

Parks & Recreation Programs – Spring 2021

AQUATICS

Watch Facebook for additional Aquatics Courses!

***If in-person programs are not feasible due to Government of Alberta regulations and guidelines, they will be delivered virtually. Date and time may be subject to change. All registered participants will be notified personally.**

Babysitting (Canadian Red Cross) 12yrs+

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 behaviors to essential content on leadership and professional conduct as a babysitter.

Location: Studio B (program delivery is subject to change due to Alberta COVID Restrictions and Guidelines)

Sat	April 24	9:00 a.m. - 4:30 p.m.
Barcode 0010.021		
Sat	May 29	9:00 a.m. - 4:30 p.m.
Barcode 0014.021		
Sat	June 26	9:00 a.m. - 4:30 p.m.
Barcode 0016.021		

\$75/class Registration opens March 29



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 age group will be given better tools to stay safe in a variety of different situations.

Location: Studio B (program delivery is subject to change due to Alberta COVID Restrictions and Guidelines)

Sat	May 15	9:00 a.m. - 3:30 p.m.
Barcode 0013.021		
Sat	June 12	9:00 a.m. - 3:30 p.m.
Barcode 0015.021		

\$70/class Registration opens March 29

2 Easy Ways To Register:

- Online at www.highriver.ca/program-registration
- By phone with a credit card call 403-652-4042

Standard First Aid CPR Level 'C' & AED Full Course & Recert



Workplace Approved

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' status by including injury prevention content, CPR, a AED.

Prerequisites: None.

Certification Currency: 3 Years from the date of certification.

Recertification: Must attend a Standard First Aid Recertification Course BEFORE your certification expires.

***If in-person Standard First Aid programs are not feasible due to Government of Alberta regulations and guidelines, they will be cancelled and registration fees refunded.**

FULL COURSE

Location: Studio A

Sat & Sun	May 1 & 2	8:00 a.m. - 5:00 p.m.
Barcode 0011.021		

\$150/Class Registration opens March 29

RECERT

Location: Studio A

Sat	May 8	8:00 a.m. - 5:00 p.m.
Barcode 0012.021		

\$80/class Registration opens March 29



CHILDREN'S PROGRAMMING

Homeschool Sport FUNDamentals and Play with Isabelle

This fast and fun program is for school aged children learning from home. Each week your child will learn a new instructor led FUNDamental sport as well as participate in unstructured physical activity in the Field House. This is meant to improve gross motor skills, encourage cooperation and add to their overall social and mental well being.

Participation is by reservation only. Reserve your spot online or call the front desk. **Partially funded by the Jumpstart Sports Relief Funding.** (Max 12)

*Location: Cargill Field House or Outside
This class may not run during COVID restrictions, or could run outside weather permitting. Please dress for the weather.*



Mon **May 3- June 21**
5-9 yrs 1:00- 2:00 p.m.
10-14 yrs 2:30 -3:30 p.m.

Wed **May 5- June 23**
5-9 yrs 1:00 – 2:00 p.m.
10-14 yrs 2:30 -3:30 p.m.

(No class May 24)

\$2.50/class **Registration opens March 29**

ADULT PROGRAMMING

***Classes will run in person, except when COVID restrictions apply, then indoor classes will run virtually as long as minimum numbers are met.**

Gentle Yoga with Robyn



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 your own

yoga mat, large bath towel and water, equipment will not be provided. (Min 6 – Max 8)

Location: BSRC – Studio A

Tues **April 13-June 22** **10:30 a.m. 11:30 a.m.**
\$8.40/class **Registration opens March 29**

Spring Outdoor Bootcamp with Sarah

Have a blast as your instructor takes you through a series of both strength training and cardio, full of body movements that'll have you sweating and your muscles burning. Feel strong, powerful and accomplished leaving our Bootcamp class! Please bring your own weights, yoga mat, towel and water, equipment will not be provided. (Min 6 – Max 8)

Location: BSRC – Studio A*

Wed **May 19-June 23** **9:15 a.m. 10:00 a.m.**

\$8.40/class **Registration opens March 29**

Barre Fitness with Keeley

Barre will challenge all levels of fitness in a unique Pilates and Ballet-inspired class. We'll tone the full body through a series of strategic exercises that focus on strength, flexibility and balance. Equipment needed includes a yoga mat or non-slip surface and a stable chair or stool. A light set of weights (2-5lbs.) is recommended but not required. (Min 6 – Max 8)



