



THE Bearspaw BEAT

Lunch & Learn

Advanced Care Planning
March 11th

Outdoor Soccer
Registration Open



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Bears paw Glendale COMMUNITY ASSOCIATION

Tel: 403-239-1502 Fax: 403-239-4668
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 253220 Bears paw Rd., Calgary, AB T3L 2P5
 Hours: Mon - Fri, 8:00 a.m. – 5:00 p.m.

Board of Directors

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 Vice Chair Alan Bishop
 Treasurer Tahir Jamil
 Facilities Chair Bruce Hanson
 Secretary Vacant
 Visioning Committee Chair Eric Lowther
 Program Committee Chair Anitra Apps

Community Contacts

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 Bears paw Lions Hall 403-239-0201
 Bears paw Preschool 403-239-4441
 Girl Guides 403-437-7615
 Communities Development Society 403-239-0646
 Municipal District of Rocky View 403-230-1401
 Creative Expressions Dance Academy (CEDA) 403-809-6931

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In Our Community

Article Submissions



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 Bears paw 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 Bears paw? Then, we want to hear from you!

Article Guidelines:

- Articles must be e-mailed to: thebeat@bears pawlc.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 Bears paw Beat.

"TWENTY YEARS FROM NOW YOU WILL BE MORE DISAPPOINTED BY THE THINGS THAT YOU DIDN'T DO THAN BY THE ONES YOU DID DO, SO THROW OFF THE BOWLINES, SAIL AWAY FROM SAFE HARBOR, CATCH THE TRADE WINDS IN YOUR SAILS. EXPLORE, DREAM, DISCOVER."

—MARK TWAIN

Bearspaw Lifestyle Centre Programs & Events

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



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.

April 7- June 18. Tues. & Thur. 8:30 a.m. - 9:15 a.m.

• 22 Sessions (Tues. & Thur.) \$198.00 + GST

• 11 Sessions (Tues.) \$99.00 + GST

• 11 Sessions (Thur.) \$99.00 + GST

Adult Badminton:

April 6 - June 29 (No Class April 13 or May 18)

8:00 p.m. - 11:00 p.m.

• 11 Sessions \$55.00 + GST • Drop- in \$5.00

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.

April 8 - June 18. Wed. & Thur. 9:00 a.m. - 10:30 a.m.

• 22 sessions \$363.00 + GST

• 11 Sessions \$181.50 + GST

• 5 x Punch Pass \$82.50

Total Body Conditioning: This class uses resistance training principles, focusing on core strength, functional training, balance, flexibility and symmetry. This class is designed to burn calories and increase strength. Total Body Conditioning is a great workout for everyone. Modified exercises are offered.

April 6 - June 19 (No Class April 13, May 18)

Mon, Wed, & Fri. 8:45 a.m. - 9:45 a.m.

• 30 Sessions \$330.00 + GST

• 9 Sessions (Mon.) \$99.00 + GST

• 11 Sessions (Wed.) \$121.00 + GST

• 10 Sessions (Fri.) \$110.00 + 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.

April 7 - June 16. Tue. 6:30 p.m. - 8:00 p.m.

• 11 Sessions \$181.50 + 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.

April 9 - June 18. Thurs. 6:30 p.m. - 7:30 p.m.

• 11 Sessions \$121.00 + GST

Youth Programs

Boxing: Come Join Mixed Martial Arts Coaches Maeghen Cotterrill and Beau Bentley for our 5 week introduction to Youth Boxing program! Beau and Maeghen will give young athletes (6-14) a chance to learn and develop technique through shadow boxing, pad work and conditioning.

March 23 - April 27, Monday's 3:30 p.m. - 4:30 p.m.

• 5 Sessions \$105

May - June 15. Monday's 3:30 p.m. - 4:30 p.m.

• 6 Sessions \$125.00

Bearspaw After School Dodgeball: Come duck, dip, dive and dodge your way to a great time! This program is a supervised event that teaches the correct way to play the wonderful game of Dodgeball.

April 21 - June 16. Tuesdays 3:30 p.m. - 4:30 p.m.

