

Wednesday, March 1, 2023

Asset Planning Management: Execution, Coordination, & Closure

Date and Time: Wednesday, March 1 12:00 am - 12:00 pm

Address: Online, 8115 Franklin Avenue, Fort McMurray, AB, T9H 2H7

This module focuses on how to identify and isolate problems using proven troubleshooting methodology.

You will learn how to process factual information and quickly focus on the root cause - a skill crucial to facilitate continuous improvement and eliminating

sources of repetitive problems. The Execution Process is defined and focus is placed on how urgent work can be done quickly.

14hr course, \$495.

This is a self-paced online program. Students will use the Keyano Learning Management System ([ILearn.Keyano.ca](#)) to access course materials and engage with the instructor and other classmates.

Computer Skills Workshop: Computer Fundamentals

Date and Time: Wednesday, March 1 9:00 am - 2:30 pm

Address: Bob Lamb, Classroom 134; 8115 Franklin Avenue Fort McMurray Alberta , T9H 2H7

In this 25 hour introductory workshop, you will learn to operate the computer and its applications using Windows 10. You will learn commonly used features and functions, and master document and file management.

Using Internet Explorer, you will become familiar with browsing the internet, using search engines and applying these skills to research online job opportunities.

Using MS Outlook, you will create an email account and learn to use Outlook both as a communication tool and a time management tool in the workplace.

[Application Form Keyano College: Computer Skills Workshop](#)

Toddler Time

Date and Time: Wednesday, March 1 9:00 am - 3:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-5 & \$5.00 per child. It is free for 12 months & under.

we are selling 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST!

Visit Guest Services to grab yours today.

Please note, Toddler Time is a parent-supervised drop-in program. Please monitor children entering this program. We want to ensure this is a safe & fun space for all to enjoy.

Thursday, March 2, 2023

Toddler Time

Date and Time: Thursday, March 2 9:00 am - 4:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-5 & \$5.00 per child. It is free for 12 months & under.

we are selling 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST!

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Computer Skills Workshop: Computer Fundamentals

Date and Time: Thursday, March 2 9:00 am - 2:30 pm

Address: Bob Lamb, Classroom 134; 8115 Franklin Avenue Fort McMurray Alberta , T9H 2H7

In this 25 hour introductory workshop, you will learn to operate the computer and its applications using Windows 10. You will learn commonly used features and functions, and master document and file management.

Using Internet Explorer, you will become familiar with browsing the internet, using search engines and applying these skills to research online job opportunities.

Using MS Outlook, you will create an email account and learn to use Outlook both as a communication tool and a time management tool in the workplace.

[Application Form Keyano College: Computer Skills Workshop](#)

APA 7 Citation Style Workshop

Date and Time: Thursday, March 2 12:00 pm - 12:45 pm

Address: 8115 Franklin Avenue, Fort McMurray, AB T9H2H7

Introduction to the basics of APA style, including formatting your assignments and citing your sources. Worksh

ops are free and are held in the Library Computer Lab.

Friday, March 3, 2023

Roll With It

Date and Time: Friday, March 3 8:00 am - 4:00 pm

Address: 9908 Penhorwood Street

Bring your bikes, scooters, rollerblades, etc. to cruise around with your family and friends in our indoor fieldhouse! Please note, this is a parent-supervised program.

Age: 2 years+

Price: \$5.00 per child

Management and Supervision: Managing Workplace Conflict

Date and Time: Friday, March 3 8:00 am - 4:00 pm

Address: Online, 8115 Franklin Avenue, Fort McMurray, AB, T9H 2H7

If your role involves leading others, you will likely have times where conflict threatens to derail working relationships, team productivity and the work environment. But when handled constructively, conflict can also be a catalyst for change and growth.

Learn about the different types of workplace conflict and its effects on individuals and the organization. Identify your own conflict style and that of others, explore the problem-solving process, and discover practical strategies and tools

that will increase your confidence and skill in resolving conflicts in a constructive manner.

7hrs, \$329; . This program is delivered in the virtual Livestream online format. Students will access the Keyano Learning Management System (iLearn.keyano.ca) for all course materials and online components within the course timeframe. This is designed to increase accessibility and flexibility within the program.

Computer Skills Workshop: Computer Fundamentals

Date and Time: Friday, March 3 9:00 am - 2:30 pm

Address: Bob Lamb, Classroom 134; 8115 Franklin Avenue Fort McMurray Alberta , T9H 2H7

In this 25 hour introductory workshop, you will learn to operate the computer and its applications using Windows 10. You will learn commonly used features and functions, and master document and file management.

Using Internet Explorer, you will become familiar with browsing the internet, using search engines and applying these skills to research online job opportunities.

Using MS Outlook, you will create an email account and learn to use Outlook both as a communication tool and a time management tool in the workplace.

Application Form Keyano College: Computer Skills Workshop

Saturday, March 4, 2023

Project Management: Working with Stakeholders

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

Address: CC212 (Hyflex), 8115 Franklin Avenue, Fort McMurray, AB, T9H 2H7

This is an in-person course where students will learn how to identify and engage effectively with stakeholders to foster support for project goals and objectives while building dynamic teams.

Concepts include assessing stakeholders and managing their expectations, principles for organizational change management and developing a communication plan.

Students will apply and use various techniques such as stakeholder analysis, negotiating, and active listening while evaluating their communication styles.

14 hours, \$595

March 4-5, 2023 (Saturday and Sunday)

Snowed In Comedy Tour

Date and Time: Saturday, March 4 7:30 pm

Address: Keyano Theatre 8115 Franklin Avenue

The Snowed In Comedy Tour has turned into a Canadian success story, celebrating its fourteenth year. It has now grown to become the biggest comedy tour in Canada. Playing in 70 cities this year, coast to coast. In a market still dominated by American acts, with American TV credits, a small Canadian comedy tour has managed to succeed. Like the Tragically Hip they have done it by touring and making more and more people laugh, year after year. The tour has now performed in Australia, The US, France, and Switzerland. The tour has received numerous standing ovations.

Four international comedians come together to create one amazing show with each bringing a unique and hilarious take providing something for everyone. Just for Laughs winner Dan Quinn is joined by the Great Canadian Laugh Off winner, Paul Myrehaug and 6 time Canadian Comedian of the year nominee Pete Zedlacher. We are proud to announce that Seattle Comedy Competition winner Damonde Tschritter, will be joining us. Don't miss out on the comedy show called "Better than the Just for Laughs Tour" and "Delivers a Flurry of Laughs".

