



August 13, 2026

ALL SPORT ONE DAY RETURNS THIS SATURDAY

Sport Calgary's Free Sport Discovery Event Brings Sport to Communities Across Calgary

CALGARY, Alberta — Sport Calgary and community partners are inviting youth ages 6–17 to get active, build confidence, and discover new passions through All Sport One Day, returning on **Saturday, August 15**.

This August, All Sport One Day will bring sport into communities across Calgary at no cost through **six community hubs and more than 30 community locations throughout the city**. Participants can visit one of six community hub locations; **Edgemont Community Association, Lake Bonavista Community Association, Cardel Rec South, Shane Homes YMCA at Rocky Ridge, MNP Community and Sport Centre, or Westside Recreation Centre**, or discover participating sport organizations hosting their own activities at venues across Calgary.

Designed to introduce young people to sport in a fun and welcoming environment, All Sport One Day offers free opportunities for participants to try something new, get moving, and connect with local sport organizations. With sport hubs hosting their own activities in their own venues, families can explore opportunities in communities across the city. All Sport One Day helps families connect with those opportunities in an approachable and barrier-free setting at no cost to attendees and participants.

Event Details

What: Sport Calgary All Sport One Day 2026 – August Edition

Date: Saturday, August 15, 2026

Time: 9:30 A.M. – 3:30 P.M.

Location: Six sport hubs and 30+ community locations across Calgary

Community Locations and Featured Sports:

Location	Address	Time	Featured Sports
Cardel Rec South	333 Shawville Blvd SE	10:00 – 15:00	Baton Twirling, Capoeira, Fencing, Lacrosse, Netball
Edgemont Community Association	33 Edgevally Circle NW	10:00 – 15:00	Biathlon, Dance, Flag Rugby, Rhythmic Gymnastics, Ski Jumping
Lake Bonavista Community Association	1401 Acadia Dr SE	10:00 – 15:00	Basketball, Disc Golf, Fencing, Flag Rugby, Volleyball
MNP Sport Centre	2225 Macleod Trail SE	10:00 – 15:00	Ball Hockey, Fencing, Rhythmic Gymnastics, Track & Field, Water Polo
Rocky Ridge YMCA	11300 Rocky Ridge Rd NW	10:00 – 15:00	Badminton, Basketball, Girls-Only Basketball

			Indoor Soccer, Intro to Indoor Climbing, Mario Kart, Swim to Survive, Synergy Circuit, Y-Fit, Yoga
Westside Rec Centre	2000 69 St SW	10:00 – 15:00	Badminton, Basketball, Climbing, Fencing, Fitness Circuit, Rugby, Soccer, Swimming, Volleyball, Water Polo, Yoga

Drop-in attendance and participation are encouraged and welcome. Detailed information on community hub and sport hub scheduling can be found here: <https://sportcalgary.ca/events/all-sport-one-day/>

“All Sport One Day happens twice a year in Calgary - in June and August. Sport Calgary welcomed more than 3,000 young people to sport discovery locations across the city in June, and we are looking forward to doing it all again this Saturday,” says Candice Goudie, president of Sport Calgary. “The August edition features six community hubs and more than 30 community locations, with facilities and studios across Calgary opening their doors for kids to try free sport sessions in their own communities. With more than 50 sports represented and over 270 sessions available, this event is truly a testament to Calgary’s unique spirit of community and volunteerism. A huge thank you to our volunteers, sport organizations and facilities that are donating their time, resources, space, and so much more to make this event possible.”

Since its inception in 2009, All Sport One Day has introduced more than 48,000 youth to sport and recreation opportunities across Calgary. Thank you to our supporters Group23, Calgary Hotel Association, Adrenaline Source for Sports, and The City of Calgary.



About Sport Calgary

Sport Calgary is Calgary’s leading advocate and driver for the growth of sport in the city. The organization provides opportunities and support for partners while ensuring that sport remains a safe, welcoming, and inclusive space for everyone. Through advocacy, programs, and initiatives, Sport Calgary strengthens community sport, promotes participation, and celebrates leadership and volunteerism that enhance the quality of life for all Calgarians.

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