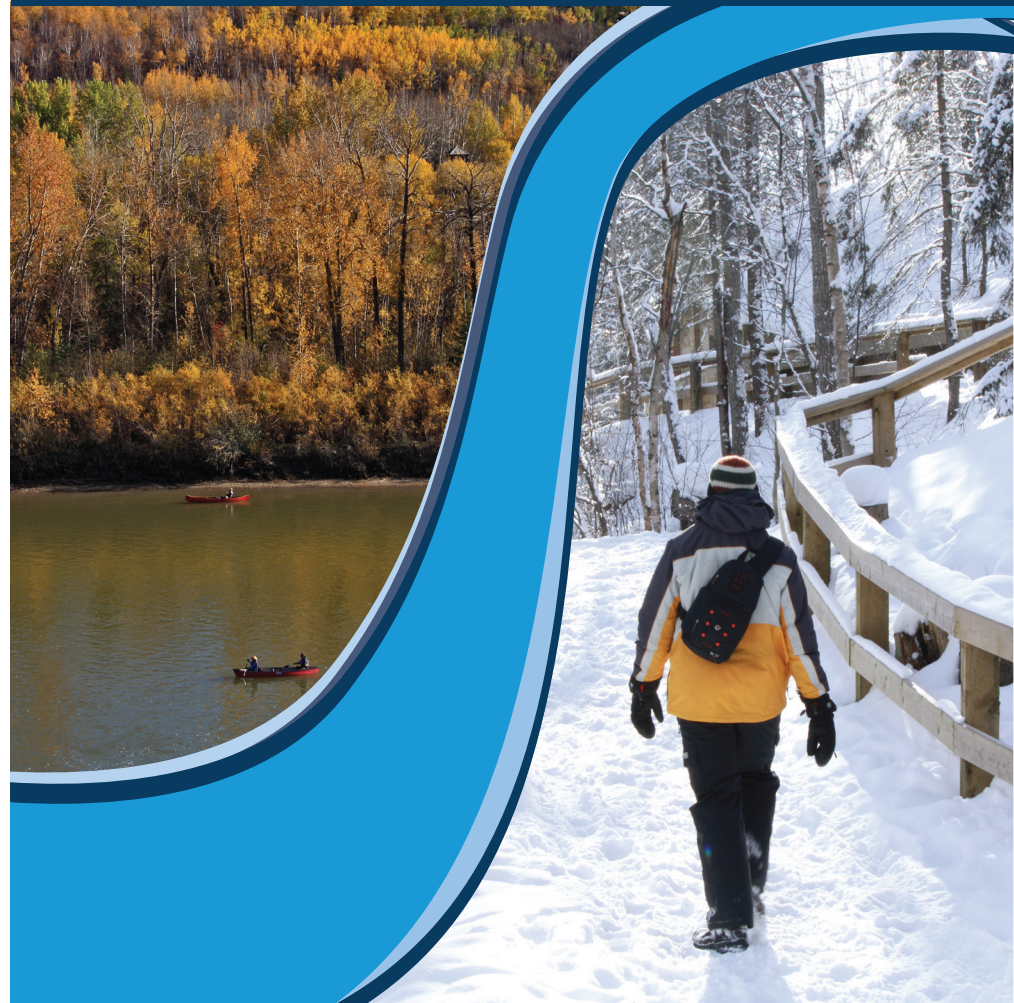


EDMONTON

Fall 2018/Winter 2019



Priceless Fun

*Your guide to **FREE** and low cost recreation opportunities in Edmonton*

Edmonton

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The City of Edmonton acknowledges the traditional land on which our great city resides, is Treaty 6 Territory. We would like to thank the diverse Indigenous Peoples whose ancestors footsteps have marked this territory for centuries such as: Cree, Dene, Saulteaux, Nakota Sioux and Blackfoot peoples. We also acknowledge this as Metis' homeland and the home of the largest concentration of Inuit south of the 60th parallel. It is a welcoming place for all peoples who come from around the world to share Edmonton as a home.

COMPUTER HELP AVAILABLE

Don't have a computer and want to check out the websites that are in the Priceless Fun guide? You can use a computer for **FREE** at any Edmonton Public Library location.

If you want someone to help you use the internet, Library staff can assist you. See page 20 for more information.



LEISURE ACCESS PROGRAM

LEISURE ACCESS PROGRAM (LAP)

Edmonton

WHAT IS THE LEISURE ACCESS PROGRAM?

The program allows eligible low-income Edmontonians to access participating City of Edmonton recreation facilities and attractions (swimming pools, fitness centres, Edmonton Valley Zoo etc.) through an annual pass or a subsidized monthly pass.



ANNUAL PROGRAM

The LAP Annual Program is valid for one year from issue date and provides free unlimited access to participating facilities and discounts on registered programs (daycamps, art classes, swimming lessons etc). You may qualify for the LAP Annual Program if:

- You are currently on AISH
- You have an income below the low income threshold
- You are a recently landed immigrant or refugee
- You are not a full-time student at University of Alberta, NAIT or MacEwan University, unless you have children

MONTHLY PASS

The LAP Monthly Pass provides discounted opportunities to participating facilities, including drop-in and instructor-led programs. Individual passes are \$20/month and family passes are \$70/month.

You may qualify for the LAP Monthly Pass if:

- You have an income near the low income threshold

HOW CAN I GET AN APPLICATION FORM?

- At any City of Edmonton Recreation Centre
- At www.edmonton.ca/lap
- By calling 311
- Edmonton Tower 2nd Floor
10111-104 Avenue NW
Edmonton, Alberta T5J 0J4



Note: If you have an income below Edmonton Transit Service's (ETS) Ride program's low income threshold, you may also qualify for the Ride Transit pass. Ride Transit is ETS' low income program that offers monthly passes to eligible Edmontonians for \$35/month. You do not need to submit a separate application to apply for Ride Transit. Learn more at edmonton.ca/ridetransit.

Free youth drop-in programs September 10, 2018 – June 2019

yeg
youth

Join us for fun & free programs:
sports, swimming, art activities & more!

Mondays

The Meadows Community Recreation Centre | 5 - 8pm (West Gym 2)
St Francis Xavier Sports Centre | 5-8pm (Gym 2)

Tuesdays

Cardinal Leger School (8804-144ave) | 6 - 9pm
Lee Ridge Community Centre (549 Millbourne Rd. East) | 6 - 9pm

Wednesdays

Terwillegar Community Recreation Centre | 4:15pm - 7:15pm (Gym 2)
Clareview Community Recreation Centre | 5 - 8pm (MP6)

Thursdays

Abbottsfeld Recreation Centre (3006 119 Ave) | 6 - 9pm
Lois Hole (Callingwood) Library (17650 69 Ave) | 5:30 - 8:30pm

Fridays

Mill Woods Recreation Centre | 5 - 8pm (MP304)
Commonwealth Community Recreation Centre | 5 - 8pm (West Gym)

@yegyouth



edmonton.ca/youth

Edmonton



311 SERVICES

City of Edmonton program registration and service information — call 3-1-1

Callers using TTY call 780-944-5555 to be connected with a 311 agent.