Be sure to check out their new video series "Truck Jokes" as you get to see what it's like when 4 comedians drive together and try to make each other laugh. [Click Here to watch Truck Jokes](#)

Damonde Tschritter
Winner of Seattle Comedy Competition

Just For Laughs New Faces
Comedy Now on CTV
The Debaters.

Pete Zedlacher
6-time nominee of the Canadian Comedy Award for Best Male Stand-up
Winner of Sirius XM's Top Comic
8 appearances at Montreal's Just For Laughs Festival
Halifax And Winnipeg Comedy Festival

Dan Quinn
Winner of Canadian Competition at Just for Laughs
Opened for Rob Schneider, Russell Peters
Best of Fest Moncton Comedy Festival
TV Special on Check TV, Comedy Network

Paul Myrehaug
CBC's the Debators
\$25,000 Great Canadian Laugh off winner
Just For Laughs, Comedy Now on CTV

Rated
Mature 18+

Date
Saturday, March 4 @ 7:30pm

Tickets
Regular: \$55
Senior/Elder: \$45

[Buy tickets now](#)

Sunday, March 5, 2023

Teen Weight Trainers

Date and Time: Sunday, March 5 12:00 pm - 2:00 pm

Address: 9908 Penhorwood St

Our Teen Weight Trainers course is a prerequisite for ages 13-15 to utilize our fitness centre. This course covers everything you need to know to help you start your health & wellness journey!

- 1) Learn how to train safely & effectively
- 2) Importance of warming up & benefits of a cool-down
- 3) Introduction to various pieces of gym equipment

4) Better understanding of movement mechanics

5) Education on body composition, muscular endurance, muscular strength, flexibility & cardiovascular endurance

Register Online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_keyword=teen&viewMode=list

Monday, March 6, 2023

Toddler Time

Date and Time: Monday, March 6 9:00 am - 2:30 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-5 & \$5.00 per child. It is free for 12 months & under.

we are selling 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST!

Visit Guest Services to grab yours today.

Please note, Toddler Time is a parent-supervised drop-in program. Please monitor children entering this program. We want to ensure this is a safe & fun space for all to enjoy.

Computer Skills Workshop: Workplace Reading & Writing Strategies

Date and Time: Monday, March 6 9:00 am - 2:30 pm

Address: Bob Lamb, Classroom 134; 8115 Franklin Avenue Fort McMurray Alberta , T9H 2H7

In this 25 hours course you will improve your reading skills and be ready for typical workplace-related documents.

You will use the Preview, Navigate, Skim, Scan, Map and Study-to-Upgrade practices to increase your workplace productivity and reduce the risk of work-related incidents.

Writing in the workplace has evolved over the years and most information is now communicated in the form of a written document, therefore the ability to communicate effectively is key.

Through this workshop you will learn writing techniques to convey messages that are professional, clear, and concise for work-related correspondence.

[Application Form Keyano College: Computer Skills Workshop](#)

Playful Paws Session 4 (Mondays)

Date and Time: Monday, March 6 3:30 pm - 4:30 pm

Address: 9908 Penhorwood St

Start your child off on the right PAW! A physical literacy based program that encourages parents and children to move together through a series of both structured and free play activities. This program is designed to increase physical confidence, competence, and motivation.

Activity #6173

This session takes place every Monday

Time: 3:30 pm - 4:30 pm

Dates: March 6 - April 3 (5 classes)

Cost: \$75.00 +GST

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1177?onlineSiteId=0&from_original_cui=true

Disc Golf

Date and Time: Monday, March 6 8:15 pm - 10:15 pm

Address: 9908 Penhorwood Street

Huskies Development is providing a Disc Golf program on selective Monday Nights on the turf.

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 April 10.

Tuesday, March 7, 2023

Office Procedures for the Medical Office Assistant and Office Career Training Programs

Date and Time: Tuesday, March 7 12:00 am - 12:00 pm

Address: Online, 8115 Franklin Avenue, Fort McMurray, AB, T9H 2H7

This course explores introductory office procedures and protocol required to strengthen administrative support functions. Students will learn how to effectively accomplish practical administrative tasks such as meeting minute taking, event management, booking travel arrangements and filing while learning specific processes for each. Upon successful completion of this course, students will be able to respond to dynamic workplace requests in a timely and professional manner while completing office procedures necessary to support daily business activities.

This course is self-paced online with the students having three months to complete the course and access to an instructor.

21 hours/\$495

Winter 2023 - Last day to withdraw (ACP S5)

Date and Time: Tuesday, March 7 8:30 am

Address: Keyano College 8115 Franklin Avenue

Final day to withdraw with 50% refund for the Advanced Care Paramedic S5 program.

Computer Skills Workshop: Workplace Reading & Writing Strategies

Date and Time: Tuesday, March 7 9:00 am - 2:30 pm

Address: Bob Lamb, Classroom 134; 8115 Franklin Avenue Fort McMurray Alberta , T9H 2H7

In this 25 hours course you will improve your reading skills and be ready for typical workplace-related documents.

You will use the Preview, Navigate, Skim, Scan, Map and Study-to-Upgrade practices to increase your workplace productivity and reduce the risk of work-related incidents.

Writing in the workplace has evolved over the years and most information is now communicated in the form of a written document, therefore the ability to communicate effectively is key.

Through this workshop you will learn writing techniques to convey messages that are professional, clear, and concise for work-related correspondence.

[Application Form Keyano College: Computer Skills Workshop](#)

Playful Paws Session 4 (Tuesdays)

Date and Time: Tuesday, March 7 9:30 am - 10:30 am

Address: 9908 Penhorwood St

Start your child off on the right PAW! A physical literacy based program that encourages parents and children to move together through a series of both structured and free play activities. This program is designed to increase physical confidence, competence, and motivation.

This session takes place every Tuesday

Time: 9:30 am - 10:30 am

Dates: March 7 - April 4 (5 classes)

Cost: \$75.00 +GST

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1173?onlineSiteId=0&from_original_cui=true

Toddler Time

Date and Time: Tuesday, March 7 11:30 am - 2:30 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-5 & \$5.00 per child. It is free for 12 months & under.

