

# Grande Cache Recreation Centre

## SUMMER 2022 FITNESS PROGRAMS



# JULY 2022

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 Happy Canada Day!	2
3	4	5	6	7	8	9
10	11	12	13 <input type="checkbox"/> Parent/Infant Pool Aqua Fit (6 months - 3 years) 10:00 - 10:30 am  <input type="checkbox"/> Grande Grind Meet @ 5:00 pm @ GC Cemetery (approx. 1 hr)	14 <input type="checkbox"/> Aqua Fitness and/or Lane Swim(16+) 9:00 - 10:00 am	15 <input type="checkbox"/> Trail Explorers Meet @ 9:00 am Recreation Centre Parking Lot (1-4 hr hike)	16
17	18	19 <input type="checkbox"/> Aqua Fitness and/or Lane Swim(16+) 9:00 - 10:00 am  <input type="checkbox"/> Outdoor Gym Time (16+) 1:30 - 2:30 pm	20 <input type="checkbox"/> Lane Swim(16+) 9:00 - 10:00 am  <input type="checkbox"/> Parent/Infant Pool Aqua Fit (6 months - 3 years) 10:00 - 10:30 am  <input type="checkbox"/> Grande Grind Meet @ 5:00 pm @ GC Cemetery (approx. 1 hr)	21 <input type="checkbox"/> Aqua Fitness and/or Lane Swim(16+) 9:00 - 10:00 am	22 <input type="checkbox"/> Trail Explorers Meet @ 9:00 am Recreation Centre Parking Lot (1-4 hr hike)	23
24	25	26 <input type="checkbox"/> Aqua Fitness and/or Lane Swim(16+) 9:00 - 10:00 am  <input type="checkbox"/> Outdoor Gym Time (16+) 1:30 - 2:30 pm	27 <input type="checkbox"/> Lane Swim(16+) 9:00 - 10:00 am  <input type="checkbox"/> Parent/Infant Pool Aqua Fit (6 months - 3 years) 10:00 - 10:30 am  <input type="checkbox"/> Grande Grind Meet @ 5:00 pm @ GC Cemetery (approx. 1 hr)	28 <input type="checkbox"/> Aqua Fitness and/or Lane Swim(16+) 9:00 - 10:00 am	29 <input type="checkbox"/> Trail Explorers Meet @ 9:00 am Recreation Centre Parking Lot (1-4 hr hike)	30 Canadian Death Race 2022
31 Canadian Death Race 2022						



# Grande Cache Recreation Centre

## SUMMER 2022 FITNESS PROGRAMS



# AUGUST 2022

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
		<input type="checkbox"/> Aqua Fitness and/or Lane Swim(16+) 9:00 - 10:00 am  <input type="checkbox"/> Outdoor Gym Time (16+) 1:30 - 2:30 pm	<input type="checkbox"/> Lane Swim(16+) 9:00 - 10:00 am  <input type="checkbox"/> Grande Grind Meet @ 5:00 pm @ GC Cemetery (approx. 1 hr)	<input type="checkbox"/> Aqua Fitness and/or Lane Swim(16+) 9:00 - 10:00 am	<input type="checkbox"/> Trail Explorers Meet @ 9:00 am Recreation Centre Parking Lot (1-4 hr hike)	
7	8	9	10	11	12	13
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14	15	16	17	18	19	20
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21	22	23	24	25	26	27
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28	29	30	31			



# SUMMER 2022 FITNESS PROGRAMS

Summer 2022 has amazing fitness options waiting for you! Hope to see you at least at one of the programs from the below list. All activities are for ages 16 and over unless stated otherwise.

## PICKLEBALL

There are courts set up for you to experience Pickleball at the Recreation Centre. Book your court time through a Customer Service Representative, 780-827-2446. Paddles and balls are provided from the Recreation Centre. Bring clean shoes and water. Facility rates apply. This is a game for all ages.

## GRANDE GRIND

Starting July 13th we will meet at the cemetery on Wednesdays at 5 pm to hike up the front of Grande Mountain, to pole 15 at least. Hikes average about an hour at no cost. Proper hiking footwear is required. There are a few challenging areas on this adventure, such as steep hills and loose rock.

## OUTDOOR GYM TIME

The Outdoor Gym, located in Central Park, has a variety of equipment to challenge you. Join us Tuesdays, July 19 & 26, and August 2, 9 & 16, 1:30 – 2:30 pm, an instructor will be available to answer questions and provide guidance for proper gym use. There is no cost for individuals using the outdoor gym.

## AQUA FITNESS & LANE SWIM

The pool is ready for you to jump back in! Starting July 14, an instructor will be available to guide you through a water workout on Tuesdays & Thursdays from 9:00 - 10:00 am.

Wednesday's from 9:00 - 10:00 am will be Lane Swim and printed workouts are available.

Facility rates apply. Please check website, Facebook or stop by the Recreation Centre for the summer 2022 aquatic schedule.

## TRAIL EXPLORERS

The amazing trails system developed around Grande Cache is waiting for you. Each Friday starting July 15 at 9:00 A.M. we will experience a different route always starting at the Recreation Centre parking lot for 1 – 4 hours. We will hike in all types of weather so proper attire is required. Parents (or guardians over 18), need to participate with children that are under 16 years of age. There are seven hikes; July 15, 22 & 29 August 5, 12, 19 & 26. The hiking schedule will be given when you register. Cost for this summer activity is \$40 for individuals or \$60 for families.

## PARENT/INFANT POOL AQUA FIT

DATE: Wednesdays July 13, 20 & 27  
AGES: 6 months – 3 years  
TIME: 9:00 - 10:00 am  
COST: Facility Rates Apply  
MAX: 10 infants

This instructor led aquatic fitness class is for parents and their infants! A half hour of aqua fit with our fitness coordinator and the last half hour of free time with the Programmers. A wonderful way to get your body moving and socialize with others.

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The Fitness Coordinator is in the Fitness Centre Monday-Friday (times vary) and is willing to help with ideas on water/land/spin/stretching exercises

Please contact 780-827-2446 ext. 2119 for more information.

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REMINDER...you still have the rest of the year to complete the 2022 challenges of 'SWIMMING 122 km in 2022' or '122 FITNESS SESSIONS'. For more details ask a Customer Service Representative or email kelly.neufeld@mdgreenview.ab.ca.

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## FOR MORE INFORMATION:

Phone: 780-827-2446  
Facebook: Grande Cache Recreation Centre  
Website: [www.mdgreenview.ab.ca](http://www.mdgreenview.ab.ca)

## WAYS TO REGISTER:

1. **Online:**  
<https://app.booking.ca/grandecachereccentrepub/index.asp>
2. **By Phone:** 780-827-2446
3. **In Person** at Grande Cache Recreation Centre

NOTE: All programs subject to change.