

## **Wednesday, January 1, 2025**

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### **Christmas Closure**

Date and Time: Wednesday, January 1 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, January 3, 2025**

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### **Toddler Time**

Date and Time: Friday, January 3 8:00 am - 5:00 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, January 7, 2025**

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### **Toddler Time**

Date and Time: Tuesday, January 7 8:00 am - 4:30 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

## Thursday, January 9, 2025

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### Toddler Time

Date and Time: Thursday, January 9 8:00 am - 4:00 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, January 10, 2025

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### Toddler Time

Date and Time: Friday, January 10 8:00 am - 4:00 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, January 13, 2025

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### Toddler Time

Date and Time: Monday, January 13 8:00 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 Punches: \$45

## Wednesday, January 15, 2025

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### Toddler Time

Date and Time: Wednesday, January 15 8:00 am - 5:00 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, January 17, 2025

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### Toddler Time

Date and Time: Friday, January 17 8:00 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 Punches: \$45

## Sunday, January 19, 2025

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### Teen Weight Trainers

Date and Time: Sunday, January 19 12:00 pm - 1:00 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%20weight%20trainer&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_keyword=teen%20weight%20trainer&viewMode=list)

## Monday, January 20, 2025

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### Toddler Time

Date and Time: Monday, January 20 8:00 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 Punches: \$45

## Wednesday, January 22, 2025

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### Toddler Time

Date and Time: Wednesday, January 22 8:00 am - 3:30 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

## Thursday, January 23, 2025

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## Toddler Time

Date and Time: Thursday, January 23 8:00 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 Punches: \$45

## Sunday, January 26, 2025

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### Teen Weight Trainers

Date and Time: Sunday, January 26 12:00 pm - 1:00 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%20weight%20trainer&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_keyword=teen%20weight%20trainer&viewMode=list)

## Monday, January 27, 2025

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### Toddler Time

Date and Time: Monday, January 27 8:00 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 Punches: \$45

## Tuesday, January 28, 2025

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### PARE Testing

Date and Time: Tuesday, January 28 11:30 am - 1:30 pm

Address: 9908 Penhorwood St

The Physical Abilities Requirement Evaluation (PARE) is a test use to assess a person's ability to perform the physical demands of police, and similar, 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 15 minutes before scheduled time.

**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.**

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&activity\\_keyword=PARE&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_keyword=PARE&viewMode=list)

## Wednesday, January 29, 2025

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### Toddler Time

Date and Time: Wednesday, January 29 8:00 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 Punches: \$45

## Teen Weight Trainers

Date and Time: Wednesday, January 29 4:00 pm - 5:00 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%20weight%20trainer&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_keyword=teen%20weight%20trainer&viewMode=list)

<https://calendar.keyano.ca>