

APRIL 2026

DELIVERED MONTHLY TO 3,650 HOUSEHOLDS

# your WEST HILLHURST WARBLER

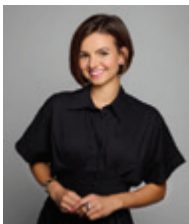
THE OFFICIAL WEST HILLHURST COMMUNITY NEWSLETTER



## PRESCHOOL SECRET GARDEN

Proudly  
CANADIAN

ROYAL LEPAGE  
Benchmark



HALLIE JOHNSON REALTOR®



403.390.3190  
halliejohnson@royallepage.ca  
halliejohnson.royallepage.ca  
@therealhalliejohnson



\*Not intended to solicit buyers or sellers currently under contract\*



**bethany**  
creating caring communities

# Bethany Calgary Redevelopment News

Get project updates at  
[developmentbethany.com](http://developmentbethany.com)

Spring has Sprung!

## Garden Plots are Open!

Open April 1 to previous gardeners (2025)  
Open April 15 to general public

Valid WHCA Annual Membership required  
Plot costs \$40 +GST

For more information contact Carla:  
[admin@westhillhurst.com](mailto:admin@westhillhurst.com)  
403 283 0464 x6



# OFFICIAL



**PLUMBING & HEATING**

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Electrical

**\$50**  
Service Call Fee



**403-837-4023**  
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[official-plumbing-heating.ca](http://official-plumbing-heating.ca)

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[anita@anitamortgage.ca](mailto:anita@anitamortgage.ca)



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**PERSONAL TAX RETURNS**

Father & son  
20+ years of experience  
Contact me for your worry-free tax return

Starting at **\$75**



**TRACE MARCY**  
Consultant SME  
403-608-1724  
[trace@marcyconsult.com](mailto:trace@marcyconsult.com)

Stel Piano Studio

# PIANO FRIENDS

*beginner group class  
ages 4-6*




**Kids will explore:**

- Rhythm and Movement
- Hands-On Keyboard Activities
- Singing and Ear Training
- And Much More!

Located in West Hillhurst



## WEST HILLHURST GO-GETTERS ASSOCIATION

### Join the Go-Getters!

We're a vibrant, welcoming group for adults 50+ who love to stay active, connect with others, and discover new experiences. The Go-Getters community offers a great mix of fitness classes, daily card games, bingo, and monthly special events.

Annual memberships for 2025 are just \$35 and available now!

To join or learn more, call us at 403-283-3720 or email [programs@telus.net](mailto:programs@telus.net).

If you are in the neighbourhood, feel free to drop by and visit us Monday to Friday between 8:30 am and 3:30 pm.

The Go-Getters are located at 1940 6 Avenue NW. You will find us at the SW corner of the WHCA facility building.

# Your Next Move Deserves Strategy. Not guesswork.



### CLEAR ADVICE FOR YOUR HOME AND YOUR LEGACY

As a REALTOR® & real estate/estate lawyer, I can help you make the decision on whether to sell, hold, or pass your property on — with clarity, discretion, and long-term vision.

Let's have a chat, even if you're not sure you want to sell. No pressure. No obligation. Just honest guidance.

**Jason Ford** Residential & Commercial REALTOR® & Lawyer

**Call/text to buy or sell today!**

**403.827.6464** | [jason@fordhaymour.ca](mailto:jason@fordhaymour.ca) | [landandlaw.ca](http://landandlaw.ca)



## GENERAL MANAGER'S MESSAGE

Dear West Hillhurst Community,

Spring sports registration is now open, and we're excited to see our fields and courts buzzing with activity in the months ahead. Soccer, tennis, and T-ball programs are gearing up for the season, offering wonderful opportunities for kids and families to stay active, develop new skills, and connect with neighbours.

We're also pleased to announce that 2026–2027 WHCA Community Preschool registration is officially open. Our preschool remains a valued part of the West Hillhurst community, providing a nurturing and engaging environment for our youngest members. Spaces fill quickly, so we encourage families to register early to avoid disappointment.

Planning is also underway for Community Gardens and our annual spring community cleanup initiatives. These events are a great way to give back, meet fellow residents, and help keep West Hillhurst looking its best.

