



THE Bearspaw BEAT



*Happy
New
Year!*



Suburban Journals
PUBLISHING

make an impression

www.SuburbanJournals.ca

Bearspaw Glendale COMMUNITY ASSOCIATION

Tel: 403-239-1502 Fax: 403-239-4668
 programs@bearspawlc.org www.bearspawlc.org
 253220 Bearspaw Rd., Calgary, AB T3L 2P5
 Hours: Mon - Fri, 8:00 a.m. – 5:00 p.m.

Board of Directors

Chair, Secretary..... Chris Sharkey
 Treasurer Tahir Jamil
 Facilities Chair..... Al Vanderputten
 Secretary..... Rachel Sharkey
 Director at Large Alan Bishop
 Director at Large Anitra Apps
 Director at Large Eric Lowther

Community Contacts

Bearspaw Historical Society 403-208-2599
 Bearspaw Lions Hall..... 403-239-0201
 Bearspaw Preschool 403-239-4441
 Girl Guides 403-437-7615
 Communities Development Society..... 403-239-0646
 Municipal District of Rocky View 403-230-1401
 Bearspaw Glendale Recreation Board: Richard Wadsworth, Chair 403-615-6958
 King Edgar Dance Studio (KEDS)..... 403-585-9959

Administration: 403-239-1502

Office & Program Manager Kim Perraton
 Senior Financial Officer..... Siroun Heal

Elected Officials

County Councillor:

Samantha Wright swright@rockyview.ca 403-478-1041

MLA: Leela Aheer chestermere.rockyview@assembly.ab.ca 403-207-9889

Editor & Article Submissions:

Karla Smit..... thebeat@bearspawlc.org

Advertising Sales:

Pam: 403-880-1819 pam@suburbanjournals.ca
 The ad booking deadline is the 14th of the month prior to the distribution month.

This publication is published 12 times a year by Suburban Journals Publishing and delivered to residents by Canada Post. This publication is also available for pickup at the Bearspaw Lifestyle Centre. Please note: the information and opinions in this newsletter are subject to change, and do not necessarily represent the opinions of the publisher or editor. Content contained in this publication may not be reproduced without the written consent of Suburban Journals Publishing. The information herein is believed accurate but not warranted so. Any advertisements, home businesses, babysitters & nannies, or other parties listed in the Bearspaw Beat should not be interpreted as recommendations or endorsements by the editor or the publisher.



Suburban Journals
PUBLISHING

make an impression

- 33 Calgary communities
- more than 88,000 homes
- over 228,000 residents
- Unlimited response

Suburban Journals publishes community newsletters for:

Arbour Lake, Bearspaw / Glendale, Citadel, Dalhousie, Evanston / Creekside, The Hamptons, Hawkwood, Kincora, Nolan Hill, Ranchlands, Rocky Ridge / Royal Oak, Sage Hill, Scenic Acres, Sherwood, Silver Springs, Tuscany, Valley Ridge, Varsity in the NW; Saddleridge, Skyview Ranch (including Redstone) in the NE; and Aspen Woods / Wentworth, Cougar Ridge / West Springs, Signal Hill (including Signature Park and Richmond Hill), Strathcona (including Christie Park) in the SW of Calgary.

For the best return on your advertising dollar, call Pam today at 403-880-1819 or email Pam@SuburbanJournals.ca

www.SuburbanJournals.ca

In Our Community

Article Submissions



THE Bearspaw BEAT

In order to continue to feature locally focused stories of interest to your community, we need you, the readers, to send us articles and suggestions on The Bearspaw Beat.

Do you want to thank a neighbour or recognize a contribution to your community? Have you or someone you know done something exciting that you think others would like to read about—such as a great trip? Do you have an interesting story about growing up in Bearspaw? Then, we want to hear from you!

