


List of Sports / Activities

Aikido | Aqua Intervals | Aquatics for Life Adult Swim | Adult Learn to Skate | Barbell Blast | Barre | Bobsleigh “Learn to Push” | Bootcamp | Climbing | COR.FIT class | Danceplay | Ski | Snowboard | Fencing | Field hockey | Footy (Australian Rules Football) | General Strength & Conditioning class | Group Blast | Group Cycle | Group Power | Hi Low and Muscle Works | HITT (High Intensity Interval Training) | Horseshoe | InjaFit Bootcamp training class | InjaJump Trampoline Fitness Class | InjaNation Parent and Toddler Play & Train Class | InjaNation TEEN NIGHT | Karate / Para-karate | Women’s Karate Class | Muay Thai\ kickboxing | Muscle Works | Netball | Parkour | Pickleball | Quidditch | Soccer | Skeleton “Learn to Push” | Sledge Hockey | Speed Skating | Long or short track | STEP (Intro & Circuit) | Synergy Circuit – Tennis | Table Tennis | Tai Chi® | Wheelchair Basketball – Wheelchair Rugby | Women Water Polo | YOGA (Simple, gentle, flow, active) | ZUMBA | Family Zumba

















 Adaptive sports: Fencing | Karate / Para-karate | Muay Thai\ kickboxing | Sledge Hockey | Wheelchair Basketball | Wheelchair Rugby.

 Adaptable sessions*: Aikido | Barbell Blast | Horseshoe | InjaFit Bootcamp training class | Parkour | Tennis | Table Tennis | Tai Chi®

*Please call first to discuss need

Activity Offered	Sport information	Event Dates	Time of Session(s)	Where	Link to Info / registration page
 <p>Aikido</p>	<p>Each session will introduce Aikido as a style of martial arts and how it compares to other martial arts. Attendees will work with other experienced students to learn why Aikido is used to resolve conflicts in everyday life.</p>	<p>Monday, January 22</p>	07:30PM – 09:00PM	Southland	https://www.eventbrite.ca/e/aikido-various-times-tickets-41295346493
		<p>Wednesday, January 24</p>	07:30PM – 09:00PM		
		<p>Saturday, January 27</p>	11:00AM – 12:30PM		
<p>Aqua Intervals</p>	<p>Amp up your water fitness class with this interval style class sure to have your heart pumping!</p>	<p>Tuesday, January 23</p> 	06:15PM – 07:00PM	Vivo for Healthier Generations	https://www.eventbrite.ca/e/aqua-intervals-various-times-tickets-41259236487
		<p>Thursday, January 25</p> 	06:15PM – 07:00PM		
<p>Aquatics for Life Adult Swim</p>	<p>Adult Swim Lessons is a progressive, skill-based, learn to swim and fitness program that teaches swimming and fitness skills that are focused on butterfly, backstroke, breaststroke, freestyle, water safety, entries and turns.</p>	<p>Monday, January 22</p>	08:00PM – 09:00PM	Repsol Sport Centre	https://www.eventbrite.ca/e/aquatics-for-life-adult-swim-various-times-tickets-41345541628?aff=eac2
		<p>Wednesday, January 24</p>	08:00PM – 09:00PM		
<p>Adult Learn to Skate</p>	<p>Adult Learn to Skate 18+ This program is designed for adults who have never been on skates before and to those looking to take their skating skills to the next level. It’s a great way to get out and be active, meet some new friends and enjoy this classic Canadian winter pastime! The participants will get an introduction to on-ice safety and then they will be placed into smaller groups to work on their individual skills in a fun and safe environment</p>	<p>Wednesday, January 24</p>	08:00PM – 09:00PM	WinSport	https://www.eventbrite.ca/e/adult-learn-to-skate-tickets-41093695349?aff=eac2
 <p>Barbell Blast</p>	<p>Build strength and progress in this weight training class. You will use barbells and plates for a total body workout.</p>	<p>Wednesday, January 24</p> 	05:30PM – 06:30PM	YMCA Eau Claire	https://www.eventbrite.ca/e/barbell-blast-tickets-41836160081
<p>Barre</p>	<p>What is Barre? Incorporating elements of yoga, Pilates and ballet, Barre is a low-impact and high-energy workout that is suitable for everyone! Using a fusion of body weight and free weight movements, Barre focuses on building longer, leaner muscles while simultaneously improving posture, grace and flexibility. Since Barre is done in a social, music-filled environment, it’s a workout that doesn’t feel like “work”. Treat yourself to this unique opportunity to connect with your body and with your community today!</p>	<p>Friday, January 26</p> 	11:15AM – 12:15PM	Vivo for Healthier Generations	https://www.eventbrite.ca/e/barre-tickets-41292452838