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Wednesday, March 8, 2023

Computer Skills Workshop: Workplace Reading & Writing Strategies

Date and Time: Wednesday, March 8 9:00 am - 2:30 pm

Address: Bob Lamb, Classroom 134; 8115 Franklin Avenue Fort McMurray Alberta , T9H 2H7

In this 25 hours course you will improve your reading skills and be ready for typical workplace-related documents.

You will use the Preview, Navigate, Skim, Scan, Map and Study-to-Upgrade practices to increase your workplace productivity and reduce the risk of work-related incidents.

Writing in the workplace has evolved over the years and most information is now communicated in the form of a written document, therefore the ability to communicate effectively is key.

Through this workshop you will learn writing techniques to convey messages that are professional, clear, and co

ncise for work-related correspondence.

Application Form Keyano College: Computer Skills Workshop

BALLET JORGEN – CINDERELLA

Date and Time: Wednesday, March 8 7:30 pm

Address: Keyano Theatre 8115 Franklin Avenue

Presented by Keyano Theatre & Syncrude Arts Alive

This ballet by Bengt Jörgen is an innovative take on the classic fairy tale. Jörgen's choreography balances the fairy tale elements of the story with a contemporary treatment of Cinderella and her family relationships.

Rated:

All Ages

Date:

Wednesday, March 8 - 7:30 pm

Tickets:

Regular: \$35

Student/Senior/Military: \$25

Child: \$25

Thursday, March 9, 2023

Computer Skills Workshop: Workplace Reading & Writing Strategies

Date and Time: Thursday, March 9 9:00 am - 2:30 pm

Address: Bob Lamb, Classroom 134; 8115 Franklin Avenue Fort McMurray Alberta , T9H 2H7

In this 25 hours course you will improve your reading skills and be ready for typical workplace-related documents.

You will use the Preview, Navigate, Skim, Scan, Map and Study-to-Upgrade practices to increase your workplace productivity and reduce the risk of work-related incidents.

Writing in the workplace has evolved over the years and most information is now communicated in the form of a written document, therefore the ability to communicate effectively is key.

Through this workshop you will learn writing techniques to convey messages that are professional, clear, and concise for work-related correspondence.

Application Form Keyano College: Computer Skills Workshop

Toddler Time

Date and Time: Thursday, March 9 9:00 am - 2:30 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-5 & \$5.00 per child. It is free for 12 months & under.

we are selling 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST!

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Friday, March 10, 2023

Power Engineering - Winter 2023 - Last day to drop classes

Date and Time: Friday, March 10 8:00 am

Address: Keyano Theatre 8115 Franklin Avenue

Last day to drop winter 2023 semester classes for the Power Engineering program.

Power Engineering - Winter 2023 - Last day to waive H&D

Date and Time: Friday, March 10 8:00 am - 6:00 pm

Address: Keyano Theatre 8115 Franklin Avenue

Last day to waive Health & Dental (new students only) for the Power Engineering program.

Computer Skills Workshop: Workplace Reading & Writing Strategies

Date and Time: Friday, March 10 9:00 am - 2:30 pm

Address: Bob Lamb, Classroom 134; 8115 Franklin Avenue Fort McMurray Alberta , T9H 2H7

In this 25 hours course you will improve your reading skills and be ready for typical workplace-related documents.

You will use the Preview, Navigate, Skim, Scan, Map and Study-to-Upgrade practices to increase your workplace productivity and reduce the risk of work-related incidents.

Writing in the workplace has evolved over the years and most information is now communicated in the form of a written document, therefore the ability to communicate effectively is key.

Through this workshop you will learn writing techniques to convey messages that are professional, clear, and concise for work-related correspondence.

[Application Form Keyano College: Computer Skills Workshop](#)

Reel Rock 17

Date and Time: Friday, March 10 7:00 pm

Address: Keyano Theatre 8115 Franklin Avenue

This year's Reel Rock brings another collection of the most impressive climbing feats achieved over the last year. This year's lineup of world premieres includes three incredible new films: Babsi Zangerl and Jacopo Larcher on their multi-year quest to free climb the awe-inspiring Trango Tower; the raw, in-the-moment story of the first ascent of Seb Bouin's DNA, one of the world's two 5.15. sport routes; and an impactful exploration of Palestine's grassroots climbing scene.

The Oilsands Rotary Club always gathers a great list of local sponsors that will supply awesome raffles prizes to be won at the show as well as a 50/50 raffle and bar service.

[Click Here to buy your 50/50 today!](#)

Rated
Unrated

Date
Friday, March 10, 2023 at 7:00 PM

Tickets
Regular: \$25
Senior/Elder: \$20
Student/Child:\$20
Military: \$20

[Buy tickets now](#)

Saturday, March 11, 2023

Computer Training: Word 2019 Level 1

Date and Time: Saturday, March 11 8:00 am - 4:00 pm

Address: BL133, 8115 Franklin Avenue, Fort McMurray, AB, T9H 2H7

Learn the fundamental skills necessary to create and format business documents such as letters, forms, and news letters.

Topics included creating a new document, manipulating text, formatting content, working with tabs, formatting documents, printing, using tables, working with illustrations, creating mass mailing documents, and sharing doc

uments.

14 hours, \$395

Bookkeeping: Quickbooks Premium

Date and Time: Saturday, March 11 8:00 am - 4:00 pm

Address: Virtual/Online, 8115 Franklin Avenue, Fort McMurray, AB, T9H 2H7

Learn how this program can simplify the setup of a chart of accounts, reconcile chequing accounts, create and print inventory and receivables, create estimates, and generate reports. Topics covered in this course include an introduction to QuickBooks,

basic accounting principles, backing up files, creating companies, working with vendors, working with customers, banking with QuickBooks, and more.

18 hours, \$495

New Date: March 11, 18, and 25, 2023

STEVEN PAGE

Date and Time: Saturday, March 11 7:30 pm

Address: Keyano Theatre 8115 Franklin Avenue

Presented by Keyano Theatre & Syncrude Arts Alive

You know him, you love him – Steven Page returns to the Keyano stage. Back by Popular demand! One of Canada's most distinctive vocals in popular music and a member of the Canadian Music Hall of Fame with former bandmates, Barenaked Ladies.

Steven Page is still the dynamic stage presence he's always been, performing music from both his solo career and his Barenaked Ladies years.

