

Monday, November 1, 2021

Asset Planning

Date and Time: Monday, November 1 8:30 am - 4:30 pm

Address: Online

The Asset Planning is a 14-hour module that covers the basics of planning maintenance, defines planning processes, and explores job plan creation. Having Planners to monitor execution and get feedback is vital to the success of a project. You'll gain the practical skills that you'll need as a Planner through team-based exercises.

Course runs November 1-25, 2021

Computer Skills Workshop

Date and Time: Monday, November 1 9:00 am - 3:30 pm

Address: BL134, Bob Lamb Building

In this 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.

Course runs November 1-5, 2021 from 9:00 a.m. - 3:30 p.m.

Zumba with Karin

Date and Time: Monday, November 1 5:15 pm - 6:15 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.

Tuesday, November 2, 2021

Cycle Strength with Priscilla

Date and Time: Tuesday, November 2 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, November 3, 2021

Workshop Wednesdays

Date and Time: Wednesday, November 3 12:00 pm - 1:00 pm

Address: Academic Success Centre

Join the Academic Success Centre for Workshop wednesdays.

Find more information on the Academic Success Centre's [Facebook page](#), or sign up [here](#).

Workshop Wednesdays

Date and Time: Wednesday, November 3 12:00 pm - 1:00 pm

Address: Academic Success Centre

Join the Academic Success Centre for Workshop wednesdays.

Find more information on the Academic Success Centre's [Facebook page](#), or sign up [here](#).

From Anxiety to Calm Workshop

Date and Time: Wednesday, November 3 12:00 pm - 12:50 pm

Address: 8115 Franklin Avenue



Starting Wednesday, October 6 at 12:00 p.m., learn strategies to develop a stress mindset and explore healthy coping skills in this 50 minute workshop.

Open to all students, staff, and faculty.

Email wellness.services@keyano.ca to register.

ABC's with Taylor

Date and Time: Wednesday, November 3 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

This class will take you through a set of exercises to work your arms, butt and core muscles. We'll use a variety of exercises to work everyone's favorite 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.

Flow & restore Yoga with Andrea

Date and Time: Wednesday, November 3 5:15 pm - 6:15 pm

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.

Thursday, November 4, 2021

ViPR with Priscilla

Date and Time: Thursday, November 4 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.

Cardio Fitness with Amanda C

Date and Time: Thursday, November 4 5:30 pm - 6:30 pm

Address: 9908 Penhorwood St

Join us for a fun and energetic cardio workout! Each class will focus on getting that heart rate up with functional fitness cardio and music that you just can't help but move to! Each week will offer a different cardio workout such as HIIT, Tabata, Plyometrics and more!

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, November 5, 2021

Lean & Mean Legs with Amanda C

Date and Time: Friday, November 5 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 vaccination or a negative quick test (valid within 72 hours) at check-in time.

Saturday, November 6, 2021

Air Brakes

Date and Time: Saturday, November 6 7:00 am - 7:00 pm

Address: SEIC 111, 160 MacKenzie Blvd, Fort McMurray, AB T9H 4B8

This course is for students who wish to receive the Alberta "Q" Air Brake Certification, which is mandatory for professional drivers of air brake vehicles. The Air Brake Q Endorsement completion certificate can be photocopied. Please note that the completion certificate is only valid at the registry for 1 YEAR after its completion date.

Fundamentals of Mgmt. & Supervision

Date and Time: Saturday, November 6 8:00 am - 4:00 pm

Address: Online

Managers and supervisors play a pivotal role in an organization and require unique skills to motivate and lead their teams. Explore the mindset and behaviors of an effective manager and how to successfully handle the challenges of supervising in today's business environment. Learn principles and strategies to enhance your supervisory and team building skills in a manner that will lead to improved team performance, morale, engagement and goal achievement.

The Basics of Project Mgmt.

