

Monday, December 2, 2024

Toddler Time

Date and Time: Monday, December 2 9:00 am - 3:00 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 Patches: \$45

Tuesday, December 3, 2024

PARE Testing

Date and Time: Tuesday, December 3 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.

Wednesday, December 4, 2024

Toddler Time

Date and Time: Wednesday, December 4 8:45 am - 3:00 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

Teen Weight Trainer

Date and Time: Wednesday, December 4 5:00 pm - 7:00 pm

Address: 9908 Penhorwood St

This program introduces youth (teens), ages 13-15 to the foundations of weight training including machines, free weights and weight room etiquette.

Graduates gain confidence, understanding of weight lifting and is a prerequisite to use the Fitness Centre. Teens working out in the fitness centre must keep his/her TWT ID card on hand at all times.

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

Sunday, December 8, 2024

Teen Weight Trainer

Date and Time: Sunday, December 8 1:00 pm - 2:00 pm

Address: 9908 Penhorwood St

This program introduces youth (teens), ages 13-15 to the foundations of weight training including machines, free weights and weight room etiquette.

Graduates gain confidence, understanding of weight lifting and is a prerequisite to use the Fitness Centre. Teens working out in the fitness centre must keep his/her TWT ID card on hand at all times.

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

Thursday, December 19, 2024

Toddler Time

Date and Time: Thursday, December 19 8:45 am - 3:00 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

Friday, December 20, 2024

Toddler Time

Date and Time: Friday, December 20 9:00 am - 6:00 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, December 23, 2024

Christmas Closure

Date and Time: Monday, December 23 4:00 pm

Address: 9908 Penhorwood St

Please be advised that our annual closure will be from December 23, 2024 at 4 pm and hours of operation will resume on January 2, 2025 at 5 am.

Tuesday, December 24, 2024

Christmas Closure

Date and Time: Tuesday, December 24 12:00 am

Address: 9908 Penhorwood St

Please be advised that our annual closure will be from December 23, 2024 at 4 pm and hours of operation will resume on January 2, 2025 at 5 am.

Wednesday, December 25, 2024

Christmas Closure

Date and Time: Wednesday, December 25 12:00 am

Address: 9908 Penhorwood St

Please be advised that our annual closure will be from December 23, 2024 at 4 pm and hours of operation will resume on January 2, 2025 at 5 am.

Thursday, December 26, 2024

Christmas Closure

Date and Time: Thursday, December 26 12:00 am

Address: 9908 Penhorwood St

Please be advised that our annual closure will be from December 23, 2024 at 4 pm and hours of operation will resume on January 2, 2025 at 5 am.

Friday, December 27, 2024

Christmas Closure

Date and Time: Friday, December 27 12:00 am

Address: 9908 Penhorwood St

Please be advised that our annual closure will be from December 23, 2024 at 4 pm and hours of operation will resume on January 2, 2025 at 5 am.

Saturday, December 28, 2024

Christmas Closure

Date and Time: Saturday, December 28 12:00 am

Address: 9908 Penhorwood St

Please be advised that our annual closure will be from December 23, 2024 at 4 pm and hours of operation will resume on January 2, 2025 at 5 am.

Sunday, December 29, 2024

Christmas Closure

Date and Time: Sunday, December 29 12:00 am

Address: 9908 Penhorwood St

Please be advised that our annual closure will be from December 23, 2024 at 4 pm and hours of operation will resume on January 2, 2025 at 5 am.

Monday, December 30, 2024

Christmas Closure

Date and Time: Monday, December 30 12:00 am

Address: 9908 Penhorwood St

Please be advised that our annual closure will be from December 23, 2024 at 4 pm and hours of operation will resume on January 2, 2025 at 5 am.

Tuesday, December 31, 2024

Christmas Closure

Date and Time: Tuesday, December 31 12:00 am

Address: 9908 Penhorwood St

Please be advised that our annual closure will be from December 23, 2024 at 4 pm and hours of operation will

