

Activity Guide

Spring / Summer 2026



What we offer:

- Recreation
- Fitness
- Aquatics
- First Aid
- Art



SPRING BREAK SWIMMING LESSON SCHEDULE

MONDAY TO FRIDAY

March 16 – 20, 2026 | 5 Lessons

9:00am	Jellyfish	22548	Orca	22549	
9:30am	Octopus	22550	Crab	22551	
10:00am	Swimmer 1	22593	Swimmer 3	22594	Seahorse 22595
10:30am					Orca 22597
11:15am	Swimmer 4	22600	Swimmer 2	22601	Octopus 22598
11:30am					Crab 22599
3:00pm	Swimmer 1	22603	Swimmer 2	22604	
3:30pm					
4:15pm	Swimmer 3/4	22605/22606	Swimmer 5/6	22607/22609	<i>75-minute lessons</i>
5:15pm					

MONDAY TO FRIDAY

March 23 – 27, 2026 | 5 Lessons

9:00am	Seahorse	22610	Sealion	22611	Swimmer 5/6 22614/22615 <i>75-minute lessons</i>
9:30am	Octopus	22612	Orca	22613	
10:00am	Swimmer 4	22616	Swimmer 1	22617	Orca 22620
10:30am					
11:15am	Swimmer 3	22619	Swimmer 2	22618	
11:30am					
3:00pm	Crab	22705	Swimmer 3	22706	
3:30pm	Orca	22707			
4:15pm	Swimmer 2	22709	Swimmer 1	22708	
5:15pm					

SWIM FOR LIFE PRESCHOOL	SWIM FOR LIFE LEVELS 1 - 4	SWIM FOR LIFE 5 - 6
5 x 30 minute lessons \$31.50/\$39.40	5 x 60 minute lessons \$63.00/\$78.75	5 x 75 minute lessons \$67.75/\$84.70



SPRING SWIMMING LESSON SCHEDULE

MONDAYS

APRIL 13 – JUNE 15 | 9 LESSONS (No lesson May 18)

3:30pm	Crab	22820	Swimmer 2	22822	Orca	22823
4:00pm	Swimmer 1	22825	Swimmer 5/6	22826/22827	Octopus	22828
4:30pm	Orca	22829			Swimmer 1	22830
5:00pm	Swimmer 2	22831	Octopus	22832	Swimmer 3/4	22833/22834

TUESDAY & THURSDAY

APRIL 7 – APRIL 30 | 8 LESSONS

3:30pm	Octopus	22837	Swimmer 1	22838
4:00pm	Swimmer 3	22839	Crab	22840
4:30pm	Sea Lion	22841	Swimmer 5/6	22843/22844
5:00pm	Swimmer 2	22842		

FRIDAYS

APRIL 10 - JUNE 12 | 9 LESSONS (No lesson May 15)

5:30pm	Swimmer 1	22845	Orca	22846	Swimmer 7	22847
6:00pm	Crab	22848	Swimmer 2	22850		
6:30pm	Sea Lion	22851	Swimmer 5/6	22856/22857	Octopus	22852
7:00pm	Swimmer 3/4	22853/22854			Swimmer 1	22855

SWIM FOR LIFE PRESCHOOL and LEVELS 1-4	SWIM FOR LIFE LEVELS 5-9 and FITNESS
8 x 30 minute lessons \$50.40/\$63.20	8 x 60 minute lessons \$62.80/\$78.40
9 x 30 minute lessons \$56.70/\$71.10	9 x 60 minute lessons \$70.65/\$88.20
10 x 30 minute lessons \$63.00/\$79.00	10 x 60 minute lessons \$78.50/\$98.00



SATURDAYS

APRIL 11 - JUNE 13 | 8 LESSONS (No lesson April 18 & May 16)

10:00am	Sea Lion	22858	Swimmer 1	22859
10:30am	Crab	22860	Seahorse	22861
11:00am	Swimmer 4	22862	Swimmer 5/6	22864/22865
11:30am	Swimmer 2	22863		

TUESDAY & THURSDAY

MAY 5 – MAY 28 | 8 LESSONS

3:30pm	Orca	22866	Swimmer 4	22867
4:00pm	Swimmer 1	22868	Crab	22869
4:30pm	Narwhal	22870	Swimmer 7	22872
5:00pm	Swimmer 2	22871		

TUESDAY & THURSDAY

JUNE 2 – JUNE 25 | 8 LESSONS

3:30pm	Swimmer 5/6	22873/22874	Swimmer 1	22878
4:00pm			Orca	22879
4:30pm	Octopus	22876	Swimmer 8	22875
5:00pm	Swimmer 3	22877		

HOMESCHOOL SWIMMING LESSONS

TUESDAYS

MARCH 31 – JUNE 2 | 10 LESSONS

2:00pm	Swimmer 1-4 (30 min lesson)	23589	Swimmer 5/6	23590	Swimmer 7/8/9	23591
2:30pm						

SWIM FOR LIFE PRESCHOOL and LEVELS 1-4	SWIM FOR LIFE LEVELS 5-9 and FITNESS
8 x 30 minute lessons \$50.40/\$63.20	8 x 60 minute lessons \$62.80/\$78.40
9 x 30 minute lessons \$56.70/\$71.10	9 x 60 minute lessons \$70.65/\$88.20
10 x 30 minute lessons \$63.00/\$79.00	10 x 60 minute lessons \$78.50/\$98.00



SUMMER SWIMMING LESSON SCHEDULE

MONDAY TO FRIDAY

JUNE 29 - JULY 10 | 9 LESSONS (No lesson July 1)

10:00am	Octopus	22884	Swimmer 1	22886	Seahorse	22915
10:30am	Orca	22885	Swimmer 3/4	22887/22888	Sea Lion	22893
11:00am	Swimmer 2	22890	Swimmer 5/6	22891/22892	Orca	22894
11:30am	Swimmer 1	22889			Crab	22895

MONDAY TO FRIDAY

JULY 13 - JULY 24 | 10 LESSONS

10:00am	Crab	22896	Swimmer 4	22897	Jellyfish	22898
10:30am	Swimmer 2	22899	Sea Lion	22900	Swimmer 7	22901
11:00am	Swimmer 1	22902	Swimmer 5	22903		
11:30am	Octopus	22905			Swimmer 3	22904

MONDAY TO FRIDAY

JULY 20 - JULY 31 | 10 LESSONS

3:30pm	Narwhal	22907
4:00pm	Orca	22908
4:30pm	Swimmer 1	22909
5:00pm	Swimmer 3	22910

SWIM FOR LIFE PRESCHOOL and LEVELS 1-4	SWIM FOR LIFE LEVELS 5-9 and FITNESS
8 x 30 minute lessons \$50.40/\$63.20	8 x 60 minute lessons \$62.80/\$78.40
9 x 30 minute lessons \$56.70/\$71.10	9 x 60 minute lessons \$70.65/\$88.20
10 x 30 minute lessons \$63.00/\$79.00	10 x 60 minute lessons \$78.50/\$98.00



MONDAY TO FRIDAY

AUGUST 4 - AUGUST 14 | 9 LESSONS (No lesson August 3)

10:00am	Swimmer 4	22911	Octopus	22912	Swimmer 8	22913
10:30am	Goldfish	22914	Swimmer 2	22916		
11:00am	Swimmer 3	22917	Swimmer 5	22918	Swimmer 1	22919
11:30am	Crab	22920			Orca	22921

