What’s new?
Member Appreciation Week pg 9
Aquatrack Swims pg 42
Community Access Bus pg 45
Welcome

Lac La Biche County is your playground of opportunity and welcoming by nature. We believe in encouraging healthy, active and fulfilling lifestyles for our residents, and the Community Activity Guide is your key to discovering more about the recreational, cultural and social offerings in our area. Between the County itself and our many community groups, we are blessed with a wide variety of programs and events catering to people from all walks of life. Indoors or outdoors, we have something for everyone in all four seasons.

Mayor Omer Moghrabi

Coming Soon: BOLD CENTER SPORTSFIELDS

In partnership with Northern Lights Public Schools, the County will soon see new sports fields near the Bold Center. This fall, construction will start on an artificial turf field, practice field, and track & field facilities. Check out the concept drawing above for a sneak peek!
COUNTY EVENTS & IMPORTANT DATES

SEPTEMBER 6
Community Awareness Evening

SEPTEMBER 7, 14, 21
Movies in the Park (pg. 27)

SEPTEMBER 10-14
Bold Center Member Appreciation Week (pg. 9)

SEPTEMBER 22
CanoeFest ft. Honeymoon Suite, Prism and Lee Aaron

SEPTEMBER 28/29
Culture Days

OCTOBER 1
Sports Hall of Fame nomination deadline (pg. 33)

OCTOBER 2-4
Fire Prevention Week Celebrations (pg. 51)

OCTOBER 9
Swimming lessons start

OCTOBER 28
Spooktacular (pg. 28)

OCTOBER 31
Deadline for community grant applications (pg. 46)

NOVEMBER 1 - 30
CPR Month (pg. 36)

NOVEMBER 4
Will Stroet and The Backyard Band (pg. 32)

NOVEMBER 18
National Child’s Day (pg. 28)

DECEMBER 6
Seniors’ Holiday Social (pg. 33)

JANUARY 5
Bold Center Free Admission Day (pg. 5)

FEBRUARY 6
Winter Walk Day (pg. 48)

FEB 18
Family Day at McArthur Park (pg. 31)
Family Day at Portage Pool (pg. 35)

MARCH 3 - 30
Nutrition Month at the Bold Center (pg. 8)

MARCH 14
Health & Wellness Fair

MARCH 15
Community Volunteer Income Tax Program (CVITP) begins (pg. 46)

For community-run events, please see page 51.
About the Facility

◊ 250,000 square feet of recreational space
◊ twin ice arenas
◊ two field houses
◊ running track
◊ curling rink
◊ fitness centre
◊ boxing area
◊ community hall
◊ food vendors
◊ laser tag
◊ childcare

Hours of Operation

>> Facility hours
6 am - 11 pm

>> Statutory Holidays
11 am - 7 pm

>> Administration hours
8 am - 4:30 pm

Contact

Guest Services Desk | 780-623-3829
Fitness Desk | 780-623-6363
Bookings | 780-623-6370

Web | boldcenter.ca
Fax | 780-623-3808
Address | 100 8702-91 Ave, Lac La Biche, AB, T0A 2C0

facebook.com/boldcenter

Sign up for the Bold Center e-newsletter and stay up-to-date!

Go to boldcenter.ca and fill out your information to receive updates and news about facility closures, youth and family programs, workshops, membership promotions and upcoming fitness classes.

An online version of the Activity Guide is available at boldcenter.ca
User Guidelines

The Bold Center works to provide a safe, enjoyable environment for all users. Full guidelines are posted throughout the facility.

Children & Youth Supervision

The safety and well-being of children and youth in our facility is a priority. Children 8 years and under must be actively supervised at all times while in the facility by a responsible person 12 years or older. If issues or incidents arise, parents or guardians will be contacted.

Accessibility

We are committed to integrating all residents into our programs and services. The Bold Center is fully-accessible, with an elevator to all three levels of the facility. We continue to partner with community liaisons and support services so that everyone, regardless of their physical or cognitive abilities, can participate in activities at the Bold Center.

Support workers are not required to pay for admission when accompanying clients to use recreation facilities.

Wristbands

Guests accessing areas that require paid admission will receive a wristband from Guest Services. Guests must wear and keep wristbands visible while in the Bold Center’s proof-of-payment areas.

Wristbands will be required for re-entry if a guest wishes to access the facility at various times throughout the day. In some cases, wristbands may be issued for participation in registered programs. If you do not have a wristband, you will be asked to pay or leave.

Pay To Play

Everyone who wishes to access any of the leisure opportunities provided at the Bold Center must pay an admission fee. Admission may be in the form of a paid membership or daily drop-in fee. Guests may be required to provide proof of age to qualify for special membership and drop-in discounts.

Recreation Master Plan Community Engagement Session

This fall, Lac La Biche County will be engaging with the public on the County’s overall recreation & parks master plan. Stay tuned for updates on laclabichecounty.com for more details.

SATURDAY, JANUARY 5

Enjoy a day of free activities and see what the Bold Center has to offer!
ANNUAL MEMBERSHIP BENEFITS

- 10% discount on select programs/workshops
- Ability to attend one free fitness class per session
- VIP access to register for classes with limited spaces
- 2 complimentary day passes
- Complimentary towel service (1 bath towel per member/visit)
- Ability to suspend membership twice per year* (*minimum 2 weeks and maximum of 8 weeks, provided advance notice is given)
- On Customer Appreciation Days at Britton’s Your Independent Grocer, show your Bold Center membership card to receive 10% off your purchase of $100 or more.

www.boldcenter.ca

SAVE OVER $170 ANNUALLY ON AN ADULT PASS!
### Admission & Membership Rates

#### DROP-IN RATES

<table>
<thead>
<tr>
<th></th>
<th>ALL ACCESS</th>
<th>TRACK ONLY</th>
<th>PORTAGE POOL</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Child / Youth</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(4 – 17 yrs)</td>
<td>$4.50</td>
<td>$3</td>
<td>$4</td>
</tr>
<tr>
<td><strong>Senior / Student</strong></td>
<td>$6</td>
<td>$3.50</td>
<td>$4.55</td>
</tr>
<tr>
<td>(60+ yrs / 17- 21 yrs)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Adult</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(18+ yrs)</td>
<td>$9.25</td>
<td>$4.50</td>
<td>$5.75</td>
</tr>
<tr>
<td><strong>Family</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(up to 5 people living in the same residence, 2 adults max)</td>
<td>$15.25</td>
<td>$11.50</td>
<td>$14.50</td>
</tr>
</tbody>
</table>

#### MEMBERSHIP RATES

<table>
<thead>
<tr>
<th></th>
<th>ALL ACCESS</th>
<th>TRACK ONLY</th>
<th>PORTAGE POOL</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Child / Youth</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(4 – 17 yrs)</td>
<td>$27</td>
<td>$73.75</td>
<td>$147.50</td>
</tr>
<tr>
<td><strong>Senior / Student</strong></td>
<td>$41.25</td>
<td>$113.50</td>
<td>$227</td>
</tr>
<tr>
<td>(60+ yrs / 17- 21 yrs)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Adult</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(18+ yrs)</td>
<td>$59.25</td>
<td>$162</td>
<td>$324</td>
</tr>
<tr>
<td><strong>Family</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(up to 5 people living in the same residence, 2 adults max)</td>
<td>$128.50</td>
<td>$353.75</td>
<td>$707.25</td>
</tr>
<tr>
<td><strong>Corporate Individual</strong></td>
<td>n/a</td>
<td>n/a</td>
<td>$275.50</td>
</tr>
<tr>
<td><strong>Corporate Family</strong></td>
<td>n/a</td>
<td>n/a</td>
<td>$601.25</td>
</tr>
</tbody>
</table>

Annual memberships include additional benefits. Ask the Bold Center staff for details.

---

**RUNNER REUSE program**

Donate a pair of gently-used, clean indoor running shoes to help those in need and get a free individual All Access Day Pass for your donation.

**Because the need exists year round, we now accept donations anytime.**

Shoes may be refused if in unsatisfactory condition. Staff spray all footwear and individuals are encouraged to keep the shoes provided to them for health/sanitary reasons. If you are in need of shoes or other financial assistance, please speak to a Bold Center staff member to find out how we can help.
**Payment & ID Cards**

**Payment**
Payment is required in full at the time of purchase. Staff will accept debit, Visa, MasterCard, American Express, cheque or cash. Individuals will be subject to a $20 NSF charge for insufficient funds or stopped cheques.

**Pre-Authorized Payments & Auto-Renewal**
Pre-authorized payments and auto-renewal payments are now available: save time and money by signing up! Ask Bold Center staff for details. You can cancel a membership for $25.

**ID Cards**
Guests with a membership must scan their ID cards at the Guest Services Desk (first floor) or Fitness Desk (second floor). Replacement cards are available for $10 each.

**Notice For Those With Pre-Authorized Payments**
If you change or lose your credit card, be sure to notify the Bold Center by calling us at 780-623-3829.
Failure to update your payment information will result in a $20 NSF charge and after two or more consecutive failed payments, could result in pre-authorized payment plans being terminated.

---

**March is Nutrition Month!**

Do you know what four food groups make up the Canada Food Guide? Be sure to follow us on Facebook and stop in at the Bold Center to learn more about Nutrition Month.

- **March 3 - 9:** Grain Products
- **March 10 - 16:** Milk & Alternatives
- **March 17 - 23:** Vegetables & Fruit
- **March 24 - 30:** Meat & Alternatives
Lac La Biche County would like to thank our members for their continued patronage and commitment to the Bold Center. In your honour, we are hosting the first-ever Member Appreciation Week! Each day throughout the week of September 10 to 14, we will feature interactive activities, discounts, free fitness classes, free child mind services and prizes.

**SEPT. 10**

Free fitness classes for members!
We're also offering free child mind services while members use the facility (excludes 6:15 - 7:15 am Early Riser Grind).
Try one or all of these classes:

- 6:15 - 7:15 am: Early Riser Grind
- 10 - 10:30 am: Sneak Peek Class
- 5:30 - 6:30 pm: Strong by Zumba

**SEPT. 11**

Free open ice!
Members can enjoy two hours of free open ice times with family and friends from 12 to 2 pm and 7 to 9 pm.

**SEPT. 12**

Family Fun Wednesday
Join Recreation and Parent Link staff from 3 - 7 pm in Cenovus Fieldhouse #1 for games and physical literacy activities for all ages.
*Parent supervision/participation required.*

**SEPT. 13**

Bring a Friend Thursday
It's always more fun with two! Bring a friend for free so they can experience all that the Bold Center has to offer.

**SEPT. 14**

Community Appreciation Friday
We love our community and customers! To thank you, we will be hosting a night out with food, fun, games and an outdoor movie at dusk to finish the evening off at McArthur Park. In partnership with Movies in the Park (page 27).
**Membership Perks**

**LIVE LIFE WELL AT BRITTON’S INDEPENDENT GROCER**

Spend $100 or more at Britton’s Your Independent Grocer, show your Bold Center membership Card and your PC Optimum to receive a 10% discount and PC Optimum points every Customer Appreciation Day!

**FREE FITNESS CLASSES FOR ANNUAL MEMBERS**

**Fall 2018**

- **Session 1:** Beat it! (Tuesday & Thursday mornings)
- **Session 2:** Fusion (Tuesday & Thursday evenings)

See page 18 for fall course times and descriptions.

**Winter 2019**

- **Session 1:** Power Step (Monday & Wednesday evenings)
- **Session 2:** Fusion Recharge (Monday & Wednesday lunch)

See page 21 for winter course times and descriptions.

**Membership Loyalty Program**

We want to thank you for being a loyal member! Members who have held annual memberships for at least 5 consecutive years receive 10% off the regular membership rates (15% at 10 years) upon renewal, along with a gift to show your gold star status!

**Corporate Memberships**

Physically active employees are happy, healthy employees with above average attendance records and increased levels of productivity. Help your staff stay active! The Bold Center’s Corporate Membership Program provides employees of participating companies with discounts on memberships.

Joining the program is free. You need a minimum of 5 employees, then you’ll sign an agreement. Once setup is complete, all registered employees will receive 15% off 6-month and annual memberships. If you work for any of these companies below, inquire about the corporate membership today and get started!

- Britton’s Your Independent Grocer
- Government of Alberta
- Lac La Biche Canadian Native Friendship Centre
- Northern Lights School Division (NLSD)

For more information, call us at 780-623-3829.

**PRESCRIPTION TO GET ACTIVE**

Did you know people who are active live longer, healthier lives?

Prescription to Get Active (RxTGA) is an initiative that started back in 2011 with the intent to get people more physically active. Now, there are 52 health care organizations, 3,200 physicians, and over 153 locations participating across the province. Over 300,000 Albertans have become more active as a result of this initiative!

Lac La Biche County, Portage College, the Primary Care Network (PCN) and the Associate Medical Clinic have partnered to provide this exciting program to keep residents active and reduce health concerns.

**What is involved?** RxTGA patients are prescribed activity by a doctor or health care professional. Patients who present their RxTGA prescription to participating facilities will receive a specified period of free general admission to facilities to get active. Patients will receive a complimentary orientation to the facility, demonstration of equipment and ongoing support and consultation from certified staff if required to help achieve their goals.

**Where?** Participating facilities in Lac La Biche include:

- Bold Center
- Portage Pool
- Portage College

**Talk to your doctor about getting a Prescription To Get Active!**
MEMBERSHIP PROMOTIONS

SEPTEMBER: MEMBER APPRECIATION WEEK FROM SEPTEMBER 10 TO 14, 2018

Lac La Biche County would like to thank our loyal members for their valued patronage and commitment to keeping fit. In your honor, we are hosting our first ever Member Appreciation Week! Each day throughout the week of September 10 to 14, we will feature interactive activities, discounts, free fitness classes, prizes and we will end the week with a BBQ and movie in the park.

