Registration Begins: Wed. Jul. 17, 2019

> 2019 Fall IN THE CITY

Arts • Culture • History • Nature Program Guide

ATTRACTIONS

Edmonton Valley Zoo Muttart Conservatory John Janzen Nature Centre

SPECIALTY FACILITIES

City Arts Centre

John Walter Museum
Prince of Wales Armouries

River Valley Programs



> Facility LOCATIONS

Recreation Centres

Terwillegar Recreation Centre 2051 Leger Road NW

Mill Woods Recreation Centre 7207 - 28 Avenue

Clareview Recreation Centre 3804 - 139 Avenue

The Meadows Recreation Centre 2704 - 17 Street

ACT Aquatic and Recreation Centre 2909 - 113 Avenue

Central Lions Recreation Centre 11113 - 113 Street

Commonwealth Community Recreation Centre

11000 Stadium Road

Attractions

- l. **Edmonton Valley Zoo** 133 Street and Buena Vista Road (87 Avenue)
- 2. **Muttart Conservatory** 9626 96A Street
- John Janzen Nature Centre Adjacent to Fort Edmonton Park

Specialty Facilities

- 4. **City Arts Centre** 10943 - 84 Avenue
- 5. **John Walter Museum** 9180 Walterdale Hill
- 6. Prince of Wales Armouries
 Heritage Centre,
 10440 108 Avenue
- 7. River Valley Programs
 Whitemud Park
 Rundle Park
 Victoria Park
 Capilano Park
 Alfred H. Savage Center



INFORMATION

For more information about any City of Edmonton recreation facilities, sports fields, parks or trails, please call 311 (780-442-5311 if outside Edmonton) or visit edmonton.ca.

> Fall 2019 PROGRAMS & EVENTS

Table of Contents

Registration Procedures	03
Volunteer with the City of Edmonton	.04
Booking & Cancellation	05

City Arts Centre	08
Edmonton Valley Zoo	42
Muttart Conservatory	49
John Janzen Nature Centre	50
John Walter Museum	50

Prince of Wales Armouries	58
River Valley Programs	59

> Registration PROCEDURES

Call 311 to register. Registration is required for all courses unless otherwise stated. Program content, availability and prices are subject to change without notice. If calling from outside of Edmonton, please call 780-442-5311.

Online MoveLearnPlay.edmonton.ca Register day or night through the online registration system. It's fast, easy and secure.

In Person Visit your nearest City of Edmonton facility.

City of Edmonton programs are inclusive for all participants. If your child has any medical or behavioral concerns, please let us know when you register. These could include: allergies, medical conditions or behaviors that may require additional supervision or support. If more supervision or support is required, you may be requested to provide an aide.

For participants registered in Child, Youth or Family programs, our Inclusion Staff will call you and email all necessary forms for you to complete. It is important we receive the forms at least one week prior to the start of a program so that staff are able to provide appropriate support to your child. If you have not received a call from the Inclusion Coordinator before a program begins, please call 780-944-7575.

For payment use:

- Visa, MasterCard or AMEX
- Cheque
- Cash/Debit Card

The City of Edmonton reserves the right to cancel or reschedule advertised programs.

Sponsored by:



> Volunteer with the CITY OF EDMONTON

> Volunteer with Attractions

Would you like to:

- · Meet new people?
- Develop leadership, teamwork, communication, and life skills?
- Try new things?
- · Build your resume?
- · Learn more about your city?
- · Have fun?

Those are just a few of the benefits of volunteering for the City of Edmonton's events and programs!

We offer:

- · Orientation and training
- Unique learning experiences
- Updates on volunteer opportunities and City activities
- · Volunteer recognition

Call: 780-496-4935, Monday to Friday, 9 am to 4:30 pm

Email: rfsvolunteer@edmonton.ca

Website: edmonton.ca/volunteers (click on Attractions Volunteer Programs)

Our website includes a volunteer job board for each area and the ability to apply online. Volunteer opportunities will vary throughout the year, so be sure to check back often!

Before becoming a qualified volunteer, you must attend a New Volunteer Orientation. More information about our screening and orientation process will be provided once you apply online.

Each volunteer is asked to contribute a minimum of 20 volunteer hours in a year. These hours can be completed at any City of Edmonton Attraction or Recreation Centre.

Due to the large number of applications we receive, we may not always have placements for every applicant.

Volunteer Opportunities

Watch for these volunteer opportunities at **edmonton.ca/volunteers** and click on 'Attractions Volunteer Programs.'

Special Events

As a Special Events Volunteer, you will assist with public programming for our visitors on event day, engage visitors in event activities, assist children with themed crafts, hand out treats, or act as a facility host. Special events are roughly every month and are posted on our website when they are actively recruiting volunteers.

Free Admission Day is Sunday September 29. We are looking for volunteers to assist with activities at the Edmonton Valley Zoo, and John Janzen Nature Center. Shift times and positions vary by attraction so check out our website in July for more information.

For more information on our volunteer programs, visit **edmonton.ca/volunteers**.



BOOKING, PAYMENT, FEES & CANCELLATION INFORMATION

Edmonton Valley Zoo, John Janzen Nature Centre, John Walter Museum, Muttart Conservatory and City Arts Centre

Programs and parties must be booked at least one month (30 days) in advance of the desired date. Space fills quickly, so the earlier you can book, the better!

> Cancellation Policy

Programs cancelled with 30 days' notice or more will not be charged the program fee or a cancellation fee.

Cancellations with 8 to 29 days' notice are subject to a fee of 50% of the program cost.

Programs cancelled with less than 7 days' notice will be charged the full program fee.

To Cancel a Program

- Birthday Parties: call 780-442-1442 or email cmsbirthdaybookings@edmonton.ca
- Group Programs: call 780-442-1442 or email cmsschoolbookings@edmonton.ca
- * Written notice of cancellation of your birthday program is required and to be emailed to cmsbirthdaybookings@edmonton.ca
- * Written notice of request to cancel your group program is required and must be emailed to cmsschoolbookings@edmonton.ca

> Birthday Parties

The birthday child receives one family single admission pass to a City Attraction (Edmonton Valley Zoo, Muttart Conservatory or John Janzen Nature Centre)

*Cake, drinks and dishes not provided.

*John Janzen Nature Centre & Muttart Conservatory will provide a special, facility specific treat.

*Edmonton Valley Zoo will provide a free t-shirt.

Call **780-442-1442** or email

cmsbirthdaybookings@edmonton.ca to book your party.

Birthday Party Participants Maximums

The maximum number of participants permitted in a Birthday Program will vary per Facility and Program. Refer to Facility Pages for details.

Fees and Payment

All fees are required to be paid in full at the time of booking. Program dates and times cannot be confirmed or held until payment is received.

> Group Programs

To Book

For Group Program Inquiries: Email the bookings office at cmsschoolbookings@edmonton.ca or Visit your preferred facility to view programs offered & submit your booking request online at: edmonton.ca/edprogrambookings

Fees and Payment

- The amount owing is shown on your program confirmation.
- Groups requesting an invoice will be issued their invoice on the first of the month in which the group program is scheduled and payment is due within 30 days of the invoice date.
- Payment can be made by cash, cheque, Visa, MasterCard or American Express. Please have cheques made payable to the City of Edmonton and write your booking confirmation number on your cheque.
- Payment can be made at the facility, by calling 311 or by mail to Community Services Payment Processing, PO Box 2359, 19th Floor, Edmonton Tower, Edmonton. AB. T5J 2R7.

Group Size

- The maximum number of children & adult supervisors may vary by facility or program. Refer to the facility page for maximum numbers of participants.
- Adults are required to remain with their group and supervise participating children at all times during the program.
- Adult supervisors are admitted free of charge with the program in the following ratios:
 - > Under 5 years: 1 adult per 3 children
 - > 5 to 12 years: 1 adult per 5 children
 - > 13 and up: 1 adult per 10 children
- Additional parents and children beyond stated group sizes and ratios will be asked to pay facility admission fees and tour the facility on their own. Additional participants can rejoin the group after the registered program ends.

BOOKING, PAYMENT, FEES & CANCELLATION INFORMATION

> Registered Programs

To register, call 311 or visit MoveLearnPlay.edmonton.ca

Withdrawals and Transfers

Withdrawals and transfers are permitted without penalty up to 15 days prior to the program start date. A \$10 administration fee will apply if a withdrawal or transfer is requested 15 days or less prior to the program start date. If the program has started, a \$10 administration fee will apply and a prorated balance of the program fee will be refunded.

Cancellations

The City of Edmonton reserves the right to substitute instructors, cancel, combine or reschedule advertised programs. Whenever possible, except in the case of emergencies, City of Edmonton staff will notify registrants three business days prior to the course start date if course cancellation or changes are necessary. If a course is cancelled a full refund will be issued.

> Inclusion

The City of Edmonton welcomes children and adults of all abilities at our facilities and is committed to the inclusion of individuals with disabilities in our programs. In order for us to plan more effectively, please indicate what, if any, supports or accommodations are required to ensure successful participation in our programming. We want to work together, along with other community organizations as needed, to ensure a positive and fun experience. Individuals who require additional assistance are welcome to bring an attendant. Attendants can attend at no additional cost when assisting an individual to attend our facilities, services or programs.





MORE THAN JUST A MEETING ROOM.

Our impressive selection of venues delivers unique settings for your next event. From historical elegance to modern comfort to outdoor adventure, our facilities give you options to create an unforgettable experience.

Your ideal venue awaits at edmonton.ca/facilityrentals







PRE-KINDERGARTEN PROGRAM FOR 3 & 4 YEAR OLDS

- Central Lions Recreation Centre
- Clareview Community Recreation Centre
- Confederation Leisure Centre Edmonton Valley Zoo
 - Jasper Place Annex John Janzen Nature Centre
 - Kinsmen Valley Nature School
 - The Meadows Community Recreation Centre
 - Mill Woods Recreation Centre
 - St. Monica School Early Learning & Care Site
 - Terwillegar Community Recreation Centre



Edmonton Catholic Schools in partnership with



Follow us on







780 638-1884 • www.genesis.ecsd.net





EDMONTON.CA/CITYARTS

10943 - 84 Avenue

Public Hours*

Monday to Friday - 9 am to 9 pm

* Facility hours vary between program seasons. Please visit our website for up-to-date facility hours.

The City Arts Centre offers introductory and intermediate-level instruction for pre-schoolers, children, youth, and adults in a variety of crafts and visual, performing, sculptural, and culinary arts.

Classes are held at the City Arts Centre unless otherwise specified. A variety of classes are held in outreach locations and the location name is listed next to the course details.

Outreach Locations

- ACT Aquatic and Recreation Centre: 2909 - 113 Avenue
- Central Lions Recreation Centre: 11113 113 Street
- Clareview Community Recreation Centre: 3804 139 Avenue
- Commonwealth Community Recreation Centre: 11000 Stadium Road
- Mill Woods Recreation Centre: 7207 28 Ave
- Terwillegar Community Recreation Centre: 2051 Leger Road
- The Meadows Community Recreation Centre: 2704 - 17 Street
- Prince of Wales Armouries Heritage Centre 10440 108 Ave

> Adult Courses

Calligraphy

CONTEMPORARY SCRIPT

\$90

Jeanine Alexander

In this one day class you will be introduced to the use of a pointed pen (nib in a holder) and a variety of writing mediums. Start learning a cursive Italic alphabet to achieve beautiful thick and thin strokes. **All supplies included.**

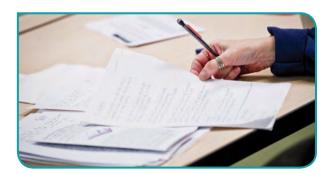
Course #	Dates	Time	Location
661017	Sun. Oct. 27	12 - 5 pm	Millwoods

INTRO TO SCRIPT

\$100

Learn how to hold the pen and make your letters come to life. By the end of the class you will surprise yourself on how talented you've become! **All supplies included.**

Course #	Dates	Time	Location
661018	Mon. Nov. 18 - Dec. 2	6:30 - 9:30 pm	City Arts



Cooking & Baking

ADVANCED BUTTERCREAM

\$100

Aura Morrison

Learn to bake, stack, level, and fill the perfect buttercream cake! You will learn to pipe borders, flowers, and leaves. Impress your family and friends!

Course #	Dates	Time	Location
660918	Sun. Nov. 3	10 am - 4 pm	Millwoods

ADVANCED CAKE DECORATING

\$100

Aura Morrison

Increase your cake decorating skills. Build upon your previous knowledge in this six-hour class. Learn how to make flowers, work with fondant, and create beautiful designs on a dummy cake. Explore cake decorating in this fun-filled advanced class!

Course #	Dates	Time	Location
660921	Sun. Nov. 24	10 am - 4 pm	Millwoods

AMAZING APPETIZERS & TAPAS

\$65

Michaela Bilv

Make delectable appetizers that are sure to wow your guests. Learn to prepare classic garlic cheese canapes, stuffed mushroom caps, coconut shrimp and much more! Make sure you bring your appetite in this fun and social class!

Course #	Dates	Time	Location
660927	Thu. Dec. 5	6:30 - 9:30 pm	City Arts

ARTISAN BREAD MAKING

\$65

Aura Morrison

In this hands-on class learn the steps and techniques needed to make artisan loaves, including boules, baguettes, and focaccia. You don't need a lot of experience to bake bread, just enthusiasm! You'll take home your own ready-to-bake dough!

Course #	Dates	Time	Location
660928	Tue. Sept. 17	6:30 - 9 pm	City Arts
660947	Wed. Nov. 13	6:30 - 9 pm	Millwoods

BASIC CAKE DECORATING

\$65

In this class you will learn the basics of decorating a cake. Learn to make icing and different decorations for your cake. It's easy to make cakes that look as good as they taste. Impress your friends and family with your new skills!

Course #	Dates	Time	Location
660926	Wed. Nov. 6	6:30 - 9:30 pm	Millwoods
660937	Thu. Nov. 19	6:30 - 9:30 pm	Clareview

BASIC MACARONS

\$65

Learn how to make French macarons from scratch. You will be taught how to make meringue based delicacies. Flavours may include: lavender, strawberry chocolate and salted caramel. Everyone will take home a dozen macarons.

Course #	Dates	Time	Location
660943	Wed. Sep. 25	6:30 - 9:30 pm	Millwoods
660922	Sat. Nov. 16	1 - 4 pm	City Arts
660949	Sun. Nov. 24	1 - 4 pm	Clareview
660923	Fri. Dec. 6	6:30 - 9:30 pm	City Arts

BRAZILIAN STREET FOOD

\$65

Katia Vissers

A fascinating variety of cultures come together to create Brazilian cuisine. Discover exotic ingredients, techniques, and flavors you can use at your dinner parties. You'll make and sample dishes such as moqueca, farofa, and manjar branco. Brazilians welcome their friends in the kitchen—everyone is warmly welcome to ours!

Course #	Dates	Time	Location
660920	Wed. Nov. 20	6:30 - 9:30 pm	Millwoods

CARIBBEAN VEGETARIAN

\$65

Zelannie Assigbe

Delight your taste buds with a variety of healthy vegetarian dishes from the Caribbean. Learn how to prepare recipes such as chickpea curry, dhal puri, rice, and more. Explore the various spices and cultures that make Caribbean cooking so unique!

Course #	Dates	Time	Location
660934	Wed. Nov. 27	6:30 - 9:30 pm	City Arts

Location

City Arts

Location

City Arts

CHINESE COOK & EAT

\$95

\$65

FRESH PASTA MAKING

tricks and a full stomach.

Dates

Michaela Bilv

Course #

Michaela Bily

Course #

660951

660917

\$65

Wilma Ho

Learn how to cook Chinese food favourites. This includes green onion cakes, shrimp and pork wonton, kung bao chicken, sweet and sour pork, fried tofu, and curry chicken soup. No MSG, added fats or preservatives are used in this healthy hands-on class.

Course #	Dates	Time	Location
660936	Sun. Nov. 11	11 am - 3 pm	City Arts

GREEK SHOP, COOK & EAT

Thu. Oct. 17

\$95

HOLIDAY CHOCOLATE MAKING Aura Morrison, Sandy Hansen

An introduction to the wonderful experience of chocolate making just in time for the holidays. Learn the dipped and moulded method of making delicious chocolates. Yum! Take home a sample of your chocolates to share with friends and family!

Course #	Dates	Time	Location
660952	Tue. Nov. 26	6:30 - 9:30 pm	City Arts SH
660954	Thu. Nov. 28	6:30 - 9:30 pm	Clareview AM
660953	Tue. Dec. 3	6:30 - 9:30 pm	City Arts SH

GUATEMALAN CUISINE

Dates

Sun. Sep. 15

\$65

Aura Morrison

In this new class, you will learn how to make unique Guatemalan dishes. Learn about Guatemalan culture and cuisine in this fun hands-on class.

Experience the taste of Greece in this hands-on class.

Arts Centre to cook and enjoy several authentic dishes.

First shop at the Greek market and then return to the City

Course #	Dates	Time	Location
660941	Wed. Dec. 4	6:30 - 9:30 pm	City Arts

Making pasta can be fun and easy! Want to wow your guests

bar? Join this hands-on class where you will also learn a few

Time

Time

11 am - 3 pm

6:30 - 9:30 pm

basic sauce recipes, leaving with a host of yummy tips and

with butternut squash tortellini or a build your own pasta

FAMILY HOLIDAY COOKIE COLLECTIVE (Ages 6+) \$35

Start your holiday baking with us in one fun evening! Make various cookie recipes such as thumbprint, shortbread, gingersnap and more! Learn tips and tricks and leave with approximately three dozen cookies and many recipes to try at home. Families/groups register as individuals. Adult participation is required.

