

# Community Service Programs – November

**Facilities closed Nov. 13 2023**

## **Coleman Sports Complex**

### **Public Skating**

Monday 3:30pm – 5:15pm

Thursday 12:00pm – 1:00pm

Friday 6:30pm - 7:30pm

Sunday 4:45pm-5:45pm

Times will be cancelled when hockey games scheduled.

Parent and Tot, Senior Skate – Thursday 1:00pm-2:00pm

Twigs and Tikes – Thursday 3:45pm-4:45pm

## **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 6:30pm 8:30pm - Recreation Volleyball \$5.00 drop in fee

### **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

12 classes \$144.00. Classes located 2013 Main St Blairmore

### **Hatha Yoga**

Tuesdays and Thursdays

Starts November 7 – December \$110.00+GST

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

### **Evening Gentle Stretch and Meditation**

7:15pm – 8:00pm MDM Community Center

November 6-December 11 Mondays \$50.00+GST

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 November 8 – December 13

\$55+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

November 8 - December 13 \$50.00 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.**



## Line Dancing!

**Learn the basic steps  
of many line dances!  
No experience  
necessary. Ages 12+**

November 8, 15, 22, 29  
Wednesdays | \$40.00  
12:00pm - 1:00pm

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MDM Community Centre  
2802 - 222 Street, Bellevue

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Minimum 6 to run the class  
Register at MDM Community Centre  
or by calling 403-563-2208