### Save The Dates

- May 23 – Neighbourhood Garage Sale
- May 24 – Spruce Up the Neighbourhood Community Cleanup
- June 20 - Kick off to Summer

Be sure to stay connected by following WHCA on social media for updates on spring programs, event details, and volunteer opportunities as they're announced.

We're looking forward to a vibrant and active spring season and hope to see you out enjoying all that our community has to offer.

Be sure to stay connected by following WHCA on social media for updates on spring programs, event dates, and volunteer opportunities as they're announced.

We're looking forward to a vibrant and active spring season and hope to see you out enjoying everything our community has to offer.

- Sign up for our e-newsletter to receive updates on programs, events, and community news straight to your inbox. [www.westhillhurst.com/newsletter](http://www.westhillhurst.com/newsletter)
- Visit our website for the latest information, registration details, and resources. [www.westhillhurst.com](http://www.westhillhurst.com)

- Follow us on social media to see event highlights, reminders, and behind-the-scenes updates. [westhillhurstca](https://www.instagram.com/westhillhurstca), [thenestwhca](https://www.instagram.com/thenestwhca), [WHCAab](https://www.facebook.com/WHCAab)

Stay connected, get involved, and be the first to know what's happening in our community!

With regards,

*Susan Lenio*

General Manager, West Hillhurst Community Association

[generalmanager@westhillhurst.com](mailto:generalmanager@westhillhurst.com)



**FOLLOW  
WHCA**

**WESTHILLHURSTCA**

**THENESTWHCA**

**WEST HILLHURST COMMUNITY ASSOCIATION**

**WWW.WESTHILLHURST.COM**

# WHCA Board of Directors

President	Dylan R. president@westhillhurst.com
Vice President	James H. vice-president@westhillhurst.com
Treasurer	Will O. treasurer@westhillhurst.com
Secretary	Deborah K. secretary@westhillhurst.com

## Directors

Lawrence B., Elizabeth L., Gord C., Angela P., Alina K., John P., Anila S.

## General Contacts

Community Events and Volunteers	info@westhillhurst.com
Community Garden, Newsletter and Pickleball	admin@westhillhurst.com

## West Hillhurst Advocacy Groups

WH Planning	whcaplanningcommittee@gmail.com
WH Transportation and Mobility	whca.transportation@gmail.com

## WHCA Facility Rentals

We have our WHCA arena, gymnasium, and studio spaces available for rent! Please check our online calendar for available times at [www.westhillhurst.com/facility-rentals](http://www.westhillhurst.com/facility-rentals). Questions? Email [rentals@westhillhurst.com](mailto:rentals@westhillhurst.com).



# WHCA Member Card Discounts

Members of the West Hillhurst Community Association have access to a variety of activities, sports, events, seminars, and more. A WHCA membership also comes with some exclusive benefits and discounts at local businesses. We are always adding new partners to our benefits program, so keep an eye out each month for new sponsors.

**Exclusive Member Card Discounts:** Our members receive promotional discounts with local businesses when presenting a WHCA Membership Card.

- Amato Gelato: 10% off
- Calgary Health Collective: 10 to 20% discounts
- Canary Goods: 10% off
- Dignity Memorial: 10% savings
- Eco Equitable: Use promo code 'WHCA' for a 15% discount
- Framed on Fifth: 10% off picture framing services
- Holiday Inn Express & Suites University Calgary: 10% discount on room bookings
- Kensington Wine Market: 10% off wine, 5% off beer and spirits
- Little Rock Painting: 20% discount, use promo code WHCA20
- Piano Friends Group Classes (see page 3).
- Shae Spa: \$50 off initial treatment
- Showhome Furniture: 20% off regular priced items, 10% off custom furniture
- Shuswap Ski & Board: 10% discount on regular priced paddles and court shoes.
- Sunny Cider: 10% off any cider purchased at the tap room
- Superior Vacuums: 5% off any purchase or service
- TrinityWellness Centre: 15% off your initial acupuncture assessment and treatment
- Villages Calgary: 10% off purchases excluding rugs, food, and sale items
- Vine Styles: 10% discount, excluding already discounted products

Contact [generalmanager@westhillhurst.com](mailto:generalmanager@westhillhurst.com) or call 403-283-0464 for sponsorship and advertising opportunities including spaces in the arena, gymnasium, squash courts, and more.

