

FETE DU CANADA **FUN FAMILY ACTIVITIES** TUESDAY / MARDI **ALL DAY LONG**

Journée remplie d'activités amusante pour toute la famille

PANCAKE BREAKFAST / Déjeuné de crêpes 9AM-11AM » SENIORS CIRCLE Hosted by Whitecourt Town Council

TRIPLES CO-ED SAND VOLLEYBALL TOURNAMENT / Triple tournoi mixte de volleyball sable 10AM » FESTIVAL PARK

Pre-register your team at the Allan & Jean Millar Centre by calling 780-778-3637 or online at https://rec.whitecourt.ca.

CRIB TOURNAMENT / Tournoi de crible 1PM » SENIORS CIRCLE

YOUTH CHALK ART COMPETITION / Concours d'art à la craie pour les jeunes 1PM-6PM » FESTIVAL PARK

Brought to you by Whitecourt Youth Advisory Committee. Pre-register at the Allan & Jean Millar Centre by calling 780-778-3637 or online at https://rec.whitecourt.ca.

FAMILY FUN / Plaisir pour toute la famille 2PM-6PM » FESTIVAL PARK

Circus Surreal, Silly Science Station, Local Live Talent, Fresh Community Market, Food Trucks and more!

SINGING OF O'CANADA & CUPCAKES / Chant d'O'Canada & petits gateaux **4PM** » FESIVAL PARK

LIVE MUSIC / musique 6PM-11:15PM » FESTIVAL PARK





LIVE MUSIC MUSIQUE **6PM UNTIL THE FIREWORKS**

FIREWORKS / Feux d'artifices 11:15PM » FESTIVAL PARK

















5004 52 Avenue Whitecourt AB T7S 1N6

administration@whitecourt.ca 780-778-2273

www.whitecourt.ca

Find us at **f** facebook.com/TownofWhitecourt



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Programs and services developed by the Town of Whitecourt Community Services Department are funded in part by Woodlands County.



Facility Hours:

Monday to Friday Saturday & Sunday 5:30am-10:00pm 9:00am-9:00pm

Holiday Hours:

May 19, Victoria Day July 1, Canada Day August 4, Heritage Day 9:00am-9:00pm 9:00am-9:00pm 9:00am-9:00pm

Aquatic Centre Hours:

Monday, Wednesday 6:00am-9:30pm Tuesday, Thursday, Friday 9:00am-9:30pm Saturday, Sunday and Stat Holidays 10:00am-8:00pm

Holiday Hours & Closures:

May 19, Victoria Day

June 14, Blue Dolphin Swim Meet

CLOSED 10:00am-6:00pm

July 1, Canada Day

10:00am-8:00pm

10:00am-8:00pm

10:00am-8:00pm



See page 37 for aquatic swim schedule.

This facility has planned maintenance periods throughout the year. The shutdown period varies by amenity depending on the work to be done. Reduced schedules and activities may occur in some areas; other areas may be closed completely. This shut down period is built into the price of the membership fee and no refunds or extensions will be given. Please watch for facility signage.

Facility Fees



Individual Membership Fees

Individual	Daily	10 Visit	Monthly	Annual	Cost Per Month*	Cost Per Day*
Tot (under 3 years)	FREE	FREE	FREE	FREE	-	-
Child (3-12 years)	\$4.15	\$37.40	\$23.45	\$210.71	\$17.56	\$0.58
Youth (13-17 years)	\$5.75	\$51.80	\$33.15	\$298.45	\$24.87	\$0.82
Adult (18-59 years)	\$8.85	\$79.70	\$53.35	\$533.24	\$44.44	\$1.46
Senior (60-69 years)	\$6.80	\$61.20	\$40.02 \$359.94 \$30.00 \$0.9			
Super Senior (70+ years)	\$3.40	\$30.70	\$20.00	\$179.97	\$15.00	\$0.49
Family	\$19.80	\$178.20	*20% off Regular Membership - see below			

Family Membership Fees

Family packages must include one adult/senior and as least one dependent child up to 18 years of age, or a full time student up to 25 years of age.

20% off

Individual	Monthly	Annual	Cost Per Month*	Cost Per Day*
Tot (under 3 years)	FREE	FREE	-	-
Child (3-12 years)	\$18.76	\$168.57	\$14.05	\$0.46
Youth (13-17 years)	\$26.51	\$238.77	\$19.90	\$0.65
Adult (18-59 years)	\$42.68	\$426.59	\$35.55	\$1.17
Senior (60-69 years)	\$32.01	\$287.95	\$24.00	\$0.79
Super Senior (70+ years)	\$16.01	\$143.98	\$12.00	\$0.39

Corporate Memberships

Once your company has been added to our Corporate Membership List, employees will be able to choose a discounted membership plan for themselves and their partner/spouse. Proof of employment will be required at the time of purchase.

15% off

Individual	Monthly	Annual	Cost Per Month*	Cost Per Day*
Youth (13-17 years)	\$28.16	\$253.69	\$21.14	\$0.70
Adult (18-59 years)	\$45.36	\$453.26	\$37.77	\$1.24
Senior (60-69 years)	\$34.02	\$305.95	\$25.50	\$0.84
Super Senior (70+ years)	\$17.01	\$152.97	\$12.75	\$0.42

^{*}Averages-for comparison purposes

ALL MEMBERSHIPS ARE NON-REFUNDABLE AND NON-TRANSFERABLE. ALL RATES INCLUDE GST WHERE APPLICABLE.

Contact guest services for more information

Phone 780-778-3637 ext. 0 guestservices@whitecourt.ca 58 Sunset Blvd T7S 1N6



Perks of Being a Member

Over 15 **complimentary** fitness classes each week.

Members eligible for **early registration** for courses and events.

15% off all Allan & Jean Millar Centre programs.

Complimentary public skating and shinney hockey at JDA Place when available.

FREE use of the fieldhouse, pool, track, squash court, Go Active Zone, and fitness areas.

Option to have your annual membership put on HOLD for one month. (\$5.25 fee will be applied)

FREE orientation to the Pembina Fitness Centre.

Find us at **f** facebook.com/MillarCentre

(o) allanjeanmillarcentre

Online registration https://rec.whitecourt.ca

Registration and Membership

All registrations will be accepted by phone, in person at the Allan & Jean Millar Centre or online at https://rec.whitecourt.ca. Refer to the program Course ID# to ensure smooth and efficient registration.

- Registration online and over the phone can be paid with VISA/MASTERCARD/AMEX.
- · Registrations are NOT accepted without payment.
- The registration deadline for all programs is seven days prior to the start date, unless otherwise advertised.
- If a program is cancelled by the Town, registrants will receive a full refund.
- If a participant withdraws fifteen (15) days or more prior to the registration deadline, a full refund will be issued.
- A refund, less an \$10.50 administration fee will be issued if a participant withdraws up to fourteen (14) days prior to the registration deadline.
- A prorated refund, less a \$10.50 administration fee, will be issued for medical reasons (with a doctor's note).
- The registration fee is non-refundable if withdrawn after the registration deadline.
- The Town reserves the right to cancel, combine or divide classes due to insufficient registration. Participants are given the opportunity to transfer to another class, if space is available.
- Instructors are subject to change without notice.
- The Town reserves the right to remove any person for behaviour such as bullying, fighting or foul language.
- Make-up classes are not provided due to unforeseen occurrences such as power failure, patron error, etc.
- Guests must be 16 years of age to use the Pembina Fitness Centre or 13 years of age with Weight Training for Teens certification.

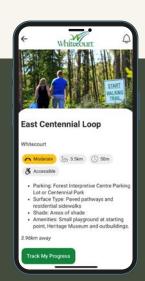


Registration is ongoing. Register early to avoid disappointment.



Visit https://rec.whitecourt.ca for up-to-date information on schedules, or to register online.

Our facility is wheelchair accessible.



Download our mobile app today to access the latest updates and news, the business directory, walking trails, facility information, and more!

Explore Whitecourt's outdoor spaces using our new trail map features!

- Sort the trails by level of difficulty.
- Track your progress live.
- Find nearby points of interest, such as parking areas, playgrounds and parks.

Simply search for "Loop for Municipalities 2" in the App Store or Google Play Store.





2025 Summer **Fun Pass**

Combo **Price**

Child \$61.10

\$100

(3-12 years)

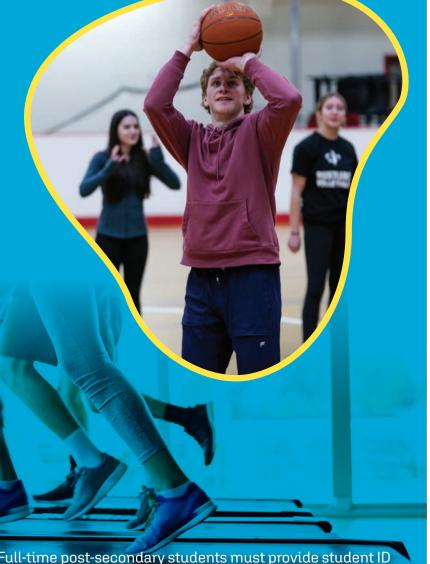
\$130

Youth \$77.76 (13-17 years)

Student \$127.75*

\$210

Make it a Combo and add a Transit Pass!



Pass valid May 1-August 31, 2025. * Full-time post-secondary students must provide student ID

MILLAN CENTRE RECREATION FEE

ASSISTANCE PROGRAM

HOW DO I APPLY?

- Applicant must live within Town of Whitecourt or Woodlands County limits. This program is funded in part by Woodlands County. To register, Woodlands County residents must reside in Electoral Districts 2, 3 or 4.
- Applicant will pay an affordable portion of the membership fee.
- Applicant may apply for funding for a three-month membership per session (there are four sessions per year: Spring, Summer, Fall and Winter).
- of Please return the completed application form to the Allan & Jean Millar Centre.
- Proof of income is required.

Application forms are available for pickup at the Allan & Jean Millar Centre Guest Services desk.

APPROVED APPLICANTS HAVE ACCESS TO:

Complete Projects Fieldhouse

Pembina Gas Infrastructure Aquatic Centre

Rotary Running Track

Alberta Newsprint Company Court

McDonald's Whitecourt Go Active Zone

Pembina Fitness Centre









"The Allan & Jean Millar Centre and McDonalds share a lot of the same core values-most importantly community and inclusion. We are extremely proud to continue sponsoring the Go Active Zone where families can create community, connect, and give their children a safe place to release some energy, make friends, and have fun."

Haneef & Faiza Hameer

Owner/Operators of McDonalds Whitecourt



CHILD MIND

Child Mind Services are available for children of facility guests that are 7 years of age or younger. Drop-in spaces are on a first come, first served basis. If you register for a program at the Allan & Jean Millar Centre, and wish to ensure child care is available, please see Child Mind staff in advance to make arrangements or call 780-778-3637 ext. 406.



HOURS OF PLAY

Monday-Friday mornings: 8:45am – 12:00pm

Monday-Thursday evenings: 4:00pm = 7:00pm

Saturdays: 10:00am – 12:00pm

PUNCH PASSES

10 Hour Punch Pass: \$46.13 (\$4.61 per hour)

30 Hour Punch Pass: \$123.00 (\$4.10 per hour)

60 Hour Punch Pass: \$230.63 (\$3.84 per hour)

PROP IN RATE \$5.64 per hour/per child

CLOSURE DATES

July 1 and August 4

Hours & prices are subject to change. Located in the Life Med Pharmacy Kids' Corner







Registered Recreation Programs

Youth







NCCP Fundamental Movement Skills Course

Learn to improve the fundamental movement skills in participants through the National Coaching Certification Program Fundamental Movement Skills Workshop! This workshop is suited to any person working with participants who wish to improve their fundamental movement skills. These skills need to be learned prior to fundamental sport skills. When participants learn fundamental movement skills, they have a choice to participate in a wide range of other activities. Min.10/Max.20.

SUNDAY, JUNE 8

Allan & Jean Millar Centre

10:00am-3:30pm

Ages: 15+ **Fee:** \$50.00

Registration deadline: May 26, 4:00pm



Register Here!

High Five: Principles of Healthy Child Development

This half-day training session will help front-line leaders (anyone working with children aged 6-12, i.e. camp counsellors, coaches, swim instructors) improve the quality of programs. Leaders learn activities and gain knowledge, tips and resources to enhance their programs, as well as their relationships with children and other staff members. Topics also include: child development, bullying, conflict resolution, physical literacy, and children's mental health. Min.5/Max.12.

THURSDAY, JULY 3

Allan & Jean Millar Centre

12:30-4:30pm

Ages: 13+

Fee: \$100.00

Course ID#: 9837

Registration deadline:

June 26, 4:00pm

Please call 780-778-3637 or email guestservices@whitecourt.ca to register for this program.

Into the Wild Overnight Campout

Join us for an unforgettable adventure under the stars! We'll cook dinner over an open fire, build tents, and enjoy fun games and activities. As the sun sets, we'll gather around the campfire to roast marshmallows and share stories. Then, wake up to cook a delicious breakfast, all while surrounded by nature. It's the perfect opportunity to disconnect, explore, and create lasting memories with friends! Min.12/Max.20.

THURSDAY, AUGUST 7 TO FRIDAY, AUGUST 8

Drop off at: Forest Interpretive Centre

6:00pm-11:00am

Ages: 10-14

Members: \$45.00 Retail: \$51.75

Course ID#: 9838

What to Bring: sleeping bag, pillow, change of clothes, extra blankets for warmth, water bottle, extra snacks, tent and sleeping pad (if you don't have one, extra tents will be available).



Fieldhouse Programming



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-11:00am ALL AGES	Pickleball Skill Development	Pickleball	Pickleball	Pickleball	Pickleball
3:45-5:00pm AGES 12-17	Youth Drop-In Badminton	Youth Drop-In Ball Hockey	Youth Drop-In Basketball	Youth Drop-In Volleyball	Youth Drop-In Multi-Sport
8:00-10:00pm AGES 18+	Adult Drop-In Badminton &/or Pickleball	Adult Drop-In Indoor Soccer	Adult Drop-In Basketball	Adult Drop-In Volleyball &/or Pickleball	Adult Drop-In Multi-Sport

Members: FREE Youth: \$3.00 Adult: \$4.48

NO EXPERIENCE NECESSARY!

Party with us!

