



Town of High River Community Programs

REGISTRATION: Programs are offered through three Town of High River Community Services departments: Recreation, Culture, and Parent Link. There are 4 easy ways to register for these programs. **In Person:** at the Bob Snodgrass Recreation Complex, the High River Culture Centre, or the Parent Link Centre. **Online:** at www.highriver.ca (convenience charge will apply). **By Mail:** please make cheques payable to the appropriate Town of High River department (Recreation or Culture) and mail to 309B Macleod Trail SW, High River, T1V 1Z5. **By Phone:** with a credit card, call 403-652-4042 (Rec Plex), or 403-652-8633 (Parent Link Centre). Please direct all inquiries to the appropriate department. **Note:** Register early to avoid disappointment - classes may be cancelled due to insufficient registration.



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Aquatic Programs

There are 4 easy ways to register for High River Aquatics Programs:

In Person: at the Recreation Complex

By Phone: with a credit card call 403-652-4042

On Line: <http://townofhighriver.recware.com>

By Mail: 309 B Macleod Trail S, High River, AB, T1V 1Z5

Pool Annual Shut Down Sep 6 – Opening TBA

Recertification is available. Call for more details.

Red Cross Swim Lessons

Various levels and times available

M-W

Tu-Th

Sa

Recreation Complex

AM

PM

AM

Teen Swim

\$3.50

F

Recreation Complex

7:30-8:30PM

NEW!

Adult Lessons

NEW!

From non swimmer to stroke improvement we can teach it all

\$6

T-Th

Su

Recreation Complex

10-11AM

10:30-11:30AM

Free Public Swim

Free

Su

Year Round

Recreation Complex

2-5PM

Red Cross Standard First Aid/CPR/AED Level C

This Canadian Red Cross certification is designed to cover all minor and major first aid concerns. The basic Rescuer CPR (C) covers Adult/Child/Infant cardiovascular emergencies and also two-rescuer CPR. New to the SFA/CPR is an AED certification

Session 1 2 Classes

\$120

Sa

Oct 22

Su

Oct 23

Recreation Complex

9AM-5PM

9AM-5PM

Session 2 4 Classes

\$120

T-Th

Nov 15, 17, 22, 24

Recreation Complex

6-10PM

Bronze Medallion

This lifesaving course provides training and knowledge in water rescue, physical fitness, resuscitation skills, judgment and decision making. Candidates must 13 yrs of age or older.

Session 1 3 Classes

\$153.70

F

Oct 14

Sa

Oct 15

Su

Oct 16

Recreation Complex

5-9PM

9AM-5PM

9AM-5PM

Bronze Cross

This Lifesaving course will teach candidates how to respond in complete water rescue situations and develop skills for teamwork and safe aquatic supervision. Candidates must have completed Bronze medallion.

Session 1 3 Classes

\$153.70

F

Nov 4

Sa

Nov 5

Su

Nov 6

Recreation Complex

5PM-5PM

9AM-5PM

9AM-5PM

Assistant Water safety Instructor (AWSI)

This course focuses on how to effectively plan and teach the Red Cross Swim Program. The course will show you how to deal with instructional emergency response skills, stroke development, drills and corrective strategies.

4 Classes \$259.70

M-W

Oct 17, 19, 24, 26

Recreation Complex

6PM-10PM

National Lifeguard Service (NLS)

Recognized as the standard measure of lifeguard performance in Canada, NLS education is designed to develop a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude toward the role of the lifeguard.

6 Classes \$275.00 Recreation Complex
 F Nov 25 & Dec 2 6-10PM
 Sa & Su Nov 26, 27 Dec 3, 4 9AM-5PM

Arena Program (Drop-In)

For days and times of all arena programs, pick up a weekly schedule at the Recreation Complex or call the info-line at 403-652-4041.

There are 4 easy ways to register for High River Arena Programs:

In Person: at the Recreation Complex

By Phone: with a credit card call 403-652-4042

On Line: <http://townofhighriver.recware.com>

By Mail: 309 B Macleod Trail S, High River, AB, T1V 1Z5

Please Note: all registration deadlines are one week prior to the start of the course. Register early to avoid disappointment-classes may be cancelled due to low enrollment

FREE public Skate Sundays 2-3PM

Public Skate

For everyone! All ages, abilities and levels welcome.

Parent and Tot Skate

Come an skate with your little on in this family friendly environment

Adult Skate Drop-In

Come out and enjoy skating in a adult only atmosphere. This is a drop-in, non-instructed program. Check weekly schedule for times.

