



Cool Winter Programs!

Winter 2012
Community
Program &
Event Guide





High River Daycare

Exceptional Childcare provided by Exceptional Caregivers.

403-652-3352

Daycare from 8 months to kindergarten

Pre-School for 3 & 4 year olds 2 1/2 hrs every morning

Before & After School for kindergarten to 12 years old

Pick up and drop off at the school

Open 6 am to 6 pm



www.highriverdaycare.com



CHANDOS

Every step of the way, we're here to serve you better.

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Edmonton, Alberta. T6H 2L4
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Calgary, Alberta. T2H 2X2
T: 403.640.0101

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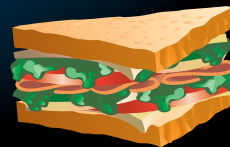
Bob Snodgrass Recreation Complex

Concession

Serving LUNCH & DINNER

From 11:30 am -1:30 pm & 3:30 pm - 8 pm each week day
Saturday & Sunday we open at 8am. Stay in or take out.

For menu contact Silvia at
403-603-3514 or skramer@highriver.ca



CATERING SERVICE'S

Events, meetings, and occasions can range from 5 to over 50 people. Hot/Cold Buffet meals, food trays such as meat, cheese, vegetable, fruit, sandwich & wrap, pastry, snack and combination with a focus on healthy options.

Minimum 3 days notice to ensure quantity and selection.

2012 Sponsors

We would like to say a special THANK YOU to all of our sponsors! Without their support, we would not be able to organize all of your special events throughout the year. Some of the events include Family Day, Easter Egg Hunt, Mini-Sprint Triathlon, Canada Day and Fireworks, Halloween Maze, and Family Skating Party:

2012 Sponsors

A&W 1397

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Tumbleweed Mobile Massage





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*Each section is separated into age categories,
so take a peek at everything!*



Clubs & Associations Contact List

Team Sports

Ladies Slo-Pitch League	Linda	403.652.3268	
Lacrosse Association			www.highriverlacrosse.com
Mens Slo-Pitch League	Sean	403.807.6947	
Minor Basketball	Info Line	403.333.0096	
Minor Soccer	Info Line	403.333.0093	www.highriversoccer.ca
Minor Softball	Henry	403.652.1922	
Minor Baseball	Gary	403.601.9538	www.hrminorball.com
Mixed Slo-Pitch League	Tom	403.601.2238	
Tennis Club	Carol	403.601.6147	www.highrivertennis.ca
Volleyball (Co-ed Rec)	France	403.669.4657	
Volleyball (Ladies Rec)	Candy	403.669.4471	

Gymnastics

Airborne Tumbling & Trampoline Club	Matt	403.689.1399	
Mountain Shadow Gymnastics	Michelle	403.938.0496	

Arena Clubs

Figure Skating Club	Leigh	403.684.3553	
High River Minor Hockey	Brita	403.652.5301	www.hrmha.ca
Fossils Hockey Club (Seniors 55+)	Gord	403.650.9131	
High River Flyers	Errol	403.870.6161	www.highriverflyers.com
Highwood Curling Club	John	403.652.2774	

Swim Clubs

Otters Swim Club	Janice	403.601.6006	www.highriverotters.org
Tiger Swim Club	Corene	403.603.3092	www.tigersswimclub.com
Dolphins Water Polo	Dennis	403.257.8445	www.dolphinwaterpolo.ca
Okotoks Synchro Sea Queens	Joanne	403.938.3945	www.okotokssynchro.com

Dance/Music

Dance Tech Studio	Amanda	403.601.2505	www.dancetech.org
Highwood Highland Dancers	Jacqueline	403.652.5348	
Irish Dance	Ali	403.700.4177	www.bhriomhar.com
	Cait	403.615.8071	www.bhriomhar.com
Recreational Jazz & Tap	Nicky	403.601.4781	nm.avon@telus.net

Martial Arts

Karate Club	Lyle	403.652.7864	
Ninjitsu Martial Art	Owen	403.652.3075	
Foothills Tae Kwon Do	Joyce	403.652.1434	
Taoist Tai Chi Society	Karen	403.652.5759	www.taoist.org





Clubs & Associations Contact List

General Interest Clubs

187 Foothills Air Cadets	Reid	403.601.4052	
Activettes	Linda	403.652.3772	
Aglow	Edna	403.652.7157	403.899.3840
Arts Alive	Valerie	403.684.3045	
Block Parents	Jody/Mary	403.601.2082	createcommunications@shaw.ca
Cowboy Trail Blazers	Murray	403.395.2161	
Foothills Girls Choir	Kaly	403.652.5793	
Foothills Mini-Putt	May thru Sept	403.652.2018	
Foothills Shuffleboard Club	Ken	403.652.7552	
Foothills Youth Foundation	Claudette	403.652.5210	
Friendship Centre	Louise	403.652.1912	
Gems/Cadets	Chrissie	403.601.6117	
Girl Guides	Tracey	403.652.7476	
HB Stetsons	Kate	403.601.9399	
High River Agriculture Society	Bill	403.652.7349	
High River Arts Society	Valerie	403.684.3045	
High River Chamber of Commerce	Lynette	403.652.3336	
High River Fish & Game	Tony	403.652.2202	
High River Handicraft Guild	Irene	403.652.2639	
Highwood Lions Club	Murray	403.652.1651	
Hiking Club	Chuck	403.652.7947	
Hospital Auxiliary	Elsie	403.652.2200	
Junior Achievement Foothills Region	Timmi	403.601.5834	
Kinettes	Krista	403.601.0182	
Kinsmen	Garth	403.650.1022	
Literacy For Life		403.652.5090	
Masonic Temple	Evelyn	403.652.3650	
Masons	Bill	403.601.4772	
Meadowbank 4-H	Sherry	403-684-3505	
Navy League Cadet Corp	Rena	403.652.3819	
Newcomers Club	Danielle	403.652.4548	
Oddfellows Association	Harvey	403.652.1458	
Okotoks BMX Club	Steve	403.585.8389	www.okotoksbmx.com
Order of Eastern Star	Evelyn	403.652.3650	
Rebekah Lodge #139	Sharon	403.652.7122	
Rotary Club	Jack	403.652.4884	
Royal Canadian Legion #71	Marcel	403.652.3770	
Scouts Canada	Susan	403.652.3953	
Sheppard Family Park	Ken	403.652.1128	
Special Olympics	Marianne	403.646.3105	www.sofoothills.com
Welcome Wagon	Angie	403.938.4996	angiepay@telus.net
Windmill Theatre Players	Celia	403.652.7913	www.windmilltheatreplayers.com

Town Directory

Town Office 309B MacLeod Trail SW High River, AB T1V 1Z5 www.highriver.ca Hours: Monday – Friday 8:30am – 4:30pm	403.652.2110
FCSS Office #101, 303 9 th Ave SW	403.652.8620
Bylaw Enforcement	403.601.8696
Bob Snodgrass Recreation Complex 228 12 th 12 Ave SE Information Line Concession Line	403.652.4042 403.652.4041 403.652.4244
Parent Link Centre #106, 303 9 th Ave SW	403.652.8633
Museum of the Highwood 406 1 st St SW	403.652.7156
Operations 640 7 th St NW Hours: Monday – Friday 8:30am – 4:30pm AFTER HOURS 403.652.6353 If no answer 403.603.8143	403.652.4657
Business & Tourism Development #102, 120 – 4 th Ave SW Hours: Monday – Friday 8:30am – 4:30pm	403.652.8622
Fire Department Office Station One :1010 5 th St SE Station Two: 1018 Highland Green Dr. NW	403.652.3774 403.601.2774
Foothills Regional EMS	403.652.3904
Foothills Regional Landfill 5 kms South of Okotoks on Hwy 783 Hours: Monday – Saturday 8:30am – 4:30pm	403.938.5224
High River Centennial Library 909 1 st St SW	403.652.2917



Registration Policies & Procedures

THERE ARE 4 EASY WAYS TO REGISTER FOR HIGH RIVER COMMUNITY PROGRAMS:

1. In Person: at the Recreation Complex (228 12th Ave SE)
2. By Phone: with a credit card call 403-652-4042
3. Online at: <http://townofhighriver.recware.com>
4. By Mail: Town of High River
 228 12 Ave SE
 High River, AB, T1V 1Z5



If you are interested in taking a program you do not see in the Guide OR are interested in instructing a program please call Cynthia Farrow at 403.603.3502.

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.

Cancellation requests will be considered up to 7 days prior to the start date of the program. A \$20 cancellation fee per registration will be applied to each refund. No refund or credit will be issued if withdrawal occurs within one week or after program starts unless for medical reasons (physician's note required). Please allow 2-3 weeks for processing refunds. If the Town of High River cancels a program, you are entitled to a full refund, or you may transfer to another program, space permitting.



