

TOWN OF CLARESHOLM

RECREATION GUIDE

SPRING/SUMMER 2024



Scan QR Code for online guide



Claresholm
Where **Community** Takes Root

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Be part of our Fall/Winter
2024 guide.

Submit any detailed information
you have to
CAC@claresholm.ca
before June 30, 2024.



COMMUNITY

CLARESHOLM KRAKEN SUMMER SWIM CLUB

MAY - AUGUST 2024

Registration open online March 12, 2024.

www.teamunify.com/canassacksc

- 3 Hours/week (minimum) competitive: May 1 - Aug 14 = \$400.00
- 5 Hours/week (minimum) competitive: May 1 - Aug 14 = \$450.00
- Mini Krakens: May 1 - Aug 14 = \$300.00
- Intro to Swim Club: May 1 - June 27 = \$300.00

CASINO VOLUNTEERS NEEDED

July 17 & 18

Day & Night Shifts

Fundraising Required for Families

**HOME MEET
JUNE 21 & 22, 2024**



4:00 - 6:00 PM Monday - Thursday until
Nanton Pool opens & 4:00 - 6:00 PM Fridays in
May (Except Fri May 17)
Mon/Wed 4:00 - 7:00 & Tues/Thurs 4:00 - 6:00
remainder of the season.

Club President: Emily Dahl
krakens.claresholm@gmail.com
(403)489-0102

**Need a gift idea.
Pick up a Swim
Pass!!**



CLARESHOLM MINOR BALL

Registration open until **MARCH 31, 2024.**

Online registration form, contact:

claresholmbaseball@gmail.com

T-Ball, Coach Pitch, Minor League, Major League, Juniors, Girls Softball

THE SOUP BOWL

Pop by for lunch

TUESDAYS 11:30 - 1:30 AM

Claresholm Social Center

Free or donations welcome



PICKLEBALL

MONDAYS & THURSDAYS

7:00 - 9:00PM

\$1.00 DROP IN FEE

(goes towards equipment replacement)

September - May 30 (no school holiday)

- West Meadow School

June 3 - September

- Tennis Courts - Willow Creek
Composite High School

Volunteer Coordinator: 403-682-7466



CLARESHOLM REC

ARENA LIKE OUR CLARESHOLM REC FACEBOOK PAGE!

Submit your info to rec@claresholm.ca for the Fall/Winter 2024 Recreation Guide!



COMMUNITY

Town of Claresholm

WATER BARREL PROGRAM

Orders close April 12, 2024 payments must be in by this date

- \$65.00 55 Gallon, Double Outlet Barrel (Single Barrel)
 - \$71.00 55 Gallon, Triple Outlet Barrel (Single Barrel that can be joined to additional barrel)
 - \$200 1000 Litre Tote *limited availability
- Contact 403-625-2172 or rec@claresholm.ca

Customer will be emailed with pick up date, tentatively Thursday April 18 between 12pm & 4pm at the Claresholm Town Shop. Prices include GST. No Delivery,



BARK PARK CLEAN UP & GOPHER ROUND-UP

PARK CLOSED APRIL 17 & 18

Claresholm Bark Park
Patterson Heights Blvd.
Chemicals will be used in select areas
Volunteers welcome April 18th



PITCH IN CANADA 2024 TOWN CLEAN-UP

Downtown Parking Lot 10AM
APRIL 19 & 20
Garbage Bags & Gloves provided
Contact Brian 403-625-3381 Ext. 3
bylaws@claresholm.ca

Target areas: *Downtown parking lot & Downtown core, Centennial Park, Museum Grounds, Amundsen Park, along 8 Street West, 5th Street East, Town Building & anywhere you see that needs TLC.*



OUTDOOR PICKLEBALL

WCCHS Tennis Courts

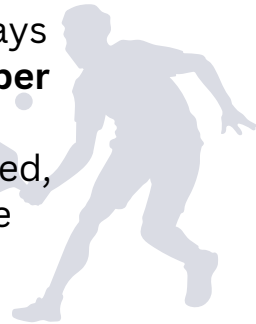
Monday & Thursdays

June 1 to September

7:00 - 9:00pm

Equipment provided,
everyone welcome

\$1 Drop in Fee



SPRAY PARK OPENS JUNE

CHECK LOCAL PRESS OR FACEBOOK FOR UPCOMING OPENING DATE!!

COMMUNITY

CLARESHOLM FAMILY AND COMMUNITY SUPPORT SERVICES (FCSS)

Teen Group: 15 - 18 yrs

Tuesdays 6:00 - 8:00 PM

Claresholm Arena Mezzanine

Junior Teen Group: 11 - 15 yrs

Friday 2:00 - 3:30 PM

March 8, April 12, May 10, June 14

Claresholm Arena Mezzanine

Creative Kids: 5 - 10 yrs

Friday 2:00 - 3:00 PM

March 22, April 19, May 10, June 7

Town Office - Youth & Community Room

Tumbling Tots: 0 - 5 yrs.

*Break for summer

Mondays 9:00 - 11:00 AM

Pentecostal Church Basement

4716 - 2nd Street West

Caregiver Support Group

Wednesday 10:00 - 11:00 AM

Youth & Community Room

Social Seniors - Outdoor Walking Group

Thursdays 1:00 PM

Kin Trail (Weather Permitting)

Social Seniors - Games and Coffee

Tuesdays 1:00 PM

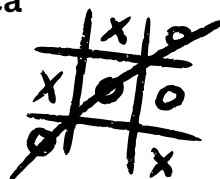
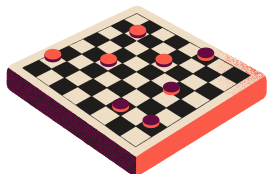
Youth and Community Room

Family Bingo

Tuesday 6:30 - 8:00 PM

March 19th & 23rd

Social Centre



Contact FCSS @ 403-625-4427 or
FCSS.outreach@claresholm.ca

CLARESHOLM PUBLIC LIBRARY

Primitive Rug Hookers

Wednesday mornings until the end of June

- New members Welcome!

STEM Class: Kids 8+

Wednesdays 4:00 - 5:00 PM

Tales & Rhymes: Ages 0-6 yrs.

Thursdays 10:30 - 11:30 AM, ends in June.

Spanish Lessons: Ages 12+ yrs.

March & April

Crafty Kids

Mondays 10:30 - 11:30 AM

Virtual Reality: Ages 13+ yrs.

