

July & August 2025



Grande Cache Community Summer Programs Calendar

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 2025.

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 amanweim@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**

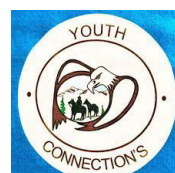
Call 780.827.2002 or through Facebook:
<https://www.facebook.com/mmna.youth>

► **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



Municipal District of
GREENVIEW

SUN	MON	TUE	WED	THU	FRI	SAT
		<div>1</div> <div></div>	<div>2</div> <div>10:00 am - 11:30 am (ages 5-8) Slumberkins Hero Camp (Partnership with GC Municipal Library)</div> <div>1:00 pm - 2:30 pm (ages 9 - 13) Girls Circle (Partnership with GC Municipal Library)</div> <div>2:00 pm - 4:00 pm (ages 5 - 12) Cache Cubs Pop-Up</div>	<div>3</div> <div>9:00 am - 12:00 pm (Grades 4 -6*) Big Bears</div> <div>9:00 am - 10:30 am (ages 5 - 12) Gear Grinders (Partnership with MM Youth Connections)</div> <div>10:00 am -12:00 pm (ages 13 -17) Driving Range Mornings</div> <div>11:00 am - 12:30 pm (All ages Welcome) Park Ninja's (Partnership with MM Youth Connections)</div> <div>12:00 pm - 3:00 pm (All ages Welcome) Summer Reading Tents (Partnership with GC Municipal Library)</div> <div>1:30 pm - 3:00 pm (ages 15 -17) Wellness Thursday- Fitness Centre</div> <div>1:30 pm - 3:30 pm (ages 5 -17) Roller Rink (Partnership with MM Youth Connections)</div>	<div>4</div> <div>10:00 am - 12:30 pm (ages 5 -13) Fresh Air Fridays (Partnership with GC Recreation Centre)</div> <div>2:00 pm - 4:00 pm (All Ages Welcome) Craft and Splash</div>	<div>5</div>
<div>6</div>	<div>7</div> <div>9:00 am - 11:00 am (ages 0 -4) Little Cache Cubs Drop-In Group</div> <div>9:00 am - 11:00 am (ages 5 - 13) Morning Moments (Partnership with GC Tourism & Interpretive Centre)</div> <div>9:00 am - 12:00 pm (All Ages Welcome) Trail Snails (Partnership with Wellness Navigator)</div> <div>2:00 pm - 4:00 pm (All ages) Free Sponsored Family Swim</div>	<div>8</div> <div>9:00 am - 12:00 pm (Kindergarten - Grade 3*) Little Bears</div> <div>9:30 am - 12:00 pm (ages 5 - 12) Trail Hiking Titans (Partnership with Wellness Navigator)</div> <div>11:30 am - 2:30 pm (ages 10 -17) Talk & Walk (Partnership with MM Youth Connections)</div> <div>1:00 pm - 2:00 pm (ages 2 -12) Summer Reading Club</div> <div>1:00 pm - 3:00 pm (ages 10 - 17) Disc Golf (Partnership with Wellness Navigator)</div>	<div>9</div> <div>9:30 am - 12:00 pm (ages 5 - 12) Summer Sports Camp (Partnership with Wellness Navigator)</div> <div>10:00 am - 11:30 am (ages 5-8) Slumberkins Hero Camp (Partnership with GC Municipal Library)</div> <div>1:00 pm - 2:30 pm (ages 9 - 13) Girls Circle (Partnership with GC Municipal Library)</div> <div>1:00 pm - 3:30 pm (ages 8 - 14) Swim-tastic Wednesday (Partnership with Wellness Navigator)</div>	<div>10</div> <div>9:00 am - 10:30 am (ages 5 - 12) Gear Grinders (Partnership with MM Youth Connections)</div> <div>10:00 am -12:00 pm (ages 13 -17) Driving Range Mornings</div> <div>10:00 am - 1:00 pm (All ages Welcome) Summer Reading Tents (Partnership with GC Municipal Library)</div> <div>11:00 am - 1:00 pm (All Ages Welcome) Teddy Bear Picnic (Partnership with BEST, GC Recreation Centre and MM Youth Connections)</div> <div>1:30 pm -3:00 pm (ages 15 -17) Wellness Thursday - Fitness Centre</div> <div>1:30 pm - 3:30 pm (ages 5 -17) Roller Rink (Partnership with MM Youth Connections)</div>	<div>11</div>	<div>12</div>
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					1	2
3	4 9:00 am - 11:00 am (ages 0 -4) Little Cache Cubs Drop-In Group	5 9:30 am - 4:00 pm (ages 9 -12) Nature Alive Adventures Outdoor Survival Camp - GC Lake 9:00 am - 12:00 pm (Kindergarten - Grade 3*) Little Bears 1:00 pm - 2:00 pm (ages 2 -12) Summer Reading Club	6 9:30 am - 4:00 pm (ages 9 -12) Nature Alive Adventures Outdoor Survival Camp - GC Lake 2:00 pm - 4:00 pm (ages 5 - 12) Cache Cubs Pop-Up	7 9:30 am - 4:00 pm (ages 9 -12) Nature Alive Adventures Outdoor Survival Camp - GC Lake 9:00 am - 12:00 pm (Grades 4 -6*) Big Bears	8	9
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BEST SUMMER PROGRAMS
MORNING MOMENTS