Bring your family, friends or co-workers to the Allan & Jean Millar Centre to celebrate your next get-together. It could be a birthday party or team party. Whatever the occasion, we will make it an easy and enjoyable experience for all!

BASE RATE: \$104.21 | The base rate includes a 2-hour space rental and all access passes on the day of your booking for up to 25 guests.

Add-Ons

Facilitated Party \$67.74

Spend an hour with one of our great Party Leaders! Facilitated parties accommodate up to 25 participants (parents and siblings included).

Contact us for available dates!

Popular Themes are:

- Crazy Science
- Nerf Mania
- Amazing Art
- Pirate Adventures
- Superhero Training
- Minute-to-Win-It

Bouncy Castle and Slide: \$130.26/Hour

Available on the following weekends: June 21/22, July 12/13, August 9/10

50' Inflatable Obstacle Course the "Tim Hortons Double Double": \$130.26/Hour

Available on the following weekends: June 7/8, July 26/27, August 23/24

Giant Games!

Add giant checkers, Connect 4, Jenga, Kerplunk or Snakes & Ladders to your party! \$20.84/game or 3 games for \$52.52

Additional space rental, set up time, and large group rates available. Please contact Guest Services at the Allan & Jean Millar Centre to build your party or for more information. Please note that specialty parties (Inflatable and Facilitated) require booking TWO weeks in advance of a party date to ensure staffing.



^{*} Please note that this schedule is subject to change due to programs and events.



ROTARY SUMMER

* HIGH

FIVE

TOTALLY UNPLUGGED CAMP



Our summer program at Festival Park is packed with games, crafts, scavenger hunts, sports, and more — all led by our energetic program leaders. If the weather turns, we'll keep the fun going indoors at the Allan & Jean Millar Centre. Our goal is to keep kids moving, build confidence, and making the most of summer through play, adventure, and new friendships! Min.8/Max.30.



MONDAY-FRIDAY

(unless otherwise specified)

Session Times: 9:00am-4:00pm

Drop Off: 8:30-9:00am **Pick up:** 4:00-4:30pm **Ages:** 6-12 years

Week 1: July 7-11 Course ID#: 9968 Week 2: July 14-18

Course ID#: 9969 Week 3: July 21-25 Course ID#: 9970

Week 4: July 28-August 1 Course ID#: 9971

Week 5: August 5-8 (short week)

Course ID#: 9975 Week 6: August 11-15 Course ID#: 9973 Week 7: August 18-22 Course ID#: 9974

Fee: \$80.00/WEEK \$25.00/DAY

Kids must bring: Lunch, Snacks, Water bottle, Sunscreen, Hat, Weather-appropriate outdoor clothing.

Pre-Registration required at Guest Services at the Allan & Jean Millar Centre. Registration opens May 14 at 9:00am.

Weekly Themes announced in June.

ADVENTURE CAMP AGES: 10-14 YEARS



WANT SOMETHING EXCITING TO DO THIS SUMMER?

Get outside, get active, get involved in your community, and challenge yourself!

SESSIONS Monday - Friday 1-4pm

FEE \$15/session or \$40/week

Pre-registration is required. Call the Allan & Jean Millar Centre at 780-778-3637 or go to https://rec.whitecourt.ca to register.









WEEKS OF PLAY

JULY 7-11 REALITY SHOW CHALLENGE / Allan & Jean Millar Centre Campers will face challenges from Survivor, Minute to Win It, Nailed It, Wipeout, and more! Obstacle courses, mystery food tests, DIY fails, and wacky games—every day is full of fun and friendly rivalry.

JULY 14-18 BIKING AROUND TOWN / Festival Park

We will be exploring Whitecourt on wheels and visiting fun locations in town. Count on a Slurpee pit stop, bike maintenance 101, and round of mini golf this week! Helmets and bikes with working brakes are required for this week, bike locks recommended.

JULY 21-25 ADVENTURE SEEKERS / Allan & Jean Millar Centre Get ready for a week of excitement and exploration! Campers will try their hand at archery, embark on a thrilling town-wide scavenger hunt using Transit, and experience plenty of fun activities.

JULY 28-AUGUST 1 COMMUNITY CONNECTIONS / Festival Park

Get to know Whitecourt and make a difference! This week, campers will explore volunteer opportunities, create community art projects, enjoy an ice cream sundae afternoon, and take part in fun activities that build connection and community pride.

AUGUST 5-8 WATER & WILDERNESS EXPLORATION / Festival Park

Campers will venture into the outdoors with geocaching, animal tracking, and fishing, all while enjoying the thrill of splashing around at Festival Park's water slides.

*No camp on Monday, August 4

AUGUST 11-15 TRAIL BIKING WEEK /

Forest Interpretive Centre & Allan & Jean Millar Centre

Bike-lovers unite! Starting at the Forest Interpretive Centre, we will be exploring different trails around Whitecourt, challenging ourselves, and making a few fun stops along the way. Helmets and bikes with working brakes are required for this week.

AUGUST 18-22 ECO EXPLORERS / Festival Park

Get ready for a week of outdoor adventures, wildlife wonders, and eco-experiments! Campers will dive into hands-on activities to protect nature, explore local ecosystems and meet a specialist who will share insider tips on creating a lasting impact!

PLEASE NOTE: Camp themes and activities are subject to change based on weather conditions and availability of bookings.





Canadian Red Cross

BABYSITTING COURSE

The Babysitting Course, refreshed and revised, now has a greater emphasis on First Aid Skills. This course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. This updated curriculum, complete with new science, also provides improved learning when it comes to giving the appropriate care in the event of an emergency.

Prerequisite: 11 years old or completion of Grade 5

Members: \$55.00 Retail: \$63.25

SATURDAY AND SUNDAY, JUNE 21 & 22, 10:00AM-2:30PM

Registration deadline: June 14

Course ID#: 9945

TUESDAY AND WEDNESDAY, JULY 15 & 16, 10:00AM-2:30PM

Registration deadline: July 8

Course ID#: 9954



STAY SAFE

Real-world scenarios often call on children to respond to challenges. The Stay Safe program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve their own safety. Whether in their community or on their own, this group will be given tools to Stay Safe in a variety of different situations.

Prerequisite: 9 years old or completion of Grade 3

Members: \$45.00 Retail: \$51.75

FRIDAY, JULY 4, 10:00AM-4:00PM

Registration deadline: June 27

Course ID#: 9953

FRIDAY, AUGUST 8, 10:00AM-4:00PM

Registration deadline: August 1

Course ID#: 9955



Canadian

Training Partner







Pickleball Schedule

Join us Monday-Friday mornings and Monday & Thursday evenings. Everyone is invited to drop in and give it a try!

Monday | Skill development, 9:00-11:00am, All ages Tuesday-Friday | 9:00-11:00am, All ages Monday & Thursday | 8:00-10:00pm. 18+

Members: FREE!

Retail: \$4.48





Outdoor Pickleball

A portable pickleball net is available through the Allan & Jean Millar Centre for use at Percy Baxter School or the tennis/pickleball court by Carlan Services Community Resource Centre. Start date is weather dependent.

Net Lending: Free for members, \$25 damage deposit for non-members.

To book a net, call 780-778-3637 ext. 0.

Competitive Pickleball Tournament

SATURDAY, MAY 24, 2025

Allan & Jean Millar Centre

Time: 9:00am start Fee: \$30.00/person

Men's Open Course ID#: 9829 Women's Open Course ID#: 9830 Mixed Open Course ID#: 9831

Registration Deadline: May 20

Round Robin and Playoffs. Register for a 2nd bracket and pay only \$15.00.

Please call Guest Services to apply discount at time of registration.







MR AJ NUTTERBUTTER IS BACK!

Can you find him? Fun pictures of Mr. AJ Nutterbutter will be hiding along a different portion of the Whitecourt trail system between June 2 and 29. Hints and trail maps will be posted on the Allan & Jean Millar Centre Facebook page.

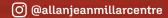
Send us a photo by Facebook private message or by email to guestservices@whitecourt.ca of the squirrel and the trails you walked to find him.

Each picture will earn you a ballot into our Grand Prize Draw made on June 30th.

EXTRA BONUS ENTRY:

Share your photo on social media and tag us!

Allan & Jean Millar Centre



Not on Facebook? We will have paper copies of all the hints available at Guest Services.







Adults

Registered Recreation Programs

Wednesdays 7:00-8:30pm | Festival Park | FREE! Registration Required



Kickin' it Classic

A laid-back, pick-up style kickball game where adults can come, join a team, and play for fun. No experience needed! Show up, meet new people, and enjoy a summer evening outdoors. Min. 10.

WEDNESDAY, JULY 9

Course ID#: 9933

Registration Deadline: July 7



Summer Lawn Game Night

Grab your friends and join us for a fun, laid-back evening of classic lawn games at Festival Park! From giant Jenga and Cornhole to ladder toss and Bocce ball, there's something for everyone. Whether you're competitive or just in it for the laughs, it's the perfect way to enjoy a summer night with good company and great games! Min. 8

WEDNESDAY, AUGUST 27

Course ID#: 9935

Registration Deadline: August 25



June 1-30

Help our community win \$100,000 this month!







June 2025 | Free Movement Calendar of Events

The National PartipACTION Challenge kicks off on June 1!

The whole community is invited to take part in this challenge and help us reach the goal of being the most active community in Canada! On top of this honour, we have the chance to win \$100,000 toward physical activity initiatives in our town.

Join the Free events happening in the calendar below or register yourself or your organization and log all your physical activity minutes for the month!

	HIE LOLD	Literia	Ovemen	Loatenuc	AI OI LVGI	ILS	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	2	3	4	5	6	7	
Free Swim Allan & Jean Millar Centre 6:00-8:00pm	Trail Mix Challenge Starts	Senior's Week Mobility Class Allan & Jean Millar Centre	Senior's Week Table Top Curling	Skate Park Pop Up 3:30-5:30pm	Seniors Walk 9:30-10:30am Pride Celebration 4:00-7:00pm FREE TRANSIT!	Tim Hortons Community Fun Night 5:30-8:30pm	
8	9	10	11	12	13	14	
Free Swim Allan & Jean Millar Centre 6:00-8:00pm		Outdoor Walk Allan & Jean Millar Centre 12:15-12:45pm		Skate Park Pop Up 3:30-5:30pm Yoga Core-Allan & Jean Millar Centre 7:00-7:45pm FREE TRANSIT			
15	16	17	18	19	20	21	
Free Swim Allan & Jean Millar Centre 6:00-8:00pm			Free Park Party 5:30-7:30pm	Skate Park Pop Up 3:30-5:30pm		Pedal Bike Rally Festival Park 12:30pm National Indigenous Peoples Day-Allan & Jean Millar Centre	
22	Outdoor Walk Allan & Jean Millar Centre 10:00-10:30am	24	25 Outdoor Pickleball Play and Learn 2:00-3:00pm	26	27	28	
29	30	Contact information or to add a free activity:					
		① Call Jaimee Sutton at 780-778-3637 Ext. 421 Whitecourt					



Friday, June 6 • 4:00-7:00pm Festival Park • Free Transit!

Join us at Festival Park for a free BBQ, crafts, and activities to celebrate the 2SLGBTQ+ community in Whitecourt. Members of the community, allies, friends, and family of all ages are invited to this free event. Local resources and information will also be on hand through various community organizations.





























WHAT IS FCSS?

What is FCSS and what does Whitecourt FCSS do?

Whitecourt Family & Community Support Services (FCSS) provides supports, information and referrals to families and individuals in the community.

What programs are part of Whitecourt FCSS?

Whitecourt & Area
FAMILY
SUPPORT
PROGRAM

SOCIAL PRESCRIBING

for Seniors

ADULT & SENIORS' PROGRAMS

TRANSIT & DIAL-A-BUS

PUBLIC

YOUTH PROGRAMS

WHITECOURT FOOD BANK

FAMILY VIOLENCE INITIATIVE

Whitecourt & Area
AGING IN
PLACE
PROGRAM

How do I contact Whitecourt FCSS?

Call 780-778-6300 Email CommunityServicesSecretary@whitecourt.ca Website www.whitecourt.ca



















Social prescribing is a holistic approach to healthcare that bridges the gap between medical and social care services. Through this approach, healthcare professionals refer patients to community-based programs to improve their health and enhance their quality of life. Social prescribing promotes health equity by addressing social needs that affect health and well-being, such as access to adequate housing, food, transportation, income and social support. This helps older adults with limited natural supports to thrive.

The Seniors Resource Lead (Link Worker) will receive social prescriptions (referrals) from the health system (doctor's offices, nurses, homecare, Primary Care Network, or hospital discharge). The Seniors Resource Lead will then work with seniors to address their needs related to the social determinants of health by connecting to the variety of programs and services that exist within the community. This program is intended to ensure that seniors can age in their chosen community for as long as possible without needing to transition to higher levels of care.

If you have questions, you can call the FCSS Program Coordinator at 780-778-3637 ext. 417 or email fayarcand@whitecourt.ca



Whitecourt and Area Aging in Place Program

The Whitecourt and Area Aging In Place Program aims to support individuals age 55 years and over to age in place for as long as possible.

Services are varied depending on client needs and can include light housekeeping, meal prep, grocery shopping, and yard maintenance.

The Whitecourt and Area Aging In Place Program is a fee for service program, rates are dependant on household income.







For more information, contact Fay Arcand, the FCSS Program Coordinator at 780-778-3637 ext. 417 or email fayarcand@whitecourt.ca.



SENIORS' WEEK 2025 JUNE 2-7

Seniors' Week is a celebration of seniors who are the foundation of our community. It is a tribute to their wisdom, resilience and strength, that continues to inspire us.

Registration is required for some of the events. To register call the Allan & Jean Millar Centre at 780-778-3637 ext.0.

MONDAY, JUNE 2 KICK OFF LUNCH Doors Open 11:30am

Whitecourt Seniors Circle Cost: 60+ \$3.00 / 18-59 \$20.00. **Registration required. ID #9985**

FLOWER ARRANGING 3:00pm

Whitecourt Seniors Circle Cost: 60+ \$5.00 **Registration required. ID #9995**

TUESDAY. JUNE 3

BLOOMING TOUR 9:30am

Departing from the Allan & Jean Millar Centre Cost: 60+ FREE

Registration required. ID #9988

FUNCTIONAL FITNESS 4 LIFE

10:30-11:15am

Allan & Jean Millar Centre
Cost: FREE / Drop in, registration not required.

