Party Packages

The Bob Snodgrass Recreation Complex is now offering new Birthday/Celebration Party Packages!

**Pool Party (30 people)** $125.00
- 2 Lifeguards
- Pool (1 hour)
- 1 Studio B (1 hour)

**Field House Party** $65.00
- Basic Ball Package 1/2 Fieldhouse (1 hour)
- Studio B (1 hour)
- Add $25.00 for our preschool toy bin!

For more than 30 people, contact Kira Maslak, Customer Service and Bookings Administrator at 403.603.3554.

For more booking information see Page 6 or please contact Kira Maslak, Customer Service and Bookings Administrator at 403.603.3554.
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Bob Snodgrass Recreation Complex
403.652.4042
228 12 Ave S.E.
Information Line 403.652.4041

Town of High River Administration Building
403.652.2110
309B Macleod Tr. S.W.
Monday–Friday 8:30 a.m. – 4:30 p.m.

Family & Community Support Services (FCSS)
403.652.8620
#101, 303 9 Ave S.W.

Municipal Enforcement
403.603.6300

Parent Link Centre
403.652.8633
#106, 303 9 Ave S.W.

Town of High River Operations
403.652.4657
640 7 St N.W.

High River Fire Department
403.652.3774
1010 5 St S.E.

Economic Development Office
403.603.3431
309B Macleod Tr. S.W.
business@highriver.ca

For more information visit highriver.ca
Registration Policies & Procedures

3 Easy Ways To Register:

- **Online** at www.highriver.ca/program-registration
- **In person** at Bob Snodgrass Recreation Complex.
  228 12 Avenue S.E.
- **By phone** with a credit card
  call 403.652.4042

Missed Classes
In the event that a participant is unable to attend a class, no make-up class(es) or credit will be offered.

Transfers
Transfer requests from one program to another are permitted as long as the transfer is made to a program with sessions held at the same time and space is available. If a transfer results in a difference in fees, arrangements will be made at the time of transfer.

Withdrawals & Refunds
Withdrawal requests will be considered up to seven (7) days prior to the start of a program. A $20 withdrawal fee will be applied per program. All programs over $175 are subject to a $50 withdrawal fee per program.

No refund or credit will be issued if the withdrawal occurs within seven (7) days of the program start, unless for medical reasons. A doctor’s note will be required. Please allow 5-6 weeks for processing cash, cheque or debit refunds. Refunds can also be applied to your customer profile upon request.

If the Town of High River cancels a program, the client is entitled to a full refund or a transfer into another program (if the program is a higher value, additional fees apply).

Registration for community and aquatic programs opens on
**MONDAY, AUGUST 12 – 7:00 a.m.**

*Full payment is due at time of registration.*
Registration

Minimum Registration Requirements

Our programs are based on a minimum and maximum number of registrants. Each program varies in size requirements due to instructor cost, location, safety, and ability to provide a quality program.

*Please register for programs early to ensure a spot. If minimum numbers are not reached, classes will be cancelled.*

Rec Fee Assistance

**Community Access Program (CAP)**

CAP is an income-based program for High River residents. Residents who qualify for a CAP card receive 50% off programs and admissions at the Bob Snodgrass Recreation Complex, receive a Free Library Card, and more! CAP cards are issued at the FCSS Resource Centre (located at 101, 303 – 9 Ave. S.W.) See [www.highriver.ca/community-access-program/](http://www.highriver.ca/community-access-program/) for more details.

**Canadian Tire Jumpstart: High River Chapter**

The Jumpstart program is geared towards helping children, aged 4-17, participate in organized sports and recreation by covering the costs of registration, equipment and/or transportation fees. For more information please contact Jocelyn Edwards at 403.603.3494 or jedwards@highriver.ca.

**KidSport™ Calgary Chapter: Serving High River**

KidSport™ provides support to children, aged 6-18, in order to remove financial barriers that prevent them from playing organized sports. For more information or to find the application form please go to [www.kidspotcanada.ab.ca](http://www.kidspotcanada.ab.ca) and find the Calgary chapter, or call 403.202.0251.

Stay in the Know

Stay up-to-date on programs, schedules, special events and general news, or notified of facility closures & last-minute schedule changes.

**SIGN UP FOR OUR HIGH RIVER TOWN CRIER NEWSLETTER OR VISIT highriver.ca/recreation-schedule**

Interested in advertising in our Community Guide?

- 1/2 Page Black & White - $130
- 1/4 Page Black & White - $90
- 1/2 Page Colour - $160
- 1/4 Page Colour - $130

**Contact Tracy Morgan**

403.603.3501 | tmorgan@highriver.ca

Your Ad Here

Interested in advertising in our Community Guide?

- 1/2 Page Black & White - $130
- 1/4 Page Black & White - $90
- 1/2 Page Colour - $160
- 1/4 Page Colour - $130

**Contact Tracy Morgan**

403.603.3501 | tmorgan@highriver.ca

highriver.ca/program-registration
Bob Snodgrass Recreation Complex & Cargill Field House

The Bob Snodgrass Recreation Complex is located at 228 12 Avenue S.E. and has the following facilities:

- 25 metre swimming pool with hot tub and sauna
- Two ice arenas (dry programming in Spring and Summer)
- Cargill Field House (33,000 sq. ft.)
- Two-lane walking track (6 laps = 1 km & 8 laps = 1 mile)
- Two multi-purpose studios
  - Studio A – Second floor, Cargill Field House
  - Studio B – Second floor, above small arena
- Board Room (capacity: 12)
- Highwood Curling Club (four sheets of ice)
- Four stationary bikes

Parks and Recreation offers a variety of passes and rates to provide users with convenient options to access the services they want.

Check online for weekly schedules at highriver.ca/recreation-schedule or call the front desk at 403.652.4042.

Recreation Complex Rates

<table>
<thead>
<tr>
<th>Description</th>
<th>Single</th>
<th>10 Pass</th>
<th>Monthly</th>
<th>3 Months</th>
<th>Annual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preschool (3 &amp; under)</td>
<td>FREE</td>
<td>FREE</td>
<td>FREE</td>
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<td>FREE</td>
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<tr>
<td>Children (4-11 Yrs)</td>
<td>$2.50</td>
<td>$22.50</td>
<td>$19.15</td>
<td>$53.15</td>
<td>$170.00</td>
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<tr>
<td>Youth (12-17 Yrs)</td>
<td>$4.50</td>
<td>$40.50</td>
<td>$34.45</td>
<td>$95.65</td>
<td>$306.00</td>
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<tr>
<td></td>
<td>(Full time students (21))</td>
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<td></td>
<td></td>
<td></td>
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<tr>
<td>Adult (18-59 Yrs)</td>
<td>$5.50</td>
<td>$49.50</td>
<td>$42.10</td>
<td>$116.90</td>
<td>$374.00</td>
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<tr>
<td>Senior (60+ Yrs)</td>
<td>$4.50</td>
<td>$40.50</td>
<td>$34.45</td>
<td>$95.65</td>
<td>$306.00</td>
</tr>
<tr>
<td>Super Senior (80+ Yrs NEW)</td>
<td>FREE</td>
<td>FREE</td>
<td>FREE</td>
<td>FREE</td>
<td>FREE</td>
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Build your own Family Pass

<table>
<thead>
<tr>
<th>Description</th>
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<th>Monthly</th>
<th>3 Months</th>
<th>Annual</th>
</tr>
</thead>
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<td>First Adult</td>
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<td>$116.90</td>
<td>$374.00</td>
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<td>Additional Adult</td>
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<td>$42.05</td>
<td>$35.80</td>
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<td>First Senior</td>
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<td>$40.50</td>
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<tr>
<td>Additional Senior</td>
<td>$3.80</td>
<td>$34.40</td>
<td>$29.30</td>
<td>$81.30</td>
<td>$260.10</td>
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<tr>
<td>Youth (12-17) Full time students (21)</td>
<td>$4.50</td>
<td>$40.50</td>
<td>$34.45</td>
<td>$95.65</td>
<td>$306.00</td>
</tr>
<tr>
<td>Child (4-11)</td>
<td>$2.50</td>
<td>$22.50</td>
<td>$19.15</td>
<td>$53.15</td>
<td>$170.00</td>
</tr>
</tbody>
</table>

Prices include GST

Visit highriver.ca for more information.
Facility Rentals

Memberships

To request a suspension, passholders must fill out and return a completed Suspension or Medical Hold form to the BSRC Customer Service Desk. There is a stop and restart option for Annual Recreation passholders who are unable to use their pass for an extended period.

The allowable suspension period is for a minimum of 14 days and a maximum of three months.

Annual passholders will be allowed one suspension per the term of their pass. Excluding medical suspensions which will be permitted with a doctor’s note. One week’s notice is required for a pass suspension. Annual and Three-Month Recreation passes may be stopped and restarted for medical reasons. There is no time limit on a medical suspension. A doctor’s note is required. One-month passholders are not eligible for a pass suspension unless the patron provides a medical note.

Outside of the one entitlement for annual passholders, no additional suspensions will be provided if a portion of the facility is closed. (For example, the scheduled annual pool shutdown.) If we exceed a 6-week shut-down in the pool, we will extend patrons passes upon request.

Facility Pass includes drop-in programming for fieldhouse, pool and arenas. Drop-in community programs are not included in the pass (for example fitness classes.)

Interested in booking a Town of High River Parks & Recreation facility?

We have a wide range of facilities available that are great for community groups, sports teams, clubs, schools and private functions!

**Indoor Facilities Include:**
- Large and small arenas
- Pool
- Cargill Field House (half or full)
- Board Room
- Studio B (birthday room)
- Studio A (meeting space)
- Recreation Complex lobby

**Outdoor Facilities Include:**
- Baseball Diamonds
- Soccer Fields
- Little Bow Group Camp Area
- Centennial Stage at George Lane Park

**Pool Party (30 people)** $125.00
- 2 Lifeguards
- Pool (1 hour)
- 1 Studio B (1 hour)

For more than 30 people, contact Kira Maslak, Customer Service and Bookings Administrator at 403.603.3554.

**Field House Party** $65.00
- Basic Ball Package 1/2 Fieldhouse (1 hour)
- Studio B (1 hour)
- Add $25.00 for our preschool toy bin!

Grade 5
Get Active

Grade 5’s will have full access to the facility on a drop-in basis. Grade 6 students will be provided a 10-pass for drop-in access. They must sign up for the program at the Bob Snodgrass Recreation Complex

Grade 6
Stay Active Program

highriver.ca/book-a-facility
How To Book

1. Obtain a booking form from parksandrec-bookings@highriver.ca.

2. Please read Terms and Conditions on the booking form.

3. Return the completed form to the Bob Snodgrass Recreation Complex or by email.

4. We will contact you upon receiving the form.

For more booking information please contact Kira Maslak, Customer Service and Bookings Administrator at 403.603.3554.

Other Venues

High River Culture Centre
251 – 9 Avenue S.W. | 403.603.3447
For quick and easy online booking, please go to: www.highriver.ca/culture-centre

High River Library
909 1 Street S.W. | 403.652.2917 | www.highriverlibrary.ca

Highwood Golf and Country Club
400 7 Street N.W. | 403.652.3644 | info@highwoodgolf.com

Highwood Memorial Centre
128 5 Avenue S.W. | 403.652.4404 | office@highwoodmemorialcentre.com
Get Involved!

The Bob Snodgrass Recreation Complex is looking for vibrant greeters to assist our visitors and direct them to specific locations of the building during busy weekend sporting events or Community events. For your volunteer efforts you will receive complimentary drop-in passes to the Cargill field house, pool or arena.

FOR MORE INFORMATION OR TO SIGN UP
PLEASE CONTACT KEELEY MCLEOD
403.603.3507 | PARKSANDREC@HIGHRIVER.CA
THE EDGE
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Come by & say hello to us at the Bob Snodgrass Recreation Complex.
Serving great food with healthy options at good prices.

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Thank You To Our GOLD Sponsors

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Quilting Classes
with Mavis

Mavis has been teaching quilting classes for several years, and would love for you to join her in this creative and fulfilling hobby.

<table>
<thead>
<tr>
<th>Beginner's Quilting</th>
<th>Heirloom Hankies Wall Hanging</th>
<th>Lori Holt Farm Girl Vintage</th>
</tr>
</thead>
<tbody>
<tr>
<td>$150- 6 classes 6-9 pm</td>
<td>$50- 2 classes 6-9 pm</td>
<td>$100- 4 classes 6-9 pm</td>
</tr>
<tr>
<td>Bed Runner</td>
<td>Jelly Roll Rug</td>
<td>Lori Holt Farm Girl Vintage 2</td>
</tr>
<tr>
<td>$75- 3 classes 1-4 pm</td>
<td>$75- 3 classes 6-9 pm</td>
<td>$125- 5 classes 6-9 pm</td>
</tr>
<tr>
<td>Blossoms &amp; Spokes</td>
<td>Christmas Tree Skirt</td>
<td>Lori Holt Vintage Christmas</td>
</tr>
<tr>
<td>Tuesday: Oct 1-22</td>
<td>Tuesday: Nov 5-19</td>
<td>Tuesday: Oct 29-Nov 26</td>
</tr>
<tr>
<td>$100- 4 classes 1-4 pm</td>
<td>$75- 3 classes 1-4 pm</td>
<td>$125- 5 classes 6-9 pm</td>
</tr>
</tbody>
</table>

Location: Super 8 Meeting Room

For more information or to reserve your class please call Mavis at 403-652-8021 or e-mail thecarpentersdaughters@gmail.com

Class Fee does not include supplies required for class.

