Conference Program

ARPA Conference & Energize Workshop

OCTOBER 26-28, 2017
LAKE LOUISE, ALBERTA
ARPAONLINE.CA/EVENTS/ENERGIZE-CONFERENCE
Greetings to ARPA members and friends. We will be returning to the breathtaking setting of the Fairmont Chateau Lake Louise for the 2017 ARPA Conference and Energize Workshop being held from October 26-28.

This year’s conference theme is “Change, Challenge, Opportunity” and continues to build upon our strong connection to *A Framework for Recreation in Canada 2015: Pathways to Well Being* as well as the ongoing Parks for All movement. These are three powerful words we know quite well in Alberta. The past few years have been challenging times for many of our communities but being the mavericks we are in Alberta we are also looking to the future. The Conference will also be our main opportunity to celebrate Canada’s sesquicentennial.

Our Organizing Committee, comprised of representatives from municipalities and organizations from across Alberta, has compiled the best in learning, information sharing and networking opportunities for conference participants to enjoy.

We are excited to continue the Connecting through Research (CtR) component and the Municipal Recreation Engagement Strategy, which is a multi-year collaboration between ARPA and the Recreation and Physical Activity Division of the Ministry of Culture and Tourism.

Through grants provided by the Government of Alberta and the Calgary Foundation we are excited to celebrate indigenous culture through a series of sessions, workshops and even the inclusion of a round dance. These events will once again highlight the recreation, sport and parks focused action statements from the Truth and Reconciliation Commission report and what we can do in various capacities to take action and enhance the impact of recreation and parks to the quality of life of all Albertans.

Last year we welcomed over 500 delegates that included over 100 elected officials. We look forward to building on the momentum of the recreation sector in the Province and hope you can join us in October. This year we will once again welcome Lieutenant Governor Lois Mitchell to help celebrate and recognize excellence in the recreation and parks sector on the Saturday evening. We will also be inviting several Ministers and all MLAs to join us in Lake Louise.

On behalf of the ARPA Board of Directors and staff, I invite you to join us for three days of learning, networking and replenishment. See you in beautiful Lake Louise!

Susan Laurin
ARPA President
## Conference At A Glance

### Thursday, October 26

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<tr>
<th>Time</th>
<th>PC1</th>
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<th>PC3</th>
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<tbody>
<tr>
<td>9:00 am - Noon</td>
<td>Change, Challenge and Opportunity in your Community! Explore and Learn from Colleagues</td>
<td>Indigenous Engagement: Cultural Skills Development</td>
<td>Adventure Play from A-Z</td>
<td>Pricing, Packaging and Selling Corporate Sponsorships in our New Economy</td>
<td>HIGH FIVE® Training</td>
<td>Full Day: Pricing, Packaging and Selling Corporate Sponsorships in our New Economy Half Day Judy Haber</td>
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<tr>
<td>1:00 - 4:00 pm</td>
<td>Facilitated Workshop</td>
<td>Dr. Reg Crowshoe</td>
<td>City of Calgary Panel</td>
<td>Panel</td>
<td>Let’s Talk: Creating Healthier Communities (ChooseWell) Half Day</td>
<td>Aboriginal HIGH FIVE®</td>
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<td>5:00 - 6:00 pm</td>
<td>Delegate Cocktail Reception</td>
<td>New Delegate Reception</td>
<td>Communities ChooseWell Reception</td>
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<td>6:00 - 8:00 pm</td>
<td>Opening Ceremonies Dinner</td>
<td>Keynote Address with Jon Montgomery: Innovation &amp; Realism</td>
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<td>8:00 - 11:00 pm</td>
<td>Thursday Social</td>
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### Friday, October 27

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<th>Time</th>
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<tr>
<td>7:00 - 8:30 am</td>
<td>Breakfast</td>
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<td>8:30 - 9:30 am</td>
<td>Plenary Speaker – Connecting through Recreation with Cory Johnson: Equity as an Act of Love</td>
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<td>9:30 - 10:00 am</td>
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<td>If you are what you eat, then you are where you live...</td>
<td>Joyce Tang</td>
<td>Michelle Wong</td>
<td>Justin Rousseau</td>
<td>Cory Johnson</td>
<td>William Snow</td>
<td>ARPA News with Bill Wells</td>
<td>Judy Haber</td>
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<td>11:00 - 11:30 am</td>
<td>Transition Break</td>
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## Conference at a Glance

### Friday, October 27

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<th>Time</th>
<th>Session</th>
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<tr>
<td>12:30 - 2:00 pm</td>
<td>Luncheon – ARPA Volunteer Recognition Awards</td>
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<td>2:00 - 3:30 pm</td>
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<td>Part 1: The Role of the Municipality in Long Term Athlete Development</td>
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<td>Graham Jones &amp; Amber Lenzin</td>
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<td><strong>C2</strong></td>
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<td>Human Rights Commission &amp; AUMA Welcoming and Inclusive Communities</td>
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<td><strong>C3</strong></td>
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<td>Part 1: Parks for All Framework Update and Overview TBA</td>
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<td><strong>C4</strong></td>
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<td>Recreation’s Role in Disaster Response and Recovery</td>
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<td>Nicole Genereux &amp; TBA</td>
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<td>What impacts will ICFS and other changes within the modernized MGA</td>
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<td>have on Recreation and Parks in your community?</td>
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<td>Mike Roma &amp; John McDonnell</td>
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<td>Fostering Play Environments</td>
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<td>Megan Myers, Kylee McCallum, Lisa Tink, Dr. Ryan Snelgrove</td>
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<td><strong>C7</strong></td>
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<td>Reconciliation - Blanket Exercise</td>
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<td>Christy Morgan &amp; Suzanne Dzus</td>
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<td><strong>C8</strong></td>
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<td>City of Calgary Recreation</td>
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<td>3:30 - 6:00 pm</td>
<td>RFLF Scavenger Hunt &amp; Fun Run</td>
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<td>5:30 - 6:30 pm</td>
<td>Energize Reception</td>
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<td>6:30 - 9:30 pm</td>
<td>Tradeshow: Dinner, Drinks and Networking Canada 150+ Celebrations</td>
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### Saturday, October 28

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<tr>
<th>Time</th>
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<tr>
<td>7:00 - 8:30 am</td>
<td>Breakfast</td>
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<tr>
<td>8:30 - 10:30 am</td>
<td>ARPA Annual General Meeting</td>
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<td>10:30 - 11:00 am</td>
<td>Refreshment Break</td>
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<tr>
<td>11:00 am - Noon</td>
<td>Luncheon – Minister of Culture &amp; Tourism</td>
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<table>
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<tr>
<th>Time</th>
<th>Session Details</th>
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<tr>
<td><strong>1:30 - 2:45 pm</strong></td>
<td>Alberta Recreation Survey – Recreation Activity Choices for Albertans&lt;br&gt;Recreation Registration Software Lessons from Communities&lt;br&gt;Part 1: Get the kids out; get their families out! Winter Play in Edmonton&lt;br&gt;Kurtis Dinsmore &amp; Adrian Merrick&lt;br&gt;Part 2: Move &amp; Play on the Tarmac&lt;br&gt;Be Fit for Life Network&lt;br&gt;Defining and Exploring Rural Recreation in Alberta&lt;br&gt;Creating a Space for Innovation – City of Calgary&lt;br&gt;Indigenous Success Stories from Communities ChooseWell&lt;br&gt;Using Improv to Unleash Creativity&lt;br&gt;Janet Fletcher, Nicole Genereux &amp; Ron Smith&lt;br&gt;Panel: Erik Van den Eynden, Scott Cooves &amp; TBA&lt;br&gt;Geoff Lynch &amp; Candace Nykiforuk&lt;br&gt;Janet Hoebers &amp; Deanna Bradley&lt;br&gt;Tristan Hooper, Simon Barrick, Dr. Tara Leigh-McHugh&lt;br&gt;Jarret Hoebers &amp; Deanna Bradley&lt;br&gt;</td>
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<tr>
<td><strong>2:45 - 3:00 pm</strong></td>
<td>Refreshment Break&lt;br&gt;Closing Keynote Speaker and Closing Remarks&lt;br&gt;Doug Griffiths: <em>Everything is About to Change</em>&lt;br&gt;</td>
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<td><strong>3:00 - 4:30 pm</strong></td>
<td>ARPA President’s Awards Banquet&lt;br&gt;</td>
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<td><strong>6:00 - 9:00 pm</strong></td>
<td>Saturday Night Entertainment&lt;br&gt;Rapid Fire Theatre&lt;br&gt;</td>
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<td><strong>9:00 - 10:30 pm</strong></td>
<td>Halloween Dance Party&lt;br&gt;DJ Sir Mix-a-Bit&lt;br&gt;</td>
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<td><strong>10:30 pm - Late</strong></td>
<td><strong>Student Sessions</strong>&lt;br&gt;<strong>Sessions for Energize Delegates</strong>&lt;br&gt;<strong>Connecting through Research</strong>&lt;br&gt;<strong>Indigenous Stream</strong>&lt;br&gt;</td>
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CHANGE. CHALLENGE. OPPORTUNITY

We know these three powerful words quite well in Alberta. The past few years have been challenging times for many of our communities, and we believe Albertans can embrace this season as an opportunity for change.

