 PM-5:30 PM	8	\$75.60	20602

FOR  
SWIMMING  
LEVEL  
DESCRIPTIONS  
SEE PAGE 32

#### REGISTERING ONLINE!

Search using the **COURSE ID** in [activeokotoks.ca](https://activeokotoks.ca) – it's the EASIEST way to register and takes you directly to your course registration page!

COURSE ID

XXXXX

# MAR 11 - APR 10

No Class Apr 1, Apr 3

## MONDAY/WEDNESDAY

PROGRAM	TIME	# LESSONS	COST	COURSE ID
Parent and Tot 1/2/3	9:00 AM-9:30 AM	8	\$73.60	20618
	5:30 PM-6:00 PM	8	\$73.60	20619
Preschool 1	6:00 PM-6:30 PM	8	\$73.60	20615
	5:30 PM-6:00 PM	8	\$73.60	20616
	9:00 AM-9:30 AM	8	\$73.60	20617
Preschool 2	8:30 AM-9:00 AM	8	\$73.60	20612
	5:00 PM-5:30 PM	8	\$73.60	20613
	6:00 PM-6:30 PM	8	\$73.60	20614
Preschool 3	5:00 PM-5:30 PM	8	\$73.60	20609
	8:30 AM-9:00 AM	8	\$73.60	20610
	6:00 PM-6:30 PM	8	\$73.60	20611
Preschool 4	8:00 AM-8:30 AM	8	\$73.60	20607
	6:30 PM-7:00 PM	8	\$73.60	20608
Preschool 5	8:00 AM-8:30 AM	8	\$73.60	20605
	6:30 PM-7:00 PM	8	\$73.60	20606
Swimmer 1	4:00 PM-4:45 PM	8	\$75.60	20620
	5:30 PM-6:15 PM	8	\$75.60	20621
Swimmer 2	4:45 PM-5:30 PM	8	\$75.60	20622
	6:15 PM-7:00 PM	8	\$75.60	20623
Swimmer 3	5:30 PM-6:15 PM	8	\$75.60	20624
Swimmer 4	4:00 PM-4:45 PM	8	\$75.60	20625
Swimmer 5	4:00 PM-4:45 PM	8	\$75.60	20626
Swimmer 6	4:45 PM-5:30 PM	8	\$75.60	20627

FOR  
SWIMMING  
LEVEL  
DESCRIPTIONS  
SEE PAGE 32



# JAN 9 - MAR 19

No Class Feb 20

## TUESDAY

PROGRAM	TIME	# LESSONS	COST	COURSE ID
Parent and Tot 1/2/3	8:00 AM-8:30 AM	10	\$92.00	20629
	5:00 PM-5:30 PM	10	\$92.00	20630
Preschool 1	8:00 AM-8:30 AM	10	\$92.00	20631
	5:00 PM-5:30 PM	10	\$92.00	20632
	5:30 PM-6:00 PM	10	\$92.00	20633
	6:00 PM-6:30 PM	10	\$92.00	20634
Preschool 2	8:30 AM-9:00 AM	10	\$92.00	20635
	5:30 PM-6:00 PM	10	\$92.00	20636
	6:30 PM-7:00 PM	10	\$92.00	20638
Preschool 3	9:00 AM-9:30 AM	10	\$92.00	20639
	5:30 PM-6:00 PM	10	\$92.00	20640
	6:00 PM-6:30 PM	10	\$92.00	20641
Preschool 4	8:30 AM-9:00 AM	10	\$92.00	20642
	5:00 PM-5:30 PM	10	\$92.00	20643
Preschool 5	9:00 AM-9:30 AM	10	\$92.00	20644
	5:00 PM-5:30 PM	10	\$92.00	20645
Swimmer 1	5:30 PM-6:15 PM	10	\$94.50	20646
	6:15 PM-7:00 PM	10	\$94.50	20647
Swimmer 2	6:15 PM-7:00 PM	10	\$94.50	20648
	6:30 PM-7:15 PM	10	\$94.50	20649
Swimmer 3	5:00 PM-5:45 PM	10	\$94.50	20650
	6:45 PM-7:30 PM	10	\$94.50	20655
Swimmer 4	7:00 PM-7:45 PM	10	\$94.50	20656



