

leisureGUIDE

loisirs

fall 2017

Something
for Everyone!

winnipeg.ca/leisureonline


Winnipeg

311
City Services

A photograph of three workers standing in front of a wooden wall. On the left, a man wears a blue cap and a high-visibility vest over a black jacket. In the center, a woman wears a green jacket and a high-visibility vest. On the right, a man wears a grey cap and a high-visibility vest over a grey hoodie. They are all smiling. A red piece of equipment is visible on the right.

BUILDING *a better* *Winnipeg* **TOGETHER**



CUPE members work on the frontlines and behind the scenes to help build a better Winnipeg. We're proud of our work and the services we provide to you and your family every day.

CUPE / Canadian Union
Local 500 of Public Employees

cupe500.mb.ca

leisureGUIDE

loisirs

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For information about advertising
in the *Leisure Guide* visit
winnipeg.ca/advertising or email
cms-advertising@winnipeg.ca

Something for Everyone!

The City of Winnipeg is dedicated to ensuring services offered are inclusive and speak to the diversity of citizens in Winnipeg. With the wide variety of programming available, there is sure to be something for all ages, genders, cultures and abilities. Visit page 8 for some highlights on some of these initiatives.

Make sure to flip through the *Leisure Guide* to learn about programming that fits your family's need this fall. The Learn to Skate program offers everything from introductory to basic skating to advanced power skating focused on improving balance speed and agility.

Il y en a pour tout le monde!

La Ville de Winnipeg s'engage à assurer des services inclusifs et respectueux de la diversité des citoyens et des citoyennes de Winnipeg. Parmi la vaste gamme de programmes offerts, chacun et chacune trouveront une activité qui leur convient, quels que soient leur âge, leur genre, leur culture et leurs capacités. Lisez la page 8 pour découvrir les activités qui ciblent différents besoins.

Parcourez le *Guide Loisirs* pour savoir les cours qui conviendraient aux besoins de votre famille cet automne. Le programme d'initiation au patinage s'adresse aux personnes qui débutent mais propose aussi des leçons de patinage de base, ainsi que des cours intensifs de niveau avancé lors desquels on cible le perfectionnement de l'équilibre et de l'agilité.

Day 1

Registration for swimming lessons only begins

Tuesday, August 29 at 8 am

Day 2

Registration for all other activities begins

Wednesday, August 30 at 8 am

Non-Resident Registration

Registration for all activities for non-residents begins

Tuesday, September 5 at 8 am

Please see page 4 for more information about non-resident registration

3 ways to register:

Register online

winnipeg.ca/leisureonline

Register by phone

Call 311

Outside Winnipeg: toll-free 1-877-311-4WPG (1-877-311-4974)

Register in-person

Please see page 4 for important information about in-person registration.

Disclaimer

The inclusion of advertisements in this edition of the *Leisure Guide* does not constitute an endorsement by the City of Winnipeg and its guest writers.

registration options

Day 1 - Registration for swimming lessons only begins Tuesday, August 29 at 8 am

Day 2 - Registration for all other activities begins Wednesday, August 30 at 8 am

Non-Resident Registration

Registration for all activities for non-residents begins Tuesday, September 5 at 8 am

Register online, by phone or in person (visit winnipeg.ca or call 311 for in-person registration locations and times)

If you reside outside the City of Winnipeg and do not pay City of Winnipeg property taxes, you are considered a non-resident. Please note that non-residents are also assessed an additional 20% on all fees.

Have the following information ready:

- Name(s) of participant(s)
- Activity number(s) – in order of preference
- Method of Payment
 - **Online or by phone:** Credit card number (Visa, MasterCard, American Express) and expiry date
 - **In person:** Cash, debit, cheque or credit card (Visa, MasterCard, American Express)

Option 1 Register Online Go to winnipeg.ca/leisureonline. Follow the online registration steps through to credit card payment. Your activity enrollment confirmation will be emailed to you.

Important information about accessing or creating your account:

If you have never registered for a Leisure Guide program, or if the last time you registered was before 2013, you can set up an account by visiting winnipeg.ca/leisureonline and clicking on **Create an Account**.

If you are planning to register for Fall 2017 Leisure Guide activities using **leisureONLINE**, please ensure that you are able to successfully log in to your online account BEFORE registration starts. For more information visit winnipeg.ca/cms/recreation/leisure/registration.stm. **If you are having difficulty accessing your account, please call 311.**

Option 2 Register by Phone call 311 or 1-877-311-4974 (toll-free outside Winnipeg) 24 hours a day, 7 days a week, once registration begins. Your receipt will be emailed to you.

Option 3 Register In Person visit any of the in-person registration locations. Your receipt will be provided at the time of registration.

In-Person Registration Centres for Day 1 and Day 2 Only (August 29 and August 30)

Queue numbers at all in-person locations will be distributed starting at 7 am, August 29 and August 30.

Central Registration Centre

Cindy Klassen Recreation Complex Conference Room
999 Sargent Ave.
Open 8 am–8 pm

South-East Registration Centre

Louis Riel Library Conference Room
1168 Dakota St.
Open 8 am–1 pm

Additional in-person registration locations for Day 1 and Day 2 (August 29 and August 30):

Elmwood	North Centennial	Pan Am Pool	St. James Assiniboia	Transcona Kinsmen
Kildonans Pool	Recreation & Leisure Facility	25 Poseidon Bay	Centennial Pool	Centennial Pool
909 Concordia Ave.	90 Sinclair St.	Open 8 am–9 pm	644 Parkdale St.	1101 Wabasha St.
Open 8 am–8:30 pm	Open 8 am–9 pm		Open 8 am–8 pm	Open 8 am–7:30 pm

Please note: Day 1 and Day 2 only, in-person registration will not be processed at the following locations:

Main Floor–395 Main Street, St. James Civic Centre, Bonivital, Kinsmen Sherbrook and Margaret Grant Pools.

On-going In-Person Registration Locations After August 30

Visit winnipeg.ca or call 311 for in-person registration locations and times.

Please note that mail/drop-off registrations are no longer accepted. Refunds and withdrawals made at the request of the participant may be subject to an Administrative Fee. Fees and Courses are subject to change without notice.

Personal Information is collected under Subsection 36(1)(b) of The Freedom of Information and Protection of Privacy Act and is protected under the Act. It will be used for emergency contact information, program registration, promotion and evaluation, as well as to comply with contractual obligations and to share with appropriate certifying bodies (where applicable).

Recreation is for everyone! Fee subsidy program is offered

The goal of the City of Winnipeg Community Services Department's fee subsidy program is to expand access to recreation opportunities and experiences for Winnipeggers, regardless of family income.

What services are eligible for fee subsidies?

There are 2 main types of subsidies available:

1) Facility access

- The no-charge facility access pass provides low income Winnipeggers with free admission to City of Winnipeg recreation facilities (swimming pools and leisure centres)

2) Program subsidies

- Includes registered Leisure Guide activities/swimming lessons and drop-in active living programs

Who Qualifies?

You may qualify for a fee subsidy if you are a City of Winnipeg resident and one of the following applies:

- You have a family income below the low income cut-off (LICO) (amounts listed below)
- You have a social assistance case number
- You have a refugee assistance case number

People in Household	Household Income
1	\$24,328
2	\$30,286
3	\$37,234
4	\$45,206
5	\$51,272
6	\$57,826
7	\$64,381
More than 7	for each additional person, add \$6,555

(Sources: Statistics Canada Low Income Cut-offs 2014 and Canadian Immigration and Citizenship (CIC) Federal Income Table 2016)

How to Apply:

1. Fill out an application form

Application forms are available:

- Online at winnipeg.ca/cms/recreation/leisure/feesubsidy.stm
- At any City of Winnipeg indoor pool or leisure centre (see page 51 for a list of locations)
- Main Floor–395 Main St. Monday–Friday (except holidays), 8:30 am–4:30 pm

2. Provide verification of economic need (required only once per year)

Along with your application form, you will need to include a copy of one of the following (if it has not already been supplied in the past 12 months):

- Social assistance case number (including case worker's name and phone number)
- Refugee assistance case number (including case worker's name and phone number)
- Most recent Canada Revenue Agency Notice of Assessment identifying annual family net income (including the Notice of Assessment for your spouse/partner)
- Monthly statement of income from CPP Disability (including the income verification for your spouse/partner)

3. Mail or fax your completed application form and verification of economic need (if it has not already been supplied in the past 12 months) to:

Mail: Fee Subsidy Program
Community Services Department
7th Floor, 395 Main St.
Winnipeg, MB R3B 3N8

Fax: 204-986-4274

Email: cmsfeesub@winnipeg.ca

Processing Timelines: up to 10 business days upon receiving request

For more information: please call 311 or email cmsfeesub@winnipeg.ca

community centres

the community centres of Winnipeg

Unit 400 - 10 Fort St., Winnipeg, MB R3C 4X3

Phone: 204-475-5008

Fax: 204-475-5812



Winnipeg's 63 Community Centres offer a wide range of programs and services for all age groups, from parents and tots to seniors' fitness, from traditional structured sports to drop-in activities — everything from Art to Zumba! A complete listing of all community centre programs can be found on the GCWCC website at www.gcwcc.mb.ca under Events/Programs.

Contact information, hall rental capacity, centre amenities, websites and locations can also be found on the website under Community Centres.

assiniboia community

Community Centre Liaison: Charlene Cebula

Assiniboia West Recreation Association

Buchanan site 861 Buchanan Blvd.	204-837-2820
Morgan site 305 Morgan Cr.	204-837-6695
Bord-Aire CC 471 Hampton St.	204-888-7050
Bourkevale CC 100 Ferry Rd.	204-888-1599
Deer Lodge CC 323 Bruce Ave.	204-888-2049
Heritage-Victoria CC 950 Sturgeon Rd.	204-837-9653
Kirkfield Westwood CC 165 Sansome Ave.	204-832-0038
Keith Bodley Arena	204-832-1175
McBey site 3160 McBey Ave.	204-889-8360
Roblin Park CC 640 Pepperloaf Cr.	204-837-9288
Sturgeon Heights CC 210 Rita St.	204-832-5991
Tuxedo CC 368 Southport Blvd.	204-888-8224
Varsity View CC 315 Laxdal Rd.	204-889-1404
Sportsplex 4230 Ridgewood Ave.	204-885-3848
Westdale CC 550 Dale Blvd.	204-895-0317
Pembina Trail site 6363 Rannock Ave.	204-895-7819
Woodhaven Park CC 200 Glendale Blvd.	204-832-3842

city centre community

Community Centre Liaison: Bruce Heintz

Central Corydon CC

Crescentwood site 1170 Corydon Ave.	204-452-9844
River Heights site 1370 Grosvenor Ave.	204-488-7000
Sir John Franklin site 1 Sir John Franklin Rd.	204-489-9337
Earl Grey CC 360 Cockburn St. N	204-452-2074
Fort Garry CC	
Hobson site 880 Oakenwald Ave.	204-505-3970
Victoria site 80 Derek St.	204-453-2387
Linden Woods CC 414 Lindenwood Dr. W	204-487-2435
Lord Roberts CC 725 Kylemore Ave.	204-452-9744
River Osborne CC 101 Pembina Hwy.	204-452-8822
Riverview CC 90 Ashland Ave.	204-452-9944
Robert A. Steen Memorial CC 980 Palmerston Ave.	204-783-5616
Valour CC	
Clifton site 1315 Strathcona St.	204-783-7340
Isaac Brock site 715 Telfer St. N	204-775-3869
Orioles site 444 Burnell St.	204-783-6941
Westridge CC 3 Marshall Cr.	204-453-2025
Whyte Ridge CC 170 Fleetwood Rd.	204-487-3042
Wildwood CC 271 North Dr.	204-453-8396

east kildonan / transcona community

Community Centre Liaison: Wendy Hein

Bronx Park CC 720 Henderson Hwy.	204-667-5731
Clara Hughes Recreation Park 281 Henderson Hwy.	204-667-5731
Chalmers CC 480 Chalmers Ave.	204-668-1110
East Elmwood CC 490 Keenleyside St.	204-667-2777
East End (Transcona) CC 517 Pandora Ave. E	204-222-8013
Arena	204-222-8013
Gateway Recreation Centre 1717 Gateway Rd.	204-982-1234
Melrose Park CC 480 Kimberly Ave.	204-669-0518
Morse Place CC 700 Munroe Ave.	204-663-7430
North Kildonan CC 1144 Kingsford Pl.	204-663-5028
Oxford Heights CC 359 Dowling Ave. E	204-222-2419
Park City West CC 115 Sanford Fleming Rd.	204-222-1411
South Transcona CC 124 Borden Ave.	204-986-7976
Valley Gardens CC 218 Antrim Rd.	204-668-6927

lord selkirk / west kildonan community

Community Centre Liaisons: Bruce Heintz & Wendy Hein

Burton Cummings CC 960 Arlington St.	204-783-5330
Central CC Door #5-200 Isabel St.	204-775-5095
Garden City CC 725 Kingsbury Ave.	204-940-6111
Arena	204-940-6111
Luxton CC 210 St. Cross St.	204-582-8249
Maples CC 434 Adsum Dr.	204-953-1190
Arena	204-953-1191
Elwick site 40 Maberley Rd.	204-953-1190
Norquay CC 65 Granville St.	204-943-6897
Northwood CC 1415 Burrows Ave.	204-582-7555
Frank Whyte site 1245 Fife St.	204-663-0298
Ralph Brown CC 460 Andrews St.	204-586-3149
Red River CC 293 Murray Ave.	204-339-5345
Sinclair Park CC 490 Sinclair St.	204-586-8275
John Yuzuk (formerly Robertson) site 665 Radford St.	204-586-8275
Tyndall Park CC 2255 King Edward St.	204-632-4916
Vince Leah CC 1295 Salter St.	204-338-0046
West Kildonan Memorial CC 346 Perth Ave.	204-334-1679
(WKCC) Arena	204-338-2904
Weston Memorial CC 1625 Logan Ave.	204-783-3698

riel community

Community Centre Liaison: Charlene Cebula

Archwood CC 565 Guilbault St.	204-233-3911
ChAMPLAIN CC 282 Niverville Ave.	204-237-7719
Dakota CC/Jonathan Toews Sportsplex 1188 Dakota St.	204-254-1010
Glenwood CC 27 Overton St.	204-233-6698
Greendell Park CC 75 Woodlawn Ave.	204-257-6883
Norberry-Glenlee CC 26 Molgat Ave.	204-256-6654
Walter Jennings site 176 Worthington Ave.	204-256-3358
Norwood CC 87 Walmer St.	204-986-7056
Notre Dame CC 271 av. de la Cathédrale	204-237-8393
Arena	204-233-5135
Southdale CC 254 Lakewood Blvd.	204-257-6171
South Winnipeg CC	
Richmond Kings site 666 Silverstone Ave.	204-269-1908
Ryerson site 10 Ryerson St.	204-269-1908
Waverley Heights site 1885 Chancellor Dr.	204-269-7000
St. Norbert CC 3450 Pembina Hwy.	204-269-4120
Winakwa CC 980 Winakwa Rd.	204-253-4418
Windsor CC 99 Springside Dr.	204-233-0648

equipment loans

bookings & pickups

565 Watt St. R2K 2S2

cms-equipmentloans@winnipeg.ca

winnipeg.ca/cms/recreation

fax: 204-986-8183

Hosting a birthday party, family reunion, community event or picnic? Come and take a look at our selection of carnival games and sports equipment kits to add a little bit of extra fun to your event. A credit card or cheque is required for a damage deposit on every rental. Deposit will be returned if the equipment is returned on time with no damage or lost items.



equipment available for loan:

picnic kit: includes eggs, spoons, scoops, wiffle balls, 3-legged race ties, potato sacks

carnival games

- hockey shoot
- football goal
- frisbee toss
- feed the monkey
- pineapple toss
- penguin toss
- fishpond and more!

- soccer shoot
- hole-in-one
- rattlesnake roundup
- frog toss
- gator bowl
- penguin knockdown

sport kits

- baseball
- badminton
- croquet
- soccer
- floor hockey
- T-ball
- volleyball
- cooperative walker

1 game or kit \$22.20

Additional games or kits (per game or kit) \$10.65
(most games are 3' by 4' in size)

Maximum 7 games or kits per loan

Damage deposit (per game or kit) \$50 and up

specialty items

- tug of war rope
- triple threat shoot
- pylons
- first aid kit
- megaphone
- hula hoops
- 4 way tug of war
- parachute

canopy tent rental

for non-profit groups only

20' x 20' in size (requires a 2" ball hitch for pickup)

cost \$315.15 + \$200 damage deposit

Note: Pick-up and return of equipment is the responsibility of the renter; late return fee will be applied.

bookings & rentals

winnipeg.ca/cms/recreation

Main floor 395 Main St.

- Arena Ice Rentals
- Arena Non-Ice Rentals
- Athletic Fields



Community Centre City-Wide Registration Fall Sports

Please contact your local Community Centre and/or Sport Associations directly to verify registration times and locations.



priceless fun

Winnipeggers now have easy access to information about FREE recreation, leisure and library programs with the free programming guide, Priceless Fun.

Priceless Fun is available for pick-up at all civic indoor pools, libraries, and leisure centres. It can also be viewed online by visiting winnipeg.ca/cms/recreation/leisure/leisureguide.stm

You will find information about:

- Children's Drop-in Play
- Youth Action Centres
- Library Programs & Services
- Free Swim
- Free Public Skating

...and much more!

Watch for the
Fall 2017 edition of
Priceless Fun





SOMETHING

The City of Winnipeg believes that recreation and fitness should be inclusive and accessible to everyone regardless of age, gender, cultural background and ability. Here are just a few of the programs and initiatives that have taken place recently or are available for you to participate in!

Women's Only Swim

The Women's Only Swim, originally hosted by the Canadian Muslim Women's Institute and now hosted on a regular basis by the City of Winnipeg, is a community event that has become for many women a weekly event to unwind and socialize at in a comfortable environment. The event is held each Sunday at the Kinsmen Sherbrook Pool between 5–7 pm for women of all ages and boys ages 4 and under.

The WOHIKA movement

The WOHIKA movement is a new class running this fall that develops focus, discipline, passion for learning and positive attitudes through the theory of Aboriginal dance. Participants will be able to learn about the culture of Native American people while working up a sweat, developing muscle tone and increasing flexibility and mental focus.

Accessible Fitness Facilities

Several City of Winnipeg fitness facilities offer accessible fitness rooms and equipment. North Centennial Recreation and Leisure Facility offers partial wheelchair-accessible training equipment and Cindy Klassen Recreational Complex offers a chair lift and wheelchair accessible equipment.



FOR EVERYONE!



Yoga for Men

Yoga for Men, held at the Fort Rouge Leisure Centre this fall, is a challenging class that focuses on improving strength, tone and flexibility in a comfortable “men only” setting. Benefits of the class include an increase in stamina and lung capacity and reduced stress levels.



Read by Queens Library Events

This past May, the Winnipeg Public Library held their first Read by Queens events. Local drag queens led family story time, followed by themed crafts and games. The two events were held in partnership with community organizers and Sunshine House, with funding from the Institute of Women's and Gender Studies at The University of Winnipeg. With a turnout of almost 300, Read by Queens was a great way for families to celebrate diversity.

Older Active Adults

There are several classes available for older adults who still want to maintain active and healthy lifestyles. Chair Yoga is a gentle style of yoga where standard yoga poses are adapted while participants are seated or standing using a chair as support. Joint Health Yoga is a gentle yoga designed for older adults that focuses on joint mobilization, relaxation, breathing and meditation.



Volunteer with Homebound Services at the Library!

- Monthly deliveries of materials to homebound readers
- Volunteers must be 18 or older

See
Winnipeg.ca/library
for current needs and requirements.



Help out our adoptable dogs Volunteer at Animal Services!

- Walk with dogs!
- Play with dogs!
- Help at events!



If you are over 16 years of age and interested in volunteering, please visit

Winnipeg.ca
/animalservices



Join the City of Winnipeg Aquatics Team!



We offer all the required leadership courses necessary to be eligible to become an Instructor/Guard or Aquatic Instructor for the City of Winnipeg.

Leadership Training courses are excellent for personal leadership skill development for professional lifeguarding and teaching. Consider enhancing your water safety knowledge and possibility of becoming a professional Lifeguard or Aquatic Instructor with the City of Winnipeg!

*** New for Fall 2017**

reduced course rates for many City of Winnipeg offered Aquatic Leadership Training courses; our commitment to increasing access to life saving water safety education.

parent & child

Bring your child and spend some fun time with us. Classes will offer many different ways for you and your preschooler to interact. Our on-site facilitator will guide you through activities including games, crafts, stories, songs and more.

For all programs in this section, children must be supervised by an adult.

stay 'n' play drop-in • birth–5 years

Join us for crafts, songs, stories and of course, toys. Pre-registration is not required.

Fee:	\$6 /child/visit	9 weeks
	\$4 for each additional sibling	
	\$45–9 class pass	
	\$61–9 class child & sibling pass	
St. John's Leisure Centre: 601 Aikins St.		
	Tue Sep 19–Nov 14	9:30–11:30 am
Whyte Ridge School: 400 Scurfield Blvd.		
	Mon Sep 11–Nov 20	9:15–11:15 am

fun factory 1's n 2's

active start

Participate in songs, stories, art and various activities designed to build your child's motor skills, social skills and expand their creativity and imagination through play. Parents, please bring a nut-free snack.

Fee:	\$48	9 weeks
River East Preschool Centre: 1410 Rothesay St.		
	30672 Sat Sep 23–Nov 18	9:30–10:30 am
Fee:	\$96	9 weeks
Island Lakes School: 445 Island Shore Blvd.		
	30144 Thu Sep 21–Nov 16	9:15–11:15 am

fun factory 2's n 3's

active start

Participate in songs, stories, art and various activities designed to build your child's motor skills, social skills and expand their creativity and imagination through play. Parents, please bring a nut-free snack.

Fee:	\$48	9 weeks
River East Preschool Centre: 1410 Rothesay St.		
	30674 Sat Sep 23–Nov 25	10:45–11:45 am
	30675 Sat Sep 23–Nov 25	Noon–1 pm
Fee:	\$96	9 weeks
Island Lakes School: 445 Island Shore Blvd.		
	29937 Wed Sep 20–Nov 15	9:15–11:15 am
	30153 Sat Sep 23–Nov 25	9:15–11:15 am

tumblers 2's n 3's

active start

Parent and child participate in gym-related activities together.

Fee:	\$62	9 weeks
East End Cultural & Leisure Centre: 575 Larsen Ave.		
	31579 Mon Sep 18–Nov 20	5:45–6:30 pm
	31568 Sat Sep 23–Nov 25	9:30–10:15 am
	31570 Sat Sep 23–Nov 25	11–11:45 am

developmental / educational

Children are not required to be supervised by an adult, but parents may be asked to volunteer for one class as required. Children must be able to recognize the need to go to the washroom, be able to function in the washroom independently and be the minimum age at the start of the program.

3–5 programs

acting out • 3–5 years

Bring stories to life through drama, music, puppets, art and more! Each class will begin with a story, which will act as a springboard for a variety of fun theatrical activities and will conclude with the children's very own production!

Fee:	\$96	9 weeks
Whyte Ridge School: 400 Scurfield Blvd.		
	28375 Tue Sep 12–Nov 7	9:15–11:15 am

anything goes

active start

Finally, a program which includes a little of everything! This class will appeal to the curiosity of preschoolers who are anxious to learn a bit of science through experiments, do some no-bake baking, create masterpieces from paints and other media, reinforce their ABC's and simple arithmetic, do really fun physical literacy activities, story telling through drama, dance and song and more.

Fee:	\$96	9 weeks
Whyte Ridge School: 400 Scurfield Blvd.		
	28380 Thu Sep 14–Nov 9	1:15–3:15 pm

hop, skip and jump • 3–5 years

active start

Children will learn body awareness as they relate to the space around them. They will develop balance, agility and coordination as well as their listening and processing skills as the leader puts them through a variety of fun exercises and movements such as hopping, throwing, catching, etc.

Fee:	\$48	9 weeks
Bonnycastle School: 1100 Chancellor Dr.		
	28467 Tue Sep 12–Nov 7	5:30–6:30 pm

over, under, through • 3–5 years

active start

Children will learn body awareness as they relate to the space around them. They will develop balance, agility and coordination as well as their listening and processing skills as the leader puts them through a variety of fun exercises and movement games. They will do balance puzzles, spatial awareness tasks and will be on the go. Related crafts will also be part of this class.

Fee:	\$96	9 weeks
Fort Rouge Leisure Centre: 625 Osborne St.		
	30470 Fri Sep 22–Nov 17	9:15–11:15 am

preschool playtime • 3–5 years

active start

Program emphasizes imaginative play, creative art through exploration and discovery, music and games.

once a week

Fee:	\$96	9 weeks
Island Lakes School: 445 Island Shore Blvd.		
	29931 Tue Sep 19–Nov 14	9:15–11:15 am
Whyte Ridge School: 400 Scurfield Blvd.		
	28664 Fri Sep 8–Nov 17	9:15–11:15 am

easy as abc • 4–5 years

This is a recreation based program which includes letter and number recognition, as well as language and cognitive skills. The class emphasizes imaginative play, creative art through exploration and discovery, music and games.

Fee:	\$96	9 weeks
Whyte Ridge School: 400 Scurfield Blvd.		
	28402 Fri Sep 8–Nov 17	1:15–3:15 pm

little artists • 4–5 years

Let your imaginations run wild as we explore the world of art. We will be using mediums such as paper, clay and paint to make our artful creations. We will be having fun in the messiest of ways!

Fee:	\$71	9 weeks
Fort Rouge Leisure Centre: 625 Osborne St.		
	30490 Sat Sep 23–Dec 2	10–11:30 am

leisure / creative arts

messy munchkins • 2–4 years

This preschool/parent messy art club will include finger paint, play dough, water and other tactile projects to encourage creativity in your little one. Prepare to make a mess and allow your child's imagination to go wild!

Fee:	\$46	9 weeks
River East Preschool Centre: 1410 Rothesay St.		
	30653 Sun Sep 17–Nov 19	10:30–11:15 am
	30657 Sun Sep 17–Nov 19	11:30 am–12:15 pm
Whyte Ridge School: 400 Scurfield Blvd.		
	28645 Thu Sep 14–Nov 9	10:15–11 am
	28492 Thu Sep 14–Nov 9	6–6:45 pm

cooking

All lab fees are payable in cash at first class.

mini chefs • 4–5 years

Children will measure, stir, cook and eat their own nutritious and delicious creations. Classes will cover basic kitchen safety, hygiene and food preparation.

Fee:	\$69	9 weeks
\$15 Lab fee, payable to instructor		
Fort Rouge Leisure Centre: 625 Osborne St.		
	30499 Sat Sep 23–Dec 2	1–2:30 pm
River East Preschool Centre: 1410 Rothesay St.		
	31437 Sun Sep 17–Nov 19	10–11:30 am
	31219 Sat Sep 23–Nov 25	10:15–11:45 am
St. John's Leisure Centre: 601 Aikins St.		
	31731 Sat Sep 23–Nov 25	10:30 am–Noon

music

fun with music • 2–3 years

active start

Songs, games, creative movement and instruments keep the class moving.

Fee: \$57 9 weeks

Bairdmore School: 700 Bairdmore Blvd.

28452 Fri Sep 8–Nov 17 9:45–10:30 am

28451 Fri Sep 8–Nov 17 10:30–11:15 am

28448 Wed Sep 13–Nov 8 6–6:45 pm

28449 Wed Sep 13–Nov 8 6:45–7:30 pm

preschool funshops

preschool funshops • 3–6 years

Your preschooler will participate in a variety of exciting specialty craft activities and create a tasty nut-free holiday-themed treat.

Fee: \$18 1 day

halloween apples

River East Preschool Centre: 1410 Rothesay St.

30680 Sat Oct 28 1:30–3 pm

holiday frenzy

River East Preschool Centre: 1410 Rothesay St.

30706 Sat Dec 16 1:30–3 pm

movement / fitness

- Parents are requested not to remain for classes which do not state parent participation is required. Arrangements, if necessary, can be made through the instructor.
- Additional cancellations are typically due to school functions (ie. parent-teacher interviews, concerts, etc) and are beyond our control. We will make every effort to ensure parents are notified in advance of any school cancellations.

dance

jump and move • 3–4 years

active start

This preschool class will introduce creative expression with dance and music in a fun-filled active class.

Fee: \$46 9 weeks

River East Preschool Centre: 1410 Rothesay St.

31443 Wed Sep 20–Nov 22 7–8 pm

creative movement • 3–5 years

active start

Creative Movement introduces young children to the world of music and dance. Encouraging imagination and creativity, children explore aspects such as quality of movement, rhythm and speed, as well as working with partners and as a group.

Fee: \$81 10 weeks

St. James Assiniboia Centennial: 644 Parkdale St.

30390 Tue Oct 3–Dec 5 6:15–7 pm

kinder ballet

active start

Basic ballet techniques and positions are introduced along with rhythm, music appreciation, balance and coordination skills. Ballet slippers recommended.

level I • 3–5 years

Fee: \$48 9 weeks

École Riverbend: 123 Red River Blvd. W

31729 Mon Sep 18–Nov 20 6–6:30 pm

Fee: \$73 9 weeks

Bernie Wolfe School: 95 Bournais Dr.

30710 Sat Sep 23–Nov 25 10–10:45 am

30712 Sat Sep 23–Nov 25 10:45–11:30 am

Darwin School: 175 Darwin St.

29940 Thu Sep 21–Nov 16 6–6:45 pm

29941 Thu Sep 21–Nov 16 6:45–7:30 pm

Fort Rouge Leisure Centre: 625 Osborne St.

28573 Sat Sep 23–Dec 2 2:45–3:30 pm

28670 Sat Sep 23–Dec 2 3:30–4:15 pm

Linden Meadows School: 335 Lindenwood Dr. E

28473 Mon Sep 11–Nov 20 6–6:45 pm

Pan Am Pool: 25 Poseidon Bay

31401 Sat Oct 14–Dec 16 9–9:45 am

River East Preschool Centre: 1410 Rothesay St.

31442 Wed Sep 27–Nov 22 6–6:45 pm

St. James Civic Centre: 2055 Ness Ave.

29204 Tue Sep 19–Nov 14 5:30–6:15 pm

29201 Tue Sep 19–Nov 14 6:15–7 pm

29207 Sat Sep 23–Nov 25 10–10:45 am

Whyte Ridge School: 400 Scurfield Blvd.

28472 Wed Sep 13–Nov 8 6–6:45 pm

4–6 years

Fee: \$73 9 weeks

Pan Am Pool: 25 Poseidon Bay

31402 Sat Oct 14–Dec 16 9:45–10:30 am

level II • 3–5 years

Previous ballet experience recommended. We continue to include balance and coordination skills to build confidence and enhance ballet techniques. Ballet slippers recommended.

Fee: \$73 9 weeks

Bernie Wolfe School: 95 Bournais Dr.

30715 Sat Sep 23–Nov 25 2:30–3:15 pm

Fort Rouge Leisure Centre: 625 Osborne St.

28671 Sat Sep 23–Dec 2 4:15–5 pm

St. James Civic Centre: 2055 Ness Ave.

29210 Sat Sep 23–Nov 25 11–11:45 am

Whyte Ridge School: 400 Scurfield Blvd.

28474 Wed Sep 13–Nov 8 6:45–7:30 pm

music & movement • 3–5 years

active start

This class combines physical literacy with music. We cover awareness of the body and its position in space, movements of the body, feelings and mood. Music is a huge connector of mind and body as we explore moving to music in various ways and learning to create new sounds using our voices, bodies and crafts.

Fee: \$43 9 weeks

Linden Meadows School: 335 Lindenwood Dr. E

28525 Mon Sep 11–Nov 20 6:45–7:30 pm

Whyte Ridge School: 400 Scurfield Blvd.

28642 Thu Sep 14–Nov 9 9:15–10 am

musical theatre • 3–5 years

active start

Discover the star within you! A confidence-builder that provides a broad base of self-expression through song, dance and theatre.

Fee: \$65 9 weeks

Pan Am Pool: 25 Poseidon Bay

30488 Sun Oct 15–Dec 10 9–9:45 am

30644 Sun Oct 15–Dec 10 9:45–10:30 am

30721 Sun Oct 15–Dec 10 10:30–11:15 am

fancy feet & tiny toes • 4–6 years

active start

Welcome to the world of dance where the styles of jazz, hip hop, ballet and tap will be explored. Develop coordination, rhythm, balance, use of space and social skills in a fun and exciting atmosphere.

Fee: \$65 9 weeks

Bernie Wolfe School: 95 Bournais Dr.

30717 Sat Sep 23–Nov 25 1:45–2:30 pm

hop to it • 4–6 years

active start

Basic dance movements include jazz, ballet and hip hop combinations.

Fee: \$65 9 weeks

Bernie Wolfe School: 95 Bournais Dr.

30716 Sat Sep 23–Nov 25 12:45–1:30 pm

École Riverbend: 123 Red River Blvd. W

28513 Mon Sep 18–Nov 20 6:30–7:15 pm

River East Preschool Centre: 1410 Rothesay St.

31224 Fri Sep 22–Nov 24 6–6:45 pm

Samuel Burland School: 192 Burland Ave.

29917 Tue Sep 19–Nov 21 6:30–7:15 pm

St. James Civic Centre: 2055 Ness Ave.

29193 Sat Sep 23–Nov 25 Noon–12:45 pm

29195 Sat Sep 23–Nov 25 1–1:45 pm

gymnastics

kinder gym • 3–4 years

active start

This program emphasizes balance, movement and coordination.

Fee:	\$73	9 weeks
Bairdmore School: 700 Bairdmore Blvd.		
28477	Wed	Sep 13–Nov 8 6–6:45 pm
East End Cultural & Leisure Centre: 575 Larsen Ave.		
31572	Sat	Sep 23–Nov 25 10:15–11 am
École Julie Riel: 316 Ashworth St.		
29924	Tue	Sep 19–Nov 21 6:15–7 pm
Fort Rouge Leisure Centre: 625 Osborne St.		
28672	Sun	Sep 17–Nov 19 9:15–10 am
28673	Sun	Sep 17–Nov 19 10–10:45 am
H. S. Paul School: 160 Southglen Blvd.		
30142	Thu	Sep 21–Nov 16 6–6:45 pm
St. James Civic Centre: 2055 Ness Ave.		
29213	Sat	Sep 23–Nov 25 10–10:45 am
29217	Sat	Sep 23–Nov 25 12:15–1 pm
St. John's Leisure Centre: 601 Aikins St.		
28765	Sat	Sep 23–Nov 25 9:45–10:30 am
Van Wallegghem School: 1 Princemere Rd.		
28482	Tue	Sep 12–Nov 7 6–6:45 pm
Whyte Ridge School: 400 Scurfield Blvd.		
28475	Fri	Sep 8–Nov 17 6–6:45 pm
28476	Mon	Sep 11–Nov 20 6–6:45 pm

gymnastics • 4–5 years

active start

This program uses games as well as basic gymnastic moves to encourage coordination, balance and flexibility. Emphasis on fun and fitness.

Fee:	\$74	9 weeks
Bairdmore School: 700 Bairdmore Blvd.		
28455	Wed	Sep 13–Nov 8 6:45–7:45 pm
East End Cultural & Leisure Centre: 575 Larsen Ave.		
31573	Sat	Sep 23–Nov 25 11:45 am–12:45 pm
31574	Sat	Sep 23–Nov 25 1:15–2:15 pm
Fort Rouge Leisure Centre: 625 Osborne St.		
28665	Sun	Sep 17–Nov 19 11 am–Noon
H. S. Paul School: 160 Southglen Blvd.		
30143	Thu	Sep 21–Nov 16 6:45–7:45 pm
St. James Civic Centre: 2055 Ness Ave.		
29170	Sat	Sep 23–Nov 25 11 am–Noon
29164	Sat	Sep 23–Nov 25 1:15–2:15 pm
St. John's Leisure Centre: 601 Aikins St.		
28762	Thu	Sep 21–Nov 16 6–7 pm
Van Wallegghem School: 1 Princemere Rd.		
28456	Tue	Sep 12–Nov 7 7–8 pm
Whyte Ridge School: 400 Scurfield Blvd.		
28454	Mon	Sep 11–Nov 20 6:45–7:45 pm

yoga

yoga kids • 3–6 years

active start

Integrates reading, storytelling, music, art, yoga and creative meditation techniques to educate the whole child. Stretch, breathe and relax in a fun environment.

Fee:	\$66	9 weeks
St. James Assiniboia Centennial: 644 Parkdale St.		
30433	Sat	Sep 30–Dec 9 10:45–11:30 am
Fee:	\$87	9 weeks
École Riverbend: 123 Red River Blvd. W		
31738	Wed	Sep 20–Nov 15 6–7 pm

sport

little tykes sport camp • 3–5 years

active start

A non-competitive introduction to sports through a variety of games and activities, encouraging coordination, balance and flexibility. Parental involvement welcomed.

Fee:	\$63	10 weeks
St. James Assiniboia Centennial: 644 Parkdale St.		
30397	Tue	Oct 3–Dec 5 5:30–6:15 pm

running amok • 4–5 years

active start

Keep your preschooler moving with non-competitive gym games and some sport-related activities.

Fee:	\$62	9 weeks
Whyte Ridge School: 400 Scurfield Blvd.		
28528	Fri	Sep 8–Nov 17 6:45–7:45 pm

mini soccer • 4–5 years

active start

Basic soccer skills will be taught along with an emphasis on balance, movement and coordination.

Fee:	\$47	9 weeks
Chalmers Community Centre: 480 Chalmers Ave.		
31216	Sun	Sep 17–Nov 19 9:30–10:15 am
Kent Road School: 361 Kent Rd.		
31229	Fri	Sep 22–Nov 17 5:30–6:15 pm
31849	Sat	Sep 23–Nov 25 10–10:45 am
Fee:	\$62	9 weeks
Bairdmore School: 700 Bairdmore Blvd.		
28523	Mon	Sep 11–Nov 20 6–7 pm
Bonnycastle School: 1100 Chancellor Dr.		
28524	Mon	Sep 11–Nov 20 5:30–6:30 pm
École Belmont: 525 Belmont Ave.		
28759	Wed	Sep 20–Nov 15 6–7 pm
Fort Rouge Leisure Centre: 625 Osborne St.		
28678	Sun	Sep 17–Nov 19 Noon–1 pm
28679	Sun	Sep 17–Nov 19 1–2 pm
28674	Sat	Sep 23–Dec 2 10:35–11:35 am
28677	Sat	Sep 23–Dec 2 11:35 am–12:35 pm
St. James Civic Centre: 2055 Ness Ave.		
29222	Sun	Sep 17–Nov 12 1:30–2:30 pm
29220	Sun	Sep 17–Nov 12 4–5 pm

all sorts of sports • 4–6 years

active start

Come shoot some hoops or score a goal! Our many sporting activities are sure to pique your child's interest. The wide range of activities offered will help to develop new skills, sportsmanship and even make some new friends.

Fee:	\$62	9 weeks
Kent Road School: 361 Kent Rd.		
31850	Sat	Sep 23–Nov 25 11 am–Noon



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Springers state-of-the-art facility offers equipment such as the *Tumble Trak*, in-ground trampoline, foam pit & the *Just For Kids* line of equipment.