Rated:

All Ages

Date:

Saturday, March 11 - 7:30 pm

Tickets:

Regular: \$41.50

Monday, March 13, 2023

Computer Skills Workshop: Introductory MS Word

Date and Time: Monday, March 13 9:00 am - 2:30 pm

Address: Bob Lamb, Classroom 134; 8115 Franklin Avenue Fort McMurray Alberta , T9H 2H7

This 25 hour workshop is designed for those who require the skills necessary to use a word processing application for document creation and use in the workplace.

Using Microsoft Word, you will practice creating, modifying and formatting a variety of documents with features such as margins, page numbers, headers, footers, track revisions, tables, clip art, labels, mail merge and more.

[Application Form Keyano College: Computer Skills Workshop](#)

Toddler Time

Date and Time: Monday, March 13 9:00 am - 2:30 pm

Address: 9908 Penhorwood St

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Please note, Toddler Time is a parent-supervised drop-in program. Please monitor children entering this program. We want to ensure this is a safe & fun space for all to enjoy.

Playful Paws Session 4 (Mondays)

Date and Time: Monday, March 13 3:30 pm - 4:30 pm

Address: 9908 Penhorwood St

Start your child off on the right PAW! A physical literacy based program that encourages parents and children to move together through a series of both structured and free play activities. This program is designed to increase physical confidence, competence, and motivation.

Activity #6173

This session takes place every Monday

Time: 3:30 pm - 4:30 pm

Dates: March 6 - April 3 (5 classes)

Cost: \$75.00 +GST

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1177?onlineSiteId=0&from_original_cui=true

Disc Golf

Date and Time: Monday, March 13 8:15 pm - 10:15 pm

Address: 9908 Penhorwood Street

Huskies Development is providing a Disc Golf program on selective Monday Nights on the turf.

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 April 10.

Tuesday, March 14, 2023

Computer Skills Workshop: Introductory MS Word

Date and Time: Tuesday, March 14 9:00 am - 2:30 pm

Address: Bob Lamb, Classroom 134; 8115 Franklin Avenue Fort McMurray Alberta , T9H 2H7

This 25 hour workshop is designed for those who require the skills necessary to use a word processing application for document creation and use in the workplace.

Using Microsoft Word, you will practice creating, modifying and formatting a variety of documents with features such as margins, page numbers, headers, footers, track revisions, tables, clip art, labels, mail merge and more.

[Application Form Keyano College: Computer Skills Workshop](#)

Playful Paws Session 4 (Tuesdays)

Date and Time: Tuesday, March 14 9:30 am - 10:30 am

Address: 9908 Penhorwood St

Start your child off on the right PAW! A physical literacy based program that encourages parents and children to move together through a series of both structured and free play activities. This program is designed to increase physical confidence, competence, and motivation.

Activity #6169

This session takes place every Tuesday

Time: 9:30 am - 10:30 am

Dates: March 7 - April 4 (5 classes)

Cost: \$75.00 +GST

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1173?onlineSiteId=0&from_original_cui=true

Toddler Time

Date and Time: Tuesday, March 14 11:30 am - 4:00 pm

Address: 9908 Penhorwood St

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Wednesday, March 15, 2023

Toddler Time

Date and Time: Wednesday, March 15 9:00 am - 3:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-5 & \$5.00 per child. It is free for 12 months & under.

we are selling 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST!

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Computer Skills Workshop: Introductory MS Word

Date and Time: Wednesday, March 15 9:00 am - 2:30 pm

Address: Bob Lamb, Classroom 134; 8115 Franklin Avenue Fort McMurray Alberta , T9H 2H7

This 25 hour workshop is designed for those who require the skills necessary to use a word processing application for document creation and use in the workplace.

Using Microsoft Word, you will practice creating, modifying and formatting a variety of documents with features such as margins, page numbers, headers, footers, track revisions, tables, clip art, labels, mail merge and more.

[Application Form Keyano College: Computer Skills Workshop](#)

Recovery on Campus

Date and Time: Wednesday, March 15 12:00 pm - 2:00 pm

Address: King's Lounge, Keyano College Clearwater Campus, 8115 Franklin Avenue

Join our guest speaker as she shares her journey with addiction and recovery, followed by a lesson on how to make a mocktail!

*snacks will be provided, as well as information about external community resources.

The Rainbow Fish Musical

Date and Time: Wednesday, March 15 7:00 pm

Address: Keyano Theatre 8115 Franklin Avenue

The Rainbow Fish Musical features a variety of charming school and sea-creature characters who admire the famous Rainbow Fish, the most beautiful fish in all the ocean. When Rainbow Fish refuses to share her vibrant, shimmering scales, the whole ocean seems to turn against the vain creature. Unhappy that no one adores her anymore, the Rainbow Fish seeks out the wise Octopus. Octopus helps the young fish learn that it's far better to be admired for being kind than for being beautiful.

Tickets

Regular \$15

Child (12 and under) \$10

[Buy tickets online.](#)

Thursday, March 16, 2023

Computer Skills Workshop: Introductory MS Word

Date and Time: Thursday, March 16 9:00 am - 2:30 pm

Address: Bob Lamb, Classroom 134; 8115 Franklin Avenue Fort McMurray Alberta , T9H 2H7

This 25 hour workshop is designed for those who require the skills necessary to use a word processing application for document creation and use in the workplace.

Using Microsoft Word, you will practice creating, modifying and formatting a variety of documents with features such as margins, page numbers, headers, footers, track revisions, tables, clip art, labels, mail merge and more.

[Application Form Keyano College: Computer Skills Workshop](#)

Lunch and Learn 1: ChatGPT in the Classroom

Date and Time: Thursday, March 16 12:00 pm - 12:45 pm

Address: CC228, Keyano College Clearwater Campus, 8115 Franklin Avenue

The last few months have seen the rapid popularization of ChatGPT in Higher Education. As Keyano students begin to use artificial intelligence (AI) tools for their assignments and research, it is important that Keyano College considers the implications (e.g., academic integrity, privacy, misinformation) of AI tools to respond appropriately.

To help inform and educate Keyano Faculty and Staff, the Library and Academic Success Centre are co-hosting a lunch and learn to introduce you to AI tools broadly, and ChatGPT specifically, including considerations for teaching and learning within the limits of our context.

[Register online now](#)

Location: CC228 - both in person and online

Date: Thursday, March 16 and Friday, March 17 (join us on either date!)

