

SPRING / SUMMER 2024
COMMUNITY GUIDE

FIND YOUR PERFECT PROGRAM



RESIDENT
REGISTRATION
STARTS

MAR

7

SEE INSIDE FOR
SUMMER
AQUATICS
PROGRAMS
REGISTRATION
DATES



activeokotoks.ca 403-938-8954

REGISTRATION DATES

SPRING AQUATICS & PROGRAMS
SUMMER PROGRAMS & DAY CAMPS

SUMMER AQUATICS

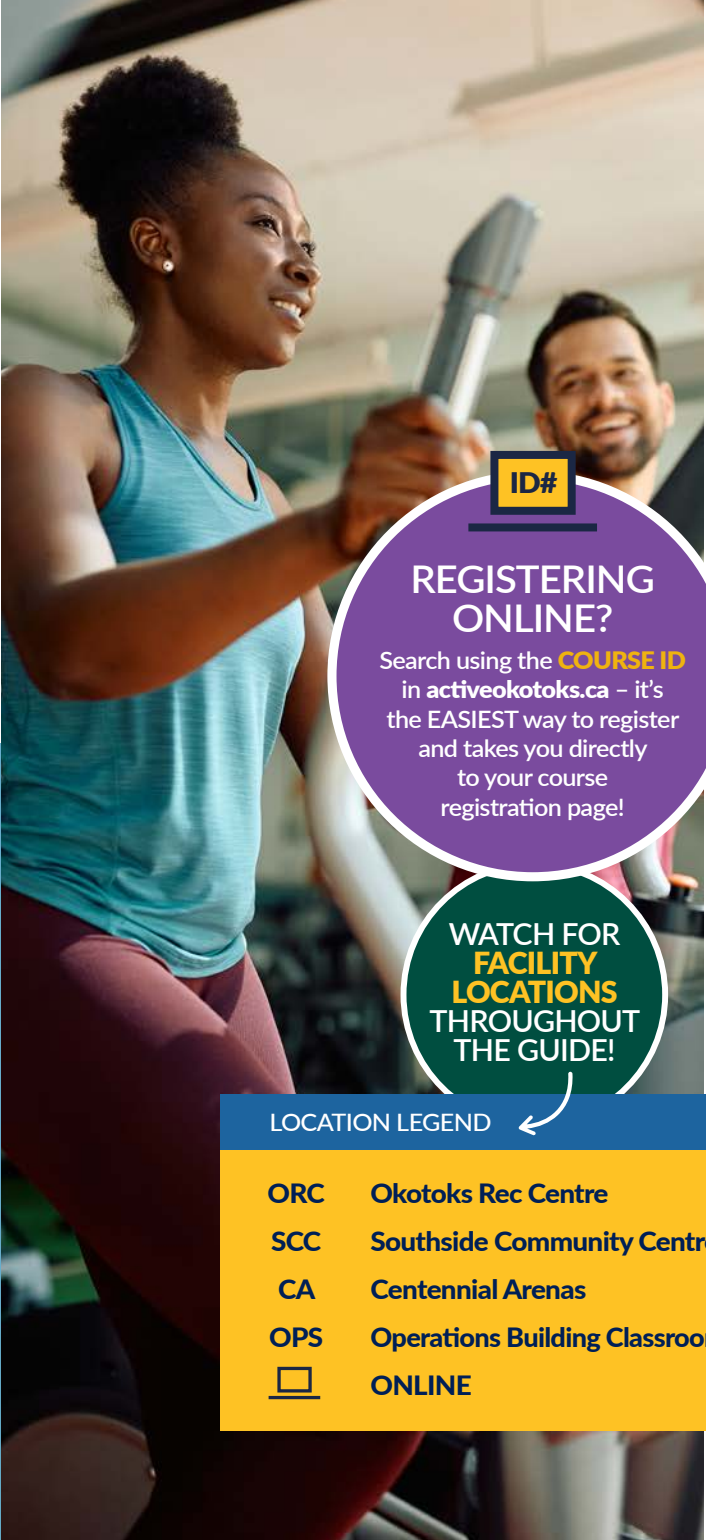
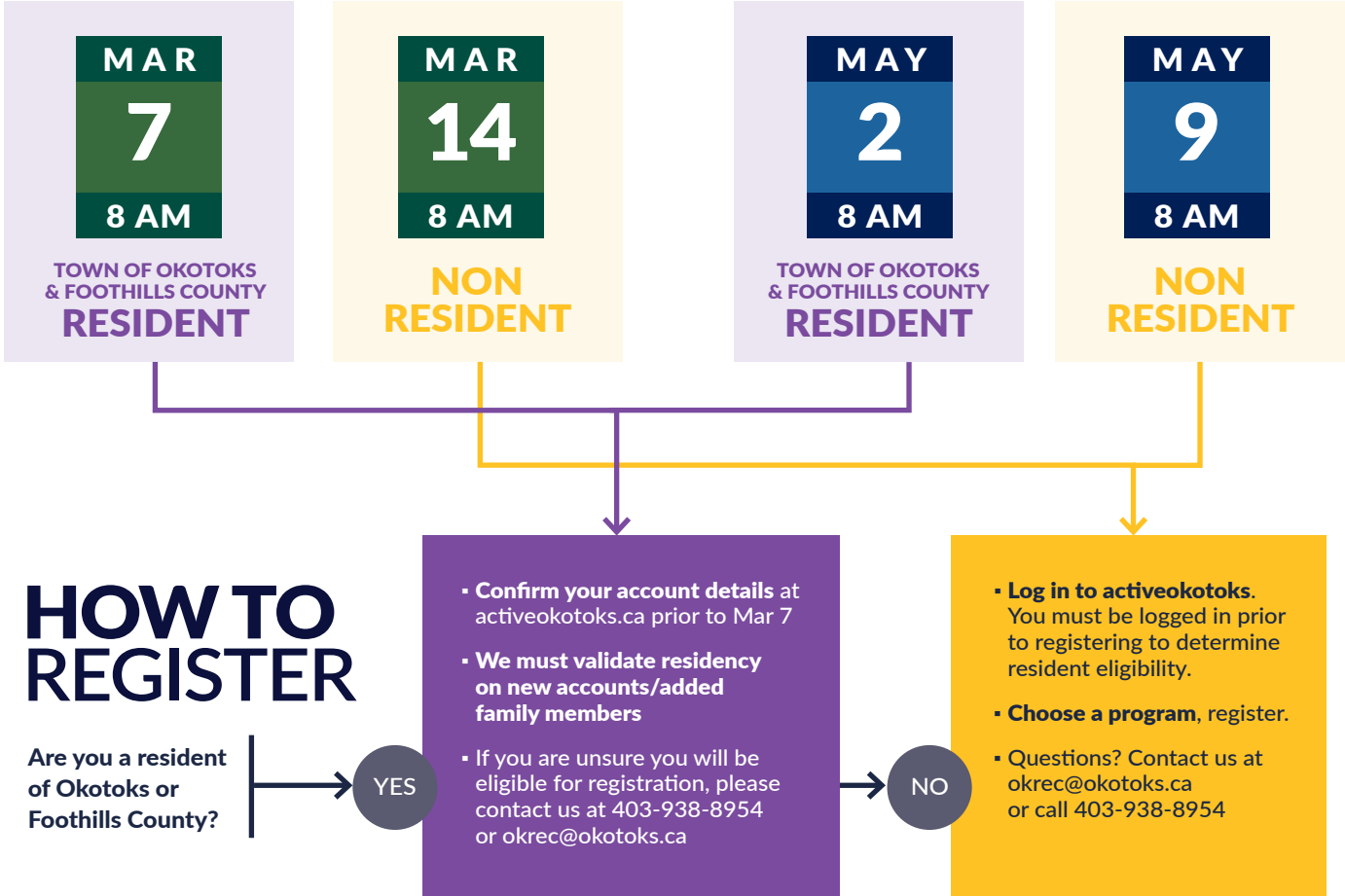


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EASY WAYS TO REGISTER



PHONE
403-938-8954



ONLINE
activeokotoks.ca

Active Okotoks is our online guide to activities, programs and resources in Okotoks. Visit activeokotoks.ca today to find information on all things programs and recreation!

To create a new account, please visit activeokotoks.ca prior to registration day and click on "Create Account."




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 for up-to-date, daily schedules.

LOCATION LEGEND

ORC	Okotoks Rec Centre
SCC	Southside Community Centre
CA	Centennial Arenas
OPS	Operations Building Classroom
	ONLINE





SEE FACILITY
AMENITIES
& BENEFITS
ONLINE AT
okotoks.ca/recreation

OKOTOKS RECREATION CENTRE

GET THE
BEST
RECREATION
PASS
FOR YOU!

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 some Statutory Holidays.
Visit 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

Online Drop-in Rec Schedule activeokotoks.ca
Program & Swim Lesson Registration 403-938-8954

Staff, Program Area and Bookings	
Recreation Customer Experience	403-938-8954 okrec@okotoks.ca
Aquatics	aquatics@okotoks.ca
Programs	programs@okotoks.ca
Events	events@okotoks.ca
Room Rentals & Gymnasium	403-995-6334 okbookings@okotoks.ca
Curling Rink Rentals (May-Aug)	403-995-2785
Arena Rentals	403-995-2785 arenabookings@okotoks.ca
Outdoor Spaces	403-995-2786 outdoorbookings@okotoks.ca
Okotoks Centennial Arenas	403-995-6330

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.

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

Payment plan options are available for **ANNUAL PASSES**
Call 403-938-8954 for more information

*Includes students attending post secondary school 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.

Withdrawal form, see page 7.

FREE
& REDUCED
REC!
FOR MORE INFO VISIT
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 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.



FIND
MORE
INFO AT

activeokotoks.ca

**DROP-IN
OPPORTUNITIES**

Drop-in swimming includes pre-booked Aquafitness classes, lane swims, self-directed and warm water fitness, public and shallow swims.

Drop-in fitness includes access to classes such as Spin and HIIT, Yin Yoga, Total Body Conditioning, Rock the Reps, Power Flow Yoga and more.

Drop-in opportunities also available for pickleball, our gymnasium and arena for public skating, figure skating, shinny and sledge hockey!



**30% OFF
+ BONUS
10 DAYS!**

**SPRING
INTO
SUMMER
PASS**

Get 30% off a three month pass plus a bonus 10 days with our **Spring into Summer Pass**, valid from May 16, 2024, to August 24, 2024. Cost for this all-facility pass is \$130 for adults, and \$105 for seniors (GST included). That's 100 days of access to our drop-in activities and group fitness classes!



**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
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
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
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 waitlist. New classes are added based on waitlist 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.

Facility Pass Withdrawal

(See Page 5 for rate details)
A Facility Pass Withdrawal Form must be submitted before to the 1st of each month. Withdrawals will be processed on the 15th of the month and fees owing will be deducted from current month's payment. Passes with less than 30 days remaining on withdrawal date will not be refunded. Refunds will be pro-rated on account's remaining balance less a \$25.00 or \$50.00 fee for single or family passes. Fees associated with pass withdrawal will be applied to your account and are subject to charges if unpaid. Facility pass refunds for medical reasons require a medical note to be submitted to Customer Experience.