311 agents are available 24 hours a day, every day of the year to help citizens with City of Edmonton municipal information, programs and services.

Call 311 for:

- ❄ Bus schedules and information
- ❄ Program registration and bookings
- ❄ Facility and program information
- ❄ Commendations and comments
- ❄ Residential and business inspections and permits
- ❄ Bylaw complaints
- ❄ Information on City programs and services

Help yourself with 311 online anytime! Visit the City of Edmonton website edmonton.ca or edmonton.ca/311 where you can:

- ❄ Find information on all City programs and services
- ❄ Search for bus schedules or plan a bus trip
- ❄ Register for a City program
- ❄ Renew a pet license
- ❄ And so much more!

Download the 311 App! 311 has made reporting concerns to the city more convenient through the use of your mobile device. Take a photo and allow your GPS to mark the location of your request. Some of the requests available on the 311 App are:

- ❄ Road and Sidewalk Maintenance
- ❄ Litter
- ❄ Graffiti/Vandalism
- ❄ Parks concerns
- ❄ Parking Enforcement
- ❄ And more!

The 311 App is available on Google Play and through the Apple Store. Search for 'Edmonton 311'.

Special telephone assistance

Non-English speaking callers may request the help of an interpreter. The 311 agent will connect with an external interpretive service to assist with the call.

New to Edmonton?

Edmonton has a Citizen and New Arrival Information Centre located in City Hall. This centre helps new arrivals to Edmonton get settled. An interpretive service is available in 150 languages to help those who do not speak English. A Newcomers Guide is available in 9 languages. This guide can be found at the Citizen and New Arrival Information Centre or online at edmonton.ca/newcomers.

Your Neighbourhood

You can view a list of links to facilities and services in your neighbourhood or near your home. Check out edmonton.ca/neighbourhoods and select your neighbourhood from the drop down menu.

Find Your Fun

Interested in finding out about fun things to see and do in Edmonton? Check out findyourfun.ca to view links to fun things to see and do with history, fitness, nature, etc.



No School? No problem.

Plan your next adventure
with the **ETS Day Pass!**

ETS Day Pass only \$9.50

UNLIMITED Transit use all day and night.
One adult and up to **four children**,
12 years and under.

takeETS.com

ETS



FREE ADMISSION DAY

Sunday, September 30, 2018 from 10:00 am to 6:00 pm, Edmontonians are invited to enjoy **FREE** admission at select City of Edmonton owned and operated attractions and leisure, sport and fitness facilities and partner facilities.

Please visit edmonton.ca/freeadmissionday after September 1, or call 311 for more information.

Facilities and Attractions offering **FREE** admission this year are:

Leisure, Sports & Fitness Facilities

- ❄ The Meadows Community Recreation Centre
- ❄ Terwillegar Community Recreation Centre
- ❄ Londonderry Leisure Centre
- ❄ Commonwealth Community Recreation Centre
- ❄ St. FX Sports Centre

All City of Edmonton arenas will also be participating with **FREE** regular public skate times.

Attractions and Cultural Facilities

- ❄ Edmonton Valley Zoo
- ❄ John Janzen Nature Centre
- ❄ Muttart Conservatory





CITY OF EDMONTON ATTRACTIONS

With a Leisure Access Card (see page 3), admission to any City of Edmonton attraction is **FREE**. Or wait until Sunday September 30, 2018 for Free Admission Day at many City of Edmonton owned and operated attractions.

John Janzen Nature Centre invites visitors of all ages to have fun while learning more about Edmonton's natural spaces. Families (up to 7 people living in the same household) can visit the John Janzen Nature Centre for only \$17.

Access from Fox Drive, just east of Whitemud Drive. They share a parking lot with Fort Edmonton Park.

Find out more at edmonton.ca/johnjanzen.



INDOOR SWIMMING POOLS

Find your Fit at Recreation and Leisure Centres. With a Leisure Access Card, admission is **FREE** (see page 3). Call 311 for swim times or visit

edmonton.ca/activities_parks_recreation/recreation-leisure-centres-pools.aspx

A.C.T. Aquatic & Recreation Centre

2909 – 113 Avenue

Bonnie Doon Leisure Centre

8648 – 81 Street

POOL CLOSED for rehabilitation until spring 2019

Clareview Community Recreation Centre

3804 – 139 Avenue

Commonwealth Community Recreation Centre

11000 Stadium Road

Confederation Leisure Centre

11204 – 43 Avenue

Eastglen Leisure Centre

11410 – 68 Street

Grand Trunk Fitness & Leisure Centre

13025 – 112 Street

Hardisty Fitness & Leisure Centre

10535 – 65 Street

Jasper Place Leisure Centre

9200 – 163 Street

CLOSED for rehabilitation until further notice

Kinsmen Sports Centre

9100 Waltherdale Hill

Londonderry Fitness & Leisure Centre

14528 – 66 Street

The Meadows Community Recreation Centre

2704 – 17 street

Mill Woods Recreation Centre

7207 – 28 Avenue

O'Leary Fitness & Leisure Centre

8804 – 132 Avenue

Peter Hemingway Fitness & Leisure Centre

13808 – 111 Avenue

Scona Pool

10450 – 72 Avenue

Terwillegar Community Recreation Centre

2051 Leger Road



FALL AND WINTER DROP-IN PROGRAMS

Green Shack Programs

Experience fun in your own neighbourhood by dropping in on one of the City of Edmonton's exciting **FREE** Green Shack programs.

Children aged 6 to 12 are welcome to join the games, sports, crafts, music, drama and special events. Children under 6 are welcome but must be supervised by a parent or guardian at all times.

The Fall and Winter Green Shack Program runs from September – February at select locations, on weekdays from 3:30 pm – 6:00 pm and weekends from 1:00 pm – 5:00 pm. For programs in your area, please call 311 or visit edmonton.ca/dropincommunityprograms

Note: Parents are responsible for their children at all times and must be available in the event of an emergency. Children can come and go as they please from our Green Shack Programs.

Bike Safety Programs

- ❄️ Enjoy the cycling season this year with basic safety skills for participants on 2 or 4 wheels. Learn about the parts of your bike, road & trail rules, riding drills, and cycling etiquette.
- ❄️ This program is targeted to children aged 6 – 12, but all children accompanied by an adult are welcome to attend. Families are encouraged to participate.
- ❄️ Participants must have their own bike, as well as a CSA approved helmet in order to participate. This program may cancel due to inclement weather.

