# > 2016 Spring IN THE CITY

Arts · Culture · History · Nature
Program Guide

City Arts Centre
Edmonton Valley Zoo
Muttart Conservatory
John Janzen Nature Centre
John Walter Museum
Prince of Wales Armouries
River Valley Programs





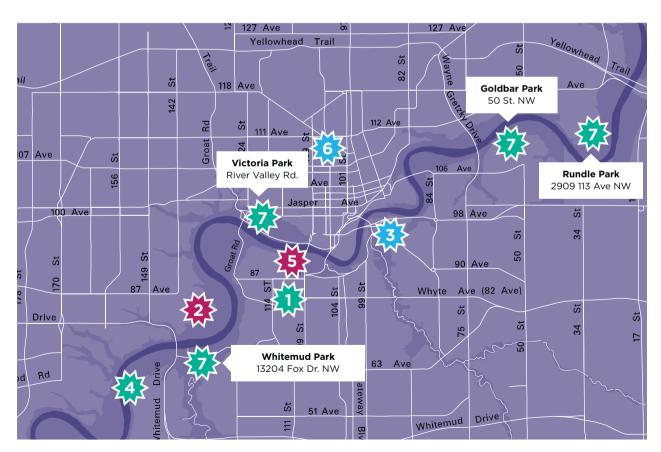
# > Facility LOCATIONS

- City Arts Centre 10943 - 84 Avenue
- 2. Edmonton Valley Zoo 133 Street and Buena Vista Road (87 Avenue)
- 3. Muttart Conservatory 9626 - 96A Street
- 4. John Janzen Nature Centre Adjacent to Fort Edmonton Park

- 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

#### **INFORMATION**

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



## > Spring 2016

## **PROGRAMS AND EVENTS**

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## > Registration PROCEDURES

## EDMONTON

**City of Edmonton Community Services Department** 

## **Leisure Access Program**

#### Have you heard about the Leisure Access Program?

Access Program?

The program gives low income adults, seniors, youth and children from Edmonton free use of City of Edmonton recreation facilities and attractions (swimming pools, fitness centres, Edmonton Valley Zoo, Fort Edmonton Park etc) and discounts on registered programs (daycamps, art classes, swimming lessons etc) for one year.

#### Who can get a card? You may qualify if:

If you are currently on an approved Government Program for example (AISH, Income Support, Health Benefits, etc.)

Have an income below the low income cut off line If you are a recer

cut off line
If you are a recent
landed immigrant
or refugee

#### How can I get a card?

You will have to apply for the program by submitting an application form and required documents.

### How can I get an application form?

- At any City of Edmonton
   Leisure & Sport
   Fitness facilities
- At www.edmonton. ca/lap
- By calling, 780-496-4918
- 14th Floor, CN Tower 10004-104 Avenue NW Monday - Friday except holidays, from 8:30-4:30pm





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 edmonton.ca/ereg Register day or night through the online registration system. It's fast, easy and secure. First time users will require a PIN number. Go online for details on acquiring a number.

In Person Visit your nearest City of Edmonton facility.

For birthday parties and group bookings refer to each facility section for specific procedures.

#### 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 5 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.

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





#### **Volunteer Services**

Watch for these volunteer opportunities edmonton.ca/volunteers (click on Attractions Volunteer Programs) under Seasonal 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 a themed crafts, hand out treats or act as a facility host. Events are posted when they are actively recruiting so check the website frequently!

#### **Volunteer Education Ambassadors:**

Engage and educate visitors to the Edmonton Valley Zoo or Muttart Conservatory with hands on activities and artifacts! The volunteer schedule is flexible with a six month commitment. Experience with public programming or customer service is required.



#### **Youth Volunteer Opportunities:**

Step Up Daycamp Volunteers

Daycamp volunteers are youth between the ages of 13 and 17 who would like to gain valuable leadership and communication skills. Youth can volunteer at City of Edmonton Attractions Recreation Centres, River Valley Parks, and City Arts Centre. **Applications close May 31, 2016.** 

#### Jr. Naturalist

This new program, based out of the John Janzen Nature Centre, is for youth 13-17 who would like to develop their leadership and communication skills in a natural setting. Jr. Naturalists volunteer for one, four hour shift per week on a consistent day through July and August. Applications close June 3, 2016.

#### Jr. Urban Farmer

This position is for youth ages 13-17 who would like to gain experience in animal care. Jr. Urban Farmers help with the care, training, and feeding of domestic animals in the Urban Farm area of the Edmonton Valley Zoo. Jr. Urban Farmers volunteer for one, four hour shift per week on a consistent day through July and August. Applications close June 3, 2016.

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





#### **EDMONTON.CA/CITYARTS**

10943 - 84 Avenue

#### **Public Hours:**

Monday to Friday - 9 am to 9 pm

Weekends - 9 am to 4 pm

\* Facility hours vary between program seasons.

Please visit our website for up-to-date facility hours.

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

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 & 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 Avenue
- Terwillegar Community Recreation Centre: 2051 Leger Road
- The Meadows Community Recreation Centre: 2704 - 17 Street

#### > Adult Courses

#### Alternatives & Remedies

#### MINDFULNESS MEDITATION FOR BEGINNERS

\$95

Michelle Johnston

In this 8-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, gentle hatha yoga and body scan. Please bring a yoga mat.

Course #	Date(s)	Time	Location
561338	Thu. Apr. 14 - June 2	11 am - Noon	Terwillegar
561339	Thu. Apr. 14 - June 2	5:30 - 6:30 pm	City Arts

## INTENSIVE JOURNAL WRITING WORKSHOP \$400 Carol Gaskin

The Progroff journal method has long been used as a method to stimulate the creative process and overcome writer's block. It also provides a comprehensive way to approach issues from many different perspectives and access your creative talents and find answers to important issues. This three day workshop is offered in partnership with Dialogue House. No prior writing experience required. Learn the basic operating principles for using the intensive journal method through direct experience in your life and generate insights about personal relationships, career, special interests, body and health.

Course #	Date(s)	Time
560607	Fri - Sun. June 24 - 26	9 am - 5:30 pm

#### Chocolate Making

#### **CHOCOLATE MAKING: EASTER**

\$50

Sandy Hansen

Chocolate candy making is very easy to learn and so satisfying! Find out how to dip, paint and mold delicious chocolates using three types of chocolate and a number of different fillings and toppings. Take home a sample of your homemade chocolates to share with friends and family! Please bring a large plastic container (9" x 13") for your chocolates.

Course #	Date(s)	Time
551357	Tue. Mar. 22	6:30 - 9:30 pm

#### Cooking/Baking

#### **NOURISH YOUR SKIN**

\$65

Stephanie Long

Learn how to exfoliate your skin with products that you have right in your kitchen. This class will teach you how to make your own creams and scrubs so you can feel great in the cold Edmonton weather. You will make two superfood face masks, edible body, beautifying hair mask and natural deodorant.

Course #	Date(s)	Time
560580	Thu. Apr. 14	6:30 - 9:30 pm

#### **MEDITERRANEAN SHOP, COOK & EAT**

\$90

Michaela Bily

Explore this healthy cuisine and its abundant use of fresh herbs, cheeses and yogurts. Tour a local Mediterranean grocery store, sample olives, cheeses and oils, then return to the City Arts Centre to prepare some popular dishes in a friendly group setting.

Course #	Date(s)	Time
559056	Sun. Apr. 17	11 am - 3 pm

No classes May 21 - 23

#### **RAW FOOD INTRO**

\$65

Jody Shenkarek

Want to save time, feel great and have more energy? Are you curious how raw cuisine might help you with these goals? Our introduction will cover easy and helpful raw cuisine menu planning and preparation.

Course #	Date(s)	Time
559043	Thu. Apr. 21	6:30 - 9:30 pm

#### **CAKE DECORATING**

\$65

Aura Morrison

In this class you will learn how to bake a cake from scratch and decorate it. 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 #	Date(s)	Time	Location
559045	Fri. Apr. 22	6:30 - 9:30 pm	City Arts
559059	Thu. May 26	6:30 - 9:30 pm	Clareview

#### **MEXICAN SHOP, COOK & EAT**

\$90

Roberto Valencia

Start off your Sunday with a trip to a local Latin American grocery store to learn about the foods of Mexico. Back at our kitchen you'll make salsas, tacos, tostadas and Mexican dessert and drinks. You'll want to replicate this feast for friends and family very soon!

Course #	Date(s)	Time
559060	Sun. Apr. 24	11 am - 3 pm

#### **LEARN TO COOK**

\$200

Jennie Pilling, Roberto Valencia

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

Course #	Date(s)	Time	Location
559051	Thu. Apr. 28 - May 19	6 - 9 pm	City Arts RV
560042	Wed. May 4 - 25	6 - 9 pm	Millwoods TBA
559052	Fri. May 27 - June 17	6 - 9 pm	City Arts JP
559066	Fri. June 3 - 24	6 - 9 pm	Clareview RV

#### **DOUGHNUT MAKING 101**

\$65

Jennie Pillina

In this hands on course, you learn the basics to create yeast doughs with a variety of toppings and glazes. Each student takes home their sweet and delicious goodies.

Course #	Date(s)	Time
559576	Fri. Apr. 29	6:30 - 9:30 pm

#### **PAKISTANI COOKING**

\$65

Tallat Tirmizi

Learn to make traditional dishes from the south, west, north and east regions of Pakistan. In this class you will make seekh kabab, chicken haleem chapati and tropical punch.

Course #	Date(s)	Time	Location
559054	Thu Apr. 28	6:30 - 9:30 pm	Clareview

#### **VEGAN SHOP, COOK & EAT**

\$90

Jody Shenkarek

This class is designed to provide the knowledge you need to get started on the path to vegan shopping and cooking. Your instructor, past owner of Mosaics Cafe, has a wealth of experience and recipes to share. Not just for vegans, but for anyone that wants to learn about animal-free alternatives and delicious recipes such as cashew ricotta, cilantro pesto, vegan moussaka and more!

Course #	Date(s)	Time
559063	Sun. May 1	11 am - 3 pm

#### **SMOOTHIES & JUICES**

\$65

Stephanie Long

Learn how to create the perfect smoothie by understanding the appropriate ingredients to add that won't make you hungry after. Learn about post-workout, pre-workout and meal replacement smoothies in this class.

Course #	Date(s)	Time	Location
560092	Thu. May 5	6:30 - 9:30 pm	Clareview

#### JAPANESE SHOP, COOK & EAT

\$90

Michaela Bily

The flavours of Japanese cooking, wasabi, teriyaki and miso, are featured in this popular hands-on cooking class. Shop for ingredients at an ethnic grocery store then return to City Arts Centre to create a menu of dishes including sushi, salad and salmon. A delicious afternoon of eating and learning!

Course #	Date(s)	Time
559058	Sun. May 8	11 am - 3 pm

#### ARTISAN BREAD MAKING

\$60

Laura Rogerson

In this demo/hands-on class you will learn all the steps and techniques to making beautiful artisan loaves, including boules and sticks in your own home. This long process dough requires no kneading, and is crusty and flavourful with no preservatives. Learn how to add various ingredients to accommodate seasonal flavours and textures. Take home your own ready-to-bake dough!

Course #	Date(s)	Time	Location
560043	Thu. May 12	6:30 - 9 pm	Millwoods
559049	Thu. May 26	6:30 - 9 pm	City Arts
559042	Thu. June 2	6:30 - 9 pm	Clareview
559050	Thu. June 9	6:30 - 9 pm	City Arts

#### CAKE POP 101

\$65

Aura Morrison

Come and learn how to create cake pops. In this class the instructor will take you through learning how to create a cake pop and teach you the proper way to decorate it.

They are the perfect treat to give your friends and family!

Course #	Date(s)	Time	Location
559065	Thu. May 12	6:30 - 9:30 pm	Clareview



#### **GUILT-FREE DESSERTS**

\$65

Roberto Valencia

While dietary restrictions are commonly present nowadays, there's no need to restrict desserts! Learn how to substitute sugars, fats and flours to make delicious healthier desserts that everyone will love! These easy dessert recipes can accommodate celiac, vegans and diabetics. Desserts will include vegan brownies, gluten free muffins, low-carb carrot cake, flourless chocolate cake and low-carb strawberry shortcake. Yum!

Course #	Date(s)	Time
559062	Fri. May 13	6:30 - 9:30 pm

#### **CHINESE SHOP, COOK & EAT**

\$90

Wilma Ho

Learn to shop for, and cook, Chinese food favourites such as green onion cakes, wonton soup, steam dumplings, stir-fries, tofu and Chinese chicken curry with no MSG or added fats or preservatives. In this fun hands-on class you will tour an Asian grocery store then learn the basics of healthy Chinese home cooking in our fun and friendly kitchen!

Course #	Date(s)	Time
559057	Sun. May 15	11 am - 3 pm

#### **SMOOTHIES & RAW COOKIES**

\$65

Lauri Germain

Learn how to take smoothies to the next level by making them taste like something else - hot apple pie, mint patty, strawberry shortcake, butter tart, chai latte. And what goes better with a smoothie than a great-tasting healthy, uncooked, enzyme-rich cookies.

Course #	Date(s)	Time
559575	Fri. May 20	6:30 - 9:30 pm

#### INDIAN SHOP, COOK & EAT

\$90

Kamal Toor

Our shop and cook approach to ethnic cuisine is a sure recipe for success. First we tour an Indian grocery to learn about traditional East Indian ingredients. Then we head over 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!

Course #	Date(s)	Time
559040	Sun. May 29	1 - 5 pm



#### **FILIPINO STREET FOOD**

\$65

Katia Vissers

Explore the Philippines's multi-cultural fusion of ingredients in this hands-on cooking class. Make traditional dishes such as adobo, kaldereta, mechado and rice with bibingka. Maybe you can't travel to the Philippines, but you can explore its food here at home.

Course #	Date(s)	Time
559061	Thu. June 2	6:30 - 9:30 pm

#### THAI 1 SHOP, COOK & EAT

\$90

Michaela Bily

Curry, coconut milk and fish paste are just some of the exotic flavors you'll taste in this class. After learning about traditional ingredients at an Asian grocery store, you'll return to the City Arts Centre to create several popular Thai dishes such as tom yung goong soup, panang curry chicken, beef satay and more!

Course #	Date(s)	Time
559053	Sun. June 5	11 am - 3 pm



#### **EATING CLEAN SHOP, COOK & EAT**

\$90

Lauri Germain

Tour a local organic earth friendly store and learn how to shop efficiently, cost effectively and healthy. Then move to the City Arts kitchen for hands on cooking lesson on how to create delicious and healthy meals for breakfast, lunch and dinner learning proper culinary techniques. Shopping, cooking and eating clean has never been more fun and easy!

Course #	Date(s)	Time
559046	Sun. June 12	11 am - 3 pm

#### **MEXICAN STREET FOOD**

\$65

Mariel Montero

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

Course #	Date(s)	Time
559047	Tue. June 14	6:30 - 9:30 pm

#### 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, cook up rice and more. Explore the various spices and cultures that make Caribbean cooking so unique!

Course #	Date(s)	Time
559055	Wed. June 15	6:30 - 9:30 pm

#### **GLUTEN FREE BAKING**

\$65

Jody Shenkarek

Enjoy an evening of gluten-free baking secrets revealed by the former owner of Cafe Mosaics. After a brief introduction to the ins-and-outs of baking without wheat flour, you'll get into the kitchen to make easy recipes for tasty pastry, crackers, cookies and more! Not a 100% Gluten Free environment. Not suitable for those with severe food allergies.

Course #	Date(s)	Time
559041	Thu. June 16	6:30 - 9:30 pm

#### **MEATLESS MONDAYS: TOFU**

\$65

Jody Shenkarek

Have you ever wanted to try cooking tofu or using tofu in recipes but found it never worked? In this course you will learn 10 ways to cook tofu. You will make recipes such as a tofu roast, stir-fry with tofu, tofu teriyaki and breaded tofu.

Course #	Date(s)	Time
559044	Mon. June 20	6:30 - 9:30 pm

## No classes May 21 - 23



## Cook with a Chef



What's it like to cook alongside a professional chef? Find out with these hands on classes led by the Executive Chef of Zinc Restaurant, Dave Omar, a culinary veteran with more than 20 years experience. He is also a generous and entertaining teacher with many stories to share.

## COOK WITH A CHEF: SAUSAGE MAKING \$125 Dave Omar

Learn how to prepare your own handmade sausages - filler free and made with fresh meats and spices using traditional recipes. All supplies will be provided and participants will leave with their own home-made sausage and the confidence to make more at home.

Course #	Date(s)	Time
560263	Tue. Apr. 12	6:30 - 9:30 pm

#### **COOK WITH A CHEF: KNIFE SKILLS**

\$50

Dave Omar

The chef's knife is probably a cook's most important tool. Learn how to cut and debone different meats, vegetables, herbs and more. Learn the proper care and sharpening of your own knives—please bring a few that you normally use.

Course #	Date(s)	Time
559048	Tue. June 21	7 - 9 pm

#### **COOK WITH A CHEF: BBQ**

\$125

Dave Omar

The chef's knife is probably a cook's most important tool. Learn how to cut and debone different meats, vegetables, herbs and more. Learn the proper care and sharpening of your own knives—please bring a few that you normally use.

Course #	Date(s)	Time
559064	Thu. June 23	6:30 - 9:30 pm



#### Crafts

#### **CALLIGRAPHY: INTRO TO POINTED PENS**

\$100

Jeanine Alexander

Bring excitement and elegance to your handwritten projects with this popular style of script done with a pointed nib loaded by dipping in bottled ink. Learn and practice the basic strokes of a script alphabet using a soft leaded pencil, progress to the dip pen and ink and finally experiment with a pointed brush with watercolours. All supplies included.

Course #	Date(s)	Time
559074	Fri. May 6 - 27	6:30 - 9:30 pm

#### **SEWING 1**

\$180

Aradhana Shah, Tammy Wells

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 at the first class.

Course #	Date(s)	Time	Location
559071	Sun. Apr. 17 - June 12	1 - 4 pm	Clareview TW
559068	Mon. Apr. 18 - June 13	6:30 - 9:30 pm	City Arts AS
559073	Wed. Apr. 20 - June 8	6:30 - 9:30 pm	Terwillegar AS
559069	Thu. Apr. 21 - June 9	6:30 - 9:30 pm	The Meadows AS
559070	Fri. Apr. 22 - June 10	9:30 am - 12:30 pm	City Arts AS

#### **SEWING 2**

\$180

Aradhana Shah, Tammy Wells

Build upon what you learned in Sewing 1 to further your sewing skills. Make a pull-over blouse and skirt and learn measuring techniques, facings, buttonholes and garment finishing. You'll also learn how to alter blouse and skirt patterns to customize them to your fit.