---

FITNESS AND SPORTS TRAINING FACILITY

THE HUB
WHERE PEOPLE UNITE TO
CONQUER GREAT THINGS

thehubpt.com  @thehubpt  #thehubpt  High River, AB
The Foothills Children’s Wellness Network is a collaborative network of people, communities, and early childhood services in the Foothills region, all working together to promote the importance of early childhood development. Together we are coordinating and maximizing resources to support the growth and development of our children. A child’s early years are key to how their brains and bodies grow and by supporting our children now, we are building a better future for all.

Be sure to visit our website www.foothillsnetwork.ca and to follow us on social media.

You may also contact our Network Navigator Christine Bates at 403-995-2706 to learn more and get connected with all the great resources available to you in your community.
Preschool Programs (0-6yrs)

Move with Me + ABC (2 – 5yrs)
A self-directed drop-in parent and tot program where children will explore fundamental movements through physical activity. There are also opportunities for letter recognition and basic reading skills incorporated in a circuit. This is a non-facilitated fun program with instruction boards available.

Location: BSRC* – Cargill Field House
Wed  Sept 11 – Apr 8  9:30 a.m.-11:30 a.m.
$2/person  0301.119
(check online schedule for date cancellations)

Move with Me + ABC (0 – 6yrs)
A self-directed drop-in parent and tot program where children will explore fundamental movements through physical activity. There are also opportunities for letter recognition and basic reading skills incorporated in a circuit. This is a non-facilitated fun program with instruction boards available.

Location: BSRC* – Cargill Field House
Wed  Sept 11 – Apr 8  9:30 a.m.-11:30 a.m.
$2/person  0301.119
(check online schedule for date cancellations)

Monkeys Around with Airborne (0 – 3yrs)
Come monkey around with instructors from Airborne Trampoline and Tumbling. Little monkeys, with help from their parents, will be led through a variety of circuits, stations, and activities. Athletes will participate in structured play that will be super fun and also improve gross motor skills through a variety of movements. This structured program is packed with tons of activities sure to tire your little one out - get ready to tumble and play! (Min 6 – Max 10)

Location: BSRC* – Cargill Field House
Tues  Sept 10 – Oct 22  4:00 p.m.-4:45 p.m.  0293.119
$59  7 classes
Tues  Oct 29 – Dec 17  4:00 p.m.-4:45 p.m.  0294.119
$69  8 classes
Tues  Jan 7 – Feb 11  4:00 p.m.-4:45 p.m.  0295.119
$54  6 classes
Tues  Feb 25 – Apr 7  4:00 p.m.-4:45 p.m.  0296.119
$59  7 classes

Drop-in is available for programs once they have reached the minimum registration. Drop-in is not available for programs that are full. Please call the front desk at 403.652.4042 to ensure drop-in is an option for a program before coming to the class.

Child/Youth Field House Programs  $5
Child/Youth/55+ Studio A Programs  $11
Adult Studio A Fitness  $13

*BSRC = Bob Snodgrass Recreation Complex
Monkeying Around with Airborne (3 – 6yrs)
If your little monkey is ready to participate in class on their own, then sign them up with instructors from Airborne Trampoline and Tumbling to run off some energy. This un-parented program is specifically designed for young children to help develop motor skills through the sport of tumbling. These athletes will be led through circuits and drills and learn how to roll in a fun and safe environment. In addition to having a ton of fun, they will improve flexibility, strength and motor coordination and be able to develop social skills by taking turns and listening to a coach. Your little one will burn off a lot of energy in this action-packed class. (Min 6 – Max 10)

Location: BSRC* – Cargill Field House
Tues | Sept 10 – Oct 22 | 5:00 p.m.-5:45 p.m. | $59 | 7 classes | 0297.119
Tues | Oct 29 – Dec 17 | 5:00 p.m.-5:45 p.m. | $69 | 8 classes | 0298.119
Tues | Jan 7 – Feb 11 | 5:00 p.m.-5:45 p.m. | $54 | 6 classes | 0299.119
Tues | Feb 25 – Apr 7 | 5:00 p.m.-5:45 p.m. | $59 | 7 classes | 0300.119

Multisport with Cheryl (3 – 6yrs)
Get a head start on kindergarten! This is an unparented preschool-aged course that will focus on developing basic physical literacy skills. There will be a portion of the class that allows for unstructured play as well as an instructor-led skill development. Please bring indoor shoes and water bottle. Children must be potty trained. (Min 6 – Max 8)

Location: BSRC* – Cargill Field House
Tues | Sept 10 – Oct 22 | 10:00 a.m.-10:45 a.m. | $29 | 7 classes | 0290.119
Tues | Oct 29 – Dec 17 | 10:00 a.m.-10:45 a.m. | $34 | 8 classes | 0303.119
Tues | Jan 7 – Feb 11 | 10:00 a.m.-10:45 a.m. | $24 | 6 classes | 0304.119
Tues | Feb 25 – Apr 7 | 10:00 a.m.-10:45 a.m. | $29 | 7 classes | 0305.119

Parent & Tot Beginner Skate (3yrs+)
In this class parents and children will learn the FUNdamentals of skating in the parent supervised class. Helmets are mandatory, hockey helmets are strongly encouraged. Protective equipment is recommended for possible slips and falls. If parents aren’t skating helmet and boots are still required. (Min 6 – Max 24)

Location: BSRC* – Small Arena
Sat | Oct 5 – Dec 7 | 9:00 a.m.-9:30 a.m. | $80 | 9 classes | 0306.119
Sat | Jan 11 – Mar 21 | 9:00 a.m.-9:30 a.m. | $89 | 10 classes | 0307.119

Stroller Rollers – Walk and Talk
Come to the Cargill Field House walking track and meet other families while getting your steps in! There will be a resource table set-up for you to discover what our community has to offer for enhancing healthy childhood development. We will provide you a punch pass. If you come 5 times, you will get free entry to one of our parent and tot programs in the field house! Our walking track is stroller-friendly. Please bring indoor shoes.

Location: BSRC* – Walking Track
Thurs | Jan 2 – Mar 5 | 1:00 p.m.-2:30 p.m. | FREE | 10 classes | 0309.119

Tiny Toes Dance with Amber (3 – 5yrs)
Does your child love to ‘boogie’? This fun-filled dance class will teach rhythm and movement through a variety of music, games and steps, a great way for kids to keep active and express themselves creatively. Please bring indoor shoes and water bottle. Children must be potty trained. (Min 6 – Max 10)

Location: BSRC* – Studio A
Fri | Sept 13 – Oct 18 | 4:30 p.m.-5:15 p.m. | $54 | 6 classes | 0310.119
Fri | Nov 1 – Dec 13 | 4:30 p.m.-5:15 p.m. | $59 | 7 classes | 0311.119
Fri | Jan 10 – Feb 7 | 4:30 p.m.-5:15 p.m. | $49 | 5 classes | 0312.119
Fri | Feb 28 – Apr 3 | 4:30 p.m.-5:15 p.m. | $54 | 6 classes | 0313.119

Plunge & Play (0 – 5yrs)
Drop in with your child for some parent and tot time. Enjoy a supervised swim where your tot will learn to love the water. Play with bean bags, balance on beams, and roll on mats in the Cargill Field House. You will meet other parents and there will be chances for socialization for your toddler. This is a parent supervised drop-in time.

Location: BSRC* – Cargill Field House
Fri | Sept 13 – Apr 3 | 9:30 a.m.-11:30 a.m. | $3.50/person (under 3yrs free) | 0308.119

Look for more Skating programs In our Youth section.
Community Programs

Zumbini with Amber (0 – 4yrs)
Awesomeley ever-after starts here! Designed to let you and your little ones 0 - 4 years old wiggle, sing and learn together. The Zumbini program is where the science of child development meets the magic of Zumba® - for the ultimate bonding experience! The program includes a story book, 20 song CD, and a plush toy to take home. (Min 8 – Max 12)

**Location:** BSRC* – Studio A  
**FREE DEMO** – with foodbank donation 0314.119
**Wed**  
Oct 9  9:00 a.m.-9:45 a.m.  
Oct 23 – Dec 11  9:00 a.m.-9:45 a.m.  
$84 • $49 (second child cost, share zumbini kit)  
**8 classes** 0315.119
**Wed**  
Feb 26 – Apr 8  9:00 a.m.-9:45 a.m.  
$79 • $44 (second child cost, share zumbini kit)  
**7 classes** 0316.119

Kinder-Recreation Hockey (4-6yrs)
This is a program for kids who want some after-school hockey fun! This program provides the basics for hockey and is focused on fun. We provide sticks and pucks. Warm mittens or hockey gloves are required. This is not a Beginner Skate program. Children must be able to skate backwards. [Helmets with faceguards are mandatory.] (Min 6 – Max 8)

**Location:** BSRC* – Small Arena  
**Mon**  
Sept 9 – Oct 21  4:45 p.m.-5:30 p.m.  
$44  
(No class Oct 7 and 14)  
**Mon**  
Oct 28 – Dec 16  4:45 p.m.-5:30 p.m.  
$54  
(No class Nov 11)  
**Mon**  
Jan 6 – Feb 10  4:45 p.m.-5:30 p.m.  
$54  
**Mon**  
Feb 24 – Apr 6  4:45 p.m.-5:30 p.m.  
$59  
**5 classes** 0312.119

Youth Programs

Dancation with Amber (6 – 12yrs)
This high-energy dance fitness class for kids will have your kids asking for more! We break down dance steps, add games, and explore different cultural movements in the class. (Min 6 – Max 15)

**Location:** BSRC* – Studio A
**Fri**  
Sept 13 – Oct 18  5:30 p.m.-6:15 p.m.  
$54  
**Fri**  
Nov 1 – Dec 13  5:30 p.m.-6:15 p.m.  
$59  
**Fri**  
Jan 10 – Feb 7  5:30 p.m.-6:15 p.m.  
$49  
**Fri**  
Feb 28 – Apr 3  5:30 p.m.-6:15 p.m.  
$54  
**7 classes** 0317.119

Kid Fit with Kaylee (4 – 7yrs)
A high-energy class creating a great cardio workout, this class includes many group games such as freeze tag and obstacle courses. Kids will burn off a lot of energy without realizing it because they will be having so much fun. (Min 6 – Max 10)

**Location:** BSRC* – Cargill Field House  
**Mon**  
Sept 9 – Oct 21  4:45 p.m.-5:30 p.m.  
$44  
(No class Oct 7 and 14)  
**Mon**  
Oct 28 – Dec 16  4:45 p.m.-5:30 p.m.  
$59  
(No class Nov 11)  
**Mon**  
Jan 6 – Feb 10  4:45 p.m.-5:30 p.m.  
$54  
**Mon**  
Feb 24 – Apr 6  4:45 p.m.-5:30 p.m.  
$59  
**7 classes** 0318.119

Ready, Set, RUN with Cheryl (10 – 15yrs)
This high-energy club is for youth of all athletic abilities focusing on personal achievement and self-confidence. This program is great for young athletes during ‘off season’ or just to get out, have fun, and burn off some energy. Members will discuss nutrition, injury prevention, and skill development all while building muscle, strengthening bones, and staying active in a non-competitive setting. (Min 6 – Max 12)

**Location:** BSRC* – Cargill Field House  
**Thurs**  
Sept 12 – Oct 24  4:30 p.m.-5:30 p.m.  
$29  
**7 classes** 0319.119

*BSRC = Bob Snodgrass Recreation Complex*
**Community Programs**

**Beginner Skate (5yrs+)**
Participate in the FUNdamental skills of skating in a playful and encouraging setting. This class is recommended for those who are beginning to feel confident moving on the ice without parent assistance. Helmets are mandatory, and protective gear is strongly encouraged. Please note the different age groups. Full equipment is required.

