

Welcome TO WINTER

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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.





Welcome to Winter

Winter is magical in Sylvan Lake! This past season we bid farewell to Councillor Kendall Kloss. We also held a by-election where we welcomed Councillor Oostindie to Sylvan Lake Town Council. In his short time on council he has already been a wealth of knowledge and we are looking forward to working with him in the upcoming years.

With our newest councillor on board, we have been working through setting our strategic priorities. We're looking forward to sharing our priorities and goals with you over the next couple of months. These priorities will help guide the direction of Sylvan Lake over the next three years, and beyond.

As the quiet charm of winter takes over our town this upcoming season, I look forward to enjoying some of the outdoor activities Sylvan Lake is known for. Let's enjoy campfires under the sparkling lights of the winter village, ice fishing on the lake, tobogganing down our many hills or a game of shinny on an outdoor rink.

If staying warm and cozy indoors is more your style, we have many options to keep you busy this winter season, from trivia nights with the Sylvan Lake Library to cheering on our hometown hockey team, the Sylvan Lake Wranglers. There is so much to see and do in Sylvan Lake this winter, and I hope to see you enjoying everything we have to offer.

As Mayor, and on the behalf of the Town of Sylvan Lake Council, I wish you and your family an amazing season of memories and a very warm welcome into 2023.

Yours Truly,
Megan Hanson, Mayor

We're Social

Town of Sylvan Lake



@townofsylvanlake



@SylvanLake_AB

Recreation & Culture



@SylvanLakeRecreation

Family & Community Services



@SLFCSS



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consider yourself **invited**



Subscribe! Never miss an event or update

- » Subscribe at the web pages below to customize your alerts
- » We never share your email address

Event Calendar calendar.sylvanlake.ca

- Town Happenings
- Arts and Culture
- Awareness Campaigns
- Budget
- Business
- Charity/Fundraiser
- Coalitions and Advisory Meetings
- Drop In Activities
- Free Events
- Open Houses
- Public Information
- Recreation and Sport
- Special Events
- Volunteering
- Workshops and Seminars

News Hub sylvanlake.ca/subscribe **News**

- Council Highlights
- In the Community
- Municipal News
- Scuttlebutt

Alerts

- Community Guide
- Emergency Alert Banner
- Event & Program Updates
- Notices of Construction
- Park & Trail Maintenance
- Road Closures
- Snow Removal
- Town Maintenance Work

Council Calendar calendar.sylvanlake.ca/council

- Budget Meeting
- Committee of the Whole
- Council Meeting
- Public Engagement Opportunities

Municipal Planning Commission

- Events

Hit the subscribe button!

GoGreen App sylvanlake.ca/collection

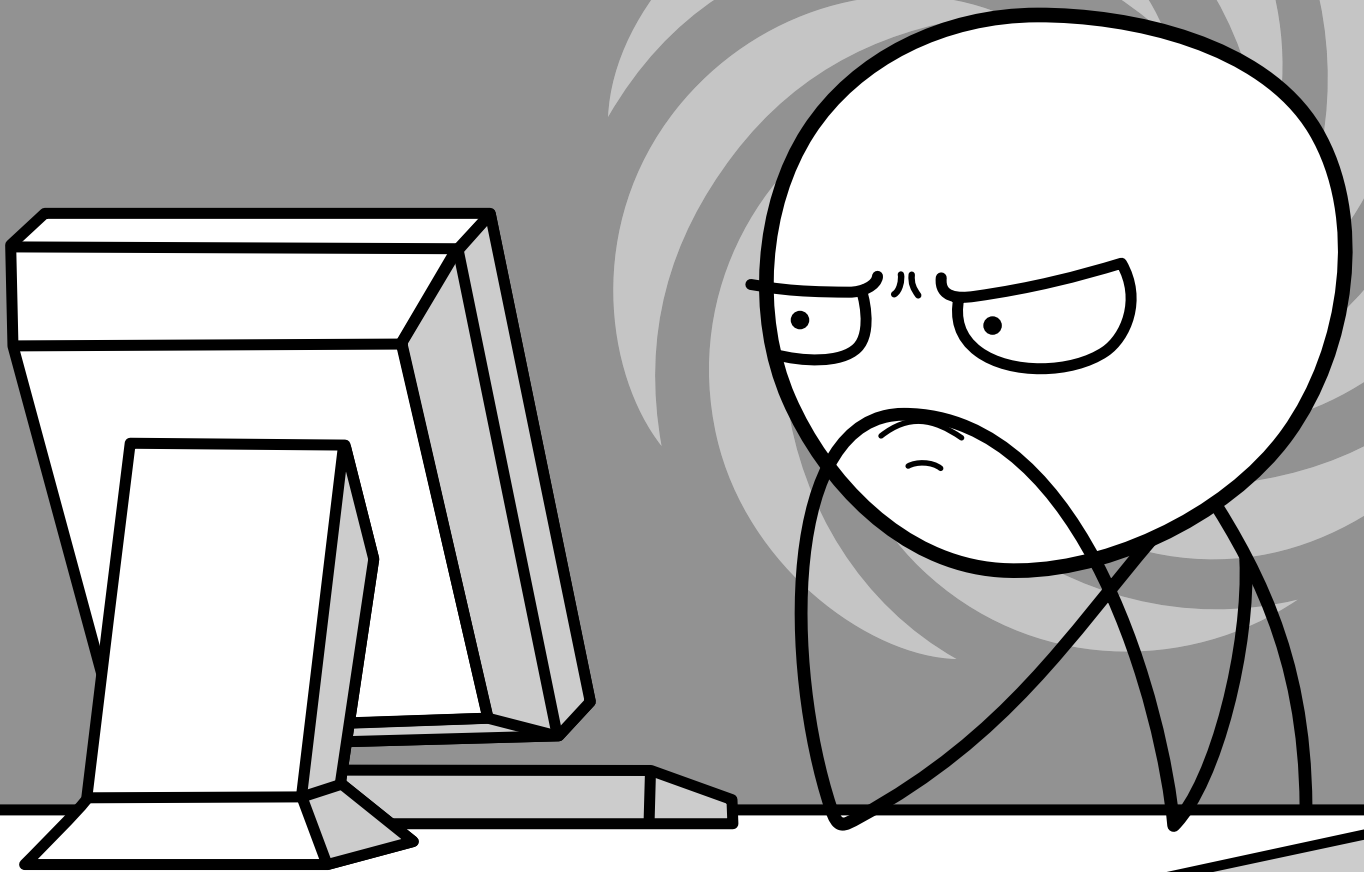
- Waste and recycling schedules and notifications
- Green initiatives like large item pickup, pitch-in week, water conservation, and more

Web Pages sylvanlake.ca

- Some pages have a subscribe button (at the bottom of the page)
- Get notified when we update a page

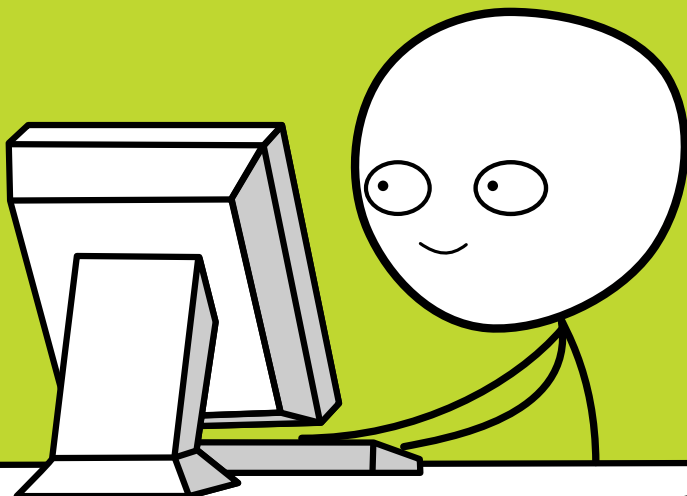


Got questions? Have a concern?



Use our Report It Form: www.sylvanlake.ca/report-it

- » The form creates a record of your concern to make sure we hear you
- » The form goes straight to the department that can help you
- » Don't like computers? Find direct phone numbers here: www.sylvanlake.ca/contact




Sylvan Lake

What's Happening

at the Town of Sylvan Lake



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.

WASTE TRANSFER SITE

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

- » No Cash. We accept debit and credit only!
- » No after-hour access.

Summer Hours April - October

Mon - Sat, 9:00 AM to 5:00 PM
Wed, 9:00 AM to 8:00 PM

Winter Hours November - March

Wed - Sat, 9:00 AM to 5:00 PM

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
- » Cremation Plots

West Meadows memorial Garden coming in spring 2022:

- » Columbaria
- » Scattering Garden
- » Memory Wall
- » Memorial Trees
- » Memorial Benches
- » Stream of Memories

SEASONAL RECREATIONAL VEHICLE PARKING RULES

- » From Nov 1 - Apr 1, residents must park their recreational vehicles, including tent trailers, holiday trailers, fifth wheels, watercrafts on trailers, and motorhomes, at the back of their property (or store at an offsite location);
- » From Nov 1 - Apr 1 residents may not park an RV on any street or on the front or side of one's property
- » Utility trailers (enclosed or unenclosed used to transport property, goods, or supplies), may

remain parked on the front or side yard parking areas, as long as they are parked on an approved hard surface (Utility trailers parked on the street must be attached to a tow vehicle).



FORTIS
ALBERTA

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



Snow Removal Notifications

Our Snow and Ice Control Policy guides where, when, and how long to take when clearing our roadways of snow. Subscribe for snow removal updates by email:

sylvanlake.ca/subscribe

Shovelling Snow onto Roadways

We know shovelling snow isn't on anyone's favourite list, but please, don't shovel snow onto roads. It's against Town bylaw, and by doing so, you create a hazard for you, your neighbours, motorists, pedestrians, and our equipment operators. The fine for moving snow from a residential property onto a roadway is \$221.

To report a sidewalk or roadway concern, please use our online form:

www.sylvanlake.ca/report-it



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®

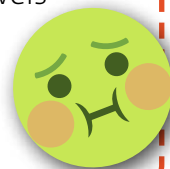


DON'T Flush It

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

Pay Bills Online with Credit Cards

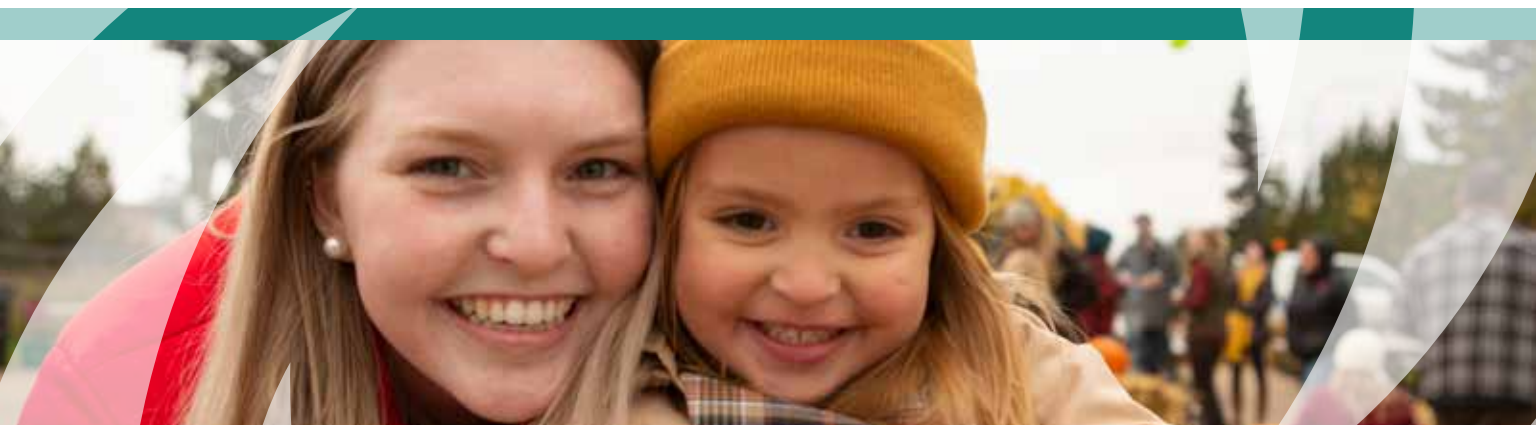
Bills you can pay online by credit card

To pay online with Option Pay, you need specific information from your account, a valid phone number, and an email address. Contact information lets us get in touch if you make a payment to the wrong account.



- Utilities
- Property Tax
- Business License
- Business License Fines
- Home Support
- Animal License
- Cemeteries
- Environmental
- Search
- Accounts Receivable
- Tickets/Fines

Learn how to pay online: sylvanlake.ca/option-pay



Are you brilliant all year?

Tag Us!

Tag us in your Sylvan photos and videos:

#visitsylvanlake



 @visitsylvanlake



 @visitsylvanlake



Events!

calendar.sylvanlake.ca

- **Never miss an event!** Find events and subscribe to the calendar to get event notifications.
- Want your business/organization to take part in events? **visitsylvanlake.ca/shareevent**



Sylvan Lake & DISTRICT ARCHIVES

Preserving the Past ~ For Future Generations

BALMORAL SERVICE STATION AND TEA ROOM

The Balmoral Service Station and Tea Room, along with a few rental cabins, were built in 1932 by a retired member of the Red Deer and Alberta Provincial Police, Alex "Sandy" Robertson. The Balmoral Service Station was on the southwest corner of 46 Street and Lakeshore Drive where the Big Moo and Ice Cream Parlour stands today.

Alex's wife, Isabella, and four daughters operated the Balmoral Tea Room and the tourist cabins. The Tea Room became a popular spot for those who wanted a lunch or a good cup of "Scottish Tea with Dainties". A few groceries, candy and sundry items were also available. An ice cream cone or an ice-cold coke was enjoyed for only 5 cents while relaxing by the shores of beautiful Sylvan Lake. Gas at that time was 30 cents a gallon!

The business was sold to Robert Campbell in 1948 and again to Robert (Bob) Brown in 1950. Very poor weather and the construction of the highway through town forced the closure of the Tea Room in 1952. It reopened in 1956 as a laundromat. Upgrading was needed resulting in the demolition and reconstruction of a new service station and coin laundry in 1962.

In 1974 the service station was sold to Wally Iverson and he sold it to Al Quick in 1977. In 1978, the property was sold to Walter Pritchard who sold the service station to his son Steven Pritchard, the present owner of what has become a favourite spot for ice cream and other treats at the Big Moo Ice Cream Parlour.

Balmoral Service Station, 1932



The couple on the far right are the owners, Mr. and Mrs. Alex Robertson.

Balmoral Service Station and Tea Room with staff.



Bob Brown gassing up a 1941 vehicle. Note the Varsity Hall sign in the background.



Bob and Doris Brown, c. 1950

Contact Us!

5012 48 Avenue, Sylvan Lake, T4S 1A2

T 403 887 1185 Ext. 262

E archives@sylvanlake.ca



@sylvanlakearchives

OPENING OR RUNNING A **Business?**

Business Licensing

Did you know that you are required to have a Sylvan Lake Business License if you are doing business in Town? Certain exemptions apply.

Free Directory for Licensed Business

Get a free listing with your license. Send us all your details so customers can find you here: directory.sylvanlake.ca

Short Term Rentals New Regulations

Includes tourist homes, AirBnB, VRBO, vacation rentals. Contact us for details.

Commercial Location For Your Business

Are you looking at buying or leasing a commercial space for your business? Before you sign on the dotted line, give the Town a call. We can research the location and inform you what permits may be required to operate your business.

Questions?

Business Licensing Department
rornella@sylvanlake.ca | 403 864 5663

We're Here For You!