Course #	Date(s)	Time	Location
560044	Thu. Apr. 21 - June 9	6:30 - 9:30 pm	Clareview TW
559081	Fri. Apr. 22 - June 10	6:30 - 9:30 pm	City Arts AS

#### **QUILTING 1**

\$180

Tammy Wells

Join Tammy Wells as she takes you through a journey of learning how to quilt. You will learn the basics of cutting and piecing blocks, machine quilting and binding edges. In this class you will make a reversible table runner. You will have to purchase your own fabrics and supplies. Supply list will be given at first class.

Course #	Date(s)	Time	Location
559080	Sun. Apr. 17 - June 12	10:00 - 12:30 pm	Clareview

#### **LEARN TO KNIT 1**

\$60

Sam Cramer, Marion Kaiser, Tammy Wells

Learn the simple art form of knitting, including the basic stitches of knit and purl, casting on, picking up stitches and casting off. Discover how to read patterns and the tips and tricks for more advanced patterns and stitches. Choose from a variety of simple projects, including scarf, cowl or a knitted dishcloth, cell or iPod cover, or simple slippers.

Course #	Date(s)	Time	Location
559078	Tue. Apr. 12 - May 3	6:30 - 8:30 pm	Terwillegar MK
559075	Mon. Apr. 25 - May 16	7 - 9 pm	The Meadows SC
559138	Wed. Apr. 27 - May 18	6:30 - 8:30 pm	Clareview TW
559067	Thu. May 19 - June 9	7 - 9 pm	City Arts SC

#### **LEARN TO CROCHET 1**

\$60

Sam Cramer

Learn the different decorative crochet stitches in this course. Participants will learn a chain stitch, a single crochet stitch and a double crochet stitch. Discover how to read patterns and the tips and tricks for more advanced patterns and stitches.

Course #	Date(s)	Time
559077	Thu. Apr. 21 - May 12	7 - 9 pm

No classes May 21 - 23

#### **AMIGURUMI - JAPANESE CROCHET**

\$60

Rebecca Hawrvluk

Amigurumi is a Japanese technique of crocheting a small toy or object. In this beginner level class, you can choose from three patterns: a rattle, jingle balls or a monster and make your yarn come to life as you learn the fundamentals of magic rings, single crochet, increasing, decreasing and finishing. These toys are cute and washable.

#### All supplies provided.

Course #	Date(s)	Time	Location
559072	Tue. May 3 - 17	7 - 9 pm	Terwillegar

#### **ARM KNITTING**

\$40

Jennie Pilling

Tired of using knitting needles and not having the proper tension. In this class you will learn the basics of arm knitting and complete your own super-soft, chunky infinity scarf without worrying about tension. All supplies are included.

Course #	Date(s)	Time
559079	Fri. May 20	6:30 - 8:30 pm

#### MOTHER'S DAY JEWELLERY MAKING

\$40

Sheree Zielke

Make it a girl's night out. Learn basic wire working techniques enabling you to fashion earrings, bracelets, and necklaces. Make something for yourself, as a gift, or to sell. A full kit complete with beads, wire, findings, and tools is provided. Leave with a new pair of earrings and a bracelet.

Course #	Date(s)	Time	Location
559337	Fri. May 6	6:30 - 9:30 pm	The Meadows



#### Creative Writing

## INTENSIVE JOURNAL WRITING WORKSHOP \$400 INSTRUCTOR

The Progroff journal method has long been used as a method to stimulate the creative process and overcome writer's block. It also provides a comprehensive way to approach issues from many different perspectives and access your creative talents and find answers to important issues. This three day workshop is offered in partnership with Dialogue House. No prior writing experience required. Learn the basic operating principles for using the intensive journal method through direct experience in your life and generate insights about personal relationships, career, special interests, body and health.

Course #	Date(s)	Time
560607	Fri Sun. June 24 - 26	9 am - 5:30 pm

#### **FLASH NON-FICTION**

\$60

Raymond Gariepy

Flash nonfiction is a style of creative nonfiction of extreme brevity. Learn to tell a compelling nonfiction story in as few words as possible. In this hands-on course, participants will learn about the origins of flash nonfiction, read the works of respected writers in the field, write flash nonfiction essays and undertake in-class exercises designed to develop flash nonfiction writing skills. Participants will be encouraged to discuss their writing during class.

Course #	Date(s)	Time	Location
561409	Wed. May 4 - 25	6:30 - 9:30 pm	Terwillegar

#### FREEING YOUR VOICE - CREATIVE WRITING

\$125

Michelle Ward-Kantor

Do you love to write but need inspiration? Do you self-censor what you write? Are you 'stuck' while writing fiction, memoirs, poetry, essay, etc.? Through weekly exercises, you will be encouraged to find your voice and write from the heart. Take home several pieces that can stand alone or serve as a jumping-off point for your own writing endeavors, no matter what the genre!

Course #	Date(s)	Time
559085	Mon. Apr. 18 - June 13	6:30 - 9 pm

Jade O'Rilev

#### THE POET WITHIN 1

\$150

Jade O'Rilev

**PURSE VERSE & POCKET POEMS** \$40

Get to know your poet within as you experiment with diverse poetry formats from sonnet to villanelle. Besides 'form of the day', class handouts include Poet' s Toolbox. In-class time allows you to complete and share your poems and receive personal feedback time with instructor. Poems

their poems at the Carrot Coffeehouse at the last class.			
Course # Date(s) Time			
559082	6:30 - 9:30 pm		

Purse verse comes in many styles. From Limericks and Clerihews to Haiku and Tanka, these little treasures can express words of encouragement or simple salutations. They're fun to write and pack a big time punch! In this three hour class we'll write several styles of terse verse and have time to share too. Join the fun!

Course #	Date(s)	Time
559284	Fri. June 3	6:30 - 9:30 pm

#### THE POET WITHIN 2

\$150

Jade O'Rilev

This class is for those who are comfortable writing and reading poetry and are ready for more complex poetry forms. Each session features different poetry forms, with a focus on the science of sound and rhythm. Your poetry will be compiled into a chapbook and poets are invited to share their work on stage at the wrap up poetry reading. Pre-requisite: The Poet Within 1 or an established confidence in writing.

Course #	Date(s)	Time
559083	Tue. Apr. 19 - June 7	6:30 - 9:30 pm

#### THE PERSONAL ESSAY: WRITING IN BAGGY PANTS \$110

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 #	Date(s)	Time
559577	Tue. Apr. 19 - June 7	1 - 3 pm

#### RUNNING WITH PENS: YOUR LIFE STORY \$110

Shirley Serviss

We all have experiences, opinions or memories to put on the page, but may not know how to shape them into a form that can be read and enjoyed by others. In this class we'll discuss how to transform the material of your life into articles, blogs, columns, essays, letters to the editor or memoirs. Come prepared to write and share.

Course #	Date(s)	Time
559086	Thu. Apr. 21 - June 9	1 - 3 pm

No classes May 21 - 23



#### Dance

#### **COMPLETE BALLET**

\$145

\$100

Joanna Sexauer

Explore the basics of ballet: poise, coordination, strength, alignment and basic musicality. In this class you will start with learning exercises on the floor and at the barre then progress across the floor and finish with choreography. Suitable for all body types, fitness levels and anyone who needs a good stretch! A great class for a true beginner or for those who want to get back to the basics.

Course #	Date(s)	Time	Location
559106	Thu. Apr. 14 - June 16	7 - 8:30 pm	Clareview

BALLET 1

Genenne Gilliard, Janine Waddell-Hodder

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! A great class for a true beginner or for those who want to get back to the basics.

Course #	Date(s)	Time	Location
560068	Mon. Apr. 11 - June 20	8:30 - 9:30 pm	Millwoods GG
559112	Mon. Apr. 11 - June 20	9:30 - 10:30 am	City Arts JWH
559111	Tue. Apr. 12 - June 14	6:30 - 7:30 pm	City Arts JWH
559108	Wed. Apr. 13 - June 15	7 - 8 pm	Terwillegar GG
560054	Thu. Apr. 14 - June 16	8:30 - 9:30 pm	The Meadows GG
559114	Thu. Apr. 14 - June 16	1 - 2 pm	City Arts JWH

#### **BALLET FOR EVERYONE**

\$100

Genenne Gilliard, Janine Waddell-Hodder

Are you an unconventional ballerina? This body-friendly class focuses on the basics of ballet: poise, coordination, strength, alignment and basic musicality. A great class for all body types, physical abilities and ranges of motion.

Course #	Date(s)	Time	Location
559102	Sun. Apr. 10 - June 19	10:15 - 11:15 am	The Meadows GG
559113	Tue. Apr. 12 - June 14	7:30 - 8:30 pm	City Arts JWH



#### **BALLET: FLOOR BARRE**

\$100

Genenne Gilliard

Experience traditional ballet training from a new perspective—the floor. Strengthen, lengthen and tone your body while increasing flexibility. **Performed lying or sitting on the floor.** 

Course #	Date(s)	Time	Location
559109	Wed. Apr. 13 - June 15	8 - 9 pm	Terwillegar

#### **BABY & ME BALLET**

\$100

Gail Hay

Using basic ballet barre and centre work, regain tone and flexibility while bonding with your baby and meeting other parents in this fun class! Baby will be strapped onto parent or laid on a mat for stretches and moves. No dance experience required. Please bring a suitable baby carrier for your child. Babies 1-10 months only.

Course #	Date(s)	Time	Location
559110	Thu. Apr. 14 - June 16	Noon - 1 pm	Terwillegar

#### **BELLY DANCING 1**

\$145

Jodi Doesburg-Nuwayrah

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 #	Date(s)	Time	Location
559087	Tue. Apr. 12 - June 14	7:45 - 9:15 pm	Clareview

#### **BOLLYWOOD FUSION DANCING**

\$100

LLI WOOD I OSION DAN

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 fundamentals and choreography to fun fusion filled pieces! The intoxicating dance style is the ultimate blend of east meets west!

Course #	Date(s)	Time	Location
559115	Thu. Apr. 14 - June 16	7 - 8 pm	Terwillegar

#### HIP HOP DANCING

\$100

Genenne Gilliard

Pick up some funky new steps, work your body and have some 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 #	Date(s)	Time	Location
559100	Sun. Apr. 10 - June 19	2:30 - 3:30 pm	The Meadows
560067	Mon. Apr. 11 - June 20	7:30 - 8:30 pm	Millwoods
560052	Thu. Apr. 14 - June 16	7:30 - 8:30 pm	The Meadows

#### Partner Dance

Both couples and singles are welcome to register in our partner dance classes. Single registrants will be paired up with other singles. Please register under the correct bar code — (W)omen or (M)en. Free practice sessions are open to all registrants.

#### ARGENTINE TANGO

\$115

Vincente & Cristina Munoz

Have you always wanted to tango? Learn the basic fundamentals of Argentine tango in this step by step class. Class is suitable for individuals with little or no experience at all. It takes two to tango, and singles will be paired up with other single registrants.

Course #	Date(s)	Time
563196(W) 563199(M)	Wed. Apr. 13 - June 1	7 - 8:30 pm

#### **BALLROOM DANCING**

\$145

Eliiah Tavarov

Learn to whirl around the dance floor with ballroom dancing. In this ten 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. Includes free practice sessions.

Course #	Date(s)	Time	Location
559097(W) 559098(M)	Wed. Apr. 13 - June 15	7 - 8:30 pm	Terwillegar

#### **BALLROOM/LATIN DANCING**

\$145

Elijah Tavarov

Want to dance to almost any type of music? Through group instruction and one-on-one support we'll teach you the basic steps of tango, waltz, salsa, cha-cha and more. Look good and feel confident when you go out dancing. Singles and couples welcome, single participants will be paired up with other singles. Includes free practice sessions.

Course #	Date(s)	Time
559088(W) 559089(M)	Mon. Apr. 11 - June 20	6:35 - 8:05 pm
561275(W) 561276(M)	Thu. Apr. 14 - June 16	7:00 - 8:30 pm

#### **COUNTRY DANCING**

\$145

Elijah Tavarov

Dust off your dancing boots and kick up your heels as you whirl around the dance floor to the fantastic sounds of country music and good old rock and roll. Learn to dance two of the most popular dances in Alberta, the two-step and swing. Singles and couples welcome. Singles will be paired with other singles. Includes free practice sessions.

Course #	Date(s)	Time	Location
559094(W) 559095(M)	Fri. Apr. 15 - June 17	7 - 8:30 pm	Terwillegar

No classes May 21 - 23

**CUBAN SALSA** \$80

Dagmar Sanchez

It's a Friday Night Fiesta! Join us for a fun night of Cuban Salsa dancing. Learn fundamentals of dancing solo, and with a partner to the latest in Cuban Salsa Sounds. Perfect for all dance abilities and body types.

Course #	Date(s)	Time
559103(W) 559104(M)	Fri. Apr. 22 - June 10	7:30 - 8:30 pm

#### LATIN DANCING

\$145

Eliiah 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. Singles participants will be paired up with other singles. Includes free practice sessions

Course #	Date(s)	Time	Location
559099(W) 559101(M)	Wed. Apr. 13 - June 15	8:30 - 10 pm	Terwillegar

#### SALSA/BACHATA DANCING

\$100

Elijah Tavarov

Salsa and bachata are two fun and exhilarating dances designed for small and crowded spaces like night clubs. They are playful in nature and easy to learn. Singles and couples welcome! Singles will be paired with other singles. Includes free practice sessions.

Course #	Date(s)	Time	Location
559096(W) 559105(M)	Fri. Apr. 15 - June 17	8:30 - 9:30 pm	Terwillegar

#### **SWING DANCING**

\$100

Elijah Tavarov

In this groovin' class you'll 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. Swing is for everyone! Singles and couples welcome! Singles will be paired with other singles. Includes free practice sessions.

Course #	Date(s)	Time	Location
559090(W) 559091(M)	Thu. Apr. 14 - June 16	8:30 - 9:30 pm	Millwoods

#### WEDDING DANCE PREP

\$200

Eliiah Tavarov

Let us help you make your first wedding dance a fun and memorable moment. Working in a semi-private setting, you'll learn to dance to your chosen song, gaining confidence and ease in the process.

Course #	Date(s)	Time
559092	Mon. Apr. 25 - May 16	8:05 - 9:05 pm
559093	Mon. May 30 - June 20	8:05 - 9:05 pm

#### Glass

#### STAINED GLASS PANEL

\$200

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 #	Date(s)	Time	Location
558024	Thu. Apr. 21 - June 9	6 - 9 pm	Central Lions

#### **FUSED GLASS DAISY PLATE**

\$30

Tracy Bissett

Learn to create a unique daisy filled fused glass plate. Choose from a variety of fusing glass to design your own masterpiece. With all the different shapes, sizes and colours to choose from, everyone's will be unique. There is a supply tool rental fee of \$55 + GST.

Course #	Date(s)	Time	Location
558023	Sat. Apr. 9	1 - 3 pm	Bissett Glass



#### Mind/Body

\*Many of these programs are also offered at our Recreation/Leisure Centres.

#### **FOREVER FIT**

\$120

Diane Waddell

This physical activity program is geared towards independent older adults. Forever Fit focuses on improving your stamina, strength, flexibility and balance-activities that enhance daily living. This program can also help manage common health conditions, such as arthritis, hypertension, and osteoporosis. No experience is necessary.

Course #	Date(s)	Time	Price
559292	Mon. & Thu. Apr. 4 - May 12	Mon. 10:45 - 11:45 am Thu. 10:30 - 11:30 am	\$120
559293	Mon. & Thu. May 16 - June 30	Mon. 10:45 - 11:45 am Thu. 10:30 - 11:30 am	\$130

#### NIA

Kirsten Bartel/Laurie Middaugh

Move, breathe, dance! NIA is a path to conditioning and expressing yourself through movement. This is a dynamic blend of dance and martial arts. NIA is adaptable to virtually any fitness level.

Course #	Date(s)	Time	Price
559290	Tue. Apr. 5 - May 17	5:30 - 6:30 pm	\$91
559291	Tue. May 24 - June 28	5:30 - 6:30 pm	\$78

#### **PILATES 1**

Raena Waddell

Experience the mind-body approach towards fitness. Based on the work of Joseph Pilates, the emphasis of this program is on purposeful movement through the execution of proper body alignment. Discover how to coordinate the efforts of the muscles in conjunction with the stabilizers and core to develop strength and flexibility.

Course #	Date(s)	Time	Price
559294	Mon. Apr. 4 - May 16	5:25 - 6:25 pm	\$91
559295	Mon. May 30 - June 27	5:25 - 6:25 pm	\$65



#### YOGA AT THE CENTRE

Anne Palashuck

Yoga enhances all aspects of your life. Improve muscle strength, tone, flexibility, digestion, self awareness, relaxation and so much more. Yoga is perhaps the kindest thing we can do for our minds and bodies.

Course #	Date(s)	Time	Price
559296	Wed. Apr. 6 - May 18	5:25 - 6:25 pm	\$91
559301	Wed. May 25 - June 29	5:25 - 6:25 pm	\$78

#### **YOGA AT THE CENTRE 45+**

\$78

\$95

Monica Desmarais

Achieve a heightened level of body awareness, strength, and flexibility through Yoga. This class is geared towards the 45-year old and older participant.

Course #	Date(s)	Time	Price
559297	Thu. Apr. 7 - May 19	9:20 - 10:20 am	\$91
559298	Thu. May 26 - June 30	9:20 - 10:20 am	\$78

#### MINDFULNESS MEDITATION FOR BEGINNERS

Michelle Johnston

In this 8-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, gentle hatha yoga and body scan. Please bring a yoga mat.

Course #	Date(s)	Time	Location
561338	Thu. Apr. 14 - June 2	11 am - Noon	Terwillegar
561339	Thu. Apr. 14 - June 2	5:30 - 6:30 pm	City Arts

## No classes May 21 - 23

#### Music

#### HAND DRUMMING

\$125

Bill Mitchell

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

Course #	Date(s)	Time
559116	Sat. Apr. 16 - June 11	12:30 - 2 pm

#### PIANO 1

\$150

Raydene Koch, Thea Pelletier

Have you always wanted to try your hand at piano? This class is designed to get 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 #	Date(s)	Time	Location
559283	Mon. Apr. 18 - June 13	1 - 2:30 pm	City Arts RK
559123	Mon. Apr. 18 - June 13	6:30 - 8 pm	City Arts RK
559312	Sun. Apr. 17 - June 12	1:30 - 3 pm	The Meadows TP

#### PIANO 2

\$150

Raydene Koch

Expand and enhance your piano playing know-how in our Level 2 class. New book, new music and a whole lot of fun! Students must have completed Level 1 or have had past piano experience and know how to read music. Keyboards provided. A keyboard or piano at home is necessary for practice.