**Location:** BSRC* – Small Arena
- **Tues** Oct 1 – Dec 3 4:00 p.m.-4:30 p.m.
- $89 10 classes 0317.119
- **Wed** Oct 2 – Dec 4 4:35 p.m.-5:05 p.m.
- $89 10 classes 0319.119
- **Sat** Oct 5 – Dec 7 9:35 a.m.-10:05 a.m.
- $80 9 classes 0321.119

(No class Nov 16)
- **Tues** Jan 7 – Mar 17 4:00 p.m.-4:30 p.m.
- $89 10 classes 0318.119

(No class Feb 18)
- **Wed** Jan 8 – Mar 18 4:35 p.m.-5:05 p.m.
- $89 10 classes 0320.119

(No class Feb 19)
- **Sat** Jan 11 – Mar 21 9:35 a.m.-10:05 a.m.
- $89 10 classes 0322.119

(No class Feb 22)

**Badminton with Cheryl (6 – 10yrs)**
This is an instructor-led program that offers instruction and basic skills. If you have a racquet, please bring it. If not we will have one for you. (Min 6 – Max 12)

**Location:** BSRC* – Cargill Field House
- **Thurs** Oct 31 – Dec 19 4:30 p.m.-5:30 p.m.
- $34 8 classes 0330.119
- **Thurs** Feb 27 – Apr 9 4:30 p.m.-5:30 p.m.
- $29 7 classes 0331.119

**Recreation Hockey (6-15yrs)**
This program provides youth with the opportunity to play this great winter sport. Instructors will lead drills and scrimmages. Please note the different age groups. Full equipment is required. **Photography day Nov 27, 2019.** (Min 6 – Max 30)

- **Fri** Oct 4 – Mar 20
- $209 24 classes 0327.119
- **Location:** BSRC* - Small Arena
  - 6-8 yrs 3:45 p.m. – 5:00 p.m. 0327.119
  - 9-11 yrs 5:15 p.m. – 6:30 p.m. 0328.119

- **Location:** BSRC* - Large Arena
  - 12-15 years 4:00 p.m. – 5:15 p.m. 0329.119

**Drama 101 with Studio Me (7 – 16yrs)**
In this active, dynamic class kids will build self-esteem, create, play, and innovate with each other. We will explore, and develop acting techniques in characterization, scene building, and improvisation. (Min 10 – Max 20)

**Location:** BSRC* – Studio A
- **Thur** Nov 7 – Nov 28 4:30 p.m.-5:30 p.m.
- $34 4 classes 0340.119
- **Thur** Feb 27 – Mar 19 4:30 p.m.-5:30 p.m.
- $34 4 classes 0341.119

**Junior Chef with Mark (7 – 14yrs)**
Chef Mark Klaudt offers cooking camps where children will experience fun hands-on cooking, learn fresh recipes and nutrition, safety, and learn the basics of cooking that they can easily recreate at home. They’ll make breakfast, lunch, dinner and an appetizer. Everything is provided, for budding chefs in your family! (Min 7 – Max 15)

**Location:** BSRC* – Studio B
- **Thur** Nov 7 – Nov 28 6:30 p.m.-8:00 p.m.
- $94 4 classes 0342.119
- **Thur** Feb 27 – Mar 19 6:30 p.m.-8:00 p.m.
- $94 4 classes 0343.119

**Multisport (6 – 10yrs)**
Come play and learn FUNdamental movement skills in our multisport program. In this program we will play a variety of sports such as soccer, basketball, volleyball, badminton and many more. We focus on learning through play. (Min 6 – Max 12)

**Location:** BSRC* - Cargill Field House
- **Wed** Oct 30 – Dec 18 4:30 p.m.-5:30 p.m.
- $34 8 classes 0348.119
- **Instructor:** Keeley
- **Wed** Jan 8 – Feb 12 4:30 p.m.-5:30 p.m.
- $29 7 classes 0349.119
- **Instructor:** Cheryl

**Soccer (6 – 10yrs)**
Sports encourage youth to develop physical skills, get exercise, make friends, have fun, learn to play as a member of a team, and improve self-esteem. This fun soccer program is geared to allow youth the opportunity to express themselves freely, creatively, and spontaneously in sport. (Min 6 – Max 15)

**Location:** BSRC* - Cargill Field House
- **Fri** Oct 4 – Mar 20 3:45 p.m.-5:00 p.m.
- $209 24 classes 0352.119
- **Instructor:** Keeley
- **Fri** Jan 8 – Feb 12 4:30 p.m.-5:30 p.m.
- $29 7 classes 0353.119
- **Instructor:** Cheryl
Youth Yoga with Shanda (10 – 14yrs)
Yoga class is a safe environment for teens to learn and practice yoga tools that will help them navigate their daily lives. Through open communication and problem solving, yoga gives students the opportunity to work through the challenges they face as they are growing up. Yoga can support adolescents in the following ways: sense of identity, sexuality, body image, personal safety, acceptance, emotions, stress, compulsion & addiction, peer pressure, and success. This class will incorporate the YogaEd program that is proven to reduce emotional distress among youth, increase self-awareness and self-management, increase pro-social behaviours, and improve positive attitudes towards self and others. (Min 6 – Max 15)

Location: BSRC* – Studio A
Thurs  Sept 12 – Oct 24  5:45 p.m.-6:45 p.m.  0354.119
$59  7 classes

Thurs  Oct 31 – Dec 19  5:45 p.m.-6:45 p.m.  0355.119
$69  8 classes

Thurs  Jan 9 – Feb 13  5:45 p.m.-6:45 p.m.  0356.119
$49  6 classes

Thurs  Feb 27 – Apr 9  5:45 p.m.-6:45 p.m.  0357.119
$59  7 classes

*Instructor: Keeley

Babysitting (Canadian Red Cross) 12yrs+
The Babysitting course, refreshed and revised, now has a greater emphasis on First Aid skills. The Canadian Red Cross Babysitting course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. HOT LUNCH PROVIDED.

Location: BSRC*
Sat  Nov 23  9:00 a.m.- 5:00 p.m.  0557.019
$75  1 class

Stay Safe/Home Alone (Canadian Red Cross) 9yrs+
Real-world scenarios often call on children to respond to challenges. The Stay Safe program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth’s capacity to improve his or her own safety. Whether in their community or on their own, this group will be given better tools to stay safe in a variety of different situations. HOT LUNCH PROVIDED.

Location: BSRC*
Sat  Dec 21  10:00 a.m.- 5:00 p.m.  0558.019
$70  1 class

Play Parks & Rec Schools Out Camps
We offer fun, safe, and affordable schools-out camps for children, ages 5-12, with a qualified leader who focus on quality of care through play, learning, and creativity. Our leaders are certified to offer physical literacy and are High Five® trained in Principles of Healthy Child Development.

Location: BSRC*  8:00 a.m.- 5:00 p.m.  (Min 6 – Max 12)
Winter Camps  0358.119 and 0361.119
December 23, 24 (until 4pm), 27, 30, 31 (until 4pm), Jan 2 and 3
$40/day, $160/5 day week, $175/all 7 days

Teachers Convention Camp  0359.119 and 0362.119
Tues – Fri  Feb 18 – Feb 21
$25/half day, $40/day or $130/4 day week

Spring Break Camp  0363.119 and 0364.119
Tues – Fri  Apr 14 – Apr 17
$25/half day, $40/day or $130/4 day week

One Day Workshops

Barre Fit
Barre will challenge all levels of fitness in a unique Pilates-inspired class. We’ll blast and tone common problem areas through a series of strategic exercises that focus on strength, flexibility, and balance while incorporating the ballet barre, dumbbells, and bands. The fun tunes and full body workout is the perfect class to work into your lunch hour. (Min 6 – Max 12)

Location: BSRC* – Studio A
Tues  Sept 10 – Oct 8  12:05 p.m.-12:50 p.m.  0365.119
$34  5 classes

*Instructor: Keeley

Tues  Oct 29 – Dec 17  12:05 p.m.-12:50 p.m.  0366.119
$49  7 classes

(No class Nov 12)

*Instructor: Keeley

Tues  Jan 7 – Feb 11  12:05 p.m.-12:50 p.m.  0367.119
$44  6 classes

*Instructor: Sarah T.

Tues  Feb 25 - Apr 7  12:05 p.m.-12:50 p.m.  0368.119
$49  7 classes

*Instructor: Sarah T.

Adult Wellness

Fitness
Did you know once a class is running we allow drop-ins? Please check out Studio A fitness schedule online at highriver.ca /recreation-schedules
Butts, Guts and Guns with Kaylee

Want to end your work day with a Bang!? Butts Guts and Guns will work all those hard-to-tone areas. We will focus on abdominals, hips, glutes, and thighs using hand weights, stability balls, and intervals. (Min 6 – Max 15)

Location: BSRC* – Studio A
Wed   Sept 11 – Oct 23  5:15 p.m. -6:15 p.m.
$54  6 classes  0369.119
(No class Oct 9)
Wed   Oct 30 – Dec 18  5:15 p.m. -6:15 p.m.
$69  8 classes  0370.119
Wed   Jan 8 – Feb 12  5:15 p.m. -6:15 p.m.
$64  6 classes  0371.119
Wed   Feb 26 – Apr 8  5:15 p.m. -6:15 p.m.
$59  7 classes  0372.119

Location: BSRC* – Cargill Field House
Mon   Sept 9 – Oct 21  11:00 a.m.-11:45 a.m.
$54  6 classes  0373.119
(No class Oct 14)
Mon   Oct 28 – Dec 16  11:00 a.m.-11:45 a.m.
$59  7 classes  0374.119
(No class Nov 11)
Mon   Jan 6 – Feb 10  11:00 a.m.-11:45 a.m.
$54  6 classes  0375.119
Mon   Feb 24 – Apr 6  11:00 a.m.-11:45 a.m.
$59  7 classes  0376.119

Diversity Dance: Music & Movement with Amber

Dance, shimmy, and PLAY. This class is an easy-to-follow, pop and Latin inspired, dance fitness class created to meet the specific needs of the participants. Fun dance moves keep you fit while having fun! This program is open to all ages and abilities. Note: [An aide must accompany each participant to all classes.] (Min 6 – Max 20)

HIIT to Fit

Keeley’s class will give you a great head-to-toe workout that will tighten, tone, and blast calories. With the perfect mix of cardio and strength training, this class will leave you as breathless as the results. This class is suitable for all ages and abilities and modifications can be addressed as necessary. Weather permitting, we can take the class outside. (Min 6 – Max 15)

Learn to Move with Kristen

Learn to Move is a gentle exercise program with an education component, designed specifically for people with chronic health conditions or physical limitations who are new to exercise and not sure where to start. Participants learn how exercise and having an active lifestyle can help improve health and quality of life. The class will incorporate a gentle warm-up, cardiovascular, strength, balance, and flexibility exercises. All participants will receive individualized guidance based on their health conditions and physical abilities. By the end of the four weeks, participants will have developed a plan to continue on with an active lifestyle after program completion. Please register through the Calgary Rural Primary Care Network by calling 403-652-1654 (Min 1 – Max 12).

Location: BSRC* – Studio A
Wed/Fri Sept 11 – Oct 11  12:05 p.m.-12:50 p.m.
$34  10 classes  0378.119
*Instructor: Keeley
Wed/Fri Oct 16 – Nov 15  12:05 p.m.-12:50 p.m.
$34  10 classes  0379.119
*Instructor: Keeley
Wed   Nov 20 – Dec 18  12:05 p.m. - 12:50 p.m.
$34  5 classes  0493.119
*Instructor: Sarah R.
Wed   Jan 8 – Feb 12  12:05 p.m. - 12:50 p.m.
$39  6 classes  0493.119
*Instructor: Sarah R.
Wed   Feb 26 – Apr 15  12:05 p.m. - 12:50 p.m.
$54  8 classes  0500.119
*Instructor: Sarah R.

I have taken several classes in the past few years and am impressed with the friendliness and enthusiasm of the staff that teach these classes and all the staff in general. I’m also impressed with the variety of activities offered to patrons of all ages. Snodgrass/Cargill because of the staff has really become a community within a community.

~ Willie Foucault
Community Programs

Build Your Moves with Kristen
This program is a follow-up to the Learn to Move program and allows participants to build on the progress they have made. **Participants are required to have completed Learn to Move prior to registering for this program.** Build your Moves (non-refundable) 4 class drop-in pass $24 available at the front desk. (Min 1 - Max 12)

| Location: BSRC* - Studio A | Wed | 4 classes | Sept 4-Sept 25 | 10:45AM - 11:45AM | 0392.119 |
| | Fri | 4 classes | Sept 6-Sept 27 | 10:45AM - 11:45AM | 0401.119 |
| | Wed | 4 classes | Oct 2-Oct 23 | 10:45AM - 11:45AM | 0394.119 |
| | Fri | 4 classes | Oct 4-Oct 25 | 10:45AM - 11:45AM | 0402.119 |
| | Wed | 4 classes | Oct 30-Nov 20 | 10:45AM - 11:45AM | 0395.119 |
| | Fri | 4 classes | Nov 1-Nov 22 | 10:45AM - 11:45AM | 0403.119 |
| | Wed | 4 classes | Nov 27-Dec 18 | 10:45AM - 11:45AM | 0396.119 |
| | Fri | 4 classes | Nov 29-Dec 20 | 10:45AM - 11:45AM | 0404.119 |
| | Wed | 4 classes | Jan 15-Feb 5 | 10:45AM - 11:45AM | 0397.119 |
| | Fri | 4 classes | Jan 17-Feb 7 | 10:45AM - 11:45AM | 0405.119 |
| | Wed | 4 classes | Feb 12-Mar 4 | 10:45AM - 11:45AM | 0398.119 |
| | Fri | 4 classes | Feb 14-Mar 6 | 10:45AM - 11:45AM | 0406.119 |
| | Wed | 4 classes | Mar 11-Apr 1 | 10:45AM - 11:45AM | 0399.119 |
| | Fri | 4 classes | Mar 13-Apr 3 | 10:45AM - 11:45AM | 0407.119 |
| | Wed | 4 classes | Apr 8-Apr 29 | 10:45AM - 11:45AM | 0400.119 |
| | Fri | 3 classes | Apr 17-May 1 | 10:45AM - 11:45AM | 0408.119 |

**NEW**

Morning Fit Kick
Rise and shine and kickstart your day with a fun, heart-pumping workout that will energize you for the rest of the day. Every workout will be different and will incorporate a mix of strength training, cardio, core, and stretching. Science shows your metabolism is heightened when you work out in the morning, burning more calories for the rest of the day. Weather permitting, we can take the class outside. Start your day right and join us! (Min 6 – Max 15)

| Location: BSRC* - Cargill Field House | Tues/Thurs | Sept 10 – Oct 10 | 7:00 a.m.-7:45 a.m. | $54 | 10 classes | 0409.119 |
| | *Instructor: Keeley | | | | | |
| | Tues/Thurs | Oct 15 – Nov 14 | 7:00 a.m.-7:45 a.m. | $54 | 10 classes | 0410.119 |
| | *Instructor: Keeley | | | | | |
| | Tues/Thurs | Nov 19 – Dec 19 | 7:00 a.m.-7:45 a.m. | $54 | 10 classes | 0495.119 |
| | *Instructor: Sarah R. | | | | | |
| | Tues/Thurs | Jan 7 – Feb 13 | 7:00 a.m.-7:45 a.m. | $79 | 12 classes | 0496.119 |
| | *Instructor: Sarah R. | | | | | |
| | Tues/Thurs | Feb 25 – Mar 26 | 7:00 a.m.-7:45 a.m. | $54 | 10 classes | 0497.119 |
| | *Instructor: Sarah R. | | | | | |
| | Tues/Thurs | Mar 31 – Apr 16 | 7:00 a.m.-7:45 a.m. | $39 | 6 classes | 0498.119 |
| | *Instructor: Sarah R. | | | | | |

