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Up-coming Events at the RECC!

Wallnuts Rock Wall Program
 Begins February 25

A climbing skills and fitness development course designed to give kids a physical and technical boost in their climbing. Sessions for children aged 6-8, 9-11, and 12-14. This program is applicable for JumpStart funding, visit the RECC Front Desk for more details.

Standard First Aid, CPR level C with AED
 February 26 & 27

A 16 hour, 2 day course that provides training covering all aspects of first aid and CPR with AED. Standard First Aid incorporates all of Emergency First Aid and is designed for those who require a more in-depth understanding of first aid. Course includes: legal implications of first aid treatment, heat and cold injuries, bone and joint injuries, abdominal and chest injuries, burns, and medical emergencies.

Red Cross Baby Sitting Course - March 6

This 1 day course teaches basic first aid and caregiving skills for youth 11-14 years old. Participants learn how to provide care to younger children in a variety of age groups, and how to prevent and respond to emergencies. This course also offers youth the training to promote themselves as a babysitter to prospective parents.

Kids Night Out! - March 13 & March 27

A fun night out for kids aged 5 - 11. Includes one hour of recreation, pizza, snacks and social time. Program runs from 5:30 - 7:30pm on alternating Friday evenings. On March 13 the recreation activity will be rock climbing, and on March 27 we will have an Easter themed pajama party!

Red Cross Swimming Lessons for all Ages
 Begins on March 21

Registration opens on march 3 for Red Cross Preschool and Red Cross Swim Kids. Help your child develop a healthy lifestyle through swimming. Your child will learn to swim and stay safe in a fun environment that promotes a personal best and celebrates individual success. The RECC now offers Canadian Tire JumpStart funding to cover full registration costs for those in need of financial assistance. Application brochures can be found at the RECC Front Desk.

Spring Group Exercise Schedule - Begins March 30

We all need a little push sometimes. Group exercise gives you that extra motivation when you need it. Experienced instructors will help you with form, technique, and lead you to better health; all while making sure you have a fun experience. 40 classes in the weekly schedule, including Bootcamp, Children's Yoga, Gentle Yoga, Spin, Strength, Strength and Stretch, Yoga Zumba, Zumba Kids, and more.

Box Office Info:
 For more information or to register for RECC programs, visit the RECC Front Desk or call 902-893-2224.

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