

SSWC

Saturday, November 2, 2024

Closure - Keyano College Gala

Date and Time: Saturday, November 2 2:00 pm - 10:00 pm

Address: 9908 Penhorwood St

The Keyano College Gala will occur at the Syncrude Sport & Wellness Centre.

Our facility will close early for this important event on Saturday, November 2nd, at 2:00 pm.

Regular hours of operation will resume Sunday, November 3rd, at 8:00 am.

Sunday, November 3, 2024

Women's only drop-in basketball

Date and Time: Sunday, November 3 1:30 pm - 3:30 pm

Address: 9908 Penhorwood St

A portion of the Canadian Natural Court will be reserved for this initiative.

Tuesday, November 5, 2024

Toddler Time

Date and Time: Tuesday, November 5 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

Women's Only Workout Space

Date and Time: Tuesday, November 5 9:00 am - 11:00 am

Address: 9908 Penhorwood St

Location: High-Performance Studio located in the Fitness Centre

Days: Tuesdays and Thursdays

Times: 9 - 11 am and, 7 - 9 pm.

This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

PARE Testing

Date and Time: Tuesday, November 5 11:00 am - 1:00 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 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.

Women's Only Workout Space

Date and Time: Tuesday, November 5 7:00 pm - 9:00 pm

Address: 9908 Penhorwood St

Location: High-Performance Studio located in the Fitness Centre

Days: Tuesdays and Thursdays

Times: 9 - 11 am and, 7 - 9 pm.

This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

Thursday, November 7, 2024

Toddler Time

Date and Time: Thursday, November 7 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

Women's Only Workout Space

Date and Time: Thursday, November 7 9:00 am - 11:00 am

Address: 9908 Penhorwood St

Location: High-Performance Studio located in the Fitness Centre

Days: Tuesdays and Thursdays

Times: 9 - 11 am and, 7 - 9 pm.

This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

Women's Only Workout Space

Date and Time: Thursday, November 7 7:00 pm - 9:00 pm

Address: 9908 Penhorwood St

Location: High-Performance Studio located in the Fitness Centre

Days: Tuesdays and Thursdays

Times: 9 - 11 am and, 7 - 9 pm.

This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

Monday, November 11, 2024

Toddler Time

Date and Time: Monday, November 11 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 Punches: \$45

Tuesday, November 12, 2024

Women's Only Workout Space

Date and Time: Tuesday, November 12 9:00 am - 11:00 am

Address: 9908 Penhorwood St

Location: High-Performance Studio located in the Fitness Centre

Days: Tuesdays and Thursdays

Times: 9 - 11 am and, 7 - 9 pm.

This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

Women's Only Workout Space

Date and Time: Tuesday, November 12 7:00 pm - 9:00 pm

Address: 9908 Penhorwood St

Location: High-Performance Studio located in the Fitness Centre

Days: Tuesdays and Thursdays

Times: 9 - 11 am and, 7 - 9 pm.

This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

Wednesday, November 13, 2024

Toddler Time

Date and Time: Wednesday, November 13 9:00 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, November 14, 2024

Women's Only Workout Space

Date and Time: Thursday, November 14 9:00 am - 11:00 am

Address: 9908 Penhorwood St

Location: High-Performance Studio located in the Fitness Centre

Days: Tuesdays and Thursdays

Times: 9 - 11 am and, 7 - 9 pm.

This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

Women's Only Workout Space

Date and Time: Thursday, November 14 7:00 pm - 9:00 pm

Address: 9908 Penhorwood St

Location: High-Performance Studio located in the Fitness Centre

Days: Tuesdays and Thursdays

Times: 9 - 11 am and, 7 - 9 pm.

This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

Friday, November 15, 2024

Toddler Time

Date and Time: Friday, November 15 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, November 19, 2024

Toddler Time

Date and Time: Tuesday, November 19 8:00 am - 2:00 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

Women's Only Workout Space

Date and Time: Tuesday, November 19 9:00 am - 11:00 am

Address: 9908 Penhorwood St

Location: High-Performance Studio located in the Fitness Centre

Days: Tuesdays and Thursdays

Times: 9 - 11 am and, 7 - 9 pm.

This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

PARE Testing

Date and Time: Tuesday, November 19 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.

Women's Only Workout Space

Date and Time: Tuesday, November 19 7:00 pm - 9:00 pm

Address: 9908 Penhorwood St

Location: High-Performance Studio located in the Fitness Centre

Days: Tuesdays and Thursdays

Times: 9 - 11 am and, 7 - 9 pm.

This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

Thursday, November 21, 2024

Women's Only Workout Space

Date and Time: Thursday, November 21 9:00 am - 11:00 am

Address: 9908 Penhorwood St

Location: High-Performance Studio located in the Fitness Centre

Days: Tuesdays and Thursdays

Times: 9 - 11 am and, 7 - 9 pm.

This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

Women's Only Workout Space

Date and Time: Thursday, November 21 7:00 pm - 9:00 pm

Address: 9908 Penhorwood St

Location: High-Performance Studio located in the Fitness Centre

Days: Tuesdays and Thursdays

Times: 9 - 11 am and, 7 - 9 pm.

This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

Monday, November 25, 2024

Toddler Time

Date and Time: Monday, November 25 9:00 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

Tuesday, November 26, 2024

Women's Only Workout Space

Date and Time: Tuesday, November 26 9:00 am - 11:00 am

Address: 9908 Penhorwood St

Location: High-Performance Studio located in the Fitness Centre

Days: Tuesdays and Thursdays

Times: 9 - 11 am and, 7 - 9 pm.

This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

Women's Only Workout Space

Date and Time: Tuesday, November 26 7:00 pm - 9:00 pm

Address: 9908 Penhorwood St

Location: High-Performance Studio located in the Fitness Centre

Days: Tuesdays and Thursdays

Times: 9 - 11 am and, 7 - 9 pm.

This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

Wednesday, November 27, 2024

Toddler Time

Date and Time: Wednesday, November 27 9:00 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, November 28, 2024

Toddler Time

Date and Time: Thursday, November 28 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

Women's Only Workout Space

Date and Time: Thursday, November 28 9:00 am - 11:00 am

Address: 9908 Penhorwood St

Location: High-Performance Studio located in the Fitness Centre

Days: Tuesdays and Thursdays

Times: 9 - 11 am and, 7 - 9 pm.

This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

Women's Only Workout Space

Date and Time: Thursday, November 28 7:00 pm - 9:00 pm

Address: 9908 Penhorwood St

Location: High-Performance Studio located in the Fitness Centre

Days: Tuesdays and Thursdays

Times: 9 - 11 am and, 7 - 9 pm.

This initiative aims to provide a space where women of all ages and fitness levels can exercise freely and confidently.

<https://calendar.keyano.ca>