Fall & Winter
RECREATION PROGRAM
Guide
The Camrose Arts Society is excited to be able to offer a wide range and large amount of classes and programs. Below are five featured programs that we want to highlight. To see more information on all programs we offer, please visit www.camroseartssociety.ca

Contact: Jane Cherry at 780.672.9949 or jcherry@camrose.ca

PAINTING CLASSES
Sign up for these fun class with a friend, plan a unique date night or start a new family paint night tradition! Each person will do their own painting to take home. For more information on the dates and themes of the different painting classes, please visit www.camroseartssociety.ca.

HOW TO WRITE A BOOK IN 40 DAYS
Instructed by Linda Finstad. Join author Linda for excellent tips such as creating an overview, structuring chapters, curing writers block, crafting a compelling title, pros and cons of self-publication, how to obtain an IBSN number and marketing tips!

Date & Time: October 26, 12:30-4:30 pm
Cost: $55
Location: Chuck MacLean Arts Centre

SPIRITUAL ART & SHAMANIC JOURNEY
Instructed by Nikki Featherstone, Art Therapist. Enter further into the world of Shamanic Journey, Expressive Art making and immersion into self. No art journey experience is required, only a willingness to be open to the experience with wonder and curiosity. No art or journey experience required.

Date & Time: Intro class - October 10 from 6:00-8:30 pm;
5-week course - November 7-December 5 from 6:00-8:30 pm
Cost: Intro - $20; 5 Weeks - $257.25
(if registered by October 31);
OR $309.75
(if registered after October 31)
Location: Chuck MacLean Arts Centre

FIREHOUSE HIP HOP & STREET DANCE
Instructed by Duncan McDougall. The aim of these courses is to offer students an in depth experience into hip hop and street dance. Students will gain confidence in a rarely offered genre of dance in the Camrose area.

Date & Time: Intro Class – September 27 from 6:30-8:30 pm;
8-week course – October 11-November 29 on Fridays from 6:30-8:30 pm
Cost: Intro Class - $15
8-Week Course - $100
Location: Chuck MacLean Arts Centre

FUNCTION FITNESS I, II, III, IV
Come and enjoy some function fitness with Janet for adults of all fitness levels and ages including older adults. Work on body alignment, core strength, movement education, strength and endurance for overall body aerobic endurance, coordination of movement, balance training and more.

Classes are co-ed. Some equipment is needed. Please call 780.672.9949 for more information and to register.

Location: Chuck MacLean Arts Centre
MUSIC + THEATRE

ABOUT TIME PRODUCTIONS
Theatre education and non-competitive dance classes.

THEATRE EDUCATION
All inclusive theatre and dance company offering Ballet, Tap, and Jazz as well as stage opportunities for kids ages 3-18
Date & Time: Season runs September-May;
Various classes Sunday-Saturday
Cost: Dependant on Length of Class
Location: 4829 – 50 Street, Second Floor
Contact: Cathie Johnson at 780.800.0896 or cathie@abouttimeproductions.ca

AUGUSTANA FACULTY COMMUNITY CONSERVATORY OF MUSIC
At the Augustana Faculty Community Conservatory of Music, we believe music making is a lifelong experience, essential to our human existence and wellbeing, and should be shared. From birth to adulthood, we endeavor to provide quality, professional music instruction for all.

MUSIC WITH CHILDREN
An early childhood music program for 3-7 year olds in which they discover music in a natural way through games, songs, rhymes, movement, and rhythmic instruments.
Date & Time: Season starts September;
Mondays 9:00-10:00 am, 4:00-5:00 pm,
OR 5:15-6:15 pm;
Tuesdays 4:00-5:00 pm OR 5:15-6:15 pm
Cost: $330-350
Location: Richard Husfloen Centre, 4316-38 Street
Contact: Charlene Brown at 780.679.1673 or charlene.brown@ualberta.ca

KEYBOARD EXPLORERS
For children 6-9 years of age who have completed the Music with Children program and wish to continue their musical training through piano instruction.
Date & Time: Season runs August-May
Cost: $630-650
Location: Richard Husfloen Centre (4316-38 Street)
or Augustana Faith and Life Building (4901-46 Avenue)
Contact: Charlene Brown at 780.679.1673 or charlene.brown@ualberta.ca

MUSIC TOGETHER
Infants, toddlers, and preschoolers exploring music in family style classes with their parents or caregivers through songs, instruments, rhythm chants and movement activities. For ages 0-4 years old.
Date & Time: Season runs in Fall, Winter, and Spring;
Days and times vary
Cost: First Child - $150
Each additional child - $80
Location: Richard Husfloen Centre, 4316-38 Street
Contact: Charlene Brown at 780.679.1673 or charlene.brown@ualberta.ca

MUSIC LESSONS
For all ages we offer a variety of private lessons including brass, piano, clarinet, saxophone, flute, recorder, violin, guitar, and voice.
Date & Time: Days + times vary.
Cost: Varies
Location: Richard Husfloen Centre, 4316-38 Street
Contact: Charlene Brown at 780.679.1673 or charlene.brown@ualberta.ca
The Jeanne & Peter Lougheed Performing Arts Centre is excited to be able to offer a wide range and large amount of shows and programs. Below are 5 featured programs that we want to highlight. To see more information on all programs we offer, please visit www.camroselive.ca.

**2019/2020 FOUNTAIN TIRE FAMILY SERIES**
The FOUNTAIN TIRE FAMILY SERIES performances are free to attend, but you must have a ticket. Three clowns provide a high-energy theatrical experience filled with humour and zany antics in *TerZetto* (Sept. 29). A story of magic, fate and choice longing to awake and to be shared once more, the Alberta Musical Theatre Company brings you *Sleeping Beauty* (Nov. 10). SAMAJAM presents “Rythmo 2!”, a 200 percent participative youth musical show in which everyone gets to use percussion instruments (Jan. 12). To see a full listing of events please visit www.camroselive.ca.

**2019/2020 CENTRAL AGENCIES CABARET SERIES**
The CABARET SERIES consists of four shows aimed at having a good time and a good laugh. CABARET SERIES shows are performed in an intimate setting in the Mayer Family Community Hall. This adult only series begins with Canadian Folk Music Award Winner Ian Sherwood (Oct. 18). *Confessions of a Redheaded Coffeeshop Girl* is the musical theatre show for anyone who has ever had a job they didn’t like (Nov. 9). Strictly Business *Christmas Cabaret* features musical theatre, much-loved Christmas tunes and storytelling in a relaxed and entertaining atmosphere (Dec. 13). From the Great Northern Plains, Little Miss Higgins struts and serenades her way onto the stage, playing music brewed up in early country blues, jazz and folk (Feb. 1). To see a full listing of events please visit www.camroselive.ca.

**2019/2020 TRACY BRANDINGEN ACCLAIM SERIES**
The ACCLAIM SERIES encompasses composed music performed by classically trained musicians. Including folk, instrumental and world music, the ACCLAIM SERIES has something for everyone to enjoy. This year, the series starts off with a collaboration between the Montreal Guitar Trio and the California Guitar Trio who are linking their passion and talent in order to create an amazing evening of guitar (Oct. 21). Buzz Brass horn quintet offers a Christmas concert embodying all of the seasons festive magic (Dec. 19). Terry Barber displays his extraordinary range with the show-stopping hits of Andrew Lloyd Webber (Jan. 18). And VC2 Cello Duo provides a historic and new compositions in their performance “Beethoven Rebooted” (Mar. 13). To see a full listing of events, please visit www.camroselive.ca.

