

EDMONTON GARRISON

SUMMER 2024

Fitness Centre

COMMUNITY PROGRAM GUIDE

Canada Day -- Edmonton Garrison's biggest celebration of the year -- is back! (details on pg. 8)



FOLLOW US ONLINE!
@EDMFITCENTRE

Welcome



Recreation's Commitment to the Community

From the Community Recreation Manager, Chantel Campsall

Increasing community capacity begins with relationships, and having only been in the role of Community Recreation Manager at CFB Edmonton for a month, I've noticed that relationships are exactly what this team is focused on developing.

I've been amazed at the collective talent of this team and their drive to provide the community with both a high variety and high quality of recreation programs simply because they are honoured to do so. For example, did you know that our SOLO program was so successful that it was recognized and supported as a national initiative across bases in Canada? Equally as impressive, our Canada Day event serves approximately five thousand people with a plethora of activities for all ages. Our community library in the MFRC was recently renovated to align with its growing innovative programming. Our aquatics team continues to challenge and stretch itself to its maximum capacity in meeting the demands for swim lessons and unstructured availability, while maintaining some of the highest fitness standards for our instructors and lifeguards.

Our front desk strives to be both inviting and offer great customer service. Last, but certainly not least, our communications team of actually one individual works extremely hard to ensure that the community is aware of all our programming and events through various channels including website, social media, digital signage, promotional videos, and this very program guide! These are just a few mentions, but I encourage you to look through this guide in its entirety to see what else this team passionately makes available every single day.

Moving forward, we want to commit to encouraging relationships with you, the people of our community that we serve, to ensure that we are always improving to best meet your needs. One of the biggest challenges for the military family can be moving to different communities and establishing a new social network. Work, school, and activities through children, are some of the main ways people establish friendships and relationships, but they aren't the only ways. Please, let the "Community Recreation" team be another avenue. Whether you're a single adult or a family, our team is committed to helping you discover how you can get involved and support increasing your sense of connection through our programs, community clubs, volunteer opportunities, or even employment.

Start first by making a friend in us. Don't be afraid to say "Hi" if you see us at the Garrison Fitness Center, or in the community. We will continue to put our faces and stories in this guide and on other channels so that you know who we are. Ask us about our programs or events. We want to be visible and accessible to you. We'd love to chat, we'd love to receive your feedback, we'd love to help, and we ourselves, always love making new friends!



Updates

for SUMMER

Thoughts from Community Recreation

Can you believe it?! Summer is knocking on our door already!

We've had a beautiful spring full of fun programs and activities. New things happened in the facility, with a resurfacing refresh of the upper gym, as well as the beginning of a new powerlifting space in the field house. The library also got a much anticipated facelift -- be sure to go and check out the newly improved space! Spring also brought us new programs such as Tumble & Tide, as well as an enhanced Dryland Training program for teens in sports.

Moving into the summer, there's a bunch in store for everyone! We're kicking things off with the entire month of June, which is Parks & Recreation Month; our Community Recreation team has planned a wide variety of activities to get everyone out and active! Between yard sales, free swims, a scavenger hunt, a bike rodeo, bus trips, and SO much more, we're hoping to see everyone out and enjoying the sunshine. After that, we are proud to once again be hosting our annual Canada Day celebrations. Come to the Fitness Centre during the day for a wide variety of family fun, and then head over to the Golf & Curling Club for live music and fireworks in the evening. From there, we kick off the start of our Summer Camps, giving kids within the community an outlet for all kinds of fun and adventure! In August we will be running another Drive-in Movie here in Lancaster Park; head over to our Facebook page to take part in voting for this year's film. And last, but certainly not least, we will be very excited to see ground broken on the new spray park coming to town! Located behind the Community Centre, we look forward to having another fun gathering place for Lancaster Park families. We will have more details on that to come very soon, as well as information on a couple more new projects in the works!

As always, we can't wait to see you in our programs and facilities, and wish everyone a great summer!





