

Community

SPECTRUM

FALL 2024 • SEPTEMBER | OCTOBER | NOVEMBER

HIGHLIGHTS:

- FAMILY VIOLENCE INITIATIVE GALA
- FALL CONCERT
- MEMBER APPRECIATION WEEK
- YOUTH MENTOR PROGRAM



Whitecourt
www.whitecourt.ca *let's go!*



WHITECOURT & WOODLANDS
**PERFORMING ARTS
SOCIETY**

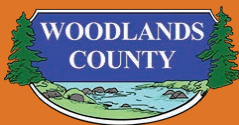
Whitecourt & Woodlands
Performing Arts Society is excited to announce:

WhitecourtLive.ca

A website to learn about and purchase tickets
for upcoming performances.



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



Programs and services developed by the Town of Whitecourt Community Services Department are funded in part by Woodlands County.

The **Whitecourt Star**

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50 IN THE COMMUNITY

IF YOU REQUIRE SPACE IN THE 2024 WINTER SPECTRUM (DEC-FEB) PLEASE CONTACT US AT 780-778-6300 OR SPECTRUM@WHITECOURT.CA BY FRIDAY, AUGUST 30, 2024.

TRANSIT

WHITECOURT TRANSIT

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



ANNUAL STUDENT PASS!
\$247.50
Only available at the Allan & Jean Millar Centre.
Valid September 1, 2024-August 31, 2025
10% OFF
UNTIL SEPTEMBER 30

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

FOR MORE INFORMATION

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

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.

NEW STOP!
#1A at Tim Hortons (Kepler St / 43 Ave)
STOP CHANGE!
#34 (Kepler St / 38 Ave) has been moved closer to Integra Tire

TRANSPORTATION GRANT PROGRAM & DIAL-A-BUS

The Transportation Grant Program for Seniors and Persons with Disabilities provides qualified recipients with vouchers that can be used on public transit and local taxi. Discounted monthly transit passes are also available.

Dial-A-Bus provides specialized, accessible, to-the-door services within the corporate limits of Whitecourt for individuals with physical or cognitive impairments who are unable to access Public Transit stops. Qualified recipients receive vouchers that can be used on the Dial-A-Bus, public transit and local taxi. Monthly Dial-A-Bus passes are also available.

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.

FOR MORE INFORMATION

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



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

MAYOR'S MESSAGE



**TOM PICKARD
MAYOR**

Construction of Culture & Events Centre will start this summer

Equipment and crews will be on-site to begin construction of the Culture & Events Centre by mid-August.

After 15 years of planning, the new Culture & Events Centre represents a significant investment in our community. It will vitalize downtown and make Whitecourt a cultural hub in north central Alberta. Our Town is grateful for all of the input provided through former Councils, steering committees, community forums, and individual comments, as they have all shaped the vision of the Centre as a true community hub for our region.

Construction alone will inject over \$7.9 million into the local tourism and materials/equipment supply sectors. With it, an estimated 25% of the project trade labour will be provided locally,

which equates to approximately \$5 million (100,000 worker hours) for the Whitecourt and area workforce.

Industry, education and healthcare leaders have noted that this facility will enhance attraction and retention of talented tradespeople and professionals; investors are impressed with the investment we are making to the community, and have already begun making plans for expansion; and our residents are all eager to watch their first concert at the new venue. Our entire Town Council is excited to enhance our quality of life with the opportunities the facility will provide to our entire region.

Information on the Culture & Events Centre can be found at www.whitecourt.ca/live/culture-and-events-centre. Construction updates, and sponsorship opportunities, will be advertised through the Centre's Facebook and Instagram pages @CultureandEventsCentre

ATTENTION ALL OFF-HIGHWAY VEHICLE OWNERS & OPERATORS

The Town of Whitecourt's Off-Highway Vehicle Bylaw, which governs the use of quads, snowmobiles, and other off-highway vehicles (OHVs) within Town limits, only allows for seasonal use. OHVs are prohibited to operate within the Town of Whitecourt between April 1 and November 30.

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

HOURS OF OPERATION

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

LOCATION

76 Sunset Blvd in the Carlan Services Community Resource Centre
Call 780-778-2341
www.whitecourt.ca

AROUND TOWN

WHITECOURT PARKS & PLAYGROUNDS

Fall is an excellent time to get out and get active. Visit one of the many playgrounds or go for a walk or a bike ride. Children learn and develop through play and exploring natural environments.

VALLEY PLAYGROUNDS

- 1 Festival Park Playground
- 2 Central School Playground
- 3 Wedow Park
- 4 Wagoner Park
- 5 Lyons Park
- 6 Baly Park
- 7 École St. Mary School Playground
- 8 Graham Acres Playground
- 9 Prestlien Park
- 10 Powers Park
- 11 Olson Park
- 12 Percy Baxter School Playground
- 13 Athabasca Park
- 14 École St. Joseph School Playground
- 15 Riverboat Park Playground

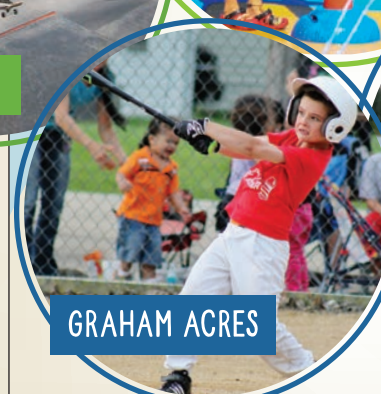
HILLTOP PLAYGROUNDS

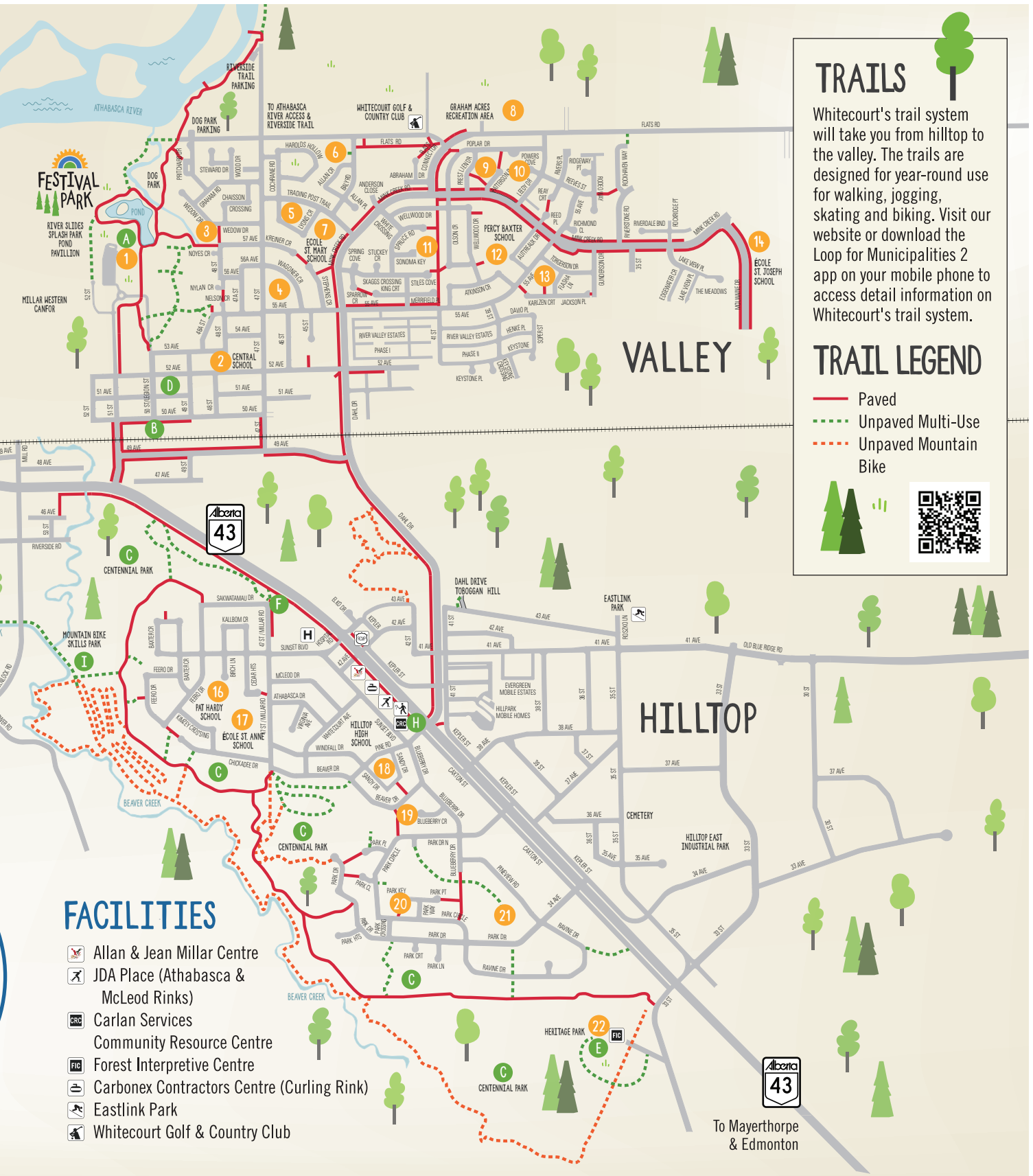
- 16 Pat Hardy School Playground
- 17 École St. Anne School Playground
- 18 Pine Park
- 19 Blueberry Park
- 20 Park Circle Playground
- 21 Southland Park
- 22 Heritage Park

PARKS

- | | |
|----------------------|-----------------------------|
| A Festival Park | F Memorial Point |
| B Anniversary Square | G Riverboat Park |
| C Centennial Park | H Skate Park |
| D Friendship Park | I Mountain Bike Skills Park |
| E Heritage Park | |


Issued April 2024





TRAILS

Whitecourt's trail system will take you from hilltop to the valley. The trails are designed for year-round use for walking, jogging, skating and biking. Visit our website or download the Loop for Municipalities 2 app on your mobile phone to access detail information on Whitecourt's trail system.

TRAIL LEGEND

- Paved
- - - Unpaved Multi-Use
- - - Unpaved Mountain Bike



FACILITIES

- Allan & Jean Millar Centre
- JDA Place (Athabasca & McLeod Rinks)
- Carlan Services
- Community Resource Centre
- Forest Interpretive Centre
- Carbonex Contractors Centre (Curling Rink)
- Eastlink Park
- Whitecourt Golf & Country Club

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
- Healthy Families Healthy Futures and S.P.A.R.K. FRN

WHITECOURT FOOD BANK

780-778-2341
11:00am-2:00pm Monday, Wednesday, and Friday Last intake 1:45pm

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

SPONSORSHIP SPOTLIGHT



We would like to thank **Carlan Services** for its continued support of the Community Resource Centre.



