

# Activity Guide

Spring / Summer 2025



## What we offer:

- Recreation
- Fitness
- Aquatics
- First Aid
- Art





### FRIDAY NIGHT DISCOUNT SWIMS

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

**FRI APR 4-AUG 1 6:00PM-10:00PM DISCOUNTED DROP-IN FEE**



### 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 MAR 1-AUG 27 8:30PM-10:00PM DROP-IN FEE**

### 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 APR 2-AUG 27 8:00PM-8:30PM DROP-IN FEE**

### 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 APR 1-AUG 28 5:30PM-6:30PM DROP-IN FEE**



### POOL BIRTHDAY PARTY



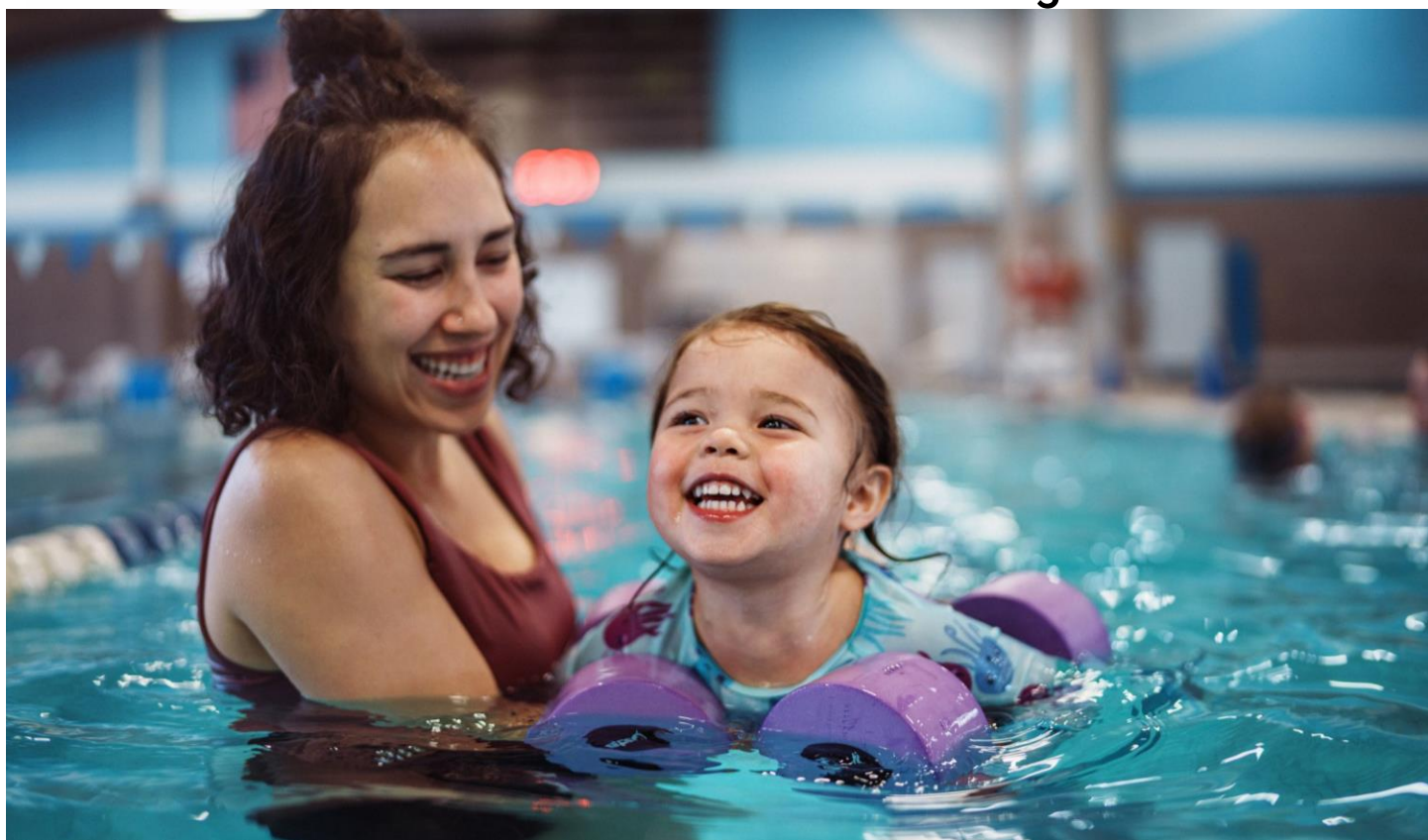
Splish, splash it is time for a birthday bash! Celebrating your child's birthday with a pool party is a great way to bring some fun and excitement to your celebration. You and your child have all the fun and we take care of the mess for you.

