

Community

SPECTRUM

SPRING 2024 • MARCH | APRIL | MAY

HIGHLIGHTS:

- GO GIRL CONFERENCE
- CHILDREN'S FESTIVAL
- ROY GARDNER COMEDY SHOW
- COMMUNITY GARDEN



PARTY
IN THE **PARK**
FESTIVAL
— EST. 2007 | WHITECOURT, AB —

2024 | JUNE 14 & 15 | FESTIVAL PARK

WATCH FOR BAND ANNOUNCEMENTS

MUSIC ART FAMILY FUN
FOOD OUTDOORS FREE
WITH BEER GARDENS

COME STAY & PLAY IN WHITECOURT
ON FATHER'S DAY
WEEKEND!



WANT TO SHOW YOUR SUPPORT FOR THE PARTY IN THE PARK FESTIVAL?

We are currently seeking sponsors and will customize a package for your budget and advertising needs.
For more information, call Andrew Malmquist at 780-778-3637 ext. 423.



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46 IN THE COMMUNITY

IF YOU REQUIRE SPACE IN THE 2024 SUMMER SPECTRUM (JUNE-AUGUST) PLEASE CONTACT US AT 780-778-6300 OR SPECTRUM@WHITECOURT.CA BY FRIDAY, MARCH 1, 2024.



5004 - 52 Avenue
 Whitecourt AB T7S 1N6
 Tel: 780-778-2273 Fax: 780-706-2062
 Email: administration@whitecourt.ca
www.whitecourt.ca
facebook.com/TownofWhitecourt
facebook.com/MillarCentre



Woodlands County cost shares on all programs and services developed by the Town of Whitecourt Community Services Department.



Published and Designed by
 The Whitecourt Star

Tel: 403-970-7206
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 Website: www.whitecourtstar.com

AROUND TOWN



**TOM PICKARD
MAYOR**

MAYOR'S MESSAGE

Community events give all of us an excuse to leave work behind, spend quality time with friends and family, and just enjoy. This year's events kicked off with the Great Canadian Roadtrip at the Allan & Jean Millar Centre, and what a turnout! Hundreds showed up to see Doc Walker, Michelle Wright and Jason McCoy, and their performance did not disappoint.

The Whitecourt Woodlands Performing Arts Society has been busy planning a variety of events, and both Brent Butt and Rory Gardiner will be visiting in the spring. Children's Festival returns in May, and Party In The Park and Run 4 Fun will be back in June. Women's Conference, Canada Day, Summer Street Fest – the list of events goes on. It's our community's desire to stay active, socialize and have fun that makes local events so successful, so take advantage of all that's available here in your own backyard.

Events not only provide opportunities for residents to learn, participate and socialize, but they also help attract tourists and visitors to our community which benefits our local service industry and economy overall. To all of those that help to plan, organize, host and manage these events, *thank you!*



ATTENTION ALL OFF-HIGHWAY VEHICLE OWNERS & OPERATORS

The Town of Whitecourt's Traffic Bylaw, which governs the use of quads, snowmobiles, and other off-highway vehicles (OHVs) within Town limits, only allows for seasonal use. Until March 31, OHVs are allowed to operate within the Town of Whitecourt.

For complete bylaw information, please contact the Town of Whitecourt at 780-778-2273 or visit our website at whitecourt.ca

STAY OFF THIN ICE

The Town of Whitecourt asks the public to use caution when participating in activities at the pond in Festival Park. Please obey all "Thin Ice" signs and other posted warnings, and be aware that the area is UNSUPERVISED and is to be used at your own risk.

If you require information about Festival Park pond, ice safety, planned park activities, or would like to report vandalism or unsafe conditions in the area, please call 780-778-2273.



Communities in Bloom

The Whitecourt Communities in Bloom Committee is getting ready for spring!

Check out our Facebook page for info about upcoming events including:



Our "Love Your Yard" recognition program



Garden chat group



Workshops, work bees and more!



Interested in getting involved? Contact Kelly at: kellysadoway@whitecourt.ca or call 780-778-3637 ext 407 for more information.



WHITECOURT
Food Bank
COMMUNITY HELPING COMMUNITY



The Food Bank would not be able to operate without the generous donations and volunteer support from the community. Thank you for your assistance!

WHITECOURT FOOD BANK PROVIDES:

- food
- teen bags
- diapers
- birthday bags
- toiletries
- pet food
- condoms
- menstrual products

HOURS OF OPERATION

Monday
Wednesday
Friday
11:00am to 2:00pm
Last intake at 1:45pm

NEW EVENING HOURS

Second Thursday of the month
5:00 to 8:00pm
Last intake at 7:45pm

LOCATION

76 Sunset Blvd in the Carlan Services Community Resource Centre

Call 780-778-2341
www.whitecourt.ca

TO ACCESS THE FOOD BANK

- Identification must be presented for each family member at every visit.
- Proof of residency is required, for every visit.
- 6 fills / year

The Food Bank also provides families with referrals to other community resources.

PERISHABLE BOXES

Perishable Boxes are available at noon every day that the Whitecourt Food Bank is open. The boxes are available on a first come, first served basis, and no proof of ID is required to receive the box. It is recommended those wishing to pick up a perishable box arrive around 11:30am as the demand for boxes is high.

DONATING TO THE FOOD BANK

The Whitecourt Food Bank accepts donations year round. Call 780-778-2341 to arrange a drop off of items at the Food Bank.

Cash donations can be made at the Town Office at 5004 52 Avenue. Tax receipts are provided for donations over \$20.00.

For a list of current needs, please visit www.whitecourt.ca



AROUND TOWN

FREE Winter Activities & Events

On behalf of the community, Whitecourt Town Council and staff work together to create a vibrant community with endless opportunities. The Town of Whitecourt is committed to providing our residents with services and programs that support the health and wellbeing of all members of your family. Part of this commitment involves a variety of FREE activities and events that can be enjoyed by all members of Whitecourt - all year long!



Winter Activities Facilities

FAMILY SUPPORT PROGRAMS

Allan & Jean Millar Centre / Ages 0-18

PUBLIC SKATING / SLIDE & GLIDE

JDA Place / All Ages

Sponsored by Rotary Club of Whitecourt

FREE FAMILY SWIM

3 SUNDAYS PER MONTH 6:00-8:00PM

Specific Sundays announced on Facebook.

Allan & Jean Millar Centre / All Ages

Sponsored by Rotary Club of Whitecourt PGI

ADULT SWIM TO SURVIVE LESSONS

Allan & Jean Millar Centre / 18+

CROSS COUNTRY SKIING

Whitecourt Golf & Country Club / All Ages

TOBOGGANING

Dahl Drive Toboggan Hill / All Ages

OUTDOOR ICE RINKS

Various Locations / All Ages

INDOOR WALKING GROUP

Allan & Jean Millar Centre / 60+

For current community event information follow Whitecourt on Facebook.

@TownofWhitecourt

- Allan & Jean Millar Centre
- JDA Place
- Carlan Services
Community Resource Centre
- Forest Interpretive Centre
- Carbonex Contractors Centre
- Eastlink Park
- Whitecourt Golf & Country Club
- Whitecourt Seniors Circle

FOR MORE INFORMATION VISIT US AT WWW.WHITECOURT.CA





Trails

There are over 50km of walking trails throughout Whitecourt that will take you from the hilltop area to the valley. For a trail map, visit www.whitecourt.ca

DAHL DRIVE TOBOGGAN HILL



Events

- TIM HORTONS COMMUNITY FUN NIGHTS**
Allan & Jean Millar Centre / All Ages
- CROSS-COUNTRY SKI BORROWING (FROM THE LIBRARY)**
Whitecourt Golf Course / All Ages
- WINTER PARTIES**
FEBRUARY 7 & MARCH 7
Various Outdoor Locations / All Ages
- FAMILY DAY EVENT**
SATURDAY, FEBRUARY 17
Various Locations / All Ages

Check out the event ads in this issue for more details.



FESTIVAL PARK

Whitecourt
Issued January 2024

To Mayerthorpe & Edmonton



Whitecourt

TOWN FACILITIES

JDA Place

72 Sunset Blvd • 780-778-8888

Scan the QR code for all public skate and shinney times.



Public skate is proudly sponsored by the Rotary Club of Whitecourt



FOR ICE RENTALS contact bookings@whitecourt.ca or call 780-778-3637 ext 402

Carlan Services Community Resource Centre

76 SUNSET BLVD.
780-778-3634



HOME OF THE:

- Rivers Rec Gymnastics Club
- Whitecourt Food Bank
- Whitecourt & Area Family Support Program
- Whitecourt Early Learning & Child Care Centre

WHITECOURT FOOD BANK

780-778-2341
11:00am-2:00pm Monday, Wednesday, and Friday *Last intake 1:45pm*
5:00pm-8:00pm Second Thursday of the Month *Last intake 7:45pm*

WHITECOURT TRANSIT

**BIKE RACK AVAILABLE • FREE WIFI!
30 MINUTE PICKUPS DURING PEAK HOURS!**

TRANSIT FARES

Cash Fares	\$3
Transit 10-Ticket Pack	\$25
Adult Monthly Pass	\$70
Senior/Youth Monthly Pass	\$40
Children 6 and Under	Free
Youth Groups	\$1/passenger

WHERE TO BUY

Passes and ticket packs can be purchased at:
Town of Whitecourt Office 5004 52 Avenue
Allan & Jean Millar Centre 58 Sunset Boulevard
IGA 4802 51 Street

HOURS

Monday-Thursday 6:30am-8:44pm
Friday 6:30am-7:44pm
Saturday 9:00am-3:44pm

NO BUS SERVICE ON SUNDAYS &
 STATUTORY HOLIDAYS



INTERIOR, EXTERIOR AND TRANSIT SHELTER ADVERTISING

Available for rent.
 Please contact 780-778-3637 ext. 429 or email transit@whitecourt.ca for more information on advertising rates and options.

FOR MORE INFORMATION

Call 780-778-3637 ext. 429 | Email transit@whitecourt.ca

TRANSPORTATION GRANT PROGRAM & DIAL-A-BUS

A transportation voucher program for seniors 65 years of age and older, individuals approved for AISH, and individuals under the age of 65 years with physical or functional disabilities (doctor assessed).

Discounted monthly Public Transit and Dial-A-Bus passes available. Individual fares for Public Transit and Dial-A-Bus are also accepted.

FOR MORE INFORMATION

Call 780-778-6300 | Email css@whitecourt.ca



VOUCHERS CAN BE USED FOR TRAVEL ON PUBLIC TRANSIT, THE DIAL-A-BUS AND LOCAL TAXI

Qualification information and program applications are available at the Allan & Jean Millar Centre.

DIAL-A-BUS HOURS

Monday-Friday 9:30am-12:00pm
 (first pickup at 9:40am)
1:00-3:00pm
 (last pickup at 2:45pm)



WWW.WHITECOURT.CA



ALLAN & JEAN MILLAR CENTRE

SPONSORSHIP SPOTLIGHT



"A proud member of the community."

We would like to thank the Crown & Anchor Pub for its support of the Crown & Anchor meeting room



WE ARE OVERFLOWING WITH OPPORTUNITIES TO CONNECT & GET ACTIVE!

- Pembina Gas Infrastructure Aquatic Centre
- Pembina Fitness Centre
- Rotary Running Track
- Infratech Water Play Park
- McDonald's Whitecourt Go Active Zone
- GFI Solutions Hot Tub (34 person)
- Table Tennis
- Alberta Newsprint Company Court
- Fast Mechanical Water Slide
- Aqua Rock Wall
- Steam Room (16 person)
- Whitecourt Communications Free WiFi
- Life Med Pharmacy Kids' Corner
- Alberta Newsprint Company FITStudio
- Crown & Anchor Pub Meeting Room
- Complete Projects Fieldhouse
- Foosball



THERE IS SOMETHING FOR EVERYONE FROM TOTS TO SUPER SENIORS.

CORPORATE MEMBERSHIPS

Active living has been proven to reduce absences, illness and sick days. It boosts employee productivity, energy and the ability to manage stress.

3 EASY STEPS TO A 15% DISCOUNT

- Gather 5 or more employees who want or have a membership.
- Sign up on our Corporate Membership list.
- Choose which membership plan you would like.

CORPORATE MEMBERSHIP RATES

15% DISCOUNT

	MONTHLY	ANNUAL	COST PER MONTH	COST PER DAY
Youth (13-17 yrs)	\$28.16	\$253.69	\$21.14	\$0.70
Adult (18-59 yrs)	\$45.36	\$453.26	\$37.77	\$1.24
Senior (60-69 yrs)	\$34.02	\$305.95	\$25.50	\$0.84
Super Senior (70+ yrs)	\$17.01	\$152.97	\$12.75	\$0.42

*Note: All rates include GST where applicable



If you are looking to boost company morale with no added cost contact:
 Guest Services: 780-778-3637 ext: 0
 or email: guestservices@whitecourt.ca

FACILITY RENTALS

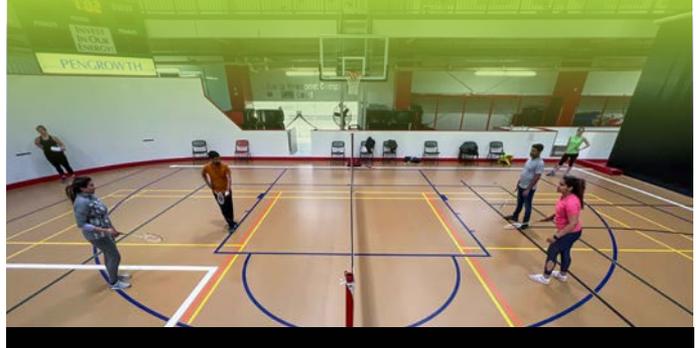
CROWN & ANCHOR PUB MEETING ROOM

Regular Rate: \$37.67/hr Non-Profit Rate: \$26.90/hr
 Daily Rate: \$150.70 Daily Rate: \$107.65

COMPLETE PROJECTS FIELDHOUSE

YOUTH FIELDHOUSE RENTALS: ADULT FIELDHOUSE RENTALS:

Full Surface: \$84.72/hr Full Surface: \$107.28/hr
 Third Surface: \$33.60/hr Third Surface: \$41.54/hr



CHILD MIND

Child Mind Services are available for children of facility guests that are 7 years of age or under. Drop-in spaces are on a first come, first served basis. If you register for a program at the Allan & Jean Millar Centre, and wish to ensure child care is available, please see Child Mind staff in advance to make arrangements or call 780-778-3637 ext. 406.