**2019/2020 SPECIAL PRESENTATIONS**
Burton Cummings returns to Camrose with a sold out stop on his “Up Close and Alone Tour” (Oct. 30). Canadian singer-songwriter Serena Ryder, a six-time Juno Award winner, makes a stop on her “2019 Christmas Kisses Tour” (Dec. 6). Mission Songs Project is an initiative to revive contemporary Australian Indigenous songs, focusing on Christian missions, state-run settlements and native camps where Aboriginal and Torres Strait Islander people were relocated. Free admission, but you must have a ticket (Mar. 25). Classic Albums Live uses the world’s greatest musicians to faithfully recreate beloved albums exactly the way they were recorded while performing live on stage: Tom Petty and the Heartbreakers “Damn the Torpedoes” (Feb. 18) and The Beatles “Sgt. Pepper’s Lonely Hearts Club Band” (May 4). To see a full listing of events, please visit www.camroselive.ca.
ROSE CITY ROOTS MUSIC SOCIETY
Bringing great live music to downtown Camrose.
Contact: Nathalie Olson at 780.678.6857 or nathaliekstanley@gmail.com

MISERY MOUNTAIN BOYS
Get your roots on with this old-timey, jazzy, folk band with sounds of a 1930s speak easy. Bring your dancing shoes!
Date & Time: September 13, 8:00-10:00 pm
Cost: $30 adults; $25 students
Location: The Bailey Theatre

RUEBEN AND THE DARK
Get your roots on with the contemplative, passionate, and expansive singer songwriter from Calgary.
Date & Time: October 25, 8:00-10:00 pm
Cost: $30 adults; $25 students
Location: The Bailey Theatre

JOE NOLAN
Get your roots on with this Edmonton Born signer songwriter with stories to tell!
Date & Time: November 22, 8:00-10:00 pm
Cost: $30 adults; $25 students
Location: The Bailey Theatre

MATT ANDERSEN
Get your roots on with this award winning blues and soul singer, Matt Anderson, from Nova Scotia.
Date & Time: February 7, 8:00-10:00 pm
Cost: $30 adults; $25 students
Location: The Bailey Theatre

FIVE ALARM FUNK
Get your roots on with this funky and energetic bank - you've never seen anything like this before!
Date & Time: February 27, 8:00-10:00 pm
Cost: $30 adults; $25 students
Location: The Bailey Theatre

MUSIC + THEATRE

UNIVERSITY OF ALBERTA AUGUSTANA CAMPUS CHOIRS

Contact: Valerie Bailey (Administrative Assistant for Fine Arts at Augustana) at 780.679.1532 or vabailey@ualberta.ca

SANGKOR (AUGUSTANA’S WOMEN’S CHORUS)
This treble ensemble is non-auditioned and open to the Camrose and area community. Through the exploration of music from a variety of times and places, the choir endeavors to develop a broader sense of cultural awareness and cultivates in its members a deeper appreciation for the richness of the choral art. In addition, strong emphasis is placed on the development of the vocal instrument and gaining an understanding of foundational music concepts. The chorus typically performs in two Augustana concerts and one choral festival annually. All women are welcome to sing in this choir, regardless of their musical background. New members are accepted in September and January.
Date & Time: Begins September 19, Thursdays 7:00-9:00 pm
Cost: $50 per semester (join for the fall or winter term for $50 or both for $100)
Location: Augustana Campus Chapel
Contact: Valerie Bailey (Administrative Assistant for Fine Arts at Augustana) at 780.679.1532 or vabailey@ualberta.ca

SINGABLE (INCLUSION CHOIR)
This multigenerational inclusion choir provides an opportunity for a diverse community of singers - including those with disabilities and exceptionalities and their caregivers - to explore and express their musical talents in a meaningful and rewarding way through song. Individuals drawn from all ages and stages of life are warmly welcomed to discover their unique voice through the exploration of music drawn from traditional, folk and contemporary styles. Based on a joint partnership with the Camrose Association for Community Living and the University of Alberta Augustana Campus, SingAble is grateful to be the recipient of the 2019 Innovation Award from the Alberta Council of Disability Services.
Date & Time: Begins October 1, Tuesdays, 6:46-8:00 pm
Cost: Free
Location: Augustana Campus Chapel
Contact: Camrose Association for Community Living at 780.672.0257 (Must call to register)
DANCE

CAMROSE ACADEMY OF DANCE SOCIETY
Camrose Academy of Dance Society is a non-profit organization offering dance classes to dancers age 3-18.

DANCE CLASSES
Ballet, Jazz, Tap, Lyrical, and Acro classes available.
Date & Time: Season runs September-May
Class days + times vary
Cost: Varies
Location: Chuck MacLean Arts Centre
Contact: Debbie at 780.672.8535 or cadance@telus.net

ROSE CITY SQUARE DANCE CLUB
Rose City Square Dance Club is a social and dance club based out of Camrose.

SQUARE DANCING
This program is a dance club that promotes modern square dancing and intellectual and physical exercise while socializing and having fun. New members from ages 13 and older are accepted.
Date & Time: Season runs October 18-May 1:
Fridays, 7:30-10:30 pm
Cost: October 18-November 1 - Free;
November 8-May 1 - $8.00/dance.
Location: Mirror Lake Centre 55 Street & 49 Avenue
Contact: Wayne Lowther at 780.672.5669 or waylow@telusplanet.net

CHILDREN’S PROGRAMS

CAMROSE BOYS AND GIRLS CLUB
Youth Serving Organization providing a wide variety of social, recreational, and leadership activities for children and youth.
Contact: Rees James at 780.672.8004 or rjames@brsd.ab.ca

KID WAY AFTER-SCHOOL PROGRAM
A social, recreational, leadership program for children Grades 1-5 including after-school pick-ups, snack, sports, arts and crafts, and so much more!
Date & Time: Season runs October 1-May 31;
Monday-Thursday from 3:00-6:00 pm
Cost: $30/month
Location: TBA
Contact: Trish James at 780.672.8004 or tjames@brsd.ab.ca

OUT-OF-SCHOOL DAY CAMPS
Need a place for your kids to hang out when there is no school? Bring them to the Camrose Recreation Centre for Out of School Day Camps! Each day includes themed activities and is so much fun! For ages 6-12.
Date & Time: Sept 20; Oct 11, 25; Nov 12-15; Dec 6, 20;
Jan 2-3, 17, 31; Feb 13-14, 28; March 6, 23-27;
April 24; May 8, 22; June 5;
8:00 am-5:00 pm
Cost: $32.95-38.10
Location: Camrose Recreation Centre
Contact: Rachel Gulley at 780.672.9195 ext. 1807 or rgulley@camrose.ca

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Jan 2-3, 17, 31; Feb 13-14, 28; March 6, 23-27;
April 24; May 8, 22; June 5;
8:00 am-5:00 pm
Cost: $32.95-38.10
Location: Camrose Recreation Centre
Contact: Rachel Gulley at 780.672.9195 ext. 1807 or rgulley@camrose.ca
EDUCATION

