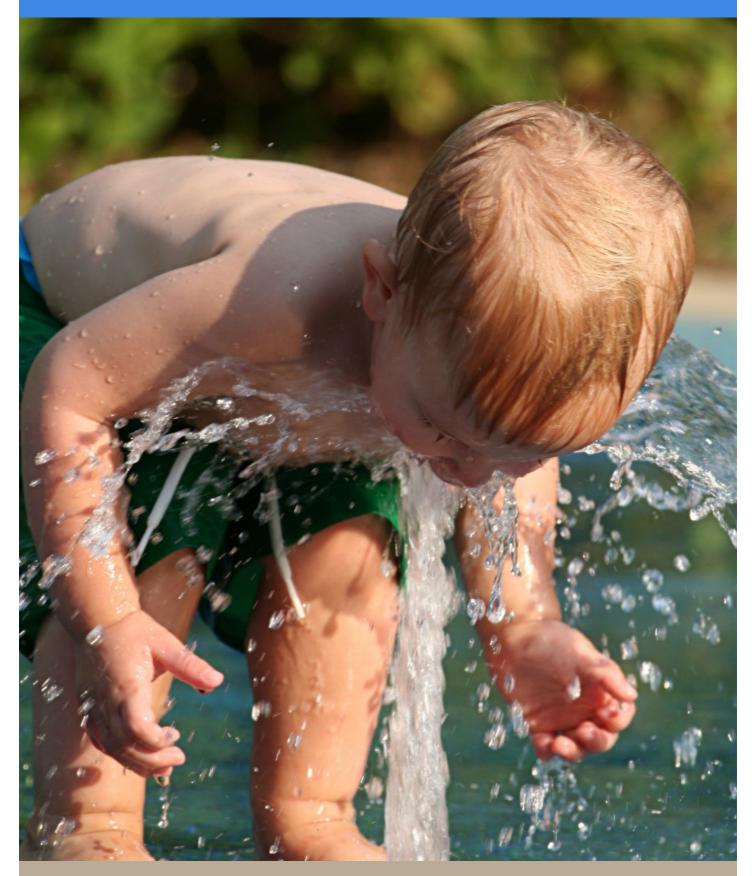
# $\underline{m} y \text{activity guide}$

PROGRAMS AS OF MAY 03, 2021



YOUR GUIDE TO THE CITY OF RED DEER RECREATION PROGRAMS AS OF MAY 03, 2021

# Your Recreation & Culture Programs

Arts & Culture 13 programs Culture Services 5205 48 Ave, Red Deer, AB T4N 6X3 Map | Facility Information

# About this Guide

The program information in this guide is only valid on the date it was created: . Program availability is not guaranteed, and may change at any time. Register now to ensure space is still available. This guide includes current programs offered by The City of Red Deer only. It does not include community programs or advertising that appear in the printed Activity Guide. It does not include programs that have already ended.

To register online, click the blue course code link to visit Look 'n Book.

# **Full Courses**

*Programs shown in red italics* are full. If you would like to be put on the wait list, you can add yourself to the waitlist on Look 'n Book or contact the facility in person or via phone.

# How to Register

Registrations are accepted on a first-come, first-served basis and are subject to availability. Please register as soon as possible.

- Online: Login to Look 'n Book.
- Phone: You can register for programs anytime by calling 403-309-8411.
- In person: Visit our facilities during business hours starting on registration day:
  - <u>Collicutt Centre</u>
  - <u>Arts and Culture Services</u> (Credit Cards only)
  - <u>GH Dawe Centre</u>
  - <u>Recreation Centre</u>

To register, you'll need:

- Email address
- Course number
- Visa/MasterCard number and expiry date
- Cash, debit or cheque (in-person registration only)

For the first day of registration, online access begins at 8:00 am for most programs. Have your User Name and Password handy to complete your registration.

#### Fees

Fees must be paid in full at the time of registration. All fees within this guide are listed at a resident fee rate. Residents are people residing within the corporate limits of The City of Red Deer or living within Red Deer County. Non-residents will pay an additional 25% on all program fees. All fees include GST (where applicable).

# **Withdrawals**

Withdrawals made more than five days prior to the program start date are subject to a 10% withdrawal fee. You may request a refund of the balance or leave a credit on your account for future use. You may withdraw and re-register (transfer) into another program without penalty up to five days prior to the program start date. All transfers are subject to space availability. Refunds will not be provided for withdrawals within five days of the program start date. Withdrawal and transfer practices may vary by program.