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 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.

We are open some statutory holidays

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, 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
OPS	Operations Building Classroom
	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 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	Apr 9-Jun 25	Tue	10:15 AM-11:15 AM	12	\$100.80	ORC	20754
	Apr 9-Jun 25	Tue	10:15 AM-11:15 AM	12	\$75.60		20755
55+ Dance Fitness	Apr 11-May 16	Thu	2:00 PM-2:45 PM	6	\$37.80	ORC	20409
	May 23-Jun 27	Thu	2:00 PM-2:45 PM	6	\$37.80	ORC	21764
55+ Drum Fitness	Apr 8-May 13	Mon	11:45 AM-12:45 PM	6	\$50.40	ORC	20413
	Apr 11-May 16	Thu	10:15 AM-11:15 AM	5	\$42.00	ORC	20412
	Apr 11-May 16	Thu	11:30 AM-12:30 PM	5	\$42.00	ORC	20411
	May 23-Jun 27	Thu	10:15 AM-11:15 AM	6	\$50.40	ORC	21504
	May 23-Jun 27	Thu	11:30 AM-12:30 PM	6	\$50.40	ORC	21508
	May 27-Jun 24	Mon	11:45 AM-12:45 PM	5	\$42.00	ORC	21503
55+ Fitness	Apr 11-Jun 27	Thu	11:00 AM-12:00 PM	12	\$100.80	ORC	20414
	Apr 11-Jun 27	Thu	11:00 AM-12:00 PM	12	\$75.60		20415
55+ Pilates	Apr 11-Jun 27	Thu	9:00 AM-10:00 AM	12	\$100.80	SCC	21758
55+ Strength & Stability for Men	Apr 9-Jun 25	Tue	9:00 AM-10:00 AM	12	\$100.80	SCC	20418
55+ Strength Training Circuit	Apr 10-Jun 26	Wed	9:00 AM-9:45 AM	11	\$69.30	ORC	20756
55+ Yoga	Apr 8-Jun 24	Mon	10:00 AM-11:00 AM	11	\$92.40	ORC	20421
	Apr 8-Jun 24	Mon	10:00 AM-11:00 AM	11	\$69.30		20423
	Apr 9-Jun 18	Tue	11:00 AM-12:00 PM	11	\$92.40	SCC	20422
55+ Yoga for Men	Apr 12-Jun 28	Fri	9:00 AM-10:00 AM	12	\$100.80	SCC	20419
	Apr 12-Jun 28	Fri	9:00 AM-10:00 AM	12	\$75.60		20420
Living Well: Exercise for Quality of Life	Apr 8-Jun 24	Mon	12:30 PM-1:30 PM	11	\$92.40	ORC	20482
Living Well: Strength & Stretch	Apr 11-Jun 27	Thu	10:30 AM-11:30 AM	12	\$100.80	SCC	20484
Zumba® Gold	Apr 10-May 15	Wed	10:15 AM-11:15 AM	6	\$50.40	ORC	21753
	May 22-Jun 26	Wed	10:15 AM-11:15 AM	6	\$50.40	ORC	21754

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 and core strength through engaging core-related poses, all 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 is 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 favourite old 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

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+ Pilates

This low-impact class features choice-based progression that focuses on activating deep muscles in coordination with superficial muscles as you work towards strength, stability and mobility. Learn to move more naturally with greater ease. You will be introduced to a variety of props as you develop control, precision and awareness of movements. Mat work included. Instructor: Myriam Sorigue-Clarke.

55+ Strength & Stability for Men

You can't go wrong with getting strong! 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! Yoga mat required. Instructor: Carolyn Sterenberg.

55+ Strength Training Circuit

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. Instructor: Keeley McLeod.

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 (Mon) and Shawna Zylstra (Tue).

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 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!

Zumba® Gold

Zumba® Gold is perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. This class will include easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat and dance along to feel-good, fun music! Instructor: Janine Remple.



ADULT

PROGRAM	DATES	DAY	TIME	# CLASSES	COST	LOCATION	COURSE ID
Keto Diet & Intermittent Fasting for Beginners NEW!	Apr 23-Apr 30	Tue	6:30 PM-8:00 PM	2	\$45.00	OPS	21749
Pickleball: Introduction (15Y+) NEW!	Apr 9-Jun 25	Tue	6:45 PM-8:00 PM	12	\$108.00	ORC	21750
Pickleball: Introduction (18Y+)	Apr 11-Jun 27	Thu	6:45 PM-8:15 PM	12	\$132.00	ORC	20515
Pickleball: Intermediate (18Y+)	Apr 10-Jun 26	Wed	7:30 PM-9:00 PM	12	\$120.00	ORC	20514
Tai Chi: Beginner Level 1	Apr 22-Jun 24	Mon	6:30 PM-7:30 PM	9	\$117.00	ORC	21530
Tai Chi: Intermediate	Apr 24-Jun 26	Wed	6:30 PM-7:30 PM	10	\$130.00	ORC	21531

SEE PAGE 13 FOR COURSE DESCRIPTIONS

Personal Development and General Interest

Keto Diet & Intermittent Fasting for Beginners NEW!
In this course, participants will learn why the keto diet and intermittent fasting are so effective for fat loss, improving body composition and prevention of metabolic diseases, such as type 2 diabetes, cardiovascular disease and obesity.

Sport

Pickleball: Introduction (15Y+) NEW!
We're bridging the generation gap to bring youth and adults together for this Pickleball introductory course! In this low-impact racquet sport, suitable for beginners, 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. Join as a family or individual. Paddles and balls provided. No experience necessary.

Pickleball: Introduction (18Y+)
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. Paddles and balls provided. No experience necessary.

Pickleball: Intermediate (18Y+)
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.

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

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!

LOCATION LEGEND	
ORC	Okotoks Rec Centre
SCC	Southside Community Centre
CA	Centennial Arenas
OPS	Operations Building Classroom
	ONLINE

ADULT

PROGRAM	DATES	DAY	TIME	# CLASSES	COST	LOCATION	COURSE ID
Barre Fitness	Apr 10-May 15	Wed	10:00 AM-11:00 AM	5	\$55.00	ORC	20757
	May 22-Jun 26	Wed	10:00 AM-11:00 AM	6	\$66.00	ORC	20758
Chair Yoga NEW!	Apr 9-Jun 18	Tue	1:00 PM-2:00 PM	11	\$110.00	SCC	20437
Diversity Dance	Apr 11-Jun 27	Thu	1:00 PM-1:45 PM	12	\$75.60	ORC	21528
Diversity Yoga	Apr 10-Jun 19	Wed	1:00 PM-2:00 PM	11	\$92.40	SCC	21529
Drum Fitness	Apr 10-May 15	Wed	6:30 PM-7:15 PM	5	\$41.25	ORC	21751
	May 22-Jun 26	Wed	6:30 PM-7:15 PM	6	\$49.50	ORC	21752
Evening Unwind: Stretch & Release NEW!	Apr 15-Jun 24	Mon	7:15 PM-8:15 PM	10	\$110.00	SCC	21738
Mom Strong	Apr 8-May 13	Mon	10:00 AM-11:00 AM	6	\$66.00	ORC	20487
	May 27-Jun 24	Mon	10:00 AM-11:00 AM	5	\$55.00	ORC	20488
Pound® Family Fitness	Apr 15-Jun 24	Mon	6:15 PM-7:00 PM	10	\$82.50	SCC	20518
Restorative Yin Yoga	Apr 9-Jun 18	Tue	7:45 PM-8:45 PM	11	\$121.00	SCC	20800
Somatic Pilates NEW!	May 2-Jun 6	Thu	6:30 PM-7:30 PM	6	\$66.00	SCC	21761
Strength & Core Fitness Combo	Apr 11-Jun 27	Thu	7:00 PM-8:00 PM	11	\$121.00	ORC	20521
Strength & Stretch Combo	Apr 8-Jun 24	Mon	10:30 AM-11:30 AM	11	\$121.00	ORC	20524
	Apr 8-Jun 24	Mon	10:30 AM-11:30 AM	11	\$90.75	L	20525
Strollers & Strength	Apr 10-May 15	Wed	10:45 AM-11:45 AM	6	\$66.00	ORC	20527
	May 22-Jun 26	Wed	10:45 AM-11:45 AM	6	\$66.00	ORC	20528
Tone it Up! Fitness	Apr 9-Jun 25	Tue	6:30 PM-7:30 PM	12	\$132.00	ORC	20536
Women's Health: Yoga & Pelvic Floor Restore	Apr 12-Jun 28	Fri	10:15 AM-11:15 AM	12	\$156.00	SCC	20539
Yoga for Beginners	Apr 9-Jun 18	Tue	6:30 PM-7:30 PM	11	\$121.00	SCC	21516
Zumba® Dance Fitness	Apr 11-Jun 27	Thu	5:00 PM-6:00 PM	12	\$132.00	CA	20551

SEE PAGE 15 FOR COURSE DESCRIPTIONS

Fitness & Wellness

Barre Fitness

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 the full body through a series of exercises that focus on strength, flexibility and balance. No prior fitness experience necessary. Instructor: Keeley McLeod.

Chair Yoga NEW!

Let's have some fun with chair yoga! Come see how we can gently increase your strength and flexibility with this fantastic prop, while we gather around for some social fitness time. No experience necessary. Instructor: Shawna Zylstra.

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: Support worker must accompany each participant to all classes. Instructor: Emelia Jager.

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 and improving your flexibility as you move through a series of interesting poses in a relaxed environment. Note: Support worker must accompany each registrant to class. Yoga mat required. Instructor: Shawna Zylstra.

Drum Fitness

This instructor-led class involves upper body drumming movements and lower body fitness moves while using drumsticks and a physio ball. 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! Space is limited. Instructor: Emelia Jager.

Evening Unwind: Stretch & Release NEW!

Immerse yourself in gentle stretches, tension release techniques and tranquil breathwork to promote flexibility, mobility and relaxation for the entire body. Elevate your well-being as you unwind from your day, fostering both physical flexibility and mental calmness. No experience necessary! Instructor: Tamara Boivin.

Mom Strong

Calling all moms who want an opportunity to connect with their littles and other moms while 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. NOTE: Child participants must be at least 6 years old to participate and be accompanied by an adult. Price per person.

Restorative Yin Yoga

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.

Somatic Pilates NEW!

This 6-week course will introduce concepts of somatic movement - slow and gentle, micro movements - with a focus on sensing movement and activating the deep postural muscles. You will be guided through a series of micro movements using gravity, space, breath and body in an effort to create a more balanced postural tone. Yoga mat required. Instructor: Myriam Sorigue-Clarke.

Strength & Core Fitness 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: 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: Tina Harris.

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 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 Remple.