OCTOBER: THE START IS ALWAYS HARDEST - FREE SEVEN DAY TRIAL

If you are new to fitness and seeking a place to start, look no more. During the month of October, any first-time members or individuals who have not held a membership in the last 2 years can sign up and enjoy a 7-day free trial pass to County recreation facilities (including the Bold Center, Portage Pool and the Plamondon Arena).

*Terms and conditions apply.

DECEMBER: GIVE THE GIFT THAT KEEPS ON GIVING

Stocking stuffers are a great way to show those you love that you care about their physical and mental health. Purchase a gift certificate from December 1 to 15, 2018, and receive a special gift for every $100 you spend.

MARCH: SPRING BACK INTO FITNESS!

We want to keep you healthy and active over the long winter months. During the month of March, if you purchase a 1-month all access membership you will get 1 month FREE. That’s just $7.25 per week for a two-month adult membership. You can enjoy all the benefits our recreation facilities offer, and get a free Bold Center water bottle too!
There are a multitude of advertising and sponsorship opportunities available to get the word out about your business, including:

- Event & Tournament sponsorship
- Community Pillars
- Program sponsorship
- Public drop-in opportunities
- Wall boards
- Rink boards
- Ice logos
- Stair risers
- Digital ads
- Facility naming rights

We also offer customized approaches to get your organization or business noticed!

To discuss potential partnering opportunities or how you can get involved and give back to the community, call 780-623-6764 or email john.usher@laclabichecounty.com.
Can’t find a sitter for your child while you work out? We can help. The Bold Center’s child minding area has play structures, arts and crafts, and other activities led by our staff. Your kids will love it, and so will you.

**HOURS OF OPERATION (SEPTEMBER 1 TO MARCH 31)**

**Monday, Wednesday and Friday**
10 am - 1 pm: drop-in*
1 pm - 4 pm: parent-supervised play (free)

**Monday - Saturday**
4 - 8 pm: drop-in*

**Sunday**
Closed

*Child mind drop-in fees apply. See the rates below.

**RATES**
1 child | $2.75 per half hour, $50 per 10 hours
Family (2-4 children) | $6 per half hour, $85 per 10 hours
Infants | $5 per half hour (1 hour maximum)

*Rates may be subject to change.

**CHILD MIND GUIDELINES**
- Reserved for children ages 6 months to 12 years old.
- Drop in with your child (max of 3 hours per day per child).
- Parents must remain within the Bold Center.
- Parents must provide own snacks.
- Registration forms must be completed.
- Sick children cannot be accepted for care.
- Please remember to bring clean indoor shoes.

**GIFT CERTIFICATES AVAILABLE!**
Don’t know what to get your relative with small children? With a Child Mind gift certificate, the kids can have fun in a safe, caring environment while the parent/caregiver enjoys the Bold Center. Stop by the Bold Center front desk for details.

An Infant Care program is available for children aged 6 months to 2 years. Only 2 spots are available per hour. Call 780-623-6365 to pre-register.
## Field House Schedules

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CENOVUS FIELD HOUSE 1</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>UNAVAILABLE</strong></td>
<td><strong>OPEN PICKLEBALL</strong></td>
<td><strong>OPEN BADMINTON</strong></td>
<td></td>
<td><strong>FAMILY SOCCER</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 am - 12:30 pm</td>
<td>10 am - 12 pm</td>
<td>10 am - 12 pm</td>
<td></td>
<td>5 - 7 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CENOVUS FIELD HOUSE 2</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>FRONT</strong></td>
<td><strong>AVAILABLE FOR PUBLIC USE FROM 4-11 PM</strong></td>
<td><strong>PUBLIC</strong></td>
<td></td>
<td><strong>PUBLIC</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(*UNLESS BOOKED FOR SPECIAL EVENTS/TOURNAMENTS)</td>
<td>6 am - 11 pm</td>
<td></td>
<td>6 am - 11 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>*equipment available at 8 am</td>
<td></td>
<td>*equipment available at 8 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MIDDLE</strong></td>
<td><strong>FLOOR HOCKEY</strong></td>
<td><strong>UNAVAILABLE</strong></td>
<td><strong>UNAVAILABLE</strong></td>
<td><strong>TEEN VOLLEYBALL</strong></td>
<td><strong>FAMILY BADMINTON</strong></td>
<td><strong>ADULT BASKETBALL</strong></td>
</tr>
<tr>
<td></td>
<td>6 - 8 pm (YOUTH)</td>
<td>5:30 - 8 pm</td>
<td></td>
<td>6 - 9 pm</td>
<td>6 - 8 pm</td>
<td>6 - 9 pm</td>
</tr>
<tr>
<td><strong>BACK</strong></td>
<td><strong>ADULT BASKETBALL</strong></td>
<td><strong>FAMILY BADMINTON</strong></td>
<td><strong>ADULT BASKETBALL</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>6 - 9 pm</td>
<td>6 - 8 pm</td>
<td>6 - 9 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **Unavailable**: Open drop-in unless booked for special events/tournaments. Rental opportunities available. To rent at these times, please call 780-623-6370.

The Bold Center offers a variety of drop in sports/activities each week. Schedules & activities are based on availability, interest and participation. Fifteen minutes past an activity’s scheduled start time, if there are no participants the court may be opened for general use. Courts can also be rented for individual/group use. Volleyball and Badminton nets will be set up in Cenovus Field House 1 Friday through Sunday as available. Regular drop-in fees and rules apply.

---

**FREE TRACK ACCESS**

**WHEN TEMPERATURES DIP BELOW -20°C TO ENCOURAGE RESIDENTS TO STAY WARM AND ACTIVE!**

**SNOWSHOES AVAILABLE TO RENT!**

Stop by the Bold Center front desk for more details.

**SPORTS AND ACTIVITY EQUIPMENT**

Program staff are here to assist patrons by issuing and setting up equipment, monitoring play and organizing activities. Equipment is only issued to users 9 years of age or older.

We lend equipment out to community groups/non-profit associations & schools for events.
## BOLD CENTER PUBLIC ICE SCHEDULE (SEPTEMBER 2018 - MARCH 2019)

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>OPEN ICE</td>
<td>Anytime ice is available. Sticks and pucks may be restricted during open ice. Call 780-623-3829 for daily availability.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>PUBLIC SKATE</strong></td>
<td>12 - 1:30 pm</td>
<td></td>
<td></td>
<td>10:15 - 11:30 am</td>
<td>5:30 - 6:45 pm</td>
<td></td>
</tr>
<tr>
<td><strong>FAMILY HOCKEY</strong></td>
<td>1:30 - 3 pm</td>
<td></td>
<td></td>
<td>3 - 4:15 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>2-4-1 SHINNY</strong></td>
<td>3 - 4:30 pm</td>
<td></td>
<td></td>
<td></td>
<td>4:30 - 6 pm</td>
<td></td>
</tr>
<tr>
<td><strong>$5 PICK-UP HOCKEY</strong></td>
<td></td>
<td></td>
<td></td>
<td>11:30 am - 1 pm</td>
<td>9:45 - 11 pm</td>
<td>9:45 - 11 pm</td>
</tr>
</tbody>
</table>

## PLAMONDON PUBLIC ICE SCHEDULE (SEPTEMBER 2018 - MARCH 2019)

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>OPEN ICE</td>
<td>Anytime ice is available after 12 noon. Sticks and pucks may be restricted during open ice. Call 780-623-3829 for daily availability.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>PUBLIC SKATE</strong></td>
<td>12 - 1:30 pm</td>
<td>4:15 - 5:45 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>FAMILY HOCKEY</strong></td>
<td>1:30 - 3 pm</td>
<td></td>
<td></td>
<td>4:15 - 5:45 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SHINNY</strong></td>
<td>3 - 4:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>PICK-UP HOCKEY</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9 - 10:30 pm</td>
</tr>
</tbody>
</table>

- Offered only on stat holidays.
- Free Sunday Public Skate sponsored by Plamondon Co-op!

**OPEN ICE** // as available. **PUBLIC SKATING** // all ages, no pucks or sticks. Helmets required for users under 16 years old.
**FAMILY HOCKEY** // children up to 12 years (parent-supervision required for children under 8 years). **SHINNY** // ages 13 - 17 **PICK-UP HOCKEY** // ages 18+.

Proper equipment including helmets and gloves required for all public times when sticks & pucks are on ice (full hockey gear recommended).

780-623-3829 or visit boldcenter.ca/schedules or facebook.com/boldcenter for updates.

Please Note: Christmas Break & Family Day Skate times will be available and posted in early December.

---

**Host a block party and bring your neighbourhood closer together!**

Pick up a Lac La Biche County Block Party kit for creative ideas, along with supplies to help you host a successful event. Kits are available at the Bold Center.
ADULT PROGRAMS

Registration Information

HOW TO REGISTER
Registration for all programs will remain open until the end of the first class, provided the minimum registration has been met one week prior to classes starting. You can sign up in person, or by calling the Bold Center at 780-623-3829 or Portage Pool at 780-623-6777 with a valid credit card.

PAYMENT AND CONFIRMATION
Payment is required in full at the time of registration. Accepted forms of payment include debit, Visa, MasterCard, American Express, cheque, or cash. Individuals will be subject to a $20 NSF charge for insufficient funds or stopped cheques.

CANCELLATIONS
Classes may be combined or cancelled due to insufficient registration. To ensure classes run with a minimum number of participants, please register at least one week before class start dates. Participants will be notified if classes are combined or cancelled, and transfer or refund options will be provided.

TRANSFERRING
Participants can transfer to a different class, provided that space permits and they do this before the start of the second class. Instructors reserve the right to withdraw or transfer participants if a registered participant's skill level doesn't meet requirements.

WITHDRAWING
Participants who withdraw from a program at the end of the first class will be issued a full refund or credit. Withdrawals made after the end of the first class will not receive a refund without a doctor's note or supporting documentation. Refund restrictions apply to workshops, courses and programs which run for 3 or more consecutive days.

STATUTORY HOLIDAYS
Unless otherwise indicated, classes will not be offered on any statutory holiday.

PAR-QS AND WAIVER
Par-Qs and waivers are required for all classes and lessons, and must be completed annually.

DROP-INS
Drop-ins are available for all classes.

FALL FITNESS PROMOTION

Every time you attend a fitness class between September 4 and November 1, you can enter your name in a draw to win a $100 gift certificate!

After you complete your class, take your wristband off, write your name & number on it, and drop it in the draw box at the front desk. The more classes you attend, the higher your chance of winning!
**Fall Fitness Classes**

10% Annual members receive a 10% discount. **FREE** Session is free for annual members. **FREE** Free for seniors.

### DROP IN FITNESS CLASS SCHEDULE (SEPTEMBER 4 - OCTOBER 22)

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:15 - 7:15 am</td>
<td>Early Riser Grind</td>
<td>Early Riser Grind</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9 - 10:30 am</td>
<td><strong>FREE</strong> 50+ Walk On</td>
<td><strong>FREE</strong> 50+ Walk On</td>
<td></td>
<td><strong>FREE</strong> 50+ Walk On</td>
<td><strong>FREE</strong> 50+ Walk On</td>
</tr>
<tr>
<td>9:30 - 10 am</td>
<td>50+ Strengthen &amp; Stretch</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 - 11 am</td>
<td><strong>FREE</strong> Beat It!</td>
<td><strong>FREE</strong> Beat It!</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:15 - 12:45 pm</td>
<td><strong>NEW</strong> HIIT IT! Spin</td>
<td><strong>NEW</strong> Abs &amp; Arms</td>
<td><strong>NEW</strong> HIIT IT! Spin</td>
<td><strong>NEW</strong> Abs &amp; Arms</td>
<td></td>
</tr>
<tr>
<td>5 - 6 pm</td>
<td>10% Chick Boxing</td>
<td>10% Chick Boxing</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30 - 6:30 pm</td>
<td>Strong by Zumba</td>
<td>Strong by Zumba</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30 - 8 pm</td>
<td>Tribal Style Belly Dancing</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### DROP IN FITNESS CLASS SCHEDULE (NOVEMBER 13 - DECEMBER 21)

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:15 - 7:15 am</td>
<td>Early Riser Grind</td>
<td>Early Riser Grind</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9 - 10:30 am</td>
<td><strong>FREE</strong> 50+ Walk On</td>
<td><strong>FREE</strong> 50+ Walk On</td>
<td></td>
<td><strong>FREE</strong> 50+ Walk On</td>
<td><strong>FREE</strong> 50+ Walk On</td>
</tr>
<tr>
<td>9:30 - 10 am</td>
<td>50+ Strengthen &amp; Stretch</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 - 11 am</td>
<td>10% Zumba Fitness</td>
<td>10% Zumba Fitness</td>
<td></td>
<td>10% Zumba Fitness</td>
<td>10% Zumba Fitness</td>
</tr>
<tr>
<td>12:15 - 12:45 pm</td>
<td><strong>NEW</strong> Barre Above</td>
<td><strong>NEW</strong> TRX Core</td>
<td><strong>NEW</strong> Barre Above</td>
<td><strong>NEW</strong> TRX Core</td>
<td></td>
</tr>
<tr>
<td>5 - 6 pm</td>
<td><strong>FREE</strong> Fusion</td>
<td><strong>FREE</strong> Fusion</td>
<td><strong>FREE</strong> Fusion</td>
<td><strong>FREE</strong> Fusion</td>
<td></td>
</tr>
<tr>
<td>5:30 - 6:30 pm</td>
<td><strong>NEW</strong> HIIT it! Roll it! Stretch it!</td>
<td><strong>NEW</strong> HIIT it! Roll it! Stretch it!</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30 - 8 pm</td>
<td>Tribal Style Belly Dancing</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*No class Monday, October 8 and Monday, November 12.*

**Fitness Class 10 PASS!**

$110 for 10 pass (60 minute fitness classes)

$70 for a 10 pass (30 minute fitness classes)
It’s that time of the year again—back to school, sports, and planning your family schedule. Finding your fitness routine can be challenging, and that’s why we are offering drop-in classes for the first two weeks of September so you can find what works for you!

