

Community Service Programs – March

Coleman Sports Complex

Public Skating

Monday 3:30pm – 4:45pm
Tuesday and Thursday 12:00pm – 1:30pm
Friday 6:30pm - 7:45pm Cancelled March 7
Sunday 6:30-8:00pm Cancelled March 16
Parent and Tot, Senior Skate – Tuesday/Thursday 11:00am-12:00pm
Parent and Tot, Senior Skate – Friday 10:45am-11:45am
Twigs and Tikes – Saturday 5:30pm-6:30pm Cancelled March 1
*Scheduled times subject to cancellation when hockey games scheduled.
Check RecDesk calendar on crowsnestpass.com
Ice Arena programming ends March 19

MDM Community Center

Gymwalk

Monday to Friday 12:00pm - 1:00pm Cancelled Mar. 21,24.

Exercise for LIFE – Adult Fitness Program

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

Pickle Ball

Mondays 9:00am-11:00am Cancelled Feb. 17
Thursdays 1:30pm-3:30pm
Fridays 6:00pm-8:00pm Cancelled March 21
Sundays – 12:00pm-5:00pm All levels. Cancelled March 16, 23, 30.
\$5.00 drop-in fee.
*Scheduled times subject to cancellation.
Check Rec Desk calendar on crowsnestpass.com

Open Gym

Friday 1:30pm -2:30pm

Recreation Badminton

Tuesday 6:30pm-8:30pm

Recreation Volleyball

Sunday 6:30pm-8:30pm

Crowsnest Community Hall

Drums Alive

Tuesday April 2- May 27 Crowsnest Community Hall
\$80.00+GST Drop In Fee \$15.00 6:15pm-7:15pm 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.

Drums Alive for Older Adults

11:00am- 11:45am Wednesdays Crowsnest Community Hall
April 2 – May 28 \$70.00+GST Drop In Fee \$15.00
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.

Challenger Sports Soccer Camp – Crowsnest Pass

Free Jersey with Early Registration,
Sign up today at challengersports.com!
August 11th - 15th



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

Southern Alberta Summer Games July 2-5th Taber, AB
Registration coming soon in May
Go Team Crowsnest Pass!!

Spring-Summer Registration Night

Everyone Welcome!

Wednesday March 12, 2025

MDM Community Center - Gymnasium

2802-222 Street Bellevue

5:30 p.m. to 7:00 p.m.

Various community and recreational service groups throughout the Crowsnest Pass will be participating in a registration and information night. It's a great opportunity to find out information on different opportunities, spring -summer programs and register at the same time.

For all ages, old or new to the community.

Available to you and your family - One Night - One Location

If your group would like to attend.

Please call Tracey at 563-2208. Tables available!

Mustang's Football, Crowsnest Pass Golf Club, Kidsport, 40 Assets, CNP Minor Soccer, CNP Minor Ball, Pass Piranha Swim Club, Challenger Sports Soccer Camp, Kickboxing Fitness, CNP Adult Education, CNP Library, Fitness Classes and More...



Kickboxing Fitness

March 17 – May 14 Crowsnest Community Hall

Little Ninja's (Ages 6-8) Monday 5:15-6:00pm \$75.00

Rumble Kids (Ages 9-13) Wednesday 5:15-6:00pm \$75.00

Kickboxing (Ages 16+) Monday and Wednesdays 6:00-7:30pm \$300.00+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 Kickboxing techniques. 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.