Greetings

Recreation, parks and culture provide a strong foundation for our quality of life!

A new season is generally a good motivator for us to get active or try something new. The Olds Community Program Guide provides the perfect remedy for keeping active and taking advantage of the excellent range of programs available for citizens of all ages.

This guide will help you and your family find an activity for everyone… from skateboarding to curling and from special events to learn to speak Spanish. Look inside to find an exciting opportunity. Remember, the Town of Olds and our partner organizations are here to help connect you to activities that can enrich the lives of your family, your friends and your community.

This program guide is a collaboration among the not-for profit and public organizations represented in its pages. For an electronic version of this document and for more program information visit www.oldslearning.ca or www.olds.ca

Yours in the Spirit of Community,

Judy Dahl, Mayor
Town of Olds

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Town of Olds

Recreation, parks and culture provide a key to balanced human development!
Olds Sports Complex

Public Skating
Sundays 11:45 am - 1:00 pm
Tuesdays 7:00 pm - 8:00 pm
Fridays 1:30 pm - 3:45 pm

Family Skating
Tuesdays and Thursdays
12:00 pm to 1:00 pm

Shinny Hockey
Mondays, Wednesdays and Fridays
12:00 pm to 1:00 pm
Drop in $3 per person
Equipment required!

Public Skating, Shinny Hockey and Family Skating are subject to change or cancellation due to tournaments and other special events.

Ice Rentals
Youth, Local: May 1 to September 30 - $123/hour October 1 to April 30 - $82/hour
Adults, Local: May 1 to September 30 - $208/hour October 1 to April 30 - $180/hour
(Prices do not include GST)
Non-local rates available on request

Call 403-556-3244 for more information or to book

- Sports Fields (Ball Diamonds)
- Centennial Park Events
- From May to August our ice is out and surfaces are available for weddings, roller hockey, trade shows etc.
Community Services Town of Olds
For further information or (pre)registration for these programs, contact the Town of Olds, 403-556-6981.

Alternatives to Violence Project
Alternatives to Violence Project (AVP) is designed to create a sense of community by building self-esteem and self-confidence in a trusting and supportive atmosphere. AVP workshops help participants recognize the goodness in themselves and others. This a 3 day workshop- participants must attend all sessions.
Dates: To be determined
Location: 4802 49 St. Olds Scout Hall
Cost: $50
Pre-registration is required

Coats for Everyone
The Olds community is invited to donate gently used coats, hats, gloves, mittens and boots that are clean and in good repair (zippers working, buttons in place, no rips or tears). Donations can be dropped off at The Brick in Olds during store hours or at the Church of the Nazarene on Tues & Thurs 9:30-3:30.
Anyone in need of winter clothing can come to the Nazarene Church on Tues & Thurs 9:30-3:30 or call 403-556-8820 to arrange an alternate time.

Community Kitchen
A Community Kitchen is made up of a small group of people who get together to pool their knowledge, skills, energy and money to make nutritious meals for their families.
Kitchens usually make decisions by consensus where all members of the group take an active part in determining how the group will function. If you are interested in joining a Community Kitchen or becoming a volunteer Community Kitchen facilitator, call 403-559-4320

Healthy Families
Healthy Families is an early intervention home visitation initiative designed to support families in providing a nurturing and safe environment for their children from birth to age six. Families with new babies are offered home visiting services by trained staff is ways that meet their specific needs.

Guardianship and Personal Directives
Through the Office of the Public Guardian, assistance with private guardianship applications and Personal Directives is provided. This information is available by private consultation, group sessions or distribution of publications.
Senior Supports

Assistance to seniors is provided in the areas of information and application to federal and provincial programs such as Old Age Security, Canada Pension Plan and the Alberta Senior’s Benefit. Information is also available about Housekeeping Services and Lifeline.

Sunshine Bus

The Sunshine Bus is a wheelchair-accessible service that provides transportation around town for seniors (age 50+) and disabled persons of any age. The Sunshine Bus runs from Monday to Friday between 9.00 am and 4.00 pm.

To book a ride, call 556-8003 between 9 am and 11 am Monday to Friday. A one-way ticket is $3. Riders may pay as they go, or purchase books of 11 tickets for $30 from the driver.

Volunteer Appreciation Night

Friday April 20

Stay tuned for further details.

Canada Day

Mark your calendar for the 2012 Canada Day event Sunday July 1.

Activities, games, prizes and entertainment FREE for all - Centennial Park in the afternoon with fireworks in the evening - Watch for details!!

Learn to Skateboard @ The Olds Skate Park

**SKATE PARK LESSONS:**

- May 8 - May 31, 2012
  - Tuesdays & Thursdays
  - 6 - 6:45 pm  $60.00 (8 lessons)
- June 5 - June 28, 2012
  - Tuesdays & Thursdays
  - 6 - 6:45 pm  $60.00 (8 lessons)

**Introduction to Skateboarding:** Foot positioning and balance, pushing and stopping, turning beginner ramp riding and board control. All participants must supply helmet and skateboard other safety gear is recommended.

Registration and further information please contact the Town of Olds Community Services department 403-556-6981.

Sick of Winter?  
Looking for New Friends?  
Why not try curling?

The Olds Curling Club has many options for your curling pleasure!

- Leagues for everyone: Ladies, Men, Seniors, Juniors or Mixed.
- Times for everyone: Morning, Afternoon and Evening

If you don’t see something to your liking, start your own League! How about a Saturday morning coffee lover’s league, or a Saturday evening full contact league?

Use your imagination!

For more information visit: www.oldscurlingclub.com
Town of Olds FCSS

What is FCSS?

FCSS is a partnership between local municipal governments and the provincial Children & Youth Services Ministry. The partnership provides provincial funding that is matched with local tax dollars on an 80/20 share basis. The funding is then used to support and develop locally driven preventive social services initiatives.

The FCSS Act requires social initiatives to be preventive. The social well-being of individuals and families must be enhanced through promotion or intervention strategies provided at the earliest opportunity. The initiatives must also do one or more of the following:

1. Help people to develop independence, strengthen coping skills and become more resistant to crisis;
2. Help people to develop awareness of social needs;
3. Help people to develop interpersonal and group skills which enhance constructive relationships among people;
4. Help people and communities to assume responsibility for decisions and actions which affect them;
5. Provide supports that help sustain people as active participants in the community.

If your organization is considering a project or for additional information contact:

Town of Olds Community Services
Phone: 403-556-6981

Yes! Youth Empowerment & Support Program

The Youth Empowerment & Support Program is a youth mentorship program designed to increase resiliency in children, youth and families by offering barrier free social and recreational opportunities. We are funded by the Alberta Health Services Addiction and Mental Health Board and employed by Chinook’s Edge School Division. Our goal is to promote positive mental health and reduce the stigma of mental illness.

We offer several after school events, such as Running Readers and Healthy Eaters, Nature Nuts (for grades K-4), Girlz Night In, Boys Night In, Latitude (for grades 5-10), and many other fun events such as Fear Factor, Amazing Race and Survivor.

If you would like more information about when these events take place and to register your child/ren please contact Raelynn Notley at 403-559-8016 or rnotley@chinookedge.ab.ca. Current events are advertised through the school newsletters, please check there for more information as to when dates are set and programs begin.