MONDAY TO FRIDAY

AUGUST 17 - AUGUST 28 | 10 LESSONS

10:00am	Swimmer 4	22923	Crab	22924	Swimmer 3	22922
10:30am	Orca	22925	Swimmer 2	22926	Swimmer 1	22927
11:00am	Sea Lion	22928	Swimmer 5/6	22932/22933	Narwhal	22930
11:30am	Swimmer 1	22929			Swimmer 2	22931

MONDAY TO FRIDAY

AUGUST 17 - 28 | 10 LESSONS

3:30pm	Octopus	22934
4:00pm	Swimmer 2	22937
4:30pm	Swimmer 3/4	22938/22939
5:00pm	Swimmer 5/6	22940/22941

SATURDAY & SUNDAY

AUGUST 8 - AUGUST 30 | 8 LESSONS

10:15am	Swimmer 4	22942	Crab	22944	Adult/Teen Swimmer 1	22906 45 min - \$75.20/\$94.00
10:45am	Orca	22943	Swimmer 2	22945		
11:15am	Sea Lion	22946	Swimmer 5/6	22948/22949		
11:45am	Swimmer 1	22947				

SWIM FOR LIFE PRESCHOOL and LEVELS 1-4	SWIM FOR LIFE LEVELS 5-9 and FITNESS
8 x 30 minute lessons \$50.40/\$63.20	8 x 60 minute lessons \$62.80/\$78.40
9 x 30 minute lessons \$56.70/\$71.10	9 x 60 minute lessons \$70.65/\$88.20
10 x 30 minute lessons \$63.00/\$79.00	10 x 60 minute lessons \$78.50/\$98.00



Parent & Tot Levels

JELLYFISH | 4-12 MONTHS

Infants will be introduced to getting their face wet, blowing bubbles and floating with the help of their parent/caregiver.

GOLDFISH | 12-24 MONTHS

Toddlers learn how to enter and exit the water with help from their caregiver and play games to encourage them to get their face wet and blow bubbles in water. They will also develop supported floating and kicking skills.

SEAHORSE | 2-3 YEARS

Teaches toddlers how to safely enter the water wearing a PFD, develop underwater skills such as submersion and opening their eyes. Starfish floats, pencil floats and kicking skills are taught using songs and games.

Preschool Levels

OCTOPUS | 3-5 YEARS

Preschoolers will have fun learning to get in and out of the water. They'll learn how to put their face in the water, blow bubbles, and how to float and glide.

CRAB | 3-5 YEARS

Learn how to safely jump into chest-deep water and how to swim wearing a PFD. They'll learn submersion skills and continue to work on floats, glides and kicking with buoyant objects.

ORCA | 3-5 YEARS

Learn how to submerge and exhale underwater, retrieve objects underwater, and continue developing floating, gliding and kicking skills.

SEA LION | 3-5 YEARS

Preschoolers will become skilled at retrieving objects from the bottom of the pool in chest-deep water and performing front and side glide. Front crawl wearing a PFD is also introduced.

NARWHAL | 3-5 YEARS

Front crawl and back crawl are introduced as well as interval fitness training. Preschoolers will also learn how to tread water and perform vertical whip kick with a buoyant aid.

Swimmer Levels

SWIMMER ONE | 5+ YEARS

Become comfortable jumping into the water with and without a pfd. Learn how to open eyes, exhale and hold breath underwater. Floats, glides and kicking skills are introduced.

SWIMMER TWO | 5+ YEARS

Jump into deeper water and learn to be comfortable falling sideways into the water wearing a PFD. They'll learn how to tread water, develop kicking skills, and will be introduced to front and back crawl.

SWIMMER THREE | 6+ YEARS

Learn how to dive and do in-water somersaults and handstands to develop weight-transfer skills. Learn Swim to Survive skills, whip kick on back and will further develop front crawl and back back crawl.

SWIMMER FOUR | 6+ YEARS

Become better at diving, treading water, and swimming underwater. Learn the Swim to Survive standard and start to develop breaststroke. Front crawl and back crawl are further developed.

SWIMMER FIVE | 7+ YEARS

Master dives and swimming in deep water. Further Swim to Survive skills and start to develop eggbeater kick. Breaststroke, front crawl and back crawl are further developed. Interval training and sprinting drills continue.

SWIMMER SIX | 9+ YEARS

Become proficient at deep water skills including stride entries and compact jumps. Develop lifesaving kicks such as eggbeater and scissor kick. Breaststroke, front crawl and back crawl are further developed. Head-up swims, interval training and a 300m workout develop strength and endurance.

Advanced Levels

SWIMMER SEVEN/ROOKIE PATROL | 9+ YEARS

Fitness challenge includes a timed 100m swim and 350m workout. Water proficiency skills include swimming with clothes, ready position, and feet-first/head-first surface dives. First aid focus on primary assessment and calling EMS.

SWIMMER EIGHT/RANGER PATROL | 10+ YEARS

Fitness challenge is a 200m timed swim. Lifesaving skills include a stroke medley, timed object support and a non-contact rescue with a buoyant aid. First aid focus on unconscious victims and obstructed airways.

SWIMMER NINE/STAR PATROL | 11+ YEARS

Fitness challenge includes a 300m timed swim, 600m workout and a 25m object carry. Lifesaving skills include use of rescue aids, defense methods, victim removals and supporting a victim in shallow water. First aid focus on treatment of bone/joint injuries and respiratory emergencies.



DROP-IN DRYLAND FITNESS SCHEDULE | March 15 – 30, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	CARDIO STRENGTH 5:30 pm – 6:30 pm	ZUMBA* 6:00 pm – 7:00 pm	BODY SHOCK 5:30 pm – 6:30 pm	

BODY SHOCK - A fun and challenging class for people of all fitness levels. A combination of strength training, high intensity cardio intervals and core strengthening will help to build lean muscle, burn calories, and keep your metabolism jacked all day! Push yourself to the limit, have fun and discover a strength in yourself that you didn't know existed!

CARDIO STRENGTH – Cardio is good. Cardio that focuses on core strength at the same time is better. This 60-minute workout lets you check off both boxes using stations in this one-of-a-kind circuit class. Get your heart pumping and your muscles moving with this cardio based class that will have your abs screaming for more!

ZUMBA – Zumba is a popular fitness program inspired by Latin dance. The word 'Zumba' comes from a Columbian word that means to move fast and have fun, which is just how people describe this exhilarating calorie-burning experience. Zumba is an aerobic fitness routine that is fun and easy to learn. **NOTE: class requires an adult drop-in fee and is exempt from the free fitness class with your facility pass.**



DROP-IN AQUATIC FITNESS SCHEDULE | March 15 – 30, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
No Aquatic Fitness during Spring Break.					



