



# Recreation Guide

SPRING / SUMMER  
2025









# REGISTRATION


## 12:00 PM



# Ways to Register

 [www.highriver.ca/community/community-guide-program-registration](http://www.highriver.ca/community/community-guide-program-registration)

 By phone with a credit card call 403-652-4042

 In person: Bob Snodgrass Recreation Complex

## Rates



<https://highriver.ca/community/parks-recreation/rec-facilities-activity-schedules-and-rates>

Daily drop-in admission grants you access to all drop-in opportunities for the entire day.  
Please obtain a wristband from Customer Service.

Long-term medical pauses are available for pass holders upon request.  
For annual passes, one discretionary pause is permitted.

Please note that refunds and extensions will not be offered in the event of any partial or full facility closures.

# Hours of Operation

## Summer Hours

**May 01 - September 01**

Monday - Friday 6:00 a.m. - 10:00 p.m.

Saturday & Sunday 9:00 a.m. - 5:30 p.m.

# Facility Closures

## Stat Holidays

April 18

August 04

May 19

September 01

July 01

# POLICIES

## \*ATTENTION\*

Construction is currently underway at the Bob Snodgrass. Please be aware that this may disrupt some of the daily activities. We appreciate your understanding.

### Withdrawals and Refunds

Registration is an important part of our program delivery as our programs operate depending on minimum registrations. Please provide as much notice as possible for any changes to your registration. Low registration can sometimes result in cancellation of programs.

Withdrawal requests will be accepted up to fourteen (14) days prior to the start of the program with no processing fee. Withdrawal requests within fourteen (14) days will result in a \$20 withdraw fee, on top of program material cost (books, supplies, etc. issued at time of registration). Once a program has begun, we are unable to process a withdrawal request.

Please contact 403-652-4042 for withdrawal and refund requests.

### Transfers

Transfer requests from one program to another will be accepted up to fourteen days before the start of the program. Requests made within fourteen days may be permitted upon approval. Participant is responsible for any price difference at the time of transfer request.

### Cancellations

If the Town of High River cancels a program, participants will be fully refunded or may apply a credit to another program. If a credit is placed on your account from a refund, cancellation, or course transfer, the credit from your account may be refunded or used towards another activity or membership in our facility. A credit will expire one year from the date that it was issued. After making every effort to contact you, unused credits will be donated to the Community Assistance Program.

\*Please note - For any cancelled class, we do not offer makeup classes. A refund will be issued to you in the event of a cancelled class.

### Waiting Lists

If a program you are interested in is full, please put your name on the waitlist and we will notify you if a space becomes available. We may be able to create new classes based on our waitlist numbers.



Eligible CAP Card holders receive 50% off all programs offered in the Town of High River's Community Program Guide

### What is CAP?

CAP is High River's Community Access Program. CAP is designed to provide subsidies to residents who meet an income criteria. Residents with a CAP Card qualify for discounts for Town of High River programs and they qualify for a free Library Card.

### CAP Card for Foothills County FAMILIES

FAMILIES from Cayley, Blackie, and area are also eligible for a CAP card, thanks to funding through the Greater Foothills Family Centre.



### Getting a CAP Card?

Applications can be made at the FCSS Resource Centre (located at 251 - 9th Ave. SW. )

For information on income criteria, call the FCSS Office at 403-652-8620 or go to [highriver.ca](http://highriver.ca)

To complete your application, you will need the following:

- Proof of income (most recent Notice of Assessment)
- Proof of residency
- ID for household members (i.e., health care card)

Cards expire on the 30th of June each year.

### CONTACT

Family & Community Support Services (FCSS)  
[fcss@highriver.ca](mailto:fcss@highriver.ca)  
403-652-8620  
251 - 9 Ave SE



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Sometimes families need financial assistance to get their kids involved in sport or physical activity. We are committed to helping all families access recreation!

Apply now at [www.jumpstart.canadiantire.ca](http://www.jumpstart.canadiantire.ca)

We offer a wide range of facilities suited for community groups, sports teams, clubs, schools and private functions! Contact us today to book your space!  
[pbookings@highriver.ca](mailto:pbookings@highriver.ca)



### Indoor Facilities Include:

- Large arena
- Small arena
- Pool
- Cargill Field House (full or half)
- Curling Rink (4 sheets)
- Board Room
- Studio A
- Studio B
- Curling Rink Lounge



### Outdoor Facilities Include:

- Little Bow Group Camp Area
- Gazebo Stage - George Lane Park
- Centennial Stage - George Lane Park
- Baseball Diamonds
- Block Party Trailer
- Soccer Fields



# SPRAY PARK

## Hours of Operation:

### May 23 - Jun 29

- Thurs - Sun 11:00 a.m. - 7:00 p.m.

### Jun 30 - Sept 01

- Daily 9:00 a.m. - 8:00 p.m.

\*The park opens when it is **+18°C**

\*Closure will happen during thunder/lightning and inclement weather.

## Frequently Asked Questions:

- Dogs are not permitted in the park.
- Water guns and toys are allowed at the park, however, water balloons are not permitted.
- There is no concession at the park. Please bring your own provisions.
- Picnic tables and benches are available on a first come, first serve basis.
- Washrooms available on-site.



# PUMP TRACK



## HIGH RIVER PUMP TRACK

For most of us, our first set of wheels was our first taste of freedom. This is the driving philosophy behind the High River Pump Track. The best thing about a pump track is that no pushing or pedalling is necessary. Our priority is that you have fun without getting injured. Yikes! That would suck! Here's a few things to keep in mind:

### KEEP ON PUMPIN' SAFELY

-  If you are a pedestrian or spectator avoid stepping on the track
-  Something seems damaged? Please, report it to 403.652.4042
-  Let's keep the track clean for others to enjoy, pick up after yourself
-  Always have your protective gear on before you begin pumpin'
-  No motorized vehicles allowed on the track or nearby
-  Take a breather only in designated areas
-  Eat all snacks at the picnic tables, no glass containers

**USAGE PERMITTED DAILY FROM 8 AM TO 10 PM WITH THE FOLLOWING EQUIPMENT**



Pump track for use at your own risk. It is your responsibility to use the track at your skill level and understand that you accept the inherent risks of damage to your property, equipment, personal injury, death or some harm or loss, however caused.



# BIRTHDAY PARTY

Celebrate your child's birthday party with us at the Bob Snodgrass Recreation Complex!  
Choose your party style!

## PACKAGES

### POOL PARTY

### FIELD HOUSE PARTY

- \*1 hour in the pool
- \*1 hour in Studio B
- \*2 lifeguards

**\$150**

Rate for up to 30 people

- \*2 hours in half the field house
- \*1 hour in Studio B
- \*Ball bin and pre-school toy bin

**\$150**



**OPTIONAL \$50**

Nerf Battle Package  
10 Nerf Guns, bullets, barriers, and a Play Leader to facilitate



**Studio B is accessible 15 minutes before your designated time. If you require more time, rentals are available.**

Please note that Studio B can only accommodate 30 people and there is no elevator access.

To Book  
Call 403-652-4042 or Email [pbookings@highriver.ca](mailto:pbookings@highriver.ca)



# CARGILL FIELD HOUSE



Apr 28 - Jun 29

User Group Booking

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Drop-In Basketball 6:00 - 7:45am 7:45 - 8:45am (E)	Drop-In Open Sports 6:00 - 8:45am 9:00 - 10:45am (W)	Drop-In Open Sports 6:00 - 8:45am	Drop-In Basketball 6:00 - 8:45am	Drop-In Basketball 6:00 - 8:45am		Drop-In Toonie Soccer 9:00 - 10:00am
Drop-In Spec Tennis (W) Pickleball (E) 9:00am - 12:15pm	Drop-In Spec Tennis (E) 9:00am - 12:15pm Drop-In SportAbilities (W) 11:00am - 12:15pm	Drop-In Advanced Pickleball (E) Drop-In Pickleball (W) 9:00am - 12:15pm	Drop-In Spec Tennis (W) Pickleball (E) 9:00am - 12:15pm	Drop-In Plunge & Play (E) Badminton (W) 9:00 - 11:30am	Together We Play (E) Drop-In Soccer (W) 9:00 - 11:30am	Drop-In Basketball (E) Volleyball (W) 10:15am - 12:45pm
Drop-In Intermediate Pickleball 12:30 - 2:00pm Drop in Beginner Pickleball 2:00 - 3:45pm	Drop-In Pickleball 12:30 - 3:45pm	Drop-In Intermediate Pickleball 12:30 - 2:00pm Drop in Beginner Pickleball 2:00 - 3:45pm	Drop-In Pickleball 12:30 - 3:45pm	Drop-In Intermediate Pickleball 12:00 - 2:00pm Drop in Beginner Pickleball 2:00 - 3:45pm	Drop-in Basketball 11:45am - 1:15pm  Party Rental (W) Drop-in Badminton (E) 1:30 - 3:30pm	
Youth After School Sports (E) Drop-in Toonie Wiffleball (W) 4:00 - 5:30pm	Youth After School Sports (E) 4:00 - 5:30pm	Youth After School Sports (E) Drop-in Toonie Kickball (W) 4:00 - 5:30pm	Youth After School Sports (E) Drop-in Toonie Soccer (W) 4:00 - 5:30pm	Youth After School Sports 4:00 - 8:00pm		
				Youth Be Active (12yrs+) 8:00 - 10:00pm		

Please note Youth After School Sports and Youth Be Active end June 13.

Schedules subject to change. Please find our online schedule at:  
<https://highriver.ca/community/parks-recreation/recreation-facilities-schedules-memberships/schedules-rates-memberships>



# CARGILL FIELD HOUSE



Jun 30 - Aug 31

Registered Program

User Group Booking

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Drop-In Basketball 6:00 - 8:15am 8:15 - 9:15am (E)	Drop-In Open Sports 6:00 - 9:15am	Drop-In Open Sports (W) Drop-In Pickleball (E) 6:00 - 8:45am	Drop-In Open Sports 6:00 - 9:15am	Drop-In Basketball 6:00 - 8:45am	Drop-In Spec Tennis (E) Drop-In Family Open Sports (W) 9:00 - 10:30am	Drop-In Pickleball 9:00 - 10:30am
Play Parks & Rec Camps 9:30 - 11:00am		Drop-In Basketball (E) Drop-In Volleyball (W) 9:00 - 10:30am	Play Parks & Rec Camps 9:30 - 11:00am	Plunge & Play (E) 9:00 - 11:30am Play Parks & Rec Camps (W) 9:00 - 11:00am		
Drop-In Nerf Wars 11:15am - 12:15pm	Drop-In Toonie Soccer(E) Drop-In Toonie SportAbilities(W) 11:15am - 12:15pm	Together We Play(E) Drop-In Nerf Wars(W) 10:45am - 12:15pm	Drop-In Toonie Basketball 11:15am - 12:15pm	Drop-In Spec Tennis (W) 11:15am - 12:15pm	Drop-In Badminton (W) Drop-In Soccer (E) 10:45am - 1:15pm	Drop-In Family Open Sports 10:45am - 1:15pm
Drop-In Intermediate Pickleball 12:30 - 2:00pm Drop-In Beginner Pickleball 2:00 - 3:45pm	Drop-In Basketball 12:30 - 3:45pm	Drop-In Intermediate Pickleball 12:30 - 2:00pm Drop-In Beginner Pickleball 2:00 - 3:45pm	Drop-In Badminton (W) Drop-In Soccer (E) 12:30 - 3:45pm	Drop-In Intermediate Pickleball 12:30 - 2:00pm Drop-In Beginner Pickleball 2:00 - 3:45pm	Drop-In Basketball 1:30 - 3:30pm	Party Rental (W) Drop-In Wiffleball (E) 1:30 - 3:30pm
Drop-In Youth Sports 4:00 - 8:00pm	Drop-In Youth Sports 4:00 - 8:00pm	Drop-In Youth Sports 4:00 - 8:00pm	Drop-In Youth Sports 4:00 - 8:00pm	Drop-In Youth Sports 4:00 - 8:00pm	Drop-In Volleyball 4:00 - 5:30pm	Drop-In Basketball (E) Drop-In Badminton (W) 3:45 - 5:30pm
Drop-In Badminton 8:15 - 10:00pm	Drop-In Soccer 8:15 - 10:00pm	Drop-In Pickleball 8:15 - 10:00pm	Drop-In Basketball 8:15 - 10:00pm	Drop-In Volleyball (W) Drop-In Basketball (E) 8:15 - 10:00pm		

**Schedules subject to change. Please find our online schedule at:**  
<https://highriver.ca/community/parks-recreation/recreation-facilities-schedules-memberships/schedules-rates-memberships>





