

Fall & Winter

2019-2020 Program Guide



Active • Vibrant • Healthy • Communities

Recreation
& Community Services
TOWN OF ROCKY MOUNTAIN HOUSE



Rocky Mountain House Public Library

Fall / Winter 2019

Programs & Services



Contact Information

4922 52 Street
T: 403-845-2042
F: 403-845-5633
Email: armh@prl.ab.ca

Did you know?

In addition to regular programs such as Storytime, Time for Twos, After School Fun Club, monthly teen activities and Family Movie Nights, the library also hosts a variety of special programs and services! Rocky Public Library offers free public use computers and WiFi. Meeting room rentals, printing, scanning, faxing and photocopying services are also available.

Showcase Cinema

Join the library on the 2nd Wednesday of the month from September to April at Rocky Cinemas for Showcase Cinema to watch the best of Canadian and world cinema.

Show times are at 5:00 and 7:00 PM.
Season passes can be purchased at the Library.
Single tickets \$10 | Season passes \$70

Rocky Gaming Extravaganza!

Play over 1,000 new & retro games.
Compete in tournaments for great prizes!
Pre-registration required.

Friday, November 15 - Youth (10-17)
6 - 11 PM - Free

Saturday, November 16 - Adults only
6 PM - 1 AM - Tickets \$25

Ticket proceeds support ongoing library programming.
Contact the library or check online for additional details.

Community Art Gallery

Are you a local artist who would like to exhibit your work at the library?
E-mail ben.armh@prl.ab.ca for further details.

For more information on upcoming programs and a full list of services please visit us at <http://rmhlibrary.prl.ab.ca>

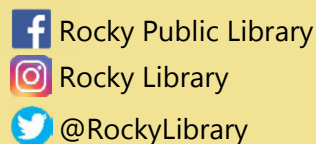
Annual Membership

Adult	\$10.00
Family	\$15.00
Student/ Senior	\$7.50

Hours of Operation

Mon/Wed/Fri	10:00 AM — 6:00 PM
Tues/Thurs	10:00 AM — 8:00 PM
Saturday	11:00 AM — 5:00 PM
Sunday, Stat Holidays	Closed

Social Media





How to Register



**Christenson Sports & Wellness
Centre 5332 - 50 St, RMH**



403.845.3720



guestservices@rockymtnhouse.com

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Community Programs

SAVE the Date

Date	Event
Sept. 5	Fall Registration Night & Wellness Fair
Oct. 31	Halloween Haunted House
Dec. 21 - 24	Holiday Skates

Registration Policy

Registrations for all programs are accepted on a first-come-first-serve basis. All registration fees must be paid at the time of registration. Payment confirms registration. Pre-registration is required for all classes (except drop-in programs). Classes without sufficient registration will be cancelled. In the case of a program being cancelled by the Recreation & Community Services Department the participant shall be refunded the full amount of the program cost by a cheque (if the amount is over \$20) or by cash (if the amount is under \$20).

Cancellation Policy

If the participant is unable to attend a program which has been paid for and the cancellation occurs a minimum of seven calendar days before the start of the program, a refund will be given. The cost of the program will be refunded less a \$10 administration fee. A transfer into the next session can occur (only one transfer per individual transaction). If the cancellation occurs less than seven calendar days prior to the start of the program no refund or transfer will be issued unless a doctors note is received by the Recreation & Community Services Department. If cancellation occurs due to illness (supported by a doctor's note) a pro-rated refund will be provided.



Lou Soppiit Community Centre



www.rockymtnhouse.com

MESSAGE from the Mayor

It has been a whirlwind of a summer in Rocky Mountain House. Despite the extra moisture in the air, the whole Town was buzzing with energy and excitement for summer staples such as the Rocky Pro Rodeo, Marketplace on Main, Battle of the Rockies and Lion's Demolition Derby. The RCMP Musical Ride and the inaugural Alberta Masters Games only added to the summer line-up of events. My sincere thanks goes out to each and every volunteer and sponsor who made these events a shining success for the region.

On Aug. 14, the Rocky Mountain House Town Council celebrated a great partnership between the Town of Rocky Mountain House, the Rocky PCN and PLAY West Country. Together we unveiled trailhead and wayfinding signs for the Town trails. It is our sincere belief that these signs will enable even more people to get outside for healthy recreation.

Quality recreation and leisure options are an important part of our community vision, and the Town of Rocky Mountain House is proud to cater to all residents. As the days turn colder, you'll find that the Town of Rocky Mountain House Recreation and Community Services department has once again planned a full roster of activities and programs to help you enjoy all of the Town's excellent facilities.

Here are some highlights from this program guide:

- September 5, 2019 is Fall Registration and Wellness Fair at the Lou Soppit Community Centre. Last year's campaign for healthy lunches was such a hit that we are bringing it back again. Be sure to drop by for healthy lunch ideas as well as register for your family's favourite recreation programs.
- The Credit Union Co-op Aquatic Centre has regular family, public and toonie swims throughout the fall and winter, so gather your friends and family and make a splash.
- For the months of September and October, we'll be offering a Free Fitness Sampler. Join us Monday night from 7 to 8 p.m. and Saturday morning from 9 to 10 p.m. for a free fitness class. Details appear on page 19.
- Over the Christmas break I hope you'll join us for a Holiday Skate. It's the time of year where we transform the ice arena into a winter wonderland of lights and fun. These skates are free and a great way for families to get active together over the holidays.

While this guide is all about fun and wellness, your Town Council continues to work hard to achieve our strategic goals. Keep an eye out for several public engagement opportunities this fall on the Municipal Development Plan, Land Use Bylaw, Centennial Park and the 2020 Budget. We are always eager to hear from residents and appreciate your ideas and enthusiasm for our Town.

Our community is vibrant and active in the fall and winter months. I encourage you to get out and try something new and experience the programs and services available in our community.

Mayor Tammy Burke
Town of Rocky Mountain House





STICKS & STONES

History, geography and adventure of Rocky Mountain House captured in new W. Helen Hunley Park.

In 2018, the W. Helen Hunley Foundation gifted the Town of Rocky Mountain House with the funds to renovate the greenspace between the Rocky Mountain House Museum and the Lou Soppit Community Centre.

The W. Helen Hunley Park is now home to a log picnic shelter/amphitheatre and an eye-catching sculpture, for residents and visitors to enjoy.

"This is the most exciting thing I've done in years," says builder Ron Lapard. His company, Blue Trail Log Homes, has been perfecting log construction around Rocky Mountain House since 1979.

While he has built log homes as far away as Quebec, Ontario and California, the picnic shelter at the W. Helen Hunley Park means a little something extra.



"It's an opportunity to leave a little history," he says. "Not just my history, but the history of lumbering days in Rocky Mountain House and appreciation of the wood we have."

He says many Rocky families have sawdust in their veins. In fact, he used entirely local lumber to build the new shelter.

The corner timbers were felled near Jackfish Lake, west of Rocky Mountain House. The rest came from Hwy. 11A, not far from where the newly built log shelter now stands. It's all white spruce, coated with a water-based breathable stain applied by members of the Rocky Native Friendship Centre's Legacy Youth Project.

"That's really what it's about," says Lapard, acknowledging the young helpers. "It's important for them to get the experience and to have their hand in it, too."

The shelter will be used for organized events such as live entertainment or weddings, but otherwise it will be available for free for the public to visit for picnics, photos and as a community gathering place.

Steps away from the homegrown monument is a hand-sculpted one. Artist Crystal Mossing has designed and built a 50-foot feature wall, sculpted in the landscape around Rocky Mountain House. Its focal point is a life-sized canoe carrying David Thompson and Charlotte Small.

Mossing says the project grew from an original concept of David Thompson, to the all-encompassing sculpture it is today. She wanted to draw people to a grand park entrance and camouflage the bathroom, all while respecting the existing cenotaph at the adjacent R.L. Zengel V.C. Legion Park day rest area.

She designed the canoe large enough for people to sit in, and a tunneled archway to access the washroom building. The sculpture is less detailed as it stretches south so as not to take away from the cenotaph.

"I made David – we're on first-name basis, David and I – I made him serious coming down the river," she says, describing the rugged paddler in the bow of the canoe. "I gave him a beard because out in the bush nobody is going to be sitting there shaving."

Meanwhile, Mossing refers to Charlotte Small as the 'Rocky Mountains Mona Lisa'.

"To drag your kids all over the mountains and through rivers, you had to be tough," surmises Mossing. "Nothing can phase a woman like that." Mossing fashioned Small as a stoic passenger in her husband's canoe.

"I imagine she was the strong, silent type," says Mossing. "She backed him up."

Once the 3D sculpture was complete, Mossing moved outside. She affixed cement panels to a steel frame, then applied winterstone – a clay-like modelling medium designed to withstand time and weather. The relief background features trees, a river, rocks and mountain cliffs, all inspired by David Thompson Country.

The Town of Rocky Mountain House invites all residents and visitors to enjoy the W. Helen Hunley Park, and take pride in our area's rich history.

Laura Button is the Town of Rocky Mountain House Communications Coordinator



**1 Pass,
All
Access!**

Rocky Pass

	Child (7-11)	Youth / Senior Youth (12-17) Senior (60-79)	Adult (18-59)	Family (2 adults / max of 5 children)
Daily	\$4.25	\$7.00	\$10.00	\$20.00
10 Time Pass	\$38.00	\$63.00	\$90.00	
Monthly	\$38.00	\$45.00	\$60.00	\$180.00
Annual	\$293.50	\$450.00	\$600.00	\$1000.00

Rocky Pass includes access to Aquatic Centre, Public Skate, Shiny Hockey, Fitness Centre and use of the Childminding space if accompanied by a parent. Annual Pass holders have access to Aquafit Programs.



Hours of Operation

Monday – Friday, 6 AM – 9 PM

Saturday, 8:00 AM – 8:00 PM

Sunday, 10:00 AM – 6:00 PM

403-845-3720 | guestservices@rockymtnhouse.com



Canalta

Kids Play Centre

Perfect for toddler groups, play dates & birthday parties. Rent the room for \$32/hour or drop-in for parent supervised play for \$4.25/day/family or free to Rocky Pass members.

403.845.3720 ▪ guestservices@rockymtnhouse.com

Meeting & Multi-Use Rooms



CHRISTENSON
SPORTS & WELLNESS CENTRE



Spaces designed to be versatile and functional and accommodate groups of five - 200. Our rooms feature natural light, AV equipment and writeable walls.

403.845.3720 ▪ guestservices@rockymtnhouse.com

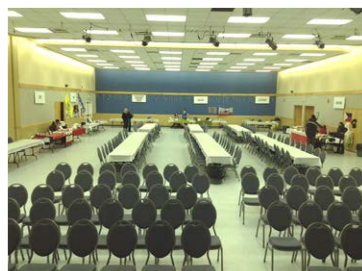




LOU SOPPIT Community Centre

*Perfect for Festivals, Weddings, Banquets, Plays,
Graduations, Trade Shows & more.*

[e:guestservices@rockymtnhouse.com](mailto:guestservices@rockymtnhouse.com) p: 403.845.3720





Basic Shelf

Weekly workshops designed to teach basic meal preparation on a limited budget.

The Basic Shelf is a strategy of keeping basic ingredients on hand to create a variety of nutritious and affordable meals. The program is comprised of eight weekly workshops in a small groups setting. Facilitators ensure each session is educational and informative. One of the sessions will also include a gym and fitness orientation where participants will be given a free one month family Rocky Pass membership in order to encourage fitness as part of their healthy habits.

At the end of the program, participants are given a complimentary basic shelf food hamper containing most of the ingredients used throughout the program and the Basic Shelf Cookbook. Child care is provided onsite.

Recreation & Community Services
Town of Rocky Mountain House



Additional information and to register:
403.845.3720
guestservices@rockymtnhouse.com



We're
taking
curling
outside!

Players run down the carpet, propel themselves onto a tube and glide into the rings. Each run is measured and teams with the closest average to the pin move on in the tournament. Teams consist of four players. Companies and organization can enter more than one team. This is a great team-building event over the lunch hour.

\$50 / Team
11:30 AM

**Crimson Lake
Provincial Park**

Field

Bonspiel

February 14, 2020

403.845.3720 ▪ guestservices@rockymtnhouse.com



Fall Registration Night

September 5, 2019

2:00 PM - 8:00 PM

Lou Soppit Community Centre

One stop registration for fall & winter programs!

**Rocky Learning Council / Rocky Flipz / Rocky Speed Skating Club /
Rocky Figure Skating Club / Twisted Sisters Riding Academy /
Christenson Sports & Wellness Centre, Fitness Centre Programs /
Credit Union Co-op Aquatic Centre / Westland Dance Co./ Rocky Jr.
Forest Wardens / Flippin Out / Caroline Dance West / Rocky
Taekwondo / Rocky Rush Cheerleading / TruNorth Yoga /
Ara Shi-Do Martial Arts / Clearwater Boys & Girls Club /McMan
Babies, Bellies and Beyond / Parent Link / Rocky Canoe Club**

Rocky Mountain House



Wellness FAIR

FINANCIAL

SOCIAL

ENVIRONMENTAL

OCCUPATIONAL

SPIRITUAL

EMOTIONAL

INTELLECTUAL

PHYSICAL

September 5, 2019

2:00 PM - 8:00 PM

Lou Sopit Community Centre



403.845.3720 ▪ guestservices@rockymtnhouse.com

Fall PD Day Activities

Recreation & Community Services
Town of Rocky Mountain House



9:00 AM - 4:00 PM ▪ \$35/day ▪ Includes lunch & all activities.

Get Groovy ▪ Sept. 20

A Spooky Good Time ▪ Oct. 25

Circus Madness ▪ Nov. 29

Open to ages six - 13. Each day hosts a variety of activities including mini field trips, creative arts, games and more. Contact Guest Services for details or to register 403.845.3720 ▪ guestservices@rockymtnhouse.com.

Winter PD Day Activities

Recreation & Community Services
Town of Rocky Mountain House



9:00 AM - 4:00 PM ▪ \$35/day ▪ Includes lunch & all activities.

Lookin' to get Cookin' ▪ Jan. 31

Keep the Ball Rollin' ▪ Mar. 6

Open to ages six - 13. Each day hosts a variety of activities including mini field trips, creative arts, games and more. Contact Guest Services for details or to register 403.845.3720 ▪ guestservices@rockymtnhouse.com.

Feb. 17 - 21, 2020

Winter Break Day Camp



9:00 AM - 4:00 PM • \$35/day • Includes lunch & all activities.

Open to ages six - 13. Each day hosts a variety of activities including mini field trips, creative arts, games and more. Sign up for one day or for the entire week. Before & After care will be offered if enough interest is shown. Contact Guest Services for details or to register 403.845.3720 • guestservices@rockymtnhouse.com.

Recreation & Community Services
Town of Rocky Mountain House



HOLIDAY

Family Skates

**Join us for complimentary family skates
during the holiday season.**

Christenson Sports & Wellness Centre

December 21 - 24, 2019 ▪ 12:00 PM - 3:00 PM



Recreation & Community Services
Town of Rocky Mountain House

Santas Anonymous

Helping Families Celebrate Christmas



Santas Anonymous is here to help Rocky Mountain House & Clearwater County residents who may not be able to purchase gifts for their family due to financial circumstances.



