



STRATHCONA GARDENS

# SPRING BREAK

MARCH

| 16 to 29 |

REGISTRATION OPENS  
JANUARY 20

**CAMPS & LESSONS**  
DROP-IN & REGISTERED PROGRAMS

# SPRING BREAK

March 16 to 29

# CAMPS

Date	Time	Age	Camp	Cost	Course ID#
March 17 TO 21	9:30am to 12:00pm	4-6 yrs	Little Rascals Hockey	\$100	62699
	1:00pm to 3:00pm	4-6 yrs	Preschool Ice Quest	\$100	62700
	9:00am to 4:00pm	7-12 yrs	Splash of Everything	\$41/day	
	9:00am to 4:00pm	7-12 yrs	Girls on the Go	\$205	
	9:00am to 4:00pm	7-12 yrs	Junior Lifeguard	\$205	
	9:00am to 4:00pm	8-13 yrs	Lifesaving Sport	\$41/day	
March 24 TO 28	9:00am to 4:00pm	7-12 yrs	Dash & Splash	\$190	62696
	9:00am to 4:00pm	7-12 yrs	Girls on the Go	\$205	
	9:00am to 4:00pm	7-12 yrs	Junior Lifeguard	\$205	
	9:00am to 4:00pm	8-13 yrs	Lifesaving Sport	\$41/day	

Registration opens Monday, January 20 [strathconard.perfectmind.com](http://strathconard.perfectmind.com)

## POOL CAMPS

### 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!

### Junior Lifeguard 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.

### Girls on the Go Age: 7-12 yrs

Fun, active and educational! Try a variety of activities such as swimming, yoga & aquasize all while gaining your Babysitters Certificate and CPR A ticket. Team building, craft activities, Karaoke, pampering afternoons and other tween activities are planned. Please bring a lunch, swim suit, towel and active wear.

### Lifesaving Sport Age: 8-13 yrs

The Lifesaving Sport Fundamentals Pool program offers a recreational introduction to lifesaving sport skills in addition to teaching team building, fair play, ethics in sport, and personal responsibility. Please bring a lunch, swim suit, towel and active wear.

## SWIM LESSONS

### Swim for Life Stroke Correction and Drills Age: 6 and up

Whether you need a little extra help to get through a swim level or just want to keep your skills strong. Stroke Correction and Drills is your perfect Winter Break Swim Lesson. Work on stroke techniques and increase endurance for all levels.

Level 1/2	Mon to Fri	Mar 17-21 or Mar 24-28	4:05pm-4:35pm	\$26.50
Level 3/4	Mon to Fri	Mar 17-21 or Mar 24-28	4:40pm-5:10pm	\$26.50
Level 5/6	Mon to Fri	Mar 17-21 or Mar 24-28	5:15pm-5:45pm	\$26.50

## 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.

### Little Rascals Hockey Camp

Age: 4-6 yrs

Learn Basic hockey skills and play a hockey game every day! Coaches will introduce your child to the game of hockey through drills and skill development. The program fee includes skate rentals. Please bring a snack and water bottle. Full Hockey gear required.

### 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.

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# POOLS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Lanes (2) 6:30am - 9:00am				Closed 6:30am - 9:00am	
		Lanes (3) & Leisure Swim 9:00am - 11:30am				
		Lanes (3) & Parent and Tot 11:30am - 1:00pm				
		Public Swim 1:00pm - 3:00pm				
		Lanes (2) & Family Swim 3:00pm - 6:00pm				
		Closed 6:00pm - 6:30pm				
		Public Swim 6:30pm - 8:00pm			Closed 6:00pm - 8:00pm	

- Public Swim** All ages welcome, all pool facilities and areas open (waterslide closed).
- Family Swim** Leisure Pool & Main Pool. Parents & caregivers MUST be in the water swimming with children. Hot tub open
- Leisure Swim** Leisure pool only public swim. Hot tub open.
- Parent & Tot** Leisure Pool. Parents & caregivers with children 6 yrs and under.

## HOT TUB

Monday to Friday	9:00am - 6:00pm 6:30pm - 8:00pm
Saturday & Sunday	9:00am - 6:00pm

## STEAM ROOM, SAUNA & SHOWERS

Monday to Thursday	6:30am - 6:00pm 6:30pm - 8:00pm
Friday to Sunday	9:00am - 6:00pm

- 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.

## SPRING BREAK CAMPS

Girls on the Go, Splash of Everything, JLC, and Stroke Development swim lessons are back again for Spring Break! Check out the times on page 25 of our Winter Recreation Guide or visit [strathconagardens.com/camps](http://strathconagardens.com/camps). Registration is open!



**Looking for the most up to date schedule?** Schedule changes can happen from time to time, so visit [strathconagardens.com](http://strathconagardens.com) or scan the QR Code.

Last-minute changes will always be communicated in the top red bar of our website. Last-minute course changes will be communicated via text message.

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# FITNESS

## AQUATIC FITNESS All classes require pre-registration.

Date	Deep Water Motion (F)	Fluid Motion (F)	Adaptive Shallow (F)	Adaptive Deep (F)	Aquatic Arthritis (R)	Ortho Management (F)
Monday, March 17	8:00am-8:45am			11:00am-11:45am	10:00am-10:45am	10:00am-10:45am
Tuesday, March 18	8:00am-8:45am	9:00am-9:45am	10:00am-10:45am		1:15pm-2:00pm	
Wednesday, March 19	8:00am-8:45am			11:00am-11:45am	10:00am-10:45am	10:00am-10:45am
Thursday, March 20	8:00am-8:45am	9:00am-9:45am	10:00am-10:45am		1:15pm-2:00pm	
Friday, March 21	8:00am-8:45am			11:00am-11:45am	10:00am-10:45am	10:00am-10:45am
Monday, March 24	8:00am-8:45am			11:00am-11:45am		10:00am-10:45am
Tuesday, March 25	8:00am-8:45am	9:00am-9:45am	10:00am-10:45am			
Wednesday, March 26	8:00am-8:45am			11:00am-11:45am		10:00am-10:45am
Thursday, March 27	8:00am-8:45am	9:00am-9:45am	10:00am-10:45am			
Friday, March 28	8:00am-8:45am			11:00am-11:45am		10:00am-10:45am

Course descriptions are on page 5 of the Winter Recreation Guide.