CAMROSE & DISTRICT CENTENNIAL MUSEUM
HISTORY & HERITAGE GROUP PROGRAMS, TOURS & EVENTS
Bring your class, team, group, friends, family, colleagues and staff to our museum. We give you the opportunity to have fun as you learn about the history of our community with your group. The museum is also the perfect place to host a special event such as a birthday party or paint night! Please call or email for more details or visit https://www.camrose.ca/en/living-here/camrose-and-district-museum.aspx
Date & Time: By appointment September to May
(Regular scheduled hours May to August)
Cost: Prices may vary
Location: 4522-53 Street, Camrose
Contact: 780.672.9909 or museum@camrose.ca

CAMROSE PUBLIC LIBRARY
The Camrose Public Library provides opportunities for all to share and grow through curiosity and creativity. Library cards are free for city residents. Free Wifi and computer use available. More information can be found at cpl.prl.ab.ca
Hours: Sunday, 1:00-5:00 pm; Monday-Thursday, 10:00 am-8:00 pm; Friday, 10:00 am-6:00 pm; Saturday, 11:00 am-5:00 pm
The Camrose Public Library is excited to be able to offer a wide range and large amount of programs. Below are five featured programs that we want to highlight. To see all other programs the Camrose Public Library offers, such as preschool programs, craft workshops, UofA Augustana Campus lectures, and other special events, please visit www.cpl.prl.ab.ca

GOT UKULELE?
Bring a ukulele and music stand. Music will be provided, or bring your own! Meets weekly.
Date & Time: September 9-December 16; Mondays from 1:00-2:30 pm
Cost: Free
Location: Camrose Public Library
Contact: Shannon Stolee at 780.672.4214 or shannon@prl.ab.ca

CENTENNIAL CELEBRATION
Join us as we celebrate our first 100 years and launch forward into the next 100! Festivities will include a keynote speaker, words of welcome from dignitaries, displays, and hors d’oeuvres.
Date & Time: November 19; 7:00-9:00 pm
Cost: Free
Location: Camrose Public Library
Contact: Shannon Stolee at 780.672.4214 or shannon@prl.ab.ca

SOMETHING COOL AFTERSCHOOL
Come after school for games, crafts, and activities.
Date & Time: September-December, Monday-Friday, 3:45-4:45 pm
Cost: Free
Location: Camrose Public Library
Contact: Shannon Stolee at 780.672.4214 or shannon@prl.ab.ca

TECHNOLOGY TUTOR CLASSES
Social media, online shopping, finding facts, and more! Meets weekly.
Date & Time: September 12-October 31, Thursdays, 10:30-11:30 pm
Cost: Free
Location: Camrose Public Library
Contact: Kelly Higgens at 780.672.4214 or shannon@prl.ab.ca

KIDS NIGHT OF FUN WITH CREATE AND LEARN
Children’s programs focusing on STEM while building motorized and nonmotorized models using LEGO® bricks. We offer fun and educational building sessions using LEGO® bricks.
Contact: Jeanny Fisher at 780.678.9868 or info@createandlearn.ca (email preferred)

KIDS NIGHT OF FUN - AMUSEMENT PARK RIDES
Moms and dads, get a night off and drop off your kids from 5:30-8:30pm. We will feed the kids and they will build a motorized model. Suitable for boys and girls 4-12. More information at www.createandlearn.ca
Date & Time: September 13, 5:30-8:30 pm
Cost: $31 plus GST
Preregistration and prepayment required
Location: Chuck MacLean Arts Centre, 4809-52 Street
Contact: Jeanny Fisher at 780.678.9868 or info@createandlearn.ca

KIDS NIGHT OF FUN - SPACE WARS
Moms and dads, get a night off and drop off your kids from 5:30-8:30pm. We will feed the kids and they will build a motorized model. Suitable for boys and girls 4-12. More information at www.createandlearn.ca
Date & Time: November 29; 5:30-8:30 pm
Cost: $31 plus GST
Preregistration and prepayment required
Location: Chuck MacLean Arts Centre, 4809-52 Street
Contact: Jeanny Fisher at 780.678.9868 or info@createandlearn.ca (email preferred)
COMMUNITY SUPPORT/CLUBS

644 CAMROSE ROTARY ROYAL CANADIAN AIR CADETS
The Air Cadet organization prides itself on its ability to train young people to accept responsibility as they develop leadership skills in the various tasks that they perform.
Contact: LT Erin Mitchell at 644air@cadets.gc.ca

AIR CADET PROGRAM
The Air Cadet Program, supported by the Department of National Defense, provides a great opportunity for Canadian youth to receive excellent training in a variety of fields and to access Cadet programming.
Date & Time: September 5–June 18, Thursdays 6:00-9:15 pm
Cost: Free
Location: TBA
Contact: LT Erin Mitchell at 644camroseco@gmail.com

CAMROSE PRIDE COMMUNITY
The Camrose Pride Community creates safe and inclusive spaces for LGBTQ2S+ people and allies in Camrose and area by hosting events, providing education, and fostering collaborations.
ExpressOUT
Monthly drop-in social and creative gathering.
All ages welcome!
Date & Time: Last Monday of the month; 5:30-7:00 pm
Cost: Free
Location: Camrose Coffee, Main Street, Camrose
Contact: Nikki Featherstone at camrosepridecommunity@gmail.com

PLANNING AND SHARING MEETING
Monthly meetings where the Leadership Team and members of the Camrose Pride Community gather to plan events. Ends with a Sharing Circle.
Date & Time: Second Monday of the month 6:00-8:00 pm
Cost: Free
Location: Camrose Public Library, Irving Room
Contact: Gus Belcourt at 780.781.7859 or camrosepridecommunity@gmail.com

FRIENDS AND FAMILY SUPPORT GROUP
This group is open to anyone who is seeking conversation and support. Join us the first Monday of each month for our monthly gathering for Friends and Family downstairs at the Library.
Date & Time: First Monday of the month 6:00-8:00 pm
Cost: Free
Location: Camrose Public Library, Irving Room
Contact: Gus Belcourt at 780.781.7859 or camrosepridecommunity@gmail.com

KIDSPORT CAMROSE
We believe that no kid should be left on the sidelines and all should be given the opportunity to experience the positive benefits of organized sport.

KIDSPORT CAMROSE FINANCIAL ASSISTANCE FOR THOSE IN NEED
KidSport provides support to children in order to remove financial barriers that prevent them from playing organized sport.
Date & Time: Available all year
Contact: Kristy Smith at 780.781.1197 or camrose@kidsport.ab.ca

REZ MOM’S GROUP AT RESURRECTION LUTHERAN BRETHREN CHURCH
We are a community of believers who gather to encourage one another in our faith in God and share with each other our daily struggles and joys of being moms.
Contact: The Office at 780.672.0909 or info@rezchurch.ca
Date & Time: Thursdays from October 10-May 29 10:00 am-12:00 noon
Cost: Free
Location: 5601 Enevold Drive
Contact: Laura Hoover at 780.678.7024 or lklumps@gmail.com

SOS PROGRAM (SERVICE OPTIONS FOR SENIORS)
The S.O.S. Program is a registered non-profit charity that has existed in Camrose for 15 years. Our mission is to inform, empower, and connect seniors to new and evolving programs, services, and supports so seniors can sustain their independence.

