



Spring 2025 • March | April | May

community spectrum

highlights

- Easter Scavenger Hunt
- National Volunteer Week
- Triathlon Training
- Youth Week

2025
GO GIRL HINTON, AB
CONFERENCE

SAT. MAY 3

Dr. Duncan Murray
Recreation Centre

- Participants from **Hinton, Edson, Whitecourt, Jasper, Fox Creek & Yellowhead County**
- (3) Three activity sessions
- Lunch and transportation from your community provided
- Keynote Speaker
- Network and meet new friends!
- Girls from Grades 5 through 9

\$20 / Participant



Register from Mar 1, 2025 to April 16, 2025

Register in person at the Allan & Jean Millar Centre

Call 780-778-3637 ext. 0 for more information,
or email jaimeesutton@whitecourt.ca



5004 52 Avenue
Whitecourt AB
T7S 1N6

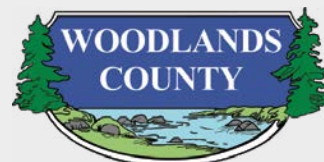
administration@whitecourt.ca
780-778-2273
www.whitecourt.ca

Find us at 
facebook.com/TownofWhitecourt



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



Facility Hours & Closures

Facility Hours:

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

Holiday Hours:

| | |
|-------------------------|---------------|
| April 18, Good Friday | 9:00am-9:00pm |
| April 20, Easter Sunday | CLOSED |
| May 19, Victoria Day | 9:00am-9:00pm |

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:

| | |
|-------------------------|----------------|
| April 18, Good Friday | 10:00am-8:00pm |
| April 20, Easter Sunday | CLOSED |
| May 19, Victoria Day | 10:00am-8:00pm |

See page 35 for aquatic swim schedule.



The Pembina Gas Infrastructure Aquatic Centre is closed from February 10 to March 2 for our biennial maintenance shutdown.

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.

Facility Fees



Individual Membership Fees

| Individual | Daily | 10 Visit | Monthly | Annual | Cost Per Month* | Cost Per Day* |
|---------------------------------|---------|----------|---|----------|-----------------|---------------|
| Tot (under 3 years) | FREE | FREE | FREE | FREE | - | - |
| Child (3-12 years) | \$4.15 | \$37.40 | \$23.45 | \$210.71 | \$17.56 | \$0.58 |
| Youth (13-17 years) | \$5.75 | \$51.80 | \$33.15 | \$298.45 | \$24.87 | \$0.82 |
| Adult (18-59 years) | \$8.85 | \$79.70 | \$53.35 | \$533.24 | \$44.44 | \$1.46 |
| Senior (60-69 years) | \$6.80 | \$61.20 | \$40.02 | \$359.94 | \$30.00 | \$0.99 |
| Super Senior (70+ years) | \$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 as least one dependent child up to 18 years of age, or a full time student up to 25 years of age.

20% off

| Individual | Monthly | Annual | Cost Per Month* | Cost Per Day* |
|---------------------------------|---------|----------|-----------------|---------------|
| Tot (under 3 years) | FREE | FREE | - | - |
| Child (3-12 years) | \$18.76 | \$168.57 | \$14.05 | \$0.46 |
| Youth (13-17 years) | \$26.51 | \$238.77 | \$19.90 | \$0.65 |
| Adult (18-59 years) | \$42.68 | \$426.59 | \$35.55 | \$1.17 |
| Senior (60-69 years) | \$32.01 | \$287.95 | \$24.00 | \$0.79 |
| Super Senior (70+ years) | \$16.01 | \$143.98 | \$12.00 | \$0.39 |

Corporate Memberships

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.

15% off

| Individual | Monthly | Annual | Cost Per Month* | Cost Per Day* |
|---------------------------------|---------|----------|-----------------|---------------|
| Youth (13-17 years) | \$28.16 | \$253.69 | \$21.14 | \$0.70 |
| Adult (18-59 years) | \$45.36 | \$453.26 | \$37.77 | \$1.24 |
| Senior (60-69 years) | \$34.02 | \$305.95 | \$25.50 | \$0.84 |
| Super Senior (70+ years) | \$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.

Contact guest services for more information

Phone 780-778-3637 ext. 0
 guestservices@whitecourt.ca
 58 Sunset Blvd T7S 1N6

Perks of Being a Member

Over 15 **complimentary** fitness classes each week.

Members eligible for **early registration** for courses and events.



15% off all Allan & Jean Millar Centre programs.

Complimentary public skating and shinny hockey at JDA Place when available.

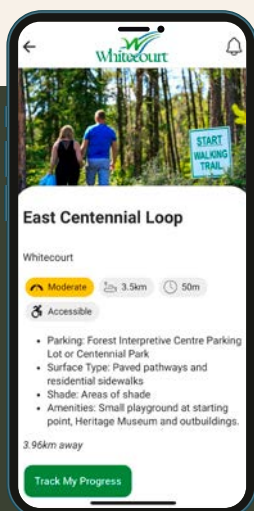
FREE use of the fieldhouse, pool, track, squash court, Go Active Zone, and fitness areas.

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.

Find us at 
facebook.com/MillarCentre
 allanjeanmillarcentre

Online registration
<https://rec.whitecourt.ca>



Registration and Membership

All registrations will be accepted by phone, in person at the Allan & Jean Millar Centre or online at <https://rec.whitecourt.ca>. Refer to the program Course ID# to ensure smooth and efficient registration.

- Registration online and over the phone can be paid with VISA/MASTERCARD/AMEX.
- Registrations are NOT accepted without payment.
- The registration deadline for all programs is seven days prior to the start date, unless otherwise advertised.
- If a program is cancelled by the Town, registrants will receive a full refund.
- If a participant withdraws fifteen (15) days or more prior to the registration deadline, a full refund will be issued.
- A refund, less an \$10.50 administration fee will be issued if a participant withdraws up to fourteen (14) days prior to the registration deadline.
- A prorated refund, less a \$10.50 administration fee, will be issued for medical reasons (with a doctor's note).
- The registration fee is non-refundable if withdrawn after the registration deadline.
- The Town reserves the right to cancel, combine or divide classes due to insufficient registration. Participants are given the opportunity to transfer to another class, if space is available.
- Instructors are subject to change without notice.
- The Town reserves the right to remove any person for behaviour such as bullying, fighting or foul language.
- Make-up classes are not provided due to unforeseen occurrences such as power failure, patron error, etc.
- Guests must be 16 years of age to use the Pembina Fitness Centre or 13 years of age with Weight Training for Teens certification.



Registration is ongoing.
Register early to avoid disappointment.



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

Our facility is wheelchair accessible.



Download our mobile app today to access the latest updates and news, the business directory, walking trails, facility information, and more!

Explore Whitecourt's outdoor spaces using our new trail map features!

- Sort the trails by level of difficulty.
- Track your progress live.
- Find nearby points of interest, such as parking areas, playgrounds and parks.

Simply search for "Loop for Municipalities 2" in the App Store or Google Play Store.





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



SUMMER FUN PASS

ATTENTION STUDENTS! Spend your summer in style

| 2025 Summer Fun Pass | Combo Price |
|---------------------------------------|--------------|
| Child \$61.10 (3-12 years) | \$100 |
| Youth \$77.76 (13-17 years) | \$130 |
| Student \$127.75* | \$210 |

Make it a Combo and add a Transit Pass!



Pass valid May 1-August 31, 2025

*full-time post-secondary students must provide student ID

Connect & GET ACTIVE

The Allan & Jean Millar Centre is Whitecourt's place to get active and stay connected. Drop in with your friends or buy a membership and explore all that the facility has to offer.

- 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
- Table Tennis
- Alberta Newsprint Company Court
- Fast Mechanical Water Slide
- Aqua Rock Wall
- Steam Room
- Whitecourt Communications Free WiFi
- Life Med Pharmacy Kids' Corner
- Alberta Newsprint Company FITStudio
- Crown & Anchor Pub Meeting Room
- Complete Projects Fieldhouse
- Foosball



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.



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 – 12:00pm

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

Saturdays: 10:00am – 12:00pm

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

CLOSURE DATES

April 18, 19, 21
May 19

Hours & prices are subject to change.

Located in the Life Med
Pharmacy Kids' Corner



ALLAN & JEAN MILLAR CENTRE



Thank you to these companies for their support, generosity and for making the Allan & Jean Millar Centre the place to be for fitness, family and fun.

**Pembina Fitness Centre
Rotary Club of Whitecourt Running Track
McDonalds Whitecourt Go Active Zone
Life Med Pharmacy Kids' Corner
Crown & Anchor Pub Meeting Room
Whitecourt Stationary Change Room
Whitecourt Communications**

**Pembina Gas Infrastructure Aquatic Centre
GFI Solutions Hot Tub
Infratech Water Play Park
FAST Mechanical Waterslide
Alberta Newsprint Company Court
Tim Hortons Community Fun Night
Complete Projects Fieldhouse**



Registered Recreation Programs

Child/Youth

Sports

Little Movers Physical Literacy Fun

A fun, interactive program aimed at building physical literacy for kids aged 5-7. Through play-based learning, the program focuses on developing fundamental movement skills such as running, jumping, throwing, and balancing, while fostering confidence and a love for physical activity. Min.6/Max.12

MONDAYS, APRIL 7- MAY 5

No class April 21

4:00-4:30pm
Ages: 5-7
Members: \$28.00 Retail: \$32.20
Course ID#: 9816

Homeschool Multisport

Love sports, but not ready to be tied down to one? Want to stay active and see what's out there? We will explore a different sport each day including track & field, volleyball, gymnastics, kickball, basketball, pickleball, and floor hockey. This will include rule introduction, skill development and game play where applicable! Led by Allan & Jean Millar Centre Program Leaders. Min.6/Max.12.

WEDNESDAYS, APRIL 9- MAY 14

Members: \$42.00 Retail: \$48.30
1:15-2:00pm
Ages: 6-9
Course ID#: 9679
2:15pm-3:00pm
Ages: 10-14
Course ID#: 9680



Arts & Crafts



Hula Hoop Extravaganza

Get crafty by making a hula hoop and customize it to make it your own! After we will learn new tips and tricks on hula hooping.

SUNDAY, MARCH 2

1:00-3:00pm
Ages: 8-14
Members: \$27.00 Retail: \$31.50
Course ID#: 9763

Kids' Night Out

Jump, Dive and Dine

Jump your way through our inflatable obstacle course, dive into the pool for a splash-tastic adventure, and dine on a delicious meal with friends! Round out the fun with some exciting fieldhouse games. An evening packed with energy, laughter, and a tasty dinner awaits! Min.8/Max.20.

FRIDAY, APRIL 11

5:30-8:30pm
Ages: 8-12
Members: \$27.00 Retail: \$31.05
Course ID#: 9681

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.20.

FRIDAY, MAY 23

5:30-8:30pm
Ages: 6-10
Members: \$27.00 Retail: \$31.05
Course ID#: 9746

PD Day Half Day Camps

Time Travelers

Our leaders will take kids on a thrilling historical adventure with hands-on activities from different eras. They'll dig for dinosaurs, create hieroglyphics, build pyramids, and train like knights, all while exploring the wonders of the past in a fun and interactive way! Min.6/Max.20.

THURSDAY, APRIL 17

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#: 9676

Harry Potter Camp

After everyone is sorted into their houses, it's time for spell classes, potion making and a friendly Quidditch match! Min.6/Max.20.

THURSDAY, MAY 15

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#: 9677

Nature Explorers Camp

Give kids the chance to explore the outdoors, learn about nature, and develop a love for wildlife. Through fun activities, campers will connect with the environment and gain an appreciation for the natural world. Min.6/Max.20.

