

Calgary



# 2024

## **FREE** community outdoor summer activities

Looking for some fun, **free** activities for children, youth and families this summer? These safe, supervised classes are great for making new friends and learning new activities.

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Scan this QR code with your smartphone for more information.



Visit [calgary.ca/free](https://calgary.ca/free) to see what's available in your area.



### Stay n' Play | children ages 3 - 5 years + adult

Fun, safe, supervised programs that help children and adults make new friends and stay active through a play-based learning environment. Participants engage in games and activities that support healthy and active lifestyles. Children must be accompanied by an adult. Free programs run Monday to Friday. Drop-in on a first come, first serve basis.

### Park n' Play | children ages 6 - 12 years

Fun safe, supervised programs help children make new friends and learn. Games and activities are designed to support them on their path to healthy and active lifestyles. Programs run Monday to Friday. Free Drop-in on a first come, first serve basis.

Date/Days	Activity/Time	Location/Address
Jul 2-5 Tues – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>COVENTRY HILLS</b> Nose Creek School 135 Covepark Square N.E.
Jul 2-5 Tues – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>MARLBOROUGH PARK</b> Roland Michener School 5958 4 Ave N.E.
Jul 2-5 Tues – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>NORTH HAVEN</b> North Haven School 4922 North Haven Dr. N.W.
Jul 2-5 Tues – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>TUSCANY</b> Eric Harvie School 357 Tuscany Drive N.W.
Jul 2-5 Tues – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>BRIDLEWOOD</b> Bridlewood School 207 Bridleridge Way S.W.

Date/Days	Activity/Time	Location/Address
Jul 2-5 Tues – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>KINGSLAND</b> Kingsland Community Association 505 78 Ave S.W.
Jul 2-5 Tues – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>DEER RUN</b> Deer Run School 2127 146 Ave S.E.
Jul 2-5 Tues – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>NEW BRIGHTON</b> New Brighton School 30 New Brighton Dr. S.E.
Jul 8-12 Mon – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>ABBEYDALE</b> Abbeydale Community Association 821 Abbeydale Drive N.E.
Jul 8-12 Mon – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>TARADALE</b> Ted Harrison School 215 Taravista Way N.E.
Jul 8-12 Mon – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>CITADEL</b> Citadel Park School 808 Citadel Drive N.W.
Jul 8-12 Mon – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>BRENTWOOD</b> Brentwood School 1231 Northmount Drive N.W.
Jul 8-12 Mon – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>SHAWNESSY</b> Samuel W. Shaw School 115 Shannon Drive S.W.
Jul 8-12 Mon – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>WEST SPRINGS</b> West Ridge School 8903 Wentworth Ave S.W.
Jul 8-12 Mon – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>AUBURN BAY</b> Auburn Bay School 7 Auburn Bay Ave S.E.
Jul 8-12 Mon – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>LAKE BONAVISTA</b> Andrew Sibbald School 1711 Lake Bonavista Dr S.E.
Jul 15-19 Mon – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>CROSSROADS</b> Crossroads Community Association 1803 14 Ave N.E.
Jul 15-19 Mon – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>MONTEREY PARK</b> Monterey Park School 7400 California Blvd N.E.
Jul 15-19 Mon – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>HIDDEN VALLEY</b> Hidden Valley School 10959 Hidden Valley Dr. N.W.
Jul 15-19 Mon – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>RANCLANDS</b> Ranchlands Community Association 7713 Ranchview Drive N.W.
Jul 15-19 Mon – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>GLENBROOK</b> Glenbrook School 4725 33 Ave S.W.