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# JAN 11 - MAR 21

No Class Feb 22

## THURSDAY

PROGRAM	TIME	# LESSONS	COST	COURSE ID
Parent and Tot 1/2/3	8:30 AM-9:00 AM	10	\$92.00	20674
	5:30 PM-6:00 PM	10	\$92.00	20675
Preschool 1	8:30 AM-9:00 AM	10	\$92.00	20671
	5:00 PM-5:30 PM	10	\$92.00	20672
	5:30 PM-6:00 PM	10	\$92.00	20673
Preschool 2	8:00 AM-8:30 AM	10	\$92.00	20668
	5:00 PM-5:30 PM	10	\$92.00	20669
	6:00 PM-6:30 PM	10	\$92.00	20670
Preschool 3	8:00 AM-8:30 AM	10	\$92.00	20664
	5:00 PM-5:30 PM	10	\$92.00	20665
	5:30 PM-6:00 PM	10	\$92.00	20666
	7:00 PM-7:30 PM	10	\$92.00	20667
Preschool 4	6:30 PM-7:00 PM	10	\$92.00	20686
Preschool 5	6:45 PM-7:15 PM	10	\$92.00	20687
Swimmer 1	5:00 PM-5:45 PM	10	\$94.50	20677
	6:00 PM-6:45 PM	10	\$94.50	20678
	6:45 PM-7:30 PM	10	\$94.50	20679
Swimmer 2	6:00 PM-6:45 PM	10	\$94.50	20682
	7:00 PM-7:45 PM	10	\$94.50	20683
Swimmer 3	7:00 PM-7:45 PM	10	\$94.50	20680
	7:15 PM-8:00 PM	10	\$94.50	20681
Swimmer 4	5:45 PM-6:30 PM	10	\$94.50	20676
Swimmer 5	5:00 PM-5:45 PM	10	\$94.50	20684
Swimmer 6	5:45 PM-6:30 PM	10	\$94.50	20685

FOR  
SWIMMING  
LEVEL  
DESCRIPTIONS  
SEE PAGE 32



# JAN 12 - MAR 22

No Class Feb 23

## FRIDAY

PROGRAM	TIME	# LESSONS	COST	COURSE ID
Preschool 1	9:00 AM-9:30 AM	10	\$92.00	20700
	2:30 PM-3:00 PM	10	\$92.00	20701
Preschool 2	9:30 AM-10:00 AM	10	\$92.00	20702
	1:00 PM-1:30 PM	10	\$92.00	20703
Preschool 3	9:00 AM-9:30 AM	10	\$92.00	20704
	2:30 PM-3:00 PM	10	\$92.00	20705
Preschool 4	9:30 AM-10:00 AM	10	\$92.00	20706
Preschool 5	10:00 AM-10:30 AM	10	\$92.00	20708
Swimmer 1/2	10:00 AM-10:45 AM	10	\$94.50	20714
Swimmer 1	1:45 PM-2:30 PM	10	\$94.50	20715
Swimmer 2	2:15 PM-3:00 PM	10	\$94.50	20716
Swimmer 3	1:30 PM-2:15 PM	10	\$94.50	20717
Swimmer 3/4	9:15 AM-10:00 AM	10	\$94.50	20711
Swimmer 4	1:00 PM-1:45 PM	10	\$94.50	20712
Swimmer 5	1:00 PM-1:45 PM	10	\$94.50	20718
Swimmer 5/6	10:00 AM-10:45 AM	10	\$94.50	20709
Swimmer 6	1:45 PM-2:30 PM	10	\$94.50	20710



