

FEBRUARY 28, 2022

TOWN OF BEAVERLODGE

Beaver Tails E-News

Family Day Street Hockey Event Postponed

Mother Nature was not on our side this Family Day and forced us to postpone the Family Day Street Hockey Event due to the extreme cold temperatures.

Public safety is a priority and we would not put anyone at risk by prolonged exposure to the extreme cold. While we were saddened about the cancellation, we are planning a re-do in the warmer months when the weather plays less of a safety risk.

Beaverlodge Ace Hardware has donated hockey sticks, balls and tape for the event and the Beaverlodge Alliance Church was supplying hot chocolate and water. The generosity of businesses in our Town always amazes us and we are sincerely grateful to them. They make it possible for events like this one to not only run, but also to be successful.

Keep an eye out on the Beaverlodge Family and Community Support Services Facebook page for the announcement when a new date is planned.



Council Corner

Mayor

Gary Rycroft

Councillors

Cal Mosher

Hugh Graw

Gena Jones

Cody Moulds

Cyndi Corbett

Judy Kokotilo-Bekkerus

Next Council Meeting:

March 14, 2022

March 28, 2022

7pm Council Chambers





TOWN OF BEAVERLODGE UPDATES

OPIOID EXHIBIT COMING TO BEAVERLODGE

Everyone is invited to check out the opioid exhibit coming to the Beaverlodge Recreation Center. "Somebody's Someone, The Opioid Crisis in our Community" is running from March 2 - 5. This exhibit is aimed to highlight how prevalent opioid use is in our community as well as provide resources for those who may have been impacted, whether directly or indirectly. The interactive display is on loan from Strathcona County and has been made possible by many partnerships throughout the County.

SOMEBODY'S SOMEONE
 THE OPIOID CRISIS IN OUR COMMUNITY

Experience the interactive exhibit.
 Join us at the Beaverlodge Community Centre.

March 2: 2 - 8 pm, opening reception at 2 pm.
 March 3 & 4: 1 - 8 pm
 March 5: 1 - 4 pm

PRESENTED BY:



County of Grande Prairie
 Town of Beaverlodge
 Town of Wembley



WINTER ROAD CONDITIONS

With the amount of snow fall, as well as the melting and freezing, Public Works has been working tirelessly trying to keep up. Road clearing is done on a triage basis and the crew has been doing their best to keep up with all the areas needing attention. We appreciate your patience during these times.

The event is open to the public and will follow current COVID-19 protocols.



AROUND TOWN

COMMUNITY SUPPORT WORKER AVAILABLE

Odyssey House in partnership with Beaverlodge FCSS and NuVista Energy have a Community Support Worker coming out to Beaverlodge every other Thursday.

Appointments can be made by calling Reanna at 780-354-4057. All appointments are confidential and arrangements can be made to meet at the Library or elsewhere in the community.

REP PROGRAM HAS ENDED

With the Provincial announcement of the end of the REP program, the Beaverlodge Recreation Center is now able to operate at full capacity. There no longer is pre-registration requirements for any public swim, lane swim, parent and tot or aquafit classes. Aquafit classes will once again be instructed.

BRONZE HERO

Beaverlodge's own Geoff Walker brought home a Bronze medal at the 2022 Olympic Games representing Team Canada. Congratulations!

FCSS READY FOR TAX SEASON

Beaverlodge FCSS can complete simple tax returns for qualifying low-income seniors, individuals or families. Taxes are prepared by volunteers and E-Filed once complete. Taxes can be dropped off starting March 7th to FCSS located at the Town Office building 400 10th Street. If you have question or to see if you qualify, please call Reanna @ 780-354-4057.