DROP-IN DRYLAND FITNESS SCHEDULE | March 31 – June 26, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				WR CIRCUIT 8:00am – 9:00am
	POWER PARENT 9:30am – 10:30am <i>Kid Friendly</i>	WR CIRCUIT 9:00am – 10:00am	POWER PARENT 9:30am – 10:30am <i>Kid Friendly</i>	RESTORATIVE FITNESS 9:00am – 10:00am
	CARDIO LITE 10:45am – 11:45am	ADAPTED DANCE FIT 10:10am – 10:55am	CARDIO LITE 10:45am – 11:45am	SENIORFIT 10:10am – 10:50am
		WR CIRCUIT 11:00am – 12:00pm		WR CIRCUIT 11:00am – 12:00pm
	FIT IN 40 12:10pm - 12:50pm	FIT IN 40 12:10pm - 12:50pm	FIT IN 40 12:10pm - 12:50pm	FIT IN 40 12:10pm - 12:50pm
	SENIORFIT 1:00pm – 1:40pm		SENIORFIT 1:00pm – 1:40pm	
	CARDIO STRENGTH 5:30pm – 6:30pm	ZUMBA* 6:00pm – 7:00pm	BODY SHOCK 5:30pm – 6:30pm	

PRE-REGISTERED FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GENTLE FLOW YOGA #22545 11:00 am – 12:00 pm Apr 13 – Jun 22		GENTLE FLOW YOGA #22544 11:00 am – 12:00 pm Apr 2 – Jun 24		

Arts and Recreation Centre – Spring/Summer 2026

Drop-In and Pre-Registered Fitness Schedules

BODY SHOCK - A fun and challenging class for people of all fitness levels. A combination of strength training, high intensity cardio intervals and core strengthening will help to build lean muscle, burn calories, and keep your metabolism jacked all day! Push yourself to the limit, have fun and discover a strength in yourself that you didn't know existed!

CARDIO LITE - This NO IMPACT class combines not only strength training, cardio and core but participants will also gain balance, endurance and flexibility. This class is full of variety using everything from free weights, bands, balls and even suspension in a safe way that is guided by **personal** ability. Cardio Lite empowers participants at every age and fitness level to improve their health in a fun way.

CARDIO STRENGTH – Cardio is good. Cardio that focuses on core strength at the same time is better. This 60-minute workout lets you check off both boxes using stations in this one-of-a-kind circuit class. Get your heart pumping and your muscles moving with this cardio based class that will have your abs screaming for more!

FIT IN 40 - Don't have much time? We have the solution for you! This is a 40 minute class that you can do on your lunch hour. Classes include cardio, strength and core training designed to help you get the most out of your workout in the least amount of time! If you're ready to pick up the pace, these convenient lunch time fitness classes will make sure you pull your weight!

RESTORATIVE FITNESS - If you are looking to take your fitness to the next level, together let's focus on long-held postures, breathwork and guided functional movement flow that will tap into our restful state of mind; blocking out stress and re-centering our focus for the week.

POWER PARENT - Finding time to exercise as a parent can be challenging. The Power Parent class can introduce your child to active living and fitness in a social setting that will promote and encourage lifelong fitness. Components of this class will cover strength training, high intensity cardio, core strengthening and flexibility. This fitness class is a great way to stay in shape, be with your little ones and meet other parents and caregivers!

SENIORFIT – This class is designed to improve the agility, balance, coordination and strength for older adults. Classes include stretching routines as well as exercises designed to develop participants' ability to perform daily activities. Our Fitness Leader is experienced in adapting exercises in the program to a range of health conditions and physical limitations and participants are supported in going at their own pace.

WR CIRCUIT - Are you looking to lean out and get a great body, and do it while saving time? This quick one-hour class is for you! Located in the weight room, this circuit fitness class is a great for someone who just wants to enjoy a little more of what the weight room has to offer. Learn how to use a variety of equipment while under the guidance of a personal trainer in a fun circuit environment. This class not only builds strength it is also a great way to build confidence and knowledge of the fitness centre while getting a full body work out.

ZUMBA – Zumba is a popular fitness program inspired by Latin dance. The word 'Zumba' comes from a Columbian word that means to move fast and have fun, which is just how people describe this exhilarating calorie-burning experience. Zumba is an aerobic fitness routine that is fun and easy to learn. **NOTE: class requires an adult drop-in fee and is exempt from the free fitness class with your facility pass.**

ADAPTED FITNESS PROGRAMS

ADAPTED DANCE-FIT – Get fit with dance! Dance-Fit is an innovative and energetic special needs dance fitness program where you learn simple moves, get inter-ACTIVE with others and get a workout while you bust a move to your favourite music.





DROP-IN AQUATIC FITNESS SCHEDULE | March 31 – August 30, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AQUA LITE 8:15 am – 8:45 am		AQUA LITE 8:15 am – 8:45 am		AQUA LITE 8:15 am – 8:45 am	
AQUA FIT 9:00 am – 10:00 am	DEEP WATER RUNNING 9:00 am – 10:00 am	AQUA FIT 9:00 am – 10:00 am	DEEP WATER RUNNING 9:00 am – 10:00 am	AQUA FIT 9:00 am – 10:00 am	DEEP WATER RUNNING 9:00 am – 10:00 am
	MASTERS SWIM 5:30pm – 6:30pm		MASTERS SWIM 5:30 pm – 6:30 pm		
DEEP WATER RUNNING 6:30 pm – 7:30 pm	DEEP WATER RUNNING 6:30 pm – 7:30 pm	DEEP WATER RUNNING 6:30 pm – 7:30 pm	DEEP WATER RUNNING 6:30 pm – 7:30 pm		
		ADULT DROP-IN SWIM BASICS 8:00 pm – 8:30 pm			

ADULT DROP-IN SWIM BASICS - Take as many or as few lessons as you would like. Our instructors will cover basic swimming introduction right up to high-level stroke correction and drills. It is the perfect opportunity to fine-tune your skills.

AQUA LITE - This class is a low impact, all ages, water fitness class used to improve muscle tone and range of motion. Those with arthritis and other medical conditions will find Aqua Lite extremely beneficial.

AQUA FIT - This energizing class starts with a ten-minute warm-up followed by a great cardio workout and ends with stretching and a cool down. A great way to stay fit and enjoy the refreshing water! Our energized staff will have you coming back for more.

DEEP WATER RUNNING - Get the same benefit as running on dry land without the stress on your body. This low impact program will include a warmup, a series of deep water running and skiing movements, followed by stretching and cool down. Flotation belts are provided.

MASTERS SWIMMING - Join other adults who are eager to increase and maintain their fitness levels while improving their swimming skills and endurance. Workouts are designed by our experienced coaches to help you reach your goals.



DROP-IN DRYLAND FITNESS SCHEDULE | July 2 – September 3, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	POWER PARENT 9:30 am – 10:30 am <i>Kid Friendly</i>		POWER PARENT 9:30 am – 10:30 am <i>Kid Friendly</i>	
	CARDIO LITE 10:45 am – 11:45 am	ADAPTED DANCE FIT 10:10 am – 10:55 am	CARDIO LITE 10:45 am – 11:45 am	
	FIT IN 40 12:10 pm – 12:50 pm	RESTORATIVE FITNESS 12:10 pm – 12:50 pm	FIT IN 40 12:10 pm – 12:50 pm	
	SENIORFIT 1:10 pm – 1:50 pm			
	CARDIO STRENGTH 5:30 pm – 6:30 pm	ZUMBA* 6:00 pm – 7:00 pm	BODY SHOCK 5:30 pm – 6:30 pm	

BODY SHOCK - A fun and challenging class for people of all fitness levels. A combination of strength training, high intensity cardio intervals and core strengthening will help to build lean muscle, burn calories, and keep your metabolism jacked all day! Push yourself to the limit, have fun and discover a strength in yourself that you didn't know existed!

CARDIO LITE - This NO IMPACT class combines not only strength training, cardio and core but participants will also gain balance, endurance and flexibility. This class is full of variety using everything from free weights, bands, balls and even suspension in a safe way that is guided by *personal* ability. Cardio Lite empowers participants at every age and fitness level to improve their health in a fun way.

