



Spring Break

MARCH 17 TO APRIL 1

STRATHCONA GARDENS RECREATION COMPLEX

MARCH 17 to APRIL 1

Spring Break EVENTS

YOUTH SWIM NIGHT AND *Pizza*



FRIDAY
MARCH 15

8:00PM TO 9:30PM

\$10/PERSON AGES 11 TO 15
Glow sticks, music, pizza,
snacks, and drinks

EASTER EGG HUNT

SUNDAY, MARCH 31

12:30PM TO 3:30PM
STRATHCONA GARDENS POOL

Come and play easter games and get
easter treats from our lifeguards!



FRIDAY

MAR

29

GOOD FRIDAY

1:30pm to 4:30pm

Everyone Welcome Skate, Pond Hockey,
and Public Swim.

MONDAY

APR

1

EASTER MONDAY

1:30pm to 4:30pm

Everyone Welcome Skate, Pond Hockey,
and Public Swim.

MARCH 17 to APRIL 1

Spring Break CAMPS

Date	Time	Age	Camp	Cost	Course ID#
March 18 to 22	9am to 4pm	7-12 yrs	Dash & Splash Camp	\$190	51307
	9am to 3pm	7-12 yrs	Junior Lifeguard Club	\$128	54568
	9am to 3pm	7-12 yrs	Splash of Everything	\$40/day	See online
	9am to 3pm	9-13 yrs	Girls on the Go	\$128	54569
March 25 to 28	9:30am to 12pm	4-6 yrs	Little Rascals Hockey Camp	\$80	51318
	9am to 3pm	7-12 yrs	Splash of Everything	\$40/day	See online
	9am to 3pm	9-13 yrs	Girls on the Go	\$128	54570
	1pm to 3:30pm	4-6 yrs	Preschool Ice Quest Camp	\$80	51319

POOL CAMPS

Junior Lifeguard Club Age: 7-12 yrs

Work on water safety skills, knowledge, and abilities in a fun, encouraging atmosphere. Children will learn & practice the Canadian Swim to Survive standard; roll into deep water, tread water for 1 minute, & swim 50 metres. Be sure to bring a bathing suit, multiple towels, and a healthy lunch each day.

54568 **Mon to Fri** **Mar 18-22** **9am-3pm** **\$128**

Girls on the Go Age: 9-13 yrs

Fun, active and educational! Try a variety of activities such as swimming, yoga & aquasize. Team building, craft activities, Karaoke, pampering afternoons and other tween activities are planned. Please bring a lunch, swim suit, towel and active wear.

54569 **Mon to Fri** **Mar 18-22** **9am-3pm** **\$128**

54570 **Mon to Fri** **Mar 25-28** **9am-3pm** **\$128**

Splash of Everything Age: 7-12 yrs

Spend the week experiencing the world of aquatics through a variety of activities, challenges, and games. Spend approximately 4 hours in the pool each day! Be sure to bring a bathing suit, multiple towels, and a healthy lunch each day. Register for individual days that work for you!

Daily **Mon to Fri** **Mar 18-22, 25 to 28** **9am-3pm** **\$40/day**

How to Register

strathconard.perfectmind.com

Our camps are filled on a first-come first-served basis, so the best way to register is to go online! Create your account, set-up family members, and add your payment method ahead of registration day to make the process quick and easy.

Registration for our Spring Break programs opens at 9:00am on Monday, February 5.

Register online at strathconard.perfectmind.com

REGISTER



ARENA CAMPS

Dash & Splash Camp Age: 7-12 yrs

Join us for an exciting week of skating & swimming in the Dash & Splash Camp! This combo camp includes a skating and swimming sessions every day along with off-ice activities such as off ice sports, crafts, and outdoor games (weather dependent). Program fee includes all facility drop-in fees and skate rentals.

51307 **Mon to Fri** **Mar 18-22**

9:00am - 4:00pm **\$190**

Little Rascals Hockey Camp

Age: 4-6 yrs

Learn basic hockey skills and play a real hockey game every day! Coaches will introduce your child to the game of hockey through basic hockey skills & drills, along with off ice activities planned daily. Please bring a snack and water bottle. Full Hockey gear required.

51318 **Mon to Thu** **Mar 25-28**

9:30am-12:00pm **\$80**

Preschool Ice Quest Camp

Age: 4-6yrs

The Preschool Ice Quest Camp has the beginner skater in mind with the emphasis on FUN! Enjoy playing a variety of games on the ice while developing your skating skills along with daily off ice activities. The program fee includes skate rentals.

