

COMMUNITY GUIDE 2025

SEPTEMBER - DECEMBER 2025 | [SYLVANLAKE.CA/COMMUNITYGUIDE](https://sylvanlake.ca/communityguide)

Autumn IS CALLING

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The Town of Sylvan Lake respectfully acknowledges that the land on which we gather is Treaty 6 territory, home to the Métis Nation of Alberta, Region 3. These lands are traditional meeting grounds, gathering places, and travel routes for many Nations, including the Cree, Dene, Blackfoot, Métis, Saulteaux, and Nakota Sioux.

We are grateful for the Traditional Knowledge Keepers and Elders who are still with us today and those who have gone before us. We acknowledge and thank all the many First Nations, Métis, and Inuit whose footsteps have marked these lands for centuries.

Autumn is Calling

As the leaves start to turn and the air gets that crisp fall feeling, we're excited to bring you another edition of the Sylvan Lake Community Guide. It's your go-to source for local activities, programs, and events that keep us connected through the season.

This fall marks a meaningful moment for our community. It's a municipal election year. Serving as your Mayor alongside this incredible Council over the past four years has been our absolute pleasure. We've worked hard to represent you with integrity, passion, and heart. And now, as we approach the election, there's a buzz of possibility in the air. It's a time for reflection, for fresh ideas, and for renewed energy as our community chooses its next leaders.

I hope you take the time to get to know the candidates, ask thoughtful questions, and share your dreams for Sylvan Lake with them. Your voice truly matters, and this is a powerful opportunity to help shape the future of Sylvan Lake.

Of course, fall brings more than ballots! It's also back-to-school season for our youngest Lakers and a great time for all of us to dive into new hobbies, routines, and passions. Whether you're signing up for a fitness class, exploring the arts, or learning something brand new, this is your moment to lean in and try something different.

We're thrilled to welcome back favourites like Culinart, Bull Riders Canada, and the ever-popular haunted house. From western wear to witches' hats, this season is full of chances to celebrate, connect, and show off your Laker pride.

Sylvan Lake shines brightest when we show up for each other. So take a flip through this guide and discover what this fall has in store.

Warmly,
Megan Hanson, Mayor



We're Social

Town of Sylvan Lake



@townofsylvanlake



@SylvanLake_AB



@SylvanLakeRecreation

Wellness & Community
Connections



@SLFCSS



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Protecting our water supply

Mandatory Water Conservation: April 1 - October 31

Conservation or Restriction?

Conservation

- » The Town of Sylvan Lake started water conservation rules in 1996, when water meters were first installed
- » Water conservation asks that all Lakers, including businesses, work to reduce wasteful water use

Restriction

- » Water restrictions occur when the Town is experiencing a water shortage
- » Restrictions can happen for a variety of reasons, including drought, sudden water loss, (water main breaks, fire fighting), or sudden drops in wastewater capacity (Red Deer Wastewater Treatment Plant service levels)

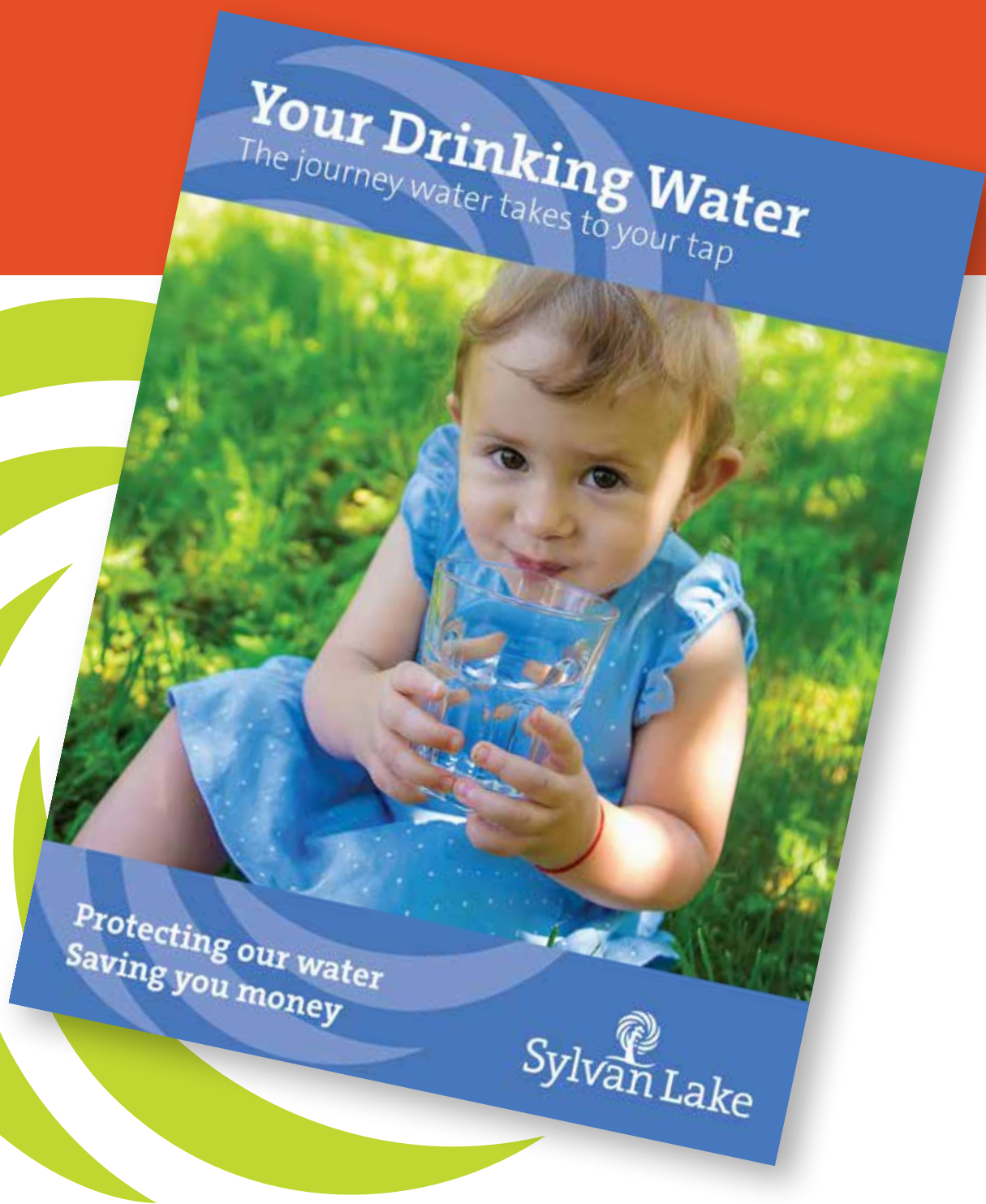
How do I know if we are in conservation or restriction?

- » Conservation runs April 1 and October 31, every year
- » Restrictions are announced on an as needed basis here:
 - sylvanlake.ca/water
 - sylvanlake.ca/newshub
 - social media

Mandatory conservation rules

- » April 1 and October 31, every year
- » ALL homes watering ban everyday 10:00 AM - 7:00 PM
- » All homes, anytime: Turn off your water if it is running into the street or sewer system. Watering further only wastes money and water
- » Odd numbered homes: water lawn, garden, or yard ONLY on odd numbered days
- » Even numbered homes: water lawn, garden, or yard ONLY on even numbered days
- » Hand watering: Any home may water by hand with a water jug on any day of the week, any time of day
- » New sod or seed: water on any day of the week, any time of day





Why conserve water?

What causes restrictions?

- Learn where our water comes from, why protecting our water supply is important, and what the Town is doing to protect our water
- Download the brochure: sylvanlake.ca/yourwater
- Pick one up at any Town building

What's Happening

at the Town of Sylvan Lake



LOVE 'EM AND LEASH 'EM

We know your dog is the best “good dog” ever, but leashes are not just to prevent Fido from running away. Leashes:

- » Protect your dog from other less social or even unhealthy dogs, as well as from wildlife
- » Protect your dog from coming into contact with something that could make him or her sick
- » Provide a sense of security to members of the public less comfortable around canines
- » Keep your dog from running off. Even the bestest good doggy ever could be scared by a noise, stung by a bee, or follow a good smell and wander off

What is a “dog at-large”?

A dog “at-large” is a dog that is not on an owner (or caretaker’s) property, not on a leash, and/or not under the control of someone with the capable strength to manage the animal. The longer the leash, the less control you have over your dog.

Dog owners must ensure that the leash they are using is of an adequate strength, and no longer than two metres.

This is a requirement, as per our Animal Control Bylaw.

How do I report a dog at-large?

For routine, non-urgent animal calls: T 403 858 7280 | E enforcement@sylvanlake.ca

Report a concern online: sylvanlake.ca/reportit

- » If the animal requires immediate attention due to injury or risk of injury, call us at 403 858 7280 (after-hours: 403 887 3333)
- » If the animal is aggressive and poses a threat or danger to public safety, call 911

OFF-LEASH DOG PARK

The park (60 Street and Memorial Trail) is the **ONLY** location in town where dogs are permitted off leash. Please:

- » Have control of your dog at all times
- » Ensure your dog is well socialized with other dogs and people prior to bringing them to the park
- » Pick up after your dog
- » Stays on a leash until safely inside the park fence
- » Respect the private property of home owners near the park

LOST AND FOUND PETS

Stray pets are kept under our supervision for up to 72 hours before we release them to the Central Alberta Humane Society for re-homing.

Follow us on Facebook
[@SLAnimalServices](https://www.facebook.com/SLAnimalServices)

Follow the Central Alberta Humane Society
Facebook [@CAHumaneSociety](https://www.facebook.com/CAHumaneSociety), or visit www.cahumane.com



POWER OUTAGES

Fortis Alberta provides electrical services to the Town of Sylvan Lake.

In the event of a power outage, visit service.fortisalberta.com for details including an outages map, estimated time of restoration, as well as cause.

Residents can view and report outages with Fortis Alberta’s app.

STREET LIGHT REPAIR REPORTING

Report street lights in need of repair with Fortis’ Street Light Repair Map. View streetlights in Fortis Alberta’s service area and request a repair online within minutes. The map is easy to use. Once a street light repair request is submitted, a service order is automatically generated to facilitate repairs.

W service.fortisalberta.com/streetlights

DROP 'N' SWAP RECYCLING

The Drop 'N' Swap Program allows residents to leave or swap gently used items free of charge.

This year-round program is located at the Sylvan Lake Waste Transfer Site, and is accessible during regular hours of operation (no after-hours access).

We do not accept: children's items, bedding/mattresses, unsafe items.

Three (3) item maximum.

SYLVAN LAKE CEMETERIES For more information, call: 403 864 5663

LAKEVIEW CEMETERY

4302 50th Street

- » Cremation Plots
- » Columbarium
- » Field of Honour

WEST MEADOWS CEMETERY

4001 60th Street

- » Full Size Plots and cremation plots
- » Memorial Garden
 - Columbaria
 - Scattering Garden
 - Memory Wall
 - Memorial Trees
- » Memorial Benches
- » Stream of Memories

WASTE TRANSFER SITE

Location

1 km east of the roundabout on Highway 11A and 0.5 km south on RR12.

- » Cash, debit, and credit
- » No after-hour access.

Summer Hours

April - October

- » Monday - Saturday: 9:00 AM - 5:00 PM
- » Wednesdays: 9:00 AM - 8:00 PM
- » Closed Sundays and statutory holidays

Items you can recycle

At the Waste Transfer Site, we accept, free of charge:

- » Electronic items such as TVs, computers, cameras, phones, and printers
- » Paint
- » Yard and kitchen waste
- » Disposable items accepted at the site

Items you can dispose of:

We accept, for a fee by weight:

- » Untreated and treated wood
- » Tires (without rim)
- » Metal and propane tanks
- » Freon items, including fridges and freezers (disposal fee by weight)
- » Household garbage

Not accepted at the site:

- » Demolition material;
- » Hazardous waste

Waste Collection & GoGreen Reminders!






We've launched an online collection calendar and mobile app to help Sylvan Lakers remember their curbside waste collection schedules and our green initiative dates.

Sign up now, visit:

sylvanlake.ca/collection



We've got reminder types for everyone:

-  • Phone calls
-  • Emails
-  • Print your collection calendar
-  • Embed your collection calendar in Outlook, Google Calendar, or iCal
-  • GoGreen Mobile App





Paper and Cardboard



Flattened Cardboard



Phone Books &
Paper Bags



Cardboard
Egg Cartons



Magazines



Boxboard



Shredded
Paper
in Clear Bag



Newspaper



Office Paper

Plastics 1-7



Shampoo Bottles



Laundry Detergent
Jugs



Food Containers
(rinsed and free of
contaminates)

Metal Cans & Foil Trays



Metal Cans & Foil Trays
(rinsed and free of contaminants)

Follow These 5 Steps

1. Remove lids and caps from bottles and cans.
2. Empty and rinse containers. Labels can be left on.
3. Place recyclables loose in the recycling bin. Do not put them in bags.
4. Flatten cardboard boxes.
5. You may recycle glass for free at:
 - Waste Transfer Site, 1 km east of the roundabout on Highway 11A, and 0.5 km south on RR 12
 - West-end recycle depot, 60 Street/Memorial Trail

Do Not Include

- Glass
- Light bulbs
- Mirrors, ceramics, window glass or Pyrex®
- Plastic bags or film
- Styrofoam®
- Disposable coffee cups
- Paper plates
- Tissues or paper towels
- Plastics without 1-7 symbol 
- Scrap metals
- Wood waste
- Electronics or batteries
- Household hazardous waste
- Bagged recyclables
- Plasticized, waxed, and laminated material

Household Hazardous Waste



Batteries



Disposable
Coffee Cups

Glass



Paper Towel/Tissue



Plastic Bags



Plastic Film



Styrofoam®



DON'T Flush It

Unflushables create clogs in our wastewater system and cause expensive maintenance and repairs!

Don't flush anything that's not toilet paper, poo, or pee, including:

- » Anything that says flushable, including wipes for baby, beauty or cleaning. These are not flushable
- » Medications
- » Plastics
- » Dental floss
- » Hair
- » Kleenex
- » Paper towels
- » Condoms
- » Tampons



OK TO Flush It

- » Toilet paper, poo, pee



OPENING OR RUNNING A Short term accommodation rental property (STAR)?

What is a STAR?

- » Businesses that offer a home, or a portion of the home, to a guest for a stay of 28 days or less
- » STARs include tourist homes, AirBnB, VRBO, and vacation rentals

STARs need a business licence

- » Anyone operating a STAR must have a licence

Why do STARs need a licence?

- » Ensure the safety of rental properties
- » Foster good neighbour relations
- » Protect housing availability and affordability

Impact on housing

- » STARs have a major impact on safety and housing
- » Licensed STAR businesses are operating in a way that protects housing availability and affordability
- » The Town of Sylvan Lake takes these concerns seriously
- » Anyone found illegally operating a STAR, or running a STAR improperly can receive fines

Looking to buy a STAR? Call the Town before you buy

- » Don't get caught with a property that can never qualify for a STAR license
- » Just because a property was operating as a STAR, does not mean it had a business license
- » STARs must meet standards for safety, parking and other regulations
- » New owners must apply and qualify as a STAR even if the property was previously operating as a STAR
- » Check to see if the property is a licensed STAR by calling us or visiting: sylvanlake.ca/stars

Directory for STARs

All licensed STARs get a free online directory listing with their license here: sylvanlake.ca/stars

Business Licensing

bl@sylvanlake.ca | 403 887 2141



Sylvan Lake & DISTRICT ARCHIVES

Preserving the Past ~ For Future Generations

Everyone LOVES A PARADE

Like many other community traditions, Sylvan Lakers are missing their annual celebrations in 2020, like the annual 1913 Days Parade. In days gone by, parades also celebrated national and provincial events such as Canada's 50th Anniversary in 1927 and Alberta's 75th Anniversary in 1980. These photographs take you back in time, to when dirt roads did nothing to dampen the spirit of these celebrations. Vintage automobiles lined Main Street long before the era of show and shine car shows. Children lined the dusty streets to pick up candy thrown from the passing floats that highlighted local businesses and civic pride. Mounties in red serge proudly led the way for local dignitaries, community leaders, and marching bands. Today, roads are paved, and the citizens of this vibrant community are still proudly marching towards our future.

Contact Us!

5012 48 Avenue, Sylvan Lake, T4S 1A2

T 403 887 1185 Ext. 262

E archives@sylvanlake.ca

f [@sylvanlakearchives](https://www.facebook.com/sylvanlakearchives)

sylvanlakearchives.andornot.net



Dominion of Canada Jubilee Celebration,
1927



Elks Carnival Parade, circa 1930



Parade Float, 1955



Provinces Golden Jubilee, 1955



1913 Days Parade,
1980



Jubilee Parade



1913 Days
Parade,
1980



1913 Days Parade, 1974



1913 Days Parade, 1990



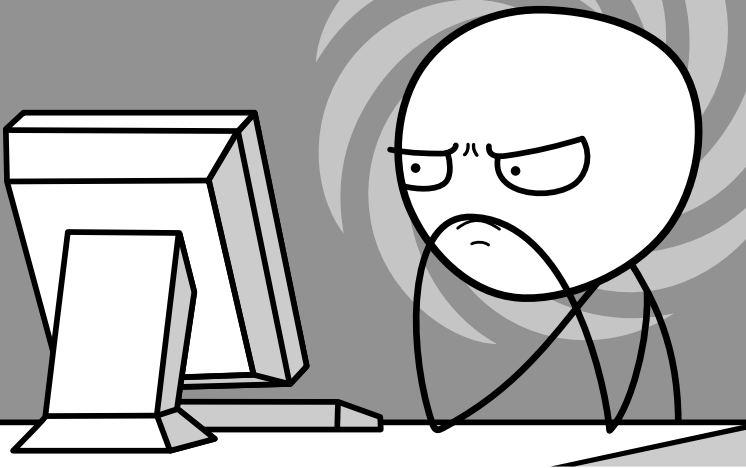
1913 Days Parade, Sylvan Lake
Centennial 2013



1913 Days Parade,
Sylvan Lake Centennial 2013

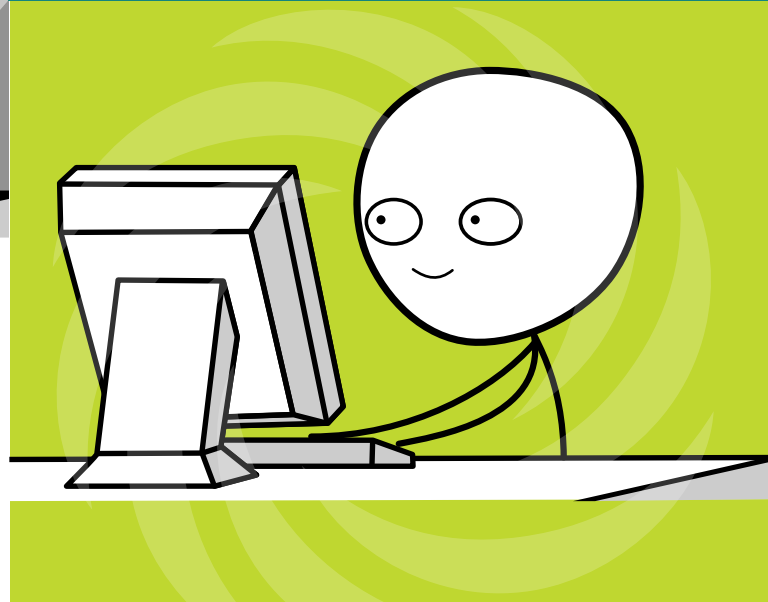


Got questions? Have a concern?