Neighbourhood Learn to Skate Programs

Fun is the focus of these free, drop-in skating programs

Children and families of all ages can try out various basic skating skills at their own pace through on-ice games and activities. Trained leaders will be on hand to adapt the program to the age and skill level of the participants. For programs in your area, please call 311 or visit edmonton.ca/dropincommunityprograms

Please note:

- ❄️ Participants must have their own skates
- ❄️ A CSA approved **helmet is required**
- ❄️ Participants under the age of 5 must be accompanied by an adult
- ❄️ The program will cancel in inclement weather

YEGyouth Programs

Come hang out with our YEGyouth staff at one of our City of Edmonton Recreation Centres or Neighbourhood location listed on our website, edmonton.ca/youth. We will be offering a hang out space, gym time, board games, arts and crafts and more. This is a **FREE** drop-in program for youth ages 13–17





GETTING BACK TO NATURE

Why not spend some time in the great outdoors this fall and winter? Here are some ideas about getting back to nature:

City Park Rangers may be available to do a **FREE** educational presentation for your kids group! Call Community Relations at 780-495-0327 (or call 311) to request a presentation.

From September to November, there are many places in the City of Edmonton to view amazing fall foliage, and all for **FREE!** Check out these great spots or find your own favourite spot:

- | | | |
|---------------------------------------|------------------------|------------------------------------|
| ❄️ 97 Street from
137 – 144 Avenue | ❄️ Hawrelak Park | ❄️ Mill Creek Ravine |
| ❄️ Beaumaris Lake | ❄️ Keillor Pathway | ❄️ River Valley |
| ❄️ Government House
Park | ❄️ Whitemud Creek | ❄️ Rundle Park |
| | ❄️ Legislature Grounds | ❄️ University of Alberta
campus |

Are you interested in learning about our local natural area parks? Check out the **FREE** Urban BioKit, a colourful workbook full of activities to explore the wonders of nature in Edmonton.

edmonton.ca/city_government/documents/PDF/Edmonton_BioKitLOW.pdf



MAJOR PARKS

There is more green space in Edmonton than in any other city in Canada. Edmonton has a total of over 875 park areas, open to the public between 5:00 am and 11:00 pm daily. River Valley park buildings are open 9:00 am – dusk in the winter.

The opportunity to be outside and enjoy the fresh air does not need to stop just because it is cold. Enjoy one of your local parks by packing a thermos of hot chocolate, layering your warm clothing and enjoying the fall colours; in the winter listen to the snow crunch under your boots and bring a winter picnic!

Listed below are just a few of the **FREE** major parks within our “green” city.

Borden Park
112 Avenue & 73 Street

Callingwood Park
69 Avenue & 178 Street

Capilano Park
109A Avenue & 50 Street

Castle Downs Park
153 Avenue &
Castle Downs Road

Coronation Park
11425 – 142 Street

Dawson/Kinnaird Park
10336 – 89 Street

Emily Murphy Park
Groat Road &
Saskatchewan Drive

Gallagher Park
9411 – 97 Avenue

Gold Bar Park
109A Avenue & 50 Street

Goldstick Park
4210 – 101 Avenue

Government House Park
Groat Road &
River Valley Road

Hermitage Park
127 Avenue & 21 Street

**Jackie Parker
Recreation Area**
4540 – 50 Street

Kinsmen Park
9100 Waltherdale Hill

Laurier/Buena Vista Park
134 Street &
Buena Vista Road

Louise McKinney Park
9529 Grierson Hill

Mill Creek Ravine
82 Avenue & 95A Street

Mill Woods Park
2730 – 66 Street

Queen Elizabeth Park
10380 Queen Elizabeth
Park Road (construction)

Rainbow Valley Park
13204 – 45 Avenue

Rundle Park
2909 – 113 Avenue

Terwillegar Park
10 Rabbit Hill Road

Victoria Park
12130 River Valley Road

Whitemud Park
Fox Drive &
Whitemud Drive

William Hawrelak Park
9330 Groat Road



WALK EDMONTON

Winter can be a challenging time to stick to your physical activity routine. So how do you remain active when the weather outside seems to be a barrier? Embrace winter! Try activities listed in this guide and maybe try one of these:

- ❄ Snowshoeing
- ❄ Walking the downtown pedway system or local mall
- ❄ Bundling up and walking outside with friends.

One of the easiest ways to get active is to walk!

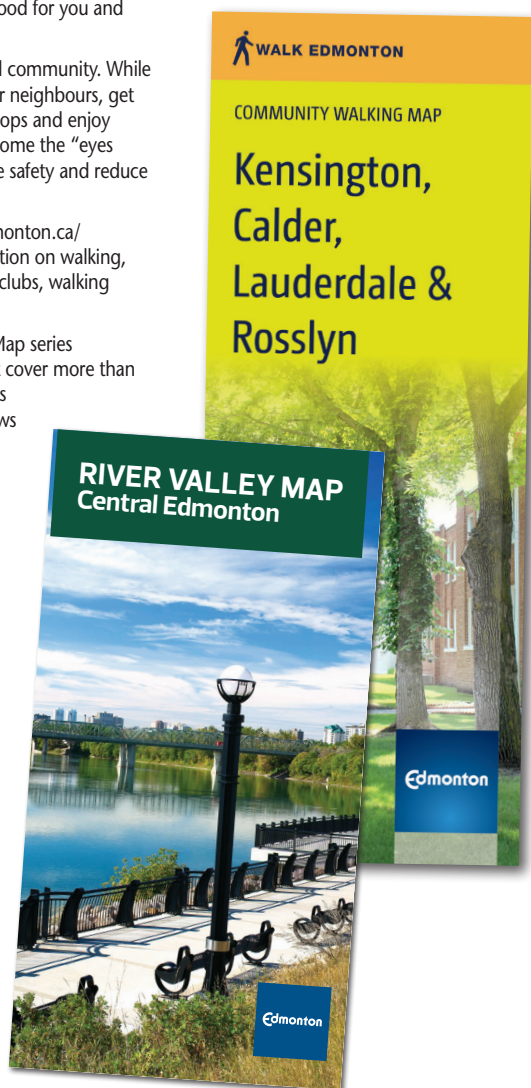
Walking is **FREE**, fun and good for you and your family.

Walking can also help build community. While out walking, you meet your neighbours, get some exercise, visit local shops and enjoy public spaces. You also become the “eyes on the street” that enhance safety and reduce crime.

Check out the website edmonton.ca/walkedmonton for information on walking, local destinations, walking clubs, walking routes and maps.

The Community Walking Map series includes over 35 maps that cover more than 100 neighbourhoods across Edmonton. Each map shows measured walking routes, shared-use paths, schools, stores and other places in your neighbourhood. You can find **FREE** copies of these maps at edmonton.ca/walkmap, your local library or City Hall.

The City of Edmonton also has over 150 kilometres of trails in the river valley. Did you know many of these trails are also cleared during the winter when the snow accumulation is greater than 2.5 cm? When it's icy, try walking with poles and slip-on snow cleats for your boots.





DOGS IN THE CITY

What are the doggone rules?

Are you not sure about the rules for walking dogs in the City of Edmonton? The City's Animal Licensing and Control Bylaw and Parkland Bylaw help protect the safety of you, your neighbours and your pet.

In the City of Edmonton you must:

- 🐾 License your dog
- 🐾 Clean up your pet's defecation
- 🐾 Keep your pet on a leash no longer than 2 metres in length

Your pet must be on a leash when you are not in your yard. Use a leash on any parkland trail more than 0.5 meters wide and on city boulevards.