Date and Time: Saturday, November 6 8:00 am - 4:00 pm

Address: BL 140, Bob Lamb Building 8015 Franklin Ave, Fort McMurray, AB T9H 2H7

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

ement Certificate

Recommended Textbook: Project Management Body of Knowledge (PMBOX) Guide, 5th Edition

Course runs November 6-20, 2021 from 8:00 a.m. - 4:00 p.m.

Flow & restore Yoga with Andrea

Date and Time: Saturday, November 6 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, November 6 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, November 8, 2021

Class 3 Driver

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

Address: SEIC 111, 160 MacKenzie Blvd, Fort McMurray, AB 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

d 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.

This course runs from November 8-18, 2021 from 8:00 a.m. - 4:00 p.m.

Zumba with Karin

Date and Time: Monday, November 8 5:15 pm - 6:15 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.

Tuesday, November 9, 2021

Last day to withdraw

Date and Time: Tuesday, November 9 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

Last day to withdraw

Cycle Strength with Priscilla

Date and Time: Tuesday, November 9 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 instru

ctor 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, November 10, 2021

Reading Day: No Classes

Date and Time: Wednesday, November 10 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

Reading Day: No classes.

Workshop Wednesdays

Date and Time: Wednesday, November 10 12:00 pm - 1:00 pm

Address: Academic Success Centre

Join the Academic Success Centre for Workshop wednesdays.

Find more information on the Academic Success Centre's [Facebook page](#), or sign up [here](#).

Workshop Wednesdays

Date and Time: Wednesday, November 10 12:00 pm - 1:00 pm

Address: Academic Success Centre

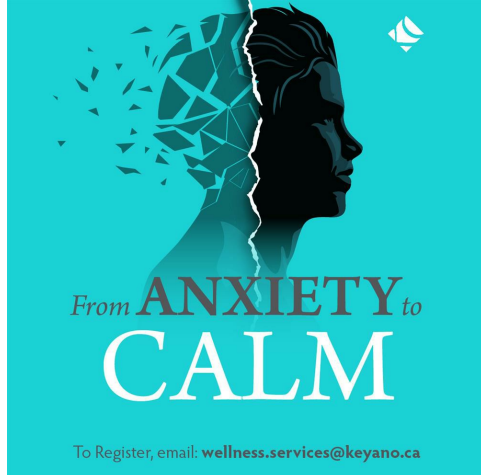
Join the Academic Success Centre for Workshop wednesdays.

Find more information on the Academic Success Centre's [Facebook page](#), or sign up [here](#).

From Anxiety to Calm Workshop

Date and Time: Wednesday, November 10 12:00 pm - 12:50 pm

Address: 8115 Franklin Avenue



Starting Wednesday, October 6 at 12:00 p.m., learn strategies to develop a stress mindset and explore healthy coping skills in this 50 minute workshop.

Open to all students, staff, and faculty.

Email wellness.services@keyano.ca to register.

ABC's with Taylor

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

Address: 9908 Penhorwood St

This class will take you through a set of exercises to work your arms, butt and core muscles. We'll use a variety of exercises to work everyone's favorite muscle groups!

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Flow & restore Yoga with Andrea

Date and Time: Wednesday, November 10 5:15 pm - 6:15 pm

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.

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check-in time.

Thursday, November 11, 2021

Holiday Hours- Remembrance Day

Date and Time: Thursday, November 11 8:00 am - 8:00 pm

Address: Syncrude Sport & Wellness Centre

We will be open Remembrance Day, November 11th 2021 from 8am-8pm.

There will be no fitness classes due to the Holiday.

College Closed: Remembrance Day

Date and Time: Thursday, November 11 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

College Closed.

Friday, November 12, 2021

Reading Day: No Classes

Date and Time: Friday, November 12 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

Reading Day: No classes.

Lean & Mean Legs with Amanda C

Date and Time: Friday, November 12 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 vaccination or a negative quick test (valid within 72 hours) at check-

in time.