<p>Bobsleigh “Learn to Push”</p>	<p>Come and learn to push a bobsleigh in our world class Ice House facility. This is where the best bobsleigh athletes on the planet learn to push fast on ice. We provide the ice shoes and helmets. Learn the techniques from our coaches and see how your push times compare to our Olympic team. Check in will be at the guest services desk located in the Markin MacPhail Centre. Have waiver completed prior to check in. Check in 30 min prior to start time (see attached map for direction)</p>	<p>Monday, January 22</p>	05:30PM – 07:00PM	WinSport	https://www.eventbrite.ca/e/bobsleigh-learn-to-push-tickets-41092839790?aff=eac2
<p>Bootcamp</p>	<p>Challenge yourself using body weight exercises and a variety of portable equipment in this exhilarating boot camp class! Get ready to be put through strength and metabolic conditioning exercises that will get you sweating in no time.</p>	<p>Tuesday, January 23</p>	06:00AM – 07:00AM	Vivo for Healthier Generations	https://www.eventbrite.ca/e/bootcamp-various-times-tickets-41293263262
		<p>Wednesday, January 24</p>	12:15PM – 01:00PM	Remington YMCA	https://www.eventbrite.ca/e/bootcamp-ymca-tickets-41831255411
		<p>Thursday, January 25</p>	06:00AM – 07:00AM	Vivo for Healthier Generations	https://www.eventbrite.ca/e/bootcamp-various-times-tickets-41293263262
<p>Boxing Conditioning</p>	<p> Boxing Conditioning teaches basic boxing skills and techniques, designed to increase muscular strength and cardio endurance—the perfect class to get shredded! Boxing Conditioning will include cardio calisthenics, shadow boxing, bag work (150lb. bag) and core strengthening exercises. You will sweat like crazy, build a rock-solid core and burn hundreds of calories.</p>	<p>Wednesday, January 24</p>	05:00PM – 06:00PM	UFC Gym Chinook	https://www.eventbrite.ca/e/boxing-conditioning-various-times-tickets-42467484389?aff=es2
		<p>Saturday, January 27</p>	11:00AM – 12:00PM		








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Climbing	Learn the ropes to reach new heights on the climbing wall. No experience is required to learn a new activity, challenge yourself and practice the skills of wall climbing. You will learn all the safety elements to allow you to expand your workout routine in a new, exciting environment. All participants must wear comfortable clothing, have close-toed shoes and complete a YMCA Calgary Climbing Wall waiver form.	Saturday, January 27 	11:45AM – 01:00PM	YMCA Saddletowne	https://www.eventbrite.ca/e/climbing-various-times-tickets-41834724788
		Saturday, January 27	01:15PM - 02:30PM		
COR.FIT class	This will be a comprehensive class incorporating all pillars of COR.Fitness. Designed to challenge all levels of fitness, participants will develop a true baseline of their obstacle racing abilities, while improving their overall fitness, confidence and mental capabilities.	Tuesday, January 23	07:30PM – 08:30PM	WinSport	https://www.eventbrite.ca/e/corfit-classes-various-times-tickets-41047487139?aff=eac2
		Thursday, January 25	07:30PM – 08:30PM		
		Saturday, January 27 	10:15AM – 11:15AM		
Danceplay	A high-energy, mixed-style workout where you 'play' with dance in an inter-ACTIVE way. You'll #sweathappy as you bust a move to today's best music and everyone's favorite hits! There's only 3 Rules of PL3Y: Be POSITIVE. Be FUN. Be YOURSELF.	Tuesday, January 23 	06:30PM – 07:30PM	Vivo for Healthier Generations	https://www.eventbrite.ca/e/danceplay-tickets-41293729657
Discovery Ski Lesson	Designed for a more mature group looking to discover the basics of skiing, this program covers the fundamentals but with slightly more technical insight into skiing progression and a slightly quicker pace than our youth program	Monday, January 22 	05:30PM – 07:00PM	WinSport	https://www.eventbrite.ca/e/discovery-ski-lessons-various-times-tickets-41031160305
		Monday, January 22 	07:15PM - 08:45PM		
		Wednesday, January 24 	05:30PM – 07:00PM		
		Wednesday, January 24 	07:15PM – 08:45PM		
		Saturday, January 27 	03:30PM – 05:00PM		
Discovery Snowboard Lesson	Discover Snowboard Designed for a more mature group looking to discover the basics of snowboarding, this program covers the fundamentals but with slightly more technical insight into snowboarding progression and a slightly quicker pace than our youth program	Monday, January 22 	05:30PM – 07:00PM	WinSport	https://www.eventbrite.ca/e/discovery-snowboard-lessons-various-times-tickets-41031348869
		Monday, January 22 	07:15PM - 08:45PM		
		Wednesday, January 24 	05:30PM – 07:00PM		