**Child Mind childcare is available during class time. See page 14 for details.**

### TRY BEFORE YOU BUY

Enjoy two weeks of trial drop in classes from September 4 to 14.

#### SESSION I

**Drop-ins**
Tuesday, September 4 to Thursday, September 14

**Registered classes**
Monday, September 17 to Thursday, November 2

#### SESSION II

**Registered classes**
Monday, November 5 to Tuesday, December 21

### Fall Class Descriptions

#### 50+ Walk On

This program is offered in partnership with Alberta Health Services for individuals aged 50+ years. Get fit and stay active while socializing with friends and taking in the amazing views from the Canadian Natural Track.

- **Session:** Monday, Wednesday, Friday, year round
- **Time:** 9 - 10:30 am
- **Cost:** Free

#### 50+ Strengthen & Stretch

Stretch & Strengthen is tied in with the 50+ Walk On program. Join our CSEP-certified trainer for a 30-minute exercise class that focuses on fun while improving strength and flexibility.

- **Session 1:** Monday, September - May
  - **Time:** 9:30 - 10 am
  - **Cost:** Free

#### Abs & Arms

Who says you need a full hour for a good workout? Join us on your lunch break for a half hour focus on abs and arms.

- **Drop in:** September 4, 6, 11, 13
  - **Session:** Tuesday & Thursday, September 18 - November 2
  - **Time:** 12:15 - 12:45 pm
  - **Cost:** $8 (drop in), $78 (session)

### Barre Above

Barre Above fuses yoga, Pilates, strength training, balance, core and ballet, incorporating specific sequencing patterns and isometric movements that target specific muscle groups. This pattern of exercise can help to improve strength, balance, flexibility and posture.

- **Session:** Monday & Wednesday, November 5 - December 20
- **Time:** 12:15 - 12:45 pm
- **Cost:** $8 (drop in), $78 (session)

### Beat It!

Using the stability ball as a drum with some super cool ‘drum sticks’ and great song beats, we will get you moving and burning calories in no time. Free for annual members. This class is also offered in the winter. See page 22 for details.

- **Drop in:** September 4, 6, 11, 13
  - **Session:** Tuesday & Thursday, September 18 - November 2
  - **Time:** 10 - 11 am
  - **Cost:** $12 (drop in), $140 (session)

### Chick Boxing

Come check out the new boxing area in this women’s only stress-busting fitness class. Participants will kick, strike, and block their way to better fitness using punching bags and gloves/wraps. Gloves and wraps will be available for purchase at the fitness desk. 10% discount for annual members.

- **Drop in:** September 4, 6, 11, 13
  - **Session:** Tuesday & Thursday, September 18 - November 2
  - **Time:** 5 - 6 pm
  - **Cost:** $12 (drop in), $140 (session)

### Early Riser Grind

Start your day off right with a sweat! This class will take you through a series of full-body strengthening exercises and cardiovascular movements that will get your metabolism kick started for the day. No class Wednesday, September 26.

- **Drop in:** September 5, 10, 12
  - **Session 1:** Monday & Wednesday, September 17 - October 31
  - **Session 2:** Monday & Wednesday, November 5 - December 20
  - **Time:** 6:15 - 7:15 am
  - **Cost:** $12 (drop in), $120 (session 1), $130 (session 2)

### Fusion

Fusion Fitness is a blend of Pilates, balance, core, strength and endurance training to form a low-impact, mat-based workout. The goal of the program is have all participants feel strong, flexible and relaxed. Free for annual members.

- **Session:** Tuesday & Thursday, November 6 - December 21
  - **Time:** 5 - 6 pm
  - **Cost:** $12 (drop in), $140 (session)

### HIIT it! Roll it! Stretch it!

HIIT stands for High Intensity Interval Training. This class consists of a 30-minute intense interval style workout that will maximize the body’s ability to use fat for energy. This workout will be followed by 15 minutes of muscle release work using the foam roller, and 15 minutes of muscle lengthening using a strap to help improve flexibility. This class is also offered in the winter. See page 22 for details.

- **Session:** Monday & Wednesday, November 5 - December 20
  - **Time:** 5 - 6 pm
  - **Cost:** $12 (drop in), $130 (session)
**HiIT! Spin**

Take your cycle workout to the next level in this high intensity interval training spin class. Not sure you’re ready? That’s ok. You can spin at your own pace and work your way there! Limited space.

- **Drop in:** September 5, 10, 12
- **Session:** Monday & Wednesday, September 17 - October 31
- **Time:** 12:15 - 12:45 pm
- **Cost:** $8 (drop in), $78 (session)

**Strong by Zumba**

Strong by Zumba is NOT a dance fitness class. It is an interval training workout with well-planned progressive movements that will help each participant safely progress to a higher level of fitness. If you are looking for a fun new way to take your workouts to the next level and would like to fire up that post exercise calorie burn, then this class is for you!

- **Drop in:** September 5, 10, 12
- **Session:** Monday & Wednesday, September 17 - October 31
- **Time:** 5:30 - 6:30 pm
- **Cost:** $12 (drop in), $130 (session)

**Tribal Style Belly Dance**

This introductory class will provide a technical breakdown and drilling of the movements that compose the basic building blocks found in all styles of belly dance. Classes are designed for beginners with no dance experience.

- **Drop in:** September 5, 10
- **Session 1:** Monday, September 17 - October 22
- **Session 2:** Monday, November 5 - December 17
- **Time:** 6:30 - 8 pm
- **Cost:** $16 (drop in), $84 (session 1), $98 (session 2)

**TRX Core**

Lunch hour, core power! Build a stable core by performing movements on the suspension trainer that can easily be modified to your desired level. No matter what movement you are doing on the suspension trainer, your core will be engaged. Limited space.

- **Session:** Tuesday & Thursday, November 6 - December 21
- **Time:** 12:15 - 12:45 pm
- **Cost:** $8 (drop in), $84 (session)

**Zumba Fitness**

This class incorporates Zumba dance cardio with muscular endurance training using free weights and resistance bands. Finish off your workout with Bender Ball toning exercises and a relaxing stretch. Bring your sassy dance moves, a sense of humor and water. 10% discount for annual members.

- **Session:** Tuesday & Thursday, November 6 - December 21
- **Time:** 10 - 11 am
- **Cost:** $12 (drop in), $140 (session)

**DID YOU KNOW?**

You can register for a full session, and if for any reason you decide it is not the right class for you and you withdraw immediately following the first class, you’ll receive full credit for the class or a refund. Don’t hold back from registering yourself in a class that you’ve always been interested in!
### Winter Fitness Classes

10% Annual members receive a 10% discount. **FREE** Session is free for annual members. **FREE** Free for seniors.

#### DROP IN FITNESS CLASS SCHEDULE (JANUARY 7 - FEBRUARY 21)

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 - 10:30 am</td>
<td><strong>FREE</strong> 50+ Walk On</td>
<td><strong>FREE</strong> 50+ Walk On</td>
<td><strong>FREE</strong> 50+ Walk On</td>
<td><strong>FREE</strong> 50+ Walk On</td>
</tr>
<tr>
<td>10 - 11 am</td>
<td><strong>NEW</strong> 50+ Strengthen &amp; Stretch (9:30 - 10 am)</td>
<td><strong>NEW</strong> Get Down, Get Grounded</td>
<td><strong>NEW</strong> Get Down, Get Grounded</td>
<td>Get Down, Get Grounded</td>
</tr>
<tr>
<td>12:15 - 12:45 pm</td>
<td><strong>NEW</strong> Spin it to win it!</td>
<td><strong>NEW</strong> Spin it to win it!</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 - 6 pm</td>
<td></td>
<td>Zumba Circuit</td>
<td>Zumba Circuit</td>
<td>Zumba Circuit</td>
</tr>
<tr>
<td>5:30 - 6:30 pm</td>
<td><strong>FREE</strong> Power Step</td>
<td>MAXE Sweat</td>
<td><strong>FREE</strong> Power Step</td>
<td>MAXE Sweat</td>
</tr>
</tbody>
</table>

#### DROP IN FITNESS CLASS SCHEDULE (FEBRUARY 25 - APRIL 11)

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 - 10:30 am</td>
<td><strong>FREE</strong> 50+ Walk On</td>
<td><strong>FREE</strong> 50+ Walk On</td>
<td><strong>FREE</strong> 50+ Walk On</td>
<td><strong>FREE</strong> 50+ Walk On</td>
</tr>
<tr>
<td>10 - 11 am</td>
<td>Zumba Toning</td>
<td>Zumba Toning</td>
<td>Zumba Toning</td>
<td>Zumba Toning</td>
</tr>
<tr>
<td>12:15 - 12:45 pm</td>
<td><strong>FREE</strong> Fusion Recharge</td>
<td><strong>FREE</strong> Fusion Recharge</td>
<td><strong>FREE</strong> Fusion Recharge</td>
<td><strong>FREE</strong> Fusion Recharge</td>
</tr>
<tr>
<td>5 - 6 pm</td>
<td></td>
<td>MAXE TRX</td>
<td>Beat It!</td>
<td>MAXE TRX</td>
</tr>
<tr>
<td>5:30 - 6:30 pm</td>
<td><strong>NEW</strong> HIIT it! Roll it! Stretch it!</td>
<td><strong>NEW</strong> Spin Away</td>
<td><strong>NEW</strong> HIIT it! Roll it! Stretch it!</td>
<td><strong>NEW</strong> Spin Away</td>
</tr>
</tbody>
</table>

Annual members receive a 10% discount. Session is free for annual members. Free for seniors.

---

**DO YOU HAVE YOUR AFLCA GROUP FITNESS DESIGNATION AND ARE LOOKING TO TEACH?**

**CONTACT MEGAN AT 780-623-6369 FOR CASUAL/CONTRACT OPPORTUNITIES.**
Winter Fitness Classes

Fitness is personal, so explore your options. Take advantage of the first two weeks after the Christmas break with our drop-in program! This gives you the opportunity to try it out, and still save if you register one week before the session starts.

We want to help you reach your goals. New year, new you. If you register for one of the group exercise classes in the Winter session I, you have the option of having your weight and measurements done at the beginning and end of the session for free! Initial measurements are offered between January 14 and January 17. Final measurements are offered on February 20 and 21. Time slots will be available and are mandatory for this promotion. This will only be offered to participants who registered in winter session I. Register now and let us help you meet your goal.

**Child Mind childcare is available during class time. See page 14 for details.**

**TRY BEFORE YOU BUY**
Enjoy two weeks of trial drop in classes from January 7 to 17.

**SESSION I**
- **Drop-ins**
  Monday, January 7 to Thursday, January 17
- **Registered classes**
  Monday, January 21 to Thursday, February 28

**SESSION II**
- **Registered classes**
  Monday, March 4 to Thursday, April 11

**Winter Class Descriptions**

**50+ Walk On**
This program is offered in partnership with Alberta Health Services for individuals aged 50+ years. Get fit and stay active while socializing with friends and taking in the amazing views from the Canadian Natural Track.

| Session: | Monday, Wednesday, Friday year-round. |
| Time:    | 9 - 10:30 am |
| Cost:    | Free |

**50+ Strengthen & Stretch**
Stretch & Strengthen is tied in with the 50+ Walk On program. Join our CSEP-certified trainer for a 30-minute exercise class that focuses on fun while improving strength and flexibility.

| Session 1:  | Monday, September - May |
| Time:       | 9:30-10 am |
| Cost:       | Free |

**Beat It!**
Using the stability ball as a drum along with some super cool ‘drum sticks’ and great song beats, we will get you moving and burning calories in no time.

| Session: | Tuesday & Thursday, March 5 - April 11 |
| Time:    | 5 - 6 pm |
| Cost:    | $12 (drop in), $120 (session) |

**Fusion Recharge**
Do you need a mid-day escape to reset your body and mind? This class fuses resistance training, flexibility, core, and balance in a wonderfully calm but energizing setting. Work, breathe, reset and take on the rest of your day! Free for annual members.

| Session: | Monday & Wednesday, March 4 - April 10 |
| Time:    | 12:15 - 12:45 pm |
| Cost:    | $8 (drop in), $72 (session) |

**Get Down, Get Grounded**
This class combines a variety of groovy rhythms with standing strengthening moves, followed by some revitalizing muscle strengthening & lengthening mat exercise work. Let’s slow things down a bit, breathe, and feel the burn. 70% discount for annual members.

| Drop in: | January 8, 10, 15, 17 |
| Session: | Tuesday & Thursday, January 22 - February 28 |
| Time:    | 10 - 11 am |
| Cost:    | $12 (drop in), $120 (session) |

**HIIT it! Roll it! Stretch it!**
HIIT stands for High Intensity Interval Training. This class consists of a 30-minute intense interval style workout that will maximize the body’s ability to use fat for energy. This workout will be followed by 15 minutes of muscle release work using the foam roller, and 15 minutes of muscle lengthening using a strap to help improve flexibility. Annual members receive 10% off the winter session.

| Session: | Monday & Wednesday, March 4 - April 10 |
| Time:    | 5:30 - 6:30 pm |
| Cost:    | $12 (drop in), $120 (session) |

**MAXE Sweat**
Lift, jump, crunch, and push your way through circuits to achieve a full body workout. This circuit-styled class will not only improve your muscular endurance, but will also increase your heart rate, making sure you hit your fat burning zone. Suitable for all fitness levels.

| Drop in: | January 8, 10, 15, 17 |
| Session: | Tuesday & Thursday, January 22 - February 28 |
| Time:    | 5:30 - 6:30 pm |
| Cost:    | $12 (drop in), $120 (session) |

**MAXE TRX**
Looking for a class that will challenge and change you? This class will use the TRX suspension training to get a complete workout, including cardio! The TRX will make you dig deep and increase your flexibility, allowing you to do moves with support. Limited space.

| Session: | Monday & Wednesday, March 4 - April 10 |
| Time:    | 5 - 6 pm |
| Cost:    | $12 (drop in), $120 (session) |
This is not your average step aerobics class. Utilizing basic step patterns and a variety of resistance training equipment, you will power through this workout, challenging your body from head to toe. Free for annual members.