Date/Days	Activity/Time	Location/Address
Jul 15-19 Mon - Fri	<b>Stay n' Play</b> - 10 a.m. - 12 p.m. <b>Park n' Play</b> - 10 a.m. - 3:30 p.m.	<b>QUEENSLAND</b> Haultain Memorial 605 Queensland Dr S.E.
Jul 15-19 Mon - Fri	<b>Stay n' Play</b> - 10 a.m. - 12 p.m. <b>Park n' Play</b> - 10 a.m. - 3:30 p.m.	<b>MCKENZIE TOWNE</b> McKenzie Towne School 679 Prestwick Circle S.E.
Jul 15-19 Mon - Fri	<b>Stay n' Play</b> - 10 a.m. - 12 p.m. <b>Park n' Play</b> - 10 a.m. - 3:30 p.m.	<b>SILVERADO</b> Ron Southern School 483 Silverado Blvd. S.W.
Jul 22-26 Mon - Fri	<b>Stay n' Play</b> - 10 a.m. - 12 p.m. <b>Park n' Play</b> - 10 a.m. - 3:30 p.m.	<b>FALCONRIDGE</b> Falconridge Community Association 95 Falshire Drive N.E.
Jul 22-26 Mon - Fri	<b>Stay n' Play</b> - 10 a.m. - 12 p.m. <b>Park n' Play</b> - 10 a.m. - 3:30 p.m.	<b>WHITEHORN</b> Colonel J. Fred Scott School 171 Whitehorn Rd N.E.
Jul 22-26 Mon - Fri	<b>Stay n' Play</b> - 10 a.m. - 12 p.m. <b>Park n' Play</b> - 10 a.m. - 3:30 p.m.	<b>EDGEMONT</b> Edgemont School 55 Edgevalley Circle N.W.
Jul 22-26 Mon - Fri	<b>Stay n' Play</b> - 10 a.m. - 12 p.m. <b>Park n' Play</b> - 10 a.m. - 3:30 p.m.	<b>PANORAMA HILLS</b> Panorama Hills School 1057 Panorama Hills Dr N.W.
Jul 22-26 Mon - Fri	<b>Stay n' Play</b> - 10 a.m. - 12 p.m. <b>Park n' Play</b> - 10 a.m. - 3:30 p.m.	<b>SIGNAL HILL</b> Battalion Park School 369 Sienna Park Drive S.W.
Jul 22-26 Mon - Fri	<b>Stay n' Play</b> - 10 a.m. - 12 p.m. <b>Park n' Play</b> - 10 a.m. - 3:30 p.m.	<b>KELVIN GROVE</b> Chinook Park School 1312 75 Ave S.W.
Jul 22-26 Mon - Fri	<b>Stay n' Play</b> - 10 a.m. - 12 p.m. <b>Park n' Play</b> - 10 a.m. - 3:30 p.m.	<b>COPPERFIELD</b> Copperfield School 54 Copperstone Rd S.E.
Jul 22-26 Mon - Fri	<b>Stay n' Play</b> - 10 a.m. - 12 p.m. <b>Park n' Play</b> - 10 a.m. - 3:30 p.m.	<b>RIVERBEND</b> Riverbend School 65 Rivervalley Dr S.E.
Jul 29-Aug 2 Mon - Fri	<b>Stay n' Play</b> - 10 a.m. - 12 p.m. <b>Park n' Play</b> - 10 a.m. - 3:30 p.m.	<b>RENFREW</b> Renfrew Community Association 811 Radford Rd N.E.
Jul 29-Aug 2 Mon - Fri	<b>Stay n' Play</b> - 10 a.m. - 12 p.m. <b>Park n' Play</b> - 10 a.m. - 3:30 p.m.	<b>RUNDLE</b> Cecil Swanson School 4820 Rundlewood Dr N.E.
Jul 29-Aug 2 Mon - Fri	<b>Stay n' Play</b> - 10 a.m. - 12 p.m. <b>Park n' Play</b> - 10 a.m. - 3:30 p.m.	<b>BOWNESS</b> Bowness Community Association 7904 43 Ave N.W.
Jul 29-Aug 2 Mon - Fri	<b>Stay n' Play</b> - 10 a.m. - 12 p.m. <b>Park n' Play</b> - 10 a.m. - 3:30 p.m.	<b>SANDSTONE VALLEY</b> Simons Valley School 375 Sandarac Dr N.W.
Jul 29-Aug 2 Mon - Fri	<b>Stay n' Play</b> - 10 a.m. - 12 p.m. <b>Park n' Play</b> - 10 a.m. - 3:30 p.m.	<b>RICHMOND</b> Richmond School 2701 22 St. S.W.