Shinny Drop-In

No time to play on a hockey team or just want a little extra practice? Every weekday the Recreation Complex offers this great opportunity to strap on the blades and play for fun. Helmets are mandatory. Check weekly schedule for times

Ladies Shinny Drop-In

Hockey is not just for guys! Ladies play too! Sharpen your skates and enjoy Canada's winter sport! Helmets are mandatory. Check weekly schedule for times

Adult Rec. Hockey Drop-In

Want more ice time? Drop in for some scrimmage time! The more the merrier so bring a friend! All equipment is mandatory to participate. Check weekly schedule for times

* For Youth Learn to Skate or Recreational Hockey please see the Youth Programs section of High River Community Programs

* For Adult learn to skate, please see the Adult Programs section of the High River Community Programs

Adult Programs

Painting

Watercolours for Beginners – ALL Ages

NEW!

This class is an opportunity to learn basic watercolour techniques as well as discover a looser painting style. We will explore a variety of techniques to create different effects and outcomes

8 Classes \$125 High River Culture Centre Main Studio
 T Sep 27-Nov 15 1-4PM

Mixed Media Art

NEW!

Learn techniques and get advice to encourage you to try and think outside the box. Artwork is most beautiful is not necessarily the painting that mimics real life, but is the painting that emulates moods, tells a story or is simply just fun to create.

1 Classes Level 1 \$50 High River Culture Centre Main Studio
 Su Sep 18 10AM-4PM

1 Classes Level 2 \$50 High River Culture Centre Main Studio
 Su Oct 16 10AM-4PM

1 Classes Level 3 \$50 High River Culture Centre Main Studio
 Su Nov 20 10AM-4PM

Watercolour Edges Workshop

NEW!

Level: Beginners - Intermediate+. Learn how to incorporate various edges into our artwork by painting several different subjects using only the elements necessary. Edges are an important principle to master for professional looking work. Some review on wash techniques & water control. For complete materials & supplies info please contact Darlene at 403-536-8926 email: darnic.perzan75@gmail.com

3 classes \$75 High River Culture Centre
 W Oct 5-Oct 19 1-4PM

Acrylic Techniques: Beginner - Intermediate

NEW!

Basic techniques for any style or subject such as: blending, layering, wet into wet, wet on dry, gradation, use of transparent & opaque pigments, brushes, mediums & water. Learn basic elements & principles of design. Please contact Darlene for materials info: 403-536-8926 darnic.perzan.75@gmail.com

3 classes \$75 High River Culture Centre
 M Oct 17-Oct 31 1-4PM

Acrylic Landscapes & Seascapes: Intermediate

NEW!

Using info from Techniques course we'll paint a landscape & a seascape & learn about what colors work best for each element, brush techniques, review basics of elements & principles & as always.... problem solving! Please call or email Darlene for complete materials info: 403-536-8926 darnic.perzan.75@gmail.com

6 Classes \$150 High River Culture Centre
 M Nov 7-Dec 12 1-4PM

Intermediate Watercolour

For Watercolourists who want to continue developing and Building on skills and techniques for painting landscapes and seascapes. Various techniques will be studied and some composition and value principles will be reviewed. Registrants must have their own supplies. Artist grade paint and paper only please. Instructor: Darlene Perzan

6 Classes \$140 High River Culture Centre
W Oct 26-Nov 30 1-4PM

Arts & Crafts

Christmas Penny Rug

NEW!

Penny Rugs are not used on the floor in spite of their name- they are more like a centerpiece for your table. Learn this technique while making Christmas Theme Penny Rugs suitable for one-of-a-kind gifts or to enhance your home during the holidays.

Instructor: Kerry Leslie

2 Classes \$80 High River Culture Centre
Sa Oct 15 & 22 10AM-4PM

Fabric Manipulation

NEW!

Learn techniques suitable for enhancing your art quilts or mixed media projects including the use of Tyvek, Texture Magic, Angelina fibres, stamping on fabric, lace dying, velvet embossing, encrusted beading stitch and more. You will be making samples in this class. Instructor: Kerry Leslie

1 Class \$45 High River Culture Centre
Sa Nov 5 10AM-4PM

Beginner Surface Embroidery

This class will teach the basic stitches of surface embroidery. Outline and stem stitch, chain stitch, detached chain (lazy daisy) stitch, French knots and more. After working on either an embroidered pillowcase or embellishing a piece of clothing in class, you will have the basics to continue on your own.

Instructor: Kerry Leslie

1 Class \$45 High River Culture Centre
Sa Nov 12 10AM-4PM

All-Occasion Card Making

This favourite class is one you won't want to miss! Create 8 – 10 handmade cards including Birthday, Thank You, Anniversary, Wedding, Baby, and more! Materials provided by instructor Jenny Jones.

1 Class \$40 High River Culture Centre Main Studio
M Nov 14 6:30-9:30PM

Face Care

Learn to craft your own face care regime with natural and rejuvenating ingredients. Create a spot treatment, a gentle facial cleanser, a botanical facial toner, a night treatment oil, a caffeine roll on stick and a day cream full of vitamins and nutrients! Instructor Maureen Oliver from Soap & More.

