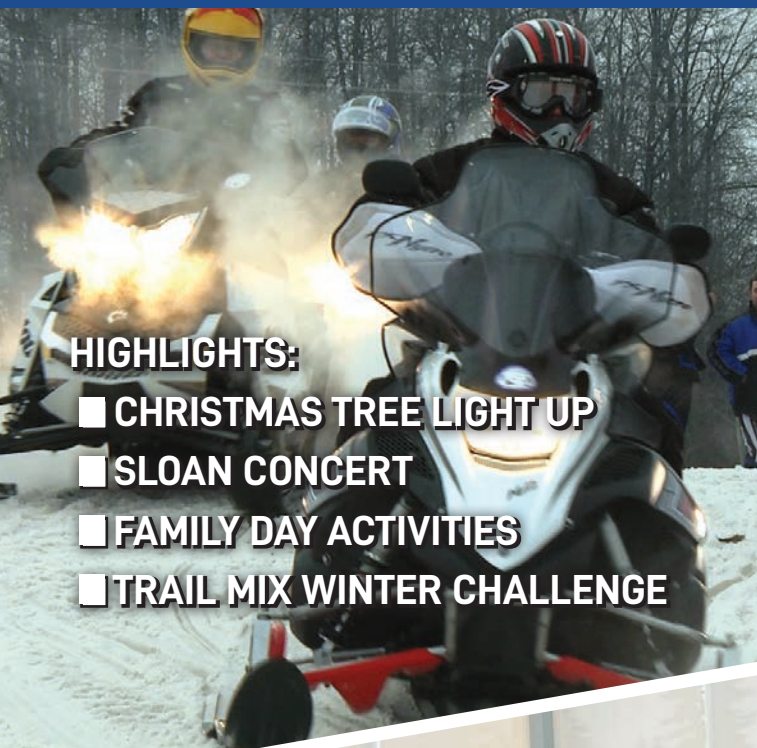


Community

SPECTRUM

WINTER 2024/25 • DECEMBER | JANUARY | FEBRUARY



HIGHLIGHTS:

- CHRISTMAS TREE LIGHT UP
- SLOAN CONCERT
- FAMILY DAY ACTIVITIES
- TRAIL MIX WINTER CHALLENGE



Whitecourt & Woodlands Performing Arts Society

2024/2025 SEASON



Friday
OCT 4
2024



MATTHEW GOOD AND HIS BAND

Doors Open 7pm, Show 8pm / Allan & Jean Millar Centre
\$59+GST

MOLLY'S COMEDY CABARET
Doors Open 7pm, Show 8pm / St. Joseph Parish Hall
\$39+GST



Friday
JAN 10
2025

Thursday
JAN 23
2025



SLOAN

Doors Open 7:30pm, Show 8pm / Allan & Jean Millar Centre
\$59+GST

RUM RAGGED

Doors Open 7pm, Show 8pm / St. Joseph Parish Hall
\$35+GST



Friday
APR 4
2025

BAR SERVICE & FOOD AVAILABLE. LICENCED EVENTS. MINORS MUST BE ACCOMPANIED BY AN ADULT.

Tickets available at WhitecourtLive.ca



THANK YOU TO OUR SEASON SPONSORS





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WINTER 2024/25 • DECEMBER | JANUARY | FEBRUARY

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47 IN THE COMMUNITY

IF YOU REQUIRE SPACE IN THE 2025 SPRING SPECTRUM (MARCH-MAY) PLEASE CONTACT US AT 780-778-6300 OR SPECTRUM@WHITECOURT.CA BY FRIDAY, NOVEMBER 29, 2024.



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



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AROUND TOWN

MAYOR'S MESSAGE



**TOM PICKARD
MAYOR**

Construction of the Culture & Events Centre has begun, and foundation work is underway with footings, walks, and backfilling taking place. Structural steel work will be the next visible work phase, and construction will continue throughout the winter months. The site for the Centre, which is south of Festival Park, changes daily and it's been interesting to see this development take shape.

With a two-year construction timeline, the Culture & Events Centre is expected to be complete by the end of 2026. Construction alone will inject over \$7.9 million to the service industry 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.

The Culture & Events Centre represents a significant investment in our community that will help to vitalize the downtown and encourage further investment in our community. We are already seeing other investments taking shape with retail construction of the Shoppers Drug Mart and Dollar Tree in the valley area, as well as new residential development approvals in the Athabasca Flats East area (near Ecole St. Joseph School). As our economy continues to grow, it will be interesting to see how the landscape of Whitecourt changes over the two years leading up to the Centre's grand opening.

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

Whitecourt Traffic Bylaw 1573 governs the use of quads, snowmobiles and other off-highway vehicles (OHVs) within town limits. Bylaw 1573 allows for seasonal use of OHVs in Whitecourt from December 1 to March 31.

For more detailed information on OHV regulations, and a copy of Whitecourt's OHV map, visit www.whitecourt.ca.

STAY OFF THIN ICE

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

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

Two nights
to choose from!

SATURDAY OR SUNDAY
DECEMBER
7 & 8

TRANSIT
Twinkle
TOURS
2024

FREE

SELF-GUIDED
TOUR MAPS
ALSO AVAILABLE!

Maps available at
whitecourt.ca

IN THE SPIRIT OF THE
HOLIDAY SEASON, PUBLIC TRANSIT IS
PROVIDING FREE CHRISTMAS LIGHT
TOURS AROUND WHITECOURT

SATURDAY 5:30PM * 6:30PM * 7:30PM

Saturday tours include a drive through of A Night at the North Pole at the Forest Interpretive Centre.

SUNDAY 5:30PM * 6:30PM

* Tours last 45 minutes and will begin and end at the Allan & Jean Millar Centre. Please arrive 15 minutes early. Pre-registration is required as space is limited. Wheel chair space must be booked at registration. All children must be registered with a seat (only newborns or infants that are held do not need a seat booked).

WE ENCOURAGE THE COMMUNITY TO HAVE THEIR
DECORATIONS UP AND LIGHTS ON FOR THE EVENING TOURS.

Registration opens November 25. To register, please contact the
Allan & Jean Millar Centre at 780-778-3637, ext "0".



In the spirit of giving, popcorn will be provided by United Rentals, and candy canes and colouring pages will be provided by the Whitecourt Family Violence Initiative.



AROUND TOWN

FREE WINTER ACTIVITIES & EVENTS

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

WINTER ACTIVITIES

FAMILY SUPPORT PROGRAMS

Allan & Jean Millar Centre / Ages 0-18

PUBLIC SKATING / SLIDE & GLIDE

JDA Place / All Ages

Sponsored by  Rotary Club of Whitecourt

FREE FAMILY SWIM

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

Specific Sundays announced on Facebook.

Allan & Jean Millar Centre / All Ages

Sponsored by  Rotary Club of Whitecourt  PGI

ADULT SWIM TO SURVIVE LESSONS

Allan & Jean Millar Centre / 18+

CROSS COUNTRY SKIING

Whitecourt Golf & Country Club / All Ages

TOBOGGANING

Dahl Drive Toboggan Hill / All Ages

OUTDOOR ICE RINKS

Various Locations / All Ages

INDOOR WALKING GROUP

Allan & Jean Millar Centre / 60+

For more information, visit us at www.whitecourt.ca or follow us on Facebook or Instagram.

