

JUMP INTO SUMMER

July & August 2024

PROGRAMS CALENDAR

For Ages 0 - 17

WHAT IS THE SUMMER YOUTH PROGRAMS CALENDAR?

This summer programs calendar was created by community organizations within Grande Cache to provide families an overview of all of the amazing youth program for ages 0-17 being offered in July & August 2024.

Please pre-register in advance for the programs.

REGISTER FOR PROGRAMS WITH EACH INDIVIDUAL ORGANIZATION:

Each of the organizations are color coded throughout the calendar.

Please register with each individual organization for their program(s). Contact & registration information is provided below:

► **BEST Summer Programs**

By email lisabeck@gypsd.ca or by calling 780.501.9419

► **Grande Cache Municipal Library**

Call 780-827-2081 or message us on Facebook:
<https://www.facebook.com/gcmunicipallibrary>

► **Grande Cache Recreation Centre**

Call 780.827.2446 or register online at:
<https://app.booking.ca/grandecachereccentrepub/index.asp>

► **Grande Cache Tourism & Interpretive Centre**

Call 780.827.3300 to register

► **Green View FCSS**

Call 780.827.4336 to register

► **Youth Connections**

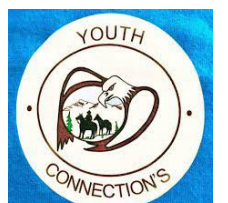
Call 780.827.2002 or through Facebook:
<https://www.facebook.com/mmna.youth>


► **Greenview Outdoor Recreation**

Call 780.827.2446 or register online at:
<https://app.booking.ca/grandecachereccentrepub/index.asp>

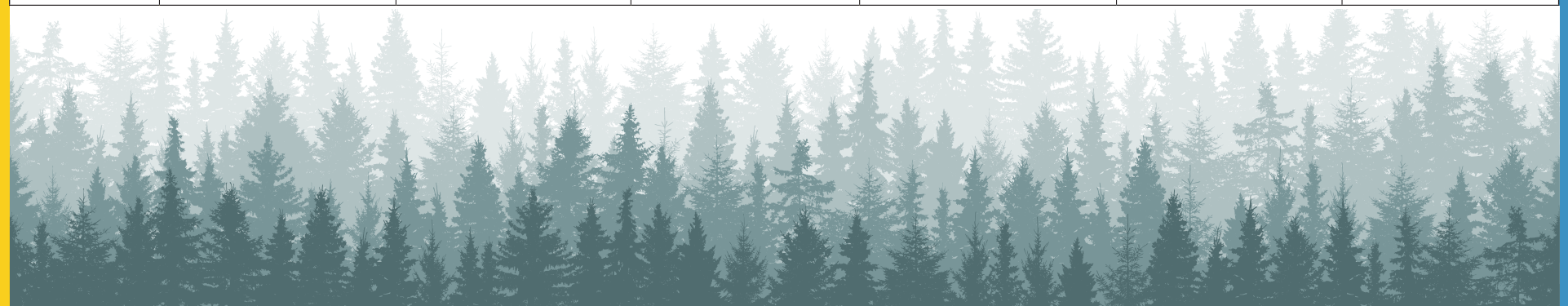
► **Wellness Navigator - Grande Yellowhead Public School Division**