		Wednesday, January 24 	07:15PM – 08:45PM		
		Saturday, January 27 	03:30PM – 05:00PM		
		Friday, January 26 	06:30PM – 07:30PM		
 Fencing	This is an introductory fencing session; learn the basics of en garde, advance and retreat, lunge, and have some fun bouts. No specific demographic.	Tuesday, January 23 	07:00PM – 08:00PM	Repsol Sport Centre	https://www.eventbrite.ca/e/fencing-tickets-41346017050?aff=es2
Field hockey	Simply put, field hockey is a game played on a grass or turf field where teams come together on a field and use hockey sticks to drive a ball into a net in order to score points. Although dominated by women, the game is open to all! Try some awesome field hockey stick skills; Bring a friend, make new friends, be part of a team!	Thursday, January 25	09:00PM – 11:00PM	The genesis Centre	https://www.eventbrite.ca/e/field-hockey-tickets-41852224129






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 Footy (Australia) FOOTY (AUSTRALIA) CANCELLED	Australian rules football, also known as Footy may look like your regular football game, except it is not. As the most popular sport in Australia, Footy is a fast, free-flowing game. The game looks to be hybrid of rugby and soccer with a bit of basketball, hockey, football, lacrosse and volleyball thrown in for good measure. The coaches will run you through the basic skills (handballing, kicking, catching); first the technique, and then incorporate these into some short drills. Finally, depending on numbers, and if time permits, participants would break into two teams and run a short, non-contact game of footy.	Monday, January 22	08:30PM – 09:30PM	The genesis Centre	https://www.eventbrite.ca/e/footy-aussie-rules-football-tickets-41433713352
General Strength & Conditioning class	This general strength and conditioning class is an introduction to our strength-focused training programs. Located in the Performance Training Centre, our highly trained staff will lead you through a series of upper body, lower body, and core exercises that will give you the perfect work out. Great for both beginners and experienced alike, participants will benefit from coaching and training appropriate to their ability level to pursue their fitness goals. This class caters to everyone because at the end of the day, we are all athletes	Friday, January 26 	07:30PM – 08:30PM	WinSport	https://www.eventbrite.ca/e/general-strength-conditioning-class-all-sport-one-city-tickets-41296332442
		Saturday, January 27 	12:00PM – 1:00PM		
Group Blast	Get a workout using the step in effective athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination and strength.	Tuesday, January 23	12:05PM – 12:50PM	YMCA Eau Claire	https://www.eventbrite.ca/e/group-blast-all-sport-one-city-tickets-41849521044
Group Cycle	Spin up your cycling skills and come prepared for a cardio workout that emphasizes proper form, technique and safety. You will challenge your endurance and stamina with hills, sprints and more on an indoor cycling bike.	Monday, January 22	06:00AM – 07:00AM	YMCA Eau Claire	https://www.eventbrite.ca/e/group-cycle-various-times-tickets-41293041599
		Monday, January 22	06:00AM – 07:00AM	Vivo for Healthier Generations	
		Monday, January 22	08:15AM – 09:00AM	Vivo for Healthier Generations	
		Tuesday, January 23	06:00PM – 06:45PM	YMCA Shawnessy	
		Wednesday, January 24	06:00PM – 06:45PM	YMCA Crowfoot	
Group Power	Blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, Group Power combines exercises with functional integrated exercises.	Friday, January 26	10:30AM – 11:30AM	YMCA Crowfoot	https://www.eventbrite.ca/e/group-power-all-sport-one-city-tickets-41849981421
Hi Low and Muscle Works	If you love to grapevine, mambo and step touch, then this choreographed class is for you.	Saturday, January 27	09:30AM – 11:00AM	YMCA Eau Claire	https://www.eventbrite.ca/e/hi-low-muscle-works-all-sport-one-city-tickets-41849702587
HITT (High Intensity Interval Training)	Get the ultimate workout with HIIT! Challenge and improve your cardiovascular fitness, balance, core strength and muscular endurance in this dynamic, high-energy workout. You will participate in a variety of intense, non-choreographed cardio and resistance intervals throughout the class.	Saturday, January 27	02:00PM – 03:00PM	YMCA Saddletowne	https://www.eventbrite.ca/e/hitt-high-intensity-interval-training-all-sport-one-city-tickets-41851355531?aff=es2