# SMALL ARENA DRY PAD



Apr 14 - Jun 29

## All Dry Pad Activities \$2

User Group Booking

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Drop-In Tykes Trike Tyme 6:00 - 11:00am	Drop-In Floor Hockey 6:00 - 11:00am	Drop-In Tykes Trike Tyme 6:00 - 11:00am	Drop-In Floor Hockey 6:00 - 11:00am	Drop-In Tykes Trike Tyme 6:00 - 11:00am	Drop-In Tykes Trike Tyme 9:00 - 11:45am	Drop-In Floor Hockey 9:00 - 11:00am
Drop-In Archery 11:00am - 12:45pm	Drop-In Nerf Wars 11:00am - 12:45pm	Drop-In Wiffleball 11:00am - 12:45pm	Drop-In Archery 11:00am - 12:45pm	Drop-In Nerf Wars 11:00am - 12:45pm	Party Rental or Drop-In Archery 12:00 - 2:00pm	Drop-In Tykes Trike Tyme 11:15am - 1:00pm
Drop-In Kickball 1:00 - 2:45pm		Drop-In Archery 1:00 - 2:45pm		Drop-In Floor Hockey 1:00 - 2:45pm	Drop-In Nerf Wars 2:15 - 3:45pm	Drop-In Nerf Wars 1:15 - 3:00pm
Drop-In Nerf Wars 3:00 - 6:00pm	Drop-In Kickball 2:00 - 5:45pm	Drop-In Nerf Wars 3:00 - 6:00pm	Drop-In Wiffleball 2:00 - 5:45pm	Drop-In Kickball 3:00 - 6:00pm	Drop-In Floor Hockey 4:00 - 5:30pm	Drop-In Kickball 3:15 - 5:30pm
Drop-In Wiffleball 6:15 - 8:00pm		Drop-In Kickball 6:15 - 8:00pm		Drop-In Wheels Only 6:15 - 8:00pm		
Drop-In Floor Hockey 8:15 - 10:00pm	Drop-In Wiffleball 8:00 - 10:00pm	Drop-In Floor Hockey 8:15 - 10:00pm	Drop-In Kickball 8:00 - 10:00pm	Drop-In Floor Hockey 12-17yrs 8:15 - 10:00pm		

**Schedules subject to change. Please find our online schedule at:**  
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# LARGE ARENA DRY PAD

Apr 28 - Jun 29



## All Dry Pad Activities \$2

User Group Booking

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Drop-In Lacrosse 6:00 - 11:00am	Drop-In Tykes Trike Tyme 6:00 - 11:00am	Drop-In Roller Shinny 6:00 - 11:00am	Drop-In Tykes Trike Tyme 6:00 - 11:00am	Drop-In Lacrosse 6:00 - 11:00am	Drop-In Roller Shinny 8-11yrs 9:00 - 11:00am	Drop-In Tykes Trike Tyme 9:00 - 11:00am
Drop-In Wheels Only 11:15am - 1:00pm	Drop-In Lacrosse 11:15am - 1:00pm	Drop-In Roller Skating/Blading 11:00am - 1:00pm	Drop-In Lacrosse 11:15am - 1:00pm	Drop-In Wheels Only 11:15am - 1:00pm	Drop-In Lacrosse 11:15am - 1:00pm	Drop-In Roller Shinny 11:00am - 1:00pm
Drop-In Roller Skating/Blading 1:00 - 3:00pm	Drop-In Wheels Only 1:15 - 3:00pm	Drop-In Lawn Games 1:00 - 2:45pm	Drop-In Wheels Only 1:15 - 3:00pm	Drop-In Roller Skating/Blading 1:00 - 3:00pm	Drop-In Roller Shinny 12-17yrs 1:00 - 3:45pm	Drop-In Wheels Only 1:00 - 3:45pm
Drop-In Lawn Games 3:00 - 5:45pm	Drop-In Roller Shinny 3:00 - 5:45pm	Drop-In Wheels Only 3:00 - 5:45pm	Drop-In Roller Shinny 3:00 - 5:45pm	Drop-In Lawn Games 3:00 - 5:45pm		Drop-In Roller Skating/Blading 4:00 - 5:30pm
Drop-In Roller Shinny 6:00 - 8:00pm		Drop-In Lacrosse 6:00 - 8:00pm		Drop-In Roller Shinny 6:00 - 8:00pm		
Drop-In Lacrosse 8:15 - 10:00pm		Drop-In Roller Shinny 8:15 - 10:00pm		Youth Be Active Roller Skating/Blading Party 8:15 - 10:00pm		

**Schedules subject to change. Please find our online schedule at:**  
<https://highriver.ca/community/parks-recreation/recreation-facilities-schedules-memberships/schedules-rates-memberships>





# LARGE ARENA DRY PAD



# SUMMER

Jun 30 - Jul 27

## All Dry Pad Activities \$2

User Group Booking

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Drop-In Lacrosse 6:00 - 9:45am	Drop-In Tykes Trike Tyme 6:00 - 9:45am	Drop-In Roller Shinny 6:00 - 9:45am	Drop-In Tykes Trike Tyme 6:00 - 9:45am	Drop-In Lacrosse 6:00 - 9:45am	Drop-In Tykes Trike Tyme 9:00 - 11:00am	Drop-In Tykes Trike Tyme 9:00 - 11:00am
Play Parks & Rec Camps 10:00 - 11:00am		Drop-In Wheels Only 10:00 - 11:00am	Play Parks & Rec Camps 10:00 - 11:00am			
Drop-In Wheels Only 11:00am - 1:00pm	Drop-In Wiffleball 11:00am - 1:00pm	Drop-In Kickball 11:15am - 1:00pm	Drop-In Lacrosse 11:00am - 1:00pm	Drop-In Wheels Only 11:00am - 1:00pm	Drop-In Lacrosse 11:15am - 1:00pm	Drop-In Roller Shinny 11:15am - 1:00pm
Drop-In Roller Skating/Blading 1:00 - 3:00pm	Drop-In Wheels Only 1:15 - 3:00pm	Drop-In Lawn Games 1:15 - 2:45pm	Drop-In Wheels Only 1:15 - 3:00pm	Drop-In Roller Shinny 1:15 - 3:00pm	Drop-In Floor Hockey 1:15 - 3:45pm	Drop-In Wheels Only 1:15 - 3:45pm
Drop-In Lawn Games 3:00 - 5:45pm	Drop-In Roller Shinny 3:15 - 5:45pm	Drop-In Wheels Only 3:00 - 5:45pm	Drop-In Roller Shinny 3:15 - 5:45pm	Drop-In Lawn Games 3:15 - 5:45pm	Drop-In Wheels Only 4:00 - 5:30pm	Drop-In Lacrosse 4:00 - 5:30pm
Drop-In Kickball 6:00 - 8:00pm		Drop-In Lacrosse 6:00 - 8:00pm		Drop-In Floor Hockey 6:00 - 8:00pm		
Drop-In Roller Shinny 8:15 - 10:00pm		Drop-In Floor Hockey 8:15 - 10:00pm		Youth Roller Skating/Blading Party 12-17yrs 8:15 - 10:00pm		

**Schedules subject to change. Please find our online schedule at:**

<https://highriver.ca/community/parks-recreation/recreation-facilities-schedules-memberships/schedules-rates-memberships>





# DESCRIPTIONS

## FIELD HOUSE

### Drop-In SportAbilities

Offered on a first come first serve basis. Please note that only 2 sports can be offered at one time. This program is designed to be accessible to all ability levels. A support worker or caregiver is welcome and encouraged to participate.

### Open Sports

Offered on a first come first serve basis. Please note that only 2 sports can be offered at one time.

### Family Open Sports

The intent of this time is for parents/caregivers and children to enjoy activities together. Only 1 sport can be played per side of the field house (max of 2 sports).

### Basketball

Come shoot a few hoops during this drop-in. Half the field house consists of 1 full court and the full field house consists of 2 full courts. All ages are welcome.

### Spec Tennis

This new paddle sport is a blend of tennis and pickleball, where the rules of pickleball's "no volley zone" are NOT enforced. This creates a faster paced game that feels and plays a lot more like tennis. Spec tennis is played with a paddle and uses a low compression tennis ball.

### Soccer

All ages and experiences welcome. Full field house equals standard soccer pitch.

### Youth Sports (8-17yrs)

Offered on a first come first serve basis. Please note that only 2 sports can be offered at one time.

### Pickleball

A fun sport that combines many elements of tennis, badminton, and ping pong. Whether you are 9 or 90, beginner or pro, this is a fun and energetic game enjoyed by all!

### Badminton

Come with a friend or join a game. 3 courts available during half court, 9 courts available during full court.

### Wiffleball

Wiffleball is a variation of baseball that can be played indoors with a hollow plastic bat and a light-weight plastic ball.

### Volleyball

Drop in and join a game. All ages and levels welcome.

## ARENAS

### Archery

Try your best to shoot the bullseye with a bow and arrow! Must use the bow and arrows provided.

### Lawn Games

A great opportunity to play fun lawn games we provide in a cool space!

### Nerf Wars

Bring your nerf guns and battle it out with friends or join others to see who can be the nerf gun champion. Equipment not provided, please bring your own.

### Tykes Trike Tyme (6yrs and under)

Caregivers can bring their children six and under to practice their trike skills in a safe, cool environment. Helmet required.

### Roller Skating/Blading

Enjoy a rock free, smooth surface to practice your glides and spins. Helmet required.

### Lacrosse

Get in some practice on the court! Helmet required, basic pads recommended. No contact allowed.

### Roller Shiny

Bring your wheels, sticks and a ball for a game. Helmets required.

### Floor Hockey

Bring your floor hockey stick and a ball and come play some hockey without the ice.

### Wheels Only

Skate boards, scooters, roller blades, roller skates...all wheels allowed (with the exception of bikes). Helmet required.

### Wiffleball

Wiffleball is a variation of baseball that can be played indoors with a hollow plastic bat and a light-weight plastic ball.

### Kickball

A team sport combining elements of soccer and baseball. A pitcher throws a soccer ball to a kicker, who kicks the ball and proceeds to run the bases.



# AQUATICS

Apr 28 - Jun 29



Registered Program

User Group Booking

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Drop-In Lane Swim 6:00 - 8:20am	Drop-In Lane Swim 6:00 - 8:20am	Drop-In Lane Swim 6:00 - 8:20am	Drop-In Lane Swim 6:00 - 8:20am	Drop-In Lane Swim 6:00 - 8:20am		
Drop-In Aquafit Combined 8:30 - 9:15am	Drop-In Aquafit Combined 8:30 - 9:15am	Drop-In Aquafit Combined 8:30 - 9:15am	Drop-In Aquafit Combined 8:30 - 9:15am	Drop-In Aquafit Combined 8:30 - 9:15am	Swimming Lessons 9:00 - 11:30am	Swimming Lessons (4L) Drop-In Lane Swim (2L) 9:00 - 11:30am
Swimming Lessons 9:20 - 11:00am	Swimming Lessons 9:20 - 11:00am	Swimming Lessons 9:20 - 11:00am	Swimming Lessons 9:20 - 11:00am	Drop-In Plunge & Play 9:30 - 11:00am		
Drop-In Aquafit Combined 11:15am - 12:00pm	Drop-In Gentle Fitness/ Caregiver & Tot 11:10am - 12:00pm	Drop-In Aquafit Combined 11:15am - 12:00pm	Drop-In Gentle Fitness/ Caregiver & Tot 11:10am - 12:00pm	Drop-In Aquafit Combined 11:15am - 12:00pm		
Drop-In Lane Swim 12:05 - 1:00pm	Drop-In Lane Swim 12:05 - 1:00pm	Drop-In Lane Swim 12:05 - 1:00pm	Drop-In Lane Swim 12:05 - 1:00pm	Drop-In Lane Swim 12:05 - 1:00pm	Drop-In Lane Swim (4L)/ Gentle Fitness (2L) 11:45am - 12:55pm	Drop-In Lane Swim (4L)/ Gentle Fitness (2L) 11:45am - 12:55pm
Drop-In Modified Swim 1:15 - 2:45pm		Drop-In Modified Swim 1:15 - 2:45pm			Party Rental or Drop-In Swim 1:00 - 2:00pm	Drop-In Swim 1:00 - 5:30pm
Drop-In Lane Swim 3:00 - 4:00pm	Drop-In Lane Swim 3:00 - 4:00pm	Drop-In Lane Swim 3:00 - 4:00pm	Drop-In Lane Swim 3:00 - 4:00pm	Drop-In Lane Swim 3:00 - 4:00pm	Drop-In Swim 2:00 - 5:30pm	
Drop-In Swim 6:00 - 9:00pm	Swimming Lessons 5:30 - 8:00pm	Swimming Lessons 5:30 - 8:45pm	Swimming Lessons 5:30 - 8:00pm	Drop-In Toonie Swim 6:15 - 8:00pm		
	Drop-In Aquafit Variety 8:15 - 9:00pm		Drop-In Gentle Fitness 8:15 - 9:00pm	Drop-In Youth Be Active 12yrs+ 8:00 - 10:00pm		
Drop-In Lane Swim 9:00 - 10:00pm	Drop-In Lane Swim 9:00 - 10:00pm	Drop-In Lane Swim 9:00 - 10:00pm	Drop-In Lane Swim 9:00 - 10:00pm			



