

Town of Redwater Fall Programs

2017

Fitness Programs

All Levels Yoga

This session is for anyone who wants to learn more about yoga or continue with their practice in a fun and relaxed environment. Tracy takes a light-hearted approach, combining elements of traditional yoga postures, breathing and relaxation techniques, body safety education and awareness, and a touch of muscle conditioning for a well-rounded class. Please bring your own yoga mat.

Fee: \$132 per 10 week session

When: October 2-December 15

Mondays: 5:15 pm-6:15 pm

No class October 9.

Wednesdays: 5:15 pm-6:15 pm

Fridays: 9:00 am-10:00 am

No class December 1.

Where: Mondays: Ochre Park Gym

Wednesdays & Fridays:

Pembina Place, Cultural Centre Stage

Drop-in Fee: \$16/class or \$48/3 class

All participants must register by September 25.

Note: Fees for All Levels Yoga are based on one class per week.

Fitness Program Drop-in Information:

Drop-ins will be accepted once the minimum class registration is met. Drop-in participants must complete registration forms and purchase a drop-in pass at the Community Services Office or the Town Office before attending class. For more information please call the Community Services Office at 780-942-4101.

Indoor Walking at Pembina Place

Pembina Place has walking route options for anyone interested. Keep up your fitness routine during winter. Three routes have been mapped out for your convenience. All walkers are required to check in with a staff person and to wear indoor shoes.

Fee: Free

When: Monday-Friday: 8:00 am-12:00 pm

Where: Pembina Place



Community Events

Meet the Community & Registration Night

Thursday, September 14, 2017

5:30 pm-7:00 pm at Pembina Place

Learn about the many community groups, programs and services Redwater has to offer! This event is open to the whole community.

Canada 150:

Celebrating 150 Years of Multiculturalism

Saturday, November 18, 2017

12:00 pm-6:00 pm at Pembina Place

Join us to celebrate Canada's 150 birthday!

Kris Kringle Celebration & Festival of Trees

Friday & Saturday, December 1 & 2, 2017

Pembina Place

A celebration featuring Hay rides, Christmas crafts, bake sale, Festival of Trees and more.

Program ideas?

Call and share your ideas with us and put your name on a "Program Interest List" and a class will be scheduled if enough interest is shown. Please call the Community Services Office at 780-942-4101.

Visit the Community Service Office or Town Office to register.



Community Services Office

4944 - 53 Street
2nd floor of Pembina Place
P.O. Box 397
Redwater, AB T0A 2W0

Contact Us

Phone: (780) 942-4101
E-mail: cscoordinator@redwater.ca
www.redwater.ca



Town of Redwater Fall Programs

2017

Child & Youth Programs

Preschool Recreational Skating (Ages 4-6)

This program will help children learn basic skills and gain confidence moving on the ice. Sessions are 30 minutes in length and led by a qualified instructor. A parent or caregiver must remain on site for the duration of the program. CSA approved hockey helmets are required and shin, elbow and knee pad protection are recommended.

A parent or adult caregiver is invited to be on the ice with their child. Skates and helmets are required when on the ice.

Fee: \$10 per 6 week session

When: October 16-November 20

Session 1: Mondays: 4:45 pm-5:15 pm

Session 2: Mondays: 5:15 pm-5:45 pm

Where: Pembina Place Arena

All participants must register by October 9.

This program has been sponsored by:



Home Alone Course

Do you want your child to learn how to stay safe while home alone and respond to first aid emergencies? Your child will learn safety skills through interactive lessons, role playing and hands on training.

Fee: \$35

When: October 13

Ages 9 1/2 +: 9:00 am-12:00 pm
(Please bring a drink and snack)

Where: Pembina Place-Golf/Curling Lounge

All participants must register by October 6.

Adult Programs

SafeTALK Workshop (Ages 16+)

This 3.5 hour workshop points out the warning signs that may indicate the risk of suicide and emphasizes the importance of recognizing the signs, how to communicate with the person at risk, and where to get help or resources for that person. A light supper will be provided.

Fee: \$15

When: October 25

5:30 pm-9:00 pm

Where: Pembina Place-Golf/Curling Lounge
All participants must register by October 4.

Little Warriors

Little Warriors is a national charitable organization, based in Canada, focusing on the education and prevention of child sexual abuse. In this workshop, participants aged 16 and over will learn how to help prevent, recognize and react responsibly to child sexual abuse. A light supper will be provided.

Fee: Free

When: October 17

6:00 pm-9:00 pm

Where: Pembina Place-Golf/Curling Lounge
All participants must register by October 10.

Program Registration

- Program registration forms can be picked up from both the Town Office or the Community Services Office or you can download the registration form off our website www.redwater.ca.
- Drop off your completed registration forms at either the Town Office or the Community Services office.

Visit the Community Service Office or Town Office to register.



Community Services Office
4944 - 53 Street
2nd floor of Pembina Place
P.O. Box 397
Redwater, AB T0A 2W0

Contact Us

Phone: (780) 942-4101

E-mail: cscoordinator@redwater.ca

www.redwater.ca



follow us on
twitter