- » The form creates a record of your concern to make sure we hear you. Remember, we don't respond with social media
- » The form goes straight to the department that can help you
- » Or find direct phone numbers here: www.sylvanlake.ca/contact

Contact us:
www.sylvanlake.ca/contact



Projects Ask & Answered

All Lakers are welcomed to ask project questions and get answers:

- » Creates a safe space for all Lakers and visitors to provide feedback
- » Opens communication between the Town and residents. Together, we can create an amazing community through respectful and transparent communication



Sign up today to have your say:
engage.sylvanlake.ca

No web access? No problem!
Use library computers at 4715 50 Ave

Renting Our Facilities

Inquire Online: sylvanlake.ca/recreation | Or Call: 403 887 2199



FACILITY INFORMATION

Wellness and Community Connections Centre

4725 - 43 Street
403 887 1137

NexSource Centre

Recreation, Culture, and Tourism
4823 - 49 Avenue
403 887 2199
www.sylvanlake.ca/nexsourcecentre

For Current Facility Hours

www.sylvanlake.ca/contact

Facility Rental Outside Normal Hours

- » Rentals booked on statutory holidays outside of the scheduled operating hours are charged double the applicable rate.
- » Rentals booked with more than ½ hour break from the regular schedule are charged an additional staffing fee of \$50.00 per hour plus the applicable fee until the commencement of regular facility hours.

Cancellation/Refund Policy

Public rentals cancelled with:

- » **Less than 14 days notice before the scheduled dates** are not re-booked and no refund or credit is given.
- » **More than 14 days notice** is refunded the full amount less an administrative fee of \$15.00.

Private rentals cancelled with:

- » **Less than 30 days notice before the scheduled dates** are not re-booked and no refund or credit is given.
- » **More than 30 days notice** is refunded the full amount less an administrative fee of \$15.00.

Special event rentals cancelled with:

- » **90 days or more notice** are refunded the full amount less an administrative fee of \$15.00.
- » **60 - 89 days notice** receive a 50% refund of the entire rental amount.
- » **Less than 60 days notice** do not receive refund or credit.

Renter Acknowledgment of Risk

By renting Town of Sylvan Lake facilities, the participant and/or legal guardian of the participant accepts the risks of physical injury consistent with the rented facility and activity and waives any claim for injury arising therefrom. Participants are expected to follow all safety precautions and to use appropriate equipment as outlined by the service provider.

If you have questions about specific risks involved in the facility you have rented, please contact the Recreation, Culture, and Tourism Department at 403 887 2199.

Wellness and Community Connections Centre

4725 43 Street

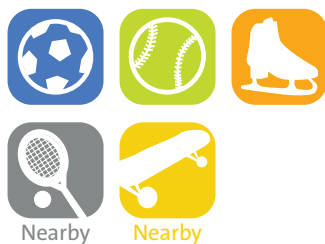


- » Ample parking
- » Main Hall/Gymnasium/ Kitchen
- » 10 x 30 foot stage with dressing room
- » Banquet dining and seating for up to 300 people
- » Commercial kitchen
- » Four ovens with stove top
- » One dishwasher/ sanitizer
- » Items such as cutlery, stoneware, water pitchers and glasses
- » Two coolers
- » One deep-freeze
- » Two 100-cup coffee pots
- » Retractable basketball hoops.

Four Seasons Park and/or Stevenson Tournament House

4725 43 Street

Located next to the Wellness and Community Connections Centre parking lot.



The tournament house features:

- » A small kitchen
- » Indoor activity or event room
- » Washrooms

The park features:

- » Two competitive soccer pitches
- » Five baseball diamonds
- » Seasonal outdoor rink

A tennis court, and skateboard park are located nearby.

Pogadl Park

Memorial Trail west of 60 Street



- » 4 baseball diamonds
- » Co-Operators Play Zone playground and spray park
- » Washroom Facilities
- » Gulls field and stadium home of the Sylvan Lake Gulls

The park is still under construction. More great features are coming soon.

Centennial Park and Centennial Park Picnic Shelters

Located on the Shore Of Sylvan Lake



Three picnic shelters, with tables, are available. Centennial Park is a large green space located on the shore of Sylvan Lake, and

features playgrounds, public washrooms, and public seating.

Leader Field Tournament House and/or Park

Corner of Lakeway Boulevard and Memorial Drive



Host your party here! Tournament house with kitchen, event room, and washrooms. Soccer pitches (two U10, four U8). Seasonal outdoor rink.

Multicampus

2 Falcon Ridge Drive



Three gymnasiums, fine arts centre, football field, and soccer pitch. Open year round.

Sylvan Lake Park

Inside the boundaries of the Park are the Pier and the 1.6 km of Lakefront on the east side of the Pier



The Pier is best known for its exciting Beach Volleyball Tournaments that are held most weekends throughout the summer months!

Meadowview Ball Diamond

Located East of the Multi Campus at 2 Falcon Ridge Drive



This ball diamond is mainly used for minor ball league games and practices.

The NexSource Centre

4823 49 Ave



The NexSource Centre is a 155,000+ square foot multi-use recreation centre. Located in the heart of Sylvan Lake, near Lakeshore Drive, and downtown shops, and restaurants. The NexSource Centre features the following for rental opportunities:

- » Swimming pool
- » Two regulation rinks
- » Five-sheet curling rink
- » Three-lane running/walking track
- » Children's play space
- » Meeting and multipurpose rooms
- » Senior's Centre
- » Lounge and concession

Strategis Group Multipurpose Rooms

4,100 square feet fully equipped with audio and video. Rooms have in-room refreshment stations, and have views and access to the curling rink. When combined, the rooms accommodate 337 people, banquet style.

Room	Size	Banquet Style	Lecture Style
Multipurpose Room 1	1,064 sq. ft.	72 people	88 people
Multipurpose Room 2	1,148 sq. ft.	74 people	94 people
Multipurpose Room 3	1,940 sq. ft.	121 people	152 people

Whitecap Meeting Room

Next to the indoor running and walking track, this room is designed for smaller meetings.

Room	Size	Banquet Style	Lecture Style
Meeting Room	315.71 sq. ft.	—	31 people

Ice Surfaces

Arena 1	Diamond Valley Pressure Services Arena
NHL-sized ice surface	NHL-sized ice surface
Access to change rooms, and flex room	Access to change rooms
Score clock	Score clock
Seating for 555 people	Seating for 1909 people

Curling Rink

Five-sheets

20,365 square feet - suitable for large event rental in off-season

Scoreboard

Sound baffles and audio

Diamond Valley Den:

- » Rental includes access to lounge
- » Lounge has views of the curling rink and Arena 2
- » Viewpoint Lounge has server kitchen, bar, and televisions
- » Offers an additional 4,400 square feet of space.

Contact us at 403 887 2199 for further information on these facilities or visit: www.sylvanlake.ca

Party Packages - NexSource Centre

NexSource Centre Party Packages

Swimming Party - Private | Ages: 1 - 17

Includes one hour of play in the pool, and access to the party room for the full three hours. Fee includes up to 60 people in the pool.

\$210.32 local | \$302.84 nonlocal

Skating Party - Private | Ages: 1 - 17

Includes one hour of skating, and access to the party room for the full three hours.

Non-Prime Time: \$145.67 local | \$174.82 nonlocal

Prime Time: \$179.87 local | \$215.97 nonlocal

Bouncer Parties | Ages: 1 - 11

Bouncer and space rental for cake and gift opening.

Bouncer: \$285.03 local | \$342.03 nonlocal

Bouncer with Slide: \$325.93 local | \$380.03 nonlocal

Wellness and Community Connections Centre Party Package

Party Package

Three hours in the gym and kitchen including:

- » 30 minutes set up time
- » 30 minutes take down time
- » 2 hours party time
- » Equipment cart

\$158.35 local | \$190.02 nonlocal

Wedding Packages

NexSource Centre Wedding Packages

Includes four hours set up prior day, and four hours take-down time the following day. Wedding day includes the use of the facility from 8:00 AM - 3:00 AM.

Rentals such as portable bars and a stage are also available.

\$2,011.65 local | \$2,414.49 nonlocal

Wellness and Community Connections Centre Wedding Packages

Includes four hours set up prior day, and four hours take-down time the following day. Wedding day includes the use of the facility from 8:00 AM - 3:00 AM.

\$2,066.12 local | \$2,479.06 nonlocal

Parks Wedding Packages

Includes use of the space for up to six hours. **Location options:**

- » Lakeway Landing Gazebo & Bridge
- » Municipal Government Building Steps & Lion's Park Gazebo
- » Lighthouse Park

\$212.83 local | \$255.38 nonlocal

To book your party package, or for more information:

NexSource Centre, 4823 - 49 Avenue | 403 887 2199 | recreation@sylvanlake.ca



NexSource Centre CATERING

Enjoy our wide range of catering options that include meeting packages, breakfast and dinner options, and a la carte items.

We deliver!

Book your catering today:

Call: 403 887 0632 | foodandbeverage@sylvanlake.ca

Direct message: [facebook.com/DiamondValleyDen](https://www.facebook.com/DiamondValleyDen)

Menu Ideas

CONTINENTAL BREAKFAST

- » Assorted muffins/loafs
- » Assorted sliced fruit
- » Juice
- » Coffee, decaf coffee, tea

SOUP AND SANDWICHES

- » Choice of soup: creamy turkey & veggie, or veggie beef & barley, or chicken noodle, or potato cream & bacon
- » Assorted sandwiches
- & wraps: tuna, ham & cheese, roast beef, veggie, turkey
- » Vegetable tray with dip
- » Assorted squares/cookies
- » Coffee, tea

TACO BAR

- » Taco bar of soft and hard taco shells, refried black beans, grated cheese, shredded lettuce, cilantro, diced tomatoes, jalapeño peppers, onions, sour cream, and hot sauce
- » Assorted squares/cookies
- » Coffee, tea

**LET US CREATE YOUR
PERFECT CUSTOM MENU!**

Details: sylvanlake.ca/rentals



grow your business

Advertise your organization's programs and community events. Published three times a year, our community guide is available online, with printed copies at all Town facilities.

rates

	non-profit	business	Size
Business Card	\$45	\$51	W 3.5" by H 2"
1/4 Page	\$80	\$95	W 3.35" by H 4.5"
1/2 Page	\$159	\$191	W 7" by H 4.5" or W 3.35" by H 9"
Full Page	\$318	\$382	W 7" by H 9.625"

For more information or to book, visit:
sylvanlake.ca/CommunityGuide

Guide issues and booking deadlines:
Winter guide: October 25
Spring guide: February 21
Fall guide: June 21


Sylvan Lake
BRILLIANT ALL YEAR





NexSource Centre

WELCOME TO THE NEXSOURCE!

NEXSOURCE CENTRE ADMISSION

Annual memberships are eligible to receive additional 15% off when renewing for following year. Drop in rates apply to Multi Campus and Community Centre drop in programs.

	Drop in	10 Pass	1 Month	3 Month	6 Month	1 year
Infants (0-2 years)	\$1.00	\$9.00	\$8.00	\$21.00	\$28.75	\$34.50
Children (3-7 years)	\$3.50	\$31.50	\$26.00	\$68.25	\$95.00	\$112.75
Students (8-17 years)	\$4.50	\$40.50	\$34.00	\$89.25	\$123.00	\$147.25
Adult (18-59)	\$6.75	\$60.75	\$52.00	\$136.50	\$189.75	\$224.25
Senior (60+ years)	\$5.25	\$47.25	\$40.00	\$105.00	\$145.00	\$172.50
Family (4 people living in household)	\$15.00	\$135.00	\$116.00	\$304.50	\$420.00	\$500.25
Additional Family Member (Max 6)	\$3.25	\$29.25	\$24.00	\$63.00	\$87.50	\$103.50

CORPORATE DISCOUNTS

Physically active employees are happy, healthy employees.

10% discount on 10 to 20, 10-Pass cards, monthly memberships, or annual memberships.

15% discount on 20 or more, 10-Pass cards, monthly memberships, or annual memberships.



ADVERTISE AT THE NEXSOURCE CENTRE!

Approximately 350,000 visit the NexSource Centre every year.

If you're seeking brand recognition, or an opportunity to promote your business, why not advertise at one of the busiest places in town? There's lots to choose from, or we can create a custom package just for you!

For NexSource Centre advertising and sponsorship inquiries, contact:

Channelle Brooker
Culture and Tourism Supervisor
4823 - 49 Avenue, Sylvan Lake, AB T4S 1G6
403 864 5149
cbrooker@sylvanlake.ca

www.sylvanlake.ca



BETTER TOGETHER PROGRAM

The NexSource Centre Better Together program provides annual (12 months), members with 12 daily admission passes to bring a partner to come enjoy the facility at no charge. Bring your friend and enjoy drop in activities like morning aquafit classes in the pool, a few laps around the walking track, or an evening of public skating.

Use your Better Together passes whenever you wish, we want to help you stay motivated! Staying active is so much better when you're together.

One membership; 12 additional opportunities to be Better Together.

- » Buy annual memberships at the NexSource Centre;
- » Rates and membership fees online: sylvanlake.ca/nexsourcecentre;
- » Better Together passes provided upon purchase of annual membership;
- » Membership renewals also include Better Together program;
- » 12 passes included per calendar year.



NEXSOURCE CENTRE FUNDRAISING BOOKLETS

Admission booklets are available to local non-profit groups to help raise funds for the organization. Booklets are sold for \$25.00, and organizations make a \$10.00 profit on each booklet sold.

- » Child booklet 12: Admissions
- » Student booklet: 8 Admissions
- » Adult booklet: 6 Admissions
- » Family booklet: 3 Admissions

Please contact Channelle Brooker:
403 864 5149 | cbrooker@sylvanlake.ca

Drop In Wristbands

Drop in participants must wear wristbands.

Refunds or account credits (less an administrative fee of \$15.00) are granted for cancellations made seven (7) days before the commencement of the course/lesson/program. Refund or account credits are not issued for cancelling within seven (7) days of the course/lesson/program start date.

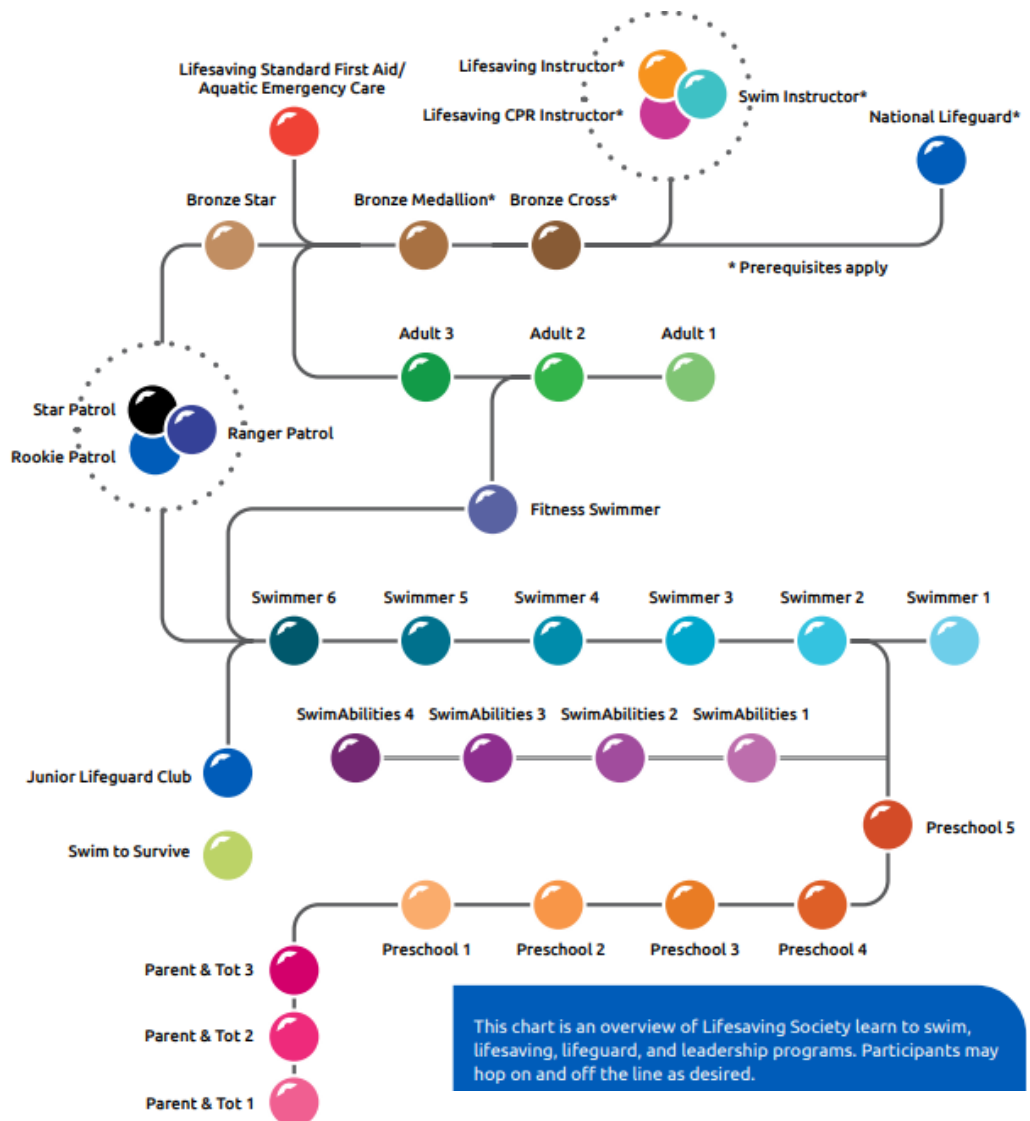
The Town of Sylvan Lake Acknowledgment of Risk By registering, the participant and/or legal guardian of the participant accepts the risks of physical injury consistent with the course or activity in which they are registered and waives any claim for injury arising therefrom. Participants are expected to follow all safety precautions and to use appropriate equipment as outlined by the program/service provider and/or instructor. If you have questions about specific risks involved in the course or activity you are registered in, please contact the Recreation, Culture, and Tourism Department at 403 887 2199.

Pool Programs



We are now offering Lifesaving Society lessons

Placement in swim programs depends on many variables including age, skill, proficiency, previous experience and readiness. The following information is a guideline only.



This chart is an overview of Lifesaving Society learn to swim, lifesaving, lifeguard, and leadership programs. Participants may hop on and off the line as desired.

POOL ADMISSION REQUIREMENTS

- » 1 adult in the pool for every 2 infants (0 - 2 years)
- » 1 adult in the pool for every 3 children (3 - 7 years)
- » Children under 8 and persons requiring a personal aide must be under the direct supervision of a responsible adult at all times;
- » Children under 36 months or people who are incontinent must wear protective, water-resistant swim wear.