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# JAN 13 - MAR 23

No Class Feb 24, Mar 2

## SATURDAY

PROGRAM	TIME	# LESSONS	COST	COURSE ID
Parent and Tot 1/2	10:30 AM-11:00 AM	9	\$82.80	20361
Parent and Tot 3	11:30 AM-12:00 PM	9	\$82.80	20362
Preschool 1	10:30 AM-11:00 AM	9	\$82.80	20328
	11:15 AM-11:45 AM	9	\$82.80	20345
	11:30 AM-12:00 PM	9	\$82.80	20348
	12:30 PM-1:00 PM	9	\$82.80	20349
	1:15 PM-1:45 PM	9	\$82.80	20350
	11:45 AM-12:15 PM	9	\$82.80	20351
Preschool 2	11:00 AM-11:30 AM	9	\$82.80	20329
	12:15 PM-12:45 PM	9	\$82.80	20352
	2:00 PM-2:30 PM	9	\$82.80	20353
	12:45 PM-1:15 PM	9	\$82.80	20354
	2:30 PM-3:00 PM	9	\$82.80	20355
Preschool 3	12:15 PM-12:45 PM	9	\$82.80	20330
	1:00 PM-1:30 PM	9	\$82.80	20356
	12:00 PM-12:30 PM	9	\$82.80	20357
	1:30 PM-2:00 PM	9	\$82.80	20358
Preschool 4	2:30 PM-3:00 PM	9	\$82.80	20331
	11:00 AM-11:30 AM	9	\$82.80	20370
Preschool 5	10:30 AM-11:00 AM	9	\$82.80	20332
Swimmer 1	11:00 AM-11:45 AM	9	\$85.05	20334
	11:30 AM-12:15 PM	9	\$85.05	20366
	12:00 PM-12:45 PM	9	\$85.05	20367
	12:30 PM-1:15 PM	9	\$85.05	20368
	1:45 PM-2:30 PM	9	\$85.05	20369
Swimmer 2	10:30 AM-11:15 AM	9	\$85.05	20335
	11:30 AM-12:15 PM	9	\$85.05	20363
	12:45 PM-1:30 PM	9	\$85.05	20364
	12:00 PM-12:45 PM	9	\$85.05	20365
Swimmer 3	11:45 AM-12:30 PM	9	\$85.05	20336
	11:30 AM-12:15 PM	9	\$85.05	20359
	12:30 PM-1:15 PM	9	\$85.05	20360
Swimmer 4	11:15 AM-12:00 PM	9	\$85.05	20337
	1:15 PM-2:00 PM	9	\$85.05	20372
Swimmer 5	11:30 AM-12:15 PM	9	\$85.05	20338
	2:00 PM-2:45 PM	9	\$85.05	20373
Swimmer 6	10:30 AM-11:15 AM	9	\$85.05	20339
	12:45 PM-1:30 PM	9	\$85.05	20371



## ADULT & SPECIALTY LESSONS

No Classes Feb 19, Feb 20, Feb 21, Feb 22, Feb 23, Feb 24, Feb 25, Mar 2, Mar 3, Apr 1, Apr 3