FRIDAY, MAY 16

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#: 9678

SUNDAY FUNDAY

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

TIME: 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

MARCH 30

Featured Activity:
Little Builders Workshop
Course ID#: 9682

APRIL 27

Featured Activity:
Spring Time Garden Party
Course ID#: 9683

MAY 25

Featured Activity:
Pirate Adventures
Course ID#: 9684





| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------------|---|-----------------------------|--------------------------|--|---------------------------|
| 9:00-11:00am ALL AGES | Pickleball Skill Development | Pickleball | Pickleball | Pickleball | 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 |

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

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

NO EXPERIENCE NECESSARY!

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 party or team party. Whatever the occasion, we will make it an easy and 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 accommodate up to 25 participants (parents and siblings included).

Contact us for available dates!

Popular Themes are:

- Crazy Science
- Nerf Mania
- Amazing Art
- Pirate Adventures
- Superhero Training
- Minute-to-Win-It

Bouncy Castle and Slide: \$130.26/Hour

Available on the following weekends: March 29/30, April 26/27, May 24/25

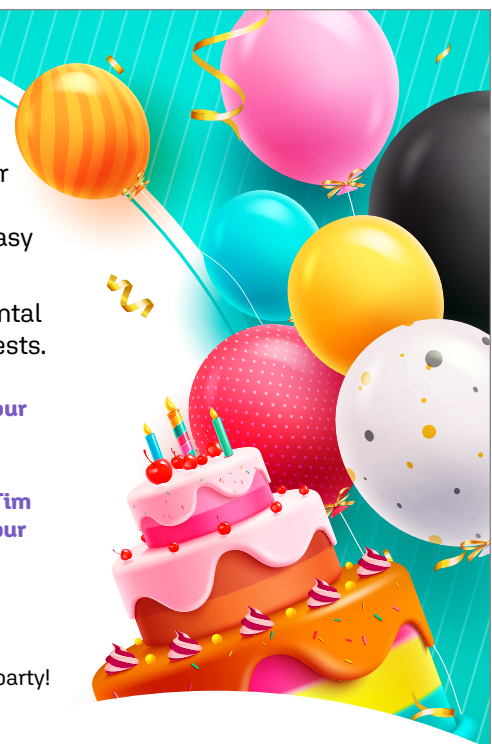
50' Inflatable Obstacle Course the "Tim Hortons Double Double": \$130.26/Hour

Available on the following weekends: March 8/9, April 12/13, May 3/ 4

Giant Games!

Add giant checkers, Connect 4, Jenga, Kerplunk or Snakes & Ladders to your party! \$20.84/game or 3 games for \$52.52

Additional space rental, set up time, and large group rates available. Please contact Guest Services at the Allan & Jean Millar Centre to build your party or for more information. **Please note that specialty parties (Inflatable and Facilitated) require booking TWO weeks in advance of a party date to ensure staffing.**



**FREE
EVENT!**

Easter Scavenger Hunt



Come to the Allan & Jean Millar Centre between Wednesday, April 2 to Wednesday, April 16 and take part in our Easter themed scavenger hunt. Solve clues, find the eggs, and claim your delicious prize! Also, don't forget to enter into our grand prize draw.



Stop by Guest Services to get your first clue!

**MILLAR
CENTRE**

SPRING BREAK

DISCOVERY CAMP

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

Monday, March 24 to Friday, March 28
9:00am-4:00pm | Ages 6-12

Monday

Around the World Adventure
Course ID#: 9671

Tuesday

Inventors Workshop
Course ID#: 9672

wednesday

Earth Heroes
Course ID#: 9673

Thursday

AJMC Olympics
Course ID#: 9674

Friday

Under the Sea
Course ID#: 9675



WEEKLY

Members: \$168.75/week

Retail: \$194.05/week

Full Week
Course ID#: 9670



PER DAY

Members: \$40.00/day

Retail: \$46.00/day





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



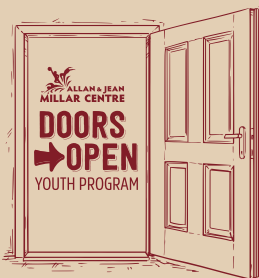
**FREE
PROGRAM**

**Snacks
Provided**

**FREE
TRANSIT**
to and from the
program.



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



GRADES
//////
★ **4 & 5**

FREE! SNACKS PROVIDED!

Hang out with us the third Tuesday of every month
from 3:30-5:30pm 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

MARCH 18 / LEGO NIGHT

We're going all out with Lego! We'll have Lego building challenges, games, crafts with a Lego twist and lots more!

APRIL 15 / EGGSTRAVAGANZA

Egg hunts, relay races, crafts and games! Join us for some Easter fun!

MAY 20 / PJ PARTY & KARAOKE

It's our final Doors Open of the year! Wear your favourite pair of PJs and join us for karaoke, dancing, party games, and more!

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.





Saturdays from
5:30 to 8:30pm

FREE
FOR EVERYONE!



Tim Hortons

COMMUNITY FUN NIGHT

Everyone is welcome to join in! Check out our **FUN & 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.



March 8 | Wild West Round Up! Saddle up for an evening of thrilling games and Wild West excitement for the whole family.



April 12 | Eggstravaganza! Spring is just around the corner, and we’re celebrating with an egg-citing evening of crafts, games, and an epic egg hunt in our fieldhouse.



May 3 | May the Fourth Be With You! An evening of Star Wars-themed games, epic costume contests, lightsaber challenges, and out-of-this-world crafts. Fun for families and fans of all ages!

Children under 8 must be accompanied by an adult.

TEAM

BUILDING

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

Includes a 2-hour space rental and all access passes on the day of your booking for up to 25 guests. Additional space rental and large group rates (fee dependant).

+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:

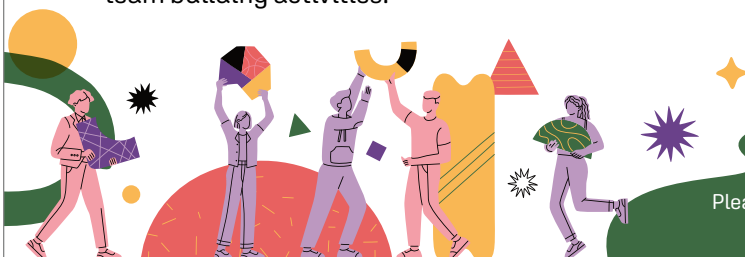
- Scavenger Hunt
- Sporty Fun
- Minute to Win It
- Teamwork makes the Dream Work
- Custom Built Theme

Giant Games!

Add giant checkers, Connect 4, Jenga, Snakes & Ladders, or Kerplunk to your booking!
\$20.84/game or 3 games for \$52.52

50' Inflatable Obstacle Course

The “Tim Hortons Double Double”: \$130.26/Hour
Available on the following weekends:
March 8/9, April 12/13, May 3/ 4



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 a party date to ensure staffing.

PICKLEBALL

Pickleball Schedule

Join us Monday-Friday mornings and Monday & Thursday evenings. Everyone is invited to drop in and give it a try!

Monday | Skill development, 9:00-11:00am, All ages

Tuesday-Friday | 9:00-11:00am, All ages

Monday & Thursday | 8:00-10:00pm. 18+

Members: FREE!

Retail: \$4.48



Pickleball Workshop For Beginners

Grab your friends and learn a new skill while being active. This workshop is great for beginners looking to try something new and enjoy a morning out while meeting new friends.

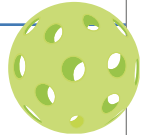
FRIDAY, MAY 2, 10:30AM-12:30PM

Allan & Jean Millar Centre

Age: 18+

Course ID#: 9776

Retail: \$40.00



Outdoor Pickleball

Portable net is available through the Allan & Jean Millar Centre and a pickleball court is ready and waiting at Percy Baxter School or the Tennis court by the Carlan Services Community Resource Centre. Start Date is weather dependant.

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



ENHANCEMENT GRANT



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

To be considered for this grant, a representative from the group or organization is required to attend the Enhancement Grant Workshop on **Wednesday, March 5th from 5:30-6:30 pm** in the Allan & Jean Millar Centre classroom, unless they have already attended.

Deadline Date for All 2025 Applications:
Friday, March 14th at 4:00pm

Information/Applications available at:
Allan & Jean Millar Centre, 58 Sunset Blvd

Recreation Coordinator:
780-778-3637 ext. 421
www.whitecourt.ca



June is ParticipACTION Month

And it's time to move, play, and get active!

Starting June 1st through June 30th, stay tuned for exciting ways to get involved in fun physical activities and challenges throughout the month. Whether you're a kid or an adult, there's something for everyone to get moving and celebrate the joy of physical activity.

Let's come together as a community and make Whitecourt a healthier, more active place!



FREE! REGISTRATION REQUIRED

Skate AND S'MORES

Join us for an **adults-only** evening of outdoor skating and cozy S'mores by the fire!

Whether you're an experienced skater or just enjoying the winter air, this event is perfect for all skill levels. Glide around the rink to great music, then gather by the fire to toast marshmallows, sip warm drinks, and relax under the winter sky. Bring old friends or make new ones—it's a fun, social way to embrace the season!

**THURSDAY, MARCH 13
7:00-8:30PM**

Course ID#: 9778 | Min.8
Registration Deadline: Monday, March 10
Registration Required



Canadian Red Cross

STAY SAFE

+ Canadian Red Cross Training Partner

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 old or completion of Grade 3

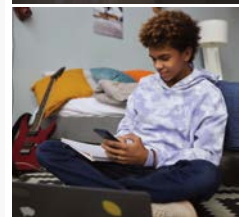
Members: \$45.00 **Retail:** \$51.75

SUNDAY, APRIL 27, 10:00AM-4:00PM

Registration deadline: April 20
Course ID#: 9668

SUNDAY, MAY 25, 10:00AM-4:00PM

Registration deadline: May 18
Course ID#: 9669



BABYSITTING COURSE

The Babysitting Course, refreshed and revised, now has a greater emphasis on First Aid Skills. This 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 old or completion of Grade 5

Members: \$55.00 **Retail:** \$63.25

SATURDAY AND SUNDAY, APRIL 12 & 13, 10:00AM-2:30PM

Registration deadline: April 5
Course ID#: 9666

THURSDAY AND FRIDAY, MAY 15 & 16, 10:00AM-2:30PM

Registration deadline: May 8
Course ID#: 9667



Window Painting 101

Join artist Erin Rollheiser for an Easter themed introduction to window painting. In this four-hour workshop, Erin will teach you some of the tips and tricks she uses for creating quality window art. After some practice time, you will finish off the workshop by helping paint windows at the Allan & Jean Millar Centre. Min.6/Max.8

Instructor: Erin Rollheiser

Ages: 14+

Allan & Jean Millar Centre Classroom

APRIL 12, 2025, 12:00 - 4:00PM

Members: \$55.00

Retail: \$63.25

Course ID#: 9815



Looking for **Artists & Crafters**

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.

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

MEET OUR In-School Mentors!

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

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



CATHY



Where and what grade do you currently mentor? École St. Anne School, Grade 3
How long have you been a mentor? This is my first year in the mentorship program.

Why did you decide to become a mentor? I wanted an opportunity to make a difference in a young person's life, and I feel a child can never have too many caring people in their lives.

What do you enjoy most about mentoring? Spending time and having fun with my young person.

Join our awesome team of volunteers and act like a kid again! ★

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



www.whitecourt.ca

LOOKING FOR SOMETHING FUN TO DO OVER SPRING BREAK!?

Camp Why Try is a facilitated program that helps participants build resilience by improving self-confidence and decision making skills. This interactive and fun camp incorporates fieldhouse games, crafting, and swimming to teach the concepts of Why Try and help teens navigate life's ups and downs.

