



Fall 2025 • September | October | November

community spectrum

highlights

- Fall Fest
- Seniors Trips
- Pick Your Fit
- Enchanted Forest Walk

FALL Fest

Join us for a **free family event** at the Allan & Jean Millar Centre, packed with fall-themed fun for all ages. Take on our inflatable obstacle course, test your skills in the pie-eating contest, get creative with autumn crafts, snap a photo at our festive booth, and enjoy even more seasonal activities. There's something for everyone—don't miss this cozy, fun-filled afternoon of celebration!

FREE
for the whole
family!

CELEBRATE THE SEASON AT FALL FEST!

Sunday, September 28

Allan & Jean Millar Centre | 1:30-4:00pm



REGISTER FOR
***Pie Eating
Contest***

**Lil Pie
Monsters**
Ages 4-7

Course ID #: 10112

**Junior Pie
Crushers**
Ages 8-12

Course ID #: 10113

**Teen & Adult
Pie Crushers**
Ages 13+

Course ID #: 10114

**** Allergy Notice **** All pies will contain gluten, dairy, and eggs.





5004 52 Avenue
Whitecourt AB
T7S 1N6

administration@whitecourt.ca
780-778-2273
www.whitecourt.ca

Find us at

facebook.com/TownofWhitecourt
@townofwhitecourt

What's Inside

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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 & Closures

Facility Hours:

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

Holiday Hours:

September 1, Labour Day 9:00am-9:00pm
October 13, Thanksgiving 9:00am-9:00pm
November 11, Remembrance Day 9:00am-9:00pm

Special Event Closures:



Thursday, September 25
Friday, September 26
Thursday, November 20
Friday, November 21

Career Expo
Career Expo
Concert
Concert
Concert
Concert

Fieldhouse 2:00pm-10:00pm
Fieldhouse 5:30am-8:30pm
Fieldhouse 3 Closed all day
Fieldhouse 1 & 2 1:00-10:00pm
Fieldhouse 3 Closed all day
Facility Closed at 3:00pm

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:

September 1, Labour Day 10:00am-8:00pm
October 13, Thanksgiving 10:00am-8:00pm
November 11, Remembrance Day 10:00am-8:00pm
November 21, Concert Closed at 3:00pm



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 + Price increase effective August 6, 2025



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)	\$4.35	\$39.20	\$23.45	\$210.71	\$17.56	\$0.58
Youth (13-17 years)	\$6.05	\$54.38	\$33.15	\$298.45	\$24.87	\$0.82
Adult (18-59 years)	\$9.30	\$83.64	\$53.35	\$533.24	\$44.44	\$1.46
Senior (60-69 years)	\$6.80	\$61.20	\$40.02	\$359.94	\$30.00	\$0.99
Super Senior (70+ years)	\$3.40	\$30.70	\$20.00	\$179.97	\$15.00	\$0.49
Family	\$20.80	\$187.14	*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.

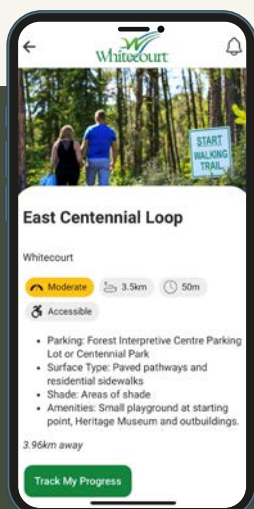
FREE use of the fieldhouse, pool, track, squash court, Go Active Zone, and fitness areas.

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
 facebook.com/MillarCentre
 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.



Welcome Back To SCHOOL

Receive 10% off
all child and youth
memberships –
including 1, 3, 6 month,
and annual options –
all September long!



RECREATION FEE

ASSISTANCE PROGRAM

HOW DO I APPLY?

- ✓ Complete an application form.
- ✓ 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).
- ✓ 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



Rotary Club of Whitecourt

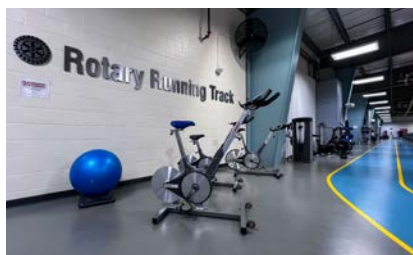


"The Rotary Club of Whitecourt is proud to be running alongside all the users of the track as they pursue active living and healthy lifestyles."



Thank you to the Rotary Club of Whitecourt for its continued support of the Rotary Running Track.

"Our Club believes in enhancing lives and fostering a stronger, healthier community."



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 & prices subject to change.

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)

DROP IN RATE

\$5.64 per hour/per child

CLOSURE DATES

September 1
and October 13

Located in the Life Med
Pharmacy Kids' Corner



McDonald's Whitecourt

GO ACTIVE ZONE

Children aged 3-7
cost \$2.10 each.
Adults are free.

Admission is included
with membership or
day pass!

Indoor Playground ideally suited
for children under the age of 8.
Children must be supervised.



Connect & GET ACTIVE

The Allan & Jean Millar Centre is Whitecourt's place to get active and stay connected. Drop in with your friends or buy a membership and explore all that the facility has to offer.

- Pembina Gas Infrastructure Aquatic Centre
- Pembina Fitness Centre
- Rotary Running Track
- Infratech Water Play Park
- McDonald's Whitecourt Go Active Zone
- GFI Solutions Hot Tub
- Table Tennis
- Alberta Newsprint Company Court
- Fast Mechanical Water Slide
- Aqua Rock Wall
- Steam Room
- Whitecourt Communications Free WiFi
- Life Med Pharmacy Kids' Corner
- Alberta Newsprint Company FITStudio
- Crown & Anchor Pub Meeting Room
- Complete Projects Fieldhouse
- Foosball



Canadian Red Cross

BABYSITTING COURSE

The Babysitting Course, refreshed and revised, now has a greater emphasis on First Aid skills. The Canadian Red Cross Babysitting 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, SEPTEMBER 27 TO 28
10:00AM-2:30PM

Registration deadline: September 13

Course ID#: 10004

SATURDAY AND SUNDAY, NOVEMBER 15 TO 16
10:00AM-2:30PM

Registration deadline: November 8

Course ID#: 10099



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

SATURDAY, OCTOBER 18, 10:00AM-4:00PM

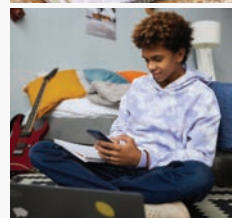
Registration deadline: October 11

Course ID#: 10012

SUNDAY, NOVEMBER 30, 10:00AM-4:00PM

Registration deadline: November 23

Course ID#: 10100



Registered Recreation Programs

Child/Youth



Kids' Night Out

Surf, Nerf and Turf

It's the ultimate night out! Dive into the pool, dodge and blast your way through an epic Nerf battle, and run wild with games in the fieldhouse. We'll keep the energy up with pizza, snacks, and non-stop fun—while parents enjoy a well-earned night off! Min.8/Max.24. Includes dinner and snacks. Bring swimsuit, towel, indoor runners and a labeled water bottle.

FRIDAY, NOVEMBER 14

5:30-8:30pm

Ages: 8-12

Members: \$27.00 **Retail:** \$31.05

Course ID#: 10107



Arts & Crafts

DIY Class- Slime and Sculpt

Get ready to squish, stretch, and sculpt! In this messy and magical workshop, kids will mix up their own custom slime and create a one-of-a-kind clay critter to go with it. Whether it's a glittery galaxy blob or a swampy monster lair, every creation is unique! It's the perfect blend of science, art, and hands-on fun. Min.8/Max.14

SUNDAY, OCTOBER 19

1:00-3:00pm

Ages: 8-12

Members: \$23.00 **Retail:** \$26.50

Course ID#: 10117



PD Day Half Day Camps

Totally Tie-Dye

Dive into a world of swirling colours and creativity! Enjoy tie-dye crafts, vibrant games, and fun activities that celebrate all things bright and bold. Let your imagination run wild and make every moment a splash of colour!

FRIDAY, OCTOBER 10

1:00-4:00pm (drop off 12:45-1:00pm, pickup 3:45-4:15pm)

Ages: 6-12

Members: \$20.00 **Retail:** \$23.00

Course ID#: 10104

Carnival Craze

Join us for a half-day of carnival-themed fun and games! This camp is full of exciting activities, creativity, and laughter. Get ready for a fantastic time!

FRIDAY, NOVEMBER 7

1:00-4:00pm (drop off 12:45-1:00pm, pickup 3:45-4:15pm)

Ages: 6-12

Course ID#: 10105

Members: \$20.00 **Retail:** \$23.00

Beach Bash Splash

Splash, create, and play with beach-inspired crafts, games, and plenty of swimming fun!

MONDAY, NOVEMBER 10

1:00-4:00pm (drop off 12:45-1:00pm, pickup 3:45-4:15pm)

Ages: 6-12

Course ID#: 10106

Members: \$20.00 **Retail:** \$23.00



Sports

Little Movers

A fun, interactive program aimed at building physical literacy for kids aged 5-7. Through play-based learning, the program focuses on developing fundamental movement skills such as running, jumping, throwing, and balancing, while fostering confidence and a love for physical activity. Min.6/Max.12

TUESDAYS, OCTOBER 14-NOVEMBER 4

4:00-4:30pm

Members: \$28.00 **Retail:** \$32.20

Ages: 5-7

Course ID#: 10108

Homeschool Multisport

Each day we focus on a new sport—track & field, volleyball, gymnastics, kickball, basketball, pickleball, and floor hockey. Kids will learn the basics, build their skills, and jump into fun, friendly gameplay. Led by our Allan & Jean Millar Centre Program Leaders. Min.6/Max.12

WEDNESDAYS, OCTOBER 1-NOVEMBER 5

Ages: 6-9

1:15-2:00pm

Members: \$42.00 **Retail:** \$48.30

Course ID#: 10110

WEDNESDAYS, OCTOBER 1-NOVEMBER 5

Ages: 10-14

2:15pm-3:00pm

Members: \$42.00 **Retail:** \$48.30

Course ID#: 10111



	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

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

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:
Sept 27/28, Oct 18/19, Nov 15/16

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

Available on the following weekends:
Sept 6/7, Oct 4/5, Nov 8/9

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.**



Tim Hortons COMMUNITY FUN NIGHT

5:30-8:30pm • Everyone is welcome to join in!

Check out our fun and **FREE** Fieldhouse activities at the Allan & Jean Millar Centre.

Our inflatable obstacle course “The Tim Hortons Double Double” will be up and ready to go for all Tim Hortons Community Fun Nights!

FREE!

Children under
8 must be
accompanied
by an adult.

SEPTEMBER 6

Jungle Safari

Get ready for a roaring good time! Trek through our jungle of games, crafts, and wild surprises. It's a safari adventure packed with family fun!

OCTOBER 4

Family Game Night

Come together for an evening of fun games, teamwork, and plenty of smiles for all ages!

NOVEMBER 8

Out of this World

Blast off into a night of cosmic fun—featuring space-themed games, alien crafts, and interstellar adventures for all ages!

Enchanted Forest Walk

September 13 **TO** October 15

Gnomes, fairies, and other magical creatures are hiding along the 1km trail at the Forest Interpretive Centre. Can you find them all?



Grab your Magical Hunt Checklist and head out on an adventure the whole family will love! Pick up a checklist at the Allan & Jean Millar Centre or download it online at rec.whitecourt.ca under Special Events.



Return your completed checklist to the Allan & Jean Millar Centre to receive a small treat and a chance to **WIN our Grand Prize Draw!**



HALLOWEEN *Dance Party*

FRIDAY, OCTOBER 24
7:00-10:00PM

ALLAN & JEAN MILLAR CENTRE

**MUSIC,
DANCING,
FOOD & MORE!**

WANT TO RUN OUR CONCESSION?

We're looking for local organizations to take it on!