If you would like more information about how to maintain positive mental health, or have concerns about your child’s anxiety, depression, self-esteem or friendship skills please contact Raelynn for more information and links to support in your community.
Mission:
Mountain View Communities Adult Learning Society facilitates access to learning that is part-time, non-credit and community driven for adults living in Mountain View County.

Vision:
Mountain View communities are focused on continuous learning.

Volunteer Coaches
Adult Learning Program:
• Volunteer Coaching Adult Learning Services (VCALS): A volunteer is matched with a learner for one-on-one learning or small group sessions.
• English Language programming (ELL): One-on-one, small group and classroom learning for basic language and English language learners.

Community Adult Learning Programs:
• Adult Basic Language and Math Literacy
• English Language Learning
• Employability Skill Enhancement
• Community Issues
• General Interest Programming
• Professional Development
• Basic Computer Essential Skills

FAMILY PROGRAMMING
Rhyming Together
Parent/caregivers and children aged 0-5 can have fun together, while supporting language development for the family through rhyming and play.

Date: TBA (February, 2012 – 10 weeks)
Cost: FREE

Literacy and Parenting Skills (LAPS):
An innovative, award-winning program! Parents learn strategies to model good literacy practices with their children. Topics covered by these sessions include: Building Self-esteem in Your Children, Positive Discipline, Anger Management, Communication and Listening Skills, Passing on Your Values and Traditions.

Date: TBA
Cost: FREE

Building Babies Brains
Partnering with the county’s health units and libraries, our book bags contain two books and a library card to get your family reading. These book bags are distributed to new moms within the county free of charge. (If you did not receive a book bag for your newborn contact your local health unit to receive one.)

Bring your newborns to explore your baby’s brain and learn various parenting techniques to engage your baby. Learn brain building activities through rhyming, singing and conversation.

Date: TBA (early February, 2012)
Cost: FREE

Classroom on Wheels (COW) Bus
Bring your children to experience fun and innovative activities to encourage your child to read and learn. Coming on June, 22, 2012.

For more information, email: MVCALS@oldscollege.ca
ADULT PROGRAMMING
General Equivalency Diploma (GED) Prep

This course prepares you for the writing, math, reading, and grammar skills required for the high school equivalency diploma exam. Enjoy the feeling of success you will gain by being able to say you have your Grade 12 equivalency. Prepare for the GED (General Education Development) test which is a high school equivalency examination. Receive instruction in basic math, geometry, essay writing, grammar, and reading. MVCALS will be offering a GED Prep Course in 2012. Contact our office for full details.

Spanish Language Learners

MVCALS will be continuing to offer Spanish Language classes at a Beginner and Intermediate level. If you wish to learn Spanish or practice what you already know, contact MVCALS.

English Language Learning (ELL) Classes

The main objective of ELL instruction is to develop the English language proficiency of new immigrants and international students to the point where they can participate effectively in an English speaking environment. Traditionally, ELL programs have been designed to improve the following skills:

- listening comprehension
- reading comprehension
- pronunciation and intonation
- oral fluency
- writing and composition
- grammar and vocabulary
- communication and learning strategies

Cultural orientation, as well as language instruction, is provided to help learners adjust to Canadian life as quickly and successfully as possible. Intermediate and advanced level classes generally focus on improving fluency and correctness in English, and providing transitional support for those wishing to go on to further training or educational opportunities.

ELL classes may include an employment component with topics such as interview strategies, work vocabulary and workplace communication strategies.

Hours and classroom facilities vary greatly. Class sizes vary from one-on-one tutoring situations to academic classes of 20 or more students. Contact MVCALS for more information about our upcoming ELL courses.
TELEHEALTH: FREE ONGOING SESSIONS

Alberta has one of the largest and best integrated Telehealth networks in North America. Telehealth in Alberta, an Alberta Health Services project, primarily uses videoconference technology to connect Albertans with the best possible health care, no matter where they live. Telehealth helps ensure all Albertans have equitable access to effective, efficient and timely health education. Telehealth improves service by using technology to deliver health education at a distance. 2012 Telehealth sessions are available on an ongoing basis. Contact MVCALS.

iCCAN – ONGOING SESSIONS

Educational programming, training, and networking opportunities through iCCAN (Innovative Communities Connecting & Networking) are helping more Albertans acquire knowledge and skills, without having to travel long distances or live away from their families. In the months ahead, iCCAN will continue to collaborate with businesses, educators, learners and communities to leverage the power of videoconferencing for professional development, training, academic upgrading and other programming. Contact MVCALS for upcoming sessions.

OTHER SCHEDULED PROGRAMS

Ins and Out of Donation Receipts
Date: Wednesday, Jan. 18
Time: 12:00 Noon - 1:00 pm
Cost: $10

Meeting Skills for Results
Date: Wednesday, Jan. 18
Time: 12:00 Noon - 1:30 pm
Cost: $10

Modern Choices in Maternity Care
Date: Monday, March 5
Time: 7:00 pm
Cost: $25 person/$40 couple

Your Role in Promoting and Enabling Early Literacy, Birth to Five
Date: Wednesday, March 7
Time: 7:00 pm
Cost: $10

Partnerships, Collaboration and Public Engagement (The Keys To Success)
Date: TBA (April, 2012)
Time: 9:00 am – 12:00 Noon
Cost: $50 (or $75 for full day – see above)

Working with Passion and Purpose
Date: TBA (April, 2012)
Time: 1:00 – 4:00 pm
Cost: $50 (or $75 for full day – see above)

For more information on these courses, please contact 403-507-7750 or email: MVCALS@oldscollege.ca

Courses are regularly added and updated. Possible future courses could include Family Spanish; GED (General Equivalency Diploma) Prep; ELL (English Language Learners); Beginner French; Christopher Leadership Course; Infant/Children CPR/First Aid, Sign Language, Hiring Foreign Workers.

Please contact Mountain View Communities Adult Learning Society at 403-507-7750 or email: MVCALS@oldscollege.ca to be added to our distribution list or to discuss other possible courses of interest.
Olds Municipal Library and Community Engagement Site

The mission of the Olds Municipal Library and community engagement site is to provide access to current informational, educational, cultural, and recreational opportunities that enrich the lives of the members of our community.

Registration Information

Pre-registration is required for all courses including free sessions unless otherwise indicated.

Registration for Olds Municipal Library Courses is available online at www.oml.prl.ab.ca, by phone at 403-556-6460 or in person.

All children must have a valid library membership to participate in our reading programs including Jr. Reader’s Club and Story Hour.

Fees are indicated in the description of each course. Prepayment is required for all courses.

CHILDREN AND YOUTH

Story Hour (Ages 3-5)

Enjoy stories, crafts, songs and games in a semi-structured group activity. Choose the day and time best for you.

Session 1: January 17 - February 23
Session 2: March 6 - April 12
Session 3: April 24 - May 29
Days: Tuesdays 10:00 - 11:00
       Wednesdays 1:00-2:00
       Thursdays 10:00-11:00
Cost: $20 per child (Maximum $40 per family) per session

Jr. Reader’s Club (Ages 6-10)

Jr. Readers Club is a time for kids to learn about reading and literacy through games, activities and having fun!

Session 1: January 19 - February 23
Session 2: March 8 - April 12
Session 3: April 26 - May 31
Days: Thursdays
Time: 3:30 - 4:30
Cost: $10.00 per session

Tween Time (Ages 9-13)

Exciting activities including art and cooking projects, board games and Wii! Have fun and let loose with your friends!

