

# All Sport One Day @ MNP Community & Sport Centre

## August 17th Schedule

### 9:45AM-11:00AM

Sport	Age Group
<b>Futsal</b>	<b>11-17</b>
<b>Kenjutsu</b>	<b>6-10</b>
<b>Karate</b>	<b>6-10</b>
<b>Biathlon</b>	<b>8-14</b>
<b>Diving</b>	<b>9-14</b>

### 12:45PM-1:45PM

Sport	Age Group
<b>Futsal</b>	<b>6-10</b>
<b>Kenjutsu</b>	<b>6-10</b>
<b>Karate</b>	<b>6-10</b>
<b>Biathlon</b>	<b>8-14</b>
<b>Water Polo</b>	<b>10-15</b>
<b>Diving</b>	<b>9-14</b>

### 11:15AM-12:15PM

Sport	Age Group
<b>Futsal</b>	<b>6-10</b>
<b>Kenjutsu</b>	<b>11-17</b>
<b>Karate</b>	<b>6-10</b>
<b>Biathlon</b>	<b>8-14</b>
<b>Water Polo</b>	<b>8-12</b>
<b>Diving</b>	<b>6-8</b>

### 2:00PM-3:00PM

Sport	Age Group
<b>Futsal</b>	<b>6-10</b>
<b>Kenjutsu</b>	<b>11-17</b>
<b>Karate</b>	<b>11-17</b>
<b>Biathlon</b>	<b>8-14</b>
<b>Water Polo</b>	<b>8-12</b>
<b>Diving</b>	<b>6-10</b>

## Session Description

<b>Sport</b>	<b>Session Description</b>
<b>Futsal</b>	<p>Participants will learn futsal, a type of soccer that improves the skills, IQ, and football understanding of the players.</p> <p>Futsal Calgary was first launched in 2007. It was embodied by 'the Fire Ball' of FeverSports. Fever Sports advocates to promote health and wellness, active lifestyle via communications and programs.</p>
<b>Kenjutsu</b>	<p>Kenjutsu is a general term for Japanese sword arts. In this session, participants will be introduced to traditional martial arts of Japanese sword and related jujutsu.</p> <p>Calgary Rakushinkan was established in 2011. At Calgary Rakushinkan we practice classical and traditional Japanese martial arts including sword and unarmed combat. Our main arts are Kenjutsu, Jujutsu and Iaijutsu of Daito Ryu which is the ancestor art of Aikido. We also practice other weapons and arts such as staff, short staff, lang sword, and more. We offer instruction to all youth and adults of good character. Our dojo is located at the Mount Pleasant Community Association.</p>
<b>Karate</b>	<p>Join us to experience the transformative power of Shotokan Karate, where physical fitness, mental wellness, and personal development converge. This style prioritizes the development of strong fundamentals, discipline, and mental focus but also emphasizes its application in self-defense with the empty hand, making it a globally respected martial art.</p> <p>Calgary Shotokan Karate Academy is dedicated to fostering personal growth and discipline through the practice of traditional Japanese martial arts. Our experienced and certified instructors create a positive and respectful environment, emphasizing self-defense skills, physical fitness, and mental wellness.</p>
<b>Biathlon</b>	<p>Participants will have the opportunity to shoot Eco-aim rifles and learn what it is like to have to shoot while under stress from moving.</p> <p>The Alberta Biathlon Club was formed with the goal of maintaining the momentum of the 1988 Olympic Winter Games held in Calgary to further develop the sport of biathlon in the province and to address some of the challenges facing the sport.</p>
<b>Water Polo</b>	<p>Come learn the basics of the Olympic sport of water polo and see how much fun you can have with playing this sport with friends!</p> <p>Alberta Water Polo is the provincial governance organization. Our mission is to promote, govern, support, and advance water polo in the province of Alberta.</p>
<b>Diving</b>	<p>A try-it session about diving! Participants will be learning some basic feet first skills on 1-meter and have an opportunity to jump off the 3-meter &amp; 5-meter tower!</p> <p>Rocky Mountain Diving Club (RMDC) offers recreational Learn-to-Dive and, pre-competitive programs for all ages. Our goal is to provide quality technical springboard and platform diving instruction at the introductory level in a safe, controlled, and fun environment. We incorporate trampoline and dry board training, as well as dry land strength and flexibility conditioning into all lessons.</p>