



# Community Guide

*September 2022 – June 2023*

# Welcome to the Town of Westlock Community Guide!

As Fall quickly approaches, we are excited about all we have to look forward to with Westlock & District FCSS programs, fitness classes at the Westlock Rotary Spirit Centre, and swim lessons at the Westlock Aquatic Centre. Our annual events include Large Item Pick Up, Community Showcase Night, Haunted Swim/Teen Night, Skate with Santa, Christmas Swim, and our Christmas Parade & Light Up. We are also happy to share we are having early registration dates for residents of our region. If you are a Town of Westlock, Westlock County, or Village of Clyde resident, you can go to the Westlock Aquatic Centre or Westlock Rotary Spirit Centre on September 7, 8, and 9 to register for programming. Online registration will open for all on September 10.

This community guide is full of programs and opportunities to get involved. Try a new fitness class or dive into something new this year. Maybe this is the year to get involved as a volunteer. Our new Community Events Committee would love to have some extra help, and the Westlock Fire Department is recruiting new volunteer firefighters.

Don't miss out on announcements and updates. Bookmark our website at [www.westlock.ca](http://www.westlock.ca) and follow us on Facebook at [www.facebook.com/townofwestlock](https://www.facebook.com/townofwestlock).

## NEW THIS YEAR!

*Early Registration*

Town of Westlock, Westlock County, and Village of Clyde residents can register early. Westlock region residents can **register in person** for three days before we open online registration.

- **Westlock region early registration for Fall programming is on September 7, 8, and 9. Online registration opens on September 10.**
- **Westlock region early registration for Winter programming is on January 4, 5, and 6. Online registrations opens on January 7, 2023 at 8 a.m.**
- **Westlock region early registration for Spring programming is on April 5, 6, and 7. Online registrations opens on April 8, 2023 at 8 a.m.**



Save the Date: November 18  
Christmas Light Up and Parade

Brought to you by the Town of Westlock Community Events Committee, sponsors, and many dedicated volunteers.

[www.westlock.ca/p/festivals-and-events](http://www.westlock.ca/p/festivals-and-events)

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*revised November 30*





## Town of Westlock Contact Information

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### Town of Westlock (Town Hall)

10003-106 Street, Westlock, Alberta T7P 2K3

Phone: 780-349-4444 | Toll Free: 1-866-349-4445 | Fax: 780-349-4436 | [info@westlock.ca](mailto:info@westlock.ca) | [www.westlock.ca](http://www.westlock.ca)

### Chief Administrative Officer

Simone Wiley, CAO 780-350-2100

The Chief Administrative Officer (CAO) for the municipality ensures that the policies and programs of the town are implemented. The CAO advises and informs Council on the municipality's operations while performing and exercising the duties, functions, and powers assigned through the *Municipal Government Act* and Council.

The Chief Administrative Officer also oversees Protective Services, Fire Department, and Emergency Management.

### Community Services

Gerry Murphy, Director 780-350-2115

The Community Services department is responsible for making available health and fitness opportunities in the town. The management of the recreation and town facilities, parks, and trails within Westlock is provided by this department. Community Services also oversees FCSS and the Community Assistance Bus.

Tracy Proulx,  
Westlock & District FCSS Executive Director  
780-349-5900

Community Assistance Bus  
780-349-9432

Courtney Fedrau, Spirit Centre Supervisor  
780-349-6654

Rachelle de Boer, Aquatic Centre Supervisor  
780-349-6677

### Finance

Julia Seppola, Director 780-350-2103

The Finance department is responsible for budgeting, property tax, accounts receivable, accounts payable, and utilities.

### Development Services

Krystle Fedoretz, Director 780-350-2111

Legislation information and requirements regarding land use, planning, and safety codes are available from the Planning and Development department. The department also includes business licenses, GIS and mapping, economic development, and municipal enforcement services.

### Operations

Robin Benoit, Director 780-349-0237

For Operations on-call number, call 780-349-0178

Roadways, water, sanitary systems, and other town infrastructure is managed and maintained by the Operations department.

### Legislative Services

Annette Boissonnault, Municipal Clerk 780-350-2101

Legislative Services includes activities related to the custody and maintenance of bylaws, policies, corporate records, Council agendas and minutes, elections, and the administration of the *Freedom of Information and Protection of Privacy Act* (FOIP).

## Town of Westlock Emergency Contact Information

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**In the event of an emergency, call 9-1-1.**

### Fire & Rescue Services

Stuart Koflick, Fire Chief and Deputy Director  
of Emergency Management  
780-350-2114

### Westlock RCMP

780-349-4492

### Municipal Enforcement Services

Randy Burgess, Community Peace Officer  
780-350-2107



**Check us out online! Never miss an event or update!**

**[www.westlock.ca](http://www.westlock.ca)**

**LOCAL NOTICES**

**[www.westlock.ca/p/local-notices](http://www.westlock.ca/p/local-notices)**

- Council Highlights
- Notices
- News
- Park & Trail Maintenance
- Road Closures
- Town Maintenance Work
- Add Your Own Notices

**EVENT CALENDAR**

**[www.westlock.ca/p/community-events](http://www.westlock.ca/p/community-events)**

- Council Meetings
- Public Engagement Opportunities
- Town Events
- Community Events
- Add Your Own Events

**FESTIVALS AND EVENTS**

**[www.westlock.ca/p/festivals-and-events](http://www.westlock.ca/p/festivals-and-events)**

- Annual Events  
*(Presented, hosted, or sponsored by the Town of Westlock)*

**CONNECT** *(Westlock Regional Notification System)*

**[www.westlock.ca/p/westlock-regional-notification-system](http://www.westlock.ca/p/westlock-regional-notification-system)**

Sign up to receive information by text, automated voice call, or email notifications and alerts on transportation, utilities, waste disposal, community, council updates, and emergency services.

**Don't forget to add**

**Westlock & Area Crime Coalition (WACC)...**

**WESTLOCK & AREA CRIME COALITION (WACC)**

is a collaboration between Westlock RCMP, Westlock Citizens on Patrol (COP), Town of Westlock, Westlock County, and Village of Clyde.

Adding this category to your CONNECT account ensures you will receive regional alerts from Westlock RCMP.

**GOT QUESTIONS?  
HAVE A CONCERN?**

**[www.westlock.ca/p/report-concern](http://www.westlock.ca/p/report-concern)**

- ✓ This online form creates a record to ensure we hear you.
- ✓ Your completed form is sent directly to the department that can help you.
- ✓ Don't have access to a computer? Call us at 780-349-4444 so we can help.

**Follow us on social media**



**TOWN OF WESTLOCK**

**[www.facebook.com/townofwestlock](http://www.facebook.com/townofwestlock)**

**[twitter.com/TownOfWestlock](https://twitter.com/TownOfWestlock)**

**[www.youtube.com/channel/UCMEB9bScfAkzrpAG99-vc5A](http://www.youtube.com/channel/UCMEB9bScfAkzrpAG99-vc5A)**

**[www.linkedin.com/company/town-of-westlockab](http://www.linkedin.com/company/town-of-westlockab)**

**WESTLOCK AQUATIC CENTRE**

**[www.facebook.com/westlockaquaticcenter](http://www.facebook.com/westlockaquaticcenter)**

**WESTLOCK FIRE DEPARTMENT**

**[www.facebook.com/westlockfirerescue](http://www.facebook.com/westlockfirerescue)**

**WESTLOCK & DISTRICT FCSS**

**[www.facebook.com/westlockanddistrictfcss](http://www.facebook.com/westlockanddistrictfcss)**



We Teach  
We Train  
We Serve Together

## Volunteer Information Guide



Join Our Team

## MISSION STATEMENT

*WHO WE ARE TODAY*

The Westlock Fire Department is a team of highly trained and caring professional volunteers who provide vital emergency response, prevention and education services that support community safety and quality of life.

## VISION STATEMENT

*OUR PREFERRED FUTURE*

The Westlock Fire Department will be a leader in our profession in service excellence, advanced training, employee development, use of technology and ongoing department evaluation to ensure community safety and quality of life.

**VOLUNTEER TODAY!**

**[www.westlock.ca/p/fire-department](http://www.westlock.ca/p/fire-department)**



Town of Westlock Fire & Emergency Services  
10003 - 106 St. Westlock Alberta T7P 2K3  
780-350-2114 Direct | 780-349-4436 Fax



# ANSWER THE CALL

Your Community Needs Firefighters



**WESTLOCK**  
FIRE RESCUE

Volunteer | Train | Make a Difference

**TOGETHER**

Westlock Fire Department, 10003-106 Street, Westlock  
[www.westlock.ca/p/fire-department](http://www.westlock.ca/p/fire-department) 780-350-2114

## Westlock & District FCSS

10007-100 Avenue, Westlock, AB Phone: 780-349-5900



FCSS is a partnership between the Town of Westlock, Westlock County, and Village of Clyde. The Government of Alberta is an 80% funding partner. Our services are available to all residents in those communities. We promote local-driven partnerships that encourage the community to strengthen and grow.

### General Information & Referral

FCSS is a community resource that provides information and/or makes referrals regarding local and external programs and services.

Donations may be made in person or online [www.westlock.ca/p/fcss](http://www.westlock.ca/p/fcss).



**REMINDER: Westlock & District FCSS offices are now located in the Heritage Building at 10007-100 Avenue.**

### Community Development

Learning opportunities are coordinated to support Non-Profit organizations in the areas of Board & Leadership Professional Development. Call for more information.

## Adults and Seniors Programs



**Forms Assistance:** We can help complete forms for Provincial and Federal Income Support Programs:

- ✓ Alberta Seniors Benefits
- ✓ Special Needs Assistance for Seniors
- ✓ CPP
- ✓ Old Age Security



**Meals on Wheels:** In partnership with the Homeland Housing, volunteers deliver nutritional meals to seniors or disabled residents. Meals (minimal cost for each meal) are delivered Monday to Friday during the lunch hour.