Volunteers Needed

Looking for a fun way to give back this season? We need individuals and groups to pack hampers. Contact us for more information.

RMHSanta@yahoo.com

Campaign kicks off November 15, 2019

Gift donations will be accepted at local business. Contact us for more information on eligibility or how to volunteer.

RMHSanta@yahoo.com

Application Forms

- Town of Rocky Mountain House Office
- Christenson Sports & Wellness Centre
- The Lord's Food Bank Rocky Mountain House

Only completed applications will be considered. All applicants must submit proof of financial status to qualify.

Applications available Nov. 15, 2019

Free Fitness Sampler

This fall we're offering free fitness classes Mondays at 7:00 PM and Saturdays at 9:00 AM. This is your chance to try something new and find what fits your wellness goals, at no cost.



Monday 7:00 PM - 8:00 PM	Class	Saturday 9:00 AM - 10:00 AM	Class
Sep. 9	Barre	Sep. 14	Strong 30
Sep. 16	Low-Impact Zumba	Sep. 21	Zumba
Sep. 23	Vinyasa Yoga	Sep. 28	Gentle Fitness
Sep. 30	Kundalini Yoga	Oct. 5	Spin
Oct. 7	Thanksgiving	Oct. 12	Spin
Oct. 14	Barre	Oct. 19	Vinyasa Yoga
Oct. 21	Zumba	Oct. 26	Strong
Oct. 28	Full-bodied Yoga		

No pre-registration required. Arrive early to ensure your spot.

Recreation & Community Services
Town of Rocky Mountain House

▪ 403.845.3720 ▪ guestservices@rockymtnhouse.com ▪

FALL & WINTER CLASS SCHEDULE

MORNING	M	Tu	W	Th	F
6:30 AM - 7:30 AM		Zumba Spin (6:45 AM)		Vinyasa Yoga	
7:00 AM - 7:30 AM	Strong 30		Strong 30		Strong 30
7:45 AM - 8:30 AM			Yoga with Jenn		
10:00 AM - 11:00 AM				Gentle Fitness	
11:45 AM - 12:45 PM		Low-Impact Zumba			
AFTERNOON	M	Tu	W	Th	F
1:00 PM - 2:00 PM	Chair Yoga		Chair Yoga		Chair Yoga
EVENING	M	Tu	W	Th	F
5:15 PM - 6:15 PM		Synergy Circuit		Synergy Circuit	
5:30 PM - 6:30 PM	Strong		Strong		Strong
5:45 PM - 7:00 PM		Kundalini Yoga			
6:00 PM - 7:00 PM				Full-bodied Yoga	Spin (45 min)
6:30 PM - 7:15 PM		Spin			
7:00 PM - 8:00 PM	Spin (45 min)		Zumba / Spin (45 min)		
7:15 PM - 8:15 PM		Yoga for Every Body		Barre	
YOUTH	M	Tu	W	Th	F
3:45 PM - 4:15 PM		Have a Ball (ages 3-5)			Superhero Training
4:30 PM - 5:00 PM		Kids in Motion (ages 3-6)			Learn to Train (45 min)
5:15 PM - 6:00 PM		Kids in Motion (ages 6-9)			



Invest in your company's most important resource: your staff.



Corporate Wellness Program

Sign your business up for the Corporate Wellness Program and your employees receive up to 20 per cent off the cost of an annual Rocky Pass Membership.

When a business signs up for the Corporate Wellness Program, its employees automatically receive a 10 per cent discount. The company commits to a matching contribution of 10 per cent or more, reimbursed to the employee.

A total of 20 per cent savings for the employee.



Recreation & Community Services
Town of Rocky Mountain House

403.845.3720 ▪ guestservices@rockymtnhouse.com

ADULT VOLLEYBALL LEAGUE

Mondays & Tuesdays

LOCATION: Pioneer School

Intermediate, co-ed, 4 & 2 volleyball league for adults (18+). Non-competitive and Competitive leagues. Competitive league end-of season tournament is included, elimination tournament on regular league nights with prizing. Children welcome to attend only if non-playing adult is watching them.

Date	Day	Time	Cost
NON-COMPETITIVE LEAGUE			Per Team
Sept 30 - April 6	M	7:00 PM - 9:30 PM	\$410
COMPETITIVE LEAGUE			Per Team
Oct 1 - April 7	Tu	6:45 PM - 9:45 PM	\$410

Registration Deadline: Wednesday, September 25, 2019

*Looking for a team? In **September**, registered teams can have practice nights. A court will be designated for new players wanting to join an existing team or form a new team. Regular play schedule begins in September 30. Competitive tournament will be scheduled for April.*



Nordic Walking

The Recreation and Community Services department has walking poles available for use, free of charge. Stop by the Fitness Centre and we'll give you poles and advice to get you started Nordic Walking.



OVER 30 HOCKEY LEAGUE

Tuesdays, Fridays & Sundays

LOCATION: Quick Lane Arena

Non-competitive, no hit league. Register as an individual, teams will be assigned.

Tu 9:45 PM - 11:15 PM

F 10:15 PM - 11:45 PM

Su 7:30 PM - 9:00 PM

For more information contact:

Len Phillips 403.844.6954 or lenphill@telus.net

Date	Day	Cost
FULL SEASON		
Oct - Mar	Tu, F & Su	\$550
HALF SEASON		
Oct - Dec or Jan - Mar	Tu, F & Su	\$325



Advertise Here

Term	Cost
1 Year	\$750 annually
2 Year	\$600 annually
3 Year	\$500 annually

Highlight your community spirit by advertising on the boards in either our Quick Lane or Bunch arenas.

BARRE

Thursdays 7:15 PM - 7:45 PM



Date	Cost
Sep 12, 19, 26	\$15
Oct 3, 10, 17, 24, 31	\$25
Nov 7, 14, 21, 28	\$20
Dec 5, 12, 19	\$15
Jan 2, 9, 16, 23, 30	\$25
Feb 6, 13, 20, 27	\$20
Mar 5, 12, 19, 26	\$20

Designed for maximum sculpting and chiselling, this 30-minute, non-impact workout will engage, stabilize and strengthen your targeted areas leaving you leaner, longer and stronger. Feel the barre burn; your body will thank you!

Minimum registration numbers must be met for fitness classes .

Drop-ins welcome but pre-registration is recommended to ensure the class runs.

403.845.3720 • Guestservices@rockymtnhouse.com

BRING A FRIEND FRIDAYS

Join us Fridays for
two-for-one admission to the
Doran Stewart Fitness Centre.



SPIN

Mondays, Tuesdays, Wednesdays & Fridays

Our certified spin instructors will lead you through a 45-minute moderate cardiovascular workout using low impact spin bikes. Music and voice are used to keep you inspired while you control everything from your speed and resistance to your intensity level; so, your workout can be as easy or as challenging as you want it to be. Spinning is great for people who want a motivating cardiovascular workout. Please note that certain Spin classes will not run in November.

Mondays & Wednesday 7:00 PM - 7:45 PM			Tuesday Mornings 6:45 AM - 7:30 AM			Tuesday Evenings 6:30 PM - 7:15 PM		
Date	Day	Cost	Date	Day	Cost	Date	Day	Cost
Sep 9, 16, 23, 30	M	\$40	Sep 10, 17, 24	Tu	\$30	Sep 10, 17, 24	Tu	\$30
Sep 11, 18, 25	W	\$30	Oct 1, 8, 15, 22, 29	Tu	\$30	Oct 1, 8, 15, 22, 29	Tu	\$30
Oct 7, 21, 28	M	\$30	Nov 5, 12, 19, 26	Tu	\$40	Dec 3, 10, 17	Tu	\$30
Oct 2, 9, 16, 23, 30	W	\$50	Dec 3, 10, 17	Tu	\$30	Jan 7, 14, 21, 28	Tu	\$40
Dec 2, 9, 16, 23, 30	M	\$50	Jan 7, 14, 21, 28	Tu	\$40	Feb 4, 11, 18, 25	Tu	\$40
Dec 4, 11, 18	W	\$30	Feb 4, 11, 18, 25	Tu	\$40	Mar 3, 10, 17, 24, 31	Tu	\$50
Jan 6, 13, 20, 27	M	\$40	Mar 3, 10, 17, 24, 31	Tu	\$50			
Jan 8, 15, 22, 29	W	\$40	Friday Evenings			6:00 PM - 6:45 PM		
Feb 3, 10, 24	M	\$30	Date	Day	Cost	Date	Day	Cost
Feb 5, 12, 19, 26	W	\$40	Sep 13, 20, 27	F	\$30	Jan 3, 10, 17, 24, 31	F	\$50
Mar 2, 9, 16, 23, 30	M	\$50	Oct 4, 11, 18, 25	F	\$40	Feb 7, 14, 21, 28	F	\$40
Mar 4, 11, 18, 25	W	\$40	Nov 1, 8, 15, 22, 29	F	\$50	Mar 6, 13, 20, 27	F	\$40
			Dec 6, 13, 20, 27	F	\$40			



Minimum registration numbers must be met for fitness classes .
Drop-ins welcome but pre-registration is recommended to ensure the class runs.
403.845.3720 • Guestservices@rockymtnhouse.com

STRONG & STRONG 30

Mondays, Wednesdays & Fridays



A revolutionary new workout where every move is synced to the beat of the music. Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. Try our 30-minute morning classes or 60-minute evening classes.

Strong is not recommended for people who are new to exercise.

STRONG 30 - MORNINGS 7:00 AM - 7:30 AM					
MONDAYS		WEDNESDAYS		FRIDAYS	
Date	Cost	Date	Cost	Date	Cost
Sep 9, 16, 23, 30	\$20	Sep 11, 18, 25	\$15	Sep 13, 20, 27	\$15
Oct 7, 21, 28	\$15	Oct 2, 9, 16, 23, 30	\$25	Oct 4, 11, 18, 25	\$20
Nov 4, 18, 25	\$15	Nov 6, 13, 20, 27	\$20	Nov 1, 8, 15, 22, 29	\$25
Dec 2, 9, 16	\$15	Dec 4, 11, 18	\$15	Dec 6, 13, 20, 27	\$25
Jan 6, 13, 20, 27	\$20	Jan 8, 15, 22, 29	\$20	Jan 3, 10, 17, 24, 31	\$25
Feb 3, 10, 24	\$20	Feb 5, 12, 19, 26	\$20	Feb 7, 14, 21, 28	\$20
Mar 2, 9, 16, 23, 30	\$25	Mar 4, 11, 18, 25	\$20	Mar 6, 13, 20, 27	\$20

STRONG - EVENINGS 5:30 PM - 6:30 PM					
MONDAYS		WEDNESDAYS		FRIDAYS	
Date	Cost	Date	Cost	Date	Cost
Sep 9, 16, 23, 30	\$40	Sep 11, 18, 25	\$30	Sep 13, 20, 27	\$30
Oct 7, 21, 28	\$30	Oct 2, 9, 16, 23, 30	\$50	Oct 4, 11, 18, 25	\$40
Nov 4, 18, 25	\$30	Nov 6, 13, 20, 27	\$40	Nov 1, 8, 15, 22, 29	\$50
Dec 2, 9, 16	\$30	Dec 4, 11, 18	\$30	Dec 6, 13, 20, 27	\$40
Jan 6, 13, 20, 27	\$40	Jan 8, 15, 22, 29	\$40	Jan 3, 10, 17, 24, 31	\$50
Feb 3, 10, 24	\$30	Feb 5, 12, 19, 26	\$40	Feb 7, 14, 21, 28	\$40
Mar 2, 9, 16, 23, 30	\$50	Mar 4, 11, 18, 25	\$40	Mar 6, 13, 20, 27	\$40

403.845.3720 • Guestservices@rockymtnhouse.com

SYNERGY CIRCUIT

Tuesdays & Thursdays 5:15 PM - 6:15 PM

Train smarter and more effectively by combining your cardiovascular endurance with your strength training. This is a full-body workout, in a circuit style, using our Synergy360 ultimate training station. This class lets you set your own pace while helping you work towards achieving your fitness goals.

Minimum registration numbers must be met for fitness classes .

Drop-ins welcome but pre-registration is recommended to ensure the class runs.

403.845.3720 • Guestservices@rockymtnhouse.com

Date	Day	Cost
Sep 10, 17, 24	Tu	\$30
Sep 12, 19, 26	Th	\$30
Oct 1, 8, 15, 22, 29	Tu	\$50
Oct 3, 10, 17, 24, 31	Th	\$50
Dec 3, 10, 17	Tu	\$30
Dec 5, 12, 19	Th	\$30
Jan 7, 14, 21, 28	Tu	\$40
Jan 2, 9, 16, 23, 30	Th	\$50
Feb 4, 11, 18, 25	Tu	\$40
Feb 6, 13, 20, 27	Th	\$40
Mar 3, 10, 17, 24, 31	Tu	\$50
Mar 5, 12, 19, 26	Th	\$40

Apple Fitness Store

Get the  Advantage

Performance Meets Design
Quality | Integrity | Service



Life Fitness Equipment Showroom

7140 Fisher Street SE, Calgary | 403-255-2299 | 11629 - 149 Street, Edmonton | 780-452-8877



ZUMBA

Tuesday Mornings & Wednesday Evenings

TUESDAYS 6:30 AM - 7:30 AM

Date	Cost
Sep 10, 17, 24	\$30
Oct 1, 8, 15, 22, 29	\$50
Nov 5, 12, 19, 26	\$40
Dec 3, 10, 17	\$30
Jan 7, 14, 21, 28	\$40
Feb 4, 11, 18, 25	\$40
Mar 3, 10, 17, 24, 31	\$50



WEDNESDAYS 7:00 PM - 8:00 PM

Date	Cost
Sep 11, 18, 25	\$30
Oct 2, 9, 16, 23, 30	\$50
Nov 6, 13, 20, 27	\$40
Dec 4, 11, 18	\$30
Jan 8, 15, 22, 29	\$40
Feb 5, 12, 19, 26	\$40
Mar 4, 11, 18, 25	\$40

The most fun workout ever! Dance to great music with great people and burn a ton of calories without even realizing it. The emphasis will be on toning by adding light hand weights, which will help you to focus on specific muscle groups. Modifications for various skill levels and low-impact variations will be offered. Come join the fun!

Rocky Pass

Christmas Special

~ Four months for the price of three ~



During the month of December, purchase three monthly memberships and receive an additional month for free. This makes an excellent gift or treat for yourself.

CD CHRISTENSON
SPORTS & WELLNESS CENTRE
Credit Union Co-op
Aquatic Centre

KUNDALINI YOGA

Tuesdays 5:45 PM - 7:00 PM

Date	Cost
Sep 10, 17, 24	\$30
Oct 1, 8, 15, 22, 29	\$50
Nov 5, 12, 19, 26	\$40
Dec 3, 10, 17	\$30
Jan 7, 14, 21, 28	\$40
Feb 4, 11, 18, 25	\$40
Mar 3, 10, 17, 24, 31	\$50

Kundalini Yoga is coined the yoga of awareness; it is a dynamic practice that stimulates all systems in the body by targeting the nervous system. Every class is a different experience that will leave you with a unique yogic buzz, which makes this yoga very popular among all who practice it. Suitable for all levels of experience and beginners are welcome.