CARDIO STRENGTH – Cardio is good. Cardio that focuses on core strength at the same time is better. This 60-minute workout lets you check off both boxes using stations in this one-of-a-kind circuit class. Get your heart pumping and your muscles moving with this cardio based class that will have your abs screaming for more!

FIT IN 40 - Don't have much time? We have the solution for you! This is a 40-minute class that you can do on your lunch hour. Classes include cardio, strength and core training designed to help you get the most out of your workout in the least amount of time! If you're ready to pick up the pace, these convenient lunch time fitness classes will make sure you pull your weight!

RESTORATIVE FITNESS - If you are looking to take your fitness to the next level, together let's focus on long-held postures, breathwork and guided functional movement flow that will tap into our restful state of mind; blocking out stress and re-centering our focus for the week.

POWER PARENT - Finding time to exercise as a parent can be challenging. The Power Parent class can introduce your child to active living and fitness in a social setting that will promote and encourage lifelong fitness. Components of this class will cover strength training, high intensity cardio, core strengthening and flexibility. This fitness class is a great way to stay in shape, be with your little ones and meet other parents and caregivers!

SENIORFIT – This class is designed to improve the agility, balance, coordination and strength for older adults. Classes include stretching routines as well as exercises designed to develop participants' ability to perform daily activities. Our Fitness Leader is experienced in adapting exercises in the program to a range of health conditions and physical limitations and participants are supported in going at their own pace.

ADAPTED DANCE-FIT – Get fit with dance! Dance-Fit is an innovative and energetic special needs dance fitness program where you learn simple moves, get inter-ACTIVE with others and get a workout while you bust a move to your favourite music.

ZUMBA – Zumba is a popular fitness program inspired by Latin dance. The word 'Zumba' comes from a Columbian word that means to move fast and have fun, which is just how people describe this exhilarating calorie-burning experience. Zumba is an aerobic fitness routine that is fun and easy to learn. **NOTE: class requires an adult drop-in fee and is exempt from the free fitness class with your facility pass.**



DROP-IN AQUATIC FITNESS SCHEDULE | March 31 – August 30, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AQUA LITE 8:15 am – 8:45 am		AQUA LITE 8:15 am – 8:45 am		AQUA LITE 8:15 am – 8:45 am	
AQUA FIT 9:00 am – 10:00 am	DEEP WATER RUNNING 9:00 am – 10:00 am	AQUA FIT 9:00 am – 10:00 am	DEEP WATER RUNNING 9:00 am – 10:00 am	AQUA FIT 9:00 am – 10:00 am	DEEP WATER RUNNING 9:00 am – 10:00 am
	MASTERS SWIM 5:30pm – 6:30pm		MASTERS SWIM 5:30 pm – 6:30 pm		
DEEP WATER RUNNING 6:30 pm – 7:30 pm	DEEP WATER RUNNING 6:30 pm – 7:30 pm	DEEP WATER RUNNING 6:30 pm – 7:30 pm	DEEP WATER RUNNING 6:30 pm – 7:30 pm		
		ADULT DROP-IN SWIM BASICS 8:00 pm – 8:30 pm			

ADULT DROP-IN SWIM BASICS - Take as many or as few lessons as you would like. Our instructors will cover basic swimming introduction right up to high-level stroke correction and drills. It is the perfect opportunity to fine-tune your skills.

AQUA LITE - This class is a low impact, all ages, water fitness class used to improve muscle tone and range of motion. Those with arthritis and other medical conditions will find Aqua Lite extremely beneficial.

AQUA FIT - This energizing class starts with a ten-minute warm-up followed by a great cardio workout and ends with stretching and a cool down. A great way to stay fit and enjoy the refreshing water! Our energized staff will have you coming back for more.

DEEP WATER RUNNING - Get the same benefit as running on dry land without the stress on your body. This low impact program will include a warmup, a series of deep water running and skiing movements, followed by stretching and cool down. Flotation belts are provided.

MASTERS SWIMMING - Join other adults who are eager to increase and maintain their fitness levels while improving their swimming skills and endurance. Workouts are designed by our experienced coaches to help you reach your



DISCOUNT SWIMS

FRIDAY NIGHT DISCOUNT SWIMS

Have a great time at the pool with family and friends on the 1st Friday of each month.

FRI **6:00PM-10:00PM** **\$3.70/\$4.65**

NIGHT OWL SWIM

Enjoy a refreshing swim and a soak in the hot tub or relax in the steam sauna before you turn in for the evening. Join us during our quiet time at a great discounted rate!

MON & WED **8:30PM-10:00PM** **\$4.70/\$5.90**

ADULT SWIM ACTIVITIES

ADULT DROP-IN SWIM BASICS

Join our instructors to learn to swim or fine-tune your skills. Take as many or as few lessons as you would like. Instructors will cover basic swimming introduction right up to high-level stroke correction and drills.

WED **8:00PM-8:30PM** **DROP-IN ADMISSION**

MASTERS SWIMMING

Join other adults who are eager to increase and maintain their fitness levels while improving their swimming skills and endurance. The workouts are designed by our experienced coaches to help you reach your goals.

TUE & THU **5:30PM-6:30PM** **DROP-IN ADMISSION**



POOL BIRTHDAY PARTY



Splish, splash it is time for a birthday bash! Celebrating your child's birthday with a pool party is a great way to bring some fun and excitement to your celebration. You and your child have all the fun, and we take care of the mess for you.

You can design your child's party to include the following options:

- \$63.90/\$79.90 | includes admission for 15 children and 2 adults, deck space with tables and chairs
- Additional swimmers will receive 15% off regular admission
- \$24.15/\$30.20 | 30 minutes with a games leader
- \$13.75/\$17.15 | rental of BBQ

Availability options in two-hour blocks:

- Friday nights | 7:30pm – 9:30pm
- Saturdays & Sundays | 12:30pm – 8:30pm



CPR C

Courses on cardiopulmonary resuscitation (CPR) provide the skills needed to recognize and respond to cardiovascular emergencies and choking for adults, children and babies depending on the level of CPR chosen. Course includes the latest CPR guidelines and training in the use of an automated external defibrillator (AED).

22980	SAT	APR 11	9:00AM - 2:00PM	\$98.35/\$124.75
22981	SAT	MAY 2	9:00AM - 2:00PM	\$98.35/\$124.75
22982	SAT	JUN 6	9:00AM - 2:00PM	\$98.35/\$124.75
22983	SAT	JUL 11	9:00AM - 2:00PM	\$98.35/\$124.75
22984	SAT	AUG 15	9:00AM - 2:00PM	\$98.35/\$124.75
22985	SAT	AUG 22	9:00AM - 2:00PM	\$98.35/\$124.75

EMERGENCY FIRST AID

Basic one-day course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. The course meets legislative requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. Cost includes pocket mask.

22988	SAT	APR 11	9:00AM - 4:30PM	\$143.60/\$179.50
22989	SAT	MAY 2	9:00AM - 4:30PM	\$143.60/\$179.50
22990	SAT	JUN 6	9:00AM - 4:30PM	\$143.60/\$179.50
22991	SAT	JUL 11	9:00AM - 4:30PM	\$143.60/\$179.50
22992	SAT	AUG 15	9:00AM - 4:30PM	\$143.60/\$179.50
22993	SAT	AUG 22	9:00AM - 4:30PM	\$143.60/\$179.50

STANDARD FIRST AID

Comprehensive two-day course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. The course meets legislative requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. Cost includes pocket mask.