Aquatic Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
"Early Bird" Lane Swim Monday - Friday (6:00 am - 9:00 am)						
Aquaerobics Monday - Friday (9:00 am - 10:00 am)						
Swim Lessons Monday - Friday (10:00 am - 11:00 am)					Lane Swim 11:00 am - 1:00 pm	Adult Drop-in Lessons 10:30 am - 11:30 pm
Aquaerobics & Aquajog Monday - Friday (11:00 am - 12:00 pm)				Lane Swim 12:00 pm - 1:30 pm		Lane Swim 11:30 am - 1:00 pm
"Lunch Hour" Lane Swim Monday - Thursday (12:00 pm - 1:00 pm)					School Rental Monday - Thursday (1:00 pm - 3:00 pm)	Family Swim 1:00 pm - 2:00 pm
"Afternoon" Lane Swim Monday - Friday (3:00 pm - 4:00 pm)						Public Swim 2:00 pm - 5:00 pm
Swim Club Time Monday - Friday (4:00 pm - 5:30 pm)					Rental Time	Rental Time
Public Swim 5:30 pm - 7:00 pm	Red Cross Swim Lessons 6:00 pm - 7:30 pm	Public Swim 5:30 pm - 7:00 pm	Red Cross Swim Lessons 6:00 pm - 7:30 pm	Toonie Swim 5:30 pm - 8:30 pm		
Water Polo Club 7:00 pm - 8:30 pm	Aquaerobics 7:30 pm - 8:30 pm	Water Polo Club 7:00 pm - 8:30 pm	Aquaerobics 7:30 pm - 8:30 pm			
"Evening" Lane Swim Monday - Friday (8:30 pm - 9:30 pm)						

Admission Rates:	Single	10 Pass	1/4 Pass	Annual
Child (7 - 17 yrs)	\$3.50	\$31.50	\$64.75	\$233.10
Adult (18+ yrs)	\$5.75	\$51.75	\$109.40	\$393.85
Senior (55+ yrs)	\$4.00	\$36.00	\$79.50	\$286.20
Family	\$12.25	\$110.25	\$239.00	\$860.40
Aquaerobics	\$6.00	\$54.00	\$119.00	\$428.40

Schedule subject to change. Please call our information line for daily schedules at 403-652-4041

FREE PUBLIC SWIM

SPONSORED BY:

Primary Care Network (Calgary Rural)
Your local Family Physicians

Every Sunday from 2 - 5 pm!





Aquatic Programs

Aquatic Programs

RED CROSS SWIM LESSONS

Swim Lessons

Location: Recreation Complex Cost: 1/2 hour \$52.50 1 hour \$63.10

Mon, Wed	Jan 9 - Feb 8	10:00 am - 11:00 am	10 classes
Sat	Jan 14 - Mar 17	11:00 am - 1:00 pm	10 classes
Mon, Wed	Feb 27 - Mar 28	10:00 am - 11:00 am	10 classes
Tue, Thu	Feb 28 - Mar 29	5:30 pm - 7:30 pm	10 classes
Sat	Mar 24 - Jun 2	11:00 am - 1:00 pm	10 classes
Tue, Thu	Apr 17 - May 17	5:30 pm - 7:30 pm	10 classes
Tue, Thu	May 22 - Jun 21	5:30 pm - 7:30 pm	10 classes
Mon, Wed	May 23 - Jun 25	10:00 am - 11:00 am	10 classes

School Break Lessons

Location: Recreation Complex Cost: 1/2 hour \$26.25 1 hour \$31.55

Mon - Fri	Feb 20 - 24	1:00 pm - 3:00 pm	5 classes
Mon - Fri	Apr 9 - 13	1:00 pm - 3:00 pm	5 classes

Adult Lessons

From non swimmer to stroke improvement we can teach it all.

Location: Recreation Complex Cost: \$77.88

Tue - Wed	Year Round	10:00 am - 11:00 am	
Mon - Wed	Year Round	6:00 pm - 6:45 pm	
Sun	Year Round	10:30 am - 11:30 am	Drop-in

Free Public Swim

Location: Recreation Complex Cost: Free

Sun	Year Round	2:00 pm - 5:00 pm	Drop-in
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FIRST AID & CPR

Red Cross Standard First Aid/CPR/AED Level C

This Canadian Red Cross certification is designed to cover all major and minor 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.

Location: Recreation Complex Cost: \$120

Sat, Sun	Jan 21 - 22	9:00 am - 5:00 pm	2 classes
Sat, Sun	Feb 18 - 19	9:00 am - 5:00 pm	2 classes
Sat, Sun	Mar 17 - 18	9:00 am - 5:00 pm	2 classes
Sat, Sun	Apr 21 - 22	9:00 am - 5:00 pm	2 classes
Sat, Sun	May 26 - 27	9:00 am - 5:00 pm	2 classes
Sat, Sun	Jun 16 - 17	9:00 am - 5:00 pm	2 classes

Recertifications done by request \$75

LIFEGUARD CERTIFICATIONS

Bronze Medallion

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

Location: Recreation Complex Cost: 154

Mon - Fri	Feb 20 - 24	12:00 pm - 4:00 pm	5 classes
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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.

Location: Recreation Complex Cost: \$154

Mon - Fri	Apr 9 - 13	12:00 pm - 4:00 pm	5 classes
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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.

Location: Recreation Complex Cost: \$260

Fri - Sun	Mar 23 - 25	TBD	3 classes
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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.

Location: Recreation Complex Cost: \$275

Fri, Sat, Sun	Apr 20 - 29	TBD	6 classes
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National Lifeguard Recertification

Location: Recreation Complex Cost: \$75

Sat	May 5/June 2/June 16	8:00 am - 11:00 am	1 class
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Drop-In Arena Programs

Public Skate

For everyone! All ages, abilities and levels welcome.

Parent and Tot Skate

Come and skate with your little one 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.

Ladies Shiny 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

Shiny 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 your blades and play for fun. 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 Learn to Skate or Recreational Hockey please see the Sport & Recreation Programs section of High River Community Programs

For dates and times of all arena programs, pick up a weekly schedule at the Recreation Complex, call the information line at 403-652-4041, visit www.highriver.ca, or scan the QR code with your mobile phone.



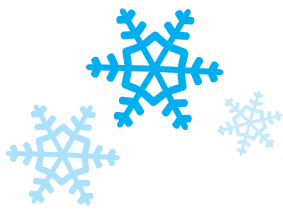
FREE PUBLIC SKATE

SPONSORED BY:

Community Stroke Project
Alberta Health Services (Calgary Health Region)
High River 4C Coalition

Every Sunday from 2 - 3 pm!





Fitness and Wellness

ADULT

All Level Hatha Yoga

This multi level class is slower paced and will focus on simple postures, meditation, and pranayama (mindful breathing). Designed for the 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.

Location: Charles Clark Medical Centre Cost: \$125

Mon	Jan 9 - Mar 19	5:00 pm - 6:30 pm	10 classes
Wed	Jan 11 - Mar 21	7:00 pm - 8:45 pm	10 classes
Mon	Mar 26 - Jun 11	5:00 pm - 6:30 pm	10 classes
Wed	Mar 28 - Jun 6	7:00 pm - 8:45 pm	10 classes

No classes Feb 20, 22, Apr 9, 11

NEW! A Morning Cup of Yoga

Substitute your morning cup of java with some Hatha Yoga with Colleen! Guaranteed to wake up your body and encourage positive brain energy for the day.

Location: Charles Clark Medical Centre Cost: \$100

Wed	Jan 11 - Mar 21	6:30 am - 7:30 am	10 classes
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No class Feb 22

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!

Location: Charles Clark Medical Centre Cost: \$110

Sat	Jan 14 - Mar 24	9:30 am - 10:30 am	10 classes
Sat	Apr 14 - Jun 23	9:30 am - 10:30 am	10 classes

No Classes Feb 18, May 19

Location: Joe Clark School Cost: \$110

Thu	Jan 19 - Mar 29	6:30 pm - 7:30 pm	10 classes
Thu	Apr 19 - Jun 21	6:30 pm - 7:30 pm	10 classes

No class Feb 23

Stretch and Tone

This lunchtime class is a great way to keep your balance through 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.

Location: Charles Clark Medical Centre Cost: \$65

Mon, Wed	Jan 16 - Feb 15	12:05 pm - 12:50 pm	10 classes
Mon, Wed	Feb 27 - Mar 28	12:05 pm - 12:50 pm	10 classes
Mon, Wed	Apr 2 - May 9	12:05 pm - 12:50 pm	10 classes
Mon, Wed	May 14 - Jun 18	12:05 pm - 12:50 pm	10 classes

No classes April 9, 11, May 21

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. Improves flexibility and endurance.

Location: Charles Clark Medical Centre Cost: \$70

Mon	Jan 16 - Mar 12	6:30 pm - 7:30 pm	8 classes
Wed	Jan 18 - Mar 14	6:30 pm - 7:30 pm	8 classes
Mon	Mar 26 - May 21	6:30 pm - 7:30 pm	8 classes
Wed	Mar 28 - May 23	6:30 pm - 7:30 pm	8 classes

No classes Feb 20, 22, Apr 9, 11, May 21

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!

Location: Charles Clark Medical Centre Cost: \$70

Mon	Jan 16 - Mar 12	6:00 pm - 7:00 pm	8 classes
Mon	Mar 19 - May 14	6:00 pm - 7:00 pm	8 classes

No classes Feb 20, Apr 9

Zumba Gold

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.

Location: Charles Clark Medical Centre Cost: \$95

Mon	Jan 16 - Mar 12	6:00 pm - 7:00 pm	8 classes
Wed	Jan 18 - Mar 14	9:00 am - 10:00 am	8 classes

No classes Feb 20, 22

Bellies, Buns and 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.

Location: Charles Clark Medical Centre Cost: \$65

Tue, Thu	Jan 17 - Feb 16	12:05 pm - 12:50 pm	10 classes
Tue, Thu	Feb 28 - Mar 29	12:05 pm - 12:50 pm	10 classes
Tue, Thu	Apr 3 - May 10	12:05 pm - 12:50 pm	10 classes
Tue, Thu	May 15 - Jun 12	12:05 pm - 12:50 pm	10 classes

No classes April 10, 12





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!