Facility

Info



Hours of Operation

Monday to Friday: 0600hrs-2200hrs

Saturday, Sunday: 0800hrs-2000hrs

*Holiday hours are subject to change

*Closed Christmas Day & New Years Day

Address

185 Hwy 28A

Lancaster Park, AB

TOA 2H0

Contact Us

For all inquiries, please email us at edmfittcentre@cfmws.com, or call us at **780-973-4011** and use the following extensions:

Membership Sales & Services: **4392**

Aquatics, Rec Fitness, Youth Programs: **4694**

Military Fitness & Sports: **4324**

Facilities: **4327**

Facility Admission Policy

In accordance with **Garrison Standing Order 119** all persons entering the Fitness Centre are required to provide photo identification and may have their facility access restricted or denied if they do not have proper identification.

All children under 8 must be accompanied by an adult. The adults must be within arms reach of the child at all times while in the aquatic facilities.

All children ages 8-11 must be accompanied by an adult in the facility.

All patrons over the age of 12 may use the facility unaccompanied. Patrons may be subject to a swim test while in the aquatic facilities. **Youth 13+** may use the weight room unaccompanied with parental consent upon completion of an orientation session. The Warrior Room is restricted to **18+**.

Please Note: An adult is defined as 16 years or older. An adult may supervise up to four children. Staff may apply the facility swim test standard to any person. Any person who fails the facility swim test standard will be denied aquatic facility access.

All facility times and available spaces are subject to change and/or military operation.



Located at the corner of Mons Avenue and Range Road 244 and less than 5 minutes from North Edmonton, the Edmonton Garrison Fitness Centre is open to military members, their families, and the general public. We offer a range of amenities, programs, and services. With approximately 12 000 square metres of usable indoor floor space, the EGFC has a lot to offer!

Amenities

Indoor Facilities

- 200m running track
- 4 full size basketball courts
- 4 full size volleyball courts
- 4 full size badminton courts
- 4 squash courts
- 3 pickleball courts
- 25y swimming pool
- Whirlpool
- Leisure pool
- Co-ed dry sauna
- Change rooms
- Climbing Wall
- Indoor cycle area
- Functional strength training space
- Unarmed combat room
- Weights & cardio room with 50+ cardio machines, 80+ weight machines, and free weights

Outdoor Facilities

- Community Rink
- Rugby field
- 3 community playgrounds
- Soccer pitches
- Running trails
- Skateboard park
- Tennis Courts
- Softball fields
- Dog park

Other Facilities

- Self-service Auto Shop
- Self-service Wood Shop
- RV Compound
- Equestrian Centre
- Community Gardens
- Community Library
- Twin Rinks Arena
- Community Centre

Clubs

Archery Club

This club operates year round offering indoor and outdoor target shooting opportunities. They oversee bow hunting from Sept-Dec each year in designated areas on base property.

Garden Club

Nothing beats the taste of home grown fresh produce! Multiple garden plots are available for seasonal lease and plots are distributed on a first come, first served basis.

Saddle Club

This is a co-op club with varying breeds and disciplines. PSP stables has 42 stalls, indoor and outdoor riding arenas and more. Club members must own a horse and share in club chores and work parties. Must be a military member to join club.

Shooting Club

Their aim is good marksmanship! This club conducts recreational shooting activities to promote the safe and responsible enjoyment of firearms and the outdoors.

Wood Hobby Club

The Wood Hobby Club provides a variety of equipment and tools for the creation of personal projects. Novice to expert skill levels welcome!

For more information on our facilities, clubs, and services, please visit:
CFMWS.ca/Edmonton.



Memberships

Inclusive Membership

Our best value! Inclusive members have complimentary access to all facilities and almost all recreation programs at no additional charge. This includes fitness classes, swimming lessons, recreation programs for youth, martial arts, and more! In addition, they receive member pricing on Fitness Centre services such as personal training, discounted ticket sales, and workshops.

Child	Adult	Family
\$69/month	\$94/month	\$150/month

Core Membership

Core members have complimentary access to all facilities. In addition, they receive discounts on specialty programs and member pricing on Fitness Centre events.

Child	Adult	Family
\$30/month	\$40/month	\$80/month

Discounts Available!

We offer discounts on our membership rates to:

- Military Personnel
- Veterans
- Military Families
- DND Civilians
- RCMP
- Sturgeon County Residents
- First Responders

If you qualify, we encourage you to inquire for more details!