1 Class \$40 High River Culture Centre Main Studio
Sa Oct 29 1-3PM

Lotions, Potions, and Body Butters

Is winter weather making your skin uncomfortably dry? Learn how to craft lotions, creams, and body butters using the best ingredients like shea and mango butter. Potions portion of the workshop involves essential oils to feed and treat the skin. Revitalize and nourish your skin. Instructor: Maureen Oliver, Soap & More.

1 Class \$60 High River Culture Centre Main Studio
Sa Oct 29 10AM-2PM

Beginner Crazy Quilting

Learn the basics of the Victorian art of Crazy Quilting while making a one of a kind Christmas stocking. This beginner level course will teach you how to piece crazy patch as well as create embroidered seam treatment and simple motifs. Instructor: Kerry Leslie

1 Class \$45 High River Culture Centre
Sa Dec 3 10AM-4PM

Party at the Pool!!

High River

PARTY FOOD PACKAGES
available at the Town of High River - Concession
Bob Snodgrass Recreation Complex

Preferred Party Packages
starting at only \$50.00 for 6 guests

Extreme Party Packages
+ Awesome Add-On's are available

We can also Custom Build your package based on your ideas and tailor make your request to fit your needs.

Contact Jackie or KaiCee - at 403-652-4042 ext 3514
or email kpratch@highriver.ca.

Sogetsu Ikebana

Japanese Sogetsu Ikebana uses fresh flowers and plant materials to express the beauty of nature, emphasizing line, rhythm, space and harmony. Express your creativity and bring home two beautiful pieces and some new floral arrangement skills. Bring a lunch. Materials fee payable to instructor Keiko Otsuki.

1 Class \$60 High River Culture Centre Main Studio
Sa Dec 10 10AM-4PM

Fitness & Health

All classes 10% off when you register for 2 or more of programs in this category

Triple Threat Training

NEW!

September is the perfect time to get back into the swing of things. Kick start your fall with Triple Threat Training. This outdoor class has it all, cardio, strength and flexibility! This three week program is three times a week, three different instructors, three times the results!

9 Classes \$85 Recreation Complex
M-W-F Sep 19-Oct 7 6-7PM

Double Duty Training

NEW!

If three times a week sound like a bit of a stretch, try our Double Duty program. It offers the same great workouts as our popular Triple Threat Training, but runs twice a week instead!

8 Classes \$75 Recreation Complex
Tu-Th Sep 13-Oct 6 6-7PM

Yoga Fusion

This lunchtime class is a great way to keep your balance though your busy week! A combination of Yoga poses, athletic stretches and core work make this a great way to spend your break. Elongate and strengthen your muscles with exercises that focus on stabilizing techniques to improve balance, flexibility and strength.

8 Classes \$50 Recreation Complex
M-W Sep 19-Oct 17 12:05-12:50PM
M-W Oct 19-Nov 14 12:05-12:50PM
M-W Nov 16-Dec 12 12:05-12:50PM

Bellies, Buns & Thighs

Make your lunch hour work for you! Bellies, Buns and Thighs works all those hard to tone areas. The focus is on abdominals, hips, glutes and thighs followed by a relaxing stretch. Instructor: Jody Hipkin

8 Classes \$50 Recreation Complex
Tu-Th Sep 20-Oct 13 12:05-12:50PM
Tu-Th Oct 18-Nov 10 12:05-12:50PM
Tu-Th Nov 15-Dec 8 12:05-12:50PM

Nia Technique

Nia is a true form of fusion fitness that combines the dance arts, martial arts and healing arts to create purposeful movement. Nia strengthens muscles, improves muscle tone and increases muscle definition. Another wonderful benefit of Nia is that it calms the mind, relieves stress and increases grace, flexibility and endurance. Instructor: Trish Seitz

12 Classes \$130 Highwood Memorial Centre
Tu Sep 13-Nov 29 7-8PM

All Level Yoga - Beginner/Intermediate

This multi level class is slower paced and will focus on simple postures, meditation, and Pranayama (mindful breathing). Designed for beginner as well as those who want to develop a basic yoga practice. Participants are encouraged to work at their own level. Bring water, comfy clothes, blanket (optional), and mat. Instructor: Colleen Gehrke.

Session 1 12 Classes
\$140 High River Culture Centre
W Sep 14-Nov 30 7-8:45PM

Zumba Gold

NEW!

Zumba Gold is the lower impact, easy to follow Latin-inspired dance fitness-party that keeps you in the groove of life. For beginners to older, active adults, the music uses dance moves and rhythms from Cumbia, Salsa, Merengue, and more to make you forget you are exercising and having fun at the same time. Instructor: Heather Andrews

10 Classes \$100 Recreation Complex
W Sep 28-Nov 30 6-7PM
W & F Sep 28-Oct 28 9-10AM
W & F Nov 2-Dec 7 9-10AM

High River Line Dancers . . .

