

FALL/WINTER
2021-2022



Fort Smith
Northwest Territories
UNEXPECTED. UNFORGETTABLE.

RECREATION GUIDE



WWW.FORTSMITH.CA



MACKENZIE **RECREATION** ASSOCIATION

EST. 1993

Enhancing the quality of life of the Mackenzie region residents through physical literacy and active for life opportunities while fostering and supporting the development of recreation, volunteers, and leadership since 1993.



Funding

For regional or community recreation events and professional development opportunities.



Events

Signature events, multi-sport camps, water safety and physical literacy.



Professional Development

From recreation leader to board development, MRA can help!

WWW.MRANWT.CA



FORT SMITH is a vibrant community surrounded by a beautiful natural playground. We pride ourselves on the vast range of opportunities for our community members to engage in; whether their interests are sports, arts, or cultural activities, or a little bit of everything. There are numerous opportunities for individuals to contribute their knowledge and enthusiasm for

a special hobby or skill, to coach, to teach, and to support. This recreation guide, which will be produced twice a year, will be an opportunity for community organizations to get their information out to the community and for members of the community to easily access all of the amazing opportunities that are available to them.

The Town of Fort Smith encourages all our community members to get out and get involved, as a participant or a program leader. This is what makes our community strong and healthy.



This is what draws people to our community and keeps them here. It is what makes this place home!

– Mayor Lynn Napier

FEES & INFO

ALL IN ONE CRC/POOL PASS RATES

	CHILD	YOUTH/SR	ADULT	FAMILY
DROP IN	\$2.75	\$4.00	\$9.00	\$13.00
PUNCH PASS	\$24.75	\$35.00	\$77.00	\$119.00
MONTHLY	\$24.75	\$35.00	\$77.00	\$119.00
3 MONTH	\$66.00	\$92.50	\$192.50	\$317.00
6 MONTH	\$115.50	\$162.00	\$335.50	\$554.50
FULL YEAR	\$198.00	\$278.00	\$577.50	\$950.50

CORPORATE PASS RATES

6 MONTH PASS	5 Passes \$1595	10 Passes \$3052	20 Passes \$5830	30+ Passes \$8057
12 MONTH PASS	5 Passes \$2750	10 Passes \$5252	20 Passes \$10037	30+ Passes \$13860

A **CHILD** is 3–9 yrs, a **YOUTH** is 10–17 yrs, an **ADULT** is 18-59 yrs and a **SENIOR** is 60 yrs and older.

CRC RENTALS

Gym Adult \$27.50/hr
Youth/Senior \$13.75/hr
Child \$12.50/hr

Pool (1 Hour) \$93.50

Pool and Gym (1 Hr. Pool/1 Hr. Gym) \$107.00

Bouncy Castle \$25/hr + \$25 Set up

Shower Drop In \$2.00

ASK ABOUT EXTRAS!

ARENA RINK RENTALS

Youth Groups \$44/hr **Adult Groups** \$137.50/hr
Youth Tournament \$41.25/hr (\$412.50 maximum)
Adult Tournament \$132/hr (\$1320 maximum)

ARENA MEZZANINE RENTALS

Youth Groups \$38.50/hr **Adult Groups** \$60.50/hr
Youth Birthday Party (2 Hr.) \$71.50
Youth Tournament \$150/Day (+Rink Rental)
Adult Party (Licensed) \$550/evening
Conference (Includes Ice Surface) \$1100/day
Canteen (Off Season) \$165/day

Anyone under the age of 15 MUST be accompanied by an adult or guardian to access Pete's Gym, the squash court or any fitness class.

COMMUNITY & RECREATION CENTRE HOURS OF OPERATION

Monday–Friday 6:30AM–10PM
Saturday 9AM–10PM Sunday Noon–10PM

IN THE REC CENTRE

DROP IN SPORTS

A time for recreational play with people who have a similar passion for sport and physical activity.

See the *Gymnasium Schedule* on pages 7-8 for more information.