Preschool Lessons



Per Session

30 Minute Classes (6 per session): \$46.50 local | \$55.80 nonlocal

October 14 - October 30

Tuesday, Thursday

Preschool 1	2:35 PM - 3:05 PM
Preschool 1	4:35 PM - 5:05 PM
Preschool 2/3	2:00 PM - 2:30 PM
Preschool 2/3	5:10 PM - 5:40 PM
Preschool 4/5	4:00 PM - 4:30 PM

October 20 - November 5

Monday, Wednesday

Parent and Tot 1/2/3	5:10 PM - 5:40 PM
Preschool 1	10:10 AM - 10:40 AM
Preschool 1	4:35 PM - 5:05 PM
Preschool 2/3	9:35 AM - 10:05 AM
Preschool 2/3	4:00 PM - 4:30 PM
Preschool 4/5	9:00 AM - 9:30 AM

November 4 - November 25

Tuesday, Thursday

No Class November 11

Parent and Tot 1/2/3	5:10 PM - 5:40 PM
Preschool 1	2:00 PM - 2:30 PM
Preschool 1	4:35 PM - 5:05 PM
Preschool 2/3	4:00 PM - 4:30 PM
Preschool 4/5	2:35 PM - 3:05 PM

November 15 - December 20

Saturday

Parent and Tot 1/2	9:00 AM - 9:30 AM
Parent and Tot 3	10:10 AM - 10:40 AM
Preschool 1	9:00 AM - 9:30 AM
Preschool 2/3	9:35 AM - 10:05 AM
Preschool 2/3	10:10 AM - 10:40 AM
Preschool 4/5	9:35 AM - 10:05 AM

November 17 - November 28

Monday, Wednesday, Friday

Parent and Tot 1/2/3	10:10 AM - 10:40 AM
Preschool 1	9:35 AM - 10:05 AM
Preschool 1	4:35 PM - 5:05 PM
Preschool 2/3	9:00 AM - 9:30 AM
Preschool 2/3	5:10 PM - 5:40 PM
Preschool 4/5	4:00 PM - 4:30 PM

December 1 - December 12

Monday, Wednesday, Friday

Parent and Tot 1/2/3	5:10 PM - 5:40 PM
Preschool 1	10:10 AM - 10:40 AM
Preschool 1	4:35 PM - 5:05 PM
Preschool 2/3	9:35 AM - 10:05 AM
Preschool 2/3	4:00 PM - 4:30 PM
Preschool 4/5	9:00 AM - 9:30 AM

December 2 - December 18

Tuesday, Thursday

Parent and Tot 1/2/3	2:35 PM - 3:05 PM
Preschool 1	4:35 PM - 5:05 PM
Preschool 2/3	2:00 PM - 2:30 PM
Preschool 2/3	5:10 PM - 5:40 PM
Preschool 4/5	4:00 PM - 4:30 PM



Swimmer Lessons



PER SESSION

45 Minute Classes (6 per session): \$69.75 local | \$83.70 nonlocal

October 14 - October 30

Tuesday, Thursday

Swimmer 1/2	4:40 PM - 5:25 PM
Swimmer 3	3:50 PM - 4:35 PM

October 20 - November 5

Monday, Wednesday

Swimmer 1/2	4:40 PM - 5:25 PM
Swimmer 4	3:50 PM - 4:35 PM

November 4 - November 25

Tuesday, Thursday

No Class November 11

Swimmer 1/2	4:40 PM - 5:25 PM
Swimmer 4	3:50 PM - 4:35 PM

November 15 - December 20

Saturday

Swimmer 1	9:50 AM - 10:35 AM
Swimmer 1/2	10:45 AM - 11:30 AM
Swimmer 2	9:00 AM - 9:45 AM
Swimmer 3	10:40 AM - 11:25 AM
Swimmer 4	9:50 AM - 10:35 AM
Swimmer 5/6	10:40 AM - 11:25 AM

November 17 - November 28

Monday, Wednesday, Friday

Swimmer 1/2	4:40 PM - 5:25 PM
Swimmer 5/6	3:50 PM - 4:35 PM

December 1 - December 12

Monday, Wednesday, Friday

Swimmer 1/2	4:40 PM - 5:25 PM
Swimmer 3	3:50 PM - 4:35 PM

December 2 - December 18

Tuesday, Thursday

Swimmer 1/2	4:40 PM - 5:25 PM
Swimmer 5/6	3:50 PM - 4:35 PM

POOL ADMISSION REQUIREMENTS

- » 1 adult in the pool for every 2 infants (0 - 2 years)
- » 1 adult in the pool for every 3 children (3 - 7 years)
- » Children under 8 and persons requiring a personal aide must be under the direct supervision of a responsible adult at all times;
- » Children under 36 months or people who are incontinent must wear protective, water-resistant swim wear.

Homeschool Swim to Survive

Learn self-rescue skills to enable surviving an unexpected fall into deep water. Learn the skill sequence roll into deep water, tread water for one minute, and swim 50 meters. There is no "one right" way to do the sequence. Any method that gets you to safety meets the Canadian Swim to Survive Standard.

\$36.00 local \$43.20 non-local

SESSION 1:

Oct 20 - Nov 5

Monday, Wednesday

11:00 AM - 12:00 PM

SESSION 2:

Nov 17 - 28

Monday, Wednesday,
Friday

11:00 AM - 12:00 PM

SESSION 3:

Dec 1 - 12

Monday, Wednesday,
Friday

11:00 AM - 12:00 PM

SWIM ABILITIES

30 Minute Classes (6 per session): \$46.50 local | \$55.80 nonlocal

October 20 - November 5

Monday, Wednesday

Swim Abilities	6:00 PM - 6:30 PM
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November 17 - November 28

Monday, Wednesday, Friday

Swim Abilities	6:00 PM - 6:30 PM
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December 1 - December 12

Monday, Wednesday, Friday

Swim Abilities	6:00 PM - 6:30 PM
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Private Swim Abilities Lessons | Ages 3 - 16

SwimAbilities® is a learn to swim program geared for children with special needs. In water caregiver is required. Children and their caregivers gain improved safety, independence, and enjoyment in and around the water. Every child who does not yet fit into regular lessons is welcome, regardless of whether or not they have a diagnosis.

Schedule a lesson: 403 887 2199



Private Swim Lessons



PER SESSION

30 Minute Classes (6 per session): \$162.00 local | \$194.40 nonlocal

October 14 - October 30

Tuesday, Thursday

Session 1	3:30 PM - 4:00 PM
Session 2	3:30 PM - 4:00 PM
Session 3	5:30 PM - 6:00 PM
Session 4	6:00 PM - 6:30 PM

October 20 - November 5

Monday, Wednesday

Session 1	3:30 PM - 4:00 PM
Session 2	5:30 PM - 6:00 PM
Session 3	6:00 PM - 6:30 PM

November 4 - November 25

Tuesday, Thursday

No Class November 11

Session 1	3:30 PM - 4:00 PM
Session 2	3:30 PM - 4:00 PM
Session 3	5:30 PM - 6:00 PM
Session 4	6:00 PM - 6:30 PM

November 15 - December 20

Saturday

Session 1	8:30 AM - 9:00 AM
Session 2	8:30 AM - 9:00 AM
Session 3	8:30 AM - 9:00 AM
Session 4	11:30 AM - 12:00 PM
Session 5	11:30 AM - 12:00 PM
Session 6	11:30 AM - 12:00 PM

November 17 - November 28

Monday, Wednesday, Friday

Session 1	3:30 PM - 4:00 PM
Session 2	5:30 PM - 6:00 PM
Session 3	6:00 PM - 6:30 PM

December 1 - December 12

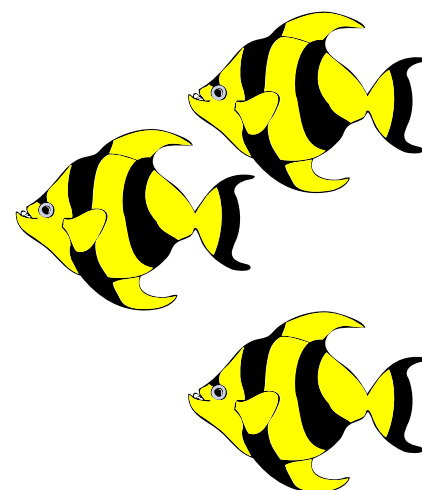
Monday, Wednesday, Friday

Session 1	3:30 PM - 4:00 PM
Session 2	5:30 PM - 6:00 PM
Session 3	6:00 PM - 6:30 PM

December 2 - December 18

Tuesday, Thursday

Session 1	3:30 PM - 4:00 PM
Session 2	3:30 PM - 4:00 PM
Session 3	5:30 PM - 6:00 PM
Session 4	6:00 PM - 6:30 PM



Free Swim Abilities Lessons | Registered | Volunteers wanted

SwimAbilities® is a learn to swim program geared for children with special needs. These lessons are taught by student Swim Abilities Instructors and are supervised by a Swim Abilities Instructor Trainer. No ribbons or progress cards will be issued. In-water caregiver required. Registration is required.

November 1: Ages 3-8, 10:00 AM - 10:45 AM | Ages 8-16, 11:00 AM - 11:45 AM



Adult Swimmer

PER SESSION:

45 Minute Classes (6 per session) \$69.75 local | \$83.70 nonlocal

November 15 - December 20, Saturday

Adult 1	9:00 AM - 9:45 AM
Adult 2	9:00 AM - 9:45 AM
Adult 3	9:00 AM - 9:45 AM

Drop In Schedule Fall

SEPTEMBER 29 - DECEMBER 20, 2025

SYLVANLAKE.CA/NEXSOURCECENTRE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM to 8:45 AM		Lane Swim					Available to Book
9:00 AM to 9:45 AM	Available to Book	Deep Aquafit	School Swim Lessons	Deep Aquafit	School Swim Lessons	Deep Aquafit	Swimming Lessons
10:00 AM to 10:45 AM		Shallow Aquafit		Shallow Aquafit		Shallow Aquafit	
11:00 AM to 12:00 PM		School Swim Lessons					
12:00 PM to 1:00 PM	Parent and Tot (Kiddie Pool Only)						
1:00 PM to 2:00 PM	Public Swim	School & Public Swim Lessons 1:00 PM - 3:30 PM					Public Swim
2:00 PM to 3:00 PM							
3:00 PM to 5:00 PM		Swim Club & Swimming Lessons 3:30 PM - 6:00 PM					
5:00 PM to 6:00 PM	Available to Book			Aquafit			Available to Book
6:00 PM to 7:00 PM							
7:00 PM to 8:30 PM		Public Swim 6:30 PM - 8:30 PM					
8:30 PM to 9:30 PM		Lane Swim 8:30 PM - 9:30 PM					

*Drop In schedule is subject to change due to bookings. Please call to confirm times.

Drop-In Aquatic Programs

Deep & Shallow Aquafit

Get Fit!! A fun and energetic aerobic exercise class using the water for resistance. This 45 minute class can be done in deep water (zero impact) or shallow water for muscle, joint or mobility. Work at your own pace, no swimming skills are required.

Evening Aquafit

A 30-minute class combining cardio and power strength exercises. Use a variety of equipment to tone and strengthen your entire body.

Register now!
recreation.sylvanlake.ca

Lifesaving Society Programs

Swim Patrol | Ages: 9 - 13

The 3 levels of Swim Patrol include provide enriched training for those ready to go beyond learn-to-swim.

SWIM PATROL: ROOKIE

Rookie Patrol is the foundation for the Swim Patrol program. It includes 4 main components: stroke refinement, fitness, first aid, and lifesaving. Stroke refinement focuses on front crawl, back crawl, and breaststroke. Fitness components include a 350 m workout and 100 m timed swim. Swimmers learn about assessing conscious victims, contacting EMS, and treatment for bleeding. Rookie Patrol is rounded off with an introduction to lifesaving skills, including self-rescue techniques, victim recognition, and using throwing assists.

SWIM PATROL: RANGER

Ranger Patrol continues to focus on stroke refinement and underwater proficiency. These skills are critical for supporting swimmer fitness. Swimmers can expect their fitness levels to increase as they work towards a 200 m timed swim. First aid skills include assessment of unconscious victims, treating for shock, and procedures for obstructed airways. Lifesaving skills are expanded to include object support and non-contact rescues with a buoyant aid.

SWIM PATROL: STAR

Star Patrol prepares swimmers for the Bronze Star Award. Refine strokes through 100 m swims. Good physical conditioning is a must as swimmers are challenged with a 600 m workout, 300 m timed swim, and a 25 m object carry. First aid focuses on treatment of bone/joint injuries, and respiratory emergencies like asthma and allergic reactions. Lifesaving skills include in water defence methods, rolling over and supporting victims in shallow water, and removing victims from shallow water. Swimmers who complete Star Patrol are well on their way to becoming Lifesavers.

\$120 local | \$144 nonlocal

Swimming Pool, 4823 - 49 Avenue

Nov 15 - Dec 20

Saturdays, 10:45 AM - 12:00 PM

Bronze Medallion | Ages: 13 +

Challenge yourself mentally and physically! Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Learn the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Prerequisite: Ages 13+ or Bronze Star certification (need not be current). You must have Bronze Medallion to enter Bronze Cross assistant lifeguard training.

Strategis Group Room 1, 4823 - 49 Ave

October 19 - November 2

Sundays, 9:00 AM - 5:00 PM

\$200.00 local | \$240.00 nonlocal

Bronze Cross | Ages: 13 +

Lifesavers prepare for being an assistant lifeguard. Strengthen and expand your lifesaving skills. Begin to apply the principles and techniques of active surveillance in aquatic facilities. Learn to use teamwork and communication to prevent and respond to aquatic emergencies. Prerequisite: Bronze Medallion and Standard First Aid "C" (from one of Lifesaving Society, St. John Ambulance, or Canadian Red Cross). You must have Bronze Cross to enter advanced training in the Society's National Lifeguard and leadership programs.

Strategis Group Room 1, 4823 - 49 Ave

November 16 - November 30

Sundays, 9:00 AM - 5:00 PM

\$155.00 local | \$186.00 nonlocal

National Lifeguard Pool Option | Ages: 15 +

The primary role of the National Lifeguard is the prevention of emergency situations, and the timely and effective resolution of emergencies. The National Lifeguard certification prepares lifeguards to fulfill this role as a professional facilitator of safe, enjoyable aquatics in a pool setting. The National Lifeguard program develops the basic lifeguarding skills, principles, and decision-making process to help lifeguards evaluate and adapt to different aquatic facilities and emergencies. The National Lifeguard program cannot prepare candidates

for every situation that might occur. Employers must provide in-service training to familiarize their staff with the unique aspects of their aquatic facility. Prerequisite: Bronze Cross, Standard First Aid "C", and a minimum of 15 years of age.

Strategis Group Room 1, 4823 - 49 Ave

December 27 - December 31

Saturday - Wednesday

9:00 AM - 5:00 PM

\$375.00 local | \$450.00 nonlocal

Junior Lifeguard Club | Ages: 8 - 15

The Junior Lifeguard Club (JLC) offers serious fun for kids 8 years and up who can swim at least 25m and tread water for 2 minutes. The JLC provides an action-packed challenge for kids who love the water but who want more than 'lessons'. The program is designed to let kids participate in activities similar to those of real lifeguards - in a safe, fun and controlled setting. But just as important, kids experience teamwork and a sense of belonging. They become part of a club, the JLC.

Swimming Pool, 4823 - 49 Ave

October 17 - November 21

No Class November 7

Fridays, 4:00 PM - 6:00 PM

\$80.00 local | \$96.00 nonlocal

LSS Swim Abilities Instructor | Ages: 15 +

Swim Abilities Instructors teach and evaluate participants in the Swim Abilities learn to swim program. Prepare to apply level 2 leadership competencies and strategies designed to teach candidates with special needs. Prerequisite(s): Current Swim or Lifesaving Instructor

Strategis Group Room 1, 4823 - 49 Ave

October 25 - November 1

Saturdays, 9:00 AM - 3:30 PM

\$155.00 local | \$186.00 nonlocal

Lifesaving Society Programs & Aquatic Programs



Lifeguard Prep | Ages: 10 +

Dive into the world of water safety and lifeguarding. Learn the essential skills and knowledge needed to prepare for Bronze Star, Bronze Medallion, Bronze Cross, or National Lifeguard. Gain crucial lifeguarding techniques such as water rescue, CPR, first aid, and emergency response. Work on your individual goals while preparing to take future Lifeguarding classes.

Swimming Pool, 4823 - 49 Ave

November 15 - December 20

Saturdays, 12:00 PM - 1:00 PM
\$96.00 local | \$115.20 nonlocal

WATER FITNESS

Aqua Zumba | Ages: 16 +

Join the Aqua Zumba pool party! This low-impact, high-energy program blends the Zumba philosophy with water resistance. Every step is more challenging and helps tone your muscles. Participants under the age of 18 must have a waiver signed by their Parents/Guardians.

\$40.50 local | \$48.60 nonlocal

Swimming Pool, 4823 - 49 Ave

SESSION 1

October 19 - November 2

Sundays, 5:00 PM - 6:00 PM

SESSION 2

November 16 - November 30

Sundays, 5:00 PM - 6:00 PM

WATER SPORTS

Aqua Sports | Ages: 8 - 14

Splash into a world of aquatic excitement! Explore a variety of water-based sports, including water polo, underwater hockey, water basketball, and more. These engaging and dynamic water sports just might foster a lifelong love for staying active and having fun in the water.

\$38.30 local | \$44.70 nonlocal

Swimming Pool, 4823 - 49 Ave

November 16 - December 14

Sundays, 11:00 AM - 12:00 PM

Red Cross Safety Programs

Red Cross - Stay Safe | Ages: 9 - 13

Stay Safe! Teaches age-appropriate skills while increasing and reinforcing a youth's ability to improve his or her own safety. Whether in the community or on their own, youths learn tools to stay safe in a variety of different situations.

\$45.00 local | \$54.00 nonlocal

Stratigis Group Room 1, 4823 - 49 Ave

SESSION 1: October 18
Saturday, 9:00 AM - 2:00 PM

SESSION 2: December 12
Friday, 9:00 AM - 2:00 PM

Red Cross - Babysitting Course | Ages: 11 - 15

Valuable training that you can trust! Taught by well-trained facilitators certified in first aid, and who have a strong teaching background. Help your child build valuable skills for a lifetime. Please bring your own baby sized doll to class for practice.

\$63.00 local | \$75.60 nonlocal

Stratigis Group Room 1, 4823 - 49 Ave

SESSION 1: September 19
Friday, 9:00 AM - 5:00 PM

SESSION 2: November 28
Friday, 9:00 AM - 5:00 PM

Red Cross - Blended Standard First Aid Certification / Online & In-Person | Ages: 13 +

Comprehensive course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements, or who want more knowledge to respond to emergencies at home. The course includes the latest first aid and CPR guidelines. Meets federal and a variety of provincial/territorial regulations for Standard First Aid and CPR. Exceeds competitor's standards by including injury prevention content, CPR, and AED. Learn your theory portion online over a weeks time and then attend the classroom to demonstrate your skills.

\$135.00 local | \$162.00 nonlocal

Stratigis Group Room 1, 4823 - 49 Ave

SESSION 1: September 15
Monday, 8:00 AM - 4:30 PM

SESSION 2: November 3
Monday, 8:00 AM - 4:30 PM



Red Cross - Standard First Aid Recertification | Ages: 14 +

Keep your Red Cross Standard First Aid Certification current with this one day recertification course. Prerequisite: Current Standard First Aid Certification.

\$85.00 local | \$102.00 nonlocal

Stratigis Group Room 1, 4823 - 49 Ave

SESSION 1: September 15
Monday, 8:00 AM - 4:30 PM

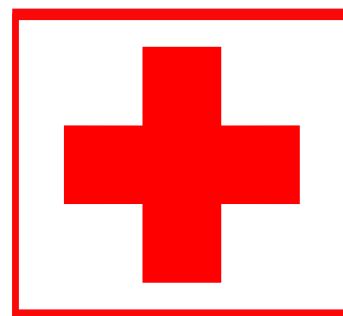
SESSION 2: November 3
Monday, 8:00 AM - 4:30 PM

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Arts and Culture

CHILD & YOUTH COOKING PROGRAMS

Little Chef, Big World (New Recipes) | Ages: 5 - 8

The tastiest journey around the globe for aspiring young chefs! Travel through flavours, spices, and traditions. Master recipes like Italian pasta, or sizzling tacos from Mexico. Supplies included.

Kitchen, 4725 - 43 St

September 17 - October 1

Wednesdays, 4:00 PM - 5:15 PM
\$65.00 local | \$78.00 nonlocal

Sugar Rush Express (New Recipes) | Ages: 5 - 8

Your sweet tooth takes a front seat on this delightful culinary adventure! Dessert lovers of all skill levels explore the art of baking. Learn creative baking skills that will impress your friends and family. Supplies included.

Kitchen, 4725 - 43 St

October 15 - 22

Wednesdays, 4:00 PM - 5:15 PM
\$43.35 local | \$52.00 nonlocal

Pancake & Pyjamas (NEW)

Ages: 5 - 8

Slip into your coziest pyjamas for your favourite breakfast treat: pancakes! Learn how to make fluffy pancakes from scratch, topped with fresh fruits, syrups and whipped cream. Have a blast mixing, flipping, and decorating. Supplies included.