FACILITY RENTALS

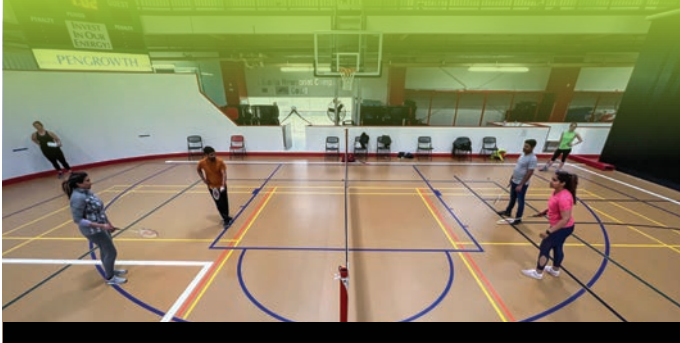
CROWN & ANCHOR PUB MEETING ROOM

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

Monday, September 2 & Monday, October 14



Life Med Pharmacy Kids' Corner

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



ALLAN & JEAN MILLAR CENTRE

REGISTRATION RULES

All registrations will be accepted by phone and 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 a \$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 |

HOLIDAY HOURS

| | | | |
|---------------------|-----------------|----------|---------------|
| Monday, September 2 | Labour Day | Facility | 9:00am-9:00pm |
| Monday, October 14 | Thanksgiving | Facility | 9:00am-9:00pm |
| Monday, November 11 | Remembrance Day | Facility | 9:00am-9:00pm |

SPECIAL EVENT CLOSURES

| | | | |
|-------------------------|-----------------------|------------|------------------|
| Saturday, September 7 | Pickleball Tournament | Fieldhouse | 9:00am-8:00pm |
| Wednesday, September 25 | Career Expo | Fieldhouse | 2:00pm-10:00pm |
| Thursday, September 26 | Career Expo | Fieldhouse | 5:30am-8:30pm |
| Friday, October 4 | Concert | Fieldhouse | Closed all day |
| | | Facility | Closed at 3:00pm |
| Friday, November 1 | Staff Training | Facility | 8:30am-4:00pm |
| Saturday, November 23 | Taekwondo Tournament | Fieldhouse | 9:00am-6:00pm |

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.

REGISTRATION IS ONGOING. REGISTER EARLY TO AVOID DISAPPOINTMENT.

Fee Assistance is available for Town of Whitecourt & eligible 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

BACK TO SCHOOL Pass!

Receive a **10% discount** on all child and youth 1, 3 & 6 month & annual memberships for the entire month of September.

ALLAN & JEAN MILLAR CENTRE

ALLAN & JEAN MILLAR CENTRE

RECREATION FEE ASSISTANCE PROGRAM

HOW DO I APPLY?

- ✔ Complete an application form.
- ✔ Applicant must live within Town of Whitecourt or Woodlands County limits. This program is funded in part by Woodlands County. To register, Woodlands County residents must reside in Electoral Districts 2, 3 or 4.
- ✔ 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 the completed application form to the Allan & Jean Millar Centre.
- ✔ Proof of income is required.

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

APPROVED APPLICANTS HAVE ACCESS TO:

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





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.



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.

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.

| | |
|--|---|
| <p>September 29 10:00am-4:00pm Sunday Registration deadline: Sept 22 Course ID#: 9415</p> | <p>November 7 10:00am-4:00pm Thursday Registration deadline: Oct 31 Course ID#: 9416</p> |
|--|---|

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

| | |
|--|--|
| <p>September 14 to 15 Saturday and Sunday 1:00pm-5:30pm Registration deadline: September 7 Course ID#: 9413</p> | <p>November 16 to 17 Saturday and Sunday 1:00pm-5:30pm Registration deadline: November 9 Course ID#: 9414</p> |
|--|--|

Member: \$55.00 Retail: \$63.25

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



RECREATION PROGRAMS

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

BOUNCY CASTLE AND SLIDE
 \$130.26/hour
 • Available on the following weekends:
 Sept 21/22, Oct 19/20, Nov 16/17

50' INFLATABLE OBSTACLE COURSE
THE "TIM HORTONS DOUBLE DOUBLE"
 \$130.26/hour
 • Available on the following weekends:
 Sept 14/15, Oct 5/6, Nov 2/3

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.

BUILD THE PARTY THAT BEST FITS YOU!



ENCHANTED FOREST WALK

The enchanted creatures will only be in hiding between **September 14 - October 15**, so find them before they're gone!



September 14 - October 15

Head out on our enchanted forest walk at the Forest Interpretive Centre. Fairies, gnomes, and magical creatures hide out along this 1km trail, so grab our magical hunt checklist and see if you can find them all.

Checklists can be picked up at the trail entrance or go online: <https://rec.whitecourt.ca> under special events to print it off. Drop off completed checklists at the Allan & Jean Millar Centre and receive a small treat & a grand prize entry!




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

SEPTEMBER 14
Blast from the Past
 Get ready to travel through time as we play games, music, crafts and activities from the 60's to the 90's.

OCTOBER 5
Crazy Construction
 Get ready to build an unforgettable evening with fun interactive activities, games and crafts that revolve around construction and building.

NOVEMBER 2
Scavenger Hunt
 Your mission is to find the hidden codes to reveal the secret password to unlock the box of treasure.

Team Building Events

We are now offering team-building events for corporations, organizations, and any group that wants to celebrate and strengthen their team! Build the celebration that best fits your organization!

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: Audio Equipment

- Speaker System-\$26.05
- Microphone-\$20.84

Facilitated Event \$100.00

Our special event crew will help to organize and facilitate team building activities!

THEMES ARE:

- Scavenger Hunt
- Sporty Fun
- Minute to Win It Extravaganza
- Teamwork Makes the Dream Work
- Custom Built Theme

50' INFLATABLE OBSTACLE COURSE-THE "TIM HORTONS DOUBLE DOUBLE" \$130.26/HOUR

Available on the following weekends:
 September 14/15, October 5/6, November 2/3

Giant Games!

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

Additional space rental and large group rates (fee dependent)



Please contact Guest Services at the Allan & Jean Millar Centre to build your event or for more information. Please note that all Team Building Events require booking two weeks in advance of party date to ensure staffing.

RECREATION PROGRAMS



Allan & Jean Millar Centre
HALLOWEEN
 Dance *party*

Friday, October 18
 7:00pm-10:00pm
 Grades 6-9

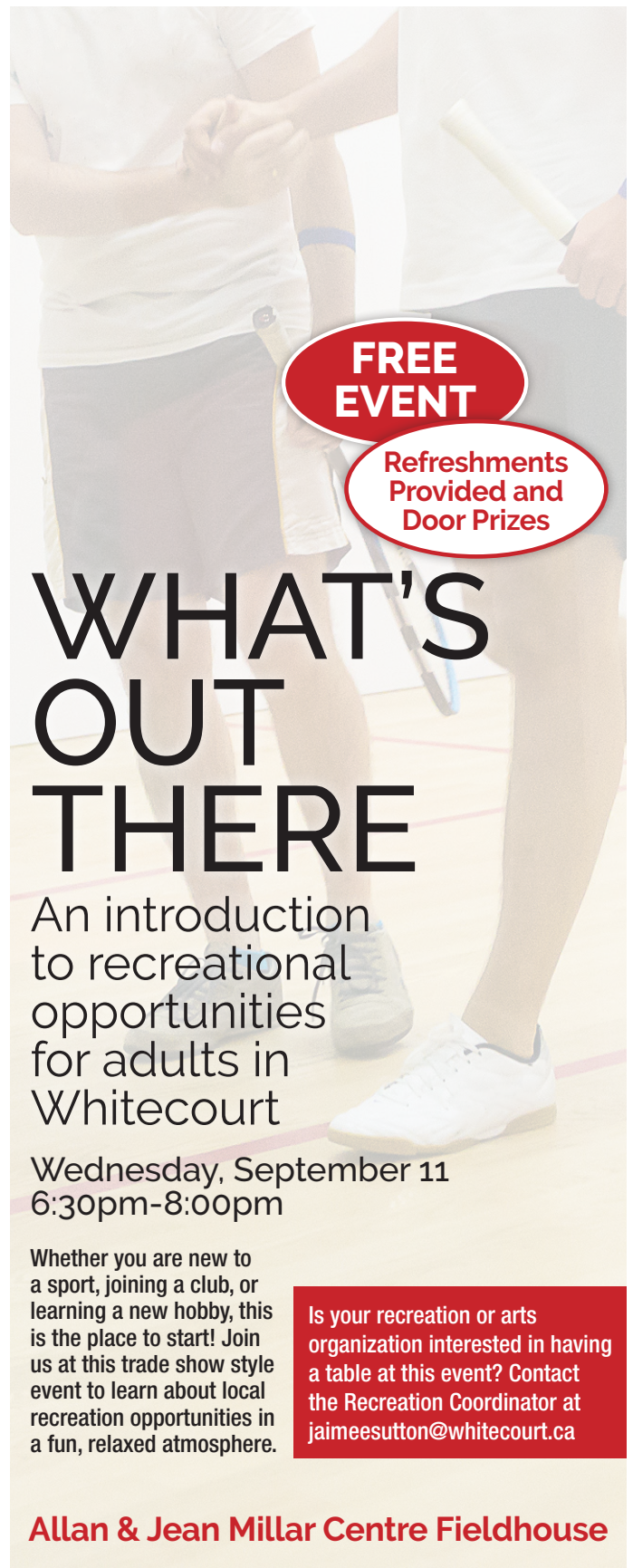
Music, dancing,
 food & more! Watch
 our Facebook page
 for all the details!



MillarCentre



allanjeanmillarcentre



**FREE
 EVENT**

Refreshments
 Provided and
 Door Prizes

**WHAT'S
 OUT
 THERE**

An introduction
 to recreational
 opportunities
 for adults in
 Whitecourt

Wednesday, September 11
 6:30pm-8:00pm

Whether you are new to
 a sport, joining a club, or
 learning a new hobby, this
 is the place to start! Join
 us at this trade show style
 event to learn about local
 recreation opportunities in
 a fun, relaxed atmosphere.

Is your recreation or arts
 organization interested in having
 a table at this event? Contact
 the Recreation Coordinator at
jaimeesutton@whitecourt.ca

Allan & Jean Millar Centre Fieldhouse



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

SUNDAY FUN DAY!

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

| DATE | COURSE ID# | FEATURED ACTIVITY |
|-------------|------------|---|
| October 27 | 9484 | Boo Bash - Halloween crafts and spooky fun |
| November 17 | 9485 | Bite-Sized Bites - Create a tasty treat and join in on some family fun activities |

10:00-11:30 AM • AGES: 0-8 AND THEIR FAMILIES
ALLAN & JEAN MILLAR CENTRE
MEMBERS: \$6.50 • RETAIL: \$7.48 • TOT (AGES 0-2): \$3.00



Around the World

Join us as we travel around the world and explore unique games, crafts and sports from different countries. Sign up for all four or just one, it's up to you!
Min.8/Max.12

Wednesdays 5:00-6:00pm
 October 2-23
Ages: 8-11 years
 Allan & Jean Millar Centre
Members: \$10.00/Class Retail: \$11.50/Class

| | | |
|------------|-----------|------------------|
| October 2 | Argentina | Course ID#: 9512 |
| October 9 | Egypt | Course ID#: 9513 |
| October 16 | Mongolia | Course ID#: 9514 |
| October 23 | Greece | Course ID#: 9515 |

Members: \$35.00/All Classes Retail: \$40.24/All Classes
Course ID#: 9492



RECREATION PROGRAMS

3rd Annual
Whitecourt



Competitive Pickleball Tournament

SEPT. 7, 9:00AM AT THE ALLAN & JEAN MILLAR CENTRE

Round Robin & Playoffs

Cost: \$30/person

Register for a 2nd bracket and pay only \$15.
Please call us to apply discount at time of
registration.
Min 4/Max 12 teams per bracket.

| | |
|------------------|-----------------|
| Women's Beg/Int. | Course ID: 9469 |
| Women's Advanced | Course ID: 9467 |
| Mixed Beg/Int. | Course ID: 9471 |
| Mixed Advanced | Course ID: 9470 |
| Men's Advanced | Course ID: 9466 |
| Men's Beg/Int. | Course ID: 9468 |

Looking for a partner?
Join the list by
contacting Jay at
jaynicholls99@yahoo.ca

REGISTRATION DEADLINE: SEPTEMBER 1ST

CALL 780-778-3637



PICKLEBALL FUN TOURNAMENT

Join us for a fun round robin
pickle ball tournament at the
Allan & Jean Millar Centre!
Beginner and advanced
levels are welcome, so
don't miss this great
opportunity to learn new
skills, meet some great
people, and take part in a
fun competition!
Min.8/Max.24

**WEDNESDAY,
NOVEMBER 6**

9:00am-1:00pm

Ages: 16+

Allan & Jean Millar
Centre

\$20.00/person

Course ID#: 9438





National Coaches

APPRECIATION WEEK

September 16-22, 2024

National Coaches Week is a week to celebrate the tremendous positive impact that coaches have on athletes and our community. Join #thankscoach in September and join our community and communities across the country recognizing amazing coaches!