All Together Now! 40th Celebration

Date and Time: Friday, November 12 6:30 pm

Address: Keyano Theatre 8115 Franklin Ave

All Together Now! 40th Celebration

Presented by Keyano Theatre Company

Be the VIP we know you are while celebrating the 40th season of theatre at Keyano Theatre! Join us to be part of a Global Event Celebrating Local Theatre while honoring the legacy that has been created and progressing in our community of Fort McMurray and the surrounding areas with Wood Buffalo.

We'll kick the night off with a special preshow, followed by Keyano Theatre Company presenting the production, All Together Now! The revue featuring 15 selections of memory lane performances helping us celebrate the Culture, Community and Creativity of our Theatre. This showcase is all about commemorating the history of live theatre by and for our community. This production is jam packed with so much talent, featuring appearances by new and longtime friends of Keyano Theatre.

We celebrate our 40th season with songs, lights, laughter, and action. Not to mention a handful of special surprises for you, our Theatre VIP! As part of your upgrade, you will be provided with:

- A special preshow performance
- A complimentary beverage
- An entry into a draw for a catered dinner onstage
- A special gift

All along with the viewing of All Together Now!

The night will be a hit and we can't wait to share with you the magic of your theatre.

This performance is made possible with the support of Suncor.

All Ages

Friday, November 12, 6:30 PM

Tickets: \$100

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

Saturday, November 13, 2021

Front End Loader

Date and Time: Saturday, November 13 8:00 am - 4:00 pm

Address: SEIC 111, 160 MacKenzie Blvd, Fort McMurray, AB T9H 4B8

This course address inspection, safe operation, maintenance, guidelines, hazards, estimate loader production, and operating techniques.

Students must successfully complete the theory and practical, components of the course. Students must wear personal protective equipment including a hard hat, safety glasses and steel toed boots.

Flow & restore Yoga with Andrea

Date and Time: Saturday, November 13 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, November 13 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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All Together Now!

Date and Time: Saturday, November 13 7:30 pm

Address: Keyano Theatre 8115 Franklin Ave

All Together Now!

Presented by Keyano Theatre Company

Join us at Keyano Theatre to be part of the Global Event Celebrating Local Theatre.

Keyano Theatre Company brings All Together Now! The revue featuring 15 selections of memory lane performances helping us celebrate the Culture, Community and Creativity of our Theatre.

For one weekend **only**, November 12 – 14, we celebrate our 40th season with songs, lights, laughter, and action. This showcase is all about honouring the history of live theatre by and for our community. This production is jam packed with so much talent, featuring appearances by new and longtime friends of Keyano Theatre.

This performance is made possible with the support of Suncor.

All Ages

Saturday, November 13, 7:30 PM

Sunday, November 14, 2:00 PM

Sunday, November 14, 7:30 PM

Tickets:

Regular: \$25

Child (12 & under): \$20

Student (Keyano ID required): \$20

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

Sunday, November 14, 2021

All Together Now!

Date and Time: Sunday, November 14 2:00 pm

Address: Keyano Theatre 8115 Franklin Ave

All Together Now!

Presented by Keyano Theatre Company

Join us at Keyano Theatre to be part of the Global Event Celebrating Local Theatre.

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For one weekend **only**, November 12 – 14, we celebrate our 40th season with songs, lights, laughter, and action. This showcase is all about honouring the history of live theatre by and for our community. This production is jam packed with so much talent, featuring appearances by new and longtime friends of Keyano Theatre.

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All Ages

Saturday, November 13, 7:30 PM

Sunday, November 14, 2:00 PM

Sunday, November 14, 7:30 PM

Tickets:

Regular: \$25

Child (12 & under): \$20

Student (Keyano ID required): \$20

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

All Together Now!

Date and Time: Sunday, November 14 7:30 pm

Address: Keyano Theatre 8115 Franklin Ave

All Together Now!