Location: Charles Clark Medical Centre Cost: \$70

Tue	Jan 17 - Mar 13	6:00 pm - 7:00 pm	8 classes
Tue	Mar 27 - May 22	6:00 pm - 7:00 pm	8 classes
No classes Feb 21, Apr 10			

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.

Location: Foothills Tae Kwon Do Cost: \$70

Thu	Jan 12 - Mar 1	6:30 pm - 7:30 pm	8 classes
Thu	Mar 8 - Apr 26	6:30 pm - 7:30 pm	8 classes
Thu	May 3 - Jun 21	6:30 pm - 7:30 pm	8 classes
No classes Feb 23			

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.

Location: Charles Clark Medical Centre Cost: \$130

Tue	Jan 17 - Apr 17	7:00 pm - 8:00 pm	12 classes
Thu	Jan 19 - Apr 19	9:00 am - 10:00 am	12 classes
No classes Feb 21, 23, Apr 10, 12			

NEW! BellyRobics - 35 Minute Workout

BellyRobics is all about working on core isolation. In this short 30 minute workout, be prepared to focus on body isolations. Abdominal isolations will be featured. An aerobic component will complete this workout that features many beginner belly dance movements to music that makes you move!

Location: Charles Clark Medical Centre Cost: \$50

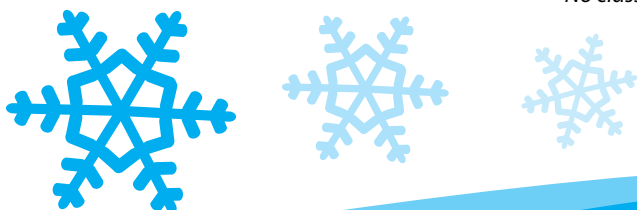
Mon, Wed	Jan 16 - Feb 15	12:10 pm - 12:45 pm	10 classes
Mon, Wed	Feb 27 - Mar 29	12:10 pm - 12:45 pm	10 classes
No classes Feb 21, Apr 10			

NEW! Bollywood iDance

A unique form of dance and fitness for all ages and abilities, blending Indian film dance, folk, hip-hop, jazz, and semi-classical techniques with Bollywood Music. An instant source of energy and fun!

Location: Charles Clark Medical Centre Cost: \$125

Thu	Jan 19 - Mar 29	8:00 pm - 9:00 pm	10 classes
No class Feb 23			



NEW! Joy of Jangling – Belly Dance

Bring joy into your life by jangling away your daily stresses. Discover the beauty of this tasteful artform in a safe, structured and simply spectacular way! A wonderful beginner class. This is a dance of women, for women of all shapes and sizes. Bring with you a towel or yoga mat for some floorwork. If you have a coinbelt or hipscarf, please wear it to class (or you can purchase one through your instructor).

Location: Charles Clark Medical Centre Cost: \$100

Thu	Jan 19 - Mar 29	6:00 pm - 7:00 pm	10 classes
Thu	Apr 19 - Jun 21	6:00 pm - 7:00 pm	10 classes
No classes Feb 23, Apr 12			

Belly Dance with Ellysia

Bellydance 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!

Location: Charles Clark Medical Centre Cost: \$100

Wed	Feb 1 - Apr 18	12:00 pm - 1:00 pm	10 classes
Wed	Apr 25 - Jun 27	12:00 pm - 1:00 pm	10 classes
No classes Feb 22, Apr 11			

Beginner Step

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.

Location: Charles Clark Medical Centre Cost: \$70

Sat	Feb 4 - Mar 31	9:30 am - 10:30 am	8 classes
No class Feb 25			

Triple Threat Training

Spring is the perfect time to get back into the swing of things. This outdoor class has it all, cardio, strength and flexibility! This three week program is three times a week, three times the results!

Location: Charles Clark Medical Centre Cost: \$90

Mon, Wed, Fri	May 28 - Jun 15	6:00 pm - 7:00 pm	9 classes
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YOUTH

NEW! Zumbatomic (8 - 12 yrs)

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, reggaeton, cumbia and more.

Location: Charles Clark Medical Centre Cost: \$75

Mon	Jan 16 - Mar 12	5:00 pm - 5:45 pm	8 classes
No class Feb 20			



Sport & Recreation

ADULT

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.

Location: Recreation Complex Cost: \$70

Fri	Jan 13 - Mar 9	1:00 pm - 1:30 pm	8 classes
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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.

Location: Recreation Complex Cost: \$25

Tue	Jan 24 - Apr 3	8:00 pm - 9:30 pm	10 classes
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No class Feb 21

Mini-Sprint Triathlon Training

A great introduction to this popular sport! The course will take you through the basics of the 3 sports that make up triathlon - biking, swimming, and running! In the last session, you will complete your own mini-sprint triathlon! You must have your own equipment.

Location: Recreation Complex Cost: \$85

Sat	Apr 21 - Jun 2	8:00 am - 9:00 am	6 classes
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No class May 19

Running Club

Need some group motivation? Tired of the same old routes? Think fitness is more fun with friends? Join our running club on Saturday mornings! Learn the routes around town, meet fellow runners, and get the benefits of group fitness. This instructor led group teaches warm up, cool down, running technique, and pacing.

Location: Charles Clark Medical Centre Cost: \$75

Sat	May 5 - Jun 30	8:30 am - 9:30 am	8 classes
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No class May 19

ALL AGES

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.

Location: Joe Clark School Cost: \$20

Tue	Jan 24 - Apr 17	6:00 pm - 8:00 pm	10 classes
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No class Feb 21 or April 10

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.

Location: Foothills Tae Kwon Do Cost: \$45 per pair

Wed	Feb 29 - Apr 4	6:30 pm - 7:30 pm	6 classes
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Self Defense

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! Location: Foothills Tae Kwon Do Cost: \$45

Sat	Mar 17	12:00 pm - 4:00 pm	1 class
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YOUTH

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.

Location: Recreation Complex Cost: \$70

Mon	Jan 16 - Mar 12	9:00 am - 9:30 am	8 classes
Mon	Jan 16 - Mar 12	9:35 am - 10:05 am	8 classes
Mon	Jan 16 - Mar 12	10:10 am - 10:40 am	8 classes
Tue	Jan 17 - Mar 13	9:00 am - 9:30 am	8 classes
Tue	Jan 17 - Mar 13	9:35 am - 10:05 am	8 classes
Tue	Jan 17 - Mar 13	10:10 am - 10:40 am	8 classes
Tue	Jan 17 - Mar 13	3:50 pm - 4:20 pm	8 classes
Tue	Jan 17 - Mar 13	4:30 pm - 5:00 pm	8 classes
Wed	Jan 18 - Mar 14	4:00 pm - 4:30 pm	8 classes
Wed	Jan 18 - Mar 14	4:35 pm - 5:05 pm	8 classes
Fri	Jan 13 - Mar 9	1:35 pm - 2:05 pm	8 classes
Fri	Jan 13 - Mar 9	2:10 pm - 2:40 pm	8 classes
Sat	Jan 14 - Mar 10	8:00 am - 8:30 am	8 classes

No classes Feb 18 - 24

Learn to Skate - Intensive (3+ yrs)

Location: Recreation Complex Cost: \$35

Tue - Fri	Feb 21 - 24	9:00 am - 9:30 am	4 classes
Tue - Fri	Feb 21 - 24	9:35 am - 10:05 am	4 classes

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.

Location: Recreation Complex Cost: \$70 (8 classes) \$35 (4 classes)

Wed	Jan 18 - Mar 14	4:30 pm - 5:00 pm	8 classes
Tue - Fri	Feb 21 - 24	10:10 am - 10:40 am	4 classes
Tue - Fri	Feb 21 - 24	10:45 am - 11:15 am	4 classes

Small Arena, No class Feb 22



Pre-School

Pre-School Gym, Sports, and Fun

This program is for 3 to 5 year olds. We will keep them active and busy while teaching them numbers, colors, 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!

Location: Recreation Complex Cost: \$45

Mon	Jan 9 - Feb 13	9:30 am - 10:15 am	6 classes
Thu	Jan 12 - Feb 16	9:30 am - 10:15 am	6 classes
Friday	Jan 13 - Feb 17	3:45 pm - 4:30 pm	6 classes
Mon	Feb 27 - Apr 2	9:30 am - 10:15 am	6 classes
Thu	Mar 1 - Apr 5	9:30 am - 10:15 am	6 classes
Fri	Mar 2 - Apr 20	3:45 pm - 4:30 pm	6 classes
Mon	Apr 16 - May 28	9:30 am - 10:15 am	6 classes
Thu	Apr 19 - May 24	9:30 am - 10:15 am	6 classes
Fri	Apr 27 - Jun 1	3:45 pm - 4:30 pm	6 classes

No class May 21

NEW! Li'L Sneakers

This is an un-parented program for the two year olds or newly threes. Fit and fun for active children to play and explore body awareness and coordination. Independent and cooperative play using balls, bean bags, parachute and song and game.

2 - 3 yrs (Unparented)

Location: Recreation Complex Cost: \$50

Wed	Jan 11 - Feb 29	9:00 am - 9:45 am	7 classes
Wed	Mar 14 - May 2	9:00 am - 9:45 am	7 classes

No classes Feb 22, Apr 11

NEW! Maybe We Will See Dinosaurs!

Travel back in time. Visit cavemen and maybe see a dinosaur. Children exercise their imaginations through a variety of themed, creative activities while they play and learn. An interactive class where creativity is intertwined with physical activity.

