

PICKLEBALL

PICKLEBALL LESSONS

(BEGINNER) PICKLEBALL LESSONS

Thursday/Sep 14 - Oct 12 [11:15 AM]

[#5946](#)

(NOVICE PICKLEBALL LESSONS

Thursday/Sep 14 - Oct 12 [1:00 PM]

[#5949](#)

(BEGINNER) PICKLEBALL LESSONS

Thursday/Oct 26 - Nov 23 [11:15AM]

[#5947](#)

(NOVICE/INTERMEDIATE) PICKLEBALL LESSONS

Thursday/Oct 26 - Nov 23 [1:00PM]

[#5950](#)

PICKLEBALL PRE-REG

Tuesdays [10:00 am - 12:30 pm]

(Registration opens on Thursday the week before)

Fridays [10:30 am - 1:00 pm]

(Registration opens on the Monday of that week)

Sundays [11:30 am - 2:00 pm]

(Registration opens on the Wednesday of that week) (Starting Oct 22nd)

Online Reg opens at 7:00 am

In-Person/Phone Reg at 9:00 am

MEET THE MID-SUN TEAM!

Front Desk Contact:

Courtney, Caylie & Jesse

info@midsun.org

Facility Rentals & General

Community Inquiry:

Vanessa B.

bookings@midsun.org

Program, Community Engagement & Volunteer Inquiry:

Sagar R.

programs@midsun.org

Management:

Sharmaleigh L.

manager@midsun.org

Board President:

Patsy M.

president@midsun.org

Community Garden:

Wayne H.

garden@midsun.org

Seniors Committee:

Joan T.

trotzj@telus.net

MID-SUN FALL 2023 PROGRAMS

(Sep - Dec)



Youth Programs

Adult Programs

Older Adult Programs

50+ Seated Programs

Pickleball

& More

(Please note not all programs are listed in the brochure)

Visit midsun.org for more information

50 Midpark Rise SE, Calgary AB
T2X 1L7

CHILDREN'S & YOUTH PROGRAMS

(Pre-School) Music & Movement with Skye **(1-3 Yrs) Parented (NEW!)**

Thursday, Sep 14 - Oct 19 [9:30 AM]
[#5936](#)

Thursday, Nov 2 - Dec 7 [9:30 AM]
[#5937](#)

(Pre-School) Music & Movement with Skye **(4-5 Yrs) Un Parented (NEW!)**

Thursday, Sep 14 - Oct 19 [10:30 AM]
[#5957](#)

Thursday, Nov 2 - Dec 7 [10:30 AM]
[#5958](#)

Clay for Kids (Pottery & Ceramics)

Friday, Oct 27 - Dec 1 [5:30 PM]
[#5933](#)

(Friday) Child & Youth Open Gym (Ages 6-14) 2 Hour Program for the price of 1!

Friday, Sep 15 - Dec 15 [3:30 PM]
[#5953](#)

Jr. Basketball Buds (Ages 4-6) (NEW!)

Tuesday, Sep 12- Nov 28 [4:00 PM]
[#5959](#)

Jr. Basketball Buds (Ages 7-9) (NEW!)

Tuesday, Sep 12- Nov 28 [5:00 PM]
[#5960](#)

Mid-Sun is looking for passionate people who want to make a difference, learn about community, gain work experience as well as grow in a hands on environment.
If interested send us an email:
volunteer@midsun.org

ART PROGRAMS

(Free) Mid-Sun Music Jam (Weekly)

Tuesdays, Sep 12 - Dec 19 [5:30 PM]
[\(No Registration Required\)](#)

[ART] Watercolour Painting: Intermediate/Advanced Studio

Tuesday, Oct 3 - Dec 5 [9:30 PM]
[#5945](#)

[ART] Watercolour Painting: Introduction/Intermediate

Tuesday, Oct 3 - Dec 5 [1:30 PM]
[#5956](#)

[ART] Acrylic Painting Studio with Alexandre

Wednesday, Sep 13 - Nov 29 [10:30 AM]
[#5940](#)

FITNESS, MOVEMENT & YOGA

(Daytime Floor) Hatha Yoga with Tanya

Wednesday, Sep 13 - Nov 29 [10:00 AM]
[#5941](#)

(Daytime) Total Body Workout with Pam

Wednesday, Sep 20 - Dec 6 [10:30 AM]
[#5932](#)

(Evening) Total Body Workout with Deb

Wednesday, Sep 19 - Dec 5 [7:00 PM]
[#5767](#)

(Beginner) Line Dance with Julian [Step 1]

Monday, Sep 18 - Dec 11 [10:30 AM]
[#5938](#)

(Intermediate) Line Dance with Julian [Step 3]

Thursday, Sep 14 - Dec 7 [9:00 AM]
[#5939](#)

50+ PROGRAMS

50+ Seated Yoga for Flexibility (Monday)

Monday, Sep 11 - Dec 4 [1:30 PM]
[#5943](#)

50+ Gentle Seated Strength & Stretch

Tuesday, Sep 12 - Nov 28 [1:30 PM]
[#5942](#)

50+ Seniors Balance & Bones

Friday, Sep 15 - Dec 15 [10:15 AM]
[#5952](#)

50+ Stretch, Sports Recovery & Beyond!

Friday, Sep 15 - Dec 15 [9:15 AM]
[#5951](#)

OLDER ADULT PROGRAMS

(Adult/Seniors) Strength & Mobility Training with David

Monday, Sep 18 - Dec 11 [9:30 AM]
[#5935](#)

(Free) Social Seniors

Thursday, April 6 - June 22 [1:30 PM]
[\(No Registration Required\)](#)

(Free) Indoor Walking Club

Monday & Wednesday, Sep 6 - Dec 20
[1:15 PM - 2:15 PM]

Monday: [#5930](#)

Wednesday: [#5931](#)