Fridays 1:30 - 4:30 PM

Summer Reading Club

Wednesdays, July - August, Time to be determined.

Sport Equipment Lending Library

Paddle Boards, Lifejackets, Baseball Gloves, balls etc. Must be a Claresholm Resident

Deposit may be required on large items

CLARESHOLM GOOD FOOD BOX

ORDERS DUE BEFORE 6:00 PM

Box Options contain fruits and vegetables:

Small Box: \$35.00 = 15 - 20 lbs

Medium Box: \$40.00 = 25 - 30 lbs

Large Box: \$45.00 = 35 - 40 lbs

Payments made to:

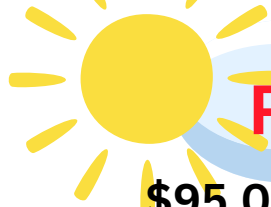
claresholmgfb@gmail.com

- Order Monday March 19th - Delivery Thursday March 28th
- Order Monday April 16th - Delivery Thursday April 25th
- Order Monday May 14th - Delivery Thursday May 23rd
- Order Monday June 18th - Delivery Thursday June 27th
- Order Monday September 17th - Delivery Thursday September 26th

Pickup is at 5 PM Sharp at Needham Trucking. Orders not picked up will be donated.



COMMUNITY



POOL RENTALS

\$95.00/ hr for less than 40 people.

To book call (403)625-2172

**add inflatable for \$50*



1st Claresholm Guiding Unit

Register at: register.girlguides.ca

\$175 Registration + \$4 Handling Fee

Registration for remainder of this year open (ends June 2024)

Sept. 2024 - June 2025 registration opens May 2024 (TBD)

1 Saturday/month

10:00 AM - 3:00 PM

Girls Ages 5 - 18

Adult Guiders/Volunteers Welcome

Contact Guider: Wanda Brooks

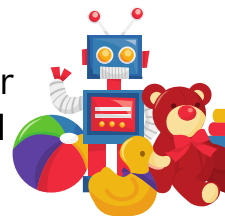
(403)489-1705

1stclaresholmgirlguides@gmail.com



GREATER FOOTHILLS FAMILY RESOURCE CENTRE

Claresholm Stay and Play
Drop In *Breaks for Summer
TUESDAYS 9:30 - 11:30 AM
Mackin Hall (316-47th Ave)



CO-ED RECREATION SLOPITCH

May 29-July 24

Playoffs July 26 & 27

Wednesdays 6:15 & 7:45pm

Single-Doubles-Teams welcome

Contact Kris (403)682-9613

Deadline: May 17 2024

COMMUNITY BASKETBALL

DROP IN

TUESDAY 7:00 PM

WEST MEADOW SCHOOL

*Runs until June



BRIDGES GOLF AND COUNTRY CLUB

www.golfclaresholm.com

403-625-3500

Men's League, Ladies League, Seniors League,
Memberships and drop-in.



ADENS RUN

Sunday August 11, 2024

11:00 AM

Registration link at Aden's Run on Facebook

Donations are accepted, proceeds going back to the community for youth programs.

Come join us in our annual Walk or Run Kin Trail to raise awareness for Teen Mental Health.



Submit your info to rec@claresholm.ca for the Fall/Winter 2024 Recreation Guide!



EVENTS

CLARESHOLM ARTS SOCIETY

"The Mousetrap" by Agatha Christie
Wednesday - Saturday May 1, 2, 3 & 4
Claresholm Community Centre
Tickets on Eventbrite or by calling
403-489-0885

CLARESHOLM TRADE FAIR

Chamber of Commerce
Saturday & Sunday May 4 & 5
Claresholm Arena
president@claresholmchamber.ca

CANADA DAY

JULY 1st
Centennial Park
Celebration



DOWNTOWN MARKET

Amundsen Park 3:00 - 6:00 PM
July 19, August 10, August 30
Town of Claresholm

BIRTHDAY, FAMILY
EVENT OR TEAM PARTIES,
RENT THE POOL!!
403-625-2172

MOVIE IN THE PARK

Claresholm Arts Society
Amundsen Park
July 19, August 8, August 30



CLARESHOLM FAIR DAYS AUGUST 8 - 11 Town wide event

GRAVEL ROAD RACE

JULY 20, 2024

Registration open March 1, 2024 at 7 AM

<http://thegravelexperience.com>

The Range Gravel Road Race

160 KM Loop

300+ Registrants



TEXAS 4000 FOR CANCER

JULY 2, 2024

Stop over on their route from Austin
Texas to Anchorage Alaska.
Centennial Park

EVENTS

Southern Alberta Summer Games

JULY 3 - 6, 2024

COALDALE, ALBERTA

Registration open May 7 - June 14, 2024.

Register at:

[SOUTHERNALBERTASOUTHERNGAMES.CA](https://southernalbertasoutherngames.ca)

Individual & Team sporting events.

Interested in Volunteering?

Contact Mark Macintosh 403-345-1324

mark.mcintosh@coaldale.ca



NATIONAL DROWNING PREVENTION WEEK

JULY 21 - 27, 2024

MORE DETAILS TO COME

Claresholm Aquatic Centre

CHECK CLARESHOLM REC FACEBOOK PAGE FOR MORE DETAILS

Submit your info to rec@claresholm.ca for the Fall/Winter 2024 Recreation Guide!



DISC GOLF

Patterson Park

See page 26 for
score card!

Disc Golf: Object of the Game

- To play each hole in the fewest throws (strokes) possible.
- The player with the lowest total strokes for the course wins.