No membership card? No problem! Come see us at the administration office to get yours. To register for WHCA free member programs visit [westhillhurst.com](http://westhillhurst.com). Membership cards must be shown. Online administration fees go back to WHCA.

## West Hillhurst Transportation and Mobility Committee

The WHCA Transportation and Mobility Committee works with the planning committee to advocate for vehicle, pedestrian, cycling, and transit safety and access in our neighbourhood.

Our goals:

1. To work with the City of Calgary on transportation plans and issues related to our community.
2. To work with community members by letting them know how they can resolve transportation issues.
3. To advocate for infrastructure spending in our community.



## Planning Committee

by Karen Dahl

The West Hillhurst Planning Committee (WHPC) is a small but dedicated group of volunteers that meets on the third Monday of every month to review development applications received from the city. Should the meeting fall on a holiday, it will be held on Tuesday night.

All residents and guests are welcome to attend!

For more information, please access the following resources:

- WHPC upcoming meetings, past meeting minutes, and the WHPC Terms of Reference are posted on [www.westhillhurst.com/planning](http://www.westhillhurst.com/planning).
- Go to [developmentmap.calgary.ca](http://developmentmap.calgary.ca) to find details and timelines on specific development projects.
- Email the WHPC directly at [whcaplanningcommittee@gmail.com](mailto:whcaplanningcommittee@gmail.com).

**SKIP THE DEPOT**

Donate \$\$ from your used clothing, bottles, and electronics!!

**WEST HILLHURST COMMUNITY ASSOCIATION**

BOTTLES  
CLOTHING  
ELECTRONICS

promocode:  
**DONATEWESTHILLHURST**

INFO [www.westhillhurst.com/skip-the-depot](http://www.westhillhurst.com/skip-the-depot)

**BOOKLAND**

The "978" or "979" prefix that appears on book barcodes represents the fictitious country of Bookland. This allows publishers to catalogue books by their International Standard Book Number (ISBN), rather than by a respective country code.

## Skip the Depot

What is SkipTheDepot? A door-to-door bottle collection, electronic recycling, and clothing donation service that makes recycling and clothing donations even more manageable as they will come to you! For a full refund use promo code DONATEWESTHILLHURST. Download the app and book a pick-up!

<https://app.skipthedepot.com/westhillhurst>.

## THE NEST

Friends of West Hillhurst! Come support local at The Nest and enjoy a delicious burger, hot wings, gluten-free options, and an affordable kids' menu. Takeout available.



For takeout, reservations, and group bookings email [thenest@westhillhurst.com](mailto:thenest@westhillhurst.com) or call 403-389-2039.



### TUESDAY

4:30PM - LAST CALL 11:30PM

### WEDNESDAY

4:30PM - LAST CALL 11:30PM

### THURSDAY

4:30PM - LAST CALL 11:30PM

### FRIDAY

3:00PM - LAST CALL 11:30PM

### SATURDAY

4:30PM - LAST CALL 11:30PM

Reserve your table or order take out:

☎ 403 389 2039    📧 [thenest@westhillhurst.com](mailto:thenest@westhillhurst.com)

## WHCA EVENTS

# WEST HILLHURST COMMUNITY ASSOCIATION

PRESCHOOL • RESTAURANT • STUDIO / GYM RENTALS  
ARENA • YOUTH PROGRAMS • HEALTH & RAGUET CLUB

[WWW.WESTHILLHURST.COM](http://WWW.WESTHILLHURST.COM)

1940 6TH AVE NW

[THENESTWHCA](https://www.instagram.com/thenestwhca)  
 WESTHILLHURSTCA

Stay tuned for the following event:

April 18 - Wine Tasting.

Location: The Nest

### We Need You! We Are Better Together!

We are looking for people interested in helping with West Hillhurst Community Association events. If you have any ideas or are interested in helping, please contact [info@westhillhurst.com](mailto:info@westhillhurst.com).