 Horseshoe	Horseshoes, which is also called horseshoe throwing, is a non-contact game which is usually played outdoors. It can be played individually, between two people, or two teams with two members each. This is a classic example of an old-fashioned pastime that has turned itself into an organized and very competitive sport.	Wednesday, January 24	07:00PM – 09:00PM	Horseshoe Club	https://www.eventbrite.ca/e/horseshoes-various-times-tickets-41029251596?aff=es2
		Thursday, January 25	07:00PM – 09:00PM		
		Friday, January 26	07:00PM – 09:00PM		
		Saturday, January 27	07:00PM – 09:00PM		
 InjaFit Bootcamp training class	InjaFit Boot Camp Training Classes offer an innovative and fun mix of strength training and aerobic elements at Calgary's largest indoor playground featuring a trampoline zone, ninja warrior and obstacle courses, and a climbing centre. Onsite coaches will lead you through an intense workout that will be so much fun you won't realize how hard you're working.	Monday, January 22	08:00PM – 09:00PM	InjaNation	https://www.eventbrite.ca/e/injafit-bootcamp-training-class-all-sport-one-city-tickets-41147662767
		Tuesday, January 23	07:00PM – 08:00PM		
		Wednesday, January 24	08:00PM – 09:00PM		
		Thursday, January 25	07:00PM – 08:00PM		
		Friday, January 26	01:00PM – 02:00PM		









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InjaJump Trampoline Fitness Class	InjaJump Trampoline Fitness Classes provide a fun and full body cardio workout. They are an innovative and energetic way to get moving as you jump, tuck and spring your way to fitness. With onsite coaches, you'll learn the basics while having a great time and getting a great workout at Calgary's largest indoor playground featuring a trampoline zone, ninja warrior and obstacle courses, and a climbing centre.	Monday, January 22 	07:00PM – 08:00PM	InjaNation	https://www.eventbrite.ca/e/injajump-trampoline-fitness-class-all-sport-one-city-tickets-41146043925
		Tuesday, January 23 	08:00PM – 09:00PM		
		Wednesday, January 24 	07:00PM – 08:00PM		
		Thursday, January 25 	08:00PM – 09:00PM		
InjaNation Parent and Toddler Play & Train Class	parent & toddler class + parent boot camp workout - first 30min parent & child explore movement together with instructor, then parent is led through 30min workout while child has supervised play time	Monday, January 22	10:30AM – 11:30AM	InjaNation	https://www.eventbrite.ca/e/injanation-parent-and-toddler-play-train-class-all-sport-one-city-tickets-41144719965
		Tuesday, January 23	10:30AM – 11:30AM		
		Wednesday, January 24	10:30AM – 11:30AM		
		Thursday, January 25	10:30AM – 11:30AM		
 InjaNation TEEN NIGHT	InjaNation Teen Night features great music, contests & competitions (including trampoline dodgeball, obstacle racing and many more) with prizes and bragging rights for the winners - • Kick-off on January 27 th is FREE. Teen Night will run every Saturday after that for \$25 admission	Saturday, January 27	08:00PM – 11:00PM	InjaNation	https://www.eventbrite.ca/e/injanation-teen-night-all-sport-one-city-tickets-41507846085
Karate / Para-karate	Looking to be fit and learn some self-defence? Get your friends together and join this Karate session. Karate-do, more generally referred as Karate, is a Japanese martial art that develops the use of the human body as a weapon of defense and builds on a philosophy of perseverance and discipline. Karate consist of a good mixture of cardiovascular endurance, strength training and flexibility exercises that are designed to benefit the whole body	Monday, January 22	06:30PM – 07:15PM	Cougar ridge Dojo	https://www.eventbrite.ca/e/karate-para-karate-various-times-tickets-41797515494
		Monday, January 22	07:15PM – 08:00PM		
		Tuesday, January 23	06:15PM – 07:15PM	Springbank dojo	https://www.eventbrite.ca/e/karate-para-karate-various-times-tickets-41794389143
		Tuesday, January 23	07:15PM – 08:15PM		
		Tuesday, January 23	08:15PM – 09:15PM		
		Wednesday, January 24	06:30PM – 07:15PM	Cougar ridge Dojo	https://www.eventbrite.ca/e/karate-para-karate-various-times-tickets-41797515494
		Wednesday, January 24	07:15PM – 08:00PM		
		Thursday, January 25	06:15PM – 07:15PM	Springbank dojo	https://www.eventbrite.ca/e/karate-para-karate-various-times-tickets-41794389143
		Saturday, January 27	10:00AM – 11:00AM		
		Saturday, January 27	11:00AM – 12:00PM		
Saturday, January 27	01:30PM – 02:30PM				