SOS CAFÉ
The SOS Café connects seniors with the community and with each other. Once a month, this free, drop-in café allows seniors to meet with various community stakeholders.
Date & Time: Open once a month between October-August from 10:30 am-noon
Cost: Free
Location: Camrose Public Library
Contact: Christina Rehmann at 780.672.4131 or soscamrose@gmail.com

FIFTH TUESDAY LIVE AND LEARN SESSIONS
Throughout the year, on the fifth Tuesdays, information of interest to seniors; topic range from cannabis, senior’s housing options, dating in the cyber-age, and elder abuse.
Date & Time: Fifth Tuesday of the month
Cost: Free
Location: Camrose Public Library
Contact: Christina Rehmann at 780.672.4131 or soscamrose@gmail.com
SPORTS + FITNESS

AUGUSTANA ATHLETICS

Programs offered by the University of Alberta Augustana Campus.
Contact: Kelsy Armstrong at 780.679.1576 or kelsy.armstrong@ualberta.ca

FALL BASKETBALL – 3X3 LEARNING ACADEMY
This four-week program builds off of the base formed in the Skills Academy, and refines fundamental movement skills as well as creates emphasis on basic technical/tactical basketball skills.
Date & Time: November 3, 10, 17, 24
Ages 6-8 at 1:00-2:30 pm;
Ages 9-11 at 2:30-4:00 pm;
Ages 12-15 at 4:00-5:30 pm.
Cost: $60
Location: Augustana Gym
Contact: Augustana Athletics at 780.679.1577 or augfit@ualberta.ca

FALL BASKETBALL – SKILLS ACADEMY
The Vikings Community Basketball Skills Academy is a six-week program aimed at developmentally appropriate skill development using skill practice and small-sided games. Vikings players and community coaches will lead the groups through skill development and competitive scenarios designed to improve physical literacy, basketball skill, and game awareness all designed to foster a love of the game.
Date & Time: September 15, 22, 29, October 6, 20, 27
Ages 6-8 at 1:00-2:30 pm;
Ages 9-11 at 2:30-4:00 pm;
Ages 12-15 at 4:00-5:30 pm
Cost: $80 (includes t-shirt)
Location: Augustana Gym
Contact: Augustana Athletics at 780.679.1577 or augfit@ualberta.ca

KIDS CLIMBING PROGRAM – BEGINNER MONDAYS OR WEDNESDAYS
The Kids Climbing Program is up and running! This non-competitive program is for youth ages 8-13 that want to learn to boulder, top-rope, and belay. Climbing programs are designed for various levels of experience. We invite you to come join our coaches at the Augustana Climbing Wall!
Date & Time: September 30; October 7, 21, 28; November 4, 18, 25; December 2; 6:00-7:30 pm
Cost: $160/athlete per 8-week session
(All necessary equipment including harnesses, ropes, hardware, and chalk is provided as part of the program at no extra cost)
Location: Augustana Climbing Wall
Contact: Augustana Athletics at 780.679.1577 or augfit@ualberta.ca

KIDS CLIMBING PROGRAM – ADVANCED MONDAYS
The Kids Climbing Program is up and running! This non-competitive program is for youth ages 8-13 that want to learn to boulder, top-rope, and belay. Climbing programs are designed for various levels of experience. We invite you to come join our coaches at the Augustana Climbing Wall!
Date & Time: September 30; October 7, 21, 28; November 4, 18, 25; December 2; 6:00-7:30 pm
Cost: $160/athlete per 8-week session
(All necessary equipment including harnesses, ropes, hardware, and chalk is provided as part of the program at no extra cost)
Location: Augustana Climbing Wall
Contact: Augustana Athletics at 780.679.1577 or augfit@ualberta.ca

LITTLE ROCKERS YOUTH CURLING
The Augustana Vikings Little Rockers Curling Program is a non-competitive program where kids ages 6 to 13 can learn the sport of curling. Led by the Augustana Vikings Varsity Curling Team, under the direction of Head Coach, Roger Galenza, this year’s Little Rockers will have all kinds of fun aiming for the button!
Date & Time: Season runs October-February; Wednesdays from 4:30-5:30 pm
Cost: $175 (includes Hoody)
Location: Rose City Curling Centre
Contact: Nadia VanBruinessen at 780.679.1577 or nvanbru@ualberta.ca
RED CROSS STARFISH AND DUCK (COMBINED CLASS)
Parented Preschool swimming lessons. Starfish for ages 4-12 months and Duck for ages 12-24 months.
Date & Time: Mondays, September 16-November 4, 11:00-11:30 am
Cost: $42-46.20
Location: 4702-73 Street
Contact: Lesley Heisler at 780.672.9909 or aquatic@camrose.ca

RED CROSS STARFISH, DUCK, AND SEA TURTLE (COMBINED CLASS)
Parented Preschool swimming lessons. Starfish for ages 4-12 months, Duck for ages 12-24 months, Sea Turtle for ages 24-36 months.
Date & Time: Tuesdays & Thursdays, November 19-December 12, 11:00-11:30 am
Cost: $48-52.80
Location: 4702-73 Street
Contact: Lesley Heisler at 780.672.9909 or aquatic@camrose.ca

RED CROSS SEA TURTLE
Parented Preschool swimming lessons for ages 24-36 months.
Date & Time: Thursdays, September 19-November 7, 11:00 am-11:30 am
Cost: $48-52.80
Location: 4702-73 Street
Contact: Lesley Heisler at 780.672.9909 or aquatic@camrose.ca

RED CROSS SEA OTTER AND SALAMANDER (COMBINED CLASS) – MONDAY CLASS
Unparented preschool swimming lessons for children 3-6 years old (skill based evaluation to advance levels).
Date & Time: Mondays, September 16-November 4, 11:30 am-noon
Cost: $42-46.20
Location: 4702-73 Street
Contact: Lesley Heisler at 780.672.9909 or aquatic@camrose.ca

RED CROSS SEA OTTER AND SALAMANDER (COMBINED CLASS) – THURSDAY CLASS
Unparented preschool swimming lessons for children 3-6 years old (skill based evaluation to advance levels).
Date & Time: Thursdays, September 19-November 7, 11:30 am-noon
Cost: $48-52.80
Location: 4702-73 Street
Contact: Lesley Heisler at 780.672.9909 or aquatic@camrose.ca

RED CROSS SALAMANDER
Unparented preschool swimming lessons for children 3-6 years old (skill based evaluation to advance levels. Prerequisite – Red Cross Sea Otter
Date & Time: Tuesdays, September 17-November 5, 11:00-11:30 am
Cost: $48-52.80
Location: 4702-73 Street
Contact: Lesley Heisler at 780.672.9909 or aquatic@camrose.ca