Article Guidelines:

- Articles must be e-mailed to: thebeat@bearspawlc.org by the 5th of each month for publication in the following month's issue;
- Articles should be between 200 to 450 words in Microsoft Word format; images in jpeg format at a resolution of at least 300 dpi;
- Articles cannot promote a particular company or product to the exclusion of others, or include logos or contact information;
- Article credit may include the contributor's name and general description of expertise; and
- The editor reserves the right to edit articles before publication without getting approvals from the author.

Thank you!

Karla Smit

Disclaimer:

The Editorial staff reserve the right to edit submissions to the Bearspaw Beat.

DID YOU KNOW??

The New Year is the oldest of all holidays, as it was first observed in ancient Babylon as many as 4000 years ago.



Bearspaw Lifestyle Centre Programs & Events

Please register online at
www.bearspawlc.ca. A valid BGCA
membership is required to
register for all programs



Winter 2019 – Adult Programs

55+ Core & More: Designed with hip and knee friendly movements. You will begin with a gentle warm-up followed by a bit of strength, balance and stretch. Our goal is to strengthen the core, maintain bone health and have some fun at the same time. Not too difficult, not too easy, just right, and your body will thank you. Please bring a water bottle and yoga mat.

Jan. 8 - Mar. 21

Tues. & Thu. 8:30 a.m. – 9:15 a.m.

- 22 sessions (Tues. & Thurs.) \$198.00 + GST
- 11 sessions (Tues.) \$99.00
- 11 sessions (Thurs.) \$99.00

Adult Badminton - Intermediate Skill Level and Up:

Jan. 7 - Mar. 27 (No class Feb. 18)

Mon. & Wed. 8:00 p.m. – 11:00 p.m.

- 23 sessions \$207.00 + GST
- 11 sessions (Mon.) \$55.00 + GST
- 12 sessions (Wed.) \$60.00 + GST

Hatha Yoga: Yoga has helped people overcome fears, develop better concentration and improved daily functioning. Others have experienced improved self-awareness, a deeper sense of well-being, deeper compassion, greater self-acceptance, and a sense of being at peace.

Jan. 9 - Mar. 21

Wed. or Thurs. 9:00 a.m. – 10:30 a.m.

- 11 sessions (Wed.) \$181.50 + GST
- 11 sessions (Thurs.) \$181.50 + GST
- 5x punch pass \$82.50 + GST

Total Body Conditioning:

Jan. 7 - Mar. 22 (No class Feb. 18)

8:45 a.m. – 9:45 a.m.

- Mon., Wed., Fri.: 32 sessions \$352.00 + GST
- 10 sessions (Mon.) \$110.00 + GST
- 11 sessions (Wed.) \$121.00 + GST
- 11 sessions (Fri.) \$121.00 + GST

Yoga at Dusk: Do you have a busy schedule and can't fit exercise in during the day? Yoga at Dusk is a fantastic way to stretch and strengthen your body in the evening! Feel refreshed, relaxed and energized after this amazing Hatha Yoga class.

Jan. 8 - Mar. 19

Tue. 6:30 p.m. – 8:00 p.m.

- 11 sessions \$247.50 + GST.
- 5x punch pass \$82.50 + GST.

Zumba: This class fuses hypnotic Latin rhythms and easy to follow dance moves to create a workout unlike any other. The goal is simple: dance like nobody's watching and have more fun than you've ever experienced in a workout class! A great workout for all ages and fitness levels. Want to try a class for free? Give Kim a call (403) 239-1502 ext: 100

Jan. 11 - Mar. 21

Thurs. 6:30 p.m. – 7:30 p.m.

- 11 sessions (Thurs.) \$121.00 + GST
- 5x punch pass \$55.00 + GST

Winter 2019 - Youth Programs

Bearspaw Indoor Development Soccer: Our coaches will facilitate drills and mini games to engage each child in fundamental movement and soccer skill development. All practices will be held at Bearspaw School Gym.