PROGRAM	DATES	DAY	TIME	# LESSONS	COST	COURSE ID
Private Swim Lessons	Jan 9 - Feb 6	Tue	7:00 PM-7:30 PM	5	\$231.75	20657
	Jan 9 - Feb 6	Tue	7:30 PM-8:00 PM	5	\$231.75	20659
	Jan 11 - Feb 8	Thu	7:30 PM-8:00 PM	5	\$231.75	20689
	Jan 11 - Feb 8	Thu	7:45 PM-8:15 PM	5	\$231.75	20691
	Jan 12 - Jan 26	Fri	10:30 AM-11:00 AM	3	\$139.05	20719
	Jan 13 - Jan 27	Sat	1:15 PM-1:45 PM	3	\$139.05	20696
	Jan 13 - Jan 27	Sat	12:45 PM-1:15 PM	3	\$139.05	20693
	Feb 2 - Feb 16	Fri	10:30 AM-11:00 AM	3	\$139.05	20720
	Feb 3 - Feb 17	Sat	1:15 PM-1:45 PM	3	\$139.05	20697
	Feb 3 - Feb 17	Sat	12:45 PM-1:15 PM	3	\$139.05	20694
	Feb 13 - Mar 19	Tue	7:00 PM-7:30 PM	5	\$231.75	20658
	Feb 13 - Mar 19	Tue	7:30 PM-8:00 PM	5	\$231.75	20660
	Feb 15 - Mar 21	Thu	7:30 PM-8:00 PM	5	\$231.75	20690
	Feb 15 - Mar 21	Thu	7:45 PM-8:15 PM	5	\$231.75	20692
	Mar 1 - Mar 22	Fri	10:30 AM-11:00 AM	4	\$185.40	20721
	Mar 9 - Mar 23	Sat	1:15 PM-1:45 PM	3	\$139.05	20698
	Mar 9 - Mar 23	Sat	12:45 PM-1:15 PM	3	\$139.05	20695
Adult Beginner Lessons	Jan 11 - Mar 21	Thu	7:30 PM-8:30 PM	10	\$119.50	20688
	Jan 13 - Mar 23	Sat	8:00 AM-9:00 AM	9	\$107.55	20344
Adult Intermediate Lessons	Jan 7 - Mar 17	Sun	9:00 AM-10:00 AM	9	\$107.55	20382
	Jan 13 - Mar 23	Sat	8:00 AM-9:00 AM	9	\$107.55	20343
Swimabilities 1/2	Jan 12 - Mar 22	Fri	4:15 PM-5:00 PM	10	\$94.50	20722
Swimabilities 3/4	Jan 12 - Mar 22	Fri	5:00 PM-5:45 PM	10	\$94.50	20723
Deep Water Private Lesson	Jan 9 - Feb 6	Tue	7:45 PM-8:15 PM	5	\$231.75	20661
	Feb 13 - Mar 19	Tue	7:45 PM-8:15 PM	5	\$231.75	20663

FOR  
SWIMMING  
LEVEL  
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SEE PAGE 32

### REGISTERING ONLINE!

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## LIFESAVING COURSES

No Class Feb 19, Feb 21, Feb 24, Feb 25, Mar 2, Mar 3, Apr 1, Apr 3

PROGRAM	DATES	DAY	TIME	# LESSONS	COST	COURSE ID
Rookie Patrol	Jan 13 - Mar 23	Sat	12:15 PM-1:15 PM	9	\$91.35	20340
	Feb 5 - Mar 6	Mon, Wed	5:30 PM-6:30 PM	8	\$81.20	20603
Ranger/Star Patrol	Jan 7 - Mar 17	Sun	10:45 AM-11:45 AM	9	\$91.35	20406
	Jan 13 - Mar 23	Sat	10:30 AM-11:30 AM	9	\$91.35	20341
	Mar 11 - Apr 10	Mon, Wed	5:00 PM-6:00 PM	8	\$81.20	20628
Bronze Star	Jan 8 - Jan 31	Mon, Wed	5:00 PM-6:30 PM	8	\$106.64	20580
Bronze Medallion	Jan 13 - Feb 3	Sat	10:30 AM-2:30 PM	4	\$200.00	20374
Bronze Cross	Feb 10 - Mar 23	Sat	10:30 AM-3:00 PM	5	\$191.65	20375
National Lifeguard Award	Jan 7 - Feb 11	Sun	10:30 AM-5:30 PM	6	\$349.98	20408

### Bronze Star

This program prepares candidates for the Bronze Medallion award. In Bronze Star, participants develop problem-solving and decision making skills as individuals and partners. Interested candidates that are already 13 can register in Bronze Medallion if they are confident in their strokes/endurance.

### Bronze Medallion

This program teaches an understanding of these lifesaving principles; judgment, knowledge, skills and fitness. Rescuers learn tows and carries and practice challenging rescues which involve conscious and unconscious victims. Candidates must be at least 13 years old to register.