Presented by Keyano Theatre Company

Join us at Keyano Theatre to be part of the Global Event Celebrating Local Theatre.

Keyano Theatre Company brings All Together Now! The revue featuring 15 selections of memory lane performances helping us celebrate the Culture, Community and Creativity of our Theatre.

For one weekend **only**, November 12 – 14, we celebrate our 40th season with songs, lights, laughter, and action. This showcase is all about honouring the history of live theatre by and for our community. This production is jam packed with so much talent, featuring appearances by new and longtime friends of Keyano Theatre.

This performance is made possible with the support of Suncor.

All Ages

Saturday, November 13, 7:30 PM

Sunday, November 14, 2:00 PM

Sunday, November 14, 7:30 PM

Tickets:

Regular: \$25

Child (12 & under): \$20

Student (Keyano ID required): \$20

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

Monday, November 15, 2021

Zumba with Karin

Date and Time: Monday, November 15 5:15 pm - 6:15 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.

Tuesday, November 16, 2021

Excel 2019 Level 2

Date and Time: Tuesday, November 16 8:00 am - 4:00 pm

Address: BL 133, Bob Lamb Building 8015 Franklin Ave, Fort McMurray, AB T9H 2H7

Building upon skills learned in the Excel 2016 Level 1 course, students will learn to prepare and navigate work books, enhance charts, use tables and analysis tools, and explore ways to share this information with internal and external customers.

Course runs November 16-17, 2021 from 8:00 a.m. - 4:00 p.m.

Cycle Strength with Priscilla

Date and Time: Tuesday, November 16 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.

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Wednesday, November 17, 2021

Workshop Wednesdays

Date and Time: Wednesday, November 17 12:00 pm - 1:00 pm

Address: Academic Success Centre

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From Anxiety to Calm Workshop

Date and Time: Wednesday, November 17 12:00 pm - 12:50 pm

Address: 8115 Franklin Avenue



Starting Wednesday, October 6 at 12:00 p.m., learn strategies to develop a stress mindset and explore healthy coping skills in this 50 minute workshop.

Open to all students, staff, and faculty.

Email wellness.services@keyano.ca to register.

Workshop Wednesdays

Date and Time: Wednesday, November 17 12:00 pm - 1:00 pm

Address: Academic Success Centre

Join the Academic Success Centre for Workshop wednesdays.

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ABC's with Taylor

Date and Time: Wednesday, November 17 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

This class will take you through a set of exercises to work your arms, butt and core muscles. We'll use a variety of exercises to work everyone's favorite muscle groups!

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Flow & restore Yoga with Andrea

Date and Time: Wednesday, November 17 5:15 pm - 6:15 pm

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.

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Thursday, November 18, 2021

ViPR with Priscilla

Date and Time: Thursday, November 18 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.

Cardio Fitness with Amanda C

Date and Time: Thursday, November 18 5:30 pm - 6:30 pm

Address: 9908 Penhorwood St

Join us for a fun and energetic cardio workout! Each class will focus on getting that heart rate up with functional fitness cardio and music that you just can't help but move to! Each week will offer a different cardio workout such as HIIT, Tabata, Plyometrics and more!

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, November 19, 2021

Last day of classes: Pre Employment Electrical

Date and Time: Friday, November 19 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

Last day of classes: Pre Employment Electrical

Lean & Mean Legs with Amanda C

Date and Time: Friday, November 19 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.

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Huskie's Volleyball games

Date and Time: Friday, November 19 6:00 pm - 10:00 pm

Address: 9908 Penhorwood St

Men's volleyball game - 6:00 p.m. - 8:00 p.m.

Women's volleyball game - 8:00 p.m. - 10:00 p.m.

Free admission to watch the games.

Must provide proof of vaccination or 72 hour negative COVID-19 test with a peice of ID to enter.