Time: 12 p.m. to 12:45 p.m.

Don't forget to bring your lunch and your questions!

Friday, March 17, 2023

Roll With It

Date and Time: Friday, March 17 8:00 am - 4:00 pm

Address: 9908 Penhorwood Street

Bring your bikes, scooters, rollerblades, etc. to cruise around with your family and friends in our indoor fieldhouse! Please note, this is a parent-supervised program.

Age: 2 years+

Price: \$5.00 per child

Winter 2023 - Last day to withdraw

Date and Time: Friday, March 17 8:30 am

Address: Keyano College 8115 Franklin Avenue

Last day to withdraw for the following programs:

- Certificate
- Diploma
- University Studies
- College Prep
- Advanced Care Paramedic (S1)
- Primary Care Paramedic
- Hospitality & Tourism Management
- Education Assistant
- Early Learning and Child Care
- Health Care Aide

Computer Skills Workshop: Introductory MS Word

Date and Time: Friday, March 17 9:00 am - 2:30 pm

Address: Bob Lamb, Classroom 134; 8115 Franklin Avenue Fort McMurray Alberta , T9H 2H7

This 25 hour workshop is designed for those who require the skills necessary to use a word processing application for document creation and use in the workplace.

Using Microsoft Word, you will practice creating, modifying and formatting a variety of documents with features such as margins, page numbers, headers, footers, track revisions, tables, clip art, labels, mail merge and more.

[Application Form Keyano College: Computer Skills Workshop](#)

Toddler Time

Date and Time: Friday, March 17 9:00 am - 3:00 pm

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Naloxone Training by Northreach

Date and Time: Friday, March 17 11:00 am - 2:00 pm

Address: Keyano College 8115 Franklin Avenue

Save A Life - know the signs of an opioid overdose and how to properly administer naloxone. These training sessions are FREE and provided by Northreach.

Northreach will have a table set up at the following locations on March 17:

- 11:00 a.m. - 12:00 p.m. Student Commons
- 12:00 p.m. - 1:00 p.m. By Keynotes Bookstore
- 1:00 p.m. - 2:00 p.m. Purple Palace

Lunch and Learn 1: ChatGPT in the Classroom

Date and Time: Friday, March 17 12:00 pm - 12:45 pm

Address: CC228, Keyano College Clearwater Campus, 8115 Franklin Avenue

The last few months have seen the rapid popularization of ChatGPT in Higher Education. As Keyano students begin to use artificial intelligence (AI) tools for their assignments and research, it is important that Keyano College considers the implications (e.g., academic integrity, privacy, misinformation) of AI tools to respond appropriately.

To help inform and educate Keyano Faculty and Staff, the Library and Academic Success Centre are co-hosting a lunch and learn to introduce you to AI tools broadly, and ChatGPT specifically, including considerations for teaching and learning within the limits of our context.

[Register online now](#)

Location: CC228 - both in person and online

Date: Thursday, March 16 and Friday, March 17 (join us on either date!)

Time: 12 p.m. to 12:45 p.m.

Don't forget to bring your lunch and your questions!

Saturday, March 18, 2023

Northern Dance Off

Date and Time: Saturday, March 18 9:00 am

Address: Keyano Theatre 8115 Franklin Avenue

Northern Dance Off presents its 10th Year Celebration Competition. - Sponsored by Turning Point Surveys.

This local dance competition has been in production for 1 decade and has seen so many dancers grace the stage! All things must come to an end in order to grow and transition to other great projects. This will be Northern Dance Off's last season in Fort McMurray. Be sure to get a ticket and do not miss the Celebration we have in store for everyone!

Tickets

Full Weekend - \$40

Single Day - \$20

Dance Off Only - \$20

Buy your tickets [online now](#).

Bookkeeping: Quickbooks Premium 2020

Date and Time: Saturday, March 18 5:00 pm - 6:00 pm

Address: Self-Paced/Online/Instructor Lead; 8115 Franklin Avenue Fort McMurray Alberta , T9H 2H7

Learn how this program can simplify the setup of a chart of accounts, reconcile chequing accounts, create and print inventory and receivables, create estimates, and generate reports.

Topics covered in this course include an introduction to QuickBooks, basic accounting principles, backing up files, creating companies, working with vendors, working with customers, banking with QuickBooks, and more.

Course Cost: \$495.00

Dates: March 18, 19, and 25, 2023 (18 hrs)

Sunday, March 19, 2023

Northern Dance Off

Date and Time: Sunday, March 19 9:00 am

Address: Keyano Theatre 8115 Franklin Avenue

Northern Dance Off presents its 10th Year Celebration Competition. - Sponsored by Turning Point Surveys.

This local dance competition has been in production for 1 decade and has seen so many dancers grace the stage! All things must come to an end in order to grow and transition to other great projects. This will be Northern Dance Off's last season in Fort McMurray. Be sure to get a ticket and do not miss the Celebration we have in store for everyone!

Tickets

Full Weekend - \$40

Single Day - \$20

Dance Off Only - \$20

Buy your tickets [online now](#).

Northern Dance Off

Date and Time: Sunday, March 19 4:30 pm

Address: Keyano Theatre 8115 Franklin Avenue

Northern Dance Off presents its 10th Year Celebration Competition. - Sponsored by Turning Point Surveys. This local dance competition has been in production for 1 decade and has seen so many dancers grace the stage! All things must come to an end in order to grow and transition to other great projects. This will be Northern Dance Off's last season in Fort McMurray. Be sure to get a ticket and do not miss the Celebration we have in store for everyone!

Tickets

Full Weekend - \$40

Single Day - \$20

Dance Off Only - \$20

Buy your tickets [online now](#).

Monday, March 20, 2023

Toddler Time

Date and Time: Monday, March 20 9:00 am - 2:30 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-5 & \$5.00 per child. It is free for 12 months & under.

we are selling 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST!

Visit Guest Services to grab yours today.

Please note, Toddler Time is a parent-supervised drop-in program. Please monitor children entering this program. We want to ensure this is a safe & fun space for all to enjoy.

Computer Skills Workshop: Introductory MS Excel

Date and Time: Monday, March 20 9:00 am - 2:30 pm

Address: Bob Lamb, Classroom 134; 8115 Franklin Avenue Fort McMurray Alberta , T9H 2H7

Microsoft Office Excel Foundations starts at the beginning.