**Power Step**

Drop in: January 7, 9, 14, 16
Session: Monday & Wednesday, January 21 - February 27
Time: 5:30 - 6:30 pm
Cost: $12 (drop in), $110 (session)

**Spin Away**

Spin your day away with this one-hour class that will improve your cardio, strengthen your legs and enhance your core! Suitable for all fitness levels. Limited space.

Session: Tuesday & Thursday, March 5 - April 11
Time: 5:30 - 6:30 pm
Cost: $12 (drop in), $110 (session)

**Spin it to Win it!**

Take a break from work and enjoy the spectacular view while burning a ton of calories in this spin class. Limited space.

Drop in: January 7, 9, 14, 16
Session: Monday & Wednesday, January 21 - February 27
Time: 12:15 - 12:45 pm
Cost: $8 (drop in), $66 (session)

**Zumba Circuit**

What do you get when you mix Zumba dance cardio, free weights, resistance bands and Bender balls? You get a whole lot of calorie burning and fun!

Drop in: January 8, 10, 15, 17
Session: Tuesday & Thursday, January 22 - February 28
Time: 5 - 6 pm
Cost: $12 (drop in), $120 (session)

**Zumba Toning**

Zumba dance with free weights? Challenge accepted! Throw in some resistance training and Bender Ball floor work to really firm and shape your body.

Session: Tuesday & Thursday, March 5 - April 11
Time: 10 - 11 am
Cost: $12 (drop in), $120 (session)

---

**PERSONAL TRAINING**

Come in for a free consultation. You will be provided with the information you need prior to your purchase.

**TRAINING PACKAGES**

**PERSONAL PROGRAM & GOAL SETTING (1.5 HOURS)**

$89.50 (adults), $79 (seniors)

Session includes goal setting, general nutrition counselling, individual program design, and equipment orientation.

**FITNESS APPRAISAL (1.5 HOURS)**

$89.50 (adults), $79 (seniors)

Involves measuring various components of physical fitness: body composition, cardio-respiratory fitness, muscular strength and endurance, balance, and flexibility.

**COMBO PACKAGE (3 HOURS)**

$157.75 (adults), $136.50 (seniors)

Includes the Personal Program & Goal Setting and Fitness Appraisal.

**DYNAMIC POSTURAL ASSESSMENT (1.5 HOURS)**

$100 (adults), $89.50 (seniors)

Includes a total body muscle balance & postural assessment, which will be used to develop a personalized program to improve muscle symmetry and efficiency.

**BODY COMPOSITION ASSESSMENT (30 MINUTES)**

$26.50 (adults), $21 (seniors)

Includes total body measurements, body mass index (BMI), weight, and height measurements.

---

**TRAINING HOURLY RATES**

<table>
<thead>
<tr>
<th></th>
<th>ADULT</th>
<th>SENIOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 HR</td>
<td>$58</td>
<td>$52.50</td>
</tr>
<tr>
<td>3 HR</td>
<td>$157.50</td>
<td>$142</td>
</tr>
<tr>
<td>5 HR</td>
<td>$241.75</td>
<td>$220.75</td>
</tr>
<tr>
<td>10 HR</td>
<td>$451.75</td>
<td>$420.25</td>
</tr>
<tr>
<td>20 HR</td>
<td>$840.50</td>
<td>$788</td>
</tr>
</tbody>
</table>

If you want to train with a partner, add $21 to hourly rate.

---

**DID YOU KNOW?**

Youth aged 13+ can attend any adult fitness class when accompanied by a parent or guardian.
**Recreation Leagues**

Bump, set and spike with friends in these social, recreational volleyball leagues! Teams can expect round-robin league play with season end playoffs. Winning teams’ names will be engraved on trophies. Teams are responsible for officiating, scoring own games and submitting score sheets at end of each night.

**Are you an individual player looking for a team to join?**
Contact us and we’ll try to find a team for you. Register at the Bold Center’s front desk or call 780-623-3829.

**Mixed Volleyball League** (max 12 teams)

- **Session:** Wednesday, September 19 - December 5
- **Time:** 7 - 10 pm
- **Cost:** $275 per team
  (Register by September 5 to receive 15% off)

**Ladies Volleyball League** (max 12 teams)

- **Session:** Wednesday, January 24 - March 28
- **Time:** 7 - 10 pm
- **Cost:** $275 per team
  (Register by January 10 to receive 15% off)

---

**Fitness Workshops**

**FALL WORKSHOPS**

- **Healthy Back, Functional Core**
  Do you suffer from back pain? Would you like to be stronger and more efficient in your day-to-day movement? Do you wish you had a smaller waistline and better posture? If you answered yes to any of these questions, then this class is worth checking out.
  - **Day:** Saturday, October 13
  - **Time:** 9 - 10:30 am
  - **Cost:** $20

- **Stretched to the Max**
  PNF stands for Proprioceptive Neuromuscular Facilitation. The technique involves combining passive stretching with isometric muscle contracting in order to maximize stretching techniques. In this workshop we will use straps and partners. This is the perfect opportunity to bring your friend or partner and learn together.
  - **Day:** Saturday, November 3
  - **Time:** 9 - 10:30 am
  - **Cost:** $20

**WINTER WORKSHOPS**

- **Muscle Release (SMR Stretching)**
  Do you suffer from muscle tension? Do you wish you were more flexible? This workshop will teach you how to alleviate tension in those knots and fascia, allowing you to achieve greater muscle length.
  - **Day:** Saturday, February 23, 2019
  - **Time:** 9 - 10:30 am
  - **Cost:** $20

- **The Foot & Ankle - Injury Prevention**
  The structure of the foot and ankle is complex, carrying us through all that we do. This workshop will teach you methods to improve circulation, range of motion, and strength, helping you to move and feel better.
  - **Day:** Saturday, April 6, 2019
  - **Time:** 9 - 10:30 am
  - **Cost:** $20

---

**Please note:** there needs to be a minimum of three participants registered in order for workshops to run. Register in person at the Bold Center or call 623-3829.
Pre-registration is required for all programs. If minimum numbers are not met, programs are subject to cancellation. For drop in programs, refer to Bold Center Cenovus Fieldhouse drop-in opportunities schedule on page 15.

Active Kids Club

Explore different physical activities, sports and team challenges each week, where fun is the focus! Participants will be introduced to several activities, learning basic physical literacy and rules in a supportive, non-competitive environment. Offered in partnership with Canadian Natural Resources Limited.

| Session 1: Tuesdays, Sept. 25 - Oct. 30 |
| Session 2: Tuesdays, Nov. 13 - Dec. 18 |
| Time: 6 - 7:30 pm |
| Location: Bold Center |
| Ages: 5 - 8 (juniors); 9 - 12 (seniors) |
| Cost: $35 (session) |

Fun & Fit Fridays

Keep your kids physically fit with this active afternoon recreation program. Recreation staff will organize and lead various sports, group games, physical literacy skills and team building/challenge activities guaranteed to get your kids moving, having fun and being more active. When available, our certified fitness instructors will teach age-appropriate fitness classes to get heart rates pumping and calories burning in a fun, interactive environment!

| Day(s): Fridays, Sept. 21, Oct. 5, Nov. 23, Mar. 8 & Mar. 22 |
| Time: 12:30 - 4:30 pm |
| Location: Bold Center |
| Ages: 5 - 12 |
| Cost: $15 per day |

Youth Night Out

Ditch your parents and kick off your weekend with friends participating in recreational games, activities and sports. Activities will include floor hockey, touch football, blind volleyball, dodgeball, rounders, obstacle courses and team challenges in a fun, team-minded environment. Pizza will be provided, as this program is sure to work up an appetite!

| Day(s): Oct. 19, Nov. 30, Jan. 25, Mar. 15 |
| Time: 5:30 - 8 pm |
| Location: Bold Center |
| Ages: 5 - 12 |
| Cost: $10 |

DEVELOPMENTAL DOMAINS

Lac La Biche County is committed to encouraging healthy childhood development. We design our children’s programs with the goal of improving one or more of these five developmental domains in all participants.

Seeing one of these symbols next to a program means that it fosters development in that domain.

- **Physical Health & Well-being**
  - Encouraging physical growth and independence, gross and fine motor skills and coordination.

- **Communication Skills & General Knowledge**
  - Encouraging open communication of needs and wants in a socially appropriate way, storytelling and an appropriate awareness of the outside world.

- **Emotional Maturity**
  - Encouraging age-appropriate emotional understanding, empathy, reflection, and controlled actions (thinking before doing).

- **Social Competence**
  - Encouraging curiosity about the world, respect for adults and other children, following rules/instructions, independence and self confidence.

- **Language and Thinking Skills**
  - Encouraging reading, writing, classification of shapes, numbers, colours, size and concepts.

Watch for more on fitness classes for youth, family, and parent/their tots in the new year!
## Winter Break Sports Camps

### Racquets Camp
Have a smashing good time and make a racquet in this recreational sport camp designed to teach youth the FUNdamentals of racquet sports! Participants will learn the basic rules, scoring and boundaries for tennis, badminton, cricket and pickle ball. Skills, drills and round-robin play will be incorporated, and we’ll finish off the camp with a mini-tournament.

<table>
<thead>
<tr>
<th>Day(s):</th>
<th>January 2 - 4, 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time:</td>
<td>12:30 - 4:30 pm</td>
</tr>
<tr>
<td>Location:</td>
<td>Bold Center</td>
</tr>
<tr>
<td>Ages:</td>
<td>8 - 12</td>
</tr>
<tr>
<td>Cost:</td>
<td>$45</td>
</tr>
</tbody>
</table>

### Skates & Snow Camp
In this camp, participants will need to dress for the elements and be prepared to take to the ice! Skating drills, broomball, silly shoot-outs and fun ice competitions will be incorporated for half the afternoon. After a short snack break, participants will head outside for snow making activities, scavenger hunts, snowball games, snowshoeing and more!

*Participants must provide their own skates and helmets.*

<table>
<thead>
<tr>
<th>Day(s):</th>
<th>January 2 - 4, 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time:</td>
<td>12:30 - 4:30 pm</td>
</tr>
<tr>
<td>Location:</td>
<td>Bold Center</td>
</tr>
<tr>
<td>Ages:</td>
<td>5 - 12</td>
</tr>
<tr>
<td>Cost:</td>
<td>$45</td>
</tr>
</tbody>
</table>

---

### Physical Literacy: More Than Just Movement

**Physical Literacy And You**

Kids who learn how to run, throw, and catch develop the confidence they need to participate in lifelong sports and activity. These kids grow into happy, healthy, and well-adjusted adults, who then pass on healthy habits to their families and communities.

At the Bold Center, we design all our child and youth programming to encourage physical literacy, the mastery of fundamental movement skills, and lifelong activity. To learn more about the programs and activities we offer, check out this guide, and call us at 780-623-3829 for more details.
**Youth Workshops**

**FITNESS**

**Access Fitness 1**
Are you between the ages of 12 & 15 and interested in gaining early access to the Cenovus Fitness Centre? This introductory course will teach you the basics of setting up and using the resistance training machines, cables stations and cardio equipment. This hands-on, fun and interactive workshop will also cover basic nutrition, facility rules, etiquette, and safety.

- **Day(s):** Friday: Sept.21, Oct. 20, Dec. 1, Jan. 18, Mar. 30
- **Time:** 9:30 am - 12:30 pm
- **Location:** Cenovus Fitness Centre, Bold Center
- **Ages:** 12 - 15
- **Cost:** $25

**Access Fitness 2**
This course will take your Access Fitness basics to the next level. You will be working with the trainer on more specific exercises using free weights and cable machines so that you are more confident in the fitness centre.

- **Day(s):** Friday: November 23 and March 22
- **Time:** 9 - 11 am
- **Location:** Cenovus Fitness Centre, Bold Center
- **Ages:** 12 - 15
- **Prerequisites:** Access Fitness 1
- **Cost:** $20

**Please note:** there needs to be a minimum of three participants registered in order for fitness workshops to run. Register in person at the Bold Center or call 623-3829.

**OTHER**

**Babysitting Course**
Canada Safety Council’s Babysitting Course is a course designed to teach babysitting, leadership and first aid skills in a fun and informative way. Call 780-623-6754 for details.

- **Day(s):** Saturday, October 20
- **Time:** 9 am - 4 pm
- **Location:** Viewpoint Room, Bold Center
- **Ages:** 12 - 15
- **Cost:** $50

**Class 7 Learner’s Licence Preparation Course**
An interactive course for youth aged 14+ who want help preparing for the written Learner’s Licence test. Courses are held throughout the year.