**NEW**

Physical Literacy and Movement Assessment with Keeley
Unsure of which community program to take? Sign up when it works for you! Keeley is certified in Pre/Post Natal, Functional Fitness, and Personal Training. The session will focus on the primary movements that make-up the basics of all physical activity. We will discuss prior injuries, restrictions and an assessment will be done so you know what movements to work on or what to avoid. Perfect for those who’ve had injuries and want to know how to adapt or are nervous about going to the gym or joining a fitness class. **This class is offered on a per client basis. Please contact Keeley at kmcleod@highriver.ca or 403-603-3507.** $13/30 min consultation.

| Location: Bob Snodgrass Recreation Complex – Studio A | Thur | Sept 12 – Oct 24 | 12:00 p.m.-12:45 p.m. | $49 | 7 classes | 0418.119 |
| | *Instructor: Sarah R. | | | | | |
| | Thur | Oct 31 – Dec 19 | 12:00 p.m.-12:45 p.m. | $54 | 8 classes | 0419.119 |
| | *Instructor: Sarah R. | | | | | |
| | Thur | Jan 9 – Feb 13 | 9:30 a.m.-10:15 a.m. | $44 | 6 classes | 0423.119 |
| | *Instructor: Shannon P. | | | | | |
| | Thur | Jan 9 – Feb 13 | 12:00 p.m.-12:45 p.m. | $44 | 6 classes | 0420.119 |
| | *Instructor: Sarah R. | | | | | |
| | Thur | Feb 27 – Apr 9 | 9:30 a.m.-10:15 a.m. | $49 | 7 classes | 0425.119 |
| | *Instructor: Shannon P. | | | | | |
| | Thur | Feb 27 – Apr 9 | 12:00 p.m.-12:45 p.m. | $49 | 7 classes | 0421.119 |
| | *Instructor: Sarah R. | | | | | |
**Strengthen & Tone with Randi**

In this program you will use resistance training with a variety of equipment. You will learn how to safely and effectively train your muscles to strengthen and tone your full body! (Min 6 – Max 15)

- **Location:** BSRC* – Studio A
- **Mon** Sept 9 – Oct 21 12:15 p.m.-1:00 p.m.
  - $54 6 classes 0428.119
  - *(No class Oct 14)*
- **Sat** Sept 21 – Oct 26 10:00 a.m.-11:00 a.m.
  - $44 5 classes 0432.119
  - *(No class Oct 12)*
- **Mon** Oct 28 – Dec 16 12:15 p.m.-1:00 p.m.
  - $59 7 classes 0429.119
  - *(No class Nov 11)*

**Silver Circuit Training with Jocelyn (55+yrs)**

Join Jocelyn for a weight training, balance building, active living circuit class. Each week will have a different circuit that will challenge your balance, coordination, and overall fitness. This program focuses on strength building in a social setting. No fitness experience necessary. (Min 6 – Max 12)

- **Location:** BSRC* – Studio A
- **Tues** Sept 10 – Oct 22 9:00 a.m.-10:00 a.m.
  - $44 7 classes 0417.119

**Pre-Natal/Mom and Me Fitness**

All access class designed with flexibility for moms-to-be AND moms with babies or tots. You’ll be guided through a fun, social fitness class that allows you to work at your own pace and level. We’ll work on safely building core and upper body strength to help you through your changing body. Weather permitting, we can take the class outside. (Min 6 – Max 15)

- **Location:** BSRC* – Cargill Field House
- **Thurs** Sept 12 – Oct 24 10:00 a.m.-11:00 a.m.
  - $49 7 classes 0411.119
  - *Instructor: Keeley*
- **Thurs** Oct 31 – Dec 19 10:00 a.m.-11:00 a.m.
  - $54 8 classes 0412.119
  - *Instructor: Sarah T.*
- **Thurs** Jan 9 – Feb 13 10:00 a.m.-11:00 a.m.
  - $44 6 classes 0413.119
  - *Instructor: Sarah T.*

**Zumba Gold 55+ with Amber**

Zumba gold is for active adults who are looking for a modified, lower-intensity Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion, and coordination. Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for seniors, beginners, or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs, and arms with dance moves. Seated options are available. (Min 6 – Max 15)

- **Location:** BSRC* – Cargill Field House
- **Wed** Sept 11 – Oct 23 10:00 a.m.-10:45 a.m.
  - $59 7 classes 0440.119
- **Fri** Sept 13 – Oct 18 9:00 a.m.-9:45 a.m.
  - $54 6 classes 0444.119
- **Wed** Oct 30 – Dec 18 10:00 a.m.-10:45 a.m.
  - $69 8 classes 0441.119
  - *Instructor: Keeley*
- **Fri** Nov 1 – Dec 13 9:00 a.m.-9:45 a.m.
  - $59 7 classes 0445.119
- **Wed** Jan 8 – Feb 12 10:00 a.m.-10:45 a.m.
  - $54 6 classes 0442.119
- **Fri** Jan 10 – Feb 7 9:00 a.m.-9:45 a.m.
  - $44 5 classes 0446.119
- **Wed** Feb 26 – Apr 8 10:00 a.m.-10:45 a.m.
  - $59 7 classes 0443.119
- **Fri** Feb 28 – Apr 3 9:00 a.m.-9:45 a.m.
  - $54 6 classes 0447.119

**Tai Chi/Qi Gong with Denis**

In this class you will learn the Cheng-man Ch‘ing style of Tai Chi Chuan (supreme ultimate fist). It is a variation of the Yang family style. Relaxation, health, and decreased stress will be the benefits offer in this class. This class will be taught with Qi gong (energy work). Doing Tai Chi balances this energy. By coordinating the breath, movement and mind results in a more calm, focused state. Classes will be taught by Sifu Denis Greve. (Min 6 – Max 15)

- **Location:** BSRC* – Studio A
- **Fri** Sept 13 – Oct 25 1:00 p.m.-2:00 p.m.
  - $39 7 classes 0436.119
- **Fri** Nov 1 – Dec 20 1:00 p.m.-2:00 p.m.
  - $44 8 classes 0437.119
- **Fri** Jan 10 – Feb 14 1:00 p.m.-2:00 p.m.
  - $34 6 classes 0438.119
- **Fri** Feb 28 – Apr 3 1:00 p.m.-2:00 p.m.
  - $34 6 classes 0439.119
Zumba (13+yrs) with Amber
Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — and resistance training. If you enjoy Zumba, you’re also more likely to do it regularly and experience its benefits as an aerobic exercise. No experience required, all fitness levels welcome. Bring water, runners, and a fun attitude! (Min 6 – Max 15)

Location: BSRC* – Studio A
Mon   Sept 9 – Oct 7  5:45 p.m.-6:45 p.m.  $34  4 classes  0478.119
(No class Sept 16)
Mon   Oct 28 – Dec 9  5:45 p.m.-6:45 p.m.  $44  5 classes  0479.119
(No class Nov 11 and 18)
Mon   Jan 6 – Feb 3  5:45 p.m.-6:45 p.m.  $34  4 classes  0490.119
(No class Jan 13)
Mon   Feb 24 – Apr 6  5:45 p.m.-6:45 p.m.  $54  6 classes  0481.119
(No class Mar 16)

Princess Pedals Workshop with Colleen Parsons
The purpose of the clinics will be to help the rider become more comfortable with bicycle riding, develop some skills, spend some time in the saddle, and meet other like-minded riders. This clinic can accommodate riders with different riding interests and skill.

If it’s been awhile since you’ve been on your bike or if you are nervous on your bike for any reason, this is the clinic for you. This one-day ladies-only clinic is a competitive environment and will be encouraging and supportive. All riders should be of sound physical health, relatively, fit and will be asked to complete a Physical Activity Readiness Questionnaire prior to registration.

The clinics will consist of basic bike skills (outside), bike maintenance basics (tire changing, lubing, checking cables, brakes etc.) and refreshments. Riding will include hill climbing skills, gearing, and riding in a group. We will explore the pathways and roadways of High River. (Min 6 – Max 8)

Location Meeting Place: BSRC* – Lobby
Sat   Sept 14  9:00 a.m. – 3:00 p.m.  $130  1 class  0415.119

Are you interested in
Nordic Walking Poles
and learning how to use them?
Contact Shirley at
403-652-5185 or crawfs@shaw.ca

NEW
Walkers Gone Wild 55+
Join our Fitness Leadership Volunteers in a social, informative, and FUN walk-athon walking group! Our volunteers have been trained in Purposeful Movement for Older Adults through the Physical Culture Association of Alberta as well as High Five® Principles of Healthy Aging. Walkers will be led through a mobilizing warm-up before walking the track as well as a cool down routine to finish off. Walkers will track their steps and those who make it to the set destination will be given a prize for their participation. Let’s make High River the most active town in Canada! Resources and coffee will also be provided for our walkers to enjoy. No exercise experience necessary and those with mobility aids are welcome.

Location: BSRC* – Cargill Field House Walking Track
Tues       Sept 10 – Dec 17  10:30 a.m.-11:30 a.m.  FREE  15 classes  0482.119

Yoga
Please bring a yoga mat.

Strengthen Legs, Arms, and Back for 55+
with Anjna
In this class we will do subtle yoga—light exercises with focus on breath, some Yoga poses for legs, arms and back; Yoga Breathing with Healing Mudras (Yoga for hands) and Relaxation. The class is planned in such a way that we address body, mind, emotions, and spirit to feel happy. (Min 6 – Max 15)

Location: BSRC* – Studio A
Mon      Sept 16 – Nov 4  10:30 a.m.-11:30 a.m.  $59  7 classes  0456.119
(No class Oct 14)
Yin Yoga with Shanda

Yin Yoga is a deep yet gentle and therapeutic style of yoga that focuses on releasing the connective tissues within the body through passive stretches that are held for a longer period of time, releasing physical and emotional tension. Yin Yoga increases range of motion, improves joint lubrication, reduces stress and anxiety, helps with TMJ and migraines, helps regulate energy and stamina, and increases resiliency to physical and emotional stress. This style of yoga is accessible for everybody from beginners to experienced students, and adaptable for any level of fitness from somebody just starting out to competitive athletes. (Min 6 – Max 15)

Location: BSRC* – Studio A

Thurs  Sept 12 – Oct 24  10:30AM – 11:30AM
$49  7 classes
0457.119

Thurs  Oct 31 – Dec 19  10:30AM – 11:30AM
$54  8 classes
0458.119

Thurs  Jan 9 – Feb 13  10:30AM – 11:30AM
$44  6 classes
0459.119

Thurs  Feb 27 – Apr 9  10:30AM – 11:30AM
$49  7 classes
0460.119

Yoga for First Responders is culturally specific and trauma informed. The class incorporates the Yoga for First Responder protocols designed to process stress and increase resiliency through the practice of mindfulness, alignment, tactical breathing, drills, and self-awareness. The class is designed to support all First Responders & Military Personnel and their spouses/partners. Read more at yogaforfirstresponders.org.

For more information contact Shanda - shandabharper@gmail.com
Community Programs

Yoga 55+
Come and join Carlie Nicol, yoga therapist, in our 55+ class. This class will teach you postures to keep your joints moving, tone your muscles for a strong body as well as breathwork to relax your mind. No experience required for this practice. Please bring a towel. (Min 6 – Max 15)

Location: BSRC* – Studio A
Thurs  Sept 12 – Oct 24  1:00 p.m.-2:00 p.m.  $49  7 classes 0465.119
Thurs  Oct 31 – Dec 19  1:00 p.m.-2:00 p.m.  $54  8 classes 0466.119
Thurs  Jan 9 – Feb 13  1:00 p.m.-2:00 p.m.  $44  6 classes 0467.119
Thurs  Feb 27 – Apr 9  1:00 p.m.-2:00 p.m.  $49  7 classes 0468.119

NEW Introduction to Painting with Artist’s Gouache with Arlene
Gouache is a highly versatile water-based paint that has been the long-time favorite medium of designers and illustrators. Learn how to sketch, apply, and layer gouache to paper to create a unique and whimsical illustration. Instructor will supply assorted colours of gouache, paper substrates, and disposable class materials as required. Students should supply their own paint brushes (3 sizes from fine to medium tipped watercolor brushes), HB pencil, and kneaded eraser. (Min 5 – Max 12)

Location: BSRC* – Studio B
Mon        Nov 18 – Dec 9  6:30 p.m.-9:30 p.m.  $104  4 classes 0470.119

NEW Collage for the Soul with Arlene
Participants will use simple cut and paste collage techniques to create a series of small artworks. The process is enjoyable, stimulates the imagination, and teaches skills in composition and design. No prior art experience is necessary. Instructor will supply assorted collage papers and decorative embellishments, substrates, adhesives and disposable class materials as required. Students should bring a selection of magazines if they have them on-hand, and/or paper ephemera, HB pencil, kneaded eraser. (Min 5 – Max 12)

Location: BSRC* – Studio B
Wed       Jan 15 and 22  6:30 p.m.-9:30 p.m.  $44  2 classes 0469.119