3 - 5 yrs (Unparented)

Location: Recreation Complex Cost: \$50

Wed	Jan 11 - Feb 29	10:00 am - 10:45 am	7 classes
Wed	Mar 14 - May 2	10:00 am - 10:45 am	7 classes

No class Feb 22, Apr 11

NEW! Pre-School Palette

This interactive class draws from the palette of learning experiences with music, movement, art, crafts, nature and games. They never know what they will do next in this very exciting program.

3 - 5 yrs (Unparented)

Location: Recreation Complex Cost: \$50

Fri	Jan 13 - Mar 2	9:00 am - 9:45 am	7 classes
Fri	May 16 - May 4	9:00 am - 9:45 am	7 classes

No class Feb 24, Apr 13

Music for Movers and Shakers

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.

1 - 2 yrs (Parented)

Location: Recreation Complex Cost: \$50

Tue	Jan 24 - Mar 20	9:30 am - 10:00 am	8 classes
Tue	Mar 27 - May 22	9:30 am - 10:00 am	8 classes

No classes Feb 21, Apr 10

2 - 3 yrs (Parented)

Location: Recreation Complex Cost: \$60

Tue	Jan 24 - Mar 20	10:15 am - 10:45 am	8 classes
Tue	Mar 27 - May 22	10:15 am - 10:45 am	8 classes

No classes Feb 21, Apr 10

3 - 5 yrs (Unparented)

Location: Recreation Complex Cost: \$60

Tue	Jan 24 - Mar 20	11:00 am - 11:45 am	8 classes
Tue	Mar 27 - May 22	11:00 am - 11:45 am	9 classes

No classes Feb 21, Apr 10

NEW! Spanish for Kids (3 - 5 yrs)

It is always easier to pick up a second language when you are young. Learn Spanish through fun and games. Children will learn words, colours and sentences that will help them communicate in Spanish.

Location: Recreation Complex Cost: \$50

Tue, Thu	Mar 6 - Mar 29	10:30 am - 11:15 am	8 classes
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NEW! Kindermusik - Village

Village is for lap babies, crawlers, and walkers. It incorporates the most current research on early childhood development and provides families a special place for learning and connecting with other parents and babies through music and movement.

Newborn - 1.5 yrs (Parented)

Location: Culture Centre Cost: \$75

Thu	Jan 19 - Apr 5	6:00 pm - 6:45 pm	10 classes
Mon	Mar 5 - Apr 30	10:30 am - 11:15 am	8 classes
Thu	Mar 8 - May 3	10:30 am - 11:15 am	8 classes

No class Feb 16, 23, Apr 9, 12

NEW! Kindermusik - Family Time (0 - 7 yrs)

Family Time brings adults and children of all ages together, providing a dynamic and integrated musical learning experience for everyone.

0 - 7 yrs (Parented)

Location: Culture Centre Cost: \$85

Mon	Jan 16 - Mar 26	6:00 pm - 6:45 pm	10 classes
Thu	Jan 19 - Apr 5	6:00 pm - 6:45 pm	10 classes



NEW! Kindermusik - Adventures Camp Series

Every activity, from the songs to the snacks, helps children learn how they learn best—by inspiring their natural sense of wonder and imagination in a developmentally appropriate, musical way.

Newborn - 7 yrs (Parented)

Location: Culture Centre

Cost: \$65

Mon	May 7 - Jun 11	10:30 am - 11:15 am	5 classes
Thu	May 10 - Jun 7	10:30 am - 11:15 am	5 classes

No class May 21

NEW! KINDERMUSIK - ABC MUSIC AND ME

Animals A-Dancing

Dancing, hopping, rolling, and stomping. This month we'll move like all of our animal friends and develop muscle coordination and spatial awareness along the way. Your Home Kit features songs for wiggling and helps toddlers develop dexterity and fine-motor skills. Your magazine style Family Guide also includes at-home activity ideas, games, and questions that involve the class story, so your child develops memory comprehension—all in the context of sharing time with you.

2 - 5 yrs (Dayhomes Only)

Location: Culture Centre

Cost: \$50

Mon	Jan 16 - Feb 6	9:00 am - 9:30 am	4 classes
Thu	Jan 19 - Feb 9	9:00 am - 9:30 am	4 classes

2 - 5 yrs (Unparented)

Mon	Jan 16 - Feb 6	9:45 am - 10:15 am	4 classes
Thu	Jan 19 - Feb 9	9:45 am - 10:15 am	4 classes

Home Sweet Home

Your child learns best in the comfortable surroundings and everyday activities of home, so we'll use this nurturing theme to turn our classroom into a pretend house. In your Home Kit read about the different kinds of houses animals make—from spider webs to birds nests. When you find these homes in your very own backyard you reinforce the learning that is happening in class. Registration includes Home CD & Family guide.

2 - 5 yrs (Dayhomes Only)

Location: Culture Centre

Cost: \$50

Mon	Mar 5 - 26	9:00 am - 9:30 am	4 classes
Thu	Mar 8 - 29	9:00 am - 9:30 am	4 classes

2 - 5 yrs (Unparented)

Location: Culture Centre

Cost: \$50

Mon	Mar 5 - 26	9:45 am - 10:15 am	4 classes
Thu	Mar 8 - 29	9:45 am - 10:15 am	4 classes

Around the Farm

In class, your child's memory and sequence skills will strengthen with stop-and-go games tucked into stories and pretend play about animals on a farm. You'll find these stories and songs in your Home Kit, too. So when you play this month's featured rhythm stick instruments along with the recordings you help your child develop rhythm, coordination, and the confidence that comes with learning and playing along with you. Registration includes Home CD, Family Guide, and Rhythm Sticks (pair).

2 - 5 yrs (Dayhomes Only)

Location: Culture Centre

Cost: \$50

Mon	Apr 2 - 30	9:00 am - 9:30 am	4 classes
Thu	Apr 5 - 23	9:00 am - 9:30 am	4 classes

No classes Apr 9, 12

2 - 5 yrs (Unparented)

Location: Culture Centre

Cost: \$50

Mon	Apr 2 - Apr 30	9:45 am - 10:15 am	4 classes
Thu	Apr 5 - Apr 23	9:45 am - 10:15 am	4 classes

No classes Apr 9, 12

Out and About

This month, we're taking pretend adventures to the mountains, the beach, and going on bike rides, and picnics. Meanwhile, your toddler gets lots of practice taking turns and interacting socially. And you'll love the take-home activities in your Home Kit, with great ideas for making an easy-at-home bird feeder. When you incorporate these class activities into your playtime at home, you're sharing the learning that is happening in class. Registration includes Home CD and Family Guide.

2 - 5 yrs (Dayhomes Only)

Location: Culture Centre

Cost: \$50

Mon	May 7 - Jun 4	9:00 am - 9:30 am	4 classes
Thu	May 10 - 31	9:00 am - 9:30 am	4 classes

No class May 21

2-5 yrs (Unparented)

Location: Culture Centre

Cost: \$50

Mon	May 7 - Jun 4	9:45 am - 10:15 am	4 classes
Thu	May 10 - 31	9:45 am - 10:15 am	4 classes



Arts and Crafts

ADULT

NEW! Pottery on the Wheel

This course, taught at Evanescence Gallery and Art Studio, covers the basics of throwing on the wheel, including centering, making a cylinder, shaping forms, and trimming. All pieces made in the studio will be fired and glazed here. For beginners and intermediates. Enrolment limited to four students.

Location: *Evanescence Gallery and Art Studio* Cost: \$210

Tue	Jan 10 - Mar 6	7:00 pm - 10:00 pm	8 classes
<i>No class Feb 21</i>			

Basic Soap from Scratch

Come learn to make your own handmade cold process soap from scratch using natural ingredients. No previous experience required, but useful. You will learn about the chemistry of soap crafting from experienced soap crafters. All the tricks of the trade are discussed in this hands-on workshop. Learn how to add scent, and what tracing is. Take home 1 pound of soap and many ideas.

Location: *Culture Centre* Cost: \$55

Sat	Jan 14	10:30 am - 12:30 pm	1 class
Sat	May 12	10:30 am - 12:30 pm	1 class

Lotions & Potions from Scratch

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.

Location: *Culture Centre* Cost: \$60

Sat	Jan 14	1:00 pm - 3:00 pm	1 class
Sat	May 12	1:00 pm - 3:00 pm	1 class

NEW! Sticks and Yarns-Learn to Knit-Level 1

Join us to learn the basics of knit and purl through unique projects. Complete a knitted bookmark and headband. Learn about the different natural yarns available. Please bring knitting needles: 5-7mm range, 2 medium weight yarns.

Location: *Joe Clark School* Cost: \$65

Tue	Jan 17 - Jan 24	7:00 pm - 9:00 pm	2 classes
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NEW! Drawing for Beginners

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

Location: *Culture Centre* Cost: \$135 *No class Feb 21*

Tue	Jan 17 - Mar 13	1:00 pm - 3:00 pm	8 classes
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Melt & Pour Soap

In this highly fragrant workshop we will explore soaps for specific skin problems and ages. You will learn fun and easy methods to make a variety of shapes and sizes, embedding techniques, colour combining, using clays, micas and pigments. Handmade melt and pour soaps are safe, easy and very creative to make from pure natural ingredients. During this workshop you will make and take home: shaving soap, goats milk soap, gardeners soap, babies soap, butter bars, layered soaps.

Location: *Culture Centre* Cost: \$50

Sat	Jan 21	10:30 am - 12:30 pm	1 class
Sat	May 19	10:30 am - 12:30 pm	1 class

Advanced Soap from Scratch

Learn to advance your soap crafting with the newest soaping techniques. You will learn to incorporate color, exfoliates and botanicals, as well as swirling and layering methods. We also go over rebatching soap techniques. Bring a blanket to protect your soap from the cold!