Women's Karate Class	Karate training develops discipline, inner strength, improved self-confidence and self-esteem. Along with increased fitness, the Karate practitioner takes these from the dojo, improving life at work, school, leisure and sport. So get your friends together and try out this Women's Karate Class	Tuesday, January 23	07:15PM – 08:15PM	Haysboro Community Centre	https://www.eventbrite.ca/e/karate-women-class-tickets-41296679480
Kickboxing Skills & Technique	 Building on your skills and technique training from prior classes, this class is designed to teach and practice both the offensive and defensive counter techniques and drills with a partner. Whether you are prepping for competition, learning about self defense or just want to learn more about Kickboxing, this class is for you.	Thursday, January 25	07:00PM – 08:00PM	UFC Gym Chinook	https://www.eventbrite.ca/e/kickboxing-skills-technique-all-sport-one-city-tickets-42469794298
MMA Fight Fit	 Train like a champion with Fight FIT, our one-of-a-kind class where you'll learn basic MMA skills with a cardio kick. Fight FIT simulates a real UFC Championship fight with five five-minute rounds, utilizing various equipment such as grappling dummies and hanging bags. A basic class includes cardio calisthenics: punch, kick, knee, and elbow	Friday, January 26	05:00PM – 06:00PM	UFC Gym Chinook	https://www.eventbrite.ca/e/mma-fight-fit-training-all-sport-one-city-tickets-42470082159?aff=es2








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	strikes; sprawls; grounded bags; pummeling the bags; break fall; bag work, and core strengthening exercises.				
MMA Conditioning	NEW Strength training is very important for any fighter or grappler who is looking to improve their game. This type of class focus on the strength training needed to improve your mobility, strength, speed, power, explosiveness, agility and conditioning,	Friday, January 26	06:00PM – 07:00PM	UFC Gym Chinook	https://www.eventbrite.ca/e/mma-conditioning-all-sport-one-city-tickets-42470134315?aff=es2
 Muay Thai\ kickboxing	This class starts with 15-20-minute warm-up with some conditioning exercises designed for Muay Thai performance (e.g. shoulders, abs, hips). The class then moves to either a heavy bag or a partner to learn striking techniques using the hands, elbows, knees and shins. It's a ton of fun while getting sweaty!	Monday, January 22 Tuesday, January 23 Tuesday, January 23 Wednesday, January 24 Thursday, January 25 Thursday, January 25 Friday, January 26 Saturday, January 27	12:00PM – 1:00PM 12:00PM – 1:00PM 07:30PM – 08:30PM 12:00PM – 1:00PM 12:00PM – 1:00PM 07:30PM – 08:30PM 12:00PM – 1:00PM 11:00AM – 12:30PM	WTM Fitness /Muay Thai	https://www.eventbrite.ca/e/muay-thai-kickboxing-various-times-tickets-41341954900?aff=es2
 Muay Thai\ kickboxing FOR KIDS	Kids Muay Thai (ages 6-12). This class also begins with a shoulders/hips/abs-targeted warm-up and then moves into teaching the kids the fundamentals of punching, footwork, and kicking on the heavy bag and with a partner using focus mitts (for punching/elbow strikes) and Thai pads (for kicks/knees).	Monday, January 22 Wednesday, January 24 Friday, January 26	04:30PM – 05:30PM 04:30PM – 05:30PM 04:45PM – 05:45PM	WTM Fitness /Muay Thai	https://www.eventbrite.ca/e/muay-thai-kickboxing-various-times-tickets-41341954900?aff=es2
 Muay Thai\ kickboxing LADIES Class	NEW This LADIES Class begins with a shoulders/hips/abs-targeted warm-up and then moves into teaching the kids the fundamentals of punching, footwork, and kicking on the heavy bag and with a partner using focus mitts (for punching/elbow strikes) and Thai pads (for kicks/knees).	Tuesday, January 23 Thursday, January 25	09:30AM – 10:30AM 09:30AM – 10:30AM	WTM Fitness /Muay Thai	https://www.eventbrite.ca/e/muay-thai-kickboxing-various-times-tickets-41341954900?aff=es2
 Muay Thai\ kickboxing TEEN Class	NEW This TEEN Class (age 12+) begins with a shoulders/hips/abs-targeted warm-up and then moves into teaching the kids the fundamentals of punching, footwork, and kicking on the heavy bag and with a partner using focus mitts (for punching/elbow strikes) and Thai pads (for kicks/knees).	Tuesday, January 23 Thursday, January 25	4:30PM – 5:30PM 4:30PM – 5:30PM	WTM Fitness /Muay Thai	https://www.eventbrite.ca/e/muay-thai-kickboxing-various-times-tickets-41341954900?aff=es2