22994	SAT & SUN	APR 11 & 12	9:00AM - 4:30PM	\$215.20/\$269.00
22995	SAT & SUN	MAY 2 & 3	9:00AM - 4:30PM	\$215.20/\$269.00
22996	SAT & SUN	JUN 6 & 7	9:00AM - 4:30PM	\$215.20/\$269.00
22997	SAT & SUN	JUL 11 & 12	9:00AM - 4:30PM	\$215.20/\$269.00
22998	SAT & SUN	AUG 15 & 16	9:00AM - 4:30PM	\$215.20/\$269.00
22999	SAT & SUN	AUG 22 & 23	9:00AM - 4:30PM	\$215.20/\$269.00

CPR C RECERTIFICATION

In this course, participants will update their skills and knowledge including Adult/Child/Infant CPR, treatments for choking, barrier devices, pocket masks and Automated External Defibrillator. Pre-requisite: current CPR Level A or CPR Level C.

23001	SUN	APR 19	9:00AM-1:00PM	\$36.30/\$45.40
23002	SAT	MAY 23	9:00AM-1:00PM	\$36.30/\$45.40
23003	SAT	JUN 13	9:00AM-1:00PM	\$36.30/\$45.40
23004	SUN	JUL 26	9:00AM-1:00PM	\$36.30/\$45.40
23005	SAT	AUG 8	9:00AM-1:00PM	\$36.30/\$45.40
23006	SUN	AUG 30	9:00AM-1:00PM	\$36.30/\$45.40

EMERGENCY FIRST AID RECERTIFICATION

Emergency First Aid certifications are only valid for 3 years. To qualify for a re-certification, proof of current certificate must be shown prior to the commencement of class. CSA Standard does NOT currently accept recertification.

23008	SUN	APR 19	9:00AM-2:00PM	\$84.85/\$106.10
23009	SAT	MAY 23	9:00AM-2:00PM	\$84.85/\$106.10
23010	SAT	JUN 13	9:00AM-2:00PM	\$84.85/\$106.10
23011	SUN	JUL 26	9:00AM-2:00PM	\$84.85/\$106.10
23012	SAT	AUG 8	9:00AM-2:00PM	\$84.85/\$106.10
23013	SUN	AUG 30	9:00AM-2:00PM	\$84.85/\$106.10

STANDARD FIRST AID RECERTIFICATION

Standard First Aid certifications are only valid for 3 years. To qualify for a recertification, proof of current certificate must be shown prior to the commencement of class. CSA Standard does NOT approve recertification courses currently.

23014	SUN	APR 19	9:00AM-4:00PM	\$89.90/\$112.35
23015	SAT	MAY 23	9:00AM-4:00PM	\$89.90/\$112.35
23016	SAT	JUN 13	9:00AM-4:00PM	\$89.90/\$112.35
23017	SUN	JUL 26	9:00AM-4:00PM	\$89.90/\$112.35
23018	SAT	AUG 8	9:00AM-4:00PM	\$89.90/\$112.35
23019	SUN	AUG 30	9:00AM-4:00PM	\$89.90/\$112.35

CHILDCARE EMERGENCY FIRST AID

Basic one-day course designed to introduce caregivers to injury prevention skills and knowledge. Course covers lifesaving first aid skills and cardiopulmonary resuscitation (CPR and AED) for children, and babies. Cost includes pocket mask.

22986	FRI	MAY 1	8:30AM-5:00PM	\$161.45/\$201.75
22987	SAT	AUG 29	8:30AM-5:00PM	\$161.45/\$201.75



THEME WEEKS – MONDAY THRU FRIDAY

We're excited to announce that registration for Imagination Park Summer Camp 2026 is now open! Designed for children from Kindergarten to age 12, our camps are filled with creativity, adventure, and summertime fun.

Camp runs Monday through Friday, June 29 – September 3, 2026, from 9:00 AM to 3:30 PM. Each week brings a brand-new theme to keep campers engaged and inspired. *Please note: three weeks will be shortened to accommodate statutory holidays, and our program will conclude on Thursday, September 3, 2026.*

Each camp day is packed with variety of active games and sports, creative arts and crafts, swimming, and even quiet time for reading and recharging. Families looking for extra coverage can also take advantage of our Pre-Care (8:00–9:00am) and Post-Care (3:30–5:00pm), available Monday through Friday for \$5.00 per session. This add-on option can be included at registration or added later if needed.



IMAGINATION PARK FULL SUMMER CAMP

For the ultimate experience, register for the full summer package and enjoy all 10 themed weeks at a 10% discount! Every week is designed to spark creativity, promote teamwork, and build lasting friendships. Campers registered for the full summer can also join our Pre- and Post-Care program for a flat fee of \$200.00—a convenient and affordable option for busy families.

22502 M-F JUN 29 – SEPT 3 9:00AM-3:30PM \$1834.15/\$2292.65

Don't miss out—check the program dates and details below to secure your child's spot. We can't wait to welcome your camper to an unforgettable summer at Imagination Park!

ADVENTURE QUEST: CAMPER VS. THE WILD | Week 1

Get ready for an action-packed four-day adventure at Adventure Quest: Campers vs. the Wild! This exciting camp challenges young explorers to test their survival skills, teamwork, and bravery as they navigate the great outdoors. Campers will embark on thrilling scavenger hunts, build shelters, learn fire-starting techniques, and discover the secrets of the wilderness through hands-on activities and games. Each day brings new challenges, from decoding nature's clues to conquering obstacle courses and solving team quests. With plenty of fun, learning, and adventure, this camp will leave kids feeling like true wilderness champions!

22507 M/T/TH/ F JUN 29 -JUL 3 9:00AM-3:30PM \$173.45/\$216.80

AROUND THE WORLD | Week 2

Pack your bags and get ready for an unforgettable journey at Around the World in 5 Days! Each day, campers will "travel" to a new continent, exploring different cultures through exciting games, hands-on crafts, delicious global snacks, and fun challenges. From building miniature pyramids in Egypt to learning traditional dances from South America, every adventure brings a new discovery. Campers will create passports, collect stamps, and solve puzzles that unlock the wonders of the world. With teamwork, creativity, and curiosity leading the way, this camp is the perfect adventure for young explorers ready to see the world—no plane ticket required!

22509 MON-FRI JUL 6-10 9:00AM-3:30PM \$216.80/\$271.00



BACKYARD SCIENTISTS | Week 3

Put on your lab coats and grab your magnifying glasses—it's time to become a Backyard Scientist! This five-day camp is all about hands-on experiments, exciting discoveries, and exploring the science hiding in our own backyards. Campers will investigate the wonders of nature, create bubbling chemical reactions, build simple machines, and even make their own mini weather stations. Through fun challenges and outdoor explorations, kids will learn how science is all around us, from the tiniest bug to the biggest tree.

22510 MON-FRI JUL 13-17 9:00AM-3:30PM \$216.80/\$271.00

DINO DISCOVERY CAMP | Week 4

Step back in time and stomp into adventure at *Dino Discovery Camp*! Young paleontologists will spend the week digging into the prehistoric world of dinosaurs through hands-on activities, dino-inspired crafts, and thrilling games. Each day will be packed with Jurassic-sized fun, from dino egg hunts to building erupting volcanoes. Come join us for a roaring good time—just watch out for T-Rex!

22511 MON-FRI JUL 20-24 9:00AM-3:30PM \$216.80/\$271.00

WILDERNESS EXPLORERS | Week 5

Join us as we explore the great outdoors right in our own backyard! Campers will discover nature through hands-on crafts, guided hikes, and fun wilderness-themed games and challenges. Whether we're building shelters, spotting local wildlife, or creating nature-inspired art, every day is packed with fresh air, exploration, and outdoor fun. It's the perfect camp for curious kids who love to move, create, and connect with the world around them!

