

## Community Service Programs – April

### Coleman Sports Complex

Bunny Bonspiel - March 28-31

Kananaskis Pro Rodeo – April 26-28

### McEachern Community Centre

#### Gymwalk

Monday to Friday 12:00pm - 1:00pm Cancelled March 29, April 1 and 18

#### Exercise for LIFE – Adult Fitness Program

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

#### Pickle Ball

Mondays 9:30am-11:30am

Thursdays 1:30pm - 3:30pm (Cancelled April 18)

Fridays 6:00pm-8:00pm (Cancelled April 5)

Sundays – 12:00pm-2:00pm Advanced play, 2:00pm-5:00pm Beginner Play (Cancelled April 7)

\$5.00 drop-in fee.

#### Open Gym

1:30pm -3:30pm Fridays (Cancelled March 29)

#### Volunteer Appreciation Night

Thursday April 18 Doors Open 5:30pm Dinner 6:15pm

Pick up Tickets until April 10 at MDM Community Center.

The Municipality of Crowsnest Pass would like to invite community volunteers to a night of celebration. Join us for dinner, entertainment, and presentation of the Order of the Crowsnest Pass- Outstanding Volunteer Award and the Outstanding Youth Award.

### Corner Hub- Blairmore

#### Drums Alive

Tuesdays April 9 – May 28 Corner Hub Blairmore

\$80+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.

Event Calendar and  
updates on  
[www.crowsnestpass.com](http://www.crowsnestpass.com)  
Municipal FB page and  
CNP Rec Desk  
For more info or to  
register call Community  
Services Office at  
403-563-2208



## EASTER FUN RUN

PUT ON YOUR RUNNING SHOES!

GRAB YOUR FRIENDS, YOUR KIDS, YOUR PARENTS

Join us Friday March 29

START TIME: 10:00 A.M. SHARP at the Elks Hall, Blairmore!

- 2 and 5K route! No entry fees! No pre-registration. Just come, sign a waiver and enter your name for some GREAT post run prize draws and snacks.
- **NOTE: There is no volunteer traffic control - you are responsible for your own well-being!**

# **Martial Arts- Warrior Fitness**

**April 8 – June 3 – Corner Hub Blairmore Main Street**

**Little Ninja's (Ages 6-8) Monday 4:30-5:00pm \$75.00**

**Rumble Kids (Ages 9-11) Monday 5:15-5:45pm \$75.00**

**Warrior's (Ages 12-15) Wednesday 5:00-5:45pm \$75.00**

**Muay Thai (Ages 16+) Monday and Wednesdays 6:00-7:30pm \$320.00+GST**

The youth program will learn not only how to defend themselves, they will 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 coached by world class coach Daniel Ravenhouse who has trained world champions in kickboxing and MMA, and coaches Meghan and Simone.

## **Southern Alberta Summer Games July 3-6<sup>th</sup> Coaldale AB** **Registration coming soon in May – For Info call 403-563-2208**

Register for 5/10KM Run, 3 on 3 Basketball, Athletics (Track & Field), Cribbage, Ball Hockey, Mini Soccer, Baseball, Soccer, Badminton, Photography, Swimming, Beach Volleyball, Equestrian, Waterskiing/Water Sports, Lacrosse, Pickleball, Flag Football, Mountain Biking, Archery

**Go Team Crowsnest!!**