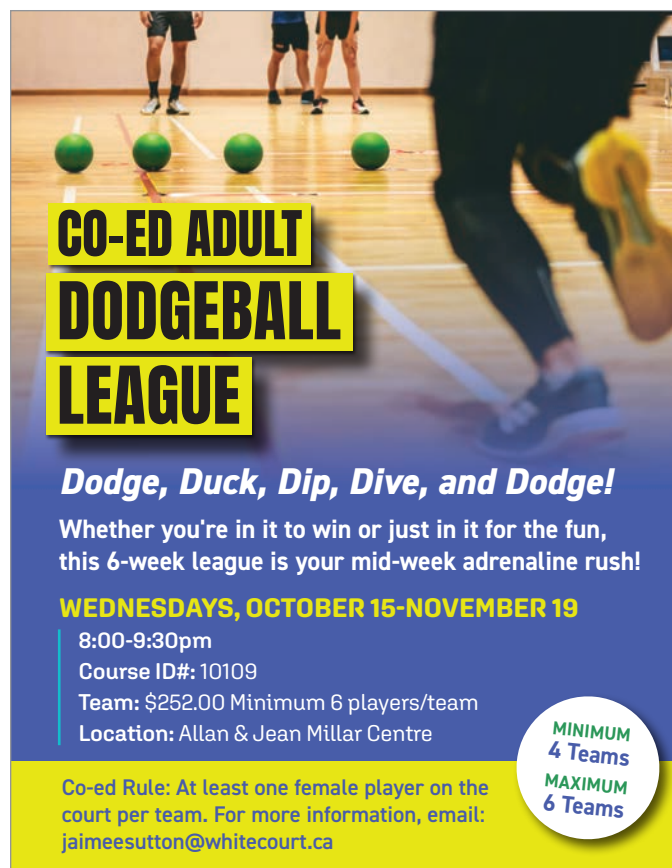
All profits go directly to your group. Contact jaimeesutton@whitecourt.ca for more information.

GRADES 6-9

Whitecourt | ALLAN & JEAN MILLAR CENTRE | WOODLANDS COUNTY

WATCH OUR FACEBOOK PAGE FOR ALL THE DETAILS!

FACEBOOK.COM/MILLARCENTRE | ALLANJEANMILLARCENTRE



CO-ED ADULT DODGEBALL LEAGUE

Dodge, Duck, Dip, Dive, and Dodge!

Whether you're in it to win or just in it for the fun, this 6-week league is your mid-week adrenaline rush!

WEDNESDAYS, OCTOBER 15-NOVEMBER 19

8:00-9:30pm
Course ID#: 10109
Team: \$252.00 Minimum 6 players/team
Location: Allan & Jean Millar Centre

Co-ed Rule: At least one female player on the court per team. For more information, email: jaimeesutton@whitecourt.ca

MINIMUM 4 Teams
MAXIMUM 6 Teams



SUNDAY FUNDAY

Get ready for a morning of family fun!

We will set up our inflatable bouncer with slide, along with a themed craft and activities in part of the fieldhouse. This is a parented program and the price is per participating child. Min.8/Max.20

OCTOBER 19 • BOO BASH
Halloween crafts and spooky fun!
Costumes encouraged!
Course ID#: 10115

NOVEMBER 23 • ANIMAL ADVENTURE
A playful celebration of all kinds of animals! Big, small, furry, feathery, and everything in between!
Course ID#: 10116

TIME: 10:00-11:30 AM

Ages: 0-8 and their families
Allan & Jean Millar Centre
Members: \$6.50 Retail: \$7.48
Tot (ages 0-2): \$3.00

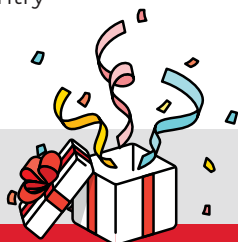
NATIONAL COACHES WEEK

September 15-21, 2025

National Coaches Week is a week to celebrate the tremendous positive impact that coaches have on athletes and our community. Join #thankscoach in September and join our community and communities across the country recognizing amazing coaches!

We will also be honouring local coaches throughout the week, but we need your nominations! Take time to acknowledge the positive influence that a coach has made in your life or your child's life by nominating them for our Coach Appreciation Draw. To honour your coach simply submit an entry at the Allan & Jean Millar Centre and our pop up locations around town or tell us why your coach is great with the #thankscoachWCT.

All entries will be submitted into a draw to win a prize pack and surprise visit for your coach.



Deadline for submissions is **Wednesday, September 10** at the ballot boxes or through #thankscoachWCT.



PICKLEBALL

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**



Pickleball FUN Tournament

Join us at the Allan & Jean Millar Centre for a fun Round Robin Pickleball Tournament! All skill levels welcome—play multiple games with different partners and opponents, learn new skills, and enjoy friendly competition. Don't miss out! Min.8/Max.24

SATURDAY, NOVEMBER 1, 9:30AM START

Allan & Jean Millar Centre

\$20.00/person

Course ID #: 10101

Registration Deadline: Tuesday, October 28



For more information call Guest Services 780-778-3637 Ext. 0 or email jameesutton@whitecourt.ca.

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.

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

To book a net, call 780-778-3637 ext. 402.





MillarCentre allanjeanmillarcentre

Hang out with us after school
at the Allan & Jean Millar Centre!

Starts September 10

WEDNESDAY-FRIDAY
3:30-5:30PM

Open to All Youth
Grades 6-12

FREE
PROGRAM

Snacks
Provided

FREE
TRANSIT
to and from the
program.

Contact the Allan & Jean Millar Centre at 780-778-3637 for more information.



GRADES
★★★★★ **4 & 5**

FREE! SNACKS PROVIDED!

Hang out with us the third Tuesday of every month
from 3:30-5:30pm for different themed activities!

This is a free program and no registration is required.
Our Public Transit bus stops at Central, École St. Mary, and Pat Hardy schools
after school and will take you directly to the Allan & Jean Millar Centre!

MillarCentre allanjeanmillarcentre

PARENTS
//////////

Doors Open Grade 4&5 is a free program that introduces younger grades to our Doors Open Youth Program. It is completely free and supervised busing is provided after school to the program. This is a great opportunity to develop independence and familiarization with the transit system, while in a safe and fun environment!

SEPTEMBER 16 ULTIMATE BUILD CHALLENGE

We're kicking it off with some awesome challenges! Using provided supplies you will attempt to build the tallest tower, the strongest bridge, and the most fun marble maze. There may even be prizes for the winners!

OCTOBER 21 EVERYTHING EMOJI!

We're going all out Emoji in October. Join us for some games, crafts, and activities all themed around emojis. Perler bead crafts, stress balls, emoji bingo, guess that emoji and more!

NOVEMBER 18 DODGEBALL MANIA & MORE

Join our leaders for a fun afternoon of dodgeball games! We'll be playing variations of this classic game followed by some marble art and Rice Krispies snacks.

Questions? Contact the Youth Development Coordinator at 780-706-0202.





Sakura Lanterns

Illuminate Your Creativity

Participants will design a glowing lantern using layers of delicate napkins and Mod Podge. The process is beginner-friendly, sustainable, and results in a beautiful handmade lantern that can be used as home décor or a thoughtful gift. Min.8/Max.15

SATURDAY OCTOBER 18, 2025

10:00am-12:00pm

Instructor: Sharon Burrows

Ages: 6+ (ages 6-9 must be accompanied by someone 16+)

Allan & Jean Millar Centre Classroom

Members: \$39.95 **Retail:** \$45.80

Course ID#: 10118



Looking for Artists & Crafters

Are you an artist that is willing to teach? Or, do you have a crafty skill you want to share? We are looking for people to run various art and craft workshops.

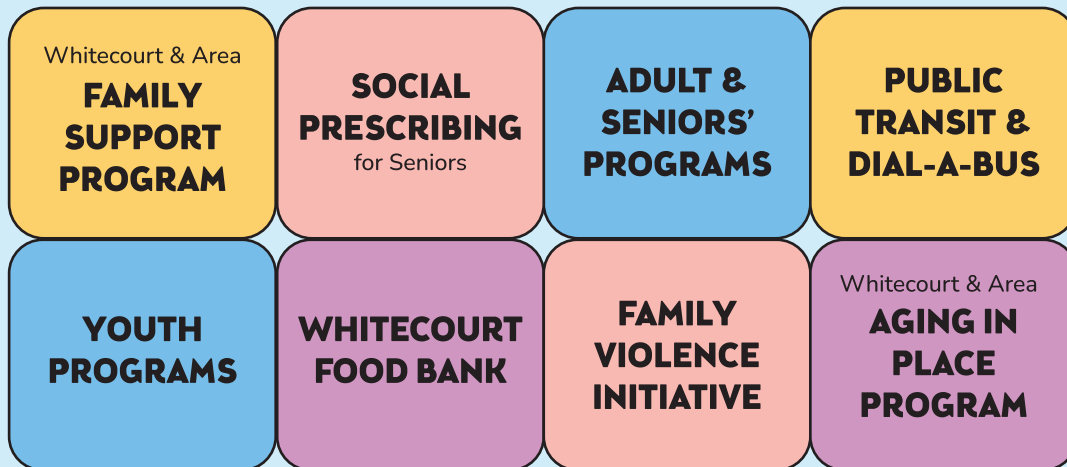
For more information, please reach out to Arts & Culture Coordinator, Andrew Malmquist at 780-778-3637 ext.423 or by email at andrewmalmquist@whitecourt.ca

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?



How do I contact Whitecourt FCSS?

Call 780-778-6300

Email CommunityServicesSecretary@whitecourt.ca

Website www.whitecourt.ca

New



SOCIAL PRESCRIBING: A Formal Referral Pathway

Connecting healthcare providers to community-based services for older adults

Whitecourt



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.

New



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.

Whitecourt

Healthy Aging Alberta



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

new HOPE

FOR ADULTS

**Learning to Create
Positive Healthy Personal
Relationships Free of
Violence and Abuse**

2-Day Course for Men & Women

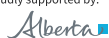
■ Visit whitecourtfvi.ca for next session dates.

Offered 4x per year.
Call 780-778-6300

Learn More ►



Proudly supported by:



whitecourtfvi.ca



roots

**Where Foundations
Are Formed**

**Building Resiliency in
Children & Teens Who Have
Witnessed Family Violence
or Anger Related Issues**

Programs for Ages 8-17

● Visit whitecourtfvi.ca for next session dates.

Pre-registration is required.
Call 780-778-6300

Learn More ►



Proudly supported by:



whitecourtfvi.ca



PAINT THE TOWN PURPLE

WITH



WHITECOURT
**FAMILY
VIOLENCE
INITIATIVE**
Family. Community. Agency.

Supported by



#WHERE TOTURN #GOPURPLEAB

NOVEMBER IS

**FAMILY VIOLENCE PREVENTION
MONTH (FVPM) IN ALBERTA**

It is a time to increase awareness of the warning signs of family violence and the resources and supports available so we can work together to end family violence and build healthier relationships in our communities.

**FAMILY VIOLENCE INFO LINE
310-1818**

For a full list of events and details, visit whitecourtfvi.ca.



The Town of Whitecourt Family & Community Support Services (FCSS) Grant is offered to community organizations providing social prevention programming not normally funded through their annual budget.

These programs/projects must enhance the social well-being of individuals, families, and community and must result in one or more of the following:

- Help people become self-reliant, build resiliency, and become able to function in a positive manner.
- Promote and help people develop positive social relationships.
- Help people become socially engaged and contribute to their community.
- Support people to remain active participants in their community.
- Empower people to address social issues and influence change.

To be considered for the grant, a representative from the group or organization is required to attend the FCSS Grant Workshop.

FCSS GRANT WORKSHOP

Monday, November 3 from 7:00pm-8:30pm at the Allan & Jean Millar Centre in the Crown & Anchor Pub Meeting Room



Whitecourt



Information and funding applications available at www.whitecourt.ca or:
Town of Whitecourt
FCSS Program Coordinator
Allan & Jean Millar Centre
58 Sunset Blvd.