22512 MON-FRI JUL 27-31 9:00AM-3:30PM \$216.80/\$271.00

COOKING ACROSS THE GALAXY | Week 6

Blast off on a delicious adventure with *Cooking Across the Galaxy*! Young chefs will travel through space, exploring flavors from around the universe while learning essential cooking skills. Each day, campers will "land" on a different planet, whipping up cosmic creations like asteroid snacks, moon pies, and Martian munchies. Through hands-on cooking, fun food science experiments, and galactic-themed challenges, kids will discover the magic of mixing, measuring, and creating out-of-this-world treats. With teamwork, creativity, and a sprinkle of stardust, this camp is the perfect recipe for fun!

22513 TUE-FRI AUG 4-7 9:00AM-3:30PM \$173.45/\$216.80

DISNEY SURVIVOR CHALLENGE | Week 7

Disney Survivor Challenge is where magic meets adventure! Campers will embark on an action-packed journey inspired by their favourite Disney movies, facing fun challenges that test their teamwork, creativity, and problem-solving skills. From escaping a pirate's treasure hunt like Jack Sparrow to building a frozen fortress worthy of Elsa, each day brings a new Disney-themed quest. Campers will compete in exciting obstacle courses, scavenger hunts, and team challenges to earn rewards and unlock their inner hero. With plenty of laughter, adventure, and a sprinkle of pixie dust, this camp is the ultimate Disney-inspired survival experience!

22514 MON-FRI AUG 10-14 9:00AM-3:30PM \$216.80/\$271.00

JUNGLE CRUISE | Week 8

Welcome aboard the Jungle Cruise Camp, where adventure awaits around every bend! Campers will journey deep into the "wild," encountering thrilling challenges, hidden treasures, and exotic wildlife along the way. From crafting jungle explorer gear to decoding ancient maps and navigating obstacle courses, each day is filled with action-packed fun. Campers will learn survival skills, discover fascinating creatures, and take part in exciting team challenges inspired by legendary jungle explorers. With plenty of laughs, creativity, and wild discoveries, this camp promises a roaring good time for every young adventurer!

22515 MON-FRI AUG 17-21 9:00AM-3:30PM \$216.80/\$271.00

CAVEMEN IN SPACE | Week 9

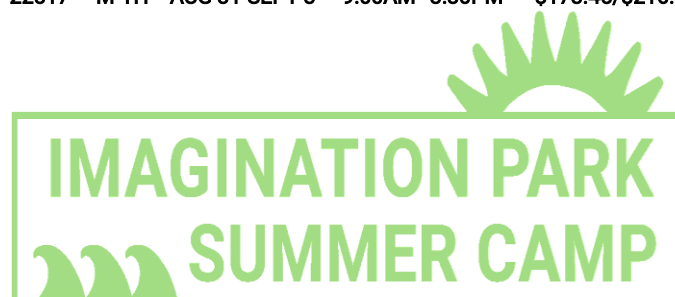
It's a blast into the past... and the future with *Cavemen in Space*! This wild and wacky camp takes campers on an adventure where prehistoric meets futuristic. Kids will learn how early humans survived by making stone tools, building shelters, and discovering fire—then launch into the future with space-themed experiments, rocket building, and gravity-defying challenges. Each day is packed with hands-on activities, creative problem-solving, and out-of-this-world fun as campers imagine what would happen if cavemen became astronauts! Get ready for a camp full of exploration, innovation, and a little bit of prehistoric madness!

22516 MON-FRI AUG 24-28 9:00AM-3:30PM \$216.80/\$271.00

BEST OF THE BEST | Week 10

With so many exciting camps to choose from, we understand the challenge! That's why this week, we're bringing you the **best of the best**. Dive into hands-on science experiments, explore our favourite activities from the summer, create the most popular art and craft projects, and stay active with thrilling outdoor gym games. We promise a week packed with variety, creativity, and fun that your child won't want to miss!

22517 M-TH AUG 31-SEPT 3 9:00AM-3:30PM \$173.45/\$216.80





LEADERSHIP COURSES

SWIM FOR LIFE INSTRUCTOR SCHOOL

The Lifesaving Society Swim Instructor course prepares candidates to teach and evaluate basic swim strokes and related skills. Swim Instructors teach and evaluate candidates in the Society's Swim for Life and Canadian Swim Patrol levels. Candidates are trained in and must demonstrate skills, knowledge, and attitudes at a Competency Level 1 to achieve certification. Pre-requisites: 15 yrs+ (by the last day of the course). Must bring Bronze Cross certificate (need not be current).

INCLUDES TEACHING EXPERIENCE

21492 MON-FRI JUL 20-31 8:00AM-4:00PM \$536.00/\$670.00

NATIONAL LIFEGUARD AWARD

The National Lifeguard Award (NL) is intended to prepare lifeguards to fulfill their role as professional facilitators of safe, enjoyable aquatics. The training is designed to teach principles and develop the basic lifeguard skills and decision-making processes that will help lifeguards evaluate and adapt to different aquatic facilities and emergencies.

TBA

DID YOU KNOW THAT YOU CAN EARN HIGH SCHOOL CREDITS

British Columbia and Yukon high school students can use Lifesaving Society certifications for credit toward high school graduation as follows:

- Bronze Cross is worth 2 credits for Grade 11
- Bronze Cross and Lifesaving Instructor (LSI) are worth 3 credits for Grade 11
- National Lifeguard Pool option (NL) is worth 2 credits for Grade 12

Students may only use these credits for the assigned grades (i.e. students cannot combine both certifications towards one grade) The awards do not need to be current.

For more information, please contact Jennifer McGregor, Aquatic Program Coordinator at 250-991-4012 or jmcgregor@quesnel.ca



ARTFUL ADVENTURES | Ages 5-10yrs

Unleash your imagination in this 4-week art adventure designed just for kids! Each week, young artists will dive into new creative projects using a variety of materials and techniques—from vibrant watercolor and bold acrylic painting to playful sculpture and drawing. This hands-on program encourages self-expression and builds artistic confidence in a fun, supportive setting. By the end of the session, every participant will take home their very own mini portfolio and have a chance to show off their work in a special end-of-program art showcase!

22467 WED APR 8-29 3:30PM-5:00PM \$100.00/\$125.00

HOMESCHOOL ART DAYS | Ages 6–12yrs

Homeschool Art Day is a fun and inspiring program designed especially for homeschoolers, co-op groups, and individual families looking to add a creative element to their learning experience. This program also welcomes students who attend online or distance learning schools locally. Each session offers hands-on art projects that explore a variety of mediums such as painting, drawing, sculpture, and mixed media.

22472 THU APR 9-23 3:30PM-5:00PM \$100.00/\$125.00

YOUNG REMBRANDTS | Ages 6–12yrs

Step into the world of mixed media art in this fun and inspiring program! *Young Rembrandts* introduces budding artists to a variety of art styles and techniques—from drawing and painting to collage and beyond. Each week offers a new creative adventure designed to spark imagination. With guided instruction and plenty of room for self-expression, young artists will explore, experiment, and create unique works of art to be proud of. Come ready to imagine and create—together we'll turn ideas into art!