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- Provincial & National

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- Preschool 3–5 years
- Active expressions 3–5 years
- Introductory boys & girls 6–12 years
- Trampoline & Tumbling 7 years +
- Intermediate & Advanced Recreational
- Adult Classes

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4246 Ridgewood Ave.

info@springers.ca
www.springers.ca

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www.keystonekipsgymnastics.ca



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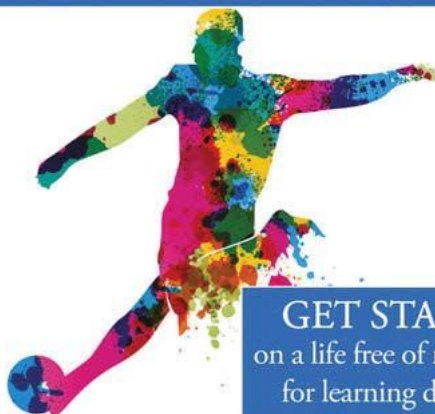
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or email silhouettesgymclub@gmail.com



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 - **Central**
845 Sargent Avenue
 - **Sage Creek**
27 Sage Creek Boulevard
 - **Fort Richmond**
880 Dalhousie Drive
 - **East Kildonan**
1665 Rothesay Street
 - **West Winnipeg**
525 Banting Drive
 - **River Heights**
1780 Taylor Avenue
- Monday to Friday**
10 AM–3 PM • 7 PM–9 PM
Saturday & Sunday
9 AM–4 PM
No appointment needed.

IMPORTANT! Please come with your seat **already installed** and **bring your child**. For more information visit mpi.mb.ca.



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667.2966
296.0207
963.3747
661.5434
661.8930
339.0104
284.8806
285.7165

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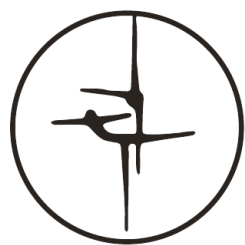
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**avoid
disappointment**
Register early!

Classes with less than the minimum number of registrations required will be cancelled 5-7 days before the start date.



**WINNIPEG
GYMNASTICS
CENTRE**

2017-2018

- Open House August 14th & 21st, 2017 5-7pm
- Summer Camps for Gymnastics July 3rd-September 1st
- Summer Camps for Cheerleading July 3rd-September 1st
- Summer Camps for Sports Acrobatics July 3rd-September 1st
- Pre-school, boys and girls recreational Fall classes



Please visit our website at www.winnipeggymnasticscentre.com or call the office at **204-475-9872** for more details on all Winnipeg Gymnastics Centre has to offer.

active living

dance

junior ballet • 6–8 years fundamentals

A continuation of Kinder Ballet; previous ballet experience is strongly recommended. In Junior Ballet we continue to improve our basic ballet positions as well as develop stronger technique, self-confidence and self-expression through dancing!

Fee: \$70 9 weeks
Pan Am Pool: 25 Poseidon Bay
31403 Sat Oct 14–Dec 16 10:30–11:30 am

hip hop

fundamentals

Learn the popular dance form of hip hop done to the latest top music hits.

6–8 years

Fee: \$70 9 weeks
St. James Civic Centre: 2055 Ness Ave.
29173 Sat Sep 23–Nov 25 2–3 pm
29177 Sat Sep 23–Nov 25 3–4 pm

6–9 years

Fee: \$52 9 weeks
École Riverbend: 123 Red River Blvd. W
28510 Mon Sep 18–Nov 20 7:15–8 pm
Fee: \$70 9 weeks
Bernie Wolfe School: 95 Bournais Dr.
30718 Sat Sep 23–Nov 25 11:45 am–12:45 pm
River East Preschool Centre: 1410 Rothesay St.
31226 Fri Sep 22–Nov 17 7–8 pm
Samuel Burland School: 192 Burland Ave.
29918 Tue Sep 19–Nov 21 7:15–8:15 pm

musical theatre • 6–8 years fundamentals

Discover the star within you! A confidence-builder that provides a broad base of self-expression through song, dance and theatre.

Fee: \$70 9 weeks
Pan Am Pool: 25 Poseidon Bay
30722 Sun Oct 15–Dec 10 11:15 am–12:15 pm

recreational cheerleading

9–12 years fundamentals

A fun introduction to cheerleading including dance, jumps, stunting and gymnastics moves.

Fee: \$69 9 weeks
General Byng School: 1250 Beaumont St.
28529 Mon Sep 11–Nov 20 7–8 pm

ZumbAtomic® • 6–12 years fundamentals

ZumbAtomic is a blast! Using world music created just for children's ears. They will learn about different dance styles and where the music is from. Our dance routines will teach respect, musicality, enhance coordination and technique, while increasing focus and self-confidence. Let kids max out on fun and fitness all at the same time! Your child can't wait to get into the ZumbAtomic groove!

Fee: \$70 9 weeks
St. John's Leisure Centre: 601 Aikins St.
31733 Sat Sep 23–Nov 25 11:45 am–12:45 pm

gymnastics

gymnastics club for boys & girls learn to train

Come and join the fun. Progressive skill development in a safe, structured program.

intro

Fee: \$61 9 weeks
East End Cultural & Leisure Centre: 575 Larsen Ave.
31522 Sun Sep 17–Nov 19 10–11 am
31533 Sun Sep 17–Nov 19 11 am–Noon
31558 Sun Sep 17–Nov 19 Noon–1 pm

level I

Prerequisite: ability to do a cartwheel and handstand unassisted.

Fee: \$92 9 weeks
East End Cultural & Leisure Centre: 575 Larsen Ave.

6–10 years

31562 Sun Sep 17–Nov 19 1:30–3 pm

10–15 years

31576 Sat Sep 23–Nov 25 2:15–3:45 pm

recreational gymnastics

Promotes development of gymnastic skills and physical fitness through progressive skill development using a variety of apparatus and routines. Emphasis on fun.

Fee: \$74 9 weeks

6–8 years fundamentals

École Julie Riel: 316 Ashworth St.
29925 Tue Sep 19–Nov 21 7–8 pm

General Vanier School: 18 Lomond Blvd.

29934 Wed Sep 20–Nov 15 6–7 pm

6–9 years fundamentals

St. John's Leisure Centre: 601 Aikins St.
28763 Thu Sep 21–Nov 16 7–8 pm
28767 Sat Sep 23–Nov 25 10:30–11:30 am

9–12 years

learn to train

General Vanier School: 18 Lomond Blvd.
29935 Wed Sep 20–Nov 15 7–8 pm

yoga

yoga kids fundamentals

Kids will learn basic poses and breathing techniques through sharing circles, laughter yoga, partner yoga and other cooperative learning activities which develop creativity, positive social interaction and emotional balance as well as increasing fitness levels.

Fee: \$66 9 weeks

6–8 years

East End Cultural & Leisure Centre: 575 Larsen Ave.
31578 Mon Sep 18–Nov 20 6:30–7:30 pm
École St. Germain: 77 John Forsyth Rd.
29919 Tue Sep 19–Nov 21 6–7 pm

9–12 years

East End Cultural & Leisure Centre: 575 Larsen Ave.
31575 Mon Sep 18–Nov 20 7:30–8:30 pm
École St. Germain: 77 John Forsyth Rd.
29921 Tue Sep 19–Nov 21 7–8 pm

6–12 years

École Riverbend: 123 Red River Blvd. W
31742 Wed Sep 20–Nov 15 7–8 pm
Fort Rouge Leisure Centre: 625 Osborne St.
30465 Sun Sep 17–Nov 19 3–4 pm
Fee: \$73 10 weeks

9–12 years

Pan Am Pool: 25 Poseidon Bay
31445 Tue Oct 3–Dec 12 6:30–7:30 pm

martial arts

confidence-building martial arts level 1

This session teaches children the basic fundamentals of martial arts by incorporating hand and kicking techniques into a fun and exciting program while giving them a positive way to build confidence, self-esteem and increase focus. Taught by Master Paul Villamor, 7th degree black belt and three-time world champion.

6–9 years

fundamentals

Fee: \$53 9 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.
29946 Sun Oct 1–Dec 3 1–1:45 pm
Fort Rouge Leisure Centre: 625 Osborne St.
28458 Sat Sep 23–Dec 2 3:45–4:30 pm
Fee: \$58 10 weeks

Pan Am Pool: 25 Poseidon Bay
31397 Fri Oct 6–Dec 8 5:30–6:15 pm
St. James Assiniboia Centennial: 644 Parkdale St.
30388 Tue Oct 3–Dec 5 5:30–6:15 pm

9–12 years

learn to train

Fee: \$53 9 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.
29947 Sun Oct 1–Dec 3 1:50–2:35 pm

confidence-building martial arts level 2

learn to train

This class is designed for those who have completed confidence building level 1 and are ready to put their skills into practice. Continue to enjoy a great workout while taking what you have learned to the next level. Taught by Master Paul Villamor, 7th degree black belt and three-time world champion.

Fee: \$53 9 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.
29950 Sun Oct 1–Dec 3 2:40–3:25 pm
Fort Rouge Leisure Centre: 625 Osborne St.
28457 Sat Sep 23–Dec 2 4:30–5:15 pm
Fee: \$58 10 weeks
Pan Am Pool: 25 Poseidon Bay
31398 Fri Oct 6–Dec 8 6:15–7 pm
St. James Assiniboia Centennial: 644 Parkdale St.
30389 Tue Oct 3–Dec 5 6:15–7 pm

confidence-building martial arts level 3

learn to train

This class builds upon more advanced skills, techniques and partner training. In this level you will build upon basic principles of forms and turn movements. This is an intermediate, yellow belt level for anyone who has completed level 1 and 2. Taught by Master Paul Villamor, 7th degree black belt and three-time world champion.

Fee: \$53 9 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.
29956 Sun Oct 1–Dec 3 3:30–4:15 pm

shotokan karate • family class

fundamentals learn to train active for life

This class is intended for families who wish to train together in the art of Karate. It is a beginner level course with emphasis on learning in a fun-filled environment with many activities to keep children engaged and illustrate lessons.

Fee: \$47 8 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.
30001 Sat Oct 14–Dec 9 4:20–5:05 pm

shotokan karate • 5–7 years fundamentals

This course is for new students and focuses on building strength, coordination and discipline as students learn the basic movements of Karate through fun exercises and games.

Fee: \$47 8 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.
29991 Sat Oct 14–Dec 9 11:55 am–12:40 pm
Fee: \$58 10 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.
29984 Thu Oct 5–Dec 7 6:55–7:40 pm

shotokan karate • 7 years+ beginner

fundamentals active for life

This course is a basic introduction to the movements of Karate and to the many physical and mental health benefits of the art.

Fee: \$62 8 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.
29999 Sat Oct 14–Dec 9 2–3 pm
Fee: \$70 9 weeks
Pan Am Pool: 25 Poseidon Bay
30724 Sun Oct 15–Dec 10 1:30–2:30 pm

fundamentals

learn to train active for life

This course is for students who have completed the beginner class. It builds upon the basic principles of Karate that turn movements into viable techniques. Also included is an expanded repertoire of movements, basic kata and basic partner training.

Fee: \$62 8 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.
29996 Sat Oct 14–Dec 9 12:50–1:50 pm

intermediate

learn to train active for life

This class builds upon the beginner course with more advanced techniques, theory, kata and partner training. Respect, character and effort are emphasized. Be prepared for a physically demanding class.

Fee: \$62 8 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.
29993 Sat Oct 14–Dec 9 3:10–4:10 pm
Fee: \$78 10 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.
29986 Thu Oct 5–Dec 7 7:50–8:50 pm

Pan Am Pool: 25 Poseidon Bay
30725 Sun Oct 15–Dec 17 2:30–3:30 pm

Fee: \$86 11 weeks
Pan Am Pool: 25 Poseidon Bay
31383 Wed Oct 4–Dec 13 7–8 pm

keep them safe • self defense

fundamentals

Children will learn the basic fundamentals of martial arts. The class will also include non violent conflict resolution, practical self defense, abduction awareness while building confidence and self esteem.

Fee: \$62 8 weeks
St. James Civic Centre: 2055 Ness Ave.
29198 Sat Sep 23–Nov 18 10–11 am

judo beginner • 7–12 years

learn to train

This Japanese martial art develops confidence, skills, discipline, strength and conditioning.

Fee: \$100 9 weeks
Victoria Albert School: 110 Ellen St.
28557 Tue/Thu Sep 12–Nov 9 6–7:30 pm

judo • 7–12 years

learn to train

This Japanese martial art olympic sport develops skills, discipline, confidence, strength and conditioning. The class is lead by head instructor Mark Berger, 7th degree black belt Olympic World Medalist in Judo and Sambo.

Fee: \$100 9 weeks
Ralph Brown School: 460 Andrews St.
28563 Tue/Thu Sep 12–Nov 9 6–7:30 pm

sport

all sorts of sports • 7–12 years

fundamentals

Come shoot some hoops or score a goal! Our many sporting activities are sure to pique your child's interest. The wide range of activities offered will help to develop new skills, sportsmanship and make new friends.

Fee: \$62 9 weeks
Bonnycastle School: 1100 Chancellor Dr.
28403 Tue Sep 12–Nov 7 6:30–7:30 pm

badminton • 9–12 years

learn to train

An introductory class will be taught in a non-competitive, fun atmosphere. Learn the basic skills of badminton and have fun while exercising and learning a new game.

Fee: \$62 9 weeks
Chalmers Community Centre: 480 Chalmers Ave.
31217 Sun Sep 17–Nov 19 10:30–11:30 am
Ryerson Elementary School: 10 Ryerson Ave.
28385 Fri Sep 8–Nov 17 7–8 pm

parent & child badminton • 9 years+

learn to train active for life

A recreational program that allows you to spend time with your family while improving your basic badminton skills. This class will provide a fun and active atmosphere for the whole family! Price is per person; we must receive a separate payment for both parent and child.

Fee: \$53 /person 9 weeks
Ryerson Elementary School: 10 Ryerson Ave.
28526 Fri Sep 8–Nov 17 6–7 pm

Fee: \$80 /person 9 weeks
Island Lakes School: 445 Island Shore Blvd.
30149 Sat Sep 23–Nov 25 9:15–10:45 am

intermediate

A recreational program that allows you to spend time with your family while improving your badminton skills. This class will provide a fun and active atmosphere for the whole family! We recommend taking this class if you have prior badminton experience. Price is per person; we must receive a separate payment for both parent and child.

Fee: \$80 /person 9 weeks
Island Lakes School: 445 Island Shore Blvd.
30150 Sat Sep 23–Nov 25 11 am–12:30 pm

basketball

Come shoot some hoops! Some skill development and game rules will be taught.

Fee: \$47 9 weeks

6-8 years fundamentals

Garden Grove School: 2340 Burrows Ave.
28505 Mon Sep 18–Nov 20 6:15–7 pm

Fee: \$62 9 weeks

6-8 years fundamentals

Fort Rouge Leisure Centre: 625 Osborne St.
28446 Sat Sep 23–Dec 2 1:35–2:35 pm

General Wolfe School: 661 Banning St.
30420 Mon Sep 18–Nov 20 6–7 pm

Victor H. L. Wyatt School: 485 Meadowood Dr.
29926 Tue Sep 19–Nov 21 6:15–7:15 pm

8-12 years learn to train

Bernie Wolfe School: 95 Bournais Dr.
31233 Sat Sep 23–Nov 25 2:30–3:30 pm

9-12 years learn to train

Fort Rouge Leisure Centre: 625 Osborne St.
28453 Sat Sep 23–Dec 2 2:35–3:35 pm

Garden Grove School: 2340 Burrows Ave.
28508 Mon Sep 18–Nov 20 7–8 pm

General Wolfe School: 661 Banning St.
30419 Mon Sep 18–Nov 20 7–8 pm

Victor H. L. Wyatt School: 485 Meadowood Dr.
29927 Tue Sep 19–Nov 21 7:15–8:15 pm

jr. NBA basketball • 5-7 years active start

The Jr. NBA program is an entry-level basketball program that provides a fun, active and healthy learning environment. Games will be modified to be age-appropriate, simple and fun. All participants will receive size-appropriate Spalding Rookie Gear Basketball and NBA team branded t-shirt.

Fee: \$114 9 weeks

Bernie Wolfe School: 95 Bournais Dr.
31440 Sat Sep 23–Nov 25 1:30–2:30 pm

East Elmwood CC: 490 Keenleyside St.
31230 Fri Sep 22–Nov 17 6:30–7:30 pm

designer dodgeball • 9-12 years learn to train

Watch out! This exciting class develops important physical literacy skills like hand-eye coordination, flexibility, speed and awareness. Instructors use soft equipment and game variation to ensure a fun-filled, safe and inclusive atmosphere. Skill development and games will be taught.

Fee: \$62 9 weeks

École Crane: 888 Crane Ave.
28395 Wed Sep 13–Nov 8 5:45–6:45 pm

28431 Wed Sep 13–Nov 8 6:45–7:45 pm

École St. Germain: 77 John Forsyth Rd.
29943 Thu Sep 21–Nov 16 6–7 pm

29954 Thu Sep 21–Nov 16 7–8 pm

floor hockey • 7-9 years fundamentals

Young players can have fun in the gym while they are supervised in this recreational setting encouraging coordination, balance and flexibility.

Fee: \$62 9 weeks

Chalmers Community Centre: 480 Chalmers Ave.
31218 Sun Sep 17–Nov 19 11:30 am–12:30 pm

floor/ball hockey • 9-11 years learn to train

Young players can have fun in the gym while they are supervised in this recreational setting encouraging coordination, balance and flexibility.

Fee: \$62 9 weeks

St. James Civic Centre: 2055 Ness Ave.
29140 Tue Sep 19–Nov 14 6:30–7:30 pm

hula hooping for fitness & play 8-12 years fundamentals

Hula Hooping is more than spinning a circle around your waist. Through games and activities you will master waist hooping and explore hand movements. From there you will learn transitions to enable you to seamlessly change movements. Hooping improves balance and coordination, promotes self-confidence, lifts mood and sharpens the mind and reflexes.

Fee: \$69 9 weeks

École Crane: 888 Crane Ave.
28468 Mon Sep 11–Nov 20 6:45–7:45 pm



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GET OUT OF THE BASEMENT!




SPIN — Sport Programs In Inner City Neighbourhoods

SPIN is a City of Winnipeg led initiative to provide supports for free sports programming for 6-14 year-olds

If you are a community-based service provider working with 6-14 year-olds in the inner city, we want to help you offer sport programs.

SPIN offers a diverse range of sport opportunities such as Basketball, Soccer, Softball and Paddling! If you are a 6-14 year-old and want to learn new sports, visit winnipeg.ca/SPIN to see what sports are currently being offered and to find a host location near you.









For more information, please contact:
spin@winnipeg.ca
204-986-SPIN (7746)
winnipeg.ca/spin

fun squash • 6–9 years fundamentals

This program introduces children the FUNdamentals of Squash. Movement skills, ABC's (Agility, Balance, Coordination) and striking skills. Children start out with a "mini" racquet and sponge balls then work towards the regular racquet and balls.

Fee: \$47 9 weeks
Winnipeg Winter Club: 200 River Ave.
28564 Sun Sep 17–Nov 19 3:30–4:15 pm

introduction to squash • 9–12 years learn to train

This fun introductory program teaches participants the basic skills of squash in a fun, non-competitive atmosphere. The participants will come away with skills, knowledge and love a new lifelong sport. This group will learn how to serve, hit drives, drops and volleys along with fun games.

Fee: \$62 9 weeks
Winnipeg Winter Club: 200 River Ave.
28568 Sun Sep 17–Nov 19 4:15–5:15 pm

intermediate squash • 9–12 years learn to train

This is for children who can perform skills such as serving, drives, volleys and have experience playing games. This fun program teaches participants the more advanced skills of squash in a fun non-competitive atmosphere.

Fee: \$62 9 weeks
Winnipeg Winter Club: 200 River Ave.
28572 Sun Sep 17–Nov 19 5:15–6:15 pm

indoor soccer

Young soccer players can continue to have fun learning and improving their soccer skills as well as their balance and coordination.

Fee: \$62 9 weeks

6–7 years fundamentals

Bairdmore School: 700 Bairdmore Blvd.
28470 Mon Sep 11–Nov 20 7–8 pm

Bonnycastle School: 1100 Chancellor Dr.
28469 Mon Sep 11–Nov 20 6:30–7:30 pm

East Elmwood CC: 490 Keenleyside St.
31231 Fri Sep 22–Nov 17 7:30–8:30 pm

Island Lakes School: 445 Island Shore Blvd.
30145 Fri Sep 22–Nov 17 6–7 pm

6–8 years fundamentals

École Belmont: 525 Belmont Ave.
28761 Wed Sep 20–Nov 15 7–8 pm

Fort Rouge Leisure Centre: 625 Osborne St.
28666 Sat Sep 23–Dec 2 12:35–1:35 pm

28667 Sun Sep 17–Nov 19 2–3 pm

7–9 years fundamentals

St. James Civic Centre: 2055 Ness Ave.
29197 Sun Sep 17–Nov 12 2:45–3:45 pm

8–10 years learn to train

Bonnycastle School: 1100 Chancellor Dr.
28471 Mon Sep 11–Nov 20 7:30–8:30 pm

Island Lakes School: 445 Island Shore Blvd.
30146 Fri Sep 22–Nov 17 7–8 pm

table tennis • 10–13 years learn to train

For beginner to advanced players. Table Tennis is for everyone! All equipment and instruction provided by Table Tennis Manitoba.

Fee: \$82 10 weeks
Crescentwood CC: 1170 Corydon Ave.
28661 Sat Sep 23–Dec 9 12:30–2 pm

education / special interest

in-service fun!

School's out and the kids will play. Come spend your in-service day with us. We will play activities, sports, make crafts and create a delicious nut-free treat. Please bring a nut-free bagged lunch & water bottle—there is a fridge onsite for your child to keep their lunch cold. Drop off begins at 8:30 am and pick-up is before 4:30 pm.

Fee: \$32 1 day
East End Cultural & Leisure Centre: 575 Larsen Ave.
31044 Fri Oct 20 8:30 am–4:30 pm
31441 Mon Nov 13 8:30 am–4:30 pm

leisure / creative arts

cooking

All lab fees are payable in cash at first class.

little chefs • 6–8 years

Children will enjoy preparing a variety of simple recipes. Nutrition and safety will be discussed.

Fee: \$69 9 weeks
\$15 Lab fee, payable to instructor

Fort Rouge Leisure Centre: 625 Osborne St.
30500 Sat Sep 23–Dec 2 2:45–4:15 pm

Glenwood Community Centre: 27 Overton St.
29929 Tue Sep 19–Nov 21 6:15–7:45 pm

29936 Wed Sep 20–Nov 15 6:15–7:45 pm

River East Preschool Centre: 1410 Rothesay St.
31438 Sun Sep 17–Nov 19 11:45 am–1:15 pm

31439 Sun Sep 17–Nov 19 1:30–3 pm
31220 Sat Sep 23–Nov 25 Noon–1:30 pm

St. John's Leisure Centre: 601 Aikins St.
31730 Sat Sep 23–Nov 25 12:15–1:45 pm

super chefs • 9–12 years

Children will learn basic cooking, baking, kitchen safety and nutrition.

Fee: \$69 9 weeks
\$15 Lab fee, payable to instructor

Glenwood Community Centre: 27 Overton St.
30426 Wed Sep 20–Nov 15 7:45–9:15 pm

River East Preschool Centre: 1410 Rothesay St.
31221 Sat Sep 23–Nov 25 1:45–3:15 pm

St. John's Leisure Centre: 601 Aikins St.
28764 Thu Sep 21–Nov 16 6:30–8 pm

Transcona Senior Centre: 328 Whittier Ave. W
31232 Thu Sep 21–Nov 16 7–8:30 pm

creative arts

little artists • 6–8 years

Let your imagination run wild as we explore the world of art. We will be using mediums such as paper, clay and paint to make our artful creations. We will be having fun in the messiest of ways!

Fee: \$47 9 weeks
Whyte Ridge School: 400 Scurfield Blvd.
28486 Thu Sep 14–Nov 9 7–8 pm

Fee: \$71 9 weeks
Fort Rouge Leisure Centre: 625 Osborne St.

30491 Tue Sep 19–Nov 14 6–7:30 pm

30494 Thu Sep 21–Nov 16 6–7:30 pm

River East Preschool Centre: 1410 Rothesay St.
30658 Sun Sep 17–Nov 19 12:30–2 pm

kids paint party • 7–12 years

The emphasis is on fun and creativity when you paint and party! We provide the step-by-step instructions and provide all the supplies. At the end of the party you will get to take home your very own piece of artwork.

Fee: \$17 1 day
\$10 Lab fee, payable to instructor

Winakwa Community Centre: 980 Winakwa Rd.

31689 Sat Oct 7 10–11 am

30151 Sat Nov 25 10–11 am

30152 Sat Dec 9 10–11 am

family paint party • 6 years+

Spend some creative quality time as a family. We provide the step-by-step instructions and all the supplies. Everyone will go home with their own unique piece of artwork. No experience necessary—this is a paint party not a painting lesson! Price is per person; we must receive separate payment for both parent and child.

Fee: \$17 /person 1 day
\$10 Lab fee, payable to instructor

Island Lakes School: 445 Island Shore Blvd.

29932 Tue Sep 19 6:30–7:30 pm

29933 Tue Oct 17 6:30–7:30 pm

fashionista fun • 6–9 years

Come be a Fashionista! Learn how to upcycle shoes, boxes, clothing and other items into beautiful fashion statements.

Fee: \$30 3 weeks
Fort Rouge Leisure Centre: 625 Osborne St.

28662 Sun Sep 17–Oct 1 10:30 am–Noon

28466 Sun Oct 15–29 10:30 am–Noon

silly science • 6–9 years

Change the way you look at science forever with attention grabbing science experiments from the weird and the wacky to the ooey and the gooey. Be prepared for things to get messy!

Fee: \$28 1 day
Fort Rouge Leisure Centre: 625 Osborne St.

30460 Sun Nov 5 1–3 pm

30461 Sun Nov 5 3:15–5:15 pm

magic for kids • 9–13 years

In this 1.25 hour class, a magician will teach your child awesome magic illusions using ropes, cards, coins and doing amazing predictions. Participants will learn public speaking, teamwork and how to establish stage presence with an audience while learning all about magic. Program is complete with a magic show showcasing your child's new talent.

Fee: \$68 9 weeks
\$30 Lab fee, payable to instructor
École Crane: 888 Crane Ave.
28489 Mon Sep 11–Nov 20 5:30–6:45 pm

theatre for kids! • 8–12 years

This course is an introduction into the fun and dramatic world of theatre. Exciting activities will help develop a variety of skills such as public speaking, all while focusing on theatre. We will also try different acting methods so remember to bring your imagination and energy!

Fee: \$71 9 weeks
École Julie Riel: 316 Ashworth St.
30147 Fri Sep 22–Nov 17 6–7:30 pm

intermediate

This is for individuals who may have previously taken a theatre course. This class will be fast paced and focus more on developing an actual production. Exciting activities will help develop a variety of skills such as public speaking, all while focusing on theatre. We will also try different acting methods so remember to bring your imagination and energy!

Fee: \$71 9 weeks
École Julie Riel: 316 Ashworth St.
30148 Fri Sep 22–Nov 17 7:30–9 pm

pottery

All classes include the cost of clay, tools, glazes and firing.

introduction to pottery • 7–12 years

A fun introduction to the wonderful art of handmade pottery! Learn the basics of hand-building techniques including coiling, slab building and making pinch pots. Dress for a mess!

Fee: \$169 8 weeks
Instructor: Marion
Fort Garry Lion's Outdoor Pool: 969 Dowker Ave.
31421 Sat Sep 23–Nov 18 9:30–11:30 am

introduction to potter's wheel • 8–12 years

Learn wheel-throwing skills through instruction, demonstration and lots of practice. Some experience with clay. Dress for a mess!

Fee: \$169 8 weeks
Instructor: Marion
Fort Garry Lion's Outdoor Pool: 969 Dowker Ave.
31419 Sat Sep 23–Nov 18 11:30 am–1:30 pm

boys only pottery • 8–12 years

Learn how to work with clay with hand-building projects and maybe try out the wheel with this all-boys class. Dress for a mess!

Fee: \$169 8 weeks
Instructor: Marion
Fort Garry Lion's Outdoor Pool: 969 Dowker Ave.
31409 Sat Sep 23–Nov 18 2:30–4:30 pm

hand-building • 7–12 years

Learn and explore various hand-building techniques including coiling, slab building and making pinch pots. Participants will have a chance to try out their unique ideas with self-directed projects. Dress for a mess!

Fee: \$169 8 weeks
Instructor: Marion
Fort Garry Lion's Outdoor Pool: 969 Dowker Ave.
31412 Sun Sep 17–Nov 5 10:30 am–12:30 pm

family pottery

Learn hand-building techniques and try your hand at the wheel. Create something useful or just for fun. Parent and child must both be registered and participate in the class. Dress for a mess!

Fee: \$131 /person 8 weeks
Instructor: PJ
Fort Garry Lion's Outdoor Pool: 969 Dowker Ave.
31413 Mon Sep 18–Nov 20 6:30–8:30 pm

9 years+

Instructor: Roland
Fort Rouge Leisure Centre: 625 Osborne St.
31415 Sun Sep 17–Nov 5 10 am–Noon
31416 Sun Sep 17–Nov 5 12:15–2:15 pm

family hand-building pottery

8 years+

Learn and explore various hand-building techniques. Use your imagination and creativity to design something useful or just for fun. Parent and child must both be registered and participate in the class. Dress for a mess!

Fee: \$131 /person 8 weeks
Instructor: Marion
Fort Garry Lion's Outdoor Pool: 969 Dowker Ave.
31410 Sun Sep 24–Nov 19 1–3 pm

family potter's wheel • 9 years+

The family that throws together grows together! Work side-by-side on the potter's wheel. Basic techniques, demonstrations, practice, clay, glazes and firing are part of this unique course. Previous clay experience is an asset but not a prerequisite. Parent and child must both be registered and participate in the class. Dress for a mess!

Fee: \$131 /person 8 weeks
Instructor: Roland
Fort Rouge Leisure Centre: 625 Osborne St.
31411 Sun Sep 17–Nov 5 2:30–4:30 pm

family christmas pottery • 9 years+

Do you need inspiration for some Christmas gift ideas for family, friends, teachers or a cookie plate for Santa? Bring your ideas or try one of ours out and join the fun and merriment! Parent and child must both be registered and participate in the class. Dress to make a mess!

Instructor: Roland
Fee: \$49 /person 3 weeks

Fort Rouge Leisure Centre: 625 Osborne St.
31428 Sat Dec 2–16 10 am–Noon
31429 Sat Dec 2–16 12:15–2:15 pm
31430 Sat Dec 2–16 2:30–4:30 pm
31432 Wed Nov 29–Dec 13 7–9 pm

Fee: \$82 /person 5 weeks
Fort Rouge Leisure Centre: 625 Osborne St.

31431 Tue Nov 14–Dec 12 7–9 pm
31433 Thu Nov 16–Dec 14 7–9 pm
31434 Sun Nov 19–Dec 17 10 am–Noon
31435 Sun Nov 19–Dec 17 12:15–2:15 pm
31436 Sun Nov 19–Dec 17 2:30–4:30 pm



- NO SKATING SKILLS REQUIRED
- ALL GENDERS WELCOME
- AGES 9-17

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Fort Garry Curling Club at 696 Archibald St.

We'll have gear to borrow, registration and information packets, and trainers to answer any questions!



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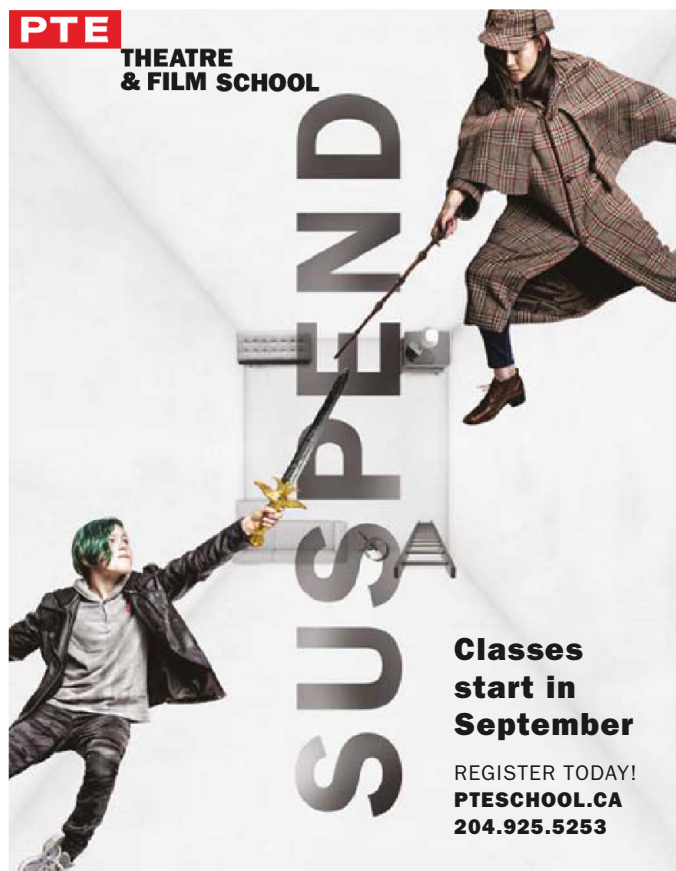
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www.mindmattersclinic.ca for more information**

for ages 12–17 years unless otherwise stated

active living

fit & fun

badminton

learn to train

Sharpen your skills or just learn the basics of the game.

Ryerson Elementary School: 10 Ryerson Ave.

Fee: \$94 9 weeks

11–15 years

28381 Thu Sep 14–Nov 9 8–9:30 pm

Fee: \$125 9 weeks

13–17 years

28383 Fri Sep 8–Nov 17 8–10 pm

parent and youth badminton

13 years+

learn to train active for life

A recreational evening that lets you spend time with your family while improving your badminton skills. Racquets and birdies available or bring your own.

Fee: \$71 /person 8 weeks

École Julie Riel: 316 Ashworth St.

30476 Tue Oct 3–Nov 21 8:15–9:45 pm

youth basketball • 12–16 years

learn to train

Players can have fun playing basketball in a supervised recreational setting. Each week drills to improve skills will be incorporated.

Fee: \$94 9 weeks

Fort Rouge Leisure Centre: 625 Osborne St.

31566 Fri Sep 22–Nov 17 6–7:30 pm

youth boxing program • 10–17 years

learn to train

This creative program will provide a fun, friendly and structured atmosphere and will help promote a healthy body image. Participants will learn basic jab, cross, footwork, ring tactics, novice rules, as well as gain a general understanding of boxing techniques using traditional boxing equipment

Fee: \$77 10 weeks

United Boxing Club: 5–201 Scott St.

30466 Wed Sep 20–Nov 22 5–5:45 pm

parent and youth dodgeball • 13 years+

learn to train active for life

new! A recreational evening that lets you spend time with your family. Instructors use soft equipment and game variation to ensure a fun-filled, safe and inclusive atmosphere. Skill development and games to be taught.

Fee: \$70 8 weeks

Island Lakes School: 445 Island Shore Blvd.

31051 Mon Oct 2–Nov 27 7–8:30 pm

Lord Selkirk School: 170 Poplar Ave.

31052 Thu Oct 5–Nov 23 7–8:30 pm

floor/ball hockey • 12–14 years

learn to train

Players can have fun in the gym while they are supervised in this recreational setting encouraging coordination, balance and flexibility.

Fee: \$62 9 weeks

St. James Civic Centre: 2055 Ness Ave.

29146 Tue Sep 19–Nov 14 7:30–8:30 pm

judo • 13 years+

learn to train

This Japanese martial art olympic sport develops skills, discipline, confidence, strength and conditioning. The class is lead by head instructor Mark Berger, 7th degree black belt Olympic World Medalist in Judo and Sambo.

Fee: \$100 9 weeks

Ralph Brown School: 460 Andrews St.

28565 Tue/Thu Sep 12–Nov 9 7:45–9:15 pm

judo advanced • 13 years+

train to train active for life

This Japanese martial art develops confidence, skills, discipline, strength and conditioning.

Fee: \$100 9 weeks

Victoria Albert School: 110 Ellen St.

28560 Tue/Thu Sep 12–Nov 9 7:45–9:15 pm

beginner taekwondo • 10–17 years

learn to train

Taekwondo, which means “the way of the hand and the foot”, is a self-defence martial art that has its origins in Korea. This is an introductory class aimed for students with little to no experience in Taekwondo.

Fee: \$70 9 weeks

East End Cultural & Leisure Centre: 575 Larsen Ave.

31565 Sun Sep 17–Nov 19 3:15–4:15 pm

intro wushu • 12–16 years

learn to train train to train

new! Wushu is Chinese term for “martial arts”, “Wu” = military or martial, “Shu” = art. In contemporary times, wushu has become an international sport. Competitive wushu is composed of two disciplines: taolu (forms) and sanda (sparring). Wushu involves martial art patterns and maneuvers where competitors are judged and given points according to specific rules. The forms comprise of basic movement stances, kicks, punches, balances, jumps, sweeps and throws based on aggregate categories of traditional Chinese martial art styles and can be choreographed.

Fee: \$83 10 weeks

Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.

31054 Fri Sep 29–Dec 1 5:30–6:30 pm

beginner acro yoga • 13–17 years

train to train

new! Learn the basics of Acro Yoga (acrobatic yoga) in a structured, safe class. No previous knowledge or participation in traditional yoga is required. Acro Yoga is great for relaxation, strength, flexibility, stability, balance, exercise and socialization. Learn the foundational postures. Preferably, register as a two person partner group.

Fee: \$69 9 weeks

General Byng School: 1250 Beaumont St.

28668 Mon Sep 11–Nov 20 8–9 pm

yoga for youth

learn to train

Classes will integrate simple yoga poses, flowing sequences, breathing techniques, deep relaxation as well as self reflection. Classes will help stimulate physical strength, flexibility, good posture and self confidence. Suitable for beginners.

Fee: \$66 9 weeks

Fort Rouge Leisure Centre: 625 Osborne St.

30464 Sun Sep 17–Nov 19 4:15–5:15 pm

parent & teen yoga • 13 years+

active for life

Strengthen and renew your connection with the healing and revitalizing energy from Hatha yoga. All ages and abilities will improve their posture, flexibility and strength while having fun and bonding with each other.

Fee: \$164 /2 people 10 weeks

Pan Am Pool: 25 Poseidon Bay

31380 Wed Oct 4–Dec 6 5–6 pm

weight training

parent & teen weight training

13 years+

learn to train active for life

Strengthen your body and your relationship at the same time. Learn correct weight training techniques using free weights, machines and exercise equipment.

Fee: \$131 /2 people 8 weeks

Cindy Klassen Rec. Complex: 999 Sargent Ave.

30002 Sat Oct 14–Dec 9 4–5 pm

Archery Development Program Available at

Heights Archery
832-4421

TAKE AIM!
FOR FURTHER INFORMATION ABOUT THE ARCHERS & BOWHUNTERS ASSOCIATION OF MANITOBA VISIT OUR WEBSITE: WWW.ABAM.CA OR SET YOUR SITES ON ARCHERY BY CONTACTING THE ABAM AT: 204-925-5697 EXECDIRECTOR@ABAM.CA

•Introductory to Advanced programs for Youth and Adult available
•Province wide Archery In Schools program and group sessions available

ABAM
Archers & Bowhunters Association of Manitoba

Sport
MANITOBA

www.abam.ca

education / special interest**babysitting for youth**

The first part of the course will be spent focusing on personal safety, childcare, fire safety and play. The last part of the course will be spent focusing on First Aid/CPR and on emergencies more likely to happen while babysitting. Must turn 12 years old during the program. Participants will receive both the Babysitting certificate and Emergency First aid/Level B CPR certificate. Attendance is mandatory to receive certification. Manuals included.

