



2024



Cranston RA

CRANSTON

Spring Program

Guide

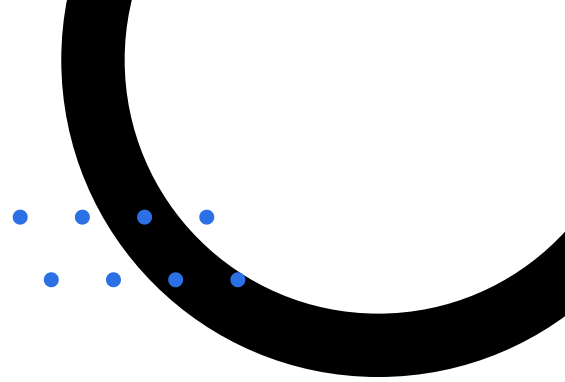
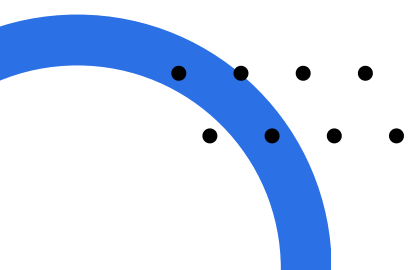
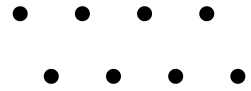


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Important CONTACTS



Stacy Marks

General Manager
gm@cranstonra.ca

Jim Hoffman

Facilities Manager
fm@cranstonra.ca

Leanne Lucas

Programs Coordinator
programs@cranstonra.ca

Facility Rentals

rentals@cranstonra.ca

Century Hall

Location - 11 Cranarch Rd. SE Calgary,
AB T3M 0S8

Phone - 403.781.6614

General Inquiries - info@cranstonra.ca

Lanis Robinson

Office Manager
admin@cranstonra.ca

Shepherd Mtombeni

Recreation Manager
rec@cranstonra.ca

Randy Schissler

Community Engagement
Coordinator
cec@cranstonra.ca

Socials



Cranston Residents
Association at
Century Hall



@cranston.centuryhall

Resident INFO

PARK & FACILITY HOURS

Monday - Sunday: 9am to 9pm
Holiday hours may affect these times.

GYMNASIUM

Please visit our website for the full schedule: cranstonra.ca

HOCKEY & PLEASURE RINKS

Please visit our website for the full schedule and follow our social media pages for any closure information.

FACILITY ACCESS CARDS

Please be aware that residents aged 10 and above are required to possess an individual access card for entry into any Century Hall indoor or outdoor facilities.

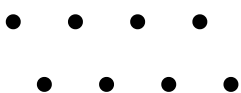
If you do not possess a card, please present a copy of your ID as proof of residency to obtain your permanent membership cards. In the event of a lost or misplaced card, replacements can be acquired at the front desk for a fee of \$5.00.

GUESTS

Adult residents are permitted to bring a maximum of 5 guests per household per day, while youth may bring up to two guests per day.

It is imperative that residents remain present at all times when their guests are utilizing the facility. Please note that guests can not be Cranston residents.

APRIL — MAY — JUNE





BIRTHDAY PARTIES

Rates

Resident Rate - \$151.00

Brookfield Rate - \$161.00

Non-Resident Rate - \$171.00

Booking

The birthday party package includes

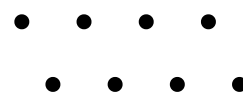
- 2 hours in both the gym and the riverside room simultaneously.
- Access to the drop in equipment.
- Five rectangle tables and 25 chairs set up in the riverside room.
- Kitchen access available (located upstairs).
- Maximum of 25 Guests.