Sylvan Lake

Business Resources



Business support resources online, newsletter, and individualized support for your business.

For details, visit:
sylvanlake.ca/Business-Resource-Centre

Tourism Partnerships

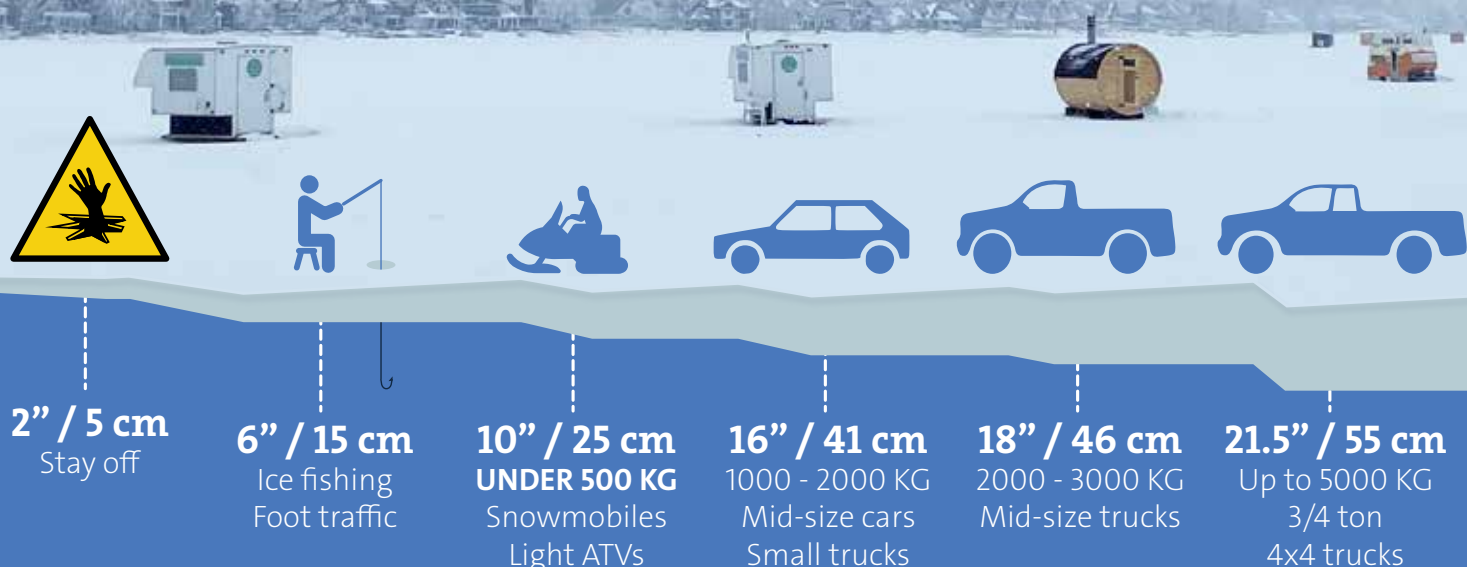


Tourism resources and initiatives. Free for local, licensed tourism businesses.

For details, visit:
sylvanlake.ca/tourismpartnership

How do I know if lake ice is safe?

The Town **ONLY** monitors ice safety on the lake rinks.
Beyond that, ice safety is your responsibility!



Source: Alberta Conservation Association

Who is responsible for ice safety?

- » Lake ice users are responsible for determining safe ice conditions
- » Learn about ice safety and take your own ice safety kit when past the rinks on the lake

Ice conditions change rapidly, so be careful out there!

The Town manages safety on the ice rink area, not the whole lake

- » In the winter, the Town opens, closes, and maintains the lake rinks near the pier
- » We open the gates in the winter when the lake rinks are ready and safe to use

Who monitors lake ice?

- » The lake technically falls under provincial jurisdiction
- » Neither the Town of Sylvan Lake or the Province of Alberta monitors ice safety
- » Beyond the ice rink area, neither the Town nor the province measures ice thicknesses or determines when people can and cannot use the lake
- » Use the lake ice at your own risk



Enjoy our community rinks, safely

Safety First:

- » No supervision is provided;
- » Use caution and be considerate of others - share the ice;
- » Stay away from cracks, pressure ridges, and slushy areas;
- » Helmets and protective gear are recommended for all users;
- » Skate at your own risk! Ice conditions change rapidly; users assume responsibility for determining safe ice conditions;
- » The Town of Sylvan Lake reserves the right to close any or all of the community rinks.

Report concerns online:

www.sylvanlake.ca/Report-it

In an emergency, call 911.

Outdoor Rinks

(Map online at: sylvanlake.ca/parks)

- | | |
|-----------------|--|
| » Sylvan Lake | » Harrison Road |
| » Ryders | » Leader Field East |
| » Fieldstone | » Leader Field West (With Skating Trail) |
| » Beacon Hill | » Four Seasons/Community Centre |
| » Reynolds Park | |



Renting Our Facilities

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



FACILITY INFORMATION

Wellness and Community Connections Centre

4725 - 43 Street
T 403 887 1137

NexSource Centre

Recreation, Culture, and Tourism
4823 - 49 Avenue
T 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

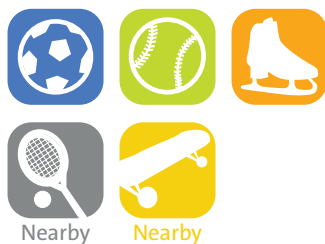


- » Ample parking
- » Main Hall/Gymnasium/ Kitchen
- » 10 x 30 foot stage with dressing room
- » Banquet dining and seating for up to 300 people
- » Commercial kitchen
- » Four ovens with stove top
- » One dishwasher/ sanitizer
- » Items such as cutlery, stoneware, water pitchers and glasses
- » Two 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 Wellnes 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
- » Washroom Facilities

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 320 people, banquet style.

Room	Size	Banquet Style	Lecture Style
Multipurpose Room 1	1,064 sq. ft.	80 people	92 people
Multipurpose Room 2	1,148 sq. ft.	80 people	92 people
Multipurpose Room 3	1,940 sq. ft.	96 people	135 people

Ice Surfaces

Arena 1	Arena 2
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 170 people	Seating for 720 people

NAL Resources 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	410 sq. ft.	—	15 people

Curling Rink

Five-sheets

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

Scoreboard

Sound baffles and audio

Viewpoint Lounge:

- » 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.

\$192.47 local | \$277.15 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: \$133.31 local | \$159.99 nonlocal

Prime Time: \$164.60 local | \$197.64 nonlocal

Bouncer Parties | Ages: 1 - 11

Bouncer and space rental for cake and gift opening.

Bouncer: \$260.84 local | \$313.01 nonlocal

Bouncer with Slide: \$289.82 local | \$347.78 nonlocal

Wellness and Community Connections Centre Party Package

Party Package

Includes three hours in the gym, kitchen, and equipment.

\$144.91 local | \$173.89 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.

\$1,840.94 local | \$2,209.60 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.

\$1,890.80 local | \$2,268.69 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

\$194.77 local | \$233.71 nonlocal



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

Direct message: facebook.com/sylvanlakeviewpoint

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, jalapeno 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: Nov 1
Spring guide: Mar 1
Fall guide: Jul 1


Sylvan Lake
BRILLIANT ALL YEAR



Birthday Parties

MADE EASY



Pizza Party

- Choice of cheese, or ham/pineapple, or pepperoni
- Choice of pop*
- Candy bag

Hot dog

- 1 Hot dog/person
- Choice of pop*
- Candy bag

Sandwich/wrap

- Assorted ham & turkey wraps and/or sandwiches
- Choice of pop*
- Candy bag

Chicken strips with fries

- Choice of pop*
- Candy bag

Hamburger & fries

- Choice of pop*
- Candy bag

*Pop: choose one of
sprite, coke,
diet coke, root beer,
orange, or iced tea

To book your party and catering package, or for more information, contact:

NexSource Centre, 4823 – 49 Avenue
T 403 887 2199 | E recreation@sylvanlake.ca



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	\$25.00	\$30.00
Children (3-7 years)	\$3.25	\$29.25	\$26.00	\$68.25	\$82.00	\$98.00
Students (8-17 years)	\$4.25	\$38.25	\$34.00	\$89.25	\$107.00	\$128.00
Adult (18-59)	\$6.50	\$58.50	\$52.00	\$136.50	\$165.00	\$195.00
Senior (60+ years)	\$5.00	\$45.00	\$40.00	\$105.00	\$126.00	\$150.00
Family (4 people living in household)	\$14.50	\$130.50	\$116.00	\$304.50	\$365.00	\$435.00
Additional Family Member (Max 6)	\$3.00	\$27.00	\$24.00	\$63.00	\$76.00	\$90.00

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
T 403 864 5149
E 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
- » Adult booklet: 6 Admissions
- » Student booklet: 8 Admissions
- » Family booklet: 3 Admissions

Please contact Channelle Brooker:
T 403 864 5149 | [E cbrooker@sylvanlake.ca](mailto:cbrooker@sylvanlake.ca)

CHILD MINDING SERVICES

For parents with children 3 months to 7 years old. To book: 403 887 2199

To be eligible for this service:

- » Parents must remain in the NexSource Centre facility; and
- » Parents must carry a cell phone, so staff may contact them.

Child minding rates:

- » Pre-reservation only (24 hour notice):
\$3/ 30 minutes; \$27 / Ten 30 minute blocks
- » Unlimited: \$50/month (6 month and 1 year pass holders only)
- » No show fee: \$5 per child

Child minding hours:

January 9 - April 27

- » **Monday - Thursday:**
8:45 AM - 11:30 AM
- » No Child Minding on Holidays

Registration requirements may change along with AHS COVID regulations.

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.

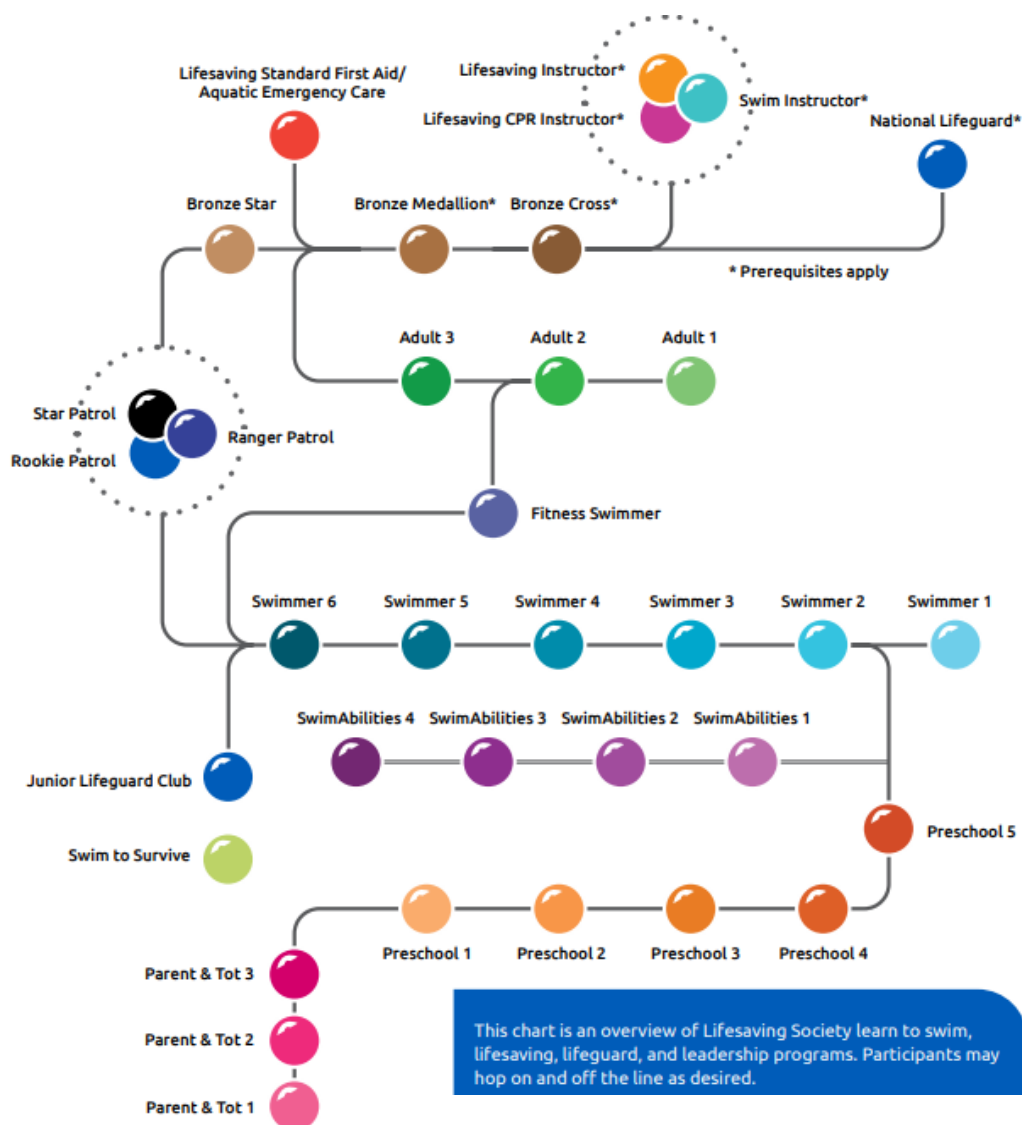
Pool Programs



We are now offering Lifesaving Society lessons

Red Cross is no longer offering lessons. Use the grids to find your next level.

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.

Preschool Lessons



Per Session 30 Minute Classes (8 per session): \$62.00 local | \$72.40 nonlocal

January 9 - February 1 Monday, Wednesday

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

January 10 - February 2 Tuesday, Thursday

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

January 21 - March 18 Saturdays

No Class Feb 18	
Parent and Tot 1/2	9:00 AM - 9:30 AM
Preschool 1	9:00 AM - 9:30 AM
Preschool 2/3	9:35 AM - 10:05 AM
Preschool 4/5	9:35 AM - 10:05 AM
Parent and Tot 3	10:10 AM - 10:40 AM
Preschool 2/3	10:10 AM - 10:40 AM

February 6 - March 6 Monday, Wednesday

No Class Feb 20	
Preschool 2/3	4:00 PM - 4:30 PM
Parent and Tot 1/2/3	4:35 PM - 5:05 PM
Preschool 1	5:10 PM - 5:40 PM

February 7 - March 2 Tuesday, Thursday

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

March 7 - March 30 Tuesday, Thursday

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

March 13 - April 5 Monday, Wednesday

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

April 17 - May 10 Monday, Wednesday

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

April 18 - May 11 Tuesday, Thursday

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

April 22 - June 17 Saturdays

No Class May 20	
Parent and Tot 1/2	9:00 AM - 9:30 AM
Preschool 1	9:00 AM - 9:30 AM
Preschool 2/3	9:35 AM - 10:05 AM
Preschool 4/5	9:35 AM - 10:05 AM
Parent and Tot 3	10:10 AM - 10:40 AM
Preschool 2/3	10:10 AM - 10:40 AM

What was the last level you completed? Register next in...

Starfish

Parent & Tot 1

Duck

Parent & Tot 2

Sea Turtle

Parent & Tot 3

Sea Otter

Preschool 1

Salamander

Preschool 2

Sunfish

Preschool 3

Crocodile

Preschool 4

Whale

Preschool 5

Swimmer 1 or 2
(if 5 years old)

Swimmer Lessons



PER SESSION: 45 Minute Classes (8 per session): \$92.96 local | \$108.64 nonlocal

January 9 - February 1 Monday, Wednesday

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

January 10 - February 2 Tuesday, Thursday

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

January 21 - March 11 Saturdays

No Class Feb 18

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

February 6 - March 6 Monday, Wednesday

No Class Feb 20

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

February 7 - March 2 Tuesday, Thursday

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

March 7 - March 30 Tuesday, Thursday

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

March 13 - April 5 Monday, Wednesday

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

April 17 - May 10 Monday, Wednesday

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

April 18 - May 11 Tuesday, Thursday

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

April 22 - June 17 Saturdays

No Class May 20

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

What was the last level you completed? Register next in...