(partnered program with **GC Tourism & Interpretive Centre**)

Date: July 7, 21 & August 18
Ages: 5-13
Times: 9:00 am - 11:00 am
Cost: FREE
Max: N/A

Location: GC Tourism & Interpretive Centre
Start your week off with these drop in sessions where children will join discussions and activities promoting how to be good roles models, types of kindness, awareness of emotions, and tools to self regulate. No registration is needed.
NOTE: This is a drop in program and **a guardian is required** to remain and encouraged to participate.

FREE SPONSORED FAMILY SWIM
(Sponsored by BEST)

Date: July 7 & August 18
Time: 2:00 pm - 4:00 pm
Ages: All Ages
Cost: FREE
Location: Grande Cache Aquatic Centre

TALK & WALK

(Partnered with **MM Youth Connections**)
Date: July 8, 15, 22, 29 & August 12, 19
Ages: 10 - 17
Time: 11:30 am - 2:30 pm
Cost: FREE
Max: 20
Location: Local trails may include: Sulphur Rim, Elders Trail, Bucksaw Ridge, Riverside Trail, or others depending on animal activity.
Come and join us in building stronger social skills and a sense of belonging while hiking around local Grande Cache trails. During hikes there will be various opportunities for discussions and activities including photography, scavenger hunts, nature based crafts, and mindfulness sessions. Picnic lunch and journaling items will be provided.
NOTE: Must register through Mountain Metis Youth Connections in advance to sign waivers and find out which trail we will explore that week. Call 780-827-2002 or contact Youth Connections via Facebook.

SLUMBERKINS HERO CAMP

(Partnered with **GC Municipal Library**)
Date: July 2, 9 & August 13, 20
Ages: 5 - 8
Time: 10:00 am - 11:30 am
Cost: FREE
Max: 10
Location: Grande Cache Municipal Library
Attend Camp Slumberkin where children will read about and complete interactive missions & activities with Slumberkin characters to help build confidence in their own unique gifts and realize what they are capable of. Children will discover their own superpowers through the power of play, setting boundaries, asking for help, and showing kindness.
NOTE: Registration required for BOTH July sessions OR BOTH August sessions; please contact amanweim@gypsd.ca or call 780-501-9419.

GIRLS CIRCLE

(Partnered with **GC Municipal Library**)
Date: July 2, 9 & August 13, 20
Ages: 9 - 13
Time: 1:00 pm - 2:30 pm
Cost: FREE
Max: 10
Location: Grande Cache Municipal Library
Girls, come take some time to focus on skills to face gender-responsive problems in an inclusive and caring environment with a program designed to foster self esteem, counter self doubt, and allow for genuine self expression through creative activity.
NOTE: Registration required; please contact amanweim@gypsd.ca or call 780-501-9419.

SUMMER READING TENTS

(Partnered with **GC Municipal Library**)
Date: July 3, 10*, 24 & August 14, 21*
Ages: Families/ALL AGES
Time: 12:00 pm - 3:00 pm
(*July 10 & August 21 time change to 10:00 - 1:00)
Cost: FREE
Locations:

- July 3 - Grande Cache Lake
- July 10 - Whispering Pines Seniors Lodge
- July 24 - Butterfly Park
- August 14 - Grande Cache Tourism & Interpretive Center
- August 21 - 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.
NOTE: No registration is needed, this is a drop in program. A guardian is required to remain and encouraged to participate.

