

Community Service Programs – September

Facilities closed Oct. 2, 2023

Coleman Sports Complex

Public Skating

Programming starts October 5

M.D. McEachern Community Centre

Gymwalk

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

Exercise for LIFE – Adult Fitness Program

Starts Sept.12

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 – 1:00pm-5:00pm

\$5.00 drop-in fee.

Open Gym

Fridays 1:30pm - 3:30pm

Fitness Bootcamp

Tuesday and Thursday 6:30am-8:30am

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

20 or 28 class packs \$244.00 - \$280.00 +GST September -December

Hatha Yoga

Tuesdays and Thursdays

Starts Sept 12

9:00am-9:45am Drop Ins welcome

Join us for 10 classes or more

Evening Gentle Stretch and Meditation

7:15pm – 8:00pm MDM Community Center

September 11-December 4 12 classes Mondays \$105.00+GST

Monthly rates available Drop In Fee \$15.00

30 minutes of slow gentle stretching encompassing the whole body to promote relaxation and wellbeing.

Followed by a 15 minute guided meditation practice seated or lying on the mat.

Tai Chi

Advanced Classes Wednesday 10am-11am

\$100.00+GST Starting Sept 20-Dec 6

Drums Alive

MDM Community Center Mondays and Wednesdays September 18 – December 6

26 classes \$230+GST Monthly rates available Drop In Fee \$15.00 6:00pm-7:00pm 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.

Drumtastic

5:00pm- 5:45pm Wednesday MDM Community Center

Wednesday September 20- December 6 \$85.00 Monthly rates available Drop In Fee \$15.00 For Ages 8-12 years old

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.**

Fall-Winter Registration Night

Everyone Welcome!

**Wednesday September 6th, 2023
M.D. McEachern Community Center
2802-222 Street Bellevue
5:30 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, Boot Camp Fitness, Drums Alive, Drumtastic, CNP Recreational Gymnastics, Yoga, Pickle Ball, Kids Kollege, Pass Powderkeg, Air Cadets, Brighter Futures, Turning Pointe Dance Studio, Living Stone Gym, Autism Alberta, Castle Mountain, Tae Kwon Do, Aura Studios, Forest School Childrens Program and more...

Recreational Gymnastics Fall Program 2023 September 18 to December 11

(times and dates may change due to registration numbers)

Register now at M.D.M. Community Center

***For more Information and to register
Contact the Community Services Department
563-2208 - Classes Start September 18***

Baby Bees

Monday 9:45am-10:30am

Ages walking – 2 years
45 Minute Class-Parent included
12 classes - \$110.00

Tumble Bugs

Monday 10:45am-11:30am

**Wednesday 4:30pm-
5:15pm**

Ages 3 years
45 Minute Class-Parent
Included
12 classes - \$110.00

Tumble Kids

Monday 5:30pm-6:30pm

Tuesday 4:30pm-5:30pm

Ages 5 years
1 Hour Class
12 classes - \$135.00

Junior

Gymnastics

Monday 6:45pm-7:45pm

Wednesday 5:30pm-6:30pm

Ages 6-7 1 Hour Classes

Intermediate Gymnastics

Tuesday 5:45pm-6:45pm

Wednesday 6:45pm-7:45pm

Ages 8-9 years old
1 Hour Class

Recreational Gymnastics

Tuesday 7:00pm-8:00pm

Ages 10+ years old
1 Hour Class
12 classes - \$135.00