Change

- The world is changing and the recreation and parks sector will need to constantly adapt to stay relevant and provide communities and citizens with the programs and services they need
- The pace of change seems to be increasing with new technologies leading the way
- Our workplaces may be in a state of flux with changing organization structures, changing political priorities, and citizen and customer expectations
- Our climate is changing, impacting our environment and communities

Challenge

- Alberta is mired in one of the deeper recessions we have experienced in decades. This has impacted our communities, families and organizations
- Once factor of climate change is the increase in natural disasters that our communities are faced with. Recreation and parks plays a huge role in the recovery and resiliency of communities when faced with these extreme challenges

Opportunity

- The important role that recreation and parks plays in communities cannot be understated
- What opportunities lie ahead for ensuring the quality of life of all citizens?
- Exploring the power of collaboration
- With this being Canada’s 150th birthday, we are also looking for opportunities to celebrate our successes
- Exploring opportunities to work collaboratively with Indigenous communities

Energize Workshop

The Energize Workshop provides a forum for everyone from elected officials to local community volunteers. The Workshop is an idea-exchange and knowledge-sharing forum regarding the recreation sector and its contribution to healthy communities.

Together, the Energize Workshop and ARPA Conference focuses on a program that combines learning from our history and creating the recreation and parks opportunities that we want for our communities in the future. The Workshop provides delegates with the knowledge and tools to bring back to their communities to ensure excellence in their recreation and parks.

There will be an Energize Breakfast at Conference with a special guest speaker focusing on a particular topic of interest to elected officials. We will also be hosting an Energize Reception specifically for our elected official delegates.

This is the 23rd year of partnership between the ARPA Conference and Energize Workshop. Sessions with content relevant to Energize delegates have been identified with the Energize logo.

Indigenous Stream

In 2017, we are honoured to partner with Alberta’s Indigenous communities to offer a full stream of Indigenous-related sessions and socials. This year’s stream includes an Aboriginal HIGH FIVE® pre-conference training, a full day workshop with honoured Blackfoot Elder Dr. Reg Crowshoe, a youth keynote by world-class athlete Rilee Many Bears, a Blanket Exercise, Round Dance, and more! We are excited to hear the stories and insights of our Indigenous partners and promote the necessary conversations around recreation and reconciliation.

Thank you to the Calgary Foundation and Government of Alberta’s Community Initiatives Program grant for their generous financial support of this initiative.
Jon Montgomery
Innovation and Realism
Thursday, 6:00 - 8:00 pm

JON MONTGOMERY delighted Canadians by winning Gold in Men’s Skeleton at the Vancouver 2010 Olympics. Now, as host of The Amazing Race Canada, he is a charming ambassador for our country’s most beautiful sights. In his talks, Montgomery shares his Olympic journey and important lessons on teamwork, leadership, and dreaming big. Whether he’s in snowy Nunavut, on a lentil farm in Saskatchewan, or on stage presenting a keynote speech, Montgomery is genuinely funny and always inspiring.

"While we must be realistic about the things in life we cannot change, there are always ways in which we can optimize ourselves and our situations through creative thinking and innovation. Unless you’re moving forward, you’re getting left behind!"

Proudly Canadian, Jon Montgomery says that being the host of The Amazing Race Canada has given him an even greater appreciation for the country. “I already had a profound sense I was a lucky man to be Canadian, but doing this show, you get to meet other Canadians, you get to see how they interact with the racers and a sense of commonality amongst the people.” For his work on the show, Montgomery received a Canadian Screen Award for Best Host in a Variety, Lifestyle, Reality/Competition, or Talk Program or Series.

In February 2009, Montgomery won the Whistler World Cup, which served as the test event for the Vancouver Olympics. At that time, he called the victory the highlight of his career, adding that it was especially meaningful to win at home in front of family and friends. But what he really yearned for was Olympic gold. At the 2010 Olympics, he defended his home track once more, but this time, he did it in front of the world. The now infamous video of Montgomery drinking a pitcher of beer while walking through the streets of Whistler surrounded by screaming fans is sure to go down in Canadian lore.

It was Montgomery’s natural curiosity that launched his Skeleton career. Wandering through Calgary Olympic Park years ago, he saw a Skeleton racer whip by at top speed. Fearing it was a Luge accident, he inquired as to what the sport was all about at the visitor’s centre. He immediately signed up for a “discover session” and began his long journey to Olympic gold. He won his first World Cup event in January 2008, and also won a silver medal at the World Championships that same year, finishing the season ranked second overall on the World Cup. Some called it quick success, but Montgomery sees things differently. He’s been sliding since 2002, but didn’t experience his first win until the 2007/2008 World Cup tour. As he says, “I had my butt handed to me on countless occasions when I first started.”

Montgomery and his wife Darla are also committed and passionate about giving back. They are affiliated with WaterAid, which works with the poorest and most marginalized communities in sub-Saharan Africa, Asia, the Pacific region and Central America, and Right to Play, which uses the power of play to educate and empower children to be guardians of their own health and active participants in their communities.
Corey Johnson

Friday, 8:30 - 9:30 am & Session B2

Corey’s theorizing and qualitative inquiry focuses its attention on the power relations between dominant (white, male, heterosexual, etc.) and non-dominant populations in the cultural contexts of leisure. This examination provides important insight into both the privileging and discriminatory practices that occur in contemporary leisure settings. He also sees his research as complimentary to both classroom instruction and professional service, and he uses advocacy, activism, civic-engagement, service-learning and community partnerships to create unique learning opportunities for individuals and institutions.

Dr. Corey Johnson is a professor in Leisure Studies at the University of Waterloo. For Corey, good research has a responsibility to question and shape practice. He sees himself as equal parts scholar and activist as he explores privileging and discriminatory practices that occur in leisure settings. Drawing on his research in gay bars, supporting LGBT+ youth in camp settings, and the use of geo-social networking applications (Grindr, Tinder, etc.), Corey argues that the act of love is critical if we are serious about transforming power relationships in leisure spaces and working for equity in our communities.

Doug Griffiths

Everything is About to Change

Saturday, 3:00 - 3:30 pm

Most of the time we find adapting to change hard. At times we resist change, we fight change, and we even ignore change, and we do so at our own peril. Even when we think we are ready for change, we often aren’t. The world is changing at a quicker pace every day, making it exponentially harder for us to adapt to it — as people, organizations, businesses, and as communities. This presentation explains why we resist change, and how we can become more adaptable. Doug reviews coming innovations and technologies and how they will impact you and your community. Now, more than ever before, it is crucial we prepare ourselves to adapt, because everything is about to change.

Doug went on to have a successful 13-year career in provincial politics, complete his MBA, and in 2015, stepped away to get back to what he really loved — helping build better communities. Now, as the president of 13 Ways, Doug leads a team of community builders and community therapists — a term more accurate than you may imagine — working with people all over North America to help them find their way to a brighter future for their communities. His best-selling book, 13 Ways to Kill Your Community has recently been released as a 2nd edition and is often referred to as the “bible” for rural community development.

After acquiring B.A. in Philosophy and a B.Ed. from the University of Alberta, Doug spent several years teaching, and ranching with his family. Despite having two degrees he always said the best education and practical experience he ever received was growing up on the farm. It taught him practical lessons about life, built in him a strong work ethic, and developed in him a deep understanding of what it takes to be successful and how the wrong attitude can ensure failure.
PC1 | Change, Challenge and Opportunity in your Community!

Explore and Learn from Colleagues

Facilitated by Barbara Pedersen

What is happening in recreation and parks in your community? What changes are occurring? How might you solve challenges? How could you use opportunities? These questions will kick off the preconference session. Join fellow municipal recreation and parks practitioners, professionals and elected officials in a facilitated Open Space Technology workshop that will allow participants to discuss topics and issues that your municipality is currently facing. You, as the participant, will set and guide the agenda for the day. Participants will identify, discuss and problem solve topics that are most important and timely for them. Opportunities to break into groups based on topics or size of community will be made available. Learn from your colleagues about ways that they have successfully addressed issues in recreation and parks. Develop action plans for your community. Explore potential priorities related to the Framework for Recreation in Canada and other relevant policies. This workshop is a part of the Municipal Recreation Engagement Strategy which is a collaboration between ARPA and the Recreation and Physical Activity Division of Alberta Culture and Tourism.

PC2 | Indigenous Engagement: Cultural Skills Development

Dr. Reg Crowshoe

In many ways, Dr. Crowshoe acts as the conduit between Indigenous worldviews and the mainstream understanding of these ways. This session will touch on three important elements of engaging with Indigenous communities. It will first explore Indigenous history starting with first contact, Treaties and Reserves, residential schools, and intergenerational trauma. The session will then introduce the practices and protocols that are important to all working with Indigenous communities focusing on how the recreation, parks, and wellness practitioner can use these cultural skills as tools. It will then conclude with a future scan looking at where we should go with these engagements, how to be an ally, and what documents exist to support this work.