Date/Days	Activity/Time	Location/Address
Jul 29-Aug 2 Mon - Fri	<b>Stay n' Play</b> - 10 a.m. - 12 p.m. <b>Park n' Play</b> - 10 a.m. - 3:30 p.m.	<b>SOMERSET</b> Somerset School 150 Somerset Manor S.W.
Jul 29-Aug 2 Mon - Fri	<b>Stay n' Play</b> - 10 a.m. - 12 p.m. <b>Park n' Play</b> - 10 a.m. - 3:30 p.m.	<b>CHAPARRAL</b> Chaparral School 480 Chaparral Dr. S.E.
Jul 29-Aug 2 Mon - Fri	<b>Stay n' Play</b> - 10 a.m. - 12 p.m. <b>Park n' Play</b> - 10 a.m. - 3:30 p.m.	<b>DOUGLASDALE</b> Douglasdale School 400 Douglas Park Blvd S.E.
Aug 6-9 Tues - Fri	<b>Stay n' Play</b> - 10 a.m. - 12 p.m. <b>Park n' Play</b> - 10 a.m. - 3:30 p.m.	<b>MARTINDALE</b> Crossing Park School 500 Martindale Blvd N.E.
Aug 6-9 Tues - Fri	<b>Stay n' Play</b> - 10 a.m. - 12 p.m. <b>Park n' Play</b> - 10 a.m. - 3:30 p.m.	<b>SILVER SPRINGS</b> Silver Springs School 7235 Silver Mead Road N.W.
Aug 6-9 Tues - Fri	<b>Stay n' Play</b> - 10 a.m. - 12 p.m. <b>Park n' Play</b> - 10 a.m. - 3:30 p.m.	<b>THORNCLIFFE</b> Thornclyffe School 5646 Thornton Road N.W.
Aug 6-9 Tue 5 - Fri	<b>Stay n' Play</b> - 10 a.m. - 12 p.m. <b>Park n' Play</b> - 10 a.m. - 3:30 p.m.	<b>CRANSTON</b> Cranston School 205 Cranston Drive S.E.
Aug 6-9 Tues - Fri	<b>Stay n' Play</b> - 10 a.m. - 12 p.m. <b>Park n' Play</b> - 10 a.m. - 3:30 p.m.	<b>SPRINGBANK HILL</b> Griffith Woods School 7652 26 Ave S.W.



### Mobile Adventure Playground | children + adult

Join our onsite play ambassadors for this free self-directed, **drop-in program**. We provide loose parts and natural materials to inspire active and creative outdoor play. Parents are encouraged to stay and watch their children's imaginations soar in these adventure spaces.

Date/Days	Activity/Time	Location/Address
Aug 12 – 16 Mon – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>TEMPLE</b> Temple Community Association 167 Templegreen Rd N.E.
Aug 12 – 16 Mon – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>FOREST HEIGHTS</b> Forest Heights Community Association 4909 Forego Ave S.E.
Aug 12 – 16 Mon – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>DALHOUSIE</b> West Dahousie School 6502 58 St N.W.
Aug 12 – 16 Mon – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>ARBOUR LAKE</b> Arbour Lake School 27 Arbour Crest Drive N.W.
Aug 12 – 16 Mon – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>SCARBORO/SUNALTA</b> Sunalta School 536 Sonora Ave S.W.
Aug 19 – 23 Mon – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>SADDLE RIDGE</b> Saddle Ridge School 368 Saddlecrest Blvd N.E.
Aug 19 – 23 Mon – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>LIVINGSTON</b> Livingston Hub 1248 Livingston Way N.E.
Aug 19 – 23 Mon – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>EVANSTON</b> Kenneth D. Taylor School 30 Evanscove Circle N.W.
Aug 19 – 23 Mon – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>EVERGREEN</b> Evergreen School 367 Everstone Drive S.W.
Aug 19 – 23 Mon – Fri	Stay n' Play - 10 a.m. – 12 p.m. Park n' Play - 10 a.m. – 3:30 p.m.	<b>GLENDALE</b> Glendale School 2415 Kelwood Drive S.W.