To book your party please contact: rentals@cranstonra.ca or call 403.781.6614 extension 3


Time Slots

Saturdays - 12:30pm to 2:30pm & 3:00pm to 5:00pm

Sundays - 3:00pm to 5:00pm



Century Hall RENTALS



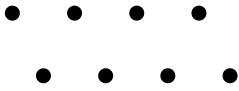
Rental Rates

www.cranstonra.ca

	Dimensions	Capacity	Hourly Rates		
			Resident	Brookfield Community	Non-Resident
Heritage Hall ABC 2652 sq. feet	34 ft. by 78 ft.	135 Guests	\$95.00	\$107.00	\$120.00
Heritage A 1037 sq. feet	34 ft. by 30.5 ft.	50 Guests	\$63.00	\$71.50	\$79.50
Heritage B 850 sq. feet	34 ft. by 25 ft.	40 Guests	\$52.00	\$59.00	\$65.50
Heritage C 765 sq. feet	34 ft. by 22.5 ft.	35 Guests	\$52.00	\$59.00	\$65.50
Heritage A & B 1887 sq. feet	34 ft. by 55.5 ft.	90 Guests	\$73.50	\$83.00	\$93.50
Heritage B & C 1615 sq. feet	34 ft. by 47.5 ft.	80 Guests	\$68.00	\$76.50	\$85.50
Vista 639 sq. feet	18 ft. by 35.5 ft.	30 Guests	\$54.50	\$61.50	\$69.00
Riverside 534 sq. feet	17.5 ft. by 30.5 ft.	25 Guests	\$54.50	\$61.50	\$69.00
Legacy (Board Room) 369 sq. feet	18 ft. by 20.5 ft.	15 Meeting	\$33.75	\$37.00	\$41.00
Gym 5159 sq. feet	57 ft. by 90.5 ft.		Party Package Only	Party Package Only	Party Package Only

Minimum two hour rental for Heritage Room(s)

Additional Charges
 After Hours Security fee applies for rentals ending between 9:00pm and 1:00am.
 After Hours Teardown fee applies for rentals ending between 8:30pm and 1:00am.
 SOCAN and Re:Sound fees apply for bookings with music and/or dancing.



Cranston Resident Rate (RR)

The Cranston Resident Rate applies to all Cranston Residents in good standing. Tenants may also receive the Cranston Resident Rate if the landlord is in good standing and has transferred their membership privileges.

Brookfield Resident Rate (BR)

The Brookfield Resident Rate applies to all residents who live in a community that has been developed by Brookfield Residential. Some examples of these communities are; Auburn Bay, New Brighton, McKenzie Town, McKenzie Lake, Seton, Scenic Acres and Shawnessy. Please call or come in to register so we can apply the BR discount.

Non-Resident Rate (NR)

The Non-Resident Rate applies to all other registrants.



Program **FEEES**

Program POLICIES

Cancellation

All classes are subject to cancellation if there is insufficient registration. Should a class be cancelled, you will be notified by email one day prior to the start of the class.

The following options are available should a class be cancelled:

- Transfer participants into another program if space is available.
- Receive a full refund as an account credit or on the original payment method.

Withdrawals/Refund Requests

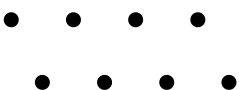
All withdrawal requests must be done through the Programs Coordinator by email: programs@cranstonra.ca.

Once the program has started, a \$20 admin fee is charged per program, per participant. No refunds will be issued for program withdrawal requests after two weeks of the program start date unless for medical reasons and documentation is provided.

Facility Access Card

Kindly be aware that residents aged 10 and above are required to possess an individual access card for entry into any Century Hall indoor or outdoor facilities.

If you do not possess a card, please present a copy of your ID as proof of residency to obtain your permanent membership cards. In the event of a lost or misplaced card, replacements can be acquired at the front desk for a fee of \$5.00.



How To **REGISTER**

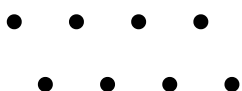
Online

Online registration is available at: www.cranstonra.ca

If you are a Cranston resident, you are already in our system. Please do not create a new account. Instead, contact us to send you a log-in for your pre-existing account. If you need to add family members to your account you may do so once you log in. In order to receive Member rates you must contact us to activate the membership for each added person.