Descriptions on page 14

\*The pool space may be shared by users taking advanced courses at any time.\*

# AQUATICS



# SUMMER

Jun 30 - Aug 31

Registered Program

User Group Booking

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Drop-In Lane Swim 6:00 - 8:00am	Drop-In Lane Swim 6:00 - 8:00am	Drop-In Lane Swim 6:00 - 8:00am	Drop-In Lane Swim 6:00 - 8:00am	Drop-In Lane Swim 6:00 - 8:00am		
Drop-In Aquafit Combined 8:05 - 8:50am	Drop-In Aquafit Combined 8:05 - 8:50am	Drop-In Aquafit Combined 8:05 - 8:50am	Drop-In Aquafit Combined 8:05 - 8:50am	Drop-In Aquafit Combined 8:05 - 8:50am		
Swimming Lessons 9:00 - 11:00am	Swimming Lessons 9:00 - 11:00am	Swimming Lessons 9:00 - 11:00am	Swimming Lessons 9:00 - 11:00am	Drop-In Plunge & Play 9:00 - 11:00am	Drop-In Caregiver & Tot (4L) Lane Swim (2L) 9:00 - 11:30am	Swimming Lessons (4L) Drop-In Lane Swim (2L) 9:00 - 11:15am
Drop-In Aquafit Combined 11:15am - 12:00pm	Drop-In Gentle Fitness/ Caregiver & Tot 11:10am - 12:00pm	Drop-In Aquafit Combined 11:15am - 12:00pm	Drop-In Gentle Fitness/ Caregiver & Tot 11:10am - 12:00pm	Drop-In Aquafit Combined 11:15am - 12:00pm	Drop-In Gentle Fitness (4L) / Drop- In Lane Swim (2L) 11:45am - 1:15pm	
Drop-In Lane Swim 12:05 - 1:00pm	Drop-In Lane Swim 12:05 - 1:00pm	Drop-In Lane Swim 12:05 - 1:00pm	Drop-In Lane Swim 12:05 - 1:00pm	Drop-In Lane Swim 12:05 - 1:00pm	Party Rental or Drop-In Toonie Swim 1:30 - 2:30pm	Drop-In Toonie Lane Swim 11:30am - 1:15pm
Drop-In Modified Swim 1:15 - 2:45pm		Drop-In Modified Swim 1:15 - 2:45pm		Drop-In Swim 1:00 - 2:45pm		
Drop-In Lane Swim 3:00 - 4:00pm	Drop-In Lane Swim (2L) /Drop-In Swim (4L) 2:30 - 4:00pm	Drop-In Lane Swim 3:00 - 4:00pm	Drop-In Lane Swim (2L) /Drop-In Swim (4L) 2:30 - 4:00pm	Drop-In Lane Swim 3:00 - 4:00pm	Drop-In Toonie Swim 2:30 - 5:30pm	Drop-In Toonie Swim 1:30 - 5:30pm
Swimming Lessons 6:00 - 8:00pm	Swimming Lessons 6:00 - 8:00pm	Swimming Lessons 6:00 - 8:00pm	Swimming Lessons 6:00 - 8:00pm			
Drop-In Toonie Swim 8:00 - 9:00pm	Drop-In Aquafit Variety 8:15 - 9:00pm	Drop-In Toonie Swim 8:00 - 9:00pm	Drop-In Gentle Fitness 8:15 - 9:00pm	Drop-In Toonie Swim 6:15 - 10:00pm		
Drop-In Lane Swim 9:00 - 10:00pm	Drop-In Lane Swim 9:00 - 10:00pm	Drop-In Lane Swim 9:00 - 10:00pm	Drop-In Lane Swim 9:00 - 10:00pm			





Parks and Recreation strives to make our facility accessible and inclusive for all.

Please note we offer a free entry for one support worker or caregiver per person.

### **Aquafit Combined**

This class is a combination of shallow and deep water activity. Instructor will provide modifications for both varieties so you can choose your space in the water.

### **Aquafit Variety**

This class is a combination of strength and cardio. Instructor will choose shallow, deep, or tethered. You will experience a new workout each time and can expect a challenge.

### **Caregiver & Tot (0-7yrs)**

This class is a relaxed swim where parents and toddlers play and explore water together, promoting comfort and fun in the pool.

### **Gentle Fitness**

This space will be available for any aquatic fitness such as aqua jogging/walking, self-directed aquafit, lane swimming, and casual stretching. There are no lane ropes in the designated space, but lane ropes may be used as a divider for other programming in the pool.

### **Lane Swim**

This space will be available for swimming laps in the pool. There will be lane ropes in the pool during this time. Participants must be able to swim a full length comfortably.

### **Modified Swim**



This program is intended for participants who require the assistance of a support worker or caregiver. We offer temporary gender neutral changerooms for support workers or caregivers to provide assistance to participants. The program is sensory sensitive by request including no music, and limited noise level.

Accessible chair lift (PAL) is available for pool entry (up to 300lbs).

### **Plunge & Play (0-7yrs)**

Enjoy caregiver and tot time with your little one where they can swim and play in our field house too. This program includes a supervised swim time plus a variety of preschool sports equipment in the field house that will spark physical activity. This is a parent supervised activity where families can enjoy socialization while playing.



This symbol identifies the class is adaptive for all abilities.



## **Greater Foothills Family Centre**

Part of the Greater Foothills Family Resource Network

Offering FREE Programs, Supports and Services for families with children 0-12 years and Parent Education programs for families with children

0-18 years. Programs include Early Childhood Programming, Middle Years Programs, Parent Education Programs, Family Support, Ages & Stages Questionnaire and more!

We are proud to be the HUB for the Greater Foothills Family Resource Network, providing information and referrals to services for children, youth and families

Check out our website! [greaterfoothillsfamilycentre.ca](http://greaterfoothillsfamilycentre.ca)

Call 403-652-8633 or toll free at 1-877-652-8633 to find out more



**GREATER FOOTHILLS  
FAMILY CENTRE**



**SCAN ME**

# PARENTS NIGHT OUT

AGES 6-11

6:00 - 8:30 p.m. | BSRC - Studio B

One Saturday a month

This is a registered program where a Play Leader watches your child(ren) in a fun, safe environment. While we watch your kid(s), you get to go out and enjoy dinner, quiet time, or whatever kid free event you have planned for the evening.



## Activities :

- ✓ Snack
- ✓ Crafts
- ✓ Games

**\$20 per child/  
\$15 per sibling**





# CAN'T WAIT FOR SUMMER BREAK? NEITHER CAN WE!

**Summer camp is a place where children make some of their fondest memories. Every year thousands of children go to camp to have the best summer ever.**

**That's where you come in!**

**We are looking for confident, energetic Leaders in Training to bring in new culture and diversity for the summer.**

**Come teach what you love and have fun!**

We're already planning all the fun and games, and ways to make new friends!

## Leader In Training (13yrs+)

Are you a responsible 13-17 year old looking to gain valuable experience working with children while having a blast? We want you to join us for our PLAY Parks & Rec Volunteer Program! You will assist Play Leaders with games, crafts, activities, swimming, field trips and more! Be a role model to the children of our community as you volunteer for at least one week of camp.

Location: BSRC - Studio B

Jun 04	Wed	4:30 p.m. - 6:30 p.m.	FREE	0304.025
Jun 05	Thu	4:30 p.m. - 6:30 p.m.	FREE	0305.025



## Volunteers Welcome!

The Bob Snodgrass Recreation Complex is looking for vibrant residents to assist visitors and staff. For your volunteer efforts you will earn drop-in passes to the facility. For more information and to sign-up, contact Customer Service 403-652-4042.



# Recreation Summer Camp Programs

## Location

Bob Snodgrass Recreation Complex

Camp Time: 9:00am - 4:00pm	
Warm-up Care: 7:30 - 9:00am      Cool-down Care: 4:00 - 5:30pm	
DATES & PRICE	CAMP
<b>Week 1</b> July 2 - 4 \$117/week or \$45/day	Superheroes & Villains
	Creative Crafty
<b>Week 2</b> July 7 - 11 \$195/week or \$45/day	Dance Camp (full week only)
	Blast from the Past
<b>Week 3</b> July 14 - 18 \$195/week or \$45/day	Camp Swimmer
	World Traveler
<b>Week 4</b> July 21 - 25 \$195/week or \$45/day	Bike & Hike (full week only)
	All Sorts of Sports
<b>Week 5</b> July 28 - August 1 \$195/week or \$45/day	Create Your Own Camp
	Science Discovery
<b>Week 6</b> August 5 - 8 \$156/week or \$45/day	Bike & Hike (full week only)
	Space is the Place
<b>Week 7</b> August 11 - 15 \$195/week or \$45/day	Olympics
	Inspired by Nintendo
<b>Week 8</b> August 18 - 22 \$195/week or \$45/day	Game Show Mania
	Nature Navigators

## Move 'n Play Mini Camps (3-6yrs)

Time	Price
Monday - Friday 9:00 - 11:00am	\$50/week No daily option available

Our mini camps run each week from  
July 2 - Aug 22 at the BSRC.

Run, jump, skip and throw in this non-parented program. The best way to learn these FUNdamental movement skills is through play with one of our Physical Literacy trained Play Leaders. Your child will have the ultimate play experience as they explore the world around them.

Please dress your child for the weather as this is an outdoor program. Children must be potty trained and able to toilet on their own.

In 2022, The Town of High River won the Rick Curtis High Five Award for the work we have done in training our staff.



High Five® is a nationally recognized coaching/instructor certification that ensures your child receives the best care possible. High Five® emphasizes the five principles important in Healthy Child Development; caring adult, mastery of skills, participation of children, friendship and opportunity for everyone to play. Physical Literacy is the development of one's ability to move actively with competence, motivation and with confidence. In short, the ABC's of body movement. When we feel confident and competent in our physical activity, the chances of us staying active for life increases.

Each week offers two camp options for 6-8 yrs and 9-12 yrs.

# Camp Descriptions



## All Sorts of Sports

This is a high energy camp where your child engages in games that incorporate teamwork, fair play, skill development, and most importantly, fun! A different sport will be introduced each day.

## Bike & Hike

Meet new friends and build confidence riding in a safe and fun environment and enjoy hikes through the Happy Trails. Please bring your bike and helmet each day of camp. Helmets are mandatory. Campers must know how to ride a two-wheeler bike and supply and ride their own bike daily.

## Blast from the Past

Embark on an adventure through history while exploring the age of dinosaurs and ancient Egypt. Experience quests to bring the past to life.

## Camp Swimmer

A great opportunity for your child to take a swim lesson while at camp. Get a taste of our Swim to Survive program when camps and aquatics come together for a great week of water fun.

## Create Your Own Camp

Dream of being a Play Leader? Learn about leadership, adaptability and teamwork in this camp as we will teach you how we program, followed by planning and leading your own day of camp!

## Creative Crafty

In this camp, creativity is not only encouraged but celebrated! Join us for a week of fun while creating all types of art throughout the week.

## Dance Camp

Come join us for a week of dance and movement activities. A short dance will be performed on the final day for parents/guardians and other campers.

## Game Show Mania

Start the week off by playing a game show! Plus, design and create your own game show to teach and play with other campers.

## Inspired by Nintendo

Created by last years campers, it's time to "switch" it up and bring Nintendo off the screen and into real life in this camp. Play as your favourite character, create your own mini games and challenge other players throughout the week.

## Nature Navigators

Interested in nature and love to adventure? Our camp offers ample time to observe, learn, play and discover in our outdoor environment.

## Olympics

Working in teams, or solo challenges, we have a week of fun planned doing physical activities, crafts and games inspired by the real summer Olympics.

## Science Discovery

Indulge in the excitement of discovery while doing science experiments, projects and demos. Play games and other activities to discover and broaden the horizon of fun and play.

## Space is the Place

Learn about stars, the moon, and all things outer space in our camp. Enjoy time exploring through guided learning opportunities, activities, and experiments.

## Superheroes & Villains

Soar into a new world of amazing mythic stories and comics. With a balance of brain powered challenges and agility testing skills, put your superpowers to the ultimate test!

## World Traveler

Join us on a weeklong journey around the world! Exploring the pyramids to the tropics, we will learn about cultures from across the world through crafts, songs, and games.



**We grow better together**

From books to gadgets to community. We've got something for everyone.

Find out more at :

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





# COMMUNITY PROGRAMS



## PRESCHOOL

### Plunge & Play Drop-In (0-7yrs)

Enjoy caregiver and tot time with your little one where they can swim and play in our field house too. This program includes a supervised swim time plus a variety of preschool sports equipment in the field house that will spark physical activity. This is a parent supervised activity where families can enjoy socialization while playing.

Location: BSRC - Cargill Field House

Fri 9:00 a.m. - 11:30 a.m.

Location: BSRC - Pool

Fri 9:30 a.m. - 11:00 a.m. (Spring)

Fri 9:00 a.m. - 11:00 a.m. (Summer)

**\$5.00/family** (includes pool entry)

### Together We Play Drop-In (0-7yrs)

This program is designed for the preschooler and caregiver to enjoy self-directed play. Explore our preschool field house sports equipment and meet new families at the same time! This is a caregiver supervised activity.

Location: BSRC - Cargill Field House

May 03 - June 21 Sat 9:00 a.m. - 11:30 a.m. (Spring)

Jul 03 - Aug 21 Wed 10:45 a.m. - 12:15 p.m. (Summer)

**\$5.00/family**

### **NEW** Preschool Outdoor Multisport (4-6yrs)

This instructor-led, non-parented course will focus on developing basic physical literacy skills. Class will include 15 minutes of open play time to allow for participants to create their own experience. Running shoes are required. Please wear sunscreen and bring a water bottle.