We will also be honouring local coaches throughout the week, but we need your nominations! Take time to acknowledge the positive influence

that a coach has made in your life or your child's life by nominating them for our Coach Appreciation Draw. To honour your coach simply submit an entry at the Allan & Jean Millar Centre and our pop up locations around town or tell us why your coach is great with the #thankscoach WCT. Deadline for submissions is Thursday, September 12 at the ballot boxes or through #thankscoach WCT. All entries will be submitted into a draw to win a prize pack and surprise visit for your coach.



PICKLEBALL

Want to get outside for some pickleball? We have you covered! Weekly portable net rentals are 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.

PORTABLE NET LENDING
\$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.

Join us Monday-Friday mornings and Monday and Thursday evenings to try the latest in racquet sports. Pickleball is a low impact game that has the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications. It's a fun game for players of all levels. Everyone is invited to drop-in and give it a try.

ALLAN & JEAN MILLAR CENTRE

Mondays
 9:00-11:00am
 Skill Development
 All Ages

Tuesdays/Wednesdays/
 Thursdays/Fridays
 Time: 9:00-11:00am
 All Ages

Mondays/Thursdays
 Time: 8:00-10:00pm
 18+
 Members: FREE Retail: \$4.48

NO EXPERIENCE NECESSARY!



RECREATION PROGRAMS



REGISTERED RECREATION PROGRAMS - CHILD/YOUTH

SPORTS

HOMESCHOOL MULTISPORT

Love sports, but not ready to be tied down to 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 day including soccer, volleyball, gymnastics, basketball, badminton, and floor hockey. This will include rule introduction, skill development and game play where applicable! Led by AJMC Program Leaders. Min.6/Max.12

Tuesdays

September 17-October 22

1:00-1:45pm

Ages 6-9

Course ID#: 9434

Members: \$42.00

Retail: \$48.30

2:15pm-3:00pm

Ages 10-14

Course ID#: 9432

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, November 29

5:30-8:30pm

Ages 8-12

Course ID#: 9437

Members: \$27.00

Retail: \$31.05

ARTS & CRAFTS

UPCYCLED ART

One person's trash is another person's treasure! Get creative using items people no longer want and create a fun, new exciting project out of it. Min.6/Max.12

Sunday, October 20

1:30pm-3:30pm

Ages 7-12

Course ID#: 9436

Members: \$23.00

Retail: \$26.50

SNACK ATTACK

Join us and learn how to make healthy and delicious snacks! Make something new, take home samples and the recipe to share with your whole family! Min.6/Max.12

Saturday, November 16

1:00-3:00pm

Ages 8-12

Course ID#: 9431

Members: \$25.00

Retail: \$28.70

HULA HOOP EXTRAVAGANZA

Get crafty by making your very own hula hoop and customize it to make it yours! After we will learn new tips and tricks on hula hooping. Min.6/Max.12

Sunday, November 24

2:00-4:00pm

Ages 8-14

Course ID#: 9430

Members: \$27.00

Retail: \$31.50



PD DAYS

MISSION IMPOSSIBLE HALF DAY CAMP

Campers will transform into secret agents ready to tackle thrilling challenges and embark on daring missions! Help create a fun, safe, and challenging obstacle course that encourages teamwork, physical activity and problem solving skills among campers. Min.6/Max.20

October 11

1:00-4:00pm

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

Ages 6-12

Course ID#: 9439

Members: \$20.00

Retail: \$23.00

ART FUSION HALF DAY CAMP

Join us for some explosive creativity! If you have a curious young arts lover whose interests vary widely from theatre to visual arts to hands on crafts, this is the camp for them! Min.6/Max.20

November 7

1:00-4:00pm

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

Ages 6-12

Course ID#: 9453

Members: \$20.00

Retail: \$23.00

SPACE IS THE PLACE HALF DAY CAMP

Welcome to the space adventure day where campers embark on an interstellar journey filled with exploration, discovery and cosmic challenges. Astroid Dodgeball, space crafts and all things space will ignite curiosity and imagination. Min.6/Max.20

November 8

1:00-4:00pm

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

Ages 6-12

Course ID#: 9456

Members: \$20.00

Retail: \$23.00

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 jaimeesutton@whitecourt.ca



Learn Macramé

In this creative craft workshop, learn to make a feather shaped macramé wall hanging. Min.7/Max.20

Date: October 19, 2024

Time: 10:00am-12:00pm

Instructor: Sharon Burrows

Ages: 8+

Allan & Jean Millar Centre Classroom

Members: \$33.95 Retail: \$39.04

Course ID#: 9511



Cooking from Around the World

Join Red Seal Chef, Kendall Mercer on a culinary trip from around the world. In this workshop, you will learn to create a selection of dishes curated by Chef Mercer to take your taste buds on an incrEDIBLE journey! Min.12/Max.20

Date: November 16, 2024

Time: 2:00-4:30pm

Instructor: Kendall Mercer

Ages: 16+

Hilltop High School Kitchen

Members: \$52.95 Retail: \$60.89

Course ID#: 9507

YOUTH PROGRAMS



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

Starts September 11

WEDNESDAY-FRIDAY
3:30-5:30PM

Open to All Youth
Grades 6-12

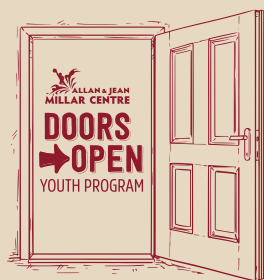
FREE TRANSIT
to and from the program.

FREE PROGRAM

Snacks
Provided

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 will take you directly to the Allan & Jean Millar Centre!

MillarCentre allanjeanmillarcentre

SEPTEMBER 17
WELCOME BACK DANCE PARTY

We're back for another school year! Join us in the Fieldhouse for games, costume relays, a photo booth, and prize draws!

OCTOBER 15
MIND BENDERS & BRAIN TEASERS

Try out your problem solving skills with riddles, a scavenger hunt, cooperative games, and create your own optical illusion art.

NOVEMBER 19
NERF WARS & WASHI TAPE ART

We've got it all in November! Join us for Nerf games like Capture the Flag and Zombies vs. Humans, or chill out and make a Washi tape bracelet or ornament.

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 busing 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.



YOUTH PROGRAMS



To be a member of Whitecourt's Youth Advisory Committee you must be between 13-18 years of age as of December 31 of the current year. The objective of this Committee is to work collectively to ensure the needs of youth are met. As a member, you will advocate for youth issues, and provide recommendations to Council regarding important issues concerning Whitecourt youth. Students who fulfill their year commitment to the Committee will be awarded a bursary upon graduation (and proof of post-secondary studies).

REPRESENT – ENGAGE – CONNECT

For more information, an application and a copy of the policy please visit www.whitecourt.ca.

The Committee consists of 12 members:

- ✦ 2 Town Council Representatives
- ✦ Up to 10 Student Representatives from Hilltop High School, École St. Joseph School, Percy Baxter Middle School, and the community at large

The bursary will be awarded as follows:

\$100 Awarded for the attendance at a minimum of 5 Youth Advisory Committee meetings

\$400 Awarded for successful completion of the following:

- ✦ Participation in the coordination and implementation of a Town Hall Meeting at the respective school of the Committee Member
- ✦ Attendance of a Council Meeting (followed by a verbal report on the meeting)
- ✦ Participation in a minimum of four community events and festivals which include, but are not limited to, the following:
 - Seniors' Activities
 - Party In The Park
 - Trade Fair
 - Canada Day
 - Run 4 Fun



Application deadline is Tuesday, October 15 at noon.

Email administration@whitecourt.ca to submit application.



Jumpstart

Giving kids a sporting chance.



Founded in 2005, Jumpstart helps kids overcome financial and accessibility barriers to sport and recreation in an effort to provide inclusive play for kids of all abilities. Jumpstart is more than just about getting kids active. It's about giving kids from families in financial need the same chance to participate as their neighbours, their classmates and their friends. Whether it's the chance to try a new sport or to continue with a favourite one, no kid should be left out.

To apply call 1-877-616-6600 or online at www.jumpstart.canadiantire.ca



KidSport supports children who need financial assistance with sport registration fees and equipment costs. We believe that the power of sport participation promotes the development of children's social, mental and physical well being.

Through increasing access to quality sport programs, KidSport strengthens communities across Canada.

To apply or donate, go to www.kidsport.ab.ca

For more information, contact the Youth Development Coordinator 780-706-0202

YOUTH PROGRAMS

In-School Mentoring

In partnership with our local schools, the Town of Whitecourt is looking for volunteer mentors.

Anyone  **can be a mentor.**

Join us today!



Requirements:

Caring Adult + Positive Role Model + Enjoy Having Fun!

You don't need to be superhuman or have special qualifications to be a mentor. Mentors are caring adults who strengthen our community through the simple act of spending time with youth.

Share your wisdom, have fun together, and help transform the life of a young person (Grades 1-8) in our community.



 **Training is provided.**

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

www.whitecourt.ca



Oil Country Hockey Assist Program

2024-2025 Season

KidSport Whitecourt provides grants up to \$300 per child per calendar year, to help cover the registration costs so all kids aged 18 and under can play a season of any sport.

If your child is interested in playing hockey, the Edmonton Oilers Community Foundation and KidSport Alberta have teamed up AGAIN to launch the third season of the KidSport Oil Country Hockey Assist Program (HAP)!

Approved applicants within Oil Country will have their full registration fees* covered and have access to no-cost equipment from Sport Central.

Full 2024-2025 registration fees, up to \$750



If you have questions on the program or would like to apply visit: <https://kidsportcanada.ca/alberta/whitecourt/> or call 780-706-0202.

FINANCIAL LITERACY SERIES

A strong foundation of financial literacy can help support various life goals, such as saving for education or retirement, and using debt responsibly. This 3-part financial literacy series will concentrate on different aspects of managing finances to enable people to make informed decisions, paving the way to financial success. All sessions take place at the Allan & Jean Millar Centre in the Crown & Anchor Pub Meeting Room.

Planning for Your Retirement

Thursday, September 19 | 6:30pm | Course ID#: 9508

Understand that as a member of the healthiest and longest-living population ever, government payments are not enough to fund retirement. Learn how to become proactive and start retirement planning early. Discover the benefits of using government tax deferral/saving opportunities, participating in company pension plans, and including non-registered investments as part of a retirement plan.

Managing Your Finances in Retirement

Thursday, October 17 | 6:30pm | Course ID#: 9509

Learn about why it's so important to manage finances in retirement, the art of budgeting, how to stretch your retirement resources, and the different stages of retirement.