Monday Soccer
Tuesday Basketball
Thursday Volleyball

Ages 12–15 play 5:30PM–7:30PM
Ages 16+ play 7:30PM–9:30PM

Saturday Badminton
Sunday Badminton

Saturday 5:00PM–6:00PM
Sunday 6:00PM–7:00PM

PARENTS & TOTS

Monday 10:00AM–1:00PM
Tuesday 10:00AM–2:00PM
Wednesday 10:00AM–1:00PM
Thursday 10:00AM–2:00PM
Friday 10:00AM–NOON
Saturday 10:00AM–NOON

A fun, free active play place for pre-school children ages 0-5. Bikes, trikes, balls and more to explore.

PETE'S GYM

Our newly renovated space is a fully equipped workout gym including cardio equipment, free weights, and cable weights.

SQUASH

Contact the Rec. Centre to book a squash time. The squash court is available in 45 minute blocks. Loaner equipment available.

FITNESS ON DEMAND

Our newly renovated basement has a fitness room with hundreds of fitness videos that can be accessed at anytime to suit your schedule and needs.

Come alone or bring a group along to find what works for you.

For information on Instructor Run Programs such as Bootcamp, Yoga and Elders in Motion, please contact the Rec. Centre at 872-4732 or visit www.fortsmith.ca/recreation

These programs are sometimes not offered.

IN THE POOL

LANE SWIM

Tues–Fri 6:30AM–8AM, Noon–1:00PM
Sat Noon–1:00PM
Sun Noon–1:00PM

Four lanes are available for swimmers of various skill levels.

PUBLIC SWIM

Tues–Fri 3:30PM–7:50PM
Sat & Sun 1:00PM–2:00PM

Bring a friend and come swimming or come on your own to enjoy a fun dip in the pool.

SENIORS LANE SWIM

Tues–Fri 11:00AM–11:50AM

A great low impact activity to keep you fit while being gentle on your joints. Swim or walk, a variety of equipment can help you find what's best for you.

PARENTS & TOTS

Tues–Fri 11:00AM–11:50AM

A time for parents to come in with their young children to enjoy playing in the water in the beach area of the pool. Free to attend!

SWIM LESSONS

Sat 9:00AM–Noon

Learning to swim opens up many water based physical activities as well as being a lifesaving skill. Fall session will be October to December. Winter session will be January to March.

Watch throughout the year for opportunities to take Bronze Medallion and Bronze Cross courses. These are required certifications to work at a pool and needed to take the National Lifeguard course.

ADULT & FAMILY SWIM

Sat–Sun 5:30PM–7:50PM

This is a slightly quieter time to enjoy a swim with your family.

POOL RENTALS

The pool is available to rent on Saturdays and Sundays. Contact the Rec. Centre at 872-4732 for rates and availability.

Children 7 & 8 must be supervised by someone 13 years of age or older; children 6 and under must be within arms reach of an adult (16 years or older) at all times. Children under the age of 16 must be accompanied by a parent or guardian (person over 18) for Family Swims.

To keep up to date on activities available in Fort Smith and for the most current schedules, visit www.fortsmith.ca/recreation and follow our Facebook page.

IN THE ARENA

PUBLIC SKATE

Tuesday 3:30PM–5:00PM

Saturday 2:00PM–2:45PM

An opportunity for all ages to come out for a skate.

FAMILY SKATE

Saturday 2:00PM–2:45PM

Sunday 12:30PM–1:45PM

Come out with the family for a fun skate. Family skate is a supervised ice time.

PARENTS & TOTS

Wednesday 11:00AM–11:50AM

This is a chance to take the little ones on the ice during week. Seniors welcome.

RENTALS

Saturday 3:00PM–3:45PM

4:00PM–4:45PM

6:00PM–6:45PM

Sunday 2:00PM–2:45PM

5:50PM–6:35PM

Rent the ice and/or the mezzanine area for birthday parties and other social or corporate events, or just to have a good time.

All Public, Family and Parent & Tots times are free.

Children 7 & 8 must be supervised by someone 13 years of age or older; children 6 and under must be supervised by someone 16 years of age or older.

Helmets are recommended during all ice times.

No hockey sticks or pucks are permitted during public and family skates.

Skating aids are available to assist your little ones.

No strollers on ice.

FIGURE SKATING

PRE-CANSKATE, CANSKATE AND SENIOR CANSKATE

PreCanskate *One 30-40 minute session/week*
Canskate *Two 45-50 minute sessions/week*
Senior Canskate *Three 45-50 minute sessions/week*

All Canskaters are required to wear a CSA approved hockey helmet.

