

Community Service Programs –October

Facilities closed Sept.30, October 14

Coleman Sports Complex

Public Skating – October 1-March

Monday 3:30pm – 4:45pm Cancelled Oct. 14

Tuesday and Thursday 12:00pm – 1:00pm

Friday 7:00pm - 7:45pm Cancelled Oct. 18

Sunday 6:30pm-8:00pm

Parent and Tot, Senior Skate – Tuesday/Thursday 11:00am-12:00pm

Parent and Tot, Senior Skate – Friday 10:45am-11:45am

Twigs and Tikes – Saturday 5:30pm-6:30pm

*Scheduled times subject to cancellation when hockey games scheduled.

Check Rec Desk calendar on crowsnestpass.com

M.D. McEachern Community Centre

Gymwalk

Monday to Friday 12:00pm - 1:00pm Cancelled Oct.14

Exercise for LIFE – Adult Fitness Program

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

Pickle Ball

Mondays 9:00am-11:00am Cancelled Oct. 14

Thursdays 1:30pm-3:30pm

Fridays 6:00pm-8:00pm Cancelled Oct 18,25

Sundays – 12:00pm-5:00pm

\$5.00 drop-in fee.

*Scheduled times subject to cancellation.

Check Rec Desk calendar on crowsnestpass.com

Open Gym

Fridays 1:30pm - 3:30pm Cancelled Oct. 18,25

Recreational Badminton

Tuesday Evenings 6:30pm-8:30pm

October -December

\$5.00 Drop in Fee

Drums Alive

Tuesday October 1 – December 10 Corner Hub

11 classes \$110+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

October 1- December 11 \$99.00+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.

Big Hearts First Aid/Red Cross Babysitting Course

Friday October 11

9:00am-4:00pm

MDM Community Center

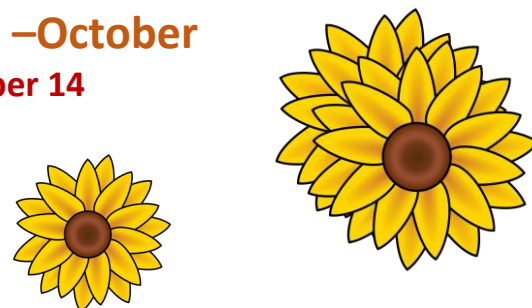
Ages 11+

Fee- \$80.00

Certified Instructor – Kayla Strandquist

Limited Registration – Call 403-563-2208

Community Services Dept.



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