Kitchen, 4725 - 43 St

November 12

Wednesday, 4:00 PM - 5:15 PM
\$21.70 local | \$26.00 nonlocal

Global Grub Club (New Recipes)

Ages: 9 - 12

Explore recipes that take your taste buds on a journey around the world! Learn about diverse cuisines, traditions, and ingredients. That ignite your passion for cooking. Expanding your cooking and cultural knowledge. Supplies included.

Kitchen, 4725 - 43 St

September 17 - October 1

Wednesdays, 5:45 PM - 7:00 PM
\$65.00 local | \$78.00 nonlocal

Sweet Tooth Fix (New Recipes)

Ages: 9 - 12

Learn delicious recipes that will satisfy your sweet tooth like cookies, cupcakes and brownies. Gain confidence and share your creations with friends and family. Learn about kitchen safety and teamwork while you mix, bake, and decorate. Supplies included.

Kitchen, 4725 - 43 St

October 15 - 22

Wednesdays, 5:45 PM - 7:00 PM
\$43.35 local | \$52.00 nonlocal

Wake up & Waffle (NEW)

Ages: 9 - 12

Become a waffle making master. Learn to mix, pour, and flip your waffles into legend. Get creative with fun and delicious toppings. All skill levels welcome. Supplies included.

Kitchen, 4725 - 43 St

November 12

Wednesday, 5:45 PM - 7:00 PM
\$21.70 local | \$26.00 nonlocal

**Register
Online**



Register for programs online:
sylvanlake.ca/recreation

CHILD ART PROGRAMS

Show Your Colours | Ages: 5 - 8

Learn the basics of painting and show creativity in an open and inclusive environment. Create a work of art every week to take home. Supplies included.

Strategis Group Room 1, 4823 - 49 Ave

November 13 - 27

Thursdays, 5:00 PM - 6:00 PM
\$44.10 local | \$52.90 nonlocal

Craft Sessions | Ages: 6 - 12

Create a simple themed crafts. Supplies Included.

\$27.50 local | \$33.00 nonlocal

Strategis Group Room 1, 4823 - 49 Ave

Halloween Theme: October 30

Thursday, 5:30 PM - 7:00 PM

Thanksgiving Theme: October 9

Thursday, 5:30 PM - 7:00 PM

Art Explorers (NEW) | Ages: 5 - 12

Explore all things painting while learning colour mixing, painting, and brush strokes. Get messy, have fun and be creative! Each session has a different style. Including: raised salt painting, shaving cream marbling, and blow painting with straws. Supplies included.

\$44.10 local | \$52.90 nonlocal

Strategis Group Room 1, 4823 - 49 Ave

AGES: 5 - 8

SESSION 1: September 11 - 25

Thursdays, 5:00 PM - 6:00 PM

SESSION 2: December 4 - 18

Thursdays, 5:00 PM - 6:00 PM

AGES: 9 - 12

SESSION 1: September 11 - 25

Thursdays, 6:30 PM - 7:30 PM

SESSION 2: December 4 - 18

Thursdays, 6:30 PM - 7:30 PM

Tie Dye Socks (NEW) | Ages: 7 - 13

Unleash your creativity and add vibrant colour to your wardrobe! Learn the art of tie-dyeing and create one-of-a-kind socks that are sure to brighten up any outfit. All skill levels welcomed. Supplies Included.

Strategis Group Room 1, 4823 - 49 Ave

October 6

Monday, 5:30 PM - 7:00 PM
\$36.00 local | \$43.20 nonlocal

Youth Paint | Ages: 9 - 12

Learn basic painting techniques while focusing on creativity and individual expression. Supplies included.

Strategis Group Room 1, 4823 - 49 Ave

November 13 - 27

Thursdays, 6:30 PM - 7:30 PM
\$44.10 local | \$52.90 nonlocal

Tie Dye Shirts (NEW) | Ages: 7 - 13

Transform plain t-shirts into bold, colourful masterpieces! Learn to design your own tie-dye shirt with vibrant colors and exciting patterns. All skill levels welcomed. Supplies Included.

Strategis Group Room 1, 4823 - 49 Ave

October 27, Monday, 5:30 PM - 7:00 PM

\$36.00 local | \$43.20 nonlocal

Art Venture (NEW) | Ages: 8 - 12

We're going on an art-venture! Learn art through activities like drawing, perspective, colour theory, simplifying form, composition and design. Wear clothes you can get messy. Supplies Included.

\$90.00 local | \$108.00 nonlocal

Strategis Group Room 1, 4823 - 49 Ave

AGES: 8 - 11

SESSION 1: September 6 - 27

Saturdays, 9:30 AM - 11:30 AM

SESSION 2: September 6 - 27

Saturdays, 4:30 PM - 6:30 PM

AGES: 12

SESSION 1: September 6 - 27

Saturdays, 1:30 PM - 3:30 PM

ADULT ART PROGRAMS

Drawing 101(New) | Ages: 16+

Learn the basics of drawing. Explore a variety of drawing materials to improve your skills. Supplies included. Activities are subject to change as the course develops.

Strategis Group Room 2, 4823 - 49 Ave

September 8 - September 29 | Mondays, 7:30 PM - 9:30 PM | \$55.00 local | \$66.00 nonlocal

CHILD & YOUTH CHRISTMAS | Ages: 5 - 13

Candy Creation | Ages: 5 - 12

Create your own chocolate, truffles, fudges, brittles, and more. You even get to bring a sample of your creations home, if you don't devour them first! Includes a copy of the recipes and supplies.

\$36.00 local | \$43.20 nonlocal

Kitchen, 4725 - 43 St

AGES 5 - 8: December 1

Monday, 4:00 PM - 5:30 PM

AGES 9 - 12: December 1

Monday, 6:00 PM - 7:30 PM

Junior Bakers Christmas

Ages: 5 - 8

Learn baking skills, while making a tasty treat. Children learn how to read a recipe, how to do basic measurements, and get to bring a tasty treat home to share with their family. Supplies included.

Kitchen, 4725 - 43 St

November 26 - December 10

Wednesday, 4:00 PM - 5:30 PM

\$66.00 local | \$72.80 nonlocal

Senior Bakers Christmas

Ages: 9 - 12

Taking Christmas baking to the next level. Learn some new recipes and gain the baking skills required to create those delicious treats for the whole family! Supplies included.

Kitchen, 4725 - 43 St

November 26 - December 10

Wednesdays, 6:00 PM - 7:30 PM

\$66.00 local | \$72.80 nonlocal

Christmas Workshop Series | Ages: 6 - 13 | \$36.00 local | \$43.20 nonlocal

Prepare for the holiday season with these introductory workshops. Supplies included. **Strategis Group Room 1, 4823 - 49 Ave**

ADVENT CALENDAR

Ages 8 - 13: November 25

Tuesday, 5:30 PM - 7:00 PM

COOKIES IN A JAR

Ages 8 - 13: December 2

Tuesday, 5:30 PM - 7:00 PM

TREE ORNAMENTS

Ages 8 - 13: December 9

Tuesday, 5:30 PM - 7:00 PM

GINGERBREAD HOUSE

Ages 6 - 13: December 12

Friday, 5:30 PM - 7:00 PM

INDIGENOUS CULTURE PROGRAMS

Medicine Talk with Clare Butterfly

Our natural surroundings offer a plethora of medicines and foods which have unfortunately been cast aside by our modern conveniences. The purpose of my teachings is to reinvigorate the interest, respectful and responsible utilization of the plants that have sustained us as indigenous people for countless generations. The talk includes storytelling of the plants, and the practical medicinal and edible properties of the local flora. Class length about 90 minutes. Max 20 participants.

Strategis Group Room 2, 4823 - 49 Ave | \$10 local, \$12 nonlocal

SESSION 1: September 29, 7:00 PM | **SESSION 2:** October 27, 7:00 PM

SESSION 3: November 24, 7:00PM

Hand Drum Making Workshop with Clare Butterfly

Join Indigenous Keeper Clare Butterfly and make your own authentic Hand Drum. Hand drums will be 10 inches wrapped with elk/moose rawhide. Learn the history and cultural significance of the drum to indigenous peoples. Max 20 participants

Strategis Group Room 2, 4823 - 49 Ave | Materials included | \$175 local, \$210 nonlocal

SESSION 1: October 18, 10:30 AM | **SESSION 2:** November 1, 10:30 AM



Free Spirits Creative Academy

Brought to you by **Carmen Holst**

Certified Teacher and Fine Art Specialist

Located at the *Sylvan House of Music*

Fine Art Fusion: Music & Art HOMESCHOOL Program

Immersive and interactive unparented classes for exploration and instruction in music and art. Related activities may include games, dance, dramatic elements, and STEM!

Small class sizes, 13 lessons per course

Mondays 10 am - 2 pm, Ages 6 - 8 | Wednesdays 10 am - 2 pm, Ages 9+

PD Day Camps: Themed & Workshop based CHILD CARE

Kids are off school on a weekday and you're scrambling to find child care? We'll keep them busy and engaged! Themed activities will range from crafts and science experiments to games and dance parties! Soft start drop off between 8 - 9 am.

8 am - 4 pm | Ages 6+ | Sept 19, Oct 10, Nov 7, Nov 28, Dec 12

Find out more! www.FreeSpiritsCreativeAcademy.ca



CREATIVE ARTS PRESCHOOL

ARE YOU READY TO JOIN CAP?

2025 REGISTRATION OPEN NOW!



www.sylvanhouseofmusic.com



FUEL UP SPORTS

Sports Day Program Ages 3 - 5

REGISTRATION OPENS AUGUST 1ST !

WHAT IS FUEL UP SPORTS DAY PROGRAM?
Fuel Up Sports Day Program is a fun sports program offered during the day for kids ages 3 to 5 with their parent or guardian. We strive to create a positive and encouraging environment where kids can learn sport based skills like running, jumping, throwing, and kicking through fun games and activities. Our focus is on play, movement, social interactions and confidence building.

8 WEEK SESSIONS

SESSION 1 -
NEXSOURCE CENTRE MEETING ROOM

MONDAY 9:00AM - 9:45AM -
SEPTEMBER 29TH
OCTOBER 6TH AND 27TH
NOVEMBER 3RD, 10TH, 17TH, 24TH
DECEMBER 1ST

THURSDAY 2:00PM - 2:45PM -
SEPTEMBER 25TH
OCTOBER 2ND, 9TH, 16TH, 23RD, 30TH
NOVEMBER 13TH AND 20TH

SESSION 2
RUNS JANUARY TO MARCH
FOLLOW ON SOCIAL MEDIA FOR FUTURE SESSIONS AND SIGN UP DATES

WEEK 1 - Basketball + Communication
WEEK 2 - Soccer + Cooperation
WEEK 3 - Golf + Focus
WEEK 4 - Baseball + Confidence
WEEK 5 - Hockey + Team Spirit
WEEK 6 - Volleyball + Leadership
WEEK 7 - Gymnastics + Resilience
WEEK 8 - Track and Field + Perseverance
*Celebration of Growth included in last week

FOLLOW SOCIALS TO KEEP UP TO DATE ON NEW AND UPCOMING SESSIONS AND PROGRAMS
INSTAGRAM @ FUELUP.SPORTS_
FACEBOOK @ FUEL UP SPORTS
ANY QUESTIONS EMAIL FUELUPSPTS.INFO@GMAIL.COM

Recreation and Sport

Register online: sylvanlake.ca/recreation

CHILD DANCE PROGRAMS

Parented Jazz | Ages: 2 - 4

Introduce your child to the lively rhythms of jazz and body movement. Parent must accompany their child.

\$30.00 local | \$35.00 nonlocal

**Strategis Group Multipurpose Room 3,
4823 - 49 Ave**

SESSION 1: Oct 4 - Nov 1

No Class Oct 11

Saturdays, 9:00 AM - 9:30 AM

SESSION 2: Nov 15 - Dec 13

No Class Dec 6

Saturdays, 9:00 AM - 9:30 AM

Parented Ballet | Ages: 2 - 4

A great introduction to music and movement. Work on social skills, routines, motor skills, and independence. Parent/guardian must accompany their child.

\$30.00 local | \$35.00 nonlocal

**Strategis Group Multipurpose Room 3,
4823 - 49 Ave**

SESSION 1: Oct 4 - Nov 1

No Class Oct 11

Saturdays, 9:45 AM - 10:15 AM

SESSION 2: Nov 15 - Dec 13

No Class Dec 6

Saturdays, 9:45 AM - 10:15 AM

Dance & Play | Ages: 3 - 5

Dance and play while developing social skills and independence.

\$30.00 local | \$35.00 nonlocal

**Strategis Group Multipurpose Room 3,
4823 - 49 Ave**

SESSION 1: Oct 4 - Nov 1

No Class Oct 11

Saturdays, 10:30 AM - 11:00 AM

SESSION 2: Nov 15 - Dec 13

No Class Dec 6

Saturdays, 10:30 AM - 11:00 AM

Intro to Dance | Ages: 5 - 9

Each class explores a different type of dance: Ballet, Jazz, Hip Hop, and more.

\$30.00 local | \$35.00 nonlocal

**Strategis Group Multipurpose Room 3,
4823 - 49 Ave**

SESSION 1: Oct 4 - Nov 1

No Class Oct 11

Saturdays, 11:15 AM - 11:45 AM

SESSION 2: Nov 15 - Dec 13

No Class Dec 6

Saturdays, 11:15 AM - 11:45 AM

Intro to Hip Hop | Ages: 5 - 9

Learn the fundamentals of hip hop. Gain strength and fluidity of movements in a fun-filled environment. Suitable for all skill levels and ability.

\$30.00 local | \$35.00 nonlocal

**Strategis Group Multipurpose Room 3,
4823 - 49 Ave**

SESSION 1: Oct 4 - Nov 1

No Class Oct 11

Saturdays, 12:00 PM - 12:30 PM

SESSION 2: Nov 15 - Dec 13

No Class Dec 6

Saturdays, 12:00 PM - 12:30 PM

CHILD & YOUTH RECREATION & SPORT PROGRAMS

Futsal | Ages: 5 - 12

Learn the fundamentals of soccer like rules, passing, shooting and dribbling. *Shin pads and socks required.

\$43.75 local | \$52.50 nonlocal

Gym, 4725 - 43 St

Sep 9 - Oct 14

No Class Sep 30

AGES 5-8:

Tuesdays, 6:00 PM - 7:00 PM

AGES 9-12:

Tuesdays, 7:15 PM - 8:15 PM

Parent/Tot Learn to Skate Ages: 2 - 5

Skate with your child to practice falling down and getting back up safely, basic gliding, and playing at the rink. Each session is 30 minutes of instruction and 15 minutes of open ice time. Parents must accompany their child on the ice, and wear skates. Skates and helmets not provided.

Arena 1, 4823 - 49 Ave

Oct 6 - Nov 3

No Class Oct 13

Mondays, 9:00 AM - 9:45 AM

\$46.00 local | \$55.20 nonlocal

Register
Online



Register for programs online:
sylvanlake.ca/recreation





Intro to Curling | Ages: 8 - 15

Learn the fundamentals of Curling: rules, scoring system, throw the rock and sweep. Then apply your skills in a scrimmage.

\$46.00 local | \$55.15 nonlocal

Curling Rink, 4823 - 49 Ave

AGES 8-11

SESSION 1: Oct 7 - Oct 21

Tuesdays, 5:00 PM - 6:00 PM

SESSION 2: Dec 2 - Dec 16

Tuesdays, 5:00 PM - 6:00 PM

AGES 12-15

SESSION 1: Oct 9 - Oct 23

Thursdays, 5:00 PM - 6:00 PM

SESSION 2: Dec 4 - Dec 18

Thursdays, 5:00 PM - 6:00 PM

Floor Hockey | Ages: 5 - 12

Learn the fundamentals of floor hockey: rules, passing, shooting and ball control. This program includes skill development and game play.

\$35.85 local | \$43.00 nonlocal

Gym, 4725 - 43 St

AGES 5-8

SESSION 1: Sep 9 - Oct 14

No Class Sep 30

Tuesdays, 4:00 PM - 4:45 PM

SESSION 2: Nov 18 - Dec 16

Tuesdays, 4:00 PM - 4:45 PM

AGES 9-12

SESSION 1: Sep 9 - Oct 14

No Class Sep 30

Tuesdays, 5:00 PM - 5:45 PM

SESSION 2: Nov 18 - Dec 16

Tuesdays, 5:00 PM - 5:45 PM

Intro To Golf - Youth | Ages: 9 - 13

Learn the fundamentals of golf and improve your swing. Focus is on grip, set-up, full swing, chipping and putting. Golf clubs not provided.

\$70.00 local | \$84.00 nonlocal

Curling Rink, 4823 - 49 Ave

SESSION 1: Oct 8 - Oct 22

Wednesdays, 4:30 PM - 5:30 PM

SESSION 2: Dec 3 - Dec 17

Wednesdays, 4:30 PM - 5:30 PM

Nerf Wars | Ages: 5 - 12

Come out and battle others in games of strategy, accuracy, skill and speed. Teams compete to attack and defend, capture the flag and more. We provide all the equipment.

\$43.75 local | \$52.50 nonlocal

Gym, 4725 - 43 St

Nov 18 - Dec 16

AGES 5-8

Tuesdays, 6:00 PM - 7:00 PM

AGES 9-12

Tuesdays, 7:15 PM - 8:15 PM

Intro to Disc Golf- Youth (NEW)

Ages: 8 - 13

Learn how to play disc golf, throw different discs, and follow the basic rules. We provide all the equipment.

\$30.00 local | \$36.00 nonlocal

Curling Rink, 4823 - 49 Ave

SESSION 1: Oct 7 - Oct 21

Tuesdays, 6:30 PM - 7:30 PM

SESSION 2: Dec 2 - Dec 16

Tuesdays, 6:30 PM - 7:30 PM

ADULT RECREATION & SPORT PROGRAMS

Intro to Golf | Ages: 18 +

Learn the fundamentals of golf and improve your swing. Focus is on grip, set-up, full swing, chipping and putting. Golf clubs not provided.

\$70.00 local | \$84.00 nonlocal

Curling Rink, 4823 - 49 Ave

LADIES

SESSION 1: Oct 8 - Oct 22

Wednesdays, 6:00 PM - 7:00 PM

SESSION 2: Dec 3 - Dec 17

Wednesdays, 6:00 PM - 7:00 PM

MENS

SESSION 1: Oct 8 - Oct 22

Wednesdays, 7:30 PM - 8:30 PM

SESSION 2: Dec 3 - Dec 17

Wednesdays, 7:30 PM - 8:30 PM

Lets Play Pickleball | Ages: 18 +

Learn how to play pickleball: keep score, court position, stroke, serve and return. Paddles supplied if needed.

\$27.00 local | \$32.40 nonlocal

Gym, 4725 - 43 St

Monday, 5:00 PM - 6:30 PM

LADIES

SESSION 1: Sep 8

SESSION 2: Oct 6

ADULTS

SESSION 1: Sep 22

SESSION 2: Oct 27

Intro to Disc Golf- Adult (NEW)

Ages: 18 +

Learn how to play disc golf, throw different discs, and follow the basic rules. We provide all the equipment.

\$30.00 local | \$36.00 nonlocal

Curling Rink, 4823 - 49 Ave

SESSION 1: Oct 7 - Oct 21

Tuesdays, 8:00 PM - 9:00 PM

SESSION 2: Dec 2 - Dec 16

Tuesdays, 8:00 PM - 9:00 PM

Pickleball- Skills & Drills (NEW)

Ages: 18 +

Learn how to play pickleball: keep score, court position, stroke, serve and return. Then apply your skills in a scrimmage. All skill levels welcome. Paddles supplied if needed.