PC3 | Adventure Play from A-Z

Panel

Learn about the process the City of Calgary undertook to implement a mobile adventure playground, where saws, hammers, nails and loose parts play made a difference in child development and activity levels of children. How did the risk department let them do this, what did parents say, how and where did they program and what have they learned after 2 years of this program?
PC4 | Let’s Talk: Creating Healthier Communities (ChooseWell)
Lisa McLaughlin & Chantel Churcher
Half Day (1:00 - 4:00 pm)

This session, sponsored by ARPA’s Communities ChooseWell program, will give participants a frequently requested opportunity to share ideas and talk to each other about the issues they care most about when it comes to enhancing health and wellbeing in our communities. Anyone who wants to improve wellness in their community is welcome to attend this participant-driven, conversational session to network with other community wellness champions, share advice and knowledge with their peers, and discuss the wellness issues that are truly important to them.

PC5 | HIGH FIVE® Training – Aboriginal HIGH FIVE
Julia Soucie (Fort McKay)

ARPA is proud to be the Alberta provider of HIGH FIVE®, Canada’s only Quality Assurance Program for recreation and sport programs for children aged 6-12. HIGH FIVE® provides a range of training, assessment tools and resources to ensure that organizations deliver the highest quality programs possible.

This Aboriginal HIGH FIVE® session will be led by an Indigenous trainer and empowers Indigenous leaders across Alberta to enhance the quality of sport and recreation programs in their communities. These leaders will be engaged in rethinking aspects of the program to best meet the needs of Indigenous children. Bursaries are available for Indigenous recreation professionals so please contact Janet at jnaclia@arpaonline.ca if interested in participating.

PC6 | Pricing, Packaging and Selling Corporate Sponsorships in our New Economy
Judy Haber
Half Day (1:00 - 4:00 pm)

In this highly interactive workshop, using case studies from the City of Lacombe, Town of Strathmore, City of Spruce Grove and other towns and municipalities, participants will learn and discuss the following:

- What Sponsorship is and isn’t!
- Example of typical Facility Assets
- Valuation of Facility Assets (what is your property worth)
- Examples of Naming Rights and Secondary Sponsorship sales documents
- Examples of Letters of Agreement (between Sponsor and Municipality)
- Examination of Naming Rights and Corporate Sponsors Deals done in Alberta and Saskatchewan (term and fees)
- Examination of types of companies/categories that engage in Corporate Sponsorships and Naming Rights
A1 | If you are what you eat, then you are where you live...
Joyce Tang

Our communities and built environment can influence our daily activities, which impacts our physical, mental and social health. This session will highlight what the City of Calgary is doing differently through the newly created HealthYYC Initiative which is a cross discipline, departmental and interest group advisory group that aims to accelerate ideas into actions that will support healthy communities. Further learn more about what a Health Impact Assessment is and how it could be a tool for your future projects.

A2 | Engaging Diverse Communities
Michelle Wong

As a municipal government, the work we do directly affects the communities that live, work and play in our public spaces, as such, citizen engagement play an important role in every project we deliver. The City of Calgary defines engagement to be: “Purposeful dialogue between The City and citizens and stakeholders to gather information to influence decision making.” Calgary Parks has employed innovative ways to engage diverse communities and encouraged citizen input to help shape the outcomes of our parks. Spaces that have been designed for the people, with the people have resulted in places embraced and enjoyed by the communities they serve. This session shares the various tools, techniques and learnings from Calgary Parks on citizen engagement using case studies from past projects.

A3 | Is Your Community Asset a Tourism Asset?
Justin Rousseau

Great community spaces are often places where tourists like to visit and local events often have broader appeal to tourism markets. At a time when our economic situation is in such flux, tourism has emerged as a bright spot: a sign of hope for future economic diversity. Many communities are awakening to the critical link between community assets and tourism development. But are your community assets really “tourism ready?” Should you allocate scarce resources to tourism development? What are the opportunities and risks in leveraging your community assets? What pressure points cause tension between community and tourism goals? What resources are available to achieve your community objectives? This interactive session will help give you the tools to answer these questions. Case studies from Alberta communities will bring the discussion to life.

A4 | Pricing, Packaging and Selling Corporate Sponsorships in our New Economy
Judy Haber

Using case studies from the City of Lacombe, Town of Strathmore, and Spruce Grove, participants will get a quick glance of what it means to be in the business of Corporate Sponsorships and Naming Rights. The session will describe how some deals get done and what is required of the municipality or organization to be successful in securing support from the corporate sector.
**ARPA News with Bill Wells**

**William Wells & Susan Laurin**

Come spend an hour with William Wells, the CEO of ARPA, and learn about the new and ground-breaking initiatives happening through the association! Hear about the first Alberta graduates from the CPRA Professional Development program. Share in the success of Communities ChooseWell and the program’s exciting new developments. Learn what’s new with the Excel-lence Series, our work with Indigenous communities, and Communities in Bloom. This is the perfect opportunity to ask those burning questions and share with Bill what might be a priority in your community.

**CtR: Working for Success - Connecting Research, Policy, & Practice**

**Presenter TBA**

Goal 5 of A Framework for Recreation in Canada, calls for “academics and government at all orders and levels to undertake research and data collection to analyze recreation trends and issues in order to keep recreation policies and programs current and effective”. While Alberta has a long history of collaboration between academics, government and practice, the way that these sectors are able to work together has changed. Through stories of success and failure, this panel provides insight into the current conditions and trends that shape the connection between research policy and practice, and offer their predictions on the future of this important relationship.

**CtR: Working for Success - Connecting Research, Policy, & Practice**

**Mike Roma, RC + Perks**

**Janet Fletcher, GoA Recreation and Physical Activity Division**

**Dr. Nick Holt, University of Alberta.**

**Recreation and Inclusion: An Indigenous Perspective**

**Panel: Dr. Reg Crowshoe, Ted Hodgson, Wayne Page, Christy Morgan & Cam Stewart**

**Moderator: Janet Naclia**

A fundamental principle of Alberta Human Rights Act is that all people in Alberta are equal. This means that all Albertans have an equal opportunity to earn a living, find a place to live, and enjoy services customarily available to the public without discrimination. But what does equal opportunity mean to you? What is the meaning of inclusion using an Indigenous world-view? And what does inclusion (or the alternative – exclusion) mean to Indigenous recreation practitioners and non-Indigenous allies in the recreation sector?

Join in a panel discussion co-hosted by Janet Naclia, Programs Manager with ARPA and Cam Stewart, Education and Engagement Unit with the Alberta Human Rights Commission to explore these topics. Hear from an panel of Indigenous speakers as they share both their personal and organizational perspectives on the idea of inclusion in the recreation, parks, and the wellness sector.

**Recreation and Physical Activity Project Grants**

**John Barbour**

Learn about the project funding opportunities available through Alberta Culture and Tourism’s Recreation and Physical Activity Project Grant. Through an overview of the recent direction of project funding, the different kinds of eligible projects, and select successful projects, the Recreation and Physical Activity Division will encourage attendees to consider how their next great idea might be eligible for funding support!
B1 | Strategies for Making Healthy Choices a Profitable Venture in Recreation Centres

Members of CHEERS (Collaborative for Healthy Eating Environments in Recreation Settings) and Alberta community wellness champions

Although recreation’s purpose is to enhance wellness, recreation facilities are notorious for their abundance of foods and beverages that can be harmful to wellness! While research from Alberta has found that many recreation managers support the idea of offering more healthy choices in their facilities, concerns about profitability and public buy-in are a key barrier to change. But don’t despair; healthy food CAN be profitable! Join us in this session to learn from Alberta communities and from research about strategies that support business success while making positive changes towards a healthy food environment in your recreation facilities.

B2 | Making Spaces: Supporting and Affirming LGBTQ+ Identities

Cory Johnson

Come explore the complexities of lesbian, gay, bisexual, transgender and queer identities including the language and unique needs of LGBTQ. Learn more about gender identity/expression and how these intersect with other identities. Discuss practical recommendations and supports to help and your organization serve and support the community members and be an ally for social equality and equity.

B3 | Banff Bison Reintroduction

William Snow

Join William Snow of the Stoney Nakoda First Nation to discuss the cultural impacts of the Bison Reintroduction project in Banff National Park and how this project is functional on a number of levels. Such a project has historic, cultural, and ecological aspects that are continuing to unfold. Although landscapes, wildlife and ecosystems are in constant change, what remains constant is the understanding that First Nations possess, and maintain through their understanding of holistic relationships. It is this relationship and use of ceremony that laid a foundation for the Bison Reintroduction project, within National Parks. The Bison Reintroduction is a way of ensuring that the biodiversity of landscapes are maintained, not only ecologically, but culturally as well.

B4 | Leveraging Technology to Amplify Your Purpose

Jeff Tareta & Christopher Laurin

The use of technology is becoming more widely accepted to help improve facility operations and enhance the overall user experience. With the overabundance of technology solutions in the fitness & recreation market, choosing the right product can be challenging for operators.

In this 60-minute presentation, Health Systems Group will share their insight into how new technology solutions can expedite our work in enabling Canadians to become more active. We will explore how you can access more residents, not just those who use your facilities, to expand community engagement!

