

Recreation Programs

The Town of Westlock strives to provide quality recreational programs for children, youth, adults, seniors and families in our community. We are committed to ensuring all participants have a safe, entertaining and meaningful experience.

Family Programs



drop in badminton

**\$10.00/family or \$3.00/person
(6 & under FREE)**

Whether you are trying badminton for the first time or have been playing for many years, we invite families & individuals out during this unstructured drop in time for fun and play. **R.F. Staples Main Gym.**

Sunday 1pm – 3pm Jan 15 – April 29

badminton clinic 10yrs+

Complimentary with drop in badminton admission

This clinic will be tailored to all levels of play, touching on basic rules and regulations, shot placement, game strategy, improving your swing, serving, and proper court positioning. **R.F. Staples Main Gym**

Sunday 1pm – 3pm Jan 22

Preschool & Children's Programs

gym kids 3-5yrs \$20.00

Here is an opportunity for preschoolers to use their motor skills to do a craft, to play games, and interact with new friends. Parents are encouraged to stay and participate with their child. Children MUST be potty trained. **Westlock Recreation Centre**

Fridays 11am – 12pm Jan 13 – Feb 3
Fridays 11am – 12pm Mar 2 – Mar 23

crafts, games & story time 3-8yrs \$2.00/30min drop in

A wonderful opportunity for children aged 3- 8 to drop in during this 30 minute program designed to bring out the creativity and curiosity in everyone. **Westlock Recreation Centre** ***Excludes February 20th**

Wednesdays 4pm – 4:30pm Jan 18 – Mar 20
Wednesdays 4:35pm – 5:05pm Jan 18 – Mar 20
Wednesdays 5:10pm – 5:40pm Jan 18 – Mar 20
Wednesdays 5:45pm – 6:15pm Jan 18 – Mar 20

cupcakes for valentines 5–11yrs \$15.00

Join us as we decorate homemade cupcakes just in time for Valentine's Day. The best part is getting to take your creations home to share!
Westlock Recreation Centre

Monday 4pm – 4:30pm Feb 13
Monday 4:45pm – 5:30pm Feb 13

cross country skiing 7–11yrs \$28.00

Strap those skis on and enjoy this one hour after school program which will improve your child's balance and coordination, while introducing them to the exhilarating sport of cross country skiing. Parents are welcome to stay and participate. **Meet at the Westlock Elementary School. *Please notify attendant when registering if your child will require skis, boots and poles as we will be able to provide equipment if requested.**

Tuesdays 4pm – 5pm Feb 14 – Mar 6



outdoor fun hockey 7-12yrs \$28.00

Here's a chance to learn basic hockey skills, practice skating and work up to playing scrimmage games. This session is designed for youth who are not currently playing in an organized hockey association. All participants must have hockey skates, a hockey stick, and a CSA approved helmet with a cage. **Eastglen Outdoor Arena. *No class February 9th. Parents are invited February 23rd for games and hot chocolate.**

Thursdays 3:45pm - 4:45pm Jan 19 – Feb 23

create a bear workshop 4-6yrs + 7-11 yrs \$25.00

On this early dismissal day, come to "stuff n' fluff" your own teddy to take home. Personalize your bear with its own decorated t-shirt, select its name, and create its very own birth certificate! Parents are welcome to stay and assist. Please register early as space is limited for this program. **Westlock Recreation Centre. *Deadline to register is February 15th at 4:30pm.**

Wednesday (4-6yrs) 2:40pm – 3:40pm Feb 29
Wednesday (7-11yrs) 4:10pm – 5:10pm Feb 29

easter egg decorating 3-5yrs & 6-11 yrs \$5.00/child

Turn your regular hard boiled egg into a colourful decoration-just in time for Easter, and build an Easter Basket to display your new creations!
Westlock Recreation Centre.

Wednesday 11:30am – 12:45am (3-5yrs) Mar 21
Wednesday 2:45pm – 4pm (6-11yrs) Mar 21



Youth Programs

cupcake craze 12-17yrs \$30.00

On this early dismissal day, learn from a professional cake decorator how the "pros" make, bake, and decorate their luscious looking cupcakes. Start from scratch and let that icing fly. You'll take home freshly baked treats to share and enjoy, and pick up helpful tips along the way. **R.F. Staples Cafeteria Kitchen. * Please bring an apron.**

Wednesday 2:45pm – 5pm Feb 29

red cross babysitting course 11yrs+ \$50.00

Topics to be covered in this one day course include: care of infants, toddlers, pre-school and school aged children, rights and responsibilities of the babysitter, accident prevention and handling emergencies. **Westlock Recreation Centre. *Please bring a bagged lunch, doll and a pen.**

Saturday 10:15am – 5:30pm Feb 4
Friday 9am – 4:30pm Mar 2
Friday 9am – 4:30pm Apr 20

"Pysanky" egg decorating 11yrs+ \$17.00

Try your hand at the ancient art of Ukrainian (pysanky) egg decorating, an exquisite tradition passed on from generation to generation. Let your creative juices fly and take part in this unique opportunity. Bring your parent or friend! **Westlock Recreation Centre. Deadline to register is March 15th at 4:30pm.**

Thursday 4pm – 6pm Mar 22

squash it up 12–17yrs Complimentary for youth all facility pass holders. A \$4.50 drop in fee will apply for non pass holders

Here's your chance to swing a racket and learn more about a sport that will stick with you the rest of your life. Enjoy this two hour session covering rules of the game, basic ball placement, service receive, positioning, and much more! **Westlock Recreation Centre**