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

- \$61.75/\$77.20 | includes admission for 15 children and 2 adults, deck space with tables and chairs
- Additional swimmers will receive a 15% off regular admission
- \$22.35/\$27.95 | 30 minutes with a games leader
- \$13.25/\$16.55 | rental of BBQ

Availability options in two-hour blocks;

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



### SPRING SWIMMING LESSON SCHEDULE - LIFESAVING SOCIETY 'SWIM FOR LIFE' PROGRAM

#### MONDAYS

March 31 – June 16 | 10 Lessons (NO LESSONS APRIL 21 & MAY 19)

3:30pm	Crab	19151	Swimmer 2	19155	Orca	19159
4:00pm	Swimmer 1	19152	Swimmer 5/6 (60 min lesson)	19156/19157	Octopus	19160
4:30pm	Orca	19153			Swimmer 1	19161
5:00pm	Swimmer 3	19154	Octopus	19158	Swimmer 4	19162

#### TUESDAYS & THURSDAYS

April 1 – May 1 | 10 Lessons

3:30pm	Octopus	19163	Swimmer 1	19164
4:00pm	Swimmer 4	19166	Crab	19167
4:30pm	Sealion	19168	Swimmer 8 (60 min lesson)	19170
5:00pm	Swimmer 2	19169		

May 6 – June 5 | 10 Lessons

3:30pm	Orca	19171	Swimmer 3	19172
4:00pm	Swimmer 1	19173	Crab	19175
4:30pm	Octopus	19176	Swimmer 5/6 (60 min lesson)	19179/19180
5:00pm	Swimmer 2	19178		

#### SWIM FOR LIFE PRESCHOOL

8 x 30 minute lessons \$48.80/\$61.00  
9 x 30 minute lessons \$54.90/\$68.65  
10 x 30 minute lessons \$61.00/\$76.25

#### SWIM FOR LIFE LEVELS 1-4

8 x 30 minute lessons \$48.80/\$61.00  
9 x 30 minute lessons \$54.90/\$68.65  
10 x 30 minute lessons \$61.00/\$76.25

#### SWIM FOR LIFE LEVELS 5-9

8 x 60 minute lessons \$60.80/\$76.00  
9 x 60 minute lessons \$68.40/\$85.50  
10 x 60 minute lessons \$76.00/\$95.00





### SPRING SWIMMING LESSON SCHEDULE - LIFESAVING SOCIETY 'SWIM FOR LIFE' PROGRAM

#### FRIDAYS

April 4 – June 13 | 9 Lessons (NO LESSONS APRIL 18 & MAY 16)

5:30pm	Swimmer 1	19130	Orca	19132	Swimmer 5/6	19133/19134
6:00pm	Crab	19135	Swimmer 2	19136	(60 min lesson)	
6:30pm	Swimmer 3	19137	Octopus	19140	Crab	19139
7:00pm	Octopus	19138	Swimmer 1	19131	Swimmer 4	19142

#### SATURDAYS

April 5 – June 21 | 9 Lessons (NO LESSONS APRIL 19, MAY 17 & MAY 24)

9:30am	Goldfish	19143		
10:00am	Sealion	19144	Swimmer 1	19145
10:30am	Crab	19146	Seahorse	19147
11:00am	Swimmer 4	19148	Swimmer 7	19149
11:30am	Swimmer 2	19150	(60 min lesson)	

#### SWIM FOR LIFE PRESCHOOL

8 x 30 minute lessons \$48.80/\$61.00  
 9 x 30 minute lessons \$54.90/\$68.65  
 10 x 30 minute lessons \$61.00/\$76.25

#### SWIM FOR LIFE LEVELS 1-4

8 x 30 minute lessons \$48.80/\$61.00  
 9 x 30 minute lessons \$54.90/\$68.65  
 10 x 30 minute lessons \$61.00/\$76.25

#### SWIM FOR LIFE LEVELS 5-9

8 x 60 minute lessons \$60.80/\$76.00  
 9 x 60 minute lessons \$68.40/\$85.50  
 10 x 60 minute lessons \$76.00/\$95.00



### SUMMER SWIMMING LESSON SCHEDULE - LIFESAVING SOCIETY 'SWIM FOR LIFE' PROGRAM

#### MONDAY - FRIDAY

July 2 – July 11 | 8 Lessons (FIRST WEEK WEDNESDAY – FRIDAY)

10:00am	Octopus	19874	Swimmer 1	19875	Goldfish	19877
10:30am	Orca	19878	Swimmer 3/4	19879/19880	Sealion	19881
11:00am	Swimmer 2	19890	Swimmer 5/6	19891/19892	Orca	19893
11:30am	Swimmer 1	19894	(60 min lesson)		Crab	19896

#### MONDAY - FRIDAY

July 14 – July 25 | 10 Lessons

10:00am	Crab	19897	Swimmer 4	19898	Jellyfish	19899
10:30am	Swimmer 2	19900	Sealion	19901	Swimmer 7	19902
11:00am	Swimmer 1	19903	Swimmer 5	19905	(60 min lesson)	
11:30am	Octopus	19907	(60 min lesson)		Swimmer 3	19904

#### MONDAY - FRIDAY

July 28– August 8 | 9 Lessons (NO LESSON AUG 4)

