



Community Sports and Activity Resources in Calgary

Being active is very important to help children to develop their strength, fitness and gross motor skills. Activities can be informal (such as riding a bike, playing with a ball in the park or going swimming), or formal (such as soccer, basketball league or martial arts lessons). The key is keeping children active and finding things that they enjoy.

This handout lists some of the available resources in Calgary. It is in no way a complete or comprehensive list of the many wonderful activities and programs available, but a sample of what this city has to offer for both formal and informal activity ideas. The resources listed include many which are low cost or have fee assistance available if needed.

Community Programs:

City of Calgary – Recreation Programs- www.calgary.ca/recreation

City of Calgary recreation program guide. Many city wide options for sport and leisure activities. Day camp information. Fee assistance available.

City of Calgary-Children's Community Programs - www.calgary.ca/CSPS/CNS/Pages/Children-and-youth/Seasonal-programs/Park-n-Play-and-Stay-n-Play-programs.aspx

Free drop-in children's community programs at various sites across the city.

YMCA – www.ymcacalgary.org

Membership and drop-in options available. Free membership for all grade 6 students in Calgary. Financial assistance available.

Kids Bowl Free – www.kidsbowlfree.com

Children can bowl for free all summer at 6 different locations in Calgary. Register on the website.

All Sport one Day - www.sportcalgary.ca/all-sport-one-day

An annual event. This year on June 15, 2019 children can participate in free sports across Calgary. This is a great way to try new sports. There are sports for wheelchair users as well as able-bodied participants. Register on the website.

Kidsport – www.kidsportcanada.ca

KidSport is a national not-for-profit organization that provides financial assistance for registration fees and equipment to kids aged 18 and under.

Websites for community and family activity ideas:

www.todocanada.ca/free-family-activities-in-calgary - Ideas and links to free and low cost active family activities in Calgary. Links to coupons for admissions to local sites.

www.activeforlife.com – A website for families with numerous articles and game ideas for play at home. Website is a not-for-profit social initiative created to help parents give their children the right start in life through the development of physical literacy.

www.pinkoatmeal.com - A website of resources to make physical activity and motor development activities fun and engaging for teachers, therapists and parents.

www.participaction.com – Activity ideas for people of all ages.