• \$144.00

NEW Bearspaw After School Sports: Come Join Coach Andrew Fleming for our Open Gym - Multisport Program at the Lifestyle Centre. At least two sports will be set up every week for kids to try and play. All games, all the time! We'll provide a structured sports atmosphere which allows kids to try and experiment with new sports! (Sports Featured in the program: Soccer, Flag Football, Basketball, Badminton, Ball Hockey, Spikeball, Volleyball)

April 22 - June 17. Wednesday's 3:30 p.m. - 4:30 p.m.

• 9 Sessions - \$144.00

• 5 Punch Pass- \$80.00

Girls' Group: Creativity & confidence! Join us for a wide range of activities and projects designed to enhance self-esteem, self-expression, confidence and friendship skills, in a fun setting just for girls ages 9 - 12.

April 9 - June 18 (No Class Apr.16) 3:15 p.m. - 4:15 p.m.

• 10 sessions \$90.00

Bearspaw Outdoor Soccer: U8 ,U10 and U12

Tuesday's, April 28 - June 16. 6:15 p.m. - 7:15 p.m.

• 8 Sessions \$144.00

U4/U6

Wednesday's April 29 - June 17. 6:15 p.m. - 7:00 p.m.

• 8 Sessions \$144.00

Bearspaw Lifestyle Centre Programs & Events

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



Plus Program - Extra skills and drills

Thursdays - U6,U8, U10 and U12 6:15 p.m. - 7:15 p.m.
• 8 Sessions \$100.00

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.

Floor Hockey - Just the Game

Thu. 3:15 p.m. – 4:15 p.m. (7 - 12 yrs.) April 23 - June 11
• 8 Sessions \$126.00

Multi-Sport Coach & Child (3 - 5 yrs.)

April 20 - June 8 (No Class May 18)

Mon. 11:35 a.m. – 12:30 p.m.

• 7 Sessions: \$126.00

April 23 - June 4. Thurs. 11:05 a.m. – 12:00 p.m.

• 7 Sessions: \$126.00

Thurs. 2:30 p.m. – 3:15 p.m.

• 7 Sessions: \$126.00

April 25 - June 6 (No Class May 16) Sat. 11:00 a.m. – 12:00 p.m.

• 6 Sessions: \$108.00

Multi Sport Parent & Child (1.5 – 3yrs.)

April 25 - June 6 (No Class May 18) Sat. 10:00 a.m. – 10:45 a.m.

• 6 sessions: \$ 126.00

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.

April 21 - June 17. Tue. 11:00 a.m. – 12:00 p.m.

Wed. 11:30 a.m. – 12:30 p.m.

NEW Robotics!!!! Ages 8-14. The Robo Games are in

Bearspaw! Build, wire, and program your own robot to compete in various games and challenges. Customize and program your robot to complete an obstacle course and challenge other robots in soccer, hungry hippos, carnival toss, the ultimate SumoBot Battle and more! Learn valuable skills in coding, problem solving, and engineering.

Wednesday May 6 - June 17. 3:10 p.m. - 5:00 p.m.

• 7 Sessions \$190.00

Yoga Kids: Join Yvonne Bechtold for a fun interactive class for ages 5-9. Classes will include yoga, stories, crafts, songs and more! Bring a yoga mat and water bottle.

May 18 - June 12 (No Class May 15) 2:15 p.m. – 3:15 p.m.
• 6 Sessions \$66.00

Events

Lunch & Learn: Advance Care Planning - An

Introduction. Navigating the advance care plan. A fun opportunity to introduce and explore the benefits of planning and documenting your wishes for healthcare now and in the future. We will explore the differences between a will, an enduring power of attorney, a living will and a personal directive. This is an opportunity to explain what a personal directive is, why it is necessary and recommended and what is involved. Please call Andrea or Kim to register 403-239-1502.

Wednesday, March 11, 2020 at 11:30 a.m.

