

LEGAL

Town of Legal

Box 390,
Legal, AB, T0G 1L0
PHONE: 780-961-3773
FAX: 780-961-4133

Office Hours:

5021-50 Street
Monday to Friday
8:30 a.m. - 12:00 p.m. and
12:30 - 4:30p.m.

Chief Administrative Officer

Robert Proulx

Recreation Coordinator/FCSS Contact

Christine Young

Family Day 2012

Come out with your family on
Monday, February 20th
for some family fun!

Watch the January Legal-Lerie and
www.town.legal.ab.ca
for more details closer to the event!



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LEGAL YOUTH CLUB

Stop by the Legal Youth Club, in the basement of the Club 60 Roses, to play pool, foosball, ping-pong, video or board games or just to hang out. Open Friday nights, from 7pm to 10pm (alternating nights between grades 6 & 7 and grades 8 & 9). Contact Club Coordinator Jocelyn, 780-961-3257 for more information or if you would like to volunteer as an adult supervisor. Find us on Facebook under "Legal Youth Group".

MEALS FOR THE MOMENT

Sometimes we find ourselves dealing with a situation that takes our energy and attention away from basic needs like providing proper nutrition to ourselves or our families. There is a roster of caring individuals in Legal that are willing to help out with meals in times of crisis. The service is provided anonymously through a referral or direct request.

Contact program coordinator Rita Hasson at 780-961-4117, or the Town Office (780-961-3773) for information, to be added to the roster, to make a referral or to request the service directly.

PARENT LINK CENTRE @ LEGAL SCHOOL

Creative Kitchens

All are welcome! \$20 fee per session. Free Child Care!
Mondays & Tuesdays, 9:00–11:00 a.m.; Jan 30 & 31,
Feb 27 & 28, Mar 19 & 20, Apr 16 & 17, May 28 & 29.

Parent Coffee Talk

Every Wednesday starting January 11 to June 13 from
10:00 a.m. to Noon

Creative with Kid

Alternating Thursdays starting January 12 to June 14 from
10:00 a.m. to Noon

Music with Munchkins

Alternating Thursdays starting January 19 to June 7 from
10:00 a.m. to Noon

To register, contact Families First Society @ 780-413-9153
then 998-5595 ext. 221.

Hope to see you there for some fun, crafts, music and
much more!

**FOR DESA KARATE SCHOOL,
PLEASE SEE OUR AD ON PAGE ??**

PUBLIC SKATING AT LEGAL ARENA

Free fun for the entire family!
Wednesdays from 4:00 – 5:00 p.m. and Sundays from
3:30 – 4:15 p.m. Running until March 20.
Helmets and protective equipment are recommended!

For Desa Karate School,
Please see our ad on page ??

ZUMBA

*Due to popular demand and raving enthusiasts, Zumba will
be offered twice a week for the winter session!*

Are you ready to party yourself into shape? That's exactly
what the Zumba® program is all about. It's an exhilarating,
effective, easy-to-follow, Latin-inspired, calorie-burning
dance fitness-party™ that's moving millions of people
toward joy and health. You'll have so much fun, you'll forget
that you're working out! The best part is that anyone and
everyone can do it! People of any size, age, gender, and
fitness level can do Zumba without any dance experience!
Come and see what everyone has been talking about...

Instructor: Chasity Cyr

Where: Community Center

Winter: Mondays 7:00–8:00 p.m.
January 9 to February 27 (8 classes)

Fee: \$50.40
Thursdays 7:00–8:00 p.m.
January 12 to March 1 (8 classes)

Fee: \$50.40

Spring: Mondays 7:00 to 8:00 p.m.
April 23 to May 28 (6 classes)

Fee: \$37.80

BOOT CAMP

Participants of all ages, shapes, experience and fitness levels
will achieve great results. Whether you are new to fitness
or a “vet”, this is an adventure you do not want to miss!
Components include core conditioning, muscular strength,
circuit training and much more! Bring a mat.

Min 5 registrants. Instructor: Chasity Cyr

Where: Community Centre

When: Mondays, 8:00 – 8:45 p.m.

Winter: January 9 to February 27 (8 classes)
Fee: \$50.40 (incl. GST)

Spring: April 23 to May 28 (6 classes)
Fee: \$37.80 (incl. GST)

PILATES YOGA WITH RESISTANCE

Resistance Dynabands will be incorporated into the course
to provide another challenging dimension to your fitness
program. Please advise if you require the 6ft. dynaband
when registering (bands are \$9.00). Bring a mat. Min 5
registrants.

Where: Community Centre

When: Thursdays, 7:00 – 8:00 p.m.

Date: April 26 To May 31 (6 Classes)

Fee: \$37.80 (Incl. Gst)

WOMEN'S FLOOR HOCKEY

Where: Community Centre

When: Thursdays

Date: January 12 to March 22

Time: 8:15–9:15 p.m.

Fee: \$15.75 (incl. GST) or Drop In rate: \$2.00 **

Equipment: Plastic blade hockey stick - no tape, non marking
shoes and protective equipment is recommended.