The Journey Out of Debt

Tuesday, November 19 | 6:30pm | Course ID#: 9510

Come learn what credit is and how it works. Understand the difference between types of debt and the cost of debt when making only minimum payments. How payday loan companies operate and the cost of borrowing from them. Understand how debt can pile up and how this can have negative consequences on future financial plans. Learn how to take control of debt, including assessing the amount of debt, debt repayment options and dealing with creditors and collection agencies.

Call: 780-778-3637 ext 0 to register for these free sessions



FRIENDLY VISITOR PROGRAM VOLUNTEERS NEEDED

We are looking for people who want to volunteer their time to provide companionship for elderly and isolated people. Keeping isolated individuals connected to their community improves their mental and physical health. Volunteering with this program is flexible and orientation is provided.



Please contact Fay Arcand at 780-778-3637 ext.417 or fayarcand@whitecourt.ca for further information on this volunteer opportunity.

Become a confident caregiver!



Norquest College and Whitecourt FCSS present

Family Caregiver Workshops:

**Navigating the Health Care System
September 19, 7:00pm - 9:00pm**

**Supporting a Person Living with Dementia
September 26, 7:00pm - 9:00pm**

Location:
Allan & Jean Millar Center
58 Sunset Blvd, Whitecourt

Sessions are free but require registration. **Register by calling 780-778-3637 ext. 0**



FCSS PROGRAMS

FREE

Armchair Travels



September 4 ID:9503
CHINA

October 2 ID:9504
PARIS

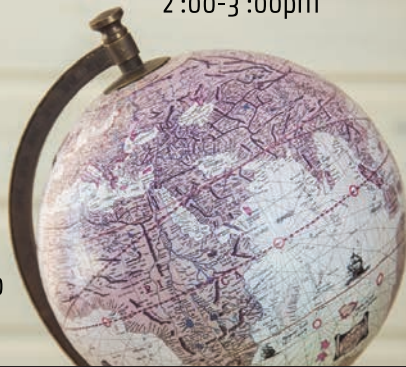
November 13 ID:9505
BRITISH COLUMBIA

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.

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

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

2:00-3:00pm



WHITECOURT MEALS ON WHEELS

IS A USER PAY PROGRAM THAT DELIVERS NUTRITIOUS AND AFFORDABLE MEALS TO THOSE WHO HAVE LOST THE ABILITY TO COOK FOR THEMSELVES AND HAVE LIMITED SUPPORT THROUGH FAMILY, FRIENDS, OR OUTSIDE AGENCIES

THE COST OF EACH MEAL IS \$9.00. MEALS ARE SOLD IN GROUPS OF 10 FOR A TOTAL COST OF \$90.00 FOR 9 MEALS

MEALS CAN BE DELIVERED ONCE OR TWICE A WEEK ON TUESDAY AND/OR THURSDAYS DURING THE LUNCH HOUR.



PICK UP AND FILL OUT YOUR APPLICATION TODAY!
APPLICATIONS CAN BE PICKED UP AT THE ALLAN & JEAN MILLAR CENTRE, WHITECOURT COMMUNITY HEALTH, MCLEOD RIVER PRIMARY CARE, OR YOUR DOCTOR'S OFFICE.

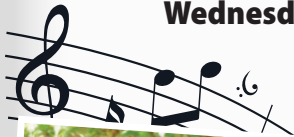
SUBMIT YOUR APPLICATION TO WHITECOURT COMMUNITY HEALTH
FAX (780) 706-7154

EMAIL: COURTNEY.KOOPMANS@AHS.CA
OR DROP IT OFF DURING OFFICE HOURS
MON-FRI 9AM-12PM & 1PM-4PM
AT 4707 - 50TH AVE WHITECOURT AB

TREKS & TRAVELS

Dinner and Entertainment

Wednesday, September 18



Join in the fun at the Whitecourt Seniors Circle. We will be joined by the Jasper seniors group. Our entertainer will be Edward Primm, from our neighbouring town of Mayerthorpe.

Doors Open at 5pm
Dinner at 6pm
Course ID#: 9491
Tickets: \$28.00 (60+)



Treks & Travels

THE SCOTTWOODS BAND
Old Time Country & Fiddle Music



PRESENTS YEE HAW

Sunday, October 6

Edson, Alberta

Show begins at 7:00pm

Cost

Seniors Circle Member (60+): \$38.00+GST
Non-Seniors Circle Member (60+): \$87.30+GST
Tickets include return transportation, entrance into show, in transit snacks/water.



Bus Departure Time

5:15pm JDA Place, 72 Sunset Blvd. Returning by 10:30pm

Registration Deadline: September 25, 2024. Call the Allan & Jean Millar Centre to register at 780-778-3637 ext. 0. ID: 9517

New

SOCIAL PRESCRIBING: A Formal Referral Pathway

Connecting healthcare providers to community-based services for older adults



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.

The Town of Whitecourt FCSS Grant is offered to community organizations providing social prevention programming not normally funded through their annual budget.

These programs/projects must enhance the social well-being of individuals, families, and community and must result in one or more of the following:

- a. Help people become self-reliant, build resiliency, and become able to function in a positive manner.
- b. Promote and help people develop positive social relationships.
- c. Help people become socially engaged and contribute to their community.
- d. Support people to remain active participants in their community.
- e. Empower people to address social issues and influence change.

To be considered for the grant, a representative from the group or organization is required to attend the FCSS Grant Workshop.

FCSS GRANT WORKSHOP

Tuesday, November 5 from 7:00pm-8:30pm
Allan & Jean Millar Centre in the Meeting Room



Information and funding applications available at www.whitecourt.ca or:

Town of Whitecourt
FCSS Program Coordinator
Allan & Jean Millar Centre
58 Sunset Blvd.

Application Deadline:
12:00 noon on
Saturday, November 30



<https://rec.whitecourt.ca>



FCSS PROGRAMS

roots

Where Foundations
Are Formed

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

Programs for Ages 8-17

Pre-registration is required.

Call 780-778-6300

Learn More ▶



Proudly supported by:



whitecourtfvi.ca



new HOPE

FOR ADULTS

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

2-Day Course for Men & Women

■ **Next Session: September 12 & 13**

Offered 4x per year.

Call 780-778-6300

Learn More ▶



Proudly supported by:



whitecourtfvi.ca



new hope

youth
ages 13-17

Shaping Futures for Positive Decision Making

Topics include, but are but not limited to:

- Managing anger and other uncomfortable emotions
- Communicating effectively
- Recognizing healthy relationships
- Developing positive relationships
- Learning strategies to reduce stress
- Understanding how choices made today affect your future self

■ **Next Session: August 21 & 22**

Snacks and lunch provided.
Transportation available for those who require it.

Pre-registration is required.

Call 780-778-6300

Learn More ▶



Proudly supported by:



whitecourtfvi.ca

WHITECOURT FAMILY VIOLENCE INITIATIVE PRESENTS

\$20 PER PERSON

3rd Annual PUB FOODS

WITH THE DUDES

THERE WILL BE WINGS & OTHER PUB FOODS

FATHER/SON EVENT

AGES 13+

NEXTGENMEN JONATHON REED

CHALLENGING GENDER-BASED VIOLENCE



This event will provide an introductory conversation geared to men and boys to learn what constitutes violence and how to recognize it. Participants will also engage in conversations about gender-based violence and how to meaningfully participate in the primary prevention of violence. We will discuss ways we can work together to address violence from happening in our communities and create healthy relationships in our lives.

FRIDAY 5-8PM

OCTOBER 18

SAGITAWAH BREWING CO. IN WHITECOURT

Stay and play cornhole after the speech.

SPACE IS LIMITED. REGISTER BY OCTOBER 4, 2024.

To register, call the Allan & Jean Millar Centre at 780-778-3637 or go to https://rec.whitecourt.ca. ID #9501

PAINT THE TOWN PURPLE

WITH WHITECOURT FAMILY VIOLENCE INITIATIVE Family, Community, Agency.

#WHERETOTURN #GOPURPLEAB FAMILY VIOLENCE INFO LINE 310-1818

NOVEMBER IS FAMILY VIOLENCE PREVENTION MONTH (FVPM) IN ALBERTA

It is a time to increase awareness of the warning signs of family violence and the resources and supports available so we can work together to end family violence and build healthier relationships in our communities.

NOV 1: SHINE A LIGHT

NOV 2: GALA with Theo Fleury and Rory Gardiner

NOV 7: FAMILY VIOLENCE BUSINESS KITS

Kick-off for awareness resources around Whitecourt.

NOV 15: WOLVERINES GAME NIGHT

For a full list of events, visit whitecourtfvi.ca.

Supported by Alberta



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)



National Child Day

Join the Whitecourt & Area Family Support Program in a day that celebrates raising our youngest citizens with dignity and respect, so they can make meaningful contributions to their communities. This year's theme is "Inclusion for Every Child". Every child has the right to be treated fairly!

National Child Day is celebrated on November 20 to acknowledge the importance of children's rights and our country's commitments to upholding them. The United Nations Convention on the "Rights of the Child" sets out the rights of children with 54 articles that provide us with a solid road map of what is needed to raise healthy and happy children and youth.

For more information, visit www.nationalchildday.ca

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.

October 22 – November 26
Course ID#: 9331
Childcare Course ID#: 9332



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
September 10–November 26

REGISTER

Touring Tots

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.*

Fridays

COMMUNITY LUNCH BOX
September 20 - 10:00-11:00am
Course ID#: 9333

WHITCOURT PUBLIC LIBRARY
October 25 - 10:00-11:00am
Course ID#: 9419

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

September 11–November 27

REGISTER

FAMILY Frenzy

SATURDAYS 10:00-11:00AM

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

Fall Crafts
September 21
Course ID#: 9328

Building Masters
October 19
Course ID#: 9329

Tents & Tunnels
November 16
Course ID#: 9330

REGISTER

Pizza & Parenting

Parenting is hard-but it doesn't have to be... and pizza helps!!! Join us for an evening of delicious discussion as we explore various parenting topics featuring local community presenters and relate to one another with the joys of parenting! Limited childcare for children 0-8 years of age. Pizza is provided. Registration is required.

Wednesday 5:30-7:30pm
October 9
Course ID#: 9364 • Childcare Course ID#: 9365

REGISTER

Read & Roll

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. Register for all 7 weeks or those that fit your schedule. Limited childcare spots available for younger siblings.

Fridays 10:00-11:00am

| | | |
|---|---|--------------------------------------|
| September 13 Course ID#: 9420 | September 27 Course ID#: 9421 | October 4 Course ID#: 9422 |
| October 18 Course ID#: 9423 | November 15 Course ID#: 9424 | |
| November 22 Course ID#: 9425 | November 29 Course ID#: 9426 | |

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
September 12 - October 24 • No class October 17

DROP IN



Pick Your Fit + GET FIT.



PICK YOUR FIT

September 9-13

MOVE, SWEAT, and have FUN during our Pick Your Fit Week!

All fitness levels welcome!

- + Beginner
- + Intermediate
- + Advanced

WIN! SPECIAL DRAWS

Exclusive promotions for those who register for our fall classes during or before the event.



HIGHLIGHTS

FREE Fitness Classes

Experience a wide range of classes and fitness styles including yoga, kickboxing, cycle, strength training, and more.

FREE Mini Personal Training Sessions

Get acquainted with our certified personal trainers and enjoy a mini workout session.

HOW TO PARTICIPATE

Show up!

1. Come at scheduled fitness class times and join the fun!
2. Be part of our Fitness Family and improve your health!

Find YOUR perfect fit!

Pick Your Fit and Get Fit!