Avoid getting lost in the myriad of possibilities. Learn the difference between a mindless adoption of technology for its own sake, and a mindful application of choosing appropriate solutions that will elevate your purpose.
B5 | Policy Connections
Brad Babiak

Physical activity, recreation, and sport are proven and powerful ways to enhance the wellbeing and quality of life of individuals and communities. The evidence to support the physical, social, and psychological benefits to individuals who have opportunities to engage in physical activity, recreation, and sport as well as the social, financial, and health benefits to communities are robust and plentiful. One of the approaches to help Albertans enjoy these benefits is through policy. This session will explore the connections between national and provincial polices such as A Framework for Recreation in Canada 2015: Pathways to Wellbeing, the Canadian Sport Policy 2.0, Active Alberta, the Alberta Sport Policy, and the soon to be released Pan-Canadian approach to physical activity. This session will explore opportunities and linkages in the areas of alignment as well as provide tools to learn about and implement policy. As a key decision maker or practitioner in your municipality, you will learn how to navigate, utilize and explore the ways these policies can work for your community.

B6 | CtR: Pleasure, Politics, & Parks

This session encourages us to think differently about the way we develop park sites as places of natural beauty, personal enjoyment, and environmental education. Michelle Murphy takes a look at the role of conservation politics in developing Kananaksis for the 88 Olympics and suggests that current recreation development ambitions should learn from this historical review of land-use tension. Dr. Reichwein parallels the wide ranging impact of citizen mobilization in 1974 to preserve what is now Mill Creek Park with current need for municipalities to support civic engagement in larger urban design schemes, community development and politics. Mu He explores the impact of interpretive programs on young adults park enjoyment, by engaging session participants in an interpretive park experiment.


Dr. PearlAnn Reichwein, University of Alberta. Making Mill Creek Park: Edmonton Environmentalists Versus City Hall.

Mu He, University of Alberta. The Impact of Interpretative Programs on Visitor Experiences: A Proposed Study at the Columbia Ice Fields.

B7 | Urban Indigenous Wellness
Shandi Thachuk and Brad Fisher

The Aboriginal Friendship Centre of Calgary (AFCC) is a community leader in advocating for Aboriginal social and cultural services. They are committed to a holistic and traditional approach in the development and provision of these resources for the Aboriginal peoples of Calgary.

Come to this session to learn how the AFCC utilizes recreation and Indigenous wellness activities as ways of engaging with their community! Learn about their successful programs such as Hide Tanning, Youth Drumming Circles, Drum & Moccasin Making, and Sweatlodges in an urban setting, as well as their hugely impactful Traditional Naming Program.

B8 | This is my Neighbourhood
Katie Thorpe and Kendra Varoney

This is my neighbourhood is a City of Calgary initiative created to improve neighbourhood access to City programs and services and to allow for a more coordinated and efficient response from The City to neighbourhoods. Working in the first 14 inaugural neighbourhoods, we had the opportunity to collaborate with citizens to shape the future of their neighbourhood, by creating a neighbourhood vision, delivering over 125 initiatives in alignment to that vision, and contributing to the City of Calgary’s One City One Voice vision. Come join us as we discuss our learning’s/blooper real from the first 2 years and how we have incorporated these learning’s in order to increase cross corporate collaborations and expand on creative initiatives with the next 14 neighbourhoods in year 3 of the initiative.
C1 (PART 1) | The Role of the Municipality in Long-Term Athlete Development (LTAD)
Graham Jones & Amber Lenzin

The expectations that adults place on youth in sport are a problem, and too many young people are quitting at an age when their interest in sports should be at its highest with approximately 70% of youth dropping out of organized sport by the age of 13. Some adults look at their kids’ games the same way they look at professional sports – the only thing they focus on is winning.

The City of Calgary believes that relying on sport groups to push the Canada’s Sport for Life practices is not enough, and that educating parents on the theories of LTAD and CS4L practices will lead to a better understanding of physical literacy and be a catalyst for change and improvement that will help the municipality achieve its goal of promoting life-long participation.

C1 (PART 2) | Concussion Policy Protocols
Jen Sales

Concussion policy is critical to the safety of all sport and recreation participants. The Alberta Concussion Alliance (ACA) was formed to provide Albertans with easily accessible research driven concussion prevention and management practices that are simple and safe to use.

We will discuss:
- The history of concussion policy in Canada
- Barriers, Culture Change and Stigma
- Why it is important
- Steps to adoption

The ACA has developed a recommendation and policy for concussion management that has been published with an adoptable concussion policy. This is a flexible tool that every sport and recreation provider can utilize to be specific to their organizations needs.

C2 | Human Rights Commision @ AUMA Welcoming and Inclusive Communities / Social Policy (Cochrane)
Cam Steward, Darren Reedy, Maryann Chichak, & Melissa Engdahl

Are you helping or preventing residents from using your services?
Are you seeing discrimination in your community?
Looking for answers to make your services more inclusive for all residents?

This session will involve a hands-on exercise, led by Darren Reedy of the Alberta Urban Municipalities Association and Cam Stewart of the Alberta Human Rights Commission, to evaluate the inclusiveness of your municipality and how you can change policies and practices to encourage more use of your recreational facilities and services. Participants will also hear from Melissa Engdahl, Community Resource Worker with the Town of Cochrane, who will speak about the Town’s success in implementing a social policy framework, educating staff about diversity and how the Town conducted a ‘rolling audit’ where council and administration spent a day in a wheelchair to better understand the challenges of accessing local parks space.
C3 (PART 1) | Parks for All Framework Update and Overview
TBA
This will be an opportunity to learn what is included in the final Parks for All Framework and how it fits in with the Framework for Recreation in Canada and other policy documents. Information will be shared on how your organization can endorse and use the Parks for All in your parks and outdoor planning and development.

C3 (PART 2) | The Role of Municipal Park Systems in Achieving Success of the Framework for Recreation in Canada
David Ellis
Municipal Parks Systems offer a wide range of recreational activities in a community that are increasingly important in an urban centre. Understanding these immerging roles will assist municipalities in planning, developing and programing the open space as they work towards the Framework for Recreation in Canada. In addition to helping urban residents connect with nature parks have a key role in Active Living, Inclusion and Access, Supportive Environments and providing Recreation Capacity. Join David Ellis from the City of Lethbridge as he maps how municipal parks fit within each of the five goal areas of the Framework for Recreation in Canada.

C4 | Recreation’s Role in Disaster Response and Recovery
Nicole Genereux
Recognizing the critical role recreation has to play in disaster response and community recovery, Alberta Culture and Tourism initiated a project to learn from the experiences of those involved in the wildfires in Wood Buffalo in 2016, as well as those involved in the flooding in southern Alberta in 2013, and the wildfires in Slave Lake in 2011. This session will be an opportunity to explore connections between the recreation sector and Alberta’s Emergency Management Framework, and consider how recreation facilities, staff, programming, and partnerships can be better integrated into community emergency response and recovery plans.

C5 | What impacts will ICFs and other changes within the modernized MGA have on Recreation and Parks in your community?
Mike Roma & John McDonnell
The Municipal Government Act (MGA) is currently going through a modernization process and one of the changes to it that will have an effect on municipal recreation and parks departments is the introduction of mandatory Inter-municipal Collaboration Frameworks (ICFs). These ICFs will entail a review of how a number of municipal services, including recreation, are provided by municipalities independently and collaboratively. In addition, some jurisdictions in the province have developed, or are developing, regional recreation master plans independent of the ICF requirement. Come find out more about what ICFs are (and are not), how they relate to regional recreation master plans, and how they may impact your municipality in the future. A review of the overall feedback ARPA provided to the province through the Modernized MGA engagement process and the results will also be discussed.
C6 | CtR : Fostering Play Environments

This session looks at the way physical, policy, and governance environments impact play. Megan Myers tells why the City of Calgary is working to find out what parents in that city know about the benefits of unstructured play. Kyle McCallum shares work by Calgary based research team that looks at how something as simple as painting lines can impact physical activity. Lisa Tink speaks about how the language we use in our nature play policy is shaping the way play programs and initiatives are delivered and measured, and not necessarily for the better. Dr. Ryan Snelgrove discusses how governance can influence youth sport organizations as they change focus from ‘win at all costs’ to skill development and fun.

Kyle McCallum, University of Calgary. Physical Activity, Children and the Playground Environment.
Lisa Tink, University of Alberta. Pushing the Play Agenda: Questioning the Relationship Between Nature Play Policy and Practice.
Dr. Ryan Snelgrove, University of Waterloo. A Staged Model of Organizational Change in Youth Sport.

C7 | Reconciliation - Blanket Exercise

Christy Morgan & Suzanne Dzus

The KAIROS Blanket Exercise is an interactive learning experience that takes participants through our shared history with the Indigenous people of Canada. Developed in response to the 1996 Report of the Royal Commission on Aboriginal Peoples — which recommended education on Canadian-Indigenous history as one of the key steps to reconciliation, the Blanket Exercise covers over 500 years of history in a participatory workshop.

Join us for this hugely impactful, experiential session that will lead participants through the impacts of colonization and actions within Canada’s history that have impacted the Indigenous population.

C8 | Challenge Yourself to Take Advantage of Every Opportunity to Grow Your Career

City of Calgary Recreation Staff

Students will need to attend this session in order to receive their bursary.