CHILDREN & YOUTH

PROGRAM	DATES	DAY	TIME	# CLASSES	COST	LOCATION	COURSE ID
Badminton (7-11Y)	Apr 10-Jun 19	Wed	4:15 PM-5:15 PM	11	\$92.40	ORC	21518
Badminton (12-15Y)	Apr 10-Jun 19	Wed	5:15 PM-6:15 PM	11	\$92.40	ORC	21517
Basketball (11-15Y)	Apr 10-Jun 19	Wed	6:30 PM-7:30 PM	11	\$92.40	ORC	21519
Tween Yoga Fun (9-13Y)	Apr 9-Jun 18	Tue	4:00 PM-5:00 PM	11	\$92.40	SCC	20546
Teen Yoga (14-17Y)	Apr 9-Jun 18	Tue	5:15 PM-6:15 PM	11	\$92.40	SCC	20542
Volleyball (7-11Y)	Apr 11-Jun 20	Thu	4:15 PM-5:15 PM	11	\$92.40	ORC	21532
Volleyball (11-15Y)	Apr 11-Jun 20	Thu	5:15 PM-6:15 PM	11	\$92.40	ORC	21533
Never Bee Lost (5-7Y)	June 21	Fri	1:15 PM-2:15 PM	1	\$20.00	ORC	21538
Home Alone Safely (10-13Y)	June 21	Fri	2:30 PM-6:00 PM	1	\$60.00	ORC	21537
Babysitting Course 2-Day (12-14Y)	Jul 17-Jul 18	Wed, Thu	9:00 AM-2:30 PM	2	\$60.00	ORC	21536

SEE PAGE 17 FOR COURSE DESCRIPTIONS



JOIN US FOR A SUMMER OF FUN WITH OUR SWIM & GYM PASS, VALID FROM JULY 1 TO AUGUST 31 FOR JUST \$35, FOR KIDS AGED 6 TO 11!

GRADE 5 GETS ACTIVE ACTIVE 8 PASS

Reminder! Your Grade 5 Gets Active & Active 8 passes are valid until August 31!

This pass provides access to all age-related drop-in activities such as public swim, skate and gymnasium times (basketball, badminton, volleyball, etc.) Facility rules apply. In addition, a 10% discount is available on most instructional aquatic and community programs.

Fitness, Wellness, Dance & Sport

Badminton (7-11Y)
A fun and exciting way to learn the basics of badminton! This co-ed intro course will keep beginners active and wanting to play more. Learning badminton will help kids develop their motor skills in a super fun and social setting. Participants are encouraged to bring their own racquet if they have one.

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

Tween Yoga Fun (9-13Y)
Partner poses and fun activities keep these yogis engaged and entertained as they discover the benefits of yoga. Students will learn how to use breath and movement to self-regulate emotions while they gain strength, flexibility and coordination. Yoga mat available if you do not have your own. Instructor: Shawna Zylstra.

Teen Yoga (14-17Y)
This course introduces teens to the world of yoga in a slow and safe environment with their peers. Students will learn about the different kinds of yoga modalities available, studio etiquette and how to move in and out of yoga poses safely, with breath. Strength, flexibility and coordination are benefits as well as improved focus, clarity and self-regulation, facilitating a life-time of mental and physical health. Yoga mats available if you do not have your own. Instructor: Shawna Zylstra.

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

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.

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.

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.

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!

PRESCHOOL

PROGRAM	DATES	DAY	TIME	# CLASSES	COST	LOCATION	COURSE ID
Little Explorers (3 -5Y)	Apr 9-May 14	Tue	9:30 AM-11:30 AM	6	\$96.00	ORC	21505
	Apr 11-May 16	Thu	9:30 AM-11:30 AM	6	\$96.00	ORC	21511
	May 21-Jun 18	Tue	9:30 AM-11:30 AM	5	\$80.00	ORC	21512
	May 23-Jun 20	Thu	9:30 AM-11:30 AM	5	\$80.00	ORC	21513
Mix It Up! (3-6Y)	May 22-Jun 19	Wed	1:15 PM-2:15 PM	5	\$40.00	ORC	21499
Outdoor Soccer (3-6Y)	May 14-Jun 18	Tue	10:30 AM-11:30 AM	6	\$48.00	ORC	21501
	May 16-Jun 20	Thu	1:00 PM-2:00 PM	6	\$48.00	ORC	21502
Parent & Tot Music & Movement (2-3Y)	Apr 8-May 13	Mon	9:30 AM-10:30 AM	6	\$48.00	SCC	21506
	May 27-Jun 17	Mon	9:30 AM-10:30 AM	4	\$32.00	SCC	21510
Preschool Friday Frolics and Splash (3-5Y)	Apr 12-May 17	Fri	9:30 AM-11:30 AM	5	\$87.50	ORC	20751
	May 24-Jun 21	Fri	9:30 AM-11:30 AM	5	\$87.50	ORC	20752
Preschool Prep - Happy Little Feet (2-3Y)	Apr 10-May 15	Wed	10:45 AM-11:45 AM	6	\$48.00	ORC	21507
	May 22-Jun 19	Wed	10:45 AM-11:45 AM	5	\$40.00	ORC	21509

SEE PAGE 19 FOR COURSE DESCRIPTIONS

Parent & Tot

Little Explorers (3 -5Y)

This one-day per week program provides active learners an opportunity to explore the Okotoks Recreation Centre, make new friends, and participate in learn-through-play activities. Each week, your child will explore new themes through circle time, songs and 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 Little Explorers Tuesdays to make this a 2-day a week class.

Mix It Up! (3-6Y)

This program will introduce your child to baseball, soccer and many other sports. The children will run drills and play games all while learning teamwork and improving their gross motor skills. This class will be taught in a fun, non-competitive environment. Children must be able to use the washroom independently. These classes will be held outside, so please bring a hat, water, sunscreen/bug spray and proper footwear to each class.

Outdoor Soccer (3-6Y)

Designed to promote movement, balance, coordination, motor skills and fun! Outdoor soccer participants will learn all the fundamentals of soccer skills through a variety of fun soccer exercises and games designed to stimulate the imagination of children.

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 aims to engage both the caregiver and child in a creative and fun environment! Clean indoor shoes please.

Preschool Friday Frolics and Splash (3-6Y)

This one-day per week program provides active learners an opportunity to explore the Okotoks Recreation Centre, make new friends and participate in learn-through-play activities. Each week your child will explore new themes through circle time, songs and games, science experiments, crafts, physical activity and free-play. BONUS with Friday Frolics is that the 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 Little Explorers on Tuesdays and Thursdays to make this a 3-day a week class.

Preschool Prep - Happy Little Feet (2-3Y)

Your 2 and just turned 3-year-old will have lots of fun in this un-parented program. We will encourage your child's creativity and imagination through themed-based classes that include elements such as tapping their toes and sing-alongs as well as crafts and active free-play. As this program is for 2 to 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.



KINDER CARE

Did you know that the Okotoks Recreation Centre has a short-term child-minding service for toddlers and children ages 3 months to 5 years?

Our drop-in child-minding is provided by qualified and experienced early childhood educators in a safe and fun environment. If you want to join a fitness class, lane swim, workout in the fitness facility or have an older child in a lesson and just need some additional care, visit **activeokotoks.ca** for full schedule details. *Parents or caregivers must remain in the facility.*

LOCATION LEGEND

ORC

Okotoks Rec Centre

SCC

Southside Community Centre

CA

Centennial Arenas

OPS

Operations Building Classroom

ONLINE



SPRING AQUATICS PROGRAMS

FOR
SWIMMING
LEVEL
DESCRIPTIONS
SEE PAGE 40



Find the aquatics program and schedule options for you! Register for swimming programs by heading to 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! 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.

APR 14 - JUN 23

No Class Apr 28, May 19

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	10:30 AM-11:00 AM	9	\$82.80	20779
Parent and Tot 3	9:00 AM-9:30 AM	9	\$82.80	20780
Preschool 1	9:00 AM-9:30 AM	9	\$82.80	20836
	10:30 AM-11:00 AM	9	\$82.80	20837
	11:15 AM-11:45 AM	9	\$82.80	20838
Preschool 2	9:30 AM-10:00 AM	9	\$82.80	20839
	10:00 AM-10:30 AM	9	\$82.80	20840
	11:15 AM-11:45 AM	9	\$82.80	20841
	11:45 AM-12:15 PM	9	\$82.80	20842
Preschool 3	9:30 AM-10:00 AM	9	\$82.80	20843
	10:00 AM-10:30 AM	9	\$82.80	20844
	11:15 AM-11:45 AM	9	\$82.80	20845
	12:00 PM-12:30 PM	9	\$82.80	20846
Preschool 4	10:00 AM-10:30 AM	9	\$82.80	20847
Preschool 5	11:00 AM-11:30 AM	9	\$82.80	20848
Swimmer 1	9:45 AM-10:30 AM	9	\$85.05	20849
	10:30 AM-11:15 AM	9	\$85.05	20850
	11:30 AM-12:15 PM	9	\$85.05	20851
Swimmer 2	9:00 AM-9:45 AM	9	\$85.05	20852
	11:00 AM-11:45 AM	9	\$85.05	20853
	11:45 AM-12:30 PM	9	\$85.05	20854
Swimmer 3	9:00 AM-9:45 AM	9	\$85.05	20855
	10:30 AM-11:15 AM	9	\$85.05	20856
	11:45 AM-12:30 PM	9	\$85.05	20860
Swimmer 4	9:45 AM-10:30 AM	9	\$85.05	20857
	11:15 AM-12:00 PM	9	\$85.05	20858
Swimmer 5	10:00 AM-10:45 AM	9	\$85.05	20859
Swimmer 6	10:00 AM-10:45 AM	9	\$85.05	20861



APR 15 - MAY 15

MONDAY/WEDNESDAY

PROGRAM	TIME	# LESSONS	COST	COURSE ID
Parent and Tot 1/2/3	9:00 AM-9:30 AM	10	\$92.00	20992
	5:30 PM-6:00 PM	10	\$92.00	20993
Preschool 1	9:00 AM-9:30 AM	10	\$92.00	20989
	4:45 PM-5:15 PM	10	\$92.00	20990
	5:30 PM-6:00 PM	10	\$92.00	20991
Preschool 2	8:30 AM-9:00 AM	10	\$92.00	20986
	5:00 PM-5:30 PM	10	\$92.00	20987
	5:45 PM-6:15 PM	10	\$92.00	20988
Preschool 3	8:30 AM-9:00 AM	10	\$92.00	20983
	5:00 PM-5:30 PM	10	\$92.00	20984
	6:00 PM-6:30 PM	10	\$92.00	20985
Preschool 4	8:00 AM-8:30 AM	10	\$92.00	20981
	6:30 PM-7:00 PM	10	\$92.00	20982
Preschool 5	8:00 AM-8:30 AM	10	\$92.00	20980
Swimmer 1	4:00 PM-4:45 PM	10	\$94.50	20996
Swimmer 2	5:30 PM-6:15 PM	10	\$94.50	20998
	6:15 PM-7:00 PM	10	\$94.50	21002
Swimmer 3	4:00 PM-4:45 PM	10	\$94.50	21000
	6:15 PM-7:00 PM	10	\$94.50	20999
Swimmer 4	4:45 PM-5:30 PM	10	\$94.50	21001
Swimmer 5	6:00 PM-6:45 PM	10	\$94.50	20995
Swimmer 6	4:00 PM-4:45 PM	10	\$94.50	20994