EVENT SCHEDULE

Available on Facebook and Instagram closer to the event dates.



Where Family, Fitness & Fun Matter



A DAY in the Life of a youth

at the Allan & Jean Millar Centre

FEATURED ACTIVITY:

AFTER-SCHOOL YOUTH OPEN SPORTS SESSIONS

Free with Membership

Sessions are held in the Complete Projects Fieldhouse, run five days a week, offering a fun and engaging way for kids to stay active while developing their athletic and social skills.

Monday-Friday:

3:45-5:00pm



Qui Tran

How long have you been a regular guest at the Allan & Jean Millar Centre?

I started coming here to hang out with friends three years ago and came to really enjoy the nice workers at the Allan & Jean Millar Centre. When I go there it is really fun.



How many times a week do you think you come and play at the Allan & Jean Millar Centre?

Almost everyday.

Can you share some of your favourite activities or programs that you participate in at the Allan & Jean Millar Centre?

My favourites are volleyball, badminton, and basketball.

What were your favourite things when you attended the Rotary Summer Camp?

The camp leaders were the best. They are so friendly and all activities were so much fun.

Are there any specific events, programs, or amenities that you wish the Allan & Jean Millar Centre would offer in the future?

I would like a diving board in the pool.

Why would you recommend this place to other young people like yourself and why?

The Allan & Jean Millar Centre staff is very welcoming and playing in the fieldhouse is always fun. Going to the pool on hot summer days is great! Rating is 10/10!



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



PEMBINA FITNESS CENTRE

CLASSES
SUBJECT TO
CANCELLATION
DUE TO LOW
ATTENDANCE

COMPLIMENTARY FITNESS CLASSES FOR MEMBERS



CLASSES RUN SEPTEMBER 16 TO DECEMBER 20 • NO CLASSES OCTOBER 14 & NOVEMBER 1, 11

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------|---------------------------------------|---|--|--|---------------------------------------|--|
| MORNING | Early Bird H2O 6:15-7:00am | | Early Bird H2O 6:15-7:00am | | | |
| | Water Warriors 9:00-10:00am | Shred 45 9:15-10:00am | Water Warriors 9:00-10:00am | Shred 45 9:15-10:00am | Water Warriors 9:15-10:00am | Saturday Sweat 10:30-11:15am |
| | | Functional Fitness 4 Life 10:30-11:30am | Adaptive Fitness 10:00-10:45am | | | |
| AFTERNOON | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | | |
| | | 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 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | | |
| | 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 | | |



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

Mondays, Thursdays 
5:15-6:00pm

Tuesdays, Thursdays 
9:15-10:00am

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

Tuesdays
7:00-7:45pm

MIND-BODY

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

FITNESS GUIDE

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



Child Mind available during this class

All classes 13+ unless otherwise stated

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 & 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. Max.20
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 & 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. Max.20
All Levels

Mondays, Wednesdays 
9:00-10:00am

Fridays 
9:15-10:00am



<https://rec.whitecourt.ca>

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

FUNCTIONAL FITNESS 4 LIFE

A great class for the older adult or those new to fitness! This is a joint friendly, full body workout aimed at improving muscular strength & endurance, flexibility and range of motion. Modifications can be made for all levels of fitness.
Beginner to Intermediate

Tuesdays 
10:30-11:30am

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 
10:30-11:15am

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



PEMBINA FITNESS CENTRE

REGISTERED FITNESS CLASSES



CLASSES SUBJECT TO CANCELLATION DUE TO LOW ATTENDANCE

Want to drop-in to one of our registered fitness classes? Class Passes are available for your convenience and flexibility!

**INDIVIDUAL: \$15.00
10-PACK: \$135.00**

CLASSES RUN SEPTEMBER 16 TO DECEMBER 20 • NO CLASSES OCTOBER 14 & NOVEMBER 1, 11


| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------------|--|--|--|---|--|
| MORNING & AFTERNOON | Outdoor Bootcamp 6:00-6:50am <i>(ends October 9)</i> | Cycle 45 6:00-6:45am | Outdoor Bootcamp 6:00-6:50am <i>(ends October 9)</i> | One More Rep 6:00-6:45am | Early Morning Yoga 6:00-6:50am <i>(begins September 27)</i> |
| | Early Morning Bootcamp 6:00-6:50am <i>(begins October 16)</i> | | Early Morning Bootcamp 6:00-6:50am <i>(begins October 16)</i> | | |
| | Cycle 45 9:15-10:00am | | Cycle 45 9:15-10:00am | | Cycle 30 9:15-9:45am |
| | | Stroller FIT 10:30-11:15am | | Stroller FIT 10:30-11:15am | Muscle Works 9:55-10:40am |
| | | | | | Cycle 30 12:15-12:45pm |
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| EVENING | | Adult Kickboxing 5:30-6:30pm | Pure Strength 5:30-6:15pm | Weight Training for Teens 10:00am-4:00pm <i>November 7</i> | Weight Training for Teens 10:00am-4:00pm <i>October 11</i> |
| | Cycle Strong 6:45-7:35pm | | | Cycle Strong 6:45-7:35pm | |
| | Pilates 7:00-8:00pm Tri Swim 7:00pm-8:00pm | | Tri Bike 7:00pm-8:00pm | | |

LAND FITNESS

ADULT KICKBOXING

Learn self-defence techniques and experience authentic kickboxing training without sparring (no contact) but using focus pads and kick shields. The cardiovascular, muscle toning, conditioning, and motor skill enhancement gained make for a program that relieves stress and promotes self-confidence. All Levels

Instructor: Amy Cloake

Ages: 16+ 

Tuesdays

5:30-6:30pm

September 17 to October 8

Course ID#: 9478

Members: \$36.84

Retail: \$42.36

October 15 to November 5

Course ID#: 9479

Members: \$36.84

Retail: \$42.36

November 12 to December 17

Course ID#: 9473

Members: \$55.26

Retail: \$63.54

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

Instructor: Annette Cartwright

Mondays, Wednesdays

6:00-6:50am

October 16 to November 6

Course ID#: 9444

Members: \$50.82

Retail: \$58.45

November 13 to December 18

Course ID#: 9442

Members: \$79.86

Retail: \$91.85

MUSCLE WORKS

Take your fitness to new heights. Jump off the bike and into this strength class focusing on full-body, functional, multi joint movements that will sculpt, tone and strengthen your entire body! All Levels

Instructor: Krista MacKay

Fridays

9:55-10:40 

September 13 to October 25

Course ID#: 9480

Members: \$50.82

Retail: \$58.45

November 15 to December 20

Course ID#: 9481

Members: \$43.56

Retail: \$50.10

ONE MORE REP

Ready to lift some weights? The focus is on muscular strength and endurance with classic lifting exercises like squats, lunges, and chest presses using a combination of free weights, tubing, medicine balls and more. All Levels

Instructor: Jolene Rarick

Thursdays

6:00-6:45am

September 19 to October 24

Course ID#: 9497

Members: \$43.56

Retail: \$50.10

November 14 to December 19

Course ID#: 9498

Members: \$43.56

Retail: \$50.10

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

Instructor: Annette Cartwright

Mondays, Wednesdays

6:00-6:50am

September 16 to October 9

Course ID#: 9443

Members: \$58.08

Retail: \$66.80

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: Lauren Holloway

Wednesdays

5:30-6:15pm 

September 18 to October 9

Course ID#: 9445

Members: \$29.04

Retail: \$33.40

October 16 to November 6

Course ID#: 9446

Members: \$29.04

Retail: \$33.40

November 13 to December 18

Course ID#: 9447

Members: \$43.56

Retail: \$50.10

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

Ages: 16+

Tuesdays, Thursdays 

10:30-11:15am

**No class September 26*

September 17 to October 10

Course ID#: 9448

Members: \$50.82

Retail: \$58.45

October 15 to November 5

Course ID#: 9449

Members: \$50.82

Retail: \$58.45

November 12 to December 12

Course ID#: 9450

Members: \$72.60

Retail: \$83.50

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
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: Krista MacKay
Fridays
9:15-9:45am
September 20 to October 25
Course ID#: 9482
Members: \$38.40 **Retail:** \$44.40

November 15-December 20
Course ID#: 9483
Members: \$38.40 **Retail:** \$44.40

Instructor: Amanda Anderson
Fridays
12:15-12:45pm
September 20 to October 25
Course ID#: 9451
Members: \$38.40 **Retail:** \$44.40

November 15 to December 20
Course ID#: 9452
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
Mondays
9:15-10:00am
September 16-October 7
Course ID#: 9493
Members: \$29.04 **Retail:** \$33.40

October 21-November 4
Course ID#: 9494
Members: \$21.78 **Retail:** \$25.05

November 18-December 16
Course ID#: 9495
Members: \$36.30 **Retail:** \$41.75

Instructor: Amanda Anderson
Tuesdays 6:00-6:45am
September 17 to October 8
Course ID#: 9454
Members: \$29.04 **Retail:** \$33.40

October 15 to November 5
Course ID#: 9455
Members: \$29.04 **Retail:** \$33.40

November 12 to December 17
Course ID#: 9458
Members: \$43.56 **Retail:** \$50.10

Instructor: Krista MacKay
Wednesdays
9:15-10:00am
September 18 to October 9
Course ID#: 9459
Members: \$29.04 **Retail:** \$33.40

October 16 to November 6

Course ID#: 9460
Members: \$29.04 **Retail:** \$33.40

November 13 to December 18

Course ID#: 9461
Members: \$43.56 **Retail:** \$50.10

CYCLE STRONG

This total body, heart pumping non-stop to the beat workout has a little bit of something for everyone! Rolling hills, sprints, climbs and surges with a body changing arm workout on the bike all to music hand-picked to motivate and inspire!
All Levels

Instructor: Dominique Dickson
Mondays
6:45-7:35pm
September 16 to October 7
Course ID#: 9472
Members: \$29.04 **Retail:** \$33.40

October 21-November 4
Course ID#: 9474
Members: \$21.78 **Retail:** \$25.05

November 18 to December 16
Course ID#: 9475
Members: \$36.30 **Retail:** \$41.75

Instructor: Dominique Dickson
Thursdays 6:45-7:35pm
September 19 to October 24
Course ID#: 9476
Members: \$43.56 **Retail:** \$50.10

November 14 to December 19
Course ID#: 9496
Members: \$43.56 **Retail:** \$50.10

All classes 13+ unless otherwise stated



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
September 27 to October 25

Course ID#: 9462
Members: \$46.05 **Retail:** \$52.95

November 22 to December 20
Course ID#: 9463
Members: \$46.05 **Retail:** \$52.95

PILATES

A gentle yet effective workout that promotes strength, flexibility, and mindfulness. Embrace the power of controlled movements and build a stronger, more flexible body. Elevate your fitness journey with our low-impact full body Pilates class. All Levels

Instructor: Annette Cartwright
Mondays 7:00-8:00pm
September 30-October 28
**No class October 14*

Course ID#: 9499
Members: \$36.84 **Retail:** \$42.36

November 18-December 9
Course ID#: 9500
Members: \$36.84 **Retail:** \$42.36

All classes 13+ unless otherwise stated

Step Up Your Nutrition

Our certified Precision Nutrition Coach will guide you every step of the way, offering personalized support tailored to your unique goals, preferences, and lifestyle.



Kara Grywacheski

Certified Precision Nutrition Coach

How to Get Started:

1. Book a Free Nutritional Consultation: Schedule your one-on-one consult with our certified coach. This can be completed in person or via Zoom.
2. Request Your Nutrition Blueprint: Collaborate with our coach to create actionable plans to improve your nutrition and overall health.
3. Start Your Journey! Our coach will provide guidance, accountability, and science-based information to help you create long-term, positive changes.