This session provides the opportunity for post-secondary students and/or recent graduates to increase awareness and knowledge of the City of Calgary Recreation. Join City of Calgary staff for an innovative way to network and connect to help launch or grow your developing career. This session will increase exposure of career opportunities within the City of Calgary Recreation and learn about hiring processes post-graduation. Bring your questions and enthusiasm about the broad field of recreation and prepare to network and connect.
D1 | **Asset Management for Recreation Facilities & FCM Grant Program (AUMA Session)**

**Infrastructure Asset Management Alberta**

Join members of Infrastructure Asset Management Alberta (IAMA) Working Group to learn more about the organization and the resources available to assist with implementing and maintaining an asset management program for your recreation and parks infrastructure. IAMA’s mission is to provide leadership and support for the management of community infrastructure assets. A panel of experts will then discuss asset management related to parks infrastructure. Also, find out more about the Federation of Community Municipalities (FCM) new Municipal Asset Management program.

D2 | **Revisiting Public Recreation, What about Public Good? ...and what if we do Nothing?**

**Gary Debney & Joe Pavelka**

At the 2016 ARPA Conference, we reintroduced the concept of Public Good and what was happening in the recreation industry. Coming out of the session several participants wanted to continue the dialogue. A small group was formed and Joe Pavelka offered to prepare a discussion paper for the group.

“Revisiting Public Recreation – What if we did nothing?” is a provocative look at what we are facing as an industry and some suggestions as to what action is needed. Last year’s presentation and Joe’s paper was sent out to group members who were asked to participate in a modified Delphi process to collect input. A series of rounds of questions allowed participants to dig deeper into the topic and to build on what other participants were thinking. The result of this research will be presented at the conference followed up by discussion groups to garner further input. Session participants will take away information on how to introduce the discussion in their home community along with tools that they can use.
D3 | Cycling Cowboys: The Complete Story of Calgary’s Centre City Cycle Track Network Pilot

Calgary Centre City Cycle Track Team

The team that planned and implemented an instant network of cycle tracks in downtown Calgary will share the complete story of how they overcame challenges during planning and engagement, building, operating and evaluating the pilot network. The City of Calgary and their consultant, Stantec, conducted over 100 meetings with the public to create an ambitious project to make Calgary’s downtown bike friendly. The project survived a contentious Council vote and was approved in April 2014. The city opened all the routes in June 2015 under budget and ahead of schedule. Targeted education efforts through a Bicycle Ambassador Program helped educate the public and online daily bike counts provide transparency in bicycle volumes to the public. We’ll share how a pilot approach has allowed us to improve cycle track end treatments, re-introduce parking, improve snow maintenance and to continue to make modifications based on public feedback. The comprehensive Evaluation Plan considers nine performance measures and will be used to make a decision on the outcome of the pilot project. If your city or region wants a toolkit on how to plan, build and evaluate an entire cycle track network at once, this is a session you won’t want to miss!

D4 | Emerging Issues in an Evolving Aquatics World

Michael Warchol

Who works at your pool? What makes your pool function? Why is your pool an important piece of your community?

The Alberta Association of Aquatic Professionals would like to lead and inform you on the aquatic centre that resides in your community. This guided presentation will talk to the legalities associated with your pool, the staff that work at your pool and the important role that industry standards plays when having to make decisions about your aquatic centre.

D5 | Navigating Innovation in Times of Change

Leanne Keyko, Megan Hunter & Kayla Atkey

Communities are great incubators for innovation, but moving a new idea forward is not always easy. Change occurs differently depending on how ‘ready’ a community or group is. Depending on level of readiness, different strategies and resources will be more effective in moving ideas forward. This interactive workshop you will provide an opportunity to apply the Idea Readiness Tool (IRT) – an evidence-based tool originally adapted to support school communities in moving ideas forward - in your own setting. Assess readiness and take away targeted strategies and resources to support change. Drawing on ASEBP’s experience using the IRT with school communities, we will explore how it can be applied to encourage cultures of wellness and provide strategies for moving forward in times of change.
D6 | CtR: Space, Place, and Land

This session looks at our relationship with nature and built recreation spaces. Katie Dodson discusses the effect of green-streaming organic waste on the wear tolerance and turf quality of municipal recreation fields. Enrica Dall’Ara shares the influence of Landscape Architecture in transforming and reclaiming industrial sites as public park space. Dr. Dingle’s presentation explores what our grass-based recreation spaces and those who manage them have to tell us about the impacts and challenges of balancing user demands with financial and other (e.g., water consumption) considerations in an era of climate change.

Katie Dodson, Olds College Prairie Turfgrass Research Center. Closing the Loop in Green Waste Management Through the Incorporation of Compost into Athletic Field Management.

Enrica Dall’Ara, University of Calgary. Industrial Sites and Recreation Itineraries: Engaging Landscape Architecture to Transform Public Space.

Dr. Greg Dingle, La Trobe University. Climate and Climate Change and Community Grass-based Facilities.

D7 | The Siksika N7 Program - Inspiring Indigenous Youth

Janice Doore & Tyler White

The Siksika N7 Program is a leading-edge program representing a partnership between the Siksika Health Services and the Nike N7 Program. The program’s goal is to empower and motivate youth in the Siksika Nation to know who they are and, in turn, inspire their families and communities. By offering a wide array of supports focusing on sports, culture, and education, the SN7 program strives to combat youth isolation, health and social challenges, and inter-generational trauma by instilling self-confidence and pride in local youth. Join Janice Doore, Siksika Crisis and Victim Service Coordinator, and Tyler White, CEO of Siksika Health Services, to hear about this inspirational program and how Siksika uses recreation as an opportunity to not only engage with their youth and also as one of many forms of suicide prevention.

D8 | The Impacts, Challenges and Realities of Drug Use in Recreation and Parks Facilities and the Important Role of Our Sector

Elaine Hyshka and TBA

This session will discuss drug use and impacts in recreation and parks facilities and spaces. Topics will include the recent opioid crisis, the move toward the legalization of Cannabis and steroid use in recreation and sport settings will be covered. Learn about some of the realities of drug use and how the recreation and parks sector can support change in a positive way.
E1 | Alberta Recreation Survey - Recreation Activity Choices of Albertans
Janet Fletcher, Nicole Genereux & Ron Smith
The Alberta Recreation Survey shows us that recreation is important and part of Alberta’s culture and a big contributor to Albertans’ quality of life. The Survey is the only activity based survey in Canada to have been conducted over 35 years, most recently in 2017. Knowing that recreation has changed significantly over the past 35 years, this session will explore the current recreation activity choices of Albertans, compare the results with past surveys and identify trends that have emerged over time. We will also compare the results for the province and those for The City of Calgary and highlight similarities and differences in participation patterns as well as public attitudes. The session will also be an opportunity to discuss how the Survey supports national and provincial initiatives, as well as how this information might support parks and recreation planning at a local level.

E2 | Recreation Registration Software Lessons from Communities
Panel: Erik Van den Eynden (City of Calgary), Scott Couves (Strathcona County) and TBA
This session will continue the conversation on recreation software systems. Panel members from three different communities will share their unique experiences and learnings from moving to a new service provider.
E3 (PART 1) | Get the kids out; get their families out! Winter Play in Edmonton
Kurtis Dinsmore & Adrian Merrick

At Glenora Child Care Society we are striving to put an end to the idea that young children should sit inside during the frigid winter months. With the support of a grant from the Lawson Foundation’s Outdoor Play Strategy, Glenora Child Care Society is specifically focused on improving outdoor winter play for young children aged 1 to 5. We aim to normalize winter play for preschoolers and their families by expanding, extending and enhancing children’s outdoor winter play opportunities. Through staff education, development of resources, community connections and celebrations, and new activities and materials, we are finding unique and innovative ways for our youngest children to play outside safely and actively during the winter months. Going into our second winter with an enhanced winter play program, we are already identifying important components that support the participation of young children and their families in winter activities. Through research with our families, and the opportunity to explore and innovate with our children, we are developing a set of promising practices for outdoor winter play and activities with young children that are transferable to all kinds of winter environments.

E3 (PART 2) | Move and Play on the Tarmac
Be Fit for Life Network

Over the past few years there has been emerging research that the use of painted lines on playground tarmac surfaces can be an effective and low cost means to increase physical activity levels in children. With only 9% of Canadian kids, aged 5-17, getting the recommended 60 minutes of heart-pumping daily activity there is a lot of room for improvement. As recreation & health practitioners we can improve our existing environments that brings back easy opportunities for children to freely run, jump, throw, and play with no barriers. The Be Fit For Life Network has created a free downloadable resource that supports outdoor tarmac games, as well as, having stencil kits for loan. In this workshop you will learn and practice the Move & Play tarmac games that foster the development of physical literacy, social interaction, and the enjoyment of pure play. These games can be done anywhere whether you’re using painted lines outdoors or masking tape indoors.
E4 | Defining and Exploring Rural Recreation in Alberta
Geoff Lynch & Candace Nykiforuk

A small working group initiated by the ARPA Board of Directors earlier this year embarked on a project that focused on the unique aspects of rural and remote recreation including how it can be defined, what it includes, the unique barriers that exist in rural Alberta and how it has changed over the decades. Building from the Working Group’s mandate and research that Dr. Candace Nykiforuk and others have conducted on physical activity in rural and remote Alberta, this session will share information on what has been learned in some initial conversations on the topic and will look to continue to explore the uniqueness of rural recreation.

