

FALL SPECIAL EVENTS

Clubs and Organizations Registration Round Up

FREE TO ATTEND!

If you are wondering what to do this Fall/Winter come by the Recreation complex. Community Clubs, sports teams and organizations are set up in the Recreation Complex. Come see what High River has to offer to keep you busy, in shape and having fun. This is an excellent opportunity for all groups to promote themselves and take registration.

\$20/club Recreation Complex

Th Sep 9 6:30-8:30PM

Halloween Fun House

Bring your children by the Recreation Complex for some fun before they venture out trick or treating. We will have a maze of fun to walk through to get them in the spirit of Halloween.

Spooky games, candy treats and fun for all!

FREE Recreation Complex

Su Oct 31 2:30-4:30PM

Christmas Craft Fair

With close to 50 vendors there are lots of ideas to choose from. This is an excellent way to get Christmas presents for those hard to buy people. The variety of goods is unbelievable. Have something to sell? To take part in this extraordinary event call 403-652-4042 to book a table. Just shopping? Come on down. Silver collation at the door appreciated

Friday Dec 3, 2:00-9:00PM Highwood Memorial Center

Saturday Dec 4, 10:00AM-3:00PM

Community Christmas Party

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. A food bank donation would be nice!

FREE Recreation Complex

M Dec 13 4:00-8:00PM

Health and Wellness Fair

FREE TO ATTEND!

What is Health and Wellness?! It is everything and anything that can make a person feel good about themselves mentally or physically from fitness to meditation from Doctors to massage. This is an excellent way to get to know what is available in the town and surrounding areas.

6 ft Table \$35/8 ft Table \$40 Highwood Memorial Centre

Sa Jan 15 12:00AM-5:00PM



FALL PROGRAMS



HOW TO

By Phone: 403-652-4042



On-line:



<http://www.highriver.ca/services-offered/programs>

In Person:

At the Bob Snodgrass Recreation Complex

228 12 Ave SE



Teen Programs

Self Defence

Participants learn street awareness, how to defend themselves! Joyce Woodson is an excellent teacher and has been doing this for years.

All ages are welcome!

2 Classes \$45 Foothills Tae Kwon Do

Sa Nov 13 & Nov 20 1:00-4:00PM

New! Just the Girls (9-12 yrs)

Want a program without any pesky boys? Sick of your little brothers and sisters? At "Just the Girls" there is a wide variety of things to do; lots of fun indoor and outdoor activities with other girls your age. We will learn about leadership, active living and try new sports and games. Sign up with a friend or make some when you get there!

6 Sessions \$45 Recreation Complex

Tu Oct 19-Nov 23 4:30-5:30PM

New! YOUTH Circuit Training! (12-17 yrs)

Do you want to stay in shape but like individual exercise, work at your own pace? Try our Youth Circuit training that offers a wide variety of exercises to target all muscle groups including your heart. Stay busy, focused and in shape but work at your own pace.

8 classes \$45 Recreation Complex

M & W Oct 7-Nov 25 3:45-4:45PM

8 classes \$45 Recreation Complex

M & W Nov 10-Dec 6 3:45-4:45PM

New! High Performance Training (12-17 yrs)

If you are preparing for school tryouts; if you are trying to improve your speed/explosion/mobility/ for a variety of activities this is the program for you. This course will demand a high level of energy. We will work incorporate plyometrics, interval training, speed/explosion exercises, with such tools as parachutes, hurdles, resistance bands, etc. You will not be disappointed in the results.

8 classes \$45 Recreation Complex

Tu-Th Sep 21-Oct 14 4:00-5:00pm

Pre-School Programs

Pre-School Gym and Fun (3-5 yrs)

This is a new program offered to let kids from 3 yrs to 5 yrs run around and have fun. We will keep them active and busy while teaching them numbers, colors and letters. We will play games, use hula-hoop, balls and balloons.

6 Classes \$40 **no class Oct 11** Recreation Complex

M Sep 20-Nov 1 9:30-10:15AM

6 Classes \$40 Recreation Complex

Th Sep 23-Oct 28 9:30-10:15AM

6 Classes \$40 Recreation Complex

M Nov 8-Dec 13 9:30-10:15AM

6 Classes \$40 **no class Nov 11** Recreation Complex

Th Nov 4-Dec 16 9:30-10:15AM

New! Pre-school Basketball / Soccer (3-5 yrs)

Want a place where your little one can run around, learn motor skills and teamwork all in one place? Join us for Pre-school Basketball/ Soccer. The program is conveniently located in the recreation complex to accommodate busy parents with older ones in swimming and hockey. The program will focus on basic skills and teamwork. The first 3 classes are basketball and last 3 are soccer!