BEAVERLODGE FCSS IS READY FOR TAX SEASON



BEAVERLODGE'S OWN GEOFF WALKER WINS BRONZE



RECREATION CENTER BACK TO FULL CAPACITY

Council Update

Hello everyone. My name is Gena Jones and I am one of your town counsellors. This is my second term on council. I truly enjoy being active and working on projects for the Town of Beaverlodge. I have a vested interest in our small town as I grew up in and around Beaverlodge, I attended High School here, I worked as a teacher, counsellor and vice principal at Beaverlodge Elementary School and my husband and I have raised all four of our children here. Three of them still live in Beaverlodge with their significant others and with our eight grandchildren. I want our town to continue to be a community where you can grow up, grow financially, and grow old surrounded by your friends and families.

I represent you on a number of boards and groups. I am a member of the Peace Library Board and I also sit on the Beaverlodge Library Board. If you have never been in our library, make a point to visit. There is much more happening there than reading books. Just to pique your interest there is Wine Survivor, Artesian Fair, access to movies, magazines, music CDs, audio books and even novels. Check it out and follow their page on Facebook or check out the Town of Beaverlodge page.

I also sit on the board of SPPARC, the South Peace Professional Attraction and Retention Committee. This committee works hard at supporting our local Health Care. We have an area and community approach to attraction and retention of health care professionals such as Doctors, Nurses, Lab technicians and many more. We support recruitment and together we support a common goal of ensuring that health professionals want to live and practice in our communities.

I also represent you on our local FCSS, Family and Community Support Services. Our two community workers and our board work very hard to make sure all of our citizens are looked after. FCSS is behind the Passionate Heart Awards, Volunteer Appreciation, Seniors Tea, Trauma Drama just to name a few. Classes are organized here, tools for schools and coats for kids. If you want to find out more, give me a call at 780-518-9907.

There are many other things that I love to work on. These include the community garden, the Recreation Center, our parks, and our Arena. I am very interested in Community Enhancement and Beautification and also walking trails and tree planting. I would love to see our town have its own spray park and to work on programs and opportunities for our youth and our seniors. One of my most important efforts is being on the board of the building of the Health Complex. This has been a long time coming and I am very excited about how we are progressing.

I LOVE THIS TOWN and I have said that many times. I could go on and on about our little town and all that it has to offer so if you would like to discuss things, offer advice or just visit and talk about Beaverlodge you can email me at gjones@beaverlodge.ca or call me at 780-518-9907.

RECREATION CENTER

March Pool and Fitness Center Schedule

BEAVERLODGE POOL SCHEDULE February 28th- April 3rd 2022 (Subject to Change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lane Swim 6:00am-8:00am				Uninstructed Aquafit/ Parent and Tot/Lane swim 9:00am-10:00am		
Aquafit-Instructed 9:00am-10:00am						
Parent and Tot/ Lane Swim 10:00am-12:00pm	School Lessons 10:00am-3:00pm			Public Swim 10:00am-12:00pm	Low Sensory Swim (Lane/Leisure) 11:00am-12:00pm	Low Sensory Swim (Lane/Leisure) 11:00am-12:00pm
				SUP Fitness 4-Moms 2:00pm-3:00pm	Public Swim 12:00pm-6:00pm	Public Swim 12:00pm-6:00pm
Senior/Assisted Swim 3:00pm-4:00pm						
Public Swim 4:00pm-8:00pm	Swim Lessons 4:00pm-6:00pm	Public Swim 4:00pm-8:00pm	Swim Lessons 4:00pm-6:00pm	Public Swim 4:00pm-8:00pm		
	Public Swim 6:00pm-8:00pm		Public Swim 6:00pm-8:00pm			

IMPORTANT FACILITY INFORMATION

Mandated Restrictions: Activities must allow 3 metres physical distancing between house holds at all times. Masks are mandatory in all public spaces except when engaging in physical activity.