STARSKATE AND SENIOR STAR SKATE

Star Skate *Two 45-50 minute sessions/week and
Three 75 minute sessions/week*

ADULT SKATE

One 45-50 minute session/week

Adults can learn how to skate or improve their skating abilities for hockey or public skating. Individualized programs are based on level and goals.

Fort Smith offers a broad range of Skate Canada programs. Fort Smith coaches are highly trained, experienced and certified by Skate Canada and along with passionate volunteers, they provide excellent programming to meet the needs of all the community's skaters!

PROGRAM FEES

PRECANSKATE	\$120
CANSKATE	\$210
SENIOR CANSKATE	\$330
STAR SKATE	\$500
ADULT SKATE	\$150

Up to date information is always available at www.fortsmith.ca/recreation

RINK SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT	
7AM		FS StarSkate 7AM-7:50AM	FS StarSkate 7AM-7:50AM			FS StarSkate 7AM-7:50AM		
8AM		ICE MAINTENANCE 8AM-3PM					ARENA OPENS AT 8:30AM	
9AM							U-9 9AM-9:50AM	
10AM							U-11 10:05AM-10:55AM	
11AM					PARENT & TOTS 11AM-11:50AM			U-13 11:10AM-NOON
NOON	ARENA OPENS AT 12:30PM							U-15 12:15PM-1:05PM
1PM	FAMILY SKATE 12:30PM-1:45PM						FAMILY SKATE 1:20PM-2PM	
2PM	RENTAL 2PM-2:45PM						PUBLIC SKATE 2PM-2:45PM	
3PM	WOMEN'S 3:00PM-4:30PM	ARENA OPENS AT 3:30PM ON WEEKDAYS						RENTAL 3PM-3:45PM
4PM		FS StarSkate 4PM-5:15PM	PUBLIC SKATE 3:30PM-5PM	FS StarSkate 4PM-5:15PM	FS StarSkate 4PM-5PM	FS StarSkate 4PM-5PM	RENTAL 4PM-4:45PM	
5PM	U-18 4:45PM-5:35PM		FS Sr. CanSkate 5:15PM-6PM		FS Sr. CanSkate 5:15PM-6PM	FS Sr. CanSkate 5:15PM-6PM	YOUTH SHINNEY 5PM-5:45PM	
6PM	RENTAL 5:50PM-6:35PM	FS PreCanSkate /CanSkate 5:30PM-7:00PM	U-7 & U-9 6:15PM-7:05PM	FS PreCanSkate /CanSkate 5:30PM-7:00PM	U-7 & U-9 6:15PM-7:05PM	FS Adult Skate 6PM-6:50PM	RENTAL 6PM-6:45PM	
7PM	REC HOCKEY 6:50PM-8:15PM	U-13 7:15PM-8:05PM	U-11 7:05PM-7:55PM	U-13 7:15PM-8:05PM	U-11 7:05PM-7:55PM	WOMEN'S 7:05PM-8:35PM		
8PM		U-15 8:20PM-9:10PM	U-18 8:10PM-9PM	U-15 8:20PM-9:10PM	U-18 8:10PM-9PM			
9PM		OLDTIMERS 9:25PM-10:15PM	WOMEN'S 9:15PM-10:45PM	REC HOCKEY 9:25PM-10:55PM	OLDTIMERS 9:15PM-10:05PM	REC HOCKEY 8:50PM-10:20PM		
10PM								