In Person/Phone

Our facility is open from 9am until 9pm Monday- Sunday. Our Customer Service Representatives will be happy to help with your registration. Please call 403.781.6614.



CHILD PROGRAMS

8



Sportball Multi-Sport: 9 Classes

RR: \$176.00 | BR: \$186.00 | NR: \$194.00

Sportball Multi-Sport skills development programs introduce preschool and primary school children to the concepts and skills involved in the eight core sports of the Sportball methodology. The programs reinforce the benefits of teamwork and skills development rather than the importance of winning, enabling children to gain the confidence and develop the social skills necessary to succeed in sport and life.

Monday

April 8 to June 10

- 2-3 Years (Parented) - 9:15 to 9:55am
- 3-5 Years - 10:00 to 10:55am

No class on May 20

Saturday

April 13 to June 22

- 16-24 month (Parented) - 9:15 to 9:55am
- 2-3 Years (Parented) - 10:00 to 10:40am
- 3-5 Years - 10:45 to 11:40am

No Class on May 18 and June 15

Sportball T-Ball and Soccer: 9 Classes

RR: \$209.00 | BR: \$219.00 | NR: \$227.00

Pricing includes jersey and soccer ball fee



Monday

April 8 to June 10

- 2-3 Years (Parented) - 5:00 to 5:40pm
- 3-5 Years (Unparented) - 5:45 to 6:40pm
- 5-8 Years - 6:45 to 7:40pm

No class on May 20

Get a kick out of Sportball Outdoor Soccer & T-Ball programs! Children are introduced to the fundamental concepts of game play and are provided the basic skills required to score with confidence in a supportive, non-competitive environment. Half of the classes zero in on soccer skills including: throw-ins, dribbling, trapping, passing, goalie skills and more. The other half of the classes help children develop T-ball skills such as throwing, catching, correct batting form, running bases, fielding and positional play.

CHILD PROGRAMS

9

Triple Fun (3-5 yrs): 10 Classes

RR: \$195.00 | BR: \$207.00 | NR: \$215.00



Students are introduced to three aspects of performing arts: singing, acting and dancing in a playful environment. They will learn simple songs and use popular stories with a hint of their own imagination to create mini-musical plays weekly. Costumes are also provided for dress up fun! Please dress in something you can move in. (No socks please)
Instructor: Puddle of Mudd

Monday

April 8 to June 17
5:15 to 6:15pm

No class on May 20

Dance Explosion (4-6 yrs): 10 Classes

RR: \$195.00 | BR: \$207.00 | NR: \$215.00

An explosion of dance styles! We will look at jazz, tap, ballet, creative movement, hip hop and more. A great fast paced introduction to the world of dance!

Please dress in something you can move in. (No socks please)
Instructor: Puddle of Mudd



Monday

April 8 to June 17
6:30 to 7:15pm

No class on May 20

Hip Hop (7-10 yrs): 10 Classes

RR: \$195.00 | BR: \$207.00 | NR: \$215.00

Participants will learn the coolest moves of today and showcase their own style. The basics of several urban dance styles are introduced and dancers of all ages will build confidence and be funky while learning a short routine! Please dress in something you can move in. (No socks please)

Instructor: Puddle of Mudd



Monday

April 8 to June 17
7:30 to 8:30pm

No class on May 20

CHILD PROGRAMS

10

Musical Theatre (6-10 Yrs): 11 Classes

RR: \$235.00 | BR: \$249.00 | NR: \$258.00

In this introduction to musical theatre, students will learn all the music, words, and a choreographed dance to a song that they will perform for their families on the last day of class. Characters and costumes will round out the class where creativity is encouraged! Please dress in something you can move in. (No socks please)
Instructor: Puddle of Mudd