**Home Support Services:** Home Support Workers are available to assist with routine housekeeping duties for individuals with disabilities, the elderly, the chronically ill, or those suffering from short-term illness. Fees apply.



**Volunteer Income Tax:** Volunteers assist low-income individuals, families, and seniors in Westlock and district with completing basic tax returns, at no cost.



**Seniors Welcome Package:** A welcome and information package is available for new seniors to the Westlock and district area.



**Keeping in Touch:** Connects the people in our community with others through a weekly telephone support system. Through Keeping In Touch, we can connect you with a friendly person to chat with they can help you find resources.



**Driver Program:** On request and if available, volunteers will transport clients to medical appointments in Edmonton, St. Albert or Barrhead. A small fee is paid directly to the driver.



## Westlock & District FCSS

10007-100 Avenue, Westlock, AB Phone: 780-349-5900

### Families and Youth Programs



**Family School Liaison:** Family School Liaison workers are available in the schools to provide supportive counselling to children and their families experiencing difficulties, either at home or in school.



**Youth Outreach:** Providing one on one support to youth 16 to 21 years to help them set goals and develop life skills.



**Coats for Kids & Families:** Winter clothing (coats, boots, toques, mitts) donations for all ages are accepted and available to community residents.



**Caring for Kids & Families:** With community and business donations, FCSS coordinates the payment of emergency/extraordinary expenses for kids and families.



**Christmas Spirit:** This annual campaign provides gifts and/or vouchers for community residents based on income levels. Information available in early November. Donations accepted year-round.

### CHECK OUT OUR UPCOMING YOUTH PROGRAMS

#### HOME ALONE

**Cost: \$10/participant,**

**Canada Safety Council | Youth in grade 4**

Teaching kids the skills they need to be safe while they are home alone. Skills include developing a home alone routine, handling emergencies, and basic first aid. Dates to be announced in the Fall 2022.

#### BABYSITTER SAFETY

**Cost: \$50/participant**

**2 sessions, December 10, 2022**

**and March 11, 2023**

**9 a.m. to 5 p.m.**

**Canada Safety Council | 12+ years old**

Youth become certified babysitters, learning about childhood development, emergency situations, basic first aid, and their rights and responsibilities as a babysitter.

#### \*BASIC SHELF COOKING

**FREE, 5 classes offered weekly every**

**Tuesday from 4 to 6 p.m. for 5 weeks,**

**starting September 18, 2022**

Teaching youth how to make healthy and delicious meals on a budget.

*\* Partnership between Westlock & District FCSS, Healthy Families Healthy Futures, and Youth Unlimited*

#### YOUTH COLLECTIVE

(junior high)

**FREE, Drop-in | September through June,**

**every Thursday from 3:30 to 5 p.m.**

Youth group focused on giving back to the community and volunteerism.

#### YOUTH COLLECTIVE

(senior high)

**FREE, Drop-in | September through June,**

**every Thursday from 6 to 7 p.m.**

Youth group focused on developing leadership skills, volunteerism, and social justice.

**You can earn up to 15 high school credits participating through the Work Experience Program!**

#### \*YOUTH BULLYING/ SELF CARE GROUP

**FREE, Ages 11-16**

**5 sessions biweekly Wednesdays**

**from 4 to 6 p.m. Oct 5, 19, Nov 2, 16, 30**

Teaching youth skills how to manage conflict with peers and take care of themselves.

*\*Partnership between Westlock & District FCSS and New Leaf Counselling*

#### TEEN NIGHTS @ WESTLOCK AQUATIC CENTRE

**Cost: \$2/participant | 6 to 8 p.m.**

**Oct 28, Jan 27, Feb 24, Mar 24,**

**Apr 28, May 26**

Educational presentation & snacks, followed by a swim.



Youth Conference  
**SAVE THE DATE:  
NOVEMBER 10**

## Westlock & District FCSS

10007-100 Avenue, Westlock, AB Phone: 780-349-5900

### SENIOR PROGRAMS

#### SENIORS COFFEE TIME

Monthly on the 1st and 3rd Tuesday of each month from 10 to 11:30 a.m. at Westlock & District FCSS, 10007-100 Avenue

Coffee, light refreshment, and great conversation.

#### SENIORS CONFERENCE

October 19, Must preregister to attend.  
Westlock Memorial Hall, 9903-106 St

Opportunity for learning, entertainment, and food.

#### SENIORS BUS TRIPS ARE BACK!

Watch our social media and webpage for details on upcoming fall trips.

### EDUCATION AND PROGRAMS REGARDING DEMENTIA

#### SENSORY KITS FREE

Dementia Sensory Kits, full of sensory toys, activities, and resource info available to people living in their home with dementia and/or their caregivers

#### IPAD LENDING

Dementia iPad Lending Library available to people living in their home with dementia and/or their caregivers.

iPads loaded with brain stimulation games, helpful resources, and an information library all about dementia.

#### COMMUNITY EDUCATION

Living the Dementia Journey (LDJ) public education sessions, specifically beneficial to individuals caring for/supporting people living with dementia.

Call Westlock and District FCSS at 780-349-5900 about booking/ attending.

## Community Assistance Bus



Monday to Friday 8 a.m. to 4 p.m. | One way trip \$6.50 Round trip \$13  
Door to door service within the Town of Westlock  
Call The Community Assistance Bus to book a ride: 780-349-9432



*programming subject to change*



Canada Revenue  
Agency

Agence du revenu  
du Canada

## Community Volunteer Income Tax Program

The Community Volunteer Income Tax Program (CVITP) is a collaboration between the Canada Revenue Agency (CRA) and participating community organizations. In the Westlock region, Westlock and District FCSS is the community partner.

The Community Volunteer Income Tax Program arranges for trained volunteers to complete income tax and benefit returns for community members who fall within income guidelines at no charge.

The CVITP runs from March to December.

Tax returns are completed by appointment.

*Income Tax Returns cannot be prepared for individuals who:*

- have self-employment income;
- have business or rental income and expenses;
- have capital gains or losses;
- have employment expenses;
- filed for bankruptcy; or
- are deceased in the tax year.

2022 Income Thresholds	
Family Size	Total Family Income
1 person	\$35,000
2 persons	\$45,000
3 persons	\$47,500
4 persons	\$50,000
5 persons	\$52,500
More than 5 persons	\$52,500 plus \$2,500 for each additional individual

**Contact the Westlock and District FCSS Office at 780-349-5900 to determine if you qualify for this program and/or to book an appointment.**



## PARKING LOT PARTY!

**THURSDAY, SEPTEMBER 22, 2022 FROM 3:30 P.M. - 5:30 P.M.**

**HERITAGE BUILDING, 10007 - 100 AVE, WESTLOCK, AB**

**FUN, MUSIC, GAMES, INFORMATION, FREE MEAL**

**(WHILE QUANTITIES LAST)**



## *Calling all Snow Angels!*

This program provides a sign for the front yard asking for snow shoveling assistance from neighbours. This program is for seniors and persons with limited mobility/chronic health conditions.

Want more information about volunteering or receiving services?

Contact Westlock & District FCSS at 780-349-5900 or visit us online at [www.westlock.ca/p/fcss](http://www.westlock.ca/p/fcss).



## Christmas Spirit Campaign



Westlock & District FCSS in partnership with local business, agencies and residents is again coordinating the Westlock & District Christmas Spirit Campaign for local residents in the Town of Westlock, Westlock County and Village of Clyde.

Every year the goal is to run the campaign as a cost-recovery program. Families and individuals with qualifying income levels will be considered to receive food vouchers and gifts.

### **How can you participate?**

- By a financial donation at [Canadahelps.ca](http://Canadahelps.ca)
- Adopt-a-Family Program helps you sponsor a family
- Volunteer to prepare items for distribution
- Contact Westlock & District FCSS for further information.

### **To be eligible for this program:**

- An application must be completed, signed, and returned to the FCSS office.
- A 2021 Tax Notice Assessment must be provided, reflecting income status.
- Families and individuals will be considered eligible by a referring agency using information including, but not limited to, financial need, family size, etc.

Applications are BY APPOINTMENT ONLY starting November 14 and ending December 19, 2022.

Call 780-349-5900 to make an appointment.

Applicants will be advised if approved, when and where pick up will occur.





# COMPASS for the Caregiver



PROUDLY HOSTED BY:



Caregivers Alberta's award-winning COMPASS for the Caregiver four-week program helps caregivers balance their own well-being with the challenges of caregiving.

This series of the COMPASS for the Caregiver program is proudly sponsored by us at Westlock & District FCSS

## Details:

Call to place your name on an Interest List. Session dates & times will be set once enough participants register.