ARENA CLOSES 30 MINUTES AFTER THE FINISH OF THE LAST ICE TIME

SCHEDULE CHANGES MAY OCCUR DURING SPECIAL EVENTS - FOR MORE INFO CALL 872-4732

TOWN OF FORT SMITH COMMU

GYMNASIUM SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT
10AM		PARENTS N'TOTS 10:00AM UNTIL 1:00PM	PARENTS N'TOTS 10:00AM UNTIL 2:00PM	PARENTS N'TOTS 10:00AM UNTIL 1:00PM	PARENTS N'TOTS 10:00AM UNTIL 2:00PM	PARENTS N'TOTS 10:00AM UNTIL NOON	PARENTS N'TOTS 10:00AM UNTIL NOON
11AM							
NOON							
	RENTAL 1 12:30PM UNTIL 1:30PM						RENTAL 1 12:30PM UNTIL 1:30PM
1PM							
2PM	RENTAL 2 2:00PM UNTIL 3:00PM	RECREATION PROGRAMMING 2:00PM UNTIL 4:30PM	RECREATION PROGRAMMING 2:00PM UNTIL 4:30PM	RECREATION PROGRAMMING 2:00PM UNTIL 4:30PM	RECREATION PROGRAMMING 2:00PM UNTIL 4:30PM	RECREATION PROGRAMMING 2:00PM UNTIL 4:30PM	RENTAL 2 2:00PM UNTIL 3:00PM
3PM							RENTAL 3 3:30PM UNTIL 4:30PM
4PM							
5PM	FAMILY DROP-IN 5:00PM UNTIL 6:00PM	SOCCER 12-15 5:00PM UNTIL 7:30PM	BASKETBALL 12-15 5:00PM UNTIL 7:30PM	DROP-IN 5:00PM UNTIL 9:30PM	VOLLEYBALL 12-15 5:00PM UNTIL 7:30PM	DROP-IN 5:00PM UNTIL 8:00PM	BADMINTON 5:00PM UNTIL 6:00PM
6PM	BADMINTON 6:00PM UNTIL 7:00PM						SOCCER 16+ 7:30PM UNTIL 9:30PM
7PM	DROP-IN 7:00PM UNTIL 9:30PM						
8PM						YOUTH NIGHT 8:00PM UNTIL 11:45PM	YOUTH NIGHT 8:00PM UNTIL 11:45PM
9PM							
10PM							

COMMUNITY AND RECREATION CENTRE

POOL SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
6AM	C L O S E D						
7AM		PUBLIC LANE 6:30AM UNTIL 8:00AM	PUBLIC LANE 6:30AM UNTIL 8:00AM	PUBLIC LANE 6:30AM UNTIL 8:00AM	PUBLIC LANE 6:30AM UNTIL 8:00AM		
8AM							
9AM						SWIM LESSONS 9:00AM UNTIL 11:50AM	
10AM							
11AM		SR. SWIM/ PARENTS N'TOTS 11:00AM UNTIL 11:50AM	SR. SWIM/ PARENTS N'TOTS 11:00AM UNTIL 11:50AM	SR. SWIM/ PARENTS N'TOTS 11:00AM UNTIL 11:50AM	SR. SWIM/ PARENTS N'TOTS 11:00AM UNTIL 11:50AM		
NOON		PUBLIC LANE NOON UNTIL 1:00PM	PUBLIC LANE NOON UNTIL 1:00PM	PUBLIC LANE NOON UNTIL 1:00PM	PUBLIC LANE NOON UNTIL 1:00PM	PUBLIC LANE NOON UNTIL 1:00PM	PUBLIC LANE NOON UNTIL 1:00PM
1PM						PUBLIC SWIM 1:00PM UNTIL 2:00PM	PUBLIC SWIM 1:00PM UNTIL 2:00PM
2PM							
3PM						RENTAL 2:30PM UNTIL 3:30PM	RENTAL 2:30PM UNTIL 3:30PM
4PM						RENTAL 4:00PM UNTIL 5:00PM	RENTAL 4:00PM UNTIL 5:00PM
5PM							
6PM					FAMILY SWIM 5:30PM UNTIL 7:50PM	FAMILY SWIM 5:30PM UNTIL 7:50PM	

HOCKEY

YOUTH HOCKEY MINOR DIVISIONS

SCHEDULE

U-7 (5-6 YEARS ON DEC. 31)

Tues. 6:15PM-7:05PM

Thurs. 6:15PM-7:05PM

U-9 (7-8 YEARS ON DEC. 31)

Tues. 6:15PM-7:05PM

Thurs. 6:15PM-7:05PM

Sat. 9:00AM-9:50AM

U-11 (9-10 YEARS ON DEC. 31)

Tue. 7:05PM-7:55PM

Thurs. 7:05PM-7:55PM

Sat. 10:05AM-10:55AM

U-13 (11-12 YEARS ON DEC. 31)