◆ **Ready to Take the First Step?**
 Schedule your assessment.



Contact us at 780-778-3637.
 Have questions or need more information?
 We're here to help!



PEMBINA FITNESS CENTRE



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.

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
10:00am-4:00pm

Friday October 11
Course ID#: 9464

Thursday November 7
Course ID#: 9465

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. Do you want to be more efficient, mobile, stronger, and able to produce more power? 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! This option is ideal for those individuals who want a tailored program for getting active and customized nutrition program to help you develop new healthy habits. 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. Why wait? Let's get started! Please call the Allan & Jean Millar Centre to schedule your appointment.

Members: \$140.00

Retail: \$161.00

All classes 13+ unless otherwise stated



PERSONAL & PARTNER TRAINING

WHAT'S INCLUDED?

- Expert Trainers
- Customized Program
- Private Personal Training
- Body Scan (BIA)
- 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!



CYNTHIA



I made the choice to start getting healthy. I signed up for weekly training with Shannon. I have zero regrets. I have already learned so much, she pushes me to do my best. Every week I keep improving. I would recommend 1000 times over.

LEAVES AREN'T THE ONLY THING FALLING:
SHED POUNDS THIS FALL!



SWEAT YOUR WAY THROUGH SWEATER WEATHER!

Personalized training and nutrition plans designed for your specific goals. Maximize your potential and enjoy the benefits of a fitter lifestyle.



BOOK YOUR FREE CONSULTATION NOW!

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



SUSAN



My friend and I have been training with Ryan for 6 months. Ryan always greets us with a smile and an inquiry about any physical concerns before we start. He is incredibly patient and encouraging. My work with Ryan has improved my performance on the pickleball court by providing me with strength, agility and endurance.

TRAINERS ARE AVAILABLE FOR ONE-ON-ONE, PARTNER OR GROUP TRAINING.

Offered in 60 minute, 30 minute and new 45 minute sessions.

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

PEMBINA FITNESS CENTRE

TRIATHLON



INSIDE TRI

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 compete in our very own indoor triathlon on Saturday, November 2. Min.8/Max.20

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!

All Levels

Instructors: Morgan Hogberg, Sarah Whelen

13+

Mondays: Swim 7:00-8:00pm

**No class October 14 & 23*

Wednesdays: Bike and Brick Training 7:00-8:00pm

September 16-October 30

Course ID#: 9441

Members: \$110.52

Retail: \$127.08

AJMC INDOOR TRIATHLON

Saturday, November 2. Heats starting at 9:30am

A triathlon for all abilities! Divided into heats, you will have 15 minutes to swim as many laps as possible in the pool, 8-minute transition, 20-minute cycle, 2-minute transition, and 20 minutes to run as many laps as you can on the track. Heats will start every 30 minutes.

For ALL LEVELS! From your first triathlon to the experienced triathlete. Here are some of the great things you'll receive when you do the AJMC Indoor Triathlon:

- a supportive environment focused on success for all athletes from beginner to advanced.
- a safe and non-intimidating pool swim.

Course ID#: 9440

Cost: \$30.00/individual



RACE DAY JUNE 1, 2024

Thank you to all of our incredible sponsors, partners and volunteers! The Run 4 Fun was a great success because of your generous support and time! Thank you for supporting our efforts to encourage healthy and active living, and recognizing the value of this event for our community.

CHECK OUT THE RACE PHOTOS!

Run4FunWhitecourt

THANK YOU SPONSORS

VOLUNTEER GROUPS

- Whitecourt Fire Dept.
- Youth Advisory Committee
- Whitecourt Mountain Bike Club
- TELUS
- ECHO Society
- ...and many individuals!



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 9.

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 \$10.50 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

| | | |
|-------------|------------------|------------------|
| September 2 | Labour Day | 10:00am-8:00pm |
| October 4 | Concert | Closed at 3:00pm |
| October 14 | Thanksgiving Day | 10:00am-8:00pm |
| November 11 | Remembrance Day | 10:00am-8:00pm |

FREE FAMILY SWIM 6:00-8:00pm

Sept 1 & 15, Oct 6 & 20, Nov 3 & 17
Sponsored by the Rotary Club of Whitecourt



Sept 8, Oct 13, Nov 10
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

September 30, October 11, November 7, 8

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# |
|--------------|----------------------------|---------------|---------|---------|------------|
| Mon & Wed | September 4 to October 2 | 10:50-11:20am | \$45.20 | \$51.44 | 9321 |
| Sunday | September 8 to November 3 | 12:30-1:00pm | \$45.20 | \$51.44 | 9323 |
| Mon & Wed | October 7 to November 6 | 10:50-11:20am | \$50.85 | \$57.87 | 9324 |
| Mon & Wed | October 7 to November 6 | 5:45-6:15pm | \$50.85 | \$57.87 | 9325 |
| Tues & Thurs | November 12 to December 12 | 4:05-4:35pm | \$56.50 | \$64.30 | 9326 |
| Mon & Wed | November 13 to December 11 | 10:50-11:20am | \$50.85 | \$57.87 | 9327 |

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 | September 3 October 3 | 4:05-4:35pm | \$56.50 | \$64.30 | 9334 |
| Mon & Wed | September 4 to October 2 | 9:05-9:35am | \$45.20 | \$51.44 | 9335 |
| Mon & Wed | September 4 to October 2 | 4:55-5:25pm | \$45.20 | \$51.44 | 9336 |
| Sunday | September 8 to November 3 | 10:55-11:25am | \$45.20 | \$51.44 | 9337 |
| Tues & Thurs | October 8 to November 5 | 4:55-5:25pm | \$50.85 | \$57.87 | 9338 |
| Mon & Wed | October 7 to November 6 | 10:15-10:45am | \$50.85 | \$57.87 | 9339 |
| Mon & Wed | October 7 to November 6 | 4:05-4:35pm | \$50.85 | \$57.87 | 9340 |
| Tues & Thurs | November 12 to December 12 | 5:30-6:00pm | \$56.50 | \$64.30 | 9341 |
| Mon & Wed | November 13 to December 11 | 9:40-10:10am | \$50.85 | \$57.87 | 9342 |
| Mon & Wed | November 13 to December 11 | 4:55-5:25pm | \$50.85 | \$57.87 | 9343 |



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 | September 3 to October 3 | 4:55-5:25pm | \$56.50 | \$64.30 | 9344 |
| Mon & Wed | September 4 to October 2 | 9:40-10:10am | \$45.20 | \$51.44 | 9345 |
| Mon & Wed | September 4 to October 2 | 4:05-4:35pm | \$45.20 | \$51.44 | 9346 |
| Sunday | September 8 to November 3 | 12:20-12:50pm | \$45.20 | \$51.44 | 9347 |
| Tues & Thurs | October 8 to November 5 | 4:05-4:35pm | \$50.85 | \$57.87 | 9348 |
| Mon & Wed | October 7 to November 6 | 9:05-9:35am | \$50.85 | \$57.87 | 9349 |
| Mon & Wed | October 7 to November 6 | 4:55-5:25pm | \$50.85 | \$57.87 | 9350 |
| Tues & Thurs | November 12 to December 12 | 5:45-6:15pm | \$56.50 | \$64.30 | 9351 |
| Mon & Wed | November 13 to December 11 | 10:15-10:45am | \$50.85 | \$57.87 | 9352 |
| Mon & Wed | November 13 to December 11 | 4:05-4:35pm | \$50.85 | \$57.87 | 9353 |



NO SWIM LESSONS
SEPTEMBER 30TH,
OCTOBER 13TH,
14TH, NOVEMBER
7TH, 11TH

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# |
|--------------|----------------------------|---------------|---------|---------|------------|
| Tues & Thurs | September 3 to October 3 | 5:30-6:00pm | \$56.50 | \$64.30 | 9354 |
| Mon & Wed | September 4 to October 2 | 10:15-10:45am | \$45.20 | \$51.44 | 9355 |
| Mon & Wed | September 4 to October 2 | 5:45-6:15pm | \$45.20 | \$51.44 | 9356 |
| Sunday | September 8 to November 3 | 10:15-10:45am | \$45.20 | \$51.44 | 9357 |
| Tues & Thurs | October 8 to November 5 | 5:30-6:00pm | \$50.85 | \$57.87 | 9358 |
| Mon & Wed | October 7 to November 6 | 9:40-10:10am | \$50.85 | \$57.87 | 9359 |
| Mon & Wed | October 7 to November 6 | 5:30-6:00pm | \$50.85 | \$57.87 | 9360 |
| Tues & Thurs | November 12 to December 12 | 4:55-5:25pm | \$56.50 | \$64.30 | 9361 |
| Mon & Wed | November 13 to December 11 | 9:05-9:35am | \$50.85 | \$57.87 | 9362 |
| Mon & Wed | November 13 to December 11 | 5:30-6:00pm | \$50.85 | \$57.87 | 9363 |

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 | September 3 to October 3 | 6:20-6:50pm | \$56.50 | \$64.30 | 9366 |
| Tues & Thurs | October 8 to November 5 | 4:05-4:35pm | \$50.85 | \$57.87 | 9367 |
| Mon & Wed | November 13 to December 11 | 4:05-4:35pm | \$50.85 | \$57.87 | 9368 |

PEMBINA GAS INFRASTRUCTURE AQUATIC CENTRE

Lifesaving Society's Swim for Life

SWIMMER | 5-12 YEARS



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 | September 3 to October 3 | 4:05-4:50pm | \$56.50 | \$64.30 | 9369 |
| Tues & Thurs | September 3 to October 3 | 5:45-6:30pm | \$56.50 | \$64.30 | 9370 |
| Mon & Wed | September 4 to October 2 | 4:40-5:25pm | \$45.20 | \$51.44 | 9371 |
| Sunday | September 8 to November 3 | 11:30am-12:15pm | \$45.20 | \$51.44 | 9372 |
| Tues & Thurs | October 8 to November 5 | 5:30-6:15pm | \$50.85 | \$57.87 | 9373 |
| Mon & Wed | October 7 to November 6 | 4:05-4:50pm | \$50.85 | \$57.87 | 9374 |
| Mon & Wed | October 7 to November 6 | 4:40-5:25pm | \$50.85 | \$57.87 | 9375 |
| Tues & Thurs | November 12 to December 12 | 4:05-4:50pm | \$56.50 | \$64.30 | 9376 |
| Mon & Wed | November 13 to December 11 | 4:40-5:25pm | \$50.85 | \$57.87 | 9377 |

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 | September 3 to October 3 | 4:05-4:50pm | \$56.50 | \$64.30 | 9378 |
| Mon & Wed | September 4 to October 2 | 4:05-4:50pm | \$45.20 | \$51.44 | 9379 |
| Mon & Wed | September 4 to October 2 | 5:30-6:15pm | \$45.20 | \$51.44 | 9380 |
| Sunday | September 8 to November 3 | 10:50-11:35am | \$45.20 | \$51.44 | 9381 |
| Tues & Thurs | October 8 to November 5 | 4:05-4:50pm | \$50.85 | \$57.87 | 9382 |
| Mon & Wed | October 7 to November 6 | 4:55-5:40pm | \$50.85 | \$57.87 | 9383 |
| Tues & Thurs | November 12 to December 12 | 4:05-4:50pm | \$56.50 | \$64.30 | 9384 |
| Mon & Wed | November 13 to December 11 | 4:40-5:25pm | \$50.85 | \$57.87 | 9385 |