Fee: \$122 4 weeks
 Fort Rouge Leisure Centre: 625 Osborne St.
 28435 Sun Nov 12–Dec 3 Noon–4 pm
 St. James Civic Centre: 2055 Ness Ave.
 29143 Sun Oct 1–29 Noon–4 pm

home alone workshop

This class will give your child the skills to stay 'home alone' safely. Course will focus on fire safety, home safety and emergency procedures. This class is meant for children 10 and over. Parents are required to attend at no additional charge.

Fee: \$31 1 day
 Fort Rouge Leisure Centre: 625 Osborne St.
 28663 Sat Dec 9 1–4 pm
 St. James Civic Centre: 2055 Ness Ave.
 29181 Sat Oct 28 9 am–Noon
 29184 Sat Oct 28 1–4 pm

photography for youth

Learn about photography from all angles! In this fun and wide-ranging course students will delve into basics such as composition, lighting and digital photo editing. Alternative techniques such as time-lapse photography, computer scanner photography and light painting will also be explored. Suitable for beginners. Please bring your own camera.

Fee: \$96 9 weeks
 Whyte Ridge School: 400 Scurfield Blvd.
 28527 Fri Sep 8–Nov 17 7–9 pm

leisure / creative arts**family paint party • 6 years+**

Spend some creative quality time as a family. We provide the step-by-step instructions and all the supplies. Everyone will go home with their own unique piece of artwork. No experience necessary—this is a paint party not a painting lesson! Price is per person; we must receive separate payment for both parent and child.

Fee: \$17 /person 1 day
 \$10 Lab fee, payable to instructor
 Island Lakes School: 445 Island Shore Blvd.
 29932 Tue Sep 19 6:30–7:30 pm
 29933 Tue Oct 17 6:30–7:30 pm

pottery

Classes include cost of 22 lbs. of clay, glazes and firing.

youth pottery

Specially designed for teens to include both wheel work and hand-building. Participants will have a chance to try out their own unique ideas with self-directed projects. Dress for a mess!

Fee: \$127 6 weeks
 Instructor: Marion
 Fort Garry Lion's Outdoor Pool: 969 Dowker Ave.
 31426 Fri Sep 29–Nov 3 6:30–8:30 pm
 Fort Rouge Leisure Centre: 625 Osborne St.
 31427 Sat Sep 23–Oct 28 4–6 pm

family pottery

Learn hand-building techniques and try your hand at the wheel. Create something useful or just for fun. Parent and child must both be registered and participate in the class. Dress for a mess!

Fee: \$131 /person 8 weeks
7 years+
 Instructor: PJ
 Fort Garry Lion's Outdoor Pool: 969 Dowker Ave.
 31413 Mon Sep 18–Nov 20 6:30–8:30 pm
9 years+
 Instructor: Roland
 Fort Rouge Leisure Centre: 625 Osborne St.
 31415 Sun Sep 17–Nov 5 10 am–Noon
 31416 Sun Sep 17–Nov 5 12:15–2:15 pm

family hand-building pottery**8 years+**

Learn and explore various hand-building techniques. Use your imagination and creativity to design something useful or just for fun. Parent and child must both be registered and participate in the class. Dress for a mess!

Fee: \$131 /person 8 weeks
 Instructor: Marion
 Fort Garry Lion's Outdoor Pool: 969 Dowker Ave.
 31410 Sun Sep 24–Nov 19 1–3 pm

family potter's wheel • 9 years+

The family that throws together grows together! Work side-by-side on the potter's wheel. Basic techniques, demonstrations, practice, clay, glazes and firing are part of this unique course. Previous clay experience is an asset but not a prerequisite. Parent and child must both be registered and participate in the class. Dress for a mess!

Fee: \$131 /person 8 weeks
 Instructor: Roland
 Fort Rouge Leisure Centre: 625 Osborne St.
 31411 Sun Sep 17–Nov 5 2:30–4:30 pm

family christmas pottery • 9 years+

Do you need inspiration for some Christmas gift ideas for family, friends, teachers or a cookie plate for Santa? Bring your ideas or try one of ours out and join the fun and merriment! Parent and child must both be registered and participate in the class. Dress to make a mess!

Instructor: Roland
Fee: \$49 /person 3 weeks
 Fort Rouge Leisure Centre: 625 Osborne St.
 31428 Sat Dec 2–16 10 am–Noon
 31429 Sat Dec 2–16 12:15–2:15 pm
 31430 Sat Dec 2–16 2:30–4:30 pm
 31432 Wed Nov 29–Dec 13 7–9 pm
Fee: \$82 /person 5 weeks
 Fort Rouge Leisure Centre: 625 Osborne St.
 31431 Tue Nov 14–Dec 12 7–9 pm
 31433 Thu Nov 16–Dec 14 7–9 pm
 31434 Sun Nov 19–Dec 17 10 am–Noon
 31435 Sun Nov 19–Dec 17 12:15–2:15 pm
 31436 Sun Nov 19–Dec 17 2:30–4:30 pm

**MOTHERS & DAUGHTERS IN TOUCH**

A chance to spend some time together...just the two of you.

EXPLORE: feelings, growing up, trust, body image, self-esteem, puberty, being a teenager.

GAMES AND ACTIVITIES TO BUILD THESE SKILLS: listening, communication, problem solving, handling peer pressure.

Wednesdays: 6:30–8:30 pm Sept. 20–Nov. 8, 2017
 Mondays: 6:30–8:30 pm Oct. 16–Dec. 11, 2017

Call to register: 204-255-4840
www.youville.ca



**For moms and their
 9–11 year old daughters**

Financial support from The Winnipeg Foundation has made this program possible.

did you know...

Youth 14 years of age+ are welcome to sign up for any Adult Leisure or Adult Active Living fitness programs.

STATUS4®
 Be yourself and Free yourself
Youth Programming
www.status4.ca

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No Cost To Join



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Leadership, Citizenship, Physical Fitness and Aviation.
Fun, Friends, Connections, Discovery and Teamwork.
For ages 12-18 years



Check our website for more information:
www.aclmb.com or email info@aclmb.com



FUN, BASKETBALL AUTHENTIC, MAXIMUM BASKETBALL TOUCHES

AGE 5-7 BOYS AND GIRLS

Objectives

- Provide entry-level basketball program for young children 5 to 7 years old
- Build a community of league organizers, parents, coaches committed to minor basketball
- Provide a fun, active and healthy learning environment

Curriculum

- Weekly 45 minute practices for 12 weeks
- Canadian Sport 4 Life/Long Term Athlete Development compliant
- Aligned with Canada Basketball's Developmental Pathway
- Curriculum has been developed by NBA Basketball Operations and a team of experts in child development and physical literacy, and basketball fundamentals
- Games will be modified to be age-appropriate, simple and fun

Equipment & Uniform

- Program will include age-appropriate equipment (smaller basketball and lowered adjustable hoops) and modified games
- Participants will receive a size-appropriate Spalding® Rookie Gear Basketball and NBA team branded t-shirt



COMMUNITY CLUB

8 - 18 BOYS AND GIRLS

The greatest amount of participation within the Winnipeg Minor Basketball Association is in our **Community Club** based youth leagues. Age 8-18 boys and girls are invited to register for either our Fall/Winter or our Spring Basketball League. Registrations for each run in September and March respectively.

- The Fall/Winter season consists of 18 weeks of competition between October and March.
- A Spring League consisting of 9 weeks of competition follows in April through June.
- Teams are broken into age divisions comprised of players aged within 2 years of one another with games played on weekends at schools around Winnipeg.
- Teams practice once or twice per week during the weeknights.

We welcome everyone to get involved in Winnipeg's fastest growing sports league as a player, coach or referee! To get involved, visit your local Community Centre or contact the WMBA directly.

For more information on our programs, please visit our website at www.wmba.ca




LESSONS FOR ALL AGES & LEVELS

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 204-989-2223
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 DRUMS ♦ BASS

IN-HOME LESSONS AVAILABLE



K. SAUNDERS TAEKWONDO ACADEMY

FAMILY FRIENDLY PROGRAMS FOR ALL AGES

- ♦ Great Exercise ♦ Stress Release ♦
- ♦ Confidence ♦ Patience ♦ Concentration ♦
- ♦ Self-Defense ♦ Personal Protection ♦

Locations:
 Elmwood, East Kildonan and Transcona

For More Information
 Phone: (204) 952-3176 Or (204) 510-2006
 Email: KSTA.academy@gmail.com



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Register today!

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★ Now offering daily child care options! ★



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Developmental Winter Badminton Programs

Learn 2 Train

- **First Timers?** • **Experienced?**
- **Ages 7-18?**

Be a part of a team as we all Learn 2 Train like professionals in the only badminton programs in Winnipeg with **Nationally Certified Coaches**.

Opportunities are available to compete in introductory tournaments

www.badminton.mb.ca
204-925-5679 for more info



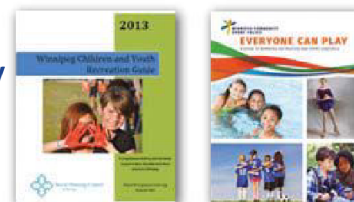
WINNIPEG COMMUNITY SPORT POLICY:

Everyone CAN Play!

Two new guides are available to help ensure all children have equal opportunities to experience the benefits of participating in sport and recreation.

To find programs including free activities, **Winnipeg Children and Youth Recreation Guide**
www.spcw.mb.ca

To help remove financial barriers, **Everyone CAN Play! A Guide to Winnipeg Sport and Recreation Subsidies**
www.bit.ly/EveryoneCanPlay



UNIVERSITY OF MANITOBA



Register now and
JOIN THE HERD!
juniorbisonbasketballclub.com

GIRLS BASKETBALL PROGRAMS 2017-18

ELITE SUMMER SKILLS CAMP

August 28-31, 2017

JUNIOR BISON GIRLS BASKETBALL TEAM TRYOUTS

September 16-17, 2017

CO-ED BASKETBALL LEAGUE

(Saturdays) September 23-November 4, 2017



UNIVERSITY
OF MANITOBA

Open Houses
August 21, 23, 28, 30
September 5 and 6
from 6 to 8

Parkour Beginner and Intermediate classes complete with NEW obstacles!

NO fundraising for preschool, recreational, or parkour athletes!

WOW \$99 daytime preschool class

Fantastic GYMNASTICS

Exciting Preschool, Recreational, and Competitive gymnastics for children of all ages

We also offer: Parkour Cheerleader tumbling
Best Open Gym in City

Unit #1-55 Henlow Bay (off Scurfield Blvd.) email: fantasticgym@mts.net

Call 204-231-1007 to Register • www.fantasticgymnastics.ca

Using the wait list

Didn't get to register for the activity that you wanted? Put your name on the wait list for that activity. If a spot should become available, you will receive a call from us. At that time, you can decide to take or decline the spot. If we leave a message for you, we will provide a specific date and time for you to respond by before going to the next person on the wait list.



youth free swim

Nine–19 year olds will have a great time during these youth only swim times. Free admission, great activities and new friends will be tons of fun. Don't spend another weekend evening on the couch—grab your swimsuit, grab your friends and head to your local pool.

Youth free swim applies to pool use only; other amenities such as weight rooms, tracks and fitness areas in the facility are closed during the youth free swim.

Call 311 or visit winnipeg.ca for the current pool hours.

MuZZZeum Sleepovers

Flashlight tours of the Museum, hands-on activities in the Science Gallery, and a Planetarium show – all in one amazing night! Book groups for a sleepover program by emailing sleepovers@manitobamuseum.ca or call 204-988-0696.

Birthday Parties

Hunt for pirate treasure, don your lab coat, travel among the stars, enjoy liquid nitrogen ice-cream and much more!

Call 204-988-0696 or email partyinfo@manitobamuseum.ca
(Bookings accepted from September to June.)



MANITOBA MUSEUM

ManitobaMuseum.ca [f](https://www.facebook.com/ManitobaMuseum) [i](https://www.instagram.com/ManitobaMuseum) [y](https://www.youtube.com/ManitobaMuseum) @ManitobaMuseum

ROYAL CANADIAN SEA CADETS & NAVY LEAGUE CADETS

Royal Canadian Sea Cadets is a youth program delivered in partnership with the Navy League of Canada and the Department of National Defence. Navy League Cadets is delivered by the Navy League of Canada.

While the programs introduce Cadets to “what” the Navy is all about, Cadets are not members of the Armed Forces and are free to leave the program at any time.



Ages 9–18 years

ROYAL CANADIAN SEA CADET CORPS (RCSCC) for ages 12–18
NAVY LEAGUE CADET CORPS (NLCC) for ages 9–12

BENEFITS:

- Sea Cadets can earn up to two (2) High School credits and scholarships
- Free uniform and kit
- Summer camps across Canada
- Exchanges with cadets from other countries
- Lifelong friendships
- Develop leadership skills
- Pride, Discipline, Commitment, Self Esteem
- Fun and Adventure

ACTIVITIES:

- Seamanship
- Sailing
- Band
- Scuba
- Biathlon
- Physical fitness
- Sports
- Marksmanship
- Communications
- Public Speaking
- Parades and Events

Visit our open house on the dates and locations below

Come and Check us out — then let the adventure begin



RCSCC John Travers Cornwell VC
Parade Night, Thursday 6:30 pm to 9:30 pm
Contact: LT(N) K. Daeninck - 204.943.7745 ext 3256
jtcornwellvc@gmail.com
Starts September 14, 2017
Location: HMCS Chippawa, 1 Navy Way, Wpg



RCSCC Crusader
Parade Night, Wednesday 6:30 pm to 9:30 pm
Contact: Captain Dale Gregory - 204.996.5095
Kristen Chaytor - 204.990.7364
25sea@cadets.gc.ca
Open house: Sept. 6, 2017, 7:00–9:00pm
Location: HMCS Chippawa, 1 Navy Way, Wpg



RCSCC Transcona
Parade Night: Tuesday, 6:30 pm to 9:30 pm
Watch the Transcona BIZ sign in late August
Contact: Conor Lloyd - 204.590.6930
350sea@cadets.gc.ca



RCSCC Qu'Appelle
Parade Night, Monday 6:30 pm to 9:30 pm
Contact: Erika Nagal 204-803-3023
213rcsc@gmail.com
Open house: September 11, 2017
Location: HMCS Chippawa, 1 Navy Way, Wpg



NLCC JRK Millen
Parade Night, Friday 6:30 pm to 9:30 pm
Contact: JRKInfo@mbnavyleague.ca
Website: JRKMillen.com
Open house: Sept 15 2017, 6:30–9:00pm
\$80 per Cadet per year, ages 9–12
Location: HMCS Chippawa, 1 Navy Way, Wpg

Cadets and Parents are expected to participate in and contribute to fund-raising as required by the League to meet its obligation and provide equipment and program enhancements not otherwise provided for.



WINNIPEG OPTIMIST ATHLETICS



**Track and Field Club
Programs offering the
opportunity to be a
skilled athlete!**

Novice to the Elite
6 week sessions up to full
year programs.

Test drive practice session(s)

Location: University of Manitoba
Max Bell (Winter)

University of Manitoba Stadium
(Summer)

Full information on fees and related
material at website:

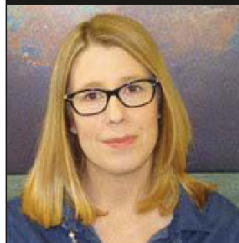
winnipegoptimistathletics.ca

SAVE THE DATE

Thursday, November 2, 2017



Jewish Child and Family Service
Presents Clinical Psychologist



DR. MICHELLE WARREN

**Understanding Anxiety:
Strategies for Coping
Across the Lifespan**

Thursday, November 2, 2017 | 7:30 pm
Shaarey Zedek Synagogue
561 Wellington Crescent

For tickets 204.477.7430 | www.jcfswinnipeg.org
\$20 adults \$10 students and seniors



Congregation
Shaarey Zedek
Celebrating Community and Culture



JEWISH CHILD AND FAMILY SERVICE
Strengthening Lives in Keeping with Jewish Values

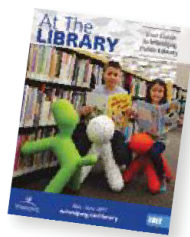
Winnipeg Public Library

■ **Your community hub to read, connect, play, learn and discover!**

Programs for All

The library offers over 4,000 free programs every year for all ages.

- computer workshops
- family story times
- maker & technology classes
- gaming & crafts
- cookbook clubs
- concerts & lectures
- English conversation groups



Skywalk Concerts & Lectures

Thought-provoking lectures
and engaging concerts from
jazz to pop. This year's
series starts October 4.
Millennium Library, on the
lunch hour.

Your online eLibrary

- Over 15,000 eBooks
and eAudiobooks
- Stream movies & music
- Download eMagazines
& newspapers from
around the world

**...all free with
your library card.**

Pick up our bimonthly guide to programs **At The Library**,
available at all libraries, pools and recreation centres.

■ **winnipeg.ca/library** ■

fall 2017 learn to skate

The Learn to Skate program offers 10 weeks of lessons with an emphasis on progressive skill development and fun. Trained instructors teach skating skills using a variety of activities and games in a non-competitive environment.

To participate in the Learn to Skate program, please note the following:

- Sharpen hockey or figure skates prior to the start of lessons.
- All children should wear mitts or gloves. Layers of warm clothing are recommended. Snow suits are appropriate for preschool-aged children.
- **Skate bars are not permitted.**
- **A helmet is mandatory for all participants, including parents participating in Parent & Cub programs.**
- A proper-fitting CSA-approved helmet is recommended. **Bicycle helmets are not permitted.**
- We strongly recommend that helmets be equipped with a face mask.

CSA-Approved Helmet Mandatory

Helmet Guide

Please note that not all helmets are permitted for use in Learn to Skate programs.



skate program description

level	age/prerequisite	minutes per class	highlights of skills covered	fee
basic skating				
parent & cub active start	3 to 4 year-old children accompanied by a skating parent/guardian with basic skating ability (one child to one adult ratio). Parent/guardian must be on skates and have a CSA-approved helmet.	30	With the guidance of the instructor, they will help their preschoolers to stand up by themselves and progress to moving forward unassisted.	\$64
li'l polar bears active start	4 to 5 year-old children participating in an ice skate program for the first time, or for those who have taken Parent & Cub or have the equivalent skills.	30	Preschoolers will learn to get up by themselves and move forward and backwards.	\$64
li'l penguins active start	4 to 5 year-old children that have completed Li'l Polar Bears or have the equivalent skills.	30	Glide forward and move backwards, introduction to stopping.	\$64
seals active start	6 to 9 year-old children that are brand new skaters who want to learn how to skate.	30	Skaters will learn to get up by themselves and move forward and backwards, U-turns, introduction to stopping and forward crosscuts.	\$64
skate kids I fundamentals	6 to 9 year-old children that have completed Li'l Penguins/Seals or have the equivalent skills.	30	Skate forward and move backwards, U-turns, introduction to stopping and forward crosscuts.	\$64
skate kids II fundamentals	Must have completed Skate Kids I or have the equivalent skills.	30	Forward and backwards skating, back v-stops, forward crosscuts.	\$64
youth/adult beginner fundamentals	10 years and over, new to skating who want to learn how to skate.	30	Forward and backwards skating, stopping, turning and skill development.	\$64
youth/adult intermediate fundamentals	10 years and over, must have completed Youth/Adult Beginner or have the equivalent skills.	30	Forward crosscuts, backstop, hockey stop, double sculling.	\$64
figure skating				
figure follies learn to train	Must have completed Skate Kids II or have the equivalent skills.	30	Forward and backwards skating, forward crosscuts, U-turns, two-foot spins, two-foot jump, bunny hop, spiral.	\$64
power skating				
introductory power learn to train	Must have completed Skate Kids II or have the equivalent skills.	30	Forward crosscuts, forward and backwards double sculling, forward glide on one foot, back stop, introduction to hockey stops.	\$65
elementary power learn to train	Must have completed Introductory Power or have the equivalent skills.	30	Forward and backwards one-foot sculling, hockey stop, turns, slalom, balancing skills, introduction to back crosscuts.	\$65
pre-junior power learn to train	Must have completed Elementary Power or have the equivalent skills.	30	Backward crosscuts, back to forward turns, and reverse, drags, two-foot jumps & power exercises.	\$65
junior power learn to train	Must have completed Pre-Junior Power or have the equivalent skills.	45	Hockey stops with chop overs, forward quick starts, forward to back crosscuts and power exercises.	\$97
intermediate power learn to train	Must have completed Junior Power or have the equivalent skills.	45	Forward footstops and backward pivots, t-stops, one-foot stops, forward and backward mohawk turns, back defensive move.	\$97
senior power learn to train	Must have completed Intermediate Power or have the equivalent skills.	45	Changes of edge on foot (slalom), one-foot stops, pivots and double brackets, turns forward & backward.	\$97
advanced power learn to train	Must have completed Senior Power or have the equivalent skills. *Stick and puck/ring required.	45	Progressively difficult drills with and without pylons are used to improve balance, speed, agility and technique.	\$97
Adult registration accepted for all power skating classes.				

Bertrand • 294 Bertrand St.				Saturdays		Sept 30–Dec 9, 2017 (cancelled Nov 11)				
Time	Class #	Program	Class #	Program	Class #	Program	Class #	Program		
3:15–3:45 pm	31183	Li'l Polar Bears (Français)	31225	Li'l Penguins	31186	Li'l Penguins (Français)	31273	Li'l Polar Bears		
3:45–4:15 pm	31450	Seals	31184	Skate Kids I (Français)	31185	Skate Kids II (Français)	31332	Parent & Cub		
4:15–4:45 pm	31587	Skate Kids II	31187	Seals (Français)	31182	Parent & Cub (Français)	31508	Skate Kids I		
Billy Mosienko • 709 Keewatin St.				Saturdays		Sept 30–Dec 9, 2017 (cancelled Nov 11)				
Time	Class #	Program	Class #	Program	Class #	Program	Class #	Program		
9:30–10 am	28368	Parent & Cub	28366	Li'l Polar Bears	28364	Li'l Penguins	28370	Seals		
10–10:30 am	28369	Parent & Cub	28367	Li'l Polar Bears	28365	Li'l Penguins	28373	Skate Kids I		
10:30–11 am	28371	Seals	28374	Skate Kids I	28376	Skate Kids II	28378	Youth/Adult Beginner		
11–11:30 am	28363	Introductory Power	28362	Elementary Power	28377	Skate Kids II	28372	Seals		
Billy Mosienko • 709 Keewatin St.				Tuesdays		Sept 26–Dec 5, 2017 (cancelled Oct 31)				
Time	Class #	Program	Class #	Program	Class #	Program	Class #	Program		
5:30–6 pm	28384	Li'l Penguins	28387	Li'l Polar Bears	28394	Skate Kids I	28398	Skate Kids II		
6–6:30 pm	28389	Parent & Cub	28388	Li'l Polar Bears	28386	Li'l Penguins	28392	Seals		
6:30–7 pm	28390	Parent & Cub	28393	Seals	28396	Skate Kids I	28401	Skate Kids II		
7–7:30 pm	28382	Introductory Power	28379	Elementary Power	28399	Youth/Adult Beginner	28400	Youth/Adult Intermediate		
Century • 1377 Clarence Ave.				Saturdays		Sept 30–Dec 9, 2017 (cancelled Nov 11)				
Time	Class #	Program	Class #	Program	Class #	Program	Class #	Program	Class #	Program
3:45–4:15 pm	28447	Skate Kids I	28444	Seals	28440	Parent & Cub	28433	Li'l Polar Bears	28429	Li'l Penguins
4:15–4:45 pm	28450	Skate Kids I	28461	Skate Kids II	28426	Figure Follies	28434	Li'l Polar Bears	28430	Li'l Penguins
4:45–5:15 pm	28465	Youth/Adult Beginner	28437	Li'l Polar Bears	28441	Parent & Cub	28463	Skate Kids II	28459	Skate Kids I
5:15–5:45 pm	28438	Li'l Polar Bears	28445	Seals	28427	Introductory Power	28442	Parent & Cub	28432	Li'l Penguins
5:45–6:15 pm	28460	Skate Kids I	28464	Skate Kids II	28425	Elementary Power	28428	Introductory Power	28443	Pre-Junior Power
Century • 1377 Clarence Ave.				Sundays		Sept 24–Dec 3, 2017 (cancelled Oct 8)				
Time	Class #	Program	Class #	Program	Class #	Program	Class #	Program	Class #	Program
1–1:30 pm	28498	Skate Kids I	28494	Parent & Cub	28490	Li'l Polar Bears	28487	Li'l Penguins	28496	Seals
1:30–2 pm	28499	Skate Kids I	28500	Skate Kids II	28491	Li'l Polar Bears	28488	Li'l Penguins	28495	Parent & Cub
2–2:30 pm	28481	Introductory Power	28501	Skate Kids II	28497	Seals	28502	Youth/Adult Beginner	28493	Li'l Polar Bears
2:30–3:15 pm	28485	Senior/Advanced Power	28483	Junior Power	28480	Intermediate Power	28484	Pre-Junior Power	28479	Elementary Power
Charles A. Barbour • 500 Nathaniel St.				Saturdays		Oct 7–Dec 16, 2017 (cancelled Nov 11)				
Time	Class #	Program	Class #	Program	Class #	Program	Class #	Program	Class #	Program
Noon–12:30 pm	28417	Skate Kids I	28419	Skate Kids II	28409	Li'l Polar Bears	28406	Li'l Penguins	28414	Seals
12:30–1 pm	28418	Skate Kids I	28415	Seals	28410	Li'l Polar Bears	28407	Li'l Penguins	28412	Parent & Cub
1–1:30 pm	28416	Seals	28413	Parent & Cub	28411	Li'l Polar Bears	28408	Li'l Penguins	28420	Skate Kids II
1:30–2 pm	28421	Youth/Adult Beginner	28422	Youth/Adult Intermediate	28405	Introductory Power	28404	Elementary Power	28423	Seals
East End Community Centre • 517 Pandora Ave. E				Saturdays		Sept 30–Dec 9, 2017 (cancelled Nov 11)				
Time	Class #	Program	Class #	Program	Class #	Program	Class #	Program	Class #	Program
9:45–10:15 am	31293	Li'l Polar Bears	31468	Seals	31525	Skate Kids I	31602	Skate Kids II	31245	Li'l Penguins
10:20–10:50 am	31345	Parent & Cub	31294	Li'l Polar Bears	31246	Li'l Penguins	31603	Skate Kids II	31629	Youth/Adult Beginner
10:55–11:25 am	31346	Parent & Cub	31295	Li'l Polar Bears	31247	Li'l Penguins	31469	Seals	31526	Skate Kids I
11:30 am–Noon	31347	Parent & Cub	31296	Li'l Polar Bears	31470	Seals	31207	Introductory Power	31190	Elementary Power
East End Community Centre • 517 Pandora Ave. E				Mondays		Oct 2–Dec 18, 2017 (cancelled Oct 9 & Nov 13)				
Time	Class #	Program	Class #	Program	Class #	Program	Class #	Program	Class #	Program
5:30–6 pm	31348	Parent & Cub	31297	Li'l Polar Bears	31248	Li'l Penguins	31473	Seals	31604	Skate Kids II
6:05–6:35 pm	31349	Parent & Cub	31298	Li'l Polar Bears	31249	Li'l Penguins	31474	Seals	31528	Skate Kids I
6:40–7:10 pm	31350	Parent & Cub	31299	Li'l Polar Bears	31250	Li'l Penguins	31606	Skate Kids II	31630	Youth/Adult Beginner
7:15–7:45 pm	31475	Seals	31529	Skate Kids I	31208	Introductory Power	31191	Elementary Power	31372	Pre-Junior Power

Eric Coy • 535 Oakdale Dr.

Time	Class #	Program	Class #	Program	Class #	Program	Class #	Program	Class #	Program
5:30–6 pm	28545	Skate Kids I	28542	Seals	28535	Li'l Polar Bears	28531	Li'l Penguins	28539	Parent & Cub
6–6:30 pm	28543	Seals	28540	Parent & Cub	28536	Li'l Polar Bears	28532	Li'l Penguins	28548	Skate Kids II
6:30–7 pm	28549	Skate Kids II	28541	Parent & Cub	28533	Li'l Penguins	28537	Li'l Polar Bears	28546	Skate Kids I
7–7:30 pm	28538	Li'l Polar Bears	28534	Li'l Penguins	28547	Skate Kids I	28544	Seals	28530	Introductory Power

Eric Coy • 535 Oakdale Dr.

Time	Class #	Program	Class #	Program	Class #	Program	Class #	Program
3:30–4 pm	28519	Skate Kids I	28514	Parent & Cub	28509	Li'l Polar Bears	28506	Li'l Penguins
4–4:30 pm	28520	Skate Kids I	28521	Skate Kids II	28503	Elementary Power	28504	Introductory Power
4:30–5 pm	28517	Seals	28515	Parent & Cub	28511	Li'l Polar Bears	28507	Li'l Penguins
5–5:30 pm	28518	Seals	28516	Parent & Cub	28522	Skate Kids II	28512	Li'l Polar Bears

Maginot • 910 Maginot St.

Time	Class # Program		Class # Program		Class # Program		Class # Program	
1–1:30 pm	31451	Seals	31333	Parent & Cub	31274	Li'l Polar Bears	31227	Li'l Penguins
1:30–2 pm	31509	Skate Kids I	31589	Skate Kids II	31228	Li'l Penguins	31275	Li'l Polar Bears
2–2:30 pm	31624	Youth/Adult Beginner	31334	Parent & Cub	31510	Skate Kids I	31276	Li'l Polar Bears

River East • 1410 Rothesay St.

Time	Class #	Program	Class #	Program	Class #	Program	Class #	Program
1–1:30 pm	31335	Parent & Cub	31277	Li'l Polar Bears	31452	Seals	31511	Skate Kids I
1:30–2 pm	31278	Li'l Polar Bears	31234	Li'l Penguins	31590	Skate Kids II	31638	Youth/Adult Intermediate
2–2:30 pm	31336	Parent & Cub	31279	Li'l Polar Bears	31453	Seals	31235	Li'l Penguins
2:45–3:15 pm	31280	Li'l Polar Bears	31236	Li'l Penguins	31512	Skate Kids I	31625	Youth/Adult Beginner
3:15–3:45 pm	31337	Parent & Cub	31281	Li'l Polar Bears	31454	Seals	31591	Skate Kids II
3:45–4:15 pm	31237	Li'l Penguins	31513	Skate Kids I	31203	Introductory Power	31188	Elementary Power

River East • 1410 Rothesay St.

Time	Class #	Program	Class #	Program	Class #	Program	Class #	Program
6–6:30 pm	31338	Parent & Cub	31282	Li'l Polar Bears	31238	Li'l Penguins	31456	Seals
6:30–7 pm	31339	Parent & Cub	31283	Li'l Polar Bears	31204	Introductory Power	31189	Elementary Power
7–7:30 pm	31457	Seals	31514	Skate Kids I	31594	Skate Kids II	31199	Figure Follies

River East • 1410 Rothesay St.

Time	Class #	Program	Class #	Program	Class #	Program	Class #	Program
5:15–5:45 pm	31284	Li'l Polar Bears	31239	Li'l Penguins	31459	Seals	31515	Skate Kids I
5:45–6:15 pm	31340	Parent & Cub	31285	Li'l Polar Bears	31460	Seals	31595	Skate Kids II
6:15–6:45 pm	31192	Elementary Power	31205	Introductory Power	31371	Pre-Junior Power	31626	Youth/Adult Beginner
6:45–7:30 pm	31201	Intermediate Power	31222	Junior Power	31505	Senior/Advanced Power		

River East • 1410 Rothesay St.

Time	Class #	Program	Class #	Program	Class #	Program	Class #	Program
5–5:30 pm	31341	Parent & Cub	31286	Li'l Polar Bears	31240	Li'l Penguins	31461	Seals
5:30–6 pm	31287	Li'l Polar Bears	31462	Seals	31520	Skate Kids I	31597	Skate Kids II
6–6:30 pm	31342	Parent & Cub	31241	Li'l Penguins	31463	Seals	31288	Li'l Polar Bears
6:30–7 pm	31521	Skate Kids I	31599	Skate Kids II	31627	Youth/Adult Beginner	31639	Youth/Adult Intermediate

River East • 1410 Rothesay St.

Time	Class #	Program	Class #	Program	Class #	Program	Class #	Program
5:30–6 pm	31289	Li'l Polar Bears	31242	Li'l Penguins	31465	Seals	31523	Skate Kids I
6–6:30 pm	31343	Parent & Cub	31524	Skate Kids I	31600	Skate Kids II	31243	Li'l Penguins
6:30–7 pm	31344	Parent & Cub	31290	Li'l Polar Bears	31467	Seals	31628	Youth/Adult Beginner
7–7:30 pm	31292	Li'l Polar Bears	31244	Li'l Penguins	31601	Skate Kids II	31206	Introductory Power

Sam Southern • 625 Osborne St.

		Sundays		Sept 24–Dec 3, 2017 (cancelled Oct 8)	
Time	Class # Program	Class # Program	Class # Program	Class # Program	Class # Program
12:45–1:15 pm	28556 Parent & Cub	28554 Li'l Polar Bears	28552 Li'l Penguins	28559 Seals	
1:15–1:45 pm	28562 Skate Kids I	28567 Skate Kids II	28551 Introductory Power	28550 Elementary Power	
1:45–2:15 pm	28558 Parent & Cub	28555 Li'l Polar Bears	28553 Li'l Penguins	28561 Seals	
2:15–2:45 pm	28570 Youth/Adult Beginner	28569 Skate Kids II	28566 Skate Kids I	28571 Youth/Adult Intermediate	

St. Vital Centennial • 580 St. Anne's Rd.

		Mondays		Oct 2–Dec 18, 2017 (cancelled Oct 9 & Nov 13)	
Time	Class # Program	Class # Program	Class # Program	Class # Program	Class # Program
4:30–5 pm	31532 Skate Kids I	31200 Figure Follies	31476 Seals	31300 Li'l Polar Bears	31251 Li'l Penguins
5–5:30 pm	31607 Skate Kids II	31534 Skate Kids I	31301 Li'l Polar Bears	31252 Li'l Penguins	31477 Seals
5:30–6 pm	31536 Skate Kids I	31478 Seals	31351 Parent & Cub	31302 Li'l Polar Bears	31631 Youth/Adult Beginner
6–6:30 pm	31608 Skate Kids II	31640 Youth/Adult Intermediate	31352 Parent & Cub	31304 Li'l Polar Bears	31253 Li'l Penguins

St. Vital Centennial • 580 St. Anne's Rd.

		Tuesdays		Oct 3–Dec 12, 2017 (cancelled Oct 31)	
Time	Class # Program	Class # Program	Class # Program	Class # Program	Class # Program
4–4:30 pm	31540 Skate Kids I	31479 Seals	31353 Parent & Cub	31305 Li'l Polar Bears	31254 Li'l Penguins
4:30–5 pm	31541 Skate Kids I	31609 Skate Kids II	31480 Seals	31306 Li'l Polar Bears	31255 Li'l Penguins
5–5:30 pm	31632 Youth/Adult Beginner	31373 Pre-Junior Power	31610 Skate Kids II	31193 Elementary Power	31209 Introductory Power
5:30–6 pm	31308 Li'l Polar Bears	31256 Li'l Penguins	31354 Parent & Cub	31611 Skate Kids II	31542 Skate Kids I
6–6:45 pm	31180 First Line Hockey Skills 6–8 years	31181 First Line Hockey Skills 9–12 years			

St. Vital Centennial • 580 St. Anne's Rd.

		Wednesdays		Oct 4–Dec 6, 2017	
Time	Class # Program	Class # Program	Class # Program	Class # Program	Class # Program
4:30–5 pm	31482 Seals	31194 Elementary Power	31210 Introductory Power	31374 Pre-Junior Power	31612 Skate Kids II
5–5:30 pm	31310 Li'l Polar Bears	31257 Li'l Penguins	31483 Seals	31545 Skate Kids I	31355 Parent & Cub
5:30–6 pm	31356 Parent & Cub	31613 Skate Kids II	31546 Skate Kids I	31311 Li'l Polar Bears	31258 Li'l Penguins
6–6:45 pm	31506 Senior/Advanced Power	31202 Intermediate Power	31223 Junior Power		

St. Vital Centennial • 580 St. Anne's Rd.

		Fridays		Oct 6–Dec 8, 2017	
Time	Class # Program	Class # Program	Class # Program	Class # Program	Class # Program
4:30–5 pm	31357 Parent & Cub	31312 Li'l Polar Bears	31259 Li'l Penguins	31485 Seals	
5–5:30 pm	31547 Skate Kids I	31614 Skate Kids II	31633 Youth/Adult Beginner	31211 Introductory Power	
5:30–6 pm	31358 Parent & Cub	31313 Li'l Polar Bears	31260 Li'l Penguins	31486 Seals	
6–6:30 pm	31212 Introductory Power	31195 Elementary Power	31375 Pre-Junior Power	31641 Youth/Adult Intermediate	

St. Vital Centennial • 580 St. Anne's Rd.

		Saturdays		Sept 30–Dec 9, 2017 (cancelled Nov 11)	
Time	Class # Program	Class # Program	Class # Program	Class # Program	Class # Program
8–8:30 am	31359 Parent & Cub	31261 Li'l Penguins	31487 Seals	31314 Li'l Polar Bears	31634 Youth/Adult Beginner
8:30–9 am	31548 Skate Kids I	31615 Skate Kids II	31488 Seals	31315 Li'l Polar Bears	31642 Youth/Adult Intermediate
9–9:30 am	31550 Skate Kids I	31616 Skate Kids II	31360 Parent & Cub	31316 Li'l Polar Bears	31262 Li'l Penguins
9:30–10 am	31489 Seals	31551 Skate Kids I	31617 Skate Kids II	31196 Elementary Power	31213 Introductory Power
10:15–10:45 am	31552 Skate Kids I	31618 Skate Kids II	31361 Parent & Cub	31317 Li'l Polar Bears	31263 Li'l Penguins
10:45–11:15 am	31264 Li'l Penguins	31318 Li'l Polar Bears	31490 Seals	31619 Skate Kids II	31362 Parent & Cub
11:15–11:45 am	31363 Parent & Cub	31554 Skate Kids I	31319 Li'l Polar Bears	31265 Li'l Penguins	31635 Youth/Adult Beginner
11:45 am–12:15 pm	31555 Skate Kids I	31491 Seals	31364 Parent & Cub	31320 Li'l Polar Bears	31266 Li'l Penguins

St. Vital Centennial • 580 St. Anne's Rd.

		Sundays		Oct 1–Dec 10, 2017 (cancelled Oct 8)	
Time	Class # Program	Class # Program	Class # Program	Class # Program	Class # Program
10:30–11 am	31636 Youth/Adult Beginner	31493 Seals	31365 Parent & Cub	31322 Li'l Polar Bears	31267 Li'l Penguins
11–11:30 am	31366 Parent & Cub	31557 Skate Kids I	31496 Seals	31323 Li'l Polar Bears	31268 Li'l Penguins
11:30 am–Noon	31643 Youth/Adult Intermediate	31620 Skate Kids II	31367 Parent & Cub	31324 Li'l Polar Bears	31269 Li'l Penguins
Noon–12:30 pm	31500 Seals	31621 Skate Kids II	31559 Skate Kids I	31214 Introductory Power	31197 Elementary Power
12:30–1 pm	31560 Skate Kids I	31622 Skate Kids II	31368 Parent & Cub	31326 Li'l Polar Bears	31270 Li'l Penguins

St. James Civic Centre • 2055 Ness Ave.