Course #	Dates	Time	Location
660942	Wed. Dec. 11	6:30 - 9:30 pm	City Arts



HOLIDAY COOKIE COLLECTIVE

\$65

Start your holiday baking with us in one fun evening! Make various cookie recipes such as thumbprint, shortbread, gingersnap, and more! Learn tips and tricks from the instructor and from each other. Participants will leave with approximately three dozen cookies and many recipes to try at home.

Course #	Dates	Time	Location
660933	Thu. Nov. 21	6:30 - 9:30 pm	Clareview
660939	Wed. Nov. 27	6:30 - 9:30 pm	Millwoods

INDIAN SHOP, COOK & EAT

\$95

Kamal Toor

Learn how to use curry, masala, turmeric and coriander in new ways. Tour an Indian grocery to learn about traditional East Indian ingredients. Return to the City Arts for a hands-on cooking lesson featuring popular meat and vegetarian recipes such as butter chicken, tandoori chicken, aloo gobi, pakoras and more! **Meet at the**

Spice Centre 9208-34 Avenue.

Course #	Dates	Time	Location
661559	Sun. Sep. 22	12:30 - 4:30 pm	City Arts

Location

Millwoods

ITALIAN SHOP, COOK & EAT

\$95

MEAL PREP

Course #

661435

\$200

Michaela Bily

Brushchetta, ravioli, and tiramisu are just a sample of the Italian delights you will create in class. First, enjoy a tour of an Italian grocery store to learn about our city's iconic Italian culture then take part in a hands-on cooking lesson using ingredients you picked up on your tour.

Course #	Dates	Time	Location
660935	Sun. Nov. 17	11 am - 3 pm	City Arts

MEDITERRANEAN SHOP, COOK & EAT

Sun. Sep. 22 - Oct. 20 1 - 4 pm

\$95

Roberto Valencia

and out of the drive-thru.

Dates

Explore the foods of the Mediterranean in this hands-on cooking class. Tour a local Mediterranean grocery store. Purchase cheese, fresh herbs and yogurts and return to City Arts Centre to prepare healthy dishes in a friendly aroup setting.

Getting stressed out about your meals? Learn to meal prep so you can save money and achieve your nutrition goals.

This class will get you started and keep you in the kitchen

Time

Course #	Dates	Time	Location
661557	Sun. Sep. 29	11 am - 3 pm	City Arts

JAMS & JELLIES

\$65

Preserve all the freshness of summer with homemade jams and jellies. Learn tips and tricks from your instructor and take home your creations to enjoy!

Course #	Dates	Time	Location
661564	Sun. Sep. 15	1 - 4 pm	Clareview
661483	Thu. Sep. 26	6:30 - 9:30 pm	City Arts

JAPANESE COOK & EAT

\$95

Michaela Bily

The flavours of Japanese cooking—wasabi, teriyaki and miso—are featured in this popular hands-on cooking class. Create a menu of dishes including sushi, salad and salmon. A delicious afternoon of eating and learning! This class starts and finishes at City Arts Centre.

Course #	Dates	Time	Location
661558	Sun. Oct. 27	11 am - 3 pm	City Arts

MEXICAN SHOP. COOK & EAT

\$95

Mariel Montero Sena

Start off your class with a trip to a local Latin American grocery store to learn about the foods of Mexico. Return to City Arts Centre to make salsas, tacos, tostadas, dessert, and drinks in our kitchen. Take home recipe books to create food for family and friends.

Course #	Dates	Time	Location
660938	Sun. Oct. 20	11 am - 3 pm	City Arts

LEARN TO BAKE ECLAIRS

\$65

Aura Morrison

In this class learn to make frosted eclairs from scratch. Flavours include: dark chocolate, orange blossom, lavender and rose water. Take home a dozen samples of this creamfilled pastry!

Course #	Dates	Time	Location
660940	Sun. Nov. 17	11 am - 2 pm	Clareview

MEXICAN STREET FOOD

\$65

Mariel Montero Sena

Grab your friends and join us for a Mexican fiesta! Get fired up with recipes like green and red salsas, and a wide variety of Mexican finger food: molotes de tinga, gorditas, picaditas and flautas. A spicy evening of eating and learning.

Course #	Dates	Time	Location
660925	Tue. Nov. 19	6:30 - 9:30 pm	City Arts

LEARN TO COOK

\$200

In this introductory class we cover basic cooking skills. Prepare a different menu each week. Learn knife skills, stocks, sauces, vegetables, grain cookery and preparing several cuts of meat. A great class for beginners and anyone who wants to eat more at home!

Course #	Dates	Time	Location
660931	Fri. Oct. 25 - Nov. 15	6:30 - 9:30 pm	City Arts
660944	Sun. Sep. 22 - Oct. 20	1 - 4 pm	Clareview

PHO FUN! VIETNAMESE

\$65

Loan Nguyen

Learn how to cook healthy, gluten-free Vietnamese Chicken Noodle Soup (Pho Ga) from scratch! You will also learn about Vietnames culture, how to make a roll delicious spring rolls with special fish sauce and make your own jar of authentic lemongrass satay sauce to take home!

Course #	Dates	Time	Location
660929	Thu. Oct. 10	6:30 - 9:30 pm	City Arts

SINGLE CRUST PIES & APPLE CRUMBLE

\$65

Enjoy all the yumminess of Fall and learn how to make homemade pies. Try your hand at making four different mini single crust pies from scratch. As an added bonus, you will learn how to make an amazing apple crumble too!

Course #	Dates	Time	Location
660950	Thu. Sep. 26	6:30 - 9:30 pm	Clareview

SAMOSAS

\$65

Tallat Tirmizi

Samosas make the perfect snack, party appetizer or lunchbox treat! In this class, students will learn to make samosas with authentic spices, chicken, and vegetable stuffing. Students will enjoy sweet lassi—a yogurt drink—at the end of class.

Course #	Dates	Time	Location
661563	Thu. Sep. 19	6:30 - 9:30 pm	City Arts
660945	Thu. Nov. 14	6:30 - 9:30 pm	Clareview

SINGAPORE STREET FOOD

\$65

Katia Vissers

Explore the foods of Singapore in this hands-on cooking class. Savour the flavour of coconut milk, spices, lemongrass, and belachan. Learn to make laksa, tempeh satay, and stir-fried noodles. Experience the taste of Singapore right here at home.

Course #	Dates	Time	Location
661560	Wed. Nov. 20	6:30 - 9:30 pm	City Arts

SUSHI MAKING

\$65

Do you love sushi? Learn to make your own delicious and healthy sushi. Make sushi classics like california rolls, salmon rolls, and dynamite rolls. At the end of the class you will have the knowledge and skills to go home and make this for your friends and family!

Ī	Course #	Dates	Time	Location
	660919	Wed. Oct. 16	6:30 - 9:30 pm	Millwoods
	661562	Thu. Nov. 7	6:30 - 9:30 pm	City Arts

TAMALES COOK & EAT

\$95

Roberto Valencia

In Mexico, tamales are considered one of the most beloved traditional foods, eaten at breakfast or dinner. In this class we'll make four flavours of tamales with three different techniques to show you how diverse this traditional dish can be! Our regional tour of tamales include chicken tamale, tamales chiapanecos, and tamale masa.

Course #	Dates	Time	Location
661561	Sun. Dec. 1	11 am - 2 pm	City Arts

THAI SHOP, COOK & EAT

\$95

Michaela Bily

Curry, coconut milk, and fish paste are just some of the exotic flavors you'll taste in this class. Learn about traditional ingredients while you shop at a local grocery store. Return to the City Arts Centre to create several popular Thai dishes; tom yum goong soup, chicken pad thai, green papaya salad and more!

Course #	Dates	Time	Location
660932	Sun. Nov. 24	11 am - 3 pm	City Arts

VEGAN HOLIDAY BAKING

\$65

Learn the ins and outs of vegan baking—all the classics without eggs, dairy, or animal products! The menu will include a variety of treats, perfect for the holidays and holiday entertaining!

Course #	Dates	Time	Location
660930	Thu. Dec. 12	6:30 - 9:30 pm	City Arts

VEGETARIAN COMFORT FOOD

\$65

Whether you are trying to eat less meat or are looking for vegetarian recipe ideas, this class is for you! Learn how to create vegetarian dishes that will comfort you and your family! Go home with a variety of great recipes.

Course #	Dates	Time	Location
660948	Thu. Nov. 21	6:30 - 9:30 pm	City Arts

VEGGIE SOUPS AND STEWS

\$65

This class will help you eat your veggies! Learn how to make healthy vegetable filled soups and stews that are sure to satisfy!

Course #	Dates	Time	Location
660924	Mon. Dec. 2	6:30 - 9:30 pm	City Arts

Crafts

HOLIDAY CARD MAKING

\$50

Lynsay Mahon

'Tis the season to be crafty! Impress the people on your list this year with handcrafted holiday cards! In this class you will make 10 cards using paper crafting techniques that are sure to wow! Included in the class fee are all instructions and materials, including envelopes. This class is suitable for all levels from beginner to advanced. **All supplies included.**

Course #	Dates	Time	Location
660962	Fri. Nov. 22	6:30 - 9:30 pm	City Arts

CHRISTMAS MINI ALBUM

\$100

Pocket page memory keeping is perfect for saving your family's holiday memories! Enjoy assembling a scrapbook album that's ready for all of your holiday photos! This would make a great Christmas gift! Included in the class fee is the album, pages and supplies for you to complete your album. You do not need to bring photos to this class, as the album is intended to have them added after.

Course #	Dates	Time	Location
660966	Sat. Nov. 23	12 - 4 pm	City Arts

HAND KNITTING

\$40

Holly Aamot

Learning to knit is not easy, but it can be fun without needles! Learn the basics of hand knitting and complete your own super-soft, chunky cowl without worrying about tension. **All supplies included.**

Course #	Dates	Time	Location
660960	Fri. Oct. 25	6:30 - 9:30 pm	City Arts

LEARN TO CROCHET

\$70

Mallory Tatlock

Learn about crochet and how to do the basic crochet stitches including chain, single crochet, and double crochet. Start on a small project and explore some techniques while making shapes and dish cloths. Discover how to read patterns in a fun learning environment.

Course #	Dates	Time	Location
660957	Thu. Sep. 19 - Oct. 10	7 - 9 pm	City Arts
661575	Wed. Oct. 9 - 30	6:30 - 8:30 pm	Clareview
661574	Mon. Nov. 18 - Dec. 9	7 - 9 pm	Meadows

BEDROCK SUPPLY

www.bedrocksupply.ca

Serving you since 1972

A HUGE Selection of Beads & Findings!



Jewellers' Tools & Supplies Semi-Precious Stones & Beads Precious Metals & Gemstones Glass Beadmaking Supplies Crystals, Geodes, Slabs

Classes & Studio Rental
Private Lessons
Group Parties
Silversmithing Toolkit Rental



Gold Panning & Prospecting Supplies

Metal Detector Rentals Rough Soapstone Rock Carving Supplies Tumbled & Rough Rock Rock Tumblers & Grits

9435 63 Avenue Edmonton, AB T6E 0G2 780-434-2040 or 1-800-661-3028 classes: classes@bedrocksupply.ca all other enquiries: sales@bedrocksupply.ca



Location

City Arts

LEARN TO CROCHET 2

\$105

Expand your crochet skills. Make a mandala, afghan, sweater. or shrug. We'll introduce new stitches as well as sewing and finishing techniques. Participants must be comfortable with the following basic skills: chain, single crochet, half-double crochet, double crochet and triple crochet, increasing and decreasing as well as reading patterns and knowing crochet abbreviations. Your instructor will be with you step by step!

Course #	Dates	Time	Location
660963	Thu. Nov. 28 - Dec. 19	7 - 9 pm	City Arts

SEWING 1

Time

7 - 9 pm

In this 6 week beginner course, learn to knit and complete

a baby blanket. Gain tips and tricks to get you started

Holly Aamot

knitting for life!

Course #

661592

\$185

Aradhana Shah, Jennie Pilling

Dates

LEARN TO KNIT A BABY BLANKET

Thu. Oct. 17 - Nov. 21

Join the handmade revolution. Impress your family and friends when you complete three creative projects in this introductory class. We'll teach you how to operate a sewing machine as well as a number of foundational sewing skills. Sewing machines provided. Supply list will be discussed on the first class.

Course #	Dates	Time	Location
661595	Sun. Sep. 22 - Nov. 24	1 - 4 pm	Clareview JP
660964	Mon. Sep. 23 - Nov. 25	1:30 - 4:30 pm	City Arts AS
660955	Tue. Sep. 24 - Nov. 12	6:30 - 9:30 pm	Terwillegar AS
661596	Thu. Sep. 26 - Nov. 14	6:30 - 9:30 pm	Meadows AS

LEARN TO KNIT 1

\$70

Marion Kaiser, Holly Aamot

Try your hand at the simple art form of knitting, including the basic stitches of knit and purl, casting on, picking up stitches, and casting off. Create a cozy infinity scarf to keep you warm on those chilly evenings and also learn to make a dishcloth. Don't be nervous, your instructor will be with you step by step, stitch by stitch.

Course #	Dates	Time	Location
661590	Tue. Sep. 17 - Oct. 8	6:30 - 8:30 pm	Terwillegar MK
661734	Sun. Oct. 6 - Nov. 17	2 - 4 pm	Meadows HA
660959	Tue. Oct. 15 - Nov. 5	6:30 - 8:30 pm	Clareview HA

SEWING 2

\$185

Aradhana Shah, Jennie Pilling

Build upon what you learned in Sewing 1 or further your sewing skills. Learn measuring techniques, facings, buttonholes and garment finishing. You'll make a summer dress and learn how to alter patterns to customize them to your fit.

Course #	Dates	Time	Location
661597	Sun. Sep. 22 - Nov. 24	9:30 am - 12:30 pm	Clareview JP
661599	Mon. Sep. 23 - Nov. 25	6:30 - 9:30 pm	City Arts AS
661598	Wed. Sep. 25 - Nov. 13	6:30 - 9:30 pm	Terwillegar AS
660961	Fri. Sep. 27 - Nov. 15	6:30 - 9:30 pm	City Arts AS

LEARN TO KNIT 2

\$70

Marion Kaiser

Expand your knitting skills as you learn to knit a pair of beautiful mittens. We'll introduce new stitches as well as sewing and finishing techniques. Participants must be comfortable with the following basic skills: casting on and off, knit, purl, seed and rib stitches, as well as reading patterns and knowing knitting abbreviations. Your instructor will be with you step by step!

Course #	Dates	Time	Location
661591	Tue. Nov. 5 - 25	6:30 - 8:30 pm	Terwillegar

LEARN TO KNIT 1 & 2

\$70

Marion Kaiser

Have fun and improve your skills! If you are brand new to knitting, want to learn a new skill or working on a project and need some support this class is for you. Level 1 participants will make a cozy infinity scaft and a dishcloth and will recieve a supply list prior to class. Level 2 students please bring a project you are working on and your instructor will be there to help out every step of the way.

Course #	Dates	Time	Location
660965	Tue. Nov. 5 - 26	10 am - 12 pm	City Arts

No classes Oct. 12 - 14 & Nov. 9 - 11

Creative Writing

THE PERSONAL ESSAY: WRITING IN BAGGY PANTS

\$120

Shirley Serviss

The personal essay has been described as 'a pair of baggy pants into which nearly anyone or anything can fit.' Transform your experiences, opinions, and memories into a variety of personal essays in this eight-week workshop. Come prepared to write and share. **No previous writing experience required.**

Course #	Dates	Time	Location
660970	Thu. Sep. 26 - Nov. 14	6:30 - 8:30 pm	City Arts

WRITING YOUR LIFE

\$120

Many of us intend to write our life stories someday—when we retire, when we have time... Now is a good time to begin. Take the opportunity to sit down and write in response to prompts provided by the instructor, or memories evoked by hearing the work of others in the class. Bring your favourite writing instruments and an open mind. No previous writing experience is necessary.

Course #	Dates	Time	Location
663014	Tue. Oct. 22 - Dec. 10	1 - 3 pm	City Arts

POETRY PLAYGROUND

\$165

Discover new poets and weekly poem work! Everyone can take this class and your inner poet will always be entertained! Play with one-word warm up, random word games, found poems, puzzle poems, poetic pursuits, and quick-pick readings.

Course #	Dates	Time	Location
660968	Tue. Sep. 24 - Nov. 12	6:30 - 9:30 pm	City Arts
660967	Wed. Sep. 25 - Nov. 13	6:30 - 9:30 pm	City Arts

POETS TOOLBOX

\$45

Are your poems languishing in your journal? Want to gain the confidence to share your work? The Poet's toolbox teaches fundamentals of poetry writing: how to write with confidence, and how to critique, edit and polish your poems. Bring to class poems you want polished and get your poems out into the light of day.

Course #	Dates	Time	Location
661606	Fri. Nov. 1	6:30 - 9:30 pm	City Arts



HOW TO WRITE A BOOK

\$50

Linda Finstad

If you always meant to write a book but never had time and didn't really know where to start, this is for you! In this how to write a book workshop, you will learn the secret formula to transform your dream of becoming an author into a reality. Receive inside info on how to publish a book.

