

## RECREATION AND LEISURE ORGANIZATIONS

### **Adult Drop-In Recreation Program - Canmore**

Tel: 403-678-0808

Web: [www.canmore.ca](http://www.canmore.ca)

Coed badminton and volleyball, women's basketball, soccer etc. Check the current schedule.

All Drop-In Recreation Programs are designed for adults 18+, and operate on a first come, first serve basis.

### **Alpine Club of Canada – Clubhouse and National Office**

Indian Flats Road, Box 8040, Canmore, AB T1 W 2T8

Tel: 403-678-3200, Fax: 403-678-3224

Email: [info@alpineclubofcanada.ca](mailto:info@alpineclubofcanada.ca)

Website: [www.alpineclubofcanada.ca](http://www.alpineclubofcanada.ca)

Number of Volunteers each year: 300

Number of Volunteer work hours: 2400

The Alpine Club encourages and enables mountain enthusiasts to get together to enjoy and appreciate their mountain activities and surroundings. Hostel style accommodation and self catered conference facilities available in Canmore at the Clubhouse and 24 backcountry huts located throughout the Canadian Rocky and Columbia Mountains.

### **1st Banff Scout Group**

Tel: 403-762-5515/Scout Hall 403-762-2951

Website: [www.banffscouts.ca](http://www.banffscouts.ca)

Boys and girls ages 5-18. Learning by doing in small groups, connecting with the world around us. Working on the development of oneself to one's full potential physically, intellectually, spiritually and socially, while committing to the values of doing one's best, contributing to the community, respecting and caring for others and contributing as a family member.

Volunteer opportunities: Good leadership training available

### **Banff / Canmore Speed Skating Club**

Tel: 403-678-7031

Email: [president@banffcanmorespeedskating.ca](mailto:president@banffcanmorespeedskating.ca)

The Banff/Canmore Speed Skating Club provides the opportunity for children and adults to participate in the sport of speed skating in a fun and supportive environment. Short track speed skaters train at the Canmore Recreation Centre three times a week from September through March.

### **Banff Community Co-Ed Volleyball League**

Box 1260, Banff, Alberta T1 L 1 A1

Tel: 403-762-1238 Margaret Riordon

A community driven league that promotes volleyball as a recreation option. Costs divided by number of teams.

Number of members: 125 Volunteer opportunities: To help set up and run the league

### **Banff Curling Club**

Box 551, Banff, Alberta T1 L 1 A7

Tel: 403-762-5144 (mid Sep-mid Apr) Fax: 403-762-1262

403-762-2643 Bryan Armstrong (April 1 5th – September 15th)

[khuser@telusplanet.net](mailto:khuser@telusplanet.net)

To promote curling for all ages in a social atmosphere. Curling League nights: Monday, Tuesday, and Thursday.

Volunteer opportunities: Ice maintenance, cleaning, preparation, executive duties, fund-raising, league coordination, promotion, bartending, instruction.

### **Banff Duplicate Bridge Club**

Box 492, Banff, Alberta T1 L 1 A6

Tel: 403-762-4267 Carole Kirk

Tel: 403-678-1760 Joan Dupuis

Email: [carole.kirk@hotmail.com](mailto:carole.kirk@hotmail.com)

Email: [joanburn@shaw.ca](mailto:joanburn@shaw.ca)

Wednesdays at 7:30 p.m. Senior's Centre, Sept to May.

Number of members: 40

### **Banff Gymnastics Club**

Email: [banffgymnastics@gmail.com](mailto:banffgymnastics@gmail.com)

Gymnastics training provides an overall flexibility, strength and balance to both boys and girls. The aim of the Banff Gymnastics Club is to improve and promote gymnastics, to instill overall confidence and endurance and for our members to enjoy the challenges gymnastics offers.

Number of members: 8-18 pre and competitive, 80 recreational boys and girls, ages 1 1/2 yrs to 14 yrs old

Volunteer opportunities: Choreography assistance, Community Christmas concert.

### **Banff Hockey Academy Ltd (BHA)**

Box 2242, Banff, Alberta T1L 1B9

Tel: 403-760-0833/ 0860

Fax: 403-760-0868

Email: [registrar@banffhockey.ab.ca](mailto:registrar@banffhockey.ab.ca)

The BHA is a training centre for dedicated hockey players from the ages 14 to 20; high scholastic achievement is encouraged and emphasized

Volunteer opportunities: Game functions from 50/50 to scorekeeping.