Time	Class #	Program	Class #	Program	Thursdays	Class #	Program	Sept 28–Nov 30, 2017	Class #	Program	Class #	Program
5–5:30 pm	28582	Parent & Cub	28585	Seals	28579	Li'l Polar Bears	28577	Li'l Penguins				
5:30–6 pm	28588	Skate Kids I	28583	Parent & Cub	28592	Youth/Adult Beginner	28580	Li'l Polar Bears	28593	Youth/Adult Intermediate		
6–6:30 pm	28590	Skate Kids II	28584	Parent & Cub	28581	Li'l Polar Bears	28578	Li'l Penguins	28586	Seals		
6:30–7 pm	28589	Skate Kids I	28587	Seals	28576	Introductory Power	28575	Elementary Power	28591	Skate Kids II		

St. James Civic Centre • 2055 Ness Ave.

Time	Class #	Program	Class #	Program	Sundays	Class #	Program	Sept 24–Dec 3, 2017 (cancelled Oct 8)	Class #	Program	Class #	Program
10:30–11 am	28611	Parent & Cub	28605	Li'l Polar Bears	28601	Li'l Penguins	28624	Skate Kids II	28616	Seals		
11–11:30 am	28620	Skate Kids I	28617	Seals	28606	Li'l Polar Bears	28628	Youth/Adult Beginner	28612	Parent & Cub		
11:30 am–Noon	28613	Parent & Cub	28607	Li'l Polar Bears	28602	Li'l Penguins	28618	Seals				
Noon–12:30 pm	28608	Li'l Polar Bears	28625	Skate Kids II	28596	Elementary Power	28598	Introductory Power	28621	Skate Kids I		
12:45–1:15 pm	28614	Parent & Cub	28619	Seals	28622	Skate Kids I	28603	Li'l Penguins	28609	Li'l Polar Bears		
1:15–1:45 pm	28626	Skate Kids II	28615	Parent & Cub	28610	Li'l Polar Bears	28629	Youth/Adult Intermediate	28604	Li'l Penguins		
1:45–2:15 pm	28623	Skate Kids I	28627	Skate Kids II	28597	Elementary Power	28599	Introductory Power	28600	Pre-Junior Power		

Terry Sawchuk Arena • 901 Kimberley Ave.

Time	Class #	Program	Class #	Program	Sundays	Class #	Program	Oct 1–Dec 10, 2017 (cancelled Oct 8)	Class #	Program
1–1:30 pm	31369	Parent & Cub	31271	Li'l Penguins	31502	Seals	31328	Li'l Polar Bears		
1:30–2 pm	31561	Skate Kids I	31272	Li'l Penguins	31370	Parent & Cub	31329	Li'l Polar Bears		
2–2:30 pm	31623	Skate Kids II	31637	Youth/Adult Beginner	31503	Seals	31330	Li'l Polar Bears		
2:30–3 pm	31198	Elementary Power	31215	Introductory Power	31376	Pre-Junior Power	31644	Youth/Adult Intermediate		

outdoor pleasure skating

Numerous outdoor pleasure skating facilities are available at community centres and other park sites throughout the City of Winnipeg. Kildonan Park, St. Vital Park and Harbour View Recreation Complex offer the opportunity to enjoy free skating accompanied by music and a warm shelter.

hockey skills program

first line hockey skills • coed train to train

A program for hockey players who want to improve basic hockey skills such as stick handling, passing and receiving, and shooting. Each class will include a brief power skating session. Stick and puck required. Full hockey equipment is recommended. Must be able to skate. Introductory Power or equivalent skills are a prerequisite. Helmet is mandatory.

Fee: \$107 10 weeks
St. Vital Centennial Arena: 580 St. Anne's Rd.

6–8 years

31180 Tue Oct 3–Dec 12 6–6:45 pm
cancelled Oct 31

9–12 years

31181 Tue Oct 3–Dec 12 6–6:45 pm
cancelled Oct 31

To ensure a safe and enjoyable experience at all city-owned arenas and outdoor skating rinks, **we strongly recommend the use of a CSA-approved hockey helmet and face mask for all age groups.** All skaters should wear mitts or gloves and layers of warm clothing for skating enjoyment.

free public skating • fall 2017

active for life

In keeping with the benefits of a healthy lifestyle and in promoting safe and positive activities for the citizens of our community, all public skating activities are provided free of charge.

Free Skating times are available at these 13 arenas as outlined below. Any time and date changes will be promoted on the winnipeg.ca web site and at the specific arena locations impacted.

arena public skating schedule

Bertrand 294 Bertrand St.

Tue Sep 26–Dec 19 6:45–7:45 pm
Sat Sep 30–Dec 16 2–3 pm
cancelled Nov 11

Billy Mosienko 709 Keewatin St.

Sun Sep 17–Dec 17 3:30–4:30 pm
Thur Sep 21–Dec 21 5:30–6:30 pm

Century 1377 Clarence Ave.

Mon Oct 16–Dec 18 7:15–8:15 pm
cancelled Nov 13

East End Community Club 517 Pandora Ave. E

Sat Sep 30–Dec 16 6:30–7:30 pm
cancelled Nov 11
Sun Oct 1–Dec 17 1:30–2:30 pm

Eric Coy 535 Oakdale Dr.

Sun Oct 1–Dec 17 2:15–3:15 pm
Wed Oct 4–Dec 20 6:45–7:45 pm

Maginot 910 Maginot St.

Thur Sep 28–Dec 21 6:30–7:30 pm

Pioneer Arena 799 Logan Ave.

Sat Sep 30–Dec 16 12:30–1:30 pm
cancelled Nov 11

River East 1410 Rothesay St.

Fri Sep 29–Dec 22 5:45–6:45 pm

Sam Southern 625 Osborne St.

Sun Sep 10–Dec 17 3–4 pm

Sargent Park 1111 Wall St.

Sun Oct 1–Dec 17 noon–1 pm

St. James Civic Centre 2055 Ness Ave.

Sat Sep 30–Dec 16 2:15–3:15 pm
cancelled Nov 11
Mon Sep 25–Dec 18 11 am–Noon
cancelled Oct 9, Nov 13

St. Vital Centennial 580 St. Anne's Rd.

Sun Oct 1–Dec 17 1:15–2:15 pm

Terry Sawchuk 901 Kimberley Ave.

Sat Sep 30–Dec 16 11:45 am–12:45 pm
cancelled Nov 11

HOCKEY & SKATING FALL ACADEMIES

RUNNING SEPTEMBER - DECEMBER

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Viola Desmond

Photo courtesy of 1945 Beaton
Institute, Cape Breton University

for sitting down to take a stand

Learn about her story during Family Day.
Every Sunday from noon to 4 p.m.



CANADIAN MUSEUM FOR
HUMAN RIGHTS

humanrights.ca

Canada

leisure / creative arts

painting

The basic components of materials, colour, theory, compositions, perspectives and techniques will be covered, as participants work on individual projects. Materials not supplied.

painting with acrylics

Fee: \$86 8 weeks
St. John's Leisure Centre: 601 Aikins St.
31331 Tue Sep 26–Nov 14 1–3 pm

painting with oils or acrylics

Fee: \$86 8 weeks
Elmwood/EK Seniors Centre: 180 Poplar Ave.
31327 Mon Sep 25–Nov 27 10 am–Noon

dance

line dancing level I

active for life

Learn the basic steps and easy country line dances for exercise and fun. We use any music with a good dance beat. This includes oldies, current, latin, celtic and country western music. Wear comfortable shoes with a low or flat heel.

Fee: \$70 10 weeks
St. James Civic Centre: 2055 Ness Ave.
28696 Tue Sep 26–Nov 28 1–2:30 pm

tap dancing beginner

active for life

Tap dance your way to fitness and fun with this basic skills class. Choreographed to uplifting music, this class will get you out of the house and on the move! Tap shoes recommended. No partner necessary.

Fee: \$47 10 weeks
North Centennial Recreation & Leisure: 90 Sinclair St.
28804 Wed Sep 27–Nov 29 1–2 pm

Please see the Active Living section for more resistance training and aquafitness specialty classes.

aquafitness specialty

aquafitness specialty • ai chi arthritis active for life

Great for anyone with arthritis or chronic pain. In a warm water medium, class will consist of slow, broad movements to enhance balance and strengthen joints.

Fee: \$80 10 weeks
Bonivital Pool: 1215 Archibald St.
30504 Wed Oct 4–Dec 13 10:15–11 am
Margaret Grant Pool: 685 Dalhousie Dr.
30609 Mon Oct 2–Dec 18 2:30–3:15 pm
30612 Wed Oct 4–Dec 13 2:30–3:15 pm

aquafitness specialty • arthritis active for life

Enjoy gentle water exercise without undue stress on the body. A low impact cardiovascular workout with range of motion, flexibility, muscle strength and endurance components.

Fee: \$72 9 weeks
Kinsmen Sherbrook Pool: 381 Sherbrook St.
30110 Mon Oct 2–Dec 4 9:15–10 am
Fee: \$80 10 weeks

Bonivital Pool: 1215 Archibald St.
30489 Mon Oct 2–Dec 11 9:30–10:15 am
30603 Thu Oct 5–Dec 7 Noon–12:45 pm
30605 Fri Oct 6–Dec 8 9:30–10:15 am
30606 Fri Oct 6–Dec 8 10:15–11 am

Kinsmen Sherbrook Pool: 381 Sherbrook St.
30111 Fri Oct 6–Dec 8 9:15–10 am
Margaret Grant Pool: 685 Dalhousie Dr.
30608 Mon Oct 2–Dec 18 1:45–2:30 pm
30611 Wed Oct 4–Dec 13 1:45–2:30 pm

St. James Civic Centre: 2055 Ness Ave. Pool
28735 Tue Oct 3–Dec 5 1:15–2 pm
28736 Tue Oct 3–Dec 5 2–2:45 pm
28769 Wed Oct 4–Dec 6 10:30–11:15 am
28737 Thu Oct 5–Dec 7 1:15–2 pm

Fee: \$88 11 weeks
Bonivital Pool: 1215 Archibald St.
30502 Wed Oct 4–Dec 13 9:30–10:15 am

older active adults

aquafitness specialty • arthritis lite active for life

A slower paced, less intense arthritis class with focus on joint mobility and chronic pain management.

Fee: \$80 10 weeks

Margaret Grant Pool: 685 Dalhousie Dr.

30607 Mon Oct 2–Dec 18 1–1:45 pm

30610 Wed Oct 4–Dec 13 1–1:45 pm

aquafitness specialty • arthritis/ fibromyalgia active for life

A program that accommodates people with joint pain caused by arthritis and also improves muscular strength and endurance for people living with fibromyalgia.

Fee: \$72 9 weeks

Kinsmen Sherbrook Pool: 381 Sherbrook St.

30113 Mon Oct 2–Dec 4 6:15–7 pm

Fee: \$80 10 weeks

Bonivital Pool: 1215 Archibald St.

30492 Mon Oct 2–Dec 11 10:15–11 am

30604 Thu Oct 5–Dec 7 7–7:45 pm

Kinsmen Sherbrook Pool: 381 Sherbrook St.

30115 Wed Oct 4–Dec 6 10:45–11:30 am

30121 Fri Oct 6–Dec 8 10:45–11:30 am

North Centennial Recreation & Leisure: 90 Sinclair St.

30119 Wed Oct 4–Dec 6 1:45–2:30 pm

aquafitness specialty • MS active for life

This class takes place in a cool water medium, focusing on improving balance, strength and coordination.

Fee: \$72 9 weeks

Kinsmen Sherbrook Pool: 381 Sherbrook St.

30123 Mon Oct 2–Dec 4 10:45–11:30 am

Fee: \$80 10 weeks

Bonivital Pool: 1215 Archibald St.

30495 Tue Oct 3–Dec 5 10–10:45 am

city-wide active living passes

Looking for flexibility in your workout? Try our versatile Active Living Pass which can be used for general admission during public hours at any of our facilities as well as for any of our drop-in fitness classes (see programs with ★ in this & the Active Living section). Drop-in schedules are available online at winnipeg.ca. Passes can be purchased at the front desk of any of our fitness facilities or pools.

fitness

arthritis people with arthritis can exercise active for life

This exercise program is designed by the Arthritis Foundation for people with arthritis and related conditions. Improve flexibility, muscle strength, range of motion and endurance without hurting your joints. Exercises can be performed either sitting or standing with routines that help relieve stiffness and improve posture.

Fee: \$39 8 weeks

St. James Assiniboia Centennial: 644 Parkdale St.

28768 Mon Sep 18–Nov 13 1:30–2:15 pm

Fee: \$65 10 weeks

Fort Rouge Leisure Centre: 625 Osborne St.

28697 Thu Sep 28–Nov 30 1:30–2:30 pm

28698 Mon Sep 25–Dec 11 2:15–3:15 pm

28699 Wed Sep 27–Nov 29 1–2 pm

body toning firm & flex active for life

This class is essential as flexibility is one of the first components to decline with age. The goal of the program is to encourage daily active living and help prevent future sprains and strains.

Fee: \$59 10 weeks

Greendell Park CC: 75 Woodlawn Ave.

28703 Mon Sep 25–Dec 11 9:30–10:30 am

mov'n with muscle 50+ active for life

A great class to keep the body moving and strong! This workout alternates muscle conditioning exercises (using weights, bands, even your own body weight) with low-impact movements. It can be adapted to any fitness level, any body ailments such as osteoporosis or arthritis and can even be done in a chair! So what's stopping you? Let's move to get strong!

Fee: \$47 10 weeks

Cindy Klassen Rec. Complex: 999 Sargent Ave.

29972 Tue Oct 3–Dec 5 1:50–2:35 pm

29973 Thu Oct 5–Dec 7 11:15 am–Noon

St. James Assiniboia Centennial: 644 Parkdale St.

30398 Wed Oct 4–Dec 6 3:45–4:30 pm

Fee: \$63 10 weeks

Fort Rouge Leisure Centre: 625 Osborne St.

28704 Thu Sep 28–Nov 30 10–11 am

Pan Am Pool: 25 Poseidon Bay

31094 Tue Oct 3–Dec 5 10:30–11:30 am

31388 Thu Oct 5–Dec 7 10:30–11:30 am

cardio fitness

aerobic fitness

active for life

Improves cardiovascular fitness, muscular endurance, flexibility and over all wellbeing.

Fee: \$64 10 weeks

40% discount for each additional class

St. James Civic Centre: 2055 Ness Ave.

★28707 Mon Sep 25–Dec 11 10:50 am–12:20 pm

★28708 Wed Sep 27–Nov 29 10:50 am–12:20 pm

★28706 Fri Sep 29–Dec 1 10:50 am–12:20 pm

bone building active for life

This class will build bone density in the spine, hips, knees and shoulders. You will also gain strength, improve posture, maintain balance and improve flexibility all with the use of free weights and dynabands. Modifications will be given for different fitness levels.

Fee: \$63 10 weeks

Cindy Klassen Rec. Complex: 999 Sargent Ave.

29980 Wed Oct 4–Dec 6 10–11 am

seniors plus with a flair

active for life

Cardio workout, no jumping required! Light to no hand weights, work out at your own pace. Stand up or use the chair during your workout. Fun music to keep you moving and grooving.

Fee: \$36 6 weeks

Chalmers Community Centre: 480 Chalmers Ave.

30690 Thu Sep 28–Nov 2 1:30–2:30 pm

Fee: \$60 10 weeks

North Centennial Recreation & Leisure: 90 Sinclair St.

30709 Fri Sep 29–Dec 1 11 am–Noon

trim fit

active for life

Socialize while getting fit. Cardio and personalized monitoring systems are the bonuses of this class.

Fee: \$53 10 weeks

40% discount for each additional class

St. James Civic Centre: 2055 Ness Ave.

★28710 Mon Sep 25–Dec 11 9:30–10:45 am

★28711 Wed Sep 27–Nov 29 9:30–10:45 am

★28709 Fri Sep 29–Dec 1 9:30–10:45 am

— REGISTRATION NOW OPEN —

SENIORS' ALUMNI

LEARNING FOR LIFE PROGRAM

Don't miss your chance to take part in our Fall 2017 or Spring 2018 series, which explores new ideas and creates lively discussions with others who share your love of learning.

For more information and to register, please visit
umanitoba.ca/seniorsalumni or call 204-474-9946



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older active adults

50 plus active centre • move and mingle active for life

Whether you are in your 50s or 80s it's never too late to start! Join our friendly group for fun and fitness, followed by socializing.

Fee: \$31 10 weeks

St. James Civic Centre: 2055 Ness Ave.

28705 Thu Sep 28–Nov 30 10–11:30 am

Fee: \$42 10 weeks

Northwood CC: 1415 Burrows Ave.

30008 Wed Sep 27–Nov 29 10 am–Noon

osteoporosis exercising with osteoporosis active for life

For people with osteoporosis and other related conditions. Walking on the track for cardio and exercising with light weights to strengthen. Conclude with stretching for improved flexibility and injury prevention.

Fee: \$63 10 weeks

St. James Assiniboia Centennial: 644 Parkdale St.

30391 Tue Oct 3–Dec 5 10–11 am

gentle fit for 50+ active for life

It's never too late to start exercising! This workout is a great introduction to weight training for those 50+ who have never lifted a weight. Staying strong as we age is so important in order to keep our independence. This class will help you continue to carry your grocery bags and climb those stairs with strength. Should an individual have limitations, modifications will be made to suit their bodies.

Fee: \$63 10 weeks

Pan Am Pool: 25 Poseidon Bay

31093 Tue Oct 3–Dec 5 9:15–10:15 am

31386 Thu Oct 5–Dec 7 9:15–10:15 am

resistance training resistance training active for life

Experience resistance training using free weights and dyna bands. The numerous benefits of resistance training include: increased strength, endurance, bone density and self-awareness.

Fee: \$64 10 weeks

St. James Civic Centre: 2055 Ness Ave.

28717 Tue Sep 26–Nov 28 9:30–10:45 am

tai chi tai chi arthritis active for life

This class provides gentle moves to challenge and safely exercise those arthritic joints.

Fee: \$54 10 weeks

St. James Assiniboia Centennial: 644 Parkdale St.

30424 Wed Oct 4–Dec 6 3–3:45 pm

yoga yoga for older active adults active for life

A yoga program especially designed for older active adults. Yoga promotes physical, mental and emotional well-being. Improve your posture, reduce stress and through relaxation tone your muscles and increase your own source of energy.

Fee: \$71 10 weeks

Fort Rouge Leisure Centre: 625 Osborne St.

28718 Thu Sep 28–Nov 30 12:55–1:55 pm

Greendell Park CC: 75 Woodlawn Ave.

28719 Fri Sep 29–Dec 1 9:30–10:30 am

St. James Assiniboia Centennial: 644 Parkdale St.

30430 Wed Oct 4–Dec 6 10–11 am

30432 Fri Oct 6–Dec 8 2:30–3:30 pm

St. James Civic Centre: 2055 Ness Ave.

28720 Mon Sep 25–Dec 11 1:30–2:30 pm

31936 Thu Sep 28–Nov 30 1:30–2:30 pm

yoga for older active adult continuing active for life

A yoga program especially designed for older active adults. Yoga promotes physical, mental and emotional well-being. Improve your posture, reduce stress, through relaxation tone your muscles and increase your own source of energy. Previous yoga experience required.

Fee: \$71 10 weeks

Fort Rouge Leisure Centre: 625 Osborne St.

28723 Tue Sep 26–Nov 28 10:30–11:30 am

28722 Thu Sep 28–Nov 30 2–3 pm

chair yoga active for life

A gentle style of yoga in which standard yoga poses are adapted while seated or standing using a chair as support. Participants will learn yoga posture, breathing techniques, meditations and ways of relaxation with the aid of a chair.

Fee: \$71 10 weeks

Fort Rouge Leisure Centre: 625 Osborne St.

28724 Thu Sep 28–Nov 30 9–10 am

St. James Civic Centre: 2055 Ness Ave.

28725 Mon Sep 25–Dec 11 12:30–1:30 pm

gentle yoga active for life

A program especially designed for older active adults. This is a true beginner class for those with no yoga experience and those with physical restrictions who may require a chair for poses.

Fee: \$71 10 weeks

Fort Rouge Leisure Centre: 625 Osborne St.

28742 Tue Sep 26–Nov 28 11:45 am–12:45 pm

joint health yoga active for life

A gentle yoga practice designed for older active adults which will focus on joint mobilization, relaxation, breathing and meditation.

Fee: \$71 10 weeks

Fort Rouge Leisure Centre: 625 Osborne St.

28743 Fri Sep 29–Dec 1 1:30–2:30 pm

yogalates 50+ active for life

This class combines some of the ancient science of hatha yoga with the core stabilizing, regenerative dynamics of Pilates. Strengthen all of the major muscle groups and develop a streamlined physique while cultivating mental calm with Pilates exercises and yoga postures. All levels are welcome.

Fee: \$94 10 weeks

Pan Am Pool: 25 Poseidon Bay

30733 Mon Oct 2–Dec 11 2:10–3:10 pm

31387 Thu Oct 5–Dec 7 9:15–10:15 am



RECREATION SERVICES

A BETTER YOU STARTS HERE

Memberships, fitness, instructional programs and more!

UOFMACTIVELIVING.CA



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older active adults

zumba

zumba gold active for life

Zumba Gold is a dance fitness class designed for the older active adult, the true beginner and for people who are not used to exercise or who may be limited physically. Zumba Gold is done at a slightly lower intensity than regular Zumba. Burn calories, improve cardiovascular health and tone and sculpt your entire body. No dance experience required.

Fee: \$69 9 weeks

St. James Assiniboia Centennial: 644 Parkdale St.
30434 Mon Oct 2–Dec 4 11 am–Noon

Fee: \$77 10 weeks

Fort Rouge Leisure Centre: 625 Osborne St.
28744 Mon Sep 25–Dec 11 1–2 pm

Mayfair Recreation Centre: 40 Mayfair Pl.
30467 Fri Sep 29–Dec 1 9:30–10:30 am

Pan Am Pool: 25 Poseidon Bay
31396 Fri Oct 6–Dec 8 9:30–10:30 am

St. James Civic Centre: 2055 Ness Ave.
28745 Fri Sep 29–Dec 1 11:15 am–12:15 pm

sport

floor curling active for life

Love to curl but are unable to go on the ice or just want to learn? Then floor curling is perfect for you. It promotes flexibility, an increased range of motion and circulation. An absolute beginner's program for those interested in playing a fast growing sport. Program will cover rules, etiquette, flat foot delivery, strategy and game play. All equipment is provided and is very lightweight.

Fee: \$69 6 weeks

Chalmers Community Centre: 480 Chalmers Ave.
31050 Wed Oct 4–Nov 8 1:30–3 pm

personal wellness

minds in motion active for life

This program combines physical activity, socialization and mental stimulation for people living with early to mid-stage Alzheimer's disease or other types of dementia. Please come with a family member or community care partner and enjoy the fun activities like weekly exercising to music, fun and stimulating games. This program is facilitated by the Alzheimer Society of Manitoba working collaboratively with community partners. Price includes participant and family member/friend.

Fee: \$56 8 weeks

St. James Civic Centre: 2055 Ness Ave.
28695 Fri Oct 20–Dec 8 1–3 pm

free lecture / activity series

arthritis: chronic pain management workshop

Learn tips and techniques to help you live better with chronic pain! Increase your strength and mobility, boost your mood, reduce stress on your joints and get the facts on medications. The Chronic Pain Management Workshop is led by volunteers trained by The Arthritis Society or staff, many of whom have arthritis. Family and friends are welcome to attend.

Fee: free 1 day

Cindy Klassen Rec. Complex: 999 Sargent Ave.
30108 Thu Oct 12 1–2:30 pm

Kinsmen Sherbrook Pool: 381 Sherbrook St.
30109 Mon Oct 16 6:30–8 pm

eat well to live well with arthritis

While there is no definitive anti-arthritis diet, research suggests that certain foods may help relieve the pain and other symptoms of arthritis. Learn to make informed decisions and how small changes can boost energy and give you confidence to live better with the physical and emotional challenges of arthritis.

Fee: free 1 day

Pan Am Pool: 25 Poseidon Bay
31516 Wed Oct 4 6:30–8 pm

31517 Tue Oct 24 11:45 am–1:15 pm

understanding arthritis: treatment matters

Find out how different treatments and medications can help you live well with arthritis. Get the right information to make informed decisions about your treatment plan and enable you to ask your health-care team specific questions related to your care.

Fee: free 1 day
St. James Assiniboia Centennial: 644 Parkdale St.
30427 Mon Sep 25 Noon–1:30 pm

exercise health sense

Looking to be more active but unsure how to start? Your doctor told you to be more active, but what can you do safely? Learn the basics about exercise and chronic disease, how to create your own program, what resources/facilities are in your community and more. This class is designed for those new to or unaccustomed to exercise, including those who have chronic conditions. The session will include a chance to ask any questions about exercise you have to a CSEP Certified Exercise Physiologist from the University of Manitoba. Please register for the FREE class.

Fee: free 1 day
Chalmers Community Centre: 480 Chalmers Ave.
31291 Sat Nov 25 Noon–2 pm
Cindy Klassen Rec. Complex: 999 Sargent Ave.
30425 Tue Oct 10 6:30–8:30 pm
Fort Rouge Leisure Centre: 625 Osborne St.
30468 Tue Nov 7 6:30–8:30 pm

downtown connection • resources for adults 55+

A free wellness lecture series in celebration of Seniors and Elders Month. To register, call the Healthy Aging Resource Team at 204-940-8140.

Fee: free 1 day
Cindy Klassen Rec. Complex: 999 Sargent Ave.
30099 Tue Oct 17 10–11 am
30101 Tue Oct 17 11 am–Noon
30102 Wed Oct 18 10–11 am
30103 Wed Oct 18 11 am–Noon
30104 Thu Oct 19 10 am–Noon

downtown healthy aging resource

Join Amy, Janice and Kusela with the Downtown Healthy Aging Resource Team for a Free Wellness series. Call 204-940-8140 for more information and to register.

Fee: free 1 day
Kinsmen Sherbrook Pool: 381 Sherbrook St.
30105 Tue Nov 14 10–11 am
30106 Tue Nov 21 10–11 am
30107 Tue Nov 28 10–11 am

senior walk / run chat hour

active for life

Come run or walk with other seniors. Once you're done, socialize with fellow pace setters.

Fee: free 14 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
★29920 Mon Sep 11–Dec 18 9–10 am
Fee: free 17 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
★29922 Wed Sep 6–Dec 27 9–10 am
★29923 Fri Sep 8–Dec 29 9–10 am

Being active isn't just for the young, it is also for the young at heart...

Fall registration begins August 14.

With over sixty fun-filled and stimulating programs geared toward those 55+, such as:

- Guitar lessons
- Acrylic painting
- Meditation
- Choristers
- Pickleball
- Fitness/dance classes
- And much, much more!



Check out our newsletter at www.gnalc.ca

Good Neighbours
Active Living Centre

720 Henderson Hwy. Winnipeg, MB R2K 0Z5
Telephone: 204-669-1710
email: assist@gnalc.ca

Come to our Open House

August 28 to September 1

older active adults / special needs services

older active adult centres

These Older Active Adult Centres are open to all residents of the community and offer a variety of recreational opportunities.

Aboriginal Senior Resource Centre—Winnipeg	45 Robinson St.	204-586-4595
A&O: Senior Centre Without Walls	200–280 Smith St.	204-956-6440
Archwood 55 Plus	565 Guilbault St. (in Archwood CC)	204-416-1067
Barber House Senior Centre	99 Euclid Ave. (in City of Winnipeg Heritage Home)	204-947-0380
Bleak House Centre	1637 Main St. (in City of Winnipeg Heritage Home)	204-338-4723
Brooklands Active Living Centre	1960 William Ave. W	204-632-8367
Charleswood Senior Centre	5006 Roblin Blvd. (in City of Winnipeg building)	204-897-5263
Creative Retirement Manitoba	101–1075 Portage Ave.	204-949-2565
Dakota 55+ Lazars	1188 Dakota St. (in Jonathon Toews CC)	204-254-1010
Elmwood East Kildonan Active Living Centre	180 Poplar Ave.	204-669-0750
Good Neighbours Active Living Centre	720 Henderson Hwy. (Bronx Park CC)	204-669-1710
Gwen Sectar Creative Living Centre	1588 Main St.	204-339-1701
Highsteppers Seniors Club	980 Winakwa Rd. (in Winakwa CC)	204-619-8477
McBeth House Centre	31 McBeth St. (in City of Winnipeg Heritage Home)	204-953-1536
Mensheds Woodhaven Shed	200 Glendale Blvd.	204-804-5165
Pembina Active Living (55+)	204-946-0839
Seine River Seniors	254 Lakewood Blvd. (in Southdale CC)	204-253-4599
St. James-Assiniboia 55+ Centre	3–203 Duffield St.	204-987-8850
West End Active Living Centre	1315 Strathcona St. (in Valour CC—Clifton site)	204-599-6672

A & O: support services for older adults inc.

Age & Opportunity Central Office	200–280 Smith St.	204-956-6440
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special needs services



Individuals with a special need are invited and encouraged to participate in all Community Services-sponsored programs offered within the Leisure Guide. Every effort will be made to provide a positive recreation experience.

attendant service

Whenever possible, please provide a family member or caregiver to assist the person with a disability in their class. If not possible, please advise us at cms-InclusiveProgramming@winnipeg.ca. Every effort will be made to provide assistance for a participant in a program from this guide, other than aquatic programs. No toileting services are provided.

caregivers accompanying clients

Admission and registration fees will be waived for caregivers, teachers and workers accompanying people with special needs that require assistance changing and/or support during their visit to a facility or program.

active living

drums alive / move 'n groove

active for life

Come and try this unique and fun workout! Using stability balls and drumsticks, capture the essence of movement, rhythm, fun and fitness by drumming to the powerful beat. Move 'n Groove energizes you through the moves of some great upbeat music. Both can be done seated or standing. Drumsticks and balls provided.

Fee: \$54 10 weeks

St. John's Leisure Centre: 601 Aikins St.

28684 Mon Sep 11–Nov 20 5:45–6:30 pm

28683 Mon Sep 11–Nov 20 6:40–7:25 pm

move 'n groove

active for life

Move 'n Groove energizes you through the moves of some great upbeat music. Both can be done seated or standing.

Fee: \$54 10 weeks

Mayfair Recreation Centre: 40 Mayfair Pl.

28686 Fri Sep 15–Nov 17 1:30–2:15 pm

zumba dance party

active for life

Come join the party! Enjoy an afternoon of dancing and fun. Energize to the beat of Latin, salsa and rock 'n' roll. Can be done seated or standing.

Fee: \$54 10 weeks

Cindy Klassen Rec. Complex: 999 Sargent Ave.

29969 Tue Oct 3–Dec 5 1–1:45 pm

29971 Thu Oct 5–Dec 7 1–1:45 pm

leisure / creative arts

cooking

lifestyles cooking club

Create and sample some delicious foods.

Pre-registration required.

Fee: \$35 (includes Lab Fee) 3 weeks

St. John's Leisure Centre: 601 Aikins St.

28685 Sun Nov 19–Dec 3 6–8 pm

creative arts

craft night

Adults with developmental disabilities can create and take home various fun crafts.

Fee: \$41 8 weeks

\$10 Lab fee, payable to instructor at first class

St. John's Leisure Centre: 601 Aikins St.

28682 Mon Oct 16–Dec 4 6:30–8:30 pm

creative plasticine art

Come create paintings using plasticine. This medium stimulates mobility and creativity. Adults with developmental disabilities or little mobility can create masterpieces.

Fee: \$33 6 weeks

\$10 Lab fee, payable to instructor at first class

Fort Rouge Leisure Centre: 625 Osborne St.

28694 Wed Sep 13–Oct 18 1–3 pm

pottery

pottery for special needs

Learn the many techniques of creating beautiful pieces of pottery. **Pre-registration is required.**

Fee: \$64 8 weeks

\$18 Lab fee for half a bag of clay, payable at first class.

Fort Rouge Leisure Centre: 625 Osborne St.

28689 Thu Sep 14–Nov 2 5:30–7:30 pm

pottery for the visually impaired

Learn various techniques for working with clay. This is a hand-building course. Please note: registration is done through CNIB at 204-774-5421. There is a limit of 2 bags of clay per person. **Pre-registration required.**

Fee: \$115 (includes 1st bag of clay) 10 weeks

Fort Garry Lion's Outdoor Pool: 969 Dowker Ave.

Wed Sep 13–Nov 15 11 am–1 pm

avoid disappointment

Register early!

Classes with less than the minimum number of registrations required will be cancelled 5–7 days before the start date.

special needs

dance

dance night

Snacks, door prizes and lots of fun! Tickets at the door.

Fee: \$6 (support staff free) 1 day

Fort Rouge Leisure Centre: 625 Osborne St.

welcome back Sat Sep 16 6:30–9:30 pm

halloween dance Sat Oct 21 6:30–9:30 pm

Christmas dance Sat Dec 16 6:30–9:30 pm

karaoke night

Choose and sing along to your favourite songs. All ages welcome; tickets at the door.

Fee: \$6 (support staff free) 1 day

Fort Rouge Leisure Centre: 625 Osborne St.

Sat Nov 18 6:30–9:30 pm

special interest

movie night

Adults with developmental disabilities can socialize and enjoy a movie and popcorn. Please see dates below. Caregivers are welcome at no charge.

Pre-registration required

Fee: \$16 /4 nights (support staff free) 4 weeks

North Centennial Recreation & Leisure: 90 Sinclair St.

28693 Fri Sep 22 7–9 pm

Fri Oct 13 7–9 pm

Fri Nov 3 7–9 pm

Fri Dec 1 7–9 pm

Fort Rouge Leisure Centre: 625 Osborne St.

28692 Sat Sep 23 6:30–8:30 pm

Sat Oct 14 6:30–8:30 pm

Sat Nov 4 6:30–8:30 pm

Sat Dec 2 6:30–8:30 pm

activities plus

Adults with developmental disabilities can socialize and enjoy being active. Participants are asked to bring a lunch. **Pre-registration required.**

Fee: \$48 10 weeks

St. John's Leisure Centre: 601 Aikins St.

28680 Thu Oct 5–Dec 7 11 am–2 pm

28681 Fri Oct 6–Dec 8 11 am–2 pm

out and about

Come out and enjoy a social gathering, meet new friends, try new things and explore your artistic side. Adults with developmental disabilities can socialize and experience various activities and occasional outings. Participants are asked to bring a lunch.

Pre-registration required.

Fee: \$48 10 weeks

Fort Rouge Leisure Centre: 625 Osborne St.

28687 Tue Oct 3–Dec 5 11 am–2 pm

28688 Wed Oct 4–Dec 6 11 am–2 pm



deaf services 204-986-1311 (TTY) sign language interpreter request

You must be registered in a Leisure Guide program before you can request an interpreter. **Please note:** this is only for American Sign Language. We cannot supply a Language Interpreter.

The interpreter is paid for by the Community Services Department in accordance with the City of Winnipeg Sign Language Interpreter Policy.

- **Participants registered in leisure, sport and fitness programs (excluding swim lessons),** please email your request to: **cms-InclusiveProgramming@winnipeg.ca**. Please include the name of participant and the course in which they are registered.

- You will be contacted prior to the start of the course to confirm your request.

Note: Our cancellation policy states that you must contact our office immediately if your class is cancelled or you are unable to attend. If no notice is given, and an interpreter goes out on more than one occasion, your next request may not be processed.

youth action centre • 13–18 years

Deaf, hard of hearing and mainstream youth can participate in after-school activities, stay active and make new friends free of charge. On-site activities include sports, games, crafts and occasional excursions.

Fee: No Charge 12 weeks

Manitoba School for the Deaf: 242 Stradford St.

Wed Sep 20–Dec 6 3:45–5:45 pm

healthy living access passes

facility passes

Facility Passes can be used for general admission during public hours at any City of Winnipeg aquatics facility or leisure centre. Amenities differ from facility to facility, and each facility has something to offer: pools, tracks, cardiovascular equipment, weight rooms and specialized weight equipment.

active living passes

The versatile Active Living Pass offers all the benefits of the Facility Pass, and can also be used for any City of Winnipeg drop-in Active Living class. There are a wide variety of classes to choose from. Drop-in fitness classes are marked with a ★ in the Active Living & Older Active sections. There's something for everyone!

Both the Facility Pass and the Active Living Pass can be used at any of the following facilities:

aquatics facilities

Bonivital 1215 Archibald St.

Cindy Klassen Recreation Complex 999 Sargent Ave.

Eldon Ross 1887 Pacific Ave. W

Elmwood Kildonans 909 Concordia Ave.

Kinsmen Sherbrook 381 Sherbrook St.

Margaret Grant 685 Dalhousie Dr.

North Centennial Recreation & Leisure Facility 90 Sinclair St.

Pan Am 25 Poseidon Bay

St. James Assiniboia Centennial 644 Parkdale St.

St. James Civic Centre 2055 Ness Ave.

Transcona Kinsmen Centennial 1101 Wabasha St.

leisure centres

Fort Rouge Leisure Centre 625 Osborne St.

Freight House Recreation Centre Door #1 - 200 Isabel St.

Peguis Trail Health & Fitness Centre 1400 Rothesay St.

When you are around water, **know who** is watching your children.

loonie / toonie & free swim opportunities:

We offer a variety of Loonie/Toonie swims (17 years & under pay \$1; 18 years & over pay \$2) and free swim opportunities at all our pools. Public admission requirements and capacity restrictions apply.

Loonie/Toonie and free admission are access to the pool only. Fees and admission requirements apply for the weight room, walk/jog and track facilities.

Call 311 or visit winnipeg.ca for current pool hours and amenities.



Payment for admission to Fitness Facilities and Indoor Pools can be made by cash, Debit, Visa, MasterCard or American Express. All fees include applicable taxes and are subject to change.

swim & fitness facility admission & pass rates for admission at indoor /outdoor pools and fitness facilities

	single admission	10 visits	20 visits	30 visits	3 months
Child 12 & under	\$3.05	\$26.30	\$47.00	\$62.70	\$55.80
Youth 13–17 years	\$4.75	\$42.80	\$76.00	\$98.10	\$87.80
Adult 18–64 years	prime time	\$6.85	\$60.00	\$107.00	\$141.90
	non-prime	\$5.45			
Senior 65 years+	prime time	\$6.85	\$60.00	\$107.00	\$141.90
	non-prime	\$5.45			
Family	\$13.40	\$120.40	\$210.20	\$279.90	\$234.60
Non-prime time rates apply to admissions at all City of Winnipeg Indoor Pools, September through June, Monday to Friday, between 8:30–11 am and 1–3:30 pm.					
Family admission rates apply to 2 adults and 4 children under the age of 18.					

Try a Drop-In Fitness class:

- Pay the drop-in fee
- Scan your 10, 20, 30 Visit or 3 Month Facility Pass and pay the Facility Pass Plus fee (\$4.40)

active living admission & pass rates

	drop-in	5 visits	10 visits	20 visits	30 visits	3 months
Adult	\$11.85	\$47.25	\$82.30	\$147.80	\$189.30	\$168.40
Senior 65+ AquaLite	\$6.85	\$25.15	\$50.30	\$100.60	-	-
Use a 5, 10, 20, 30 Visit or 3 Month Active Living Pass for admission to drop-in fitness classes offered at any City of Winnipeg aquatics or fitness facility.						
Purchase your pass at the front desk of any City of Winnipeg Indoor Pool, Fort Rouge Leisure Centre or Peguis Trail Fitness Centre.						

public admission entry requirements

Minimum height requirements are site-specific and are measured at the top of the shoulder. Children under the age of 7 will not be allowed entry into the pool unless accompanied by Parent/Guardian/Caregiver at a ratio of 1 (Parent/Guardian/Caregiver) to 4 (Children).

