

Youth

BABYSITTER'S TRAINING

Babysitter's Training - Red Cross (11Y and up)

Looking for some extra cash? Become a certified babysitter. Our Red Cross babysitting course teaches safety tips, basic childcare skills and what to do in case of an emergency.

Su	Sep 26	09:00 AM-05:00 PM	\$90/1	[19167]
Su	Nov 28	09:00 AM-05:00 PM	\$90/1	[19171]
Su	Jan 9	09:00 AM-05:00 PM	\$90/1	[19175]

Aspen Youth Services Programs

Aspen Girls Circle

Various Girls Circle groups are offered throughout the Fall/Winter season for girls aged 12-18. Program themes include relationships, body image, friendships, being a girl and expressing individuality with a focus on developing strength, courage, confidence, and honesty and communication skills. There's an activity for everyone – from journaling to role-play, theme-related crafts to media exploration and personal story-telling. Contact Shauna at 403-471-1015 or scowan@aspenfamily.org

Aspen Boys BASE Camp

Aspen's BASE Camp for Boys is designed to educate and encourage males aged 12-16 to engage in positive community living.

B: Ball – for sports and healthy active living

A: Arts – Drama, Music and Culinary arts

S: Service – making a difference through community service projects

E: Exchange –celebrate the many cultures within the community

Registration is limited to the first 12 participants.

Contact Bobby Narcisse 403-616-6103 or bnarcisse@aspenfamily.org



CLIMBING

Cardel Climbing Club (9Y-17Y)

A weekly club for intermediate youth climbers. Learn how to approach different climbing situations, working on technique, movement, safe belaying, bouldering, team work, and fun competition. Prerequisite: Previous climbing experience and/or completion of the Jr. Climbing Series.

Su	Sep 12-Oct 31	10:30 AM-12:00 PM	\$118/8	[19880]
Su	Nov 7-Dec 19	10:30 AM-12:00 PM	\$103/7	[19881]
Su	Jan 9-Feb 27	10:30 AM-12:00 PM	\$118/8	[20076]
Su	Mar 6-Apr 17	10:30 AM-12:00 PM	\$103/7	[20077]

Jr. Climbing Series Level 1 (9Y-13Y)

An introduction to climbing for youth. Build skill level and learn how to use climbing equipment and belay through practice and game.

Tu	Sep 14-Oct 12	06:30 PM-08:00 PM	\$75/5	[19865]
Tu	Oct 19-Nov 16	06:30 PM-08:00 PM	\$75/5	[19866]
Tu	Nov 23-Dec 21	06:30 PM-08:00 PM	\$75/5	[19867]
Tu	Jan 11-Feb 8	06:30 PM-08:00 PM	\$75/5	[20112]
Tu	Feb 15-Mar 15	06:30 PM-08:00 PM	\$75/5	[20113]
Tu	Mar 22-Apr 19	06:30 PM-08:00 PM	\$75/5	[20114]

Jr. Climbing Series Level 2 (9Y-17Y)

Building on skills learned in Level 1, climbers focus on climbing techniques, bouldering skills and belaying skills.

W	Sep 15-Oct 13	06:30 PM-08:00 PM	\$75/5	[20013]
W	Oct 20-Nov 17	06:30 PM-08:00 PM	\$75/5	[20014]
W	Nov 24-Dec 22	06:30 PM-08:00 PM	\$75/5	[20020]
W	Jan 12-Feb 9	06:30 PM-08:00 PM	\$75/5	[20116]
W	Feb 16-Mar 16	06:30 PM-08:00 PM	\$75/5	[20117]
W	Mar 23-Apr 20	06:30 PM-08:00 PM	\$75/5	[20118]

DANCE



Zumbatonic: Youth Stars (12Y-16Y)

Chillin' out is cool but rockin' out is a blast! Especially for kids, Zumbatonic® is a fast-forward fusion of Zumba program moves (salsa, cumbia, reggaeton, hip-hop and more). This high-octane workout lets kids max out on fun and fitness.

Su	Sep 12-Oct 31	03:00 PM-03:45 PM	\$92/8	[20341]
Su	Nov 7-Dec 19	03:00 PM-03:45 PM	\$81/7	[20342]
Su	Jan 9-Feb 27	03:00 PM-03:45 PM	\$92/8	[20343]
Su	Mar 6-Apr 17	03:00 PM-03:45 PM	\$81/7	[20344]

Badminton – Private Lessons (14Y+)

Learn to play or improve your game. Call 403- 567-4466 for details and times.

Youth

FITNESS

A Stronger You(th) (12Y-17Y)

Get pumped! Whether you're training for a specific sport or simply want to tone up, learn the foundations of resistance training including machines, free weights, and weight room etiquette. Gain confidence, understanding and access to our weight room.

Th	Sep 16-Nov 4	06:00 PM-07:00 PM	\$78/8	[20373]
Th	Nov 18-Dec 23	06:00 PM-07:00 PM	\$59/6	[20374]
Th	Jan 13-Mar 3	06:00 PM-07:00 PM	\$78/8	[20375]
Th	Mar 10-Apr 28	06:00 PM-07:00 PM	\$78/8	[20376]

Youth Triathlon (12Y-17Y)

You've watched them do their thing, now learn how they do it! In this intro to triathlon, participants learn about cardio, race technique, and nutrition. Swimming, biking, and running their way to the finish line! Must be able to swim 25 metres.

F	Sep 17-Nov 5	05:00 PM-06:30 PM	\$130/8	[19148]
F	Nov 12-Dec 17	05:00 PM-06:30 PM	\$98/6	[19149]
F	Jan 14-Mar 4	05:00 PM-06:30 PM	\$130/8	[19190]
F	Mar 11-Apr 29	05:00 PM-06:30 PM	\$114/7	[19191]

YOGA

Girls Teen Yoga (10Y-16Y)

Intro to yoga just for girls! Learn basic yoga positions and transitions while building inner and outer strength and flexibility. Breath and balance your way to positive self-esteem and relaxation.

F	Sep 17-Nov 5	04:30 PM-05:30 PM	\$94/8	[19099]
F	Nov 12-Dec 17	04:30 PM-05:30 PM	\$71/6	[19100]
F	Jan 14-Mar 4	04:30 PM-05:30 PM	\$94/8	[19116]
F	Mar 11-Apr 29	04:30 PM-05:30 PM	\$82/7	[19117]

Living Well Program



**Alberta Health
Services**

Living Well with a Chronic Condition is a Calgary Health Region Support Program for people with diabetes, high blood pressure, heart disease, chronic lung disease, chronic pain and other long term illnesses. The program is divided into three parts: supervised exercise, educational and self management classes. On completion of the Living Well Program clients are invited to join the Living Well Maintenance Program. For more information or to register call 403-943-2584.