### **Banff Kyokushin Karate Club**

Email: [info@banffkyokushin.com](mailto:info@banffkyokushin.com)

Website: [banffkyokushin.com](http://banffkyokushin.com)

### **Banff LIFE**

302 Buffalo Street (Banff Rotary Community Hub), Box 1260, Banff, Alberta T1L 1A1

Tel: 403-760-2423 Fax: 403-762-1264

Contact: Christine LaRocque

Email: [banfflife@banff.ca](mailto:banfflife@banff.ca)

Website: [www.banff.ca](http://www.banff.ca)

To enhance Banff life for young adults, the businesses they work for, and the unique environment in which they live. This is accomplished by providing accessible opportunities for participation in programs that promote community awareness, healthy lifestyles and personal development. BanffLIFE includes The Living Room and the Mountain Adventure Program (MAP).

Volunteer opportunities: The Living Room, recreational programming and fundraising events.

### **Banff Light Horse Association**

P.O. Box 653, Banff, Alberta T1L 1A7

Tel: 403-762-2767(work); 403-762-2732 (home) Julie Leavens [befit@telusplanet.net](mailto:befit@telusplanet.net)

403-762-2682 (home) Ruth Quinn [ruthy4@telus.net](mailto:ruthy4@telus.net)

A non-profit society whose membership is comprised of both individuals and families who share a common interest in horses. Periodically horsemanship clinics are offered and Pony Club riding lessons. Promotes outdoor family recreation as well as a social venue for residents of the town of Banff in a natural setting.

Number of volunteers: 95 Volunteer opportunities: Adopt-a-trail - cleaning and maintaining trails.

### **Banff Minor Hockey Association**

Box 1954, Banff, AB. T1L 1B7

Tel: 403-762-59 15 Bill Calvert

[Email:bc.bills@telus.net](mailto:bc.bills@telus.net)

To provide a fun environment for boys and girls to play hockey. Membership criteria varies with competitive age divisions and recreation program offerings.

Number of members: 70 Volunteer opportunities: Board of director, coach, assistant coach, team manager, team parent.

### **Banff Minor Soccer**

Box 4395 Banff T1L 1E7

[Email: info@banffminorsoccer.com](mailto:info@banffminorsoccer.com)

Website: [www.banffminorsoccer.com](http://www.banffminorsoccer.com)

Recreational based, youth program with emphasis on scrimmaging and having fun. Number of volunteers: 15

Volunteer opportunities: Program development, equipment control, coaching.

### **Banff Mixed Slowpitch Softball League**

[Email:banffmixedslowpitch@gmail.com](mailto:banffmixedslowpitch@gmail.com)

To have fun playing softball. Membership \$750 per team/year.

Number of members/volunteers: 250

### **Banff No-Hit Hockey League (NHL)**

Tel: 403-763-9595 Brian Vale, Convenor

Email: [banffnohithockey@hotmail.com](mailto:banffnohithockey@hotmail.com)

To coordinate an adult men's non-contact hockey league.

Volunteer opportunities: League statistics tracking

### **Banff Rugby Football Club (Banff R.F.C.)**

Mark Hooper

Email: [hoopsurdaddy@hotmail.com](mailto:hoopsurdaddy@hotmail.com)

Website: [www.banffrugby.com](http://www.banffrugby.com)

To participate in an organized provincial league, to improve and gain knowledge of the game to new and old players, to get the local community involved through support and social activities, and most of all to enjoy the game. For men and women players of all ages. \$125 membership fee.

Number of members: 30 active members Volunteer opportunities: Participate in rugby activities

### **Banff Skateboard Park**

Box 1260, Banff, Alberta T1L 1A1

Tel: 403-762-1126 Children and Youth Programmer, Town of Banff

[Email: community.services@banff.ca](mailto:community.services@banff.ca)

Meeting place: Located at the Banff Recreation Grounds

To provide opportunities for skateboarding, in-line skating and BMX biking for Bow Valley residents and visitors. Helmets mandatory.