Date/Days	Activity/Time	Location/Address
Jul 2 – 5 Tues – Fri	Mobile Adventure Playground 10 a.m. – 3 p.m.	<b>KINCORA</b> Kincora Playfield Park (adopt a rink site) 1100 Kincora Dr. N.W.
Jul 8 – 12 Mon – Fri	Mobile Adventure Playground 10 a.m. – 3 p.m.	<b>WILLOW PARK</b> Willow Ridge Community Association 680 Acadia Dr. S.E.
Jul 15 – 19 Mon – Fri	Mobile Adventure Playground 10 a.m. – 3 p.m.	<b>BELTLINE</b> Haultain Park 221 13 Ave. S.W.
Jul 22 – 26 Mon – Fri	Mobile Adventure Playground 10 a.m. – 3 p.m.	<b>SKYVIEW RANCH</b> Prairie Sky School Field 201 Skyview Ranch Rd. N.E. (beside basketball hoops)
Jul 29 – Aug 2 Mon – Fri	Mobile Adventure Playground 10 a.m. – 3 p.m.	<b>CRESTMONT</b> Crestmont West Park 138 Crestbrook Dr. S.W.
Aug 6 – 9 Tues – Fri	Mobile Adventure Playground 10 a.m. – 3 p.m.	<b>GLENBROOK</b> Graham Playground 4725 Graham Dr SW
Aug 12 – 16 Mon – Fri	Mobile Adventure Playground 10 a.m. – 3 p.m.	<b>KINGSLAND</b> Old Kingsland School Field 7430 5th St. S.W.
Aug 19 – 23 Mon – Fri	Mobile Adventure Playground 10 a.m. – 3 p.m.	<b>DOVER</b> Valleyview Park 3201 28 St. S.E.



**Wetland Wonders** | children 5 – 12 years + adult

Are you ready to learn all about the wonders of wetlands? Discover why these natural spaces are important and get an up-close view of the amazing critters that live below the surface. **This free drop-in is offered twice on Wednesdays at Ralph Klein Park. 10:30 am – 12 pm and 1:30 pm – 3 pm. Children must be accompanied by an adult.**

Date/Days	Activity/Time	Location/Address
Jul 10 - Aug 21 Wednesday	Wetland Wonders 10:30 a.m. – 12 p.m. 1:30 – 3 p.m.	Ralph Klein Park 12350 84 St S.E. (Sign up behind the main building, near the playground.)



**LEAD** | youth 11 - 17 years

LEAD is The City of Calgary's leadership certification program. Youth will learn to develop and practice leadership skills while earning credibility, recognition and opportunities in the community that will strengthen their leadership skills. Participants are required to complete 20 hours of practicum experience that will enhance their skills further in a hands-on practical way.

**Pre-registration is required.** Register online at [calgary.ca/free](http://calgary.ca/free) or call 403.268.3800.

**LEAD 2.0** | youth 11 - 17 years

LEAD 2.0 is The City's next step leadership program for youth. Graduates of LEAD can enhance their leadership skills, exercise their critical thinking, develop job skills, and discover the positive impact they can have in their community. Participants must have completed LEAD or Nature LEAD to be eligible to register for the program.