HOURS OF PLAY

Monday-Friday mornings: 8:45am-12:00 noon

Monday-Thursday evenings: 4:00-7:00pm

Saturdays: 10:00am-12:00pm

HOURS & PRICES ARE SUBJECT TO CHANGE

PUNCH PASSES

10 Hour Punch Pass \$46.13

(\$4.61 per hour)

30 Hour Punch Pass \$123.00

(\$4.10 per hour)

60 Hour Punch Pass \$230.63

(\$3.84 per hour)

DROP IN RATE

\$5.64

per hour/per child

CHILD MIND WILL BE CLOSED

March 29, 30 and May 20



Life Med Pharmacy
Kids' Corner



GO ACTIVE ZONE

Children aged 3-7 cost \$2.10 each. Adults are free. Admission is included with membership or day pass!

Indoor Playground ideally suited for children under the age of 8. Children must be supervised.



RECREATIONAL FEE ASSISTANCE PROGRAM

How do I apply?

- Complete an application form
- Applicant must live within Town of Whitecourt or Woodlands County limits
- Applicant will pay an affordable portion of the membership fee
- Applicant may apply for funding for a three-month membership per session (there are four sessions per year: Spring, Summer, Fall and Winter)
- Please return completed application form to the Allan & Jean Millar Centre
- Proof of income is required

Approved Applicants have access to:

- Complete Projects Fieldhouse
- Pembina Gas Infrastructure Aquatic Centre
- Rotary Running Track
- Alberta Newsprint Company Squash Court
- McDonald's Whitecourt Go Active Zone
- Pembina Fitness Centre



Application forms are available for pickup at the Allan & Jean Millar Centre Guest Services desk.

ALLAN & JEAN MILLAR CENTRE

INDIVIDUAL MEMBERSHIP FEES

let's go...
have FUN with FAMILY & FRIENDS

INDIVIDUAL	DAILY	10 VISIT	MONTHLY	ANNUAL	COST PER MONTH*	COST PER DAY*
Tot (under 3yrs)	Free	Free	Free	Free		
Child (3-12yrs)	\$4.15	\$37.40	\$23.45	\$210.71	\$17.56	\$0.58
Youth (13-17yrs)	\$5.75	\$51.80	\$33.15	\$298.45	\$24.87	\$0.82
Adult (18-59yrs)	\$8.85	\$79.70	\$53.35	\$533.24	\$44.44	\$1.46
Senior (60-69yrs)	\$6.80	\$61.20	\$40.02	\$359.94	\$30.00	\$0.99
Super Senior (70+yrs)	\$3.40	\$30.70	\$20.00	\$179.97	\$15.00	\$0.49
Family	\$19.80	\$178.20	*20% off Regular Membership - see below			

FAMILY MEMBERSHIP FEES

Family packages must include one adult/senior and at least one dependent child up to 18 years of age, or a full time student up to 25 years of age.

20% OFF

	MONTHLY	ANNUAL	COST PER MONTH*	COST PER DAY*
Tot (under 3yrs)	FREE	FREE	*20% OFF	
Child (3-12yrs)	\$18.76	\$168.57	\$14.05	\$0.46
Youth (13-17yrs)	\$26.51	\$238.77	\$19.90	\$0.65
Adult (18-59yrs)	\$42.68	\$426.59	\$35.55	\$1.17
Senior (60-69yrs)	\$32.01	\$287.95	\$24.00	\$0.79
Super Senior (70+yrs)	\$16.01	\$143.98	\$12.00	\$0.39

CORPORATE MEMBERSHIP FEES

Once your company has been added to our Corporate Membership List, employees will be able to choose a discounted membership plan for themselves and their partner/spouse. Proof of employment will be required at the time of purchase. Contact Guest Services for more details at 780-778-3637 ext. 0 or guestservices@whitecourt.ca

15% OFF

	MONTHLY	ANNUAL	COST PER MONTH*	COST PER DAY*
Youth (13-17yrs)	\$28.16	\$253.69	\$21.14	\$0.70
Adult (18-59yrs)	\$45.36	\$453.26	\$37.77	\$1.24
Senior (60-69yrs)	\$34.02	\$305.95	\$25.50	\$0.84
Super Senior (70+yrs)	\$17.01	\$152.97	\$12.75	\$0.42

*AVERAGES - FOR COMPARISON PURPOSES

ALL MEMBERSHIPS ARE NON-REFUNDABLE AND NON-TRANSFERABLE. ALL RATES INCLUDE GST WHERE APPLICABLE.

780-778-3637 ext. 0 for Guest Services

guestservices@whitecourt.ca | 58 Sunset Blvd. T7S 1N6 | Fax: 780-706-2483

Find us at  [facebook.com/MillarCentre](https://www.facebook.com/MillarCentre)  [allanjeanmillarcentre](https://www.instagram.com/allanjeanmillarcentre)
or visit us at www.whitecourt.ca



REGISTRATION RULES

All registrations will be accepted by phone, in person at the Allan & Jean Millar Centre or online at <https://rec.whitecourt.ca>

For your convenience, Course ID#'s have been listed for programs offered to ensure smooth and efficient registration.

- Registration online and over the phone can be paid by way of VISA/MASTERCARD/AMEX.
- Registrations are **NOT** accepted without payment.
- The registration deadline for all programs is seven days prior to the start date, unless otherwise advertised.
- If a program is cancelled by the Town, registrants will receive a full refund.

- If a participant withdraws fifteen (15) days or more prior to the registration deadline, a full refund will be issued.
- A refund, less an \$10.50 administration fee will be issued if a participant withdraws up to fourteen (14) days prior to the registration deadline.
- A prorated refund, less a \$10.50 administration fee, will be issued for medical reasons (with a doctor's note).
- The registration fee is non-refundable if withdrawn after the registration deadline.

- The Town reserves the right to cancel, combine or divide classes due to insufficient registration. Participants are given the opportunity to transfer to another class, if space is available.
- Instructors are subject to change without notice.
- The Town reserves the right to remove any person for behaviour such as bullying, fighting or foul language.
- Make-up classes are not provided due to unforeseen occurrences such as power failure, patron error, etc.

Visit <https://rec.whitecourt.ca> for up-to-date information on schedules.

PERKS OF BEING A MEMBER

- Over 15 complimentary fitness classes each week.
- Members eligible for early registration for courses and events.
- 15% OFF all Allan & Jean Millar Centre programs.
- Complimentary public skating and shinney hockey at JDA Place when available.
- FREE use of the fieldhouse, pool, track, squash court, Go Active Zone, and fitness areas.
- Option to have your annual membership put on HOLD for one month. (€5.25 fee will be applied)
- Free orientation to the Pembina Fitness Centre.



FACILITY HOURS

Monday-Friday 5:30am-10:00pm
Saturday & Sunday 9:00am-9:00pm

This facility has planned maintenance periods throughout the year. The shutdown period varies by amenity depending on the work to be done. Reduced schedules and activities may occur in some areas; other areas may be closed completely. This shut down period is built into the price of the membership fee and no refunds or extensions will be given. Please watch for facility signage. Must be 16 years of age to use the Pembina Fitness Centre or 13 years of age with Weight Training for Teens certification.

HOLIDAY HOURS AND CLOSURES

February 19	Family Day	9:00am-9:00pm
March 29	Good Friday	9:00am-9:00pm
March 31	Easter Sunday	9:00am-9:00pm
May 20	Victoria Day	9:00am-9:00pm

SPECIAL EVENT CLOSURES

May 4
Third Fieldhouse Closed All Day
Full Fieldhouse Closed 6:00-9:00pm

REGISTRATION IS ONGOING. REGISTER EARLY TO AVOID DISAPPOINTMENT.

Fee Assistance is available for Town of Whitecourt & Woodlands County residents in financial need. Please contact Guest Services at 780-778-3637 ext. 0 or guestservices@whitecourt.ca

OUR FACILITY IS WHEELCHAIR ACCESSIBLE.



<https://rec.whitecourt.ca>



ALLAN & JEAN MILLAR CENTRE



**MAKE IT A COMBO -
ADD A TRANSIT PASS!**
 Combo Prices
 • Child \$100.00 • Youth \$130.00
 • Student \$210.00

ATTENTION STUDENTS!
 SPEND YOUR SUMMER IN STYLE!

2024 **Summer**
FUN PASS

CHILD \$61.10
 (Ages 3-12 yrs)

YOUTH \$77.76
 (Ages 13-17 yrs)

STUDENT \$127.75
 Full-Time Post-Secondary Students
 must provide student ID

PASS VALID MAY 1 THROUGH AUGUST 31



Find us at facebook.com/MillarCentre

PARTY WITH US!

Bring your family, friends or co-workers to the Allan & Jean Millar Centre to celebrate your next get-together. It could be a birthday or team party. Whatever the occasion, we will make it an easy and an enjoyable experience for all.

BASE RATE: \$104.21

The Base Rate includes a 2-hour space rental and All-Access passes on the day of your booking for up to 25 guests.

ADD-ONS:

FACILITATED PARTY \$67.74

Spend an hour with one of our great Party Leaders! Facilitated parties can accommodate up to 25 participants (parents and siblings included).

CONTACT US FOR AVAILABLE DATES!

Popular themes are:

- Crazy Science
- Amazing Art
- Nerf Mania

BUILD THE PARTY THAT BEST FITS YOU!

BOUNCY CASTLE AND SLIDE

\$130.26/hour

- Available on the following weekends: March 23/24, April 27/28, May 18/19

50' INFLATABLE OBSTACLE COURSE THE "TIM HORTONS DOUBLE DOUBLE"

\$130.26/hour

- Available on the following weekends: March 16/17, April 13/14, May 11/12

GIANT GAMES!

Add giant checkers, chess, Jenga, Snakes & Ladders, or Kerplunk to your party! \$20.84/game or 3 games for \$52.52

Additional space rental, set up time, and large group rates available.

Please contact Guest Services at the Allan & Jean Millar Centre to build your party or for more information.

Please note that specialty parties (Inflatable and Facilitated) require booking two weeks in advance of party date to ensure staffing.

RECREATION PROGRAMS

ENHANCEMENT GRANT

The Town of Whitecourt Enhancement Grant is offered to recreation, arts, and culture organizations and groups to provide funding for the enhancement of programs, services, special events, specialized equipment or facility that are not usually funded through their annual budgets.



To be considered for this grant, a representative from the group or organization is required to attend the **ENHANCEMENT GRANT WORKSHOP ON WEDNESDAY, MARCH 6 FROM 5:30-6:30 PM** at the Allan & Jean Millar Centre in the Crown & Anchor Pub Boardroom, unless they have already attended. Please check our website www.whitecourt.ca or call the Recreation Coordinator at 780-778-3637 ext. 421 or email nicoletarves@whitecourt.ca for more information.

APPLICATION DEADLINE DATE:

Friday, March 15 at 4:00pm for all applications
 Information/Applications available at:
 Allan & Jean Millar Centre
 58 Sunset Blvd
 Phone: 780-778-3637

OUTDOOR PICKLEBALL

Want to get outside for some pickleball? We have you covered! A portable net is available through the Allan & Jean Millar Centre and a pickleball court is ready and waiting at Percy Baxter School. Want an option up the hill? We also have pickleball courts set up at the tennis court by the Carlan Services Community Resource Centre.



Start date is weather dependent.

Portable Net Lending requires a \$25.00 damage deposit for non-members and FREE for members. Contact bookings at 780-778-3637 ext. 402 for information on booking a portable net.

Complete Projects Fieldhouse Programming

NO EXPERIENCE NECESSARY!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-11:00am ALL AGES	Pickleball Skill Development	Pickleball			
3:45-5:00pm AGES 12-17	Youth Drop-In Badminton	Youth Drop-In Ball Hockey	Youth Drop-In Basketball	Youth Drop-In Volleyball	Youth Drop-In Multi-Sport
8:00-10:00pm AGES 18+	Adult Drop-In Badminton &/or Pickleball	Adult Drop-In Indoor Soccer	Adult Drop-In Basketball	Adult Drop-In Volleyball &/or Pickleball	Adult Drop-In Multi-Sport



*Please note that this schedule is subject to change due to programs and events.

Members: FREE Youth: \$3.00 Adult: \$4.48



Tim Hortons.

COMMUNITY FUN NIGHT

5:30-8:30

Everyone is welcome to join in! Check out our fun and FREE fieldhouse activities at the Allan & Jean Millar Centre. Our inflatable obstacle course "The Tim Hortons Double Double" will be up and ready to go for all Tim Hortons Community Fun Nights!



CHILDREN UNDER 8 MUST BE ACCOMPANIED BY AN ADULT.

FREE

**MARCH 16
EGGSTRAVAGANZA!**

Spring is almost here! Join us for an evening of fun crafts and an egg hunt in our fieldhouse. Also, kick off our AJMC Easter Scavenger Hunt!

**APRIL 13
Superhero Training Night!**

Join us for an evening of superhero challenges & fun! Costumes encouraged!

**MAY 11
Family Game Night!**

An evening full of fun and games! Board games, jumbo games, gym games, you name it!



EASTER SCAVENGER HUNT



Come to the **Allan & Jean Millar Centre** between Saturday, March 16 and Tuesday, April 2 and take part in our Easter-themed scavenger hunt. Solve clues, find the eggs, and claim your delicious prize! Also, don't forget to enter into our **GRAND PRIZE DRAW**.

We will be kicking off the fun at our **TIM HORTONS COMMUNITY FUN NIGHT EGGSTRAVAGANZA!**

Stop by Guest Services to get your first clue!



SUNDAY FUN DAY!

