



# Winter Time in Cranston



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# Important Contacts

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Programs Coordinator  
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**Randy  
Schissler**

Community Engagement  
Coordinator  
cec@cranstonra.ca

**Facility  
Rentals**

rentals@cranstonra.ca

**Social Media**

 Cranston Residents  
Association at Century Hall  
 @cranston.centuryhall

**Century Hall**

Location: 11 Cranarch Road SE  
Calgary AB T2Y 2E2

**General  
Inquiries**

Phone: (403) 781-6614  
info@cranstonra.ca

# Resident Info

## Park and Facility Hours

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

## Gymnasium

Please visit our website for the full schedule: [www.cranstonra.ca](http://www.cranstonra.ca)

## Hockey and Pleasure Rink

Will open when the weather permits. Please watch our social media pages, as more information will be posted at a later date

## Facility Access Cards

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

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, a replacement will be issued 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 a maximum of 2 guests per day.

Residents must remain present at all times when their guests are utilizing the facility. Please note that guests cannot be Cranston residents.



# Birthday Parties

## How to Book

Birthday party package includes:

- 2 hours in both the gym and Riverside room simultaneously.
- Access to the drop-in equipment.
- 5 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](mailto:rentals@cranstonra.ca)

## Time Slots

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

Sundays: 3:00pm to 5:00pm

## Rates

Resident Rate: \$151.00 + GST

Brookfield Rate: \$161.00 + GST

Non-Resident Rate: \$171.00 + GST



# Century Hall Rentals



**CRANSTON**  
RESIDENTS ASSOCIATION

## Rental Rates

[www.cranstonra.ca](http://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.

# Winter Events

## Christmas Market

Saturday November 16th,  
2024

Save the date for our Annual Grand South Christmas Market on Saturday, November 16th! Featuring unique, locally made artisan products, this market offers a fantastic holiday shopping experience. Find one-of-a-kind gifts, seasonal treats, and support local makers as you get ready for the season!



## Winter Wonderland

Saturday December 14, 2024

Mark your calendars for Winter Wonderland on Saturday, December 14th! Join us for a festive celebration with activities, games, and music to get you into the holiday spirit!

# Winter Events

## Grinch Tree Workshop

Wednesday December 11th,  
2024



Join Flower Aura by Natasha for a festive DIY workshop where you'll create your own 'Grinch Tree' using fresh winter evergreens and seasonal decorations. This hands-on experience allows you to let your creativity shine while crafting a whimsical holiday centerpiece. All materials, tools, and step-by-step instructions are provided to help you bring your vision to life. Registration is required. Ages 14+.

# Cranston Clubs

## Chess Club

1st Thursday of every month  
6:30pm to 8:30pm

Chess club is a drop-in program open to Cranston residents of all ages and levels.



## Knitting Club

3rd Tuesday of every month  
6:30pm to 8:30pm

Calling all knitting enthusiasts! Knitting club is drop-in program open to Cranston residents of all ages and knitting skills.



## Adult Games Night

3rd Wednesday of every month  
6:30pm to 8:30pm

Adult Games Night (18+) is a drop-in program for Cranston residents ages 18+. Board games and cards will be provided. A bar and concession will also be open for purchase.



## Seniors Social Club

Every Wednesday  
1pm to 3pm

Come and drop-in to our Seniors Social Club! Residents are welcome to come and meet other residents in the community, all whilst playing games!



# Program Policies

No exceptions will be made to the policy outlined below. View the full policy on our website at [www.cranstonra.ca](http://www.cranstonra.ca)

## Cancellations

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

The following options are available should a class be cancelled:

1. Transfer participant into another program. Subject to space availability.
2. Receive an account credit on your registration account.
3. Receive a refund for the full amount of the program registration.

## Withdrawals/Refund Requests

All withdrawal requests must be provided in writing to the Programs Coordinator by email to: [programs@cranstonra.ca](mailto:programs@cranstonra.ca)

Once a program has started a \$20.00 administrative fee is charged per participant per program. No refunds will be issued for a program withdrawal request after 2 weeks of the program start date, unless for medical reasons and documentation is provided.