Call 780.827.1343 to register or trysatki@gypsd.ca



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Happy Canada Day!	Drop in any time! (ages 6 & up) Drop-In Lego @ GC Library 9:30 am -12:00 pm (ages 5 - 12) Trail Hiking Titans @ GC Rec Centre 10:30 am - 11:30 am (ages 0 - 2) Stay & Play @GC Library 1:00 pm - 3:30 pm (ages 5-12) Programs Summer Bucket List @ GC Recreation Centre 1:00 pm - 3:30 pm (for families/all ages) Summer Reading Tents @ Central Park (BEST Program & Library) 1:30 - 3:00 pm (ages10 & up) Babysitting Course @ GC Rec Centre	9:30 am - 12:00 pm (ages 5 - 12) Summer Sports Camp @ GC Recreation Centre 10:00 am - 10:45 am (ages 2-5, parented drop-in) Sprouts @ Tourism Centre 1:00 pm - 3:30 pm (ages 5 - 12) Art- Rageous @ GC Recreation Centre 1:00 pm - 3:00 pm (ages 7 - 10) Spark of Nature @ Sheldon Coates playground 1:00 pm - 3:00 pm (ages 3 - K) Tots & Trees @Tourism Centre 1:00 pm - 3:00 pm (ages 15 -17) Wellness Wednesday - Fitness Centre @ GC Rec Centre 1:30 - 3:00 pm (ages10 & up) Babysitting Course @ GC Rec Centre	9:30 am - 12:00 pm (ages 13 - 17) Disc Golf @GC High School Disc Golf field 10:30 am - 12:30 pm (all ages welcome) Park-Tastic Fun @ Lions Park (phase 1) 10:30 am - 11:30 am (ages 1 - 5) Sensory Time @ GC Library 1:00 pm - 3:00 pm (ages 13 - 17) Driving Range Afternoons @GC Golf & Country Club 1:00 pm - 3:00 pm (ages 11 - 14) Fallen Mountain Soap Workshop @ GC Tourism Centre 1:30 - 3:00 pm (ages10 & up) Babysitting Course @ GC Rec Centre 2:00 - 4:00 pm (ages 5 -17) Roller Rink! @ GC Rec Centre	12:30 pm - 2:30 pm (ages 7 - 10) TGIF Summer Fun @ Youth Connections 1:30 - 3:00 pm (ages10 & up) Babysitting Course @ GC Rec Centre 2:30 pm - 4:30 pm FREE Sponsored Family Swim (Sponsored by BEST)	12:30 pm (all ages welcome) Saturday Matinee @ GC Library
7	8	9	10	11	12	13
	9:00 am - 11:00 am (ages 8 - 13) Art Trek Days @ Butterfly Park 9:00 am - 11:00 am (all ages with parents) Family Interpretive Hike 9:30 am -2:30 pm (ages 13 - 17) Agony of De Feet @ GC Rec Centre 11:00 am (ages 2-12) Summer Reading Club @ GC Library 12:00 pm - 2:00 pm (ages 10 - 17) Youth Cooking Club @ Youth Connections	Drop in any time! (ages 6 & up) Drop-In Lego @ GC Library 9:00 am - 3:00 pm (Grades 4 - 6) Sr. Explorers @Tourism Centre 9:30 am -12:00 pm (ages 5 - 12) Trail Hiking Titans @ GC Rec Centre 10:30 am - 11:30 am (ages 0 - 2) Stay & Play @ GC Library 1:00 pm - 3:30 pm (ages 5-12) Programs Summer Bucket List @ GC Recreation Centre 1:00 pm - 3:30 pm (for families/all ages) Summer Reading Tents @ TBA 1:30 pm - 2:30 pm (ages 8 & up) Home Alone @ GC Rec Centre	9:30 am - 12:00 pm (ages 5 - 12) Summer Sports Camp @ GC Recreation Centre *10:00 am - 12:00 pm (ages 7 - 10) Spark of Nature @ Sheldon Coates playground 1:00 pm - 3:30 pm (ages 5 - 12) Art- Rageous @ GC Recreation Centre 1:00 pm - 3:00 pm (ages 15 -17) Wellness Wednesday - Fitness Centre @ GC Rec Centre 1:30 pm - 2:30 pm (ages 8 & up) Home Alone @ GC Rec Centre	9:30 am - 12:00 pm (ages 13 - 17) Disc Golf @GC High School Disc Golf field 10:30 am - 12:30 pm (all ages welcome) Park-Tastic Fun @ Mt.Hammell Park (Butterfly Park) 10:30 am - 11:30 am (ages 1 - 5) Sensory Time @ GC Library 1:00 pm - 3:00 pm (ages 13 - 17) Driving Range Afternoons @GC Golf & Country Club 9:00 am - 3:00 pm (ages K -Grade 3) Jr. Adventurers @ Tourism Centre 1:30 pm - 2:30 pm (ages 8 & up) Home Alone @ GC Rec Centre 2:00 - 4:00 pm (ages 5 -17) Roller Rink! @ GC Rec Centre	10:00 am - 2:30 pm (ages 8 - 12) Phoenix Program @ GC Recreation Centre	12:30 pm (all ages welcome) Saturday Matinee @ GC Library
14	15	16	17	18	19	20
	9:00 am - 11:00 am (ages 8 - 13) Art Trek Days @ Sheldon Coates 9:00 am - 11:00 am (all ages with parents) Family Interpretive Hike (MUST pre-register) 9:30 am -2:30 pm (ages 13 - 17) Agony of De Feet @ GC Rec Centre 11:00 am (ages 2-12) Summer Reading Club @ GC Library 12:00 pm - 2:00 pm (ages 10 - 17) Youth Cooking Club @ Youth Connections 5:00 pm - 7:00 pm All welcome Ratepayers BBQ @ GC Public Service Building (Fire Hall)	Drop in any time! (ages 6 & up) Drop-In Lego @ GC Library 9:30 am -12:00 pm (ages 5 - 12) Trail Hiking Titans @ GC Rec Centre 10:30 am - 11:30 am (ages 0 - 2) Stay & Play @ GC Library 1:00 pm - 3:30 pm (ages 5-12) Programs Summer Bucket List @ GC Recreation Centre 1:00 pm - 3:30 pm (for families/all ages) Summer Reading Tents @ Central Library	9:30 am - 12:00 pm (ages 5 - 12) Summer Sports Camp @ GC Recreation Centre 10:00 am - 10:45 am (ages 2-5, parented drop-in) Sprouts @ Tourism Centre 1:00 pm - 3:30 pm (ages 