Keep dogs away from:

- 🐾 School grounds
- 🐾 Sports fields
- 🐾 Golf courses
- 🐾 Playgrounds
- 🐾 Picnic sites
- 🐾 Park buildings and facilities
- 🐾 Off trail outside off-leash area boundaries
- 🐾 Off-trail inside community league parks



Off-leash sites

Edmonton has over 40 sites where your dog can run and play without a leash. Some off-leash areas are in river valley parks, some are on undeveloped land and others are in neighbourhood parks.

The City currently manages 3 fully fenced sites:

- 🐾 Alex Decoteau Park (10230 105 Street NW)
- 🐾 Paisley off-leash (3051 Paisley Green SW)
- 🐾 Lauderdale off-leash (129 Ave & 113A Street)

Area maps with boundaries are posted at each site and online at edmonton.ca/offleash. Remember to keep your dog on a leash when coming and going from off-leash sites.

Want to be a Dogs Off Leash Ambassador at an off-leash site?

Site ambassadors are volunteers who keep sites safe and fun by:

- 🐾 Welcoming everyone to the off-leash area
- 🐾 Engaging all park users in site stewardship
- 🐾 Providing education about rules, boundaries and site development
- 🐾 Attending events and tradeshow to promote off-leash use

Email: DogOffLeashCoordinator@edmonton.ca or check edmonton.ca/offleashambassador for more information.



ART & CULTURE DISCOUNTS

Find it expensive to go to arts events? Start here to find ways to save money on art interests.

Alberta Craft Council Gallery —

FREE admission.

10186 – 106 Street
780-488-6611
albertacraft.ab.ca

Alberta Legislature — FREE tours and an interpretive centre.

10800 – 97 Avenue
780-427-7362 assembly.ab.ca/visitor

Art Gallery of Alberta — Servus

FREE admission night on Tuesday and Wednesdays 5 – 8 pm. Alberta post-secondary students, Youth 17 and under **FREE** during regular hours Tuesday to Sunday. The Art Gallery of Alberta is closed Mondays.

2 Sir Winston Churchill Square
780-422-6223 youraga.ca

Citadel Theatre — September – May. The first Sunday evening of each show is Servus Pay-What-You-Can night. Tickets go on sale that day at 3 pm at the box office.

9828 – 101A Avenue
780-425-1820
citadeltheatre.com/servus-pay-what-you-can

City of Edmonton Archives — Year-round, Mon – Fri. **FREE** access to the city's archives.

Prince of Wales Armouries Heritage Centre
10440 – 108 Avenue
780-496-8711
edmonton.ca/city_government/edmonton_archives/city-of-edmonton-archives.aspx

City Hall — There are plenty of things to see and do in City Hall. Whether it is taking a tour of the building, participating in an event, or attending a City Council meeting, City Hall has a variety of activities for people of all ages.

1 Sir Winston Churchill Square
311
edmonton.ca/attractions_events/city_hall/things-to-see-do.aspx

John Walter Museum — FREE admission on Sundays from 1 – 4 pm from September to November

9180 Walterdale Hill – North side of
Kinsmen Sport Centre parking lot
311 edmonton.ca/johnwalter

Latitude 53 Contemporary Visual Culture Centre — open to the general public Tuesday to Friday 11 am – 7 pm, and Saturdays 11 – 5 pm. **FREE** admission (donations accepted).

10242 – 106 Street
780-423-5353 latitude53.org

Metro Cinema — Reel Family

Cinema offers family friendly classic and contemporary movies most Saturday afternoons (1:00 pm) from September - February. Come early and enjoy themed colouring activities before films. **FREE** admission for children 12 and under! Check the website for a listing of movies & times.

8712 – 109 St
780-425-9212 metrocinema.org/

Neon Sign Museum — FREE outdoor display shows historic neon business signs. Best experienced after dark.

104 Street, between 103 and 104 Avenues
edmonton.ca/neonsignmuseum

Observatory — FREE admission to view the sun, moon, stars and planets.

Located southeast of Telus World of Science in Coronation Park (142 Street and 111 Avenue). Call to confirm hours, weather dependent.

780-452-9100 (ext. 2249)
telusworldofscienceedmonton.ca/exhibits-events/rasc-observatory

Paleontology Museum — FREE

admission from Monday – Friday (8 am – 4 pm). Public and school groups can call to book tours of 5 – 30 people.

1-26 Earth Sciences Building,
University of Alberta North Campus
780-492-3265
ualberta.ca/earth-sciences/facilities/collections-and-museums/paleontology-museum

Continued on next page



ART & CULTURE DISCOUNTS CONTINUED

Shadow Theatre — Theatre Productions from October 24, 2018 to May 19, 2019. With the purchase of a premium pass you get 1 ticket to each production in the 2018/19 season as well as a complimentary guest pass **FREE** of charge for a single performance.

Check the website for a listing of Pay What You Can & Two for One performances & dates. 10329 – 83 Avenue

780-434-5564 shadowtheatre.org

University of Alberta Observatory — **FREE** admission. Check website for hours. 5-240 Centennial Centre for Interdisciplinary Science, University of Alberta North Campus 780-492-5286

ualberta.ca/science/events/observatory/

Walterdale Playhouse — Oct – July. The first Thursday of every run is 2-for-1 Admission (at the door only). The Tuesday night before Opening Night of every show at Walterdale is a special, **FREE** preview performance open only to students and invited guests of the director. Students can gain access to see this **FREE** preview performance by showing their valid student ID at the door. For a listing of the 2018/19 season productions check the website. 10322 – 83 Avenue 780-439-3058 walterdaletheatre.com/the-season



FESTIVALS AND SPECIAL EVENTS

To find out what is happening at any time of the year in Canada's Festival City, check out:

- ❄ **FREE** newspapers or the Sun and Journal online
- ❄ exploreedmonton.com/festivals-and-events/winter
- ❄ festivalseekers.com/edmontonfestivals
- ❄ familyfuncanada.com/edmonton/: Family Fun Edmonton is a complete resource of events and activities for your family to enjoy in Edmonton and surrounding areas!

September 15 – 17: Kaleido Family Arts Festival is held on historic Alberta Avenue (118 Ave between 90 – 94 Street). For two and a half days every September, Alberta Avenue comes alive as an environment of creative exploration and performances on rooftops, sides of buildings, back alleys, parks, old spaces and new spaces. Not only is it a wonder to behold, it is **FREE!** You have to see it to believe it! kaleidofest.ca/

September 15: Community League Day Wherever you are in Edmonton, something awesome will be happening right in your own community. Fall festivals, BBQs, carnivals, harvests and more will all be taking place in communities throughout Edmonton. Many events are **FREE** so bring your friends and family and get to know your neighbours! Call 780-437-2913 or efcl.org and click on Community League Day.



September 29: Nuit Blanche This **FREE** family-friendly all-night contemporary art event is about bringing Edmontonians and contemporary art together.

