

Saturday, January 1, 2022

Holiday Closure

Date and Time: Saturday, January 1 8:00 am - 10:00 pm

Address: 9908 Penhorwood St

Syncrude Sport and Wellness Centre's annual holiday closure will be from December 23 at 11:00 pm and resume hours January 4 at 5:00 am

Sunday, January 2, 2022

Holiday Closure

Date and Time: Sunday, January 2 8:00 am - 10:00 pm

Address: 9908 Penhorwood St

Syncrude Sport and Wellness Centre's annual holiday closure will be from December 23 at 11:00 pm and resume hours January 4 at 5:00 am

Monday, January 3, 2022

Holiday Closure

Date and Time: Monday, January 3 5:00 am - 11:00 pm

Address: 9908 Penhorwood St

Syncrude Sport and Wellness Centre's annual holiday closure will be from December 23 at 11:00 pm and resume hours January 4 at 5:00 am

College Closed: New Year's Day (in lieu of)

Date and Time: Monday, January 3 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

College Closed.

Tuesday, January 4, 2022

First day of class for Winter 2022 semester

Date and Time: Tuesday, January 4 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

First day of class for Winter 2022 semester.

Certificate, Diploma, University Studies, and College Prep.

First day of classes: Pre-Employment (HET)

Date and Time: Tuesday, January 4 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

First day of classes: Pre-Employment (HET)

Monday, January 10, 2022

Haul Truck

Date and Time: Monday, January 10 8:00 am - 4:00 pm

Address: SEIC 113, 160 MacKenzie Blvd T9H 4B8

The course is made up of theory-based training, computer module training, and practical simulations and exercises.

Course runs January 10 - Feb 4, 2022 from 8:00 a.m. - 4:00 p.m.

Play Ball Indoors

Date and Time: Monday, January 10 5:00 pm - 6:00 pm

Address: 9908 Penhorwood St

bring your 6-12 year olds for this free program & learn new skills playing baseball! Equipment will be provided all thanks to the Jay's Care organization.

Disc Golf

Date and Time: Monday, January 10 8:00 pm - 10:00 pm

Address: 9908 Penhorwood St

Huskies Development is providing a Disc Golf program every Monday Nights on the turf. No need to pre-register, visit Guest Services to pay the \$5.00 drop-in fee the time of the program. Please note, Disc Golf will not take place on January 3, February 21 & April 18.

Tuesday, January 11, 2022

First Day of Class: ACP (Y1 S1)

Date and Time: Tuesday, January 11 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

First Day of Class: ACP (Y1 S1)

First day of classes: PCP

Date and Time: Tuesday, January 11 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

First day of classes: PCP

Toddler Time

Date and Time: Tuesday, January 11 9:00 am - 2:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. FREE for under 1 year old's.

Proof of vaccination through QR code is required or a negative covid test within 72 hours is acceptable as well.

Wednesday, January 12, 2022

Toddler Time

Date and Time: Wednesday, January 12 9:00 am - 2:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. FREE for under 1 year old's.

Proof of vaccination through QR code is required or a negative covid test within 72 hours is acceptable as well.

Full Body Blitz

Date and Time: Wednesday, January 12 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

This circuit based class will work your muscles from head to toe!

Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes. The Syncrude Sport and Wellness Centre is operating under the Restrictions Exemption Program. All patrons of the SSWC must provide proof of double-vaccination or a negative quick test (valid within 72 hours) at check-in time.

Play Ball Indoors

Date and Time: Wednesday, January 12 5:00 pm - 6:00 pm

Address: 9908 Penhorwood St

bring your 6-12 year olds for this free program & learn new skills playing baseball! Equipment will be provided all thanks to the Jay's Care organization.

Candlelight Stretch & Meditate

Date and Time: Wednesday, January 12 5:15 pm - 6:15 pm

Address: 9908 Penhorwood St

Wednesday's class starts with simple flowing sequences to warm-up the body and connect movement with breath. Then we take it down to the mat for a deeper, slow-paced stretch. The class ends with a brief candlelight meditation to calm the mind, and relax the body. No experience required, all levels are welcome.

Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes. The Syncrude Sport and Wellness Centre is operating under the Restrictions Exemption Program. All patrons of the SSWC must provide proof of vaccination or a negative quick test (valid within 72 hours) at check-in time.

Thursday, January 13, 2022

Toddler Time

Date and Time: Thursday, January 13 9:00 am - 2:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. FREE for under 1 year old's.