MAY 22 - JUN 19

MONDAY/WEDNESDAY

PROGRAM	TIME	# LESSONS	COST	COURSE ID
Parent and Tot 1/2/3	9:00 AM-9:30 AM	9	\$82.80	21019
	5:30 PM-6:00 PM	9	\$82.80	21018
Preschool 1	9:00 AM-9:30 AM	9	\$82.80	21015
	4:45 PM-5:15 PM	9	\$82.80	21017
	5:30 PM-6:00 PM	9	\$82.80	21016
Preschool 2	8:30 AM-9:00 AM	9	\$82.80	21012
	5:15 PM-5:45 PM	9	\$82.80	21013
	6:00 PM-6:30 PM	9	\$82.80	21014
Preschool 3	8:30 AM-9:00 AM	9	\$82.80	21009
	4:45 PM-5:15 PM	9	\$82.80	21010
	6:00 PM-6:30 PM	9	\$82.80	21011
Preschool 4	8:00 AM-8:30 AM	9	\$82.80	21007
	6:30 PM-7:00 PM	9	\$82.80	21008
Preschool 5	8:00 AM-8:30 AM	9	\$82.80	21006
Swimmer 1	4:00 PM-4:45 PM	9	\$85.05	21023
	5:30 PM-6:15 PM	9	\$85.05	21022
Swimmer 2	4:45 PM-5:30 PM	9	\$85.05	21021
Swimmer 3	4:00 PM-4:45 PM	9	\$85.05	21028
	6:15 PM-7:00 PM	9	\$85.05	21029
Swimmer 4	4:45 PM-5:30 PM	9	\$85.05	21027
Swimmer 6	4:00 PM-4:45 PM	9	\$85.05	21025



FOR
SWIMMING
LEVEL
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SEE PAGE 40

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

XXXXX

APR 16 - JUN 18

TUESDAY

PROGRAM	TIME	# LESSONS	COST	COURSE ID
Parent and Tot 1/2	5:00 PM-5:30 PM	10	\$92.00	20884
Parent and Tot 1/2/3	8:00 AM-8:30 AM	10	\$92.00	20885
Parent and Tot 3	6:30 PM-7:00 PM	10	\$92.00	20889
Preschool 1	8:00 AM-8:30 AM	10	\$92.00	20877
	5:00 PM-5:30 PM	10	\$92.00	20878
	5:45 PM-6:15 PM	10	\$92.00	20879
	6:30 PM-7:00 PM	10	\$92.00	20880
Preschool 2	8:30 AM-9:00 AM	10	\$92.00	20883
	5:30 PM-6:00 PM	10	\$92.00	20881
	6:45 PM-7:15 PM	10	\$92.00	20882
Preschool 3	9:00 AM-9:30 AM	10	\$92.00	20886
	5:30 PM-6:00 PM	10	\$92.00	20887
	6:30 PM-7:00 PM	10	\$92.00	20890
	7:00 PM-7:30 PM	10	\$92.00	20888
Preschool 4	8:30 AM-9:00 AM	10	\$92.00	20892
	6:45 PM-7:15 PM	10	\$92.00	20891
Preschool 5	9:00 AM-9:30 AM	10	\$92.00	20893
	7:00 PM-7:30 PM	10	\$92.00	20895
Swimmer 1	5:00 PM-5:45 PM	10	\$94.50	20869
	6:15 PM-7:00 PM	10	\$94.50	20870
Swimmer 2	5:45 PM-6:30 PM	10	\$94.50	20871
	7:15 PM-8:00 PM	10	\$94.50	20872
Swimmer 3	5:00 PM-5:45 PM	10	\$94.50	20873
	7:15 PM-8:00 PM	10	\$94.50	20874
Swimmer 4	5:00 PM-5:45 PM	10	\$94.50	20875
Swimmer 5	5:45 PM-6:30 PM	10	\$94.50	20876
Swimmer 6	7:15 PM-8:00 PM	10	\$94.50	20894

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

XXXXX

APR 18 - JUN 20

THURSDAY

PROGRAM	TIME	# LESSONS	COST	COURSE ID
Parent and Tot 1/2/3	8:30 AM-9:00 AM	10	\$92.00	20917
	5:30 PM-6:00 PM	10	\$92.00	20918
Preschool 1	8:30 AM-9:00 AM	10	\$92.00	20910
	5:30 PM-6:00 PM	10	\$92.00	20911
	6:00 PM-6:30 PM	10	\$92.00	20912
	6:30 PM-7:00 PM	10	\$92.00	20913
Preschool 2	8:00 AM-8:30 AM	10	\$92.00	20914
	5:00 PM-5:30 PM	10	\$92.00	20915
	6:00 PM-6:30 PM	10	\$92.00	20916
Preschool 3	8:00 AM-8:30 AM	10	\$92.00	20906
	5:00 PM-5:30 PM	10	\$92.00	20907
	5:45 PM-6:15 PM	10	\$92.00	20908
	7:00 PM-7:30 PM	10	\$92.00	20909
Preschool 4	6:45 PM-7:15 PM	10	\$92.00	20920
Preschool 5	6:45 PM-7:15 PM	10	\$92.00	20919
Swimmer 1	5:00 PM-5:45 PM	10	\$94.50	20921
	7:00 PM-7:45 PM	10	\$94.50	20922
Swimmer 2	5:00 PM-5:45 PM	10	\$94.50	20923
	7:15 PM-8:00 PM	10	\$94.50	20924
Swimmer 3	6:15 PM-7:00 PM	10	\$94.50	20925
	7:15 PM-8:00 PM	10	\$94.50	20926

FOR SWIMMING LEVEL DESCRIPTIONS SEE PAGE 40



APR 12 - JUN 21

No Class Apr 26

FRIDAY

PROGRAM	TIME	# LESSONS	COST	COURSE ID
Preschool 1	9:00 AM-9:30 AM	10	\$92.00	20942
	1:00 PM-1:30 PM	10	\$92.00	20943
Preschool 2	9:30 AM-10:00 AM	10	\$92.00	20944
	2:30 PM-3:00 PM	10	\$92.00	20945
Preschool 3	9:00 AM-9:30 AM	10	\$92.00	20946
	2:30 PM-3:00 PM	10	\$92.00	20947
Preschool 4	9:30 AM-10:00 AM	10	\$92.00	20948
Preschool 5	10:00 AM-10:30 AM	10	\$92.00	20949
Swimmer 1/2	10:00 AM-10:45 AM	10	\$94.50	20951
Swimmer 1	1:45 PM-2:30 PM	10	\$94.50	20950
Swimmer 2	2:15 PM-3:00 PM	10	\$94.50	20952
Swimmer 3	1:30 PM-2:15 PM	10	\$94.50	20953
Swimmer 3/4	9:15 AM-10:00 AM	10	\$94.50	20954
Swimmer 4	1:00 PM-1:45 PM	10	\$94.50	20955
Swimmer 5	1:45 PM-2:30 PM	10	\$94.50	20958
Swimmer 5/6	10:00 AM-10:45 AM	10	\$94.50	20957
Swimmer 6	1:00 PM-1:45 PM	10	\$94.50	20956

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

FOR
SWIMMING
LEVEL
DESCRIPTIONS
SEE PAGE 40



APR 13 - JUN 22

No Class Apr 27, May 18

SATURDAY

PROGRAM	TIME	# LESSONS	COST	COURSE ID
Parent and Tot 1/2	11:30 AM-12:00 PM	9	\$82.80	20822
Parent and Tot 3	10:30 AM-11:00 AM	9	\$82.80	20768
Preschool 1	10:30 AM-11:00 AM	9	\$82.80	20763
	11:00 AM-11:30 AM	9	\$82.80	20794
	11:30 AM-12:00 PM	9	\$82.80	20796
	12:00 PM-12:30 PM	9	\$82.80	20797
	12:30 PM-1:00 PM	9	\$82.80	20795
Preschool 2	11:00 AM-11:30 AM	9	\$82.80	20764
	11:45 AM-12:15 PM	9	\$82.80	20811
	12:45 PM-1:15 PM	9	\$82.80	20812
	1:30 PM-2:00 PM	9	\$82.80	20813
Preschool 3	10:45 AM-11:15 AM	9	\$82.80	20765
	11:15 AM-11:45 AM	9	\$82.80	20814
	12:30 PM-1:00 PM	9	\$82.80	20815
	1:15 PM-1:45 PM	9	\$82.80	20816
	1:45 PM-2:15 PM	9	\$82.80	20819
Preschool 4	12:00 PM-12:30 PM	9	\$82.80	20766
	1:00 PM-1:30 PM	9	\$82.80	20820
Preschool 5	11:30 AM-12:00 PM	9	\$82.80	20767
	1:00 PM-1:30 PM	9	\$82.80	20821
Swimmer 1	10:30 AM-11:15 AM	9	\$85.05	20769
	11:30 AM-12:15 PM	9	\$85.05	20823
	12:30 PM-1:15 PM	9	\$85.05	20824
Swimmer 2	11:15 AM-12:00 PM	9	\$85.05	20770
	12:15 PM-1:00 PM	9	\$85.05	20825
	1:00 PM-1:45 PM	9	\$85.05	20826
Swimmer 3	11:30 AM-12:15 PM	9	\$85.05	20771
	12:00 PM-12:45 PM	9	\$85.05	20827
	2:15 PM-3:00 PM	9	\$85.05	20828
Swimmer 4	10:30 AM-11:15 AM	9	\$85.05	20772
	12:00 PM-12:45 PM	9	\$85.05	20793
Swimmer 5	11:15 AM-12:00 PM	9	\$85.05	20773
	1:30 PM-2:15 PM	9	\$85.05	20829
Swimmer 6	10:30 AM-11:15 AM	9	\$85.05	20774