7:00 pm – 7:00 am Downtown
nuitblancheedmonton.ca

September 28 – 30: Alberta Culture Days Experience how culture makes a great society. Local organizations will be hosting **FREE** and low cost events. culture.alberta.ca/culturedays

November 10: All is Bright On 124 Street between 102 and 108 Avenue we will light up the night with a variety of **FREE** winter activities. 124street.ca/all-is-bright/

November 11: Remembrance Day Remembrance Day Many ceremonies around the city including events at the Legislature Grounds, Butterdome and Beverly Cenotaph. edmonton.ca/remembranceday

Mid November: Downtown Business Association Holiday Light Up Admission is **FREE**. Due to construction projects impacting Sir Winston Churchill Square, this event is on hold until November 2019. Please call 780-424-4085 or visit edmontondowntown.com for details about the event.



FESTIVALS AND SPECIAL EVENTS CONTINUED

November 17: Join us at 5pm for **Santa's Parade of Lights** A **FREE** outdoor parade. Visit our website for location and details edmontonsantaparaade.com

November 21 – 25: Grey Cup Festival 2018 This November, the biggest party of the year is coming to Edmonton – the 106th Grey Cup and Grey Cup Festival presented by Shaw! Taking place in the heart of downtown Edmonton, Jasper Avenue from 96 Street to 99 Street, the Grey Cup Festival will offer **FREE** activities for football fans and families alike to partake in from November 21 – 25. Let's 'Bring the Heat' this November! greycupfestival.ca

November 24: Grey Cup Parade presented by CN Noon – 1:30 pm Always a crowd-pleaser, the Saturday afternoon parade will be a highlight of Grey Cup week! From floats to marching bands and CFL cheer teams, the lively parade will kick-off at Jasper Avenue and 108 Street, travel east down Jasper Ave., and end at 101 Street and 103 Avenue. Get there early to secure your seat so you don't miss a moment of the action! greycupfestival.ca

December 7 – 23: Celebrate the Season The Alberta Legislature hosts a choir performance and the Celebrate the Season light up. Most noon hours and evenings listen to **FREE** choir performances in the rotunda. assembly.ab.ca/visitor/annualevents.html

December 7 – January 1: YEGCandycanelane (148 Street between 92 and 100 Avenues.) Celebrate the 50th Anniversary of this event. Buy a ticket to ride on a horse drawn sleigh or walk and see colourful lights. Visitors are asked to bring a donation for Edmonton's Food Bank. YEGCandycanelane.ca

December 22 – Elk Island National Park Free Admission Day 35 minutes east of Edmonton on Hwy 16, parks.canada.gc.ca/elkisland Kids are out of school for the holiday season and we're kicking off the winter season with **FREE** admission!

December 31: New Year's Eve Downtown A **FREE** event featuring indoor and outdoor activities and entertainment for all ages at the Legislature Grounds. The event is capped off with a fireworks finale at 9:00 pm. Edmonton Transit service offers **FREE** bus service from 6:00 pm on December 31 to 3:30 am on January 1. Call 311 or edmonton.ca/newyeareseve

Deep Freeze: A Byzantine Winter Festival Jan 12 – 13, 2019 / Sat noon – 10pm / Sun noon – 6pm This **FREE** winter festival celebrates all things winter in Edmonton: ice sculpture, skating, cultural foods, street hockey, music, dance and the infamous Deep Freezer Races! Revel in our diverse cultures and the magic and beauty of winter. On Alberta (118) Avenue, between 90 and 95 Street. deepfreezeefest.ca

January 24 – 27, January 31 to February 3, Boardwalk Ice on Whyte Festival Join us as professional ice carving artists compete for the Canada Cup of Ice Carving at the 2019 Boardwalk Ice on Whyte Festival. iceonwhyte.ca

February 1 & 2: Flying Canoe Volant This **FREE** interactive cultural event tells the legend of La Chasse Galerie (The Flying Canoe) as you walk through Mill Creek Ravine (83 Avenue and 95 Street). flyingcanoevolant.ca

February 8 – 18: Silver Skate Festival Weekdays 4:00 – 8:00 pm/Fridays & Weekends 9:00 am – 9:00 pm Hawrelak Park (9330 Groat Road NW), silverskatefestival.org Each year, the festival transforms Hawrelak Park into a winter wonderland with fun for the entire family. #silverskatefest

February 18: Family Day Festivities Many **FREE** events throughout Edmonton to celebrate Family Day. For details visit: https://www.edmonton.ca/attractions_events/schedule_festivals_events/family-day-events.aspx

February 18: Family Day at the Legislature is Alberta's **FREE** capital Family Day event at the Alberta Legislature. Indoor and outdoor activities to keep the whole family entertained. assembly.ab.ca/visitor/annualevents.html



SPORT & RECREATION DISCOUNTS

Want to get active, but not sure that you can afford it? Start here!

Boys and Girls Clubs Big Brothers Big Sisters of Edmonton and Area

offer **FREE** recreational, social, and educational programs. Their nine clubs are located throughout the city.

780-424-8181

bgcbigs.ca

Snow Valley Ski Club has discounted lift tickets for \$15 on Monday to Thursday from 6:30 – 9:00 pm. On Food Bank Fridays, a food bank donation will get you a \$15 lift ticket from 3:00 – 9:00 pm. 780-434-3991 snowvalley.ca/ski-hill

The Edmonton Sport Council

can help you to connect to the sport or active recreation activity of your choice, when to register, financial assistance and pertinent participation information.

780-497-7678

edmontonsport.com

Canadian Tire JumpStart helps kids ages 4 – 18, whose families cannot afford organized sport and recreation activities for them. The program may help pay the costs of registration fees, transportation and equipment. 780-429-9622 (Bill Rees YMCA) canadiantire.ca/jumpstart

City of Edmonton's Leisure Access

Program: see page 3.

Rabbit Hill

Rabbit Hill Snow Resort has discounted tickets on Tuesday nights from 5:00 – 9:00 pm. **Fees:** \$8 lift ticket, \$8 equipment rental, \$6 meal special

780-955-2440 or

e-mail: info@rabbithill.com rabbithill.com

KidSport Edmonton provides registration fees for children and youth from low income families so they can play in organized sports. Up to \$250 per child per calendar year. 780-492-0105 or email: edmonton@kidsportab.ca

kidsportcanada.ca/alberta/edmonton

The YMCA's Opportunity Fund

offers financial assistance to access YMCA memberships, fitness centres, swim lessons, child care, summer camps, day camps, youth supports, immigrant supports, employment supports, and all other Y programs. Low-income Edmontonians are pre approved (bring your benefit card or Leisure Access Card to the front desk of any YMCA). If you do not receive income benefits, you can complete a confidential application process at any YMCA Centre. Student rates available for full time students.

780-452-9622 northernalberta.ymca.ca



EQUIPMENT OPTIONS

Want to take part in sport and recreation, but the cost of equipment keeps you at home?

Consider renting, exchanging or purchasing used equipment. (This is not a full list, nor do we endorse any of these retailers. These suggestions are given as a starting point only.)