# Registration

## How to Register

### Online

Online registration is available at: [www.cranstonra.ca](http://www.cranstonra.ca)

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

### In-Person/Over the Phone

Our facility is open from 9am until 9pm Monday to Sunday. Our Customer Service Representative will be happy to help with your registration. Please call (403)781-6614 ext. 0.

### Registration Dates

Cranston Residents: Opens November 5th 2024

Non-Residents: Opens November 12th 2024

# Child Programs - Monday

## Sportball T-ball and Soccer: 9 Classes

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

Kick off the fun with Sportball Soccer & T-Ball! Kids learn basic gameplay and skills in a supportive, non-competitive environment. Half the class focuses on soccer skills like dribbling, passing, and goalie work, while the other half covers T-ball skills like throwing, batting, and fielding.



### January 13th – March 17th

(No class on February 17th)

- Ages 2-3 (Parent & Child):  
5:00 PM – 5:40 PM
- Ages 3-5: 5:45 PM – 6:40 PM
- Ages 5-8: 6:45 PM – 7:40 PM



## Multi-Sport: 9 Classes

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

Sportball Multi-Sport programs introduce preschool and primary school children to eight core sports. We focus on teamwork and skill development rather than winning, fostering confidence and social skills for success in sports and life.

### January 13th – March 17th

(No class on February 17th)

- Ages 2-3 (Parented): 9:15 AM – 9:55 AM
- Ages 3-5: 10:05 AM – 11:00 AM



# Child Programs - Monday

## Triple Fun (3-5 yrs old): 9 Classes

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

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!



January 13th – March 17th

(No class on February 17th)

Time: 5:15 PM – 6:15 PM



## Dance Explosion (4-6 yrs old): 9 Classes

RR: \$176.00 | BR: \$184.00 | NR: \$194.00

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!

January 13th – March 17th

(No class on February 17th)

Time: 6:30 PM – 7:15 PM

# Child Programs - Monday

**So You Think You Can Dance (7-10 yrs old): 9 Classes**

RR: \$176.00 | BR: \$184.00 | NR: \$194.00

This class has something for everyone! We will try out many of the styles of dance that you see on the popular television shows and learn some awesome choreography. A great introduction or extension into the world of dance! No experience necessary.

**January 13th – March 17th**

(No class on February 17th)

Time: 7:30 PM – 8:30 PM



# Child Programs - Tuesday

## Musical Theatre (6-10 yrs old): 10 Classes

RR: \$214.00 | BR: \$226.00 | NR: \$235.00

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!

January 14th – March 18th

Time: 6:30 PM – 7:30 PM

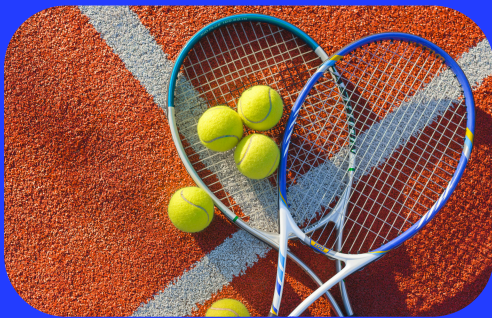


# Child Programs - Tuesday

## Tennis: 10 Classes

RR: \$208.00 | BR: \$220.00 | NR: \$229.00

This program focuses on movement training, including running, jumping, catching, and hand-eye coordination. Participants will play coordination games, practice footwork, and build skills. Please bring your own racket; limited rackets are available.



January 14th – March 18th

- Ages 6-9: 4:30 PM – 5:20 PM
- Ages 10-13: 5:30 PM – 6:20 PM

## Little Doctor School: 6 Classes

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

Young aspiring doctors will explore the medical profession through interactive activities. They'll learn the key responsibilities of physicians, first aid basics, CPR, and the Heimlich maneuver, while also receiving a Little Medical School starter first aid kit. In this 6-week program, students will explore medications, pharmacy emergencies, and make homemade snot while practicing prescription writing like a doctor.

January 28th – March 4th

- Ages 4-6: 5:30 PM – 6:30 PM
- Ages 7-12: 6:45 PM – 7:45 PM





# Child Programs - Wednesday

## Young Rembrandts: 10 Classes

RR: \$166.00 | BR: \$176.00 | NR: \$183.00

This Young Rembrandts art class teaches foundational drawing skills essential for artistic growth. Through step-by-step instruction, children will develop techniques to express their creativity while building confidence and self-esteem. Participants can expect to see improved art abilities, enhanced learning skills, and a greater appreciation for their creative potential!