\$27.00 local | \$32.40 nonlocal

Gym, 4725 - 43 St

SESSION 1: Sep 8

Monday, 7:00 PM - 8:30 PM

SESSION 2: Sep 22

Monday, 7:00 PM - 8:30 PM

SESSION 3: Oct 6

Monday, 7:00 PM - 8:30 PM

SESSION 4: Oct 27

Monday, 7:00 PM - 8:30 PM

Recreation and Sport

Fall Pickleball League (NEW)

Ages: 18 +

Join the new Pickleball League by Pickleball Academy. Play as a team and gain points towards your league standing. Matches are played to 11 points, and you must win by two points. The max game length is 15-minutes. All skill levels welcomed. Paddles supplied if needed.

Gym, 4725 - 43 St

Nov 3 - Dec 15

No Class Nov 24

Mondays, 6:00 PM - 7:30 PM

\$70.00 local | \$84.00 nonlocal

DROP IN PROGRAMS

Home School Gym Drop In

The whole gym is open for any activity you like to play. Everyone is welcome. All children under the age of 9 require active parental supervision. *NexSource Centre rates apply.

Gym, 4725 - 43 St

Friday, 1:00 PM - 2:30 PM

SESSION 1: Sep 26

SESSION 2: Oct 24

SESSION 3: Nov 21

SESSION 4: Dec 19

Drop In Pickleball

Anyone can play, and it's easy to get started. All ages welcome (Parent must attend with children under the age of 14). Bring your own equipment.

Gym, 4725 - 43 St

SESSION 1: Sep 8 - Dec 8

No Class Oct 13, 20, 27 & Nov 24

Mondays, 12:00 PM - 4:00 PM

SESSION 2: Sep 2 - Dec 16

No Class Sept 9, 30, Oct 21 & Nov 11

Tuesdays, 12:30 PM - 3:00 PM

SESSION 3: Sep 4 - Dec 11

No Class Sept 18, Nov 6 & Nov 20

Thursdays, 12:30 PM - 4:30 PM

SESSION 4: Sep 5 - Dec 19

No Class Nov 7 & Dec 12

Fridays, 5:00 PM - 8:00 PM

Drop In Sports Night

Activities include basketball, volleyball, badminton, floor hockey, indoor soccer, and more.

Multicampus Gyms, 2 Falcon Ridge Drive

Family Gym:

» 7:00 PM - 8:30 PM

» Adult must accompany children under 18

Adult Gym:

» 8:30 PM - 10:00 PM

» Ages 18+ only

Sep 29 - Dec 8

No Class Oct 13, 20 & Nov 10

Mondays, 7:00 PM - 10:00 PM

Drop In Curling | Ages: 16 +

Experience one of the most Canadian sports around. All levels of experience are welcome. Times are subject to change. To learn more, visit recreation.sylvanlake.ca **NexSource Centre rates apply.

Curling Rink, 4823 - 49 Ave

SESSION 1: Oct 7 - Oct 28

Tuesdays, 4:00 PM - 6:00 PM

SESSION 2: Oct 10 - Oct 24

Fridays, 5:00 PM - 8:00 PM

SESSION 3: Dec 2 - Dec 16

Tuesdays, 4:00 PM - 6:00 PM

SESSION 4: Dec 5 - Dec 19

Fridays, 5:00 PM - 8:00 PM

Home School Curling Drop In

Throw some stones at the Curling Rink. We require all 8 - 10-year-olds wear a CSA approved helmet. We recommend all wear a helmet and clean running shoes with good grip. *NexSource Centre rates apply.

Curling Rink, 4823 - 49 Ave

Drop In Wristbands

Drop in participants must wear wristbands.

SESSION 1: Oct 17

Friday, 12:00 PM - 1:00 PM

SESSION 2: Dec 5

Friday, 12:00 PM - 1:00 PM

SESSION 3: Dec 19

Friday, 12:00 PM - 1:00 PM

Drop In Disc Golf | Ages: 17

Play games to improve your skills like driving, putting, and more. All skill levels welcome. Participants under the age of 16 must with an adult. Bring your own discs, we supply baskets and nets. *NexSource Centre rates apply.

Curling Rink, 4823 - 49 Ave

Dec 4 - Dec 18

Thursdays, 6:00 PM - 8:00 PM

CAMPS

Schools Out Camp | Ages: 6 - 12

We have you covered with a day of activities. Play games, make friends, crafts, and more. Wear running shoes with clean soles and a good grip for activities.

\$45.00 local | \$54.00 nonlocal

Strategis Group Room 2, 4823 - 49 Ave

SESSION 1: Sep 19

Friday, 9:00 AM - 4:00 PM

SESSION 2: Oct 10

Friday, 9:00 AM - 4:00 PM

SESSION 3: Oct 20

Monday, 9:00 AM - 4:00 PM

SESSION 4: Nov 28

Friday, 9:00 AM - 4:00 PM

SESSION 5: Dec 12

Friday, 9:00 AM - 4:00 PM

SESSION 6: Dec 29

Monday, 9:00 AM - 4:00 PM

SESSION 7: Dec 30

Tuesday, 9:00 AM - 4:00 PM

consider yourself **invited** to build community.

Want to make Sylvan Lake a better community?

- Do you live for team work?
- Do you want to empower and build our community?
- Are you motivated to advise Council on decisions that impact residents?

If yes, consider yourself invited to volunteer for:

- | | | |
|---------------------------------|---|---|
| » Community Services Committee | » Sylvan Lake Lodge Foundation | » Healthcare Attraction & Retention Team (HART) |
| » Tourism Development Committee | » Economic Development Community Advisory Committee | |
| » Municipal Planning Commission | » Municipal Policing Committee | |
| » Municipal Library Board | | |



Details and application at:
sylvanlake.ca/committees


Sylvan Lake
BRILLIANT ALL YEAR



**2025/2026 FALL
PRE-REGISTRATION
NOW OPEN**

Recreational Classes:

First Steps
Second Steps
Final Steps
Mini Combo
Tumble Tots Acro
Junior/Tween
Acro Dance and Tricks
Adult Dance Combo
and more...

Competitive and Festival Classes:

Jazz
Tap
Ballet
Lyrical/Contemporary
Acro-Dance
Hip Hop
Variety
and more...

Sylvan Lake



REGISTER NOW

**WWW.DANCESTUDIO-PRO.COM/ONLINE/WESTLAND
WWW.WESTLANDDANCECO.COM/FALLREGISTRATION
WESTLANDDANCECO@GMAIL.COM**



consider yourself

invited

FOR MORE EVENTS, AND FOR DETAILS, VISIT:
VISITSYLVANLAKE.CA

Subscribe to events notifications

Click Special Events at: sylvanlake.ca/subscribe-events

*Events may change at the last minute due to weather, public health orders, or other changes.

Info Fair Fun Fest*

September 4: Join us for the annual Fun Fest Info Night! Browse and register for local programs, clubs, and community groups. Council.

Creep It Reel Outdoor Drive In Movie

October 4: Enjoy a fall sunset while watching a spooky movie bundled up fireside or in the warmth of your car. Let's have a ghoulish time. Parade and fireworks at the pier!

CulinART*

September 6: Stroll through downtown to experience performances by the Forum, interactive art displays and installations, fine cuisine, local musicians, and so much more!

"The Forest" Haunted House

October 24 – 26 & 30: Dare to Enter the Woods... If You Can Find Your Way Out

Flannel & Feast*

September 21: Get your plaid on! Enjoy arts, music, food, and entertainment to celebrate our laid back Sylvan Lake cabin lifestyle. Part of Alberta Culture Days.

Downtown Trick-or-Treat*

October 25: Visit participating businesses for Halloween goodies and to show off your Halloween costume!

Orange Shirt Day*

September 30: Join the Town of Sylvan Lake on the path to reconciliation. Listen, learn, and celebrate Indigenous culture through storytelling.

Light up the Lake*

December 6 & 7: Welcome the holiday season with a jolly breakfast with Santa, the Santa Claus parade and fireworks at the pier!

Fitness Programs

All participants under 18 require a parent/ guardian signed waiver.

Under 18s require parent/guardian signed waiver

ADULT FITNESS PROGRAMS

Participants under 18 must have a waiver signed by their parent/guardian.

Zumba® | Ages: 16 +

Get ready to dance your way to a healthier you with our electrifying Zumba® classes! Join us for a high-energy workout that feels more like a dance party than exercise. No dance experience required.

\$45.85 local | \$55.05 nonlocal

Strategis Group Multipurpose Room 3, 4823 - 49 Ave

Mondays, 6:00 PM - 6:45 PM

SESSION 1: Sep 29 - Oct 27

No Class Oct 13

SESSION 2: Nov 17 - Dec 8

Yin Yoga | Ages: 16 +

Yin Yoga has many physical and mental benefits. Simple postures and long holds target the connective tissue and fascia. Let the class guide your awareness back to the present moment. This class is great for all levels and is a perfect for self-care time. Please bring a yoga mat, layers of clothing (that you can add or remove) as well as a blanket.

Strategis Group Room 1, 4823 - 49 Ave

Sep 15 - Oct 20

No Class Oct 13

Mondays, 7:30 PM - 8:30 PM

\$68.80 local | \$82.55 nonlocal

Strength Empowerment (NEW) Ages: 16 +

Get strong while lifting weights and go home to work on the mind. Journal your self-empowerment tasks with a group to support you on your journey. A strength class like no other and one you want to add to your routine.

Strategis Group Multipurpose Room 3, 4823 - 49 Ave

Nov 20 - Dec 18

Thursdays, 10:30 AM - 11:15 AM

\$57.30 local | \$68.80 nonlocal

Flex N Flow (NEW) | Ages: 16 +

This Flex N Flow is a low impact program that combines light weights, yoga, and pilates style moves. You will feel refreshed and strong after each class. Participants under the age of 18 must have a waiver signed by their Parents/Guardians.

Strategis Group Multipurpose Room 3, 4823 - 49 Ave

Tuesdays, 10:30 AM - 11:15 AM

SESSION 1: Sep 16 - Oct 28

No Class Sep 30

\$68.80 local | \$82.55 nonlocal

SESSION 2: Nov 18 - Dec 16

\$57.30 local | \$68.80 nonlocal

UpBeat Barre | Ages: 16 +

Dive into fitness with UpBeat Barre, but leave those tutus behind! We're mixing it up with strength training, yoga, Pilates and ballet techniques, all set to rockin' beats and using light weights (3-5lbs). This low-impact any fitness level class is your ticket to a stronger, more confident you.

Strategis Group Multipurpose Room 3, 4823 - 49 Ave

Tuesdays, 6:00 PM - 6:45 PM

SESSION 1: Sep 9 - Nov 4

No Class Sep 30

\$91.75 local | \$110.10 nonlocal

SESSION 2: Nov 18 - Dec 16

\$57.30 local | \$68.80 nonlocal

UpBeat Pilates | Ages: 16 +

Try UpBeat Pilates for a fun, full-body workout that's gentle on the joints and challenges every muscle. This high-energy class puts an UpBeat twist on traditional Pilates moves, all while you

move to the beat of popular tunes. It's low-impact but high-energy is perfect for anyone looking to strengthen, tone and have a blast!

Strategis Group Multipurpose Room 3, 4823 - 49 Ave

Thursdays, 6:00 PM - 6:45 PM

SESSION 1: Sep 11 - Oct 30

\$91.75 local | \$110.10 nonlocal

SESSION 2: Nov 13 - Dec 18

\$68.80 local | \$82.55 nonlocal

Strong Nation® | Ages: 16 +

This HITT workout is kickboxing inspired where the music lets you kick, punch and push your limits.

\$45.85 local | \$55.05 nonlocal

Strategis Group Multipurpose Room 3, 4823 - 49 Ave

Wednesdays, 6:00 PM - 6:45 PM

SESSION 1: Oct 8 - Oct 29

SESSION 2: Nov 19 - Dec 10

Outdoor Bootcamp (NEW) Ages: 18 +

In this outdoor bootcamp fitness program session will be conducted in parks, open fields, or other outdoor spaces. This program combines strength training, cardiovascular exercises, and bodyweight movements to help participants improve overall fitness, build muscle, burn fat, and enhance endurance. NexSource Centre rooms are booked if there is inclement weather.

Strategis Group Multipurpose Room 3, 4823 - 49 Ave

September 12 - October 3

Fridays, 9:00 AM - 10:00 AM

\$54.90 local | \$65.85 nonlocal

Tabata

Interval training with a balanced variety of exercises targeting all the elements of strength, stability and endurance.

Cardio/Core

A dynamic mix of cardiovascular endurance, core strengthening and stabilizing exercises.

Body Rock

High-energy interval training (HIIT) with motivating music that drives each workout. Boost your endurance, build strength, or just energize your day. A dynamic mix of cardio, strength, and core exercises tailored for all fitness levels.

Bootcamp

A variety class which incorporates different formats and exercises meant for total body conditioning. All levels welcome; modifications are provided for all exercises.

Strength Building

This strength-building class is focused on strengthening and toning all the main muscle groups. Look forward to mastering a new routine every month!

Lift (NEW)

Build strength, tone major muscle groups, and sculpt your body. Maximize results for every fitness level with supersets and heavy weights.

Fit for Life | Ages: 50+

Get fit and strong with movements that increase flexibility, coordination, joint stability, bone density, strength and cardiovascular endurance. Fun and welcoming for all levels.

Drop In Wristbands: Drop in participants must wear wristbands.

NexSource Centre rates apply. Schedules may change, visit: sylvanlake.ca/recreation

September 2- December 19 No class on September 30, October 13, November 11,

	Monday	Tuesday	Wednesday	Thursday
5:50 AM - 6:30 AM	Cardio/Core	Tabata	Bootcamp	Strength Building
9:00 AM - 10:00 AM	Cardio/Core	Tabata	Bootcamp	Strength Building
10:30 AM - 11:15 AM	Fit For Life		Fit For Life	
7:00 PM - 8:00 PM	Bootcamp	Body Rock	Cardio/Core	Lift

PERSONAL TRAINING FOR FITNESS, PRENATAL, POSTNATAL

The Town of Sylvan Lake Personal Trainers will help develop an individual workout for you and provide motivation and ensure proper form and safety with all exercises. Hire a personal trainer to motivate and inspire you to achieve your fitness goals.

NexSource Centre offers Prenatal, Postnatal Personal Training & Golf Lessons For bookings, please contact the NexSource Reception (403) 887-2199 desk to provide your contact information and our trainer will call you back.

Call today to book your sessions: 403 887 2199

# of people	1 Hour	Three x 1 Hour	Five x 1 Hour
1	\$61.49	\$174.65	\$276.73
2	\$92.24	\$261.96	\$414.47
3 or more	Youth: \$18.45/Person Adult: \$22.15/Person	n/a	n/a

Terms & Conditions

Payment is required in full at the time of purchase. Training sessions can only be booked after payment is received. There is no expiry date for training. Training sessions remain valid until all purchased sessions are completed. Refunds will only be provided for medical reasons with a valid doctor's note. Only unused sessions will be reimbursed.

Purchase of training session(s) are non-transferable. Cancellation of a session must be made two hours before booked session. The client will receive two hours' notice if a trainer needs to cancel a session and session will be re-scheduled at a later date.

Wellness and Community Connections (WCC)

4725 43 Street | 403 887 1137

Community Services: We ensure that everyone can access resources that can improve their quality of life. Whether you're seeking housing support, transportation support, or forms assistance, our dedicated team is here to help!

Family Services: Our programs are free for parents/caregivers and promote positive child development! Our play programs are designed to encourage creativity, learning, and bonding between parents and children.

Older Adult Services: Older Adult Services empower older adults to maintain independence and age in place. Our goal is to improve quality of life and provide peace of mind for older adults and their families.

Youth Services: Our Youth Services programs are dedicated to empowering young people! Our programs help youth build healthy relationships and improve their emotional-wellbeing.

-
- | | |
|------------------|-------------------|
| » Counselling | » Legal |
| » Housing | » Employment |
| » Finances | » Family violence |
| » Mental health | » Family violence |
| » Addictions | When you need a |
| » Basic needs | Commissioner of |
| » Transportation | Oaths (we can do |
| | that) |

Our Community Support Outreach Worker can help you:

- » Connect with housing resources

We also provide help with filling out forms including:

- » CPP disability applications
- » AISH applications
- » Income support applications
- » EI regular and medical benefits
- » Low income/affordable housing
- » Child care subsidy
- » Alberta health care
- » Adult and child health benefits
- » Wills, power of attorney and personal directives
- » Assisting with appeal processes
- » Intakes for other agency supports
- » Senior housing applications for lodge/manor

Need help with any of the above: By appointment only, contact: T 403 887 1137 | communitysupport@sylvanlake.ca

Sylvan Lake Community Hub

Join social service agencies and Council on the third Thursday of every month (September – June) to discuss issues in our community. Conversation will focus on the five pillars: food, housing, transportation, youth/families, safety

Flipside, 4725 43 Street, September 18, October 16, November 20, December 18, 10:00 AM

Interagency

Interagency meets the second Wednesday of every second month to discuss community trends, issues, programs, and events. Anyone who wishes to participate in these discussions is welcome!

Flipside, 4725 43 Street, September 10, November 12, 1:00 PM

Collective Kitchen | Registered |Free

Join other Lakers to prepare delicious meals to take home with you. This program funded by the Rural Mental Health Project will provide skills, knowledge of nutritional and budget friendly meals, and an opportunity to build social connections.

WCC Kitchen, October 23, October 30, November 13, November 20, November 27, December 4

Thursdays from 6:00 PM - 9:30 PM

Neighbourhood Connectors - Volunteers Wanted

Are you passionate about your neighbourhood and want to improve your community? We are looking for volunteers to help their neighbours make community connections. Discover your neighbours' interests and help them connect with relevant services, groups or clubs in the community. We train everyday people from

all walks of life. Anyone can apply, such as working professionals, stay at home parents, or retirees.

Call to volunteer: 403 864 5583

Health & Wellness Healing Hub

101 5202 47 Avenue

This space provides solace and healing from the trauma of life challenges. The hub was built with grant dollars. The space features:

- » Gazebo
- » Contemplation space
- » Wisdom circle
- » Artwork
- » Positive messaging on the pathways
- » Programs with teaching/ learning moments
- » Community member garden boxes (June - October)
- » Edible trees and shrubs

Board Development

Are you a board member? Thinking of joining a board? Are you involved in a non-profit society? Learn more about your rights and responsibilities as a board member with these in person courses.

Multipurpose Room 1, 4823 49 Ave, 7:00 PM - 8:30 PM

October 22: Recruiting and Developing Board Members

November 19: Drafting and Revising Bylaws

December 3: Vision, Mission and Values

Call 403 887 1137 to register

sylvan lake CARE-a-van



Our community bus helps Sylvan Lakers access preventative social programming, such as cultural and arts events that enrich quality of life.

For more information on what type of activities qualify, booking inquiries, rental fees, and sponsorship opportunities, visit sylvanlake.ca/CARE-a-Van

Older Adult Services

Questions? Older Adult Services Team:
403 887 1137 or seniorsoutreach@sylvanlake.ca



Our programs and services can help you and your family access the following supports:

- » Counselling
- » Financial
- » Mental health
- » Addictions
- » Social prescribing
- » Legal
- » Grief & loss
- » Social/recreational
- » Mobility concerns
- » Transportation/ accessibility in the community
- » Caregiving
- » Elder abuse
- » Basic needs
- » Accessing continuing care

We help with filling out forms including:

- » Canada pension plan (CPP)
- » Old age security (OAS)
- » Guaranteed income supplement (GIS)
- » Alberta seniors benefits - special needs assistance
- » Alberta health care
- » Alberta seniors blue cross
- » Birth certificates
- » Social insurance numbers
- » Wills, power of attorney and personal directives
- » Intakes for other agency supports

All support is by appointment only in-home or in-office. For more info contact: Older Adult Services Team, 403 887 1137 or seniorsoutreach@sylvanlake.ca

AGING WELL SOCIAL PRESCRIBING TEAM

Getting connected with community activities like exercise classes, gardening, and arts helps seniors better manage their health and wellbeing. Any older adult can benefit, no matter your age or background:

- » Improved mental well being, self-esteem, and body weight
- » Reduced anxiety, depression, loneliness, and isolation
- » Live better longer

For more info contact the Social Prescribing Team
403 887 1137 socialprescribing@sylvanlake.ca

ZOOMERS

Door-to-door low cost transportation service. For older adults, adults with physical challenges, and caregivers with children 0-18. We zoom to:

- » No Frills: Mondays, 12:30 PM - 3:30 PM
- » Walmart: Thursdays, 12:30 PM - 3:30 PM

Find Social Wellness Trip information at sylvanlake.ca/Seniors

SYLVAN LAKE LIFELINE

In the event of a fall or emergency, push a button for help 24 hours a day, 7 days a week, even if you cannot speak or have fallen. Lifeline can help you maintain your independence, and give your family peace of mind.

