

## Some Free And Low Cost Recreation Activities In Calgary & Area

### Parks and Recreation

[calgary.ca/CSPS/PARKS](http://calgary.ca/CSPS/PARKS)

Calgary Parks has over 8,000 hectares of parkland, as well as 800km of pathways for citizens to enjoy. The City manages Calgary's public parks, pathways, civic cemeteries and open spaces. Many parks' summer programs are free for the whole family to join.

Nose Hill Park is a natural environment park that lies in the northwest part of the Calgary and is surrounded by 12 residential communities and covers 11 square kilometers. Nose Hill Park has numerous hiking trails and dedicated off-leash areas.

### All Sport One City—January

[www.sportcalgary.ca/all-sport-one-city](http://www.sportcalgary.ca/all-sport-one-city)

Adults can try a new sport or get back into sports they've been away from such as parkour, wheelchair basketball, fencing ...etc. Over 6 days and 60 activities for adults to get active, have fun and make new friends.

### Jane's Walk—May

[janewalk.org/canada/calgary](http://janewalk.org/canada/calgary)

Calgary and area have 3 days on walks, bike rides, and wheelchair journeys throughout the city during the annual Jane's Walk festival weekend. More than 65 free tours on topics as diverse as historical neighborhoods/buildings, the human health benefits of walking our dogs, how new suburbs can build their sense of identity, the main street urban design framework, and the murals of Chinatown.

### All Sport One Day—June

[sportcalgary.ca/all-sport-one-day](http://sportcalgary.ca/all-sport-one-day)

FREE sport sessions for a day for Calgary children and youth to try. Parents or guardians can enroll children ages 6 and above in one or two of 70 sports at 17 facilities across Calgary. Registration starts in late May and ends in early June.

### Stampede Family Day—July

[calgarystampede.com](http://calgarystampede.com)

Free admission in specific hours on Stampede Family Day. Free Family Day breakfast while quantities last. Tickets distributed at Stampede Park entrances and tickets are required to receive free breakfast and free admission.

## Historic Calgary Week—late July and early August

[historiccalgaryweek.com](http://historiccalgaryweek.com)

Over 70 events across Calgary and the region that bring the past to life. Walk in the footsteps of pioneers on a historic site tour. Visit a park or museum or street accompanied by a knowledgeable volunteer. Most events are free but donations are appreciated. Some events require pre-registration and preferences given to individuals that have not had the opportunity to visit in previous years.

## Doors Open YYC—September

[doorsopenyyc.org](http://doorsopenyyc.org)

Free guided tours to sites in and around the city on history of Calgary, enhancement of Calgary's environment and quality of life, Calgary's most impressive buildings, Calgary's latest innovations, and some equipment used in everyday operations. This event offers a range of activities for the entire family to enjoy.

## Glenbow Museum

[glenbow.org](http://glenbow.org)

Free Admission from 5pm - 9pm on the first Thursday of every month.

## Institute for Canadian Citizenship (ICC)

[icc-icc.ca](http://icc-icc.ca)

The Cultural Access Pass CAP creates opportunities for Canada's newest citizens to discover our rich cultural history, world-renowned artworks, historical figures and stunning parks. A gift to each Canadian citizen during their first year of citizenship, the Cultural Access Pass provides complimentary admission to more than 1000 of Canada's cultural treasures from coast-to-coast-to-coast.

Examples:

- CAP members get to visit national parks, national marine parks and national historic sites for free.
- Free day-use privileges at all of Alberta's provincial parks, plus other offers including free daily ski passes to Canmore Nordic Centre, and free camping and bus tours.
- Get 50% off on a trip with VIA Rail for yourself and up to 4 dependents under the age of 18.
- Free tickets to see live dance, theatre or opera, check out a film festival, attend the best local arts and culture events, and more best local arts and culture.

## Public Libraries

[calgarylibrary.com](http://calgarylibrary.com)

The library card gives you access to 300+ free online courses, programs, print or electronic collections. Family meets the requirement can receive "Arts and Culture Pass".

## Arts and Culture Pass

- Family passes for Glenbow Museum, Aero Space Museum of Calgary, Fort Calgary...etc
- Can be a ticket for 2 persons to theatre or orchestra or ballet shows

## **The City of Calgary**

[calgary.ca](http://calgary.ca) search for “Fee Assistance Program”

Fee assistance can be used for recreation programs (summer camps, swimming/dance lessons) offered by The City of Calgary and partners (Calgary Zoo, Heritage Park, Talisman Centre...etc.)

Call **311** to ask about the City’s recreation programs and Fee Assistance Program. It is available 24 hours a day, 7 days a week with over the phone interpretation.

## **Alberta Parks**

[albertaparks.ca](http://albertaparks.ca) ; [mywildalberta.ca](http://mywildalberta.ca)

Everyone is welcome at all interpretive programs in Alberta's parks. There are also special events in parks.

- Canada's Parks Day - July
- Alberta Free Family Fishing Weekends - no fishing license required, one in February and in July

## **JumpStart**

[jumpstart.canadiantire.ca](http://jumpstart.canadiantire.ca)

Enrich the lives of kids by offering fee assistance in registration, equipment and/or transportation when participating in sports and physical activity.

## **KidSport**

[kidsportcalgary.ca/](http://kidsportcalgary.ca/)

KidSport provides grants to children from families facing financial barriers so they can participate in registered sport programs.

## **Inform Alberta**

[informalberta.ca](http://informalberta.ca)

Go to Directories and search for “Calgary Youth Recreation and Leisure Guide”

Recreation, sports or leisure activities that offer a special pricing structure for their own or a broader array of options. Some may be free, or may charge on a sliding scale.

Call **211** to find the right community and social services. It is available 24 hours a day, 7 days a week with over the phone interpretation.