Safety First:

- Golf discs can cause serious injury.
- Never throw when players or park users are within range
- Always give the park users the right of way.
- Be aware of your surroundings and environment

Overview:

- Each hole begins at the tee
- Then you throw from wherever your disc comes to rest (lie)
- You finish the hole when your disc hits the Tone (or rests in the basket)
- The player who is farthest away always throws first
- When teeing off the lowest score from the previous hole goes first

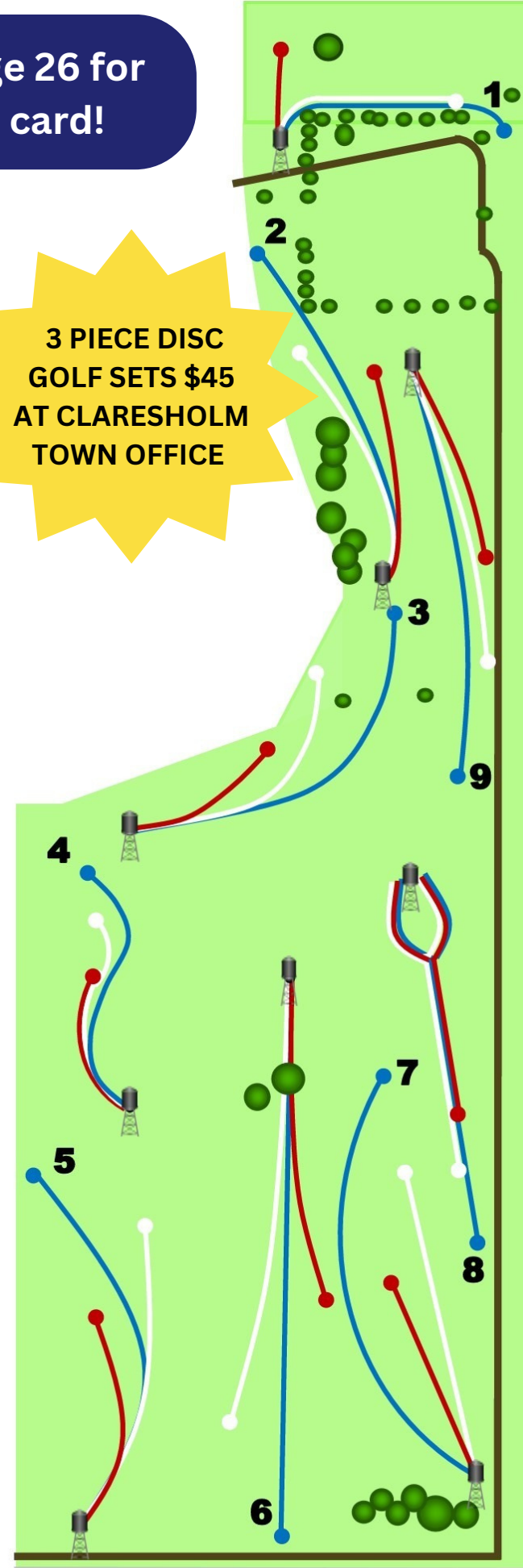
Basic Rules of Play:

- On the tee, you must have at least one foot on the tee area when you throw.
- In the fairway, you must throw from a spot that is behind your lie (1/2 meter) and in line with the target.
- A run up and follow through are always allowed, with one exception: a lie within 10 meters of the target is considered a putt, and you may not step over your lie.
- If your lie is unsafe or unplayable, or out of bounds (inside treed area by playground, pathways, road, car paths etc.) move directly away from the target and take a one throw penalty.

Courtesy and Etiquette:

- Remain quiet and avoid unnecessary movements when others are throwing
- Stand behind the player who is throwing until the throw is complete.
- Allow faster groups to play through when possible.
- Respect the course, pick up trash and put in receptacle. Do not alter trees or obstacles.
- Vandalizing targets, signs, park equipment, and landscaping is a serious offence that will be prosecuted.

PLAY MUST END BY 10 PM



ARENA

Book your advertising space early
to beat Fall Price increase!
Details at clareholm.ca

**NEW
STARTING
SUMMER
2024!**

YOUTH BALL HOCKEY

MAY - JUNE
4:30PM START
CONTACT 403-715-2864 IF INTERESTED
WATCH FOR POSTERS & INFO



SPORTS EQUIPMENT

STARTS JUNE!
AVAILABLE FOR COMMUNITY GROUPS
& ARENA RENTALS
DETAILS TO BE ANNOUNCED!
WATCH FOR POSTERS & INFO



SUMMER PROGRAMS

JULY - AUGUST
NO COST- WEEKLY
DETAILS TO BE ANNOUNCED
AT THE CLARESHOLM ARENA
BEAT THE HEAT AT THE RINK!
SPORT OPTIONS AVAILABLE
WATCH FOR POSTERS & INFO
VOLUNTEERS WELCOME!

**INTERESTED IN OFFERING A
PROGRAM AT THE ARENA?
CONTACT
REC@CLARESHOLM.CA**

ARENA RENTALS

RENTAL DESCRIPTIONS	PRICE SUMMER 2024
Recreational Use/Hour	\$43.89 +GST
Recreational Use (/Day)	\$305.24 +GST
Community Non Profit (/Day)	\$179.92 +GST
Commercial Use (/Day)	\$744.35 +GST
Mezzanine Rental - Day	\$64.90 +GST
Mezzanine Rental per hour (to 2.5 hours)	\$21.21 +GST

Visit Clareholm.ca for updates and more information on
community events and activities.



POOL ADMISSION

*PRICE INCREASE MAY 1ST

AGE	DROP IN	10 PASS	3 MONTH
Under 3	FREE	FREE	FREE
Child 3 - 7	\$3.00	\$16.00	N/A
Youth 8 - 17	\$4.50	\$32.00	\$62.00
Adult 18 - 54	\$6.25	\$52.00	\$104.00
Senior 55+	\$4.75	\$37.00	\$66.00
Family	\$14.50	\$110.00	\$213.00
Aquafit	\$6.25	\$54.50	
Shower	\$3.00		




- A family consists of immediate family only, with a maximum of 2 adults and 4 children.
- 3 month passes are for Fitness, Public Swims, Parent & Tot Swims and Senior Programs

May 1 - 31
SUMMER PASS SPECIAL

YOUTH 3 MONTH PASS \$46.50
ADULT 3 MONTH PASS \$82.00
FAMILY 3 MONTH PASS \$159.75

SENIORS & CHILD PASS ALWAYS ON SALE!

POOL RULES

-  Kids under the age of 8 must be within arms reach of a responsible person over the age of 14 at all times.
-  Follow all posted rules and listen to the Lifeguards direction at all times.
-  Lifejackets are mandatory on children if your group has more than one child under the age of 8.
-  Proper swim attire must be worn at all times.
-  The town is not responsible for any lost, stolen or damaged items. Please lock up all belongings. Locks not provided.

Complete listing of rules posted in the facility.

ACTIVITIES

Come join us for some fun!!



