

FALL 2026 / WINTER 2027
COMMUNITY GUIDE

FIND YOUR PERFECT PROGRAM



FALL
REGISTRATION

AUG

6

WINTER
REGISTRATION

DEC

3



okotoks.ca/GetActive

403-938-8954

REGISTRATION DATES

HOW TO REGISTER



FALL PROGRAMMING		WINTER PROGRAMMING	
RESIDENT		RESIDENT	
AUG	DEC	• Confirm your account details at okotoks.ca/GetActive prior to registration date • We must validate residency on new accounts/added family members • If you are unsure you are eligible for registration, please contact us at 403-938-8954 or okrec@okotoks.ca	
6	3		
8 AM	8 AM		
NON-RESIDENT		NON-RESIDENT	
AUG	DEC	• Log in to okotoks.ca/GetActive You must be logged in prior to registering to determine resident eligibility. • Choose a program, register. • Questions? Contact us at okrec@okotoks.ca or call 403-938-8954	
13	10		
8 AM	8 AM		

EASY WAYS TO REGISTER



PHONE
403-938-8954



ONLINE

okotoks.ca/GetActive

Visit okotoks.ca/register today to find information on all things programs and recreation!

To create a new account, please visit okotoks.ca/register 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	8:00 a.m. - 6:00 p.m.
Sunday	8:00 a.m. - 4:00 p.m.

Visit okotoks.ca/register for up-to-date, daily schedules.



REGISTER ONLINE

okotoks.ca/GetActive

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

**WATCH FOR
FACILITY LOCATIONS
THROUGHOUT THE GUIDE**

ORC	Okotoks Rec Centre 99 Okotoks Drive
VRC	Viking Rentals Centre 204 Community Way
KFL	Kingfisher Lodge #113 – 7 Riverside Drive



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OKOTOKS RECREATION CENTRE

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 okotoks.ca/GetActive for up-to-date hours, and daily schedules.

Hours of operation are subject to change.

Contact

99 Okotoks Drive, Okotoks AB, T1S 1K1

Drop-in Schedule
okotoks.ca/GetActive

Program & Swim Registration
403-938-8954



Natural High 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, multiple family pass options, and access to the entire facility, this is the best fitness value in town.

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. - 5:00 p.m.

We are open some statutory holidays.

Hours of operation are subject to change.

YOUTH ACCESS

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 a youth drop-in pass

DROP-IN FITNESS CLASSES

Included in your annual, continuous or monthly pass is access to a variety of drop-in fitness classes, including Total Body Conditioning, Just Ride, Power Sets, Spin, HIIT, Yoga and more! Classes vary by day and time. Find details at okotoks.ca/GetActive

Admission

All Okotoks Recreation Centre Facility Passes include admission for drop-in arena, pool, gymnasium activities, the state-of-the-art Natural High Fitness Centre and all dryland and aquatic fitness classes.

MEMBERSHIP	DAILY	10x PASS	1 MONTH	ANNUAL
Adult 18+	\$9.00	\$81.00	\$63.25	\$695.75
Senior 60+	\$7.00	\$63.00	\$51.50	\$566.50
Youth 12-17 Student* 18+	\$7.00	\$63.00	\$51.50	\$566.50
Child 6-11	\$3.75	\$33.75	\$29.25	\$321.75
Pre-school 3-5	\$2.50	\$22.50	\$14.50	\$159.50
Family** 2 Adult	\$18.00	\$162.00	\$155.75	\$1,713.25
Family** 1 Adult	N/A	N/A	\$92.50	\$1,017.50

Rates effective January 1, 2026 (subject to change at Council's Discretion).

***Student:** Attending a post secondary institution with a valid student ID.

****Family:** Defined as 1 or 2 adults and their child/youth/student living in the same household.

Continuous All-Facility Pass

Enjoy automatic access to our facilities and programs each month with our Continuous Pass. Simply initiate the pass, and it will remain active until you choose to cancel.

Convenient monthly payments are automatically deducted from your chosen credit card or bank account.

REQUIREMENTS:

- A completed Recreation Payment Authorization Form must be received to initiate the pass.
- There is a minimum 3 (full) month enrollment period.
- To withdraw from the pass, submit a completed Facility Pass Withdrawal Form.
- A minimum \$35.00 fee will be charged for all "Not Sufficient Funds" (NSF), declined payment charges, or any other reason for a non-payment.
- The NSF must be paid prior to a new month pass being purchased.

Annual Pass Extras

- 15% discount on most registered community, aquatic and Natural High programs (exclusions apply).
- 15% discount on all pro shop items
- 15% discount on personal training at Natural High Fitness
- Ability to place pass on hold for up to 90 days

FOR MORE INFORMATION
403-938-8954





MORE INFORMATION AT

okotoks.ca/GetActive

FREE & REDUCED FEE RECREATION

FREE DROP-IN

Family Day
Canada Day
New Year's Eve

FREE SWIM

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

FREE LEISURE SKATING

60+ Hours a week

FREE WALKING TRACK ACCESS

Get your steps in year-round on the indoor walking track at the Viking Rentals Centre. Check the online schedule for days and times!

FREE TWEEN AND YOUTH HANGOUTS

Friday (Twins Only) 3:00 - 5:00 p.m.
Supervised youth activities for ages 8 to 17 in Youth Centre or gymnasium.

FREE YOUTH NIGHT

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

FREE FAMILY HANGOUTS

Saturdays, 2:00 - 3:30 p.m. in the Youth Centre
Drop-in availability based on capacity - please arrive early to secure your spot.

DROP-IN CLASSES & SCHEDULES

DROP-IN SWIMMING

Includes lane swims, self-directed and warm water fitness, public and shallow swims.

DROP-IN AQUA FITNESS

Includes access to pre-booked warm water, deep water and tethered aqua fitness classes.

DROP-IN GYMNASIUM

Includes access to basketball, and open gym time.

DROP-IN ARENA

Includes access to public skating, figure skating, and shinny.

KinderCare 3 months - 9 years

Did you know you can drop off your tots (aged 3 months to 9 years) at the Rec Centre's child-minding service while you workout, watch a swim lesson or use any recreation facilities? KinderCare is a perfect option for the on-the-go parent or guardian. Hours are based on demand and feedback. Please contact programs@okotoks.ca for additional details. Find the schedule and book your spot now at okotoks.ca/GetActive.



RECREATION FEE ASSISTANCE OPTIONS

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

Okotoks Family Resource Centre: Recreation Fee Assistance

403-995-2626

okotoks.ca/rec-fee-assistance

You can apply online today. This program supports children from three months to 18 years of age, adults and seniors. Qualified residents receive up to 80% off most Town of Okotoks programs, recreation passes and admissions. Please note, children's day camps are limited to a \$200 subsidy per year.

Kidsport Okotoks

587-433-5437 (KIDS)

kidsportcanada.ca

Supports recreation for children 18 and under. Families may qualify for up to \$500 yearly per child. Okotoks youth register through Okotoks Chapter and surrounding areas register through Calgary Chapter.

Canadian Tire Jumpstart

403-938-8955

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 may be 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.

All-Facility Pass Withdrawal, Cancellation & Refunds

Promotional, 1-Month and 10x All Facility Passes cannot be canceled or refunded. Annual All-Facility Passes may be considered for cancellation and / or refund pending medical or relocation reasons and offered at a prorated fee. A medical note or documentation providing proof of relocation and Facility Pass Withdrawal Form must be completed to request the cancellation.

Continuous All-Facility Passes cancellation requests must be submitted on or before the 15th of the month and will be effective on the 1st of the following month.

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.

ADULT PROGRAMS

REGISTRATION
FALL

AUG

6

8 AM

NON-RESIDENTS SEE PAGE 2

REGISTRATION
WINTER

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3

8 AM

NON-RESIDENTS SEE PAGE 2



Book Your Shinny Hockey Spot

Did you know that you can pre-book a spot for our shinny hockey times online? Noon-hour, senior and adult shinny options are available. Use your pass or pay online. Goalies can pre-book for free!

Find the schedule at okotoks.ca/GetActive



Youth Centre & Gymnasium Party Rentals

Looking for a fun space to host your next event? Our Gymnasium and Youth Centre at the Okotoks Recreation Centre are now available to rent for birthday parties, team celebrations, sporting or athletic competitions, family gatherings and more! These 2-hour bookings include access to the air hockey table, pool table, ping-pong table and mini basketball games – plus 1 hour of access to the gymnasium for more fun and activities. Learn more and book your next party by visiting facility rentals at okotoks.ca/GetActive

Adaptive Programs

DanceAbilities 16+

Instructor: Emelia Jager

This high-energy adaptive dance fitness class is designed specifically for adults with physical, sensory and cognitive disabilities, combining fun, rhythm and movement in an inclusive environment. You will enjoy upbeat music and easy-to-follow choreography that promotes coordination, confidence and cardiovascular health.

The class encourages self-expression and social interaction, with modifications to suit all ability levels and is a joyful way to stay active, build community and boost overall well-being. Support worker must accompany each participant to all classes.

FALL	ORC	Gymnasium			
	Thu	Sep 10-Dec 17	1:15-2:00 PM	15 Classes	
COURSE ID		26476	\$120.00		

WINTER	ORC	Gymnasium			
	Thu	Jan 7-Mar 25 <i>No class: Feb 18</i>	1:15-2:00 PM	11 Classes	
COURSE ID		26575	\$88.00		

DrumAbilities 16+

Instructor: Emelia Jager

Move and groove to a different beat, drumming out some of your old favourite tunes, and some new ones too. This instructor-led, adaptive drum fitness class is designed for individuals with physical, sensory or cognitive disabilities, and involves gentle upper and lower body rhythmic drumming movements on a stability ball while seated in a chair. Coordination, musicality, memory/cognition, fitness and all-round fun are some of the benefits you will experience. Support worker must accompany each participant to all classes. Note: this room is only accessible by stairs.

FALL	ORC	Community Room			
	Thu	Sep 10-Dec 10	11:40 AM-12:10 PM	14 Classes	
COURSE ID		26484	\$76.30		

FALL	ORC	Community Room			
	Thu	Sep 10-Dec 10	12:15-12:45 PM	14 Classes	
COURSE ID		26485	\$76.30		

WINTER	ORC	Community Room			
	Thu	Jan 7-Mar 25 <i>No class: Feb 18</i>	11:40 AM-12:10 PM	11 Classes	
COURSE ID		26583	\$59.95		

WINTER	ORC	Community Room			
	Thu	Jan 7-Mar 25 <i>No class: Feb 18</i>	12:15-12:45 PM	11 Classes	
COURSE ID		26584	\$59.95		

StrengthAbilities 16+

Instructor: Emelia Jager

An adaptive strength training class designed for those with physical, sensory or cognitive disabilities, offering a safe and welcoming environment to improve muscle strength, endurance, balance and overall functional movement. Exercises will be adapted using a variety of equipment and modifications to ensure safety, comfort and fun! Support worker must accompany each participant to all classes.

FALL	ORC	Community Room			
	Mon	Sep 14-Dec 14 <i>No class: Oct 12</i>	2:15-3:00 PM	13 Classes	
COURSE ID		26514	\$104.00		

WINTER	ORC	Community Room			
	Mon	Jan 4-Mar 22 <i>No class: Feb 15</i>	2:15-3:00 PM	11 Classes	
COURSE ID		26631	\$88.00		

YogAbilities 16+

Instructor: Shawna Kotyk

An adaptive yoga class designed for individuals with physical, sensory or cognitive disabilities, focusing on flowing sequences that are both enjoyable and beneficial. You will explore yoga poses that strengthen muscles, enhance lung capacity, improve balance, aid digestion, and promote relaxation. Caregivers/support workers are essential for assistance throughout the session to ensure a supportive environment for everyone's practice. Participants are encouraged, but not required, to bring their own yoga mat, blocks and bolsters.

FALL	VRC	Olympic Room			
	Wed	Sep 9-Dec 16 <i>Class on Sep 30 will take place at ORC in the Community Room (99 Okotoks Drive).</i>	1:00 PM-2:00 PM	14 Classes	
COURSE ID		26531	\$151.90		

WINTER	VRC	Olympic Room			
	Wed	Jan 6-Mar 24	1:00 PM-2:00 PM	12 Classes	
COURSE ID		26648	\$130.20		

REGISTER AT **okotoks.ca/GetActive**

Search using the **COURSE ID**
it's the easiest way to register and
takes you directly to your course
registration page!

LOCATION LEGEND

ORC	Okotoks Rec Centre
VRC	Viking Rentals Centre
KFL	Kingfisher Lodge

Axé Capoeira 16+ NEW!