Second hand stores and pawn shops may also have used sporting equipment. You can also check online for equipment swaps and used sales (e.g. Kijiji).

Sport Central Association gives used sports equipment **FREE** to children in need, including hockey pads, skates, bicycles, soccer, softball, rollerblades, racquets, snow sliders and many other types of gear. Children need to be referred to Sport Central for sports equipment by a social service agency, school or community leader (see website for list of referring agencies). If you have an Alberta Works Health Benefits Card, AISH card or City of Edmonton Leisure Access pass, you may make an appointment by phone without a referral letter.

780-477-1166

sportcentral.org

Edmonton Bike Commuters Society's

"The Spoke" is a **FREE** program for youth aged 12 – 17. Over the course of a 6- to 8-week program, participants learn how to repair and maintain a bike, from start to finish. Each participant leaves The Spoke with their very own bicycle! For more information about the program, or to volunteer or donate, please e-mail spoke@edmontonbikes.ca. edmontonbikes.ca/services/youth-adapted-services/the-spoke/

All Sports and Cycle

(13016 – 82 Street Ph: 780-760-2121 allsportscycle.com) or

Totem Outfitters

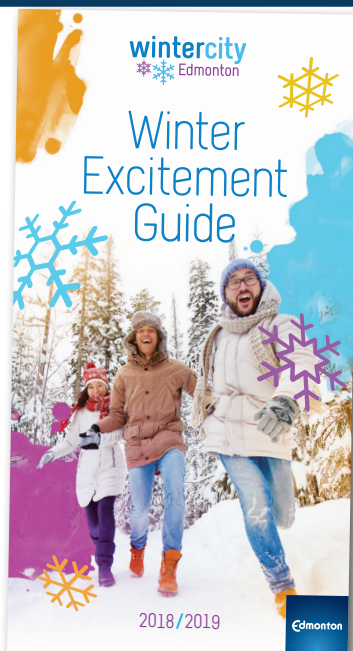
(7430 – 99 Street 780-432-0070 totemoutfitters.ca)



WINTER ACTIVITIES

wintercity Edmonton

Did you know Edmonton has a festival almost every weekend in winter?! Plus, we have winter activities for all ages, and more winter patios every year! Slide into your boots, slip on your toques, and head outside this winter. Find your winter fun in the Winter Excitement Guide, available at libraries and recreation centres, and at wintercityedmonton.ca



WINTER SAFETY TIPS

Safely enjoying the outdoors

Stay Safe and Warm This Winter

- ❄️ Keep children warm. A number of light or medium weight layers of clothing are warmer than a single layer — for both you and your children.
- ❄️ Most heat is lost through the top of the head. Wear a hat when it is cold to keep your body warm.
- ❄️ Set a time limit for playing outside in the cold. Bring your children inside every so often to get warm.
- ❄️ Scarves and cords are dangerous for children. Remove all cords and drawstrings from their clothing. Use a neck warmer instead of a scarf. Use mitten clips instead of strings.
- ❄️ Do not try to cross ponds, creeks or rivers unless a sign says it is safe to do so.

Signs and Symptoms of Trouble

- ❄️ Frostbite is the freezing of body parts — most often the nose, cheeks, ears, toes and fingers. Watch for red swollen skin that feels like it is tingling or numb. Warm the area slowly with your hands or warm (not hot) washcloths. Do not rub the frostbitten skin. If the numbness lasts for more than a few minutes, get medical attention.
- ❄️ Hypothermia is a condition where your body loses heat faster than it can make it. Watch for stumbling, mumbling, fumbling and grumbling. This includes severe uncontrolled shivering, weakness, exhaustion and difficulty with decision-making. If you think someone has hypothermia, they need medical attention.



ICE SKATING

Indoor Arenas

The City of Edmonton offers **FREE** public skating including public skate, early skate, adult fitness, older adult, figure skating, parent & tots, and sticks & pucks.

Schedules available online at edmonton.ca/arenas or call 311. Please check the schedule before going to a rink as hours may change without notice.

The Brick Sport Central (mentioned on 14 of this guide) may be able to help you get skates and a helmet.

Bill Hunter Arena

9200 – 163 Street

Callingwood Twin Arena

17740 – 69 Avenue

Castle Downs Arena

11520 – 153 Avenue

Clareview Arena

3804 – 139 Avenue

Confederation Arena

11204 – 43 Avenue

Coronation Arena

13500 – 112 Avenue

Crestwood Arena

9940 – 147 Street

George S. Hughes South Side Arena

10525 – 72 Avenue

Glengarry Arena

13340 – 85 Street

Grand Trunk Arena

13025 – 112 Street

Kenilworth Arena

8311 – 68 A Street

Kinsmen Arena

1979 – 111 Street

Londonderry Arena

14520 – 66 Street

The Meadows Community Recreation Centre

2704 – 17 Street

Michael Cameron Arena

10404 – 56 Street

Mill Woods Arena

7207 – 28 Avenue

Oliver Arena

10335 – 119 Street

Russ Barnes Arena

6725 – 121 Avenue

Terwillegar Community Recreation Centre

2051 Leger Road

Tipton Arena

10828 – 80 Avenue

Westwood Arena

12040 – 97 Street

City Operated Outdoor Rinks

Castle Downs Park

153 Avenue & 115 Street

City Hall

#1 Sir Winston Churchill Square

Jackie Parker Recreation Area

44 Avenue & 50 Street

The Meadows

Community Recreation Centre

2704 – 17 Street (Outdoor Leisure Ice on South Side of Building)

Rundle Park & Rundle Park IceWay

113 Avenue & 29 Street

Victoria Park Oval & IceWay

12130 River Valley Road

William Hawrelak Park Lake

9330 Groat Road

The City of Edmonton Bylaw 16200 prohibits skating on stormwater lakes. See edmonton.ca/activities_parks_recreation/outdoor-ice-rinks.aspx for more information.





ICE SKATING CONTINUED

Community League Operated Outdoor Skating Rinks in Your Neighbourhood

Enjoy skating with your friends and family at one of Edmonton's community league rinks. Skate for exercise or just for fun. Skating is **FREE** with a community league membership — just remember to wear your skate tag. If you are not a member, call your league or visit efcl.org/membership to find out how to buy a membership.

Please note that each community league independently operates their own rink and sets their own hours. Check with your community league, your community league newsletter or at efcl.org/league-directory

Ice Skating Safety

- ❄ Wearing a helmet is recommended.
- ❄ Only maintained ice is safe ice, but obey all signs that are posted.
- ❄ Ice needs to be 4 – 6 inches thick to be safe.
- ❄ Skate in the same direction and at the same speed as the crowd.
- ❄ Move to the side if you are unable to keep up with the flow of the crowd.