Course #	Date(s)	Time
559126	Mon. Apr. 18 - June 13	8 - 9:30 pm

#### **GUITAR 1**

\$135

Tracey Newman, Marge Vanderzyl, Thea Pelletier, Jeff Ramsey

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. Working together in a group we'll learn these 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.

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Course #	Date(s)	Time	Location
559125	Sat. Apr. 16 - June 11	2 - 4 pm	City Arts MV
559128	Tue. Apr. 19 - June 7	7 - 9 pm	The Meadows TP
559124	Wed. Apr. 20 - June 8	7 - 9 pm	Clareview MV
559118	Wed. Apr. 20 - June 8	7 - 9 pm	City Arts TN
559121	Thu. Apr. 21 - June 9	7 - 9 pm	Commonwealth MV
559129	Thu. Apr. 21 - June 9	7 - 9 pm	Terwillegar JR

#### **GUITAR 2**

\$135

Tracey Newman

Ready to learn more guitar? This class introduces B minor, F barre chords, 4- and 5- chord songs using the Nashville number system; finger picking, scale patterns and how to use them to play melodies. The class also includes new strum patterns and how to coordinate singing with playing the guitar. Expand your guitar skills and have fun!

Course #	Date(s)	Time	Location
559120	Mon. Apr. 18 - June 13	7 - 9 pm	Terwillegar

#### UKULELE

\$80

Marge Vanderzyl, Tracey Newman

The ukulele is considered the easiest stringed instrument to play. It is small, compact and easy to learn. Just four strings and an incredible range of chords, but only a few that you need to learn to get going. Learn how to hold, strum and tune a ukulele. **Instruments not provided.** 

Course #	Date(s)	Time	Location
559119	Mon. Apr. 18 - May 9	7 - 9 pm	Clareview MV
559122	Fri. Apr. 29 - May 20	7 - 9 pm	City Arts TN
559127	Fri. May 27 - June 17	7 - 9 pm	City Arts TN

#### Photography

#### SMARTPHONE, TABLET & APP PHOTOGRAPHY

Sheree Zielke

Make the most of your phone or tablet by mastering your camera features. Course includes an explanation of controls, methods for overcoming tricky exposures, and an introduction to inexpensive apps that will turn your photos into works of art. Will touch on storage options.

Course #	Date(s)	Time
559130	Wed. June 1 - 8	9:30 am - Noon

#### **COMPLETE DSLR**

\$200

\$50

Sheree Zielke

Want to take amazing photos of your family and travels? Then learn how to make the most of your DLSR camera. From getting off 'auto' to shutter speeds, metering modes and more, we cover basic to advanced concepts in this comprehensive class. Bring your own DSLR cameras and lens. DLSR cameras have removable lenses.

Course #	Date(s)	Time
559132	Thu. Apr. 28 - June 16	6:30 - 9 pm

#### **DSLR CAMERA BASICS**

\$90

Sheree Zielke

If you have questions about your menu, focus, exposure and want to get off 'Auto' then this class is for you! Learn how to take award winning photos and find satisfaction with your images and your DSLR camera. **DSLR cameras** have removable lenses.

Course #	Date(s)	Time
559133	Fri. June 3 - 17	9:30 am - 12:30 pm

#### **PHOTOGRAPHY 1**

\$160

Sima Khorrami

Learn to develop your ability to frame the shot before you take it. You'll review camera functions and how they work and then move on to such creative aspects as focal points, composition, depth of field, shutter speed and lighting. Weekly projects along with discussion and feedback will help you actively integrate creative principles into your photography. You must be familiar with how your camera works (i.e. read your manual).

Course #	Date(s)	Time	
559134	Thu. Apr. 21 - June 9	6:30 - 8:30 pm	

#### **CREATIVE PHOTO WORKSHOP**

\$45

Linda Finstad

Smoke, mirrors and duct tape! Learn to take incredible abstract photos with this hands-on photography workshop. As you work through several stations you'll learn to manipulate your DSLR to produce special effects such as kaleidoscopes, plumes of smoke and mirrored images.

Course #	Date(s)	Time
559131	Fri. June 3	6:30 - 9:30 pm

#### Potteru

#### POTTERY 1 & 2

\$245

Learn the basic techniques of hand-building, wheel throwing, glazing and firing. You'll make 6-8 projects based on your skill level. Use your imagination and the pottery wheel to make artwork that is functional and beautiful. 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 #	Date(s)	Time	Instructor
557941	Sun. Apr. 10 - June 19	10 am - 1 pm	Carol Marshall
557942	Sun. Apr. 10 - June 19	1 - 4 pm	Will Truchon
557943	Mon. Apr. 11 - June 20	6:30 - 9:30 pm	Dan Miller
557944	Mon. Apr. 11 - June 20	6:30 - 9:30 pm	Ruta Nichol
557946	Tue. Apr. 12 - June 14	6:30 - 9:30 pm	Deb Bryan
557947	Wed. Apr. 13 - June 15	6:30 - 9:30 pm	Priscilla Thomas
557948	Thu. Apr. 14 - June 16	1 - 4 pm	Dan Miller
557949	Thu. Apr. 14 - June 16	6:30 - 9:30 pm	Deb Bryan
557950	Thu. Apr. 14 - June 16	6:30 - 9:30 pm	Carleen Brigley

#### POTTERY 1 & 2 @ ACT

\$245

2909 113th Avenue, Rundle Park

Learn the basic techniques of hand-building, wheel throwing, glazing and firing. You'll make 6-8 projects based on your skill level. Use your imagination and the pottery wheel to make artwork that is functional and beautiful. 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 #	Date(s)	Time	Instructor
557954	Mon. Apr. 11 - June 20	6:30 - 9:30 pm	Carol Marshall
557955	Wed. Apr. 13 - June 15	6:30 - 9:30 pm	Dan Miller

#### WHITE CLAY

WHITE CLAT

Priscilla Thomas

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.

Course #	Date(s)	Time
557945	Tue. Apr. 12 - June 14	6:30 - 9:30 pm

#### POTTERY STUDIO FOR SENIORS @ ACT 60+

\$60

\$255

2909 113th Avenue, Rundle Park

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 cone 6 clay from Plainsman Pottery.

Course #	Date(s)	Time
557956	Mon. Apr. 11 - June 20	10 am - 3 pm
559333	Thu. Apr. 14 - June 16	10 am - 3 pm

#### **TEXTURED HAND BUILDING**

\$185

Will Truchon

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. Clay and glazing included.

Course #	Course # Date(s)	Time
557951	Fri. Apr. 15 - June 3	6:30 - 9:30 pm





#### Sculpture

#### THE FEMALE FIGURE

\$120

Ritchie Velthuis

This course is open to all levels of experience and explores the female form in the medium of clay. Students will be challenged to use texture as a part of the process while focusing on anatomy and form. Working from a live model, students will focus on one large sculpture over a three week period. Clay and firing included.

Course #	Date(s)	Time
557952	Wed. Apr. 13 - 27	6:30 - 9:30 pm

#### **GARDEN SCULPTURE**

\$140

Ritchie Velthuis

Learn some fabulous hand-building techniques while having a great deal of fun. Focus is on garden sculptures such as planters, gargoyles or masks. Work is done in medium-fire stoneware. Clay and firing included.

Course #		Date(s)	Time
	557953	Wed. May 11 - June 15	6:30 - 9:30 pm

## CLAY MASK Will Truchon

\$40

Want to add a bit more creativity to your life? Discover clay, the proportions of the face and the ancient art of mask making. All supplies included.

Course #	Date(s)	Time
561280	Fri. June 3	6:30 - 9:30 pm



#### Silversmithing

#### SILVERSMITHING 1 & 2

Betty Takahashi, 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 approximately \$50-\$150, but could be higher or lower, depending on the projects chosen.

Course #	Date(s)	Time
558027	Tue. Apr. 12 - June 14	1 - 4 pm BT
558028	Tue. Apr. 12 - June 14	6:30 - 9:30 pm BT
558029	Wed. Apr. 13 - June 15	6:30 - 9:30 pm MW
558030	Thu. Apr. 14 - June 16	6:30 - 9:30 pm MW

#### > Visual Art

#### **Acrylics**

#### **ACRYLICS 1 & 2**

\$150

Summer Bozohora, Nancy Corrigan, Sharon Moore-Foster, Madonna Mikhail, Robert Nichols, Jennifer Poburan-Smith, Jeanette Smith

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 #	Date(s)	Time	Location
557973	Sun. Apr. 10 - June 5	1 - 4 pm	City Arts RN
557978	Tue. Apr. 12 - May 31	12:30 - 3:30 pm	City Arts SB
557977	Tue. Apr. 12 - May 31	6:30 - 9:30 pm	City Arts JPS
557980	Tue. Apr. 12 - May 31	6:30 - 9:30 pm	Clareview JS
557984	Wed. Apr. 13 - June 1	6:30 - 9:30 pm	The Meadows MM
557982	Thu. Apr. 14 - June 2	9:30 am - 12:30 pm	City Arts NC
557983	Thu. Apr. 14 - June 2	6:30 - 9:30 pm	City Arts SMF

#### STUDIO TIME

\$175

\$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 #	Date(s)	Time
557986	Tue. Apr. 12 - May 31	6:30 - 9:30 pm

#### IMPRESSIONIST ACRYLIC LANDSCAPES

\$150

Frank Haddock

This class introduces you to the origins of impressionism in the late 1800s. Learn to mix colours and apply them to canvas in the style of the impressionists like Monet, Sisley and Seurat. You'll receive plenty of instruction and see many demonstrations. With professional guidance landscapes will never be easier.

Course #	Date(s)	Time
557985	Fri. Apr. 15 - June 3	9:30 am - 12:30 pm

## No classes May 21 - 23

#### IMPRESSIONIST ACRYLIC FLOWERS

\$75

Frank Haddock

This class is designed to introduce beginners to the beautiful medium of acrylics and to excite more advanced students with new information and techniques. Colour theory, paint mixing and still life painting exercises will help you hone your skills. Bring home some beautiful bouquets!

Course #	Date(s)	Time
557965	Thu. May. 26 - June 15	1 - 4 pm

#### Drawing

#### **DRAWING 1 & 2**

\$150

Frank Haddock, Patrick Higgins, David Shkolny

Seeing is believing—unlock the doors to the world of drawing, with key concepts. If you can see it, you can draw it. This class explores a variety of drawing subjects, including still life, portraits and landscapes, with a focus on graphite. It's a revolution of the pencil!

Course #	Date(s)	Time
557957	Mon. Apr. 11 - June 6	6:30 - 9:30 pm DS
557958	Tue. Apr. 12 - May 31	6:30 - 9:30 pm FH
557959	Wed. Apr. 13 - June 1	6:30 - 9:30 pm PH

#### **DRAWING THE PORTRAIT 1 & 2**

\$150

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 #	Date(s)	Time
557960	Wed. Apr. 13 - June 1	1 - 4 pm

#### **SOFT PASTELS 1 & 2**

\$150

Catherine Compston

Soft pastels renderings range from the impressionistic to high realism, from dreamy to bold. Experiment with this relatively forgiving medium in this introductory class. The focus will be on exploring various techniques using still life and landscape subjects. Fundamentals of drawing will be covered as part of the class. Material cost is approximately \$50-\$70.

Course #	Date(s)	Time
557961	Wed. Apr. 13 - June 1	6:30 - 9:30 pm

#### **SOFT PASTELS 2**

\$150

David Shkolny

Take your pastels to the next level through surface exploration, in-depth colour study and compositional strategies while refining your drawing skills. It is recommended that you take Soft Pastels 1 prior to registering for this class or have had some solid experience using soft pastels.

Course #	Date(s)	Time
557962	Thu. Apr. 14 - June 2	6:30 - 9:30 pm

#### DRAWING REALISTICALLY: SHAPES & SHADING \$85

Tracey Newman

This class introduces the building blocks of realistic drawing. When drawing realistically, an object is defined by the negative space around it. Shape shifting reminds us that in order to see shapes and negative spaces accurately we must make a shift in our perceptions. This class will increase your ability to see these shapes and draw representatively.

Course #	Date(s)	Time
557967	Sun. Apr. 24 - May 15	1 - 4 pm



#### Oils

#### OILS 1 & 2 \$150

Jeff Collins, Svetlana Kanvo

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. Material cost range from \$150-\$250.

Course #	Date(s)	Time
557987	Sun. Apr. 10 - June 12	10 am - 1 pm SK
557988	Mon. Apr. 11 - June 6	9:30 am - 12:30 pm JC
557989	Wed. Apr. 13 - June 8	6:30 - 9:30 pm SK

#### Watercolours

#### **WATERCOLOURS 1 & 2**

Frank Haddock, Kathryn Hines

Watercolour: water, colour and light. Keep your watercolours translucent with master wash techniques and brush handling secrets. A different approach to colour will have you mixing the right colour with ease. Demonstrations and exercises teach you how to show light and shadow, value, form and perspective. Beginners develop a strong foundation. Experienced students move forward with more refined techniques, self-expression and creativity.

Course #	Date(s)	Time	Location
Course #	Date(s)	Tille	Location
557992	Mon. Apr. 11 - June 6	1 - 4 pm	Terwillegar KH
557993	Tue. Apr. 12 - May 31	1 - 4 pm	City Arts KH
560699	Thu. Apr. 14 - June 2	6:30 - 9:30 pm	Terwillegar FH

#### SPRING LANDSCAPES

\$150

\$150

Frank Haddock

Capture the Spring season in watercolour! Painting from reproductions and photographs students will create quick studies and develop more finished works with techniques of wet-on-wet, layering and glazing. Beginners welcome!

Course #	Date(s)	Time
557994	Mon. Apr. 11 - June 6	6:30 - 9:30 pm

#### **WATERCOLOURS 2**

Frank Haddock

This advanced class is your opportunity to refine your watercolour skills. Beginning where Level 1 ended, you will experiment with new ideas and alternative painting techniques. Students will be encouraged to explore their own personal direction through individualized instruction.

Course #	Date(s)	Time
557995	Tue. May 24 - June 14	1 - 4 pm

#### WATERCOLOUR FLORALS

\$150

\$150

\$75

Frank Haddock

Get a jump start on spring with a bouquet of vibrant watercolour blossoms. A variety of different flowers will bloom on your walls in this project based class (6-8 projects). Step by step instructions and easy to follow demonstrations guarantee that your flowers will be the talk of the neighbourhood. This class is a great introduction to watercolour materials and techniques.

Course #	Date(s)	Time
559966	Thu. Apr. 14 - June 2	9:30 am - 12:30 pm

#### WATERCOLOUR PENCILS: TRAVEL JOURNAL

Kathryn Hines

This course provides an introduction to the fundamentals of drawing and painting using the convenient medium of watercolour pencils. Begin with drawing and move into painting cityscapes, landscapes, vignettes of scenes such as doorways, windows, or balconies. Guided exercises and the use of your imagination will be used to record your travel adventures.

Course #	Date(s)	Time	Location
557996	Thu. Apr. 14 - June 2	1 - 4 pm	Terwillegar



#### Workshops

#### **SPRING LANDSCAPES IN ACRYLICS**

\$65

Frank Haddock

This one-day workshop is for beginner students and those who want to expand their skills. You'll create a  $12" \times 16"$  canvas using a step-by-step method. Explore Spring's vibrant expressionist colour palette. All supplies included.

Course #	Date(s)	Time
558017	Sun. Apr. 24	10 am - 4 pm

#### ARCHITECTURAL SKETCHING

\$70

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
FF0010	Sat. Apr. 30	1 - 4 pm
558018	Sun. May 1	9:30 am - 4:30 pm



#### SUNSHINE MEADOW IN ACRYLICS

\$65

Kamal Toor

Be guided through the steps to create a simple yet beautiful painting of a yellow rolling meadow. If you have never painted or it has been a while, this one afternoon workshop is the perfect way to get you going. All supplies included.

Course #	Date(s)	Time	Location
559335	Sun. May 1	1 - 4 pm	The Meadows

#### ONE DAY, ONE ACRYLIC MASTERPIECE

\$65

Summer Anne Bozohora

Create a masterpiece of your own choosing in this one-day workshop. Please bring one or two images of interest (no animals or people in the picture; silhouettes are fine). Everyone will have a finished piece of artwork to hang and you will want to hang it. No experience necessary. All supplies included.

Course #	Date(s)	Time	Location
559334	Sat. May 14	10 am - 3 pm	The Meadows

#### DRAW CATS IN CONTE

\$65

Frank Haddock

Discover the joy of drawing! Learn the secrets of drawing your favorite feline character realistically. Gain confidence and skill with proportion, shading and composition and learn to draw with conte a popular medium for sketching that resembles pastels in appearance. Suitable for all levels. All supplies included.

Course #	Date(s)	Time
558032	Sun. May 15	10 am - 4 pm

#### **GET STARTED WITH WATERCOLOUR**

\$65

Frank Haddock

Have you ever wanted to create a landscape painting using watercolours? Learn about the materials artists use as well as how to make clouds, mountains and trees. Handouts, demonstrations and plenty of professional attention make this a perfect introduction to an environmentally friendly paint medium. All supplies included.

Course #	Date(s)	Time
558031	Sun. June 5	10 am - 4 pm

#### PALETTE KNIFE WORKSHOP

\$80

Svetlana Kanvo

If you are a beginner or experienced painter and would like to try something new or get beyond a barrier that holds you back from your desire to paint, this workshop is for you. Using a palette knife you'll create a 16" x 20" winter landscape painting. With step by step instruction you'll learn about composition, tonal values, mixing paint and more. All supplies included.

Course #	Date(s)	Time
558022	Sun. June 19	10 am - 3 pm

#### MOTHER'S DAY JEWELRY MAKING

\$40

Sheree Zielke

Make it a girl's night out. Learn basic wire working techniques enabling you to fashion earrings, bracelets, and necklaces. Make something for yourself, as a gift, or to sell. Leave with a new pair of earrings and a bracelet. A full kit complete with beads, wire, findings, and tools is provided.

Course #	Date(s)	Time	Location
559337	Fri. May 6	6:30 - 9:30 pm	The Meadows

#### ZENTANGLE® BEYOND THE BASICS

\$55

Cathrine Nichols, CZT

Continue your Zentangle® journey by learning some new, and perhaps, more challenging tangles. Enhance your art by introducing dew drops, border designs and a better understanding of strings and shading. Pre-requisite: Introduction to Zentangle® Art.