Application Deadline:
12:00 noon on
Sunday, November 30, 2025

TREKS & TRAVELS



Farmers Market and Edmonton Historical Tour

Join us for a lively seniors outing to the St. Albert Farmers Market, where you'll explore fresh local produce, handmade goods, and vibrant community stalls. Be prepared for plenty of walking as we take in all the sights and sounds of the market, we will be having lunch onsite. Afterward, enjoy a guided driving tour by some of Edmonton's historic buildings, rich with stories of the city's past. Comfortable shoes and walking aids are recommended for this active day of discovery at the Market.

SATURDAY, SEPTEMBER 6

Departure: 9:30am from JDA Place (Arena)
Seniors Circle Member: FREE
Non-Member: \$37.50
Course ID#: 10173
Fee includes transportation, lunch is at your own expense.



ZACHARY STEVENSON'S Tribute to BUDDY HOLLY



**Saturday
November 8th**



Join the fun in our trip to the Arden Theatre as we take in the Zachary Stevenson's Tribute to Buddy Holly. As an accomplished actor and musician, Zachary has played the starring role as Buddy Holly in over twelve different theatrical productions of the "Buddy Holly Story" across North America.

SATURDAY, NOVEMBER 8

Departure: 4:30pm from JDA Place (Arena)
Senior Circle Member: \$66.00
Non-Member: \$96.00
Course ID#: 10171
NOTE: There will be no meals included in this trip.

Show begins at 7:00pm and runs for 2 hours. Tickets include entrance into show and transportation.



Whitecourt Newcomer Bus Tour

Monday, September 15, 10:00am

Departing the Allan & Jean Millar Centre

Whitecourt, in partnership with Settlement Services, is offering a free 1.5-hour informational bus tour designed to welcome newcomers to our community.

Participants will visit key locations around town and learn about services, resources, and places of interest to help them settle in and feel at home. Scan the QR Code to pre-register.



Caregivers Peer Support Group



Being a caregiver can be both rewarding and challenging. It's easy to feel overwhelmed or isolated, but you don't have to face it alone. This peer support group provides caregivers a space to share experiences, gain insights and connect to people with a shared experience.

This program is **free** and **drop in** at the Allan & Jean Millar Centre, at 1:30pm every third Tuesday of the month. Starts October 21.

Call 780-778-3637 ext. 417 for information.



Scam Savvy

Thursday, October 16, 7:00pm

Forest Interpretive Centre 3002-33 Street

Join us for an important information session on how to keep seniors safe from scams and abuse. Presented by the Whitecourt RCMP, this session will cover:

- Common types of scams and abuse targeting seniors;
- How to recognize the warning signs;
- Steps you can take to protect yourself or your loved ones.



Transportation is available upon request.



Keeping Kids

Safe Online

Whitecourt FCSS is partnering with ALERT's Internet Child Exploitation (ICE) unit to offer a session on keeping children safe online. Topics include online luring, sextortion, emerging platforms, the impact of AI, and practical safety strategies.

TUESDAY, OCTOBER 21, 6:00 TO 8:00PM

Forest Interpretive Centre, 3002 33 Street

Course ID #: 10172

Register for this free information session by calling the Allan & Jean Millar Centre at 780-778-3637 ext.0



FREE

Armchair Travels



September 3 ID:10168
GERMANY

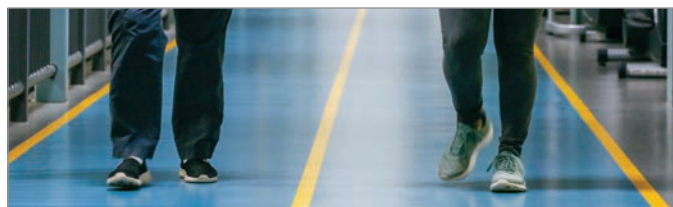
October 1 ID:10169
GREECE

November 5 ID:10170
COSTA RICA

Join in the fun as we explore different parts of the globe. Armchair Travels provides the opportunity to learn about different countries, cultures, cities, and customs all from the comfort of our seats. Each month we will explore a different part of the world.

Call 780-778-3637 ext.0 to register.

Allan & Jean Millar Centre
in the Crown and Anchor
Pub Meeting Room
2:00-3:00pm



INDOOR WALKING GROUP

Thursdays 10:00-11:30am **FREE!**

Walking is an excellent way to maintain or improve good health and well-being. A non-facilitated walk will take place on the walking track; remember to keep single file while using the track.

Return trip transportation from the Spruce View Lodge and Woodlands Villa is offered to seniors 60+; pick up times from the Villa will begin at 10:00am. To book your free ride on the Dial-A-Bus, call 780-706-5755.

For more information,
call 780-778-3637 ext. 417.

Starting November 13

Allan & Jean Millar Centre, Rotary Walking Track

WHITECOURT VOLUNTEER HUB

We've moved! Whitecourt volunteer opportunities and non-profit organization resources can be found on our new Whitecourt Volunteer Hub.

www.volunteerwhitecourt.ca

Whether you are looking to volunteer, wanting to check out volunteer awards criteria, looking for non-profits funding and/or resources, or advertising a volunteer opportunity, you can find it all on our new Volunteer Hub.



A SPACE BY MEN, FOR MEN

The Whitecourt Sheddars will meet for coffee the second and fourth Wednesday of each month at 9:00am.

**Brothers Diner
5123 Kepler Street
Whitecourt**

**Come connect,
relax, and share
great conversation.**



Questions?

**Contact Fay Arcand at
780-778-3637 ext. 417**





WHITECOURT FOOD BANK PROVIDES:

- food
- diapers
- 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.

UPDATED: PERISHABLE BOXES

Perishable Boxes are available at noon every day that the Whitecourt Food Bank is open. **One box per household will be available weekly. Proof of Residency and ID will be required every 3 months.** 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**



Whitecourt CONNECT

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.

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

Allan & Jean Millar Centre Fieldhouse

All ages welcome

Light Snacks, Refreshments and Prizes!



Calling all community groups! Show Off Your Recreation, Arts, Culture & Events

Connect, share, and shine-don't miss out. Book now & be part of the fun!

Secure your table today! Call the Allan & Jean Millar Centre to book your table. 780-778-3637 ext. 0 | Course ID#: 9958



Giving kids a sporting chance.



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



Oil Country Hockey Assist Program

2025-2026 Season



KidSport Whitecourt provides grants up to \$300 per child per calendar year, to help cover the registration costs so all kids aged 18 and under can play a season of any sport.

If your child is interested in playing hockey, the Edmonton Oilers Community Foundation and KidSport Alberta have teamed up **AGAIN** to launch the fourth season of the KidSport Oil Country Hockey Assist Program (HAP)!

Approved applicants within Oil Country will have their full registration fees* covered and have access to no-cost equipment from Sport Central.

Full 2025-2026 registration fees, up to \$750



If you have questions on the program or would like to apply visit:
<https://kidsportcanada.ca/alberta/whitecourt/> or call 780-706-0202.



To be a member of Whitecourt's Youth Advisory Committee you must be between 13-18 years of age as of December 31 of the current year. The objective of this Committee is to work collectively to ensure the needs of youth are met. As a member, you will advocate for youth issues, and provide recommendations to Council regarding important issues concerning Whitecourt youth. Students who fulfill their year commitment to the Committee will be awarded a bursary upon graduation (and proof of post-secondary studies).

Whitecourt's
**YOUTH
 ADVISORY**
 Committee
 @ youthofwhitecourt

REPRESENT – ENGAGE – CONNECT

For more information, an application and a copy of the policy please visit www.whitecourt.ca.

The Committee consists of 12 members:

- ✦ 2 Town Council Representatives
- ✦ Up to 10 Student Representatives from Hilltop High School, École St. Joseph School, Percy Baxter Middle School, and the community at large

The bursary will be awarded as follows:

\$100 Awarded for the attendance at a minimum of 5 Youth Advisory Committee meetings

\$400 Awarded for successful completion of the following:

- ✦ Participation in the coordination and implementation of a Town Hall Meeting
- ✦ Attendance of a Council Meeting (followed by a verbal report on the meeting)
- ✦ Participation in a minimum of four community events and festivals which include, but are not limited to, the following:
 - Seniors' Activities
 - Trade Fair
 - Party In The Park
 - Canada Day
 - Run 4 Fun



Applications will be accepted between August 15 – October 9 at 12pm.
 Email administration@whitecourt.ca to submit application.



In-School Mentoring!



Did you know that the Town of Whitecourt, in partnership with local schools, offers a volunteer in-school mentorship program?

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

We asked our local schools what benefit they see from this program. Here are some of their answers:

École St. Anne School

Mentorship provides students, especially those facing academic, social, or emotional challenges, with a consistent, caring, adult relationship beyond their classroom teacher. This support can boost self-esteem, improve coping skills, and help students feel more connected to their school community. Additionally, exposure to positive adult role models can broaden students' perspectives on future education and career possibilities and help students manage stress and navigate difficult emotions.



Whitecourt Central School

For students, the program helps build self-esteem, improves social skills, and provides them with a trusted adult they can talk to regularly. Students show increased engagement in class, and a more positive attitude toward school.

For the school, the program strengthens the sense of community and support within our building. It creates valuable partnerships between the school and local volunteers, bringing in fresh perspectives, and caring individuals who contribute to a positive school culture.

You don't need to be a superhuman or have special qualifications to be a mentor. Mentors are caring adults who strengthen our community through the simple act of spending time with youth. Join our team today!

Family Support Program

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.



FSP PROGRAM SCHEDULE

No programs November 11

Tuesday	Wednesday	Thursday	Friday	Saturday
Kids in Action 9:30-10:30am <i>September 9 to November 25</i>	Musical Munchkins 10:00-10:45am <i>September 10 to November 26</i>	Creative Chaos 10:00-11:00am <i>September 11 to October 23</i>	Kimochis Corner 10:00-11:00am <i>September 12 October 3, 17 November 14</i>	Family Frenzy 10:00-11:00am <i>September 20 November 15</i>
	Group Triple P 1:00pm-3:00pm <i>October 1 to 22 November 19</i>		Touring Tots 10:00-11:00am <i>September 19</i>	
			Family Frenzy 6:00-7:30pm <i>October 17</i>	

Drop-In Program

Registered Program

Parent Education Program



Developmental Domains

-  Social Competence
-  Language & Thinking
-  Emotional Maturity
-  Physical Health & Well-being
-  Communication Skills & General Knowledge

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!

SEPTEMBER 9-NOVEMBER 25

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.

SEPTEMBER 10-NOVEMBER 26

Wednesdays
10:00-10:45am
Classroom

Creative Chaos



Ages: 2 to 6 years

Messy-play is a key ingredient in a child's recipe for growth. Want the benefits without the hassle? Join us each week to enjoy a different messy activity while in the company of other parents and children.

SEPTEMBER 11-OCTOBER 23

Thursdays
10:00-11:00am
Classroom

Registered Parented Programs*

Kimochis Corner



Ages: 3-7 years

Feelings can be messy! In this program, kids will be supported by our Kimochi character puppets to get in touch with their emotions in a fun and comfortable way through story, craft and play. Kimochis help your child to build emotional literacy, self-esteem and confidence!

FRIDAYS, 10:00-11:00AM

SEPTEMBER 12

Course ID#: 10058

OCTOBER 3

Course ID#: 10059

OCTOBER 17

Course ID#: 10060

NOVEMBER 14

Course ID#: 10061

Family Frenzy



Ages: All ages

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

CRAFTY CRITTERS OF FALL

Saturday, September 20
10:00-11:00am
Classroom
Course ID#: 10044

THINGS THAT GO BUMP IN THE NIGHT

Friday, October 17
6:00-7:30pm
Fieldhouse
Course ID#: 10045

TENTS & TUNNELS

Saturday, November 15
10:00-11:00am
Fieldhouse
Course ID#: 10046

Touring Tots



Ages: 0-6 years

Come join us for a family-fun community adventure! Each adventure has a different theme related to community establishments, and promotes early childhood learning skills such as literacy, numeracy, community awareness and creative expression. This parent program is for children 3-6 years of age. Limited childcare spots available for younger siblings.