## Topics:

Week 1: Being a Caregiver  
Week 2: Managing Your Stress  
Week 3: Balancing Relationships  
Week 4: Navigating the Journey

## Register online:

**Three hour sessions held weekly**

**Registration Fee: TBA**

## For more information, contact:

Westlock & Dist. FCSS  
780-349-5900

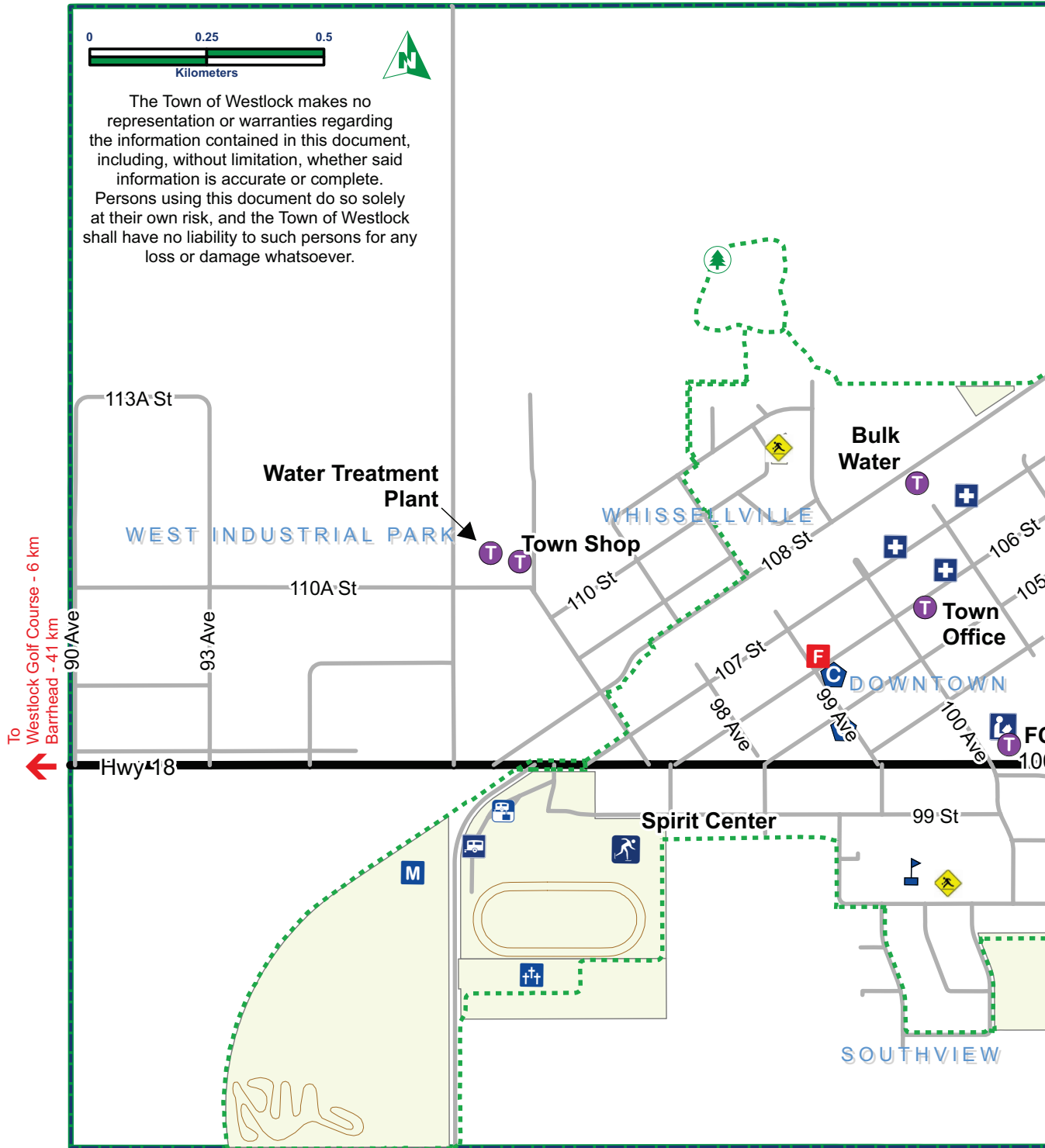
**Are you a caregiver?**  
**YES, if you do even one of the following:**

- Attend medical appointments with a loved one
- Prepare meals for a family member or friend
- Help with finances or personal/medical care
- Provide transportation or home-living support



[caregiversalberta.ca](http://caregiversalberta.ca)  
[support@caregiversalberta.ca](mailto:support@caregiversalberta.ca)

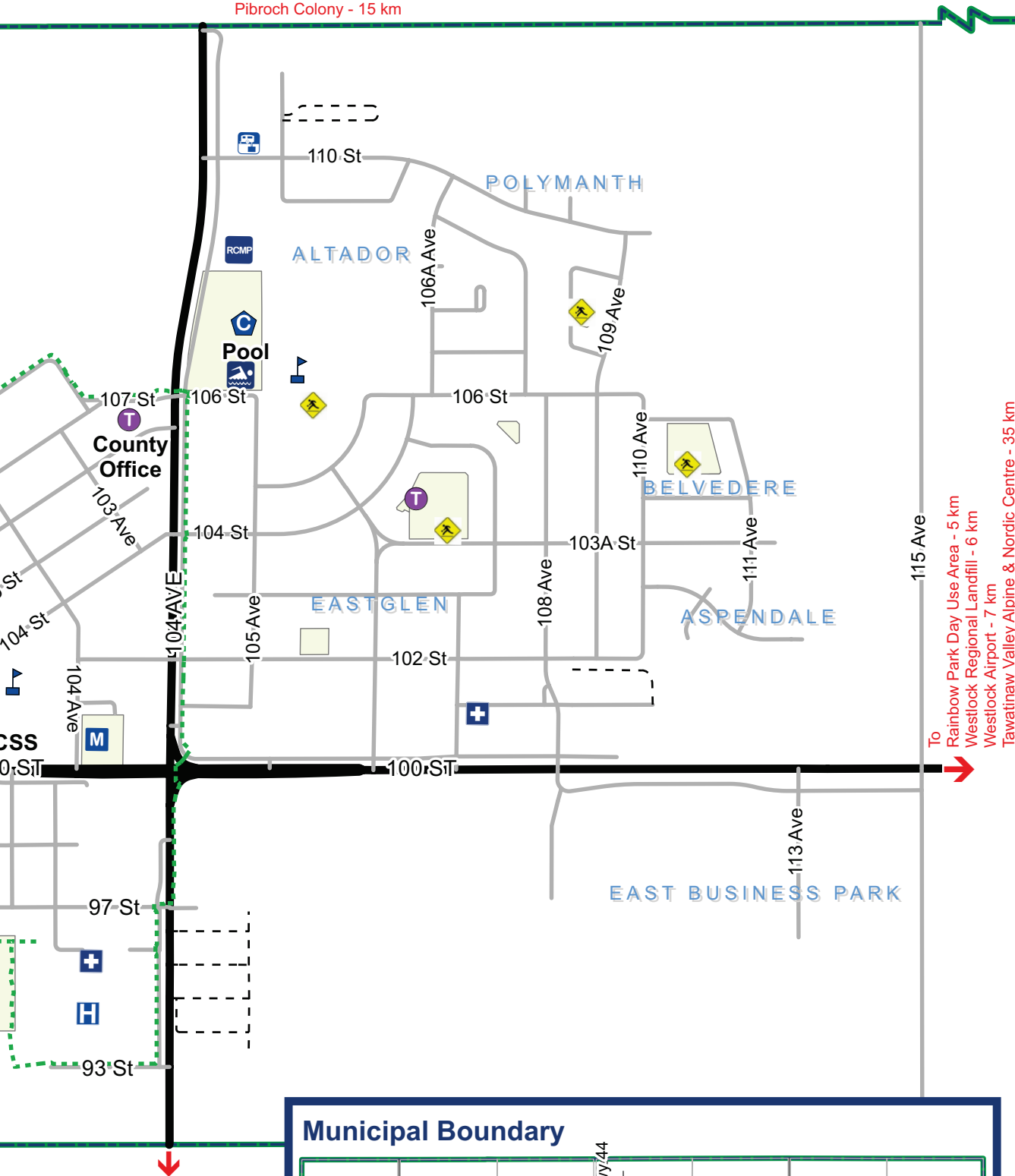
780.453.5088  
1.877.453.5088 (toll-free)



### Legend

	Campground		Library		RCMP Station		Highway
	Cemetery		Municipal		Sani-Dump		Town Road
	Community Hall		Museum		School		Private Road
	Fire Hall		Park		Spirit Centre		Parks
	Health		Playground		Racetrack		Municipal Boundary
	Hospital		Pool		Rotary Trail		

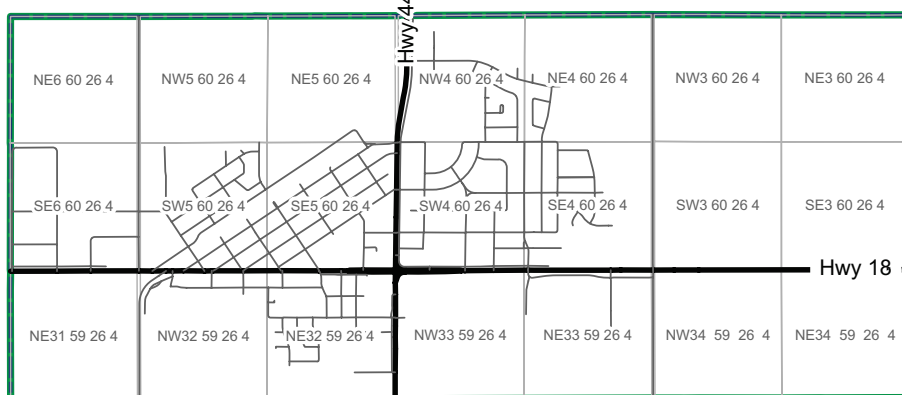
↑  
Slave Lake - 166 km  
Hidden Valley Golf Club - 50 km  
Long Island Lake - 43 km  
Pibroch Colony - 15 km



To  
Rainbow Park Day Use Area - 5 km  
Westlock Regional Landfill - 6 km  
Westlock Airport - 7 km  
Tawatinaw Valley Alpine & Nordic Centre - 35 km

↓  
To Edmonton - 85 km

### Municipal Boundary



## Westlock Aquatic Centre

10605-104 Avenue, Westlock, AB, T7P 2E5 Phone: 780-349-6677

### Facility Hours:

Monday to Friday	7 a.m. to 9 p.m.
Saturday	12 to 4:30 p.m.
Sunday	12 to 5 p.m.

*Annual Maintenance Shutdown begins on August 29 with the reopening date to be determined.*

### Holiday Hours:

Thanksgiving, Oct 10	Noon to 5 p.m.
Remembrance Day, Nov 11	Noon to 5 p.m.
Christmas, December 2	7 a.m. to 5 p.m.
Dec 24, 25, 26	Closed
Dec 27 & 28	7 a.m. to 9 p.m.
Dec 29 & 30	7 a.m. to 9 p.m.
Dec 31	1 to 4 p.m.
Jan 1	Closed
Family Day, Feb 20	Noon to 5 p.m.
Easter Weekend, April 7 & 10	Noon to 5 p.m.
Victoria Day, May 22	Noon to 5 p.m.