# Transfers

All transfers are subject to space availability. Transfers without penalty are permitted up to five days prior to program start date.

# **Medical Circumstances**

Withdrawals for medical reasons are permitted with no penalty prior to program start. If you withdraw after program start due to medical reasons, a pro-rated refund or credit on account will be permitted. Refunds or credits will only be available once a doctor's note has been received. This note must be received within two weeks of notification of withdrawal in all cases.

# **Program Cancellations**

Programs may be cancelled due to insufficient registrations. You will be notified as soon as a decision regarding class cancellation has been made. In the event that The City cancels a program, you are entitled to a full refund or may transfer to another program, space permitting.

# Acknowledgement of Risk

By registering, the participant and/or legal guardian of the participant accepts the risks of physical injury consistent with the program and services in which they are registered and waives any claim for injury arising therefrom. Participants are expected to follow all safety precautions and to use appropriate protective equipment as outlined by the program/service provider and/or instructor. If you have questions about specific risks involved in the program or activity you are registered in, please contact 403-309-8411.

# **For More Information**

Activity

Reservations Online	Look 'n Book Recreation Information Culture Services Information
Telephone	Main Line: 403-342-8111 Collicutt Centre: 403-358-PLAY (7529)
	Arts and Culture Services: 403-406-8820 G.H. Dawe Centre: 403-406-8600
	Recreation Centre: 403-309-8428
Email	recreation@reddeer.ca

# Facility Legend:

CC	Collicutt Centre
DC	G.H. Dawe Community Centre
MC	Michener Centre
RC	Recreation Centre

# Adult & Child Art Class - Bead & Charm Sculpting with Polymer Clay - Virtual

## Ages: 6-12 years

Spend time with a special young artist in your life. This class teaches children and their family/friend how to make their own hand made beads and charms with oven baked polymer clay. This plastic clay is an artist's dream for small scale sculpting, and the only fancy equipment you will need to complete your project at home is a standard oven or a toaster oven! Follow along as our instructor shows you the ins and outs of working with this easy to use medium. Supplies included. Class delivery is via Zoom, with a link provided prior to the class start date. Please confirm your email address upon registration. Please contact programmer for pricing and registration for larger family groups.

## **Culture Services**

May 19 - May 19	(W) 5:30PM - 6:30PM	\$17.00	6-12 years	5 spots	<u>19431</u>

# Adult & Child Art Class - Charcoal Drawing: Animals & Flowers - Virtual

## Ages: 6-12 years

Spend time with a special young artist in your life in this online class. Charcoal is a classic drawing material that we will be using today to create high contrast 2D artworks of Animals and Flowers. Discover different types of charcoal and drawing techniques while exploring how to re-create shapes and light in our drawings. Supplies included. Class delivery is via Zoom, with a link provided prior to the class start date. Please confirm your email address upon registration. Please contact programmer for pricing and registration for larger family groups.

## Culture Services

Jun 16 - Jun 16	(W) 5:30PM - 6:30PM	\$17.00	6-12 years	5 spots	<u>19435</u>

# Adult & Child Art Class - Drawing with Oil Pastels: Bright Sky Tree-scapes - Virtual

#### Ages: 6-12 years

Spend time with a special young artist in your life in this online class. Learn how to use beautifully pigmented oil pastels while you follow along with our instructor to create a glowing sky surrounded by bold tree silhouettes. In this project, we will be focusing on easy colour theory and creating simple yet impactful composition. Supplies included. Class delivery is via Zoom, with a link provided prior to the class start date. Please confirm your email address upon registration. Please contact programmer for pricing and registration for larger family groups.

# Culture Services

May 26 - May 26 (W) 5:30PM - 6	PM \$17.00	6-12 years	5 spots	<u>19432</u>
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# Adult & Child Art Class - Expressive Portraits - Virtual

#### Ages: 6-12 years

Spend time with a special young artist in your life. In this drawing project we will be looking at our faces to learn about how to see like an artist! We will be focusing on drawing with line and colour in a freeing fashion today. Supplies included. Class delivery is via Zoom, with a link provided prior to the class start date. Please confirm your email address upon registration. Please contact programmer for pricing and registration for larger family groups.