FRIDAY, SEPTEMBER 19

10:00-11:00am

Crafting at Spruceview Lodge

Course ID#: 10057

Parent Education Programs*

Group Triple P

This eight-week program increases parental competence and confidence in raising children. Parents will receive specific developmental and child management advice to optimize their child's development. This program is ideally situated for parents of children ages 2-12 years. There will be five group sessions as well as three individual sessions with each family. Limited childcare available. Please contact Michelle Robinson at 780-778-8755 for more information.

OCTOBER 1-22 AND NOVEMBER 19

Wednesdays
1:00-3:00pm
Boardroom
Course ID#: 10043
Childcare Course ID#: 10047



***Registration required for these programs. To register, contact Guest Services at 780-778-3637 ext. 0.**

Watch For Updates on Facebook  @Whitecourtareafamilysupportprogram

 **ALLAN & JEAN
MILLAR CENTRE**

Complimentary Fitness Classes

CLASSES RUN

September 15
to December 19

NO CLASSES

October 13 | November 11

MORNING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early Bird H2O 6:15-7:00am		Early Bird H2O 6:15-7:00am			
Water Warriors 9:00-10:00am	Flexfit 45 9:15-10:00am	Water Warriors 9:00-10:00am	Flexfit 45 9:15-10:00am	Water Warriors 9:15-10:00am	Saturday Sweat 10:30-11:15am
	Functional Fitness 4 Life 10:30-11:15am	Adaptive Fitness 10:00-10:45am			

NOON CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Gentle Water Fitness 12:00-12:45pm		Gentle Water Fitness 12:00-12:45pm		
Shred Express 12:15-12:45pm	Shred Express 12:15-12:45pm	Shred Express 12:15-12:45pm	Shred Express 12:15-12:45pm		

EVENING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Flexfit 45 6:30-7:15pm	Total Body Tabata 5:30-6:15pm		Flexfit 45 5:30-6:15pm		
		Yoga Core 7:00-7:45pm	Movement & Stretch 7:00-7:45pm		

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

Pembina
Fitness Centre

Pembina Fitness Centre

Water Fitness

Early Bird H2O

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

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

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

Mondays, Wednesdays 9:00-10:00am

Fridays 9:15-10:00am

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.

Land Fitness

Adaptive 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

Flexfit 45

FlexFit 45 is a dynamic, 45-minute total-body workout designed to keep things fresh, functional, and fun. With a rotating mix of equipment—like TRX, medicine balls, dumbbells, body bars, steps, and more—each session introduces new tools and formats to challenge your strength, enhance stability, and boost cardiovascular endurance. Every class offers something new to keep you engaged, energized, and moving with purpose.

All Levels

Mondays 6:30-7:15pm

Tuesdays, Thursdays 9:15-10:00am

Thursdays 5:30-6:15pm

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

Tuesdays 10:30-11:15am

Saturday Sweat

Kick your weekend off with total-body training. This fitness class covers it all—cardio, strength training and core work. This workout is guaranteed to raise your energy levels and keep your metabolism elevated throughout the weekend. No classes on statutory holiday weekends.

All Levels

Saturdays 10:30-11:15am

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

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

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 5:30-6:15pm

Mind-Body

Movement & Stretch

Take time to relax and rejuvenate with some weekly self care. This class will focus on mobility and flexibility using gentle movements, stretching, basic yoga poses and rolling techniques to increase range of motion and release tight muscles.

All Levels

Thursdays 7:00-7:45pm

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



Registered Fitness Classes

SESSION 1 CLASSES
September 15 to October 10

SESSION 2 CLASSES
October 14 to November 7

SESSION 3 CLASSES
November 12 to December 19

MORNING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
Bootcamp 6:00-6:50am Outdoor Class Session 1 Indoor Class Session 2 & 3	Cycle 45 6:00-6:45am	Bootcamp 6:00-6:50am Outdoor Class Session 1 Indoor Class Session 1	One More Rep 6:00-6:45am	Early Morning Yoga 6:00-6:50am
Cycle 30 9:15-9:45am		Cycle 45 9:15-10:00am		Cycle 30 9:15-9:45am
Weight Training for Teens 10:00am-4:00pm November 10	Stroller Fit 10:30-11:15am		Stroller Fit 10:30-11:15am	Muscle Works 9:50-10:20am Weight Training for Teens 10:00am-4:00pm October 10 November 7

NOON CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
				Cycle 30 12:15-12:45pm

EVENING CLASSES

Monday	Tuesday	Wednesday	Thursday	Sunday
Cycle Strong 5:30-6:20pm Mat Pilates Session 1 7:00-8:00pm Let it Roll Session 2 & 3 7:00-7:45pm Triathlon Swim 7:00-8:00pm	b. class® 6:30-7:30pm	Pure Strength 5:30-6:15pm Triathlon Bike & Brick 7:00-8:00pm	Cycle Strong 6:45-7:35pm	Mat Pilates Session 2 & 3 6:30-7:30pm

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

Pembina
Fitness Centre

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.

Instructor: Tarran

Tuesdays 6:30-7:30pm

SEPTEMBER 16 TO OCTOBER 7

Course ID#: 10120

Members: \$36.84

Retail: \$42.36

OCTOBER 14 TO NOVEMBER 4

Course ID#: 10121

Members: \$36.84

Retail: \$42.36

NOVEMBER 18 TO DECEMBER 16

Course ID#: 10122

Members: \$46.05

Retail: \$52.95

Bootcamp

Raise your energy levels with this early morning cardio and strength based fitness class. Body-weight exercises, sports drills, conditioning intervals and running help develop lean muscle and functional strength, while improving core strength and cardiovascular endurance. Outdoor class is weather dependant, so please bring indoor and outdoor shoes.

All Levels

Instructor: Annette

Mondays, Wednesdays 6:00-6:50am

Outdoor Class:

SEPTEMBER 15 TO OCTOBER 8

Course ID#: 10126

Members: \$58.08

Retail: \$66.80

Indoor Class:

OCTOBER 15 TO NOVEMBER 5

Course ID#: 10155

Members: \$50.82

Retail: \$58.45

NOVEMBER 12 TO DECEMBER 17

Course ID#: 10156

Members: \$79.86

Retail: \$91.85

Muscle Works

Take your fitness to new heights. Jump off the bike and into this 30-minute strength class focusing on full-body, functional, multi joint movements that will sculpt, tone and strengthen your entire body!

Instructor: Krista

Fridays 9:50-10:20am

SEPTEMBER 19 TO OCTOBER 10

Course ID#: 10165

Members: \$25.60 Retail: \$29.60

OCTOBER 17 TO NOVEMBER 7

Course ID#: 10166

Members: \$25.60

Retail: \$29.60

NOVEMBER 14 TO DECEMBER 19

Course ID#: 10167

Members: \$38.40

Retail: \$44.40

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

Thursdays 6:00-6:45am

SEPTEMBER 18 TO OCTOBER 9

Course ID#: 10123

Members: \$29.04

Retail: \$33.40

OCTOBER 16 TO NOVEMBER 6

Course ID#: 10124

Members: \$29.04

Retail: \$33.40

NOVEMBER 13 TO DECEMBER 18

Course ID#: 10125

Members: \$43.56

Retail: \$50.10

Pure Strength

Get strong and rev up your metabolism! Pack on the muscle using a variety of equipment-weights, bands, gliders, TRX-to strengthen your body, increase muscle endurance and keep those joints healthy and strong!

All Levels

Instructor: Laureen

Wednesdays 5:30-6:15pm

SEPTEMBER 17 TO OCTOBER 8

Course ID#: 10127

Members: \$29.04

Retail: \$33.40

OCTOBER 15 TO NOVEMBER 5

Course ID#: 10128

Members: \$29.04

Retail: \$33.40

NOVEMBER 12 TO DECEMBER 17

Course ID#: 10129






Members: \$43.56

Retail: \$50.10



All classes 13+ unless otherwise stated.

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

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**

SEPTEMBER 16 TO OCTOBER 9

Course ID#: 10130
Members: \$58.08
Retail: \$66.80

OCTOBER 14 TO NOVEMBER 6

Course ID#: 10131
Members: \$58.08
Retail: \$66.80

NOVEMBER 18 TO DECEMBER 11

Course ID#: 10132
Members: \$50.82
Retail: \$58.45

*No class November 27

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

 **Mondays 9:15-9:45am**

Instructor: Amanda

SEPTEMBER 15 TO OCTOBER 6

Course ID#: 10133
Members: \$25.60
Retail: \$29.60

OCTOBER 20 TO NOVEMBER 3

Course ID#: 10134
Members: \$19.20
Retail: \$22.20

NOVEMBER 17 TO DECEMBER 15

Course ID#: 10135
Members: \$32.00
Retail: \$37.00

 **Fridays 9:15-9:45am**

Instructor: Krista

SEPTEMBER 19 TO OCTOBER 10

Course ID#: 10136
Members: \$25.60
Retail: \$29.60

OCTOBER 17 TO NOVEMBER 7

Course ID#: 10137
Members: \$25.60
Retail: \$29.60

NOVEMBER 14 TO DECEMBER 19

Course ID#: 10138
Members: \$38.40
Retail: \$44.40

 **Fridays 12:15-12:45pm**

Instructor: Amanda

SEPTEMBER 19 TO OCTOBER 10

Course ID#: 10139
Members: \$25.60
Retail: \$29.60

OCTOBER 17 TO NOVEMBER 7

Course ID#: 10140
Members: \$25.60
Retail: \$29.60

NOVEMBER 14 TO DECEMBER 19

Course ID#: 10141
Members: \$38.40
Retail: \$44.40

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

SEPTEMBER 16 TO OCTOBER 7

Course ID#: 10142
Members: \$29.04
Retail: \$33.40

OCTOBER 14 TO NOVEMBER 4

Course ID#: 10143
Members: \$29.04
Retail: \$33.40

NOVEMBER 18 TO DECEMBER 16

Course ID#: 10144
Members: \$36.30
Retail: \$41.75

CLASS PASS

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

INDIVIDUAL
\$15.00

10-PACK
\$135.00



SCAN ME



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

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

Instructor: Krista

SEPTEMBER 17 TO OCTOBER 8

Course ID#: 10145
Members: \$29.04
Retail: \$33.40

OCTOBER 15 TO NOVEMBER 5

Course ID#: 10146
Members: \$29.04
Retail: \$33.40

NOVEMBER 12 TO DECEMBER 17

Course ID#: 10147
Members: \$43.56
Retail: \$50.10

Cycle Strong

This total body, heart pumping, non-stop, 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: TBD

Mondays 5:30-6:20pm

SEPTEMBER 15 TO OCTOBER 6

Course ID#: 10157
Members: \$29.04
Retail: \$33.40

OCTOBER 20 TO NOVEMBER 3

Course ID#: 10158
Members: \$21.78
Retail: \$25.05

NOVEMBER 17 TO DECEMBER 15

Course ID#: 10159
Members: \$36.30
Retail: \$41.75

Thursdays 6:45-7:35pm

Instructor: Domi

SEPTEMBER 18 TO OCTOBER 9

Course ID#: 10152
Members: \$29.04
Retail: \$33.40

OCTOBER 16 TO NOVEMBER 6

Course ID#: 10153
Members: \$29.04
Retail: \$33.40

NOVEMBER 13 TO DECEMBER 18

Course ID#: 10154
Members: \$43.56
Retail: \$50.10

Mind-Body

Early Morning Yoga

Come out to start your day with this “all levels” yoga class. This vinyasa style class will gently wake up your body, mind and spirit and prepare for the day ahead.