Get ready for a morning of family fun! One Sunday a month, we will set up our inflatable bouncer with slide, along with a themed craft and activities in part of the Complete Projects Fieldhouse. This is a parented program and the price is per participating child. **MIN.8/MAX.20**

10:00-11:30 AM • AGES: 0-8 AND THEIR FAMILIES

DATE	COURSE ID#	FEATURED ACTIVITY
March 24	9096	Easter Fun! Themed obstacle course and bunny ear craft
April 28	9097	Mad Hatter Tea Party! Hat making and tea party role play
May 19	9098	Spring Flowers! Spring inspired crafts and games

MEMBERS: \$6.50 • RETAIL: \$7.48 • TOT (AGES 0-2): \$3.00
ALLAN & JEAN MILLAR CENTRE

RECREATION PROGRAMS



REGISTERED RECREATION PROGRAMS - CHILD/YOUTH

SPORTS

YOUTH MULTISPORT

Love sports, but not ready to be tied down to just one? Want to stay active and see what's out there? Sign up for our NEW multisport program! We will explore a different sport each night including soccer, volleyball, gymnastics, basketball, badminton, and floor hockey. This will include rule introduction, skill development and game play where applicable! Led by Allan & Jean Millar Centre Program Leaders.

Min. 6/Max. 12

Mondays

April 8 to May 13

4:00-4:45pm

Ages 8-12

Course ID#: 9100

Members: \$42.00

Retail: \$48.30

HOMESCHOOL MULTISPORT

Love sports, but not ready to be tied down to just one? Want to stay active and see what's out there? Sign up for our NEW multisport program! We will explore a different sport each night including soccer, volleyball, gymnastics, basketball, badminton, and floor hockey. This will include rule introduction, skill development and game play where applicable! Led by Allan & Jean Millar Centre Program Leaders. Min. 6/Max. 12

Wednesdays

April 10 to May 15

2:00-2:45pm

Ages 6-12

Course ID#: 9106

Members: \$42.00

Retail: \$48.30

KIDS NIGHT OUT

SURF, NERF & TURF NIGHT OUT

Get ready for an evening of high-energy fun! We will go swimming, eat pizza, play nerf wars and more fieldhouse fun. Includes dinner and snacks. Bring swimsuit, towel, indoor runners and a labeled water bottle. Min 8./Max 24.

Friday, March 8

5:30-8:30pm

Ages 8-12

Course ID#: 9110

Members: \$27.00

Retail: \$31.05

ARTS & CRAFTS

TIE DYE & DIY

Hang out with Grace for some DIY fun! We will be making our own lip balms, silicone bead keychains, and tie dyeing! BYO piece of clothing to tie dye. We will also provide white scrunchies.

Saturday, March 16

2:00-4:00pm

Ages 10-14

Course ID#: 9111

Members: \$23.00

Retail: \$26.50

JUST DIY IT-FAIRY GARDENS

Participants will embrace their creative side to make a beautiful fairy garden to keep! After coming up with our design, we will create the pieces, then put everything together.

Min. 6/Max. 12

Saturday, April 6

10:00am-12:00pm

Ages 8-12

Course ID#: 9107

Members: \$23.00

Retail: \$26.50

PD DAYS

HARRY POTTER HALF DAY CAMP

After everyone is sorted into their houses, its time for spell classes, potion making and a friendly Quidditch match!

Thursday, May 16

1:00-4:00pm (drop off 12:45-1:15pm, pickup 3:45-4:15pm)

Ages 6-12

Course ID#: 9108

Members: \$20.00

Retail: \$23.00

BLOWING OFF STEAM HALF DAY CAMP

Love building and creating? This is the camp for you! Activities will relate to the main STEAM principles: Science, Technology, Engineering Arts, and Math.

Friday, May 17

1:00-4:00pm (drop off 12:45-1:15pm, pickup 3:45-4:15pm)

Ages 6-12

Course ID#: 9109

Members: \$20.00

Retail: \$23.00

Please bring a nut-free snack, indoor running shoes, and labelled water bottle for all camp programs.

Have an idea for recreation programming that you would like to see in Whitecourt? We'd love to hear it! Contact 780-778-3637 ext. 421 or email nicoletarves@whitecourt.ca

MILLAR CENTRE

Spring Break Discovery Camp

Join our awesome leaders for a Spring Break full of discovery. We will explore a different theme every day through games, crafts, activities, and outdoor adventures, so sign up for just one day or all four. It's up to you! Just get ready for loads of adventures! **Min.12/Max.20** for the week (limited daily spots available)

Monday	AJMC Olympics	Course ID#: 9102
Tuesday	Amazing Art & Silly Science	Course ID#: 9103
Wednesday	Nature Explorers	Course ID#: 9104
Thursday	Under the Big Top	Course ID#: 9105

Monday, March 25-Thursday, March 28
9:00am-4:00pm
Ages: 6-12
Allan & Jean Millar Centre

Members: \$40.00/day **Retail:** \$46.00/day
Members: \$135/week **Retail:** \$155.24/week
Full Week Course ID#: 9101



REGISTERED RECREATION PROGRAMS - ADULT

HIKING & HERB GARDENS

We will start with a group hike (approximately 4km) then enjoy some post-hike snacks while building our own herb garden planters to take home! Children are welcome to participate with a registered adult (work together on the same herb garden), or register to make their own. Meet at the Forest Interpretive Centre. This is an outdoor program, please dress for the weather and bring your own water.
Min. 8/Max. 16.

Saturday, May 4
10:00am-12:00pm
Course ID#: 9112
Members: \$16.00

Retail: \$18.40

RECREATION PROGRAMS

GO GIRL CONFERENCE 2024



Edson & District Leisure Centre
Saturday, May 11, 2024

10:00am–4:15pm

Grades 5–9

Registration will be open April 8-30

Cost: \$20.00

Lunch & snacks provided.

Register at the Allan & Jean Millar Centre.

Busing will be provided to Edson.

For more information, contact the Recreation
Coordinator at 780-778-3637 ext. 421

RECREATION PROGRAMS

CANADIAN RED CROSS

STAY SAFE



Real-world scenarios often call on children to respond to challenges. The Stay Safe program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve their own safety. Whether in their community or on their own, this group will be given tools to Stay Safe in a variety of different situations. Prerequisite: 9 years or completion of grade 3.

April 14
10:00am-4:00pm

Sunday
Registration deadline: April 7
Course ID#: 9024

May 26
10:00am-4:00pm

Sunday
Registration deadline: May 19
Course ID#: 9086

Member: \$45.00 Retail: \$51.75

Visit <https://rec.whitecourt.ca> for up to date info on courses and schedules.



CANADIAN RED CROSS

Babysitting course



The Babysitting Course, refreshed and revised, now has a greater emphasis on First Aid skills. The Canadian Red Cross Babysitting Course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. This updated curriculum, complete with new science, also provides improved learning when it comes to giving the appropriate care in the event of an emergency.

Prerequisite: 11 years or completion of Grade 5

March 9 & 10
Saturday and Sunday
1:00pm-5:30pm

Registration deadline:
March 2
Course ID#: 9017

May 4 & 5
Saturday and Sunday
1:00pm-5:30pm

Registration deadline:
April 27
Course ID#: 9087

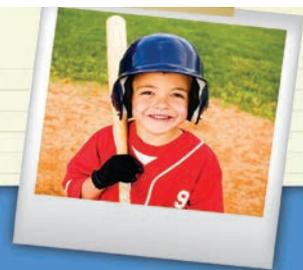
Member: \$55.00 Retail: \$63.25

Visit <https://rec.whitecourt.ca> for up to date info on courses and schedules.



YOUR KIDS CAN HAVE A SPORTING CHANCE TOO. APPLY TODAY

To see how we can help your Kids with registration, equipment and transportation for local recreation, call 1-877-616-6600 or online www.jumpstart.canadiantire.ca



We believe that no kid should be left on the sidelines and ALL should be given the opportunity to experience the positive benefits of organized sports.

KidSport™ provides support to children in order to remove financial barriers that prevent them from playing organized sport.

780-706-0202

www.kidsport.ab.ca
To apply or donate

FCSS PROGRAMS

new HOPE

FOR ADULTS

Learning to Create Positive Healthy Personal Relationships Free of Violence and Abuse

2-Day Course for Men & Women

**Next Session:
March 14 & 15**

Topics covered are, but not limited to:

- Managing anger and other uncomfortable emotions
- Communicating effectively
- Recognizing abusive behaviour in relationships
- Making positive changes in relationships
- The effects of unhealthy relationships on children
- Strategies to reduce stress

**Offered 4x per year.
Call 780-778-6300**

Learn More



Proudly supported by:
Alberta **FAMILY VIOLENCE INITIATIVE**
Family, Community Agency

whitecourtfvi.ca

roots

**Where Foundations
Are Formed**

Building Resiliency in Children & Teens Who Have Witnessed Family Violence or Anger Related Issues

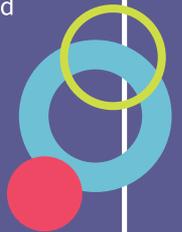
Programs for Ages 8-17

Program Goals

Help children learn confidence and resiliency, learn about healthy relationships, and develop strong communication skills.

Help children learn to develop a safety plan.

Help children identify their feelings and express them in a non-violent way.



**Pre-registration
is required.
Call 780-778-6300**

Learn More



Proudly supported by:
Alberta **FAMILY VIOLENCE INITIATIVE**
Family, Community Agency

whitecourtfvi.ca

Treks & Travels



one night with THE KING!

MAYFIELD DINNER THEATRE
SUNDAY, MARCH 24 MATINEE

Performance at noon. Ticket includes return transportation to Edmonton, meal with gratuity and administration fees (from Mayfield) and travel refreshments.

Cost
 Seniors Circle Member (60+): \$111.50
 Non-Seniors Circle Member (60+): \$156.90

Departure Time
 8:00am JDA Place (Arena) - 78 Sunset Blvd
 8:15am Cottonwood Esso - Highway 43
 Course ID #9133



Indoor Walking Group



Thursdays 10:00-11:30am
Allan & Jean Millar Centre, Rotary Walking Track

Walking is an excellent way to maintain or improve good health and well-being. A non-facilitated walk will take place on the walking track; remember to keep single file while using the track.

Return transportation from the Spruceview Lodge and Woodland Villa is offered to seniors 60+; pick up times from the Villa begin at 10:00am. To book your free ride on the Dial-A-Bus, call 780-706-5755.

FREE

Last day May 4

For more information, call Fay Arcand at 780-778-3637 ext. 417.

New **SOCIAL PRESCRIBING: A Formal Referral Pathway**
 Connecting healthcare providers to community-based services for older adults



Healthcare Providers → **Link Workers** → **Aging in Community Supports**

BRIDGING THE GAP

Social prescribing is a holistic approach to healthcare that bridges the gap between medical and social care services. Through this approach, healthcare professionals refer patients to community-based programs to improve their health and enhance their quality of life. Social prescribing promotes health equity by addressing social needs that affect health and well-being, such as access to adequate housing, food, transportation, income and social support. This helps older adults with limited natural supports to thrive.

The Seniors Resource Lead (Link Worker) will receive social prescriptions (referrals) from the health system (doctor's offices, nurses, homecare, Primary Care Network, or hospital discharge). The Seniors Resource Lead will then work with seniors to address their needs related to the social determinants of health by connecting to the variety of programs and services that exist within the community. This program is intended to ensure that seniors can age in their chosen community for as long as possible without needing to transition to higher levels of care.

If you have questions, you can call the FCSS Program Coordinator at 780-778-3637 ext. 417 or email fayarcand@whitecourt.ca.



FCSS PROGRAMS

National Volunteer Week
April 14-20, 2024

Every Moment Matters

Please join the Town of Whitecourt in celebrating those who give selflessly of their time in our community.



Whitecourt's Volunteer Awards Program

Community members are invited to nominate deserving individuals, corporations, and agencies/groups for recognition through this five category volunteer award.

- Community Leader
- Outstanding Youth Volunteer
- Longstanding Achievement
- Corporate Leader
- The Extra Miler

One nominee from each category will be selected. The successful nominee of each category will receive a prize pack in recognition of their volunteering spirit.

For category information and nomination forms, visit www.whitecourt.ca. Nomination packages can also be picked up from Guest Services at the Allan & Jean Millar Centre. The deadline for nominations is Monday, April 8.

Lunch and Learn

A lunch hour session for non-profit organizations featuring a guest speaker from Volunteer Canada to discuss 'Volunteer Recruitment and Retention'.

Date: Thursday, April 18

Time: 11:30am-1:00pm

Cost: \$5.00

Limit 2 people per organization

To register for this event call the Allan & Jean Millar Centre at 780-778-3637 ext.0

COMMUNITY VOLUNTEER INCOME TAX PROGRAM

Program begins February 26, forms accepted until April 22

To find out if you are eligible for help, use the income levels shown in the table called "Maximum Income Levels". For each additional dependant you have, add \$2,500 to the family income. Interest income must be less that \$1000.

Volunteers can only complete returns for the current tax year and do not prepare complex returns, such as returns for individuals who:

- have self-employment income;
- have capital gains or losses;
- file for bankruptcy;
- have business or rental income and expenses;
- have employment expenses;
- deceased in the year.

Maximum Income Levels

Taxpayer Status:	Family Income:
Single person	up to \$30,000
Couple	up to \$40,000
One adult with one child	up to \$35,000

Bring all tax forms (T-4 slips, Social Insurance Number, yearly prescription print outs, etc.) to the Allan & Jean Millar Centre from 9:00am-12:00pm and 1:00-3:00pm Monday to Friday. A tax information questionnaire must be completed when handing in tax slips.

NEW!

DROP-IN TAX CLINIC

Whitecourt Seniors Circle

1:00-4:00pm
 March 12 and 19

DROP-IN TAX CLINIC

at the Allan & Jean Millar Centre, 58 Sunset Blvd

Thursdays from 1:00-3:00pm
 March 7, 14, 21, 28
 April 4, 11



GET GROWING!

Check out our website for the latest Community Garden updates and to download the 2024 Gardener's Contract.
www.whitecourtcommunitygarden.com

ANNUAL GARDENER'S MEETING
WEDNESDAY, APRIL 3
DROP-IN FROM 7:00-8:30PM
 ALLAN & JEAN MILLAR CENTRE IN THE CROWN & ANCHOR MEETING ROOM

Garden plots will be assigned and a gardener's contract will be required.
 Plots are \$40 per season and due at time of registration.