Course #	Date(s)	Time
560170	Sat. May 28	1 - 4 pm





#### FRIDAY NIGHT OUT WORKSHOPS \$40

Grab a friend and get creative at our short one evening workshops. It's a chance to socialize and experiment with different types of art materials. Absolute beginners welcome and all supplies included. All workshops take place 6:30 - 9:30 pm

#### City Arts Centre

All workshops take place 6:30 - 9:30 pm

#### FLORA AND FAUNA, BRUSH AND PEN

Be inspired by the colours of spring shrubs, trees and flowers. Demonstrations, instruction and guidance toward lively brush and pen work!

Course #	Date(s)
561281	Apr. 15

#### **PORTRAITS**

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.

Course #	Date(s)
561273	Apr. 22

#### SPRING LANDSCAPES IN WATERCOLOUR

One painting in one night! Using basic watercolour techniques students will create a detailed landscape painting. Composition and perspective will be covered.

Course #	Date(s)
561278	May 13

#### **ARM KNITTING**

Tired of using knitting needles and not having the proper tension. In this class you will learn the basics of arm knitting and complete your own super-soft, chunky infinity scarf without worrying about tension.

Course #	Date(s)
559079	May 20

#### **PURSE VERSE & POCKET POEMS**

Terse verse comes in many styles. From Limericks and Clerihews to Haiku and Tanka, these little treasures can express words of encouragement or simple salutations. They're fun to write and pack big time punch when you find one in your lunch!

Course #	Date(s)
559284	June 3

#### **CLAY MASK**

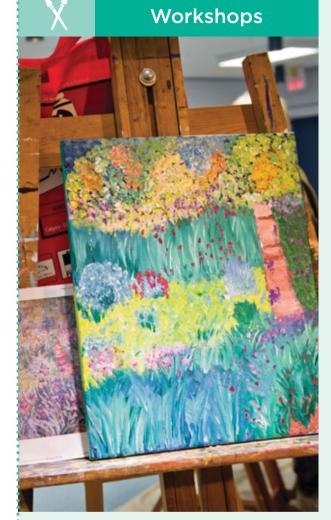
Want to add a bit more creativity to your life? Discover clay, the proportions of the face and the ancient art of mask making.

Course #	Date(s)
561280	June 3

#### **CREATIVE PHOTO WORKSHOP**

Smoke, mirrors and duct tape! Learn to manipulate your DSLR to produce special effects such as kaleidoscopes, plumes of smoke and mirrored images. The price for this class is \$45.

Course #	Date(s)
559131	June 3



## Clareview

All workshops take place 6:30 - 9:30 pm

#### ALBERTA LANDSCAPES IN ACRYLICS

Working with acrylic, gain an understanding of how to approach and interpret the complex world of landscape. Working from photographs, learn how to create your very own Alberta Landscape.

Course #	Date(s)
559338	May 27

#### The Meadows

All workshops take place 6:30 - 9:30 pm

#### ZENTANGLE™

Using a few simple strokes you can create beautiful abstract pieces of art without having any drawing skills! The Zentangle™ method is an easy to learn, fun and inexpensive art form that can be performed almost anywhere due to its minimal requirements.

Course #	Date(s)
559339	Apr. 29

#### **MOTHER'S DAY JEWELLERY MAKING**

Make it a girl's night out. Learn basic wire working techniques enabling you to fashion earrings, bracelets, and necklaces. Make something for yourself, as a gift, or to sell. A full kit complete with beads, wire, findings, and tools is provided. Leave with a new pair of earrings and a bracelet.

Course #	Date(s)
559337	May 6

#### **ACRYLICS AND SUNFLOWERS**

Come and enjoy a Friday night of creative expression. We supply all the materials for a one-of-a-kind painting inspired by Vincent Van Gogh.

Course #	Date(s)
559336	May 13





Full day, morning & afternoon sessions

No charge early drop off, late pickup care

(see website for details)

**Call for more info:** 

To register or for more information, visit:

1-800-427-0536

www.royalsoccer.com



#### Come Build with Me - Drop in

Visit our imagination playground! With largerthan-life blue blocks you'll be able to create houses, forts, castles, tunnels and chutes! We have all kinds of shapes and sizes of gears, blocks, noodles and balls. Free coffee for caregivers. And lots of creative play for participants.

- · Every Friday until May 27, closed Good Friday
- Fridays 9:30 11 am
- · Child Admission \$4.50
- Multi per visit (5+) \$4.05

\*See website for up-to-date dates and times.

#### > Child, Youth & Family Courses

#### Cooking/Baking

#### MASTER KINDER CHEF (Ages 4-5)

\$135

Angela Elfassy

Introduce your little one to a fundamental life skill in a fun and creative way. Get comfortable in the kitchen and learn to cook your favorites!

Course #	Date(s)	Time	Location
559142	Fri. Apr. 22 - June 10	1 - 2:30 pm	City Arts

#### YOU CAN COOK! (Ages 7-12)

\$95

Jennie Pilling, Jody Shenkarek

Create an assortment of dishes from breakfast to dessert, featuring fresh ingredients. Get comfortable in the kitchen and learn to cook your favorites!

#### **Ages 7-9**

Course #	Date(s)	Time	Location
559143	Tue. Apr. 12 - May 10	4:30 - 5:45 pm	Terwillegar JP
559141	Thu. Apr. 14 - May 12	4:30 - 5:45 pm	Terwillegar JP
559144	Tue. May 17 - June 14	4:30 - 5:45 pm	Terwillegar JP
559140	Thu. May 19 - June 16	4:30 - 5:45 pm	Terwillegar JP

#### Ages 9-12

Course #	Date(s)	Time	Location
559145	Wed. Apr. 13 - May 11	4:30 - 6 pm	City Arts JS
559139	Wed. May 18 - June 15	4:30 - 6 pm	City Arts JS



#### Dance

#### **DYNAMIC DUOS (Age 2)**

\$57

Janine Waddell-Hodder, Gail Hay, Joanna Sexauer

Explore the world of creative dance with your little one. This program develops basic body movements through rhythm, music and song. Adult participation required.

Course #	Date(s)	Time	Location
559149	Sat. Apr. 16 - June 11	9:45 - 10:15 am	Clareview JS
559156	Sat. Apr. 16 - June 11	9:45 - 10:15 am	City Arts JH
559171	Mon. Apr. 18 - June 13	10 - 10:30 am	Millwoods GH
559148	Wed. Apr. 20 - June 8	10 - 10:30 am	The Meadows GH
559146	Thu. Apr. 21 - June 9	9:45 - 10:15 am	Terwillegar GH

#### **FOOTLIGHTS AND FANCY FEET (Ages 3-5)**

\$82

Janine Waddell-Hodder, Gail Hay, Genenne Gilliard, Joanna Sexauer

Expand your little one's joy of moving through creative dance exploration. Along the way, they'll develop coordination, body awareness, imagination and individual style.

#### Ages 3-4

Course #	Date(s)	Time	Location
559157	Sat. Apr. 16 - June 11	10:15 - 11 am	City Arts JH
559164	Sat. Apr. 16 - June 11	10:15 - 11 am	Clareview JS
559159	Sun. Apr. 17 - June 12	10 - 10:45 am	Commonwealth GH
559173	Mon. Apr. 18 - June 13	10:30 - 11:15 am	Millwoods GH
559155	Tue. Apr. 19 - June 7	10:15 - 11 am	City Arts GH
559162	Wed. Apr. 20 - June 8	10:30 - 11:15 am	The Meadows GH
559166	Thu. Apr. 21 - June 9	9 - 9:45 am	Terwillegar GH
559152	Thu. Apr. 21 - June 9	10:15 - 11 am	Terwillegar GH

#### Ages 4-5

Course #	Date(s)	Time	Location
559160	Sun. Apr. 17 - June 12	10:45 - 11:30 am	Commonwealth GH



#### PRESCHOOL BALLET (Ages 4-5)

\$82

Janine Waddell-Hodder, Gail Hay, Genenne Gilliard, Joanna Sexauer

Are you a budding ballerina? Join us in learning beginner dance technique with a focus on ballet. Boys and girls learn coordination, body awareness, and have fun with their ballerina friends! **Tutus optional**.

Course #	Date(s)	Time	Location
559158	Sat. Apr. 16 - June 11	11 - 11:45 am	City Arts JH
559165	Sat. Apr. 16 - June 11	11 - 11:45 am	Clareview JS
559154	Sun. Apr. 17 - June 12	9:15 - 10 am	Commonwealth GH
559168	Sun. Apr. 17 - June 12	11:15 am - Noon	The Meadows GG
559172	Mon. Apr. 18 - June 13	11:15 am - Noon	Millwoods GH
559147	Tue. Apr. 19 - June 7	9:30 - 10:15 am	City Arts GH
559163	Wed. Apr. 20 - June 8	11:15 am - Noon	The Meadows GH
559153	Thu. Apr. 21 - June 9	11 - 11:45 am	Terwillegar GH

#### DANCE COMBO (Ages 6-9)

\$125

Carla Benavides, Gail Hay, Genenne Gilliard, Joanna Sexauer

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
559170	Sun. Apr. 10 - June 19	Noon - 1:15 pm	The Meadows GG
559150	Wed. Apr. 13 - June 15	4:30 - 5:45 pm	Terwillegar GG
559161	Sat. Apr. 16 - June 11	11:45 am - 12:30 pm	City Arts CB \$82
559167	Sun. Apr. 17 - June 12	11:30 am - 12:15 pm	Commonwealth GH \$82

#### HIP HOP (Ages 10-14)

\$90

Genenne Gilliard

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.

Course #	Date(s)	Time	Location
559169	Sun. Apr. 10 - June 19	1:15 - 2:15 pm	The Meadows
560070	Mon. Apr. 11 - June 20	6:30 - 7:30 pm	Millwoods
559151	Wed. Apr. 13 - June 15	5:45 - 6:45 pm	Terwillegar

## No classes May 21 - 23

#### Multi-Activity: Rec Centre Outreach Programming

\* These programs and others are also offered at our Recreation/Leisure Centres.

#### COME PLAY WITH ME! 1 (Ages 1-21/2)

\$93

It's child's play! This jam-packed hour of fun offers a variety of structured and child-initiated activities you and your child can explore together. Each session will include stories, songs, games, crafts and plenty of opportunities for your child to interact with others. Join us as we create an environment filled with friendship and fun. Parents/Guardians are required to attend and participate in this program.

Course #	Date(s)	Time
559381	Wed. Apr. 6 - June 8	9:30 - 10:30 am

#### COME PLAY WITH ME! 2 (Ages 21/2-31/2)

\$106

This extended program is jam-packed with 75 minutes of fun and age-appropriate activities for older toddlers and young preschoolers. Each class continues to offer a wide range of structured and child-initiated play opportunities in an enriching social environment. Parents/Guardians are required to attend and participate in this program.

Course #	Date(s)	Time
559382	Wed. Apr. 6 - June 8	10:45 am - Noon

#### YOGA ADVENTURES (Ages 31/2-5)

\$100

Balance on your surfboard and stretch up tall like a tree. These animated poses will strengthen growing muscles, improve balance and teach breathing and relaxation techniques. Yoga Adventures is a fun an interactive way for your child to become more flexible, strong, focused and aware of their bodies. All participants are required to be toilet trained. Parents/Guardians are not required to stay.

Course #	Date(s)	Time
559383	Fri. Apr. 8 - June 10	11:00 am - 11:45 am

#### Music

#### MUSIC WITH BABY (Ages 0-24 months)

\$105

Nancy's Notes

A great first class for your little one! Our focus is on lap-time musical activities including finger plays, sign language and playing instruments. We'll also have fun dancing to a wide range of songs that both caregivers and children will enjoy. Each child receives their own instrument to keep. Adult participation required.

Course #	Date(s)	Time	Location
559180	Sat. Apr. 9 - June 18	9 - 9:45 am	Terwillegar
559178	Thu. Apr. 14 - June 16	9:15 - 10 am	The Meadows
559175	Fri. Apr. 15 - June 17	10:15 - 11 am	Terwillegar

#### MUSIC & MOVEMENT (Ages 0-5)

\$125

Nancy's Notes

Music facilitates all aspects of early childhood development through song, dance, and rhythmic play with instruments. Enjoy a variety of songs and dances, (from children's to Broadway), an instrument demonstration, and intro to music theory. Try your hand at the piano and learn a simple piece! Take-home percussion instrument included in course fee. Adult participation required.

Course #	Date(s)	Time	Location
559200	Sat. Apr. 9 - June 18	9:30 - 10:30 am	The Meadows
559195	Sat. Apr. 9 - June 18	9:30 - 10:30 am	City Arts
559184	Sat. Apr. 9 - June 18	10 - 11 am	Terwillegar
559188	Sun. Apr. 10 - June 19	9 - 10 am	Terwillegar
559176	Sun. Apr. 10 - June 19	10 - 11 am	Terwillegar
559207	Sun. Apr. 10 - June 19	10:45 - 11:45 am	Clareview
559206	Sun. Apr. 10 - June 19	Noon - 1 pm	Clareview
559179	Mon. Apr. 11 - June 20	10 - 11 am	City Arts
559199	Thu. Apr. 14 - June 16	10:15 - 11:15 am	The Meadows
559174	Fri. Apr. 15 - June 17	9:15 - 10:15 am	Terwillegar



#### MUSICAL DISCOVERIES (Ages 31/2-5)

\$155

Nancy's Notes

Prepare your child for the next step in their musical journey, whether it's our Piano Adventures Series or other music/dance lessons. They'll sample a variety of music genres while singing, dancing and playing instruments. Designed to nurture your child's creativity and help uncover their musical potential. Each child will receive their own instrument to keep. Some adult participation required.

Course #	Date(s)	Time	Location
559196	Sat. Apr. 9 - June 18	10:45 am - Noon	City Arts
559185	Sat. Apr. 9 - June 18	11:15 am - 12:30 pm	Terwillegar
559177	Sun. Apr. 10 - June 19	11:15 am - 12:30 pm	Terwillegar

#### PIANO ADVENTURES (Ages 4-7)

\$145

Nancy's Notes

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). Some adult participation required.

#### Yellow 1 (Age 4)

This class is designed for age 4 beginners. Often children will complete this course twice before moving to Yellow 2.

Course #	Date(s)	Time	Location
559192	Sat. Apr. 9 - June 18	9:30 - 10:15 am	Terwillegar
559201	Sat. Apr. 9 - June 18	11 - 11:45 am	The Meadows
559194	Sat. Apr. 9 - June 18	1:15 - 2 pm	Terwillegar
559181	Sun. Apr. 10 - June 19	9:30 - 10:15 am	City Arts
562573	Sun. Apr. 10 - June 19	12:30 - 1 pm	City Arts

#### Yellow 2 (Ages 4-5)

This class is designed for age 5 beginners or participants who have completed Yellow 1.

Course #	Date(s)	Time	Location
559193	Sat. Apr. 9 - June 18	10:15 - 11 am	Terwillegar
559202	Sat. Apr. 9 - June 18	1:45 am - 12:30 pm	The Meadows
559197	Sat. Apr. 9 - June 18	2 - 2:45 pm	Terwillegar
559182	Sun. Apr. 10 - June 19	10:15 - 11 am	City Arts

#### Blue 1 (Ages 5-7)

This class is designed for age 6-7 beginners or participants who have completed Yellow 2.

Course #	Date(s)	Time	Location
559189	Sat. Apr. 9 - June 18	11 - 11:45 am	Terwillegar
559187	Sat. Apr. 9 - June 18	11:45 am - 12:30 pm	Terwillegar
559203	Sat. Apr. 9 - June 18	12:30 - 1:15 pm	The Meadows
559183	Sun. Apr. 10 - June 19	11 - 11:45 am	City Arts

#### Blue 2 (Ages 5-7)

This class is designed for age 6-7 students who have completed Blue 1.

Course #	Date(s)	Time	Location
559205	Sat. Apr. 9 - June 18	1:15 - 2 pm	The Meadows
559198	Sat. Apr. 9 - June 18	2:45 - 3:30 pm	Terwillegar
559186	Sun. Apr. 10 - June 19	11:45 am - 12:30 pm	City Arts

#### Blue 3 (Ages 5-7)

This class is designed for participants who have completed Blue 2.

Course #	Date(s)	Time	Location
559204	Sat. Apr. 9 - June 18	3:30 - 4:15 pm	Terwillegar
562573	Sun. Apr. 10 - June 21	12:30 - 1:15 pm	City Arts

#### **BEGINNER GROUP PIANO (Ages 7-12)**

\$145

Raydene Koch

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. \$12).

#### Ages 7-9

Course #	Date(s)	Time	Location
559190	Mon. Apr. 11 - June 20	4:30 - 5:30 pm	City Arts

#### Ages 10-12

Course #	Date(s)	Time	Location
559191	Mon. Apr. 11 - June 20	5:30 - 6:30 pm	City Arts



#### Pottery

#### CLAYTOGETHER (Ages 3-5)

Debra Bryan

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

Course #	Date(s)	Time	Location
559211	Sat. Apr. 16 - June 11	9:30 - 10:45 am	City Arts

#### CLAY COMBO (Ages 6-8)

Debra Brvan

\$80

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

Course #	Date(s)	Time	Location
559209	Sat. Apr. 16 - June 11	11 am - 12:30 pm	City Arts \$80
559213	Sat. Apr. 23 - June 18	12:30 - 2:30 pm	City Arts

#### **CLAYWORKS (Ages 9-12)**

\$100

\$100

Rhonda Grywacheski

Combine technique and imagination to design personalized pieces. Create pots, mugs and masks or sculpt animals, monsters and more. This course includes a pottery wheel demonstration.

Course #	Date(s)	Time	Location
559210	Wed. Apr. 20 - June 8	4:30 - 6 pm	City Arts \$80
559208	Sat. Apr. 23 - June 18	10 am - Noon	City Arts









Register For Music Lessons Today.

Piano, Guitar, Drums, Bass, Voice, Violin, Woodwinds, Strings, Brass and more.

## Why Choose Long & McQuade?

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#### **TEENS ON WHEELS (Ages 12-17)**

\$80

Will Truchon

Spend an afternoon with friends learning 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. Fee includes clay, select glazes and firing.