10:00am	Swimmer 4	19908	Octopus	19909	Swimmer 8	19918
10:30am	Goldfish	19914	Swimmer 2	19915	(60 min lesson)	
11:00am	Swimmer 3	19916	Swimmer 5	19921	Swimmer 1	19917
11:30am	Crab	19920	(60 min lesson)		Orca	19895

#### MONDAY - FRIDAY

August 11 – August 22 | 10 Lessons

10:00am	Swimmer 4	19922	Crab	19924	Swimmer 3	19927
10:30am	Orca	19925	Swimmer 2	19926	Swimmer 1	19928
11:00am	Sealion	19929	Swimmer 5/6	19931/19932	Narwhal	19933
11:30am	Swimmer 1	19930	(60 min lesson)		Swimmer 2	19934

#### SWIM FOR LIFE PRESCHOOL

8 x 30 minute lessons \$48.80/\$61.00  
 9 x 30 minute lessons \$54.90/\$68.65  
 10 x 30 minute lessons \$61.00/\$76.25

#### SWIM FOR LIFE LEVELS 1-4

8 x 30 minute lessons \$48.80/\$61.00  
 9 x 30 minute lessons \$54.90/\$68.65  
 10 x 30 minute lessons \$61.00/\$76.25

#### SWIM FOR LIFE LEVELS 5-9

8 x 60 minute lessons \$60.80/\$76.00  
 9 x 60 minute lessons \$68.40/\$85.50  
 10 x 60 minute lessons \$76.00/\$95.00





### DROP-IN DRYLAND FITNESS SCHEDULE | April 1 – June 27, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	POWER PARENT 9:30 am – 10:30 am <i>Kid Friendly</i>	PILATES FUSION 9:00 am – 10:00 am <i>Kid Friendly</i>	POWER PARENT 9:30 am – 10:30 am <i>Kid Friendly</i>	RESTORATIVE FITNESS 9:00 am – 10:00 am
	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	SENIORFIT 10:10 am – 10:50 am
		WR CIRCUIT 11:00 am – 12:00 pm		WR CIRCUIT 11:00 am – 12:00 pm
	FIT IN 40 12:10 pm – 12:50 pm	FIT IN 40 12:10 pm – 12:50 pm	FIT IN 40 12:10 pm – 12:50 pm	FIT IN 40 12:10 pm – 12:50 pm
	SENIORFIT 1:10 pm – 1:50 pm		SENIORFIT 1:10 pm – 1:50 pm	ADAPTED WR CIRCUIT 1:00 pm – 2:00 pm
	CARDIO STRENGTH 5:30 pm – 6:30 pm	ZUMBA* 6:00 pm – 7:00 pm	BODY SHOCK 5:30 pm – 6:30 pm	

### PRE-REGISTERED FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FOUNDATIONS YOGA Activity #19495 11:00 am – 12:00 pm Apr 7 – Jun 30		FOUNDATIONS YOGA Activity #19496 11:00 am – 12:00 pm Apr 2 – Jun 25		
	FOUNDATIONS YOGA Activity #19595 6:40pm – 7:30pm Apr 1 – Jun 24		FOUNDATIONS YOGA Activity #19822 6:40pm – 7:30pm Apr 3 – June 26	

**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.

**PILATES FUSION** – This is a dynamic workout that blends exercises from various fitness disciplines, including barre, yoga, strength training, cardio and traditional Pilates. This versatile approach not only enhances core strength but also improves overall muscle tone, offering a well-rounded fitness experience.

**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.

**ADAPTED WEIGHTROOM CIRCUIT | Ages 15yrs+ -** This adapted circuit training program is designed for those with developmental disabilities and is led by a certified fitness leader. It occurs in our Fitness Centre using a series of designated equipment to give participants a great workout while gaining confidence.







### 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 goals.





### DROP-IN DRYLAND FITNESS SCHEDULE | July 2 – August 29, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	POWER PARENT 9:30 am – 10:30 am <i>Kid Friendly</i>	CHAIR YOGA 9:10 am – 10:00 am	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	
		WR CIRCUIT 11:00am – 12:00pm		
	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		SENIORFIT 1:10 pm – 1:50 pm	
	CARDIO STRENGTH 5:30 pm – 6:30 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!

**CHAIR YOGA** – 50 years and up, this gentle form of yoga is practiced sitting on a chair or standing using a chair for support. Starting with a short meditation, followed by breathing exercise, then to the practice. The poses, or Asanas, are often adaptations of Hatha yoga. We will end the class with a short meditation and a quote for the day. This program is not suitable for those with osteopenia/osteoporosis.

**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.

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**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.



## THEME WEEKS – MONDAY THRU THURSDAY

We have an exciting lineup of camps designed to inspire and engage children ages Kindergarten to 12 years. Our program will run Monday through Thursday, June 30 – August 28 from 9:00am to 3:30pm. Each week features a unique theme, culminating in our highly anticipated Special Event Fridays from 10:00am to 2:00pm. We can't wait to see your child this summer for a season filled with fun, creativity, and unforgettable memories!