Inflatable Weekends

FRIDAY - SUNDAY
DURING PUBLIC SWIMS

April 26, 27 & 28

May 24, 25 & 26

June 28, 29 & 31

July 19, 20 & 21

August 23, 24 & 25



FAMILY NIGHT SWIM

FRIDAY JULY 19, 2024
6:15 PM - 8:00 PM

TEEN & YOUNG ADULT SWIM

FRIDAY AUGUST 16, 2024
8:00 PM - 10:00 PM
Ages 13 - 18

FITNESS



AQUAFIT

A low to high impact workout that focuses on cardiovascular system, strength and is great for people with joint issues. Great workout with great people!

MONDAY, WEDNESDAY, FRIDAY
7:45 - 8:45 AM & 1:00 - 2:00 PM

BOOTCAMP

A high intensity workout for adults targeting core muscles, cardio vascular system, with zero impact on the joints. Variety between shallow and deep water fitness. Great for post partum health!!

MONDAY & WEDNESDAY
8:00 - 9:00 PM

SENIORS PROGRAM

Come our and get your groove on to some classic rock. Great people, a smooth 20-30 minute workout, ideal if you're just starting to exercise, have lower mobility issues, or working on rehabilitation.

TUESDAY & THURSDAY
11:15 - 11:45 AM

MONTHLY PASSES

	April 1 - 29	May 1 - 31	June 3 - 28	July 3 - 31	August 2 - 30
Aquafit	\$36.00	\$55.25	\$51	\$55.25	\$51.00
Bootcamp	\$38.25	\$38.25	\$34.00	\$38.25	\$34.00

10 PUNCH PASSES
\$54.50

DROP IN ADMISSION
\$6.25

FITNESS



LANE & FITNESS SWIMS

DAILY MONDAY - FRIDAY
6 AM - 7:30 AM
DAILY MONDAY - SUNDAY
12:00 - 1:00 PM



PARENT & TOT FUN SWIM

DAILY MONDAY - SUNDAY
12:00 - 1:00 PM
Shared swim time with Lane & Fitness Swimmers



Parent & Tot Lessons

WEEKLY SUMMER LESSONS!
DETAILS ON PAGE 14.



**PARENT
& TOT**
4 month - 3 yrs

The Parent & Tot program structures in water interaction between parent/caregiver and child to support in water play, skill development and the importance of safety around the water for adult and child.

DATES	TIME	DAYS	CLASSES	COST	NO CLASSES
April 29 - May 15	11:15 - 11:45	Mon/Wed AM	6	\$41.00	
May 27 - June 12	11:15 - 11:45	Mon/Wed AM	6	\$41.00	
July 8 - 12	11:30 - 12:00	Mon - Fri	5	\$41.75	
Aug 12 - 16	11:30 - 12:00	Mon - Fri	5	\$41.75	
Aug 26 - 30	11:30 - 12:00	Mon - Fri	5	\$41.75	

PreSchool
1
3 - 5 years

Parented Optional - The preschool program works to ensure children become comfortable in the water and have fun developing foundations in the water from entering and exiting, floats, glides and water safety education.

DATES	TIME	DAYS	CLASSES	COST	NO CLASSES
April 29 - May 15	11:15 - 11:45	Mon/Wed AM	6	\$41.75	
May 27 - June 12	11:15 - 11:45	Mon/Wed AM	6	\$41.75	
April 27 - June 1	9:30 - 10:00	Saturday AM	6	\$41.75	
July 8 - 12	9:00 - 9:30	Mon - Fri	5	\$41.75	
July 8 - 12	11:30 - 12:00	Mon - Fri	5	\$41.75	
July 15 - 19	11:30 - 12:00	Mon - Fri	5	\$41.75	
July 15 - 19	11:05 - 11:35	Mon - Fri	5	\$41.75	
July 22- 26	11:30 - 12:00	Mon - Fri	5	\$41.75	
July 29 - Aug 2	11:30 - 12:00	Mon - Fri	5	\$41.75	
July 29 - Aug 2	10:50 - 11:20	Mon - Fri	5	\$41.75	
Aug 12 - 16	11:30 - 12:00	Mon - Fri	5	\$41.75	
Aug 19 - 23	11:30 - 12:00	Mon - Fri	5	\$41.75	

PRESCHOOL 1 CONTINUED ON NEXT PAGE

Preschool 1 Continued

DATES	TIME	DAYS	CLASSES	COST	NO CLASSES
Aug 19 - 23	11:30 - 12:00	Mon - Fri	5	\$41.75	
Aug 26 - 30	9:00 - 9:30	Mon - Fri	5	\$41.75	
Aug 26 - 30	11:30 - 12:00	Mon - Fri	5	\$41.75	

PreSchool

2

3 - 5 years

Preschooler 2's will continue developing their confidence in the water while becoming more independent with the support of a variety of buoyant aids. Improving their body positioning in the water and strengthening their flutter kick.

Prerequisite - Complete Preschool 1

DATES	TIME	DAYS	CLASSES	COST	NO CLASSES
April 29 - May 15	11:15 - 11:45	Mon/Wed AM	6	\$41.75	
May 27 - June 12	11:15 - 11:45	Mon/Wed AM	6	\$41.75	
April 27 - June 1	9:30 - 10:00	Saturday AM	6	\$41.75	
July 8 - 12	10:00 - 10:30	Mon - Fri	5	\$41.75	
July 15 - 19	11:30 - 12:00	Mon - Fri	5	\$41.75	
July 15 - 19	10:00 - 10:30	Mon - Fri	5	\$41.75	
July 22 - 26	9:00 - 9:30	Mon - Fri	5	\$41.75	
July 22 - 26	11:30 - 12:00	Mon - Fri	5	\$41.75	
July 29 - Aug 2	10:00 - 10:30	Mon - Fri	5	\$41.75	
July 29 - Aug 2	11:30 - 12:00	Mon - Fri	5	\$41.75	
Aug 12 - 16	9:00 - 9:30	Mon - Fri	5	\$41.75	
Aug 12 - 16	10:00 - 10:30	Mon - Fri	5	\$41.75	
Aug 19 - 23	10:00 - 10:30	Mon - Fri	5	\$41.75	
Aug 19 - 23	11:05 - 11:35	Mon - Fri	5	\$41.75	
Aug 26 - 30	10:00 - 10:30	Mon - Fri	5	\$41.75	

PreSchool

3

3 - 5 years

Preschooler 3's transition into more independent skills working on floating for 5 seconds, gliding and flutter kicking on their front and back for 3 - 5m. Swimmers continue to develop rhythmic breathing with a variety of entries.