22468 WED MAY 6-20 3:30PM-5:00PM \$90.00/\$112.50

ONE DAY CHEF: UNICORN SUGAR COOKIES | Ages 6-12yrs

Whisk, roll, decorate, and taste! In this one-day hands-on baking adventure, young chefs will dive into the magical world of baking as they create their very own batch of colourful unicorn-themed sugar cookies. Each participant will leave with a box of beautifully decorated cookies to share (or not!) and the recipe to recreate the magic at home. All supplies are included. Just bring your imagination and your appetite!

22469 THU MAY 28 3:30PM-5:00PM \$20.00/\$25.00
22470 THU JUL 9 9:30AM-11:00AM \$20.00/\$25.00



SCHOOL AGE POTTERY | Ages 5–12yrs

Explore creative and tactile fun with clay. You will learn new skills in sculpture and hand-building. Create your pots, plaques, containers or creatures with clay. Wear clothes that can get dirty. Supplies and firing are included. Pottery is fired twice after the last session, which takes some time. All pieces are usually ready for pick up 3 weeks after the last class.

22471 TUE JUN 2-23 3:30PM-5:00PM \$100.00/\$125.00

TEEN CLAY WORKSHOP | Ages 10-16yrs

Join us for a hands-on, immersive 3-hour pottery workshop where you'll explore both wheel throwing and hand-building techniques! Designed with teens in mind, this session gives participants the opportunity to create unique pieces while learning some basic pottery skills.

22474 WED JUL 8 9:00AM-11:30AM \$45.75/\$57.20

ART IN NATURE | Ages 8–12yrs

Celebrate the beauty of the summer season through creativity and exploration in *Art in Nature*! This inspiring program invites young artists to head outdoors and use the natural world as both their canvas and their muse. Participants will gather leaves, twigs, stones, and other seasonal treasures to create unique mixed-media art projects that blend traditional techniques with elements found in nature. Dress for the weather and get ready to make art that's as wild and wonderful as the great outdoors!

22473 W /TH JUL 15 & 16 9:30AM-11:00AM \$60.00/\$75.00

POPSICLE SOAP MAKING WORKSHOP | Ages 8–12yrs

Get ready for an afternoon of creativity, colour, and squeaky-clean fun! In this playful workshop, kids will design and create their very own popsicle-shaped soaps that look good enough to eat (but definitely aren't!). Using bright colours, delicious scents, and safe, kid-friendly materials, participants will learn the basics of melt-and-pour soap making while exploring their artistic side. Each child will go home with a set of handmade soaps—perfect for gifts or bath time fun. A great way to spark creativity and learn a cool new craft just in time for summer!

22475 TUE JUL 21 10:00AM-12:00PM \$25.75/\$32.20

S'MORES POLYMER CLAY WORKSHOP | Ages 6–12yrs

Get set for a creative adventure—this S'mores Polymer Clay workshop is like no other! Young artists will learn how to sculpt adorable s'mores-themed creations using colorful polymer clay. From zipper pulls and keychains to magnets and more—the possibilities are as sweet as their imagination!

22477 WED JUL 29 10:00AM-12:00PM \$25.00/\$31.25

LET'S GET CRAFTY CAMP | Ages 8-14yrs

Calling all extreme crafters! If you love to get creative and work with a variety of materials, this camp is designed just for you. Throughout the camp, we'll dive into an exciting mix of traditional crafting supplies and innovative tools that will challenge and inspire your creativity. Whether you're passionate about paper crafts, fabric, textiles, or mixed media, this is the perfect space to experiment and bring your artistic visions to life.

22476 M/T AUG 10 & 11 1:00PM–4:00PM \$80.00/\$100.00



THURSDAYS ARTISTS

Join other artists and painters for this drop-in session where you can practice your skills and learn from others. Meet each Thursday afternoon in the Lounge from 1:00pm–4:00pm at the Quesnel Arts and Recreation Centre. Whether you are a beginner or have been an artist for years, this is a great chance to share and have a little fun with others. No instruction is provided but all artists share their experiences and levels of ability. Drop-in admission rates apply. This program runs from September to June.

ABSOLUTE ART

Quesnel Community Living Association, Prima Enterprises, Dengarry Professional Services, Correlieu Secondary School and Quesnel Junior Secondary School participate in this art program for individuals with developmental and intellectual disabilities. Local artists instruct a variety of art forms such as pottery, watercolor, print making, fabric art and experimental art. The program brings the artists and students together to discover and foster their creative well-being.

MON	MAY 11	1:00PM-2:00PM
MON	JUL 20	1:00PM-2:00PM



POTTERY FLOWER FROGS WORKSHOP | Ages 15yrs+

Welcome to our Introductory Pottery Course where creativity meets craftsmanship! In this hands-on workshop, you'll learn the art of hand-building your very own unique Flower Frog pottery creations. Whether you're a complete beginner or have some experience with pottery, our course is designed to nurture your skills, spark your creativity, and guide you step-by-step toward making beautiful, functional art. Join us for a fun, relaxing, and inspiring journey into the world of pottery, and let's turn your ideas into reality!

22534 WED APR 8 6:00PM–7:30PM \$50.00/\$62.50



BEGINNER POTTERY & GLAZING COMBO CLASS | Ages 15yrs+

This combo beginner class is designed to teach the basics of clay and the pottery process. Over 6 weeks, beginners will learn clay centering and throwing techniques along with basic skills in hand building. Simple forms like cylinders and bowl shapes are created. We begin with raw clay and then complete the process of trimming and adding handles. This class includes an introduction to basic glazing, where you will learn how to choose an appropriate glaze for your clay type and how to plan glazing. You will also learn pouring, dipping, and brushing techniques of glaze application. Clay is purchased separately from the Quesnel Arts and Recreation Centre. Firing and glaze included.

22535 THU APR 30-JUN 4 6:00PM-8:00PM \$167.60/\$209.50



YOUTH KARATE | Ages 6-15yrs

Learn discipline, gain confidence, increase flexibility, develop coordination, and have fun. This class is for kids new to Karate or at the beginner level. Classes are structured to be fun while instilling the traditional values of discipline and respect for others. Youth are encouraged to improve but always at their own pace.

22489 MON APR 13 – JUN 22 5:30PM-6:30PM \$77.10/\$96.40

MINI ENGINEERS: BUILD SIMPLE MACHINES OUT OF LEGO | Ages 6-12yrs

Calling all young builders! In this hands-on program, kids will explore the world of engineering by designing and building simple machines out of LEGO®. Each session introduces a new challenge where participants learn how gears, levers, pulleys, and wheels work together to solve problems and create movement. Inspires imagination and innovation!

22496 MON JUL 6 1:00PM-4:00PM \$25.00/\$31.25

22497 THUR AUG 6 1:00PM-4:00PM \$25.00/\$31.25

SCOOTER CAMP | Ages 6-14yrs

Scooter Camp is all about fun, fresh air, and learning new tricks on your scooter! This exciting camp is perfect for riders of all levels who want to build confidence, meet new friends, and improve their skills in a safe and supportive setting. We'll start with a quick look at how scooters work and go over important safety rules before hitting the park for games, challenges, and lots of riding time. Our friendly instructors will help campers with balance, turning, stopping, and even how to fall safely. With a small group size, everyone gets lots of attention and encouragement.

Please bring: your own scooter, a proper skateboarding helmet, and any padding (like knee or elbow pads) you'd like your child to wear. Spots fill up fast—register early to join the fun!