TOBOGGANING AREAS

Bring your family or gather some friends to enjoy the thrill of tobogganing. These **FREE** hills are maintained by the City of Edmonton for safe sliding with run outs, safety signs and reduced hazards. For current conditions, check out edmonton.ca/activities_parks_recreation/toboggan-hills.aspx

Emily Murphy Park

Emily Murphy Park Road &
Groat Road

Government House Park

Groat Road & River
Valley Road

Rundle Park (Walton's Mountain and ACT hill)

2903 – 113 Avenue

Gallagher Park

97 Avenue & 92 Street

Castledowns Park

11520 – 153 Avenue

Whitemud Park North

Keillor Road & Fox Drive

Tobogganing Safety

- ❄ Wearing a helmet is recommended.
- ❄ Teach children to kneel or sit down on their toboggan.
- ❄ Make sure the route is clear before going down a hill. Remember: the people below you have the right-of-way.
- ❄ Once you reach the bottom, move out of the way and watch out for people coming down the hill.
- ❄ Remember to slide down the middle of the hill and climb up the side.
- ❄ Always stay in control of your sled.
- ❄ Avoid running into the straw bales. They freeze and become very hard.
- ❄ Always check for icy conditions before you go down the hill.
- ❄ Temporary closures can occur during periods of unsafe conditions. Please obey all signage.



SNOWSHOEING

Snowshoeing, a traditional mode of transportation for northern Indigenous people in Canada, remains one of the best and most practical ways to travel on deep snow. Snowshoeing provides transportation for exploring, bird and wildlife viewing and is great exercise too.

Most City trails are packed down, so snowshoes perform best in areas that are open, and off the beaten track like Terwillegar Park. Check out edmonton.ca/activities_parks_recreation/snowshoeing.aspx for more information.

River Valley Programs also offer snowshoeing instructional courses with equipment. These programs are eligible for the Leisure Access Pass. Check out edmonton.ca/rivervalleyprograms for more information.

Good Snowshoeing Locations:

Borden Park

7507 Borden Park Road

Capilano Park

109A Avenue & 50 Street

Coronation Park

11425 - 142 Street

Emily Murphy Park

Groat Road &
Saskatchewan Drive

Fort Edmonton Park

corner of Fox Drive and
Whitemud Drive

Gold Bar Park

109A Avenue & 50 Street

Hermitage Park

127 Avenue & 21 Street

Jackie Parker Park

4540 - 50 Street

John Janzen Nature Centre

Beside Fort Edmonton Park
(corner of Fox Drive and
Whitemud Drive)

Mill Woods Park

23 Avenue and 66 Street

Rundle Park

2913 - 113 Avenue

Terwillegar Park

Rabbit Hill Road - West

Victoria Park

12130 River Valley Road

Whitemud Park

Fox Drive & Whitemud
Drive

William Hawrelak Park

9330 Groat Road



WINTER CYCLING

Keep rolling when it's snowing! It's good for the body and soul.

Did you know that Edmonton is setting a new standard for clearing bike routes in winter? The protected bike lane routes are cleared of snow in winter within 24 hours of a snowfall. Go to edmonton.ca/cycling for more information on the Downtown, Southside and West Central bike routes.

Learn how to suit up, get in gear, stand out, and cycle smart in winter. Go to edmonton.ca/wintercycling for great tips.



CROSS-COUNTRY SKI TRAILS

Edmonton is home to some of the most scenic (and **FREE**) cross-country ski trails in Alberta — just minutes from your door. The City of Edmonton grooms over 40 km of trails for skate and classic skiing and you can ski your own ungroomed tracks into ravines, open areas and parks. Check out edmonton.ca/activities_parks_recreation/cross-country-skiing.aspx for more details and trail notifications.

River Valley Programs also offer skiing instructional courses with equipment. These programs are eligible for the Leisure Access Card. Check out edmonton.ca/rivervalleyprograms for more information.

Argyll Park/Mill Creek

69 Avenue & 88 Street
(parking available at the Argyll Velodrome)

Capilano Park to Gretzky Drive

109 Avenue & 50 Street

Gold Bar Park

109 Avenue & 50 Street

Goldstick Park

42 Street & 101 Avenue

Hermitage Park

2115 Hermitage Road NW

Kinsmen Park

91 Avenue & 108 Street

Riverside Golf Course

Rowland Road & 84 Street

Victoria Park

116 Street and River Valley Road

Victoria Golf Course

12130 River Valley Road

William Hawrelak Park

9330 Groat Road



COMMUNITY LEAGUES

Welcome to Your Community League — A Place Where Neighbours Meet and Great Things Happen

Community leagues are about bringing neighbours together, establishing friendships and enjoying activities, programs and events that are close to home. By becoming a member of your local community league, you have the chance to:

- ❄ Meet and have fun with your neighbours in parent groups, play groups, assorted social activities or special times at your local pool, gym or ice arena.
- ❄ Join in for special league bookings at your local pool, gym, community hall, or ice arena.
- ❄ Have access to skating rinks, tennis courts and community sports teams such as soccer, basketball and hockey.
- ❄ Have a say in planning your parks, playgrounds, green spaces and local zoning.
- ❄ Get discounts at City Recreation Centres, tourist attractions and major league sporting events.
- ❄ Help make your neighbourhood a better place to live through programs such as Balconies and Front Yards in Bloom, Neighbourhood Watch and Community Gardens.

To find your league, visit efcl.org and click on the league directory or call 780-437-2913.

September 15, 2018 is Community League Day. Over 100 leagues around the city will be hosting fun events featuring arts, sports, barbecues, pub nights, carnivals, harvest fairs and more! Check out efcl.org to find an activity near you.





PUBLIC LIBRARIES

Spread the words!



epl

EDMONTON PUBLIC LIBRARY

Spread the words.

Become an EPL member and enjoy:

- ❄ **FREE**, easy and convenient access to computer services.
- ❄ Over 14 million items in our physical and digital collections.
- ❄ Over 20,000 **FREE** classes and events available each year for people of all ages and interests.
- ❄ **FREE** research assistance.
- ❄ **FREE** unlimited Wi-Fi access.
- ❄ One **FREE** hour of daily computer use for internet, word processing and printing services.
- ❄ **FREE** one-on-one tech help with friendly EPL staff to get instruction on topics such as computer basics, the internet, email, word processing, and social networking services like Facebook and Twitter.
- ❄ Services and materials for people with disabilities including home service, large print, Braille and talking books.

EPL's incredible content includes books, magazines, graphic novels, movies, music CDs, video games, world language materials, eBooks, eMusic, audiobooks, and over 100 databases including same-day newspapers from around the world.

Beyond our incredible content, amazing services, and superb classes and events, you receive expert, personal service you can't get anywhere else. Our staff are here to help you find what you need — for **FREE**.

If you do not have your library card yet, sign up for one at any branch or online at epl.ca/signup. Library cards are **FREE** for all Edmontonians!

For further information, call any library, drop in at your neighbourhood branch or visit epl.ca. You can also view the classes and events offered at your local library on our website.

Call each branch for individual hours of operation.