5 - 12) Art- Rageous @ GC Recreation Centre 1:00 pm - 3:00 pm (ages 7 - 10) Spark of Nature @ Sheldon Coates playground 1:00 pm - 3:00 pm (ages 3 - K) Tots & Trees (MUST pre-register) @Tourism Centre 1:00 pm - 3:00 pm (ages 15 -17) Wellness Wednesday - Fitness Centre @ GC Rec Centre	10:30 am - 12:30 pm (all ages welcome) Park-Tastic Fun @ Mt. Stern Park (aka Pizza Park, Phase 3) 10:30 am - 11:30 am (ages 1 - 5) Sensory Time @ GC Library 2:00 - pm - 4:00 pm (ages 5 -17) Roller Rink! @ GC Rec Centre	12:30 pm - 2:30 pm (ages 7 - 10) TGIF Summer Fun @ Youth Connections 2:30 pm - 4:30 pm FREE Sponsored Family Swim (Sponsored by BEST) 6:00 pm - 9:00 am (ages Grades 3-6*) Night at the Museum @Tourism Centre	Pick up at 9:00 am (ages Grades 3-6*) Night at the Museum @Tourism Centre
21	22	23	24	25	26	27
	9:00 am - 11:00 am (ages 8 - 13) Art Trek Days @ GC Tourism Centre 9:30 am -2:30 pm (ages 13 - 17) Agony of De Feet @ GC Rec Centre 11:00 am (ages 2-12) Summer Reading Club @ GC Library 2:30 pm - 4:00 pm (ages 11 - 14) Mother & Daughter Circle @ GCTourism Centre 12:00 pm - 2:00 pm (ages 10 - 17) Youth Cooking Club @ Youth Connections	Drop in any time! (ages 6 & up) Drop-In Lego @ GC Library 9:30 am -12:00 pm (ages 5 - 12) Trail Hiking Titans @ GC Rec Centre 10:30 am - 11:30 am (ages 0 - 2) Stay & Play @ GC Library 1:00 pm - 3:00 pm (ages 8 & up) Kawaii Sewing Camp @ GC Library 1:00 pm - 3:30 pm (ages 5-12) Programs Summer Bucket List @ GC Recreation Centre 1:00 pm - 3:30 pm (for families/all ages) Summer Reading Tents @ Central Library 1:00 pm - 3:00 pm (ages 12 -16) Youth Acrylic Painting (Session #1) @ Tourism Centre 2:30 pm - 4:00 pm (ages 11 - 14) Mother & Daughter Circle @ GCTourism Centre	9:30 am - 12:00 pm (ages 5 - 12) Summer Sports Camp @ GC Recreation Centre 1:00 am - 1:30 pm (ages 5 - 12) Art- Rageous @ GC Recreation Centre 1:00 pm - 3:00 pm (ages 8 & up) Kawaii Sewing Camp @ GC Library 1:00 pm - 3:00 pm (ages 7 - 10) Spark of Nature @ Sheldon Coates playground 1:00 pm - 3:00 pm (ages 12 -16) Youth Acrylic Painting (Session #2) @ Tourism Centre 1:00 pm - 3:00 pm (ages 15 -17) Wellness Wednesday - Fitness Centre @ GC Rec Centre 2:30 pm - 4:00 pm (ages 11 - 14) Mother & Daughter Circle @ GCTourism Centre	9:00 am - 3:00 pm (ages K -Grade 3) Jr. Adventurers @ Tourism Centre 10:30 am - 12:30 pm (all ages welcome) Park-Tastic Fun @ Sheldon Coates School playground 10:30 am - 11:30 am (ages 1 - 5) Sensory Time @ GC Library 1:00 pm - 3:00 pm (ages 8 & up) Kawaii Sewing Camp @ GC Library 2:30 pm - 4:00 pm (ages 11 - 14) Mother & Daughter Circle @ GCTourism Centre 2:00 - 4:00 pm (ages 5 -17) Roller Rink! @ GC Rec Centre	2:30 pm - 4:00 pm (ages 11 - 14) Mother & Daughter Circle @ GCTourism Centre	12:30 pm (all ages welcome) Saturday Matinee @ GC Library
28	29	30	31			
	9:00 am - 11:00 am (all ages with parents) Family Interpretive Hike 9:30 am -2:30 pm (ages 13 - 17) Agony of De Feet @ GC Rec Centre 11:00 am (ages 2-12) Summer Reading Club @ The Library 12:00 pm - 2:00 pm (ages 10 - 17) Youth Cooking Club @ Youth Connections	Drop in any time! (ages 6 & up) Drop-In Lego @ GC Library 9:30 am -12:00 pm (ages 5 - 12) Trail Hiking Titans @ GC Rec Centre 10:30 am - 11:30 am (ages 0 - 2) Stay & Play @ GC Library 1:00 - 3:30 pm (ages 5-12) Programs Summer Bucket List @ GC Recreation Centre	9:30 am - 12:00 pm (ages 5 - 12) Summer Sports Camp @ GC Recreation Centre 10:00 am - 10:45 am (ages 2-5, parented drop-in) @ Tourism Centre 1:00 pm - 3:00 pm (ages 3 - K) Tots & Trees @Tourism Centre 1:00 am - 1:30 pm (ages 5 - 12) Art- Rageous @ GC Recreation Centre 1:00 pm - 3:00 pm (ages 15 -17) Wellness Wednesday - Fitness Centre @ GC Rec Centre			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				9:30 am - 12:00 pm (ages 13 - 17) Disc Golf @GC High School Disc Golf field 10:30 am - 12:30 pm (all ages welcome) Park-Tastic Fun @ Phase 5 off of Stern Cres at big hill 10:30 am - 11:30 am (ages 1 - 5) Sensory Time @ GC Library 1:00 pm - 3:00 pm (ages 13 - 17) Driving Range Afternoons @GC Golf & Country Club 2:00 - 4:00 pm (ages 5 -17) Roller Rink! @ GC Rec Centre		12:30 pm (all ages welcome) Saturday Matinee @ GC Library
4	5	6	7	8	9	10