### **Banff Skating Club**

Box 2408, Banff, Alberta T1L 1C2

Sue Gorrighsen

[Email: corkysue@telusplanet.net](mailto:corkysue@telusplanet.net)

Website: [www.banffskatingclub.com](http://www.banffskatingclub.com)

To provide the youth and community with basic skating skills, advanced figure skating techniques, test and competitive opportunities, awards and incentives and the chance to learn new skills. The club is focused on the "whole" individual promoting health and fitness, while teaching skill and confidence that will last a lifetime.

Volunteer opportunities: Executive membership, music playing, fund-raising, ice show opportunities.

### **Banff Ski Runners**

Box 2493, Banff, Alberta T1L 1C2

Email: [info@banffskirunners.net](mailto:info@banffskirunners.net)

Website: [www.banffskirunners.net](http://www.banffskirunners.net)

To promote the sport of cross-country skiing in the Bow Valley through instruction for all ages, abilities and levels.

Membership \$60 to \$350 depending on cross-country ski program

Number of members/volunteers: 50 Volunteer opportunities: Lake Louise to Banff Loppet, Annual Ski Swap, July 1 st Food Booth, track- setting in conjunction with Parks.

### **Bill Warren Training Centre**

100, 1995 Olympic Way, Canmore, AB T1 W 2T6

Tel: 403-678-5758, Fax: 403-678-3644

The Bill Warren Training Centre offers a fitness and weight room, multi-purpose room, special function rooms, locker rooms (sauna and shower), and sport facilitation. It is an ideal setting for meetings, seminars, management retreats, and wedding receptions. The Centre is located at the Canmore Nordic Centre.

### **Bow Valley Basketball League**

Box 151, Banff, Alberta T1 L 1A3 Tel:

403-762-8326 Jay Simpson

Email: [simpson2@telusplanet.net](mailto:simpson2@telusplanet.net)

To promote the sport of basketball and facilitate the organization and execution of a winter league from January to May annually. In addition pick-up basketball games are available Tuesday and Thursday evenings on a drop-in basis mid-September to mid-December. Annual league fees and Basketball Alberta Membership required.

Number of members: 110 Volunteer opportunities: Refereeing, scorekeeping, league organizational support

### **Bow Valley Kayak Club**

Tel: 403-609-211 7

Email: [riverscum@gmail.com](mailto:riverscum@gmail.com)

Website: [www.kanpaddle.ca](http://www.kanpaddle.ca)

The Bow Valley Kayak Club was established in 2004 with the mission to promote the sports of kayaking and canoeing to all residents of the Bow Valley and to encourage youth participation in the sport. We offer training in safe and skillful paddling and high-quality paddlesport events of all types to paddling enthusiasts with the goal of introducing many new paddlers to the sport each year.

### **Bow Valley Mountain Bike Alliance**

Box 2202, Banff, Alberta T1 L 1 B9

Tel: 403-762-8446 Jim Baker

Email: [info@bvmba.org](mailto:info@bvmba.org)

To educate mountain bikers regarding responsible riding in the Bow Valley and represent cyclists' interests to local managers.

### **Bow Valley Music Teachers Association** See cultural and Historical Societies

Box 2513, Banff, AB T1 L 1 C2

Tel: 403-678-0008

### **Bow Valley Quikies/ Banff Alpine Racers**

Box 2608, Banff, Alberta T1 L 1 C3

Tel: 403-609-1750

Email: [info@banffalpineracers.ca](mailto:info@banffalpineracers.ca)

To promote junior development in Alpine ski racing

Number of members: 200 Volunteer opportunities: Ski racing training winter and fundraising events in the fall.

### **Bow Valley Riding Association**

Box 8028, Canmore, AB T1 W 2T8

Tel: 403-678-4239

### **Bow Valley Rip Tides Swim Club**

Tel: 403-678-1166

Email: [riptides@telus.net](mailto:riptides@telus.net)

Website: [www.swimcanmore.ca](http://www.swimcanmore.ca)

The Bow Valley Rip Tides are a competitive swim club affiliated with Swimming Canada (SNC) and the International Swimming Federation (FINA). The RipTides train year round out of the Canmore Recreation Centre and attend meets throughout Alberta and across Canada.

### **Bow Valley Soccer League**

Box 41 78, Banff, Alberta T1 L 1 E6

Tel: 403-762-1910 Fax:403-760-2830

Contact: Mayumi Yasuda

Email: [bvsl2010@gmail.com](mailto:bvsl2010@gmail.com)

Season runs May through end of September at the Banff Recreation Grounds.