RED CROSS SALAMANDER AND SUNFISH (COMBINED CLASS)
Unparented preschool swimming lessons for children 3-6 years old (skill based evaluation to advance levels).
Date & Time: Wednesdays, September 18-November 6, 11:30 am-noon
Cost: $48-52.80
Location: 4702-73 Street
Contact: Lesley Heisler at 780.672.9909 or aquatic@camrose.ca
RED CROSS SUNFISH, CROCODILE, AND WHALE (COMBINED CLASS)
Unparented preschool swimming lessons for children 3-6 years old (skill based evaluation to advance levels).
Date & Time: Mondays & Wednesdays November 18-December 11 11:30 am-noon
Cost: $48-52.80
Location: 4702-73 Street
Contact: Lesley Heisler at 780.672.9909 or aquatic@camrose.ca

RED CROSS BABYSITTER’S COURSE
Course to build confidence by learning the basics of Babysitting, including taking care of infants, toddlers, preschoolers. Includes first aid. Participants must be 11-15 years old to register.
Date & Time: September 20, 9:00 am-5:00 pm
Cost: $61.30
Location: 4512-53 Street
Contact: Lesley Heisler at 780.672.9909 or aquatic@camrose.ca

RED CROSS STAY SAFE! COURSE
Course to build responsibility for kids to be on their own for short periods of time. Includes the basics of first aid. Participants must be 9-11 years old to register.
Date & Time: November 15, 9:00 am-3:00 pm
Cost: $45
Location: 4512-53 Street
Contact: Lesley Heisler at 780.672.9909 or aquatic@camrose.ca

CITY OF CAMROSE RECREATION CENTRE + COMMUNITY CENTRE FIELD HOUSE
Contact: Community Services at 780.672.9195 or cservices@camrose.ca

ADULT SHINNY
Drop in Shinny Hockey for anyone 15 years and older.
Date & Time: Mondays-Fridays, 11:45 am-1:00 pm
Cost: $5 day pass; $70 punch pass (20 uses); $100 annual pass
Location: Camrose Recreation Centre 4512-53 St.
Contact: Community Services at 780.672.9195 or cservices@camrose.ca

PARENT + TOT SKATING
Drop in skating for anyone parents + kids!
Date & Time: Wednesdays; 1:15-2:15pm
Cost: Free
Location: Camrose Recreation Centre 4512-53 Street
Contact: Community Services at 780.672.9195 or cservices@camrose.ca

SENIOR SKATE
Drop-in skating for seniors.
Date & Time: Wednesdays, 2:30-3:30 pm
Cost: Free
Location: Camrose Recreation Centre 4512-53 Street
Contact: Community Services at 780.672.9195 or cservices@camrose.ca

PUBLIC SKATE
Drop in skating for all ages.
Date & Time: Sundays from 1:00-4:00 pm; Tuesdays from 3:30-4:30 pm
Cost: Free
Location: Camrose Recreation Centre 4512-53 Street
Contact: Community Services at 780.672.9195 or cservices@camrose.ca

COMMUNITY USE NIGHT
Activities may consist of soccer, basketball, badminton, pickleball or volleyball.
Date & Time: Sundays; 5:00-8:00 pm
Cost: Youth $4; Adults $5
Location: Community Centre Field House, 4516-54 Street
Contact: Community Services at 780.672.9195 or cservices@camrose.ca

PARENTS AND TOTS DROP-IN
Come enjoy some physical and social activity for both parents and tots.
Date & Time: Monday-Friday, 11:00 am-noon
Cost: Free
Location: Community Centre Field House, 4516-54 Street
Contact: Community Services at 780.672.9195 or cservices@camrose.ca

INDOOR WALKING TRACK
Located at both Recreation Centre and Community Centre.
Date & Time: Monday-Friday from 6:00 am-10:00 pm; Saturday-Sunday from 9:00 am-10:00 pm
Cost: Day pass - $3 One month pass - $14 Four month pass - $44 Six month pass - $60 Annual pass - $108
Location: Camrose Recreation Centre, 4512-53 Street and Community Centre Field House, 4516-54 Street
Contact: Community Services at 780.672.9195 or cservices@camrose.ca
YOGA

AHIMSA YOGA WITH DEANNA
Drop-in yoga classes, registered courses, and workshops for all levels led by Deanna Mason, PhD, RYT 200.

55+ YOGA
For adults 55 and up, this drop-in class offers a gentle, slower-paced yoga that uses props to increase flexibility and strength, enhance balance, and build bone density.
Date & Time: Tuesdays, 10:00-11:15 am; Wednesdays, 3:00-4:15 pm
Cost: $17/class or $150 for a 10-class pass
Location: Camrose United Church (Lower Hall), 4829 50 Street
Contact: Deanna Mason at 780.678.6063 or deanna@ahimsa-yoga.ca

ALL-LEVELS YOGA
Suitable for all levels and body types, this class centres on the fundamentals of yoga: breath, bodily alignment, flexibility, and mental clarity.
Date & Time: Wednesdays, 4:45-6:00 pm; Fridays, 9-10:15 am; Saturdays, 9:00-10:15 am
Cost: $17/class or $150 for a 10-class pass
Location: Camrose United Church (Lower Hall), 4829 50 Street
Contact: Deanna Mason at 780.678.6063 or deanna@ahimsa-yoga.ca

LUNCHTIME YOGA
Whether you’re new to yoga or a long-time practitioner, this 50-minute drop-in flow class helps you to bring movement into your body, breathe deeply, and find balance.
Date & Time: Tuesday, 12:05-12:55 pm; Fridays, 12:05-12:55 pm
Cost: $14.50/class or $130 for a 10-class pass
Location: Camrose United Church (Lower Hall), 4829 50 Street
Contact: Deanna Mason at 780.678.6063 or deanna@ahimsa-yoga.ca

STRENGTH-BUILDING YOGA
Drop into this faster-paced yoga class to develop a sense of mental and physical focus, breathe deeply, increase metabolism and muscle strength, and enhance stamina.
Date & Time: Saturdays, 10:30-11:45 am
Cost: $17/class or $150 for a 10-class pass
Location: Camrose United Church (Lower Hall), 4829 50 Street
Contact: Deanna Mason at 780.678.6063 or deanna@ahimsa-yoga.ca

YOGA CLASSES AT SACRED ARTS
Contact: Jake at 780.678.2538 or jake@sacredarts.ca

SACRED SENIORS WITH MELISSA
Melissa will guide you through this light flow class that will loosen stiff joints and create movement with ease. Yoga in the class may be done on mats, bolsters or chairs.
Session 1
Date & Time: November 6-December 11, Wednesdays 10:00-11:15 am
Session 2
Date & Time: January 15-February 19, Wednesdays, 10:00-11:15 am
Session 3
Date & Time: March 11-April 15, Wednesdays, 10:00-11:15 am
Cost: $96
Location: Sacred Arts
Contact: Leah at 780.678.2538 or leah@sacredarts.ca

SACRED SENIORS WITH LEAH
Leah will guide you through this light flow class that will loosen stiff joints and create movement with ease. Yoga in the class may be done on mats, bolsters, or chairs.
Session 1
Date & Time: January 14-February 18, Tuesdays 1:30-2:45 pm
Session 2
Date & Time: March 10-April 14, Tuesdays, 1:30-2:45 pm
Cost: $96
Location: Sacred Arts
Contact: Leah at 780.678.2538 or leah@sacredarts.ca

SACRED MIND
Learn to meditate with Sacred Arts co-founder Lisa Borin Miller. She’ll teach techniques to become more present, less reactive, and more intuitive, finding your True Self.
Session 1
Date & Time: September 11-October 16, Wednesdays 4:15-5:15 pm
Session 2
Date & Time: November 6-December 11, Wednesdays 4:15-5:15 pm
Session 3
Date & Time: January 15-February 19, Wednesdays 4:15-5:15 pm
Session 4
Date & Time: March 11-April 15, Wednesdays, 4:15-5:15 pm
Cost: $64
Location: Sacred Arts
Contact: Leah at 780.678.2538 or leah@sacredarts.ca
CrossFit Camrose is a one of a kind training facility. You will be hard pressed to find another place who offers the same level of service, in so many different health and fitness areas. This is because we believe in a holistic approach to health.