• \$15.00 includes catered lunch

Movie Matinee: Jumanji: The Next Level (PG-13) In

Jumanji the next level the gang is back but the game has changed. As they return to rescue one of their own, the players will have to brave parts unknown from arid deserts to snowy mountains, to escape the world's most dangerous game. Children over 10 may attend on their own but if behavior that is rude and/ or disruptive to the other movie goers should occur they will be asked to leave. Friday March 20 at 2:15 p.m.

• \$5.00 includes pop and popcorn

Interested in our other upcoming events? Send an email to admin@bearspawlc.ca and we will add you to our mailing list.

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

Summer at the BLC

Sprinkler Week: August 4 - 7, 11:00 a.m. - 4:00 p.m.

Giant inflatable sprinklers, water fights and Popsicles.

• \$5.00 drop in or \$20.00 for the week.

Bouncer Week: August 17 - 21, 9:00 a.m. - 4:00 p.m.

A huge bounce house is set up in half the gym along with a toddler sized one. the other half gym will be for scooter and ball play.

• \$10.00 drop in or \$40.00 for the week.



Bears paw Historical Society News

100 Stories For 100 Years – Videos Provided By Chaps

It is wonderful to see videos of Ellen Buckler talking about her days at Glendale School in the 1930s, or of Vernice Wearmouth recalling the devastating Brushy Ridge fire of 1936. Those are just two of the videos in the “Livestories Programme: 100 Stories for 100 Years” that was produced in 2005 by Barry Thorson of Calgary (Lone Wolf Productions) in partnership with CHAPS (Cochrane Historical and Archival Preservation Society). The series was made to commemorate Alberta’s 100th Anniversary and presents the recollections of those living in and near Cochrane. An eclectic and interesting range of topics are presented from different time periods and places. Those of Ellen Buckler and Vernice Wearmouth are first person accounts of their in the area in times past. Other examples are the early days of the ice cream business in Cochrane that are presented in videos of Phyllis Hart and the MacKay family. Andy Marshall talks about the history of the Cochrane Times, and Ron Barker talks about his lead shot business. Some stories relate to the experiences of others, such as Hamish Kerfoot recounting a battle that his father was involved in during WWII.

CHAPS has uploaded about 40 videos ranging from six to 26 minutes in length. The videos can be found on YouTube under “CHAPS Cochrane.” You can also access the videos through CHAPS website (chapscochrane.com). Thank you to CHAPS for making these interesting videos available.

Elisa Hart, Bears paw Historical Society

DID YOU KNOW??

Saint Patrick’s Day is a cultural and religious celebration that happens annually on 17 March to mark the death date of the most commonly-recognised patron saint of Ireland, Saint Patrick.



Book Review

The Taliban Cricket Club by Timeri N. Murari

This is a story about Rukhsana, her family, sport and secret love in an environment of restriction, fear and violence. Based in Kabul Afghanistan in the 1980’s, to everyone’s surprise, the Taliban announces a cricket competition open to all. The winning team would be sent to Pakistan for further training and to return to train others. Rukhsana knows the sport. Disguised as a young man, she trains her brother and male cousins. They win. What about Pakistan motivates them to learn the game? And what does the future hold for her, them and the man she loves?

In the year 2000, the Taliban actually did promote cricket in order to gain acceptance by the global community. Thus this novel is inspired by true events, and Murari, a man, by listening to the life stories of many Afgan women, (now working freely under the current government), wrote brilliantly from the perspective of a woman– putting himself into Rukhsana’s shoes. He describes, in fine detail, the restrictions faced by women, and the brutal violence against them, during the Taliban regime. Murari is an award-winning writer, filmmaker and playwright. He lives in India but began his career as a newspaper reporter in Canada.

Anna Koutis, Readers Book Club of Bears paw

Book Clubs

Bears paw Book Club:

Bears paw 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

Bears paw: Bears paw Lifestyle Centre Board Room. First Monday of the month.