Mon. 7:15PM-8:05PM

Wed. 7:15PM-8:05PM

Sat. 11:10AM-Noon

U-15 (13-14 YEARS ON DEC. 31)

Mon. 8:20PM-9:10PM

Wed. 8:20PM-9:10PM

Sat. 12:15PM-1:05PM

U-18 (15-17 YEARS ON DEC. 31)

Tues. 8:10PM-9:00PM

Thurs. 8:10PM-9:00PM

Sun. 4:45PM-5:35PM

ADULT HOCKEY DIVISIONS

WOMEN'S

Tues. 9:15PM-10:45PM

Fri. 7:05PM-8:35PM

Sun. 3:00PM-4:30PM

MEN'S OLD TIMERS

Mon. 9:25PM-10:15PM

Thurs. 9:15PM-10:05PM

Recreational hockey for men aged 35+.

REC. HOCKEY

Wed. 9:25PM-10:55PM

Fri. 8:50PM-10:20PM

Sun. 6:55PM-8:15PM

SPECIAL EVENTS

For information on special events, check out our Facebook page or website or contact the club.

Times and evenings may vary.

Hockey season is from October 1, 2021-March 31, 2022.

Up to date information is always available at www.fortsmith.ca/recreation

CHILD AND YOUTH

YOUTH NIGHT (FREE)

Friday 8:00PM–11:45PM

Saturday 8:00PM–11:45PM

This is a chance for youth aged 12-18 years old to get together in a safe space and play sports, games, watch movies, or just hang out. Located at Rec. Centre. *Doors lock at 10:00.*

AFTER SCHOOL CARE PROGRAM

Monday–Friday 3:30PM–5:00PM

A fun child minding program for ages 4–8 years. Snack, swimming, arts & crafts and physical activities. Contact Rec. Centre for schedule and fees.

CADETS

Thursday 7:00PM–9:00PM

The Royal Canadian Army Cadets is a national youth program that has activities such as orienteering, expedition training, marksmanship, camping and survival skills. Cadets are involved in ceremonial military events and citizenship activities.

This free program runs from September–June. For ages 12–18. Contact Raphael Gelonas at 819-913-8313.

SENIORS' ACTIVITIES

PICKLEBALL

Monday 1:30PM–2:30PM

Wednesday 1:30PM–2:30PM

An active sport for all levels of fitness and competitiveness. This event is at the Rec. Centre gym and will be available from October, 2021 until May, 2022. All equipment is provided.

INDOOR WALKING

Tuesday 2:00PM–3:00PM

Thursday 2:00PM–3:00PM

Walk in the gym this winter without the risk of slipping on ice and uneven ground. This event is at the Rec. Centre gym and will be available from October, 2021 until May, 2022.

SENIORS LANE SWIM

Tuesday 11:00AM–11:50AM

Wednesday 11:00AM–11:50AM

Thursday 11:00AM–11:50AM

Friday 11:00AM–11:50AM

A great low impact activity to keep you fit while being gentle on your joints. Swim or walk, a variety of equipment can help you find what's best for you. This event is at the Rec. Centre pool. Access cost is the drop-in fee or membership.

AT THE MUSEUM

MUSEUM ART EXTRAVAGANZA

Our annual pre-Christmas MAX art sale. All artists are invited to sell their artwork. Also the famous Museum Cookie plates will be for sale.

This event will be held at the Rec. Centre Gymnasium on November 27, 2021 from 1:00PM–4:00PM.

CHRISTMAS POP-UP SHOPS

Four weeks of pop-up shops will showcase a number of different artists each week. All artists are invited to sell their artwork.

This event will be held at the museum from Nov. 30, 2021–Dec. 22, 2021 during open business hours.

PICTURES WITH SANTA

Get into the holiday spirit and have your photo taken with Santa.

This event will be held at the museum on Dec. 12, 2021 from 9:00AM–11:00AM.

EXHIBITIONS

The museum has a number of different exhibits scheduled for the winter. Our fall exhibit, *One Land Two Visions* features landscape photography by Matonabee Paulette and oil paintings by impressionist artist Landon Peters. Watch for more information around town about the other exhibits that will be showcased throughout the winter months.

