

Getting Connected

2009/2010 Information Guide



ATHABASCA
REGIONAL MULTIPLEX

WELCOME TO THE ATHABASCA REGIONAL MULTIPLEX



“GETTING CONNECTED”

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and Quilters Guild

Please visit our website at www.athabascamultiplex.ca

Membership includes:

Public Skating, Public Swim, Family Swim, Shiny Hockey, Fitness Centre,
Walking Track, Drop-in Court time, Hot Tub, Sauna, Lane Swim,
Swimming Fitness programs

Multiplex Membership Rates

	Tots	Child	Student	Adult	Senior	Family
	Under 2 yrs	3 to 12	Full Time	19 to 64	65+	*See Below
Drop-In One Use	Free	\$2.50	\$3.50	\$4.00	\$3.50	\$9.50
Drop-In All Day	Free	\$3.00	\$4.00	\$6.00	\$4.00	\$15.00
Monthly Membership	Free	\$20.00	\$35.00	\$50.00	\$35.00	\$100.00
Yearly Membership	Free	\$180.00	\$275.00	\$400.00	\$275.00	\$850.00

***A family will consist of family members residing at the same address.**

Fitness Centre Hours

Monday - Sunday 8:00am to 10:00pm

Multiplex Contact Information

#2 University Drive
Athabasca, Alberta T9S 0A3
ph 675-2967
fax 675-2703

rob@town.athabasca.ab.ca
dustin@town.athabasca.ab.ca

Website:
www.athabascamultiplex.ca

EnCana Arena Schedule

Mon	Tues	Wed	Thurs	Fri
Closed Ice Maintenance 7:00 to 11:00	Public Skate 7:00 to 1:00	Public Skating 7:00 to 12:00	Closed Ice Maintenance 7:00 to 11:00	Public Skating 7:00 to 12:00
Public Skate 11:00 to 1:00		Shinny Hockey 12:00 to 3:15	Shinny Hockey 11:00 to 1:00	Shinny Hockey 12:00 to 3:15
Shinny Hockey 1:00 to 3:15	Shinny Hockey 1:00 to 3:15		Public skating 1:00 to 3:15	PD Days Figure Skating 1-3pm
Flood	Flood	Flood	Flood	Flood
Figure Skating 4:00 to 7:00		Figure Skating 3:50 to 6:35		Minor Hockey 3:50 to 8:15
Flood	Minor Hockey 3:50 to 9:45	Flood	Minor Hockey 3:50 to 9:45	
Public Skating 7:15 to 8:15		Minor Hockey 6:50 to 8:30		Flood
Flood		Flood		
Minor Hockey 8:30 to 9:45		Aces 8:45 to 9:45		Game Slot 8:30 to 11:00 Minor Hockey or Aces Game slot
Flood	Flood	Flood	Flood	
Head Hunters 10:00 to 11:30	Colinton cougars 10:00 to 11:30	Bandits 10:00 to 11:30	Cobras 10:00 to 11:30	

Sat	Sun
Private Shinny Hockey 7:00 to 7:50	Minor Hockey 8:15 to 9:15
Flood	Flood
Pond Hockey 8:05 to 9:45	
Flood	Minor Hockey 9:30 to 11:30
Minor Hockey 10:00 to 12:00	Flood
Flood	Minor Hockey 11:45 to 1:45
Minor Hockey 12:15 to 2:15	Flood
Flood	Minor Hockey 2:00 to 4:15
Minor Hockey 2:30 to 4:30	Flood
Flood	Public Skate 4:30 to 5:20
Flood	Flood
Minor Hockey 4:45 to 6:45	Ladies Hockey 5:35 to 6:30
Flood	Flood
Public Skate 7:00 to 8:00	Rusty Nuts 6:45 to 8:00
Flood	Flood
Game Slot 8:15 to 10:45 Minor Hockey or Aces	Red Army 8:15 to 9:30
	Flood
	ALPAC 9:45 to 10:45
	Flood

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Cobras
Red Army
Rusty Nuts
Minor Hockey

Jason Campbell
Roland Lux
Chris Stafford
Wendy Hutchinson

675-9655
675-3209
675-9557
675-9608

Figure Skating
Pond Hockey
Aces
Head Hunters
Ladies Hockey
Bandits

Michelle Pomerleau
Greg Elgert
Gerry Kiselyk
Jason Jewell
Jill Calliou
Rob Ruthuen