Membership Terms & Conditions

All memberships are offered on a continuous term without a joining or cancellation fee. Clients may cancel their membership at any time. Clients requesting a defined term such as 6 months will be subject to a \$5 surcharge per month and must pay the full amount of the term upfront. Please consult the Front Desk for restrictions regarding the family memberships. All Core and Inclusive Memberships include access to the Edmonton Garrison Community Library as well as limited access to the Edmonton Garrison Twin Rinks Arena. please consult the Edmonton Garrison Fitness Centre Membership Sales & Services Desk for more details about those facilities.

Standard Drop-in Rates

Adult (18+): \$10
Youth (3-17 yrs) & 55+: \$8
Infant (0-2 yrs): FREE

Drop-in Includes Access to:

Open Climb: Sun 1:30-3:30pm, Thurs 5:00-9:00pm

Open Rollerskate/blade: Thurs 6:00-8:00pm

Open/Lane Swim: Various times

Drop-in Sports (18+):

Volleyball: Tuesdays & Thursdays 6:30-9:30pm

Pickleball: Fridays 6-9pm, Saturdays 2:00-5:00pm

Multisport: Tuesdays 7:00pm-8:00pm



Other Services

Personal Training

Whether you would like personal guidance or group classes, our personal trainers can help you achieve your wellness goals. Prices are per session (plus GST). Please direct inquiries to edmfittcentre@cfmws.com.

Individual

Membership	1-5 Sessions	6-11 Sessions	12 Sessions
Member	\$65	\$60	\$55
Non-member	\$75	\$70	\$65

Group

Membership	1-5 Sessions	6-11 Sessions	12 Sessions
Member	\$40	\$35	\$30
Non-member	\$50	\$45	\$40

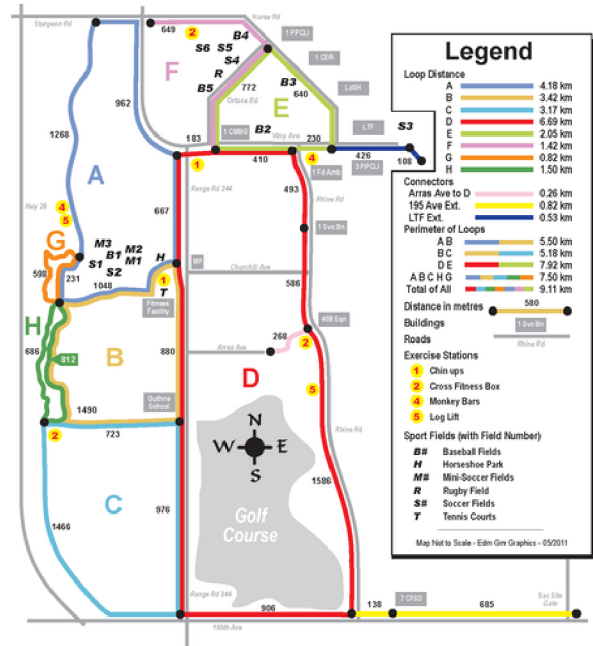
Discount Tickets

The EGFC has a variety of tickets available for purchase through our Front Desk. All CAF and EGFC members receive special pricing (ID required). Prices subject to change.

Ticket	Military & Members	Public
Cineplex Child Adventure Pack	\$13	\$15
Landmark Cinemas Adult General Admission	\$11.50	\$13
Landmark Cinemas Adult Night Out	\$34	\$36
West Edmonton Mall Choice Pass	\$55	\$60

Walking/Running Trails

The Edmonton Garrison has a large network of trails for use, including 4 exercise station stops.



Private Swimming Lessons

For those looking to up their swimming game, or wish for more one-on-one instruction, we have private lesson times available for booking. Available times this session are Mondays, Tuesdays, Wednesdays at 7:30pm, or Saturdays at either 11:45am or 12:00pm.

Party Planners

We love parties at Edmonton Garrison Fitness Centre and we love seeing families and friends getting together to celebrate one another. With a variety of party packages to choose from, we aim to help you celebrate your special event just the way you want to, without the hassle of cleanup. We offer various themes as well as team building parties perfect for any sports team! For more info, please reach out to us at edmfittcentre@cfmws.com.



