

Welcome Sturgeon County Residents!



We are pleased to welcome the residents of Sturgeon County to be a part of our community here at CFB Edmonton.

On November 12th 2019, Sturgeon County Council approved an agreement with CFB Edmonton for all Sturgeon County Residents to gain access the recreational program and services on the base for a preferred rate. This includes a variety of facilities such as the Edmonton Garrison Fitness Centre.

When you come to register, please bring **government issued ID with a Sturgeon County address** to secure your preferred rate. If you have any questions, contact **780-973-4011 x 4392** for assistance.



FACILITIES

Located in close proximity to the Sturgeon Valley, the Edmonton Garrison Fitness Centre is a large scale recreation complex with a variety of facilities. Inside you'll find a 54,000 sq ft field house with indoor running track, rock climbing wall, cardio equipment and 3 full sized basketball courts. The Fitness Centre also includes 6000 sq ft of weight machines and a 11,500 sq ft aquatic facility equipped with a lap pool, kiddie pool, and hot tub. In addition to a hardwood gymnasium, the Fitness Centre hosts 4 squash courts, a purposed built room for martial arts and a 3500 sq ft Crossfit room. The Centre offers a wide selection of adult and child focused programs including swimming lessons, martial arts, yoga, skating lessons, and dance classes.

MEMBERSHIPS

INCLUSIVE

Child: ~~\$50~~ \$40/month

Adult: ~~\$75~~ \$60/month

Family: ~~\$130~~ \$104/month

Access to all Edmonton Garrison Fitness Centre facilities, as well as complimentary access to recreation programs at no additional charge. Includes programs such as Yoga, Boot Camps, Swimming Lessons, Gymnastics, and Martial Arts.. Additional discounts on services as well as access to our Discounted Ticket Sales.

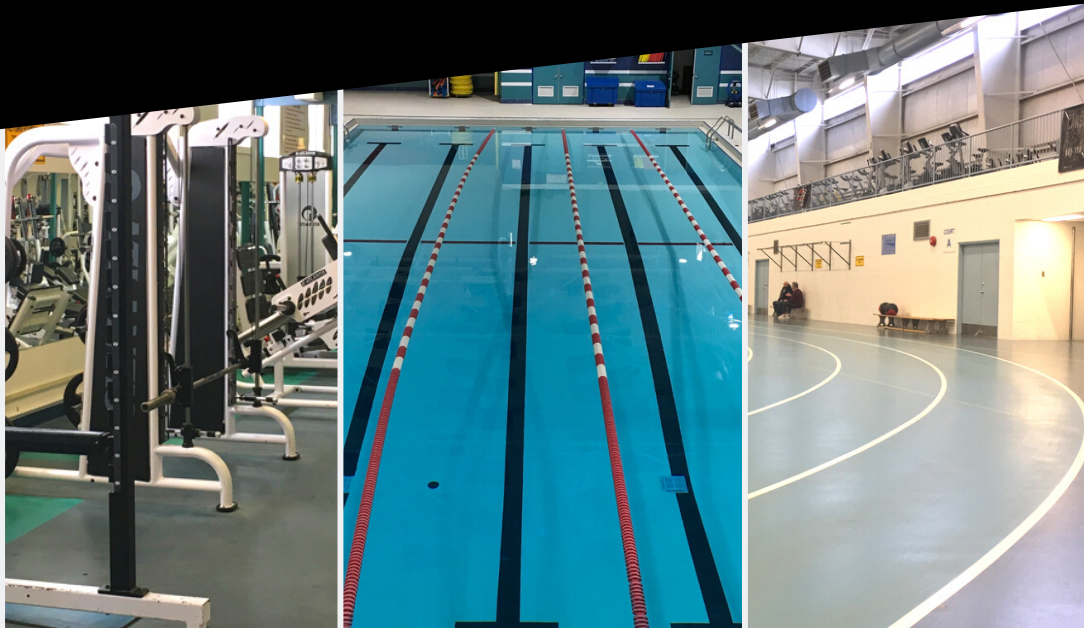
CORE

Child: ~~\$30~~ \$15/month

Adult: ~~\$40~~ \$20/month

Family: ~~\$80~~ \$40/month

Access to all Edmonton Garrison Fitness Centre facilities. In addition, core members receive discounts on programs and services.





PROGRAMS & SERVICES



The Edmonton Garrison Fitness Centre is a full sized recreation multiplex offering a variety of programs for all ages. Visit our website for information on our latest programs and services.

www.cafconnection.ca/Edmonton/Facilities/Fitness-Centre.aspx

Swim Lessons	Yoga	Personal Training	Golf
Advanced Aquatics	Zumba	Dance	Curling
Skate Lessons	Pilates	Culinary Arts	Sports
Hockey	BootCamp	Rock Climbing	Arts
Martial Arts	Functional Fitness	Gymnastics	Science

The Edmonton Garrison Fitness Centre also offers a variety of tickets to it's members at discounted rates. Get access to local attractions like **West Edmonton Mall**, **Cineplex/Landmark Theatres**, and the **Edmonton Oilers** at affordable rates.



OTHER FACILITIES



LIBRARY & COMMUNITY CENTRE

Our Community Centre is home to the local library. Part of the Northern Lights Library System, the library is integrated with all other Sturgeon County libraries. This includes a vast selection of books, movies, and games. Try out the new and improving gaming centre with multiple gaming stations and systems.



COMMUNITY GARDENS

The Edmonton Garrison Community Gardens has 120 garden plots available to rent. Home of the base horticulture club, garden users have access to a variety of gardening equipment including mowers, and tillers. Each plot has nearby water access and is easily accessible from a vehicle.



RUNNING TRAILS & SPORT FIELDS

Over 25 km of paved running trails and an assortment of sport fields are available for community use. Visit the Edmonton Garrison Fitness Centre for a map of outdoor recreation facilities.

EQUINE CENTRE

Home of the Lord Strathcona Mounted Riding Troop, the Edmonton Garrison Memorial Equine Centre is one of the largest equine facilities in the Edmonton region. Our 42 stall barn is run as a cooperative, which provides very affordable boarding rates. Riding arenas are co-located.



AUTO & WOOD HOBBY SHOPS

Our Auto and Wood Hobby Shops are fully equipped self service shops. Whether you need a space to do an oil change or want to do a full restoration, our Auto Shop has you covered from lift to paint booth. The wood shop can handle projects big or small, and has a social atmosphere where members share expertise and knowledge.



ARENA

The Twin Rinks Arena hosts an assortment of open community skates as well as skating and hockey lessons for all ages. Ice time is available for community groups to rent.



EVENTS



There are a number of special events that happen on the base each year, including large Family Day and Canada Day celebrations, drive-in movies, Community Fairs, a safe and spooky Halloween experience for families, and much more.

We encourage all Sturgeon County residents to come and join us!



For additional information or inquiries about memberships, facilities, and programs, please visit www.cafconnection.ca/edmonton or call 780.973.4011 ext 4392.

For ongoing special event information, check out the Edmonton Garrison Fitness Centre on Facebook.

We look forward to seeing you soon!