(U4) Ages 3 - 4

Jan. 15 - Mar. 26 (No class Feb. 19)

- Tues: 6:15 p.m. - 7:00 p.m.
- 10 weeks \$150.00

(U6) Ages 5 - 6

Jan. 15 - Mar. 26 (No class Feb. 19)

- Tues: 6:15 p.m. - 7:00 p.m.
- 10 weeks \$150.00

(U8) Ages 7 - 8

Jan. 15 - Mar. 26 (No class Feb. 19)

- Tues: 7:00 p.m. - 8:00 p.m.
- 10 weeks \$150.00

(U10) Ages 9 - 10 / (U12) Ages 11 - 12

Jan. 15 - Mar. 26 (No class Feb. 19)

- Tues: 7:00 p.m. - 8:00 p.m.
- 10 weeks \$150.00

Boost Athletic After School Soccer: The Boost Athletic Soccer program is led by Boost Athletic founder, Andrew Fleming and his coaching staff. Andrew has worked in soccer for 11 years and through his fun and exciting curriculum will help players of any skill level develop! The program is a mix of individual skill development, tricks and games!

• Mon. Jan. 14 – Mar. 25 (No class Feb. 18)

- 3:15 p.m. – 4:15 p.m
- 10 sessions: \$180.00
- Ages 7 – 12

Bearspaw Lifestyle Centre Programs & Events

Please register online at
www.bearspawlc.ca. A valid BGCA
membership is required to
register for all programs



Boost Athletic After School Basketball - Wednesdays:

Led by experienced Basketball players, the Boost Athletic Basketball program is a mix of fun, skills and games that helps to give players of any level a solid foundation and love for the game!

Jan. 16 – Mar. 27 (No class Feb. 21)

- 3:30 p.m. – 4:30 p.m.
- Ages 7 – 12: \$180.00

Boost Athletic Girls Volleyball - Tuesdays

Jan. 15 – Mar. 26 (No class Feb. 21)

- 3:30 p.m. – 4:30 p.m.
- Ages 8 – 12: \$180.00

***NEW* Boost Athletic Junior - Wednesdays**

A mix of all sports for 3 – 5 year olds

Jan. 16 – Mar. 27 (No class Feb. 21)

- 3:00 p.m. – 3:30 p.m.
- Ages 3 – 5: \$90

Girls' Group: Creativity & confidence! Join us for a wide range of activities and projects designed to enhance self-esteem, self-expression, confidence and friendship.

Thurs. Jan. 17 – Mar. 21 (No class Feb. 21)

- 3:15 p.m. – 4:15 p.m.
- 9 sessions: \$81.00
- Ages 9 – 12.

Sportball: Sportball helps children develop socially as well as physically, through a curriculum designed to reinforce self-confidence free from the pressure of competition. Sportball provides the basic concepts and skill components of 8 popular sports. Programs are carefully designed to focus on the development of balance, strength, coordination, stamina and timing through professional instruction and positive encouragement, using child-sized equipment. Visit www.sportball.ca.

Sportball Floor Hockey - Just the Game

Jan. 17 - Mar. 21 (No class Feb. 21)

- Thurs. 3:15 p.m. – 4:15 p.m. (7 -12 yrs.)
- 9 sessions: \$126

***NEW* Sportball Multi-Sport Coach & Child**

Jan. 14 - Mar. 18 (No class Feb.18)

- Mon. 11:35 a.m. – 12:30 p.m. (3 - 5 yrs.)
- 9 sessions: \$162.00

***NEW* Sportball Multi-Sport Parent & Child**

Jan. 17 - Mar. 21 (No class Feb. 21)

- Thurs. 10:10 a.m. – 10:55 a.m. (1.5 – 3 yrs.)
- 9 sessions: \$162.00

***NEW* Sportball Multi-Sport Coach & Child**

Jan. 17 - Mar. 21 (No class Feb. 21)

- Thurs. 11:05 a.m. – 12:00 p.m. (3 - 5 yrs.)
- 9 sessions: \$162.00

Sportball Multi-Sport (3 - 5 yrs.)