BINGO

Doors Open 5:00pm, Games Start 6:45pm

Whitecourt Seniors Circle Cost: Varies / Drop in, registration not required.

WEDNESDAY, JUNE 4

TABLETOP CURLING TOURNAMENT

9:30-noon

Whitecourt Seniors Circle
Cost: FREE / Drop in, registration not required.

RESOURCE TRADE FAIR

2:00-3:30pm

Whitecourt Seniors Circle
Cost: FREE / Drop in, registration not required.

THURSDAY, JUNE 5 INTERGENERATIONAL LEGO

CART RACES 1:00-3:00pm

Whitecourt Seniors Circle Cost: FREE / Drop in, registration not required.

FRIDAY, JUNE 6

NATURE WALK 9:30-10:30am

Carson Pegasus Provincial Park Cost: FREE **Registration required. ID #9990**

SATURDAY, JUNE 7

PANCAKE BREAKFAST 9:00-10:30am

Whitecourt Seniors Circle
Cost: FREE / Drop in, registration not required.
Donated by the Rotary Club of Whitecourt

DINNER AND ENTERTAINMENT WITH COWBOY POET BJ SMITH

Doors Open 5:00pm, Dinner 6:00pm, Entertainment 7:00-9:00pm

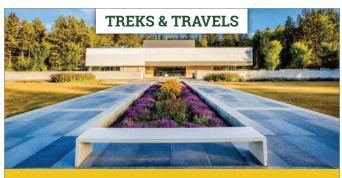
Whitecourt Seniors Circle Cost: 60+ \$10.00 / 18-59 \$25.00.

Registration required. ID #9997

For further details, visit www.whitecourt.ca or pick up a Seniors' Week brochure at the Allan & Jean Millar Centre, Seniors Circle or Town Administration Office.







UNIVERSITY OF ALBERTA DEVONIAN GARDENS!

Take a stroll through the lush beauty of the University of Alberta Devonian Gardens. Immerse yourself in the tranquil atmosphere, vibrant flowers, and stunning gardens that make this one of Edmonton's hidden gems. Enjoy a picnic lunch available for purchase or bring your own. The tour of the garden is self guided, and requires a great deal of walking. There are some mobility devices to rent, but the Garden has a limited supply which cannot be reserved.

Thursday, July 10

Depart JDA Place (72 Sunset Blvd): 9:30am Arrive at Gardens: 11:30am Depart Gardens: Between 3:00 and 4:00pm

Seniors Circle Members: \$16.50 | Non-Seniors Circle Members: \$76.35 Course ID#: 9981



Wednesday, September 10 6:00-8:00pm

Allan & Jean Millar Centre Fieldhouse Table booking Course ID#: 9958

Join us for an exciting evening of connection. Whitecourt Connect is designed to bring individuals, families and local organizations together providing opportunity to see what's out there and connect to others in our community. Don't miss out on this opportunity to come together, celebrate, and build a stronger, more connected community!



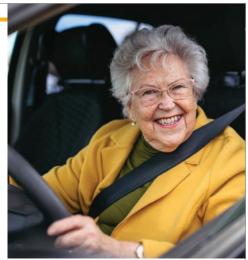
Mature Driver Refresher Course

This in-class course helps senior and mature drivers stay safe on the road by providing an overview and group discussion on how changing technology and a person's age can impact driving skills. Participants will gain knowledge they can use to correct potential issues they may be experiencing behind the wheel.

Thursday, September 18 • 9:00am - 4:00pm Location: Forest Interpretive Centre, 3002 33 Street

To register call the Allan & Jean Millar Centre at 780-778-3637 ext. 0.

Course ID: 9979 | Cost: \$60.00 + GST







THEY'RE BACK **FOR 2025!**

This family-friendly event is the perfect way to enjoy the great outdoors, meet new friends, and create lasting memories with your neighbours. Pack your lawn chairs and enjoy a free BBQ.

Athabasca Park

8 Torgerson Drive

July 16 5:30 - 7:30pm

Lyons

35 Trading Post Trail

August 20 5:30 - 7:30pm

Brought to you by:



PARTY!

Neighbourhood fun all summer long!

Whitecourt.ca (f) (i)









- food
- diapers

Park

12 Blueberry Crescent

June 18

5:30 - 7:30pm

- toiletries
- condoms
- menstrual products
- teen bags
- birthday bags
- pet food

HOURS OF OPERATION

Monday Wednesday Friday

11:00am to 2:00pm Last intake at 1:45pm

LOCATION

76 Sunset Blvd in the Carlan Services Community Resource Centre

Call 780-778-2341 www.whitecourt.ca

TO ACCESS THE FOOD BANK

- Identification must be presented for each family member at every visit.
- Proof of residency is required, for every visit.
- 6 fills / year

The Food Bank also provides families with referrals to other community resources.

PERISHABLE BOXES

Perishable Boxes are available at noon every day that the Whitecourt Food Bank is open. The boxes are available on a first come, first served basis, and no proof of ID is required to receive the box. It is recommended those wishing to pick up a perishable box arrive around 11:30am as the demand for boxes is high.

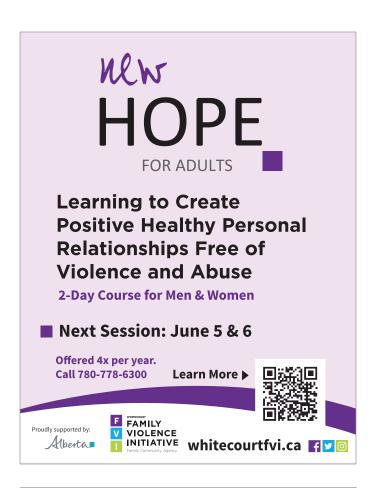
DONATING TO THE FOOD BANK

The Whitecourt Food Bank accepts donations year round. Call 780-778-2341 to arrange a drop off of items at the Food Bank.

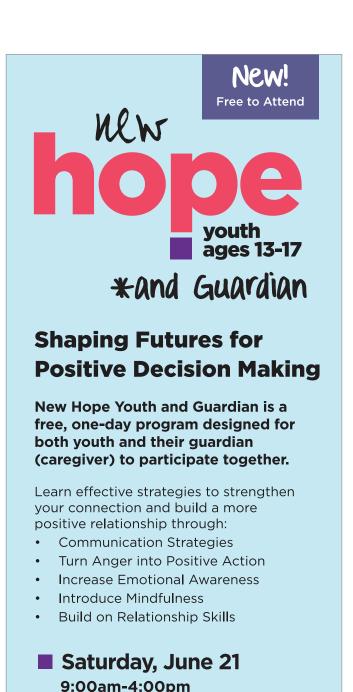
Cash donations can be made at the Town Office at 5004 52 Avenue. Tax receipts are provided for donations over \$20.00.

For a list of current needs, please visit www.whitecourt.ca











veggies) provided.

Call 780-778-6300

Pre-registration is required.

Forest Interpretive Centre 3002 33 Street, Whitecourt

Pizza lunch and snacks (Booster Juice and



INITIATIVE whitecourtfvi.ca [] 🗷 💿

Learn More ▶





Whitecourt Public Transit

TRANSIT FARES

Cash Fares	\$3
Transit 10-Ticket Pack	\$25
Adult Monthly Pass	\$70
Senior/Youth Monthly Pass	\$40
Children 6 and Under	Free
Youth Groups	\$1/passenger

PURCHASE PASSES/TICKETS AT

Town of Whitecourt Office: 5004 52 Avenue Allan & Jean Millar Centre: 58 Sunset Boulevard

IGA: 4802 51 Street

HOURS

Monday-Thursday: 6:30am-8:44pm 6:30am-7:44pm Friday: 9:00am-3:44pm Saturday:

No bus service Sundays or Statutory holidays

ADVERTISING

Interior, exterior, and back hatch of transit. Transit shelter advertising available for rent.

TRANSPORTATION GRANT **PROGRAM & DIAL-A-BUS**

The Transportation Grant Program for Seniors and Persons with Disabilities provides qualified recipients with transportation vouchers and discounted monthly passes.

Dial-A-Bus provides specialized, accessible, to-the-door services within the corporate limits of Whitecourt for individuals with physical or cognitive impairments who are unable to access Public Transit stops.

Vouchers can be used for travel on Public Transit, the Dial-A-Bus, and local taxi.

Qualification information and program applications are available at the Allan & Jean Millar Centre and online at www.whitecourt.ca.

Dial-A-Bus Hours | Monday to Friday

9:30am-12:00pm (first pickup at 9:40am) (last pickup at 2:45pm) 1:00-3:00pm

For More Information

Call 780-778-6300 Email css@whitecourt.ca www.whitecourt.ca









FOR MORE INFORMATION

Call 780-778-3637 ext. 429 or email transit@whitecourt.ca for more information on public transit and advertising rates and options.

CAMP WHY TRY: Why Try





Camp Why Try is an interactive, skill building program that is designed to equip, motivate, and support teens to navigate through life's ups and downs. This facilitated program helps participants build resilience by improving self-confidence and decision making skills. Why Try has proven to decrease the influence of bullying, peer pressure, academic drop out, and high risk behaviours in youth.

This camp is open to anyone whether you have taken the Why Try program before or not. Our camp incorporates games, swimming, crafting, and fun activities to teach and refresh the concepts of Why Try. This is a FREE program and healthy snacks are provided. Public transit can be arranged as needed.

For more information: Emma Harper, Youth Development Coordinator at 780-706-0202 or emmaharper@whitecourt.ca.

To register please contact the Allan & Jean Millar Centre at 780-778-3637 ext. 0

JULY 8-10, 10:00AM-12:30PM

Ages: 11-14

MEET OUR

In-School

Location: Allan & Jean Millar Centre

Course ID#: 9956



POP UP PART

Brought to you by the Doors Open Youth Program.

Stop by the Skate Park on Thursdays after school in June! Free program for all ages! Music, activities, snacks, and prizes.

Thursdays 3:30-5:30pm

June 5 SKATE AND CREATE

June 12 SKATE **GAMES GALORE**

June 19 SUNDAE **SKATE SOCIAL**

In the case of bad weather join us in the Allan & Jean Millar Centre Fieldhouse.











www.whitecourt.ca

mentors that want to make a difference in the life of a child in our community!

Did you know that the Town of

Whitecourt, in partnership with local schools, offers a volunteer

in-school mentorship program? We are always looking for new

Where and what grade do you currently mentor? École St. Mary School, Grade 4 How long have you been a mentor? This is my first year in the mentorship

Why did you decide to become a mentor? I decided to become a mentor to give back to my community, serve as a positive role model, and demonstrate professionalism.

What do you enjoy most about mentoring? What I enjoy most about mentoring is listening to my mentee and providing a safe space where they feel heard and valued.

Join our awesome team of volunteers and act like a kid again!

For more information contact Emma Harper at 780-706-0202 or emmaharper@whitecourt.ca.

FIND YOUR FIRE

Resilience for Youth Program

How do you handle challenges and set backs in life, how do you fight on when you have every reason to shut down? From the creators of Why Try, the Resilience for Youth program introduces youth to the sources of resilience to increase their ability to thrive. Youth will learn how to tap into these sources when they encounter failures, adversity, and the fears of daily life.

Get ready to spend time both indoors and outdoors having camp outs, exploring nature trails, and playing games all while learning the concepts of this program. This is a FREE program and healthy snacks are provided.

Assistance with transportation can be arranged as needed.

AUGUST 19-21, 10:00AM-12:30PM Forest Interpretive Centre Ages: 11-14 Course ID#: 9957

To register please contact the Allan & Jean Millar Centre at 780-778-3637 ext. 0



Emma Harper, Youth Development Coordinator 780-706-0202 or emmaharper@whitecourt.ca.





Founded in 2005, Jumpstart helps kids overcome financial and accessibility barriers to sport and recreation in an effort to provide inclusive play for kids of all abilities. Jumpstart is more than just about getting kids active. It's about giving kids from families in financial need the same chance to participate as their neighbours, their classmates and their friends. Whether it's the chance to try a new sport or to continue with a favourite one, no kid should be left out.

To apply, call 1-877-616-6600 or online at www.jumpstart.canadiantire.ca



KidSport supports children who need financial assistance with sport registration fees and equipment. We believe that the power of sport participation promotes the development of children's social, mental, and physical well-being.

Through increasing access to quality sport programs, KidSport strengthens communities across Canada.

To apply or donate, go to www. Kidsport.ab.ca



For more information, contact the Youth Development Coordinator at 780-706-0202 or emmaharper@whitecourt.ca



Whitecourt & Area Family Support Program (FSP)

Diversion Services

Free, accredited, family centred, solution-focused counselling and family support for families with youth ages 7-18 years of age in Whitecourt and throughout the SPARK FRN including Swan Hills, Valleyview to Onoway and all the summer villages in between.

Supports Include:

- · Parenting skills
- · Conflicts in family relationships
- Coping with separation/ divorce/family changes
- Communication
- · Anxiety/depression
- · Grief and loss
- · Aggressive behaviour
- Adolescent issues
- · Self-esteem

Families can self-refer to the program or be referred from a supporting agency. Service can be arranged by contacting the Family Support Program Team Lead at

780-778-8755 ext. 1 or michellerobinson@whitecourt.ca.













Part of the SPARK FRN Supporting Parents and Alberta's Rural Kids Family Resource Network

FSP PROGRAM SCHEDULE

Tuesday	Wednesday	Thursday	Friday
Kids in Action	Musical Munchkins	Growing Up Wild	Wee Try
9:30-10:30am	10:00-10:45am	10:00-11:00am	10:00-11:00am
June 3-24	June 4-25	June 5, 19	June 6, 13, 20
Beat the Heat	Park Adventures	Wiggle Worms	
10:00-11:00am	10:00-10:45am	10:00-10:45am	
July 8-August 19	July 2, 16, 30 • August 13, 27	July 3, 24 • August 7, 21	
		Cope-Cake Experiment	
		6:00-7:30pm	
		July 10	
		Story, Song & S'more	
		6:00-7:30pm	
		August 21	

Drop-In Program

Registered Program



Watch For Updates on Facebook

@Whitecourtareafamilysupportprogram







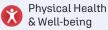


Developmental Domains











Drop-In Parented Programs

Kids in Action



Ages: walking-6 years

Bring your little one to participate in a variety of high-energy games and free play-there is a strong connection between body movement and brain development!