  @TownofWhitecourt

1 ALLAN & JEAN MILLAR CENTRE

2 JDA PLACE

3 WHITECOURT GOLF & COUNTRY CLUB

4 FESTIVAL PARK

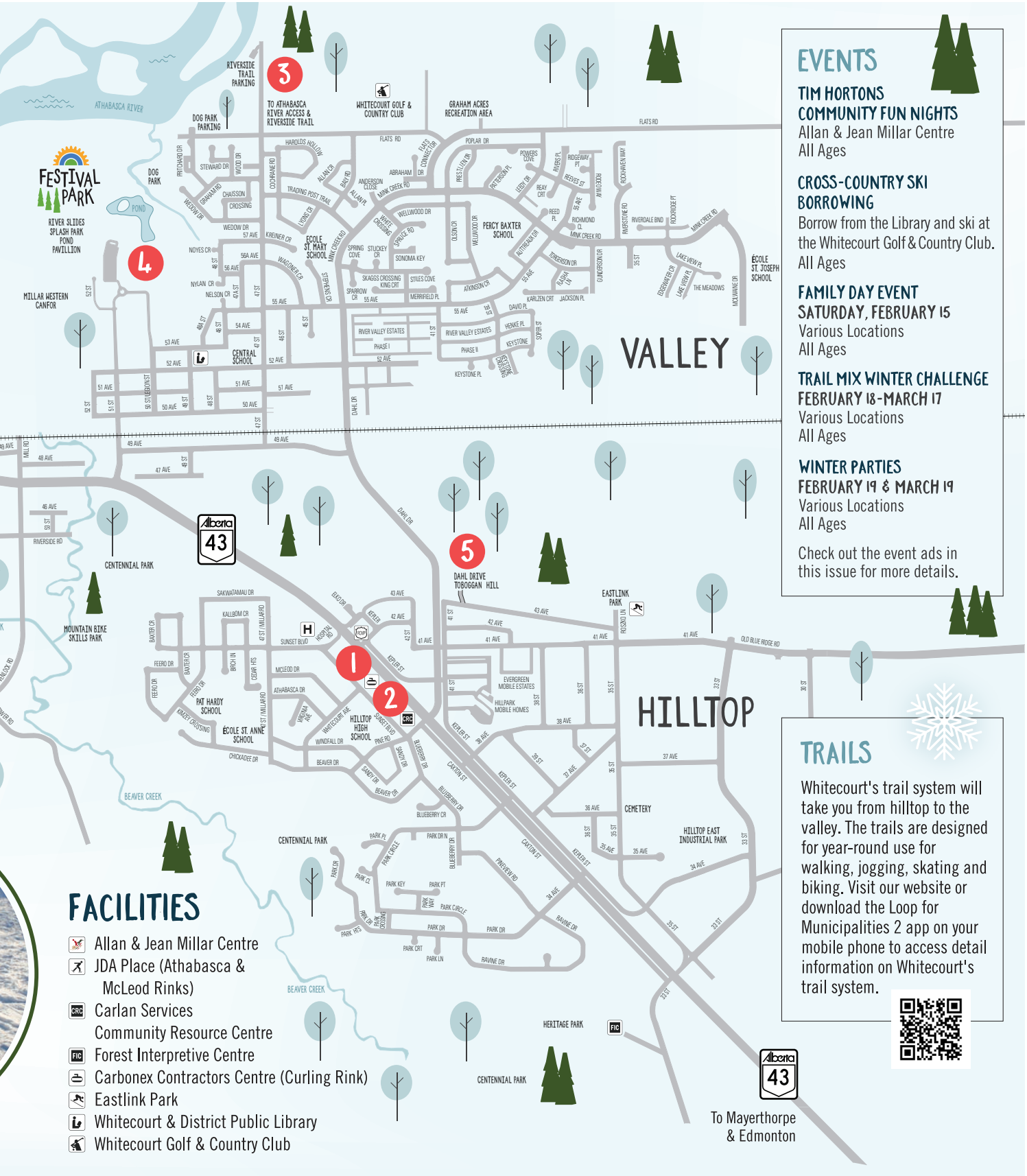
5 DAHL DRIVE TOBOGGAN HILL



Issued October 2024

To Fox Creek, Grande Prairie,
Hwy 32 North Junction to Swan Hills





EVENTS

TIM HORTONS COMMUNITY FUN NIGHTS
Allan & Jean Millar Centre
All Ages

CROSS-COUNTRY SKI BORROWING
Borrow from the Library and ski at the Whitecourt Golf & Country Club.
All Ages

FAMILY DAY EVENT
SATURDAY, FEBRUARY 15
Various Locations
All Ages

TRAIL MIX WINTER CHALLENGE
FEBRUARY 18-MARCH 17
Various Locations
All Ages

WINTER PARTIES
FEBRUARY 19 & MARCH 19
Various Locations
All Ages

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

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.



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 & District Public Library
- Whitecourt Golf & Country Club



To Mayerthorpe & Edmonton

TOWN FACILITIES

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

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

WHITECOURT TRANSIT

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

TRANSIT FARES

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

HOURS

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

NO BUS SERVICE ON SUNDAYS & STATUTORY HOLIDAYS

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

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.

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.

TO SCHEDULE THE DIAL-A-BUS, CALL 780-706-5755

FOR MORE INFORMATION

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



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

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

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

DIAL-A-BUS HOURS

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

WWW.WHITECOURT.CA



ALLAN & JEAN MILLAR CENTRE

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

December 24, 25, 26, 31-evening and January 1



Life Med Pharmacy
 Kids' Corner

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

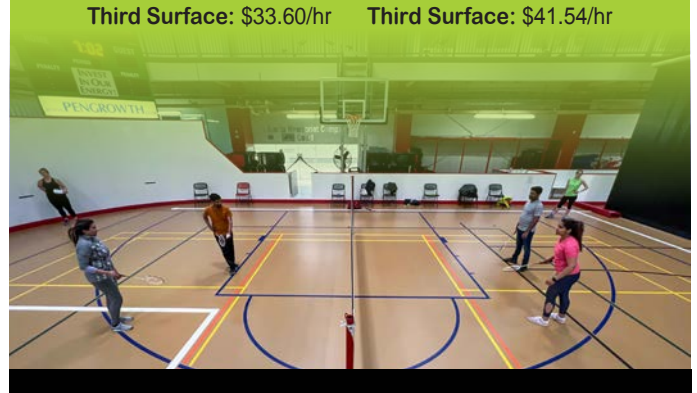
COMPLETE PROJECTS FIELDHOUSE

YOUTH FIELDHOUSE RENTALS:

ADULT FIELDHOUSE RENTALS:

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

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



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



Life Med Pharmacy is proud to support healthy families in our community through our sponsorship of the Life Med Pharmacy Kids' Corner at the Allan & Jean Millar Centre. Our goal is that through this sponsorship, all families in Whitecourt and surrounding area will have increased opportunity to create and continue lifelong, healthy habits.



- The Life Med Pharmacy Team



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.



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.



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



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 20 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

December 24	Christmas Eve	5:30am-4:00pm
December 25	Christmas Day	Closed
December 26	Boxing Day	Closed
December 31	New Year's Eve	5:30am-4:00pm
January 1	New Year's Day	Closed
February 17	Family Day	9:00am-9:00pm

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

SPECIAL EVENT CLOSURES

January 23	Concert	Fieldhouse Facility	Closed All Day Closed at 3pm
February 10-March 2	Maintenance	Aquatic Centre	CLOSED

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.



RECREATION PROGRAMS

GIVE THE GIFT OF RECREATION THIS HOLIDAY SEASON...

WITH AN ALLAN & JEAN MILLAR CENTRE GIFT CARD!

Purchase a gift card at Guest Services for \$45 and get an extra \$5 for free! That's a \$50 gift card for only \$45!



The perfect gift to give someone special for the holidays.

OFFER VALID FROM DECEMBER 1-24, 2025

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>January 18 & 19 Saturday and Sunday 10am-2:30pm Registration deadline: January 11 Course ID#: 9558</p>	<p>February 22 & 23 Saturday and Sunday 10am-2:30pm Registration deadline: February 15 Course ID#: 9559</p>
---	---

Member: \$55.00 Retail: \$63.25

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

Training Partner

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>February 10 & 11 4:00-7:00pm Monday & Tuesday Registration deadline: Feb 3 Course ID#: 9560</p>	<p>February 26 & 27 4:00-7:00pm Wednesday & Thursday Registration deadline: Feb 19 Course ID#: 9561</p>
---	--

Member: \$45.00 Retail: \$51.75

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

Training Partner

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, January 7-February 11
1:15-2:00pm

Members: \$42.00 **Retail:** \$48.30
Ages 6-9
Course ID#: 9548

Tuesdays, January 7-February 11
2:15pm-3:00pm

Members: \$42.00 **Retail:** \$48.30
Ages 10-14
Course ID#: 9549

KIDS NIGHT OUT

KIDS NIGHT OUT! (PARENTS NIGHT OFF!)

Get ready for an evening of high-energy fun with our program leaders at the Allan & Jean Millar Centre. Dinner and snacks provided! Min. 8/Max. 24.

Friday, January 10
5:30-8:30pm

Ages 6-10
Members: \$27.00 **Retail:** \$31.05
Includes dinner and snacks. Bring swimsuit, towel, indoor runners and a labeled water bottle.
Course ID#: 9590

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. Min. 8/Max. 24.

Friday, February 28
5:30-8:30pm

Ages 8-12
Members: \$27.00 **Retail:** \$31.05
Includes dinner and snacks. Bring swimsuit, towel, indoor runners and a labeled water bottle.
Course ID#: 9557

ARTS & CRAFTS

SNACK ATTACK-TEA TIME TREATS

Join us for a fun-filled afternoon just for kids! Sip on kid-friendly teas, munch on tasty snacks we create ourselves, and enjoy playful activities. Min.8/Max.10.

Sunday, January 19
1:00-3:00pm

Ages 6-12
Members: \$25.00 **Retail:** \$28.75
Course ID#: 9604

SNOW FUN!

Join our leaders for a whirlwind of winter excitement! Head outside to create your own snow painting masterpiece, then warm up inside with hot chocolate and a fun crafting session. Min. 6/Max. 12.

Saturday, February 1
1:30-3:30pm

Ages 6-10
Members: \$23.00 **Retail:** \$26.50
Course ID#: 9613

PD DAYS

LEGGO MY EGGO

Campers will unleash their creativity by building Lego car ramps and putting them to the ultimate test in an exciting race, followed by making our own delicious Eggo Waffles! Min.6/Max.20.

Friday, January 31
1:00-4:00pm

(drop off 12:45-1:15pm, pickup 3:45-4:15pm)
Ages 6-12
Members: \$20.00 **Retail:** \$23.00
Course ID#: 9616

TREK THROUGH THE TROPICS

Dive into adventure and explore the rainforest, create your own terrarium, and engage in exciting activities that bring the tropics to life. Min.6/Max.20.