	9:00 am - 11:00 am (all ages accompanied by adult) Family Interpretive Hike (MUST pre-register) Civic Holiday	Drop in any time! (ages 6 & up) Drop-In Lego @ GC Library 9:30 am -12:00 pm (ages 5 - 12) Trail Hiking Titans @ GC Rec Centre 10:30 am - 11:30 am (ages 0 - 5) Stay & Play @ GC Library 1:00 - 3:30 pm (ages 5-12) Programs Summer Bucket List @ GC Recreation Centre 1:00 pm - 3:30 pm (for families/all ages) Summer Reading Tents @ GC Lake	9:30 am - 12:00 pm (ages 5 - 12) Summer Sports Camp @ GC Recreation Centre 1:00 pm - 3:30 pm (ages 5 - 12) Art-Rageous @ GC Recreation Centre 1:00 pm - 3:00 pm (ages 15 -17) Wellness Wednesday - Fitness Centre @ GC Rec Centre 6:00 pm - 9:00 am (Grades 3 - 6*) Night at the Museum @Tourism Centre	Pick up at 9:00 am (Grades 3 - 6*) Night at the Museum @Tourism Centre 9:30 am - 12:00 pm (ages 13 - 17) Disc Golf @GC High School Disc Golf field 10:30 am - 12:30 pm (all ages welcome) Park-Tastic Fun @ Grassy Hill Park, Phase 6 10:30 am - 11:30 am (ages 1 - 5) Sensory Time @ GC Library 1:00 pm - 3:00 pm (ages 13 - 17) Driving Range Afternoons @GC Golf & Country Club 2:00 - 4:00 pm (ages 5 -17) Roller Rink! @ GC Rec Centre		
11	12	13	14	15	16	17
	9:00 am - 11:00 am (ages 8 - 13) Art Trek Days @ Lions Park 9:30 am -2:30 pm (ages 6 - 17) Agony of De Feet @ GC Rec Centre 11:00 am (ages 2-12) Summer Reading Club @ GC Library	Drop in any time! (ages 6 & up) Drop-In Lego @ GC Library 9:00 am - 3:00 pm (ages 6 - 17) Board Games @Grande Cache Library 9:30 am - 4:00 pm (ages 9-12) Nature Alive Adventures Outdoor Survival Camp @ GC Lake 10:30 am - 11:30 am (ages 0 - 5) Stay & Play @ GC Library 1:00 pm - 3:30 pm (for families/all ages) Summer Reading Tents @ Butterfly Park	9:00 am - 1:00 pm (ages 12 - 18) Community Helpers Workshop @ GC Rec Centre 9:00 am - 3:00 pm (ages 8 - 17) Sports Morning @GC High School field 9:30 am - 4:00 pm (ages 9-12) Nature Alive Adventures Outdoor Survival Camp @ GC Lake 1:00 pm - 3:00 pm (ages 15 -17) Wellness Wednesday - Fitness Centre @ GC Rec Centre 6:00 pm - 9:00 pm (Ladies only ages 18+) Nature Alive Adventures Outdoor Survival Camp @ GC Lake	9:00 am - 3:00 pm (Grades K - 3) Jr. Adventurers @ Tourism Centre 9:30 am - 12:00 pm (ages 13 - 17) Disc Golf @GC High School Disc Golf field 9:30 am - 4:00 pm (ages 9-12) Nature Alive Adventures Outdoor Survival Camp @ GC Lake 10:30 am - 11:30 am (ages 1 - 5) Sensory Time @ GC Library 1:00 pm - 3:00 pm (ages 13 - 17) Driving Range Afternoons @GC Golf & Country Club	12:30 pm - 2:30 pm (ages 10 -17) TGIF Summer Fun @ Youth Connections 2:30 pm - 4:30 pm FREE Sponsored Family Swim (Sponsored by BEST)	
18	19	20	21	22	23	24
	*8:00 am -2:30 pm (ages 13 - 17) Agony of De Feet Meet @ GC Rec Centre at 8:00 am *Climbing a Mountain 9:00 am - 11:00 am (all ages accompanied by adult) Family Interpretive Hike (MUST pre-register) 9:30 am - 12:00 pm (ages 13 - 17) Disc Golf @GC High School field 11:00 am (ages 2-12) Summer Reading Club @ GC Library 1:00 pm - 3:00 pm (ages 13 - 17) Driving Range Afternoons @GC Golf & Country Club	Drop in any time! (ages 6 & up) Drop-In Lego @ GC Library 9:00 am - 3:00 pm (Grades 4 -6) Sr. Explorers @Tourism Centre 9:30 am -12:00 pm (ages 5 - 12) Trail Hiking Titans @ GC Rec Centre 10:30 am - 11:30 am (ages 0 - 5) Stay & Play @ GC Library 1:00 - 3:30 pm (ages 5-12) Programs Summer Bucket List @ GC Recreation Centre	9:30 am - 12:00 pm (ages 5 - 12) Summer Sports Camp @ GC Recreation Centre 10:00 am - 10:45 am (ages 2-5, parented drop-in) Sprouts @ Tourism Centre 1:00 pm - 3:00 pm (ages 3 - K) Tots & Trees @Tourism Centre 1:00 pm - 3:30 pm (ages 5 - 12) Art-Rageous @ GC Recreation Centre 1:00 pm - 3:00 pm (ages 15 -17) Wellness Wednesday - Fitness Centre @ GC Rec Centre	9:30 am - 12:00 pm (ages 13 - 17) Disc Golf @GC High School Disc Golf field 10:30 am - 12:30 pm (all ages welcome) Park-Tastic Fun @ Spray Park (in Central Park) 10:30 am - 11:30 am (ages 1 - 5) Sensory Time @ GC Library 1:00 pm - 3:00 pm (ages 13 - 17) Driving Range Afternoons @GC Golf & Country Club 1:00 pm - 3:30 pm (ages 12 -16) Youth Acrylic Painting (Session #2) @ Tourism Centre 2:00 - 4:00 pm (ages 5 -17) Roller Rink! @ GC Rec Centre	1:00 pm - 3:30 pm (ages 12 -16) Youth Acrylic Painting (Session #2) @ Tourism Centre	
25	26	27	28	29	30	31
	11:00 am (ages 2-12) Summer Reading Club @ GC Library 2:00 pm - 3:00 pm (ages 5 - 18) Miyo Wichihitowin (Powwow Dancing) @ TBA	Drop in any time! (ages 6 & up) Drop-In Lego @ GC Library 10:30 am - 11:30 am (ages 0 - 5) Stay & Play @ GC Library 2:00 pm - 3:00 pm (ages 5 - 18) Miyo Wichihitowin (Powwow Dancing) @ TBA	2:00 pm - 3:00 pm (ages 5 - 18) Miyo Wichihitowin (Powwow Dancing) @ TBA	9:00 am - 3:00 pm (Grades K - 3) Jr. Adventurers @ Tourism Centre 10:30 am - 11:30 am (ages 1 - 5) Sensory Time @ GC Library 2:00 pm - 3:00 pm (ages 5 - 18) Miyo Wichihitowin (Powwow Dancing) @ TBA	12:30 pm (all ages welcome) Saturday Matinee @ GC Library	