Visit [www.westlock.ca](http://www.westlock.ca) for pool schedules

### Facility Features:

- Six Lane Swimming Pool with Climbing Wall
- Zero Depth Splash Park Area
- Rope
- Hot Tub
- Steam Room
- 24 Hour Gym
- Virtual Rec Room (sport simulator & game console hook up)
- Squash and Racquetball Court
- All Purpose Room
- Locker Room

**\*Please note schedules are subject to change without notice. \***

**NEW THIS  
YEAR!**

*Early Registration*

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- **Westlock region early registration for Spring programming is on April 5, 6, and 7. Online registrations opens on April 8, 2023 at 8 a.m.**



## Westlock Aquatic Centre

10605-104 Avenue, Westlock, AB, T7P 2E5 Phone: 780-349-6677

### Rates and Admissions

All drop-in admission rates, facility rental rates, and membership pass fees are outlined in the Fees & Rates Bylaw.

#### Child (3 to 14 years)

- Day Pass \$4.00
- 10x Pass \$36.00
- 1 Month Pass \$32.00
- Annual Pass \$248.00

#### Youth (15 to 17 years) / Student (18+ with a valid student ID)

- Day Pass \$5.50
- 10x Pass \$49.50
- 1 Month Pass \$44.00
- Annual Pass \$352.45

#### Adult (18 years to 59 years)

- Day Pass \$8.00
- 10x Pass \$72.00
- 1 Month Pass \$64.00
- Annual Pass \$495.00

#### Senior (60+ years)

- Day Pass \$6.20
- 10x Pass \$55.80
- 1 Month Pass \$49.60
- Annual Pass \$384.40

#### Family

- Day Pass \$17.50
- 10x Pass \$157.50
- Month Pass \$140.00
- Annual Pass \$1,085.00

#### Swim Lessons

- Parent & Tot  
\$48.65/lesson/child
- Swim Levels 1 - 3  
\$54.05/lesson/child
- Swim Levels 4 - 6  
\$59.50/lesson/child
- Swim School Lessons (per student)  
\$33.50/lesson
- Private Lessons  
\$22.70/half hour
- Adult Swim Lessons  
\$59.50/lesson/adult

#### Details on passes

- Day Pass
- Drop-in
- 10x Pass
  - 10 full-day visits for the price of 9, does not expire
- 1 Month Pass
  - Unlimited access for 30 days, expires 30 days after the date of purchase. After 9 visits, you are accessing the facility at no cost.
- Annual Pass
  - For regular users, this pass gives you unlimited individual admissions and expires 1 year after the date of purchase.
- Family Rate
  - Two adults and unlimited children living in the same household and using the facility at the same time. A child is anyone 18 years old or younger, or a student under the age of 24 with a valid student ID.

\*all prices are subject to change without notice



## Westlock Aquatic Centre

10605-104 Avenue, Westlock, AB, T7P 2E5 Phone: 780-349-6677

### PARENT AND TOTS (six week program)

**COST: \$48.65**

The Parent & Tot Program structures in-water interaction between parent and child to stress the importance of play in developing water-positive attitudes and skills. Activities and progressions are based on child development, so parents register in the level appropriate for their child's age. Lifesaving Society Water Smart® education complements skill learning.

Swim for Life – Parent and Tot 1	
4 months - 1 year	Designed for the 4 to 12-month-old to learn to enjoy the water with the parent.
Swim for Life – Parent and Tot 2	
1 year - 2 years	Designed for the 12 to 24-month-old to learn to enjoy the water with the parent.
Swim for Life – Parent and Tot 3	
2 years - 3 years	Designed for the 2 to 3-year-old to learn to enjoy the water with the parent.

Swim for Life - Parent & Tot		
Designed for the toddler to learn to enjoy the water with the parent. Lifesaving Society Water Smart® education complements skill learning.		
Level	Dates	Times
4 months – 2 years		
Fall Lessons		
Parent and Tot 1/2	Tuesdays October 18 to November 22	4:50 to 5:20 p.m.
Parent and Tot 2/3	Wednesdays October 19 to November 23	4 to 4:30 p.m.
Winter Lessons		
Parent and Tot 1	Saturdays January 21 to February 25	9 to 9:30 a.m.
Parent and Tot 2/3	Tuesdays January 17 to February 21	4 to 4:30 p.m.
Parent and Tot 2/3	Wednesdays January 18 to February 22	4:50 to 5:20 p.m.
Spring Lessons		
Parent and Tot 1	Saturdays April 22 to May 27	9 to 9:30 a.m.
Parent and Tot 2/3	Tuesdays April 18 to May 27	4 to 4:30 p.m.
Parent and Tot 2/3	Wednesdays April 19 to May 24	4:45 to 5:15 p.m.

*programming subject to change*

## Westlock Aquatic Centre

10605-104 Avenue, Westlock, AB, T7P 2E5 Phone: 780-349-6677

### **PRESCHOOL LEVELS 1 - 5** (eight week program)

**COST: \$48.65**

The Preschool Program gives children a head start on learning to swim. Preschool Programs develop fundamental physical literacy skills for aquatic activities.

In our preschool program we work to ensure 3 - 5 year olds become comfortable in the water and have fun developing a foundation of water skills. We incorporate Lifesaving Society Water Smart® education in all Preschool levels.

#### **Swim for Life – Preschool Level 1**

These preschoolers learn to enter and exit shallow water safely and to put their face in the water blowing bubbles. They will learn to move safely in shallow water and to wear a lifejacket to be comfortable with floats and back glides.

#### **Swim for Life – Preschool Level 2**

These youngsters will jump into chest deep water and learn to submerge and to exhale underwater. They will be introduced to lateral rollovers and will practice front and back glides as well as flutter kick wearing a lifejacket or other buoyant aid.

#### **Swim for Life – Preschool 3**

These youngsters will perform a sideways entry into deep water wearing a lifejacket. They will recover objects from the bottom in waist deep water. They will master independent front and back floats, lateral rollovers, front and back glides, and flutter kick on front and back.

#### **Swim for Life – Preschool Level 4**

These independent preschoolers will master short swims of front crawl (5 m) and will be introduced to side glides and flutter kick performed on their side. New challenges such as opening the eyes underwater, pendulum rollovers onto the back, and treading of water using the sculling action of hand are presented at this level.

#### **Swim for Life – Preschool 5**

These skilled preschoolers will demonstrate that they can support themselves in deep water for 10 seconds using the sculling action and a supportive kick. Wearing a lifejacket, they will practice a forward roll entry into deep water. Whip kick, back crawl, and interval training will also be introduced. Preschool 5 graduates will be prepared to enter Swimmer 2 at 6 years of age.

**NEW THIS  
YEAR!**

*Early Registration*

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Online registration opens on September 10.
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*programming subject to change*

## Westlock Aquatic Centre

10605-104 Avenue, Westlock, AB, T7P 2E5 Phone: 780-349-6677

Preschool levels 1 - 5		
Level	Dates	Times
Fall Lessons		
Preschool 1	Tuesdays October 18 to December 6	4 to 4:30 p.m.
Preschool 1	Wednesdays October 19 to December 7	4:35 to 5:05 p.m.
Preschool 1	Saturdays October 22 to December 10	9 to 9:30 a.m.
Preschool 2	Tuesdays October 18 to December 6	5:25 to 5:55 p.m.
Preschool 2	Wednesdays October 19 to December 7	5:10 to 5:40 p.m.
Preschool 3	Wednesdays October 19 to December 7	4 to 4:30 p.m.
Preschool 3	Saturdays October 22 to December 10	9:50 to 10:20 a.m.
Preschool 4/5	Tuesdays October 18 to December 6	4:35 to 5:05 p.m.
Preschool 4/5	Wednesdays October 19 to December 7	5:25 to 5:55 p.m.
Winter Lessons		
Preschool 1	Tuesdays January 17 to March 7	4 to 4:30 p.m.
Preschool 1	Wednesdays January 18 to March 8	5:25 to 5:55 p.m.
Preschool 2	Tuesdays January 17 to March 7	5:10 to 5:40 p.m.
Preschool 2	Saturdays January 21 to March 11	9:50 to 10:20 a.m.
Preschool 2/3	Wednesdays January 18 to March 8	4 to 4:30 p.m.
Preschool 3	Tuesdays January 17 to March 7	6 to 6:30 p.m.
Preschool 3	Saturdays January 21 to March 11	9 to 9:30 a.m.
Preschool 4/5	Tuesdays January 17 to March 7	4:35 to 5:05 p.m.
Preschool 4/5	Wednesdays January 17 to March 7	5:25 to 5:55 p.m.

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## Westlock Aquatic Centre

10605-104 Avenue, Westlock, AB, T7P 2E5 Phone: 780-349-6677

Preschool levels 1 - 5		
Level	Dates	Times
Spring Lessons		
Preschool 1	Tuesdays April 18 to June 6	4 to 4:30 p.m.
Preschool 1	Wednesdays April 19 to June 7	5:25 to 5:55 p.m.
Preschool 2	Tuesdays April 18 to June 6	5:10 to 5:40 p.m.
Preschool 2	Saturdays April 22 to June 17 (no class June 4)	9:50 to 10:20 a.m.
Preschool 2/3	Wednesdays April 19 to June 10	4 to 4:30 p.m.
Preschool 3	Tuesdays April 18 to June 6	6 to 6:30 p.m.
Preschool 3	Saturdays April 22 to June 17 (no class June 4)	9 to 9:30 a.m.
Preschool 4/5	Tuesdays April 18 to June 6	4:35 to 5:05 p.m.
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*programming subject to change*

## Westlock Aquatic Centre

10605-104 Avenue, Westlock, AB, T7P 2E5 Phone: 780-349-6677

**SWIMMER LEVELS: SWIMMER 1 - 3** (eight week program)

**COST: \$54.05**

**SWIMMER 4 - 6** (eight week program)

**COST: \$59.50**

The Swimmer Program makes sure children learn the fundamental physical literacy skills for aquatic activities. Progressions accommodate 5 - 12 year olds, including beginners and swimmers who want to build on the basics. Lots of in-water practice develops solid swimming strokes and skills. Water Smart® education is part of every level.