Instructor: Cassey Mears

Axé Capoeira's adult program introduces participants to the dynamic Brazilian art of capoeira, combining martial arts, music and movement in a fun and engaging environment. Classes are designed to build confidence, coordination and a sense of community while fostering discipline, teamwork and self-expression. No experience is necessary, and participants are welcome to join at any time during the session. Please wear comfortable clothing that allows for free movement, bring a water bottle, and be prepared to train barefoot. Long hair should be tied back, and jewellery removed.

FALL	VRC	Wood Family Room			
	Wed	Sep 16-Dec 16	7:00-8:00 PM	14 Classes	
COURSE ID		27278	\$210.00		

WINTER	VRC	Wood Family Room			
	Wed	Jan 13-Mar 24	7:00-8:00 PM	11 Classes	
COURSE ID		27279	\$165.00		

Core & Flexibility 16+ NEW!

Instructor: Tina Harris

Looking to develop a resilient mid-section and a fluid, mobile body? Join this 60 minute class where you will work on both core strength and flexibility. By first fatiguing the core and generating internal heat, you will prepare the body to safely enter deeper ranges of motion during the stretching phase. This class is perfect for anyone looking to balance the "work" of stability with the "reward" of recovery. All levels welcome!

FALL	ORC	Community Room			
	Thu	Sep 10-Dec 17 <i>No class: Nov 12</i>	8:45-9:45 AM	14 Classes	
COURSE ID		27271	\$172.20		

WINTER	ORC	Community Room			
	Thu	Jan 14-Mar 25 <i>No class: Feb 18</i>	8:45-9:45 AM	11 Classes	
COURSE ID		27282	\$135.30		

Core & Yoga Blend 16+

Instructor: Shawna Kotyk

Whether you are looking for physical support or emotional grounding, this nourishing class weaves together gentle flow yoga to awaken the body, yin yoga to deeply release tension, focused pelvic floor work to cultivate core stability and guided meditation to quiet the mind and restore inner balance. No experience necessary. All levels welcome.

FALL	VRC	Olympic Room			
	Wed	Sep 9-Dec 16 <i>Class on Sep 30 will take place at ORC in the Community Room (99 Okotoks Drive)</i>	2:15-3:15 PM	14 Classes	
COURSE ID		26473	\$196.00		

WINTER	VRC	Olympic Room			
	Wed	Jan 6-Mar 24	2:15-3:15 PM	12 Classes	
COURSE ID		26572	\$168.00		

Core & Restore for Seniors 60+

Instructor: Shawna Kotyk

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. Bring yoga mat to class. All levels welcome.

FALL	ORC	Community Room			
	Tue	Sep 8-Dec 15	10:15-11:15 AM	15 Classes	
COURSE ID		26469	\$159.75		

FALL	ORC	Natural High Exercise Studio			
	Wed	Sep 9-Dec 16 <i>No class: Sep 30 & Nov 11</i>	8:30-9:30 AM	13 Classes	
COURSE ID		26662	\$138.45		

WINTER	ORC	Community Room			
	Tue	Jan 5-Mar 23	10:15-11:15 AM	12 Classes	
COURSE ID		26568	\$127.80		

WINTER	ORC	Natural High Exercise Studio			
	Wed	Jan 6-Mar 24	8:30-9:30 AM	12 Classes	
COURSE ID		26569	\$127.80		

Dance Fitness for Seniors 60+

Instructor: Emelia Jager

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!

FALL	ORC	Gymnasium			
	Thu	Sep 10-Dec 17	2:15-3:00 PM	15 Classes	
COURSE ID		26475	\$120.00		

WINTER	ORC	Gymnasium			
	Thu	Jan 6-Mar 25 <i>No class: Feb 18</i>	2:15-3:00 PM	11 Classes	
COURSE ID		26574	\$88.00		



Drum Fitness 16+

Instructor: Emelia Jager

Join this high energy drum fitness class where you will combine the rhythm and fun of drumming on a stability ball, while incorporating both upper and lower body strength moves, focusing on balance, core stability and muscle and brain coordination. Set to upbeat music, this choreographed workout will leave you energized as you improve coordination, endurance, balance and flexibility. Space is limited.

FALL	ORC	Community Room			
	Wed	Sep 9-Dec 9 <i>No class: Sep 30 & Nov 11</i>	5:30-6:30 PM	12 Classes	
COURSE ID		26478		\$168.00	

WINTER	ORC	Community Room			
	Wed	Jan 6-Mar 24 <i>No class: Feb 17</i>	5:30-6:30 PM	11 Classes	
COURSE ID		26577		\$154.00	

Drum Fitness for Seniors 60+

Instructor: Emelia Jager

Join this high energy drum fitness class where you will combine the rhythm and fun of drumming on a stability ball, while incorporating both upper and lower body strength moves, focusing on balance, core stability and muscle and brain coordination. Set to upbeat music, this choreographed workout will leave you energized as you improve coordination, endurance, balance and flexibility. Space is limited.

FALL	ORC	Community Room			
	Mon	Sep 14-Dec 7 <i>No class: Oct 12</i>	10:30-11:30 AM	12 Classes	
COURSE ID		26480		\$130.20	

FALL	ORC	Community Room			
	Thu	Sep 10-Dec 10	10:30-11:30 AM	14 Classes	
COURSE ID		26481		\$151.90	

WINTER	ORC	Community Room			
	Mon	Jan 4-Mar 22 <i>No class: Feb 15</i>	10:30-11:30 AM	11 Classes	
COURSE ID		26579		\$119.35	

WINTER	ORC	Community Room			
	Thu	Jan 7-Mar 25 <i>No class: Feb 18</i>	10:30-11:30 AM	12 Classes	
COURSE ID		26580		\$130.20	

Fitness for Seniors 60+

Instructor: Shawna Kotyk

Have fun in a social and supportive environment! This energetic fitness class targets the active-ager who enjoys a moderate intensity workout that includes easy-to-follow exercises for improving strength, flexibility, balance and cardiovascular fitness. Yoga mat required.

FALL	ORC	Community Room			
	Tue	Sep 8-Dec 15	11:30 AM-12:30 PM	15 Classes	
COURSE ID		26489		\$159.75	

FALL	ORC	Gymnasium			
	Thu	Sep 10-Dec 17	11:15 AM-12:15 PM	15 Classes	
COURSE ID		26487		\$159.75	

WINTER	ORC	Community Room			
	Tue	Jan 5-Mar 23	11:30 AM-12:30 PM	12 Classes	
COURSE ID		26589		\$127.80	

WINTER	ORC	Gymnasium			
	Thu	Jan 7-Mar 25	11:15 AM-12:15 PM	12 Classes	
COURSE ID		26587		\$127.80	

Floor Hockey: Open Play 13+ NEW!

Enjoy a fun, recreational floor hockey experience for all skill levels. Participants will play informal games in a safe, inclusive environment, with teams formed each session and player rotation encouraged to promote fair play and participation. This program focuses on physical activity, skill development, sportsmanship, and fun while providing a great opportunity to stay active, meet new people, and enjoy the game. Equipment provided.

FALL	ORC	Gym			
	Tue	Sep 8-Dec 15 <i>No class: Oct 20</i>	6:30-8:00 PM	14 Classes	
COURSE ID		27302		\$229.60	

WINTER	ORC	Gym			
	Tue	Jan 5-Mar 23	6:30-8:00 PM	12 Classes	
COURSE ID		27303		\$196.80	

REGISTER AT **okotoks.ca/GetActive**

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it's the easiest way to register and
takes you directly to your course
registration page!

LOCATION LEGEND

ORC	Okotoks Rec Centre
VRC	Viking Rentals Centre
KFL	Kingfisher Lodge

Learn to Play Hockey 13+ NEW!

A welcoming, beginner-friendly program for ages 13+ to learn and enjoy hockey in a safe, non-contact environment. Build fundamental skills like skating, passing and shooting while participating in fun, guided game play. This intergenerational program brings youth, adults, and older adults together to learn, connect, and stay active. No experience required. Full hockey equipment is required.

FALL	ORC	Piper Arena			
	Mon	Oct 5-Nov 9 <i>No class: Oct 12</i>	11:00-11:45 AM	5 Classes	
COURSE ID		27122	\$72.25		

Learn to Skate 16+ NEW!

Are you wanting to learn how to skate, or just brush up on your existing skating skills? This 45 minute class will offer instruction on all the basics in a fun and encouraging environment to give you the confidence you need! CSA approved skating helmet is mandatory.

WINTER	ORC	Piper Arena			
	Mon	Jan 11-Feb 08	11:00-11:45 AM	5 Classes	
COURSE ID		27180	\$72.25		



Living Well: Gentle Exercise 16+

Instructor: Tracy Church / Emelia Jager

Are you living with a managed chronic condition, recovering from an injury, or experiencing reduced mobility? This supportive and socially engaging group fitness class will lead you through safe, gentle exercises including light intensity cardio warm-up, strength and balance exercises, plus stretching and cool-down. Gain confidence as you maintain or build upon your current fitness ability, all while meeting new friends! Participants with mobility aids are welcome in this class and modifications are provided, including option to exercise from a chair. Monday and Friday classes include access and guided instruction to cardio and weight machines at Natural High Fitness Centre.

FALL	ORC	Natural High Exercise Studio			
	Mon	Sep 14-Dec 14 <i>No class: Oct 12</i>	11:45 AM-12:45 PM	13 Classes	
COURSE ID		26495	\$138.45		

FALL	VRC	Olympic Room			
	Wed	Sep 9-Dec 16 <i>No class: Sep 30 & Nov 11</i>	10:30-11:30 AM	13 Classes	
COURSE ID		26497	\$138.45		

FALL	ORC	Natural High Exercise Studio			
	Fri	Sep 11-Dec 18	11:45 AM-12:45 PM	15 Classes	
COURSE ID		26494	\$159.75		

WINTER	ORC	Natural High Exercise Studio			
	Mon	Jan 11-Mar 22 <i>No class: Feb 15</i>	11:45 AM-12:45 PM	10 Classes	
COURSE ID		26605	\$106.50		

WINTER	VRC	Olympic Room			
	Wed	Jan 6-Mar 24	10:30-11:30 AM	12 Classes	
COURSE ID		26607	\$127.80		

WINTER	ORC	Natural High Exercise Studio			
	Fri	Jan 8-Mar 19	11:45 AM-12:45 PM	11 Classes	
COURSE ID		26604	\$117.15		

Men's Fitness for Seniors 60+

Instructor: Carolyn Sterenberg

You can't go wrong with getting strong! In this fun and socially engaging class, you will work on building or maintaining strength, flexibility and balance so you can experience quality of life and maintain independence. It's not just about adding years to your life, but also life to your years! Participants must be able to get up and down off the floor.

FALL	VRC	National Room			
	Tue	Sep 8-Dec 15	9:00-10:00 AM	15 Classes	
COURSE ID		26499	\$159.75		

WINTER	VRC	National Room			
	Tue	Jan 5-Mar 23	9:00-10:00 AM	12 Classes	
COURSE ID		26609	\$127.80		

Mom Strong 16+

Instructor: Keeley McLeod

Calling all moms looking for an opportunity to connect with their littles and other moms while building strength and stamina! These workouts are designed to support all fitness levels in a fun and social atmosphere. Modifications provided for prenatal and postpartum participants and baby carriers are encouraged. Children up to kindergarten age are welcome to attend. For an extra fitness boost, consider signing up for Strollers & Strength on Thursdays to complement your workout routine.

FALL	ORC	Gymnasium			
	Tue	Sep 8-Oct 13	10:00-11:00 AM	6 Classes	
COURSE ID		26500		\$73.80	

FALL	ORC	Gymnasium			
	Tue	Oct 27-Dec 15 <i>No class: Nov 10</i>	10:00-11:00 AM	7 Classes	
COURSE ID		27297		\$86.10	

WINTER	ORC	Gymnasium			
	Tue	Jan 5-Feb 9	10:00-11:00 AM	6 Classes	
COURSE ID		26610		\$73.80	

WINTER	ORC	Gymnasium			
	Tue	Feb 23-Mar 23	10:00-11:00 AM	5 Classes	
COURSE ID		27298		\$61.50	

Pilates Level 1 16+

Instructor: Myriam Sorigue-Clarke

Come discover and enjoy what Pilates can offer to help you with body mobility, stability and balance, while gently and progressively activating the synergistic chains in your holistic body. This course will also include discussion around props you can use to work towards enhancing your full body and posture. Suitable for both beginner and intermediate level.