E5 | Creating a Space for Innovation – City of Calgary
Jarret Hoebers & Deanna Bradley

The environment is which Calgary Recreation works has changed significantly over the last decade. Along with population growth, we are experiencing an ever increasing diversity in the expectations of our customers, our citizens and our politicians.

The challenge of not simply surviving but thriving in a changed environment inspired the creation of the Calgary Recreation Office of Innovation. A small team purpose built to inspire and support Calgary Recreation in the delivery of innovative programs and services that promote opportunities for Calgarians to be more active and creative more often.

Committing resources and declaring the exploration of new ideas to deliver programs and services as a priority has created many opportunities for Calgary Recreation to work with and for the community. The result has been the establishment of partnerships with a broader segment of the health and wellness sector and has changed the types of conversations among recreation deliver partners.

In this session you will learn about why the Calgary Recreation Office of Innovation was created, how they work and hear about the successes and learnings to date. Themes for discussion will include programming, collaboration, evidence based decision making, collective impact and strategy development.

E6 | CtR: Inclusive, Meaningful Recreation

This session explores the idea of inclusive and meaningful recreation from three different perspectives. Tristan Hooper offers new way to think about creating inclusive programming for targeting at-risk youth. Simon Barrick shares insight from a City of Calgary program that use sport programs and intersectoral teams to design and deliver inclusive programs for newcomers. Dr. McHugh looks a back at the research on recreation experience of Indigenous youth in Canada and finds five themes that can be situated within the Integrated Indigenous ecological model.

Tristan Hooper, University of Alberta. Engagement of “At-risk” Youth Through Meaningful Leisure.

Simon Barrick, University of Calgary. Considerations for Building Newcomers Into Sport Programs.

Dr. Tara-Leigh McHugh, University of Alberta. Sport and Recreation Experiences of Indigenous Youth in Canada.
Indigenous Success Stories from Communities ChooseWell

Communities ChooseWell Panel

Moderator: Janet Naclia

Communities ChooseWell is a provincial initiative of the Alberta Recreation and Parks Association that promotes and supports the development of programs, policies and partnerships that foster community wellness through active living and healthy eating. Communities ChooseWell has been working in collaboration with Indigenous communities across the province in both rural and urban settings. Participants in this session will hear success stories, shared by a panel of Indigenous ChooseWell champions, focusing on their work in community. The panelists will discuss both their challenges and their opportunities focusing on issues surrounding food insecurity, urban engagement, and the power of culturally-based projects.

Using Improv to Unleash Creativity

Rapid Fire Theatre Members Julian & Kory

Using the fundamental techniques of improv comedy, this session will teach how to generate a huge amount of ideas quickly and easily. Learn to say “yes, and…”, build quickly on ideas, and why being passionate about positivity will push you and your team to greater creative heights. You don’t need to be funny, you just need to have fun!
Kayla Atkey
Kayla Atkey is the policy analyst for the Alberta Policy Coalition for Chronic Disease Prevention, located in the School of Public Health. In this role, Kayla helps to coordinate the activities of the coalition as well as synthesizes evidence on policy activities to reduce chronic disease in Alberta. Kayla is passionate about health promotion from an ecological lens and the use of collaborative advocacy to facilitate healthy policy change.

Brad Babiak
Brad Babiak is the Director of Strategy and Policy for the Recreation and Physical Activity of Alberta Culture and Tourism. In his previous role as Director of Planning and Performance Measurement at Culture and Tourism his responsibilities included its overall emergency planning. Brad is also one the ministry’s Consequence Management Officers that support the Provincial Operations Centre, which is responsible for coordinating the initial response and maintaining support for a response to a natural or human-induced disaster.

John Barbour
John Barbour, Manager of Operations and Partnerships, oversees grant programs and NGO stakeholder relationships for the Recreation and Physical Activity Division.

Simon Barrick
Simon is a PhD student at the University of Calgary’s Faculty of Kinesiology. Simon is a qualitative researcher who focuses on making grassroots sport more inclusive and welcoming for all Canadians. Simon’s current work explores the role that winter sports play in the lives of newcomers.

Deanna Bradley
Deanna Bradley has been with the City of Calgary for 15 years where she has worked work in a variety of roles in Recreation. She started as a Recreation Program Specialist at Village Square Leisure centre overseeing a variety of portfolios. Since then, she has been the Village Square Program Supervisor, Fee Assistance Coordinator and Learning and Development Coordinator. She is currently the Active Partnership Coordinator with the Office of Innovation where she supports a variety of partners in getting more Calgarians “More Active More Often”.

Maryann Chichak
Maryann Chichak has been the Mayor of Whitecourt since 2013, and previously served as a member of Whitecourt Town Council for one term. She is a mother of two, and manages a local business.

Chantel Churcher
Chantel Churcher is a Program Officer with Alberta Recreation and Parks Association’s Communities ChooseWell program.

Heather Cowie
Heather Cowie is a Recreation Manager City of Calgary and is responsible for bid that will see her City host the International Play Association Conference in September 2017.

Dr. Reg Crowshoe
Dr. Reg Crowshoe is an honoured Blackfoot Elder, Traditional Knowledge Keeper, and former Chief of the Piikani Nation. He is a regular lecturer at academic institutions like the University of Calgary and the University of Lethbridge, was instrumental in the development of the education program at the Head-Smashed-In Buffalo Jump, and co-authored the book, Akak’stiman, which explores Indigenous concepts of justice and sentencing circles.
Greg Dingle
Greg Dingle, Ph.D., is a Lecturer in Sport Management at the La Trobe Business School, and an research associate of La Trobe University’s Centre for Sport and Social Impact. Based in Melbourne, Australia, Greg is published in the fields of sport and climate change, and sport management and environmental sustainability.

Kurtis Dinsmore
From cruise ships to summer camps, foreign countries to local daycares, Kurtis has been engaging with children from varieties of backgrounds for an abundant amount of years. His passion for play can be seen in all aspects of life and strives to get children engaged in an assortment of settings.

Janice Doore
Janice Doore is the Siksika Crisis and Victim Service Coordinator.

Suzanne Dzus

Dave Ellis
Dave Ellis has been the Parks Manager for the City of Lethbridge for the past 12 years and has worked as a parks professional for 32 years since graduating with a BSc from the University of Alberta. He is an active member of the ARPA Parks Committee, the CPRA Parks Task Group, serves as a member of the Healthy Parks Healthy Cities for World Urban Parks and is a board member of both the Alberta Turfgrass Research Foundation and ARPA. Past presentations include CPRA conference, ARPA conference, ARPA Parks Forum and most recently at the International Federation of Landscape Architects conference in Panama.

Melissa Engdahl
Melissa holds a Bachelor of Social Work Degree (2012) and a Masters of Social Work Leadership in Human Services Specialization (2016) from the University of Calgary and is a registered social worker with over eight years of experience working with diverse populations in municipal and non-profit settings. Melissa has worked frontline with families and individuals but has a distinct passion for systems thinking, collective impact, social justice and community development projects. She currently sits as the Chair of the Town of Cochrane’s Equity & Inclusion Staff committee and lead the development of the current Town Social Policy.

Janet Fletcher
Janet Fletcher works with Alberta Culture and Tourism.

Nicole Genereux
Nicole Genereux is a Policy Analyst with the Recreation and Physical Activity Division of Alberta Culture and Tourism.

Brad Fisher

Julie Guimond
Julie Guimond is the lead for Environmental Education Programs and Services with Calgary parks, together changing the face of Play.

Judy Haber
Judy Haber, Senior Partner at Performance Sponsorship Group (PSG) brings extensive experience selling naming rights and corporate sponsorships in Western Canada. Judy is considered to be a sales expert by her peers in the industry and has conducted audits, packaged and sold Naming Rights for clients including: TransAlta Tri Leisure Centre, The Gary Moe Auto Group Sportsplex, Edge School of Athletes, University of Calgary,
MacEwan University, City of Edmonton, City of Calgary, City of Grande Prairie – Eastlink Centre, Town of Strathmore, Shaw Centre, the Martensville Athletic Pavilion, to name a few.

Judy has negotiated and sold sponsorship packages to companies that include: Agrium Inc., Air Canada, Alberta Treasury Branch (ATB), Beaverbrook Communities, Bell Canada, Border Paving, Can Pak Environmental, Dairy Queen, Direct Energy, EPCOR, Loraas Disposable Services, Melcor Development, Nordic Fencing, NWT Promotions Inc., PepsiCo, Provident Energy Trust, Red Deer Freighterliner, Remax, Rogers, Scott Builders, Servus Credit Union, Shaw Communications, Shoppers Drug Mart, Sirius Satellite, SMS Equipment, TransAlta, TR Petroleum, TRX RV, Subaru, Subway Restaurants, Western Fitness and many more.

Nick Holt

Nick Holt is a Professor and Associate Dean (Research) in the Faculty of Physical Education and Recreation. He leads the Child & Adolescent Sport & Activity lab, conducting research examining psychosocial aspects of participation in physical activity, sport, and play. In recent years his work has focused on understanding ways to promote positive youth development through sport and examining intergenerational changes in active free play.

Jarret Hoebers

Jarret has been with the City of Calgary for 15 years and had the opportunity to work in a variety of capacities in both Recreation and Community Neighbourhoods. Current, lead the Calgary Recreation Office of Innovation - a small but mighty team tackling the challenge of getting more Calgarians more active & creative more often through partnerships, strategy, applied research along with program and service delivery.