All Levels

Ages: 13+

Instructor: Annette

Fridays 6:00-6:50am

SEPTEMBER 19 TO OCTOBER 3

Course ID#: 10174
Members: \$27.63
Retail: \$33.77

OCTOBER 17 TO NOVEMBER 7

Course ID#: 10175
Members: \$36.84
Retail: \$42.36

NOVEMBER 14 TO DECEMBER 19

Course ID#: 10176
Members: \$55.26
Retail: \$63.54

Mat Pilates

A gentle yet effective workout that promotes strength, flexibility, and mindfulness. Embrace the power of controlled movements and build a stronger, more flexible body. Elevate your fitness journey with our Low-Impact Full Body Pilates class!

All Levels

Ages: 13+

Instructor: Annette

Mondays 7:00-8:00pm

SEPTEMBER 15 TO OCTOBER 6

Course ID#: 10160
Members: \$36.84
Retail: \$42.36

Sundays 6:30-7:30pm

Instructor: Jolene

OCTOBER 19 TO NOVEMBER 2

Course ID#: 10161
Members: \$27.63
Retail: \$31.77

NOVEMBER 16 TO DECEMBER 7

Course ID#: 10162
Members: \$36.84
Retail: \$42.36

Let It Roll

Enhance mobility, release tightness, and increase range of motion, using the Roll Model® Method Therapy Balls for self-myofascial release. This self-massage class will use specific techniques, ball placements and movements to loosen tightness and tension in soft tissues, build body awareness, and reduce stress.

Mondays 7:00-7:45pm

Instructor: Kara

OCTOBER 20 TO NOVEMBER 3

Course ID#: 10163
Members: \$21.78
Retail: \$25.05

NOVEMBER 17 TO DECEMBER 15

Course ID#: 10164
Members: \$36.30
Retail: \$41.75

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, OCTOBER 10

Course ID#: 10149
Members: \$55.00
Retail: \$63.25

FRIDAY, NOVEMBER 7

Course ID#: 10150
Members: \$55.00
Retail: \$63.25

Pembina Fitness Centre



Must be 16+ to use the Pembina Fitness Centre or 13+ with Weight Training for Teens certificate.

MONDAY, NOVEMBER 10

Course ID#: 10148
Members: \$55.00
Retail: \$63.25

MONDAY, DECEMBER 22

Course ID#: 10151
Members: \$55.00
Retail: \$63.25

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.

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

TRIATHLON TRAINING

Looking for a new challenge? Triathlon is an exciting, multi-discipline sport that combines swimming, cycling, and running—performed back-to-back with no rest in between.

Our experienced instructors will guide you through each session, helping you build stamina, strength, and confidence in every discipline. You'll progress at your own pace, improving each week in a supportive and motivating environment.

To wrap up the program, we'll bring all your training together with a fun, in-house triathlon. You'll swim, bike, and run through a course you've practiced on, designed with timed intervals to keep everyone moving together and feeling successful.

Come push your limits—and discover what you're capable of!

All Levels

Ages: 13+

Instructors: Sarah Whelen, Morgan Hogberg

OCTOBER 20 TO NOVEMBER 26

Course ID#: 10119

Members: \$110.52 Retail: \$127.08

SWIM | MONDAYS 7:00-8:00PM

BIKE AND BRICK | WEDNESDAYS 7:00-8:00PM



Step Up Your Nutrition

Learn healthy habits to enhance your nutrition
Manage weight without restrictive diets
Address specific dietary needs

Our certified Precision Nutrition Coach will guide you every step of the way, offering personalized support tailored to your unique goals, preferences, and lifestyle.

 **Precision Nutrition**

Real Results. Real People.

"Kara provided just the right amount of accountability and guidance I needed to see results in my weight loss journey. She consistently checked in outside of our regular weekly chats, especially when she knew I was facing personal challenges that could impact my progress. I really appreciate how invested she was in my success. I love that this program is based on real life—no quick fixes, just practical, lasting changes. It feels genuinely sustainable, which makes all the difference." - J.

How to Get Started: ♦

- 1. Book a Free Nutritional Consultation:** Schedule your one-on-one consult with our certified coach. This can be completed in person or via Zoom.
- 2. Request Your Nutrition Blueprint:** Collaborate with our coach to create actionable plans to improve your nutrition and overall health.
- 3. 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.



 **ALLAN & JEAN
MILLAR CENTRE**



Pick Your Fit + GET FIT.



PICK YOUR FIT  **ALLAN & JEAN
MILLAR CENTRE**

September 8-12

MOVE, SWEAT, and have FUN
during our Pick Your Fit Week!

All fitness levels welcome!

- + Beginner
- + Intermediate
- + Advanced

HIGHLIGHTS

FREE Fitness Classes

Experience a wide range of classes including cycle, water fitness, strength training, Pilates and more.

SAVE ON Personal Training

Reduced rates on personal training packages.

HOW TO PARTICIPATE

Show up!

1. Come at scheduled fitness class times and join the fun!
2. Be part of our Fitness Family and improve your health!

Find **YOUR** perfect fit!

Pick Your Fit and Get Fit!

WIN! SPECIAL DRAWS

Exclusive promotions for those who register for our fall classes during or before the event.



EVENT SCHEDULE

Available on Facebook and Instagram closer to the event dates.





ALLAN & JEAN
MILLAR CENTRE

SUCCESS Story

Meet Cherie

Before



After



How has being part of the Allan & Jean Millar Centre impacted your daily life?

Being part of the Allan & Jean Millar Centre has completely transformed my daily life. It gave me the tools and support I needed to lose 100 pounds—something I never thought possible.

Which Allan & Jean Millar Centre programs have you participated in, and how have they helped you?

I started this journey by dabbling in classes like Pure Strength but saw the most success once I signed up for the Operation Transformation Program. Having a guide helped me build confidence, improve my physical strength, and stay accountable to my goals.

What challenges have you faced on your journey, and how did you overcome them?

One of the biggest challenges for me has been hitting plateaus. What worked for me was to change up my routine each time I hit one. When I hit my first plateau, I was only walking and watching my diet. I stayed put until I changed my routine to include strength training exercises. When I hit my second plateau, I played with my weights, reps, and sets to see the scale start moving again. I really had to stay consistent, trust the process, and seek support when I needed it.

Was there a turning point when you really started to feel progress—physically, mentally, or emotionally?

The turning point came when I started working with a personal trainer. I was stuck on a plateau for over 6 months and finally decided to seek outside help. Her support and guidance was fantastic. She helped me incorporate weight training into my routine. I learned so much from her and it made all the difference.

Is there a coach or staff member at the Allan & Jean Millar Centre who made a big difference for you?

Yes—Shannon Leonard. Her encouragement, expertise, and belief in me helped me stay accountable to my goals and push me to the next level.

What advice would you give to someone who wants to get more active but isn't sure where to begin?

Just start. Do something—anything. Start small if you need to. I started my journey walking the track. At first I could barely walk 1km and now, I do 3km as part of my warmup!

What's been the biggest surprise about your journey so far?

I'm constantly amazed at what I can put my body through. It's stronger and more capable than I ever realized.

What keeps you motivated to stick with your healthy lifestyle?

The way I feel now keeps me going. I feel healthier, stronger, and more in control of my life.

Do you have a personal mantra or go-to pep talk that helps you stay focused and fired up?

On the days I don't feel up to it, I tell myself "10 minutes." If, after 10 minutes, I still don't want to be there, I can leave—but I have to give it those 10 minutes first. I've never walked out.





PERSONAL & PARTNER TRAINING

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!

BOOK YOUR FREE CONSULTATION NOW!



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

RYAN



- ★ Weight loss and body composition transformation
- ★ Muscle gain and strength building
- ★ Athletic development
- ★ Nutrition and dietary guidance for optimal performance and health

Credentials:

ACE Certified Personal Trainer

PN Level 1 Nutrition

Certified Strength and Conditioning Specialist (CSCS) by the NSCA

WaterART Certified Shallow & Deep H2O Instructor

WaterART H2O Sports Conditioning Specialist

Education:

Personal Fitness Trainer

BS in Nursing

TRAINER SPECIALTIES



TURN OVER A
NEW LEAF -
FIND YOUR FALL
STRENGTH

SHANNON



- ★ Strength training and body composition
- ★ Weight loss
- ★ Adaptive Fitness: Working with special populations and active agers

- ★ Menopause coaching
- ★ Group exercise

Credentials:

ACE Certified Personal Trainer

ACE Group Fitness Instructor

Adaptive Fitness Master Trainer

Education:

Human Resources & Labour Relations Certification

NICOLE



- ★ Weight loss
- ★ Body composition
- ★ Athletic performance
- ★ Exercise for special populations and youth

Credentials:

NAIT Personal Fitness Trainer Diploma

Lifeguard Instructor IV

Trainers are available for One-on-One, Partner or Group Training.

Offered in 60 minute, 30 minute and new 45 minute sessions.

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



Pembina Gas Infrastructure Aquatic 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

September 1, Labour Day	10:00am-8:00pm
October 13, Thanksgiving Day	10:00am-8:00pm
November 11, Remembrance Day	10:00am-8:00pm
November 21, Concert	Closed at 3:00pm

Free Family Swim 6:00-8:00pm



September 7 & 21 | October 5 & 19 | November 2 & 16

Sponsored by the Rotary Club of Whitecourt



September 14 | October 12 | November 9

Sponsored by Pembina Gas Infrastructure

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

September 30 | October 10 | November 7 & 10

Wiggle Bridge

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 26](#).

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
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	Public Swim 1:00-6:00pm
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		Family Swim 6:00pm-8:00pm

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]
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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!

No Swimming Lessons
September 30, October 12 & 13

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 & Wed	September 3 to October 1	10:50-11:20am	\$50.85	\$57.87	10006
Sunday	September 7 to November 2	12:30-1:00pm	\$45.20	\$51.44	10020
Mon & Wed	October 6 to November 5	10:50-11:20am	\$50.85	\$57.87	10021
Tues & Thurs	October 7 to November 6	4:05-4:35pm	\$56.50	\$64.30	10022
Mon & Wed	November 12 to December 10	10:50-11:20am	\$50.85	\$57.87	10023
Tues & Thurs	November 13 to December 11	4:05-4:35pm	\$50.85	\$57.87	10024

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
Tues & Thurs	September 2 to October 2	4:05-4:35pm	\$50.85	\$57.87	10007
Mon & Wed	September 3 to October 1	9:40-10:10am	\$50.85	\$57.87	10025
Mon & Wed	September 3 to October 1	4:55-5:25pm	\$50.85	\$57.87	10026
Sunday	September 7 to November 2	10:55-11:25am	\$45.20	\$51.44	10027
Mon & Wed	October 6 to November 5	10:15-10:45am	\$50.85	\$57.87	10028
Mon & Wed	October 6 to November 5	5:30-6:00pm	\$50.85	\$57.87	10029
Tues & Thurs	October 7 to November 6	4:05-4:35pm	\$56.50	\$64.30	10030
Mon & Wed	November 12 to December 10	9:40-10:10am	\$50.85	\$57.87	10031
Mon & Wed	November 12 to December 10	4:55-5:25pm	\$50.85	\$57.87	10032
Tues & Thurs	November 13 to December 11	5:30-6:00pm	\$50.85	\$57.87	10033

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
Tues & Thurs	September 2 to October 2	4:55-5:25pm	\$50.85	\$57.87	10008
Mon & Wed	September 3 to October 1	9:05-9:35am	\$50.85	\$57.87	10034
Mon & Wed	September 3 to October 1	4:05-4:35pm	\$50.85	\$57.87	10035
Sunday	September 7 to November 2	12:20-12:50pm	\$45.20	\$51.44	10036
Mon & Wed	October 6 to November 5	9:40-10:10am	\$50.85	\$57.87	10037
Mon & Wed	October 6 to November 5	4:55-5:25pm	\$50.85	\$57.87	10038
Tues & Thurs	October 7 to November 6	4:55-5:25pm	\$56.50	\$64.30	10039
Mon & Wed	November 12 to December 10	10:15-10:45am	\$50.85	\$57.87	10040
Mon & Wed	November 12 to December 10	5:30-6:00pm	\$50.85	\$57.87	10041
Tues & Thurs	November 13 to December 11	5:45-6:15pm	\$50.85	\$57.87	10042

