



Grande Cache Recreation Centre

# SUMMER 2021 FITNESS PROGRAMS

## METAL HIKERS

**AGES:** 16+

**WHEN:** Monday's, June 28- September 27, 2021  
(No hikes August 23 & 30, 2021)

**WHERE:** Meeting location will be given out in WhatsApp's every Monday morning!!! (some hikes require you to drive to the location).

**TIME:** We will leave the designated hike start spot at 5:30 pm sharp!  
Hiking times will vary (from 1 hour up)

**COST:** \$80 (Passport to the Peaks book cost is extra)

Look at the mountains surrounding our town... Have ever wanted to climb one? Each Monday we will hike around town in different locations to help train, then over the summer we will climb 3 (YES you read right...) 3 different mountains. The Peaks that we will summit will be in the 'bronze' level in the Passport to the Peaks series.

The Passport to the Peaks program celebrates the beauty of our area by identifying the ring of mountains that surround the town. Each mountain is rated as either Bronze, Silver or Gold depending upon the level of difficulty. Bronze Mountains are typically daytrips with simple wayfinding. Silver Mountains involve either multi-day adventures, more advanced route finding or require a significant river crossing. Gold Mountains are much more remote, undeveloped and challenging. On each summit is a Cairn Box with an embossing Summit Stamp mounted inside, particular to that mountain. This stamp will serve testimony to your having achieved the summit.

It will also serve also as a souvenir to remind you of your triumph and the vista at which you marveled. Mountain Hikes will be on a Friday, Saturday or Sunday. Dates will be announced later. These will be all day hikes!"

You can purchase the Passport to the Peaks book at the Grande Cache Tourism and Interpretive Centre. All hiking levels are welcome... no one is left behind.

## TAILS & TRAILS

**AGES:** 16+

**WHEN:** Wednesdays, July 7, 14, 21 7 28 August 4 & 11

**TIME:** 10:30 am start at the recreation centre parking lot. Hikes average 1 hour

**COST:** Free

Grab your furry friend and come explore the trails. Dogs must be social with other dogs and people. There will be some off leash opportunities. Participants must check in at the front desk of the recreation centre.

## ENERGY REFRESHER

**AGES:** 16+

**WHEN:** Thursdays, July 1, 8, 15, 22 & 29, August 5 & 12

**TIME:** 5:30 pm hike starts (average 1.5 hours)

**COST:** Free

Meet at the bottom of the correctional centre hill and we will explore some of the trails from there. Bring proper footwear, water and a snack if you wish. We hike in the rain, snow, shine and wind! Contact 780-827-2446 for more information about this fresh air activity.

## AQUA FIT

**AGES:** 16+

**WHEN:** Mondays, Wednesdays & Fridays

**SESSION 1:** July 5, 7, 9, 12, 14, 16, 19, 21 & 23

**SESSION 2:** July 26, 28 & 30, August 4, 6, 9, 11 & 13

**TIME:** 9:00 - 10:00 am

**COST:** Facility rates apply

This class is back! Come join us in the pool for laughs, exercises and stretching. We use both pools for this class.

## HYDROPOWER

**AGES:** 16+

**WHEN:** Mondays & Wednesdays

**TIME:** 7:00 - 8:00 pm

**SESSION 1:** July 5, 7, 12, 14, 19 & 21

\$48 Members \$60 Non-Members

**SESSION 2:** July 26 & 28 August 4, 9 & 11

\$40 Members \$50 Non-Members

**COST:** Rates under session dates or drop-in rates  
\$10 Members \$12 Non-members

An energetic class full of various drills that will get your heart pumping. Water exercises are given to energize the whole body.

## JULY 18 HAMEL HIKE

**AGES:** 16+

**WHEN:** Sunday, July 18

**TIME:** Meet at 8:00 am at the Recreation Centre parking lot (you must provide your own transportation)

**COST:** Metal Hikers FREE. Non-Metal Hikers \$10

**MUST:** Preregister before 5:00 pm, July 16

Join the Metal Hikers for this hike up Hamel Mountain. Grab a backpack with your lunch, water, sunscreen, sunglasses, bear repellent, toque and a coat for this great 6-7 hour day. We go rain, snow or shine.

## BIKING 101

**AGES:** 16+

**WHEN:** Tuesdays, July 6, 13, 20 & 27 August 3 & 10

**TIME:** Meet at 7:00 pm at the Recreation Centre parking lot

**COST:** Free

Grease the chain and blow the dust off your bicycle... this is a reintroduction to bike riding. We will start easy and graduate to a trail before summer ends. There will be a various terrain to conquer in this class. Helmets are mandatory and your bicycle must be in working condition. We will be going out in all weather conditions so please

dress appropriately. Come for the fun! Participants must check in at the front desk of the recreation centre.

There is the Grande Cache Cycling Club if you are looking for more cycling information.

## STRETCH IN MOTION

(VIRTUAL CLASS is available)

**AGES:** 16+

**WHEN:** Thursdays, July 8, 15, 22 & 29 August 5 & 12

**TIME:** 1:00 - 2:00 pm

**COST:** Facility rates apply. No cost to Virtual participants.

A whole body stretch and movement class. A local instructor helps to guide you through this interactive program. Come can laugh, converse and move with your friends all in the safety of the fitness programs room.

If you prefer a virtual class, we can make arrangements to support this. An e-mail address is required and you must have a device that will support Microsoft Teams meeting. We ask that you have a chair nearby and adequate space to move around. Please have props such as a tennis ball (or similar), a towel and /or yoga strap on hand for each class.

Each week you will receive an e-mail inviting you to join the Thursday class from 1:00 - 2:00 pm.

## GOLF AT LUNCH

**AGES:** 16+

**WHEN:** Tuesdays at noon (12:00 pm)

**SESSION 1:** July 6, 13 & 20

\$24 Members & \$30 Non-Members

Preregister before 5:00 pm Monday, July 5

**SESSION 2:** July 27, August 3 & 10

\$24 Members & \$30 Non-Members

Preregister before 5:00 pm Monday, July 26

Come hit a bucket of balls over the lunch hour at the Grande Cache Golf & Country Club. Bring your clubs and come learn/share a few tips. If you would like to order lunch at the Clubhouse, please call 780-827-5151 BEFORE 11:30 am that day (the cost for lunch is NOT included in the registration for this program). Cost for large bucket of balls is included in registration.

### WAYS TO REGISTER:

1. ONLINE:  
<https://app.booking.ca/grandecacherecencentrepub/index.asp>
2. BY PHONE: 780-827-2446

### FOR MORE INFORMATION:

**Phone:** 780-827-2446

**Facebook:** Grande Cache Recreation Centre

**Website:** [www.grandecache.ca](http://www.grandecache.ca)

NOTE: All programs subject to change