Masters Class
The Masters class uses functional movements such as squats, deadlifts, and presses to enhance physical competence in many areas. These areas include cardiovascular and respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy.

Date & Time: Mondays, Tuesdays & Thursdays 10:15-11:15 am
Cost: 3 x per week at $160 + GST;
2 x per week at $130 + GST
Location: #130-4516-36 Street
Contact: Deanna at 780.678.9294

Power Kids
Fun, fitness, and friendship for all kids ages 7-11! Monthly classes from October to December.
Date & Time: October-December, Tuesdays & Thursdays, 4:30-5:30 pm
Cost: Monthly Flat Rate $120 + GST for 8 sessions;
$85 + GST for 4 sessions
Location: #130 4516 36 St.
Contact: Rochelle Leslie at 780.608.0671 or crossfitkids@crossfitcamrose.ca

Sacred Awareness 101
An introduction to all fundamental practices and techniques of Kundalini Yoga as taught by Yogi Bhajan. The time is now to realize your full potential.

Session 1
Date & Time: September 11-October 16, Wednesdays 6:00-7:30 pm
Cost: $120
Location: Sacred Arts
Contact: Leah at 780.678.2538 or leah@sacredarts.ca

Sacred Awareness 201
Deepen your experience of Kundalini Yoga as taught by Yogi Bhajan. This course builds on material learned in Sacred Awareness 101.

Session 1
Date & Time: November 6-December 11, Wednesdays 6:00-7:30 pm
Session 2
Date & Time: March 11-April 15; Wednesdays; 6:00-7:30 pm
Cost: $120
Location: Sacred Arts
Contact: Leah at 780.678.2538 or leah@sacredarts.ca

Sacred Toddlers
A new parent-focused yoga class. Bring your 0-4 year old child as the teacher leads you through an informal yoga set. Fun for kids, moms, dads, grandparents, or any caregivers!

Session 1
Date & Time: January 13-February 17, Mondays 10:00-10:45 am
Cost: $66
Location: Sacred Arts
Contact: Leah at 780.678.2538 or leah@sacredarts.ca

GFTeam Camrose
GFTeam Camrose is a Brazilian Jiu-Jitsu gym that also offers cross training in Wrestling, Muay Thai, Boxing, Hapkido and Fitness.

Brazilian Jiu-Jitsu
Submission grappling Martial Arts and Striking based Martial Arts.
Date & Time: Various Classes, Monday-Friday, Between 5:30-9:30 pm
Cost: $150/month for Adults;
$100/month for Kids
Location: 5003-50 Avenue, Camrose, AB T4V 1R1
Contact: Ryan Sandberg at 780.608.5624 or mvmfitma@outlook.com
INDIVIDUAL SPORTS

CAMROSE CYCLE
FAT BIKE GROUP RIDES
Come join our shop ambassador Angel on a Fat Bike Ride! Fat Bikes have become a growing sport in our community providing all year long fun and exercise. Registration required. Helmet mandatory.
Date & Time: September 25, 6:30-7:30 pm
Cost: Free
Location: Stoney Creek Centre
Contact: Angel Sterling at 780.672.0177 or parts@camrosecycle.com

HORSEBACK RIDING LESSONS AT AFFINITY STABLES
HORSEBACK RIDING LESSONS
Teaching people to ride and care for horses.
Date & Time: Season runs September-December
Cost: $40
Contact: Brittany Lauinger at 780.281.1048 or star_co@hotmail.com

CAMROSE SKATING CLUB
Learn to skate programs for age 3 and up taught by NCCP certified professional coach. The coach is assisted by trained program assistants.
Contact: 780.900.4272 or info@camroseskatingclub.com

PRECANSKATE WEDNESDAY
30-minute program focused on learning to skate in a fun atmosphere. For ages 3 and 4.
Session 1
Date & Time: October 2-December 4, Wednesdays 5:00-5:30 pm
Session 2
Date & Time: January 15-March 18, Wednesdays 5:00-5:30 pm
Cost: $145
Location: Camrose Recreation Centre Border Paving Arena

PRECANSKATE THURSDAY
30-minute program focused on learning to skate in a fun atmosphere. For ages 3 and 4.
Session 1
Date & Time: September 26-December 5, Thursdays 4:45-5:15 pm
Session 2
Date & Time: January 9-March 12, Thursdays 4:00-4:45 pm
Cost: $145
Location: Camrose Recreation Centre Border Paving Arena

CANSKATE WEDNESDAY
45-minute program is Skate Canada’s flagship program for learning to skate. The Canskate program focuses on the areas of balance, control, and agility.
Session 1
Date & Time: October 2-December 4, Wednesdays 5:30-6:15 pm
Session 2
Date & Time: January 15-March 18, Wednesdays 5:30-6:15 pm
Cost: $200
Location: Camrose Recreation Centre Border Paving Arena

CANSKATE THURSDAY
45-minute program is Skate Canada’s flagship program for learning to skate. The Canskate program focuses on the areas of balance, control and agility.
Session 1
Date & Time: September 26-December 5, Thursdays 4:45-5:30 pm
Session 2
Date & Time: January 9-March 12, Thursdays 4:00-4:45 pm
Cost: $200
Location: Camrose Recreation Centre Border Paving Arena

JUNIOR DEVELOPMENT MONDAY & WEDNESDAY
Introduction to figure skating! Canskate level 3 or at coach’s discretion, this class is held twice a week for 60 minutes. Young skaters start learning all aspects of figure skating.
Date & Time: September 23-March 18; Mondays & Wednesdays, 4:00-5:00 pm
Cost: $550
Location: Camrose Recreation Centre Border Paving Arena

JUNIOR SYNCHRONIZED SKATING MONDAY & WEDNESDAY
New Jr. synchronized skating team. Working together to music. Basic skating skills required.
**Sponsored by Hauser Home Hardware**
Date & Time: September 9-March 18, Mondays & Wednesdays, 5:00-5:30 pm
Cost: Free for skaters selected at tryouts
Location: Camrose Recreation Centre Border Paving Arena

STARskate
STARskate – Skills, Tests, Achievement, Recognition. Program offered for skated of all ages with ice three days a week. Offering group lessons, semi-private and private lessons.
Date & Time: September 9-March 19, Days + Times vary
Cost: $690 & $790 depending on level of skater
Location: Camrose Recreation Centre Border Paving Arena
CAMROSE SKI CLUB
Camrose Ski Club is a winter and summer outdoor activity club.