Volunteer opportunities: Referees and Linesmen.

### **Canmore in Bloom**

100 Glacier Drive, Canmore, AB T1 W 1 K8

Tel: 403-678-1599, Fax: 678-1586

Email: [lguest@canmore.ca](mailto:lguest@canmore.ca)

Number of Volunteers each year: up to 15

Number of Volunteer work hours: 500

The Canmore in Bloom group is a non profit volunteer-run group that aims to foster civic pride, environmental responsibility, and beautification in our community. The CIB group hopes to join forces with other local groups and organizations to implement community enhancement initiatives. The group was established late in 2003 and is always looking for new membership and great ideas and energy. Meeting are held in April and October of each year seasonally and additional meetings are scheduled as needed Please join us and help make a difference.

### **Canmore Coho Swim Club**

Email: [adrian@cegweb.ca](mailto:adrian@cegweb.ca)

Website: [www.canmorecoho.org](http://www.canmorecoho.org)

The Canmore Coho Swim Club provides skill development, individual and team challenge. The Club competes in the Alberta Summer Swim Association and is for ages 6 – 18 years. The Club meets at the Canmore Recreation Centre.

### **Canmore Community Gardening**

903 Larch Pl, Canmore AB T1W 1S5

Email : [canmorecommunitygardening@gmail.com](mailto:canmorecommunitygardening@gmail.com)

Website: [canmorecommunitygardening.org](http://canmorecommunitygardening.org)

growing food. building community. gardening together.

Canmore Community Gardening (CCG) is committed to growing a network of community gardens in Canmore and engaging residents in local food culture. CCG embraces community gardening in it's many forms, from permaculture allotment gardens, to communal neighborhood gardens, to sharing our backyards. Canmore Community Gardening is a network of people committed to healthy lifestyles, community resilience, and shared resources, learning, growing and creating together.

### **Canmore Eagles Junior A Hockey Team**

Box 8131, Canmore, AB T1W 2T9

Tel: 403-678-1 855, Fax: 403-678-0057

Email: [info@canmoreeagles.com](mailto:info@canmoreeagles.com)

Website: [www.canmoreeagles.com](http://www.canmoreeagles.com)

Number of Volunteers each year: 50 Number of Volunteer work hours: 1000

30 scheduled home games are played at the Canmore Recreation Centre.

**Canmore Folk & Blues Club, & Folk Music Festival** See Cultural and Historical Societies

Box 8098, Canmore, AB T1 W 2T8

Tel/Fax: 678-2524

Email: [info@canmorefolkfestival.com](mailto:info@canmorefolkfestival.com)

Website: [www.canmorefolkfestival.com](http://www.canmorefolkfestival.com)

**Canmore Golf and Curling Club**

2000 – 8 Avenue, Canmore, Ab T1 W 1 Y2

Tel: 403-678-5959

Pro Shop and Tee Times 403-678-4785

Email: [info@canmoregolf.net](mailto:info@canmoregolf.net)

Website: [www.canmoregolf.net](http://www.canmoregolf.net)

Number of Volunteers each year: 20 – 30 Number of Volunteer work hours: 30 – 50

The Canmore Golf and Curling Club has an 18 hole, 6304 yard championship course. This is a semiprivate club. Curling leagues begin in October. The clubhouse is available for private bookings twelve months of the year.

**Canmore Illusions Gymnastics**

Box 8458, Canmore, AB T1 W 2V2

Tel: 403-678-4466

Email: [canmoregymnastics@hotmail.com](mailto:canmoregymnastics@hotmail.com)

Number of Volunteers each year: 50

Number of Volunteer work hours: 200 – 1000

This is a recreational and competitive gymnastics program. Registration takes place in September, January, April and June. There are programs for children ages 2 – 17 years as well as programs for adults.

**Canmore Minor Hockey Association**

Box 8266, Canmore, AB T1 W 2V1

Website: [www.canmorehockey.org](http://www.canmorehockey.org)

The Canmore Minor Hockey Association provides coaching and instruction for hockey skill development at all levels for boys and girls ages 4 – 17 years. There are competitive programs, including coaching and officiating programs, which are also available through CMHA.

