

## Community Service Programs – May

### McEachern Community Centre

#### Gymwalk

Monday to Friday 12:00pm - 1:00pm Cancelled May 1

#### Exercise for LIFE – Adult Fitness Program

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

#### Pickle Ball

Mondays 9:00am-11:00am Cancelled May 1

Thursdays 1:30pm - 3:30pm

Fridays 6:00pm-8:00pm Cancelled May 9

Sundays – 12:00pm-5:00pm Cancelled May 11 Advanced, Intermediate and Beginner Play

\$5.00 drop-in fee.

\*Scheduled times subject to cancellation.

Check Rec Desk calendar on [crowsnestpass.com](http://crowsnestpass.com)

#### Open Gym

Friday 1:30pm -2:30pm Cancelled May 9

#### Recreation Badminton

Tuesday 6:30pm-9:30pm \$5.00 drop in fee Cancelled May 6

#### Recreation Volleyball

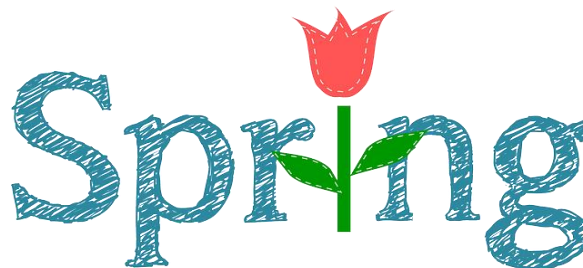
Sunday 6:30pm-8:30pm \$5.00 drop in fee

#### Volunteer Appreciation Night

Thursday May 1 Doors Open 5:30pm Dinner 6:15pm

Ticket required

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.



### Crowsnest Community Hall

#### Drums Alive

Tuesdays May 6 – May 28

\$40+GST Monthly rates available 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

May 7 – May 28 \$35.00+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.

#### Baseball Clinic



Hosted by former Cincinnati Reds pro Pitcher /Associate Scout Geoff Freeborn and various other former pro and college baseball players.

Saturday May 10 – 12:00pm-4:00pm

Hillcrest Ball Complex- \$75.00 Register Now!! Call 403-563-2208

## Challenger Sports Soccer Camp – Crowsnest Pass

Free Jersey with Early Registration,  
Sign up today at [challengersports.com](http://challengersports.com)!

August 11th - 15th





# CNP YOUTH WEEK 2025



May 5-9

5

\*LASER TAG - 6pm-8pm | Fireman's  
Park Bellevue

6

OPEN GYM - 6-8pm | MDM

7

MIXED MEDIA ART NIGHT | 6-8pm  
Crowsnest Community Library

8

\*\*CNP40 - BATH BOMBS | 6:30pm  
Crowsnest Community Hall

Keep watching each day for more details!

\*Registration Required - call 403-563-2207

\*\*Registration Required - Register at CNP40 Youth on Facebook



## **Southern Alberta Summer Games July 2-5th Taber AB** **Registration coming soon in May – For Info call 403-563-2208**

Register for 3/5/10KM Run, 3 on 3 Basketball, Athletics (Track & Field), Cribbage, Mini Soccer, Baseball, Soccer, Badminton, Swimming, Beach Volleyball, Pickleball, Smallbore/Handgun, Archery, Motocross, Golf, Weightlifting, E-Sports, Bowling, Mountain Biking and more...

**Go Team Crowsnest!**