### Bronze Cross

This program is designed for lifesavers who want the challenge of more advanced training. Bronze Cross is the prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Candidates must hold a current Standard first aid with CPR C certification and have completed bronze medallion in order to register for this course.

### Swim and Lifesaving Instructor

The Swim and Lifesaving Instructor course prepares the candidate to teach and evaluate the skill in the swim for life program through planning, stroke development drills and correction techniques. Candidates must be 16 years of age and have completed the Bronze Cross course.

### National Lifeguard

The National Lifeguard Award prepares candidates for a career as a lifeguard. Candidates train to keep their skills, knowledge and fitness levels sharp and must be 16 years old, hold a current standard first aid and CPR C certification and have completed the Bronze Cross course in order to register.

## FIND YOUR COURSES ONLINE WITH THE 5 DIGIT-COURSE ID!

You can look up the exact courses online at [ActiveOkotoks.ca](https://ActiveOkotoks.ca) by ENTERING THE FIVE DIGIT ID FOUND IN THE CHARTS into the search bar on the left side of the webpage!

Course Name  
Time  
5 DIGIT ID

LEARN MORE ABOUT OUR ADVANCED LEADERSHIP COURSE OPTIONS THAT ARE GEARED TOWARDS BECOMING A LIFEGUARD!

## HOW TO BECOME A LIFEGUARD

1

### BRONZE MEDALLION

**PREREQUISITES:**  
Bronze Star (need not be current) or minimum of 13 years old, current CPR-C. CPR-C may be offered as part of your course. Check with the facility.

**CERTIFICATION CURRENCY:**  
2 years from the certification date

2

### INTERMEDIATE FIRST AID W/ CPR-C & AED

**PREREQUISITES:**  
None

**CERTIFICATION CURRENCY:**  
3 years from the date of certification

3

### BRONZE CROSS

**PREREQUISITES:**  
Bronze Medallion (need not be current), current Alberta workplace approved Intermediate First Aid.

**CERTIFICATION CURRENCY:**  
2 years from the certification date

4

CAN BE COMPLETED IN EITHER ORDER

### SWIM & LIFESAVING INSTRUCTOR

**PREREQUISITES:**  
Minimum 15 years old, Bronze Cross or higher (need not be current).

**CERTIFICATION CURRENCY:**  
2 years from date of certification

4

### NATIONAL LIFEGUARD: POOL

**PREREQUISITES:**  
Bronze Cross (need not be current), current Alberta workplace approved Intermediate first Aid, & minimum 15 years old.

**CERTIFICATION CURRENCY:**  
2 years from the date of certification



## Swim Level Descriptions

### Parent & Tot

Parent & Tot classes provide an opportunity for parents and children to enjoy in-water interaction in a fun and social setting. Focusing on the importance of play and developing water positive attitudes and skills, children gain valuable exposure to being in and around the water. Parents will learn to be Water Smart to keep themselves and their child safe in any aquatic setting. Activities and progressions in Parent & Tot are based on developmental stages. Register at the appropriate level based on the age of the child.

#### Parent & Tot 1: 4-12 Months

Parents and babies will explore the water together under the watchful eyes of their instructor. They will learn how to safely enter and exit the water and work on getting ready to discover the water safely. Parents will learn how to safely support their child while they play.

#### Parent & Tot 2: 12-24 Months

Instructors will lead sessions to help parents with children learn basic water safety skills in a welcoming environment. Parents are taught how to support their child with assisted entries and exits into water and support them in learning to float and kick. They can celebrate together when the child can get their face wet and blow bubbles for the first time.

#### Parent & Tot 3: 2-3 Years

Parents will work towards supporting their toddlers in becoming more independent in the water. Getting in, getting out, going under, and floating, parents and toddlers will be introduced to different iterations of these fundamental skills.

#### Preschool: 3-5 Years

Preschool lessons give children an early start on learning to swim. Children 3-5 years old will have fun while gaining foundational water skills and become comfortable in the water. Water Smart education is incorporated into all Preschool levels to support children in learning how to keep themselves safe in and around the water.