The onsite supervisor has the right to allow or prevent access to any part of the pool or the pool in its entirety should there be any safety concerns regarding the patron's use of the facility.

Children under the age of 7

❖ Children under the age of 7 who **cannot swim**:

- Must be accompanied in the water by a Parent/Guardian/Caregiver at a ratio of 1 (Parent/Guardian/Caregiver) to 4 (Children).
- Parent/Guardian/Caregiver must be within arm's reach of the children.
- Must wear a Lifejacket/PFD (Personal Flotation Device).
- Are restricted to the shallow end.

❖ Children under the age of 7 who **can swim**:

- Must be accompanied in the water by a Parent/Guardian/Caregiver at a ratio of 1 (Parent/Guardian/Caregiver) to 4 (Children).
- Parent/Guardian/Caregiver must be within arm's reach of the children.
- Upon demonstration of swimming ability may enter the pool without a Lifejacket/PFD (Personal Flotation Device).

Children 7 years & older

❖ Children 7 years and older who **do not** meet the height requirements and **cannot swim**:

- Must be accompanied in the water by a Parent/Guardian/Caregiver at a ratio of 1 (Parent/Guardian/Caregiver) to 4 (Children).
- Parent/Guardian/Caregiver must be within arm's reach of the children.
- Must wear a Lifejacket/PFD (Personal Flotation Device)
- Are restricted to the shallow end.

❖ Children 7 years and older who **do not** meet the height requirements and **can swim**:

- Must be accompanied in the water by a Parent/Guardian/Caregiver at a ratio of 1 (Parent/Guardian/Caregiver) to 4 (Children).
- Upon demonstration of swimming ability may enter the pool without a Lifejacket/PFD (Personal Flotation Device).

❖ Children 7 years and older who **meet** the height requirements and **cannot swim**:

- Are restricted to the shallow end.
- *A Lifejacket/PFD (Personal Flotation Device) is optional.

Pool use for groups /birthday parties

❖ Groups of 9 or more people or any organized program/event attending an aquatic/active living facility during public swim or for rentals must book 10 days in advance and adhere to public/group/school admission requirements. Please call 311 to be connected with someone to book your safe and enjoyable aquatic experience. Payment is required at the time of booking.



role of the parent / guardian

Appropriate parent/guardian supervision is recommended at all times. The safest place for parents/guardians to be is in the water, within arm's reach of their child at all times. Young children may be in lifejackets or personal flotation devices but they must always be within arm's reach and in full sight of the parent/guardian. Additionally, it is recommended that older children should be supervised even if they are strong swimmers and never left unattended or out of the parent/guardian's sight while in the water. When parents entrust the supervisory responsibilities to a guardian they should ensure that the guardian understands and accepts the responsibility they are given. Lifeguards are a trained and skilled supplement to the recommended parent/guardian supervision of children in the water. By following this simple advice, parents/guardians also play a role in keeping children safe so they can get the most enjoyment while at our aquatics facilities.

(Source: Within Arm's Reach)

role of the lifeguard:

The role of the lifeguard is to provide a safe and enjoyable experience in our aquatics facilities through the performance of a high standard of care for the safety of our patrons. Our lifeguards are professionally trained individuals and are committed to your safety and enjoyment. Approachable and willing to help, the lifeguards' primary function is accident prevention achieved through patron education, awareness activities and influencing or directing patron behaviors. Lifeguards work with patrons to ensure an understanding of the pool rules, pool entrance requirements, identification of potential risks and how to be "water smart" in a pool environment. Lifeguards have complete authority with an emphasis on safety first!

(Source: Alert Lifeguarding in Action; The Lifesaving Society)

Registering for Learn to Swim

Step 1 Select the Learn to Swim level that best fits the participant's needs

We offer Learn to Swim programs for all ages and skill levels.

If you are uncertain on which level to select, we recommend you use the following criteria to make that selection:

- **Participant's Age:** Learn to Swim programs are offered for **Preschoolers** (6 months–5 years), **Kids** (6–17 years), **Teens** (10–17 years) and **Adults** (18 years +).
- **Participant's Current Swim Skills:** visit winnipeg.ca/cms/recreation/facilities/pools/program_information.stm for detailed descriptions of prerequisites and skills taught in each level or visit the front desk at any of our pools for a printed copy.

****Please note the name of the level(s) you are interested in:** you will use that information in Step 2 when searching for activity numbers.

If you are still uncertain, please visit one of our pools during public swim and our friendly staff can assess you or your child's skill level and recommend which Learn to Swim level to register in. *Please note that all public admission entry requirements apply:* winnipeg.ca/cms/recreation/facilities/pools/entryrequirements.stm.

Step 2 Search for and note the activity numbers for activities of interest

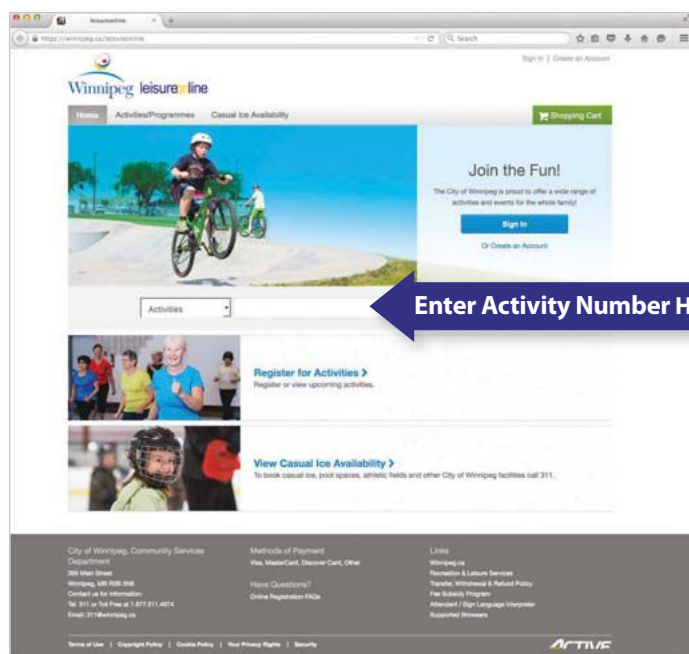
Once you have determined the level(s) you plan to register in, it is time to select the activity numbers for available programs at the pool(s) of your choice.



Visit winnipeg.ca/cms/recreation/leisure/leisureguide.stm and check out our online **Swimming for All Ages guide**, which provides a complete listing of all available programs at each pool.

Step 3 Using leisureonline to Register

Visit winnipeg.ca/leisureonline and log in to your account.

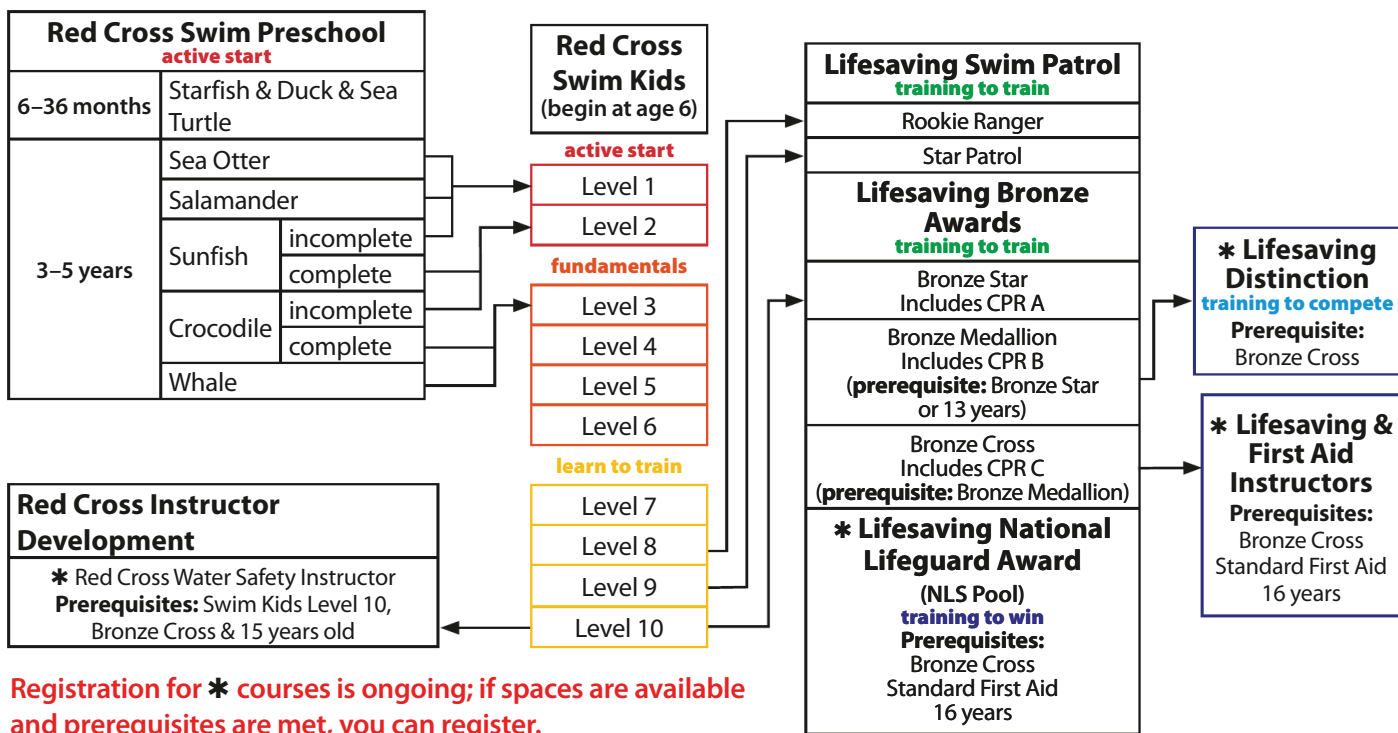


Once you have logged into your account, key your selected activity number into the search bar on the Home page.

Please note that the student to teacher ratio for Preschool levels is always very small and spaces fill quickly. Your best opportunity for a successful registration experience is to have activity numbers noted for second and third choices.

For more "How to Register" information, please see page 4 or visit the Online Registration FAQs section of leisureONLINE.

National Learn to Swim & Lifesaving Programs Offered at Your Local City Pool...



Registration for * courses is ongoing; if spaces are available and prerequisites are met, you can register.

The wave of the future... train to become a City of Winnipeg Aquatic Instructor or Instructor/Lifeguard

The City of Winnipeg offers the courses you need to join our team! Register now by visiting winnipeg.ca/leisureonline (you will find the courses in the Leadership Development category). Once you have obtained all of the required qualifications, you can apply for an Aquatic Instructor or an Instructor/Lifeguard position. Pre-employment training and testing will be provided.

These are the qualifications you will need:

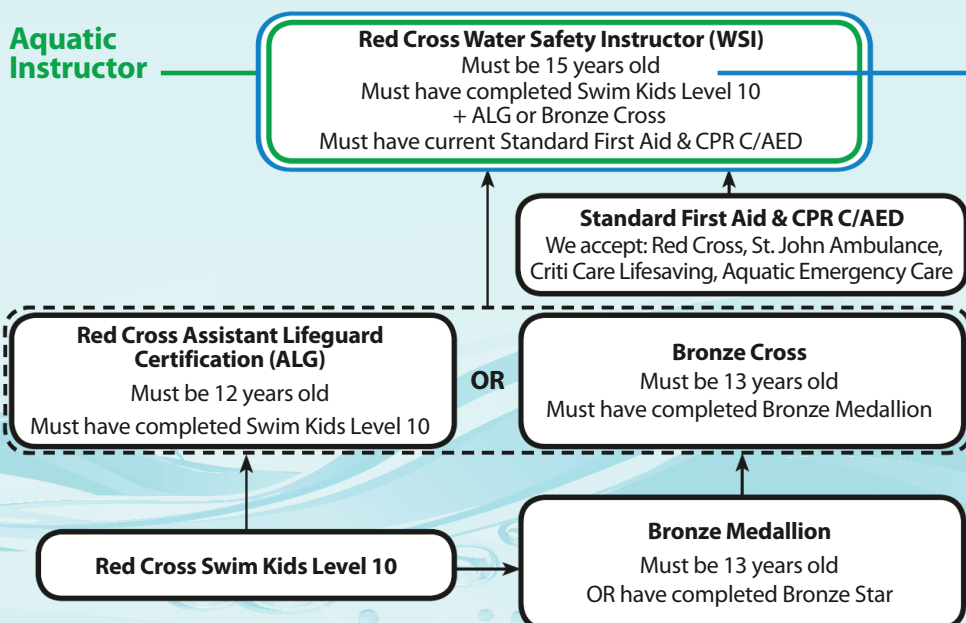
Aquatic Instructor:

- Current Standard First Aid & CPR C/AED
- + • Red Cross Water Safety Instructor (WSI)

Instructor/Lifeguard:

- Current Standard First Aid & CPR C/AED
- + • Red Cross Water Safety Instructor (WSI)
- + • Lifesaving and First Aid Instructor (LSI)
- + • Either:
Lifesaving National Lifeguard Award (NLS Pool)
OR
Red Cross Pool Lifeguard Certification (LG)

Aquatic Instructor



City of Winnipeg swimming pools are proud to offer Canadian Red Cross Learn to Swim courses and Leadership Training courses

We offer daytime, evening and weekend courses in our Spring/Summer sessions.

Swimming is a fundamental movement skill that builds overall motor skills. Children need to develop these foundational skills as part of long-term athletic development. Participating in Red Cross Swim lessons will assist your child to master the fundamentals of agility, balance, coordination, speed and rhythmic movement. These skills will prepare your child for future active lifestyles.

Health Canada considers swimming to be one of the key physical skills. From a fitness perspective, swimming is a complete physical activity that engages all muscle groups and helps develop strong bodies, good posture, endurance and flexibility.

Prices listed are resident rates for 10 weeks.

Red Cross Preschool • 6 months–5 years

Starfish, Duck & Sea Turtle	\$51
Sea Otter	\$86
Salamander	\$86
Sunfish	\$86
Crocodile	\$86
Whale	\$86

Red Cross Swim Kids • 6 years +

Level 1–Ratio 1:6	\$70
Level 2–4–Ratio 1:7	\$70
Level 5–10–Ratio 1:8	\$100
Premium level 1 & 2–Ratio 1:4	\$87
Premium level 3 & 4–Ratio 1:5	\$87
Premium level 5–10–Ratio 1:5	\$126

Teen • 10–17 years

Teen Programs–Ratio 1:7 (½ hour)	\$78
--	------

Adult

Adult Programs–Ratio 1:8 (½ hour)	\$97
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Specialty

Swim Lessons for people with disabilities	\$70 /child
.....	\$95 /adult
Red Cross Private Swim Lessons	\$362 /child
.....	\$374 /adult
Red Cross Semi-private Swim Lessons ..	\$176 /child
.....	\$187 /adult

Red Cross First Aid & CPR Courses

(See course descriptions for pricing)

- CPR/AED • CPR/AED Recertification • Emergency First Aid & CPR/AED • Standard First Aid & CPR/AED
- Red Cross Water Safety Instructor Recertification
- Red Cross Assistant Lifeguard Certification
- Red Cross Pool Lifeguard Certification



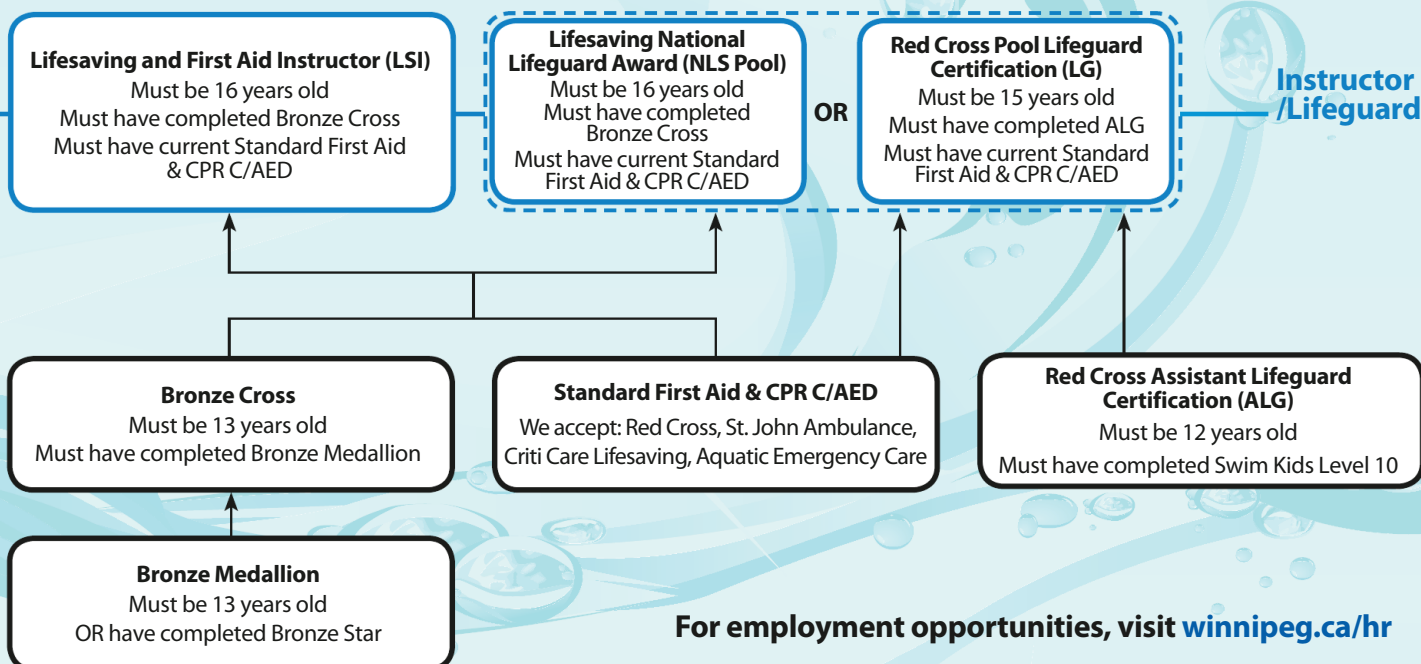
City of Winnipeg swimming pools are proud to offer the Canadian Lifesaving Program, National Lifeguard and Leadership Training courses

Building on skills developed in our learn to swim courses, Lifesaving Society courses focus on water rescue, drowning prevention, fitness and leadership development skills that are necessary to become a professional Lifeguard in Canada. Courses offered include:



- Lifesaving Courses: Lifesaving Swim Patrol, Bronze Star, Bronze Medallion and Bronze Cross
- Lifeguard Courses: National Lifeguard Service (NLS) – Pool
- Leadership Development: Lifesaving First Aid and Instructor

For more information, please visit winnipeg.ca/cms/recreation/facilities/pools/indoor_pools/indoorpools.stm



For employment opportunities, visit winnipeg.ca/hr

at a glance ... City of Winnipeg indoor swimming pools

- Public admission entry requirements apply at all City of Winnipeg pools
- Call 311 or visit winnipeg.ca for current facility hours
- Swim lessons are available at all sites
- Bookings for groups of 9 or more are required 10 days in advance. Call 311 to be connected to someone to book your safe and enjoyable aquatic experience.

Pools	Height Requirement at top of shoulder	Bookings required for 9 or more people	Pool Entry	Weight Room	Sauna	Pool Slide	Diving Boards	Whirlpool	Indoor Track	Fitness Programs	Lap Swim
Bernie Wolfe 95 Bourmais Dr. (inside Bernie Wolfe School)	39 in 99 cm	✓	Ladder								
Bonivital 1215 Archibald St.	48 in 122 cm	✓	Chair Lift (maximum 300 lbs.) Stairs & ladders			✓		✓		Water classes	25 m
Cindy Klassen Recreation Complex 999 Sargent Ave.	44 in 112 cm	✓	Specialty Change Rooms Chair Lift (maximum 300 lbs.) Stairs & ladders	Wheel Chair Accessible Equipment	✓	✓	1, 3, 5 m		✓	Water & Land classes	25 m
Eldon Ross 1887 Pacific Ave. W	44 in 112 cm	✓	Stairs & ladder			✓		✓		Water classes	20 m
Elmwood Kildonans 909 Concordia Ave.	42 in 107 cm	✓	Chair Lift (maximum 300 lbs.) Stairs & ladder	✓	✓	189 ft.	1 m			Water classes	25 m
Kinsmen Sherbrook 381 Sherbrook St.	44 in 112 cm	✓	Chair Lift (maximum 300 lbs.)	✓						Water & Land classes	25 yd
Margaret Grant 685 Dalhousie Dr.	48 in 122 cm	✓	Chair Lift (maximum 300 lbs.) Stairs & ladder			✓				Water classes	25 yd
North Centennial Recreation & Leisure Facility 90 Sinclair St.	44 in 112 cm	✓	Specialty Change Rooms Zero Grade Entry Stairs & ladder	Wheel Chair Accessible Equipment			1 m			Water & Land classes	50 m
Pan Am 25 Poseidon Bay	44 in 112 cm	✓	Specialty Change Rooms Chair Lift (maximum 300 lbs.) Stairs & ladder	✓			1, 3, 5 m		Walk/Jog Area	Water & Land classes	50 m 25 yd
Seven Oaks 444 Adsum Dr.	Great things are happening here. Visit winnipeg.ca for updates										
St. James Assiniboia Centennial 644 Parkdale St.	42 in 107 cm	✓	Specialty Change Rooms Chair Lift (maximum 300 lbs.) Stairs & ladder	Wheel Chair Accessible Equipment	Gender Specific	✓	1 m	✓	✓	Water & Land classes	25 m
St. James Civic Centre 2055 Ness Ave.	46 in 114 cm	✓	Chair Lift (maximum 300 lbs.) Stairs & ladder	✓		✓				Water & Land classes	25 yd
Transcona Kinsmen Centennial 1101 Wabasha St.	44 in 112 cm	✓	Chair Lift (maximum 300 lbs.) Stairs & ladder		✓	✓				Water classes	25 yd

Lifesaving courses

Lifesaving • Bronze Star train to train

Participants develop problem solving and decision making skills as individuals and as members of a team. **Prerequisite:** Red Cross Swim Kids–Level 10.

Fee: \$211 10 weeks
St. James Assiniboia Centennial: 644 Parkdale St.
29768 Mon Oct 2–Dec 11 6–7:30 pm

Lifesaving • Bronze Medallion train to train

Learn lifesaving principles incorporating the four components of water rescue education: judgment, knowledge, skill and fitness. 100% attendance and participation is recommended. **Prerequisites:** Bronze Star by the first day of the course or 13 years of age by the date of the exam.

Manual Fee (Extra): Canadian Lifesaving Manual (\$43 non-refundable) is required for this course and is available for sale at the course location.

Fee: \$148 10 weeks
Elmwood Kildonans Pool: 909 Concordia Ave.
29864 Thu Oct 5–Dec 7 5–7:30 pm
Pan Am Pool: 25 Poseidon Bay
31744 Wed Oct 4–Dec 6 7–9:30 pm
St. James Assiniboia Centennial: 644 Parkdale St.
29767 Mon Oct 2–Dec 11 5:30–8 pm

Lifesaving • Bronze Cross train to train

Teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures and teamwork. 100% attendance and participation is recommended. Participants must provide Bronze Medallion card to the instructor at the first class.

Prerequisite: Bronze Medallion

Fee: \$148 10 weeks
Elmwood Kildonans Pool: 909 Concordia Ave.
29749 Wed Oct 4–Dec 6 5–7:30 pm
Pan Am Pool: 25 Poseidon Bay
31743 Tue Oct 3–Dec 5 7–9:30 pm
St. James Assiniboia Centennial: 644 Parkdale St.
29766 Mon Oct 2–Dec 11 5–7:30 pm

Leadership development

First Aid & CPR / AED

Red Cross • CPR C / AED Re-Certification

This course will review First Aid and CPR C/AED skills - get updated and re-certified! The Canadian Red Cross recommends re-certifying every 3 years. 100% attendance and participation are required.

Prerequisite: Emergency First Aid & CPR C/AED.

Fee: \$36 1 day
Pan Am Pool: 25 Poseidon Bay
31703 Tue Oct 17 5–9 pm
31704 Tue Nov 14 5–9 pm
31705 Tue Dec 12 5–9 pm

Red Cross • Standard First Aid & CPR C / AED

A comprehensive course that provides the knowledge to respond to emergencies in the home, community or workplace. A variety of topics are covered: how to access the EMS system; recognize and respond to airway, breathing and cardiovascular emergencies; bone, muscle, joint, head and spinal injuries; bleeding and shock; first aid for poisonings; environmental emergencies; and CPR/AED.

Fee: \$113 2 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.
31519 Sun/Sat Nov 18–19 8 am–4 pm
Elmwood Kildonans Pool: 909 Concordia Ave.
31949 Sat Sep 23–30 8:30 am–5:30 pm
Pan Am Pool: 25 Poseidon Bay
31708 Sun/Sat Oct 14–15 9 am–5 pm
31709 Sun/Sat Dec 2–3 9 am–5 pm
St. James Assiniboia Centennial: 644 Parkdale St.
27887 Sun/Sat Sep 23–24 9 am–6 pm

Red Cross • Emergency First Aid & CPR / AED

This 8 hour course will provide an overview of first aid and cardiopulmonary resuscitation for the workplace or home. Includes the latest first aid and CPR guidelines; and includes injury prevention content.

Fee: \$72 1 day
Pan Am Pool: 25 Poseidon Bay
31740 Sun Nov 12 9 am–5 pm

Lifeguarding Courses

Lifesaving • NLS Pool train to train

National Lifeguard certification is Canada's professional lifeguard standard. This training develops a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude towards the role of a Lifeguard. 100% attendance and participation are required.

Prerequisites: 16 years age, Bronze Cross and Standard First Aid

Manual Fee (Extra): Alert Manual (\$43 non-refundable) is required for this course and is available for sale at the course location.

Please check winnipeg.ca/leisureonline for course times.

Fee: \$266

Cindy Klassen Rec. Complex: 999 Sargent Ave.
30732 Sun/Mon Oct 16–Nov 6

Elmwood Kildonans Pool: 909 Concordia Ave.
31753 Mon Oct 2–Dec 4

North Centennial Recreation & Leisure: 90 Sinclair St.
27885 Sat Oct 7–Dec 16

Pan Am Pool: 25 Poseidon Bay
31939 Sun/Sat Sep 9–24
31693 Thu Sep 28–Dec 7

Lifesaving • NLS Pool Re-Certification train to train

Participants are examined on the current NLS Pool standard. Participants must provide proof of prerequisites before the course starts. **Prerequisite:** NLS Pool Certificate. All participants must bring a current Alert Manual and a Leadership Starter Kit (gloves, whistle, and mouth shield). Program includes classroom and water activities, 100% attendance and participation is required.

Fee: \$62 1 day
Cindy Klassen Rec. Complex: 999 Sargent Ave.
31755 Thu Oct 12 5–9 pm
31756 Thu Nov 9 5–9 pm
31757 Thu Dec 7 5–9 pm
North Centennial Recreation & Leisure: 90 Sinclair St.
23334 Sat Sep 16 12:30–4:30 pm
27881 Wed Dec 13 5–9 pm
Pan Am Pool: 25 Poseidon Bay
31699 Tue Sep 12 5–9 pm
31700 Tue Oct 3 5–9 pm
31701 Tue Nov 7 5–9 pm
31702 Tue Dec 5 5–9 pm
St. James Assiniboia Centennial: 644 Parkdale St.
31741 Thu Nov 16 5–9 pm

Visit winnipeg.ca/leisureonline for detailed course descriptions.

aquatics

Aquatics Instructor Training Lifesaving & First Aid Instructor Course train to train

This course trains participants to teach and evaluate Lifesaving Society programs including the following major components: water proficiency, first aid, and emergency recognition and response. Program includes classroom and water activities—100% attendance and participation is required. **Prerequisites:** 16 years of age, Bronze Cross (or higher), certification in Standard First Aid.

Manual Fee (Extra): The Lifesaving & First Aid Instructor binder (\$170.10 non-refundable) is required for this course and is available for sale at the course location.

Fee: \$282
Cindy Klassen Rec. Complex: 999 Sargent Ave.
31042 Wed/Fri/Sat Oct 4–Nov 8 5–9:15 pm
Elmwood Kildonans Pool: 909 Concordia Ave.
31751 Tue/Thu Oct 10–Nov 16 5–9 pm
St. James Assiniboia Centennial: 644 Parkdale St.
27886 Sun Oct 1–Dec 10 2–7 pm

Lifesaving & First Aid Instructor Re-Certification train to train

Re-certification clinic required to maintain Instructor certification to be qualified to teach and evaluate Lifesaving programs and Swim for Life levels. Program includes classroom and water activities—100% attendance and participation is required. **Prerequisites:** Lifesaving & First Aid Instructor; Swim for Life Instructor. Candidates must show proof of certifications to their instructor at the beginning of the class.

Fee: \$98 1 day
Pan Am Pool: 25 Poseidon Bay
31706 Sat Oct 21 8:30 am–5:30 pm
31707 Sat Dec 16 8:30 am–5:30 pm
31732 Sat Sep 9 8:30 am–5:30 pm
St. James Assiniboia Centennial: 644 Parkdale St.
31712 Sat Sep 16 9 am–6 pm

Visit winnipeg.ca/leisureonline for detailed course descriptions.

Red Cross Water Safety Instructor Course train to train

This course prepares candidates to instruct the Red Cross Swim programs. The course is divided into four components: Skills Evaluation, Online, Practice Teaching and Classroom & Pool. 100% attendance and participation are required. Note: After receiving the online package, candidates will no longer be able to receive a refund. **Prerequisites:** 15 years of age, Red Cross Swim Kids–Level 10 or equivalent and hold one of Bronze Cross or Emergency First Aid.

Please check winnipeg.ca/leisureonline for course times.

Fee: \$330
Cindy Klassen Rec. Complex: 999 Sargent Ave.
30740 Sun/Tue Oct 8–Nov 26
Pan Am Pool: 25 Poseidon Bay
31694 Sun/Wed Sep 17–Nov 22
St. James Assiniboia Centennial: 644 Parkdale St.
27889 Mon/Tue/Sat Oct 7–Dec 2

Red Cross Water Safety Instructor Re-Certification train to train

Re-certification clinic required to maintain Instructor certification and be qualified to teach the Red Cross Swim programs. Program includes classroom, online, and water-based components. 100% attendance and participation are required. **Prerequisite:** Red Cross Water Safety Instructor award.

Fee: \$83 1 day
Bonivital Pool: 1215 Archibald St.
31406 Sat Sep 30 12:30–6:30 pm
North Centennial Recreation & Leisure: 90 Sinclair St.
23335 Sat Oct 14 11 am–5 pm
Pan Am Pool: 25 Poseidon Bay
31695 Sun Sep 24 10 am–3 pm
31696 Sun Oct 22 10 am–3 pm
31697 Sun Nov 19 10 am–3 pm
31698 Sun Dec 10 10 am–3 pm
St. James Assiniboia Centennial: 644 Parkdale St.
27888 Sun Sep 10 Noon–5 pm
31734 Sun Nov 26 Noon–5 pm
31735 Sat Dec 16 Noon–5 pm

Using the wait list

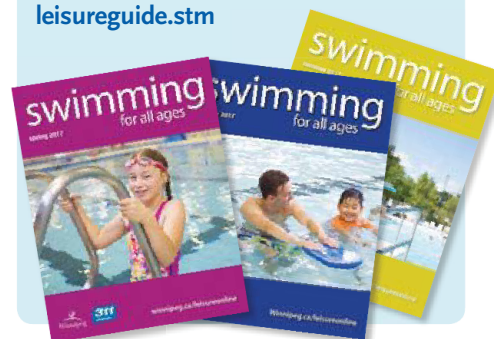
Didn't get to register for the level that you require? Put your name on the wait list for that course. If a spot should become available, you will receive a call from us. At that time, you can decide to take or decline the spot. If we leave a message for you, we will provide a specific date and time for you to respond by before going to the next person on the wait list.

For Red Cross Swim Kids

courses: Due to the high demand of these programs, only customers not yet registered in the session for the same course will be contacted when a space becomes available.

did you know?

Activity numbers for all of our Learn to Swim courses are available in our online Swimming for All Ages guide at winnipeg.ca/cms/recreation/leisure/leisureguide.stm



Water Fun for EVERYONE!

Discover the health benefits and FUN of water activities!
Water slides, diving boards, saunas, whirlpools—enjoy
all the amenities that City of Winnipeg pools have to offer.
There's something for every age and ability!



For more information visit winnipeg.ca



Let's work together to keep the pool water free from fouling, and the pool open for all swimmers by practicing Healthy Swimming Behaviours...

- Please do not go swimming if you are feeling unwell, especially if you have an upset stomach.
Do not bring your child to swimming lessons if they are feeling unwell, have diarrhea, are vomiting (or have vomited in the past day), or have a cough.
- Shower with soap before swimming; wash your hands after using the toilet or changing diapers.
- Non-toilet trained infants/toddlers and participants who experience incontinence must wear leak-proof swim pants or garments of a similar nature.
- Take children for frequent bathroom breaks, ensure your child uses the bathroom prior to entering the pool and if it appears your child needs to use the bathroom during swimming, take him/her to the washroom immediately!
- Change diapers in the change rooms and not at the pool side. Dispose of diapers properly and clean up the diaper changing area.
- Avoid swallowing the pool water or getting water in your mouth.
- Please do not feed your child before swimming and do not go swimming for one hour after eating.
- In the unfortunate event that our pool water is contaminated with fecal matter or vomit, facility staff are required to close the pool in order to properly disinfect the water and ensure water quality is within the appropriate range set by the Public Health Act before swimmers can enter the pool.

Please practice healthy swimming behaviours. Thank you for your cooperation!



Try water polo for FREE!
Boys & Girls 5-18 yrs
Introductory kids in shallow pool 5-10 yrs
Summer Camps
July & August
E-mail: information@bushidowaterpolo.ca
COME OUT AND TEST THE WATERS!
www.bushidowaterpolo.ca

Unsure what level to register for?

Contact the deck supervisor at your local pool, and our friendly staff can assess you or your child's skill level and recommend which class they should register for. Please note that all public admission entry requirements apply. Please refer to winnipeg.ca/cms/recreation/facilities/pools/program_information.stm for course prerequisites and further information.




Become a better Strong Swimmer and all around athlete with Manta Swim Club's Rayzor Mini Program

Who is the Rayzor Mini Program for:

- Children 6 yrs older and up
- Children who have achieved aquaquest level 4 or 5 (or equivalent)
- Children having trouble advancing to the next level
- Children who want to have fun

What does Manta's Rayzor Mini Program Offer:

- Flexible class schedules
- Small class sizes
- quality instruction
- introduction to the world of competitive swimming
- groundwork to becoming a better athlete

Experience Manta's State of the Art Video Analysis!

Manta Swim Club is Manitoba's Premiere Competitive Swim club. We have been producing dedicated and talented athletes for over 30 years.

Where does Manta's Rayzor Mini Program take place:
Pan Am Pool
 Tue/Wed/Thu 5–6 pm, 6–7 pm & 7–8 pm
Bonivital Pool
 Tue/Thu 4:30–5:30pm, Thu 5:30–6:30pm
East Kildonan Pool
 Tue/Thu 5–6 pm, 6–7 pm & 7–8 pm **Wed** 6 pm
Kinsmen Sherbrook Pool
 Tue 4:30–5:30pm, Thu 5:30–6:30pm
Transcona Kinsmen Centennial Pool
 Mon/Tue/Wed/Thu 5–6 pm
Session #1 Oct 2017–Feb 2018
Session #2 Feb 2018–June 2018

Phone 204-298-8663 • manta@mymts.net • www.mantaswimming.ca • Online Registration Available



Do your kids scare you when they jump from heights and tumble around the house?

Are they constantly jumping on the bed and off the furniture?

Do they love water?

Fall Session runs September to December 2017

Dive into Life!

Hand them over to the professional springboard & platform coaches at

REVOLUTION DIVING

Contact us at (204) 487-6243 | revolutiondiving@gmail.com

Have FUN! Make FRIENDS! Be part of a TEAM!

Join Winnipeg's longest running Water Polo Club!

Come out and try a practice with Neptunes!

Contact Judd at:
info@neptuneswaterpolo.com
204-228-8027




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LIFEGUARD CERTIFICATION SINCE 1964

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EMPLOYERS ARE LOOKING FOR**



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COURSES THAT WILL TRANSFORM YOU.

Hands-on training in:

- Communication Skills
- Conflict Management
- Mediation Skills
- Leadership Development

CONTACT US FOR MORE INFORMATION

204 925 3410 • TOLL-FREE: 1 866 925 3410
info@mediationserviceswpg.ca
mediationserviceswpg.ca

fort rouge leisure centre

625 Osborne St.

hours of operation

Mon–Fri 6 am–9:30 pm
Sat & Sun 8:30 am–8:30 pm

Closed Sept 4, Oct 9, Nov 11, Dec 25, 26,
Jan 1, 2018

weight room

facility use fees (includes GST)

	Adult	Youth	Senior
Day Pass	\$6.10	\$4.75	\$4.75
3 Month Pass	\$126.05	\$87.80	\$99.70

Fees subject to change

Weight room hours subject to change without notice.



freight house recreation centre

Door #1 - 200 Isabel St.

hours of operation

Mon–Thur 10 am–9 pm
Fri, Sat & Sun 10 am–4 pm

Closed Sept 2–4, Oct 9, Nov 11,
Dec 24 (early) 25, 26, Jan 1, 2018

Regular hours subject to change without notice.

weight room

The Freight House Fitness Centre is located on the upper level of the facility.

free weights • speed bag • heavy bag
rowing machine • universal gym • stationary bikes
treadmills • ellipticals • smith machine
resistance training machines

facility use fees (includes GST)

	Day Pass	1 Month	3 Month
Fees	\$2.65	\$26.40	\$54.75

north centennial recreation & leisure facility

90 Sinclair St.



The North Centennial Recreation and Leisure Facility is the first City-owned building that promotes community input and leadership in program design and delivery. The City is supporting the leadership of our community partners to offer programming for our children, youth and seniors. Come visit our facility and check out our available space for meetings, parties or even special events.

amenities

- 50-metre pool renovated with a sloped entry to allow easy access
- specialty change rooms for families and individuals with special needs

spaces available for rent

- boardroom (capacity: 20)
- classroom (capacity: 40)
- 6,000 square foot gymnasium
- seniors community use room (capacity: 295)
- studio (capacity: 50)
- teaching kitchen (capacity: 20)

fitness room

cardio machines • free weights
resistance training machines
(includes some wheelchair-accessible pieces)

hours of operation

Mon–Sun 9 am–9:30 pm

Closed Sept 4, Oct 9, Nov 11,
Dec 24 (noon) 25, 26, Jan 1, 2018

facility use fees (includes GST)

	prime	Adult/Senior	Youth
Day Pass		\$6.85	\$4.75
	non-prime	\$5.45	

Passes can be purchased at the front desk; 10, 20 or 30 visit passes and 3 month passes are available.