JUNE 3-24

Tuesdays 9:30-10:30am Fieldhouse

Musical **Munchkins**



Ages: 0-6 years

Build literacy, culture, music, and gross motor skills through instruments, dancing, singing and movement.

JUNE 4-25

Wednesdays 10:00-10:45am Classroom

Beat the Heat



Ages: walking to 6 years

We have it made in the shade... but with air conditioning! Join our staff each week for a new 'Beat the Heat' indoor adventure (and some program favorites) as we foster opportunities to build your child's fine motor, gross motor and social skills.

JULY 8-AUGUST 19

Tuesdays 10:00-11:00am Allan & Jean Millar Centre

Park **Adventures**



Ages: 0-6 years

Get ready for non-stop action as we explore the many great play areas that Whitecourt has to offer! We will be visiting different parks & playgrounds throughout the summer for a healthy combination of freeplay and facilitated games/activities.

Wednesdays

10:00-10:45am

July 2 Olson Park July 16 Blueberry Park

Festival Park Playground July 30 August 13 Pat Hardy School Playground August 27 Graham Acres Playground

Wiggle Worms



Ages: 0-15 months

This fun filled program provides a variety of activities to build a strong foundation for baby's early developmental milestones. Meet other parents and explore the 'First Years' together! Each week will provide a different activity and learning opportunity.

JULY 3, 24 AUGUST 7, 21

Thursdays 10:00-10:45am Classroom

Registered Parented Programs

Growing Up Wild 🔞 🔞 🖸 🔞 🔾



Ages: 3-7 years

An early education program that build's on children's sense of wonder about nature and invites them to explore wildlife and the world around them. Through a wide range of activities and experiences, this program provides an early foundation for developing positive impressions about nature and lifelong social and academic skills.

SPIDER WONDERS

Thursday, June 5 10:00-11:00am Allan & Jean Millar Centre Course ID#: 9820

ANTS ON PARADE

Thursday, June 19 10:00-11:00am Allan & Jean Millar Centre Course ID#: 9821

Wee Try



Ages: 3-6 years

"Wee Try" is a Why Try Preschool Program that teaches the skills of resilience through storytelling, active games, and crafts! Using play, children will learn about making choices that help themselves and others. We will also identify trusted adults and relationships that can help us throughout our lives. Free parented program.

SESSION 1

Friday, June 6 10:00-11:00am

Allan & Jean Millar Centre

Course ID#: 9825

SESSION 2

Friday, June 13 10:00-11:00am Allan & Jean Millar Centre

Course ID#: 9826

SESSION 3

Friday, June 20 10:00-11:00am Allan & Jean Millar Centre Course ID#: 9827

Family Frenzy



Ages: All Ages

Come join us each month for games. activities and socialization with families in our community.

COPE-CAKE EXPERIMENT

You scream, I scream-we all scream for ice cream! But when it melts, its hard to takeperhaps you need a coping-cake? Grab the family for some interactive-and yummyfun learning as we explore 'coping' skills!

Thursday, July 10 6:00-7:30pm Fieldhouse Course ID#: 9822

STORY, SONG & S'MORE

Join us for an evening campfire experience full of fun family favourites-we may even have a special guest pop-by!!!

Thursday, August 21 6:00-7:30pm Forest Interpretive Centre

Course ID#: 9823





Complimentary Fitness Classes

SESSION 1 runs
May 20 to June 20
SESSION 2 runs
July 2 to August 29
NO CLASSES August 4

MORNING CLASSES						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Early Bird H20 6:15-7:00am Session 1	Outdoor Bootcamp 6:00-6:50am Session 2	Early Bird H20 6:15-7:00am Session 1	Outdoor Bootcamp 6:00-6:50am Session 2			
Water Warriors 9:00-10:00am Session 1	Shred 45 9:15-10:00am Session 1	Water Warriors 9:00-10:00am Session 1 & 2	Shred 45 9:15-10:00am Session 1	Water Warriors 9:15-10:00am Session 1 & 2		
	Functional Fitness 4 Life 10:30-11:15am Session 1	Adaptive Fitness 10:00-10:45am Session 1				
	Power Pedal 9:30-10:00am Session 2		Shred 45 9:30-10:15am Session 2			

NOON CLASSES					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Gentle Water Fitness		Gentle Water Fitness		
	12:00-12:45pm Session 1		12:00-12:45pm Session 1		
Shred Express 30	Shred Express 30	Shred Express 30	Shred Express 30		
12:15-12:45pm	12:15-12:45pm	12:15-12:45pm	12:15-12:45pm		
Session 1	Session 1 & 2	Session 1 & 2	Session 1 & 2		

EVENING CLASSES						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Shred 45 5:15-6:00pm Session 1	Shred 45 5:15-6:00pm Session 1 5:30-6:15pm Session 2		Shred 45 5:15-6:00pm Session 1			
	Total Body Tabata 7:00-7:45pm Session 1	Yoga Core 7:00-7:45pm Session 1 & 2				

All classes 13+ unless otherwise stated. Classes subject to cancellation due to low attendance.

Pembina Fitness Centre

Indoor Cycle

Power Pedal

Hop on and ride through this energizing cycling class designed to boost strength and endurance. Pedal to the rhythm, and push your limits in our unique spin studio. Perfect for all levels, this class will leave you feeling empowered.

All Levels

Tuesdays 9:30-10:00am

Session 2

Water Fitness Early Bird H20

Leisure Pool

An early morning class for those who want to start their day off right with a full-body workout! This is a fun aquatic class that focuses on improving muscular strength & endurance by using a variety of equipment. No swimming skills required.

All Levels

Mondays, Wednesdays 6:15-7:00am Session 1

Gentle Water Fitness

Leisure Pool

This aquatic class is designed to meet the needs of people who experience pain and dysfunction when participating in land based fitness activities. This is a low impact 45-minute class that focuses on enhancing mobility, muscle strengthening, and increased range of motion. The class is ideal for participants with orthopedic issues, arthritis, hypertension, joint replacement, or have weakness and/or physical limitations.

Beginner

Tuesdays, Thursdays 12:00-12:45pm Session 1

Fitness Guide:

Aquatic Class

Land Class

Cycle Class

Mind-Body

Youth Fitness



Water Warriors

Lap Pool

This aquatic class is a full body workout focusing on functional fitness in a supportive environment. The joint friendly exercises help to improve range of motion, cardio, and muscular strength and endurance. Classes are conducted in both chest-deep and deep water (options will be given for both) and are suitable for all levels of fitness.

All Levels

Session 1:

Mondays, Wednesdays 9:00-10:00am Fridays 9:15-10:00am

Session 2:

Wednesdays 9:00-10:00am Fridays 9:15-10:00am

Mind-Body

Yoga Core

Calm your mind and strengthen your body during this 45-minute practice. This class is designed to improve strength, flexibility, and balance with a focus on the core.

All Levels

Wednesdays 7:00-7:45pm

Session 1 & 2

Land FitnessAdaptive Fitness

This group class is tailored to individuals with disabilities and the workouts are designed to meet the needs of individuals. These workouts include cardio, strength training, core work, Pilates and stretching.

All Levels

Wednesdays 10:00-10:45am

Session 1

Functional Fitness 4 Life

A great class for the older adult or those new to fitness! This is a joint friendly, full body workout aimed at improving muscular strength and endurance, flexibility and range of motion. Modifications can be made for all levels of fitness.

Beginner to Intermediate

h Tuesdays 10:30-11:15am

Session 1

Outdoor Bootcamp

Experience a total-body workout in the great outdoors! Through body-weight exercises, conditioning intervals, and strength-building movements, you'll develop lean muscle, improve functional strength, and boost core and cardiovascular endurance. Classes are typically held outside, weather permitting. Don't forget to bring both indoor and outdoor shoes!

All Levels

Tuesdays, Thursdays 6:00-6:50am Session 2

Shred Express 30

Take a 30-minute break during your day for a workout that targets different muscle groups each day, ensuring a well-rounded week of exercise! This class fuses strength, cardio, and fun for a total-body workout that keeps you motivated and energized.

All Levels

Session 1:

Mondays, Tuesdays, Wednesdays, Thursdays 12:15-12:45pm

Session 2:

Tuesdays, Wednesdays, Thursdays 12:15-12:45pm

Shred 45

Revitalize your workout routine with this upbeat, full-body class that blends aerobic exercises and strength training! This interval-based session combines strength moves and cardio bursts to boost your fitness, enhance endurance, and leave you feeling refreshed.

Session 1:

Tuesdays, Thursdays 9:15-10:00am Mondays, Thursdays 5:15-6:00pm

Session 2:

Tuesdays 5:30-6:15pm Thursdays 9:30-10:15am

Total Body Tabata™

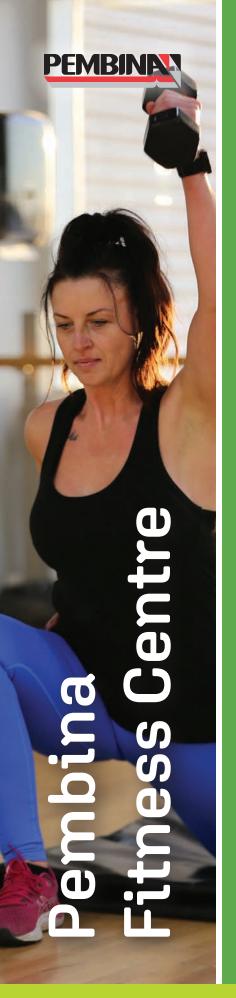
Tabata + Group Fitness = Total Body Tabata! This interval based workout is designed to torch fat, build muscle, and get you fitter, faster.

All Levels

Tuesdays 7:00-7:45pm

Session 1





Registered <u>Fitness Clas</u>ses

REGISTERED CLASSES RUN FROM

May 20 to June 20

Weight Training for Teens will continue in July & August

MORNING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
Outdoor Bootcamp 6:00-6:50am	Cycle 45 6:00-6:45am	Outdoor Bootcamp 6:00-6:50am	One More Rep 6:00-6:45am	
Cycle 30 9:15-9:45am	Stroller Fit 10:30-11:15am	Cycle 45 9:15-10:00am	Stroller Fit 10:30-11:15am	Cycle 30 9:15-9:45am

EVENING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
b. class® 6:30-7:30pm		One More Rep 5:30-6:15pm		
Cycle Strong 6:45-7:35pm				



Follow us on (a) and (a) for b. class® and other exciting pop-up summer classes!

CLASS PASS

Drop into one of our registered fitness classes with a class pass!

INDIVIDUAL \$15.00 10-PACK \$135.00



Stay up to date by checking our website. Schedule and programs are subject to change.





Must be 16+ to use the Pembina Fitness Centre or 13+ with weight training for teens certificate.

Schedule and programs subject to change. Stay up to date by checking https://rec.whitecourt.ca.

Pembina Fitness Centre

Land Fitness

b. class®

The b. class® creates space for women to self-heal, transform and connect.
The b. class® is an inspiring women's fitness program designed to let the heart and soul speak. We combine athletic movement with music to create a powerful connection within.

All Levels

Ages: 16+

Instructor: Tarran Young

Mondays 6:30-7:30pm

MAY 26 TO JUNE 23

Course ID#: 9963 Members: \$46.05 Retail: \$52.95

One More Rep

Ready to lift some weights? Improve your muscular strength and endurance with classic lifting exercises like squats, lunges, and chest presses using a combination of free weights, tubing, medicine balls and more.

Instructor: Jolene

Wednesdays 5:30-6:15pm

MAY 21 TO JUNE 18

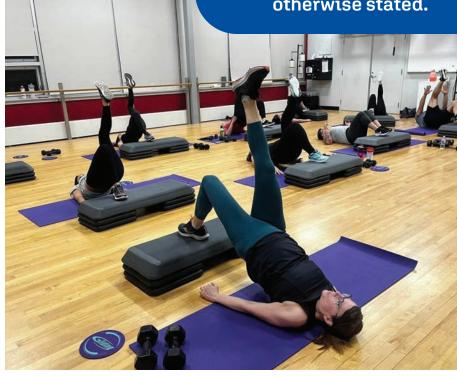
Course ID#: 9936 Members: \$36.30 Retail: \$41.75

Thursdays 6:00-6:45am

MAY 22 TO JUNE 19

Course ID#: 9712 Members: \$36.30 Retail: \$41.75





Outdoor Bootcamp

Enjoy a full-body workout in an outdoor setting! Body-weight exercises, sports drills, and conditioning intervals help you develop lean muscle and functional strength, while improving your core strength and cardiovascular endurance. Most classes will take place outside but is weather dependent. Please bring indoor and outdoor shoes.

All Levels

Instructor: Annette

Mondays, Wednesdays 6:00-6:50am

MAY 21 TO JUNE 18

Course ID#: 9742 Members: \$65.34 Retail: \$75.15

Stroller Fit

Have fun, get fit, and bond with your baby! Build strength, improve cardio, and get to know other moms and soon-to-be moms. All exercises are designed and modified specifically for pregnant and postnatal women. Stroller required.

All Levels

Ages: 16+

Instructor: Jolene

Tuesdays, Thursdays 10:30-11:15am

MAY 20 TO JUNE 19

Course ID#: 9718 Members: \$72.60 Retail: \$83.50

Fitness Guide:

Aquatic Class

Land Class

Cycle Class

Mind-Body
Youth Fitness

Personal Training



Child Mind available during this class

All classes 13+ unless otherwise stated.

Classes subject to cancellation due to low attendance.

Must be 16+ to use the Pembina Fitness Centre or 13+ with weight training for teens certificate.



Pembina Fitness Centre

Indoor Cycle

Cycle 30

Welcome to this interval ride where we love throwing in anaerobic intervals and bursts of speed throughout the class. This class is designed to be both fun and challenging for riders of all levels.

All Levels



Instructor: Amanda

MAY 26 TO JUNE 16

Course ID#: 9720 Members: \$25.60 Retail: \$29.60

Fridays 9:15-9:45am

Instructor: Krista

MAY 23 TO JUNE 20

Course ID#: 9722 Members: \$32.00 Retail: \$37.00



Cycle 45

Elevate your fitness and pedal through hill climbs, sprints, and other challenging drills in this 45-minute cycle class that will leave you energized and sweaty. Lights off, sweat on!