Thursday, February 6
1:00-4:00pm

(drop off 12:45-1:15pm, pickup 3:45-4:15pm)
Ages 6-12
Members: \$20.00 **Retail:** \$23.00
Course ID#: 9617

OFF THE GRID

Explore the adventure of off-grid living by building cool indoor shelters and learning about alternative energy with fun activities and gadget-making. Don't forget your snow gear. If the weather permits, we'll also build our own snow shelters! Min.6/Max.20.

Friday, February 7
1:00-4:00pm

(drop off 12:45-1:15pm, pickup 3:45-4:15pm)
Ages 6-12
Members: \$20.00 **Retail:** \$23.00
Course ID#: 9618

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



RECREATION PROGRAMS



Cross Country Ski

BORROWING

Skis, boots and poles can be borrowed from the library, and used on the maintained ski trails at the Whitecourt Golf Course.

Youth and Adult sizes available!

Stay tuned for more information on trail reports

Contact the library 780-778-2900



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
December 1	9626	Winter Wonderland
January 26	9627	Cooking Creations
February 2	9629	Beach Party

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

Mix It Up!

Join our leaders for different activities each week! Learn about dinosaurs and get crafty in our first week. Practice your balance, speed, and agility with obstacles and relays in week two. Explore exploding substances during our science week, and play some fun parachute games during our final evening. Whether you sign up for one class or all four, it's sure to be a blast! Min.8/Max.10

Jan 7	Day of the Dinosaurs	Course ID#: 9553
Jan 14	Obstacles & Relays	Course ID#: 9554
Jan 21	Science & Tie Dye	Course ID#: 9555
Jan 28	Parachute Fieldhouse Games	Course ID#: 9556

Tuesdays 4:30-5:30pm
Ages: 6-9 years
Allan & Jean Millar Centre

Members: \$10⁰⁰ / Class Retail: \$11⁵⁰ / Class
Members: \$35⁰⁰ / All Classes Retail: \$40²⁴ / All Classes
Course ID#: 9552

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:
Dec. 14/15, Jan. 11/12, Feb. 8/9

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.

DODGEBALL SHOWDOWN



FRIDAY, JANUARY 17 7-10PM

TEAMS OF 6 | 18+

ROUND ROBIN TOURNAMENT | \$60 PER TEAM

Gather your friends, coworkers, or family together for an epic dodgeball tournament at the Allan & Jean Millar Centre! Enjoy a night of friendly competition, drinks, music, prizes and don't forget the 5 D's of dodgeball....

DODGE, DUCK, DIP, DIVE & DODGE

MUSIC!
CASH BAR!
IN THE FITSTUDIO
FOOD!
PRIZES!

Register your team captain at the Allan & Jean Millar Centre!

Course ID#: 9551

RECREATION PROGRAMS

Tim Hortons

FREE

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.

DECEMBER 14 Joyful Holiday Festivities

Join in on the holiday fun! Come explore the mesmerizing Festival of Trees and capture the magic of the season with a photo with Santa. Don't miss out on this festive experience for all ages!

JANUARY 11 Under the Sea

Join us for a night filled with ocean-inspired games, crafts, and activities that will make a splash for the whole family.

FEBRUARY 8 Winter Olympics

Bring the whole family for a night of friendly competition and winter-themed games.

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

TRAIL MIX CHALLENGE

WANTED

HAVE YOU SEEN THIS SQUIRREL?



PRIZES AND SNACKS!

Mr. AJ Nutterbutter is back!

Join us on **Saturday, February 15** at our Family Day Winter Carnival at Festival Park **between Noon and 4:00pm** to kick off our Winter Is Snow Fun Challenge. Fun pictures of Mr AJ Nutterbutter are hidden around the park. Can you find them all?

Afterwards, Mr. AJ Nutterbutter's picture will be hiding February 18-March 17 in six different locations around Whitecourt's winter activity facilities. For each squirrel that you find send us a picture and be entered for prizes! If you find all six squirrels, you will be entered six times!

HOW TO ENTER:

- Share your photo on your social media and tag us!
Facebook: Allan & Jean Millar Centre
or Instagram: @allanjeanmillarcentre
with Hashtag: #WCTtrailmix
- Pick up a Trail Mix Challenge form from the Allan & Jean Millar Centre and fill out each location on the sheet. Submit your finished sheet to the Allan & Jean Millar Centre

WE WILL SEND A HINT REGARDING ONE OF MR. AJ'S LOCATIONS ON FACEBOOK AND INSTAGRAM EACH WEEK PRIZE DRAW TAKES PLACE ON MARCH 19!



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:
Dec. 7/8, Jan. 25/26, Feb. 1/2

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

\$130.26/hour

- Available on the following weekends:
Dec. 14/15, Jan. 11/12, Feb. 8/9

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.

BUILD THE PARTY THAT BEST FITS YOU!

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.

PICKLEBALL

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

Monday
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



Badminton Workshop Series

Mondays | January 6, 13, 20

Join us for an exciting 3-day badminton workshop led by expert instructor **Naomichi Aoki!** Whether you're new to the sport or looking to sharpen your skills, this workshop is designed to help you build a solid foundation and work your way up to more advanced techniques.

4:15pm-5:45pm

10-17 years

Min.8/Max.20

Allan & Jean Millar Centre

Course ID#: 9632

Members: \$54.00

Retail: \$63.00



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:**
January 31 & February 1

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

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

Learn More ▶



Proudly supported by:
Alberta **WHITECOURT FAMILY VIOLENCE INITIATIVE**
Family, Community Agency 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: December 5 & 6**

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

Learn More ▶



Proudly supported by:
Alberta **WHITECOURT FAMILY VIOLENCE INITIATIVE**
Family, Community Agency whitecourtfvi.ca

roots

Where Foundations Are Formed

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

Programs for Ages 8-17

Pre-registration is required.

Call 780-778-6300

Learn More ▶



Proudly supported by:
Alberta **WHITECOURT FAMILY VIOLENCE INITIATIVE**
Family, Community Agency whitecourtfvi.ca

FCSS PROGRAMS



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 available through family, friends or outside agencies.

Meals costs \$9.00 each and are sold in groups of 10 - total cost of \$90. Delivery is free. Meals can be delivered once or twice a week on Tuesdays 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

SNOW STAR VOLUNTEERS ARE NEEDED

There are residents in Whitecourt that need assistance clearing snow from essential pathways.

If you can volunteer with this program, call 780-778-3637 ext. 417.

FREE

Armchair Travels

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.

**January 8 ID:9633
 TRAIN TRIPS AROUND THE WORLD**

**February 5 ID:9634
 NIGERIA**

**March 5 ID:9635
 BHUTAN**

Allan & Jean Millar Centre in the Crown and Anchor Pub Meeting Room
 2:00-3:00pm

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.

COMMUNITY VOLUNTEER INCOME TAX PROGRAM

Program begins Tuesday, February 25, forms accepted until Tuesday, April 22

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

Volunteers do not prepare complex tax returns; such as returns that include:

- income over the above-noted thresholds
- capital gains or losses
- self-employment income or employment expenses
- declared bankruptcy in the tax year (or year before declaration)
- business income and expenses
- interest income over \$1,000
- death
- rental income and expenses
- foreign property
- foreign income (this include foreign pensions, other than US social security benefits)

Maximum Income Levels

1 person	\$35,000
2 people	\$45,000
3 people	\$47,500
4 people	\$50,000
5 people	\$52,500
More than 5 people	\$52,500, plus \$2,500 for each additional person

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

DROP-IN TAX CLINIC
at the Allan & Jean Millar Centre, 58 Sunset Blvd

Tuesdays from 3:30-5:30pm
March 4, 11, 18, 25
Thursdays from 1:00-3:00pm
March 7, 14, 21, 28 April 4, 11

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.



<https://rec.whitecourt.ca>



FCSS PROGRAMS



ARE YOUR AFFAIRS IN ORDER? ESTATE PLANNING BASICS

Wednesday, January 15 at 7:00 pm

Having your affairs in order prior to death gives you peace of mind, helps to ensure your wishes are honoured, and eases the burden on your loved ones. This information session will provide the basics of estate planning. To register for this free session, call the Allan & Jean Millar Centre at 780-778-3637 ext. 0

Seniors Circle 5212-50 Street • ID #: 9636



GOALS OF CARE

Goals of Care information session is presented in partnership with Whitecourt Community Care. The session will explain what goals of care are, and why it is important to have documented goals of care as part of the health planning process. To register for this free session, call the Allan & Jean Millar Centre at 780-778-3637 ext. 0

Wednesday,
January 8
7:00pm

Seniors Circle
5212-50 Street
Course ID #: 9637




WHITECOURT VOLUNTEER HUB

We've moved! Whitecourt volunteer opportunities and non-profit organization resources can be found our on new Whitecourt Volunteer Hub.

www.volunteerwhitecourt.ca

Whether you are looking to volunteer, wanting to check out volunteer awards criteria, looking for non-profits funding and/or resources, or advertising a volunteer opportunity, you can find it all on our new Volunteer Hub.