This is a FREE program open to anyone whether you've taken the program before or not. Healthy snacks are provided and public transit can be arranged as needed.

MARCH 25-27, 12:30-3:00PM

Allan & Jean Millar Centre

Ages: 11-14

Course ID#: 9685

FREE



KidSport supports children who need financial assistance with sport registration fees and equipment. 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 at 780-706-0202 or emmaharper@whitecourt.ca



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

SPiRiT OF YOUTH

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

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

Whitecourt youth are doing great things and we want to hear about them!

The Spirit of Youth recognizes exemplary youth citizens that display:



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

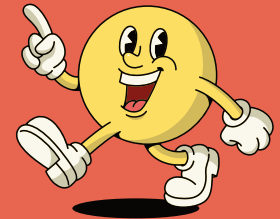


N O M I N A T I O N D E A D L I N E Tuesday, April 8, 2025

YOUTH WEEK

**FOR TEENS.
BY TEENS.**

MAY 1-9 2025



OPEN TO EVERYONE IN GRADE 6-12

JOIN US FOR OUR ANNUAL CELEBRATION OF YOUTH!

Take part in **FREE** events! There will be **drop-in and registered activities, and loads of prize draws throughout the week!**

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

Are you in Grade 6-12? Do you want to be a part of the action and help plan Youth Week? Reach out to the Youth Development Coordinator by text or phone at 780-706-0202 or email emmaharper@whitecourt.ca.

whitecourt.ca



TownofWhitecourt



youthofwhitecourt



Whitecourt's
**YOUTH
ADVISORY**
Committee



WHAT IS FCSS?

What is FCSS and what does Whitecourt FCSS do?

Whitecourt Family & Community Support Services (FCSS) provides supports, information and referrals to families and individuals in the community.

What programs are part of Whitecourt FCSS?

| | | | |
|---|--|---|---|
| <p>Whitecourt & Area</p> <p>FAMILY SUPPORT PROGRAM</p> | <p>SOCIAL PRESCRIBING for Seniors</p> | <p>ADULT & SENIORS' PROGRAMS</p> | <p>PUBLIC TRANSIT & DIAL-A-BUS</p> |
| <p>YOUTH PROGRAMS</p> | <p>WHITECOURT FOOD BANK</p> | <p>FAMILY VIOLENCE INITIATIVE</p> | <p>Whitecourt & Area</p> <p>AGING IN PLACE PROGRAM</p> |

How do I contact Whitecourt FCSS?

Call 780-778-6300
 Email CommunityServicesSecretary@whitecourt.ca
 Website www.whitecourt.ca



Community Volunteer Income Tax Program

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

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

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)

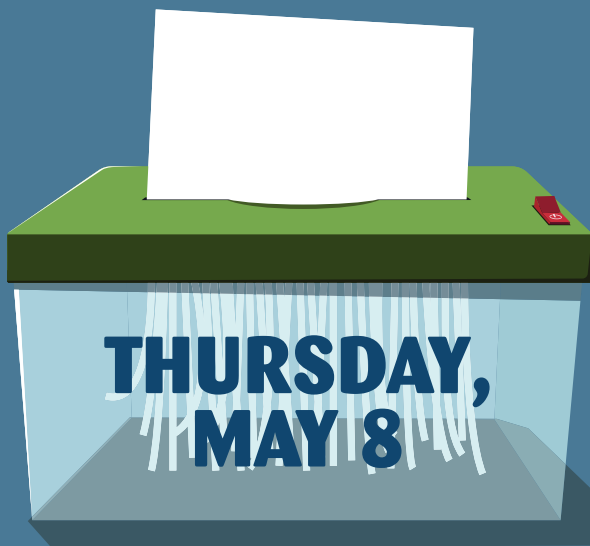
Bring all tax forms (T-4 slips, Social Insurance Number, **yearly prescription print outs from pharmacy**, etc.) to the Allan & Jean Millar Centre from 9:00am-12:00pm and 1:00-3:00pm Monday to Friday.

A tax information questionnaire must be completed when handing in tax slips.

To find out if you are eligible for help, use the income levels shown in the table called "Maximum Income Levels".

Maximum Income Levels

| | |
|-------------------|------------------|
| 1 person | \$35,000 |
| 2 people | \$45,000 |
| 3 people | \$47,500 |
| 4 people | \$50,000 |
| 5 people | \$52,500 |
| 5 people + | \$52,500+ |
| additional person | \$2,500 for each |



FREE COMMUNITY SHRED EVENT

Protect yourself by safely shredding your confidential material for free!

Thursday, May 8

Time: 8:00 to 11:30am

JDA Place Arena Parking Lot

Residents can bring up to 4 bankers boxes or 5 grocery bags to be shredding. This free shredding event is open to private residents.



This event is brought to you in partnership with Merlin Shredding.

New



Whitecourt and Area Aging in Place Program

The Whitecourt and Area Aging In Place Program aims to support individuals age 55 years and over to age in place for as long as possible.

Services are varied depending on client needs and can include light housekeeping, meal prep, grocery shopping, and yard maintenance.

The Whitecourt and Area Aging In Place Program is a fee for service program, rates are dependant on household income.



For more information, contact Fay Arcand, the FCSS Program Coordinator at 780-778-3637 ext. 417 or email fayarcand@whitecourt.ca.

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.



NATIONAL VOLUNTEER WEEK 2025

VOLUNTEERS MAKE WAVES

APRIL 27 - MAY 3

Each individual volunteer contribution, big or small, creates momentum and has the power to influence and inspire, joining a wave of positive change.

Please join the Town of Whitecourt as we celebrate our amazing volunteers!

Whitecourt's Volunteer Awards Program

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

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

One nominee from each category will be selected. Winners from each category will be announced at the Volunteer Celebration Lunch, April 28.

Nomination deadline is NOON on Tuesday, April 22. Check out our Volunteer Hub for more information on the awards and the nomination form, or contact the FCSS Program Coordinator at 780-778-3637 ext. 417 or fayarcand@whitecourt.ca



You've Been Great! Volunteer Celebration Lunch Monday, April 28

To show our gratitude for their hard work and the care they give to our community, volunteer organizations will receive an invitation to the event. As seating is limited, an RSVP will be required. All Volunteer Award nominees will be invited to the celebration lunch, where the winners of each category will be announced.



FREE

Armchair Travels



March 5 ID:9635
BHUTAN

April 9 ID:9808
THAILAND

May 7 ID:9809
PORTUGAL

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

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



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



GET GROWING!

Check out our website for the latest Community Garden updates and to download the 2025 Gardener's Contract.
www.whitecourtcommunitygarden.com

ANNUAL GARDENER'S MEETING
TUESDAY, APRIL 15
7:00PM AT THE ALLAN & JEAN MILLAR CENTRE
CROWN & ANCHOR PUB MEETING ROOM

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



WHITECOURT Food Bank
COMMUNITY HELPING COMMUNITY

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

WHITECOURT FOOD BANK PROVIDES:

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

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

TO ACCESS THE FOOD BANK

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

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

PERISHABLE BOXES

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

DONATING TO THE FOOD BANK

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

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

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

new HOPE

FOR ADULTS

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

■ Next Session: March 6 & 7

2-Day Course for Men & Women
Offered 4 times per year.

**New Hope can help revitalize
relationships, build positive connections,
and enhance communications through
support, counseling and skill building in
a safe and confidential setting.**

Topics include, but are but not limited to:

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

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

Learn More ▶



Proudly supported by:
 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:
 whitecourtfvi.ca

new hope

youth
ages 13-17

Shaping Futures for Positive Decision Making

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

Pre-registration is required.

Call 780-778-6300

Learn More ▶



Proudly supported by:
 whitecourtfvi.ca

Family Support Program

Whitecourt & Area Family Support Program (FSP)

Diversion Services

Free, accredited, family centred, solution-focused counselling and family support for families with youth ages 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 at 780-778-8755 ext. 1 or michellerobinson@whitecourt.ca.



FSP PROGRAM SCHEDULE

No programs March 24-28

| Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|
| Kids in Action 9:30-10:30am March 4-May 27 | Musical Munchkins 10:00-10:45am March 5-May 28 | Creative Chaos 10:00-11:00am April 3-May 8 | Touring Tots 10:00-11:00am March 21, April 25 | Family Frenzy 10:00-11:00am March 15, April 12 |
| | Lunch & Learn 11:30am-1:00pm May 14 | | Growing Up Wild 10:00-11:00am May 9, 23 | Kids Have Stress Too 10:00am-2:00pm April 26 |
| | Connect Parent Group 5:30-7:30pm April 2-June 4 | | | |

Drop-In Program

Registered Program

Parent Education Program

Watch For Updates on Facebook @Whitecourtareafamilysupportprogram



Developmental Domains

-  Social Competence
-  Language & Thinking
-  Emotional Maturity
-  Physical Health & Well-being
-  Communication Skills & General Knowledge

Registered Parented Programs

Touring Tots



Ages: 3-6 years

Come join us for a family-fun community adventure! Each adventure has a different theme related to community establishments, and promotes early childhood learning skills such as literacy, numeracy, community awareness and creative expression. Limited childcare spots available for younger siblings.

VET VISIT

Friday, March 21
10:00-11:00am
Whitecourt Veterinary Clinic
Course ID#: 9653

SPRING CRAFTS WITH THE SENIORS

Friday, April 25
10:00-11:00am
Spruceview Lodge
Course ID#: 9654

Growing Up Wild



Ages: 3-7 years

An early education program that builds on children's sense of wonder about nature and invites them to explore wildlife and the world around them. Through a wide range of activities and experiences, this program provides an early foundation for developing positive impressions about nature and lifelong social and academic skills.

THE DEEP BLUE SEA

Friday, May 9
10:00-11:00am
Allan & Jean Millar Centre
Course ID#: 9655

WHO LIVES IN A TREE?

Friday, May 23
10:00-11:00am
Allan & Jean Millar Centre
Course ID#: 9656

Family Frenzy



Ages: All Ages

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

KIDS IN ACTION

Saturday, March 15
10:00-11:00am
Fieldhouse
Course ID#: 9657

SPRING INTO CRAFTS

Saturday, April 12
10:00-11:00am
Classroom
Course ID#: 9658

Drop-In Parented Programs

Kids in Action



Ages: walking-6 years

Bring your little one to participate in a variety of high-energy games and free plays. There is a strong connection between body movement and brain development!

MARCH 4-MAY 27 [No class March 25]

Tuesdays
9:30-10:30am
Fieldhouse

Musical Munchkins



Ages: 0-6 years

Build literacy, culture, music, and gross motor skills through instruments, dancing, singing and movement.

MARCH 5-MAY 28 [No class March 26]

Wednesdays
10:00-10:45am
Classroom

Creative Chaos



Ages: 2-6 years

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.

APRIL 3-MAY 8

Thursdays
10:00-11:00am
Classroom

Parented Education Programs

***Registration required for these programs.**

Connect Parent Group

Connect is a 10-week program for parents and caregivers of pre-teens and teens with social-emotional and behavioral challenges. This program addresses the changes that occur in the parent/teen relationship, information about adolescent development, and provides strategies for responding to challenging behavior and intense emotions; ultimately keeping the parent/teen relationship strong and positive!

Join our trained facilitators and find out why 97% of participants state they feel better about their parenting and are equipped to understand their teens.

APRIL 2-JUNE 4

Wednesdays
5:30-7:30pm
Boardroom
Course ID#: 9661

Kids Have Stress Too

While we often associate stress with adults, we know that even children experience stress! Come join us for the opportunity to interact with other parents and learn practical strategies designed to help you teach children how to manage stress today and for the rest of their lives. Lunch and childcare for children 0-7 years is provided.