NEW High Five® Sport
This training is designed for the recreational/competitive coach in any club/organization. Aligned with the Fundamentals and Learn to Train stages of Long Term Athlete Development (LTAD), HIGH FIVE® Sport focuses on the social, emotional, and cognitive development, and well being of athletes. The training is based on research and has been designed to help coaches with dilemmas such as dealing with parents, keeping the child’s interest, ensuring fair play, and creating an emotionally safe environment. (Min 6 – Max 12)

Location: BSRC* – Meeting Room
Sat   Sept 21   9:00 a.m.-1:00 p.m.  $49  1 class 0160.119

NEW Intuitive Acrylic Painting with Arlene
Explore multiple painting techniques using fluid acrylics and intuition to guide the process! This class is perfect for beginners who aren’t ready to invest too much in materials, yet want to experience playful experimentation and have a finished project by the end of the second class! Students may bring brushes, stencils, personal imagery, and an easel (if they wish) in addition to an apron and small plastic containers to hold paints; however, necessary materials are included. (Min 5 – Max 12)

Location: BSRC* – Studio B
Wed       Oct 23 and 30  6:30 p.m.-9:30 p.m.  $79  2 classes 0471.119

*BSRC = Bob Snodgrass Recreation Complex
Make and Take Meal Prep Workshop with Keeley, Certified Nutritionist (12yrs+)

In this class you’ll learn nutrition basics, new recipes, and tips to make healthy and fun meals and snacks. This will be a peanut-free workshop and other dietary restrictions can be discussed upon registration. (Min 6 – Max 10)

Week 1 – Nutrition background, Canada Food Guide, Eating Recommendations, Dips
Week 2 – Homemade granola bars/protein balls
Week 3 – Layered salads in a jar
Week 4 – Freezer meal(s)

Location: BSRC* – Studio B
Sat Sep 14 – Oct 5  11:30 a.m.-1:00 p.m.
$89  4 classes  0472.119

Mindful Meditation with Tracy

Whether this is your first time or you would like to revisit meditation, this class is for you. The goal of focusing better, quieting the mind, and finding calm in this chaotic world is what we will strive for in this 45-minute weekly class. This program takes place in a non-yoga setting and is for everyone. Former students are welcome to drop-in. Please bring a yoga mat or blanket to class. (Min 2 – Max 10)

Location: BSRC* – Studio A
Tue Oct 15 – Nov 19  7:00 p.m. – 7:45 p.m.
$59  6 classes  0473.119

Self Care: Positive Self Talk with Tracy

In stressful times we tend to be our own worst enemy. In this workshop we will explore negative patterns that our brain can get us into and learn tips we can use for good motivation and a positive attitude. (Min 2 – Max 12)

Location: BSRC* – Studio A
Tue Nov 26   7:00 p.m. – 8:15 p.m.
$20  1 class  0475.119

If you are interested in taking a program you do not see in the Guide OR are interested in instructing a program please call our program staff.

Tracy Morgan
Recreation Admin & Programs Supervisor
403.603.3501 | tmorgan@highriver.ca

Jocelyn Edwards
Community Recreation Programmer
403.603.3494 | jedwards@highriver.ca

Keeley McLeod
Community Program Facilitator
403.603.3507 | kmcleod@highriver.ca

highriver.ca/program-registration
Thank You To Our SILVER Sponsors

Our Community Guide would not be possible without the generous donations from the following companies:

- Triple K Autobody
- Austen Jewelers
- McIntosh Plumbing
- Schultz Signs
- Foothills Signs
- Ramada High River
- Little Caesars Pizza
- Super 8 Hotel High River
- Lutes Building Supply
- High River Brewing Co
- Signature Smiles

Parks & Rec Sponsorship Program

**GOLD $500**
- Currently sold out
- Arena Sign (4’ x 8’ or Larger)
- Recognition in the Town Crier
- 1/2 Page Ad in the Program Guide (2x/year)
- Recognized as a Gold Sponsor on a sponsorship board in the Bob Snograss Recreationplex Lobby

**SILVER $300**
- Only 5 spots left
- Arena Sign (4’ x 4’ or Larger)
- Recognition in the Town Crier
- 1/4 Page Ad in the Program Guide (2x/year)
- Recognized as a Silver Sponsor on a sponsorship board in the Bob Snograss Recreationplex Lobby

**BRONZE $200**
- • Special Event Sponsorship
- • Sponsorship at Town Events
- • Recognition in Town Crier
- • Recognition on a sponsorship page in the program guide (2x/year)

For more information contact
Tracy Morgan at 403.603.3501 or tmorgan@highriver.ca
High River's Country Chrysler
Locally owned and operated, providing the area with the best value, selection and pricing for over 25 years!!!
Interested in ARMY CADETS?

Come check out 2383 High River Army Cadets

We parade every Wednesday from 6:30-9pm (except holidays)

At the 187 Air Cadet Hanger, High River Regional Airport
Directions: Head west on 12th Ave, Turn left onto 10 Street. Approximately 7kms, turn left into Airport

Please come by any Wednesday and see what we are all about!!

For more information on our corps visit highriverarmycadets.com or contact us via email: 2383army@cadets.gc.ca

More information on the cadet program can be found at cadets.ca
Make Birthdays Easy

At the Highwood Memorial Centre

Rates starting at $45.00+tax

Set up & clean up included

For availability call 403-652-4404

Email at office@highwoodmemorialcentre.com

128 5th Ave West, High River, Alberta
• If you have taken swim lessons previously and have the previous report card, please only register as the instructor noted in the ‘register in’ area on the report card. If your child has not completed the previous level-please do not register them forward. If classes are full and you cannot find somewhere to register within your schedule, you may sign up on the waitlist for the program and we will do our best to get you in, depending on availability.

• The Town of High River tries to record participants, grades after each swimming lesson session in our administration program. Please ask at the reception desk at the Bob Snodgrass Recreation Complex for a customer service representative to check your child’s last mark, or please speak with an aquatics staff member.

• If your child has taken swim lessons somewhere else that does not teach the Red Cross swim program, please see the front desk or an aquatic staff member for level conversion.

• If any of the above options do not assist you in registering your child in the right program, we can get you set up with a complimentary swim assessment. Our assessments are a 5-10 minute evaluation in the water with the child looking to be registered. The instructor will assess the swimmer’s skills and give you clear feedback on where to register your child.

**Helpful Registration Tips**

- If you have taken swim lessons previously and have the previous report card, please only register as the instructor noted in the ‘register in’ area on the report card. If your child has not completed the previous level-please do not register them forward. If classes are full and you cannot find somewhere to register within your schedule, you may sign up on the waitlist for the program and we will do our best to get you in, depending on availability.

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**Registration for spring/summer aquatic programs opens on**

**MONDAY AUGUST 12 at 7:00 a.m.**

*Full payment is due at time of registration.*

**3 Easy Ways To Register**

- **Online** at www.highriver.ca/program-registration
- **In person** at Bob Snodgrass Recreation Complex 228 12 Avenue S.E.
- **By phone** with a credit card call 403.652.4042

**Free Assessments**

Did you know we offer free assessments to place your child at the right swimming level?

**Contact 403.603.3555**

*BSRC = Bob Snodgrass Recreation Complex*
Aquatics & Etiquette Policies

Arrival Etiquette
To create a pleasant experience for everyone during our Aquasize programs please arrive early to ensure a spot. The maximum safe capacity is 40 participants.

Cancellation Policy
Participants who withdraw after the first class are eligible for a full refund or credit. After the start of the second class, participants are considered paid and registered for the session, and will not receive a refund or credit unless a doctor’s note or relocation notice is provided to the Aquatics Service Coordinator. (Please see BSRC* refund policy on page 2).

If lessons are cancelled due to pool fouling or mechanical problem, reasonable efforts will be made for a make-up lesson at the end of the session. Please make sure your contact information is current when registering to receive the most up-to-date information. Classes are not conducted on statutory holidays.

What should I do in case of illness or absence?
If you know your child will be absent for several lessons, please notify the instructor in advance. Participants who experience diarrhea are kindly asked to refrain from using the pool for 72 hours after their last symptom.

What does my child need to bring to lessons?
Your child should bring appropriate swimming attire for swimming distances, jumping in, and participating in games and activities. For children with longer hair, if long enough to tie back please do so. Goggles are highly suggested for any level but are a must for Swim Kids 1-10.

Lane Swim
The Bob Snodgrass Recreation Complex offers a wide variety of lane swim times. If you are looking for an opportunity to come in and work on your fitness or maintain your own physical health, we have morning, lunch hour and evening opportunities.

Please visit highriver.ca/recreation-schedules

*Please note, schedule is subject to change without notice.*
### Session Dates

<table>
<thead>
<tr>
<th>Set</th>
<th>Days</th>
<th>Dates</th>
<th>Dates Off</th>
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<td>Sept. 29 - Dec. 8</td>
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### Starfish/Duck

(6 months – 3 years) – Parented

Orientation to water, for babies & toddlers. The babies must be able to hold their head up. The goal is to teach the parent/caregiver the age-specific water safety and techniques, while the child experiences buoyancy and movement through song, games, and play in the water.

<table>
<thead>
<tr>
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<th>Days</th>
<th>Time</th>
<th>Cost</th>
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### Sea Turtle

(3 – 6 years) – Parental Assistance Optional
A transitional level for pre-schoolers. No previous lesson experience required. The child will work on developing basic swimming skills, glides, floating, and building awareness of water safety.

<table>
<thead>
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<th>Days</th>
<th>Time</th>
<th>Cost</th>
<th>Code</th>
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### Sea Otter

(3 – 6 years) – Un-parented
Pre-schoolers actively learn new swimming skills using games and activities. Learning how to open their eyes underwater, assisted floats, glides, and jumping into chest deep water.

*Requirement - Completed Sea Turtle*

<table>
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<th>Days</th>
<th>Time</th>
<th>Cost</th>
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</table>
Swimmers learn to float on front and back un-assisted, increase their distance on front & back glides and swim 2m on their own. Swimmers continue to learn water safety skills along with how to use a personal floatation device (PFD).

Requirement – Completed Sea Otter

### Salamander

<table>
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### Sunfish

Swimmers start developing their deep water skills after mastering their independent skills, learn to swim 5m, increase their front and back glides with kicks, and develop their rollover glides. Side glides and front swim are more technical while safety skills continue developing.

Requirement – Completed Salamander

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Crocodile

(3 – 6 years)
Endurance is built through increasing the distance for front and back swims. Swimmers learn to travel 5m on their front and back and begin using rhythmic breathing. The swimmers progress with kicking drills to increase their distance swim to 10m.

Requirement – Completed Sunfish

<table>
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Whale

(3 – 6 years)
Swimmers will learn to swim independently and participate in team games. They will perform front and back swims for 10m while developing their flutter kick and increase their distance swim to 15m.

Requirement – Completed Crocodile

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See Pg. 32 for Session Dates!
## Fall/Winter Swim Lessons

### Swim Kids 1

*(Minimum 6 years old)*

This is an entry level program that provides an orientation to the water and the pool area, while introducing floats and glides with kicks. Children build their endurance by working on the 5m front swim.

*Requirement – No previous experience required*

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### Swim Kids 2

*(Minimum 6 years old)*

Swimmers work on propulsion skills to move through the water on their front and back. They are introduced to deep water activities, and the use of proper flotation devices. Fitness activities include a 10m flutter kick and a 10m distance swim.

*Requirement – Completed Swim Kids 1*

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**Swim Kids 3**

(Minimum 6 years old)
This level provides an introduction to front crawl, diving and building a foundation for making wise choices on where and when to swim. Children will continue to work on floats and learn to change direction in the water. Endurance is achieved by building strength in flutter kick and completing a 15m distance swim.

*Requirement – Completed Swim Kids 2*

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**Swim Kids 4**

(Minimum 6 years old)
This level further develops the front crawl (10m), and back swim with shoulder roll (15m). Swimmers work on kneeling dives, surface supports and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25m distance swim.

*Requirement – Completed Swim Kids 3*

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*Minimum 6 years old*

This level introduces back crawl (15m), sculling skills and whip kick on back. Swimmers learn stride dives, treading water and receive an introduction to safe boating skills. Endurance is built through dolphin kick and a 50m distance swim.

Requirement – Completed Swim Kids 4

### Swim Kids 6

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*Minimum 6 years old*

Front and back crawl continue to be refined with the focus on hand entry and breathing (25m), back crawl with a focus on arm position and body roll (25m). An introduction to elementary backstroke (15m) and learning about ice safety as well as how to rescue others with a throwing assist. Swimmers will demonstrate front dives and their ability to tread in deep water for 1.5 minutes. Endurance is developed through dolphin kick and a 50m distance swim.

Requirement – Completed Swim Kids 5
Swim Kids 7

(Minimum 6 years old)
This level continues to build skills and endurance for front crawl, back crawl and elementary back stroke, while fine tuning the specifics in the strokes. The swimmers are introduced to whip kick on their front and begin to learn about airway and breathing obstructions. They will continue to increase their endurance with a 150m distance swim.

Requirement – Completed Swim Kids 6

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Swim Kids 8

(Minimum 6 years old)
This level is an introduction to breaststroke (15m), feet first surface dives, and rescue entries. Swimmers learn about the dangers of open water and hypothermia. Swimmers practice eggbeater tread for 3 minutes to improve their ability to remain at the surface. Endurance is built on a 300m distance swim and an increased distance swim for front and back crawl to 75m.

Requirement – Completed Swim Kids 7

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See Pg. 32 for Session Dates!
Swim Kids 9

(Minimum 6 years old)
Front crawl (100m), back crawl (100m), elementary back stroke (50m), and breaststroke (25m) continue to be refined. In this level swimmers are encouraged to try combining different strokes and kicks for fitness. They also work on head-first surface dives and learn about wise choices, peer influence, and self-rescue from ice. Endurance is built through a 400m distance swim.