ADULT & SPECIALTY LESSONS

No Classes Apr 26, 27, 28, May 18, 19, 20

PROGRAM	DATES	DAY	TIME	# LESSONS	COST	COURSE ID
Private Swim Lessons	Apr 12-May 3	Fri	10:30 AM-11:00 AM	3	\$139.05	21146
	Apr 13-May 4	Sat	1:30 PM-2:00 PM	3	\$139.05	20784
	Apr 13-May 4	Sat	2:15 PM-2:45 PM	3	\$139.05	20833
	Apr 16-Apr 30	Tues	6:15 PM-6:45 PM	3	\$139.05	20896
	Apr 16-Apr 30	Tues	7:30 PM-8:00 PM	3	\$139.05	20899
	Apr 18-May 2	Thu	9:00 AM-9:30 AM	3	\$139.05	20930
	Apr 18-May 2	Thu	9:00 AM-9:30 AM	3	\$139.05	20931
	Apr 18-May 2	Thu	7:30 PM-8:00 PM	3	\$139.05	20932
	May 7-May 21	Tues	6:15 PM-6:45 PM	3	\$139.05	20897
	May 7-May 21	Tues	7:30 PM-8:00 PM	3	\$139.05	20900
	May 9-May 23	Thu	9:00 AM-9:30 AM	3	\$139.05	20934
	May 9-May 23	Thu	9:00 AM-9:30 AM	3	\$139.05	20935
	May 9-May 23	Thu	7:30 PM-8:00 PM	3	\$139.05	20936
	May 10-May 24	Fri	10:30 AM-11:00 AM	3	\$139.05	21147
	May 11-Jun 1	Sat	1:30 PM-2:00 PM	3	\$139.05	20831
	May 11-Jun 1	Sat	2:15 PM-2:45 PM	3	\$139.05	20834
	May 28-Jun 18	Tues	6:15 PM-6:45 PM	4	\$185.40	20898
	May 28-Jun 18	Tues	7:30 PM-8:00 PM	4	\$185.40	20901
	May 30-Jun 20	Thu	9:00 AM-9:30 AM	4	\$185.40	20938
	May 30-Jun 20	Thu	9:00 AM-9:30 AM	4	\$185.40	20939
	May 30-Jun 20	Thu	7:30 PM-8:00 PM	4	\$185.40	20940
	May 31-Jun 21	Fri	10:30 AM-11:00 AM	4	\$185.40	21148
	Jun 8-Jun 22	Sat	1:30 PM-2:00 PM	3	\$139.05	20832
	Jun 8-Jun 22	Sat	2:15 PM-2:45 PM	3	\$139.05	20835

Adult Beginner Lessons	Apr 13-Jun 22	Sat	8:00 AM-9:00 AM	9	\$107.55	20778
Adult Intermediate Lessons	Apr 13-Jun 22	Sat	8:00 AM-9:00 AM	9	\$107.55	20777
	Apr 14-Jun 23	Sun	9:00 AM-10:00 AM	9	\$107.55	20863
Swimabilities 1/2	Apr 12-Jun 21	Fri	4:15 PM-5:00 PM	10	\$94.50	20959
Swimabilities 3/4	Apr 12-Jun 21	Fri	5:00 PM-5:45 PM	10	\$94.50	20960
Deep Water Private Lesson	Apr 13-May 4	Sat	9:00 AM-9:30 AM	3	\$139.05	20783
	Apr 13-May 4	Sat	9:30 AM-10:00 AM	3	\$139.05	20785
	Apr 13-May 4	Sat	10:00 AM-10:30 AM	3	\$139.05	20786
	Apr 16-Apr 30	Tues	7:30 PM-8:00 PM	3	\$139.05	20902
	May 7-May 21	Tues	7:30 PM-8:00 PM	3	\$139.05	20903
	May 11-Jun 1	Sat	9:00 AM-9:30 AM	3	\$139.05	20787
	May 11-Jun 1	Sat	9:30 AM-10:00 AM	3	\$139.05	20788
	May 12-Jun 1	Sat	10:00 AM-10:30 AM	3	\$139.05	20789
	May 28-Jun 18	Tues	7:30 PM-8:00 PM	4	\$185.40	20904
	Jun 8-Jun 22	Sat	9:00 AM-9:30 AM	3	\$139.05	20790
	Jun 8-Jun 22	Sat	9:30 AM-10:00 AM	3	\$139.05	20791
	Jun 8-Jun 22	Sat	10:00 AM-10:30 AM	3	\$139.05	20792

FOR SWIMMING LEVEL DESCRIPTIONS SEE PAGE 40

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

LIFESAVING COURSES

No Class Apr 27, 28, May 18, 19

PROGRAM	DATES	DAY	TIME	# LESSONS	COST	COURSE ID
Rookie Patrol	Apr 13-Jun 22	Sat	12:15 PM-1:15 PM	9	\$91.35	20775
	Apr 14-Jun 23	Sun	10:45 AM-11:45 AM	9	\$91.35	20862
	Apr 15-May 15	Mon, Wed	5:30 PM-6:30 PM	10	\$101.50	21003
Ranger/Star Patrol	Apr 13-Jun 22	Sat	11:15 AM-12:15 PM	9	\$91.35	20776
Bronze Medallion	Apr 13-May 11	Sat	11:30 AM-3:30 PM	4	\$200.00	20781
	Apr 16-Jun 18	Tues	5:00 PM-6:30 PM	10	\$193.50	20905
Bronze Cross	Apr 25-Jun 22	Sat	10:00 AM-2:30 PM	5	\$191.65	20782
Swim and Life Saving Instructor	Apr 14-Jun 2	Sun	10:30 AM-5:30 PM	6	\$379.98	20864
Swim and Life Saving Instructor Recertification	Jun 26	Wed	4:00 PM-8:00 PM	1	\$80.00	21244
National Lifeguard Recertification	Jun 27	Thu	5:00 PM-9:00 PM	1	\$80.00	21057

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

You can look up the exact courses online at 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

FOR SWIMMING LEVEL DESCRIPTIONS SEE PAGE 40

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 certification date

2

INTERMEDIATE FIRST AID W/ CPR-C & AED

PREREQUISITES:
None

CERTIFICATION CURRENCY:
3 years from certification date

3

BRONZE CROSS

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

CERTIFICATION CURRENCY:
2 years from 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 certification date

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 certification date

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



SUMMER AQUATICS PROGRAMS

FOR
SWIMMING
LEVEL
DESCRIPTIONS
SEE PAGE 40



Find the aquatics program and schedule options for you! Register for swimming programs by heading to 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! 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.

JUL 5 - AUG 23

FRIDAY

PROGRAM	TIME	# LESSONS	COST	COURSE ID
Preschool 2	10:15 AM-10:45 AM	8	\$73.60	21252
Preschool 3	9:00 AM-9:30 AM	8	\$73.60	21251
Preschool 4/5	10:30 AM-11:00 AM	8	\$73.60	21250
Swimmer 1	9:45 AM-10:30 AM	8	\$75.60	21248
Swimmer 2	9:45 AM-10:30 AM	8	\$75.60	21249
Swimmer 3	9:30 AM-10:15 AM	8	\$75.60	21247
Swimmer 4	9:00 AM-9:45 AM	8	\$75.60	21246
Swimmer 5/6	9:00 AM-9:45 AM	8	\$75.60	21245



JOIN US FOR A SUMMER
OF FUN WITH OUR
SWIM & GYM PASS,
VALID FROM
JULY 1 TO AUGUST 31
FOR JUST \$35,
FOR KIDS AGED 6 TO 11!

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

JUL 2 - JUL 11

MON - THU

PROGRAM	TIME	# LESSONS	COST	COURSE ID
Parent and Tot 1/2/3	8:30 AM-9:00 AM	7	\$64.40	21035
	4:00 PM-4:30 PM	7	\$64.40	21061
Preschool 1	8:30 AM-9:00 AM	7	\$64.40	21036
	10:15 AM-10:45 AM	7	\$64.40	21063
	4:00 PM-4:30 PM	7	\$64.40	21062
Preschool 2	4:45 PM-5:15 PM	7	\$64.40	21064
	9:15 AM-9:45 AM	7	\$64.40	21037
	10:30 AM-11:00 AM	7	\$64.40	21065
	4:30 PM-5:00 PM	7	\$64.40	21066
Preschool 3	5:30 PM-6:00 PM	7	\$64.40	21067
	9:15 AM-9:45 AM	7	\$64.40	21038
	11:00 AM-11:30 AM	7	\$64.40	21079
	5:15 PM-5:45 PM	7	\$64.40	21077
Preschool 4	6:00 PM-6:30 PM	7	\$64.40	21078
	9:45 AM-10:15 AM	7	\$64.40	21039
Preschool 5	6:15 PM-6:45 PM	7	\$64.40	21080
	9:00 AM-9:30 AM	7	\$64.40	21040
Swimmer 1	9:00 AM-9:45 AM	7	\$66.15	21041
	11:00 AM-11:45 AM	7	\$66.15	21081
	4:30 PM-5:15 PM	7	\$66.15	21082
	5:15 PM-6:00 PM	7	\$66.15	21083
Swimmer 2	8:30 AM-9:15 AM	7	\$66.15	21042
	9:45 AM-10:30 AM	7	\$66.15	21084
	11:00 AM-11:45 AM	7	\$66.15	21085
	4:00 PM-4:45 PM	7	\$66.15	21086
	6:00 PM-6:45 PM	7	\$66.15	21087
Swimmer 3	9:30 AM-10:15 AM	7	\$66.15	21043
	11:15 AM-12:00 PM	7	\$66.15	21088
	6:15 PM-7:00 PM	7	\$66.15	21090
Swimmer 4	8:30 AM-9:15 AM	7	\$66.15	21044
	10:15 AM-11:00 AM	7	\$66.15	21091
	4:00 PM-4:45 PM	7	\$66.15	21094
Swimmer 5	9:15 AM-10:00 AM	7	\$66.15	21045
	4:45 PM-5:30 PM	7	\$66.15	21093
Swimmer 6	5:30 PM-6:15 PM	7	\$66.15	21046

JUL 15 - JUL 25

MON - THU

PROGRAM	TIME	# LESSONS	COST	COURSE ID
Parent and Tot 1/2/3	8:30 AM-9:00 AM	8	\$73.60	21101
	9:45 AM-10:15 AM	8	\$73.60	21102
	4:45 PM-5:15 PM	8	\$73.60	21103
Preschool 1	8:30 AM-9:00 AM	8	\$73.60	21105
	9:45 AM-10:15 AM	8	\$73.60	21106
	4:45 PM-5:15 PM	8	\$73.60	21104
Preschool 2	9:15 AM-9:45 AM	8	\$73.60	21107
	10:45 AM-11:15 AM	8	\$73.60	21108
	5:30 PM-6:00 PM	8	\$73.60	21109
	6:00 PM-6:30 PM	8	\$73.60	21110
Preschool 3	9:15 AM-9:45 AM	8	\$73.60	21113
	11:30 AM-12:00 PM	8	\$73.60	21114
	4:00 PM-4:30 PM	8	\$73.60	21112
Preschool 4	5:15 PM-5:45 PM	8	\$73.60	21111
	10:30 AM-11:00 AM	8	\$73.60	21115
	11:00 AM-11:30 AM	8	\$73.60	21116
Preschool 5	4:30 PM-5:00 PM	8	\$73.60	21117
	9:00 AM-9:30 AM	8	\$73.60	21118
	6:30 PM-7:00 PM	8	\$73.60	21119
Swimmer 1	9:00 AM-9:45 AM	8	\$75.60	21120
	11:00 AM-11:45 AM	8	\$75.60	21121
	4:00 PM-4:45 PM	8	\$75.60	21122
	5:30 PM-6:15 PM	8	\$75.60	21123
Swimmer 2	8:30 AM-9:15 AM	8	\$75.60	21125
	9:45 AM-10:30 AM	8	\$75.60	21124
	4:00 PM-4:45 PM	8	\$75.60	21126
	6:15 PM-7:00 PM	8	\$75.60	21127
Swimmer 3	10:15 AM-11:00 AM	8	\$75.60	21131
	11:00 AM-11:45 AM	8	\$75.60	21130
	5:15 PM-6:00 PM	8	\$75.60	21129
	6:15 PM-7:00 PM	8	\$75.60	21128
Swimmer 4	8:30 AM-9:15 AM	8	\$75.60	21132
	10:15 AM-11:00 AM	8	\$75.60	21133
	4:45 PM-5:30 PM	8	\$75.60	21134
Swimmer 5	9:15 AM-10:00 AM	8	\$75.60	21135
	11:15 AM-12:00 PM	8	\$75.60	21136
	4:00 PM-4:45 PM	8	\$75.60	21137
Swimmer 6	8:30 AM-9:15 AM	8	\$75.60	21138
	11:00 AM-11:45 AM	8	\$75.60	21140