FREE

Armchair Travels

Whitecourt 

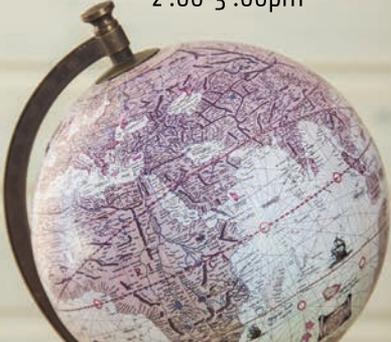
March 13 ID:9001 **MONGOLIA**
 April 10 ID:9127 **ITALY**
 May 8 ID:9128 **NEW YORK CITY**

Join in the fun as we explore different parts of the globe. Armchair Travels provides the opportunity to learn about different countries, cultures, cities, and customs all from the comfort of our seats. Each month we will explore a different part of the world.

2:00-3:00pm

Allan & Jean Millar Centre in the Crown & Anchor Meeting Room

Call 780-778-3637 ext.0 to register.




MEET OUR In-School Mentors!

Did you know that the Town of Whitecourt, in partnership with local schools, offers a volunteer in-school mentorship program?

We are always looking for new mentors that want to make a difference in the life of a child in our community!

For more information contact Emma Harper at 780-706-0202 or emmaharper@whitecourt.ca.
www.whitecourt.ca



ANGIE 

Next Issue:
more mentors to meet

Where and what grade do you currently mentor?
Whitecourt Central School, Grade 2

How long have you been a mentor? 4 years

Why did you decide to become a mentor? In my life, I have benefited from amazing adult influences and want to be a positive role model in a child's life.

What do you enjoy most about mentoring? Every week I look forward to connecting with the child I mentor, playing games, crafting, and spending quality time doing activities that are initiated by the child.



STEPHANIE 

Where and what grade do you currently mentor?
École St. Mary School, Grade 4

How long have you been a mentor? This is my first year with the mentor program!

Why did you decide to become a mentor? I joined the mentor program as I wanted to impact a child's day in a positive way, it also shines light on my day too!

What do you enjoy most about mentoring? Mentoring provides an opportunity for the individual and myself to take a step back and enjoy the moment.

FCSS PROGRAMS



Hang out with us after school
at the Allan & Jean Millar Centre!

WEDNESDAY-FRIDAY
3:30-5:30PM
RUNS UNTIL MAY 31

Open to All Youth
Grades 6-12

FREE PROGRAM

Snacks Provided

FREE TRANSIT
to and from the program.

 MillarCentre  allanjeanmillarcentre

Contact the Allan & Jean Millar Centre at 780-778-3637 for more information.




GRADES
★ **4 & 5**

FREE! SNACKS PROVIDED!

Hang out with us the third Tuesday of every month for different themed activities!

This is a free program and no registration is required. Our Public Transit bus stops at Central, École St. Mary, and Pat Hardy after school and takes you directly to the Allan & Jean Millar Centre!

 MillarCentre  allanjeanmillarcentre

MARCH 19 / GAMES GALORE!
Join us for giant games, board games, trivia, and even a scavenger hunt! You won't want to miss our giant game of battleship or testing your trivia skills against our leaders!

APRIL 16 / COMPLETE PROJECTS FIELDHOUSE MINI PUTT
We are transforming the Complete Projects Fieldhouse into a 9 hole game of mini putt! We'll also have some materials to make some fun additions to the course!

MAY 21 / STICKS & STONES
Using items from nature, we will be playing group games, painting, and making our very own game of dominoes or tic tac toe.

PARENTS
Doors Open Grade 4&5 is a free program that introduces younger grades to our Doors Open Youth Program. It is completely free and supervised bussing is provided after school to the program. This is a great opportunity to develop independence and familiarization with the transit system, while in a safe and fun environment!

Questions? Contact the Youth Development Coordinator at 780-706-0202.

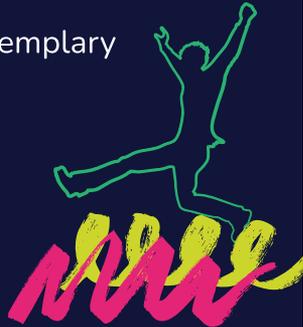


SPIRIT OF YOUTH

WHITECOURT YOUTH ARE DOING GREAT THINGS AND WE WANT TO HEAR ABOUT THEM!

The Spirit of Youth recognizes exemplary youth citizens that display:

- ADVOCACY
- LEADERSHIP
- COMMUNITY ENGAGEMENT
- ARTS AND CULTURE
- PERSEVERANCE
- PEER SUPPORT WITHIN THEIR COMMUNITY



The Spirit of Youth is awarded to Whitecourt youth who are devoted to helping others within the community and who display leadership and dedication in their involvement in programs, activities, and all they do. By recognizing these successes in youth, we are supporting them in their pursuit to build developmental assets. Highlight these youth by nominating them for a Spirit of Youth Award.

Thank you to all that nominate and take the time to recognize the contributions and achievements of these outstanding community ambassadors.

Nomination forms are available at www.whitecourt.ca or by calling Emma at 780-706-0202 or by email emmaharper@whitecourt.ca

NOMINATION DEADLINE:
Tuesday, April 9, 2024



YOUTH WEEK MAY 1-8 2024

OPEN TO EVERYONE IN GRADE 6-12

Join us for our first annual celebration of youth!

We will have FREE events, information sessions, and drop in activities happening all week long.

So get out there, connect with your community, dive into a new activity, and have fun!

Does your organization offer services or programming for youth in Whitecourt and Woodlands County? Are you interested in being a part of Youth Week or showcasing your services?

Reach out to the Youth Development Coordinator at 780-706-0202 or emmaharper@whitecourt.ca by March 15.

whitecourt.ca
TownofWhitecourt
youthofwhitecourt



ARTS & CULTURE

Shaving Cream Dream

In this creative craft workshop, use glue, shaving cream and craft paper to create Easter themed creations. Min. 7/ Max. 15

Saturday March 23, 2024

1:00pm-3:00pm

Instructor: Sharon Burrows

Ages: 7+

Allan & Jean Millar Centre Classroom

Members: \$30.95

Retail: \$33.59

Course ID#: 9123



Are you an artist that is willing to teach? Or, do you have a crafty skill you want to share? We are looking for people to run various art and craft workshops.



LOOKING FOR Artists & Crafters!



For more information, please reach out to Arts & Culture Coordinator, Andrew Malmquist at 780-778-3637 ext. 423 or by email at andrewmalmquist@whitecourt.ca





SATURDAY

MAY 4, 2024

**ALLAN & JEAN MILLAR
CENTRE**

SHOW 7:30PM DOORS 7:00PM

MUSICIAN

TED_x SPEAKER

COMEDIAN

TICKETS

\$25 PLUS GST

TICKETS AVAILABLE AT THE
ALLAN & JEAN MILLAR
CENTRE

AGES 18+

Get ready to laugh along while Rory
untangles life in suburbia, raising
kids, marriage, ageing parents, dogs
& mother nature!



BAR SERVICE & SNACKS AVAILABLE. LICENCED EVENT

FAMILY SUPPORT PROGRAMS



WHITECOURT & AREA Family Support PROGRAM (FSP)

DIVERSION SERVICES

Free, accredited, family centred, solution-focused counselling and family support for families with youth aged 7-18 years of age in Whitecourt and throughout the SPARK FRN including Swan Hills, Valleyview to Onoway and all the summer villages in between.

SUPPORTS INCLUDE

- Parenting skills
- Conflicts in family relationships
- Coping with separation/divorce/family changes
- Communication
- Anxiety/depression
- Grief and loss
- Aggressive behaviour
- Adolescent issues
- Self-esteem

Families can *self-refer* to the program or be referred from a supporting agency. Service can be arranged by contacting the Family Support Program Team Lead by phone: 780-778-8755, or email: michellerobinson@whitecourt.ca



@WhitecourtAreaFamilySupportProgram part of the SPARK FRN (Supporting Parents and Alberta's Rural Kids Family Resource Network)



Read & Roll

REGISTER

Calling all parents with children ages 3-6!

Join us for an exciting, interactive program for you and your child aged 3 to 6. We will read an age appropriate book and then roll with activities to promote engagement, early literacy, and speech.

We will demonstrate how to foster your child's interest in books while encouraging language development through group activities. Limited childcare spots available for younger siblings.

April 12-May 24
Fridays
10:30-11:30am
Course ID#: 9016



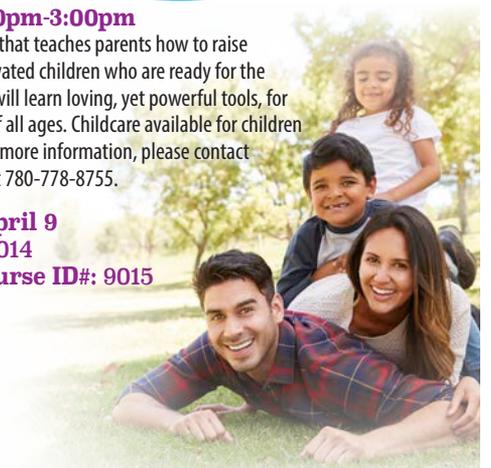
Love & Logic

REGISTER

Tuesdays 1:00pm-3:00pm

A six-week program that teaches parents how to raise self-confident, motivated children who are ready for the real world. Parents will learn loving, yet powerful tools, for parenting children of all ages. Childcare available for children 0-6 years of age. For more information, please contact Michelle Robinson at 780-778-8755.

March 5 to April 9
Course ID#: 9014
Childcare Course ID#: 9015



WATCH FOR UPDATES ON FACEBOOK



@WHITECOURTAREA FAMILY SUPPORT PROGRAM



PHYSICAL HEALTH & WELL-BEING



SOCIAL COMPETENCE



EMOTIONAL MATURITY



LANGUAGE & THINKING



COMMUNICATION SKILLS & GENERAL KNOWLEDGE

WATCH FOR UPDATES ON FACEBOOK

FAMILY SUPPORT PROGRAMS

FAMILY SUPPORT PROGRAMS

Kids in Action **DROP IN**

Bring your little ones to participate in a variety of high energy games and free play. This parented program is suited for children walking to 6 years of age.

Tuesdays 9:30-10:30am
 March 5-March 19 and
 April 2-May 28

Creative Chaos

Children will enjoy a different messy activity every week while in the company of other children. This parented program is suited for children 2-6 years of age.

Thursdays
 10:00 -11:00am
 April 11 - May 23

DROP IN

Musical Munchkins **DROP IN**

Build literacy, culture, music, and gross motor skills through instruments, dancing, singing and movement. This parented program is suited for children 0-6 years of age.

Wednesdays 10:00-10:45am

Dates: March 6-20,
April 3-May 29

FAMILY Frenzy **REGISTER**

SATURDAYS
10:00-11:00AM

Come join us each month for games, activities, and socialization with families in our community. Registration is required.

Spring into Crafts
 March 23
 Course ID#: 9010

Building Masters
 April 20
 Course ID#: 9011

Lunch & Learn **REGISTER**

Join us once each season for your mid-day meal, and to meet other parents, as we expand your understanding and confidence on various topics featuring local community presenters. Limited childcare for children ages 0-6 years of age. Lunch is provided.

Wednesdays 11:30-1:00pm

Coping with Stress in Life
 March 20
 Course ID#: 9006 Childcare Course ID#: 9007

The Science of Stress: Foundations of Caregiver Support **REGISTER**

Trauma occurs as the result of an intense event that threatens the safety or security of an infant, child or youth. Prolonged exposure to traumatic events can lead to toxic stress, which changes the brain's overall development. Caregivers who use a trauma-informed approach are better able to provide repeated positive and safe responses and report positive changes in their child's emotional and behavioral needs.

Join the Family Support Program as we explore the connection between stress and the developing brain in the third of five seminars of the Foundations of Caregiver Support program.

Light refreshments will be provided. Public transit can be arranged as needed. Childcare available for children 0-6 years of age. For more information, please contact Michelle Robinson at 780-778-8755.

Saturday, March 16
 10:00am-1:00pm
 Course ID#: 9012 Childcare Course ID#: 9013

Touring Tots **REGISTER**

Come join us for a family fun community adventure! Each adventure has a different theme related to community establishments, and promotes early childhood learning skills such as literacy, numeracy, community awareness and creative expression. This parented program is for children 3-6 years of age.

Limited childcare spots available for younger siblings.

Cosmetology with Hilltop High School
 March 15
 12:30-1:30pm
 Course ID#: 9008

Whitecourt Public Library
 May 24
 10:00-11:00am
 Course ID#: 9009

PEMBINA FITNESS CENTRE

COMPLIMENTARY FITNESS CLASSES FOR MEMBERS

* Available for all guests with a day pass.

CLASSES SUBJECT TO CANCELLATION DUE TO LOW ATTENDANCE



CLASSES RUN FEBRUARY 20 TO MAY 16 • NO CLASSES MARCH 25 TO APRIL 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Early Bird H2O 6:15-7:00am		Early Bird H2O 6:15-7:00am	Body Blast 6:00-6:45am		
	Water Warriors 9:00-10:00am	Body Blast 9:15-10:00am	Water Warriors 9:00-10:00am	Body Blast 9:15-10:00am		Saturday Sweat 10:15-11:00am
	Free to Move 10:15-11:00am <i>(ends March 18)</i>		Adaptive Fitness 10:00-10:45am			
AFTERNOON		Gentle Water Fitness 12:00-12:45pm		Gentle Water Fitness 12:00-12:45pm		
	Shred Express 12:15-12:45pm	Shred Express 12:15-12:45pm	Shred Express 12:15-12:45pm	Shred Express 12:15-12:45pm		
EVENING		Shred 45 5:15-6:00pm		Shred 45 5:15-6:00pm		
	Total Body Tabata 7:00-7:45pm		Yoga Core 7:00-7:45pm	Movement & Stretch 7:00-7:45pm		



WATER FITNESS

EARLY BIRD H2O

A class for those who want to start their day off right with a full-body workout! This is a fun aqua class that focuses on improving muscular strength and endurance by using a variety of equipment. We're usually in the shallow end or the lazy river (but we're not lazy!). No swimming skills required.

All Levels
Mondays, Wednesdays
6:15-7:00am

GENTLE WATER FITNESS

This aquatic exercise class is designed to meet the needs of people who have health conditions resulting in pain and dysfunction when participating in land based fitness activities. This class is a low impact 45-minute class that focuses on enhancing mobility, muscle strengthening, and increased range of motion. The class is ideal for orthopedic, arthritis, hypertension, and joint replacement conditions and for those who have weakness and/or physical limitations and takes place in the Leisure Pool (warmer water).