FITNESS CENTER HOURS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-8:00pm	6:00am-8:00pm	6:00am-8:00pm	6:00am-8:00pm	9:00am - 1:00pm Seniors Only 3:00pm - 8:00pm	11:00pm-6:00pm	11:00pm-6:00pm

Important Aquatic Center Information

Important Dates

Cancelled Swim Times:

- Monday (March 7th): 10:00am-12:00pm parent & tot swim
- Friday (March 25th): 4:00pm-8:00pm public swim

Extended Swim Times:

- Thursday (March 10th) 10:00am-3:00pm
- Tuesday (March 29th) 10:00am-3:00pm
- Wednesday (March 30th) 10:00am-3:00pm
- Thursday (March 31st) 10:00am-3:00pm

WIBIT Weekend:

- Saturday (March 26th) & Sunday (March 27th) 12:00pm-6:00pm

Definitions

Public Swim: includes 25m lap pool, leisure pool, hot tub and one lane.

Lane Swim: 25m pool available for lane swim and the hot tub is available for use.

Senior/assisted swim: 25m pool available for lane swim, leisure pool and hot tub for ages 60+ and individuals needing more assistance.

Low Sensory Swim: An adapted swimming environment with dimmed lighting, closed blinds and a quieter atmosphere. There will be lanes in the main pool for lane swim and the leisure pool/lazy river will be open to people of any age.

SUP Fitness 4-moms: 45-minute instructed paddleboard bootcamp for moms and supervised swimming time for the children (with an instructor in the water). *Drop ins only.

Parent & Tot swim: leisure pool available for preschool aged children accompanied by a caregiver (16 years or older). The hot tub is also available for use at this time.

Reminders

- Children ages 7 and under must be accompanied in the water and remain within arm's reach of a responsible person age 16 or older
- Restrictions:** activities must allow 3 meters physical distancing between households at all times. Masks are mandatory in all public spaces except when engaging in physical activity.
- Cleansing showers must be taken before entering the pool.
- Swimming times are subject to change without notice.



Upcoming Lifeguarding Courses Spring 2022

Beaverlodge West County Recreation Center

1016 4th avenue (780) 354 2203

Bronze Medallion

Course Cost: \$170, Activity Code #3110

- **Prerequisites: Bronze Star OR 13 years or older. CPR level C (current).**

Bronze medallion teaches four components of water rescue education: judgement, knowledge, skills, and fitness.

Rescuers learn tows, carries, and defense and release methods in preparation for challenging rescues of conscious and unconscious victims. Includes CPR A and AED as well as a 400m timed distance swim.

Dates: March 11th (4pm-9pm), March 12th (8am-4pm), March 13th (8am-4pm)

Bronze Cross

Course Cost: \$125, Activity Code #3111

- **Prerequisites: Bronze Medallion (does not need to be current) and Standard First Aid with CPR-C (current).**

Designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities.

Bronze cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Includes a timed 400m distance swim.

Dates: April 8th (4pm-9pm), April 9th (8am-4pm), April 10th (8am-4pm)

National Lifeguard

Course Cost: \$395, Activity Code #3112

- **Prerequisites: Must be a minimum of 16 years old (by the LAST day of the course), Bronze Cross certification (does not need to be current) and Standard First Aid with CPR-C (current).**

The National Lifeguard certification is the standard measurement of lifeguard performance in Canada.

The course is designed to develop sound understanding of lifeguarding principles, good judgement and a mature

responsible attitude toward the role of lifeguard. The program emphasizes teamwork, leadership, communications and the prevention of accidents and injuries.

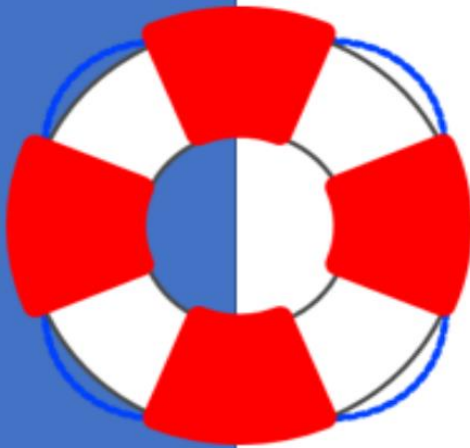
Dates: April 22nd (4pm-9pm), April 23rd (8am-4pm), April 24th (8am-4pm)
April 29th (4pm-9pm), April 30th (8am-4pm), May 1st (8am-4pm)

Important Information for all courses:

- Please come prepared with a swimsuit, 2 towels and a lunch.
- 100% attendance required
- No guaranteed pass – even if you have 100% attendance.



