

Community Service Programs – September

Facilities closed Sept.30

Coleman Sports Complex

Public Skating

Programming starts September 23
Visit CNP RecDesk.com for schedule

M.D. McEachern Community Centre

Gymwalk

Monday to Friday 12:00pm - 1:00pm

Exercise for LIFE – Adult Fitness Program

Starts Sept.10

Tuesdays and Thursdays - 10:00am - 11:00am

Pickle Ball

Mondays 9:00am-11:00am

Thursdays 1:30pm-3:30pm

Fridays 6:00pm-8:00pm

Sundays – 12:00pm-5:00pm

\$5.00 drop-in fee.

Open Gym

Fridays 1:30pm - 3:30pm

Bootcamp Circuit

Tuesday Evenings 4:30pm-6:00pm

Thursday Mornings 6:30am-8:30am

Starts Sept 10 – December 3

This is a high intensity training circuit using functional fitness exercises on full body workouts. All levels welcome. Join us when it works for you during scheduled time.

Registration info please call Community Services 403-563-2208

25 classes - \$300.00 +GST Punch Passes Available

September -December \$20.00 Drop in Fee

Drums Alive

Tuesday September 10 – December 10 Corner Hub

14 classes \$140+GST Monthly rates available Drop In Fee \$15.00 6:15pm-7:15pm Ages 12 and up. Equipment Supplied

Drums Alive joins the dynamic movements of aerobic dance with the pulsating rhythms of the drum. It is a unique sensory/motor program that is designed to give the mind and body instant feedback through continuous movement and rhythmical flow.

Drums Alive for Older Adults

11:00am- 11:45am Wednesday Corner Hub

September 11- December 11 \$125.00+GST Monthly rates available Drop In Fee \$15.00

Drumming exercise has been shown to improve concentration, reverse stress responses, improve sensory and motor movement, and produce feelings of elation and creativity. Drumming has also historically been viewed as a means for emotional expression.

Martial Arts- Kickboxing Fitness

September 16 – December 11 – Corner Hub Blairmore Main Street

Little Ninja's (Ages 6-8) Monday 4:30-5:00pm \$75.00

Rumble Kids (Ages 9-11) Monday 5:15-5:45pm \$75.00

Warrior's (Ages 12-15) Wednesdays 5:00-5:45pm \$85.00

Kickboxing Fitness (Ages 16+) Monday and Wednesdays 6:00-7:30pm

\$435.00+GST 23 Classes Drop In adult classes-\$30.00

The youth program will learn not only how to defend themselves, they will also learn important life skills, such as self-discipline problem solving, goal setting and social skills. The adult program for 16+ is a combination of kickboxing. It has gained massive popularity as one of the most reliable means to get into serious shape. If you are nervous about taking a class, the reality is that most practitioners are not interested in competing but are instead looking for something that will yield the results as promised. The program is coached by world class coach Daniel Ravenhouse who has trained world champions in kickboxing and MMA, and coaches Meghan and Simone.



Call 403-563-2208 for more information or to register for any program listed.

Fall-Winter Registration Night

Everyone Welcome!

Thursday September 5th, 2024

Gazebo Park, Main Street Blairmore

During the Community BBQ and Market

4:00 p.m. to 7:00 p.m.

Various community and recreational service groups throughout the Crowsnest Pass will be participating in a registration and information night. It's a great opportunity to find out information on different opportunities, fall programs and register at the same time.

For all ages, old or new to the community.

Find out what you could do this Fall and Winter.

Available to you and your family - One Night - One Location

If your group would like to attend.

Please call Tracey at 563-2208. Tables available!

Minor Hockey, CNP Skating Club, Fitness Classes, Bootcamp Circuit, Drums Alive, Pickle Ball, Kickboxing Fitness, Pass Powderkeg, Brighter Futures, Turning Pointe Dance Studio, Castle Mountain, Crowsnest Curling Club, CNP Kidsport, CNP Volleyball Club, Mustangs Football, CNP Orchestra, Ecole des Grande-Vents, Air Cadets CNP Squadron, Livingstone Gym and more...

Big Hearts First Aid/Red Cross Babysitting Course

Friday October 11

9:00am-4:00pm

MDM Community Center

Ages 11+

Fee- \$80.00

Certified Instructor – Kayla Strandquist

Limited Registration – Call 403-563-2208

Community Services Dept.

