

Wednesday, December 1, 2021

Workshop Wednesdays

Date and Time: Wednesday, December 1 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, December 1 12:00 pm - 1:00 pm

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

ABC's with Taylor

Date and Time: Wednesday, December 1 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, December 1 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

sh 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, December 2, 2021

Last day of classes

Date and Time: Thursday, December 2 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

Last day of classes for certificates, diplomas, university studies, and college prep

ViPR with Priscilla

Date and Time: Thursday, December 2 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, December 2 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, December 3, 2021

Air Brakes "Q" Endorsement

Date and Time: Friday, December 3 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.

Lean & Mean Legs with Amanda C

Date and Time: Friday, December 3 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.

Mamma Mia! The Musical

Date and Time: Friday, December 3 7:30 pm

Address: Keyano Theatre, 8115 Franklin Ave T9H2H7

Presented by École McTavish High School

The cast and crew of 50 students from Ecole McTavish Public High School are thrilled to bring their talents back to live audiences with one of the most recognized and beloved shows in musical theatre: Mamma Mia!

ABBA's hits tell the hilarious story of a young woman's search for her birth father. This sunny and funny tale unfolds on a Greek island paradise. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years ago.

The story-telling magic of ABBA's timeless songs propels this enchanting tale of love, laughter, and friendship, creating an unforgettable show. A large cast, non-stop laughs and explosive dance numbers combine to make Mamma Mia! a guaranteed smash hit. A mother. A daughter. Three possible dads. And a trip down the aisle you'll

never forget!

Friday, December 3, 7:30PM

Saturday, December 4, 7:30PM

Rated: PG

Tickets:

Regular \$20

Senior (60+)/Elder \$20

Child \$15

Student (Keyano ID required) \$15

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

Saturday, December 4, 2021

Managing Priorities & Making Decisions

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

Address: Online

Balancing the needs and demands of a team with those of the organization can be challenging. Learn how to use critical thinking skills to problem-solve and make decisions. Explore techniques and strategies to improve your own productivity and ability to adapt to changing priorities and keep yourself and your team on track. Discover how to delegate and assign tasks effectively, run effective meetings, reduce time wasters and manage the email jungle.

Excel 2019 Level I

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

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

Learn the foundational skills necessary to create and edit professional-looking spreadsheets. Topics include an introduction to Excel, constructing cell data, using formulas, functions, formatting worksheets, viewing and printing workbooks, charts, graphics; and analyzing, organizing and sharing workbooks.

Flow & restore Yoga with Andrea

Date and Time: Saturday, December 4 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, December 4 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.

Mamma Mia! The Musical

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

Address: Keyano Theatre, 8115 Franklin Ave T9H2H7

Presented by École McTavish High School

The cast and crew of 50 students from Ecole McTavish Public High School are thrilled to bring their talents back to live audiences with one of the most recognized and beloved shows in musical theatre: Mamma Mia!

ABBA's hits tell the hilarious story of a young woman's search for her birth father. This sunny and funny tale unfolds on a Greek island paradise. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years ago.

The story-telling magic of ABBA's timeless songs propels this enchanting tale of love, laughter, and friendship, creating an unforgettable show. A large cast, non-stop laughs and explosive dance numbers combine to make Mamma Mia! a guaranteed smash hit. A mother. A daughter. Three possible dads. And a trip down the aisle you'll never forget!

Friday, December 3, 7:30PM

Saturday, December 4, 7:30PM

Rate: PG

Tickets:

Regular \$20

Senior (60+)/Elder \$20

Child \$15

Student (Keyano ID required) \$15

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

Sunday, December 5, 2021

Huskie's Volleyball games

Date and Time: Sunday, December 5 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.

Monday, December 6, 2021

Zumba with Karin

Date and Time: Monday, December 6 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.

Disc Golf

Date and Time: Monday, December 6 8:00 pm - 10:00 pm

Address: 9908 Penhorwood St

Huskies Development is providing a Disc Golf program every Monday Nights on the turf. No need to pre-register, visit Guest Services to pay the \$5.00 drop-in fee the time of the program. Please note, Disc Golf will not tak

e place on January 3, February 21 & April 18.

Tuesday, December 7, 2021

Toddler Time

Date and Time: Tuesday, December 7 9:00 am - 3:00 pm

Address: 9908 Penhorwood St

This program is for ages 0-3, price is \$5 per child, free for under 1 years old.

Toddler Time is a parent supervised drop-in program. Proof of vaccination through QR code is required or, a 7 2 hour negative COVID-19 test is accepted as well.

Cycle Strength with Priscilla

Date and Time: Tuesday, December 7 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, December 8, 2021

First Day of Final Exams

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

Address: 8115 Franklin Avenue

First day of final exams for certificates, diplomas, university studies, and college prep

Workshop Wednesdays

Date and Time: Wednesday, December 8 12:00 pm - 1:00 pm

Address: Academic Success Centre

Join the Academic Success Centre for Workshop Wednesdays.