Megan Hunter

Megan Hunter is an ASEBP workplace wellness liaison with over 10 years of experience promoting healthy living through recreation, fitness and play. Since earning her Bachelor of Kinesiology in Active Living, Health and Wellbeing from the University of Alberta and a California Teaching Credential from Sonoma State University, Megan’s been sharing her passion for health and fitness in a variety of teaching and leadership roles across Canada, the United States and Europe. In her spare time, Megan’s an avid snowboarder and nature lover and further spreads her love for active living instructing yoga.

Trish Huston

Trish is a Meditation teacher and life-long student. She is curious about being conscious and aware amidst the distractions we face. Her passion comes from her own experience of having worked in the corporate and non-profit sector. During this time, she experienced the incredible benefits of a mindfulness practice.

Graham Jones

Graham Jones is a team lead in Calgary Parks, leading a team of planners and analysts who help ensure Calgarians continue to have access to parks and open spaces. He has a background in Kinesiology and is very involved in both adult community sports, and with his children’s organized sports.

Leanne Keyko

Leanne Keyko delivers a breadth of experience in the health and wellness field to her role as ASEBP’s health strategies liaison. Since earning her Bachelor of Kinesiology and Bachelor of Science in Nursing (with Distinction) from the University of Alberta, Leanne has held leadership roles in program development, quality improvement and strategic partnership initiatives in hospital, community and education settings. When she’s not busy connecting people and ideas, Leanne enjoys mountain biking, meditating and reading books to spark more big ideas.

Amber Lenzin
Amber Lenzin is a planner and analyst for Calgary Parks, helping to define the future of parks and open spaces in the city. She has a background in physical and human geography, along with extensive experience in Geographical Information Systems. Amber grew up in Kelowna, BC and spent her youth and young adult years skiing, swimming, and dancing.

**John McDonnell**

John is an authoritative resource on inter-municipal partnerships and the ICF process from both a municipal and government/MGA perspective.

**Lisa McLaughlin**

Lisa McLaughlin is the Program Manager of the Alberta Recreation and Parks Association’s Communities ChooseWell program.

**Christopher Laurin**

Christopher Laurin is the Corporate Director of Marketing Communications and General Manager for the Québec Region at Health Systems Group. With over 30 years of experience in fitness and recreation operations, he specializes in: innovative program development, marketing, strategic and operational planning, staff development, and facility design.

**Adrian Merrick**

Adrian is an educator at the Glenora Child Care Society.

**Christy Morgan**

Christy is a proud First Nations woman from the Bonaparte Band, which is a part of the Shuswap Nation, in British Columbia. She holds a Degree in Social Work from the University of Calgary and is the current Director for Indigenous Initiatives with the Boys & Girls Clubs of Calgary. She was named one of the Top 40 Under 40 by Avenue Magazine in 2011 and was awarded the Dr Douglas Cardinal award for Community Leadership in 2015 by the University of Calgary Student Association and Native Centre. Christy sits on a variety of committees and boards in Calgary such as Aboriginal Awareness Week Opening Ceremonies, Calgary Chamber of Volunteer Organizations Board, Workers Resource Centre of Calgary Board, Vibrant Communities Calgary Indigenous Advisory Committee and others. Christy enjoys networking with others and spending time back home with family.

**Janet Naclia**

Janet is a Programs Manager with ARPA.

**John Napier**

John Napier has been a member of the aquatics community for over 24 years. He is a current member of the Alberta Association of Aquatic Professionals, Master Instructor Trainer for the Canadian Red Cross, instructor for the Lifesaving Society of Canada, and instructor for Alberta Association of Recreation Facility Personnel.

**Mike Roma**

Mike Roma is partner at RC Strategies+PERC, a recreation and parks focused consulting practice and is the past president of the ARPA. Mike has served on the Recreation for Life Foundation board, the Leisure Information Network board, and is currently on the CPRA Board of Directors. Through his work with the association and his consulting work for municipalities from across western and Northern Canada, he is able to share varied perspectives on recreation services.

**Justin Rousseau**

Justin is the Managing Director of Expedition Management Consulting and has built it into a thriving tourism and recreation consulting practice. His extensive expe-
Experiences provide him with a deep understanding of the critical link between community assets and tourism development. He has helped many municipalities build successful tourism and recreation plans that add value to their community.

Jen Sales
Jen Sales is a founding member of the Alberta Concussion Alliance. She holds a Bachelors in Physical Education with a concentration in Cultural and Managerial Studies in Sport and Leisure. Jen has presented evidence-based concussion management presentations to organizations across the province.

Ron Smith
Ron is the Superintendent of Business and Market Research at Calgary Recreation. He currently supervises a research and analytics team that supports strategic planning, product and service development, facility planning and design, and overall service delivery. Ron holds a Master of Arts degree in Sociology from the University of Calgary and has more than 25 years of research experience in both the private and public sector. He is passionate about connecting research to practice and works with many community partners to support action research initiatives.

William Snow
Bill is a member of the Stoney Nakoda Nation, Wesley First Nation, as well as a Dual Citizen of Canada / United States of America, and is of Stoney Nakoda / Yuma Quechan descent. Since 2012, Bill has been the Consultation Manager for Stoney Nakoda First Nation.

Joyce Tang
Presented by the founder of the HealthYYC Initiative Joyce Tang is a landscape architect and urban planner with the City of Calgary that brought the conversation of health and planning to council when she included a Health Impact Assessment (HIA) with a new land use and policy plan. She is currently a project manager with Urban Strategy's, Centre City Implementation team, where she applies her passion building healthy places into real construction projects and programs.

Jeff Tareta
Jeff Tareta is the Manager of Business Development for Health Systems Group and has over 28 years of experience in operating both private fitness and recreational complexes in Western Canada. His focus is on effectively supporting organizations to operate in a service-driven and economically sustainable manner.

Shandi Thachuk
Shandi is of Iroquois and Ukrainian descent. She has worked in the Indigenous community for the past 6 years, on a remote British Columbia Reserve and then as the Program Coordinator for the Aboriginal Friendship Centre. In her current role, she works closely with community Elders to design and implement culturally based programming and partners with many other organizations in the Calgary area to broaden the reach of AFCC. Shandi’s goal is to educate non-Indigenous peoples and provide cultural roots to the Urban Indigenous populations of Calgary and area.

Katie Thorpe
Katie has been working for the City of Calgary for over 4 years as a Neighbourhood Partnership Coordinator. Prior to this role Katie worked for a small municipality in Niagara. Currently, as the This is my neighbourhood coordinator Katie brings her experience working in small town Ontario to the City of Calgary by finding ways for business units to work better together in neighbour-
hoods. Katie is a proud Brock University Recreation and Leisure graduate and true “reccer” at heart.

Lisa Tink

Lisa Tink is currently in the PhD program at the School of Public Health in the University of Alberta, having previously worked as a Director in the Recreation and Physical Activity Division (RPAD) in Alberta Culture and Tourism, and the Children and Youth Manager at Alberta and Recreation Parks Association (ARPA). Lisa is also a co-founder of In Situ Change Strategies, a research and evaluation consulting firm. Lisa’s research explores the historical social and political arrangements that have created the conditions for our current recreation system.

Kendra Varoney

Kendra has been with The City of Calgary for 10 years, working in both the Recreation and Calgary Neighbourhoods business units. As a Team Lead for Neighbourhood Connections and This is my neighbourhood, Kendra is working with a great team to increase collaboration across The Corporation and contribute to building inspired neighbourhoods.

Michael Warchol

Michael is the manager of Aquatic Services for the City of Leduc.

William Wells

Bill Wells is the Chief Executive Officer of the Alberta Recreation and Parks Association (ARPA). Bill’s background includes a city councillor for six successive terms (18 years), with a demonstrated emphasis on recreation and parks, arts and culture, the environment and the introduction of preventative public health programs.

Mr. Tim Westhead

Award-winning educator Tim Westhead has delivered presentations on pertinent issues for business and financial institutions, professional organizations, universities and educational associations across North America. Nominated for Prime Minister’s Awards for Teaching Excellence, Tim has been honoured by Ontario’s University of Waterloo for outstanding contributions to his professional field.

Tyler White

Tyler White is the CEO of Siksika Health Services.

Michelle Wong

Michelle Wong is a landscape architect and the Capital Lead with Calgary Parks. She has worked as a senior project manager on numerous high profile park projects involving extensive and varied public engagement, including innovative ways of reaching out to those hard to engage communities.
FRIDAY

Morning Yoga
6:30 - 7:30 am for delegates.
7:30 - 8:30 am for guests.
No Cost to Participate. Open to all skill levels.
Limited Availability.

Hiking Tour
Friday 9:00 – 11:00 am
$10.00 per person
Guided tour around beautiful Lake Louise!

Recreation for Life Foundation Superhero Fun Run & Scavenger Hunt
Friday 3:30 – 6:00 pm
$20.00 per person
Join us for the 2nd annual Recreation for Life Foundation Superhero Fun Run & Scavenger Hunt. Put together a team and “sport” your favourite superhero costume for a 5 km journey through the picturesque Lake Louise. All while raising funds for the Recreation for Life Foundation!