BEST SUMMER PROGRAMS

SUMMER READING TENTS (partnered program with Grande Cache Library)

DATE: July 2, 9, 16, 23 & Aug. 6, 13
AGES: Families/All ages
TIMES: 1:00 - 3:00 pm
COST: FREE
MAX: N/A

LOCATIONS:

- July 2 - Central Park
- July 9 - Grande Cache Camp Ground
- July 16 - Lyons Park
- July 23 - Grande Cache Tourism
- August 6 - Grande Cache Lake
- August 13 - Butterfly Park

This drop in program provides a welcoming space for children, parents, and caregivers to share the joy of reading, books, and storytelling. This program includes interactive activities such as story time, games, and crafts. No registration is needed, this is a drop-in program.

SPARK OF NATURE

DATE: July 3, *10, 17 & 24
TIME: 1:00 - 3:00 pm
*(*Note: July 10 time change to 10:00 am - 12:00 pm)*
AGES: 7 - 10
COST: FREE
MAX: 10

LOCATION: Sheldon Coates Elementary School playground

A program to develop an awareness of emotions, tools to self-regulate, and self-expression through art, nature-based activities and crafts.

This is a registered program to register please email lisabeck@gypsd.ca or call 780.501.9419.

FALLEN MOUNTAIN SOAP WORKSHOP

DATE: July 4
TIME: 1:00 - 3:00 pm
AGES: 11 - 14
COST: FREE
MAX: 10
LOCATION: GC Tourism & Interpretive Centre

A creative soap workshop to escape from everyday stressors, acting as an opportunity to be creative, practice mindfulness, and learn a new skill.

To register please email lisabeck@gypsd.ca or call 780.501.5419.

TGIF SUMMER FUN

(partnered program with Youth Connections)
DATE: July 5, 19 & Aug. 16
TIME: 12:30 - 2:30 pm
COST: FREE
AGES: 10 - 17
MAX: 20
LOCATION: Youth Connections

Come and join us in building stronger social skills, problem-solving skills and having a sense of belonging. Activities will range from creating art, team building and self-care. This program does require registration please contact Youth Connections at 780.827.2002 or via Facebook.

FREE SPONSORED FAMILY SWIM (Sponsored by BEST)

DATE: July 5, 19 & August 16
TIME: 2:30 - 4:30 pm
COST: FREE
LOCATION: Grande Cache Aquatic Centre

ART TREK DAYS

DATE: July 8, 15, 22 & Aug 12
TIME: 9:00 - 11:00 am
AGES: 8 - 13
COST: FREE
MAX: 10 participants

LOCATIONS:

- July 8 - Butterfly
- July 15 - Sheldon Coates
- July 22 - Tourism Centre
- August 12 - Lyons Park

Art Trek Days are all about creative expression with possible activities such as gardening, painting, faux stain glass, watercolor painting etc. Art Trek Days will be visiting different parks through out the summer.

To register, please email lisabeck@gypsd.ca or call 780-501-9419.

YOUTH COOKING CLUB (partnered program with Youth Connections)

DATE: July 8, 15, 22 & 29
TIME: 12:00 - 2:00 pm
AGES: 10 - 17
COST: FREE
MAX: 20
LOCATION: Youth Connections

This Youth Cooking Club is the perfect spot to learn basic skills and take your taste buds on an adventure. We will have different themes throughout July and August. Our cooking club will meet at Youth Connections to create some tasty creations. This program does require registration. To register please contact Youth Connections at 780.827.2002 or via Facebook.

PHOENIX PROGRAM

(partnered program with with Resource Centre for Suicide Prevention)

DATE: July 12
TIME: 10:00 am - 2:30 pm
AGES: 8 - 12
COST: FREE
MAX: 15
LOCATION: Grande Cache Recreation Centre

This program aims to help youth develop healthy coping skills, problem-solving, and emotional regulation. The program will be interactive and fun all while learning tools to support their well-being.

- Registration is required.
- Please visit this link for registration <https://www.sp-rc.ca/youth-group-referral-form/>
- For question please email lisabeck@gypsd.ca or call 780.501.9419

COMMUNITY HELPERS WORKSHOP

(partnered program with Resource Centre for Suicide Preventi)

DATE: Aug. 14
TIME: 9:00 am - 1:00 pm
AGES: 12-18
COST: FREE
MAX: 15
LOCATION: Grande Cache Recreation Centre

A workshop for youth to build their natural helping ability by providing youth with the skills and knowledge they need to support their personal and peers' mental health and well-being.

- Registration is required.
- Please use this link to register <https://forms.office.com/r/30mbikGEg3>
- For questions please email lisabeck@gypsd.ca or call 780.501.9419

GREEN VIEW FCSS SUMMER PROGRAM

BABYSITTING COURSE

DATE: July 2, 3, 4 & 5 2024
AGES: 10 & up
TIME: 1:30 - 3:00pm
COST: FREE
MAX: 12
LOCATION: Grande Cache Recreation Centre

This course prepares participants to provide safe and fun babysitting services for family and friends.

Pre-register by calling FCSS at 780.827.4336. Note: First come, first serve.

HOME ALONE

DATE: July 9,10 & 11 2024
AGES: 8 & up
TIME: 1:30 - 2:30 pm
COST: FREE
MAX: 12
LOCATION: Grande Cache Recreation Centre

Focusing on safety in the home and preparing your child to be left alone for short periods of time. This program also offers students information on navigating the online world and skills on how to be a good cyber-citizen.

Pre-register by calling FCSS at 780.827.4336. Note: First come, first serve.