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Workshop Wednesdays

Date and Time: Wednesday, December 8 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](#).

ABC's with Taylor

Date and Time: Wednesday, December 8 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, December 8 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, December 9, 2021

Toddler Time

Date and Time: Thursday, December 9 9:00 am - 3:00 pm

Address: 9908 Penhorwood St

This program is for ages 0-3, price is \$5 per child, free for under 1 years old.

Toddler Time is a parent supervised drop-in program. Proof of vaccination through QR code is required or, a 7 2 hour negative COVID-19 test is accepted as well.

ViPR with Priscilla

Date and Time: Thursday, December 9 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!

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Cardio Fitness with Amanda C

Date and Time: Thursday, December 9 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, December 10, 2021

Toddler Time

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

Address: 9908 Penhorwood St

This program is for ages 0-3, price is \$5 per child, free for under 1 years old.

Toddler Time is a parent supervised drop-in program. Proof of vaccination through QR code is required or, a 7 2 hour negative COVID-19 test is accepted as well.

Lean & Mean Legs with Amanda C

Date and Time: Friday, December 10 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, December 11, 2021

Basic Rigging & Overhead Crane

Date and Time: Saturday, December 11 7:00 am - 7:00 pm

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

In this one day course, students identify the responsibilities of a rigger and demonstrate knowledge of safe practices in basic rigging as outlined by Occupational Health and Safety. Students must demonstrate and comprehend proper hand signals and calculate the safe working load of any rigging arrangement using the Rigger's Pocket Guide. Participants will also determine the maximum safe working load for any rope sling, web sling or common rigging hardware, and inspect the following rigging hardware: wire rope slings, synthetic fiber slings, lifting hooks, shackles, eyebolts and wedge sockets and turnbuckles.

Fees Due: Pre-Employment (HET)

Date and Time: Saturday, December 11 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

Fees Due: Pre-Employment (HET)

Flow & restore Yoga with Andrea

Date and Time: Saturday, December 11 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, December 11 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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Toddler Time

Date and Time: Saturday, December 11 1:00 pm - 7:00 pm

Address: 9908 Penhorwood St

This program is for ages 0-3, price is \$5 per child, free for under 1 years old.

Toddler Time is a parent supervised drop-in program. Proof of vaccination through QR code is required or, a 72 hour negative COVID-19 test is accepted as well.

Monday, December 13, 2021

Zumba with Karin

Date and Time: Monday, December 13 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.

Disc Golf

Date and Time: Monday, December 13 8:00 pm - 10:00 pm

Address: 9908 Penhorwood St

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

Tuesday, December 14, 2021

Toddler Time

Date and Time: Tuesday, December 14 9:00 am - 3:00 pm

Address: 9908 Penhorwood St

This program is for ages 0-3, price is \$5 per child, free for under 1 years old.

Toddler Time is a parent supervised drop-in program. Proof of vaccination through QR code is required or, a 7 2 hour negative COVID-19 test is accepted as well.

Cycle Strength with Priscilla

Date and Time: Tuesday, December 14 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, December 15, 2021

Fees Due: Cert, Dipl, Univ, College Prep

Date and Time: Wednesday, December 15 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

Fees Due: Certificate, Diploma, University studies, College Prep Winter 2022 semester

Toddler Time

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

Address: 9908 Penhorwood St

This program is for ages 0-3, price is \$5 per child, free for under 1 years old.

Toddler Time is a parent supervised drop-in program. Proof of vaccination through QR code is required or, a 7 2 hour negative COVID-19 test is accepted as well.

ABC's with Taylor

Date and Time: Wednesday, December 15 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, December 15 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 sequen

ce, 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, December 16, 2021

Last day of Classes: Power Engineering

Date and Time: Thursday, December 16 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

Last day of Classes: Power Engineering

Last day of classes: Pre Employment (HET)

Date and Time: Thursday, December 16 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

Last day of classes: Pre Employment (HET)

Last Day of Final Exams

Date and Time: Thursday, December 16 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

Last day of final exams for certificates, diplomas, university studies, and college prep

Toddler Time

Date and Time: Thursday, December 16 9:00 am - 3:00 pm

Address: 9908 Penhorwood St

This program is for ages 0-3, price is \$5 per child, free for under 1 years old.

Toddler Time is a parent supervised drop-in program. Proof of vaccination through QR code is required or, a 72 hour negative COVID-19 test is accepted as well.

ViPR with Priscilla

Date and Time: Thursday, December 16 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!

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Cardio Fitness with Amanda C

Date and Time: Thursday, December 16 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!

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Friday, December 17, 2021

Last Day of Classes: Primary Care Paramedic

Date and Time: Friday, December 17 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

Last Day of Classes: Primary Care Paramedic

Toddler Time

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

Address: 9908 Penhorwood St

This program is for ages 0-3, price is \$5 per child, free for under 1 years old.