Proof of vaccination through QR code is required or a negative covid test within 72 hours is acceptable as well

Full-Body Strength w/ Amanda

Date and Time: Thursday, January 13 5:15 pm - 6:15 pm

Address: 9908 Penhorwood St

Using the progressive overload principle, this full body strength class will help build muscle and get you functionally fit. This class will run on a rotating schedule that will allow you to track your progress over time. Let's get those gains!

Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes. The Syncrude Sport and Wellness Centre is operating under the Restrictions Exemption Program. All patrons of the SSWC must provide proof of double-vaccination or a negative quick test (valid within 72 hours) at check-in time.

Friday, January 14, 2022

Roll With It

Date and Time: Friday, January 14 9:00 am - 12:00 pm

Address: 9908 Penhorwood St

Bring your bikes, scooters, rollerblades, etc. to cruise around with your family and friends in our indoor fieldhouse! It costs \$15.00 per family to participate.

Please note, this is a parent-supervised program.

Lean & Mean Legs

Date and Time: Friday, January 14 9:15 am - 10:15 am

Address: 9908 Penhorwood St

Using a combination of weights, resistance bands and bodyweight we will hit all major muscle groups to build strength while toning and fine tuning the minor muscle groups.

Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes. The Syncrude Sport and Wellness Centre is operating under the Restrictions Exemption Program. All patrons of the SSWC must provide proof of double-vaccination or a negative quick test (valid within 72 hours) at check-in time.

2021/2022 Banff Centre Mountain Film Festival World Tour

Date and Time: Friday, January 14 7:30 pm

Address: Keyano Theatre, 8115 Franklin Ave T9H2H7

Presenting Partners Rab & BUFF® & Banff & Lake Louise

Hosted by WBRL

Presenting Sponsor: Northland Forest Products Ltd.

Supported by: Country 93.3 & Rock 97.9

Banff Centre Mountain Film and Book Festival is one of the largest and most prestigious mountain festivals in the world! Hot on the heels of the Festival that is held every fall in beautiful Banff, Alberta, the Banff Centre Mountain Film Festival World Tour hits the road. With stops planned in about 550 communities and more than 40 countries across the globe, the Banff World Tour celebrates amazing achievements in outdoor storytelling and filmmaking worldwide!

From the over 400 entries submitted into the Festival each year, award-winners and audience favorites are among the films that are carefully selected to play in theatres around the world.

Traveling to remote vistas, analyzing topical environmental issues, and bringing audiences up-close and personal with adrenaline-packed action sports the 2021/2022 World Tour is an exhilarating and provocative exploration of the mountain world.

Friday, January 14, 2022 7:30PM

Saturday, January 15, 2022 7:30PM

All Ages

Tickets

Adult \$30

Senior (60+) / Elder \$25

Child (12 & Under) \$30

Student (ID required) \$25

Tickets can be purchased [online](#).

When choosing your tickets, please choose a group of seats that matches your group size.

If there is not a group of seats that matches your group size or for groups of 6 or more, please contact Keyano Box Office (780) 791-4990

Saturday, January 15, 2022

Basic Life Support

Date and Time: Saturday, January 15 8:00 am - 1:00 pm

Address: Bob Lamb 106, 8015 Franklin Ave, Fort McMurray AB. T9H2H7

The BLS for Healthcare Providers is a classroom course that is designed to teach a variety of healthcare profess

ionals how to recognize a number of life-threatening emergencies, how to provide Cardiopulmonary Resuscitation (CPR), how to use an Automated External Defibrillator (AED) and how to relieve choking in a safe, timely and effective manner. Annual renewal is required to maintain certification.

Textbook: Heart & Stroke Foundation BLS for Healthcare Providers Student Manual

Basics of Project Management

Date and Time: Saturday, January 15 8:00 am - 4:00 pm

Address: Bob Lamb 140, 8015 Franklin Ave, Fort McMurray AB. T9H2H7

Moodle (iLearn) Course – Bring your own device to your class

Gain an excellent understanding of the five Project Management Process Groups (Initiating, Planning, Executing, Monitoring and Controlling, and Closing) to enhance overall performance and success of any project in any organization or industry. Discover how to integrate the 10 Knowledge Area processes, tools and templates in a manner that can be readily applied in your work place. Learn how the project management processes interact with each other to successfully achieve project objectives. Concepts include stakeholder, scope, quality, time, cost, human resource, communication, risk, procurement and project integration management. You will also apply various techniques such as stakeholder analysis, work breakdown structure, scheduling, estimating, risk assessments, contracts, and change control. (21 Hrs)