675-1191
675-7755
675-0364
213-17933
675-4432
675-9426

Field House Birthday Party Rentals
\$20.00 per hour for a maximum of 3 hours

Monday	South	F.A.S.T 7:00am			Minor Soccer 5:00 to 9:00	Adult Soccer 9:00 to 10:30	
	Centre		Boot Camp 12:15 to 1:00				
	North		Living Well 10:00 to 12:00	After school Care 4:00 to 5:00			
Tuesday	South	F.A.S.T 7:00am			Minor Soccer 5:00 to 10:00		
	Center	Spin Class	Spin Class 12:00				
	North	Spin Class 6:00pm	Boot Camp 9:15 to 10:15	After school Care 4:00 to 5:00			
Wednesday	South	F.A.S.T 7:00am		After school Care 4:00 to 6:00	Drop-in 6:00 to 7:45	Adult Volleyball 8:00to 10:00	
	Center			Gymnastics 4:00 to 6:00			
	North		Boot Camp 12:15 to 1:00	Gymnastics 4:00 to 10:00			
Thursday	South	F.A.S.T 7:00am		After school Care 4:00 to 5:00	Minor Soccer 5:00 to 5:45	Green Dragon Kung Fu 6:00 to 8:30	
	Center	Spin Class 7:00am	Living Well 10:00 to 12:00	Gymnastics 4:00 to 9:00	Boot Camp 6:00 to 7:00		
	north	Spin Class 6:00pm	Boot Camp 9:15 to 10:15	Gymnastics 4:00 To 9:00			
Friday	South	F.A.S.T 7:00am			Minor soccer 5:00 to 9:00		
	Center	Spin Class					
	North		Booth Camp 12:15 to	After school Care 4:00 to 5:00			
Sat/Sun	South	<p align="center">Drop-In Court Time 7:00am to 10:00pm Open court time usage is based on first come first serve Activities Available: Volleyball - Badminton– Tennis Floor Hockey– Soccer - Basketball</p>					
	Center						
	North						

Minor Soccer	Amy Strong	675-3387
Kung Fu	Kevin Haines	675-3352
Adult Volleyball	Evan Wagner	675-7164
Gymnastics	Kerry McNamara	675-1925
Boot Camp	Lisa Stocking	675-3978
After School Care	Patsy-Anne	675-3215
Living Well Program	Melanie	675-6043
Spin Classes	Bud Ottessen	675-0031
F.A.S.T	Erin Maston	675-5988


Walking Track
 Walking Track is open seven days a week 7:00 am to 10:00pm
 With exception to private functions
**Track users use track at own peril.*


Events

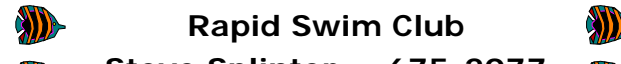
- October 23rd Oilmen's Cabaret
- November 6th County of Athabasca 50th Anniversary
- Reform Church Supper November 5th
- Alberta Country Legends Association
November 8, 2009
- Community Christmas Supper December 10
- Cheer fest 2010 February 6th
- Edwin Parr Basketball Tournament
February 12-13
- Athabasca University Convocation June 10, 11, 12
- Edwin Parr Graduation July 2, 2010


LANDING POOL SCHEDULE


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 6:30 - 8:30 a.m.	School Lessons	Lane Swim 6:30 - 8:30 a.m.	School Lessons	Lane Swim 6:30 - 8:30 a.m.		
Deep Water Fitness Class 8:30 - 9:15 a.m.		Deep Water Fitness Class 8:30 - 9:15 a.m.		Deep Water Fitness Class 8:30 - 9:15 a.m.		
Shallow Water Fitness Class 9:30 - 10:15 a.m.		Shallow Water Fitness Class 9:30 - 10:15 a.m.		Shallow Water Fitness Class 9:30 - 10:15 a.m.		
Mommy N' Me 10:30 - 11am	Lane Swim 12:00— 1:00 pm	Mommy N' Me 10:30—11am	Lane Swim 12:00—1:00 pm		Red Cross Swim Lessons	
Family Swim 11:15 - 1 p.m.	Family Swim 1:30 - 3:00 pm	Family Swim 11:15 - 1 p.m.	Family Swim 1:30 - 3:00 pm	Family Swim 11:15 - 1 p.m.		
12:00 - 1:00 Teach Pool Only	Red Cross Swim Lessons Beginning at 3:45 pm	12:00 - 1:00 Teach Pool Only	Red Cross Swim Lessons Beginning at 3:45 pm	12:00 - 1:00 Teach Pool Only		
Lane Swim 12:00 - 1:00 pm		Lane Swim 12:00 - 1:00 pm		Lane Swim 12:00 - 1:00 pm	Lane Swim 12:00 - 1:00 pm	
				Preschool Lessons	Rental 1:00 - 2:00 pm	Kayaking 1:30 - 3:00 pm
Swim Team	Deep Water	Swim Team	Deep Water	Swim Team	Public Swim 2:00 - 4:00 pm	Rental 3:00 - 4:00 pm
Junior Life-guard Club 3:45 - 5 pm	Fitness 5:00—5:45 pm	Junior Life-guard Club 3:45 - 5 pm	Fitness 5:00—5:45 pm		Family Swim 4:00- 6:00 pm	Family Swim 4:00—6:00 pm
Lane Swim 5:00 - 6:00 pm	Shallow Water Fitness 6:00— 6:45 pm	Lane Swim 5:00- 6:00 pm	Shallow Water Fitness 6:00 —6:45 pm	Lane Swim 5:00 - 6:00 pm		Tonnie Swim 6:00—7:00
Family Swim 6:00 - 7:30 pm	Lane Swim 7:00—8:00 pm	Swim Lessons 6:00 - 7:00 pm	Lane Swim 7:00—8:00 pm	Family Swim 6:30 -7:30 pm		
Tonnie Swim 7:30—8:30 pm		Public Swim 7:00—8:30 pm		Public Swim 7:30 - 9:00 pm		



 Birthday parties or private rentals \$65.00 per/hour available on Saturdays and Sundays. For more information please contact 675-2797


Rapid Swim Club
 Steve Splinter 675-2077


Junior Lifeguard Club
 Janis Kucher 675-2797







The Athabasca Regional Multiplex is looking for more programming ideas.