FALL	VRC	National Room			
	Mon	Sep 14-Oct 26 <i>No class: Oct 12</i>	9:00-10:00 AM	6 Classes	
COURSE ID		26508		\$84.00	

FALL	VRC	National Room			
	Thu	Sep 10-Oct 22	9:00-10:00 AM	7 Classes	
COURSE ID		26507		\$98.00	

WINTER	VRC	National Room			
	Mon	Feb 1-Mar 22	9:00-10:00 AM	8 Classes	
COURSE ID		26624		\$112.00	

WINTER	VRC	National Room			
	Thu	Feb 4-Mar 25	9:00-10:00 AM	8 Classes	
COURSE ID		26623		\$112.00	

Strength Circuit for Seniors 60+

Instructor: Keeley McLeod

This circuit-style class is suited for the active-ager 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. Participants must be able to transition between mat and standing position.

FALL	ORC	Gymnasium			
	Wed	Sep 9-Dec 16 <i>No class: Sep 30 & Nov 11</i>	9:30-10:30 AM	13 Classes	
COURSE ID		26513		\$138.45	

WINTER	ORC	Gymnasium			
	Wed	Jan 6-Mar 24 <i>No class: Feb 17</i>	9:30-10:30 AM	11 Classes	
COURSE ID		26630		\$117.15	

Strollers & Strength 16+

Instructor: Tina Harris

Get moving, connect with other parents and enjoy quality time with your little one in this fun, active and social fitness class. Each workout combines cardio with strength training exercises while offering flexibility to work at your own fitness level.

FALL	ORC	Gymnasium			
	Thu	Sep 10-Oct 22	10:10-11:00 AM	7 Classes	
COURSE ID		26515		\$86.10	

FALL	ORC	Gymnasium			
	Thu	Oct 29-Dec 17 <i>No class: Nov 12</i>	10:10-11:00 AM	7 Classes	
COURSE ID		26516		\$86.10	

WINTER	ORC	Gymnasium			
	Thu	Jan 14-Feb 11	10:10-11:00 AM	5 Classes	
COURSE ID		26632		\$61.50	

WINTER	ORC	Gymnasium			
	Thu	Feb 25-Mar 25	10:10-11:00 AM	5 Classes	
COURSE ID		26633		\$61.50	



Tai Chi: Level 1 Sequence 16+ NEW!

Instructor: Andrea Siqueira

This course provides an introduction to the Wong Style Level 1 Tai Chi sequence, with Qigong exercises as a warm-up. Tai Chi sequence is low impact offering the benefits of improved posture, body alignment and awareness, as well as coordination, balance and focus. An optional YouTube practice video will be available for purchase from the instructor at a cost of \$20/person or couple.

FALL	KFL	Kingfisher Lodge			
	Mon	Sep 14-Dec 14 <i>No class: Oct 12</i>	6:30-7:30 PM	13 Classes	
COURSE ID		27285	\$182.00		

WINTER	KFL	Kingfisher Lodge			
	Mon	Feb 1-Mar 22 <i>No class: Feb 15</i>	6:30-7:30 PM	7 Classes	
COURSE ID		27286	\$98.00		

Tai Chi: Level 1 & 2 Sequence 16+ NEW!

Instructor: Andrea Siqueira

You have completed Wong Style Tai Chi Level 1 Sequence and are ready to progress. This class will offer the opportunity to continue perfecting Level 1 sequence, while introducing Level 2 sequence. An optional YouTube practice video will be available for purchase from the instructor at a cost of \$20/person or couple. Pre-requisite: Must have completed Tai Chi Level 1 Sequence. NOTE: This is not a beginner class.

FALL	ORC	Community Room			
	Tue	Sep 8-Dec 15	3:00-4:00 PM	15 Classes	
COURSE ID		27287	\$210.00		
FALL	KFL	Kingfisher Lodge			
	Wed	Sep 9-Dec 16 <i>No class: Sep 30, Nov 11</i>	6:30-7:30 PM	13 Classes	
COURSE ID		27288	\$182.00		
WINTER	ORC	Community Room			
	Tue	Feb 2-Mar 23	3:00-4:00 PM	8 Classes	
COURSE ID		27289	\$112.00		
WINTER	KFL	Kingfisher Lodge			
	Wed	Feb 3-Mar 24	6:30-7:30 PM	8 Classes	
COURSE ID		27290	\$112.00		

Tai Chi & Qigong for Seniors 16+ NEW!

Instructor: Andrea Siqueira

This entry level class is suited for older adults and introduces you to the art of breath and movement in Qigong and a simplified version of Tai Chi sequence that is low impact. Benefits include improved posture, alignment, coordination and balance and help ease stress and anxiety. No experience necessary.

FALL	ORC	Natural High Exercise Studio			
	Fri	Sep 11-Dec 11	3:00-4:00 PM	14 Classes	
COURSE ID		27283	\$151.90		
WINTER	ORC	Natural High Exercise Studio			
	Fri	Feb 5-Mar 19	3:00-4:00 PM	7 Classes	
COURSE ID		27284	\$75.95		

Women's Sculpt 16+

Instructor: Keeley McLeod

Tailored to women who want to build functional strength and improve mobility, this engaging class will incorporate different types of resistance and cardio training using body weight, resistance bands and dumbbells for a full body workout. Ideal for beginners or experienced exercisers who wants to sculpt and improve overall fitness.

FALL	VRC	National Room		
	Mon	Sep 14-Dec 14 <i>No class: Oct 12 & Nov 9</i>	7:00-8:00 PM	12 Classes
COURSE ID		26523	\$147.60	
FALL	ORC	Community Room		
	Wed	Sep 9-Dec 16 <i>No class: Sep 30 & Nov 11</i>	10:45-11:45 AM	13 Classes
COURSE ID		26522	\$159.90	
WINTER	ORC	Community Room		
	Wed	Jan 6-Mar 24 <i>No class: Feb 17</i>	10:45-11:45 AM	11 Classes
COURSE ID		26639	\$135.30	

Yoga & Pelvic Floor Restore 16+

Instructor: Shawna Kotyk

Enjoy the benefits of this gentle yoga class, while effectively targeting and strengthening the deep core muscles. Improve balance and posture, reduce muscle imbalance, and create spinal stability. Length, strength and relaxation created as you learn the importance of using the breath within the yoga and pelvic floor exercises. Participants are encouraged, but not required, to bring their own yoga mat, blocks and bolsters.

FALL	VRC	Olympic Room			
	Fri	Sep 11-Dec 18	10:15-11:15 AM	15 Classes	
COURSE ID		26524	\$210.00		
WINTER	VRC	Olympic Room			
	Fri	Jan 8-Mar 19	10:15-11:15 AM	11 Classes	
COURSE ID		26641	\$154.00		

Yoga for Seniors 60+

Instructor: Shawna Kotyk

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. Participants are encouraged, but not required, to bring their own yoga mat, blocks and bolsters.

FALL	ORC	Natural High Exercise Studio		
	Mon	Sep 14-Dec 14 <i>No class: Oct 12</i>	10:00-11:00 AM	13 Classes
COURSE ID		26529	\$141.05	

WINTER	ORC	Natural High Exercise Studio		
	Mon	Jan 4-Mar 22 <i>No class: Feb 15</i>	10:00-11:00 AM	11 Classes
COURSE ID		26646	\$119.35	

Yoga for Senior Men 60+

Instructor: Shawna Kotyk

This class is designed to introduce men to yoga while helping reduce stress and release common areas of muscular tension in the male body. Whether you're new to yoga, building on the basics or have previous experience, this class offers a welcoming place to learn and grow. Improve flexibility, build strength and enjoy the benefits of flowing through class together. Participants are encouraged, but not required, to bring their own yoga mat, blocks and bolsters.

FALL	VRC	Olympic Room			
	Fri	Sep 11-Dec 18	9:00-10:00 AM	15 Classes	
COURSE ID	26527				\$162.75

WINTER	VRC	Olympic Room			
	Fri	Jan 8-Mar 19	9:00-10:00 AM	11 Classes	
COURSE ID	26644				\$119.35

Zumba Gold® 60+

Instructor: Janine Remple

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!

FALL	ORC	Natural High Exercise Studio			
	Wed	Sep 9-Dec 16 <i>No class: Sep 30 & Nov 11</i>	10:00-11:00 AM	13 Classes	
COURSE ID	26537				\$141.05

FALL	ORC	Natural High Exercise Studio			
	Wed	Sep 9-Dec 16 <i>No class: Sep 30 & Nov 11</i>	11:15 AM-12:15 PM	13 Classes	
COURSE ID	26538				\$141.05

WINTER	ORC	Natural High Exercise Studio			
	Wed	Jan 6-Mar 24 <i>No class: Feb 17</i>	10:00-11:00 AM	11 Classes	
COURSE ID	26654				\$119.35

WINTER	ORC	Natural High Exercise Studio			
	Wed	Jan 6-Mar 24 <i>No class: Feb 17</i>	11:15 AM-12:15 PM	11 Classes	
COURSE ID	26655				\$119.35



Zumba® 16+

Instructor: Janine Remple

Dance, sweat and smile your way to better fitness in this fun and energetic Zumba® class. Set to a mix of Latin, Top 40 and international music, this energizing class combines easy-to-follow dance moves with cardio fitness for a calorie-burning experience that doesn't feel like exercise. Whether you're new to fitness or looking to shake up your routine, you'll leave feeling energized, empowered and ready for more. All body types and fitness levels welcome.

FALL	ORC	Community Room			
	Thu	Sep 10-Dec 17 <i>No class: Nov 12</i>	7:00-8:00 PM	14 Classes	
COURSE ID	26536				\$196.00

WINTER	ORC	Community Room			
	Thu	Jan 7-Mar 25 <i>No class: Feb 18</i>	7:00-8:00 PM	11 Classes	
COURSE ID	26653				\$154.00



New to the community? Looking for information about local services?

We know it can be overwhelming to figure out where to start. Let us help!

Info & Support:

- Financial challenges
- Difficulties coping
- Government programs & applications
- Elder abuse response

Referrals:

Professional staff offer a confidential assessment & connect you to community services that best meet your needs.

Support Programs:

- Volunteer Driver Program
- Community Volunteer Income Tax Program
- Snow Heroes

Visit Us:

Okotoks Health & Wellness Centre
11 Cimarron Common

Contact Us:

403-995-2626
familyresources@okotoks.ca
OFRC.CA



CHILD & YOUTH PROGRAMS

REGISTRATION FALL

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NON-RESIDENTS SEE PAGE 2

REGISTRATION WINTER

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General Interest

Babysitting Course 2-Day 12 - 14 Years

Welcome to the world of babysitting. Taking care of young children is an important job that helps families and supports your community. This course will teach you how to handle common situations while babysitting and how to keep children safe and happy in your care. To receive the Canada Safety Council Babysitting Certificate, participants must be 12 years old or turning 12 within the calendar year. They must also attend both days of the course and score at least 75 percent on the final exam. If a participant does not pass the exam, they will have the opportunity to rewrite it at a later date. Please bring a water bottle, indoor shoes, nut-free snacks and bring a lunch each day as participants are required to stay on-site. A Babysitting Course manual can be picked up at the Okotoks Recreation Centre prior to the course as registrants are encouraged to read it prior to the first day. Participants are required to stay on-site during lunch so please bring a lunch.

FALL	VRC	Provincial Room			
	Mon	Nov 9-Nov 10	9:00 AM - 2:30 PM	2 Classes	
COURSE ID		26462	\$75.00		
WINTER	VRC	Provincial Room			
	Wed	Feb 17-Feb 18	9:00 AM - 2:30 PM	2 Classes	
COURSE ID		26560	\$75.00		
WINTER	VRC	Provincial Room			
	Wed	Mar 31-Apr 1	9:00 AM - 2:30 PM	2 Classes	
COURSE ID		26702	\$75.00		

Home Alone Safely 10 - 13 Years

Learn how to be safe and responsible while home alone for short periods of time. Children will learn how to prevent problems, handle real-life situations, and stay safe and busy. Caregivers will help their child complete a homework assignment before the class and work together on a special Home Alone Contract. Caregivers do not need to attend the class, but they must help their child with the homework, which will be emailed before the course starts. Please bring homework assignment, water bottle, peanut free snack, pencil/pen to the class.

FALL	VRC	Provincial Room			
	Thu	Nov 12	9:00 AM - 12:30 PM	1 Class	
COURSE ID		26491	\$62.00		
WINTER	VRC	Provincial Room			
	Tue	Feb 16	9:00 AM - 12:30 PM	1 Class	
COURSE ID		26590	\$62.00		
WINTER	VRC	National Room			
	Tue	Mar 30	9:00 AM - 12:30 PM	1 Class	
COURSE ID		26591	\$62.00		

Never Bee Lost 5 - 7 Years

This special program teaches children steps to stay safe if they become lost or separated from their parents or caregiver. This is an unparented class.