Beginner
Tuesdays, Thursdays
12:00-12:45pm

WATER WARRIORS

This aqua class is a full body workout focusing on functional fitness in a supportive environment. The joint friendly exercises help to improve cardio, muscular strength and endurance as well as range of motion. Classes are conducted in both chest-deep and deep water (options will be given for both) and are suitable for all levels of fitness.

All Levels
Mondays, Wednesdays
9:00-10:00am



LAND FITNESS

ADAPTIVE FITNESS

This group class is tailored to individuals with disabilities and the workouts are designed to the needs of individuals. These workouts include cardio, strength training, core work, Pilates and stretching.

All Levels
Wednesdays
10:00-10:45am



BODY BLAST

Strengthen and tone every muscle group in this energizing class. Challenge yourself with interval cardio components as well as strength and endurance exercises.

All Levels
Tuesdays
9:15-10:00am



Thursdays
6:00-6:45am
9:15-10:00am



SATURDAY SWEAT

Kick your weekend off with total-body training. This fitness class covers it all-cardio, strength training and core work. This workout is guaranteed to raise your energy levels and keep your metabolism elevated throughout the weekend.

All Levels
Saturdays
10:15-11:00am



SHRED EXPRESS

This class works your entire body with cardio, lower body, upper body and core exercises. This 30-minute experience is for those wanting a serious no-nonsense sweat.

All Levels
Mondays, Tuesdays, Wednesdays, Thursdays
12:15-12:45pm

SHRED 45

This class is a total body, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind after your work day!

All Levels
Tuesdays, Thursdays
5:15-6:00pm

TOTAL BODY TABATA™

Tabata + Group Fitness = Total Body Tabata! This workout is designed to torch fat, build muscle and get you fitter faster.

All Levels
Mondays
7:00-7:45pm

MIND-BODY

FREE TO MOVE

Using natural body movement, we will develop your strength, flexibility, and mobility; all without the use of any weights. When your body moves properly, you feel better. Improved mobility can not only lessen the risk of injury in everyday life but can also improve strength gains both in and out of the gym.

All Levels
Mondays
10:15-11:00am



MOVEMENT & STRETCH

Take time to relax and rejuvenate with some weekly self care. This class will focus on mobility and flexibility using gentle movements, stretching, basic yoga poses and rolling techniques to increase range of motion and release tight muscles.

All Levels
Thursdays
7:00-7:45pm

YOGA CORE

This class will focus on increasing your core strength as well as focusing on improving your flexibility, balance and strength.

All Levels
Wednesdays
7:00-7:45pm



All classes 13+ unless otherwise stated

MUST BE 16 YEARS OF AGE TO USE PEMBINA FITNESS CENTRE OR 13 YEARS OF AGE WITH WEIGHT TRAINING FOR TEENS CERTIFICATE

SCHEDULE AND PROGRAMS SUBJECT TO CHANGE. Stay up to date by checking our website <https://rec.whitecourt.ca>

FITNESS GUIDE

BLUE Aquatic Class
RED Land Class
ORANGE Cycle Class
PURPLE Mind-Body



Child Mind available during this class

PEMBINA FITNESS CENTRE

REGISTERED FITNESS CLASSES

SESSION 1: FEBRUARY 20 - MARCH 22

SESSION 2: APRIL 2 - MAY 16

CLASSES SUBJECT TO CANCELLATION DUE TO LOW ATTENDANCE

CLASSES RUN FROM FEBRUARY 20 TO MAY 16 • NO CLASSES MARCH 25 TO APRIL 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	Early Morning Bootcamp 6:00-6:50am <i>(ends March 20)</i>	Cycle 45 6:00-6:45am	Early Morning Bootcamp 6:00-6:50am <i>(ends March 20)</i>		Early Morning Yoga 6:00-6:50am
	Outdoor Early Bootcamp 6:00-6:50am <i>(begins April 3)</i>		Outdoor Early Bootcamp 6:00-6:50am <i>(begins April 3)</i>		
	Step by Step 9:15-9:45am <i>(February 26-March 18)</i>		Cycle 45 9:15-10:00am		Cycle + Strength 9:15-10:15am
	Step it Up 9:15-10:15am <i>(April 8-May 13)</i>	Stroller FIT 10:30-11:15am		Stroller FIT 10:30-11:15am	
LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					Cycle 30 12:15-12:45am
EVENING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Cycle Strong 5:30-6:20pm		Pure Strength 5:30-6:15pm		
	Triathlon Training Swim 7:30-8:30pm	Barre 7:00-7:45pm	Triathlon Training Bike 7:00-8:00pm	Cycle Strong 6:45-7:35pm	



LAND FITNESS

BARRE

A full body workout packed with a good burn to the beat of the music! Focus on low-impact, high-intensity movements designed to strengthen your body in ways that few other workouts can. All levels

Instructor: Dominique Dickson

Tuesdays 7:00-7:45pm

February 20 to March 19

Course ID#: 8930

Members: \$36.30

Retail: \$41.75

EARLY MORNING BOOTCAMP

Exercising early helps you be consistent, which means you'll tap into all those health benefits including increased immunity, longevity, and a better mood. Raise your energy levels with this cardio and strength based fitness class. Keep your metabolism elevated and continue to burn calories after the workout is done. All levels

All levels

Instructor: Annette Cartwright

Mondays, Wednesdays

6:00-6:50am

February 21 to March 20

Course ID#: 8931

Members: \$65.34

Retail: \$75.15

OUTDOOR BOOTCAMP

Enjoy a full-body workout in an outdoor setting! Body-weight exercises, sports drills, and conditioning intervals help you develop lean muscle and functional strength, while improving your core strength and cardiovascular endurance. Most classes will take place outside but is weather dependent. Please bring indoor and outdoor shoes. All Levels

All Levels

Instructor: Annette Cartwright

Mondays, Wednesdays 6:00-6:50am

April 3 to May 15

Course ID#: 9091

Members: \$94.38

Retail: \$108.55

PURE STRENGTH

Burn more calories while you're NOT working out! Pack on the muscle to burn more calories all day long! We'll use a variety of equipment (weights, bands, gliders, TRX, the barre) to tone and sculpt your body with this strength workout. Get strong!

All Levels

Instructor: Laureen Holloway

Wednesdays 5:30-6:15pm

February 21 to March 20

Course ID#: 8983

Members: \$36.30

Retail: \$41.75

April 3 to May 15

Course ID#: 9092

Members: \$50.82

Retail: \$58.45



STEP BY STEP

Grab your leg warmers and have some fun stepping into this classic cardio workout that improves overall fitness by building strength, and boosting your cardiovascular health all to the beat of the music. All Levels

All Levels

Instructor: Amanda Anderson

Mondays 9:15-9:45am

February 26 to March 18

Course ID#: 8933

Members: \$25.60

Retail: \$29.60



STEP IT UP

We've combined classic step moves with resistance training exercises to provide the ultimate workout targeting strength, cardio, and coordination.

Instructor: Amanda Anderson



Mondays 9:15-10:15am

April 8 to May 13

Course ID#: 9126

Members: \$55.26

Retail: \$63.54

STROLLER FIT

Have fun, get fit, and bond with your baby! Build strength, improve cardio, and get to know other moms and soon-to-be moms. All exercises are designed and modified specifically for pregnant and postnatal women. Stroller required.

All Levels

Instructor: Jolene Rarick



Tuesdays, Thursdays 10:30-11:15am

February 20 to March 21

Course ID#: 8934

Members: \$72.60

Retail: \$83.50

April 9 to May 16

Course ID#: 9077

Members: \$87.12

Retail: \$100.20

FITNESS GUIDE

BLUE	Aquatic Class
RED	Land Class
ORANGE	Cycle Class
PURPLE	Mind-Body
TEAL	Teen Fitness



Child Mind available during this class

All classes 13+ unless otherwise stated

PEMBINA FITNESS CENTRE

CYCLE

CYCLE 30

Welcome to this interval ride where we love throwing in anaerobic intervals and bursts of speed throughout the class. Although this class is designed to be both fun and challenging, riders of all levels are welcome to attend.

All Levels

Instructor: Amanda Anderson



Fridays 12:15-12:45pm

February 23 to March 22

Course ID#: 8937

Members: \$32.00

Retail: \$37.00

April 5 to May 10

Course ID#: 9093

Members: \$38.40

Retail: \$44.40

CYCLE 45

Elevate your fitness and pedal through hill climbs, sprints, and other drills in this 45-minute spin class that will leave you energized and sweaty. Lights off, sweat on!

All Levels

Instructor: Amanda Anderson

Tuesdays 6:00-6:45am

February 20 to March 19

Course ID#: 8938

Members: \$36.30

Retail: \$41.75

April 2 to May 14

Course ID#: 9090

Members: \$50.82

Retail: \$58.45



Instructor: Krista MacKay

Wednesdays 9:15-10:00am

February 21 to March 20

Course ID#: 8942

Members: \$36.30

Retail: \$41.75

April 3 to May 15

Course ID#: 9089

Members: \$50.82

Retail: \$58.45

CYCLE + STRENGTH

Cycle + Strength is an whole body class that mixes strength building and muscular endurance for an energizing, sweaty workout. We change up the arrangement, so you'll never get bored or plateau on your fitness journey!

All Levels

Instructor: Krista MacKay



Fridays 9:15-10:15am

February 23 to March 22

Course ID#: 8935

Members: \$46.05

Retail: \$52.95

April 5 to May 10

Course ID#: 9084

Members: \$55.26

Retail: \$63.54

CYCLE STRONG

This total body, heart pumping, non-stop to the beat workout has a little bit of something for everyone!

It's rolling hills, sprints, climbs and surges with a body changing arm workout on the bike, and all to music hand-picked to motivate and inspire!

All Levels

Instructor: Meagan Stanley

Mondays 5:30-6:20pm

February 26 to March 18

Course ID#: 8940

Members: \$29.04

Retail: \$33.40

April 8 to May 13

Course ID#: 9088

Members: \$43.56

Retail: \$50.10

Instructor: Dominique Dickson

Thursdays 6:45-7:35pm

February 22 to March 21

Course ID#: 8944

Members: \$36.30

Retail: \$41.75

April 4 to May 9

Course ID#: 9085

Members: \$43.56

Retail: \$50.10

MIND-BODY

EARLY MORNING YOGA

Come out to start your day with this "all levels" yoga class. This vinyasa style class will gently wake up your body, mind and spirit and prepare for the day ahead.

All Levels

Instructor: Annette Cartwright

Fridays 6:00-6:50am

February 23 to March 22

Course ID#: 8947

Members: \$46.05

Retail: \$52.95

May 3 to 31

Course ID#: 9083

Members: \$46.05

Retail: \$52.95

All classes 13+ unless otherwise stated

TEEN FITNESS

WEIGHT TRAINING FOR TEENS

All youth aged 13-15 years are required to take this standard course to use the Pembina Fitness Centre weighted equipment. Youth participate in a 5.5 hour in-class and practical session learning about weight training, specific exercises/techniques, gym etiquette and introduction to nutrition.

Ages: 13-15yrs

Instructor: Ryan Vidad

10:00-4:00pm

Friday March 8

Course ID#: 9080

Monday March 25

Course ID#: 9081

Thursday May 16

Course ID#: 9082

Members: \$55.00

Retail: \$63.25

PERSONAL TRAINING

YOUTH STARTER PACK

Elevate Your Performance

Do you want to train like an athlete - with commitment, enthusiasm, and ability to focus? The Youth Starter Pack is for youth aged 13-17 and is all about ensuring your body is in peak condition so you can perform to your full potential. Youth will receive a personalized 4-week exercise program and personalized nutrition plan following a 2-hour session that includes goal-setting, an assessment, program design and equipment orientation with a Personal Trainer, and concludes with a 30-minute reassessment on Day 30. Please call the Allan & Jean Millar Centre to schedule your appointment.

Weight Training for TEENS is a prerequisite for 13-15 year olds

Members: \$120.00

Retail: \$138.00

ADULT STARTER PACK

Get fit. Get in gear. Get on with life.

Whether you are brand new to fitness or looking to get back into a fitness routine, the Get in Gear-Adult Starter Pack is a great place to begin! You will receive a personalized 4-week exercise program and personalized nutrition plan following a 2-hour session that includes goal-setting, an assessment, program design and equipment orientation with a Personal Trainer, and concludes with a 30-minute reassessment on Day 30. Please call the Allan & Jean Millar Centre to schedule your appointment.

Members: \$140.00

Retail: \$161.00

TRIATHLON TRAINING

Wanting to try triathlon training? This multi-discipline sport combines swimming, cycling and running, one after the other with no rest in between. Our experienced instructors will guide you through each session improving your stamina and strength in each element. At the end of the program we'll combine all three elements and complete a triathlon on Saturday, May 25 in Drayton Valley.

Course pre-requisites:

1. Swim 4 lengths (stroke of choice)
2. Sit on a bike
3. Put one foot in front of the other.
4. Oh and one more.....come with a smile because we will have FUN!

Ages: 13+

Instructors: Sarah Whelen, Nicole Camposano

SWIM BIKE AND BRICK TRAINING

Mondays: 7:30-8:00pm

Wednesdays: 7:00-8:00pm

***No Class Monday, May 20**

April 15 to May 22

Course ID#: 9125

Members: \$101.31

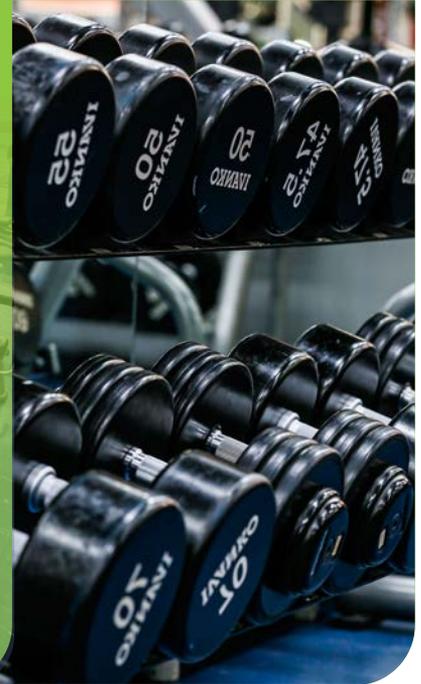
Retail: \$116.49

FREE

Fitness Centre Orientation

Meet with one of our Fitness Centre staff and get a tour of the Pembina Fitness Centre including proper use of equipment, etiquette and safety information.