Location: BSRC - Outside/Small Arena

Tues 1:00 p.m. - 1:45 p.m.

Thur 1:00 p.m. - 1:45 p.m.

Apr 29 - Jun 17 8 Classes \$60.00 0306.025

May 1 - Jun 19 8 Classes \$60.00 0307.025

## FREE LOCAL EVENTS MONTHLY



SeniorConnexx



**WILD ROSE**  
Community Connections



DadConnexx

Cooking Classes

Join  
US!

Fun Activities

Coffee Chat

Free Dinner

**WRCC brings together good people to do simple, but powerful things that make a positive difference in the lives of individuals, children and families.**



SCAN ME!

Events Calendar

**403-601-2910**

[www.wildrosecommunityconnections.com](http://www.wildrosecommunityconnections.com)

# COMMUNITY PROGRAMS

**Have a CAP card?**  
**Get 50% off registered programs!**  
**Contact FCSS for more information**  
**403-652-8620**

## CHILD & YOUTH

### Youth Multisport with Bailey (6-12yrs)

This engaging program is designed to develop the basic skills and understanding of a variety of sports. Each class will include skills, drills, and teamwork. Please bring indoor shoes and a water bottle.

Location: BSRC - Cargill Field House  
 Tues 4:15 p.m. - 5:15 p.m.

Apr 29 - Jun 17      8 Classes      \$60.00      0308.025

### Homeschool Sport FUNDamentals & Play (6-14yrs)

This fast and fun program is designed for homeschooled children. Each week your child will learn a new instructor led FUNDamental sport as well as participate in unstructured physical activity. This course is designed to improve gross motor skills, encourage interaction, and enhance overall social and mental well-being.

Location: BSRC - Cargill Field House  
 Wed 12:30 p.m. - 1:30 p.m.

Apr 30 - Jun 11      5 Classes      \$37.50      0309.025  
 (No class May 7 or May 21)

### Dance with Vivian (3-6yrs)

Get your little one moving and grooving in this non-parented class. Children will develop physical literacy skills through dance and play, focusing on coordination, musicality, and creative movement. Children must be potty-trained. At the end of the session, a small recital will be performed for families.

Location: BSRC - Studio A  
 Sat 11:00 a.m. - 11:45 a.m.

May 10 - Jun 21      6 Classes      \$45.00      0310.025  
 (No class May 17)

### Youth Learn to Pickleball with Gail (8-15yrs)

This session includes skill level development, proper warm-up, rules and game play. Registration includes a wristband for Youth After School Sports from 4:00pm - 8:00pm.

Location: BSRC - Cargill Field House      **\$7.50/session**  
 Fri 4:00 p.m. - 5:00 p.m.

May 23      0311.025      Jun 13      0312.025

### Kids Kung Fu Cardio with Derek (6-13yrs)

This fun class will allow students to explore exciting exercises from Shaolin Kung Fu and Wing Chun. Kids will learn punching and kicking techniques as well as meditation. Focus mitts are used to help kids concentrate on the tasks at hand and to help them build self-confidence.

Location: BSRC - Studio A      Sat      10:00 a.m. - 10:45 a.m.

May 03 - Jun 21      8 Classes      \$60.00      0314.025  
 Jul 05 - Jul 26      4 Classes      \$30.00      0315.025

Summer Program


## Serving Adults & Families




in the Foothills County

### Classes Offered:

- pre GED
- GED prep
- Basic Digital Skills
- English Language Learning
- Building Blocks Family Literacy
- One on one support with your identified learning goal

Come learn with us!



More information

403 652 5090  
 info@litforlife.com  
 www.litforlife.com

# COMMUNITY PROGRAMS

## CHILD & YOUTH

### YASS and YBA end June 13

#### Youth After School Sports (8-17yrs) **\$2**

Join us in the Cargill Field House for unstructured drop-in time. A Play Leader is available to help set-up equipment and provide music!

Location: BSRC - Cargill Field House

Mon - Thur 4:00 p.m. - 5:30 p.m.

Fri 4:00 p.m. - 8:00 p.m.

#### Youth Be Active (12-17yrs) **\$2**

Join us in the pool, the small arena, or the Cargill Field House for drop-in time. A Play Leader is available in the field house to help set-up equipment and provide music!

Location: BSRC - Cargill Field House, Pool, Small Arena

Fri 8:00 p.m. - 10:00 p.m.

#### Grade 5 Get Active




Sponsored access to the BSRC on a drop-in basis by the High River District Health Care Foundation. Every child in Grade 5 in High River, Blackie, Cayley, Nanton, Longview and Foothills County will receive a brochure within the first month of school. The brochure will be signed by a teacher and caregiver, then presented to the Bob Snodgrass Recreation Complex to receive a Grade 5 pass valid for unlimited drop-in from September until August.

#### Grade 6 Stay Active



Grade 6 students are provided a FREE 10-pass for drop-in access sponsored by the Town of High River. Every child in Grade 6 in High River, Blackie, Cayley, Nanton, Longview and Foothills County will receive a brochure within the first month of school. The brochure will be signed by a teacher and caregiver, then presented to the Bob Snodgrass Recreation Complex to receive a Grade 6 pass valid for 10 drop-in visits from September until August.

Just try new things. Don't be afraid.  
Step out of your comfort zones and  
soar, all right?  
-Michelle Obama

**Stay & Play**  **High River**

The Greater Foothills Family Centre offers FREE Stay & Play programs. Join us for crafts, fun play areas, circle time and more! Its also a great opportunity to connect with other children and parents/caregivers.

**STAY & PLAY TIMES**  
Tuesdays, Thursdays, & Saturdays 9-11:30am  
& Wednesdays, 1-3pm  
303 9th Ave SW, High River

For more information please call the Greater Foothills Family Centre  
403 652 8633 or toll free 1 877 652 8633

#### Home Alone - Canada Safety Council (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 short periods of time. The program will help children understand how to prevent problems, handle real-life situations, and keep themselves safe and constructively occupied.

Location: BSRC - Board Room

9:30 a.m.- 12:30 p.m.

Jun 14 Sat \$38 0316.025

#### Babysitting - Canada Safety Council (12yrs+)

This course is designed to prevent injuries and promote the responsible management of common situations that may arise while children are under the care of babysitters. The course material covers topics such as: becoming a successful babysitter, caring for children from three months to school-age, handling emergencies and caring for a sick/injured child.




Location: BSRC - Studio B

9:00 a.m. - 4:00 p.m.

Jul 12 Sat \$65 0317.025



# COMMUNITY PROGRAMS

-  This symbol identifies that a virtual option is available.
-  This symbol identifies that seated options are available in the program.
-  This symbol identifies the class is adaptive for all abilities.



**Membership benefits:**

- Weekly club nights for social play*
- Socials and annual events*
- Skill, drills & beginner sessions to improve your game*
- Doubles ladder for more competitive play*

Memberships - \$60/household

 [www.highrivertennis.com](http://www.highrivertennis.com)

Scan to subscribe to our  
Parks & Recreation Newsletter!



## ADULT FITNESS 16YRS+

### Stronger U with Bonnie

Stronger U incorporates cardio, strength, stretch, and circuit to work your entire body. You will be working out using weights, resistance bands, and air-light balls all while grooving to some music.

Location: BSRC - Studio A  
Tues 9:45 a.m. - 10:45 a.m.

Apr 29 - Jun 17    Tues    8 Classes    \$68.00    0318.025

### Cardio Sculpt with Karen

This 45-minute interval class focuses on cardio bursts to get your heart going, mixed with strength training. We'll focus on building strength, coordination, heart and lung function, and balance. A stretching segment rounds the class out. Beginners welcome!

Location: BSRC - Studio A  
Tues 5:45 p.m. - 6:30 p.m.

Apr 29 - Jun 17    8 Classes    \$68.00    0320.025

### Dance Fitness with Karen

Dancing is a great way to burn calories and get your heart pumping. It is also a great workout for your brain. This hour-long class is cardio based and will get you moving to the beat! We'll stick to the same songs and routines so you'll have plenty of time to practice throughout the session. All levels welcome.

Location: BSRC - Studio A  
Tues 6:45 p.m. - 7:45 p.m.

Apr 29 - Jun 17    8 Classes    \$68.00    0321.025

# COMMUNITY PROGRAMS

Oops! We cancelled it...  
 Because we didn't know that you wanted it!  
 We recommend registering at least one week prior to class so we can reduce class cancellations.

## ADULT FITNESS 16YRS+

### Strength & Conditioning with Michelle

Building and maintaining strength in your heart and bones is the key to active aging! This class is designed to progress each week with options such as hand weights, resistance bands, strength conditioning, cardiovascular intervals, and stretching to keep the joints feeling well.

Location: BSRC - Studio A

Wed 9:30 a.m. - 10:30 a.m.  
 Thur 8:30 a.m. - 9:30 a.m.  
 Fri 9:30 a.m. - 10:30 a.m.

Apr 30 - Jun 18	Wed	8 Classes	\$68.00	0322.025
May 01 - Jun 19	Thur	8 Classes	\$68.00	0323.025
May 02 - Jun 20	Fri	8 Classes	\$68.00	0324.025



### Rhythm Tap with Gloria

Tap dancing is an art form that exudes happiness. The rhythms created can be simple or complex and range from Latin, jazz, soft shoe and traditional. Tap dancing is a fun, positive way to aid coordination, balance and cardiovascular and cognitive health.

Location: BSRC - Studio A

Wed 1:00 p.m. - 1:45 p.m.

May 14 - Jun 25	7 Classes	\$59.50	0325.025
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### Kung Fu Cardio with Derek (13+yrs)

This class will specialize in conditioning your body using techniques from Shaolin Kung Fu and Wing Chun. The class will mix together punching patterns, kicking patterns and traditions of Kung Fu training passed down over hundreds of years. Included will be warm ups and cool downs with different stretches.

Location: BSRC - Studio A

Wed 5:30 p.m. - 6:30 p.m.

May 07 - Jun 25	8 Classes	\$68.00	0326.025
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### Qigong with Julie

Qigong focuses on healing and wellness. It is an accessible practice for beginners combining breathwork, visualization, slow movements and guided meditation. You will be deepening the mind body connection. Relaxation, improved health, balance/stability and decreased stress are some of the health benefits in the practice of Qigong.

Location: BSRC - Studio A / Outside (Weather dependent)

Thur 11:15 a.m. - 12:15 p.m.

May 01 - Jun 19	8 Classes	\$68.00	0327.025
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### Zumba® Step with Christy

Zumba® Step increases cardio and calorie burning, while adding moves that define and sculpt your core and legs. Step aerobics is combined with the fun fitness party that only Zumba® brings to the dance floor!

Location: BSRC - Studio A

Thur 6:00 p.m. - 7:00 p.m.

May 01 - Jun 19	8 Classes	\$68.00	0328.025
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# COMMUNITY PROGRAMS

**Have a CAP card?**  
**Get 50% off registered programs!**  
**Contact FCSS for more information**  
**403-652-8620**

## YOGA

### Gentle Yoga with Robyn V A

This class introduces postures to keep your joints moving, tone your muscles, build strength as well as breathwork to relax your mind. No experience required for this practice and modifications are available for all abilities.

Location: BSRC – Studio A

Mon 9:45 a.m. - 10:45 a.m.  
 Thur 9:45 a.m. - 10:45 a.m.

May 05 - Jun 23	Mon	7 Classes	\$59.50	0329.025
<b>(No class May 19)</b>				
May 01 - Jun 19	Thur	8 Classes	\$68.00	0330.025

### Monday Night Yoga with Colleen

Examine the connection between Yoga, Self, and Community. Experience sun salutations, breathing exercises, posture, sound, written word, and guided relaxation. Explore the possibility of connecting with your authentic self while enhancing strength and flexibility.

Location: BSRC – Studio A

Mon 6:00 p.m. - 7:45 p.m.

May 05 - Jun 16	6 Classes	\$96.00	0331.025
<b>(No class May 19)</b>			

### Vinyasa Flow Yoga with Derek

In our Vinyasa Flow yoga class you will warm and stretch your muscles allowing for greater range of motion. This practice will strengthen and tone the entire body, build endurance, release stress, increase concentration and balance as well as offer a cardiovascular workout.

Location: BSRC - Studio A

Wed 6:45 p.m. - 7:45 p.m.

May 07 - Jun 25	8 Classes	\$68.00	0334.025
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### NEW Rise and Stretch with Derek

One hour of easy stretching to help your muscles and joints. Perfect for those who want to reduce stiffness, increase flexibility and feel better during the day. Great for men and women of any age and level.

Location: BSRC - Studio A

Sat 9:05 a.m. - 9:50 a.m.

May 03 - Jun 21	8 Classes	\$68.00	0335.025
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### Mindful Flow Yoga with Nicole A V

This class is an accessible yoga integrating standing, floor and chair adapted poses. This practice will ground and invigorate you, all while gently challenging your edge.

Location: BSRC - Studio A

Tues 4:30 p.m. - 5:30 p.m.