**Flexible (F)** Pre-register before the class. Pick any day that works for you. Doctors referral required for Ortho Management and Aquatic Arthritis.

**Registered (R)** Register for a session of classes. Doctor's referral required.

## STUDIO FITNESS

Date	Sit to beFit Chair Class (R) (Zoom or in-person)	Yoga for All (R)	Chair Yoga (R)	Take a Walk Tuesdays (F)
Tuesday, March 18	1:00pm-1:45pm	11:15am-12:15pm	12:30pm-1:15pm	3:30pm-4:30pm
Thursday, March 20	1:00pm-1:45pm			
Tuesday, March 25		11:15am-12:15pm	12:30pm-1:15pm	3:30pm-4:30pm
Thursday, March 27				

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

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# FITNESS

## TAKE HEART

Date	Take Heart Breathe Well	Take Heart Maintenance
Tuesday & Thursday (Mar 18, 20, 25, 27)	9:45-11am 12:30-2pm	
Monday, Wednesday & Friday (Mar 17, 19, 21, 24, 26, 28)		7-8:45am 9-10:30am 2-3:15pm

## CHRONIC DISEASE MANAGEMENT

Date	CDM Leisure	CDM Shallow	CDM Deep	CDM Land Advanced	CDM Strong and Stable	CDM Growing Stronger Aquatic
Monday, March 17		2:00pm-3:00pm	9:00am-10:00am		11:00am-12:00pm 12:45pm-1:45pm	
Tuesday, March 18	9:00am-9:45am	11:00am-12:00pm	12:15pm-1:00pm	8:30am-9:30am	2:15pm-3:15pm	10:00am-10:45am
Wednesday, March 19		2:00pm-3:00pm	9:00am-10:00am		11:00am-12:00pm 12:45pm-1:45pm	
Thursday, March 20	9:00am-9:45am	11:00am-12:00pm	12:15pm-1:00pm	8:30am-9:30am	2:15pm-3:15pm	10:00am-10:45am
Friday, March 21		2:00pm-3:00pm	9:00am-10:00am		11:00am-12:00pm 12:45pm-1:45pm	
Monday, March 24 to Friday March 27	No Classes					

See page 17 of the Winter Recreation Guide for information about these programs.

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# COURSES

[strathconagardens.com/lifesaving](http://strathconagardens.com/lifesaving)



## 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. **Cost: \$40 manual, \$92.85 for residents, \$160.35 non-residents. Ages 13+ (by last day of course) OR hold a Bronze Star award (need not be current). Knowledge and proficiency in swimming is recommended.**

63209 Sat to Tues Mar 15 to 18 12:30pm - 6pm

## 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. **Cost: \$92.85 for residents, \$160.35 non-residents. Ages 13+. Must hold A Bronze Medallion (need not be current). Please bring your Canadian Lifesaving manual to the course.**

63206 Thurs to Sun Mar 20 to 23 12pm - 6pm

## 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. Cost: \$302.15 residents, \$392.95 non-residents**

63210 Tues to Sun Mar 25 to 30 9am - 5pm

63239 Sunday Mar 16 - RECERT 9am - 6pm

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# ARENAS

## ARENA 2

## LEISURE ICE

Date	55+ Program Hockey	16+ Program Hockey	Stick & Puck	Everyone Welcome & Pond Hockey	Leisure Skate (Leisure ice only)	Everyone Welcome	Skate Sharpening
Sunday, March 16				3:00-5:30pm		3:00-5:30pm	3:00-5:30pm
Monday, March 17	9:45-11:15am			2:00-5:00pm	Closed for Camps		11:30am-5:00pm
Tuesday, March 18				2:00-5:00pm			11:30am-5:00pm
Wednesday, March 19				2:00-5:00pm			11:30am-5:00pm
Thursday, March 20				2:00-5:00pm			11:30am-5:00pm
Friday, March 21	9:45-11:15am			2:00-5:00pm			11:30am-5:00pm
Saturday, March 22				1:30-4:30pm			1:30-4:30pm
Sunday, March 23				3:00-5:30pm			3:00-5:30pm
Monday, March 24	11:30am-1:00pm			2:00-5:00pm	9:45am-1:00pm	2:00-5:00pm	11:30am-5:00pm
Tuesday, March 25			11:30am-1:00pm	2:00-5:00pm	9:45am-1:00pm	2:00-5:00pm	11:30am-5:00pm
Wednesday, March 26	11:30am-1:00pm			2:00-5:00pm	9:45am-1:00pm	2:00-5:00pm	11:30am-5:00pm
Thursday, March 27			11:30am-1:00pm	2:00-5:00pm	9:45am-1:00pm	2:00-5:00pm	11:30am-5:00pm
Friday, March 28		11:30am-12:45pm		1:00-3:00pm	9:45am-1:00pm 3:15-5:00pm	1:00-3:00pm	11:30am-5:00pm
Saturday, March 29					1:30-4:30pm		1:30-4:30pm



**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!*

## SPRING BREAK CAMPS

Dash & Splash, Preschool Ice Quest and Little Rascals Hockey Camps are back again for Spring Break! Check out the times on page 25 of our Winter 2025 Recreation Guide, and register online today!