



CANADIAN PARENTS FOR FRENCH ALBERTA

Thank you for registering for the Canadian Parents for French Alberta **Falling into French Weekend**. We have planned a fun-filled family weekend of French and bilingual activities for French and non-French speakers, based out of Coast Canmore Hotel (511 Bow valley Trail) Canmore, Alberta. This will be an opportunity for students to use and practice their French outside of their school setting from Friday, October 22– Sunday, October 24, 2021.

*Restricted Exemption Program is in place for meals and activities:

For any guest who wants more information or a better understanding please visit:

<https://www.alberta.ca/covid-19-public-health-actions.aspx>

There is a swimming pool at the hotel so you may want to bring your swim suits. Please note that any food allergies/needs are accommodated for at all hotel meals and during Saturday's youth programming.

Schedule:

*Times & activities may vary slightly

Friday, October 22

Hotel check in any time after 5 pm. You will be required to leave a credit card number upon check-in for any incidentals. Room charges and taxes have been covered by CPF through your registration fee.

- **6:00pm – 10:00pm:** Welcome in the lobby. Look for our CPF banner and welcome booth table in the main concourse past hotel check in desk. If you arrive in Canmore later in the evening and we are no longer in the lobby we will register you with us Saturday morning.
- Please make sure you read & complete [medical waiver](#) forms for the youth programming & babysitting services.
- Hotel Staff will verify vaccination records & provide everyone with a bracelet to wear all weekend.
- Please confirm adult attendance to Parent Activity at CPF Alberta welcome booth.
- Please confirm packed lunch preference for your child(ren), youth, also at CPF Alberta welcome booth.

Saturday, October 23

7:15 -8:30 am: Breakfast at the hotel, this is included in package. Our "welcome booth" will also be set up for those who arrived later than 9:00 pm on Friday.

8:30: Children must be in lobby to commence age-appropriate sociocultural activities.

- Please wear provided name tags.
- Everyone will be required to wear a mask. Please have your child(ren), youth bring their masks.
- We recommend youth bring a backpack to hold their items including snacks provided by CPF Alberta.
- Please send them with a full water bottle.
- Youth **must** be prepared to be outdoors for a portion of Saturday's events (they will be going between the indoors and outdoors) and mountain weather can be cold at this time of year so please ensure that they bring appropriate outerwear; this includes a toque, ski-pants, boots, mittens/gloves etc.
- Afternoon activities with Lisa Trout.
 - Recommend child(ren), youth have a painting shirt
 - Halloween costumes are optional in the afternoon. Staff will not be available to help with costumes.
 - Physical Activity in PM [Information HERE](#).
 - PM Activity [Information HERE](#).

8:45 – 11:15: – Babysitting service is available for those under 5 (Free of charge).

- Must complete Medical waiver

9:00 - 10:00: CPF Alberta AGM – Please Register [HERE](#) if you plan to attend. AGM documents will be available on our website. <https://ab.cpf.ca/en/governance/>

10:00 - 11:00: – Parent Session – **How to engage your child in French Immersion when you don't speak French by Lisa Trout. Find out more [HERE](#).**

Lisa is a French Immersion elementary teacher, Certified Holistic Health Coach, Professionally-Certified Cook, kids' yoga instructor, author, and mom of two, who loves to dance, sing & make silly voices.

12:30 – 3:00 – Babysitting service is available for those under 5 (Free of charge).

1:30 – 3:00 - Parent Activity – CPF Alberta's parent activity includes a tour of the local brewery, [Blake Brewhouse and Distillery](#). After a tour you will get to enjoy an ice-cream tasting (made on-site) and a beverage of choice. Enjoy!

- If you plan to have lunch prior to tour please advise Blake staff as they will have a reserved space for CPF Alberta.

This activity is optional. Please confirm your attendance by pre- registering at CPF table at the Coast Canmore. Please note lunch is **NOT** included and will be on your own tab.

The **Restricted Exemption Program** is in place at this site. Proof of vaccination or negative covid test no more than 72 hours old will be required.

4:00: Children & Youth activity is complete, signed back in by parents

4:00 – 5:30: Free time

5:30-6:30: Dinner at the hotel - included in package. Cash bar.

7:00-8:30: – Activity for the Monitors, Monitors-in-training and babysitters.

7:00 – 8:00: Family Entertainment – **Amazing Smile Makers!**

Amazing Children Entertainer, Isabelle La Wonderful has many tricks up her sleeve's comedy and clowning.

Sunday, October 24

8:00 - 09:30 Breakfast at the hotel- included in package.
Check out of hotel.

10:00 - 12:00 Family Friendly Hike.

Saturday Bilingual Youth Programming: Please see the Child/youth [Schedule](#)

- Please send your child with:
 - Name tag & hotel provided bracelet
 - Face Masks (CPF Alberta will have spare masks (just in case), wipes and hand sanitizer available).
 - Dress appropriately for the weather – Programming **INCLUDES** outdoor activities
 - Backpack for snacks & their personal items.

If you have any questions, please feel free to email us at cpfab@ab.cpf.ca.

Any issues while you are on site please contact:

Michael Tryon 780-860-1248

or
Trish Rognvaldson 403-844-5736



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