Jan. 17 - Mar. 21 (No class Feb. 21)

- Thurs. 4:15 p.m. – 5:15 p.m.
- 9 sessions: \$162.00

Wiggle & Giggle: A free drop in program offered by BLC in partnership with the Western Rocky View Parent Link Centre. Join us for active fun in the gym! A great way for tots to burn off some energy & for parents to meet others in the area. Please note: parents are required to attend with their children and be in the gym at all times.

Jan. 8 - Jun. 19

- Tue. 11:00 a.m. – 12:00 p.m.
- Wed. 11:30 a.m. - 12:30 p.m.

Events

Lunch & Learn: To Be Announced

Wednesday, January 16

- 11:30 a.m. - 1:30 p.m.
- \$15 includes catered lunch

Rental space available at BLC for programs and events. Our facility hosts three studio rooms, a 7000 sq. ft. gym newly equipped with cross court and end court basketball nets, and a 2400 sq. ft. Banquet Hall. Contact Kim @ (403) 239-1502 x:100 to reserve your space.

Rental prices below:

- Banquet Hall: \$95 hour/\$950 full day
- Dance Studio: \$40/hour
- Gym: \$85/hour
- Homestead: \$40/hour
- Meeting Room: \$25/hour
- Upstairs Studio: \$40/hour

Book Clubs

Bearspaw Book Club: Bearspaw Lifestyle Centre Board Room. Last Monday of the month.

12:00 p.m. – 2:00 p.m.

Contact Paulette for information: vpbentz@telus.net

Readers Book Club of Bearspaw: Bearspaw Lifestyle Centre Board Room. First Monday of the month.

1:00 p.m. – 3:00 p.m. Contact Molly for information: cowtheatre@aol.com or (403) 836-7897.

Cross-Country Skiing – Get Fit This Winter

My girlfriends and I gave ourselves a challenge this winter – a fitness challenge. It's tempting to hibernate for the season but as we're discovering, it's much more rewarding to stay active. As part of our adventure in fitness, we committed to a weekend of cross-country skiing.

Once we'd done some basic research on the benefits of this sport, our Nordic experiment began to make sense. Did you know that Nordic skiers have twice the cardiovascular and muscular fitness as those who aren't active? And even when compared to other athletes, Nordic skiers live longer and healthier lives? Now we just needed a place to go and a place to stay.

Heaven near Hinton

The Big Bear Cabin at Entrance Ranch turned out to be a spacious yet cozy log cabin getaway for the five of us and just 10 minutes from Hinton and our ski destination. Upon arrival, we unloaded our rented ski gear and stocked the fridge with breakfasts and lunches for the weekend. The red wine is next for unpacking and soon we are gathered around the wood fireplace.

The next morning, we set out for the Hinton Nordic Centre in William A. Switzer Provincial Park, a quiet place of pine, spruce and aspen forests. We stashed our lunches at the rustic day lodge, studied the trail maps and geared up.

With 35 km (22 mi) of groomed trails, the area is ideal for beginners and experts, as well as skate and classic skiers. We decided on the newbie-friendly Boogie Trail and spent the next hour trying to glide elegantly like the experienced skiers whizzing past us.

By the afternoon we found our groove. A couple of us hit Barf Hill where we had many a tumble trying to herringbone up the hill and a few spills snowplowing down – a fitness challenge indeed but accompanied by gales of laughter.

Fine Dining with Mountain Views

After a solid day's work on skis, we drove just 15 minutes west of Hinton for a gourmet experience at Stone Peak Restaurant in the Overlander Lodge. We take in a memorable mountain sunset from our window table while waiting for our artisan salads to arrive. Our server had helped us make selections from the award-winning wine list, as well as healthy choices from the mouth-watering entrees like seafood risotto, Chinook salmon



Leigh McAdam @hikebiketavel

fillet, and chicken breast stuffed with spinach, black beans and goat cheese. We toast to a successful first day out as the stars begin to emerge in the clear evening sky and pledge that our adventure in cross-country skiing will become a regular winter activity. And of course, no one will be stiff or sore in the morning.