Indoor Walking Group



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

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

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

FREE

Starting November 21

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



WHITECOURT Food Bank
 COMMUNITY HELPING COMMUNITY

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



Christmas Tree Light Up

WHITECOURT Food Bank
 COMMUNITY HELPING COMMUNITY

In support of the Whitecourt Food Bank

On Saturday, November 16, the tree in front of the Town Office will be lit in support of the Whitecourt Food Bank. The light up is scheduled for 5:15pm prior to the annual Santa Claus Parade. Look for more details on www.whitecourt.ca.

Help light up the tree by purchasing a bulb for \$20

Payments can be made by mail, or in person at the Town Office. (Cash and cheque payments are accepted.)

RED BULBS
 Food Bank Donation Bulbs

GREEN BULBS
 "In Memoriam" Bulbs

For more information, please contact 780-778-2341.

Tax receipts can be issued upon request for donations over \$20

ARTS & CULTURE



Watch for more

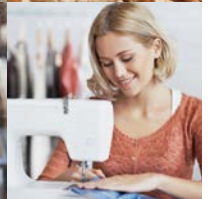
Keep an eye on <http://rec.whitecourt.ca> for more winter Arts & Culture Programs



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



LOOKING FOR
Artists & Crafters!



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



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

2025 | JUNE 13 & 14 | FESTIVAL PARK

WATCH FOR BAND ANNOUNCEMENTS

MUSIC ART FAMILY FUN
FOOD OUTDOORS FREE
 WITH BEER GARDENS

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



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

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

YOUTH PROGRAMS



GRADES
 ★ 4 & 5

FREE! SNACKS PROVIDED!

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

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

MillarCentre allanjeanmillarcentre

DECEMBER 17 / HOLIDAY EXTRAVAGANZA

Get in the holiday spirit and join us for games and crafts celebrating the Christmas season!

JANUARY 21 / GAMES GALORE

Giant games, board games, Minute to Win It Games, and more! Challenge each other and our leaders to a game of UNO, giant Jenga, and cup stack, just to name a few. Maybe you'll even win some prizes along the way.

FEBRUARY 18 / ART ATTACK

An afternoon of arts & crafting! Add to our group art project, and make your very own arts and crafts projects to take home. We'll be taping, gluing, colouring, painting, and getting creative!

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.



MillarCentre allanjeanmillarcentre

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

WEDNESDAY-FRIDAY
3:30-5:30PM

Open to All Youth
 Grades 6-12

FREE PROGRAM

Snacks Provided

FREE TRANSIT
 to and from the program.

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



<https://rec.whitecourt.ca>



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



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



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

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)



Fear-Less Triple P



REGISTER

Do you have a child that struggles with anxiety? Do you question your parenting? Need to know when to push, when to back down, how to comfort your child? Fear-Less is for YOU!!!

This **FREE**, 6-session course, designed for parents of children ages 6-14, will explore:

- Causes of anxiety
- How parent responses contribute to anxious behaviors
- Practical tips & strategies to promote resilience & coping skills

This course is offered **VIRTUALLY** from the comfort of your own home. Participants will require access to a reliable internet connection and a device with supporting camera and microphone. Course materials and links will be provided upon registration with Guest Services.

December 3-17 and January 14-28

Tuesdays 6:00pm-8:00pm

Course ID#: 9539



For more information regarding the course, please contact Michelle Robinson at 780-778-8755.



REGISTER

Sharing is caring! Join us for a cozy-comfort meal as we discuss the virtues of sharing and how to foster this skill within our children. Meet other parents and build connections as we explore the joys of parenting together! Limited childcare for children 0-8 years of age. Lunch is provided. Registration is required. A Food Bank donation is welcomed and appreciated!

February 11
Tuesday 12:00-1:30pm

Course ID#: 9537
Childcare Course ID#: 9538

WATCH FOR UPDATES ON FACEBOOK



PHYSICAL HEALTH & WELL-BEING



SOCIAL COMPETENCE



EMOTIONAL MATURITY



LANGUAGE & THINKING



COMMUNICATION SKILLS & GENERAL KNOWLEDGE

Kids in Action

Bring your little ones to participate in a variety of high-energy games and activity centres - there is a strong connection between body movement and brain development! This parented program is suited for children walking to 6 years of age.

Tuesdays 9:30-10:30 am
December 3 - December 17, January 7 - February 25

FUN WITH FRIENDS

Children will enjoy a different activity every week with the opportunity to make new friends. This parented program is for children 3-6 years of age. Limited childcare spots will be available for younger siblings. Registration is required.

FRIDAYS 9:30-10:30 AM

Fire Hall Tour	All Things Gingerbread	Crafting with the Seniors
December 6	December 13	January 10
10:00-11:00am	10:00-11:00am	10:00-11:00am
Course ID#: 9540	Course ID#: 9541	Course ID#: 9542

Teddy Bear Picnic	Eastlink Park-Tubing	REGISTER
January 17	January 24	
10:00-11:00am	1:30-2:30pm	
Course ID#: 9543	Course ID#: 9544	

Story, Song AND Craft

Enrich your child's development each week as we read a story, sing songs, and get crafty-the perfect combination to boost brain creativity! This parented program is suited for children 0-6 years of age.

Wednesdays 10:00-10:45 am
January 8-February 26

Tents & Tunnels

Explore new patterns and crawl through our maze of tents and tunnels. Fun will be had by all! This parented program is suited for children walking to 6 years of age.

Thursdays 9:30-10:15 am
December 5-December 19

FAMILY Frenzy

SATURDAY 10:00-11:00AM

Join in on the fun with other families in the community as we build gingerbread houses to take home and enjoy. Also, we will have a variety of crafts and activities to enjoy. Registration is required.

Gingerbread Houses
December 14
Course ID#: 9545

Creative Chaos

Messy-play is a key ingredient in a child's recipe for growth. Want the benefits without the hassle? Join us each week to enjoy a different messy activity while in the company of other parents and children. This parented program is suited for children 2-6 years of age.

Thursdays 10:00 - 11:00am
January 9-February 27 (no class February 6)

Family Movie Night

Reserve your tickets for a family movie night! We will be watching "Finding Nemo" and exploring the Deep Sea of Communication during a brief intermission. Snacks provided. Drop-ins welcome but only reservations will be guaranteed.

Communication Starts with "Sea"
Friday, January 10 • 6:00-8:00 pm • Course ID#:9546
Forest Interpretive Centre

PEMBINA FITNESS CENTRE

Where Family, Fitness & Fun Matter



A DAY in the Life of a

warrior

at the Allan & Jean Millar Centre

FEATURED ACTIVITY:

ROTARY RUNNING TRACK

Free with Membership

Track Details

Length: 165m

Lanes: 2 (walking and running)

Track Schedule

Monday-Friday:

5:30am - 10:00pm

Weekends & Stat Holidays

9:00am - 9:00pm



Miranda Z.

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

My life changed in the blink of an eye after a car accident on June 30, 2014, which left me in a coma. From the time I awoke from my coma in September 2014, I have been on a long and challenging journey of recovery and spending months in hospitals.

I made the decision to move to Whitecourt on July 2, 2021 to be closer to my family. Since September 2021, I've been a regular at the Allan & Jean Millar Centre, and I haven't looked back since. I go on the Rotary Running Track almost everyday. I'm proud to say that I can now take up to 30 steps or more without assistance - I never could do this before starting my journey here.

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

I've been going to Gentle Water Fitness, held in the leisure pool! Being in the water has been a game-changer for me, as it's easier on my joints and muscles compared to walking on land. After a pool class, I feel a sense of accomplishment and my body doesn't feel as fatigued for the rest of the day. The water's buoyancy and support make me feel more relaxed, allowing me to move freely without strain. I'm hooked on Water Fitness and plan to continue, enjoying the numerous benefits it provides for my overall well-being!

Any staff you'd like to recognize?

Pat, the Gentle Water Fitness instructor, is not only awesome but also incredibly encouraging. Ryan is a fantastic motivator who has helped me with various exercises that I can do both in the gym and at home. I've also met Jolene, who covered for Pat and she has been encouraging. The guest services staff, particularly Kolbie have always been kind, supportive, and motivating. I would also like to mention Liz, as her happy bubbly personality is an awesome motivator. What I've learned is that all I need to do is ask for help, and they're always willing to lend.

What is your wake up and get after it mantra?

One day at a time and sometimes its one moment at a time. Life can change in the blink of an eye.



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





PERSONAL & PARTNER TRAINING

★★★ **OPERATION TRANSFORMATION:** ★★★
SMALL GROUP CHALLENGE

JOIN OUR 8-WEEK FITNESS TRANSFORMATION!

We're seeking 3 teams of 3 for an unforgettable journey.
 Each team will be paired with a dedicated Personal Trainer.

WHY CHOOSE US?

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

LOVE THE APP?

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

Training offered in 30, 45, and 60 minute sessions.

Trainers available for one-on-one, partner or group training.

BOOK YOUR FREE CONSULTATION NOW!



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

PROGRAM DETAILS

- 1-hour group training sessions, 1x/week
- Accountability and support from your team and trainer
- 8-week transformation challenge
- Team with the highest cumulative % drop of body fat WINS!