All Levels

Tuesdays 6:00-6:45am

Instructor: Amanda

MAY 20 TO JUNE 17

Course ID#: 9731 **Members:** \$36.30 **Retail:** \$41.75

👣 Wednesdays 9:15-10:00am

Instructor: Krista

MAY 21 TO JUNE 18

Course ID#: 9733 **Members:** \$36.30 **Retail:** \$41.75

Cycle Strong

This total body, heart pumping, nonstop, to-the-beat workout has a little bit of something for everyone! Rolling hills, sprints, climbs, surges and a challenging arm workout on the bike, while pedaling to energizing music hand-picked to motivate and inspire!

All Levels

Instructor: Domi

Mondays 6:45-7:35pm

MAY 26 TO JUNE 16

Course ID#: 9807 Members: \$29.04 Retail: \$33.40

Fitness Guide:

Aguatic Class

Land Class

Cycle Class

Mind-Body

Youth Fitness

Personal Training

Child Mind available during this class

All classes 13+ unless otherwise stated.

Classes subject to cancellation due to low attendance.



Youth Fitness

Weight Training For Teens

All youth aged 13-15 years are required to take this standard course to use the Pembina Fitness Centre weighted equipment. Youth participate in a 5.5 hour in-class and practical session learning about weight training, specific exercises/techniques, gym etiquette and introduction to nutrition.

Instructor: Ryan Ages: 13-15yrs

FRIDAY JUNE 27, 10:00-4:00PM

Course ID#: 9708 **Members:** \$55.00 **Retail:** \$63.25

WEDNESDAY JULY 30, 10:00-4:00PM

Course ID#: 9976 Members: \$55.00 Retail: \$63.25

WEDNESDAY AUGUST 27, 10:00-4:00PM

Course ID#: 9977 **Members:** \$55.00 **Retail:** \$63.25

Must be 16+ to use the Pembina Fitness Centre or 13+ with weight training for teens certificate.

Personal Training

Youth Starter Pack

Elevate Your Performance

Do you want to train like an athlete, with commitment, enthusiasm, and ability to focus? Do you want to be more efficient, mobile, stronger, and able to produce more power? The Youth Starter Pack is for youth aged 13-17 and is all about ensuring your body is in peak condition so you can perform to your full potential. The package begins with a 2-hour session with a Personal Trainer that includes an assessment, goal-setting, program design, and equipment orientation. Youth will receive a personalized 4-week exercise program and personalized nutrition plan, and concludes with a 30-minute reassessment on Day 30. Please call the Allan & Jean Millar Centre to schedule your appointment.

Weight Training for TEENS is a prerequisite for 13-15 year olds

Members: \$120.00 Retail: \$138.00



Adult Starter Pack

Get fit. Get in gear. Get on with life.

Grvwacheski

Certified Precision

Nutrition Coach

Whether you are brand new to fitness or looking to get back into a routine, the Get in Gear-Adult Starter Pack is a great place to begin! This option is ideal for individuals who want a tailored program to get active and a customized nutrition program to help develop new healthy habits. The package begins with a 2-hour session with a Personal Trainer that includes an assessment, goal-setting, program design and equipment orientation. Participants will receive a personalized 4-week exercise program and personalized nutrition plan, and concludes with a 30-minute reassessment on Day 30. Please call the Allan & Jean Millar Centre to schedule your appointment.

Members: \$140.00 Retail: \$161.00





Pn Precision Nutrition

Learn healthy habits to enhance your nutrition Manage weight without restrictive diets

Address specific dietary needs



♦ Jessie

Kara is an amazing coach who strives for you to do your best while keeping things realistic and balanced. We set manageable goals, which made progress feel achievable. And on tough days, she was always supportive, reminding me that slip-ups are part of building lasting, healthy habits. I think Kara did a great job coaching me! It was a really positive three months, and I'm hopeful that I can continue using what I've learned to keep moving forward on my journey to a healthier me!"

How to Get Started:



Book a Free Nutritional Consultation: Schedule your one-on-one consult with our certified coach. This can be completed in person or via Zoom. **Request Your Nutrition Blueprint:** Collaborate with our coach to create actionable plans to improve your nutrition and overall health. Start Your Journey! Our coach will

provide guidance, accountability, and science-based information to help you create long-term, positive changes.

Ready to Take the First Step?

Schedule your assessment.

Have questions or need more information? We're here to help! Contact us at 780-778-3637.





WHY CHOOSE US?

Expert Trainers
Customized Program
Private Personal Training
Flexible Scheduling
Personalized Nutrition
Video Tutorials
In-App Messaging
Support
Full Access to Fitness App

LOVE THE APP?

Continue monitoring your progress for just \$10 per month!

Training offered in 30, 45, and 60 minute sessions.

Trainers available for one-on-one, partner or group training.

BOOK YOUR FREE CONSULTATION NOW!



Please scan the QR code. We'll get back to you right away.

*** OPERATION *** TRANSFORMATION: THE RECAP

5 TEAMS OF 3 ALL TRAINED BY OUR 3 DEDICATED TRAINERS

Over 8 weeks, these challengers pushed their limits through personal team training and weekly challenges — all with one goal in mind: Earn the title of Operation Transformation Champions.

CHAMPIONS

Colton, Jenny, and Josh achieved an impressive 15.8% body fat loss to emerge victorious on Team Ryan.

Thank you to everyone who joined our 8-week journey!

The Allan & Jean Millar Centre Personal Training team is proud and grateful to have supported your amazing progress.



STAY TUNED, STAY FIT, AND WE CAN'T WAIT TO SEE YOU IN OUR NEXT CHALLENGE! ★★★

THANK YOU Shout out to our Operation Transformation sponsors!

Your generous prizes brought joy and helped cover the cost of groceries and personal training—making it easier for participants to stay committed, invest in their wellness, and keep crushing their goals!











Please call the Allan & Jean Millar Centre at 780-778-3637 for pricing information and scheduling.

Where Family, Fitness & Fun Matter



GUEST SPOTLIGHTS

What they love about us!

ROTARY RUNNING TRACK



CHILDMIND



Renee

I truly appreciate having access to a gym with a childcare facility. It's wonderful knowing my kids are cared for while I work out. They get to be active and social with other children.

Win Win for our family.

PICKLEBALL



Angelina
I just love to be here!

Dave & Peggy

Our favourite parts? The friendly, accommodating staff, the running/walking track, the stationary bikes, and workout equipment for everyone's needs.

MOVEMENT & STRETCH



The Troublemakers

Just walking through the doors brings an element of peace, and once Kara starts in with her gentle movements to increase our flexibility, you can feel the exhalation of calm throughout the room.



Read more! The 'A Day in the Life' interview series can be found at https://www.whitecourt.ca/play/allan-jean-millar-centre





Aquatic Centre Information



Supervision

Children 7 and under must be within arms reach of a responsible person who is 14 or older at all times while swimming in the facility. The maximum ratio of caregiver to children 7 and under is 1:4.



Lock Up Your Personal Items

One-time use, loonie operated lockers are available in all change rooms, or you may bring your own lock. Free valuables lockers are also available at Guest Services. The Town of Whitecourt is not responsible for lost or stolen articles. Please remember to remove your lock at the end of your swim. Locks left overnight will be cut off.



Shower

Each person must have a cleansing shower prior to entering the pool to remove hair products, cosmetics and lotions from skin. This will help keep the pool clean and free from contaminants.



Shoes and Strollers

Outdoor footwear and strollers are not permitted on deck or in the change rooms. Shoes may be left on the racks outside the pool change rooms, or carried to a locker.



Prevent Pool Fouling

Swimmers are encouraged to use the washroom before entering the water. Any person with diarrhea, or have experienced diarrhea recently, must not use the pool facility.

All children 36 months and under, and anyone who is incontinent, must wear protective, water-resistant swimwear in order to minimize contamination. Guest Services has swim diapers available for purchase.



Accessibility

A water wheelchair is available for guests to use for access to the deck and pools.



Hot Tub

Time in the hot tub is limited to 10-15 minutes. Body temperature of children under 2 years old rises very quickly, and should be closely monitored to avoid negative cardiovascular effects. Pregnant women, and persons with heart disease, hypertension, seizures, diabetes, obesity, or those greater than 65 years of age, should consult with a physician before using the hot tub.

Registration Information is available on page 4.

Aquatic Hours, Closures and Swim Times

Aquatic Centre Hours

Monday, Wednesday 6:00am-9:30pm Tuesday, Thursday, Friday 9:00am-9:30pm Saturday, Sunday and Stat Holidays 10:00am-8:00pm

Holiday Hours and Closures

May 19, Victoria Day 10:00am-8:00pm

June 14, Blue Dolphins CLOSED 10:00am-6:00pm

Swim Meet

July 1, Canada Day 10:00am-8:00pm August 4, Civic Holiday 10:00am-8:00pm

Free Family Swim 6:00-8:00pm



May 18 | June 1, 15 | July 6, 20 | August 3, 17

Sponsored by the Rotary Club of Whitecourt



May 11 | June 8 | July 13 | August 10

Sponsored by Pembina Gas Infrastructure

Special Public Swims, 1:30-3:30pm

May 15, 16

Monday to Friday, June 27-August 29

Wiggle Bridge

Wednesdays 1:30-3:30 (July & August)

Fridays 5:00-9:00pm Saturdays 4:00-7:30pm

All areas of the Pembina Gas Infrastructure Aquatic Centre may not be available during swim times due to swim lessons, facility rentals, pool fouling, or maintenance.

Swim Times | SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE. AQUASIZE SCHEDULE ON PAGE 28.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fitness Swim 6:00-9:00am		Fitness Swim 6:00-9:00am				
Family Swim 9:00am-3:30pm	Family Swim 9:00am-3:30pm	Family Swim 9:00am-3:30pm	Family Swim 9:00am-3:30pm	Family Swim 9:00am-3:30pm	Family Swim 10:00am-1:00pm	Family Swim 10:00am-1:00pm
3.00am-3.30pm	9.00am-3.30pm	9.00am-3.30pm	9.00am-3.30pm	9.00am-3.30pm		Public Swim 1:00-6:00pm
Public Swim 3:30-8:30pm	Public Swim 3:30-8:30pm	Public Swim 3:30-8:30pm	Public Swim 3:30-8:30pm	Public Swim 3:30-8:30pm	Public Swim 1:00-8:00pm	Family Swim 6:00pm-8:00pm
Adult Swim 8:30-9:30pm	Adult Swim 8:30-9:30pm	Adult Swim 8:30-9:30pm	Adult Swim 8:30-9:30pm	Adult Swim 8:30-9:30pm		
			LANES AVAILABLE			
6:00-9:00am (6) 10:00am-12:00pm (1) 12:00-1:00pm (3) 1:00-8:30pm (1) 8:30-9:30pm (3)	9:00am-12:00pm (1) 12:00-1:00pm (3) 1:00-8:30pm (1) 8:30-9:30pm (3)	6:00-9:00am (6) 10:00am-12:00pm (1) 12:00-1:00pm (3) 1:00-8:30pm (1) 8:30-9:30pm (3)	9:00am-12:00pm (1) 12:00-1:00pm (3) 1:00-8:30pm (1) 8:30-9:30pm (3)	9:00am-12:00pm (1) 12:00-1:00pm (3) 1:00-8:30pm (1) 8:30-9:30pm (3)	10:00am-8:00pm (1)	10:00am-8:00pm (1)

Family Swim Children must be accompanied by an adult 18 years or older in the water. Individual adults are welcome to attend Family Swim provided they do not interfere with young families or facility bookings.

Fitness Swim For individuals 8 years and older who are actively engaging in swimming laps and/or walking in the water.

Adult Swim Must be 18 years or older to attend.

Lifesaving Society's Swim for Life



Registration information on page 4. Secure your spot!

PARENT & TOT 1-3 4-36 Months



Parent & Tot classes provide an opportunity for parents and children to enjoy in-water interaction in a fun and social setting. Focusing on the importance of play and developing water positive attitudes and skills, children gain valuable exposure to being in and around the water. Parents will learn to be Water Smart to keep themselves and their child safe in any aquatic setting. Activities and progressions in Parent & Tot are based on developmental stages.

Days	Course Date	Times	Member	Retail	Course ID
Mon to Fri	July 7 to 18	10:05-10:35am	\$56.50	\$64.30	9861
Mon to Fri	July 21 to August 1	11:35am-12:05pm	\$56.50	\$64.30	9866
Mon to Fri	August 5 to 15	4:35-5:05pm	\$50.85	\$57.87	9867

PRESCHOOL 3-5 Years

Preschool gives children an early start on learning to swim. Children 3-5 years old will have fun while gaining foundational water skills and become comfortable in the water. Water Smart education is incorporated into all Preschool levels to support children in learning how to keep themselves safe in and around the water.

Preschool 1

Preschoolers will be assisted by their instructor when learning to enter and exit water safely, jump into chest deep water, and put their faces in the water to blow bubbles. Becoming comfortable with floats and glides and moving safely in shallow water while wearing lifejackets will help them gain confidence with their water skills.

Prerequisite: 3 years



Days	Course Date	Times	Member	Retail	Course ID
Mon to Fri	July 7 to 18	10:05-10:35am	\$56.50	\$64.30	9862
Mon to Fri	July 7 to 18	5:45-6:15pm	\$56.50	\$64.30	9868
Mon to Fri	July 21 to August 1	11:45am-12:15pm	\$56.50	\$64.30	9869
Mon to Fri	July 21 to August 1	5:45-6:15pm	\$56.50	\$64.30	9870
Mon to Fri	August 5 to 15	11:45am-12:15pm	\$50.85	\$57.87	9871
Mon to Fri	August 5 to 15	4:05-4:35pm	\$50.85	\$57.87	9872
Mon to Fri	August 18 to 29	10:05-10:35am	\$56.50	\$64.30	9873
Mon to Fri	August 18 to 29	4:05-4:35pm	\$56.50	\$64.30	9874

Preschool 2

Preschoolers will work on becoming more independent with their water skills. Some of these skills include jumping into chest deep water unassisted, submerging and exhaling underwater, and floating and gliding with various buoyant aids. They will be introduced to lateral rollovers and practice their flutter kick on their backs.