Requirement – Completed Swim Kids 8

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Swim Kids 10

(Minimum 6 years old)
This level has further refinement of strokes and a final assessment of the techniques and distance for front crawl (100m), back crawl (100m), elementary backstroke (50m), breast stroke (50m), and sidestroke (25m). Swimmers learn about scissor kick as a warm-up/cool down stroke for fitness. Swimmers learn about sun safety, rescue of others from the ice, and head-first and feet-first surface dives. Endurance is built using dolphin kick (vertical) and a 500m distance swim.

Requirement – Completed Swim Kids 9

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Teen Swim (11-16yrs)

This program is meant for teens ages 11-16 who want to learn how to swim and may not have had formal instruction. In this course, swimmers will start with the basics from breathing, floating, gliding and continuing to develop their skills-strokes and confidence in the water.

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Adult Lessons

Adult lessons are meant to develop or increase swimmers’ comfort in the water through basic floatation, movement, and breathing skills and to foster the basic knowledge, skills, and confidence you need to stay safe in, on, and around the water. Open to individuals ages 15+. Swimmers do not need to know any formal swimming strokes to enroll.

Red Cross Basics 1

This program is an introduction to swimming with a focus on front swim, starting with the basics of breathing, floating, and gliding. Participants are encouraged to work at their own pace with certified instructors providing a mix of group instruction and one-on-one correction.

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Red Cross Basics 2

This program focuses on learning/developing swimming strokes, getting comfortable in deep water, and increasing the swimming distance. Participants should be comfortable moving around in chest-deep water and swimming 5m.

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See Pg. 32 for Session Dates!
## Winter Swim Lessons

### Session Dates

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<td>Feb. 4 - March 5</td>
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(6 months – 3 years) – Parented

Orientation to water, for babies & toddlers. The babies must be able to hold their head up. The goal is to teach the parent/ caregiver the age specific water safety and techniques, while the child experiences buoyancy and movement through song, games and play in the water.

### Starfish/Duck

<table>
<thead>
<tr>
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</table>
### Winter Swim Lessons

#### Sea Turtle

*(3 – 6 years) – Parental Assistance Optional*

A transitional level for pre-schoolers. No previous lesson experience required. The child will work on developing basic swimming skills, glides, floating, and building awareness of water safety.

<table>
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#### Sea Otter

*(3 – 6 years) – Un-parented*

Pre-schoolers actively learn new swimming skills using games and activities. Learning how to open their eyes underwater, assisted floats, glides, and jumping into chest deep water.

*Requirement - Completed Sea Turtle*

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## Winter Swim Lessons

### Salamander

**Requirement – Completed Sea Otter**

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### Sunfish

**Requirement – Completed Salamander**

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### Winter Swim Lessons

**Crocodile**

(3 – 6 years)
Endurance is built through increasing the distance for front and back swims. Swimmers learn to travel 5m on their front and back and begin using rhythmic breathing. The swimmers progress with kicking drills to increase their distance swim to 10m.

*Requirement – Completed Sunfish*

<table>
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**Whale**

(3 – 6 years)
Swimmers will learn to swim independently and participate in team games. They will perform front and back swims for 10m while developing their flutter kick and increase their distance swim to 15m.

*Requirement – Completed Crocodile*

<table>
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*See Pg. 41 for Session Dates!*
Winter Swim Lessons

Swim Kids 1

(Minimum 6 years old)
This is an entry level program that provides an orientation to the water and the pool area, while introducing floats and glides with kicks. Children build their endurance by working on the 5m front swim.

Requirement – No previous experience required

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Swim Kids 2

(Minimum 6 years old)
Swimmers work on propulsion skills to move through the water on their front and back. They are introduced to deep water activities, and the use of proper flotation devices. Fitness activities include a 10m flutter kick and a 10m distance swim.

Requirement – Completed Swim Kids 1

<table>
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### Swim Kids 3

**Swim Kids 3**

*(Minimum 6 years old)*

This level provides an introduction to front crawl, diving and building a foundation for making wise choices on where and when to swim. Children will continue to work on floats and learn to change direction in the water. Endurance is achieved by building strength in flutter kick and completing a 15m distance swim.

**Requirement – Completed Swim Kids 2**

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### Swim Kids 4

**Swim Kids 4**

*(Minimum 6 years old)*

This level further develops the front crawl (10m), and back swim with shoulder roll (15m). Swimmers work on kneeling dives, surface supports, and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25m distance swim.

**Requirement – Completed Swim Kids 3**

<table>
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See Pg. 41 for Session Dates!
### Swim Kids 5

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</table>

#### Winter Swim Lessons

**Swim Kids 5**

*Minimum 6 years old*

This level introduces back crawl (15m), sculling skills and whip kick on back. Swimmers learn stride dives, treading water, and receive an introduction to safe boating skills. Endurance is built through dolphin kick and a 50m distance swim.

**Requirement** – Completed Swim Kids 4

### Swim Kids 6

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#### Winter Swim Lessons

**Swim Kids 6**

*Minimum 6 years old*

Front and back crawl continue to be refined with the focus on hand entry and breathing (25m), back crawl with a focus on arm position and body roll (25m). An introduction to elementary backstroke (15m) and learning about ice safety as well as how to rescue others with a throwing assist. Swimmers will demonstrate front dives and their ability to tread in deep water for 1.5 minutes. Endurance is developed through dolphin kick and a 50m distance swim.

**Requirement** – Completed Swim Kids 5
Swim Kids 7

(Minimum 6 years old)
This level is an introduction to breaststroke (15m), feet first surface dives, and rescue entries. Swimmers learn about the dangers of open water and hypothermia. Swimmers practice eggbeater tread for 3 minutes to improve their ability to remain at the surface. Endurance is built on a 300m distance swim and an increased distance swim for front and back crawl to 75m.

Requirement – Completed Swim Kids 6

<table>
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Swim Kids 8

(Minimum 6 years old)
Front crawl (100m), back crawl (100m), elementary back stroke (50m), and breaststroke (25m) continue to be refined. In this level swimmers are encouraged to try combining different strokes and kicks for fitness. They also work on head-first surface dives and learn about wise choices, peer influence, and self-rescue from ice. Endurance is built through a 400m distance swim.

Requirement – Completed Swim Kids 7

<table>
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See Pg. 41 for Session Dates!
### Swim Kids 9

**Swim Kids 9**

*Minimum 6 years old*

This level continues to build skills and endurance for front crawl, back crawl and elementary back stroke, while fine tuning the specifics in the strokes. The swimmers are introduced to whip kick on their front and begin to learn about airway and breathing obstructions. They will continue to increase their endurance with a 150m distance swim.

**Requirement** – Completed Swim Kids 8

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### Swim Kids 10

**Swim Kids 10**

*Minimum 6 years old*

This level has further refinement of strokes and a final assessment of the techniques and distance for front crawl (100m), back crawl (100m), elementary backstroke (50m), breast stroke (50m), and sidestroke (25m). Swimmers learn about scissor kick as a warm-up/cool down stroke for fitness. Swimmers learn about sun safety, rescue of others from the ice, and head-first and feet-first surface dives. Endurance is built using dolphin kick (vertical) and a 500m distance swim.

**Requirement** – Completed Swim Kids 9

<table>
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</table>
Teen Swim

This program is meant for teens ages 11-16 who want to learn how to swim and may not have had formal instruction. In this course, swimmers will start with the basics from breathing, floating, gliding and continuing to develop their skills/strokes and confidence in the water.

<table>
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<th>Days</th>
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<th>Cost</th>
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Adult Lessons

Adult lessons are meant to develop or increase swimmers’ comfort in the water through basic floatation, movement, and breathing skills and to foster the basic knowledge, skills, and confidence you need to stay safe in, on, and around the water. Open to individuals ages 15+. Swimmers do not need to know any formal swimming strokes to enroll.

Red Cross Basics 1

Learn to Swim
This program is an introduction to swimming with a focus on front swim, starting with the basics of breathing, floating, and gliding. Participants are encouraged to work at their own pace with certified instructors providing a mix of group instruction and one-on-one correction.

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Red Cross Basics 2

Developing Swimmer
This program focuses on learning/developing swimming strokes, getting comfortable in deep water, and increasing the swimming distance. Participants should be comfortable moving around in chest-deep water and swimming 5m.

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See Pg. 41 for Session Dates!
All of our Advanced Leadership programs are based on continuous evaluation. Therefore, these programs require 100% attendance. Make sure you are able to attend all of the advertised dates, times, and meet the required pre-requisites for this course prior to registration. If you require a withdrawal at any point, a refund will only be available based on our Withdrawal & Refund policy found on page 2. If you have any questions please contact 403.603.3555.

<table>
<thead>
<tr>
<th>Course</th>
<th>Dates/Times</th>
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<td>Bronze Star</td>
<td>September 29 - December 8 (Sundays) / 9:30 - 11:00 am</td>
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<td>January 12 - April 5, 2020 / 9:30 - 11:00 am</td>
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<td>National Lifeguard - Recert</td>
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**Water Safety Instructor**

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Bronze Star
This course is an excellent preparation for success in Bronze Medallion. Participants develop problem-solving and decision-making skills individually and in partners. Candidates learn CPR and develop the lifesaving skills needed to be their own lifeguard, including a timed 400m swim. Prerequisite: 10 years old (participants may enroll more than once)

Bronze Medallion
Teaches an understanding of lifesaving principles embodied in the four components of water rescue education: judgement, knowledge, skill, and fitness. Rescuers learn tows and carries, and defense and release methods in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a timed swim. Prerequisite: 13 years old. Pre-course requirement – Swimmers must be comfortable swimming 500m in 15 minutes.*

Bronze Cross
Is designed for lifesavers who want the challenge of more advanced training, including an introduction to safe supervision in aquatic facilities. It is a prerequisite for all advanced training programs including National Lifeguard. Includes CPR C and AED. Prerequisite: Bronze Medallion

National Lifeguard (NL)
NL is the standard measurement of lifeguard performance in Canada. The primary role of the National Lifeguard is the prevention of emergency situations and a timely and effective resolution of emergencies.
Prerequisites: 16 years old; Copy of completed Bronze Cross; Current Standard First Aid, or AEC and Level “C” CPR certificate; Proof of age; birth certificate or drivers license. (Prerequisites must be provided to the instructor prior to the first class).

Water Safety Instructor (WSI)
This course further develops instructional ability by focusing on how to effectively plan and teach the Red Cross Swim Program. Other topics include instructional emergency response skills and stroke development, drills and corrective strategies. Candidates apply their teaching skills and knowledge during 9–11 hours of practical teaching experience.
Prerequisites: 15 years old; Emergency First Aid or higher; Bronze Cross. (*Note – Certifications do not need to be current).

Standard First Aid Level ‘C’ & AED
Comprehensive 16-hour 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. Meets Federal and a variety of Provincial/Territorial regulations for Standard First Aid and CPR. Exceeds competitors’ standards by including injury prevention content, CPR, and AED.
How to become a Lifeguard

13 YEARS OF AGE or BRONZE STAR

BRONZE MEDALLION

BRONZE CROSS — STANDARD FIRST AID CRP-C — NATIONAL LIFEGUARD (NL)

You are now a LIFEGUARD!

Depending on the facility you plan on working at you will need an Instructing certificate. This certificate allows you to teach swim lessons. The Town of High River delivers Red Cross swim lessons (WSI) and the Lifesaving Lifeguard Program (LSI). Both are an asset, WSI is a part of the hiring qualifications.

Instructing Certificates

RED CROSS WATER SAFETY INSTRUCTOR or LIFE SAVING INSTRUCTOR (LSI)

For all Advanced courses see pg. 52
All of our Aquasize programs are under the direct guidance of a trained instructor and designed for people ages 12+. For children under 12, please contact 403.603.3555 for alternate aquatic physical fitness.

To create a pleasant experience for everyone during our Aquasize programs, please arrive early to ensure a spot and to reduce injury by participating in the warm up portion of the program. The maximum safe capacity is 40 participants.

Please see the descriptions for information on the types of classes we offer, and which best suits your needs.

**Deep/Shallow Combo**
This class is for all patrons—whether you prefer deep or shallow water. Some modifications/instruction will be given depending on movements. This is an opportunity to combine the best of both worlds and a great place to strengthen your body.

**Shallow Water Workout**
In this class you will experience a low impact aerobic workout. The water buoyancy supports the body weight, which reduces stress on the joints and minimizes pain. This is a great class for people who prefer to keep their feet on the ground while experiencing the benefits of movement in the water.

**Deep Water**
Deep water workouts are a weight training style, using the lack of gravity and the resistance of the water. Participants will be shown the distinctive deep water movements that will activate your core at all times. Deep water is great for people with joint issues who want a great workout, but cannot withstand high impact dry land exercise.

**Bootcamp**
This class is a combination of strength and cardio, either shallow or deep. You will experience a new workout each time you come and can expect a challenge.

**Aquahealing**
Back by popular demand, this co-ed class is in shallow water and anchored, no bounce, and no need to know how to swim. The focus of this class is balance, range of motion, flexibility, and core. It is a great class for pre and post joint surgery as well as pre-natal. All special equipment is provided; participants just have to wear a suitable bathing suit. Aquahealing is a specialized class that is only available based on instructor availability. Prior notice will be given if class will not be running.