Start and end the camp day with fun! Get active with games and sports, be creative with arts and crafts and enjoy some quiet time for reading too. Meet new friends when you join our Pre and Post-Care program – available Monday through Thursday. Pre-care is from 8:00am–9:00am and post-care is from 3:30pm–5:00pm. An additional fee (\$5.00) for these care programs is required and can be added on when registering or after the fact.



### IMAGINATION PARK FULL SUMMER CAMP

This program features an exciting lineup of all nine theme weeks and eight special event Fridays, providing a rich and engaging experience for your child. Enroll in this complete package and enjoy a 10% savings—a fantastic value for a summer filled with adventure and fun!

Full program fee is **\$1406.00/\$1757.95**.

Add unlimited pre and post-care for all nine-theme weeks (Monday–Thursday) for an additional **\$170**.

Add 8 Friday swimming lessons from 9:00am–9:45am for an additional cost of **\$42**.

<b>19322</b>	<b>MON-THU</b>	<b>JUN 30 - AUG 28</b>	<b>9:00AM–3:30PM</b>
	<b>FRI</b>	<b>JUL 4 - AUG 22</b>	<b>10:00AM–2:00PM</b>

### THROUGH THE AGES | WEEK 1

Join us for an exciting week as we travel through time and embark on an unforgettable adventure! Throughout the week campers will explore different eras, from the prehistoric age to the future, experiencing the fascinating history and culture of each period. Campers will have the opportunity to create their own time capsules and share stories of what they imagine the future will hold.

**19323 M-W-TH JUN 30, JUL 2, 3 9:00AM–3:30PM \$111.35/\$139.20**

### PERCY JACKSON | WEEK 2

Get ready for a once in a lifetime journey at our Percy Jackson Camp! Pack your curiosity passports as we set out on an adrenaline-fueled journey inspired by the thrilling world of Greek mythology. Campers will dive into exciting activities like capture the flag, crafting clay Greek monsters, and embarking on epic quests that will test their bravery and teamwork. Join us for a magical experience that brings the pages of Percy Jackson to life!

**19324 MON-THU JUL 7-10 9:00AM–3:30PM \$148.50/\$185.65**



### INVENTOR'S EXPO | WEEK 3

Here comes the next generation of inventors! Our camp is designed to inspire young minds to explore the world of invention and innovation. Each day will be packed with fun, from building unique creations using various materials to thinking outside the box. Campers will have the opportunity to experiment, tinker, and bring their imaginative ideas to life!

**19325 MON-THU JUL 14-17 9:00AM-3:30PM \$148.50/\$185.65**

### WATER WONDERS | WEEK 4

Dive into a world of fun at our Water Wonders summer camp! This exciting program will submerge kids in a variety of water-themed activities. From water games to interactive science experiments about aquatic ecosystems, there's something for everyone. Campers will explore marine life, create cool water-themed arts and crafts, and even enjoy a water fight or two. Get ready for a splash-tastic adventure!

**19326 MON-THU JUL 21-24 9:00AM-3:30PM \$148.50/\$185.65**

### SUPERHEROES & SIDEKICKS | WEEK 5

Are you ready for an action-packed week with your favourite superheroes and their sidekicks? This thrilling camp will have you soaring through the skies and leaping over buildings as you unleash your hidden superhero potential. Each day is filled with exciting activities designed to inspire courage, teamwork, and creativity. Join us for a week of adventure and fun, where you'll be empowered to save the day and embrace your inner hero!

**19327 MON-THU JUL 28-31 9:00AM-3:30PM \$148.50/\$185.65**

### LITTLE CHEFS | WEEK 6

Get ready for a delicious week of Food Frenzy, where the focus is all about cooking and eating! Campers will dive into the culinary world, learning how to bake mouthwatering treats, create fun dishes, and cook up recipes that everyone will love. This week will be a week of tasty fun, where kids can unleash their inner chefs and savour every bite!

**19328 TUE-THU AUG 5-7 9:00AM-3:30PM \$111.35/\$139.20**



### NICKELODEON DAYS | WEEK 7

Welcome to Nickelodeon Days, where every moment is bursting with fun and excitement! This vibrant camp invites kids to dive into the colourful world of their favourite Nickelodeon shows, bringing beloved characters and unforgettable adventures to life. Campers will engage in a variety of themed activities, from silly games and crafts inspired by popular shows to team challenges and creative performances.

**19329 MON-THU AUG 11-14 9:00AM-3:30PM \$148.50/\$185.65**



### PIRATES AND MERMAIDS FEVER | WEEK 8

Ahoy, mateys! Set sail on an epic adventure across the seven seas in search of hidden treasures and elusive mermaids! This week, let your imagination run wild as we dive beneath the waves and journey across the high seas. From thrilling ocean-themed activities to pirate-worthy quests, we promise a week packed with excitement, creativity, and fun you won't forget!