Session 1: January 17 - February 21
Session 2: March 6 - April 10
Session 3: April 24 - May 29
Days: Tuesdays
Time: 3:30 - 4:30
Cost: $20.00 per session

Teen Reading Club (TEENRC)

Love to read? Share your thoughts and opinions about your latest read with other teens and librarians! Visit www.teenrc.ca for details and to sign up!

Cost: Free

Youth Science Festival Month

Join us for some fun activities in March to honour Youth Science Festival Month! A science crate from Science Alberta (http://www.sciencealberta.org/) will be available for your young scientists to explore and don’t miss out on our Wrappin’ With Reptiles program! Visit our website for specific dates and times.

Date: March
Cost: Free

Legos @ Your Library

Love playing with Legos? Bring your best Lego-building buddy to the library for a fun afternoon dedicated to an ever classic toy! Also enjoy some cookies and refreshments while you build and play.

Date: April 14
Time: 1:00 - 3:00
Cost: Free
Puzzle Party @ Your Library
Tired of sitting inside during the winter? Then, bring your family to the library for an afternoon of puzzles! Chat with other puzzle enthusiasts and enjoy some cookies and hot chocolate while you work.
Date: February 11
Time: 1:00 - 3:00
Cost: Free

Games Galore
Looking for a fun family activity? Join us for an afternoon dedicated to games! Board games, a jumbo sized Snakes and Ladders board, as well as a Wii will be available for your enjoyment.
Date: May 12
Time: 1:00 - 3:00
Cost: Free

TECHNOLOGY PROGRAMS

One on One Computer Instruction
Personalize a computer training session with our instructor to fit your needs. Variety of topics available! Booking by appointment only, available times may vary.
Topics available for instruction include:
• Advanced Internet Searching (databases, more from Google, etc.)
• Online Shopping and Banking (security, ebay, paypal, etc.)
• Social Networking (facebook, twitter, etc.)
• Beginner Computing
• MS Office Programs (Word, Excel, PowerPoint, or Publisher)
• Ipods, MP3 Players, eBook readers and other digital devices
• Digital Cameras
• Mac for Beginners
Cost: $25.00 per hour by appointment only

Beginner Computing for Everyone
Learn the basics of managing a computer in this four day course designed for those who grew up without basic computer knowledge.
Dates: February 7 - 16
Days: Tuesdays and Thursdays
Time: 1:30 - 3:30
Cost: $30.00 (plus $15.00 for textbook)

eBooks and eAudiobooks
Learn about the different devices available and how to use them to download library material.
Dates: January 13, February 10, March 9, April 13, May 11, June 8
Time: Noon - 1:00
Cost: Free

Internet Searching and Researching
Learn the different methods and techniques to get the exactly what you are looking for on the internet!
Dates: January 27, February 24, March 23, April 27, May 25, June 22
Time: Noon - 1:00
Cost: Free

Language Learning (Mango)
Mango Language Learning software will enable you to learn almost any language you wish! We’ll teach you the ins and outs of using this free software.
Dates: January 6, February 3, March 2, April 6, May 4, June 1
Time: Noon - 1:00
Cost: Free

Tech Tip Friday
Find out about the wacky world of technology. A different topic every month for business or personal use. The experts in the community share their knowledge in this question and answer session. (see website for list of topics)
Dates: January 20, February 17, March 16, April 20, May 18, June 15
Time: Noon - 1:00
Cost: Free
COMMUNITY INTEREST PROGRAMS

Book Clubs
We offer a wide variety of book clubs to participate in. Check out our booklists on our website: http://www.oml.prl.ab.ca/ca/community.php.

Cost: Free

Book Club 1
Dates: January 26, February 23, March 29, April 26, May 31, June 28
Day: Thursdays
Time: 6:30 - 8:00

Book Club 2
Dates: January 27, February 24, March 30, April 27, May 25, June 29
Day: Fridays
Time: 10:00 - noon

The Happiness Project - Book Study
A year-long project based on the Happiness Project by Gretchen Rubin. Some of the themes will be boosting energy; lightening up; and more!

Dates: January 20th, February 17th, March 16th, April 20th, May 18th, June 15th
Time: 3:00 - 5:00
Cost: $30.00 (includes book)

Movie Mondays
Learn more about the world around you, travel to distant lands, enjoy connections with new people and old friends. (To view descriptions of films, visit our website.)

Day: Every Monday (when open)
Time: 2:00
Cost: Free

Novel Ideas Writing Club
Whether you're a seasoned writer or just getting started this is great for learning new writing techniques, sharing your ideas, and learning from each other

Workshops:
2nd Wednesday of the Month
Dates: January 11, February 8, March 14, April 11, May 9, June 13
Times: 6:00 - 8:00
Cost: Free Drop-in

Author Talk: Betty Jane Hegerat
Join us for an intimate conversation with Alberta Author Betty Jane Hegerat, author of “The Boy”. http://bettyjanehegerat.com/

Date: Saturday January 28
Time: 2:00 - 3:00
Cost: Free

Introductory Writing
This workshop is geared to emerging writers or those who need a kick-start to get back into writing. Participants will leave the workshop with several pages of raw work.

Date: March 14
Time: 5:30 - 8:00
Cost: Free

What should I read to be a better writer?
It's easy to become confused by the sheer number of books and websites offering writer advice. Kimmy Beach will outline her personal "Must Have" books in all areas of literature creation and publishing

Date: February 25
Time: 4:00 - 5:00
Cost: Free

Board Game Meet Up
Meet with other board game enthusiasts. Feel free to bring your own games to share. Great for all those people who wish they had someone to play more games with.

Dates: January 14, February 11, March 10, April 14, May 12, June 9
Day: Second Saturday
Time: 2:00
Cost: Free
Genealogy Drop In
Find more about your family history and learn how to navigate Ancestry.ca with our Family History consultant. In partnership with the LDS Family History Centre.
Day: Every Wednesday
Times: 10:00 - Noon
Cost: Free Drop-in

Know Your Community - Lunchtime Learning
Find out everything you wanted to know about the organizations and groups in your community. Bring your lunch and questions for a chat.
Dates: January 12, February 9, March 8, April 12, May 10, June 14
Time: Noon - 1:00
Cost: Free

The Natural Step
Learn more about the world of sustainability and best practices from the Natural Step eLearning Course! This online course is available at a self-guided pace - speak to staff to arrange a date and time that works best for you.
Cost: Free online anytime

Hort Week Winter
Winter is a great time to begin planning your yard, garden and landscaping and now you can learn more about it while we wait for Spring to come! (In partnership with Olds College Hort Week.)
Cost: Free

Speaker Line-up:
Wildflower Identification - Annelise Dooleage
Do you enjoy walking along the many nature trails we have in Alberta? Enjoy an insightful photo presentation as she covers the basics in identifying native plant characteristics.
Date: Wednesday, January 25

Residential Landscaping Basics - Angela Sommers
Where to begin? This is the place to get you started as Angela will cover some of the key principles so you do it right the first time.
Date: Wednesday, February 22

Environmentally Friendly Yards - Dr. Ken Fry
Encourage pollinators, butterflies and other beneficial insects into your yard/garden. Where to plant as well as other features of your yard to make it a welcome place for the good bugs.
Date: Wednesday, March 28