FALL	ORC	Community Room		
	Fri	Oct 16-Oct 16	1:00-2:00 PM	1 Class
COURSE ID		27124	\$25.00	
WINTER	ORC	Community Room		
	Fri	Mar 12-Mar 12	1:00-2:00 PM	1 Class
COURSE ID		27125	\$25.00	

Homeschool Programs

Homeschool: Physical Education

5 - 11 Years

Physical Education is a fun and engaging class designed for children to build essential movement skills while developing a love for being active. Through a mix of games, structured activities, and creative challenges, students will improve coordination, balance, strength, and confidence in a supportive and encouraging environment. This class focuses on foundational physical literacy skills such as running, jumping, throwing, catching, and teamwork. Children will participate in cooperative games, fitness circuits, and skill-building activities that promote both individual growth and social interaction.

FALL	ORC	Gymnasium		
	Wed	Nov 4-Dec 16 <i>No class: Nov 11</i>	10:45-11:30 AM	6 Classes
COURSE ID		27148	\$48.00	

WINTER	ORC	Gymnasium		
	Wed	Jan 13-Feb 10	10:45-11:30 AM	5 Classes
COURSE ID		27149	\$40.00	

WINTER	ORC	Gymnasium		
	Wed	Feb 24-Mar 24	10:45-11:30 AM	5 Classes
COURSE ID		27150	\$40.00	

Homeschool: Physical Education

12 - 17 Years

Designed for youth to build strength, confidence, and lifelong fitness skills. This program focuses on developing physical literacy through a variety of activities including functional fitness, sport-based skills, and teamwork challenges. Students will improve their coordination, endurance, agility and overall fitness while learning proper technique and safe movement practices. Sessions may include strength and conditioning exercises, group games, individual skill development and cooperative activities that encourage communication and leadership.

FALL	ORC	Gymnasium		
	Wed	Nov 4-Dec 16 <i>No class: Nov 11</i>	11:45 AM-12:30 PM	6 Classes
COURSE ID		27152	\$48.00	

WINTER	ORC	Gymnasium		
	Wed	Jan 13-Feb 10	11:45 AM-12:30 PM	5 Classes
COURSE ID		27153	\$40.00	

WINTER	ORC	Gymnasium		
	Wed	Feb 24-Mar 24	11:45 AM-12:30 PM	5 Classes
COURSE ID		27154	\$40.00	

Homeschool: Skate 6 - 12 Years

Skating lessons focusing on backwards skating, bunny hops, slaloms, fun on the ice and much more! Your child will be skating around the rink in no time! All levels are welcome. A CSA approved skate helmet is mandatory.

FALL	ORC	Piper Arena		
	Mon	Nov 16-Dec 14	11:00-11:45 AM	5 Classes
COURSE ID		26541	\$72.25	

WINTER	ORC	Piper Arena		
	Mon	Feb 22-Mar 22	11:00-11:45 AM	5 Classes
COURSE ID		26592	\$72.25	



Youth Centre

Calling Okotoks Youth! Stop in to check out the space and join us for free youth hangouts throughout the week in the youth centre, gymnasium or aquatics centre! Family Hangout times also available! Find the full drop-in schedule at okotoks.ca/GetActive



Book The Gymnasium

Did you know that you can book a gymnasium rental at the Okotoks Recreation Centre through okotoks.ca/getactive? Rental dates and times are readily available online! You can also book equipment for your rental at a great rate!

Skating & Hockey

Child Rec Skate 6 - 12 Years

Join us for 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.

FALL	VRC	Leisure Arena			
	Sat	Oct 3-Dec 12 <i>No class: Oct 10</i>	10:45-11:25 AM	10 Classes	
COURSE ID		26880		\$128.50	
FALL	VRC	Leisure Arena			
	Wed	Oct 7-Dec 16 <i>No class: Nov 11</i>	5:55-6:35 PM	10 Classes	
COURSE ID		26540		\$128.50	
WINTER	VRC	Leisure Arena			
	Sat	Jan 9-Mar 20 <i>No class: Feb 20</i>	10:45-11:25 AM	10 Classes	
COURSE ID		26879		\$128.50	
WINTER	VRC	Leisure Arena			
	Wed	Jan 13-Mar 24 <i>No class: Feb 17</i>	5:55-6:35 PM	10 Classes	
COURSE ID		26566		\$128.50	

Child Rec Skate: School's Out! 6 - 12 Years

Take part in 4 days of fun-filled, exciting skating! Skaters will be on the ice for 1 hour each day at the Okotoks Recreation Centre. All levels are welcome. CSA approved skate helmet mandatory.

FALL	ORC	Piper Arena			
	Mon	Dec 28-Dec 31	9:30-10:30 AM	4 Classes	
COURSE ID		26839		\$77.00	
WINTER	ORC	Piper Arena			
	Tue	Feb 16-Feb 19	9:30-10:30 AM	4 Classes	
COURSE ID		26840		\$77.00	

Pond Hockey-Learn to Play 6 - 12 Years

Does your 6-12 year old want to learn to play hockey without enrolling in an organized league? This is not a learn to skate program, but it will focus on beginner hockey skills and a weekly shinny game - just enough to get their feet wet and see if this is something they would like to pursue. Full equipment including stick, CSA approved helmet and neck guard are required.

FALL	VRC	Gold Arena			
	Wed	Oct 7-Dec 16 <i>No class: Nov 11</i>	6:45-7:30 PM	10 Classes	
COURSE ID		27123		\$144.50	
WINTER	VRC	Gold Arena			
	Wed	Jan 13-Mar 24 <i>No class: Feb 17</i>	6:45-7:30 PM	10 Classes	
COURSE ID		26625		\$144.50	

Sport & Fitness

Child Axé Capoeira 7 - 11 Years

Instructor: Cassey Mears

Axé Capoeira's children's program introduces participants to the dynamic Brazilian art of capoeira through martial arts and music. Designed to build confidence, coordination and community, classes are fun, engaging and age/skill level-appropriate. Participants learn discipline, teamwork and self-expression in a supportive and energetic environment. No experience necessary and participants can join anytime during the session. Come prepared with a water bottle, comfortable clothing, bare feet, hair tied back and no jewelry.

FALL	VRC	Wood Family Room			
	Wed	Sep 16-Dec 16	5:00-5:50 PM	14 Classes	
COURSE ID		27276		\$157.50	
WINTER	VRC	Wood Family Room			
	Wed	Jan 13-Mar 24	5:00-5:50 PM	11 Classes	
COURSE ID		27280		\$137.50	

Youth Axé Capoeira 12 - 15 Years

Instructor: Cassey Mears

Axé Capoeira's youth program introduces participants to the dynamic Brazilian art of capoeira through martial arts and music. Designed to build confidence, coordination and community, classes are fun, engaging and age/skill level-appropriate. Participants learn discipline, teamwork and self-expression in a supportive and energetic environment. No experience necessary and participants can join anytime during the session. Come prepared with a water bottle, comfortable clothing, bare feet, hair tied back and no jewelry.

FALL	VRC	Wood Family Room			
	Wed	Sep 16-Dec 16	6:00-6:50 PM	14 Classes	
COURSE ID		27277		\$157.50	
WINTER	VRC	Wood Family Room			
	Wed	Jan 13-Mar 24	6:00-6:50 PM	11 Classes	
COURSE ID		27281		\$137.50	

Child Badminton 7 - 11 Years

Ready to serve up some laughs? This co-ed program is designed for children who are eager to learn the fundamentals of badminton in a fun and supportive environment. Participants will be introduced to serving, smashing, and footwork, all while promoting sportsmanship and fostering a love for the game! Participants are encouraged to bring their own racket if they have one.

FALL	ORC	Gymnasium			
	Wed	Sep 16-Dec 16 <i>No class: Sep 30, Oct 21 & Nov 11</i>	4:15-5:15 PM	11 Classes	
COURSE ID		26464		\$117.15	
WINTER	ORC	Gymnasium			
	Wed	Jan 13-Mar 24 <i>No class: Feb 17</i>	4:15-5:15 PM	10 Classes	
COURSE ID		26562		\$106.50	

Youth Badminton 12 - 15 Years

This co-ed badminton program is sure to be a smash! Designed for youth who are looking to develop and sharpen their skills, as well as continue to master techniques and game play strategy. Participants are encouraged to bring their own racket if they have one.

FALL	ORC	Gymnasium			
	Wed	Sep 16-Dec 16 <i>No class: Sep 30, Oct 21 & Nov 11</i>	5:15-6:15 PM	11 Classes	
COURSE ID		26533	\$117.15		

WINTER	ORC	Gymnasium			
	Wed	Jan 13-Mar 24 <i>No class: Feb 17</i>	5:15-6:15 PM	10 Classes	
COURSE ID		26650	\$106.50		

Child Basketball 7 - 11 Years

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.

FALL	ORC	Gymnasium			
	Mon	Sep 14-Dec 14 <i>No class: Oct 12 & 19</i>	6:30-7:30 PM	12 Classes	
COURSE ID		26465	\$127.80		

WINTER	ORC	Gymnasium			
	Mon	Jan 11-Mar 22 <i>No class: Feb 15</i>	6:30-7:30 PM	10 Classes	
COURSE ID		26563	\$106.50		

Child Indoor Soccer 7 - 11 Years

You're goal-ing to love this program! This co-ed program is suited for players who are looking to develop and sharpen their soccer skills. The course will focus on ball control, passing, shooting, dribbling and teamwork through fun structured drills and engaging games.

FALL	ORC	Gymnasium			
	Wed	Sep 16-Dec 16 <i>No class: Sep 30, Oct 21 & Nov 11</i>	6:30-7:30 PM	11 Classes	
COURSE ID		26466	\$117.15		

WINTER	ORC	Gymnasium			
	Wed	Jan 13-Mar 24 <i>No class: Feb 17</i>	6:30-7:30 PM	10 Classes	
COURSE ID		26564	\$106.50		

Child Volleyball 7 - 11 Years

Ready to get set up for a great time? This co-ed program is designed for children who are eager to learn the fundamentals of volleyball in a fun and supportive environment. Participants will be introduced to serving, passing, setting and hitting, all while promoting sportsmanship and fostering a love for the game!

FALL	ORC	Gymnasium			
	Mon	Sep 14-Dec 14 <i>No class: Oct 12 & 19</i>	4:15-5:15 PM	12 Classes	
COURSE ID		26468	\$127.80		

WINTER	ORC	Gymnasium			
	Mon	Jan 11-Mar 22 <i>No class: Feb 15</i>	4:15-5:15 PM	10 Classes	
COURSE ID		26567	\$106.50		

Youth Volleyball 12 - 15 Years

On your pass, get set, hit! This co-ed program is designed for youth who are looking to develop and sharpen their skills. Participants will continue to master their technique for serving, passing, setting and hitting, while incorporating game play scenarios. Participants are encouraged to wear knee pads.

FALL	ORC	Gymnasium			
	Mon	Sep 14-Dec 14 <i>No class: Oct 12 & 19</i>	5:15-6:15 PM	12 Classes	
COURSE ID		26535	\$127.80		

WINTER	ORC	Gymnasium			
	Mon	Jan 11-Mar 22 <i>No class: Feb 15</i>	5:15-6:15 PM	10 Classes	
COURSE ID		26652	\$106.50		

Zumba® Kids 7 - 11 Years

Instructor: Janine Remple

Are you ready to move, groove, and have a blast? Join this fun and interactive class where you will be active while jamming out to awesome music! Classes feature age-appropriate routines based on original Zumba® choreography, plus fun games and activities mixed into every energizing session!

FALL	ORC	Community Room			
	Thu	Sep 16-Dec 16 <i>No class: Nov 12</i>	6:00-6:45 PM	12 Classes	
COURSE ID		26539	\$135.00		

WINTER	ORC	Community Room			
	Thu	Jan 14-Mar 25 <i>No class: Feb 18</i>	6:00-6:45 PM	10 Classes	
COURSE ID		26656	\$112.50		

PRESCHOOL PROGRAMS

REGISTRATION
FALL

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REGISTRATION
WINTER

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Parented Programs

Parent & Tot: Art and Sensory

2 - 3 Years

Bring your toddler out for a fun morning of play and exploration with other children and parents! This parent & tot class will explore themed process art, messy play, and stimulation of the 5 senses during sensory activities and games. Sessions aim to engage both child and caregiver in a creative and fun environment where children have the freedom to play, create, investigate and connect! There will be a break for snack time, so please bring a small snack and clean indoor shoes.