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
Tues & Thurs	September 2 to October 2	5:30-6:00pm	\$50.85	\$57.87	10009
Mon & Wed	September 3 to October 1	10:15-10:45am	\$50.85	\$57.87	10048
Mon & Wed	September 3 to October 1	5:45-6:15pm	\$50.85	\$57.87	10049
Sunday	September 7 to November 2	10:15-10:45am	\$45.20	\$51.44	10050
Mon & Wed	October 6 to November 5	9:05-9:35am	\$50.85	\$57.87	10051
Mon & Wed	October 6 to November 5	4:05-4:35pm	\$50.85	\$57.87	10052
Tues & Thurs	October 7 to November 6	5:30-6:00pm	\$56.50	\$64.30	10053
Mon & Wed	November 12 to December 10	9:05-9:35am	\$50.85	\$57.87	10054
Mon & Wed	November 12 to December 10	4:05-4:35pm	\$50.85	\$57.87	10055
Tues & Thurs	November 13 to December 11	4:55-5:25pm	\$50.85	\$57.87	10056

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
Tues & Thurs	September 2 to October 2	6:20-6:50pm	\$50.85	\$57.87	10010
Mon & Wed	October 6 to November 5	5:45-6:15pm	\$50.85	\$57.87	10062
Mon & Wed	November 12 to December 10	4:05-4:35pm	\$50.85	\$57.87	10063

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
Tues & Thurs	September 2 to October 2	4:05-4:50pm	\$50.85	\$57.87	10015
Tues & Thurs	September 2 to October 2	5:45-6:30pm	\$50.85	\$57.87	10064
Mon & Wed	September 3 to October 1	4:40-5:25pm	\$50.85	\$57.87	10065
Sunday	September 7 to November 2	11:30am-12:15pm	\$45.20	\$51.44	10066
Mon & Wed	October 6 to November 5	4:05-4:50pm	\$50.85	\$57.87	10067
Tues & Thurs	October 7 to November 6	5:30-6:15pm	\$56.50	\$64.30	10068
Mon & Wed	November 12 to December 10	4:40-5:25pm	\$50.85	\$57.87	10069
Tues & Thurs	November 13 to December 11	4:05-4:50pm	\$50.85	\$57.87	10070

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
Tues & Thurs	September 2 to October 2	5:30-6:15pm	\$50.85	\$57.87	10016
Mon & Wed	September 3 to October 1	4:05-4:50pm	\$50.85	\$57.87	10071
Mon & Wed	September 3 to October 1	5:30-6:15pm	\$50.85	\$57.87	10072
Sunday	September 7 to November 2	10:50-11:35am	\$45.20	\$51.44	10073
Mon & Wed	October 6 to November 5	4:55-5:40pm	\$50.85	\$57.87	10074
Tues & Thurs	October 7 to November 6	4:05-4:50pm	\$56.50	\$64.30	10075
Mon & Wed	November 12 to December 10	4:40-5:25pm	\$50.85	\$57.87	10076
Tues & Thurs	November 13 to December 11	5:30-6:15pm	\$50.85	\$57.87	10077

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
Tues & Thurs	September 2 to October 2	4:05-4:50pm	\$50.85	\$57.87	10017
Mon & Wed	September 3 to October 1	4:55-5:40pm	\$50.85	\$57.87	10078
Sunday	September 7 to November 2	10:05-10:50am	\$45.20	\$51.44	10079
Mon & Wed	October 6 to November 5	5:30-6:15pm	\$50.85	\$57.87	10080
Tues & Thurs	October 7 to November 6	4:40-5:25pm	\$56.50	\$64.30	10081
Mon & Wed	November 12 to December 10	5:30-6:15pm	\$50.85	\$57.87	10082
Tues & Thurs	November 13 to December 11	4:05-4:50pm	\$50.85	\$57.87	10083

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
Tues & Thurs	September 2 to October 2	6:05-6:50pm	\$50.85	\$57.87	10018
Mon & Wed	September 3 to October 1	4:05-4:50pm	\$50.85	\$57.87	10084
Sunday	September 7 to November 2	11:40-12:25pm	\$45.20	\$51.44	10085
Mon & Wed	October 6 to November 5	4:40-5:25pm	\$50.85	\$57.87	10086
Tues & Thurs	October 7 to November 6	4:40-5:25pm	\$56.50	\$64.30	10087
Mon & Wed	November 12 to December 10	4:05-4:50pm	\$50.85	\$57.87	10088
Tues & Thurs	November 13 to December 11	4:55-5:40pm	\$50.85	\$57.87	10089

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
Tues & Thurs	September 2 to October 2	4:55-5:40pm	\$50.85	\$57.87	10019
Mon & Wed	September 3 to October 1	5:30-6:15pm	\$50.85	\$57.87	10090
Mon & Wed	October 6 to November 5	4:05-4:50pm	\$50.85	\$57.87	10091
Tues & Thurs	October 7 to November 6	5:30-6:15pm	\$56.50	\$64.30	10092
Mon & Wed	November 12 to December 10	5:30-6:15pm	\$50.85	\$57.87	10093
Tues & Thurs	November 13 to December 11	4:40-5:25pm	\$50.85	\$57.87	10094

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
Tues & Thurs	September 2 to October 2	4:40-5:25pm	\$50.85	\$57.87	10011
Tues & Thurs	November 13 to December 11	6:05-6:50pm	\$50.85	\$57.87	10095

Swim to Survive

LIFESAVING SOCIETY ADULTS



Swim to Survive is a program that is accessible to everyone.

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.100

FREE! PRE-REGISTRATION REQUIRED



Supported through the Town of
Whitcourt's Safe Community Initiative

"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

September 2 to 23

Tuesdays

YOUTH 13-17 YEARS

8:00-8:30pm

Course ID#: 10014

ADULT 18+

8:30-9:00pm

Course ID#: 10013

Registration deadline: August 26

October 14 to November 4

Tuesdays

YOUTH 13-17 YEARS

8:00-8:30pm

Course ID#: 10097

ADULT 18+

8:30-9:00pm

Course ID#: 10096

Registration deadline: October 7

PRIVATE LESSONS

Private Lessons will be offered throughout the year.

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



Contact Guest Services for available dates and times.

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

1 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

SATURDAY, OCTOBER 25

9:00am-5:00pm

Location: Allan & Jean Millar Centre

Registration deadline: October 18

Course ID#: 10098

Members: \$160.00 **Retail:** \$184.00

2 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

FRIDAY TO SUNDAY, NOVEMBER 7 TO 9

10:00am-4:00pm

Registration deadline: October 31

Course ID#: 10005

Members: \$170.00 **Retail:** \$195.51

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

TENTATIVELY FEBRUARY 5 TO 8

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.

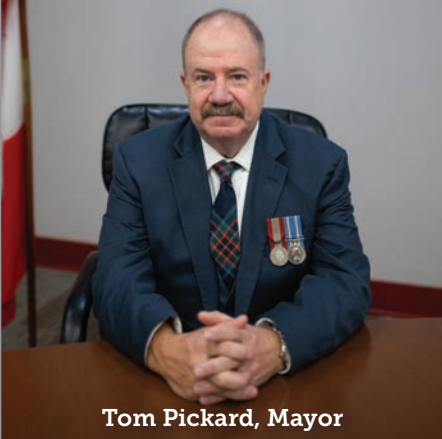
Prerequisites: Intermediate First Aid, Bronze Cross and 15 YEARS* by April 3. **All prerequisites MUST be met BEFORE the class start date.**

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

TENTATIVELY MARCH 30 TO APRIL 3

Members: \$300.00 **Retail:** \$345.00





Tom Pickard, Mayor



Mayor's Message

The current Town Council term is coming to an end, and the next Municipal Election is scheduled for October 20, 2025. For information on the upcoming Municipal Election, including voter information and a register of candidates, visit www.whitecourt.ca/your-town/election.

Over the last four years, Town Council has aimed to enhance economic health, livability and service excellence; and, has been committed to fostering a community that is progressive, prosperous, connected and engaged. I'm proud of the work we have accomplished to meet these goals and to grow Whitecourt.

I want to thank Whitecourt for its continued support, engagement and participation. Seeing Whitecourt grow over my time on Council has been incredibly rewarding.



FALL

EVENTS & ACTIVITIES



The Town of Whitecourt is committed to providing our residents with services and programs that support the health and well-being of all members of your family. Part of this commitment involves a variety of activities and events that can be enjoyed by all members of Whitecourt.

FREE ACTIVITIES

Tim Hortons Community Fun Night *Tim Hortons*
Allan & Jean Millar Centre

Free Public Swimming **Rotary** 
Allan & Jean Millar Centre **Club of Whitecourt**
Sponsored by Rotary & Pembina Gas Infrastructure

Free Public Skating / Slide & Glide **Rotary** 
JDA Place Sponsored by Rotary **Club of Whitecourt**

Seniors Activities and Support Programs

Children's Programs
Whitecourt & Area Family Support Program

Trail System

Festival Park



Full details are listed throughout the Fall Spectrum.



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

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)
1:00-3:00pm	(last pickup at 2:45pm)

For More Information

Call 780-778-6300

Email css@whitecourt.ca

www.whitecourt.ca

ANNUAL STUDENT PASS 10% OFF! \$247.50

August 1-September 30, 2025
Pass valid September 1, 2025-August 31, 2026
**Only available at the Allan & Jean Millar Centre*



**Track your bus live
with the Transloc app!**

Download on



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.

WHITECOURT PARKS & PLAYGROUNDS

Fall is an excellent time to get out and get active. Visit one of the many playgrounds or go for a walk or a bike ride. Children learn and develop through play and exploring natural environments.

VALLEY PLAYGROUNDS

- 1 Festival Park Playground
- 2 Central School Playground
- 3 Wedow Park
- 4 Wagoner Park
- 5 Lyons Park
- 6 Baly Park
- 7 École St. Mary School Playground
- 8 Graham Acres Playground
- 9 Prestlien Park
- 10 Powers Park
- 11 Olson Park
- 12 Percy Baxter School Playground
- 13 Athabasca Park
- 14 École St. Joseph School Playground
- 15 Riverboat Park Playground

HILLTOP PLAYGROUNDS

- 16 Pat Hardy School Playground
- 17 École St. Anne School Playground
- 18 Pine Park
- 19 Blueberry Park
- 20 Park Circle Playground
- 21 Southland Park
- 22 Heritage Park



Issued July 2025

PARKS

- | | |
|-----------------------------|------------------------------------|
| A Festival Park | F Memorial Point |
| B Anniversary Square | G Riverboat Park |
| C Centennial Park | H Skate Park |
| D Friendship Park | I Mountain Bike Skills Park |
| E Heritage Park | |