In this 25 hour course you will learn how to work with worksheets and workbooks, to analyze data using a variety of features, and to create, modify, and format common business reports such as budgets, inventory reports, invoices, and charts.

[Application Form Keyano College: Computer Skills Workshop](#)

Pet Therapy

Date and Time: Monday, March 20 12:00 pm - 1:00 pm

Address: Elements, Keyano College Clearwater Campus, 8115 Franklin Avenue

Did you know that pet therapy can help bust stress, increase energy levels, and decrease depression? It's true! That's why our Wellness Services team has arranged for Pet Therapy sessions that will be open to both staff and students!

Pet Therapy will be held in Elements from 12:00 p.m. – 1:00 p.m. on the following dates:

- March 20
- April 3
- April 17 (start of exam week)
- April 24 (second last day of exam week)
- May 8
- May 22
- June 5
- June 19

Playful Paws Session 4 (Mondays)

Date and Time: Monday, March 20 3:30 pm - 4:30 pm

Address: 9908 Penhorwood St

Start your child off on the right PAW! A physical literacy based program that encourages parents and children to move together through a series of both structured and free play activities. This program is designed to increase physical confidence, competence, and motivation.

Activity #6173

This session takes place every Monday

Time: 3:30 pm - 4:30 pm

Dates: March 6 - April 3 (5 classes)

Cost: \$75.00 +GST

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1177?onlineSiteId=0&from_original_cui=true

Disc Golf

Date and Time: Monday, March 20 8:15 pm - 10:15 pm

Address: 9908 Penhorwood Street

Huskies Development is providing a Disc Golf program on selective Monday Nights on the turf.

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 April 10.

Tuesday, March 21, 2023

Computer Skills Workshop: Introductory MS Excel

Date and Time: Tuesday, March 21 9:00 am - 2:30 pm

Address: Bob Lamb, Classroom 134; 8115 Franklin Avenue Fort McMurray Alberta , T9H 2H7

Microsoft Office Excel Foundations starts at the beginning.

In this 25 hour course you will learn how to work with worksheets and workbooks, to analyze data using a variety of features, and to create, modify, and format common business reports such as budgets, inventory reports, invoices, and charts.

[Application Form Keyano College: Computer Skills Workshop](#)

Playful Paws Session 4 (Tuesdays)

Date and Time: Tuesday, March 21 9:30 am - 10:30 am

Address: 9908 Penhorwood St

Start your child off on the right PAW! A physical literacy based program that encourages parents and children to move together through a series of both structured and free play activities. This program is designed to increase physical confidence, competence, and motivation.

Activity #6169

This session takes place every Tuesday

Time: 9:30 am - 10:30 am

Dates: March 7 - April 4 (5 classes)

Cost: \$75.00 +GST

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1173?onlineSiteId=0&from_original_cui=true

Toddler Time

Date and Time: Tuesday, March 21 11:30 am - 4:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-5 & \$5.00 per child. It is free for 12 months & under.

we are selling 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST!

Visit Guest Services to grab yours today.

Please note, Toddler Time is a parent-supervised drop-in program. Please monitor children entering this program. We want to ensure this is a safe & fun space for all to enjoy.

Wednesday, March 22, 2023

Computer Skills Workshop: Introductory MS Excel

Date and Time: Wednesday, March 22 9:00 am - 2:30 pm

Address: Bob Lamb, Classroom 134; 8115 Franklin Avenue Fort McMurray Alberta , T9H 2H7

Microsoft Office Excel Foundations starts at the beginning.

In this 25 hour course you will learn how to work with worksheets and workbooks, to analyze data using a variety of features, and to create, modify, and format common business reports such as budgets, inventory reports, invoices, and charts.

[Application Form Keyano College: Computer Skills Workshop](#)

50th Anniversary of Alberta Human Rights

Date and Time: Wednesday, March 22 11:00 am - 3:00 pm

Address: Keyano College 8115 Franklin Avenue

This year, we celebrate the 50th anniversary of Alberta Human Rights.

Please join Accessibility Services on March 22 between 11:00 a.m. and 3:00 p.m. at a booth outside of the bookstore to learn more about Alberta Human Rights, your rights and your responsibilities.

There will be information on the history of Alberta Human Rights, the Duty to Accommodate, protected ground

s and protected areas. Come join and learn how to take part in the 50 for 50 AHR campaign!

Madagascar Jr.

Date and Time: Wednesday, March 22 7:00 pm

Address: Keyano Theatre 8115 Franklin Avenue

Presented by Thickwood Height Theatriks

Join Alex the Lion, Marty the Zebra, Melman the Giraffe, Gloria the hip hip Hippo, those hilarious, plotting penguins, the crazy comical Lemurs and of course, all the other fun-loving animals as they dance onto the stage in the musical based on DreamWorks animated motion picture.

Rated
Family

Tickets
\$15

[Buy tickets online](#)

Thursday, March 23, 2023

Toddler Time

Date and Time: Thursday, March 23 9:00 am - 4:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-5 & \$5.00 per child. It is free for 12 months & under.

we are selling 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST!

Visit Guest Services to grab yours today.

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Computer Skills Workshop: Introductory MS Excel

Date and Time: Thursday, March 23 9:00 am - 2:30 pm

Address: Bob Lamb, Classroom 134; 8115 Franklin Avenue Fort McMurray Alberta , T9H 2H7

Microsoft Office Excel Foundations starts at the beginning.

In this 25 hour course you will learn how to work with worksheets and workbooks, to analyze data using a vari

ety of features, and to create, modify, and format common business reports such as budgets, inventory reports, invoices, and charts.

[Application Form Keyano College: Computer Skills Workshop](#)

Mike Lynch & Cecil O'Brien - Breaking Bay

Date and Time: Thursday, March 23 8:00 pm

Address: Keyano Theatre 8115 Franklin Avenue

Everyone's favorite Bayman (Cecil O'Brien) and Townie (Mike Lynch) are back on the road with their new stand up tour! Joined by some special surprise guests, in town for one night only, don't miss it!

Rated
Mature

Date
Thursday, March 23, 2023 at 8:00pm

Tickets
\$45

[Buy tickets now](#)

Friday, March 24, 2023

Roll With It

Date and Time: Friday, March 24 8:00 am - 4:00 pm

Address: 9908 Penhorwood Street

Bring your bikes, scooters, rollerblades, etc. to cruise around with your family and friends in our indoor fieldhouse! Please note, this is a parent-supervised program.