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### Class Schedule

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Time</th>
<th>Max Capacity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aquasize</td>
<td>Mon-Thurs</td>
<td>8:30 a.m.-9:15 a.m.</td>
<td>40</td>
</tr>
<tr>
<td>Aquasize</td>
<td>Mon &amp; Wed</td>
<td>11:15 a.m.-12:00 p.m.</td>
<td>40</td>
</tr>
<tr>
<td>Bootcamp</td>
<td>Tues/Thurs</td>
<td>7:45 p.m.-8:30 p.m.</td>
<td>40</td>
</tr>
<tr>
<td>Shallow</td>
<td>Friday</td>
<td>8:30 a.m.-9:15 a.m.</td>
<td>40</td>
</tr>
<tr>
<td>Deep</td>
<td>Friday</td>
<td>11:15 a.m.-12:00 p.m.</td>
<td>40</td>
</tr>
<tr>
<td>Aquahealing</td>
<td>Friday</td>
<td>1:00 p.m.-1:45 p.m.</td>
<td>40</td>
</tr>
</tbody>
</table>

Please take note that Aquasize classes are designed for a specific purpose and goal in mind. It is still up to the participants to be aware of their limits and work within them to prevent injury. Please notify the instructor or lifeguards on duty of any prior physical or health concerns.
Family & Community Support Services

FCSS RESOURCE CENTRE

NEED HELP: The FCSS Resource Centre is a great place to start

Office Hours

Monday, Wednesday & Thursday
8:00 a.m. - 4:30 p.m.

Tuesday
8:00 a.m. - 6:00 p.m.

Friday
8:00 a.m. - 4:00 p.m.

Closed Statutory Holidays

Unit 101, 303 - 9Th Ave SW in Charles Clark Medical Centre

FCSS provides a wide variety of support and services to the community. Drop-in to their office to learn how they can assist you!

- Information and referrals to community resources.
- Provide information, brochures and contact information for community and government services.
- Applications for Old Age Security, Canada Pension, Alberta Seniors, Health Care, etc.
- Assistance with completing forms, copy and fax forms for services.
- Commissioner for Oaths available.
- Seniors Independent Assistance Program.
- Volunteer Income Tax Program.

Block Parties

To book the Neighbourhood Block Party Trailer for your street, please book online at www.highriver.ca/family-and-community-support-services/
Family & Community Support Services

Our High River

Community Cafes

Every second Wednesday of the month from 5-7 p.m. Check out our Facebook page or visit ourhighriver.com for location information. You never know where we’ll be connecting next!

Get to know your neighbours in a casual atmosphere with free food, great conversation, and community!

Visit Our High River Facebook, Twitter, and/or Instagram for more information or go to ourhighriver.com

Foothills Community Counselling

is an FCSS-High River initiative with the mission to provide quality, affordable counselling services to the Foothills region. Our skilled and experienced counsellors provide counselling services to children, youth, families, couples, and adults. Fees are based on a slide scale. For more information, please call 403.603.3549 or stop in at the FCSS Resource Centre. Walk-in sessions are available on Wednesdays from 10:00 a.m. - 1:00 p.m. Foothills Community Counselling is located in the FCSS Resource Centre at 101, 303-9 Ave S.W. (in the Charles Clark Medical Centre)

Community Vitality Fund

Sometimes you just need a little bit of support, to be connected to the right people, or to find the right resources.

But what if your big idea requires some support from the Town of High River?

Our Council is committed to supporting citizens to take on community-led initiatives that contribute to the vitality and high quality of life in our community. The Community Vitality Fund looks to empower citizens to initiate, manage, and implement projects, and ultimately support the success of community-led initiatives.

The Community Vitality Fund ensures that the community has financial resources, while also building capacity within local citizens to execute community projects that are a priority for residents. Citizens are encouraged to implement initiatives that not only showcase High River as a vital community to live, work and play but also:

- increase the beauty and integrity of High River
- promote ongoing citizen engagement
- enhance community pride

Thriving community led initiatives ensure the prosperous growth, vitality, and sustainability of High River . . . led by you!

For more information about the Community Vitality Fund, visit highriver.ca/fundingopportunities

highriver.ca/fcss
MYAC
EMPOWERS YOUTH
The Mayor’s Youth Advisory Committee empowers youth to participate and have a voice in the High River community.

Memberships now open
- Are you 14 – 19 years old, live in High River, Nanton, Cayley, Blackie or the MD of Foothills and interested in being a voice for our youth?
- Are you looking for a place to connect and strengthen your peer relationships?
- Do you have ideas about how to improve High River’s youth experience in the community?
- Would you like to plan events with the goal of sparking community spirit?

Join Us!
From September - December, we meet Tuesdays from 4:00 - 5:00 at the Culture Centre in High River.

Go to www.highriver.ca/mayors-youth-advisory-committee to learn more!
Contact: Amanda King
Email: aking@highriver.ca
Phone: (403) 603-3454
A Primary Care Network (PCN) is a team of health specialists that complement the care you get from your family doctor. Through this network, you can access registered nurses, psychiatrists, foot care nurses, pharmacists, geriatricians, family counsellors, social workers, dietitians, and exercise specialists - all working together to ensure greater continuity of care for each patient.

As the name suggests, a PCN focuses on PRIMARY CARE. We want to maintain your current good health, manage health challenges, and prevent health issues from becoming serious.

Between the one-on-one services offered by PCN health specialists, and the free classes offered on nutrition, exercise, health, and mental wellness, PCNs work with your family doctor to ensure your best health outcomes.

Primary care networks help people access the health services they need when they need them. PCN specialists know their way around the health care system, and can navigate your best path.

Alberta has 41 PCNs. In the High River area, your go-to team is the Calgary Rural Primary Care Network. Get in touch. We’d love to help you be as healthy as you can be!

Before it gets serious, so it doesn’t get serious.

High River
103, 303 9th Avenue SW
403-652-1654

Check out our classes at crpcn.ca, and connect with us on Facebook.
High River Stay & Play Hours

The High River Parent Link Centre provides support and resources to parents, caregivers, and their children 0-6 years of age.

Parent Link Centres connect parents to parents, families to families, and parents to resources in their communities. All programs and services are FREE. Please feel free to come in, have a look around and visit with our staff.

STAY & PLAY HOURS

The PLC FREE Stay & Play programs for parents and children:

- Tuesday: 9 am – 12 pm & 1-4 pm
- Wednesday: 9 am – 12 pm & 1-4 pm
- Thursday: 9 am – 12 pm & 1-3 pm
- Friday: 9 am – 12 pm
- Saturday: 9 am – 12 pm
Programs

Ages and Stages Questionnaire
The Ages and Stages Questionnaire (ASQ) for children aged 2 to 60 months, assesses the five developmental areas: communication, gross motor skills, fine motor skills, problem solving, and personal/social skills. Questionnaires can be accessed at any time. Please come in or call 403 652 8633.

Please come in or call 403 652 8633.

I Am Three... Explore With Me
Please join us in an ASQ Celebration event. Play: with crafts and games. Grow: an opportunity to discuss your child’s development (Ages & Stages Questionnaire). Connect: with community resources. Shine: and have fun! This is a FREE event for parents whose child turns 3 in 2019. Every 3-year-old will go home with a fun bag! Please phone 403 652 8633 to register.

Location: High River Parent Link Centre
Cost: Free
Fri Oct 4 10:00 am – 12:00 pm 1 event

Location: Okotoks Parent Link Centre (Pason Arena – 2nd Floor)
Cost: Free
Fri Apr 3 10:00 am – 12:00 pm 1 event

Bellies and Bundles
(For Moms to be and Moms that are)
An opportunity for new and expectant moms to connect. This group will include information and support on your child’s development, nutrition, health and well-being. It is intended for expectant moms and those with babies under one year of age. Siblings are welcome! This group will run every second and fourth Friday from 1:30-3:30 pm. For more information please call the Parent Link Centre at 403 652 8633.

Location: High River Parent Link Centre
Cost: Free
Fri Sep 13, Sep 27, Oct 11, Oct 25, Nov 8, Nov 22
Dec 13, 2019, Jan 10, Jan 24, Feb 14, Feb 28,
Mar 13, Mar 27, Apr 10, Apr 24, 2020

Grandparents Day
Stay & Play for Grandparents and their Grandchildren. This special playtime is reserved for Grandparents and their Grandchildren under 6 years of age. Join us for a FREE morning of fun, crafts and games. Please phone 403 652 8633 to register!

Location: High River Parent Link Centre
Cost: Free
Sat Oct 26 9:00 am – 12:00 pm 1 class

Location: Okotoks Parent Link Centre (Pason Arena – 2nd Floor)
Cost: Free
Sat Feb 8 9:00 am – 12:00 pm 1 class

Visit Us Online or Call For Program Dates
403-652-5090 www.litforlife.com
**Triple P Positive Parenting Programs**

Strengthen your knowledge, skills and confidence to become an even more effective parent. Triple P offers parents practical easy-to-use information and support from simple tip sheets and individual advice to group discussions. Please call the Parent Link Centre to enquire more about the Triple P Positive Parenting Program.  

Please phone 403 652 8633 to register for the Triple P Programs.

**Group Triple P**  
*Location: High River Parent Link Centre*  
*Cost: Free*  
Mon 6:00 pm – 8:00 pm 8 classes  
Oct 7, Oct 21, Oct 28  
Nov 4, Nov 18, Nov 25  
Dec 2, Dec 9 (no class Oct 14 or Nov 11)  
Mon 6:00 pm – 8:00 pm 8 classes  
Jan 13, Jan 20, Jan 27  
Feb 3, Feb 10, Feb 24, Mar 2  
Mar 9, 2020 (no class Feb 17)

**Discussion Group Triple P**  
*Location: High River Parent Link Centre*  
*Cost: Free*  
Managing Fighting and Aggression  
Thu Sep 12 1:00 pm – 3:00 pm 1 class  
Hassle-Free Shopping with Children  
Thu Oct 17 1:00 pm – 3:00 pm 1 class  
Dealing with Disobedience  
Thu Oct 24 1:00 pm – 3:00 pm 1 class  
Developing Good Bedtime Routines  
Thu Nov 7 1:00 pm – 3:00 pm 1 class

**Primary Care Seminar Series**

**Seminar One:** The Power of Positive Parenting: Learn about reasonable expectations, assertive discipline, positive learning environments, and looking after yourself as a parent.

**Seminar Two:** Raising Confident, Competent Children: Learn how to help your child express their feelings appropriately.

**Seminar Three:** Raising Resilient Children: Learn about emotional resilience in children and six important life skills that help children deal effectively with life’s challenges and thrive.

We will cover these three seminars in just one day!!! To register for this event please phone the Parent Link Centre at 403 652 8633. Lunch will be provided!!

*Location: Okotoks Parent Link (2nd Floor- Pason Arena)*  
*Cost: Free*  
Sat Sep 21 9:00 am – 3:00 pm 1 class

**Kids Have Stress Too!**

The Kids Have Stress Too! Program helps parents understand childhood stress and how to provide children with the tools to deal with stress effectively. Join us for three, 2-hour sessions where you will leave with practical hands-on strategies to help your child cope with stress.  

Please phone 403 652 8633 to register.

*Location: High River Parent Link Centre*  
*Cost: Free*  
Tue Nov 5, Nov 12, Nov 19 1:00 pm – 3:00 pm 3 classes  
Tue Mar 3, Mar 10, Mar 17 1:00 pm – 3:00 pm 3 classes

**Curiosity Kids (3-6 yrs)**

Have fun exploring the world of science through hands-on learning! This parent and child program is geared for children 3-6 years of age. Please phone 403 652 8633 to register!

*Location: High River Parent Link Centre*  
*Cost: Free*  
Thu Sep 19, Sep 26, Oct 3, Oct 10 1:30 pm – 2:30 pm 4 classes
Little Chefs (3-6yrs)
Have fun preparing yummy snacks with your child as the head chef! Children will love this culinary experience! Please phone 403 652 8633 to register.

Location: High River Parent Link Centre
Cost: Free
Thu Nov 21, Nov 28, Dec 5, Dec 12 1:30 pm – 2:30 pm 4 classes
Thu Mar 12, Mar 19, Mar 26, Apr 2 1:30 pm – 2:30 pm 4 classes

Busy Bees
Come join us for an hour filled with gross motor activities and games. Parent Link will transform itself to become a place where children can run, jump and play in a variety of activities to increase their motor skills and activity levels. Please phone 403 652 8633 to register.

Location: High River Parent Link Centre
Cost: Free
Thu Jan 23, Jan 30, Feb 6, Feb 13 1:30 pm – 2:30 pm 4 classes

Christmas Crafting Afternoon
Christmas is coming!!! A great way to get in the holiday spirit is to have some fun with crafts! Join us for an afternoon of creating! Please phone 403 652 8633 to register.

Location: High River Parent Link Centre
Cost: Free
Fri Dec 6 1:30 pm – 3:30 pm 1 class

Grow and Learn Walk-In Clinic
Do you have questions about how your child: speaks, hears, colours, draws, or cuts? How your child moves and follows directions. How your child reacts to noises, clothing, food textures, or messy hand play. These FREE Walk-in Clinics occur in High River, Okotoks, Turner Valley, Claresholm and Nanton Please phone 403 652 8633 to find out locations and times.

High River Saturday Program
Do you LOVE coming to the High River Parent Link Centre but are not always able to come during the week?!? Well… you are in luck! We are open for SATURDAY DROP IN! We are open every Saturday morning from 9 am until Noon! Come on in and enjoy what the Parent Link Centre has to offer!

Location: High River
Cost: Free
Sat All Year 9:00 am – 12:00 pm

Parent Link Centre Outreach Programs
READY FOR SOME FUN! Looking for a playgroup in YOUR COMMUNITY? Parent Link Centre’s offer FREE programming for families with children prenatal to six years of age. We offer outreach programs in Blackie, Turner Valley, Claresholm, Nanton, and Okotoks. Check out below for when these programs are offered!