## WEST HILLHURST

# COMMUNITY MEMBERSHIP

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### ANNUAL WHCA FAMILY MEMBERSHIP \$35

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MEMBER PROGRAMS | SKATE / STICKS N PUCKS / TAI CHI  
WHCA PROGRAM ACCESS / DISCOUNT ICE TIMES  
DISCOUNTS AT LOCAL BUSINESSES

[www.westhillhurst.com/whca-membership](http://www.westhillhurst.com/whca-membership)

# WHCA EXTERNAL/INTERNAL PROGRAMS

The West Hillhurst Community Association and its external renters offer a wide variety of programming with activities for all ages, schedules, and fitness levels. (Please contact the organizer/organization directly for information).

## Youth Programming

[www.westhillhurst.com/youth-programs](http://www.westhillhurst.com/youth-programs)

### Internal Programs

#### WHCA Preschool 2026-2027

Spots still available: [www.westhillhurstpreschool.com](http://www.westhillhurstpreschool.com)

#### New Soap Workshop

Registration is open. Starts April 22.



**BOWNESS SOAPWORKS**

**SOAP MAKING WORKSHOP AT**

**THE Nest**  
RESTAURANT & CAFE

**Wednesday April 22**  
**6:00 PM**  
**\$95**

Cost of workshop includes a \$10 gift card to Bowness Soapworks' Pop Up Market and all materials needed to take home 1 Lb of spearmint and lavender scented cold process soap! Plus, enjoy specials from The Nest kitchen!

REGISTER TODAY:



#### New Clay Program

Registration is open! Runs May 1 to May 29

#### Youth Soccer Program

Registration is open! Runs May 4

#### Soccer Skills and Drills

Registration is open! Runs May 4 to June 15

#### Youth Tennis

Registration is open! Runs May to June

#### Youth T-Ball

Runs May through June



**WEST HILLHURST COMMUNITY**

# SPRING SOCCER

**U4 U6 U8** MEG 

**TUESDAYS - THURSDAYS**  
**MAY 5 - JUNE 20** timbits soccer

*Designed and structured by Triple Meg Coaches - Come join us and learn the basics to advance your soccer skills through fun drills, practice, and games!*

*Registration includes soccer ball, jersey, medal, photo, and June 20 Tournament!*

LOOKING FOR VOLUNTEER COACHES & TEAM MANAGERS

[www.westhillhurst.com/whca-soccer](http://www.westhillhurst.com/whca-soccer)



**WEST HILLHURST COMMUNITY**

# SKILLS n DRILLS

**GIRLS 9-12YRS** 5:15-6:15pm 

**BOYS 9-12YRS** 6:30-7:30pm

**MONDAYS MAY 4 - JUNE 15** NO CLASS MAY 18

*Drills & Skills are a great way to advance your next level this spring! With coaching instruction led by Triple Meg Soccer, you can bet you will leave with a few new soccer tools in the box!*

*\* These lessons are not intercommunity league games*

LOOKING FOR VOLUNTEER COACHES & TEAM MANAGERS

[www.westhillhurst.com/whca-soccer](http://www.westhillhurst.com/whca-soccer)



## External Programs

### WOW Occupational Therapy for Kids with ADHD

wowot.ca

### Jugando: Spanish Centre for Kids!

www.jugando.ca

### Sportball

www.sportball.ca/calgary

### Triple Meg Soccer

www.triplemeg.com

### Calgary Roller Derby Jr.

www.calgaryrollerderby.com.

juniors@calgaryrollerderby.com

### Karate Jkaiwayama

www.jkaiwayama.ca

### Summit Kids Before/After School Care

Monday to Friday. www.summitkids.ca

## Adult Sports and Fitness Programming

www.westhillhurst.com/adult-programs

### Free WHCA Membership Programs

#### Tai Chi

Sundays from 10:00 to 11:00 am

#### Member Skate

Wednesdays from 1:30 to 2:30 pm

#### Sticks N Pucks

Wednesdays from 2:30 to 3:30 pm

#### Boogie Nights

Dance fitness class.