22495 WED JUL 22 1:00PM-4:00PM \$45.00/\$56.25

TINKERLAB | Ages 7-12yrs

Welcome to *TinkerLab*—a playful space where creativity and curiosity come together! This fun, hands-on program is all about trying new things, exploring big ideas, and using everyday materials in unexpected ways. Kids will get to build, create, and tinker through simple projects that mix art, imagination, and a little bit of science-inspired fun. Whether it's making a mini catapult, crafting a marble maze, or designing something totally out-of-the-box, *TinkerLab* is the perfect place to experiment, make mistakes, and discover how cool creating can be!

22492 M/T JUL 27 & 28 10:00AM-12:15PM \$45.75/\$57.20

KIDS PATHFINDERS | Ages 8-14yrs

There is no other way to put it . . . HIKING = FUN, MEMORIES AND ADVENTURE! Hikers will go on a journey of wonder and exploration on the Wonderland Trail Network. This program utilizes the mountain as a playground, inspiring juniors to get outdoors, connect with nature and make new friends. Please bring a water bottle and dress for the weather.

22490 WED AUG 5 1:30PM-3:30PM \$10.00/\$12.50





YOUTH KARATE CAMP | Ages 6-15yrs

Join us for a late summer with a 2-hour Karate camp for beginners! Perfect for kids new to Karate, this camp introduces martial arts in a fun, supportive environment. Participants will learn key skills like discipline, respect, and teamwork, all while improving their flexibility and confidence. Engaging and active, this camp offers a great balance of learning and summer fun!

22493 MON AUG 17 5:30PM-7:30PM \$10.00/\$12.50



ARCHERY FOR YOUTH | Ages 8-15yrs

Come and join us for two days of exploring the exciting sport of archery! Our co-ed program teaches a variety of technical skills in an engaging and creative way. Take aim at targets and balloons from various distances and experience the thrill of hitting your mark. This popular program attracts a large number of participants, so be sure to register early to secure your spot. The program will be held at the Quesnel River Archers Club, and all necessary archery equipment will be provided. Don't miss out on this opportunity to develop your archery skills and have fun in the process!

22494 T/W AUG 18 & 19 5:30PM-7:00PM \$35.00/\$43.75

CRAFTY AND SWIM CAMP | Ages 7-12yrs

Let your imagination run wild in this fun-filled camp where creativity and adventure come together! Campers will engage in a variety of simple yet exciting crafts that allow for personal expression, from painting and collage to DIY projects and more. But the fun doesn't stop there—this camp also includes swimming, outdoor games and a walking trip on the nearby trails, ensuring a perfect blend of creative time and outdoor adventures!

22491 WED AUG 26 9:30AM-3:00PM \$60.00/\$75.00

PRO-D DAY ADVENTURES

Looking for a fun way to spend your day off from school? Join us for an action-packed day of Pro-D Day Camp activities that will include an exciting blend of colourful crafts, outrageous games and swimming in the pool! Each day will feature a special theme and activity. All camps are for children in Kindergarten to 12 years of age and are held at the Quesnel Arts and Recreation Centre.

"Pre-Care" from 8:00am-9:00am and "Post-Care" from 3:30pm-5:00pm will be available for all camps. Registration for Pre and Post Care is available as a \$5.00 add-on option when registering for the camp online, by phone or in person at the Quesnel Arts and Recreation Centre.

Space is limited for our Pro-D Day Camps and spots do fill quickly – register early!

PAJAMAS AND LEGO | Ages Kindergarten-12yrs

Be cozy and creative at Pajamas & LEGO Day Camp! Wear your favourite pajamas and let your imagination run wild as you build, design, and create with LEGO. From towering castles to speedy race cars, the possibilities are endless! Campers will take on fun building challenges, work together on epic creations, and enjoy a relaxing day full of games, storytelling, and snacks. Whether you're a master builder or just love to play, this comfy, colourful day is all about fun, friendship, and LEGO magic! Bring your swim wear as we will be joining the Aquatic Staff in the pool from 1:00pm-2:00pm.

20725 FRI APR 24 9:00AM-3:30PM \$43.35/\$54.20

TIE-DYE CAMP | Ages Kindergarten-12yrs

Swirl, twist, and splash into a world of colour at Tie-Dye Camp! Campers will learn cool tie-dye techniques to create their very own vibrant t-shirts, bandanas, and more. With bright dyes, fun patterns, and plenty of hands-on creativity, every masterpiece will be one-of-a-kind! Plus, enjoy games, music, and a day filled with artistic fun. Wear your mess-friendly clothes and get ready to make some colourful memories at this bright and cheerful camp! Bring your swim wear as we will be joining the Aquatic Staff in the pool from 1:00pm-2:00pm.

20726 MON JUN 1 9:00AM-3:30PM \$43.35/\$54.05



GENTLE FLOW YOGA

Explore the elements of movement and yoga; building up each individual's proactive on and off the mat. This class emphasizes breath awareness, steadiness and flexibility. Give it a try! You are free to work at your capacity and are encouraged to take breaks and water when needed. Come connect with your movement in a supportive and energizing space!

22544 WED APR 2 - JUN 24 11:00AM-12:00PM \$114.00/\$142.50
 22545 MON APR 13 - JUN 22 11:00AM-12:00PM \$96.50/\$109.60

BEACH VOLLEYBALL

Bump . . . set . . . spike . . . recreational mixed beach volleyball! This program is suited for players who are new or experienced to beach volleyball. Whether you have played in high school, college, just for fun, or never at all, there is a spot for you! Beach volleyball is a low impact and high-energy sport, which makes it appealing to athletes of various ages and skill levels. Come out every Monday night and join other players in a game of volleyball at the West Fraser Timber Park beach volleyball courts. Please bring a volleyball. This program is self-led.

MON JUN 1 - AUG 31 6:00PM-8:00PM FREE



OUTDOOR PICKLEBALL

Join the pickleball program at the West Fraser Timber Park. This fun and energizing sport is sweeping across North America and is the fastest-growing sport around. Bring your racket and wiffle ball and have a little fun in this program that is self-led. Court 1, 2 & 3.

TUE & THU MAY 5 - SEPT 24 6:00PM-9:00PM FREE





BABYSITTER COURSE | Ages 11-15yrs

Designed for youth who may be responsible for other children or who may spend time alone at home. The Babysitters course covers the rights and responsibilities of a babysitter, skills for getting along with children of various ages, basic first aid and CPR and how to respond to emergencies. We've also included training in child/infant CPR. One hundred percent attendance is required. Participants of the Babysitter courses may swim afterwards for free!

23020	MON	JUN 1	9:00AM-4:00PM	\$72.25/\$90.40
23021	MON	JUN 29	9:00AM-4:00PM	\$72.25/\$90.40
23023	TUE-THU	JUL 28-30	9:00AM-12:00PM	\$72.25/\$90.40

HOME ALONE PROGRAM | Ages 10yrs+

The Home Alone Program is designed to provide children with the necessary skills and knowledge to be safe and responsible when home alone for limited periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied. The program focuses on small group discussions, problem-solving, role-playing and instructor demonstrations. Included in the course will be basic first aid and a cyber-safety/fire safety component led by a member of the RCMP or Fire Department. Please bring lunch and two snacks. Participants are welcome to have a free swim after the course.

23026	FRI	APR 24	9:00AM - 3:00PM	\$54.15/\$67.70
23027	TUE	JUN 30	9:00AM - 3:00PM	\$54.15/\$67.70
23029	FRI	JUL 24	9:00AM - 3:00PM	\$54.15/\$67.70
23028	TUE-WED	SEP 1 & 2	9:00AM - 12:00PM	\$54.15/\$67.70