To book your fitness orientation, contact our Pembina Fitness Centre desk at 780-778-3637 Ext 425.



SATURDAY JUNE 1

REGISTER EARLY AND SAVE!

Events take place in town and on the trails so run alongside your friends.
Start & finish from the Allan & Jean Millar Centre.

REGISTER NOW! Register before April 30 and get \$5 off plus a guaranteed t-shirt!

21.1KM \$75 8:00am Start	10KM \$50 8:30am Start	5KM \$40 8:45am Start	KIDS \$20 10:30am Start
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Register online at www.whitecourt.ca.
Registration is processed by the Running Room.



 Run4FunWhitecourt

PEMBINA FITNESS CENTRE



PERSONAL & PARTNER TRAINING

WHY CHOOSE US?

- Expert Trainers
- Customized Program
- Private Personal Training
- Flexible Scheduling
- Personalized Nutrition
- Video Tutorials
- In-App Messaging Support
- Full Access to Fitness App

LOVE THE APP?

Continue monitoring your progress for just \$10 per month!

BOOK YOUR FREE CONSULTATION NOW!



Please scan the QR code. We'll get back to you right away.

MEET THE TRAINERS



RYAN

Hi, I'm Ryan.

I believe that everyone is unique. That means everyone's abilities, interests and needs are different when it comes to exercise, nutrition, and lifestyle. Whatever your goals are, I will be there.

I would love the opportunity to meet you where you're at.

Credentials:

ACE Certified Personal Trainer PN Level 1 Nutrition

Certified Coach Shallow & Deep Water Instructor

Volunteer Firefighter

Education:

Personal Fitness Trainer
BS in Nursing



SHANNON

Hi, I'm Shannon.

I believe that fitness is for everybody and every body! I'm here to support your health and wellness journey. Let's ignite your inner strength and get you moving!

Credentials:

ACE Certified Personal Trainer

ACE Group Fitness Instructor

Adaptive Fitness Master Trainer

Education:

Human Resources and Labour Relations Certification



NICOLE

Hi, I'm Nicole.

I'm absolutely thrilled to meet all of you and to get the chance to collaborate. I'm eager to showcase my teaching methods by creating a detailed plan and putting into action a comprehensive corrective strategy.

Credentials:

NAIT Personal Fitness Trainer Diploma

Lifeguard Instructor IV

TRANSFORM YOUR LIFESTYLE, TRANSFORM YOURSELF!

Achieve your fitness goals without compromising your daily routine. It's not just about workouts; it's about a healthier, happier you!

Please call the Allan & Jean Millar Centre at 780-778-3637 for pricing information and scheduling.



ALLAN & JEAN MILLAR CENTRE

Where Family, Fitness & Fun Matter



A DAY in the Life of a **mom**

at the Allan & Jean Millar Centre

FEATURED CLASS: **BODY BLAST**

Complimentary Class

Strengthen and tone every muscle group in this energizing class. Challenge yourself with interval cardio components as well as strength and endurance exercises. All Levels.

Tuesdays & Thursdays:

9:15-10:00am

Instructors: Kelly Lambert/
Amy Cloake

Thursdays: 6:00-6:45am

Instructor: Kara Grywacheski



Michelle **HIEMSTRA**

How has the Allan & Jean Millar Centre fit into your life?

The AJMC has been a part of my life since I moved to Whitecourt. It has always been a place that my 3 kids, husband and I could come to stay active and socialize. Visiting the Millar Centre has become routine and we use the facility several times a week. I attend fitness classes while my youngest daughter goes to Child Mind. There are also several children's programs running during the week that I drop into with my daughter. Many evenings I return to the AJMC for the kids sports or swimming lessons.



What Allan & Jean Millar Centre programs have you and your family been involved in and what benefit were they to you?

I have been involved in so many of the fitness classes. Some of the ones I have participated in include Stroller FIT when my kids were babies, POUND, STEP class, Bootcamps and SPIN. There is such a fun variety of classes to attend. Some of the classes have been registered and others I just dropped into with my monthly pass. Having child care in the facility has been so convenient and has really allowed me to take time to just focus on myself and my workout.

The aquatic centre has given my kids an opportunity to learn to swim. My family uses the pool frequently for a fun swim as well as swimming lessons.

Is there any staff you would like to recognize?

There are so many amazing staff at the AJMC. Jolene was one of the first staff I met. She was teaching Stroller FIT at the time. I was so grateful for this class and her positivity when I was a new mom. It kept me coming back to the AJMC.



Read more! The entire 'A Day in the Life' interview can be found at <https://www.whitecourt.ca/play/allan-jean-millar-centre>



<https://rec.whitecourt.ca>



PEMBINA GAS INFRASTRUCTURE AQUATIC CENTRE

PEMBINA GAS INFRASTRUCTURE AQUATIC CENTRE INFORMATION



*Supervision Requirements

Children 7 years and younger must be within arms reach of a responsible supervisor who is 14 years or older. The maximum ratio of caregiver to children 7 years and younger is 1:4. This supervision policy is in place to ensure that children are safe while enjoying the Pembina Gas Infrastructure Aquatic Centre.

Swim Diaper Requirements

All children 36 months and under, and anyone who is incontinent, must wear protective, water-resistant swimwear in order to minimize contamination. Swim diapers are specially designed to not soak up water, and will not expand in the water. Guest Services has swim diapers available for purchase.

Shoes and Strollers

Outdoor footwear and strollers are not permitted on deck or in the change rooms. If you wish to lock up your footwear, please carry them to the locker. Health regulations stipulate that outdoor footwear must not be worn in wet traffic areas. Shoes may be left on the racks outside the pool change rooms.

Accessibility

A water wheelchair is available for guests to use. The water wheelchair can be taken into the pools.

Health Requirements for Showers

As per health requirements, each person must take a cleansing shower prior to entering the pool. This means washing all hair products out, as well as removing all lotions and make-up from skin.

Program Waiting Lists

Wait lists are taken for all aquatic programs. If there is sufficient demand for a program, courses can be added if space and instructors are available.

Cancellations

Programs with low registration may be cancelled or combined. Register early to avoid disappointment. Cancellations can happen one week before the lessons begin. For cancellation policies please refer to Page 11.

Screenings

Unsure of what level to register your child in? We offer swim evaluations for \$13.00. Only 5-15 minutes are required for an instructor to determine what level your child should enroll in. Screenings take place on Tuesdays from 6:00-7:00pm. Register at Guest Services.

Registration Rules

Registrations are NOT accepted without payment. The registration deadline for all programs is seven days prior to the start date, unless otherwise advertised. A refund, less a \$10.00 administration fee, will be issued if a participant withdraws up to fourteen (14) days prior to the registration deadline. The registration fee is non-refundable if withdrawn after the registration deadline.

Pool Fouling

Pool closure may be necessary in the event of pool fouling. Please make sure your children use the washroom before entering the water. Feeding after their swim or a few hours before is often helpful. Any person with diarrhea, or a history of diarrhea over the previous two weeks, must not use the pool facility, as per health requirements. Pools may be closed anywhere between 1-36 hours for necessary disinfecting following fouling.

Hot Tub

Time in the hot tub is limited to 10-15 minutes. Body temperature of children under 2 years old rises very quickly, and should be closely monitored to avoid negative cardiovascular effects. Pregnant women, and persons with heart disease, hypertension, seizures, diabetes, obesity, or those greater than 65 years of age, should consult with a physician before using the hot tub.

Locks and Lockers

Please do not leave valuables in the change rooms. The Pembina Gas Infrastructure Aquatic Centre offers one time use, loonie operated lockers in each of the change rooms. You may also bring your own lock for your belongings. The Town of Whitecourt is not responsible for lost or stolen articles. Please remember to remove your lock at the end of your swim. Locks left overnight will be cut off.

ALLAN & JEAN MILLAR CENTRE

AQUATIC CENTRE HOURS

Monday, Wednesday	6:00am-9:30pm
Tuesday, Thursday, Friday	9:00am-9:30pm
Saturday, Sunday and Stat Holidays	10:00am-8:00pm

HOLIDAY HOURS AND CLOSURES

March 29 Good Friday	10:00am-8:00pm
March 31 Easter Sunday	10:00am-8:00pm
May 20 Victoria Day	10:00am-8:00pm

FREE FAMILY SWIM 6:00-8:00pm

March 3, 17, April 7, 21, May 5, 19
 Sponsored by the Rotary Club of Whitecourt 

March 10, April 14, May 12
 Sponsored by Pembina Gas Infrastructure 



WIGGLE BRIDGE **subject to change*

Fridays 5:00-9:00pm
 Saturdays 4:00-7:30pm

SPECIAL PUBLIC SWIMS 1:30-3:30pm

March 25-28, April 1, May 16, 17

Swimming Times

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Swim	6:00-9:00am		6:00-9:00am				
*Family	9:00am-3:30pm	9:00am-3:30pm	9:00am-3:30pm	9:00am-3:30pm	9:00am-3:30pm	10:00am-1:00pm	10:00am-1:00pm 6:00-8:00pm
Public	3:30-8:30pm	3:30-8:30pm	3:30-8:30pm	3:30-8:30pm	3:30-8:30pm	1:00-8:00pm	1:00-6:00pm
*Adult	8:30-9:30pm	8:30-9:30pm	8:30-9:30pm	8:30-9:30pm	8:30-9:30pm		
Lanes available	6:00-9:00am (6) 10:00am-12:00pm(1) 12:00-1:00pm (3) 1:00-8:30pm (1) 8:30-9:30pm (3)	9:00am-12:00pm(1) 12:00-1:00pm (3) 1:00-8:30pm (1) 8:30-9:30pm (3)	6:00-9:00am (6) 10:00am-12:00pm(1) 12:00-1:00pm (3) 1:00-8:30pm (1) 8:30-9:30pm (3)	9:00am-12:00pm(1) 12:00-1:00pm (3) 1:00-8:30pm (1) 8:30-9:30pm (3)	9:00am-12:00pm(1) 12:00-1:00pm (3) 1:00-8:30pm (1) 8:30-9:30pm (3)	10:00am-8:00pm(1)	10:00am-8:00pm(1)

***Family Swim:** Children must be accompanied by an adult 18 years or older in the water to attend Family Swim. Individual adults are welcome to attend Family Swim provided they do not interfere with young families or facility bookings.

***Fitness Swim** is for individuals 8 years and over who are actively engaged in swimming laps and/or walking in the water.

***Adult Swim:** Must be 18 years or older to attend. Lanes are available during Adult Swim.

***All Areas of the Pembina Gas Infrastructure Aquatic Centre may not be available during swim times.**

SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE.

PEMBINA GAS INFRASTRUCTURE AQUATIC CENTRE

Lifesaving Society's Swim for Life



PARENT & TOT 1,2,3 | 4-36 MONTHS

Parent & Tot classes provide an opportunity for parents and children to enjoy in-water interaction in a fun and social setting. Focusing on the importance of play and developing water positive attitudes and skills, children gain valuable exposure to being in and around the water. Parents will learn to be Water Smart to keep themselves and their child safe in any aquatic setting. Activities and progressions in Parent & Tot are based on developmental stages.

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Tues & Thurs	April 2 to May 2	4:55-5:25pm	\$56.50	\$64.30	9018
Mon & Wed	April 3 to May 1	10:50-11:20am	\$50.87	\$57.87	9031
Sunday	April 7 to June 9	12:30-1:00pm	\$50.87	\$57.87	9032
Mon & Wed	May 6 to June 5	10:50-11:20am	\$50.87	\$57.87	9033

PRESCHOOL 1 | 3-5 YEARS

Preschoolers will be assisted by their instructor when learning to enter and exit water safely, jump into chest deep water, and put their faces in the water to blow bubbles. Becoming comfortable with floats and glides and moving safely in shallow water while wearing lifejackets will help them gain confidence with their water skills. **Prerequisite: 3 years**

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Tues & Thurs	April 2 to May 2	5:40-6:10pm	\$56.50	\$64.30	9019
Mon & Wed	April 3 to May 1	9:05-9:35am	\$50.87	\$57.87	9034
Mon & Wed	April 3 to May 1	5:40-6:10pm	\$50.87	\$57.87	9035
Sunday	April 7 to June 9	10:15-10:45am	\$50.87	\$57.87	9036
Mon & Wed	May 6 to June 5	10:15-10:45am	\$50.87	\$57.87	9037
Mon & Wed	May 6 to June 5	4:55-5:25pm	\$50.87	\$57.87	9038
Tues & Thurs	May 7 to June 6	5:40-6:10pm	\$50.87	\$64.30	9039

PRESCHOOL 2

Preschoolers will work on becoming more independent with their water skills. Some of these skills include jumping into chest deep water unassisted, submerging and exhaling underwater, and floating and gliding with various buoyant aids. They will be introduced to lateral rollovers and practice their flutter kick on their backs. **Prerequisite: Preschool 1**

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Tues & Thurs	April 2 to May 2	4:55-5:25pm	\$56.50	\$64.30	9020
Mon & Wed	April 3 to May 1	9:40-10:10am	\$50.87	\$57.87	9040
Mon & Wed	April 3 to May 1	4:55-5:25pm	\$50.87	\$57.87	9041
Sunday	April 7 to June 9	10:55-11:25am	\$50.87	\$57.87	9042
Mon & Wed	May 6 to June 5	9:05-9:35am	\$50.87	\$57.87	9043
Mon & Wed	May 6 to June 5	5:30-6:00pm	\$50.87	\$57.87	9044
Tues & Thurs	May 7 to June 6	4:55-5:25pm	\$50.87	\$57.87	9045



NO SWIM LESSONS MAY 16, 19, 20

PRESCHOOL 3

Preschoolers will kick and glide their way through the water on their fronts and backs. They will work on retrieving objects from the bottom in water that is waist deep, and work towards mastering their floats, rollovers, glides, and kicks. In this level they work their way into deeper water for side entries and jumping in with their lifejackets on. **Prerequisite: Preschool 2**

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Mon & Wed	April 3 to May 1	10:15-10:45am	\$50.87	\$57.87	9021
Mon & Wed	April 3 to May 1	5:30-6:00pm	\$50.87	\$57.87	9046
Sunday	April 7 to June 9	12:20-12:50pm	\$50.87	\$57.87	9047
Mon & Wed	May 6 to June 5	9:40-10:10am	\$50.87	\$57.87	9048
Tues & Thurs	May 7 to June 6	5:30-6:00pm	\$50.87	\$57.87	9049

PRESCHOOL 4 / PRESCHOOL 5

In Preschool 4, swimmers will gain some independence in deep water. They will practice jumping into deeper water (including getting out by themselves), sideways entries, and opening their eyes underwater. These swimmers in training will work on completing 5m of front crawl in their lifejackets and work on their ability to tread water. **Prerequisite: Preschool 3**

In Preschool 5, swimmers will work towards achieving important swimming milestones. They will work on being able to support themselves treading in deep water for 10 seconds and complete 5 metre swims with front crawl and back crawl. Wearing a lifejacket, they will practice forward roll entries into deep water, learn to whip kick in a vertical position, and be introduced to interval training. **Prerequisite: Preschool 4**

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Tues & Thurs	April 2 to May 2	5:30-6:00pm	\$56.50	\$64.30	9022
Mon & Wed	May 6 to June 5	5:45-6:15pm	\$50.87	\$57.87	9050

PEMBINA GAS INFRASTRUCTURE AQUATIC CENTRE

Lifesaving Society's Swim for Life

SWIMMER | 5-12 YEARS

NO SWIM
LESSONS
MAY 16,
19, 20



Swimmer is a 6-level, success-oriented learn to swim program for children 5-12 years old. There is a prominent focus on in-water swimming practice as swimmers learn fundamental strokes and skills, mastering them as they progress through the program. Swimmers also learn how to be safe in, on, and around the water through Water Smart education incorporated into every level.