STEPPIN' FUN

. . . just for the "Health" of it

<p>Mondays Sept 12-Dec 12 No classes Oct 10, 31</p> <p>Fridays Sept 16-Dec 16 No classes Nov 4, 11</p>	<p>Beginner Class 5:30 – 6:30 Ongoing Beg Class 6:30 – 7:30 Intermediate Class 7:30 – 8:30 Beginner Class 9:30 – 10:30 Ongoing Beg Class 10:30 – 11:30</p>
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Dance for 1 hour \$84, 1 ½ hours \$108, 2 hours \$121

To Register call: Margaret 403-652-3818 or Helen 403-652-7545

Belly Dance

Belly dance is an excellent way to get exercise and is a gentle and natural workout for the whole body, especially the core. Suitable for women of any body-type or age, it is also wonderfully expressive. Wear close-fitting but comfortable clothing and prepare to have fun! Instructor: Ellysia Perry.

12 classes \$100 Foothills Tae Kwon Do
W Sep 21-Dec 7 12-1PM

Zumba

This unique Latin-inspired international music and dance step fitness class is designed to create a dynamic, unique, exciting, and effective fitness system. Feel the music and movements in this dance group exercise. Any age and fitness level welcome – learn and dance at your own pace! Instructor: Cattleya Devine.

12 Classes \$120 Joe Clark School
Th Sep 22–Nov 24 6:30–7:30PM

Total Body Workout

Tone up, gain strength and improve your cardiovascular endurance. This work out combines cardio, hand weights, resistance bands and body weight exercises for a great all over workout that gets results. Get a discount if you sign up for Tuesdays and Thursdays!

10 Classes \$85 Recreation Complex
Tu Oct 11-Dec 13 7:30-8:30PM
Th Oct 13–Dec 15 6-7PM
Th Oct 13–Dec 15 7:30-8:30PM

Cardio Blast

NEW!

This class torches calories and builds lean muscle! Focusing on simple routines and choreography keeps this interval cardio, athletic and exciting. Increase endurance, agility and strength in Cardio Blast with 15 minutes warm-up, 30 minutes of highs and lows to boost fat burning systems, followed by 15 minutes of strength and cool down. Instructor: Shilo Peirce

8 Classes \$65 Recreation Complex
Sa Oct 15-Dec 10 9:30-10:30AM

Body Toning

This low impact work out is designed to tone and strengthen your whole body. A great mix of cardio, strength and mat work. Get a discount when you register for Monday and Wednesday!

8 Classes \$65 Foothills Tae Kwon Do
M Oct 17-Dec 5
W Oct 19-Dec 8 7:30-8:30PM

I Fusion

Lengthen and strengthen with this amazing resistance band workout. Resistance bands combine tone, strength, and flexibility for a great “all in one” workout. This is a low impact class with high impact results! Instructor: Jody Hipkin

8 Classes \$65 Recreation Complex
M Oct 17-Dec 5 6-7PM

Cardio Kickboxing

Kick your cardio into high gear with this awesome non-contact cardio work out that allows you to punch up your fitness. Jody will keep you motivated while you work everything from your head to your toes! Instructor: Jody Hipkin

8 Classes \$65 Recreation Complex
Tu Oct 18–Dec 6 6-7PM

Beginner Step

NEW!

This class is targeted for beginners, though all levels are always welcome. This class is a medium intensity cardio workout focusing on simple step routines and choreography. For anyone who has never stepped before, this class is a good way to learn the language and basics of step aerobics. Instructor: Shilo Peirce

8 classes \$65 Recreation Complex
M Oct 24-Dec 12 7:30-8:30PM

Strip-A-Size

This is an amazing new workout! Unleash your inner diva while getting a great workout! Tone and firm your body while having fun! Don't worry you keep your clothes on! Instructor: Shannon Bargetzi

8 classes \$65 Recreation Complex
W Oct 26-Dec 14 7:30-8:30PM

Sport & Recreation

Parent and Child Tae Kwon Do

A great way to get the whole family active! This family friendly learning environment is great for beginners and beyond! This course focuses on the fundamentals of Tae Kwon Do and is taught by Joyce Woodson of the Foothills Tae Kwon Do Academy

6 Classes \$45/Pair Foothills Tae Kwon Do
W Oct 12-Nov 16 6:30-7:30PM

Self Defence

Participants learn street awareness, how to avoid and escape potential situations and how to disarm an attacker. With our town and surrounding area growing why wait? This course is taught by Joyce Woodson of the Foothills Tae Kwon Do Academy. All ages are welcome!

1 Class \$45 Foothills Tae Kwon Do
Sa Nov 26 12-4PM

Family Sport Night

Keep active this winter in a relaxed family setting with Family Sport Night! We play a different sport each night, everything from Badminton to floor hockey! All minors must be accompanied by an adult. Please bring indoor shoes.

10 Nights \$50/Family Joe Clark School
Tu Sep 27–Nov 29 6-8PM

Men's Basketball

Come shoot some hoops and scrimmage with the guys on Tuesday nights. This is a great way to keep active and have fun! Please bring indoor shoes.

