



Summer 2009

Get Active

June

- June 5-7th - Spectrum
 - (403) 977-2227 or <http://nonprofit.memlane.com/spectrum/>
- June 6th - Walk for ALS
 - (403) 979-2318
- June 7th - Spring Sprint
 - www.springsprint.ca or 1-800-265-5106
- June 12-14th - Chuckwagon Races
 - Stampede Office - (403) 527-1234
- June 14th - "RIDE FOR LIFE" 30km Leisure Cycle-a-Thon
 - (403) 527-6640
- June 19-20th - Redcliff Days
 - Mavis or Cindy - (403) 548-3232
- June 19-21st - MH Soccer Association Father's Day Tournament
 - www.medicinehatsoccer.com or (403) 529-6931
- June 19-21st - Barrie Shave Memorial Classic (Tennis Club)
 - <http://www.medicinehattennisclub.com/index.html>
- June 20th - 6th Annual Bike Run for CORE Association
 - Gary - (403) 504-3470 or Ron - (403) 526-3017
- June 20th - Memory Walk (Alzheimer Society)
 - (403) 528-2700
- June 20th - Lepto Light Show (Police Point Park)
 - (403) 529-6225
- June 21st - Father's Day River Run
 - <http://www.medicinehatnews.com/images/riverrun2009.pdf>
- June 28th - Flying Flowers (Police Point Park)
 - (403) 529-6225



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July

- July - Various Tennis Tournaments
 - <http://www.medicinehattennisclub.com/index.html>
- July 1st - Canada Day Celebration and Sandfly Festival
 - Pat - (403) 529-6788 or www.canadaymedicinehat.ca
- July 1st - Beat the Heat Skateboard Competition
 - <http://www.medhatskate.com/?p=385>
- July 6th - ATB Financial Golf Day in Alberta
 - <http://www.atbgolfdayinalberta.com>
- July 7-31st - Water Polo
 - (403) 548-6476 or <http://www.mhwp.ca>
- July 8th - Big Brothers Big Sisters Charity Golf Tournament
 - (403) 527-6640
- July 8-11th - Southern Alberta Summer Games
 - Kara - (403) 502-8570 or Darcy - (403) 525-2315 or www.medicinehat.ca/sasg
- July 11-12th - Western Canadian Midget Track & Field Championships
 - <http://www.athleticsalberta.com/main/index.php?WCMC>
- July 11-14th - Sage Brush Trail Rides in Cypress Hills
 - (403) 529-7597 or <http://www.sagebrushtrailrides.com/chside.html>
- July 13-17th - Ringette Review Camp
 - <http://ringettereview.com/archives/99> or Danielle (403) 874-9127
- July 18th - Cypress Hills Walk for Muscular Dystrophy
 - O'Brien (403) 893-3777 ext. 202 or Nicole (403) 893-8905
- July 20-26th - Exhibition and Stampede
 - (403) 527-1234 or <http://www.mhstampede.com/>
- July 21-27th - Heart and Stroke Big Bike
 - (403) 527-0028 or www.bigbike.ca



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August

- August - Various Tennis Tournaments
 - <http://www.medicinehattennisclub.com/index.html>
- August 3rd - Connaught Golf Course Open Tournament
 - 403) 526-0737 ext 1
- August 7-8th - Box Springs Rodeo
 - (403) 526-8954 or (403) 527-1234
- August 15th - Medicine Hat Youth Got Talent
 - (403) 527-4249 or www.medicinehatyouthaction.ca
- August 23rd - Open Minds Walk & Run (Schizophrenia)
 - http://schizophrenia.resourcecenter.com/event/index.asp?Page_ID=229
- August 24th - Chamber of Commerce Rattlesnake Pro Golf Tournament
 - (403) 527-5214.
- August 30th - Echo Dale Corn Roast
 - <http://www.echodalefarms.com/cornroast.php>
- MHC Summer Voice and Theatre Arts Workshop
 - 403-529-3844 or susupeene@hotmail.com



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Active Living In The Hat

- Medicine Hat Be Fit for Life
 - <http://www.mhc.ab.ca/befitforlife/>
- Moving and Choosing
 - <http://www.movingandchoosing.com>
- Family Leisure Center
 - <http://www.medicinehat.ca/flc>
- Cycling Club (Tuesday, Thursday and Saturday)
 - Garry - (403) 488-2666
- Running Club (Tuesday, Thursday and Saturday)
 - (403) 526-6089 or (403) 580-4730 or <http://www.madhatters.ca>
- Terry Fox Run (September)
 - <http://www.terryfoxrun.org/english/home/default.asp?s=1>
- River Run Adventures (Fishing)
 - <http://riverrunadventures.shawwebpace.ca>
- Salta Gymnastics
 - <http://www.saltagym.com/index.html>
- SuperWalk for Parkinson's (September)
 - <http://www.superwalk.com/city.php?city=5>



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Summer Camps

- High Tempo Girls Hockey Camp
 - <http://www.hightempohockey.com/girls-hockey-camps-medicine-hat.htm>
- Medicine Hat Skating Club
 - <http://www.mhskatingclub.com>
- Rattlers Summer Sports Camps
 - (403) 504-2556
- Eagle Nest Ranch Summer Camp
 - <http://www.enr.ca>
- Medicine Hat School of Performing Arts
 - (403) 526-5006 or (403) 580-7152
- Camp McCoy
 - (403) 866-4147 (leave message)
- Cypress School of Skating
 - (403) 526-4788 or www.csos.ca
- Puckmasters Hockey Training
 - (403) 548-0007
- Turcotte Stickhandling Hockey School
 - <http://www.turcottehockey.com> or (403) 502-8560
- HSD Hockey Camp
 - <http://www.hsdhockey.com/index.php>



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Fall 2009

- Medicine Hat Ballroom Dance Club
 - <http://www.mhbdc.com>
- Hanson School of Dance
 - <http://www.hsddance.com/> or (403) 528-9747
- Southeastern Alberta Volleyball Club (SEAVC)
 - <http://www.seavc.ca>
- Lime Litez Dance
 - (403) 580-2204 or <http://www.limelitezdance.com>
- Salta Gymnastics
 - <http://www.saltagym.com/index.html>
- Medicine Hat Soccer Association
 - <http://www.medicinehatsoccer.com/>
- Medicine Hat Minor Hockey
 - <http://www.medicinehatminorhockey.com/>
- Medicine Hat Ringette
 - <http://www.mhringette.com/home.asp>
- Medicine Hat Dart League
 - <http://medicinehatdarts.org/>
- Medicine Hat Curling Club
 - <http://www.mhcurling.com/index.htm>
- Medicine Hat Waves Swim Club
 - <http://www.mhwaves.com/frontpage.php>