Location: Blackie (United Church)
Cost: Free
Mon Sep – Jun 9:30–11:30 am

Location: Turner Valley (Sheep River Library)
Cost: Free
Thu (2nd & 4th) Sep – Jun 10:00–11:30 am

Location: Claresholm (The Station)
Cost: Free
Tue Sep – Jun 9:30–11:30 am & 1-3 pm

Location: Nanton (United Church)
Cost: Free
Wed Sep – Jun 9:30–11:30 am & 1-3 pm

Location: Okotoks (Pason Arena – 2nd Floor)
Cost: Free
Tue Sep – Jun 9:00–11:30 am & 1-3:30 pm
Wed Sep – Jun 9:00–11:30 am, 1-3:30 pm
Thu Sep – Jun 9:00–11:30 am & 1-3:30 pm
CONTACT INFORMATION

Website - www.highwoodgolf.com

Address
400-7th Street NW
High River, AB    T1V 1M6

Email info@highwoodgolf.com
General Manager – Greig@highwoodgolf.com
Event Bookings – Dawn.Lockwood@highwoodgolf.com
Head Golf Professional – Cameron@highwoodgolf.com
PD Day Camps - PDday@highwoodgolf.com

Phone (403) 652–3644

ADMINISTRATION
HOURS OF OPERATION

Summer Hours
April 1st to September 30th
Open Monday to Friday 8:00 am to 4:00 pm
Open Saturday 8:00 am to 10:00 am
Closed Sunday

Winter Hours
October 1st to March 31st
Open Monday to Thursday 9:00 am to 4:00 pm

LIVE HERE - PLAY HERE

NEW TO HIGH RIVER?
New Residents receive a complimentary annual Afternoon play pass to Highwood Golf.
Proof of relocation is required.
Email greig@highwoodgolf.com for more information & registration
INDOOR GOLF PROGRAM

**Golf In Simulator**

*Enjoy Golf All Year Round*

**Play** - Book our simulator for 9 or 18 holes.

**Practice** - Reserve time on the driving range or short game areas to improve your game.

**Learn** - Improve your game by booking a lesson with one of our PGA of Canada Golf Professionals

**Club Fittings** - Looking to purchase

**Group Bookings** - Business Christmas party, family event or large group bookings welcome. Food & beverage packages available for every occasion.

**Walk-in Rates**

$39/Hour – Partial Hours billed to the nearest half hour.

**Hourly Punch Passes**

7 Hours for the Price of 5 - $199

**Winter Practice Packages**

Includes 1 Hour of Weekly Driving Range & Practice Area Time Full Season $349 Half Season $200

*Call for lesson pricing*

**Club Fittings**

Have your swing speed, spin rates and launch angle assessed by a by a PGA of Canada Professional

*Call for pricing info*

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HEALTH & WELLNESS/SOCIAL PROGRAMS AT HIGHWOOD GOLF

**Yoga with Colleen** – November through March

Monday 5:00pm – 6:00pm

Wednesday 9:00am – 10:00am

Highwood Golf Members $8.00/Class

Public Access $12.00/Class

**High River Resident Free Spitzee 6 Hole Golf or Footgolf Registration**

We are inviting all residents of High River to enjoy Highwood Golf at least once next summer at no cost for access. Our Spitzee 6 Course is great for families and beginner golfers and now we are offering Footgolf as well in case you don’t play golf. *To register as a High River Resident visit our homepage and register through the Free High River Resident Golf Program.*

**Cross Country Skiing** – December through March

Enjoy access to the designated ski grounds all winter long. Simply purchase a coffee card from our Foxes Den restaurant to enjoy your season of skiing. $20 for 12 coffees, redeemable Nov 12 - Mar 31.

**WINE CLUB**

Join our intimate group of wine enthusiasts each month as we learn the many wine regions of the world!

**EACH MONTH YOU WILL ENJOY**

- Tutorial on a different wine region of the world.
- Be introduced to 2 new wines from this region.
- Taste and discuss them with other local wine enthusiast & featured sommelier.
- Enjoy food pairings & a bottle of wine to take home.

Price: Market Price – Depending on the event Wine Club ranges from $65 to $125.

**2019 Events**

Sept 30th – Oct 29th – Nov 25th – Dec 16th

**2020 Events**

Jan 27th – Feb 24th – Mar 23rd – April 27th

*For more information or to purchase check our website widget.*
Highwood Golf’s unique program for your children on your school’s Professional Development Days.

Public Price: $50+gst /day & $10 off for 2 or more registered children.  
Club Members Price: $39 + gst for members family.

Become a Highwood Golf Social Member for $150 annually to access the best PD Day rates. Social Members enjoy club privileges including range access and rounds on course.

Early Drop off & Late Pick Up Available – Additional Costs Apply

Breakfast Available – Additional Costs Apply

Ages 4 and up *Children Must be potty-trained*

Daily Schedule Your child’s day at Highwood Golf includes:

8am – 9am: Drop off, morning cartoons and free play.
9am - 12pm: Snack time, reading & golf lessons
12pm - 1pm: “Little Chefs” lunch
1pm - 3pm: Activity of the day & free play
3pm – 4pm: Snack & movie & pick up
5pm – 6pm: Late pick up

Contact PDday@highwoodgolf.com for more details or visit our PD Day event widget at www.highwoodgolf.com
FOXES DEN RESTAURANT AT HIGHWOOD GOLF

The Foxes Den offers a full-service, upscale dining experience which is open to the public and High River community. Check our website for menu options.

Summer Hours April 1st to November 2nd
Open Monday to Sunday 11:00am to 9:00pm

Winter Hours November 12th to March 31st
Open Monday to Saturday (Closed on Sundays) 11:00am to 8:00pm

Winter Feature Nights
Monday – All Day Happy Hour & Wing Night after 4:00pm
75 Cent Wings
Tuesday – All Day Taco Tuesday
Wednesday – Steak Sandwich Special after 4:00pm
Thursday – Create Your Own Pasta after 4:00pm
Friday – Fish & Chips All Day Long
Saturday – Prime Rib Saturday Nights after 4:00pm

Christmas Lunch Buffet Served Daily Monday To Friday - December 9th to 20th – 11:30am to 1:30pm
$18 Per Person

Winterlicious Menu
Get out of the cold and beside our fireplace
January 6th to 31st After 4:00pm
Enjoy Two Courses for only $20 per person

Live Acoustic Music
August 24th 6:00-9:00pm - Ty Deer
September 28th 5:00-9:00pm - Maxx Mann
October 26th 5:00-9:00pm - Maxx Mann
Nov 23rd 5:00-9:00pm - Maxx Mann
Dec 21st 6:00-9:00pm - Ty Deer
Jan 25th 6:00-9:00pm - Ty Deer
Feb 22nd 6:00-9:00pm - Ty Deer
April 25th 6:00-9:00pm - Ty Deer
Live Music November to March $4.99 Cover Applies

Free Birthday Meal
Register for our Birthday Program to enjoy a free meal every year on your birthday.

SEASONAL EVENTS & FESTIVE CELEBRATIONS

November 30th
Small Business Christmas Comedy Cracker #1 7:30pm
Book a Table of 8 and Save

December 8th
Kids Christmas Party – Includes Lunch with Santa and Christmas Gift $6.00 per child Registration Limited

December 11th
Small Business Christmas Comedy Cracker #2 7:30pm
Book a Table of 8 and Save

December 31st
New Year’s Eve – Dinner & Show 6:45pm to 11:00pm

February 7th
Gift of Music Concert - Tickets through High River United Church

February 14th
Valentine’s Day Three Course Meal $50 per Person

March 12th to 17th
3rd Annual St Patrick’s Irish Celebration – Live Music
March 12, 13 & 17 (Cover charges apply)

Sunday April 12th
Easter Brunch

Sunday May 10th
Mother’s Day Brunch

Foxes Den Catering Division
Planning a special event at your office or in your home? We cater to events off site.
Contact Dawn.Lockwood@highwoodgolf.com
Give the Gift of Peace

Honour a loved one, celebrate a milestone or recognize someone who has made an impact in the community with a memorial tree or bench.

Date: _______________________  Name: _______________________  Phone: _______________________
Address: __________________________________________________________________________________
City/Town: ______________________  Province: ____________________  Postal Code: ________________
Phone Number (Home): _______________________ Business Phone or Cell: ________________________

Wording on Plaque
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Please mail this completed application form with an enclosed cheque made payable to Town of High River to:

Town of High River, 309B Macleod Trail S.W., High River, Alberta, T1V 1Z5
Harvest High River is a new partnership between the Town of High River and High River Food Connections that provides community members with access to fresh produce from the Town’s edible trees and shrubs.

For the current harvesting season, residents can contact the Parks Division directly at parksandrec@highriver.ca or 403.652.4042 for more information on the edible items and locations.
Get Outdoors

Play in Nature: it’s FREE

Where to play outside in the winter in High River:

Christmas Light-Up
- George Lane Memorial Park – 323 Macleod Trail SW
- Create your own tour around High River!

Dog Parks
- NEW Bishop Family Dog Park – East of 5th St SE
- East end of 8th ave

Snowshoeing/Cross Country Skiing
- Sunshine Lake – 9th Ave SE
- Montrose Lake – Monteith Dr. SE
- Emerson Lake – 9th Ave SE
- École Secondaire Highwood High School – Hwy 2A and 12th Ave
- Frank Lake – Located 12km east of High River
- Highwood Golf Course - 400-7th Street NW (free with purchase of coffee)

Outdoor Ice Skating
- Outdoor Skating Arena – Highwood Trail SW
- Emerson Lake – 9th Ave SE

Tobogganing Hills
- Emerson Lake (NW Corner)
- Charles Clark Park – 9th Ave SW
- 2nd Ave SE

Ice Fishing
- Emerson Lake – 9th Ave SE

Playgrounds
- Spitzee Elementary School – 409 Macleod Trail
- École Joe Clark School – 1208 9th Ave SE
- École Senator Riley School – 338 1st Ave SE
- Notre Dame Collegiate – 1500 High Country Dr. NW
- École Secondaire Highwood High School – Hwy 2A and 12th Ave
- Sunshine Lake – 9th Ave SE
- Montrose Lake – Monteith Dr. SE
- Charles Clark Park – 9th Ave SW
- George Lane Memorial Park – 323 Macleod Trail SW
- Kinettes Water Tower Park – 3rd st and 8th Ave SE
- Birchwood Natural Playground

*BSRC = Bob Snodgrass Recreation Complex
Special Events

Let’s Celebrate High River!

Showcase High River
Formerly Fall Registration Round-Up
Community clubs, sports teams, and health and wellness businesses are set up ready to share information and take registrations. This is an excellent way to find out what is available in High River and surrounding area to keep your family happy and healthy!
Date: Thurs, Sept 5. 5:00 p.m. – 7:00 p.m.
Location: BSRC* – Cargill Field House
Cost: FREE to attend $20/table for non-profit $35/table for business
Registration Code: 0171.119
To register visit highriver.ca/program-registration

Halloween Family Field House Dance
Featuring Zumba Glow Party!
Come and boogie with us at this year’s Halloween dance! If you would like to be involved in a new annual tradition, Zumba Witches Dance, please contact Keeley at 403-603-3507. Jumpstart donations will be accepted at the door.
Date: Fri, Oct 25 5:00 p.m. – 7:00 p.m.
Cost: FREE
Location: BSRC* - Cargill Field House

Youth Day (12-17yrs)
Come to the Bob Snodgrass Recreation Complex to enjoy free activities in our facility.
Date: Fri, Nov 22 2:00 p.m. - 10:00 p.m.
Location: BSRC*
Cost: FREE

Santa Clause Skate
A High River Tradition! Bring your family for an afternoon of fun on the ice. Warm-up with hot chocolate and hot dogs. Skating indoors with an outdoor atmosphere is lots of fun for the whole family. Food Bank donations are accepted! Helmets are mandatory and no strollers allowed on the ice surface.
Date: Mon, Dec 2 5:00 p.m. – 8:00 p.m.
Location: BSRC* – Large Arena
Cost: FREE

Winter Walk Day
Beat the ‘Winter Blues’ by joining other Albertans in a Winter Walk Day challenge. We’ll walk around the Cargill Field House, enjoy hot chocolate and snacks after you clock your kilometers. Go High River Go!
Date: Wed, Feb 5 (All Day)
Location: BSRC* - Cargill Field House
Cost: FREE

Family Day Weekend
Enjoy a family fun weekend full of activities at the Bob Snodgrass Recreation Complex. Zumba Glow party, swimming, skating, and a Big Screen Movie in the Field House!
Date: Fri/Sat/Sun Feb 14 – 16
Location: BSRC
Cost: FREE

Showcase High River
Formerly Health & Wellness Fair
Community clubs, sports teams, and health and wellness businesses are set up ready to share information and take registrations. This is an excellent way to find out what is available in High River and surrounding area to keep your family happy and healthy!
Date: Sat Mar 7 12:00 p.m.–3:00 p.m.
Location: BSRC* – Cargill Field House
Cost: FREE to attend $20/table for non-profit $35/table for business.
Registration Code: 0488.119

Easter Eggstravaganza
Explore the Bob Snodgrass Recreation Complex through hints and puzzles to collect your prize! After your scavenger hunt enjoy family fun time in the Cargill Field House.
Date: Sat Apr 18, 11:00 a.m. – 1:00 p.m.
Location: BSRC
Cost: FREE

For more community events go to highriver.ca/events