**Canmore Minor Soccer Club**

Box 40101, Canmore, AB T1 W 3A8

Email: [csoccer@telus.net](mailto:csoccer@telus.net)

Web: [www.canmoresoccer.ca](http://www.canmoresoccer.ca)

**Canmore Nordic Centre Provincial Park**

Suite 100, 1988 Olympic Way, Canmore, AB T1 W 2T6

Tel: 403-678-2400, Fax: 403-678-5696

Email: [Canmore.nordiccentre@gov.ab.ca](mailto:Canmore.nordiccentre@gov.ab.ca)

Trail Sports Rental / Lesson Shop

Tel: 403-678-6764, Fax: 403-678-4762

Web: [www.alberta.ca/parks/kananaskis/parks\\_canmore.asp](http://www.alberta.ca/parks/kananaskis/parks_canmore.asp)

The Canmore Nordic Centre trails are open daily and nightly. Services include cross-country ski trails (groomed and track set), 18 hole disc golf course, mountain biking, hiking and roller skiing. The Nordic Centre also provides sport shop rentals, wax rooms, and lessons. Conference and banquet facilities for weddings and special events including licensed café and catering services are available.

**Canmore Oldtimers Hockey League**

Tel: 403-678-3788

The Canmore Oldtimers Hockey League is for hockey players, 40 years and older. The League plays at the Canmore Recreation Centre Arena.

### **Canmore Pool**

1900 – 8 Avenue, Canmore, AB T1 W 1 Y2

Tel: 403-678-1 537, Fax: 403-678-0753

Schedule Information and Personnel Directory: 403-678-0808

Website: [www.canmore.ca](http://www.canmore.ca)

The Canmore Pool has the following facilities: 25m swimming pool with Jacuzzi and steam room. Please check out our website for schedule and program information or contact the Recreation Centre for additional information on programs.

### **Canmore Recreation Centre**

1900 – 8 Avenue, Canmore, AB T1 W 1 Y2

Tel: 403-678-1 537, Fax: 403-678-0753

Website: [www.canmore.ca](http://www.canmore.ca)

The Canmore Recreation Centre offers two ice surfaces, gymnastics facility, weight room, two function rooms, swimming pool and skateboard park.

### **Canmore Seniors Association**

See Senior Citizens' Services and Organizations 600B 9<sup>th</sup> Street, Canmore, AB T1 W 2T2

Tel: 403-678-2457

Email: [csassoc@telus.net](mailto:csassoc@telus.net)

### **Canmore Scouts**

Scout Hall – 914 Main Street, Canmore, AB T1 W 2B8

Tel: 403-678-6524

Registration: 403-678-3882

Email: [canmorescouts@shaw.ca](mailto:canmorescouts@shaw.ca)

Number of Volunteers each year: 17

Number of Volunteer work hours: 2500

1st Canmore Scouts are part of Scouts Canada and run activities for boys and girls from 5 years and up in the following groups:

Beavers – Boys & girls 5 – 7 yrs. Thursdays, 6 – 7 p.m.

Wolf Cubs – Boys & girls 8–10 yrs. Thurs, 7:15–8:45 p.m.

Scouts – Boys & girls 11+ years. Wed, 7 - 9 p.m.

Meetings are held in the Scout Hall beginning of September to end of June. Children attend organized Scouts Canada Events and Club organized camps and activities inside and outside the Scout Hall. Let the Adventure Begin!

### **Canmore Skating Club**

Box 8382 Canmore, AB T1 W 2V2

Tel: 403-609-1221

Email: [epgsmith@shaw.ca](mailto:epgsmith@shaw.ca)

Club offers year-round instruction and special camps for the beginner (CanSkate) to recreational and competitive figure skating levels. Highly qualified certified coaches, positive learning environment and Skate Canada sanctioned programs. Age 4 to adult.

### **Canmore Wine Guild**

Tel: 403-609-2896

The Canmore Wine Guild meets the second last Friday of each month at 7:30 pm. Contact the above number for location. This is a group of wine and beer makers that meets to taste wine and improve the knowledge of making/tasting of wine and beer. New members are welcome. Members can take part in annual provincial and national competitions.

**Exshaw Community Gym**

Box 37, Exshaw, AB T0L 2C0

Tel: 403-678-8201

The Exshaw Community Association fitness and weight centre is fully equipped. Located at the Exshaw Community Hall memberships are available to the public with 24 hour/7 day per week access.