FALL	ORC	Learning Centre			
	Thu	Sep 17-Oct 29	9:30-11:00 AM	7 Classes	
COURSE ID		26501			\$105.00
FALL	ORC	Learning Centre			
	Thu	Nov 5-Dec 17 No class: Nov 12	9:30-11:00 AM	6 Classes	
COURSE ID		27028			\$90.00
WINTER	ORC	Learning Centre			
	Thu	Jan 14-Feb 11	9:30-11:00 AM	5 Classes	
COURSE ID		26611			\$75.00
WINTER	ORC	Learning Centre			
	Thu	Feb 25-Mar 25	9:30-11:00 AM	5 Classes	
COURSE ID		27146			\$75.00

Parent & Tot: Move and Explore

1.5 - 3.5 Years

Join us for Move and Explore, a joyful parent & tot class where little ones and their grown-ups move, play and discover together! Each week you and your child will wiggle and move through guided activities, sing and play with instruments, explore creativity through art and build early skills through imaginative play and social interaction! Please ensure you and your child have indoor shoes for the class.

FALL	ORC	Gymnasium B			
	Mon	Sep 14-Oct 5	9:45-10:45 AM	4 Classes	
COURSE ID		26503			\$40.00
FALL	ORC	Gymnasium B			
	Mon	Oct 26-Dec 14 No class: Nov 9	9:45-10:45 AM	7 Classes	
COURSE ID		26748			\$70.00
WINTER	ORC	Gymnasium B			
	Mon	Jan 11-Feb 8	9:45-10:45 AM	5 Classes	
COURSE ID		26613			\$50.00
WINTER	ORC	Gymnasium B			
	Mon	Feb 22-Mar 22	9:45-10:45 AM	5 Classes	
COURSE ID		27029			\$50.00

Parent & Tot: Play and Learn Social Club 2 - 5 Years

A parented preschool class where little ones learn and grow through play while caregivers build meaningful connections and community. Each session features open-ended free play alongside simple, engaging activities designed to support early social skills, creativity, and exploration. Caregivers remain on-site to support their child's experience, while also enjoying relaxed conversation and connection with other parents in a welcoming, supportive environment. Come for the play, stay for the friendships!

FALL	ORC	Learning Centre			
	Tue	Sep 15-Oct 27	10:00-11:00 AM	7 Classes	
COURSE ID		27093			\$70.00

FALL	ORC	Learning Centre			
	Tue	Nov 3-Dec 15 <i>No class: Nov 10</i>	10:00-11:00 AM	6 Classes	
COURSE ID		27143			\$60.00

WINTER	ORC	Learning Centre			
	Tue	Jan 12-Feb 9	10:00-11:00 AM	5 Classes	
COURSE ID		27144			\$50.00

WINTER	ORC	Learning Centre			
	Tue	Feb 23-Mar 23	10:00-11:00 AM	5 Classes	
COURSE ID		27145			\$50.00



Kinder Care

Did you know you can drop off your tots (aged 3 months to 5 years) at the Rec Centre's child-minding service while you workout, watch a swim lesson or use any recreation facilities? KinderCare is a perfect option for the on-the-go parent or guardian. Schedules vary seasonally. Find the schedule and book your spot now at okotoks.ca/GetActive

Parent & Tot: Skate 2 - 5 Years

This parent & tot 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 children and caregivers on the ice. Caregivers can choose to wear skates or clean shoes.

FALL	VRC	Leisure Arena			
	Sat	Oct 3-Dec 12 <i>No class: Oct 10</i>	9:35-10:05 AM	10 Classes	
COURSE ID		26876			\$96.50

FALL	VRC	Leisure Arena			
	Sat	Oct 3-Dec 12 <i>No class: Oct 10</i>	10:10-10:40 AM	10 Classes	
COURSE ID		26551			\$96.50

FALL	ORC	Piper Arena			
	Mon	Oct 5-Dec 14 <i>No class: Oct 12</i>	9:50-10:20 AM	10 Classes	
COURSE ID		26549			\$96.50

FALL	VRC	Leisure Arena			
	Wed	Oct 7-Dec 16 <i>No class: Nov 11</i>	4:45-5:15 PM	10 Classes	
COURSE ID		26875			\$96.50

FALL	VRC	Leisure Arena			
	Wed	Oct 7-Dec 16 <i>No class: Nov 11</i>	5:20-5:50 PM	10 Classes	
COURSE ID		26550			\$96.50

WINTER	VRC	Leisure Arena			
	Sat	Jan 9-Mar 20 <i>No class: Feb 20</i>	9:35-10:05 AM	10 Classes	
COURSE ID		26877			\$96.50

WINTER	VRC	Leisure Arena			
	Sat	Jan 9-Mar 24 <i>No class: Feb 20</i>	10:10-10:40 AM	10 Classes	
COURSE ID		26616			\$96.50

WINTER	ORC	Piper Arena			
	Mon	Jan 11-Mar 22 <i>No class: Feb 15</i>	9:50-10:20 AM	10 Classes	
COURSE ID		26617			\$96.50

WINTER	VRC	Leisure Arena			
	Wed	Jan 13-Mar 24 <i>No class: Feb 17</i>	4:45-5:15 PM	10 Classes	
COURSE ID		26878			\$96.50

WINTER	VRC	Leisure Arena			
	Wed	Jan 13-Mar 24 <i>No class: Feb 17</i>	5:20-5:50 PM	10 Classes	
COURSE ID		26618			\$96.50

Non-Parented Programs

Learn to Skate Level 1 3 - 6 Years

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 able to stand up and move unassisted.

FALL	VRC	Leisure Arena			
	Sat	Oct 3-Dec 12 <i>No class: Oct 10</i>	9:00-9:30 AM	10 Classes	
	COURSE ID	26493			\$96.50
FALL	ORC	Piper Arena			
	Mon	Oct 5-Dec 14 <i>No class: Oct 12</i>	10:25-10:55 AM	10 Classes	
	COURSE ID	26543			\$96.50
FALL	VRC	Leisure Arena			
	Wed	Oct 7-Dec 16 <i>No class: Nov 11</i>	4:10-4:40 PM	10 Classes	
	COURSE ID	26544			\$96.50
WINTER	VRC	Leisure Arena			
	Sat	Jan 9-Mar 20 <i>No class: Feb 20</i>	9:00-9:30 AM	10 Classes	
	COURSE ID	26597			\$96.50
WINTER	ORC	Piper Arena			
	Mon	Jan 11-Mar 22 <i>No class: Feb 15</i>	10:25-10:55 AM	10 Classes	
	COURSE ID	26598			\$96.50
WINTER	VRC	Leisure Arena			
	Wed	Jan 13-Mar 24 <i>No class: Feb 17</i>	4:10-4:40 PM	10 Classes	
	COURSE ID	26599			\$96.50

Learn to Skate - Tiny Tot Hockey 4 - 6 Years

Calling all future NHL players for Tiny Tot Hockey! This program is designed for early skaters that are already able to move around on the ice including push, glide, stop, and getting up on their own. Tiny Tot Hockey will focus on improving the speed and power of skating, and learning the fundamentals of hockey! Full equipment including a CSA approved skate helmet with face mask, neck guard, stick, hockey gloves and shin pads are all mandatory.

FALL	VRC	Gold Arena			
	Wed	Oct 7-Dec 16 <i>No class: Nov 11</i>	6:45-7:30 PM	10 Classes	
	COURSE ID	26542			\$144.50
WINTER	VRC	Gold Arena			
	Wed	Jan 6-Mar 24 <i>No class: Feb 17</i>	6:45-7:30 PM	10 Classes	
	COURSE ID	26596			\$144.50

Pre-K: Friday Frolics Play & Swim/Gym 3 - 5 Years

Active learners have the 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. Friday Frolics bonus features a carefully supervised swim time or gymnasium play! Please have your child wear their bathing suit under their clothes to each class. Note: send your child with a water bottle, indoor shoes, and a small nut-free snack. Children must be toilet trained.

FALL	ORC	Community Room			
	Fri	Sep 18-Oct 30 <i>No swimming Sep 18 & Oct 23. Instead, pick-up will be in the ORC Gymnasium.</i>	9:30-11:30 AM	7 Classes	
	COURSE ID	26510			\$154.00
FALL	ORC	Community Room			
	Fri	Nov 6-Dec 18 <i>No class: Nov 13. No swimming Nov 27. Instead, pick-up will be in the ORC Gymnasium.</i>	9:30-11:30 AM	6 Classes	
	COURSE ID	27027			\$132.00
WINTER	ORC	Community Room			
	Fri	Jan 15-Mar 19 <i>No class: Feb 19. No swimming Jan 29 & Mar 12. Instead, pick-up will be in the ORC Gymnasium.</i>	9:30-11:30 AM	9 Classes	
	COURSE ID	26627			\$198.00



Last-Minute Ice Rentals

Hit the ice for less with our last-minute ice rentals. Whether you're planning a pickup game, practice or family skate, enjoy great ice at a great price. Check out what's available online at okotoks.ca/getactive

EVENTS CALENDAR



Holiday Hours

SEP	SEP	OCT	NOV	DEC	DEC	DEC	JAN
7	30	12	11	22 TO	26	31 TO	1

Recreation

Drop-in Schedule: Find up-to-date schedule changes at okotoks.ca/getactive.

OCT
28

Mini Monster Mash

DEC
5

Skate with Santa

FEB
12

Valentine's Party

MAR
24

Easter Bunny Party

View all rec special events at okotoks.ca/getactive

Town of Okotoks

AUG
22

Summer Round Up & ChiliFest
Downtown, Elizabeth Street

Aug
28

Alberta Day Movies in the Park
Arts and Learning Campus Plaza and Ethel Tucker Park

SEP
30

National Day for Truth and Reconciliation
Arts and Learning Campus Plaza

NOV
20

Light Up Okotoks
Downtown and Arts and Learning Campus Plaza

DEC
24

Santa's Christmas Eve Parade
Town-wide

DEC
31

New Year's Eve Fireworks Show

Dates & Locations: Subject to change, learn more at okotoks.ca/events.

AQUATICS PROGRAMS

REGISTRATION
FALL

AUG

6

8 AM

NON-RESIDENTS SEE PAGE 2

REGISTRATION
WINTER

DEC

3

8 AM

NON-RESIDENTS SEE PAGE 2



Location

All swimming lessons are located at
Okotoks Rec Centre
99 Okotoks Drive

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.

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. 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.

Contact aquatics@okotoks.ca to book your complimentary swim assessment.



Your Pass to Fun Starts Here: *Grade 5 Get Active & Active8*

Students entering Grade 5 or Grade 8 this fall can enjoy FREE access to some of the best recreation opportunities in Okotoks. Swim, play, move and explore with the Grade 5 Pass or Active8 Pass. These free memberships include access to the aquatics centre and gymnasium, with Active8 Pass holders also enjoying access to the fitness centre. It's the perfect opportunity to stay active, build confidence and try new activities throughout the year. Applications open Aug. 15, 2026, with pass access beginning Sept. 1, 2026. Parent or guardian registration is required. Facility rules apply. Learn more at okotoks.ca/rec-pass

Parent & Tot 4 Months - 3 Years

Parent and 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.

PARENT & TOT 1/2/3					
FALL	DAY	DATES	TIME	COST	ID#
	Mon	Sept 14-Nov 16 No Class: Oct 12	9:00-9:30 am	\$84.87	26671
			5:30-6:00 pm		26701
			4:00-4:30 pm		26703
	Tue	Sep 15-Nov 10	8:30-9:00 am	\$84.87	26710
			5:00-5:30 pm		26711
			6:30-7:00 pm		26712
	Wed	Sep 16-Nov 18 No Class: Sep 30 & Nov 11	8:30-9:00 am	\$75.44	26745
			4:00-4:30 pm		26746
	Thu	Sep 17-Nov 12	8:00-8:30 am	\$84.87	26760
			5:00-5:30 pm		26761
			6:30-7:00 pm		26762
	Fri	Sep 18-Nov 13	10:30-11:00 am	\$84.87	26789
	Sat	Sep 19-Nov 21 No Class: Oct 10 & 31	11:00-11:30 am	\$75.44	26815
			12:30-1:00 pm		26816
	Sun	Sep 13-Nov 15 No Class: Oct 11 & Nov 1	10:00-10:30 am	\$75.44	26866
			11:15-11:45 am		26867

PARENT & TOT 1/2/3					
WINTER	DAY	DATES	TIME	COST	ID#
	Mon	Jan 11-Mar 15 No Class: Feb 15	5:30-6:00 pm	\$84.87	27116
			9:00-9:30 am		27117
	Tue	Jan 12-Mar 16 No Class: Feb 16	8:00-8:30 am	\$84.87	27158
			5:00-5:30 pm		27159
	Wed	Jan 13-Mar 17 No Class: Feb 17	9:00-9:30 am	\$84.87	27176
			5:45-6:15 pm		27177
	Thu	Jan 14-Mar 18 No Class: Feb 18	8:30-9:00 am	\$84.87	27203
			5:30-6:00 pm		27204
	Sat	Jan 9-Mar 13 No Class: Feb 13	11:00-11:30 am	\$84.87	27030
			12:30-1:00 pm		27066
	Sun	Jan 10-Mar 14 No Class: Feb 14	10:00-10:30 am	\$84.87	27086
			11:15-11:45 am		27087