YOGA FOR EVERY BODY

Tuesdays 7:15 PM - 8:15 PM



Date	Cost
Sep 10, 17, 24	\$30
Oct 1, 8, 15, 22, 29	\$50
Nov 5, 12, 19, 26	\$40
Dec 3, 10, 17	\$30
Jan 7, 14, 21, 28	\$40
Feb 4, 11, 18, 25	\$40
Mar 3, 10, 17, 24, 31	\$50

A yoga class that is body-positive for anyone who identifies as full-bodied/ full-figured. Yoga is for EVERY BODY. Come and learn modifications to help you reach your potential and to experience and appreciate yoga in a whole new way.

YOGA WITH JENN

Wednesdays 7:45 AM - 8:30 AM

Date	Cost
Sep 11, 18, 25	\$30
Oct 2, 9, 16, 23, 30	\$50
Nov 6, 13, 20, 27	\$40
Dec 4, 11, 18	\$30
Jan 8, 15, 22, 29	\$40
Feb 5, 12, 19, 26	\$40
Mar 4, 11, 18, 25	\$40

Start your day off on the right foot with this 45-minute full body restorative yoga sequence. This class is perfect for improving range of motion and flexibility and generally just feeling great!



Minimum registration numbers must be met for fitness classes .
Drop-ins welcome but pre-registration is recommended to ensure the class runs.
403.845.3720 • Guestservices@rockymtnhouse.com

VINYASA YOGA

Thursdays 6:30 AM - 7:30 AM

Vinyasa (translates to “flowing with breath”) is a dynamic style of Hatha yoga which joins physical postures, or asanas, with inhales and exhales to create a steady internal rhythm for the practice. Flow classes are designed to cultivate heat in the body with creative sequences involving sun salutations, standing and seated postures, balancing postures, and a strong focus on the power of breath awareness. Flow yoga classes tend to be more vigorous and aerobic than other yoga classes.



Date	Cost
Sep 12, 19, 26	\$30
Oct 3, 10, 17, 24, 31	\$50
Nov 7, 14, 21, 28	\$40
Dec 5, 12, 19	\$30
Jan 9, 16, 23, 30	\$40
Feb 6, 13, 27	\$30
Mar 5, 12, 19, 26	\$40

FULL-BODIED YOGA

Thursdays 6:00 PM - 7:00 PM

A yoga class that is body-positive for anyone who identifies as full-bodied/full-figured. Yoga is for EVERY BODY. Come and learn modifications to help you reach your potential and to experience and appreciate yoga in a whole new way.

Date	Cost
Sep 12, 19, 26	\$30
Oct 3, 10, 17, 24	\$40
Nov 7, 14, 21, 28	\$40
Dec 5, 12, 19	\$30
Jan 9, 16, 23, 30	\$40
Feb 6, 13, 20, 27	\$40
Mar 5, 12, 19, 26	\$40



Minimum registration numbers must be met for fitness classes .
Drop-ins welcome but pre-registration is recommended to ensure the class runs.
403.845.3720 • Guestservices@rockymtnhouse.com

CHAIR YOGA

Mondays, Wednesdays & Fridays 1:00 PM - 2:00 PM

Chair yoga motivates a sedentary population to move. Yoga poses are modified by using a chair (instead of getting down on the floor) and tailored to each participant. Classes are suitable for adults recovering from disease, suffering from arthritis or fibromyalgia and caters to populations with high blood pressure, cancer remission, and back/neck/hip or knee pain. Breath is a tool to combat stress, fatigue and pain. The program will increase balance, flexibility as well as strengthen the body and mind.



Date	Day	Cost
Mar 2, 9, 16, 23, 30	M	\$25
Mar 4, 11, 18, 25	W	\$20
Mar 6, 13, 20, 27	F	\$20

Date	Day	Cost	Date	Day	Cost
Sep 2, 9, 16, 23, 30	M	\$25	Dec 2, 9, 16, 30	M	\$20
Sep 4, 11, 18, 25	W	\$20	Dec 4, 11, 18	W	\$15
Sep 6, 13, 20, 27	F	\$20	Dec 6, 13, 20, 27	F	\$20
Oct 7, 21, 28	M	\$15	Jan 6, 13, 20, 27	M	\$20
Oct 2, 9, 16, 23, 30	W	\$20	Jan 8, 15, 22, 29	W	\$20
Oct 4, 11, 18, 25	F	\$20	Jan 3, 10, 17, 24, 31	F	\$25
Nov 4, 18, 25	M	\$15	Feb 3, 10, 24	M	\$15
Nov 6, 13, 20, 27	W	\$20	Feb 5, 12, 19, 26	W	\$20
Nov 1, 8, 15, 22, 29	F	\$25	Feb 7, 14, 21, 28	F	\$20

Free Rocky Pass

To encourage active seniors, we offer a complimentary Rocky Pass to all those 80 years of age and older. This includes access to the Fitness Centre, public skating, public, family and length swim.



Credit Union Co-op
Aquatic Centre

CD CHRISTENSON
SPORTS & WELLNESS CENTRE

LOW-IMPACT ZUMBA

Tuesdays 11:45 AM - 12:45 PM



Date	Cost
Sep 10, 17, 24	\$15
Oct 1, 8, 15, 22, 29	\$25
Nov 5, 12, 19, 26	\$20
Dec 3, 10, 17	\$15
Jan 7, 14, 21, 28	\$20
Feb 4, 11, 18, 25	\$20
Mar 3, 10, 17, 24, 31	\$25

Perfect for active older adults who are looking for a fun dance class modified to a lower-impact and intensity. The class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. The class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. Come ready to sweat and prepare to leave feeling energized and empowered.

GENTLE FITNESS

Thursdays 10:00 AM - 11:00 AM

Improve balance, muscle strength, heart health and your range of motion. By practicing functional exercises you can increase your energy to accomplish everyday tasks and improve your life. This class will use light hand weights, to build strength, and chairs, to assist with balance and form. Movement and exercises will be tailored to individual needs and fitness levels.

Date	Cost
Sep 12, 19, 26	\$15
Oct 3, 10, 17, 24, 31	\$25
Dec 5, 12, 19	\$15
Jan 9, 16, 23, 30	\$20
Feb 6, 13, 20, 27	\$20
Mar 5, 12, 19, 26	\$20



Minimum registration numbers must be met for fitness classes .

Drop-ins welcome but pre-registration is recommended to ensure the class runs.

403.845.3720 • Guestservices@rockymtnhouse.com

HAVE A BALL

Tuesdays 3:45 PM - 4:15 PM



Have A Ball keeps it fun while introducing children to basic ball skills in a multi-sport approach. Shooting, passing, scoring as well as throwing both overhand and underhand, catching and dribbling all while keeping them entertained and moving through different locomotions. This program is aimed at developing skills and confidence to be active in lots of different sports and making physical activity a fun part of daily life.

Ages	Date	Cost
3 to 5 years	Oct 8 - Nov 26	\$40
3 to 5 years	Jan 21 - Mar 10	\$40

Eight week sessions

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KIDS IN MOTION

Tuesdays



Move and groove class! Explore movement through music in a fun-filled environment. Student will start to become comfortable with body awareness, rhythm, listening to instructions and learn basic dance moves in different genres while gaining balance and flexibility.

Through engaging dance-play, students will experiment with:

- Movement and balance
- Large and fine motor movements

Eight week sessions

Ages	Date	Time	Cost
3 to 5 years	Oct 8 - Nov 26	4:30 PM - 5:00 PM	\$40
6 to 9 years	Oct 8 - Nov 26	5:15 PM - 6:00 PM	\$40
3 to 5 years	Jan 21 - Mar 10	4:30 PM - 5:00 PM	\$40
6 to 9 years	Jan 21 - Mar 10	5:15 PM - 6:00 PM	\$40

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SUPERHERO TRAINING

Fridays 3:45 PM - 4:15 PM



Our superhero training fitness class is geared for kids wanting fun activity. The focus will be on movement fundamentals and activities will include obstacle courses, agility ladders, balance challenges and monkey bars to build physical literacy and confidence. This program will use our Synergy training system in the Apple Fitness room.

Ages	Date	Cost
6 to 9 years	Oct 4 - Nov 22	\$40
6 to 9 years	Jan 17 - Mar 6	\$40

Eight week sessions

LEARN TO TRAIN

Fridays 4:30 PM - 5:15 PM

Learn to Train is intended for youth athletes wanting to train to become stronger and improve agility and power for their sport. Workout plans will include fun activities such as obstacle courses, TRX suspension trainers, agility ladder, balance challenges, and monkey bars to build athletes strength and coordination. This program will use our Synergy training circuit, teaching proper technique and form using light weight and body weight exercises.



Ages	Date	Cost
10 to 14 years	Oct 4 - Nov 22	\$40
10 to 14 years	Jan 17 - Mar 6	\$40

Eight week sessions

Fall

Sept. 30 - Dec. 22, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Early Bird Swim 6:00 AM - 8:30 AM					Red Cross Swim Lessons 9:00 AM - 12:00 PM
	Red Cross Swim Lessons 9:00 AM - 10:30 AM	Schools 9:00 AM - 11:30 AM	Aquafit Shallow 9:00 AM - 10:00 AM	Senior Swim 9:00 AM - 10:30 AM	Schools 9:00 AM - 10:30 AM	
	Aquafit Shallow 10:30 AM - 11:30 AM		Schools 10:00 AM - 11:30 AM	Schools 10:30 AM - 11:30 AM	Special Needs 10:30 AM - 11:30 AM	
Private Rental 11:00 AM - 12:00 PM						
Length / Preschool Swim 12:00 PM - 1:00 PM	Length / Preschool Swim 11:30 AM - 1:00 PM					Length / Preschool Swim 12:00 PM - 1:00 PM
Family Swim 1:00 PM - 2:30 PM	Schools 1:00 PM - 3:00 PM					Family Swim 1:00 PM - 2:30 PM
Public Swim 2:30 PM - 4:00 PM	Toonie Swim 3:00 PM - 3:45 PM	Red Cross Swim Lessons 4:00 PM - 6:30 PM	Toonie Swim 3:00 PM - 3:45 PM	Red Cross Swim Lessons 4:00 PM - 6:30 PM	Red Cross Swim Lessons 4:00 PM - 6:00 PM	Public Swim 2:30 PM - 4:00 PM
Private Rental 4:00 PM - 5:00 PM	Red Cross Swim Lessons 4:00 PM - 6:00 PM		Red Cross Swim Lessons 4:00 PM - 6:00 PM			Private Rental 4:00 PM - 5:00 PM
	Swim Club 4:00 PM - 6:00 PM	Swim Club 4:00 PM - 6:00 PM	Swim Club 4:00 PM - 6:00 PM	Swim Club 4:00 PM - 6:00 PM		Toonie Swim Oct. 25 Nov. 12 Nov. 29 1:00 PM - 2:30 PM
	Public Swim 6:00 PM - 7:30 PM	Toonie Swim 6:30 PM - 7:30 PM	Public Swim 6:00 PM - 7:30 PM	Toonie Swim 6:30 PM - 7:30 PM	Public Swim 6:00 PM - 7:30 PM	
	Adult Lessons 7:30 PM - 8:15 PM	Aquafit Shallow 7:30 PM - 8:30 PM	Club Rental 7:30 PM - 8:30 PM	Aquafit Deep 7:30 PM - 8:30 PM	Length Swim 7:30 PM - 8:30 PM	
	Length Swim 8:30 PM - 9:30 PM					

Holiday Hours

Oct. 14	Length / Preschool Swim 12:00 PM - 1:00 PM	Family Swim 1:00 PM - 2:30 PM	Public Swim 2:30 PM - 4:00 PM
Nov. 11	Closed		

Christmas

Dec. 22, 2019 - Jan. 5, 2020

Sunday, December 22	Monday, December 30
Length/Preschool Swim: 12:00 PM - 1:00 PM Family Swim: 1:00 PM - 2:30 PM Public Swim: 2:30 PM - 4:00 PM	Early Bird Swim: 6:00 AM - 8:30 AM Length/Preschool Swim: 11:30 AM - 1:00 PM Public Swim: 1:00 PM - 3:00 PM Toonie Swim: 6:00 PM - 7:30 PM Length Swim: 7:30 PM - 8:30 PM
Monday, December 23	Tuesday, December 31
Early Bird Swim: 6:00 AM - 8:30 AM Length/Preschool Swim: 11:30 AM - 1:00 PM Public Swim: 1:00 PM - 3:00 PM Toonie Swim: 6:00 PM - 7:30 PM Length Swim: 7:30 PM - 8:30 PM	Length/Preschool Swim: 12:00 PM - 1:00 PM Family Swim: 1:00 PM - 2:30 PM Public Swim: 2:30 PM - 4:00 PM
Tuesday, December 24	Pool Closed Wednesday, January 1
Length/Preschool Swim: 11:30 AM - 1:00 PM Family Swim: 1:00 PM - 2:30 PM Public Swim: 2:30 PM - 4:00 PM	
Pool Closed Wednesday, December 25 Thursday, December 26	Thursday, January 2
	Early Bird Swim: 6:00 AM - 8:30 AM Length/Preschool Swim: 11:30 AM - 1:00 PM Public Swim: 1:00 PM - 3:00 PM Toonie Swim: 6:00 PM - 7:30 PM
Friday, December 27	Friday, January 3
Early Bird Swim: 6:00 AM - 8:30 AM Length/Preschool Swim: 11:30 AM - 1:00 PM Public Swim: 1:00 PM - 3:00 PM Toonie Swim: 6:00 PM - 7:30 PM	Early Bird Swim: 6:00 AM - 8:30 AM Length/Preschool Swim: 12:00 PM - 1:00 PM Public Swim: 1:00 PM - 3:00 PM Toonie Swim: 6:00 PM - 7:30 PM
Saturday, December 28	Saturday, January 4
Length/Preschool Swim: 12:00 PM - 1:00 PM Family Swim: 1:00 PM - 2:30 PM Public Swim: 2:30 PM - 4:00 PM	Length/Preschool Swim: 12:00 PM - 1:00 PM Family Swim: 1:00 PM - 2:30 PM Public Swim: 2:30 PM - 4:00 PM
Sunday, December 29	Sunday, January 5
Length/Preschool Swim: 12:00 PM - 1:00 PM Family Swim: 1:00 PM - 2:30 PM Public Swim: 2:30 PM - 4:00 PM	Length/Preschool Swim: 12:00 PM - 1:00 PM Family Swim: 1:00 PM - 2:30 PM Public Swim: 2:30 PM - 4:00 PM

