

Community Service Programs –November

Facilities closed November 11

Coleman Sports Complex

Public Skating

Monday 3:30pm – 4:45pm Cancelled Nov. 11
Tuesday and Thursday 12:00pm – 1:30pm
Friday 7:00pm - 7:45pm Cancelled Nov. 8, 29
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 (Nov 2, 9- 5:45-6:45 only)
*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 Nov. 11-15, 27,28.

Exercise for LIFE – Adult Fitness Program

Tuesdays and Thursdays - 10:00am - 11:00am Cancelled Nov. 12-14, 28.

Pickle Ball

Mondays 9:00am-11:00am Cancelled Nov. 11
Thursdays 1:30pm-3:30pm Cancelled Nov. 14,28.
Fridays 6:00pm-8:00pm Cancelled Nov. 2,15,22,29.
Sundays – 12:00pm-2pm Advanced, 2:00pm-5:00pm Int./Beginner Cancelled Nov. 3, 17.
\$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 Nov. 2,15,22,29.

Recreational Badminton

Tuesday Evenings 6:30pm-8:30pm Cancelled Nov. 12
November -December
\$5.00 Drop in Fee

Drums Alive

Tuesday November 5 – December 10 Corner Hub
\$54.00+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
November 1- December 11 \$56.00+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.



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

Self Defense Course

Learn Awareness, strategy and physical tools to escape and defend.

High positive energy program full of safe easy techniques for learning a new life skill.

Instructed by:

Tae Kwon Do Master Saran - 8 Degree
Gena Paton - 6 Degree

December 7
10:00am - 1:00 pm
Ages 14+
Fee: \$60.00
at the Corner Hub
2013 129 St
Blairmore

Register at
MDM Community Centre
For info, call 403-563-2208

2024



Christmas Hampers



Christmas Food Hampers

Accepting application beginning Nov 4

To apply for a Christmas Food Hamper, call Kim Lewis | 403-563-2207 | Please leave a message if there is no answer.

Application deadline | Dec 10

Must be a resident of the Municipality of Crowsnest Pass

Christmas Toy Hampers

Accepting application beginning Nov 4

To apply for a Christmas Toy Hamper, call 403-562-8000 or stop by in person at the Family Resource Centre 12501 - 20 Avenue, upstairs

Application deadline | Dec 6

Must be a resident of the Municipality of Crowsnest Pass