51319 **Wed to Thu** **Mar 25-28**

1:00-3:30pm **\$80**

MARCH 17 to APRIL 1

Spring Break POOLS

PUBLIC SWIM All ages welcome, all pool facilities and areas open.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Pool, Leisure Pool, Waterslide, Diving Board, Games and Toys	1pm-3pm 6:30pm-8pm	1pm-3pm 6:30pm-9pm	1pm-3pm 6:30pm-8pm	1pm-3pm 6:30pm-9pm	1pm-3pm 6:30pm-9pm	1pm-3pm 6:30pm-8pm	1pm-3pm 6:30pm-8pm

► Children under the age of 7 must have an adult (16+) in the water within arms reach. The ratio is 3 children to 1 adult.

MAIN POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim () number of lanes	6am-1pm (2-3) 3-6:30pm (2) 8pm-9pm (3)	6am-1pm (2-3) 3-6:30pm (2) 8pm-9pm (3)	6am-1pm (2-3) 3-6:30pm (2) 8pm-9pm (3)	6am-1pm (2-3) 3-6:30pm (2) 8pm-9pm (3)	6am-1pm (2-3) 3-6:30pm (2)	9am-1pm (3) 4-6:30pm (2)	9am-1pm (3) 4-6:30pm (2)
Age 16+ Swim	8pm-9pm		8pm-9pm				
Family Swim Caregivers must be in the pool with children.	3pm-6:30pm	3pm-6:30pm	3pm-6:30pm	3pm-6:30pm	3pm-6:30pm	4pm-6:30pm	4pm-6:30pm
Shared Space Main pool shallow end and half main pool. Shared with lessons and rentals.	9am-1pm	9am-1pm	9am-1pm	9am-1pm	9am-1pm	9am-1pm	9am-1pm

LEISURE POOL & HOT TUB

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Leisure Swim	6am-9am	6am-9am	6am-9am	6am-9am	6am-9am		
Parent & Tot 6yrs and under.	9am-1pm	9am-1pm	9am-1pm	9am-1pm	9am-1pm	9am-1pm	9am-1pm
Age 16+ Swim	8pm-9pm		8pm-9pm				
Family Swim Caregivers must be in the pool with children.	3pm-6:30pm	3pm-6:30pm	3pm-6:30pm	3pm-6:30pm	3pm-6:30pm	4pm-6:30pm	4pm-6:30pm
Hot Tub	6am-9pm	6am-9pm	6am-9pm	6am-9pm	6am-9pm	9am-3pm 4pm-8pm	9am-3pm 4pm-8pm

WEIGHT ROOM, STEAM ROOM, SAUNA, AND SHOWERS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6am-9pm	6am-9pm	6am-9pm	6am-9pm	6am-9pm	9am-3pm 4pm-8pm	9am-3pm 4pm-8pm

Visit www.strathconagardens.com and view the **red bar** at the top of the home page for any schedule changes and updates.

MARCH 17 to APRIL 1

Spring Break

FITNESS

AQUATIC CLASSES

All programs subject to instructor availability. Please pre-register.

Date	Fluid Motion (F)	Deep Water Motion (F)	Adaptive Shallow (F) (PH)	Adaptive Deep (F) (PH)	Ortho Mgmt (F) (PH)	Aquatic Arthritis (F) (PH)
Monday, March 18		8am-8:45am		11:15am-12pm	11:15am-12pm	10am-10:45am
Tuesday, March 19	9am-9:45am	8am-8:45am	10am-10:45am			1:15pm-2pm
Wednesday, March 20		8am-8:45am		11:15am-12pm	11:15am-12pm	10am-10:45am
Thursday, March 21	9am-9:45am	8am-8:45am	10am-10:45am			1:15pm-2pm
Friday, March 22		8am-8:45am		11:15am-12pm	11:15am-12pm	10am-10:45am
Monday, March 25		8am-8:45am		11:15am-12pm	11:15am-12pm	10am-10:45am
Tuesday, March 26	9am-9:45am	8am-8:45am	10am-10:45am			1:15pm-2pm
Wednesday, March 27		8am-8:45am		11:15am-12pm	11:15am-12pm	10am-10:45am
Thursday, March 28	9am-9:45am	8am-8:45am	10am-10:45am			1:15pm-2pm

(D) = Drop-in Class (Ph) = Physicians consent/referral (R) = Registration - a set amount of classes for a specific duration of time.
(F) = Flexible - register for dates that work for you.