### Swimmer 1

This level is the foundation for swimming skill development. These beginners will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale, and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back.

### Swimmer 2

These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m).

### Swimmer 3

These junior swimmers will dive and do in-water front somersaults and handstands. They'll work on 15 m of front crawl, back crawl and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m.

### Swimmer 4

These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.

### Swimmer 5

These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl and 4 x 15 m breaststroke.

### Swimmer 6

These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 m. They'll easily swim lengths of front crawl, back crawl, and breaststroke, working their way up to the 300m workout.

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## Westlock Aquatic Centre

10605-104 Avenue, Westlock, AB, T7P 2E5 Phone: 780-349-6677

Swimmer Levels		
Level	Dates	Times
Fall Lessons		
Swimmer 1	Tuesdays October 18 to December 6	4 to 4:30 p.m.
Swimmer 1	Tuesdays October 18 to December 6	6 to 6:30 p.m.
Swimmer 1	Wednesdays October 19 to December 7	6 to 6:30 p.m.
Swimmer 1	Saturdays October 22 to December 10	9:35 to 10:05 a.m.
Swimmer 2	Tuesdays October 18 to December 6	5:25 to 5:55 p.m.
Swimmer 2	Wednesdays October 19 to December 7	4:35 to 5:05 p.m.
Swimmer 2	Saturdays October 22 to December 10	9:35 to 10:05 a.m.
Swimmer 3	Tuesdays October 18 to December 6	5:10 to 5:40 p.m.
Swimmer 3	Wednesdays October 19 to December 7	4 to 4:30 p.m.
Swimmer 3	Saturdays October 22 to December 10	9 to 9:30 a.m.
Swimmer 4	Tuesdays October 18 to December 6	4 to 4:45 p.m.
Swimmer 4	Saturdays October 22 to December 10	10:10 to 10:55 a.m.
Swimmer 5/6	Saturdays October 22 to December 10	9 to 9:45 a.m.



**JUNIOR LIFEGUARD CLUB**  
**runs twice a week (Monday-Thursday)**  
**from 4 to 5 p.m.**  
**October 17 to December 8**  
**January 16 to March 9**  
**April 17 to June 8**

*programming subject to change*

## Westlock Aquatic Centre

10605-104 Avenue, Westlock, AB, T7P 2E5 Phone: 780-349-6677

Swimmer Levels		
Level	Dates	Times
Winter Lessons		
Swimmer 1	Tuesdays January 17 to March 7	4 to 4:30 p.m.
Swimmer 1	Tuesdays January 17 to March 7	4:35 to 5:05 p.m.
Swimmer 1	Wednesdays January 18 to March 8	4:35 to 5:05 p.m.
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Swimmer 3	Saturdays January 21 to March 11	10:25 to 10:55 a.m.
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Swimmer 4	Saturdays January 21 to March 11	9 to 9:45 a.m.
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10605-104 Avenue, Westlock, AB, T7P 2E5 Phone: 780-349-6677

Swimmer Levels		
Level	Dates	Times
Spring Lessons		
Swimmer 1	Tuesdays April 18 to June 6	4 to 4:30 p.m.
Swimmer 1	Tuesdays April 18 to June 6	4:35 to 5:05 p.m.
Swimmer 1	Wednesdays April 18 to June 7	4:35 to 5:05 p.m.
Swimmer 1	Saturdays April 22 to June 17 (no class June 4)	9:35 to 10:05 a.m.
Swimmer 2	Tuesdays April 18 to June 6	4:35 to 5:05 p.m.
Swimmer 2	Tuesdays April 18 to June 6	5:10 to 5:40 p.m.
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Swimmer 4	Saturdays April 22 to June 17 (no class June 4)	9 to 9:45 a.m.
Swimmer 5/6	Saturdays April 22 to June 17 (no class June 4)	9:35 to 10:20 a.m.



### Private Swimming Lessons

Private swimming lessons for both adults and youth run weekly but do fill up fast. Please contact the Westlock Aquatic Centre to book your private lessons today!

*programming subject to change*



## Westlock Aquatic Centre

10605-104 Avenue, Westlock, AB, T7P 2E5 Phone: 780-349-6677

### SWIM PATROL: ROOKIE/RANGER/STAR

**COST: \$59.50**

Develops individual fitness levels through a timed swims and water workouts. Water proficiency skills include: swimming with clothes, ready position, foot-first and head-first surface dives. Demonstrating the ability to conduct a primary assessment and initiating EMS are included as well as other first aid skills. The level order is Rookie Patrol, Ranger Patrol, Star.

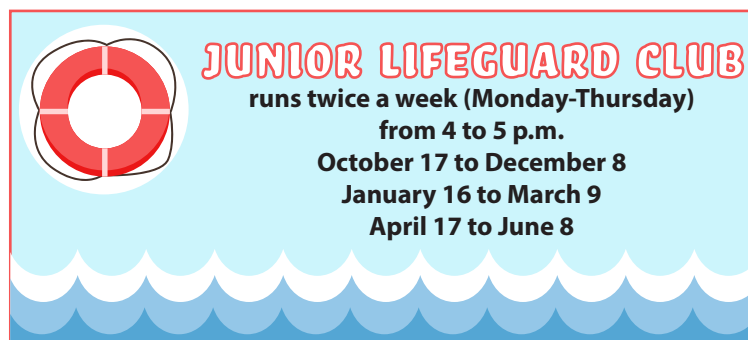
Rookie/Ranger/Star		
Level	Dates	Times
Fall Sessions		
Rookie/Ranger/Star Patrol	Tuesdays, October 18 to December 6	4:35 to 5:20 p.m.
Rookie/Ranger/Star Patrol	Wednesdays, October 19 to December 7	4:35 to 5:20 p.m.
Rookie/Ranger/Star Patrol	Saturdays, October 22 to December 10	10:10 to 10:55 a.m.
Winter Sessions		
Rookie/Ranger/Star Patrol	Wednesdays, January 18 to March 8	4 to 4:55 p.m.
Spring Sessions		
Rookie/Ranger/Star Patrol	Wednesdays, April 9 to June 7	4 to 4:55 p.m.

### SWIM FOR LIFE: ADULT

**COST: \$59.50**

Whether you're just starting out or just want help with your strokes, our Adult program is for the young at heart - no matter your age. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and smooth, recognizable strokes. Water Smart® education is part of all levels. Work with certified instructors to learn to swim or improve your current swimming ability and water fitness.

Swim for Life: Adult		
Level	Dates	Times
Adult	Wednesdays, October 19 to December 7	5:10 to 5:40 p.m.
Adult	Saturdays, January 21 to March 11	10:10 to 10:40 a.m.



*programming subject to change*

## Westlock Aquatic Centre

10605-104 Avenue, Westlock, AB, T7P 2E5 Phone: 780-349-6677

### LEADERSHIP COURSES

**BRONZE MEDALLION:** Challenges the candidate both mentally and physically. Judgement, knowledge, skill, and fitness – the four components of water rescue- form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross.  
*\*Minimum of four participants to run course.*

**PREREQUISITES:** Minimum 13 years of age or Bronze Star certification (*Need not to be current*).

**COST: \$140.00**

**BRONZE CROSS:** Begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.  
*\*Minimum of four participants to run course.*

**PREREQUISITES:** Successful completion of Bronze Medallion and a current Alberta Workplace Approved Standard First Aid certification is required.

**COST: \$140.00**

**NATIONAL LIFEGUARD:** The National Lifeguard program develops the lifeguarding principles, decision-making, and a mature and responsible attitude towards the lifeguards role. Guards take courses and train in monthly in-services to help evaluate and adapt to different aquatic facilities and emergencies. To remain valid, you must be re certified every two years.  
*\*Minimum of four participants to run course.*

**PREREQUISITES:** At least 16 years old, finished the Bronze Cross Course, and have Standard First Aid CPR-C or Aquatic Emergency Care (AEC).

**COST: \$275.00**

Level	Dates	Times
Bronze Medallion	TBA	TBA
Bronze Cross	TBA	TBA
National Lifeguard	TBA	TBA

## LIFEGUARDS

**Looking for a job that combines fun, training, and skills you will use throughout your life?**

- Ability to Respond in an Emergency
- Fitness & Stamina
- Communication Skills
- Understanding of Health & Safety Procedures
- Self-confidence
- Leadership Skills

**Contact the Westlock Aquatic Centre today at 780-349-6677 for information on how to become a lifeguard.**

**Watch [www.westlock.ca/p/employment](http://www.westlock.ca/p/employment) for upcoming opportunities.**

Did you know we have a  
**VIRTUAL REC ROOM**  
at the Westlock Aquatic Centre?

**Summer rates**  
**until Sept 30**  
**\$20/hour**

**After Sept 30**  
**\$35/hour**



# GAME

**PLAY**

**OPTIONS**

**CREDITS**

The game simulator is equipped with golf, soccer, baseball, zombie dodgeball, and more. Or, you can bring in your own game console for a theatre style gaming/movie experience.

**FOR MORE INFORMATION OR TO BOOK YOUR TIME SLOT, CALL US TODAY**  
**780-349-6677!**

# Westlock Aquatic Centre



## SAVE THE DATES

### **Teen Nights**

January 27

February 24

March 24

April 28

May 26

### **Halloween Swim with Teen Night**

October 28

### **Christmas Swim**

December 16

**Watch our social media page for details**





# **24-Hour Gym Westlock Aquatic Centre**

**10605-104 Avenue, Westlock, AB**  
**Call for details 780-349-6677**

## **Rent the WIBIT!**



**Rental price is: \$100 + GST on top of the pool rental fee for a minimum of 2 hours rental time.**  
**We will also be putting the WIBIT in the water for some public swims.**

**Watch our Facebook page for announcements.**  
**[www.facebook.com/westlockaquaticcentre](https://www.facebook.com/westlockaquaticcentre)**



## GENERAL FACILITY RULES & REGULATIONS

### Westlock Aquatic Centre and Westlock Rotary Spirit Centre

**Footwear** – Only indoor, non-marking shoes will be permitted. No hiking boots, dress shoes, flip flops, open toes, or socks will be permitted.

