







# AQUATIC PROGRAMS

## HOLIDAY SCHEDULE

Please note: We will be closed Dec 25/26 & Jan 1 for statutory holidays

December 20 - 31, 2021

POOL SCHEDULES	MONDAY DEC 20	TUESDAY DEC 21	WEDNESDAY DEC 22	THURSDAY DEC 23	FRIDAY DEC 24
<b>Lengths/Programs</b>	6:00 AM - 1:00 PM (MIN 3 LANES 6 AM - 1 PM)	6:00 AM - 1:00 PM (MIN 3 LANES 6 AM - 1 PM)	6:00 AM - 1:00 PM (MIN 3 LANES 6 AM - 1 PM)	6:00 AM - 1:00 PM (MIN 3 LANES 6 AM - 1 PM)	6:00 AM - 1:00 PM (MIN 3 LANES)
<b>Leisure Pool</b>	8:00 AM - 3:00 PM	8:00 AM - 3:00 PM	8:00 AM - 3:00 PM	8:00 AM - 3:00 PM	8:00 AM - 1:00 PM
<b>Hot Tub</b>	8:00 AM - 3:00 PM	8:00 AM - 3:00 PM	8:00 AM - 3:00 PM	8:00 AM - 3:00 PM	8:00 AM - 1:00 PM
<b>Toonie Swims</b> (Entire Pool)	1 - 3:00 PM	1 - 3:00 PM	1 - 3:00 PM	1 - 3:00 PM	
<b>PROGRAMS</b>					 
<b>Water Ratz</b> (Ages 6 - 10)	9:00 AM - 3:00 PM	9:00 AM - 3:00 PM	9:00 AM - 3:00 PM	9:00 AM - 3:00 PM	 
<b>Junior Lifeguard Camp</b> (Ages 8 - 12)	9:00 AM - 3:00 PM	9:00 AM - 3:00 PM	9:00 AM - 3:00 PM	9:00 AM - 3:00 PM	
<b>Festive Fun for Kids</b> AGES 7 - 10				9:00 AM - 3:00 PM	 
<b>Water Safety Instructor</b> Stroke Screen Evaluation (Ages 15+)		10:00 AM - 2:00 PM			
	MONDAY DEC 27	TUESDAY DEC 28	WEDNESDAY DEC 29	THURSDAY DEC 30	FRIDAY DEC 31
<b>Lengths/Programs</b>	6:00 AM - 1:00 PM (MIN 3 LANES 6 AM - 1 PM)	6:00 AM - 1:00 PM (MIN 3 LANES 6 AM - 1 PM)	6:00 AM - 1:00 PM (MIN 3 LANES 6 AM - 1 PM)	6:00 AM - 1:00 PM (MIN 3 LANES 6 AM - 1 PM)	6:00 AM - 1:00 PM (MIN 3 LANES)
<b>Leisure Pool</b>	8:00 AM - 3:00 PM	8:00 AM - 3:00 PM	8:00 AM - 3:00 PM	8:00 AM - 3:00 PM	8:00 AM - 3:00 PM
<b>Hot Tub</b>	8:00 AM - 3:00 PM	8:00 AM - 3:00 PM	8:00 AM - 3:00 PM	8:00 AM - 3:00 PM	8:00 AM - 3:00 PM
<b>Toonie Swims</b> (Entire Pool)	1 - 3:00 PM	1 - 3:00 PM	1 - 3:00 PM	1 - 3:00 PM	1 - 3:00 PM
<b>PROGRAMS</b>					
<b>Festive Fun for Youth</b> AGES 11 - 15					9:00 AM - 3:00 PM
<b>Bronze Cross</b> (13+)	9:00 AM - 3:00 PM	9:00 AM - 3:00 PM	9:00 AM - 3:00 PM	9:00 AM - 3:00 PM	
<b>Red Cross Swim Camp</b> (Ages 5 - 8)	9:00 AM - 3:00 PM	9:00 AM - 3:00 PM	9:00 AM - 3:00 PM	9:00 AM - 3:00 PM	

### Weight Room Schedule

MONDAY Dec 20	TUESDAY Dec 21	WEDNESDAY Dec 22	THURSDAY Dec 23	FRIDAY Dec 24
6 am - 6:30 pm	6 am - 6:00 pm	6 am - 6:30 pm	6 am - 6:00 pm	6 am - 1 pm
MONDAY Dec 27	TUESDAY Dec 28	WEDNESDAY Dec 29	THURSDAY Dec 30	FRIDAY Dec 31
6 am - 3 pm	6 am - 3 pm	6 am - 3 pm	6 am - 3 pm	6 am - 3 pm

### Reception Hours:

<b>December 18</b>	9:00 am - 5:00 pm
<b>December 19/Jan 2</b>	11:00 am - 5:30 pm
<b>December 20 - 23</b>	6:00 am - 7:00 pm
<b>December 24/31</b>	6:00 am - 4:00 pm
<b>December 27 - 30</b>	6:00 am - 5:00 pm

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## HOLIDAY SCHEDULE

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December 20 - 31, 2021



### SWIMMING Program Descriptions (Schedule on previous page)



#### Water Ratz

This is a great time to come and play at the pool, get experience with diving, water survival skills, boogie boarding and lots of fun activities. Spend at least 3 hours in the pool every day. Be sure to bring a healthy lunch, snacks, and water along with your swimsuit, several towels and active wear. Participants must feel comfortable in the water.