SATURDAY, APRIL 26

10:00am-2:00pm
Boardroom
Course ID#: 9659
Childcare Course ID#: 9660

Lunch & Learn-Time to Grow

Curious about what children need to thrive? Join us for lunch as we discuss the developmental milestones of child wellbeing. An 'Ages and Stages Questionnaire' screening will be made available with activities suggested to strengthen your child's development.

Limited childcare for children ages 0-6 years of age. Lunch is provided.

WEDNESDAY, MAY 14

11:30-1:00pm
Boardroom
Course ID#: 9651
Childcare Course ID#: 9652

Complimentary Fitness Classes

CLASSES RUN
February 5 to June 20
NO CLASSES
February 17 | March 24-30
April 18-21 | May 19

MORNING CLASSES

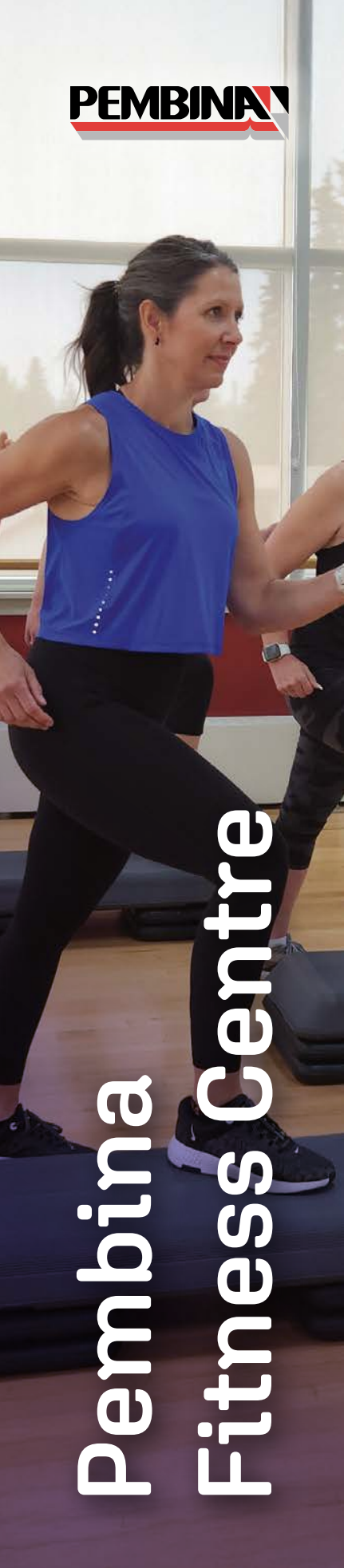
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------------|---|--|---------------------------------|---------------------------------------|--|
| Early Bird H2O 6:15-7:00am | | Early Bird H2O 6:15-7:00am | | | |
| Water Warriors 9:00-10:00am | Shred 45 9:15-10:00am | Water Warriors 9:00-10:00am | Shred 45 9:15-10:00am | Water Warriors 9:15-10:00am | |
| | Functional Fitness 4 Life 10:30-11:15am | Adaptive Fitness 10:00-10:45am | | | Saturday Sweat 10:30-11:15am |

NOON CLASSES

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------------|--|---------------------------------------|--|--------|----------|
| | 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 CLASSES

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------|---|---------------------------------|--|--------|----------|
| 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

Pembina Fitness Centre

Water Fitness

No Water Fitness: February 10-March 2

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 low impact 45-minute aquatic class is designed to meet the needs of people who experience pain and dysfunction when participating in land based fitness activities. This class focuses on enhancing mobility, range of motion, and muscle strength. 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. 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 is designed to meet 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 and 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.

This class runs February 8 to May 10 and will resume in September. No class March 29 and April 19.

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 and exercises for people who want a serious, no-nonsense sweat.

All Levels

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



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

This class runs April 3 to May 15 and will resume in September.


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:

 Aquatic Class

 Land Class

 Cycle Class

 Mind-Body

 Teen Fitness

 Child Mind available during this class

All classes 13+ unless otherwise stated.

Classes subject to cancellation due to low attendance.

No Water Fitness Classes February 10-March 2.



Registered Fitness Classes

SESSION 1 CLASSES

March 31 to May 15

SESSION 2 CLASSES

May 20 to June 20

*NO CLASSES APRIL 18-21

MORNING CLASSES

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--------------------------------------|--|--|---|
| Outdoor Bootcamp 6:00-6:50am | Cycle 45 6:00-6:45am | Outdoor Bootcamp 6:00-6:50am | One More Rep 6:00-6:45am | Early Morning Yoga 6:00-6:50am (ends May 9) |
| 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 April 17 | Weight Training for Teens 10:00am-4:00pm June 27 |

NOON CLASSES

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|-----------|----------|--|
| | | | | Cycle 30 12:15-12:45pm (ends May 9) |

EVENING CLASSES

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--------------------------------------|--|---|--------|
| Cycle Strong 6:45-7:35pm | TRX Total Body 5:30-6:00pm | Pure Strength 5:30-6:15pm | | |
| Mat Pilates 7:00-8:00pm (ends May 12) | | | Cycle Strong 6:45-7:35pm (ends May 15) | |
| Triathlon Swim 7:30-8:30pm | | Triathlon Bike & Brick 7:00-8:00pm | | |

Schedule and programs subject to change. Stay up to date by checking <https://rec.whitecourt.ca>.

Pembina
Fitness Centre

Pembina Fitness Centre

Land Fitness

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.

Thursdays 6:00-6:45am

Instructor: Jolene Rarick

All Levels

APRIL 3 TO MAY 15

Course ID#: 9711

Members: \$50.82

Retail: \$58.45

MAY 22 TO JUNE 19

Course ID#: 9712

Members: \$36.30

Retail: \$41.75



Outdoor Bootcamp

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

Mondays, Wednesdays 6:00-6:50am

Instructor: Annette Cartwright

All Levels

MARCH 31 TO MAY 14

Course ID#: 9741

Members: \$94.38

Retail: \$108.55

*No class April 21

MAY 21 TO JUNE 18

Course ID#: 9742

Members: \$65.34

Retail: \$75.15

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!

 **Wednesdays** 5:30-6:15pm

Instructor: Laureen Holloway

All Levels





APRIL 2 TO MAY 14


Course ID#: 9713

Members: \$50.82

Retail: \$58.45

Fitness Guide:

-  Aquatic Class
-  Land Class
-  Cycle Class
-  Mind-Body
-  Teen Fitness
-  Personal Training

 Child Mind available during this class

All classes 13+ unless otherwise stated.

Classes subject to cancellation due to low attendance.

Must be 16+ to use the Pembina Fitness Centre or 13+ with weight training for teens certificate.

CLASS PASS

Drop into one of our registered fitness classes with a class pass!

INDIVIDUAL

\$15.00

10-PACK

\$135.00



SCAN ME



Stay up to date by checking our website. Schedule and programs subject to change.

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.

 **Tuesdays, Thursdays** 10:30-11:15am

Instructor: Jolene Rarick

All Levels

APRIL 1 TO MAY 8

Course ID#: 9714

Members: \$87.12

Retail: \$100.20

MAY 20 TO JUNE 19

Course ID#: 9718

Members: \$72.60

Retail: \$83.50

TRX Total Body

A quick and effective strength workout that will strengthen your entire body. Your upper body, lower body, and core will feel the burn!

 **Tuesdays** 5:30-6:00pm

Instructor: Kara Grywachski

All Levels

APRIL 1 TO MAY 13

Course ID#: 9777

Members: \$44.80

Retail: \$51.80



Pembina Fitness Centre

Cycle

Cycle 30

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

 **Mondays 9:15-9:45am**

Instructor: Amanda Anderson

MARCH 31 TO MAY 12

Course ID#: 9719

Members: \$38.40

Retail: \$44.40

*No class April 21

MAY 26 TO JUNE 16

Course ID#: 9720

Members: \$25.60

Retail: \$29.60

 **Fridays 9:15-9:45am**

Instructor: Krista MacKay

APRIL 4 TO MAY 9

Course ID#: 9721

Members: \$32.00

Retail: \$37.00

*No class April 18

MAY 23 TO JUNE 20

Course ID#: 9722

Members: \$32.00

Retail: \$37.00

Fridays 12:15-12:45pm

Instructor: Amanda Anderson

APRIL 4 TO MAY 9

Course ID#: 9723

Members: \$32.00

Retail: \$37.00

*No class April 18

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!

Tuesdays 6:00-6:45am

Instructor: Amanda Anderson

All Levels

APRIL 1 TO MAY 13

Course ID#: 9729

Members: \$50.82

Retail: \$58.45

MAY 20 TO JUNE 17

Course ID#: 9731

Members: \$36.30

Retail: \$41.75

 **Wednesdays 9:15-10:00am**

Instructor: Krista MacKay

APRIL 2 TO MAY 14

Course ID#: 9732

Members: \$50.82

Retail: \$58.45

MAY 21 TO JUNE 18

Course ID#: 9733

Members: \$36.30

Retail: \$41.75

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!

Mondays 6:45-7:35pm

Instructor: Dominique Dickson

All Levels

MARCH 31 TO MAY 12

Course ID#: 9735

Members: \$43.56

Retail: \$50.10

*No class April 21

MAY 26 TO JUNE 16

Course ID#: 9807

Members: \$29.04

Retail: \$33.40

Thursdays 6:45-7:35pm

Instructor: Dominique Dickson

All Levels

APRIL 3 TO MAY 15

Course ID#: 9736

Members: \$43.56

Retail: \$50.10

*No class April 17



Fitness Guide:

- Aquatic Class
- Land Class
- Cycle Class
- Mind-Body
- Teen Fitness
- Personal Training
- Child Mind available during this class

All classes 13+ unless otherwise stated.

Classes subject to cancellation due to low attendance.

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.

Fridays 6:00-6:50am

Instructor: Annette Cartwright

All Levels

APRIL 4 TO MAY 9

Course ID#: 9737

Members: \$46.05

Retail: \$52.95

*No class April 18

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.

Mondays 7:00-8:00pm

Instructor: Annette Cartwright

All Levels

APRIL 7 TO MAY 12

Course ID#: 9738

Members: \$45.06

Retail: \$52.95

*No class April 21



Youth 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.

10:00am-4:00pm

Instructor: Ryan Vidad

Ages: 13-15yrs

THURSDAY, APRIL 17

Course ID#: 9686

Members: \$55.00

Retail: \$63.25

FRIDAY, JUNE 27

Course ID#: 9708

Members: \$55.00

Retail: \$63.25

Personal Training

Youth Starter Pack

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

Prerequisite: Weight Training for Teens for 13-15 years

Age: 13-17

Members: \$120.00

Retail: \$138.00

Adult Starter Pack

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

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

Age: 18+

Members: \$140.00

Retail: \$161.00

Must be 16+ to use the Pembina Fitness Centre or 13+ with weight training for teens certificate.



Triathlon Training

Wanting to try triathlon training? This multi-discipline sport combines swimming, cycling and running, one after the other with no rest in between. Our experienced instructors will guide you through each session improving your stamina and strength in each element.