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 | September 3 to October 3 | 5:30-6:15pm | \$56.50 | \$64.30 | 9386 |
| Mon & Wed | September 4 to October 2 | 4:55-5:40pm | \$45.20 | \$51.44 | 9387 |
| Sunday | September 8 to November 3 | 10:05-10:50am | \$45.20 | \$51.44 | 9388 |
| Tues & Thurs | October 8 to November 5 | 4:40-5:25pm | \$50.85 | \$57.87 | 9389 |
| Mon & Wed | October 7 to November 6 | 5:30-6:15pm | \$50.85 | \$57.87 | 9390 |
| Tues & Thurs | November 12 to December 12 | 5:30-6:15pm | \$56.50 | \$64.30 | 9391 |
| Mon & Wed | November 13 to December 11 | 5:30-6:15pm | \$50.85 | \$57.87 | 9392 |

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 | September 3 to October 3 | 6:05-6:50pm | \$56.50 | \$64.30 | 9393 |
| Mon & Wed | September 4 to October 2 | 4:05-4:50pm | \$45.20 | \$51.44 | 9394 |
| Sunday | September 8 to November 3 | 11:40am-12:25pm | \$45.20 | \$51.44 | 9395 |
| Tues & Thurs | October 8 to November 5 | 4:40-5:25pm | \$50.85 | \$57.87 | 9396 |
| Mon & Wed | October 7 to November 6 | 4:05-4:50pm | \$50.85 | \$57.87 | 9397 |
| Tues & Thurs | November 12 to December 12 | 4:55-5:40pm | \$56.50 | \$64.30 | 9398 |
| Mon & Wed | November 13 to December 11 | 4:05-4:50pm | \$50.85 | \$57.87 | 9399 |

Lifesaving Society's Swim for Life

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 | September 3 to October 3 | 4:55-5:40pm | \$56.50 | \$64.30 | 9400 |
| Mon & Wed | September 4 to October 2 | 5:30-6:15pm | \$45.20 | \$51.44 | 9401 |
| Tues & Thurs | October 8 to November 5 | 5:30-6:15pm | \$50.85 | \$57.87 | 9402 |
| Mon & Wed | October 7 to November 6 | 6:05-6:50pm | \$50.85 | \$57.87 | 9403 |
| Tues & Thurs | November 12 to December 12 | 4:40-5:25pm | \$56.50 | \$64.30 | 9404 |
| Mon & Wed | November 13 to December 11 | 5:30-6:15pm | \$50.85 | \$57.87 | 9405 |

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# |
|--------------|----------------------------|-------------|---------|---------|------------|
| Tues & Thurs | September 3 to October 3 | 4:40-5:25pm | \$56.50 | \$64.30 | 9406 |
| Tues & Thurs | October 8 to November 5 | 6:20-7:05pm | \$50.85 | \$57.87 | 9407 |
| Tues & Thurs | November 12 to December 12 | 6:05-6:50pm | \$56.50 | \$64.30 | 9408 |

PEMBINA GAS INFRASTRUCTURE AQUATIC CENTRE

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.



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.

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

ADULT 18+
8:30-9:00pm

Tuesdays
September 3rd-24th
Registration deadline: August 27th
Course ID#: 9409

November 5th-26th
Registration deadline: October 29th
Course ID#: 9410

YOUTH 13-17 years
8:00-8:30pm

Tuesdays
September 3rd-24th
Registration deadline: August 27th
Course ID#: 9411

November 5th-26th
Registration deadline: October 29th
Course ID#: 9412

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

Supported through the Town of Whitecourt's Safe Community Initiative





PATH TO BE A LIFEGUARD



Standard First Aid-Blended 1

The Canadian Red Cross First Aid and CPR programs provide lifesaving first aid skills and knowledge. Successful completion of this blended learning course will result in first aid and cardiopulmonary resuscitation (CPR) certification. Blended learning is a combination of in-class and interactive online instruction. This course combines online learning (7.5 hours) with one day (8 hours) of hands on, in-class training to provide comprehensive training covering all aspects of first aid.

COMPLETION:

- Successfully demonstrate skills and critical steps
- Minimum 75% mark for written knowledge evaluation
- Attend and participate in 100% of the course

CERTIFICATION

3-year certification in Standard First Aid and CPR Level C

October 11

Prerequisites: None
 Registration deadline: October 4
 Friday
 9:00am-5:00pm
 Course ID#: 9417
 Members: \$160.00 Retail: \$184.00

Bronze Cross 3

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as an assistant lifeguard. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies.

Prerequisites: Bronze Medallion and Standard First Aid
 Registration Deadline: January 30th
 Tentative dates: February 6th - 9th
 Members: \$140.00 Retail: \$161.00

Bronze Medallion 2

The Lifesaving Society's Bronze Medallion challenges the candidate both mentally and physically. Judgement, knowledge, skill, and fitness-the four components of water rescue-form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water.

November 7, 8, 9, 10

Prerequisites: CPR-C and 13 years or Bronze Star
 Registration deadline: October 31
 Thursday, Friday, Saturday, Sunday
 10:00am-4:00pm
 Course ID#: 9418
 Members: \$170.00 Retail: \$195.22

National Lifeguard 4

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
 Registration deadline: March 17
 15 years by March 28. All prerequisites MUST be met BEFORE the class start date.
 Tentative dates: March 24-28, 2025
 Members: \$300.00 Retail: \$345.00

Check out <http://rec.whitecourt.ca> for dates of the upcoming courses.

IN THE COMMUNITY

Hosted by:
 WHITECOURT CHURCH
BAPTIST
 Youth Group

HARVEST Carnival
 WHITECOURT BAPTIST CHURCH | 6240-47 ST
Oct 31 | 5-7pm

FREE

Children of all ages welcome for an evening of carnival games, treats and fun!

**GAMES
 TREATS
 PRIZES**

WHITECOURT MINOR SOCCER

**Indoor Registration
 August 1-31**

All teams practice twice a week. U13 will participate in at least 3 away tournaments. U11 will have the option to travel. U9 is a house league only - no travel.

| | | |
|---|--|---|
| U9 Indoor season mid October - mid December | U11 Indoor season mid October - mid February | U13+ Indoor season mid September - mid March. Includes some weekend travel to tournaments |
|---|--|---|

**For more details visit us on:
 Facebook - Whitecourt Minor Soccer
 Website: www.whitecourtsoccer.com**

DOES YOUR BUSINESS NEED SUPPORT?

Youth Entrepreneurship

No Experience Required

- Youth between 15- 34 years of age eligible
- One on One Business Planning
- One on One Business Coaching

Start Up Funds Available

- Up to \$15,000 available to qualified applicants
- Interest Free, No Down Payment, No Security
- 1-3 year re-payment schedules

Contact us today!

780-791-0966
lwisser@albertacf.com

Small Business Loans

Loan Products

- Term Loans up to \$150,000
- Lines of Credit
- Quick Cash Loans

For:

- Start Up Businesses
- Expansion/Improvement
- Business Sale/Purchase

Business Services

Coaching & Consulting

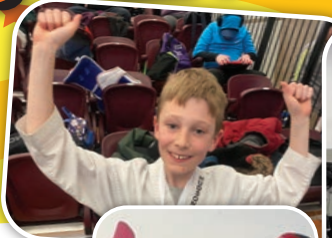
- Business plan development and review
- Cash Projection and Analysis
- Strategic Planning

Digital Tech Assistance

- Social media marketing strategy
- Google My Business Support
- Search Engine Optimization Support



WHITECOURT TAEKWONDO



TAEKWONDO



MUAY THAI (THAI BOXING)

BRAZILLIAN
JUJITSU (BJJ)

And coming soon...BOXING!

Join one martial art, and take part in the others at no cost!
Only the first two people in the family pay, everyone else is free

info@whitecourttaekwondo.com ★ www.whitecourttaekwondo.com

IN THE COMMUNITY



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.

PD Day Camps

7:00am-6:00pm
\$50 per day/per child.
Includes breakfast and snack.
September 30 is Orange Shirt Day.



LOCATED DIRECTLY
ACROSS FROM
CENTRAL SCHOOL



REGISTER NOW!

REGISTER IN PERSON AT 4812 50TH AVE.
OR ONLINE AT WWW.BGCWHITECOURT.COM
FOR MORE INFORMATION VISIT
WWW.BGCWHITECOURT.COM
OR PHONE 780-778-6696



BGC Whitecourt & District and
Yuk Yuk's Proudly Present

THE HALLOWEEN HOWLER

COMEDY SHOW

SATURDAY, OCTOBER 26, 2024

St. Joseph Parish, 5538 Mink Creek Rd, Whitecourt.

Join us for an adults only comedy night as we fundraise for the BGC Whitecourt & District. Tickets include: Entertainment, Midnight Munchies supplied by Original Joe's, Prizes, Music, Photobooth and Endless Laughs.

Tickets are \$50 each.
VIP Table Options Available.
For Tickets & More Information
Please Call 780-778-6696

Doors open at 7 PM
Entertainment at 8pm
Prizes at 10pm
Music at 10:30pm

ORIGINAL JOE'S
RESTAURANT & BAR

ON TOUR
YUK YUK'S
STAND-UP COMEDY

RAVE

MOBILE SAFETY



RAVE Alert mass notification system

What is RAVE?

RAVE allows the Alberta RCMP to provide operational or educational alerts to community members in specific areas of the province. Users who sign up can receive alerts for:

- Crime watch notifications
- Traffic advisories
- Crime prevention tips
- General public safety messaging

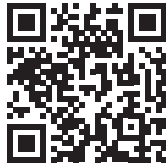
Alerts are sent via email, text message, or phone call.

Why should I sign up?

RAVE allows community members to assist police and act as useful resources to their local detachments and their respective communities. You can also receive trusted information in real-time.

How do I sign up?

Scan the QR code to register:
<https://www.ruralcrimewatch.ab.ca//rave>



Scan the QR code for instructions and to set your RAVE preferences:
<https://youtu.be/0TO9oevDo5c>



CAPTURE

Community Assisted Policing Through Use of Recorded Evidence



Register your security camera

Assist police with investigating crimes and keeping your community safe.

Registry is secure and entirely voluntary. Sign up today and help protect your property, your family, and your community.

REGISTER YOUR CAMERA(S) AT
ruralalbertacapture.ca



FIND DRUGS?

If you suspect or find something suspicious....

STOP

**DON'T TOUCH
DON'T DISTURB THE AREA**

CALL 911 or your local detachment immediately with a description and location.

.....

Certain drugs can be dangerous when inhaled or touched.

BE SAFE.

PROTECT YOUR BRAIN FOLLOW THE 2/1 RULE

TO MAKE SURE YOUR HELMET FITS RIGHT!

2 FINGERS ABOVE YOUR EYEBROWS

STRAPS FORM A **V** UNDER YOUR EARS

1 FINGER BETWEEN STRAP AND CHIN

Check if your helmet fits correctly. Shake your head from side to side, and from front to back. The helmet should not move around.

IN THE COMMUNITY



ROYAL CANADIAN LEGION BRANCH #44

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

Hall Rentals Call Cheryl at 780-706-4881



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

VETERANS

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

MEMBERSHIP

Membership has its 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.

