

XPlore Sport Day 2018
Event Schedule – September 6, 2018 Version
***NOTE: Schedule subject to change**

Servus Arena – Opening

10:00 a.m. (Main Lobby)

XPlore Sport Day opens with Introduction and Welcome from staff and the Mayor. This will be followed by Rising Sport Star presentations

10:00 to 10:20 a.m. (Main Lobby)

XPlore Sport Day - “Rising Sport Stars” certificate showcase with The Mayor of Red Deer

Opening Ceremonies & Rising Sport Stars

Time	Activity	Location
9:30 – 9:50 am	Rising Sport Star Recipients Arrive / Check-In	Servus Arena Lobby
10:00 am	Open Ceremonies – Mayor & Council	Servus Arena Lobby
10:05 am	Rising Sport Stars Certificate Program	Servus Arena Lobby
10:15 am	Rising Sport Stars Photo’s	Servus Arena - Outdoors
10:20 am	Opening of XPlore Sport Demos & Displays	Various Locations Rotary Park – See Map

Fitness and Sport Activities Rotary Recreation Park – Recreation Center (Including Pool) & West of Golden Circle

Time	Activity	Location
10:00 am	*Bow Wow Boot Camp (45 min)	Lawn Bowling Pitch (West of Golden Circle)
10:00 am	Weight Room Tour & Orientation (60 min)	Recreation Center Weight Room
10:00 am	Zumba (30 Min)	Recreation Center - Studio
10:00 am	Ever Active Kids (30 Min)	Recreation Center – Rec Room (May move outdoors)
10:00 am	Outdoor Boot Camp (60 Min)	Grass Area West of Golden Circle
10:00 am	Yin Yang Fusion (60 Min)	Sportsman Room
10:00 am	Quidditch Demo and Try-It (60 min)	Grass Area West of Golden Circle

***NOTE: For Bow-Wow Boot Camp you must bring your dog on a leash. Your pet must be sociable around other dogs and relates well. As well, you must bring lots of your dog’s favorite treats cut into tiny bite-size pieces. Check-in and Sign-in is for 9:45 & 10:50 am**

Aquatics & Fitness – Recreation Center (Including Pool)

Time	Activity	Location
10:30 am	Hoop Play (30 Min)	Recreation Center - Studio
10:30 am	Ever Active Kids Yoga (30 Min)	Recreation Center – Rec Room (May move outdoors)
10:30 – 11:50 am	RD Catalina & Marlins Swim Club – Demo, Display & Try-It	Recreation Center Pool

***Note: There is limited space for the public to try these activities. Please make sure for fitness activities you have loose comfortable clothing and indoor shoes. For Aquatic events you must have your own swimsuit, towel and goggles.**

Fitness and Sport Activities Rotary Recreation Park – Recreation Center (Including Pool) & West of Golden Circle

Time	Activity	Location
11:00 am	*Bow Wow Boot Camp (45 min)	Lawn Bowling Pitch (West of Golden Circle)
11:00 am	Weight Room Tour & Orientation (60 min)	Recreation Center Weight Room
11:00 am	Zumba (30 Min)	Recreation Center - Studio
11:00 am	Ever Active Kids (30 Min)	Recreation Center – Rec Room (May move outdoors)
11:00 am	Outdoor Boot Camp (60 Min)	Grass Area West of Golden Circle
11:00 am	Yin Yang Fusion (60 Min)	Sportsman Room
11:00 am	Quidditch Demo and Try-It (60 min)	Grass Area West of Golden Circle
11:00 am – 12:15 pm	Shotokan Karate Club	Demo & Try-It Grass Area West of Golden Circle

***NOTE: For Bow-Wow Boot Camp you must bring your dog on a leash. Your pet must be sociable around other dogs and relates well. As well, you must bring lots of your dog’s favorite treats cut into tiny bite-size pieces. Check-in and Sign-in is for 9:45 & 10:50 am**

Fitness – Recreation Center

Time	Activity	Location
11:30 am	Hoop Play (30 Min)	Recreation Center - Studio
11:30 am	Ever Active Kids Yoga (39 Min)	Recreation Center – Rec Room (May move outdoors)

***Note: There is limited space for the public to try these activities. Please make sure for fitness activities you have loose comfortable clothing and indoor shoes. For Aquatic events you must have your own swimsuit, towel and goggles.**

Fitness and Sport Activities Rotary Recreation Park – Recreation Center (Including Pool) & West of Golden Circle