Water Safety Instructor Course

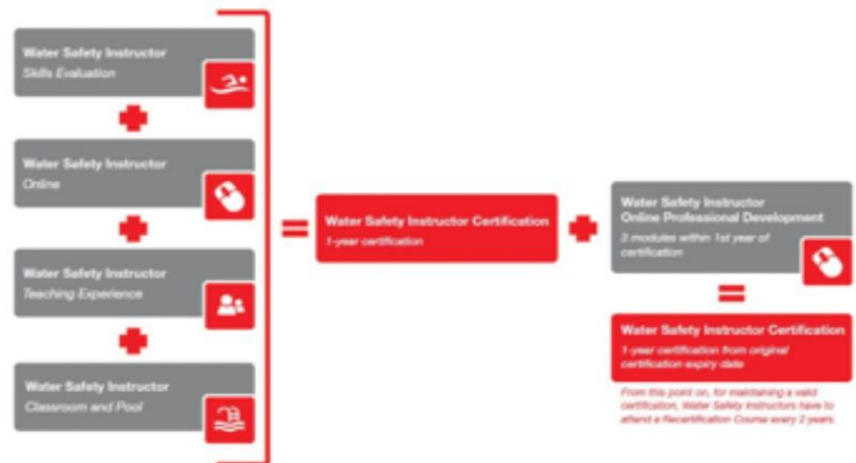


This WSI course covers the foundations of instructional skills including teaching methods, learning styles, planning, teaching and evaluating swimmers.

Upon successful completion of the course, candidates are certified as Water Safety Instructors and will be able to teach the Red Cross Swim programs.

Prerequisites:

- Be 15 years of age.
- Have a current Emergency First Aid



- **Timeline:** 4 components

*Not all components have to be completed at once or at the same facility, ask for more information

- **Online Course** Collect materials when registering
Start from the time you register, complete before the first day of classroom component
- **Skills Screening** Must be completed before classroom component
Friday March 4th 5:00pm-9:00pm
- **Classroom/Pool Component** 100% attendance required
Saturday March 5th 9:00pm-6:00pm
Sunday March 6th 9:00pm-6:00pm
Friday March 11th 5:00pm-9:00pm
- **Teaching experience** Minimum 8hrs

Book teaching experience with instructor when registering (can be done before or after classroom component)

For more information or to register call the pool (780) 354-2203 or register in person.

March Swim Lessons



Swim Kids 1/2

Swim Kids 1: Swimmers develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits, and swim 5 meters.

Swim Kids 2: Swimmers learn front and back glide with flutter kick, develop front swim, complete water activities (assisted) and swim 10 meters continuously.

March 1st - 24th	Tuesdays and Thursdays	4:00pm - 4:30pm	#3106
March 1st - 24th	Tuesdays and Thursdays	5:00pm - 5:30pm	#3108

Swim Kids 3/4

Swim Kids 3: Swimmers increase their distance on front and back glide with flutter kick, perform flutter kick unassisted, wear a PFD in deep water, float in the deep water, and swim 15 meters continuously.

Swim Kids 4: Swimmers learn back swim with shoulder roll and front crawl (10m), work on flutter kick and back, perform kneeling dive, introduction to sculling and swim 25 meters continuously.