Winter

Jan. 6 - Feb. 16, Feb. 22 - April 12, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Early Bird Swim 6:00 AM - 8:30 AM					Red Cross Swim Lessons 9:30 AM - 12:00 PM
	Red Cross Swim Lessons 9:00 AM - 10:30 AM	Schools 9:00 AM - 11:30 AM	Aquafit Shallow 9:00 AM - 10:00 AM	Senior Swim 9:00 AM - 10:30 AM	Schools 9:00 AM - 10:30 AM	
	Private Rental 11:00 AM - 12:00 PM		Aquafit Shallow 10:30 AM - 11:30 AM	Schools 10:00 AM - 11:30 AM	Schools 10:30 AM - 11:30 AM	
Length / Preschool Swim 12:00 PM - 1:00 PM	Length / Preschool Swim 11:30 AM - 1:00 PM					Length / Preschool Swim 12:00 PM - 1:00 PM
Family Swim 1:00 PM - 2:30 PM	Schools 1:00 PM - 3:00 PM					Family Swim 1:00 PM - 2:30 PM
Public Swim 2:30 PM - 4:00 PM	Toonie Swim 3:00 PM - 3:45 PM	Red Cross Swim Lessons 3:45 PM - 6:30 PM	Toonie Swim 3:00 PM - 3:45 PM	Red Cross Swim Lessons 3:45 PM - 6:30 PM	Red Cross Swim Lessons 3:45 PM - 6:00 PM	Public Swim 2:30 PM - 4:00 PM
Private Rental 4:00 PM - 5:00 PM	Red Cross Swim Lessons 3:45 PM - 6:00 PM		Red Cross Swim Lessons 3:45 PM - 6:00 PM			Private Rental 4:00 PM - 5:00 PM
	Swim Club 4:00 PM - 6:00 PM	Swim Club 4:00 PM - 6:00 PM	Swim Club 4:00 PM - 6:00 PM	Swim Club 5:00 PM - 6:30 PM		Toonie Swim Jan. 31 March 6 March 30 1:00 PM - 2:30 PM
	Public Swim 6:00 PM - 7:30 PM	Toonie Swim 6:30 PM - 7:30 PM	Public Swim 6:00 PM - 7:30 PM	Toonie Swim 6:30 PM - 7:30 PM		
	Adult Lessons 7:30 PM - 8:15 PM	Aquafit Shallow 7:30 PM - 8:30 PM	Club Rental 7:30 PM - 8:30 PM	Aquafit Deep 7:30 PM - 8:30 PM	Length Swim 7:30 PM - 8:30 PM	
	Length Swim 8:30 PM - 9:30 PM					

Holiday Hours

Feb. 17	Refer to Winter Break Schedule				
April 10 & 12	Closed		April 13	Refer to Spring Break Schedule	

Winter Break February 17 - 21, 2020		Spring Break April 13 - 17, 2020 Closed April 10 & 12	
Family Day, Monday, February 17		Easter Monday, April 13	
Length/Preschool Swim:	12:00 PM - 1:00 PM	Length/Preschool Swim:	12:00 PM - 1:00 PM
Family Swim:	1:00 PM - 2:30 PM	Family Swim:	1:00 PM - 2:30 PM
Public Swim:	2:30 PM - 4:00 PM	Public Swim:	2:30 PM - 4:00 PM
Tuesday, February 18		Tuesday, April 14	
Early Bird Swim:	6:00 AM - 8:30 AM	Early Bird Swim:	6:00 AM - 8:30 AM
Length/Preschool Swim:	11:30 AM - 1:00 PM	Length/Preschool Swim:	11:30 AM - 1:00 PM
Public Swim:	1:00 PM - 3:00 PM	Public Swim:	1:00 PM - 3:00 PM
Toonie Swim:	6:00 PM - 7:30 PM	Toonie Swim:	6:00 PM - 7:30 PM
Length Swim:	7:30 PM - 8:30 PM	Length Swim:	7:30 PM - 8:30 PM
Wednesday, February 19		Wednesday, April 15	
Early Bird Swim:	6:00 AM - 8:30 AM	Early Bird Swim:	6:00 AM - 8:30 AM
Length/Preschool Swim:	11:30 AM - 1:00 PM	Length/Preschool Swim:	11:30 AM - 1:00 PM
Public Swim:	1:00 PM - 3:00 PM	Public Swim:	1:00 PM - 3:00 PM
Toonie Swim:	6:00 PM - 7:30 PM	Toonie Swim:	6:00 PM - 7:30 PM
Length Swim:	7:30 PM - 8:30 PM	Length Swim:	7:30 PM - 8:30 PM
Thursday, February 20		Thursday, April 16	
Early Bird Swim:	6:00 AM - 8:30 AM	Early Bird Swim:	6:00 AM - 8:30 AM
Senior Swim	9:00 AM - 10:30 AM	Senior Swim	9:00 AM - 10:30 AM
Length/Preschool Swim:	11:30 AM - 1:00 PM	Length/Preschool Swim:	11:30 AM - 1:00 PM
Public Swim:	1:00 PM - 3:00 PM	Public Swim:	1:00 PM - 3:00 PM
Toonie Swim:	6:00 PM - 7:30 PM	Toonie Swim:	6:00 PM - 7:30 PM
Length Swim:	7:30 PM - 8:30 PM	Length Swim:	7:30 PM - 8:30 PM
Friday, February 21		Friday, April 17	
Early Bird Swim:	6:00 AM - 8:30 AM	Early Bird Swim:	6:00 AM - 8:30 AM
Length/Preschool Swim:	11:30 AM - 1:00 PM	Length/Preschool Swim:	11:30 AM - 1:00 PM
Public Swim:	1:00 PM - 3:00 PM	Public Swim:	1:00 PM - 3:00 PM
Toonie Swim:	6:00 PM - 7:30 PM	Toonie Swim:	6:00 PM - 7:30 PM
Length Swim:	7:30 PM - 8:30 PM	Length Swim:	7:30 PM - 8:30 PM

Spring

April 18 - June 26, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Early Bird Swim 6:00 AM - 8:30 AM					
	Red Cross Swim Lessons 9:00 AM - 10:30 AM	Schools 9:00 AM - 11:30 AM	Aquafit Shallow 9:00 AM - 10:00 AM	Senior Swim 9:00 AM - 10:30 AM	Schools 9:00 AM - 10:30 AM	Red Cross Swim Lessons 9:30 AM - 12:00 PM
Private Rental 11:00 AM - 12:00 PM	Aquafit Shallow 10:30 AM - 11:30 AM		Schools 10:00 AM - 11:30 AM	Schools 10:30 AM - 11:30 AM	Special Needs 10:30 AM - 11:30 AM	
Length / Preschool Swim 12:00 PM - 1:00 PM	Length / Preschool Swim 11:30 PM - 1:00 PM					Length / Preschool Swim 12:00 PM - 1:00 PM
Family Swim 1:00 PM - 2:30 PM	Schools 1:00 PM - 3:00 PM					Family Swim 1:00 PM - 2:30 PM
Public Swim 2:30 PM - 4:00 PM	Toonie Swim 3:00 PM - 3:45 PM	Red Cross Swim Lessons 4:00 PM - 6:30 PM	Toonie Swim 3:00 PM - 3:45 PM	Red Cross Swim Lessons 4:00 PM - 6:30 PM	Red Cross Swim Lessons 4:00 PM - 6:00 PM	Public Swim 2:30 PM - 4:00 PM
Private Rental 4:00 PM - 5:00 PM	Red Cross Swim Lessons 4:00 PM - 6:00 PM		Red Cross Swim Lessons 4:00 PM - 6:00 PM			Private Rental 4:00 PM - 5:00 PM
	Swim Club 4:00 PM - 6:00 PM	Swim Club 4:00 PM - 6:00 PM	Swim Club 4:00 PM - 6:00 PM	Swim Club 4:00 PM - 6:30 PM		
	Public Swim 6:00 PM - 7:30 PM	Toonie Swim 6:30 PM - 7:30 PM	Public Swim 6:00 PM - 7:30 PM	Toonie Swim 6:30 PM - 7:30 PM	Public Swim 6:00 PM - 7:30 PM	
	Adult Lessons 7:30 PM - 8:15 PM	Aquafit Shallow 7:30 PM - 8:30 PM	Staff Training 7:30 PM - 8:30 PM	Aquafit Deep 7:30 PM - 8:30 PM	Length Swim 7:30 PM - 8:30 PM	
	Length Swim 8:30 PM - 9:30 PM					

Holiday Hours

May 18	Length / Preschool Swim 12:00 PM - 1:00 PM	Family Swim 1:00 PM - 2:30 PM	Public Swim 2:30 PM - 4:00 PM
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Pool Pass	Age	Daily	10 Time Pass	Monthly	3 Month	Annual
Infant Special Senior	0 - 3 80+	Free				
Preschool	4 - 6	\$2.50	\$20	\$20	\$48.50	\$155
Child	7 - 11	\$4.50	\$38	\$38	\$92	\$293.50
Youth Senior	12 - 17 60 - 79	\$4.50	\$41	\$41	\$98	\$315
Adult	18 - 59	\$5.75	\$49.50	\$49.50	\$119	\$380
Family		\$15.50		\$137	\$329	\$659
AquaFit		\$6.25	\$54			

Rentals Rates

Single Pool (max 30 individuals)	\$93
Double Pool (max 30 individuals)	\$135
Whole Pool (max 80 individuals)	\$155
Extra Lifeguard	\$31/HR
Multi Purpose Room	\$31/HR \$41/HR/Corporate
Meeting Room	\$31/HR \$41/HR/Corporate
Program Room	\$52/HR \$63/HR/Corporate



Rent the Aquatic Centre for
your next private event!

Saturdays: 4:00 PM - 5:00 PM

Sundays: 11:00 AM - 12:00 PM
4:00 PM - 5:00 PM

Red Cross Swim Preschool Lessons

Starfish 	Parented Class • Age 6 - 12 months - Orientation to water for babies and their parents/caregivers. The goals are to help babies experience buoyancy and movement through songs and play in the water and to teach the parents/caregivers age-specific water safety.	\$45
Duck 	Parented Class • 12 - 24 months - Orientation to water for toddlers and their parents/caregivers. Swimmers learn how to use floating objects for support and explore different water movements through games, song and active water play. The parent/caregiver also learns age-specific water safety.	\$45
Sea Turtle 	Parented Class • 24 - 36 months - Orientation to water for toddlers and their parents/caregivers. Swimmers learn, through fun games and songs, how to combine skills, how to kick with buoyant object and how to perform basic floats, glides and	\$45
Sea Otter 	Non-parented class • 3 - 5 years - Transitional level that transfers the preschooler to care of the instructor. Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides and swim one metre.	\$51
Salamander 	Non-parented class • 3 - 5 years - Using games and activities, swimmers learn to swim 2 meters, further develop basic floats and increase their distance on front and back glide. Front swim and roll-over glides are also included, and swimmers learn appropriate water safety skills such as how to jump into chest-deep water and how	\$51
Sunfish 	Non-parented class • 3 - 5 years - Must have successfully completed Salamander. Using games and activities, swimmers learn to swim five metres, increase their distance using buoyant objects, increase their front and back glides with kick, and develop their roll-over glide, side glide and front swim. Safety skills include deep-water skills and using a Personal Floatation Device (PFD).	\$51
Crocodile 	Non-parented class • 3 - 5 years - Must have successfully completed Sunfish. Using games and activities, swimmers learn to swim five metres on their front, back and side. They also progress with kicking drills to increase their swimming distance to 10 metres. Safety skills include jumping into chest-deep water skills and performing support for 10 seconds, recognizing when a swimmer needs help and using a Personal Flotation Device (PFD).	\$51
Whale 	Non-parented class • 3 - 5 years - Must have successfully completed Crocodile. Through fun activities, swimmers perform a front and back swim for 10 metres. Swimmers work on developing flutter kick and perform a distance swim of 15 metres. Safety skills include identifying safe swimming areas, jumping into deep water, surface support for 20 seconds and return to safety, throwing assist and sitting dives.	\$51

Red Cross Swim Kids Lessons

10-level program for children six years and up

Level 1	Swimmers receive an orientation to water and pool area and work on rhythmic breathing, floats, glides and kicking. Swimmers build their endurance by working on the five metre front swim.	\$51
Level 2	Swimmers work on propulsion skills to move through the water doing front, back and side glides. Swimmers work on front swim, and learn about deep water activities and the proper use of Personal Floatation Devices (PFD). Swimmers must be able to swim 10 metres to complete this level.	\$51
Level 3	Swimmers work on floats, glides and flutter kick. Swimmers build their endurance by working on the 10 metre front swim, side glide with kick, increase distance on front and back swim, learn the sitting dive and must be able to swim 15 metres to complete level.	\$51
Level 4	Swimmers learn back swim and front crawl, work on flutter kick on back, perform kneeling dive, introduction to sculling and must be able to swim 25 metres to complete level.	\$51
Level 5	Swimmers develop front crawl, learn back crawl, and whip kick on back, learn stride dive and treading water, perform head-first sculling on back, and must be able to swim 50 metres to complete level.	\$62
Level 6	Swimmers increase their distance on front and back crawl, learn elementary backstroke, dolphin kick, treading water, ice & boat safety, and throwing assists. Swimmers must be able to swim 75 metres to complete level.	\$62
Level 7	Swimmers increase their distance on front and back crawl and elementary back stroke. They learn first aid for a choking person, front scull, stride entry, and whip kick on front. Swimmers must be able to swim 150 metres to complete level.	\$70
Level 8	Swimmers increase endurance and technique for front crawl, back crawl, elementary backstroke. Swimmers learn breaststroke, egg beater/tread water, feet first surface dive, and standing shallow dive. Swimmers learn about hypothermia and open water dangers. Swimmers must be able to swim 300 metres to complete level.	\$70
Level 9	Swimmers increase endurance and technique for front crawl, back crawl, elementary backstroke, breaststroke, treading water. Swimmers learn about ice self rescue, surface dives, boating regulations, wise choices, and peer influence. Swimmers must be able to swim 400 metres to complete level.	\$70
Level 10	Swimmers increase endurance and technique for front crawl, elementary backstroke, breaststroke, and sidestroke. Swimmers learn how to perform an ice rescue and learn about being sun smart.	\$70
Adult	Must be 17+ years to join. Lessons include stroke introduction and refinement.	\$70
Aquafit	Low impact, cardiovascular workout. Program runs concurrently with swim lesson schedules.	

▪ 403.845.6977 ▪ poolstaff@rockymtnhouse.com ▪

Fall Mondays ▪ Oct. 7 - Dec. 16

Eight Classes Parent Day: Nov. 18 No Lessons: Oct. 14, Nov. 11

9:00 AM - 9:30 AM	Sunfish	Starfish/Duck
9:30 AM - 10:00 AM	Duck/Sea Turtle	Croc/Whale
10:00 AM - 10:30 AM	Salamander	Sea Otter
4:00 PM - 4:30 PM	Level 1	Level 5 4:00 PM - 4:45 PM
4:30 PM - 5:00 PM	Level 3	
5:00 PM - 5:30 PM	Level 7/8	Level 2
5:30 PM - 6:00 PM		Sea Otter
7:30 PM - 8:15 PM	Adult Lesson 7:30 PM - 8:15 PM	

Fall Tuesdays ▪ Oct. 8 - Dec. 3

Nine Classes Parent Day: Nov. 5

4:00 PM - 4:30 PM	Duck/Sea Turtle	Level 3
4:30 PM - 5:00 PM	Sea Otter	Level 2
5:00 PM - 5:30 PM	Level 1	Level 5 5:00 PM - 5:45 PM
5:30 PM - 6:00 PM	Level 9/10	
6:00 PM - 6:30 PM		

Fall Wednesdays ▪ Oct. 9 - Dec. 4

Nine Classes Parent Day: Nov. 6

4:00 PM - 4:30 PM	Level 4	Sunfish/Croc
4:30 PM - 5:00 PM	Salamander	Level 6 4:30 PM - 5:15 PM
5:00 PM - 5:30 PM	Sea Otter	
5:30 PM - 6:00 PM	Level 2	Level 1

▪ 403.845.6977 ▪ poolstaff@rockymtnhouse.com ▪

Fall Thursdays ▪ Oct. 10 - Dec. 12

Nine Classes Parent Day: Nov. 14 No Lessons: Oct. 31

3:00 PM - 3:30 PM	Adult Lesson 3:00 PM - 3:45 PM	
3:30 PM - 4:00 PM		
4:00 PM - 4:30 PM	Sea Otter	Level 2
4:30 PM - 5:00 PM	Level 1	Level 7/8
5:00 PM - 5:30 PM	Salamander	
5:30 PM - 6:00 PM	Level 3	Sea Otter
6:00 PM - 6:30 PM		Level 4

Fall Fridays ▪ Oct. 18 - Dec 13.