Registration

How to Register

Select your membership: You can choose one of our membership levels, which apply discounts or give complimentary access to programs. Non-members may still access programs for their full price.

Select your program: Programs are divided by age category with a wide range of activities available. Have a look through this guide for a quick glance at what's available, or head to bkk.cfmws.com/edmontonpub for program descriptions. Inclusive members are still required to register for programs they wish to take part in.

Select your registration method: Register online at bkk.cfmws.com/edmontonpub and save money! You can also register over the phone with a valid credit card at (780) 973-4011 ext 4392. In person registration is available at the Front Desk. Payment by major credit card, debit card, and cash are available. There are two registration dates per session: priority registration is available to military members, veterans, and their families starting May 22, 2024 (via phone or in person only), with general registration opening May 27, 2024.

Program Cancellations

All classes are subject to cancellation if there are insufficient registrations by the second week after programs start. Classes may also be cancelled as a result of weather conditions or facility issues. Clients paying a program fee are entitled to a prorated refund for any class not delivered in the event of a program or class cancellation.

Refunds

If circumstances beyond your control impact your ability to participate in our programs and/or it becomes necessary for you to transfer to another date/time, please contact the EGFC Front Desk during regularly scheduled business hours. Full refunds for medical or military related reasons (military members only) will be authorized prior to the program start date; after the start date refunds will be prorated. All other full refund requests must be received five business days prior to the start of the program; after the start of the program refunds will be prorated. If 50% or more of the program has elapsed, no refund will be issued. If the program advertises a required non-refundable deposit, no refund will be issued for the deposit. In the case of a dispute, refund decisions will be made by the local Senior Manager, Personnel Support Programs.

Our Commitment to Quality

Personnel Support Programs (PSP) strives to provide innovative and creative facilities, programs, and services designed to meet the diverse needs of the Canadian Forces community. We strive to offer programs and services that are of excellent quality and value. For any concerns regarding the quality of our programs and/or instructors, please contact the Front Desk immediately so that they may resolve your concerns.

We're an Accredited High Five® Organization!

High Five® is a national standard for sport and recreation, founded by Parks and Recreation Ontario. It is designed to support safety, well-being and healthy development of participants in recreation and sport programs. Initially launched in 2001, this quality assurance framework seeks to ensure all participants experience healthy development from their participation in recreation and sport programs.



Jumpstart® Program

Jumpstart Funding® available to children of all members of the Canadian Forces through Canadian Tire's Jumpstart Foundation. Funding is for children ages 4-18 to access sports at all levels. Visit jumpstart.canadiantire.ca for more information.



Ages 0-2



The first few years of life are a time of rapid growth and development, and our programs for 0-2 year olds are designed to support and encourage this growth. With a focus on play-based learning and sensory exploration, our activities help to develop fine and gross motor skills, foster social and emotional development, and promote language and cognitive development. Our nurturing and supportive environment provides a safe and stimulating space for these young children to learn and grow, while having fun and building a strong foundation for their future development.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AQUATICS							
Parent & Tot	6:15pm	5:45pm	5:45pm	5:00pm	5:45pm	9:00am 11:00am	

***PLEASE NOTE:** No programs will be running during the long weekend of August 2-5.
In the event of a discrepancy between this guide and our registration site, the site will be taken as correct.

Canada Day
2024



MONDAY, JULY 1ST

11AM-3PM

THE FITNESS CENTRE WILL BE JAM PACKED WITH INFLATABLES, MILITARY VEHICLES, PETTING ZOO, FOOD TRUCKS, FACE PAINTING, FARMERS MARKET, AND MORE FAMILY FUN!

7PM-11PM

LIVE MUSIC & FIREWORKS AT THE EDMONTON GARRISON GOLF & CURLING CLUB!

ADMISSION FREE WITH A DONATION TO THE BASE CHAPEL FOOD BANK. FOLLOW US ONLINE FOR MORE DETAILS!