The Best Vegetables to Grow in our Short Season - Peter Johnston-Berresford
Hear from a passionate food production expert about the top seeds to consider planting this Spring to ensure you have a bountiful harvest in Alberta’s short growing season.
Date: Wednesday, April 25
Digital Scrapbooking Demo
Love to take pictures? Watch a live demo of a digital scrapbook page being created. No mess, no fuss. This could be the hobby for you.
Date: Saturday, January 21
Time: 1:00 - 2:00 pm OR
Date: Monday, February 6
Time: 6:30 - 7:30
Cost: Free

Glass Mosaics
Create a beautiful work of art with a lighted glass block and glass mosaics. Be prepared to get a little messy! Inquire for more details.
Dates: March 6, 12, 19
Day: Monday
Time: 6:00 - 8:00

Silk Paper Making
Silk Fusion(paper) is a unique method of bonding silk fibers into a lustrous kind of paper to be used for printing, stamping, quilting and much more.
Date: Saturday, February 25
Time: 1:00 - 4:00
Cost: $40.00 includes materials

Backyard Astronomy Nights
The Royal Astronomical Society of Calgary will be back at the library to answer questions about how to experience everything our night sky has to offer. Warm up with a hot chocolate and enjoy some outdoor viewing!
Spring Equinox and Summer Solstice
Date: March 22
Time: Dusk - 10:00
Cost: Free

SPECIAL EVENTS / IMPORTANT DATES

Family Literacy Day
Get your passport to reading in the beginning of January, then join us for a fun filled day of activities for the whole family.
Date: January 27
Time: 10:00 am - 2:00
Cost: Free

Freedom to Read Week Punch Cards
Grab a punch card and read your way through our banned book list. The month of February is dedicated to our Freedom to Read. Prizes available!
Dates: Month of February
Cost: Free

Senior’s Week: Truth or Spoof
Think you know your stuff? Historical objects will be presented, and panelists will then offer explanations of what the object is. The audience decides who is telling the truth and who is spoofing. Join us for this fun learning event while we celebrate seniors! Tea and refreshments to follow.
Fee: Free
Date: June 5
Time: 1:30 – 3:30

Canada Reads
Have a coffee and listen to Canada Reads on CBC. Read the books ahead of time and discuss with the group. See if you can guess the winner.
http://www.cbc.ca/books/canadareads/
Visit our website for full details about books, times, and dates once they are announced by CBC.

Note: Childcare will be provided each day during the broadcast so parents can enjoy the program.

Word in the West Literacy Festival / COW Bus
Join us at the Mountain View County Building for crafts, an author talk, and fun activities! Supper will be provided and the Classroom On Wheels (COW) Bus will be there for you to explore and enjoy!
Date: June 22
Time: 4:00 - 8:00
Cost: Free
Do you feel most fulfilled when lending a helping hand? Do you want to make a difference in your community while meeting new challenges, discovering new strengths and having new experiences? If the answer is yes, then you’re the volunteer Alberta Health Services is looking for.

Just as volunteers are diverse, with varying interests, backgrounds and talents, so too are the opportunities Alberta Health Services has available for individuals of all ages.

Currently volunteers are involved in many departments at your local Hospital and Health Centre, including Continuing Care, Home Care, Public Health and Mental Health. Many other opportunities exist as well, including in the areas of:

- Meal Time Assistance
- Clerical
- Palliative Care
- Doula
- Caring Clowns
- Clinics
- Pet Visitation
- Support Group Facilitator
- Home Visiting

For more information on becoming a volunteer, please visit www.albertahealthservices.ca or you can contact Audrey Hobbs, Volunteer Resources Coordinator at 403-507-8105 or by email at Audrey.Hobbs@albertahealthservices.ca.

Become a part of the local healthcare team today!

www.albertahealthservices.ca
# Olds Aquatic Centre Schedule – Winter 2012

**January 5 – March 31, 2012**

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<td><strong>Swim Fit &amp; Supervised Play</strong></td>
<td><strong>Swim Fit &amp; Supervised Play</strong></td>
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**New Family Swim prices on Sunday 1pm-3pm!** Keep an eye out for special events at the Aquatic Centre on [http://www.olds.ca/aquatics](http://www.olds.ca/aquatics) or [Facebook](https://www.facebook.com).

---

**Family Day February 20**

Lane Swim 12 pm - 1 pm

Sponsored Free Family Swim
1 pm - 4 pm
# Red Cross Swim Programs - WINTER

Program Descriptions on Pages 20 & 21

<table>
<thead>
<tr>
<th>Red Cross Pre-K</th>
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Swim Diapers:
All children who are not toilet trained are required to wear swim diapers.
You may purchase these at the reception desk or bring your own from home.
We ask caregivers to please encourage your child to go to the bathroom prior
to entering the pool.
Please, don’t forget to have a cleansing shower!

Register in person at the Pool
or phone 403-556-7665.
# Olds Aquatic Centre Schedule – Spring 2012

**April 1 – June 30, 2012**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tr>
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<td>Lane Swim 6 am – 9 am</td>
<td>Lane Swim 6 am – 9 am</td>
<td>Lane Swim 6 am – 9 am</td>
<td>Lane Swim 6 am – 9 am</td>
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<tr>
<td>Shallow Aquafit 9 am – 9:45 am</td>
<td>Shallow Aquafit 9 am – 9:45 am</td>
<td>Shallow Aquafit 9 am – 9:45 am</td>
<td>Shallow Aquafit 9 am – 9:45 am</td>
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<tr>
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<td>Deep Aquafit 9:45 am – 10:30 am</td>
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<td>Tot Time 9:45 am – 12 pm Pre-register please</td>
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<tr>
<td>Lessons 3:30 pm – 6:00 pm</td>
<td>Lessons 3:30 pm – 5:30 pm</td>
<td>Lessons 3:30 pm – 6:00 pm</td>
<td>JLC Club 4:45 pm – 6 pm</td>
<td>Deep Aquafit 4:45 pm – 5:30 pm</td>
<td>Swim Fit &amp; Supervised Play 5:30 pm – 6:30 pm</td>
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New Family Swim prices on Sunday 1pm-3pm! Keep an eye out for special events at the Aquatic Centre on [http://www.olds.ca/aquatics](http://www.olds.ca/aquatics) or

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Town of Olds
# Red Cross Swim Programs - SPRING

Program Descriptions on Pages 20 & 21

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<td>14-Apr</td>
<td>16-Jun</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Red Cross Pre-K</th>
<th>Crocodile/Whale</th>
<th>3 - 6 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>724</td>
<td>16-Apr</td>
<td>11-Jun</td>
</tr>
<tr>
<td>725</td>
<td>17-Apr</td>
<td>12-Jun</td>
</tr>
<tr>
<td>726</td>
<td>18-Apr</td>
<td>13-Jun</td>
</tr>
<tr>
<td>727</td>
<td>14-Apr</td>
<td>16-Jun</td>
</tr>
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</table>

## Red Cross Kids 6 - 16

<table>
<thead>
<tr>
<th>Level 1</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>760</td>
<td>16-Apr</td>
<td>11-Jun</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Level 2</th>
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</thead>
<tbody>
<tr>
<td>761</td>
<td>17-Apr</td>
<td>12-Jun</td>
</tr>
<tr>
<td>762</td>
<td>18-Apr</td>
<td>13-Jun</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Level 3</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>763</td>
<td>14-Apr</td>
<td>16-Jun</td>
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</table>

<table>
<thead>
<tr>
<th>Level 4</th>
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<tbody>
<tr>
<td>766</td>
<td>17-Apr</td>
<td>12-Jun</td>
</tr>
<tr>
<td>767</td>
<td>18-Apr</td>
<td>13-Jun</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Level 5</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>768</td>
<td>14-Apr</td>
<td>16-Jun</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Level 6</th>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>770</td>
<td>16-Apr</td>
<td>11-Jun</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Level 7/8</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>771</td>
<td>17-Apr</td>
<td>12-Jun</td>
</tr>
<tr>
<td>772</td>
<td>18-Apr</td>
<td>13-Jun</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Level 9/10</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>773</td>
<td>14-Apr</td>
<td>16-Jun</td>
</tr>
</tbody>
</table>

## Swim Evaluations:

**Unsure of what swim level to register your child?**

Please contact the pool (403-556-7665) to set up an assessment!