FRESH AIR FRIDAYS

(Partnered with **GC Recreation Center**)
Date: July 4, 25 & August 15, 22
Ages: 5 - 13
Time: 10:00 am - 12:30 pm
Cost: FREE
Max: 10
Location: Whispering Pines Seniors Lodge

- July 4 - Paint & Plant
- July 25 - Christmas in July
- August 15 - Yarn Art
- August 22 - Rock Painting

Get some fresh air and build connections while creating memories and crafts. These intergenerational sessions are designed to promote inclusivity and creativity among lodge members and youth.
NOTE: Registration is required to reserve craft materials. A guardian is requested to remain and encouraged to participate; families & siblings are welcome to attend. Please contact amanweim@gypsd.ca or call 780-501-9419.

CRAFT AND SPLASH

Date: July 4, 25 & August 15, 22
Ages: Families/ALL AGES
Time: 2:00 pm - 4:00 pm
Cost: FREE
Location: Central Park

- July 4 - Fly a Kite
- July 25 - Pop Up Cards
- August 15 - Paper Plate Flowers
- August 22 - Egg Carton Bugs

This drop in station will be set up near the GC Splash Pad and aims to promote creativity and mindfulness in a family friendly, unstructured format. Stop by at your leisure and enjoy some arts and water activities during the best parts of summer.
NOTE: No registration is needed, this is a drop in program. A guardian is required to remain and encouraged to participate.

GRANDE CACHE MUNICIPAL
LIBRARY PROGRAMS
SUMMER READING CLUB

Date: July 8, 15, 22, 29 & August 5, 12
Ages: 2 – 12 years
Time: 1:00 pm – 2:00 pm
Cost: Free – Registration Required
Max: N/A
Location: Grande Cache Municipal Library
Participants explore recommended reads; track their own reading; connect and share with others. They can read books; join in activities, and collect reading incentives!

NATIONAL HOT DOG DAY

Date: July 16
Ages: Families/All ages welcome
Time: 11:30 am – 1:00 pm
Cost: Free
Max: N/A
Location: Grande Cache Municipal Library
In celebration of National Hot Dog Day! Join us for a barbequed hotdog because, who doesn't like a hot dog with all their favorite fixings?

TEDDY BEAR PICNIC

(Partnered with **Grande Cache BEST**)
Date: July 10
Ages: Families/All ages welcome
Time: 11:00 am – 1:00 pm
Cost: Free
Max: N/A
Location: Whispering Pines Lodge
Bring your favorite Teddy for a picnic at the Whispering Pines Lodge. We will have stories, activities, Teddy Bear Parade, and of course a picnic!

BACK TO SCHOOL BASH

Date: August 28
Time: 11:00am - 1:00 pm
Ages: All Ages welcome
Cost: FREE
Location: Grande Cache Municipal Library
Stories, games, activities and lunch!



GRANDE CACHE RECREATION CENTRE PROGRAMS

TRAIL SNAILS

(Partnered with **Fitness Coordinator** and **Wellness Navigator**)

Date: Monday July 7, 14, 21, 28 & August 11, 18
Ages: All ages welcome (Parent/Guardian is required)
Time: 9:00 am (Up to 3 hours depending on hike)
Cost: FREE
Location: Meet at the GC Recreation Centre
Transportation will be required for this activity, and **parent/guardian participation is mandatory**. Trail Snails is open to individuals of all ages, and participants will meet in the parking lot of the Grande Cache Recreation Centre at 9:00am. Please ensure everyone wears proper footwear, clothing, bring water and snacks as we will be hiking across various types of terrain.

TRAIL HIKING TITANS

(Partnered with **Wellness Navigator**)

Date: Tuesday July 8,15, 22, 29 & August 12,19
Ages: 5-12
Time: 9:30 am – 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 us 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.

DISC GOLF

(Partnered with **Wellness Navigator** and **Fitness Coordinator**)

Date: Tuesday July 8, 15, 22, 29 & August 12, 19
Ages: 10 - 17
Time: 1:00 pm - 3:00 pm
Cost: FREE (registration is still required)
Max: 10 children
Join us for Disc golf where players throw plastic flying discs at targets (baskets) to complete a course with the fewest throws possible. It's similar to traditional golf but with a disc instead of a ball and clubs.
NOTE: Drop off and pick up is at the Front entrance of the Grande Cache Recreation Centre, please have proper footwear, dress for the weather, water bottle, pack snacks, sunscreen, bug spray and a hat.

SUMMER SPORTS CAMP

(Partnered with **Wellness Navigator**)

Date: Wednesday July 9, 16, 23, 30 & August 13, 20
Ages: 5-12
Time: 9:30 am – 12:00 pm
Cost: \$8.50 for each session
Max: 24 children
Join us for 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 9: Dodgeball
► July 16: Flag Football
► July 23: Basketball
► July 30: Baseball - (Bring a glove if you have one!)
► August 13: Floor Hockey - (Bring a stick if you have one!)
► August 20: Yard Games
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.