BENEFITS

- Motivation and camaraderie
- Expert guidance and support
- Measurable results
- Fun and engaging workouts



ARE YOU READY TO TRANSFORM?

Get a team together and contact us through the QR code and get ready to:

- Boost fitness
- Lose body fat
- Gain confidence
- Win as a team!



Registration Deadline: January 6
Program Starts: Week of January 13
Duration: 8 weeks
Cost per person:
 Members \$200.00,
 Non-members \$236.00

DON'T MISS THIS OPPORTUNITY! ★★★

Register today and transform your body and life!

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

PEMBINA FITNESS CENTRE

◆ 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.

Learn healthy habits to enhance your nutrition
Manage weight without restrictive diets
Address specific dietary needs

◆ **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!



Flirt with Fitness

Let's get fit and feel amazing in the new year!

Get a sneak peek into our fabulous registered fitness classes during Flirt with Fitness between

— January 6-10! —

Meet our instructors, try new workouts, and rejuvenate your routine!

Complimentary Classes start January 6

Registered Classes start January 13

Event schedule will be posted on Facebook and Instagram closer to the event dates



CLASSES
SUBJECT TO
CANCELLATION
DUE TO LOW
ATTENDANCE

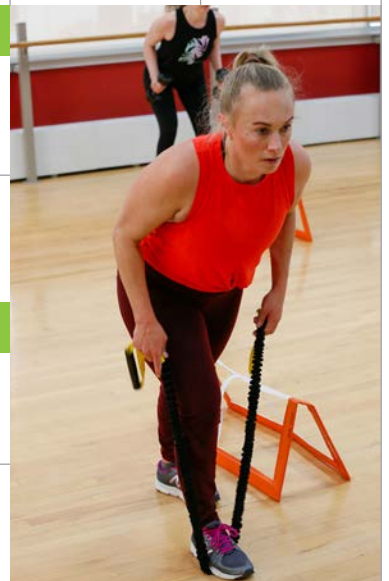
COMPLIMENTARY FITNESS CLASSES FOR MEMBERS

NO WATER FITNESS
FEBRUARY 10-MARCH 2

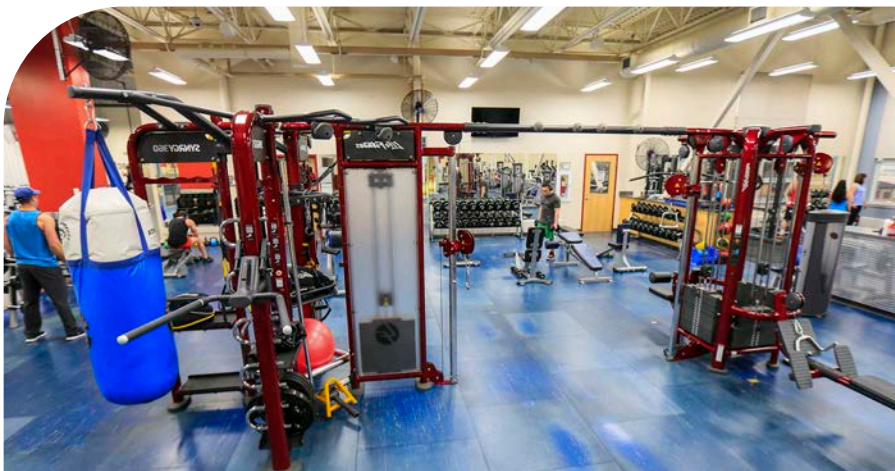


CLASSES RUN JANUARY 6 - MARCH 21 • NO CLASSES FEBRUARY 17

	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 10:30-11:15am	Adaptive Fitness 10:00-10:45am			
AFTERNOON		Gentle Water Fitness 12:00-12:45pm		Gentle Water Fitness 12:00-12:45pm		
	Shred Express 12:15-12:45pm	Shred Express 12:15-12:45pm	Shred Express 12:15-12:45pm	Shred Express 12:15-12:45pm		
EVENING	Shred 45 5:15-6:00pm			Shred 45 5:15-6:00pm		
		Total Body Tabata 7:00-7:45pm	Yoga Core 7:00-7:45pm	Movement & Stretch 7:00-7:45pm		





PEMBINA FITNESS CENTRE



SHRED 45

Tear up the fitness studio with this total body, aerobic and strength conditioning workout! This interval based class combines full-body strength training and cardio bursts to strengthen your body, improve your endurance, and clear your mind! All Levels

Tuesdays, Thursdays 
9:15-10:00am

Mondays, Thursdays 
5:15-6:00pm

TOTAL BODY TABATA™

Tabata + Group Fitness = Total Body Tabata! This interval based 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 focuses 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

Calm your mind and strengthen your body during this 45-minute practice. This class is designed to improve strength, flexibility, and balance with a focus on the core. 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

Leisure Pool

An early morning class for those who want to start their day off right with a full-body workout! This is a fun aquatic class that focuses on improving muscular strength & endurance by using a variety of equipment. No swimming skills required. Max. 20 All Levels

Mondays, Wednesdays
6:15-7:00am

GENTLE WATER FITNESS

Leisure Pool

This aquatic class is designed to meet the needs of people who experience pain and dysfunction when participating in land based fitness activities. This is a low impact 45-minute class that focuses on enhancing mobility, muscle strengthening, and increased range of motion. The class is ideal for participants with orthopedic issues, arthritis, hypertension, joint replacement, or have weakness and/or physical limitations. Max. 20 Beginner

Tuesdays, Thursdays
12:00-12:45pm

WATER WARRIORS

Lap Pool

This aquatic class is a full body workout focusing on functional fitness in a supportive environment. The joint friendly exercises help to improve range of motion, cardio, and muscular strength and endurance. 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. 30 All Levels

Mondays, Wednesdays 
9:00-10:00am

Fridays 
9:15-10:00am

LAND FITNESS

ADAPTIVE FITNESS

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

Wednesdays 
10:00-10:45am

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 
10:30-11:15am

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

Take a break during your day for an intense, 30-minute workout! This class includes cardio and full body strength exercises for people who want a serious, no-nonsense sweat. All Levels

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

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 JANUARY 13 - MARCH 21 • NO CLASSES FEBRUARY 17

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	Early Morning Bootcamp 6:00-6:50am	Cycle 45 6:00-6:45am	Early Morning Bootcamp 6:00-6:50am	One More Rep 6:00-6:45am	Early Morning Yoga 6:00-6:50am <i>(begins February 14)</i>
	Cycle 30 9:15-9:45am	Stroller FIT 10:30-11:15am	Cycle 45 9:15-10:00am	Stroller FIT 10:30-11:15am	Cycle 30 9:15-9:45am
			Weight Training for Teens 10:00am-4:00pm <i>January 29 March 26</i>	Weight Training for Teens 10:00am-4:00pm <i>February 6</i>	Muscle Works 9:55-10:40am
NOON					Cycle 30 12:15-12:45pm
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EVENING	Cycle Strong 6:45-7:35pm	Adult Kickboxing 5:30-6:30pm	Pure Strength 5:30-6:15pm	Cycle Strong 6:45-7:35pm	
	Mat Pilates 7:00-8:00pm				

PEMBINA FITNESS CENTRE

LAND FITNESS

EARLY MORNING BOOTCAMP

Get up and get moving! Start your day with this cardio and strength based fitness class to raise your energy levels, enhance your mood, and keep your metabolism elevated through the rest of the day.

All Levels

Instructor: Annette Cartwright

Mondays, Wednesdays

6:00-6:50am

January 13 to February 5

Course ID#: 9596

Members: \$58.08

Retail: \$66.80

February 10 to March 19

**No class February 17*

Course ID#: 9605

Members: \$79.86

Retail: \$91.85

KICKBOXING

Learn self-defense techniques and experience authentic kickboxing training without sparring. This non-contact class provides cardiovascular conditioning, muscle strengthening, and motor skill enhancement to relieve stress and promote self-confidence. Focus pads and kick shields are provided for participants.

All Levels

Instructor: Amy Cloake

Ages: 13+ 

Tuesdays

5:30-6:30pm

January 14 to February 4

Course ID#: 9592

Members: \$36.84

Retail: \$42.36

February 11 to March 18

Course ID#: 9603

Members: \$55.26

Retail: \$63.54

MUSCLE WORKS

Take your fitness to new heights! Jump off the bike and into a full-body strength session that will focus on functional, multi joint movements designed to strengthen your entire body.

All Levels

Instructor: Krista MacKay

Fridays

9:55-10:40am 

January 17 to January 31

Course ID#: 9598

Members: \$21.78

Retail: \$25.05

February 14 to March 21

Course ID#: 9606

Members: \$43.56

Retail: \$50.10

ONE MORE REP

Ready to lift some weights? Improve your 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.

Instructor: Jolene Rarick

Thursdays

6:00-6:45am

January 16 to February 6

Course ID#: 9599

Members: \$29.04

Retail: \$33.40

February 13 to March 20

Course ID#: 9607

Members: \$43.56

Retail: \$50.10

PURE STRENGTH

Get strong and rev up your metabolism! Pack on the muscle using a variety of equipment-weights, bands, gliders, TRX-to strengthen your body, increase muscle endurance and keep those joints healthy and strong!