Apr 29 - Jun 17	8 Classes	\$68.00	0332.025
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### Restorative Yoga with Nicole A V

This class will help you to release tension, restore balance, and move with greater ease and intention. We will prioritize internal experience empowering you to nurture your well-being from the inside out.

Location: BSRC - Studio A

Thur 4:30 p.m. - 5:30 p.m.

May 01 - Jun 19	8 Classes	\$68.00	0333.025
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# COMMUNITY PROGRAMS

Did you know you can drop in to our registered programs?

\*Only available if class is not cancelled or at enrollment maximum\*

Call the Customer Service Desk for availability at 403-652-4042.

## ADULT FITNESS 16YRS+



## Summer Programs



### Gentle Yoga with Robyn



This class introduces postures to keep your joints moving, tone your muscles, build strength as well as breathwork to relax your mind. No experience required for this practice and modifications are available for all abilities.

Location: BSRC – Outside (Weather permitting)  
Mon 9:45 a.m. - 10:45 a.m.

Jul 07 - Aug 18 6 Classes \$51.00 0336.025  
(No class Aug 04)

### Strength & Conditioning with Michelle



Building and maintaining strength in your heart and bones is the key to active aging! This class is designed to progress each week with options such as hand weights, resistance bands, strength conditioning, cardiovascular intervals, and stretching to keep the joints feeling well.

Location: BSRC – Studio A  
Wed 9:30 a.m. - 10:30 a.m.

Jul 09 - Aug 13 6 Classes \$51.00 0337.025

### Kung Fu Cardio with Derek (13+yrs)

This class will specialize in conditioning your body using techniques from Shaolin Kung Fu and Wing Chun. The class will mix together punching patterns, kicking patterns and traditions of Kung Fu training passed down over hundreds of years. Included will be warm ups and cool downs with different stretches.

Location: BSRC – Studio A  
Wed 5:30 p.m. - 6:30 p.m.

Jul 02 - Jul 30 5 Classes \$42.50 0338.025

### Vinyasa Flow Yoga with Derek

In our Vinyasa Flow yoga class you will warm and stretch your muscles allowing for greater range of motion. This practice will strengthen and tone the entire body, build endurance, release stress, increase concentration and balance as well as offer a cardiovascular workout.

Location: BSRC - Studio A  
Wed 6:45 p.m. - 7:45 p.m.

Jul 02 - Jul 30 5 Classes \$42.50 0339.025

### Zumba® Step with Christy

Zumba® Step increases cardio and calorie burning, while adding moves that define and sculpt your core and legs. Step aerobics is combined with the fun fitness party that only Zumba® brings to the dance floor!

Location: BSRC - Studio A  
Thur 6:00 p.m. - 7:00 p.m.

Jul 03 - Aug 21 8 Classes \$68.00 0340.025

### Rise and Stretch with Derek

One hour of easy stretching to help your muscles and joints. Perfect for those who want to reduce stiffness, increase flexibility and feel better during the day. Great for men and women of any age and level.

Location: BSRC - Studio A  
Sat 9:05 a.m. - 9:50 a.m.

Jul 05 - Jul 26 4 Classes \$34.00 0341.025

### Mindful Flow Yoga with Nicole



This class is an accessible yoga integrating standing, floor and chair adapted poses. This practice will ground and invigorate you, all while gently challenging your edge.

Location: BSRC - Outside (Weather permitting)  
Tues 4:30 p.m. - 5:30 p.m.

Jul 08, Jul 22, Aug 05, Aug 19  
4 Classes \$34.00 0532.025

# COMMUNITY PROGRAMS



## FREE FITNESS PROGRAMS

### Walkers Gone Wild



Join our Fitness Leadership Volunteers in a FUN walking group! Walkers will track their laps and those who achieve the goal will be entered into a draw for a prize. Volunteers have been trained in Purposeful Movement for Older Adults through the Physical Culture Association of Alberta and High Five Principles of Healthy Aging. No exercise experience is necessary and mobility aids are welcome.

Location: BSRC - Cargill Field House or Outside  
 May 07 - Jun 25      Wed      10:00 a.m. - 11:00 a.m.

### High River Walk-About



Explore High River by foot, one park at a time. Each week you will meet at a different park where we will share interesting facts about the park and then walk and explore the area. Stay active and socialize while you walk about.

- May 01 - George Lane Park
- May 08 - Emerson Lake
- May 15 - Charles Clark Park
- May 22 - Birchwood Park
- May 29 - Sunshine Lake
- Jun 05 - Montrose Pergola
- Jun 12 - Food Forrest
- Jun 19 - Sheppard Family Park

Thurs 11:30 a.m. - 12:30 p.m.      0342.025

### Stationary Equipment - Basics to Move!



Are you curious about how to use our stationary cardio equipment? We offer FREE access to four stationary bikes, and a rowing machine. Join us for a simple training so you can learn to move on your own!

Location: BSRC - Meet in the lobby  
 May 10      Sat      4:00 p.m. - 4:30 p.m.      0533.025  
 Aug 12      Tues      10:00 a.m. - 10:30 a.m.      0534.025

### Outdoor Fitness Park - Basics to Move!



Are you curious about how to use the equipment at the outdoor fitness park? Join us for a simple training so you can learn to move on your own!

Location: 9th Ave SW  
 May 24      Sat      1:00 p.m. - 1:30 p.m.      0535.025  
 Aug 7      Thur      10:00 a.m. - 10:30 a.m.      0536.025

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# COMMUNITY PROGRAMS

## PERSONAL DEVELOPMENT

### Intermediate First Aid CPR Level 'C' & AED Full Course & Recertification - Workplace Approved

Comprehensive 16-hour course offering First Aid and cardiopulmonary resuscitation (CPR) skills for those who need training for work requirements or who want the knowledge to respond to emergencies. Federally approved and recognized program. Certification: Valid 3 years from the date of certification. Recertification: Must attend an Intermediate First Aid Recertification course before your certification expires.

Location: BSRC

**Full Course** \$150.00  
 May 24 & 25 Sat/Sun 9:00 a.m. - 5:00 p.m. 0539.025

**Recertification** \$80.00  
 May 10 Sat 9:00 a.m. - 5:00 p.m. 0540.025

### Learn to Pickleball with Brian

The program is intended for beginners. This session will include skill level development, proper warm-up, rules and game play. Paddles and pickleballs will be provided. Please bring indoor shoes and a water bottle.

Location: BSRC - Cargill Field House  
 Wed 9:00 a.m. - 10:00 a.m.  
**\$12.75/session**

May 21 0343.025 Jun 11 0344.025

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# SWIM LESSONS



## Parent & Tot

Parented (4 months - 18 months)

Parent & Tot classes provide an opportunity for parents and children to enjoy in-water interactions in a fun and social setting. Focusing on the importance of play and developing positive water aptitude and skills, children will gain valuable experience being in and around the water. Parents will learn to be Water Smart and keep themselves and their child safe in any aquatic setting.

Dates	Days	Time	Cost	Classes	ID #
Apr 29 – May 22	Tue/Thu	9:55 - 10:25 a.m.	\$56.00	8	0345.025
Jun 02 - Jun 25	Mon/Wed	10:30 - 11:00 a.m.	\$56.00	8	0348.025

## Parent & Tot

Parented (18 months - 3 years)

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

Dates	Days	Time	Cost	Classes	ID #
Apr 29 – May 22	Tue/Thu	9:20 - 9:50 a.m.	\$56.00	8	0346.025
Jun 02 - Jun 25	Mon/Wed	9:55 - 10:25 a.m.	\$56.00	8	0349.025

## Parent & Tot 1/2/3

Parented (4 months - 3 yrs)

Parent & Tot classes provide an opportunity for parents and children to enjoy in-water interactions in a fun and social setting. Focusing on the importance of play and developing positive water aptitude and skills, children will gain valuable experience being in and around the water. Parents will learn to be Water Smart and keep themselves and their child safe in any aquatic setting.

Dates	Days	Time	Cost	Classes	ID #
Apr 26 - Jun 28 <small>(No class May 17 or Jun 21)</small>	Sat	10:15 - 10:45 a.m.	\$56.00	8	0350.025
Apr 29 – May 22	Tue/Thu	6:05 - 6:35 p.m.	\$56.00	8	0351.025
May 04 - Jun 29 <small>(No class May 18)</small>	Sun	9:40 - 10:10 a.m.	\$56.00	8	0352.025
Jun 03 - Jun 26	Tue/Thu	5:35 - 6:05 p.m.	\$56.00	8	0353.025
Jul 02 - Jul 11	Wed-Fri/Mon-Fri	9:40 - 10:10 a.m.	\$56.00	8	0354.025
Jul 02 - Jul 11	Wed-Fri/Mon-Fri	6:40 - 7:10 p.m.	\$56.00	8	0355.025
Jul 06 - Aug 24	Sun	9:10 - 9:40 a.m.	\$56.00	8	0356.025
Jul 14 - Jul 24	Mon - Thu	9:05 - 9:35 a.m.	\$56.00	8	0357.025
Jul 14 - Jul 24	Mon - Thu	6:05 - 6:35 p.m.	\$56.00	8	0358.025
Jul 28 - Aug 08 <small>(No class Aug 04)</small>	Mon - Thu/Tue - Fri	9:40 - 10:10 a.m.	\$56.00	8	0359.025
Jul 28 - Aug 08 <small>(No class Aug 04)</small>	Mon - Thu/Tue - Fri	6:40 - 7:10 p.m.	\$56.00	8	0360.025
Aug 11 - Aug 21	Mon - Thu	10:30 - 11:00 a.m.	\$56.00	8	0361.025
Aug 11 - Aug 21	Mon - Thu	6:05 - 6:35 p.m.	\$56.00	8	0362.025

# SWIM LESSONS



## Preschool 1

\*Parented Optional\* (3 - 5yrs)

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

Dates	Days	Time	Cost	Classes	ID #
Apr 26 - Jun 28 <small>(No class May 17 or Jun 21)</small>	Sat	9:40 - 10:10 a.m.	\$56.00	8	0363.025
Apr 29 - May 22	Tue/Thu	9:55 - 10:25 a.m.	\$56.00	8	0364.025
Apr 29 - May 22	Tue/Thu	5:35 - 6:05 p.m.	\$56.00	8	0365.025
May 07 - Jun 25	Wed	6:05 - 6:35 p.m.	\$56.00	8	0366.025
Jun 02 - Jun 25	Mon/Wed	10:30 - 11:00 a.m.	\$56.00	8	0367.025
Jun 03 - Jun 26	Tue/Thu	6:05 - 6:35 p.m.	\$56.00	8	0368.025
Jul 02 - Jul 11	Wed-Fri/Mon-Fri	9:05 - 9:35 a.m.	\$56.00	8	0369.025
Jul 02 - Jul 11	Wed-Fri/Mon-Fri	10:30 - 11:00 a.m.	\$56.00	8	0370.025
Jul 02 - Jul 11	Wed-Fri/Mon-Fri	6:05 - 6:35 p.m.	\$56.00	8	0371.025
Jul 14 - Jul 24	Mon - Thu	9:40 - 10:10 a.m.	\$56.00	8	0372.025
Jul 14 - Jul 24	Mon - Thu	6:40 - 7:10 p.m.	\$56.00	8	0373.025
Jul 28 - Aug 08 <small>(No class Aug 04)</small>	Mon - Thu/Tue - Fri	9:05 - 9:35 a.m.	\$56.00	8	0374.025
Jul 28 - Aug 08 <small>(No class Aug 04)</small>	Mon - Thu/Tue - Fri	10:30 - 11:00 a.m.	\$56.00	8	0375.025
Jul 28 - Aug 08 <small>(No class Aug 04)</small>	Mon - Thu/Tue - Fri	6:05 - 6:35 p.m.	\$56.00	8	0376.025
Aug 11 - Aug 21	Mon - Thu	9:40 - 10:10 a.m.	\$56.00	8	0377.025
Aug 11 - Aug 21	Mon - Thu	6:40 - 7:10 p.m.	\$56.00	8	0378.025

## Preschool 2

Unparented (3 - 5yrs)

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

Prerequisite: Completed Preschool 1

Dates	Days	Time	Cost	Classes	ID #
Apr 26 - Jun 28 <small>(No class May 17 or Jun 21)</small>	Sat	9:10 - 9:40 a.m.	\$56.00	8	0379.025
Apr 29 - May 22	Tue/Thu	9:20 - 9:50 a.m.	\$56.00	8	0347.025
Apr 29 - May 22	Tue/Thu	5:35 - 6:05 p.m.	\$56.00	8	0380.025
Apr 29 - May 22	Tue/Thu	6:40 - 7:10 p.m.	\$56.00	8	0381.025
May 07 - Jun 25	Wed	6:05 - 6:35 p.m.	\$56.00	8	0382.025
Jun 02 - Jun 25	Mon/Wed	9:55 - 10:25 a.m.	\$56.00	8	0383.025
Jun 03 - Jun 26	Tue/Thu	6:05 - 6:35 p.m.	\$56.00	8	0384.025
Jul 02 - Jul 11	Wed-Fri/Mon-Fri	9:05 - 9:35 a.m.	\$56.00	8	0385.025
Jul 02 - Jul 11	Wed-Fri/Mon-Fri	6:05 - 6:35 p.m.	\$56.00	8	0386.025
Jul 14 - Jul 24	Mon - Thu	9:05 - 9:35 a.m.	\$56.00	8	0387.025
Jul 14 - Jul 24	Mon - Thu	10:30 - 11:00 a.m.	\$56.00	8	0388.025
Jul 14 - Jul 24	Mon - Thu	6:05 - 6:35 p.m.	\$56.00	8	0389.025
Jul 28 - Aug 08 <small>(No class Aug 04)</small>	Mon - Thu/Tue - Fri	9:05 - 9:35 a.m.	\$56.00	8	0390.025
Jul 28 - Aug 08 <small>(No class Aug 04)</small>	Mon - Thu/Tue - Fri	6:05 - 6:35 p.m.	\$56.00	8	0391.025
Aug 11 - Aug 21	Mon - Thu	9:05 - 9:35 a.m.	\$56.00	8	0392.025
Aug 11 - Aug 21	Mon - Thu	10:30 - 11:00 a.m.	\$56.00	8	0393.025
Aug 11 - Aug 21	Mon - Thu	6:05 - 6:35 p.m.	\$56.00	8	0394.025