Fees and hours of operation subject to change without notice.

peguis trail health & fitness centre

1400 Rothesay St. (Basement of Chief Peguis School; entrance at back)

With over ½ acre beneath Chief Peguis Junior High School, away from wind, rain and snow, the fitness centre features:

9 laps to mile running track • walking track
aerobic floor • spin bikes • stationary bikes
ellipticals • steppers • treadmills
weight training area • boxing bags
Jacob's Ladder • Cybex arc

*Please note doors close 30 mins prior to closing.

hours of operation

Mon–Thur 6 am–10 pm
Fri 6 am–9 pm

Sat & Sun 9 am–4 pm

Closed Sept 4, Oct 9, Dec 24 (1 pm), 25, 26,
Jan 1, 2018

For fitness programs at Peguis, please see the Active Living section.

facility use fees (excludes aerobic classes)

	Adult	Youth	Senior	Family
Daily	\$6.10	\$4.75	\$4.75	\$13.40

Passes available at the front desk in 10, 20 or 30 visit passes, as well as a 3 month pass. Visa, MasterCard or debit card accepted.

birthday party room rentals

Below is a list of facilities available for rent. Upon approval, groups may use space for meetings, banquets, parties, showers and group sport windups. A rental fee applies. Contact 311 to book a location unless otherwise stated.

Broadway Neighbourhood Centre

185 Young St.

Phone 204-772-9253

Fax 204-786-2653

Fort Rouge Leisure Centre

625 Osborne St.

Freight House Recreation Centre

Door #1 - 200 Isabel St.

North Centennial Recreation & Leisure Facility

90 Sinclair St.

St. John's Leisure Centre

601 Aikins St.

• auditorium, classroom, kitchen

Turtle Island Neighbourhood Centre

510 King St.

• auditorium, classrooms

adult leisure

Lab fees are payable in **cash** to the instructor and are nonrefundable. Where required, supply lists will be attached to your receipt. Minimum age to register for Adult Leisure programs is 14 years. Pre-registration for programs is required.

comforts of home

basics of buying a home

The process of buying a home can be a scary and intimidating experience. We cover the buying process from the mortgage pre-approval stage through to the closing process. Let us help you learn what you don't know and guide you through the home buying process. You will hear from an accredited mortgage professional, realtor and home inspector throughout the presentation.

Fee: \$10 1 day
Bronx Park CC: 720 Henderson Hwy.
31495 Thu Oct 26 6:30–9 pm
Verico One Link Mortgage & Financial:
100–99 Scurfield Blvd.
31492 Tue Sep 19 6:30–9 pm
31498 Thu Nov 16 6:30–9 pm

creative arts

basic flower arranging

Learn how to cut and care for fresh flowers, make a rose bowl, a corsage, a boutonniere, a one-sided arrangement and centerpiece.

Fee: \$48 2 weeks
\$30 Lab fee, payable to instructor
Fort Rouge Leisure Centre: 625 Osborne St.
30743 Sun Sep 17–24 1–3:30 pm

basic drawing & watercolour painting

Explore the basics of drawing and watercolour painting in this introductory class with step by step instruction. Each student will complete a minimum of two paintings with mats ready to be framed in standard size frames. All materials included. No experience needed. Students registering for the first time will be taught the intro program. Returning students will be taught a more advanced program.

Fee: \$107 8 weeks
\$18 Lab fee, payable to instructor
Vincent Massey Collegiate: 975 Dowker Ave.
31059 Tue Sep 19–Nov 7 6–8 pm
31060 Wed Sep 20–Nov 8 6–8 pm

drawing with pen and ink

Learn various tips and techniques to produce black and white drawings. The instructor will contact participants with class supply lists.

Fee: \$54 4 weeks
St. James Civic Centre: 2055 Ness Ave.
31321 Thu Nov 9–30 7–9 pm

decorative drum

Come and spend an afternoon learning to make a beautiful indigenous decorative drum by hand. It could make a great gift or it would look good on your wall or in your car. All supplies included.

Fee: \$41 1 day
East Elmwood CC: 490 Keenleyside St.
31720 Sat Oct 28 Noon–3 pm
St. John's Leisure Centre: 601 Aikins St.
31718 Sat Nov 25 1–4 pm

dream catcher

A dream catcher will filter out your bad dreams as you sleep. Learn to make a dream catcher and get a good night's sleep. All supplies included.

Fee: \$55 1 day
East Elmwood CC: 490 Keenleyside St.
31721 Sat Nov 18 11 am–4 pm
St. John's Leisure Centre: 601 Aikins St.
31717 Sat Oct 21 1–6 pm

Indigenous decorated headdress

Learn to make a beautiful decorative headdress by hand with safety pins and beads. It could make a great gift or it would look good on your wall or in your car. All supplies included.

Fee: \$41 1 day
St. John's Leisure Centre: 601 Aikins St.
31719 Sat Dec 2 2–5 pm

make your own hardcover book

Learn to create your own hard cover book. Participants will each create at least one 9 by 6 inch blank-paged book using traditional book binding techniques. These fabric cover books make excellent journals, sketchbooks or photo albums that are original and allow for touches of personal flair.

Fee: \$30 1 day
\$3 Lab fee, payable to instructor
Bronx Park CC: 720 Henderson Hwy.
31471 Sat Oct 7 1–4 pm

oil painting

An explanation of materials, colours, theory, composition, perspective and technique with demonstrations and step-by-step instruction.

Fee: \$134 8 weeks
Elmwood/EK Seniors Centre: 180 Poplar Ave.
31325 Tue Sep 26–Nov 14 7–9:30 pm

painting with markers

new! Using markers, water and a brush, you can achieve brilliant colours and effects that rival watercolour paints. This painting method allows for more control, less set up and easily accessible supplies. This is a similar method to using watercolour pencil crayons, but with more vibrant and flowing results. Images will be refined with ink pens.

Fee: \$27 2 weeks
\$4 Lab fee, payable to instructor
Bronx Park CC: 720 Henderson Hwy.
31484 Thu Nov 16–23 7–9 pm

Zentangle® introduction

The Zentangle® method is a fun and easy-to-learn method of creating intricate abstract images using simple repetitive patterns. If you can print your own name, you have all the skills required for this fascinating art form. Like yoga for your soul, it can help increase focus and relaxation and decrease stress. This class is a pre-requisite for other Zentangle classes.

Fee: \$29 1 day
\$12 Lab fee, payable to instructor
Fort Rouge Leisure Centre: 625 Osborne St.
30741 Tue Sep 19 6:30–9 pm
31726 Tue Nov 14 6:30–9 pm
St. James Civic Centre: 2055 Ness Ave.
31722 Wed Sep 27 6:30–9 pm

Zentangle® beyond the basics

Take your Zentangle® practice to the next level with more complex tangles, shading techniques, tangle enhancers, transitions and more tips to develop your skills. Please bring your Zentangle® kit. **Prerequisite:** Intro to Zentangle®

Fee: \$29 1 day
\$12 Lab fee, payable to instructor
Fort Rouge Leisure Centre: 625 Osborne St.
31724 Tue Oct 3 6:30–9 pm
St. James Civic Centre: 2055 Ness Ave.
31725 Mon Nov 27 6:30–9 pm

Zentangle® renaissance tiles

Using tan coloured tiles we'll explore a technique called 'Chiaroscuro', developed in the Renaissance period to exemplify the strong contrasts between light and dark. Please bring your Zentangle® kit.

Prerequisite: Intro to Zentangle®
Fee: \$29 1 day
\$12 Lab fee, payable to instructor
St. James Civic Centre: 2055 Ness Ave.
31723 Mon Oct 30 6:30–9 pm

HAIR TECHNIQUE

ON PEMBINA

204-415-4736

Hours: Mon–Fri 10am–8pm • Sat 9am–5pm • Sun 12pm–5pm

- Kid's Cut 10 & under \$12.95 • Kid's Cut 11–14 \$14.95 •
- Men's Cut \$16.95 & up • Women's Cut \$18.95 & up •
- Women's Colour Services \$50 & up • Men's Colour Services \$25 & up •
- Threading & Waxing Services •

3-1295 Pembina Hwy. @ McGillivray

hairtechniqueonpembina.com

Walk-Ins & Appointments Always Welcome!

culinary: hands-on experiences

All lab fees payable in cash to instructor.

The following courses are taught by Jim & Barbra Pappas, food is prepared by participants and enjoyed at the end of class. Please bring a takeaway container in the event of leftovers.

Fee: \$31 1 day
\$28 Lab fee, payable to instructor
Arthur A. Leach School: 1827 Chancellor Dr.

hearty fall soups

new! Learn six hearty soups for the fall using great vegetables from our markets in delicious combinations.

31031 Tue Sep 26 6:30–9:30 pm

thanksgiving buffet

new! Learn six new recipes for serving over the Thanksgiving season to delight your friends and family.

31033 Tue Oct 3 6:30–9:30 pm

pasta pasta pasta

new! Learn six new easy pasta dishes to delight the palate and your family and friends too.

31034 Tue Oct 17 6:30–9:30 pm

more great restaurant recipes

new! Learn six recipes from restaurants all over the world that you can prepare in your kitchen.

31035 Tue Oct 24 6:30–9:30 pm

all-in-one dinners

new! Learn six new all in one dinners that are prepared simply but effectively for a family or entertaining.

31036 Tue Nov 7 6:30–9:30 pm

grey cup celebrations

new! Learn six new recipes to prepare for your guests when they watch with you.

31038 Tue Nov 14 6:30–9:30 pm

make it and freeze it

new! Learn six new recipes that you can make ahead for the coming holiday season so that you can serve a prepared dinner when things get too busy.

31045 Tue Nov 21 6:30–9:30 pm

holiday appetizers

new! Learn 10 new appetizers for the coming season of celebrations with friends and family.

31039 Tue Nov 28 6:30–9:30 pm

31040 Tue Dec 5 6:30–9:30 pm

cake decorating

A beginner program teaching the basics of using a piping bag. Learn some interesting designs to create special cakes for family and friends. Includes a chocolate making demonstration.

Instructor: Debbie Clairmont
Fee: \$70 3 weeks
\$30 Lab fee, payable to instructor

Fort Rouge Leisure Centre: 625 Osborne St.
30745 Sun Oct 15–29 1–3:30 pm

delicious Indian full meal

Learn how to prepare a delicious Indian meal which will satisfy your taste buds. We will use all natural ingredients and prepare popular Indian dishes like butter chicken, lentil soup and roti from scratch. We will share the freshly prepared meal at the end of the class. Please bring a takeaway container in the event of leftovers.

Fee: \$31 1 day
\$25 Lab fee, payable to instructor
North Centennial Recreation & Leisure: 90 Sinclair St.
31544 Sat Sep 30 2–5 pm

gluten-free Indian cuisine

Learn how to prepare a delicious gluten-free Indian meal which will create balance in your body as per Ayurveda. We will use natural ingredients and prepare the gluten-free Indian meal from scratch. We will prepare chickpeas and/or kidney beans, fresh condiments and flavoured basmati rice. Please bring a takeaway container in the event of leftovers.

Fee: \$31 1 day
\$20 Lab fee, payable to instructor
North Centennial Recreation & Leisure: 90 Sinclair St.
31563 Sat Oct 14 2–5 pm

heart healthy Indian cuisine

Learn how to prepare heart healthy delicious Indian meals which will be nutritious and tasty. We will use all natural ingredients to prepare palak paneer, chickpeas, biriyani and a fresh condiment from scratch in this hands-on class. We will have a meal at the end of the class. Please bring a takeaway container in the event of leftovers.

Fee: \$31 1 day
\$20 Lab fee, payable to instructor
North Centennial Recreation & Leisure: 90 Sinclair St.
31553 Sat Oct 28 2–5 pm

vegan Indian cuisine

This course will teach hands-on delicious Indian vegan meal preparation by a seasoned cook. You will learn to cook dishes which are high in protein and fibre content and are easy to prepare. We will use all natural ingredients and prepare the vegan Indian meal from scratch. Please bring a takeaway container in the event of leftovers.

Fee: \$31 1 day
\$25 Lab fee, payable to instructor
North Centennial Recreation & Leisure: 90 Sinclair St.
31543 Sat Sep 23 2–5 pm

pizza making at home with Diana

Master pizza chef Diana of Diana's Cucina & Lounge shares her expert pizza making skills and sampling followed by hands-on making your own pizza!

Fee: \$41 1 day
\$25 Lab fee, payable to instructor
Diana's Cucina & Lounge: Unit Q–730 St. Anne's Rd
30441 Mon Oct 16 6:30–9:30 pm

gluten-free pizza making at home with Diana

new! Master pizza chef Diana of Diana's Cucina & Lounge shares her expert gluten-free pizza making skills and sampling followed by hands-on making your own pizza!

Fee: \$41 1 day
\$25 Lab fee, payable to instructor
Diana's Cucina & Lounge: Unit Q–730 St. Anne's Rd.
31062 Mon Nov 6 6:30–9:30 pm

culinary: presentations & sampling

All programs are demonstration with a small portion of sample tasting. All lab fees payable in cash to instructor.

let's warm up with soup 1

With the cooler weather approaching why not make nice hot soup. We will be making baked French onion soup, New England clam chowder and cream of cauliflower.

Instructor: Lionel Brunel
Fee: \$31 1 day
\$15 Lab fee, payable to instructor
St. John's Leisure Centre: 601 Aikins St.
31303 Tue Oct 3 6:30–9:30 pm

FoodSafe: Certified Food Handlers Training Course

Earn a **Province of Manitoba Food Handlers Certificate** in accordance with the City of Winnipeg Food Service By-law. FoodSafe is able to accommodate, English as an additional language, literacy, hearing and visual challenges.

St. James: Saturdays, Oct 21, Nov 4, Dec 9, 2017, Jan 20, 2018 204-832-9637

St Vital: Sundays, Sept 10, Oct 15, Dec 10, 2017 204-237-8130

River East Transcona: August 31, Oct 27, 2017 204-667-6193

FoodStudio: Oct 5, Nov 30, 2017 204-230-7500

Life Long Learning: Thursdays, Sept 21, Nov 16, 2017 204-789-0435

Check online at www.foodhandling.ca for additional courses



To book private sessions or for recertification please contact:

Lesly Andrews, CIPH(C)BSc.
Public Health Inspector for FoodSafe
204-888-2442 or email foodsafety@mts.net

adult leisure

let's warm up with soup 2

With the cooler weather approaching why not make nice hot soup. We will be making chicken consomme with quenelles (dumplings), cream of mushroom medley and leek and potato soup with prosciutto ham.

Instructor: Lionel Brunel

Fee: \$31 1 day
\$15 Lab fee, payable to instructor
St. John's Leisure Centre: 601 Aikins St.
31307 Tue Oct 24 6:30–9:30 pm

let's warm up with soup 3

With the cooler weather approaching why not make nice hot soup. We will be making beef chili soup, Mulligatawny soup (chicken and curry) and beer and cheese soup.

Instructor: Lionel Brunel

Fee: \$31 1 day
\$15 Lab fee, payable to instructor
St. John's Leisure Centre: 601 Aikins St.
31309 Tue Nov 7 6:30–9:30 pm

gluten and dairy-free baking

Are you new to a gluten or dairy-free lifestyle? Are you having a hard time baking allergy-free goodies that the kids will actually eat? Maybe you simply want to bake delicious and healthy treats. Join Dr. Kristen Mitteness, author of the cookbook, *Bacon is Rad, Gluten is Bad* in learning the basics of baking without gluten, grains, dairy and refined sugars. Lab fee includes samples of our baked goods and a copy of Dr. Kristen's cookbook, *Bacon is Rad, Gluten is Bad* Second Edition.

Fee: \$15 1 day
\$30 Lab fee, payable to instructor
Fort Rouge Leisure Centre: 625 Osborne St.
31596 Sun Nov 19 9:30–11:30 am
St. John's Leisure Centre: 601 Aikins St.
31605 Wed Oct 18 6:30–8:30 pm

gluten and dairy-free baking: holiday edition

It's that time of year! Did you know, in Canada, we eat more junk food around the holidays than any other time of the year? Whether you have allergies or simply want healthier alternatives this holiday season, join Dr. Kristen Mitteness, author of the cookbook, *Bacon is Rad, Gluten is Bad* in making a few of your favourite holiday treats without gluten, dairy and refined sugars. Lab fee includes samples of our baked goods and a copy of Dr. Kristen's cookbook, *Bacon is Rad, Gluten is Bad* Second Edition.

Fee: \$15 1 day
\$40 Lab fee, payable to instructor
Fort Rouge Leisure Centre: 625 Osborne St.
31598 Sun Dec 3 10 am–Noon

aaloo gobhi with roti

Aaloo Gobhi is a potato and cauliflower dish served with Indian flat bread (roti). We will be cooking this simple yet savoury meal from scratch using only natural ingredients like ginger, turmeric, curry powder, cumin seeds, etc. So roll up your sleeves and prepare to impress your friends and family. It is something you can serve at any occasion or event. Please bring a takeaway container in the event of leftovers.

Fee: \$31 1 day
\$15 Lab fee, payable to instructor
St. John's Leisure Centre: 601 Aikins St.
31538 Wed Oct 25 6:30–9:30 pm
31539 Wed Nov 29 6:30–9:30 pm

butter chicken and basmati pulao

One of the most famous and great tasting dishes to come out of India. Learn how to make this cuisine step by step into a meal that will impress your friends and family. This royal cuisine will be taught by a seasoned and experienced cook. Prepare both of your dishes using the freshest of spices and herbs for the best aromatic experience. Please bring a takeaway container in the event of leftovers.

Fee: \$31 1 day
\$25 Lab fee, payable to instructor
St. John's Leisure Centre: 601 Aikins St.
31527 Wed Sep 20 6:30–9:30 pm
31530 Wed Nov 22 6:30–9:30 pm

chana masala (chick peas) with basmati paulo

A feast for the senses, a great vegetarian option and one of the most popular dishes found in India. High in protein, fibre and taste, this classical cuisine of the subcontinent will be served with an aromatic rice to complement. If you like to keep it simple and still make something incredible, this is it. Please bring a takeaway container in the event of leftovers.

Fee: \$31 1 day
\$15 Lab fee, payable to instructor
St. John's Leisure Centre: 601 Aikins St.
31531 Wed Sep 27 6:30–9:30 pm

chicken korma with basmati biriyani

This variation of butter chicken is for those who dare to try something spicier. We welcome you to join us in this culinary adventure that uses a different set of spices and herbs to create a new experience. All of this is complemented with a side of basmati biriyani, an aromatic and spicy rice dish. Please bring a takeaway container in the event of leftovers.

Fee: \$31 1 day
\$25 Lab fee, payable to instructor
St. John's Leisure Centre: 601 Aikins St.
31535 Wed Oct 4 6:30–9:30 pm

spicy samosas and tamarind chutney

A popular snack in India and in the United Kingdom. It is made with herbs and spices and will be complemented with a sweet and sour tamarind sauce. This is a must take class for anyone who likes samosas. Samosas will be made using natural ingredients and all food will be prepared from scratch. Roll up your sleeves and prepare to impress your family and friends. This is a dish that can be served at any occasion or event. Please bring a takeaway container in the event of leftovers.

Fee: \$31 1 day
\$15 Lab fee, payable to instructor
St. John's Leisure Centre: 601 Aikins St.
31537 Wed Oct 11 6:30–9:30 pm

fabric arts

newborn moccasin

Newborn moccasins are a great gift idea and will keep those little toes nice and warm. This is a one day workshop in beading and sewing together a pair of newborn moccasins by hand. All supplies included.

Fee: \$83 1 day
East Elmwood CC: 490 Keenleyside St.
31690 Sat Oct 14 11 am–4 pm
St. John's Leisure Centre: 601 Aikins St.
31691 Sat Nov 4 1–6 pm

financial management

how smart money works

Learn intermediate-level concepts including: advantages and disadvantages of different investment account types; how to reduce income taxes; strategies for taking advantage of your TFSA; strategies for increasing cash flow; how to improve and stabilize investment returns through proper portfolio construction; what to look out for in selecting an advisor and low risk investments strategies that pay better GICs. Learn some of the most common mistakes so that you don't make them! Find out some of the most important keys to retirement and investment success.

Instructor: Martin Cloutier, B.Comm. (Hons.) CFP, RRC – Executive Financial Consultant – Investors Group Securities Inc.

Fee: \$19 1 day
Arthur A. Leach School: 1827 Chancellor Dr.
31047 Tue Sep 26 7–9 pm
Shaftesbury High School: 2240 Grant Ave.
31057 Thu Nov 9 7–9 pm

investments and financial planning for beginners

Learn the basics including: the importance of goal setting; how much money you can set aside toward your goals (budgeting); how to determine your tolerance for risk and what investments are right for you; how time frame should affect investment selection; how fast your money can grow and the cost of procrastination; the key factors in planning for a successful retirement.

Instructor: Martin Cloutier, B.Comm (Hons), CFP. Executive financial consultant – Investors Group Securities Inc.

Fee: \$19 1 day
Arthur A. Leach School: 1827 Chancellor Dr.
31046 Tue Sep 19 7–9 pm
Shaftesbury High School: 2240 Grant Ave.
31058 Thu Nov 2 7–9 pm

your retirement paycheck

Do you have a vision for your retirement and for your heirs? Do you know how much your retirement paycheck will be? How much will you need and where should you draw from? How can you ensure your retirement income will last for all of your retirement years? How does your plan work with your estate planning goals? Are there strategies you should consider to minimize taxes and to guard against money going to the wrong beneficiaries?

Instructor: Martin Cloutier, B.Comm. (Hons), CFP, RRC – Executive Financial Consultant – Investors Securities Inc.

Fee: \$19 1 day
Arthur A. Leach School: 1827 Chancellor Dr.
31048 Tue Oct 3 7–9 pm
Shaftesbury High School: 2240 Grant Ave.
31056 Thu Nov 16 7–9 pm

languages

Italian for beginners & travellers

Learn to speak, read and write basic Italian. This program offers an opportunity to learn about the Italian culture.

Fee: \$87 6 weeks
Shaftesbury High School: 2240 Grant Ave.
31582 Tue Sep 26–Oct 31 6:30–8:30 pm

Spanish for beginners & travellers

Introduction to the Spanish language. Learn basic vocabulary, phonetics, structures and essential conversational skills to use when travelling.

Fee: \$145 8 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
31455 Sat Sep 23–Nov 18 12:30–3 pm
Shaftesbury High School: 2240 Grant Ave.
31458 Wed Sep 20–Nov 8 6:30–9 pm
Vincent Massey Collegiate: 975 Dowker Ave.
31466 Thu Sep 21–Nov 9 6–8:30 pm

more Spanish for travellers

Explore more Spanish language vocabulary, phonetics, structures and essential conversational skills. **Prerequisite:** Spanish for Beginners or equivalent.

Fee: \$145 8 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
31464 Sun Sep 24–Nov 12 12:30–3 pm

music

African drumming

Experience the rhythms of African Djembe drumming. Students will learn basic playing techniques as well as traditional African rhythms. No musical experience necessary. Students may wish to bring a tape/digital recorder. Djembe drums are available for use during class if needed. Instructor Jay Stoller has been working with African drums for over 20 years. He holds a diploma in African music from the University of Ghana and has been teaching and performing in Winnipeg with the Folkorama African Pavilion, Nafro Dance Productions and The Drum Café.

Fee: \$140 8 weeks
\$15 Lab fee, payable to instructor
Fort Rouge Leisure Centre: 625 Osborne St.
30746 Thu Sep 21–Nov 23 7–8 pm

kirtan—ancient musical meditation

Sanskrit chants mixed with meditation is an age old practice in mystic India. Nandita learned how to do Kirtan from her ancestors. Kirtan helps to de-stress your body and mind as well as energize you. Learn simple Sanskrit chants and join Nandita for the unique experience of Sanskrit chants, meditation and rare mythological stories from ancient, incredible India.

Fee: \$87 8 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
31577 Mon Sep 18–Nov 20 7–8:30 pm

learn to play the flute

This class is for those adults who would like to learn to play the flute and for those who would like to brush up on their flute playing skills in an ensemble setting. Bring your own flute or rent one from a musical instrument store. If you are unsure of what flute to get, or whether you qualify for the course, please call 311 for details. You don't need to know how to read music.

Fee: \$64 6 weeks
\$10 Lab fee, payable to instructor
Vincent Massey Collegiate: 975 Dowker Ave.
31692 Tue Oct 3–Nov 7 7:30–8:30 pm

personal wellness

7 keys to freedom with chakradance

Chakradance rhythm of the soul is a playful, spirited, healing dance to increase awareness of the mind, body and soul connections to live your best self in all your relationships at home, work and play. Chakradance is a dynamic, moving meditation to activate inner healing with freedom of expression in the dance and mandala art creation. Dance the rainbow journey from root to crown chakra to unblock, release, rebalance and be in the energy of the 7 major chakras/energy centres within the body. Using specific music, guided visualizations, mandala art-making, meditations and your unique, creative, expressive moments, you can access your inner glow and radiance. No matter what age, gender, or level of fitness you are, if you want to release stress and get fit at the same time, the 7 Keys to Freedom with Chakradance is for you.

Fee: \$20 1 day
St. James Civic Centre: 2055 Ness Ave.
31715 Thu Oct 12 6:30–8:30 pm

ahimsa in action—a discussion

When you visit the Canadian Museum of Human Rights you will note that Ahimsa is the oldest concept for Human Rights. Ahimsa is a Sanskrit term meaning 'to cause no injury'; 'do no harm'; and 'non-violence'. In this session, we will discuss how this ancient concept of 'do no harm to self and others' is applicable in today's world for the benefit of Mother Earth and all her inhabitants. Our thoughts, words and actions have consequences for future generations. In your role as an administrator and caregiver, you are an example for our children about how to relate with yourself and with others.

Fee: \$20 1 day
St. James Civic Centre: 2055 Ness Ave.
31714 Thu Oct 26 6:30–8:30 pm

chai: soulful art of tea-making from India

With an ensemble of diverse herbs and spices from India you will learn to make the most holistic cup of tea. Taught by an eternal student and forever traveller you will be guided to grind (using stoneware), mix, paste, smell and taste the spices found in India including (but not limited to) cardamom, turmeric, cinnamon, dhaniya, vanilla and of course the mythical saffron. You will learn the health benefits of each and will leave knowing something rarely taught in schools.

Fee: \$25 1 day
\$25 Lab fee, payable to instructor
Fort Rouge Leisure Centre: 625 Osborne St.
31754 Sat Sep 30 9:30 am–Noon
30742 Sun Nov 26 1–3:30 pm

creating healthy habits

new! Adopting new habits, no matter how healthy they may be for us, can be challenging to stick with. In this workshop we'll go over ways to create a doable plan of action, how to enforce the new habit (even if you feel like you don't have any self-discipline!) and how to start seeing results. Each participant will leave with a personalized plan that they can begin right away for a healthy habit of their choosing.

Fee: \$13 1 day
Fort Rouge Leisure Centre: 625 Osborne St.
31855 Tue Oct 10 6:30–7:30 pm

eat like a caveman!

Improve your health by going back in time. Learn how to optimize your genetics, create a lean body, slow aging and improve your health by taking an ancestral and holistic approach to your diet and lifestyle. No fads or gimmicks, just real quality food.

Fee: \$14 1 day
Fort Rouge Leisure Centre: 625 Osborne St.
31592 Tue Oct 24 7:30–9 pm
31593 Thu Nov 16 7:30–9 pm

embrace your spirit: an introduction

Who would you be when you embrace your spirit to accept and integrate all that you are? Your spirit provides you with simple techniques to journey from fear, anger, frustration and loss of identity to discovering the true essence of who you are. In this introduction to Embrace Your Spirit, we will review Tara's signature system of 'intention transformation' to create a plan of action to begin the process of embracing your spirit. If you want to be your best self in all the various roles you play at home, work and leisure, Embrace Your Spirit is for you.

Fee: \$20 1 day
St. James Civic Centre: 2055 Ness Ave.
31711 Tue Oct 10 6:30–8:30 pm

fun with feng shui

Improve your quality of life and create a harmonious living space through using this ancient Chinese practice. Learn to make simple changes in your home or workplace to harness nature's positive energy to promote better health, wealth and relationships!

Fee: \$25 1 day
Shaftesbury High School: 2240 Grant Ave.
31061 Tue Oct 10 7–9:30 pm

henna tattoo

new! Discover the cultural aspects of Henna Tattooing. Learn a few basic and simple techniques to complete your own Henna Tattoo. Participants will be given some designs to practice at home afterwards. The class will end with Indian samosa and tamarind chutney for a fulfilling experience of incredible India!

Fee: \$22 1 day
\$10 Lab fee, payable to instructor
Fort Rouge Leisure Centre: 625 Osborne St.
31571 Sun Oct 1 2–4 pm

brain & health series new!

how to form & maintain good relationships

Are you a couple struggling to get along? Are you a parent trying to connect with a son or daughter? Are you an employee trying to better relate with your colleagues? This workshop is for you! Even those who feel their relationships are pretty awesome will find tremendous value using the 'do-able' strategies shared in these sessions. You will learn how to: express key behaviours required to interact more positively with others, establish a daily quota of habits that will strengthen your connections, build healthier, more meaningful relationships that last and recognize the universal self-interests of all people that must be met.

Fee: \$42 4 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
31588 Wed Nov 15–Dec 6 6:30–8 pm

how to investigate life problems and solve them

Are life's problems dragging you down? Are you preoccupied with fears of failure? Do you feel like you worry too much about things? Become confident using problem solving strategies from the pros. Generate the right solutions to all the challenges in your life. Increase your potential for successful outcomes. You will learn how to: use the CSI approach to investigate a problem thoroughly, probe for root causes to problems by applying the "5-Why Analysis" tool, generate multiple solutions by using a simple rapid ideation process, choose the best solutions and respond to problems with confidence and utilize the corporate brain trust of your team to maximize your success.

Fee: \$42 4 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
31585 Wed Sep 20–Oct 11 6:30–8 pm

how to listen and talk to others effectively

Are you finding it difficult to manage critical discussions? Do you want to eliminate dysfunctional conversations from your life? Are you ready to have more productive dialogue that targets the right information? Master the leanCOM technique and navigate the most difficult verbal interactions with ease. You will learn how to: hold yourself and others to a higher standard of knowledge transfer, maintain 100% respect, honesty and trust in all your conversations, actively listen to a speaker and add true value to the discussion, PULL relevant information versus PUSH your personal agendas, seamlessly switch between the roles of customer, supplier and observer.

Fee: \$42 4 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
31586 Wed Oct 18–Nov 8 6:30–8 pm

journal writing: dealing with negative emotions

This course will deal with the common everyday "negative" emotions that tend to cause us problems in our everyday lives. We will be using journal strategies to work with these emotions to gain both perspective and understanding, moving towards a healing resolution. "Journal Writing: The Healing Benefits" program is recommended but is not a prerequisite.

Fee: \$81 6 weeks
\$15 Lab fee, payable to instructor
Shaftesbury High School: 2240 Grant Ave.
31584 Thu Oct 5–Nov 9 6:30–9 pm

journal writing: the healing benefits

Journal writing is a wonderful tool for self-awareness, understanding and creativity. The benefits that accrue to those who keep a journal include tension release, problem solving, empowerment, increased self-esteem and much more. In this class we will tap into our inner guidance using discussions and hands-on practical exercises to guide you on your own personal quest for harmony, resolutions and healing.

Fee: \$81 6 weeks
\$15 Lab fee, payable to instructor
Shaftesbury High School: 2240 Grant Ave.
31583 Tue Oct 10–Nov 14 6:30–9 pm

mandalas and meditation workshop

This workshop invites you to explore your soul through Mandala painting. The practice of painting is meditative, healing and joyful. Through guided meditations, we contact our inner artist. This workshop will give you the tools to use the Mandala as a way of de-stressing your body, mind and spirit. At the end of the workshop, you will complete a beautiful and colourful Mandala of your own. No previous experience is necessary. All art supplies will be provided.

Fee: \$44 2 weeks
\$20 Lab fee, payable to instructor
Fort Rouge Leisure Centre: 625 Osborne St.
31549 Thu Oct 5–12 7–9 pm

plant-based eating in the real world: getting started

new! Learn five simple steps to starting a plant-based diet with Plant-based Health Coach, Amanda Lily. You'll leave with the beginning of a personalized action plan, grocery list and recipes to try.

Fee: \$13 1 day
\$10 Lab fee, payable to instructor
Fort Rouge Leisure Centre: 625 Osborne St.
31853 Wed Oct 11 6:30–7:30 pm

story of yoga

new! Discover the story of Yoga, originating in India up to the modern era. Learn some Sanskrit Yogic terms and yoga hand postures (Yoga Mudras). The session will end with Indian samosa and tamarind chutney for a fulfilling experience of incredible India.

Fee: \$22 1 day
Fort Rouge Leisure Centre: 625 Osborne St.
31569 Sun Oct 29 1–3 pm

the lotus—be the peace in the chaos

The lotus is symbolic of the purity of the body, speech and mind. While rooted in the mud, its flowers blossom on long stalks floating above the muddy waters. The lotus is an example of how we too can blossom and allow our essence to shine regardless of our situation. The lotus is symbolic of detachment as drops of water easily slide off its petals. A common metaphysical analogy compares the lotus' perennial rise from instinctive impulses to spiritual liberation. In this introductory program, we will use Tara's signature system and the messages of the spiritual masters to learn how to blossom like the lotus and be the peace in the chaos of life at home, work and leisure.

Fee: \$20 1 day
St. James Civic Centre: 2055 Ness Ave.
31713 Tue Oct 24 6:30–8:30 pm

vibrant living: beginning the journey

Feeling unbalanced, confused or frustrated with your health? Do you experience the following: stress, fatigue, weight management issues, or have difficulty reaching health goals? Join us in this hands-on workshop where you will have the opportunity to complete a personal health analysis, learn tips for healthy living and leave with manageable action steps towards creating more balance in your health and wellness.

Fee: \$19 1 day
Fort Rouge Leisure Centre: 625 Osborne St.
31852 Tue Nov 21 6:30–8 pm

photography & computers

All photography programs are instructed by Roger Buchanan, B Ed. Preview class notes at www.thenerdworks.com.

intro to digital photography

Learn to use the features on your digital camera. Fun for the novice level photographer! Hands on!

Fee: \$71 3 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
31745 Sat Oct 14–28 9:30 am–Noon
St. James Civic Centre: 2055 Ness Ave.
31746 Thu Nov 16–30 6:30–9 pm

improve your photography

Improve your photography with this presentation about factors affecting the creation, meaning and use of photographs. Beyond the simple rules of composition, much of what you will learn will help you create more powerful and enduring images before you press the shutter button.

Fee: \$29 1 day
Fort Rouge Leisure Centre: 625 Osborne St.
31747 Tue Oct 17 6:30–9 pm
St. James Civic Centre: 2055 Ness Ave.
31748 Tue Nov 21 6:30–9 pm

intro to digital SLR & ILC photography

For first time digital SLR and interchangeable lens camera (ILC) users. Learn how the controls of your camera and various lenses create the photo you take. You will practice various techniques in class. Hands on!

Fee: \$71 3 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
31727 Sat Sep 23–Oct 7 9:30 am–Noon
St. James Civic Centre: 2055 Ness Ave.
31728 Mon Oct 16–30 6:30–9 pm

intro to photoshop elements

Learn how to organize, enhance, edit and present your digital images in this 3-week demonstration-based course. Learn effective means of organization and storage. See how photos can best be enhanced and take in a variety of editing tips and tricks. Then see the many ways you can present your images!

Fee: \$71 3 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
31750 Tue Sep 19–Oct 3 6:30–9 pm

organize your digital photos

Learn how to prevent the digital photograph equivalent of the shoebox stuffed with photos. This class will help you manage them through naming, sorting, archiving, searching and recovering deleted photos.

Fee: \$29 1 day
Fort Rouge Leisure Centre: 625 Osborne St.
31749 Thu Nov 2 6:30–9 pm

pottery

Classes include cost of 22 lbs. of clay, glazes and firing.

introduction to pottery

Basic hand-building and some wheel work. Dress for a mess!

Fee: \$214 8 weeks
Instructor: Roland
Fort Rouge Leisure Centre: 625 Osborne St.
31414 Tue Sep 12–Oct 31 7–9:30 pm
Fee: \$268 10 weeks
Instructor: Roland
Fort Rouge Leisure Centre: 625 Osborne St.
31417 Wed Sep 13–Nov 15 7–9:30 pm

Instructor: Marion
Fort Garry Lion's Outdoor Pool: 969 Dowker Ave.
31420 Wed Sep 20–Nov 22 7–9:30 pm
31418 Thu Sep 21–Nov 23 1–3:30 pm

potter's wheel

Learn wheel-throwing skills through instruction, demonstration and lots of practice. All skill levels welcome. Dress for a mess!

Fee: \$268 10 weeks
Instructor: Marion
Fort Garry Lion's Outdoor Pool: 969 Dowker Ave.
31422 Tue Sep 19–Nov 21 7–9:30 pm
31423 Thu Sep 21–Nov 23 7–9:30 pm
Instructor: Roland
Fort Rouge Leisure Centre: 625 Osborne St.
31424 Sat Sep 9–Nov 18 1–3:30 pm

potter's wheel 2

Continue learning wheel-throwing skills through instruction, demonstration and lots of practice. Dress for a mess!

Fee: \$268 10 weeks
Instructor: Roland
Fort Rouge Leisure Centre: 625 Osborne St.
31425 Sat Sep 9–Nov 18 10 am–12:30 pm

family pottery

Learn hand-building techniques and try your hand at the wheel. Create something useful or just for fun. Parent and child must both be registered and participate in the class. Dress for a mess!

Fee: \$131 /person 8 weeks
7 years+
Instructor: PJ

Fort Garry Lion's Outdoor Pool: 969 Dowker Ave.
31413 Mon Sep 18–Nov 20 6:30–8:30 pm

9 years+

Instructor: Roland
Fort Rouge Leisure Centre: 625 Osborne St.
31415 Sun Sep 17–Nov 5 10 am–Noon
31416 Sun Sep 17–Nov 5 12:15–2:15 pm

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adult leisure

family hand-building pottery 8 years+

Learn and explore various hand-building techniques. Use your imagination and creativity to design something useful or just for fun. Parent and child must both be registered and participate in the class. Dress for a mess!

Fee: \$131 /person 8 weeks
Instructor: Marion
Fort Garry Lion's Outdoor Pool: 969 Dowker Ave.
31410 Sun Sep 24–Nov 19 1–3 pm

family potter's wheel • 9 years+

The family that throws together grows together! Work side-by-side on the potter's wheel. Basic techniques, demonstrations, practice, clay, glazes and firing are part of this unique course. Previous clay experience is an asset but not a prerequisite. Parent and child must both be registered and participate in the class. Dress for a mess!

Fee: \$131 /person 8 weeks
Instructor: Roland
Fort Rouge Leisure Centre: 625 Osborne St.
31411 Sun Sep 17–Nov 5 2:30–4:30 pm

family christmas pottery • 9 years+

Do you need inspiration for some Christmas gift ideas for family, friends, teachers or a cookie plate for Santa? Bring your ideas or try one of ours out and join the fun and merriment! Parent and child must both be registered and participate in the class. Dress to make a mess!

Instructor: Roland
Fee: \$49 /person 3 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
31428 Sat Dec 2–16 10 am–Noon
31429 Sat Dec 2–16 12:15–2:15 pm
31430 Sat Dec 2–16 2:30–4:30 pm
31432 Wed Nov 29–Dec 13 7–9 pm

Fee: \$82 /person 5 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
31431 Tue Nov 14–Dec 12 7–9 pm
31433 Thu Nov 16–Dec 14 7–9 pm
31434 Sun Nov 19–Dec 17 10 am–Noon
31435 Sun Nov 19–Dec 17 12:15–2:15 pm
31436 Sun Nov 19–Dec 17 2:30–4:30 pm

special interest

how to get and keep customers

new! Finding, getting and keeping customers is the backbone of any business. This course will help you learn the basics of marketing and customer service to help find and keep customers. Topics like customer segments, target marketing, promotion, evaluation, customer mapping and valuable customer experiences will be explored.