Muscle Works	Get strong! In this class, you will develop muscular strength and endurance using a variety of equipment and techniques.	Saturday, January 27	11:00AM – 12:00PM	YMCA Saddletowne	https://www.eventbrite.ca/e/muscle-works-all-sport-one-city-tickets-41850593251?aff=es2
Netball	Netball is a fast, exciting, true team sport which involves running, jumping, throwing and catching. Netball is similar to basketball although the rules, equipment and team numbers are slightly different: no dribbling; no running with the ball; 7 players per team; ball must be passed in 3 seconds; ball and basket are slightly smaller; there is no backboard; players are designated to certain areas of the court. Netball also has similarities to European handball, korfball and ultimate frisbee. This session is ideal for women age 18-40, but men are more than welcome!	Monday, January 22 Monday, January 22 Thursday, January 25	02:30PM – 04:30PM 05:00PM – 07:00PM 07:00PM – 08:30PM	University of Calgary The genesis Centre University of Calgary	https://www.eventbrite.ca/e/netball-all-sport-one-city-tickets-41526692455
 Parkour	Parkour is all about running, jumping, and moving safely (even if you only have one arm or leg!). That being said, if you are in a cast or a wheelchair, we would recommend you check out one of the other great sports offered at All Sport One City. Ages 14+ are welcome with their parents (Ratio of 2 teens per parent)	Friday, January 26	06:00PM – 08:00PM 07:00PM – 09:00PM	Breathe Parkour – Calgary North Breathe Parkour – Calgary South	https://www.eventbrite.ca/e/parkour-various-times-tickets-41029725012?aff=es2
Pickleball	It looks like tennis, sounds like ping pong and favours the same light-on-your-toes action of badminton. Pickleball is a paddle sport created for all ages and skill levels. The rules are simple, and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Gather your friends for a fun session of Pickleball.	Thursday, January 25	05:00PM – 06:00PM 06:00PM – 07:00PM	The genesis Centre	https://www.eventbrite.ca/e/pickleball-various-times-tickets-41426399476
Quidditch	The sport of quidditch that is played in the Muggle world is vastly different from Harry Potter's game and may just surprise you with how thrilling it is to play. There may be no flying, but lots of strategy, tackling and athleticism. Quidditch is a mixed-gender sport with two teams of seven players (3 chasers, 2 beaters, 1 keeper, and 1 seeker) each mounted on broomsticks, using three different kinds of balls and playing four different positions. It	Monday, January 22 Thursday, January 25	09:45PM – 11:00PM 07:00PM – 08:30PM	The genesis Centre Repsol Sport Centre	https://www.eventbrite.ca/e/quidditch-various-times-tickets-41439850709?aff=eac2

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	fuses elements of rugby, dodgeball, wrestling, basketball, and even more sports. Quidditch is an exciting sport to watch and even more exciting to play.	Saturday, January 27	03:00PM – 04:30PM	University of Calgary	
Soccer	If you always wanted to play Soccer but never dared to ask “how do you play? What are the rules?” this is your chance. Come and learn the basics of Soccer so you can pick up a game with friends, wherever you are. The game of soccer – more commonly referred to outside North America as football – has long been one of the most popular sports in the world. Get your friends together or come and meet new people and give soccer a try!	Thursday, January 25	06:00PM – 07:00PM	Beltline Aquatic & Fitness Centre	https://www.eventbrite.ca/e/soccer-all-sport-one-city-tickets-42292116860
Skeleton – Learn to Push	Our “Learn to Push” offer athletes the chance to experience push training just as our Olympians do. With coaching provided by Provincial team members, beginners will learn the techniques required for a strong, fast start. These skills will begin to develop as they sprint down the ice, leap on their sleds and cross the finish line in just a short time. Family and friends are welcome to come and watch! These sessions will take place in the Ice House here at WinSport. The Ice House is the only indoor facility of its kind in North America, allowing sliding athletes of all levels to perfect the all-important push!	Wednesday, January 24 	05:30PM – 07:00PM	WinSport	https://www.eventbrite.ca/e/skeleton-learn-to-push-various-times-tickets-41093287128?aff=eac2
		Friday, January 26 	05:30PM – 07:00PM		
