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, September, 2019
FEES & INFO

ALL IN ONE RCC/POOL PASS RATES

<table>
<thead>
<tr>
<th></th>
<th>CHILD</th>
<th>YOUTH/SR</th>
<th>ADULT</th>
<th>FAMILY</th>
</tr>
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<td>PUNCH PASS</td>
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<td>FULL YEAR</td>
<td>$180.00</td>
<td>$252.00</td>
<td>$525.00</td>
<td>$864.00</td>
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</table>

CORPORATE PASS RATES

6 MONTH PASS  5 Passes $1450  10 Passes $2775  20 Passes $5300  30+ Passes $7325
12 MONTH PASS 5 Passes $2500  10 Passes $4775  20 Passes $9125  30+ Passes $12600

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.

RCC RENTALS

Gym Adult $25.00/hr  Child/Youth/Sr. $12.50/hr
Gym Birthday (2 Hr. Gym & Foyer) $32.00
Movie Theatre $30.00/movie or $18.50/hr
Pool (1 Hour) $85.00
Pool and Gym (1 Hr. Pool/1 Hr. Gym) $97.00
Bouncy Castle $25/hr + $25 Set up/Tear Down
Shower Drop In $2.00
Sauna/Steam Room Drop In $2.00

AREN A RINK RENTALS

Youth Groups $40/hr  Adult Groups $125/hr
Youth Tournament $40/hr ($400 maximum)
Adult Tournament $125/hr ($1250 maximum)

AREN A MEZZANINE RENTALS

Youth Groups $35/hr  Adult Groups $55/hr
Youth Birthday Party (2 Hr.) $65
Youth Tournament $150/Day (+Rink Rental)
Adult Party (Licensed) $500/evening
Conference (Includes Ice Surface) $1000/day
Canteen (Off Season) $150/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.

RECREATION & COMMUNITY CENTRE

HOURS OF OPERATION

Monday–Friday 6:30AM–10PM
Saturday 9AM–10PM  Sunday Noon–10PM
IN THE REC CENTRE

DROP IN SPORTS
Monday & Thursday .......... Soccer
Tuesday & Friday ............ Basketball
Wednesday ......................... Volleyball
Saturday & Sunday .......... Badminton
Ages 12–15 play 5:00PM–6:00PM
Ages 15+ play 6:00PM–7:30PM
Ages 18+ play 7:30PM–9:45PM
Note: Badminton is one age range only (15+). Badminton is only played from 6:00PM–7:30PM.

PETE’S GYM
A fully equipped workout gym including cardio equipment, free weights, and cable weights.

PHOENIX ROOM
A space with Olympic weights, heavy bags, and open area for exercising.

FAMILY DROP IN
Come out and be active with the family. Various sports equipment available to choose an activity that suits you.
Saturday 5:00PM–6:00PM
Sunday 5:00PM–6:00PM
The gym is available on Saturday and Sunday evenings for unscheduled drop in activities. Play whatever you want!
Saturday 18+ 7:00PM–8:00PM
Sunday 15+ 7:00PM–8:00PM
18+ 8:00PM–9:45PM

YOGA
Monday 6:00PM–7:00PM
Wednesday 6:00PM–7:00PM
Hatha Yoga is led by a certified instructor. Please arrive 5 minutes early to avoid disturbing the opening meditation.

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

BOOT CAMP
Tuesday & Thursday 5:30PM–6:30PM
This group exercise class will help develop cardio and strength. Our instructor is able to modify activities for beginners and those looking for an extra challenge.

ARCHERY
Archery programs are ages 7 to adult will be available in the Fall.
Watch for a schedule coming soon.

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–1:00PM
Saturday 9:00AM–NOON
A fun, free active play place for pre-school aged children.

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

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

PUBLIC SWIM
Tues–Fri 3:45PM–6:00PM
Sat 3:00PM–6:00PM
Sun 1:00PM–3:00PM, 5:00PM–6:00PM

Tuesday 3:45PM–5:00PM is a free swim sponsored by JBT.

SENIORS LANE SWIM
Tues–Fri 11:00AM–Noon
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.

AQUAFIT
Tues 5:15PM–6:00PM
Thurs 5:15PM–6:00PM
For the cost of a drop-in fee or membership, you can access this water-based exercise routine. Easy on the joints - you can tailor this to what you need with various modifications to the exercises to make them easier or more difficult. This is a Lifeguard lead program and is done in chest deep water.

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.

PARENTS & TOTS
Tues–Fri 11:00AM–Noon
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!

ADULT & FAMILY SWIM
Tues–Sun 6:00PM–8:00PM

POOL RENTAL
Sat 1:00PM–2:00PM, 2:00PM–3:00PM
Sun 3:00PM–4:00PM, 4:00PM–5:00PM
Contact the Rec. Centre at 872-4732 for rates and availability.

During Public and Family Swims, one lane is open for lane swimming. 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.

Up to date information is always available at www.fortsmith.ca/recreation
Access books, DVDs, and computers at the Mary Kaeser Library. The library often hosts after school, evening and weekend events and activities. Come out and enjoy these with family and friends.