Time	Activity	Location
12:00 pm	Bocce Ball (90 min)	Grass Area (West of Golden Circle)
12:00 pm	Weight Room Tour & Orientation (60 min)	Recreation Center Weight Room
12:00 pm	Zumba (30 Min)	Recreation Center - Studio
12:00 pm	Ever Active Kids (30 Min)	Recreation Center – Rec Room (May move outdoors)
12:00 pm	Outdoor Boot Camp (60 Min)	Grass Area West of Golden Circle
12:00 pm	Yin Yang Fusion (60 Min)	Sportsman Room

Fitness – Recreation Center

Time	Activity	Location
12:30 pm	Hoop Play (30 Min)	Recreation Center - Studio
12:30 pm	Ever Active Kids Yoga (39 Min)	Recreation Center – Rec Room (May move outdoors)
12:10 – 1:15 pm	RD Silhouettes Synchro – Water Show, Try-It and Display	Recreation Center Pool

***Note: There is limited space for the public to try these activities. Please make sure for fitness activities you have loose comfortable clothing and indoor shoes. For Aquatic events you must have your own swimsuit, towel and goggles.**

Servus Arena – Ice Rink & Board Room

Time	Activity	Location
9:30 – 10:45 am	Ringette	Ice Surface
10:30 – 11:30 am	“Emotional Response to Concussions” Red Deer College	*CANCELLED – Contact for more information
11:00 am – 12:15 pm	Figure Skating	Ice Surface
12:30 – 1:45 pm	Women’s Ice Hockey	Ice Surface

*NOTE: RDC Workshop is a Pre-Registered Program. Register here: <https://app.smartsheet.com/b/form/5336dd7018ed458ab2dfb97778d8b559>

Servus Arena – Parking Lot & Promenade

Time	Activity	Location
10:00 am to 1:00 pm	Sport and Recreation Displays	Servus Arena Parking Lot Promenade
10:00 am to 1:00 pm	2019 Canada Winter Games Displays & Demos	Servus Arena Parking Lot (Centre)
10:15 – 11:30 am	Roller Derby Demo & Try-It	Servus Arena Parking Lot (West)
10:30 am – 12:30 pm	Red Deer Fencing Club Demo & Try-It	Servus Arena Parking Lot (East)
10:30 – 11:15 am	Red Deer Pond Hockey “Road Hockey” Demo & Try-It	Servus Arena Parking Lot (East)
11:15 am – 12:45 pm	Red Deer Pond Hockey “Road Hockey” Demo & Try-It	Servus Arena Parking Lot (East)
11:45 am to 1:00 pm	Roller Hockey Demo & Try-It	Servus Arena Parking Lot (West)
10:30 am – 12:30 pm	Exelta Gymnastics Club Demo & Try-It	Front of Servus Arena
10:30 am – 12:30 pm	Red Deer Lacrosse Club	Servus Arena Parking Lot (West)
10:30 am – 12:30 pm	Red Deer Judo Club	Front of Servus Arena
TBA	Shotokan Karate Club	TBA

*NOTE: Demos & Displays may be limited depending on weather

Red Deer Tennis Club

Time	Activity	Location
10:00 am	Tennis Demo (45 Min)	RD Tennis Club – Courts 5- 6
10:00 am	Pickleball Demo (45 Min)	RD Tennis Club – Courts 7 - 8

Red Deer Tennis Club

Time	Activity	Location
11:00 am	Badminton Learn to Play (45 Min)	RD Tennis Club Bubble
11:00 am	Tennis Learn to Play (45 Min)	RD Tennis Club – Courts 5 - 6
11:00 am	Pickleball Learn to Play (45 Min)	RD Tennis Club – Courts 7 - 8

Red Deer Tennis Club

Time	Activity	Location
12:00 pm	Badminton Learn to Play (45 Min)	RD Tennis Club Bubble
12:00 pm	Tennis Learn to Play (45 Min)	RD Tennis Club – Courts 5 - 6
12:00 pm	Pickleball Learn to Play (45 Min)	RD Tennis Club – Courts 7 - 8

Luft Hus – Heritage Square (Behind Recreation Center)

Time	Activity	Location
10:00 am	Various Norwegian Displays & Demos	Luft Hus – Heritage Square
11:00 am	Various Norwegian Displays & Demos	Luft Hus – Heritage Square
12:00 pm	Various Norwegian Displays & Demos	Luft Hus – Heritage Square

Red Deer Horseshoe Club – Behind Golden Circle

Time	Activity	Location
9:00 am	Year End Tournament – All Day	Red Deer Horseshoe Club

1:00 pm XPlore Sport Day wraps up – “See you in 2019”

For more information regarding XPlore Sport Day please contact:

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