# SWIM LESSONS



## Preschool 3

Unparented (3 - 5yrs)

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

Prerequisite: Completed Preschool 2

Dates	Days	Time	Cost	Classes	ID #
Apr 26 - Jun 28 <small>(No class May 17 or Jun 21)</small>	Sat	9:05 - 9:35 a.m.	\$56.00	8	0395.025
Apr 29 - May 22	Tue/Thu	10:30 - 11:00 a.m.	\$56.00	8	0396.025
Apr 29 - May 22	Tue/Thu	6:05 - 6:35 p.m.	\$56.00	8	0397.025
May 07 - Jun 25	Wed	6:05 - 6:35 p.m.	\$56.00	8	0398.025
Jun 02 - Jun 25	Mon/Wed	9:20 - 9:50 a.m.	\$56.00	8	0399.025
Jun 03 - Jun 26	Tue/Thu	7:30 - 8:00 p.m.	\$56.00	8	0400.025
Jul 02 - Jul 11	Wed-Fri/Mon-Fri	10:30 - 11:00 a.m.	\$56.00	8	0401.025
Jul 02 - Jul 11	Wed-Fri/Mon-Fri	7:30 - 8:00 p.m.	\$56.00	8	0402.025
Jul 14 - Jul 24	Mon - Thu	9:05 - 9:35 a.m.	\$56.00	8	0403.025
Jul 14 - Jul 24	Mon - Thu	6:05 - 6:35 p.m.	\$56.00	8	0404.025
Jul 28 - Aug 08 <small>(No class Aug 04)</small>	Mon - Thu/Tue - Fri	10:30 - 11:00 a.m.	\$56.00	8	0405.025
Jul 28 - Aug 08 <small>(No class Aug 04)</small>	Mon - Thu/Tue - Fri	7:30 - 8:00 p.m.	\$56.00	8	0406.025
Aug 11 - Aug 21	Mon - Thu	9:05 - 9:35 a.m.	\$56.00	8	0407.025
Aug 11 - Aug 21	Mon - Thu	6:05 - 6:35 p.m.	\$56.00	8	0408.025

## Preschool 4/5

Unparented (3 - 5yrs)

Preschool 4: Preschoolers will start to gain independence in deep water. They will practice jumping into and exiting deeper water, sideways entries, and opening their eyes under water. Participants will work on completing 5m of front crawl in their lifejackets and work on their ability to tread water.

Prerequisite: Completed Preschool 3

Preschool 5: Preschoolers will work towards achieving important swimming milestones such as treading in deep water for 10 seconds, and completing 5m swims of front and back crawl. Wearing a lifejacket, they will practice forward roll entries into deep water, learn to whip kick in a vertical position, and be introduced to interval training.

Prerequisite: Completed Preschool 4

Dates	Days	Time	Cost	Classes	ID #
Apr 26 - Jun 28 <small>(No class May 17 or Jun 21)</small>	Sat	11:05 - 11:35 a.m.	\$56.00	8	0409.025
Apr 29 - May 22	Tue/Thu	10:30 - 11:00 a.m.	\$56.00	8	0410.025
Apr 29 - May 22	Tue/Thu	6:40 - 7:10 p.m.	\$56.00	8	0411.025
May 07 - Jun 25	Wed	6:40 - 7:10 p.m.	\$56.00	8	0412.025
Jun 02 - Jun 25	Mon/Wed	9:20 - 9:50 a.m.	\$56.00	8	0413.025
Jun 03 - Jun 26	Tue/Thu	6:40 - 7:10 p.m.	\$56.00	8	0414.025
Jul 02 - Jul 11	Wed-Fri/Mon-Fri	9:05 - 9:35 a.m.	\$56.00	8	0416.025
Jul 02 - Jul 11	Wed-Fri/Mon-Fri	6:05 - 6:35 p.m.	\$56.00	8	0417.025
Jul 14 - Jul 24	Mon - Thu	10:30 - 11:00 a.m.	\$56.00	8	0418.025
Jul 14 - Jul 24	Mon - Thu	7:30 - 8:00 p.m.	\$56.00	8	0419.025
Jul 28 - Aug 08 <small>(No class Aug 04)</small>	Mon - Thu/Tue - Fri	9:05 - 9:35 a.m.	\$56.00	8	0420.025
Jul 28 - Aug 08 <small>(No class Aug 04)</small>	Mon - Thu/Tue - Fri	6:05 - 6:35 p.m.	\$56.00	8	0421.025
Aug 11 - Aug 21	Mon - Thu	9:05 - 9:35 a.m.	\$56.00	8	0422.025
Aug 11 - Aug 21	Mon - Thu	7:30 - 8:00 p.m.	\$56.00	8	0423.025



# SWIM LESSONS



## Swimmer 1

(6+yrs)

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

Prerequisite: Min 6yrs old

Dates	Days	Time	Cost	Classes	ID #
Apr 26 - Jun 28	(No class May 17 or Jun 21) Sat	10:45 - 11:30 a.m.	\$64.00	8	0424.025
Apr 29 - May 22	Tue/Thu	6:10 - 6:55 p.m.	\$64.00	8	0425.025
Apr 29 - May 22	Tue/Thu	7:00 - 7:45 p.m.	\$64.00	8	0426.025
May 07 - Jun 25	Wed	6:40 - 7:25 p.m.	\$64.00	8	0427.025
Jun 03 - Jun 26	Tue/Thu	6:40 - 7:25 p.m.	\$64.00	8	0428.025
Jul 02 - Jul 11	Wed-Fri/Mon-Fri	9:40 - 10:25 a.m.	\$64.00	8	0429.025
Jul 02 - Jul 11	Wed-Fri/Mon-Fri	6:40 - 7:25 p.m.	\$64.00	8	0430.025
Jul 14 - Jul 24	Mon - Thu	10:15 - 11:00 a.m.	\$64.00	8	0431.025
Jul 14 - Jul 24	Mon - Thu	6:40 - 7:25 p.m.	\$64.00	8	0432.025
Jul 28 - Aug 08	(No class Aug 04) Mon - Thu/Tue - Fri	9:40 - 10:25 a.m.	\$64.00	8	0433.025
Jul 28 - Aug 08	(No class Aug 04) Mon - Thu/Tue - Fri	6:40 - 7:25 p.m.	\$64.00	8	0434.025
Aug 11 - Aug 21	Mon - Thu	10:15 - 11:00 a.m.	\$64.00	8	0435.025
Aug 11 - Aug 21	Mon - Thu	6:40 - 7:25 p.m.	\$64.00	8	0436.025

## Swimmer 2

(6+yrs)

Swimmers will make a splash with their kneeling dives and forward roll entries. Swimmers will be challenged by the introduction of various skills, including flutter kick on their front, back, and side, vertical whip kick with an aid, and swimming front crawl and back crawl for 10m. Swimmers will get to work on their Swim to Survive skills and be introduced to interval training.

Prerequisite: Completed Swimmer 1 or Preschool 5 experience

Dates	Days	Time	Cost	Classes	ID #
Apr 26 - Jun 28	(No class May 17 or Jun 21) Sat	10:50 - 11:35 a.m.	\$64.00	8	0437.025
Apr 29 - May 22	Tue/Thu	6:10 - 6:55 p.m.	\$64.00	8	0438.025
May 07 - Jun 25	Wed	7:30 - 8:15 p.m.	\$64.00	8	0439.025
Jun 03 - Jun 26	Tue/Thu	5:35 - 6:20 p.m.	\$64.00	8	0440.025
Jul 02 - Jul 11	Wed-Fri/Mon-Fri	10:15 - 11:00 a.m.	\$64.00	8	0441.025
Jul 02 - Jul 11	Wed-Fri/Mon-Fri	6:05 - 6:50 p.m.	\$64.00	8	0442.025
Jul 14 - Jul 24	Mon - Thu	9:40 - 10:25 a.m.	\$64.00	8	0443.025
Jul 14 - Jul 24	Mon - Thu	6:40 - 7:25 p.m.	\$64.00	8	0444.025
Jul 28 - Aug 08	(No class Aug 04) Mon - Thu/Tue - Fri	10:15 - 11:00 a.m.	\$64.00	8	0445.025
Jul 28 - Aug 08	(No class Aug 04) Mon - Thu/Tue - Fri	6:55 - 7:40 p.m.	\$64.00	8	0446.025
Aug 11 - Aug 21	Mon - Thu	9:40 - 10:25 a.m.	\$64.00	8	0447.025
Aug 11 - Aug 21	Mon - Thu	6:40 - 7:25 p.m.	\$64.00	8	0448.025

# SWIM LESSONS

**Why go on a wait list?**  
 If the class you are looking for is full, please enroll on a waitlist for the program. This helps us identify demand for a particular level and to accommodate another class when we can!

## Swimmer 3 (6+yrs)

Swimmers will make a splash with their kneeling dives and forward roll entries. Swimmers will be challenged with the introduction of more difficult (but fun) skills, such as front somersaults and handstands in shallow water. Increased time and distance components are incorporated for skills such as flutter kick on front and back, whip kick on back, front and back crawl, and interval training.  
 Prerequisite: Completed Swimmer 2

Dates	Days	Time	Cost	Classes	ID #
Apr 26 - Jun 28 (No class May 17 or Jun 21)	Sat	9:05 - 9:50 a.m.	\$64.00	8	0449.025
Apr 29 - May 22	Tue/Thu	7:15 - 8:00 p.m.	\$64.00	8	0450.025
May 07 - Jun 25	Wed	6:40 - 7:25 p.m.	\$64.00	8	0451.025
Jun 03 - Jun 26	Tue/Thu	6:10 - 6:55 p.m.	\$64.00	8	0452.025
Jun 03 - Jun 26	Tue/Thu	7:15 - 8:00 p.m.	\$64.00	8	0453.025
Jul 02 - Jul 11	Wed-Fri/Mon-Fri	9:05 - 9:50 a.m.	\$64.00	8	0454.025
Jul 02 - Jul 11	Wed-Fri/Mon-Fri	6:55 - 7:40 p.m.	\$64.00	8	0455.025
Jul 14 - Jul 24	Mon - Thu	9:55 - 10:40 a.m.	\$64.00	8	0456.025
Jul 14 - Jul 24	Mon - Thu	7:15 - 8:00 p.m.	\$64.00	8	0457.025
Jul 28 - Aug 08 (No class Aug 04)	Mon - Thu/Tue - Fri	9:05 - 9:50 a.m.	\$64.00	8	0458.025
Jul 28 - Aug 08 (No class Aug 04)	Mon - Thu/Tue - Fri	6:05 - 6:50 p.m.	\$64.00	8	0459.025
Aug 11 - Aug 21	Mon - Thu	9:55 - 10:40 a.m.	\$64.00	8	0460.025
Aug 11 - Aug 21	Mon - Thu	7:15 - 8:00 p.m.	\$64.00	8	0461.025

## Swimmer 4 (6+yrs)

Swimmers will move from a beginner to intermediate swimming level. Swimmers will complete standing dives, tread water for 1 minute, and work towards being able to swim underwater for 5m. Swimmers will achieve the Swim to Survive standard by being able to roll into deep water, tread water for 1 minute, and swim 50m. In addition to improving their front crawl, back crawl, and whip kick, swimmers will be introduced to breaststroke.  
 Prerequisite: Completed Swimmer 3

Dates	Days	Time	Cost	Classes	ID #
Apr 26 - Jun 28 (No class May 17 or Jun 21)	Sat	9:55 - 10:40 a.m.	\$64.00	8	0462.025
Apr 29 - May 22	Tue/Thu	7:00 - 7:45 p.m.	\$64.00	8	0463.025
May 07 - Jun 25	Wed	6:25 - 7:10 p.m.	\$64.00	8	0464.025
Jun 03 - Jun 26	Tue/Thu	7:00 - 7:45 p.m.	\$64.00	8	0465.025
Jul 02 - Jul 11	Wed-Fri/Mon-Fri	9:55 - 10:40 a.m.	\$64.00	8	0466.025
Jul 02 - Jul 11	Wed-Fri/Mon-Fri	7:15 - 8:00 p.m.	\$64.00	8	0467.025
Jul 14 - Jul 24	Mon - Thu	9:05 - 9:50 a.m.	\$64.00	8	0468.025
Jul 14 - Jul 24	Mon - Thu	6:05 - 6:50 p.m.	\$64.00	8	0469.025
Jul 28 - Aug 08 (No class Aug 04)	Mon - Thu/Tue - Fri	9:55 - 10:40 a.m.	\$64.00	8	0470.025
Jul 28 - Aug 08 (No class Aug 04)	Mon - Thu/Tue - Fri	7:15 - 8:00 p.m.	\$64.00	8	0471.025
Aug 11 - Aug 21	Mon - Thu	9:05 - 9:50 a.m.	\$64.00	8	0472.025
Aug 11 - Aug 21	Mon - Thu	6:05 - 6:50 p.m.	\$64.00	8	0473.025

# SWIM LESSONS



## Swimmer 5/6

(6+yrs)

Swimmer 5: Swimmers will be challenged with a whole new set of skills; shallow dives, tuck jumps (cannonball entries), eggbeater kick, and backward somersaults. Technique and endurance will also receive greater focus as swimmers will need to complete longer distance swim and interval training sessions for all their strokes.