It only takes about 10 minutes to evaluate your child so you can be assured they will be in the right spot.

## Wait Lists and Cancellations:

The Olds Aquatic Centre staff encourages you to include your child (or yourself) on a wait list if the course in which you hope to participate is full. We do our best to accommodate all those listed. Programs will be cancelled due to low registration. Register early to ensure you get a spot.

## Swim Diapers:

All children who are not toilet trained are required to wear swim diapers. You may purchase these at the reception desk or bring your own from home. We ask caregivers to please encourage your child to go to the bathroom prior to entering the pool.

Please, don’t forget to have a cleansing shower!

Register in person at the Pool or phone 403-556-7665.
## Red Cross Pre-School Swim Program Descriptions

<table>
<thead>
<tr>
<th>Program</th>
<th>Age Range</th>
<th>Additional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>RCSP Starfish (P)</strong> 4 – 12 months</td>
<td>Orientation to water for babies and their parent/caregiver. To enter this level, babies must be able to hold their head up. (P)* Require parent/guardian in the water.</td>
<td></td>
</tr>
<tr>
<td><strong>RCSP Duck (P)</strong> 12 – 24 months</td>
<td>Orientation to water for toddlers and their parent/caregiver. Age is the only condition for entering this level.</td>
<td></td>
</tr>
<tr>
<td><strong>RCSP Sea Turtle (P)</strong> 24 – 36 months</td>
<td>Orientation to water for toddlers and their parent/caregiver. Age is the only condition for entering this level.</td>
<td></td>
</tr>
<tr>
<td><strong>RCSP Sea Otter</strong> 3 – 6 years</td>
<td>Transitional level that transfers the preschooler to the care of the Instructor. All skills are assisted by the Instructor. Swimmers enter this level when they are 3 years of age. Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, and swim 1 metre. They also learn age-appropriate water safety skills.</td>
<td></td>
</tr>
<tr>
<td><strong>RCSP Salamander</strong> 3 – 6 years</td>
<td>Swimmers enter this level when they have successfully competed Sea Otter. Using games and activities, swimmers learn to swim 2 metres, further develop basic floats and increase their distance on front and back glide. Front swim and roll-over glide are also included, and swimmers learn appropriate water safety skills such as how to jump into chest-deep water and how to use a Personal Flotation Device (PFD). Safety skills development includes water orientation, safe entries and exits and only swimming when an adult is present.</td>
<td></td>
</tr>
<tr>
<td><strong>RCSP Sunfish</strong> 3 – 6 years</td>
<td>Swimmers enter this level when they have successfully completed Salamander. Using games and activities, swimmers learn to swim 5 metres, increase their distance using buoyant objects, increase their front and back glide with kick, and develop their roll-over glide, side glide and front swim. Safety skills include deep-water skills and use of a Personal Flotation Device (PFD). Safety skills development such as water orientation, safe entries and exits and always asking for permission before going near the water.</td>
<td></td>
</tr>
<tr>
<td><strong>RCSP Crocodile</strong> 3 – 6 years</td>
<td>Swimmers enter this level when they have successfully completed Sunfish. Through games and other fun activities, swimmers learn to swim 5 metres on their front and back, perform a dolphin kick and begin using rhythmic breathing. They also progress with kicking drills and increase their swimming distance to 10 metres. Safety skills include jumping into deep-water and performing surface support for 10 seconds, recognizing when a swimmer needs help and using a Personal Flotation Device (PFD) in deep water.</td>
<td></td>
</tr>
<tr>
<td><strong>RCSP Whale</strong> 3 – 6 years</td>
<td>Swimmers enter this level when they have successfully completed Crocodile. Through fun activities, swimmers perform a front and back swim for 10 metres. Swimmers work on developing their flutter kick and perform a distance swim of 15 metres. Safety skills include identifying safe swimming areas, jumping into deep water, swimming 5m, surface support for 20 seconds a return to safety, throwing assists and sitting dives.</td>
<td></td>
</tr>
</tbody>
</table>

Register in person at the Pool or phone 403-556-7665.
# Red Cross Swim Kids Program Descriptions

<table>
<thead>
<tr>
<th>RCSK 1</th>
<th>Swimmers receive an orientation to water and the pool area and work on floats, glides and kicking. Swimmers build their endurance by working on the 5m front swim.</th>
</tr>
</thead>
<tbody>
<tr>
<td>RCSK 2</td>
<td>Swimmers work on propulsion skills to move through the water and to remain at the surface. Swimmers work on the front swim (5m) and learn about deep-water activities and proper use of a Personal Flotation Device (PFD). Fitness activities include the 10m flutter kick and a 10m distance swim.</td>
</tr>
<tr>
<td>RCSK 3</td>
<td>This level provides an introduction to diving, and teaches swimmers how to make wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15-metre swim.</td>
</tr>
<tr>
<td>RCSK 4</td>
<td>This level introduces the front crawl (10m) and back swim with shoulder roll (15m). Swimmers work on kneeling dives, surface support (45 seconds, deep water) and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25m swim.</td>
</tr>
<tr>
<td>RCSK 5</td>
<td>This level introduces the back crawl (15m), sculling skills, whip kick on the back, stride dives and treading water. Front crawl increases to 15m. An introduction to safe boating skills is also included. Endurance is developed through a 50m swim.</td>
</tr>
<tr>
<td>RCSK 6</td>
<td>This level refines front crawl with a focus on hand entry and breathing (25m), back crawl with a focus on arm positions and body roll (25m), and introduces elementary backstroke (15m), safety on ice, and rescue of others with throwing assists. Swimmers demonstrate the front dive and their ability to tread water in deep water for 1½ minutes. Endurance is built through dolphin kick and a 75m swim.</td>
</tr>
<tr>
<td>RCSK 7</td>
<td>This level builds skills and endurance for the front crawl (50m), back crawl (50m) and elementary back stroke (25m) and introduces whip kick on the front. Swimmers learn about airway and breathing obstructions, reach assists and stride entry. Swimming endurance is increased to a 150m swim.</td>
</tr>
<tr>
<td>RCSK 8</td>
<td>This level is an introduction to breast stroke (15m) and feet-first surface dives. Swimmers learn about the dangers of open water, hypothermia, the performance of rescue breathing on children and adults, and standing shallow dives. Swimmers participate in timed treading water activities using the eggbeater skill for 3 minutes to improve their ability to remain at the surface in the event of an unexpected fall into water. Endurance is built on a 300m swim. Front crawl and back crawl distances are increased to 75m each.</td>
</tr>
<tr>
<td>RCSK 9</td>
<td>This level refines the front crawl (100m), back crawl (100m), elementary back stroke (50m) and breast stroke (25m), and encourages swimmers to combine different kicks for fitness (3 mins). They also work on head-first surface dives and learn about wise choices, peer influences and self-rescue from ice. Endurance is built through a 400m swim.</td>
</tr>
<tr>
<td>RCSK 10</td>
<td>This level is a final assessment of the strokes for technique and distance (front crawl 100m, back crawl 100m, elementary back stroke 50m, breast stroke 50m and sidestroke 25m). Swimmers learn about sun safety, rescue of others from ice, and head-first and feet-first surface dives. Endurance is built using the dolphin kick (vertical) and a 500m swim.</td>
</tr>
</tbody>
</table>
Olds Aquatic Centre Advanced Courses and Programs