6 Sessions \$40 **no class on Nov12** Recreation Complex

F Oct 22-Dec 6 3:45-4:30PM

Adult Programs

Fitness Programs

Cardio Kickboxing

This is an excellent cardio work out that keeps you hopping and gets you in shape.

Jodi is a strong motivator and will keep you working hard. It's tuff but fun and you will meet lots of new people.

8 Classes \$65 Recreation Complex

Tu Sep 21-Nov 9 6:30-7:30PM

New! 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 total body workout that gets results.

8 Classes \$65 Recreation Complex

Th Sep 23-Nov 11 6:00-7:00pm

New!

Combination of Cardio Kickboxing and Total Body Workout

8 Classes \$100 Recreation Complex

T-Th Nov 16-Dec 9 6:30-7:30PM

Body Toning

This work out is designed to tone and strengthen your stomach, thighs, buttocks and waist. You will stretch, do a little cardio and then it's all mat work. The best work out ever!

8 Classes \$65 Foothills Tae Kwon Do

W Sept 29-Nov 17 7:30-8:30PM

New! Fit-Mix Circuit

An exciting, challenging workout including a variety of exercises to develop coordination, agility and strength. Not your typical circuit training.

8 Classes \$55 Recreation Complex

T-Th Sep 21- Oct 14 10:30-11:30AM

8 Classes \$55 Recreation Complex

T-Th Oct 19-Nov 16 10:30-11:30AM

8 Classes \$55 Recreation Complex

T-Th Nov 18 -Dec 14 10:30-11:30AM

New! Shake It Up @ Lunch

A fun and different workout each class so you can try a number of fitness techniques and tools. We have steps, resistance bands, hand weights and yoga balls all combined to give you an all around workout.

8 Classes \$50 Recreation Complex

T-Th Sep 21- Oct 14 12:05-12:50PM

8 Classes \$50 Recreation Complex

Tu-Th Oct 19-Nov 16 12:05-12:50PM

8 Classes \$50 Recreation Complex

Tu-Th Nov 18 -Dec 14 12:05-12:50PM

New! I-Fusion

Lengthen and strengthen with this amazing resistance band based workout. Resistance bands combine tone, strength and flexibility for a great "all in one" workout.

8 Classes \$50 (no class on Oct 11) Recreation Complex

M Sep 27- Nov 22 6:00-7:00PM

New! Lunch Time Stretch

This course is all about the best stretches; it will elongate and strengthen your muscles. It is based on a progressive series of exercises that focus on stabilizing techniques to improve balance, flexibility and strength.

8 Classes \$50 Recreation Complex

M-W Sep 27- Oct 25 12:05-12:50PM

8 Classes \$50 Recreation Complex

M-W Oct 27-Nov 22 12:05-12:50

8 Classes \$50 Recreation Complex

M-W Nov 24 -Dec 20 12:05-12:50

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 18 -Dec 6 9:00-9:30/ 9:35-10:05 AM

8 Classes \$67 Recreation Complex

T Oct 19-Dec 7 9:00-9:30/ 9:35-10:05/ 10:10-11:40 AM

8 Classes \$67 Recreation Complex

W Oct 20-Dec 8 4:00-4:30 PM

8 Classes \$67 no class on Nov 12 Recreation Complex

F Oct 15-Dec 10 1:35-2:05/2:10-2:40/2:45-3:15 PM

8 Classes \$67 no class on Nov 13 Recreation Complex

Sa Oct 16-Dec 11 8:00-8:30 AM

New! Teen Skate Night

One night a month we invite all the teens to come out and have the ice to yourself. This night will cost you a loonie and we provide the music and facility. This could be your cheap date night or a chance to meet people. Spread the word and come out for some fun. The nights will be posted on the monthly schedule so keep your eyes out or call the Rec. Complex.

***If you are interested in coaching
Rec Hockey or Learn to Skate
please contact Cynthia at
652-4042***

Youth Programs

Arena Programs

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.

<u>Ages 6-8yrs Classes \$147</u>	<u>Recreation Complex (<i>small arena</i>)</u>
F Oct 15-Mar 18 3:30-5:00PM	
<u>Ages 9-12yrs Classes \$147</u>	<u>Recreation Complex (<i>large arena</i>)</u>
F Oct 15-Mar 18 3:30-5:00PM	
<u>Ages 13-17yrs Classes \$147</u>	<u>Recreation Complex (<i>large arena</i>)</u>
Tu Oct 19-Mar 22 4:00-5:30PM	

Preschool Recreation Hockey (4yrs +)

This program provides teaching skills and learning a bit about hockey, but mostly having fun. We provide the sticks and pucks, helmets and face guards are mandatory. Warm thick mitts are recommended.