Prerequisite: Completed Swimmer 4

Swimmer 6: Swimmers will build up their advanced skills set. They will work towards mastering side entries, compact jumps, and lifesaving kicks. Swimmers will also refine strokes to increase their swimming strength, power, and endurance- critical for success in the 300m swim required to complete the level.

Prerequisite: Completed Swimmer 5

Dates	Days	Time	Cost	Classes	ID #
Apr 29 – May 22	Tue/Thu	7:15 - 8:00 p.m.	\$64.00	8	0474.025
May 04 - Jun 29 (No class May 18)	Sun	10:30 - 11:15 a.m.	\$64.00	8	0475.025
May 07 - Jun 25	Wed	7:15 - 8:00 p.m.	\$64.00	8	0476.025
Jun 03 - Jun 26	Tue/Thu	6:25 - 7:10 p.m.	\$64.00	8	0477.025
Jul 02 - Jul 11	Wed-Fri/Mon-Fri	9:40 - 10:25 a.m.	\$64.00	8	0478.025
Jul 02 - Jul 11	Wed-Fri/Mon-Fri	6:40 - 7:25 p.m.	\$64.00	8	0479.025
Jul 14 - Jul 24	Mon - Thu	9:40 - 10:25 a.m.	\$64.00	8	0480.025
Jul 28 - Aug 08 (No class Aug 04)	Mon - Thu/Tue - Fri	6:40 - 7:25 p.m.	\$64.00	8	0481.025
Aug 11 - Aug 21	Mon - Thu	9:40 - 10:25 a.m.	\$64.00	8	0482.025
Aug 11 - Aug 21	Mon - Thu	6:55 - 7:40 p.m.	\$64.00	8	0483.025

## Rookie, Ranger, Star

(8 - 15yrs)

The Canadian Swim Patrol program provides enriched training for those who are ready to go beyond learn-to-swim. These programs continue to develop participants' swim strokes and provide the skill foundation that prepares them for success in the Society's Bronze Medal awards. The program has three modules: Water Proficiency, First Aid, and Recognition & Rescue.



Dates	Days	Time	Cost	Classes	ID #
May 07 - Jun 25 (Rookie/Ranger)	Wed	7:15 - 8:00 p.m.	\$64.00	8	0484.025
May 07 - Jun 25 (Ranger/Star)	Wed	7:30 - 8:15 p.m.	\$64.00	8	0485.025
Jun 03 - Jun 26	Tue/Thu	7:15 - 8:00 p.m.	\$64.00	8	0486.025
Jul 06 - Aug 24	Sun	9:45 - 10:45 a.m.	\$64.00	8	0487.025
Jul 14 - Jul 24	Mon - Thu	6:55 - 7:55 p.m.	\$64.00	8	0488.025
Jul 28 - Aug 08 (No class Aug 04)	Mon - Thu/Tue - Fri	9:40 - 10:25 a.m.	\$64.00	8	0489.025



# SWIM LESSONS



## Youth Basics Swimmer (10-16yrs)

This program is intended for teens ages 10-16 who want to learn how to swim and may not have had formal instruction. In this course, swimmers will start with the basics of breathing, floating, gliding and continue to develop their skills/strokes with confidence.

Dates	Days	Time	Cost	Classes	ID #
May 04 - Jun 29 (No class May 18)	Sun	10:15 - 11:00 a.m.	\$64.00	8	0490.025



## SwimAbilities Caregiver Required (17yrs+) 1 Caregiver : 1 Participant

SwimAbilities program is designed for participants with physical and/or cognitive limitations. This program provides small group lessons where the caregiver is in the water to provide one-on-one focus while being under the direction of a certified instructor. Swimmers will benefit from a slower paced program that provides more visual support, one-on-one assistance, and personal modifications.

Dates	Days	Time	Cost	Classes	ID #
May 04 - Jun 29 (No class May 18)	Sun	9:40 - 10:25 a.m.	\$64.00	8	0496.025
May 07 - Jun 25	Wed	5:35 - 6:20 p.m.	\$64.00	8	0497.025
Jul 06 - Aug 24	Sun	10:20 - 11:05 a.m.	\$64.00	8	0498.025

*NEW!*



*NEW!*

**Our new competitive team for Lifesaving Sport**

## Blended Lifesaving Sport (9 - 16yrs)

Lifesaving sport provides a challenge to youth who love the water while also exploring their limits in a safe aquatic environment. This program will work on lifesaving sport skills, lifesaving skills and safety management while also building confidence, introduce swimmers to Bronze Medallion and Bronze Cross, work on technical skills, and aquatic fitness.

Can register in one class, or both classes.

Prerequisites: Swimming 50 meters continuously

Dates	Days	Time	Cost	Classes	ID #
Apr 21 - Jun 09 (No class May 19)	Mon	4:30 - 5:30 p.m.	\$73.50	7	0491.025
Apr 23 - Jun 11	Wed	4:30 - 5:30 p.m.	\$84.00	8	0492.025

# SWIM LESSONS



## Adult Swim Basics (13+yrs)

Beginners just starting out or swimmers looking to improve their strokes will find that this program will help them achieve their swimming goals. Swimmers will work with an instructor to gain confidence in the water, develop smooth, recognizable strokes, and improve their water fitness.

Dates	Days	Time	Cost	Classes	ID #
May 04 - Jun 29 (No class May 18)	Sun	9:05 - 9:50 a.m.	\$64.00	8	0493.025

## Intermediate Adult Swimmer (13+yrs)

For adult swimmers looking to build confidence and strength in their strokes. Swimmers will work on building and developing smooth technical strokes, improving water fitness, and gaining confidence in some longer swimming. Swimmers in this program should feel comfortable swimming in deep water.

Dates	Days	Time	Cost	Classes	ID #
May 04 - Jun 29 (No class May 18)	Sun	9:55 - 10:40 a.m.	\$64.00	8	0494.025

## Masters (18+yrs)

Our new Masters program will provide you with 1 hour of stroke and technique feedback. Practices created by our coaches will focus on building swimming fitness and stroke technique in a group setting while also receiving individual feedback. This program is designed for adults looking for a community of like-minded people who are looking at developing and continuing their journey in aquatic fitness.

Dates	Days	Time	Cost	Classes	ID #
May 7 - Jun 25	Wed	6:45 - 7:45 a.m.	\$84.00	8	0495.025

# SWIM LESSONS



## Private Lessons (5+yrs)

Wanting 1:1 instruction, personalized swim lessons, or the ability to work on a specific skill? In our private lessons, participants will work on skills in the Lifesaving Society's Swim for Life program and instructors will customize the lesson to the participants needs. \*If the desire for private lessons is to pass a level, we recommend choosing 2-3 class sets as this gives more opportunity for swimmers to practice and develop their skills\*

Dates	Days	Time	Cost	Classes	ID #
May 04 - Jun 01 (No class May 18)	Sun	9:05 - 9:35 a.m.	\$140.00	4	0499.025
May 04 - Jun 01 (No class May 18)	Sun	9:05 - 9:35 a.m.	\$140.00	4	0500.025
May 04 - Jun 01 (No class May 18)	Sun	10:45 - 11:15 a.m.	\$140.00	4	0502.025
May 04 - Jun 01 (No class May 18)	Sun	11:05 - 11:35 a.m.	\$140.00	4	0501.025
May 07 - May 28	Wed	8:05 - 8:35 p.m.	\$140.00	4	0503.025
May 07 - May 28	Wed	8:05 - 8:35 p.m.	\$140.00	4	0504.025
Jun 04 - Jun 25	Wed	8:05 - 8:35 p.m.	\$140.00	4	0505.025
Jun 04 - Jun 25	Wed	8:05 - 8:35 p.m.	\$140.00	4	0506.025
Jun 08 - Jun 29	Sun	9:05 - 9:35 a.m.	\$140.00	4	0507.025
Jun 08 - Jun 29	Sun	9:05 - 9:35 a.m.	\$140.00	4	0508.025
Jun 08 - Jun 29	Sun	10:45 - 11:15 a.m.	\$140.00	4	0510.025
Jun 08 - Jun 29	Sun	11:05 - 11:35 a.m.	\$140.00	4	0509.025
Jul 06 - Jul 27	Sun	9:10 - 9:40 a.m.	\$140.00	4	0511.025
Jul 06 - Jul 27	Sun	9:10 - 9:40 a.m.	\$140.00	4	0512.025
Jul 06 - Jul 27	Sun	9:45 - 10:15 a.m.	\$140.00	4	0513.025
Jul 06 - Jul 27	Sun	9:45 - 10:15 a.m.	\$140.00	4	0514.025
Jul 06 - Jul 27	Sun	10:20 - 10:50 a.m.	\$140.00	4	0515.025
Jul 07 - Jul 10	Mon - Thu	7:30 - 8:00 p.m.	\$140.00	4	0516.025
Jul 14 - Jul 17	Mon - Thu	7:30 - 8:00 p.m.	\$140.00	4	0517.025
Jul 21 - Jul 24	Mon - Thu	7:30 - 8:00 p.m.	\$140.00	4	0518.025
Jul 28 - Jul 31	Mon - Thu	7:30 - 8:00 p.m.	\$140.00	4	0519.025
Aug 03 - Aug 24	Sun	9:10 - 9:40 a.m.	\$140.00	4	0520.025
Aug 03 - Aug 24	Sun	9:10 - 9:40 a.m.	\$140.00	4	0521.025
Aug 03 - Aug 24	Sun	9:45 - 10:15 a.m.	\$140.00	4	0522.025
Aug 03 - Aug 24	Sun	9:45 - 10:15 a.m.	\$140.00	4	0523.025
Aug 03 - Aug 24	Sun	10:20 - 10:50 a.m.	\$140.00	4	0524.025
Aug 05 - Aug 08	Tue - Fri	7:30 - 8:00 p.m.	\$140.00	4	0525.025
Aug 11 - Aug 14	Mon - Thu	7:30 - 8:00 p.m.	\$140.00	4	0526.025
Aug 18 - Aug 21	Mon - Thu	7:30 - 8:00 p.m.	\$140.00	4	0527.025



# SWIM LESSONS



## ADVANCED PROGRAMS

**Bronze Star** **\$99**  
 Sat 9:45 a.m. - 11:00 a.m.  
 Apr 26 - Jun 28 8 Classes 0528.025  
 (No class May 17 or Jun 21)



**Bronze Med & CPR-C** **\$160**  
 Fri 5:00 p.m. - 9:00 p.m.  
 Sat & Sun 9:00 a.m. - 5:00 p.m.  
 May 02 - 04 3 Classes 0529.025

**Bronze Cross** **\$185**  
 Fri 5:00 p.m. - 9:00 p.m.  
 Sat & Sun 9:00 a.m. - 5:00 p.m.  
 May 30 - Jun 01 3 Classes 0530.025

**National Lifeguard** **\$345**  
 Fri x2 5:00 p.m. - 9:00 p.m.  
 Sat/Sun x2 9:00 a.m. - 5:00 p.m.  
 Jul 11 - 13 & Jul 18 - 20 6 Classes 0537.025

**LSI (Lifesaving & Swim Instructor)**  
**\$345**  
 Fri x2 5:00 p.m. - 9:00 p.m.  
 Sat/Sun x2 9:00 a.m. - 5:00 p.m.  
 Jun 6 - 8 & Jun 13 - 15 6 Classes 0538.025

**THE BEST WAY TO SUMMER  
 IS IN THE POOL**



The High River Otters Swim Club is your solution to a GREAT Summer.

- |               |                    |
|---------------|--------------------|
| beat the heat | hang with friends  |
| build skills  | cross training for |
| stay active   | winter sports      |

**JOIN TODAY**  
 visit: [highriverotters.swimtopia.com](http://highriverotters.swimtopia.com)

## Did you know?

Students may receive High School credit for completing their Bronze Cross (1 credit), NL (2 credits), and LSI (2 credits).

\*Ask your school counsellor about this option\*

### Bronze Star 10yrs+

Participants develop swimming proficiency, lifesaving skills and personal fitness. Participants will refine their stroke mechanics, acquire self-rescue skills and apply fitness principles in training workouts. Completion of this course allows participants to register for Bronze Medallion at 12yrs old.