JACKRABBIT SKI PROGRAM (AGES 3-9)
Youth Cross Country Ski Program that provides an opportunity for kids to learn how to cross country ski, play games and meet new friends, all in a FUN safe environment throughout winter.
Date & Time: Season runs November 7-March 12
Thursdays, 5:00-6:00 pm
Cost: $90-100 (age and program dependent) plus ski club membership
Location: Stoney Creek Centre
Contact: Robert Heie at 780.679.8676 or leighheie@mac.com

TRACK ATTACK SKI PROGRAM (AGES 10-12)
Emphasis on developing both classic and skate cross country ski techniques, learning to wax, learning basics of training with opportunities to attend races and FUN camps. Once per week until the snow flies then two days per week.
Date & Time: Season runs October 10-March 12,
Tuesdays & Thursdays, 4:45-6:00 pm
Cost: $190 plus ski club membership
Location: Stoney Creek Centre
Contact: Robert Heie at 780.679.8676 or leighheie@mac.com

JUNIOR RACERS CROSS COUNTRY SKI PROGRAM (AGES 12+)
Athletes must be proficient at both Classic and Skate Cross Country ski techniques. Emphasis on training and building of aerobic capacity while refining technique with more opportunities to race. Two days per week plus possible additional training.
Date & Time: Season runs October 1-March 12,
Tuesdays & Thursdays, 4:45-6:00 pm
Cost: $250 plus ski club membership
Location: Stoney Creek Centre
Contact: Robert Heie at 780.679.8676 or leighheie@mac.com

ADULT CROSS COUNTRY SKI LESSONS
The Camrose Ski Club is pleased to offer the Adult Cross Country Ski Lessons on Wednesday evenings from November to January. These lessons are ideal for those who are completely new to skiing, but equally valuable for those who would like to improve their ski technique. All lessons will use classic ski techniques. Please note that at this time we do not offer equipment rentals.
Date & Time: Season runs November to January,
Wednesday evenings, 7:00-8:30 pm
Cost: $100 for 4 lessons; $175 for 8 lessons
Location: Stoney Creek Ski Lodge, 5320-40 Avenue, below the ski jump
Contact: Tammy at adultski@gmail.com

VOKSEN VIKINGS (ADULT TRAINING GROUP)
This training group is for adults who already know how to cross country ski and want to train with other adults, improve their ski technique and skiing fitness, and prepare to ski long distances on our XC ski trails.
Date & Time: Season runs November to January,
Wednesday evenings. 7:30-9:00 pm
Cost: $200
Location: Stoney Creek Ski Lodge, 5320-40 Avenue below the ski jump.
Contact: Tammy at adultski@gmail.com

MONDAY NIGHT MOUNTAIN BIKE GROUP RIDES
Mountain bike group rides on single track trails south of Camrose in the Stony Creek Valley all year long, weather and trail condition permitting.
Date & Time: Mondays, 7:30-9:30 pm
Cost: $70
Location: In Valleyview on Valleyview Drive by the Pond
Contact: See Camrose Bike Club on Facebook

SATURDAY MORNING MOUNTAIN BIKE GROUP RIDES
Mountain bike group rides on single track trails south of Camrose in the Stony Creek Valley all year long, weather and trail condition permitting.
Date & Time: Saturdays, 8:00-10:00 am
Cost: $70
Location: In Valleyview on Valleyview Drive by the Pond
Contact: See Camrose Bike Club on Facebook

YOUTH BILLIARDS TOURNAMENTS AT RETRO
Monthly pool tournaments for youth. A social activity for all skill levels with lessons and coaching available on a weekly basis.
Date & Time: Various Tournaments September-June
Cost: $5/entry
Location: 5017 51 Street, Retro Recreation Destination
Contact: Carmen Krause at 780.679.2245 or carmen.krause5132@gmail.com
CAMROSE BUFFALOES FOOTBALL ASSOCIATION
The CBFA is the governing and operating body for Novice Flag Football and Atom, Peewee and Bantam tackle football programs in Camrose and Area.
Contact: Kim Kienitz at 780.679.7860 or president@camrosebuffaloes.com

BANTAM TACKLE FOOTBALL
12-a-side Bantam (13-15 years old) Tackle Football Fall League
Date & Time: Season runs August-November; Practices and games vary
Cost: $345
Location: Camrose Composite High School Field
Contact: Kim Kienitz at 780.679.7860 or president@camrosebuffaloes.com

PEEWEE TACKLE FOOTBALL
9-a-side Peewee (11-12 years old) Tackle Football Fall League
Date & Time: Season runs August-November; Practices and games vary
Cost: $325
Location: Camrose Composite High School Field
Contact: Kim Kienitz at 780.679.7860 or president@camrosebuffaloes.com

ATOM TACKLE FOOTBALL
6-a-side Modified Atom (8-10 years old) Tackle Football Fall League
Date & Time: Season runs August-November; Practices and games vary
Cost: $305
Location: Camrose Composite High School Field
Contact: Kim Kienitz at 780.679.7860 or president@camrosebuffaloes.com

NOVICE FLAG FOOTBALL
5-a-side Novice (6-8 years old) Flag Football Fall League
Date & Time: Season runs August-November; Practices and games vary
Cost: $115
Location: Camrose Composite High School Field
Contact: Kim Kienitz at 780.679.7860 or president@camrosebuffaloes.com

BUFFALOES FOOTBALL SPRING CAMP
Five-week program to introduce new players and welcome back former players to our football program. Focus on skills and athletic development.
Date & Time: April 25-June 22, Saturdays 10:00 am-noon
Cost: $50
Location: Camrose Composite High School Field
Contact: Kim Kienitz at 780.679.7860 or president@camrosebuffaloes.com

CAMROSE MINOR HOCKEY
Minor hockey provider throughout Camrose for athletes ages 4 through 17.
Contact: Colleen King at 780.781.6261 or kings@camrosehockey.com
Date & Time: Season runs September through March; Days + times vary
Cost: Information available on www.camrosehockey.com
Location: Camrose
Contact: Colleen King at 780.781.6261 or kings@camrosehockey.com

CAMROSE MINOR HOCKEY
The Camrose Pickleball Club works to facilitate the growth of pickleball for the enjoyment, health and social engagement for all players by offering organized recreational and competitive play, in an inclusive environment.
Contact: Claudine Lemieux at 403.829.5833 or camrosepickleball@gmail.com

PICKLEBALL
This program is offered as an introduction to pickleball. Come watch, try it out or join the club!
Date & Time: Season runs September 1–March 31
Monday, Wednesday, Friday, 8:30 am-noon; Thursday 7:45-10:00pm; Sunday 1:00-4:00 pm
Cost: Non-member $10/day; Member $5/day; Membership $25
Location: Community Centre (Fieldhouse) 4516-54 Street
Contact: Dean Edwards at 780.678.2643 or dean.edwards1959@gmail.com

CAMROSE SOCCER
Youth Soccer in Camrose
CAMROSE INDOOR SOCCER PROGRAM
Indoor Soccer for Ages U7 to U17
Date & Time: Season runs October-March; Days + times vary
Cost: $200-500 depending on age group
Location: Camrose
Contact: Chad Mitchell at president@camrosesoccer.com
CAMROSE SPIRALS JUMP ROPE CLUB
Recreational and Competitive Jump Rope Classes. We run recreational Jump Rope Classes for 10 weeks. Online registration available. We follow the CANSkip program.
Date & Time: Season runs September 23-December 9, Mondays, 6:15-7:15 pm OR 7:30-8:30 pm
Cost: $180 rope included
Location: École Sifton School
Contact: Crystal Rasmussen at 780.781.0258 or jump@camrosespirals.ca

CAMROSE VIKINGS LACROSSE
Minor Youth Lacrosse Club in Camrose.
CAMROSE LACROSSE
For ages 4-18 years old.
Date & Time: Season runs March-June; Days and times vary
Cost: TBD
Location: Camrose
Contact: More information can be found on http://www.camrosevikingslacrosse.com/ or Camrose Vikings Lacrosse Facebook page

ROSE CITY CURLING CLUB
The local curling rink in Camrose. A very diverse atmosphere, full of enthusiastic curlers looking to welcome new people into our programs and leagues.