<table>
<thead>
<tr>
<th>WINTER</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>554 Red Cross Babysitting Course</td>
<td>Friday, March 23</td>
</tr>
<tr>
<td>9 am - 6 pm</td>
<td></td>
</tr>
<tr>
<td>559 Lifesaving Society Medallion / Bronze Cross</td>
<td>Thursday - Sunday, February 23 - 26</td>
</tr>
<tr>
<td>9 am - 5:30 pm</td>
<td></td>
</tr>
<tr>
<td>558 Lifesaving Society Standard First Aid /AEC</td>
<td>Friday - Sunday, March 9 - 11</td>
</tr>
<tr>
<td>10 am - 6 pm</td>
<td></td>
</tr>
<tr>
<td>557 Lifesaving Society National Lifeguarding Service</td>
<td>Sunday - Thursday, April 1 - 5</td>
</tr>
<tr>
<td>9 am - 5:30 pm</td>
<td></td>
</tr>
<tr>
<td>555 Red Cross Assistant Water Safety Instructor</td>
<td>Fridays - Sundays, February 10 - March 4</td>
</tr>
<tr>
<td>9 am - 5:30 pm</td>
<td></td>
</tr>
<tr>
<td>553 Lifesaving Society Junior Lifeguard Club</td>
<td>Thursdays, January 19 - March 22</td>
</tr>
<tr>
<td>4:30 pm - 6 pm</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SPRING</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>554 Lifesaving Society Instructors Certification (LSI)</td>
<td>Friday - Sunday, May 18 - 20</td>
</tr>
<tr>
<td>9 am - 5:30 pm</td>
<td></td>
</tr>
<tr>
<td>722 Red Cross Babysitting Course</td>
<td>Friday, June 1</td>
</tr>
<tr>
<td>9 am - 5:30 pm</td>
<td></td>
</tr>
<tr>
<td>721 Lifesaving Society Standard First Aid Recertification</td>
<td>Saturday, April 28</td>
</tr>
<tr>
<td>9 am - 5:30 pm</td>
<td></td>
</tr>
<tr>
<td>720 Lifesaving Society NLS Recertification</td>
<td>Saturday, June 9</td>
</tr>
<tr>
<td>9 am - 5:30 pm</td>
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</tr>
<tr>
<td>265 Red Cross Water Safety Instructor</td>
<td>Friday - Sunday, May 4 - 6</td>
</tr>
<tr>
<td>9 am - 5:30 pm</td>
<td></td>
</tr>
<tr>
<td>719 Lifesaving Society Junior Lifeguard Club</td>
<td>Thursdays, April 19 - June 14</td>
</tr>
<tr>
<td>4:30 pm - 6 pm</td>
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Olds Aquatic Centre – Rates & Fees

<table>
<thead>
<tr>
<th>Age</th>
<th>Drop-In</th>
<th>10x Pass</th>
<th>20x Pass</th>
<th>Month</th>
<th>4-Month</th>
<th>Annual</th>
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<tbody>
<tr>
<td>0 - 2 Years</td>
<td>$1.00</td>
<td>$9.00</td>
<td>$18.00</td>
<td>$10.00</td>
<td>$30.00</td>
<td>$60.00</td>
</tr>
<tr>
<td>3 - 5 Years</td>
<td>$2.00</td>
<td>$18.00</td>
<td>$36.00</td>
<td>$20.00</td>
<td>$60.00</td>
<td>$120.00</td>
</tr>
<tr>
<td>6 - 12 Years or Disabled</td>
<td>$3.50</td>
<td>$31.50</td>
<td>$63.00</td>
<td>$35.00</td>
<td>$105.00</td>
<td>$210.00</td>
</tr>
<tr>
<td>13 - 17 Years or Seniors</td>
<td>$4.25</td>
<td>$38.00</td>
<td>$76.00</td>
<td>$42.50</td>
<td>$127.50</td>
<td>$255.00</td>
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<tr>
<td>Adult 18+ Years</td>
<td>$5.25</td>
<td>$47.00</td>
<td>$94.00</td>
<td>$52.50</td>
<td>$157.50</td>
<td>$315.00</td>
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<tr>
<td>Family</td>
<td>$12.00</td>
<td>$108.00</td>
<td>$216.00</td>
<td>$120.00</td>
<td>$360.00</td>
<td>$720.00</td>
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</table>
Olds Aquatic Centre – General Information

Public Swim: All ages welcome, children under the age of 9 must be accompanied by a responsible person (minimum 13 years old).

Private & Semi Private Lessons:
- $20.00 per person - 30 minute private lesson.
- $15.00 per person (up to 3 people) - 30 minute semi-private lesson.
Lessons are booked based on instructor and pool availability.

Tot Swim: Time for parents and small children to use the tot pool, hot tub and water slide. Children under 9 years must be accompanied by a responsible person (minimum 13 years old).

Toonie Tot Swim: Parents and tots
- Monday, Wednesday and Friday mornings
- Play with music and toys, and it only costs a Toonie!

Water Polo: Drop in and improve your water polo skills and have a scrimmage. A perfect opportunity for recreational swimmers to start playing water polo training or just play a friendly game and have a great workout.

Swim Fit: Improve your endurance, swimming skills and swim time. A perfect opportunity for recreational swimmers, those wanting to start Triathlon training, or just to get a great workout.

Supervised Play: Bring your tot with you to Water Polo and for $2.00 per child our staff will provide supervised play. Child requires swim gear to play in the tot pool.

Town of Olds
Boys and Girls Club of Olds (BGCO) has provided children and youth with a safe, supportive place to discover, develop and achieve their potential.

We are a non-profit, community-based organization with professional, trained staff led by a board of local volunteers offering programs in the Olds area.

Join the Club!

**DAYHOME PROGRAM FOR AGE 0 - 6 YEARS**

Provides an opportunity for Private providers to be part of a network for children and families in the community. The club will assist with placements and support through resources and professional development opportunities, payment options for families and further club access through memberships.

**RECREATIONAL PROGRAMS FOR CHILDREN 5 - 13 YEARS**

Leadership programs
Arts and culture opportunities
Healthy active living
Universal program opportunities

**PROGRAMS FOR TEENS 13-15 YEARS**

Opportunities for mixed and separate gender programming and activities
Work experience
Mentorship opportunities.
Volunteer and scholarships.
Leadership, skill development and self growth.