#### Preschool 1

Preschoolers will be assisted by their instructor when learning to enter and exit water safely, jump into chest deep water, and put their faces in the water to blow bubbles. Becoming comfortable with floats and glides and moving safely in shallow water while wearing lifejackets will help them gain confidence with their water skills.

#### Preschool 2

Preschoolers will work on becoming more independent with their water skills. Some of these skills include jumping into chest deep water unassisted, submerging and exhaling underwater, and floating and gliding with various buoyant aids. They will be introduced to lateral rollovers and practice their flutter kick on their backs.

#### Preschool 3

Preschoolers will kick and glide their way through the water on their fronts and backs. They will work on retrieving objects from the bottom in water that is waist deep, and work towards mastering their floats, rollovers, glides, and kicks. In this level they work their way into deeper water for side entries and jumping in with their lifejackets on.

#### Preschool 4

Preschoolers will gain some independence in deep water. They will practice jumping into deeper water (including getting out by themselves), sideways entries, and opening their eyes under water. These swimmers in training will work on completing 5m of front crawl in their lifejackets and work on their ability to tread water.

#### Preschool 5

Preschoolers will work towards achieving important swimming milestones. They will work on being able to support themselves treading in deep water for 10 seconds and complete 5m swims with front crawl and back crawl. Wearing a lifejacket, they will practice forward roll entries into deep water, learn to whip kick in a vertical position, and be introduced to interval training.

#### Swimmer: 6-12 Years

Swimmer is a 6-level, success-oriented learn to swim program for children 6-12 years old. There is a prominent focus on in-water swimming practice as swimmers learn fundamental strokes and skills, mastering them as they progress through the program. Swimmers also learn how to be safe in, on, and around the water through Water Smart education incorporated into every level.

#### Swimmer 1

Building the foundation of swimming skill development beginner swimmers will gain confidence in the water as they learn safe entries into various depths of water, treading water in a lifejacket, opening their eyes underwater, and breath control. Once they have learned their floats, rollovers, glides, and kicks from front to back, they will front crawl their way into the next level.

## Swimmer 2

Swimmers will gain comfort in deeper water by jumping in, learning their sideways entry, and treading water without a lifejacket. Swimmers will be challenged by the introduction of various skills including, flutter kick on their front, back, and side, vertical whip kick with an aid, and swimming front crawl and back crawl for 10m. Swimmers will get to work on their Swim to Survive skills and be introduced to interval training.

## Swimmer 3

Swimmers will make a splash with their kneeling dives and forward roll entries. Swimmers will be challenged with the introduction to more difficult (but fun) skills such as handstands in shallow water and in front somersaults (in water). Increased time and distance components are incorporated for skills learned such as flutter kick on front and back, whip kick on back, front and back crawl, and interval training.

## Swimmer 4

Swimmers will move from a beginner to intermediate swimming level. Swimmers will complete standing dives, tread water for 1 minute, and work towards being able to swim underwater for 5m. Swimmers will achieve the Swim to Survive standard by being able to roll into deep water, tread water for 1 minute, and swim 50m. In addition to improving their front crawl, back crawl, and whip kick, swimmers will be introduced to breaststroke.

## Swimmer 5

Swimmers will be challenged with a whole new set of skills; shallow dives, tuck jumps (cannonball entries), eggbeater kick, and backward somersaults (in water). Technique and endurance will also receive greater focus as swimmers will need to complete longer distance swims and interval training sessions for all their strokes.

## Swimmer 6

As the final level in the Swimmer program, swimmers will build up their advanced skill set. Swimmers will work towards mastering stride entries, compact jumps, and lifesaving kicks. They will also refine their strokes to increase their swimming strength, power, and endurance - critical for success in the 300m workout required to complete the level.

## Canadian Swim Patrol

This program consists of 3 modular levels; Rookie, Ranger and Star. The Patrol program is great for swimmers who are ready to go beyond our learn-to-swim program. This program will provide a strong foundation for the Bronze Medal awards.

