



## Task Title: Identify and Schedule Activities

### OALCF Cover Sheet – Learner Copy

**Learner Name:** \_\_\_\_\_

**Date Started:** \_\_\_\_\_

**Date Completed:** \_\_\_\_\_

**Successful Completion:** Yes ☐ No ☐

**Goal Path:** Employment ☐ Apprenticeship ☐

Secondary School ☐ Post Secondary ☐ Independence ☐

**Task Description:** The learner will review a recreation timetable then identify and schedule activities.

#### Main Competency/Task Group/Level Indicator:

- Understand and Use Numbers/Manage time/C2.3

#### Materials Required:

- Pen/pencil and paper and/or digital device

Task Title: IdentifyAndScheduleActivities\_I\_C2.3

### Learner Information

When choosing community activities and sports for a family or individual, the activity schedule must be reviewed.

Scan the "FHCA Schedule" and the "Calendar for Year 2025 (Canada)".

## Task Title: IdentifyAndScheduleActivities\_I\_C2.3

### FCHA Schedule

#### Adult: Sports

<b>BADMINTON (18+)</b>				
Come play an semi-formal game of badminton! Previous experience is recommended to play. Due to high demand, please choose Monday OR Wednesday night.				
\$54.24 / 12 wks	Mon 8:30-10:00pm	Sept 15	Gym	167428
\$54.24 / 12 wks	Wed 8:30-10:00pm	Sept 17	Gym	167430
<b>MALE COMPETITIVE VOLLEYBALL (18+)</b>				
Stay active with a competitive game of volleyball with the guys. Please wear non-marking shoes.				
\$79.10 / 14 wks	Thu 8:15-10:00pm	Sept 18	Gym	167416
<b>MIXED VOLLEYBALL (18+)</b>				
Stay active and have fun playing coed volleyball. No formal teams – just fun! At Westheights Public School gym.				
\$73.45 / 13 wks	Mon 8:45-10:45pm	Sept 15		167666
<b>ADULT CO-ED BASKETBALL <b>NEW!</b> (18+)</b>				
Stay active and have good fun playing a semi-formal game of basketball on a <b>Sunday</b> evening.				
\$79.10 / 10 wks	Sun 6:00 - 8:00pm	Oct 5		167415
<b>ADULT CO-ED DODGEBALL <b>NEW!</b> (18+)</b>				
Stay active and work off some stress after work with the fun of Dodgeball.				
\$56.50 / 14 wks	Wed 5:30 – 6:30pm	Sept 17		167662

#### Adult: Special Interest

<b>ADULT COOKING (18+)</b>				
Learn different cooking styles, cuisine, and unique tips to cooking creative dishes. Each week will have different themes.				
\$127.69 / 10 wks	Wed 6:00 - 8:00pm	Oct 1	Kitchen	167466
<b>CREATIVE COOKING (18+)</b>				
Experience the fun of food! This hands-on program allows participants to explore wonderful recipes that connect health, family and friends. To register, email <a href="mailto:ourplace@ourplacekw.ca">ourplace@ourplacekw.ca</a> or call 519-571-1626.				
\$40.00/ 6 wks	Mon 1:00 - 2:30pm	Sept 15		
\$40.00/ 6 wks	Mon 1:00 - 2:30pm	Nov 3		
<b>WORKING WITH DIGITAL PHOTOGRAPHY (16+)</b>				
Get organized to do more with your digital photos including how to take better pictures, using Picasa to set up and organize a photo library. Content is tailored to specific interest and experience levels. Bring your digital camera. You may bring your own laptop if preferred.				
\$45.20 / 10 wks	Wed 12:30 - 2:30pm	Oct 1	1	167383
<b>OIL PAINTING (16+)</b>				
For novice or experienced painters. Create your own masterpiece using a variety of brush techniques, and learn how to mix colours.				
\$90.40 / 10 wks	Mon 7:00 - 9:00pm	Sept 29	1	167661
<b>SPANISH BEGINNER (16+)</b>				
An introduction to the Spanish language with emphasis on Latin American Spanish. This gives you the opportunity to communicate with basic skills when speaking on your travels.				
\$56.50 / 10 wks	Thu 5:30 - 6:30pm	Oct 2	1	167660
<b>SPANISH INTERMEDIATE (16+)</b>				
Take the final step in speaking Spanish. This program will further enhance your language skills.				
\$56.50 / 10 wks	Thu 6:30 - 7:30pm	Oct 2	1	167659