Course #	Dates	Time	Location
660971	Tue. Oct. 8	1 - 3 pm	City Arts
660972	Wed. Nov. 27	6:30 - 9:30 pm	City Arts

THE COLOURED CANOPY

\$80

Jade O'Riley

Harvest is a time to warm hearth and heart. This fall immerse your love of colour and words in a weekend of poetry writing. Class begins with a writing warmup; there's time to create your poem, share, get feedback and wrap up the class with writing tips from The Poets' Toolbox.

Course #	Dates	Time	Location
663390	Sat. Sun. Oct. 5 - 6	1 - 4 pm	City Arts

Dance

BALLET 1 - 2

Janine Waddell, Joanna Sexauer, Kathleen Hughes

Explore the basics of ballet: poise, coordination, strength, alignment, and basic musicality. Each class begins at the barre, and then progresses to center work and moving across the floor. Suitable for all body types, fitness levels and anyone who needs a good stretch!

Course #	Dates	Time	Location
660988	Mon. Sep. 16 - Dec. 2	9:30 - 10:30 am	City Arts JW \$110
660987	Tue. Sep. 17 - Nov. 19	6:30 - 8 pm	City Arts JW
660986	Wed. Sep. 18 - Nov. 20	7 - 8:30 pm	Terwillegar KH
660985	Thu. Sep. 19 - Nov. 21	7:15 - 8:45 pm	Clareview JS

BELLY DANCING 1

\$150

\$150

Discover a new path to fitness via an ancient art form! Improve your flexibility and tone your body as you learn Middle Eastern dance steps and rhythms. **No dance experience required**.

Course #	Dates	Time	Location
661205	Tue. Sep. 17 - Nov. 19	7:15 - 8:45 pm	Clareview

BOLLYWOOD FUSION

\$110

Trish Sarker

Learn East Indian dance styles to a medley of classic and modern Bollywood hits. This high-energy dance program offers you a chance to learn the fundamentals and choreography to fun fusion pieces! The intoxicating dance style is the ultimate blend of east meets west!

Course #	Dates	Time	Location
660989	Thu. Sep. 19 - Nov. 21	7 - 8 pm	Terwillegar



FLASH DANCE: STREET JAZZ

\$110

Learn famous dance moves from smash hit movies from the 80's and 90's. Moves will be choreographed with jazz steps to create a combination for the end class. This class will have you bopping all the way home!

Course #	Dates	Time	Location
660990	Thu. Sep. 19 - Nov. 21	7 - 8 pm	Millwoods

HIP HOP

\$110

Pick up some funky new steps, work your body and have fun in this high energy dance class. You will be guided through the latest hip hop and funk moves coordinated to popular dance music.

Course #	Dates	Time	Location
661197	Thu. Sep. 19 - Nov. 21	8 - 9 pm	Millwoods
661196	Sun. Sep. 15 - Dec. 1	4:30 - 5:30 pm	Clareview
661202	Thu. Sep. 19 - Nov. 21	8:15 - 9:15 pm	Meadows

eves possibility to ability

Accepting Registrations for:

Preschool and Kindergarten

FASD Respite Program



To Tour or Register: 780 454 5310 ext. 236

E-mail: sw3@elves--society.com

Teachers
Therapists
Transportation

School for children ages 3 to 6 years of age, who qualify for Program Unit Funding



www.elves-society.org

Partnered Dance

BALLROOM DANCING

\$110

Eliiah Tavarov

Learn to whirl around the dance floor with ballroom dancing. In this 10 week course, learn the basic steps to the waltz, tango, and foxtrot. We provide an enjoyable dance experience. Singles and couples welcome, single participants will be paired up with other singles.

Course #	Dates	Time	Location
660977 W 660984 M	Fri. Sep. 20 - Nov. 22	7 - 8 pm	Terwillegar

COUNTRY \$110

Eliiah Tavarov

Dust off your dancing boots and kick up your heels. Learn to dance two of the most popular dances in Alberta, the two-step and swing. Singles and couples welcome. Single participants will be paired with other singles.

Course #	Dates	Time	Location
660978 W 660979 M	Wed. Sep. 18 - Nov. 27	8 - 9 pm	Terwillegar

DANCE MIXER \$110

Elijah Tavarov

Want to learn basic moves to a variety of popular dances? This class will make you more comfortable dancing with a partner in a social atmosphere. Don't be intimidated by Dancing with the Stars, it's easy to learn basic social dance! Single and couples welcome. Single participants will be paired up with other singles.

Course #	Dates	Time	Location
660975 W 660976 M	Mon. Sep. 16 - Dec. 2	8 - 9 pm	City Arts

SWING \$110

Eliiah Tavarov

In this groovin' class, you will learn the basics and fundamentals of swing in a welcoming, social environment. We will explore two types of swing; East Coast Swing moves to the upbeat sounds of rock and roll, while West Coast Swing finds its rhythmic beat in blues music. Singles and couples welcome. Single participants will be paired with other singles.

Course #	Dates	Time	Location
660980W 660981 M	Wed. Sep. 18 - Nov. 27	7 - 8 pm	Terwillegar



LATIN \$110

Elijah Tavarov

Latin dance is a great way to get started for those who are new to partner dance. Learn steps to a variety of Latin dances including cha cha, salsa, rumba, and samba. Singles and couples welcome. Single participants will be paired up with other singles.

Course #	Dates	Time	Location
661729 W 661730 M	Mon. Sep. 16 - Dec. 2	7 - 8 pm	City Arts

TANGO DANCE \$110

Elijah Tavarov

Feel like you are in Argentina! Tango is a social partnered dance form that is fun and easy to learn! You don't have to have a partner to join, single participants will be partnered up with other singles.

Course #	Dates	Time	Location
660992 W 661991 M	Fri. Sep. 20 - Nov. 22	8 - 9 pm	City Arts

Music

HAND DRUMMING

\$125

Bill Mitchell

This interactive drumming class is great for everyone, as it teaches the fundamentals of hand drumming as well as different rhythm patterns and proper technique. **Drums are provided in class.** Come explore with us!

Course #	Dates	Time	Location
661735	Fri. Sep. 20 - Nov. 8	6:30 - 8 pm	Commonwealth
660993	Sat. Sep. 21 - Nov. 23	1:30 - 3 pm	City Arts

PIANO 1 \$110

This class is designed to keep you playing in a fun and relaxed atmosphere. Learn music concepts while you play and practice group pieces. **Keyboards provided. A keyboard or piano at home is necessary for practice. Students will need to purchase the book 'Hal Leonard Adult Piano Method' for use in this course.**

Course #	Dates	Time	Location
660997	Mon. Sep. 23 - Nov. 25	6:35 - 7:35 pm	City Arts

PIANO 2 \$110

This class is designed to achieve your musical goals in a fun and relaxed setting. Learn music concepts and exercises to build your musical repertoire and practical application of theory. **Keyboards provided. A keyboard or piano at home is necessary for practice.**

Course #	Dates	Time	Location
661206	Mon. Sep. 23 - Nov. 25	7:45 - 8:45 pm	City Arts

GUITAR \$140

Steve McPhail, Marge Vanderzyl

From beginner to professional level, the foundation of guitar playing is learning the 15 basic chords that are the 20% of the knowledge used 80% of the time. Learn chords and organize them into five related families. This course is designed to get you quickly on your way to having fun playing your guitar.

Course #	Dates	Time	Location
660998	Thu. Sep. 26 - Nov. 14	7:15 - 9:15 pm	Commonwealth MV
661208	Tue. Oct. 1 - Nov. 19	4:30 - 5:30 pm	Meadows SM
660999	Thu. Oct. 9 - Nov. 20	7 - 9 pm	Millwoods TBD

ACCELERATED GUITAR

\$140

Playing songs together in a group you will build basic skills. Learn the CAGED guitar chord families; a method organized as a fast-learning approach to making music. Play new songs, improve your basic strumming and hand dexterity and gain a whole new level of confidence.

Course #	Dates	Time	Location
660994	Wed. Sep. 25 - Nov. 13	7 - 9 pm	City Arts

BARRE CHORD BOOT CAMP

\$110

If you can play using basic strum patterns and are ready to up your guitar game, time for Barre Chord Boot Camp! You'll be introduced to fingerpicking and learn new rhythm patterns designed to get you to the next level of enjoyment.

Course #	Dates	Time	Location
660995	Mon. Sep. 23 - Dec. 2	7:45 - 9 pm	Terwillegar

BRING STRINGS AND THINGS AND SING!

\$40

Tracey Newmann

Bring your stringed things and let's sing! In this Sunday workshop we'll play around a song circle; there'll be 100 easy to play songs to choose from when it's your turn to pick. There'll also be chord maps up so that everyone can follow along. Dust off your ukulele, banjo, guitar, mandolin or fiddle and let's get this hootenanny kitchen party going!

Course #	Dates	Time	Location
663392	Sun. Oct. 6	1 - 4 pm	City Arts

REAL, USEFUL MUSIC THEORY FOR EVERYONE \$40

Tracey Newmann

In this one day workshop learn to picture and verbalize key musical concepts that will allow you to become a better musician almost instantly; and learn to understand keys, scales, chords, chord progressions, harmonies and how the basics of rhythm relate to the foot-tap. **Bring graph paper, a notebook and something to write with.** Get ready to increase your musical IQ!

Course #	Dates	Time	Location
663391	Sat. Oct. 5	1 - 4 pm	City Arts

UKE CAN ROCK & SING

\$100

If you dream of singing songs while strumming your ukulele then this class is for you. In this six-week class you'll learn the chord families, basic strumming patterns and lots of songs you can sing. Ukulele is fun and easy to learn!

Course #	Dates	Time	Location
660996	Fri. Sep. 27 - Nov. 1	7 - 9 pm	City Arts

Theatre

BASIC IMPROV

\$80

Rebecca Barrington

Learn the art of improv with no previous experience. Using the art of improvising, we'll work together to create an act or scene using entry-level games and exercises. Learn in a fun-filled, non-judgmental setting.

Course #	Dates	Time	Location
661016	Fri. Oct. 4 - Nov. 8	6:30 - 7:30 pm	City Arts
661733	Wed. Nov. 27 - Dec. 18	7:05 - 8:35 pm	Millwoods

START ACTING

\$80

Rebecca Barrington

This course is a fun way to get your feet wet. Explore the skills of stage actors, such as voice projection, body presence, and storytelling. Build confidence you can take from the stage to the boardroom.

Course #	Dates	Time	Location
661015	Mon. Sep. 23 - Nov. 4	6 - 7 pm	City Arts

Photography

EXPLORE YOUR DSLR

\$80

Want to take amazing photos of your family and travels? Then learn how to make the most of your DSLR camera. In this beginner class, learn how to use the auto and program modes on your camera. You will also learn the focusing modes, along with a few compositional rules to get you started taking some great photos! **Bring your own DSLR camera and lenses.** Practice your newly learned skills by registering in Master Your DSLR.

Course #	Dates	Time	Location
661569	Wed. Oct. 16 - Nov. 6	6:30 - 8:30 pm	City Arts

MASTER YOUR DSLR

\$180

Reem Abdel-Jabbar

Learn how to take great photos in this six hour class! This course will teach you how to photograph in manual mode, which will give you the power to express your artistic creativity in its best light. Understand the relationship between aperture, shutter speed and ISO, review focusing modes, and white balance. This course is off site at a location TBD.

Course #	Dates	Time	Location
661003	Sun. Nov. 3	10 am - 4 pm	City Arts
661002	Sat. Oct. 26	10 am - 4 pm	City Arts

PHONE PHOTOGRAPHY

\$40

Learn to capture great images with your phone. This class will teach you the components of your camera settings and great tips and tricks on using your phone's camera to it's best ability. You will also learn how to edit your images directly in your phone. Class targets both iPhone and android phones.

Course #	Dates	Time	Location
661004	Sat. Nov. 16	1 - 4 pm	City Arts

THE ART OF PHOTOGRAPHY

\$140

Reem Abdel-Jabbar

Join us in the 6 week advanced photography course that helps you hone your technical and artistic skills in photography. In this class, we will review the technical aspects of how to photograph and also delve into the creative side of photography where we discuss the elements of design and composition. This class requires some previous knowledge of how to use your DSLR. Explore your DSLR is a great prerequisite for this class.

You must be familiar with how your camera works (read your manual!).

Course #	Dates	Time	Location
661571	Thu. Sep. 26 - Oct. 31	6:30 - 8:30 pm	City Arts

PORTRAIT PHOTOGRAPHY

\$180

Reem Abdel-Jabbar

Learn how to create beautiful portraits of your friends and family using natural light. We will have an in-class session going into detail on how to photograph portraits, what lenses to use, techniques on photographing using natural light and how to use a reflector. We will then go outdoors for 2 hours to put what we learned in class into practice.

Course #	Dates	Time	Location
661001	Sat. Sep. 28	10 am - 4 pm	City Arts



Soaps & Lotions

BATH BOMBS

\$45

Aura Morrison

This course provides an Introductory class on how to make Bath Bombs! Learn about the right measuring, colour, mixing to the right consistency, and adding to moulds making the perfect bath bomb! You will learn how to make full-colour bombs with candies, rose petals and swirls, adding your own flair and creativity!

Course #	Dates	Time	Location
661555	Thu. Oct. 3	6:30 - 8:30 pm	City Arts
661556	Sun. Oct. 20	1 - 3 pm	Millwoods
661012	Thu. Nov. 7	6:30 - 8:30 pm	Clareview
661011	Thu. Nov. 14	6:30 - 8:30 pm	City Arts
661013	Sun. Dec. 1	1 - 3 pm	Millwoods



\$80

Rhonda Wakal

Your body deserves the best. With easy techniques and recipes, delightful scents and money-saving ideas, you will create body butters, mud masques, exfoliating salts and sugars and more! You will use all natural scents and ingredients. Be prepared to feel pampered!

All supplies included.

Course #	Dates	Time	Location
661007	Thu. Oct. 24	6:30 - 9:30 pm	City Arts





HANDMADE SOAP MAKING

\$80

Rhonda Wakal

Make lovely soaps to pamper yourself or a friend. Make 7 different styles of soap using things like pumice, minerals, clay, and honey. Add your own touch with your choice of fragrance, additives and colour. Take home lots of ideas—like hair and pet shampoo bars!

Course #	Dates	Time	Location
661009	Sat. Oct. 12	11 am - 3:30 pm	City Arts
661006	Sat. Nov. 9	11 am - 3:30 pm	City Arts

LIQUID SOAP MAKING

\$80

Rhonda Wakal

Are you ready to take your soap making skills to the next level? Work with premade soap paste and transform it into liquid soap that can be used on face, body and hair. A variety of formulas will be included. **Prerequisite is Handmade Soap Making class or experience in soap making. Basic soap making will not be covered.**

Course #	Dates	Time	Location
661008	Sat. Nov. 30	11 am - 3:30 pm	City Arts

MINERAL MAKE-UP

\$65

Learn how to make natural make-up from scratch. Create different foundations, concealer, translucent powder and a blush using a variety of mineral-based ingredients. Use supplied skin care and mineral makeup for a fresh, natural look.

Course #	Dates	Time	Location
661010	Fri. Nov. 29	6:30 - 9:30 pm	City Arts

X

Mind & Body

MINDFULNESS MEDITATION FOR BEGINNERS

\$95

Michelle Johnston, Kerri Kaiser Gladwin

In this six-week experiential course participants will rest in the moment-to-moment practice of mindfulness. We will begin by learning the foundations of practice—mindfulness of body, breath, and mind. Formal mindfulness practices will include sitting practice, walking meditation, and body scan. Please bring a yoga mat.

Course #	Date(s)	Time	Location
663736	Sat. Sep. 21 - Nov. 2	12:20 - 1:20 pm	City Arts KG
661130	Mon. Sep. 23 - Nov. 4	5:20 - 6:20 pm	Terwillegar MJ

REFRESH YOUR ENERGY

\$45

Suzanne Belanger

Come learn about and enjoy a meditative, restful sound "bath" using Tibetan singing bowls and tuning forks. Sample two unusual beverages with health benefits, coconut water and kombucha. Leave feeling refreshed and energized.

Course #	Date(s)	Time	Location
661605	Fri. Sep. 27	6:30 - 9 pm	City Arts

SHIFT YOUR POSTURE—LOSE THE PAIN \$45

Suzanne Belanger

Curtail painful habits with simple self care techniques & tools learned in class. Learn how to reverse many posture related symptoms that cause pain. Leave class looking more confident and leaving better.

Course #	Date(s)	Time	Location
661604	Mon. Oct. 7	6:30 - 9:30 pm	Terwillegar

WEEKEND WARRIOR: BODY PAIN DIY TECHNIQUES

\$90

Suzanne Belanger

In this two day workshop, you will learn practical and easy self-care for muscle and fascia pain. Massage therapist Suzanne Belanger will take you step by step through techniques to relieve pain during the class and at home.

Course #	Date(s)	Time	Location
661731	Wed. Fri. Oct. 2 - 4	6:30 - 9:30 pm	Millwoods



> Adult Fine Arts

Please note: supplies are not included in the course fee unless stated. Supply lists are printed on your registration receipt. It is recommended that patrons wait to purchase supplies until 3 days prior to the class start date in case of cancellation.

Pottery

POTTERY: 1 & 2

\$275

Carol Marshall, JoAnna Lange, Will Truchon, Debra Bryan, Kaleb Romano

Learn the basic techniques of hand-building, wheel throwing, glazing, and firing. You'll make six to eight projects based on your skill level. Use your imagination and the pottery wheel to make artwork that is functional and beautiful. A set of pottery tools for \$20 is required but clay and glazing are provided.