APRIL 7 TO MAY 14

*No Class April 21

Instructors: Sarah Whelen, Morgan Hogberg

All Levels

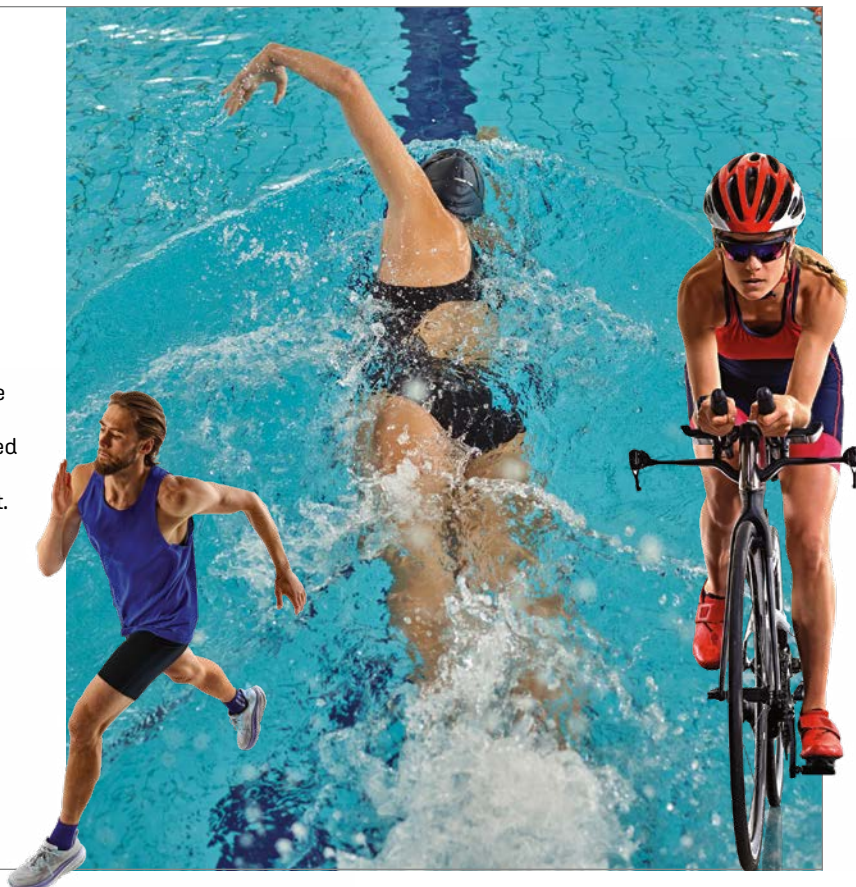
Course ID#: 9743

Members: \$101.31

Retail: \$116.49

SWIM | Mondays 7:30-8:30pm

BIKE & BRICK | Wednesdays 7:00-8:00pm



Step Up Your Nutrition



Pn Precision Nutrition

Learn healthy habits to enhance your nutrition

Manage weight without restrictive diets

Address specific dietary needs



Kara Grywacheski

Certified Precision Nutrition Coach

◆ Laura

I chose Kara for nutrition coaching because of her attention to detail and her nutrition certifications, which are among the best out there. Kara was realistic in creating a plan that was not too overwhelming. As a mom of a large family, I needed something simple and efficient, which is exactly what Kara provided. She offered her tried-and-true ideas and recipes to keep me on track with my goals. Kara is great at fitting nutrition into your daily life, rather than making you change your entire routine to accommodate it. If you're looking to take control of your health and nutrition, I highly recommend Kara!

How to Get Started: ◆

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

Ready to Take the First Step? ◆

Schedule your assessment.

Have questions or need more information? ◆

We're here to help!

Contact us at
780-778-3637.





healthcare
professional

A DAY in the Life of a

at the Allan & Jean Millar Centre

FEATURED FITNESS CLASSES IN:

PEMBINA FITNESS STUDIO

Registered
Pure Strength
Wednesdays 5:30-6:15pm

Free with Membership
Shred Express
Mondays & Thursdays 5:15-6:00pm

Total Body Tabata
Tuesdays 7:00-7:45pm

Saturday Sweat
10:30-11:15am



Terry Brooks

Can you share a bit about your background and nursing experience? I have been a nurse for 17 years. I specialize in the subject matter of sexual health by providing STI test and treat services, partner notification, pregnancy testing and counseling, as well as cervical screening.

How long have you been with Allan & Jean Millar Centre, and what drew you to it? I have been coming to the Allan & Jean Millar Centre for 10 years, since I first moved to Whitecourt. It is a lovely facility for our community and a space to come to focus on your health and wellbeing. It is so full of opportunities for families, single folks, of all ages and interests.

What programs or activities have you participated in at the Allan & Jean Millar Centre? I have used the track, the fitness centre and the studio for a wide variety of classes (Pure Strength, Shred, Saturday Sweat, Tabata). I especially like the classes as you can always find one at a time that suits you and there is a lot of variety of exercise types. I have participated in the Run 4 Fun many times as well.

Have you made any new connections at the rec centre? You bet! I chat with lots of the folks that attend the same classes as I do as you see them every week, I say hi when I see them in other settings, visit with my neighbours as they are also working out.

How do you prioritize your own health and wellness, given your busy schedule as a nurse? I schedule it into every day. I literally write it on my calendar. Having gone through menopause in the past several years, maintaining a healthy lifestyle has taken on a new meaning to me. I want to be just as strong and capable as I am today in the next 10-20 years. And, I want to model good health and physical fitness for my clients.

What are some of your favourite ways to stay active and healthy? I am a runner so I try to fit that in 3-5 days a week, I typically run 8 km. Plus, we have a very energetic and athletic chocolate lab that comes with me for runs and walks. In the past 10 years I have also focussed on weight training and becoming stronger. I took the women on weights class years ago to become familiar with the machines and gain some confidence. Now I try to do weight training 3-4 days a week. My husband and I also like to hike and camp and I cross country ski as much as I can during our short season with the track at the golf course.

Thanks, I appreciate having this lovely asset in our community.



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





Pembina Gas Infrastructure Aquatic Centre

Aquatic Centre Information



Supervision

Children 7 and under must be within arms reach of a responsible person who is 14 or older at all times while swimming in the facility. The maximum ratio of caregiver to children 7 and under is 1:4.



Lock Up Your Personal Items

One-time use, loonie operated lockers are available in all change rooms, or you may bring your own lock. Free valuables lockers are also available at Guest Services. 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.



Shower

Each person must have a cleansing shower prior to entering the pool to remove hair products, cosmetics and lotions from skin. This will help keep the pool clean and free from contaminants.



Shoes and Strollers

Outdoor footwear and strollers are not permitted on deck or in the change rooms. Shoes may be left on the racks outside the pool change rooms, or carried to a locker.



Prevent Pool Fouling

Swimmers are encouraged to use the washroom before entering the water. Any person with diarrhea, or have experienced diarrhea recently, must not use the pool facility.

All children 36 months and under, and anyone who is incontinent, must wear protective, water-resistant swimwear in order to minimize contamination. Guest Services has swim diapers available for purchase.



Accessibility

A water wheelchair is available for guests to use for access to the deck and pools.



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.

Registration Information is available on page 4.

Aquatic Hours, Closures and Swim Times

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

| | |
|-------------------------|-------------------------------|
| February 10 to March 2 | CLOSED for Maintenance |
| April 18, Good Friday | 10:00am-8:00pm |
| April 20, Easter Sunday | CLOSED |
| May 19, Victoria Day | 10:00am-8:00pm |

Free Family Swim 6:00-8:00pm



March 16, 23 | April 6, 27 | May 4, 18
Sponsored by the Rotary Club of Whitecourt



March 9, April 13, May 11
Sponsored by Pembina Gas Infrastructure

Special Public Swims 1:30-3:30pm

March 24-28 | April 17, 21 | May 15, 16

Wiggle Bridge

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



The Pembina Gas Infrastructure Aquatic Centre is closed from February 10 to March 2 for our biennial maintenance shutdown.

All areas of the Pembina Gas Infrastructure Aquatic Centre may not be available during swim times due to swim lessons, facility rentals, pool fouling, or maintenance.

Swim Times | SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE. AQUASIZE SCHEDULE ON PAGE 26.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|--------------------------------------|--------------------------------------|
| Fitness Swim 6:00-9:00am | | Fitness Swim 6:00-9:00am | | | | |
| Family Swim 9:00am-3:30pm | Family Swim 9:00am-3:30pm | Family Swim 9:00am-3:30pm | Family Swim 9:00am-3:30pm | Family Swim 9:00am-3:30pm | Family Swim 10:00am-1:00pm | Family Swim 10:00am-1:00pm |
| Public Swim 3:30-8:30pm | Public Swim 3:30-8:30pm | Public Swim 3:30-8:30pm | Public Swim 3:30-8:30pm | Public Swim 3:30-8:30pm | Public Swim 1:00-8:00pm | Public Swim 1:00-6:00pm |
| Adult Swim 8:30-9:30pm | Adult Swim 8:30-9:30pm | Adult Swim 8:30-9:30pm | Adult Swim 8:30-9:30pm | Adult Swim 8:30-9:30pm | | Family Swim 6:00pm-8:00pm |

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. Individual adults are welcome to attend Family Swim provided they do not interfere with young families or facility bookings.

Fitness Swim For individuals 8 years and older who are actively engaging in swimming laps and/or walking in the water.

Adult Swim Must be 18 years or older to attend.

No Swimming lessons: March 24-28 | April 17, 20, 21 | May 18

PARENT & TOT 1-3 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 | Member | Retail | Course ID |
|--------------|---------------------|---------------|---------|---------|-----------|
| Mon & Wed | March 3 to April 9 | 10:50-11:20am | \$56.50 | \$64.30 | 9687 |
| Tues & Thurs | March 4 to April 10 | 4:55-5:25pm | \$56.50 | \$64.30 | 9688 |
| Sunday | April 13 to June 15 | 12:30-1:00pm | \$45.20 | \$51.44 | 9689 |
| Mon & Wed | April 14 to May 14 | 10:50-11:20am | \$50.87 | \$57.87 | 9744 |
| Tues & Thurs | April 15 to May 13 | 4:55-5:25pm | \$45.20 | \$51.44 | 9745 |
| Mon & Wed | May 21 to June 18 | 10:50-11:20am | \$50.87 | \$57.87 | 9780 |

PRESCHOOL 3-5 Years

Preschool gives children an early start on learning to swim. Children 3-5 years old will have fun while gaining foundational water skills and become comfortable in the water. Water Smart education is incorporated into all Preschool levels to support children in learning how to keep themselves safe in and around the water.