Location: *Culture Centre* Cost: \$60

Sat	Jan 21	1:00 pm - 3:00 pm	1 class
Sat	May 19	1:00 pm - 3:00 pm	1 class

Basics of 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, the student will have the basics to continue on their own.

Location: *Culture Centre* Cost: \$50 (plus \$20 kit)

Sat	Jan 28	10:00 am - 4:00 pm	1 class
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All-Occasion Card Making

This favorite class is one you don't want to miss! You will leave this class with 8 handmade cards that will include Birthday, Thank-you, Anniversary, Wedding, Baby and more.

Location: *Culture Centre* Cost: \$45

Mon	Jan 30	6:30 pm - 9:30 pm	1 class
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Valentine's Card Making

Come and make your own Valentines projects! We will create cards, candy wrappers and tags. For adults and children, all children under 10 must be accompanied by an adult.

Location: *Culture Centre* Cost: \$45

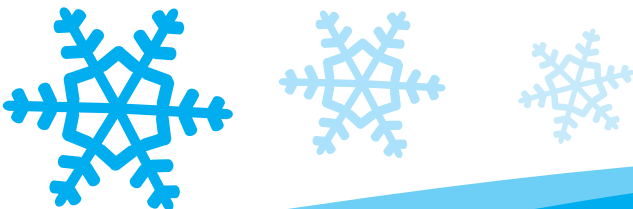
Sat	Feb 4	10:00 am - 12:30 pm	1 class
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NEW! Sticks and Yarns-Learn to Knit-Level 2

Build on your skills of knit and purl and learn the language of the knitting pattern. Learn new ways to cast-on, cast-off, the cable stitch as well as increases and decreases in a pattern. Please bring knitting needles - 5-7mm range, 2 balls or skeins of a medium weight yarn.

Location: *Joe Clark School* Cost: \$120

Tue	Feb 7 - Mar 6	7:00 pm - 9:00 pm	4 classes
<i>No class Feb 21</i>			



Penny Rug

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 Penny Rugs suitable for one of a kind gifts or to enhance your home.

Location: Culture Centre Cost: \$80 (plus \$20 kit)

Sat	Feb 11 - 18	10:00 am - 3:00 pm	2 classes
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Fabric Manipulation & Embellishment

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

Location: Culture Centre Cost: \$80 (plus \$30 kit)

Sat	Feb 25 - Mar 3	10:00 am - 3:00 pm	2 classes
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NEW! Sticks and Yarns - Mosaic Knitting

Join us to learn the deceptively simple method of mosaic knitting developed by Barbara J. Walker. The method is a fun way to introduce colour into your knitting. Sample patterns will be completed to learn the foundations of this method. Basic knitting skills required. Supplies: Please bring knitting needles: 5-7mm range, 2 balls or skeins of yarn in 2 colours.

Location: Joe Clark School Cost: \$100

Thu	Mar 8 - Mar 22	7:00 pm - 9:00 pm	3 classes
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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.

Location: Culture Centre Cost: \$60

Sat	Mar 17	10:00 am - 4:00 pm	1 class
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NEW! Contour Drawing

Basics of elements and principles of art will be learned such as understanding values, perspective, light and shadows. We will learn to convert flat shapes into solid objects with form and apply those forms to create 3D compositions. Contour drawing is a method used to train the right brain to "see" and "copy". We'll be using pencil and some colored & metallic pencil. Materials included in registration price.

Location: Culture Centre Cost: \$145

Mon, Wed	Mar 19 - 28	1:00 pm - 4:00 pm	4 classes
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Birthday Card Making

This favorite class is one you don't want to miss! You will leave this class with 8 handmade cards that will include Birthdays of all types.

Location: Culture Centre Cost: \$45

Thu	Apr 19	6:30 pm - 9:30 pm	1 class
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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.

Location: Culture Centre Cost: \$60 (plus \$15 kit)

Sat	Mar 31	10:00 am - 4:00 pm	1 class
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Sat	Jun 9	10:00 am - 4:00 pm	1 class
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NEW! Mixed Media Mania!

Using both watercolours and acrylics, and several mediums, gels, pastes, papers, foil, beads, rocks, and much more, we will explore all the possibilities available to create an interesting and beautiful mixed media masterpiece! Please call 403-536-8926 or email darnic.perzan75@gmail.com for materials information after registration.

Location: Culture Centre Cost: \$150

Mon	Apr 16 - May 14	1:00 pm - 4:00 pm	5 classes
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Wed	Apr 18 - May 16	1:00 pm - 4:00 pm	5 classes
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NEW! Silk Ribbon Embroidery

Learn the art of silk ribbon embroidery as you create a small picture of a lovely floral spray. You will learn the stitches and skills necessary will be learned to complete this picture and create other projects on your own in the future.

Location: Culture Centre Cost: \$60 (plus \$20 kit)

Sat	Apr 21	10:00 am - 4:00 pm	1 class
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NEW! Boho Bag

Complete a completely "over the top" Boho style purse in this fun class! Choose from available fabrics and trims to make a one of a kind purse to suit your personality. A kit will be provided by the instructor at a cost of \$30 which will include everything necessary to complete your project. A supply list of basic sewing items needed will be provided.

Location: Culture Centre Cost: \$50 (plus \$30 kit)

Sat	Apr 28	10:00 am - 4:00 pm	1 class
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Luxurious Spa Products

Learn to make Cleopatra whipped body butter, Oriental Sugar, or Salt Body Polish, glove-moisturizing overnight spa experience, and aromatherapy massage oil. Make 4 spa products to use or give as gifts.

Location: Culture Centre Cost: \$60

Sat	Jun 2	10:30 am - 12:30 pm	1 class
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SPF & Bug Products

UVA and UVB rays, and chemicals can take their toll on our skin. Create lip gloss, lotion, and bronzing lotion with natural SPF to help take care of your skin this summer season. Also use essential oils to create an effective, natural bug spray.

Location: Culture Centre Cost: \$55

Sat	Jun 2	1:00 pm - 3:00 pm	1 class
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YOUTH

Introduction to Drawing for Kids (8-10yr)

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

Location: Culture Centre Cost: \$80

Thu	Jan 19 - Mar 1	6:30 pm - 7:30 pm	6 classes
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Thu	Apr 19 - May 24	6:30 pm - 7:30 pm	6 classes
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No class Feb 21



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 a variety of fun cartoon subjects.

Location: Recreation Complex Cost: \$75

Beginner	Wed	Feb 1 - Mar 28	6:30 pm - 8:30 pm	8 classes
Advanced	Thu	Feb 2 - Mar 29	6:30 pm - 8:30 pm	8 classes

No class Feb 22, 23

NEW! Contour Drawing

Basics of elements and principles of art will be learned such as understanding values, perspective, light and shadows. We'll learn to convert flat shapes into solid objects with form and apply those forms to create 3D compositions. Contour drawing is a method used to train the right brain to "see" and "copy". We'll be using pencil and some colored & metallic pencil. Materials included in registration price.

Location: Culture Centre Cost: \$125

9-11 yrs	Tue - Fri	Feb 21 - 24	10:00 am - 12:00 pm	4 classes
12-14 yrs	Tue - Fri	Feb 21 - 24	1:00 pm - 3:00 pm	4 classes

General Interest

ADULT

Conversational Spanish -Beginner/Intermediate

Learn to speak conversational Spanish in a comfortable classroom setting. This class is a continuation of learning from our New Beginner series.

Location: Culture Centre Cost: \$85

Tue, Thu	Jan 24 - Mar 1	12:05 pm - 12:55 pm	10 classes
Tue, Thu	Mar 6 - Apr 5	12:05 pm - 12:55 pm	10 classes

No classes Feb 21, 23

Conversational Spanish -Intermediate

Continue to grow your knowledge of the Spanish language in this more advanced class. Recommended for those who have already completed the Beginner class, or have some experience with speaking Spanish.

Location: Culture Centre Cost: \$95

Tue	Jan 24 - Apr 3	7:00 pm - 8:00 pm	10 classes
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No class Feb 21

Conversational Spanish - New 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 America.

Location: Joe Clark School Cost: \$95

Wed	Jan 25 - Apr 4	7:00 pm - 8:00 pm	10 classes
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No class Feb 22

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.

Location: Charles Clark Medical Centre Cost: \$45

Sat	Mar 24	9:00 am - 2:00 pm	1 class
Sat	May 26	9:00 am - 2:00 pm	1 class

Tarot Reading

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

Location: Culture Centre Cost: \$45

Sun	Jan 29	9:00 pm - 2:00 pm	1 class
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Fishing Rod Building

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

Location: Fly's Etc Cost: \$60

Sat	Feb 4 - 18	3:00 pm - 5:30 pm	3 classes
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Crystal Healing Workshop

In this certification course you will 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).

Location: Culture Centre Cost: \$120

Sat	Mar 10	9:30 am - 4:00 pm	1 class
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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.

Location: Fly's Etc Cost: \$45

Sat	Mar 17	3:00 pm - 5:30 pm	1 class
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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.

Location: Culture Centre Cost: \$175

Sat	Mar 24	9:30 am - 4:00 pm	1 class
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Usui Reiki Workshop Level 2

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.

Location: Culture Centre Cost: \$175

Sun	Mar 25	10:00 am - 3:00 pm	1 class
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Fly Fishing

Get your own Fish Story! Come learn the fine touch of fly fishing and create a new summer hobby. Join Fly's Etc. for this exciting course and learn how to tie knots, cast, and use various flies.