<u>8 Classes \$67</u>	<u>Recreation Complex</u>
M Oct 18-Dec 6 10:10-11:40PM	

Kinder Recreation Hockey (5 -6 yrs)

This afterschool program is geared for kindergarten kids who want some afterschool hockey fun. This program provides teaching skills and learning a bit about hockey, but mostly having fun. We provide the sticks and pucks, helmets and face guards are mandatory.

Warm thick mitts are recommended.

<u>8 Classes \$67</u>	<u>Recreation Complex</u>
W Oct 20-Dec 8 4:30-5:00 PM	

New! Senior Boot Camp

Senior Boot camp is a complete fitness program specifically designed for seniors. We will work on strength, flexibility, balance and endurance in a fun and safe environment. Weather permitting, all classes will be held outdoors. The program will not be performance orientated but will simply ask that you do your best.

<u>9 classes \$50 (No class on Nov.11)</u>	<u>Recreation Complex</u>
MWF Sept 24-Oct 15 10:30-11:30AM	
<u>9 classes \$50</u>	<u>Recreation Complex</u>
MWF Oct18-Nov 5 10:30-11:30AM	
<u>9 classes \$50</u>	<u>Recreation Complex</u>
MWF Nov 8-Nov 26 10:30-11:30AM	
<u>9 classes \$50</u>	<u>Recreation Complex</u>
MWF Nov 29-Dec 17 10:30-11:30AM	

New! Learn to Run

If you have always wanted to learn to run but haven't known where to start this program is for you. The goal will be to have you running 20 minutes consecutively by the end of the program. Issues like nutrition, pacing, injury prevention, clothing, etc. will be covered. Come and run in a safe and fun environment. Veronica Comes to us from the Running Room in Calgary.

<u>8 classes \$65</u>	<u>Recreation Complex</u>
W Sep 22- Nov 10 6:30-7:30PM	

Seniors "Walking the Halls"

Keep walking all year round! We have two safe and warm areas for you to walk in; the halls of the Recreation Complex and the halls of Highwood High School while students are in class. It's fun, social and good for you.

<u>Free</u>	<u>Highwood High School</u>
M-F Sep 7-May 31 9:00-10:00AM	
<u>Free</u>	<u>Recreation Complex</u>
M-F Sep 7-May 31 6:30-8:00AM	

Arena Programs

Adult Skate Drop-In

No kids to get in your way, come out and enjoy skating with other adults. This is a drop-in, non-instructed program. It will add a variety to your exercise choice.

\$3.25 Adult 2.50 Senior (55+) Recreation Complex
Th Oct-Mar 9:30-10:45AM

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.

\$3.25 All Ages Recreation Complex
M-F Oct-Mar 11:00AM-1:00PM

Ladies Shinny Drop-In

Hockey is not just for guys or the children, ladies play too! Come out with other ladies and enjoy Canada's winter sport. Helmets are mandatory.

\$3.25 All Ages Recreation Complex
Th Oct-Mar 9:15-11:00PM

Adult Rec. Hockey Drop-in

Anyone 18 years and older loves hockey and wants more ice time drop in for this scrimmage focused program! We warm up, do drills then play hockey! The more the merrier so bring a friend! All equipment is mandatory to participate.

\$3.25 All Ages Recreation Complex
Tu Oct 13-Mar 23 9:15-10:45PM

New ! 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 **No class on Nov 12** Recreation Complex
F Oct 15-Dec 10 1:00-1:30PM

Recreation Programs

New! Men's Basketball

This is a great way to stay in shape, have fun and meet new people.

11 nights \$20 TBA Joe Clark School
W Oct 6-Dec 15 7:30-9:00PM

Self Defence

Participants learn street awareness, how to avoid and escape potential situations and how to disarm an attacker. All ages are welcome!

1 Classes \$45 Foothills Tae Kwon Do
Sa Oct 16 10:00-4:00PM

New ! Family Badminton

Keep active this fall in a relaxed family setting by playing this great court sport. Play with your family or with other families. All minors must be accompanied by an adult.

11 nights \$20/Family or \$7/Person Joe Clark School
Tu Oct 5 -Dec 14 6:00-8:00PM

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 These make for great Christmas presents.

1 Class \$45 Fly's Etc
Sa Nov 28 12:00-3:00PM

Fishing Rod Building

You can pick between building a spin rod or a fly rod, pick your color, thread and style. By the end of the course you will have your very own custom made rod and the knowledge to build more. This is an excellent Christmas present for the person who has everything. 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 7,14,21 12:00-3:00PM