SWIM-TASTIC WEDNESDAY

(Partnered with **Wellness Navigator**)

Date: Wednesday July 9, 16, 23, 30 & August 13, 20
Ages: 8 - 14
Time: 1:00 pm – 3:30 pm
Cost: \$8.50 for each session
Max: 24 children
Join us from 1:00 pm – 2:30pm for some fun in the pool with games and challenges! From 2:30 -3:30pm we will head up to the programs room to play games and have a snack. A snack will be provided!

GEAR GRINDERS

(Partnered with **Fitness Coordinator** and **MM Youth Connections**)

Date: Thursday July 3, 10, 17, 24, 31 & August 14, 21
Ages: 5 - 12
Time: 9:00 am - 10:30 am
Cost: \$5.00
Max: 24 children
Join us for some fun adventures and some biking 101! We will enjoy checking out some trails, getting muddy, have a bike wash and so much more. Bring your bike and meet us outside the Grande Cache Recreation Centre. Helmets are required for this program.
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.

PARK NINJA'S

Date: Thursday July 3, 10, 17, 24, 31 & August 14, 21
Ages: All ages welcome
Time: 11:00 am -12:30 pm
Cost: FREE
Join us at a different location each week for some fun that will include a fitness component, 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 3: Sheldon Coats School Park (Back side of school) Phase 4
► July 10: National Teddy Bear Picnic Day – Whispering Pines Lodge
► July 17: Lions Park Phase 1
► July 24: Mt. Hamell Park (aka Butterfly Park) Phase 2
► July 31: Sheldon Coats School Park (Back side of school) Phase 4
► August 14: Grande Cache Interpretive Tourism Centre Park
► August 21: Mt. Hamell Park (aka Butterfly Park) Phase 2

ROLLER RINK

(Partnered with **MM Youth Connections**)

Date: Thursday July 3, 10, 17, 24, 31 & August 14, 21
Ages: 5 -17
Time: 1:30 pm – 3:30 pm
Cost: \$5 for each session
Roller Rink is back!!! Bring your roller skates, roller blades, Heelys, Skateboards, or scooter 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.
► July 3: Curling Rink
► July 10: Curling Rink
► July 17: Arena
► July 24: Arena
► July 31: Curling Rink
► August 14: Curling Rink
► August 21: Curling Rink

GRANDE CACHE TOURISM & INTERPRETIVE CENTRE PROGRAMS

LITTLE CACHE CUBS DROP-IN GROUP

Date: July 7,14, 21, 28 & August 4,11,18, 25
Ages: 0-4 years
Time: 9:00 am -11:00 am
Cost: FREE
Max: 15 Participants (parent or guardian to be present)
This 2-hour program is loosely structured, and fits the developmental needs of this age group, with minimal transitions, time to explore, and the opportunity to build new skills, all with the safety net of their loving adult. You can expect a relaxed pace, plenty of stories, and sensory-rich play in nature. Little Cache Cubs group is a beautiful way to build connections with nature, as well as with other families in the community.

NIGHT AT THE MUSEUM

Date: July 18-19
Grades: 4-6*
Time: 6:30 pm- 9:00 am
Cost: \$30.00
Max: 15 (not parented)
We are very excited to be hosting the very popular Night at the Museum overnight experience again this summer! An over night adventure for kids between the GRADES of 4-6 (grade as of Sept 2025). The sleep-over includes games, crafts, cookie decorating, movie, dinner, snacks and breakfast. Program cost includes all the above! It's going to be a totally ROARSOME time!



CACHE CUBS POP-UP

Date: July 2, 23 & August 6, 20
Ages: 5-12 years
Time: 2:00 pm - 4:00 pm
Cost: FREE
Max:15 participants
(Parents must provide transportation to and from group location) (This program is not parented, however if parents and younger children want to stay and play that is welcomed)
Get to know your community through this fun pop-up group. This 2-hour program fits the developmental needs of this age group, with minimal transitions, child-led flow, with lots of time to imagine, build, and create.
Kids will have the opportunity to build confidence through team building activities and games, problem-solving, risk-assessment during activities such as rock climbing, and peer play skills, with loving support from highly trained staff. This group will take place in different areas within the community. Light snack will be provided!
Parents/guardians will know the group location upon registration. Location (dates TBD): Grotto climbing room (Grande Cache Rec Centre), Outdoor fenced area behind the Rec Centre, Bike Park near ball diamonds, Labyrinth Park.