Prerequisite: Preschool 1

Days	Course Date	Times	Member	Retail	Course ID
Mon to Fri	July 7 to 18	9:35-10:05am	\$56.50	\$64.30	9863
Mon to Fri	July 7 to 18	5:40-6:10pm	\$56.50	\$64.30	9875
Mon to Fri	July 21 to August 1	9:35-10:05am	\$56.50	\$64.30	9876
Mon to Fri	July 21 to August 1	4:55-5:25pm	\$56.50	\$64.30	9877
Mon to Fri	August 5 to 15	12:20-12:50pm	\$50.85	\$57.87	9878
Mon to Fri	August 5 to 15	4:00-4:30pm	\$50.85	\$57.87	9879
Mon to Fri	August 18 to 29	9:35-10:05am	\$56.50	\$64.30	9880
Mon to Fri	August 18 to 29	4:05-4:50pm	\$56.50	\$64.30	9881

Preschool 3

Preschoolers will kick and glide their way through the water on their fronts and backs. They will work on retrieving objects from the bottom in water that is waist deep, and work towards mastering their floats, rollovers, glides, and kicks. In this level they work their way into deeper water for side entries and jumping in with their lifejackets on.

Prerequisite: Preschool 2

Days	Course Date	Times	Member	Retail	Course ID
Mon to Fri	July 7 to 18	11:30am-Noon	\$56.50	\$64.30	9864
Mon to Fri	July 7 to 18	5:30-6:00pm	\$56.50	\$64.30	9882
Mon to Fri	July 21 to August 1	10:05-10:35am	\$56.50	\$64.30	9883
Mon to Fri	July 21 to August 1	5:30-6:00pm	\$56.50	\$64.30	9884
Mon to Fri	August 5 to 15	9:35-10:05am	\$50.85	\$57.87	9885
Mon to Fri	August 5 to 15	4:05-4:35pm	\$50.85	\$57.87	9886
Mon to Fri	August 18 to 29	12:20-12:50pm	\$56.50	\$64.30	9887

Preschool 4 / Preschool 5 (Combined)

In Preschool 4, preschoolers will gain some independence in deep water. They will practice jumping into deeper water (including getting out by themselves), sideways entries, and opening their eyes underwater. These swimmers in training will work on completing 5m of front crawl in their lifejackets and work on their ability to tread water.

Prerequisite: Preschool 3

In Preschool 5, preschoolers will work towards achieving important swimming milestones. They will work on being able to support themselves treading in deep water for 10 seconds and complete 5m swims with front crawl and back crawl. Wearing a lifejacket, they will practice forward roll entries into deep water, learn to whip kick in a vertical position, and be introduced to interval training.

Prerequisite: Preschool 4



Days	Course Date	Times	Member	Retail	Course ID
Mon to Fri	July 7 to 18	4:55-5:25pm	\$56.50	\$64.30	9865
Mon to Fri	July 21 to August 1	11:00-11:30pm	\$56.50	\$64.30	9888
Mon to Fri	July 21 to August 1	5:40-6:10pm	\$56.50	\$64.30	9889
Mon to Fri	August 5 to 15	10:05-10:35am	\$50.85	\$57.87	9890
Mon to Fri	August 5 to 15	4:40-5:10pm	\$50.85	\$57.87	9891

Swimmer is a 6-level, success-oriented learn to swim program for children 5-12 years old. There is a prominent focus on in-water swimming practice as swimmers learn fundamental strokes and skills, mastering them as they progress through the program. Swimmers also learn how to be safe in, on, and around the water through Water Smart education incorporated into every level.

Swimmer 1

Building the foundation of swimming skill development, beginner swimmers will gain confidence in the water as they learn safe entries into various depths of water, treading water in a lifejacket, opening their eyes underwater, and breath control. Once they have learned their floats, rollovers. glides, and kicks from front to back, they will front crawl their way into the next level.

Days	Course Date	Times	Member	Retail	Course ID
Mon to Fri	July 7 to 18	10:40-11:25am	\$56.50	\$64.30	9892
Mon to Fri	July 7 to 18	4:55-5:40pm	\$56.50	\$64.30	9897
Mon to Fri	July 21 to August 1	10:55-11:40am	\$56.50	\$64.30	9898
Mon to Fri	July 21 to August 1	4:55-5:40pm	\$56.50	\$64.30	9899
Mon to Fri	August 5 to 15	10:55-11:40am	\$50.85	\$57.87	9900
Mon to Fri	August 5 to 15	6:00-6:45pm	\$50.85	\$57.87	9901
Mon to Fri	August 18 to 29	11:30am-12:15pm	\$56.50	\$64.30	9902
Mon to Fri	August 18 to 29	4:40-5:25pm	\$56.50	\$64.30	9903

Prerequisite: 5 years

Swimmer 2

Swimmers will gain comfort in deeper water by jumping in, learning their sideways entry, and treading water without a lifejacket. Swimmers will be challenged by the introduction of various skills including, flutter kick on their front, back, and side: vertical whip kick with an aid; and swimming front crawl and back crawl for 10m. Swimmers will get to work on their Swim to Survive skills and be introduced to interval training.

Days	Course Date	Times	Member	Retail	Course ID
Mon to Fri	July 7 to 18	11:00-11:45am	\$56.50	\$64.30	9893
Mon to Fri	July 7 to 18	4:50-5:35pm	\$56.50	\$64.30	9904
Mon to Fri	July 21 to August 1	10:40-11:25am	\$56.50	\$64.30	9905
Mon to Fri	July 21 to August 1	4:50-5:35pm	\$56.50	\$64.30	9906
Mon to Fri	August 5 to 15	11:00-11:45am	\$50.85	\$57.87	9907
Mon to Fri	August 5 to 15	5:10-5:55pm	\$50.85	\$57.87	9908
Mon to Fri	August 18 to 29	10:40-11:25am	\$56.50	\$64.30	9909
Mon to Fri	August 18 to 29	4:05-4:50pm	\$56.50	\$64.30	9910

Prerequisite: Swimmer 1

Swimmer 3

Swimmers will make a splash with their kneeling dives and forward roll entries. Swimmers will be challenged with the introduction to more difficult (but fun) skills such as handstands in shallow water and front somersaults (in water). Increased time and distance components are incorporated for skills learned such as flutter kick on front and back, whip kick on back, front and back crawl, and interval training.

Days	Course Date	Times	Member	Retail	Course ID
Mon to Fri	July 7 to 18	12:05-12:50pm	\$56.50	\$64.30	9894
Mon to Fri	July 7 to 18	4:05-4:50pm	\$56.50	\$64.30	9911
Mon to Fri	July 21 to August 1	10:10-10:55am	\$56.50	\$64.30	9912
Mon to Fri	July 21 to August 1	4:05-4:50pm	\$56.50	\$64.30	9913
Mon to Fri	August 5 to 15	10:05-10:50am	\$50.85	\$57.87	9914
Mon to Fri	August 5 to 15	5:15-6:00pm	\$50.85	\$57.87	9915
Mon to Fri	August 18 to 29	10:10-10:55am	\$56.50	\$64.30	9916
Mon to Fri	August 18 to 29	4:55-5:40pm	\$56.50	\$64.30	9917

Prerequisite: Swimmer 2

Swimmer 4

Swimmers will move from a beginner to intermediate swimming level. Swimmers will complete standing dives, tread water for 1 minute, and work towards being able to swim underwater for 5m. Swimmers will achieve the Swim to Survive standard by being able to roll into deep water, tread water for 1 minute, and swim 50m. In addition to improving their front crawl, back crawl, and whip kick, swimmers will be introduced to breaststroke.

Days	Course Date	Times	Member	Retail	Course ID
Mon to Fri	July 7 to 18	11:30am-12:15pm	\$56.50	\$64.30	9895
Mon to Fri	July 7 to 18	4:00-4:45pm	\$56.50	\$64.30	9918
Mon to Fri	July 21 to August 1	10:05-10:50am	\$56.50	\$64.30	9919
Mon to Fri	July 21 to August 1	4:05-4:50pm	\$56.50	\$64.30	9920
Mon to Fri	August 5 to 15	10:10-10:55am	\$50.85	\$57.87	9921
Mon to Fri	August 5 to 15	4:40-5:25pm	\$50.85	\$57.87	9922
Mon to Fri	August 18 to 29	11:00-11:45am	\$56.50	\$64.30	9923
Mon to Fri	August 18 to 29	5:45-6:30pm	\$56.50	\$64.30	9924

Prerequisite: Swimmer 3

Swimmer 5 / Swimmer 6 (Combined)

In Swimmer 5, swimmers will be challenged with a whole new set of skills; shallow dives, tuck jumps (cannonball entries), eggbeater kick, and backward somersaults (in water). Technique and endurance will also receive greater focus as swimmers will need to complete longer distance swims and interval training sessions for all their strokes.

Prerequisite: Swimmer 4

In Swimmer 6, as the final level in the Swimmer program, swimmers will build up their advanced skill set. Swimmers will work towards mastering stride entries, compact jumps, and lifesaving kicks. They will also refine their strokes to increase their swimming strength, power, and endurance - critical for success in the 300m workout required to complete the level.

Prerequisite: Swimmer 5



Days	Course Date	Times	Member	Retail	Course ID
Mon to Fri	July 7 to 18	10:10-10:55am	\$56.50	\$64.30	9896
Mon to Fri	July 7 to 18	4:05-4:50pm	\$56.50	\$64.30	9926
Mon to Fri	July 21 to August 1	4:00-4:45pm	\$56.50	\$64.30	9927
Mon to Fri	August 5 to 15	11:30am-12:15pm	\$50.85	\$57.87	9928
Mon to Fri	August 18 to 29	6:05-6:50pm	\$56.50	\$64.30	9929

Canadian Swim Patrol

The Lifesaving Society's 3 level Canadian Swim Patrol program is for swimmers who are ready to go beyond learn-to-swim. The program focus is on developing strength and proficiency while introducing swimmers to the challenging world of lifesaving. Swimmers will have fun enhancing their capability in the water, increasing their physical conditioning, and learning lifesaving judgment. Each level will continue to develop swimmers' strokes and provide a skill foundation that will prepare them for success in the Society's Bronze Medal Awards. Each level of the Canadian Swim Patrol program has three modules: Water Proficiency, First Aid, and Recognition and Rescue.

Prerequisite: Swimmer 6







Days	Course Date	Times	Member	Retail	Course ID
Mon to Fri	July 7 to 18	10:40-11:25am	\$56.50	\$64.30	9937
Mon to Fri	July 21 to August 1	11:30am-12:15pm	\$56.50	\$64.30	9938
Mon to Fri	August 5 to 15	10:40-11:25am	\$50.85	\$57.87	9939
Mon to Fri	August 5 to 15	5:30-6:15pm	\$50.85	\$57.87	9940

Swim Instructor

Swim Instructors are responsible for teaching and evaluating candidates participating in the Swim for Life® and Canadian Swim Patrol programs. The Swim Instructor course prepares instructors to apply Lifesaving level 1 leadership competencies and strategies designed to teach swimming and lifesaving.

Candidates will be required to co-teach swimming lessons before this course as an addition to the course dates. For more details, please contact Jody at jodyjager@whitecourt.ca.

Prerequisites: 15 years old and Bronze Cross

MONDAY TO FRIDAY AUGUST 11 TO 15

9:00am-3:30pm Course ID#: 9952 Members: \$300.00 Retail: \$345.00





FREE!

PRIVATE LESSONS

Private Lessons will be offered throughout the year.

- PRIVATE LESSON: \$24.00 per person
- SEMI PRIVATE LESSON: \$34.50 (two people sharing one instructor)
- \$57.75 (three people sharing one instructor)



Contact Guest Services for available dates and times.

Swim to Survive

LIFESAVING SOCIETY ADULTS

Swim to Survive is a program that is accessible to everyone. "Swim to survive teaches the essentials to survive an unexpected fall into deep water - an important first step to being safe around water. Participation and having fun are the fundamental pillars in the program." - Lifesaving Society

The goal of this program is to acquaint non-swimmers with the basics to enable them to save themselves if they are in a life threatening situation in water. The skills that will be covered are orienting oneself at the surface after an unexpected entry, supporting oneself at the surface, and swimming to safety. Participants will have the opportunity

to move through the steps at their own comfort level. Min.3/Max.10.

Free! Pre-Registration Required



Supported through The Town of Whitecourt's Safe Community Initiative Tuesdays July 8-29

YOUTH 13-17 YEARS

8:00-8:30pm Course ID#: 9944

ADULT 18+

8:30-9:00pm Course ID#: 9943

Registration deadline: July 1

Forgot what level your child is in?

AQUATIC SCREENINGS

Not sure what level you need? Take a screening! A screening is where an instructor will go in the water with your child for 15 minutes and determine what level they should be placed in.

Must be 3 years of age or older.

Contact Guest Services to find out times and dates that are available.



STEPS TO BE A LIFEGUARD

Intermediate First Aid-Blended

The Canadian Red Cross First Aid and CPR programs provide lifesaving first aid skills and knowledge. Successful completion of this blended learning course will result in first aid and cardiopulmonary resuscitation (CPR) certification. Blended learning is a combination of in-class and interactive online instruction. This course combines online learning (7.5 hours) with one day (8 hours) of hands on, in-class training to provide comprehensive training covering all aspects of first aid.

Completion

- Successfully demonstrate skills and critical steps
- Minimum 75% mark for written knowledge evaluation
- Attend and participate in 100% of the course

Certification

3-year certification in Intermediate First Aid & CPR Level C

Prerequisites: None

WEDNESDAY, JULY 2

9:00am-5:00pm

Location: Forest Interpretive Centre **Registration deadline:** June 25

Course ID#: 9950

Members: \$160.00 Retail: \$184.00

Bronze Medallion

The Lifesaving Society's Bronze Medallion challenges the candidate both mentally and physically. Judgement, knowledge, skill, and fitness-the four components of water rescue-form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water.

Prerequisites: CPR-C, 13 years or Bronze Star

MONDAY TO THURSDAY, JULY 7-10

10:00am-4:00pm

Registration deadline: June 30

Course ID#: 9948

Members: \$170.00 Retail: \$195.52

3 Bronze Cross

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as an assistant lifeguard. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies.

Prerequisites: Bronze Medallion and Intermediate First Aid

MONDAY TO THURSDAY, JULY 21-24

10:00am-4:00pm

Registration deadline: July 14

Course ID#: 9946

Members: \$140.00 Retail: \$161.00

4 National Lifeguard

National Lifeguard develops basic lifeguarding skills, principles, and decision making. This helps lifeguards evaluate and adapt to different aquatic facilities and emergencies. Successful completion certifies participants to work as a lifeguard afterwards.