Prerequisite - Complete Preschool 2

DATES	TIME	DAYS	CLASSES	COST	NO CLASSES
April 27 - June 1	10:10 - 10:40	Saturday AM	6	\$41.75	
July 8 - 12	10:00 - 10:30	Mon - Fri	5	\$41.75	
July 15 - 19	10:00 - 10:30	Mon - Fri	5	\$41.75	
July 22 - 26	9:00 - 9:30	Mon - Fri	5	\$41.75	
July 29 - Aug 2	10:00 - 10:30	Mon - Fri	5	\$41.75	
Aug 12 - 16	9:00 - 9:30	Mon - Fri	5	\$41.75	
Aug 12 - 16	10:00 - 10:30	Mon - Fri	5	\$41.75	
Aug 19 - 23	10:00 - 10:30	Mon - Fri	5	\$41.75	
Aug 26 - 30	10:00 - 10:30	Mon - Fri	5	\$41.75	

PreSchool

4

3 - 5 years

Preschooler 4's continue to transition into more independent skills. This includes opening eyes under water, treading water, recovering an item in chest deep water, floats and flutter kicks

Prerequisite - Complete Preschool 3

DATES	TIME	DAYS	CLASSES	COST	NO CLASSES
April 27 - June 1	10:10 - 10:40	Saturday AM	6	\$41.75	
July 8 - 12	10:55 - 11:25	Mon - Fri	5	\$41.75	
July 15 - 19	9:00 - 9:30	Mon - Fri	5	\$41.75	
July 22 - 26	10:00 - 10:30	Mon - Fri	5	\$41.75	
July 29 - Aug 2	9:00 - 9:30	Mon - Fri	5	\$41.75	
Aug 12 - 16	10:00 - 10:30	Mon - Fri	5	\$41.75	
Aug 19 - 23	9:00 - 9:30	Mon - Fri	5	\$41.75	
Aug 26 - 30	10:55 - 11:25	Mon - Fri	5	\$41.75	

Swimmer

1

5+ years

Swimmer 1 continues to work on the skills from Preschool 3 & 4, and is where youth start their swimming journey. Treading water, front and back glides and flutter kick

Prerequisite - No previous experience required

DATES	TIME	DAYS	CLASSES	COST	NO CLASSES
April 27 - June 1	9:30 - 10:00	Saturday AM	6	\$48.00	
July 8 - 12	9:40 - 10:25	Mon - Fri	5	\$48.00	
July 8 - 12	10:00 - 10:45	Mon - Fri	5	\$48.00	
July 15 - 19	9:40 - 10:25	Mon - Fri	5	\$48.00	
July 22 - 26	9:40 - 10:25	Mon - Fri	5	\$48.00	
July 22 - 26	10:00 - 10:45	Mon - Fri	5	\$48.00	
July 29 - Aug 2	9:40 - 10:25	Mon - Fri	5	\$48.00	
Aug 12 - 16	9:40 - 10:25	Mon - Fri	5	\$48.00	
Aug 12 - 16	10:40 - 11:25	Mon - Fri	5	\$48.00	
Aug 19 - 23	9:40 - 10:25	Mon - Fri	5	\$48.00	
Aug 26 - 30	9:40 - 10:25	Mon - Fri	5	\$48.00	

Swimmer

2

5+ years

Swimmer 2 continues to build on their skills. Flutter kick to 10 m, with the introduction to front crawl, back crawl and whip kick.

Prerequisite - Complete Swimmer 1

DATES	TIME	DAYS	CLASSES	COST	NO CLASSES
April 27 - June 1	10:10 - 10:40	Saturday AM	6	\$48.00	
July 8 - 12	10:40 - 11:25	Mon - Fri	5	\$48.00	
July 15 - 19	10:40 - 11:25	Mon - Fri	5	\$48.00	
July 15 - 19	10:10 - 10:55	Mon - Fri	5	\$48.00	
July 22 - 26	10:40 - 11:25	Mon - Fri	5	\$48.00	

SWIMMER 2 CONTINUED ON NEXT PAGE

Swimmer 2 Continued

DATES	TIME	DAYS	CLASSES	COST	NO CLASSES
July 29 - Aug 2	10:40 - 11:25	Mon - Fri	5	\$48.00	
July 29 - Aug 2	9:55 - 10:40	Mon - Fri	5	\$48.00	
Aug 12 - 16	10:40 - 11:25	Mon - Fri	5	\$48.00	
Aug 19 - 23	10:40 - 11:25	Mon - Fri	5	\$48.00	
Aug 19 - 23	10:10 - 10:55	Mon - Fri	5	\$48.00	
Aug 26 - 30	10:40 - 11:25	Mon - Fri	5	\$48.00	

Swimmer
3/4
5+ years

Youth must be able to complete the Swim to Survive Standard, Roll entry into deep water, tread 1 minute and swim 50m. Breaststroke is introduced, 25m Front & Back Crawl

Prerequisite - Complete Swimmer 2 / 3

DATES	TIME	DAYS	CLASSES	COST	NO CLASSES
April 27 - June 1	10:50 - 11:20	Saturday AM	6	\$48.00	
July 8 - 12	10:35 - 11:20	Mon - Fri	5	\$48.00	
July 15 - 19	10:35 - 11:20	Mon - Fri	5	\$48.00	
July 22 - 26	10:35 - 11:20	Mon - Fri	5	\$48.00	
July 22 - 26	10:55 - 10:40	Mon - Fri	5	\$48.00	
July 29 - Aug 2	9:00 - 9:45	Mon - Fri	5	\$48.00	
Aug 12 - 16	10:35 - 11:20	Mon - Fri	5	\$48.00	
Aug 19 - 23	10:35 - 11:20	Mon - Fri	5	\$48.00	
Aug 26 - 30	10:35 - 11:20	Mon - Fri	5	\$48.00	
Aug 26 - 30	10:00 - 10:45	Mon - Fri	5	\$48.00	



Swimmer
5/6
5+ years

Youth work towards building endurance, swimming longer distances. The introduction of different lifesaving kicks including the eggbeater and stride entry.