**Pre-register by emailing [socialprograms@calgary.ca](mailto:socialprograms@calgary.ca)**



Date/Days	Activity/Time	Location/Address
Jul 2 – 5 Tues – Fri	LEAD Fri. 10 a.m. – 4 p.m.	<b>FOREST LAWN</b> Bob Bahan Aquatic & Fitness Centre 4812 14th Ave S.E.
Jul 2 – 5 Tues – Fri	LEAD Fri. 10 a.m. – 4 p.m.	<b>MARLBOROUGH</b> Dr. G.M Egbert School 6033 Madigan Drive N.E.
Jul 8 – 12 Mon – Fri	LEAD Fri. 10 a.m. – 4 p.m.	<b>PINERIDGE</b> Village Square Leisure Centre 2623 56 St N.E.
Jul 8 – 12 Mon – Fri	LEAD Fri. 10 a.m. – 4 p.m.	<b>SPRUCE CLIFF</b> Wildflower Arts Centre 3363 Spruce Drive S.W.
Jul 15 – 19 Mon – Fri	LEAD Fri. 10 a.m. – 4 p.m.	<b>RANCHLANDS</b> Ranchlands Community Association 7713 Ranchview Drive N.W.
Jul 15 – 19 Mon – Fri	LEAD Fri. 10 a.m. – 4 p.m.	<b>GLENBROOK</b> Glenbrook School 4725 33 Ave S.W.
Jul 22 – 26 Mon – Fri	LEAD Fri. 10 a.m. – 4 p.m.	<b>ALBERT PARK/RADISSON HEIGHTS</b> Max Bell Centre 1001 Barlow Trail S.E.
Jul 29 – Aug 2 Mon – Fri	LEAD Fri. 10 a.m. – 4 p.m.	<b>BOWNESS</b> Bowness Community Association 7904 43 Ave N.W.
Jul 29 – Aug 2 Mon – Fri	LEAD Fri. 10 a.m. – 4 p.m.	<b>PALLISER</b> Southland Leisure Centre 2000 D Southland Drive S.W.
Aug 6 – 9 Tues – Fri	LEAD Fri. 10 a.m. – 4 p.m.	<b>NORTH MOUNT PLEASANT</b> North Mount Pleasant Arts Centre 523 27 Ave N.W.
Aug 6 – 9 Tues – Fri	LEAD Fri. 10 a.m. – 4 p.m.	<b>CRANSTON</b> Cranston School 205 Cranston Drive S.E.
Aug 12 – 16 Mon – Fri	LEAD 2.0 Fri. 10 a.m. – 4 p.m.	<b>TEMPLE</b> Temple Community Association 167 Templegreen Rd N.E.
Aug 12 – 16 Mon – Fri	LEAD 2.0 Fri. 10 a.m. – 4 p.m.	<b>FOREST HEIGHTS</b> Forest Heights Community Association 4909 Forego Ave S.E.

### Mobile Skate and Scoot Spot | family/all ages

Check out these **free drop-in** wheeled sport opportunities. Fun for both beginners and skilled in-line skaters, skateboarders, and scooter users of all ages. Skate and scoot monitors are on site during the indicated hours and can provide tips and tricks. Helmets are recommended. **Helmets are required.**

Date/Days	Activity/Time	Location/Address
Jul 4 – 16 Thur – Tues	Mobile Skate and Scoot Spot 11 a.m. – 7 p.m.	<b>GLAMORGAN</b> Glamorgan Community Association 4207 41 Ave. S.W. (Outdoor rink)
Jul 18 – 30 Thur – Tues	Mobile Skate and Scoot Spot 11 a.m. – 7 p.m.	<b>WEST SPRINGS/COUGAR RIDGE</b> West Ridge School 8903 Wentworth Ave. S.W. (Parking lot)
Aug 1 – 13 Thur – Tues (No program Aug 5)	Mobile Skate and Scoot Spot 11 a.m. – 7 p.m.	<b>HIDDEN VALLEY</b> Hidden Valley Community Association 10504 Hidden Valley Dr. N.W. (Outdoor rink)
Aug 15 – 27 Thur – Tues	Mobile Skate and Scoot Spot 11 a.m. – 7 p.m.	<b>HAWKWOOD</b> Hawkwood Outdoor Rink 85 Hawhill Rd. N.W.



