

Community Service Programs – February

Coleman Sports Complex

Public Skating

Monday 3:30pm – 4:45pm
Monday February 17 2:30-4:30pm only
Tuesday and Thursday 12:00pm – 1:30pm
Friday 6:30pm - 7:45pm Cancelled Feb. 14,21.
Sunday 6:30-8:00pm
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 Cancelled Feb. 15
*Scheduled times subject to cancellation when hockey games scheduled.
Check RecDesk calendar on crowsnestpass.com

M.D. McEachern Community Centre

Gymwalk

Monday to Friday 12:00pm - 1:00pm Cancelled Feb. 17

Exercise for LIFE – Adult Fitness Program

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

Pickle Ball

Mondays 9:00am-11:00am Cancelled Feb. 17

Thursdays 1:30pm-3:30pm

Fridays 6:00pm-8:00pm

Sundays – 12:00pm-5:00pm All levels.

\$5.00 drop-in fee.

*Scheduled times subject to cancellation.

Check Rec Desk calendar on crowsnestpass.com

Open Gym

Fridays 1:30pm - 2:30pm

Recreational Volleyball

Sunday Evenings 6:30pm-8:30pm

\$5.00 Drop in Fee

Recreational Badminton

Tuesday Evenings 6:30pm-8:30pm

\$5.00 Drop in Fee

Crowsnest Community Hall

Drums Alive

Tuesday February 14- March 18 Crowsnest Community Hall

\$80.00+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

February 5- March 19 \$70.00+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 for program calendar



FAMILY DAY FUN!

Public Skating

2:30-4:30pm

Crowsnest Sports Complex
8702 - 22 Avenue, Coleman

FEB
17

Family Fun at MDM

12-3pm

MDM | 2802 - 222 Street Bellevue
Food, magic show, balloon animals,
face painting, games, photo booth,
and other activities

FREE!