Course #	Date(s)	Time	Location
559212	Thu. May 5 - June 9	4 - 6 pm	City Arts

#### POTTERY FOR FAMILIES (Ages 6+)

\$55

Rhonda Grywacheski

Share the joy and wonder of clay with your child. Instruction focuses on hand building techniques. Recommended for children 6 years and older. Course fee is \$55 per person. Adult participation required.

Course #	Date(s)	Time	Location
559214	Thu. Apr. 21 - May 12	6:30 - 8:30 pm	A.C.T
559215	Thu. May 19 - June 9	6:30 - 8:30 pm	A.C.T

#### Theatre

#### ACTING UP! (Ages 6-12)

\$75

Julianna Van Soest

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. The small class size allows for individual attention and coaching. Look out Hollywood... here you come!

#### Ages 6-8

Course #	Date(s)	Time	Location
559234	Sun. Apr. 17 - June 12	1 - 2:30 pm	City Arts

#### Ages 9-12

Course #	Date(s)	Time	Location
559235	Sun. Apr. 17 - June 12	2:30 - 4 pm	City Arts

#### Visual Art

#### ART START (Ages 4-5)

\$95

Gail Rydman

With storytelling as inspiration, we'll experiment with drawing, painting, and printmaking. A great class to nurture creativity while refining motor skills. **Adult participation optional**.

Course #	Date(s)	Time	Location
559236	Sat. Apr. 16 - June 11	9:30 - 10:45 am	City Arts

#### KINDERART (Ages 4-5)

\$95

Alex Labarda, Katia Vissers, Mykhailo Himka

This innovative program is designed to encourage creative expression and independent decision-making in a child friendly, art-based environment. Using a centre approach, children will enjoy making art using a variety of media: sculpture, painting, and printmaking. Our KinderArt program draws inspiration from Reggio and Montessori methods.

Course #	Date(s)	Time	Location
559240	Sat. Apr. 16 - June 11	9 - 10:30 am	Terwillegar MH
559237	Sat. Apr. 16 - June 11	11:15 am - 12:45 pm	City Arts KV
559238	Sat. Apr. 16 - June 11	1 - 2:30 pm	City Arts KV
559255	Sat. Apr. 16 - June 11	1 - 2:30 pm	Terwillegar MH
559245	Sun. Apr. 17 - June 12	9:30 - 11 am	The Meadows

#### **KINDERART - TWICE WEEKLY (Ages 4-5)**

\$175

Mykhailo Himka

This innovative program is designed to encourage creative expression and independent decision-making in a child friendly, art-based environment. Using a centre approach, children will enjoy making art using a variety of media: sculpture, painting, and printmaking. Our KinderArt program draws inspiration from Reggio and Montessori methods.

Course #	Date(s)	Time	Location
559239	Mon. & Wed. Apr. 18 - June 13	9:30 - 11 am	Terwillegar
559256	Tue. & Thu. Apr. 19 - June 9	1 - 2:30 pm	Terwillegar

#### ART MASTERS (Ages 6-12)

\$98

Alex Labarda, Berna Ponich, Carveor Triggs, Mykhailo Himka, Sher Terefenko, Svetlana Kanyo

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. Practice observational drawing while learning about famous artists! Small class sizes allow for individual attention and encouragement.

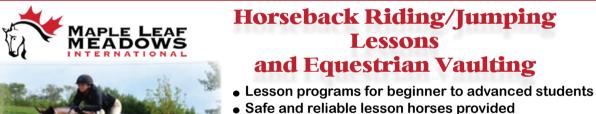
Ages 6-8

Date(s)	Time	Location
Sat. Apr. 16 - June 11	9:30 - 11 am	City Arts BP
Sat. Apr. 16 - June 11	10:45 am - 12:15 pm	Terwillegar MH
Sat. Apr. 16 - June 11	11:15 am - 12:45 pm	City Arts CT
Mon. Apr. 18 - June 13	4:30 - 6 pm	Terwillegar ST
Tue. Apr. 19 - June 7	4:30 - 6 pm	Clareview MH
Wed. Apr. 20 - June 8	4:30 - 6 pm	City Arts SK
Wed. Apr. 20 - June 8	4:30 - 6 pm	Terwillegar ST
	Sat. Apr. 16 - June 11 Sat. Apr. 16 - June 11 Sat. Apr. 16 - June 11 Mon. Apr. 18 - June 13 Tue. Apr. 19 - June 7 Wed. Apr. 20 - June 8	Sat. Apr. 16 - June 11 9:30 - 11 am  Sat. Apr. 16 - June 11 10:45 am - 12:15 pm  Sat. Apr. 16 - June 11 11:15 am - 12:45 pm  Mon. Apr. 18 - June 13 4:30 - 6 pm  Tue. Apr. 19 - June 7 4:30 - 6 pm  Wed. Apr. 20 - June 8 4:30 - 6 pm

#### Ages 9-12

Course #	Date(s)	Time	Location
559254	Sat. Apr. 16 - June 11	9:30 - 11 am	City Arts CT
559243	Sat. Apr. 16 - June 11	11:15 am - 12:45 pm	City Arts BP
559258	Sun. Apr. 17 - June 12	11 am - 12:30 pm	The Meadows
559247	Thu. Apr. 21 - June 9	4:30 - 6 pm	Terwillegar ST





- Riding/Jumping and horsemanship training
- Indoor heated riding arena and barn
- Located within Edmonton city limits

#### **2016 Sessions & Summer Camps**

Pee Wee Junior Funmanship Learn to Ride Learn to Ride/Jump Adult Morning Program Equestrian Vaulting Adult Series Learn to Ride

Summer Week Long Camps



Stop by for a visit, our gates are always open! (Don't forget to bring some carrots)

780-486-2099

www.mapleleafmeadows.com www.mapleleafmeadows.net admin@mapleleafmeadows.com





# Arty Party (Ages 6-12) / \$200

Arty Parties are available with different themes and at different locations. Each program includes an art activity and time for cake and presents.

Van Gogh Sunflowers, Clay Animals or Painted Tote Bag

- 2 hours (Extra hour can be booked for \$20 fee)
- 15 people including the birthday child (two adult minimum)
- Location(s): City Arts Centre and Terwillegar CRC

# Director's Cut Animation Arty Party (Ages 7-12) / \$250

We provide the equipment, supplies and expertise; you provide the creative ideas! Using our stop motion technology and your imagination, you'll bring a story to life in your very own short film!

- 2.5 hours
- 10 people including the birthday child (two adult minimum, \$15/per extra child)
- · Location(s): Terwillegar CRC

### **ANIMATION MASTERS (Ages 8-12)**

\$100

The Director's Cut

Use our digital cameras and stop action software to bring your creative ideas to life! You'll work in small groups to create an animated short complete with voiceovers, music and sound effects! Each participant receives a copy of their project. Additional DVD copies can be purchased for \$10.

Course #	Date(s)	Time	Location
559251	Sat. Apr. 16 - May 7	10 am - Noon	Terwillegar

### THE CARTOON WORKSHOP (Ages 8-13)

\$95

Alex Labarda

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.

Course #	Date(s)	Time	Location
559249	Sat. Apr. 16 - June 11	1:30 - 3 pm	City Arts

### THE CARTOON WORKSHOP 2 (Ages 8-13)

\$95

Alex Labarda

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 and ink techniques.

Course #	Date(s)	Time	Location
559252	Sat. Apr. 16 - June 11	3 - 4:30 pm	City Arts

### **FAMILY ANIMATION WORKSHOP**

\$75

The Director's Cut

Create a personalized animated message! Use our digital cameras and stop action software to complete your project with voiceovers, music and sound effects! Fee includes one adult and up to two children.

Course #	Date(s)	Time	Location
559253	Sun. Apr. 17	10 am - 3 pm	Terwillegar

# Spring Break Art Camps

### KINDERART (Ages 4-5)

\$50

This innovative program is designed to encourage creative expression and independent decision-making in a child friendly, art-based environment. Using a centre approach, children will enjoy making art using a variety of media: sculpture, painting, printmaking and collage. Our KinderArt program draws inspiration from Reggio Emilia and Montessori methods.

Course #	Date(s)	Time	Location
551679	Tue Fri. Mar. 29 - Apr. 1	9:30 - 11 am	Terwillegar
551680	Tue Fri. Mar. 29 - Apr. 1	12:30 - 2 pm	Terwillegar

### **ROCK PAPER SCISSORS (Ages 6-9)**

\$100

The Director's Cut

Use our digital cameras and stop action software to bring your creative ideas to life! You'll work in small groups to make a unique project, complete with voiceovers, music and sound effects!

Course #	Date(s)	Time	Location
551685	Tue Fri. Mar. 29 - Apr. 1	9 am - Noon	Terwillegar

### SPLASHY ART CAMP (Ages 6-10)

\$170

Register today in this splashy week of fun! Participants' creative energies are maximized with various visual and performing arts activities. Then it's off to the swimming pool to refresh those creative juices. This camp is sure to keep the kids 'cool' in and out of the pool. Early drop off at 8 am and late pick up until 5 pm.

### Ages 6-7

Course #	Date(s)	Time	Location
551686	Tue Fri. Mar. 29 - Apr. 1	9 am - 4 pm	The Meadows

### Ages 8-10

Course #	Date(s)	Time	Location
551687	Tue Fri. Mar. 29 - Apr. 1	9 am - 4 pm	The Meadows

### ART MOVES! (Ages 6-12)

\$80

Let your creative energies loose at the City Arts during spring break. Create works of art in a drawing and painting class and get your groove on while you try out the coolest dance moves.

### Ages 6-8

Course #	Date(s)	Time	Location
551672	Tue Fri. Mar. 29 - Apr. 1	9 am - Noon	City Arts
551674	Tue Fri. Mar. 29 - Apr. 1	12:30 - 3:30 pm	City Arts

### Ages 9-12

Course #	Date(s)	Time	Location
551673	Tue Fri. Mar. 29 - Apr. 1	9 am - Noon	City Arts
551675	Tue Fri. Mar. 29 - Apr. 1	12:30 - 3:30 pm	City Arts

### **CLAYMATION CAMP (Ages 10-14)**

\$100

The Director's Cut

In this one-of-a-kind camp, clay is the main ingredient for fun! First you'll construct your own characters and scenes, then using our stop motion technology and expert instruction, you'll animate your own Hollywood blockbuster stop motion film! See where your imagination will take you!

Course #	Date(s)	Time	Location
551684	Tue Fri. Mar. 29 - Apr. 1	1 - 4 pm	Terwillegar



### **BEGINNER SEWING CAMP (Ages 11-14)**

\$125 YOU CAN COOK! (Ages 11-14)

\$125

This class will introduce you to the basics of sewing by hand and by machine. Learn to safely operate a sewing machine, take your measurements and read patterns as you work on projects that you'll be proud to wear and enjoy! Machines provided.

Course #	Date(s)	Time	Location
551681	Tue Fri. Mar. 29 - Apr. 1	9 am - Noon	City Arts

# Course # Date(s) Time Location 551683 Tue. - Fri. Mar. 29 - Apr. 1 9:30 am - 12:30 pm City Arts

Sauté, simmer, slice! Bake, blend and boil! Create an

assortment of dishes from breakfast to dessert, featuring

fresh ingredients. Learn to cook food you like to eat. Get

### READY, SET, DOUGH! BAKING CAMP (Ages 11-14) \$125

Your child will knead, whip, bake and ice as they create an assortment of baking from breads and muffins to cakes and cookies. They'll learn the basics of baking and make treats and sweets that will impress friends and family. We're ready to get baking!

Course #	Date(s)	Time	Location
551682	Tue Fri. Mar. 29 - Apr. 1	1 - 4 pm	City Arts

### PHOTOGRAPHY FOR TEENS (Ages 12-15)

\$125

Sima Khorrami

real, let's make a meal!

Learn to take amazing photographs of your friends, family and pets as they go about their interesting lives. Indoors, outdoors, day and night, sitting, running or doing their favorite sports, this course will teach you how to make pictures in a variety of situations. Bring your camera, you'll need it for this interactive course that will have you snapping away.

Course #	Date(s)	Time	Location
551676	Tue Fri. Mar. 29 - Apr. 1	9:30 am - 12:30 pm	City Arts





# > Edmonton VALLEY ZOO

### **VALLEYZOO.CA**

133 Street & Buena Vista Road (87 Avenue)

### **Public Hours:**

Jan. 1 to May 6, 2016 - 10 am to 4 pm daily

May 7 to Sept. 3, 2016 - 9 am to 6 pm daily

SUMMER TUESDAYS! - 9 am to 9 pm

Sep. 4 - Oct. 10, 2016 - 9 am to 4 pm weekdays, 9 am to 6 pm weekends & holidays

Oct. 11 - Dec. 31, 2016 - 10 am to 4 pm daily

Dec. 25, 2016 - CLOSED

### Admission:

	Winter Rates	Summer Rates	Annual Pass	Naturally Edmonton*
ADULT	\$10.25	\$14.00	\$46.00	\$79.00
YOUTH/ SENIOR	\$9.25	\$11.75	\$30.00	\$59.00
CHILD	\$6.25	\$8.75	\$29.00	\$49.00
FAMILY*	\$32.00	\$45.50	\$152.00	\$239.00
GRAND- PARENT*	\$32.00	\$45.50		

- \* Grandparent: Two grandparents and up to four grandchildren
- \* 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.
- \* This pass replaces the old Multi-Attraction annual pass. Fort Edmonton Park will honour all Multi-Attraction annual passes purchased prior to and including February 18, 2015, for the duration of the term of the pass. Individual season passes for each attraction will continue to be offered.

# > Special Events

### **HOP TO IT!: EASTER MONDAY**

It's an EGG-stravagant Easter event! Hands on science experiments, crafts, airbrushed tattoos, touch table, and a scavenger hunt all EGG-related! "Get Closer" with various animal encounters and watch as the resident animals of the zoo go on their very own Easter egg hunt! Which animals will eat the eggs, play with them, or smash them?

Date(s)	Time	Admission
Mon. Mar. 28	Noon - 4 pm	General Admission

### MOTHER'S DAY

The Edmonton Valley Zoo will be putting a spotlight on moms—animal and human—this Mother's Day! Our resident animal moms will be getting special enrichment treats throughout the afternoon! Human moms will be pampered with a minimassage! Magic shows, airbrush tattoos, animal encounters, planting activities, and live music will make it a wonderful Mother's Day experience!

Date(s)	Time	Admission
Sun. May 8	Noon - 4 pm	General Admission



# > Adult Programs

### WINE & WILDLIFE - SUSTAINABLE SEAFOOD! \$50

Enjoy some delicious seafood appetizers and sample some wine as we learn all about sustainable fish! Join us for a "fishy" evening as seafood specialist Shawn Hartwell discusses the Ocean Wise program and how to find sustainable fish in Edmonton's grocery aisles and local restaurants.

Course #	Date(s)	Time
561231	Fri. Apr. 15	7 - 9 pm

### WILDLIFE PHOTOGRAPHY WORKSHOP \$125

Are you looking to expand your photography skills? Join us for a one-day wildlife photography workshop where you will be surrounded with exotic animals and photographic opportunities! Using the Zoo's unique surroundings, students will learn how to get the best out of their cameras using a variety of photography techniques and tips on getting creative with photos.

Course #	Date(s)	Time
561708	Sat. May 14	9:30 am - 4:30 pm

\$36

### ANIMAL PHOTO SAFARI

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 will arrange unique opportunities to get closer to some amazing animals. All photographic skill levels are welcome. With this year's Big Picture Photo Contest being all about the Zoo, this course is perfect for anyone who wants to participate.

Course #	Date(s)	Time
554485	Sun. Apr. 24	1 - 3 pm
561722	Tues. June 7	6:30 - 8:30 pm





# > Child, Youth & Family Programs

### LITTLE HATCHLINGS (Ages 1-2 & Adult)

\$45

Touch a tortoise, tickle a bunny, and ruffle some birds' feathers. Each week your child will see and touch a few critters. It's a social and discovery time for both your child and you. Adults joining the participating child should be prepared to take part in the activities.

Course #	Date(s)	Time
554261	Sat. Apr. 9 - 23	10:30 - 11:15 am
561713	Thu. May 12 - 26	9:30 - 10:15 am
561714	Thu. May 12 - 26	10:45 - 11:30 am
561716	Sat. June 4 - 18	9:30 - 10:15 am
561717	Sat. June 4 - 18	10:45 - 11:30 am

### **TURTLE TOTS (Ages 2-4 & Adult)**

\$45

During this three week course we offer a 1 hour class each week featuring special animal visitors in our classroom, songs and movement. From armadillos to lizards, we'll see and touch a variety of animals as we explore the Zoo's exotic treasures. Adults joining the participating child should be prepared to take part in the activities.

Course #	Date(s)	Time
554265	Thu. Apr. 7 - 21	10 - 11 am
561715	Sat. May 7 - 21	9:30 - 10:30 am
561721	Sat. May 7 - 21	11 am - Noon
561719	Tue. June 14 - 28	12:30 - 1:30 pm
561720	Tue. June 14 - 28	2 - 3 pm

### **MONKEY BUSINESS (Ages 3-5)**

\$28

Swing over to the Edmonton Valley Zoo and visit our primate pals! Discover how apes are different from monkeys, find out what lemurs like for lunch, and more! We'll practice moving and talking like monkeys, play a monkey-themed game, and make a fun craft to take home! Adult attendance is optional.

Course #	Date(s)	Time
561718	Sat. May 28	1 - 2:30 pm

### FATHER'S DAY FUN (Ages 6 - 9)

\$28

Treat dad to a WILD experience this Father's Day! Come out to the Edmonton Valley Zoo to Get Closer to great animal dads and celebrate your own! Enjoy some up close animal encounters and create an enrichment for one of our resident animal dads!

Course #	Date(s)	Time
562020	Sun. June 19	10:30 am - Noon





# Spring Break Daycamps

### **MONKEY TROOP CAMP (Ages 6-8)**

\$180

(4-day camp)

Zoo-riffic fun and games await you with animal encounters, crafts, enrichments, and more. Discover the tales behind some of our animals' tails, and learn how zookeepers prepare meals for animals when we visit the zoo kitchen. We'll practice making our own elephant-style paintings and make a tasty treat for one of our curious animal friends. End the week with our Monkey Business Day, when we visit the primates, and host our own monkey-themed Olympic challenge for kids! Early drop off starts at 8 am, late pickup until 5 pm.