Ages 3-5

Three to five years old is a time of imaginative play and discovery, and our programs for this age group are designed to support and encourage this natural curiosity. Our activities focus on promoting physical, social, and emotional development, while also cognitive development, and a love of learning. With a mix of structured and unstructured play, our programs provide a safe and nurturing environment for these young children to explore, create, and have fun.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AQUATICS							
Preschool 1/2	5:00pm 5:45pm 6:15pm	5:00pm 5:45pm 6:15pm	5:00pm 5:45pm 6:15pm 7:00pm	5:00pm 5:45pm 6:15pm	5:00pm 5:30pm	9:30am 11:00am 12:00pm	
Preschool 3/4	5:00pm 5:45pm 6:15pm	5:00pm 6:15pm	5:00pm 6:15pm 7:00pm	5:00pm 5:45pm 6:15pm	5:00pm 6:15pm	9:30am 11:30am 12:00pm	
Preschool 5	5:00pm	5:00pm 7:00pm	5:45pm 7:30pm	6:15pm 7:00pm	5:30pm	9:00am	
RECREATION							
Green Thumbs Gardening		5:30pm			5:30pm		
Little Climbers			4:00pm				
Littles Summer Wipeout	5:30pm						

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3-5

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
SPORT							
Little Kickerz			5:30pm				
Little Putters				5:00pm			

TAKE A VISIT TO THE EDMONTON GARRISON COMMUNITY LIBRARY



Did you know that there's a public library here at Lancaster Park?

Located in a newly renovated space in the Community Centre, the library offers a comfy space, friendly and knowledgeable staff, and programming for people of all ages. Check out their summer programming!

Adult Book Club July 2 & Aug 6 5-6pm

Register online for our book club! Gather together with refreshments and baked goods and talk about our book of the month.

This & That (All Ages) Saturdays 10am-12pm

Drop in for a fun crafting activity every Saturday!

Seed Library (NEW!)

Looking for new seeds to plant in your garden? Check out our new seed library and swap out your unwanted seeds for something new.

Storytime (Ages 0-5) Wednesdays 10:30am

Join us for a drop-in mom and tot story time. We will read three stories for ages ranging from 0-5 in the children's area.

Adult Crafting Drop-in Fridays 6-7pm

Do you love to knit? Crochet? Cross stitch? Colour? So do we! Bring your crafting in every Friday night and sit around, knit and chat about books!

We are looking for your feedback on library services & usage!

Hours of Operation:
 Sun & Mon Closed
 Tues & Thurs 10am-2pm
 5pm-8pm
 Wednesday 10am-3pm
 Friday 1pm - 8pm
 Saturday 10am - 2pm

Other Library Services Available:

- Print/Photocopy
- Free Public Computers & Internet Access
- Scans to your Memory Stick (free)
- Genealogy/Family History Resources
- ...and more!

Contact:

(780) 973-4011 ext. 6345 or email us at programs@garrisonlibrary.ab.ca
 Website: garrisonlibrary.ab.ca



Six to twelve year olds are at a unique and important stage in their development, as they are full of curiosity, while also starting to establish their own sense of identity and independence. Our programs for this age group are designed to promote physical, social, and emotional development, while also encouraging critical thinking, creativity, and teamwork. With a focus on fun and challenging activities, we aim to engage these young individuals and foster a love of fitness and wellness that will stay with them for a lifetime.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AQUATICS							
Swimmer 1	5:00pm 6:15pm 7:15pm	5:00pm 6:15pm	5:00pm 5:30pm 6:15pm 7:15pm	5:00pm 6:30pm 7:00pm	5:00pm 6:00pm	10:00am	
Swimmer 2	5:30pm 6:15pm	5:30pm 6:15pm 7:15pm	5:00pm 5:30pm 6:45pm 7:15pm	5:30pm 6:30pm 7:15pm	6:45pm	10:00am	
Swimmer 3	5:00pm 7:15pm	5:30pm 7:15pm	7:15pm	5:30pm 7:15pm	6:00pm		
Swimmer 4	5:00pm 5:30pm 7:15pm	5:00pm	5:30pm	5:00pm	6:45pm		
Swimmer 5	5:30pm 7:15pm	5:00pm	5:00pm	5:30pm	7:30pm		
Swimmer 6	6:15pm	5:30pm 7:15pm	6:15pm	5:00pm	6:45pm		

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6-12

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
RECREATION							
PSP Climbers Lvl 1			7:00pm				
Climb & Swim			5:00pm (Lvl 1) 6:00pm (Lvl 2)				
Green Thumbs Gardening		5:30pm			5:30pm		
Skills & Drills Archery		5:30pm					
Summer Wipeout	6:00pm(JR) 7:00pm(SR)						
SPORT							
Jiu-Jitsu		5:00pm 5:45pm		5:00pm 5:45pm			
COLF: Birdies				6:00pm			
Skills & Drills Soccer			6:00pm (JR) 7:00pm (SR)				



Book your next party with our Party Planners team here at the Fitness Centre! Birthday, Team & Group packages available!