Swim Kids 1	Swimmer 1
Swim Kids 2	Swimmer 2
Swim Kids 3	Swimmer 3
Swim Kids 4	Swimmer 3
Swim Kids 5	Swimmer 4
Swim Kids 6	Swimmer 5
Swim Kids 7	Swimmer 6
Swim Kids 8	Canadian Swim Patrol
Swim Kids 9	
Swim Kids 10	Bronze Star*

Private Swim Lessons



PER SESSION:

30 Minute Classes (8 per session): \$208.00 local | \$249.60 nonlocal

January 9 - February 1

Monday, Wednesday

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

February 7 - March 2

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

January 10 - February 2

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

March 7 - March 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

January 21 - March 18

Saturdays

No Class Feb 18

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

March 13 - April 5

Monday, Wednesday

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

February 6 - March 6

Monday, Wednesday

No Class Feb 20

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

April 17 - May 10

Monday, Wednesday

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

LSS FITNESS SWIMMER

Improve your overall physical fitness in the water through interval training. Certified instructors help you improve strokes and achieve your fitness goals. Set your own goals. This class has no age requirements or levels.

\$92.96 local | \$111.60 nonlocal

January 21 - March 18

Saturdays

Session 1 10:45 AM - 11:30 AM
Session 2 10:45 AM - 11:30 AM

April 22 - June 17

Saturdays

Session 1 10:45 AM - 11:30 AM
Session 2 10:45 AM - 11:30 AM

ADULT SWIM 1, 2, 3

January 21 - March 18 No Class Feb 18

45 Minute Classes (8 per session): \$92.96 local | \$111.60 nonlocal

Saturdays, 9:00 AM - 9:45 AM

April 22 - June 17 No Class May 20

45 Minute Classes (8 per session): \$92.96 local | \$111.60 nonlocal

Saturdays, 9:00 AM - 9:45 AM



Drop In Schedule

JANUARY 8 - APRIL 30, 2023

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	Toonie Swim	Shallow Aquafit		Shallow Aquafit		Shallow Aquafit	
11:00 AM to 12:00 PM		School Swim Lessons					
12:00 PM to 1:00 PM	Lane Swim (Lane Pool Only) Parent and Tot (Kiddie Pool Only)						
1:00 PM to 2:00 PM	Public Swim	School Swim Lessons					Public Swim
2:00 PM to 3:00 PM		Public Swim Lessons					
3:00 PM to 5:00 PM		Swim Club & Public Swim Lessons 3:30 PM - 7:00 PM					
5:00 PM to 6:00 PM	Available to Book						Available to Book
6:00 PM to 7:00 PM			S.W.E.A.T.		S.W.E.A.T.		
7:00 PM to 8:00 PM		Public Swim					
8:00 PM to 9:30 PM		Lane Swim					

*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.

S.W.E.A.T.

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.

\$108.00 local | \$132.00 nonlocal

Swimming Pool, NexSource Centre, 4823 - 49 Avenue

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: 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.

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.

SESSION 1

January 13 - February 3
Fridays, 4:00 PM - 6:00 PM

SESSION 2

March 3 - March 24
Fridays, 4:00 PM - 6:00 PM

Bronze Star | Ages: 10+

Develop swimming proficiency, lifesaving skill, and personal fitness. Refine stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

Swimming Pool, NexSource Centre, 4823 - 49 Avenue

January 14 - January 15

Sunday, Saturday, 9:00 AM - 2:00 PM
\$100.00 local | \$120.00 nonlocal

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 Multipurpose Room 1, NexSource Centre, 4823 - 49 Avenue

January 29, February 5

Sundays, 9:00 AM - 5:00 PM
February 12

Sundays, 9:00 AM - 2:00 PM
\$200.00 local | \$220.00 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 Multipurpose Room 1, NexSource Centre, 4823 - 49 Avenue

March 5, March 12

Sundays, 9:00 AM - 5:00 PM
March 19

Sundays, 9:00 AM - 2:00 PM
\$135.00 local | \$162.00 nonlocal

National Lifeguard Pool Option Ages: 16+

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 16 years of age.

Strategis Group Multipurpose Room 1, NexSource Centre, 4823 - 49 Avenue

SESSION 1

January 2 - January 6

Monday, Tuesday, Wednesday, Thursday, Friday, 9:00 AM - 5:00 PM
\$375.00 local | \$450.00 nonlocal

SESSION 2

April 16 - May 14

Sundays, 9:00 AM - 5:00 PM
\$375.00 local | \$450.00 nonlocal

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.

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

**Strategis Group Multipurpose Room 1,
NexSource Centre, 4823 - 49 Avenue**

SESSION 1

January 28

Saturday, 9:00 AM - 2:00 PM

SESSION 2

March 10

Friday, 9:00 AM - 2:00 PM

SESSION 3

April 22

Saturday, 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

**Strategis Group Multipurpose Room 1,
NexSource Centre, 4823 - 49 Avenue**

SESSION 1

February 10

Friday, 9:00 AM - 5:00 PM

SESSION 2

March 18

Saturday, 9:00 AM - 5:00 PM

SESSION 3

April 29

Saturday, 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

**Strategis Group Multipurpose Room 1,
NexSource Centre, 4823 - 49 Avenue**

SESSION 1

February 27

Monday, 8:00 AM - 4:30 PM

SESSION 2

March 21

Tuesday, 8:00 AM - 4:30 PM

Red Cross - Standard First Aid Recertification | Ages: 13+

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

**Strategis Group Multipurpose Room 1,
NexSource Centre, 4823 - 49 Avenue**

SESSION 1

January 30

Monday, 8:00 AM - 4:30 PM

SESSION 2

April 4

Tuesday, 8:00 AM - 4:30 PM



VISIT Sylvan Lake

With so much to do on and off the lake, you'll want to turn an afternoon of fun into a surprise weekend getaway.

Better bundle up - it's time to get out there!

SLIDE INTO WINTER

visitsylvanlake.ca | [@visitsylvanlake](https://www.instagram.com/visitsylvanlake)



CONSIDER A CAREER AS A LIFEGUARD

To work as a lifeguard or swimming instructor, you must complete:

Lifesaving Society Programs

1. Canadian Swim Patrol
2. Bronze Star
3. Bronze Medallion
4. Bronze Cross
5. Aquatic Emergency Care (AEC)
6. National Lifeguard (NL)
7. Swim Instructor / Lifesaving Instructor

Canadian Red Cross Programs

8. Standard First Aid

CONSIDER A CAREER AS A WATER FITNESS INSTRUCTOR

Suggested Courses

1. AFLCA Exercise Theory
2. WaterArt Fitness Education and Certification



Arts and Culture



CHILD & YOUTH DRAMA PROGRAMS

Drama & Play | Ages: 5 - 8

This program is perfect for kids who love creativity. The instructor introduces drama skills through theatre games, improvisation, vocal exercises, and more. Drama encourages imagination, positivity, problem-solving, teamwork, and self-confidence.

**Strategis Group Multipurpose Room 3,
NexSource Centre, 4823 - 49 Avenue**

March 4 - April 1

Saturdays, 2:00 PM - 3:00 PM
\$36.48 local | \$42.55 nonlocal

Drama 101 | Ages: 9 - 13

Let your spontaneous, true self shine through in this class, which focuses on theatre games and creativity. Stay positive, explore your creative side, and let loose in an open environment. Come ready to have fun and laugh!

**Strategis Group Multipurpose Room 3,
NexSource Centre, 4823 - 49 Avenue**

March 4 - April 1

Saturdays, 3:30 PM - 4:30 PM
\$36.48 local | \$42.55 nonlocal

CHILD COOKING PROGRAMS

Crazy cakes, cookies & cupcakes (NEW) | Ages: 5 - 8

Have fun while learning to decorate an assortment of baked goodies. Participants will learn the basics of how to apply frosting and how to decorate their creations with sprinkles and icing. Participants will be able to take their creations home. Supplies Included.

**Kitchen, Wellness & Community
Connections Centre, 4725 - 43 Street**

January 16 - January 30

Mondays, 4:00 PM - 5:15 PM
\$56.85 local | \$63.55 nonlocal

Chef In Training | Ages: 5 - 8

This introductory program prepares your child to become an experienced helper in the kitchen! Your child learns how to prepare a meal, or occasional treat while becoming more confident around the kitchen. Join us in the kitchen and see your child gain new skills and have fun with cooking. Supplies included.

**Kitchen, Wellness & Community
Connections Centre, 4725 - 43 Street**

February 1 - February 15

Wednesdays, 4:00 PM - 5:15 PM
\$56.85 local | \$63.55 nonlocal

Junior Bakers | Ages: 5 - 8

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

**Kitchen, Wellness & Community
Connections Centre, 4725 - 43 Street**

March 6 - March 20

Mondays, 4:00 PM - 5:15 PM
\$56.85 local | \$63.55 nonlocal

Building a Balanced Breakfast (NEW) | Ages: 5 - 8

Each week participants will learn how to make a simple balanced breakfast. This program teaches your child basic cooking skills, how to read recipes, and how to prepare a meal. Supplies Included.

**Kitchen, Wellness & Community
Connections Centre, 4725 - 43 Street**

March 29 - April 19

No Class April 12
Wednesdays, 4:00 PM - 5:15 PM
\$56.85 local | \$63.55 nonlocal



YOUTH COOKING PROGRAMS

Crazy cakes, cookies & cupcakes (NEW) | Ages: 9 - 12

Have fun while learning to decorate an assortment of baked goodies. Participants will learn the basics of how to apply frosting and how to decorate their creations with sprinkles and icing. Participants will be able to take their creations home. Supplies Included.

Kitchen, Wellness & Community Connections Centre, 4725 - 43 Street

January 16 - January 30

Mondays, 5:45 PM - 7:00 PM
\$56.85 local | \$63.55 nonlocal

Future Chef | Ages: 9 - 12

This program teaches your child the basic cooking skills required to be your future family chef. Children learn how to read a recipe, prepare a healthy meal, and kitchen/food safety. Supplies included.

Kitchen, Wellness & Community Connections Centre, 4725 - 43 Street

February 1 - February 15

Wednesdays, 5:45 PM - 7:00 PM
\$56.85 local | \$63.55 nonlocal

Senior Bakers | Ages: 9 - 12

Gain confidence in the kitchen in this safe baking environment where creativity is encouraged. Learn how to bake tasty treats to bring home to share with family. Supplies included.

Kitchen, Wellness & Community Connections Centre, 4725 - 43 Street

March 6 - March 20

Mondays, 5:45 PM - 7:00 PM
\$56.85 local | \$63.55 nonlocal

Lunch & Learn (NEW) | Ages: 9 - 12

In this program, participants will have the opportunity to create fun and delicious lunches together. Participants will learn how to read recipes, follow directions, and interact with peers as we make lunch. Supplies Included.

Kitchen, Wellness & Community Connections Centre, 4725 - 43 Street

March 29 - April 19

No Class April 12
Wednesdays, 5:45 PM - 7:00 PM
\$65.85 local | \$63.55 nonlocal

CHILD & YOUTH 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.

\$42.00 local | \$48.00 nonlocal

NAL Resources Meeting Room 1, NexSource Centre, 4823 - 49 Avenue

SESSION 1

January 26 - February 9
Thursdays, 4:30 PM - 5:30 PM

SESSION 2

March 2 - March 16
Thursdays, 4:30 PM - 5:30 PM

SESSION 3

March 30 - April 20
No Class April 13
Thursdays, 4:30 PM - 5:30 PM

Make & Create (NEW) | Ages: 6 - 10

Your child will have the ability to unleash their creativity within during this Make & Create program. Participants will have the opportunity to make necklaces and/or bracelets for their friends or family. Supplies Included

\$33.00 local | \$36.00 nonlocal

Strategis Group Multipurpose Room 1, NexSource Centre, 4823 - 49 Avenue

SESSION 1

January 27
Friday, 4:30 PM - 6:00 PM

SESSION 2

February 17
Friday, 4:30 PM - 6:00 PM

SESSION 3

March 31
Friday, 4:30 PM - 6:00 PM

SESSION 4

April 28
Friday, 4:30 PM - 6:00 PM

Youth Paint | Ages: 9 - 13

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

\$42.00 local | \$48.00 nonlocal

NAL Resources Meeting Room 1, NexSource Centre, 4823 - 49 Avenue

SESSION 1

January 26 - February 9
Thursdays, 6:00 PM - 7:00 PM

SESSION 2

March 2 - March 16
Thursdays, 6:00 PM - 7:00 PM

SESSION 3

March 30 - April 20
No Class April 13
Thursdays, 6:00 PM - 7:00 PM

Make & Create (NEW) | Ages: 11 - 15

Your child will have the ability to unleash their creativity within during this Make & Create program. Participants will have the opportunity to make necklaces and/or bracelets for their friends or family. Supplies Included

\$33.00 local | \$36.00 nonlocal

Strategis Group Multipurpose Room 1, NexSource Centre, 4823 - 49 Avenue

SESSION 1

January 27
Friday, 6:30 PM - 8:00 PM

SESSION 2

February 17
Friday, 6:30 PM - 8:00 PM

SESSION 3

March 31
Friday, 6:30 PM - 8:00 PM

SESSION 4

April 28
Friday, 6:30 PM - 8:00 PM

LEGO® Learning Programs

STEM: SCIENCE, TECHNOLOGY, ENGINEERING, MATH

LEGO® Early Simple Machines | Ages: 6 - 7

Participants work as young scientists, engineers, and designers using Duplo LEGO® simple machines bricks. Guided activities promote design technology, science, and mathematics. Participants work through real world investigations and problem solving to make assumptions and predictions as they make models. Themes may include: pinwheels, spinning tops, seesaws and free play.

\$36.00 local | \$43.25 nonlocal

Strategis Group Multipurpose Room 1, NexSource Centre, 4823 - 49 Avenue

SESSION 1

January 9 - January 23

Mondays, 4:30 PM - 5:30 PM

SESSION 2

February 6 - February 27

No Class February 20

Mondays, 4:30 PM - 5:30 PM

SESSION 3

March 20 - April 3

Mondays, 4:30 PM - 5:30 PM

LEGO® Simple and Powered Machines

Ages: 8 - 12

Participants work as young scientists, engineers, and designers using LEGO® simple and powered machines bricks. Guided activities promote design technology, science, and mathematics. Participants complete real world activities. Themes may include: wheels & axles, pulleys, incline plane and free play.

\$54.00 local | \$65.00 nonlocal

Strategis Group Multipurpose Room 1, NexSource Centre, 4823 - 49 Avenue

SESSION 1

January 9 - January 23

Mondays, 6:00 PM - 7:30 PM

SESSION 2

February 6 - February 27

No Class February 20

Mondays, 6:00 PM - 7:30 PM

SESSION 3

March 20 - April 3

Mondays, 6:00 PM - 7:30 PM

SYLVAN LAKE SAILING SCHOOL

Adult Learn to Sail

Keelboat Sailing and Basic Cruising

Sail Canada Certified Instructors

Register now for 2023

<https://sylvansailing.ca/adult-sailing-lessons/>

SYLVAN LAKE Chiropractic Clinic

Dr. Glenn Sedun
Chiropractor

403 887 4242

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Sylvan Lake, AB
T4S 1P3

Massage Therapy Available



sylvanlakechiro.ca



House of Music
School & Store
(403) 864-4151
www.sylvanhouseofmusic.com
4001 Lakeshore Drive



Music TOTS!!
3 months - 3 years

Music Tykes!!
3 & 4 year olds



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

In-person & Online Lessons for Infants - ADULTS
**CELLO, Guitar, Ukulele, Drums, Piano,
 Voice, Violin, BASS & BANJO!!**

Group Music Classes!
 12 Week Sessions! January - March / April - June
Musical fun filled **Classes!** **Strum** the **Guitar** & **Ukulele!**
Rock out on the **Drums** & **Play** the **Piano!**

- Musical Minis - Ages 4 - 6
5:00 - 5:45 Monday, Wednesday, & Thursday Classes!
- Triple Threat - Ages 7- 9
6:00 - 6:45 Monday, Wednesday, & Thursday Classes!