Date/Days	Activity/Time	Location/Address
Jul 5 & 12 Friday	Skate spot skateboard lesson 12:30 pm to 3:30 pm	<b>NEW BRIGHTON</b> New Brighton Skatepark 5801 130 Ave S.E.
Jul 9 & 16 Tuesday	Skate spot skateboard lesson 12:30 pm to 3:30 pm	<b>MID SUN</b> Mid Sun Skatepark 50 Midpark Rise S.E.
Jul 19 & 26 Friday	Skate spot skateboard lesson 12:30 pm to 3:30 pm	<b>DEER RUN</b> Deer Run Skatespot 2223 146 Ave S.E.
Jul 23 & 30 Tuesday	Skate spot skateboard lesson 12:30 pm to 3:30 pm	<b>SOUTHWOOD</b> Southwood Skatepark 11 Sackville Dr. S.W.
Aug 2 & 9 Friday	Skate spot skateboard lesson 12:30 pm to 3:30 pm	<b>CARRINGTON</b> Carrington Skatespot Carrington Blvd & 140 Ave. N.W.
Aug 6 & 13 Tuesday	Skate spot skateboard lesson 12:30 pm to 3:30 pm	<b>HUNTINGTON HILLS</b> Huntington Hills Skatespot Centre St. & 64th Ave. N.W.
Aug 16 & 23 Friday	Skate spot skateboard lesson 12:30 pm to 3:30 pm	<b>BOWNESS</b> Bowness Skatepark 4324 77 St. N.W.
Aug 20 & 27 Tuesday	Skate spot skateboard lesson 12:30 pm to 3:30 pm	<b>CHINOOK PARK, KELVIN GROVE, EAGLE RIDGE (CKE)</b> CKE Skatespot 1015 73 Ave S.W.

**Birding Breaks** | family/all ages

Experience a guided walk through the beautiful Inglewood Bird Sanctuary to learn all about the birds and other wildlife that make their home in Calgary. All ages and birdwatching experience levels are welcome!

**This free drop-in is offered twice on Tuesdays at the Inglewood Bird Sanctuary. 10:30 a.m. – 12:00 p.m. and 1:30 p.m. – 3:00 p.m. Children must be accompanied by an adult.**

Date/Days	Activity/Time	Location/Address
Jul 9 – Aug 20 Tuesday	<b>Birding Breaks</b> 10:30 a.m. – 12p.m. 1:30 p.m. – 3 p.m.	<b>Inglewood Bird Sanctuary</b> 2425 9 Ave S.E. (Meet in the lobby of the Nature Centre)



**Fit Park | adults**

**Free Drop-in as we visit communities** throughout Calgary. Practice and learn how to safely use park fitness equipment that will improve your strength, cardio, and overall well-being. Enjoy the outdoors while a certified trainer guides you with suggestions so you can get the most out of your workout.

Date/Days	Activity/Time	Location/Address
<b>June 3 Monday</b>	<b>Fit Park Exercises</b> 1 p.m. – 3 p.m.	<b>DOVER</b> <b>West Dover (Hofer Memorial) Park</b> 3425 26 Ave SE (Fit park west of Greater Forest Lawn 55+ building)
<b>June 6 Thursday</b>	<b>Fit Park Exercises</b> 10 a.m. – 12 p.m.	<b>TARADALE</b> <b>Taralake Park</b> 652R Taralake Way N.E. (Fit park north of wetland)
<b>June 8 Saturday</b>	<b>Fit Park Exercises</b> 11 – 1 p.m.	<b>POINT MCKAY</b> <b>Edworthy Park</b> 4075 Bowness Rd. N.W. (Fit park west of parking lot)
<b>June 16 Sunday</b>	<b>Fit Park Exercises</b> 10:30 a.m. – 12:30 p.m.	<b>DOVER</b> <b>West Dover (Hofer Memorial) Park</b> 3425 26 Ave SE (Fit park west of Greater Forest Lawn 55+ building)
<b>June 22 Saturday</b>	<b>Fit Park Exercises</b> 9:30 a.m. – 11:30 a.m.	<b>POINT MCKAY</b> <b>Edworthy Park</b> 4075 Bowness Rd. N.W. (Fit park west of parking lot)