EMAIL: rclegion44mem@gmail.com
WEBSITE: www.whitecourtlegion.com
FACEBOOK: Royal Canadian Legion
Branch #44 Whitecourt, Alberta
MAIL: PO Box 874, T7S1N8

Whitecourt KARATE

Focus, respect,
coordination,
develops leadership
skills & builds
confidence

CLASSES

Location: St. Mary's School

**Monday & Wednesday
Junior/Family Class**
6-12 years / parents
6:00pm-7:00pm

Teen/Adult Class
13+ years
7:10pm-9:00pm

**Wednesdays Only
Mini Miyagi Class**
(4-5 years)
6:00 pm-6:30 pm

WHAT WE HAVE TO OFFER: Highly qualified
instructors teaching traditional Karate, self-defense, Kata, Kumite,
Kihon Kumite, Shindo, Bunkai, body shields, breakable boards,
impact drills, workshops, tournaments and other fun stuff!

We would love to have you join us!

To register: Email whitecourtkarate@gmail.com
Message our Facebook page Whitecourt Wado
Kai Karate Club
Call John 780-805-1586

To learn more about our style, visit the SWKKF website www.shintani.ca

Repeat Boutique

Come in on Wednesday and Saturday to check out our toy section.



Nurses with Medication Carts purchased from Repeat Boutique funds.



Volunteers are happy to serve you.

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



TAKE OFF POUNDS SENSIBLY



Meets weekly on Thursdays at 9:00am, in the basement of the United Church. 5201-50 St.

For more information, please call:
Karen Manweiler 780-778-3256
Avy Fast 780-778-0821

Real People. Real Weight Loss.®



Welcome!
Whitecourt Skating Club

Box 1213
Whitecourt AB T7S 1P2

Offering Skate Canada CANSkate and STARSkate Programs



CANSkate Session 1 - Tuesdays
October & December
Registration: August 1 to August 15

CANSkate Session 2 - Tuesdays
January-March
Registration: December 1 to December 15



StarSkate



CanSkate

www.whitecourtsc.uplifter.com

IN THE COMMUNITY

WHITECOURT WOLVES



- Community basketball for ages 6 through 18
- Athlete development and foundational skills
- Fun, teamwork, and sportsmanship
- No cuts, no tryouts. Every skill level is welcome, but registration is first, come first serve
- In house play, in house tournament, potential travel tournaments, games

| TEAM | AGE | COST | DAYS & TIME | LOCATION | MAX REGISTRANTS |
|--------------|----------|--------|--------------------------|----------------------------|-----------------|
| U7 Co-ed | 2018 -19 | \$50* | Tues & Thurs 5:00-5:45pm | Allan & Jean Millar Centre | 10 |
| U9 Co-ed | 2016-17 | \$50* | Tues & Thurs 5:00-5:45pm | Allan & Jean Millar Centre | 10 |
| U11 Co-ed | 2014-15 | \$95* | Mon & Wed 5:00-6:00pm | Allan & Jean Millar Centre | 20 |
| U13 Boys | 2012-13 | \$95* | Mon & Wed 5:00-6:00pm | Allan & Jean Millar Centre | 20 |
| U13/15 Girls | 2010-13 | \$105* | Tues & Thurs 7:00-8:30pm | TBD | 20 |
| U15 Boys | 2010-11 | \$105* | Mon & Wed 7:00-8:30pm | TBD | 20 |

*Plus an additional Alberta Basketball Membership/Insurance fee. U7-9 is \$22 and U11+ is \$27 (Paid once per year, valid from Sept 1-Aug 31)

Session will run for 10 weeks from September 30-December 12, 2 days per week for each group
 Fall Registration will be open from September 5 at 9am to September 19 at 11:59pm
 Register at: WCYB.
ramregistrations.com
 Registration is first come, first serve

Please follow our Facebook page for the most up to date information: [f Whitecourt Wolves Community Basketball](#)
 Email: whitecourtbasketball@gmail.com

18U FALL CO-ED PREP CAMP

5-week CO-ED 18U Prep Camp runs September 10-October 10
 2-hour practices on Tuesdays & Thursdays

| | |
|--------|---|
| Week 1 | Conditioning with a personal trainer |
| Week 2 | Dribbling with Coach Dustin |
| Week 3 | Passing skills with Coach Jordan |
| Week 4 | Shooting Skills with Coach Peter |
| Week 5 | Rebounding/defensive skills and 3 on 3 tournament |

Cost: \$185 plus \$27 Alberta Basketball Membership/Insurance Fee (Paid once per year, valid from Sept 1-Aug 31)

Must be born in the years of 2007, 2008, 2009 to register
 Each participant receives a practice jersey

Min. 15/Max. 24

Please register at: WCYB.ramregistrations.com

BASKETBALL REFEREE COURSE

Become a Level 1 Certified Basketball Referee through the National Officials Certification Program offered by Alberta Basketball Referee Association (refalberta.ca) This first step referee course has no pre-requisites and will provide certification to referee games at the community and Jr. High levels.

The course consists of 6 hours of classroom/theory, and 2 hours of court practice. Please bring indoor shoes.

Location: Whitecourt Curling Rink (68 Sunset Blvd Whitecourt)
 Date: Sunday, October 6
 Time: 9:30am to 6:30pm
 Age: 16+ Cost: \$60

20 participants max.

To register, please email: whitecourtbasketball@gmail.com



REVZ CLUB VOLLEYBALL

WE'RE GETTING READY FOR NEXT SEASON!

DO YOU HAVE AN ATHLETE WHO LOVES VOLLEYBALL? CLUB VOLLEYBALL IS A GREAT WAY TO ENHANCE YOUR SKILLS IN A FUN AND COMPETITIVE SETTING.

THE 2024/25 CLUB VOLLEYBALL SEASON RUNS FROM NOVEMBER 2024 TO APRIL 2025. TRYOUTS WILL BE HELD BETWEEN SEPTEMBER 8 AND NOVEMBER 3 DEPENDING ON PLAYER AGE. INTERESTED PLAYERS CAN REGISTER FOR TRYOUTS STARTING IN AUGUST. REGISTRATION INFO WILL BE AVAILABLE ON OUR WEBSITE AND SOCIAL MEDIA.

ALL AGE GROUPS ARE BOTH GENDERS. EACH AGE GROUP'S TRYOUT WILL TAKE PLACE OVER ONE WEEK WITH UP TO TWO TRYOUT SESSIONS, BOTH TAKING PLACE ON SUNDAYS.

FEES FOR THE SEASON RANGE FROM \$675 - \$775. SUBSIDY IS AVAILABLE

REVZ
VOLLEYBALL

TRYOUT START DATES

- 18U - Sunday, September 8
- 17U - Sunday, September 15
- 16U - Sunday, September 22
- 15U - Sunday, September 29
- 14U - Sunday, October 20
- 13U - Sunday, October 27

IF YOU ARE INTERESTED IN GETTING INVOLVED AS A COACH OR HAVE QUESTIONS ABOUT THE SEASON OR THE TRYOUT PROCESS, FEEL FREE TO CONTACT US AT REVZPRESIDENT@GMAIL.COM OR CHECK OUT OUR WEBSITE WWW.REVZVOLLEYBALL.CA

IN THE COMMUNITY

MRPCN WORKSHOPS

For session dates visit MRPCN.CA

Workshops Included:

- ✓ Anxiety to Calm
- ✓ Anxiety to Calm for Youth (12-17)
- ✓ Happiness Basics
- ✓ Journeying Through Grief
- ✓ Moving on with Persistent Pain
- ✓ Relationships in Motion

Edson
Fox Creek
Mayerthorpe
Whitecourt

For More Info:

Info@mrpcn.ca
www.mrpcn.ca



GYMNASISTICS 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!

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

Helping Kids Learn on a Full Stomach



A Cleaner, Greener Community



Empowering Inclusion in our Community



Positive Initiatives in the Community

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

IN THE COMMUNITY



Phone 780-746-3000
 100 Roszko Lane
 Whitecourt, Alberta
www.eastlinkpark.com



SPOOKTACULAR 3-DAY SALE

October 31, November 1-2
 Purchase online at
eastlinkpark.com.

2024/2025 SEASON PASS

Purchase your
 Season Pass online
 at eastlinkpark.com!

**PARK RE-OPENS
 DECEMBER 6**
 (weather permitting)

| | Fall Sale Until Dec 1 | Regular After Dec 1 | |
|-----------------------|--------------------------|------------------------|-------|
| FAMILY (2+2) | \$739 | \$789 | \$699 |
| SENIOR (65+) | \$309 | \$339 | \$299 |
| ADULT (18-64) | \$339 | \$369 | \$329 |
| YOUTH (6-17) | \$309 | \$339 | \$299 |
| CHILD (5 & Under) | \$40 | \$40 | \$40 |
| ADDITIONAL (Under 18) | \$100 | \$100 | \$100 |
| HALF FAMILY (1+1) | \$519 | \$569 | \$499 |

*Plus GST for all Season Passes. Financing is available.



**PLAN YOUR
 FAMILY
 WINTER FUN
 AT EASTLINK PARK!**
 SKIING, BOARDING &
 TUBING FOR EVERYONE

Issued July 2024





Acting Classes



Professional classes... in your 'back yard'



For info on present offerings & upcoming classes:

(780) 778-0191

Lemstudio.ca

IN THE COMMUNITY



Santa Claus Parade
Saturday, November 16

Christmas is for Kids
Saturday, November 30

**I'm Dreaming of a
 Whitecourt Christmas**
November-December

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



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

FREE FAMILY FUN

FREE!



BLUE RIDGE FAMILY FUN DAY

SATURDAY, SEPTEMBER 7
12 NOON TO 4PM

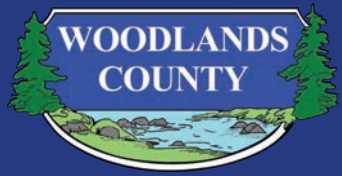


ACTIVITIES

- Bouncy Castle & Obstacles
- Canoes
- Indigenous Storytelling
- Horse-drawn Carriage Rides
- Environmental Learning
- Roving Performers
- Face Paint
- ... and MORE!

FREE HOT DOGS

Blue Ridge Recreation Area
5km north of Blue Ridge, east off of Highway 658



CAREER AND EDUCATION
EXPO
 2024



**FREE ADMISSION
 GENERAL
 PUBLIC IS
 WELCOME!**

ATTENTION JOB SEEKERS, STUDENTS & PARENTS

CAREER & EDUCATION EXPO

Test Drive a Career - Interactive Demonstrations at the Curling Arena

THURSDAY, SEPTEMBER 26

9:30AM - 4PM

ALLAN & JEAN MILLAR CENTRE, WHITECOURT, AB

Community Lunch Sponsor
Baker Hughes 

for more information, PLEASE CONTACT:

Kristy Tuts, Workforce Consultant
 780-268-4756
kristy.tuts@gov.ab.ca





SATURDAY,
NOVEMBER 2

ST. JOSEPH PARISH HALL, WHITECOURT
FORMAL EVENT

Open to community members 18+.

Featuring Theo Fleury and Rory Gardiner.

Doors Open at 5:00pm. Dinner at 5:30pm. Cash Bar.

\$50/per person

Includes mingling and autograph signing with Theo Fleury.

VIP Tables for \$500

Tables of 8. Includes appetizers and bottle of wine.
Limited VIP tables available.

THE POWER OF
ME TOO



Presentation by
former NHL All-Star,
Stanley Cup winner and
Olympic Gold Medalist:

theo fleury

www.theofleury.life



Followed by Comedian:

Rory Gardiner

Tickets available at the Allan & Jean Millar Centre or
online at <https://rec.whitecourt.ca>. ID #9502

For more information, email CourtneyHardman@whitecourt.ca.



whitecourtfv.ca