Course #	Date(s)	Time	Location
661105	Sun. Sep. 15 - Dec. 1	9:30 am - 12:30 pm	City Arts CM
661106	Sun. Sep. 15 - Dec 1	1 - 4 pm	City Arts WT
661107	Mon. Sep. 16 - Dec. 2	6:30 - 9:30 pm	City Arts
661101	Mon. Sep. 16 - Dec. 2	6:30 - 9:30 pm	A.C.T. CM
661110	Tue. Sep. 17 - Nov. 19	6:30 - 9:30 pm	City Arts DB
661111	Wed. Sep. 18 - Nov. 20	6:30 - 9:30 pm	City Arts KR
661102	Wed. Sep. 18 - Nov. 20	6:30 - 9:30 pm	A.C.T. JL
661112	Thu. Sep. 19 - Nov. 21	1 - 4 pm	City Arts JL
661113	Thu. Sep. 19 - Nov. 21	6:30 - 9:30 pm	City Arts DB
661114	Thu. Sep. 19 - Nov. 21	6:30 - 9:30 pm	City Arts



POTTERY STUDIO FOR SENIORS (60+)

\$75

Are you an experienced potter looking for studio time to improve your skills? Pottery Studio for Seniors provides a supportive and friendly studio environment to individuals who have taken many classes and are familiar with pottery studio practices and procedures. Students will need to purchase their own medium fire cone 6 clay but glazes and firing are included. All studio users need to purchase their own clay from Plainsman Pottery.

Course #	Dates	Time	Location
661103	Mon. Sep. 16 - Dec. 2	10 am - 3 pm	A.C.T.
661104	Thu. Sep. 19 - Nov. 21	10 am - 3 pm	A.C.T.

POTTERY 2

\$275

JoAnna Lange

Get to the next steps of your skills in centering, altering, trimming and decorating thrown pots. For students who have taken three or four throwing classes. A basic set of pottery tools needs to be purchased for \$20. All other supplies included.

Course #	Dates	Time	Location
661108	Mon. Sep. 16 - Dec. 2	6:30 - 9:30 pm	City Arts

POTTERY: WHITE CLAY

\$285

Kaleb Romano

Take your clay skills to the next level by learning how to throw, decorate and glaze porcelain-like clay. While the process is the same, your projects will be lighter, finer, and more translucent. Create a new personal style and see how your skills progress. Students must be comfortable throwing on the wheel. Clay and glazing provided. A basic set of pottery tools needs to be purchased for \$20. Your instructor will discuss this kit on the first day of class.

Course #	Dates	Time	Location
661109	Tue. Sep. 17 - Nov. 19	6:30 - 9:30 pm	City Arts

POTTERY: TEXTURED HAND BUILDING

\$215

Ravi Gill, JoAnna Lange

You don't need to master the pottery wheel to create fun and unique clay pots and sculptures. Explore creative ways to pinch, coil and build forms and then decorate them with a range of decorative techniques such as embossing, carving, and wax resist. Take home four to five uniquely crafted projects. A basic set of pottery tools needs to be purchased for \$20. Your instructor will discuss this kit on the first day of class.

Course #	Dates	Time	Location
661115	Fri. Sep. 20 - Nov. 8	6:30 - 9:30 pm	City Arts RG
661116	Tue. Sep. 17 - Nov. 5	6:30 - 9:30 pm	A.C.T. JL

Sculpture

FIGURATIVE SCULPTURE

\$130

Ritchie Velthuis

Sculpting the human figure is a classical art form. Learn basic traditional techniques to create a figure from clay. Working with live models, you'll develop a sense of proportion and 3-Dimensional design. Both male and female forms will be covered. Beginners and intermediates welcome.

Course #	Dates	Time	Location
661117	Wed. Sep. 18 - Oct. 2	6:30 - 9:30 pm	City Arts

CLAY HEAD \$174

Ritchie Velthuis

Challenge your observational skills with this beginner sculpture class. Through a series of demonstrations and progressive steps students will study facial proportions and anatomy, identifying the individual characteristics. Working from a live model, learn anatomy, bone structure, and overall proportion of the head.

Course #	Dates	Time	Location
661358	Wed. Oct. 9 - 30	6:30 - 9:30 pm	City Arts

HAND-BUILT PLACE SETTING WORKSHOP

\$65

Lori Fossum

Build and glaze your own cups, plates, and spoons in this two night workshop! Working from molds and templates, this class is perfect for a beginner but still offers a challenge to those with more clay experience.

Course #	Dates	Time	Location
661118	Fri. Oct. 11 - 18	6:30 - 9:30 pm	City Arts





Silversmithing

SILVERSMITHING: BEGINNER

\$150

Fei Su

This beginner class will help you get to know the tools and begin to build the skills necessary to make metal leafs, band rings, chains and much more. Students will learn piercing, filing, soldering and riveting. If you have ever wanted to make your own jewelry this class is for you!

Course #	Dates	Time	Location
661126	Sat. Sep. 21 - Nov. 23	10:30 am - 1:30 pm	City Arts

SILVERSMITHING: 1 & 2

\$180

Nina Leontowicz, Meghan Wagg

Welcome to this introduction to jewelry making. Create unique pieces of jewelry as you learn to solder, file, and polish silver. Working with the instructor, students will design and craft one to three projects. Supplies are approximately \$50 - \$150, but could be higher or lower, depending on the projects chosen.

Course #	Dates	Time	Location
661123	Tue. Sep. 24 - Nov. 26	1 - 4 pm	City Arts NL
661122	Tue. Sep. 24 - Nov. 26	6:30 - 9:30 pm	City Arts NL
661124	Wed. Sep. 25 - Nov. 27	6:30 - 9:30 pm	City Arts MW

SILVERSMITHING: 2

\$180

Megan Wagg

In this 10-week advanced class, you will take your skills to the next level. Students will choose their own projects with a focus on improving their skill set. Working one-on-one with the instructor, you will be guided to bring the metal forming project you choose to an exciting functional conclusion.

Course #	Dates	Time	Location
661125	Thu. Sep. 26 - Nov. 28	6:30 - 9:30 pm	City Arts

Glass

STAINED GLASS PANEL

\$250

Lori Boutestein

Learn the basic skills of making stained glass. Learn to cut, grind, foil and solder an 18"x 10" glass panel with lots of detail. You will be proud to hang it for everyone to see. **All supplies included.**

Course #	Dates	Time	Location
661119	Thu. Sep. 26 - Nov. 14	6 - 9 pm	Central Lions

GLASS: HALLOWEEN NIGHTS

\$35

Tracev Bissett

Hats, bats, pumpkins, and ghosts galore! You never outgrow the Halloween spirit. Join us in creating a fun and whimsical Halloween dish. Choose from different shapes, sizes, and colours and then use stringers, frit, and pre-cut pieces to add the finishing touches to create a plate as unique as you are! No previous glass experience required. There is a \$65 materials fee for this course.

Course #	Dates	Time	Location
661120	Sat. Oct. 19	1 - 3:30 pm	Bissett Glass

GLASS: POLAR PLATES

\$35

Tracey Bissett

From polar bears to penguins, join us in making this fun polar set of sun-catchers or dishes... or be crazy adventurous and create one plate to span the globe. Choose from a variety of fusing glass and pre-cut pieces to create your own unique polar plate. There is no previous glass experience required. Finished pieces will be picked up at a later date. There is a \$65 materials fee for this course.

Course #	Dates	Time	Location
661121	Sat. Nov. 23	1 - 3:30 pm	Bissett Glass

No classes Oct. 12 - 14 & Nov. 9 - 11

Drawing

DRAWING ON THE BASICS

\$155

Frank Haddock

Anyone can learn to draw! Really! This course offers you a chance to learn how to develop a basic skill. You will experience insightful exercises and view terrific demos that will help you discover your hidden ability. Join others and learn how to make realistic drawing of the world around you!

Course #	Dates	Time	Location
661062	Tue. Sep. 24 - Nov. 12	6:30 - 9:30 pm	City Arts

DRAWING 1 & 2 \$155

Patrick Higgins

An introduction to a step-by-step traditional drawing approach with an emphasis on developing good habits to take to any drawing for beginner or intermediate level students. Learn how to create a graphite under-drawing and explore rendering light and shadow with charcoal!

Course #	Dates	Time	Location
661063	Wed. Sep. 25 - Nov. 13	1 - 4 pm	City Arts

DRAWING THE PORTRAIT 1 & 2

\$155

Patrick Higgins

This course provides an excellent way to focus your study on the portrait and advance your drawing skills. Through demonstrations and copying from two-dimensional photos, students will be taught the principles of proportion, form, and tonal relationships. Students will capture the character of the subject with charcoal, conte chalk, pencil, and ink.

Course #	Dates	Time	Location
661064	Wed. Sep. 25 - Nov. 13	6:30 - 9:30 pm	City Arts

DRAWING WITH SOFT PASTELS 1 & 2

\$155

Catharine Compston

Soft pastels have an ease of application, and can be used as both drawing and painting tools. Experiment with this relatively forgiving medium by exploring various techniques using still life and landscape subjects. Some drawing basics will also be introduced during class from time to time.

Material cost is approximately \$50-\$70. Please bring materials to the first class.

Course #	Dates	Time	Location
661065	Wed. Sep. 25 - Nov. 13	6:30 - 9:30 pm	City Arts

DRAWING THE FIGURE

\$175

Patrick Higgins

Learn to capture the human form in this eight week drawing course! Using various drawing tools you will learn about anatomy, proportion, form, and tone with demonstrations from the instructor and observation of live models.

Course #	Dates	Time	Location
661092	Thu. Sep. 26 - Nov. 14	6:30 - 9:30 pm	City Arts

VOL 1: NEW TECHNIQUES IN MIXED MEDIA \$155

Terrena Boss

In this eight week course, students will engage with a variety of art media, techniques, and approaches to mixed-media art and ideas. Students will produce a new project each class. Assignments and guidance will be given as students delve into more dynamic media combinations of inks, block-printing, watercolour and acrylic medium.

Course #	Dates	Time	Location
661066	Thu. Sep. 26 - Nov. 14	6:30 - 9:30 pm	City Arts

DRAWING & PAINTING WITH MIXED MEDIA

\$155

Julie Marie Drew

Sharpen your drawing skills. Never taken a drawing or painting class? No problem, this class is for all skill levels, taking you to the next step in the process. Use watercolor pencils and ink to draw and sketch landscapes, animals, and people. Add watercolors for backgrounds to the paintings. You can also try travel sketching with some plein air sessions during the eight weeks, weather permitting.

Course #	Dates	Time	Location
661081	Thu. Sep. 26 - Nov. 14	1 - 4 pm	Terwillegar





> Painting

Acrylics

ACRYLICS 1 & 2

\$155

Quick drying time and multiple textures make acrylics a great choice for beginners and intermediates. In this class students will learn painting basics (composition, colour, painting techniques) as well as have a chance to express their personal creativity. **Students can expect material costs to be between \$100 - \$200.**

Course #	Dates	Time	Location
661067	Sun. Sep. 22 - Nov. 24	1:30 - 4:30 pm	City Arts
661068	Tue. Sep. 24 - Nov. 12	12:30 - 3:30 pm	City Arts
661079	Tue. Sep. 24 - Nov. 12	6:30 - 9:30 pm	Clareview
661083	Wed. Sep. 25 - Nov. 13	6:30 - 9:30 pm	Meadows

STILL-LIFE PAINTING

\$155

David Shkolny

Still life painting is an excellent way to learn the basics of painting. From mixing colour to understanding light and shadow and creating strong compositions, this class will introduce students to acrylics through step-by-step guidance and demonstrations by a professional artist. Working from both photos and real life, it will be a perfect class to take for the beginner or for those who have some experience but want to improve in various areas.

Course #	Dates	Time	Location
661061	Mon. Sep. 23 - Nov. 25	6:30 - 9:30 pm	City Arts

ABSTRACT PAINTING

\$155

In this class you will try a variety of techniques used to create beautiful, striking abstract paintings. Learn how to use composition, colour, pattern, line and mark making to develop your abstract paintings. Paint intuitively and expressively with these skills at your disposal. Abstract painting is fun and adventurous. **No previous painting experience necessary.**

Course #	Dates	Time	Location
661070	Mon. Sep. 23 - Nov. 25	12:30 - 3:30 pm	City Arts

INTERMEDIATE ACRYLIC LANDSCAPES

\$138

Frances Altv-Arscott

This six week course is designed for those who have already mastered the basics of working in acrylic. Students will learn to enhance the freshness in their work by experimenting with new ideas and alternative painting techniques through demos and class discussion. Self-direction is encouraged alongside individualised instruction. **Previous experience in working in acrylics is required for this course.**

Course #	Dates	Time	Location
661434	Wed. Oct. 2 - Nov. 6	1 - 4 pm	City Arts

SIX TIPS ON PAINTING FLOWERS WITH ACRYLICS \$80

Frank Haddock

Learn how to create impressionist paintings of flowers while exploring six tips that will make your flower paintings sing. This exciting course will show what you need to know about; mixing colours, applying paint to a canvas, and developing interesting compositions. Several exercises will help you learn how to use brush strokes to simply define flowers and give them a sense of form. Other exercises will enhance your understanding of colour show you how to mix colours that will help your flowers glow with inner life.

Course #	Dates	Time	Location
661072	Thu. Sep. 26 - Oct. 17	1 - 4 pm	City Arts





COLOURFUL IMPRESSIONIST LANDSCAPES WITH ACRYLICS

Frank Haddock

Learn how to mix colours and apply them to a canvas to create your own beautiful landscapes. This comprehensive course includes plenty of easy-to-follow demos that will have you painting gorgeous impressionist landscapes. You will learn how to paint mountains, trees, and water while also learning how an artist selects colours and develops a painting. Demos and individual attention are the cornerstone that makes this course a great learning experience.

Course #	Dates	Time	Location
661093	Fri. Sep. 27 - Nov. 15	9:30 am - 12:30 pm	City Arts

DRAWING & PAINTING BOOTCAMP

\$80

\$80

Carmella Haykowsky

Get started in art-making with this introductory four week class. You will learn colour theory, composition, design, and the elements of a strong work. **Bring your own canvas and** paper, all other tools supplied!

Course #	Dates	Time	Location
661085	Fri. Oct. 4 - 25	6:30 - 9:30 pm	Clareview

STUDIO TIME \$75

Make time in your busy life for painting with this dedicated studio time. Work on self-directed projects, enjoy the camaraderie of the group and paint at your own pace.

Please note there will not be an instructor present.

Course #	Dates	Time	Location
661072	Tue. Sep. 24 - Nov. 12	6:30 - 9:30 pm	City Arts

\$155

Oils

OILS 1 & 2 \$155

The beauty of oils lies in their colour intensity and the fact that you can make endless revisions! Learn various brush strokes, play with colour mixing and get to know your medium in general. Expand your compositional skills and learn about light, shadows and placement.

Course #	Dates	Time	Location
661073	Sun. Sep. 22 - Nov. 24	10 am - 1 pm	City Arts
661074	Wed. Sep. 25 - Nov. 13	6:30 - 9:30 pm	City Arts

Watercolours

8 TIPS TO FALL LANDSCAPES WITH WATERCOLOURS

Frank Haddock

Demonstrations and professional instruction will help you learn the basics of watercolour landscapes. Demonstrations and paint-along projects will help you uncover the eight tips to successful landscapes. Many handouts will help you remember the ideas introduced in each session making this a complete 'learning how to paint' course! Now, all you have to do is sign up! **No previous experience is necessary.**

Course #	Dates	Time	Location
661076	Mon. Sep. 23 - Nov. 25	6:30 - 9:30 pm	City Arts

HOW TO MASTER WATERCOLOURS

Frank Haddock

Demonstrations and professional instruction will help you develop greater confidence when using watercolours. You'll be shown what materials and techniques are needed to compose really interesting pictures. Many subjects will be examined to give you a broad range of experience with this exciting medium!

Course #	Dates	Time	Location
661077	Tue. Sep. 24 - Nov. 12	1 - 4 pm	City Arts

PAINTING FLOWERS THAT GLOW WITH WATERCOLOURS

Frank Haddock

Join this exciting course and learn the basics of painting flowers. Many easy-to-master techniques for painting flowers will be shown along with lots of demonstrations and handouts. Your florals will retain a glowing quality after you learn an insightful approach to colour theory. Alternative methods of painting backgrounds will complement your flowers and make them spring out of the page!

Course #	Dates	Time	Location
661089	Thu. Sep. 26 - Nov. 14	9:30 am - 12:30 pm	City Arts

WATERCOLOURS 1 & 2

\$155

Julie Marie Drew

\$155

\$155

Whether you have been painting awhile or this is your first class, all are welcome. You will touch on colour theory and the mixing of colors as you utilize a variety of techniques to create paintings of landscapes and other subjects of your choice. There will be some group exercises to enhance your skills as well as time to work on your own painting projects.