All programs run by registration.

Please contact us for further details at 403.556.2466 or email at boysgirlsolds@live.com
We’re Connected…
Learn what you want where you live.

Academic Programming beginning January 2012

Campus Alberta Central programming will begin September 2011 across the region. Courses are offered full-time, part-time, online, anytime. Choose a post-secondary career program or gain the prerequisites you need to further your education or make a career change.

Programs may be available in your community, if you are interested please call Shelley at
Campus Alberta Central: 403.507.7748
Email: slecuyer@oldscollege.ca

<table>
<thead>
<tr>
<th>Program</th>
<th>Locations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academic Upgrading 7 – 12</td>
<td>Rocky Mountain House</td>
</tr>
<tr>
<td>Academic Upgrading 7 – 12</td>
<td>Consort, Drumheller, Hanna, Three Hills, Cremona, Delburne, Spruce View, Sunchild</td>
</tr>
<tr>
<td>Air Brakes Endorsement</td>
<td>Drumheller</td>
</tr>
<tr>
<td>Control in the Refrigeration &amp; Air Conditioning Industry Training:</td>
<td>Drumheller, Lacombe</td>
</tr>
<tr>
<td>CFC / HCFC / HFC (Hydrochlorofluorocarbons)</td>
<td></td>
</tr>
<tr>
<td>Emergency Medical Responder (EMR)</td>
<td>Drumheller, Stettler, Rocky Mountain House</td>
</tr>
<tr>
<td>Health Care Aide</td>
<td>Bashaw, Coronation (online), Stettler, Rocky Mountain House</td>
</tr>
<tr>
<td>Heavy Equipment Operator</td>
<td>Blackfalds, Hanna</td>
</tr>
<tr>
<td>IELTS Preparation</td>
<td>Rocky Mountain House, Drumheller, Stettler,</td>
</tr>
<tr>
<td>(International English Language Testing System – required for</td>
<td>Olds, Innisfail, Three Hills</td>
</tr>
<tr>
<td>Canadian immigration or residence for workers)</td>
<td></td>
</tr>
<tr>
<td>Office Professional Program</td>
<td>Bashaw, Coronation, Drumheller, Hanna, Stettler</td>
</tr>
<tr>
<td>Pharmacy Assistant</td>
<td>Three Hills</td>
</tr>
<tr>
<td>Practical Nurse</td>
<td>(Pending)</td>
</tr>
<tr>
<td>TESOL – Teaching English to Speakers of Other Languages</td>
<td>Rocky Mountain House, Drumheller, Stettler,</td>
</tr>
<tr>
<td>University Transfer: PY1040 and 1050 – 2 Psychology Courses, winter</td>
<td>Olds/Sundre, Innisfail, Three Hills</td>
</tr>
<tr>
<td>semester</td>
<td></td>
</tr>
</tbody>
</table>

Looking for other courses? Let us know.
Jann Beeston, General Manager, Campus Alberta Central 1.877.537.9065
Email: jbeeston@oldscollege.ca
**CLC Sports & Recreation**

**Sunday Drop-In Sports**
(January - April)
- Badminton 12:30 - 2:30 pm
- Volleyball 2:30 - 4:30 pm
- Basketball 4:30 - 6:30 pm
@ Ralph Klein Centre Gym
Everyone 16 years or older
**WELCOME!**

**Semester Drop-In Sports Pass**
- Single Sport Semester Pass ……… $50.00
- Multi Sport Semester Pass ……… $75.00
- CLC Fitness Drop-In Fee ………… $10.00
- CLC Member & OC Students ……… FREE

---

**COMMUNITY FITNESS MEMBERSHIP**
- Annual Pass …………………… $510.00
- 6 Month Pass ………………… $300.00
- Monthly Pass ………………… $ 25.00
- Drop-in Pass ………………… $ 10.00

**STUDENT & STAFF RATES**
- Staff Annual Pass …………… $250.00
- CESD Student Annual Pass… $100.00
- Non-CESD Student
  - Annual Pass ………………… $250.00

**TRACK MEMBERSHIP ONLY**
- Annual Pass …………………… $125.00
- Daily Drop-in Pass…………… $ 5.00

**SENIOR RATES**
- Annual Pass …………………… $300.00
- Monthly Pass ………………… $ 42.00
- Drop-in Pass ………………… $ 5.00

**FITNESS CLASSES**
- Drop-in Pass ………………… $10.00
- OC Students …………………… $40.00
*All Staff / CLC Members ……… $50.00
- Non-Member
  - Community Adults …………… $60.00

*ALL Staff rates include employees from Olds College (OC), Chinooks Edge School Division (CESD), Chartwells, CACFSA, AEI and OACL.

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**Winter Registration Event**
Friday, December 16  6 - 8:30 pm
Saturday, December 17 10 am - 4 pm
@ Ralph Klein Centre

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**2012 Youth Programming**

**Steve Nash Youth Basketball**
Ages 6 – 14 years
- Saturdays
  - 9:00 – 11:30 am
  - $125/athlete

**Olds Minor Basketball**
Ages 8 – 14 years
- Saturdays
  - 12:00 – 3:00 pm
  - $100/athlete

**Jr. Broncos Badminton Club**
Ages 8 – 17 years
- Mondays
  - 5:30 – 8:30 pm
  - $125/athlete

**Jr. Broncos Lacrosse Academy**
Ages 8 – 13 years
- Tuesdays
  - 5:30 – 7:00 pm
  - $125/athlete

**VOLLEYBALL LEAGUE**
- Adult 18+
  - Jan. 26 – Apr. 12
  - Thursdays
  - 7 - 11 pm

**BALL HOOPER LEAGUE**
- Youth & Adult Divisions
  - Tuesdays
  - 5:30 - 9 pm

**FLAG FOOTBALL LEAGUE**
- Youth & Adult Divisions
  - April – June
  - Wednesdays
  - 5:30 - 9 pm

**BASKETBALL SPRING LEAGUE**
- Men 18+
  - April – June
  - One night/week
  - 7 - 11 pm

---

Full program details including costs, registration deadlines are available online at www.gobroncos.ca under the recreation tab.

Contact Stephen Anthony for all CLC Sports & Recreation Inquires (403) 507-7785
CLCRecreation@oldscollege.ca

Contact Brittany Ehmann for all CLC Fitness Inquires (403) 507-7787
CLCFitness@oldscollege.ca
CLC SPORTS & RECREATION

The CLC provides sports, recreation and fitness programming focused on providing youth, adults and seniors with healthy living lifestyle options. The CLC Sports & Recreation programming provides users competitive & recreational intramural leagues, drop-in options and sports clubs each semester based on the season and community needs.

INTRAMURAL SPORTS

What is Intramural Sports? Intramural Sports is an organized recreational sports league program. Participants have the opportunity to compose their own teams of friends, classmates, employees, etc. If you are unable to form a team enter as an individual and we will put you on a team of individuals. Maximum registration numbers are set so it is advisable that you register early. Some leagues and events fill up before the deadline.

Who can play?

• CLC Fitness Members
• Olds College Alumni and Employees
• Olds College Students (regardless of age)
• General Public (Any person who meets program age categories)

CLC Intramurals and drop-in sports programs are open to anyone interested, as described above. Each program will identify any specific participant requirements based on age, gender or CLC membership. Some programming is limited to youth or Olds College students due to limited availability.