*** Musical Theatre - Ages 6-13**

- Tuesdays 6:45 - 7:30pm January - June
- Learn to ACT, SING, Play DRAMA GAMES & PERFORM in a MINI PLAY!!!

6 Week Sessions!

TOTS \$85 1st Child / \$45 per Sibling (Parented)
 Tuesdays: 11:00 - 11:35am
 & 5:45pm - 6:20pm
 Wednesdays: 10:15 - 10:50am
 Thursdays: 10:15 - 10:50 am

Tykes \$95 (Un-Parented)
 Tuesdays: 5:00 - 5:35
 Wednesdays: 11:15 - 11:50
 Thursdays: 11:15 - 11:50

Drop In Passes Now Available for **Music TOTS!**



Sylvan Lake

BLIZZARD SOCCER CLUB

Providing recreation, learning and development opportunities to local members through the sport of soccer.

AGM January 12, 2023: 6:30 PM, NexSource Centre Multipurpose Room #1

Online Registration

February 1 (Opens) - February 28 (Closes)

LATE Online Registration

March 1 (Opens) - March 21 (Ends)
 \$25 late fee on each player registration

No registrations accepted after March 21, 2023

We are looking for Volunteers, contact us today!

Sylvan Lake Blizzard Soccer Club / Box #8988 / Sylvan Lake, Alberta / T4S 1S6 / www.sylvanlakesoccer.ca

Recreation and Sport

CHILD DANCE PROGRAMS

Parented Jazz | Ages: 2 - 4

Introduce your child to the lively rhythms of jazz, and the basics of rhythm and body movement, while having fun! Parent must accompany their child.

\$30.00 local | \$35.00 nonlocal

**Strategis Group Multipurpose Room 3,
NexSource Centre, 4823 - 49 Avenue**

SESSION 1

January 14 - February 11

Saturdays, 9:00 AM - 9:30 AM

SESSION 2

March 4 - April 1

Saturdays, 9:00 AM - 9:30 AM

Parented Ballet | Ages: 2 - 4

A great introduction to music and movement. This class works on social skills, following routines, motor skill development, and independence. Parent/guardian must accompany their child.

\$30.00 local | \$35.00 nonlocal

**Strategis Group Multipurpose Room 3,
NexSource Centre, 4823 - 49 Avenue**

SESSION 1

January 14 - February 11

Saturdays, 9:45 AM - 10:15 AM

SESSION 2

March 4 - April 1

Saturdays, 9:45 AM - 10:15 AM

Dance Play | Ages: 3 - 5

Dance and play in one program! Explore dance movement using fun activities, while developing social skills and independence. Parents must accompany their child.

\$30.00 local | \$35.00 nonlocal

**Strategis Group Multipurpose Room 3,
NexSource Centre, 4823 - 49 Avenue**

SESSION 1

January 14 - February 11

Saturdays, 10:30 AM - 11:00 AM

SESSION 2

March 4 - April 1

Saturdays, 10:30 AM - 11:00 AM

Into to Dance | Ages: 5 - 9

Try a variety of dances in a recreation setting. 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,
NexSource Centre, 4823 - 49 Avenue**

SESSION 1

January 14 - February 11

Saturdays, 11:15 AM - 11:45 AM

SESSION 2

March 4 - April 1

Saturdays, 11:15 AM - 11:45 AM

Intro to Hip Hop | Ages: 5 - 9

Learn the fundamentals of hip hop. This high-energy class encourages strength and fluidity of movements in a fun-filled environment. This dance is suitable for everyone to partake and have fun regardless of physical ability.

\$30.00 local | \$35.00 nonlocal

**Strategis Group Multipurpose Room 3,
NexSource Centre, 4823 - 49 Avenue**

SESSION 1

January 14 - February 11

Saturdays, 12:00 PM - 12:30 PM

SESSION 2

March 4 - April 1

Saturdays, 12:00 PM - 12:30 PM



**Register
Online**



Register for programs online:
recreation.sylvanlake.ca

CHILD & YOUTH RECREATION & SPORT PROGRAMS

Multi Sport | Ages: 9 - 12

This program teaches children the basic skills in basketball, volleyball, soccer. Floor hockey, badminton and pickleball. Children learn the importance of fair play and teamwork while staying active.

**Gym, Wellness & Community
Connections Centre, 4725 - 43 Street**

February 28 - April 4

Tuesdays, 7:15 PM - 8:15 PM
\$45.00 local | \$52.00 nonlocal

Futsal | Ages: 5 - 8

This program teaches the fundamentals of soccer. Participants will learn rules, passing, shooting and dribbling. Learn skills and gameplay to get you ready for the next outdoor season. *Shin pads and socks required.

\$45.00 local | \$52.00 nonlocal

**Gym, Wellness & Community
Connections Centre, 4725 - 43 Street**

SESSION 1

January 10 - February 14

Tuesdays, 6:00 PM - 7:00 PM

SESSION 2

February 28 - April 4

Tuesdays, 6:00 PM - 7:00 PM

Futsal | Ages: 9 - 12

This program teaches the fundamentals of soccer. Participants will learn rules, passing, shooting and dribbling. Learn skills and gameplay to get you ready for the next outdoor season. *Shin pads and socks required.

**Gym, Wellness & Community
Connections Centre, 4725 - 43 Street**

January 10 - February 14

Tuesdays, 7:15 PM - 8:15 PM
\$45.00 local | \$52.00 nonlocal

**Stay In
Touch**



We're on Facebook!
@SylvanLakeRecreation

Intro to Curling | Ages: 8 - 11

Children will have an opportunity to learn the fundamentals in the wonderful Canadian past-time sport. Participants will have an opportunity to learn the rules, scoring system, as well as how to properly throw the rock and sweep right into the house. The last day of the session will provide an opportunity for participants to have a match with one another and show off all they have learnt throughout the session.

\$36.00 local | \$42.00 nonlocal

**Curling Rink, NexSource Centre, 4823 -
49 Avenue**

SESSION 1

January 17 - February 7

Tuesdays, 5:00 PM - 6:00 PM

SESSION 2

February 28 - March 21

Tuesdays, 5:00 PM - 6:00 PM

Intro to Curling | Ages: 12 - 15

Children will have an opportunity to learn the fundamentals in the wonderful Canadian past-time sport. Participants will have an opportunity to learn the rules, scoring system, as well as how to properly throw the rock and sweep right into the house. The last day of the session will provide an opportunity for participants to have a match with one another and show off all they have learnt throughout the session.

\$36.00 local | \$42.00 nonlocal

**Curling Rink, NexSource Centre, 4823 -
49 Avenue**

SESSION 1

January 19 - February 9

Thursdays, 5:00 PM - 6:00 PM

SESSION 2

March 2 - March 23

Thursdays, 5:00 PM - 6:00 PM

Floor Hockey | Ages: 5 - 8

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

\$38.50 local | \$44.00 nonlocal

**Gym, Wellness & Community
Connections Centre, 4725 - 43 Street**

SESSION 1

January 10 - February 14

Tuesdays, 4:00 PM - 4:45 PM

SESSION 2

February 28 - April 4

Tuesdays, 4:00 PM - 4:45 PM

Floor Hockey | Ages: 9 - 12

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

\$38.50 local | \$44.00 nonlocal

**Gym, Wellness & Community
Connections Centre, 4725 - 43 Street**

SESSION 1

January 10 - February 14

Tuesdays, 5:00 PM - 5:45 PM

SESSION 2

February 28 - April 4

Tuesdays, 5:00 PM - 5:45 PM

Intro To Golf - Youth | Ages: 9 - 13

Learn the fundamentals of golf and various ways to improve your swing. Focus is on grip, set-up, full swing, chipping and putting. Registration includes a sleeve of golf balls. Golf clubs are not provided.

\$66.00 local | \$72.80 nonlocal

**Curling Rink, NexSource Centre, 4823 -
49 Avenue**

SESSION 1

February 1 - February 15

Wednesdays, 4:00 PM - 5:00 PM

SESSION 2

March 1 - March 15

Wednesdays, 4:00 PM - 5:00 PM

Lets Play Pickleball- Youth (NEW) | Ages: 13 - 17

This program is designed for new players or beginners that want to learn the game of pickleball or just improve their skills. In this 1.5 hour lesson participants will learn how to play the game of pickleball, keep score, proper court position, proper stroke, serve and return. Paddles supplied if needed.

\$25.00 local | \$30.00 nonlocal

**Gym, Wellness & Community
Connections Centre, 4725 - 43 Street**

SESSION 1

January 30

Monday, 5:00 PM - 6:30 PM

SESSION 2

March 27

Monday, 5:00 PM - 6:30 PM

Recreation and Sport

ADULT RECREATION & SPORT PROGRAMS

Intro to Golf - Ladies | Ages: 18+

Learn the fundamentals of golf and various ways to improve your swing. Focus is on grip, set-up, full swing, chipping and putting. Registration includes a sleeve of golf balls. Golf clubs are not provided.

\$66.00 local | \$72.80 nonlocal

Curling Rink, NexSource Centre, 4823 - 49 Avenue

SESSION 1

February 1 - February 15

Wednesdays, 5:30 PM - 6:30 PM

SESSION 2

March 1 - March 15

Wednesdays, 5:30 PM - 6:30 PM

Lets Play Pickleball- Adults

(NEW) | Ages: 18+

This program is designed for new players or beginners that want to learn the game of pickleball or just improve their skills. In this 1.5 hour lesson participants will learn how to play the game of pickleball, keep score, proper court position, proper stroke, serve and return. Paddles supplied if needed.

\$25.00 local | \$30.00 nonlocal

Gym, Wellness & Community Connections Centre, 4725 - 43 Street

SESSION 1: January 16

Monday, 5:00 PM - 6:30 PM

SESSION 2: February 6

Monday, 5:00 PM - 6:30 PM

SESSION 3: March 13

Monday, 5:00 PM - 6:30 PM

SESSION 4: April 3

Monday, 5:00 PM - 6:30 PM

Lets Play Pickleball- Ladies

(NEW) | Ages: 18+

This program is designed for new players or beginners that want to learn the game of pickleball or just improve their skills. In this 1.5 hour lesson participants will learn how to play the game of pickleball, keep score, proper court position, proper stroke, serve and return. Paddles supplied if needed.

\$25.00 local | \$30.00 nonlocal

Gym, Wellness & Community Connections Centre, 4725 - 43 Street

SESSION 1: January 23

Monday, 5:00 PM - 6:30 PM

SESSION 2: March 20

Monday, 5:00 PM - 6:30 PM

Pickleball- Intermediate Lessons

(NEW) | Ages: 18+

This program is designed for beginners to intermediate players that want to improve their skills. Participants will learn the fundamentals necessary to advance their Pickleball skill by using the IPTPA teaching program. Participants will learn or enhance a different skill each week. Paddles supplied if needed.

\$100.00 local | \$120.00 nonlocal

Gym, Wellness & Community Connections Centre, 4725 - 43 Street

SESSION 1

January 16 - February 6

Mondays, 7:00 PM - 9:00 PM

SESSION 2

March 13 - April 3

Mondays, 7:00 PM - 9:00 PM

DROP IN PROGRAMS

Home School Gym Drop In

Come shoot hoops, play floor hockey, or use the gym for a family activity. The whole gym opens for any activity you like to play. Everyone welcome (children under the age of 8 require active parent participation and adult supervision).

NexSource Centre rates apply.

Gym, Wellness & Community Connections Centre, 4725 - 43 Street

January 27

Friday, 1:00 PM - 2:30 PM

February 17

Friday, 1:00 PM - 2:30 PM

March 31

Friday, 1:00 PM - 2:30 PM

April 28

Friday, 1:00 PM - 2:30 PM

Drop In Pickleball | Ages: 14+

Anyone can play, and it's easy to get started. Pickleball combines tennis, badminton, and ping-pong, and is a game for all ages. Patience, strategy, and careful placement are all part of the game. All ages welcome (Parent must attend with children under the age of 14). Bring your own equipment.

Gym, Wellness & Community Connections Centre, 4725 - 43 Street

January 9 - April 24

No Class February 20 & April 10

Mondays, 12:00 PM - 2:30 PM

January 10 - April 25

Tuesdays, 12:30 PM - 3:00 PM

January 12 - April 27

No Class March 16

Thursdays, 12:30 PM - 3:00 PM

January 13 - April 28

No Class March 17 & April 7

Fridays, 5:00 PM - 8:00 PM

**Register
Online**



Register for programs online:
recreation.sylvanlake.ca

Drop In Sports Night

Basketball, volleyball, badminton, floor hockey, indoor soccer and more.

NexSource Centre rates apply.

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

January 9 - April 24

No Class Jan 30, Feb 20, Mar 27 & Apr 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. Grab a sheet and play with friends. Times are subject to change, check recreation.sylvanlake.ca

NexSource Centre rates apply.

Curling Rink, NexSource Centre, 4823 - 49 Avenue

January 10 - March 14

Tuesdays, 4:00 PM - 6:00 PM

January 20 - March 10

No Class January 27 & March 3
Fridays, 5:00 PM - 8:00 PM

Drop In Table Tennis | Ages: 16+

Ping Pong! Improve your hand-eye coordination, stimulate mental alertness, develop different muscles, and meet new people. Open to players of all skill levels. Have fun in a non-competitive and friendly environment. Participants organize their own games and share table time. Bring your own equipment, or sign out and borrow ours. (Parent must attend with children 16 and under).

Strategis Group Multipurpose Room 1, NexSource Centre, 4823 - 49 Avenue

January 13 - April 28

No Class April 7

Fridays, 6:00 PM - 9:00 PM

Drop In Disc Golf (NEW)

Ages: 16+

Come try Drop In Disc Golf (Frisbee Golf) with some local disc golfers for some putting games and work on your full power drive technique in the hitting nets. Games could include; scored putting, obstacle putting, distance putting, solo ladder, around the world, horse and more. No experience required. Participants under the age of 16 must be accompanied by an adult. Participants are required to bring their own discs. Equipment Supplies: Baskets and Nets.

NexSource Centre rates apply.

Curling Rink, NexSource Centre, 4823 - 49 Avenue

January 12 - March 16

Thursdays, 6:00 PM - 8:00 PM

CAMPS

Schools Out Camp | Ages: 6 - 12

We have you covered with a day of fun-filled activities with our creative and energetic staff. Come play games, make new friends, make crafts, play ping pong, and more. Wear running shoes with clean soles and a good grip for activities. *Before and aftercare are available; separate registration and fee are required.

\$39.40 local | \$46.00 nonlocal

Strategis Group Multipurpose Room 2, NexSource Centre, 4823 - 49 Avenue

SESSION 1: February 10

Friday, 9:00 AM - 4:00 PM

SESSION 2: March 10

Friday, 9:00 AM - 4:00 PM

SESSION 3: March 24

Friday, 9:00 AM - 4:00 PM

Winter Break Camp | Ages: 6 - 12

Looking for something to do over winter break? Participate in a variety of indoor activities: camp games, sports, crafts, and much more. Participants should wear running shoes with clean soles and good grip for activities. **Before and after care is available; separate registration and fee apply.