Abbottsfeld — Penny McKee

3410 – 118 Avenue
780-496-7839

Calder

12710 131 Avenue
780-496-7090

Capilano

9915 67 Street
780-496-1802

Castle Downs

106 Lakeside
Landing,
15379 Castle
Downs Road
780-496-1804

Clareview

3808 – 139 Avenue
780-442-7471

Enterprise Square

10212 Jasper
Avenue
780-496-7070

Heritage Valley

2755 119A Street
780-496-4834

Highlands

6710 – 118 Avenue
780-496-1806

Idylwyld

8310 – 88 Avenue
780-496-1808

Jasper Place

9010 – 156 Street
780-496-1810

Lois Hole

17650 – 69 Avenue
780-442-0888

Londonderry

Suite 166,
1 Londonderry
Mall NW
780-496-1814

McConachie

16607 – 50 Street
780-442-5314

Meadows

2702 – 17 Street
780-442-7472

Mill Woods

2610 Hewes Way
780-496-1818

Riverbend

460 Riverbend
Square,
Rabbit Hill Road &
Terwillegar Drive
780-944-5311

Sprucewood

11555 – 95 Street
780-496-7099

Strathcona

8331 – 104 Street
780-496-1828

West Henday Promenade

818 Webber
Greens Drive,
West Henday
Promenade
780-496-8342

Whitemud

Crossing

145 Whitemud
Crossing Shopping
Centre,
4211 – 106 Street
780-496-1822

Woodcroft

13420 – 114
Avenue
780-496-1830



REUSE CENTRE



Want to do your part to reuse, as well as have fun? The Reuse Centre offers and accepts a variety of items such as arts and crafts supplies, office and school supplies, paper and plastic products and much more. You can fill a bag with reusable items to keep you busy at a low cost of only \$5 for up to 25kg.

You can use your Leisure Access Card for 24 **FREE** purchase (up to 25kg per purchase) at the Reuse Centre.

The Reuse Centre offer group programs and birthday parties where you can explore the basics of upcycling and crafting while learning how to reduce waste. You can bring the family to one of our **FREE** monthly crafting sessions to make a craft with reusable materials.

Check out their blog at reuseitedmonton.blogspot.ca to get great ideas for crafts and follow them on social media -

Facebook @edmontonreusecentre

Instagram @reusecentre

Pinterest @reusecentre

Visit the Reuse Centre at 6835 83 Street NW (corner of Argyll Road and 83 Street). Contact the Reuse Centre at 780-442-4380 or edmonton.ca/reusecentre

Ambleside and Kennedale Eco Stations have Reuse Areas where items can be brought for disposal that are deemed to be in good condition and reusable will be set out in the Reuse Area for a limited time for **FREE** pick-up. These items include furniture, appliances and electronics (no computers). edmonton.ca/ecostations

How to Make A Thankful Leaf Garland

Materials:

Pressed or silk leaves or make your own from construction paper
Felt pens
Yarn, string, or ribbon
Glue gun



Directions:

1. Using felt pens, write things you are thankful for on the leaves. You can also draw designs and pictures on the leaves
2. Use a glue gun to attach leaves along the ribbon. Hang garland in your house.

Pipe Cleaner Icicles and Snowflakes

Materials:

Pipe cleaners

Yarn (for hanging)

Beads (optional)

Scissors

Directions:

1. For icicles – string beads onto the pipe cleaner. Bend the ends pipe cleaner to stop the beads from falling off. Bend the top of the pipe cleaner to make a hook for hanging or tie a piece of string or yarn onto a bent end of the icicle.
2. For snowflakes – Cut pipe cleaners to get 6 even sized pieces (use more pipe cleaners for a large snowflake or less pipe cleaners for a smaller snowflake). Form snowflake shapes. Use extra pieces of pipe cleaner or beads to make it fancier. Add a string to hang from the tree



OTHER FREE RESOURCES

211 Services

211 connects people to a wide range of social, government, and health services available in their community. 211 can help you find the appropriate services for your needs.

We can help you find:

- ❄ Basic needs (food, clothing, shelter and financial support)
- ❄ Employment resources
- ❄ Parenting support
- ❄ Counselling/support groups
- ❄ Health care
- ❄ Legal services
- ❄ And much more...

All you have to do is dial 2-1-1. It's *FREE*, confidential and available 24 hours a day, 7 days a week.

If you are having trouble connecting to 211 or if 211 is not yet available in your area, call 780-482-INFO (4636).

English not your first language?

211 can offer support in over 170 different languages with the help of a tele-interpreter service.





INDIVIDUAL AND FAMILY WELL-BEING (I&FW)

Feeling overwhelmed and need direction?

The Individual & Family Well-being (I&FW) team is staffed by professional social workers who know and understand relationships, community resources, and supports.

I&FW listens to citizens' concerns to improve the lives of individuals and families to provide best fitting referrals that meet their needs.

ALL citizens of Edmonton can call for support, learn about our programs, and if they are eligible for our **FREE** services.

- ❄ Personalized system navigation, our team will provide guidance and direction for your needs related to finances, housing, community agencies and recreation resources.
- ❄ *Drop in support groups in the area of personal development and family violence.
- ❄ *Counselling on daily stresses, relationships, challenges with family members, violence and abuse.
- ❄ Provide public education to the community in the areas of Healthy Relationships, stress management, and issues related to Family Violence.
- ❄ Develop partnerships, collaborative services, and build capacity with community agencies that would improve personal and community safety.

*To learn if our **FREE** services fit your needs, speak to one of our professional social workers, call 780-496-4777, Monday to Friday, from 8:30 am to 4:30 pm





VOLUNTEER OPPORTUNITIES

Did you know that over 13,000 Edmontonians volunteer for the City of Edmonton every year? Volunteering for the City gives you the opportunity to get involved and connect with members of your own community! Opportunities exist in all corners of the city and are flexible to meet your own volunteer goals.

Why Not Volunteer with the City of Edmonton?

What are the benefits?

- ❄ Make a difference in your community
- ❄ Influence decisions
- ❄ Make connections
- ❄ Build new skills
- ❄ Enhance your resume
- ❄ Have fun
- ❄ Promote healthy recreation and develop life skills in yourself and your children
- ❄ Help others while spending time together as a family

Formal Programs:


- ❄ Recreation Centres
- ❄ City of Edmonton Attractions
- ❄ Reuse Centre
- ❄ Capital City Clean Up
- ❄ Master Composters Program
- ❄ Edmonton Police Service
- ❄ Partners in Parks
- ❄ Festivals and Special Events
- ❄ River City Clean Up
- ❄ Off-Leash Park Ambassadors

Informal Programs:

- ❄ Snow Angels: Help your neighbour by shovelling sidewalks!

For more information on becoming a volunteer please visit edmonton.ca/volunteers. You can apply directly online or feel free to call 311. Our city thrives through the hard work, dedication, selflessness, and teamwork of citizens coming together to volunteer. We say thank you, for considering volunteer work, and for helping build Edmonton to be best it can be!

GET INVOLVED!



Volunteer with the City of Edmonton Attractions!

Are you looking to meet new people, enhance your resume, and develop skills in leadership and teamwork?

WE OFFER:

- orientation and training
- quality experiences
- volunteer recognition
- and of course...fun!

311
rfsvolunteer@edmonton.ca

edmonton.ca/volunteers