**Exshaw Recreation Grounds**

Box 37, Exshaw, AB T0L 2C0

Tel: 403-678-8200

The Exshaw Ball Diamond is available for week-end bookings. The Facility is perfect for ball tournaments, and various private functions such as family reunions. Community events are held at the Exshaw Recreation grounds throughout the summer season and are open to the public. Watch for posters and local media for further information. The facility includes campground, children's playground, cook shack, horse shoe pits, washrooms, etc.

**Everyone Gets To Play Leisure Pass Program**

Town of Banff FCSS

Tel: 403-762-1251

Provides recreational opportunities to low income families (1 or 2 adults with children under the age of 18) free of charge.

**Fairmont Banff Springs Bowling Centre**

Box 960, Banff, Alberta T1L 1A9

Tel: 403-762-6892 T.J Carriere Fax: 403-762-6893

Email: [tj.carriere@fairmont.com](mailto:tj.carriere@fairmont.com)

Website: [www.bowvalleybowling.com](http://www.bowvalleybowling.com)

To promote five-pin bowling with youth and Adult Leagues and promote family entertainment. 4 lanes of Canadian 5 pin Bowling, pool table, full service Games room, glow in the dark bowling and theme nights.

**Fairmont Banff Springs Golf Course**

Tel: 403-762-6801 Fax: 403-762-0363

Website: [www.fairmont.com](http://www.fairmont.com)

27-hole championship golf course available for play to the public and community. Membership available to Banff residents (approval of board is necessary).

**Fairmont Banff Springs Tennis Club**

Box 960, 405 Spray Ave, Banff, Alberta T1L 1A9

Website: [www.fairmont.com](http://www.fairmont.com)

To promote and teach the game of tennis. Membership fees vary.

**Girl Guides of Canada- Banff**

Box 546, Banff, AB. T1L 1A7

Tel: 403-762-5915 Lynn Calvert

Website: [www.girlguides.ca/albertagirlguides](http://www.girlguides.ca/albertagirlguides)

Fax: 403-762-5677

Email: [lynn\\_calvert@hotmail.com](mailto:lynn_calvert@hotmail.com)

To challenge girls to reach their potential and empower them to give leadership and service as responsible citizens of the world. \$125.00/year concurrent with school year.

Volunteer opportunities: Leadership roles for adult women, orientation and training available.

**Girl Guides of Canada -Canmore**

Number of Volunteers each year: 1100

Number of Volunteer work hours: Immeasurable!

Tel: 403-678-2478

Email: [bowvalleygirlguides@hotmail.com](mailto:bowvalleygirlguides@hotmail.com)

Girl Guides holds a unique place as the largest women's organization in Canada. We offer a well- rounded, fun,

educational, safe and activity- based program for girls ages 5 – 18. Our girls enjoy the camaraderie of sleep-overs, camps and outings as well as regular meetings.

At present we are offering programs for: Sparks – ages 5 and 6 – meets Mondays 5:30 – 6:30 pm, Brownies – ages 7 and 8 –meets Mondays 6:30 - 8:00 pm, ages 9 – 12 meets Tuesday 6:30– 8:30pm. Our doors are always open to girls wishing to join us throughout the year as well as to adults who could offer their time and expertise as leaders or helpers.

### **Grand Nature Club**

Tel: 403-760-2533

Website: [www.grandnatureclub.com](http://www.grandnatureclub.com)

Schedule of outdoor activities in the Bow Valley. Free for volunteers and members. Charge for carpool. For 18 years and older. If you want to do an activity on other days than scheduled go to [www.hikerfinder.com](http://www.hikerfinder.com) to find hiking friends.

### **Heart Mountain GoGetters** See senior Citizens' Services and Organizations

Tel: 403-673-3832 - [email: ruthieo@telusplanet.net](mailto:ruthieo@telusplanet.net)

### **Indoor Soccer League**

Box 1260, Banff, Alberta T1L 1A1

Tel: 403-762-1238 Margaret Riordon

A community driven league that promotes soccer as a recreation option. Costs divided by number of teams.

Volunteer opportunities: To help set up and run the league.