STUDIO CLASSES

	Monday	Tuesday	Wednesday	Thursday
Sit to be FIT Chair Class (R) (Zoom or in-house)		1:00pm-1:45pm		1:00pm-1:45pm Last day Mar 28
Kundalini with Meditation (R)				5:30pm-6:45pm
Take a WALK Tuesdays (F)		3:30pm-4:30pm		

(F) = Flexible - register for dates that work for you. (R) = Registration - a set amount of classes for a specific duration of time.

How to Register

Visit strathconard.perfectmind.com and log-in or create an account to view and register for all of our programs, camps, and lessons.

REGISTER



What is Flexible Registration?

Don't want to commit to an entire session? No problem! Any of our courses marked with an (F) symbol are flexible, meaning you can pick and pay for any days you'd like to attend. Please give us a call or see our front desk staff to register for your flexible classes.

CDM & TAKE HEART



View all of our CDM and Take Heart Classes on Page 29 of the Rec Guide.

FITNESS PROGRAM DESCRIPTIONS



The rest of our fitness information, including course descriptions and custom fitness services are available in Rec Guide or online.

MARCH 17 to APRIL 1

Spring Break POOLS

FREE SWIM LESSONS

Over spring break we will be offering **FREE** swim lessons, taught by our apprentice Lifesaving Society Swim Instructors! These lessons are subject to change, and are based on how many registrations we get in our Swim Instructor program.

Session Dates	Thursday, Friday, Saturday
() Indicates how many lessons in the session.	March 21 to 23 (3)
Jellyfish/Goldfish	4:40pm, 5:50pm
Seahorse	4:40pm, 5:30pm
Octopus/Crab	3:30pm, 4:05pm, 5:30pm, 5:45pm
Orca	3:15pm, 4:20pm, 4:55pm, 5:15pm
Sea Lion	3:15pm, 3:50pm, 4:55pm
Narwhal	3:50pm, 4:25pm
Swimmer 0.5	3:50pm, 5:15pm
Swimmer 1	3:15pm, 3:30pm, 4:20pm, 5:15pm, 5:50pm
Swimmer 1.5	3:15pm, 3:30pm, 4:20pm, 5:15pm, 5:50pm
Swimmer 2	3:30pm, 4:05pm, 4:55pm, 5:30pm, 5:50pm
Swimmer 3	3:30pm, 4:05pm, 4:55pm, 5:30pm, 5:50pm
Swimmer 4	3:50pm, 4:25pm, 5:30pm
Swimmer 5/6	4:05pm, 5:15pm, 5:45pm
Swimmer 7/8/9	3:30pm, 5:45pm

How to Register

strathconard.perfectmind.com

Our swim lessons are filled on a first-come first-served basis, so the best way to register is to go online! Create your account, set-up family members, and add your payment method ahead of registration day to make the process quick and easy.

Registration for our Spring Break programs opens at 9:00am on Monday, February 5..

- Swim level descriptions are available online or on Pages 19 to 23 of our Winter Recreation Guide.

REGISTER



YOUTH SWIM NIGHT AND *Pizza*



FRIDAY
MARCH 15

8:00PM TO 9:30PM

\$10/PERSON AGES 11 TO 15

Glow sticks, music, pizza, snacks, and drinks

EASTER EGG HUNT



SUNDAY, MARCH 31

12:30PM TO 3:30PM

STRATHCONA GARDENS POOL

Come and play easter games and get easter treats from our lifeguards!

MARCH 17 to APRIL 1

Spring Break COURSES

BRONZE MEDALLION

► Earn High School Credit

Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill and fitness: the four components of water rescue, form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water.

Residents: \$91 Non-resident: \$157.20 Ages 13+ (by last day of course) OR hold a Bronze Star award (need not be current). Knowledge and proficiency in swimming is recommended.

54547 Mon to Thurs Mar 18-21 9am - 3pm

BRONZE CROSS

► Earn High School Credit

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.

Residents: \$91 Non-resident: \$157.20

Ages 13+. Must hold A Bronze Medallion (need not be current). Please bring your Canadian Lifesaving manual to the course.

54548 Mon to Thurs Mar 25 to 28 9am - 3pm

SWIM FOR LIFE INSTRUCTOR

The Lifesaving Society Swim Instructor course trains candidates to the Competency Level 1 knowledge, skills and attitudes needed to teach the Society's Swim for Life® and Canadian Swim Patrol programs.

Residents: \$293.20 Non-Resident: \$350 Ages 15+. Bronze Cross (need not be current) certification is required.