Course #	Dates	Time	Location
661080	Mon. Sep. 16 - Nov. 18	1 - 4 pm	Terwillegar

A GUIDE TO LEARNING WATERCOLOURS

\$155

Frank Haddock

Demonstrations and professional instruction will help you learn the basics of watercolour landscapes. You'll be shown what materials and techniques are needed to make really interesting pictures. Many handouts will help you remember the ideas introduced in each session making this a complete 'learning how to paint' course! Demonstrations and group exercises will show participants different methods of manipulating watercolours to achieve realistic landscape paintings. Now, all you have to do is sign up! **No previous experience is necessary.**

Course #	Dates	Time	Location
661096	Thu. Sep. 26 - Nov. 14	6:30 - 9:30 pm	Terwillegar



Weekend Workshops

BASIC DRAWING SKILLS

\$65

No experience necessary! Come in for this two day workshop and learn the fundamentals of drawing. Get a crash course in line, value, gesture, and perspective.

_	Course #	Date(s)	Time	Location
	661075	Sun. Oct. 20 - 27	1 - 4 pm	City Arts

ARCHITECTURAL SKETCHING

\$50

Dnyanesh Deshpande

Learn the basic principles of freehand perspective sketching in order to draw your favorite building in Edmonton or to communicate your ideas in 3D. You'll learn simple tricks and techniques to rid your fear of freehand sketching and inspire you to take up your pen and pursue sketching as a hobby. We'll cover vanishing points as well as one-, two- and multiple-point perspectives. We even venture out of the building to do some drawings on location.

Course #	Date(s)	Time	Location
661078	Sun. Oct. 27	10 am - 4 pm	City Arts

DRAWING ANIMALS IN PEN AND INK

\$65

Frank Haddock

You want to know how to make drawings using pen and ink? Want to know what kind of pen, brushes and ink to use? And what about surfaces to draw on? The answers are provided in this exciting workshop! You will work on several examples and learn many techniques used to create shadows, textures and special effects! You will see each of these techniques demonstrated right before your eyes. Sign up and get it down in ink!

Course #	Date(s)	Time	Location
661082	Sun. Nov. 3	10 am - 4 pm	City Arts

ACRYLIC BOOTCAMP

\$65

Carmella Haykowsky

Get started in acrylics with this introductory two day workshop! You will learn colour theory, colour mixing, paint effects, brush work, composition, design, and the elements of a strong painting.

Course #	Date(s)	Time	Location
661095	Sun. Sep. 29 - Oct. 6	1 - 4 pm	City Arts

ALL ABOUT LANDSCAPES WITH ACRYLICS \$65

Frank Haddock

Still searching for that perfect medium to express yourself? Try acrylics. Join this workshop and learn what you need to know about paint materials and procedures, colour mixing, and how to get a variety of effects to create your own beautiful landscape using this amazing medium! This comprehensive workshop includes plenty of easy-to-follow demonstrations that will have you painting a gorgeous Alberta landscape. Demonstrations and individual attention are the cornerstone that makes this course a great learning experience.

Course #	Date(s)	Time	Location
661097	Sun. Nov. 17	10 am - 4 pm	City Arts

THE SECRET TECHNIQUES FOR PAINTING WATERCOLOUR MOUNTAINS

\$65

Frank Haddock

Learn three different approaches to painting the rugged mountains of the Rockies. Learn how to use colours to paint dramatic rugged mountains that pierce the sky. Each project will be demonstrated with step-by-step instruction making this an excellent workshop for beginners and intermediates. Quick now, sign up and join the adventure!

Course #	Date(s)	Time	Location
661084	Sun. Nov. 24	10 am - 4 pm	City Arts



Art Night

SURREALIST WORKSHOP

\$40

It's almost Halloween! Spend a spooky night playing art games and making artwork inspired by the surrealists. Spark your creativity and find inspiration in the weird, fantastical, and irreverent world of artists like Salvador Dali, Hannah Hoch, and Rene Magritte. **All supplies included.**

Course #	Date(s)	Time	Location
661088	Fri. Oct. 18	6:30 - 9:30 pm	City Arts

COLOURFUL FALL LANDSCAPES IN WATERCOLOURS

\$40

Frank Haddock

Explore the colours of Fall in this exciting paint-along workshop. Learn how to mix colours, handle a brush, and many other watercolour techniques with your instructor. **All supplies included.**

Course #	Date(s)	Time	Location
661098	Fri. Oct. 25	6:30 - 9:30 pm	City Arts

MYSTERY COLOURS IN WINTER LANDSCAPES

\$40

Frank Haddock

Discover how colourful winter landscapes can be when you know what to look for. Join this workshop and experience paint-along instruction that will help you create a winter landscape with primary colours. **All supplies included.**

Course #	Date(s)	Time	Location
661086	Fri. Nov. 15	6:30 - 9:30 pm	City Arts

DRAWING PORTRAITS

\$40

Patrick Higgins

Students will learn the fundamentals of drawing a portrait in pencil from a photo by blocking in form and utilizing tone to create a likeness, in a step-by-step approach. All supplies included.

Course #	Date(s)	Time	Location
661087	Fri. Nov. 22	6:30 - 9:30 pm	City Arts







13651 149th St. NW (780) 732-0150 edmontonnorthlessons@long-mcquade.com

9219 28th Ave. NW (780) 432-7002 edmontonsouthlessons@long-mcquade.com

11931 Wayne Gretzky Dr. (780) 479-1643 edmontonnelessons@long-mcquade.com





WHEN TO HAVE AN EYE EXAM



Bahies

Should have their first exam between six and nine months.



Toddlers & Pre-schoolers

At least one eve exam between the ages of two and five.

Eye exams are covered by Alberta Health for

children until their 19th birthday and for seniors 65+.

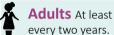


Kindergarten*

An eve exam when they begin kindergarten.



School Years An annual exam.





Seniors An annual exam.

Find an optometrist at: optometrists.ab.ca/findanoptometrist *Learn about the Eye See . . . Eye Learn® program at optometrists.ab.ca/ESEL If your child requires eye glasses, they will be provided free of charge.

MEDICALLY NECESSARY & URGENT CARE

DID YOU KNOW:

- All Albertans are covered by Alberta Health for medically necessary and urgent care appointments with their optometrist.
- No referral is required, and most optometrists will see patients the same day if the matter is urgent.
- Optometrists have the proper knowledge and specialized equipment necessary to diagnose, treat and prescribe medications for visual health issues. If needed, they can refer to a specialist.

THIS INCLUDES:

- Dry eye
- Infection, injury or inflammation of the eye and eyelid.
- Foreign objects in the eye.
- Retinal detachment, defects and diseases.
- Sudden changes in vision.
- Monitoring for diabetes and glaucoma complications.
- Pre and postoperative care for cataract patients.

Alberta Association of Optometrists

> Family Courses

FAMILY CHOCOLATE MAKING (Ages 5+)

\$35

Make delicious holiday themed chocolate creations to share with family and friends. Create unique chocolates using a variety of themed molds, fillings, and toppings. Children 16 years and younger must be accompanied by a paying adult. All attending members of family or group must register individually. All supplies included.

Course #	Date(s)	Time	Location
661365	Sun. Dec. 1	1 - 3 pm	Clareview
661359	Wed. Dec. 4	6:30 - 8:30 pm	Millwoods
661368	Sat. Dec 7	10 am - 12 pm	City Arts
661367	Tue. Dec. 10	6:30 - 8:30 pm	City Arts
661366	Sat. Dec 14	10 am - 12 pm	City Arts

FAMILY COOKIE DECORATING (Ages 6+)

\$35

Apply creative holiday decorating techniques to make a treat to share with family and friends! Children 16 years and younger must be accompanied by a paying adult. All attending members of family or group must register individually. All supplies included.

Course #	Date(s)	Time	Location
660863	Thu. Dec 5	6 - 9 pm	Clareview
661360	Sun. Dec 8	1 - 4 pm	Millwoods
661369	Sun. Dec. 15	1 - 4 pm	Clareview

POTTERY FOR FAMILIES (Ages 6+)

\$60

Share the joy and wonder of clay with your family! Instruction focuses on hand building techniques to create memorable keepsakes. Children 16 years and younger must be accompanied by a paying adult. All attending members of family or group must register individually. All supplies included.

Course #	Date(s)	Time	Location
660741	Thu. Sep. 26 - Oct. 17	6 - 8 pm	A.C.T.
660743	Thu. Nov. 7 - Nov. 28	6 - 8 pm	A.C.T.



ACRYLICS FOR TEENS AND ADULTS

\$105

Quick drying time and multiple textures make acrylics a great choice for beginner and intermediate teens and adults! In this class students will learn painting basics and have a chance to express their personal creativity. Please bring materials to the first class, supply lists are provided upon registration.

Course #	Date(s)	Time	Location
661069	Tue. Sep. 24 - Nov. 12	6:30 - 8:30 pm	City Arts

X

Art Night for Teens & Adults

Create a masterpiece and a creative memory with your teen! In this two and a half-hour class you'll learn something new and take home your own masterpiece.

No experience necessary. Ages 12+

ART NIGHT FOR TEENS & ADULTS: \$40 MIXED MEDIA

There's more to art than drawing and painting! Explore new tools and techniques to create a finished piece. Draw, paint, cut, transfer, layer, or assemble the night away! **All supplies included.**

Course #	Date(s)	Time	Location
661100	Fri. Oct. 4	6:30 - 9 pm	Meadows
661094	Fri. Nov. 22	6:30 - 9 pm	City Arts

ART NIGHT FOR TEENS & ADULTS: PAINTING \$40

Enjoy a Friday night creating a unique painting project. Learn some new techniques and go home with something beautiful to hang on your wall!

All supplies included.

Course #	Date(s)	Time	Location
661091	Fri. Oct. 18	6:30 - 9 pm	Meadows
661090	Fri. Nov. 1	6:30 - 9 pm	Meadows

ART NIGHT FOR TEENS & ADULTS: \$40 SCULPTURE

Spend your Friday night thinking about art in 3D. Use non-traditional materials and create a truly original sculptural work of art! **All supplies included.**

Course #	Date(s)	Time	Location
661099	Fri. Nov. 15	6:30 - 9 pm	Meadows





> Child & Youth Courses

Cooking & Baking

MASTER KINDER CHEF (Ages 4-6)

\$176

Welcome your little chef to the world of cooking! Introduce your child to cooking in a fun and safe environment. They'll learn kitchen safety and the basics through prep, cooking, and cleanup. Your Kinder Chef will be excited to help at home! **All supplies included.**

Course #	Date(s)	Time	Location
660850	Mon. Sep. 23 - Nov. 25	12:30 - 2 pm	Millwoods
660845	Fri. Sep. 27 - Nov. 15	1 - 2:30 pm	City Arts
660855	Tue. Oct. 1 - 29	4:30 - 6 pm	Terwillegar \$110
660851	Tue. Oct 1 - Nov. 19	1 - 2:30 pm	Terwillegar

BEGINNER YOU CAN COOK! (Ages 7-9)

\$110

Introduce your child to dishes for every meal of the day. Get comfortable in the kitchen through prep, cooking, and cleanup. Participants will learn to measure, combine, and create easy to make dishes. Come learn to cook your favorites with fresh ingredients! All supplies included.

Course #	Date(s)	Time	Location
660847	Tue. Oct. 1 - 29	6:15 - 7:45 pm	Terwillegar
660849	Thu. Oct. 3 - 31	4:30 - 6 pm	Terwillegar
660853	Tue. Nov. 5 - Dec. 3	4:30 - 6 pm	Terwillegar
661376	Wed. Oct. 9 - Nov. 6	4:30 - 6 pm	City Arts

ADVANCED YOU CAN COOK! (Ages 7-9)

\$110

Build upon your cooking skills by learning more advanced kitchen techniques and recipes for every meal. Continue to build on basic kitchen skills such as measuring, chopping, and meal prep. Explore new recipes using fresh ingredients! Participants must have some previous cooking experience. All supplies included.

Course #	Date(s)	Time	Location
660844	Thu. Nov. 7 - Dec. 5	4:30 - 6 pm	Terwillegar
660842	Tue. Nov. 5 - Dec. 3	6:15 - 7:45 pm	Terwillegar

YOU CAN COOK! (Ages 8-14)

\$110

Introduce your child to dishes for every meal of the day. Get comfortable in the kitchen through prep, cooking and cleanup. Participants will learn to measure, combine and create easy to make dishes. Come learn to cook your favorites with fresh ingredients! All supplies included.

Ages 8-10

Course #	Date(s)	Time	Location
660854	Mon. Sep. 23 - Oct. 28	4:30 - 6 pm	Millwoods
660858	Tue. Oct. 15 - Nov. 12	6:30 - 8 pm	Clareview

Ages 10-14

Course #	Date(s)	Time	Location
660857	Mon. Sep. 23 - Oct. 28	6:30 - 8 pm	Millwoods
660843	Fri. Sep. 20 - Oct. 18	6:30 - 8 pm	City Arts

YOU CAN BAKE! (Ages 10-14)

\$110

Introduce your child to the world of baking! Participants will learn to measure, whip, and mix ingredients to make an assortment of baked goods. Let's get baking! **All supplies included.**

Course #	Date(s)	Time	Location
660846	Fri. Oct. 25 - Nov. 22	4:45 - 6:15 pm	City Arts

GLOBAL COOKING FOR KIDS! (Ages 8-14)

\$110

Satisfy your sense with tastes from around the globe! Each week, this class 'travels' to a new destination introducing recipes from different food cultures. **All supplies included.**

Ages 8-10

Course #	Date(s)	Time	Location
660848	Mon. Nov. 4 - Dec. 9	4:30 - 6 pm	Millwoods

Ages 10-14

Course #	Date(s)	Time	Location
660856	Mon. Nov. 4 - Dec. 9	6:30 - 8 pm	Millwoods

LEARN TO BAKE MACARONS (Ages 11-14)

\$40

Learn step-by-step to make delicious French Macarons. Learn the delicate skills needed to make the cookie shells and a variety of tasty fillings. A perfect treat to share! **All supplies included.**

Course #	Date(s)	Time	Location
660859	Sun. Oct. 27	1 - 4 pm	Clareview

HALLOWEEN CUPCAKE DECORATING

\$40

(Ages 10-14)

Get creative with Halloween cupcake decorating! Learn step by step how to apply creative Halloween themed decorating techniques. A spooky treat to share with family and friends!! **All supplies included.**

Course #	Date(s)	Time	Location
660860	Wed. Oct. 30	6 - 9 pm	Millwoods

SUSHI MAKING (Ages 10-14)

\$40

Have you ever wanted to make sushi? Learn step by step to make your own sushi rolls, such as California rolls, salmon rolls, and dynamite rolls. **All supplies included.**

Course #	Date(s)	Time	Location
660862	Thu. Oct. 24	6:30 - 8:30 pm	Clareview

FESTIVE MINI-PIE & TART (Ages 10-14)

\$40

Get in the festive spirit with learning step-by-step to make mini Apple Crumble Tarts and mini Pumpkin Pie. **All supplies included.**

Course #	Date(s)	Time	Location
661410	Sun. Oct. 6	1 - 3:30 pm	City Arts

CAKE POPS (Ages 9-12)

\$40

Get creative with learning to how to make cake pops. Participants will get to create their own unique cake pops with decorations. **All supplies included.**

Course #	Date(s)	Time	Location
661378	Wed. Oct. 23	6 - 8 pm	Millwoods

Dance

DYNAMIC DANCE (Ages 2-3)

\$68

Share the joy of movement and dance with your little one! Parents and tots move to the beat to develop coordination and a sense of rhythm. Come shake your sillies out!

Adult participation required.

Course #	Date(s)	Time	Location
660806	Sat. Sep. 21 - Nov. 23	9:45 - 10:15 am	Clareview
660812	Sat. Sep. 21 - Nov. 23	9:30 - 10 am	City Arts
660826	Tue. Sep. 24 - Nov. 12	10 - 10:30 am	Millwoods
660803	Thu. Sep. 26 - Nov. 14	10 - 10:30 am	Terwillegar
660805	Mon. Sep. 30 - Dec. 2	9:30 - 10 am	Meadows

FOOTLIGHTS AND FANCY FEET (Ages 3-4)

\$90

Expand your child's joy of moving through creative dance exploration. Along the way, they'll develop coordination, body awareness, imagination, and individual style. **Indoor shoes required.**

Course #	Date(s)	Time	Location
660813	Sat. Sep. 21 - Nov. 23	10 - 10:45 am	City Arts
660820	Sat. Sep. 21 - Nov. 23	10:15 - 11 am	Clareview
660815	Sun. Sep. 22 - Nov. 24	9:30 - 10:15 am	Commonwealth
660828	Tue. Sep. 24 - Nov. 12	10:30 - 11:15 am	Millwoods
660811	Tue. Sep. 24 - Nov. 12	10:45 - 11:30 am	City Arts
660822	Thu. Sep. 26 - Nov. 14	10:30 - 11:15 am	Terwillegar
660818	Mon. Sep. 30 - Dec. 2	10 - 10:45 am	Meadows



PRESCHOOL BALLET (Ages 4-5)

\$90

Are you a budding ballet dancer? Join us in learning beginner ballet techniques with a focus on movement, balance, and basic steps. Boys and girls learn coordination, flexibility, body awareness, and have fun! **Tutus optional.**

Course #	Date(s)	Time	Location
660814	Sat. Sep. 21 - Nov. 23	10:45 - 11:30 am	City Arts
660821	Sat. Sep. 21 - Nov. 23	11 - 11:45 am	Clareview
660839	Sat. Sep. 21 - Nov. 23	3 - 3:45 pm	Clareview
660810	Sun. Sep. 22 - Nov. 24	10:15 - 11:30 am	Commonwealth
660830	Sun. Sep. 22 - Nov. 24	10:30 - 11:15 am	Meadows
660824	Sun. Sep. 22 - Nov. 24	11:15 am - 12 pm	Meadows
660827	Tue. Sep. 24 - Nov. 12	11:15 am - 12 pm	Millwoods
660804	Tue. Sep. 24 - Nov. 12	10 - 10:45 am	City Arts
660809	Thu. Sep. 26 - Nov. 14	11:15 am - 12 pm	Terwillegar
660819	Mon. Sep. 30 - Dec. 2	10:45 - 11:30 am	Meadows

BEGINNER BALLET (Ages 6-11)

\$115

Introduce your child to ballet! We will learn poise, coordination, alignment, and body awareness. Come explore the techniques of ballet!