Age: 2 years+

Price: \$5.00 per child

Computer Skills Workshop: Introductory MS Excel

Date and Time: Friday, March 24 9:00 am - 2:30 pm

Address: Bob Lamb, Classroom 134; 8115 Franklin Avenue Fort McMurray Alberta , T9H 2H7

Microsoft Office Excel Foundations starts at the beginning.

In this 25 hour course you will learn how to work with worksheets and workbooks, to analyze data using a variety of features, and to create, modify, and format common business reports such as budgets, inventory reports, invoices, and charts.

Application Form Keyano College: Computer Skills Workshop

Lecture Series: Lessons from the Front: What the War in the Ukraine can Tell us about Modern Warfare

Date and Time: Friday, March 24 7:00 pm - 8:30 pm

Address: Wood Buffalo Regional Library

Russia's 2022 Invasion of Ukraine has had far-reaching consequences that have reverberated around the world. This talk will focus on the strategic and tactical lessons that armed services around the world have been able to take from the War in the Ukraine. From tactics and weapon use, through to force structure and training, we will examine the ways that this conflict has changed or reinforced ideas of modern warfare around the world.

Admission is free, and no registration is required.

Saturday, March 25, 2023

Project Management: Leading and Managing a Team

Date and Time: Saturday, March 25 8:00 am - 4:00 pm

Address: CC 212 (Hylfex), 8115 Franklin Avenue, Fort McMurray, AB, T9H 2H7

Leading and managing a team to deliver project outcomes can be challenging.

In this course you will learn leadership skills that will assist you in leading with vision as well as practical, hands-on tactics to ensure work is completed and project outcomes are achieved.

Real world scenarios are used to explore these topics and provide you a chance to apply different tactics and techniques.

21 hours, \$795

Project Management: Leading and Managing a Team

Date and Time: Saturday, March 25 8:00 am - 4:00 pm

Address: CC 212 (Hylfex), 8115 Franklin Avenue, Fort McMurray, AB, T9H 2H7

Leading and managing a team to deliver project outcomes can be challenging.

In this course you will learn leadership skills that will assist you in leading with vision as well as practical, hands-on tactics to ensure work is completed and project outcomes are achieved.

Real world scenarios are used to explore these topics and provide you a chance to apply different tactics and techniques.

21 hours, \$795

Block Therapy Workshop

Date and Time: Saturday, March 25 3:00 pm - 5:00 pm

Address: 9908 Penhorwood Street

In this interactive workshop we will explore the breath, the fascia and the body through the lens of Block Therapy™; a unique self-care practice for all ages and abilities.

Block Therapy™ is a novel approach to health that is part meditation, exercise and therapy rolled into one. You will be guided through a series of postures using the Block Buddy, each held for 3 minutes as you focus on your diaphragmatic breath. The self-applied pressure from the bamboo block combined with the internal heating from your breath allows for a gentle, yet deep release of adhesions that have formed in your body over the course of a lifetime.

In this workshop we will discuss the role of fascia in health, especially as it relates to pain and mobility as well as the key pillars of Block Therapy™ which are to create, inflate and maintain internal space.

Leave this workshop feeling a sense of release and relief in the body while feeling calm and centered in your mind.

No experience required. All Blocks are provided.

Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1544?onlineSiteId=0&from_original_cui=true

Sunday, March 26, 2023

Teen Weight Trainers

Date and Time: Sunday, March 26 12:00 pm - 2:00 pm

Address: 9908 Penhorwood St

This program introduces youth (teens), ages 13-15 to the foundations of weight training including machines, free weights and weight room etiquette. Graduates gain confidence, understanding of weight lifting and is a prerequisite to use the Fitness Centre. Teens working out in the fitness centre must keep his/her TWT ID card on hand at all times.

Monday, March 27, 2023

Toddler Time

Date and Time: Monday, March 27 9:00 am - 1:30 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-5 & \$5.00 per child. It is free for 12 months & under.

we are selling 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST!

Visit Guest Services to grab yours today.

Please note, Toddler Time is a parent-supervised drop-in program. Please monitor children entering this program. We want to ensure this is a safe & fun space for all to enjoy.

Computer Skills Workshop: Computer Applications

Date and Time: Monday, March 27 9:00 am - 2:30 pm

Address: Bob Lamb, Classroom 134; 8115 Franklin Avenue Fort McMurray Alberta , T9H 2H7

In this 25 hour course through a practical hands-on approach you will apply your knowledge of computer applications software to utilize technology to search for jobs.

You will use MS Word, your own writing skills and peer reviews to develop a professional resume and cover letter.

[Application Form Keyano College: Computer Skills Workshop](#)

Circuit Bootcamp w/Amy

Date and Time: Monday, March 27 12:10 pm - 12:50 pm

Address: 9908 Penhorwood Street

Work at your own pace as your instructor takes you through a series of both strength training and cardio movements that'll have you sweating and your muscles burning. Feel strong, powerful and accomplished as we work through various circuits. All fitness level welcome!

Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=19&viewMode=list

Playful Paws Session 4 (Mondays)

Date and Time: Monday, March 27 3:30 pm - 4:30 pm

Address: 9908 Penhorwood St

Start your child off on the right PAW! A physical literacy based program that encourages parents and children to move together through a series of both structured and free play activities. This program is designed to increase physical confidence, competence, and motivation.

Activity #6173

This session takes place every Monday

Time: 3:30 pm - 4:30 pm

Dates: March 6 - April 3 (5 classes)

Cost: \$75.00 +GST

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1177?onlineSiteId=0&from_original_cui=true

Zumba w/Karin

Date and Time: Monday, March 27 6:30 pm - 7:30 pm

Address: 9908 Penhorwood Street

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.

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=17&viewMode=list

Disc Golf

Date and Time: Monday, March 27 8:15 pm - 10:15 pm

Address: 9908 Penhorwood Street

Huskies Development is providing a Disc Golf program on selective Monday Nights on the turf.

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 April 10.