## Culture Services

Jun 02 - Jun 02	(W) 5:30PM - 6:30PM	\$17.00	6-12 years	5 spots	<u>19433</u>	
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# Adult & Child Art Class - Surreal Story Telling with Collage - Virtual

#### Ages: 6-12 years

Spend time with a special young artist in your life. This class introduces children and their family/friend to collage. Collage is a type of creative art that utilizes seeking and finding from printed materials like magazines and newspapers... But how can you use your collection of clippings to make something spectacular? In today's class we will be collecting found images and assembling them in layers to create a piece of art that tells a story with a surreal twist! Class delivery is via Zoom, with a link provided prior to the class start date. Please confirm your email address upon registration. Please contact programmer for pricing and registration for larger family groups.

#### Culture Services

Jun 09 - Jun 09	(W) 5:30PM - 6:30PM	\$17.00	6-12 years	5 spots	<u>19434</u>
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# Drawing for Kids - Virtual

## Ages: 8-12 years

This virtual class provides instruction in several drawing techniques using a variety of media and papers. Subjects will range from still-life to working from imagination. Instruction focuses on exploring gesture, contour, composition, and mark-making as ways to enhance drawings. Supplies included. Class delivery is via Zoom, with a link provided prior to the class start date. Please confirm your email address upon registration.Instructor: Christina Wutzke.

#### Culture Services

May 13 - Jun 17	(Th) 5:15PM - 6:15PM	\$69.00	8-12 years	10 spots	<u>19430</u>	
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# Drawing for Teens - Virtual

## Ages: 12-17 years

Learn more about drawing and seeing in a different way, working with a variety of different media: graphite, charcoal, conte and pastels. Focus will be on developing strong drawing skills like perspective, composition, positive/negative space, and texture - techniques you can use to explore your own creative ideas. Supplies included. Class delivery is via Zoom, with a link provided prior to the class start date. Please confirm your email address upon registration. Instructor: Christina Wutzke

## **Culture Services**

May 13 - Jun 17	(Th) 6:30PM - 7:30PM	\$69.00	12-17 years	10 spots	<u>18610</u>	
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# Family Jam Music Makers - Refundable Deposit

## Ages: 0+ years

Borrow an assortment of instruments and supplies for your Family Music Jam Virtual class #17976 that runs May 13th - June 17th. Your deposit will be refunded fully upon the return of the supplies at the end of the session. Due to the system limitations, returns after 4 pm on June 24th will not be refunded. You will be contacted via email before class starts to arrange to pick up your supplies; please check your junk-mail folder shortly after registration. Only available for registrants of course #17976.

## Culture Services

Jun 24 - Jun 24 (Th) 4:00PM - 4:05PM	\$10.00	0+ years	8 spots	<u>19366</u>	
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# Family Music Jam - Virtual

## Ages: 0-5 years

Since we cannot get together with other families in person, join us for this online Family Jam. You and your children 0-5 years can enjoy these family music classes in the comfort of your own home. Join Miss Anne each week to sing, dance and play simple instruments. At the same time, learn about the benefits of music-making to your child's development. You will use household items and have the option to borrow supplies from us. We will email you a list of the household items and instructions in advance. If you wish to borrow some simple instruments from us, you can register for 19366, Family Jam Music Makers - Refundable Deposit. Please confirm your email upon registration. The fee is per family.

# Culture Services

May 13 - Jun 17	(Th) 10:15AM - 11:00AM	\$60.00	0-5 years	8 spots	<u>17976</u>

# Hip Hop Kidz

# Ages: 7-10 years

This high energy after-school class combines the most popular dance music with beginner hip hop moves. Focusing on body isolations and musicality, this class will be fun and be a great way to get moving. Everyone welcome; no experience required. Wear loose, comfortable clothing and bring clean indoor running shoes. Participants will be physically distanced, and masks are required as per AHS guidelines. Instructor: Miss Sheryl

#### **Culture Services**

May 10 - Jun 21 (M) 4:15PM - 4:45PM	\$45.00	7-10 years	8 spots	<u>18717</u>	
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# Jazz/Ballet Technique for Youth

# Ages: 10-13 years

This class is designed for those with previous dance experience who want to improve their technique. Miss Brogan will focus on balletspecific stretches for flexibility, arm strength, ballet bar work, and proper positioning; bar work will include jazz and ballet Pliès, tendus, attitudes, and arabesques. Proper preparation for pirouettes and advanced level jazz jumps, leaps and tricks, will be covered. Participants will be physically distanced, and masks are required as per AHS guidelines. Jazz shoes or ballet slippers are recommended.