FOR
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JUL 29 - AUG 8

No Class Aug 5

MON - THU

PROGRAM	TIME	# LESSONS	COST	COURSE ID
Parent and Tot 1/2/3	8:30 AM-9:00 AM	7	\$64.40	21149
	11:30 AM-12:00 PM	7	\$64.40	21150
Preschool 1	8:30 AM-9:00 AM	7	\$64.40	21151
	11:30 AM-12:00 PM	7	\$64.40	21152
	6:00 PM-6:30 PM	7	\$64.40	21153
Preschool 2	9:15 AM-9:45 AM	7	\$64.40	21156
	10:30 AM-11:00 AM	7	\$64.40	21157
	4:00 PM-4:30 PM	7	\$64.40	21154
Preschool 3	5:45 PM-6:15 PM	7	\$64.40	21155
	9:15 AM-9:45 AM	7	\$64.40	21158
	10:45 AM-11:15 AM	7	\$64.40	21159
Preschool 4	4:00 PM-4:30 PM	7	\$64.40	21160
	4:45 PM-5:15 PM	7	\$64.40	21161
	9:45 AM-10:15 AM	7	\$64.40	21162
Preschool 5	6:30 PM-7:00 PM	7	\$64.40	21163
	9:00 AM-9:30 AM	7	\$64.40	21164
Swimmer 1	4:30 PM-5:00 PM	7	\$64.40	21165
	9:00 AM-9:45 AM	7	\$66.15	21168
	9:45 AM-10:30 AM	7	\$66.15	21169
	5:30 PM-6:15 PM	7	\$66.15	21166
Swimmer 2	6:15 PM-7:00 PM	7	\$66.15	21167
	8:30 AM-9:15 AM	7	\$66.15	21172
	10:15 AM-11:00 AM	7	\$66.15	21173
	4:30 PM-5:15 PM	7	\$66.15	21171
Swimmer 3	5:15 PM-6:00 PM	7	\$66.15	21170
	9:30 AM-10:15 AM	7	\$66.15	21174
	11:15 AM-12:00 PM	7	\$66.15	21175
	4:00 PM-4:45 PM	7	\$66.15	21176
Swimmer 4	6:15 PM-7:00 PM	7	\$66.15	21177
	8:30 AM-9:15 AM	7	\$66.15	21180
	10:15 AM-11:00 AM	7	\$66.15	21179
Swimmer 5	4:00 PM-4:45 PM	7	\$66.15	21178
	9:15 AM-10:00 AM	7	\$66.15	21181
Swimmer 6	8:30 AM-9:15 AM	7	\$66.15	21182
	4:45 PM-5:30 PM	7	\$66.15	21184

AUG 12 - AUG 22

MON - THU

PROGRAM	TIME	# LESSONS	COST	COURSE ID
Parent and Tot 1/2/3	8:30 AM-9:00 AM	8	\$73.60	21198
	11:30 AM-12:00 PM	8	\$73.60	21199
	4:00 PM-4:30 PM	8	\$73.60	21200
Preschool 1	8:30 AM-9:00 AM	8	\$73.60	21201
	10:15 AM-10:45 AM	8	\$73.60	21202
	4:00 PM-4:30 PM	8	\$73.60	21203
	5:15 PM-5:45 PM	8	\$73.60	21204
Preschool 2	9:15 AM-9:45 AM	8	\$73.60	21207
	11:00 AM-11:30 AM	8	\$73.60	21209
	11:30 AM-12:00 PM	8	\$73.60	21208
	4:45 PM-5:15 PM	8	\$73.60	21205
Preschool 3	5:45 PM-6:15 PM	8	\$73.60	21206
	9:15 AM-9:45 AM	8	\$73.60	21211
	10:45 AM-11:15 AM	8	\$73.60	21212
	11:00 AM-11:30 AM	8	\$73.60	21213
Preschool 4	4:30 PM-5:00 PM	8	\$73.60	21215
	6:00 PM-6:30 PM	8	\$73.60	21214
	9:45 AM-10:15 AM	8	\$73.60	21217
	10:30 AM-11:00 AM	8	\$73.60	21218
Preschool 5	6:30 PM-7:00 PM	8	\$73.60	21216
	9:00 AM-9:30 AM	8	\$73.60	21220
Swimmer 1	6:00 PM-6:30 PM	8	\$73.60	21219
	9:00 AM-9:45 AM	8	\$75.60	21221
	9:45 AM-10:30 AM	8	\$75.60	21222
Swimmer 2	4:30 PM-5:15 PM	8	\$75.60	21223
	8:30 AM-9:15 AM	8	\$75.60	21225
	11:00 AM-11:45 AM	8	\$75.60	21226
	4:00 PM-4:45 PM	8	\$75.60	21227
Swimmer 3	5:15 PM-6:00 PM	8	\$75.60	21228
	9:30 AM-10:15 AM	8	\$75.60	21229
	11:15 AM-12:00 PM	8	\$75.60	21230
	5:15 PM-6:00 PM	8	\$75.60	21231
Swimmer 4	6:15 PM-7:00 PM	8	\$75.60	21232
	8:30 AM-9:15 AM	8	\$75.60	21234
	10:15 AM-11:00 AM	8	\$75.60	21233
Swimmer 5	4:45 PM-5:30 PM	8	\$75.60	21235
	9:15 AM-10:00 AM	8	\$75.60	21237
Swimmer 6	11:00 AM-11:45 AM	8	\$75.60	21238
	8:30 AM-9:15 AM	8	\$75.60	21240
Swimmer 6	4:00 PM-4:45 PM	8	\$75.60	21241

FOR
SWIMMING
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ADULT & SPECIALTY LESSONS

No Classes Aug 5

PROGRAM	DATES	DAY	TIME	# LESSONS	COST	COURSE ID
Private Swim Lessons	Jul 5-Jul 26	Fri	8:30 AM-9:00 AM	4	\$185.40	21253
	Jul 5-Jul 26	Fri	10:30 AM-11:00 AM	4	\$185.40	21254
	Jul 29-Aug 1	Mon, Tue, Wed, Thu	11:00 AM-11:30 AM	4	\$185.40	21049
	Aug 2-Aug 23	Fri	8:30 AM-9:00 AM	4	\$185.40	21256
	Aug 2-Aug 23	Fri	10:30 AM-11:00 AM	4	\$185.40	21255
	Aug 6-Aug 8	Tue, Wed, Thu	11:00 AM-11:30 AM	3	\$139.05	21186
	Aug 12-Aug 15	Mon, Tue, Wed, Thu	6:30 PM-7:00 PM	4	\$185.40	21242
	Aug 19-Aug 22	Mon, Tue, Wed, Thu	6:30 PM-7:00 PM	4	\$185.40	21243
Adult Beginner Lessons	Jul 5-Aug 23	Fri	8:00 AM-9:00 AM	8	\$95.60	21055
Adult Intermediate Lessons	Jul 5-Aug 23	Fri	8:00 AM-9:00 AM	8	\$95.60	21056

LIFESAVING COURSES

No Class Aug 5

PROGRAM	DATES	DAY	TIME	# LESSONS	COST	COURSE ID
Rookie Patrol	Jul 2-Jul 11	Mon, Tue, Wed, Thu	10:00 AM-11:00 AM	7	\$71.05	21047
	Jul 15-Jul 25	Mon, Tue, Wed, Thu	6:00 PM-7:00 PM	8	\$81.20	21139
	Aug 12-Aug 22	Mon, Tue, Wed, Thu	10:00 AM-11:00 AM	8	\$81.20	21239
	Jul 15-Jul 25	Mon, Tue, Wed, Thu	10:00 AM-11:00 AM	8	\$81.20	21048
Ranger/Star Patrol	Jul 29-Aug 8	Mon, Tue, Wed, Thu	10:00 AM-11:00 AM	7	\$71.05	21183
	Jul 29-Aug 8	Mon, Tue, Wed, Thu	5:30 PM-6:30 PM	7	\$71.05	21185
	Jul 2-Jul 11	Mon, Tue, Wed, Thu	9:00 AM-10:30 AM	7	\$93.31	21096
Bronze Star	Jul 2-Jul 11	Mon, Tue, Wed, Thu	9:00 AM-10:30 AM	7	\$93.31	21096
Bronze Medallion	Jul 29-Aug 2	Mon, Tue, Wed, Thu, Fri	9:00 AM-1:00 PM	5	\$250.00	21050
Bronze Cross	Aug 12-Aug 16	Mon, Tue, Wed, Thu, Fri	1:00 PM-5:30 PM	5	\$191.65	21052
Intermediate First Aid CPR C/AED	Aug 7-Aug 8	Wed, Thu	9:00 AM-5:00 PM	2	\$100.96	21051
National Lifeguard Award	Jul 2-Jul 11	Tue, Wed, Thu	12:00 PM-7:00 PM	6	\$349.98	21187
Swim and Lifesaving Instructor	Jul 16-Jul 25	Tue, Wed, Thu	8:30 AM-3:30 PM	6	\$379.98	21054

FOR
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LEVEL
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SEE PAGE 40



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

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 and will be led by the instructor.

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 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 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.

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.

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 25 metres) and who are comfortable in deep water.

Deep Water Private Lesson

This 30 minute class is for swimmers who are comfortable in deep water and who can swim 25m without assistance.

Swim Abilities ½

SwimAbilities® is a learn to swim program geared for children ages 3 to 16, with special needs, who need additional support to develop fundamental physical literacy skills and safety routines for aquatic activities. SwimAbilities® assists children and their parents in increasing safety, independence and enjoyment in and around the water. SwimAbilities® 1/2 is for children who are working on independence in shallow water. This course requires an aid be provided in the water with each participant.

Swim Abilities ¾

SwimAbilities® is a learn to swim program geared for children ages 3 to 16, with special needs, who need additional support to develop fundamental physical literacy skills and safety routines for aquatic activities. SwimAbilities® assists children and their parents in increasing safety, independence, and enjoyment in and around the water. SwimAbilities® 3/4 is for children who are independent in shallow water, are comfortable putting their face in the water, and are working towards comfort in deep water. This course requires an aid be provided in the water with each participant.