Preschool 3-5 Years

Preschool gives 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					
FALL	DAY	DATES	TIME	COST	ID#
	Mon	Sept 14-Nov 16 No Class: Oct 12	9:00-9:30 am	\$84.87	26672
			4:30-5:00 pm		26696
			5:45-6:15 pm		26697
	Tue	Sep 15-Nov 10	8:30-9:00 am	\$84.87	26713
			5:00-5:30 pm		26714
			5:45-6:15 pm		26715
	Wed	Sep 16-Nov 18 No Class: Sep 30 & Nov 11	6:30-7:00 pm	\$75.44	26716
			4:00-4:30 pm		26741
			4:30-5:00 pm		26742
	Thu	Sep 17-Nov 12	5:00-5:30 pm	\$84.87	26743
			8:30-9:00 am		26744
			8:00-8:30 am		26763
	Fri	Sep 18-Nov 13	5:00-5:30 pm	\$84.87	26764
			5:45-6:15 pm		26765
			5:30-6:00 pm		26766
	Sat	Sep 19-Nov 21 No Class: Oct 10 & 31	9:00-9:30 am	\$84.87	26787
			1:30-2:00 pm		26788
			8:00-8:30 am		26807
	Sun	Sep 13-Nov 15 No Class: Oct 11 & Nov 1	8:30-9:00 am	\$75.44	26808
			11:00-11:30 am		26809
			11:30-12:00 pm		26810
			8:00-8:30 am	\$75.44	26847
			9:00-9:30 am		26848
			10:00-10:30 am		26849
			11:15-11:45 am		26850

PRESCHOOL 1					
WINTER	DAY	DATES	TIME	COST	ID#
	Mon	Jan 11-Mar 15 No Class: Feb 15	9:00-9:30 am	\$84.87	27112
			5:30-6:00 pm		27113
			4:45-5:15 pm		27114
	Tue	Jan 12-Mar 16 No Class: Feb 16	6:15-6:45 pm	\$84.87	27115
			8:00-8:30 am		27139
			5:00-5:30 pm		27140
	Wed	Jan 13-Mar 17 No Class: Feb 17	5:30-6:00 pm	\$84.87	27141
			9:00-9:30 am		27178
			5:45-6:15 pm		27179
	Thu	Jan 14-Mar 18 No Class: Feb 18	4:00-4:30 pm	\$84.87	27181
			8:30-9:00 am		27200
			5:00-5:30 pm		27201
	Fri	Jan 15-Mar 19 No Class: Feb 19	5:30-6:00 pm	\$84.87	27202
			9:00-9:30 am		27226
			1:30-2:00 pm		27227
	Sat	Jan 9-Mar 13 No Class: Feb 13	8:00-8:30 am	\$84.87	27031
			8:30-9:00 am		27055
			11:30 am-12:00 pm		27056
	Sun	Jan 10-Mar 14 No Class: Feb 14	11:00-11:30 am	\$84.87	27057
			12:30-1:00 pm		27061
			8:00-8:30 am		27082
			9:00-9:30 am		27083
			10:00-10:30 am		27084
			11:15-11:45 am		27085



PRESCHOOL 2					
FALL	DAY	DATES	TIME	COST	ID#
	Mon	Sept 14-Nov 16 <i>No Class: Oct 12</i>	8:30-9:00 am	\$84.87	26673
			4:30-5:00 pm		26693
			5:15-5:45 pm		26694
			5:30-6:00 pm		26695
	Tue	Sep 15-Nov 10	8:00-8:30 am	\$84.87	26717
			5:30-6:00 pm		26718
			6:15-6:45 pm		26719
	Wed	Sep 16-Nov 18 <i>No Class: Sep 30 & Nov 11</i>	8:00-8:30 am	\$75.44	26738
			4:30-5:00 pm		26739
			5:30-6:00 pm		26740
	Thu	Sep 17-Nov 12	8:30-9:00 am	\$84.87	26767
			5:30-6:00 pm		26768
			6:30-7:00 pm		26769
			7:00-7:30 pm		26770
	Fri	Sep 18-Nov 13	9:00-9:30 am	\$84.87	26790
			1:00-1:30 pm		26791
	Sat	Sep 19-Nov 21 <i>No Class: Oct 10 & 31</i>	8:00-8:30 am	\$75.44	26811
			10:30-11:00 am		26812
			11:30 am-12:00 pm		26818
			12:00-12:30 pm		26813
	Sun	Sep 13-Nov 15 <i>No Class: Oct 11 & Nov 1</i>	12:30-1:00 pm	\$75.44	26814
			8:30-9:00 am		26851
			9:00-9:30 am		26852
			10:30-11:00 am		26853
			11:45 am-12:15 pm		26854

PRESCHOOL 3					
FALL	DAY	DATES	TIME	COST	ID#
	Mon	Sept 14-Nov 16 <i>No Class: Oct 12</i>	8:30-9:00 am	\$84.87	26674
			5:00-5:30 pm		26698
			5:45-6:15 pm		26699
			6:00-6:30 pm		26700
	Tue	Sep 15-Nov 10	8:00-8:30 am	\$84.87	26720
			5:30-6:00 pm		26721
			7:00-7:30 pm		26722
	Wed	Sep 16-Nov 18 <i>No Class: Sep 30 & Nov 11</i>	8:00-8:30 am	\$75.44	26735
			5:00-5:30 pm		26736
			5:45-6:15 pm		26737
	Thu	Sep 17-Nov 12	8:30-9:00 am	\$84.87	26771
			5:45-6:15 pm		26772
			6:30-7:00 pm		26773
	Fri	Sep 18-Nov 13	9:30-10:00 am	\$84.87	26792
			2:00-2:30 pm		26793
	Sat	Sep 19-Nov 21 <i>No Class: Oct 10 & 31</i>	8:30-9:00 am	\$75.44	26819
			10:30-11:00 am		26820
			11:00-11:30 am		26823
			11:30 am-12:00 pm		26821
	Sun	Sep 13-Nov 15 <i>No Class: Oct 11 & Nov 1</i>	12:00-12:30 pm	\$75.44	26822
			10:00-10:30 am		26855
			11:30-12:00 pm		26856
			9:30-10:00 am		26857

PRESCHOOL 2					
WINTER	DAY	DATES	TIME	COST	ID#
	Mon	Jan 11-Mar 15 <i>No Class: Feb 15</i>	8:30-9:00 am	\$84.87	27118
			5:00-5:30 pm		27119
			5:45-6:15 pm		27120
			6:30-7:00 pm		27130
	Tue	Jan 12-Mar 16 <i>No Class: Feb 16</i>	8:30-9:00 am	\$84.87	27142
			5:00-5:30 pm		27326
			5:30-6:00 pm		27156
	Wed	Jan 13-Mar 17 <i>No Class: Feb 17</i>	6:45-7:15 pm	\$84.87	27157
			8:30-9:00 am		27182
			4:00-4:30 pm		27183
	Thu	Jan 14-Mar 18 <i>No Class: Feb 18</i>	5:00-5:30 pm	\$84.87	27184
			8:00-8:30 am		27205
			6:00-6:30 pm		27206
	Fri	Jan 15-Mar 19 <i>No Class: Feb 19</i>	7:00-7:30 pm	\$84.87	27207
			9:30-10:00 am		27228
			1:00-1:30 pm		27229
	Sat	Jan 9-Mar 13 <i>No Class: Feb 13</i>	8:00-8:30 am	\$84.87	27036
			10:30-11:00 am		27058
			11:30 am-12:00 pm		27059
			12:00-12:30 pm		27060
	Sun	Jan 10-Mar 14 <i>No Class: Feb 14</i>	8:30-9:00 am	\$84.87	27088
			9:00-9:30 am		27089
			10:30-11:00 am		27090
			11:45 am-12:15 pm		27091

PRESCHOOL 3					
WINTER	DAY	DATES	TIME	COST	ID#
	Mon	Jan 11-Mar 15 <i>No Class: Feb 15</i>	8:30-9:00 am	\$84.87	27126
			5:00-5:30 pm		27127
			6:00-6:30 pm		27128
	Tue	Jan 12-Mar 16 <i>No Class: Feb 16</i>	8:30-9:00 am	\$84.87	27160
			5:00-5:30 pm		27161
			5:30-6:00 pm		27162
	Wed	Jan 13-Mar 17 <i>No Class: Feb 17</i>	6:00-6:30 pm	\$84.87	27163
			8:30-9:00 am		27185
			4:30-5:00 pm		27186
	Thu	Jan 14-Mar 18 <i>No Class: Feb 18</i>	8:00-8:30 am	\$84.87	27208
			5:00-5:30 pm		27209
			5:45-6:15 pm		27210
	Fri	Jan 15-Mar 19 <i>No Class: Feb 19</i>	7:00-7:30 pm	\$84.87	27211
			9:00-9:30 am		27230
			2:00-2:30 pm		27231
	Sat	Jan 9-Mar 13 <i>No Class: Feb 13</i>	8:30-9:00 am	\$84.87	27037
			10:30-11:00 am		27062
			11:00-11:30 am		27063
			11:30 am-12:00 pm		27064
	Sun	Jan 10-Mar 14 <i>No Class: Feb 14</i>	12:00-12:30 pm	\$84.87	27065
			9:30-10:00 am		27092
			10:00-10:30 am		27094
			11:30 am-12:00 pm		27095

PRESCHOOL 4					
FALL	DAY	DATES	TIME	COST	ID#
	Mon	Sept 14-Nov 16 <i>No Class: Oct 12</i>	8:00-8:30 am 6:30-7:00 pm	\$84.87	26675 26691
	Tue	Sept 15-Nov 10	5:00-5:30 pm 9:00-9:30 am	\$84.87	26723 26734
	Wed	Sept 16-Nov 18 <i>No Class: Sep 30 & Nov 11</i>	9:00-9:30 am 4:00-4:30 pm	\$75.44	26747 26750
	Thu	Sept 17-Nov 12	9:00-9:30 am 7:30-8:00 pm	\$84.87	26774 26775
	Fri	Sept 18-Nov 13	9:30-10:00 am 2:30-3:00 pm	\$84.87	26794 26795
	Sat	Sept 19-Nov 21 <i>No Class: Oct 10 & 31</i>	11:00-11:30 am 12:30-1:00 pm	\$75.44	26824 26825
	Sun	Sept 13-Nov 15 <i>No Class: Oct 11 & Nov 1</i>	11:45 am-12:15 pm	\$75.44	26858

PRESCHOOL 4					
WINTER	DAY	DATES	TIME	COST	ID#
	Mon	Jan 11-Mar 15 <i>No Class: Feb 15</i>	8:00-8:30 am	\$84.87	27267
	Tue	Jan 12-Mar 16 <i>No Class: Feb 16</i>	9:00-9:30 am 5:00-5:30 pm	\$84.87	27165 27164
	Wed	Jan 13-Mar 17 <i>No Class: Feb 17</i>	4:30-5:00 pm 8:00-8:30 am	\$84.87	27187 27188
	Thu	Jan 14-Mar 18 <i>No Class: Feb 18</i>	6:30-7:00 pm	\$84.87	27212
	Fri	Jan 15-Mar 19 <i>No Class: Feb 19</i>	9:30-10:00 am 2:30-3:00 pm	\$84.87	27232 27233
	Sat	Jan 9-Mar 13 <i>No Class: Feb 13</i>	11:00-11:30 am	\$84.87	27038
	Sun	Jan 10-Mar 14 <i>No Class: Feb 14</i>	11:45 am-12:15 pm	\$84.87	27081

PRESCHOOL 5					
FALL	DAY	DATES	TIME	COST	ID#
	Mon	Sept 14-Nov 16 <i>No Class: Oct 12</i>	8:00-8:30 am 6:30-7:00 pm	\$84.87	26677 26692
	Tue	Sept 15-Nov 10	9:00-9:30 am	\$84.87	26733
	Wed	Sept 16-Nov 18 <i>No Class: Sep 30 & Nov 11</i>	9:00-9:30 am	\$75.44	26749
	Thu	Sept 17-Nov 12	9:00-9:30 am	\$84.87	26776
	Sat	Sept 19-Nov 21 <i>No Class: Oct 10 & 31</i>	11:30-12:00 pm	\$75.44	26832
	Sun	Sept 13-Nov 15 <i>No Class: Oct 11 & Nov 1</i>	10:15-10:45 am	\$75.44	26859

PRESCHOOL 5					
WINTER	DAY	DATES	TIME	COST	ID#
	Tue	Jan 12-Mar 16 <i>No Class: Feb 16</i>	9:00-9:30 am 6:45-7:15 pm	\$84.87	27166 27167
	Wed	Jan 13-Mar 17 <i>No Class: Feb 17</i>	8:00-8:30 am	\$84.87	27189
	Thu	Jan 14-Mar 18 <i>No Class: Feb 18</i>	6:45-7:15 pm	\$84.87	27213
	Fri	Jan 15-Mar 19 <i>No Class: Feb 19</i>	10:00-10:30 am	\$84.87	27234
	Sat	Jan 9-Mar 13 <i>No Class: Feb 13</i>	11:30 am-12:00 pm	\$84.87	27040
	Sun	Jan 10-Mar 14 <i>No Class: Feb 14</i>	10:15-10:45 am	\$84.87	27096



Child and Youth 6-12 Years

A success-orientated learn to swim program for children and youth 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.