# Culture Services

May 10 - Jun 21	(M) 6:00PM - 6:45PM	\$57.00	10-13 years	10 spots	<u>18768</u>
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# Tiny Toes Ballet and Jazz Combo

# Ages: 4-6 years

Children will learn the basics in this preschool ballet and jazz combo class, focusing on fun and creative movement to music. Excellent for all children, early ballet and jazz increases flexibility and coordination for other dance, sport and physical activities, helps to focus the mind and is a great social outing. Participants will be physically distanced, and masks are required as per AHS guidelines. Dance or ballet slippers are recommended. Instructor: Sheryl Pasutto

## **Culture Services**

May 10 - Jun 21	(M) 5:00PM - 5:30PM	\$45.00	4-6 years	8 spots	<u>18715</u>	
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# Watercolour for Kids - Virtual

# Ages: 9-14 years

Try out colouorful and fun watercolours in this virtual, afternoon painting class for school age children working at home. Learn about colour and how to use washes and different techniques to give interesting textures to your paintings. Supplies included. Class delivery is via Zoom, with a link provided prior to the class start date. Please confirm your email address upon registration. Instructor: Marianne Harris

# **Culture Services**

Jun 01 - Jun 22	(Tu) 2:30PM - 4:00PM	\$68.00	9-14 years	8 spots	<u>18772</u>	
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# Arts and Culture

#### Alberta Registered Music Teachers Association

Qualified, professional private music teachers in the Central Alberta Region, taking registrations anytime based on availability. <a href="http://www.armtareddeer.org">www.armtareddeer.org</a>

#### Country Pride Dance Club

Country Pride Dance Club offers dance lessons on Sunday nights at Festival Hall. www.countrypridedanceclub.ca

#### Dance Magic Studio Ltd.

Offering dance, acrobatics, aerial silks/hoop, music, preschool + MORE! Recreational programs for all ages and levels of experience. <a href="http://www.RedDeerDanceMagic.com">www.RedDeerDanceMagic.com</a>

#### **Honey Bear Music**

Preschool music and movement classes for children baby through age 5. Music learning supports all learning, so come and join us for some fun!

# www.honeybearmusic.com

#### **Music For Young Children**

MYC offers fun, parent-participated group music classes for your child to develop piano skills and gain a well-rounded music education. www.myc.com

#### **Norwegian Laft Hus**

Enjoy some Norwegian culture and take part in a variety of cultural classes. www.norwegianlafthussociety.ca

#### **Red Deer Aboriginal Dance Troupe**

All inclusive drum and dance group servicing Indigenous Families and Community through learning, sharing, culture and dance. <a href="https://www.facebook.com/groups/reddeeraboriginaldancetroupe">www.facebook.com/groups/reddeeraboriginaldancetroupe</a>

## **Red Deer Arts Council**

The Red Deer Arts Council offers creative and business-focused workshops and programs for artist development, open to professional, student, and emerging literary, visual and performing artists in Central Alberta. www.reddeerartscouncil.ca

#### Red Deer Museum + Art Gallery

From camps, and drop-in art-making for families, to local and travelling art/history exhibits, we've got something for all culture enthusiasts!

#### www.reddeermuseum.com

## **Red Deer Music Lessons**

Private and small group voice, guitar, drums, piano, ukulele, banjo + marimba for all ages! <u>www.RedDeerMusicLessons.com</u>

#### Strive Dance Academy

Central Alberta's Leader in Dance Education offers Pre-Competitive and Competitive Programs for 3 - 18 years old. www.strivedanceacademy.ca

#### **Treehouse Youth Theatre**

Tree House Youth Theatre offers programming for youth 9-17 in theatre performance and production, shows in December and June. <a href="http://www.treehouseyouththeatre.ca">www.treehouseyouththeatre.ca</a>

# Sports

#### Adams Taekwondo

Offering an exclusive program striving to motivate students about fitness, self-defence, and Taekwondo while bringing out the best in all. Adamstkd@hotmail.com

#### Canyon Ski Resort

Alberta's Largest Non-Mountain Family Ski Area with 80 acres of terrain, 23 runs, 6 lifts, night skiing, and snow tubing! www.canyonski.ca

#### **Central Alberta Quidditch**

Quidditch is a fun team sport for youth and adults of all genders, building skills for an active life. www.CentralAlbertaQuidditch.com

## Jack Benny Recreational Hockey League

The JBRHL is an adult (18+) recreational no-hit hockey league in Red Deer. jbhockeyleague@hotmail.com

#### Michener Hill Curling Club

Where curling is fun! Evening leagues available.