MOTHER DAUGHTER CIRCLE

DATE: August 26,27,28 & 29 2024
AGES: 11-14
TIME: 2:30 - 4:00 pm
COST: FREE
LOCATION: Grande Cache Tourism & Interpretive Centre

Mother-Daughter Circle promotes a healthy, sustainable bond between mother and daughter during the transitional years from girlhood to young womanhood. Pre-register by calling FCSS at 780.827.4336.

MIYO WICHIHITOWIN (POWWOW DANCING)

DATE: July 22,23,24,25,26 2024
AGES: 5 - 18
TIME: 2:00 - 3:00 pm
COST: FREE
MAX: 12
LOCATION: TBA

Miyo Wichihitowin (Good Relations), Powwow Dancing & Teaching.

Pre-register by calling FCSS at 780.827.4336.

GRANDE CACHE RECREATION CENTRE SUMMER PROGRAMS

AGONY OF DE FEET

DATE: Monday July 8, 15, 22, 29 & August 12, 19
AGES: 13-17
TIME: 9:30 am - 2:30 pm
COST: \$80 for all sessions
(No drop-in sessions available for this program)
MAX: 16 children
NOTE: Program registration deadline is July 3 by the end of the day.

Get your hiking gear ready! The programmers and Trystan Atkinson are excited to offer a 6-week program for the 13 to 17 age group! We will spend the first 5 sessions, 4 hours for each session, exploring as many of the trails that Grande Cache has to offer, plus a bonus of an hour in the pool from 1:30 -2:30 pm to relax!

Note: On Monday, August 19, we will attempt to conquer a huge goal and climb a Mountain. The mountain we climb will be determined

later and information will be sent out. Please meet at the Grande Cache Recreation Centre by 8:00 am for this day. After you register, the Grande Cache Recreation Centre will contact you to give you the list of all the items you need to be prepared for this program. We love hiking adventures and are excited to show you our beautiful back yard.

TRAIL HIKING TITANS

DATE: Tuesday July 2, 9, 16, 23, 30 & August 6, 20
AGES: 5 - 12
TIME: 9:30 – 12:00 pm
COST: \$8.50 for each session
MAX: 24 children

Where are our little hikers at!?! Get your hiking shoes ready and join the programmers and Trystan Atkison for some fun trail adventures. Each session we will hike to different areas, explore the trails, make forts, talk about plants, animals and so much more!

Note: Drop off and pick up is at the Grande Cache Recreation Centre, please have proper footwear, dress for the weather, a hiking backpack with a hydro water pack is recommended, pack snacks, sunscreen, bug spray and a hat.

PROGRAMS SUMMER BUCKET LIST

DATE: Tuesday July 2, 9, 16, 23, 30 & August 6, 20
AGES: 5 - 12
TIME: 1:00 - 3:30 pm
COST: \$8.50 for each session
MAX: 24 children

The programmers and Trystan Atkinson have a Summer Bucket List of activities to check off this summer! Come help us to tackle 3 of the things in each session! Here is what each session looks like:

- ▶ **July 2:** Picnic (snacks will be provided for this session), Yoga (please provided a yoga mat if you have one) and random acts of kindness activities!
- ▶ **July 9:** Ice cream sundaes, a treasure hunt, and build a fort!
- ▶ **July 16:** Popsicles, popsicle stick craft, and make a time capsule!
- ▶ **July 23:** Popcorn, build a Cardboard Box Car and watch a movie!
- ▶ **July 30:** Smoothies, BBQ (Hot dogs and smores), and outside games!
- ▶ **August 6:** Cream soda floats, tie dye a t-shirt, and a scavenger hunt!
- ▶ **August 20:** Slushies, water fight at the Spray Park, and slip and slide in paint!

NOTE: Drop off and pick up is at the Grande Cache Recreation Centre, please have proper footwear, dress for the weather, a hiking backpack with a hydro water pack is recommended, pack snacks, a towel and swimsuit, as we may head to the Spray Park each day if its hot, sunscreen, bug spray and a hat.

SUMMER SPORTS CAMP

DATE: Wednesday, July 3, 10, 17, 24, 31 & August 7, 21
AGES: 5 - 12
TIME: 9:30 am – 12:00 pm
COST: \$8.50 for each session
MAX: 24 children

Join the Programmers and Trystan Atkinson each session for a different sport! Each day will consist of stretching, warm up, skills and playing the sport we learned about. Here is what each session looks like!

- ▶ July 3: Baseball (Please bring a glove if you have one)
- ▶ July 10: Flag Football
- ▶ July 17: Dodgeball / Pickleball
- ▶ July 24: Soccer
- ▶ July 31: Basketball
- ▶ August 7: Frisbee Golf
- ▶ August 21: Track and Field Activities

NOTE: Drop off and pick up is at the Grande

Cache Recreation Centre, please have proper footwear, dress for the weather, a hiking backpack with a hydro water pack is recommended, pack snacks, a towel and swimsuit, as we may head to the Spray Park each day if its hot, sunscreen, bug spray and a hat.

ART-RAGEOUS

DATE: Wednesday July 3, 10, 17, 24, 31 & August 7, 21
AGES: 5-12
TIME: 1:00 - 3:30 pm
COST: \$8.50 for each session
MAX: 24 children

Where are the creative kids at!?! Join the programmers for some ART-RAGEOUS fun!

- ▶ July 3: Build a Small Boat with Nature Items
- ▶ July 10: Shadow Art
- ▶ July 17: All About Bubbles
- ▶ July 24: Paint with Nature
- ▶ July 31: Build a Bird House with Nature Items
- ▶ August 7: Anything but a Paint Brush
- ▶ August 21: Get Messy with Chalk Paint

NOTE: Drop off and pick up is at the Grande Cache Recreation Centre, please have proper footwear, dress for the weather, a hiking backpack with a hydro water pack is recommended, pack snacks, a towel and swimsuit, as we may head to the Spray Park each day if its hot, sunscreen, bug spray and a hat.