RIVER SLIDES
at Festival Park



SKATE PARK



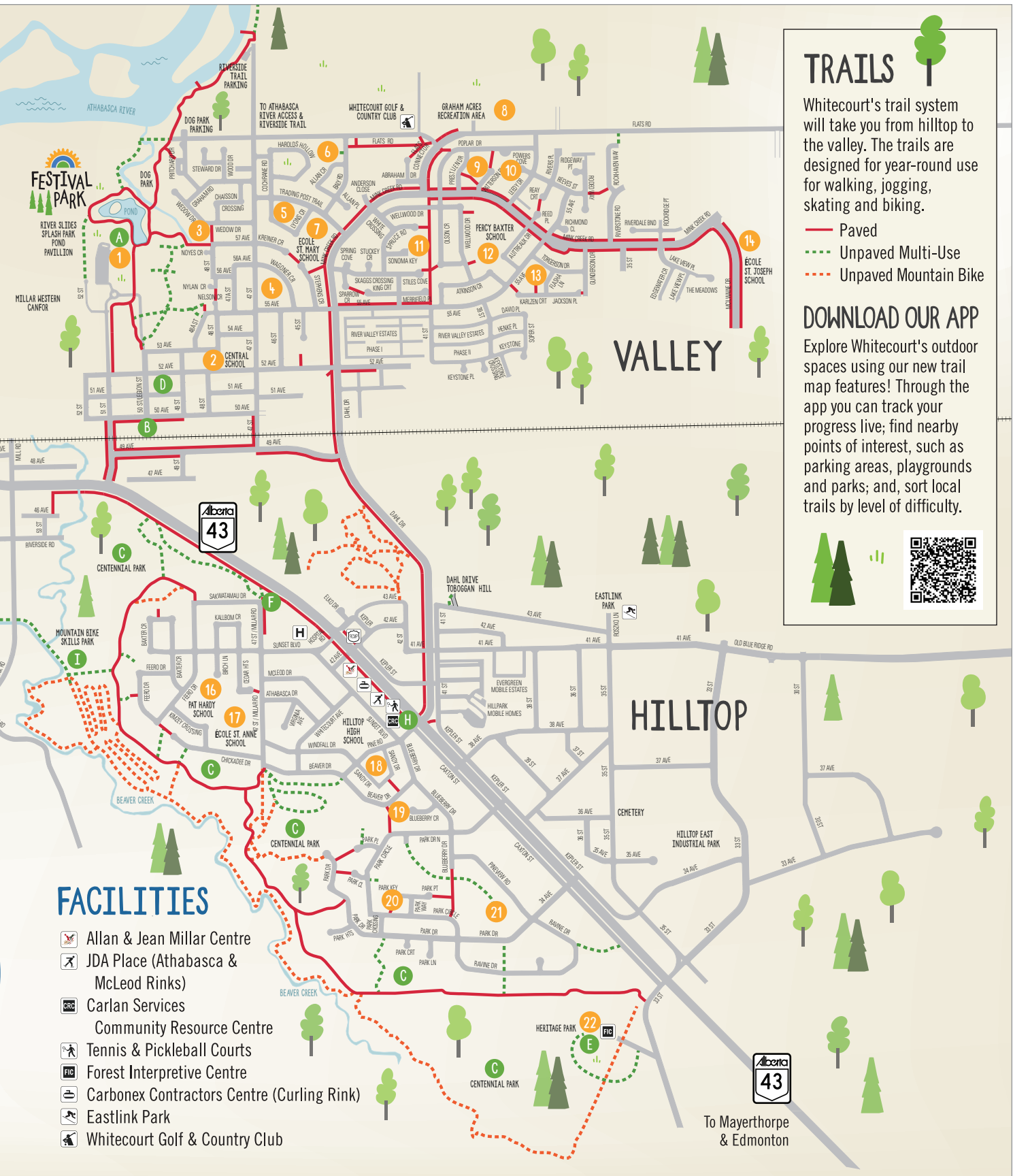
SPLASH PARK
at Festival Park



GRAHAM ACRES



RIVERBOAT PARK



TRAILS

Whitecourt's trail system will take you from hilltop to the valley. The trails are designed for year-round use for walking, jogging, skating and biking.

- Paved
- - - Unpaved Multi-Use
- - - Unpaved Mountain Bike

DOWNLOAD OUR APP

Explore Whitecourt's outdoor spaces using our new trail map features! Through the app you can track your progress live; find nearby points of interest, such as parking areas, playgrounds and parks; and, sort local trails by level of difficulty.



FACILITIES

- Allan & Jean Millar Centre
- JDA Place (Athabasca & McLeod Rinks)
- Carlan Services
- Community Resource Centre
- Tennis & Pickleball Courts
- Forest Interpretive Centre
- Carbonex Contractors Centre (Curling Rink)
- Eastlink Park
- Whitecourt Golf & Country Club

Town Facilities 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 Festival Way Rentals:

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



OFF LEASH DOG PARK

An Off Leash Dog Park has been developed on the north-east boundary of Festival Park. Your four-legged friend can take part in special off leash privileges while you relax and enjoy the outdoors. The park is an area where well-mannered dogs can enjoy a good run, or socialize with other dogs, while under the supervision of the owner.

CAUTION AT FESTIVAL PARK POND

Please use caution when participating in activities in Festival Park. Please obey all "Thin Ice" signs and other posted warning. The area is UNSUPERVISED and is to be used at your own risk.



SCAN ME



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

Non-Profit Rate: \$25.62/hr

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



Public skate is proudly sponsored by the Rotary Club of Whitecourt

Scan the QR code
for all public skate
and shinney times



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



ATTENTION JOB SEEKERS, STUDENTS & PARENTS

CAREER & EDUCATION EXPO/ JOB FAIR

FREE Admission
GENERAL
PUBLIC IS
WELCOME!

Explore job opportunities, Discover potential career paths, & Connect with potential training providers

Date: FRIDAY, SEPTEMBER 26

Time: 9:30AM - 4PM

Location: ALLAN & JEAN MILLAR CENTRE, WHITECOURT, AB

for more information, PLEASE CONTACT:

Kristy Alain, | Workforce Consultant | 780-268-4756 | kristy.alain@gov.ab.ca





(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



WELLSPRING'S
TWICE IS NICE

(780) 706-3181

5115-49th Street, Midtown Mall, Whitecourt

Mon-Sat 10am-5pm

Whitecourt Wado Kai Karate Club



Karate is an activity that is never too late to start and is open to all ages and skill levels. Whether you are a child, teen, or adult, karate provides a welcoming environment where everyone can learn, grow and improve at their own pace. It is not just about self-defence - it's about building strength, confidence, and discipline, regardless of age or experience.

Many adults find karate to be an excellent way to stay active, relieve stress, and develop new skills while children benefit from improved focus coordination, and respect. With dedication and practice, anyone can experience the physical, mental, and personal benefits that karate offers. It is truly a lifelong journey of self-improvement and empowerment.

CLASS SCHEDULE:

Mini Miyagi (4-5 years)
6:00-6:30pm | Wednesday
Junior / Family (6-12 years & parents)
6:00-7:00pm | Monday & Wednesday
Teen / Adult (13+ years)
7:10-9:00pm | Monday & Wednesday

HOW TO REGISTER:

EMAIL: whitecourtkarate@gmail.com
CALL/TEXT JOHN: 780-805-1586
MESSAGE US ON FACEBOOK:
[WhitcourtWadoKaiKarateClub](https://www.facebook.com/WhitcourtWadoKaiKarateClub)

LOCATION: St. Mary School



LEARN MORE AT WWW.SHINTANI.CA

Repeat 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



Volunteers Welcome! Thank You For Your Support!



Portable X-Ray



Physio Gym



Brazilian Jujitsu (BJJ)



Taekwondo



Muay Thai (Thai Boxing)

BOXING

NOW HERE!

Join one martial art, and take a second martial art for \$100!
Only the first two people in the family pay, everyone else is free.

info@whitecourttaekwondo.com

www.whitecourttaekwondo.com

Northwest Essential Skills to Success

Unlock your potential.

Join our hands-on ESTS training program to build your skills, get comprehensive support, and gain job placement opportunities.

Decide your stream and gain hands on training and experience in the following programs:

Shop Program:

- Construction
- Carpentry
- Safety Certifications
- Forklift Certification
- Skid Steer Certification

Hospitality Program:

- Food & Beverage
- Guest Services
- Housekeeping
- General Maintenance

Participants have access to various supports including:

- 30+ employment readiness, life management, and job preparation workshops
- Up to 90 days of job placement support
- Safety certifications:
 - First Aid/CPR
 - WHIMIS
 - Pro-Serve
 - Fall Arrest
 - HS2 Alive
 - Confined Space
 - Skidsteer
 - And more!

Does this
sound like you?

- 18+ years of age
- Resident of Canada
- Eligible to work in Canada
- Unemployed or underemployed
- Have barrier(s) impacting your ability to find or keep a job

Get in touch!

Remote and online delivery in: Grande Cache, Hinton, Edson, Jasper, High-Level, Peace River, High Prairie, Slave Lake.



PHONE: 780-778-8311
EMAIL: ests@balladgroup.ca
BALLADGROUP.CA

PRIMARY
SERVICE LOCATION:
3780 – 30 Street,
Whitecourt, AB, T7S 0E4

SECONDARY
SERVICE LOCATIONS:
8507 112 Street,
Grande Prairie, AB, T8V 6A4
10407 - 96 Street,
High Level, AB, T0H 1Z0

ballad

Canada

Alberta

The province of Alberta is working in partnership with the Government of Canada to provide employment support programs and services.

WHITECOURT TERRY FOX RUN

SEPTEMBER 14, 2025

FINISH IT.

**TERRY STARTED A MARATHON AGAINST CANCER.
TOGETHER WE CAN END IT.**



Fundraise or donate to
support cancer research
at terryfox.org



TRAIL OF ADVENTURE

Herb Club

A cozy monthly meetup to explore a featured herb, remedies, and local folklore.

Plant Walks

Learn to identify wild herbs and trees on guided forest walks.

Forage & Feast

Harvest seasonal plants and enjoy a shared wildcrafted meal.

Fermentation Workshop

Make gut-friendly ferments using herbs and garden bounty.

Medicine Making Series

Craft tinctures, salves, and more with local plants.

Come forage, ferment, &
make medicine with us.



trailofadventure.com



**TAKE OFF POUNDS
SENSIBLY**

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

Krista Wilson 780-778-0718



WHITECOURT BAPTIST CHURCH

\$5/child

DROP N' SHOP

KIDS NIGHT OUT

Attention kids over the age of 3!

Join us for a night of pizza,
crafts, games and FUN while
you parents take a night to
finish up their shopping!



**Follow the QR code
for more info**

Registration Deadline:
December 1st

**DEC
5th
5-8pm**

REVZ CLUB VOLLEYBALL

WE'RE GETTING READY FOR NEXT SEASON!

DO YOU HAVE AN ATHLETE WHO LOVES VOLLEYBALL? CLUB VOLLEYBALL IS A GREAT WAY TO ENHANCE YOUR SKILLS IN A FUN AND COMPETITIVE SETTING.

THE 2025/26 CLUB VOLLEYBALL SEASON RUNS FROM NOVEMBER 2025 TO APRIL 2026. INTERESTED PLAYERS CAN REGISTER FOR FALL TRYOUTS STARTING IN AUGUST. REGISTRATION INFO WILL BE AVAILABLE ON OUR SOCIAL MEDIA.

ALL AGE GROUPS ARE FOR BOTH GENDERS. THE NUMBER OF TRYOUT SESSIONS WILL VARY DEPENDING ON INTEREST OR OTHER FACTORS.



TRYOUT START DATES

17U/18U - Sunday, September 7

15U/16U - Sunday, September 14

13U/14U - Sunday, September 21

12U - Sunday, November 2

IF YOU ARE INTERESTED IN GETTING INVOLVED AS A COACH OR HAVE QUESTIONS ABOUT THE SEASON OR THE TRYOUT PROCESS, FEEL FREE TO CONTACT US AT REVZPRESIDENT@GMAIL.COM



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)

- 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.



We can't wait to see everyone!

COMMUNITY LUNCH BOX SOCIETY

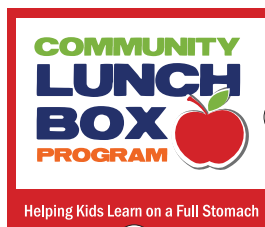


A non-profit, all inclusive, volunteer society creating positive initiatives in our community. Our goal is to ensure that all children attending school in Whitecourt have the nutrition they need for optimal growth and development.