Fee: \$113 6 weeks
St. John's Leisure Centre: 601 Aikins St.
31580 Tue Nov 7–Dec 12 6:30–8:30 pm

how to start your own business

new! Are you interested in learning the procedures necessary to set up your own business? Wondering if you should take your ideas to the next level? This course provides an overview of the following: the business planning process, legal structures of businesses, financial requirements, accounting and bookkeeping, government regulations, marketing and more!

Fee: \$113 6 weeks
St. John's Leisure Centre: 601 Aikins St.
31581 Tue Sep 19–Oct 24 6:30–8:30 pm



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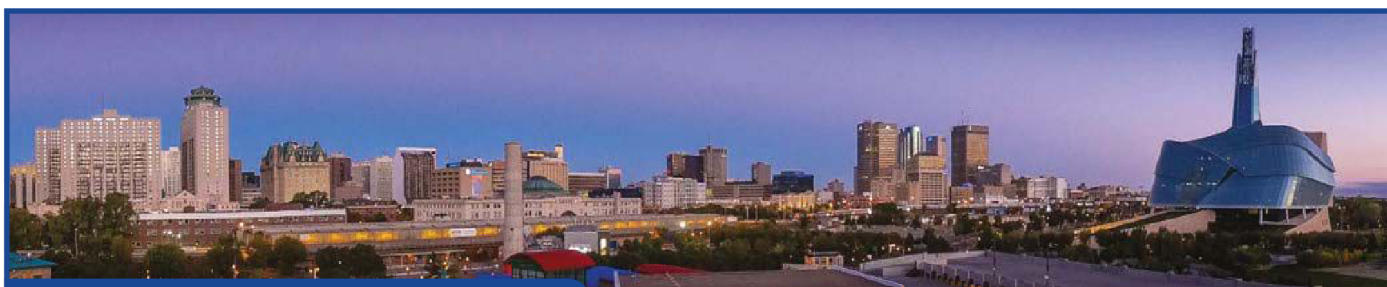
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Make an Impact!

Winnipeg City Council is seeking citizens to serve on its various Boards and Commissions.

If you are interested in the opportunity to help create a vibrant and healthy Winnipeg, we encourage you to submit an application for consideration. The deadline for applications is **Friday, October 20, 2017**.



To apply, and for additional information regarding citizen appointments and vacant positions, please visit the Boards and Commissions webpage at winnipeg.ca/clerks/boards/CitizenAppointments.stm or call **311**.

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November 1–December 20 from 6–9 pm
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LEARN SOMETHING NEW THIS FALL

at Assiniboine Park!

Sustainable Living + DIY

- Honey Harvesting and Cheese Tasting – September 14
- Fall Scrubs – October 19
- Holiday Scrubs – December 6 or 13

Creative Arts

- Painting Classes:
 - ▶ Park Paint Night – September 20 or October 18
 - ▶ Tropical Watercolour Leaves – September 23
 - ▶ Beautiful Blue Jay – November 4
- Paper Marbling – October 22
- Felted Mitts – November 25

Recreation + Leisure

- Yoga in The Pavilion – starting in September
- Fall Wreaths – September 27
- Birding for Beginners – September 30
- Holiday Wreaths – November 30
- Holiday Containers – December 7 or 14

Family Fun

- Nature Tots – Wednesdays, September 13 – October 18
- Zoo Tots – Wednesdays, October 25 – December 13



**REGISTER
ONLINE**

assiniboinepark.ca



**Please check our website
for full program listings.**


Assiniboine Park

active living

Welcome to the Active Living section! Being physically active is essential to your good health and in the following pages, you will find a wide selection of entry-level and advanced Active Living programs that will help you develop a healthy lifestyle.

Our Active Living programs consist of the following program areas:

• **Fitness:** pages 71–76

• **Dance:** pages 76–77

• **Sport:** pages 78–79

• **Older Active:** pages 41–48

city-wide active living passes

Looking for flexibility in your workout? Try our versatile Active Living Pass which can be used for general admission during public hours at any of our facilities as well as for any of our drop-in fitness classes (see programs with ★ in this section). Drop-in schedules are available online at winnipeg.ca. Passes can be purchased at the front desk of any of our fitness facilities or pools.

fitness

abs/butts/thighs

abs/butts/thighs

active for life

Target abs, buttocks, thighs and strengthen lower back; warm-up and cool-down. No cardio.

Fee: \$84 9 weeks
St. James Assiniboia Centennial: 644 Parkdale St.
28731 Mon Oct 2–Dec 4 6–7 pm

Fee: \$93 10 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
★28726 Tue Sep 26–Nov 28 6:45–7:45 pm
Island Lakes School: 445 Island Shore Blvd.
28727 Wed Sep 27–Nov 29 6–7 pm
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
★29994 Tue Sep 26–Nov 28 7–8 pm

aquafitness • registered

aquafitness • registered shallow

active for life

Course consists of warm-up, cardio portion and then a cool down to work on strength and resistance. An easy way to get a real workout and minimize risk for injury!

Fee: \$111 10 weeks
Pan Am Pool: 25 Poseidon Bay
31382 Wed Oct 4–Dec 6 7–8 pm
St. James Assiniboia Centennial: 644 Parkdale St.
28732 Tue Oct 3–Dec 5 7–8 pm
28733 Thu Oct 5–Dec 7 7–8 pm

zumba aqua

active for life

Latin American rhythms and dances are modified and adapted to the aquatic environment. More intense than regular aquafitness.

Fee: \$84 10 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.
30007 Thu Oct 5–Dec 7 7:30–8:15 pm
Margaret Grant Pool: 685 Dalhousie Dr.
30613 Sun Oct 1–Dec 3 9:30–10:15 am
Pan Am Pool: 25 Poseidon Bay
31096 Tue Oct 3–Dec 12 8–8:45 pm

stretch & swim correction

active for life

This program consists of a 15 minute aqua stretch and a 30 minute stroke correction.

Fee: \$80 10 weeks
Kinsmen Sherbrook Pool: 381 Sherbrook St.
30127 Thu Oct 5–Dec 7 4:45–5:30 pm
30125 Thu Oct 5–Dec 7 5:30–6:15 pm

weights & water

active for life

Try an hour of weights followed by an hour of aqua fitness to cool you down. Great way to get a total workout of strength and cardio!

Fee: \$148 9 weeks
St. James Civic Centre Pool: 2055 Ness Ave.
30428 Sun Oct 1–Dec 3 11 am–1 pm

aquafitness specialty

aquafitness specialty • ai chi arthritis

active for life

Great for anyone with arthritis or chronic pain. In a warm water medium, class will consist of slow, broad movements to enhance balance and strengthen joints.

Fee: \$80 10 weeks
Bonivital Pool: 1215 Archibald St.
30504 Wed Oct 4–Dec 13 10:15–11 am
Margaret Grant Pool: 685 Dalhousie Dr.
30609 Mon Oct 2–Dec 18 2:30–3:15 pm
30612 Wed Oct 4–Dec 13 2:30–3:15 pm

aquafitness specialty • arthritis

active for life

Enjoy gentle water exercise without undue stress on the body. A low impact cardiovascular workout with range of motion, flexibility, muscle strength and endurance components.

Fee: \$72 9 weeks
Kinsmen Sherbrook Pool: 381 Sherbrook St.
30110 Mon Oct 2–Dec 4 9:15–10 am
Fee: \$80 10 weeks
Bonivital Pool: 1215 Archibald St.
30489 Mon Oct 2–Dec 11 9:30–10:15 am
30603 Thu Oct 5–Dec 7 Noon–12:45 pm
30605 Fri Oct 6–Dec 8 9:30–10:15 am
30606 Fri Oct 6–Dec 8 10:15–11 am
Kinsmen Sherbrook Pool: 381 Sherbrook St.
30111 Fri Oct 6–Dec 8 9:15–10 am
Margaret Grant Pool: 685 Dalhousie Dr.
30608 Mon Oct 2–Dec 18 1:45–2:30 pm
30611 Wed Oct 4–Dec 13 1:45–2:30 pm

St. James Civic Centre Pool: 2055 Ness Ave.
28735 Tue Oct 3–Dec 5 1:15–2 pm
28736 Tue Oct 3–Dec 5 2–2:45 pm
28769 Wed Oct 4–Dec 6 10:30–11:15 am
28737 Thu Oct 5–Dec 7 1:15–2 pm

Fee: \$88 11 weeks
Bonivital Pool: 1215 Archibald St.
30502 Wed Oct 4–Dec 13 9:30–10:15 am

aquafitness specialty • arthritis lite

active for life

A slower paced, less intense arthritis class with focus on joint mobility and chronic pain management.

Fee: \$80 10 weeks
Margaret Grant Pool: 685 Dalhousie Dr.
30607 Mon Oct 2–Dec 18 1–1:45 pm
30610 Wed Oct 4–Dec 13 1–1:45 pm

aquafitness specialty • arthritis/

fibromyalgia

active for life

A program that accommodates people with joint pain caused by arthritis and also improves muscular strength and endurance for people living with fibromyalgia.

Fee: \$72 9 weeks
Kinsmen Sherbrook Pool: 381 Sherbrook St.
30113 Mon Oct 2–Dec 4 6:15–7 pm
Fee: \$80 10 weeks
Bonivital Pool: 1215 Archibald St.
30492 Mon Oct 2–Dec 11 10:15–11 am
30604 Thu Oct 5–Dec 7 7–7:45 pm
Kinsmen Sherbrook Pool: 381 Sherbrook St.
30115 Wed Oct 4–Dec 6 10:45–11:30 am
30121 Fri Oct 6–Dec 8 10:45–11:30 am
North Centennial Recreation & Leisure: 90 Sinclair St.
30119 Wed Oct 4–Dec 6 1:45–2:30 pm

aquafitness specialty • MS

active for life

This class takes place in a cool water medium, focusing on improving balance, strength and coordination.

Fee: \$72 9 weeks
Kinsmen Sherbrook Pool: 381 Sherbrook St.
30123 Mon Oct 2–Dec 4 10:45–11:30 am
Fee: \$80 10 weeks
Bonivital Pool: 1215 Archibald St.
30495 Tue Oct 3–Dec 5 10–10:45 am

avoid disappointment Register early!

Classes with less than the minimum number of registrations required will be cancelled 5–7 days before the start date.

Looking for the City of Winnipeg drop-in fitness class schedules?

Up-to-date drop-in fitness schedules are now exclusively available online at winnipeg.ca. Schedules are posted by facility and can be found by visiting the Indoor Pools and Leisure & Fitness Centres pages on winnipeg.ca. Schedule information is also available by calling 311.

try a drop-in fitness class!

The City of Winnipeg offers a number of aquafitness and fitness drop-in classes. Visit winnipeg.ca for drop-in class schedules.

Use a 5, 10, 20, 30 Visit or 3 Month Active Living Pass for admission to drop-in fitness classes offered at any City of Winnipeg aquatics or fitness facility.

active living admission & pass rates

	drop-in	5 visits	10 visits	20 visits	30 visits	3 months
Adult	\$11.85	\$47.25	\$82.30	\$147.80	\$189.30	\$168.40
Senior 65+ Aqualite	\$6.85	\$25.15	\$50.30	\$100.60	-	-

You can also pay the drop-in fee or scan your 10, 20, 30 Visit or 3 Month Facility Pass and pay Facility Pass Plus fee (\$4.40).

Passes can be purchased at the front desk of any City of Winnipeg Indoor Pool, Fort Rouge Leisure Centre or Peguis Trail Fitness Centre.

body toning

30/20/10

active for life

This class has it all. Sweat through 30 minutes of cardio, 20 minutes of strength and 10 minutes of stretching. Are you up for the challenge?

Fee: \$93 10 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
★30442 Thu Sep 28–Nov 30 9:30–10:30 am
30456 Sun Oct 1–Dec 3 11:30 am–12:30 pm
St. James Civic Centre: 2055 Ness Ave.
★28728 Mon Sep 25–Dec 11 5:30–6:30 pm

block therapy

active for life

With the assistance of a Block Buddy, participants are guided through a series of holding positions to alleviate tension and tightness in the body. This combination increases oxygen, the freeing of adhesions, proper posture and alignment in a relaxing way to heal the body.

Fee: \$75 8 weeks
River East Preschool Centre: 1410 Rothesay St.
30003 Wed Sep 27–Nov 15 10–11 am
Vince Leah CC: 1295 Salter St
30018 Wed Sep 27–Nov 15 7–8 pm
Fee: \$84 9 weeks
Pan Am Pool: 25 Poseidon Bay
30729 Mon Oct 2–Dec 4 11:30 am–12:30 pm

foam rolling recovery

active for life

new! Often times the recovery aspect of fitness is not addressed. This is the class that will get you to full recovery and teach you how to do it on your own. Learn self-myofascial release techniques and get loose and more mobile. Must have your own foam roller.

Fee: \$82 10 weeks
Acceleration Performance: 390–M Provencher Blvd.
31037 Wed Sep 27–Nov 29 6–7 pm

melt

active for life

new! Erase pain and tension in your hands, feet, neck and low back brought on by everyday stress, overuse and age. This simple self-treatment can make your whole body feel better and provide relief from neck and low back pain, arthritis, bunions, plantar fasciitis and carpal tunnel syndrome. Classes can be done from a chair.

Fee: \$93 10 weeks
Pan Am Pool: 25 Poseidon Bay
31481 Wed Oct 4–Dec 6 1:30–2:30 pm

total body conditioning

active for life

A combination class including low-impact aerobics, light weights and dynabands will focus on muscular endurance and training.

Fee: \$93 10 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
★30445 Thu Sep 28–Nov 30 6:30–7:30 pm
St. James Civic Centre: 2055 Ness Ave.
★28729 Thu Sep 28–Nov 30 5:30–6:30 pm

plus size fitness

active for life

This workout was designed to focus on feel-good connections with yourself and your body, without focusing solely on weight loss. You will workout seated or standing. You will get a nutrition component as well. You will use your deep stabilization system and nervous system to connect with your true core, without hurting your back, neck, knees or other joints and bones. We have a small class size for quality, inclusivity, community building and fun.

Fee: \$74 9 weeks
St. James Assiniboia Centennial: 644 Parkdale St.
30421 Sat Sep 30–Dec 9 10:45–11:45 am

Fee: \$82 10 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
30447 Thu Sep 28–Nov 30 7:30–8:30 pm
30458 Sun Oct 1–Dec 3 11:30 am–12:30 pm

hardcore

active for life

new! Hardcore focuses on your core and trains your muscles to work in harmony with one another. This class is based on effective compound combination moves for total body fitness. Benefits to this class include an increase in your power, endurance and muscle mass throughout your body.

Fee: \$93 10 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
31043 Sat Sep 30–Dec 9 11 am–Noon

HIIT active for life

Short bursts of high intensity interval training mixed with creative strength training. Burn more calories, shape your body and make greater gains during an energetic workout.

Fee: \$93 10 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
★30450 Fri Sep 29–Dec 1 5:30–6:30 pm

stretch and strength active for life

30 minutes of full body strengthening exercise using balls, BOSU, tubing and dumbbells followed by 30 minutes of stretching. Stretches will be held for 30–45 seconds and will have a specific focus such as hips, back and shoulders.

Fee: \$93 10 weeks
Pan Am Pool: 25 Poseidon Bay
31518 Thu Oct 5–Dec 7 4:30–5:30 pm

cardio aerobics active for life

Let's go back to the basics! A cardiovascular focused fitness class with the options for different levels of impact and choreography. Stretching and strength training routines.

Fee: \$90 10 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
31049 Sun Oct 1–Dec 3 2–3 pm

cardio strength interval 40+ active for life

This class is geared to the 'mature' adult. It combines a series of cardio and strength exercises with brief rest intervals in between. The idea is to keep the heart rate elevated near the aerobic level without it dropping off in order to achieve one's fitness goals. The class takes into consideration individual fitness levels, injuries and the changes the body goes through as adults 'mature'. It's one hot (flash) workout!

Fee: \$84 9 weeks
St. James Assiniboia Centennial: 644 Parkdale St.
★28738 Sat Sep 30–Dec 9 9:30–10:30 am

CRT (cardio resistance training) active for life

This class will alternate intervals of cardio training with strength training exercises that will keep you coming back for more.

Fee: \$93 10 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
★29977 Tue Sep 26–Nov 28 6–7 pm

interval cardio & weight training active for life

An action packed hour class with cardio intervals mixed with weight training. This class will challenge your body to strengthen and burn calories.

Fee: \$93 10 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
★30016 Wed Sep 27–Nov 29 6–7 pm

navy seal challenge active for life

The ultimate physical challenge. With this workout, you will work your cardiovascular, strength, endurance and core systems in a circuit that challenges your whole body.

Fee: \$56 6 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
★29945 Mon Sep 25–Nov 6 7–8 pm
★29948 Mon Nov 13–Dec 18 7–8 pm

pure cardio active for life

A compact cardiovascular workout class mixing hi/lo with a bit of dance, athletic and boxing moves. A fun-packed workout with some time devoted to toning and stretching.

Fee: \$56 6 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
★29942 Mon Sep 25–Nov 6 6–7 pm
★29944 Mon Nov 13–Dec 18 6–7 pm

step & pump active for life

new! Cardiovascular and resistance work will be incorporated into this dynamic step & pump class. The class consists of 3–4 minutes of cardio on the step with one minute of resistance training using light weights and resistance bands.

Fee: \$93 10 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
30614 Fri Sep 29–Dec 1 6:35–7:35 pm
St. James Civic Centre: 2055 Ness Ave.
30437 Tue Sep 26–Nov 28 5:15–6:15 pm

walk & pump with an attitude active for life

Join us for this instructor-led outdoor "Walk & Pump with an Attitude" workout. Cardiovascular and resistance work will be incorporated into this dynamic walking program. Resistance bands provided. This is an outdoor activity, please dress for the weather.

Fee: \$47 10 weeks
Kildonan Park: 2015 Main St.
30451 Sat Sep 30–Dec 9 8–9 am

circuit training blastin' boot camp for women active for life

Fun way to get a great workout with lots of variety. Circuit will focus on strength, balance, cardio and core.

Fee: \$93 10 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
30455 Sun Oct 1–Dec 3 9:15–10:15 am

circuit express active for life

Quick and effective circuit-training workout alternating cardio stations and resistance station, while using the latest fitness tools and a body bar.

Fee: \$93 10 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
★29928 Mon Sep 25–Dec 4 9:30–10:30 am

early bird bootcamp active for life

new! Wake up to HIIT using body weight exercises, kettlebells, sleds, sledgehammers and much more! Burn that fat first thing in the morning and keep your metabolism in a fat burning mode for the rest of the day!

Fee: \$93 10 weeks
Acceleration Performance: 390–M Provencher Blvd.
31029 Mon Sep 25–Dec 4 6–7 am

fitness for 40+ active for life

A full body workout that targets all the major muscle groups for 40 plus! This circuit training class will use resistance machines, dumbbells, BOSU and spin bikes to combine strength, balance, cardio and core work. All done to timed intervals to keep you on your toes. Great for beginners!

Fee: \$84 9 weeks
Pan Am Pool: 25 Poseidon Bay
31400 Sat Oct 14–Dec 16 9–10 am

M3 circuit–muscles, machines and more active for life

A fabulous weight room workout! All the benefits of a circuit class (the camaraderie, the sweat, the one-on-one instruction) in a room with weight machines, free weights, TRXs, BOSU balls and more. No matter your level, come and build a stronger, more versatile body fit to handle all the challenges and pleasures life has to offer.

Fee: \$93 10 weeks
Pan Am Pool: 25 Poseidon Bay
30726 Mon Oct 2–Dec 11 9–10 am
30735 Mon Oct 2–Dec 11 7–8 pm
31449 Tue Oct 3–Dec 12 7–8 pm
31378 Wed Oct 4–Dec 6 9–10 am
31395 Fri Oct 6–Dec 8 9–10 am

tabata bootcamp active for life

A workout that is short and sweaty. Class intervals of work will vary from class to class. Sets can range from 10–20 sec, varying from week to week or within the class. Challenge your workout and your post exercise calorie after burn.

Fee: \$93 10 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
★30459 Wed Sep 27–Nov 29 7–8 pm

TRX / kettlebell training active for life

Combining TRX and Russian Kettlebells, this class will get your heart rate up, build your strength and get you into the best shape of your life through HIIT training. Burn the most calories as possible using both of these tools at the same time!

Fee: \$93 10 weeks
Acceleration Performance: 390–M Provencher Blvd.
30719 Mon Sep 25–Dec 4 6–7 pm

cycle programs

cycle metal bikers

active for life

A cycling class that includes cycling and weights. This is an effective workout to improve your cardiovascular fitness, tone your body, reduce stress and burn calories. You're in control of the bike and the intensity of your workout.

Fee: \$113 10 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
30457 Sun Oct 1–Dec 3 10:20–11:20 am

cycle / HIIT class

active for life

new! The collaboration of short bursts of HIIT and cycling will burn more calories and improve your cardiovascular fitness. Reduce your stress levels, tone your body and enjoy your benefits. You are in control of the intensity of your workout!

Fee: \$113 10 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
31041 Sat Sep 30–Dec 9 10–11 am

fusion

barre & beyond

active for life

Blend of ballet, fitness and Pilates-inspired movements. Burn calories as you tone your muscles. No dance experience required.

Fee: \$70 10 weeks
Pan Am Pool: 25 Poseidon Bay
31379 Wed Oct 4–Dec 6 11–11:45 am

Fee: \$93 10 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
28747 Sat Sep 23–Dec 9 10–11 am

bellyfit

active for life

Bellyfit is the holistic fitness experience for women that blends the power and wisdom of ancient cultures. Relieve stress and get the sweat flowing with fun, easy to learn cardio moves infused with the fundamentals of Belly Dance, Bollywood and African dance. Enjoy sculpting, toning and tightening with Pilates inspired core work and a deep yet relaxing Yoga inspired stretch and mindful Mudra Meditation.

Fee: \$76 10 weeks
Pan Am Pool: 25 Poseidon Bay
30730 Mon Oct 2–Dec 11 1:15–2 pm

dance and core

active for life

This exciting fusion combo will have you dancing to a variety of styles as you increase your cardio endurance. The second half of this class will focus on core conditioning to tone your entire body.

Fee: \$101 10 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
28746 Sat Sep 23–Dec 9 11 am–Noon

Pilates

Pilates beginner

active for life

A system of exercise where smooth, dance-like motions and proper breathing will tone and lengthen your muscles, increase abdominal and back strength, improve posture and body mechanics, reduce joint and lower back stress and leave you feeling refreshed.

Fee: \$101 10 weeks
Pan Am Pool: 25 Poseidon Bay
31392 Thu Oct 5–Dec 7 6–7 pm

Pilates continuing

active for life

This class is a higher challenge. Tone, lengthen your muscles and increase your strength.

Fee: \$101 10 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
28748 Sat Sep 23–Dec 9 12:30–1:30 pm
Pan Am Pool: 25 Poseidon Bay
31394 Thu Oct 5–Dec 7 7–8 pm

Pilates / yoga blend

active for life

A blend of Pilates and yoga to challenge your body, tone, lengthen your muscles and increase your strength. Relaxation techniques will leave you relaxed and refreshed.

Fee: \$101 10 weeks
North Kildonan CC: 1144 Kingsford Pl.
29979 Tue Sep 26–Nov 28 6–7 pm

Pilates / yoga continuing

active for life

This class is a higher challenge involving a blend of Pilates and yoga to challenge your body, tone, lengthen your muscles and increase your strength. Relaxation techniques will leave you relaxed and refreshed.

Fee: \$101 10 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
★30443 Thu Sep 28–Nov 30 5:30–6:30 pm

pre / post natal

prenatal cardio fitness

active for life

Cardio and strength exercises specially designed for moms to be! Classes are designed to help improve cardiovascular, strength, energy and stamina which will benefit both pre and postnatal moms. Cardio exercises will consist of lower impact movements; strength training will consist of full body exercises as well as pelvic floor strengthening.

Fee: \$70 10 weeks
Pan Am Pool: 25 Poseidon Bay
31472 Tue Oct 3–Dec 12 7:30–8:15 pm

prenatal yoga

active for life

A yoga program designed specifically for expectant moms to maintain a healthy lifestyle during pregnancy.

Fee: \$91 9 weeks
St. James Assiniboia Centennial: 644 Parkdale St.
30423 Sat Sep 30–Dec 9 12:45–1:45 pm

Fee: \$101 10 weeks
Pan Am Pool: 25 Poseidon Bay
31391 Thu Oct 5–Dec 7 6:30–7:30 pm

baby bootie camp

active for life active start

This circuit training workout will combine cardio, muscle endurance and core training. Baby will be at parent's side, motivating and used as resistance. A fun, energizing bonding work out. Please bring a stroller or a car seat.

Fee: \$70 10 weeks
Pan Am Pool: 25 Poseidon Bay
30727 Mon Oct 2–Dec 11 10:40–11:25 am
31389 Thu Oct 5–Dec 7 11–11:45 am

Fee: \$93 10 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
29938 Mon Sep 25–Dec 4 1:30–2:30 pm
29974 Tue Sep 26–Nov 28 9:30–10:30 am

baby & me aquafitness

active for life active start

An action-packed workout for you and water exposure for your toddler. We recommend your child is comfortable in the water or has participated in a parent and child class before. Appropriate for children ages 8-35 months. Please dress babies in "Little Swimmers" diapers.

Fee: \$101 10 weeks
Kinsmen Sherbrook Pool: 381 Sherbrook St.
30124 Wed Oct 4–Dec 6 9:15–10 am
St. James Civic Centre Pool: 2055 Ness Ave.
28734 Fri Oct 6–Dec 8 10:30–11:15 am

tai chi

tai chi part I

active for life

Learn and practice the 108 gentle movements. Relax your mind and body. Improve your blood circulation, alertness, balance, flexibility, strength and endurance.

Fee: \$79 8 weeks
École St. Germain: 77 John Forsyth Rd.
28749 Tue Sep 26–Nov 14 7:30–8:30 pm

Fee: \$99 10 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
28750 Sat Sep 30–Dec 9 8:45–9:45 am
St. James Civic Centre: 2055 Ness Ave.
28751 Wed Sep 27–Nov 29 6:45–7:45 pm

weight / strength training

weight room orientation

active for life

The 1.5 hour course is designed for adults new to the weight room or who need basic information about the weight room machines.

Fee: \$32 1 day
St. James Assiniboia Centennial: 644 Parkdale St.
30436 Sat Oct 14 Noon–1:30 pm

introduction to weights

active for life

Three hour clinic will provide you with: beginner equipment familiarization, guidelines for balanced muscle group development, training and progression guidelines. Handy take home reference guide included.

Fee: \$45 1 day
Pan Am Pool: 25 Poseidon Bay
31404 Sat Oct 14 9 am–Noon

guided fitness

active for life

Start your fitness program with a certified leader who will design a program to meet your needs. The first class will be 30 minutes longer than the remaining four, 1 hour classes. You must register at least 72 hours in advance of the first class. Maximum of 3 people per class.

Fee: \$112 5 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.
29975 Thu Oct 12–Nov 9 10–11 am
29978 Fri Oct 13–Nov 10 6:30–7:30 pm
29988 Sat Oct 14–Nov 18 12:30–1:30 pm

Fort Rouge Leisure Centre: 625 Osborne St.
29711 Sat Oct 14–Nov 18 9–10 am

North Centennial Recreation & Leisure: 90 Sinclair St.
29939 Mon Sep 25–Oct 30 5:30–6:30 pm

Pan Am Pool: 25 Poseidon Bay
31390 Thu Oct 5–Nov 2 5:30–6:30 pm
31095 Tue Oct 10–Nov 14 4:30–5:30 pm
30720 Sun Oct 15–Nov 12 10–11 am

Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
30011 Wed Sep 27–Oct 25 6–7 pm
30454 Sat Sep 30–Oct 28 1:30–2:30 pm

St. James Assiniboia Centennial: 644 Parkdale St.
30392 Mon Oct 2–Nov 6 6:30–7:30 pm
30395 Wed Oct 4–Nov 1 5:30–6:30 pm
30393 Tue Oct 3–31 10–11 am

intro to barbell strength

active for life

new! Learn how to properly execute the BIG 3 exercises, squat, bench press and deadlift. The stronger you are, the easier life gets. Nothing gets you stronger faster than powerlifting. Comfortable, fun and challenging. Proper coaching from a certified coach and nationally ranked powerlifter.

Fee: \$93 10 weeks

powerlifting men only

Acceleration Performance: 390–M Provencher Blvd.
31032 Thu Sep 28–Nov 30 7–8 pm

powerlifting women only

Acceleration Performance: 390–M Provencher Blvd.
31030 Tue Sep 26–Nov 28 7–8 pm

couples weight training

active for life

Have fun and challenge each other while exercising together. Workout using machines and free weights for a total body workout that you both will enjoy!

Fee: \$164 /couple 10 weeks
Pan Am Pool: 25 Poseidon Bay
31393 Thu Oct 5–Dec 7 7–8 pm

parent & teen weight training

13 years+

learn to train active for life

Strengthen your body and your relationship at the same time. Learn correct weight training techniques using free weights, machines and exercise equipment.

Fee: \$131 /2 people 8 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.
30002 Sat Oct 14–Dec 9 4–5 pm

yoga

beginner yoga

active for life

Learn yoga meditation and proper breathing techniques. This class will give you more flexibility, strength and relaxation.

1 hour
Fee: \$91 9 weeks
St. James Assiniboia Centennial: 644 Parkdale St.
28740 Mon Oct 2–Dec 4 4:45–5:45 pm

Fee: \$101 10 weeks
Bronx Park CC: 720 Henderson Hwy.
30453 Sat Sep 30–Dec 16 10:35–11:35 am

Fort Rouge Leisure Centre: 625 Osborne St.
28752 Mon Sep 25–Dec 11 5:30–6:30 pm
28753 Thu Sep 28–Nov 30 11:30 am–12:30 pm

North Centennial Recreation & Leisure: 90 Sinclair St.
30446 Thu Sep 28–Nov 30 6:30–7:30 pm
Northwood CC: 1415 Burrows Ave.

30024 Wed Sep 27–Nov 29 8–9 pm
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.

★29930 Mon Sep 25–Dec 4 10:35–11:35 am
★30449 Fri Sep 29–Dec 8 9:30–10:30 am

St. James Assiniboia Centennial: 644 Parkdale St.
28741 Thu Oct 5–Dec 7 4:45–5:45 pm
28739 Thu Oct 5–Dec 7 6–7 pm

St. James Civic Centre: 2055 Ness Ave.
28754 Tue Sep 26–Nov 28 6:30–7:30 pm
28755 Tue Sep 26–Nov 28 7:30–8:30 pm

1½ hour

Fee: \$104 8 weeks
Beaverlodge School: 6691 Rannock Ave.
28756 Wed Sep 27–Nov 15 6:15–7:45 pm

Fee: \$130 10 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
28757 Thu Sep 28–Nov 30 6–7:30 pm

yoga continuing

active for life

Learn yoga meditation and proper breathing techniques. This class will give you more flexibility, strength and relaxation. Must have previous yoga experience.

1 hour
Fee: \$81 8 weeks
Beaverlodge School: 6691 Rannock Ave.
28760 Wed Sep 27–Nov 15 8–9 pm

Fee: \$101 10 weeks
Bronx Park CC: 720 Henderson Hwy.
30452 Sat Sep 30–Dec 16 9:30–10:30 am

Fort Rouge Leisure Centre: 625 Osborne St.
28758 Mon Sep 25–Dec 11 6:45–7:45 pm

Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
★29963 Tue Sep 26–Nov 28 9:30–10:30 am

yoga building on the basics

everyone welcome

active for life

Learn yoga meditation and proper breathing techniques. This class will give you more flexibility, strength and relaxation. Must have previous yoga experience.

Fee: \$101 10 weeks
North Kildonan CC: 1144 Kingsford Pl.
30448 Thu Sep 28–Nov 30 8:30–9:30 pm

starting yoga

active for life

Learn yoga meditation and proper breathing techniques. This class will give you more flexibility, strength and relaxation.

Fee: \$101 10 weeks
Bronx Park CC: 720 Henderson Hwy.
29952 Mon Sep 25–Dec 4 7–8 pm

yoga for lunch

active for life

Revitalize your day with this lunch-hour yoga class. This class will focus on building abdominal strength and increasing flexibility.

Fee: \$101 10 weeks
Millennium Library: 251 Donald St.
28766 Mon Sep 25–Dec 11 12:10–1 pm

after work yoga

active for life

Complete your day with this after work active yoga class. This class will strengthen, tone, stretch and centre you. Stress levels decrease and flexibility will be enhanced.

Fee: \$101 10 weeks
Charleswood Library: 4910 Roblin Blvd.
28770 Thu Sep 28–Nov 30 5:30–6:30 pm

Fort Rouge Leisure Centre: 625 Osborne St.
★28771 Tue Sep 26–Nov 28 5:30–6:30 pm

St. James Civic Centre: 2055 Ness Ave.
★28772 Wed Sep 27–Nov 29 5:30–6:30 pm

evening savasana yoga

active for life

new! A yoga class designed to stretch, relax and refocus your body, mind and spirit. The class will primarily consist of Hatha alignment based Yoga poses that are low lying with little or no standing poses. Come unwind from your day and refuel your tomorrow.

Fee: \$101 10 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
30471 Wed Sep 27–Dec 6 8:30–9:30 pm

athletic inspired yoga

active for life

new! This yoga practice will draw out your inner athlete. Mindfulness of movement through breath work, sequences and postures will challenge balance, strength, stability and focus. An empowering savasana will leave you centered, energized and peaceful.

Fee: \$109 10 weeks
Pan Am Pool: 25 Poseidon Bay
31448 Tue Oct 3–Dec 12 6:30–7:30 pm

active living • fitness / dance

couples yoga

active for life

Simple yoga poses done back-to-back, side-by-side and facing each other while you mirror, support and balance each other. Together, you are able to deepen your stretches and allow healing to unfold. Laughter and smiles to follow.

Fee: \$164 /couple 10 weeks
Pan Am Pool: 25 Poseidon Bay
31384 Wed Oct 4–Dec 6 7–8 pm

easy yoga

active for life

Simple yoga postures combined with a grounding sense of alignment and breathing principles, giving the body a way to experience its natural movement abilities, freedom and stress release. Suitable for beginners.

Fee: \$101 10 weeks
Pan Am Pool: 25 Poseidon Bay
31381 Wed Oct 4–Dec 6 6–7 pm

rejuvenation yoga

active for life

Joint pain and low energy? Then yoga is for you! Learn gentle postures and breathing technique to become stronger, more flexible, increase energy and endurance levels, sleep better and experience less joint pain and muscle fatigue. Rejuvenate physically, mentally and emotionally.

Fee: \$91 9 weeks
Pan Am Pool: 25 Poseidon Bay
30723 Sun Oct 15–Dec 10 12:15–1:15 pm

yoga fit

active for life

Yoga promotes physical, mental and emotional well-being. Improve your posture, reduce stress and through relaxation, tone your muscles and increase your energy level.

Fee: \$91 9 weeks
St. James Assiniboia Centennial: 644 Parkdale St.
30429 Sat Sep 30–Dec 9 11:45 am–12:45 pm

power yoga

active for life

Continuous flow of yoga postures that will make you sweat and increase your aerobic capacity. Ideal for all fitness levels.

Fee: \$101 10 weeks
Pan Am Pool: 25 Poseidon Bay
30734 Mon Oct 2–Dec 11 6–7 pm
30736 Mon Oct 2–Dec 11 7–8 pm

power yoga continuing

active for life

The next level of continuous flow of yoga postures that will make you sweat and increase your aerobic capacity. Previous yoga experience recommended.

Fee: \$117 9 weeks
St. James Assiniboia Centennial: 644 Parkdale St.
30422 Sun Oct 1–Dec 3 10–11:30 am

yoga for men

active for life

This challenging class will strengthen, tone, stretch and centre you. Stress levels decrease while stamina and lung capacity increase. This class will allow you to explore yoga in a comfortable “men only” setting. Wear comfortable easy-to-move-in clothing.

Fee: \$101 10 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
28773 Tue Sep 26–Nov 28 6:45–7:45 pm

parent & teen yoga • 13 years+

active for life

Strengthen and renew your connection with the healing and revitalizing energy from Hatha yoga. All ages and abilities will improve their posture, flexibility and strength while having fun and bonding with each other.

Fee: \$164 /2 people 10 weeks
Pan Am Pool: 25 Poseidon Bay
31380 Wed Oct 4–Dec 6 5–6 pm

zen yoga beginner

active for life

This stress-reducing class will improve your flexibility, strength and balance while relaxing your muscles through meditation.

Fee: \$101 10 weeks
Charleswood Library: 4910 Roblin Blvd.
28774 Thu Sep 28–Nov 30 6:45–7:45 pm
St. James Civic Centre: 2055 Ness Ave.
★28775 Tue Sep 26–Nov 28 5:30–6:30 pm

zumba

zumba

active for life

Dance your way to fitness with the music of Samba, Jive, Rumba and Cha Cha. This energizing cardio workout will improve your flexibility, coordination and graceful hip movement. Suitable for everyone.

Fee: \$81 8 weeks
H. S. Paul School: 160 Southglen Blvd.
28778 Mon Sep 25–Nov 27 6:30–7:30 pm
Samuel Burland School: 192 Burland Ave.
28779 Thu Sep 28–Nov 16 6:30–7:30 pm
Fee: \$101 10 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
28777 Wed Sep 27–Nov 29 6–7 pm
Pan Am Pool: 25 Poseidon Bay
31385 Wed Oct 4–Dec 6 8–9 pm
31399 Fri Oct 6–Dec 8 6–7 pm

zumba 50/50

active for life

Dance your way to fitness to the beat of popular Latin music. This low impact class combined with 1/2 hour of muscle conditioning will increase your cardio endurance and tone your body. Suitable for everyone.

Fee: \$101 10 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
28776 Tue Sep 26–Nov 28 5:30–6:30 pm

dance

ballroom dance

ballroom dancing

without the ballroom

active for life

A new form of Ballroom Dance is becoming very popular on the dance floor. Ballroom dance with less emphasis on body structure and hold positions etc. Dance to the same great music and same great dances. Learn Foxtrot, Rumba and Cha Cha. No previous dance experienced required.

Couples only, please.

Fee: \$92 /person 8 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
28788 Sun Oct 1–Dec 3 5:30–7 pm

belly dance

belly dance beginner level I

active for life

An intro to the magic of this ancient, sensual dance that is a fun and exotic form of exercise. It's an excellent way to keep fit, shed stress and feel beautiful as you gain strength, grace, flexibility and a greater awareness of your body. Suitable for all fitness levels. Please bring a hip scarf.

Fee: \$65 5 weeks
Pan Am Pool: 25 Poseidon Bay
30737 Mon Oct 2–Nov 6 7–8:30 pm
Fee: \$131 10 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
28789 Fri Sep 29–Dec 1 6:15–7:45 pm

belly dance beginner level II

active for life

Build on the basics to create layered movements and more challenging combinations. Add personality to your dance and maybe learn a short, fun choreography. **Prerequisite:** Must have previously completed Belly Dance Beginner level I.

Fee: \$65 5 weeks
Pan Am Pool: 25 Poseidon Bay
30738 Mon Nov 13–Dec 11 7–8:30 pm

country

two step

active for life

An introduction to country two step. An inclusive program dedicated to learning basic steps and beginning sequences. Have fun learning one of the most popular country dances. **Couples only, please.**

Fee: \$92 /person 8 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
28790 Sun Oct 1–Dec 3 7–8:30 pm

cultural

Argentine tango

active for life

Learn the romantic Argentine Tango, dance to authentic Argentine music. You'll soon be addicted to the dance of love. **Couples recommended, but not necessary.**

Fee: \$92 8 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
29835 Mon Sep 25–Nov 27 8–9:30 pm

bollywood dance

active for life

new! Bollywood Dance is a beautiful blend of all Indian dance styles from classical Indian dance to a more current R & B hip hop style. Bollywood is based in Mumbai and this class will give a small glimpse into the Indian culture of dance.