### Rookie Patrol

Develops individual fitness levels to meet a timed 100m swim and 350m workout. Water proficiency skills include: swims with clothes, ready position, foot-first and head-first surface dives. Demonstrating an ability to conduct a primary assessment and initiating EMS are included as first aid skills. Victim recognition and throwing assists are other key elements of the program.

### Ranger Patrol

Enhances capability in the water, including stride entry, underwater forward and backward somersaults, lifesaving eggbeater kick and increased fitness levels to meet a 200m timed swim. Rescue skills involve an increased skill level in first aid basics, victim recognition and non-contact rescues.

### Star Patrol

An excellent preparation for the Bronze Star award, Star Patrol demands good physical conditioning and lifesaving judgment. Participants develop lifesaving and first aid skills; further refine front crawl, back crawl and breaststroke (100m each); and complete 600m workouts and for 300m timed swims.

## Swimabilities

This 4-level swimming program designed to break down swimming skills into small, manageable components with logical progressions that support opportunities for success. This program is for children and youth that are 3-16 years of age and require additional support while in the water and when learning to swim. Swimmers will benefit from a slower paced program that provides more visual support, one-on-one assistance, and personal modifications. During lessons, swimmers must have a parent, caregiver, or aide in the water to support a safe learning environment. Swimmers and their caregivers are assisted by the instructor as they learn to be safe and independent while enjoying the water.

Descriptions continued on next page...



## Swim Level Descriptions

### Intermediate First Aid

Lifesaving Society Standard First Aid with CPR C and AED is an OHS approved first aid training agency. This course provides candidates with an in-depth understanding of first aid and is not limited to aquatic candidates.

### Adult Beginner

This course provides a safe and comfortable opportunity for the beginner adult swimmer to develop basic skills or build on current skills. Classes will be planned on the individual goals of each swimmer.

### Adult Intermediate

Participants will be given the instruction and feedback to improve their swimming skills and learn some new techniques. This intermediate class is geared to those with some swimming experience (can swim at least 25m) and who are comfortable in deep water.

### Private Lessons

These 30-minute classes are geared towards candidates who want to focus on specific in water skills or work on completing outstanding skills from a swim for life level. These are one-on-one candidate to instructor ratio classes so you will get individualized attention.

### Deep Water Private Lessons

These 30-minute classes are geared towards candidates who want to focus on specific in water skills or work on completing outstanding skills from a swim for life level. These are one-on-one candidate to instructor ratio classes in deep water so the candidate must be comfortable in the water and able to swim 25m unassisted.



ID#

## REGISTERING ONLINE?

Search using the **COURSE ID** in **activeokotoks.ca** - it's the **EASIEST** way to register and takes you directly to your course registration page!

## COMPLIMENTARY SWIM ASSESSMENTS

Not sure about what swimming lesson your child belongs in? We offer free swim assessments during any of our public swim times - find the full schedule at ActiveOkotoks.ca! The process typically takes 5-10 minutes per participant, and you will leave with a suggested level for registration! If you'd like to stay and swim after your assessment, just let our customer experience team at the front desk know, and they will charge you an admission fee.





# SPECIAL EVENT LISTINGS

Mark your  
calendars with  
the dates and check  
back for more  
event details at  
[Okotoks.ca/Events](http://Okotoks.ca/Events)



## SKATE WITH SANTA

Sunday, December 10

12 - 2 p.m.

## NEW YEAR'S EVE AT THE REC CENTRE - FREE FUN!

Sunday, December, 31

## FAMILY DAY UNPLUGGED, FREE FUN!

Monday, February 19

## EASTER BUNNY PARTY

Wednesday, March 27

10 - 11:15 am

FOR FULL  
SCHEDULE  
DETAILS VISIT  
[ACTIVEOKOTOKS.CA](http://ACTIVEOKOTOKS.CA)



**activeokotoks.ca**

**403-938-8954**

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