SWIMMER 1

Building the foundation of swimming skill development, beginner swimmers will gain confidence in the water as they learn safe entries into various depths of water, treading water in a lifejacket, opening their eyes underwater, and breath control. Once they have learned their floats, rollovers, glides, and kicks from front to back, they will front crawl their way into the next level.

Prerequisite: 5 years

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Tues & Thurs	April 2 to May 2	5:30-6:15pm	\$56.50	\$64.30	9026
Mon & Wed	April 3 to May 1	4:55-5:40pm	\$50.87	\$57.87	9051
Sunday	April 7 to June 9	11:30am-12:15pm	\$50.87	\$57.87	9052
Mon & Wed	May 6 to June 5	4:55-5:40pm	\$50.87	\$57.87	9053
Tues & Thurs	May 7 to June 6	5:45-6:30pm	\$50.87	\$57.87	9054

SWIMMER 2

Swimmers will gain comfort in deeper water by jumping in, learning their sideways entry, and treading water without a lifejacket. Swimmers will be challenged by the introduction of various skills including flutter kick on their front, back, and side; vertical whip kick with an aid; and swimming front crawl and back crawl for 10 metres. Swimmers will get to work on their Swim to Survive skills and be introduced to interval training.

Prerequisite: Swimmer 1

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Tues & Thurs	April 2 to May 2	4:50-5:35pm	\$56.50	\$64.30	9027
Mon & Wed	April 3 to May 1	5:45-6:30pm	\$50.87	\$57.87	9055
Sunday	April 7 to June 9	10:50-11:35am	\$50.87	\$57.87	9056
Mon & Wed	May 6 to June 5	4:55-5:40pm	\$50.87	\$57.87	9057
Tues & Thurs	May 7 to June 6	4:55-5:40pm	\$50.87	\$57.87	9058

Lifesaving Society's Swim for Life

SWIMMER 3

Swimmers will make a splash with their kneeling dives and forward roll entries. Swimmers will be challenged with the introduction to more difficult (but fun) skills such as handstands in shallow water and front somersaults (in water). Increased time and distance components are incorporated for skills learned such as flutter kick on front and back, whip kick on back, front and back crawl, and interval training.

Prerequisite: Swimmer 2

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Tues & Thurs	April 2 to May 2	4:00-4:45pm	\$56.50	\$64.30	9028
Mon & Wed	April 3 to May 1	4:50-5:35pm	\$50.87	\$57.87	9059
Sunday	April 7 to June 9	10:05-10:50am	\$50.87	\$57.87	9060
Mon & Wed	May 6 to June 5	4:05-4:50pm	\$50.87	\$57.87	9061
Tues & Thurs	May 7 to June 6	4:50-5:35pm	\$50.87	\$57.87	9062

SWIMMER 4

Swimmers will move from a beginner to an intermediate swimming level. Swimmers will complete standing dives, tread water for 1 minute, and work towards being able to swim underwater for 5 metres. Swimmers will achieve the Swim to Survive standard by being able to roll into deep water, tread water for 1 minute, and swim 50 metres. In addition to improving their front crawl, back crawl, and whip kick, swimmers will be introduced to breaststroke.

Prerequisite: Swimmer 3

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Tues & Thurs	April 2 to May 2	4:05-4:50pm	\$56.50	\$64.30	9029
Mon & Wed	April 3 to May 1	4:05-4:50pm	\$56.50	\$57.87	9064
Mon & Wed	May 6 to June 5	4:05-4:50pm	\$56.50	\$57.87	9065
Tues & Thurs	May 7 to June 6	4:05-4:50pm	\$56.50	\$57.87	9066

SWIMMER 5 *Combined courses of Swimmer 5 and 6

Swimmers will be challenged with a whole new set of skills; shallow dives, tuck jumps (cannonball entries), eggbeater kick, and backward somersaults (in water). Technique and endurance will also receive greater focus as swimmers will need to complete longer distance swims and interval training sessions for all their strokes.

Prerequisite: Swimmer 4

SWIMMER 6

As the final level in the Swimmer program, swimmers will build up their advanced skill set. Swimmers will work towards mastering stride entries, compact jumps, and lifesaving kicks. They will also refine their strokes to increase their swimming strength, power, and endurance - critical for success in the 300 metre workout required to complete the level.

Prerequisite: Swimmer 5

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Tues & Thurs	April 2 to May 2	4:05-4:50pm	\$56.50	\$64.30	9030
Mon & Wed	April 3 to May 1	4:05-4:50pm	\$50.87	\$57.87	9067
Sunday	April 7 to June 9	11:40am-12:25pm	\$50.87	\$57.87	9068
Mon & Wed	May 6 to June 5	4:05-4:50pm	\$50.87	\$57.87	9069
Tues & Thurs	May 7 to June 6	4:05-4:50pm	\$50.87	\$57.87	9070

CANADIAN SWIM PATROL

The Lifesaving Society's 3 level Canadian Swim Patrol program is for swimmers who are ready to go beyond learn-to-swim. The program will focus on developing strength and proficiency while introducing swimmers to the challenging world of lifesaving. Swimmers will have fun enhancing their capability in the water, increasing their physical conditioning, and learning lifesaving judgment. Each level will continue to develop swimmers' strokes and provide a skill foundation that will prepare them for success in the Society's Bronze Medal Awards. Each level of the Canadian Swim Patrol program has three modules: Water Proficiency, First Aid, and Recognition and Rescue.

Prerequisite: Swimmer 6

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Mon & Wed	April 3 to May 1	4:00-4:45pm	\$50.87	\$57.87	9023
Tues & Thurs	May 7 to June 6	4:05-4:50pm	\$50.87	\$57.87	9071

PEMBINA GAS INFRASTRUCTURE AQUATIC CENTRE



LIFESAVING
SOCIETY

NATIONAL LIFEGUARD

National Lifeguard develops basic lifeguarding skills, principles, and decision making. This helps lifeguards evaluate and adapt to different aquatic facilities and emergencies. Successful completion certifies participants to work as a lifeguard afterwards.

PREREQUISITES:

Standard First Aid, Bronze Cross and 15 YEARS* by March 29.
All prerequisites MUST be met BEFORE the class start date.

* While you can take this course at 15 years, you must be 16 years old to be a Lifeguard.

MARCH 25 TO 29
REGISTRATION DEADLINE: March 18

Monday to Friday
9:00am-5:30pm
COURSE ID#: 9076

MEMBERS: \$300.00 **RETAIL:** \$345.00



PRIVATE LESSONS

Private Lessons will be offered throughout the year

Private Lesson:

\$24.00 per person

Semi Private Lesson:

\$34.50

(Two people sharing one instructor)

Semi Private Lesson:

\$57.75

(Three people sharing one instructor)

**CONTACT GUEST SERVICES
TO FIND OUT TIMES
AND DATES THAT ARE
AVAILABLE.**

FORGOT WHAT LEVEL YOUR CHILD IS IN?

AQUATIC SCREENING

Not sure what level you need? Take a screening! A screening is where an instructor will go in the water with your child for 15 minutes and determine what level they should be placed in. Must be 3 years of age and older.



Tuesdays 6:00-7:00pm Fee: \$13.00 Payment is required at the time of booking.

FREE PRE-REGISTRATION REQUIRED

SWIM TO SURVIVE: ADULTS LIFESAVING SOCIETY

Swim to Survive is a program that is accessible to everyone.

“Swim to Survive teaches the essentials to survive an unexpected fall into deep water – an important first step to being safe around water. Participation and having fun are the fundamental pillars in the program.”
- Lifesaving Society

The goal of this program is to acquaint non-swimmers with the basics to enable them to save themselves if they are in a life threatening situation in water. The skills that will be covered are orienting oneself at the surface after an unexpected entry, supporting oneself at the surface, and swimming to safety. Participants will have the opportunity to move through the steps at their own comfort level. Min.3/Max.10

Supported through the Town of Whitecourt’s Safe Community Initiative fund

ADULT 18+

Tuesdays 8:30-9:00pm

Feb 27 - March 19

Registration deadline:

February 20

Course ID#: 9025

May 7 - May 28

Registration deadline:

April 30

Course ID#: 9072

YOUTH 13-17 years

Tuesdays 8:00-8:30pm

Feb 27 - March 19

Registration deadline:

February 20

Course ID#: 9073

May 7 - May 28

Registration deadline:

April 30

Course ID#: 9074



IN THE COMMUNITY

EAGLE TOWER VICTIM SERVICES



VOLUNTEER ADVOCATES NEEDED

Interested in becoming a volunteer advocate for a local non-profit?

Eagle Tower Victim Services is seeking volunteer advocates to assist victims of crime, trauma and tragedy.

Some roles would include providing court support, attending crisis call outs, and providing community resource referrals.

Must be willing to obtain security clearance.

Applications are available on the website.
etvictimservices.com

Applications can be submitted by email to christina.prodaniuk@rcmp-grc.gc.ca

For more information, call 780-779-5924.



Winter Skate Party

Brought to you by:



Thursday,
March 7

5:00-7:00pm

All ages

Percy Baxter Rink
101 Mink Creek Rd

*Bring your own skates

Hot Dogs
Refreshments
Helmets Recommended

Winter Party events will be cancelled if temperatures are below -20.

ARE YOU scam savvy?

CON ARTISTS ARE FINDING NEW WAYS TO TARGET YOU.

Would you know what to do and how to react if you were being scammed?



Target: Oliver Jennings, 73 years old
Phone: 780-555-6909

SCENARIO:
CANADA REVENUE AGENCY (CRA) CALLS DEMANDING A PAYMENT

You receive a call saying you owe money and it doesn't add up.

Don't provide any information over the phone. Take down a call back number and then find a phone number for the Canada Revenue Agency you know is real. Call and confirm with them if they really called you.

TRUST YOUR GUT.
WHEN IN DOUBT,
REACH OUT.



To report suspicious activity call the Whitecourt RCMP detachment complaint line at 780-778-5454.



Centre4Work Resource Centre

Career supports and employment workshops

At Centre4Work, we connect Albertans to the services, information, resources, and supports needed to prepare for, find, and maintain work.



Resume and cover letter writing

Access to resume and cover letter writing software, as well as individual support and resume feedback.



Job interview supports

Receive interview coaching or mock interviews to prepare and then access our technology and private meeting space to attend your virtual interview.



Resource centre

Drop-in and by appointment services are available virtually or in-person. Access to computers, printing, faxing, scanning, and a private meeting space.



Value added services

Community resources, referrals, and available food, clothing, and hygiene supports through Lifemark's Food Pantry and Clothing Closet.

Contact us to learn more

Unit 6 - 4739 50 Ave.
Whitecourt, AB T7S 1N8
tel: 587-442-3335
centre4work@lifemark.ca

lifemarkvocational.ca/centre4work

<https://rec.whitecourt.ca>

IN THE COMMUNITY



Learn more ↘

WWW.WHITECOURTTAEKWONDO.COM

CULTIVATING LEADERS THROUGH MARTIAL ARTS



WHY TAEKWONDO?

- SELF-ESTEEM
- RESPECT
- FOCUS
- PHYSICAL FITNESS
- SELF-DEFENCE
- DISCIPLINE

Classes for All Ages and Abilities From Little Ones To Adults, and Even Entire Families!

- **TINY NINJA (3 & 4-YEAR-OLDS)**
- **LITTLE DRAGONS (AGES 5-7)**
- **CHAMPS (AGES 8-12)**
- **FAMILY CLASS**
- **HOMESCHOOL CLASSES**
- **ASK US ABOUT OUR AFTER-SCHOOL ACADEMY!**
- **NOW OFFER NINJA BIRTHDAY PARTIES!**
(Secure your date today)!

"Taekwondo has transformed my son's confidence. Through the discipline and challenges, he has gained self-esteem, learned to set goals, and developed a belief in himself." ★★★★★

"Whitecourt Taekwondo has helped my kids become respectful individuals at school and at home. They've learned to value their instructors, treat others fairly, and have more self-respect." ★★★★★

"Training together has created a stronger bond between us. From cheering each other on during belt promotions to supporting one another, Taekwondo has become our family activity we look forward to each week!" ★★★★★

CONTACT US

info@whitecourttaekwondo.com

1-780-778-0202



WWW.WHITECOURTTAEKWONDO.COM

WHITECOURT WOLVES

- Community basketball for ages 6 through 15
- Athlete development and foundational skills
- Fun, teamwork, and sportsmanship in a competitive environment
- No cuts, everyone has a place to play
- 1 or 2 sessions per week, 8 weeks total
- Registration info available on our Facebook page
- Affordable rates



Email: whitecourtbasketball@gmail.com

 Whitecourt Wolves Community Basketball



Rookie Week: May 1-3
from 5:00-7:30pm
New swimmers 5:00-6:00pm
Returning swimmers 6:00-7:30pm

Try out swim club for \$1.00 per day during rookie week.

