

ILRCC Program Session Dates 2025-2026

Phone: (403) 263-6880

Email for Programs: programs@ilrcc.ab.ca

Email for Services: services@ilrcc.ab.ca

Please note that our office and programs will be closed on the following days:

- January 17, 2026 (Special Olympics Tournament at Chinook Centre)
- February 16, 2026 (Family Day)

All programs that fall within the above day(s) have been extended to match the respective program durations

Monday Programs

Cooking (Morning) | 10:30am - 12:00pm

Current Session: Jan 19 - Mar 2

Next Session: March 9 - April 13

Duration: 6 weeks

Price: \$80

Cooking (Afternoon) | 12:30pm - 2:00pm

Current Session: Jan 19 - Mar 2

Next Session: March 9 - April 13

Duration: 6 weeks

Price: \$80

Life Skills | 1:00pm - 2:30pm

POSTPONED until further notice

Duration: 6 weeks

Price: \$100

ESL | 10:30am - 11:30am

POSTPONED until further notice

Duration: 12 weeks

Price: \$250

Jewelry Making | 11:30 am - 12:30 pm

Current Session: January 12 - March 9

Duration: 8 weeks

Price: \$90

Tuesday Programs

Cooking (Morning) | 10:30am - 12:00pm

Current Session: Jan 20 - Feb 24

Next Session: March 3 - April 7

Duration: 6 weeks

Price: \$80

Arts and Crafts | 1:00pm - 2:00pm

Current Session: Oct 28 - Feb 3

Next Session: Feb 10 - April 28

Duration: 12 weeks

Price: \$135

Baking | 2:00pm - 3:00pm

Current Session: Jan 20 - Feb 24

Next Session: March 3 - April 7

Duration: 6 weeks

Price: \$80

Wednesday Programs

Yoga | 11:00am - 12:00pm

Current Session: Jan 7 - Mar 25

Next Session: April 1 - June 17

Duration: 12 weeks

Price: \$110

Cooking (Afternoon) | 12:30pm - 2:00pm

Current Session: Jan 14 - Feb 18

Next Session: Feb 25 - April 1

Duration: 6 weeks

Price: \$80

Pizza Night | 5:00pm - 7:00pm

Current Session: Nov 12 - Feb 11

Next Session: Feb 18 - May 6

Duration: 12 weeks

Price: \$110

Thursday Programs

Arts & Crafts | 11:00am - 12:00pm

Current Session: Oct 30 - Feb 5

Next Session: Feb 12 - Apr 30

Duration: 12 weeks

Price: \$135

Cooking (Afternoon) | 12:30pm - 2:00pm

Current Session: Jan 15 - Feb 19

Next Session: Feb 26 - Apr 2

Duration: 6 weeks

Price: \$80

Baking | 2:00pm - 3:00pm

Upcoming Session: Jan 29 - Mar 5

Duration: 6 weeks

Price: \$80

Dance and Sing | 7:00pm - 8:00pm

Current Session: Nov 27 - Jan 29

Next Session: Feb 5 - Mar 26

Duration: 8 weeks

Price: \$80

Friday Programs

ASL | 12:00pm - 1:00pm

Current Session: Jan 9 - Mar 27

Duration: 12 weeks

Price: \$110

Saturday Programs

Bowling at Chinook | 1:00pm - 3:00pm

Current Session: Nov 15 - Feb 7

Next Session: Feb 14 - May 2

Duration: 12 weeks

Price: \$110