

## Community Service Programs – January

### **Coleman Sports Complex**

#### **Public Skating**

Monday 3:30pm – 4:45pm  
Tuesday and Thursday 12:00pm – 1:30pm  
Friday 6:30pm - 7:45pm Cancelled Jan. 3-24-31  
Sunday 6:30-8:00pm Cancelled Jan. 26  
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 Cancelled Jan. 11  
\*Scheduled times subject to cancellation when hockey games scheduled.  
Check Rec Desk calendar on [crowsnestpass.com](http://crowsnestpass.com)

### **M.D. McEachern Community Centre**

#### **Gymwalk**

Monday to Friday 12:00pm - 1:00pm Cancelled Jan. 24

#### **Exercise for LIFE – Adult Fitness Program**

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

#### **Pickle Ball**

Mondays 9:00am-11:00am  
Thursdays 1:30pm-3:30pm  
Fridays 6:00pm-8:00pm Cancelled Jan. 24  
Sundays – 12:00pm-2pm Advanced, 2:00pm-5:00pm Int./Beginner. Cancelled Jan. 26  
\$5.00 drop-in fee.  
\*Scheduled times subject to cancellation.  
Check Rec Desk calendar on [crowsnestpass.com](http://crowsnestpass.com)

#### **Open Gym**

Fridays 1:30pm - 3:30pm Cancelled Jan. 24

#### **Recreational Volleyball**

Sunday Evenings 6:30pm-8:30pm  
\$5.00 Drop in Fee

#### **Recreational Badminton**

Tuesday Evenings 7:30pm-9:30pm  
Month of December  
\$5.00 Drop in Fee

### **Crowsnest Community Hall**

#### **Drums Alive**

Tuesday January 14- March 18 Crowsnest Community Hall  
\$100.00+GST 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 Wednesdays Crowsnest Community Hall  
January 15- March 19 \$90.00+GST 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.  
Check [cnprecdesk.com](http://cnprecdesk.com) for program calendar**

## **Kickboxing – Fitness**

**January 13 – March 10, 2025**

**Crowsnest Community Hall**

**Little Ninja's (Ages 6-8) Monday 5:15-6:00pm \$75.00 8 classes**

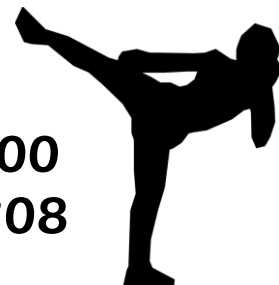
**Rumble Kids (Ages 9-13) Wednesday 5:15-6:00pm \$75.00 8 classes**

**Kickboxing Fitness (Ages 16+)**

**Monday and Wednesdays 6:00pm-7:30pm**

**\$300.00+GST 16 Classes, 10 Class Pass \$250.00**

**Drop In adult classes-\$30.00. Call 403-563-2208**



The youth program will learn not only how to defend themselves, they will 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, Simone and Karin.

**Private Gym Rentals or Private Ice Arena Rentals**

**Call Community Services 403-563-2209**