Tuesday

April 9 to June 18
6:30 to 7:30pm



Tennis: 11 Classes

RR: \$215.00 | BR: \$227.00 | NR: \$236.00

Combined movement training such as running, jumping, catching and hand-eye coordination are skills that will be a focus of this program. You will also take part in hand-eye coordination games, foot-work exercises, and fun skill building activities.
Instructor: Ben Hernandez

Tuesday

April 9 to June 18

- 6 - 9 Years - 4:30 to 5:20pm
- 10 - 13 Years - 5:30 to 6:20pm

Basketball Hoopla: 8 Classes

RR: \$125.00 | BR: \$132.00 | NR: \$138.00

Children with a love for basketball will enjoy developing their skills and knowledge of the game through interactive activities, games and drills. This program is designed to accommodate all skill levels, with drills being adapted for each child's needs.

Instructor: Will Prince

Wednesday

April 10 to May 29

- 5 - 7 Years - 5:00 to 5:50pm
- 7 - 9 Years - 6:00 to 6:50pm
- 10-14 Years - 7:00 to 7:50pm



CHILD PROGRAMS

11

Ball Hockey: 9 Classes

RR: \$176.00 | BR: \$186.00 | NR: \$194.00

Come join us as we play the Canadian classic, hockey! Learn some new skills in a fun, relaxed and non competitive atmosphere then put those skills to use in an exciting scrimmage! Get active and enjoy a great sport! No experience required but please bring your own stick, running shoes, and a water bottle!

Instructor: Evan K.



Sunday

April 14 to June 23

- 7 - 9 Years - 1:00 to 1:50pm
- 10 - 12 Years - 2:00 to 2:50pm

No class on May 19 & June 2



Badminton: 10 Classes

RR: \$195.00 | BR: \$207.00 | NR: \$215.00

Students will work on developing and perfecting the basic movements used in the sport of badminton, while learning the basics of serves, smashes and drop shots, as well as court position. Furthermore, students will be taught the necessary skills to hit the forehand.

Instructor: Ben Hernandez

Thursday

April 11 to June 20

- 6 - 9 Years - 4:30 to 5:20pm
- 10 - 13 Years - 5:30 to 6:20pm

No class on April 25

Aerial Silks: 11 Classes

RR: \$161.00 | BR: \$171.00 | NR: \$177.00

Circus Aerials are a combination of dance, technique, strength and fitness combined to create a beautiful acrobatic dance in the air supported by safety regulated tricot fabric. Classes include Aerial Silks skills and techniques, students will learn proper knots, flips, hangs, and strength poses. Classes are safe and occupy proper progressions for maximum safety. Students must wear 3 quarter tights, bare feet, and body suits to class.

Instructor: En L'air Academy Of Dance and Circus



Friday

April 12 to June 21

- 6 - 9 yrs old - 4:30 to 5:20pm
- 10 - 13 yrs old - 5:30 - 6:20pm

CHILD PROGRAMS

12

Zumbini - Parented (0-5 yrs old):

10 Classes

RR: \$195.00 | BR: \$207.00 | NR: \$215.00

Zumbini is a parented and baby program designed for ages 0-5. It combines music, dance and educational tools for 45-minutes of moving, grooving, bonding and fun. Tap your toes, sing-along and get lost in the only program to combine early-childhood development with the magical joy of Zumba Fitness!

Instructor: Bogi G.



Thursday

April 18 to June 20

1:00 to 1:45pm



Strong Girls: 10 Classes

RR: \$195.00 | BR: \$207.00 | NR: \$215.00

Strong Girls Fitness is designed for girls to help develop a positive body image and confidence through a great workout with new friends. All movements are functional to everyday life and use body weighted exercises, while enjoying and learning about the importance of staying active.