Strategis Group Multipurpose Room 1, NexSource Centre, 4823 - 49 Avenue

SESSION 1: January 2 - 6

Monday, Tuesday, Wednesday, Thursday, Friday, 9:00 AM - 4:00 PM
\$210.00 local | \$253.75 nonlocal

SESSION 2: February 21 - 24

Tuesday, Wednesday, Thursday, Friday, 9:00 AM - 4:00 PM
\$157.60 local | \$184.00 nonlocal

Spring Break Camp | Ages: 6 - 12

Looking for something to do over spring break? Participate in a variety of indoor activities: camp games, sports, crafts, and much more. Participants should wear running shoes with clean soles and good grip for activities. **Before and after care is available; separate registration and fee apply.

Strategis Group Multipurpose Room 1, NexSource Centre, 4823 - 49 Avenue

April 11 - 14

Tuesday, Wednesday, Thursday, Friday, 9:00 AM - 4:00 PM
\$157.60 local | \$184.00 nonlocal





Come try a low impact, non-contact community sport that keeps the social in social distancing!

Curling for all ages and all skill levels:

- Daytime, evenings, and weekends
- Juniors, seniors, men, ladies, mixed
- Learn to curl
- Stick league
- Family fun nights
- Club Coaches are available for lessons

sylvanlakecurling.ca



@SylvanLakeCurlingClub

SLMBA

**2022
2023**

Coming up next

WINTERBALL

AGM - JAN 24 - 7PM
FOX RUN FINE ARTS ROOM

**SUMMER
REGISTRATION**

STAY TUNED TO OUR WEBSITE &
SOCIAL MEDIA FOR ALL UPDATES

Contact us

SYLVANLAKEMINORBALL.CA

Facebook, Instagram, Twitter, and TikTok social media icons.

SYLVAN LAKE LACROSSE

Registration Opens January

Divisions for U5-U17

Season runs April-June

Attend AGM for Player Discount

sylvanlakelacrosse.com



Sylvan Lake Buccaneers



[laxbuccaneers](https://www.instagram.com/laxbuccaneers)



WINTER REGISTRATION OPEN NOW!

Join our 10-week dance program
in Sylvan Lake, AB.
What we offer:

- *Class options for all ages
- *January 16th start date
- *All-inclusive pricing
- *No performance commitments
- *The opportunity to find out if your child likes dance,
is ready for dance, or what style they prefer!

Schedule and Pricing can be found
on our website or in our parent portal.
Links below.

FOR MORE INFORMATION:

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

Make Friends Be Active Have Fun

SYLVAN LAKE
FIGURE SKATING CLUB



Photo Credit: Stacey Tompkins Photography

Programs for all ages and skill levels (Registration opens in September)

All of our programs are taught by professional coaches certified through the National Coaching Certification Program. Our programs are held in a fun, safe and friendly environment that allows for unrestricted movement and rapid development.



CanSkate provides skaters with a strong foundation for figure skating, hockey, speed skating and ringette. Many of the best skaters in the world learned to skate with CanSkate including Olympic figure skaters, Olympic speed skaters and NHL superstars.



PreSTAR is a program designed for skaters who wish to pursue figure skating in the STARskate or competitive stream. The PreStar program is a stepping stone between CanSkate and Figure Skating (STARskate). It will focus on edges, spins, jumps and stroking through on ice small group instruction.



Junior STARskate programs are instructed in a small group format. The focus of our Junior STARskate program is to develop fundamental figure skating skills in the areas of free skating, pattern dance and elements.



STARskate offers opportunities for skaters to develop fundamental figure skating skills in the areas of ice dance, free skate and interpretive skating. This program is taught in a private lesson format in a progressive and sequential manner that includes specifically designed awards and incentives.

Register Online: www.sylvanlakefigureskatingclub.ca



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.

New Year's Day Fireworks*

Celebrate the beginning of the New Year with our celebration fireworks display! Kick off the New Year with a BANG! Fireworks over the ice are a Sylvan Lake Specialty.

Winterfest & The Big Jig Family Day Weekend*

Sylvan Lake's biggest winter festival of the year; featuring ice slides, snow maze, BIG JIG ice fishing tournament and an epic poutine contest.

Family Skating and Sledding Party*

It's time to embrace winter and celebrate the season with your friends and family! Skating, sledding, fires, smores, activities, games, and more!

The Meltdown*

Goodbye Winter hellooo Spring! Head down to the Meltdown for color throwing, dandy drop, and activities in the park.



Fitness Programs

Fitness Safety Requirements at:
www.sylvanlake.ca/NexsourceCentre

ADULT FITNESS PROGRAMS

TRX - Beginner (NEW) | Ages: 17+

TRX suspension training uses straps, gravity, and your body weight to increase strength, balance and core stability. This class offers a full-body challenge and a full-body workout. Participants under the age of 18 must have a waiver signed by their Parent/Guardian.

Running Track, NexSource Centre, 4823 - 49 Avenue

SESSION 1

January 16 - February 13

Mondays, 7:00 PM - 8:00 PM

\$54.15 local | \$66.25 nonlocal

SESSION 2

February 27 - April 3

Mondays, 7:00 PM - 8:00 PM

\$65.00 local | \$79.50 nonlocal

Baby & Me Fitness | Ages: 18+

Get a great workout AND attend to your baby's needs. Increase your energy, improve posture, reduce aches and pains, and get a stronger core. Connect with other new moms while getting a full-body workout. Each workout covers muscular, cardio, endurance, postnatal specific core work, and flexibility.

\$44.64 local | \$52.08 nonlocal

Strategis Group Multipurpose Room 3, NexSource Centre, 4823 - 49 Avenue

SESSION 1

January 12 - February 16

Thursdays, 10:30 AM - 11:15 AM

SESSION 2

March 2 - April 6

Thursdays, 10:30 AM - 11:15 AM

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. Get comfortable on a deeper level. 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. Participants under 18 must have a waiver signed by their Parent/Guardian.

Strategis Group Multipurpose Room 3, NexSource Centre, 4823 - 49 Avenue

February 27 - April 3

Mondays, 8:00 PM - 9:00 PM

\$65.00 local | \$79.50 nonlocal

child minding services

For parents with children 3 months to 7 years old.

To book: 403 887 2199

To be eligible for this service:

- » Parents must remain in the NexSource Centre facility; and
- » Parents must carry a cell phone, so staff may contact them.

Child minding rates:

- » Pre-reservation only (24 hour notice):
\$3/ 30 minutes; \$27 / Ten 30 minute blocks
- » Unlimited: \$50/month (6 month and 1 year pass holders only)
- » No show fee: \$5 per child

Child minding hours:

January 9 - April 27

» **Monday - Thursday:**

8:45 AM - 11:30 AM

» No Child Minding on Holidays



Run program | Ages: 14+

Learn to strengthen the core muscle groups for running. Gain knowledge on how to train for a 5km, 8km, or 10km race and beyond. Each week meet for a strength workout and get run homework. For beginners to advanced runners. Participants under the age of 18 must have a waiver signed by their Parents/ Guardians.

\$86.66 local | \$106.00 nonlocal

**Strategis Group Multipurpose Room 3,
NexSource Centre, 4823 - 49 Avenue**

SESSION 1: January 10 - February 28

Tuesdays, 10:30 AM - 11:30 AM

SESSION 2: March 7 - April 25

Tuesdays, 10:30 AM - 11:30 AM

Run program | Ages: 14+

Learn to strengthen the core muscle groups for running. Gain knowledge on how to train for a 5km, 8km, or 10km race and beyond. Each week meet for a strength workout and get run homework. For beginners to advanced runners. Participants under the age of 18 must have a waiver signed by their Parents/ Guardians.

\$86.66 local | \$106.00 nonlocal

Running Track, NexSource Centre, 4823 - 49 Avenue

SESSION 1: January 11 - March 1

Wednesdays, 7:00 PM - 8:00 PM

SESSION 2: March 8 - April 26

Wednesdays, 7:00 PM - 8:00 PM

Prenatal Fitness | Ages: 18+

Work on strength building and release work for your specific journey. Learn how to keep your body moving during your pregnancy. Build strength to prepare your body for birth. For pregnant or prenatal participants.

\$54.15 local | \$66.25 nonlocal

**Strategis Group Multipurpose Room 3,
NexSource Centre, 4823 - 49 Avenue**

SESSION 1

January 20 - February 17

Fridays, 10:30 AM - 11:30 AM

SESSION 2

March 3 - March 31

Fridays, 10:30 AM - 11:30 AM

Pilates (NEW) | Ages: 16+

This 60 minute all-levels class is designed to lengthen and activate the muscles. Pilates' holistic approach to body-conditioning also improves your posture, helps correct muscular imbalances and so much more. This program is the mat style Pilates. Participants under the age of 18 must have a wavier signed by their Parent/ Guardian.

**Strategis Group Multipurpose Room 3,
NexSource Centre, 4823 - 49 Avenue**

SESSION 1

January 18 - February 15

Wednesdays, 7:00 PM - 8:00 PM

\$54.15 local | \$66.25 nonlocal

SESSION 2

March 1 - April 5

Wednesdays, 7:00 PM - 8:00 PM

\$65.00 local | \$79.50 nonlocal

Men's Mobility (NEW) | Ages: 16+

Although often confused as interchangeable, flexibility is not the same as mobility. Flexibility refers to the lengthening of the muscle while mobility is the active control of your joints range of motion. Utilizing the methods of a science based movement system we will increase the range of motion each joint has access to. When you move better, you feel better. All levels of fitness welcome. Participants under the age of 18 must have a waiver signed by their Parent/ Guardian.

**Strategis Group Multipurpose Room 3,
NexSource Centre, 4823 - 49 Avenue**

SESSION 1:

January 18 - February 15

Wednesdays, 8:15 PM - 9:15 PM

\$54.15 local | \$66.25 nonlocal

SESSION 2

March 1 - April 5

Wednesdays, 8:15 PM - 9:15 PM

\$65.00 local | \$79.50 nonlocal



Stay out of the Rough!

Drop In Golf Starts January 2023

For drop in schedules and rates: sylvanlake.ca/nexsourcecentre

Indoor Golf League | January 9 to March 17

Monday - Friday, 10 weeks league play. Times scheduled by appointment

Cost: \$100 per two-person team registration, plus

\$26.50 per person, per week

Registration deadline January 2: www.rundellgolf.com

Indoor Golf Simulator | Bookings Open January 9

Starting at \$46.50 per hour. Reservations are required through RundellGolf. At the NexSource Centre provided by Rundellgolf. For registrations, reservations, leagues, lessons, and rates, contact: rundellgolf@gmail.com | www.rundellgolf.com



DROP IN FITNESS PROGRAMS

Current schedules at: recreation.sylvanlake.ca

Bootcamp | Ages: 14+

Improve your overall fitness with a focus on strength, cardio, flexibility, and endurance. All levels are welcome; modifications are provided for all exercises.

Fit for Life | Ages: 50+

A variety of classes designed for 50+. Come be fit and strong with classes designed to increase flexibility, coordination, joint stability, bone density, strength and cardiovascular endurance. A fun and welcoming group experience for all levels of fitness.

Strength Building

Ages: 14+

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

Cardio/Core | Ages: 14+

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

Tabata | Ages: 14+

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

Fitness Drop-In Schedule January 9 - April 27*

*No Class on Feb 20 and Apr 10. Schedules may change, visit: recreation.sylvanlake.ca

Participants under the age of 18 must have a waiver signed by their Parent/Guardian. NexSource Centre rates apply.

	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	
5:30 PM - 6:30 PM	Cardio/Core		Bootcamp	
7:00 PM - 8:00 PM		Bootcamp		Strength Building

Get Motivated with Personal Trainers (Including Prenatal & Postnatal)

Let our Personal Trainers get you excited about exercising, while guiding you safely through a workout! Our Town of Sylvan Lake Personal Trainers:

- » Inspire you to achieve your fitness goals, and
- » Develop an individual workout for you.

Call today to book your sessions! T 403 887 2199

One-on-One Personal Training	1 x One-hour session	\$ 57.97
One-on-One Personal Training	3 x One-hour session	\$ 164.62
One-on-One Personal Training	5 x One-hour session	\$ 260.84
Small Group Personal Training (2 people)	1 x One-hour session	\$ 86.94
Small Group Personal Training (2 people)	3 x One-hour session	\$ 246.92
Small Group Personal Training (2 people)	5 x One-hour session	\$ 390.68
Group Personal Training	1 x One-hour session	Youth: \$ 17.39 per person Adult: \$ 20.87 per person

Terms & Conditions

- » Payment is required in full at the time of purchase. Training sessions are booked after payment is received.
- » Training sessions remain valid until all purchased sessions are completed.
- » Refunds for unused sessions are provided for medical reasons only with a valid doctor's note.
- » Training session(s) are non-transferable.
- » Sessions may be rescheduled with a minimum of 2 hours advance notice. Sessions may not be rescheduled with less than two hours' notice.
- » Trainers will provide two hours' notice to cancel a session.



Family and Community Support Services (FCSS)

FCSS COMMUNITY SUPPORT Our Community Support Coordinator can help you with contacting:

- » Counselling
- » Financial
- » Addictions
- » Transportation
- » Employment
- » Housing
- » Mental Health
- » Basic Needs
- » Legal
- » Family Violence

We also provide help with filling out forms including:

- » CPP Disability Applications
- » AISH Applications
- » Income Support Applications
- » EI/Canada Recovery Benefits
- » Social Insurance Numbers
- » Passports
- » Low Income/Affordable Housing
- » Child Care Subsidy
- » Alberta Health Care
- » Adult and Child Health Benefits
- » Student Financial Assistance Applications
- » Birth Certificates
- » Wills, Power of Attorney and Personal Directives
- » Assisting with Appeal Processes
- » Intakes for other agency supports
- » Senior Housing Applications for Lodge/Manor

Our Community Support Worker is a Commissioner of Oaths. All support is by appointment only; please contact:

FCSS Community Support Coordinator: T 403 864 5583 | E communitysupport@sylvanlake.ca

COMMUNITY SOCIAL DEVELOPMENT

403 864 5584

COMMUNITY RESOURCES DIRECTORY

www.sylvanlake.ca/CRD

The Online Community Social Resources Directory provides:

- » A list of social organizations (government, education, churches, local associations, sports, recreation, and culture)
- » An easy way to find services
- » Online printable directory
- » Age-specific search categories

Contact us to update or add your organization.

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!

SYLVAN LAKE COMMUNITY SUPPORTS COALITION

The Sylvan Lake Community Supports Coalition is made up of local organizations that support the social well-being of the community as follows:

- » Monitors community trends
- » Recognizes gaps and develops strategies to support social programs
- » Supporting vulnerable populations within the Town of Sylvan Lake and Summer Villages.

SPEAK UP & REACH OUT

Watch for upcoming information on our Men's Mental Health Awareness campaign to help reduce the stigma in Sylvan Lake of men seeking supports.

"Don't struggle alone"
- Former Mayor Sean McIntyre

SPARC COALITION | All Ages | Free

The Sylvan Lake SPARC (Strengthening Positive Assets and Resiliency in Community) Coalition is made of community members, school staff, and RCMP members who are passionate about ensuring children and youth in Sylvan Lake grow up great. The coalition:

- » Creates Awareness of 40 Development Assets
- » Offers Positive Youth Development Training
- » Growing Great Kids Workshops
- » Youth IMPACT Coalition initiatives
- » Walk the Talk Event

Community members with a passion for helping children and youth are encouraged to become members of the SPARC Coalition.