**Food & Drink** – No food or drink is permitted in the field house, weight rooms, court areas, pool, pool deck, or walking track. Water is the only exception, but it must be in a sealed bottle.

#### **Age Restrictions**

**Pool** – Those 7 years old & younger, must be accompanied by a person 15 years old or older at all times. 15 years and older can watch up to 3 children under 7 years old.

**Weight Rooms** – Must be 14 years old or older for full use of weight room areas. Those 12 & 13 years old may use the cardio equipment only but must be supervised by an adult at all times.

**24-Hour Gym** (Westlock Aquatic Centre)- 14 to 17 year olds can come with adults but both need valid passes

**Field House** - Those 8 years old & younger must be accompanied by a person 14 years old or older at all times.

**Arena** - Those 8 years old & younger must be accompanied by a person 14 years old or older at all times.

**Squash/Racquetball Court** – Must be 12 years old or older.

**Medical Holds** – Passes can be put on hold for medical reasons for a maximum of 1 month; a written statement/form from your physician is required.

#### **Equipment Rental**

The use of our sporting equipment is FREE with a paid Full Facility Pass or day admission during drop-in leisure times. We do however require that you leave an item as a deposit for the equipment taken (i.e., driver's license, car keys, etc.). Please ensure the rental equipment is used for the purposes intended. Respectful use of the items helps maintain the equipment's quality for all to enjoy. If you require a lock, they can be rented for \$0.75 and requires a deposit. This service is complimentary for Pass Holders.

#### **Facility Bookings**

If you are interested in renting one of our facilities for a private function, please call that facility for pricing and availability information.

The Westlock Rotary Spirit Centre can be reached by phone at 780-349-6654 and the Westlock Aquatic Centre can be reached by phone at 780-349-6677.

#### **Transfers**

Transferring to another class will be subject to space availability and programmer's approval. A fee adjustment may be necessary.

#### **Cancellation Terms & Conditions**

Programs, events and activities may be cancelled by the Town of Westlock based on the following circumstances:

- insufficient registration
- unforeseen safety consideration
- facility and/or equipment problems or closures
- instructor or facilitator illness and/or unavailability
- program or service materials not available
- inclement weather conditions

If the Town of Westlock cancels a class, a full refund is available by one of the following:

- credit
- cheque (to be mailed to patron)
- transfer into an alternate class (pending space availability & programmer approval)

#### **Non-Medical Withdrawals**

A credit or partial refund will be issued up to 48 hours prior to the start date of a program. No refunds or credits will be issued after this time. Unusual circumstances will be considered and will be subject to approval by management. A \$15.00 administration fee will be deducted per program withdrawn from.

#### **Medical Withdrawal**

A full refund will be issued with medical documentation, if withdrawal is prior to class commencement. If a class has already commenced a pro-rated refund will be issued with medical documentation.

*\*Please note: Make-up classes: refunds or credits are not issued for classes missed during a session. Non-attendance in a class does not constitute a withdrawal.*

*programming subject to change*

## Westlock Rotary Spirit Centre

9603-100 Street, Westlock, AB, T7P 1Y1 Phone: 780-349-6654

### Regular Hours (effective September 6)

Monday to Friday	6 a.m. to 10 p.m.
Saturday and Sunday	8 a.m. to 8 p.m.

### Holiday Hours

Labour Day, Sept 5	Noon to 9 p.m.	Christmas, Dec 24, 25, 26	Closed
National Day for Truth and Reconciliation, Sept 30	Noon to 10 p.m.	Dec 27 & 28	10 a.m. to 5:30 p.m.
Thanksgiving, Oct 10	Noon to 10 p.m.	Dec 29 & 30	6 a.m. to 10 p.m.
Remembrance Day, Nov 11	Noon to 10 p.m.	Dec 31 & Jan 1	Closed
		Good Friday, April 7	Noon to 9 p.m.
		Easter Monday, April 10	Noon to 9 p.m.
		Victoria Day, May 22	Noon to 9 p.m.

### FACILITY FEATURES

- Field House
- Arena
- Walking Track
- Weight Room
- Kali's Corner (Children play area)  
This playroom is suitable for toddlers and children up to 6 years of age. Children are not to be left unattended, all must be accompanied by a person 14 year of age or older. Admission is \$2.25/child or admittance with valid Family Full Facility pass.
- Fitness Class Room
- Curling Rink
- Concession
- Meeting Rooms

**\*Please note schedules are subject to change without notice.\***

### Full Facility Rates and Admissions

All drop-in admission rates, facility rental rates, and membership pass fees are outlined in the Fees & Rates Bylaw.

#### Full Facility Memberships

##### Child (3 to 14 years)

- Drop Ins \$4.05
- 10x Pass \$36.45
- 1 Month Pass \$30.55
- 3 Month Pass \$82.50
- Annual Pass \$245.55

#### Youth (15 to 17 years) / Student

##### (18+ with a valid student ID) /

##### Senior (60+ years)

- Day Pass \$6.30
- 10x Pass \$56.70
- 1 Month Pass \$47.30
- 3 Month Pass \$127.75
- Annual Pass \$380.25

#### Adult (18 to 59 years)

- Drop In Pass \$8.10
- 10x Pass \$72.90
- 1 Month Pass \$61.55
- 3 Month Pass \$166.05
- Annual Pass \$495.35

#### Family

- Drop In \$18.75
- 10x Pass \$168.75
- 1 Month Pass \$141.90
- 3 Month Pass \$383.15
- Annual Pass \$1,140.85

#### Corporate Rates

- 50x Punch Card \$335.15
- 100x Punch Card \$660.65
- 150x Punch Card \$886.40
- 200x Punch Card \$1,102.50
- 250x Punch Card \$1,281.65

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## Westlock Rotary Spirit Centre

9603 100 Street, Westlock, AB, T7P 1Y1 Phone: 780-349-6654

### FALL AND WINTER FITNESS

#### POWER UP (CIRCUIT TRAINING)

**Location:** Westlock Rotary Spirit Centre, Fitness Room

Circuits of strength and cardio based exercises. Learn proper form and gain some muscles through this one hour powerful class. Thursdays from 5 to 6 p.m.

##### FALL SESSION 1

September 15 to October 27

**Cost:** \$63 for 7 Classes

##### FALL SESSION 2

November 3 to December 15

**Cost:** \$63 for 7 Classes

##### WINTER SESSION 1

January 12 to February 23

**Cost:** \$63 for 7 Classes

##### FALL SESSION 2

March 9 to April 20

**Cost:** \$63 for 7 Classes

#### SPIN & STRENGTH

**Location:** Westlock Rotary Spirit Centre, Fitness Room

This 45 minute class will be broken down into 20 minutes of spin intervals followed by 20 minutes of full body strength training. Great for all levels of fitness!

Mondays from 6:15 to 7 a.m.

##### FALL SESSION 1

September 12 to October 24

(no class Oct 10)

**Cost:** \$54 for 6 Classes

##### FALL SESSION 2

October 31 to December 12

**Cost:** \$63 for 7 Classes

##### WINTER SESSION 1

January 9 to February 27

(no class Feb 20)

**Cost:** \$63 for 7 Classes

##### WINTER SESSION 2

March 6 to April 24

(no class April 10)

**Cost:** \$63 for 7 Classes

#### TONE & CYCLE

**Location:** Westlock Rotary Spirit Centre, Fitness Room

In this 45-minute class, we will do intervals of spin with weights on the bike. It's the best of both worlds in one sweaty workout! All levels welcome. Tuesdays from 5:15 to 6 p.m.

##### FALL SESSION 1

September 13 to October 25

**Cost:** \$63 for 7 Classes

##### FALL SESSION 2

November 1 to December 13

**Cost:** \$63 for 7 Classes

##### WINTER SESSION 1

January 10 to February 21

**Cost:** \$63 for 7 Classes

##### WINTER SESSION 2

March 7 to April 18

**Cost:** \$63 for 7 Classes

#### SPIN

**Location:** Westlock Rotary Spirit Centre, Fitness Room

What a way to start your weekend! This interval class will not only improve your cardiovascular health, it's a full body burn for 45 minute straight spin. Great music and great people! Saturdays from 8:15 to 9 a.m.

##### FALL SESSION 1

October 1 to November 5

(no classes Oct 29)

**Cost:** \$45 for 5 Classes

##### FALL SESSION 2

November 12 to December 3

8:15 to 9 a.m.

**Cost:** \$36 for 4 Classes

##### WINTER SESSION 1

January 14 to February 25

(no class Feb 18)

**Cost:** \$54 for 6 Classes

#### VINYASA FLOW YOGA

**Location:** Westlock Rotary Spirit Centre, Fitness Room

Connect movement and breath to move seamlessly through postures for an invigorating class that helps increase strength and focus. This class will provide opportunities for students to challenge themselves. This class is suitable for all abilities. Some yoga experience recommended. Wednesdays from 5:30 to 6:30 p.m.

##### FALL SESSION 1

September 21 to October 26

**Cost:** \$54 for 6 Classes

##### FALL SESSION 2

November 2 to December 14

**Cost:** \$63 for 7 Classes

##### WINTER SESSION 1

January 11 to March 1

**Cost:** \$72 for 8 Classes

##### WINTER SESSION 2

March 8 to April 26

**Cost:** \$72 for 8 Classes

#### HATHA YOGA

**Location:** Westlock Rotary Spirit Centre, Fitness Room

Hatha Yoga helps to cultivate strength, flexibility, and balance through longer holds. Each class is unique and focuses on mindful movement that honours the body while offering opportunities for students to challenge themselves. This class is suitable for all experience levels and abilities. Wednesdays from 7 to 8 p.m.