March 1st - 24th	Tuesdays and Thursdays	4:30pm - 5:00pm	#3103
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Swim Kids 7/8/9/10

Swim Kids 7/8/9/10: Swimmers increase their distance on front and back crawl (75m) and elementary back stroke (25m). learn breast stroke (15m), learn eggbeater/tread water, perform feet first surface dive and standing shallow dive, and swim 300 meters continuously.

March 1st - 24th	Tuesdays and Thursdays	5:30pm - 6:00pm	#3109
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Homeschool Swimming Lessons

These will be swimming @ school lessons and are available to any homeschool children. \$45/participant, available to school aged children ages 5 and up. Please call the front desk to register.

March 1st - 9th	Tuesday, Wednesday, Thursday (Monday, Tuesday, Wednesday the 2nd week due to Teachers Convention)	2:10pm - 2:55pm	#3097
March 15th - 24th	Tuesday, Wednesday, Thursday	2:10pm - 2:55pm	#3098
April 5th - 14th	Tuesday, Wednesday, Thursday	2:10pm - 2:55pm	#3099
April 19th - 28th	Tuesday, Wednesday, Thursday	2:10pm - 2:55pm	#3100

March Swim Lessons



Starfish/Duck/Sea Turtle (Parented)

Starfish: Babies and their caregivers work on getting wet, buoyancy and movement. Front, back and vertical position in water, and shallow water entries.

Duck: Babies and their caregivers work on rhythmic breathing, moving forward and backwards, front and back float with recovery, and shallow water entries and exits.

Sea Turtle: Toddler and their caregiver work on submersion. Front and back floats and glides, jumping into chest deep water with assistance, and kicking on front and front swim.

March 1st - 24th

Tuesdays and Thursdays

4:00pm - 4:30pm

#3102



Sea Otter

Sea Otter: Swimmers work on front and back floats and glides, kicking on front with a buoyant object, and will be able to swim 1 meter upon completion of this level.

March 1st - 24th Tuesdays and Thursdays 4:00pm - 4:30pm
#3107

March 1st - 24th Tuesdays and Thursdays 5:30pm - 6:00pm
#3105

Salamander/Sunfish

Salamander: Swimmers work on improving their front and back float and jumping into chest deep water unassisted. Kicking is added to the front and back glide and swimmer will be able to swim 2 meters upon completion.

Sunfish: Swimmers work on kicking and can preform glides (front and back), enter deep water safely, float in deep water, swim with a PFD, and swim 5 meters continuously.

March 1st - 24th

Tuesdays and Thursdays

5:00pm - 5:30pm

#3104



Lesson Fees Information

Private Lessons: \$100 for the first participant and \$50 for each additional participant. Maximum of 3 participants per lesson set.

Preschool (Starfish to Whale): \$47.00

Swim Kids 1 to 4: \$47.00

Swim Kids 5 to 6: \$49.00

Swim Kids 7 to 10: \$52.00

Registration cut off will be the first day of the lesson.

Swimming Lesson/ Fitness Class Refund Policy

Refunds will be provided under the following conditions, only: When a doctor's note is provided the refund is effective starting the date the doctor's note is received by recreation staff; or if a program is cancelled by the Town.

Credit will be issued for the unused portion of the program under the following conditions: When notice is provided to the facility or program operator seven (7) days prior to the start of the program; or when there is a waitlist and staff are able to resell the space in that program; or if a program is rescheduled by the Town.

Transfers are permitted when the recreation staff are notified seven (7) days prior to the course or program start date or at the recommendation of the instructor provided the course or program has not already started.

All refunds/transfers will be subject to a \$10 administration fee, unless altered by the Town office.

Beaverlodge Recreation Center and FCSS are

LOOKING FOR USED HOCKEY EQUIPMENT

Do you have any old Hockey gear you or your kids have outgrown? We are looking for sticks, skates, gloves and helmets to have on hand for community use.

If you have any gently used gear you are willing to donate, please bring it to the Arena or the Recreation Center.

*Thank
you!*