1:00 p.m. – 3:00 p.m. Contact

Ruth for information: Ruth Hughes, hughesre@telus.net 403-247-6671



Bearspaw Preschool News

This March the Preschool (3yr old) classes will explore colors, color mixing and rainbows. The Junior Kindergartens (4 year olds) will continue with the alphabet and try to catch some Leprechauns for St. Patrick's Day. They will also enjoy Rocks and Rings as a special guest to teach them how to curl! Miss Stacey from Music and Play will visit the classes this month as well.

Registration took place in January for the 2020-2021 school year but there are still some available spots. If you are interested in registering please go to our website www.bearspawpreschool.com or to get more information you can send us an email registration@bearspawpreschool.com.

The success of our school is in large part due to the wonderful parent-volunteers who help us out in the classroom, participate in fundraising and donate their time assisting with Board Administration. We are starting to recruit for new Board Members and members at large (volunteers who assist with specific events i.e. gala, graduation ceremony) for the 2020-2021 school year. If you or anyone you know is looking to get involved with the Preschool, this is a wonderful opportunity to make an impact and get to know other parents. If you would be interested in taking on a volunteer position, please reach out to our President at president@bearspawpreschool.com.

Our February Art Gala was a success. Thank you to all the parents and local businesses who donated items. Your support was greatly appreciated.

Follow us on Facebook and Instagram @ [bearspawpreschool](https://www.facebook.com/bearspawpreschool). Often our social media team will post pictures of the amazing crafts and activities that our students are working on.

Please note that there will be NO classes on Monday, March 16. Here are some family friendly activities you can do to help celebrate St. Patrick's Day. (familyeducation.com)

1. Play St. Paddy's Day Games such as Hot Potato, a Pot O'Gold treasure hunt or a potato hunt (just like an Easter egg hunt but with small potatoes)
2. Make a leprechaun craft or decorations.
3. Research your family history to see if you have any Irish ancestors. Try searching the origins of your family name or work on your family tree.

4. Enjoy some Irish music (U2, Enya, Van Morrison) or watch an Irish movie.
5. Cook an Irish meal complete with potatoes, a meaty stew or a dinner pie. Or make your favorite milkshake and cupcakes green!
6. Learn about the history of St. Patrick's Day and why the shamrock is so important.

Our Annual General meeting will take place on Tuesday, May 12 in the Bearspaw Lifestyle Centre Board Room. All current and upcoming Preschool and Junior-Kindergarten parents are welcome to attend. This is an excellent opportunity to learn more about the workings of our preschool and provide feedback on our programs and policies.

There are a few open spots remaining in our preschool programs for the current school year 2019/2020. Families from all neighborhoods welcome. Please visit our website www.bearspawpreschool.com for more information or to register.

A Sampling of Concerts

- **Black Label Society:** March 7, MacEwan Hall
- **Burton Cummings and Band:** March 18, Grey Eagle Event Centre
- **The Blue Stones:** March 21, The Gateway (SAIT)
- **Jesse Cook:** March 27, Southern Alberta Jubilee Auditorium
- **Hotel Mira:** March 27, The Gateway (SAIT)
- **Foreigner – The Hits on Tour:** March 28 & 29, Grey Eagle Event Centre



Councillor's Report

Hello everyone,

Solid policy documents provide the framework around development, and, as you are aware, many of our key documents are under review – the County Plan, the Land-Use Bylaw, the Bearspaw Area Structure plan, to name a few. Change is inevitable. However, the questions remain, how much change, what does change look like, and, where should this change occur?

I cannot stress enough the importance of your input into these documents. Public feedback is critical to ensuring that the policy decisions this Council makes reflect what those who elected us want this County to look like.

In Bearspaw, there are a couple of large developments in the works. North of the 1A, Lehigh Hanson recently stated that they intend to apply for an aggregate extraction operation (gravel pit) at its Scott Property later this year. The “Scott Property” constitutes 600-acres at the NW corner of Rocky Ridge Rd and Burma Rd.

According to information provided by Lehigh at their open house on February 8th, they are proposing the use of a covered conveyor system that will run east along Burma Rd and south along 85th St to Lehigh's facility on 112th Ave. Their plan is to extract and do preliminary processing onsite with final processing occurring at their Spy Hill site. For more information, or to be placed on their contact list, please visit – www.scottpropertyproject.com.