Toddler Time is a parent supervised drop-in program. Proof of vaccination through QR code is required or, a 72 hour negative COVID-19 test is accepted as well.

Lean & Mean Legs with Amanda C

Date and Time: Friday, December 17 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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Saturday, December 18, 2021

Fees Due: PCP

Date and Time: Saturday, December 18 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

Fees Due: PCP

Fees Due: ACP (Y1 S1)

Date and Time: Saturday, December 18 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

Fees Due: ACP (Y1 S1)

Flow & restore Yoga with Andrea

Date and Time: Saturday, December 18 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, December 18 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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Toddler Time

Date and Time: Saturday, December 18 2:00 pm - 8:00 pm

Address: 9908 Penhorwood St

This program is for ages 0-3, price is \$5 per child, free for under 1 years old.

Toddler Time is a parent supervised drop-in program. Proof of vaccination through QR code is required or, a 7 2 hour negative COVID-19 test is accepted as well.

Sunday, December 19, 2021

Toddler Time

Date and Time: Sunday, December 19 1:00 pm - 6:00 pm

Address: 9908 Penhorwood St

This program is for ages 0-3, price is \$5 per child, free for under 1 years old.

Toddler Time is a parent supervised drop-in program. Proof of vaccination through QR code is required or, a 7 2 hour negative COVID-19 test is accepted as well.

Monday, December 20, 2021

Disc Golf

Date and Time: Monday, December 20 8:00 pm - 10:00 pm

Address: 9908 Penhorwood St

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

Tuesday, December 21, 2021

Toddler Time

Date and Time: Tuesday, December 21 9:00 am - 3:00 pm

Address: 9908 Penhorwood St

This program is for ages 0-3, price is \$5 per child, free for under 1 years old.

Toddler Time is a parent supervised drop-in program. Proof of vaccination through QR code is required or, a 7 2 hour negative COVID-19 test is accepted as well.

Wednesday, December 22, 2021

Toddler Time

Date and Time: Wednesday, December 22 9:00 am - 3:00 pm

Address: 9908 Penhorwood St

This program is for ages 0-3, price is \$5 per child, free for under 1 years old.

Toddler Time is a parent supervised drop-in program. Proof of vaccination through QR code is required or, a 7 2 hour negative COVID-19 test is accepted as well.

Thursday, December 23, 2021

Toddler Time

Date and Time: Thursday, December 23 9:00 am - 3:00 pm

Address: 9908 Penhorwood St

This program is for ages 0-3, price is \$5 per child, free for under 1 years old.

Toddler Time is a parent supervised drop-in program. Proof of vaccination through QR code is required or, a 72 hour negative COVID-19 test is accepted as well.

Friday, December 24, 2021

Holiday Closure

Date and Time: Friday, December 24 5:00 am - 11:00 pm

Address: 9908 Penhorwood St

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

Saturday, December 25, 2021

Holiday Closure

Date and Time: Saturday, December 25 8:00 am - 10:00 pm

Address: 9908 Penhorwood St

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

College Closed: Christmas Break

Date and Time: Saturday, December 25 5:00 pm - 6:00 pm

Address: 8115 Franklin Avenue

College Closed.

Sunday, December 26, 2021

Holiday Closure

Date and Time: Sunday, December 26 8:00 am - 10:00 pm

Address: 9908 Penhorwood St

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

e hours January 4 at 5:00 am

College Closed: Christmas Break

Date and Time: Sunday, December 26 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

College Closed.

Monday, December 27, 2021

Holiday Closure

Date and Time: Monday, December 27 5:00 am - 11:00 pm

Address: 9908 Penhorwood St

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

College Closed: Christmas Break

Date and Time: Monday, December 27 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

College Closed.

Tuesday, December 28, 2021

Holiday Closure

Date and Time: Tuesday, December 28 5:00 am - 11:00 pm

Address: 9908 Penhorwood St

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

College Closed: Christmas Break

Date and Time: Tuesday, December 28 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

College Closed.

Wednesday, December 29, 2021

Holiday Closure

Date and Time: Wednesday, December 29 5:00 am - 11:00 pm

Address: 9908 Penhorwood St

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

College Closed: Christmas Break

Date and Time: Wednesday, December 29 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

College Closed.

Thursday, December 30, 2021

Holiday Closure

Date and Time: Thursday, December 30 5:00 am - 11:00 pm

Address: 9908 Penhorwood St

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

College Closed: Christmas Break

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

Address: 8115 Franklin Avenue

College Closed.

Friday, December 31, 2021

Holiday Closure

Date and Time: Friday, December 31 5:00 am - 11:00 pm

Address: 9908 Penhorwood St

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

College Closed: Christmas Break

Date and Time: Friday, December 31 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

College Closed.

<https://calendar.keyano.ca>