Nine Classes Parent Day: Nov. 15

4:00 PM - 4:30 PM	Croc/Whale	Level 6 4:00 PM - 4:45 PM	Junior Lifeguard Club 4:00 PM - 5:30 PM
4:30 PM - 5:00 PM	Level 4	Sea Otter	
5:00 PM - 5:30 PM	Level 5 5:00 PM - 5:45 PM	Level 1	
5:30 PM - 6:00 PM			

Fall Saturdays ▪ Oct. 19 - Nov. 23

Six Classes

9:00 AM - 9:30 AM	Sea Otter 9:00 AM - 9:40 AM	Level 2
9:30 AM - 10:00 AM	Level 3 9:45 AM - 10:25 AM	Salamander
10:00 AM - 10:30 AM		
10:30 AM - 11:00 AM	Sunfish/Croc 10:30 AM - 11:10 AM	Sea Otter
11:00 AM - 11:30 AM	Level 1 11:15 AM - 11:55 AM	Level 4
11:30 AM - 12:00 PM		

Winter Mondays ▪ Jan. 6 - Mar. 9

Nine Classes Parent Day: Feb. 3 No Lessons: Feb. 17

9:00 AM - 9:30 AM	Duck/Sea Turtle	Salamander
9:30 AM - 10:00 AM	Sunfish	Starfish/Duck
10:00 AM - 10:30 AM	Croc/Whale	Sea Otter
4:00 PM - 4:30 PM	Sea Otter	Level 6 4:00 PM - 4:45 PM
4:30 PM - 5:00 PM	Level 2	Starfish/Duck
5:00 PM - 5:30 PM	Level 5 5:00 PM - 5:45 PM	Level 1
5:30 PM - 6:00 PM		
7:30 PM - 8:15 PM	Adult Lesson 7:30 PM - 8:15 PM	

Winter Tuesdays ▪ Jan. 7 - Mar. 10

Nine Classes Parent Day: Feb. 4 No Lessons: Feb. 18

4:00 PM - 4:30 PM	Level 1	Level 3
4:30 PM - 5:00 PM	Croc/Whale	Duck/Sea Turtle
5:00 PM - 5:30 PM	Sea Otter	Level 4
5:30 PM - 6:00 PM	Level 7/8	Salamander
6:00 PM - 6:30 PM		

Winter Wednesdays ▪ Jan. 8 - Mar. 11

Nine Classes Parent Day: Feb. 5 No Lessons: Feb. 19

4:00 PM - 4:30 PM	Level 3	Level 1
4:30 PM - 5:00 PM	Level 2	Level 5 4:30 PM - 5:15 PM
5:00 PM - 5:30 PM	Sea Otter	Sunfish
5:30 PM - 6:00 PM	Level 4	

▪ 403.845.6977 ▪ poolstaff@rockymtnhouse.com ▪

Winter Thursdays ▪ Jan. 9 - Mar. 19

Nine Classes Parent Day: Feb. 13 No Lessons: Jan. 30, Feb. 20

3:00 PM - 3:30 PM	Adult Lesson 3:00 PM - 3:45 PM	
3:30 PM - 4:00 PM		
4:00 PM - 4:30 PM	Sea Otter	Level 4
4:30 PM - 5:00 PM	Level 3	Level 1
5:00 PM - 5:30 PM	Level 2	Level 6 5:00 PM - 5:45 PM
5:30 PM - 6:00 PM	Level 9/10	
6:00 PM - 6:30 PM		

Winter Fridays ▪ Jan. 10 - Mar. 27

Nine Classes Parent Day: Feb. 14 No Lessons: Jan. 31, Feb. 21, Mar. 6

4:00 PM - 4:30 PM	Level 4	Sunfish	Junior Lifeguard Club 4:00 PM - 5:30 PM
4:30 PM - 5:00 PM	Level 1	Salamander	
5:00 PM - 5:30 PM	Sea Otter	Level 7/8	
5:30 PM - 6:00 PM	Level 2		

Winter Saturdays ▪ Jan. 11 - Feb. 8

Five Classes

9:30 AM - 10:00 AM	Sea Otter 9:30 AM - 10:15 AM	Level 4
10:00 AM - 10:30 AM		Level 1
10:30 AM - 11:00 AM	Level 3 10:15 AM - 11:00 AM	
11:00 AM - 11:30 AM	Level 1 11:00 AM - 11:45 AM	Salamander
11:30 AM - 12:00 PM		

Registration for Spring Lessons opens Dec. 16, 2019

Spring Mondays ▪ April 20 - June 22		
Nine Classes Parent Day: May 25 No Lessons: May 18		
9:00 AM - 9:30 AM	Salamander	Duck/Sea Turtle
9:30 AM - 10:00 AM	Starfish/Duck	Sunfish
10:00 AM - 10:30 AM	Sea Otter	Croc/Whale
4:00 PM - 4:30 PM	Duck/Sea Turtle	Level 5 4:00 PM - 4:45 PM
4:30 PM - 5:00 PM	Sea Otter	
5:00 PM - 5:30 PM	Level 9/10	Level 1
5:30 PM - 6:00 PM		Level 3
7:30 PM - 8:15 PM	Adult Lesson 7:30 PM - 8:15 PM	

Spring Tuesdays ▪ April 21 - June 16		
Nine Classes Parent Day: May 19		
4:00 PM - 4:30 PM	Level 2	Starfish/Duck
4:30 PM - 5:00 PM	Sea Otter	Level 4
5:00 PM - 5:30 PM	Level 1	Salamander
5:30 PM - 6:00 PM	Level 7/8	Croc/Whale
6:00 PM - 6:30 PM		

Spring Wednesdays ▪ April 22 - June 17		
Nine Classes Parent Day: May 20		
4:00 PM - 4:30 PM	Level 3	Level 2
4:30 PM - 5:00 PM	Salamander	Level 4
5:00 PM - 5:30 PM	Level 1	Level 6 5:00 PM - 5:45 PM
5:30 PM - 6:00 PM	Sea Otter	

▪ 403.845.6977 ▪ poolstaff@rockymtnhouse.com ▪

Registration for Spring Lessons opens Dec. 16, 2019

Spring Thursdays ▪ April 23 - June 18		
Nine Classes Parent Day: May 21		
3:00 PM - 3:30 PM	Adult Lesson 3:00 PM - 3:45 PM	
3:30 PM - 4:00 PM		
4:00 PM - 4:30 PM	Level 2	Level 5 4:00 PM - 4:45 PM
4:30 PM - 5:00 PM	Level 6 4:30 PM - 5:15 PM	Salamander
5:00 PM - 5:30 PM	Sea Otter	Level 3
5:30 PM - 6:00 PM	Level 1	Sea Otter
6:00 PM - 6:30 PM		

Spring Fridays ▪ April 24 - June 19			
Eight Classes Parent Day: May 29 No Lessons: May 15			
4:00 PM - 4:30 PM	Sea Otter	Level 9/10	Junior Lifeguard Club 4:00 PM - 5:00 PM
4:30 PM - 5:00 PM	Salamander		
5:00 PM - 5:30 PM	Level 3	Level 1	
5:30 PM - 6:00 PM	Level 4	Sunfish	

Spring Saturdays ▪ April 25 - June 6		
Six Classes No Lessons: May 16		
9:30 AM - 10:00 AM	Level 3 9:30 AM - 10:25 AM	Level 1
10:00 AM - 10:30 AM	Level 4 10:30 AM - 11:10 AM	Sea Otter
10:30 AM - 11:00 AM		
11:00 AM - 11:30 AM	Salamander 11:15 AM - 11:55 AM	Level 2
11:30 AM - 12:00 PM		



Red Cross Babysitter Course

This nationally-recognized course teaches participants basic first aid, the rights and responsibilities of babysitters, skills for caring for children, safety suggestions and ideas for helping children get along with each other.

Prerequisite: Must be 11 years old

Minimum registrants: 4

October 25 • 9:00 AM - 4:00 PM

Cost: \$55

Junior Lifeguard Club

Jr. Lifeguard Club offers leadership, lifesaving and aquatic skills and challenges for kids who love the water.

Prerequisite: Swim Kids Level 7

Oct. 18 - Dec. 13 • Fridays • 4:00 PM - 5:30 PM

Jan. 10 - Mar. 27 • Fridays • 4:00 PM - 5:30 PM

No JLC: Jan. 31, Feb. 21, Mar. 6

April 24 - June 19 • Fridays • 4:00 PM - 5:00 PM

No competition/No JLC: May 15

Cost: \$86 (Competition Fees Extra)



Train to be a lifeguard!

Step 1 Bronze Medallion

Lifesaving principles embodied in the four components of water rescue education: judgement, knowledge, skill and fitness. Prerequisites: Must be 13 years old & Swim Kids Level 10

Oct. 25 - Oct. 27 Cost: \$135

Step 2 Bronze Cross

Designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Prerequisites: Bronze Medallion

Nov. 29 - Dec. 1 Cost: \$100

Step 3 National Lifeguard

This certification prepares lifeguards to fulfill the role of professional facilitator of safe, enjoyable aquatics in a pool setting. Prerequisites: Bronze Cross, 16 years old & Standard First Aid or AEC

Cost: \$300 (Optional AEC course: +\$100)

Nov. 1 - Nov. 3 & Nov. 8 - Nov. 10



LIFESAVING SOCIETY
The Lifeguarding Experts



Clearwater Regional
Family and Community
Support Services



Strengthening People and Supporting Our Community



Andrea: fcssmanager@rockymtnhouse.com
Rebecca: fcsscoordinator@rockymtnhouse.com

403-845-3720

Live music

Karaoke

Rocky Social Club

Theme nights

Jam sessions

Free nights out with food, fun and friends.
Childcare provided.
February, April, June, September and November

Meet the Friends you haven't Met Yet

Hosted by Clearwater Regional FCSS & Rocky Native Friendship Centre

Game nights

Dancing

Cultural Food

What else is FCSS?

- Community Grant Funding
- Collaborative Community Fun
- Volunteer Appreciation
- Information Referral



Snow Angels

Adopt a Driveway

Clients and Volunteers Welcome

For more information, contact the Volunteer Centre at:

403-845-3720 OR fcsscoordinator@rockymtnhouse.com



September 8 –Grandparents Day

October 1—Older Persons Day

CVITP

Community Volunteer Income Tax Program



Clients and Volunteers Welcome

A service to help you file your income taxes, free of charge*

For more information, contact the Volunteer Centre at:

403-845-3720 OR fcsscoordinator@rockymtnhouse.com



*must meet eligibility requirements





Public engagement opportunities

Municipal Development Plan & Land Use Bylaw

The Municipal Development Plan and Land Use Bylaw update will help shape the growth of Rocky Mountain House over the coming years.

Join us to share your thoughts on the next stage!

Online Survey | August 29 – September 15

Fall Registration Pop-up | September 5 | 2-8pm

Lou Soppit Community Centre

Visit www.rockymtnhouse.com
for more information





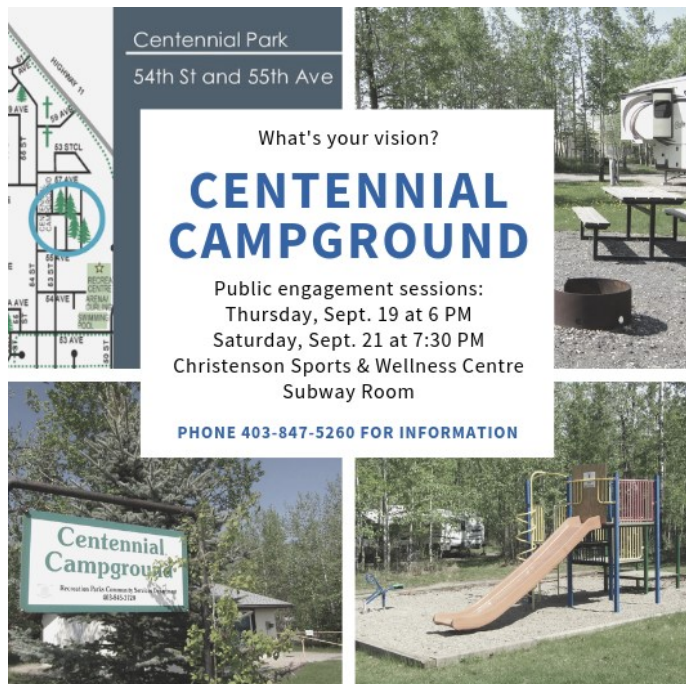
Budget 2020

We want to hear from you

Rocky Mountain House Town Council will soon begin the 2020 budget process. Have your say!

Watch for a public input survey in early September, or email Budget2020@rockymtnhouse.com with your comments.

2020 Goals



Stay informed

All council meetings are open to the public to attend and observe. If you wish to address council, you must contact the Town Office in advance.

All regular council meetings are now being livestreamed. That means you can tune in online to hear Council discussions and decisions being made in real-time.

Follow the link at www.rockymtnhouse.com to watch live, or check back for highlights posted after each meeting.

Regular councils meetings are scheduled for the first and third Thursday of every month at 1 p.m. and on the second Tuesday of every month (except July and August) at 7 p.m.

Upcoming council meetings:

September 3 and 17 at 1 PM

September 10 at 7 PM

October 1 and 15 at 1 PM

October 8 at 7 PM

November 5 and 19 at 1 PM

November 12 at 7 PM

December 3 and 17 at 1 PM

December 10 at 7 PM

Did you know?

Since 1984, Rocky Mountain House has been a Twin Town with Kamikawa, Japan.



Visit our Twin Town display on the second floor of the Christenson Sports Wellness Centre near the Administration offices to learn more about this longstanding partnership.

For more information or to take a closer look, call the Town's Communications Coordinator at 403-845-2866.



Horticulture for Town Residents

Mountain Pine Beetle is in our backyard

Alberta Agriculture and Forestry has identified populations of mountain pine beetle west of Rocky Mountain House, and small infestations have been confirmed in Clearwater County. There have been no confirmed cases of mountain pine beetle within the corporate limits of Rocky Mountain House, but property owners and residents with pine trees should know what to look for, and what to do if the beetle turns up.

Visit www.mpb.alberta.ca or www.treecanada.ca for more information.

Signs of Mountain Pine Beetle:

- Pitch tubes (cream-coloured resin on the bark) at beetle attack sites;
- Fine sawdust at the base of the tree and in the bark crevices;
- Increased woodpecker activity (holes in trees, flaked off bark);
- Yellow, orange, red or brown needles depending on the stage of the infestation;
- Galleries (j-shaped tunnels) under the bark;
- Grayish-blue wood caused by blue-stain fungus;
- Eggs, larvae or adult beetles. Mature beetles are black or dark brown.
- Adult beetles are 4 to 7.5 mm in length, about the size of a grain of rice.



