



# Idylwyld

## COMMUNITY LEAGUE

### Get Involved In Your Neighbourhood



#### AGM and Idylwyld Park Grand Opening

Save the date - June 23 - 2 p.m. start time! Come learn what your league is up to and hear about ways you can help make our community great! We will start with the AGM and follow up with cake to celebrate the Grand Opening of the freshly revitalized Idylwyld Park!

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#### Board Positions Available

The board positions of Treasurer and Programming will be up for election at the AGM. We would love to have your help! Volunteering on our board is a great experience where you can help build your community while developing meaningful skills and relationships. If you have questions about either of these positions, or would like to help out in another way, get in touch with [Kate](#).

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### **Cheery Tomato Community Garden**

Spring has sprung! If you would like to turn your thumbs green this summer, contact us at [gardenidylwyld@gmail.com](mailto:gardenidylwyld@gmail.com) and we'll let you know how you can be involved with our amazing little community garden.

### **Program Calendar 2019**

Classes are FREE for ICL members. Make sure to show your card to the instructor, so we don't have to ask and make it weird.

Membership cards should be purchased ahead of time from [Michelle](#), online at [efcl.org](http://efcl.org) or at classes.

#### **Pilates Mat Class**

Instructor: Kelly Bray

Mondays: 7:00 pm - 8:15 pm

Start date: April 29, 2019

End date: June 24, 2019

Pilates is a system of controlled exercises that engage the mind and condition the whole body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates takes a balance approach so that no

#### **Spring into Fitness Class**

Instructor: Kelly Bray

Wednesdays: 7:00 pm - 8:15 pm

Start date: May 1, 2019

End date: June 26, 2019

A complete conditioning program; an active class that strengthens your body from head to toe and keeps burning fat even after class! You'll develop your balance, coordination, aerobic fitness, strength and flexibility through resistance training, intervals, power

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body moves as an efficient, holistic system in sport and daily activity. The heavy emphasis on abdominal strengthening is a necessity and the class is designed for every fitness level. Kelly Bray is a certified Pilates instructor and have many years of teaching experience. All that is required of you is to show up with a yoga mat to enjoy the Pilates experience.

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activities to help us get and maintain a fit body in a safe and fun environment. A pair of runners, a mat and a water bottle is all you need. Dress comfortably as you are going to sweat!

### **Community League Swim**

Swim is free of charge for Idylwyld Community League (ICL) members. Show your ICL membership card to enter the pool.

*Commonwealth Community Recreation Centre (11000 Stadium Road)*

Saturdays: 5:00pm - 7:00pm

Start Date: September 30, 2018

End Date: August 31, 2019

*Hardisty Leisure Centre (10535 65 Street)*

Sundays: 1:15 pm - 2:45 pm

Starts Date: September 9, 2018

End Date: June 23, 2019

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### Little Free Library

The trees are blooming, so enjoy our beautiful streets by taking a quick stroll to visit our Little Free Library over at 7932 83 Avenue. Grab an exciting book from the collection or drop off one of your favorites that you think someone else may enjoy. Nothing better than reading a new favorite hearing the sounds of the birds (and construction) outside!

*“A room without books is like a body without a soul.”*

- Marcus Tullius Cicero

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### Hall Rentals

We are looking for a community minded volunteer rental coordinator to look after all things rental. What we do is pretty special, in that we offer reduced rates to people who live within Idylwylde, so you can host a larger than life function, right in your neighborhood. The only catch? We can't do it without your help!!! If this sounds like something you can take on to help the community, get in touch with [Kate](#).

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### Monthly Community Meetings

Our board meets the second Tuesday of the month, at 7pm (though we sometimes take a break around new years and during the summer). Come out and hear what's going on in your community around the round table, where everyone has a voice!



Our address is:  
8631-81 Street NW

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