### Bronze Medallion & CPR-C

This course provides an understanding of lifesaving principles embodied in the four components of water rescue education: judgement, knowledge, skill, and fitness. Candidates acquire the assessment and problem-solving skills required to make good decisions in, on, and around the water.

Prerequisite: 13yrs or 12+yrs with Completion Bronze Star

### Bronze Cross 13yrs+

This course activates the transition from life saving to lifeguarding. It prepares candidates for responsibilities as Assistant Lifeguards. This course emphasizes the importance of team work and communication in preventing and responding to aquatic emergencies. This is a prerequisite for all advanced training programs including National Lifeguard.

Prerequisite: Completion Bronze Medallion and current Intermediate First Aid CPR-C/AED

### National Lifeguard (NL) 15yrs+

NL is the standard for lifeguard qualification in Canada. The primary role of the National Lifeguard is the prevention of emergency situations as well as a safe, effective, and timely resolution of emergencies.

Prerequisites: Completion Bronze Cross; current Intermediate First Aid CPR-C/AED

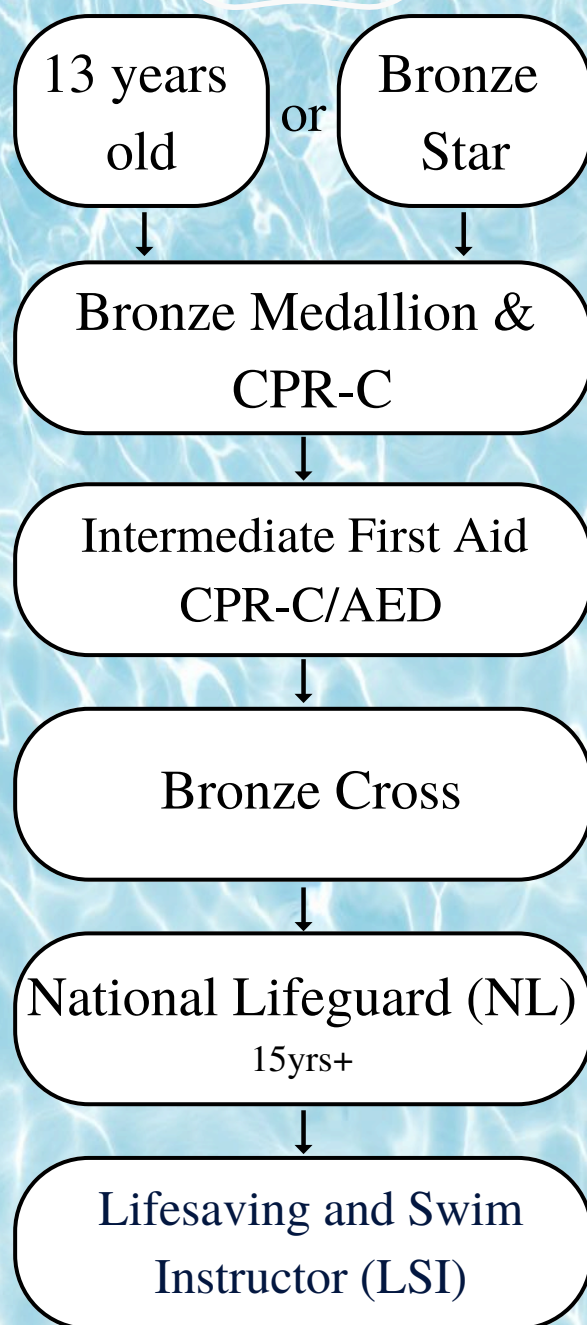
### Lifesaving Instructor (LSI) 15yrs+

LSI Certification is a combination certification of Swim Instructor and Lifesaving Instructor. Swim Instructor allows individuals to instruct Lifesaving Swim for Life® and Canadian Swim Patrol programs. Lifesaving Instructors are responsible for teaching and evaluating candidates participating in the Canadian Swim Patrol, Bronze Medals, and Lifesaving Society CPR programs.

Certification is valid 2 Years from the date of certification.

Prerequisites: Completed Bronze Cross or higher

# Become a Lifeguard Instructor







# MORE THAN JUST EMPLOYMENT!



## JOIN THE TEAM

**We're  
Hiring**



View current opportunities at [highriver.ca](http://highriver.ca)

### Gold Sponsors

- Auto Dynamics
- Brandt
- Century 21 - A. Jamie Ellice
- Co-operators
- Country Chrysler
- Factory Outlet Trailers
- Farmboy Landscaping
- Fineline Moving
- Highwood Trusses
- Highwood Golf
- Lock Wood Custom Exteriors
- NAPA Auto Parts
- Nelson Homes
- Niemans Drilling and Sons
- Nutrien Ag
- Platinum Fire & Security
- Western Financial

### Silver Sponsors

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- Foothills Family Chiropractic
- Foothills Signs
- Lutes Building Centre
- McIntosh Plumbing
- Peter Niemans Water Well Drilling
- Ramada High River
- Schultz Signs
- Signature Smiles
- Triple K Autobody
- Wasim Major Appliance Repairs

## Your Ad Here

Interested in advertising  
in our next Community Guide?

- 1/2 Page Black & White - \$130
- 1/4 Page Black & White - \$75





# Memorial Trees/ Memorial Benches

The Town of High River provides a memorial tree and bench program, allowing individuals to commemorate a significant milestone or special moment by establishing a lasting legacy. Honour a loved one or celebrate graduations, anniversaries, births or significant moments in your personal or professional life that can be part of the community for generations. Choose a location where your memorial bench can be enjoyed by the community along the Town's Happy Trails or in one of the various parks and greenspaces.

Memorial Tree &  
Bench Applications



<https://highriver.ca/community/parks-recreation/natural-elements/green-spaces/looking-after-trees-natural-spaces>





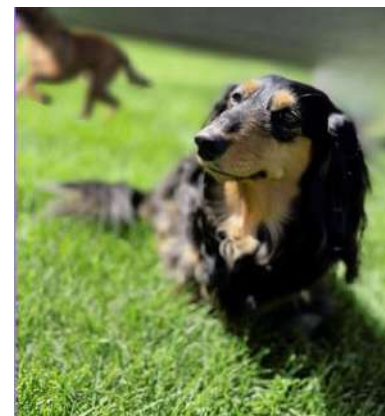
# Outdoor Adventure

**"Nature gives to every time and season some beauties of its own."**

- Charles Dickens

- Spitzee Elementary School - 409 Macleod Trail
- Ecole Joe Clark School - 1208 9th Ave SE
- Ecole Senator Riley School - 338 1st Ave SE
- Notre Dame Collegiate - 1500 High Country Dr. NW
- Ecole Secondaire Highwood High School (Beach Volleyball) - Hwy 2a and 12th Ave
- Sunshine Lake Playground - 9th Ave SE
- Charles Clark Park - 9th Ave SW
- Brian Perry Youth Park - 12th Ave SE and 10 St SE
- Sheppard Family Park - 1201 5th St SE
- George Lane Memorial Park (Horseshoes, Bocce Ball, etc.) - 323 Macleod Tr. SW
- Kinettes Water Tower Park - Corner of 3rd St and 8th Ave SE
- Skateboard Park - 10th St SE
- Outdoor Fitness Park - 9th Ave SW
- Rotary Park - 1st St SW
- Birchwood Natural Playground - 1st Ave and 1st St SE
- Pickleball/Tennis Outdoor Courts - Monterey Dr. SE

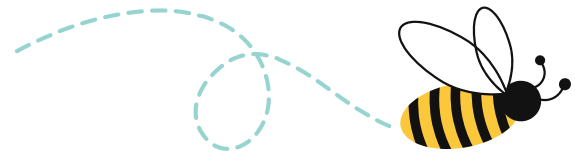
Find an interactive map of all High River's Parks & Playgrounds here:



## Dog Parks

- Bishop Family Dog Park - East of 5th St S
- South of 8th Ave SE and 2nd St SE

# RECREATION EVENTS



## Afternoon Bingo

Join us for an afternoon game of Bingo! With so many ways to win, you are guaranteed some fun prizes! This is an all-ages event, but players must be 8+ to play without an adult. Registration required.

**Saturday Apr 12** **0550.025**  
3:00pm – 4:00pm  
Location: Curling Lounge

Cost: \$2/person



## Easter Candy Hunt

Explore in and around the Bob Snodgrass Recreation Complex following hints and clues to create your Easter candy basket! After you finish your candy hunt, enjoy family fun time in the Cargill Field House. Please bring a basket with you. This is a family event; a parent or caregiver is required on site.

**Saturday Apr 19**  
10:00am – 12:00pm  
Location: BRSC

Cost: Jumpstart/Foodbank donations accepted

## BYO Roller Skate Party

We are holding a Bring Your Own Roller Skate Party in our arena to give you a night of skating, music and dancing with friends and community! Snacks and drinks will be provided. Please provide your own roller skates or blades and a helmet. Helmets are mandatory for all ages.

**Friday May 02**  
6:00pm – 8:00pm  
Location: Large Arena

Cost: \$2/person

## Community Green Sweep

Green sweep is an opportunity for volunteers to come out and help clean up the town after the long winter. Please check out the Town of High River Parks and Recreation Facebook page for more details closer to the event date.

**Saturday May 03**  
9:00am – 1:00pm  
Location: BSRC East Parking Lot

Cost: Free

## Mother's Day Tea Party

We would like to invite all moms for a sweet Mother's Day tea party! Enjoy a refreshing beverage as well as snacks while playing board/card games with the whole family. Registration is required.

**Saturday May 10** **0552.025**  
10:00am – 11:30am  
Location: Curling Lounge

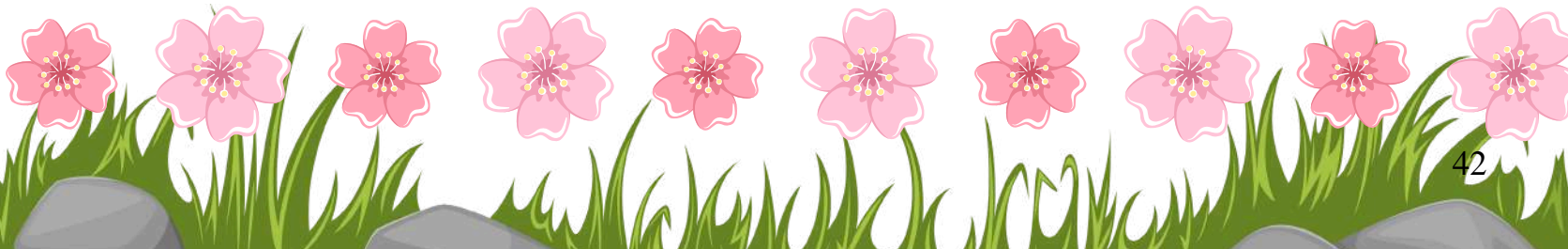
Cost: \$5/family

## Spring Outdoor Market & Garage Sale

We will be hosting an outdoor market and garage sale. We would like to invite vendors to pre-register by phone or at the Bob Snodgrass Recreation Complex. Artisans and garage sale tables are welcome. Please bring your own tent. Tables and chairs will be provided. Please note, no food vendors.

**Saturday Jun 07** **0553.025**  
10:00am – 2:00pm  
Location: BSRC East Parking Lot

Cost: Free entry  
\$20/table, max 2.





# RECREATION EVENTS



## Father's Day Donuts with Dad



We would like to invite all dads for a sweet Father's Day treat! Enjoy donuts as well as drinks while playing board/card games with the whole family. Registration is required.

**Saturday Jun 14**

10:00am – 11:30am

Location: Curling Lounge

Cost: \$5/family

**0554.025**

## Canada Day



Celebrate Canada Day with the Town of High River! Join the festivities at George Lane Park for children's activities and cake. Then, head over to Emerson Lake for live music and a dazzling fireworks display at dusk. This is an all-ages event.

**Tuesday Jul 01**

Location:

George Lane

1:00pm – 4:00pm

Emerson Lake

7:00pm – 11:00pm

Cost: Free

## Hawaiian Pool Party



What's more fun than a Hawaiian pool party! Come for an evening of connecting with community. Snack and sip at the mocktail Tiki Bar in the lobby, then go for a swim in our tropical Hawaiian themed pool. This is an all-ages event; children under 8 must be accompanied by an adult & wear a lifejacket.

**Friday Jul 18**

Location: BSRC

Tiki Bar: 6:15pm - 7:15pm

Pool: 6:15pm – 10:00pm

Cost: \$2/person

## High River Scavenger Hunt



Time is ticking to win prizes! Pick up a paper at the BSRC or scan the QR code found on our Facebook Page at the beginning of the event and see how many tasks you can complete on our scavenger hunt! Send your completed scavenger hunts to [parksandrec@highriver.ca](mailto:parksandrec@highriver.ca). Winners will be contacted for prize pick up.

**Friday Jul 25 - Sunday Jul 27**

All day

Location: High River

Cost: Free

Interested in hosting a special event in High River?

Contact us at [events@highriver.ca](mailto:events@highriver.ca)