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/Star Patrol

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 is excellent preparation for the Bronze Star award, and 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 300m timed swims.

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 or have successfully completed Bronze Star. Candidates must also hold a current CPR C certification.

Bronze Cross

Test yourself with more complex rescues both in the water and out with the Lifesaving Society Bronze Cross. Completing Bronze Cross includes an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for registering in other certifications such as National Lifeguard (NLS) and Lifesaving Instructor (LSI). Please note: Bronze Medallion and a current Standard first aid with CPR C are prerequisites for this course.

Swim and Lifesaving Instructor

The Swim and Lifesaving Instructor course prepares the candidate to teach and evaluate the skills 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 Award

NL candidates learn the profession of lifeguarding through hands on demonstrations and situational practice. Candidates must be 15 years of age, hold a current intermediate first aid with CPR C, and have completed Bronze Cross. Proof of pre-requisites must be shown to the instructor on the first day of the course. 100% attendance is highly suggested for successful completion of course.

Intermediate First Aid CPR C/AED

Lifesaving Society Intermediate First Aid with CPR C and AED is an OHS approved first aid training agency (formally known as Standard First Aid). This course provides candidates with an in-depth understanding of first aid and is not limited to aquatic candidates. 100% attendance is highly suggested for successful completion of course.



SUMMER DAY CAMPS

OFF-SITE
FIELD TRIP
EVERY
FRIDAY!

Summer day camps run July through August and offer a variety of preschool, child and youth activities including sport, art, adventure and skating camps. Each day is filled with new and exciting indoor and outdoor activities that are sure to get kids moving and having fun! Our mission is to provide high-quality programming that is engaging, fun, energetic and designed to foster growth in the children we will be leading.



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!

DETAILS

HOURS

FULL DAY
9 a.m. - 4 p.m.

HALF DAY
9 a.m. - 12 p.m. or
1 p.m. - 4 p.m.

AGES

Multiple age groups

LOCATION

Okotoks Recreation Centre in the Curling Rink, unless otherwise outlined.

OPTIONS

DAILY

Half day and full day options available - you can register for each day of a week or flex-reg and only choose which days work best for you. Please note that 6-12-year campers go on an exciting off-site field trip each Friday. Bussing transportation is provided, when necessary.

WEEKLY

Full day options only. Please note that 6-12 year campers go on an exciting off-site field trip each Friday. Bussing transportation is provided, when necessary.

SPECIALTY

Half and Full day options available.
Field Trips not included in camp activities.

REGISTRATION

Registration opens for summer day camps on **March 7** and closes between July 3 - August 21 on Wednesdays at 12 p.m. for the following week.

Full payment for all camps is due at the time of registration. Payment plans are available if a child is registered for 3 or more weeks.

Must complete Informed Consent and Emergency Contact form prior to attending camp: https://forms.okotoks.ca/Forms/Informed_Consent

WHAT TO BRING

- Hats, sunscreen, bug spray
- Water bottle, snacks and lunch (no nuts please)
- Bathing suits and towel for Tuesday and Thursday full day camps and everyday for water-based camps
- Dress for the weather- rain or sunshine, campers will be outside!
- Wear appropriate footwear, runners are best so all campers can keep up!

BEFORE AND AFTER CAMP CARE

Daily and Weekly Options
7 a.m. - 9 a.m. and 4 p.m. - 6 p.m.
Additional charges apply.

SEE PAGE 50
FOR BEFORE
AND AFTER
CAMP CARE
OPTIONS!

CHILD & YOUTH DAILY/WEEKLY

CAMP NAME	AGE	DATES	COURSE ID#					
			FULL WEEK	MON	TUE	WED	THU	FRI
Destination Science	6-12Y	Jul 2-5	21302	No Camp	21323	21324	21325	21326
Outdoor Adventures	6-12Y	Jul 2-5	21304	No Camp	21338	21339	21340	21326
Waves Water Camp	6-12Y	Jul 2-5	21313	No Camp	21341	21342	21343	21326
Art Antics	6-12Y	Jul 8-12	21319	21344	21347	21348	21349	21327
Camp Explorers	6-12Y	Jul 8-12	21296	21345	21350	21351	21352	21327
Sports Xtra	6-12Y	Jul 8-12	21308	21346	21353	21354	21355	21327
Camp Invention	6-12Y	Jul 15-19	21300	21356	21359	21360	21361	21328
Outdoor Adventures	6-12Y	Jul 15-19	21305	21357	21362	21363	21364	21328
Waves Water Camp	6-12Y	Jul 15-19	21314	21358	21365	21366	21367	21328
Art Construction	6-12Y	Jul 22-26	21320	21368	21371	21372	21373	21329
Camp Explorers	6-12Y	Jul 22-26	21297	21369	21374	21375	21376	21329
Waves Water Camp	6-12Y	Jul 22-26	21315	21370	21377	21378	21379	21329
All Sports	6-12Y	Jul 29-Aug 2	21317	21380	21383	21384	21385	21330
Destination Science	6-12Y	Jul 29-Aug 2	21303	21381	21386	21387	21388	21330
Outdoor Adventures	6-12Y	Jul 29-Aug 2	21306	21382	21389	21390	21391	21330
Art Antics	6-12Y	Aug 6-9	21321	No Camp	21392	21395	21396	21331
Camp Explorers	6-12Y	Aug 6-9	21298	No Camp	21393	21397	21398	21331
Waves Water Camp	6-12Y	Aug 6-9	21316	No Camp	21394	21399	21400	21331
Camp Invention	6-12Y	Aug 12-16	21301	21401	21404	21405	21406	21332
Outdoor Adventures	6-12Y	Aug 12-16	21307	21402	21407	21408	21409	21332
Sports Xtra	6-12Y	Aug 12-16	21309	21403	21410	21411	21412	21332
All Sports	6-12Y	Aug 19-23	21318	21413	21416	21417	21418	21333
Art Construction	6-12Y	Aug 19-23	21322	21414	21419	21420	21421	21333
Camp Explorers	6-12Y	Aug 19-23	21299	21415	21422	21423	21424	21333
Summer Roundup	6-12Y	Aug 26-30	21310	21425	21426	21427	21428	21334

SEE PAGE 45 FOR COURSE DESCRIPTIONS

Child & Youth Camps

(6-12Y)

Full day daily and weekly options available. Campers coming for the week go on off-site field trip on Fridays. Bus transportation provided, if applicable.

Destination Science

With both indoor and outdoor science activities, outdoor games and activities, campers will have a blast making new discoveries!

Outdoor Adventures

From orienteering to scavenger hunts, this week is all about the great outdoors.

Waves Water Camp

Campers will have a blast playing in the spray park, tossing water balloons and cruising down the slip 'n' slide. Make sure to bring a swimsuit and towel daily, as we'll be outside and wet as often as possible.

Art Antics

Young minds are allowed to develop their own unique styles and creativity. In this art-based program, campers will build art skills through the use of different mediums and materials, all while making new friends and having a ton of fun. This camp will host an art show on Thursday afternoons to showcase the masterpieces we've created during the week!

Camp Explorers

Get ready to forge your own path! Camp Explorers will journey through Okotoks and make crafts that every adventurer should have in their travel-kit. From outdoor excursions to fort-building in the woods, this is the perfect fit for campers looking to breathe some fresh air, make new friends and explore the town.

Sports Xtra

For the sporty kids who are ready for a fresh challenge, this camp will introduce all types of new activities. We'll be outside playing football, capture the flag and bocce ball, then inside for basketball. Find a new sport passion this summer!

COST LEGEND

Full Week	Daily Option (M-Th)	Field Trip Friday
\$165.00	\$36.50	\$44.50

Camp Invention

Invention is much more than a eureka moment. Invention is a process that requires collaboration, hands-on application of STEM, creative problem solving, entrepreneurship and an understanding that moments of failure are necessary on the path to success.

Art Construction

This interactive program will emphasize building and 3-D projects. Campers will use seemingly basic household objects to craft and design something fresh from their imagination.

All Sports

All Sports is the perfect camp to break a sweat and work off that excess energy. Campers will play a variety of sports and games that help develop the skills that lead to an active lifestyle.

Summer Roundup

The summer is coming to an end! Let's spend the last week of camp playing familiar games, winding down and saying farewell to the friends we've made. Come join us for a fun final week of summer camp.

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!

PRESCHOOL, CHILD & YOUTH SPECIALTY

CAMP NAME	AGE	DATES	COST	LOCATION	COURSE ID
Badminton Camp	8-12Y	Jul 2-5	\$149.60	ORC	21445
Bike Camp	11-14Y	Jul 8-12	\$187.00	ORC	21446
Summer Hockey Camp	4-6Y	Jul 8-12	\$100.00	SCC	21430
Skate in the Sun	4-6Y	Jul 8-12	\$100.00	SCC	21429
Dance Camp	6-9Y	Jul 15-19	\$187.00	ORC	21736
Volleyball Camp	8-12Y	Jul 15-19	\$187.00	ORC	21443
Bike Camp	8-10Y	Jul 22-26	\$187.00	ORC	21447
Youth Rec Skate	6-12Y	Jul 22-26	\$187.00	ORC	21641
U7 Power Skating	5-6Y	Jul 22-26	\$75.00	CA	21539
U9 Power Skating	7-8Y	Jul 22-26	\$75.00	CA	21540
Badminton Camp	11-14Y	Jul 29-Aug 2	\$187.00	ORC	21444
Cheer FUN-damentals Camp	6-9Y	Aug 12-16	\$187.00	ORC	21737
Volleyball Camp	8-12Y	Aug 12-16	\$187.00	ORC	21448
Skate in the Sun	4-6Y	Aug 19-23	\$100.00	ORC	21439
Skate in the Sun	4-6Y	Aug 19-23	\$100.00	ORC	21440
Summer Hockey Camp	4-6Y	Aug 19-23	\$100.00	ORC	21441
Summer Hockey Camp	4-6Y	Aug 19-23	\$100.00	ORC	21442

SEE PAGE 47 FOR COURSE DESCRIPTIONS

Child & Youth Specialty Camps

Specialty Camps are offered throughout the summer to allow campers to focus on specific sports or activities. Campers will swim on Tuesdays and Thursdays but do not go on the weekly field trips. Watch for details on special performances on Fridays. Multiple age groups available.

Badminton Camp (8-12Y) or (11-14Y)

Learn and practice the fundamental skills of badminton including the forehand, backhand, drop shot, smash and the serve. Players will also take part in a variety of sport conditioning exercises and drills focusing on improving your core strength, agility and power. Be prepared to work hard and leave it all on the court. Players are encouraged to provide their own racket.

Dance Camp (6-9Y)

Experience the joy of dance in this fun, summer option. From jazz to hip hop, lyrical to ballet, this camp is perfect for anyone who wants to dance! Dancers will show off their moves to family and friends at the ORC on Fridays at 3:30pm. All campers swim on Tuesdays and Thursdays, so please remember to bring a bathing suit and towel.