**19330 MON-THU AUG 18-21 9:00AM-3:30PM \$148.50/\$185.65**



### BEST OF THE BEST | WEEK 9

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!

**19331 MON-THU AUG 25-28 9:00AM-3:30PM \$148.50/\$185.65**

### SPECIAL EVENT FRIDAYS

Join us for **Special Event Fridays**—always a great time filled with unforgettable memories! Event times may vary, so be sure to check the schedule. **Important:** Pickup time is at **2 PM**. Don't miss out!

#### CHRISTMAS IN JULY | WEEK 1

Join us for Christmas in July at our Kids Camp! We have an exciting lineup of festive activities and crafts planned to keep the children engaged and entertained. It's the perfect way to bring a little holiday cheer to the summer months while fostering creativity and fun. Don't miss out on this unique celebration!

**19332 FRI JUL 4 10:00AM–2:00PM \$37.50/\$46.90**

#### KIDS CARNIVAL | WEEK 2

Step right up and join us for our very own Carnival Extravaganza! Enjoy face painting, test your skills with target games, and race through exciting relays to earn tickets for fantastic prizes. And what's a carnival without delicious treats and fun surprises? It's going to be a day full of excitement, games, and unforgettable memories!

**19333 FRI JUL 11 10:00AM–2:00PM \$37.50/\$46.90**



#### WITCHES AND WIZARDS | WEEK 3

Immerse yourself in a world of enchantment and magic at our captivating kids camp! From brewing witches' potions to exploring bubbling and fizzing science experiments, it's a week filled with wonder, excitement, and hands-on fun. Let your imagination soar as we combine a little magic with a lot of learning!

**19334 FRI JUL 18 10:00AM–2:00PM \$37.50/\$46.90**

#### SPORTS DAY | WEEK 4

Get ready for a day of non-stop fun and excitement at our kid's camp! We've lined up an action-packed schedule of traditional sports day games that everyone will love, including the famous Imagination Park Egg & Spoon Race, Wheelbarrow Dash, Hula Hoop Relay, and the classic Three-Legged Race—all capped off with a thrilling Tug of War. It's sure to be a day filled with laughter, friendly competition, and unforgettable memories for everyone!

**19335 FRI JUL 25 10:00AM–2:00PM \$37.50/\$46.90**

#### WACKY WEDNESDAY | WEEK 5

Join us for Wacky Wednesday, where the fun gets turned upside down! Encourage campers to show off their wildest, craziest outfits and get ready to play the silliest games imaginable. The wackiest dressed camper will take home the big prize! But the fun doesn't stop there—our menu will be just as wild! Think green eggs and ham, breakfast for dinner, and fruit kabobs in all kinds of wacky shapes. The possibilities are endless!

**19336 FRI AUG 1 10:00AM–2:00PM \$37.50/\$46.90**

#### HOW TO TRAIN YOUR DRAGON | WEEK 6

Welcome to Dragon Training Camp! Embark on an epic adventure as you search for hidden dragon eggs, design and craft your very own Viking shield, and discover what dragons eat with the help of some "human" samples (no worries, it's all in good fun!). Set sail on a Viking ship and feel the thrill of the open sea, then launch water balloons into the sky with a mighty catapult. It's a camp of legendary fun, where you'll train like a Viking and bond with dragons!

**19337 FRI AUG 8 10:00AM–2:00PM \$37.50/\$46.90**

#### LOST IN SPACE WITH ELIO | WEEK 7

If Mom could see me now... For centuries, we've called out to the universe in search of answers, and this week, they're answering back! At our camp, campers will embark on an incredible journey through distant galaxies, land on the moon, and seek out rare treasures while meeting fascinating alien life forms along the way. With endless possibilities for adventure and discovery, this camp promises an unforgettable experience that will ignite imaginations and inspire dreams of the cosmos!

**19338 FRI AUG 15 10:00AM–2:00PM \$37.50/\$46.90**

#### STEM | WEEK 8

Your child will have everything they need to turn their creative building projects from dreams into reality! If you can imagine it, you can build it! Campers will unleash their imaginations in the exciting world of STEM projects, engaging in hands-on exploration that fosters creativity and innovation. Get ready for a fun-filled journey where curiosity leads to incredible discoveries!

**19339 FRI AUG 22 10:00AM–2:00PM \$37.50/\$46.90**







### C.A.T.S | CAREER AQUATICS TRAINING SCHOOL Ages 15yrs+

Career Aquatics Training School includes the five steps required for employment. Bronze Medallion, Bronze Cross, Standard First Aid, Swim for Life Instructor and National Lifeguard Pool Option. Upon completing all five courses this summer, you could be eligible to receive up to \$500 in reimbursement if you become employed by us. Please register in person.

20027 MAR 15 – AUG 24 \$1879.80/\$2349.75

#### STEP 1 | BRONZE MEDALLION | Ages 13yrs+

Bronze medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education - judgement, knowledge, skill and fitness. Rescuers learn advanced lifesaving techniques for challenging rescues of increased risk, involving conscious and unconscious victims in varying water depths. Participants will develop stroke efficiency and endurance in timed swims (500m). This course includes CPR Level A.