10 Nights \$25 Joe Clark School
Tu Sep 27–Nov 29 8-9:30PM

Adult Learn to Skate

This class is for anyone who is a beginner skater or wants to brush up on their skating skills. This class will focus on the basics of skating, helping you to feel comfortable and confident on the ice.

8 Classes \$67 Recreation Complex
F Oct 14–Dec 9 1-1:30PM

Fishing Rod Building

Build your own rod! You can pick whether you want to build a spin rod or a fly rod, pick your color, thread and style. Materials are not included in the price and will vary depending on what you choose (\$120-\$200).

3 Classes \$60 Fly's Etc
Sa Nov 5, 12, 19 12-3PM

Fly Tying

Learn how to make five different kinds of flies to catch that elusive fish. All tools, materials and instruction are provided by Fly's Etc.

1 Class \$45 Fly's Etc
Sa Nov 26 12-3PM

Adult Co-ed Recreation Volleyball

This is a great program to join if you are looking for some exercise and fun! This is a non-competitive league. To register or for more info contact info Shauna Cuff 403-601-1702 email cuffs@fsd38.ab.ca, Glen Murray 403-861-8533 email gwmurray1@hotmail.com or email hrcrv@hotmail.com Individuals or teams are welcome.

21 Games Senator Riley (No games on holidays)
F Sep-Mar 6:45-7:45PM

General Interest

Crystal Healing Workshop

Learn how to clean and clear your crystals, set up crystal grids, and clear your chakras and how one can incorporate the use of crystals into healing practices and daily lives. Be intuitively guided through exercises with crystals. Optional purchase of crystal kit from instructor, Kim Buckler (Reiki Master and Intuitive). This is a certification course.

1 Class \$105 High River Culture Centre
Su Sep 25 9:30AM-4PM

Conversational Spanish - Beginner

Learn to speak conversational Spanish in a comfortable classroom setting. Basic dialogue will be taught at a beginner level. This is a fantastic course for those planning to travel in Europe or South. Instructor: Arlette Raban.

Session 1 10 Classes
\$65 High River Culture Centre
Tu,Th Sep 27-Oct 27 12:05-12:55PM

Session 2 10 Classes
\$65 High River Culture Centre
Tu,Th Nov 1-Dec 1 12:05-12:55PM

Conversational Spanish - Beginner

Learn to speak conversational Spanish in a comfortable classroom setting. Basic dialogue will be taught at a beginner level. This is a fantastic course for those planning to travel in Europe or South. Instructor: Elizabeth Zevallos

10 Classes \$90 Ecole Joe Clark School
Tu Oct 4–Dec 6 7-8PM

Introduction to Healing Techniques

You will learn about Chakras and how to heal them with techniques such as hands on healing, relaxation Exercises and some interesting healing techniques from ancient Latin American traditions.

1 Class \$45 High River Culture Centre Main Studio
Sa Oct 22 9AM-2PM

Tarot Reading

Introduction to the principles of Tarot, the path of the Arcanas. You will be taught how to interpret each card and help you to see what you can learn from them.

1 Class \$65 High River Culture Centre
Su Nov 13 9AM-4PM

Building Your Intuition Workshop

This workshop is for the beginner who would like to learn more about how to build on their own personal intuition. Several methods will be discussed, journaling will be encouraged, a lot of practice will take place during class. Also learn how to do a mini-reading for others. Bring a lunch. Instructor: Kim Buckler (Reiki Master and Intuitive).

1 Class \$85 High River Culture Centre Main Studio
Sa Nov 19 9:30AM-4PM

Usui Reiki Workshop Level 1

Learn the history of Reiki and energy work. You will be shown how to clear chakras, learn 3 symbols, receive the level one attunement, work with your own intuition, and do a full treatment. This is Level 1 of a certification course. Bring a lunch. Instructor: Kim Buckler (Reiki Master and Intuitive).

1 Class \$150 High River Culture Centre Main Studio
Sa Nov 26 9:30AM-4PM

Usui Reiki Workshop Level 2

NEW!

Learn about long distance healing, and how it can be applied. Learn the long distance healing symbol, receive an attunement, practice long distance healing and do a Reiki treatment in the class. This is Level 2 of a certification course. Bring a lunch. Instructor: Kim Buckler (Reiki Master and Intuitive).

1 Class \$150 High River Culture Centre Main Studio
Su Nov 27 10AM-3PM

Movies: The Classics and the Genres.

Movies are a powerful tool of entertainment from Hollywood to Bollywood. The Star system, the pioneers, the producers, the directors and the genres that made it possible and what we know of the movies today. Why a movie is called a classic and how those movie days helped to build what Hollywood is today.

1 Class \$65 High River Culture Centre
Su Dec 4 9AM-4PM

Couples Reflexology Workshop

Learn how reflexology can promote good health and relaxation, and how the meridians flow through the body and where each is located on the foot. Booklet and chart are provided as a guide for treatments. Each person receives a full one-hour treatment from their partner. Instructor: Kim Buckler (Reiki Master and Intuitive).