Prerequisite - Complete Swimmer 3/4

DATES	TIME	DAYS	CLASSES	COST
April 27 - June 1	10:50 - 11:20	Saturday AM	6	\$54.50
July 15 - 19	9:00 - 10:00	Mon - Fri	5	\$54.50
July 29 - Aug 2	10:35 - 11:35	Mon - Fri	5	\$54.50
Aug 19 - 23	9:00 - 10:00	Mon - Fri	5	\$54.50

PATROLS
ROOKIE
RANGER
STAR

This program continues to build and develop swimmers with an increased focus on the lifesaving aspect of water safety. Candidates will build on their physical skills in the water (endurance swims, lifesaving kicks) while learning progressive basics in first aid and non-contact victim rescues. See page 22 for a detailed description.

Prerequisite - Complete Prior Level

DATES	TIME	DAYS	CLASSES	COST
July 8 - 12	8:00 - 9:45	Mon - Fri	5	\$59.00
July 22 - 26	8:00 - 9:45	Mon - Fri	5	\$59.00
Aug 12 - 16	8:00 - 9:45	Mon - Fri	5	\$59.00
Aug 26 - 30	8:00 - 9:45	Mon - Fri	5	\$59.00



LESSONS

PRIVATE LESSONS

Are you or your youth in need of extra assistance to meet goals? Our private lessons are one on one instruction. Can be personalized. Please contact the Claresholm Aquatic Centre to inquire about our private lessons. 403.625. 2172
Prerequisite - No previous experience required

ADULT LESSONS

Whether you are a beginner or looking for stroke development this is the right space. Please contact the Claresholm Aquatic Centre to inquire about our Adult Lessons. Regular programming for adult lessons to return in fall 2024. 403.625.2172
Prerequisite - No previous experience required

SCHEDULE

Schedule subject to change. Check Claresholm.ca or our Facebook page for full & most recent schedule updates.

Regular weekly drop in programs.

MON	TUES	WED	THURS	FRI	SAT	SUN
6 - 7:30 AM Lane/ Fitness Swim	6 - 7:30 AM Lane/ Fitness Swim	6 - 7:30 AM Lane/ Fitness Swim	6 - 7:30 AM Lane/ Fitness Swim	6 - 7:30 AM Lane/ Fitness Swim	LaneSwim/ Parent & Tot 12 - 1 PM	LaneSwim/ Parent & Tot 12 - 1 PM
Aquafit 7:45 - 8:45 AM	Senior Program 11:15 - 11:45 AM	Aquafit 7:45 - 8:45 AM	Senior Program 11:15 - 11:45 AM	Aquafit 7:45 - 8:45 AM	Public Swim 1 - 3 PM	Public Swim 1 - 3 PM
LaneSwim/ Parent & Tot 12 - 1 PM	LaneSwim/ Parent & Tot 12 - 1 PM	LaneSwim/ Parent & Tot 12 - 1 PM	LaneSwim/ Parent & Tot 12 - 1 PM	LaneSwim/ Parent & Tot 12 - 1 PM	Rental Space 3 - 4 PM	Rental Space 3 - 4 PM
Aquafit 1 - 2 PM	CCMHA 1 - 2 PM	Aquafit 1 - 2 PM	CCMHA 1 - 2 PM	LIFEGUARD OFFICE 403.625.2172 for schedule and program registration.		
Bootcamp 8 - 9 PM	Lane Swim 8 - 9 PM	Bootcamp 8 - 9 PM	Lane Swim 8 - 9 PM			

JLC

Junior Lifeguard Club

**NEW
WEBSITE**

claresholmviking.com

**JLC
SPORT**

Non Competitive



JLC Sport focuses on Swim Patrol (Rookie, Ranger & Star awards) and Lifesaving Sport. Youth ages 8 to 17 years are welcome. Members are encouraged to develop skills based on personal bests in swimming, lifesaving, fitness, knowledge, leadership and team work. Must complete a Swim to Survive challenge to join: roll into pool, tread water 1 minute & swim 50 meters.

JLC SPORT CAMP + Basic First Aid

AUGUST 6 - 9

9:00AM - 12:00PM

\$85.00

**JLC
VIKINGS**

JLC Vikings is a competitive Lifesaving club formed in 2015. Focusing on JLC Lifesaving Sport. Youth train 2-3 times per week and attend competitions.

The Claresholm Vikings have played host to many athletes who hold records provincially, in addition to competing nationally and internationally in the Commonwealth Games for Team Canada.

**STARTS UP AGAIN IN FALL! WATCH FOR
UPDATES & EVENTS FROM COACH BRADEN**

CLARESHOLMVIKING.COM



ADVANCE COURSE DETAILS

ROOKIE PATROL

Develops individual fitness levels to meet a timed 100m swim and 350m workout. Water proficiency skills include: swims with clothes, ready position, foot-first and head-first surface dives. Demonstrating an ability to conduct a primary assessment and initiating EMS are included as first aid skills. Victim recognition and throwing assists are other key elements of the program.

RANGER PATROL

Enhances capability in the water, including stride entry, underwater forward and backward somersaults, lifesaving eggbeater kick and increased fitness levels to meet a 200m timed swim. Rescue skills involve an increased skill level in first aid basics, victim recognition and non-contact rescues.



STAR PATROL

An excellent preparation for the Bronze Star award, Star Patrol demands good physical conditioning and lifesaving judgment. Participants develop lifesaving and first aid skills; further refine front crawl, back crawl and breaststroke (100m each); and complete 600m workouts and 300m timed swims.

BRONZE STAR

The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill, and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

INTERMEDIATE FIRST AID

Intermediate First Aid provides comprehensive training covering all aspects of first aid and CPR. This course is for those who want an in-depth understanding of first aid such as: medical/legal aspects, spinal injuries, environmental injuries, bone and joint injuries, abdominal and chest injuries, burns, and medical emergencies. Includes CPR-C and AED certification.

Prerequisite(s): None

Certification Currency: 3 years from the date of certification

CAC recommends taking Intermediate First Aid prior to Bronze Medallion

BRONZE MEDALLION

The Lifesaving Society's Bronze Medallion challenges the candidate both mentally and physically. Judgement, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a pre-requisite for assistant lifeguard training in Bronze Cross.

Prerequisite(s): 13 years of age (or Bronze Star) and CPR-C.



Bronze Cross, National Lifeguard and Lifesaving Swim Instructor on next page.

ADVANCE COURSE DETAILS

BRONZE CROSS

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as an assistant lifeguard. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

Prerequisite(s): Bronze Medallion and Intermediate First Aid CPR-C & AED.

NATIONAL LIFEGUARD (NL)

The Lifesaving Society's National Lifeguard certification builds on the fundamental skills, knowledge, fitness, judgment and values taught in the prerequisite Lifesaving Society lifesaving certifications.