- **Day(s)/Time:**
  - Thursday, Sept. 20: 4 - 8 pm
  - Friday, Sept. 21: 9 am - 3 pm
  (participants must attend both days)
- **Location:** Viewpoint Room, Bold Center
- **Ages:** 14+
- **Cost:** Free

**Home Alone**
A course created for the nine and ten year-old age group who may occasionally be left alone for short periods of time. Designed to teach children the skills necessary for staying safe. Call 780-623-6754 for details.

- **Day(s):** Friday, October 19
- **Time:** 6 - 9 pm
- **Location:** Viewpoint Room, Bold Center
- **Ages:** 9 - 12
- **Cost:** $20

**Teen Chill Zone**
Friday nights just got cooler! Teen Chill Zone is a free program offered twice a month by FCSS. Make new friends and enjoy a local activity. Past Chill Zone events have included bowling, sledding, skating, playing pool and even going to St. Paul to see a movie. Pre-registration is required. Watch the FCSS Facebook page for upcoming activities and registration deadlines.

- **Day(s):** Sept. 28, Oct. 12, Oct. 26, Nov. 9, Nov. 30, Dec. 14
- **Time:** Dependent on activity
- **Location:** Dependent on activity. Activities TBA.
- **Ages:** 13 - 17
- **Cost:** Free

**MOVIES IN THE PARK**
Showtimes at 8:30 pm

**COCO**
September 7 - Plamondon Festival Centre

**BLACK PANTHER**
September 14 - McArthur Park

**JUMANJI**
September 21 - Bold Center (drive-in theatre style)

Bring chairs and blankets for Coco and Black Panther, and bring the whole family in the car to see Jumanji at the drive-in theatre (an FM transmitter will be used)!
**Fee Assistance for Youth**

**KID SPORT**

In 2017, Kidsport™ Lac La Biche sponsored 151 children in sports and provided $27,115 in funding to cover sport registration fees.

KidSport provides grants to families facing financial barriers to participating in registered children's sport programs. They cover up to $400 of sports registration fees per child per year for eligible families.

**How to Apply:**

1. Contact KidSport™ Lac La Biche by emailing laclabiche@kidsport.ab.ca for an application form. Application forms are also available at the Bold Center, Portage Pool and Plamondon Arena and online at http://boldcenter.ca/bold-centre-programs/child-and-youth-programs/

2. Find an eligible sport program/course your child would like to join and register him/her.

3. Complete the all sections and information on the KidSport™ Lac La Biche application form.

4. Drop off completed application forms to Bold Center or Portage Pool during regular business hours, email a copy to laclabiche@kidsport.ab.ca or mail your application to: KidSport™ Lac La Biche, Box 1079, Lac La Biche, AB T0A 2C0

For additional information about KidSport™, visit: www.kidsportcanada.ca.

**EVERYBODY GETS TO PLAY**

The Lac La Biche County Recreation department also offers a financial assistance program to ensure every child has the opportunity to participate in recreation programs! Everybody Gets to Play (EGPT) removes financial barriers for families on low income, AISH, unemployed or receiving income support from the provincial government.

Application forms are available at Bold Center and Portage Pool or online at http://boldcenter.ca/bold-centre-programs/child-and-youth-programs/

Call 780-623-6357 for questions or eligibility.

---

**Spooktacular Halloween Event**

Join us at the Bold Center for a free community Halloween party!

**Sunday, October 28 from 1 to 4 pm**

Cenovus Fieldhouse #1

Have a hauntingly good time, shake your skeleton bones on the dance floor, play some spooky theme games and indulge in gooey, tasty treats at the Spooktacular Halloween Event!

This year’s theme is Barnyard Hoedown, so grab your cowboy boots & hats, your best farm animal costume and head on down to the Bold Center for some good ol’ barnyard fun! Everyone is welcome to attend this FREE community event. (Children under 9 years must be accompanied by parent/guardian.)

Costume contest starts at 3:30 pm.
FAMILY PROGRAMS

Parent Link

The Parent Link Centre provides families with the information and services they need to help their children develop and enter school ready to learn. Parent Link offers parent education and child interactive programs throughout the week, with services that include:

- Information for parents on child development ages 0 to 6;
- Opportunities to connect with other parents and families;
- Drop-in times for structured and unstructured play (always parent-supervised);
- Programs that encourage your child to move, play, and sing;
- Links to other helpful community resources; and
- A friendly Parent Link programmer to chat with.

Parent Link Centres are community-planned and community-based, and all services are free. They are centres of excellence that provide parents and families with comprehensive support.

Call 780-623-6365 or see our calendars for more information. Parent Link is located in the Child Mind Centre inside the Bold Center. Follow us on Facebook at “llbparentlink.”

PARENT RESOURCES

Parent Information Day

A free drop-in Information session for parents with a Parent Link programmer to receive resources. Take advantage of free child care services while you chat with our programmer.

| Time: | 10 am - 1 pm (drop in) |
| Location: | Parent Link Centre |
| Cost: | Free |

Ages and Stages Questionnaire

Ask us about our Ages and Stages Questionnaire (ASQ), which looks at children’s skills in five developmental areas including: Communication, Fine Motor, Gross Motor, Problem-Solving, and Personal-Social. This developmental check-up is available for children 2-60 months.

Talk Box

The purpose of the Talk Box is to give parents suggestions to help create language-rich environments at home, in the park, at the mall, or anywhere. It is meant to be a resource for any parent.

Triple P Program

The Triple P program is a multi-level system of family supports designed to promote positive and caring family relationships and provide parents with effective, age-appropriate behavior management strategies.

Triple P Seminars

The Triple P program is a multi-level system of family supports designed to promote positive and caring family relationships and provide parents with effective, age-appropriate behavior management strategies. We provide free child care and a snack. All parents who complete the seminar will receive a certificate.

You must pre-register with Parent Link at (780) 623-6365.

| Day(s): | October 15: The Power of Positive Parenting October 22: Raising Confident, Competent Children October 29: Raising Resilient Children |
| Time: | 10:30 am - 12 pm |
| Location: | Bold Center |
| Cost: | Free |

It Takes a Village Parenting Series

The “It Takes a Village” program is based on the idea that caring for younger citizens should be a shared community goal, and the program’s aim is to encourage people to address issues together.

Sessions occur once per month and include a guest speaker to address the topic, followed by time for discussion. Resources will be available at the session, in addition to contact information where parents can get more information or further support.

Light supper included. All sessions are free of charge.

See page 47 for details about workshops happening in September and October 2018.
# Parent Link Programs

## CAREGIVERS & CHILDREN AGES 0 - 6

### Plamondon Crafternoon

Crafternoon gives caregivers the chance to spend the afternoon with their budding artist. A variety of toys and activities will be available to suit other preferences.

| Session:  | First and third Monday every month, Sept. 17 - Apr. 15 |
| Time:     | 10:30 am - 12:30 pm |
| Location: | Plamondon Festival Centre |
| Cost:     | Free |

### Roaming Rhyme Time

Join us at the Plamondon Festival Centre for a program filled with rhymes, stories, songs and special guests! *Offered in partnership with Lac La Biche County Libraries.*

| Session:  | Second and fourth Tuesday every month, Sept. 25 - Apr. 23 |
| Time:     | 10:30 - 11:30 am |
| Location: | Plamondon Festival Centre |
| Cost:     | Free |

### Rhyme Time

Join us in Lac La Biche for a program filled with rhymes, stories, songs and special guests! *Offered in partnership with Lac La Biche County Libraries.*

| Session:  | Thursday, Sept. 13 - Apr. 25 |
| Time:     | 10:30 - 11:30 am |
| Location: | Wildrose Room, Bold Center |
| Cost:     | Free |

### Tumble Kids

Tumble Kids is designed to help children develop gross motor skills though fun, physical activity. This is a great way to get out and get active with your family.

| Session:  | Tuesday, Sept. 11 - Apr. 30 |
| Time:     | 10:30 am - 12 pm (10 - 11 am when at Portage Pool) |
| Location: | Cenovus Fieldhouse 1, Bold Center |

*Tumble Kids will be at Portage Pool the first Tuesday of the month (Oct. 2, Nov. 6, Dec. 4, Jan. 8, Feb. 5, Mar. 5, Apr. 2). Water time from 10 - 11 am. Take extra time before and after to change!*

| Cost:     | Free |

### Crafternoon

Crafternoon gives caregivers the chance to spend the afternoon with their budding artist. A variety of toys and activities will be available to suit other preferences. *Offered in partnership with Child Mind.*

| Session:  | Wednesday, Oct. 13 - Apr. 24 |
| Time:     | 1 - 3 pm |
| Location: | Cenovus Child Mind Centre |
| Cost:     | Free |

### Developmental Domains

<table>
<thead>
<tr>
<th>Domain:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Health &amp; Well-being</td>
</tr>
<tr>
<td>Communication Skills &amp; General Knowledge</td>
</tr>
<tr>
<td>Emotional Maturity</td>
</tr>
<tr>
<td>Social Competence</td>
</tr>
<tr>
<td>Language and Thinking Skills</td>
</tr>
</tbody>
</table>

### Gym Jam

Spend quality time with your family members and get physically active. *Offered in partnership with Portage College.*

| Session:  | TBA |
| Time:     | TBA |
| Location: | Portage College Gym |
| Cost:     | Free |

### Family Fun Night

Spend quality time with your family and get active with a variety of toys and games.

| Session:  | Once a month Thursday Oct. 18, Nov. 15, Dec. 13, Jan. 17, Feb. 21, Mar. 21, Apr. 25 |
| Time:     | 5:30 - 7:30 pm |
| Location: | Plamondon Festival Centre |
| Cost:     | Free |

### Stay and Play

Play/crafts in our great playroom on a Saturday morning. Bring the whole family or spend 1-on-1 time with your little one!

| Session:  | TBA |
| Time:     | TBA |
| Location: | Cenovus Child Mind Centre |
| Cost:     | Free |
PRE-REGISTERED PROGRAMS

The following programs are free, but you must pre-register to attend. Please contact the Stuart MacPherson Public Library at 780-623-7467 to register. These programs run in partnership with Stuart MacPherson Public Library, Alberta Health Services, and Parent Link. Programs take place in the Wildrose Room at the Bold Center. Free childcare for siblings available at the Child Mind Cenovus Play Centre.

Rattle and Chat
A drop-in program for parents and caregivers with infants ages 0 to 17 months. Share ideas, experience, and challenges while connecting with local professionals in casual settings. Free child care is available for older siblings. In partnership with Alberta Health Services and the Lac La Biche County Library.

| Session 1 | Wednesday, Sept. 5 - Oct. 10 |
| Session 2 | Wednesday, Jan. 16 - Feb. 20 |
| Time:      | 10:30 - 11:30 am |
| Location:  | Wildrose Room, Bold Center |
| Cost:      | Free |

Chicka Chicka Book Club
For parents or caregivers with infants 18 to 35 months. Join us for story time followed by interactive play activities at move, pretend and think centres.

| Session 1 | Wednesday, Oct. 17 - Dec. 13 |
| Session 2 | Wednesday, Feb. 27 - May 8 |
| Time:      | 10:30 - 11:30 am |
| Location:  | Wildrose Room, Bold Center |
| Cost:      | Free |

Read and Roll
Read and Roll is a free parent/child interactive program for 3 and 4 year olds. We read books and roll with activities to explore story concepts.

| Session 1 | Thursday, Sept. 13 - Oct. 25 |
| Session 2 | Thursday, Nov. 1 - Dec. 13 |
| Session 3 | Thursday, Feb. 28 - Apr. 12 |
| Session 4 | Thursday, Apr. 25 - Jun. 6 |
| Time:      | 1:00 - 1:45 pm, 2:00 - 2:45 pm |
| Location:  | Wildrose Room, Bold Center |
| Cost:      | Free |

Please be advised that program schedule may change. Please follow Parent Link on Facebook or see our monthly calendars for more information.
DATE: Sunday, November 4
TIME: 4 - 5 pm
LOCATION: Devon Room, Bold Center

FREE!

www.willmusic.ca @willstroetmusic
SENIORS’ PROGRAMS

50+ Walk On
This program is offered in partnership with Alberta Health Services for individuals aged 50+ years. Get fit and stay active while socializing with friends and taking in the amazing views from the Canadian Natural Track.

<table>
<thead>
<tr>
<th>Session</th>
<th>Monday, Wednesday, Friday year-round.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>9 - 10:30 am</td>
</tr>
<tr>
<td>Location</td>
<td>Bold Center</td>
</tr>
<tr>
<td>Cost</td>
<td>Free</td>
</tr>
</tbody>
</table>

50+ Strengthen & Stretch
Stretch & Strengthen is tied in with the 50+ Walk On program. Join our CSEP-certified trainer for a 30-minute exercise class that focuses on fun while improving strength and flexibility.

<table>
<thead>
<tr>
<th>Session</th>
<th>Monday, September 4 - April 11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>9:30 - 10 am</td>
</tr>
<tr>
<td>Location</td>
<td>Bold Center</td>
</tr>
<tr>
<td>Cost</td>
<td>Free</td>
</tr>
</tbody>
</table>

FCSS Seniors’ Aquafit
A free seniors’ Aqua Fit course suited for participants who may have mobility challenges or prefer a low-impact class. After the class, participants can enjoy snacks and conversation.

<table>
<thead>
<tr>
<th>Session 1:</th>
<th>Tuesday, September 25 - December 11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 2:</td>
<td>Tuesdays, January 22 - March 2</td>
</tr>
<tr>
<td>Time</td>
<td>10 - 11 am</td>
</tr>
<tr>
<td>Location</td>
<td>Portage Pool</td>
</tr>
<tr>
<td>Cost</td>
<td>Free</td>
</tr>
</tbody>
</table>

Seniors’ Holiday Social
Celebrate the holiday season with food, music, and door prizes! Free transportation available upon request.