Cost: \$126

#### Junior Lifeguard Camp

Kids will learn attitudes and skills that could one day save a life, their life, or someone else's. The Junior Lifeguard Camp is designed to let kids participate in activities like those of real lifeguards, in a safe, fun, and controlled setting.

Cost: \$126

#### Red Cross Swim Camp

Have your kids learn valuable swimming skills and water-safe attitudes. This program includes 2-45-minute Red Cross swim lessons along with other activities in and out of the water. Loads of educational fun!

Cost: \$126

#### Bronze Cross

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as Assistant Lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs. British Columbia and Yukon high school students can use Bronze Medallion and Bronze Cross certifications for credit toward high school graduation.

Cost: \$50

#### Festive Fun

Spend the day making holiday themed crafts and playing games in and out of the water to celebrate the Holidays! Make sure you bring your swimsuit, towels, active wear, and a healthy lunch.

Cost: \$25

### HOLIDAY SWIMMING LESSONS

#### TIMES

#### DEC 20 - 24

#### DEC 27 - 31

9 - 9:30 AM  
9:40 - 10:10 AM  
10:20 - 10:50 AM  
11 - 11:30 AM  
11:40 AM - 12:10 PM

SEA TURTLES / OTTERS  
PARENTED SEA TURTLES  
STARFISH DUCKS  
SALAMANDER / SUNFISH  
SEA TURTLES / OTTERS

SEA TURTLES / OTTERS  
PARENTED SEA TURTLES  
STARFISH DUCKS  
SALAMANDER / SUNFISH  
SEA TURTLES / OTTERS



Please note: Tweekie swims may have capacity limits.



Program Registration  
Online: [strathconagardens.com](http://strathconagardens.com)  
Email: [info@strathconagardens.com](mailto:info@strathconagardens.com)



# ARENA PROGRAMS

## HOLIDAY SCHEDULE

Please note: We will be closed Dec 25/26 & Jan 1 for statutory holidays



Dec 18, 2021 - Jan 2, 2022



### Drop-in Hockey & Programs

	MONDAY Dec20/Dec27	TUESDAY Dec21/Dec28	WEDNESDAY Dec22/Dec29	THURSDAY Dec23/Dec30	FRIDAY Dec24/Dec31	SATURDAY Dec 18	SUNDAY Dec19/Jan2
Everyone Welcome & Pond Hockey	1:15 - 5:00 pm	1:15 - 5:00 pm	1:15 - 5:00 pm	1:15 - 5:00 pm	1 - 4:00 pm	1:30 - 4:30 pm	3 - 5:30 pm
Leisure Skate	9:45 - 11:15 am	9:45 - 11:15 am	9:45 - 11:15 am	9:45 - 11:15 am			1 - 2:45 pm
16+ Hockey	11:30-1:00 pm	11:30-1:00 pm	11:30-1:00 pm	11:30-1:00 pm			

### Registered Ice Programs

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Little Rascals Mini Camp (3-5yrs)	11:30 - 12:15 pm Dec 20-23 (4) Dec 27-30 (4)	11:30 - 12:15 pm Dec 20-23 (4) Dec 27-30 (4)	11:30 - 12:15 pm Dec 20-23 (4) Dec 27-30 (4)	11:30 - 12:15 pm Dec 20-23 (4) Dec 27-30 (4)
Preschool Ice Quest Mini Camp (3-5yrs)	12:30 - 1:00 pm Dec 20-23 (4) Dec 27-30 (4)	12:30 - 1:00 pm Dec 20-23 (4) Dec 27-30 (4)	12:30 - 1:00 pm Dec 20-23 (4) Dec 27-30 (4)	12:30 - 1:00 pm Dec 20-23 (4) Dec 27-30 (4)

### ARENA Program Descriptions

#### Little Rascals Mini Camp 3-5 yrs

Coaches will introduce your child to the world of hockey through drills and skill development. All participants must be able stand up and skate on their own. Skate rentals are available. Full gear required.  
**Cost:** \$23

#### Preschool Ice Quest Mini Camp 3-5 yrs

This camp has been designed with the beginner in mind! This program offers an introduction into the world of ice-skating. Please bring your own helmet and gloves. Skate rentals are available.  
**Cost:** \$20

### Skate Sharpening Hours:

**MONDAY - THURSDAY**  
Dec 20-23 / Dec 27-30 / Jan 3  
9:45 - 11:15 am 1:15 - 5:00 pm

**FRIDAY**  
Dec 24 & 31  
1:00 - 4:00 pm

**SATURDAY**  
Dec 18  
1:30 - 4:30 pm

**SUNDAY**  
Dec 19 & Jan 2  
1:00 - 5:30 pm