

Community Service Programs – September

Facilities closed Friday Sept. 30th



Coleman Sports Complex

Public Skating

Programming starts October 11

M.D. McEachern Community Centre

Gymwalk

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

Exercise for LIFE – Adult Fitness Program

Starts Sept. 13

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



Pickle Ball

Mondays 9:00am-11:00am

Thursdays 1:30pm - 3:30pm

Fridays 6:00pm-8:00pm

\$5.00 drop-in fee.

Open Gym

Fridays 1:30pm - 3:30pm

Impact Fitness

Tuesday Thursday 6:30am-8:30am

Monday Wednesday 4:00pm-6:00pm

Feel the positive effect of Cardio, conditioning, core work, strength training.

All levels welcome. Join us when it works for you during scheduled times.

Registration info please call Community Services 403-563-2208

12 or 28 class packs \$144.00 - \$275.00 +GST September -December

Yoga

Tuesdays and Thursdays

Starts Sept 14

8:55am-9:45pm Drop Ins welcome

Join us for 10 classes or more

Tai Chi

Advanced Classes Wednesday 10am-11am

\$85.00+GST Starting Sept 21

Gymnastics Registration

Next Session Sept 19 – December 9

Certified Instructor Brittany Vaughan, Kenna Lewis

Call to Register and for more Info 403-563-2208

For ages walking and up.

Aerial Yoga

Adult Aerial Hammock Classes:

Monday 6:30pm-7:30pm

Wednesday 6:30pm-7:30pm

12 sessions \$120.00+GST per person

Classes start week of September 19

Wellness Mornings

9:30am- 12:00pm

MDM Community Center

This morning will consist of HITT

Circuit Class, Aerial Yoga

and a Mediation Session.

One Saturday each month

September 24 October 22

November 19 - 2022

January 21, February 25,

and March 18 – 2023

6 sessions – \$160.00 Drop in \$35.00

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

Red Cross Babysitting Course

November 7

9am-4pm

MDM Community Center

Register today – 403-563-2208

11 years old and up - \$25.00 fee



Gymnastics Fall Program 2022 September 19 to December 9

Visit CNPRecDesk for times and dates
(times and dates may change due to registration numbers)
All fees include Alberta Gymnastics Federation Membership

Register now at M.D.M. Community Center

***For more Information
Contact the Community Services Department
563-2208***

Baby Bees

Monday 10:00am-10:45am

11 classes - \$149.00

Friday 2:00pm-2:45pm

11 classes - \$149.00

Ages walking – 2 years

45 minute Class-Parent
included

Tumble Bugs

Monday 10:45am-11:30am

11 classes - \$149.00

or Friday 2:45pm - 3:30pm

11 classes - \$149.00

Ages 3 years

Parent Included

45 minute Class

Tumble Bears

Wednesday 4:30pm-5:15pm

or Thursday 6:15pm-7:00pm

12 classes - \$158.00

Ages 4 years

45 Minute Class

Tumble Kidz

Monday 4:15pm-5:15pm

11 classes - \$182.00

Wednesday 6:30pm-7:30pm

12 classes - \$194.00

Ages 5 years

Intermediate Parkour

Monday 7:30pm-8:30pm

11 classes - \$182.00

Ages 9+ years

1 hour Class

45 minute class

Junior Parkour

Friday 3:30pm-4:15pm

11 classes - \$149.00

Ages 6-8 years

Junior Gymnastics

Monday 5:15pm-6:15pm

Thursday 6:30pm-7:30pm

Ages 6-7

1 hour Class

12 classes - \$194.00

Intermediate Gymnastics

Monday 6:30pm-7:30pm

11 classes - \$182.00

or Wednesday 7:30pm-8:30pm

12 classes - \$194.00

Ages 8-9 years old

1 hour Class

Advanced/Teen Gymnastics

Thursday 7:15pm-8:15pm

Ages 10+ years old

1 hour Class

12 classes - \$194.00