

September 11 - December 2

Fall Recreation Guide 2017



Announcements

STAT Holidays

Monday, October 9
Thanksgiving

Monday, November 13
Remembrance Day

No classes on STAT holidays

Holiday hours will occur

www.mtcouncil.com

Resident *1 Time - \$13
Drop-in Passes: *6 Time - \$64

Non-Resident *1 Time - \$15
Drop-in Passes: *6 Time - \$76

BOOK WITH US!
ASK ABOUT OUR
BIRTHDAY, BRIDAL &
BUSINESS RENTAL
PACKAGES

www.mtcouncil.com/rentals

Email csr@mtcouncil.com to book!

EVENTS

Tailgate Party (Stamps vs. B.C.)
Towne Hall // September 16
(3:00 pm)

McKenzie Market
Towne Hall//October 14
(11:00 am)

For more event details please visit
www.mtcouncil.com

Monday

*** Adult classes that allow drop-ins**

Children & A

Program	Starts	Time	Weeks	Age	Resident	Non-Resident
Home School Picasso	Sept 11	10:00 - 11:00 am	10	6-16	\$60	\$80
Senior Modified Yoga	Sept 11	10:30 - 11:30 am	10	Adult	\$100	\$110
Justin's Mighty Dragons	Sept 11	5:30 - 6:15 pm	10	4-5	\$80	\$90
Hip Hop	Sept 11	5:50 - 6:50 pm	10	7-10	\$100	\$120
Family Martial Arts	Sept 11	6:30 - 7:30 pm	10	6+	\$80	\$90
H.I.T.T. & Core	Sept 11	7:30 - 8:30 pm	10	Adult	\$90	\$110

[Description of classes are available online at mtcouncil.com/recreation/classes](http://mtcouncil.com/recreation/classes)

Tuesday

Program	Starts	Time	Weeks	Age	Resident	Non-Resident
Zumbini	Sept 12	9:15 - 10:00 am	12	1 mon. - 4 yr.	\$100	\$120
Gentle Yoga	Sept 12	9:30 - 10:30 am	12	Adult	\$80	\$100
Painting Class (Oil/Acrylic)	Sept 19	1:00 - 4:00 pm	10	Adult	\$175	\$190
Break Dance	Sept 19	4:00 - 5:00 pm	12	6 - 10	\$75	\$90
Acrobatic Class	Sept 19	5:00 - 6:00 pm	12	6 - 10	\$75	\$90
Restorative Yoga	Sept 12	5:15 - 6:15 pm	12	Adult	\$75	\$100
Little Yogis	Sept 12	5:15 - 6:15 pm	12	3-6	\$80	\$100
Beginner Flow Yoga	Sept 12	6:30 - 7:45 pm	12	Adult	\$110	\$125
Total Body Workout	Sept 12	6:40 - 7:40 pm	12	Adult	\$90	\$110
Total Body Workout	Sept 12	7:50 - 8:50 pm	12	Adult	\$90	\$110

Wednesday

Program	Starts	Time	Weeks	Age	Resident	Non-Resident
Zumba Gold	Sept 13	10:30 - 11:30 am	12	Adult	\$90	\$110
Triple Fun	Sept 13	4:50 - 5:50 pm	12	3-5	\$90	\$110
Justin's Mighty Dragons	Sept 13	5:30 - 6:15 pm	12	4-5	\$90	\$110
Mad Science	Oct 18	5:45 - 6:45 pm	8	6-10	\$110	\$130
Dance Explosion	Sept 13	6:00 - 6:45 pm	12	4-6	\$80	\$110
Family Martial Arts	Sept 13	6:30 - 7:30 pm	12	6+	\$90	\$110
STRONG by Zumba	Sept 20	6:00 - 7:00 pm	12	14+	\$80	\$100

Adult Classes

Thursday

Program	Starts	Time	Weeks	Age	Resident	Non-Resident
NEW! Maestros Tots (parented)	Sept 14	10:00 - 10:45 am	8	1-3	\$140	\$150
Sportball Multisport	Sept 14	1:00 - 2:00 pm	12	3-5	\$156	\$170
Yin/Yang Yoga	Sept 14	5:15 - 6:15 pm	12	Adult	\$80	\$100
Little Yogi's	Sept 14	6:00 - 7:00 pm	12	3-6	\$80	\$100
NEW! Barre	Sept 14	6:00 - 7:00 pm	12	Adult	\$90	\$110
Inner ARTist (Abstract)	Sept 21	6:00 - 7:30 pm	10	8+	\$120	\$140
Total Body Workout	Sept 14	6:40 - 7:40 pm	12	Adult	\$90	\$110
Total Body Workout	Sept 14	7:50 - 8:50 pm	12	Adult	\$90	\$110