Tuesday, March 28, 2023

Computer Skills Workshop: Computer Applications

Date and Time: Tuesday, March 28 9:00 am - 2:30 pm

Address: Bob Lamb, Classroom 134; 8115 Franklin Avenue Fort McMurray Alberta , T9H 2H7

In this 25 hour course through a practical hands-on approach you will apply your knowledge of computer applications software to utilize technology to search for jobs.

You will use MS Word, your own writing skills and peer reviews to develop a professional resume and cover letter.

[Application Form Keyano College: Computer Skills Workshop](#)

Playful Paws Session 4 (Tuesdays)

Date and Time: Tuesday, March 28 9:30 am - 10:30 am

Address: 9908 Penhorwood St

Start your child off on the right PAW! A physical literacy based program that encourages parents and children to move together through a series of both structured and free play activities. This program is designed to increase physical confidence, competence, and motivation.

Activity #6169

This session takes place every Tuesday

Time: 9:30 am - 10:30 am

Dates: March 7 - April 4 (5 classes)

Cost: \$75.00 +GST

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1173?onlineSiteId=0&from_original_cui=true

Toddler Time

Date and Time: Tuesday, March 28 11:30 am - 4:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-5 & \$5.00 per child. It is free for 12 months & under.

we are selling 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST!

Visit Guest Services to grab yours today.

Please note, Toddler Time is a parent-supervised drop-in program. Please monitor children entering this program. We want to ensure this is a safe & fun space for all to enjoy.

Cycle Strength w/Priscilla

Date and Time: Tuesday, March 28 12:10 pm - 12:50 pm

Address: 9908 Penhorwood Street

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.

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=2&viewMode=list

Full Body Burn w/Taylor

Date and Time: Tuesday, March 28 5:00 pm - 6:00 pm

Address: 9908 Penhorwood Street

This circuit-style class will work your muscles from head to toe! We'll start with an active warm-up, then move into a set of circuits to work your entire body. Class will finish with a cool-down stretch.

Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=20&viewMode=list

Wednesday, March 29, 2023

Computer Skills Workshop: Computer Applications

Date and Time: Wednesday, March 29 9:00 am - 2:30 pm

Address: Bob Lamb, Classroom 134; 8115 Franklin Avenue Fort McMurray Alberta , T9H 2H7

In this 25 hour course through a practical hands-on approach you will apply your knowledge of computer applications software to utilize technology to search for jobs.

You will use MS Word, your own writing skills and peer reviews to develop a professional resume and cover letter.

[Application Form Keyano College: Computer Skills Workshop](#)

Step Fitness w/Amy

Date and Time: Wednesday, March 29 12:10 pm - 12:50 pm

Address: 9908 Penhorwood Street

Step aerobics is a classic cardio workout. It's lasted for decades for a simple reason: it's fun. By offering an aerobic workout that is boosted with choreography and group motivation, step classes involve cardio conditioning on step benches and risers while performing choreographed routines to upbeat music; step patterns are broken down for both beginner and advanced steppers. The fast foot movements build stamina and burn and the number of calories you'll burn depends on how fast you move and step height, and length. Step is actually a whole-body workout. You will feel less fatigued due to high-energy music and working out with other friends in your class. This is an excellent cross-training class for all skill and fitness levels. You may be surprised to actually enjoy this classic class.

Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=19&viewMode=list

Yoga & Weights w/Andrea

Date and Time: Wednesday, March 29 5:15 pm - 6:15 pm

Address: 9908 Penhorwood Street

This class has the benefits of yoga plus a 10-15mins light weights sequence. The purpose of this combination is to build strength, better posture and mindful movement. Ultimately, you will develop good long-term outcomes . End your practice with restorative poses and a full relaxation. All levels welcome.

Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=7&viewMode=list

Thursday, March 30, 2023

Winter 2023 - Last day to withdraw w/ 50 % refund

Date and Time: Thursday, March 30 8:30 am

Address: Keyano College 8115 Franklin Avenue

Last day to withdraw with 50% refund for the Power Engineering program.

Computer Skills Workshop: Computer Applications

Date and Time: Thursday, March 30 9:00 am - 2:30 pm

Address: Bob Lamb, Classroom 134; 8115 Franklin Avenue Fort McMurray Alberta , T9H 2H7

In this 25 hour course through a practical hands-on approach you will apply your knowledge of computer applications software to utilize technology to search for jobs.

You will use MS Word, your own writing skills and peer reviews to develop a professional resume and cover letter.

[Application Form Keyano College: Computer Skills Workshop](#)

Toddler Time

Date and Time: Thursday, March 30 9:00 am - 4:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-5 & \$5.00 per child. It is free for 12 months & under.

we are selling 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST!

Visit Guest Services to grab yours today.

Please note, Toddler Time is a parent-supervised drop-in program. Please monitor children entering this program. We want to ensure this is a safe & fun space for all to enjoy.

Full Body Burn w/Taylor

Date and Time: Thursday, March 30 5:00 pm - 6:00 pm

Address: 9908 Penhorwood Street

This circuit-style class will work your muscles from head to toe! We'll start with an active warm-up, then move into a set of circuits to work your entire body. Class will finish with a cool-down stretch.

Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=20&viewMode=list

Friday, March 31, 2023

Roll With It

Date and Time: Friday, March 31 8:00 am - 4:00 pm

Address: 9908 Penhorwood Street

Bring your bikes, scooters, rollerblades, etc. to cruise around with your family and friends in our indoor fieldhouse! Please note, this is a parent-supervised program.

Age: 2 years+

Price: \$5.00 per child

Computer Skills Workshop: Computer Applications

Date and Time: Friday, March 31 9:00 am - 2:30 pm

Address: Bob Lamb, Classroom 134; 8115 Franklin Avenue Fort McMurray Alberta , T9H 2H7

In this 25 hour course through a practical hands-on approach you will apply your knowledge of computer applications software to utilize technology to search for jobs.

You will use MS Word, your own writing skills and peer reviews to develop a professional resume and cover letter

ter.

Application Form Keyano College: Computer Skills Workshop

High-Low Fit w/Rachel

Date and Time: Friday, March 31 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

HIGH Fitness is breaking the mold, and taking a bold, unique approach to group fitness – it's not fitness, it's HIGH Fitness. HIGH took Old School Aerobics and transformed it into a modern, heart pounding, fun, and effective workout. Cardio and toning meet leg warmers with a side of air guitar.

High-Low is a lower impact workout for all fitness levels

Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=18&viewMode=list

<https://calendar.keyano.ca>