1 Class \$70 per couple High River Culture Centre Main Studio
Su Dec 11 1PM-4PM

Youth Programs

Zumbatomic

NEW!

Zumbatomic classes are rockin' high-energy fitness-parties packed with specially choreographed kid-friendly routines with music kids love to groove to, like hip-hop, reggae ton, cumbia and more.

10 classes

6-8 yrs \$50 Recreation Complex
M Sep 26-Dec 12 4-4:45PM
No class Oct 10 or Nov 14

9-12 yrs \$50 Recreation Complex
M Sep 26-Dec 12 5-5:45PM
No class Oct 10 or Nov 14

Doodle Media Mania (8yr+)

Learn the process of turning your doodling into art with all types of Media, not just with crayons. You will create works of art from outside the box that each individual can interpret. Have fun be creative and get out doing something on those Friday P.D. Days.

5 Classes \$50 Culture Centre
F Sep 23, Oct 7 & 28, Nov 25, Dec 9 9:30-11AM

Introduction to Drawing for Girls only (8-10yr)

This course will help your children learn how to draw faces and bodies for their specific age, and can include drawing of doll faces, and girl faces in a cartoon style, and will offer the participant to express their own style.

8 Classes \$75 Culture Centre
Th Sep 29-Nov 17 6:30-7:30PM

Cartoon Drawing (10yr +)

Drawing is the foundation of artistic expression. We will explore tonal value and see how it gives a drawing depth and interest. Students will be shown some compositional tools. We will use charcoal and experiment on newsprint to create an individual interpretation of variety of fun cartoon subjects.

8 Classes \$75 Culture Centre
Th Sep 29-Nov 17 6:30-8:30PM

Parent and Child Tae Kwon Do

A great way to get the whole family active! This family friendly learning environment is great for beginners and beyond! This course focuses on the fundamentals of Tae Kwon Do and is taught by Joyce Woodson of the Foothills Tae Kwon Do Academy

6 Classes \$45/Pair Foothills Tae Kwon Do
W Oct 12-Nov 16 6:30-7:30PM

Active Kids

Don't stay at home on those Fridays off? Come down to the Recreation Complex and have some fun! We will do lots of fun activities to keep you moving and energized! Group games, sports and more!

5 Classes \$50 Recreation Complex
F Sep 23, Oct 7 & 28, Nov 25, Dec 9 1-3PM

Recreational Hockey

This extremely popular program allows youths an opportunity to play this great winter sport. Instructors will lead them through drills and scrimmages. Please note the different age groups. Full equipment is required.

Ages 6-8 yrs \$147 Recreation Complex (Small Arena)
F Oct 14-Mar 9 3:45-5:15PM

Ages 9-12 yrs \$147 Recreation Complex (Large Arena)
F Oct 14-Mar 9 3:45-5:15PM

Ages 13-17 yrs \$147 Recreation Complex (Large Arena)
Tu Oct 18-Mar 13 4-5:30PM

Kinder Recreation Hockey (4 -6 yrs)

This program is geared for kindergarten kids who want some after-school hockey fun. This program provides the basics about hockey, and is focused on fun! We provide the sticks and pucks, helmets and face guards are mandatory. Warm thick mitts are recommended.

8 Classes \$67 Recreation Complex
W Oct 19-Dec 7 4:30-5PM

Learn to Skate (3yrs +)

Participants learn the fundamentals of skating in a fun and encouraging setting. Helmets are mandatory. Please state the level of the participant and the preferred time when registering.

8 Classes	\$67		Recreation Complex
M		Oct 17-Dec 12	9-9:30AM
M		Oct 17-Dec 12	9:35-10:05AM
M		Oct 17-Dec 12	10:10-10:40AM
		(No class Nov 14)	
Tu		Oct 18-Dec 6	9-9:30AM
Tu		Oct 18-Dec 6	9:35-10:05AM
Tu		Oct 18-Dec 6	10:10-10:40AM
Tu		Oct 18-Dec 6	3:50-4:20PM
Tu		Oct 18-Dec 6	4:30-5PM
W		Oct 19-Dec 7	4-4:30PM
W		Oct 19-Dec 7	4:35-5:05PM
Sa		Oct 22-Dec 17	8-8:30AM
		(No class Nov 12)	
F		Oct 21-Dec 9	1:35-2:05PM
F		Oct 21-Dec 9	2:10-2:40PM

Self Defence

Participants learn street awareness, how to avoid and escape potential situations and how to disarm an attacker. With our town and surrounding area growing why wait? This course is taught by Joyce Woodson of the Foothills Tae Kwon Do Academy. All ages are welcome!