Wednesday 4pm – 6pm Jan 25

Adult Programs

"Krav Maga" self defence 18yrs+ \$75.00
 This modern self defense course is based on instinctive movements and simple principles. Known for its focus on real world situations and extremely efficient counter attacks, Krav Maga is used internationally by military intelligence forces such as the CIA and SWAT and many others. **Saint Mary's School Gymnasium *Contact Courtney at the Westlock Recreation Center for further information: 780.349.6677**
Saturday 10am – 2pm Jan 14

adult card making \$25.00/session

Need a special card for that special occasion? Create your own cards under the guidance of an experienced card maker. In this fun workshop you will create 10 cards and envelopes. No experience necessary and all materials and tools will be provided. All classes will be held at the Westlock Community Recreation Centre. Register for more than one session as each session will have a different set of cards! **Westlock Recreation Centre.**

***Deadline to register is one week prior to class.**

Tuesday 6pm – 8:45pm Feb 7
Tuesday 6pm – 8:45pm Mar 20



Adult cupcake craze \$30.00

Here is an opportunity to learn from a professional baker and cake decorator, the secret to making, baking and decorating cupcakes. With the countdown to Valentines Day on, what better way to surprise your significant other or kids than with a decadent batch of home baked treats! Learn to make molded chocolate decorations, the perfect mix for a fun night out! Please bring an apron. **R.F.Staples Cafeteria Kitchen.**

*** Deadline to register is February 1st at 4:30pm.**

Wednesday 6:30pm – 8:30pm Feb 8

butter cream basics \$40.00

Learn the basics of buttercream icing manipulation from composition, flavouring, troubleshooting, application, combing, to piping techniques. Let one of Westlock's best guide you through becoming an expert on butter cream icing. Please bring an apron. **Westlock Recreation Centre. *Deadline to register is February 15th at 4:30pm.**

Wednesday 7pm – 8pm Feb 22

scrapbooking in a day \$75.00

Do you struggle to find the time to organize your old photos into an album in a presentable way? Sign up for an enjoyable day long scrapbooking session where all of your supplies are provided, including lunch! Let our instructor guide you to completing a full 6 page 6" x 6" scrapbook template in only a few hours! Be sure to mark this Saturday off on your calendar, as it promises to be the perfect ladies day out. **Westlock Recreation Centre (All Purpose Room).**

Saturday 10:15am-5pm Mar 3

Fondant designs I&II \$50.00

This beginner and intermediate class combination is for those who are interested in mastering fondant icing! Learn how to roll it, how to colour it, how to trim it, and how to apply it. Furthermore, let your creativity flow when it comes time to creating flowers and other fondant designs to decorate your base layer with. Please bring an apron and rolling pin. **R.F.Staples Cafeteria Kitchen Facility *Deadline to register is February 29th at 4:30pm.**

Wednesday 6pm – 8pm Mar 7



beginner social dance \$55.00

Bring your partner to refresh your step or learn a new one! Be introduced to the basic steps of the Fox Trot, Waltz, Jive & Polka. Feel more confident on the dance floor and forget about your two left feet! **Westlock Recreation Centre**

Tuesdays 7:15pm – 8:30pm Jan 24 –Mar13

intermediate social dance \$55.00

If you've already participated in our beginner program, here is your opportunity to expand upon your steps and learn a few new tricks! Sign up with your partner today! **Westlock Recreation Centre**

Wednesdays 7:15pm – 8:30pm Jan 25 –Mar14



Specialty Courses

Group Exercise Fundamentals with Portable Equipment Specialty 18yrs+ \$225.00

Interested in becoming a certified group fitness class instructor? This 3 day course is your opportunity to take it to the next level. Topics covered in this combination class include: class structure and content, music, movement combinations and cueing, exercise analysis, use of portable equipment, choreography and equipment exercises. *May include, but not limited to the following: free weights, body bars/barbells, stability balls, tubing/resist-a-bands, BOSU, steps, medicine balls, foam rollers. For further details please contact Courtney at 780.349.6677 or visit <http://www.provincialfitnessunit.ca/>. **Westlock Recreation Centre.**

*** Deadline to register is January 6th at 4:30pm.**

Friday 5pm – 9pm Jan13
Saturday 8:30am – 5pm Jan 14
Sunday 8:30am – 5pm Jan 15

Red Cross Standard First Aid & CPR \$135.00

This 2 day course provides comprehensive First Aid & C.P.R. techniques for those wanting more knowledge to respond to emergencies in the home or workplace. Cover basic first aid, C.P.R. Level C, prevention of disease transmission, and injuries to the head and spine. **Westlock Recreation Centre. * Re-certifications are done on the first day but are welcome to stay both days (Cost: \$75).**

Jan 28 & 29 8:30am – 5pm
Mar 10 & 11 8:30am – 5pm
April 21 & 22 8:30am – 5pm

Volleyball Canada Level 1 Officials Clinic (15yrs+) \$60.00

Individuals interested in officiating volleyball at a junior high or high school level this upcoming season should register for this clinic. The two day clinic will comprise both classroom and practical on court sessions. Please bring a bagged dinner/lunch for both days. **Westlock Recreation Centre (Friday) & R.F. Staples High School (Saturday). *Deadline to register is Friday March 9th at 4:30pm.**

Friday 4pm – 8pm Mar 16
Saturday 8:30am – 4:30pm Mar 17

Please call the Westlock Recreation Centre for more info: 780-349-6677