#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
For Families Daycare
Whitecourt and District Public Library
Doors Open Youth Program



Phone 780-778-8252 Email admin@communitylunchbox.ca
Box 2127, Whitecourt, AB T7S 1P8



Welcome!
Whitecourt Skating Club
Box 1213
Whitecourt AB T7S 1P2

Offering CANSkate and STARSkate Programs

Sessions:

October-December
January-March

♦ Pre-Canskate

Tuesdays 6:00-6:45

♦ Canskate Stages 1 & 2

Tuesdays 6:00-6:45

♦ Canskate Stages 3, 4 & 5

Thursdays 5:15-6:00

<https://whitecourtsc.uplifterinc.com>



CanSkate



StarSkate





The **Whitecourt Rotary Music Festival** promotes music, speech, dance, and the performing arts in Whitecourt and the surrounding area.

The festival supports the performance of fine arts by the youth of our community and encourages aspiring artists to perform in a public venue. It takes courage and strength to perform, whether in a competitive class or a non-competitive class, and we applaud them all.

2026 FESTIVAL DATES:

Dance: Saturday, March 7
Piano: Thursday, April 9- Friday, April 10
Strings: Tuesday, April 14
Choir / Vocals: Wednesday, April 15
Choral Speech: Thursday, April 16-Friday, April 17

Rotary
Club of Whitecourt 

McMan Youth, Family and Community Services Safe Visitation Program

Who is eligible for safe visitation services?

Families may be eligible for safe visitation services if...

- There have been incidents of violence between parents & the parents are separated.
- Both parties consent to the terms of visitation and the program.
- A child wishes to visit the non-custodial parent, or a court has ordered that the child has supervised visitation.

The Safe Visitation Initiative helps protect children and families in situations where there is a risk of family violence. Safe visitation provides an opportunity for children to remain connected to their non-custodial parent in a safe and secure environment. Staff help ensure children have a positive experience visiting with their parent and are trained to recognize cues that the child may be uncomfortable. Services also can include support in creating safety, helping your child through the experience of separation, parenting challenges, understanding the impact environment can have on a child's development and planning for safe long-term connection.

Healthy relationship groups, healthy communication, and help for you and your child in navigating through the period of separation and divorce are also available through the program. There is no cost for families to access services from a safe visitation site, and a court order is not necessary for a referral. The services are not intended as parenting evaluation. In families where family violence has occurred and the parents are separated, organizing visitation can be stressful and may pose additional risks and challenges; the Safe Visitation can bridge this stressful time and build towards a safe future.



Contact Information:

Safe Visitation Program McMan Youth,
Family and Community Services

Room 208, 5115 49 St (Midtown Mall)
Whitecourt, Alberta

Phone: (780) 778-3290

Cell: (250) 808-6367

Email: Shawnee.galipeau@mcman.ca
Program Supervisor

www.mcman.ca



Branch 44
Whitcourt

MEGA MEAT DRAWS
every second Saturday!
Call the branch if you
wish to be a sponsor

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

Hall Rentals Call Cheryl at 780-706-4881

VETERANS

Your service officer is just a call away.
Ralph 780-779-8543

MEMBERSHIP

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.whitcourtlegion.com

FACEBOOK: Royal Canadian Legion
Branch #44 Whitcourt, Alberta

MAIL: PO Box 874, T7S1N8



WHITCOURT WOLVES

Group	Birth Year	Cost
U7	2019-20	\$50
U9	2017-18	\$50
U11	2015-16	\$105
U13	2013-14	\$105
U15	2011-12	\$105

Additional Fee:

An additional Alberta
Basketball Association
Membership/Insurance fee
is paid once per year from
September 1 to August 31.

U7/9 \$22 | U11 \$27

REGISTRATION:

Fall Registration opens September 4 at 9:00am

Register at: WCYB.rampregistrations.com
or email wctwolves.registrar@gmail.com

Session will run for 10 weeks from September to
November. Two days per week for each group.
Minimum 10 players per team to run group.

**If you are interested in coaching or assistant coaching,
please email us!** wctwolves.info@gmail.com

Whitecourt Wolves Community Basketball



Groups & Workshops

McLeod River PCN - Whitecourt

The McLeod River Primary Care Network offers a range of Group Education and Workshops in Whitecourt. See below for a few examples of what's ahead in 2025. Scheduled sessions will go ahead with sufficient enrolment only.

Living Your Best Life

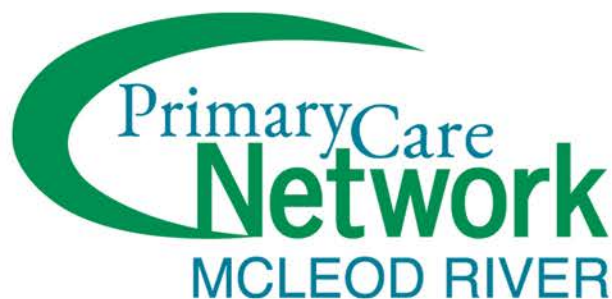
- A group exercise workshop that supports healthy aging
 - **Thursdays September 4 to October 23**
 - and **Thursdays October 30 to December 18**
 - Register by phone 780-779-0079

Anxiety to Calm (Adults)

- Learn skills to find calm, challenge yourself, and live well
 - **Thursdays September 25 to November 13**
 - Register by phone 780-779-0079

Journeying Through Grief

- Develop a toolkit to effectively cope with loss
 - **Tuesdays September 23 to November 18**
 - Register by phone 780-779-0079





WHITECOURT & DISTRICT CHAMBER OF COMMERCE

WWW.WHITECOURTCHAMBER.COM/EVENTS

UPCOMING EVENTS



TRUNK OR TREAT



**SATURDAY,
OCTOBER 25**



12-3PM



**DOWNTOWN
WHITECOURT**



SANTA CLAUS PARADE



**SATURDAY,
NOVEMBER 15**



5:30PM



**DOWNTOWN
WHITECOURT**



Christmas is for Kids!



**SATURDAY,
NOVEMBER 29**



11AM-3PM



**ROYAL CANADIAN
LEGION BRANCH #44**

eastlink park

Phone 780-746-3000
100 Roszko Lane
Whitecourt, Alberta
www.eastlinkpark.com



2025/2026 SEASON PASS

Purchase your
Season Pass online
at eastlinkpark.com!

**PARK RE-OPENS
DECEMBER 6**
(weather permitting)

	Fall Sale Until Dec 1	Regular After Dec 1
FAMILY (2+2)	\$710	\$789
SENIOR (65+)	\$305	\$339
ADULT (18-64)	\$332	\$369
YOUTH (6-17)	\$305	\$339
CHILD (5 & Under)	\$25	\$25
ADDITIONAL (Under 18)	\$100	\$100
HALF FAMILY (1+1)	\$467	\$569

*Plus GST for all Season Passes. Financing is available OAC.

3-DAY

**BLACK FRIDAY
SALE**

November 28-30
Purchase online at
eastlinkpark.com.

\$665

\$278

\$305

\$278

\$25

\$90

\$450



**PLAN YOUR
FAMILY
WINTER FUN
AT EASTLINK PARK!**
SKIING, BOARDING &
TUBING FOR EVERYONE

Issued July 2025



**100 Roszko Lane
Whitecourt**

2025/2026 SEASON PRICING

eastlink
park

SKIING/SNOWBOARDING/TUBING

LIFT TICKET INCLUDES TUBING

	Saturday Sunday	Wednesday Friday Saturday (3-7pm)
ADULT (18-64)	\$38	\$35
YOUTH (6-17)	\$33	\$28
CHILD (5 and Under)	FREE*	FREE*
SENIOR (65-79)	\$33	\$28
SUPER SENIOR (80+)	FREE	FREE
FAMILY (2+2)	\$125	\$110
1/2 FAMILY (1+1)	\$60	\$52

* FREE with paying adult

HELMETS
MANDATORY
(all ages)

TUBING PASS

Includes helmet.

Tubing is dependent on weather and safety conditions. Hours are subject to change without notice during the regular ski hill opening hours. Please check out our website or Facebook page for operating hours.

ADULT (18-64)	\$25	Children must be 36" tall to ride. Children between 36" and 42" must ride tethered to an adult. Over 42", children may ride alone. No personal tube or sliding devices are allowed on the tubing runs.
YOUTH (6-17)	\$20	
CHILD (5 and Under)	\$8	
FAMILY (2+2)	\$80	
1/2 FAMILY (1+1)	\$40	

RENTALS SKIING OR SNOWBOARDING

RENTAL (6+)	\$30	RENTAL SEASON PASS
RENTAL (5 and Under)	\$20	
HELMET	\$8	
		\$180 (all ages)

PUNCH CARD LIFT PASS 5 DAYS

ADULT (18+)	\$160	TUBING \$180 10 PUNCHES
YOUTH (6-17)	\$135	
SENIOR	\$135	



Can be shared among a family!

Plus GST on all pricing.

OPERATING HOURS weather permitting

Wednesday 4:30 - 8:30pm
Friday 4:30 - 8:30pm
Saturday 11:00am - 7:00pm
Sunday 11:00am - 5:00pm

PD Days, Holidays Check website and Facebook for hours.

OPEN
PD DAYS &
CHRISTMAS
BREAK!



NORTHWEST
RURAL WOMEN'S
CONFERENCE

Healthy, Happy, Home

TUESDAY, NOVEMBER 4, 2025
8:30AM-4:30PM

Mayerthorpe Diamond Centre

\$40.00/person

Registration deadline: October 31, 2025

PRESENTERS:

Abby McKillop
The. b class®

Dana Benson
Christmas Past,
Present, Future

Kassi Rinas
Women in Agriculture

Edward Primm
Musical Talents

Sandy Morton
Healthy, Happy, Home

Sara Reich
Sourdough

Woodlands County
Staycation

Women's Workwear
Fashion Show



Mini Market - 11 vendors
Lunch by Mama Gray's Catering

All women welcome! Urban, acreage, ranch, farm

REGISTRATION AND PAYMENT:

Etransfer to RWCnorthernalberta@gmail.com

By cheque: Rural Women's Conference,
Box 305, Mayerthorpe, AB T0E 1N0



For more information:

Wendy Saroka 780-785-2180

@RuralWomen'sConference





RCMP Musical Ride



World famous RCMP Musical Ride hosted by Whitecourt and Mayerthorpe Agricultural Societies!

SHOW DATES/TIME:

***visit for
more
details:***



www.fairthorpe.ca

***[facebook.com/
mayerthorpeag](https://facebook.com/mayerthorpeag)***

www.whitecourtag.ca

- **Fri. Aug.29 Whitecourt Ag. Grounds** preshow 6pm/ Musical Ride 7pm
- **Sat. Aug.30 Mayerthorpe Ag. Grounds** preshow 2pm/Musical Ride 3 pm

Tickets \$5 (ages 65 + and under 6 free) available for purchase at Mayerthorpe Registries, Mayerthorpe Town Office, Woodlands County Office, also can be purchased at the gate

4^{Whitecourt} 2025 RUN FUN

CHECK OUT THE RACE PHOTOS!



Run4FunWhitecourt



RACE DAY JUNE 7, 2025

Thank you to all of our incredible sponsors, partners and volunteers! The Run 4 Fun was a great success because of your generous support and time! Thank you for supporting our efforts to encourage healthy and active living, and recognizing the value of this event for our community.

THANK YOU SPONSORS



Tim Hortons



*The Kanata



Booster Juice



VOLUNTEER GROUPS

Whitecourt Mountain
Bike Club

Youth Advisory Committee

TELUS

...and many individuals!



Welcome Canadian Natural as a
Kids Marathon sponsor!
Their additional support helps make
race day special for every child!



CONSTRUCTION IS UNDERWAY

Located in the heart of
Whitecourt's downtown



CULTURE & EVENTS *Centre*

Looking for new ways to promote your brand?

Sponsorship opportunities are now available, and include overall facility naming rights, and naming rights for various components and features. Learn more at www.whitecourt.ca.

Naming Rights Sponsorship

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

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

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 over 50,000 people.

Contact Chelsea Grande, Director of Community Services

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

  @CultureandEventsCentre www.whitecourt.ca