Bike Camp (8-10Y) or (11-14Y)

Experience Okotoks on your bike. Each day campers will explore new paths and trails focusing on safety and fun! After biking each day, campers can look forward to games and other exciting activities alongside other campers. Bikes with gears are required to explore the terrain (for 11-14Y course only). Closed toe footwear is also required along with a helmet and any other safety gear you wish.

Volleyball Camp (8-12Y)

Fundamental movement skills along with passing, setting, hitting, serving, and basic defense and offence will be covered in this introductory Volleyball Camp.

Bike Camp (11-14Y)

Experience Okotoks on your bike. Each day campers will explore new paths and trails focusing on safety and fun! After biking each day, campers can look forward to games and other exciting activities alongside other campers. Bikes with gears are required to explore the terrain. Closed toe footwear is also required along with a helmet and any other safety gear you wish.

Youth Rec Skate

This fun-filled 1-hour of skating each day is sure to get your eager learner skating in no time. All levels are welcome. CSA approved skate helmet is mandatory.

COST LEGEND		
Full Week	Daily Option (M-Th)	Field Trip Friday
\$165.00	\$36.50	\$44.50

Cheer FUN-damentals Camp

Cheer FUN-damentals is a fun, non-competitive week for athletes who want to learn the basic elements of cheer, dance and tumbling. This new and exciting day camp option is designed with movement in mind. Dress ready to CHEER! All campers swim on Tuesdays and Thursdays, please remember to bring a bathing suit and towel. A day camp consent form is required prior to the start of the camp.

U7 Power Skating (5-6Y)

Join us for our popular summer power skating program and work on power and skill. Enhance your skating skills for tryouts or improve them for the upcoming hockey season. Please note this is not a "learn to skate" program. Full hockey equipment is required; a CSA approved helmet with a facemask is mandatory.

U9 Power Skating (7-8Y)

Join us for our popular summer power skating program and work on power and skill. Enhance your skating skills for tryouts or improve them for the upcoming hockey season. Please note this is not a "learn to skate" program. Full hockey equipment is required; a CSA approved helmet with a facemask is mandatory.

Skate in the Sun (4-6Y)

Whether your preschooler has previous skating experience or not, check out our preschool summer skating option. This is a whole week of games, skating crafts and a daily on-ice skating lesson. CSA-approved helmet mandatory.

Summer Hockey Camp (4-6Y)

Your child will love this camp where they will work on hockey skills on and off the ice, as well as doing crafts, playing games outside and having tons of fun! NOTE: This is not a "learn to skate" program. Child must have basic skating skills and be able to skate independently. Full hockey gear is required. CSA approved helmet with face mask is mandatory.

PRESCHOOL DAILY/WEEKLY

CAMP NAME	AGE	DATES	COURSE ID#					
			FULL WEEK	MON	TUE	WED	THU	FRI
			9 AM - 4 PM	9 AM - NOON				
All About Adventure	4-5Y	Jul 2-5	21450	No Camp	21459	21460	21461	21462
Create and Colour	4-5Y	Jul 8-12	21452	21463	21464	21465	21466	21467
Imagination Station	4-5Y	Jul 15-19	21454	21468	21469	21470	21471	21472
Splashing Around	4-5Y	Jul 22-26	21456	21473	21474	21475	21476	21477
Wild About Nature	4-5Y	Jul 29-Aug 2	21458	21478	21479	21480	21481	21482
Sports Galore	4-5Y	Aug 6-9	21457	No Camp	21483	21484	21485	21486
Preschool Explorers	4-5Y	Aug 12-16	21455	21487	21488	21489	21490	21491
Creative Campers	4-5Y	Aug 19-23	21453	21492	21493	21494	21495	21496

PRESCHOOL PROGRAMS

PROGRAM	DATES	DAY	TIME	# CLASSES	COST	LOCATION	COURSE ID
Little Explorers (3 -5Y)	July 9	Tue	9:30 AM-11:30 AM	1	\$16.00	ORC	21739
	July 11	Thu	9:30 AM-11:30 AM	1	\$16.00	ORC	21740
	July 16	Tue	9:30 AM-11:30 AM	1	\$16.00	ORC	21741
	July 18	Thu	9:30 AM-11:30 AM	1	\$16.00	ORC	21742
	July 23	Tue	9:30 AM-11:30 AM	1	\$16.00	ORC	21743
	July 25	Thu	9:30 AM-11:30 AM	1	\$16.00	ORC	21744
	August 13	Tue	9:30 AM-11:30 AM	1	\$16.00	ORC	21745
	August 15	Thu	9:30 AM-11:30 AM	1	\$16.00	ORC	21746
	August 20	Tue	9:30 AM-11:30 AM	1	\$16.00	ORC	21747
	August 22	Thu	9:30 AM-11:30 AM	1	\$16.00	ORC	21748

SEE PAGE 49 FOR COURSE DESCRIPTIONS

Preschool Camps
(4-5Y)

Full day and half day AM options are available.

All About Adventure

We’re leaving on an airplane, don’t know when we’ll be back again. Okay, we’ll be back in time for pick-up. But in the meantime – the adventure is on! We’re going to explore the best parks around the Okotoks Recreation Centre, play exciting games and make crafts that give these explorers the tools they need for adventure.

Create and Colour

Red, orange, yellow, green, blue, indigo, and violet, I can sing a rainbow, can you? During this week of camp, we will make lots of fun crafts and colour with new friends. When we are not creating, we are outside playing exciting games and activities in the sun.

Imagination Station

Let’s get those creative juices flowing and those little minds full of imagination! This camp is ideal for your little artist. We’re going to make crafts and paint using every colour of the rainbow. Creative campers will also enjoy outside time and fun games.

Splashing Around

Splish, Splash I was taking a bath! Come on over to the Okotoks Recreation Centre and cool off with a refreshing week of water games and wavy adventures! Be prepared to make friends and super fun crafts. From water games to time at the pool and spray park, this camp will give us some much-needed relief from the summer heat!

Preschool Programs

Little Explorers (3 -5Y)

This one-day per week program provides active learners an opportunity to explore the Okotoks Recreation Centre, make new friends, and participate in learn-through-play activities. Each week your child will explore new themes through circle time, songs and 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.

COST LEGEND

Half Day	Full Week (Tu-F)	Full Week (M-F)
\$20.50	\$120	\$150

Wild About Nature

Answer the call of the wild this summer! Campers will get to know their natural surroundings by walking to our local parks, playing exciting games, making great new friends, and exploring our local environment. Is your child wild about nature? Then join our pack today!

Sports Galore

This camp is going to be a slam dunk! Keep your preschoolers active this summer, working on new skills and playing tons of new games. This camp will help develop basic sports skills. Every day is Jersey Day!

Preschool Explorers

Come and spend a week exploring new games, crafts and activities. It will be a fun filled, active week that will explore the world around us while making new friends. There is so much out there for our minds to explore.

Creative Campers

Take a walk on the wild side of your imagination. Campers will be encouraged to find their own unique styles to create arts and crafts. Campers will also be encouraged to build friendships and have tons of fun outside in equal measure.

CAMP CARE

CAMP CARE	DATES	TIMES	COURSE ID#					
			FULL WEEK	MON	TUE	WED	THU	FRI
Before Care	Jul 2-5	7:00 AM-9:00 AM	21277	No Camp	21257	21266	21642	21643
After Care	Jul 2-5	4:00 PM-6:00 PM	21276	No Camp	21275	21694	21695	21696
Before Care	Jul 8-12	7:00 AM-9:00 AM	21278	21258	21648	21267	21644	21645
After Care	Jul 8-12	4:00 PM-6:00 PM	21286	21700	21698	21699	21697	21701
Before Care	Jul 15-19	7:00 AM-9:00 AM	21279	21259	21650	21268	21646	21647
After Care	Jul 15-19	4:00 PM-6:00 PM	21287	21702	21703	21704	21705	21706
Before Care	Jul 22-26	7:00 AM-9:00 AM	21280	21260	21651	21269	21652	21649
After Care	Jul 22-26	4:00 PM-6:00 PM	21288	21707	21708	21709	21710	21711
Before Care	Jul 29-Aug 2	7:00 AM-9:00 AM	21281	21261	21653	21270	21654	21655
After Care	Jul 29-Aug 2	4:00 PM-6:00 PM	21289	21716	21713	21714	21715	21712
Before Care	Aug 6-9	7:00 AM-9:00 AM	21282	No Camp	21262	21271	21656	21657
After Care	Aug 6-9	4:00 PM-6:00 PM	21290	No Camp	21717	21718	21719	21720
Before Care	Aug 12-16	7:00 AM-9:00 AM	21283	21272	21263	21658	21659	21660
After Care	Aug 12-16	4:00 PM-6:00 PM	21291	21721	21722	21723	21724	21725
Before Care	Aug 19-23	7:00 AM-9:00 AM	21284	21661	21264	21273	21662	21663
After Care	Aug 19-23	4:00 PM-6:00 PM	21292	21726	21727	21728	21729	21730
Before Care	Aug 26-30	7:00 AM-9:00 AM	21285	21664	21265	21274	21665	21666
After Care	Aug 26-30	4:00 PM-6:00 PM	21293	21731	21732	21733	21734	21735

COST LEGEND		
	Before Care	After Care
Single Day	\$3.50	\$3.50
Full Week (M-F)	\$17.50	\$17.50
4-Day Week (T-F)	\$14.00	\$14.00

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!

New Youth Centre Coming Soon!

STAY TUNED FOR UPDATES – WE WILL BE LOOKING FOR YOUR INPUT ON DÉCOR AND ACTIVITIES IN THIS NEW SPACE!



FREE YOUTH HANGOUTS EVERY WEEK!

Free Youth Activities

MON & THU

TWEEN AND YOUTH HANGOUT IN THE YOUTH CENTRE

This youth-friendly facility is for tweens and youth aged 8-18 years to enjoy as a multi-purpose area for games including pool and air hockey, to watch a movie or play video games, or to access computers. The Youth Centre is supervised when open but participants are free to come and go. Free drop-in, sign in is required.

TUE & WED

YOUTH HANGOUT IN THE GYMNASIUM

Youth Hangout in the Gym is open for all youth ages 12-18 years to play basketball, volleyball, badminton, and hacky sack. Bring your friends or come and meet some new ones! FREE Drop-in, sign in required.

FRI AFTERNOON

TWEEN TIME IN THE YOUTH CENTRE

This dedicated tween-friendly opportunity is for ages 8-12 years to enjoy the Youth Centre as a multi-purpose area for games including pool and air hockey, to watch a movie or play video games, or to access computers. The Youth Centre is supervised when open but the participants can come and go. Free drop-in, sign in is required.

FRIDAY YOUTH NIGHT

Youth Centre & Gymnasium 6:00 - 10:00 p.m.
Swimming Pool 8:00 – 10:00 p.m.

Check out Friday Youth Night where youth aged 12 to 18 are welcome! Youth Night activities are FREE of charge, sign in is required.





activeokotoks.ca

403-938-8954

S P R I N G / S U M M E R 2 0 2 4 COMMUNITY GUIDE