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<b>COMPUTER LITERACY – BEGINNERS (18+)</b>				
Learn the basics of how to use "Microsoft Windows" computers. Learn parts of the computer, mouse and keyboard, customizing your computer screen, explore the internet and email. This hands-on course is for the person who has little or no experience with computers. All the basics will be covered and you will feel more at home with your computer.				
\$39.55 / 10 wks	Mon 10:30am - 12:30	Sep 29	1	167379
<b>COMPUTER LITERACY – BEYOND THE BASICS (18+)</b>				
Take your Microsoft Windows computer enjoyment to the next level with this in-depth course. Topics include: trouble shooting, internet search, security and performance, spreadsheets, word processing and backing up your information.				
\$45.20/ 10 wks	Wed 10:00am - 12:00	Oct 1	1	167380
<b>INTERNET, TABLETS, AND PHONES <b>NEW!</b> (18+)</b>				
Learn to tap the vast resources of the Internet on your tablet or phone. Explore what's possible on a tablet or smartphone when you are connected on-line. Topics include: understanding the Internet, connecting to Wireless services, exploring Internet enabled apps and services, email and streaming music and video.				
\$33.90 / 6 wks	Tue 12:30 - 2:30pm	Sep 30	1	167384

## Adult and Youth: Music

<b>ADULT GUITAR BEGINNER (16+)</b>				
Learn guitar chords and songs. Basic guitar theory. An enjoyable learning experience. Must bring own guitar and pick. Music will be provided.				
\$67.80 / 12 wks	Thu 6:30 - 7:30pm	Oct 2	P	167450
<b>ADULT GUITAR – CONTINUING (16+)</b>				
A continuation from Adult Guitar Level One. Learn more chords and notes, and play more difficult songs. Must bring own guitar and pick. Music will be provided.				
\$67.80 / 12 wks	Thu 7:30 - 8:30pm	Oct 2	P	167451

## Adult: Dance

<b>BALLROOM DANCE BEGINNERS (18+)</b>				
International Style. Learn basics of fox trot, waltz and party dances. This course is for couples.				
\$45.20/person, 10 wks	Tue 9:00 - 10:00pm	Sept 30	Gym	167388
<b>BALLROOM DANCE INTERMEDIATE (18+)</b>				
International Style. Build on your basic dance knowledge with variations for Latin and ballroom dances. This course is for couples.				
\$45.20/person, 10 wks	Tue 6:30 - 7:30pm	Sept 30	Gym	167386
<b>BALLROOM DANCE ADVANCED (18+)</b>				
International Style. Build on your intermediate dancing skills with more advanced dances. This course is for couples.				
\$50.85/person, 10 wks	Tue 7:30 - 9:00pm	Sept 30	Gym	167387
<b>COUNTRY LINE DANCING (16+)</b>				
Come dance to improve strength and reduce stress. It's fun, and you don't need a partner.				
\$50.85 / 10 wks	Wed 6:30 - 7:30pm	Oct 1	Gym	167747