South of the 1A, the Ascension application received first reading on January 28th. The application seeks to redesignate the SW corner of 1A and 12 Mile Coulee into mixed-use residential / commercial space. Administration provided Council with three options: give the application first reading; table it until the review of the Bearspaw Area Structure Plan is completed; or, refuse it. My motion to table the application pending the outcome of the BASP review was defeated in a 6-3 decision, with only Councillors Hanson and Kissel supporting my motion. The Council majority instead granted the application first reading.

So, what does first reading mean? As the County website states “it does not mean Council approves of the bylaw, only that they (Council) believe it is worth a closer look... information is prepared, reports completed, and the public given an opportunity to provide their input.”

There will be a public hearing, at a later date, to assess the merits of the application.

Due to Ascension's size, almost two quarter sections, I believe that as many residents as possible should be included in the circulation area for the public hearing. As such, I asked to have the notification area expanded from 800m to 1600m. My motion passed 6-3 with Councillors Henn, Gautreau and Deputy Reeve Schule in opposition. More information can be found on the County website – www.rockyview.ca – Proposed Conceptual Schemes – Ascension.

As always, if you have any questions or comments, please feel free to contact me.

Best, Samantha Wright, Division 8 Councillor

Book Review

Alias Grace

by Margaret Atwood

In 1843, Grace Marks, a maid and only 16 years of age, was convicted of the murder of her gentleman employer. For that she spent 30 years in Kingston Ontario's prison while key members of her society advocated for her release. Murdered at the same time was the housekeeper/lover of the gentleman. His stable hand was convicted of both crimes and hung. This part of the story is based in fact. The novel, itself, delves into whether or not Grace actually participated in the murders. Or was she innocent of the crimes? It has Grace relating her life to psychologist, Dr Jordon, who is studying her for his own research in hopes of opening a psychiatric hospital. Was Grace mad? In fact, little has ever been proven about Grace's sanity, guilt or innocence due to conflicting testimonies at her trial. Finally, in fact, released from prison, where did Grace go and how did she continue her life in freedom?

Atwood, a Canadian novelist, poet and icon, won the Giller Prize in 1996 for this book. It has been made into a movie by NetFlix. In total, since 1960, the list of Atwood's awards and honorary degrees fills over two pages of very small font. In the beginning of its review of *Alias Grace*, the *Ottawa Citizen* had two words: “A Masterpiece”.

Anna Koutis, Bearspaw Book Club

MARCH

2020

Happy St. Patrick's Day

www.bearspawle.ca



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Total Body Conditioning: 8:45 am - 9:45 am Boost Athletic After School Multi-Sport Coach & Child: 11:35 am - 12:30 pm Readers Book Club of Bears Paw: 1:00 pm - 3:00 pm Boost Athletic After School Badminton: 3:30 pm - 4 pm Adult Badminton: 9 pm - 11 pm	3 55+ Core & More: 8:30 am - 9:15 am Wiggle & Giggle: 11 am - 12 pm Boost Athletic After School Soccer: 3:30 pm - 4 pm Indoor Soccer: 6:15 pm - 7:15 pm Yoga at Dusk: 6:30 pm - 8 pm	4 Total Body Conditioning: 8:45 am - 9:45 am Haitha Yoga 9am - 10:30 am Wiggle & Giggle: 11:30 am - 12:30 pm Boost Athletic After School Basketball: 3:30 pm - 4 pm	5 55+ Core & More: 8:30 am - 9:15 am Haitha Yoga: 9am - 10:30 am Multi-Sport Coach & Child: 11:05 am - 12:00 pm Girls Group: 3:15 - 4:15 pm Floor Hockey: 3:15 - 4:15 pm Zumba: 6:30 pm - 7:30 pm	6 Total Body Conditioning: 8:45 am - 9:45 am Yoga Kids: 2:15 pm - 3:15 pm	7 Multi-Sport Parent & Child: 10 am - 10:45 am Multi-Sport Coach & Child: 11 am - 12 pm
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