All Levels

Instructor: Lauren Holloway

Wednesdays

5:30-6:15pm 

January 15 to February 5

Course ID#: 9600

Members: \$29.04

Retail: \$33.40

February 12 to March 19

Course ID#: 9608

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

January 14 to February 4

**No class January 23*

Course ID#: 9601

Members: \$43.56

Retail: \$50.10

February 11 to March 13

Course ID#: 9609

Members: \$72.60

Retail: \$83.50



MUST BE 16 YEARS OF AGE TO USE THE 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



CYCLE

CYCLE 30

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

All Levels

Instructor: Amanda Anderson

Mondays

9:15-9:45am

January 13 to February 3

Course ID#: 9593

Members: \$25.60 **Retail:** \$29.60

February 10 to March 17

**No class February 17*

Course ID#: 9610

Members: \$38.40 **Retail:** \$44.40

Instructor: Krista MacKay

Fridays

9:15-9:45am

January 17 to January 31

Course ID#: 9611

Members: \$19.20 **Retail:** \$22.20

February 14 to March 21

Course ID#: 9612

Members: \$38.40 **Retail:** \$44.40

Instructor: Amanda Anderson

Fridays

12:15-12:45pm

January 17 to January 31

Course ID#: 9614

Members: \$19.20 **Retail:** \$22.20

February 14 to March 21

Course ID#: 9615

Members: \$38.40 **Retail:** \$44.40

CYCLE 45

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

Instructor: Amanda Anderson

Tuesdays

6:00-6:45am

January 14 to February 4

Course ID#: 9594

Members: \$29.04 **Retail:** \$33.40

February 11 to March 18

Course ID#: 9619

Members: \$43.56 **Retail:** \$50.10

Instructor: Krista MacKay

Wednesdays

9:15-10:00am

January 15 to February 5

Course ID#: 9620

Members: \$29.04 **Retail:** \$33.40

February 12 to March 19

Course ID#: 9621

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, surges and a challenging arm workout on the bike, while pedaling to energizing music hand-picked to motivate and inspire! All Levels

Instructor: Dominique Dickson

Mondays

6:45-7:35pm

January 13 to February 3

Course ID#: 9595

Members: \$29.04 **Retail:** \$33.40

February 10 to March 17

Course ID#: 9622

Members: \$43.56 **Retail:** \$50.10

Thursdays

6:45-7:35pm

January 16 to February 6

Course ID#: 9623

Members: \$29.04 **Retail:** \$33.40

February 13 to March 20

Course ID#: 9624

Members: \$43.56 **Retail:** \$50.10

All classes 13+ unless otherwise stated

PEMBINA FITNESS CENTRE



MIND-BODY

EARLY MORNING YOGA

Start your day with a gentle practice to wake up and connect your body, breath and mind. This class offers a variety of movements and postures designed to increase flexibility, calm the mind, strengthen the body, and prepare for the day ahead.

All Levels

Instructor: Annette Cartwright

Fridays

6:00-6:50am

Special Offer Rate: \$8 drop-in classes on January 17 & 24

February 14 to March 14

Course ID#: 9628

Members: \$46.05

Retail: \$52.95

MAT PILATES

Advance your fitness journey with our low-impact full body Pilates class! Mat Pilates is a gentle and effective workout that promotes strength, flexibility, and mindfulness. Embrace the power of controlled movements and build a stronger, more flexible body.

All Levels

Instructor: Annette Cartwright

Mondays

7:00-8:00pm

January 13 to January 27

Course ID#: 9597

Members: \$27.63

Retail: \$31.77

February 24 to March 17

Course ID#: 9625

Members: \$36.84

Retail: \$42.36

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.

Instructor: Ryan Vidar

Ages: 13-15yrs

10:00am-4:00pm

Wednesday January 29

Thursday February 6

Wednesday March 26

Members: \$55.00

Course ID#: 9602

Course ID#: 9630

Course ID#: 9631

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? Do you want to be more efficient, mobile, stronger, and able to produce more power? 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. The package begins with a 2-hour session with a Personal Trainer that includes an assessment, goal-setting, program design, and equipment orientation. Youth will receive a personalized 4-week exercise program and personalized nutrition plan, 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 routine, the Get in Gear Adult Starter Pack is a great place to begin! This option is ideal for individuals who want a tailored program to get active and a customized nutrition program to help develop new healthy habits. The package begins with a 2-hour session with a Personal Trainer that includes an assessment, goal-setting, program design and equipment orientation. Participants will receive a personalized 4-week exercise program and personalized nutrition plan, and concludes with a 30-minute reassessment on Day 30.

Members: \$140.00

Retail: \$161.00

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.

All classes 13+ unless otherwise stated

NEW ARRIVALS ALERT!

We're excited to announce the arrival of brand-new gym equipment in 2025!

Upgrade your fitness game with our latest additions!

Come check out our upgraded Pembina Fitness Centre in 2025 and experience the difference!



SATURDAY **JUNE 7**

REGISTER EARLY AND SAVE!

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

Registration opens January 1. Register before May 5 and get \$5 off plus a guaranteed t-shirt!

21.1KM	10KM	5KM	KIDS
\$75	\$50	\$40	\$20
8:00am Start	8:30am Start	8:45am Start	10:30am Start

 Run4FunWhitecourt

Register online at www.whitecourt.ca.
Registration is processed by the Running Room.

PEMBINA GAS INFRASTRUCTURE AQUATIC CENTRE

PEMBINA GAS INFRASTRUCTURE AQUATIC CENTRE INFORMATION

THE PEMBINA GAS
INFRASTRUCTURE
AQUATIC CENTRE
IS CLOSED FROM
FEBRUARY 10-MARCH 2
FOR OUR BIENNIAL
MAINTENANCE
SHUTDOWN

*Supervision Requirements

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

Swim Diaper Requirements

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

Shoes and Strollers

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

Accessibility

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

Health Requirements for Showers

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

Program Waiting Lists

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

Cancellations

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

Screenings

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

Registration Rules

Registrations are NOT accepted without payment. The registration deadline for all programs is seven days prior to the start date, unless otherwise advertised. A refund, less a \$10.50 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.


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

December 24	Christmas Eve	9:00am-4:00pm
December 25	Christmas	Closed
December 26	Boxing Day	Closed
December 31	New Year's Eve	9:00am-4:00pm
January 1	New Year's Day	Closed
February 10 to March 2		Closed for Maintenance

FREE FAMILY SWIM 6:00-8:00pm

December 1 & 15, January 5 & 19, February 2
 Sponsored by the Rotary Club of Whitecourt  **Rotary**
Club of Whitecourt

December 8, January 12, February 9
 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

Monday to Friday
 December 23 to January 3, January 31, February 6 & 7

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	January 6 to February 5	10:50-11:20am	\$56.50	\$64.30	9565
Tues & Thurs	January 7 to February 4	5:45-6:15pm	\$50.85	\$57.87	9566

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#
Mon & Wed	January 6 to February 5	9:05-9:35am	\$56.50	\$64.30	9567
Mon & Wed	January 6 to February 5	4:55-5:25pm	\$56.50	\$64.30	9568
Tues & Thurs	January 7 to February 4	6:20-6:50pm	\$50.85	\$57.87	9569

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#
Mon & Wed	January 6 to February 5	9:40-10:10am	\$56.50	\$64.30	9570
Mon & Wed	January 6 to February 5	4:05-4:35pm	\$56.50	\$64.30	9571
Tues & Thurs	January 7 to February 4	4:55-5:25pm	\$50.85	\$57.87	9572



THE PEMBINA GAS INFRASTRUCTURE AQUATIC CENTRE IS CLOSED FROM FEBRUARY 10-MARCH 2 FOR OUR BIENNIAL MAINTENANCE SHUTDOWN

PRESCHOOL 3

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

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Mon & Wed	January 6 to February 5	10:15-10:45am	\$56.50	\$64.30	9573
Mon & Wed	January 6 to February 5	5:45-6:15pm	\$56.50	\$64.30	9574
Tues & Thurs	January 7 to February 4	6:20-6:50pm	\$50.85	\$57.87	9575

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 5 metre 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#
Mon & Wed	January 6 to February 5	6:20-6:50pm	\$56.50	\$64.30	9577
Tues & Thurs	January 7 to February 4	4:05-4:35pm	\$50.85	\$57.87	9576

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#
Mon & Wed	January 6 to February 5	5:30-6:15pm	\$56.50	\$64.30	9578
Tues & Thurs	January 7 to February 4	4:40-5:25pm	\$50.85	\$57.87	9579

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#
Mon & Wed	January 6 to February 5	4:05-4:50pm	\$56.50	\$64.30	9580
Tues & Thurs	January 7 to February 4	5:30-6:15pm	\$50.85	\$57.87	9581

Lifesaving Society's Swim for Life

SWIMMER 3

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

Prerequisite: Swimmer 2

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Mon & Wed	January 6 to February 5	4:55-5:40pm	\$56.50	\$64.30	9582
Tues & Thurs	January 7 to February 4	4:05-4:50pm	\$50.85	\$57.87	9583