Location: Fly's Etc

Cost: \$45

Sat	Apr 21	12:00 pm - 3:00 pm	1 class
Sat	May 26	12:00 pm - 3:00 pm	1 class
Sat	Jun 16	12:00 pm - 3:00 pm	1 class

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.

Location: Culture Centre

Cost: \$90 per couple

Thu	May 10	6:30 pm - 9:30 pm	1 class
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NEW Canning Foods

In the morning we will be exploring all the ways that one is able to preserve their food products for the colder months. Freezing, drying, dehydrating, storage, canning, and the proper methods to ensure safe practices in our homes will all be covered. During the afternoon we will do some hands on canning, sampling and discuss why methods have changed over the years. This workshop will help you to feel more comfortable with the process and see how easy it can be. Each participant will receive a booklet of notes along with a sample of the canning.

Location: Culture Centre

Cost: \$100

Sat	May 26	9:30 am - 4:00 pm	1 class
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NEW! Songs from the Source (16+ yrs)

In these four sessions, published songwriter Leslie Alexander will lead participants through the process of writing a "song from the source." From inspiration through perspiration to final opus, the art and craft of songwriting is explored and students will be coached in creating their own personal, musical statements.

Location: Culture Centre

Cost: \$85

Mon, Thu	May 7 - 17	7:00 pm - 8:30 pm	4 classes
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NEW! Music Collaboration (16+ yrs)

Open to musicians and writers alike, collaboration is encouraged and explored in these four sessions for musicians seeking writers and writers seeking songs. Popular and traditional song structure, rhythm and rhyme are reviewed, compared and explored for the purpose of collective inspiration. Jamming encouraged!

Location: Culture Centre

Cost: \$85

Mon, Thu	May 28 - Jun 7	7:00 pm - 8:30 pm	4 classes
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NEW! From Page to Stage (16+ yrs)

Maybe you heard it on the radio.; or you heard it in your head. But once you've learned the words and melody, you have a song to sing, and you want to make it heard. International touring musician and songwriter Leslie Alexander will discuss the art and craft of public performance and help students prepare for the bright lights.

Location: Culture Centre

Cost: \$85

Mon, Thu	Jun 18 - 28	7:00 pm - 8:30 pm	4 classes
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Dog Obedience

Our Master trainers will lead you through the commands in order to help you deal with a variety of dog problems and promote an enjoyable relationship between you and your dog. Your dog must be at least 6 months old and have up-to-date vaccinations. Handlers must be over 14 years of age.

Novice

Location: Recreation Complex

Cost: \$115

Tue	Apr 17 - Jun 19	5:15 pm - 6:15 pm	10 classes
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Advanced

Location: Recreation Complex

Cost: \$115

Tue	Apr 17 - Jun 19	6:30 pm - 7:30 pm	10 classes
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Agility

Location: Recreation Complex

Cost: \$115

Tue	Apr 17 - Jun 19	7:45 pm - 8:45 pm	10 classes
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NEW! Guitar Lessons

Participants play songs beginning in the first class. Curriculum varies according to participants' interests and feedback. Learning to play the guitar can be easy and enjoyable from the start. Students need their own guitar (and amp if guitar is not acoustic).

Location: Culture Centre

Cost: \$125

Sat	Jan 21 - Mar 3	3:00 pm - 4:00 pm	6 classes
Sat	Apr 21 - Jun 2	3:00 pm - 4:00 pm	6 classes

No classes Feb 25, May 19

YOUTH

NEW! Spanish for Kids (7 - 10 yrs)

It is always easier to pick up a second language when you are young. Learn Spanish through fun and games. Children will learn words, colours and sentences that will help them communicate in Spanish.

Location: Charles Clark Medical Centre

Cost: \$80

Sat	Feb 4 - Mar 31	10:00 am - 11:00 am	8 classes
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No class Feb 18

NEW! Guitar Lessons

Participants play songs beginning in the first class. Curriculum varies according to participants' interests and feedback. Learning to play the guitar can be easy and enjoyable from the start. Students need their own guitar (and amp if guitar is not acoustic).

8 - 11 yrs

Location: Culture Centre

Cost: \$125

Sat	Jan 21 - Mar 3	1:00 pm - 2:00 pm	6 classes
Sat	Apr 21 - Jun 2	1:00 pm - 2:00 pm	6 classes

No class Feb 25, May 19

12 - 17 yrs

Location: Culture Centre

Cost: \$125

Sat	Jan 21 - Mar 3	2:00 pm - 3:00 pm	6 classes
Sat	Apr 21 - Jun 2	2:00 pm - 3:00 pm	6 classes

No class Feb 25, May 19

Archery

Come and try something NEW! This is a great sport for all ages. Everyone is welcome, but participants under 13 must be accompanied by a parent or guardian. We will provide the equipment, but feel free to bring your own! For 7 - 17 years old but adults are welcome.

Location: Highwood High School

Cost: \$35

Mon	Jun 4 - Jun 25	6:00 pm - 7:00 pm	4 classes
Mon	Jun 4 - Jun 25	7:00 pm - 8:00 pm	4 classes

Family and Community Support Services (FCSS)

TOWN OF HIGH RIVER FCSS

Charles Clark Medical Centre

Unit 101, 303 – 9th Ave SW
High River, AB

Hours: Mon-Fri: 8:30-12:00 & 1:00-4:30
Closed Statutory Holidays

Phone: 403-652-8620 Fax: 403-652-8623



Museum of the Highwood

The Museum of the Highwood is a western heritage museum located in High River's former C.P Rail Station – a designated historic building. Built in 1893 in Calgary, the sandstone train station was moved to High River in 1912. When train service ended, the station was purchased by the Town of High River. The Museum of the Highwood moved into the train station in May, 1972.

A serious fire damaged the train station in July 2010 forcing the Museum to relocate its collection into temporary facilities. The Town has undertaken extensive renovations to the historic building. The Museum will return to the train station in the spring of 2012 and once again showcase the fascinating history of the Highwood region.

The Museum is a respected research facility, a trusted repository for the material culture of the Highwood area, and an award-winning interpretive/educational facility.

www.museumofthehighwood.com

406 1st St SW
High River, AB T1V 1M5
403-652-7156
info@museumofthehighwood.com



FCSS provides a wide variety of supports and services to the community. Drop into our office to learn how we can assist you!

- Information and referrals to community resources.
- Applications for Old Age Security, Canada Pension, Alberta Seniors, Health Care, etc.
- Assistance with completing forms, copy and fax forms for services
- Commissioner For Oaths available
- Seniors Independent Assistance Program
- Volunteer Income Tax Program
- Volunteer services, information, referral
- Visiting Professional Services
- FCSS Community Grant Program
- Home of the United Way/High River Partnership
- Support and/or coordinate community building and community sustainability projects

An Old Fashioned Valentine (3 - 10 yrs)

Discover the history of Valentine's Day cards; admire valentines from the Museum's collection; make a paper and lace valentine to give to one you love.

Location: Museum of the Highwood		Cost: Free	
Sun	Feb 12	1:00 pm - 2:00 pm	1 class

Family Week

Children of all ages are invited to take part in heritage activities at the museum. Dress up in old fashioned clothes. Try your hand at making butter or home made soda pop. Plus many more fun activities!

Location: Museum of the Highwood		Cost: Free	
Tue - Fri	Feb 21 - 24	12:00 pm - 3:00 pm	4 classes

Heritage Spring Break

Spend a few hours at the museum learning about pioneers in the Highwood region. Heritage games and activities. Suitable for children of all ages.

Location: Museum of the Highwood		Cost: Free	
Mon - Sun	Apr 9 - 15	12:00 pm - 3:00 pm	7 classes

Celebrate the Queen's Jubilee!

Join us for high tea at the Museum of the Highwood in honour of Queen Elizabeth's 60 years on the throne.

Location: Museum of the Highwood		Cost: TBA	
Sun	Jun 3	1:00 pm - 3:00 pm	1 class



Parent Link Centre

Charles Clark Medical Centre

Unit 106, 303 - 9th Ave SW
High River, AB

Phone: 403-652-8633

Email: parentlinkcentre@highriver.ca

ABOUT US

The High River Parent Link Centre provides support and resources to parents, caregivers and their children 0-6 yrs. Parent Link Centres connect parents to parents, families to families, and parents to resources in their communities.

The High River Parent Link Centre provides

- Drop in/Stay and Play/Circle Time
- Children's crafts and fun learning activities
- Parenting programs and resources
- Connections to other service providers and community resources
- Prenatal information
- Workshops
- Developmental screening
- Other programs for parents and children
- Family to family connections

High River Drop-in Hours

The Parent Link Centre provides **FREE** drop-in programs for parents and children. Drop in hours in High River are as follows:

- **Tuesday:** Drop in 9:00 am to 12:00 pm, 1:00 to 4:00 pm, and 4:30 to 7:30 pm
- **Wednesday:** Drop-in 1:00 to 4:00 pm
- **Thursday:** Drop-in 9:00 am to 12:00 pm and 4:30 to 7:30pm
- **Friday:** Drop-in 9:00 am to 12:00 pm and 1:00 to 4:00 pm
- **Saturday:** Drop-in 9:00 am to 12:00 pm



PROGRAMS

Little Chefs

Have fun preparing yummy snacks with your child as the head chef! Children will love this culinary experience.

