

## **Tuesday, July 2, 2024**

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### **Toddler Time**

Date and Time: Tuesday, July 2 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

## **Thursday, July 4, 2024**

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### **Toddler Time**

Date and Time: Thursday, July 4 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, July 5, 2024**

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### **Toddler Time**

Date and Time: Friday, July 5 8:00 am - 8:00 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.

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Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

## Monday, July 8, 2024

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### Toddler Time

Date and Time: Monday, July 8 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

## Wednesday, July 10, 2024

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### Toddler Time

Date and Time: Wednesday, July 10 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, July 12, 2024

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### Toddler Time

Date and Time: Friday, July 12 8:00 am - 8:00 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, July 15, 2024

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### PARE Testing

Date and Time: Monday, July 15 10:00 am - 12:00 pm

Address: 9908 Penhorwood St

The Physical Abilities Requirement Evaluation (PARE) test is an occupational test used to assess a person's ability to perform the physical demands of police and similar work by simulating a critical incident of chasing, controlling, and apprehending a suspect. This occupational assessment is used by various agencies including: Alberta Health Services (AHS), Alberta Parks, Alberta Fish and Wildlife, Municipal Peace Officers, Canada Parks, and more.

Pre-register online using the link below. A minimum of three registrants is required to run the PARE test.

PARE testing cost \$140.00

Register online - [Activity search | Keyano College \(activecommunities.com\)](https://activecommunities.com/ActivitySearch/KeyanoCollege)

### Toddler Time

Date and Time: Monday, July 15 3:00 pm - 8:00 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, July 16, 2024**

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### **Toddler Time**

Date and Time: Tuesday, July 16 8:00 am - 11:00 am

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, July 19, 2024**

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### **Toddler Time**

Date and Time: Friday, July 19 8:00 pm - 8:00 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, July 21, 2024**

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### **Fitness Centre Orientation**

Date and Time: Sunday, July 21 10:00 am - 10:30 am

Address: 9908 Penhorwood St

Welcome to the Syncrude Sport and Wellness Centre! Join us for a full fitness centre orientation. The orientation will include an introduction to the rules and regulations of the building, gym tour and equipment overview, review of membership features.

Our fitness centre orientations are free! Register online today - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&activity\\_keyword=fitness&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_keyword=fitness&viewMode=list)

## Teen Weight Trainer

Date and Time: Sunday, July 21 12:00 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](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_keyword=teen&viewMode=list)

## Monday, July 22, 2024

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### Toddler Time

Date and Time: Monday, July 22 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

## Wednesday, July 24, 2024

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### Toddler Time

Date and Time: Wednesday, July 24 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

## Sunday, July 28, 2024

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### Fitness Centre Orientation

Date and Time: Sunday, July 28 10:00 am - 10:30 am

Address: 9908 Penhorwood St

Welcome to the Syncrude Sport and Wellness Centre! Join us for a full fitness centre orientation. The orientation will include an introduction to the rules and regulations of the building, gym tour and equipment overview, review of membership features.

Our fitness centre orientations are free! Register online today - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&activity\\_keyword=fitness&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_keyword=fitness&viewMode=list)

### Teen Weight Trainer

Date and Time: Sunday, July 28 12:00 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](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_keyword=teen&viewMode=list)

## Monday, July 29, 2024

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### Toddler Time

Date and Time: Monday, July 29 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

## PARE Testing

Date and Time: Monday, July 29 10:00 am - 12:00 pm

Address: 9908 Penhorwood St

The Physical Abilities Requirement Evaluation (PARE) test is an occupational test used to assess a person's ability to perform the physical demands of police and similar work by simulating a critical incident of chasing, controlling, and apprehending a suspect. This occupational assessment is used by various agencies including: Alberta Health Services (AHS), Alberta Parks, Alberta Fish and Wildlife, Municipal Peace Officers, Canada Parks, and more.

Pre-register online using the link below. A minimum of three registrants is required to run the PARE test.

PARE testing cost \$140.00

Register online - [Activity search | Keyano College \(activecommunities.com\)](https://activecommunities.com)

## Wednesday, July 31, 2024

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### Toddler Time

Date and Time: Wednesday, July 31 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

<https://calendar.keyano.ca>