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#
Mon & Wed	January 6 to February 5	4:40-5:25pm	\$56.50	\$64.30	9584
Tues & Thurs	January 7 to February 4	5:30-6:15pm	\$50.85	\$57.87	9585



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#
Mon & Wed	January 6 to February 5	5:30-6:15pm	\$56.50	\$64.30	9586
Tues & Thurs	January 7 to February 4	4:05-4:50pm	\$50.85	\$57.87	9587

CANADIAN SWIM PATROL

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

Prerequisite: Swimmer 6

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Mon & Wed	January 6 to February 5	4:05-4:50pm	\$56.50	\$64.30	9588
Tues & Thurs	January 7 to February 4	4:55-5:40pm	\$50.85	\$57.87	9589

PEMBINA GAS INFRASTRUCTURE AQUATIC CENTRE



LIFESAVING SOCIETY BRONZE CROSS

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

February 6, 7, 8, 9
Registration deadline: January 30
 Thursday to Sunday
 9:30am-3:30pm
Course ID#: 9562
Members: \$140.00
Retail: \$161.00




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

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


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

January 7-28, Tuesdays

YOUTH 13-17 years 8:00-8:30pm Course ID#: 9564	ADULT 18+ 8:30-9:00pm Course ID#: 9563
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Registration deadline: December 31

Supported through the Town of Whitecourt's Safe Community Initiative




PRIVATE LESSONS

Private Lessons will be offered throughout the year

Private Lesson: \$24.00 per person

Semi Private Lesson: \$34.50
 (Two people sharing one instructor)

Semi Private Lesson: \$57.75
 (Three people sharing one instructor)

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

FORGOT WHAT LEVEL YOUR CHILD IS IN? AQUATIC SCREENING



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

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

CONSTRUCTION IS UNDERWAY

Located in the heart of Whitecourt's downtown



CULTURE & EVENTS *Centre*

There are a variety of sponsorship and advertising opportunities available to ensure corporations, small businesses, groups, and individuals can partner in this project.

Naming Rights Sponsorship

- Building
- Regional Library
- Arts, Culture & Convention Centre

Advertising and Sponsorship Opportunities

- Gallery
- Meeting Spaces
- Art Wall

Our team will work with sponsors to create a unique opportunity that meets your community investment goals.

The Culture & Events Centre will be a cultural hub for the region serving a trading area of 50,000 people.

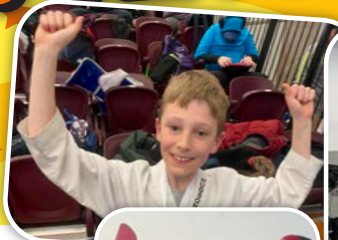
Contact Chelsea Grande, Director of Community Services
Phone 780-778-2273 or Email chelseagrande@whitecourt.ca

  @CultureandEventsCentre www.whitecourt.ca



IN THE COMMUNITY

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



www.whitecourtrailblazers.ca

2025 EVENTS

Kids Christmas Party

December 1, 2024

Season Opener

December 12, 2024

Guided Fun Ride

January 25, 2025

Annual Family Snowmobile Rally

February 15, 2025

Watch for details on all of our events through social media and our website.

ALBERTA SNOWMOBILE ASSOCIATION TRAIL PASS

Purchase your Trail Pass online today! Buy early and save. Early bird price is \$80 and \$100 after January 1. Your pass is valid for use Alberta wide. www.whitecourtrailblazers.ca



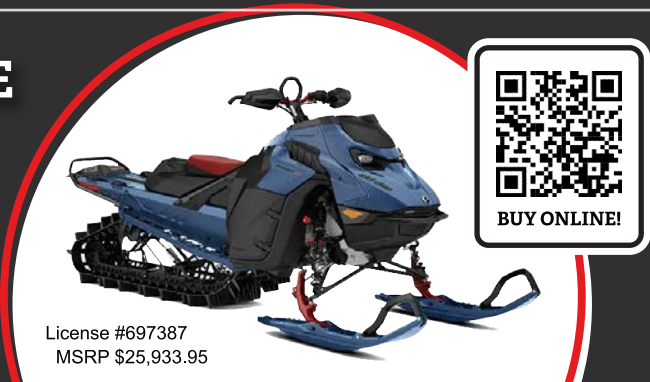
SCAN ME

SNOWMOBILE RAFFLE



2025 SKI-DOO SUMMIT
EXPERT 154" TURBO

Draw takes place on Saturday, February 15 at Westward Community Centre.
www.rafflebox.ca/raffle/whitecourttsc



BUY ONLINE!

License #697387
MSRP \$25,933.95

IN THE COMMUNITY



PARK RE-OPENS DECEMBER 6
(weather permitting)



**LIFT PASS
5 DAYS**
Youth \$135
Adult \$160
Senior \$135

TUBING \$180 - 10 PUNCHES
Can be shared among a family!

RENTAL SEASON \$150
Kids grow as the season passes. Grab a rental pass and always have the size you need!

Full Rental \$25. Helmets mandatory. Rentals available for \$5.

**WE'VE GOT
PASSES OR
PUNCH
CARDS!**



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

SKIING/SNOWBOARDING/ TUBING

OPERATING HOURS weather permitting

Wednesday 4:30 - 8:30pm
Friday 4:30 - 10:00pm
Saturday 11:00am - 7:00pm
Sunday 11:00am - 5:00pm

PD Days, Holidays *Check website and Facebook for hours.*

OPEN
PD DAYS &
CHRISTMAS
BREAK!

LIFT PASS & TUBING ADD-ON

	Pass	Pass with Tubing	
CHILD (5 and Under)	FREE*	FREE*	* FREE with Adult Pass
YOUTH (6-17)	\$30	\$40	
ADULT (18-64)	\$35	\$45	
SENIOR (65-79)	\$30	\$30	
SUPER SENIOR (80+)	FREE	FREE	
FAMILY (2+2)	\$110	\$140	
1/2 FAMILY (1+1)	\$55	\$70	

SATURDAY NIGHT SPECIAL

CHILD (5 and Under)	FREE with Adult Pass	
YOUTH (6-17)	\$25	
ADULT (18-64)	\$30	Valid Saturday Night 3:00 - 7:00pm
SENIOR (65-79)	\$25	
SUPER SENIOR (80+)	FREE	
FAMILY (2+2)	\$80	
1/2 FAMILY (1+1)	\$40	

TUBING PASS

Tubing is dependent on weather and safety conditions. Hours are subject to change without notice during the regular ski hill opening hours. Please check out our website or Facebook page for operating hours.

INDIVIDUAL (6+)	\$20	
CHILD (5 and Under)	\$5	Helmets are included with tubing and must be worn.
FAMILY (2+2)	\$60	
1/2 FAMILY (1+1)	\$30	

Children must be 36" tall to ride. Children between 36" and 42" must ride tethered to an adult. Over 42", children may ride alone. No personal tube or sliding devices are allowed on the tubing runs.

2024/2025 SEASON PASS

BUY NOW & SAVE!	Fall Sale Until Dec 1	Regular After Dec 1
FAMILY (2+2)	\$739	\$789
SENIOR (65-79)	\$309	\$339
ADULT (18-64)	\$339	\$369
YOUTH (6-17)	\$309	\$339
CHILD (5 and Under)	\$40	\$40
ADDITIONAL CHILD	\$100	\$100
HALF FAMILY (1+1)	\$519	\$569
SUPER SENIOR (80+)	FREE	FREE

Plus GST on all pricing. Financing available for Season Passes OAC.



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

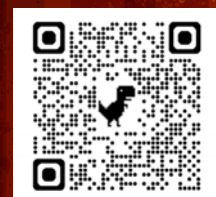
WHITECOURT WOLVES

- Community basketball for ages 6-15.
- Athlete development and foundational skills.
- Fun, teamwork, and sportsmanship in a competitive environment.
- No cuts, no tryouts. Every skill level welcome, but registration is first come, first serve.
- In house play, in house games, intention for session end tournament in Edmonton.
- Session runs for 10 weeks.
- Registration will open December 5, with the session starting January 6, 2025 (please view our Facebook page for more information).



GROUP	YEAR BORN	COST
U7 Coed	2018-2019	\$50
U9 Coed	2016-2017	\$50
U11 Coed	2014-2015	\$95
U13 Boys	2012-2013	\$105
U13/15 Girls	2010-2013	\$105
U15 Boys	2010-2011	\$105

QR CODE for our
Ramp webpage and
registration:



Please follow our Facebook page for the most up to date information: [f Whitecourt Wolves Community Basketball](https://www.facebook.com/WhitecourtWolves)
Email: wctwolves.info@gmail.com • Webpage: WCYB.rampregistrations.com

IN THE COMMUNITY



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!



The BGC offers high quality, accredited, licensed 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.

Winter Camps

Winter programming will be focused on snow, science and art! All time outdoors trying new outdoor activities will be weather dependent.

Winter camps will run December 30-January 3. (Closed January 1.)
\$50.00/day
7:00am-6:00pm
Includes breakfast and afternoon snack.
Please bring weather appropriate clothing and a lunch.