For more info contact: Older Adult Services Team
403 887 1137 or lifeline@sylvanlake.ca

HOME MATTERS

Subsidized light housekeeping service that helps older adults and adults with disabilities to stay in their own homes for as long as possible. Older Adult Empowerment Coaches are screened, trained, and required to sign a confidentiality agreement before they meet clients.

The program provides:

- » Light housekeeping support (mopping, vacuuming, bathrooms, dusting, etc.)
- » Laundry services
- » Meal preparation
- » Errands
- » Companionship
- » Spring and fall cleans

For more info contact: Older Adult Services Team, 403 887 1137 or seniorsoutreach@sylvanlake.ca

CAREGIVER SUPPORT GROUP

Meet other caregivers of older adults who are experiencing similar situations. Connect with others to share what is going well and not so well. Chat in a safe, confidential, and supportive environment.

Room 100, 4725 - 43 Street

First Wednesday of each month

1:30 PM - 3:30 PM

Registration required, contact:

403 887 1137

seniorsoutreach@sylvanlake.ca

GRANDPALS | Ages 30+ | Registered

Make a difference in the life of a young person. This pen pal style program pairs an older adult with a student to exchange notes and crafts. 3-4 in person events per year promote stronger connections between generations. All supplies and activities provided.

For more info contact: Older Adult Services Team, 403 887 1137 or seniorsoutreach@sylvanlake.ca

ELDER ABUSE AWARENESS & REFERRAL SUPPORT

What is Elder Abuse? Abuse is not prejudicial, it can happen to any older adult. Elder abuse is any planned or reckless act directed at someone 65 or older, that causes:

- » Physical, emotional or mental harm
- » Misuse of money or other personal possessions
- » Non-consensual sexual contact
- » Failure to provide the necessities of life

Did you know? According to the Alberta Government:

- » Financial and emotional abuse are the most common forms of Elder Abuse in Alberta
- » Approximately 25 percent of crimes against older adults are committed by a family member

What Can I Do?

If I'm being abused or someone I know is being abused?

» Recognize the warning signs and know how to respond

- » Feeling taken advantage of
- » Feeling unsafe at home
- » Needing someone to talk to

» **Take the all-ages workshop** "It's Not Right! Neighbours, Friends and Families for Older Adults." Learn to recognize warning signs of seniors experiencing abuse and how to respond safely and effectively

» 3 things you can do to make a difference:

1. SEE it! "It's not right!" Recognize the warning signs of abuse
2. NAME it! "That looks/sounds like abuse." Talk to the older adult or someone you trust about your concerns. Overcome the hesitation to help
3. CHECK it! "It is abuse? What can I do to help?" Ask questions, check with abuse experts about what to do next, check for danger, and suggest a safety plan

Learn more, get training, or report abuse here:

Office 403 887 1137 or Cell 403 396 5900
seniorsoutreach@sylvanlake.ca

In an emergency: CALL 911

Central Alberta Regional Victim Serving Society
403 858 7257

RCMP Non-Emergency Line: 403 887 3333

CHRONIC PAIN PEER TO PEER GROUP | Registered

Living with chronic pain? Connect with others experiencing similar situations. Share what is working and what isn't working. Connect in a safe, confidential and supportive environment.

Seniors Centre, 4823 49 Avenue

Second Monday of the month

6:00 PM - 8:00 PM

Information and registration: 403 887 1137 or socialprescribing@sylvanlake.ca

MEMORY TREKKERS | Drop In | \$2.00

Be active and get connected with other living with memory issues. Join a walk at the Nexsource Centre Track! Then have coffee and a visit at the Sylvan Lake Seniors Centre, located on the first floor, north side of the building.

Walking track, 4823 49 Avenue

Mondays, 11:00 AM - 12:00 PM

Information: 403 887 1137 or seniorsoutreach@sylvanlake.ca

ADULT MORNING WALK | Drop In | Free

Join us for an indoor morning walk! Experience a casual walking setting and complimentary coffee and connection building!

Gymnasium, 4725 43 Street

Tuesdays, Wednesdays, Thursdays and Fridays

8:00 AM - 9:00 AM

For more information, call 403 887 1137

MIND MATTERS | Ages: 55+ | Registered

Improve your mental health in a guided peer-to-peer group. Topics include:

- » Healthy relationships
- » Death and dying
- » Dealing with your own mental health
- » Chronic pain
- » Isolation
- » Depression and anxiety
- » And more

Sylvan Lake Seniors Centre, 4823 49 Avenue

September 3 - November 5

Wednesdays, 3:00 PM - 5:00 PM

Information and registration: 403 887 1137 or socialprescribing@sylvanlake.ca

Volunteer Centre

Wellness and Community Connections
Centre, 4725 - 43 Street

Monday - Friday, 8:00 AM - 4:00 PM
403 864 5593

For a full list of all current volunteer opportunities, please visit the Town of Sylvan Lake Volunteer website: www.sylvanlake.ca/volunteer

To volunteer for an opportunity:

- » Apply online: www.sylvanlake.ca/volunteer
- » We will set up a meeting to match you with volunteer opportunities.

For more information contact the FCSS Volunteer Centre Coordinator.

T 403 864 5593 | E volunteer@sylvanlake.ca

FRIENDLY VISITORS PROGRAM

Friendly Visitors are matched with older adults to check-in and chat about the weather, family, and current events. Refer yourself, or be referred by family members, doctors, health care professionals, mental health professionals or community organizations.

Volunteers and residents must sign up:
403 864 5593, volunteer@sylvanlake.ca

Snow Angels

Snow Angels is a volunteer program where individuals, organizations, businesses, schools, and/or families shovel driveways and walkways for a qualifying senior in need throughout the winter season.

Frequency is dependent on snowfall. Applications are available at the Wellness and Community Connections Centre.

Volunteers and seniors must sign up:

T 403 864 5593
E volunteer@sylvanlake.ca



Citizen of the year Award

Congratulations to our Citizen of the Year Award recipients!

- » Khristie Looy - Citizenship Award
- » Brianna Lizotte - Music, Art, Culture, and Heritage Award
- » Lindsay Kowalchuk - Environmental Stewardship Award
- » Ryan Lucas - Sports Involvement Award
- » Minno Letwin - Youth Award of Excellence
- » Shirley and Dale Mannix - Long-Time Service Volunteer Award
- » Preston Boyko - Mayor's Distinguished Award

Learn more about the winners at sylvanlake.ca/coty-winners



LOOKING FOR VOLUNTEERS?

We can help with your community volunteer opportunities by providing:

- » Postings
- » Screening
- » Matching

Sign up: 403 864 5593, volunteer@sylvanlake.ca

DOG WALKING

Dog Walking is a volunteer service where individuals, organizations, businesses, classrooms, families, and groups of youth can commit to walking the dog of a community resident in need.

Volunteers and residents must sign up:

T 403 864 5593

E volunteer@sylvanlake.ca

Family Violence Prevention Month

Each November, we raise awareness about the serious impact of family violence and to promote healthy relationships within families.

Roses will be displayed in local businesses for the Red Rose Campaign. The Red Rose Campaign is a national awareness campaign to acknowledge and remember the men, women and children lost to family violence. Together, we can break the cycle of violence.

T 403 887 1137 | E seniorsoutreach@sylvanlake.ca

Transportation Support Program

- Monthly taxi rides for eligible clients (wheelchair accessible)
- Monthly gas reimbursement for wheelchair-dependent clients when a designated friend or family member provides a ride to them

The program still assists people with transportation barriers who meet the annual household income threshold set by Alberta Senior's Benefit:

- Older adults
- Adults with physical and mental challenges

Funded by the Town of Sylvan Lake.
Administered by the Town of Sylvan Lake
Wellness and Community Connections.

Find out if you qualify! Call for an appointment:

T 403 864 5593



Family Resource Network (FRN)

Sylvan Lake, Eckville, Benalto

www.sylvanlake.ca/frn

Wellness and Community Connections Centre, 4725 - 43 Street, Sylvan Lake
T 403 864 5583 | E.frnrichmentcentre@sylvanlake.ca



@FRNEC @FRNEBP

What is the Family Resource Network?

We provide opportunities for families to grow together with their children.

Why?

Kids who have caring, supportive adults in their life grow up to be more successful.

Who do we help?

We support all caregivers with children/youth from 0 - 18.

The FRN is funded by Alberta's
Ministry of Children and
Family Services



Which programs are right for you?

FRN Family Enrichment Program

For caregivers to strengthen their parenting skills:

- » Online learning library
- » Resource lending library
- » In person one on one supports
- » Group programs
- » In home visits

FRN Home Visitation

For caregivers to strengthen their parenting skills in the comfort of their own home:

- » Support healthy parent/child relationships
- » Provide referrals to supports
- » Support healthy child/youth development
- » Complete Ages & Stages Developmental Screens



FRN Early Childhood

Development Program

For caregivers and children (0-7) to play and grow together:

- » Parented programs for caregivers and children to play and grow together
- » Learn while having with activities like the gym program and toy lending library

FRN Family Enrichment Program

Questions? Contact: familyenrichment@sylvanlake.ca

All programs are FREE | PARENT ONLY & PARENTED | REGISTERED

REGISTRATION REQUIRED FOR ALL PROGRAMS. CALL: 403 864 5583

All programs held at the Wellness & Community Connections Centre, 4725 - 43 Street

Family Enrichment Program

We support caregivers with children 0 - 18 years with:

- » Parenting and caregiver knowledge
- » Meeting other parents
- » Finding community supports and resources
- » Information on child and youth development
- » Managing stressful situations (coping skills)
- » Skills to bounce back from difficult situations (resiliency)
- » Ways to be healthier and happier (well-being)
- » Online and in-person learning, information sessions/workshops, and access to our resource lending library
- » Developing positive relationships with your children



One on One Support | Free

A positive parenting and healthy relationships program

One on Ones are single or multiple sessions for parents/caregivers of children 0 - 18 years. Discuss parenting concerns such as, but not limited to:

- » Potty training
- » Routines
- » Parental stress
- » Growth and development from infants to teens
- » Positive parenting
- » Positive communication with your child or teen.

Room 100, 4725 - 43 St

Sep 2 - Dec 31

No Class Sep 30, Oct 13, Nov 11, Dec 25, 26.

Mondays - Fridays, 8:30 AM - 12:00 PM

Mondays - Fridays, 1:00 PM - 4:00 PM

Registration required, contact:

403 864 5588

familyenrichment@sylvanlake.ca

Let's Talk Toddlers

A positive parenting and healthy relationships program

Parents/caregivers with toddlers aged 18 months - 3 years. Children play in the Early Childhood Development Room while caregivers support each other. Caregivers join the toddlers in the EDC room to finish the session with story time. Learn important parenting topics, such as: potty training, developmental milestones, and the oh so fun terrible twos.

Room 100, 4725 - 43 St

Sep 3, Oct 1, Nov 5, Dec 3

Wednesdays, 10:00 AM - 11:30 AM



Triple P Group

The Triple P – Positive Parenting Program is a 4 week*program that gives parents simple and practical strategies to help them*confidently manage their children's behaviours and build strong, healthy relationships.

Room 100, 4725 - 43 St

Nov 6 - Nov 27

Thursdays, 10:00 AM - 12:00 PM



Triple P Fear-less

A positive parenting and healthy relationships program

Triple P Fear-less supports parents to help children manage their anxiety. Parents learn to cope with anxiety and get strategies to respond to their child's anxiety. For caregivers with children 6 - 14.

Room 100, 4725 - 43 St

Oct 8 - Nov 12

Wednesdays, 1:30 PM - 3:00 PM

Circle of Security

A positive parenting and healthy relationships program

Parents/caregivers of children 0-6. Sometimes parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Room 100, 4725 - 43 St

Sep 18 - Oct 30

Thursdays, 10:00 AM - 11:30 AM

Surviving the Teen Years | Ages:

A positive parenting and healthy relationships program

For parents/caregivers of children and youth ages 12 and up. Raising teenagers isn't just a phase—it's an adventure! Whether you're navigating conflict, mood swings, or risky behaviours, you're not alone. Let this group be your village.

Room 100, 4725 - 43 St

Sep 17, Oct 15, Nov 19, Dec 17

Wednesdays, 6:00 PM - 7:30 PM

tip to share each week! During the Outdoor Walk n Talk, we stop at the local playground for the children to burn off some energy.

Outdoors

SESSION 1:

Sep 2 - 16

Tuesdays, 10:00 AM - 11:30 AM

Gym, 4725 - 43 St

SESSION 2:

Oct 7 - Dec 16

No Class Nov 11

Tuesdays, 9:15 AM - 10:00 AM

Let's Connect with Family Enrichment

Our goal is to help you feel less isolated! Get help building confidence and developing positive skills in your parent/caregiver role. This is an in-person support group, for parents/caregivers with children aged 0-18. Children 0-5 are welcome to attend with you.

Room 100, 4725 - 43 St

Sep 12, Oct 10, Nov 14, Dec 12

Fridays, 9:00 AM - 10:30 AM

Raising Stars | Ages:

A positive parenting and healthy relationships program

For parents/caregivers with children aged 0-6. Does your child have additional needs or disabilities? Join us in the Early Childhood room while your children play. This group is for making connections, developing support, and resource sharing.

Room 100, 4725 - 43 St

Sep 8, Nov 10, Dec 8

Mondays, 10:00 AM - 11:30 AM

Kids Have Stress Too!

A self-regulation and mindfulness program

Parents, caregivers, and educators cover topics on stress, including: stress from your children's point of view, your own stress responses, impact of stress, concrete strategies, and how to manage stress.

Room 100, 4725 - 43 St

STRESS IN THE FIRST FIVE YEARS

Oct 9, Thursday, 1:30 PM - 3:00 PM

STRESS IN THE ELEMENTARY YEARS

Oct 16, Thursday, 1:30 PM - 3:00 PM

STRESS IN THE TEEN YEARS

Oct 23, Thursday, 1:30 PM - 3:00 PM



Mom Life

Female caregivers with children 0 - 18 months support each other while receiving information about all things related to babies, toddlers and parenting! Family Enrichment Facilitators provide important parenting topics such as positive parenting, developmental milestones, behaviours, health, and more.

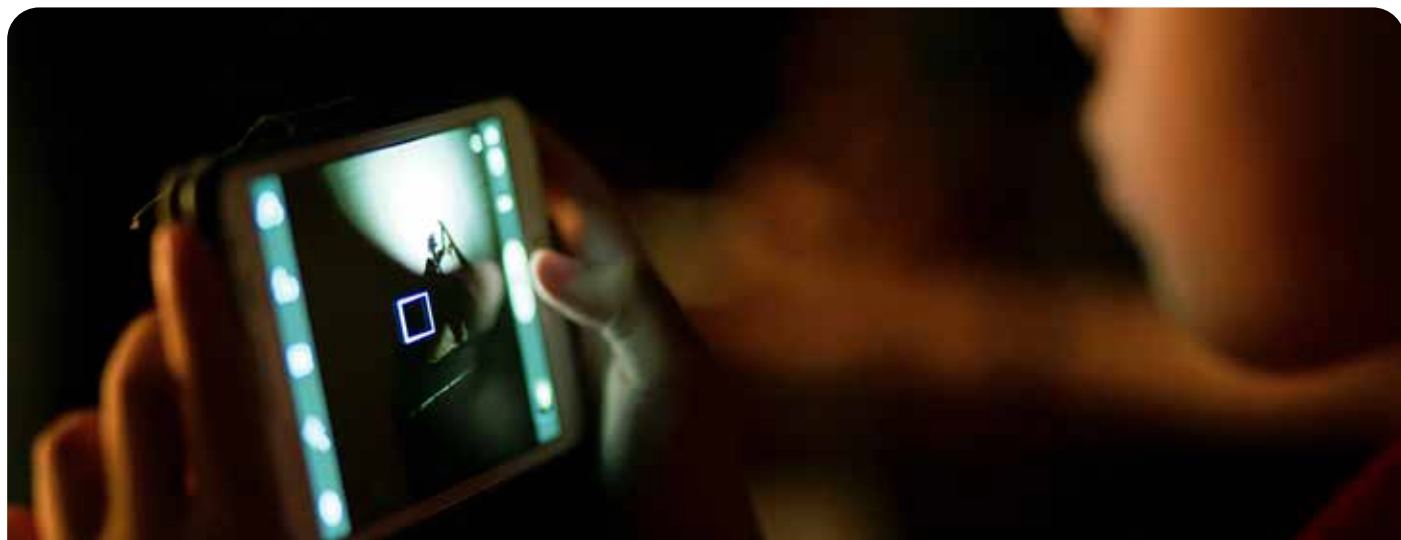
Room 100, 4725 - 43 St

Sep 10 & 24, Oct 8 & 29, Nov 12 & 26, Dec 10

Wednesdays, 10:00 AM - 11:30 AM

Walk n Talk: Parent Support Group

Are you a parent or caregiver with children 0-18? Want to meet other parents? Children welcomed Join us for Walk n Talk! Get your steps in while making new friends and learning something new. We will have a family





TRIPLE P TIP SHEETS We have a tip sheet for that!

Supporting parents on a variety of different topics such as:

Positive Parenting

- » Balancing Work and Family
- » Being a parent
- » Coping with stress
- » Feeling down after your baby arrives
- » Home safety
- » Preparing your child for a new baby
- » Supporting your partner

General Infants

- » Crying and settling
- » Developing sleep patterns
- » Learning to separate
- » Promoting development

Toddler

- » Asking instead of whining
- » Coping with frustration
- » Developing bedtime routines
- » Developing screentime routines
- » Getting on with others
- » Independent eating
- » Learning to cooperate
- » Learning to use the toilet
- » Promoting language
- » Sharing
- » Walking without wandering

Preschoolers

- » Cooperating with instructions
- » Developing mealtime routines
- » Express feelings without aggression
- » Getting attention politely
- » Going shopping
- » Having visitors
- » Healthy screentime routines
- » Language and communication
- » Managing nightmares
- » Spending time apart
- » Tidying up
- » Travelling in the car

Primary Schoolers

- » ADHD
- » Bed wetting
- » Behaviour at school
- » Being honest
- » Being trustworthy
- » Creativity
- » Doing chores
- » Getting into sport
- » Healthy screentime habits
- » Homework
- » Overcoming fears
- » Responding to bullying
- » Self-esteem
- » Speaking respectfully

Get one-on-one support for more information on specific parenting concerns. Contact: 403 864 5588 OR familyenrichment@sylvanlake.ca



Handle parenting challenges at your own pace

Improve your relationship with your baby, child or teenager. Enjoy being a parent more!

The right support can boost your family's wellbeing and mental health. Triple P, Positive Parenting Programs are offered online to all Albertans and you can go at your own pace.

Choose which course is right for you:

- » Triple P for Baby – for parents and caregivers expecting or with a baby under 12 months old
- » Triple P – for parents and caregivers of children under 12 years
- » Teen Triple P – for parents and caregivers of pre-teens and teens, approx. 10-16 years

Learn more:

triplep-parenting.ca



FRN Home Visitation Program

Questions? Contact: homevisitation@sylvanlake.ca | 403 864 5590

All programs are FREE | PARENTED | REGISTERED

Home Visitation Program

Our staff meet in the comfort of your own home.