Course #	Date(s)	Time
554211	Mar. 29 - Apr 1	9 am - 4 pm

### **ZOO-FARI EXPLORERS CAMP (Ages 9-12)**

\$180

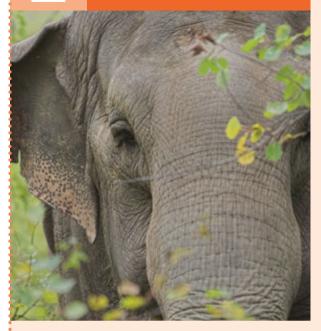
(4-day camp)

Put on your Zoo-fari hats and get ready for a week-long adventure at the zoo! Explore the zoo from top to bottom and discover some of the amazing skills and talents of our resident animals. Through games, crafts, and animal encounters, campers will learn about animals big and small, and find out what it takes to care for them. We'll make and deliver special enrichment toys for zoo creatures, including one of our large carnivores, and end the week with a Zoo-wide scavenger hunt. Early drop off starts at 8 am, late pickup until 5 pm.

Course #	Date(s)	Time
554210	Mar. 29 - Apr 1	9 am - 4 pm



# **Birthday Parties**



Please see page 69 for information regarding birthday party options, payment and cancellation policies.

Call **780-496-7948** 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	Price as of Sep 1, 2016
2.5 hours (1.5 hour program + 1 hour room rental)	\$225	\$250
3 hours (2 hour program + 1 hour room rental)	\$250	\$285
	Maximum 20 guests/party for "Be a Zookeeper" parties. (At least two adults must stay with the children)	
Group Size	Maximum 30 guests/party (including parents and siblings) for other birthday parties. (At least four 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. 2.5 hours - \$225, 3 hours - \$250

# 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 enrichments. Tour the Zoo, meet some critters and have a howlin' safari-style birthday. 2.5 hours - \$225, 3 hours - \$250

# 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. 3 hours - \$250

# Be a Zookeeper (Ages 7-12)

Zookeepers are always busy! They prepare meals, invent toys for animals and care for sick and orphaned animals. You and your party will find out firsthand what it's like to be a zookeeper. 3 hours - \$250





Please see page 70 for information regarding group program options, payment and cancellation policies.

### To Book:

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

Date(s)	Duration	Price*
Jan 1 - May 8, 2016	1.5 - 2 hours	\$152
May 8 - Aug. 31, 2016	1.5 - 2 hours	\$187
Sep 1 - Oct. 1, 2016	1.5 - 2 hours	\$195
Oct. 2 - Dec. 31, 2016	1.5 - 2 hours	\$165
Group Sizes	30 children per program.	

<sup>\*</sup> Price includes admission.

# Zoo Tours (Ages 3+)

Get closer to the animals on your day at the zoo with the assistance of an interpreter. We'll tour the zoo, meet some critters, and have a howlin' good time! Our themed tours will emphasize certain animal groups, continents, or animal adaptations. These programs can be easily adapted to various age groups.

### **OPTION 1 - Animal Senses Tour**

Have you ever wondered how animals use their senses to find lunch, or warn others about a predator? Bring your group for a "sense-sational" safari tour to learn about how some animals use their five senses in the way they live.

### **OPTION 2 - Northern Safari Tour**

Discover some of the animals that call Canada home! An interpreter will guide your group around the zoo to meet some our native animals that call the zoo home. Learn about some of the diverse ecosystems found in Canada and how animals adapt to living in them.

### **OPTION 3 - Animals of the World Tour**

Let's explore animals around the world! The zoo has a variety of animals from all over the world. Discover some of the exotic animals here at the zoo and learn about some of the breeding programs that the Edmonton Valley Zoo is part of.

\* Emphasis will be placed on animals that fit in the theme, but other animals may be included in the program.

# Nosy Noses (Ages 4-6)

Be a little nosy around the Zoo! Discover some of the amazing noses that belong to our zoo animals, and learn how many animals use their noses: elephants use them for work, seals have noses to keep out water, and snakes hide their 'smellers' inside their mouth. Have nosy encounters with some animals, play a nose matching bingo game, and test your own sense of smell by playing our mystery scent game.

# Tail Tales (Ages 4-6)

Discover the tale behind those tails! With an interpreter, you'll find tails of all shapes and sizes and discover how different animals use their tails to move, show off, communicate, and defend themselves. As we tour the zoo, try to guess the mystery tails shown in our tail tales cards. Only one of the animals at the Zoo has no tail, and we'll figure out who that is! Through encounters and artifacts, your students will learn all about animals—from behind.





# Fur, Feathers, and Scales (Ages 4-6)

Do all birds have feathers? Do all mammals have fur? Do amphibians and reptiles share some of the same features? Students will get a chance to feel the difference in textures between fur, feathers, and scales. We'll tour the zoo to see and meet a variety of animals that represent each major group—birds, mammals, reptiles, and amphibians.

# Endangered Species (Ages 6+)

The Edmonton Valley Zoo offers you the opportunity to meet and learn about some of the most endangered species up close. Your group will discover which animals are endangered and the reasons behind the decline of some species. You'll get a chance to examine artifacts from endangered species, and will also learn about the role zoos play in the conservation of a number of species.

## Be a Zookeeper (Ages 7+)

Zookeepers are always busy—making meals, creating enrichments, caring for sick animals and cleaning the animal enclosures. Your group will take part in at least one zookeeping activity that needs to be done that day as you find out what it's like to be a zookeeper. Your group will also get a chance to meet and touch a few of our smaller animals.

## Sleepover Program

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

Price	\$500	*Groups staying later than departure time will be charged an additional \$30/hr or part thereof.	
Price as of Sep. 2016	\$650		
Time	Friday - Sa (Septemb	-	Checkin: 6 pm Checkout: 11 am the following day.
Group Sizes	30 children per program.		

### Edmonton Valley Zoo Sleepover (Ages 5+)

Wake up to the sounds of gibbons whooping and kookaburras laughing! This exciting overnight at the Zoo will include an evening tour to see which animals are just waking up, behind-the-scenes experiences, and animal encounters. Your group will help make and deliver animal enrichments, and experience a night to remember. Program can also include an evening campfire (depending on weather conditions). Please inquire at time of booking.



# **Group Programs**



# Travelling Zoo

Please see page 70 for information regarding options, booking, payment and cancellation policies.

Program Length	1 program/day	2 programs/day*
45 min - 1 hour	\$158	\$218
45 min - 1 hour as of Sep. 1, 2016	\$165	\$225

\* Both programs must take place at the same location. An additional interpreter fee of \$20/hour or part thereof will be added to the cost of the programs if the length of time in between the first and second scheduled program exceeds 1 hour.

### **Travelling Zoo**

Bring up to six live animals\* to your group or special event and discover a unique learning experience! Your group will have some zoo-riffic fun learning about animals with our structured programs. Please visit our website at edmonton.ca/valleyzoo for information about our travelling programs.

### PLEASE NOTE:

- \* Please inquire at the time of booking about the types of animals that may be brought for your program. We cannot guarantee that the animals requested will be available on the day of the event, as their availability is based on animal health and care needs.
- For programs outside Edmonton, add \$20/hr travel time per program staff and \$0.50/km for mileage to your program fee.
- Note about cancellation: The well-being of the animals can be jeopardized if the travelling zoo van encounters a road problem in cold temperatures or when driving conditions are unsafe. For these reasons the Edmonton Valley Zoo reserves the right to cancel zoo outreach programs if conditions are prohibitive.

### Animal Visit (Ages 3+)

45 min

Invite a few of our smaller Zoo animals to drop by your group location for an animal visit! Participants will have a chance to meet, touch, learn about, and Get Closer to these animals. An interpreter will also bring along some animal artifacts that participants will be able to see and touch. Three animals are included in this visit. Please inquire at the time of booking about the types of animals\* that may be brought for this program.

\* We cannot guarantee encounters with specific animals, as this is dependent on animal health and availability on the day of the program.

# Amazing Animals (Ages 3-11) 1 hour, Year Round

What happens when group of forest creatures find a child's mitten lost in the snow? We'll find out when this program visits your classroom! Through interactive storytelling, creative movement and song, we'll learn about the unique survival features of some of our animals. Program also includes a chance to meet and touch two small zoo animals featured in the story. This program is suitable for children and youth with special needs.



# Special Event Bookings

Invite the travelling zoo to your community event! Two staff will bring out five to six animals\* for some hands-on encounters as participants drop by our booth at their leisure.

\* May include one or two small animal display pens for certain animals (dependent on space availability).

Program Length	Fees
Up to 3 hours	\$450 (booth at community event)
Up to 6 hours	\$550 (booth at community event)

Program Length	Fees as of Sep. 1, 2016
Up to 3 hours	\$500 (booth at community event)
Up to 6 hours	\$750 (booth at community event)



### Cancellation Policy (Group)

- · You are required to provide written notice of cancellation of programs via email at cmsschoolbookings@edmonton.ca.
- Cancellations with 4 30 days' notice are subject to a fee of 50% of the program cost.
- Programs cancelled with less than 3 days (72 hours) notice will be charged the full program fee.
- Programs run rain or shine. In the event of poor weather, you must call 780-442-1442 or email cmsschoolbookings@edmonton.ca if you are not coming.

### Cancellation Policy (Birthday)

- · You are required to provide written notice of cancellation of the birthday party via email at cmsbirthdaybookings@edmonton.ca.
- Cancellations with 4 30 days' notice are subject to a fee of 50% of the program cost.
- Programs cancelled with less than 3 days (72 hours) notice will be charged the full program fee.
- Programs run rain or shine. In the event of poor weather, you must call 780-496-7948 or email cmsbirthdaybookings@edmonton.ca if you are not coming.









### Learn to Skate

### At The MEADOWS Arena

Millwoods Arena and Kinsmen Arena

ALL Groups are taught by Professional NCCP certified coaches ALL classes incorporate circuits, games and/or exercises ALL Programs focus on the fundamentals of BALANCE, AGILITY and CONTROL

CanSkate/Preschool (Learn-to-Skate)

### Adult/Teen (Learn- to-skate and higher)

- Beginner instruction
   Progressive circuit instruction
- Great exercise?
  - Figure CanSkate
- Some basic skating skills required (rugs
- Jr STARskate (Learn to Figure Skate)
- On-ice and off-ice instruction
   Beginning skating skills required cross store are:



www.gatewayskatingclub.org





# > Muttart CONSERVATORY

### **MUTTARTCONSERVATORY.CA**

9626 - 96A Street

### **Public Hours:**

Daily (except Thursday) - 10 am to 5 pm

Thursdays - 10 am to 9 pm

Holidays - 11 am to 5 pm

Dec. 25 - CLOSED

### Admission:

	Regular	Annual	Naturally Edmonton*
ADULT	\$12.25	\$44.00	\$79.00
YOUTH/ SENIOR	\$10.50	\$37.00	\$59.00
CHILD	\$6.50	\$23.00	\$49.00
FAMILY*	\$36.00	\$127.00	\$239.00

- \* Family: All members of the same household related by birth, legal status or marriage up to a maximum of seven people.
- Naturally Edmonton Annual pass includes access to Muttart Conservatory, Edmonton Valley Zoo and John Janzen Nature Centre

### **Facility Rentals:**

The Muttart Conservatory, including its outdoor gazebo, is one of the city's finest facilities for any occasion. **Call 780-496-8355** for more information or to book your event.

### **Gift Store:**

Stop by to browse our unique craft and garden accessories as well as toys, books and art. Free admission to the gift store.



# Winner of Avenue Magazine's Award for Best Brunch 2012, 2013, & 2014

Culina has an artistic air without being pretentious. It's self-conscious but not self-righteous. It's homey, earthy and professional without being stiff. Located in the beautiful river valley, Culina Muttart hosts a unique destination and atmosphere for lunch, weekend brunch or Thursday night dinner. Culina Muttart is also available for on-site catering.

Book your dinner at Culina Muttart Café by calling 780-466-1181.

Weekday	Time	On offer
	11 am - 2 pm	Lunch
Monday - Friday	10 - 11 am 2 - 4 pm	Light snacks, pastries & beverages
Thursday	5 - 8 pm	Dinner
Cabrindari	10:30 am - 2:30 pm	Brunch
Saturday and Sunday	2 - 4 pm	Light snacks, pastries & beverages



# > Drop-In Programs

### Art at the Muttart

Take time out of your busy schedule to reflect and appreciate the Muttart Conservatory Art Wall. Working in a variety of mediums, each artist brings a unique and inspiring interpretation of their subject matter. The exhibits change regularly, so ensure you return to see what's fresh and new. Select artworks may be available for purchase. For more information check out our website muttartconservatory.ca.

### **Guided Tours**

Tours run 20 minutes per pyramid and highlight some of the most fascinating, beautiful and bizarre plants in our collection.

Guided Tour Times			
	Saturdays & Sundays	Tuesdays & Fridays	
Temperate	11 am, 1 pm, 3 pm	12:30 pm	
Arid	11:30 am, 1:30 pm, 3:30 pm	1 pm	
Tropical	Noon, 2 pm, 4 pm	1:30 pm	

### KIDS' CORNER

Muttart is a great place for little ones to explore and learn. Join an interpreter on Tuesday and Friday mornings for drop-in activities that teach your child about the wonderful world of plants. Activities change often, are geared towards children two to five years old, and last for a maximum of 30 minutes.

Date(s)	Time	Meeting Location
Tuesdays & Fridays	10:30 am	Centre Court

# Feature Pyramid

Uniquely themed displays change five to seven times per year, showcasing the creativity of Muttart growers and providing new experiences for visitors.

### **SWING INTO SPRING**

Get ready to jump into this season's spring bulb show, Swing into Spring. This exhibit will be filled with beautiful tulips, daffodils and hyacinths. The pyramid will feature large flowers, flower-covered bicycles and a plethora of bright colours that will put a spring in your step.

Date(s)	Mar. 5 - Apr. 10

### KALEIDOSCOPE OF COLOUR

For this year's wedding show watch the feature pyramid undergo a metamorphosis into the beauty of a butterfly. This exhibit will be packed with extravagant hydrangeas, baby's breath, and Cineraria as well as large topiaries of butterflies and other pollinators.

Date(s) Apr. 1	l6 - July 3
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# > Special Events

### **ARTISTS IN ACTION**

Have you ever wondered what inspires artists? How do they create those masterpieces? The Artists in Action Event gives you the opportunity to discover local artists and find out what inspires them. Look forward to drop-in activities for all ages, where you'll have the chance to learn tricks of the trade. Find your inspiration at the Muttart Conservatory!

Date(s)	Time	Admission
Sun. Apr. 17	Noon - 4 pm	Regular

### REJUVENATE: MOTHER'S DAY @ THE MUTTART

Treat Mom to an afternoon all about her at the Muttart Conservatory! Make Mom a special keepsake to tell her how much you love her, give her a Mother's Day plant, and let her enjoy 15 minutes to herself getting a mini-massage from the students at MaKami College! Your mom will love her day at the Muttart Conservatory!

Date(s)	Time	Admission
Sun. May 8	Noon - 4 pm	Regular

# CONCERTS @ THE CONSERVATORY: SONGS OF SPRING

Spring is in the air! Enjoy live music from a local artist Centre Court, while taking in the joyful sounds of spring in our second installment of Concerts at the Conservatory. At intermission, take in a guided tour led by a knowledgeable Muttart Conservatory interpreter.

Date(s)	Time	Admission
Thu. May 19	6:30 - 8 pm	Regular

### ANNUAL CONSERVATORY PLANT SALE

The annual bedding plant sale takes place in the greenhouse at the Muttart Conservatory. Please come to the greenhouse to purchase your bedding plants.

Date(s)	Time	Admission
Thu. May 26	4 - 8 pm	No Admission
Fri. May 27	10 am - 8 pm	No Admission
Sat. May 28	10 am - 5 pm	No Admission

### **CELEBRATE CANADA DAY**

Celebrate our Nation's 149th birthday with a visit to the Muttart Conservatory. Enjoy live music, Canada Day crafts, and face painting. Treats and fun activities will be happening throughout the day—a fun event for the whole family!

Date(s)	Time	Admission
Fri. July 1	10 am - 2 pm	Regular



# > Adult Programs

### **UNPLUG & RE-CHARGE MEDITATION**

\$94

Meditate in the Tropical Forest Pyramid Comfortable chairs provided

Are you looking for contentment and peace of mind or perhaps just a way to recharge and relax in a space away from your busy life? Your certified instructor will teach you how to unplug and re-charge through meditation, reduce stress and ultimately help balance your life. Meditation supports healthy living—all within the beauty of the Muttart Conservatory. No experience or prerequisite necessary.

Course #	Date(s)	Time
561495	Mon. Apr. 18 - May 2	7 - 8:30 pm
561496	Tue. May 10 - 24	7 - 8:30 pm
561497	Mon. May 16 - 30	7 - 8:30 pm

### MINIATURE HOBBIT HOLE GARDENS

\$115

(Ages 16 & Up)

Come and build your very own Hobbit hole garden with Muttart Conservatory grower Eric Gibson in collaboration with Axis Mundi Artistry. Every garden includes a mossy mound, Hobbit door, mini bench or fence, cobblestone path and a miniature plant or bonsai. Two people may attend this course to work on a single project together: two adults (in this case, ages 16 and up) OR 1 adult and 1 child.

Course #	Date(s)	Time
561500	Thu. Apr. 21	7 - 9 pm

### SUCCULENT TERRARIUMS (Ages 16 & Up)

\$115

Join us at the Muttart Conservatory and create a beautiful terrarium within a glass vase or bowl. We will use a variety of plants, colourful moss and unique rocks. This course is led by Muttart Conservatory grower Eric Gibson in collaboration with Axis Mundi Artistry. Two people may attend this course to work on a single project together: two adults (in this case, ages 16 and up) OR 1 adult and 1 child.

Course #	Date(s)	Time
561501	Thu. May 19	7 - 9 pm

### BRING YOUR OWN VESSEL TERRARIUMS

\$95

(Ages 16 & Up)

Join us at the Muttart Conservatory and create a beautiful terrarium within your own container from home! Bring one basketball-sized container or two to three grapefruit-sized containers with openings of at least 3" (something you could put your hand in). Avoid tall, cylindrical vases as these are difficult to work with and maintain. We will use a variety of tropical plant material, colourful moss and unique rocks. This course is led by Muttart Conservatory grower Eric Gibson in collaboration with Axis Mundi Artistry. Two people may attend this course to work on a single project together: two adults (in this case, ages 16 and up) OR 1 adult and 1 child.

Course #	Date(s)	Time
561502	Thu. June 16	7 - 9 pm

# > Child, Youth & Family Programs

### WIGGLY WORMS AND BUG-TASTIC BUGS (Ages 3-5)

\$20

How do bugs and worms help plants at the Muttart Conservatory grow? Find out during this hands-on program! See the pyramids through an insect's eyes, feed our wiggly worms, and learn how worms can turn our garbage into nutritious soil. You'll top off this program by planting a seedling in soil made by our resident worms. Fee includes adult and child admission. Adult attendance is optional. We kindly ask unregistered siblings not attend.