All swimmers need to have goggles.

After rookie week, your child's schedule will be determined by skill level, however it will be between 5:00-7:30 pm Monday to Thursday.

AGM meeting will be Wednesday, May 8th at 5:30pm.

For more information, check out our Facebook page or email bluedolphins40@gmail.com.



IN THE COMMUNITY



WHITECOURT MINOR SOCCER

Outdoor Soccer Registration is coming soon in the Spring for U-5 to U-17 age groups, please watch our website at whitecourtsoccer.com or our Facebook page for more information and updates.

Volunteers will be needed to make the season successful!

The volunteer positions include board positions, coaches, assistant coaches and team managers.

**WE LOOK FORWARD
TO SEEING EVERYONE ON
THE FIELD THIS YEAR!**

**RIVERS
REC**
GYMNASTICS CLUB

Find us on Facebook!
Join our Remind Class by texting @riversrec to 587-800-0543

- Co-ed, ages 3-18
- We offer an all-boys class
- One class per week
- Our head coach is certified to coach special or adaptive needs children

Classes offered include:

- KinderGym (Ages 3 to 5 & co-ed)
- CanGym (Ages 6+ & co-ed or all boys)
- Mini Ninja Warrior Obstacle Course (Ages 6+ & co-ed)

Birthday Party Packages are available!
Base Price \$170 plus \$10 per attendee
Bouncy Castle available for \$75.00

All registrations will be on a first come first serve basis due to class sizes as per AGF guidelines. Find more information on our website: <https://riversrec.uplifterinc.com/>
Email with any questions: riversrecgym.info@gmail.com

ALL REGISTRATION NOW TAKES PLACE ONLINE!

We offer 3 sessions per year, each session is 10 weeks long.
 Fall Session (September to December): Registration in September
 Winter Session (January to March): Registration in December
 Spring Session (April to June): Registration in March

Did you know...

Gymnastics is a great foundation for all other sports; our athletes learn fundamental movement skills that develop agility, balance, coordination and speed. These traits are essential for a strong and longstanding athletic career.

Fully equipped recreational gymnastics gym located inside the Carlan Community Resource Centre
76 Sunset Blvd

We can't wait to see everyone!

ROTARY CLUB OF WHITECOURT MUSIC FESTIVAL

The Whitecourt Rotary Music Festival promotes music, speech, dance, and the performing arts in Whitecourt and the surrounding area. The festival supports the performance of fine arts by the youth of our community and encourages aspiring artists to perform in a public venue. It takes courage and strength to perform, whether in a competitive class or a non-competitive class, and we applaud them all.

2024 FESTIVAL DATES:

DANCE: Saturday, March 2

STRINGS: Tuesday, April 16

CHOIR/VOCALS: Wednesday, April 17

SPEECH ARTS: Thursday & Friday, April 18 & 19

PIANO: Monday & Tuesday, April 22 & 23

For more information, registration deadlines, and inquiries on volunteering, please contact: Marilyn Roach at 780-779-1499 or visit

www.whitecourtmusicfestival.com



COMMUNITY LUNCH BOX SOCIETY



A non-profit, all inclusive, volunteer society creating positive initiatives in our community. Our goal is to ensure that all children attending school in Whitecourt have the nutrition they need for optimal growth and development.

#helpingkidslearnonafullstomach

Learning Facilities We Support

- Pat Hardy Elementary School
- Whitecourt Central School
- Percy Baxter Middle School
- Hilltop Jr./Sr. High School
- Gateway Academy
- École St. Anne School
- École St. Mary School
- École St. Joseph School
- Precious Sprouts Childcare Centre
- BGC Whitecourt
- Whitecourt and District Public Library



Whitecourt Minor Ball

Registration for Whitecourt Royals & House League will open early in the New Year followed by tryouts for the Whitecourt Royals. Keep an eye on the Facebook page-House League season starts in May as soon as the weather permits.

Follow us on Facebook for reminders.



Contact us on Facebook @
WhitecourtMinorBaseball

COMMUNITY LUNCH BOX PROGRAM

Helping Kids Learn on a Full Stomach

BOTTLE RECYCLING

A Cleaner, Greener Community

PART-TIME MEANINGFUL EMPLOYMENT

Empowering Inclusion in our Community

VOLUNTEER INCLUSIVE OPPORTUNITY

Positive Initiatives in the Community

Phone 780-778-8252 Email admin@communitylunchbox.ca
Box 2127, Whitecourt, AB T7S 1N8

IN THE COMMUNITY

FREE!



Teen Program

March 8

Teen Movie Day at Vista Movie Theatre - drop in

April 13

Cooking Class at the BGC - preregistration required

May 16

Car Maintenance 101 for Teens - preregistration required

Preregister by calling 780-778-6696 or emailing youthprograms@bgcwhitecourt.com



LOCATED DIRECTLY
ACROSS FROM
CENTRAL SCHOOL

The BGC offers high quality, accredited, licenced child care for children 4 1/2 to 11 years. Purposeful planning of daily activities is geared towards children's needs, interests and developmental levels. Your child's learning and development is promoted through opportunities to communicate ideas, problem solve, explore and experiment. Our qualified and certified staff will promote your child's self-esteem and will build excitement about learning in a fun-filled, play-based environment.

Morning Care Program

Monday-Friday 7:00am-drop off time \$10.50 per day. Includes breakfast. Located at 4812 50th Ave.

After School Programs

Monday-Friday 3:15-6:00pm
\$21.00 per day. Includes afternoon snack. Located at 4812 50th Ave.
Programming includes gym time, outdoor fun, arts & crafts, science experiments and more.

Spring Camps

Will run from March 25 to March 28.
We will be Closed Good Friday on March 29.



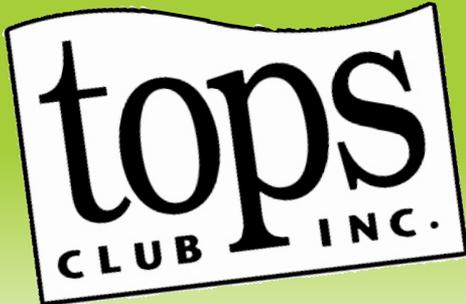
REGISTER NOW!



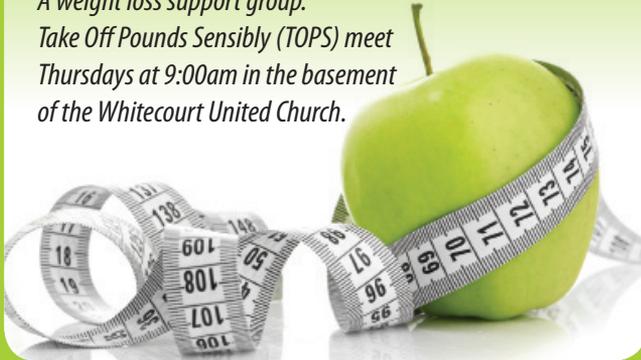
REGISTER IN PERSON AT
4812 50TH AVE. OR ONLINE AT
www.bgcwhitecourt.com

FOR MORE INFORMATION VISIT
WWW.WHITECOURT.BGCCAN.COM
OR PHONE 780-778-6696





*A weight loss support group.
Take Off Pounds Sensibly (TOPS) meet
Thursdays at 9:00am in the basement
of the Whitecourt United Church.*



**For more information please call:
Karen Manweiler 780-778-3256 or
Avy Fast at 780-778-0821**



SEXUAL HEALTH PROGRAM SERVICES

Confidential services by a Registered Nurse include pregnancy tests, Plan B, birth control info, STI testing and treatment, cervical screening, limited drop-in services. For information or an appointment call 780-778-5540 ext. 333

EARLY PRENATAL

Book a session in 1st or 2nd trimester for more info about having a healthy pregnancy. Call Public Health at 780-778-5555

PRENATAL CLASSES

Learn about labour & delivery, after you give birth and newborn baby care.

Sign up for online prenatal classes at www.birthandbabies.com.

In-person private sessions are available during the day or evening by appointment.

Call Public Health 780-778-5555, ext. 344



BALLAD CONSULTING

Essential Skills to Success is a free community-based job development program. Are you seeking employment preparation skills to lead you to a job just right for you?

We offer Career Counseling, Resume Building, Computer Basics, as well as Safety Courses (First Aid, H2S and much more!) We also offer onsite skill development training in Hospitality and Woodworking/Carpentry.



Please Contact us at (780) 778-8311 or ests@balladgroup.ca

IN THE COMMUNITY



ROYAL CANADIAN LEGION BRANCH #44

MEGA MEAT DRAWS
every second Saturday!
Call the branch if you wish to be a sponsor

LOUNGE

Thursday Open at 2:30pm Drop in shuffleboard 3:00pm	Friday Open at 2:30pm Drop in darts 7:30pm registration	Saturday Drop in crib 10:00am Open at 2:30pm Meat draw at 3:00pm
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Hall Rentals Call Cheryl at 780-706-4881

VETERANS
Your service officer is just a call away.
Ralph 780-779-8543

MEMBERSHIP
Membership has it's perks. Sign up today.
Sue 780-778-3666
Memberships can be paid online at legion.ca,
by mail to the branch or in person at the branch.

STUDENTS
Do you have a parent, grandparent or
a great grandparent who is or was a Veteran?
You may be eligible for an education bursary.
Deadline to apply October 1. Contact Barb 780-262-1013

Please call 780-778-3666 for current
information and lounge hours.

Legion 
Branch 44
Whitecourt

EMAIL: rcligion44mem@gmail.com
WEBSITE: www.whitecourtleion.com
FACEBOOK: Royal Canadian Legion
Branch #44 Whitecourt, Alberta
MAIL: PO Box 874, T7S1N8

Repeat Boutique

The store is well stocked with racks of clothing, shelves of books and household goods. Come shop on Wednesday and Saturday for some great deals!



The Repeat Boutique is run exclusively by the Volunteers of the Friends of Whitecourt Society. Our objectives are to promote and support initiatives that further the health and well-being of the citizens of Whitecourt and area.

Friends of Whitecourt Society has scholarships for anyone entering the medical field, get an application and apply.

Volunteers do a number of different jobs at the Repeat Boutique, come join the group and have some fun!

If you volunteer, shop or donate to the Repeat Boutique, you are contributing to the equipment at the Whitecourt Healthcare Centre.

**VOLUNTEERS WELCOME!
THANK YOU FOR YOUR SUPPORT!**

DONATIONS WELCOME & ACCEPTED:

Tuesday, Wednesday,
Thursday & Saturday
9:00am-4:00pm

Monday,
Thursday & Friday
7:00-9:00pm

4716-50 AVENUE

Store Hours
Wednesday & Saturday
10:00am-4:00pm





SHELTER

Wellspring Shelter provides safe, secure, short-term emergency accommodation for women and children with priority given to those fleeing abuse. Food, clothing, and personal care items are provided as needed.

CHILD SUPPORT PROGRAM

Wellspring’s Child Support Program provides a safe and healthy environment for children whose guardian is accessing shelter, women’s support groups and outreach services. The goal of this program is to enhance and maintain the physical, emotional and social well-being of the child and family.

ADULT & YOUTH OUTREACH

Intensive Case Management is a confidential service, provided to women, men and youth in Whitecourt and the surrounding communities with priority given to those who have experienced family violence.

PUBLIC EDUCATION

Provides workshops, information, and awareness to schools, organizations, and businesses.



WELLSPRING FAMILY RESOURCE & CRISIS CENTRE

(780) 778-6209 • 1 (800) 467-4049
• Text (780) 779-1059

CIW@whitecourtshelter.ca
whitecourtshelter.ca



YOUR DONATIONS GIVE BACK!



YOUR PURCHASES & DONATIONS BENEFIT:
Wellspring’s shelter, adult & youth outreach, community programming



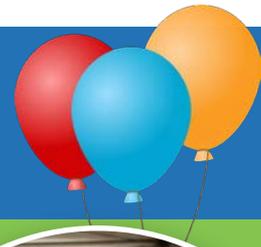
WELLSPRING’S TWICE IS NICE

(780) 706-3181
5115-49th Street, Midtown Mall, Whitecourt

Mon-Sat 10am-5pm

IN THE COMMUNITY

FESTIVAL WAY



NOW AVAILABLE for a discounted rate of \$150/day!

Are you looking for a venue for your outdoor market or event? Festival Way is a unique location in Whitecourt's vibrant Festival Park!

Festival Way is comprised of 18-10'X10' stalls, each with access to power, tent anchors and a cement pad. All spaces are connected by an accessible walkway. This space is an ideal location for summer markets, and a wide range of other special events.

Contact the bookings clerk at bookings@whitecourt.ca or 780-778-3637 ext. 402 to secure your spot today!

WOMEN'S CONFERENCE



RECHARGE. REVITALIZE.
REPLENISH.

2024

Saturday, April 13

It's hard to be your best on empty.
Take some time to recharge, revitalize and replenish.
This conference offers the opportunity to meet new people,
explore new interests, and focus on you!

9:00am - 4:00pm

\$40 for the whole day Includes sessions, lunch, and gift bag.



**KEYNOTE SPEAKER
JOCELYN LAIDLAW**

REGISTRATION OPENS MARCH 1

Register by calling the Allan & Jean Millar Centre,
780-778-3637 ext. 0.

The conference is a walkable experience
within our downtown core supporting
local resources and businesses.

Free transportation will be provided for those with
mobility issues.

 [whitecourtwomensconference](#)

Limited child care available at the Allan & Jean Millar Centre. Must be booked separately.

Proudly supported by:



SAVE THE DATE

Whitecourt **2024**
Children's
Festival

Create • Imagine • Play • Discover

WATCH FOR MORE DETAILS...

Saturday & Sunday

May 25 & 26

Allan & Jean Millar Centre

Performances and activities geared for children 12 & under

For more information on this exciting event, please contact the Allan & Jean Millar Centre at 780-778-3637.