#### www.michenerhillcurlingclub.ca

#### Premier Academy Cheerleading & Tumbling

Offering recreational and competitive cheerleading for 3 years old to adult, tumbling classes, licensed preschool, birthday parties and more!

#### www.premieracademy.ca

#### **Red Deer Skating Club**

CANSkate: learn-to-skate, CanPOWERSkate: power, agility, speed skills, PreSTARSkate: transition to Figure Skating, STARSkate: Figure Skating, ADULTSkate: for all skating abilities.

www.skatereddeer.com

## Red Deer Ski Club

Love to ski? Have the need for speed? Alpine downhill racing for ages 4-20. Certified coaches. On snow Dec-March. rdskiclub.ca

#### Red Deer Champion Taekwondo

A martial arts program designed for all the members of your family; from the fiercest competitor to the gentle soul. <u>www.reddeertaekwondo.com</u>

#### **Riders on Board Snowboard Club**

Freestyle snowboard coaching and training. Advance your skills with qualified coaches in a relaxed club atmosphere. www.ridersonboard.com

#### **Thunder Country Trampoline**

Train with the best. Professional world class instruction at all levels. Gymnastics, Trampoline, Ninja, Parkour, Circus, Tumbling, & Competitive programs.

www.thundercountrytrampoline.com

# Aquatics

#### Silver Sharks - Red Deer Masters Swim Club

Swim with us! Our club offers professional coaching for all abilities (18+). Aiming for personal growth, health, wellness, and fun. www.reddeermastersswimclub.com

# Fitness and Wellness

# Fung Loy Kok Institute of Taoism Taoist Tai Chi arts cultivate strength, flexibility, & stillness.

www.taoist.org

### Little Lights Yoga

Central Alberta's leader in children's yoga! Preschool yoga program, camps, on-site services to schools, day cares, community groups and programs.

www.littlelightsyoga.ca

# **Optimum Performance Centre**

Chiropractic, massage and laser therapy conveniently located in the Collicutt Centre. www.optimumperformancecentre.com

#### Taoist Tai Chi

Taoist Tai Chi ractice brings Pain Relief, Health Improvement and Spiritual Development. Classes resume when safe to do so. <u>www.taoist.org</u>

# Family and Community

#### 49th Street Youth Shelter

Offering youth in crisis a safe place to stay, providing community supports and outreach 24/7/365. https://youthhq.ca/help

#### Arts In Motion

Red Deer's Premiere Performing Arts Preschool. Dance, Music, Tumbling, Yoga, Theatre + Academics for your 3-4 year old. www.ArtsInMotionPreschool.com

#### **Big Brothers Big Sisters**

Our programs match children and youth with adult role models who help them achieve their biggest possible futures. <u>https://yobbbsrdhg.ca/bbbsrd</u>

#### **Boys and Girls Club**

We provide opportunities for youth to develop their potential and achieve their dreams, becoming the leaders of tomorrow. https://youthhg.ca/bgcrd

#### **Conversation Spanish**

Lessons have small class sizes, with trained native Spanish-speaking instructors. Try our new online, adult group, or private one-on-one lessons.

www.conversaspanishcenter.com/red-deer

#### **Crossroads Family Services**

Interested in fostering? We recruit, train, and support foster families providing care to vulnerable children in need around Red Deer. www.crossroadsfs.ca

## Girl Guides of Canada

Girls and women enjoy fun, adventures, and skill-building activities to empower every girl to be everything she wants to be! www.girlguides.ca

#### Kerry Wood Nature Centre

The Kerry Wood Nature Centre offers year-round, nature-based programming for all ages and abilities.

www.waskasoopark.ca

# Living Stones Church

Life is messy! Living Stones Church is a safe place for you to discover hope and healing for life's challenges.

www.livingstones.ab.ca

## Northside Community Centre - YMCA of Northern Alberta

Offering day camps, fitness, rentals and more, the Northside Community Centre is a place where everyone can belong and thrive. <u>https://northernalberta.ymca.ca</u>

#### **Red Deer Catholic Regional Schools**

Red Deer Catholic Regional Schools welcomes all Pre-Kindergarten - Grade 12 students who desire a Catholic education. <u>www.rdcrs.ca</u>

#### Sunnybrook United Church

Sunnybrook United Church has live-streaming Sunday Service at 10;30 a.m. on Facebook or our website at: <a href="https://www.sunnybrookunited.org">www.sunnybrookunited.org</a>

#### Youth HQ

Fostering a community of support through our network of programs, providing youth skills for life, safe environments, and unique experiences.

https://youthhq.ca/

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