<table>
<thead>
<tr>
<th>Day</th>
<th>Thursday, December 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>11 am - 3 pm</td>
</tr>
<tr>
<td>Location</td>
<td>Devon Room, Bold Center</td>
</tr>
<tr>
<td>Cost</td>
<td>Free</td>
</tr>
</tbody>
</table>

SMILE (Seniors Maintaining Independent Living Experiences) Program
A program for seniors who have difficulty accessing programs outside their homes. Let us help you live your best life possible. Includes lunch, transportation and activities.

<table>
<thead>
<tr>
<th>Session</th>
<th>Wednesday, year round</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>9:30 am - 1:30 pm</td>
</tr>
<tr>
<td>Location</td>
<td>Dependent on weekly activity</td>
</tr>
<tr>
<td>Cost</td>
<td>$10 per day</td>
</tr>
<tr>
<td>Registration</td>
<td>Please call Lise at 780-623-6726 for more details and to register.</td>
</tr>
</tbody>
</table>

For information about other supports for seniors (like paratransit) please see page 45.

Sports Hall of Fame
Do you know someone who has made a significant, positive contribution to sport in Lac La Biche?

The Lac La Biche County Sports Hall of Fame, located in the Bold Center, recognizes those who have dedicated their lives and passion to sport in the community, and celebrates and honours individual and team achievements.

Visit boldcenter.ca/sports-hall-of-fame/ for more details.

Nominations accepted until October 1st annually.
Amenities
◊ 5 lane Main Pool:
  1-3.5m deep, 28°C
◊ Wading Pool:
  graduated depth, 31°C
◊ 25 person Hot Tub:
  0.9m deep, 40°C
◊ Wet steam room
◊ 1m spring board
  and swing rope
◊ Accessible stairs and lift
  into Main Pool

Contact
Guest Services Desk | 780-623-6777
Email | poolstaff@laclabichecounty.com
Web | boldcenter.ca/portage-pool/
Address | 9531 94 Avenue,
Lac La Biche, AB, T0A 2C0
Facebook | facebook.com/portagepool

Closures
Portage Pool is closed Tuesday, December 25 and Tuesday, January 1.

HOLIDAYS
Portage Pool operates on holiday hours on selected days, cancelling all programs and scheduled swims except for an open swim from 1 – 4 pm on the following days:

FALL 2018
Monday, October 8
Sunday, November 11
Monday, December 24
Wednesday, December 26
Monday, January 31

WINTER 2019
Monday, February 18

Family Friday Swims
Open swim from 1:30-3:30 pm each Family Friday, following the NLSD schedule.

FALL 2018
Friday, October 5
Friday, November 23
Friday, December 7

WINTER 2019
Friday, January 18
Friday, February 15
Friday, March 8
Friday, March 22

FACILITY UPGRADES
Portage Pool is closed from Saturday, September 1 at 4pm until Sunday, September 16, 2018 inclusive in order to perform regular facility maintenance and upgrades. Portage Pool will reopen on the fall 2018/winter 2019 public swim schedule on Monday, September 17. Follow Portage Pool on Facebook to keep up to date on progress during the closure.

HOT TUB CLEANING
Portage Pool staff drain and clean the hot tub basin once per month. Subscribe to our email service or Facebook page to hear about when this maintenance will take place.
## Public Swim Schedule

### PUBLIC SWIM SCHEDULE (SEPTEMBER 2018 - MARCH 2019)

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NEW</strong> Lane Swim 12 - 1 pm</td>
<td><strong>NEW</strong> Lane Swim 11 am - 12:45 pm</td>
<td><strong>NEW</strong> Lane Swim 11 am - 12:45 pm</td>
<td><strong>NEW</strong> Lane Swim 11 am - 12:45 pm</td>
<td><strong>NEW</strong> Lane Swim 11 am - 12:45 pm</td>
<td><strong>NEW</strong> Adult Lane Swim 11 am - 1 pm</td>
<td><strong>NEW</strong> Open Swim 1 - 4 pm</td>
</tr>
<tr>
<td>Toonie Swim 1 - 4 pm</td>
<td>Open Swim 6:30 - 8 pm</td>
<td>Open Swim 6:30 - 8 pm</td>
<td>Open Swim 6:30 - 8 pm</td>
<td>Open Swim 6:30 - 8 pm</td>
<td>Open Swim 6:30 - 8 pm</td>
<td><strong>NEW</strong> Wibit Swim 2 - 4 pm</td>
</tr>
<tr>
<td>Women's Only Swim 4:30 - 5:30 pm</td>
<td>Adult Lane Swim 8 - 9 pm</td>
<td>Adult Lane Swim 8 - 9 pm</td>
<td>Adult Lane Swim 8 - 9 pm</td>
<td>Adult Lane Swim 8 - 9 pm</td>
<td>Adult Lane Swim 8 - 9 pm</td>
<td><strong>NEW</strong> Adult Lane Swim 8 - 9 pm</td>
</tr>
</tbody>
</table>

Swims identified with a star (*) will only have three lanes available while a lesson or program takes place in two lanes.  
Hours and fees are subject to change.  
For the most up-to-date information, please call Portage Pool at 780-623-6777, subscribe to our email list, or follow us on Facebook.

**Wibit swims are scheduled once per month, refer to the Aquatrack information on page 42 for more details.**

---

## Fees and Pool-Only Memberships

According to Lac La Biche County Bylaw 17-018, all recreation fees have changed on September 1, 2018.

<table>
<thead>
<tr>
<th></th>
<th>TODDLERS (0-3)</th>
<th>YOUTH (4-17)</th>
<th>ADULT (18-59)</th>
<th>SENIORS (60+) &amp; STUDENTS*</th>
<th>FAMILY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day Pass</strong></td>
<td>FREE</td>
<td>$4.00</td>
<td>$5.75</td>
<td>$4.55</td>
<td>$14.50</td>
</tr>
<tr>
<td><strong>10 Pass</strong></td>
<td>$33.75</td>
<td>$47.75</td>
<td>$38.75</td>
<td>$110.75</td>
<td></td>
</tr>
<tr>
<td><strong>Monthly Membership</strong></td>
<td>$28.50</td>
<td>$45.00</td>
<td>$33.50</td>
<td>$74.00</td>
<td></td>
</tr>
<tr>
<td><strong>3 Month Membership</strong></td>
<td>$64.25</td>
<td>$101.00</td>
<td>$93.00</td>
<td>$166.50</td>
<td></td>
</tr>
<tr>
<td><strong>6 Month Membership</strong></td>
<td>$120.00</td>
<td>$188.50</td>
<td>$140.25</td>
<td>$310.50</td>
<td></td>
</tr>
<tr>
<td><strong>Annual Membership</strong></td>
<td>$222.75</td>
<td>$350.00</td>
<td>$260.50</td>
<td>$576.75</td>
<td></td>
</tr>
</tbody>
</table>

**10 PASS** is valid for 1 year from the date of purchase. **STUDENTS** must show their ID every time to qualify for student pricing.  
**FAMILY** consists of 2 adults and 3 child/youth bathers, or 1 adult and 4 child/youth bathers.

---

**FAMILY DAY FUN STARTS WITH A SWIM AT THE POOL.**

**MONDAY, FEB. 18 • 1 - 4 PM • $2 DONATION**
November is CPR Month

Did you know that...

• More than 50,000 Canadians die of heart disease every year.
• Nearly 60 per cent of Canadians who have had to perform first aid did so to help a family member.
• Canadians who have taken a first aid course are considerably more confident in their skills to be able to help someone experiencing a medical emergency.

Portage Pool offers first aid and CPR courses throughout the year, but during the month of November we spread the word about the importance of learning CPR. Subscribe to our email list and follow us on Facebook to find out more about special learning opportunities offered throughout the month!
Red Cross Swim Kids (6 years+)

Swim Kids 1
Swimmers develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits, and swim 5 metres.

Swim Kids 2
Build skills for front/back swims in deep water, and build endurance in flutter kick with assisted glides. Learn proper use of Personal Flotation Devices (PFDs).

REQUIREMENT | Swim Kids 1.

Swim Kids 3
Learn front crawl, diving, and making wise choices around water. Work on floats and changing direction in water. Build strength in flutter kick and swim 15 metres continuously.

REQUIREMENT | Swim Kids 2.

Swim Kids 4
Develop front crawl and back glides with shoulder roll. Work on kneeling dives and surface support. Build strength in a 25-metre continuous swim.

REQUIREMENT | Swim Kids 3.

Swim Kids 5
Develop sculling and safe boating skills. Learn back crawl and whip kick on back. Develop endurance through 50-metre continuous swim.

REQUIREMENT | Swim Kids 4.

Swim Kids 6
Work on front and back crawl. Introduce elementary back stroke and dolphin kick. Build endurance through a 75-metre continuous swim. Introduce safety on ice, basic water rescues with a throwing assist, treading water, and front dives.

REQUIREMENT | Swim Kids 5.

Swim Kids 7
Continue to build skills and endurance for front crawl, back crawl, and elementary back stroke. Introduce whip kick on front. Increase endurance through timed treading water and a 150-metre continuous swim.

REQUIREMENT | Swim Kids 6.

Swim Kids 8
Introduce breast stroke, foot-first surface dives, and rescue entries. Learn the dangers of open water and hypothermia. Perform rescue breathing on children and adults. Build endurance through dolphin kick and a timed 300-metre continuous swim.

REQUIREMENT | Swim Kids 7.

Swim Kids 9
Practice front crawl, back crawl, elementary back stroke, and breast stroke. Build endurance through a 400-metre continuous swim. Work on head-first shallow dives and learn about wise choices, peer influences, and self-rescue from ice.

REQUIREMENT | Swim Kids 8.

Swim Kids 10
Increased stroke and endurance development. Learn about sun safety, rescuing others from the ice, and head-first surface dives. Build endurance using dolphin kick and a timed 500-metre continuous swim.

REQUIREMENT | Swim Kids 9.

FALL DATES TO REMEMBER

All programs begin the week of Tuesday, October 9, 2018, and end the week of Monday, December 10, 2018.
## Fall Swimming Lessons

### RED CROSS PRESCHOOL

<table>
<thead>
<tr>
<th>Course</th>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starfish/Duck Combo (aged 4 - 24 months)</td>
<td>Fri.</td>
<td>6 - 6:30 pm</td>
<td>$48.60</td>
</tr>
<tr>
<td></td>
<td>Sat.</td>
<td>10:30 - 11 am</td>
<td>$54</td>
</tr>
<tr>
<td>Sea Turtle (aged 24-36 months)</td>
<td>Tues.</td>
<td>3:30 - 4 pm</td>
<td>$60</td>
</tr>
<tr>
<td></td>
<td>Wed.</td>
<td>4:30 - 5 pm</td>
<td>$60</td>
</tr>
<tr>
<td></td>
<td>Thurs.</td>
<td>9 - 9:30 am</td>
<td>$60</td>
</tr>
<tr>
<td></td>
<td>Fri.</td>
<td>3:30 - 4 pm</td>
<td>$54</td>
</tr>
<tr>
<td></td>
<td>Sat.</td>
<td>9 - 9:30 am</td>
<td>$60</td>
</tr>
<tr>
<td>Sea Otter (aged 3+)</td>
<td>Tues.</td>
<td>4 - 4:30 pm</td>
<td>$60</td>
</tr>
<tr>
<td></td>
<td>Wed.</td>
<td>4:30 - 5 pm</td>
<td>$60</td>
</tr>
<tr>
<td></td>
<td>Wed.</td>
<td>5 - 5:30 pm</td>
<td>$60</td>
</tr>
<tr>
<td></td>
<td>Thurs.</td>
<td>9:30 - 10 am</td>
<td>$60</td>
</tr>
<tr>
<td></td>
<td>Fri.</td>
<td>4 - 4:30 pm</td>
<td>$54</td>
</tr>
<tr>
<td></td>
<td>Sat.</td>
<td>9:30 - 10 am</td>
<td>$60</td>
</tr>
<tr>
<td>Salamander</td>
<td>Wed.</td>
<td>4 - 4:30 pm</td>
<td>$60</td>
</tr>
<tr>
<td></td>
<td>Thurs.</td>
<td>10 - 10:30 am</td>
<td>$60</td>
</tr>
<tr>
<td></td>
<td>Thurs.</td>
<td>5:30 - 6 pm</td>
<td>$60</td>
</tr>
<tr>
<td></td>
<td>Sat.</td>
<td>10 - 10:30 am</td>
<td>$60</td>
</tr>
<tr>
<td>Sunfish</td>
<td>Fri.</td>
<td>4:30 - 5 pm</td>
<td>$54</td>
</tr>
<tr>
<td>Crocodile/Whale</td>
<td>Tues.</td>
<td>6 - 6:30 pm</td>
<td>$60</td>
</tr>
</tbody>
</table>