Mixology
Friday 2:00 – 3:30 pm
$50.00 per person
The Fairmont Artistic Mixology Experience has resurrected the cocktail classics, added a modern twist, and unveiled them on the shores of Lake Louise. Now you and your guests can learn how to bring the Liquid Kitchen to life at home. The Fairmont Artistic Mixology Experience is hosted by our in-house Mixologists, featuring a look into the concept of Liquid Kitchen Cocktails. Explore the history of the American Cocktail, discover the key ingredients to creating extra-ordinarily balanced flavours using the tools of a Professional Mixologist. This program is inspired by both bar and kitchen, devoted to freshness, measured with precision, and shaken with style.

Respecting the Earth: Art-making with Tamara Lee-Anne Cardinal
Friday 3:45 – 5:45 pm
$10.00 per person
Join multi-media artist and community activator Tamara Lee-Anne Cardinal in this creative art-making workshop! In this session, participants will be using objects from nature in the creation of an art piece while exploring Indigenous concepts surrounding the land, stewardship, and spirituality. This session is the first of its kind to be held at the ARPA conference and we are pleased to be working in partnership with award-winning artist and advocate, Tamara Lee-Anne Cardinal.

Born and raised in Treaty 6 territory, Tamara Lee-Anne Cardinal currently lives in Calgary, Alberta. Tamara traces her ancestral roots back to both Saddle Lake Cree Nation, and the once German occupied lands of the Ukraine. Tamara is the recipient of the National BMO Art! Competition Award of 2015 for her work Back into the Earth: Creation and the Interpretation of Meaning, which speaks to her core interests in community, family heritage, and our human connection with Mother Earth. She was also featured at the Art Gallery of Alberta in the 2017 Alberta Biennial. Her artwork continues to be a reflection of the teachings she receives along her journey, inviting all people to become a part of the process.
**SATURDAY**

**Morning Yoga**
6:30 - 7:30 am for delegates.
7:30 - 8:30 am for guests.
No Cost to Participate. Open to all skill levels. Limited Availability.

**Art of Reception**
Saturday 10:30 – 12:00 pm
$50.00 per person
Canape, hors d’Ouvres — what’s the difference? Learn to create and present a variety of finger foods for your next dinner party or special event. Simple to make and beautiful to look at, these finger foods will both please the palate and impress your guests.

**Using Improv to Unleash Creativity**
1:30 – 2:45 pm (E8)
*Rapid Fire Theatre Members Julian & Kory*

*Note: This session is for both delegates and guests*
Using the fundamental techniques of improv comedy, this session will teach how to generate a huge amount of ideas quickly and easily. Learn to say “yes, and…” build quickly on ideas, and why being passionate about positivity will push you and your team to greater creative heights. You don’t need to be funny, you just need to have fun!

**DETAILS**

**Child Care**
Organized directly through the Concierge.

**Meal Tickets**
Meal Tickets are available to guests for purchase

- Thursday Banquet $75
- Friday Breakfast $35
- Friday Lunch $35
- Friday Trade Show $35
- Saturday Breakfast $35
- Saturday Lunch $35
- Saturday Banquet $75

*Meals are included for delegates*
**THURSDAY**

**New Delegate Mixer**
5:00pm – 6:00pm
The New Delegate Mixer is a structured networking reception aimed to introduce newcomers to each other and some returning veterans. Fun networking games will be hosted and some fun prizes given out!

**Communities ChooseWell Healthy Community Awards Reception**
*Invitation Only*
5:00pm – 6:00pm
Join ARPA’s Communities ChooseWell team and wellness champions from across Alberta to recognize outstanding community efforts to create healthy, active communities. Special awards will be presented for the Overall Healthy Community Champion Award, the peer-selected Most Significant Change Award, and the new Community Wellness Leadership Award for a local government leader.

Pre-registration required, limited spaces available. If you are interested in attending please contact Lisa McLaughlin at lmlaughlin@arpaonline.ca

**Cultural Celebration & Round Dance**
8:00 – 11:00 PM
Join ARPA for a celebration of Indigenous culture and organization’s first-ever Round Dance. Performances will be by the Blackfoot Confederacy, a multi award-winning group made up of dancers and drummers from throughout the Treaty 7 area.

The evening will consist of a demonstration of traditional dance styles highlighted in the Pow wow circuit and then followed by a Round Dance. Bring your dancing shoes because everyone is encouraged to join in!

**FRIDAY**

**Gathering of Indigenous Champions**
5:30 – 6:30 PM
Join us for the inaugural Gathering of Indigenous Champions at the ARPA annual conference. This new opportunity will allow you to network with recreation practitioners who are from or work with Indigenous communities. The request for this gathering came directly from our members and we are extremely pleased to be able to help facilitate these amazing new connections!

**Energize Delegate Reception**
5:30 – 6:30 PM
Join fellow elected and appointed officials to enjoy a drink and some informal networking time.

**O’Canada Tradeshow**
6:30 – 9:30 PM
Join us and explore our O’Canada-themed tradeshow! Test your skills at a variety of games and a Canadian trivia challenge – there’s some great prizes to be won! Show your Canadian pride dressed in red and white, or as a hockey player, your best lumberjack plaid or as your Canadian hero. We’ll serve O’Canada themed food and have a photo booth on site to capture the celebrations. Our annual silent auction will be woven in amongst the booths.

The Trade Show provides a great opportunity to network and meet with 30+ exhibitors and sponsors who provide goods and services that are important to your organization.
**SATURDAY**

**President’s Award Banquet & Rapid Fire Theatre**
6:00 – 10:30 PM

After the Awards Banquet, stick around for Rapid Fire Theatre’s TEDxRFT show. TEDxRFT is two entirely improvised TED talks from Rapid Fire Theatre. With slides they’ve never seen, and topics from the audience, Julian Faid, and Kory Mathewson will aim to inspire while scrambling for justifications. Forget ideas; these are Jokes Worth Spreading.

**Halloween Dance Party with DJ Sir Mix-a-Bit**
10:30 pm – Late

Join us after the banquet and entertainment for a Halloween Dance Party with DJ Sir Mix-a-Bit. Wear a costume and receive a free drink! Prizes for the best Canadiana themed costumes.
FAIRMONT CHATEAU LAKE LOUISE

111 Lake Louise Dr
Lake Louise, AB
T0L 1E0

Nestled in the beautiful scenery of Canada’s first National Park – the Banff National Park, The Fairmont Chateau Lake Louise, it’s crown jewel, welcomes you!

Situated on the shores of Lake Louise with the majestic Rocky Mountains providing an astounding backdrop, The Fairmont Chateau Lake Louise combines magnificent scenery with unrivaled service to make your stay unforgettable. The Chateau invites you to escape to a retreat of welcoming grandeur that will invoke memories that will last a lifetime.

Our room block is already quite full and the lower category rooms are sold out. We would suggest adding your name to a waiting list as some rooms typically become available as our room block closes.

<table>
<thead>
<tr>
<th>Room Type</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Fairmont Room</td>
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<tr>
<td>Fairmont Lake View</td>
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<td>Deluxe Mountain View</td>
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<tr>
<td>Deluxe Lake View</td>
<td>$280</td>
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<tr>
<td>Junior Suite</td>
<td>$330</td>
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Secondary Accommodations

Lake Louise Inn

We have also secured secondary accommodations at the Lake Louise Inn. The base room rate at the Lake Louise Inn is $132/night for single or double occupancy.

To access these rooms, please call toll free at 1-800-661-9237 (or direct at 1-403-522-3791) Be sure to indicate that you are affiliated with the Alberta Recreation and Parks Association Conference when booking your reservation to receive a discounted room rate.
**Conference Fees**

Registration for the Conference and Energize Workshop opens the first week of July.

Prices include all education sessions, socials, and scheduled meals. Pre-Conference sessions are not included in these fees.

<table>
<thead>
<tr>
<th>Delegate Fees</th>
<th>Members</th>
<th>Non-Member</th>
<th>Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Bird Rate (before Sept. 29)</td>
<td>$645</td>
<td>$795</td>
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<td>Regular Rate (Sept. 30 - Oct. 18)</td>
<td>$745</td>
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<td>On-Site Rate (Oct. 19 - Oct. 28)</td>
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<tr>
<td>Friday Only*</td>
<td>$360</td>
<td>$460</td>
<td>$175</td>
</tr>
<tr>
<td>Saturday Only*</td>
<td>$360</td>
<td>$460</td>
<td>$175</td>
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</tbody>
</table>

*Includes education sessions and lunch on registered day only.

Fees do not include GST

**Student Bursary Program**

We are pleased to have The City of Calgary Recreation back for the 9th consecutive year as our Student Sponsor. This sponsorship allows us to provide students registered in a recreation/leisure-related degree or diploma to be eligible to apply for a $200 bursary to help offset the costs of attending Conference.

Please fill out the [online application](#) and return it to reclearning@calgary.ca

If you have any questions, contact Karina Damgaard at 403-268-5602.

**Pre-Conference Workshop Fees**

<table>
<thead>
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<th>Delegate Fees</th>
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<th>Non-Member</th>
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<tbody>
<tr>
<td>Half Day Workshops (lunch not included)</td>
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<td>Full Day Workshops (lunch included)</td>
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Fees do not include GST