Mountain pine beetle larvae and a mature specimen.



A pitch tube on the outside of the bark of an infested tree.

**STOP
Dutch Elm
Disease
(DED)**

www.stoppeded.org

For information about STOPPED or Dutch elm disease, email stoppeded@shaw.ca or call the STOPPED Hotline: 1-877-837-ELMS (3567)

DO take preventive measures by keeping your elm trees healthy, vigorous and properly pruned.
DO water elm trees from April to mid August. To allow the trees to harden off for the winter, watering should be stopped mid August, followed by a good soaking or two before freeze-up.
DO remove dead and dying elm branches immediately.
DO dispose of all elm wood by burning or burying it.
DO learn how to identify the signs of DED and beetle activity.

DO NOT store elm firewood! It is illegal!
DO NOT transport elm firewood into or within Alberta.
DO NOT prune elms between April 1 and September 30. The beetles are active during this time and be attracted to the scent of fresh tree cuts, possibly infecting a healthy tree.

Questions?

Phone 403-845-3220 or visit Town of Rocky Mountain House Engineering and Operations at 4607 – 48 Street. Open 7 a.m. to 4 p.m. Mon-Fri.

A guide to cannabis and tobacco consumption in Rocky Mountain House

As per the federal Cannabis Act, provincial regulations and the Cannabis and Tobacco Consumption Bylaw 2018/35V.

Multi-family housing

Landlord and tenant agreements and condo bylaws should address tobacco and cannabis consumption in rental and shared housing.

Parks and recreation

No cannabis or tobacco within 5 metres of the property line of any park, playground, skatepark, trail or recreational facility.

Public buildings and facilities

No cannabis or tobacco consumption within 5 metres of a door, window or air intake of a public building or workplace.

Private property

Adults may grow up to four cannabis plants per household. Keep cannabis products away from children.

Respect

Obey the law. Be courteous of your neighbours.

Retail stores

Cannabis stores are regulated by the Alberta Gaming and Liquor Commission.

Adults only

You must be 18 years old to buy, possess or consume cannabis or tobacco products.

Vehicles and RVs

No passenger or driver may consume cannabis in any vehicle at any time. Cannabis-impaired driving is a crime.

Food and drink

Cannabis edibles and beverages are illegal under the federal Cannabis Act.



KidLit!



For English Language Learners

If English is not your first language and you have children ages 0 - 6 years old, come and have fun with us.

- Stories
- Songs
- Learning activities
- English language, reading and writing skills



Join us at the Evergreen Parentlink Centre
Mondays. 10:00 a.m.—11:30 a.m.
October 21 - December 16
Facilitator: Monique Sedlar



Help Your Child with Homework

Parent/Child Math and Language Arts Classes are
FINALLY Here!

Do you struggle to help your child with homework?
Can't remember how to write a "proper" paragraph?
Does homework cause arguments or stress in your house?

Bring your child and work through the skills together.

Learn Together Grow Together

Math Skills

Tuesdays.
4:00 pm - 5:30 pm
Cost: \$20 for 9 weeks.

Fall Session:
October 22 - December 17, 2019

Winter Session:
January 28 - March 31, 2020

Language Arts Skills

Wednesdays.
4:00 pm - 5:30 pm
Cost: \$20 for 9 weeks.

Fall Session:
October 23 - December 18, 2019

Winter Session:
January 29 - April 1, 2020

Fractions

Spelling

Count Money

Language Arts and Math Study Groups

If you are looking at taking the GED Prep class or exams but need a refresher on the basics of Math and English, these courses are for you.

Math
Tuesdays
2:00 pm—3:30 pm
October 22 - December 17
\$20



Language Arts
Wednesdays
2:00 pm—3:30 pm
October 23 - December 18
\$20

Please call the office if you are interested in building your skills!

Did you know we do Exam Invigilation?

Online or Written

If you need help with...

- Requesting an exam
- Exam Proctoring
- A test rewrite

We can help you.

Exam Invigilation fee is \$40 per test.
Call to set up your appointment for test time.



Most programs and services are
made possible with funding support
from Alberta Advanced Education.

Workplace and Essential Skills Training

- Basic math, reading and writing skills
- Resume writing, interview, managing change, marketing your skills
 - Find a job online
- All books and materials are free



Date: October 8—November 29
Time: 9:00 a.m. - noon
 Tuesdays, Wednesdays, Thursdays

When you are finished this course you should have the skills to:

- ✓ Face a job interview with confidence
- ✓ Create and update a strong resume
- ✓ Enter a GED prep course
- ✓ Take the next step towards your future

GED Prep Course

Instruction in basic math, reading skills, writing skills, social studies and science. Delivered via Google Classroom. Students receive a High School Equivalency Diploma which is recognized by most employers and may serve as a prerequisite for further training. Cost: \$300.



*You may qualify for Alberta Works
 Part-time Studies grant to cover
 training.*

Class: Tuesdays, Wednesdays and Thursdays
 5:00 p.m.—8:00 p.m.

October 1 — December 12, 2019

GED final exam dates: December 17 & 18

Tests will be written in

Rocky Mountain House.

Books, Instruction and Exams are all included.

New Futures:

This 2 week workshop includes:

- | | |
|-------------------------------|------------------------------|
| • Job Transition | • Resume Development |
| • Current Job Market | • Marketing Yourself |
| • Change Management | • Financial Basics |
| • Priorities and Goal Setting | • One-on-One Career Services |
| • Career Planning | |



Weekdays
 9:00 a.m.—4:00 p.m.

Cost: Free

Upcoming Start Dates:

- October 28, 2019
- December 9, 2019

The Province of Alberta is working in partnership with the Government of Canada to provide employment support programs and services.

New at Rocky Learning Centre...

Social Media for Success

Organizations depend more and more on social media for promotion.

Jo(e) is here to help you:

- Get the most out of your advertising dollars
 - Find your next customers/clients
- Learn how to use the major social media platforms
- Discover who is where, and why you should be there too



Social Media Inc.

October 3 - Social Media Psychology and Content Strategy

October 10 - Intro to Facebook (Business)

October 17 - Facebook Business Page

October 24 - Facebook Ads Manager

November 7 - Instagram for Business

November 14 - LinkedIn

November 21 - Twitter for Business

\$75/session

\$65/session if you pick 4

\$55/session if you attend all seven

Thursdays

1:00 p.m. - 3:00 p.m.

Rocky Learning Centre

4934-50 Street

Back by Popular Demand...

NOW ON
WEDNESDAYS

Tech Bytes

Bring your lunch ● Bring your device ● Use our laptop

Third Wednesday of Every Month Open Device Time

Bring in your device or laptop and ask the questions
you have been needing answered.

12:00 p.m.—1:00 p.m.

Cost: \$5.00

Please call our office to register

Smartphones ● Tablets ● Laptops

SafeCheck® Food Safety Certification

This program allows participants to learn about food safety, and prepares learners for the certification exam. Those who successfully complete the exam will receive their certificate within minutes of completion via email.

October 22, 2019

March 10, 2020

May 12, 2020



Time: 9:00 am—3:00 pm

Location: Rocky Learning Centre

Delivery: Online, Facilitated

Cost: \$68.00

Must pre-register 2 weeks before class date
Limited seating available



Mondays and Wednesdays

5:00 p.m. - 7:30 p.m.

2 Classes Cost: \$30

Fall Session: October 16 - October 21

Winter Session: January 27 - January 29

In this course you will learn the basics of:

- ? Creating a Gmail account
- ? Managing account settings
- ? Intro to Gmail
- ? Google Drive
- ? Using a waffle board?
- ? Intro to Docs
- ? Practice using a Chromebook



Mondays and Wednesdays

6:00 p.m. - 8:30 p.m.

3 Classes Cost: \$45

Fall Session: October 23 - October 30

Winter Session: February 3 - February 10

In this course you will learn the basics of:

- ? Google Calendar
- ? Setting meetings through Google
- ? Advanced Gmail and more Docs
- ? Using Google Sheets
- ? Google Hangouts and Forms
- ? Google Slides and Sites



The Classics...

E-mail: info@rockyclc.ab.ca

Location: 4934-50 Street (Old Provincial Bldg)

Hours: Monday-Thursday: 8:30am-4:30pm

Friday: 8:30am - 12 noon

- ♦ Call soon to put your name on Interest Lists
- ♦ Let us know other classes you are interested in taking. We may be able to customize.
- ♦ Classes may be cancelled 2 weeks prior to start date if there are insufficient registrations.

Our office opens September 3th - We'll be at the "Wellness Fair" Thursday, Sept 5th.
**PLEASE REGISTER FOR YOUR CLASS AS SOON AS POSSIBLE—DON'T WAIT TILL THE LAST MINUTE
AS CLASSES COULD BE CANCELLED**

INTRO TO BOOKKEEPING

Learn about debits & credits; assets & liabilities; account categories; general ledgers; sub-ledgers; accounts payable & receivables, etc.

Pre-requisite to taking "Sage Accounting- Level 1".

Wednesday/Thursday. 7:00—9:30pm

Cost: \$150

Fall Dates: Oct 9—Oct 17. 4 Sessions

Winter Dates: Feb 5—Feb 13. 4 Sessions

SAGE ACCOUNTING- LEVEL 1

Covers the basics of general ledgers, payables, receivables, payroll, reconciling bank statements, and creating/printing financial reports. *Prerequisite:* good keyboarding skills & knowledge of bookkeeping basics.

Pre-requisite to "Sage Accounting Level 2".

Wednesday/Thursday. 7:00—9:30pm

Cost: \$250

Fall Dates: Nov 6—Nov 14. 4 Sessions

Winter Dates: Feb 26—Mar 5. 4 Sessions



SAGE ACCOUNTING- LEVEL 2

Continue learning - setting up data files; customized settings; handling banking /credit cards, foreign currencies, security, budgets, projects and inventory; and additional payroll features.

Prerequisite: good keyboarding skills & "Sage Level 1".

Wednesday/Thursday. 7:00—9:30pm

Cost: \$250

Fall Dates: Nov 27—Dec 5. 4 Sessions

Winter Dates: Mar 18—Mar 26. 4 Sessions

MICROSOFT WORD 2016 LEVEL 1

Learn how to create and edit documents, save, open or close documents, apply formatting options, set tabs and indents, change the view mode, manipulate text using copy, cut and paste. You will also learn how to preview and print.

Cost: \$150

Fall Dates: Sept 30—Oct 8. 4 Sessions

Monday/Tuesday. 6:30-9:00pm

Winter Dates: Feb 7—Feb 14. 2 Sessions

Fridays. 9:00am—3:00pm

MICROSOFT EXCEL 2016 LEVEL 1

Learn basic commands and functions of this spreadsheet program for lists, budgets, inventories and more. Create worksheets, format data, enter simple formulas, use functions and produce charts.

Cost: \$175

Fall Dates: Oct 22—Nov 5. 5 Sessions

Monday/Tuesday. 6:30-9:00pm

Winter Dates: Feb 28—Mar 13. 3 Sessions

Fridays. 9:00am—3:00pm

MICROSOFT POWERPOINT 2016

Learn how to use this presentation software package to create and manage professional presentations. Prepare slides with text, illustrations and graphics, learn how to use slide masters and animation, and how to set up your slideshow. *Prerequisite:* Competent in Word.

Cost: \$125

Fall Dates: Nov 12—Nov 19. 3 Sessions

Monday/Tuesday. 6:30-9:00pm

Winter Dates: Mar 27 - Apr 3. 2 Sessions

Fridays. 9:00am—3:00pm

2020

Management Skills for Supervisors

**Presented by
Red Deer College**



Are you new to a supervisory role, looking to launch your career into management or refresh your current skills?

This new program will encourage students to develop or refine existing leadership skills, necessary for a successful career in management.

- **Flexible delivery in Rocky Mountain House**
- **Eligible for funding through the Canada Alberta Job Grant**
- **Four dynamic and interactive sessions covering key aspects of supervision**

For more Information

Rocky Learning Centre
Campus Alberta Central
4934-50 St, Box 2037
Rocky Mountain House, AB
T4T 1B5
403.845.3276
rockyclc.ab.ca

To Register:
403.357.3663 | 1.888.886.2787

Management Skills for Supervisors Certificate

Feb 4 - Mar 12	Wed	8:30 am - 4:30 pm	\$1000 + GST
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School of
Continuing Education



Volunteer Tutor Program

Be the difference in someone's life today!

Volunteer Tutors Wanted!

- ✓ Free training
- ✓ Meet new people
- ✓ Experience different cultures
- ✓ Develop professional networks
- ✓ Gain experience for your resume
- ✓ Support important community issues

Fall Tutor Tea

Welcome back to our current and returning tutors. Meet our new tutors or come find out if tutoring is the right fit for you.

Date: September 11, 2019

Time: 9:30 a.m.—12:30 p.m.

Tutor Training Workshop

If you have decided to take part in our Adult Tutor Program, this is a one day workshop to train our tutors.

You will learn about learners who are left brain or right brain, different learning styles and how to use different learning styles in a tutor session.

Date: Thursdays, September 12 & 19

Time: 6:00 p.m.—8:30 p.m.

Introduction to Culture and Communication

Join us for an intercultural communication workshop where participants will explore:

- Ideas about culture
- Understand the way values can drive cultural behaviours
- Practice new cross-cultural communication skills
- Get connected to further resources

Date: September 17, 2019

Time: 9:30 a.m.—3:00 p.m.

*Join the **Rocky Learning Centre** team of **volunteers**. Every moment is worth it when you see a student begin to dream beyond what they knew to be possible.*



We need your help!

Contact us about becoming a Board Member

Our mandate is to provide quality and affordable life-long learning opportunities in our community.

Please call the Rocky Learning Centre to find out how you can help!

Canada

Alberta

Campus Alberta Central

YOUR COLLEGE CONNECTION

**Rocky Learning
Centre**

403.845.3276

GET YOUR COLLEGE EDUCATION IN YOUR OWN COMMUNITY!

campusalbertacentral.com

Red Deer College Programs

Online Delivery with local support

- Administrative Professional Certificate
- Business Administration Diploma
- Early Learning and Child Care Certificate
- Early Learning and Child Care Diploma
- Educational Assistant Certificate
- Management Certificate
- Management Skills for Commercial Kitchens
- Pre-Health Sciences Certificate
- University Transfer courses

Olds College Programs

Online Delivery with local support

- Accommodation Guest Services Certificate
- Accommodation Management Certificate
- Agricultural and Heavy Equipment Technician Certificate
- Beef Cattle Production Certificate
- Cannabis Production Program
- Pre-Apprenticeship Exam Training
- Rural Finance and Entrepreneurship Certificate
- Tourism Business and Services Management Certificate
- Veterinary Medical Receptionist Certificate

Community Programs

Check the website for start dates and locations

- Health Care Aide Certificate
- Heavy Equipment Operator Certificate
- Practical Nurse Diploma

IN PARTNERSHIP



QuitCore - tobacco reduction group education- QuitCore is a FREE group support program that provides Albertans (18+) with the tools and skills they need to quit using tobacco for good. The program consists of six 90-minute sessions over.

- Tuesdays at 6:30pm beginning September 17, 2019

Happiness Basics 7 week group class – Learn 17 skills you need to live a happier life. Our empowering Happiness Basics program will help you understand how happy people think and what they do to create happiness.