SWIMMER 1					
FALL	DAY	DATES	TIME	COST	ID#
	Mon	Sept 14-Nov 16 No Class: Oct 12	4:30-5:15 pm	\$87.21	26685
			6:00-6:45 pm		26704
			6:15-7:00 pm		26705
	Tue	Sep 15-Nov 10	5:00-5:45 pm	\$87.21	26724
			5:45-6:30 pm		26725
	Wed	Sep 16-Nov 18 No Class: Sep 30 & Nov 11	4:30-5:15 pm	\$77.52	26751
			5:30-6:15 pm		26752
	Thu	Sep 17-Nov 12	5:45-6:30 pm	\$87.21	26777
			6:15-7:00 pm		26778
			7:00-7:45 pm		26779
	Fri	Sep 18-Nov 13	9:00-9:45 am	\$87.21	26796
			2:30-3:15 pm		26797
	Sat	Sep 19-Nov 21 No Class: Oct 10 & 31	10:30-11:15 am	\$77.52	26826
			11:15 am-12:00 pm		26827
			12:00-12:45 pm		26828
	Sun	Sep 13-Nov 15 No Class: Oct 11 & Nov 1	9:30-10:15 am	\$77.52	26860
			10:30-11:15 am		26861
			11:30 am-12:15 pm		26862

SWIMMER 1					
WINTER	DAY	DATES	TIME	COST	ID#
	Mon	Jan 11-Mar 15 No Class: Feb 15	5:30-6:15 pm	\$87.21	27131
			4:00-4:45 pm		27132
	Tue	Jan 12-Mar 16 No Class: Feb 16	5:30-6:15 pm	\$87.21	27168
			6:15-7:00 pm		27169
	Wed	Jan 13-Mar 17 No Class: Feb 17	5:00-5:45 pm	\$87.21	27190
			5:45-6:30 pm		27191
	Thu	Jan 14-Mar 18 No Class: Feb 18	5:00-5:45 pm	\$87.21	27214
			5:45-6:30 pm		27215
			6:30-7:15 pm		27216
	Fri	Jan 15-Mar 19 No Class: Feb 19	9:15-10:00 am	\$87.21	27235
			2:30-3:15 pm		27236
	Sat	Jan 9-Mar 13 No Class: Feb 13	10:30-11:15 am	\$87.21	27047
			11:15 am-12:00 pm		27070
			12:00-12:45 pm		27071
	Sun	Jan 10-Mar 14 No Class: Feb 14	9:30-10:15 am	\$87.21	27097
			10:30-11:15 am		27098
			11:30 am-12:15 pm		27099

SWIMMER 2					
FALL	DAY	DATES	TIME	COST	ID#
	Mon	Sept 14-Nov 16 No Class: Oct 12	5:00-5:45 pm	\$87.21	26686
			6:15-7:00 pm		26706
	Tue	Sep 15-Nov 10	6:15-7:00 pm	\$87.21	26726
			7:15-8:00 pm		26727
	Wed	Sep 16-Nov 18 No Class: Sep 30 & Nov 11	5:15-6:00 pm	\$77.52	26753
			6:00-6:45 pm		26754
	Thu	Sep 17-Nov 12	6:15-7:00 pm	\$87.21	26780
			7:00-7:45 pm		26781
	Fri	Sep 18-Nov 13	9:45-10:30 am	\$87.21	26798
			2:00-2:45 pm		26799
	Sat	Sep 19-Nov 21 No Class: Oct 10 & 31	10:30-11:15 am	\$77.52	26829
			11:15 am-12:00 pm		26830
	Sun	Sep 13-Nov 15 No Class: Oct 11 & Nov 1	12:00-12:45 pm	\$77.52	26831
			10:45-11:30 am		26863
			11:15-12:00 pm		26864
			11:45-12:30 pm		26865

SWIMMER 2					
WINTER	DAY	DATES	TIME	COST	ID#
	Mon	Jan 11-Mar 15 No Class: Feb 15	4:45-5:30 pm	\$87.21	27133
			6:15-7:00 pm		27134
	Tue	Jan 12-Mar 16 No Class: Feb 16	6:15-7:00 pm	\$87.21	27170
			7:15-8:00 pm		27171
	Wed	Jan 13-Mar 17 No Class: Feb 17	5:00-5:45 pm	\$87.21	27192
			6:15-7:00 pm		27193
	Thu	Jan 14-Mar 18 No Class: Feb 18	5:00-5:45 pm	\$87.21	27217
			6:00-6:45 pm		27218
			7:00-7:45 pm		27219
	Fri	Jan 15-Mar 19 No Class: Feb 19	10:00-10:45 am	\$87.21	27237
			2:00-2:45 pm		27238
	Sat	Jan 9-Mar 13 No Class: Feb 13	10:30-11:15 am	\$87.21	27048
			11:15 am-12:00 pm		27072
			12:00-12:45 pm		27073
	Sun	Jan 10-Mar 14 No Class: Feb 14	10:45-11:30 am	\$87.21	27100
			11:15 am-12:00 pm		27101
			11:45 am-12:30 pm		27102



SWIMMER 3					
FALL	DAY	DATES	TIME	COST	ID#
	Mon	Sept 14-Nov 16 No Class: Oct 12	4:30-5:15 pm	\$87.21	26687
			5:15-6:00 pm		26707
			6:15-7:00 pm		26708
	Tue	Sept 15-Nov 10	5:00-5:45 pm	\$87.21	26728
			6:45-7:30 pm		26729
	Wed	Sept 16-Nov 18 No Class: Sep 30 & Nov 11	5:30-6:15 pm	\$77.52	26756
			6:00-6:45 pm		26757
	Thu	Sept 17-Nov 12	5:00-5:45 pm	\$87.21	26782
			7:00-7:45 pm		26783
			7:15-8:00 pm		26784
	Fri	Sept 18-Nov 13	10:00-10:45 am	\$87.21	26800
			3:00-3:45 pm		26801
			10:45-11:30 am		26833
	Sat	Sept 19-Nov 21 No Class: Oct 10 & 31	11:30-12:15 pm	\$77.52	26834
			12:15-1:00 pm		26835
			12:00-12:45 pm		26841
	Sun	Sept 13-Nov 15 No Class: Oct 11 & Nov 1	10:30-11:15 am	\$77.52	26868
			11:00-11:45 am		26869

SWIMMER 3					
WINTER	DAY	DATES	TIME	COST	ID#
	Mon	Jan 11-Mar 15 No Class: Feb 15	6:15-7:00 pm	\$87.21	27135
			5:30-6:15 pm		27104
	Tue	Jan 12-Mar 16 No Class: Feb 16	6:30-7:15 pm	\$87.21	27172
			7:15-8:00 pm		27173
	Wed	Jan 13-Mar 17 No Class: Feb 17	5:30-6:15 pm	\$87.21	27194
			6:15-7:00 pm		27195
	Thu	Jan 14-Mar 18 No Class: Feb 18	6:45-7:30 pm	\$87.21	27220
			7:15-8:00 pm		27221
	Fri	Jan 15-Mar 19 No Class: Feb 19	3:00-3:45 pm	\$87.21	27239
	Sat	Jan 9-Mar 13 No Class: Feb 13	10:45-11:30 am	\$87.21	27049
			11:30 am-12:15 pm		27074
			12:15-1:00 pm		27075
	Sun	Jan 10-Mar 14 No Class: Feb 14	10:30-11:15 am	\$87.21	27103
			11:00-11:45 am		27105

SWIMMER 4					
FALL	DAY	DATES	TIME	COST	ID#
	Mon	Sept 14-Nov 16 No Class: Oct 12	4:00-4:45 pm	\$87.21	26688
			4:45-5:30 pm		26709
	Tue	Sept 15-Nov 10	7:15-8:00 pm	\$87.21	26732
	Wed	Sept 16-Nov 18 No Class: Sep 30 & Nov 11	4:45-5:30 pm	\$77.52	26758
	Thu	Sept 17-Nov 12	5:00-5:45 pm	\$87.21	26785
	Fri	Sept 18-Nov 13	1:00-1:45 pm	\$87.21	26802
	Sat	Sept 19-Nov 21 No Class: Oct 10 & 31	9:00-9:45 am	\$77.52	26842
			9:45-10:30 am		26843
	Sun	Sept 13-Nov 15 No Class: Oct 11 & Nov 1	9:00-9:45 am	\$77.52	26870

SWIMMER 4					
WINTER	DAY	DATES	TIME	COST	ID#
	Mon	Jan 11-Mar 15 No Class: Feb 15	4:00-4:45 pm	\$87.21	27136
	Tue	Jan 12-Mar 16 No Class: Feb 16	7:00-7:45 pm	\$87.21	27174
	Wed	Jan 13-Mar 17 No Class: Feb 17	6:00-6:45 pm	\$87.21	27196
	Thu	Jan 14-Mar 18 No Class: Feb 18	5:45-6:30 pm	\$87.21	27222
	Fri	Jan 15-Mar 19 No Class: Feb 19	1:00-1:45 pm	\$87.21	27240
	Sat	Jan 9-Mar 13 No Class: Feb 13	9:00-9:45 am	\$87.21	27051
			9:45-10:30 am		27069
	Sun	Jan 10-Mar 14 No Class: Feb 14	9:00-9:45 am	\$87.21	27106

REGISTER AT okotoks.ca/GetActive

Search using the **COURSE ID**
it's the easiest way to register and
takes you directly to your course
registration page!

LOCATION LEGEND

ORC	Okotoks Rec Centre
VRC	Viking Rentals Centre
KFL	Kingfisher Lodge



SWIMMER 5					
FALL	DAY	DATES	TIME	COST	ID#
	Mon	Sept 14-Nov 16 <i>No Class: Oct 12</i>	4:45-5:30 pm	\$87.21	26689
	Tue	Sept 15-Nov 10	7:00-7:45 pm	\$87.21	26731
	Wed	Sept 16-Nov 18 <i>No Class: Sep 30 & Nov 11</i>	4:00-4:45 pm	\$77.52	26759
	Fri	Sept 18-Nov 13	10:00-10:45 am 1:45-2:30 pm	\$87.21	26804 26803
	Sat	Sept 19-Nov 21 <i>No Class: Oct 10 & 31</i>	9:00-9:45 am 11:30 am-12:15 pm	\$77.52	26844 26845
	Sun	Sept 13-Nov 15 <i>No Class: Oct 11 & Nov 1</i>	9:30-10:15 am	\$77.52	26871

SWIMMER 5					
WINTER	DAY	DATES	TIME	COST	ID#
	Mon	Jan 11-Mar 15 <i>No Class: Feb 15</i>	4:00-4:45 pm	\$87.21	27137
	Tue	Jan 12-Mar 16 <i>No Class: Feb 16</i>	7:00-7:45 pm	\$87.21	27175
	Wed	Jan 13-Mar 17 <i>No Class: Feb 17</i>	4:00-4:45 pm	\$87.21	27197
	Thu	Jan 14-Mar 18 <i>No Class: Feb 18</i>	6:00-6:45 pm	\$87.21	27223
	Fri	Jan 15-Mar 19 <i>No Class: Feb 19</i>	1:45-2:30 pm	\$87.21	27241
	Sat	Jan 9-Mar 13 <i>No Class: Feb 13</i>	9:00-9:45 am 11:30 am-12:15 pm	\$87.21	27052 27067
	Sun	Jan 10-Mar 14 <i>No Class: Feb 14</i>	9:30-10:15 am	\$87.21	27108

SWIMMER 6					
FALL	DAY	DATES	TIME	COST	ID#
	Mon	Sept 14-Nov 16 <i>No Class: Oct 12</i>	4:00-4:45 pm	\$87.21	26690
	Tue	Sept 15-Nov 10	5:30-6:15 pm	\$87.21	26730
	Thu	Sept 17-Nov 12	5:00-5:45 pm	\$87.21	26786
	Fri	Sept 18-Nov 13	1:00-1:45 pm	\$87.21	26805
	Sat	Sept 19-Nov 21 <i>No Class: Oct 10 & 31</i>	9:45-10:30 am 10:45-11:30 am	\$77.52	26838 26837
	Sun	Sept 13-Nov 15 <i>No Class: Oct 11 & Nov 1</i>	10:30-11:15 am	\$77.52	26872