### RED CROSS SWIM KIDS (AGED 6+)

<table>
<thead>
<tr>
<th>Course</th>
<th>Day</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swim Kids 1</td>
<td>Tues.</td>
<td>5 - 5:30 pm</td>
<td>$60</td>
</tr>
<tr>
<td></td>
<td>Wed.</td>
<td>4:30 - 5 pm</td>
<td>$60</td>
</tr>
<tr>
<td></td>
<td>Wed.</td>
<td>5:30 - 6 pm</td>
<td>$60</td>
</tr>
<tr>
<td></td>
<td>Thurs.</td>
<td>4:30 - 5 pm</td>
<td>$60</td>
</tr>
<tr>
<td></td>
<td>Thurs.</td>
<td>5 - 5:30 pm</td>
<td>$60</td>
</tr>
<tr>
<td></td>
<td>Fri.</td>
<td>5 - 5:30 pm</td>
<td>$54</td>
</tr>
<tr>
<td>Swim Kids 2</td>
<td>Tues.</td>
<td>5:30 - 6 pm</td>
<td>$60</td>
</tr>
<tr>
<td></td>
<td>Wed.</td>
<td>5 - 5:30 pm</td>
<td>$60</td>
</tr>
<tr>
<td></td>
<td>Thurs.</td>
<td>4:30 - 5 pm</td>
<td>$60</td>
</tr>
<tr>
<td></td>
<td>Fri.</td>
<td>5:30 - 6 pm</td>
<td>$54</td>
</tr>
<tr>
<td>Swim Kids 3</td>
<td>Tues.</td>
<td>6 - 6:30 pm</td>
<td>$60</td>
</tr>
<tr>
<td></td>
<td>Wed.</td>
<td>6 - 6:30 pm</td>
<td>$60</td>
</tr>
<tr>
<td>Swim Kids 4</td>
<td>Tues.</td>
<td>4:30 - 5:15 pm</td>
<td>$81</td>
</tr>
<tr>
<td></td>
<td>Fri.</td>
<td>4:45 - 5:30 pm</td>
<td>$72.90</td>
</tr>
<tr>
<td>Swim Kids 5</td>
<td>Tues.</td>
<td>5:15 - 6 pm</td>
<td>$81</td>
</tr>
<tr>
<td>Swim Kids 6</td>
<td>Thurs.</td>
<td>5 - 5:45 pm</td>
<td>$81</td>
</tr>
<tr>
<td>Swim Kids 7/8</td>
<td>Thurs.</td>
<td>5:45 - 6:30 pm</td>
<td>$81</td>
</tr>
<tr>
<td>Swim Kids 9/10</td>
<td>Wed.</td>
<td>5:45 - 6:30 pm</td>
<td>$81</td>
</tr>
</tbody>
</table>

### WINTER DATES TO REMEMBER

- **Monday, December 3**: Winter swimming lesson schedule released.
- **Sunday, December 16**: Swimming lesson registration opens at 10 am.
- **January 13 - 19**: First week of winter swimming lessons.
- **January 20 - 26**: Winter swimming lessons registration ends the second class in each lesson.
- **March 17 - 23**: Last week of winter swimming lessons.

### CLASS FULL? JOIN THE WAITLIST

Joining the waitlist for a level helps us know to open up more classes of the same level if possible. Also, by joining the waitlist, you’re saving a spot to be contacted in case a space in that class opens up: we’ll call in the order that you joined the waitlist!
Private Lessons

Private lessons follow the same schedule as group lessons. Private lessons are available on a first-come, first-serve basis. Priority is given to participants requiring one-on-one instruction due to a disability or safety concern.

Note: semi-private lessons can only be booked for two swimmers within one level of each other. For example a Swim Kids 3 student and a Swim Kids 6 student could not book a semi-private lesson together, but a Swim Kids 3 student and a Swim Kids 4 student would be permitted.

<table>
<thead>
<tr>
<th>Day:</th>
<th>Time:</th>
<th>Location:</th>
<th>Private:</th>
<th>Semi-private:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday (10)</td>
<td>3:30 - 4 pm</td>
<td>Any pool</td>
<td>$150</td>
<td>$100 per person</td>
</tr>
<tr>
<td>Wednesday (10)</td>
<td>4 - 4:30 pm</td>
<td>Any pool</td>
<td>$150</td>
<td>$100 per person</td>
</tr>
<tr>
<td>Thursday (10)</td>
<td>10 - 10:30 am</td>
<td>Any pool</td>
<td>$150</td>
<td>$100 per person</td>
</tr>
<tr>
<td>Thursday (10)</td>
<td>10:30 - 11 am</td>
<td>Any pool</td>
<td>$150</td>
<td>$100 per person</td>
</tr>
<tr>
<td>Fridays (9)</td>
<td>3:30 - 4 pm</td>
<td>Main pool</td>
<td>$135</td>
<td>$90 per person</td>
</tr>
</tbody>
</table>

SPECIAL PROGRAMMING

FCSS SENIORS’ AQUAFIT
Portage Pool is partnering with FCSS to bring you Senior’s Aquafit for free for seniors facing financial barriers. For more details, visit page 33.

Dates: Tuesdays, Sept. 25 - Dec. 11 (Fall)
Tuesdays, Jan. 22 - Mar. 2 (Winter)
Time: 10 - 11 am
Location: Portage Pool
Cost: Free

KAYAK AT THE POOL
Kayaking at Portage Pool is coming back in late October 2018! Stay tuned for details by following Portage Pool on Facebook and subscribing to our email service.

Dates: Oct. 2, Nov. 6, Dec. 4, Jan. 8, Feb. 5, and Mar. 5
Time: 10 - 11 am
Location: Portage Pool
Cost: Free

TUMBLE KIDS AT PORTAGE POOL
Join Tumble Kids once per month to swim for free! For details, visit page 30.
Portage Pool offers a variety of fitness classes. All fitness classes are drop-in, which is first-come, first-served, and we are unable to reserve space in a class.

Fall Fitness Classes begin Tuesday, October 9, 2018.


**ADULT & TEEN LEARN TO SWIM**

Beginners work on developing a basic front and back swim, as well as learning some safety skills to prepare you to swim comfortably at public swims or engage in other water activities with confidence.

<table>
<thead>
<tr>
<th>Date</th>
<th>Thursdays</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time:</td>
<td>8 - 8:45 pm</td>
</tr>
<tr>
<td>Location:</td>
<td>Portage Pool</td>
</tr>
<tr>
<td>Age/Ability</td>
<td>12+ / Absolute beginners</td>
</tr>
<tr>
<td>Cost:</td>
<td>$11.30 per class</td>
</tr>
</tbody>
</table>

**STROKE WORKSHOPS**

Each week, hone your technique for a different stroke in order to improve your endurance and fitness.

**FALL 2018**
- October 13: Front Crawl
- October 20: Back Crawl
- October 27: Breast Stroke
- November 3: Your Choice!
- November 10: Front Crawl
- November 17: Back Crawl
- November 24: Breast Stroke
- December 1: Your Choice!
- December 8: Front Crawl
- December 15: Back Crawl
- December 22: Breast Stroke
- January 19: Front Crawl
- January 26: Back Crawl

**WINTER 2019**
- January 19: Front Crawl
- January 26: Back Crawl
- February 2: Breast Stroke
- February 9: Your Choice!
- February 16: Front Crawl
- February 23: Back Crawl
- March 2: Breast Stroke
- March 9: Your Choice!
- March 16: Front Crawl
- March 23: Back Crawl

**DIAPERFIT**

Toddlers aged 4 month to 3 years of age are incorporated in this class. Half workout, half lesson! Max 12 participants, one toddler with one caregiver.

<table>
<thead>
<tr>
<th>Date</th>
<th>Thursdays</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time:</td>
<td>9:45 - 10:45 am</td>
</tr>
<tr>
<td>Location:</td>
<td>Portage Pool</td>
</tr>
<tr>
<td>Cost:</td>
<td>$10.70 per class</td>
</tr>
</tbody>
</table>

**GENTLEJOINTS**

This low impact workout is perfect for seniors and anyone with injuries or joint issues. Max 8 participants.

<table>
<thead>
<tr>
<th>Date</th>
<th>Fridays</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time:</td>
<td>12 - 1 pm</td>
</tr>
<tr>
<td>Location:</td>
<td>Portage Pool</td>
</tr>
<tr>
<td>Cost:</td>
<td>$10.70 per class</td>
</tr>
</tbody>
</table>

**AQUADEEP**

Throw on a floating belt and workout in the deep end! Max 8 participants.

<table>
<thead>
<tr>
<th>Date</th>
<th>Wednesdays</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time:</td>
<td>8 - 9 pm</td>
</tr>
<tr>
<td>Location:</td>
<td>Portage Pool</td>
</tr>
<tr>
<td>Cost:</td>
<td>$10.70 per class</td>
</tr>
</tbody>
</table>

**POOL FITNESS 10-PASS**

Drop in or use your Pool Fitness 10 pass and save: $90 for 10 classes! Classes have limited space depending on pool space, on a first-come, first-served basis.
LEADERSHIP WORKSHOPS
Register or drop-in to learn some leadership skills, brush up on your lifesaving and fitness skills, and more! This is a goal-oriented class focused on getting what you need from it with help of a certified Lifesaving Instructor.

BRONZE STAR
Want to be a lifeguard, but not 13 yet? This course is for you! Learn lifesaving skills such as non-contact rescues, improve your fitness, and learn first aid and resuscitation skills.

BRONZE CROSS
Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard certification. Course includes CPR-C and AED.

National Lifeguard
Want an active afterschool job working with your friends? Looking for something that could lead to a career? Become a lifeguard! In this nationally-recognized course, you’ll get the skills, knowledge, and judgment you need to work on a pool deck right away.

LEARN CPR
In this one day course, learn and practice resuscitation skills for adults, children, and infants, including CPR and what to do when someone is choking. This course also includes instruction on how to use an AED. This is an Alberta workplace-approved course.

STANDARD FIRST AID
Standard First Aid provides wide-ranging training covering all aspects of first aid and CPR. In this 2-day course, gain an in-depth understanding of first aid, including: medical/legal aspects, head & spinal injuries, heat & cold injuries, bone & joint injuries, abdominal & chest injuries, burns, and medical emergencies. The course includes CPR-C and AED certification.

This course is Government of Alberta and Government of Northwest Territories workplace-approved, and is current for 3 years from the date of certification.

STANDARD FIRST AID RECERTIFICATION
Standard First Aid Recertification is a hands-on course that challenges both the theory and practical first aid skills, covering all content from the original course and a final multiple choice examination.

Note: if your first aid is no longer current, you cannot re-certify and must attend a full standard first course. If your original certification was from another Government of Alberta-approved provider, you must show proof of current certification prior to enrollment.
The Aquatrack will be available one Saturday per month in the Fall 2018 and Winter 2019 sessions from 2 - 4 pm. Follow us on Facebook and subscribe to our email service to get updates in the event of a cancellation. Regular admission rates apply. For a full list of Aquatrack rules, visit boldcenter.ca/portage-pool/wibit-aquatrack/.

**FALL 2018**
- Saturday, September 29
- Saturday, October 27
- Saturday, November 24
- Saturday, December 22

**WINTER 2019**
- Saturday, January 26
- Saturday, February 23
- Saturday, March 30

The Aquatrack is available for private bookings! Visit boldcenter.ca/facilities/rentals/portage-pool-rentals/ for details.
Devon Hall
◊ Located in the Bold Center
◊ 320 guests with round tables
◊ 500 guests with rectangular tables
◊ Coat room and washrooms
◊ Kitchen and bar available for use
◊ Licensed events permitted

McArthur Room
◊ Located in McArthur Place
◊ 140 guests with round tables
◊ Kitchen and bar available for use
◊ Licensed events permitted

Arenas
◊ Performance arena (ice year-round)
◊ Swamp Cats arena (ice from September to April)
◊ Plamondon arena (ice from September to April)

Cenovus Field Houses (2)
◊ 1 wood floor suitable for basketball, badminton, and volleyball
◊ 1 rubberised floor, boards, and netting ideal for indoor hockey or soccer

Portage Pool
◊ Available for rent Saturdays 4 - 6 pm
◊ Aquatrack can be booked on scheduled days from 4 - 5 pm or 5 - 6 pm
◊ Party room not available for rent at Portage Pool

FOR MORE INFORMATION

Work with us to book your next event! For rental inquiries and rates, please contact the Bold Center at 780-623-6370 or email your inquiries to bookings@laclabichecounty.com.

Meeting spaces suitable for 30 - 50 people are also available. Visit our website at boldcenter.ca/facilities/rentals for more information.

For Portage Pool rental inquiries, call 780-623-6777 or email poolstaff@laclabichecounty.com.
**Birthday Party Packages**

The Bold Center is the perfect place for a fun, exciting and stress-free party! Book a party to suit your needs and let us help with the planning, facilitating and clean up. All you are required to do is bring the kids, food, decorations (optional) and your camera to capture your birthday memories.

**Park and Play Fun Van**

Popping up at events throughout the community, the Park & Play Fun Van provides free programming at special events and functions held throughout Lac La Biche County.

Book the Fun Van for your next community event or block party!

**Ultimate Challenge Obstacle Course**

This 50-foot inflatable obstacle course is available upon request for non-profit and community events. Cost varies depending on time and location, and restrictions apply.

Please visit [boldcenter.ca/bold-centre-programs/](http://boldcenter.ca/bold-centre-programs/) or call 780-623-6351 for details and bookings.
Community Access

NEW NAME. TWO BUSES. NEW LOOK. SAME GREAT SERVICE.

Everyone needs access to medical appointments, professional services, shopping and social events.

Paratransit Services
Paratransit Services is a low-rate, door-to-door service for seniors (60+) and for people with special needs. Temporary disabilities would also qualify for this service. We also accommodate wheel chairs.

Community Access Bus
We are excited to offer a new service: the Community Access Bus. The Community Access Bus Service provides an affordable transportation option for individuals and families with modest household incomes or no transportation. We are creating a scheduled in-town route, and will incorporate rural communities and special events.

Community groups, non-profit organizations, daycares and schools will have an opportunity to book the bus as a group.