Third Monday of each month
10:30 AM - 11:30 AM
www.sylvanlake.ca/sparc

Sylvan Lake Community Social Master Plan (SMP)



The Social Master Plan lays out actions that contribute to improved quality of life for residents of Sylvan Lake. The plan focuses on:

- » **Housing;**
- » **Income and employment;**
- » **Health and wellness;**
- » **Transportation; and**
- » **Community safety and engagement.**

Find the Social Master Plan Progress Report online at:
sylvanlake.ca/FCSS

For more information:
T 403 864 5584

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

Senior Services

Questions? 403 864 5583



We also provide 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. Contact the FCSS Senior Services Outreach Supervisor for more information:

T 403 887 1137

E seniorsoutreach@sylvanlake.ca

OUTREACH PROGRAMS

Our Senior Services Outreach Supervisor can help seniors and their families access the following supports:

- » Counselling
- » Financial
- » Mental Health
- » Addictions
- » Legal
- » Grief & Loss
- » Social/Recreational
- » Mobility Concerns
- » Transportation/Accessibility in the Community
- » Caregiving
- » Elder Abuse
- » Basic Needs
- » Accessing Continuing Care

SYLVAN LAKE LIFELINE

In the event of a fall or emergency, help is available at the push of a button - 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 information:

T 403 887 1137

E seniorsoutreach@sylvanlake.ca



HOME SUPPORT PROGRAM

The Home Support Program is a subsidized light housekeeping service that helps seniors and adults with disabilities to stay in their own homes for as long as possible.

Home Support Workers are screened, trained, and required to sign a confidentiality agreement before they meet clients.

Home Support workers provide:

- » Light housekeeping support (mopping, vacuuming, bathrooms, dusting, etc.)
- » Laundry services

For more information:

T 403 887 1137

E seniorsoutreach@sylvanlake.ca

CAREGIVER SUPPORT GROUP

This is a support group for caregivers of older adults, allowing them to meet with other caregivers (spouses, siblings, etc.) who are experiencing similar situations. Caregivers will have a chance to connect with others, and share what is going well and not so well while talking in a safe, confidential, and supportive environment.

Room 100, Wellness and Community Connections Centre, 4725 - 43 Street

First Wednesday of each month

1:30 PM - 3:30 PM

Registration required, contact:

T 403 887 1137

E seniorsoutreach@sylvanlake.ca

ELDER ABUSE AWARENESS & REFERRAL SUPPORT

What is Elder Abuse? Abuse is any action or inaction by self or others that jeopardizes the health or well-being of any older adult. It can take many forms including financial, emotional, spiritual/cultural, physical, sexual, medical, and neglect. Abuse is not prejudicial, it can happen to any older adult.

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 about the different forms of Elder Abuse, register for training, get more information, or report abuse by contacting:

T 403 864 5595

E seniorsoutreach@sylvanlake.ca

OR For Emergencies:

T 911 (Available 24 hrs. a day, every day)

Volunteer Centre

Questions? 403 864 5583



Volunteer Centre

Wellness and Community Connections
Centre, 4725 - 43 Street

Monday - Friday, 8:00 AM - 4:00 PM

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:

- » Fill out a volunteer application;
- » We will set up a meeting to match you with volunteer opportunities.

For more information contact the FCSS Volunteer Centre
Coordinator.

T 403 864 5583 | E volunteer@sylvanlake.ca

National Volunteer Week

April 16 - 22, 2023

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.

Registration is required; volunteers and seniors please contact the FCSS Volunteer Centre Coordinator to register.

T 403 864 5593
E volunteer@sylvanlake.ca





FRIENDLY CALLERS PROGRAM

Friendly Callers are matched with seniors 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:
T 403 864 5583 | E volunteer@sylvanlake.ca

LOOKING FOR VOLUNTEERS?

We can help with your community volunteer opportunities by providing:

- » Postings
- » Screening
- » Matching

Refer yourself, or be referred by family members, doctors, health care professionals, mental health professionals or community organizations.

Contact us to sign up: 403 864 5583



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 5583
E volunteer@sylvanlake.ca

Transportation Support Program

We've updated the Subsidized Taxi Program to include:

- 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:

- Seniors
- Adults with physical and mental challenges

Funded by the Town of Sylvan Lake.
Administered by the Town of Sylvan Lake Family and Community Support Services.

Find out if you qualify! Call for an appointment:

T 403 887 1137 Ext. 400



Centre for Positive Relationships

Questions? 403 864 5588



The Centre for Positive Relationships Provides:

- » Information and supportive referrals in a safe, confidential environment for those impacted by family violence, elder abuse, and bullying (victims, neighbours, families, friends, co-workers);
- » Healthy relationships and positive youth development strategies for all ages;
- » A free resource library on family violence, bullying, and healthy relationships;
- » Stress and anxiety supports and referrals;
- » Presentations to the community on topics such as intergenerational sensitivity; confident communication; and elder abuse.

Book an Appointment

Appointments are available Monday - Friday
8:00 AM - 4:00 PM. Contact:

T 403 864 5588

E familyenrichment@sylvanlake.ca

Sylvan Lake Wellness and Community Connections Centre
4725 - 43 Street, Room 100

Build Positive, Healthy Family Relationships

Celebrate Family Day on February 20.

Build positive and healthy family relationships

What is family?

"A family consists of any combination of two or more people, bound together over time, by ties of mutual consent and/or birth, adoption or placement, and who take responsibility for various activities of daily living, including love."¹

Positive family relationships:

1. Are important for your child's development and family well-being
2. Support the whole family to cope with challenges
3. Support children in learning what positive relationships are

Tips to build positive, healthy relationships:

- » Set a positive example by respecting each other
- » Be clear and consistent about your boundaries and expectations of others
- » Have open conversations with members of your family
- » Spend time together learning something new
- » Make eating together a habit
- » Share appreciation for each other
- » Role model acts of kindness towards each other

Contact us to learn more:

T 403 864 5588 | E Familyenrichment@sylvanlake.ca

¹<https://theconversation.com/expanding-the-definition-of-family-to-reflect-our-realities-131743>



Safety Plans

“A ‘safety plan’ is a term often used to describe a plan of actions that can help keep you safer from an abuser.”¹ These plans keep both you and your family safe.

When should you create a safety plan?

- » For domestic violence
- » For stalking
- » For planning with children or teens
- » For court
- » For living in cities, towns or rural areas
- » For browsing the Internet or using social media
- » When an abuser is released from custody or jail
- » Any situation that makes you feel unsafe

Get help to create a plan

Safety plans must be customized for each situation, and some safety plans could put you at greater risk of harm.

- » Seek out a professional to help you create your safety plan. A professional can help you build your plan with trustworthy sources of information so you can feel and stay safe.

Learn more and get help. Contact:

T 403 864 5588

E familyenrichment@sylvanlake.ca

¹National Network to End Domestic Violence. Safety Tips
<https://www.womenslaw.org/about-abuse/safety-tips>



Positive Youth Development Strategies*

Young people are more likely to grow up successfully when they experience developmental relationships with important people in their lives.

Developmental relationships are close connections through which young people discover who they are, cultivate abilities to shape their own lives, and learn how to engage with and contribute to the world around them.

The Search Institute outlines five elements that make relationships powerful in young people's lives. We'll feature one element in each guide, but you can view them all at: sylvanlake.ca/SPARC

1. Express care
2. **Challenge growth**
3. Provide support
4. Share power
5. Expand possibilities

Element 2: Challenge Growth-Push me to keep getting better

Actions you can take include:

- » **Expect my best:** Expect me to live up to my potential
- » **Stretch:** Push me to go further
- » **Hold me accountable:** Insist I take accountability for my actions
- » **Reflect on failures:** Help me learn from my mistakes and set backs

*Developmental Assets® by Search Institute®

Get help and more information on how to empower youth:

Youth Services: T 403 864 5585 | kcarlson@sylvanlake.ca

Family Resource Network (FRN)

Sylvan Lake, Eckville, Benalto

www.sylvanlake.ca/frn

Supporting parents/caregivers with children/youth aged 0 - 18
Wellness and Community Connections Centre, 4725 - 43 Street, Sylvan Lake
T 403 864 5583 | E frnenrichmentcentre@sylvanlake.ca



@FRNEC @FRNEBP

Kids who have caring, supportive adults in their life grow up to be more successful. The FRN supports parents and caregivers!

FRN Family Enrichment Program

We support you 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

For more information:

T 403 864 5588 | E familyenrichment@sylvanlake.ca



FRN Home Visitation

Home Visitation makes parenting easier because confident and supported parents raise healthy resilient children.

Our staff meet with you to:

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

Free, confidential, and voluntary!

For families with children ages 0 - 6. For more information:
T 403 864 5590
E homevisitation@sylvanlake.ca



FRN Early Childhood Development Program

When kids have good family relationships, they are healthier! Have fun, connect with your kids, and learn about how kids grow. FRN Program Facilitators create a space where parents and caregivers play and learn with their children.
T 403 864 5592

E 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! Call to book an appointment to check out the Toy Library:
T 403 864 5592

E earlychildhood@sylvanlake.ca



The FRN is funded by
Government of Alberta
Children's Services.

FRN Family Enrichment Program

For questions or to register now: 403 887 5583



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; and
- » Positive communication with your child or teen.

Room 100, Wellness and Community Connections Centre, 4725 - 43 Street

January - April

No class Feb 20, Apr 7, 10

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

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

Registration required, contact:

T 403 864 5588

E familyenrichment@sylvanlake.ca

COMMON GROUNDS: PARENT SUPPORT GROUP

A Parent/caregiver health and well-being program

Our goal is to help you feel less isolated! Engage with other community members for support. We will help build confidence within your parent/caregiver role as well as develop positive parenting skills.

Room 100, Wellness and Community Connections Centre, 4725 43 Street

January 9 - April 24

No Class Apr 10

Mondays, 10:30 AM - 11:30 AM

Check our Facebook pages @FRNEC @FRNEBP or monthly calendar at sylvanlake.ca/frn for more information.

Registration required for in-person group; Maximum of 3 participants. To register or for more information contact: T 403 864 5583

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

For parents of children zero to teen that support parents/caregivers on a variety of different topics. One-on-One support is available to get more information on specific parenting concerns including, but not limited to the following:

General Infants

- » Sleep patterns
- » Infant crying
- » Promoting development
- » Separation anxiety

Toddler

- » Bedtime problems
- » Disobedience I
- » Hurting others
- » Independent eating
- » Language
- » Sharing
- » Tantrums
- » Toilet training
- » Toddler wandering
- » Toddler whining

Preschoolers

- » Disobedience II
- » Fighting and aggression
- » Going shopping
- » Having visitors
- » Interrupting
- » Mealtime problems
- » Nightmares and night terrors
- » Separation problems
- » Tidying up
- » Travelling in the car

Primary Schoolers

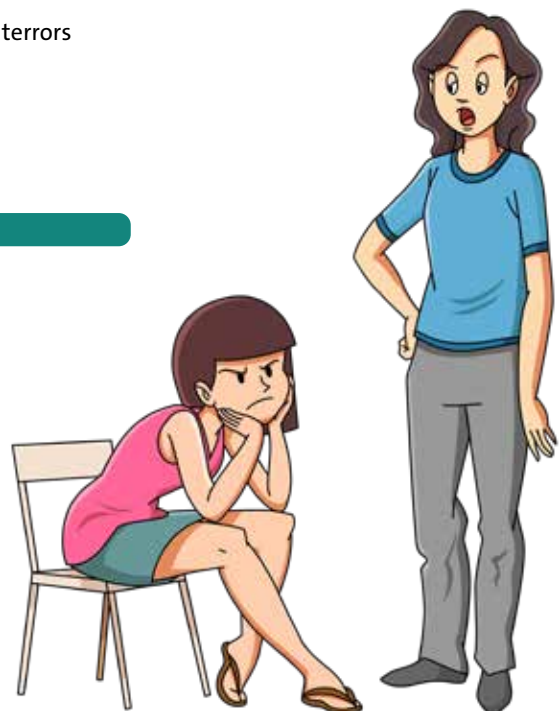
- » Behaviour at school
- » Being bullied
- » Chores
- » Fears
- » Homework
- » Lying
- » Self-esteem
- » Stealing
- » Swearing
- » Creativity
- » Sport
- » ADHD

Teenagers

- » Smoking
- » Truancy
- » Sexual behaviour and dating
- » Fads and fashion
- » Eating habits
- » Rudeness and disrespect
- » Coping with anxiety
- » Coping with depression
- » Drinking alcohol
- » Taking drugs
- » Money and work
- » Friends and peer relationships

Positive Parenting

- » Being a parent
- » Coping with stress
- » Feeling depressed after a new baby
- » Home safety
- » Prepare for a new baby
- » Supporting your partner
- » Balancing work and family



1,2,3 Magic!

A positive parenting and healthy relationships program

This class is for parents/caregivers with children 18 months through 12 years. 1,2,3 Magic puts parents in charge without arguing and yelling.

Room 100, Wellness & Community Connections Centre, 4725 - 43 Street



March 8 - March 15

Wednesdays, 10:00 AM - 11:00 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, Wellness & Community Connections Centre, 4725 - 43 Street

January 12 - April 4

Thursdays, 10:00 AM - 11:30 AM

January 12: Stress in the First Five years

January 19: Stress in the Elementary years

January 26: Stress in the Teen years

April 4: Stress in the First 5 years

April 4: Stress in the Middle years (1:30 PM - 3:30 PM)



Triple P Discussion Groups

A positive parenting and healthy relationships program

Parent discussion groups on commonly encountered problems such as disobedience, fighting and aggression, managing situations, shopping with children, and bedtime routines. Build confidence in your parenting role, and learn how to discipline your child without hitting or spanking.

Room 100, Wellness & Community Connections Centre, 4725 - 43 Street

March 2 - March 23

Thursdays, 10:00 AM - 12:00 PM

March 2: Hassle-Free Shopping

March 9: Dealing with Disobedience

March 16: Hassle-Free Mealtimes

March 23: Managing Fighting Aggression



Calm and Connected: Parent Support Group

A self-regulation and mindfulness program

Feel less isolated by joining others to discuss the struggles of parenting. Develop positive parenting skills through connection with others in a safe space while practicing self-regulation and mindfulness.

Room 100, Wellness & Community Connections Centre, 4725 - 43 Street

February 2 - February 23

Thursdays, 1:30 PM - 2:30 PM

Let's Talk Boundaries and Healthy Relationships

A positive parenting and healthy relationships program

Work on boundaries and healthy relationships. Benefit both yourself and the people you are in relationships with.

Room 100, Wellness & Community Connections Centre, 4725 - 43 Street

January 25

Wednesday, 10:00 AM - 11:30 AM & 1:00 PM - 2:30 PM

April 6

Thursday, 10:00 AM - 11:30 AM & 1:00 PM - 2:30 PM

Triple P Teen Discussion Groups

A positive parenting and healthy relationships program

Parent discussion groups on common problems such as getting teenagers to cooperate, coping with teenagers' emotions, reducing family conflict, and building teenagers' survival skills.

Room 100, Wellness & Community Connections Centre, 4725 - 43 Street

January 18 - April 19

Thursdays, 6:00 PM - 8:00 PM

January 18: Getting teens to cooperate

February 15: Reducing family conflict

March 22: Coping with teenagers' emotions

April 19: Building teenagers' survival skills



Digital World

A parent education and skill-building program

Build your parenting confidence, feel less isolated as a parent, and learn about available supports.