- Wednesdays at 2pm beginning September 18th - RMH
- Also available for team building by request. 4 or 7 weeks

Foot Care - group education - healthy feet start with properly taking care of them. This class offers advice of daily foot care, what to do about foot pain, how to treat common problems and how to purchase new shoes/work boots. 2 hours

- Thursday, October 10th at 1:30pm - RMH
- Monday, December 16th at 9:30am - RMH

For Winter classes contact the PCN in late Autumn.

For Alberta Healthy Living Group Education classes

<https://www.albertahealthservices.ca/zones/Page13886.aspx>

Or call the PCN 403-845-3050



For more information or to register for a class or program please call 403-845-3050 or stop by 4809 47th Avenue, Rocky Mountain House between 9am and 12pm or 1pm and 5pm, Monday to Friday.

Prescription to get

Active- 90% of all Canadians are not moving enough. Let us help you get more active with this unique prescription. Talk to your family doctor at the Rocky Medical Clinic or Rocky Primary Care Network healthcare team member. You can take your prescription to any of our participating recreation facilities for free access and support.

Self referral or by Rocky Medical Clinic/PCN Provider	Referral by Rocky Medical Clinic or PCN Provider
Tobacco Reduction	Insulin Start
Screening and Prevention Panel Management	Blood Pressure Clinic
Happiness Basics	Lower Limb Assessment
QuitCore	Anticoagulation Management
Foot Care Education	Chronic Disease Management
Maternity Care Program	Minor Surgery
Well Women Pap Clinic	Nutrition Counselling

WHY UNITE?

Together our organizations will continue to provide excellent services to our athletes by taking advantage of each organizations strengths.

United we will continue to work towards fostering a life long commitment to fitness and healthy living through the sport of **GYMNASTICS!**

SAMANTHA BUSS DANCE INSTRUCTION

Independent Dance Training

Samantha trains all dance disciplines with her main focus on ballet, contemporary, and modern.

Samantha's currently training under highly qualified professionals from the contemporary dance industry out of Toronto and Vancouver. She is also involved in a semi professional dance company.

Her vast knowledge and experience has lead her to teach others, with dedication, commitment and professionalism.

Samantha's goal is to provide a positive enriching and nurturing environment for all her students, to learn create and improve.

Flippin' Out Programming

Recreational

CanGym Beginner
CanGym Intermediate
Teen Gymnastics
Tumble Development
Advanced Tumble Development
Parkour Ages 6-9
Parkour Ages 10-14
Birthday Bookings
Private Bookings

Competitive

JO 1-2 **ASK HOW TO
LOWER YOUR
ATHLETE'S FEES**
JO 3 **BY BECOMING A
FUNDRAISER**
JO 4 **SUPPORTER**
JO5+

Rocky Flipz Programming

Recreational

Gymtunes Preschool
All Ages Morning Drop in
Home School Gymnastics
Active Start Mini's
Active Start Ad- **FUNDRAISING
CAN BE**
vanced Mini's **OPTIONAL
ASK US HOW**
Kinder Gym
Tumbling Tots



WEB PAGES are currently under construction.
Please like our **FB pages Flippin' Out and Rocky Flipz gymnastics and preschool** for the most up to date information and FALL PROGRAMMING SCHEDULES



Flippin' Out

Text (403)844-3854 or Phone (403)844-7897
www.flippinoutgymnastics.ca

Rocky Flipz

Phone (403)844-8487
www.rockygymnastics.com



Westland Dance Co.

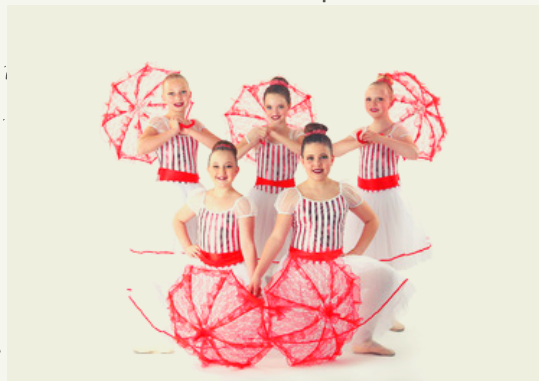
2019/2020 SEASON

How to Register:

Email us at:
westlanddanceco@gmail.com
 Or go to our website at
westlanddanceco.com

What we offer:

Competitive and Recreational classes including:
 Jazz, Tap, Ballet, Hip hop, Acro-dance, Variety,
 Lyrical, Creative Movement, First step, Second
 steps, Tiny Tappers, All boys hip hop, Musical
 theatre, Tiny Tumblers, Adult classes, Irish dance,
 Parent and Tot, Booty barre, 12 week classes for all
 ages and so much more!



ROCKY

Figure Skating Club



On-line Registration: <https://rockyfsc.uplifterinc.com>

STARSKATE FALL ICE **SEPT 9TH — OCT 4TH 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Open 9 4:00 PM - 6:00 PM	10	Open 11 4:00 PM - 6:00 PM	12	Open 13 4:00 PM - 6:00 PM
Open 16 4:00 PM - 6:00 PM	17	Open 18 4:00 PM - 6:00 PM	19	Open 20 4:00 PM - 6:00 PM
Open 23 4:00 PM - 6:00 PM	24	Open 25 4:00 PM - 6:00 PM	26	Open 27 4:00 PM - 6:00 PM
Open 30 4:00 PM - 6:00 PM	October 1	Open October 2 4:00 PM - 6:00 PM	October 3	Open October 4 4:00 PM - 6:00 PM
October 7 Winter Programming Begins				

WINTER ICE **OCTOBER 7TH - MARCH 20TH, 2020 TENTATIVE**

Monday	Tuesday	Wednesday	Thursday	Friday
Open StarSkate 4:00 PM - 5:00 PM 15 min Stroking Included CanSkate 5:00 PM - 5:45 PM StarSkate Off-Ice 6:00 PM - 7:00 PM	Hockey CanSkate 4:15 PM - 5:00 PM PreStarSkate & Group Star 1 & 2 5:00 PM - 6:00 PM Open StarSkate 6:00 PM - 7:00 PM	Open StarSkate 4:00 PM - 5:00 PM 15 min Stroking Included CanSkate 5:00 PM - 5:45 PM Open StarSkate 6:00 PM - 7:00 PM	Pre-Can Skate 2:00 - 2:30 PM <u>OR</u> 2:30 - 3:00 PM CanPower 4:15 PM - 5:00 PM PreStarSkate & Group Star 1 & 2 5:00 PM - 6:00 PM	Open StarSkate 4:00 PM - 5:00 PM 15 Mins Stroking Included Open StarSkate 5:00 PM - 6:00 PM

Open sessions are for StarSkate level skaters - those who have completed CanSkate and PreStar.

Star Skate Hours will be \$210 + \$40 One time Skate Canada Fee



Northern Crossing Music & Drama Society

2019-2020 Season



2019 Christmas Choir

Come and share and experience our 2019 season! Past, present and future members welcome! For ages 14+

First rehearsal Monday, September 16, 2019
Ecole Rocky Elementary
McCabe Room 6:45pm

Deadline for joining choir October 7, 2019
Rehearsals Mondays 6:45-9:15pm

Performance Dates: December 11 & 12

For more information call:
Bobbi-Jo Douglas: 403-844-4850
Alita Hermay: 403-845-5016



Northern Crossing Children's Choir

We are seeking a children's choir director and piano accompanist
For more information please email
northerncrossing@telus.net



We are excited to announce our Spring Musical

**CALLING AUDITIONS
ON STAGE AND OFF STAGE
TO TAKE PART IN**

MONTY PYTHON'S SPAMALOT

A new musical *lovingly* ripped off from the motion picture
MONTY PYTHON and the Holy Grail

SPAM is a registered trademark of Hormel Foods, LLC, used with permission here

Oct. 7 & 8, 7-9PM @ Memorial Presbyterian Church 5108 50TH ST

Cast of 30 age 16+ (2-4 parts 14+)

All skill levels and talents. Questions? Give us a call!

Jesslyn 403-845-9790 or Shea 403-844-3143

Northern Crossing's Annual General Meeting

September 16, 2019 6:45pm
Ecole Rocky Elementary McCabe Room
Rocky Mountain House
Bylaw review, update & vote



Fee Schedule for September to May - 2019/2020

Registration/Dancer \$25	Membership/Family \$10
45 minute Ballet Technique	\$100/year
60 minute Ballet Technique	\$120/year
30 minute classes	\$140/year
45 minute classes	\$160/year
60 minute classes	\$180/year
75 minute classes	\$200/year
Adult Classes	\$180/year
Costume Rental	\$25/costume

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4:00—4:30	4:00—5:00	4:15—5:00	3:45—4:30
Creative Movement	Jazz 2/3	Hip Hop 1	Pre-Competitive
4:30—5:30	5:00—6:15	5:00—5:45	4:30—5:15
Lyrical 2*	AcroDance 2*	Tap 1	Jazz 1
5:30—6:30	6:30—7:15	6:00—7:00	5:15—6:00
Ballet Technique	Musical Theatre*	AcroDance 1*	Ballet 1
6:45—7:30	7:15—7:45	7:00—7:45	6:15—7:00
Pointe*	Hip Hop 3	Hip Hop 2	Ballet Technique
7:30—8:15	7:45—8:30	7:45—8:30	7:00—7:45
Ballet 3	Tap 3	Tap 2	Ballet 2
8:15—8:45	8:30—9:30	8:30—9:15	7:45—8:30
Contemporary*	Jazz 4	Adult Class	Lyrical 1*

EARLY Registration Night Wednesday, August 28 2019 4:30 PM – 6:00 PM Caroline Dance West Studio	Fall Registration Night Wednesday, September 4 2019 3:00 PM – 7:00 PM Caroline Complex	Fall Registration Night & Wellness Fair Thursday, September 5 2019 2:00 PM – 8:00 PM Lou Soppit Community Centre, RMH
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FREE "BACK TO DANCE" CLASSES DURING REGISTRATION (August 28th)

- The above schedule may change based upon registration.
- *Classes require prerequisite classes
- A class may be cancelled if minimum enrolment is not met and times may be adjusted.
- Fundraising is kept to a minimum and simple to achieve. Volunteer hours are available or pay a bond.
- Studio Rental available

Chantelle Foesier 403.846.0175

treasurer.carolinedancewest@gmail.com



This year with the Summer Masters Games coming to Rocky Mountain House August 22-25, the Rocky Curling Club will be hosting the Masters Doubles Champions, and opening early. We will also be offering several fun items to our list of activities before our regular curling season commences after Thanksgiving.

FALL INFORMATION:

- **SWEEP & SWING BONSPIEL:** September 6-7-8. For registration & information on this curling and golf event, contact Brady Gabert: Cell 403-846-8062, or email bgabert12@gmail.com
- **LEARN TO CURL:** September 11-12-13, 7:00-9:00 p.m. For information & Registration contact Vicky Shaw: 403-846-3353, or email vickywestlund@hotmail.com.
- **OPEN FALL LEAGUE:** 6 weeks Tuesday evenings 7:00-9:00 p.m. starting September 3 until October 8. For registration and information contact Vicky Shaw 403-846-3353, or email vickywestlund@hotmail.com
- **JUNIOR PRE-SEASON LEAGUE:** 4 weeks Wednesday evenings 7:00-9:00 p.m. starting September 18 until October 10. For information and registration contact Trisha Datema 403-895-1450, or email trishadatema@yahoo.ca
- **JUNIOR COMPETITIVE BONSPIEL:** September 20-21-22. For information and registration contact Carrie Stewart 403-847-8239, or email cdams@telus.net
- **ROOKIE LEAGUE:** 4 weeks Thursday evenings starting September 19 until October 10. For information and registration contact Devin Knopp 403-846-8282, or email devin.knopp@gmail.com
- **STURLING BONSPIEL:** September 27-28. For registration and information on this 2 person, non sweeping event, contact Grant Macgillivray 403-846-7699 or email g.r.macg@gmail.com

CLUB INFORMATION

- **AGM:** Wednesday September 11, 2019 @ 7:00 p.m. in Extra end Lounge

LEAGUE REGISTRATION: Wednesday September 25, 2019 7:00 p.m. in Extra End Lounge. Most leagues are \$130.00 each and we offer a discount of 10% when you register in two or more leagues.

- Monday Ladies 10 a.m. - 12 p.m.
- Monday Men's League: 7 – 9 p.m. / 9 – 11 p.m.
- Tuesday Ladies League: 7 – 9 p.m. / 9-11 p.m.
- Wednesday Town & Country League: 10 a.m. – 12 p.m. / 1 – 3 p.m.
- Wednesday Men's League: 7 – 9 p.m. / 9 – 11 p.m.
- Thursday Sturling League: 9:30-10:30 a.m. / 10:30 – 11:30 a.m. / 1:30 – 2:30 p.m.
- Thursday Mixed League: 7 – 9 p.m. / 9 – 11 p.m.
- Friday Morning ½ league or Full league: 10 – 12 p.m.
- Friday Mixed Doubles: 7-9 p.m.
- Junior program Monday's and or Wednesday's 5:00-6:00
- Junior competitive program with coaches: Tuesday's and Thursday's 5:00-6:00

Our mission:

To promote, facilitate, and grow the sport of curling for all ages in and around the Rocky area, with emphasis on sportsmanship and healthy communities.

ROCKY RUSH CHEERLEADING CLUB



find more info and
register on our website!
rockyrushcheer.com



FALL PROGRAMS AVAILABLE:

Tiny (Ages 3-6) - 10week sessions

1.5 hours/week (two 45min practices) this group is just for fun! This is a great activity for a young athlete that likes to jump, tumble and dance!

Mini (Ages 7-8)

2 hours/week (two 1hr practices) and compete at 2 competitions in Alberta

Youth (Ages 9-11)

3 hours/week (two 1.5hr practices) and compete at 3 competitions in Alberta

Junior (Ages 12-14)

3 hours/week (two 1.5hr practices) and compete at 3 competitions in Alberta

Senior (Ages 15-18)

4 hours/week (two 2 hr practices) and compete at 4+ competitions in Alberta

PRACTICE SCHEDULE: MONDAY & WEDNESDAY

(Practice times to be confirmed once team placements have been finalized)

contact us for more info and pricing: info@rockyrushcheer.com

Rocky Trail Blazers Rec Hockey League

Open for ages 5-18 (as of December 31, 2019)
Season runs from October to beginning of March



Registration OPENS April 15, 2019

Registration CLOSES September 15th OR when teams are full

(Your child will not have a spot on a team until registration payment is received)

To register, find us on Facebook for the link (Rocky Mountain House Trail Blazers Rec Hockey) or email the registrar.

For any questions, please email Becky Doroshuk at registrar.trailblazer@gmail.com

Small Business Loan Solutions and Entrepreneur Training Centre



At Community Futures we offer loan solutions and business development services that are purpose built for rural Alberta. We offer flexible loan criteria and options to help you start a new business, buy a business, open a franchise, expand into new markets, invest in technology, give your business a facelift and help young entrepreneurs get their first loan.

We also offer Entrepreneur Training in a variety of topics, including QuickBooks Online. Find the current offerings on our website and social media.



Follow us on Facebook for news, training, updates and more!