##### FALL SESSION 1

September 14 to October 26

**Cost:** \$63 for 7 Classes

##### FALL SESSION 2

November 2 to December 14

**Cost:** \$63 for 7 Classes

##### WINTER SESSION 1

January 11 to March 1

**Cost:** \$72 for 8 Classes

##### WINTER SESSION 2

March 8 to April 26

**Cost:** \$72 for 8 Classes

## POUND

**Location:** Westlock Rotary Spirit Centre, Fitness Room

POUND is an invigorating full body workout combining cardio and strength training with drumming. With inspiring music and our weighted drumsticks in hand we workout, rock-out, release, let go and HAVE FUN!! You are free to march to the beat of your own drum in these classes... no rhythm is required, and YOU choose your intensity level. The class will end with 15-20 minutes of all levels yoga-inspired stretches, including a soul-fuelling savasana (relaxation period). \*Please bring a yoga mat for this class

Mondays from 4:15 to 5:15 p.m.

### FALL SESSION 2

October 31 to December 12

**COST:** \$63 for 7 classes

### WINTER SESSION 1

January 9 to February 27

(no class February 20)

**COST:** \$63 for 7 classes

### WINTER SESSION 2

March 6 to April 24

(no class April 10)

**COST:** \$63 for 7 classes

Tuesdays from 9:15 to 10:15 a.m.

### FALL SESSION 2

November 1 to December 13

**COST:** \$63 for 7 classes

### WINTER SESSION 1

January 10 to February 21

**COST:** \$63 for 7 classes

### WINTER SESSION 2

March 7 to April 18

**COST:** \$63 for 7 classes

**DID YOU  
KNOW?**

## WE HAVE A RECREATION ASSISTANCE PROGRAM?

Modest income residents and families can submit an application to Westlock & District FCSS to determine if they qualify for a 25% or 50% discount on many community programs and services at the Westlock Rotary Spirit Centre, Westlock Aquatic Centre, Summer Programming, and the Community Assistance Bus.

### Assessment

Westlock & District FCSS staff will determine eligibility on a sliding scale depending on household members and income.

### ELIGIBILITY REQUIREMENTS

#### Income

Proof of household income is required, such as a CRA Notice of Assessment or others as deemed appropriate.

#### Residency

Individuals must prove their residency within the Westlock region and service area and have resided there for a minimum of 3 months.

### HOW TO APPLY

Call Westlock & District FCSS at 780-349-5900 to book an appointment. You will need to bring the following documents to the appointment:

- Valid identification
- Proof of residency
- Most recent tax return



10007-100 Avenue, Westlock, Alberta Phone: 780-349-5900  
[www.westlock.ca/p/recreation-assistance-program](http://www.westlock.ca/p/recreation-assistance-program)

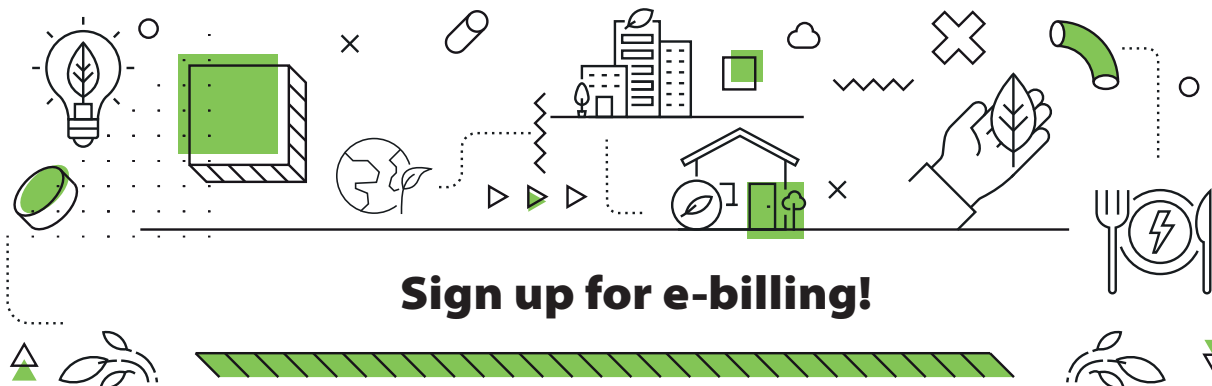


**If you are a certified  
Recreation or Fitness Instructor,  
we want to hear from you!**

We want to expand our options for recreation programming to provide programs for all ages, skill levels, and interests.

We are looking for inclusive programs, long-term impacts, and encouraging life-long activity.

**Contact us today at  
[info@westlock.ca](mailto:info@westlock.ca) or  
call 780-349-6654!**



**Sign up for e-billing!**

**Utility Bill**

Get \$1/monthly credit on your utility bill when you sign up for e-billing.

Download the utilities registration form at [bit.ly/2MH8f6f](https://bit.ly/2MH8f6f).

To register, email [finance@westlock.ca](mailto:finance@westlock.ca) with the subject line **register for e-bill**. Then in the body of the email include the name on the account, service address, account number, owner's phone number(s) and email address for bill delivery.

**Tax Notices & Assessment Notices**

You can now sign up to receive Tax Notices & Assessment Notices electronically.

**For more information, contact us at 780-349-4444.**

WJS CANADA PROVIDES:

## Family & Community Supports

Our Family Resilience Program is a self-referral program for parents needing supports with their children between the ages of 7-18.

For more information, call 587-990-2457

## Supports to People with Diverse Abilities

Our Diverse Abilities Program is for all ages helping people with Diverse Abilities thrive in their communities.

For more information, call 780-349-5655

wjs  
Canada



### WESTLOCK PIONEER MUSEUM

Take a step back in time and browse through our exhibits — glimpses into the pioneer lifestyle!

#### Winter Season:

By Appointment  
September - Victoria Day

#### Summer Season:

Victoria Day - late August

10216 100 St - Westlock, AB

(780) 349-4849

westlockmuseum@yahoo.ca

westlockmuseum.com



@westlockpioneeermuseum

### Calling All



### Volunteers!

- Want to help the Town of Westlock's Community Event Committee run some amazing events?
- Want to get involved but have limited time to spare? How about signing up for our volunteer list?
- When you sign up for the volunteer list, you will provide much-needed support to our community by helping out during our events.

### What will you do?

- run a registration or sign up desk
- help set up and tear down
- supervise activities or venues

### How can you sign up?

Contact us at [info@westlock.ca](mailto:info@westlock.ca) with your name, contact information, and availability.

*Please note a criminal record and child welfare check is required.*



## FREE Services in Westlock and Surrounding Area

More info and referral at  
780-307-2444 ext. 0 or [www.hfalberta.com](http://www.hfalberta.com)

### Rural Connections Family Resource Network - Hub

The Hub acts as central referral point for families, with children aged 0 -18 years, requesting assistance to build on their strengths and develop strong familial units.

### Home Visitation

Offering in-home mentorship, from a dedicated support person, starting as early as pregnancy and extending into the first six years of a child's life.

### FASD Mentorship

Mentorship for those who may be prenatally exposed to alcohol, possibly resulting in Fetal Alcohol Spectrum Disorder.

### Parent - Child Assistance Program

Supporting women to reduce or stop alcohol and/or drug use during pregnancy; focusing on encouraging healthy pregnancies and lives for women and their children.

### Thrive Outreach

Supporting individuals impacted by abusive relationships to evaluate personal safety and create safety plans. We provide emotional support while encouraging the realization of individualized goals.

### Westlock Family Connections

Opportunities for caregivers to gain the skills to support their children in their social, emotional, physical, and intellectual growth and development.



**Our Vision: Resilient Individuals    Resourceful Families    Responsive Communities**

**ARE YOU A NEW BUSINESS IN TOWN?**

**HAS YOUR BUSINESS CLOSED, MOVED, OR RELOCATED?**



The 2022 Business Directory & Community Agency Listing is available for pick up at all our facilities and online at [www.westlock.ca](http://www.westlock.ca).

Make sure your information is correct and up-to-date before November 30, 2022 to ensure your business will be included in the 2023 Print Business Directory.

Contact Development Services today.



Call us:  
780-349-4444



Email us:  
[planning@westlock.ca](mailto:planning@westlock.ca)



In-Person:  
10003-106 Street, Westlock, AB



## At Westlock Library you can...

Get a FREE library card

Access FREE public computers / Wi-Fi

### Kids:

Mother Goose  
Stories, Signs and Songs  
Puppet shows  
After school programs  
Family Flicks  
Teen Movie Night at the Library  
Weekend Boredom Busters

### Adult Literacy:

#### **One-on-One Tutoring:**

ELL (English Language Learning)  
Reading and Writing  
Numeracy  
GED preparation  
Basic digital skills  
(email, computer, smartphone, tablet)

### Adults:

Adult afternoons  
Book Club  
Movies  
18+ Movie Night at the Library  
Genealogy monthly drop in

#### **Classes:**

Computer Basics  
Microsoft Word Basics  
Dollars and Cents (Basic Budgeting)  
ELL Story Time  
ELL Conversation Circle

### Library Services & Fees:

**Printing and photocopying** - \$0.25 per page (black & white) \$0.50 per page (colour)

**Laminating** - Wallet \$0.50 Postcard \$0.50 Full Size \$1.00 Legal \$1.50

**Faxing** - Outgoing: \$2.00 Incoming: \$1.00 + .25 per additional page

**Exam Invigilation** - \$25.00 per exam

More Than You Expect



westlocklibrary.ca  
780-349-3060

#1, 10007 - 100 Ave  
Westlock, AB T7P 2H5



## HOPE RESOURCE CENTRE ASSOCIATION

Building Futures Filled With Hope

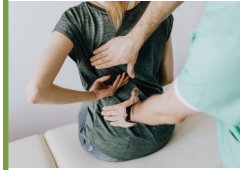
### Our Mission:

Hope Resource Centre responds to gender-based violence in our rural and remote community with a trauma informed approach; embracing diversity, the most at-risk, respecting survivors as experts of their story; bridging hope and healing supports to ensure safety, inclusion and equality through a coordinated community response.