**STORY TIME**
*Monday 10:30AM–11:30AM*
For preschoolers and their caregivers to join us for stories, activities and a snack.

**TECH AND TEA**
*Tuesday 2:00PM–3:30PM*
Need some help with a new phone or some other technology? Stop by the library to get some help with it and chat with others about what great apps they have been using!

**WELLNESS WEDNESDAY**
*Wednesday 7:15PM–8:45PM*
Wellness Wednesdays is a series of fun and informational monthly programming related to health and wellness for adults.
*Dates will be Oct. 16, Nov. 27, Dec. 18, Jan. 22. Stay tuned for more dates in 2020!*

**AFTER SCHOOL CLUB**
*Wednesday 3:30PM–5:00PM  Thursday 3:30PM–5:00PM*
A variety of fun after school activities for ages 9–12 years old. Wednesday is arts & crafts and Thursday is STEM (Science, technology, engineering and math) activites.

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–Thursday: 2:00PM–5:30PM and 7:00PM–9:00PM*
*Friday: 2:00PM–5:30PM  Saturday & Sunday: 2:00PM–5:00PM*
Contact the library at (867) 872-2296.

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

PUBLIC SKATE
Friday  4:00PM–4:45PM
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  12:15PM–1:00PM
6:00PM–6:45PM
Sunday  2:00PM–2:45PM
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.

Up to date information is always available at www.fortsmith.ca/recreation
<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>FEES</th>
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<td>SENIOR CAN-SKATE</td>
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<tr>
<td>JUNIOR STARSKATE</td>
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<td>INTERMEDIATE/SENIOR STARSKATE</td>
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</tr>
<tr>
<td>ADULT SKATE</td>
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</tr>
</tbody>
</table>

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!

The Fort Smith Skating Club will be hosting the NWT TERRITORIAL FUN MEET in February, 2020. This is a great opportunity for the community to watch some great skating. **Watch for more information.**

*Up to date information is always available at [www.fortsmith.ca/recreation](http://www.fortsmith.ca/recreation)*
HOCKEY

YOUTH HOCKEY
MINOR DIVISIONS

Initiation 5–8 years as at Dec. 31
Novice 8 years as at Dec. 31
Atom 9 & 10 years as at Dec. 31
Peewee 11 & 12 years as at Dec. 31
Bantam 3 & 14 years as at Dec. 31

SCHEDULE

INITIATION
Tues. 6:05PM–6:55PM
Thurs. 6:05PM–6:55PM

NOVICE
Tues. 6:55PM–7:45PM
Thurs. 6:55PM–7:45PM
Sat. 9:00AM–9:50AM

ATOM
Mon. 7:05PM–7:55PM
Wed. 7:05PM–7:55PM
Sat. 10:05AM–10:55AM

PEEWEE
Mon. 8:10PM–9:00PM
Thurs. 8:00PM–8:50PM
Sat. 11:10AM–Noon

BANTAM
Tues. 8:00PM–8:50PM
Wed. 8:10PM–9:00PM
Sun. 4:45PM–5:35PM

ADULT HOCKEY DIVISIONS

WOMEN’S

Tues. 9:05PM–10:35PM
Fri. 7:05PM–8:25PM
Sun. 3:00PM–4:30PM

Cost is $400/player. Ages: 18+.
For more information, contact Allie McDonald at al.mcd6@gmail.com

MEN’S OLD TIMERS

Mon. 9:15PM–10:15PM
Thurs. 9:05PM–10:05PM

Recreational hockey for men aged 35+.
Cost is $20 drop-in or $275 for the season.

REC. HOCKEY

Wed. 9:15PM–10:45PM
Fri. 8:40PM–10:10PM
Sun. 6:55PM–8:15PM

SPECIAL EVENTS

Shoot to Score in October, 2019
Christmas Classic in December, 2019
Women’s Tournament in January, 2020
Frolics Tournament in March, 2020

Watch for minor tournament hockey updates.

Hockey season is from October 1, 2019–March 31, 2020.

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

PICKLEBALL
Monday 2:00PM–3:15PM
Wednesday 2:00PM–3:15PM
An active sport for all levels of fitness and competitiveness. This event is at the Rec. Centre gym and will be available from October, 2019 until May, 2020. All equipment is provided. Access cost is the drop-in fee or membership.

INDOOR WALKING
Tuesday 2:30PM–3:15PM
Thursday 2:30PM–3:15PM
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, 2019 until May, 2020.

LUNCH WITH THE BUNCH
The Senior Society hosts a community lunch on the third Friday of every month. Cost is $5.00/person. Located in the Senior’s Room at the Rec. Centre. Everyone is welcome to attend.

TECH AND TEA
Tuesday 2:00PM–3:30PM
Need some help with a new phone or some other technology? Stop by the library to get some help with it and chat with others about what great apps they have been using!

SENIORS LANE SWIM
Tuesday 11:00AM–Noon
Wednesday 11:00AM–Noon
Thursday 11:00AM–Noon
Friday 11:00AM–Noon
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.