Ages 6-9

Course #	Date(s)	Time	Location
660838	Sat. Sep. 14 - Nov. 30	2 - 3 pm	Clareview
660817	Sat. Sep. 14 - Nov. 30	11:30 am - 12:30 pm	City Arts
660816	Sun. Sep. 15 - Dec. 1	1:30 - 2:30 pm	Meadows

Ages 9-11

Course #	Date(s)	Time	Location
660825	Sun. Sep. 15 - Dec. 1	12:15 - 1:15 pm	Meadows
660843	Mon. Sep. 16 - Dec. 2	5:45 - 6:45 pm	Millwoods

CONTEMPORARY DANCE (Ages 5-7)

\$115

Join us for a fun class of expressive dance moves that combines elements of jazz, ballet, and modern dance. Connect the body and mind through fluid dance moves!

Course #	Date(s)	Time	Location
660841	Sat. Sep. 14 - Nov. 30	1 - 2 pm	Clareview
660823	Sun. Sep. 22 - Nov. 24	11 am - 12 pm	Commonwealth

DANCE COMBO: BALLET AND JAZZ (Ages 6-9) \$130

Allow your child to express themselves through dance. This course focuses on the basics of ballet and jazz, allowing students to develop their skills in a fun and non-competitive environment.

Course #	Date(s)	Time	Location
660837	Mon. Sep. 16 - Dec. 2	4:30 - 5:45 pm	Millwoods
660807	Wed. Sep. 18 - Nov. 20	4:30 - 5:45 pm	Terwillegar
660835	Thu. Sep. 19 - Nov 21	6 - 7:15 pm	Clareview

HIP HOP (Ages 7-15)

\$115

This high energy class teaches the basics of hip hop and body isolation movement. Learn choreographed sequences to your favorite hip hop and pop songs. Pick up new steps, work your body and have some fun! **Indoor shoes required.**

Age 7-10

Course #	Date(s)	Time	Location
660836	Sun. Sep. 15 - Dec. 1	2:30 - 3:30 pm	Meadows
660808	Wed. Sep. 18 - Nov. 20	5:45 - 6:45 pm	Terwillegar
660829	Thu. Sep. 19 - Nov. 21	4:30 - 5:30 pm	Millwoods
660831	Sun. Sep. 22 - Nov 24	2:15 - 3:15 pm	Clareview

Ages 8-12

Course #	Date(s)	Time	Location
660840	Sat. Sep. 14 - Nov. 30	12 - 1 pm	Clareview

Ages 11-15

Course #	Date(s)	Time	Location
660832	Sun. Sep. 22 - Nov. 24	3:15 - 4:15 pm	Clareview
660833	Thu. Sep. 19 - Nov. 21	5:30 - 6:30 pm	Millwoods

No classes Oct. 12 - 14 & Nov. 9 - 11

Music

MUSIC & MOVEMENT (Ages 0-3)

\$124

Nancy's Notes

This fun and interactive music class facilitates all aspects of early childhood development through song, dance, and rhythmic play with instruments. Join us this session for exploring our theme of all things weather! This course will have you moving and grooving to the beat!

Adult participation required.

Course #	Date(s)	Time	Location
660787	Sat. Sep. 14 - Nov. 23	9:30 - 10:30 am	City Arts
660800	Sat. Sep. 14 - Nov. 23	9:30 - 10:30 am	Meadows
660802	Mon. Sep. 16 - Nov. 25	10 - 11 am	City Arts
660777	Fri. Sep. 20 - Nov. 15	10 - 11 am	Terwillegar
660779	Sat. Sep. 28 - Dec. 7	9:30 - 10:30 am	Terwillegar
660784	Sat. Sep. 28 - Dec. 7	10:30 - 11:30 am	Terwillegar
660778	Sun. Sep. 29 - Dec. 8	9:30 - 10:30 am	Terwillegar

MUSICAL DISCOVERIES (Ages 3.5-5)

\$146

Nancy's Notes

Prepare your child for the next step in their musical journey! They'll sample a variety of music genres with an introduction to note reading and music theory. Join us this session for exploring our theme of all things weather! Participants will show off their new skills for an in-class performance of singing, movement and playing instruments. **Some adult participation required.**

Course #	Date(s)	Time	Location
660792	Sat. Sep. 14 - Nov. 23	10:45 am - 12 pm	City Arts
660782	Sat. Sep. 28 - Dec. 7	11:45 am - 1 pm	Terwillegar
661051	Sun. Sep. 29 - Dec. 8	10:30 - 11:45 am	Terwillegar



PIANO ADVENTURES

\$146

Nancy's Notes

Introduce your child to the piano in a fun group setting. Classes include basic piano technique such as rhythm, pitch and patterns. Students will show off their skills in an in-class recital! Lesson book fee is approximately \$15. Adult participation required.

Piano Adventures Yellow 1 (Ages 4-5)

This class is designed for age 4 and 5 beginners.

Course #	Date(s)	Time	Location
660786	Sat. Sep. 14 - Nov. 23	11 - 11:45 am	Terwillegar
660790	Sat. Sep. 14 - Nov. 23	11 - 11:45 am	Meadows
660793	Sat. Sep. 14 - Nov. 23	1:15 - 2 pm	Terwillegar
660795	Sun. Sep. 15 - Nov. 24	10:15 - 11 am	City Arts

Piano Adventures Yellow 2 (Ages 4-5)

This class is designed for age 4 and 5 participants who have completed Yellow 1.

Course #	Date(s)	Time	Location
660788	Sat. Sep. 14 - Nov. 23	10:15 - 11 am	Terwillegar
662236	Sat. Sep. 14 - Nov. 23	12:30 - 1:15 pm	Meadows

Piano Adventures Blue 1 (Ages 5-6)

This class is designed for age 5 and 6 beginners or participants who have completed Yellow 2.

Course #	Date(s)	Time	Location
660783	Sat. Sep. 14 - Nov. 23	11:45 am - 12:30 pm	Terwillegar
660791	Sat. Sep. 14 - Nov. 23	2 - 2:45 pm	Terwillegar
660797	Sat. Sep. 14 - Nov. 23	11:45 am - 12:30 pm	Meadows
660781	Sun. Sept. 15 - Nov. 24	11 - 11:45 am	City Arts



Piano Adventures Blue 2 (Ages 5-6)

This class is designed for age 5 and 6 students who have completed Blue 1.

Course #	Date(s)	Time	Location
660789	Sat. Sep. 14 - Nov. 23	3:30 - 4:15 pm	Terwillegar
660799	Sun. Sep. 15 - Nov. 24	11:45 am - 12:30 pm	City Arts

Piano Adventures Purple (Ages 5-6)

This class is designed for age 5 and 6 students who have completed Blue 2.

Course #	Date(s)	Time	Location
660798	Sat. Sep. 14 - Nov. 23	2:45 - 3:30 pm	Terwillegar

BEGINNER GROUP PIANO 1 (Ages 7-10)

\$148

Introduce your child to the piano in a fun group setting. Classes will include basic piano technique, a few simple pieces, and general music skills such as rhythm, pitch and patterns. Families will be required to purchase a lesson book (approx. \$15).

Course #	Date(s)	Time	Location
660785	Mon. Sep. 23 - Nov. 25	4:30 - 5:30 pm	City Arts

BEGINNER GROUP PIANO 2 (Ages 7-10)

\$148

Introduce your child to piano in a fun group setting. This class will continue to teach the basic piano techniques. Some piano experience is required. Families will be required to purchase a lesson book (approx. \$15).

Course #	Date(s)	Time	Location
660794	Mon. Sep. 23 - Nov. 25	5:30 - 6:30 pm	City Arts

UKULELE FOR TEENS (Ages 11-14)

\$128

Have you ever wanted to learn to play the Ukulele? Working together in a group, we'll learn the basic chords families, basic strumming and a few songs! You'll be having fun playing songs in no time! Participants must bring their own Ukulele.

Course #	Date(s)	Time	Location
660796	Mon. Sep. 23 - Nov. 25	6:30 - 7:30 pm	Terwillegar

Pottery

CLAYTOGETHER (Ages 3-5)

\$116

Introduce your child to the wonders of clay! Together, you will complete four projects with a different theme each class. Skills include slab building, pinch forming, coil building, and dioramas. This class is an opportunity to spend quality time while creating memorable keepsakes. Adult participation required. All supplies included.

Course #	Date(s)	Time	Location
660740	Sat. Sep. 21 - Nov. 23	12:15 - 1:45 pm	City Arts
662237	Mon. Sep. 23 - Nov. 25	10 - 11:30 am	City Arts

CLAY COMBO (Ages 6-8)

\$120

Explore different ways to play with clay! Complete four pieces with a different theme each class. Projects include slab building, pinch forming, coil building, and dioramas. **All supplies included.**

Course #	Date(s)	Time	Location
660738	Sat. Sep. 21 - Nov. 23	10 am - 12 pm	City Arts
660742	Sat. Sep. 21 - Nov. 23	12:30 - 2:30 pm	City Arts

CLAYWORKS (Ages 9-13)

\$120

Combine technique and imagination to design personalized pieces. Create pots, mugs and masks or sculpt animals, monsters and more. **All supplies included.**

Course #	Date(s)	Time	Location
660737	Sat. Sep. 21 - Nov. 23	10 am - 12 pm	City Arts
660739	Wed. Sep. 25 - Nov. 13	4:15 - 6:15 pm	City Arts

TEENS ON WHEELS (Ages 12-17)

\$120

Explore the fundamentals of handbuilding and wheelwork! Dive into handbuilding the first class! This prepares you for remaining classes where you'll complete two to four wheel projects as you develop your technique. **All supplies included.**

Course #	Date(s)	Time	Location
660744	Thu. Sep. 26 - Nov. 14	4 - 6 pm	City Arts

Theatre

DRAMA: ACTING UP! (Ages 6-11)

\$90

Do you dream about being on stage or in the movies? This fun, dynamic course will get you started with games and activities to teach you basic acting skills and techniques. Look out Hollywood... here you come!

Ages 6-8

Course #	Date(s)	Time	Location
660773	Sun. Sep. 22 - Nov. 24	1 - 2:30 pm	City Arts
660775	Sun. Oct. 20 - Dec. 1	12:30 - 2 pm	Terwillegar

Ages 9-11

Course #	Date(s)	Time	Location
660774	Sun. Sep. 22 - Nov. 24	2:30 - 4 pm	City Arts
660776	Sun. Oct. 20 - Dec. 1	2 - 3:30 pm	Terwillegar



Visual Art

ART EXPLORERS: PAINTING SKILLS (Ages 4-5) \$104

Participants will explore all things painting while learning colour mixing, finger painting, and brush strokes. Each session will have a different theme for your child to be inspired by. **All supplies included.**

Course #	Date(s)	Time	Location
660746	Sat. Sep. 21 - Nov. 23	1 - 2:30 pm	City Arts
660771	Tue. Oct. 1 - Nov. 19	1 - 2:30 pm	City Arts
660757	Thu. Oct. 3 - Nov. 21	1 - 2:30 pm	Terwillegar

ART EXPLORERS (Ages 4-5)

\$104

This class will encourage your child to explore the arts and take their first steps in self-expression. Each session has a different theme to inspire your child using painting and drawing as artistic mediums. Many of our Art Explorers move on to become Art Masters! All supplies included.

Course #	Date(s)	Time	Location
660745	Sat. Sep. 21 - Nov. 23	9:30 - 11 am	City Arts
660748	Sat. Sep. 28 - Nov. 30	9 - 10:30 am	Terwillegar
660754	Sat. Sep. 28 - Nov. 30	10:45 am - 12:15 pm	Terwillegar
660765	Sat. Sep. 21 - Nov. 23	11:15 am - 12:45 pm	City Arts
660759	Sat. Sep. 28 - Nov. 30	1 - 2:30 pm	Terwillegar
661436	Mon. Sep. 30 - Dec. 2	1 - 2:30 pm	Terwillegar

ART MASTERS (Ages 6-13)

\$110

Students are introduced to the fundamentals of drawing and painting. Translate 3D shapes and objects into masterpieces through the mediums of pencil, pastel, and watercolour. Let's get creative! All supplies included.

Ages 6-8

Course #	Date(s)	Time	Location
660749	Sat. Sep. 21 - Nov. 23	9:30 - 11 am	City Arts
660766	Sat. Sep. 21 - Nov. 23	11:15 am - 12:45 pm	City Arts
660761	Sat. Sep. 21 - Nov. 23	1:15 - 2:45 pm	City Arts
660767	Sun. Sep. 22 - Nov. 24	9:30 - 11 am	Meadows
660762	Wed. Oct. 2 - Nov. 20	4:30 - 6 pm	Clareview
660752	Wed. Oct. 2 - Nov. 20	4:30 - 6 pm	Terwillegar

Ages 7-11

Course #	Date(s)	Time	Location
660751	Thu. Sept. 26 - Nov 14	4:30 - 6 pm	City Arts

Ages 9-13

Course #	Date(s)	Time	Location
660758	Sat. Sep. 21 - Nov. 23	9:30 - 11 am	City Arts
660750	Sat. Sep. 21 - Nov. 23	11:15 am - 12:45 pm	City Arts
660770	Sun. Sep. 22 - Nov. 24	11 am - 12:30 pm	Meadows
661375	Thu. Sep. 26 - Nov. 14	2:30 - 4 pm	City Arts
660764	Tue. Oct. 1 - Nov. 19	4:45 - 6:15 pm	Clareview
660753	Thu. Oct. 3 - Nov. 21	4:30 - 6 pm	Terwillegar
660763	Fri. Oct. 4 - Nov. 22	4:30 - 6 pm	Terwillegar

THE CARTOON WORKSHOP (Ages 6-13)

\$104

Learn a variety of cartooning styles and techniques to create your very own comic books and comic strips. We'll cover character creation, story lines, composition, and pen and ink technique. **All supplies included.**

Ages 6-8

Course #	Date(s)	Time	Location
660760	Mon. Sep. 30 - Dec. 2	4:30 - 6 pm	Terwillegar
661468	Wed. Oct. 2 - Nov. 20	6 - 7:30 pm	Commonwealth

Ages 8-13

Course #	Date(s)	Time	Location
660755	Sat. Sep. 21 - Nov. 23	1 - 2:30 pm	City Arts
660769	Wed. Oct. 2 - Nov. 20	4:30 - 6 pm	Millwoods
660768	Thu. Sep. 26 - Nov. 14	4:30 - 6 pm	Terwillegar

No classes Oct. 12 - 14 & Nov. 9 - 11



Winter Break Camp

DRAW & PAINT CAMP (Ages 8-12)

\$60

Dive into the world of art! Use your imagination to create paintings and drawings using a variety of mediums to learn new paint strokes and techniques. Let your imagination run wild on canvas and paper. We'll provide the materials and the projects as well as an opportunity to explore the natural beauty of art. All supplies included.

Course #	Date(s)	Time	Location
662215	Thu Fri. Jan. 2 - 3	9:30 am - 12:30pm	Terwillegar

ACTING UP! DRAMA CAMP (Ages 8-12)

\$60

Whether your child is full of drama or just loves to tell stories, this camp will give them a chance to shine! Theatre games, improv exercises along with a final performance are sure to boost their confidence and increase their skills.

Course #	Date(s)	Time	Location
662216	Thu Fri. Jan. 2 - 3	1 - 4 pm	Terwillegar

YOU CAN COOK! CAMP (Ages 7-10)

\$70

Welcome your chef to the world of cooking! Participants will learn to measure, combine, and create easy-to-make snacks and dishes. They will also learn to chop vegetables safely, measure ingredients correctly, and enjoy making food from scratch.

Course #	Date(s)	Time	Location
662214	Thu Fri. Jan. 2 - 3	1 - 4 pm	Millwoods

YOU CAN BAKE! CAMP (Ages 7-10)

\$70

Participants will learn to measure, whip, and mix ingredients when they create an assortment of baked goods: breads, cupcakes, and cookies. We'll batter up our hands to learn baking basics and make treats and sweets that will impress friends and family. Let's get baking!

Course #	Date(s)	Time	Location
662213	Thu Fri. Jan. 2 - 3	9:30 am - 12:30 pm	Millwoods

ART: THE CARTOON WORKSHOP II (Ages 8-13) \$104

Expand a variety of cartooning styles and techniques to create your very own comic books and comic strips. In level two, we'll cover intermediate character creation, story lines, composition, pen & ink techniques. **All supplies included.**

Course #	Date(s)	Time	Location
660756	Sat. Sep. 21 - Nov. 23	2:30 - 4 pm	City Arts

BEGINNER PAINTING FOR TEENS (Ages 11-15)

\$96

Students are introduced to the fundamentals of sketching and painting. Translate 3D shapes and objects into masterpieces through the mediums of acrylic and watercolour paints. Learn different brush strokes and techniques to make your masterpiece unique.

