

Community Service Programs – April

Coleman Sports Complex

Bunny Bonspiel - March 28-31

Kananaskis Pro Rodeo – April 26-28

McEachern Community Centre

Gymwalk

Monday to Friday 12:00pm - 1:00pm Cancelled March 29, April 1 and 18

Exercise for LIFE – Adult Fitness Program

Tuesdays and Thursdays - 10:00am - 11:00am

Pickle Ball

Mondays 9:30am-11:30am

Thursdays 1:30pm - 3:30pm (Cancelled April 18)

Fridays 6:00pm-8:00pm (Cancelled April 5)

Sundays – 12:00pm-2:00pm Advanced play, 2:00pm-5:00pm Beginner Play (Cancelled April 7)

\$5.00 drop-in fee.

Open Gym

1:30pm -3:30pm Fridays (Cancelled March 29)

Volunteer Appreciation Night

Thursday April 18 Doors Open 5:30pm Dinner 6:15pm

Pick up Tickets until April 10 at MDM Community Center.

The Municipality of Crowsnest Pass would like to invite community volunteers to a night of celebration. Join us for dinner, entertainment, and presentation

of the Order of the Crowsnest Pass- Outstanding Volunteer Award and the Outstanding Youth Award.

Corner Hub- Blairmore

Drums Alive

Tuesdays April 9 – May 28 Corner Hub Blairmore

\$80+GST Monthly rates available Drop In Fee \$15.00 6:00pm-7:00pm Ages 12 and up. Equipment Supplied

Drums Alive joins the dynamic movements of aerobic dance with the pulsating rhythms of the drum. It is a unique sensory/motor program that is designed to give the mind and body instant feedback through continuous movement and rhythmical flow.

Event Calendar and
updates on
www.crowsnestpass.com
Municipal FB page and
CNP Rec Desk
For more info or to
register call Community
Services Office at
403-563-2208



EASTER FUN RUN

PUT ON YOUR RUNNING SHOES!

GRAB YOUR FRIENDS, YOUR KIDS, YOUR PARENTS

Join us Friday March 29

START TIME: 10:00 A.M. SHARP at the Elks Hall, Blairmore!

- 2 and 5K route! No entry fees! No pre-registration. Just come, sign a waiver and enter your name for some GREAT post run prize draws and snacks.
- **NOTE: There is no volunteer traffic control - you are responsible for your own well-being!**

Martial Arts- Warrior Fitness

April 8 – June 3 – Corner Hub Blairmore Main Street

Little Ninja's (Ages 6-8) Monday 4:30-5:00pm \$75.00

Rumble Kids (Ages 9-11) Monday 5:15-5:45pm \$75.00

Warrior's (Ages 12-15) Wednesday 5:00-5:45pm \$75.00

Muay Thai (Ages 16+) Monday and Wednesdays 6:00-7:30pm \$320.00+GST

The youth program will learn not only how to defend themselves, they will learn important life skills, such as self-discipline, problem solving, goal setting and social skills.

The adult program for 16+ is a combination of Muay Thai and Dutch/K1 style kickboxing. It has gained massive popularity as one of the most reliable means to get into serious shape. If you are nervous about taking a class, the reality is that most practitioners are not interested in competing but are instead looking for something that will yield the results as promised.

The program is coached by world class coach Daniel Ravenhouse who has trained world champions in kickboxing and MMA, and coaches Meghan and Simone.

Southern Alberta Summer Games July 3-6th Coaldale AB

Registration coming soon in May – For Info call 403-563-2208

Register for 5/10KM Run, 3 on 3 Basketball, Athletics (Track & Field), Cribbage, Ball Hockey, Mini Soccer, Baseball, Soccer, Badminton, Photography, Swimming, Beach Volleyball, Equestrian, Waterskiing/Water Sports, Lacrosse, Pickleball, Flag Football, Mountain Biking, Archery

Go Team Crowsnest!!