Location: BSRC – Studio A*

Tues **April 13-June 22** **9:00 a.m. 9:45 a.m.**

\$8.40/class **Registration opens March 29**

Outdoor Curls and Crunches with Keeley

Join Keeley for a refreshing outdoor group workout. Each participant will have their own safe space to workout in a fun atmosphere. We'll keep it fresh each week and focus on all components of fitness including functional strength, cardio, core, balance and mobility. Bring weather appropriate clothing, a set of weights and resistance band, a mat and water. (Min 6 – Max 12)

Location: BSRC – behind the curling rink*

Mon **May 17 - June 21** **12:00 p.m. - 12:45 a.m.**

(No class May 24)

\$8.40/class **Registration opens March 29**



Meditation Series

Join Robyn and Tracy, as they take you on a journey to explore different meditation styles.

May 4 – Guided Meditation with Tracy – Guided Meditation is the easiest form of meditation in that you simply lay back and allow yourself to be guided into relaxation. Join Tracy on a mental vacation and explore beach life in your mind.

May 11 - Introduction to Walking Meditation with Robyn – Did you know that the simple act of walking is itself a meditation? In this one hour session, we will use walking as a tool to anchor the mind, bringing peace, balance and clarity.

May 18 – Yoga Nidra with Tracy – Explore the benefits of a Yogic “sleep” (a state of consciousness between waking and sleeping, a guided meditation)

May 31 - Introduction to Vipassana or Insight Meditation with Robyn – A powerful form of mindfulness meditation, regular Vipassana practice can help us release anxiety, drop in to the present moment, and maybe even find enlightenment! In this one hour session, we will introduce the basics of a Vipassana practice, focusing on breath awareness.

Location: BSRC* – Studio A

Mon May 3, 10, 17 & 31 6:15 p.m. – 7:00 p.m.
\$8.40/class **Registration opens March 29**



Yin Yoga with Shanda

Yin Yoga is an opportunity to slow down and reconnect with your mind and body in a gentle way, calming your nervous system and providing space for you to recharge.

These postures are held for longer lengths of time, from a few minutes to as long as feels comfortable for each participant. This therapeutic yoga class can restore range of motion and mobility, improve circulation, increase resiliency to stress and anxiety, and calm and balance the mind and body. This class is open to all levels of yoga experience. Please have an electronic device to connect to the internet. (Min 6 – Max 8)

Location: BSRC* – Studio A

Mon April 12-June 21 7:30 p.m. - 8:30 p.m.
(No class May 24)
\$8.40/class **Registration opens March 29**

****NEW** FUSION CLASSES
(In-person and virtually) are available
for most adult classes**

Strength & Conditioning 55+ with Shannon P

Building and maintaining strength in your heart and bones is the key to active aging! This class is designed to change each week with options such as hand weights, resistance bands doing strength conditioning, cardiovascular intervals to keep a strong and healthy heart, and stretching to keep the joints feeling well. Please bring your own weights, yoga mat, towel, a 5 foot dowel or broom stick and water, equipment will not be provided. (Min 6 – Max 8)



Location: BSRC* – Studio A

Thurs April 15-June 24 10:30 a.m.- 11:30 a.m.
\$8.40/class **Registration opens March 29**

Silver Circuit Training 55+ with Sarah

Join Sarah 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 that is fun and exciting. No fitness experience necessary. Please bring your own weights, yoga mat, towel and water, equipment will not be provided. (Min 6 – Max 8)

Location: BSRC* – Studio A

Wed April 14-June 23 10:30 a.m. 11:30 a.m.
\$8.40/class **Registration opens March 29**



Registration – Policies & Procedures – Spring 2021

2 Easy Ways To Register:

Online at www.highriver.ca/program-registration

By phone with a credit card call 403.652.4042



Missed Classes & Withdrawals (during COVID Restrictions)

In the event that a participant is unable to attend a class, please contact us ASAP and we will issue a credit.



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 if space is available. If a transfer results in a difference in fees, arrangements will be made at the time of transfer.

Why the different look to our guide?

Classes may look a little different this winter as we try to navigate through these times. **We are asking registrants to register for each class separately to enable easier cancelation at this time.** We may be able to offer some classes virtually instead, please let us know your preference and we will work with you as best as possible.

Drop in Fieldhouse, Arena & Aquatics activities

Even with a membership we will be requiring registration for all drop in programming. Please visit our website for drop in schedules to determine which activities you would like to take, then go online or call to register. Registration dates are indicated beside each class.

Contact Information

Main Desk – 403-652-4042

Facility Bookings – 403-603-3554

Aquatics – 403-603-3555

Parks – 403-603-3503

Community Programs – 403-603-3501