

Community Service Programs – December

Facilities closed Dec. 25,26 -2023 Jan. 1-2024

Coleman Sports Complex

Public Skating

Monday 3:30pm – 5:15pm

Thursday 12:00pm – 1:00pm

Friday 6:30pm - 7:45pm Cancelled Dec. 15

Sunday 5:15pm-6:15pm (Dec. 17 5:30-6:15pm only)

Times will be cancelled when hockey games scheduled.

Parent/Tot, Sr. Skate–Tues.12:00-1:00pm Thurs.1:00pm-2:00pm

Senior Skate – Tuesday/Thursday 1:00-2:00pm

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

Adult Shinny Tues/Thurs 2:30-3:30pm Sunday 6:30-7:30pm



Santa Skate December 17

1:00pm-3:00pm

Crowsnest Sports Complex Arena

Join us for treats and a fun afternoon of skating

M.D. McEachern Community Centre

Gymwalk

Monday to Friday 12:00pm - 1:00pm Cancelled Dec. 15, 25, 26

Exercise for LIFE – Adult Fitness Program

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

Christmas Break Dec. 18- Jan. 1

Pickle Ball

Mondays 9:00am-11:00am Dec. 18 - 9:35am-11:00am Only

Thursdays 1:30pm-3:30pm

Fridays 6:00pm-8:00pm Cancelled Dec. 15

Sundays – 1:00pm-5:00pm Cancelled Dec. 17,24

\$5.00 drop-in fee.

Open Gym

Fridays 1:30pm - 3:30pm Cancelled Dec. 15

Sunday 6:30pm 8:30pm - Recreation Volleyball \$5.00 drop in fee. Cancelled Dec. 24

Fitness Bootcamp

Tuesday and Thursday 6:30am-8:30am January 9 – March 16

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

18 classes \$200.00+GST. Classes located 2013 Main St Blairmore

Drums Alive

Wednesdays January 17 – March 27

\$100 +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 Wednesdays January 17 – March 27

\$90.00 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.

Red Cross Babysitting Course

Thursday February 22 9:00am-4:00pm

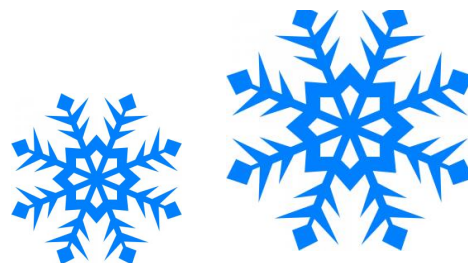
MDM Community Center

Ages 11+

Fee: \$25.00

Limited Registration

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



Self Defense Course

January 13 Saturday 10:00am -12:00pm. Ages 14+ Fee: \$60.00

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.

Recreational Gymnastics

February 5- March 27 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 gymnastics 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. Time may vary due to registration numbers.

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

Martial Arts- Warrior Fitness

January 15 – March 28 – Corner Hub Blairmore Main Street

Little Ninja's (Ages 6-8) Tuesday 4:30-5:00pm \$90.00

Rumble Kids (Ages 9-11) Tuesday 5:15-5:45pm \$90.00

Warrior's (Ages 12-15) Thursdays 5:00-5:45pm \$90.00

Muay Thai (Ages 16+) Tuesday and Thursdays 6:00-7:30pm \$400.00+GST

The youth program will learn not only how to defend themselves, but also learn important life skills, such as self-discipline, problem solving, goal setting and social skills.

The adult program for 16+ is a combination of Muay Thai and Dutch/K1 style kickboxing. It has gained massive popularity as one of the most reliable means to get into serious shape. If you are nervous about taking a class, the reality is that most practitioners are not interested in competing but are instead looking for something that will yield the results as promised.

The program is taught by world class coach Daniel Ravenhouse who has trained world champions in kickboxing and MMA.