Prerequisites: Intermediate First Aid, Bronze Cross and 15 YEARS* by August 22. All prerequisites MUST be met BEFORE the class start date.

* While you can take this course at 15 years, you must be 16 years old to be a Lifeguard.

MONDAY TO FRIDAY, AUGUST 18-22

8:30am-5:00pm

Registration deadline: August 11

Course ID#: 9941

Members: \$300.00 Retail: \$345.00











Tom Pickard, Mayor

Mayor's Message

Construction on the Culture & Events Centre continues. Scheduled to open in the fall of 2026, the project is on time and within budget.

- Roof work, exterior wall framing, and site work is underway.
- Exterior wall systems and glazing, slabs, and interior wall framing are scheduled to be complete by the end of 2025.

Located in the heart of downtown and at the entrance to Festival Park, the Culture & Events Centre will include an art, culture and convention centre, library, and Town administration office. With a capital investment of \$54 million, this is the single largest project Whitecourt has ever done.

The partnership and sponsorship campaign for the Culture & Events Centre has launched, and a Request for Proposals has been issued for facility naming rights of the building. In addition to facility naming rights, there are a variety of other components available to name, depending on how involved an organization wants to be. Sponsors will gain exposure, boost brand recognition, and demonstrate their commitment to our community.

A copy of the Request for Proposals and sponsorship package can be found at www.whitecourt.ca/live/ culture-and-events-centre or on the Centre's Facebook and Instagram pages @CultureandEventsCentre



nitecourt

Every year, we love to celebrate those who dedicate time, energy and care into their outdoor spaces with our "Love Your Yard" signs. If you notice a neighbour, friend or stranger's yard that you love, let us know! Signs are awarded through nominations, and we love recognizing the beautiful spaces in our community.

Nominations can be submitted three ways:

- Message us through our Facebook page www.facebook.com/whitecourtcib
- Call Kelly at 780-778-3637 ext. 407
- Scan the QR code to complete the nomination form







If you are interested in being part of Communities in Bloom, either by volunteering at work bees or an organizer at meetings (or both!), please contact Kelly Sadoway at kellysadoway@whitecourt.ca, call 780-778-3637 ext. 407, or message us through our Facebook page.



www.facebook.com/whitecourtcib

CONSTRUCTION IS UNDERWAY

Located in the heart of Whitecourt's downtown



There are a variety of sponsorship and advertising opportunities available to ensure corporations, small businesses, groups, and individuals can partner in this project.

Naming Rights Sponsorship

- Building
- · Regional Library
- Arts. Culture & Convention Centre
- Gallery
- · Multi-Purpose Rooms
- Meeting Rooms, Dressing Rooms, Green Rooms
- Art Wall

Our team will
work with sponsors to
create a unique
opportunity that meets
your community
investment goals.

The Culture &
Events Centre will
be a cultural hub for
the region serving a
trading area of
50,000 people.

Contact Chelsea Grande, Director of Community Services

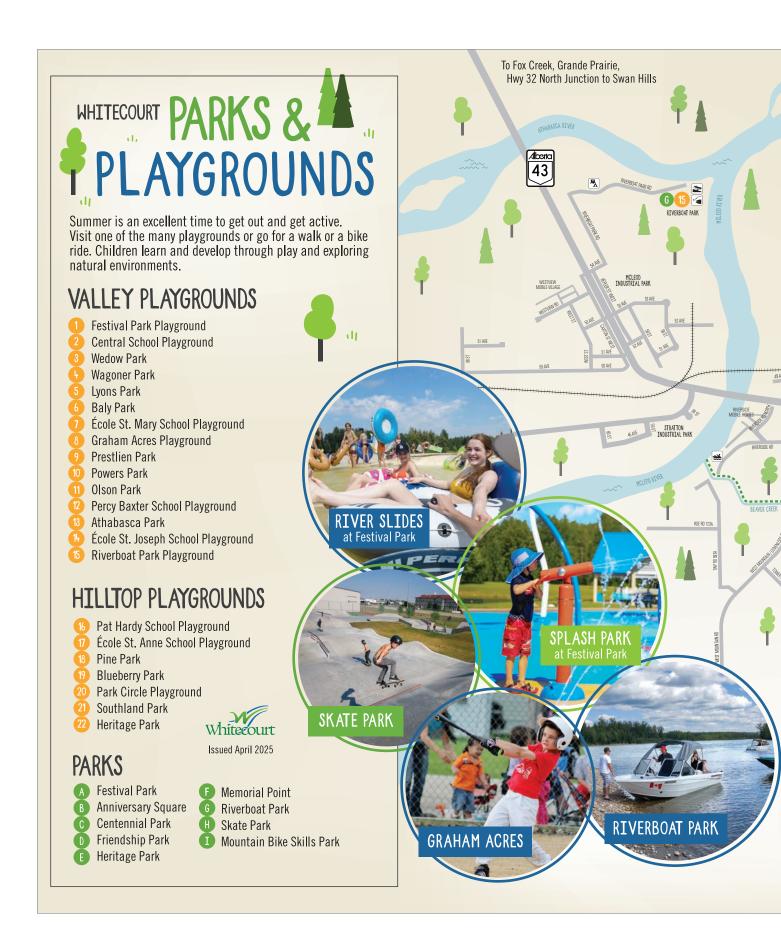
Phone 780-778-2273 or Email chelseagrande@whitecourt.ca

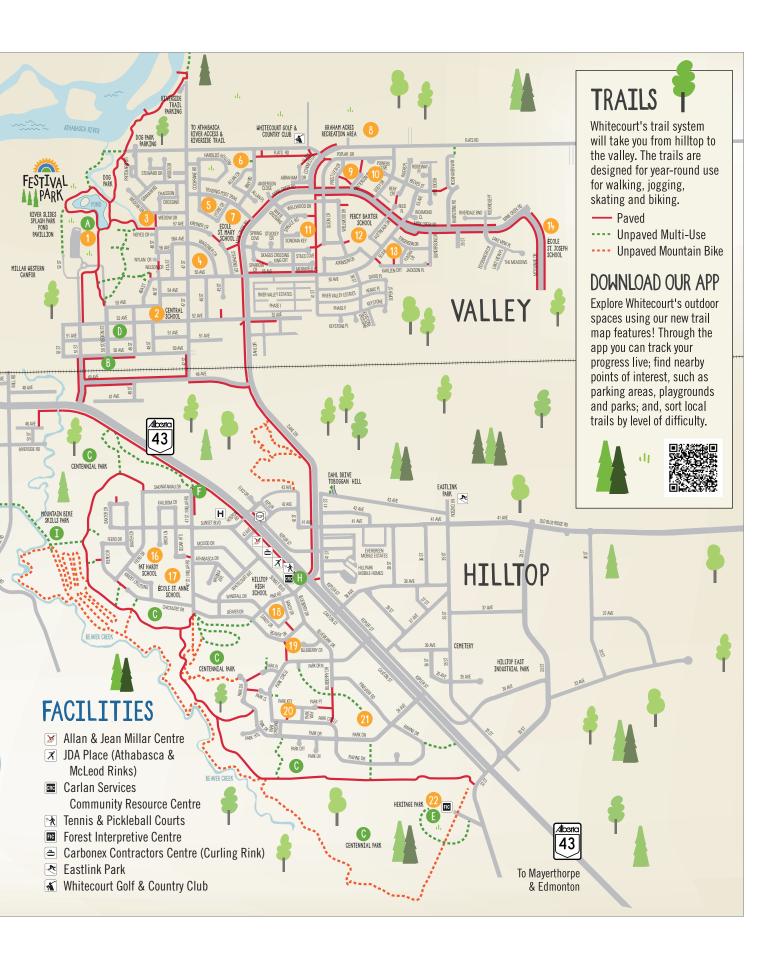














Town Facilities Rental Information

Outdoor Facilities

FESTIVAL PARK

Location: At the end of 51 Street

- Whitecourt River Slides & Splash Park
- Fishing Pond
- Festival Park Playground
- Jumbo Jumper
- · Soccer Fields
- Concession (open June through August)

Festival Way:

Location: in Festival Park

Festival Way has 18-10 x 10 stalls, each with power access, tent anchors and a cement pad. This space is an ideal location for summer markets and special events.

For Rentals:

bookings@whitecourt.ca, 780-778-3637 ext. 402









GRAHAM ACRES

Location: Located along Flats Road

- · Baseball and Softball Diamonds
- · Football Field
- Playground
- · Soccer Fields

Rental Information:

bookings@whitecourt.ca | 780-778-3637 ext. 402





Scan here for more information about our parks, planned park activities and other outdoor facilities.

To report vandalism or unsafe conditions in our outdoor spaces, please call 780-778-2273.



Indoor Facilities



ALLAN & JEAN MILLAR CENTRE

Location: 58 Sunset Blvd, Whitecourt, AB T7S 1N6

Crown & Anchor Pub Meeting Room

Regular Rate: \$35.87/hr | Regular Daily Rate: \$143.52 Non-Profit Rate: \$25.62/hr | Non-Profit Daily Rate: \$102.52

Complete Projects Fieldhouse:

Youth Fieldhouse Rentals:

Full Surface: \$84.72/hour | Third Surface: \$32.00/hour

Adult Fieldhouse Rentals:

Full Surface: \$107.28/hr | Third Surface: \$41.54/hr

Rental Information:

bookings@whitecourt.ca | 780-778-3637 ext. 402



CARLAN SERVICES COMMUNITY RESOURCE CENTRE

Location: 76 Sunset Blvd | 780-778-3634 **Hours:** 8:30am-12:00pm and 1:00pm-4:30pm

Home of the: Rivers Rec Gymnastics Club, Whitecourt Food Bank, Whitecourt & Area Family Support Program, Whitecourt Early Learning & Child Care Centre, Healthy Families Healthy Futures and S.P.A.R.K. FRN



JDA PLACE (TWIN ARENAS)

Location: 72 Sunset Blvd | 780-778-8888

Ice Rental Information:

bookings@whitecourt.ca | 780-778-3637 ext 402

Rotary Club of Whitecourt

Public skate is proudly sponsored by the Rotary Club of Whitecourt



FOREST INTERPRETIVE CENTRE

Location: 3002-33 St | 780-778-3433

Visitor Centre: 1-800-313-7383

Hours: Monday to Friday 8:30am to 4:30pm

Home of the: John & Audrey Dahl Heritage Park, Forest Interpretive Centre Gallery

Rental Information: 780-778-3433



CARBONEX CONTRACTORS CENTRE (CURLING RINK)

Location: 70 Sunset Boulevard

Contact Information: 780-778-4128 or 780-778-4512

Operated by: Whitecourt Curling Club
Rental Information: 780-706-1717

Ice booking

starts in August 2025



Named one of the

FAMILY DESTINATIONS

IN ALBERTA

Whitecourt River Slides

Interactive Playground

Accessible Trail System

Splash Park

Fishing Pond

Jumbo Jumper

Picnic Areas







WHITECOURT RIVER SLIDES

Hours of Operation

May Long Weekend to June 14

Daily 10:00am-9:00pm (weather permitting)*

June 15 through to the end of Labour Day Daily 10:00am-9:00pm

After Labour Day to September 30

Weekends only 10:00am-7:00pm (weather permitting)*



di

SPLASH PARK

Hours of Operation

May Long Weekend to the end of Labour Day Daily 10:00am-9:00pm

After Labour Day to September 30

Weekends only 10:00am-7:00pm (weather permitting)*

*The River Slides will be open when the outside air temperature is sixteen-degrees Celsius (16°C) or above, weather permitting. If sixteen-degrees Celsius (16°C) is not reached by 2:00pm the slides will not open.

The River Slides and Splash Park will be closed occasionally on Wednesdays from approximately 10:00am to 12:00 noon for maintenance. The water features will open on these days when maintenance work is complete.



floaties located on the south side of the concession building)







and playground.



Dogs are welcome at Festival Park, as long as they are leashed and stay on the trail system. Dogs are not permitted on playfields or on the grounds of the Whitecourt River Slides, Splash Park, Jumbo Jumper

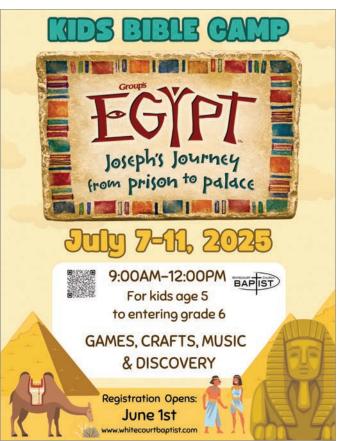
FESTIVAL WAY

Festival Way is an accessible pathway and vendor space designed to host arts, culture, and family events. Contact bookings@whitecourt.ca to secure your spot today.





side, and from front to back. The helmet should not move around.











Our Fall Competition Teams begin in September, and registration is now open!

We have teams for ages 4-12 years old! Message us for help choosing the right team for you!







Prestige Athletics

Summer Programs/Activities

- Birthday Parties: Obstacle Course Parties, Glow Parties, Nerf Parties and more!
- **Single Day Classes:** Try Tots, Try Cheer, Try Pom and more! Try a class before committing to a full season!
- Parents Night Out: Drop off the kids for pizza and fun while parents take a night off!
- Parent & Tots: Join your Tot while they crawl, run, jump and play-for tots crawling to 4 years.
- Tiny Tots: This Coach led class will introduce your tiny athlete to spatial awareness, movement, cooperative play and FUN! This is a lightly structured class with more emphasis on building relationships and trust with new friends! Age 2-3 years.
- Tumbling Tots: Coach led class that will introduce your tiny athletes to rolls, jumps and tumbles. We also focus on spatial awareness, movement and cooperative fun! Age 3-5 years.
- Prestige Abilities: Prestige Abilities is a specialty class that is built specifically for all the kids with complex and special abilities in our community! All ages welcome!
- Tumbling Classes: Skill specific classes that include Handstand/Cartwheels, Walkovers, Handsprings and more!

Text or Phone

780-779-0424

info@prestigeathletics.ca www.prestigeathletics.ca

Follow Us on Facebook and Instagram!



WHITECOURT WOLVES

SUMMER CAMP

The Whitecourt Wolves are excited to announce our 2nd basketball camp with coach Peter McKay!