Recognized as the standard for lifeguards in Canada, National Lifeguard training develops a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude toward the role of the lifeguard.

Prerequisite(s): Bronze Cross, current AB workplace approved Intermediate First Aid (Aquatic Emergency Care is recommended), and minimum 15 years of age

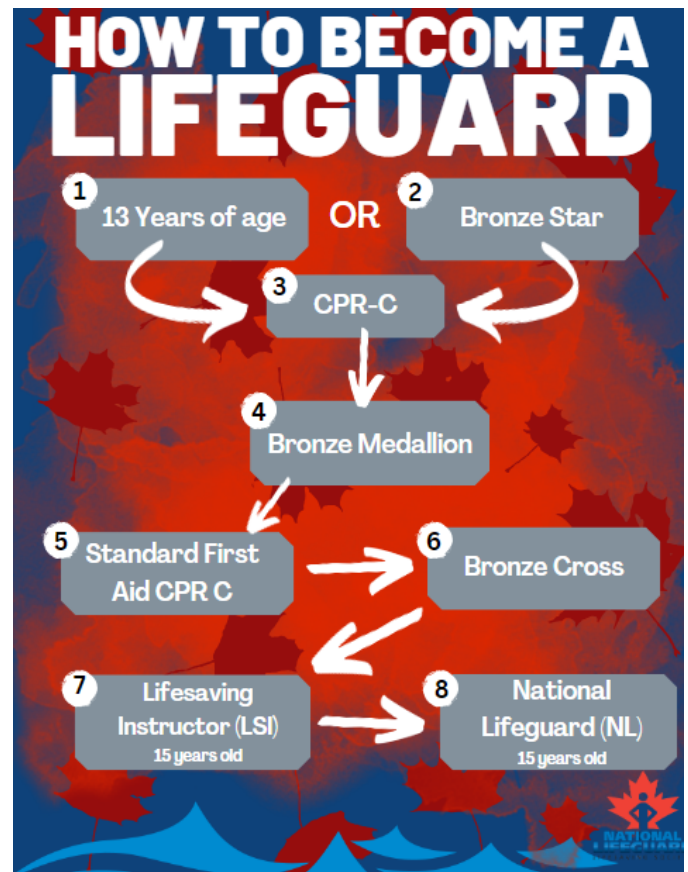


LIFESAVING SWIM INSTRUCTOR (LSI)

The Lifesaving Society Swim & Lifesaving Instructor course prepares the instructor to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society Swim for Life program. Candidates acquire proven teaching methods, planning skills, and a variety of stroke development drills and correction techniques. Preparing candidates to teach the Lifesaving Society's:

- Canadian Swim Patrol Program
- Bronze Star, Bronze Medallion, Bronze Cross
- Lifesaving Fitness
- Basic and Emergency First Aid, and CPR-A, CPR-B and CPR-C

Prerequisite(s): Bronze Cross



Continued on next page

ADVANCED COURSE SCHEDULE

COURSE	DATES	TIMES	COST	LOCATION
Lifesaving Instructor (LSI) Original	April 2 - 6 Tues - Sat	8:30 - 4:30 PM	CANCELLED	CAC
National Lifeguard (NL) Pool	May 3- 5 & 10 - 12 (Fri - Sun)	Fri 5 - 9 PM Sat & Sun 12 - 8 PM	Course Fee \$300.00 + Materials \$42.00	CAC
National Lifeguard (NL) Pool RECERT	May 24 Friday	5 - 9 PM	Course Fee \$100.00	CAC
Intermediate First Aid RECERT	June 14 Friday	8 AM - 4 PM	Course Fee \$100.00	Claresholm Town Office
Lifesaving Swim Instructor RECERT	June 28 Friday	8 AM - 2 PM	Course Fee \$100.00	CAC
Bronze Medallion	July 4 & 5 Thurs & Fri	8 AM - 4 PM Daily	Course Fee \$130.00 + Materials \$47.50	CAC
Bronze Cross	July 23 - 25 Tues - Thurs	9 AM - 3 PM Daily	Course Fee \$130.00 + Materials \$29.50	CAC
National Lifeguard (NL) Pool Original	August 6 - 10 Tues - Sat	8 AM - 4 PM Daily	Course Fee \$300.00 + Materials \$49.50	CAC
Lifesaving Instructor (LSI) Original	Aug 19 - 23 Mon - Fri	8 AM - 4 PM Daily	Course Fee \$300.00 + Materials \$74.50	CAC
Intermediate First Aid RECERT	Aug 16 Friday	8:30 - 4:30 PM	Course Fee \$100.00	Claresholm Town Office

PARKS & PATHWAYS

PARKS

Centennial Park

366 46 Ave W

Amundsen Park

4900 3 St W

Willow Park

6 Willow Place

Willow Park Off-Leash Dog Area

8 St W

Patterson Park

Patterson Heights Blvd

9 Hole Disc Golf, Bark Park

Lions Park

7 St W

West Hill Park

Alley behind 6 St and 53 Ave W

Sledding Hill

Frog Creek Wetland

South on 8 St west

Cross country skiing, snowshoeing

PATHWAYS

Kin Trail

1.6 km

Frog Creek Wetland

3.4km

8 Street West

4.7km

Derochie to Mountain View Cres.

Patterson Heights Blvd East

650m

Bark Park 400m to

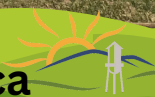
1.2km

Claresholm Perimeter

10km

Claresholm East Perimeter

5km



FACILITIES

CLARESHOLM AQUATIC CENTRE (CAC)

212 Fairway Dr. W
 Claresholm AB TOL OTO
 (403) 625-2172
 cac@claresholm.ca

CLARESHOLM SKATING ARENA

4918 2 St. E
 Claresholm AB TOL OTO
 Arena (403) 625-2595
 Rec Office (403)625-2172
 Rec@claresholm.ca

CLARESHOLM TOWN OFFICE

111 55 Ave W
 Claresholm AB TOL OTO
 (403) 625-3381
 info@claresholm.ca

CLARESHOLM PUBLIC LIBRARY

211 49th Ave W
 Claresholm AB TOL OTO
 (403) 625-4168
 help@claresholmlibrary.ca

CLARESHOLM SOCIAL CENTER

5009 2 St E
 Claresholm AB TOL OTO
 (403) 625-4141
 claresholm.dropin@mail.com

CLARESHOLM CURLING RINK

430 53 Ave E
 Claresholm AB TOL OTO
 (403) 625-3933
 claresholmcurlingclub@gmail.com