Note: This course is eligible for credit in both the Project Management Certificate and the Construction Management Certificate

Course runs January 15-29, 2021

Introduction to Marketing

Date and Time: Saturday, January 15 8:00 am - 4:00 pm

Address: Online

Introduction to Marketing is a 14-hour course that covers marketing principles and the role of marketing in supply management. You'll learn the differences between marketing and sales, marketing products and services, as well as business-to-business and business-to-consumer marketing.

Key topics include market research, competition evaluation, market segmentation and selection, the marketing mix and the 4 P's of marketing (product, pricing, place and promotion). The course also outlines strategies for market leaders and market followers.

If you do not complete the pre-course reading, you will find it difficult to succeed in this course.

Course runs January 15 and 22, 2022 from 8:00 a.m. - 4:00 p.m.

Toddler Time

Date and Time: Saturday, January 15 9:30 am - 6:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. FREE for under 1 year old's.

Proof of vaccination through QR code is required or a negative covid test within 72 hours is acceptable as well

Flow & Restore Yoga

Date and Time: Saturday, January 15 10:00 am - 11:00 am

Address: 9908 Penhorwood St

Yoga Flow & Restore focus is to connect the body movement with the breath. Each class has a different sequence, to challenge yourself at your own pace. We start to warm-up with a flow of dynamic standing poses and finish the practice with restorative poses, to let go physical tension from the body. At the end, you will feel recharged and relaxed to enjoy your weekend. All levels are welcome.

Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes. The Syncrude Sport and Wellness Centre is operating under the Restrictions Exemption Program. All patrons of the SSWC must provide proof of double-vaccination or a negative quick test (valid within 72 hours) at check-in time.

Zumba With Karin

Date and Time: Saturday, January 15 11:30 am - 12:30 pm

Address: 9908 Penhorwood St

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training - alternating fast and slow rhythms - and resistance training. You truly need to try this out - the best part is it doesn't even feel like a workout and is guaranteed to be fun!

Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes. The Syncrude Sport and Wellness Centre is operating under the Restrictions Exemption Program. All patrons of the SSWC must provide proof of double-vaccination or a negative quick test (valid within 72 hours) at check-in time.

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Presenting Sponsor: Northland Forest Products Ltd.

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Banff Centre Mountain Film and Book Festival is one of the largest and most prestigious mountain festivals in

the world! Hot on the heels of the Festival that is held every fall in beautiful Banff, Alberta, the Banff Centre Mountain Film Festival World Tour hits the road. With stops planned in about 550 communities and more than 40 countries across the globe, the Banff World Tour celebrates amazing achievements in outdoor storytelling and filmmaking worldwide!

From the over 400 entries submitted into the Festival each year, award-winners and audience favorites are among the films that are carefully selected to play in theatres around the world.

Traveling to remote vistas, analyzing topical environmental issues, and bringing audiences up-close and personal with adrenaline-packed action sports the 2021/2022 World Tour is an exhilarating and provocative exploration of the mountain world.

Friday, January 14, 2022 7:30PM

Saturday, January 15, 2022 7:30PM

All Ages

Tickets

Adult \$30

Senior (60+) / Elder \$25

Child (12 & Under) \$30

Student (ID required) \$25

Tickets can be purchased [online](#).

When choosing your tickets, please choose a group of seats that matches your group size.

If there is not a group of seats that matches your group size or for groups of 6 or more, please contact Keyano Box Office (780) 791-4990

Monday, January 17, 2022

Class 3 Driver Training

Date and Time: Monday, January 17 8:00 am - 4:00 pm

Address: SEIC 111, 160 MacKenzie Blvd T9H 4B8

The Class III will be a 30 hour course but will have two days in the classroom and yard (pre-trip inspections) and each student will then be booked for 15 hours in the trucks one-one with an instructor. The student will also get our Class III truck for 3 hours for their road test. The course will be a total of 30 hours (15 hours in class and 15 hours one-one in cab), road tests appointments or dates are in addition to the course date. Students are required to have a valid Class 5 (no GDL restrictions) with an Air Brakes Q Endorsement on their license. Students must also successfully complete their Class III Knowledge test and purchase their Class III Road Test permit from an Alberta Registry office prior to the start of the course. The students will utilize our trucks for 3 hours to enable them to complete their road tests following the course. The College books the blocks of appointments for the road tests, however, the students Class III Road Test permit is required to secure their appointment.