WELLNESS WEDNESDAY - FITNESS CENTRE

DATE: Wednesdays, July 3, 10, 17, 24, 31 & Aug 7, 14, 21
AGES: 15 - 17
TIME: 1:00 - 3:00 pm
COST: \$46.80

Participants will be provided guidance to improve their techniques on exercise execution, adhere to proper gym etiquette, and ensure safety around equipment usage. Over the course of this 8-week program, gain comprehensive knowledge of anatomy and the art of designing workout programs incorporating blends of weightlifting and bodyweight movements, as well as aerobic and anaerobic conditioning exercises, designed to enhance the athleticism and overall physical readiness of participants.

This program extends a warm invitation to both athletes and non-athletes, irrespective of their athletic background.

PARK-TASTIC FUN

DATE: Thursday July 4, 11, 18, 25 & August 1, 8, 22
AGES: All ages welcome
TIME: 10:30 am -12:30 pm
COST: Free

We are taking street play to the parks this year. Join the programmers at a different park each week for some fun that will include music, games, chalk, bubbles and more! All ages are welcome to join, and we encourage you to bring a lunch and have a picnic!

- ▶ July 4: Lions Park - Phase 1
- ▶ July 11: Mt. Hamell Park (aka Butterfly Park) - Phase 2
- ▶ July 18: Mt. Stearn Park (aka Pizza Park) - Phase 3
- ▶ July 25: Sheldon Coats School Park (Back side of school) - Phase 4
- ▶ August 1: Phase 5 Park with the Hill on Stern Cres
- ▶ August 8: Grassy Hill Park - Phase 6
- ▶ August 22: Spray Park (Central Park by the Grande Cache Recreation Centre)

ROLLER RINK!

DATE: Thursday July 4, 11, 18, 25 & August 1, 8 & 22
AGES: 5 - 17
TIME: 2:00 - 4:00 pm
COST: \$5.00 for each session
LOCATION: Curling Rink
 Roller Rink is back!!! Bring your roller skates, roller blades, heelys, skateboards, or scooters to enjoy an afternoon of roller rink fun! The roller rink lights will come on and there will be music, games, and a seating area to hang out while you take a break.

IMPORTANT NOTES:

- ▶ Deadline to register for most programs will be the day before each program.
- ▶ The AGONY OF DE FEET program deadline is July 3 by the end of the day. All information for what is needed for this program will be sent out after you register.
- ▶ Please have your child dress for the weather as we are outside for most of the programs.
- ▶ Please have your child bring a water bottle, snacks, proper footwear, and a backpack. (Hydro pack is recommended)
- ▶ If your child is not feeling well, please keep them home
- ▶ Drop off and pick up is in the Programs room (the old Pre-School room) unless stated otherwise.

GRANDE CACHE TOURISM & INTERPRETIVE CENTRE SUMMER PROGRAMS

FAMILY INTERPRETIVE HIKES

DATE: July 8, 15, 29 & August 5, 19
AGES: All ages (minors must be accompanied by adult)
TIME: 9:00 - 11:00 am
COST: Free
MAX: 10 participants

Must call to register in advance to a sign waiver and find out which trail we will explore.

Explore some local trails at a child-friendly pace and learn about local plants, animals, geology and history! Trails may not be stroller friendly. Registration required. Register for individual dates, or all!

SPROUTS

DATE: July 3, 17, 31 & August 21
AGES: 2-5 (siblings welcome), must be accompanied by adult
TIME: 9:00 - 11:00 am
COST: Free
MAX: 10 participants

Explore outside with your wee ones through guided, interactive activities! Registration required. Register for individual dates, or all.

TOTS & TREES

DATE: July 3, 17, 31 and August 21
AGES: Ages 3 - Kindergarten
TIME: 1:00 - 3:00 pm
COST: \$5/date
MAX: 10 participants

A forest, nature-based education program for your tots! Play and explore the forest. Registration is required for this drop-off program. Register for individual dates, or all.



JR. ADVENTURERS

DATE: July 11, 25 & August 15, 29
AGES: Kindergarten - Grade 3*
TIME: 9:00 am - 3:00 pm
COST: \$10.00/date
MAX: 15 participants

Go on an adventure with our interpretive programmers! Learn about your local forests and wildlife through games and interactive activities. Registration is required. Register for individual dates, or all. *Grade as of Sept. 2024

SR. EXPLORERS

DATE: July 9 & August 20
AGES: Grades 4-6*
TIME: 9:00 am - 3:00 pm
COST: \$10/date
MAX: 15 participants

Explore the surrounding forests with our interpretive programmers! Learn about your local forests and wildlife through games and interactive activities. This older group focuses more on bushcraft skills. Registration is required. Register individual dates, or all. *Grade as of Sept. 2024.

NIGHT AT THE MUSEUM

DATE: July 19 - 20 & August 7 - 8
AGES: Grades 3-6*
TIME: 6:00 pm - 9:00 am
COST: \$30/date
MAX: 16 participants

Spend a night at the Tourism and Interpretive Centre with your friends! Join us in July for Camp Cretaceous and in August for our original Night at the Museum. Program cost includes dinner, snacks, breakfast and all activities. *Grade as of Sept. 2024

YOUTH ACRYLIC PAINTING

DATE: Session 1: July 23 & 24;
 Session 2: August 22 & 23
AGES: 12-16
TIME: 1:00 - 3:30 pm
COST: \$20/session
MAX: 10 participants

Learn the ins and outs of acrylic painting with local artist Matt Patterson! These paint sessions will have you walking away with your very own masterpiece. The cost of each two-part session includes all materials and instruction.