CLARESHOLM & DISTRICT MUSEUM

5126 1 St W
 Claresholm AB TOL OTO
 (403) 625-3131
 museum@claresholm.ca

CLARESHOLM GOLF COURSE

349 39 Ave W
 Claresholm AB TOL OTO
 (403) 625-3500
 Proshop@claresholmgolf.com

CLARESHOLM COMMUNITY CENTER

690 59th Ave W
 Claresholm AB TOL OTO
 (403) 625-3381
 Online Booking:
<https://hallbookingonline.com/claresholm/>

CLARESHOLM DISC GOLF

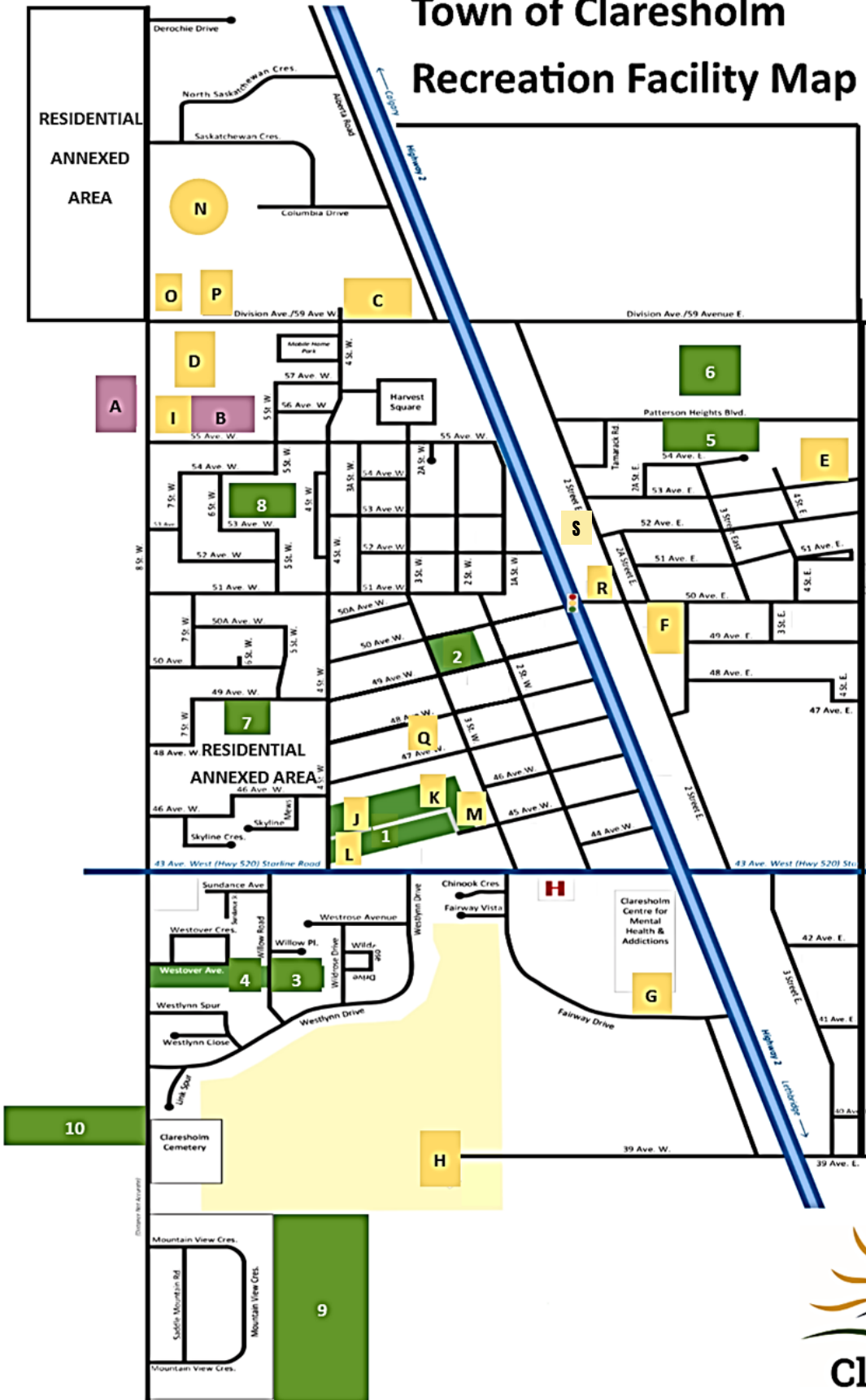
Date:

Hole		1	2	3	4	5	6	7	8	9	TOTAL
Distance:	Back	101m	112m	123m	114m	125m	176m	127m	138m	149m	1165m
	Middle	91m	92m	103m	94m	105m	156m	107m	118m	129m	995m
	Forward	61m	62m	83m	74m	95m	136m	87m	98m	109m	805m
PAR		3	3	3	3	3	4	3	3	3	28
PLAYERS											

Safety First: Golf discs can cause serious injury * Never throw when players or park users are within range
 * Always give the park users the right away. *Be aware of your surroundings and environment

TOWN MAP

Town of Claresholm Recreation Facility Map



SCHOOLS

- A. West Meadow School
- B. Willow Creek Composite High School

RECREATIONAL FACILITIES

- C. Claresholm Agriplex
- D. Football Field & Track
- E. Curling Rink
- F. Skating Arena & Skateboard Park
- G. Claresholm Aquatic Centre
- H. The Bridges of Claresholm Golf Course
- I. Tennis Courts, Pickleball, Basketball Court & Volleyball Courts
- J. Centennial Park Campground
- K. Spray Park & Playstructure
- L. Centennial Park Ball Diamonds
- M. Centennial Park T-ball Diamonds
- N. Millennium Park Baseball Complex
- O. Moffat Ball Diamonds
- P. Community Center
- Q. Mackin Hall
- R. Social Centre
- S. Museum

PARKS

- 1. Centennial Park
- 2. Amundsen Park
- 3. Willow Park
- 4. Willow Park Off-Leash Dog Area
- 5. Patterson Park
- a. 9 Tone Disc Golf
- 6. Bark Park, Dog Park
- 7. Lions Park
- 8. West Hills Park
- 9. Frog Creek Wetland



Claresholm