SWIMMER 6					
WINTER	DAY	DATES	TIME	COST	ID#
	Mon	Jan 11-Mar 15 <i>No Class: Feb 15</i>	4:45-5:30 pm	\$87.21	27138
	Tue	Jan 12-Mar 16 <i>No Class: Feb 16</i>	5:30-6:15 pm	\$87.21	27327
	Wed	Jan 13-Mar 17 <i>No Class: Feb 17</i>	4:45-5:30 pm	\$87.21	27198
	Thu	Jan 14-Mar 18 <i>No Class: Feb 18</i>	5:00-5:45 pm	\$87.21	27224
	Fri	Jan 15-Mar 19 <i>No Class: Feb 19</i>	10:00-10:45 am	\$87.21	27242
	Sat	Jan 9-Mar 13 <i>No Class: Feb 13</i>	9:45-10:30 am 10:45-11:30 am	\$87.21	27054 27068
	Sun	Jan 10-Mar 14 <i>No Class: Feb 14</i>	10:30-11:15 am	\$87.21	27109

Swim Abilities 3 - 16 Years

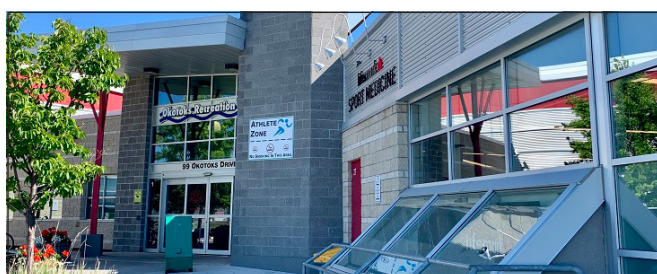
SwimAbilities® is a learn to swim program geared for children ages 3 to 16, with special needs, who need additional support to develop fundamental physical literacy skills and safety routines for aquatic activities. SwimAbilities® assists children and their parents in increasing safety, independence, 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 1/2					
FALL	DAY	DATES	TIME	COST	ID#
	Fri	Sept 18-Nov 13	4:15-5:00 pm	\$87.21	26682

SWIM ABILITIES 3/4					
FALL	DAY	DATES	TIME	COST	ID#
	Fri	Sept 18-Nov 13	5:00-5:45 pm	\$87.21	26683

SWIM ABILITIES 1/2					
WINTER	DAY	DATES	TIME	COST	ID#
	Fri	Jan 15-Mar 19	4:15-5:00 pm	\$87.21	27044

SWIM ABILITIES 3/4					
WINTER	DAY	DATES	TIME	COST	ID#
	Fri	Jan 15-Mar 19	5:00-5:45 pm	\$87.21	27045



Sponsorship Opportunities

Make your mark on Okotoks' future with a meaningful naming opportunity that strengthens our community for years to come. Naming rights opportunities include, but are not limited to:

- Okotoks Recreation Centre
- Aquatics Facilities
- Spray Park
- Rec Fee Assistance Program
- Environmental Education Centre & Green Living Programs
- Event Sponsorship for all Community events and more...

Apply now! Learn more about this exciting opportunity by contacting Recreation & Programs Manager, Daniel Robinson, at drobinson@okotoks.ca or 403-938-8959.

Adult 13+ Years

Beginners just starting out or swimmers looking to improve their strokes will find that the Adult Swimmer program will help them achieve their swimming goals.

ADULT BEGINNER

	DAY	DATES	TIME	COST	ID#
FALL	Sun	Sep 13-Nov 15 No Class: Oct 11, Nov 1	9:00-10:00 am	\$98.00	26664

ADULT INTERMEDIATE

	DAY	DATES	TIME	COST	ID#
FALL	Sat	Sep 19-Nov 21 No Class: Oct 10 & 31	10:30-11:30 am	\$98.00	26665

ADULT BEGINNER

	DAY	DATES	TIME	COST	ID#
WINTER	Sun	Jan 10-Mar 14	9:00-10:00 am	\$110.25	27032

ADULT INTERMEDIATE

	DAY	DATES	TIME	COST	ID#
WINTER	Sat	Jan 9-Mar 13	10:30-11:30 am	\$110.25	27033



PRIVATE SWIM LESSONS

FALL	DAY	DATES	TIME	COST	ID#				
	Mon	Nov 23-Dec14	5:00-5:30 pm	\$190.04	26678				
					26881				
					26882				
					26883				
					26884				
					26885				
			5:30-6:00 pm		26886				
					26887				
					26888				
					26889				
					26890				
					26891				
			6:00-6:30 pm		26892				
					26893				
					26894				
					26895				
					26896				
					26897				
	6:30-7:00 pm	26898							
		26899							
		Tue	Nov 24-Dec15	5:00-5:30 pm	\$190.04	26900			
						26901			
						26902			
						26903			
	26904								
	26905								
	5:30-6:00 pm			26906					
				26907					
				26908					
				26909					
				26910					
				26911					
	6:00-6:30 pm			26912					
				26913					
				26914					
				26915					
				Wed		Nov 25-Dec 16	4:00-4:30 pm	\$190.04	26916
									26921
26917									
26922									
26923									
26924									
4:30-5:00 pm	26918								
	26925								
	26926								
	26927								
	26919								
	26928								
5:00-5:30 pm	26929								
	26930								
	26920								
	26931								
	26932								
	26933								
6:00-6:30 pm	26934								
	26935								
	6:30-7:00 pm								

PRIVATE SWIM LESSONS					
FALL	DAY	DATES	TIME	COST	ID#
	Thu	Nov 26-Dec 17	5:00-5:30 pm	\$190.04	26936
					26937
					26938
					26939
					26940
					26941
					26942
					26943
			5:30-6:00 pm		26944
					26945
					26946
					26947
			6:00-6:30 pm		26948
					26949
					26950
					26951
			6:45-7:15 pm		26952
					26953
					26954
					26955
	7:15-7:45 pm	26956			
		26957			
		26958			
		26959			
	Fri	Nov 27-Dec 18	9:00-9:30 am	\$190.04	26960
					26961
			9:30-10:00 am		26962
					26963
					26964
					26965
10:00-10:30 am			26966		
			26967		
			26968		
			26969		
10:30-11:00 am			26970		
Sat	Nov 28-Dec 19	10:30-11:00 am	\$190.04	26971	
				26972	
				26973	
				26974	
				26975	
				26976	
				26977	
				26978	
		11:00-11:30 am		26979	
				26980	
				26981	
				26982	
		11:30 am-12:00 pm		26983	
				26984	
				26985	
				26986	
				26987	
				26988	
				26989	
				26990	
12:00-12:30 pm	26991				
	26992				
	26993				
	26994				
12:30-1:00 pm	26995				
	26996				

PRIVATE SWIM LESSONS					
FALL	DAY	DATES	TIME	COST	ID#
	Sun	Nov 22-Dec 13	9:00-9:30 am	\$190.04	26997
					26998
					26999
					27000
			9:30-10:00 am		27001
					27002
					27003
					27004
			10:00-10:30 am		27005
					27006
					27007
					27008
			10:30-11:00 am		27009
					27010
					27011
					27012
			10:45-11:15 am		27013
					27014
					27015
					27016
			11:15-11:45 am		27017
					27018
					27019
					27020
			11:45 am-12:15 pm		27021
					27022
	27023				
	27024				
	27025				
27026					



PRIVATE SWIM LESSONS					
WINTER	DAY	DATES	TIME	COST	ID#
	Mon	Jan 11-Jan 25	8:00-8:30 am	\$142.53	27269
					27270
					27274
			6:15-6:45 pm		27268
					27272
					27273
	Wed	Jan 13-Jan 27	6:15-6:45 pm	\$142.53	27264
					27265
					27266
	Thu	Jan 14-Jan 28	9:00-9:30 am	\$142.53	27246
					27247
					27248
					27249
					27250
					27251
			7:30-8:00 pm		27252
					27253
					27254
					27255
					27256
					27257
					27258
					27259
					27260
	Fri	Mar 5-Mar 19	10:30-11:00 am	\$142.53	27261
					27262
					27263
27243					
27244					
27245					
Sat	Feb 27-Mar 13	11:30-12:00 pm	\$142.53	27041	
				27076	
				27077	
		12:15-12:45 pm		27078	
				27079	
				27080	



Looking for additional Resources?

Okotoks has plenty! View the Community Resource Guide online at okotoks.ca or pick up a copy at the Town of Okotoks Municipal Centre, the Okotoks Family Resource Centre, the Okotoks Library, the Okotoks Recreation Centre or the Okotoks District and Seniors Club. If you are unable to pick up the guide in-person, please contact 403-995-2626.

Okotoks Family Resource Centre

- Municipal Service Directory
- Affordability Services such as:
 - Food
 - Clothing
 - Transportation
 - Housing
 - Recreation
 - Emergency Shelters
- Support Services for:
 - Addiction
 - Seniors
 - Children, Youth & Families
 - Newcomers
 - People with disabilities
 - Counselling & Support Groups
- Employment, Volunteering & Education
- Health, Wellness, 2SLGBTQI+ Resources
- Community Churches
- Federal & Provincial Government Resources
- Community Groups & Services Clubs for youths & adults
- Sports & Recreation Groups and Clubs
- Arts & Culture

okotoks.ca/ResourceGuide

Lifesaving 13+ Years

The Lifesaving Society's 3 level Canadian Swim Patrol program is for swimmers who are ready to go beyond learn-to-swim. The programs focus on developing strength and proficiency while introducing swimmers to the challenging world of lifesaving. Swimmers will have fun enhancing their capability in the water, increasing their physical conditioning, and learning lifesaving judgment. Each level will continue to develop swimmers' strokes and provide a skill foundation that will prepare them for success in the Society's Bronze Medal Awards. Each level of the Canadian Swim Patrol program has three modules: Water Proficiency, First Aid, and Recognition and Rescue.

For level descriptions, visit lifesavingsociety.com

LIFESAVING						
FALL	NAME	DAY	DATES	TIME	COST	ID#
	Ranger / Star Patrol	Wed	Sep 16-Nov 18 <i>No Class: Sep 30 & Nov 11</i>	4:00-5:00 pm	\$83.20	26680
		Sat	Sep 19-Nov 21 <i>No Class: Oct 10 & 31</i>	11:30-12:30 pm	\$83.20	26846
		Sun	Sep 13-Nov 15 <i>No Class: Oct 11 & Nov 1</i>	11:15 am-12:15 pm	\$83.20	26874
	Rookie Patrol	Tue	Sep 15-Nov 10	6:15-7:15 pm	\$93.60	26681
		Sat	Sep 19-Nov 21 <i>No Class: Oct 10 & 31</i>	10:30-11:30 am	\$83.20	26836
		Sun	Sep 13-Nov 15 <i>No Class: Oct 11 & Nov 1</i>	10:30-11:30 am	\$83.20	26873
	Swim and Lifesaving Instructor	Sun	Sept 20-Nov 8 <i>No Class: Oct 11 & Nov 1</i>	10:30am-5:30 pm	\$399.96	27311
	Bronze Medallion w/ CPR C	Mon	Sept 14-Nov 9 <i>No Class: Oct 12</i>	5:30-8:00 pm	\$266.64	26679
	Bronze Cross	Sun	Nov 22-Dec 13	9:30 am-2:30 pm	\$225.00	26666

LIFESAVING						
WINTER	NAME	DAY	DATES	TIME	COST	ID#
	Ranger/ Star Patrol	Sat	Jan 9-Mar 13	11:30 am-12:00 pm	\$93.60	27042
		Sun	Jan 10-Mar 14	10:30-11:30 am	\$93.60	27110
		Wed	Jan 13-Mar 17	4:45-5:45 pm	\$93.60	27199
	Rookie Patrol	Sat	Jan 9-Mar 13	10:30-11:30 am	\$93.60	27043
		Sun	Jan 10-Mar 14	11:15 am-12:00 pm	\$93.60	27111
		Thu	Jan 14-Mar 18	5:00-6:00 pm	\$93.60	27225
	National Lifeguard	Sat	Jan 16-Feb 27 <i>No Class: Feb 13</i>	11:30 am-6:30 pm	\$379.98	27325
	Bronze Medallion w/ CPR C	Mon	Jan 11-Mar 8 <i>No Class: Feb 15</i>	5:30-8:00 pm	\$266.64	27035
	Bronze Cross	Sun	Jan 10-Feb 7	10:00 am-3:00 pm	\$225.00	27034



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

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LIFEGUARD



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FALL 2026 / WINTER 2027 COMMUNITY GUIDE