melissa.fellows@outlook.com

### NCHL (adult non-contact hockey league)

Mondays through Sundays. www.nchl.com

### Jazzercise with Kathy Taylor

\*Jazzercise under new management

Mondays and Wednesdays, 6:00 to 7:00 pm.

jazzstrathcona@gmail.com

### Yogamaya

Yin, gentle, and flow yoga classes.

www.yogamaya.ca

### Ladies Tennis and Adults (mix)

Registration opened March 1 and starts May

### Lisa Scott Bootcamp

Indoor and outdoor boot camp.

scottlj@telus.net

### JKA Karate (Jkaiwayama)

Adult and youth karate.

www.jkaiwayama.ca

### Fight 34 Krav Maga

We teach the krav maga system of realistic self-defense.

info@fight34.com

### Calgary Sport & Social Club

Volleyball, pickleball, floor hockey.

www.calgarysportsclub.com

### Calgary Roller Derby

Adult roller derby.

www.calgaryrollerderby.com/juniors and

calgaryjuniorrollerderby@gmail.com

### Chinook City Roller Derby

Adult roller derby.

michael.p.willie@gmail.com

### Burlesquercise

Dance fitness class – contact Jessie – admin@

burlesquercise.ca



## Dog Nose Prints

A dog's nose print is completely unique – much like a human's fingerprint!



by Lisa Kelly



March was a vibrant and creative month at West Hillhurst Preschool! Our young learners explored the world of famous artists, drawing inspiration from Van Gogh, Kandinsky, Picasso, Monet, and Mondrian. The classroom quickly transformed into a colourful gallery, filled with artwork created by our very own budding artists. We are always amazed by the children's attention to detail and the pride they take in their creations.

Throughout the year, our programming continued to grow from the children's interests and curiosities. By building activities around what excites them most, we help foster early learning skills while encouraging questioning, exploration, and imagination. It has been especially heartwarming to see friendships continue to blossom. The classroom is filled with imaginative play, storytelling, turn-taking, and cooperative games as the children learn and grow together.

We have also been focusing on developing fine motor skills through engaging, hands-on activities. From rolling and cutting playdough to using spray bottles in our secret garden and practicing grip strength with tongs and small objects, these playful exercises help strengthen the muscles needed for future writing skills and support hand-eye coordination.

Registration for our 2026/2027 preschool program is now open to the public, and spaces are filling quickly. We also offer a Lunchtime Literacy program for children enrolled in our preschool.

For more information, please visit [www.westhillhurstpreschool.com](http://www.westhillhurstpreschool.com).

We look forward to another wonderful season of learning and growth in our community!

A colorful registration poster for West Hillhurst Community Preschool for the 2026-2027 school year. The poster features a rainbow at the top with stars, and the school's logo. The main text reads 'REGISTRATION 2026-2027'. Below this, a black box lists 'Sections available: M/W/F AM, M/W PM, T/Th AM, T/Th PM'. To the right, a yellow box states 'For children aged 3-5: kindergarten students welcome'. At the bottom, there is a 'Register Here!' button with a QR code and contact information: 'Registration Opens: February 2, 2026 - Current Students; February 4, 2026 - Alumni; February 9, 2026 - General Public; visit www.westhillhurstpreschool.com to register; Questions? Email info@westhillhurst.com or call 403 283 0464 ext 3'.

**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

## SCAN HERE TO VIEW ADDITIONAL WEST HILLHURST CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



## West Hillhurst Skating Club

West Hillhurst Skating Club (WHSC) is a not-for-profit Skate Canada sanctioned club that hosts skating programs in the northwest Calgary communities of West Hillhurst, Brentwood, and Mount Pleasant. Providing instruction to skaters aged three to adult, it is the mission of WHSC to provide programs that allow skaters to develop fundamental skating skills while supporting goal-achievement and creativity in a positive, safe, and fun skating environment. West Hillhurst Skating Club has proudly operated within the West Hillhurst Community Association for more than 35 years. As a pillar of the community, WHSC will continue to serve WHCA members and Calgarians for decades to come.