Course runs January 17 - 28, 2022

Play Ball Indoors

Date and Time: Monday, January 17 5:00 pm - 6:00 pm

Address: 9908 Penhorwood St

bring your 6-12 year olds for this free program & learn new skills playing baseball! Equipment will be provided all thanks to the Jay's Care organization.

Disc Golf

Date and Time: Monday, January 17 8:00 pm - 10:00 pm

Address: 9908 Penhorwood St

Huskies Development is providing a Disc Golf program every Monday Nights on the turf. No need to pre-register, visit Guest Services to pay the \$5.00 drop-in fee the time of the program. Please note, Disc Golf will not take place on January 3, February 21 & April 18.

Tuesday, January 18, 2022

Cycle Strength with Priscilla

Date and Time: Tuesday, January 18 5:15 am - 6:00 am

Address: 9908 Penhorwood St

This 40 min spin class is a great way to get in an effective workout, and is great for all ability levels. The instructor guides participants through a warm up, workout phase which includes some weights to tone those arms, ending with a cool down and stretch. Drills consist of steady states, up tempo cadences, sprints, endurance drills, and climbs, You control the resistance on your bike to make the pedaling as easy or difficult as you choose. Varied routines & music keeps things fresh. All you'll need is light workout clothes, a towel and a water bottle.

Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes. The Syncrude Sport and Wellness Centre is operating under the Restrictions Exemption Program. All patrons of the SSWC must provide proof of double-vaccination or a negative quick test (valid within 72 hours) at check-in time.

Fees Due: ACP (Y2 S5)

Date and Time: Tuesday, January 18 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

Fees Due: ACP (Y2 S5)

Last day to add/drop classes: Cert, Dipl, Univ, & College Prep

Date and Time: Tuesday, January 18 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

Last day to add/drop classes: Certificate, Diploma, University Studies, & College Prep

Toddler Time

Date and Time: Tuesday, January 18 9:00 am - 2:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. FREE for under 1 year old's.

Proof of vaccination through QR code is required or a negative covid test within 72 hours is acceptable as well .

Cycle Strength with Priscilla

Date and Time: Tuesday, January 18 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

This 40 min spin class is a great way to get in an effective workout, and is great for all ability levels. The instructor guides participants through a warm up, workout phase which includes some weights to tone those arms, ending with a cool down and stretch. Drills consist of steady states, up tempo cadences, sprints, endurance drills, and climbs. You control the resistance on your bike to make the pedaling as easy or difficult as you choose. Varied routines & music keeps things fresh. All you'll need is light workout clothes, a towel and a water bottle.

Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes. The Syncrude Sport and Wellness Centre is operating under the Restrictions Exemption Program. All patrons of the SSWC must provide proof of double-vaccination or a negative quick test (valid within 72 hours) at check-in time.

Wednesday, January 19, 2022

Morning Power Hour

Date and Time: Wednesday, January 19 5:15 am - 6:15 am

Address: 9908 Penhorwood St

This is a great session to get in an effective workout within 1 hour, and is great for all ability levels.

Toddler Time

Date and Time: Wednesday, January 19 9:00 am - 2:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. FREE for under 1 year old's.

Proof of vaccination through QR code is required or a negative covid test within 72 hours is acceptable as well .

Full Body Blitz

Date and Time: Wednesday, January 19 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

This circuit based class will work your muscles from head to toe!

Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes. The Syncrude Sport and Wellness Centre is operating under the Restrictions Exemption Program. All patrons of the SSWC must provide proof of double-vaccination or a negative quick test (valid within 72 hours) at check-in time.

Play Ball Indoors

Date and Time: Wednesday, January 19 5:00 pm - 6:00 pm

Address: 9908 Penhorwood St

bring your 6-12 year olds for this free program & learn new skills playing baseball! Equipment will be provided all thanks to the Jay's Care organization.

Candlelight Stretch & Meditate

Date and Time: Wednesday, January 19 5:15 pm - 6:15 pm

Address: 9908 Penhorwood St

Wednesday's class starts with simple flowing sequences to warm-up the body and connect movement with breath. Then we take it down to the mat for a deeper, slow-paced stretch. The class ends with a brief candlelight meditation to calm the mind, and relax the body. No experience required, all levels are welcome.

Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes. The Syncrude Sport and Wellness Centre is operating under the Restrictions Exemption Program. All patrons of the SSWC must provide proof of vaccination or a negative quick test (valid within 72 hours) at check-in time.

Thursday, January 20, 2022

Toddler Time

Date and Time: Thursday, January 20 9:00 am - 2:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. FREE for under 1 year old's.

Proof of vaccination through QR code is required or a negative covid test within 72 hours is acceptable as well

ViPR Fitness

Date and Time: Thursday, January 20 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

ViPR training is what you need this season! This new training tool combines movement and strength for a full body work out. ViPR training will improve your agility, balance and dynamic strength for maximal fitness goals. ViPR is for all fitness levels and can be a part of your regular fitness routine!

Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes. The Syncrude Sport and Wellness Centre is operating under the Restrictions Exemption Program. All patrons of the SSWC must provide proof of double-vaccination or a negative quick test (valid within 72 hours) at check-in time.

Full-Body Strength w/ Amanda

Date and Time: Thursday, January 20 5:15 pm - 6:15 pm

Address: 9908 Penhorwood St

Using the progressive overload principle, this full body strength class will help build muscle and get you functionally fit. This class will run on a rotating schedule that will allow you to track your progress over time. Let's get those gains!

Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes. The Syncrude Sport and Wellness Centre is operating under the Restrictions Exemption Program. All patrons of the SSWC must provide proof of double-vaccination or a negative quick test (valid within 72 hours) at check-in time.

Friday, January 21, 2022

Lean & Mean Legs

Date and Time: Friday, January 21 9:15 am - 10:15 am

Address: 9908 Penhorwood St

Using a combinations of weights, resistance bands and bodyweight we will hit all major muscle groups to build strength while toning and fine tuning the minor muscle groups.

Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes. The Syncrude Sport and Wellness Centre is operating under the Restrictions Exemption Program. All patrons of the SSWC must provide proof of double-vaccination or a negative quick test (valid within 72 hours) at check-in time.

Bouey-Doucet Duo

Date and Time: Friday, January 21 7:30 pm - 9:30 pm

Address: Keyano Recital Theatre

Presented by Keyano Theatre & Syncrude Arts Alive

Emerging violinist Christina Bouey has been hailed by the New York Times and a myriad of media for artistry that is described by Opera News as “exquisite, quivering beauty.”

The winner of numerous prizes and competitions, she plays an 1820 Pressenda on generous loan from the Canada Council Instrument Bank.

Lauded for “the emotion of his playing and his impeccable control” by Audiophilia, Acadian pianist Pierre-André Doucet was named to CBC Radio’s Top 30 under 30 in 2014. He has performed extensively in Canada, United States, and Europe.

All Ages

Saturday, January 21, 7:30 PM

Tickets can be purchased online [here](#):

Regular \$30

Senior (60+)/Elder/Military \$25

Student \$25

Saturday, January 22, 2022

Last day to waive H&D: PCP

Date and Time: Saturday, January 22 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

Last day to waive Health & Dental: PCP

Last day to waive health & dental: Cert, Dipl, Univ, & College Prep

Date and Time: Saturday, January 22 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

Last day to waive health and dental: Certificate, Diploma, University Studies, & College Prep (New students only)

Last day to waive H&D: ACP (Y1 S1)

Date and Time: Saturday, January 22 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

Last day to waive Health & Dental: ACP (Y1 S1)

Last day to waive H&D: Pre-Employment (HET). (New Students Only)

Date and Time: Saturday, January 22 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

Last day to waive health and dental: Pre-Employment (HET). (New Students Only)

Toddler Time

Date and Time: Saturday, January 22 9:30 am - 6:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. FREE for under 1 year old's.

Proof of vaccination through QR code is required or a negative covid test within 72 hours is acceptable as well .

Flow & Restore Yoga

Date and Time: Saturday, January 22 10:00 am - 11:00 am

Address: 9908 Penhorwood St

Yoga Flow & Restore focus is to connect the body movement with the breath. Each class has a different sequence, to challenge yourself at your own pace. We start to warm-up with a flow of dynamic standing poses and finish the practice with restorative poses, to let go physical tension from the body. At the end, you will feel recharged and relaxed to enjoy your weekend. All levels are welcome.

Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes. The Syncrude Sport and Wellness Centre is operating under the Restrictions Exemption Program. All patrons of the SSWC must provide proof of double-vaccination or a negative quick test (valid within 72 hours) at check-in time.

Zumba With Karin

Date and Time: Saturday, January 22 11:30 am - 12:30 pm

Address: 9908 Penhorwood St

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training - alternating fast and slow rhythms - and resistance training. You truly need to try this out - the best part is it doesn't even feel like a workout and is guaranteed to be fun!

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Monday, January 24, 2022

Play Ball Indoors

Date and Time: Monday, January 24 5:00 pm - 6:00 pm

Address: 9908 Penhorwood St

bring your 6-12 year olds for this free program & learn new skills playing baseball! Equipment will be provided all thanks to the Jay's Care organization.

Disc Golf

Date and Time: Monday, January 24 8:00 pm - 10:00 pm

Address: 9908 Penhorwood St

Huskies Development is providing a Disc Golf program every Monday Nights on the turf. No need to pre-register, visit Guest Services to pay the \$5.00 drop-in fee the time of the program. Please note, Disc Golf will not take place on January 3, February 21 & April 18.

Tuesday, January 25, 2022

Cycle Strength with Priscilla

Date and Time: Tuesday, January 25 5:15 am - 6:00 am

Address: 9908 Penhorwood St

This 40 min spin class is a great way to get in an effective workout, and is great for all ability levels. The instructor guides participants through a warm up, workout phase which includes some weights to tone those arms, en

ding with a cool down and stretch. Drills consist of steady states, up tempo cadences, sprints, endurance drills, and climbs, You control the resistance on your bike to make the pedaling as easy or difficult as you choose. Varied routines & music keeps things fresh. All you'll need is light workout clothes, a towel and a water bottle.

Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes. The Syncrude Sport and Wellness Centre is operating under the Restrictions Exemption Program. All patrons of the SSWC must provide proof of double-vaccination or a negative quick test (valid within 72 hours) at check-in time.

Cycle Strength with Priscilla

Date and Time: Tuesday, January 25 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

This 40 min spin class is a great way to get in an effective workout, and is great for all ability levels. The instructor guides participants through a warm up, workout phase which includes some weights to tone those arms, ending with a cool down and stretch. Drills consist of steady states, up tempo cadences, sprints, endurance drills, and climbs, You control the resistance on your bike to make the pedaling as easy or difficult as you choose. Varied routines & music keeps things fresh. All you'll need is light workout clothes, a towel and a water bottle.

Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes. The Syncrude Sport and Wellness Centre is operating under the Restrictions Exemption Program. All patrons of the SSWC must provide proof of double-vaccination or a negative quick test (valid within 72 hours) at check-in time.

Wednesday, January 26, 2022

Morning Power Hour

Date and Time: Wednesday, January 26 5:15 am - 6:15 am

Address: 9908 Penhorwood St

This is a great session to get in an effective workout within 1 hour, and is great for all ability levels.

Toddler Time

Date and Time: Wednesday, January 26 9:00 am - 2:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. FREE for under 1 year old's.

Proof of vaccination through QR code is required or a negative covid test within 72 hours is acceptable as well

Full Body Blitz

Date and Time: Wednesday, January 26 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

This circuit based class will work your muscles from head to toe!

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Play Ball Indoors

Date and Time: Wednesday, January 26 5:00 pm - 6:00 pm

Address: 9908 Penhorwood St

bring your 6-12 year olds for this free program & learn new skills playing baseball! Equipment will be provided all thanks to the Jay's Care organization.

Candlelight Stretch & Meditate

Date and Time: Wednesday, January 26 5:15 pm - 6:15 pm

Address: 9908 Penhorwood St

Wednesday's class starts with simple flowing sequences to warm-up the body and connect movement with breath. Then we take it down to the mat for a deeper, slow-paced stretch. The class ends with a brief candlelight meditation to calm the mind, and relax the body. No experience required, all levels are welcome.

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Thursday, January 27, 2022

Toddler Time

Date and Time: Thursday, January 27 9:00 am - 2:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. FREE for under 1 year old's.

Proof of vaccination through QR code is required or a negative covid test within 72 hours is acceptable as well

ViPR Fitness

Date and Time: Thursday, January 27 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

ViPR training is what you need this season! This new training tool combines movement and strength for a full body work out. ViPR training will improve your agility, balance and dynamic strength for maximal fitness goals. ViPR is for all fitness levels and can be a part of your regular fitness routine!

Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes. The Syncrude Sport and Wellness Centre is operating under the Restrictions Exemption Program. All patrons of the SSWC must provide proof of double-vaccination or a negative quick test (valid within 72 hours) at check-in time.

Full-Body Strength w/ Amanda

Date and Time: Thursday, January 27 5:15 pm - 6:15 pm

Address: 9908 Penhorwood St

Using the progressive overload principle, this full body strength class will help build muscle and get you functionally fit. This class will run on a rotating schedule that will allow you to track your progress over time. Let's get those gains!

Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes. The Syncrude Sport and Wellness Centre is operating under the Restrictions Exemption Program. All patrons of the SSWC must provide proof of double-vaccination or a negative quick test (valid within 72 hours) at check-in time.

Workplace Writing (Advanced English)

Date and Time: Thursday, January 27 6:00 pm - 9:00 pm

Address: Bob Lamb 142, 8015 Franklin Ave, Fort McMurray AB. T9H2H7

This course is designed for professionals who want to improve their written workplace communication skills. It covers common workplace vocabulary, expressions, and writing techniques. Special attention is given to résumé writing, emails, business letters and other workplace documents.

Course Runs January 27 - February 17, 2022

Friday, January 28, 2022

Last Day of Classes: Advanced Care Paramedic

Date and Time: Friday, January 28 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

Last Day of Classes: Advanced Care Paramedic

Roll With It

Date and Time: Friday, January 28 9:00 am - 12:00 pm

Address: 9908 Penhorwood St

Bring your bikes, scooters, rollerblades, etc. to cruise around with your family and friends in our indoor fieldhouse! It costs \$15.00 per family to participate.

Please note, this is a parent-supervised program.

Lean & Mean Legs

Date and Time: Friday, January 28 9:15 am - 10:15 am

Address: 9908 Penhorwood St

Using a combination of weights, resistance bands and bodyweight we will hit all major muscle groups to build strength while toning and fine tuning the minor muscle groups.

Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes. The Syncrude Sport and Wellness Centre is operating under the Restrictions Exemption Program. All patrons of the SSWC must provide proof of double-vaccination or a negative quick test (valid within 72 hours) at check-in time.

Saturday, January 29, 2022

Toddler Time

Date and Time: Saturday, January 29 9:30 am - 6:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. FREE for under 1 year olds.

Proof of vaccination through QR code is required or a negative covid test within 72 hours is acceptable as well.

Flow & Restore Yoga

Date and Time: Saturday, January 29 10:00 am - 11:00 am

Address: 9908 Penhorwood St

Yoga Flow & Restore focus is to connect the body movement with the breath. Each class has a different sequence, to challenge yourself at your own pace. We start to warm-up with a flow of dynamic standing poses and finish the practice with restorative poses, to let go physical tension from the body. At the end, you will feel recharged and relaxed to enjoy your weekend. All levels are welcome.

Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes. The Syncrude Sport and Wellness Centre is operating under the Restrictions Exemption Program. All patrons of the SSWC must provide proof of double-vaccination or a negative quick test (valid within 72 hours) at check-in time.

Zumba With Karin

Date and Time: Saturday, January 29 11:30 am - 12:30 pm

Address: 9908 Penhorwood St

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training - alternating fast and slow rhythms - and resistance training. You truly need to try this out - the best part is it doesn't even feel like a workout and is guaranteed to be fun!

Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes. The Syncrude Sport and Wellness Centre is operating under the Restrictions Exemption Program. All patrons of the SSWC must provide proof of double-vaccination or a negative quick test (valid within 72 hours) at check-in time.

Monday, January 31, 2022

Play Ball Indoors

Date and Time: Monday, January 31 5:00 pm - 6:00 pm

Address: 9908 Penhorwood St

bring your 6-12 year olds for this free program & learn new skills playing baseball! Equipment will be provided all thanks to the Jay's Care organization.

Disc Golf

Date and Time: Monday, January 31 8:00 pm - 10:00 pm

Address: 9908 Penhorwood St

Huskies Development is providing a Disc Golf program every Monday Nights on the turf. No need to pre-register, visit Guest Services to pay the \$5.00 drop-in fee the time of the program. Please note, Disc Golf will not take place on January 3, February 21 & April 18.

<https://calendar.keyano.ca>