It's free, confidential, and voluntary!

We support families from the third trimester of pregnancy up to 6 years of age with:

- » Information and encouragement
- » Healthy parent/child relationships
- » Healthy child/youth development
- » Referrals to supports
- » Completing an Ages & Stages developmental questionnaire

A caregiver capacity building program.



Resiliency

What is resiliency?

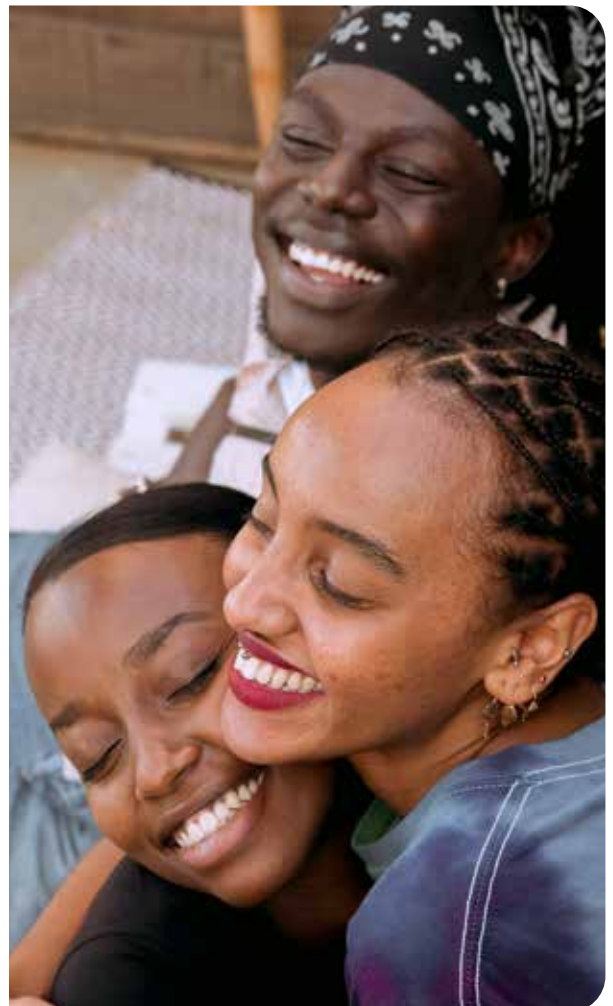
Resiliency is the ability to bounce back after a time of adversity, challenge, trauma, or stress. A child develops resiliency when they experience a challenge and learns how to manage it positively. The foundation of resiliency is a child having a strong relationship with their caregivers. Resilient children are braver, more curious, and more adaptable to change.

How can you promote your child's resiliency?

1. Have one-on-one time with your child
2. Role model resiliency skills
3. Acknowledge their feelings and validate their fears
4. Help them understand and accept their strengths and weaknesses
5. Promote self-care and mindfulness
6. Encourage them to take safe risks and experience the natural consequences
7. Give them opportunities to make their own decisions and teach them how to problem-solve
8. Let them experience disappointment so they learn that sadness doesn't last forever
9. Teach them the difference between the things they can control and things that they cannot control
10. Read them stories about people overcoming challenging situations

Contact us to learn more!

403 864 5590, homevisitation@sylvanlake.ca



FRN Early Childhood Development

Questions? Contact: earlychildhood@sylvanlake.ca | 403 864 5583

All programs are FREE | PARENTED | REGISTERED

REGISTRATION REQUIRED FOR ALL PROGRAMS. CALL: 403 864 5583

All programs held at the Wellness & Community Connections Centre, 4725 - 43 Street

Early Childhood Development Program

We support caregivers with children 0 - 7 years to:

- » Help your child develop physically, mentally, and emotionally
- » Have fun, play, and learn with your children
- » Connect with your kids
- » Learn about how kids grow
- » Grow strong family relationships (When kids have good family relationships, they are healthier)

We'd love to help you explore these concepts and how they can help your child and your family! Contact us today!



Grow Healthy - Our Programs Are More than Just Play!

Cultural and Indigenous programs build:

- » Develop a world view (learn about other cultures)
- » Diversity (explore languages, traditions, and food)

Brain Development programs build:

- » Attachment and Connection (relationships)
- » Large and small muscle development (hands and feet)
- » Problem-solving skills (learning how to cope with challenges; imagination)
- » Increased sense of self-esteem (a sense of pride by learning something new)
- » Cognitive Skills (language and numbers)
- » Social and emotional skills (feelings and friendship skills)

Healthy Relationships programs build:

- » Social and emotional skills (feeling and friendship skills)
- » Attachment and Connection (relationships)
- » Social skills (calming and coping skills)

- » Sense of belonging (learning about their place in the world)
- » Sense of identity (learning about themselves)

Self-Regulation and Mindfulness programs build:

- » Self-regulation is the ability to manage difficult emotions and impulses
- » Mindfulness is being fully present in the moment to be aware of our feelings, body and environment

Attachment and Connection programs build:

- » Secure attachment (connect and bond with you child)
- » Sense of safety (when children know caregivers are there for them, they feel safe to explore their surroundings)
- » Emotional Regulation (respond to child's cues, soothe distress, create joy, and support calm)
- » Reaching developmental milestones (ages and stages)

National Child Day in Canada

National Child Day in Canada is celebrated every year on November 20 to honour the rights of children and recognize the importance of nurturing their well-being and development. National Child Day is important because it reminds Canadians to advocate for a safe, healthy, and inclusive environment where all children can thrive. This year's theme, #8MillionEmpowered, highlights our collective goal to empower all 8 million kids in Canada by defending their rights.

For more information, visit nationalchildday.org.

CHILDHOOD DEVELOPMENT PROGRAMS

Are FREE | PARENTED | REGISTERED

Register now: 403 864 5583 | earlychildhood@sylvanlake.ca

Toy Lending Library

The Library is full of fun toys, games, and books that help your kids learn and grow. They are free to sign out!

- » Puzzles, board games, craft sets, and more
- » Books about trauma, parenting, grief, loss, gender, and more
- » Call to book an appointment to check out the Toy Library
- » Borrow here:
slfrn.lend-engine-app.com

For more information:
lendinglibrary@sylvanlake.ca

Teddy Bear Picnic | Ages: 0 - 7

Pack a lunch and bring your teddy bear for story, songs, and art.

Outdoor event | Weather permitting

Sep 16: Tuesday, 10:00 AM - 11:30 AM

Halloween Party | Ages: 0 - 7

Join us for a family fun Spooktacular party dressed in your best costume.

Gym, 4725 - 43 St

Oct 28: Tuesday, 6:00 PM - 7:30 PM

Childhood Development in the Gym | Ages: 0 - 7 | Drop In

Energy-burning fun through movement. This program is playful, fun and full of movement and stimulates the development of cognitive, social, emotional and gross motor skills.

Gym, 4725 - 43 St

LITTLE MOVERS

SESSION 1: Sep 2 - Dec 16

No Class Sep 9, 16, 23, 30, Oct 21, Nov 11, 18
Tuesdays, 10:00 AM - 11:00 AM

SESSION 2: Sep 3 - Dec 17

No Class Sep 24, Oct 1, 22, Nov 19
Wednesdays, 2:00 PM - 3:00 PM

Childhood Development in the Kitchen | Ages: 3 - 7

Make quick, easy and nutritious food your children will love! Kitchen skills

improve reading and math skills. Their self-esteem grows as they experience a sense of pride in their new skills.

Kitchen, 4725 - 43 St

KITCHEN CREATIONS

SESSION 1: Sep 8 - Nov 10

No Class Sep 22, Oct 13, 20, 27
Mondays, 10:00 AM - 11:00 AM

SESSION 2: Nov 24 - Dec 15

Mondays, 10:00 AM - 11:00 AM

Childhood Development in the Playroom | Ages: 0 - 6

PLAY is fun way to explore the world around us. Different themes are offered throughout the month!

Room 102a, 4725 - 43 St

SEVEN TEACHINGS:

Grow a healthy sense of self by using the seven teachings of love, truth, wisdom, humility, honesty, courage and respect. Learn to live a good and happy life by living in peace with one another.

Sep 2 - Sep 10, No Class Sep 3, 9
Tuesdays, Wednesdays
10:00 AM - 11:30 AM

FUN IN FALL:

This program develops thinking skills while children learn about fall time.

Oct 2 - Oct 16

Tuesdays, Wednesdays, Thursdays
10:00 AM - 11:30 AM

HALLOWEEN FAMILY YOGA:

Yoga connects adults and children through bending, stretching and meditation. Benefits include calming of the mind, increasing concentration, reducing stress, increasing confidence and willpower, and learning how to self-regulate.

Oct 31 Friday, 10:00 AM - 11:00 AM

JURASSIC PLAY:

Interest in dinosaurs helps children learn more about the earth and admire wonderful things that lived long before us.

Oct 29 - Nov 13

No Class Oct 30, 31, Nov 5, 11
Tuesdays, Wednesdays, Thursdays,
Fridays, 10:00 AM - 11:30 AM

CHRISTMAS CRAFTING:

Songs, games, books and crafts all connected to the Christmas season. Cognitive skills allow children to understand the relationships between ideas, to grasp the process of cause and effect and to improve their analytical skills.

Nov 25 - Dec 17

No Class Nov 28, Dec 3, 5

Tuesdays, Wednesdays, Thursdays,
Fridays 10:00 AM - 11:30 AM

MINI MERRY MUSICIANS:

A journey into the world of music and dance! Bond with your child and grow social, emotional, cognitive, motor, and language skills.

Dec 19: Friday, 10:00 AM - 11:00 AM

HOLIDAY TREATS:

Come and enjoy the spirit of this holiday making delicious Christmas goodies.

Dec 5: Friday, 10:00 AM - 11:30 AM

Childhood Development at the Children's Garden | Ages: 0 - 7

Learn environmental awareness and solve problems through hands-on learning with all the senses. Gardening is a great way for children to learn about the relationships between growing food and healthy choices.

The Health & Wellness Healing Hub, 101-5202 47 Ave

CHILDREN'S GARDEN

Sep 4: Thursday, 10:00 AM - 11:00 AM

GARDEN HARVEST

Sep 11: Thursday, 10:00 AM - 11:00 AM

Childhood Development in the Outdoors | Ages: 0 - 7

Connect with the land through unstructured nature play. Children build social skills and work through real-life problems. Build physical and mental well-being through fresh air play, exploration and fun.

FALL NATURE WALK:

Build a love and respect of nature. Reduce stress and fatigue with fresh air and vitamin D!

Sweet Grass Place, between houses #8 and #10.

Oct 3: Friday, 10:00 AM - 11:00 AM

FALL FOREST PLAY

4 - 4725 43 St (Green space behind the Food Bank)

Oct 10 - Oct 17: Fridays
10:00 AM - 11:00 AM

House of Music

Lessons | Store | Preschool

Register Now:

www.sylvanhouseofmusic.com



Music TOTS! 6 months - 3 years

* Tuesdays: 10:15-10:50
Sept. 16 - Oct. 28
* Thursdays: 5:45 - 6:20
Sept. 18 - Oct. 23
Nov. 6 - Dec. 11
* Thursdays: 10:15-10:50
Nov. 6 - Dec. 11
(\$89 / \$49 per sibling)

Music Tykes! Ages 3 - 5

* Mondays: 5:45 - 6:20pm
Sept. 15 - Oct. 27 \$99

**"Fun Filled
Classes of
Singing, Dancing, &
Instrument Play!"**

Private Lessons for Infants - ADULTS

**Piano, Guitar, Ukulele, Drums, Voice,
Violin, BASS, BANJO & MANDOLIN!!**

Fall 2025 Group Classes!



Ages 5 - 7

Sing Disney Songs & Play the Piano!
Music Theory, Games & MORE!
Sept. 18 - Dec. 4 \$209
Thursdays 5:00 - 5:35



Ages 4 - 6

Drums, Guitar, Piano & Ukulele!
Games & Music Theory! \$209
Sept. 15 - Dec. 8 Mondays 5:00 - 5:35
Sept. 16 - Dec. 16 Tuesdays 5:30 - 6:05



Ages 8-12

Build Foundational Vocal &
Performance Skills in this Fun-Filled
Pop Singing Group
Sept. 17 - Dec. 17 \$250
Wednesdays 5:15 - 6:00

Triple Threat

Ages 7 - 10

Drums, Guitar, Piano & Ukulele!
Games & Music Theory! \$225
Sept. 16 - Dec. 16 Tuesdays 6:15-7:00
Sept. 17 - Dec. 3 Wednesdays 6:15-7:00

MUSICAL Theatre

Ages 7 - 13
Act, Sing, Play Drama Games
& PERFORM in a MINI PLAY
PRODUCTION!

Thursdays 6:30-7:45pm
Sept. 18 - Dec. 18 / \$325
Includes 2 Additional Friday
Classes + Dress Rehearsal &
Finale Performance!

Adult Piano

Ages 18+
Adult Basic Beginner Piano /
Keyboard Group Class!
Learn basic piano skills, note-
reading, rhythm, chording &
theory! \$140

Wednesdays 7:45-8:30pm
* Sept. 10 - Oct. 15 - Level 1
* Oct. 22 - Nov. 26 - Level 2



VIRTUAL GOLF

GET READY
TO TEE OFF
RAIN OR
SHINE!



BOOK NOW!



Weekday & Weekend Packages BIRTHDAY PARTIES

Themed Decor
2-Hours in Dedicated
Party Room, Virtual Games
Kid's Food & Drink

HOURLY DROP-IN

1 child: \$14/hour
2 children: \$12.50/hour per child
3+ children: \$11/hour per child
✓ Fun-filled activities kids love
✓ Safe and supervised environment
✓ Snacks and drinks included

Fridays & Saturdays DATE NIGHT

Free play
Virtual simulator
Movie on the big screen
Popcorn for the movie
theater vibe!

29 Beju Industrial Drive, Sylvan Lake

403-864-0911 dropnhop.ca

Youth Services



@flipsideyc

#catchyouattheflipside



@flipsideyc

sylvanlake.ca/flipside



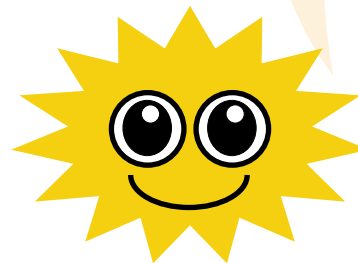
Youth services programs connect young people to new and old friends and adult role models while they take part in activities that supports skill-building, positive relationships and self-esteem.

The Flipside Youth Centre, Upstairs | 4725 - 43 Street
T 403 887 1137 | E youthservices@sylvanlake.ca

- » **Stay informed** Find our monthly activity calendars: www.sylvanlake.ca/flipside | Facebook: @flipsideyc
- » **Days Off:** Some Flipside programs do not run on school's out days or statutory holidays. Pre-registration is required for programs at: www.sylvanlake.ca/flipside
- » **Safety:** The Flipside has protocols to keep your kids safe while attending our programs. Please read the Flipside Parent Handbook before registering in our programs. Download it here: www.sylvanlake.ca/flipside
- » **Program Changes/Cancellations:** Programs are subject to cancellation or changes if minimum enrolment is not met. Find program updates at: www.sylvanlake.ca/Flipside
- » **Refunds:** If your program is cancelled by Youth Services, full refunds are issued.
7 or more days notice: If you cancel your registration 7 or more days before the program start date, a full refund is issued minus a \$15 administrative fee
Less than 7 days notice: No refund for cancellations less than 7 days before the start date of your program.
- » **Program updates:** www.sylvanlake.ca/Flipside

FLIPSIDE MEMBERSHIP | \$20

Flipside annual memberships are required to access ALL drop-in and registered programs. Plus, you get discounted Flipside on the Go trips. Ages 8 - 18. Details at: www.sylvanlake.ca/Flipside



Kids Connect | Ages: 8 - 11 | Registered

Kid Connect is a 4-week program where kids build friendships, confidence, and creativity. *Each week has fun activities based on what kids like. *We finish the month with a special outing to celebrate and try something new. *It's all about having fun and making great memories together!

Flipside, Upstairs, 4725 - 43 St

SESSION 1 Wrap-up celebration will be at XZone
September 25 - October 16
Thursdays, 6:30 PM - 8:00 PM

SESSION 2 Wrap-up celebration at Next of Kiln
October 23 - November 13
Thursdays, 6:30 PM - 8:00 PM

SESSION 3 Wrap-up celebration at Vista Hill for sledding (weather permitting)
November 20 - December 11
Thursdays, 6:30 PM - 8:00 PM

Teen Connect | Ages: 12 - 17 | Registered

Teen Connect is a 4-week program where teens build friendships, confidence, and creativity. *Each week has fun activities based on what teens like. We finish the month with a special outing to celebrate and try something new. It's all about having fun and making great memories together!

Flipside, Upstairs, 4725 - 43 St

SESSION 1 Wrap-up celebration at XZone
September 23 - October 21
Tuesdays, 6:30 PM - 8:00 PM

SESSION 2 Wrap-up celebration at Next of Kiln
October 28 - November 25
Tuesdays, 6:30 PM - 8:00 PM

SESSION 3
December 2 - December 23
Tuesdays, 6:30 PM - 8:00 PM

Family Connect Nights Ages: 0 - 99 | Registered

Family events at the Flipside partnered with the Family Enrichment Centre? Yes, please! Join us for games, arts and crafts, theme nights and loads of family fun! Activities are planned to be appropriate for school-aged children, however, all ages are welcome.

Flipside, Upstairs, 4725 - 43 St

Escape Room Think you've got what it takes to crack codes, solve sneaky puzzles, and escape just in time?

*Important Note: This escape room experience is designed to challenge your minds and your attention spans, so it's best for families with kids who can stay focused for about 30–45 minutes.

October 6, Monday, 6:00 PM - 7:30 PM

Baking Bonanza Ready to turn up the heat and whip up some fun? Baking Bonanza — a tasty adventure where families team up to mix, decorate, and create sweet treats together

November 3

Monday, 6:00 PM - 7:30 PM

Christmas Craft Get ready to jingle, glue, and glitter your way into the holiday spirit at our Christmas Craft Extravaganza! Gather your crew for an evening of festive fun as we dive into holiday-inspired crafts that are perfect for all ages.

December 1

Monday, 6:00 PM - 7:30 PM

Flipside On The Go | Ages 8 - 17 Registered

The Flipside offers fun-filled field trips (say that 5 times fast) once a month on school breaks and PD days.

Escape Room | Ages 12 - 17 Get ready for The Haunted Hideout, a spooky escape room experience where you and your team will have just one hour to crack codes, uncover secrets, and escape the haunted lair... before it's too late.

October 10 Friday, 1:00 PM - 4:00 PM
\$32.00 local | \$37.44 nonlocal

Jollyland | Ages 8 - 11 Ready to leap into action? We're heading on a field trip to Jollyland, the ultimate indoor playground—complete with a Ninja Course that'll have you flipping out (in the best way)!

November 7 Friday, 1:00 PM - 4:00 PM
\$10.00 local | \$11.70 nonlocal

Zoolights | Ages 12 - 17 Bundle up and prepare to go wild—we're heading to the zoo for a frosty field trip full of furry friends and dazzling lights! Dress warmly, bring your brightest smile, and prepare for a zoo-per cool adventure!

December 12

Friday, 1:00 PM - 8:00 PM

\$45.95 local | \$53.75 nonlocal

Flipside in the Gym | Drop In

Fun games, sports, and activities that get your heart pumping! Join us for dodgeball, tag, capture the flag, parachute, and about a million other of our all-time favourite games.

Gym, 4725 - 43 St

AGES 8 - 11

September 24 - December 17
Wednesdays, 3:00 PM - 5:30 PM

AGES 12 - 17:

September 24 - December 17
Wednesdays, 6:30 PM - 8:30 PM

Flipside Hangouts | Ages: 8 - 15

Come hang out with us on Saturday afternoons at the Flipside for epic games, awesome activities, and fun themed events you won't want to miss!