January 15th – March 19th

- Pre-School (Ages 3-5):  
5:00 PM – 5:45 PM
- Elementary (Ages 6-12):  
6:00 PM – 7:00 PM
- Cartooning (Ages 6-12):  
7:10 PM – 8:10 PM



# Child Programs - Wednesday

## Basketball Hoopla: 10 Classes

RR: \$169.00 | BR: \$179.00 | NR: \$186.00

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 adapted to each child's needs. Led by Coach Will Prince, sessions focus on fostering teamwork, confidence, and a passion for the sport. Kids will leave each class feeling motivated and excited to keep improving their game!

### January 15th – March 19th

- Ages 5-7: 5:00 PM – 5:50 PM
- Ages 8-10: 6:00 PM – 6:50 PM
- Ages 11-14: 7:00 PM – 7:50 PM



# Child Programs - Thursday

## Introductory Karate: 10 Classes

RR: \$169.00 | BR: \$179.00 | NR: \$186.00

This introductory Shotokan Karate course is a fun way to stay active while building confidence and learning self-defense. Students will cover basic martial arts principles like punches, blocks, kicks, and katas (routines), with games and partner work to keep it engaging while promoting discipline.

January 16th – March 20th

- Ages 6-10: 5:30 PM – 6:20 PM



## Badminton: 10 Classes

TBD

Dive into the world of badminton with our expert instructor, where students develop and perfect essential fundamental movements. From honing serves, smashes, and drop shots to understanding court positioning, this program provides a thorough exploration of badminton basics.

TBD



# Child Programs - Thursday

## Strong Girls: 10 Classes

RR: \$163.00 | BR: \$172.00 | NR: \$179.00

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 only use body weighted exercises. While enjoying and learning about the importance of staying active.

### January 16th - March 20th

- Ages 5-7 years old:  
5:30 PM - 6:30 PM
- Ages 8-11 years old:  
6:30 PM - 7:30 PM





# Child Programs - Friday

## Aerial Silks: 10 Classes

RR: \$147.00 | BR: \$155.00 | NR: \$161.00

Experience the art of acrobatic dance in the air, combining strength, technique, and fitness using safety-regulated tricot fabric. In this class, students will learn Aerial silks skills including proper knots, flips, hangs, and strength poses, with a focus on safe progression and individual readiness.

### January 17th - March 21st

- Ages 6-9 years old:  
4:30 PM - 5:20 PM
- Ages 10-13 years old:  
5:30 PM - 6:20 PM



# Child Programs - Saturday

## Engineering for Kids: 5 Classes (5-7 yrs)

RR: \$111.00 | BR: \$117.00 | NR: \$122.00

Kids will program, build, and learn with Lego robotics, exploring coding, robotics, and automation while solving simple challenges. They'll create machines like robotic arms, volcano alert systems, and a Mars rover!

### February 22nd- March 22nd

- Ages 5-7 years old:  
12:00 PM - 1:00 PM
- Ages 8-12 years old:  
1:30 PM - 3:00 PM

## Engineering for Kids: 5 Classes (8-12 yrs)

RR: \$166.00 | BR: \$176.00 | NR: \$183.00

Build, wire, and program your own Lego Mindstorm robot to compete in various games and challenges. Customize it for an obstacle course and face off in games like Hungry Hungry Hippo, Golf, Maze Runner, and the ultimate Sumo Bot Battle!



# Child Programs - Saturday

## MultiSport: 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.

### January 18th - March 22nd

(No class February 15th)

- Ages 16-24 months (Parented):  
9:10 AM - 9:50 AM
- Ages 2-3 years old (Parented):  
10:00 AM - 10:40 AM
- Ages 3-5 years old: 10:50 AM -  
11:45 AM



# Child Programs - Sunday

## Skating Lessons: 10 Classes

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

A fun and exciting way to get comfortable on the ice. This program focuses on teaching and developing basic skating fundamentals. These skating lessons will help participants feel more confident playing hockey, figure skating, speed skating or to just going skating with friends

January 19th - March 23rd

- Ages 3-5: 3:30-4:20
- Ages 6-8: 4:30-5:20

## Intro to Ice Hockey: 10 Classes

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

January 19th - March 23rd

- Ages 5-7: 5:30-6:20
- Ages 8-12: 6:30-7:20

Students will learn basic hockey skills on the ice! All levels are encouraged as participants will practice skating, passing, and of course - scoring! This program offers a variety of fun tips and tricks to becoming a sensational hockey star, all while making new friends!