Winter and Spring Intramural Sports Leagues

- Volleyball (Starts Jan 26, 2012)
- Basketball (Starts April 12, 2012)
- Flag Football (Starts April 18, 2012)
- Ball Hockey (Starts April 17, 2012)

Community Teams –
Any team comprised of adults 18 years or older ……………………………… $375.00 / Team

Member Teams –
Any team comprised of adults 18 years or older with a maximum of three non-members or OC Students …………………………… $300.00 / Team

OC Student Teams –
Any team comprised of adults 18 years or older with a maximum of three non-OC students …………………………… $225.00 / Team

Individual Registration Fees –
OC Students ……………………………… $30.00
*All Staff / CLC Members …………………… $40.00
All Community Adults …………………… $50.00

*ALL Staff rates include employees from Olds College (OC), Chinooks Edge School Division (CESD), Chartwells, CACFSA, AEI and OACL.

CLC FITNESS CENTRE

Each Semester CLC Fitness offers a diverse variety of classes broken down into 4 week blocks, with 8 classes per block. Each block offers early morning, midday, lunch and evening class options to fit with your busy lives. Class options include aerobics, core, strength and conditioning, as well as specialty clinics and courses & personal training.

Personal training is available for those members who are interested in getting one-on-one training to reach their personal fitness goals. Personal trainers will design an individual training plan specifically for you. These trainers also provide the support and motivation to ensure you are successful in reaching your goals.

Membership Benefits

Every CLC Fitness Centre Member not only receives discounts on all CLC programming but is on their way to leading healthier, happier lives.

The CLC Sports, Recreation and Fitness department, with its variety of options and its incredible facility and great staff, is determined to be the leaders in providing quality, affordable, community sports, recreation and fitness programming for all members in our community and surrounding county.

Contact Brittany Ehmann for all CLC Fitness Inquires
(403) 507-7787
CLCFitness@oldscollege.ca
# 2011 - 2012 Winter Roll Out Bin Collection Schedule

**November 2011 - April 2012**

<table>
<thead>
<tr>
<th>Date</th>
<th>Roll Out Bin Collection Schedule</th>
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**Roll Out Bins must be out for pickup by 7.00 am**

Schedule notes:
- **ALL bins must be out for pickup by 7.00 am on your pickup day.**
- **If you have ALLEY pickup, bins must be placed on EACH SIDE of the alley, depending on bin colour, as follows:**
  - **BLACK bins** must be placed on either the NORTH or EAST side of the alley only
  - **GREEN bins** must be placed on either the SOUTH or WEST side of the alley only
- **If pickup on your block is only on one side, pickup location is on that side only.**
- **From November to March, GREEN bins will be picked up EVERY FOURTH WEEK ONLY (approx. once a month) due to the small volume of compost produced in winter.**
- **ALL bins must be placed at least two feet apart from each other and from any obstacles.**

The Schedule is NOT disrupted by STAT HOLIDAYS unless indicated.

**Biodegradable Compost bags for use with your Kitchen Compost Pail.**
$15 per roll of 100 bags (price subject to change)
Available at Town Office.
Bins must be out for Pickup by 7.00 am

Area 1 = Monday

Area 2 = Tuesday
(includes both sides of 57 Ave)

Area 3 = Wednesday

Area 4 = Thursday
(includes both sides of 57 Ave)

Area 5 = Friday

Commercial Garbage collection is contracted to Waste Management (phone 403.556.6857) and is collected on a separate schedule.

Recycling Centres
- Co-op Food Store (5330 46 St)
- 49 Avenue (across from Crosstown Glass)

Olds EcoSite (Waste Transfer Station)
- on 70 Avenue (north of 46 St / Hwy 27W)
- owned by Mountain View Regional Waste Management
- PHONE 403.556.8120
- Hours (subject to change) Mondays 9.00 am to 2.30 pm, Tues to Sat 9.00 am to 4.30 pm

Questions about Garbage, Compost or Recycling?
Call Mountain View Regional Waste Management at 403.556.8120

For more information on garbage, composting and recycling, stop at Town Office or visit www.olds.ca
Thank you for your generous donations! We accept clean, gently used furniture, home décor, dishes, small appliances in working order, paperback novels, movies and music, collectibles, jewellery, linens and craft supplies.

5030 - 51 Street, Olds

Hours of Operation
Tuesday to Friday
Noon – 5:00 pm

403-556-3279

Are you looking for a volunteer opportunity? Nu2U might just be the place for you! Come in and talk to us soon!

Thank you for your generous donations! We accept clean, gently used furniture, home décor, dishes, small appliances in working order, paperback novels, movies and music, collectibles, jewellery, linens and craft supplies.

NU-2-U SUPPORTS COMMUNITY INITIATIVES

Town of Olds
SPECIAL EVENTS

Olds Kiwanis Performing Arts Society
March 2, 2012  Leona Boyd
April 28, 2012  Hippodrome
All performances at 7:30 pm at the TransCanada Performing Arts Centre. Tickets available in person at Mountain View Museum in Olds or online at www.oldskiwanis.org/concert.htm

Operation Clean Sweep
Formerly “Pitch-In Week”
April 23 - 30, 2012
Watch for details on how you can contribute to a clean, tidy community.

Seniors’ Week
Albertans from across the province will be celebrating seniors and their contributions to our communities on June 4 - 10, 2012.
Seniors make a difference in our communities every day. From supporting family members and friends to assisting charities and volunteering, seniors are deeply involved in our communities and their contributions benefit Albertans of all ages.
Join us on June 6 for the Mayor’s Tea at the Lodge or information on Seniors’ Benefits hosted by Corina Cole from Alberta Seniors & Community Supports on June 5. Call Katharine at 403-556-6981 for further details.

Volunteer Appreciation Night
Friday April 20
Stay tuned for further details.

Canada Day
Mark your calendar for the 2012 Canada Day event Sunday, July 1.
Activities, games, prizes and entertainment FREE for all – Centennial Park in the afternoon with fireworks in the evening – Watch for details!!

Olds Chamber of Commerce Educational Workshop & Speaker Series
Winter 2012 Sessions
January 17 - How to Hire
February 23 - High Impact Orientation (Starting with the End in Mind)
February 28 - Professionalism
March 6 - Productivity
March 22 - Self-Esteem

Spring 2012 Sessions:
April 5 - Personal Authenticity
April 17 - Assertiveness
May 3 - Free to Say No
May 17 - The Power of Forgiveness
May 31 - Confronting Change

The Olds Chamber hosts monthly luncheons (generally on the second Wednesday of each month), breakfasts & after hours networking events. There are no monthly meetings in July, August or December. Contact the Olds Chamber Office at 403-556-7070 for dates and times of monthly meetings.

Rick Hansen 25th Anniversary Relay
Rick Hansen 25th Anniversary Relay is coming through Olds February 29, 2012. A relay will run from the High School starting at 5:00 pm through the Uptowne and finish at the Cow Palace around 5:30 pm with an end of the day celebration to follow. Food and beverages will be supplied along with local entertainment. Stay tuned to the Town of Olds website for further details.
Thank you to the following organizations for their contribution to the Winter 2012 Community Program Guide:

The next Community Program Guide will be published in August for the September – December season.

If you wish to include your not-for-profit organization or business in our next issue, contact the Town of Olds at 403-556-6981.

A Community Leading by Example