Includes room rental, activities, themed decorations, and more!

Email us at edmfitcentre@cfmws.com for more info.

Welcome to the Edmonton Garrison

Summer Camp

• Sports • Crafts • Swimming • Exploration • Art • STEM •

Give your kids an active summer full of fun, friendship, and memories with the ultimate summer camp experience!



Weekly Themes

Birthday Bash • Passport to Summer • Brain STEM
The Garrison Games • Program Paradise
Wilderness Warriors • Hollywood Superstars • Revenge of the Leaders

Ages 6-12

M-F 7am-5pm

Register Today!



ALBERTA CAMPING
ASSOCIATION
ACCREDITED CAMP



BMO





The teenage years are a time of significant change, both physically and emotionally, and our programs for teens are designed to support and encourage this growth. With a focus on physical fitness, healthy lifestyle choices, and personal development, our activities help to build confidence, self-esteem, and a positive self-image. Our Rec Leaders provide a supportive and inclusive environment where every teen can feel comfortable and confident, and reach their full potential.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AQUATICS							
Jr Power Swim		7:00pm					
Lifeguard Club							1:00pm
Swim Patrol	5:00pm			7:00pm			
SwimAbilities							9:00am 10:00am 11:00am
RECREATION							
Teen Climb			8:00pm				
Teen Archery		6:30pm					

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13-17

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
SPORT							
GOLF: Eagles				7:00pm			
Jiu-Jitsu		5:45pm		5:45pm			
Teen Soccer			7:00pm				

Improve sport performance with

DRYLAND TEAM TRAINING

Wed & Thurs 5-6:30pm
Ages 13-17

Weight training, plyometrics, and agility drills are very effective to improve players' power, speed, and agility in games. In addition to weight training, athletes can enhance their endurance by engaging in cardiovascular training. High-intensity interval training, sprint training, and endurance training are some key exercises for improving the cardiovascular fitness required for extended durations of play. Lifting techniques will be taught during the session by our qualified staff.





Adults

Fitness and Recreation are important at all ages, even in adulthood. Movement is a way for us to stay healthy, socialize, learn new things, and challenge ourselves in different aspects. Our programs are open to anyone in the community, at any fitness level. Almost all of our programs are drop in friendly and we have a wide range of courses including spin, multisport, art, and mental health supports. **Some courses available for 16+; please ask our staff for more information.**

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AQUATICS							
Adult 1	6:30pm			7:15pm	7:30pm		
Adult 2	7:15pm	6:15pm	6:15pm				
Adult 3		7:00pm		6:30pm			
AquaFit	4:00pm		8:00pm				12:00pm
Power Swim	7:00pm						
FITNESS							
20/20/20			5:30pm				
Barre	5:30pm						
Beast Mode				5:30pm			

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Adults

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
FITNESS							
Cardio Blast				4:15pm			
HIIT			4:30pm				
Kickboxing			5:30pm (Beg)				
Pound Fitness		5:30pm					
Strength 360	4:15pm	6:45pm					
Stretch & Mobility			6:45pm				
Yoga	6:45pm (R&R)	4:15pm (Flow)					
SPORT							
Martial Arts	7:30pm (Judo)	6:45pm (Jiu-Jitsu)	7:30pm (Judo)	6:45pm (Jiu-Jitsu)			

Looking for a little off-base adventure? Join our

SOLO Adventure Series

Because adults need to have fun too!

Pints & Pottery July 11
 Solo's Edmonton July 27
 Brewery Tour August 9
 Goat Yoga August 17



Workshops

Alongside our regular weekly programs, we run a variety of workshops and one-off classes. These are a great way to try something new, or change up your workouts.