Saturday, November 20, 2021

Advanced Bookkeeping

Date and Time: Saturday, November 20 8:00 am - 12:00 pm

Address: Hyflex Classroom

Advanced Bookkeeping is a 21-hour course that will expand on your knowledge of accounting principles and prepare you for your career in accounting. You'll learn how to apply advanced skills including recording and presenting assets, liabilities and equity. You'll apply your skills to detailed financial statements including adjusting and closing entries.

Course runs November 20-December 18, 2021 from 8:00 a.m. - 12:00 p.m.

MS Project 2017 Level I

Date and Time: Saturday, November 20 8:00 am - 4:00 pm

Address: BL 133, Bob Lamb Building 8015 Franklin Ave, Fort McMurray, AB T9H 2H7

Microsoft Project is a powerful tool that allows users to track the progress of their projects. Microsoft Project has features to help users manage time, budgets and resources as well as schedule and track project tasks. Students will use advanced functions to customize a project plan. Topics include using drawing tools, setting options, workgroup functions, Project Central, sharing data among programs, multi-project management, cost management, tracking results, and resource and task management.

Course runs November 20-27, 2021 from 8:00 a.m. - 4:00 p.m.

Flow & restore Yoga with Andrea

Date and Time: Saturday, November 20 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, November 20 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.

Huskie's Volleyball games

Date and Time: Saturday, November 20 1:00 pm - 5:00 pm

Address: 9908 Penhorwood St

Men's volleyball game - 1:00 p.m. - 3:00 p.m.

Women's volleyball game - 3:00 p.m. - 5:00 p.m.

Free admission to watch the games.

Must provide proof of vaccination or 72 hour negative COVID-19 test with a peice of ID to enter.

Monday, November 22, 2021

Zumba with Karin

Date and Time: Monday, November 22 5:15 pm - 6:15 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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Tuesday, November 23, 2021

Cycle Strength with Priscilla

Date and Time: Tuesday, November 23 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, November 24, 2021

Workshop Wednesdays

Date and Time: Wednesday, November 24 12:00 pm - 1:00 pm

Address: Academic Success Centre

Join the Academic Success Centre for Workshop wednesdays.

Find more information on the Academic Success Centre's [Facebook page](#), or sign up [here](#).

Workshop Wednesdays

Date and Time: Wednesday, November 24 12:00 pm - 1:00 pm

Address: Academic Success Centre

Join the Academic Success Centre for Workshop wednesdays.

Find more information on the Academic Success Centre's [Facebook page](#), or sign up [here](#).

From Anxiety to Calm Workshop

Date and Time: Wednesday, November 24 12:00 pm - 12:50 pm

Address: 8115 Franklin Avenue



Starting Wednesday, October 6 at 12:00 p.m., learn strategies to develop a stress mindset and explore healthy coping skills in this 50 minute workshop.

Open to all students, staff, and faculty.

Email wellness.services@keyano.ca to register.

ABC's with Taylor

Date and Time: Wednesday, November 24 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

This class will take you through a set of exercises to work your arms, butt and core muscles. We'll use a variety of exercises to work everyone's favorite 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.

Flow & restore Yoga with Andrea

Date and Time: Wednesday, November 24 5:15 pm - 6:15 pm

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.

Thursday, November 25, 2021

ViPR with Priscilla

Date and Time: Thursday, November 25 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.

Cardio Fitness with Amanda C

Date and Time: Thursday, November 25 5:30 pm - 6:30 pm

Address: 9908 Penhorwood St

Join us for a fun and energetic cardio workout! Each class will focus on getting that heart rate up with functional fitness cardio and music that you just can't help but move to! Each week will offer a different cardio workout such as HIIT, Tabata, Plyometrics and more!

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, November 26, 2021

Last day to withdraw: Pre Employment (HET)

Date and Time: Friday, November 26 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

Last day to withdraw: Pre Employment (HET)

Lean & Mean Legs with Amanda C

Date and Time: Friday, November 26 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 vaccination or a negative quick test (valid within 72 hours) at check-in time.