Date/Days	Activity/Time	Location/Address
<b>June 27 Thursday</b>	<b>Fit Park Exercises</b> 3 p.m. – 5 p.m.	<b>POINT MCKAY</b> <b>Edworthy Park</b> 4075 Bowness Rd. N.W. (Fit park west of parking lot)
<b>July 8 Monday</b>	<b>Fit Park Exercises</b> 1 p.m. – 3 p.m.	<b>DOVER</b> <b>West Dover (Hofer Memorial) Park</b> 3425 26 Ave SE (Fit park west of Greater Forest Lawn 55+ building)
<b>July 12 Friday</b>	<b>Fit Park Exercises</b> 11:30 a.m. – 1:30 p.m.	<b>POINT MCKAY</b> <b>Edworthy Park</b> 4075 Bowness Rd. N.W. (Fit park west of parking lot)
<b>July 16 Tuesday</b>	<b>Fit Park Exercises</b> 9:30 a.m. – 11:30 a.m.	<b>TARADALE</b> <b>Taralake Park</b> 652R Taralake Way N.E. (Fit park north of wetland)
<b>July 17 Wednesday</b>	<b>Fit Park Exercises</b> 3 p.m. – 5 p.m.	<b>DOVER</b> <b>West Dover (Hofer Memorial) Park</b> 3425 26 Ave SE (Fit park west of Greater Forest Lawn 55+ building)
<b>July 23 Tuesday</b>	<b>Fit Park Exercises</b> 5 p.m. – 7 p.m.	<b>POINT MCKAY</b> <b>Edworthy Park</b> 4075 Bowness Rd. N.W. (Fit park west of parking lot)
<b>July 26 Friday</b>	<b>Fit Park Exercises</b> 11:00 a.m. – 1 p.m.	<b>DOVER</b> <b>West Dover (Hofer Memorial) Park</b> 3425 26 Ave SE (Fit park west of Greater Forest Lawn 55+ building)
<b>August 1 Thursday</b>	<b>Fit Park Exercises</b> 10:00 a.m. – 12 p.m.	<b>DOVER</b> <b>West Dover (Hofer Memorial) Park</b> 3425 26 Ave SE (Fit park west of Greater Forest Lawn 55+ building)
<b>August 7 Wednesday</b>	<b>Fit Park Exercises</b> 9:30 a.m. – 11:30 a.m.	<b>TARADALE</b> <b>Taralake Park</b> 652R Taralake Way N.E. (Fit park north of wetland)
<b>August 7 Wednesday</b>	<b>Fit Park Exercises</b> 10 a.m. – 12 p.m.	<b>POINT MCKAY</b> <b>Edworthy Park</b> 4075 Bowness Rd. N.W. (Fit park west of parking lot)
<b>August 13 Tuesday</b>	<b>Fit Park Exercises</b> 1 p.m. – 3 p.m.	<b>DOVER</b> <b>West Dover (Hofer Memorial) Park</b> 3425 26 Ave SE (Fit park west of Greater Forest Lawn 55+ building)
<b>August 17 Saturday</b>	<b>Fit Park Exercises</b> 11 a.m. – 1 p.m.	<b>DOVER</b> <b>West Dover (Hofer Memorial) Park</b> 3425 26 Ave SE (Fit park west of Greater Forest Lawn 55+ building)
<b>August 19 Monday</b>	<b>Fit Park Exercises</b> 10 a.m. – 12 p.m.	<b>POINT MCKAY</b> <b>Edworthy Park</b> 4075 Bowness Rd. N.W. (Fit park west of parking lot)
<b>August 28 Wednesday</b>	<b>Fit Park Exercises</b> 3 p.m. – 5 p.m.	<b>POINT MCKAY</b> <b>Edworthy Park</b> 4075 Bowness Rd. N.W. (Fit park west of parking lot)
<b>August 30 Friday</b>	<b>Fit Park Exercises</b> 10 a.m. – 12 p.m.	<b>DOVER</b> <b>West Dover (Hofer Memorial) Park</b> 3425 26 Ave SE (Fit park west of Greater Forest Lawn 55+ building)



Calgary



# Youth Employment Centre

Second floor, 315 - 10th Ave. S.E.

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The City of Calgary's **Youth Employment Centre** is providing **free** in-person, drop-in employment service, including resume writing, job skills and career options, interview preparation, industry training and connections to employers who are hiring.

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