All supplies included.

Course #	Date(s)	Time	Location
660772	Fri. Oct. 18 - Nov. 22	6:30 - 8 pm	Terwillegar



> Edmonton VALLEY ZOO

VALLEYZOO.CA

133 Street & Buena Vista Road (87 Avenue)

	Winter Rates	Summer Rates	Annual Rates
Adult	\$11.25	\$15	\$46
Youth/ Senior	\$9.50	\$12.50	\$30
Child	\$7.50	\$10	\$29
Family*	\$37.50	\$50	\$152.50

- * Family: All members of the same household related by birth, legal status or marriage up to a maximum of seven people.
- * All hours and admission fees are subject to change
- * \$0.25 from each admission goes towards animal conservation efforts through the "Quarters for Conservation" program.

Get Closer!



@edmontonvalleyzoo



Edmonton Valley Zoo

> Drop-in Programs

The Edmonton Valley Zoo offers a variety of drop-in programs which include engaging animal talks, educational programs and up-close encounters with animals. Receive a daily schedule of demonstrations and activities as you enter the Zoo.

Please visit the Edmonton Valley Zoo website **valleyzoo.ca** to view the up-to-date drop-in program schedule.

* Note that lengths and locations of some drop-in programs are approximate and may change due to the unpredictability of working with animals, inclement weather and construction. Daily drop-in program schedules may change on special event days.



^{**}Naturally Edmonton Passes Expire Jun 30, 2019.



> Special Events

BOO! AT THE ZOO

Get Closer... Be not afraid this Halloween! Wear your coolest costume, bring your reusable trick-or-treat bags, and "get closer" to the spooky wonders of the animal kingdom. Hands-on science experiments, crafts, an extinct animal graveyard, and a witch's den are just some of the fun activities that will make this Halloween one to remember!

Date(s)	Time	Admission
Sun. Oct. 27	11 am - 4 pm	General Admission

ZOOMINESCENCE, A FESTIVAL OF LIGHT

Light is energizing, light is revitalizing. What better way to celebrate light than after dark at the Edmonton Valley Zoo? Bring the whole family and stroll through the zoo, watch fire dancers perform, meet Santa Claus, take part in our winter crafts and events, and experience one artistic display of light after another!

Date(s)	Time	Admission
Fri Sun. Dec. 6 - 22 Daily Dec. 26 - 30	5 - 9 pm	Online: \$9 adults, \$6.50 child At Gate: \$10 adults, \$7 child *Annual Memberships are not eligible during this event

> Adult Programs

ANIMAL PHOTO SAFARI

\$36

Join us for a special tour at the Edmonton Valley Zoo filled with many photo opportunities and a chance to go behind the scenes! A zoo staff member will arrange unique opportunities to get closer to some amazing animals.

All photographic skill levels are welcome.

Course #	Date(s)	Time
661467	Sun. Oct. 6	1 - 3 pm





> Child & Youth Programs

ZOO TOTS - ANIMAL ALPHABET

\$45

(Ages 2-4 & Adult)

We'll tour the zoo with the ABC's as our guide. First we'll practice our ABC's the we're off to encounter animals of all kinds. 'A' is for armadillo, 'B' is for bird, what other creatures will the alphabet take us to find? It's a social and discovery time for both your child and you. This course includes admission into the zoo each week before or after your program.

Course #	Date(s)	Time
661219	Sat. Sep. 14 - 28	9:30 - 10:30 am
661218	Thu. Oct 3 - 17	10 - 11 am

CUB CLUB - COLOURFUL CRITTERS

\$45

(Ages 1-2 & Adult)

Do their colours blend in? Or stand out? We'll use our eyes to find out. Soft as a rabbit or rough as a lizard! We'll use our fingers to discover the different textures that animals come in. See and touch a variety of animals and try out some fun games each week. This course includes admission into the zoo each week before or after your program.

Course #	Date(s)	Time
661220	Thu. Sep. 12 - 26	10:30 - 11:15 am
661221	Sat. Oct. 5 - 19	10 - 10:45 am





LITTLE BOO AT THE ZOO

\$28

(Ages 2-5 & Adult)

Come celebrate Halloween at the Zoo! We'll visit some creatures that come out at night, and meet a few critters up close. Bring your favourite costume and join us on our Halloween adventure! Adults joining the participating child should be prepared to take part in the activities.

Course #	Date(s)	Time
661437	Sat. Oct. 26	9:30 - 11 am
661438	Sat. Oct. 26	1 - 2:30 pm

CHRISTMAS WISHES

\$28

(Ages 3-5 & Adult)

We've been making our list and checking it twice, and all the animals have been on their best behaviour! Now the zoo needs your help to prepare some of their gifts and make their Christmas wishes come true. What do you think is on the animals wish lists? You'll have fun exploring the zoo meeting different animals and preparing all kinds of Christmas treats.

Course #	Date(s)	Time
661439	Sat. Dec. 21	9:30 - 11 am
661440	Sat. Dec. 21	1 - 2:30 pm



Birthdays



Please refer to pages 5 - 6 for information regarding booking, payment and cancellation policies.

Call **780-442-1442** or email **cmsbirthdaybookings@edmonton.ca** to book your themed party today!

All parties include one hour room rental for gift opening and cake!

Duration	Price
2.5 hours 1.5 hour program + 1 hour room rental	\$275
	Maximum 20 guests/party for "Be a Zookeeper" parties. (At least 2 adults must stay with the children)
Group Size	Maximum 30 guests/party (including parents and siblings) for other birthday parties. (At least 4 adults must stay with the children)

Animal Alphabet Ages 4-6

Be an alphabet detective. Search for hidden letters that will lead you to visit a variety of animals. Give a treat to an animal and have some hands-on encounters with some of the creatures you meet along the way.

Zoo Safari Ages 4-12

Put on your safari hat — we are heading out on a grand adventure! During this 'zoo-mazing' adventure you will get close to the animals with encounters and an enrichment. Tour the Zoo, meet some critters and have a howlin' safari-style birthday.

Zoo Clue Ages 7-9

Solve a mystery at the Edmonton Valley Zoo. Our program leader will play the part of a master Zoo detective as children are led on a scavenger hunt for clues. During their investigation, they'll meet and touch a variety of animals.

Be a Zookeeper Ages 7-12

Zookeepers are always busy! They prepare meals, make toys and treats for animals and do a lot of cleaning. You and your party will find out firsthand what it's like to be a zookeeper. You'll go behind the scenes, meet some animals up close and help out with a zookeeping task that needs to be done that day.





Group Programs



Please see pages 5 - 6 for information regarding booking, group size maximum, supervision requirements, payment and cancellation policies.

All programs are 1.5 hours, unless otherwise indicated. Program fees include gate admission. We strongly encourage groups to plan time before and/or after their program to enjoy the Zoo for the whole day. Program fees vary by season:

Dates	Duration	Price
Sep. 1, 2019 - Aug. 31, 2020	1.5 hours	\$225
Group Sizes	30 children per program.	

- * Price includes admission.
- Email our bookings office at cmsschoolbookings@edmonton.ca
- Online submit your request online at Edmonton.ca/edprogrambookings

Animals Around the World Ages 3 & Up

Get closer to animals from around the world! Your group will discover exotic animals, as well as some from closer to home, as you go on a globetrotting tour without ever leaving Edmonton. You will meet some of our animals up close and even get a chance to touch a few, as you learn how the zoo (and you too) can help animals all over the world.

Animal Senses Ages 3 & Up

Stimulate your senses at the Zoo! Discover how animals find food, perceive predators and pick a partner using their five (or more!) senses. Meet some animals with senses very similar to ours and some that are very different. Your group will *look* and *listen* as they tour around part of the Zoo, *feel* some artifacts and live animals, and probably experience some rather unique *smells*.

Northern Safari Tour Ages 3 & Up

Discover some of the animals that call Canada home! An interpreter will guide your group around the Zoo to meet some of our Canadian animals, as well as ones that live in similar habitats around the world. Learn about diverse ecosystems found in the northern parts of the world and how animals adapt to living in them. You'll have a chance to see some awesome animal artifacts and meet some of our smaller northern animals up close.





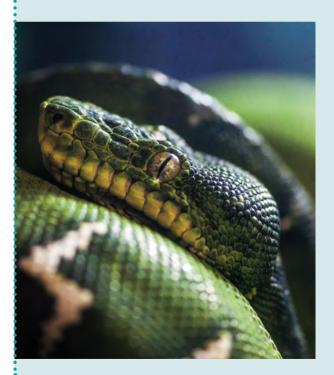
Group Programs

Fur, Feathers, and Scales Ages 4 & Up

"Get Closer" to the animals at the Edmonton Valley Zoo to see what they have covering their bodies. What can mammals use their fur for? What are bird feathers made of? Do animals covered in scales feel slimy? Students will get a chance to see and feel the difference between fur, feathers, and scales when we tour the zoo, check out some animal artifacts, and even get to touch some live animals.

Night Creatures Ages 5 & Up

How do whiskers help animals scurry around at night? Can owls see in the dark? Students will discover some of the amazing adaptations of the night-loving animals that live in our nocturnal wing. We'll also visit familiar and exotic animals from around the world that are most active at dawn and dusk. Students will learn about the incredible lives of night creatures as we look at bats, owls and more.





Endangered Species Ages 7 & Up

Meet some of the world's most endangered species, and discover ways that you and the Zoo can help protect and preserve endangered animals here and around the globe! We'll examine artifacts that come from endangered species, meet some animals up close and personal, and participate in hands-on activities to help your students understand why so many animals are endangered. As we visit the Zoo's endangered animals, students will learn about our Species Survival Plan and the conservation efforts that the Zoo supports.

NEW Farm Explorers Ages 4 & Up

Spend some time at our new Urban Farm to learn more about domestic animals! Children will have the opportunity to Get Closer to our farm animals, learn how they provide useful products such as milk and wool, and meet some animals up close. You will also be introduced to some of our resident wild species at the zoo to learn the difference between domestic and wild animals and how humans can safely interact with both.

Be a Zookeeper Ages 7 & Up

Zookeepers are always busy with making meals, creating enrichments, caring for sick animals and cleaning animal enclosures. Your group will take part in at least one zookeeping activity* that needs to be done that day. Students will find out first-hand what it's like to be a zookeeper as they go behind the scenes, discover what some of our animals eat, and learn more about what enrichments are and why zookeepers provide these to our animals. Your group will also get a chance to meet and touch a few of our smaller animals.

* Activities may include delivering an animal enrichment, cleaning an enclosure, or preparing an animal diet. Specific activities are dependent on animal health and zookeeper availability, so they cannot be guaranteed in advance.



Group Programs



Winter Zoo Ages 5 & Up

Celebrate winter by visiting animals that live in cold, northern habitats around the world. Wolves, snow leopards, takins and Amur tigers all love winter! Kids help deliver a special treat for one of our winter-loving animals. Through animal encounters and artifacts, learn how these animals are able to survive the cold and discover how the zoo provides special care for these animals. Each class will do something different to stimulate the senses and curiosities of these animals at the zoo. This program is only offered from November to March.

NEW A Merry Zoo Christmas Ages 5 & Up

We have made our list and checked it twice, and all the animals have been on their best behaviour! This Christmas season you will have a chance to 'Get Closer' to some of our animals and learn all about Christmas traditions from around the world. You will even have the chance to prepare a gift for an animal to make their holiday wish come true. This program is only offered from November to December.

Zoo Sleepover Ages 5 & Up

This exciting overnight stay at the Zoo will provide your group with an immersive learning experience and a fun night to remember. Check out the animals that are just waking up as an interpreter guides you around the Zoo after hours. The sleepover program includes two 1.5 hour programs of your choice (one in the evening and one in the morning), time for supper and breakfast*, as well as free time for a movie or games. Program can also include an evening campfire (depending on weather conditions). No meals are provided.

At time of booking, please indicate which programs you would like included with your sleepover, as well as whether you would like a campfire.

Please visit **edmonton.ca/valleyzoo** for additional information on sleepover programs, including options to customize your experience.

Price	\$699	 Groups staying later than departure time will be charged an additional \$30/hr or part thereof. 	
Time	Friday - Saturday evenings (Sep Jun.)*		Check in: 6 pm Check out: 11 am the following day.
Group Size	30 childre	dren per program.	

- * During the months of May and June, there may be Full Facility Rentals at the Zoo during the evening. Your class will still be able to do all of the activities, but you will not be the only group in the Zoo for part of the evening.
- * No meals are provided.



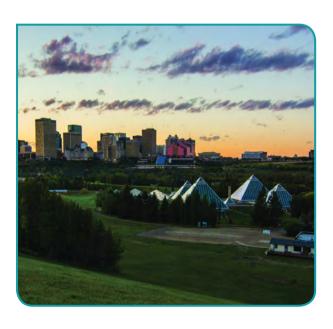


> Muttart CONSERVATORY

MUTTARTCONSERVATORY.CA

9626 - 96A Street

The Muttart Conservatory has been identified as a priority for rehabilitation and will closed to the public for approximately 18 months starting July 2019. The closure includes the Culina restaurant, bookings, rentals, programs and the pyramids.









> John Janzen NATURE CENTRE

EDMONTON.CA/JOHNJANZEN

Located next to Fort Edmonton Park. Access from Fox Drive near Whitemud Freeway.

Public Hours

Daily - 9 am to 4 pm

Holidays - 11 am to 4 pm

Dec. 25, 2019 & Jan. 1, 2020 - Closed

	Regular	Annual
Tot*	\$3	\$30
Child*	\$8	\$30
Additional Parent	\$3	-
Youth/ Senior	\$8	\$30
Adult	\$8	\$30
Family**	\$17	\$59

^{*} Tot and Child admission includes free admission for one parent/guardian.

For more information call Call 311 in Edmonton or 780-442-5311 in outlying communities.

What type of bird is visiting my bird feeder? What is this plant with red berries?

The John Janzen Nature Line has the answer to your nature questions! Call **780-442-1443** or email **JJNC.NatureLine@edmonton.ca** to speak to a naturalist or leave a message.

* Note: JJNC Nature Line cannot help with injured or problem wildlife. If you are having a wildlife issue, please call 311.

> Exhibits. Trails & Self-Guided Activities

John Janzen Nature Centre has all the tools you need for your self-guided nature adventure! There are many things to see and do for visitors of all ages and it is included in the cost of your admission. Visit our website at **edmonton.ca/johnjanzen** for updated information on our self-guided activities!

SELF-GUIDED ACTIVITIES

- Nearby nature walks: Birch Tree Trail (1 km) and River Loop Trail (3.5 km)
- Themed Adventure Backpacks: made for small groups of seven or less (sign-out required)
 - Geocaching
 - Bird Watching
 - Useful Plants & Nature Folklore
 - Nature Yoga
 - Animal Tracking
 - Nature Games
 - Pond Study
 - Green Roof Study
 - Bug Hunting
 - Fungus Hunting

^{**}Family: All members of the same household related by birth, legal status or marriage up to a maximum of seven people.



INDOOR EXHIBITS AND POINTS OF INTEREST

- Exhibit Room: featuring our natural history live collection
- Tegler Discovery Zone: indoor play space for kids up to 10 years (socks required)
- Honeybee Observation Hive: located in the Tegler Discovery Zone (socks required)

OUTDOOR EXHIBITS AND POINTS OF INTEREST

- Green Roof featuring native perennials
- Compost S'cool by The Compost Doctors
- Prairie Pond
- Wildflower Demonstration Garden by Edmonton Native Plant Society
- Pollinator Garden featuring native perennials
- Bat Houses
- Bee Hotels by Edmonton and Area Land Trust
- Observation Honeybee Hive
- Alberta Fossil Trail by Royal Tyrrell Museum
- Bird watching feeders by Wild Birds Unlimited
- Little Outdoor Library
- Picnic and green spaces

Most outdoor interest points operate Spring to Fall.

> Drop-In Programs

Explore the sights and sounds of the River Valley with our drop-in programs for the whole family. Explore the trails, check out local flora and fauna and learn all about the Edmonton's rich natural history. Topics are varied and change throughout the week. Programs adapt to meet the ages and abilities of participants. Check our Facebook and Instagram for up-to-date information on our drop-in programming.



vegnature



@yegnature

JOHN JANZEN'S BACKYARD

Get outside and experience the River Valley through games, exploration, and hands-on activities. This program adapts to the audience present. **Please come prepared to be outside!**

Date(s)	Time	Admission
Mon.	9:45 am	General
Thu.	12:30 pm	General
Sat. & Sun.	9:45 am & 12:30 pm	General

GUIDED WALK

Join us as we wander the trails and explore the area around the nature centre. Topics change each week as we take an in-depth look at what makes the River Valley special. While the topics are targeted towards an older audience, young children are more than welcome to attend.

Date(s)	Time	Admission
Sun.	2 pm	General



> Child & Family Programs

for answers!

THE VERY HUNGRY SALAMANDER (Ages 6-8)

What DO salamanders eat? What else lives in a pond? Explore where the salamanders live and discover the life cycles and food chains of local critters as we dip into our Prairie Pond. This program won't leave you hungry

Course #	Date(s)	Time
663741	Sun. Sep. 15	12:30 - 2 pm

A WALK IN THE VALLEY (Ages 3-5 with Adult) \$15

Tread among the trees in this nature program that uses the senses! Discover how soft moss is, hear the birds, see the blue sky above and smell the damp earth. Discover different plants, learn about local wildlife and play some forest games, we'll go out on a limb and say that we are going to have a great time!