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

STORY TIME (FREE)

Monday  10:30AM–11:30AM
For preschoolers and their caregivers to join us for stories, activities and a snack.

AFTER SCHOOL SWIM

Tuesday  3:45PM–5:00PM
JBT sponsored free community swim.

AFTER SCHOOL CLUB AT LIBRARY (FREE)

Wednesday  3:30PM–5:00PM
Thursday  3:30PM–5:00PM
A variety of fun after school activities for ages 9–12 years old. Wednesday is arts & crafts and Thursday is STEM (Science, technology, engineering and math) activities.

AFTER SCHOOL CLUB AT REC. CENTRE (FREE)

Thursday  3:30PM–5:00PM
Fun physical activities and sports in the gym for ages 9–12 years old.

DANCEPL3Y (FREE)

Monday  3:30PM–4:30PM
Sign up at the Rec. Centre for this fun active dance class. Learn choreography and dance steps to a variety of songs. Lead by a certified instructor. For ages 6–12.

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 Bill Reimer at 872-3505.

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.

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.

Up to date information is always available at www.fortsmith.ca/recreation
ART IN THE PARK
Artist’s market, live music, on site food vendors, farmer’s market, art workshops. A great day for the family!
This event will be held at Mission Park on Sept. 14, 2019 from 11:00AM–3:00PM.

FALL FEAST
Our annual Fall Feast – homemade soups, breads, and desserts for you to sample and a beautiful handmade bowl to take home with you.
This event will be held at the museum on October 19, 2019 from 6:00PM–10:00PM.

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 16, 2019 from 1:00PM–3:00PM.

STAINED GLASS WORKSHOP
Mike Labine will guide you to create your own beautiful stained-glass artwork in this workshop. Workshop will be Friday evening, all day Saturday and Sunday until you are finished.
This event will be held at the museum on November 22–24, 2019.

BREAKFAST WITH SANTA
Get into the holiday spirit with a special pancake breakfast and have your picture taken with Santa.
This event will be held at the museum on Dec. 7, 2019 from 9:00AM–11:00AM.

EXHIBITIONS
The museum has several exhibits scheduled for the fall including art exhibits from NWT artists and an exhibit featuring interviews with local and territorial families. The interviews were done by community people and students from the education program at Aurora College. Watch for more information on social media or posters around town.

FALL AND WINTER HOURS
Monday–Friday
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.
PERFORMING ARTS

NOT QUITE MIDNIGHT
A magical interpretation of Cinderella and other classic stories from an internationally acclaimed dance troupe
This event will be held at the PWK High School Gym. on Oct. 17, 2019 at 7:30PM.

RITE
An initiation into the ancient Art of Flamenco
This event will be held at the PWK High School Gym. on Feb. 17, 2020 at 7:30PM.

PAWAKAN MACBETH
Reneltta Arluk’s brand new reimaging of Shakespeare’s darkest play into Cree history, legend and cosmology - A terrifying journey through love, greed, honour and betrayal
This event will be held at the PWK High School Gym. on April 4, 2020 at 7:30PM.

NACC Season Pass for all three shows
Adult $60 • Senior $36 • Youth $27

Single Ticket for any show
Adult $25 • Senior $15 • Youth $10

One Show Family Package
One Adult and One Youth $25

Additional information may be obtained at (867) 872-2859 or email at info@nlmcc.ca or one the web at www.nlmcc.ca.
MORE ACTIVITIES

SKIING

The Fort Smith Ski Club offers lessons for children, youth and adults. Memberships are available and required for anyone wanting to use the trails. Ski lessons and membership rates will be confirmed in October, 2019.

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. 14, 2019–April 4, 2020 on Saturdays at 1:30PM. Equipment rentals are available for new skiers. The registration fee is $30/child.

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 toboggan 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 toboggan and tube run. Sliders, snowboarders and skiers are all welcome.


CURLING

Tuesday  3 vs 3 Drop-In
Friday Mixed Doubles
Saturday Corporate Fun League

Curling fees are $240/person for the season. The corporate league fee is $840/team for the season. A corporate league team may have an unlimited number members although only four players may be on the ice at one time. Junior membership (ages 10–20) is $60 and The Little Rock membership (ages 9 and under) is $40.

For additional information, contact Lora Browne at (867) 872-0425.

MOVIE NIGHT

The Rec. Centre theatre shows a movie on every Friday and Saturday night as well as a Saturday matinee. Keep an eye out for the weekly movie posters for times and movie listings.

WOOD

BUFFALO FROLICS

Fort Smith’s annual community event will be held on March 14–15, 2020.

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.

Up to date information is always available at www.fortsmith.ca/recreation
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 2020 Spring/Summer Guide please provide the Town of Fort Smith with your information by February 14, 2020.

You can send your submission to Jeff Schwartzenberger at jschwartzenberger@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 Cynthia White at cwhite@fortsmith.ca by February 14, 2020. 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 2019/2020 Fall & Winter Season!
RECREATION GUIDE