GRANDE CACHE MUNICIPAL LIBRARY SUMMER PROGRAMS

SUMMER READING CLUB

DATE: July 8, 15, 22, 29 & Aug. 12, 19, 26
AGES: 2 - 12
TIME: 11:00 am
COST: Free

Summer Reading Club offers a variety of free, fun activities for children ages 2 - 12 to keep them reading all summer long! Club participants will track their reading and earn prizes while having fun! **Registration required. Please call 780.-827.2081.**

STAY & PLAY

DATE: July 2, 9, 6, 23, 30 & Aug. 6, 13, 20, 27
AGES: 0 - 5
TIME: 10:30 - 11:30am
COST: Free

Providing a safe, indoor, unstructured play experience for children 0-5 years with a storytime.

DROP-IN LEGO

DATE: July 2, 9, 16, 23, 30 & Aug. 6, 13, 20, 27
AGES: 6 and up
TIME: 3:30pm - 4:30pm
COST: Free

Come and build with Lego. Enjoy a new challenge each week.

SENSORY TIME

DATE: July 4, 11, 18, 25 & Aug. 1, 8, 15, 22, 29
AGES: 1 - 5
TIME: 10:30 am - 11:30 am
COST: Free

Description: Join us at the Library on Thursday mornings for carpet time stories, and to explore our senses!

SATURDAY MATINEE

DATE: July 6, 13, 27, Aug. 3, and 31
AGES: All ages welcome
TIME: 12:30 pm
COST: Free

Come and enjoy a movie on us! Snacks and juice will be provided.

KAWAII SEWING CAMP

DATE: July 23, 24, 25
AGES: 8 & up
TIME: 1:00 pm - 3:00 pm
COST: Free
MAX: 8

Description: Come design and sew your very own Library bag! Registration required. Please call 780-827-2081.

WELLNESS NAVIGATOR Grande Yellowhead Public School Division

DISC GOLF

DATE: July 4, 11 & August 1, 8, 15, 19, 22
AGES: 13-17
TIME: 9:30 am-12:00 pm
COST: n/a
MAX: 8
LOCATION: Grande Cache High School field

Meet at the Grande Cache High School field and play 18 holes, while getting in some fresh air with the beautiful morning mountain views. This would be great experience for someone who hasn't tried frisbee golf to learn a new sport.

Equipment: If you don't own frisbee golf equipment, don't worry! We have enough equipment to accommodate up to the maximum number of participants. Just bring yourself and some walking shoes.

DRIVING RANGE AFTERNOONS

DATE: July 4, 11 & August 1, 8, 15, 19, 22
AGES: 13 - 17
TIME: 1:00 - 3:00 pm
COST: n/a
MAX: 8
LOCATION: Grande Cache Golf & Country Club

Ages 13 -17 who are avid golfers have the opportunity to take part in our driving range afternoons, and hit balls for a few hours. This will be great practice for those wanting to improve on their swing and master their craft on the links.

Required Equipment: Your own golf clubs are required.

BOARD GAMES

DATE: August 13
AGES: 6 - 17
TIME: 9:00 am - 3:00p m
COST: n/a
MAX: n/a
LOCATION: Grande Cache Library

Come out with friends and try the multitude of board games the library has to offer. Whether its learning new games or play familiar ones, come out and have fun!

Equipment: Just bring yourself and the desire to try new board games.

SPORTS MORNING

DATE: August 14
AGES: 8 - 17
TIME: 9:00 am - 3:00 pm
COST: n/a
MAX: n/a
LOCATION: Grande Cache Library

Participants who partake in the sports camp have the opportunity to come out for this morning event at the Grande Cache High School field, to play a variety of different sports. There are no limitations to what you can play. Freshen up skills, learn a new sport, or just come out to have fun.

Equipment: Just bring yourself and some outdoor shoes.

OTHER PROGRAMS THAT WELLNESS NAVIGATOR IS HELPING WITH:

- Hiking & Pool (Mondays)
- Hiking & Summer Bucket List (Tues)
- Sports Camp & Wellness Wednesdays (Wed)
- Senior Explorers (July 9 & Aug 20)

For more information, and to register, contact:

Trystan Atkinson – Wellness Navigator
 Work Phone: 780. 827.1343
 Email: trysatki@gypsd.ca

*Registration is encouraged but drop-ins are welcome.
 * Parents must sign permission form for student to participate in Wellness Navigator summer programs.*

GREENVIEW OUTDOOR RECREATION

OUTDOOR SURVIVAL WITH NATURE ALIVE & GREENVIEW OUTDOOR RECREATION

DATE: August 13-15, 2024
AGES: 9 - 12
TIME: 9:30 am - 4:00 pm
COST: \$60.00 per registrant for 3-day camp
 Limited space available.
LOCATION: Grande Cache Lake

Outdoor Survival Camps with Nature Alive Outdoor Education & Survival Training. Learn all about making/shelter building and everything in between.

Pre-register at <https://app.univerusrec.com/grandecachereccentrepub/> or call 780-827-2446.

NEW! Ladies only ages 18+ OUTDOOR SURVIVAL WITH NATURE ALIVE & GREENVIEW OUTDOOR RECREATION

DATE: August 14, 2024
AGES: Lake (Ladies Only 18 years +)
TIME: 6:00 pm - 9:00 pm
COST: \$20.00 per registrant
LOCATION: Grande Cache Lake

Pre-register at <https://app.univerusrec.com/grandecachereccentrepub/> or call 780-827-2446.

Outdoor Survival Camps with Nature Alive Outdoor Education & Survival Training. Learn all about making/shelter building and everything in between.

LEGEND

- BEST Summer Programs
- Grande Cache Municipal Library
- Grande Cache Recreation Centre
- Grande Cache Tourism & Interpretive Centre
- Green View FCSS
- Greenview Outdoor Recreation
- Wellness Navigator - Grande Yellowhead School Division