YOGA CLASSES

Not just for the mind... Yoga has been found to lower blood
pressure, reduce stress, and improve coordination, flexibility,
concentration, sleep, and digestion! Bring blanket & mat.

Min 7 registrants. Instructor: Karen Lakusta

Where: Community Centre

When: Tuesdays, 7:00 – 8:30 p.m.

Date: January 17 to March 20

Fee: \$63 (incl. GST)

BELLY DANCING

These classes are a mix of Tribal, Egyptian, and Bollywood
belly dance fusion. You will learn basic movements, that
tone muscle and burn fat. We will also be learning short
routines so you can use them for a Friday night out or
for that someone special. This class is perfect for those
allergic to the gym, want a safe friendly environment and
wish to create curves as well as toning up and losing weight.
You do not need any dance experience. Strong knees help,
but not a necessity. In this class you will also learn how
to protect you back while dancing. For ages 16 and up.

Minimum 5 registrants. Instructor: Cat McFayden

Where: Community Center

When: Wednesdays

Date: January 18–March 21 (10 classes)

Time: 8:00–9:00 p.m.

Fee: \$105 (incl GST)

SCOTTISH HIGHLAND DANCE

Where: Community Centre
 When: Sundays & Fridays as listed below
 *Classes scheduled for April 8 (Easter Sunday) will be held on Monday April 9.

Instructor: Jodi Proulx

Mini (3-4yrs) 3:45-4:30 p.m.	Feb. 5,12,26 Mar. 4,11,18 Apr. 9,15,22,29 May 6,13	12 weeks \$110.25
Primary Competitive (4-6yrs) 2:45-3:45 p.m. (Sun) 5:15-6:15 p.m. (Fri)	Feb. 5,12,26 Mar. 4,11,18 Apr. 9,15,22,29 May 6,13 Jun. 10,17 Jun. 15,22,29 (Fridays)	17 weeks \$126.00
Competitive A (7+ yrs) 4:30-5:30 p.m. (Sun) 6:15-7:30 p.m. (Fri)	Feb. 5,12,26 Mar. 4,11,18 Apr. 9,15,22,29 May. 6,13 Jun. 10,17 Jun. 15,22,29 (Fridays)	17 weeks \$141.75
Competitive D (7+ yrs) 4:30-6:15 p.m. (Sun) 6:15-7:30 p.m.(Fri)	Feb. 3,5,10,12,26 Mar. 4,9,11,18,23 Apr. 9,15,20,22,27,29 May 4,6,11,13 Jun. 10,15,17,22,29	25 weeks \$262.50

FAMILY SKI TRIP

Spend the day on the slopes! For all ages. Min 10 registrants.
 Children under 10 yrs of age must be accompanied by an adult.

When: January 27
 Time: TBA
 Fee: TBA

More information will follow in December and January's Legal-Lerie.

TAKE ME TO THE MATINEES

Legal Recreation is providing transportation to spend the afternoon at Cineplex Odeon Theatre! Ages 9 and up. Minimum 5 registrants, Maximum 20 registrants.

When: Friday, March 9 (Register by March 7)
 Movie titles: TBA
 Time: TBA
 Movie Pass Only: \$10 (must bring \$ for snack)
 3-D movies will be an additional \$3.15
 Movie & Popcorn Combo: \$12 (incl GST)

BOWL THE AFTERNOON AWAY

Legal Recreation is providing transportation to St. Albert Bowling and Rec Center! Ages 6 and up. Children under 9 must be accompanied by an adult. Minimum 5 registrants, Maximum 20 registrants.

When: Friday, May 18 (Register by May 16)
 Time: TBA
 Fee: TBA

VOLUNTEER SUPERVISORS

If you would like to volunteer as a Supervisor for any Recreation Event, your registration fee will be free! Please contact Christine at the Town Office 780-961-3773. 2 supervisors will be required per event.

LEGAL YOUTH COMMITTEE

The Legal Youth Committee meets the first Tuesday of the month at 7pm at the club. Anyone interested in anything youth related is encouraged to attend a meeting! Please call Committee Chairperson Megan Thiel at 780-860-3556 or Jocelyn MacIntyre at 780-961-3257 for more information. Watch for more FCSS informative programs coming this spring!

Visit www.town.legal.ab.ca/fcss.html often to keep up to date on classes and workshops!

RECREATION PROGRAM SUBSIDY

Town of Legal residents may be eligible for a subsidy to offset the cost of children's programs.

Apply in confidence at the Town of Legal Office or call 780-961-3773

Volunteer Appreciation 2012

National Volunteer Week pays tribute to the millions of Canadian adult and youth volunteers who donate their time and energy. National Volunteer Week is recognized as an essential civic and community event that is celebrated by all sectors of society.

Watch the Legal-Lerie and the Town's website www.town.legal.ab.ca for more information closer to the date, for another fantastic Volunteer Appreciation Event!

National Volunteer Week is April 15 to 21, 2012