Youth Intro to Weights (13+): 4-6pm Jul 9, Jul 23, Aug 6, Aug 20

Do you know a youth that is interested in learning how to use the weight room? Come join one of our PSP Personal Trainers as they go through weight room rules, safety, and demonstrations of how to use all the equipment.

Climbing Technique Workshops (18+):

We are running a series of workshops on the climbing wall, each working on developing specific skills. Join us for:

Top Rope Jul 4, Aug 16 5-8pm

Footwork & Balance Jul 10 6pm

Lead Rope Jul 18 5-9pm

Endurance Jul 24 6pm

Power Aug 7 6pm

Finger Training Aug 21 6pm

Dance Workshops:

Put on your dancing shoes, because PSP Dance Studio is running a series of workshops this summer! This includes:

Two-Step Workshop (18+) Jul 9 5:30-7:30pm

Line Dance Workshop (All Ages) Jul 23 5:30-7:30pm

Swing Dance Workshop (18+) Aug 6 5:30-7:30pm

Dance The Night Away (All Ages) Aug 24 6:00-8:30pm

Back to Dance Jr. (6-9y) Aug 20 5:30-7:30pm

Back to Dance Sr. (9-12y) Aug 22 5:30-7:30pm

SOLO Adventure Series: (18+)

Who says field trips are just for kids? If you're looking for some off-base adventure, join us on one of our SOLO crews' outings! More details on pg. 17.

Karaoke: (18+) July 8, Aug 6 6-8pm

Bring your inner idol to Karaoke at the Edmonton Garrison Golf & Curling Club! Hosted by the SOLO team on the first Monday of every month, this is a great chance to get out, get social, and let your inner star shine!

Table Top Games (All ages) Jul 22, Aug 19

Once a month, our SOLO team hosts a Table Top Night at the Edmonton Garrison Golf & Curling Club! Whether you're into board games, Magic: The Gathering, miniatures, or a good ol' game of crib, this is a great opportunity to get together with other folks and have some fun! All ages and skill levels welcome!

Follow us online for more info on pop-up workshops throughout the year!

@edmfitcentre



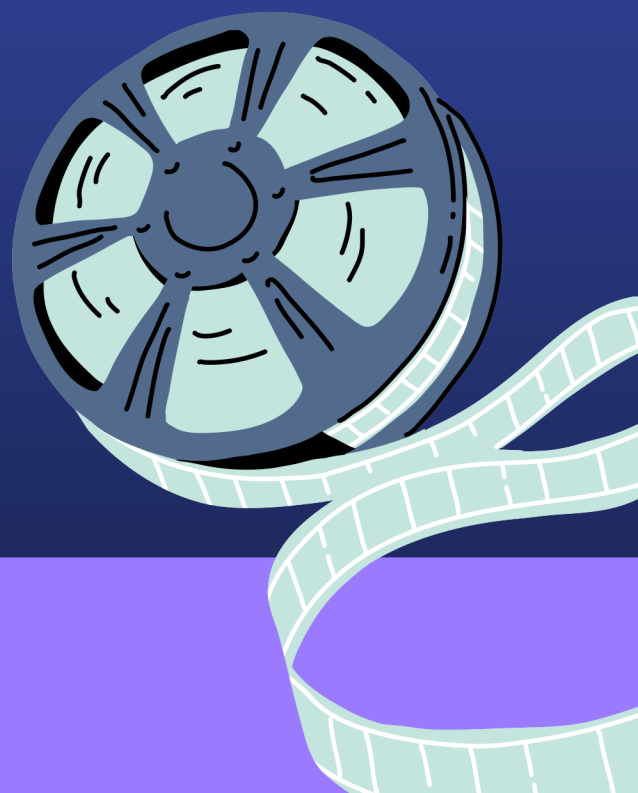
Edmonton Presents:



FRIDAY, AUGUST 9TH

**at the Edmonton Garrison
Memorial Golf & Curling Club**

**FREE for Military and Sturgeon County Residents
(Valid DND, CFOne Card, or Gov't Issued ID Required)
or \$20/vehicle**



**FOLLOW US ONLINE @EDMFITCENTRE FOR
MORE INFO & UPDATES ON
FACILITY EVENTS AND PROGRAMS!**