Flipside, Upstairs, 4725 - 43 St

September 27 - December 20

No Class October 11, 18, 25, November 8
Saturdays, 1:00 PM - 4:00 PM

After School Crew | Ages: 8 - 11

There's always something to do at the Flipside! Drop-in after school and spend some time hanging out with friends. Join us for board games, video games, foosball, basketball shoot-out, arts and crafts, group games, theme days, or a movie. An after school snack is provided!

Flipside, Upstairs, 4725 - 43 St

September 22 - December 19

No Class September 30, October 10, 13, 20,
November 7, 10, 11, 28, December 12, 18
Mondays, Tuesdays, Thursdays, Fridays,
3:00 PM - 5:30 PM

Dungeons and Dragons Club Ages: 9 - 12

Huzzah! Calling all Tieflings, wizards, elves, and rangers! We are going on an adventure! Roll the dice and see where the fates take you with this interactive new club. New to Dungeons & Dragons? No problem! We will walk you through it step by step!

Flipside, Upstairs, 4725 - 43 St

JUNIOR CLUB - AGES 9 - 12

October 1 - December 10

Wednesdays, 4:00 PM - 5:30 PM

SENIOR CLUB - AGES 13 - 17

October 1 - December 10

Wednesdays, 6:00 PM - 7:30 PM





Congratulations to our Youth Spark Award recipients! From bold ideas to big impact, these change makers proved one thing loud and clear: YOUth Rock!

Inspiration Award | Minno Letwin

Service & Caring Award | Hayden Becker

Art & Culture Award | Abigail Austring

Athletic Ambassador Award | Abby Desormeau

Spark Champion | Michael Dyck

WELLNESS PROGRAMS

Learn more about our wellness programming and hosting the CHP Program in your school or organization by contacting: youthservices@sylvanlake.ca | 403 896 4946

AHS Community Helpers Program | Ages 10-18

The Community Helpers Program (CHP) provides opportunities to strengthen support skills and learn more about mental health and suicide prevention. It encourages youth to reach out and ask for help when they need it. It teaches individuals how they can help others. You'll also learn about helpful resources. The program has 18 modules covering a variety of topics. The CHP program can be delivered in any setting, including schools, community organizations and youth groups using full day, partial day, or several one hour workshops.



Press Pause | Ages 10-18

Press Pause is an extension of the Community Helpers Program where we offer hands-on activities in school during lunch hours that help promote positive self-esteem, mindfulness, positive coping skills, stress-reduction tools, and self-care. Program delivery can be tailored to your school but typically runs in 4–6 sessions.

Contact the Youth Asset Facilitator at youthservices@sylvanlake.ca for more information.

AHS Community Helpers Program | For Adults who Support Youth | Free

Gain resources and information about mental health to get equipped to support youth. It is great for coaches, school staff, first responders, youth workers, parents, or anyone who works with or supports youth.

Let's Taco 'Bout It | All ages

Bring the whole family and join us for a fun, hands-on event all about suicide awareness. We'll have games and activities that teach you how to look out for yourself and those you care about. Stick around for a delicious taco bar supper afterwards!

It's a great way to learn, connect, and support each other in a friendly, relaxed setting. We'd love to see you there!

Gym, 4725 - 43 St

September 18, 6:00 PM - 8:00 PM



Leaders-in-Training

Are you looking to bulk up your resume or gain some volunteer hours? Then look no further because this program gets you just that while also having fun. As a Leader-in-Training (LiT), you will assist Flipside staff in running the Afterschool Crew, Flipside in the Gym, Kids Connect and Flipside Hangouts programs throughout the entire school year.

LiT Requirements:

- » Must be in grades 7-12
- » Complete an online application form at www.sylvanlake.ca/youth by September 29.
- » Provide at least 2 references
- » Participate in a short interview to ensure suitability
- » Attend a training session on October 20 (9 AM-4 PM)
- » Successful applicants must commit to volunteering a minimum of 4 hours per month, November – May.
- » Upon completion of the program, LiT's will receive a letter of reference, certificate of completion, a record of their volunteer hours and a cash honorarium.

Apply online at www.sylvanlake.ca/Youth.

Ment-to-Matter In-School Mentoring Program

Calling all students in grades 9+! Do you want to earn high school credits? Do you want to make a difference in a young person's life? Are you thinking of a career working with youth?

We are recruiting mentors for our 2025-2026 in-school mentoring season in both Ecole HJ Cody and Ecole Mother Teresa Schools. High School mentors are matched with a mentee in grades 3-8 and meet once a week over their lunch hour to build positive and nurturing relationships:

- » Mentors must apply and complete an interview and training in September/October.
- » Mentors and mentees meet in the mentee's school for 1 hour during their lunch hour, once per week, November to May (transportation is provided)
- » Mentees are referred through their teachers, school administrator or school counselor.

Mentor Application Deadline: September 30

Apply online at www.sylvanlake.ca/Youth.

Grandpals

We are recruiting older adults for our 2025-2026 season of Grandpals. This "penpal" program matches older adults with a youth (mentee) and they exchange letters, homemade gifts, and creative crafts back and forth throughout the school year (one per month). The transfer is made via the Mentoring Program Coordinator and Older Adult Support Workers. They also meet in person twice per year (December and June) to enjoy an afternoon together.

If you are interested in becoming a Grandpal, please contact the Wellness & Community Connections Centre at 403.887.1137 or email snewman@sylvanlake.ca.

Community Helpers for Adults

Ages: 18 - 99

The Community Helpers Program is a dynamic, research-informed, AHS training workshop designed to empower adults who work with or care about youth. Rooted in compassion and intentional action, this program builds the skills and confidence needed to support young people facing mental health challenges, including those at risk of suicide. **Through engaging, interactive sessions, participants learn how to recognize signs of distress and initiate supportive conversations.

Flipside, Upstairs, 4725 - 43 St

November 3 - November 4

Monday, Tuesday, 9:00 AM - 12:00 PM



Sylvan Lake Library



Program session 1

Sep 8 - Oct 18

Program session 2

Nov 3 - Dec 20

PRE-SCHOOL PROGRAMS

Toddler D&D Story Time

An imaginative story time led by an experienced storyteller who will take the group on new adventures each week

Tuesdays, 10:15 AM - 11:15 AM

Preschool Story Time | Ages 2 - 5

Foster a love of literacy and socialize with other families while engaging in stories, songs, crafts, and sensory activities.

Wednesdays, Thursdays

10:15 AM - 11:00 AM

Infant Sensory Play | Ages 0 - 2

Sensory activities and messy play for babies and their caregivers.

Wednesdays, 2:15 PM - 3:00 PM

Mess Is Best | Ages 0 - 2 & 2 - 5

Engage in sensory activities and messy play stations. Infant and preschooler activities will alternate each week.

Saturdays, 10:15 AM - 11:15 AM

SCHOOL-AGED PROGRAMS

Cosplay Club | Ages 13+

Celebrate a love of cosplay and make your own creations with friends old and new.

Mondays during the school year

4:00 PM - 5:00 PM

Prism Club | Ages 13+

Movie nights, art projects, and book chats for LGBTQ2S+ youth and allies.

First Tuesday of the month

5:00 PM - 7:00 PM

Youth D&D | Ages 6-9

Learn to play Dungeons and Dragons at the Library.

Tuesdays, Sep 9 – Oct 14

3:30 PM - 4:30 PM

Board Game Café | Ages 8+

Make new friends and enjoy the board game of the week while we learn and play together. Watch website and social media for weekly board game announcements.

Tuesdays, Nov 4 – Dec 16

3:30 PM - 4:30 PM

More Than a Book Club H.J. Cody Students

Meet with H.J. Cody's Mrs. Judge and Miss Kristin from the Library for engaging activities, tasty snacks, and fantastic conversations with friends.

Wednesdays during the school year

Lunchtime at H.J. Cody High School

Anime Club | Ages 8+

Celebrate your love of anime and manga with the library.

Wednesdays during the school year

4:00 PM - 5:00 PM

S.T.E.M. Explorers | Ages 6 - 12

Explore the world of science, technology, engineering, and math at the Library with fun projects and challenges.

Thursdays during the school year

4:00 PM - 5:00 PM

Homeschool Hub | Ages 6+

Homeschooling families are invited to join the Library and the Homeschool Hub for interactive reading experiences, story times, themed activities, and more! Watch website for locations.

Every other Thursday during the school year

12:30 PM - 2:00 PM

Ghost Hunters | Ages 12+

Dive into paranormal history and search for local ghosts and hauntings with friends old and new.

Second and Fourth Friday during the school year

3:30 PM - 4:30 PM

Family Art Attack | Ages 6+

Explore different art styles and mediums with the library. Registration required.

One Saturday a month, watch

website for dates

2:00 PM - 3:00 PM

ADULT PROGRAMS

Tech Connect | Ages 16+

Drop by the Library for a one-on-one session to help with your tech-related issues. First come, first served.

Tuesdays, 1:30 PM - 2:30 PM

Pub Trivia Night

Join us for an evening of pub trivia fun with your friends and family. Build your team, then meet us at the local establishment of the month for trivia fun!

First Wednesday of the month, watch the website for locations

6:30 PM - 8:00 PM

Adult Art Attack | Ages 16+

Explore different art styles and mediums with the library. Registration required.

First Thursday of the month

6:15 PM - 7:15 PM

First and Third Friday of the month

3:00 PM - 4:00 PM

Knit-Wits

Make beautiful handmade projects while meeting new friends. Bring your own supplies or use ours to create your own fibre art. This program is self-guided.

Thursdays, 6:00 PM - 7:30 PM

Film Society

Join us at Landmark Cinemas to watch Independent Films. Watch website for titles. Tickets \$10.00 + GST.

Sep 29 and Oct 27, 7:00 PM - 9:00 PM

Ace the Interview

Learn tips and tricks for what interviewers are looking for and refine your skills and answers for your next interview.

Oct 23, 1:00 PM - 3:00 PM

SPECIAL EVENTS

For more information about events and programs happening at the Library, visit our website and follow us on social media.

Makedo Masters | Ages 8+

Show up and show off your genius as you complete a project based on objectives and find creative ways to overcome fun challenges that come your way. Registration required.

Friday, Sep 19, 12:00 - 2:00 PM

Library Nerf War | Ages 9+

Join us for an epic after-hours Nerf War in the Library. Nerf guns and darts provided. Snacks provided. Registration and signed waivers required.

Friday, Sep 19, 5:30 - 7:00 PM

Lego Masters | Ages 8+

Show up and show off your Lego skills based on objectives and overcome fun challenges that come your way. Registration required.

Friday, Oct 10, 12:00 - 2:00 PM

Halloween Costume Exchange All Ages

Donate your old, good-condition Halloween costumes to the Library, then return for a costume swap.

Drop-off: Sep 21 – Oct 3

Shopping: Oct 4 and 5

Halloween Story Time | All Ages

Wear your Halloween costume for a spooky story time and a craft at the Library.

Friday, Oct 31, 10:30 - 11:30 AM

Painting Masters | Ages 8+

In homage to "Nailed It", participants will recreate a famous painting while overcoming fun challenges that come their way. Registration is required.

Friday, Nov 28, 12:00 - 2:00 PM

Christmas Craft Workshop

All Ages

An afternoon of Christmas crafting at stations throughout the Library. Drop in while supplies last.

Saturday, Dec 6, 1:00 - 4:00 PM

BOOK CLUBS

Reading Challenges for All Ages

Celebrate your love of reading with the library and track yours and your child's reading with 1000 Books Before Kindergarten and the Hogwarts Reading Club. See website for details.

Mystery Book Club

Read the book of the month, then join us at the Library for a discussion. Watch website for titles and location.

Second Monday of every month

6:30 PM - 8:00 PM

New Romantics Book Club

Read the romance book of the month, then join us for a discussion. Watch website for titles and location.

Second Wednesday of every month, 6:30 PM - 8:00 PM

Bring Your Own Book Club

Read any book, then join us at Lakeshore Café for a discussion.

Third Wednesday of every month

6:30 PM - 8:00 PM

Banned Book Club

Read the featured banned book(s) of the month, then join us at Lakeshore Café for a discussion.

Last Wednesday of every month.

6:30 PM - 8:00 PM

Walking Book Club

Meet weekly to discuss books while out for a stroll. Meet outside the Library while it's warm, watch website for updated locations.

Fridays

10:00 AM - 11:00 AM

Fable Book Club

Join an online book club using the Fable app to discuss the book of the month. Watch website and social media for book and chapter announcements.

Sylvan Lake Municipal Library

4715 50 Avenue

T: 403 887 2130

E: sylvan.library@prl.ab.ca

W: www.sylvanlakelibrary.ca

Social: Search for Sylvan Lake Municipal Library on Facebook, Instagram, X, and Bluesky!

BUSINESS HOURS ONLINE AT:

www.sylvanlakelibrary.ca

- Library memberships and programs are FREE of charge unless otherwise stated
- If enough people do not register, a program may be cancelled or rescheduled

Outreach Services

For those unable to visit the library, we will arrange for library materials to be delivered to your location. Please call the library to arrange service.

Additional Resources Available for Borrowing:

- | | |
|----------------------|----------------------|
| • Telescope | Power |
| • Yoto Player | Monitor Kill-A-Watt |
| • NexSource Passes | • Board Games |
| • Interactive Globes | • Fog Machine |
| • Fortis Alberta | • Library of Things! |

Ask about our exam administration and tech help services.

Little Free Pantry

- Open during business hours for those experiencing food insecurity
- Please be mindful that others in the community may be in need when making use of the pantry

All programs are drop-in unless otherwise stated. For special events that require registration, you can register online through our website or call the Library.



SYLVAN LAKE SENIORS ASSOCIATION

4823-49 Avenue, NexSource Centre Sylvan Lake | T 403 887 5428

NEWSLETTER, CALENDAR, AND ENDOWMENT FUND

Get your information at the centre or online: sylvanlakeseniors.com
(Programs may change)

MEMBERSHIP ONLY \$25.00/YEAR FOR 55+ | JOIN THE FUN

Programs to meet your social, emotional, spiritual, physical, cognitive, and recreational needs to enhance your quality of life. Programs and events are subject to change. CALL FOR DETAILS.

HALL RENTAL: Call for hall rental information.

WEEKLY

GREAT FOOD & FELLOWSHIP

Lunches

Wednesday, 11:30 AM - 12:30 PM
Followed by Social Time
Monthly- Special Event Lunches



Ladies & Men's Coffee Separately

Thursday, 2:30 PM - 3:30 PM. Includes snack

MUSIC LESSONS & DANCING

Beginner & Intermediate
Guitar, ukulele, and jams



Line Dancing

Monday, 4:30 PM - 5:30 PM

CARDS & GAMES

Bridge, Hand & Foot Canasta,
Euchre, Backgammon

Tuesday and Friday
1:00 PM - 4:00 PM



Crib: Tuesday, 7:00 PM



EXERCISE CLASSES

Stretch & Strength Stay flexible
and maintain your strength

Chair Yoga:

Beginner: (Mostly sitting) and Intermediate
Chair Yoga (some standing)

Seniors Zumba: To music



COMMUNITY BINGO - Ages 18+

Thursdays:

5:30 PM Doors Open
6:30 PM Bingo Starts



Join us on Facebook!

@SLSeniorsAssociation

MONTHLY/OCCASIONAL

ARTS & CRAFTS

Card Making & Crafts

One Tuesday per month
10:00 AM - 12:00 PM



Acrylic Painting Class

Every second Friday
11:00 AM - 1:00 PM

EDUCATIONAL CLASSES, FORUMS & LIBRARY

Information sessions on Health & Wellness Topics

Once per month. Feel free to take
and donate books. No hardcovers
please.



Library

Feel free to take and donate books.
No hardcovers please.



Mind Matters

Presentations on a variety of mental health
and wellness topics. Call WCC for details and
to register 403 887 1137.

CLINICS & MEETINGS

Chair Massage

First Wednesday of the month,
October - May, 1:00 PM - 3:00 PM
Phone to make an appointment

Heart to Sole Footcare

Twice per month
Call Amanda to make
appointment:
587 877-7847



General Meetings

February (AGM), April, and October

Family Violence Info Line

310 1818

- » Toll-free 24 hours, 7 days a week
 - » Get help anonymously in more than 170 languages
 - » Call 911 if you or someone you know is in immediate danger.
- Family violence is a crime

Call anytime if you:

- » Are affected by family violence
- » Need help with safety planning
- » Want to learn more about the issue
- » Know someone who needs help
- » Need a list of services and supports in your area

More ways to get help:

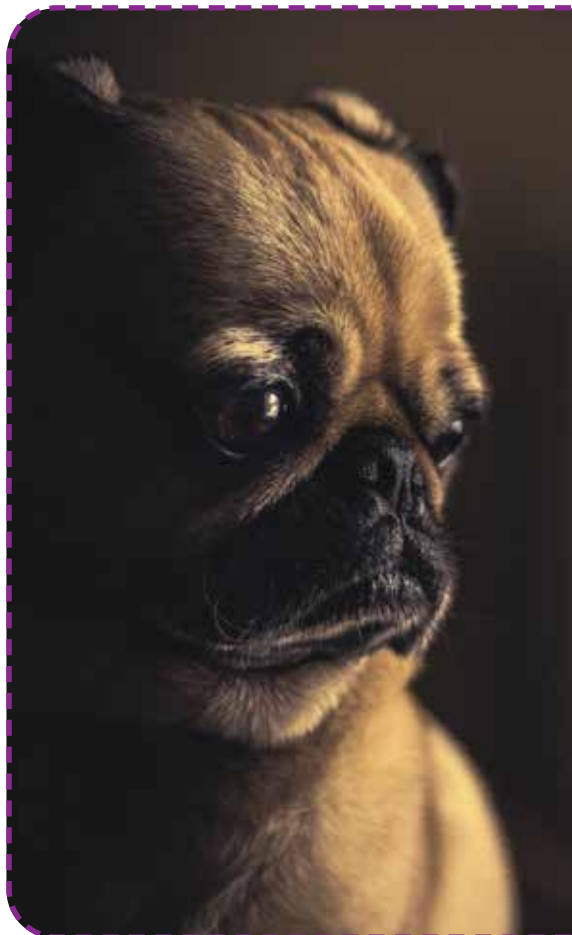
Chat online with trained staff: alberta.ca/SafetyChat

Get help from a women's emergency shelter: 1-866-331-3933

endfamilyviolence.alberta.ca



Alberta



ABSPCA Pet Safekeeping Program

The Pet Safekeeping Program is dedicated to helping victims of family violence leave abusive situations by providing temporary care for their pets. The Pet Safekeeping Program bridges the gap between animal services and human services to maximize the effectiveness of family violence prevention.

In addition to providing short-term housing for pets belonging to individuals who are leaving a situation of family violence, the services provided by the program include:

- » Customized safety planning for individuals staying in or returning to a violent relationship, companion animals included.
- » Crisis intervention for individuals victimized by family violence.
- » Referrals to supporting agencies and community resources.
- » Collaborative case management to reach personal goal outcomes, companion animals included.
- » Educational outreach focusing on the cruelty connection and the Pet Safekeeping Program.

Get help today, call or email:

T 780-447-3600 Ext 3750

E petsafekeeping@albertaspca.org



The Town of Sylvan Lake acknowledges that we are located on Treaty 6 territory, the traditional and ancestral territory of the Cree, Dene, Blackfoot, Saulteaux, and Nakota Sioux. We acknowledge that this territory is home to the Métis Settlements and the Métis Nation of Alberta, Region 3.

We are grateful for the Traditional Knowledge Keepers and Elders who are still with us today and those who have gone before us. We make this acknowledgment as an act of reconciliation and gratitude to those whose territory we reside on or are visiting.

TOWN OF SYLVAN LAKE

-  www.sylvanlake.ca
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