

Monday, September 2, 2024

Toddler Time

Date and Time: Monday, September 2 9:30 am - 5:30 pm

Address: 9908 Penhorwood St

Toddler Time is a parent-supervised drop-in program. Please monitor children to ensure this is a safe and fun space for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

Wednesday, September 4, 2024

Toddler Time

Date and Time: Wednesday, September 4 8:00 am - 2:00 pm

Address: 9908 Penhorwood St

Toddler Time is a parent-supervised drop-in program. Please monitor children to ensure this is a safe and fun space for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

Thursday, September 5, 2024

Women's Only Workout Space

Date and Time: Thursday, September 5 9:00 am - 11:00 am

Address: 9908 Penhorwood St

We are thrilled to announce the launch of a women's only workout space in the High-Performance Studio located

ed in the Fitness Centre. Starting in July, this will take place on Tuesdays and Thursdays, from 9 - 11 am and, 7 - 9 pm. This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

Women's Only Workout Space

Date and Time: Thursday, September 5 7:00 pm - 9:00 pm

Address: 9908 Penhorwood St

We are thrilled to announce the launch of a women's only workout space in the High-Performance Studio located in the Fitness Centre. Starting in July, this will take place on Tuesdays and Thursdays, from 9 - 11 am and, 7 - 9 pm. This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

Friday, September 6, 2024

Toddler Time

Date and Time: Friday, September 6 8:00 am - 2:00 pm

Address: 9908 Penhorwood St

Toddler Time is a parent-supervised drop-in program. Please monitor children to ensure this is a safe and fun space for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

Monday, September 9, 2024

Toddler Time

Date and Time: Monday, September 9 8:00 am - 2:00 pm

Address: 9908 Penhorwood St

Toddler Time is a parent-supervised drop-in program. Please monitor children to ensure this is a safe and fun space for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

Tuesday, September 10, 2024

Women's Only Workout Space

Date and Time: Tuesday, September 10 9:00 am - 11:00 am

Address: 9908 Penhorwood St

We are thrilled to announce the launch of a women's only workout space in the High-Performance Studio located in the Fitness Centre. Starting in July, this will take place on Tuesdays and Thursdays, from 9 - 11 am and, 7 - 9 pm. This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

Women's Only Workout Space

Date and Time: Tuesday, September 10 7:00 pm - 9:00 pm

Address: 9908 Penhorwood St

We are thrilled to announce the launch of a women's only workout space in the High-Performance Studio located in the Fitness Centre. Starting in July, this will take place on Tuesdays and Thursdays, from 9 - 11 am and, 7 - 9 pm. This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

Wednesday, September 11, 2024

Toddler Time

Date and Time: Wednesday, September 11 8:00 am - 2:00 pm

Address: 9908 Penhorwood St

Toddler Time is a parent-supervised drop-in program. Please monitor children to ensure this is a safe and fun space for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

Thursday, September 12, 2024

Women's Only Workout Space

Date and Time: Thursday, September 12 9:00 am - 11:00 am

Address: 9908 Penhorwood St

We are thrilled to announce the launch of a women's only workout space in the High-Performance Studio located in the Fitness Centre. Starting in July, this will take place on Tuesdays and Thursdays, from 9 - 11 am and, 7 - 9 pm. This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

Women's Only Workout Space

Date and Time: Thursday, September 12 7:00 pm - 9:00 pm

Address: 9908 Penhorwood St

We are thrilled to announce the launch of a women's only workout space in the High-Performance Studio located in the Fitness Centre. Starting in July, this will take place on Tuesdays and Thursdays, from 9 - 11 am and, 7 - 9 pm. This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

Friday, September 13, 2024

Toddler Time

Date and Time: Friday, September 13 8:00 am - 2:00 pm

Address: 9908 Penhorwood St

Toddler Time is a parent-supervised drop-in program. Please monitor children to ensure this is a safe and fun space for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

Monday, September 16, 2024

Toddler Time

Date and Time: Monday, September 16 8:00 am - 2:00 pm

Address: 9908 Penhorwood St

Toddler Time is a parent-supervised drop-in program. Please monitor children to ensure this is a safe and fun space for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

Artificial Intelligence (AI)

Date and Time: Monday, September 16 12:00 pm - 1:00 pm

Address: Library Computer Lab; CC166, 8115 Franklin Avenue

An introduction to Artificial Intelligence (AI) for students. This workshop will provide guidelines for students who want to use AI while taking courses at Keyano College. We will discuss the responsible use of AI including how AI impacts academic integrity. We will also introduce students to a selection of AI tools. Open to all Keyano Students. Free. Registration required. [Register here](#).

Tuesday, September 17, 2024

Women's Only Workout Space

Date and Time: Tuesday, September 17 9:00 am - 11:00 am

Address: 9908 Penhorwood St

We are thrilled to announce the launch of a women's only workout space in the High-Performance Studio located in the Fitness Centre. Starting in July, this will take place on Tuesdays and Thursdays, from 9 - 11 am and, 7 - 9 pm. This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

PARE Testing

Date and Time: Tuesday, September 17 11:00 am - 1:00 pm

Address: 9908 Penhorwood St

The Physical Abilities Requirement Evaluation (PARE) is a test used to assess a person's ability to perform the physical demands of police work.

For the test: Please ensure to wear proper workout attire (shorts, leggings, sweat pants, t-shirt, tank top etc.), as well as clean indoor shoes (runners or trainers). Bring a water bottle and maybe even a small snack or Gatorade for after to aid in recovery. Make sure to have a small meal or snack 1-2 hours before the test.