20024 SAT-MON MAR 15 - 17 8:30AM – 4:00PM \$237.55/\$297.00  
20687 FRI-MON MAY 23 - 26 4:30PM – 9:30PM \$237.55/\$297.00

#### STEP 2 | BRONZE CROSS | Ages 13yrs+

Bronze cross is designed for lifesavers who want the challenge of more advanced lifesaving training and an introduction to safety supervision. Pre-requisite: Bronze Medallion.

20025 THU-SAT MAR 20 – 22 8:30AM – 4:00PM \$237.55/\$297.00  
20695 FRI-SUN JUN 6 – 8 9:00AM – 4:00PM \$237.55/\$297.00

#### STEP 3 | SWIM FOR LIFE INSTRUCTOR | Ages 15yrs+

The Lifesaving Society Swim Instructor course trains candidates for the Competency Level 1 knowledge, skills and attitudes needed to teach the Society's Swim for Life® and Canadian Swim Patrol programs. Pre-requisite: Bronze Cross and 15yrs+. Includes Teaching Experience.

19910 TUE-THU JUL 8 - 17 8:00AM-4:00PM \$562.80/\$703.50  
MON-THU JUL 21 - 24 1:00PM-3:00PM

#### STEP 4 | 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. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. Cost includes pocket mask.

19954 SAT/SUN	APR 5 & 6	9:00AM-4:30PM	\$207.90/\$259.90
19955 SAT/SUN	APR 26 & 27	9:00AM-4:30PM	\$207.90/\$259.90
19956 SAT/SUN	MAY 24 & 25	9:00AM-4:30PM	\$207.90/\$259.90
19957 SAT/SUN	JUN 14 & 15	9:00AM-4:30PM	\$207.90/\$259.90
19958 SAT/SUN	JUL 12 & 13	9:00AM-4:30PM	\$207.90/\$259.90
19960 SAT/SUN	AUG 9 & 10	9:00AM-4:30PM	\$207.90/\$259.90

#### STEP 5 | NATIONAL LIFEGUARD | Ages 15yrs+

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.

20026 THU-SAT AUG 14 - 16 8:00AM-3:30PM \$599.75/\$749.70  
THU-SUN AUG 21 - 24 8:00AM-3:30PM



## **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](mailto:jmcgregor@quesnel.ca)





### CPR C PROGRAMS

#### CPR C COURSE

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. Courses meet legislative requirements for provincial/territorial worker safety and insurance boards and include the latest CPR guidelines and training in the use of an automated external defibrillator (AED).

19939	SAT	APR 5	9:00AM - 2:00PM	\$95.05/\$118.80
19940	SAT	APR 26	9:00AM - 2:00PM	\$95.05/\$118.80
19941	SAT	MAY 24	9:00AM - 2:00PM	\$95.05/\$118.80
19942	SAT	JUN 14	9:00AM - 2:00PM	\$95.05/\$118.80
19946	SAT	JUL 12	9:00AM - 2:00PM	\$95.05/\$118.80
19947	SAT	AUG 9	9:00AM - 2:00PM	\$95.05/\$118.80

#### CPR 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

19961	SUN	APR 13	9:00AM-1:00PM	\$35.10/\$43.85
19962	SAT	MAY 10	9:00AM-1:00PM	\$35.10/\$43.85
19963	SUN	JUN 1	9:00AM-1:00PM	\$35.10/\$43.85
19964	SUN	JUL 27	9:00AM-1:00PM	\$35.10/\$43.85
19965	SAT	AUG 16	9:00AM-1:00PM	\$35.10/\$43.85



### HEALTH AND SAFETY PROGRAMS

#### PSYCHOLOGICAL FIRST AID – SELF CARE

This online course assists learners in developing a personal understanding of the effects of stress, loss, trauma and grief with emphasis on self-care and personal protection. Learners will be introduced to the Red Cross Look, Listen, Link, Live model and will learn how to cope with the effects of various types of stress. This course can also be taken in combination with the Red Cross Caring for Others online course to supplement and strengthen an overall wellness program. For more information contact Jennifer McGregor, Program Coordinator at [jmcgregor@quesnel.ca](mailto:jmcgregor@quesnel.ca) 250-991-4012.

SELF-PACED \$20.00

#### PSYCHOLOGICAL FIRST AID – CARING FOR OTHERS

This online course assists learners in developing a personal understanding of the effects of stress, loss, trauma and grief with emphasis on self-care and personal protection. Learners will be introduced to the Red Cross Look, Listen, Link, Live model and will learn how to support others to cope with the effects of various types of stress. This course can also be taken in combination with the Red Cross Caring for Others online course to supplement and strengthen an overall wellness program. For more information contact Jennifer McGregor, Program Coordinator at [jmcgregor@quesnel.ca](mailto:jmcgregor@quesnel.ca) or 250-991-4012.