Room 100, Wellness & Community Connections Centre, 4725 - 43 Street

April 26

Wednesday, 6:30 PM - 8:00 PM



Mom Life

Caregiver Capacity Building

Female caregivers with children 0-35 months support each other while receiving information about all things related to babies, toddlers, and parenting. Join us twice a month for new topics on child development, knowledge, receive safety tips and tricks, and to learn about new fun activities to try with children. Home Visitors and special guests present on important parenting topics such as: Positive Parenting, Developmental milestones and behaviours, healthcare with AHS and more!

**Room 100b, Wellness & Community Connections Centre,
4725 - 43 Street**

SESSION 1: January 11 - January 25

SESSION 2: February 8 - February 22

SESSION 3: March 8 - March 22

SESSION 4: April 12 - April 26

Wednesdays, 10:00 AM - 11:30 AM

Managing Screen Time

A parent education and skill-building program

Learn how a child or youth's needs change as they grow and develop. Build confidence in positive parenting.

**Room 100, Wellness & Community Connections Centre,
4725 - 43 Street**

January 18

Wednesday, 10:00 AM - 11:00 AM

**Connect
With Us**



Facebook @FRNEC

Program calendar:

sylvanlake.ca/frn

FRN Childhood Development Program

All programs are FREE | PARENTED | REGISTERED

For questions or to register now: 403 864 5583

Speedy Snacks | Ages: 3 - 7

A brain development program

Learn how to make quick, easy and nutritious food your children will love! You will help your child learn cognitive skills such as literacy and math concepts, fine and gross motor skills, brain development by using all 5 senses, and an increased sense of self-esteem as they experience a sense of pride in their new skills.

Kitchen, Wellness & Community Connections Centre, 4725 - 43 Street

January 30 - February 13

Mondays, 10:00 AM - 11:00 AM

Tuesdays, 2:00 PM - 3:00 PM

Marching into Spring Ages: 0 - 7

A healthy relationships program

Cognitive skills allow children to understand the relationships between ideas, grasp the process of cause and effect, and improve their analytical skills. This program will support this skill development as children learn about springtime fun and the wonders of this season.

Room 102a, Wellness & Community Connections Centre, 4725 - 43 Street

April 4 - April 21

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

April 15

Saturday, 10:00 AM - 11:00 AM

Infant Massage | Ages: 0 - 7

An attachment and connection program

Build attachment and connection through eye-to-eye contact, smiling, soothing vocal sounds, loving touch, and mutual interaction. Massage can also spark neurons in the brain to grow and branch out to improve mental processing and cognitive skills.

Room 102a, Wellness & Community Connections Centre, 4725 - 43 Street

February 27 - March 16

Mondays, Thursdays, 2:00 PM - 3:00 PM

Sensory Seekers | Ages: 0 - 7

A healthy relationship program

Play dough, slime, cloud dough and more. Sensory play supports healthy brain development.

Room 102a, Wellness & Community Connections Centre, 4725 - 43 Street

February 28 - March 17

Tuesdays, Wednesdays, Thursdays,

Fridays, 10:00 AM - 11:30 AM

Little Movers | Ages: 0 - 7

A brain development program

Energy-burning fun! Playful, fun, and full of movement that stimulates healthy development.

Gym, Wellness & Community Connections Centre, 4725 - 43 Street

February 1 - February 15

Tuesdays, 2:00 PM - 3:00 PM

Wednesdays, 10:00 AM - 11:00 AM

Lil' Sports | Ages: 0 - 7

A brain development program

Building on skills that you use for different sports activities. This program is playful, fun, and full of movement and stimulates the development of cognitive, social, emotional, and gross motor skills while building healthy relationships with others.

Gym, Wellness & Community Connections Centre, 4725 - 43 Street

January 3 - January 18

Tuesdays, 10:00 AM - 11:00 AM

Wednesdays, 2:00 PM - 3:00 PM

Kitchen Creation | Ages: 3 - 7

A brain development program

Learn how to make quick, easy treats your children will love! Improve their self-esteem as they experience a sense of pride in their new skills.

Kitchen, Wellness & Community Connections Centre, 4725 - 43 Street

March 27 - April 18

No Class April 10

Mondays, 10:00 AM - 11:00 AM

Tuesdays, 2:00 PM - 3:00 PM

Bunch of Brunch | Ages: 3 - 7

A brain development program

Learn how to make quick, easy and nutritious food your children will love! Help your child learn cognitive skills such as literacy and math concepts, fine and gross motor skills, brain development, and an increased sense of self-esteem as they experience a sense of pride in their new skills.

Kitchen, Wellness & Community Connections Centre, 4725 - 43 Street

February 27 - March 15

Mondays, 10:00 AM - 11:00 AM

Tuesdays, 2:00 PM - 3:00 PM

**Connect
With Us**



Facebook @FRNEC

Program calendar:

sylvanlake.ca/frn



Fun Dips | Ages: 3 - 7

A brain development program

Learn how to mix up quick and easy nutritious dips your children will love. You will help your child learn cognitive skills such as literacy and math concepts, fine and gross motor skills, brain development, and an increased sense of self-esteem as they experience a sense of pride in their new skills.

Kitchen, Wellness & Community Connections Centre, 4725 - 43 Street

January 3 - January 17

Mondays, 10:00 AM - 11:00 AM

Tuesdays, 2:00 PM - 3:00 PM

Hop, Skip, Jump | Ages: 0 - 7

A healthy relationships program

Build healthy relationships with peers through playful fun and movement.

Gym, Wellness & Community Connections Centre, 4725 - 43 Street

March 28 - April 19

No Class April 4

Tuesdays, 10:00 AM - 11:00 AM

Wednesdays, 2:00 PM - 3:00 PM



Grow Healthy - Our Programs Are More than Just Play!

Did you know that FRN Childhood development programs help your child develop physically, mentally, and emotionally?

Our staff would love to help you explore these concepts and how they can help your child and your family! Contact: T 403 864 5583 | E earlychildhood@sylvanlake.ca

Cultural and Indigenous programs impact:

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

Brain Development programs impact:

- » 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 impact:

- » 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 impact:

- » 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 impact:

- » 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)

CHILDHOOD DEVELOPMENT PROGRAMS

Are FREE | PARENTED | REGISTERED

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

Wheels Go Round | Ages: 0 - 7

A brain development program

Bring your tricycles, scooters or roller skates in the gym to practice these wheeling skills. This program is playful, fun and full of movement and stimulates development of cognitive, social emotional and gross motor skills.

Gym, Wellness & Community Connections Centre, 4725 - 43 Street

February 28 - March 15

Tuesdays, 10:00 AM - 11:00 AM

Wednesdays, 2:00 PM - 3:00 PM

Painting Picassos | Ages: 0 - 7

A brain development program

Children support each other to understand relationships between ideas, to grasp the process of cause and effect, and to improve their analytical skills.

Room 102a, Wellness & Community Connections Centre, 4725 - 43 Street

January 3 - January 19

Mondays, Tuesdays, Thursdays,
2:00 PM - 3:00 PM

Jurassic Play | Ages: 0 - 7

A brain development program

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

Room 102a, Wellness & Community Connections Centre, 4725 - 43 Street

January 3 - January 20

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

January 14

Saturday, 10:00 AM - 11:00 AM

Little Zoologists | Ages: 0 - 7

A healthy relationships program

Play and crafts help to learn about an animal, where it lives, what it eats, and what climate it likes!

Room 102a, Wellness & Community Connections Centre, 4725 - 43 Street

January 30 - February 16

Mondays, Tuesdays, Thursdays,
2:00 PM - 3:00 PM

Back to the Beach | Ages: 0 - 7

A cultural awareness program

Pack your bags and come along as we explore different beaches and cultures around the world! Building cultural awareness is an important skill in supporting peaceful harmony between people. It also helps children develop a positive sense of identity and self-esteem.

Room 102a, Wellness & Community Connections Centre, 4725 - 43 Street

February 1 - February 17

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

February 11

Saturday, 10:00 AM - 11:00 AM

Valentines Party | Ages: 0 - 7

A brain development program

Let's have a family fun love day party! A mixed bag of sensory play, crafts, and games.

Gym, Wellness & Community Connections Centre, 4725 - 43 Street

February 14

Tuesday, 10:00 AM - 11:30 AM

Play, Learn, Sign | Ages: 0 - 7

A healthy relationships program

Learn a new way of communication with others through play, games, books and songs.

Room 102a, Wellness & Community Connections Centre, 4725 - 43 Street

March 6 - March 16

Monday, Tuesday, Thursday,
2:00 PM - 3:00 PM

Story Time Surprise | Ages: 0 - 7

A healthy relationships program

Hear a different story in each session. Participate in songs, art, and fingerplays with a surprise twist!

Room 102a, Wellness & Community Connections Centre, 4725 - 43 Street

March 27 - April 20

Tuesdays, Thursdays, 2:00 PM - 3:00 PM
April 11, 5:30 PM - 6:30 PM

Easter Party | Ages: 0 - 7

Easter games, activities, and an egg hunt!

Gym, Wellness & Community Connections Centre, 4725 - 43 Street

April 4

Tuesday, 10:00 AM - 11:30 AM



Who to call

Each level of government has different responsibilities. Knowing the right place to call can help you get help or information faster. Here are just some of the responsibilities of each level of government. *(From lop.parl.ca)

Federal Responsibilities*

- » employment insurance
- » banking regulation
- » federal taxes
- » the post office
- » national defence
- » foreign affairs
- » laws that generally affect the whole country
- » copyright law
- » criminal law

Details: www.canada.ca

Provincial Responsibilities*

- » provincial taxes
- » healthcare and hospitals
- » prisons
- » education
- » marriage
- » property and civil rights
- » Highways and rules of the road
- » age of majority
- » some natural resources
- » the province shares responsibility for some things with the Government of Canada

Details: www.alberta.ca | 310-0000

Municipal (a town, city, or district)*

- » usually based in a city, town, band, or district (a municipality)
- » building permits and zoning
- » municipal parks
- » libraries
- » public transportation
- » collection of garbage and recycling
- » water and sewer services
- » fire prevention
- » police funding
- » municipal roads and sidewalks
- » licensing and control of pets

Details: www.sylvanlake.ca

Band Councils# (govern indigenous communities)

- » governance and administration of band affairs
- » education
- » band schools
- » housing
- » water and sewer
- » roads
- » other community businesses and services
- » #From indigenousfoundations.arts.ubc.ca



FCSS Youth Services



#catchyouattheflipside



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** of Flipside programs! Find our monthly activity calendars: Online: www.sylvanlake.ca/flipside
Facebook: @flipsideyc
- » **Days Off:** All Flipside programs do not run on schools out days or statutory holidays. Pre-registration is required for all 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, or due to current COVID-19 restrictions. 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



GAME ON | Free | Grades 3 - 12 Drop-in

Physical activities that boost moods and get the heart pumping. We've got the equipment so come play volleyball, basketball, badminton, dodge ball and more! You don't have to be an athlete to join us. All you need is a desire to play!

Flipside Youth Centre, 4725-43rd Street

Sep 19 - Jun 2, Wednesdays

No program on school's out days or statutory holidays.

Grades 3 - 6: 3:00 PM to 5:30 PM

Grades 6 - 12: 6:30 PM to 8:30 PM

FLIPSIDE HANG-OUTS | Free Grades 3 - 12 | Drop-in

Connect with positive adults, meet new friends, and participate in a variety of activities like arts and crafts, Nintendo Switch, basketball shoot-out, foosball and group games.

Flipside Youth Centre, 4725-43rd Street

Sep 19 - Jun 2

No program on school's out days or statutory holidays

Grades 3 - 6: Mon, Tues, Thur, Fri

3:00 PM to 5:30 PM

Grades 6 - 12: Tues, 6:30 PM to 8:30 PM

Registration required online:
www.sylvanlake.ca/Flipside

TEEN CONNECT NIGHTS | Free Ages: 12 - 17 | Registered

One Thursday per month, Flipside hosts special events for the teens. Meet new people, try new things, and have something cool to add to your Snapchat story.

Register at www.sylvanlake.ca/flipside

Flipside Youth Centre, 4725-43rd Street

Tumbling with Tatyanna

Lunging and tumbling and backflips, oh my!

Jan 26 | 6:30 PM - 8:30 PM

Laser Tag

Think lasers, but ones you shoot at each other. Located at Sylvan Lake Paint ball.

Feb 23 | 6:30 PM - 8:30 PM

March Madness

A mini one-day tournament to celebrate the start of the greatest time of the year! Compete against members of our staff in team events throughout the evening. Can you take the heat?

Mar 30 | 6:30 PM - 8:30 PM

Bowling

Meet us at the Flipside Youth Centre, then take the bus to Red Deer for a fun-filled evening of bowling.

Apr 27 | 6:30 PM - 8:30 PM

FAMILY CONNECT NIGHTS | Free Registered

Family Connect Nights offer exciting new ways for families to connect with other families and with each other.*Register at www.sylvanlake.ca/flipside

Family Movie Night

It's gonna be a cold one out there. Warm up in the gym, design your box cars to sit, and watch Ice Age. It's almost like you're at a drive-in theater! Enjoy a night to remember with free popcorn and drinks.

Gym, Wellness & Community Connections Centre, 4725 - 43 Street

Feb 9 | Thursday, 6:00 PM - 7:30 PM

Family Photo Scavenger Hunt

We are sending you on a wild goose chase around the neighbourhood. Look for clues and snap photos along the way.

Flipside, Wellness & Community Connections Centre, 4725 - 43 Street

Apr 20 | 6:00 PM - 7:30 PM

TRAINING AND WORKSHOPS

Leaders-in-Training

Free | Grades: 7 - 12 | Registered

The Leaders in Training (LiT) program is designed to help teens develop their leadership skills while having fun and making new friends. Gain work experience and make a difference in your community.

Leaders-in-Training expectations:

- » **Register:** www.sylvanlake.ca/flipside
- » Mandatory training on January 23
- » Volunteer commitment:
 - » Minimum of 1 day per week in an after school Flipside program
 - » 3:30 PM - 5:30 PM
 - » January 31 to March 31

For more information or to get involved: youthservices@sylvanlake.ca

Youth IMPACT Coalition

Free | Ages: 12 - 18 | Registered

IMPACT (Individuals Making Positive Action and Change Today) teens serve as a voice for youth in our community, volunteering their time to discuss ways to make Sylvan Lake better and rolling up their sleeves to make it happen! Teens can nominate themselves or be nominated by teachers, youth workers, and other adults. Youth choose IMPACT projects, such as:

- » Paint the Town | bright and colourful murals in storefront windows
- » Proclamation of PRIDE week in Sylvan Lake
- » Positive Rock Garden | partnered with local seniors to paint positive messages
- » Impact the Environment | beach cleanup, "CREATE" pocket park
- » Youth vaping policy change advocacy

Meetings twice per month

Thursdays, 5:30 PM - 7:30 PM

For more information or to get involved:
sylvanlake.ca/SPARC
impact.sylvan@gmail.com



MENT-TO-MATTER

In-School Mentoring

High school mentors are matched with a mentee in grades 3 to 8 to build a positive and nurturing relationship:

- » Mentors must apply and complete an interview and training
- » Mentors and mentees meet in the mentee's school 1 hour per week over their lunch break (transportation is provided)
- » Mentor commitment is Oct - May
- » Mentees are referred through their teachers, school administrator, or Family School Wellness Worker

MENT-TO-CONNECT

Community-Based Mentoring

Adult mentors are matched with a mentee ages 8 - 14 to build a positive and nurturing relationship:

- » Mentors must complete an application, criminal background check, vulnerable sector check, interview and training
- » Mentors and mentees meet in the community at least 4 hours per month
- » Families can apply for their child become a mentee, or children may be referred through their school, or other youth-serving agency
- » Mentor commitment is 1 year

NATIONAL MENTOR MONTH

January is National Mentoring Month! Mentoring is something to celebrate because it changes lives! If you have ever had a mentor – formally, like through a youth program, or informally, like a coach or favorite teacher – then you know this to be true. You create a ripple effect that directly and positively impacts your community through mentoring.