@CFCentralAB

5013 49 Ave, Red Deer AB T4N 3X1
403-342-2055 central.albertacf.com



The Teachers: Our award winning teachers offer a stimulating and inviting program for preschool children. They have diplomas in Early Childhood Development as well as training and experience with special needs, speech education, and autism.

The Program: A learn-through-play program which enhances gross motor skills, socialization, and self-esteem through school activities and community fieldtrips. The curriculum includes an introduction to the basic concepts of letters, numbers, sequencing, and science to ready children for school. PUF funding is also available for children with special needs.

We are a provincially licensed, non-profit organization that has been providing exciting and fun learning opportunities to 3 and 4 year old children in our community for over 35 years.

We now offer online registration through our new website! Please visit www.cookiejarpreschool.ca to register today!

Registration for the 2019/2020 school year is currently open. Contact us for more information.

Registrar – Melodie Peacock 403-846-0521
Cookie Jar Preschool 403-845-7600
www.cookiejarpreschool.ca



Bantam Division Born in 2004, 2005, and 2006 (Cannot be in Grade 10)

PeeWee Division Born in 2007 or 2008 (12 & under as of January 1/19)

Atom Division Born 2009, 2010 or 2011(10 & under as of January 1/19)

2019 Season

August 26, 2019 6 pm – 8 pm at the football field

For further information please contact:

Doug Laut, President at 403-846-3522 or rebelsfootballpresident@gmail.com

Andy OpdenDries, Vice-President at 403-418-5204 or rebelsfootballvp@gmail.com

Visit our website, www.jrrebelsfootball.ca, for further information about our association and access registration and other important documents. Be sure to check out our Facebook Page (Rocky Junior Rebels) for more upcoming information.

Football Day - September 7th. All 3 teams will be playing, times TBD. Look for details on our Facebook Page and the radio. Come on out and support our Rocky Jr. Rebels Football teams or even bring the kids to check it out and see if they want to give it a try.



Rocky Mountain House

Speed Skating Club

For Information Contact:
Gail Krabben 403-846-7968

Visit Us at the
Fall Registration Night
Thursday, Sept. 5 • 2-8 p.m.
Lou Soppit Community Centre

FAST IS FUN!

Sept. 17, 2019, to Mar. 19, 2020
Bunch Arena

Tuesdays & Thursdays

Advanced 4:30 - 5:30
Beginner 5:30 - 6:15
Intermediate 6:15 - 7:15

Annual Fees

Beginner:

1 Day/Week \$375
2 Days/Week \$500

Int./Adv.

1 Day/Week \$400
2 Days/Week \$550

Speed Skate Rental \$75
Volunteer Bond \$75/family

Discounts available for families of 3 or more

rockymtnhousespeedskatingclub.weebly.com

NEW!

Introductory Program
Half Season
2 Days/Week \$250
Sept.-Dec. or
Jan.-Mar.

What's **GREAT** about Speed Skating?

- Skaters are encouraged to develop their skills in a positive environment where personal bests are celebrated!
- Skaters of all abilities are welcome
- An excellent alternative for those who like to skate, but don't want to play hockey or figure skate
- Individual sport - no commitment to team game schedules
- Participation in meets is voluntary ... make it as competitive as you want!
- Minimal equipment required: rent skates from the club, supply your own helmet, knee pads, shin pads, neck protector and gloves

**Ask about our 2-week
FREE TRIAL!**



Immanuel Lutheran Playschool

5236—54 Street Rocky Mtn. House

Our Teacher: Amy Davis

- ✎ Diploma in Early Childhood Education with over 16 years experience
- ✎ Experience working with children with disabilities
- ✎ Certified First Aid/CPR

Contact: (403) 845-2063

Email: immanuel Lutheran playschool@gmail.com

Website: www.immanuel Lutheran playschool.weebly.com

No Fundraising

✎ Learn through play in a Christian environment:

- Christ centered
- Learning to love and accept others
- We are all unique and wonderfully made

✎ PUF: Program Unit Funding is available

✎ Tuition assistance is available

✎ Sibling Discounts



Twisted Sisters Riding Academy

Equine Canada & NCCP Certified and Insured

We offer riding programs for all ages and levels. Learn to ride, sharpen skills, attain EC rider levels in English or Western disciplines, or just fulfill a dream!

We have a great selection of lesson horses to fit a wide variety of riders!

6 Week Group Lesson Sessions
Private Lessons Available
Ladies R & R
Half Lease Program
Boarding for Your Equine Partner

Phone: 403 844-0962
 E-mail: twisted sisters ra@gmail.com



LIKE US ON FACEBOOK



Courage, Strength & Loyalty
Are taught from the heart of a horse!

PARTNERS IN WELLNESS MASSAGE WORKSHOP



Couples Massage Workshop is a great way to escape from the daily hustle and bustle, slow down and spend quality time reconnecting with your partner and rediscovering your own place of peace and sense of well being. Sharing massage allows couples to experience the nurturing, relaxing, rejuvenating benefits of massage with one another. In this 2 -hour workshop, couples will learn basic, easy-to-follow massage techniques and the proper way to use pressure to avoid weariness in your hands. This class is designed for couples, but other pairs of friends are always welcome--everyone loves massage!

SEPT 26 OCT 11 & 24 NOV 7 & 22 JAN 16 & 31 FEB 14 & 27

CLASS FEE: \$150/couple

***Massage receipt available for insurance**

THIS IS A PRIVATE CLASS! REGISTRATION REQUIRED

Please call or text 403-846-5509 or email myowellnessmassage@telus.net

www.myowellnessmassage.ca

Drop-in Indoor Soccer

October to March

Ecole Rocky Elementary

Tues / Thurs

-Times and age groups TBA

-COACHES needed please email:
rockyknightsoccerclub@gmail.com

if you are interested in being a
guest or regular coach

Watch:

Facebook, Team Snap or our website

<http://www.rockyknightsoccer.ca>

For registration



AGM: October 8th 2019 6:30 pm

Subway room

Many board positions open

Come Join our Club!



2019-2020 Registration

Visit mycatholicsschool.ca to register online for:

St. Matthew Catholic School
Pre-Kindergarten - Grade 8

5735 - 58 Street
Rocky Mountain House
Phone: 403-845-2836
www.stmatthewcatholic.ca

St. Dominic Catholic High School
Grade 9 - Grade 12

5502 - 50 Street
Rocky Mountain House
Phone: 403-845-5313
www.stdominicschool.ca



/StMatthewRMH



/StDominicRMH

Classes start on September 3, 2019.



THE ROCK

Youth Centre



Contact info

email : His.theRockdi@gmail.com
office hours: Tuesday 10:30-12:00; Thursday 1:30-3:00
or by appointment
see our FACEBOOK page for latest events

Rental facilities

games/meeting area, upstairs sitting space, food prep room ...
birthday parties, family celebrations, sport team wind-ups,
team-building events, corporate functions,
training/seminars ...

Activities

ping-pong, foosball, air hockey, shuffleboard,
pool table, x-box, big screen and projector ...



4304 49th St. RMH
403 845 2425

PosterMyWall.com

Break-through Burn-out

Kalina White

Burn-out Specialist,
Certified Coach
and 2019 Award Winning Boss Lady



Are you setting yourself up for burn-out:

- Tired but afraid if you stop you will drop?
- Complain that there is never enough time?
- Dream having an abundance of energy and balance?
- Is it possible you a burn-out babe?

Take Back Your Life!

Allow yourself a complimentary session with Kalina

Message Kalina at 403.844.3680 or KalinaWhiteCoaching@gmail.com

Kalinawhite.com

IN:Kalina-White / FB:Kalina White Coaching / Instagram:@kalina.white.coaching

FINANCIAL LITERACY WORKSHOPS

Tuesday evenings 6:30pm – 8:00pm at the Rocky Learning Centre



No cost. Call the Rocky Learning Centre to register 403.845.3276



Fall 2019


September 10 th	Building a Healthy Credit History
October 8 th	Being Debt Smart
November 12 th	Credit Cards & Prepaid Cards
December 10 th	Government Retirement Tips and How to Apply

Winter 2020

January 14 th	RRSP's & TFSA's
February 11 th	Introduction to RESP's
March 10 th	Identity Theft & Fraud Prevention
April 14 th	Loans: Costs and Obligations
May 12 th	Home Readiness: Finding the Right Home

Join us and gain some knowledge without ties to any products or services. We want you to be empowered to make informed financial decisions about your money.





Immanuel Lutheran PLAYGROUP

Wednesdays 9:30am - 11:30am
2nd week of September until the end of May

- Come join us for free play time
- Play with your child in an engaging environment
- Parents are responsible for their children at all times

Immanuel Lutheran Church
5236 54th Street

Use back alley entrance



CLASSES

- five week "intro to pottery" class
- Spring session (mid February to mid March)
- Fall session (mid September to mid October)

*pre-requisite to becoming a Guild Member

26th ANNUAL CHRISTMAS CRAFT SALE

November 16, 2019
10 am-4 pm
Lou Soppit Community Centre
Everything hand crafted

FREE ADMISSION
(Food Bank Donation Appreciated)

follow us on facebook for more information

WANTED

Class Instructors
Painting, Pottery,
Textile. And so much more...

[f Rocky Arts Crafts Guild](https://www.facebook.com/RockyArtsCraftsGuild) [✉ rockyguild@outlook.com](mailto:rockyguild@outlook.com)

Rocky Mountain House Museum



"STEP INTO THE PAST!"

Open Year-Round For Your Enjoyment!

September - May: Mon. to Fri. 9-5 p.m.

June - August, extended hours

Phone: 403-845-2332 | Fax: 403-845-7666

rmuseum1@telus.net www. rockymuseum.com

Volunteers Welcome!



*Group tours for schools, homeschool or seniors, phone for rates.

*Self-guided tours, with individual rates.

*Museum School programming, call Jean-Marie for details.

*Rocky Museum Gift Shop: books, souvenirs, gifts.



Begin Your Journey...

*Commercial kitchen rental.

*Meeting room rental with projector:
great for conferences, meetings, birthday parties, baby showers & family gatherings!



As ROCKY MUSEUM

Need A Fresh Start?

Donna's "Beginner" Bootcamp



**NEED TO GET OFF THE COUCH? OVERWEIGHT?
OUT OF SHAPE? THIS IS THE CLASS FOR YOU!**

Who? Anyone is welcome. Options for all levels

What? Fun & Challenging Group Fitness Class

When? Mon & Wed 5:15 - 6:15 pm

Where? Location TBA

Why? Cause you know you need it!

\$9 class if you register or \$15 Drop In

donnasbootcamp.com

Donna Stewart, AFLCA
over 30 years experience
(403) 322-4901

Community

Digital Board

Advertise your next community event, free of charge. Open to all non-profit organizations. All content must be submitted digitally. Contact us for more information.

guestservices@rockymtnhouse.com

403.845.3720

Recreation & Community Services
Town of Rocky Mountain House



FREE Introductory Dance!

A Taste of SQUARE DANCE & DESSERT

**7pm THURSDAY
OCTOBER 3rd**

**4939 – 52nd Street
Rocky Mountain House**

For Singles & Couples - No Experience Needed

Season starts October 10th

Join ANY Thursday @ 7pm Cost \$9/Evening

Marilyn 403.845.5490

Hosted by Rocky Whirlaways Dance Club

- ★ Variety of Music from Country to Rock
- ★ FUN! Laughter Active
- ★ New Friends
- ★ Easy as Walking
- ★ Casual Dress

**Discover a
GREAT
Dance
Experience!**



Caroline Playschool Society

Phone: 403.722.3918 Email: carolineplayschool@gmail.com

Location: Caroline Community HUB 5103 – 48 Avenue, Caroline, AB

Alberta Early Learning and
Child Care Centre

\$25 a-day Child Care

Monday to Friday 6:00am – 6:00pm

Ages: 19 months to 5 years

Year Round, Full-time, Part-time and

Drop-In Schedules Available

Licensed, Pre-Accredited Programs

Provincial Child Care Subsidy Available

Preschool Mornings

September to June 9am – 11:30am

Mon/Wed or Tues/Thurs

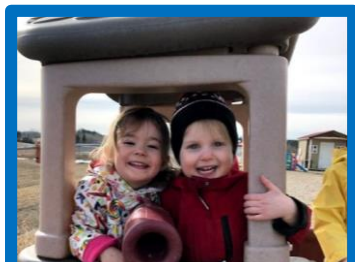
Preschool Group (3-5 yr olds)

Toddler Group (1.5-3 yr olds)

\$100/month 2 mornings

\$50/month 1 morning

Limited Spaces – Register Early



Our child-focused, play-based program follows **Flight**: Alberta's Early Learning and Care Framework, (@ www.flightframework.ca).
"Children's play is central to this curriculum framework as an active, exploratory, creative, expressive process, deeply embedded in children's everyday experiences and through which children participate in, learn about, and actively make sense of the world."

HUB Kids Out of School Care

5 to 12 year olds

Before/After School Care

6am – 8:30am & 3:15pm – 6pm
\$7/hr



We believe in helping children tap into their personal interests and talents.



PD Days & School Breaks

Monday to Friday

6am – 6pm \$35/day

Limited spaces - Register ASAP

Licensed, Accredited Program
Provincial Child Care Subsidy Available

TO REGISTER Phone: 403.722.3918

Email: carolineplayschool@gmail.com

Location: 5103 – 48 Avenue, Caroline, AB

We do cool stuff!!



Spring & Summer Program Guide

Available **March 17, 2020** Advertising Deadline - February 24, 2020



Advertising Inquires - 403.845.3720 ▪ guestservices@rockymtnhouse.com

Halloween Haunted House

Hosted by the Kinette Club of Rocky Mountain House

Wednesday, October 31, 2019

5:00 PM - 8:00 PM

Lou Soppit Community Centre

Family event for all ages

More details to follow





The
Ravines
AT PARK AVENUE

TIME • CHOICE • FREEDOM

CHRISTENSON

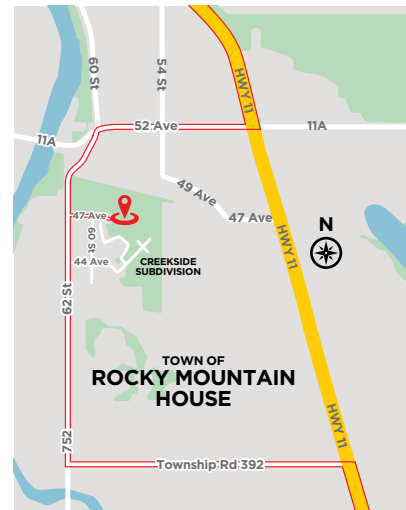
Enjoy **Retirement Living**

with optional **Meals & Care Services**

Experience full independence in a vibrant community that offers social and recreation programs. The **Ravines at Park Avenue** offers a full range of optional services designed to enhance our residents' lifestyles.

Visit Us Today

5810-47 Avenue, Rocky Mountain House, AB;
or phone **403-596-9044.**



ChristensonGroup.ca





Fitness Centre ▪ Two Indoor Ice Surfaces ▪ Meeting Rooms ▪ Child Minding Space
 ▪ Curling Rink ▪ Lounge ▪ Recreation & Community Services Office ▪
 Clearwater Regional FCSS Office



CHRISTENSON
 SPORTS & WELLNESS CENTRE

403.845.3720

guestservices@rockymtnhouse.com

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