1 Class	\$45		Foothills Tae Kwon Do
		Sa Nov 26	12-4PM

Pre-School Programs

Pre-School Gym, Sports & Fun

This program is 3 yrs to 5 year olds. We will keep them active and busy while teaching numbers, colours, and letters. We do lots of fun games and activities and use a variety of equipment from hula-hoops and balls to balloons and bean bags!

6 Classes	\$40		Recreation Complex
M		Sep 19-Oct 31	9:30-10:15AM
		(No class Oct 10)	
Th		Sep 22-Oct 27	9:30-10:15AM
F		Sep 23-Oct 28	3:45-4:30PM
M		Nov 7-Dec 19	9:30-10:15AM
		(No class Nov 14)	
Th		Nov 10-Dec 15	9:30-10:15AM
F		Nov 4-Dec 16	3:45-4:30PM
		(No class Nov 11)	

Music for Movers and Shakers

NEW!

Get ready for some singing, moving, and shaking! Through this active music/movement class, children develop musical skills and a foundation for the enjoyment of music. Children (and their grown-ups!) will sing, move, play simple percussion, hear instruments, dance, begin to develop music literacy, and read musical stories.

8 classes			
Ages 1-2 yrs (parented)	\$45		Recreation Complex
		Tu Sep 27-Nov 15	9:30-10AM
Ages 2-3 (parented)	\$45		Recreation Complex
		Tu Sep 27-Nov 15	10:15-10:45AM
Ages 3-5 (unparented)	\$55		Recreation Complex
		Tu Sep 27-Nov 15	11-11:45AM

Preschool Art (3-4yr parented)

NEW!

Let your children explore colours, shapes and patterns. They will have a blast playing with different media such as crayons, paint, markers and fabrics. Not only will they meet friends and be creative but it gives them a taste of a class room setting. Dress for messy play time.

8 Classes	\$40		Culture Centre
		Tu Sep 27-Nov 15	9-10AM

Preschool Art (4-6yr unparented)

NEW!

Let your children explore colours, shapes and patterns. They will have a blast playing with different media such as crayons, paint, markers and fabrics. Not only will they meet friends and be creative but it gives them a taste of a class room setting. Dress for messy play time. We will be having game and stretch time so make sure proper shoes are worn.

8 Classes	\$50		Culture Centre
		Tu Sep 27-Nov 15	10-11:30AM

**Registration Forms
on Back Page.**

One form per course please.

Special Events

Clubs and Organizations Round Up

The best way to find out what to do this Fall and Winter!. Community Clubs, sports teams and organizations are set up in the Recreation Complex ready to share information and take registrations. Come see what High River has to offer!

FREE to Attend
 \$20 to book a table for your organization Recreation Complex
 W Sep 7 6-8PM

Alberta Arts Days

There is something for everyone at the Alberta Arts Days celebrations! Listen to live music, participate in hands on arts activities, view art exhibitions, take studio tours, and much more! Brochures and schedules of events are available at the High River Library, Recreation Complex, Town Office and all participating locations. For more information visit, www.culture.alberta.ca/artsdays

FREE Various Locations
 F, Sa, Su Sep 20-Oct 2

Halloween Haunted Maze

The famous High River Haunted Maze is a local favourite. This year it will run Sunday October 30th. Get your costume dusted off and get in the spirit of Halloween. It's a scream!

FREE
 Su Oct 30 2:30-4:30PM

Christmas Craft Fair

With close to 50 vendors there is so much to choose from! This is a great place to pick up gifts for those hard to buy people. The variety of goods is unbelievable. This extraordinary event takes place on Friday Dec 3 from 2PM-9PM and Saturday Dec 4 from 10AM to 3PM at the Highwood Memorial Center. Food Bank donation accepted. Silver Collection at entrance

Donation Highwood Memorial Centre
 F Dec 2 2-9PM
 Sa Dec 3 10AM-3PM

Community Skating Party

A High River Tradition! Bring your family for an afternoon of fun on the ice. Warm up with free hot chocolate and hot dogs. Skating indoors with an outdoor atmosphere is lots of fun for the whole family. Food Bank donations are accepted!

FREE Recreation Complex
 M Dec 12 4-8PM

Health and Wellness Fair

What is Health and Wellness?! It is everything and anything that can make a person feel good mentally, physically or emotionally. This is an excellent way to get to know what is available in High River and the surrounding areas to keep you happy and healthy. Get ideas on what you could be doing for you. Call 403-652-4042 to book your table. \$35 for 8' table.

FREE to attend Highwood Memorial Centre
 Sa Jan 14 12-8PM

Evanescence Gallery and Art Studio

Adult Pottery Classes

Traditionally, pottery was hand-made with coils, molds and slabs. Today these techniques are still used to produce beautiful works of art that are distinctively different from those that are wheel-thrown. Students will learn a variety of hand-building techniques during this six-week introductory course.