Location: High River & District Parent Link Centre Cost: Free

Mon	Mar 5 - 26	1:30 pm - 2:30 pm	4 classes
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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 non-verbal communication.

Location: High River & District Parent Link Centre Cost: Free

Mon	Jan 16 - Feb 6	1:30 pm - 2:30 pm	4 classes
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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!

Location: High River & District Parent Link Centre Cost: \$50

Sat	Feb 18	9:00 am - 5:00 pm	1 class
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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.

Location: High River & District Parent Link Centre Cost: Free

Sat	Jan 7 - Feb 11	10:00 am - 12:00 pm	6 classes
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Triple P Positive Parenting Program

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

Ages and Stages Questionnaire

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

Please phone 403-652-8633 to register

Library Programs

PRE SCHOOL

Rhythm and Rhyme (0 - 1 yrs)

Location: Craft Room Cost: Free No classes on Feb 20, Apr 9, May 21

Mon	Jan 16 - May 28	12:00 pm - 12:30 pm	17 classes
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Movers and Shakers (1 - 2 yrs)

Songs, rhymes and storytelling.

Location: Craft Room Cost: Free No classes on Feb 20, Apr 9, May 21

Mon	Jan 16 - May 28	10:30 am - 11:00 am	17 classes
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Toddler Time (1 - 2 yrs)

Finger plays, activities and stories.

Location: Craft Room Cost: Free No classes on Feb 20, Apr 9, May 21

Mon	Jan 16 - May 28	9:30 am - 10:00 am	17 classes
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Book Buddies (3 - 4 yrs)

Make books and share a snack.

Location: Craft Room Cost: Free No classes on Feb 20, Apr 9, May 21

Mon	Jan 16 - May 28	12:30 pm - 1:00 pm	17 classes
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Monthly Stories

Curl up on the big pillows and listen to stories.

Location: Craft Room Cost: Free

Jan 12, Feb 9, Mar 8, Apr 19, May 10	10:30 am - 11:00 am
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Story Time at the Library (3 - 5 yrs)

Join us for stories, rhymes, songs and crafts.

Location: Craft Room Cost: Free No classes Feb 22, Apr 11

Wed	Jan 18 - May 23	10:30 am - 11:15 am	17 classes
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YOUTH PROGRAMS

Dollars with Sense (Grade 7/8)

Learn the basics in budgeting and money management.

Location: Craft Room Cost: Free

Fri	Apr 20	10:00 am - 1:00 pm	1 class
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Books and Beyond (8 - 12 yrs)

Explore books through science experiments, crafts and guest visits.

Location: Craft Room Cost: Library card required

Jan 20, Feb 17, Mar 16, Apr 20, May 25	4:00 pm - 5:00 pm
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Learn to Cook - Cupcake Decorating (9 - 12 yrs)

Learn how to decorate cupcakes.

Location: Craft Room Cost: \$20

Sat	Feb 11	10:00 am - 12:00 pm	1 class
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Learn to Cook - Chinese (9 - 12 yrs)

Make a Chinese meal and then have lunch.

Location: Craft Room Cost: \$20

Sat	Mar 24	10:00 am - 12:00 pm	1 class
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Learn to Cook - About Mom (9 - 12 yrs)

Learn how to make a great meal for mom on her special day.

Location: Craft Room Cost: \$20

Sat	May 5	10:00 am - 12:00 pm	1 class
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Painting on Windows (12+ yrs)

Learn how to paint on windows.

Location: Craft Room Cost: \$20

Sat	Feb 11	1:00 pm - 3:00 pm	1 class
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Sat	May 5	1:00 pm - 3:00 pm	1 class
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Sewing a Thai Bag (12+ yrs)

Learn how to make your own Thai Bag in colours that suit you. Adults are welcome, sewing machine required.

Location: Craft Room Cost: \$20

Sat	Mar 10 - 17	1:00 pm - 3:00 pm	2 classes
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Dog Tales (6 - 9 yrs)

Listen to stories while cuddling with a friendly dog.

Location: Craft Room Cost: Free

Mon	Jan 16 - Mar 12	6:30 pm - 7:00 pm	8 classes
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Mon	Jan 16 - Mar 12	7:00 pm - 7:30 pm	8 classes
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Mon	Apr 16 - Jun 4	6:30 pm - 7:00 pm	7 classes
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Mon	Apr 16 - Jun 4	7:00 pm - 7:30 pm	7 classes
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TEEN PROGRAMS

Teen Time (13 - 17 yrs)

Come watch a movie with your friends.

Location: Craft Room Cost: Library card required

Jan 13, Feb 10, Mar 9, Apr 13, May 11	5:00 pm - 7:00 pm
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Economics for Success (Grade 9/10)

Learn the basics in budgeting and money management.

Location: Craft Room Cost: Free

Fri	Mar 9	10:00 am - 1:00 pm	1 class
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FAMILY - GENERAL INTEREST

Understanding the Universe

Join the Big Sky Astronomical Society for movies and discussion.
 Location: Craft Room Cost: Library card required

Jan 13, Feb 10, Mar 9, Apr 13, May 11, Jun 8 7:00 pm - 8:00 pm

Felted Photo's (9+ yrs)

Create a scenic photo using wool roving.

Location: Craft Room Cost: \$40

Fri	Mar 9	1:30 pm - 3:30 pm	1 class
Fri	Mar 23	1:00 pm - 4:00 pm	1 class

High River Showcase

An evening of entertainment from a variety of local talent.

Location: Craft Room Cost: Donations welcome

Jan 20, Feb 17, Mar 16, Apr 20, May 25 7:30 pm - 9:00 pm

Movie Club

Watch a movie and then listen to a speaker relate it to our lives.

Location: Theatre 7:00 pm - 9:30 pm Cost: Donations welcome

Jan 19	Bullying and Teen Violence - Sponsored by Rowan House
Feb 16	Rick Hanson - Sponsored by the Town of High River
Mar 15	To Be Fat Like Me - Sponsored by Alberta Health Services
Apr 19	Family Violence - Sponsored by Rowan House
May 17	TBD - Sponsored by Alberta Health Services

Armchair Traveler

Explore the world without leaving High River.

Location: Theatre Cost: Free

Jan 25, Feb 29, Mar 28, Apr 25, May 23 7:00 pm - 8:00 pm

Family Literacy Day

Join the library for a variety of activities to celebrate Literacy Day.

Location: Library Cost: Free

Fri	Jan 27	2:00 pm - 6:00 pm	1 Day
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ADULT - GENERAL INTEREST

Book Club

Explore a variety of Canadian authors. Sign up at the Library.

Location: Craft Room 10:00 am - 11:30 am Cost: Free

Jan 13	Journey of a Left-Wing Sheep Farmer and visit by author Larry MacKillop
Feb 10	Too Much Happiness by Alice Munroe
Mar 9	The Boy by Betty Jane Hegerat - She will be visiting
Apr 13	In a Dry Season by Peter Robinson
May 11	Night's Child by Maureen Jennings made into the Murdoch Mystery Series
Jun 15	Room For All of Us by Adrienne Clarkson

The Classics

Join us at the Library and watch a classic movie. Sign up at the Library.

Location: Theatre Cost: Donations welcome

Jan 11	The Grapes of Wrath
Feb 8	Casablanca
Mar 14	The Ten Commandments
Apr 11	All About Eve
May 9	Vertigo

Book and Movie Club

How does the book differ from the movie? Read the book at home; join us for the movie and discussion. Sign up at the Library.

Location: Theatre 6:00 pm - 8:00 pm Cost: Donations welcome

Jan 26	Angels and Demons by Dan Brown
Feb 23	The Notebook by Nicholas Sparks
Mar 29	The Firm by John Grisham
Apr 26	The Kite Runner by Khaled Hosseini
May 24	Appaloosa by Robert B. Parker

ADULT - HEALTH AND WELLNESS

Lunch and Learn Community Wellness Challenge

Location: Theatre Cost: Free

Fri	Apr 13 - Jun 29	12:00 pm - 1:00 pm	10 classes
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Caregiver Support Group ADULT health/well

Open to anyone who is a caregiver. Get together with others to support each other.

Location: Craft Room Cost: Free

Jan 4, Feb 1, Mar 7, Apr 4, May 2, Jun 6	12:30 pm - 2:30 pm
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4 C's

Help make the community a better place.

Location: Craft Room

Cost: Free

Feb 7, Apr 3, May 1, Jun 5

9:30 am - 11:00 am

ADULT - CREATIVE VENTURES

Watercolour on Yupo Paper

Learn how to work with Yupo Paper and Watercolour. Create a picture to take home.

Location: Craft Room

Cost: \$40

Sat Feb 18 12:00 pm - 4:00 pm 1 class

Birthday Cards

Create 8 unique Birthday Cards. Children allowed if accompanied by an adult.

Location: Craft Room

Cost: \$40

Sat May 26 1:30 pm - 3:30 pm 1 class

Book Making

Make a hard cover book.

Location: Craft Room

Cost: \$50

Sat Apr 21 10:30 am - 2:30 pm 1 class

All Occasion Card Class

Make 8 cards that include Birthday, Thank you, Anniversary, Wedding and more! Children allowed if accompanied by an adult.

Location: Craft Room

Cost: \$35

Sat Mar 8 6:30 pm - 9:30 pm 1 class

Landscape Fibre Art

Learn tips and techniques to get your quilted landscape scene in perspective. Bring in a copy of a photograph you love.

Location: Craft Room

Cost: \$70

Tue Feb 28, Mar 13 10:30 am - 2:00 pm 2 classes

Cobweb Felted Scarf

Join fibre artist Holly Kingdon as she teaches you how to combine wool, bamboo and silk together to make a gossamer fine scarf.