### **Lake Louise Ski Club**

c/o Shelli Dubs, 15 Idlewild Estates, Calgary, Alberta T3Z 1J1

Mike Koper, Program Director [Email: info@llsc.info](mailto:info@llsc.info)

### **Mountain Cabin Quilters Guild**

Box 8008, Canmore, AB T1W 2T8

Tel: 403-678-4618

Number of Volunteers each year: 75 Number of Volunteer work hours: 850

The Mountain Cabin Quilters Guild meets the third Wednesday of each month at 7:30 p.m. at the Creekside Hall, Seniors Centre. This is a guild for all levels.

### **Mountain Mumblers Toastmaster Club**

Mondays, 7:00 – 8:30 pm

Canmore Legion

Tel: 403- 678-3974

[Email: president@mm.freetoasthost.info](mailto:president@mm.freetoasthost.info)

Website: <http://mountainmumblers.freetoasthost.info>

Mountain Mumblers is a club which gives its members the opportunity to develop and improve their public speaking and leadership abilities through local club meetings, training seminars and speech contests. At Toastmasters, members learn by speaking to groups and working with others in a supportive environment. A typical Toastmasters club is made up of 20 – 30 people who meet once a week for a few hours. Each meeting gives everyone an opportunity to practice conducting meetings, giving impromptu speeches, presenting prepared speeches, and offering constructive evaluation - and have a lot of fun!

### **Networking Environment for Women (N.E.W.)**

Tel: 403-678-4016

Number of Volunteers each year: 24 – 36

Number of Volunteer work hours: 144-432

N.E.W. is an organization consisting of Bow Valley women who meet once a month for an evening of networking, socializing and the chance to try something new. We welcome anyone new to our community to join us for a fun social event.

Members represent most areas of the work place including: small office/home offices, bankers, government,

service/hospitality, health and education. Monthly meetings, held the second Tuesday each month have included recent activities such as water colourpainting, yoga, chocolate making, speakers and delicious meals at many fine restaurants.

### **Old Timers Hockey Club**

Email: [jttmpika@telusplanet.net](mailto:jttmpika@telusplanet.net) Toru Miyazoe

To promote senior men to continue to play in the sport of hockey into their 50's and 60's. Must be 40 years of age or older. Ice user fees apply each year

Number of members: 32

Volunteer opportunities: Support minor hockey, local figure skating club and arena, dressing room maintenance

### **Pinetree Players Theatre Group** See Cultural and Historical Societies

Box 8268, Canmore, AB T1 W 2V1

Tel: 403-678-4418, Fax: 403-678-1 993

Website: [www.pinetreeplayers.ca](http://www.pinetreeplayers.ca)

### **Precipice Theatre and Banff Youth Theatre**

Box 1942, Banff, Alberta T1 L 1 B7

Tel: 403-762-8113 Connie Brill and Colin Funk

Email: [ptsbanff@telusplanet.net](mailto:ptsbanff@telusplanet.net)

To provide an opportunity for youth (elementary school and high school students) to develop skills in the performing arts; including acting, singing, dance, and technical theatre.

Number of members: 50

Volunteer opportunities: Instruction of theatre skills to youth, creation and staging of theatrical presentations.

### **Royal Canadian Air Cadets 878 Banff/Canmore Squadron**

Box 8033, Canmore, AB T1 W 2T8 Tel/

Fax: 403-678-4772

Email: [cadets@878squadron.ca](mailto:cadets@878squadron.ca)

Website: [www.878squadron.ca](http://www.878squadron.ca)

Air Cadets is a National program for youth 12 – 18 years of age and is free. The Air Cadet program offers training in: leadership, instructional techniques, citizenship, summer and winter survival, band, biathlon, effective speaking, gliding, and powered flight just to name a few. As well, some cadets have the opportunity to take a variety of advanced summer courses. If you are looking for something different and rewarding, we have a range of activities and programs designed to challenge young people. Give us a try. Call or email us any time for more information.

### **Rundle Mountain Cycling Club**

Box 8515 Main, Canmore, AB T1 W 2V2

Website: [www.rundlemountaincycling.com](http://www.rundlemountaincycling.com)

Email: [info@rundlemountaincycling.com](mailto:info@rundlemountaincycling.com)

The club's mission is to function as an organization through which people of all ages may pursue their passions for cycling in the many forms of the sport, including road riding, mountain biking, racing, training, skill development and social riding.

Visit our website for programs and schedules.