TUESDAY & THURSDAY ADULT AFTERNOON DROP IN CURLING
A competitive league for adults of all ages and varying skill levels. Teams are created on a weekly basis. If unable to commit to the full season, a drop in option is also offered.
Date & Time: Season runs from October 15-March 19; Tuesdays & Thursdays; 1:30-3:30 pm
Cost: $300 + GST/Person or $10 drop-in fee for each game
Location: Rose City Curling Club, 4512-53 Street
Contact: Sarah Brown at 780.672.4152 or rccc@cable-lynx.net

TUESDAY MEN’S AND LADIES’ OPEN LEAGUE
A competitive league for any combination of players.
Date & Time: Season runs from October 22-March 17, Tuesdays, 7:00-9:00 pm
Cost: $300 + GST/person
Location: Rose City Curling Club, 4512-53 Street
Contact: Sarah Brown at 780.672.4152 or rccc@cable-lynx.net

WEDNESDAY SOCIAL LEAGUE
A league all about the FUN of curling. Players of all skill levels and abilities are encouraged to join.
Date & Time: Season runs from October 23-March 18, Wednesdays, 7:00-9:00 pm
Cost: $285 + GST/person
Location: Rose City Curling Club, 4512-53 Street
Contact: Sarah Brown at 780.672.4152 or rccc@cable-lynx.net

THURSDAY OPEN LEAGUE
A competitive league for any combination of players.
Date & Time: Season runs from October 24-March 19, Thursdays, 7:00-9:00 pm
Cost: $300 + GST/Person
Location: Rose City Curling Club, 4512-53 Street
Contact: Sarah Brown at 780.672.4152 or rccc@cable-lynx.net

WELCOME WEEK – TRY CURLING
A chance for people with all levels of curling ability (including none) to come out and learn and try the sport. Instruction will be provided for those in need.
Date & Time: October 15-17, 7:00-9:00 pm
Cost: Free
Location: Rose City Curling Club, 4512-53 Street
Contact: Sarah Brown at 780.672.4152 or rccc@cable-lynx.net

WELCOME WEEK – ICEBREAKER OPEN
A fun, non-competitive bonspiel for people of all curling abilities. Instruction will be provided for those in need.
Date & Time: October 19-20, 9:00 am-7:00 pm
Cost: $15/Person or $60/Team
Location: Rose City Curling Club, 4512-53 Street
Contact: Sarah Brown at 780.672.4152 or rccc@cable-lynx.net

WELCOME WEEK – CURL JAM
A one-night event for anyone looking to see what the curling rink is all about. Instruction will be provided to those with little to no curling experience and entertainment will be provided afterwards.
Date & Time: October 18, 7:00-11:00 pm
Cost: $15 for curling and social or $10 for one or the other
Location: Rose City Curling Club, 4512-53 Street
Contact: Sarah Brown at 780.672.4152 or rccc@cable-lynx.net

TOWN AND COUNTRY BONspiel
A bonspiel for curlers of varying skills and abilities.
Date & Time: November 22-24, 9:00 am-9:00 pm
Cost: $300 + GST/team
Location: Rose City Curling Club, 4512-53 Street
Contact: Sarah Brown at 780.672.4152 or rccc@cable-lynx.net
MIXED BONSPIEL
A bonspiel for curlers of varying skills and abilities - teams must consist of two female and two male members.
Date & Time: March 6-8, 9:00 am-9:00 pm
Cost: $300 + GST/team
Location: Rose City Curling Club, 4512-53 Street
Contact: Sarah Brown at 780.672.4152 or rccc@cable-lynx.net

MEN’S AND LADIES’ BONSPIEL
A bonspiel for men’s and ladies’ teams of varying skills and abilities. All teams must be comprised of either four ladies or four men.
Date & Time: March 27-29, 9:00 am-9:00 pm
Cost: $300 + GST/team
Location: Rose City Curling Club, 4512-53 Street
Contact: Sarah Brown at 780.672.4152 or rccc@cable-lynx.net

VIKINGS CLUB BASKETBALL
Vikings Club Basketball, in partnership with the Vikings Athletic Club and University of Alberta Augustana Campus Vikings, is a basketball club serving Camrose and the Battle River Region (Counties of Camrose, Flagstaff, Beaver and Wetaskiwin). More information can be found at vikingsclubbasketball.com or on Battle River Vikings Club Basketball Facebook page.

FALL JUNIOR NBA PROGRAM
For ages 5-8, this eight-week Jr. NBA program will focus on the fundamental movement skills of running, jumping, throwing, catching, balance, agility and co-ordination. The program will also work to begin and progress on the development of some of the fundamental basketball skills such as dribbling, passing, shooting, rebound and playing defense.
Date & Time: Season starts in Mid-September
Dates TBD, Sunday afternoons
Cost: TBD
Location: Jack Stuart School
Contact: Jardath Nelson at jardathnelson@gmail.com

WINTER JUNIOR NBA PROGRAM
For ages 5-12, this eight-week Jr. NBA program will focus on the fundamental movement skills of running, jumping, throwing, catching, balance, agility and co-ordination. The program will also work to begin and progress on the development of some of the fundamental basketball skills such as dribbling, passing, shooting, rebound and playing defense.
Date & Time: Season starts in first Sunday in March
Sunday afternoons
Cost: TBD
Location: Jack Stuart School
Contact: Jardath Nelson at jardathnelson@gmail.com

SPRING CLUB PROGRAM
For ages 11-18, our three-month spring program is designed for those who wish to advance their skills while competing in leagues where teams are placed in divisions that are at the same general level of ability. Players must attend at least one ID Camp session in mid-February.
Date & Time: Season starts March
Dates TBD
Cost: TBD
Location: TBD
Contact: Jardath Nelson at jardathnelson@gmail.com
Interested in being included in future Recreation Program Guides?
If you offer a recreational, arts, culture, or community program in the Camrose area, please contact Rachel Gulley at rgulley@camrose.ca or 780.672.9195 ext. 1807 for more information.

RECREATION PROGRAM GUIDE GUIDELINES
This recreation program guide is a non-commercial publication made for the purpose of providing City of Camrose residents with information on recreational, educational, arts and cultural, and wellness classes/programs/events available throughout the City.

All businesses and groups must have a program, class or event to promote available to residents in the Camrose area. No general business advertisements or promotions will be accepted.

The City of Camrose has the right to edit or refuse any submission for the Recreation Program Guide.