Huskie's Basketball Games

Date and Time: Friday, November 26 6:00 pm - 10:00 pm

Address: 9908 Penhorwood St

Men's basketball game - 6:00 p.m. - 8:00 p.m.

Women's basketball game - 8:00 p.m. - 10:00 p.m.

Free admission to watch the games.

Must provide proof of vaccination or 72 hour negative COVID-19 test with a peice of ID to enter.

Saturday, November 27, 2021

Critical Elements of Customer Service

Date and Time: Saturday, November 27 8:00 am - 4:00 pm

Address: Online

While many companies promise to deliver an incredible customer experience, some are better at delivering than others. This two-day course is designed around six critical elements of customer service that, when the company lives them, bring customers back to experience service that outdoes the competition. Through activities, you will learn how to demonstrate a customer service approach, confidence and skill as a problem solver, understand how your own behavior affects the behavior of others, apply techniques to deal with difficult customers, and make a choice to provide customer service.

Course runs November 27-28, 2021 from 8:00 a.m. - 4:00 p.m.

Intro to Finance & Accounting

Date and Time: Saturday, November 27 8:00 am - 4:00 pm

Address: Online

Introduction to Finance & Accounting is a 14-hour seminar that gives you a comprehensive overview of how finance impacts supply management. You'll learn basic accounting and finance terminology, how to read financial statements and how financial decisions are made. The seminar introduces how to interpret financial information using key ratios and principles of accounting and budgeting. You'll gain an understanding of how supply management practitioners make a business case for an investment and evaluate investment opportunities.

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

Course runs November 27-December 4, 2021 from 8:00 a.m. - 4:00 p.m.

Flow & restore Yoga with Andrea

Date and Time: Saturday, November 27 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.

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Zumba with Karin

Date and Time: Saturday, November 27 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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Huskie's Basketball Games

Date and Time: Saturday, November 27 1:00 pm - 5:00 pm

Address: 9908 Penhorwood St

Men's basketball game - 1:00 p.m. - 3:00 p.m.

Women's basketball game - 3:00 p.m. - 5:00 p.m.

Free admission to watch the games.

Must provide proof of vaccination or 72 hour negative COVID-19 test with a peice of ID to enter.

Tom Jackson Stories, Songs and Santa Causes

Date and Time: Saturday, November 27 8:00 pm - 10:30 pm

Address: Keyano Theatre

Presented by Keyano Theatre and Syncrude Arts Alive

Tom Jackson kickstarts the holiday season with grace, style, and quirky festivity that many have enjoyed for decades. Expect an evening of original music, sing-along tunes, and signature Christmas music from this master storyteller.

Tom has travelled coast to coast to coast with The Huron Carole for many years, raising funds and awareness for local food banks and family service agencies, and this year, Keyano Theatre & Arts Centre audiences will get to enjoy some of his in-person charm.

As a Companion of the Order of Canada, Juno and Gemini Humanitarian Award winner, eleven-time honorary degree recipient, and a proud bearer of the 2014 Governor General's Performing Arts Award for Lifetime Achievement, Tom is noted for his ability to mobilize others into action – often leading with a hug.

Stories, Songs and Santa Causes also features award-winning musician and producer, Tom McKillip. Tom and Tom can't promise "no Dad jokes", but the performance will bring some much-welcome levity and humanity with a date-night - or family-day - vibe!

All Ages

Saturday, November 27th, 8:00 PM

Tickets:

Regular \$45

Senior (60+)/Elder/Military \$35

Student (Student ID required) \$35

Tickets can be purchased online [HERE](#)

Monday, November 29, 2021

Zumba with Karin

Date and Time: Monday, November 29 5:15 pm - 6:15 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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Tuesday, November 30, 2021

Cycle Strength with Priscilla

Date and Time: Tuesday, November 30 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.

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<https://calendar.keyano.ca>