Preschool 1

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 | Member | Retail | Course ID |
|--------------|---------------------|---------------|---------|---------|-----------|
| Mon & Wed | March 3 to April 9 | 9:05-9:35am | \$56.50 | \$64.30 | 9690 |
| Mon & Wed | March 3 to April 9 | 5:40-6:10pm | \$56.50 | \$64.30 | 9691 |
| Tues & Thurs | March 4 to April 10 | 5:40-6:10pm | \$56.50 | \$64.30 | 9692 |
| Sunday | April 13 to June 15 | 10:15-10:45am | \$45.20 | \$51.44 | 9693 |
| Mon & Wed | April 14 to May 14 | 9:05-9:35am | \$50.87 | \$57.87 | 9747 |
| Mon & Wed | April 14 to May 14 | 5:40-6:10pm | \$50.87 | \$57.87 | 9748 |
| Tues & Thurs | April 15 to May 13 | 5:40-6:10pm | \$45.20 | \$51.44 | 9749 |
| Tues & Thurs | May 20 to June 19 | 5:40-6:10pm | \$56.50 | \$64.30 | 9782 |
| Mon & Wed | May 21 to June 18 | 10:15-10:45am | \$50.87 | \$57.87 | 9783 |
| Mon & Wed | May 21 to June 18 | 4:55-5:25pm | \$50.87 | \$57.87 | 9784 |

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 | Member | Retail | Course ID |
|-------------------------|---------------------|---------------|---------|---------|-----------|
| Mon & Wed | March 3 to April 9 | 9:40-10:10am | \$56.50 | \$64.30 | 9694 |
| Mon & Wed | March 3 to April 9 | 4:55-5:25pm | \$56.50 | \$64.30 | 9695 |
| Tues & Thurs | March 4 to April 10 | 4:55-5:25pm | \$56.50 | \$64.30 | 9696 |
| Sunday | April 13 to June 15 | 10:55-11:25am | \$45.20 | \$51.44 | 9697 |
| Mon & Wed | April 14 to May 14 | 9:40-10:10am | \$50.87 | \$57.87 | 9754 |
| Mon & Wed | April 14 to May 14 | 4:55-5:25pm | \$50.87 | \$57.87 | 9755 |
| Tues & Thurs | April 15 to May 13 | 4:55-5:25pm | \$45.20 | \$51.44 | 9756 |
| Tues & Thurs | May 20 to June 19 | 4:55-5:25pm | \$56.50 | \$64.30 | 9785 |
| Mon & Wed | May 21 to June 18 | 9:05-9:35am | \$50.87 | \$57.87 | 9786 |
| Mon & Wed | May 21 to June 18 | 5:30-6:00pm | \$50.87 | \$57.87 | 9788 |

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 | Member | Retail | Course ID |
|-------------------------|---------------------|---------------|---------|---------|-----------|
| Mon & Wed | March 3 to April 9 | 10:15-10:45am | \$56.50 | \$64.30 | 9698 |
| Mon & Wed | March 3 to April 9 | 5:30-6:00pm | \$56.50 | \$64.30 | 9699 |
| Sunday | April 13 to June 15 | 12:20-12:50pm | \$45.20 | \$51.44 | 9700 |
| Mon & Wed | April 14 to May 14 | 10:15-10:45 | \$50.87 | \$57.87 | 9757 |
| Mon & Wed | April 14 to May 14 | 5:30-6:00pm | \$50.87 | \$57.87 | 9758 |
| Tues & Thurs | May 20 to June 19 | 5:30-6:00pm | \$56.50 | \$64.30 | 9789 |
| Mon & Wed | May 21 to June 18 | 9:40-10:10am | \$50.87 | \$57.87 | 9790 |

Preschool 4 / Preschool 5 (Combined)

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

Prerequisite: Preschool 3

In Preschool 5, preschoolers 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 m 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 | Member | Retail | Course ID |
|-------------------------|---------------------|-------------|---------|---------|-----------|
| Tues & Thurs | March 4 to April 10 | 5:30-6:00pm | \$56.50 | \$64.30 | 9701 |
| Tues & Thurs | April 15 to May 13 | 5:30-6:00pm | \$45.20 | \$51.44 | 9762 |
| Mon & Wed | May 21 to June 18 | 5:45-6:15pm | \$50.87 | \$57.87 | 9792 |

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.

| Days | Course Date | Times | Member | Retail | Course ID |
|-------------------------|---------------------|-----------------|---------|---------|-----------|
| Mon & Wed | March 3 to April 9 | 4:55-5:40pm | \$56.50 | \$64.30 | 9702 |
| Tues & Thurs | March 4 to April 10 | 5:30-6:15pm | \$56.50 | \$64.30 | 9703 |
| Sunday | April 13 to June 15 | 11:30am-12:15pm | \$45.20 | \$51.44 | 9704 |
| Mon & Wed | April 14 to May 14 | 4:55-5:40pm | \$50.87 | \$57.87 | 9779 |
| Mon & Wed | April 14 to May 14 | 5:45-6:30pm | \$50.87 | \$57.87 | 9764 |
| Tues & Thurs | April 15 to May 13 | 5:30-6:15pm | \$45.20 | \$51.44 | 9765 |
| Tues & Thurs | May 20 to June 19 | 5:45-6:30pm | \$56.50 | \$64.30 | 9793 |
| Mon & Wed | May 21 to June 18 | 4:55-5:40pm | \$50.87 | \$57.87 | 9794 |

Prerequisite: 5 years

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 m. Swimmers will get to work on their Swim to Survive skills and be introduced to interval training.

| Days | Course Date | Times | Member | Retail | Course ID |
|-------------------------|---------------------|---------------|---------|---------|-----------|
| Mon & Wed | March 3 to April 9 | 5:45-6:30pm | \$56.50 | \$64.30 | 9705 |
| Tues & Thurs | March 4 to April 10 | 4:50-5:35pm | \$56.50 | \$64.30 | 9706 |
| Sunday | April 13 to June 15 | 10:50-11:35am | \$45.20 | \$51.44 | 9707 |
| Mon & Wed | April 14 to May 14 | 4:50-5:35pm | \$50.87 | \$57.87 | 9766 |
| Tues & Thurs | April 15 to May 13 | 4:50-5:35pm | \$45.20 | \$51.44 | 9767 |
| Tues & Thurs | May 20 to June 19 | 4:55-5:40pm | \$56.50 | \$64.30 | 9795 |
| Mon & Wed | May 21 to June 18 | 4:55-5:40pm | \$50.87 | \$57.87 | 9796 |

Prerequisite: Swimmer 1

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 in 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.

| Days | Course Date | Times | Member | Retail | Course ID |
|-------------------------|---------------------|---------------|---------|---------|-----------|
| Mon & Wed | March 3 to April 9 | 4:50-5:35pm | \$56.50 | \$64.30 | 9715 |
| Tues & Thurs | March 4 to April 10 | 4:00-4:45pm | \$56.50 | \$64.30 | 9716 |
| Sunday | April 13 to June 15 | 10:05-10:50am | \$45.20 | \$51.44 | 9717 |
| Mon & Wed | April 14 to May 14 | 4:00-4:45pm | \$50.87 | \$57.87 | 9768 |
| Tues & Thurs | April 15 to May 13 | 4:00-4:45pm | \$45.20 | \$51.44 | 9769 |
| Tues & Thurs | May 20 to June 19 | 4:50-5:35pm | \$56.50 | \$64.30 | 9797 |
| Mon & Wed | May 21 to June 18 | 4:05-4:50pm | \$50.87 | \$57.87 | 9798 |

Prerequisite: Swimmer 2

Swimmer 4

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

| Days | Course Date | Times | Member | Retail | Course ID |
|--------------|---------------------|-------------|---------|---------|-----------|
| Mon & Wed | March 3 to April 9 | 4:05-4:50pm | \$56.50 | \$64.30 | 9725 |
| Tues & Thurs | March 4 to April 10 | 4:05-4:50pm | \$56.50 | \$64.30 | 9726 |
| Mon & Wed | April 14 to May 14 | 4:05-4:50pm | \$50.87 | \$57.87 | 9770 |
| Tues & Thurs | April 15 to May 13 | 4:05-4:50pm | \$45.20 | \$51.44 | 9771 |
| Tues & Thurs | May 20 to June 19 | 4:05-4:50pm | \$56.50 | \$64.30 | 9799 |
| Mon & Wed | May 21 to June 18 | 4:05-4:50pm | \$50.87 | \$57.87 | 9800 |

Prerequisite: Swimmer 3

Swimmer 5 / Swimmer 6 (Combined)

In Swimmer 5, 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

In 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 m workout required to complete the level.

Prerequisite: Swimmer 5



| Days | Course Date | Times | Member | Retail | Course ID |
|-------------------------|---------------------|-----------------|---------|---------|-----------|
| Mon & Wed | March 3 to April 9 | 4:05-4:50pm | \$56.50 | \$64.30 | 9727 |
| Tues & Thurs | March 4 to April 10 | 4:05-4:50pm | \$56.50 | \$64.30 | 9728 |
| Sunday | April 13 to June 15 | 11:40am-12:25pm | \$45.20 | \$51.44 | 9730 |
| Mon & Wed | April 14 to May 14 | 4:05-4:50pm | \$50.87 | \$57.87 | 9772 |
| Tues & Thurs | April 15 to May 13 | 4:05-4:50pm | \$45.20 | \$51.44 | 9773 |
| Tues & Thurs | May 20 to June 19 | 4:05-4:50pm | \$56.50 | \$64.30 | 9801 |
| Mon & Wed | May 21 to June 18 | 4:05-4:50pm | \$50.87 | \$57.87 | 9802 |

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 focus is 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 | Member | Retail | Course ID |
|-------------------------|--------------------|-------------|---------|---------|-----------|
| Mon & Wed | March 3 to April 9 | 4:00-4:45pm | \$56.50 | \$64.30 | 9734 |
| Tues & Thurs | May 20 to June 19 | 4:05-4:50pm | \$56.50 | \$64.30 | 9803 |

Swim to Survive

LIFESAVING SOCIETY
ADULTS



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

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

FREE! PRE-REGISTRATION REQUIRED

Supported through The Town of Whitecourt's Safe Community Initiative.

Tuesdays March 4-25

YOUTH 13-17 YEARS

8:00-8:30pm

Course ID#: 9662

Registration deadline: February 25

ADULT 18+

8:30-9:00pm

Course ID#: 9663

Tuesdays May 6-27

YOUTH 13-17 YEARS

8:00-8:30pm

Course ID#: 9664

Registration deadline: April 29

ADULT 18+

8:30-9:00pm

Course ID#: 9665

"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



Forgot what level your child is in?

AQUATIC SCREENINGS

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 or older.

Contact Guest Services to find out times and dates that are available.

ic Centre

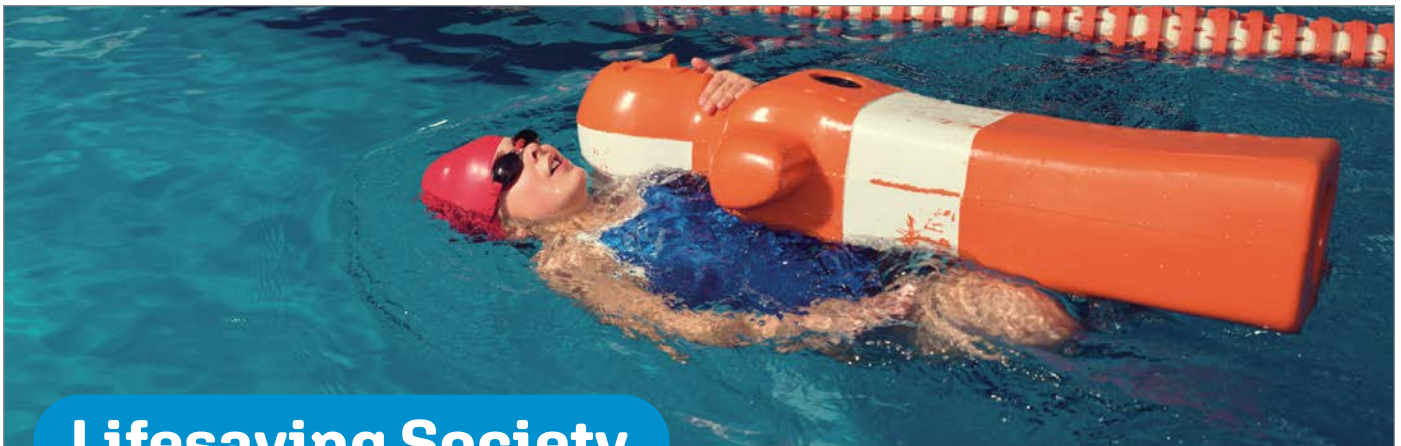


PRIVATE LESSONS

Private Lessons will be offered throughout the year.

- 1 PRIVATE LESSON:**
\$24.00 per person
- 2 SEMI PRIVATE LESSON:**
\$34.50 (two people sharing one instructor)
- 3 SEMI PRIVATE LESSON:**
\$57.75 (three people sharing one instructor)

Contact Guest Services to find out times and dates that are available.



Lifesaving Society

National Lifeguard

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

Prerequisites: Standard First Aid, Bronze Cross and 15 YEARS* by March 28. All prerequisites MUST be met BEFORE the class start date.