July 5-6 15-18U \$100 July 12-13 11-13U \$100

Camp will include:

- Fundamental skills including dribbling, passing shooting, screening
- Drills you can take home to continue advancing your abilities
- Lots of fun basketball related games around kids of similar skill
- A push to get yourself outside of your comfort zone and learn something new!
- A Whitecourt Wolves shirt and other swag!

For more information, email: wctwolves.registrar@gmail.com

To Register, visit: wcyb.rampregistrations.com

REGULAR SEASON



Fall 2025 Registration will open in September | 10 Week session

Age groups: U7, U9, U11, U13, U15

CO-ED until U11, then U13 run as boys or girls teams.

Follow our Facebook page for up-to-date information

Whitecourt Wolves Community Basketball

Email: wctwolves.info@gmail.com





Illusion Dance Co. has been providing fun, positive, technical dance classes in all disciplines to the children of Whitecourt for 20 years.



- Registration forms for our 2025/2026 season are at www.illusiondance.com
- In-studio registration date is September 3rd from 4:00-6:00pm.
- Class schedule will be emailed to registered dancers by September 5th.
- Classes will begin the week of September 8th

PRE-DANCE

12 week sessions for 30 mins/week. Pre-dance combines elements of dance through fun music, dance games with fundamental ballet and jazz steps.

5 TO 17 YEAR OLDS

Ballet, Jazz, Tap, Hip Hop, Lyrical, Musical Theatre and Modern. These classes teach fundamental dance steps in each discipline that are choreographed into a routine performed at spring festivals in the Edmonton area.

- Length of classes: 45 minutes to 1 hour.
- All-season program (September to the end of April)
- Cost: Prices are on our website on our registration forms.

KINDER CLASSES

These classes teach 3 & 4 year olds the fundamental dance steps in each discipline that are choreographed into a routine performed at a spring dance festival in St. Albert and our annual year end recital.

- 3-4 year olds: Jazz, Tap, Ballet or Hip Hop
- All-season program 30 mins/week.

ACRO DANCE

Acro dance is a style of dance that combines classical techniques with acrobatic elements. Acro dance will improve your child's co-ordination, flexibility, strength building and confidence

- 8-week sessions.
- Ages 7 and up.
- Max. 10 students per class.
- Cost: \$162.50 + \$35.00 registration fee for non-registered Illusion dancers



FOR INQUIRIES:

upcoming season!

illusiondanceco.1@gmail.com www.illusiondance.com



Illusion Dance Co.

LOCATION:

4213-42 Ave, Whitecourt (across from the RCMP Detachment)





Fully equipped recreational gymnastics facility located inside the Carlan Community Resource Centre 76 Sunset Blvd

Classes offered include:

KinderGym \$248 (Ages 3 to 5 & co-ed)
CanGym \$280 (Ages 6+ & co-ed or all boys)
Mini Warrior Obstacle Course \$280
(Ages 6+ & co-ed)

Find us on Facebook!
RiversRecGymnasticsClub



- Join our Remind Class by texting @riversrec to 587-800-0543
- Co-ed, ages 3-17
- We offer an all-boys class, one class per week
- Our head coach is certified to coach special/adaptive needs children
- \$50 AGF annual fee for memberships & insurance (July 1 June 30)



Birthday Party Packages are available!

Base Price \$170 plus \$10 per attendee
Bouncy Castle available for \$75.00

All registrations now online!

We offer 3 sessions per year, each session is 10 weeks long.

Fall Session (September to December): Registration in September

Winter Session (January to March): Registration in December

Spring Session (April to June): Registration in March



DID YOU KNOW...

Gymnastics is a great foundation for all other sports; our athletes learn fundamental movement skills that develop agility, balance, coordination and speed. These traits are essential for a strong and longstanding athletic career.

All registrations will be on a first come first serve basis. Find more information on our website: https://riversrec.uplifterinc.com. Email any questions to riversrecgym.info@gmail.com.





A non-profit, all inclusive, volunteer society creating positive initiatives in our community. Our goal is to ensure that all children attending school in Whitecourt have the nutrition they need for optimal growth and development.

#helpingkidslearnonafullstomach

Learning Facilities We Support

Pat Hardy Elementary School
Whitecourt Central School
Percy Baxter Middle School
Hilltop Jr./Sr. High School
Gateway Academy
École St. Anne School
École St. Mary School
École St. Joseph School
Precious Sprouts Childcare Centre
Whitecourt and District Public Library
Doors Open Youth Program











Phone 780-778-8252 Email admin@communitylunchbox.ca Box 2127, Whitecourt, AB T7S 1N8



Career supports and employment workshops

At Centre4Work, we connect Albertans to the services, information, resources, and supports needed to prepare for, find, and maintain work.



Resume and cover letter writing

Access to resume and cover letter writing software, as well as individual support and resume feedback.



Job interview supports

Receive interview coaching or mock interviews to prepare and then access our technology and private meeting space to attend your virtual interview.



Resource centre

Drop-in and by appointment services are available virtually or in-person. Access to computers, printing, faxing, scanning, and a private meeting space.



Value added services

Community resources, referrals, and available food, clothing, and hygiene supports through Lifemark's Food Pantry and Clothing Closet.

Contact us to learn more

Unit 6 - 4739 50 Ave. Whitecourt, AB T7S 1N8 tel: 587-442-3335 centre4work@lifemark.ca

lifemarkvocational.ca/centre4work





A Weight Loss Support Group Meets weekly on Thursdays at 9:00am, in the basement of the United Church (5201-50 Street)

For more information, please call:

Karen Manweiler 780-778-3256 Avy Fast 780-778-0821



ARE YOU PASSIONATE ABOUT KEEPING YOUR COMMUNITY SAFE?

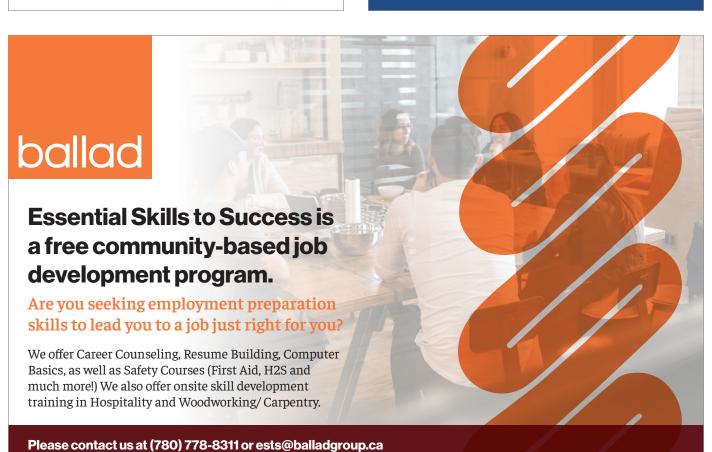
Citizens on Patrol is for people interested in community policing, who are looking to volunteer their time with a fun and exciting group and who want to learn a new skill.

Citizens on Patrol act as extra "eyes and ears" for the Whitecourt RCMP. Their volunteer work is extremely beneficial to the community and greatly appreciated.

To become a COP member you must:

- Be a minimum of 18 years of age
- Either reside in or have a business in Whitecourt
- Complete a criminal record and driving record check
- Commit to one shift per month

If you are interested in becoming a COP volunteer, please contact Cst. Ahtom of the Whitecourt RCMP at 780-779-5900.



enhancing your quality of life

DEDICATED HEALTH CARE TEAMS

McLeod River Primary Care Network

The McLeod River Primary Care Network has dedicated health care teams in Whitecourt, Fox Creek, Edson, and Mayerthorpe that offer a range of services to support you in enhancing your quality of life.

Your McLeod River PCN family doctor can refer you to the McLeod River PCN health care teams for:

- Cancer Navigation and Supports
- Chronic Disease Education & Management Family Practice Nurses
- Diabetic Foot Care
- Grief Counselling
- Health and Disability Navigation
- Pre & Postnatal Care
- Seniors Health Assessments

- Exercise and Education
- Geriatric Program
- Palliative Care
- Psychological Assessments
- Social Support Navigation
- · and more

Same-Day NP appointments available in Whitecourt. Phone 780-779-0079 for details.





(780) 778-6209 | 1 (800) 467-4049 | Text (780) 779-1059

CIW@whitecourtshelter.ca | whitecourtshelter.ca

WELLSPRING FAMILY RESOURCE & CRISIS CENTRE

SHELTER

Wellspring Shelter provides safe, secure, short-term emergency accommodation for women and children with priority given to those fleeing abuse. Food, clothing, and personal care items are provided as needed.

CHILD SUPPORT PROGRAM

Wellspring's Child Support Program provides a safe and healthy environment for children whose guardian is accessing shelter, women's support groups and outreach services. The goal of this program is to enhance and maintain the physical, emotional and social well-being of the child and family.

ADULT & YOUTH OUTREACH

Intensive Case Management is a confidential service, provided to women, men and youth in Whitecourt and the surrounding communities with priority given to those who have experienced family violence.

PUBLIC EDUCATION

Provides workshops, information, and awareness to schools, organizations, and businesses.



YOUR DONATIONS **GIVE BACK!**

YOUR PURCHASES & DONATIONS **BENEFIT:**

Wellspring's shelter, adult & youth outreach, community programming



(780) 706-3181 5115-49th Street, Midtown Mall, Whitecourt

Mon-Sat 10am-5pm

epeat Boutique

The Repeat Boutique is run exclusively by the Volunteers of the Friends of Whitecourt Society. Our objectives are to promote and support initiatives that further the health and well-being of the citizens of Whitecourt and area.

Friends of Whitecourt Society has scholarships for anyone entering the medical field, get an application and apply.

Volunteers do a number of different jobs at the Repeat Boutique, come join the group and have some fun! If you volunteer, shop or donate to the Repeat Boutique, you are contributing to the equipment at the Whitecourt Healthcare Centre.

4716-50 Avenue

Store Hours:

Wednesday & Saturday 10:00am-4:00pm

Donations Welcome & Accepted:

Tuesday, Wednesday, Thursday, & Saturday: 9:00am-4:00pm

Monday, Thursday, & Friday: 7:00-9:00pm

MEGA MEAT DRAWS

every second Saturday! Call the branch if you

wish to be a sponsor



A blanket warmer for patient comfort, purchased by Friends of Whitecourt



New stretcher with scale purchased by Friends of Whitecourt



Volunteers Welcome! Thank You For Your Support!







Whitecourt

LOUNGE

Thursday Open at 2:30pm **Old Farts Club Drop-in Darts** 3:00pm-5:00 pm

Friday Open at 2:30pm **Old Farts Club** Shuffleboard 3:00pm-5:00 pm **Drop-in Darts** 7:30 Registration

Saturday

Drop-in crib 10:00am Open at 2:30pm Meat draw at 3:00pm

MEMBERSHIP

VETERANS

Your service officer is just a call away.

Ralph 780-779-8543

Membership has its perks. Sign up today. Sue 780-778-3666 Memberships can be paid online at legion.ca, by mail to the branch, or in person at the branch.

STUDENTS

Do you have a parent, grandparent or a great grandparent who is or was a Veteran? You may be eligible for an education bursary. Deadline to apply October 1. Contact Ian 780-778-2711.

> Please call 780-778-3666 for current information and lounge hours.

EMAIL: rclegion44mem@gmail.com WEBSITE: www.whitecourtlegion.com **FACEBOOK:** Royal Canadian Legion Branch #44 Whitecourt, Alberta MAIL: PO Box 874, T7S1N8

Hall Rentals Call Cheryl at 780-706-4881



WHITECOURT POOL LEAGUE

A Fun Pool League where all 18+ players regardless of skill level are welcomed

Tuesday Nights starting @ 7:00 pm \

September 9, 2025 - March 31, 2026

Registration deadline is Aug 31, 2025

Teams play with a minimum of 5 players for 28 weeks of play

Individual players are welcomed to sign up

Contact League Coordinator
Sabina Cook 780-778-1724 or
email wctpoolleague24@gmail.com
for more information.

VNEA rules will apply to our league pl

2025 SUMMER EVENTS

June 28/29 William

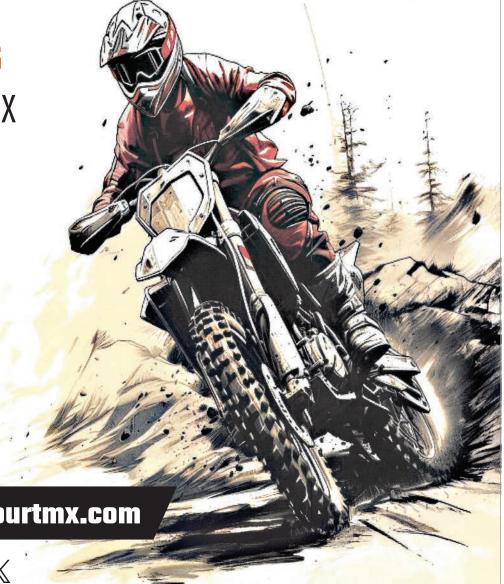




ACM-ADRA Round 5/6

July 5/6

AVMX-AOTMX Round 7/8



www.Whitecourtmx.com













Blue Ridge Recreation Area

5km north of Blue Ridge, east off of Highway 658



DOWNTOWN WHITECOURT FEST 2025

FUN FOR THE WHOLE FAMILY



AUGUST 9 12-5PM



ART FOOD LIVE PERFORMANCES





FREE FAMILY FRIENDLY FUN

WATCH FOR MORE TO BE ANNOUNCED! WWW.WHITECOURT.CA



SPONSORED BY







For more info, contact ecdev@whitecourt.ca.







2025 | JUNE 13 & 14 | FESTIVAL PARK

FRIDAY LINE-UP

HEADLINER AARON PRITCHETT 9:15PM COUNTRY TRAVIS DOLTER 7:45PM COUNTRY

SATURDAY LINE-UP

HEADLINER WIDE MOUTH MASON 9:15PM ROCK THE HONEST HEART COLLECTIVE 7:45PM ROCK

- ALSO FEATURED AT PARTY IN THE PARK -MÉTIS COUNTRY BLUES AT 11 **JACK GARTON** ANALOG SMOKESHOW SWEET DISASTERS AND MORE ARTISTS TO BE ANNOUNCED!

- PLUS -

BEER GARDENS FAMILY ACTIVITIES

By Whitecourt & Woodlands Performing Arts Society Explore a variety of fun family activities!

FOOD TRUCKS & CONCESSION FOR PURCHASE

MUSIC ART FAMILY FOOD OUTDOORS FUN FREE