### Services Include:

- Advocacy for ALL impacted by violence and abuse
- Emotional Support / Court Support / Counselling Supports / Flexible Hours
- Information / Resources / Referrals to supplementary services
- Safety plans/Danger Assessments/Risk Assessments
- Supports to ensure people have the capacity to build and sustain healthy relationships.
- Supports to stop the transmission of violence to children, youth and young adults
- Supports to develop non-violent and healthy socio-cultural norms and environments
- Assistance with overcoming barriers in leaving abusive situations
- Assistance with Provincial / Queen's Bench Court access and support
- Assistance with Emergency Protection Orders, Parenting Orders / Protection Order
- Co-parenting Agreement / Mediation Supports / Child Supervision Provider Referrals
- Awareness and prevention presentations to schools, lodges, service clubs, churches, and workplaces

CALL 780-349-6111 for an appointment  
[www.hoperesourcecentre.net](http://www.hoperesourcecentre.net)



Join us for free virtual education that supports your health and your life

### Group sessions for adults managing:

- ✓ Diabetes
- ✓ Pain
- ✓ Weight
- ✓ Stress
- ✓ COPD
- ...and more!



Ask about our FREE  
Supervised Exercise program to help  
manage your chronic condition!

**1-877-349-5711**

[www.healthylivingprogram.ca](http://www.healthylivingprogram.ca)

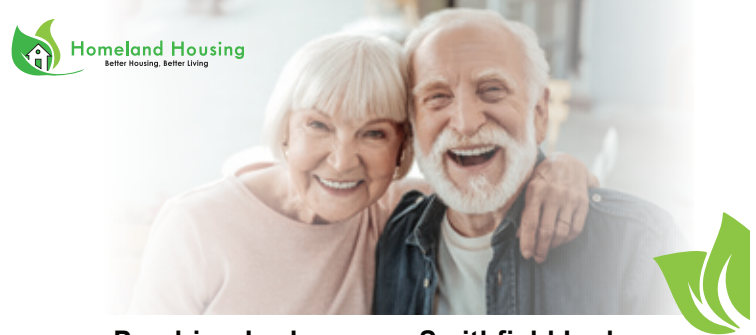
## Canadian Tractor Museum



### Hours of Operation

Sun	Closed	Mon	Closed	Tues	1-5 PM
Wed	Closed	Thurs	1-8 PM	Fri	Closed
Sat	1-5 PM	Tours by appointment			

**Phone for more information 780-349-3353**



**Pembina Lodge**  
Seniors Community Living  
10247 104 Street, Westlock  
**780.349.3600**

**Smithfield Lodge**  
Seniors Community Living  
10203 97 Street, Westlock  
**780.349.4123**

**SENIORS 1 BEDROOM & STUDIO SUITES AVAILABLE**



**NOW OFFERING COMMUNITY AFFORDABLE HOUSING**

**Westlock Place**  
10211 107 Street, Westlock  
**780.349.4123**

# 2022

## WASTE, RECYCLE, ORGANIC SCHEDULE

JANUARY						
S	M	T	W	T	F	S
						1
2		4		6	7	8
9		11		13	14	15
16		18		20	21	22
23		25		27	28	29
30						

FEBRUARY						
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20		22		24	25	26
27						

MARCH						
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20		22		24	25	26
27		29		31		

APRIL						
S	M	T	W	T	F	S
					1	2
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24		26		28	29	30

MAY						
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29	30	31				

JUNE						
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31						

AUGUST						
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14	15	16			19	20
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28	29	30				

SEPTEMBER						
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18	19	20			23	24
25	26	27			30	

OCTOBER						
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23	24	25			28	29
30	31					

NOVEMBER						
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27	28	29				

DECEMBER						
S	M	T	W	T	F	S
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4	5	6			9	10
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18	19	20			23	24
25	26	27			30	31



**Wednesdays**  
**Thursdays**  
**Thursdays**  
 \*April through November weekly  
 December through March monthly

**Waste**  
**Recycling**  
**\*Organics**



# Planning Any Home Improvements?

Development Services is ready to help guide you through your home improvement projects.

## Projects that do not need a permit:



### Fences

Fences do not require a permit if they are 6.0ft or less in your rear yard and 3.0ft or less in your front yard.



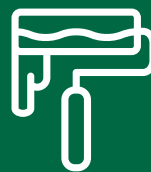
### Landscaping

Landscaping that does not change the grade and drainage of your property does not require a permit.



### Sheds (102.3 sq ft or less)

Small sheds do not require a permit if they are 1.0m (3.3ft) from your side and rear property lines.



### Cosmetic Renovations

Painting, flooring, siding, windows and doors (same size of opening), roofing, etc. do not require permits.

## Projects that need a permit:



### Garages & Sheds (Over 102.3 sq ft)

Development and building permits are required.



### Finishing Your Basement

A building permit is required if any walls are to be added or removed. If the basement will be used as a Secondary Suite, then a Development Permit will also be required.



### Fireplaces and Wood Stoves

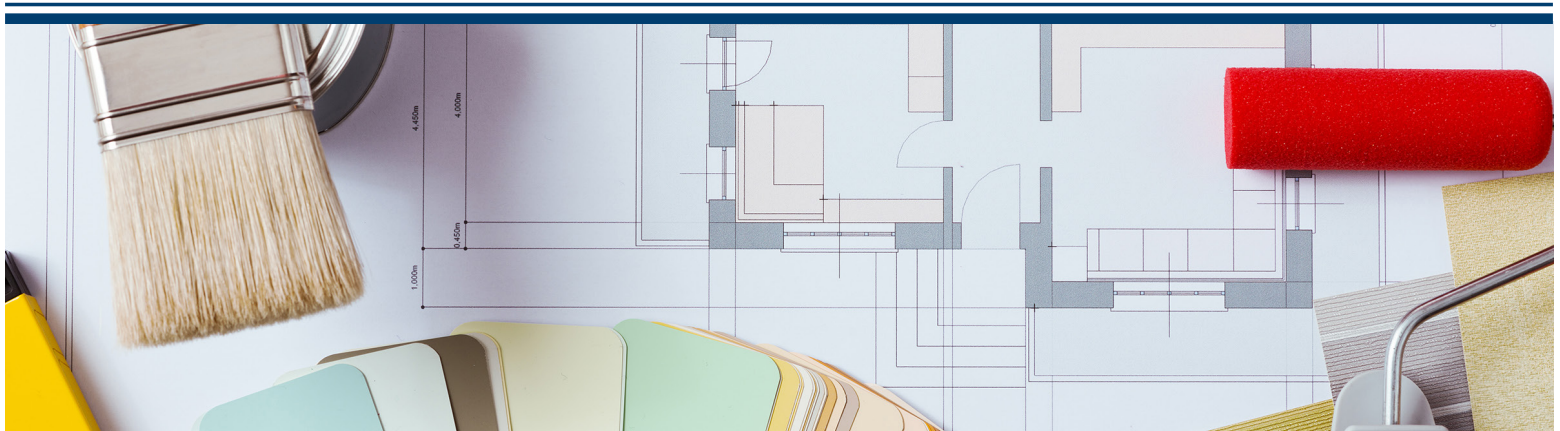
Fireplaces and wood stoves may require a building permit, electrical permit and/or gas permit depending on the fuel source.



### Furnaces and Hot Water Tanks

A gas permit is required to change your furnace or hot water tank.

Visit [www.westlock.ca/p/home-improvement](http://www.westlock.ca/p/home-improvement) for more information.  
Questions? Call 780-349-4444 or email [planning@westlock.ca](mailto:planning@westlock.ca).





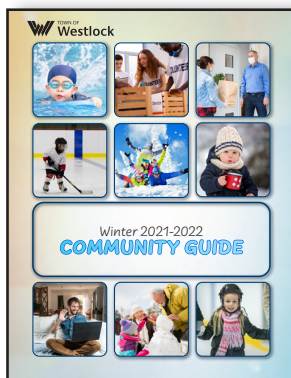
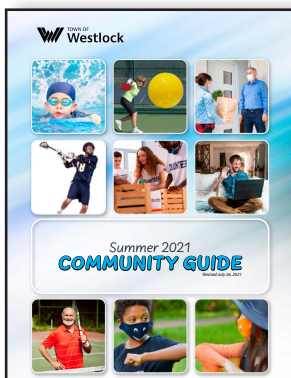
**POLYMANTH PLAYGROUND  
107 STREET AND 108A AVENUE  
RIBBON CUTTING THURSDAY, AUGUST 11**





## Community Guide Ad Specs

Our digital program guide is available online at [www.westlock.ca/p/community-guide](http://www.westlock.ca/p/community-guide) and printed copies are available at Town Hall, Westlock Aquatic Centre, Westlock Rotary Spirit Centre, and Westlock & District FCSS.



### Ad Requirements

Submitted ads must be in PDF format only. All fonts must be embedded.

We cannot accept MS Word, Powerpoint, Corel Draw, Excel, Publisher or other word processing programs.

### Ad Sizing

<p><b>Full-page</b> <b>8" x 10.5"</b></p>	<p><b>Quarter page</b> <b>3" x 5"</b></p>	<p><b>Quarter page</b> <b>3" x 5"</b></p>
	<p><b>Half page</b> <b>8" x 5"</b></p>	

**For more information on advertising opportunities in the Town of Westlock Community Guides, please contact Communications at 780-349-4444 or [communications@westlock.ca](mailto:communications@westlock.ca).**

*The Town of Westlock reserves the right to refuse any advertising content that is not consistent with Town of Westlock standards.*



TOWN OF  
**Westlock**

*A Community with Spirit!*

*revised September 26*