Reprinted with kind permission from Travel Alberta

Cross Country Skiing

Savour the pure alpine air as you glide along the dazzling white trail in the winter sunshine. Breathe in the fragrance of the evergreens and wonder what animals made the fresh sets of tracks crossing your path. The only sounds are the swish of your skis and the occasional birdsong. When the trees give way to a sublime panorama, you'll marvel that such a healthy activity can be this exhilarating.

With over 70 nordic hubs to choose from, what better place to start than the home of Canada's national cross country and biathlon ski teams? Designed for the 1988 Winter Olympics, Canmore Nordic Centre Provincial Park will challenge you with 65 km (37 mi) of groomed and track-set trails. And it's only about an hour's drive west of Calgary, so wax up those skis and follow in the footsteps of Olympians. Or follow your own path on hundreds of trails, front and backcountry, throughout the province.

Canada Trails: www.canadatrails.ca
Canmore Nordic Centre
www.canmorenordiccentre.org

Reprinted with kind permission from Travel Alberta

Councillor Report

Happy New Year! I hope everyone had a wonderful holiday season.

In response to a presentation by Service Alberta at the recent Rural Municipalities of Alberta Conference and in conjunction with the CRTC and Federal Government's initiatives to improve internet servicing to rural communities, Councillor Kevin Hanson and I brought forward a motion to direct Administration to actively seek solutions to the provision of internet servicing in Rocky View. We read our motion to Council on December 11th. It will be debated at the January 8th Council Meeting.

I have heard from many of you about the poor internet service we receive in Bearspaw. Despite the fact that many residents live within 100s of metres of the city, where internet servicing easily reaches 125 Mbps for downloads, many County residents still suffer with internet servicing of 5 Mbps or less. This is in part due to a disconnect between the CRTC, internet service providers and an overall lack of County policy around internet servicing.

The federal government has declared internet servicing an essential service with a mandate to ensure that 90% of rural residents receive a minimum of 50 Mbps for downloads by 2021. The CRTC hopes to achieve this in part through its \$750-million 'Broadband Fund', which applicants can start applying for this year. In addition, the federal government has pledged \$500-million through its 'Connect to Innovate' program.

The goals of our motion are to ensure that all available potential funding streams are explored; that we eliminate all gaps for last-mile connectivity; and, that broadband connectivity is given the same vital consideration as electricity and potable water in our Area Structure Plans.

We have also identified challenges with existing federal policy. Due to a flawed CRTC analysis and boundary design and because of our proximity to the city, some Rocky View residents have been designated as non-rural. This causes conflicts with service providers. We want to make sure issues like this are corrected so that County residents don't fall through the cracks and miss out on any potential opportunities these initiatives may provide.

Closing the connectivity gap not only allows for County residents to remain competitive in our regional economy, but in the global economy. In addition to servicing

residents, this motion seeks to enhance Council's strategic goal of strengthening the County's financial health. Establishing capable broadband connectivity is required to support a competitive environment for attracting new high-value business and a healthy business-related tax assessment base. Let's hope the remainder of Council sees the value in our motion.

Samanntha Wright, Councillor – Division 8

Bearspaw Preschool News

Happy New Year from Bearspaw Preschool. Welcome back to all our Preschool families! We hope everyone had a restful holiday break. Classes resume January 7th.

The Preschool will host an open house night on January 12th from 9:30 am - 2:00 pm. Parents can view the classrooms, meet the teachers, ask questions and learn more about our program in advance of the 2018/2019 school year. All families and children welcome!

Pre-registration for the 2017/2018 school year begins January 10th and 11th for current students and/or their siblings. Regular registration begins immediately following the open house nights in January.

Please visit our website at www.bearspawpreschool.com for more information or to register.