Instructor: Caitlin Scott

Thursday

April 11 to June 20

- 5 - 7 Years - 5:00 to 6:00pm
- 8 - 11 Years - 6:00 to 7:00pm
- 12 - 14 Years - 7:00 to 8:00pm

No class on May 2

Little Doctor School - Inspired

Young MDs: 10 Classes

RR: \$260.00 | BR: \$275.00 | NR: \$286.00

Calling future doctors! Join a 10-week program for young medical enthusiasts. Dive into anatomy, physiology, and hands-on learning. Dress up, use medical instruments, and grasp the workings of the heart, muscles, bones, lungs, digestive system, brain, eyes, ears, and spine. Acquire real medical instrument skills and basic surgeon suturing techniques. Enjoy a real stethoscope, learn medical terminology, and earn a diploma!

Tuesday

April 9 to June 18

- 4 - 6 Years - 5:30 to 6:30pm
- 7 - 12 Years - 6:45 to 7:45pm

No class on May 21



CHILD PROGRAMS

13

Young Rembrandts: 11 Classes

RR: \$177.00 | BR: \$187.00 | NR: \$195.00

We believe that drawing is the bedrock skill required for future artistic success. We give them skills to express their creativity, and believe that all children can – and should – learn to draw. You'll see increased art abilities, learning skills, self-confidence and self-esteem.

Wednesday

April 10 to June 19

- Pre-School (3.5 - 5 yrs) - 5:00 to 5:45pm
- Elementary (6 - 12 yrs) - 6:00 to 7:00pm
- Cartooning (6 - 12 yrs) - 7:10 to 8:10pm



Engineering for Kids - Junior Engineers (5-7 yrs): 6 Classes

RR: \$133.00 | BR: \$141.00 | NR: \$146.00

Kids will explore the exciting world of engineering as they invent new machines and explore creative design solutions using the Engineering Design Process. The young engineers will design, build, and test candy catapults, simple flashlights, poppers, kaleidoscopes, Slime, and more!

Engineering for Kids - Master Machines (8-12 yrs): 6 Classes

RR: \$199.00 | BR: \$211.00 | NR: \$219.00

Get your thinking hats on! Kids will be introduced to the concepts of circuit design, building, and testing through various hands-on engineering activities. Kids will use the Engineering Design Process to design, create, test, and improve a variety of machines and mechanical systems.

The young engineers will design, build, and test electric magnets and build their own operation game. The fun continues as they explore the concept of force, trajectory, and friction through designing and building hydraulic arms, launchers, and more! The best part is, kids take home all their builds to share with family and friends!

Saturday

May 4 to June 15

12:00 to 1:00pm

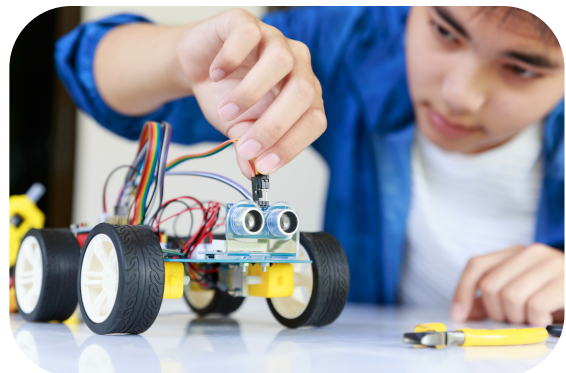
No Class on May 18

Saturday

May 4 to June 15

1:30 to 3:00pm

No Class on May 18



ADULT PROGRAMS

14

Tai Chi: 10 Classes

RR: \$117.00 | BR: \$124.00 | NR: \$129.00

Deepening the mind body connect. Relaxation, improved health and decreased stress are some of the health benefits in the practice of Tai Chi. Other areas that have seen improvement include reduced bone loss, lower body strength, helps with arthritis, decreased blood pressure, balance and stability. Tai Chi is also used for patients with Parkinson's, Alzheimer's, MS and many other conditions.

Instructor: Denis G.