 Sledge Hockey	Sledge hockey is the para-sport version of ice hockey! All players are strapped to a two-bladed sledge. They propel themselves with sticks spiked at one end and curved blades at the other for shooting. Able body participants are also encouraged to attend. We are open to all abilities, disabled or able-bodied, male or female. Everyone is welcome to come and try sledge hockey!	Monday, January 22	07:15PM – 08:30PM	WinSport	https://www.eventbrite.ca/e/sledge-hockey-tickets-42098914988
Speed Skating - Long or short track	If you want to feel the speed, you are at the right place. Gather your friends, come over and try speed skating at the Olympic Oval at University of Calgary. The coaches from the Calgary Speed Skating Association provide an inclusive and exciting experience in which you are taught the basics of speed skating and the fun of racing on skates, in a safe and supportive environment.	Monday, January 22 	08:30PM – 10:00PM	University of Calgary	https://www.eventbrite.ca/e/speed-skating-all-sport-one-city-tickets-41510198120
		Tuesday, January 23 	08:20PM – 09:30PM		
		Wednesday, January 24 	08:15PM – 09:30PM		
STEP (Intro & Circuit)	A Step class involve much more than stepping on and off a plastic step. It’s a great low-impact cardio option because the class is constantly moving for the entire session. Many of the basic Step moves work together to provide strength and tone all the muscles in your legs from your feet up through your hips and lower back. It helps with balance and coordination. Most of all, it’s fun — each routine is set to music, and the enthusiasm in the room is palpable	Monday, January 22	08:15AM – 09:00AM	YMCA Shawnessy	https://www.eventbrite.ca/e/step-ymca-various-times-tickets-41841472972
		Thursday, January 25	06:00PM – 07:00PM		
Synergy Circuit	Join us for a challenging, fun, and exciting new workout on our “adult Playground” called Synergy. This half cardio half strength based class uses a variety of equipment to develop muscular strength and endurance with an emphasis on proper execution of movements	Monday, January 22 	12:15PM – 01:00PM	Remington YMCA	https://www.eventbrite.ca/e/synergy-circuit-all-sport-one-city-tickets-41845521080
 Tennis	Discover or rekindle your love for tennis through this 90 minute instruction and play session in our new, world class training facility! Our coaches will lead participants through a number of fun games and drills, helping them to learn the basics of tennis before facilitating an organised play session allowing them to put their skills into practice. Each session will include both instruction and match play in an inviting and welcoming environment.	Thursday, January 25 	07:00PM – 08:30PM	Osten and Victor Alberta Tennis Centre	https://www.eventbrite.ca/e/tennis-various-times-tickets-42131129342
		Friday, January 26 			
Table Tennis	Table tennis is a great social sport, so bring your friends for a great time playing Table tennis. It can be a fast-paced competitive sport. In fact, it can be a great way to burn calories and get fit (you will burn between 200 and 350 calories per hour of play). Playing improves hand-eye coordination and it stimulates mental alertness, concentration and tactical strategy. Register for this discovery session and learn the basics of table Tennis with Geng Lijuan, a four-time World Champion.	Monday, January 22	03:00PM – 04:00PM	Geng Table Tennis	https://www.eventbrite.ca/e/table-tennis-various-times-tickets-41394263356?aff=es2
		Monday, January 22	04:00PM – 05:00PM		
		Wednesday, January 24	06:00PM – 07:00PM		
		Wednesday, January 24	07:00PM – 08:00PM		
		Thursday, January 25	04:00PM – 05:00PM		

List of Sports / Activities

Activity Offered	Sport information	Event Dates	Time of Session(s)	Where	Link to Info / registration page
		Thursday, January 25	05:00PM – 06:00PM		
 Taoist Tai Chi® movements	Taoist Tai Chi® arts involve deep stretching with a full range of motion and continuous turning of the spine. They exercise the whole physiology including muscular, skeletal, and circulatory systems. Rather than depending on tension and the development of hard muscle tissue, these arts develop a body that is relaxed and strong at the deepest levels. The ancient Chinese believed that true health comes when body, mind and spirit work together in harmony. Taoist Tai Chi® arts grew out of this tradition and are a way to develop a body that is strong, yet supple, balanced and energetic, a mind that is calm and clear, yet creative and dynamic, and a spirit that is light and peaceful, yet resilient.	Monday, January 22 Monday, January 22 Tuesday, January 23 Tuesday, January 23 Wednesday, January 24 Wednesday, January 24 Thursday, January 25 Thursday, January 25 Saturday, January 27	10:00AM – 11:30AM 07:00PM - 08:30PM 10:00AM – 11:30AM 07:00PM – 08:30PM 10:00AM – 11:30AM 10:00AM – 11:30AM 07:00PM – 08:30PM 09:30AM – 11:00AM	Fung Loy Kok Taoist Tai Chi	https://www.eventbrite.ca/e/martial-arts-tai-chi-all-sport-one-city-tickets-41707445091