Course #	Date(s)	Time
663701	Sun. Sep. 29	12:30 - 1:30 pm

CLEVER CREATURES (Family)

\$15

\$15

What does a woodpecker eat? Where does a beaver sleep? Where did that sparrow go? We'll take a close look at how animals build their homes, what they eat and how they adapt to the city. We'll try our hand at nest building or food gathering and see if we are as clever as the creatures!

Course #	Date(s)	Time
663744	Sun. Oct. 13	12:30 - 2 pm

WE DIG DINOS (Ages 3-5 with Adult)

\$15

Discover dinosaurs through sensory play! In this hands-on program, we will discover the world of dinosaurs through activities that engage the senses and inspire learning. Dig for dino fossils, sort meat eaters from plant eaters and get a hands-on fossil experience. What a roaring great time!

Course #	Date(s)	Time
663700	Sun. Oct. 27	12:30 - 1:30 pm
663745	Sun. Nov. 24	12:30 - 1:30 pm

NATURE FOLKLORE FUN (Ages 6-8)

\$15

Explore the mysteries of the forest through story and imagination as we find out what plants and animals inspired the tales we tell. Try on some enchanting wings, look for mysteries in the forest and tell your own story with a journey stick. We'll create our our mythic adventure!

Course #	Date(s)	Time
667742	Sun. Nov. 10	12:30 - 2 pm

A VERY CANADIAN HOLIDAY (Family)

\$15

Join us for some holiday fun as we explore the reasons behind some of the nature symbols we celebrate this season. Where do reindeer live? Why do we decorate trees? What do spiders have to do with the holidays?!

Course #	Date(s)	Time		
663705	Sun. Dec. 15	12:30 - 2 pm		

> Adult Programs

URBAN BEEKEEPING

\$250

Have you always wanted to step out your back door and see your very own beehive? This course teaches the skills needed to have a successful hive. Topics covered in class include: honeybee lifecycle, hive management, honeybee behaviors, bee and hive selection, and bylaw regulations about urban beekeeping. This course has both in-class lecture and a hands-on demonstration with a living hive. This is an approved course for those interested in becoming an urban beekeeper in the City of Edmonton. Please dress for the weather, as activities will run rain or shine. Adults should be prepared to take part in all program activities.

For dates and times please call 311 or visit edmonton.ca/iohnianzen

WILD ROSE RAMBLERS

\$10

Still going strong thanks to a very active group of walkers! The enthusiasm of this group continues to generate interest in exploring and enjoying the natural spaces in and around Edmonton. For details please call 311.

Date(s)	Time	
Tue. Sep. 3	9:30 am - 12 pm	



Please see page 5 for information regarding booking, payment and cancellation policies. Call **780-442-1442** or email **cmsbirthdays@edmonton.ca** to book your themed party today!

All parties include one hour room rental for gift opening and cake!

Price	\$235	
Duration	2.5 hours	
Group Size	30 guests/party (including parents and siblings). At least 4 adults must stay with children Nature Play: Maximum 15 children (including siblings) and 15 adults. An adult is required for each child during the program.	

Nature Play Party Ages 3-5 & Adults

Get ready to play! We'll use our senses to discover what life is like for nature's smallest creatures. We'll peek inside a beehive, search for bugs, and create a critter of our own to take home. This program includes up to 45 minutes of playtime in our nature-themed indoor playground.

Fairy & Folklore Party Ages 4-8

Let's jump in and explore the myths of the forest!

Try on a pair of magical wings and discover which plants and animals are a fairy's best friend. We'll go on a nature walk to look for signs of fairies and nature sprites, make a craft to bring home, and have a whimsical time playing games!

Dinosaur Adventure Party Ages 4-8

Welcome to your dino-mite birthday party! We'll have a roaring good time as we handle real fossils, make a craft with our own claws, and solve some gigantic mysteries about our prehistoric pals.

Bug Mania Party Ages 6-11

Our friendly Nature Centre bugs are throwing a party and you're invited! We'll go exploring to find out who lives nearby, create our own critter to take home and meet some bug eating animals while we're at it. Available May through October.





Group Programs - Year Round

See page 5 for information regarding booking, maximum group size, supervision requirements, payment and cancellation policies.

Price	\$170 on-site \$180 outreach (off-site)
Duration	2 hours
Group Size	30 participants per program

Please note: On-site programs are mostly outdoors, please be prepared for the days weather.

Customized Education Program Any Age

Our programmer can work with you to design a program that targets your desired learning outcomes and the needs of your group, such as a service project or field work for part of a larger project. Locations and fees will vary. **Contact us for more details.**

Peter Rabbit Comes to Town Ages 3-5

Peter Rabbit is in town this and it's his birthday! All of the animals are invited to celebrate, but no one has come. Through fun games and activities, we'll discover how animals adapt to the seasons and make their homes in Edmonton! **Outreach only in July & Aug.**

Dinosaur Discovery Ages 3-5

Discover dinosaurs through sensory play! In this hands-on program, we will discover the world of dinosaurs through activities that engage the senses and inspire learning. Dig for dino fossils, sort meat eaters from plant eaters and get a hands-on fossil experience. What a roaring great time!

Outreach only.

Explore the Season Ages 6-8

Snow, flowers, leaves, sticks and then more snow! Join us as we take a close look at the seasons of the River Valley. We'll talk about how the changes affect the plants and animals, how we adapt to the season and take a close look at ways of measuring temperature. Snow or sun, we'll be prepared!

Outreach available.

Clever Creatures Ages 6-8

What does a woodpecker eat? Where does a beaver sleep? Where did that sparrow go? We'll take a close look at how animals build their homes, what they eat and how they adapt to the city. We'll try our hand at nest building or food gathering and see if we are as clever as the creatures!

Tree-mendous Trees Ages 8-11

Take a walk on the shady side! Classify plants on the trails and learn about the different uses they have. We'll take a close look some issues in forest use and how we can plan for our urban forest. You'll have a great time, we guaran-tree!

Stalking & Tracking Ages 8-11

Investigate habitats around the Nature Centre for tracks and traces that animals leave behind. Practice identifying tracks with our animal track replicas, hone your hiding skills and practice stalking prey with a game! We'll find who's been wandering through the woods for sure!



John Walter MUSEUM

EDMONTON.CA/JOHNWALTER

Access to the museum, located on the north side of the Kinsmen Sports Centre parking lot, can be made via Walterdale Hill.

Visit John Walter's historic homes as we share stories about the community of Walterdale. Get a taste of the pioneer life by participating in activities and exploring artifacts. Located in Edmonton's River Valley, the John Walter Museum connects to multi-use trails, Kinsmen Sports Centre, Queen Elizabeth Outdoor Pool and the Grizzly Lodge Playground.

Visit **edmonton.ca/johnwalter** or visit us on Facebook for the latest details!



CANDLELIGHT CHRISTMAS

\$39

Traditions weave people together through a common experience. For more than twenty years, the McDades have participated in this wonderful Christmas tradition at John Walter Museum. Join us for music, good cheer and enjoy the simple beauty of these 19th century homes. You will hear two 45-minute musical performances in each of the oldest of John Walter's homes, and during intermission, you can enjoy a warm drink in our interpretive centre.

Course #	Date(s)	Time
662217	Fri. Dec. 6	7:30 - 9:30 pm
662218	Sat. Dec. 7	7:30 - 9:30 pm
662219	Sun. Dec. 8	7:30 - 9:30 pm
662220	Tue. Dec. 10	7:30 - 9:30 pm
662221	21 Wed. Dec. 11 7:30 - 9:30 pm	
662222	Thurs. Dec. 12	7:30 - 9:30 pm
662223	Fri. Dec. 13	7:30 - 9:30 pm
662224	Sat. Dec. 14	2 - 4 pm
662225	Sat. Dec. 14	7:30 - 9:30 pm
662226	Sun. Dec. 15	2 - 4 pm
662227	Sun. Dec. 15	7:30 - 9:30 pm
662228	Tue. Dec. 17	7:30 - 9:30 pm
662229	Wed. Dec. 18	7:30 - 9:30 pm
662230	Thu. Dec. 19	7:30 - 9:30 pm
662231	Fri. Dec. 20	7:30 - 9:30 pm
662232	Sat. Dec. 21	2 - 4 pm
662233	Sat. Dec. 21	7:30 - 9:30 pm
662234	Sun. Dec. 22	2 - 4 pm
662235	Sun. Dec. 22	7:30 - 9:30 pm

ተተተ

Group Programs

Please see page 6 for information regarding booking, payment, cancellation and group size policies.

Price	\$180
Duration	2 hours
Group Size	Maximum 30 children, 4 adult supervisors required

To Book:

- Email our bookings office at cmsschoolbookings@edmonton.ca
- Submit your request online at edmonton.ca/edprogrambookings

Urban Pioneers Ages 5 & Up

Let's go back in time and see what life was like for pioneer families over 100 years ago! Students will examine how families took care of each other by baking on the wood stove, churning butter, dipping candles and problem solving how to build their own home. Find out how communities worked together by visiting John Walter's general store.

Heritage Home Skills Ages 9-15

Discover what life was like over a century ago! The home of an early Edmonton settler meant no electricity or access to the types of foods we see on grocery store shelves today. Spend time with us as we make a simple jam, churn butter, plant a vegetable and build your own toy.

*Summer in the Valley Ages 5 & Up

Join us in the heart of Edmonton's river valley for some good ol' fashioned summertime fun! We'll head outside to help wash and card the wool, play a lively game of croquet and then churn our own ice cream for a sweet treat!

* Available June through September.

Child, Youth, Adult, & Family Programs

JAM AND PICKLING WORKSHOP

\$24

Come down to John Walter Museum where you'll learn how to make jam and pickle vegetables. Skills that you'll be able to take home so you can do your own canning for the winter!

Course # Date(s)		Time	
663251	Sat. Sep. 21	10 am - 12 pm	

HISTORY RIVER WALK

\$24

Starting at John Walter Museum you will depart for a two hour guided walk through our amazing river valley. With stops at the Rossdale Memorial, the Alberta Legislature and the High Level Bridge, your guide will share fun stories and histories of our River Valley. This tour is approximately 3 kilometers long and includes hills and stairs.

Course # Date(s)		Time
663252	Sat. Oct. 5	1 - 3 pm

WALTERDALE HALLOWEEN (Ages 3-8)

\$24

Happy Halloween! Bring your little one down to the John Walter Museum for an afternoon of ghoulishly good fun. We'll trick-or-treat at our historic houses, bake a Halloween treat, play some games and then make a Halloween craft! Be sure to come in costume for extra fun! All children attending must be registered and accompanied by an adult for supervision. We kindly ask unregistered children not attend the program.

Course #	Date(s)	Time	Age
663253	Sat. Oct. 19	1 - 2:30 pm	Ages 3 - 4
663254	Sat. Oct. 26	1 - 2:30 pm	Ages 5 - 8





Please see page 5 for information regarding booking, payment and cancellation policies.

Call **780-442-1442** or email **cmsbirthdays@edmonton.ca** to book your themed party today!

All parties include one hour room rental for gift opening and cake!

	Price	\$235/party (Payment is required at the time of booking)
	Duration	Birthday party packages include a 1.5 hour themed program plus 1 hour room rental. Parties are offered year round unless otherwise stated.
-	Group Size	20 guests/party (including parents and siblings).At least 2 adults must stay with the children.

Preschool Pioneer Party Ages 4-5

Children will have a great old time trying on old fashioned costumes and playing party games of yesterday. They'll bake delicious cookies (gingersnap or sugar cookies), make a craft (beeswax candles or paperbag puppets) and try their hand at pioneer chores such as washing Mr. Walter's old wool socks.

Pioneer Birthday Party Ages 6-12

Jump back in time and throw a party that goes down in history! Make a sweet treat, build an old-fashioned toy and play some games from the past.

- Food Item: Ice cream, cupcakes, cinnamon buns, cookies (oatmeal or sugar) or brownies
- Craft Item: Beeswax candles, wooden boat, puppet/doll or planting craft

Christmas Baking Party Ages 5–12

Enjoy a unique party for your child's holiday birthday. Bake some goodies on the wood burning stove and play old- fashioned games. Discover what Christmas was like for the Walter family and make your own holiday craft to take home. **Available November 5 - December 24.**

Prince of Wales ARMOURIES

EDMONTON.CA/ARCHIVES

10440 - 108 Avenue

Public Hours

Monday to Friday - 8:30 am to 4:30 pm

Wednesday - 8:30 am to 8 pm

Statutory and civic holidays - CLOSED

Admission

Entry is free

For more information call Call 311 in Edmonton or 780-442-5311 in outlying communities.



Archives

The City of Edmonton Archives is a public research facility housing civic government and private records of enduring significance. The City of Edmonton Archives is home to over 700 maps and a large number of catalogued photographs of Edmonton and area dating back to the 1880's. Everyone is welcome to use the Archives documenting Edmonton's history and enjoy the changing exhibits in the public areas of the building. The Archives reference room is wheelchair accessible. For more information visit our website at edmonton.ca/archives.

Rentals

Traditional 19th century elegance and architecture reflective of a bygone era await you at the Prince of Wales Armouries. This former drill hall, originally built in 1913, was declared an historical resource by the Province of Alberta in 1993. The Armouries is the perfect location to host a dinner or cocktail party, wedding ceremony and reception or meeting for 20 to 130 guests. For more information contact **780-496-8355** or visit **edmonton.ca/facilityrentals.**

> River Valley PROGRAMS

EDMONTON.CA/RIVERVALLEYPROGRAMS

River Valley Programs is your outdoor education experience in the city. Spend some quality time learning a new skill that will stay with you for the rest of your life. Find some balance by enjoying nature in Edmonton's beautiful river valley. River Valley Programs provides outdoor pursuit programs to community groups, Edmonton and area schools, corporations and the general public.

All equipment is provided.

> Adult Programs

ARCHERY \$37

Bull's eye! Learn about the equipment and discover the basics of archery, while practicing aim and accuracy. **All equipment** is provided.

Course #	Date(s)	Time	Location	
662267	Sat. Sep. 21	10:30 am - 12:30 pm	Victoria Park	

ARCHERY DATE NIGHT

\$37

Take aim at archery with your sweetheart! As the sun sets on the River Valley, share the experience of learning a new skill! Learn about the equipment and discover the basics of archery, while practicing aim and accuracy. The archery session will be followed by a cozy campfire and a tasty bannock snack.

AII	equi	pm	ent	is	provi	ided.

Course #	Date(s)	Time	Location
662268	Sat. Sep. 14	6 - 8 pm	Victoria Park
662269	Fri. Sep. 20	6 - 8 pm	Victoria Park

STAND UP PADDLE BOARD

553

Try the fastest growing water sport in North America in the ponds of Rundle Park. Beginner technique, strokes and safety will be emphasized (all equipment is provided). **Please wear clothes that are meant for water activities and bring a warm change of clothing for after the program.**

Course #	Date(s)	Time	Location
662270	Mon. Sep. 16	6 - 8 pm	Rundle Park

CANOE - ADULT

\$42

This beginner course will focus on fun and safety as you learn about equipment selection, safe entry and exit from the canoe, and basic strokes including power, reverse, draw, pry, sweeps, and J. **All equipment is provided.**

Course #	Date(s)	Time	Location
662271	Sat. Sep. 28	10:30 am - 12:30 pm	Hermitage Park

LEARN TO BIKE

\$38

If you haven't been on a bike in many, many years, this program is for you! We will work on developing cycling skills and confidence. Once comfortable on our bikes, we will head out and explore Edmonton's River Valley! Bikes and helmets are provided. Please note: this course is designed for adults who may have never ridden a bike or who wish to relearn.

Course #	Date(s)	Time	Location
663562	Sun. Sep. 8	2 - 5 pm	Kinsmen Park

> Child, Youth & Family Programs

FAMILY ARCHERY

Adult \$37 Ages 16 & Under \$27

Bull's eye! Learn about the equipment and discover the basics of archery while practicing aim and accuracy. All equipment is provided. **Children 16 years of age and younger must be accompanied by a paying adult. All attending members of the family must register.**

Course #	Date(s)	Time	Location
662263	Sun. Sep. 15	10 am - 12 pm	Victoria Park
662264	Sun. Sep. 15	12:30 - 2:30 pm	Victoria Park
662265	Sun. Sep. 22	10 am - 12 pm	Victoria Park
662266	Sun. Sep. 22	12:30 - 2:30 pm	Victoria Park

FAMILY STAND UP PADDLE BOARD

Adult \$53 Ages 16 & Under \$40

Try the fastest growing water sport in North America in the ponds of Rundle Park. Beginner technique, strokes, and safety will be emphasized. All equipment is provided. Please wear clothes that are meant for water activities and bring a warm change of clothing for after the program. Children aged 16 and under must be accompanied by a paying adult. All attending members of the family must register.

Course #	Date(s)	Time	Location
662273	Sat. Sep. 14	2:30 - 4:30 pm	Rundle Park

CANOE - FAMILY

Adult \$42 Child \$27

This beginner course will focus on fun and safety as you learn about equipment selection, safe entry and exit from the canoe, and basic strokes including power, reverse, draw, pry, sweeps, and J. **All equipment is provided.**

Course #	Date(s)	Time	Location
662274	Sat. Sep. 21	1:30 - 3:30 pm	Hermitage Park
662272	Sat. Sep. 28	1 - 3 pm	Hermitage Park