Over the past few years, WHSC has seen significant growth. In an effort to better serve members, the WHSC has moved to a new website and email address! To explore the programs they offer and register for summer skating, visit the new website. Spring 2026 programming is open now, get your spot while they still last!

All inquiries can be sent to [director@westhillhurstskating.com](mailto:director@westhillhurstskating.com).

*Jaclyn Holmes and Amy Cardinal*


Co-Directors of Skating  
West Hillhurst Skating Club  
[director@westhillhurstskating.com](mailto:director@westhillhurstskating.com)  
[info@westhillhurstskating.com](mailto:info@westhillhurstskating.com)  
[www.westhillhurstskating.com](http://www.westhillhurstskating.com)




**SPRING INTO THE RINK!**

**Spring 2026  
REGISTRATION OPEN**  
**Skating programs  
for all ages**  
[westhillhurstskating.com](http://westhillhurstskating.com)

  
WEST HILLHURST SKATING CLUB  
[westhillhurstskating.com](http://westhillhurstskating.com)



  
**WEST HILLHURST  
SKATING CLUB**



**EXPERIENCE THE JOY OF SKATING**  
**ADULTS come Skate with  
West Hillhurst**

[westhillhurstskating.com](http://westhillhurstskating.com)



**ARE YOU  
READY**

**VISIT OUR  
NEW  
WEBSITE**

[WESTHILLHURSTSKATING.COM](http://WESTHILLHURSTSKATING.COM)



  
**WEST HILLHURST  
SKATING CLUB**

# West Hillhurst Racquet Club



## New Private/Semi-Private Training

Please reach out to trainers directly for pricing and scheduling.

Ian Coburn: [ian.t.coburn@gmail.com](mailto:ian.t.coburn@gmail.com), 403-714-3578

[www.westhillhurst.com/meet-the-instructors](http://www.westhillhurst.com/meet-the-instructors)

## Squash Lessons

Sasha Thomson: [sasha@thomsonfamily.ca](mailto:sasha@thomsonfamily.ca)

Ozzie Vallejos: [ozzievallejos@aol.com](mailto:ozzievallejos@aol.com)

Membership information can be found at [www.westhillhurst.com/membership-pricing](http://www.westhillhurst.com/membership-pricing).

Questions? Contact [whfitness@westhillhurst.com](mailto:whfitness@westhillhurst.com) or 403-283-0464, ext. 1.

**NOW ACCEPTING NEW MEMBERS**  
Come join West Hillhurst's best kept secret!

3 BRAND NEW TENNIS & 6 PICKLEBALL COURTS  
3 INTERNATIONAL SQUASH COURTS  
FITNESS CENTRE • DANCE STUDIO

Entrance behind WHCA building by soccer fields | [www.westhillhurst.com](http://www.westhillhurst.com)

WEST HILLHURST RACQUET CLUB

# SQUASH COACHES

## PRIVATE LESSONS

**OZZIE VALLEJOS**  
[ozzievallejos@aol.com](mailto:ozzievallejos@aol.com)

**SASHA THOMSON**  
[sasha@thomsonfamily.ca](mailto:sasha@thomsonfamily.ca)

Squash Alberta      WEST HILLHURST RACQUET CLUB      Squash Canada

WEST HILLHURST RACQUET CLUB

# TENNIS LESSONS

*private & small group*

**Jacqueline**  
[jacquelinelam.yyc@gmail.com](mailto:jacquelinelam.yyc@gmail.com)

**Felix**  
[felixmengfl@gmail.com](mailto:felixmengfl@gmail.com)

Email directly for more information & fees

## Adult Pickleball

Welcome to the WHCA pickleball program. We offer pickleball in recreational, beginner, intermediate, and advanced groups.

Check out our WHCA website. Please contact Carla at 403-283-0464, ext. 6, or email [admin@westhillhurst.com](mailto:admin@westhillhurst.com).





## Jacqueline

Jacqueline, a former representative of the Hong Kong Junior Fed Cup Team. Jacqueline started competitive play at age 12, participating in both local and international tournaments. Jacqueline became a multiple-time champion in Hong Kong's National doubles events.

