

Community Service Programs – October

Facilities closed Oct. 2, 9 2023

Coleman Sports Complex

Public Skating

Programming starts October 12

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

Sunday 5-15pm 7:30pm (Volleyball season)

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

10 or 20 class packs \$120.00 - \$200.00 +GST October 10 -December 14. Classes located 2013 Main St Blairmore

Parent and Tot Fitness

Wednesdays 10:45am-11:45am

October 11 – December 13

10 classes - \$100.00+ GST Drop Ins welcome \$15.00

Join Heloise for an hour of exercise with your little one included in the program. 2013 Main St Blairmore

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

October 4-December 11 Mondays \$80.00+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.

Drums Alive

Wednesdays October 11 – December 13

\$90+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

October 11 December 13 \$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.

Self Defense Course

January 13 Saturday 10:00am -12:00pm. Ages 14+ Instructors Tae Kwon Do Master Saran - 8 Degree and Gena Paton 6 Degree
Learn awareness, strategy and physical tools to escape and defend. The program is fun with high positive energy full of safe easy techniques for learning a new life skill.

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

Open Recreational Gymnastics

October 23 – December 18 Mondays

Register now at M.D.M. Community Center
For more Information and to register
Contact the Community Services Department
563-2208

Ages 5 - 8 years – 4:30pm-6:00pm - \$120.00

Ages 9 – 12 years – 6:15pm-7:45pm - \$120.00

Join us for a fun open gym at the Corner Hub.

Fun and structured, help to develop physical and motor skills, thinking abilities, self-confidence and promote positive social interaction. Classes are designed for fun participation, maintenance of fitness and an introduction to basic gymnastic skills.

Book our Gym Facility for Birthday Parties, call 403-563-2208 for details and bookings.

Public Skating Schedule

Monday 3:30pm – 5:15pm

Thursday 12:00pm – 1:00pm

Friday 6:30pm - 7:30pm

Sunday 4:45pm-5:45pm

(Friday and Sunday subject to change with Tournaments)

Schedule on CNP RecDesk