51395 Thurs/Fri/Sat Mar 7 to 33 4pm - 9pm

NATIONAL LIFEGUARD (NL) POOL & AIRWAY MANAGEMENT & OXYGEN ADMINISTRATION (AMOA)

► Earn High School Credit

Go online for a full description. **Must be 15 years of age, hold a Bronze Cross (need not be current), and hold a current Standard First Aid with CPR-C/AED by last day of course.**

RECERT: Mar 23 9am - 6pm Residents: \$68 Non-resident: \$90

NATIONAL LIFEGUARD (NL) WATERPARK OPTION

This course will ensure that you leave with a solid understanding of lifeguard principles, communication techniques and solid judgement skills for waterpark emergency procedures.

Must be 15 years of age, hold a National Lifeguard Pool Certification (need not be current), and hold a current Standard First Aid with CPR-C/AED by last day of course.

53493 Thurs-Sun Mar 21-24 4pm - 9pm Cost: \$50

STANDARD FIRST AID WITH CPR/C & AED

Standard First Aid is a WorkSafeBC Occupational Level 1 equivalent and can be used in the workplace. This course includes comprehensive training covering all aspects of first aid, CPR and AED use. Whether you need training for employment or simply want to be prepared to respond to life-threatening emergencies, this course will give you the skills and knowledge to act with confidence. In addition to the material covered in Emergency First Aid, candidates will learn how to treat head/neck injuries, soft tissue and skeletal injuries and medical emergencies. **Cost: \$190.00**

54545 Sat & Sun Mar 16 & 17
Resident: \$103 Non-Resident: \$145

CPR/C & AED RE-CERT

Must bring proof of CPR-C/AED certification (current within 3 years), pocket mask, and your Canadian CPR Manual.

52946 Wed Mar 27 5pm - 9pm
Resident: \$34 Non-Resident: \$45



MARCH 17 to APRIL 1

Spring Break

ARENA

ARENA 2

Date	60+ Program Hockey	11-15 yrs Program Hockey	Stick & Puck	Everyone Welcome & Pond Hockey
Sunday, March 17				
Monday, March 18	11:30am - 1pm			2pm-5pm
Tuesday, March 19			11:30am - 1pm	2pm-5pm
Wednesday, March 20	11:30am - 1pm			2pm-5pm
Thursday, March 21			11:30am - 1pm	2pm-5pm
Friday, March 22	11:30am - 1pm			2pm-5pm
Saturday, March 23				1:30pm-4:30pm
Sunday, March 24				3pm- 5:30pm
Monday, March 25	9:45am-11:15am		11:30am-1pm	2pm-5pm
Tuesday, March 26		9:45am-11:15am	11:30am - 1pm	2pm-5pm
Wednesday, March 27	9:45am-11:15am		11:30am- 1pm	2pm-5pm
Thursday, March 28		9:45am-11:15am	11:30am - 1pm	2pm-5pm
Friday, March 29				1:30pm-4:30pm
Saturday, March 30				1:30pm-4:30pm
Sunday, March 31				1:30pm-4:30pm
Monday, April 1				1:30pm-4:30pm

LEISURE ICE

Leisure Skate (Leisure ice only)	Everyone Welcome	Skate Sharpening
3pm - 5:30pm		3pm-5:30pm
9:45am-1pm	2pm-5pm	11:30am-5pm
9:45am-1pm	2pm-5pm	11:30am-5pm
9:45am-1pm	2pm-5pm	11:30am-5pm
9:45am-1pm	2pm-5pm	11:30am-5pm
9:45am-1pm	2pm-5pm	11:30am-5pm
	1:30pm-4:30pm	1:30pm-4:30pm
3pm-5:30pm	3pm-5:30pm	3pm-5:30pm
Closed for Camps		11:30am-5pm
Closed for Camps		11:30am-5pm
Closed for Camps		11:30am-5pm
Closed for Camps		11:30am-5pm
	1:30pm-4:30pm	1:30pm-4:30pm
	1:30pm-4:30pm	1:30pm-4:30pm
	1:30pm-4:30pm	1:30pm-4:30pm
	1:30pm-4:30pm	1:30pm-4:30pm

PRIVATE LESSONS

All Ages

Want to learn how to skate or work on your hockey skills? Private lessons cost \$20.80 per ½ hour session plus \$7.30 for each additional person (up to 5 skaters total). All ages welcome! Please inquire with our reception staff for up-to-date availability and to register!

March 19, 21, 22, 26, 28 1:15pm - 1:45pm \$20.80/30 min lesson

Online registration unavailable, contact reception to register.



Helmets are mandatory

for all participants during any public skating/drop-in sessions, lessons, birthday rentals, school groups, and day camps.

A limited amount of extra helmets are available, so bring your own. Any CSA approved helmet is great!