Location: Craft Room

Cost: \$60

Sat Mar 3 10:00 am - 4:00 pm 1 class

Fibre Arts Group

Bring your project and work with others in a stimulating environment.

Location: Craft Room

Cost: \$2 per session

Jan 11, Feb 15, Mar 21, Apr 18, May 16, Jun 20 6:00 pm - 8:00 pm

Drawing

Learn the basics of drawing.

Location: Craft Room

Cost: \$40

Tue Mar 6 - 13 6:00 pm - 8:00 pm 2 classes

Knitting Time

Bring your project and enjoy the companionship of other knitters. All levels from beginner to experienced are welcome.

Location: Foyer

Cost: Free

Jan 19, Feb 16, Mar 15, Apr 19, May 17 4:30 pm - 6:00 pm

ADULT - PROFESSIONAL DEVELOPMENT

Career Café

Get advice on your career plans or work search.

Location: Craft Room

Cost: Free

Jan 12, 26, Feb 9, 23, Mar 8, 22, Apr 12, 26, May 10, 24, June 14 2:00 pm - 4:00 pm

Resume Writing

Learn how to write a resume.

Location: Craft Room

Cost: Free

Tue Jan 17 1:00 pm - 4:00 pm 1 class

Advanced Internet Search for Work

There are many great programs to aid in your job search.

Location: Craft Room

Cost: Free

Tue Feb 14 1:00 pm - 4:00 pm 1 class

Interview Skills

How to prepare for an interview.

Location: Craft Room

Cost: Free

Tue Mar 13 1:00 pm - 4:00 pm 1 class

Career Planning

Get help to find the best career to bring you job satisfaction.

Location: Craft Room

Cost: Free

Tue Apr 17 1:00 pm - 4:00 pm 1 class

Basic Computers

Learn the basics about email and the internet.

Location: Craft Room

Cost: Free

Tue Jan 10 - 31 10:30 am - 12:30 pm 4 classes

Tue Mar 6 - 26 5:30 pm - 7:30 pm 4 classes

Tue Apr 10 - May 1 10:30 am - 12:30 pm 4 classes

English for Spanish Speakers

Ingles - Tenemos un clase de ingles para los hispanohablantes, que esta enseñado en español, cada jueves, en la bibioteca, desde las diez hasta las doce. Estamos discutiendo temas de idioma, cultura y normas gramaticas. Tambien, los niños están bienvenidos y hay juguetes para ellos. Spanish speakers, join Wally Gardiner to learn English. Pre-schools are welcome to accompany their parent.

Location: Craft Room

Cost: Free

Thu Starts Jan 5 10:30 am - 12:30 pm Weekly



ADULT - BUSINESS AND FINANCE

RRSP's Vs. TFSA's

A guide to understanding investments and when to use them.

Location: Craft Room

Cost: Free

Wed	Jan 18	7:00 pm - 8:00 pm	1 class
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Health Insurance 101

Managing the possibility of health risks for the young and old.

Location: Theatre

Cost: Free

Wed	Feb 15	7:00 pm - 8:00 pm	1 class
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Budgeting Basics

How to budget and help you grow your savings each month.

Location: Craft Room

Cost: Free

Wed	Mar 14	7:00 pm - 8:00 pm	1 class
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Advanced Budgeting

Do your monthly budget using Quicken software on your computer.

Location: Craft Room

Cost: Free

Wed	Apr 11	7:00 pm - 8:00 pm	1 class
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Money Management for Students

What to teach your teenager or student about getting started and getting smart about their money.

Location: Craft Room

Cost: Free

Wed	May 9	7:00 pm - 8:00 pm	1 class
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Mortgages Decoded

HELOC, amortization, IAD, equity, CMHC – these are all words used in today's mortgage industry. Many Canadians sign the dotted line without fully understanding the terms and conditions of their mortgage. Join C. Lammerhirt to find out how you can save money.

Location: Craft Room

Cost: Free

Tue	Jan 24	6:30 pm - 7:30 pm	1 class
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First Time Home Buyers Boot Camp

Everything you need to know about buying your first home. This seminar is a must if you are thinking about purchasing. C. Lammerhirt will help you learn how to get approved, typical costs and how to avoid mistakes.

Location: Craft Room

Cost: Free

Tue	Feb 28	6:30 pm - 7:30 pm	1 class
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Mortgages for the Real Estate Investor

Real estate is how Trump made his billions. Learn how to qualify and purchase your first revenue property. Instructor – C. Lammerhirt.

Location: Craft Room

Cost: Free

Tue	Mar 27	6:30 pm - 7:30 pm	1 class
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Looking After Dependent Parents

What do you need to consider about the law when looking after a dependent parent? Presented through video conferencing.

Location: Foyer

Cost: Free

Wed	Mar 7	12:00 pm - 1:30 pm	1 class
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An Enduring Power of Attorney

Get a legal toolkit to write a will. Presented through video conferencing.

Location: Foyer

Cost: Free

Wed	Mar 14	12:00 pm - 1:30 pm	1 class
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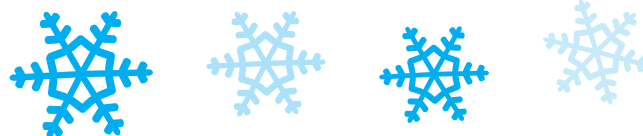
Being an Executor

What are your legal rights and responsibilities on being an executor? Presented through video conferencing.

Location: Foyer

Cost: Free

Wed	Mar 21	12:00 pm - 1:30 pm	1 class
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Free after school drop-in sports at the Bob Snodgrass Recreation Complex

April to June 3:30 pm - 5:00 pm

Special Events

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.

Location: Recreation Complex Vendor: \$35 per table

Sat	Jan 14	12:00 pm - 8:00 pm
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Family Day Activities

Enjoy a full afternoon of swimming, skating, and more! Bring your family out for free hot dogs and hot chocolate.

Location: Highwood Memorial Centre Cost: FREE

Sat	Feb 20	1:00 pm - 4:00 pm
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Registration Round Up

The best way to find out what to do this Fall! 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! Call 403-652-4042 to book your table.

Location: Culture Centre Vendor: \$20 per table

Thu	Mar 8	6:30 pm - 8:30 pm
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Rick Hansen Celebration

Come out and join us for an afternoon of fun in front of the Museum of the Highwood. Dress warm and bring your clappers!

Dodgeball Tournament

Do you love throwing things at your friends? Do you love prizes? Get a team together for this super fun Dodgeball tournament! We provide the balls and pinnies, you provide the bodies! 10 players/team, minimum 2 girls on the court.

Youth (12 - 17 yrs)

Location: Recreation Complex Cost: \$20 per team

Thu	Apr 5	5:30 pm - 7:00 pm
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Adult (18+ yrs)

Location: Recreation Complex Cost: \$75 per team

Thu	Apr 5	7:30 pm - 10:00 pm
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Easter Egg Hunt

Keep your eyes open for more details on this great family event. There will be posters posted at the Recreation Complex and at Sobey's as we get closer to the date. There will be free hotdogs and juice and an egg hunt for each age group. We will start promptly at 11AM, bring a basket! We will require pre-registration.

Location: Recreation Complex Cost: FREE

Sat	Apr 7	11:00 am - 1:00 pm
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April Community Garage Sale

Reap the benefits of a massive indoor garage sale with all the advertising done for you! This is the day to gather up all the things lying in the basement and turn them into cash. Set up is Friday evening from 6-8PM.

Location: Recreation Complex Vendor: \$20 per table

Sat	Apr 28	9:00 am - 2:00 pm
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3 on 3 Street Basketball Tournament

Get ready for some street ball action! Sign up with a team of at least 3 to a max of 5. Tournament includes skills competition and prizes!

Location: Recreation Complex Cost: \$15 per team

Youth (12 - 17 yrs)

Fri	May 11	Starts at 3:00 pm
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Adult (18+ yrs)

Fri	May 11	Starts at 6:00 pm
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Mini-Sprint Triathlon

Come see if this sport is for you with this triathlon taster. Have fun and challenge yourself! Consists of a 6km bike, a 2.5km run, and a 250m swim. Please provide t-shirt size upon registration.

Location: George Lane Park Cost: \$45

Sat	Jun 2	Starts at 8:00 am
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June Community Garage Sale

LAST CHANCE! This is our last community garage sale of the season! Reap the benefits of a massive indoor garage sale with all the advertising done for you! This is the day to gather up all the things lying in the basement and turn them into cash. Set up is Friday evening from 6-8PM.

Location: Recreation Complex Vendor: \$20 per table

Sat	Jun 23	9:00 am - 2:00 pm
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Canada Day & George Lane Centennial Celebrations

Celebrate Canada's Birthday in beautiful George Lane Park. The celebration includes live entertainment, petting zoo, hay rides, games, and much more! There is something for all ages. A spectacular fireworks show at Emerson Lake wraps up the day with a bang. We are always looking for entertainment, so please give us a call if you are interested in performing.

Location: George Lane Park Cost: FREE

Sun	Jul 1	12:00 pm - 4:00 pm
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Fireworks at 10:45 pm at Emerson Lake

Farmers' Market

This is a great market with lots of variety! From fresh produce to hand-crafts, there is something for everyone. The market is located in the small arena until September, and then we move outside to the parking lot. We fill up fast, so register today!

Location: Recreation Complex Vendor: \$25 per table/week

Thu	Jun 14 - Sep 20	4:00 pm - 7:00 pm
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