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

March 24 to 28

Registration deadline: March 17

**MONDAY TO FRIDAY
8:30AM-5:00PM**

Course ID#: 9650
Members: \$300.00
Retail: \$345.00





Mayor's Message



Tom Pickard, Mayor

Similar to other municipalities across the province, the Town of Whitecourt is preparing for another wildfire season.

What is the Town of Whitecourt doing to prepare?

- A community fireguard is being constructed along the eastern boundary of Whitecourt.
- FireSmart vegetation management activities will continue to mitigate the wildfire risk in the community.
- The Whitecourt Fire Department will continue with public education and awareness initiatives to property owners on FireSmart principles and best practices.

Are you and your family prepared for an emergency?

It is critical that the public be prepared for emergencies in order to handle the challenges that our

community may face in the event of an emergency. Every family should have an emergency kit that includes water, food, blankets, medications, a radio, and any other specific family needs. For further information, visit the Whitecourt website.

How will Whitecourt communicate with the public in the event of an emergency?

- www.whitecourt.ca is your number one source for up-to-date information.
- Follow @townofwhitecourt on Facebook and Instagram.
- Download the Alberta Emergency Alert app.
- Listen to local radio stations for updates and information during an emergency.

Growing Great Places Together

Our Whitecourt Communities in Bloom committee is always looking for new members who are interested in working together with the goal of “enhancing the quality of life and our environment through people and plants in order to create community pride”. - COMMUNITIES IN BLOOM CANADA

Some of our upcoming projects include:

- Planting and maintenance of the Heritage Garden
- Representing Communities in Bloom at community events
- Help generate ideas for and plan community workshops about gardening, mushroom picking, or whatever you think Whitecourt residents will want to learn about.
- Composting and recycling promotion and education



If you are interested in being part of Communities in Bloom, either by volunteering at work bees or an organizer at meetings (or both!), please contact Kelly Sadoway at kellysadoway@whitecourt.ca, call 780-778-3637 ext. 407, or message us through our Facebook page.

www.facebook.com/whitecourtcib

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



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.

f **@**TownofWhitecourt



Issued October 2024

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



1 ALLAN & JEAN MILLAR CENTRE



2 JDA PLACE



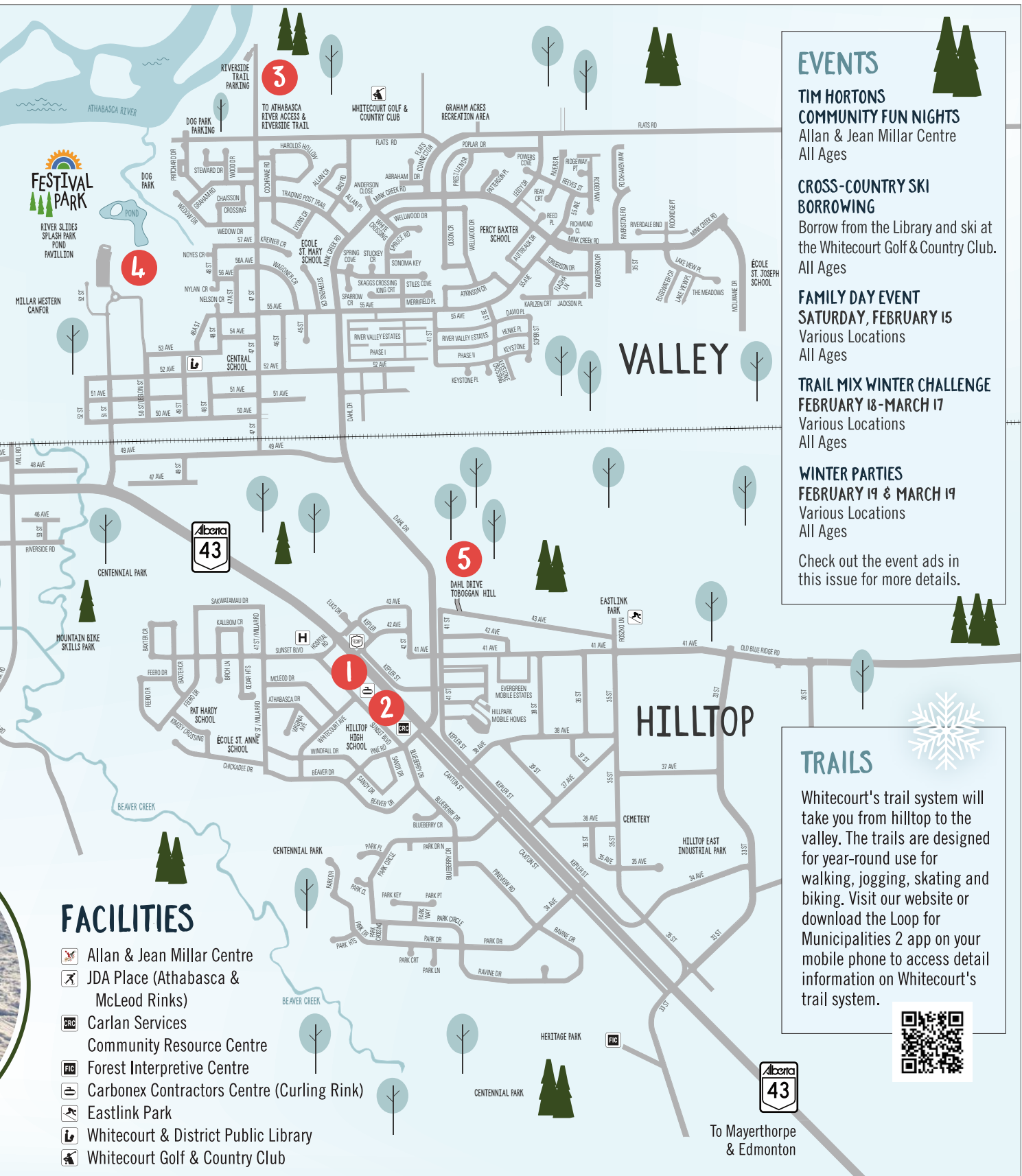
3 WHITECOURT GOLF & COUNTRY CLUB



4 FESTIVAL PARK



5 DAHL DRIVE TOBOGGAN HILL



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 Rental Information

Outdoor Facilities



FESTIVAL PARK

Location: Located at the end of 51 Street

- Whitecourt River Slides & Splash Park
- Festival Park Playground & Jumbo Jumper

Festival Way: Festival Way has 18-10'X10' stalls, each with power access, tent anchors and a cement pad. This space is an ideal location for summer markets, and a wide range of other special events.

For Rentals: bookings@whitecourt.ca, 780-778-3637 ext. 402

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 the area is UNSUPERVISED and is to be used at your own risk.



GRAHAM ACRES

Location: Located along Flats Road

- Baseball and Softball Diamonds
- Football Field
- Playground
- Soccer Fields

Rental Information:

bookings@whitecourt.ca | 780-778-3637 ext. 402

OFF HIGHWAY VEHICLES

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.



Scan here for more information about our parks, planned park activities and other outdoor facilities.

To report vandalism or unsafe conditions in our outdoor spaces, please call 780-778-2273.



Indoor Facilities



ALLAN & JEAN MILLAR CENTRE

Location: 58 Sunset Blvd, Whitecourt, AB T7S 1N6

Crown & Anchor Pub Meeting Room

Regular Rate: \$36.67/hr | Regular Daily Rate: \$150.70

Non-Profit Rate: \$26.90/hr | Non-Profit Daily Rate: \$107.65

Complete Projects Fieldhouse:

Youth Fieldhouse Rentals:

Full Surface: \$84.72/hour | Third Surface: \$33.60/hour

Adult Fieldhouse Rentals:

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

Rental Information:

bookings@whitecourt.ca | 780-778-3637 ext. 402



CARLAN SERVICES COMMUNITY RESOURCE CENTRE

Location: 76 Sunset Blvd | 780-778-3634

Hours: 8:30am-12:00pm and 1:00pm-4:30pm

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



JDA PLACE (TWIN ARENAS)

Location: 72 Sunset Blvd | 780-778-8888

Ice Rental Information:

bookings@whitecourt.ca | 780-778-3637 ext 402



Public skate is proudly sponsored by the Rotary Club of Whitecourt

Scan the QR code for all public skate and shinney times



FOREST INTERPRETIVE CENTRE

Location: 3002-33 St | 780-778-3433

Visitor Centre: 1-800-313-7383

Hours: Monday to Friday 8:30am to 4:30pm

Home of the: John & Audrey Dahl Heritage Park, Forest Interpretive Centre Gallery

Rental Information: 780-778-3433



CARBONEX CONTRACTORS CENTRE (CURLING RINK)

Location: 70 Sunset Boulevard

Contact Information: 780-778-4128 or 780-778-4512

Operated by: Whitecourt Curling Club

Rental Information: 780-706-1717




Bike Rack Available

30 minute pickups
during peak hours


Free WiFi



Whitecourt Public Transit

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 |

PURCHASE PASSES/TICKETS AT

- Town of Whitecourt Office: 5004 52 Avenue
- Allan & Jean Millar Centre: 58 Sunset Boulevard
- IGA: 4802 51 Street

HOURS

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

No bus service Sundays or Statutory holidays

ADVERTISING

Interior, exterior, and back hatch of transit.
Transit shelter advertising available for rent.

TRANSPORTATION GRANT PROGRAM & DIAL-A-BUS

The Transportation Grant Program for Seniors and Persons with Disabilities provides qualified recipients with transportation vouchers and discounted monthly passes. 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.

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 and online at www.whitecourt.ca.

Dial-A-Bus Hours | Monday to Friday

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

For More Information

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



Track your bus live with the Transloc app!

Download on  GET IT ON Google Play  Download on the App Store



FOR MORE INFORMATION

Call 780-778-3637 ext. 429 or email transit@whitecourt.ca for more information on public transit and advertising rates and options.

SWIM CLUB

Are you ready to make waves this summer? Join the Whitecourt Blue Dolphins Swim Club, where swimmers of all ages grow their skills, build confidence, and compete in exciting regional meets!

PROGRAM FEATURES:

- ✓ Fun, competitive swim meets across our region on weekends
- ✓ Fun, fitness, and friendship for the whole family.
- ✓ Affiliated with ASSA, part of Region B



Season Dates: May 1-August 3

Practices: Monday-Thursday - grouped by skill level

Who Can Join? All ages are welcome! Swimmers must pass a safety test (recommended for ages 5+)



Try us out!

Enjoy a 2-week trial in May to experience the fun and challenge of our swim club (Fees apply).



Have questions?

Email us at: president@bluedolphins.ca
Find us on Facebook: Whitecourt Blue Dolphins
Visit us online: www.bluedolphins.ca

ARE YOU PASSIONATE ABOUT KEEPING YOUR COMMUNITY SAFE?



The Whitecourt RCMP are seeking community members for the Whitecourt Citizens on Patrol group (COP).

Citizens on Patrol is for people interested in community policing, who are looking to volunteer their time with a fun and exciting group and who want to learn a new skill.

Citizens on Patrol act as extra "eyes and ears" for the Whitecourt RCMP. Their volunteer work is extremely beneficial to the community and greatly appreciated.

To become a COP member you must:

- Be a minimum of 18 years of age
- Either reside in or have a business in Whitecourt
- Complete a criminal record and driving record check
- Commit to one shift per month

If you are interested in becoming a COP volunteer, please contact Cst. Ahtom of the Whitecourt RCMP at 780-779-5900.

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 codes to register and to set your RAVE preferences:

<https://www.ruralcrimewatch.ab.ca//rave>
<https://youtu.be/OTO9oevDo5c>



Repeat Boutique

Come in and check out our toy section-lots of selection! Reminder that books are always available. Children's books are 25 cents, and adult books are 50 cents or as marked.