Course Fee \$210 plus GST. All class materials are included. Instructor: Stephen Evans

Session One: Tues. Sept. 20 – Oct. 25 7-10PM or Session Two: Tues. Nov. 1 – Dec. 6, 7-10PM

Pottery on the Wheel – Individual Instruction

This eight-week intensive course covers aspects of pottery production and wheel throwing including centering, form development, trimming, decorating and glazing. All materials (clay, glazes and firing) will be included in the cost of the course. This is a hands-on, beginner to intermediate level adult course. Enrolment begins in October. Call for class times and available dates. Course fee \$480 plus GST. Instructor: Stephen Evans

To register phone 403.796.4873 or Email: info@evanescencegallery.com

61 – 8th Avenue SE. High River, AB. www.evanescencegallery.com



Dayna Brentnall

Regional Coordinator

Phone: 403-652-8633

Fax: 403-652-8634

E-mail: dbrentnall@highriver.ca

High River Drop In Hours:

Tuesday: 9am–12pm, -4pm, 4:30-7:30pm; Wednesday: 1-4pm;

Thursday: 9am–12pm, 4:30-7:30pm; Friday: 9am–12pm, 1-4pm;

Saturday: 9am – 12pm

Parent Link Centres are about connecting parents to parents, families to families, and to resources in their community.

Supported by Alberta Children & Youth Services, and the Town of High River, our Parent Link Centre provides support to parents by offering activities and information **FREE OF CHARGE**.

Little Chefs

Have fun preparing yummy snacks with your child as the head chef! Children will love this culinary experience. Please phone 403-652-8633 to register.

4 Classes	Free	High River & District Parent Link Centre
	M	Nov 7–28 1:30-2:30PM

Infant Massage

The gentle art of infant massage will help you build stronger, more loving bonds with your children. Nurturing touch for infants, babies and children has been shown to have many positive benefits, including growth and brain development, sensory integration, colic relief, sleep regulation and enhanced verbal and nonverbal communication. Please phone 403-652-8633 to register.

4 Classes	Free	High River & District Parent Link Centre
	M	Sep 12–Oct 3 1:30-2:30PM

Red Cross Babysitter's Course

This course is designed to provide hands-on learning for boys and girls 11-15 years old and will be completed in one day. This fun, interactive course teaches first aid and safety skills so you can prevent and respond to emergencies. Participants will receive a Red Cross Babysitter's Manual and course completion certificate. Lunch will be provided!

1 Class	\$50	High River & District Parent Link Centre
	Sa	Oct 15 9AM–5PM

Stroller Rollers

Are you looking for a way to get outdoors, meet other Parents and have fun with your child? Stroller Rollers may be just what you are looking for! This group will run Wednesday mornings from 10:30-11:30am. We will meet at the entrance to George Lane Park. For more information call 403 652 8633.

Free	George Lane Park
W	Sep-Nov 10:30-11:30AM

Co-Parenting through Separation and Divorce

This FREE program will give you knowledge and strategies that will help you in facilitating the building of a respectful co-parenting relationship for the sake of your child(ren) and family. Child care will be provided. If you would like more information on this program please call (403) 652 8633.

Free	High River & District Parent Link Centre
M	Nov 7-28 6-8PM
Free	High River & District Parent Link Centre
Sa	Nov 5-26 9:30-11:30AM

Triple P Positive Parenting Program

Every Parent needs a little help sometimes and Triple P can provide this. It can strengthen parents' knowledge, skills and confidence; making you an even more effective parent. Offering parents practical easy-to-use information and support, from simple tip sheets, individual advice to group discussions. Triple P is flexible and adaptable to each family's specific needs. For more information please call 403 652 8633.

Agas and Stages Questionnaire (ASQ)

Do you want to know how your child is developing? This will help you understand where your child is at and the milestones your child will reach in the future. ASQ for children aged 2-60 months, assesses the developmental areas: communication, gross & fine motor skills, problem solving and personal/social skills. What's great about the ASQ? You can take it home! Call us at 403 652 8633 or come in to ask about the Agas and Stages Questionnaire for your child!

Kate Tymstra

FCSS Program Coordinator

Phone: (403) 652-8620

Fax: (403)652-8623

E-mail: ktymstra@highriver.ca

Office: 309B Macleod Trail SW, High River

Office Hours: M-F, 8:30-12pm and 1-4:30pm



Paths of Change

This program is for people between the ages of 13 – 19. The group offers youth a safe place to explore positive ways to express themselves, develop healthy relationships with peers and adults and make positive choices. Supper provided.

8 Classes	Free	High River and District Parent Link Centre
	T	Oct 4–Nov 22 5:30-7:30PM

Money Mentors – Break the Cycle:

Spend Less, Save More

Are you spending more than you intend and saving less than you want? In a world of endless advertising and easy credit, it's getting harder to live within our means and put money away. Luckily there are ways to break the spending cycle and keep more of your money where it belongs... in your bank account.

8 Classes	Free	T.B.A.
	Th	Sep 22 1:30-2:30PM