Course #	Date(s)	Time
561498	Thu. May 26	2 - 3:30 pm

### SUPER SEEDS (Ages 3-5)

\$20

Seeds are magical! We'll learn what seeds need to grow, observe them as they transform into baby plants, find out what seeds we eat for dinner, and even make music with seeds! To continue learning at home, your little sprout will plant mystery seeds to take with them. Fee includes adult and child admission. Adult attendance is optional. We kindly ask unregistered siblings not attend.

Course #	Date(s)	Time
561499	Tue. June 21	10 - 11:30 am





Please see page 69 for information regarding birthday party options, payment and cancellation policies

Call **780-496-7948** or email **cmsbirthdaybookings@edmonton.ca** to book your party.

\*NEW\* All parties include 1 hour room rental for gift opening and cake!

**Group Size** 

- 30 guests/party (including parents and siblings).
- At least four adults must stay with children.

# Little Sprouts Birthday (Ages 4-5)

Discover plants the preschool way by searching for leaf shapes and colours. Take a jungle trek through the rainforest pyramid to find the biggest trees and travel through the desert to find the prickliest plants. Then play some games, make a craft and pot a plant to take home. 2.5 hours - \$185, 3 hours - \$210

# A "Blooming" Great Birthday (Ages 6-11)

Have a "blooming" great birthday no matter what the weather by taking a journey through the jungle and a dance through the desert. Party guests will participate in exciting activities and explore the beauty of plants from around the world, then pot their very own plant to take home. 3 hours - \$210

# Muttart Mystery Birthday (Ages 6-10)

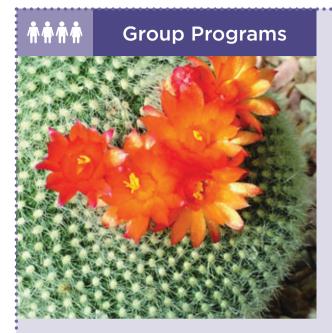
There is a mystery afoot at Muttart Conservatory! Our program leader will play the part of master detective, leading you and your party guests on a scavenger hunt for clues. Along the way you'll discover some of the coolest plants that live under our pyramids, and will even plant a seedling to take home.

3 hours - \$210

# Ladybugs & Friends Birthday (Ages 4-10)

Celebrate your birthday and learn all about ladybugs and other cool insects that help our gardens grow! We'll play games, make a ladybug craft and take home a plant that we pot ourselves! To add some extra excitement, guests will get a chance to release some real beneficial bugs into one of the pyramids. You'll be seeing spots after this delightful and unique party.

\* Available February to June & September to November.



Please see page 70 for information regarding options, booking, payment and cancellation policies.

### To Book:

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

Duration		Price*
1.5 - 2 hours		\$148
Group Sizes	30 children per program.	

<sup>\*</sup> Price includes admission.

# Little Sprouts (Ages 4-6)

Introduce your little sprout to the wonderful world of plants. Through hands-on activities children will explore plant life in the pyramids as they tromp through the tropical and delight in the desert. Each child will plant a seedling to take home.

\* 1.5 hour program option recommended for 4 and 5 year olds.

# Let's Grow (Ages 7-9)

Children will be introduced to the secret growing strategies of plants from different parts of the world during this fun-filled, hands-on program. In addition to exploring the pyramids, each participant will pot a seedling to take home and nurture.

# Globetrotting Botanists (Ages 9-12)

Budding botanists will discover survival strategies of plants from different parts of the world. We'll uncover exciting facts and learn how incredibly important plants are to people! Each participant will pot a seedling to take home.

# Gardener's Badge (Ages 10-12)

An introduction to the basics of gardening. Children will discover the importance of soil and how composting helps gardeners by visiting our resident vermicomposting worms! Each child will pot a plant and sew some mystery seeds to take home.

# Ladybugs & Friends (Ages 4-8)

Get to know all about ladybugs and beneficial insects at the Muttart Conservatory. Discover the importance of ladybugs through activities, stories and songs. We'll even release some real beneficial bugs into one of the pyramids! You'll top this fabulous program off by potting a plant to take home in honour of our insect friends.

\* Unavailable July, August, December, and January.

# Adult Guided Tour (Ages 18+) / \$179

Join a knowledgable interpreter for an hour-long guided tour of the gems in our collection. You'll explore the lush plant life of the tropical pyramid, discover unique plant adaptations in the arid pyramid and enjoy the changing of the seasons in the temperate pyramid.

\* Available during weekday hours and includes facility admission. Maximum Group size is 20.



# > John Janzen NATURE CENTRE

### **EDMONTON.CA/JOHNJANZEN**

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

### **Public Hours:**

Daily - 10 am to 5 pm

Holidays - 11 am to 4 pm

Dec. 25 and Jan. 1 - Closed

### Admission:

	Regular	Annual	Naturally Edmonton*
ADULT	\$7.00	\$28.50	\$79.00
YOUTH/ SENIOR	\$7.00	\$28.50	\$59.00
CHILD		\$28.50	\$49.00
FAMILY*	\$15.00	\$57.00	\$239.00
PARENT & TOT (0 - 23 mo)	\$3*		
PARENT & CHILD (2 yrs +)	\$7.50		

- \* \$3 for each additional tot or parent
- \* Family: All members of the same household related by birth, legal status or marriage up to a maximum of seven people.
- Naturally Edmonton Annual pass includes access to Muttart Conservatory, Edmonton Valley Zoo and John Janzen Nature Centre

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

# > Nature Line

What type of bird is that in my backyard? Do moose live in the river valley all year round? Phone the Nature Line to find out! Leave a message with your nature questions any time at the Nature Line, 780-442-1443

You can also send your nature questions by email to JJNC.NatureLine@edmonton.ca.

# > Exhibits, Trails & Self-Guided Activities

The John Janzen Nature Centre offers fun and interesting self-guided activities all year-round, for visitors of all ages! These are included in the cost of admission.

Please visit our website at **edmonton.ca/johnjanzen** for more information about our exhibits, self-guided activities, and nature trails

### **SELF-GUIDED ACTIVITIES:**

- Geocaching and Wayfinding with GPS receivers (sign-out required)
- Nature walks (free trail maps available at front desk)
- Tegler Discovery Zone (indoor play space for kids up to 10 years, socks required)
- Themed Adventure Backpacks and local wildflower guidebooks (sign-out required)
- NEW TrailTales, an activity for children and their adults combining, literacy, physical activity, and nature

### INDOOR EXHIBITS AND POINTS OF INTEREST:

- Exhibit Room (Seasonal Changes and Live Wildlife Exhibit)
- Honeybee Observation Hive (on display Spring Fall)
- NEW TrailTales

### **OUTDOOR EXHIBITS AND POINTS OF INTEREST:**

- · Backyard Compost Education Centre
- · Prairie Pond
- Wildflower Demonstration Garden (Edmonton Naturalization Group)
- Pollinator Garden
- Green Roof (open Spring Fall)

# > Drop-In Programs

Learn about local wildlife at the John Janzen Nature Centre by visiting an interpreter in the exhibit room or taking part in our drop in activities Monday and Thursday from 10 am to noon or Saturday and Sunday from 10 am to 3:30 pm. Starting June 1, drop in activities will happen daily 10 am to 3:30 pm.

### NATURE NOOK

An interactive nature-themed experience awaits!
Activities vary weekly. Try your hand at making animal tracks, dressing up like forest creature, creating nature art, or listen to a seasonal story told by one of our interpreters.
Activities vary weekly (Ages 1-5 years recommended).

### ANIMAL ENCOUNTERS AND FEEDINGS

Meet some of our local amphibian and reptile species up close. If you're lucky you may get to watch a salamander, toad, or snake eat its lunch!

### WILD THINGS!

Join an interpreter for a hands-on sensory exploration of the plants and animals that make the river valley their home. Try your hand at tracking animals or camouflage like a hare. Activity will be determined by interpreter.

Please visit edmonton.ca/johnjanzen for up-to-date drop-in program schedules. Like us on Facebook at facebook.com/ JohnJanzenNatureCentre for all the latest contests, photos, and nature activities around town!



# Special Events

### **FAIRY FEST**

Do you know about Fairies? Do you want to learn about how they can interact with nature? Stop by the John Janzen Nature Centre and learn about the wonders and magic of nature. Enjoy creating fairy crafts, planting and face painting. Fun activities will be happening throughout the day—fun for the whole family!

Date(s)	Time	Admission
Sun. Apr 3	11 am - 3 pm	Regular

### **BUZZ, BUZZ, STING!**

It's a bug's life at John Janzen Nature Centre! Come learn about the daily life of bugs and bees. Check out live insects, learn about honey bees, Urban beekeeping and much more. Activities will be available through the whole day for this family friendly event.

Date(s)	Time	Admission
Sun. May 29	11 am - 3 pm	Regular

# **Adult Programs**

### **WILD ROSE RAMBLERS**

\$10

We're still going strong thanks to a very active group of walkers! The enthusiasm of the Wild Rose Ramblers has generated over two decades of interest in exploring the wild spaces in and around Edmonton. At our first meeting, a calendar of walks will be drawn up for the rest of the spring session. If you miss the first meeting, you can call 780-496-2916 for a listing of the next walks. Registration (a one-time \$10 donation to the Edmonton Nature Centres Foundation) can be made at any city facility.

Course #	Date(s)	Time
561067	Tue. Apr. 12	9:30 - 11:30 am

### **URBAN BEEKEEPING**

### \$250

Have you always wanted to step out your back door and see your very own beehive? This 1.5 day course teaches the skills needed to have a successful hive. Topics covered in class include honeybee lifecycle, hive management, bee behaviors, bee and hive selection, and City of Edmonton regulations about urban beekeeping. On the second day, you'll get hands on with a hive learning proper hive set up, how to safely collect honey and deliver medications. This is an approved course for those interested in becoming an urban beekeeper in the City of Edmonton.

Course #	Date(s)	Time
560172	Sat. May 14	9 am - 5 pm
560172	Sun. May 15	9 am - 1 pm
560173	Sat. May 21	9 am - 5 pm
	Sun. May 22	9 am - 1 pm

# > Child, Youth & Family Programs

# THE UGLY DUCKLING PUPPET SHOW PERFORMANCE (Ages 3-7)

\$6.50/PERSON

There's a big surprise down at the lake as Mama Duck's final egg hatches! Kaybridge Puppets, led by award winning artists Kate and Maralyn Ryan, use their unique style of performance to bring classic tales to life with a ton of music, colourful characters, audience participation and, of course, giggles! Children under 2 are free but must be accompanied by an adult and an older child registered in the performance. All adults and children participating must register.

Course #	Date(s)	Time
554270	Thu. Mar. 31	11 - 11:30 am
554271	Fri. Apr. 1	11 - 11:30 am

### \*NEW\* MY PET ROCK (Ages 3-5)

\$20

Have your kids been begging you for a pet? How about a pet rock; the pet that leads to creativity, imagination, and fun! Join us in finding, naming, and decorating your very own pet rock. We'll explore the trails around the Nature Centre, read a story about choosing the best pet rock, play games, and even take a portrait with your new family member! All children must be accompanied by an adult.

Course #	Date(s)	Time
560175	Wed. Apr. 20	1 - 2:30 pm

### **DINOSAUR ADVENTURES (Ages 3-5)**

\$25

Dinosaur crafts, dinosaur dancing, and dinosaur adventures! Be a paleontologist as we search for hidden dinosaur eggs, chip out a toy dinosaur from rocks, and examine fossils. Discover the world of dinosaurs through active play and have a gigantically good time! All children attending must register. Adult attendance is optional.

Course #	Date(s)	Time
560174	Wed. May 25	1 - 2:30 pm

# Compost 'S cool

Everything you need to start composting is at our Compost 'S cool: where bins come to learn how to compost better. Kick off Earth Week by learning how easy it is to turn waste into compost. Learn about soil, how to start a garden, and what to plant now. **Ongoing support is included.** 

### BASIC COMPOSTING WORKSHOP

\$10/FAMILY

Compost improves soil. Beginners will learn how to make and use their compost, and keep composting through winter. Start composting right away. Dress for the weather —wear extra socks!

Course #	Date(s)	Time
559897	Sun. Apr. 17	10 am - Noon
559899	Sun. Apr. 17	1 - 3 pm
59900	Tue. Apr. 19	7 - 9 pm
559902	Thu. Apr. 21	7 - 9 pm
59903	Sun. May 1	1 - 3 pm
59904	Wed. May 4	7 - 9 pm
59905	Sat. May 21	10 am - Noon
59906	Sun. June 5	10 am - Noon
59907	Sat. June 18	10 am - Noon

### ADVANCED COMPOSTING DISCUSSION \$10/FAMILY

Experienced composters and gardeners will gain deeper knowledge of the amazing world inside the bin; science geeks will calculate the Carbon to Nitrogen ratio; and gardeners learn to recognize and correct soil issues for healthier plants.

Course #	Date(s)	Time
559913	Sun. May 1	10 am - Noon

# **###**

# **Birthday Parties**



Please see page 69 for information regarding options, booking, payment and cancellation policies.

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

Duration	Price	
2.5 hours	\$185	
3 hours	\$210	
Group Size	<ul> <li>30 guests/party (including parents and siblings).</li> <li>At least four adults must stay with children</li> <li>Nature Play: Maximum 15 children (including siblings) and 15 parents. Parents must stay with children during the program.</li> </ul>	

# Nature Play Party (Ages 3-5 & Parents)

Dance like animals, meet a small local animal, and use your senses to solve a puzzle in the this fun filled birthday intended for preschoolers and their adults. Program includes 45 minutes of play time in our nature- themed indoor playground, the Tegler Discovery Zone. **2.5 hours- \$185** 

# Fairy Party (Ages 4-8)

Explore the mysteries of the forest as we become nature sprites! Try on fairy wings and discover which plants and animals are a fairy's best friend. We'll dance in a ring around our toadstool, go on a scavenger hunt to look for signs of fairies, and have a whimsical time! 2.5 hours - \$185, 3 hours - \$210

# Dinosaur Adventure Party (Ages 4-8)

Just how big were the dinosaurs? Find out the answer to this question and many more while having a gigantically good time handling real fossils, pretending to be dinosaurs, and creating a dino-mite craft! 2.5 hours - \$185, 3 hours - \$210

## Stalking and Tracking Party (Ages 7-12)

Discover the tracks and traces that animals leave behind as we look for clues to solve the mystery of who's been wandering through the woods. Practice making and identifying tracks with our animal track replicas, hone your hiding skills, and try your hand at stalking. 3 hours - \$210

# Bug Mania Party (Ages 6-11)

A bug's life will become reality when we examine the smallest ant to the biggest bug. We'll meet some other tiny critters when we explore the forest. Peek inside our beehive, go on a bug hunt, create a critter and meet one of our live bug-eating animals up close. 3 hours - \$210

\* Available: May through September.

# Pond Party (Ages 6-12)

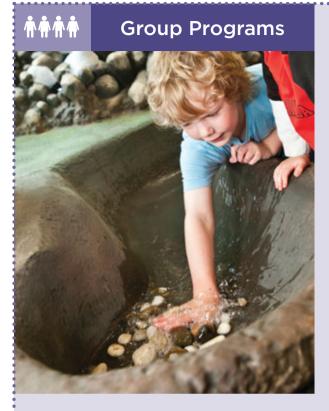
Peek under the surface and use dip nets to discover the fascinating animals that call the pond their home. Predaceous diving beetles, phantom midges, and dragonfly nymphs are just a few that you might find. 3 hours - \$210

\* Available: May through September.

# Snowshoe Adventure Party (Ages 7-12)

Discover the fascinating world of pond life in this hands on program. Use dip nets to capture and examine some of the small insects that live in the pond, meet a salamander or garter snake, and play some fun nature games. 3 hours - \$210

\* Available December to February (weather and snow conditions permitting).



Please see page 70 for information regarding options, booking, payment and cancellation policies.

Duration		Price*
1.5 - 2 hours		\$135
Group Sizes 30 children per prog		ram.

<sup>\*</sup> Many outreach programs are available at off-site locations.

# Stalking and Tracking (Ages 6-11)

Discover Edmonton's wildlife by identifying and following tracks in the mud (or snow). Learn how to approach animals so you can enjoy their beauty, play wildlife stalking games and use our animal track replicas to practice making different types of animal tracks.

# Nature Observer (Ages 6-11)

Discover birds, trees, insects and other animals to learn about their lives. Activities are seasonally based but can include bird watching, nature games, insect hunts and more. Handle artifacts, visit the honeybee hive and explore the exhibit room.

## Seasonal Super Sleuth (Ages 3-6)

Search for clues by using your senses and observation skills to solve the mysteries of nature each season. We'll learn all about local animals through a hands-on exhibit and outdoor nature trail explorations.

# Pond Exploration (Ages 7-11)

Discover the fascinating world of pond life in this hands on program. Use dip nets to capture and examine some of the small insects that live in the pond, meet a salamander or garter snake, and play some fun nature games.

\* Available May through September.

# Busy Bees and Bugs (Ages 3-8)

Peek inside a honeybee hive and discover the fascinating world of bees. Search for flowers, collect pollen, dance like bees and taste honey in the comb. Top this exciting program off with a safari through the indoor play space.

\* Available May through September.

# Snowshoe Adventure (Ages 7 & Up)

Travel on snowshoes while exploring the winter forest. Find out how winter wildlife adapts to cold weather and deep snow. (Snowshoe harnesses may not fit children under seven years.)

\* Available December to February (weather and snow conditions permitting).



# John Walter MUSEUM

### **EDMONTON.CA/JOHNWALTER**

Located on the north side of the Kinsmen Sport Centre parking lot. Access at the bottom of Walterdale and Queen Elizabeth Roads.

### **Public Hours:**

Sundays, Mar. to Nov. - 1 to 4 pm

Saturdays, July to Sep. - 1 to 4 pm

Jan. Feb. & Dec. CLOSED

### **Admission:**

Entrance is free. Programming fees vary.

# > Drop-In Programs

# Sunday & Saturday Openings

Visit edmonton.ca/johnwalter and click on 'Drop-in Programs' for the latest details!