While pursuing her studies at The University of Hong Kong (HKU), Jacqueline also assumed the role of the Ladies' Tennis Team Captain from 2018 to 2020. Throughout her college career, Jacqueline consistently ranked among the top 8 in Women's singles and doubles, showcasing her talent and determination on the court.

[jacquelinelam.yyc@gmail.com](mailto:jacquelinelam.yyc@gmail.com)

# PRIVATE TENNIS LESSONS



## Fanlong Meng Felix

With over 15 years of playing experience, including representing the varsity team and securing victories in both the club championship and interclub competitions, Felix brings a wealth of knowledge to the court. As a coach, Felix has dedicated six years to part-time coaching, specializing in beginner and intermediate levels for both adult and junior programs.

His dedication, expertise, and genuine love for the game make him an ideal choice for anyone looking to improve their skills and experience the thrill of tennis."

[felixmengfl@gmail.com](mailto:felixmengfl@gmail.com)

message directly for more info / prices



## BRENDAN TENDECK

- Personal Trainer
- BHPE | CPT



- Bachelor of Health and Physical Education
- Mount Royal University
- Certified Personal Trainer - CPT
- Founder of SHIFT Sports Performance

A dedicated and results-driven college graduate with a strong work ethic and a passion for health, performance, and recreation. I bring hands-on experience in coaching, leadership, and physical development, with a commitment to helping individuals of all ages and backgrounds achieve their personal goals. Whether working with athletes, youth, or older demographics seeking improved strength, mobility, confidence, or overall well-being, I take a personalized and goal-driven approach to training.

As the Founder of SHIFT Sports Performance, a Calgary-based company, I specialize in strength and conditioning, skill development, and performance-based training while also supporting general fitness, longevity, and lifestyle improvement. My background as a former hockey player and boxer has shaped a training philosophy rooted in discipline, consistency, and long-term growth. I pride myself on motivating and guiding clients at every stage of life, creating an environment that builds confidence, resilience, and sustainable progress.

403-703-7858 | [btdangles@hotmail.com](mailto:btdangles@hotmail.com)



## IAN COBURN

- Personal Trainer
- BSc Kin | CSEP | FMS-2



- BSc Kinesiology (Major Biomechanics) University of Calgary
- Registered Kinesiologist - Canadian Kinesiology Alliance
- Certified Personal Trainer - CSEP
- Functional Movement Systems - Level 2

Ian's own injury rehab and athletics journey uncovered the changes that are often needed in the building blocks of movement, to improve people's health and performance. With this Ian helps others by screening movement and lifestyle for injury risk factors and limitations that are hindering their improvement. From there, whether an individual or group, Ian personalizes clients programs designed to remove limitations so that a strong foundation can be built for reaching your goals.

With over a decade of experience, and working with everyone from teens to octogenarians in levels of everyday life to elite sport; Ian offers 1-1 & small group training to best fit your needs!

Those interested in functional wellness coaching, or private/small group training please email Ian directly or visit his website

403-714-3578 | [ian@coburncoaching.ca](http://ian@coburncoaching.ca)

# WHCA Gardens

Spring is just around the corner, and we're excited to get the new season underway!

## Exciting News!

We are hosting another fundraiser in partnership with Blue Grass Nursery. The fundraiser ends on April 1, with a tentative delivery scheduled for May 1. The fundraiser will hopefully assist in more repairs to the garden plots. More information will be posted on our website and social media and in the *Warbler*.

## Garden Renewals

An email will be sent out to the 2025 gardeners for renewal mid-March to renew by April 15 and then to the public on April 16.

Thank you everyone for your support of the Garden.



## Community Garden Fundraiser

Strawberry Plants (4.25")	\$5 each
6 Pack Mixed Herbs	\$16 each
Tomatoes (12" Caged)	\$26 each
Hanging Baskets (11")	\$34 each
Patio Planter (12")	\$35 each

Order by April 1, 2026  
Pick-up May 1, 2026 at WHCA  
12pm-7pm Go-Getters Parking Lot  
Email [admin@westhillhurst.com](mailto:admin@westhillhurst.com) to confirm pick-up time  
Questions? Call 403 283 0464 x6

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