Friday

Program	Starts	Time	Weeks	Age	Resident	Non-Resident
Sportball Junior	Sept 15	9:15 - 10:00 am	12	16 mos. - 3 yr.	\$156	\$170
Sportball Parent & Child	Sept 15	10:00 - 10:45 am	12	2-3	\$156	\$170
Sportball Multisport	Sept 15	10:45 - 11:45 am	12	3-5	\$156	\$170
Beginner Ballet	Sept 15	5:00 - 5:45 pm	12	5-6	\$90	\$110
Intro Ballet (co-ed)	Sept 15	5:55 - 6:25 pm	12	3-4	\$90	\$110
Advanced Ballet	Sept 15	6:30 - 7:15pm	12	3-4	\$90	\$110

[Description of classes are available online at mtcouncil.com/recreation/classes](http://mtcouncil.com/recreation/classes)

Saturday

Program	Starts	Time	Weeks	Age	Resident	Non-Resident
Indoor Tennis	Sept 16	9:00 - 10:00 am	4	6-10	\$30	\$40
Sportball Multisport	Sept 23	3:15 - 4:15 pm	11	3-5	\$143	\$156
Sportball Parent & Child	Sept 16	4:15 - 5:00 pm	11	2-3	\$143	\$156

Office Hours:

Monday - Friday
9:00 am - 5:00 pm

RECREATION INQUIRIES CONTACT

RECREATION PROGRAMMER
403-781-6612 EXT. 3
REC@MTCOUNCIL.COM

Hall Hours:

Monday - Saturday
9:00 am - 9:00 pm

Sundays and Holidays
10:30 am - 6:00 pm

DROP-IN GYM SCHEDULE

For descriptions & up to date schedule: mtcouncil.com/schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am	Open Gym 9:30 - 11:30am	Walking Group 9:30 - 12:00 pm	Playgroup 9:30 - 11:30 am	Walking Group 9:30 am -12:00pm			
10:00 am							
11:00 am						Birthday Party Rentals	Birthday Party Rentals
12:00 pm	Pickleball (Adult) 12:00 - 2:00 pm	Playgroup 12:00 - 2:30 pm	Pickleball (Adult) 12:00 - 2:00 pm			Birthday Party Rentals	Birthday Party Rentals
1:00 pm							Birthday Party Rentals
2:00 pm						Birthday Party Rentals	Birthday Party Rentals
3:00 pm	Youth (12-17) 3:00-4:30	Youth (12-17) 3:00-4:30	Youth (12-17) 3:00-4:30	Youth (12-17) 3:00-4:30	Youth (12-17) 3:00-4:30		Parent & Child (-18) 3:30-5:30
4:00 pm							
5:00 pm	Parent & Child (-18) 4:45-6:00	Parent & Child (-18) 4:45-6:00	Parent & Child (-18) 4:45-6:00	Parent & Child (-18) 4:45-6:00	Parent & Child (-18) 4:45-6:30		
6:00 pm						Parent & Child (-18) 5:00-7:00	
7:00 pm		Adult Basketball 6:30-8:30 pm	Adult Badminton 7-8:30 pm		Adult Basketball 6:30-8:30 pm	Adult Floor Hockey 7-8:30 pm	
8:00 pm							

***Please note: Drop-in Gym Activities end at 8:30 pm in the Gymnasium, Monday - Saturday.**

SOCIAL GROUPS

Playgroup

**Tuesdays 12:00 pm - 2:30 pm &
Wednesdays 9:30 am - 11:30 am**

As we fill our gym with exciting toys, we invite you to bring your toddler to play, visit and have fun!

Walking Group

**Tuesdays and Thursdays
Walk 9:30 am - 11:00 am;
Coffee 11:00 am - 12:00 pm**

Get your exercise indoors in our gymnasium, meet up with friends, or come on your own. Coffee and cards will be available after.

All social groups are **FREE** for residents. Non-resident adults are charged \$2.00 and must be a residents' guest.



Bridge

Mondays 1:00 pm - 4:00 pm

A group dedicated to playing bridge. Come and join the group for some fun games around the card table. No equipment needed, just come ready to play some cards!

Pickleball

**Mondays & Wednesdays
12:00 pm - 2:00 pm**

This sport is combined with tennis and badminton. It is low impact where adults can play!

Contact:

McKenzie Towne Council
40 McKenzie Towne Blvd. SE,
T2Z 4X5
Phone: (403) 781-6612
Email: inquiries@mtcouncil.com