### **Sally Borden Building, Fitness and Recreation Centre at the Banff Centre**

Tel: 403-762-6450

Email: [sbb\\_info@banffcentre.ca](mailto:sbb_info@banffcentre.ca)

[www.banffcentre.ca/facilities/recreation](http://www.banffcentre.ca/facilities/recreation)

Facilities include indoor climbing gym, 25 m pool, 2,500 sq. ft. fitness centre, squash court, and gymnasium, health and fitness programming and personal training, drop-in aerobics, yoga, pilates, massage and physical therapy.

### **Stars Basketball**

115 Padmore Crescent, Canmore, AB T1 W 2R5

Tel: 403-678-3788

Stars Basketball is a youth basketball program for children in grades 1 – 6. Stars also runs summer basketball camps, which stress the 3 F's: Fun, Fitness, and Fundamentals.

### **Sunshine Ski and Snowboard Club**

Tel: 403-762-6560 Sunshine Village

Email: [treasurer@sunshineclubs.com](mailto:treasurer@sunshineclubs.com)

The Club is a year round non-profit parent managed social ski and snowboard club which focuses on developing young athletes in the sports of snowboarding, skiing and ski racing.

### **Taoist Tai Chi Society**

Box 8103, Canmore, Alberta T1 W 2T8

Tel: 403-678-6500 Fax: 403-678-6512

To make Taoist Tai Chi available to all, to improve health, to promote cultural exchange and to help others.

Number of volunteers: 30

Volunteer opportunities: Training opportunities to become instructors

### **Terry Fox Run**

Box 4964, Banff, Alberta T1L 1G2

Website: [www.terryfoxrun.org](http://www.terryfoxrun.org)

Toll free Tel:- 1-888-836-9786

Fundraising for cancer research.

Volunteer opportunities: Run held 3rd Sunday in September. Other fundraisers held throughout the year, i.e. School Runs & Terry Fox at Work Day.

### **Town Of Banff, Community Services - Children & Youth Programs**

Box 1260, Banff Town Hall, 110 Bear Street, Banff, Alberta T1 L 1 A1

Tel: 403-762-1 126 Fax: 403-762-1264

Email: [community.services@banff.ca](mailto:community.services@banff.ca)

Website: [www.banff.ca](http://www.banff.ca)

We provide programs that encourage participation, growth and development, youth leadership and community involvement.

Variety of recreation and social programs for children 3 – 17 years and family focused special events. Programs include Kids Kampus, After School Club, Summer Fun Day Camp, Playground Pals and Youth GO Camps.

Volunteer opportunities: Creative and talented people willing to share their skills with youth.

### **Town of Banff Recreation Facilities**

Box 1260, Banff Town Hall, 110 Bear Street, Banff, Alberta T1 L 1 A1

Tel: 403-762-1 126 Fax: 403-762-1264

Email: [community.services@banff.ca](mailto:community.services@banff.ca)

Website: [www.banff.ca](http://www.banff.ca)

Bike Park, Recreation Centre (ice and curling rink), Recreation Grounds (baseball, rugby, soccer, basketball, tennis, skateboard park, picnic and BBQ), trails, parks and playgrounds.

### **Wildrose Women's Slowpitch League**

Tel: 403-762-1223 Kim Coultis- Town of Banff

Email: [kim.coultis@banff.ca](mailto:kim.coultis@banff.ca)

To have fun, to get a little exercise and to socialize. Team fees set annually Volunteer opportunities: Assist with league, event coordination.

### **Valley Winds Music Association** See cultural and Historical Societies

Box 8140, Canmore, AB T1 W 2T9

Website: [www.valleywinds.ca](http://www.valleywinds.ca)

### **YWCA Banff Community Weight Room**

Y Mountain Lodge, Box 520, 102 Spray Avenue, Banff, Alberta T1 L 1 A6

Tel: 403-762-3560 Fax: 403-760-3202

The weight room is located in the lower level of the Y Mountain Lodge. Go to the Front Desk to sign a waiver and obtain access key. Minimum age 16 years. Hours of operation: 7am to 11 pm daily.

Memberships and Fees: Adults: Drop-in \$5, Monthly \$32.50, 6-months \$162.50, Annual \$270 Students & Seniors: Drop-in \$3, Monthly \$15, 6-months \$85, Annual \$135