PD Days \$50.00

January 31
February 6, 7

We will be closed:

December 23-27
January 1
February 17



Remember
February 26 is
Pink Shirt Day!

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**



ROTARY CLUB OF WHITECOURT MUSIC FESTIVAL

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

2025 FESTIVAL DATES:

DANCE: Saturday, March 1

PIANO: Sunday & Monday, March 9 & 10

CHOIR/VOCALS: Wednesday, March 12

SPEECH ARTS: Thursday & Friday, March 13 & 14

BAND: Monday, March 17

STRINGS: Tuesday, March 18

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

www.whitecourtmusicfestival.com



Welcome!
Whitecourt Skating Club

Box 1213
Whitecourt AB T7S 1P2

Offering Skate Canada CANSkate and STARSkate Programs



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



StarSkate



CanSkate

www.whitecourtsk.uplifter.com

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.



ballad

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

IN THE COMMUNITY

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.

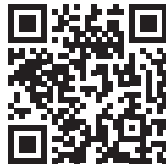
Why should I sign up?

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



**SLAM
THE SCAM**

\$0

STOP

Has someone asked you to purchase gift cards (iTunes, Amazon, Google Play, etc.) for them?
This could be gift card fraud.

➔ Be aware that there are common frauds involving gift cards that happen every day in Canada.

If someone close to you has e-mailed, texted, or otherwise asked you to purchase these cards for them, do not purchase them until you've had a face to face conversation or verified their identity and reasons for purchasing them.

If something seems wrong, please call the Whitecourt RCMP at 780-779-5900 and ask about gift card fraud.

COULD THIS BE A SCAM? STOP! COULD THIS BE A SCAM? STOP! COULD THIS BE A SCAM? STOP! COULD THIS BE A SCAM? STOP! COULD THIS BE A SCAM? STOP!



Whitecourt

www.whitecourt.ca

TownofWhitecourt



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



DEDICATED HEALTH CARE TEAMS, ENHANCING YOUR QUALITY OF LIFE.



WELLNESS SUPPORT

Confidential support and navigation of services



DIABETES MANAGEMENT

Supporting patients to improve their health and present or delay complications



CANCER NAVIGATION

Care and support for patients and their families.



PRE & POSTNATAL CARE

Providing care for expectant parents before and after delivery.

ASK YOUR DOCTOR FOR A REFERRAL

- Cancer Navigation and Supports
- Chronic Disease Education and Management
- Diabetic Foot Care
- Exercise and Education
- Family Practice Nurses
- Geriatric Program
- Grief Counselling
- Health and Disability Navigation
- Maternity Services
- Palliative Care
- Psychological Consults & Assessments
- Seniors Health Assessments
- Social Support Navigation

WHITECOURT FOX CREEK
EDSON MAYERTHROPE

and surrounding areas

www.mrpcn.ca

IN THE COMMUNITY



**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.®

GET CONNECTED

Stay informed on local events, programs and news in our community at www.whitecourt.ca

FOLLOW US ON SOCIAL MEDIA:

Facebook

- Town of Whitecourt
- Allan & Jean Millar Centre
- Culture & Events Centre
- Tourism Whitecourt
- Whitecourt & Area Family Support Program
- Whitecourt Communities in Bloom
- Whitecourt Economic Development
- Whitecourt Fire Department

Instagram

- Town of Whitecourt
- Allan & Jean Millar Centre
- Tourism Whitecourt
- Youth of Whitecourt
- Whitecourt Fire Department

You Tube

- Whitecourt

Transloc App



INTERESTED IN VOLUNTEERING?
<https://volunteerwhitecourt.ca/>



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



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
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Hall Rentals Call Cheryl at 780-706-4881



VETERANS

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

MEMBERSHIP

Membership has 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

IN THE COMMUNITY

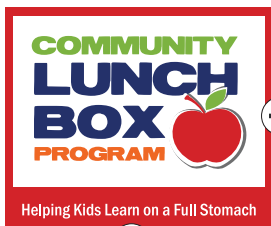


A non-profit, all inclusive, volunteer society creating positive initiatives in our community. Our goal is to ensure that all children attending school in Whitecourt have the nutrition they need for optimal growth and development.

#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
- Doors Open Youth Program



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

Repeat Boutique

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



Christmas and Winter stock is plentiful. Lots of toys, books and household items in stock. Check out our children's clothing, men's wear and ladies clothing. Great deals and support the Healthcare centre.

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.

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.

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



VOLUNTEERS WELCOME!
THANK YOU FOR YOUR SUPPORT!

Whitecourt Christmas Hamper

52 years of providing Christmas for those who need a little help.

Apply in-person for your family's personalized hamper.
 • no phone applications • no date or time exceptions

Eligible to residents in Whitecourt, Blue Ridge, Woodlands County West, Central and East.

- Proof of residency required (lease, utility bill)
- Must provide Alberta Health Care cards at time of application

GIFT DONATIONS:

Christmas Hamper bins located at select businesses, mid-November. New, unwrapped toys, stuffies and family games (no food or toiletries).

CASH DONATIONS:

Drop off: RE/MAX, Whitecourt

e-transfer: mrsgundy@telus.net (include address for tax receipt)

Mail: 47 Ravine Drive, Whitecourt, AB, T7S 1H5

This program is for families with dependant children age 17 and under, made possible by the generosity of our community.



WHITECOURT CHRISTMAS HAMPER APPLICATIONS

WHITECOURT UNITED CHURCH, 5201 50 Street
 (no exceptions)

SPECIAL LOCATION

Application Dates:

- Thursday, November 28th** (7:00-9:00pm)
- Saturday, November 30th** (12:00-3:00pm)
- Thursday, December 5th** (7:00-9:00pm)
- Saturday December 7th** (12:00-3:00pm)

Only one individual to attend applications per family, with knowledge of all information required.

MORE INFORMATION:

whitecourthamper@gmail.com • Message us on Facebook



**BEER GARDENS!
 LIVE ENTERTAINMENT!
 FOOD TRUCKS!
 3000 ATTENDEES!**



MAY 10 & 11
 JDA PLACE
 WHITECOURT AB

2025 TRADE FAIR

Book your booth now!
www.whitecourtchamber.com/events
 or email events@whitecourtchamber.com.

IN THE COMMUNITY

WESTJET'S GIFT OF FLIGHT

WESTJET  **Cares for Kids**  **bgc** Whitecourt & District

Enter for your chance to win one (1) roundtrip flight for two (2) guests to any regularly scheduled and marketed WestJet destination!

Draw Date is Saturday, December 14, 2024.

For more information call 780-778-6696



AGLC Raffle License #705904



Scan here to purchase your tickets online!



SCAN ME

 **bgc** Whitecourt & District proudly presents the



Festival of Trees

It's the most wonderful time of the year!

Come to the Allan and Jean Millar Centre (AJMC) between November 18 - December 13 and see all of the beautiful Christmas Trees that will be raffled off!

All of the trees have been donated by local companies so community members can buy tickets for a chance to win one of the trees! Raffle tickets are \$10 each and all proceeds will go to the BGC of Whitecourt & District to help continue to provide a safe, supportive place where children and youth can experience new opportunities, overcome barriers, build positive relationships, and develop confidence and skills for life.

Santa will be coming to the AJMC on December 14 for Community Fun Night to take photos and to announce the tree winners!

For more information please visit our instagram, facebook, BGC website or call 780-778-6696



FAMILY DAY WEEKEND 2025

WINTER CARNIVAL

SATURDAY,

FEBRUARY 15



SNOW SCULPTURE CONTEST

FEBRUARY 9-14

Families are encouraged to create their own unique snow sculpture, and submit a photo for your chance to win prizes! Visit rec.whitecourt.ca for contest details and how to enter.



FESTIVAL PARK

12-4PM

FREE TRANSIT

From 12-4pm with a stop at Festival Park.

- Ice Slide
- Skating Oval
- Croki curl
- Sleigh Rides
- Family Games
- Snowshoes & Cross Country Skis to try
- Hot Chocolate, Hot Dogs, & Bannock (while supplies last)
- ... and more winter family fun!



FEBRUARY 17

MONDAY EVENTS

FREE FAMILY DAY PUBLIC SKATING

JDA Place from 11:00am-12:30pm
FREE with a Food Bank donation.

FREE FAMILY DAY MOVIE AT VISTA THEATRE

2:00pm. Sponsored by Primerica.
Cash donations for the Food Bank encouraged.



A NIGHT AT THE NORTH POLE

SATURDAY, DECEMBER 7, 2024

Join us for an evening at the North Pole and experience the magic with Santa and all his friends!

Take a winter walk through the bright lights of Santa's village, sip a hot chocolate, run the elf Olympics, and listen to live Christmas carols. It's fun for the whole family!

When: Saturday, December 7
from 4-8pm

Where: Forest Interpretive Centre

FEATURING

Santa & Mrs. Claus
and friends

Singers - The Sugar Plums

PLUS Horse and
Wagon Rides

FREE
HOT
CHOCOLATE

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



Whitecourt &
District
HERITAGE SOCIETY

Tim Hortons

United
Rentals