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



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

4716-50 Avenue

Volunteers Welcome!

THANK YOU FOR YOUR SUPPORT!

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.



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



For 20 years, the BGC has continued to offer high-quality, accredited, licensed child care for children 4 1/2 to 12 years. Purposeful planning of daily activities is geared toward children's needs, interests, and developmental levels. Your child's learning and development are 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 help 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.

After School Programs
Monday-Friday 3:15-6:00pm \$21.00 per day.
Includes afternoon snack.
Programming includes gym time, outdoor fun, arts & crafts, science experiments and more.

Spring Camp
Spring Camp will run Monday, March 24 to Friday, March 28
7:00am - 6:00pm \$50.00/day
Includes breakfast and afternoon snack.
Please bring weather-appropriate clothing and a lunch.

PD Days \$50.00/day
March 6 & 7
April 17 & 21
May 15 & 16
June 27

We will be Closed:
February 17
April 18
May 19



SUMMER REGISTRATION PACKAGES WILL BE OUT END OF MAY
REGISTER EARLY TO RESERVE YOUR CHILD'S SPOT AND AVOID DISAPPOINTMENT



WANT TO MAKE A DIFFERENCE?

Individuals and businesses can help make a difference for the children, youth, and teens of Whitecourt and the surrounding area by:

- Making Monetary Donations
- Making In-Kind Donations
- Becoming a Sponsor
- Becoming a Volunteer
- Becoming a Board Member

FOR MORE INFORMATION VISIT OUR WEBSITE OR CALL 780-778-6696

UNIT 106 - 4812 50TH AVE
LOCATED BESIDE MIDTOWN
MALL & BEAVER CREEK

REGISTER IN PERSON OR ONLINE AT
WWW.BGCWHITECOURT.COM



Opportunity
Changes
Everything



THE WHITECOURT INDIGENOUS FRIENDS SOCIETY
& THE BGC WHITECOURT PRESENTS

SPIRITUAL DESIGNS

INDIGENOUS ART PROGRAM

Join us on every Thursday starting May 8 - June 19 from 6:30pm - 7:30pm at the BGC to create and learn about Indigenous art and culture! We will be exploring different techniques, and mediums while learning and getting inspired by Indigenous history, values & traditions! We will end the program by attending the Alexis Nakota Sioux Powwow!

BEADING, DOT PAINTING, SYMBOLS, CLAY, DRUMS, MEDICINE WHEELS, AND SO MUCH MORE!

**EVERY THURSDAY
MAY 8 - JUNE 19
6:30PM-7:30PM**

FIELD TRIP TO THE ALEXIS POWWOW FRIDAY, JULY 4

To Register and for more information
Call 780-778-6696



FREE
FOR AGES 12-18



THE BGC AND THE WHITECOURT LIBRARY PRESENTS

LEARN 2 DRIVE PROGRAM

**EVERY WEDNESDAY MARCH 5 TO MAY 14
6:30 PM - 8:00 PM**

**AT THE BGC 4812 50th AVE UNIT 106
(BESIDE BEAVER CREEK)**

Learn 2 Drive is an 11-week program designed to help teens (aged 13-17) learn the skills they need to successfully obtain the Alberta Learner's License and practice good habits leading up to the road test.

To register, please visit the library with a \$20 cash deposit. Participants who attend at least 9 out of 11 sessions will receive a full refund and a free copy of the updated Alberta Driver's Guide!

SESSION DETAILS

- March 5 - Licensing Information
- March 12 - Traffic Control
- March 19 - The Basics of Driving
- March 26 - Intersections and Turns
- April 2 - Highways and Freeways
- April 9 - Emergency Situations and Challenging Conditions
- April 16 - Responsible Driving
- April 23 - Sharing the Road
- April 30 - Driving within the Law
- May 7 - Towing a Trailer
- May 14 - Test Anxiety and Celebration of Completion

**FREE PRIZES
& SNACKS AT
EACH SESSION**

FOR MORE INFORMATION PLEASE
EMAIL YOUTHPROGRAMS@BGCWHITECOURT.COM
OR CALL 780-778-6696



THE BGC WHITECOURT & DISTRICT PRESENTS

TEEN INDOOR GOLF

FREE

**THURSDAYS MARCH 6 - APRIL 24
4:00PM-6:00PM**

**OPEN TO
ALL YOUTH
AGES 12-17**

GET OUT OF THE COLD AND JOIN US AT THE TURN INDOOR GOLF & LOUNGE TO LEARN ALL ABOUT GOLF! WE WILL FOCUS ON BUILDING CONFIDENCE, ENHANCING SELF-ESTEEM, IMPROVING BODY MECHANICS, AND LEARNING THE BASIC RULES AND ETIQUETTE OF GOLF. THIS FREE PROGRAM WILL ALSO INTRODUCE TACTICAL SKILLS AND PRACTICAL KNOWLEDGE ABOUT GOLF AND GET READY FOR THE SUMMER GREEN! DID WE MENTION THAT FREE SNACKS WILL BE PROVIDED?

PRE-REGISTRATION AND CONSENT FORMS ARE REQUIRED!
TO REGISTER PLEASE CALL 780-778-6696 OR EMAIL YOUTHPROGRAMS@BGCWHITECOURT.COM

THE TURN 5011 52 AVE, WHITECOURT THURSDAYS, MARCH 6 - APRIL 24 4:00PM-6:00PM MAX.24





**TAKE OFF POUNDS
SENSIBLY**

A Weight Loss Support Group
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**



**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
prevent 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



**Branch 44
Whitecourt**

Email: rcligion44mem@gmail.com

Website: www.whitecourtleigon.com

Facebook: Royal Canadian Legion Branch
#44 Whitecourt, Alberta

Mail: Box 874, T7S 1N8

VETERANS

Your service officer is just a call away.
Call Ralph at 780-779-0084.

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

For current information and lounge hours, call 780-778-3666.

For Hall Rentals, call Cheryl at 780-706-4881.

MEGA MEAT DRAWS

Mega Meat Draws are held every second Saturday! Please call
the branch for more information if you wish to be a sponsor.



MEMBERSHIP HAS ITS PERKS!

Sign up today, call Sue 780-778-3666

Memberships can be paid online at legion.ca, by mail to the branch or in person at the branch.



BEER GARDENS!

LIVE ENTERTAINMENT!

FOOD TRUCKS!

GIVEAWAYS!

2025

TRADE FAIR

May 10 & 11, 2025

JDA Place

Whitecourt, AB

whitecourtchamber.com/events

AWARD WINNING CHAMPION PITMASTERS



1-877-706-2221

RV, CARGO & SLED TRAILER SALES

WHITECOURT, AB. STONERV.COM

PRESENTS

KING OF THE GRILL - BBQ CLASS

Saturday 10-3pm

MAY 10, 2025

\$250 per person

SPACE IS LIMITED | HANDS ON DEMO | FOOD INCLUDED

CALL FOR TICKETS

780-706-2223

3821 38 AVE, WHITECOURT, AB T7S 0A2





Spring Programs/Activities

- **Birthday Parties:** Obstacle Course Parties, Glow Parties, Nerf Parties and more!
- **Single Day Classes:** Try Cheer, Try Pom, Try Ninja and more!
- **Parents Night Out:** Drop off the kids for pizza and fun while parents take a night off!
- **Parent & Tots:** Join your Tot while they crawl, run, jump and play - for tots crawling - 4 years old
- **Tumbling Tots:** Coach led class that will introduce your tiny athletes to rolls, jumps and tumbles. We also focus on spacial awareness, movement and cooperative fun!
- **Prestige Abilities:** Prestige Abilities is a specialty class that is built specifically for all the kids with complex and special needs in our community!
- **Tumbling Classes:** Skill specific classes that include Handstand/Cartwheels, Walkovers, Handsprings and more!

Want to try out for one
of our Prep or Elite
competition teams?

You must attend team
placements in May 2025!



780-779-0424

info@prestigeathletics.ca

www.prestigeathletics.ca



WHITECOURT WOLVES

SPRING TOURNAMENT SEASON


2-3 tournaments per group, 2 practices per week.
Starts March 31 until May 31. Registration opens March 10.
Min 10 players per team to run group

| Team | Age |
|--------------|---------|
| 11U Co-ed | 2014-15 |
| 13U Boys | 2012-13 |
| 13/15U Girls | 2010-13 |
| 15U Boys | 2010-11 |
| 18U Girls | 2009-07 |
| 18U Boys | 2009-07 |



WCYB.rampregistrations.com

Please check out our Facebook page for more information on cost and schedule.

 Whitecourt Wolves Community Basketball

Email: wctwolves.info@gmail.com

ballad

Essential Skills to Success is a free community-based job development program.

Are you seeking employment preparation skills to lead you to a job just right for you?

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

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



Outdoor Soccer Registration is coming soon in the Spring for U-5 to U-17 age groups.

Please watch our website or Facebook page for more information and updates:

www.whitecourtsoccer.com

 www.facebook.com/whitecourtsoccer

Volunteers will be needed to make the season successful! Volunteer positions include board positions, coaches, assistant coaches and team managers.



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

WHITECOURT MINOR BALL ASSOCIATION

Royals



Early Bird Registration Opens January 24, \$100 Late Fee after March 14

Follow us on Facebook to stay up to date

 www.facebook.com/WhitecourtMinorBaseball

Competitive League Tryouts beginning of March.

Community League Evaluations middle of March.

Competitive Teams will start practicing indoors in March.

Community League will start April 28 weather permitted.

Email: whitecourtminorball@gmail.com



 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: Monday, March 10-Tuesday March 11

Choir/Vocals: Friday, March 14

Speech Arts/Choral Speech: Wednesday & Thursday, March 12 & 13

Band: Monday, March 17

Strings: Tuesday, March 18



Rotary 
Club of Whitecourt



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

Classes offered include:

- KinderGym \$248** (Ages 3 to 5 & co-ed)
- CanGym \$280** (Ages 6+ & co-ed or all boys)
- Mini Warrior Obstacle Course \$280** (Ages 6+ & co-ed)



- Join our Remind Class by texting @riversrec to 587-800-0543
- Co-ed, ages 3-17
- We offer an all-boys class, one class per week
- Our head coach is certified to coach special/adaptive needs children
- \$50 AGF annual fee for memberships & insurance (July 1 - June 30)

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

All registrations now 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.

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



iStock Credit: klankhoon

We can't wait to see everyone!



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



| | | | |
|---|--|-------------------------------------|--|
| <p>Helping Kids Learn on a Full Stomach</p> | + | <p>A Cleaner, Greener Community</p> | |
| + | <p>Empowering Inclusion in our Community</p> | + | <p>Inclusive Opportunity Positive Initiatives in the Community</p> |

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



Centre4Work Resource Centre

Career supports and employment workshops

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



Resume and cover letter writing

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



Job interview supports

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



Resource centre

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



Value added services

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

Contact us to learn more

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

lifemarkvocational.ca/centre4work

Lifemark 
Vocational Services



Brazillian Jujitsu (BJJ)



Taekwondo



Muay Thai (Thai Boxing)

And coming soon....
BOXING!

Join one martial art, and take a second martial art for \$100!
Only the first two people in the family pay, everyone else is free.

info@whitecourttaekwondo.com

www.whitecourttaekwondo.com



SATURDAY

JUNE 7

21.1KM 10KM 5KM

KIDS MARATHON



Run4FunWhitecourt



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 |

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



COMPLETE THE YELLOWHEAD TRIPLE CROWN!

Participate in events in Edson and Hinton to qualify.
 Eddie's Big Run: May 31
 Run in the Rockies: Takes place in September.
 Watch for Hinton's date announcement on Facebook.



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.