John Walter Museum is open to the public every Sunday (March through November) and Saturday (July through September) from 1-4 pm. Our costumed interpreters will lead you through the original houses of John Walter, one of Edmonton's hardest working pioneers, and share stories about the historic community of Walterdale. Nestled in Edmonton's river valley, John Walter Museum is located along river valley trails, Kinsmen Sports Centre, Queen Elizabeth Pool and the Grizzly Lodge Playground. Visit John Walter Museum and have a grand old time discovering Edmonton's history in our scenic river valley!

# > Special Events

### WALTERDALE TEA PARTY

Get your party dresses on ladies! Grab a hat and tie gents! It's Annie Walter's birthday and we're celebrating with a tea party. Join us for an afternoon of tea, delicious dainties, historical games and music! Discover the life of this Edmonton pioneer and join us at her home to see history come alive.

Date(s)	Time	Admission
Sun. June 26	1 - 4 pm	Free





# **Group Programs**

Please see page 70 for information regarding payment, cancellation and group size policies.

Price	\$145	
Duration	2 hours	
Group Size Maximum 30 children		

### To Book:

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

# Hands-on History (Ages 5+)

Make your field trip go down in history with some "hands-on" fun. With John Walter's homes as your setting you will dip candles, help out with some pioneer chores, examine artifacts and cook up a tasty treat to enjoy.

# 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. In this program you'll make candles, a simple jam, churn butter and bake scones on a wood-burning stove.

# Summer in the Valley (Ages 5+)

Join us in the heart of Edmonton's river valley for some good ol' fashioned summertime fun! In this program, we'll churn our own icecream and make delicious 'no-bake' truffles. Then we'll head outside to help wash Mr. Walter's wool socks and play a lively round of croquet.

# > Adult Programs

### This Old Edmonton House

### **PUBLIC SEMINAR SERIES 2016**

Are you the owner of an historic home full of character, charm and an outdated electrical system? If so, you'll be interested in this series of public seminars about owning, maintaining and restoring a historic home. An expert in each field will lead each seminar. Come prepared with your problems and questions; leave with potential solutions and answers.

### MECHANICAL AND ELECTRICAL SYSTEMS

\$25

Chris Kato

Before you hire a contractor to upgrade your systems, it's important to understand how their work may impact your interior.

Course #	Date(s)	Time	Location
554239	Mon. Mar. 7	7 - 9 pm	John Walter Museum

### **ROOFS AND EXTERIORS**

\$25

Peter Caron

Repair and maintain the exterior of your home properly and you'll avoid having to repair the interior!

Course #	Date(s)	Time	Location
554240	Mon. Mar. 14	7 - 9 pm	John Walter Museum

### MILLWORK AND FLOORS

\$25

Johanna Yakula

Learn how to revive tired woodwork without stripping, and how to repair, restore and replace if necessary. Find out about the kinds of flooring that are appropriate for old house restoration plus more.

Course #	Date(s)	Time	Location
554241	Mon. Mar. 21	7 - 9 pm	John Walter Museum

<sup>\*</sup> Available June through September.

Location

Artifacts Centre

### \*NEW\* HISTORIC INTERIORS TOUR

\$25

### PLASTERING WALLS

Peter Caron

Course #

554267

\$25

Johanna Yakula

Tour the John Walter houses in the river valley to view first-hand the way early Edmontonians lived. The focus of this tour will be on layout, materials, lighting and furniture (now antique) that was prevalent at the time. A great workshop if you are restoring your old house or just interested in history.

Course #	Date(s)	Time	Location
554242	Sat. Mar. 26	1 - 3 pm	John Walter Museum

### RESEARCHING YOUR HERITAGE HOME

\$25

Tim O'Grady & David Johnson

Date(s)

Mon. Apr. 18

Join City of Edmonton Archivists and Heritage Planners and learn how you can research the history of your heritage home. The session will also introduce you to the City's designation program and to the benefits of maintaining your heritage home. Participants will be requested to provide an address and neighbourhood information of their home prior to this session, as this is a hands-on workshop.

Plaster has traditionally been used to finish interior walls.

Learn how to make easy repairs to maintain these walls.

Time

7 - 9 pm

Course #	Date(s)	Time	Location
554268	Tues. Apr. 19	6 - 8 pm	City Archives, Prince of Wales Armouries

### **FOUNDATIONS**

\$25

Arda Ozum and Peter Caron

The foundation for any historic home restoration is a good foundation! Learn about common foundation problems and solutions.

Course #	Date(s)	Time	Location
554243	Mon. Apr. 4	7 - 9 pm	John Walter Museum

### WALL TREATMENTS

\$25

Johanna Yakula

In this workshop, you will learn about the importance of using historic colour in your home and how to use embossed papers and wall paper treatments to create a great look while camouflaging less than perfect walls.

Course #	Date(s)	Time	Location
554244	Mon. Apr. 11	7 - 9 pm	John Walter Museum

### HOUSE DOCTOR

\$50

Peter Caron

This course gives you a chance to walk through a private historic home from top to bottom to evaluate the house for potential problems.

Course #	Date(s)	Time	Location
554256	Sat. Apr. 16	9 am - Noon	Private residence TBA



# Edmonton Weavers' Guild Programs

John Walter Museum is pleased to be pairing with the Edmonton Weavers' Guild to offer a variety of fiber based courses.

### FINGER WEAVING

\$45

Learn the Metis way of creating a beautiful sash. A small project will be created in class. All materials included.

Course #	Date(s)	Time	
561361	Sun. Mar. 6	1 - 4 pm	

### **NEEDLECRAFT**

\$45

Learn the basic stitches and create a small sampler. All materials provided.

Course #	Date(s)	Time
561490	Sun. Mar. 13	1 - 4 pm

### **RUG HOOKING**

\$45

Learn the basics of this beautiful craft. A small project will be created in class. All materials provided.

Course #	Date(s)	Time
561491	Sun. Mar. 20	1 - 4 pm

### **FABRIC COIL BASKET**

\$50

Create a small container for you tiny treasure, using fabric and hand stitching to create something special.

All materials provided.

Course #	Date(s)	Time	
561492	Sun. Apr. 3	1 - 4 pm	



### SIMPLE FELTING

¢15

Have fun using wool fibre to create a bar of soap or dryer ball in this wet felting class. **All materials provided**.

Course #	Date(s)	Time
561493	Sun. Apr. 10	1 - 4 pm

### SPINNING WITH A SPINDLE

\$70

Learn to make your own yarn with a hand held spindle.

All materials provided.

Course #	Date(s)	Time	
561494	Sun. Apr. 17	1 - 4 pm	

# > Child, Youth & Family Programs

### ICE CREAM AFTERNOON (Ages 3-5)

\$24

Take a cool break from summer's heat by making ice cream the old fashioned way. Then we'll explore artifacts and discover what life was like as a pioneer child, play a variety of historical games and wash Mr. Walter's wool socks! Adult attendance is required for this program and additional children cannot be accommodated.

Course #	Date(s)	Time	
561230	Thu. June 2	1 - 2:30 pm	

# URBAN PIONEERS FOR HOMESCHOOLERS (Ages 6-12)

\$12

Transport back in time over one hundred years to John Walter's 1875 and 1886 homes. Together, we will bring history to life by baking scones on a wood burning stove, churning butter, dipping a candle and making a wool based craft. Through these hands-on activities we'll discover the lives of early Edmontonians and experience how the Walter family and the community of Walterdale changed over time. Adult attendance for this program is optional. However, we ask that no more than 1 adult attends per registered child.

Course #	Date(s)	Time	
561272	Thu. June 16	12:30 - 2:30 pm	

# **Birthday Parties**



Please see page 69 for information regarding birthday party options, payment and cancellation policies

Call **780-496-7948** or email **cmsbirthdaybookings@edmonton.ca** to book your themed party today. Call early to avoid disappointment!

\*NEW\* All parties include 1 hour room rental for gift opening and cake!

Price	\$210/party (Payment is required at the time of booking)	
Duration	Birthday packages include a 2 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 two adults must stay with the children.	

# Preschool Pioneer Party (Ages 4-5)

Children will have a great old time trying on oldfashioned costumes and playing party games of yesterday. They'll bake delicious cookies, make a toy, and try their hand at pioneer chores such as washing Mr. Walter's old wool socks!

# Pioneer Birthday Party (Ages 6-12)

Your child's birthday will go down in history with a party that takes you back over 125 years! Celebrate with homemade baking, build an old-fashioned toy and play the games of yesterday.

### Choose one activity from each list:

- List A: Ice Cream Making, Cupcakes, Cinnamon Buns, Scones & Butter, Cookies, Truffles
- List B: Boat building, Ring and Stick,
   Candle Dipping, Yarn Dolls, Thaumatropes

# Old-Fashioned Baking Party (Ages 8-13)

Something smells great in Mrs. Walter's kitchen! Bake and cook on a wood-burning stove to create a smorgasbord of birthday delights. Choose any three of the following old-fashioned favourites:

- · Chocolate Truffles
- Brownies
- · Scones & Butter
- Cookies

Fudge

- Muffins
- Cinnamon Buns
- Butterscotch Squares

# Christmas Birthday Party (Ages 5-12)

Enjoy a unique and festive party for your child's birthday during the holidays. Bake some Christmas goodies on a wood burning stove and play old fashioned games. Discover how Christmas gifts were different over 100 years ago, and make your own traditional gift as a take home Christmas craft.

<sup>\*</sup> Available: November 5 to December 31.

# 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:

### Entrance 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.

# > Adult Programs

### **DROP-IN YOGA PLUS**

Enjoy our Yoga Plus program in the Kinross's Room. All levels welcome. Please see Archives reception desk for admission. For more information call 780-496-5989.

Date(s)	Time
Mon. Wed. & Fri.	9:30 - 10:45 am

<sup>\*</sup> Price varies based on facility pass.



# > 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 \$32 CAN

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
557709	Sat. May 14	12:30 - 2:30 pm	Victoria Park
557711	Sat. May 28	10 am - Noon	Victoria Park
557712	Sun. May 29	10 am - Noon	Victoria Park
557715	Sat. June 4	12:30 - 2:30 pm	Victoria Park
557707	Sun. June 19	12:30 - 2:30 pm	Victoria Park

### ARCHERY (Ages 50+)

\$32

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
557714	Sun. June 19	10 am - Noon	Victoria Park

### BIKE CLUB \$55

Explore the beautiful Edmonton River Valley on a bike! Each evening will feature a casual, ride on one of our mountain bikes and an exploration of the River Valley's paved trail system. Bikes and helmets are provided.

Course #	Date(s)	Time	Location
558093	Tues. May 17 - June 7	6 - 8 pm	Kinsmen Park

### CANOEING \$38

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
557703	Sun. June 5	12:30 - 2:30 pm	Rundle Park
557702	Mon. June 13	6:30 - 8:30 pm	Rundle Park



### CANOEING (Ages 50+)

\$38

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
557704	Sat. May 28	10 am - Noon	Rundle Park

### **LEARN-TO BIKE**

\$28

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 rode a bike or who wish to relearn.

Course #	Date(s)	Time	Location
559974	Sun. May 29	9:30 am - 12:30 pm	Kinsmen Park
559976	Thurs. June 9	6 - 9 pm	Kinsmen Park
559977	Sat. June 18	12:30 am - 3:30 pm	Kinsmen Park

### LONG BOARDING

\$28

Try out Long Boarding at Rundle Park and learn about balance, turning techniques and safety. Once you have learned the essentials, we will head out and explore the trails in Edmonton's River Valley in a whole new way!

All equipment is provided.

Course #	Date(s)	Time	Location
557700	Sun. June 12	3 - 5 pm	Rundle Family Centre

### STAND UP PADDLE BOARD

\$45

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
557769	Mon. May 30	6:30 - 8:30 pm	Rundle Park
557770	Sat. June 4	10 am - Noon	Rundle Park
557773	Mon. June 6	6:30 - 8:30 pm	Rundle Park
557774	Sun. June 12	12:30 - 2:30 pm	Rundle Park
557767	Mon. June 20	6:30 - 8:30 pm	Rundle Park

### STAND UP PADDLE BOARD (Ages 50+)

\$45

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
557772	Sun. June 12	10 am - Noon	Rundle Park



# > Child, Youth & Family Programs

# LITTLE ACORNS WEEKLY PRESCHOOL PROGRAM

\$135

Little Acorns are nuts for nature! This preschool aged, two hour weekly program is located in the beauty of Whitemud Park, where we will play games and create nature based crafts. Our hope is by the end of the 6 week session, all Little Acorns will have an increased appreciation and love for everything outdoors! Please note: all participants must be toilet trained. Parents/guardians are not required to stay.

Course #	Date(s)	Time	Location
558095	Tue. May 10 - June 14	9:30 - 11:30 am	Alfred H. Savage Centre

### **FAMILY ARCHERY**

Adult	\$32
Ages 16 & Under	\$17

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

Course #	Date(s)	Time	Location
557708	Sat. May 14	10 am - Noon	Victoria Park
557710	Sat. May 28	12:30 - 2:30 pm	Victoria Park
557713	Sun. May 29	12:30 - 2:30 pm	Victoria Park
557716	Sat. June 4	10 am - Noon	Victoria Park

### **FAMILY CANOEING**

Adult	\$38
Ages 16 & Under	\$22

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. Children aged 16 and under must be accompanied by a paying adult.

Course #	Date(s)	Time	Location
557705	Sun. June 5	10 am - Noon	Rundle Park

### **FAMILY LONG BOARDING**

Adult	\$28
Ages 16 & Under	\$17

Try out Long Boarding at Rundle Park and learn about balance, turning techniques and safety. Once you have learned the essentials, we will head out and explore the trails in Edmonton's River Valley in a whole new way! All equipment is provided. Participants aged 16 years and under must be accompanied by a paying adult.

Course #	Date(s)	Time	Location
557701	Sat. May 28	12:30 - 2:30 pm	Rundle Family Centre

### **FAMILY STAND UP PADDLE BOARD**

Adult	\$45
Ages 16 & Under	\$22

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. Participants aged 16 years and under must be accompanied by a paying adult.

Course #	Date(s)	Time	Location
557768	Sat. May 28	3 - 5 pm	Rundle Park







# **BOOKING, PAYMENT, FEES AND CANCELLATION INFORMATION**



# Edmonton Valley Zoo, John Janzen Nature Centre, John Walter Museum & Muttart Conservatory

- Naturally Edmonton Annual pass includes access to Muttart Conservatory, Edmonton Valley Zoo and John Janzen Nature Centre.
- For more information call 311 in Edmonton or 780-442-5311 in outlying communities

Programs must be booked at least one month (30 days) in advance of the desired date. Birthday parties must be booked 6 weeks (42 days) in advance of the desired date. Space fills quickly, so the earlier you can book, the better!

# > Cancellation Policy

For programs cancelled/rescheduled within 4 - 30 days of the program, a fee of 50% of the cost of the program will be charged.

For programs cancelled/rescheduled within 3 days (72 hours) or less of the program, the full program fee will be charged.

### To Cancel a Program:

- Birthday Parties: call 780-496-7948 or email cmsbirthdaybookings@edmonton.ca
- Group Programs: call 780-442-1442 or email cmsschoolbookings@edmonton.ca

# > Birthday Parties

The birthday child receives a free t-shirt.

Every child attending the party will receive:

- One 50% discount off a single admission to a City attraction when an equal or greater price admission is purchased.
- One free single admission to a City leisure centre when an equal or greater priced admission is purchased.

Cake, drinks and dishes are not provided.

Call **780-496-7948** or email **cmsbirthdaybookings@edmonton.ca** to book your party.

### **Fees and Payment:**

A 50% down payment is required at the time of booking in order to reserve a spot.



# > Group Programs

### To Book:

- Email the bookings office at cmsschoolbookings@edmonton.ca
- Online submit your request online at edmonton.ca/edprogrambookings

### Fees and Payment:

- The amount owing is shown on your program confirmation.
- Invoices are sent out by the City on the first of the month.
   Payment is due on the first day of the month <u>BEFORE</u> your program.
- Payment can be made by cash, cheque, Visa, MasterCard and 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, 14th Floor CN, Edmonton AB T5J 2R7.

### **Group Size:**

- The maximum number of children permitted in a program is 30. Groups exceeding a total of 30 children must book an additional program.
- 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.

# > Registered Programs

To register, call 311 or visit Edmonton.ca/eReg

### 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.



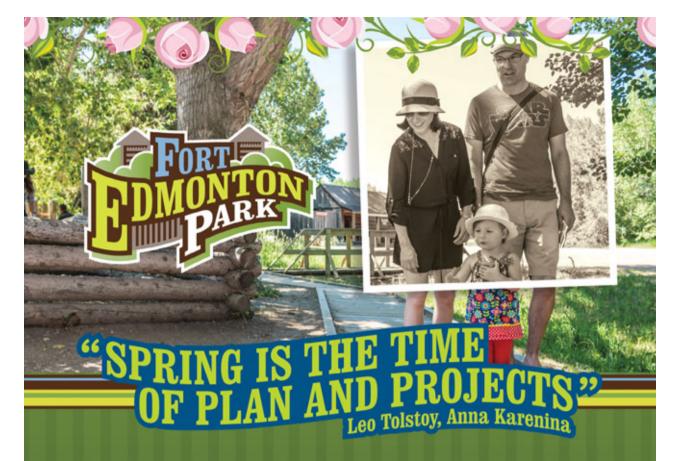
# SEEKING SPORT INFORMATION? START WITH US!

Connect with the sport of your choice.

Discover best sport practices,
registration timing, and other helpful
information.

edmontonsport.com





# THEMED WEEKENDS

May 28 - 29: Rebellion? Resistance!

Meet Canada's early freedom fighters. Discover the struggles brought through the evolution of government, land policy and culture.

### June 4 - 5: Ladies First

Stand aside for the suffragettes , the true pioneers in the world of politics and human rights . Come to show your support and join the rally.

June 11 - 12: Join the Hudson's Bay Company
Find out what it takes to join the HBC. Interested in enlisting? Try out and
you might go home with a contract in hand.

June 25 - 26: Miywatamowin
Tansi, taanishi, bonjour! Miywatamowin is a Cree word for celebration.
Discover the stories of local First Nations and Métis history-makers.

# **NEW THIS YEAR:** MASTER GARDENER PROGRAM

Interested in this ancient art? This hands-on program features traditional techniques, accessories and tips for amateur and seasoned gardeners.

### CINEMA SERIES

Watch classic films in a vintage setting. Every thursday evening at the timeless Capitol Theatre.

### SUMMER SEASON OPENING

Join us this May long weekend for the 42nd summer season opening. Two adults and up to four children can enjoy all inclusive access to over 158 acres of fun for under \$100.00.

WWW.FORTEDMONTONPARK.CA