Please e-mail : dustin@town.athabasca.ab.ca with your suggestions.

BOOT-CAMP

Boot-camp is a fun, challenging hour long program designed for everyone (men and women) to work within their own parameters in a group atmosphere.

It is a full body workout designed to challenge all body parts equally using bodyweight, dumbbells and cardio programming all fused together.

There are different modifications for each exercise from beginner through to experienced athletes, no one is left out.

Find out for yourself what so many people have come to realize; exercise can be rewarding, fun and empowering!

"Those who believe they can do anything are right; and so are those who believe they can't" Which do you believe?

Starting October 2/08

Monday Wednesday & Friday 12:15 pm-1:00 pm

Tuesdays Thursdays 9:15am to 10:15am
6:00pm to 7:00pm

Monthly: \$100/month 3 times per week

Monthly: \$75/month 2 times per Week

10 classes : \$100 no expiry

Drop In: \$15/Session

Questions? Contact
Lisa Stocking @ lstocking@mcsnet.ca
or call (780) 675-3978

PILATES

PILATES uses floor exercises to strengthen the body core, increase flexibility, and improve alignment. It is suitable for adults of nearly any age and for people at various levels of fitness. *Participants are to bring their own yoga or camping mat, and should wear clothing that allows freedom of movement.*

Please note: Because of its intense focus on the abdominal muscles, Pilates is not recommended during pregnancy.

About the instructor: Brenda is a certified Pilates instructor (mat and props) under the Pilates Method Alliance. She has studied movement since the age of five, when she took her first ballet class.

October/ November 2009

**Dates: October 6 13, 20, and 22
November 3, 10, 17, and 24**

Location: Meeting Rooms at Regional Multiplex

Time: 5:00 to 6:00

Fees: \$80.00 dollars for all 8 sessions

Drop-in rate \$12.00

**Contact: Brenda at belok@telus.net or
780 675-7992**

ATHABASCA CURLING CLUB

MONDAY LADIES NIGHT

TUESDAY MEN'S NIGHT

WEDNESDAY JUNIOR CURLING

WEDNESDAY MIXED FUN

THURSDAY AFTERNOON CURLING

THURSDAY IS MIXED

CNRL Curling Rink Bonspiels

October 23, 24, and 25 - Oilmen's

January 8, 9, and 10 Mixed

March 13 & 14 - Forestry

February 25, 26, 27, 28- Rotary Bonspiel

March 5, 6 and 7 - Ladies

March 19, 20, and 21 - Men's

Free Family Day

Monday February 15, 2010

Come in with your family and enjoy a fun filled day of

Activities at:

Athabasca Landing Swimming Pool

EnCana Arena

Rotary Field House

Family Skating 12:00 to 3:30pm

Shinny Hockey 3:30 to 6:00

Field House 10:00pm to 5:00pm

Curling Rink will be open as well

More info Contact Multiplex 675-2967

Mini Maestro +

Early Childhood Music Program

Fall, Winter and Spring Semesters

Monday or Thursday morning classes

Featuring "Music Together" musictogether.com

A research based music and movement approach to early childhood music development for infant, toddler, preschool and kindergarten children and their parents/caregivers.

Registration fee includes 2 cd's and a song-book per family.

Instructor: Cathie Creaser who is a trained Piano Instructor and is a Registered Music Together Instructor.

For more information or to register call Cathie @ 780 675-3518 or Email: mmaestro@telus.net

Triathlon Training

Class time will vary depending on individuals needs.

Spin Classes

Calling all cycling enthusiasts!

Tuesday Thursday 7:00am

Tuesday Friday 12:00pm

Tuesday Thursday 6:00pm

Call Bud direct for more information at: 780 675-4964

Toast Masters

The Athabasca Toast Masters meets every Wednesday in the Paramount Meeting room.

For More information please contact: Doug Kariel at 780 675-5099

Athabasca Quilters Guild

The Athabasca Quilters Guild meets once a month on Saturday for a workshop.

For more information please contact: Irene Hrechuk at 675-4373

Athabasca Aces Home Games

Fri October 23	Fri October 30
Sat November 7	Sat November 21
Sat December 5	Sat December 12
Fri January 8	Sat January 9
Fri January 15	Sat January 23

Private Fitness Lessons

Please contact

Bud Ottessen at 780 675-4964

or Lisa Stocking at 780 675-3978

Fees are dependent on individuals needs.

Ukrainian Dance Society

Ukrainian Folk Dance Society dances in the Multipurpose room Tuesday, Wednesday, and Thursday.

For more information contact: Carla Kwasney at 780