## Children / Youth: Fitness

<b>CHEERLEADING (7 - 9 yrs)</b>				
Learn different cheer routines and dance steps to build confidence and coordination while getting fit. No lifts or throws are involved.				
\$55.00 / 10 wks	Wed 4:30 - 5:30pm	Oct 1	1	167408
<b>CHILDREN'S INDOOR SOCCER (4 - 6 yrs)</b>				
Learn soccer basics in a fun, noncompetitive way. Please wear non-marking shoes – NO CLEATS!				
\$50.00/10 wks	Mon 4:00 – 5:00pm	Sept 29	Gym	167413
\$50.00/10 wks	Fri 4:00 – 4:45pm	Oct 3	Gym	167412
<b>HAPPY HOOPS (7 - 10 yrs)</b>				
Learn new skills, practice shots while having fun playing basketball. Please wear non-marking shoes.				
\$45.00 / 11 wks	Mon 6:45 - 7:30pm	Sept 29	Gym	167405
<b>JR HAPPY HOOPS (4 - 6 yrs)</b>				
Children will be taught basic basketball skills in a fun environment. Please wear non-marking shoes.				
\$50.00 / 10 wks	Mon 6:00 - 6:45pm	Sept 29	Gym	167406
\$50.00 / 10 wks	Fri 4:45 - 5:30pm	Oct 3	Gym	167410
<b>DODGEBALL – NEW! (8 - 12 yrs)</b>				
Come play a fun game of Dodgeball in a non-competitive way, as organized by an instructor.				
\$25.00 / 10 wks	Sat 11:00am - 12:00	Oct 4	2	167691
<b>BEGINNER KARATE (7 - 16 yrs)</b>				
Self defense training for boys and girls. Learn basic stances and blocks; develop self-discipline and self-confidence.				
\$62.00 / 10 wks	Thu 5:30 - 6:30pm	Oct 2	Gym	167400
<b>INTERMEDIATE KARATE (7 - 16 yrs)</b>				
Yellow belt or higher is the prerequisite. Boys and girls continue with stances, blocks, and self-discipline.				
\$65.00 / 10 wks	Thu 7:00 - 8:00pm	Oct 2	Gym	167401
<b>KARATE (7 - 16 yrs)</b>				
Self-Defense training for boys and girls. Learn basic stances and blocks while learning self-discipline and developing self-confidence.				
\$65.00 / 10 wks	Sat 10:00 - 11:00am	Oct 4	Gym	167402
<b>KARATE KIDS (4 - 7 yrs)</b>				
Self defense training for boys and girls. Learn basic stances, blocks, self-discipline and self-confidence.				
\$60.00 / 10 wks	Thu 4:45 - 5:30pm	Oct 2	Gym	167700
\$60.00 / 10 wks	Sat 9:15 – 10:00am	Oct 4	Gym	167403
<b>LITTLE SAMURAI (6 - 15 yrs)</b>				
Learn traditional Karate Kata and Kunitachi while drawing, cutting and returning a simulated sword to the scabbard in a series of smooth, well defined movements. Equipment not included: option to buy a samurai sword from the instructor.				
\$45.00 / 10 wks	Thu 6:30 - 7:00pm	Oct 2	Gym	167409



## Calendar for Year 2025 (Canada)



## January

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## February

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

## March

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## April

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## May

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## June

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## July

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## August

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## September

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## October

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## November

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## December

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## Work Sheet

**Task 1: Doug wants to play Badminton, but his shift at work will be 1pm to 9pm, Monday to Friday beginning on December 7<sup>th</sup>. Which Badminton session will Doug be able to sign up for if he wishes to attend all 12 weeks?**

Answer:

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**Task 2: Linda works Sunday to Thursday from 1500 hours to 2300 hours. Given her work schedule, which Adult Special Interest classes could she attend?**

Answer:

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**Task 3: Saidah is interested in taking a cooking course. She can't start a program until after September 18<sup>th</sup> and needs it to end before December 7<sup>th</sup>. Which cooking course can Saidah register for?**

Answer:

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**Task 4: Fatima's 5-year-old son lives with her during the week, and with his dad on the weekends starting Fridays at 5:00pm. Her son wants to take Happy Hoops and Karate Kids. Fatima wants to make sure she can take him to classes and pick him up. In which classes should she register her son?**

Answer:

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