 Wheelchair Basketball	Wheelchair basketball is now played in more than 80 countries around the world. Basketball players – able-bodied are encouraged to attend! This is a great sport for those who love basketball and maybe looking for a new challenge. We are open to all abilities, disabled or able-bodied, male or female. Whether you have played before or not, you are welcome to come and try wheelchair basketball (wheelchairs provided).	Friday, January 26	06:30PM – 07:30PM	Repsol Sport Centre	https://www.eventbrite.ca/e/wheelchair-basketball-all-sport-one-city-tickets-42211796620?aff=es2
 Wheelchair Rugby	If you're looking for a rush of adrenaline and excitement for players and fans, then wheelchair rugby is the sport for you! It is a mixed gender sport, where both male and female athletes play on the same teams. The object of the game is for players to score by crossing the opposing team's goal line while maintaining possession of the ball. This can be accomplished through passing, bouncing, and carrying of the ball.	Friday, January 26	07:30PM – 08:30PM	Repsol Sport Centre	https://www.eventbrite.ca/e/wheelchair-rugby-all-sport-one-city-tickets-42212541849
Women Water Polo	 Is Water Polo what you're looking for? JOIN THIS UNIQUE AND FUN WATER SPORT. We have taken traditional women's water polo, removed the contact element and created a recreational water sport that provides a great workout, the comradery of a team sport, the stimulation of learning new skills and the wonderful opportunity to play with friends.	Thursday, January 25	08:30AM - 10:00AM	Mount Royal University – Pool (recreation centre)	https://www.eventbrite.ca/e/water-polo-ladies-all-sport-one-city-tickets-42479503338
YOGA (Simple Yoga)	New to Yoga? This is the perfect session for you to try.	Thursday, January 25	07:30PM - 08:30PM	YMCA Crowfoot	
YOGA (Gentle Yoga)	Find a sense of peace as you gently work your body. This class focuses on the healing aspects of yoga with stretching, relaxation and mind calming techniques.	Saturday, January 27	09:15AM - 10:30AM	YMCA Shawnessy	https://www.eventbrite.ca/e/yoga-ymca-various-types-tickets-41842635449
YOGA (Active Yoga)	Find your strength as you de stress in this yoga class. You will improve your flexibility, strength, balance and body awareness.	Thursday, January 25	06:40PM - 07:40PM	YMCA Eau Claire	
YOGA (Yoga Flow)	Connect your breath with movement by transitioning fluidly from pose to pose. You will strengthen & elongate your muscles through the principles of yoga.	Monday, January 22  Friday, January 26 	08:00PM - 09:00PM 06:30AM - 07:30AM	Vivo for Healthier Generations	https://www.eventbrite.ca/e/yoga-flow-various-times-tickets-41294634363
ZUMBA - Family Zumba	Join this energetic dance class where you will mix high and low intensity moves using rhythms of Latin and world music. Designed as a combination of salsa and aerobics, there's no right or wrong way to do Zumba. As long as you move to the beat of the music, you're participating in the exercise. And since Zumba involves movement of the entire body — from your arms, to your shoulders, to your feet — you'll get a full-body workout that doesn't feel like work	Monday, January 22	06:00PM - 07:00PM	YMCA Crowfoot	https://www.eventbrite.ca/e/zumba-ymca-various-types-tickets-41837920346
ZUMBA <u>Zumba@vivo</u>	This class fuses hypnotic Latin rhythms and easy to follow moves to create a high energy, calorie blasting, total body dance based workout that feels more like a dance party.	Wednesday, January 24 	07:00PM - 08:00PM	Vivo for Healthier Generations	https://www.eventbrite.ca/e/zumba-tickets-41294899155
ZUMBA Zumba @YMCA	Join this energetic dance class where you will mix high and low intensity moves using rhythms of Latin and world music.	Friday, January 26	12:05PM - 12:50PM	YMCA Eau Claire	https://www.eventbrite.ca/e/zumba-ymca-tickets-41837920346