

Funding Help for Patrons

Kinsmen Aquatic Centre

During the summer months here at the pool, we offer a \$3 swim on Tuesday evenings from 6:30-8 pm and Friday afternoons from 1-3 pm.

FCSS

PALS

PALS Funding Application: The PALS program subsidizes, when possible, fees for local seniors to participate in leisure activities offered in the City of Lacombe. Applicants must reside in the City of Lacombe or be a rural resident of Lacombe. Applications may be submitted at any time. Funds are limited to \$100 per year. The PALS program is funded by the New Horizon Grant & Community Donations and administered by Lacombe & District FCSS.

ELIGIBILITY: Age 55+ who are residents of the City of Lacombe or a Rural Resident of Lacombe with a household income which meets the Alberta Seniors Financial Assistance criteria as per listed below. Annual Net Income of most recent tax year must be equal to or below these levels.

(see line 236 of Income Tax Notice of Assessment)

- Single Senior: under \$28,150
- Senior Couple: under \$45,720

REQUIRED DOCUMENTATION: Last Tax Notice of Assessment and Alberta Health Care Card
(Photocopies are acceptable)

ORGANIZATION: Once you have qualified for PALS, a cheque in the amount of your qualified subsidy will be sent to the organization where the activity will take place.

<https://www.lacombefcss.net/programs-and-services/seniors/pls/>

CONTACT: 403-782-6637

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PASS

The PASS program was initiated to help families facing financial hardship gain access to recreational activities offered in the City of Lacombe. This program encourages youth to participate in local programs that will increase their well-being and community involvement.

When possible, fees for children and youth ages 0 to 18 years of age will be subsidized to the maximum of \$100 per year per child. The PASS program is administered by Lacombe and District FCSS and made possible by the City of Lacombe Recreation and Culture Grant along with Community Donations. All families seeking and receiving funds will be kept strictly confidential.



For more information, visit <https://www.lacombefcss.net/programs-and-services/children-youth/pass-program-admissions-sport-subsidy/> or call 403-782-6637

Funding Help for Patrons

Primary Care Network

Prescription to Get Active

This uniquely designed prescription gives healthcare partners the opportunity to discuss the importance of physical activity and grant patients access to community recreation. This motivational tool breaks down barriers and encourages patients to find the right activities for them as they work towards a healthier life.



Step One

Talk to your doctor and their healthcare team about getting a Prescription To Get Active.



Step Two

Click the Get Started button to record your prescription.

Opt-in for the newsletter to get motivation sent right to your inbox.



Step Three

Find helpful resources and activity ideas on this website to learn how to get moving more.



Step Four

Fill your prescription at a participating recreation facility to get limited free access.

Be sure to take your prescription with you to the recreation facility

For more information, visit <https://www.prescriptiontogetactive.com/>

Mary C. Moore Public Library

Did you know that you can check out passes to use at the Kinsmen Aquatic Centre for all ages & families?

Contact the library at 403-782-3433 for more information

Funding Help for Patrons

McMan Family Resource Network sponsored swims

Our Family Resource Network Services are available for all Albertans with children aged 0-18. Services include early childhood development, child and youth development, parent education, family support and home visitation.

For more information on the sponsored swims visit <http://www.mcmancentral.ca/> or email barb.docken@mcmancentral

Canadian Tire Jump Start for Lessons

Founded in 2005, Jumpstart helps kids overcome financial and accessibility barriers to sport and recreation in an effort to provide inclusive play for kids of all abilities.

Jumpstart is more than just about getting kid's active. It's about giving kids from families in financial need the same chance to participate as their neighbours, their classmates and their friends. Whether it's the chance to try a new sport or to continue with a favourite one, no kid should be left out.

Our Mission

To enrich the lives of kids in need through sport and physical activity.

Our Vision

Canada, where all kids have a chance to fulfill their dreams.

For more information, visit <https://jumpstart.canadiantire.ca/> or <https://jumpstart.canadiantire.ca/pages/contact-us>

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Find the Right Fit

Find the Right Fit is a program that allows you to try a variety of health and wellness activities available in Lacombe at no cost. We know that everyone's needs are different and this program will allow you to explore options and find your right fit!

Register online to receive your coupon booklet that gives you access to the various opportunities. (Includes 2 free passes to the Kinsmen Aquatic Centre.)

Visit <https://www.lacombe.ca/FormCenter/Recreation-Culture-5/Find-the-Right-Fit-Registration-49> to register for this program.

Primary Care Network

The Wolf Creek Primary Care Network. We are a collection of doctors and health care professionals working together in the Central Alberta communities of Bentley, Blackfalds, Delburne, Innisfail, Lacombe, Ponoka, Rimbey, and Sylvan Lake to provide you with integrated care for all of your primary health care needs.

Services are all free and include health & fitness classes, healthy aging classes, emotional and mental health activities and so much more!

Location: 956 Highway 2A, Lacombe AB T4L 1J9

Phone: (403) 782-1408

Website: wolfcreekpcn.com

Prescription to Get Active

This program allows you to have access to recreation and fitness activities in person and online free of charge. You can register on the website or visit the Primary Care Network or your Physician to receive your prescription. You can see what is available to you online. Activities include swimming, walking/running, stretching, strength training, balance, dance, sports, cycling, and yoga/pilates.

Contact: prescriptiontogetactive.com

Free Fitness Class for Seniors at Burman University Gym

Class is open to everyone who wants to improve their cardiovascular fitness, strength, balance, flexibility, reaction time, or coordination.

Sessions run year-round on Tuesdays & Thursday from 9:45-10:45am

Contact: 403-782-2822