Bears paw Historical Society News

Book Review

A Profile On Peter Morrow – Rental Administrator for the Bears paw Historical Society



Peter Morrow

The Bears paw Historical Society (BHS) rents out its one-room schoolhouse, horse barn, and teacherage to community members needing meeting space. As the Rental Administrator, Peter Morrow deals with questions from the public about the facilities, reviews the rental agreement with

them, and makes and tracks the bookings. Earlier this year he also took over the janitorial duties and ensures that the rental spaces are clean, and he brings any issues or concerns about them to the BHS.

Peter grew up nearby in the Meadow Drive area. Previously, he obtained a Bachelor of Health and Physical Education — Ecotourism and Outdoor Leadership from Mount Royal University and was the manager of a well-known outdoor paddling store. His part time work as Rental Administrator and janitor provides an income while he works towards his Masters of Biblical Counselling through Faith Seminary in Lafayette, Indiana. He also works for Rocky View County as the Administrative Assistant to the Bears paw / Glendale Recreation Board.

It is clear that Peter is a “people person” who enjoys time spent meeting people who rent the BHS facilities. He also appreciates the link to area history provided by the historic school and buildings. Peter mentioned that new renters are surprised to find that this interesting and alternative rental space exists. The BHS is fortunate to have such a capable and thoughtful person managing the rentals and meeting the public on their behalf.

More information on rental facilities and rates can be found on the BHS website, www.bearspawhistoricalsociety.com, and inquiries can be sent through the website or directly to info@bearspawhistoricalsociety.com.

Elisa J. Hart
Member, Bears paw Historical Society

Mice

By Gordon Reece

Shelley and her mom Elizabeth live in a remote, secluded house called Honeysuckle Cottage. Both are hiding from the reality that was their lives. Shelly is 15 and is hiding from the scars both physical and mental inflicted on her at her school in a horrible bullying champagne. Elizabeth has always been timid and has been bullied by her older husband who required her to give up her successful career as a lawyer to stay home to raise their daughter. He then leaves her for a much younger woman and takes all he can from her, except Shelly. She then works in a law office where she is undervalued and underpaid. After Shelly is attacked they decide to move to the country to find a place to hide. They are both mice.

Honeysuckle Cottage suits them perfectly. Hidden away from the world in their comfortable little cottage they thought they were safe. Nothing bad could happen in these peaceful surroundings. They thought wrong. One night a creaking floorboard alerts them to the fact that someone has broken into their sanctuary. What happens next will propel you through this book at lightning speed. You will ride along as mice turn into lions. What would you have done in this situation? How far would you need to be pushed to change from a mouse into a lion?

If you are looking for a fast paced, entertaining read this book is for you. Be warned... it is not for the meek of heart!

Jeanne Mosca

This Month in History

January 22, 1901

Queen Victoria of England died after reigning for 64 years, the longest reign in British history, during which England had become the most powerful empire in the world.



