



Task Title: Identify and Schedule Activities

OALCF Cover Sheet – Practitioner 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

| | | | | |
|--|-------------------|---------|-----|--------|
| BADMINTON (18+) | | | | |
| 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 |
| MALE COMPETITIVE VOLLEYBALL (18+) | | | | |
| 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 |
| MIXED VOLLEYBALL (18+) | | | | |
| 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 |
| ADULT CO-ED BASKETBALL NEW! (18+) | | | | |
| Stay active and have good fun playing a semi-formal game of basketball on a Sunday evening. | | | | |
| \$79.10 / 10 wks | Sun 6:00 - 8:00pm | Oct 5 | | 167415 |
| ADULT CO-ED DODGEBALL NEW! (18+) | | | | |
| 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

| | | | | |
|--|--------------------|---------|---------|--------|
| ADULT COOKING (18+) | | | | |
| 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 |
| CREATIVE COOKING (18+) | | | | |
| Experience the fun of food! This hands-on program allows participants to explore wonderful recipes that connect health, family and friends. To register, email ourplace@ourplacekw.ca 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 | | |
| WORKING WITH DIGITAL PHOTOGRAPHY (16+) | | | | |
| 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 |
| OIL PAINTING (16+) | | | | |
| 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 |
| SPANISH BEGINNER (16+) | | | | |
| 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 |
| SPANISH INTERMEDIATE (16+) | | | | |
| 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 |

Task Title: IdentifyAndScheduleActivities_I_C2.3

| | | | | |
|---|---------------------|--------|---|--------|
| COMPUTER LITERACY – BEGINNERS (18+) | | | | |
| 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 |
| COMPUTER LITERACY – BEYOND THE BASICS (18+) | | | | |
| 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 |
| INTERNET, TABLETS, AND PHONES NEW! (18+) | | | | |
| 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

| | | | | |
|---|-------------------|-------|---|--------|
| ADULT GUITAR BEGINNER (16+) | | | | |
| 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 |
| ADULT GUITAR – CONTINUING (16+) | | | | |
| 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

| | | | | |
|---|--------------------|---------|-----|--------|
| BALLROOM DANCE BEGINNERS (18+) | | | | |
| 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 |
| BALLROOM DANCE INTERMEDIATE (18+) | | | | |
| 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 |
| BALLROOM DANCE ADVANCED (18+) | | | | |
| 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 |
| COUNTRY LINE DANCING (16+) | | | | |
| 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

| | | | | |
|--|---------------------|---------|-----|--------|
| CHEERLEADING (7 - 9 yrs) | | | | |
| 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 |
| CHILDREN'S INDOOR SOCCER (4 - 6 yrs) | | | | |
| 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 |
| HAPPY HOOPS (7 - 10 yrs) | | | | |
| 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 |
| JR HAPPY HOOPS (4 - 6 yrs) | | | | |
| 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 |
| DODGEBALL – NEW! (8 - 12 yrs) | | | | |
| 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 |
| BEGINNER KARATE (7 - 16 yrs) | | | | |
| 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 |
| INTERMEDIATE KARATE (7 - 16 yrs) | | | | |
| 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 |
| KARATE (7 - 16 yrs) | | | | |
| 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 |
| KARATE KIDS (4 - 7 yrs) | | | | |
| 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 |
| LITTLE SAMURAI (6 - 15 yrs) | | | | |
| 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 7th. Which Badminton session will Doug be able to sign up for if he wishes to attend all 12 weeks?

Answer:

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:

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

Answer:

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:

Answers

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

Answer: Monday evening badminton ends on December 1 (12-week session beginning on September 15). Wednesday evening badminton ends on December 3 (12-week session beginning on September 17). Doug can register for either session and still be able to attend all classes before his work schedule changes.

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: Linda can only attend classes that end before 3pm. These include

- Creative Cooking
- Working with Digital Photography
- Computer Literacy – Beginners
- Computer Literacy – Beyond the Basics
- Internet, Tablets and Phones

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

Answer: The Adult Cooking class.

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: Jr Happy Hoops on Mondays and Karate Kids on Thursdays.

Performance Descriptors

| Levels | Performance Descriptors | Needs Work | Completes task with support from practitioner | Completes task independently |
|--------|---|------------|---|------------------------------|
| C2.3 | calculates using numbers expressed as whole numbers, fractions, decimals and percentages | | | |
| | manages unfamiliar elements (e.g. context, content) to complete tasks | | | |
| | makes estimates | | | |
| | chooses and performs required operations; makes inferences to identify required operations | | | |
| | selects appropriate steps to reach solutions from amongst options | | | |
| | identifies a variety of ways to complete tasks | | | |
| | finds, integrates and analyzes numerical information | | | |
| | organizes and displays numerical information (e.g. Gantt chart, schedules) | | | |
| | uses strategies to check accuracy (e.g. estimating, using a calculator, repeating a calculation, using the reverse operation) | | | |

Task Title: IdentifyAndScheduleActivities_I_C2.3

This task: Was successfully completed ☐ Needs to be tried again ☐

Learner Comments:

Instructor (print):

Learner (print):