Monday

April 8 to June 24

1:00 to 1:50pm

No Class on May 13 & May 20

Yoga For Healthy Aging: 10 Classes

RR: \$195.00 | BR: \$207.00 | NR: \$215.00

This class provides a gentle introduction to the basic principles and practices of yoga. Through the use of basic postures and breathing techniques and the addition of props as needed this class is perfect for maintaining good health and fitness.

Instructor: Laura-Ann with Yogatopia



Yoga Foundations: 10 Classes

RR: \$195.00 | BR: \$207.00 | NR: \$215.00

Iyengar Style Yoga teaches students to become aware of their body and mind; using sequencing of postures (asanas) and breath to balance the body. Props such as blocks, bolsters and straps make the practice accessible to all body types, focusing on the breath and safe alignment of the body.

Instructor: Laura-Ann with Yogatopia

Tuesday

April 9 to June 18

1:00 to 1:50pm

No Class on May 14



Tuesday

April 9 to June 18

5:30 to 6:20pm

No Class on May 14

ADULT PROGRAMS

15

Zumba: 8 Classes

RR: \$156.00 | BR: \$165.00 | NR: \$172.00

Zumba is a high-energy fitness program music with dance moves. Suitable for all ages and fitness levels, it's a fun way to burn calories, improve cardiovascular health, and tone muscles. Join our vibrant classes for a full-body workout that feels more like a dance party!

Instructor: Bogi G.

Monday

April 22 to June 17

7:00 to 7:45pm

No Class on May 20



Barre: 9 Classes

RR: \$176.00 | BR: \$186.00 | NR: \$194.00

Barre is a dynamic workout program inspired by ballet, yoga, and pilates. It incorporates small, controlled movements to strengthen and tone muscles while improving flexibility and posture. This class is for all levels of fitness. Join us for a low-impact yet challenging class that sculpts your body and enhances overall well-being.

Instructor: Amanda M.



Wednesday

April 10 to June 19

5:15 to 6:15pm

No Class on April 24 & June 5



ADULT PROGRAMS

16

Beginner Pickleball: 8 Classes

RR: \$245.00 | BR: \$262.00 | NR: \$278.00

In this 8-week program, participants will learn fundamental pickleball strokes, rules, strategies, and court movement. After completing the program, participants will have a solid foundation to continue their pickleball journey with a strong base.

Certified Pickleball Instructors Sumit & Clara of PicklePerfect Coaching will run the program.



Monday

April 8 to June 3

3:45 to 4:45pm

No Class on May 20



Workshops

Mother's Day Floral Workshop

RR: \$50.00 | BR: \$60.00 | NR: \$60.00

Experience the warmth of Mother's Day with us in a workshop that brings generations together—mothers, daughters, granddaughters, aunts, nieces, and sometimes even sons! Join this heartwarming gathering and immerse yourself in the art of flower design as we create exquisite arrangements. It's not just a workshop; it's an opportunity to craft a special present for your mom or enjoy a 'DIY with your mom' experience.

Family-friendly workshop for children aged 5 to 12 under adult supervision. One child is welcome per paying adult.
Instructor: Flower Aura by Natasha

Wednesday

May 8

6:45 to 7:45pm

CRANSTON RESIDENTS ASSOCIATION

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Property owners in the community of Cranston are automatically a member of the Cranston Residents Association (Cranston RA). The Cranston RA is a not-for-profit organization which manages assets owned by the Association for the benefit of Cranston residents.

The Cranston RA annual fees support maintenance of the Century Hall facility and seven acre outdoor park, programmed Cranston RA events, activities, and the Cranston Connect website. The Cranston RA also owns and maintains several decorative corners, the Art Park, the Windmill site and Cranston entry features. Benefits of membership include access to the Century Hall facility and outdoor park, and resident rates for Cranston RA programs and events.

For more information on future Cranston RA programs and events, please visit our website: www.cranstonra.ca or contact us at:

Phone: 403-781-6614

Email: info@cranstonra.ca