This is a very physical test and recovery could take some time. We will test your vitals before the test, as well as after to ensure you've recovered before leaving the facility.

Please check in at the main Guest Services desk when you arrive for your test. Please arrive 10 - 15 minutes before scheduled time.

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

A minimum of 3 participants is required to run the PARE test. If less than 3 are registered, you will be notified and a refund or reschedule will be completed.

Women's Only Workout Space

Date and Time: Tuesday, September 17 7:00 pm - 9:00 pm

Address: 9908 Penhorwood St

We are thrilled to announce the launch of a women's only workout space in the High-Performance Studio located in the Fitness Centre. Starting in July, this will take place on Tuesdays and Thursdays, from 9 - 11 am and, 7 - 9 pm. This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

Wednesday, September 18, 2024

Toddler Time

Date and Time: Wednesday, September 18 8:00 am - 2:00 pm

Address: 9908 Penhorwood St

Toddler Time is a parent-supervised drop-in program. Please monitor children to ensure this is a safe and fun space for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

Thursday, September 19, 2024

Women's Only Workout Space

Date and Time: Thursday, September 19 9:00 am - 11:00 pm

Address: 9908 Penhorwood St

We are thrilled to announce the launch of a women's only workout space in the High-Performance Studio located in the Fitness Centre. Starting in July, this will take place on Tuesdays and Thursdays, from 9 - 11 am and, 7 - 9 pm. This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

Microsoft Word

Date and Time: Thursday, September 19 12:00 pm - 1:00 pm

Address: Library Computer Lab; CC166, 8115 Franklin Avenue

A beginner's workshop for students wanting to familiarize themselves with the basic features of Microsoft Word before submitting their first paper. Students wanting to work on their own devices should ensure that the Keyano licenced version of MS 365 has been downloaded prior to the workshop. Individual questions welcome. Open to all Keyano Students. Free. Registration required. [Register here.](#)

Women's Only Workout Space

Date and Time: Thursday, September 19 7:00 pm - 9:00 pm

Address: 9908 Penhorwood St

We are thrilled to announce the launch of a women's only workout space in the High-Performance Studio located in the Fitness Centre. Starting in July, this will take place on Tuesdays and Thursdays, from 9 - 11 am and, 7 - 9 pm. This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

Friday, September 20, 2024

Toddler Time

Date and Time: Friday, September 20 8:00 am - 2:00 pm

Address: 9908 Penhorwood St

Toddler Time is a parent-supervised drop-in program. Please monitor children to ensure this is a safe and fun space for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

Monday, September 23, 2024

Toddler Time

Date and Time: Monday, September 23 8:00 am - 2:00 pm

Address: 9908 Penhorwood St

Toddler Time is a parent-supervised drop-in program. Please monitor children to ensure this is a safe and fun space for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

Tuesday, September 24, 2024

Women's Only Workout Space

Date and Time: Tuesday, September 24 9:00 am - 11:00 am

Address: 9908 Penhorwood St

We are thrilled to announce the launch of a women's only workout space in the High-Performance Studio located in the Fitness Centre. Starting in July, this will take place on Tuesdays and Thursdays, from 9 - 11 am and, 7 - 9 pm. This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

Women's Only Workout Space

Date and Time: Tuesday, September 24 7:00 pm - 9:00 pm

Address: 9908 Penhorwood St

We are thrilled to announce the launch of a women's only workout space in the High-Performance Studio located in the Fitness Centre. Starting in July, this will take place on Tuesdays and Thursdays, from 9 - 11 am and, 7 - 9 pm. This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

Thursday, September 26, 2024

Women's Only Workout Space

Date and Time: Thursday, September 26 9:00 am - 11:00 am

Address: 9908 Penhorwood St

We are thrilled to announce the launch of a women's only workout space in the High-Performance Studio located in the Fitness Centre. Starting in July, this will take place on Tuesdays and Thursdays, from 9 - 11 am and, 7 - 9 pm. This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

Library & ASC Open House for Faculty

Date and Time: Thursday, September 26 12:00 pm - 4:00 pm

Address: Keyano College Library; CC166, 8115 Franklin Avenue

Faculty are invited to the Library and Academic Success Centre's Open House.

Get to know the Library and Academic Success Centre (ASC) staff and learn about how we can support you and your students while building a personalized brownie treat!

Women's Only Workout Space

Date and Time: Thursday, September 26 7:00 pm - 9:00 pm

Address: 9908 Penhorwood St

We are thrilled to announce the launch of a women's only workout space in the High-Performance Studio located in the Fitness Centre. Starting in July, this will take place on Tuesdays and Thursdays, from 9 - 11 am and, 7 - 9 pm. This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

Friday, September 27, 2024

SSWC's 17th Anniversary

Date and Time: Friday, September 27 9:00 am - 7:00 pm

Address: 9908 Penhorwood St

September 27th is a special day—it's the anniversary of SSWC's grand opening!

To celebrate, we're inviting you to join us for FREE Toddler Time this Friday from 9 AM to 7 PM. Plus, don't miss out on some delicious free cupcakes at 3 PM.

We can't wait to see you there!

Monday, September 30, 2024

Toddler Time

Date and Time: Monday, September 30 9:30 am - 5:30 pm

Address: 9908 Penhorwood St

Toddler Time is a parent-supervised drop-in program. Please monitor children to ensure this is a safe and fun space for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

<https://calendar.keyano.ca>