Check out these stats from Mentor Canada! Youth who are mentored are:

- » 53% more likely to report good or excellent mental health
- » Over 2X as likely to report a very strong sense of belonging
- » Over 2X as likely to have completed high school
- » 95% more likely to have pursued further education past high school
- » 78% more likely to have an occupation (either employed and/or studying)

youth Spark awards are back!

Our community honors youth who work hard to make a positive impact. Award winners demonstrate resiliency, leadership, determination, and strength of character. They made a difference for others and built stronger schools, organizations, and community. Nominating a youth shows them that Sylvan Lake values its young citizens. Let's inspire all youth to create a better community!

Nominators: Anyone can nominate, but can't be in the nominee's immediate family

Nominees: Live and/or go to school in Sylvan Lake, ages 8 - 18 (except for Spark Champion)

Award Categories:

- | | | |
|--------------------|-----------------------|---|
| » Inspiration | » Arts & Culture | » Spark Champion (adult champion for youth) |
| » Service & Caring | » Athletic Ambassador | |

Deadlines: Nominations are open March 6, 2023, 9:00 AM - April 17, 2023 at 5:00 PM

The Awards Ceremony: May 5, 2022

Details and how to nominate: www.sylvanlake.ca/youth



AHS Community Helpers | Online or In Person | Free

Ages 12 - 100 | Youth Mental Health and Suicide Prevention Training

Learn how to support youth and young adult mental health. For youth, young adults, and the adults who support them. Offering flexible locations/times, including online.

Through training, participants learn:

- | | | |
|-------------------------------------|------------------------------------|---------------------------|
| » Communication | » Suicide awareness and prevention | » Community resources |
| » Self-care | » Handling crisis situations | » Mental health promotion |
| » Coping with stress | » Identifying supports | » Community connection |
| » Setting boundaries | » Warning signs | » Stigma reduction |
| » Mental health & personal wellness | | |

For more information: T 403 896 4946 | [E youthservices@sylvanlake.ca](mailto:youthservices@sylvanlake.ca)





SYLVAN LAKE SENIORS ASSOCIATION

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

NEWSLETTER AND CALENDAR Get your monthly newsletter and calendar in person at the centre, in the Sylvan Lake News, or online: www.sylvanlake.ca/seniorscentre (Programs may change)

MEMBERSHIP ONLY \$20.00/YEAR! COME JOIN IN 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

Ladies & Men's Coffee Separately

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



MUSIC LESSONS & DANCING

Beginner & Intermediate

Guitar, ukelele, and jams

Line Dancing

Monday, 4:30 PM - 5:30 PM



CARDS & GAMES

Bridge:

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



MONTHLY/OCCASIONAL

BREAKFAST

One Tuesday per month

9:00 AM - 10:00 AM



ARTS & CRAFTS

Acrylic Painting

2 Mondays per month

Cardmaking & Crafts



PIZZA & MOVIE/DOCUMENTARY

Must pre-register and pre-pay
Twice per month



FRIENDS OF BETHANY & LODGE

Tea time for Friends of Bethany & Lodge



EDUCATIONAL CLASSES, FORUMS & LIBRARY

Information sessions on Health & Wellness Topics
Once per month



CLINICS & MEETINGS

Chair Massage

3rd Wednesday of the month,
October - May, 3:00 PM - 4:00 PM
Phone to make an appointment

Meeting

February (AGM), April, and October



Join us on Facebook!

@SLSeniorsAssociation

Sylvan Lake Library



Story Time 1

January 10 - February 18

Story Time 2

March 7 - April 15



PRE-SCHOOL PROGRAMS

Infant Sensory Play | Ages: 0 - 2

Sensory activities and messy play.

Tuesdays or Wednesdays

1:30 PM - 2:00 PM

Fridays

11:30 AM - 12:00 PM

Virtual Story Time | All ages

Join us via Zoom for stories and music, with a simple at-home craft.

Wednesdays

9:15 AM - 9:45 AM

Preschool Story Time | All ages

Stories and music, followed by a sensory activity.

Tuesdays, Thursdays, or Saturdays

10:15 AM - 11:00 AM

Little Movers | Ages 1-3

Music and movement-based story time for toddlers.

Wednesdays

10:15 AM - 11:00 AM

Live Stories with Miss Corrie

All Ages

Virtual stories, songs, and a sensory play, via Facebook Live

Fridays

9:15 AM - 9:45 AM

Footloose Friday | All Ages

Dress-up, music, and movement-based story time.

Fridays

10:15 AM - 11:00 AM or 1:15 PM - 2:00 PM

SCHOOL-AGED PROGRAMS

Teen Advisory Committee

Ages 13+

Connect with other teens at the library. Help plan and implement projects in the library and the community.

First Monday of the month

4:00 PM - 5:00 PM

Teen Movie Night | Ages 13+

Join us at the library to watch the movie of the month. Snacks provided.

First Monday of the month

5:30 PM - 7:30 PM

Teen Art Attack | Ages 13+

Explore different art styles and mediums with the library.

Second Monday of the month

4:00 PM - 5:00 PM

Prism Club | Ages 13+ | Drop In

Group discussions, book clubs, games, art, and safe interaction for LGBTQ2S+ youth and allies.

Tuesdays

4:00 PM - 5:00 PM

Anime Club | All Ages

Celebrate your love of anime and manga with the library.

Wednesdays

4:00 PM - 5:00 PM

G.A.S.P. (Great After School Program) | Ages 6-12

Games, art, science, and more!

Thursdays during the school year

4:00 PM - 5:00 PM

Mini Art Attack | Ages 6-12

Explore different art styles and mediums with the library.

One Saturday a month – watch website for dates

3:00 PM - 4:00 PM

ADULT PROGRAMS

Adult Art Attack | Ages: 16+

Explore different art styles and mediums with the library.

First Thursday of the month

6:00 PM - 7:30 PM

Senior Art Attack

Explore different art styles and mediums with the library.

First and third Friday of the month

3:00 PM - 4:30 PM

Pub Trivia Nights | Ages 18+

Join us in person 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 website for locations

6:30 PM - 8:00 PM

Film Society

Join us at Landmark Cinemas to watch Independent Films. Tickets \$10.00 + GST, Season Passes \$50.00 + GST.

Last Monday of the month at Landmark Cinemas

7:00 PM - 9:00 PM

Tech Help

Stumped by a question with your computer, tablet, phone, e-reader, or other devices? Stop by with your device and questions for help. Call to make an appointment with a staff member.

Any time during our open hours

SPECIAL EVENTS

Virtual Trivia Nights | All Ages

Test your knowledge of Star Wars, Harry Potter, Disney films, and more! Join us for themed trivia nights via Zoom. Play solo or as part of a team.

Third Monday of the month

6:30 PM - 7:45 PM

Family Movie Nights | All Ages

Join us to watch movies at the Library. Snacks provided. Please consider bringing a non-perishable donation for the Little Free Pantry.

Third Thursday of the month

6:00 PM - 8:00 PM

Emperor's New Groovin' Party | All Ages

Don't throw off the Emperor's groove on your way to this party! Join us to watch the Emperor's New Groove, with crafts and games.

January 15

1:30 PM - 4:00 PM

Family Literacy Day | All Ages

Celebrate Family Literacy Day with local mascots, guest readers, fun games, and literacy-based crafts for the whole family.

January 27

Watch website for times

Frozen Party | All Ages | Drop In

Dress in your icy best and join us for a Frozen movie marathon and party. Drop in for snacks and crafts!

February 18

11:00 AM - 4:00 PM

Royal Tea Party | Ages 4+

Join us for a deliciously fancy affair. Tea and treats, followed by crafts and games, with a special visit from Tea-Rex!

March 4

1:00 PM - 3:00 PM

Earth Day Celebration | All Ages

Celebrate Earth Day with stories, upcycled crafts, and a special presentation from a local beekeeper.

April 22

2:00 PM - 4:00 PM

BOOK CLUBS

Reading Challenges for All Ages

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

Junior Book Club | School-Aged

Read the book and do activities, then meet to discuss. Register early to receive a free copy of the book in your loot kit.

January/February:

Sauerkraut by Kelly Jones

March/April:

The Truth According to Blue by Eve Yohalem

Mystery Book Club

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

Second Monday of the month

6:30 PM - 8:00 PM

Sylvan Lake Reads Book Club Drop In

Read the book of the month, then join us at Lakeshore Café for a discussion. Watch website for titles.

Second Wednesday of the month

6:30 PM - 8:00 PM

Bring Your Own Book Club @ Lakeshore Café | Drop In

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

Second Wednesday of the month

6:30 PM - 8:00 PM

Book-to-Movie Club | Drop In

Watch the movie of the month and/or read the book that inspired it, then join us at Lakeshore Café for a discussion. Watch website for titles

Last Wednesday of the month

6:30 PM - 8:00 PM

Sylvan Lake Municipal Library

4715 50 Avenue

T: 403 887 2130

E: sylvan.library@prl.ab.ca

W: www.sylvanlibrary.prl.ab.ca

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

BUSINESS HOURS ONLINE AT:

www.sylvanlibrary.prl.ab.ca

- Library programs are FREE of charge unless otherwise stated
- Space may be limited
- 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:

- | | |
|-----------------------|--------------------------------|
| • Board Games | • Interactive Globes |
| • Woodburning Kits | • Fortis Alberta Power Monitor |
| • Telescope | • Kill-A-Watt |
| • UWalk | • NexSource |
| • Pedometers | • passes |
| • Radon Screening Kit | |

Ask about our exam administration services.

Little Free Pantry

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

Registration is required for all programs
(Unless otherwise stated)

Programs without enough people registered are cancelled or rescheduled.

Dating Abuse

INFORMATION SHEET

from www.endfamilyviolence.alberta.ca

What happens in a healthy dating relationship?

- » You enjoy the time you spend together
- » You respect each other's opinions
- » You can disagree and know it's okay to talk about your differences
- » You feel good doing things apart from each other as well as together
- » There is a sense of safety and security in your relationship
- » You do not try to restrict or control each other
- » It's easy to be true to yourself when you are with the other person. You encourage each other to be great

Being in a healthy dating relationship does not mean you always agree or that you are going to stay together for a long time. It just means you are respectful to each other while you are dating.

know the

Early warning signs

Seven warning signs that you are dating a person who is abusive and could be violent.

1. Soon after you begin dating, your partner pressures you to make the relationship very serious or to have sex.
2. Your partner becomes extremely jealous and possessive. He or she thinks these destructive displays of emotion are signs of love.
3. Your partner tries to control you and to make all decisions about what you do together. Your partner does not take your views or desires seriously.
4. Your partner tries to keep you from spending time with close friends or family.
5. Your partner verbally and emotionally abuses you. He or she does things like yell at you, swear at you, manipulate you, spread false and degrading rumours about you, and try to make you feel guilty.
6. Your partner threatens physical violence.
7. Your partner has abused a previous girlfriend or boyfriend. He or she accepts and defends the use of violence by others.

These are only some of the possible signs of abuse. Trust your instincts, get help if you feel your partner is abusive.

What is abuse?

Abuse is about power and control. It is about one person trying to control or dominate another.

EMOTIONAL ABUSE TACTICS may include:

- » **Treating you with disrespect**
 - Name-calling, insulting, blaming, humiliating
 - Interfering with, or ridiculing, your beliefs and values
- » **Emotional roller coaster**
 - Manipulating you emotionally, such as, "If you love me then you will do as I want"
 - Being explosive or having wild mood swings
- » **Isolation**
 - Being possessive, not wanting you to be with other people
 - Trying to keep you away from your friends and family

SEXUAL ABUSE TACTICS may include:

- » Pressure to have sex
- » Unwanted sexual touching and/or unsafe sexual practices
- » Making fun of you if you do not want to do certain sexual things
- » Forcing a person into degrading, humiliating or painful sexual acts.
- » Forcing you to use technology to record intimate images of you or your partner

PHYSICAL ABUSE TACTICS may include:

- » Shoving, slapping, kicking, biting, punching, pinching, hair pulling, pushing or elbowing you
- » Throwing things at you
- » Threatening to harm you with an object or weapon

INTIMIDATION TACTICS are actions meant to scare you. They may include:

- » **Behaviours that could harm you or people or possessions you care about, such as:**
 - Throwing things or breaking things
 - Destroying your possessions
 - Using technology to spread intimate images of you without consent
- » **Threats**
 - Threatening to harm you, people or pets you care about
 - Threatening to spread rumours about you or get you in trouble
 - Threatening gestures or facial expressions
 - Threatening to commit suicide if you do not do something they want
 - Threatening to use technology to hurt you
- » **Stalking or harassment tactics, such as**
 - Following you
 - Parking close by and watching where you live or work
 - Contacting you by phone, Internet or text message more than you feel comfortable with
 - Contacting your friends or family to ask about you or spread false rumours about you
 - Using technology to stalk or harass you

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:

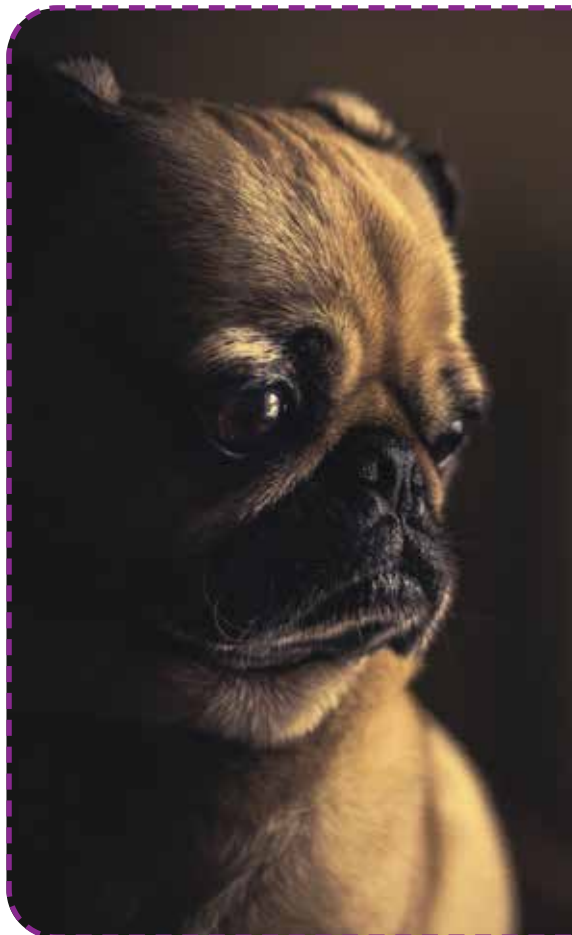
Chat online with trained staff: alberta.ca/SafetyChat

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



consider yourself
invited

To stay connected with us!

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

Municipal Government Building, 5012 - 48 Avenue
403 887 2141

 www.sylvanlake.ca

 @townofsylvanlake

 @SylvanLake_AB

RECREATION, CULTURE, AND TOURISM

NexSource Centre, 4823 - 49 Avenue, 403 887 2199

 recreation.sylvanlake.ca

 @SylvanLakeRecreation

 visitsylvanlake.ca  @VisitSylvanLake

SYLVAN LAKE WELLNESS AND COMMUNITY CONNECTIONS

Family and Community Support Services (FCSS)
Family and Community Centre
4725 - 43 Street, 403 887 1137

 www.sylvanlake.ca/fcss

 @SLFCSS

FLIPSIDE | YOUTH SERVICES

Family and Community Centre
4725 - 43 Street, 403 887 1137

 www.sylvanlake.ca/flipside

 @flipsideyc  @flipsideyc

#catchyouattheflipside