For information, stop by the Bold Center or call 623-6745.
Lac La Biche County (FCSS) is a partnership between Lac La Biche County and the Government of Alberta. The mandate of FCSS is to provide locally-driven, preventative, social initiatives to enhance the well-being of individuals, families and the community. The FCSS offices are located in the Bold Center, behind the front desk.

Local FCSS programs are part of the larger provincial program that collectively ensures Albertans have access to a strong network of preventative social supports. Our programs and supports aim to accomplish a healthy vision for our County: empowered individuals, resilient youth, supported seniors, healthy families, and caring communities. We provide a mix of direct programs and grant funds to support community organizations.

Check Facebook for details, or call 780-623-6726 for more information or questions about the programs below.

**SUPPORT PROGRAMS**

**Snow Angels**
For some, the first snow fall of the year is a welcome event. For others, snow brings worries of slipping and falling. Keeping sidewalks shoveled, ice-free and safe can be very challenging for older adults and those with limited mobility. Snow Angels encourages individuals to help neighbours with snow removal.

**Community Volunteer Income Tax Program (CVITP)**
We help eligible seniors who are not able to prepare their income tax and benefit returns by themselves. The program ensures that low-income seniors do their taxes so their financial support payments continue without interruption. This service starts March 15, 2019.

CVITP is a volunteer-run program. If you would like to volunteer, please contact FCSS at 780-623-6726.

**Grants**

**LAC LA BICHE COUNTY COMMUNITY GRANTS**
Lac La Biche County believes in supporting groups and initiatives that enhance and strengthen the community. The municipality offers a wide range of grants and funding opportunities every year. Grants are available to different local organizations and, in certain cases, individuals. Grants that are available include:

- Capital Projects Assistance Grant
- Community Action Grant
- Community Development Grant
- Event Sponsorships
- Recreational/Cultural Operating Program
- Ad Hoc Funding

Visit laclabichecounty.com for more information about each of these grant categories.

Note that Ad Hoc Funding may be used to fund athlete travel costs to sporting events or tournaments outside of the County.

For general inquiries about the County’s Community Grants programs, please call (780) 623-6794 or e-mail carl.kurppa@laclabichecounty.com.

**FCSS GRANTS**

FCSS recognizes and supports the role that non-profit groups play in delivering programs. There are two types of FCSS grants available to help fund preventative and developmental programs for individuals and families in the community.

1. Grants under $2,500 are reviewed at monthly FCSS Board meetings. Applications must be received at least 14 days prior to the meeting at which they will be reviewed.

2. Grants over $2,500 are reviewed at monthly FCSS Board meetings. Applications must be received by April 30 for the current fiscal year, or October 31 for the current or subsequent fiscal year.

FCSS grants must comply with Alberta’s FCSS Act and Regulation. Proposals must be eligible in accordance with the FCSS Association of Alberta’s Program Advice Inventory Listing.

Before applying, please read the FCSS Grant Guidelines on the County website, there you will also find application and report forms.

For more information about FCSS grants, please call (780) 623-6819 or email fcss@laclabichecounty.com.

**BOARD GAMES & BEYOND**

6:30 PM • EVERY 2ND THURSDAY • FREE

All adults are welcome to join us at the Legion for board games and good times.
**FCSS Programs**

**BLOCK PARTY, PARTY BLOCK**
A block party invites families and friends in a neighbourhood for an evening of food, games, and fun in the great outdoors. Neighbours can meet and greet while bonding during a barbecue, picnic, or potluck.

FCSS offers planning guides, activity kits, and even gift cards to help you throw your block party. Stop by the Bold Center to pick up yours today!

**FAMILY DAY FESTIVAL**
Everyone is welcome for sledding, ice skating, crafts, lunch, carriage rides and much more!

McArthur Park • February 18, 2019 • 12 - 3 pm

**S.M.I.L.E.**
Seniors Maintaining Independent Living Experiences is a program designed to help isolated seniors live their best life possible.

Through activities, group discussions and socializing, seniors who have a difficult time accessing programs outside their home can bond with their peers in a safe space.

Participants must register in advance. Transportation is provided. The program starts in late October. Call Lise at 780-623-6726 for more information.

**TEEN CHILL ZONE**
Teen Chill Zone is a free program offered twice a month by FCSS. Make new friends and enjoy a local activity. Past Chill Zone events have included bowling, sledding, skating, playing pool and even going to St. Paul to see a movie. Pre-registration is required.

**IT TAKES A VILLAGE**

**Upcoming Workshops:**

**The Importance of Sleep**
Sleep is essential in ensuring that your child's mind and body develop optimally. Join us as we explore why sleep is important and how we can help our children sleep enough.

Wednesday, September 19
6 - 8 pm at the Bold Center

Presented by Jennifer Gauthier, Health Promotion Facilitator, Lac La Biche Community Health Services

**Self Injury Behavior in Youth**
Self injury has reached alarming proportions amongst our youth. This session will help you understand the experience and motivations of adolescents who intentionally injure themselves and you will leave with practical strategies for dealing with youth struggling with this complex issue.

Monday, October 22
6 - 8 pm Bold Center

Presented by Danielle Forth, Registered Psychologist, CTRI Trainer

Free childcare available for both sessions. Light supper is provided. Call 780-623-6754 or email christine.martin@laclabichecounty.com to register.

The above includes only a portion of what FCSS has to offer. To stay up-to-date on FCSS programs and events, like and follow the Facebook page at facebook.com/llbcountyFCSS/.
Parks

- PARK INCLUDES A PLAYGROUND
- BASKETBALL HOOPS
- SKATE PARK
- SPRAY PARK
- OFF-LEASH DOG PARK

1. ALEXANDER HAMILTON PARK & TROUT POND
   Includes a picnic area, walking trails, stocked trout pond, open fire pit, split wood, community gardens, and an off-leash area for dogs.

2. MCARTHUR PARK
   Includes beach, the Richard Memorial Spray Park, the Rotary Club Fitness Zone, a playground and the Lifejacket Loaner Station.

3. DUMASFIELD PARK
   Includes a skate park, playground, and basketball hoops.

4. DEVONIAN PARK
   Picnic area on Main St.

5. JUBILEE PARK

6. HOLOWACHUK PARK

7. SUNSET BAY PARK
   Located within Sunset Bay subdivision, off of Lakeland Dr. approximately 5 km from LLB.

8. LAKEVIEW ESTATES PARK
   Located approximately 8 km out of town at the Lakeview Estates subdivision on Lakeland Dr.

9. MISSION VILLAGE PARK
   Located within Mission Village subdivision, off of McGrane Rd. approximately 12 km from LLB.

Winter Recreational Facilities

Outdoor Rinks

- DUMASFIELD RINK
  Located at Dumasfield Park, 94th ave

- HOLOWACHUK RINK
  Located within Holowachuk Estates, off of Highway 881.

- LAKEVIEW ESTATES RINK
  Located within Lakeview Estates Park, off of Churchill Road east of Lac La Biche.

- CRAIGEND RINK
  Located within Craigend Community grounds, 20 km south of Lac La Biche on Highway 55.

- RICH LAKE RINK
  Located within Rich Lake community grounds, 47 km southeast of Lac La Biche on Highway 55.

- HYLO RINK
  Located within Hylo recreational grounds, 20 km southwest of Lac La Biche on Highway 663.

- OWL RIVER RINK
  Located within Owl River community grounds, 32 km northeast of Lac La Biche on highway 858.

Ice Fishing

- ALEXANDER HAMILTON PARK AND TROUT POND
  Located 0.5 km west of Lac La Biche on Lakeland Drive.

Snowshoeing, Cross Country Skiing, & Tobogganing

- ALEXANDER HAMILTON PARK AND TROUT POND
  Located 0.5 km west of Lac La Biche on Lakeland Drive.

Please note: the Richard Memorial Spray Park will close for the season between September 15 and 18, 2018 unless temperatures are above seasonal averages. It will reopen May 17, 2019.
ARTS & CULTURE

Lac La Biche County Libraries
Locations: Stuart MacPherson Public Library and Plamondon Municipal Library
Phone: 780-623-7467
Website: www.llbcl.ca
Facebook: LacLaBicheCountyLibraries

SPORTS & RECREATION GROUPS/CLUBS

KidSport Lac La Biche Chapter
Phone: 780-623-4119
Email: laclabiche@kidsport.ab.ca

Lakeland Archers
Phone: 780-689-8488
Email: acal@mscnet.ca
Facebook: Lakeland Archers

Lac La Biche & District Curling Club
Email: Laclabichecurlingclub@gmail.com
Website: www.laclabichecurlingclub.com
Facebook: LacLaBicheCurlingClub

Lac La Biche 4-H Club
Email: dmekeberg@gmail.com
Website: www.4h.ab.ca

Lac La Biche Gymnastics Society
Email: llbgymnastics@hotmail.com
Phone: 780-307-5459
Facebook: LacLaBicheGymnasticsSociety

Lac La Biche Kinette’s Club
Website: kincanada.ca
Facebook: KinetteClubofLacLaBiche

Lac La Biche Minor Lacrosse Association
Phone: 780-404-9094
Email: 93wilcox@gmail.com

SPORTS & RECREATION GROUPS/CLUBS CONT.

Lac La Biche Whitecaps Swim Club
Phone: 780-623-0582
Website: whitecapsswimclub.wixsite.com/whitecapsswimclub
Facebook: LacLaBicheWhitecapsSwimClub

Lac La Biche Minor Hockey
Email: president@laclelabicheminorhockey.com
Website: laclabicheminorhockey.com
Facebook: facebook.com/groups/167372566770329

Lac La Biche Skating Club
Email: info@llbskates.ca
Website: llbskates.ca
Facebook: llbskates

Northern Beat Dance Academy
Email: info@llbdance.ca
Facebook: Northern Beat Dance Academy - Lac La Biche Dance

Plamondon Minor Ball
Phone: Sherry Chevigny, 780-798-2709
Facebook: Plamondon Minor Ball

Plamondon Volleyball Club (PVC)
Email: pvc@plamondonvc.ca
Phone: 780-337-4017
Website: Plamondonvc.ca
Facebook: PlamondonClub

P.L.A.Y (Physical Literacy & You) Lac La Biche
Email: Adrienne.sprecker@nlisd.ab.ca
Phone: 780-404-3288
Facebook: PLAYLacLaBiche

Looking to raise awareness of your sport team, club or organization?
For more information on how you can add information about your community group in the next Community Activity Guide, contact 780-623-6357.
COMMUNITY EVENTS

September 16: Terry Fox Run
The foundation is looking for an enthusiastic individual, group or organization to organize this year’s run for Lac La Biche. Please contact Wendy Kennelly, Provincial Director at 403-212-1336 or visit www.terryfox.org for more information.

Please note: without an organizer, the 2018 Terry Fox Run might be cancelled.

October 14: Annual Breast Cancer Walk
Join the Kinette Club of Lac La Biche for the 7th Annual Breast Cancer Walk. Meet at Britton’s Independent Grocers at 10 am. For more information, visit the Lac La Biche Kinette’s Facebook page.

October 20: Zombie Fun Walk & Run
Alberta Parks & Lac La Biche Victim Services welcomes all ghosts, goblins, and princesses, to join in the spooky fun at their annual fun run & walk at Sir Winston Churchill Provincial Park. For more information visit the Alberta Parks’ events page on www.albertaparks.ca.

Hosting a public event within Lac La Biche County between April and September 2019?
Contact 780-623-6357 before February 1, 2019 to have it included in the next Community Activity Guide.

HYLO/VENICE REC & AG SOCIETY
Shantelle Manca | 780-623-1850
Ken Lyons | 780-623-7405

OWL RIVER REC ASSOCIATION
Judy Thompson | 780-623-7008

NORMANDEAU RECREATION
Debbie Burdek | 780-623-2649

PLAMONDON FESTIVAL CENTRE
780-798-3478
pdcdsplamondon@gmail.com

CRAIGEND
Lucille Happner | 780-623-7832
craigendras@gmail.com

RICH LAKE REC & AG ASSOCIATION
1967rlras@gmail.com

LAC LA BICHE AG SOCIETY
Hall | 780-623-7888
Marianne | 780-404-7227

LOOK, LISTEN AND LEARN
FIRE PREVENTION WEEK

MEET YOUR LOCAL FIREFIGHTERS

To promote Fire Prevention Week, on October 7-13, 2018, the public is invited to attend Lac La Biche County Fire Rescue Services Fire Prevention Week Open Houses.

Residents are welcome to come down to their local fire hall and meet their community fire station personnel, learn about fire safety, our Community Fire Smart initiatives and opportunities within Lac La Biche Fire Rescue Services.

HYLO FIRE HALL:
Tuesday, October 9, 2018 • 6:30 - 8 pm

PLAMONDON FIRE HALL:
Wednesday, October 10, 2018 • 6:30 - 8 pm

LAC LA BICHE FIRE HALL:
Thursday, October 11, 2018 • 6:30 - 8 pm

OWL RIVER FIRE HALL:
Thursday, October 11, 2018 • 6:30 - 8 pm

RICH LAKE FIRE HALL:
Thursday, October 11, 2018 • 6:30 - 8 pm
Canoe Fest 2018

Honeymoon Suite

LIMITED VIP TABLES
1.855.720.8779

ON SALE JULY 17
TICKETS AVAILABLE
ticketmaster.com

BOLD CENTER - LAC LA BICHE 780.623.3829
LAC LA BICHE SPORTING GOODS 780.623.4145
BRITTON’S INDEPENDENT GROCERS 780.623.6402

SABTURDAY, SEPTEMBER 22ND, 2018
THE BOLD CENTER - LAC LA BICHE, AB