JANUARY 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7 Total Body Conditioning: 8:45am - 9:45am Readers Book Club of Bearspaw: 1:00pm - 3:00pm Adult Badminton: 8pm - 11pm	8 55+ Core & Move: 8:30am - 9:15am Wiggle & Giggle: 11:00am - 12:00pm Yoga at Dusk: 6:30pm - 8pm	9 Total Body Conditioning: 8:45am - 9:45am Hatha Yoga: 9am - 10:30am Wiggle & Giggle: 11:30 - 12:30pm Adult Badminton: 8pm - 11pm	10 55+ Core & More: 8:30am - 9:15am Hatha Yoga: 9am - 10:30am Girls Group: 3:15pm - 4:15pm Zumba: 6:30pm - 7:30pm	11 Total Body Conditioning: 8:45am - 9:45am	12 Total Body Conditioning: 8:45am - 9:45am
13	14 Total Body Conditioning: 8:45am - 9:45am Sporball Multi-Sport Parent & Child: 10:10am - 10:55am Sporball Multi-Sport Coach & Child: 11:35am - 12:30pm Adult Badminton: 8pm - 11pm Boost Athletic After School Soccer: 3:30pm - 4:30pm	15 55+ Core & Move: 8:30am - 9:15am Wiggle & Giggle: 11:00am - 12:00pm Boost Athletic Girls Volleyball: 3:30pm - 4:30pm Yoga at Dusk: 6:30pm - 8pm	16 Total Body Conditioning: 8:45am - 9:45am Hatha Yoga: 9am - 10:30am Wiggle & Giggle: 11:30 - 12:30pm Lunch & Learn: 11:30 - 1:30pm Boost Athletic Junior: 3:00pm - 3:30pm Boost Athletic After School Soccer: 3:30pm - 4:30pm Adult Badminton: 8pm - 11pm	17 55+ Core & More: 8:30am - 9:15am Hatha Yoga: 9am - 10:30am Girls Group: 3:15pm - 4:15pm Sporball Floor Hockey: 3:15pm - 4:15pm Multi-Sport 4:15 - 5:15pm Zumba: 6:30pm - 7:30pm	18 Total Body Conditioning: 8:45am - 9:45am	19 Total Body Conditioning: 8:45am - 9:45am
20	21 Total Body Conditioning: 8:45am - 9:45am Sporball Multi-Sport Parent & Child: 10:10am - 10:55am Sporball Multi-Sport Coach & Child: 11:35am - 12:30pm Boost Athletic After School Soccer: 3:30pm - 4:30pm Adult Badminton: 8pm - 11pm	22 55+ Core & Move: 8:30am - 9:15am Wiggle & Giggle: 11:00am - 12:00pm Boost Athletic After School Soccer: 3:30pm - 4:30pm Boost Athletic Girls Volleyball: 3:30pm - 4:30pm Yoga at Dusk: 6:30pm - 8pm	23 Total Body Conditioning: 8:45am - 9:45am Hatha Yoga: 9am - 10:30am Wiggle & Giggle: 11:30 - 12:30pm Lunch & Learn: 11:30 - 1:30pm Boost Athletic Junior: 3:00pm - 3:30pm Boost Athletic After School Soccer: 3:30pm - 4:30pm Adult Badminton: 8pm - 11pm	24 55+ Core & More: 8:30am - 9:15am Hatha Yoga: 9am - 10:30am Girls Group: 3:15pm - 4:15pm Sporball Floor Hockey: 3:15pm - 4:15pm Multi-Sport 4:15 - 5:15pm Zumba: 6:30pm - 7:30pm	25 Total Body Conditioning: 8:45am - 9:45am	26 Total Body Conditioning: 8:45am - 9:45am
27	28 Total Body Conditioning: 8:45am - 9:45am Sporball Multi-Sport Parent & Child: 10:40am - 11:25am Sporball Multi-Sport Coach & Child: 11:35am - 12:30pm Bearspaw Book Club: 12pm - 2pm Boost Athletic After School Soccer: 3:30pm - 4:30pm Adult Badminton: 8pm - 11pm	29 55+ Core & Move: 8:30am - 9:15am Wiggle & Giggle: 11:00am - 12:00pm Boost Athletic After School Soccer: 3:30pm - 4:30pm Boost Athletic Girls Volleyball: 3:30pm - 4:30pm Yoga at Dusk: 6:30pm - 8pm	30 Total Body Conditioning: 8:45am - 9:45am Hatha Yoga: 9am - 10:30am Wiggle & Giggle: 11:30 - 12:30pm Lunch & Learn: 11:30 - 1:30pm Boost Athletic Junior: 3:00pm - 3:30pm Boost Athletic After School Soccer: 3:30pm - 4:30pm Adult Badminton: 8pm - 11pm	31 55+ Core & More: 8:30am - 9:15am Hatha Yoga: 9am - 10:30am Girls Group: 3:15pm - 4:15pm Sporball Floor Hockey: 3:15pm - 4:15pm Multi-Sport 4:15 - 5:15pm Zumba: 6:30pm - 7:30pm		