WORKSHOPS

The Northern Life Museum and Cultural Centre has a variety of upcoming workshops, from copper fish, to painting, to basketry. Keep an eye out for more information about our winter workshops.



FALL AND WINTER HOURS

Tuesday–Saturday 10:00AM–Noon and 1:00PM–5:00PM
We welcome your visit to our museum and giftshop!

The museum has meeting rooms available for rent and can do special after-hours tours by prior arrangement. For more information we can be reached by phone at (867) 872-2859 or email at info@nlmcc.ca or on the web at www.nlmcc.ca.

Up to date information is always available at www.fortsmith.ca/recreation

AT THE LIBRARY

Access books, DVDs, and computers at the Mary Kaeser Library. Sit in a cozy chair and enjoy quiet time with free wifi in this family-friendly environment. Magazines, video games, audio books, E-books are all available. Printing, scanning and faxing services are offered.

The Mary Kaeser Library offers various programs for children, teens and adults. Call 872-2296 or visit the library at 170 McDougal Road for information on upcoming events.

***Library programs are free unless otherwise posted.
Children 7 & 8 years of age must be supervised by someone 13 years of age or older; children 6 and under must be supervised by someone 16 years of age or older.***

MARY KAESER LIBRARY HOURS

Monday–Friday: 2:00PM–7:00PM

Saturday: 10:00AM–2:00PM

Sunday: Closed

Contact the library at (867) 872-2296.

Up to date information is always available at www.fortsmith.ca/recreation

MORE ACTIVITIES

SKIING

The Fort Smith Ski Club offers lessons for children, youth and adults.

The Fort Smith Ski Club holds several events throughout the season. Watch for information about these events throughout the season.

Jackrabbits teaches children basic cross-country ski skills from Nov.–April on Saturdays at 1:30PM. Equipment rentals are available for new skiers. The registration fee is \$30/child.

Memberships are available and required for anyone wanting to use the trails.

To register and for up to date information go to: <https://fortsmithskiclub.ca/>

BIATHLON

Biathlon is an exciting sport involving cross-country skiing and marksmanship. Biathlon is run by club coaches using the Fort Smith Ski Club's trails and biathlon range.

SNOWBOARDING

Explore our amazing snowboard and tobogganing hill. Built as a legacy from the 2018 Arctic Winter Games, the hill features a boarder cross run, big air, and rails. You can also use our tobogganing and tube run. Sliders, snowboarders and skiers are all welcome.

Watch for snowboard lessons starting in January, 2022.

CURLING

Tuesday Weekday League
Friday Fun League

For information on the Fort Smith Curling Club, please visit www.curling.fortsmithclubs.ca.

NEW YEAR'S EVE FIREWORKS

Come to the landslide to celebrate the New Year and enjoy an amazing display of pyrotechnics!

Show starts at 7:00PM sharp.

GET INCLUDED

Have your local service group, arts collective, sports league, or special event, etc., mentioned in the Town of Fort Smith Recreation Guide. If you would like your group or organization included in the *2022 Spring/Summer Guide* please provide the Town of Fort Smith with your information by February 14, 2022.

You can send your submission to Jeff Schwartzberger at jschwartzberger@fortsmith.ca. **THIS IS A FREE ADVERTISEMENT SERVICE** for all not-for-profit organizations supporting recreation, leisure, arts, and cultural activities in the Fort Smith community.

If you are a local business, organization or individual who would like to sponsor the Town of Fort Smith Recreation Guide please contact Emily Colucci at ecolucci@fortsmith.ca by February 14, 2022. Your sponsorship will include advertising space in the guide at the following rate:

Quarter Page – \$300

Half Page – \$400

Full Page – \$500

THE TOWN OF FORT SMITH
wishes everyone a safe and active
2021/2022 Fall & Winter Season!

CAB

construction

**Proud Sponsor
of Recreation in
Fort Smith**



RECREATION GUIDE



For more information, please contact:



TOWN OF FORT SMITH
P.O. Box 147, Fort Smith, NT X0E 0P0 Canada
Phone: (867) 872-8400 / Fax: (867) 872-8401
townoffortsmith@fortsmith.ca



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