LITTLE BEARS

Date: July 8, 22 & August 5,19
Grades: Kindergarten – Grade 3*
Time: 9:00 am - 12:00 pm
Cost: FREE
Max: 15 Participants (not parented)
Go on an adventure with our interpretive programmer! 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. 2025*

BIG BEARS

Date: July 3, 24 & August 7, 21
Grades: 4-6*
Time: 9:00 am - 12:00 pm
Cost: FREE
Max: 15 Participants (not parented)
Explore the surrounding forests with our interpretive programmer! Learn about your local forests and wildlife through games and interactive activities. This older group focuses more on bush craft skills. Registration is required. Register for individual dates, or all. *Grade as of Sept. 2025*

FAIRY FOREST

Date: July 17, 31 & August 14, 28
Ages: 3-6 years
Time: 9:30 am - 11:00 am
Cost: FREE
Max: 10 (not parented, however if parents with younger children want to stay and play this is welcomed)
"The children themselves are this book. We should not learn to teach out of any book other than the one lying open before us and consisting of the children themselves." - Rudolf Steiner
We are excited to be offering a NEW program at the TIC, which has been inspired by Waldorf education, offering a holistic approach to learning emphasizing experiential learning, creativity, and a focus on the whole child's development. This group will focus on child led, outdoor education which will naturally encourage creativity and imagination through activities like storytelling, art, music, and drama.

FAMILY INTERPRETIVE HIKES

Date: July 29 & August 26
Ages: All ages welcome
Time: 9:00 am - 11:00 am
Cost: FREE
Max: 15 Participants (parent/guardian must be present) Must call to register in advance to sign a waiver form and find out which trail we will explore. Explore some local trails at a child-friendly pace and learn about local plants, animals and Grande Cache History! Trails may not be stroller friendly.
Registration required. Register for individual dates, or all! Please note if you are under the age of 16 you must be accompanied by a parent or guardian.

WOLF PACK YOUTH DROP-IN

Date: July 16,30 & August 13,27
Ages: 12-17
Time: 3:00 pm - 5:00 pm
Cost: FREE (not parented)
With a mixture of indoor and outdoor activities youth will have the opportunity to participate in loosely structured activities or just a safe place to hang out with their buddies. Some examples of a “drop-in group” includes use of VR to learn about our local dinosaur tracks, a chance to learn about Grande Cache history through outdoor games in the Birds Eye View Park and crafts. Light snacks will be provided.

WILDWOOD COOKING

(Partnered with **Fitness Coordinator, Grande Cache Recreation Centre, BEST** and **Wellness Navigator**)
Date: July 14, 28 & August 11, 25
Ages: 10-17 years
Time: 1:00 pm - 4:00 pm
Cost: \$15 a session
Max: 20 (not parented)
This unique group is NEW at the Tourism & Interpretive Centre and will offer youth some valuable life skills as they learn new outdoor cooking skills. This two-hour program will be structured with safety measures put in place to ensure this environment is a safe place for new teachings/skills. Wildwood cooking celebrates the joy of preparing and enjoying meals in the great outdoors. It is an experience that combines the art of culinary practices with the beauty and serenity of nature, transforming simple meals into memorable events.

GREENVIEW OUTDOOR RECREATION OUTDOOR SURVIVAL WITH NATURE ALIVE & GREENVIEW OUTDOOR RECREATION

Date: August 5 -7, 2025
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.

WELLNESS NAVIGATOR PROGRAMS

DRIVING RANGE MORNINGS

Date: July 3, 10, 17, 31 & August 14, 21
Ages: 13-17
Time: 10:00 am - 12:00 pm
Cost: N/A
Max: 8
Teenagers who are avid golfers have the opportunity to take part in our driving range afternoons and hit balls for a few hours. This would 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.

WELLNESS THURSDAY-FITNESS CENTRE

Date: July 3, 10, 17, 31 & August 14, 21
Ages: 15-17
Time: 1:30 pm - 3: 00 pm
Cost: \$30
Max: 5
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 6-week program, participants will 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.
Equipment: Gym clothes and indoor shoes.

Programs Wellness Navigator is partnering up with are:

- Trail Snails
- Wildwood Cooking
- Trail Hiking Titans
- Disc Golf
- Sports Camp
- Swim-Tastic Wednesday

LEGEND

- BEST
- 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
- MM Youth Connections