SELF-PACED \$20.00

#### FIRST AID FOR DOGS AND CATS

The online First Aid for Dogs and Cats course teaches you how to respond to common emergencies involving cats and dogs. Covers essential skills like dog CPR (cardiopulmonary resuscitation), cat first aid, and pet emergency care. Learn how to be prepared for any emergency and obtain a pet first aid certification. For more information contact Jennifer McGregor, Program Coordinator at [jmcgregor@quesnel.ca](mailto:jmcgregor@quesnel.ca) or 250-991-4012.

SELF-PACED \$30.00



### FIRST AID PROGRAMS

#### 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.

19948	SAT	APR 5	9:00AM - 4:30PM	\$129.50/\$161.85
19949	SAT	APR 26	9:00AM - 4:30PM	\$129.50/\$161.85
19950	SAT	MAY 24	9:00AM - 4:30PM	\$129.50/\$161.85
19951	SAT	JUN 14	9:00AM - 4:30PM	\$129.50/\$161.85
19952	SAT	JUL 12	9:00AM - 4:30PM	\$129.50/\$161.85
19953	SAT	AUG 9	9:00AM - 4:30PM	\$129.50/\$161.85

#### EMERGENCY FIRST AID RECERTIFICATION

Basic one-day recertification course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. Includes the latest first aid and CPR guidelines. Pre-requisite: Current Emergency First Aid.

19969	SUN	APR 13	9:00AM-2:00PM	\$82.00/\$102.50
19970	SAT	MAY 10	9:00AM-2:00PM	\$82.00/\$102.50
19971	SUN	JUN 1	9:00AM-2:00PM	\$82.00/\$102.50
19972	SUN	JUL 27	9:00AM-2:00PM	\$82.00/\$102.50
19973	SAT	AUG 16	9:00AM-2:00PM	\$82.00/\$102.50

#### STANDARD FIRST AID - INTERMEDIATE

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. This 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.

19954	SAT&SUN	APR 5&6	9:00AM - 4:30PM	\$207.90/\$259.90
19955	SAT&SUN	APR 26&27	9:00AM - 4:30PM	\$207.90/\$259.90
19956	SAT&SUN	MAY 24&25	9:00AM - 4:30PM	\$207.90/\$259.90
19957	SAT&SUN	JUN 14&15	9:00AM - 4:30PM	\$207.90/\$259.90
19958	SAT&SUN	JUL 12&13	9:00AM - 4:30PM	\$207.90/\$259.90
19960	SAT&SUN	AUG 9&10	9:00AM - 4:30PM	\$207.90/\$259.90

#### STANDARD FIRST AID RECERTIFICATION

Comprehensive one-day recertification 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. Includes the latest first aid and CPR guidelines. Pre-requisite: Current Standard First Aid.

19974	SUN	APR 13	9:00AM-4:00PM	\$86.85/\$108.55
19975	SAT	MAY 10	9:00AM-4:00PM	\$86.85/\$108.55
19976	SUN	JUN 1	9:00AM-4:00PM	\$86.85/\$108.55
19977	SUN	JUL 27	9:00AM-4:00PM	\$86.85/\$108.55
19978	SAT	AUG 16	9:00AM-4:00PM	\$86.85/\$108.55





### FOUNDATIONS YOGA | Ages 15yrs+

Join us for an immersive yoga experience designed to refine and deepen your practice. This class focuses on mastering structure, alignment, and posture while exploring dynamic and advanced movements that enhance balance, flexibility, and flow. Perfect for yogis of all levels, you'll build on foundational skills and challenge yourself to elevate your practice. Come connect with your movement in a supportive and energizing space!

19595	TUE	APR 1 - JUN 24	6:40PM-7:30PM	\$107.25/\$134.05
19496	WED	APR 2 - JUN 25	11:00AM-12:00PM	\$90.75/\$113.43
19822	THU	APR 3 - JUN 26	6:40PM-7:30PM	\$107.25/\$134.05
19495	MON	APR 7 - JUN 30	11:00AM-12:00PM	\$90.75/\$113.45

### 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 5 & 6.

TUE & THU	MAY 6 - SEPT 25	6:00PM-8:00PM	FREE
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### 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 16 - AUG 25	6:00PM-8:00PM	FREE
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**ACRYLIC PAINTING FOR YOUTH | Ages 5-10yrs**

An excellent class for a young painter; this course will explore the basics of mixing colours, blending techniques and how to approach a painting. Every learner will walk away feeling proud of their masterpiece! A new project each week.

**19464 WED APR 2-16 3:30PM-4:45PM \$59.50/\$74.40**

**KIDS MIXED MEDIA ART | Ages 6-10yrs**

An introduction to mixed media arts will explore different art styles. Learn and discover vital art techniques to empower your artistic creativity. Bring your sense of adventure, an open mind and let's make art!