# Adult Programs - Monday

## Pickleball (18+): 9 Classes

RR: \$276.00 | BR: \$294.00 | NR: \$313.00

Perfect for those new to the game, this program is designed for participants who have never played pickleball before and are eager to step onto the courts for the first time! They'll learn sound fundamentals and techniques while having fun. The program covers correct technique, scoring, rules, strategies, and efficient footwork, all with a student-to-instructor ratio of 4:1 for individualized attention.

January 13th - March 17th

(No Class on February 17th)

- Time: 7:15 PM - 8:15 PM



## Zumba (16+): 9 Classes

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

Zumba is a high-energy fitness program with music and dance moves suitable for ages 16+ and all fitness levels. Join our vibrant classes for a fun way to burn calories, improve cardiovascular health, and tone muscles!



January 13th - March 17th

(No Class on February 17th)

Time: 7:00 PM - 7:45 PM



# Adult Programs - Tuesday

## Yoga: 10 Classes

RR: \$247.00 | BR: \$262.00 | NR: \$272.00

Join us for a series of inclusive yoga classes designed for all skill levels and ages 18 and over, led by Laura-Ann from Yogatopia.

Chair Yoga offers an adapted practice that uses a chair to explore various yoga asanas. This class includes both seated and standing poses to improve muscle tone, balance, flexibility, and breathing techniques, fostering a greater sense of well-being.

Yoga for Healthy Aging focuses on gentler practices that support joint health, build strength, and enhance balance. You'll increase your stamina and flexibility while using yoga props for added support.

Yoga Foundations introduces fundamental principles and techniques of yoga, guiding participants through basic postures and breathing exercises. This gentle approach promotes good health and fitness, making it perfect for anyone seeking a calming yet effective wellness journey.

Please bring your own yoga mat to each class!

## January 14th - March 18th

- Chair Yoga: 4:30 PM - 5:20 PM
- Yoga Foundations: 5:30 PM - 6:20 PM
- Yoga for Healthy Aging: 1:00 PM - 1:50 PM



# Adult Programs - Wednesday

## Barre: 9 Classes

RR: \$188.00 | BR: \$198.00 | NR: \$206.00

This dynamic program combines ballet, Pilates, and yoga to sculpt and tone the body. The expert guidance ensures a challenging yet accessible workout focused on strength, flexibility, and overall wellness. Enhance your posture, core strength, and endurance using chairs, Pilates balls, light weights, and resistance bands.



January 15th - March 19th

(No Class on February 26th)

Time: 5:00 PM - 6:00 PM



NEW

## Pilates: 10 Classes

RR: 234.00 | BR: \$248.00 | NR: \$258.00

Improve your strength, flexibility, and posture with our Pilates Mat classes, suitable for all fitness levels. These classes focus on mind-body awareness, pain reduction, and promoting overall health. Bring your own mat to keep each session challenging and fun!

January 15th - March 19th

- Time: 6:30 PM - 7:30 PM



# Winter Break Camps

Pre-Care and Post-Care Included in Fees.  
Pre-Care: 7:30am to 9am | Post-Care: 4pm to 5:00pm

For ages 6 to 12 years old

Cost: \$45 per day

December 23rd

9am to 4pm

December 24th

9am to 4pm

December 26th

9am to 4pm

December 27th

9am to 4pm

December 28th

9am to 4pm

December 29th

9am to 4pm

December 30th

9am to 4pm

December 31st

9am to 4pm

January 2nd

9am to 4pm

January 3rd

9am to 4pm



# Cranston Residents Association

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](http://www.cranstonra.ca) or contact us at:

Phone: 403-781-6614

Email: [info@cranstonra.ca](mailto:info@cranstonra.ca)