All **Sport** One **Day** @ Southland Leisure Centre

August 17th Schedule

9:45AM-11:00AM

Sport	Age Group
Cricket	10-17
Running	6-9
Rhythmic Gymnastics	6-9
Inline Skating	6-12
Try Skating	6-12
Try Hockey	6-12

12:45PM-1:45PM

Sport	Age Group
Running	6-9
Inline Skating	6-12
Fencing	10-13
Broomball	10-17

11:15AM-12:15PM

Sport	Age Group
Cricket	6-9
Running	10-17
Rhythmic Gymnastics	10-17
Inline Skating	6-12
Try Skating	6-12
Try Sledge Hockey	6-12

2:00PM-3:00PM

Sport	Age Group
Running	10-17
Inline Skating	6-12
Fencing	6-9
Broomball	10-17

Session Description

Sport	Session Description
Cricket	We will show the basics of batting, bowling and fielding. Hitting the ball, hitting the stumps, throwing and catching. And we'll play some fun games too! Glenmore Cricket Club has existed for over 20 years and is the biggest, most diverse, inclusive club in Alberta. We offer cricket to boys and girls, men and women, of all ages and abilities.
Inline Skating	Participants will learn the "FUNdamentals" of skating using inline skates. These skills can be transferred to many other sports and any other kind of skating. We are Canada's favourite skate school - teaching Canada to skate since 1994.
Running	This is an introduction to the sport of running, participants will be given an overview of the benefits and see demonstrations on proper form and learn techniques for getting started including pre and post care. It will be fun! We will try fartleks and discuss pace and how to set achievable goals. Run Calgary is a not-for-profit organization that plans and executes running and walking events in Calgary for people of all ages and abilities.
Rhythmic Gymnastics	Participants will have the opportunity to try 3 different Rhythmic Gymnastics Apparatus - the Hoop, Ball and Ribbon. Coaches will go through basic skills and movements used in Rhythmic Gymnastics and will teach the group a short routine! NorGlen Rhythmic Gymnastics Club is a grassroots organization that has been offering quality Rhythmic Gymnastics classes for everyone aged 3 to 70+ in Calgary for over 45 years.
Try Skating	Try Skating: In this single class, individuals with little to no experience skating will be shown basic techniques to gain more confidence on the ice. This is a great way to try out a new program before registering for a full course. You will learn the proper way to fall, stand up and march on the ice.
Try Hockey	Try Hockey: In this single class, you will experience hockey through drills, activities and scrimmages in this non-competitive program. This is a great way of trying out a new program before registering in a full course. They will improve their skating skills and learn how to pass, shoot and handle the puck.
Try Sledge Hockey	Try Sledge Hockey: In this single class you will experience sledge hockey through drills, activities and scrimmages in this non-competitive program. This is a great way of trying out a new program before registering for a full course. You will improve your sledge skills and learn how to pass, shoot and handle the puck.
Broomball	You will learn how to run properly on the ice, how to pass the ball and how to shoot the ball. Then we will have a little scrimmage game for fun! Calgary Amateur Broomball Association is a non-profit organization. Broomball is a fun and exciting sport to play with lots of opportunities to take part in some big tournaments throughout the world.
Fencing	This fun and engaging session will teach participants basic skills such as fencing footwork, bladework, and strategy. Fencing promotes individual initiative and discipline as well as respect, sportsmanship, and a well-rounded form of mental and physical exercise essential for total health and wellness, all of which help children succeed outside of the sport. Epic Fencing Club is a not-for-profit organization with the vision to build an inclusive, respectful and supportive fencing community that grows healthy and fulfilled individuals by encouraging them to embrace challenge, curiosity and learning so they can chase their dreams and discover themselves.