**19465 TUE MAY 6-27 3:30PM-5:00PM \$70.00/\$87.50**

**ONE DAY CHEF: DIRT & WORMS CUPCAKES | Ages 6-12yrs**

Unleash your child's creativity as we guide them through the process of crafting these delightful, whimsical treats. Dirt cupcakes are made of chocolate cake and frosting, crushed Oreos, and gummy worms. We will bake the cupcakes and decorate them with 'dirt' and 'worms'.

**19466 WED MAY 28 3:30PM-5:00PM \$18.00/\$22.50**  
**19467 THU JUL 10 9:30AM-11:00AM \$18.00/\$22.50**

**SCHOOL AGE POTTERY | Ages 6-12yrs**

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.

**19468 TUE JUN 3-24 3:30PM-5:00PM \$72.45/\$80.55**

**RECYCLE T-SHIRT BRACELETS CAMP | Ages 8-12yrs**

Turn old t-shirts into trendy, colorful bracelets in this fun and creative workshop! Perfect for pre-teens, this hands-on activity will keep them engaged while letting their personal style shine through. Bring your own t-shirts from home or use the ones provided, and discover how easy it is to upcycle while making a fashion statement. Join us for an afternoon of crafting and creativity—no experience needed!

**19469 THU JUL 17 9:00AM-11:30AM \$20.00/\$25.00**

**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.

**19470 TUE AUG 12 9:00AM-12:00PM \$35.75/\$44.70**

**BATH BOMB MAKING WORKSHOP | Ages 8-12yrs**

Treat your child to a bubbly adventure in the delightful world of bath bomb making! During this hands-on workshop, kids will mix their own ingredients, blend scents and colors, and learn the secrets to creating the perfect fizzy bath bomb. By the end of the session, they'll have their very own fragrant creation to transform any bath into a relaxing oasis!

**19471 THU AUG 14 10:00AM-12:00PM \$25.75/\$32.20**

**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.

**19472 WED AUG 27 1:00PM-4:00PM \$30.00/\$37.50**





**YOUTH KARATE | Ages 7-15yrs**

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.

**19473 MON APR 7 – JUN 23 5:30PM-6:30PM \$74.50/\$93.10**



**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!

**19474 MON & TUE JUL 7 & 8 9:30AM-3:00PM \$112.55/\$140.70**

**KIDS PATHFINDERS | Ages 8-14yrs**

There is no other way to put it . . . HIKING equals 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.

**19475 WED JUL 16 1:30PM-3:30PM \$10.00/\$12.50**

**KIDS PAJAMA PARTY | Ages 7-12yrs**

Get ready for an evening of fun and relaxation! Join us for a movie night on the big screen with all your friends—complete with popcorn, of course! After the movie, stick around for exciting games and activities that will keep the fun going. This is the perfect way to kick back, have fun, and make summer memories!

**19476 WED JUL 30 5:30PM-8:00PM \$10.00/\$12.50**







## YOUTH KARATE CAMP | Ages 6-15yrs

Kick off the 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!

**19477 MON AUG 18 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!

**19478 TUE & WED AUG 19 & 20 5:30PM-7:00PM \$25.00/\$31.25**



## 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!**

## PANCAKES AND PAJAMAS | Ages Kindergarten-12yrs

We are throwing the ultimate pancakes and pajamas camp where we will celebrate all things winter including maple syrup. Bring your swim wear as we will be joining the Aquatic Staff in the pool from 1:00pm-2:00pm.

**17597 FRI APR 11 9:00AM-3:30PM \$37.75/\$47.20**

## SECRET AGENT CAMP | Ages Kindergarten-12yrs

Calling all young secret agents! Join us for a full day of decoding, invisible ink, race to unlock locks as a team, and make a spy decoder. This will be an action packed camp. Bring your swim wear as we will be joining the Aquatic Staff in the pool from 1:00pm-2:00pm.

**17598 FRI JUN 6 9:00AM-3:30PM \$37.75/\$47.20**





**BABYSITTER COURSE | Ages 11-15yrs**

This course offers basic first aid and caregiving skills for youth 11-15 years old. Participants learn how to provide care to children in a various age groups and how to prevent and respond to emergencies. The course also offers youth the skills to promote themselves as babysitters to prospective families. In order to complete this program participants must have 100% attendance. Participants are welcome to a free swim after the course.

19979	FRI	APR 11	9:00AM-4:00PM	\$64.10/\$80.10
19980	THUR	JUL 3	9:00AM-4:00PM	\$64.10/\$80.10
19981	WED	AUG 20	9:00AM-4:00PM	\$64.10/\$80.10

**HOME ALONE PROGRAM | Ages 9yrs+**

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 and Fire Department. Please bring lunch and two snacks. Participants are welcome to a free swim after the course.

19982	FRI	JUN 6	9:00AM - 4:00PM	\$64.10/\$80.10
19983	FRI	JUL 4	9:00AM - 4:00PM	\$64.10/\$80.10
19984	THUR	AUG 21	9:00AM - 4:00PM	\$64.10/\$80.10