Fee: \$77 10 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
30438 Sun Oct 1–Dec 17 10–11 am

the WOHIKA movement

active for life

new! This class teaches self-esteem through exploration of identity (utilizing the medicine wheel and seven teachings). It will develop focus, discipline, passion for learning and positive attitudes through fitness. This class empowers participants with life skills through the theory of Aboriginal dance. The fitness and health goals include sweating, loss of weight, decreased body fat, development of muscle tone, flexibility, increase mental clarity and focus, as well as alleviate stress, redirect energy and have fun. You will learn history through physical fitness and music while embarking on exploring cultures of the Native American people.

Fee: \$77 10 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.
30004 Tue Oct 3–Dec 5 4:40–5:40 pm

hip hop

hip hop / jazz multi-level

active for life

A class designed for individuals of any level from beginner to experience. If you are new to Hip Hop/Jazz or wanting to expand on your experience this is the class for you. The class will consist of a warm-up, structured movement and a choreographed dance. No outdoor shoes. Runners or a flat-soled shoe would be best.

Fee: \$115 10 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
28802 Tue Sep 26–Nov 28 8–9:30 pm

jive and swing

jive and swing beginner

active for life

Learn to dance Jive and Swing to your favourite 50s and 60s music as well as today's popular swing club beats. **Register alone or with a friend.**

Fee: \$92 /person 8 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
28810 Mon Sep 25–Nov 27 6:30–8 pm

west coast swing

active for life

A form of Swing Dance with a more smooth sultry styling. This class is danced on a slow to moderate tempo blues, R&B and now contemporary music. You'll love it! **Couples only, please.** Beginner level.

Fee: \$61 /person 8 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
28791 Sun Oct 1–Dec 3 3:30–4:30 pm

Latin dance

salsa explosion beginner

active for life

Come and learn the Latin dance style that has taken the world by storm-Salsa! Date nights to remember or to learn a few steps before heading down South. **Partners preferred, but not required.**

Fee: \$115 10 weeks
St. John's Leisure Centre: 601 Aikins St.
28792 Fri Oct 6–Dec 8 7–8:30 pm

social dance

social dance sampler

active for life

Dance lessons for Winnipeg's famous social season. Get on the dance floor and learn to Polka, Waltz and Jive. Beginner dance level. **Couples only, please.**

Fee: \$61 /person 8 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
28794 Sun Oct 1–Dec 3 4:30–5:30 pm

social dance practice night • drop in

active for life

Join us to practice the skills you have learned in our classes. Instructors will be on hand for pointers if you need. **Everyone welcome.**

Fee: \$8 /person /session 7 weeks
St. James Civic Centre: 2055 Ness Ave.
28797 Fri Sep 22 7:45–10 pm
Fri Oct 6 7:45–10 pm
Fri Oct 20 7:45–10 pm
Fri Nov 3 7:45–10 pm
Fri Nov 17 7:45–10 pm
Fri Dec 1 7:45–10 pm
Fri Dec 8 7:45–10 pm

tap dancing

tap dancing beginner

active for life

Tap dance your way to fitness and fun with this basic skills class. Choreographed to uplifting music, this class will get you out of the house and on the move! Tap shoes recommended. **No partner necessary.**

Fee: \$77 10 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
28798 Wed Sep 27–Dec 6 6:30–7:30 pm
St. James Civic Centre: 2055 Ness Ave.
28799 Tue Sep 26–Nov 28 7:15–8:15 pm

tap dancing continued

active for life

More fun and fitness than the last one! This program is for those with limited, but some experience. Tap shoes recommended. **No partner necessary.**

Fee: \$77 10 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
28801 Wed Sep 27–Dec 6 7:30–8:30 pm
St. James Civic Centre: 2055 Ness Ave.
28800 Tue Sep 26–Nov 28 8:15–9:15 pm



Manitoba Highland Dancers' Association

Learn the **TRADITION**, embrace the **CHALLENGE** and experience the **FUN** of **HIGHLAND DANCE**

- Classes available for children and adults
- For more information and to find a teacher visit: mbhighlanddance.com

facebook.com/MBHighlandDance/

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Social Ballroom Dancing for Couples

Waltz, Fox Trot, Cha Cha, Tango, Rhumba and Swing
Monthly "Casual" Dances
30 Lessons / 30 Practices \$275. PER COUPLE

Registration and free fun lesson
Tuesday, September 5 @7:00 pm
Oak Bluff Recreation Centre

Westview Dance Club

Contact Tom 204.895.8913
www.westviewdance.ca

sport

badminton

parent and youth badminton

13 years+

learn to train active for life

A recreational evening that lets you spend time with your family while improving your badminton skills. Racquets and birdies available or bring your own.

Fee: \$71 /person 8 weeks
École Julie Riel: 316 Ashworth St.
30476 Tue Oct 3–Nov 21 8:15–9:45 pm

social badminton • coed

active for life

Get into the swing of things! Learn new skills or improve on old ones. Instructor on site to give you pointers. Racquets and birdies available or bring your own.

Fee: \$94 8 weeks
Bairdmore School: 700 Bairdmore Blvd.
30469 Mon Oct 2–Nov 27 8–10 pm
30479 Wed Oct 11–Nov 29 8–10 pm
Highbury School: 99 Highbury Rd.
30475 Tue Oct 3–Nov 21 7–9 pm
Lavallee School: 505 St. Anne's Rd.
30478 Wed Oct 4–Nov 22 8–10 pm
Seven Oaks Middle School: 800 Salter St.
30472 Mon Oct 2–Nov 27 8–10 pm

boxing

boxing for ladies only

active for life

A great way to get in shape! Each class involves a boxer's workout for great physical conditioning while learning the basics. No physical sparring involved.

Fee: \$102 8 weeks
St. John's Leisure Centre: 601 Aikins St.
30480 Wed Oct 4–Nov 22 6:30–7:30 pm
30463 Sun Oct 8–Nov 26 5:30–6:30 pm

cricket

intro to cricket

active for life

new! Enjoy the game of Cricket in a recreational

setting! Cricket is a bat and ball game similar to baseball and softball. Rules and etiquette will be covered and all equipment will be supplied. This program is designed for beginners or for anyone interested in learning a different skill set.

Fee: \$70 8 weeks
École Julie Riel: 316 Ashworth St.
31053 Thu Oct 5–Nov 23 7–8:30 pm

curling

learn to curl beginner

active for life

An absolute beginner's program for those interested in playing a fast growing sport. Program will cover rules, etiquette, flat foot delivery, strategy and game play. Please bring a curling broom and clean flat-soled footwear with a full-foot slider, or curling shoes.

Fee: \$171 8 weeks
Deer Lodge Curling Club: 425 Woodlawn St.
30497 Sat Oct 7–Dec 2 3–4:30 pm
Fort Rouge Curling Club: 750 Daly St. S
30493 Fri Oct 13–Dec 1 5:20–6:50 pm

learn to curl intermediate

active for life

For those who have completed the beginner course or would like to improve on existing skills. Please bring a curling broom and clean flat-soled footwear with a full-foot slider, or curling shoes.

Fee: \$171 8 weeks
Deer Lodge Curling Club: 425 Woodlawn St.
30498 Sat Oct 7–Dec 2 3–4:30 pm
Fort Rouge Curling Club: 750 Daly St. S
30496 Fri Oct 13–Dec 1 5:20–6:50 pm

dodgeball

parent and youth dodgeball

13 years+

active for life

A recreational evening that lets you spend time with your family. Instructors use soft equipment and game variation to ensure a fun-filled, safe and inclusive atmosphere. Skill development and games to be taught.

Fee: \$70 /person 8 weeks
Island Lakes School: 445 Island Shore Blvd.
31051 Mon Oct 2–Nov 27 7–8:30 pm
Lord Selkirk School: 170 Poplar Ave.
31052 Thu Oct 5–Nov 23 7–8:30 pm

floor hockey

floor hockey • coed

active for life

Enjoy a recreational evening of floor hockey. Some equipment is provided but players need to bring their own stick with a non-scutt blade.

Fee: \$75 8 weeks
Buchanan School: 815 Buchanan Ave.
30477 Tue Oct 3–Nov 21 8–10 pm

kickboxing

kickboxing

learn to train active for life

This class will teach you the training skills of kickboxing with proper kicking and punching techniques. Emphasis is on building endurance and strength. A tough workout.

Fee: \$89 7 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
★30482 Wed Nov 29–Jan 10 6–7 pm
★30501 Sat Oct 7–Nov 25 10–11 am
★30506 Sat Dec 2–Jan 13 10–11 am

Fee: \$102 8 weeks
Acceleration Performance: 390–M Provencher Blvd.
30487 Thu Oct 5–Nov 23 6–7 pm
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
★30481 Wed Oct 4–Nov 22 6–7 pm

kickboxing 2.0

learn to train active for life

Train like a pro. Classic boxing, kickboxing and Muay Thai techniques mixed with killer conditioning. Pound for pound a great workout! Previous experience required.

Fee: \$76 6 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
★30473 Mon Oct 2–Nov 13 6–7 pm
★30474 Mon Nov 20–Jan 8 6–7 pm

Fee: \$89 7 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
★30484 Wed Nov 29–Jan 10 7–8 pm
★30503 Sat Oct 7–Nov 25 11 am–Noon
★30505 Sat Dec 2–Jan 13 11 am–Noon

Fee: \$102 8 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
★30483 Wed Oct 4–Nov 22 7–8 pm



Physiotherapy Clinics and More





PHYSIOTHERAPY • MASSAGE THERAPY • ACUPUNCTURE
OCCUPATIONAL THERAPY • NURSING FOOT CARE • CUSTOM ORTHOTICS
VESTIBULAR THERAPY • DIETICIAN SERVICES • PELVIC FLOOR THERAPY ♀
AQUATIC THERAPY • ATHLETIC THERAPY • PERSONAL TRAINING

inmotionnetwork.ca



204.832.6603

martial arts

intro wushu

learn to train active for life

new! Wushu is Chinese term for “martial arts,” “Wu” = military or martial, “Shu” = art. In contemporary times, wushu has become an international sport. Competitive wushu is composed of two disciplines: taolu (forms) and sanda (sparring). Wushu involves martial art patterns and maneuvers where competitors are judged and given points according to specific rules. The forms comprise basic movements stances, kicks, punches, balances, jumps, sweeps and throws based on aggregate categories of traditional Chinese martial art styles and can be choreographed.

Fee: \$83 10 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
31055 Fri Sep 29–Dec 1 6:30–7:30 pm

mixed martial arts

learn to train active for life

Mix of kickboxing, Jiu Jitsu and boxing. A great workout appropriate for anyone interested in learning more about Mixed Martial Arts and getting into shape! No experience required. Equipment will be on site.

Fee: \$102 8 weeks
École St. Germain: 77 John Forsyth Rd.
28805 Tue Sep 26–Nov 14 6:30–7:30 pm

minh-duc jiu-jitsu self defense

beginner

learn to train active for life

This course uses a mixed martial arts approach with a Jiu-Jitsu basis that incorporates techniques and components from Aikido, Kung Fu, Tai Chi, police control tactics and hand-to-hand combat to produce a modern personal self-defense system that is both practical and effective in real-life situations. This program is ideal for anyone from youth to senior adults. Course curriculum allows for belt grading and advancement with further training. Please wear comfortable clothing. No gi required.

Fee: \$99 8 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
28803 Tue Sep 26–Nov 14 7:55–9:25 pm

self defense

active for life

This class will teach you the basic defense against an attack. You will learn proper striking to the weaker points of the body, defense against strikes and kicks, getting free from grabs and chokes and how to get that edge on your attacker. Taught by Master Paul Villamor, 7th degree black belt and three-time world champion.

Fee: \$53 9 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.
29965 Sun Oct 1–Dec 3 4:20–5:05 pm

pickleball

pickleball

active for life

This course will be an introduction to pickleball. Please wear active wear to participate in the program. Shoes should have non-marking soles.

Fee: \$77 5 weeks
St. James Civic Centre: 2055 Ness Ave.
30615 Mon Nov 6–Dec 4 7–8:30 pm
30638 Thu Nov 9–Dec 7 1:30–3 pm

volleyball

volleyball coed

active for life

Join us for a recreational night of volleyball. A great form of exercise, non-instructional, teams are picked on site.

Fee: \$94 8 weeks
Island Lakes School: 445 Island Shore Blvd.
30485 Wed Oct 4–Nov 22 8–10 pm
Lord Selkirk School: 170 Poplar Ave.
30486 Wed Oct 4–Nov 22 8–10 pm

personal wellness

free lecture / activity series

arthritis: chronic pain management workshop

Learn tips and techniques to help you live better with chronic pain! Increase your strength and mobility, boost your mood, reduce stress on your joints and get the facts on medications. The Chronic Pain Management Workshop is led by volunteers trained by The Arthritis Society or staff, many of whom have arthritis. Family and friends are welcome to attend.

Fee: free 1 day
Cindy Klassen Rec. Complex: 999 Sargent Ave.
30108 Thu Oct 12 1–2:30 pm
Kinsmen Sherbrook Pool: 381 Sherbrook St.
30109 Mon Oct 16 6:30–8 pm

eat well to live well with arthritis

While there is no definitive anti-arthritis diet, research suggests that certain foods may help relieve the pain and other symptoms of arthritis. Learn to make informed decisions and how small changes can boost energy and give you confidence to live better with the physical and emotional challenges of arthritis.

Fee: free 1 day
Pan Am Pool: 25 Poseidon Bay
31516 Wed Oct 4 6:30–8 pm
31517 Tue Oct 24 11:45 am–1:15 pm

understanding arthritis: treatment matters

Find out how different treatments and medications can help you live well with arthritis. Get the right information to make informed decisions about your treatment plan and enable you to ask your health-care team specific questions related to your care.

Fee: free 1 day
St. James Assiniboia Centennial: 644 Parkdale St.
30427 Mon Sep 25 Noon–1:30 pm

exercise health sense

Looking to be more active but unsure how to start? Your doctor told you to be more active, but what can you do safely? Learn the basics about exercise and chronic disease, how to create your own program, what resources/facilities are in your community and more. This class is designed for those new to or unaccustomed to exercise, including those who have chronic conditions. The session will include a chance to ask any questions about exercise you have to a CSEP Certified Exercise Physiologist from the University of Manitoba. Please register for the FREE class.

Fee: free 1 day
Chalmers Community Centre: 480 Chalmers Ave.
31291 Sat Nov 25 Noon–2 pm
Cindy Klassen Rec. Complex: 999 Sargent Ave.
30425 Tue Oct 10 6:30–8:30 pm
Fort Rouge Leisure Centre: 625 Osborne St.
30468 Tue Nov 7 6:30–8:30 pm

downtown connection—resources for adults 55+

A free wellness lecture series in celebration of Seniors and Elders Month. To register, call the Healthy Aging Resource Team at 204-940-8140.

Fee: free 1 day
Cindy Klassen Rec. Complex: 999 Sargent Ave.
30099 Tue Oct 17 10–11 am
30101 Tue Oct 17 11 am–Noon
30102 Wed Oct 18 10–11 am
30103 Wed Oct 18 11 am–Noon
30104 Thu Oct 19 10 am–Noon

downtown healthy aging resource

Join Amy, Janice and Kusela with the Downtown Healthy Aging Resource Team for a Free Wellness series. Call 204-940-8140 for more information and to register.

Fee: free 1 day
Kinsmen Sherbrook Pool: 381 Sherbrook St.
30105 Tue Nov 14 10–11 am
30106 Tue Nov 21 10–11 am
30107 Tue Nov 28 10–11 am

senior walk / run chat hour

active for life

Come run or walk with other seniors. Once you're done, socialize with fellow pace setters.

Fee: free 14 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
★29920 Mon Sep 11–Dec 18 9–10 am
Fee: free 17 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
★29922 Wed Sep 6–Dec 27 9–10 am
★29923 Fri Sep 8–Dec 29 9–10 am

Not sure how to get started on your journey to a healthier lifestyle?

Check out our Guided Fitness Program!

For more information on Fall sessions, please see page 75.

Developing Physical Literacy

Watch for the colour-coded stages throughout the Leisure Guide

As children grow, it is important that they have opportunities to develop physical literacy by participating in activities that develop basic movement skills and sport skills. Physical literacy gives children the confidence, physical competence, knowledge and understanding to engage in physical activity for life. Throughout the Leisure Guide, you will find active programs that are labeled according to the first few stages of the Long-Term Athlete Development (LTAD) model. This information makes it easier for you to identify programs that suit your family's needs. The first three stages—Active Start, FUNDamentals and Learn to Train—are activities that promote physical literacy.

For more information on physical literacy and the stages of Long-Term Athlete Development, please visit
www.canadiansportforlife.ca

active start

(0-6)

Introduce children to unstructured active play that incorporates a variety of body movements. Examples include:

- Learn to Skate: Parent & Cub, Li'l Polar Bears, Li'l Penguins, Seals
- Tumblers 2's n 3's
- Red Cross Swim Preschool
- Kinder Gym

fundamentals

(FEMALES 6-8; MALES 6-9)

Activities at this stage should be FUN! They will concentrate on developing the ABCs—Agility, Balance, Coordination and Speed. Examples include:

- Learn to Skate: Skate Kids I & II; Youth/Adult
- Junior Ballet
- All Sorts of Sports

learn to train

(FEMALES 8-11; MALES 9-12)

The Learn to Train stage includes programs that are more structured. The emphasis is on general sports skills that are used in a number of activities. Examples include:

- Figure Follies and Power Skating
- Youth Boxing Program
- Red Cross Swim Kids

active for life

(ALL AGES)

This is both a stage and a destination. Active for life programs allow you to continue to practice your skills gained through the other stages. Examples include:

- Red Cross Swim Adult
- Mov'n with Muscle 50+



Ready to transform your health from the inside out?

- Personal Training [Individual, Partner & Small Group]
- Online Health & Wellness Coaching
- Nutrition Consultations & Workshops
- Custom Workout Programs
- Chronic Disease Management
- Community & Corporate Wellness Coaching
- Public Speaking & Motivational Seminars

Contact Michelle O'Brien today!

www.obrienfitness.net

michelle@obrienfitness.net



Be Seen! Advertise in the Leisure Guide and at City Arenas and Pools



For information about Leisure Guide, arena and pool advertising opportunities, call 204-986-6637 or visit winnipeg.ca/advertising

FUN AND FRIENDLY CURLING FOR ALL SKILL LEVELS

TEAMS AND INDIVIDUALS WELCOME

GRANITE WOMEN'S CURLING LEAGUE

CENTRAL LOCATION | HISTORIC CLUB
GREAT FOOD AND DRINKS

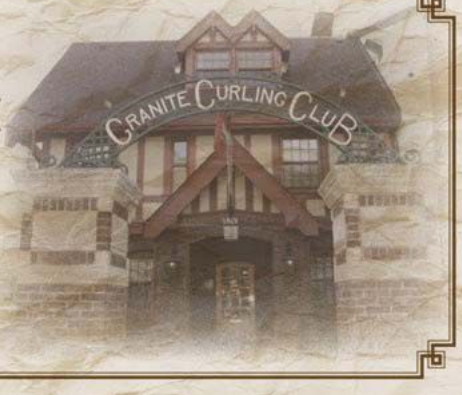
SCHEDULE

WEDNESDAY AT 8:00PM OR FRIDAY AT 5:45PM
END OF SEPTEMBER TO END OF MARCH

DROP IN TRY US OUT SUNDAYS, \$10

FOR MORE INFORMATION CONTACT
DAWSON_KAT@HOTMAIL.COM

WWW.GRANITECURLINGCLUB.CA





You thought Badminton was an individual sport? Think Again!

Who: co-ed team of 8–10 players

What: 4 tiers of team badminton (all 5 events)

When: once per month from October–March

Where: the brand new Canada Games Sport 4 Life Centre

Why: for fun, competition, exercise/health, and good times!

Free Play & Info Session

**Sept 12 & 13 at 8:30–11:00 pm,
Canada Games Sport for Life Center**

Meet the league convener, ask questions, pick up or submit your forms, and play some badminton!

www.badminton.mb.ca for more info

Click on **League (MABL)** Tab

Dangerous waterways

Obey warning signs.

Hydro dams can cause dangerously turbulent waters with strong undercurrents and rapidly changing water levels. Be alert, don't get hurt.

For your **SAFETY**

hydro.mb.ca



RED RIVER
COLLEGE

SCHOOL OF
CONTINUING EDUCATION

Design. Create. Inspire.

UNLEASH YOUR INNER ARTIST THIS FALL.

Drawing and Illustration 1

Enjoy a relaxed, creative studio environment, study life drawing from models, and explore various drawing and painting mediums.

Fashion Illustration and Terminology

Develop the illustration skills to communicate apparel designs. Learn to express design lines and silhouettes, and to create production sketches.

Children's Book Illustration

Study the process and techniques to create pictures that tell a story. At the end of the course, you will have a portfolio and pitch for publication.

FOR MORE INFORMATION:

204.694.1789 OR 1.866.242.7073 | CDE@RRC.CA | RRC.CA/CREATE



Manitoba Provincial Rifle Association Inc.



Interested in Air Pistol, Air Rifle, .22 cal. Rimfire Rifle or Hi-power Rifle (from 300m to 1000 yards) for competition or fun? Check out our Novice or Seniors Target Shooting Programs.



Contact Bob at **204-771-4403**
smallbore@manitobarifle.ca  Find us on Facebook

MANITOBA FENCING ASSOCIATION



Fencing is safe, fun, exciting and great exercise.
Programs available for children and adults ages 7 to 80!

Sessions September to June

- **Rapier Fencing Club** St. Boniface
Zacharie at (204) 619-9192 www.rapierfencing.wix.com/club
- **Cavalier Fencing Club** St. James
Graham at (204) 977-2085
- **Lightning Fencing Club** Wolseley/West End
Alan at (204) 667-5390 www.lightningfencingclub.com
- **Phoenix Fencing Club** Fort Rouge
Marlies at (204) 290-6104 www.phoenixfencing.ca

Contact the club nearest you or the Manitoba Fencing Association:
(204) 925-5696
www.fencing.mb.ca



MFA OPEN HOUSE SEPT 16, 2017

Sport Manitoba, 145 Pacific Avenue
Sport Hall of Fame 1-4 pm (Free admission)



The iBrow ACADEMY

The iBrow Academy offers Certificate Courses in:

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LASH EXTENSIONS
LASH LIFT | THREADING
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theibrowacademy.com | 204.894.4643 |  

Nous sommes à la recherche de moniteurs et de monitrices.

Si vous êtes bilingue et si vous possédez des connaissances dans un domaine particulier, nous avons besoin de vous!
Nous cherchons surtout des moniteurs et des monitrices dans les domaines suivants :

gymnastique 🌟 sports 🌟 musique 🌟 danse 🌟 théâtre 🌟 jeux 🌟 bricolage 🌟 patinage

Visitez : winnipeg.ca/cms/recreation/workinginrecreation.stm

Piscine Bonivital

Des cours aquatiques en français sont offerts à la piscine Bonivital.
Veuillez appeler au **311** pour obtenir plus de renseignements sur les dates et horaires.

Programmes aquatiques

Notez qu'il est possible que nous manquions parfois de personnel bilingue à la réception.
Veuillez prendre note que si aucun moniteur ou monitrice francophone n'est libre pour remplacer, le cours sera donné en anglais ce jour-là.

Croix-Rouge Natation préscolaire sous la surveillance des parents 6 mois à 3 ans

Enfant actif

- Programme d'approvisionnement à l'eau et de sécurité nautique.
- Activité de jeu positive pour les parents et les enfants.
- ❖ Étoile de mer, Canard et Tortue de mer ... 51 \$

Programme de transition Croix-Rouge Natation préscolaire surveillé ou non par les parents • 3–5 ans

Enfant actif

Niveau de transition pour les enfants d'âge préscolaire et leurs parents. Ces derniers peuvent confier peu à peu le soin de leurs enfants à un moniteur ou à une monitrice. Le programme est également destiné aux enfants de 3 à 5 ans qui n'ont suivi aucun cours de natation. Les nageurs et nageuses débutants sont initiés à la sécurité, à l'exploration et aux jeux nautiques.

Rapport de 1 à 4 par classe

- ❖ Loutre de mer 86 \$

Croix-Rouge Natation préscolaire sans surveillance des parents • 3–5 ans

Enfant actif

Cours de natation préscolaire. Les nageurs et nageuses débutants et avancés sont initiés à la sécurité, à l'exploration et aux jeux nautiques.

Rapport de 1 à 4 par classe

- ❖ Salamandre, Poisson-lune, Crocodile et Baleine 86 \$

Croix-Rouge Natation junior 6 ans et plus

Enfant actif Apprendre à s'entraîner S'amuser grâce au sport

Programmes de natation et de sécurité nautique équilibrés qui permettent aux enfants de développer et de réaliser leur potentiel.

Rapport de 1 à 6 ou plus

- ❖ **Junior niveaux 1 à 2**
- Rapport de 1 à 6 par classe 70 \$
- ❖ **Junior niveaux 3 à 4**
- Rapport de 1 à 7 par classe 70 \$
- ❖ **Junior niveaux 5 à 10**
- Rapport de 1 à 8 par classe 100 \$



Piscine Bonivital

1215, rue Archibald

Venez voir tout ce que nous avons à vous offrir...

- Cerceau de basket-ball
- Glissades d'eau
- 2 piscines de 25 m
- Bain tourbillon
- Sauna
- Programmes d'exercices nautiques
- Baignade de fin de soirée pour les jeunes
- Leçons de natation pour tous les âges

Avertissement

L'inclusion d'annonces dans le présent numéro du *Guide Loisirs* ne constitue pas une recommandation de la part de la Ville de Winnipeg ni des personnes qui ont collaboré à la rédaction.

Services de loisirs en français

Précolaire

Il n'y aura pas de cours le 9 oct., le 31 oct. et le 11 nov. 2017.

Ballet maternelle • 3–5 ans

Enfant actif

Introduction aux techniques et postures de ballet de base ainsi qu'à l'appréciation du rythme et de la musique. Mime et improvisation compris pour les 3 à 5 ans. Nous recommandons que vos enfants portent des chaussons de ballet.

Inscription : 65 \$ 8 semaines
École Julie-Riel : 316, rue Ashworth
30635 mer 27 sept.–15 nov. 18 h à 18 h 45

Camp de sports pour les tout-petits 3–5 ans

Enfant actif

Pendant ce camp, on initiera les enfants au sport grâce à des jeux et à des activités, tout en mettant l'accent sur la coordination, l'équilibre et la souplesse.

Inscription : 51 \$ 8 semaines
École Henri-Bergeron : 363, crois. Enfield
30439 mar 26 sept.–14 nov. 18 h à 18 h 45

Gymnastique récréative • 3–5 ans

Enfant actif

Favorise l'acquisition de techniques de gymnastique et le conditionnement physique. Acquisition progressive de techniques à l'aide d'une variété d'appareils et d'exercices. L'accent est sur le plaisir.

Inscription : 49 \$ 8 semaines
École Taché : 744, rue Langevin
30683 jeu 28 sept.–16 nov. 18 h à 18 h 45

Soccer • 4–5 ans

Enfant actif

Les enfants acquerront les techniques de base de ce jeu passionnant.

Inscription : 56 \$ 8 semaines
École Christine-Lespérance : 425, ch. John Forsyth
30711 ven 29 sept.–17 nov. 18 à 19 h

Enfants

Il n'y aura pas de cours le 9 oct., le 31 oct. et le 11 nov. 2017.

Hop-là! • 5–8 ans

S'amuser grâce au sport

Les enfants auront le déclic pour ce style de danse de base unissant le jazz, le ballet et le hip hop.

Inscription : 62 \$ 8 semaines
École Julie-Riel : 316, rue Ashworth
30643 mer 27 sept.–15 nov. 18 h 45 à 19 h 45

Badminton

S'amuser grâce au sport

Un cours d'initiation sera donné dans une atmosphère détendue et ludique. Apprenez les rudiments du badminton et amusez-vous tout en faisant de l'exercice et en découvrant un nouveau sport.

Inscription : 56 \$ 8 semaines
École Taché : 744, rue Langevin

6–8 ans

30673 mer 27 sept.–15 nov. 18 à 19 h

9–12 ans

30678 mer 27 sept.–15 nov. 19 à 20 h

Soccer • 6–9 ans

S'amuser grâce au sport

Les enfants acquerront les techniques de base de ce jeu passionnant.

Inscription : 56 \$ 8 semaines
École Christine-Lespérance : 425, ch. John Forsyth
30713 ven 29 sept.–17 nov. 19 à 20 h

Sports variés • 7–12 ans

S'amuser grâce au sport

Venez tirer des paniers ou marquer des buts! Les nombreux sports que nous enseignons ne manqueront pas d'intéresser votre enfant. Grâce à la vaste gamme d'activités proposées, les enfants pourront acquérir de nouvelles compétences, développer leur esprit sportif et se faire des amis.

Inscription : 60 \$ 8 semaines
École Henri-Bergeron : 363, crois. Enfield
30440 mar 26 sept.–14 nov. 18 à 19 h

Gymnastique récréative • 6–12 ans

Apprendre à s'entraîner

Favorise l'acquisition de techniques de gymnastique et le conditionnement physique. Acquisition progressive de techniques à l'aide d'une variété d'appareils et d'exercices. L'accent est sur le plaisir.

Inscription : 65 \$ 8 semaines
École Taché : 744, rue Langevin
30699 jeu 28 sept.–16 nov. 18 h 45 à 19 h 45

Super chefs • 9–12 ans

Les enfants apprendront les bases de la cuisine, de la cuisson au four, de la sécurité en cuisine et de la nutrition.

Inscription : 62 \$ 8 semaines
15 \$ de frais de laboratoire à remettre au moniteur ou à la monitrice

Centre communautaire Glenwood :
27, rue Overton
30731 mar 26 sept.–21 nov. 19 h 45 à 21 h 15

L'appel du Pôle Nord

Les enfants recevront un appel du Pôle Nord, histoire de déterminer s'ils ont été sages cette année. Le père Noël est très occupé à ce temps de l'année. Les enfants recevront donc un appel du père Noël, de sa femme, la mère Noël, ou d'un elfe. Tous les appels seront effectués entre 17 et 19 heures la semaine avant Noël. Pas d'appels interurbains. Tous les appels sont faits en français. Date limite pour s'inscrire : le 1^{er} décembre 2017

Inscription : GRATUIT
30714

Programme de patinage de 2017

Le programme de patinage est structuré pour permettre aux participants et aux participantes d'apprendre à patiner dans une atmosphère agréable et en toute sécurité.

Voir page 34 pour la description des cours en anglais.

Aréna Bertrand : 294, rue Bertrand Samedi : du 30 sept. au 9 déc.			
Inscription : 64 \$			
Heure	Section A	Section B	Section C
15 h 15 à 15 h 45	Petits ours polaires 31183		Petits pingouins 31186
15 h 45 à 16 h 15		Petits patineurs I 31184	Petits patineurs II 31185
16 h 15 à 16 h 45		Phoques 31187	Parent et ourson 31182

Subventions applicables aux droits d'inscription

Les loisirs, c'est pour tout le monde!

Programme de subventions applicables aux droits d'inscription

L'objectif du programme de subventions applicables aux droits d'inscription des Services communautaires de la Ville de Winnipeg est d'élargir l'accès des Winnipegois et des Winnipegaises aux possibilités et aux expériences de loisirs, quel que soit leur revenu familial.

Quels services sont admissibles aux subventions applicables aux droits d'inscription?

Il existe deux principaux types de subventions :

1) Accès aux installations

- Grâce à la carte d'accès aux installations sans frais, les Winnipegois et les Winnipegaises à faible revenu peuvent accéder gratuitement aux installations de loisirs de la Ville de Winnipeg (c'est-à-dire les piscines et les centres de loisirs).

2) Subventions applicables aux programmes

- Les subventions peuvent s'appliquer aux programmes et aux leçons de natation certifiés du *Guide Loisirs*, ainsi qu'aux programmes de vie active à participation libre.

Qui est admissible?

Vous pouvez être admissible à une subvention applicable aux droits d'inscription si vous êtes résident ou résidente de la ville de Winnipeg et que l'un des critères suivants s'applique à vous :

- votre revenu familial se situe au-dessous du seuil de faible revenu (SFR) (les montants sont énumérés plus bas);
- un numéro de dossier d'aide sociale vous a été attribué;
- un numéro de dossier de secours aux réfugiés vous a été attribué.

Personne(s) dans le ménage	Revenu du ménage
1	24 328 \$
2	30 286 \$
3	37 234 \$
4	45 206 \$
5	51 272 \$
6	57 826 \$
7	64 381 \$
Plus de 7	Pour toute personne supplémentaire, ajouter 6 555 \$

(Sources : Seuils de faible revenu de 2014 de Statistique Canada et tableau fédéral du revenu de 2016 de Citoyenneté et immigration Canada)

Comment présenter une demande :

1. Remplissez un formulaire de demande

Les formulaires de demande sont disponibles aux endroits suivants :

- en ligne à winnipeg.ca/cms/recreation/leisure/feesubsidy.stm (en anglais seulement);
- à n'importe quelle piscine couverte ou n'importe quel centre de loisirs de la Ville de Winnipeg (voir la liste des emplacements à la page 51);
- 395, rue Main, rez-de-chaussée, du lundi au vendredi (sauf les jours fériés), de 8 h 30 à 16 h 30.

2. Fournissez votre preuve de besoin économique (exigée seulement une fois par année).

Vous devez nous faire parvenir votre formulaire de demande, ainsi qu'une copie d'un des documents suivants (si vous ne nous les avez pas fournis au cours des douze derniers mois) :

- numéro de votre dossier d'aide sociale (y compris le nom et le numéro de téléphone de votre agent ou agente);
- numéro de votre dossier de secours aux réfugiés (y compris le nom et le numéro de téléphone de votre agent ou agente);
- avis de cotisation de l'Agence du revenu du Canada le plus récent indiquant le revenu net familial annuel (y compris l'avis de cotisation de votre conjoint ou de votre conjointe);
- état du revenu mensuel d'invalidité du RPC (y compris la vérification du revenu de votre conjoint ou de votre conjointe).

3. Envoyez-nous votre formulaire de demande dûment rempli et votre preuve de besoin économique (si elle ne nous a pas été fournie au cours des douze derniers mois) par la poste ou par télécopieur à l'adresse suivante :

Par la poste : Programme de subventions applicables aux droits d'inscription
Services communautaires
395, rue Main, 7^e étage
Winnipeg (Manitoba) R3B 3N8

Par télécopieur :
204-986-4274

Par courriel :
cmsfeesub@winnipeg.ca

Délai de traitement : jusqu'à dix jours ouvrables à partir de la réception de la demande

Pour de plus amples renseignements, veuillez composer le 311 ou envoyer un courrier électronique à cmsfeesub@winnipeg.ca.

Inscription en ligne à winnipeg.ca/loisirsenligne

Modes d'inscription

Jour 1 – L'inscription aux leçons de natation seulement commence le mardi 29 août, à 8 heures.

Jour 2 – L'inscription à tous les autres programmes commence le mercredi 30 août, à 8 heures.

Inscription des non-résidents et des non-résidentes

Pour les non-résidents et les non-résidentes, l'inscription à tous les programmes débute le mardi 5 septembre à 8 heures. Inscrivez-vous en ligne, par téléphone ou en personne. (Visitez winnipeg.ca ou appelez au 311 pour connaître l'horaire et les lieux d'inscription en personne.)

Si vous résidez à l'extérieur de la ville de Winnipeg et que vous ne payez pas d'impôts fonciers à la Ville de Winnipeg, vous êtes considéré comme « non-résident » ou « non-résidente ». Veuillez noter que tous les frais qui s'appliquent aux non-résidents et aux non-résidentes font l'objet d'une majoration de 20 %.

Ayez les renseignements qui suivent à portée de main :

- nom du ou des participants ou de la ou des participantes;
- code du ou des cours – par ordre de préférence;
- mode de paiement :
 - **en ligne ou par téléphone** : numéro de carte de crédit (Visa, MasterCard, American Express) et date d'expiration;
 - **en personne** : comptant, carte de débit, chèque ou carte de crédit (Visa, MasterCard ou American Express).

Option 1 Inscrivez-vous en ligne Visitez winnipeg.ca/leisureonline. Suivez les étapes de l'inscription en ligne jusqu'au paiement par carte de crédit. La confirmation de votre inscription à un ou plusieurs cours vous parviendra par courrier électronique.

Renseignements importants sur la création des comptes et la façon d'y accéder :

Si vous n'avez jamais participé à un programme du *Guide Loisirs*, ou si votre dernière participation est antérieure à 2013, vous devez créer un compte en visitant winnipeg.ca/leisureonline et en cliquant sur **Create an Account**.

Les personnes qui prévoient s'inscrire à un ou à plusieurs programmes du *Guide Loisirs* de l'automne 2017 en ligne doivent s'assurer qu'elles peuvent se connecter à leur compte AVANT le début des inscriptions. Pour de plus amples renseignements, visitez winnipeg.ca/cms/recreation/leisure/registration.stm. **Composez le 311 en cas de difficulté à accéder au compte.**

Option 2 Inscrivez-vous par téléphone Lorsque débute l'inscription, composez le 311 ou le 1-877-311-4974 (sans frais à l'extérieur de Winnipeg), 24 heures sur 24, sept jours par semaine. Votre reçu vous parviendra par courrier électronique.

Option 3 Inscrivez-vous en personne Présentez-vous à l'un des centres d'inscription en personne. Votre reçu vous sera remis au moment de l'inscription.

Centres d'inscription en personne les jours 1 et 2 seulement (les 29 et 30 août)

Des numéros de file d'attente seront distribués dans tous les centres d'inscription en personne à partir de 7 heures, les 29 et 30 août.

Centre d'inscription central

Salle de conférences du Complexe récréatif Cindy-Klassen
999, avenue Sargent
Ouvert de 8 à 20 heures

Centre d'inscription du sud-est

Salle de conférences de la bibliothèque Louis-Riel
1168, rue Dakota
Ouvert de 8 à 13 heures

Autres centres d'inscription en personne les jours 1 et 2 (les 29 et 30 août)

Piscine d'Elmwood-Kildonan

909, avenue Concordia
Ouvert de 8 h à 20 h 30

Centre de loisirs Centennial Nord

90, rue Sinclair
Ouvert de 8 à 21 heures

Piscine Pan Am

25, baie Poséidon
Ouvert de 8 h à 21 h

Piscine Centennial de St. James-Assiniboia

644, rue Parkdale
Ouvert de 8 à 20 heures

Piscine Centennial Kinsmen de Transcona

1101, rue Wabasha
Ouvert de 8 à 19 h 30

À noter : Les inscriptions en personne des jours 1 et 2 ne seront pas traitées aux endroits suivants :

395, rue Main, rez-de-chaussée, Centre municipal de St. James et piscines Bonivital, Kinsmen Sherbrook et Margaret-Grant.

Traitement continu des inscriptions en personne après le 30 août

Visitez le site winnipeg.ca ou composez le 311 pour connaître les lieux et l'horaire des inscriptions en personne.

Veillez noter que nous n'acceptons plus les inscriptions par la poste ou par boîte de dépôt. Les remboursements et les retraits faits à la demande des participants et des participantes pourraient être assujettis à des frais administratifs.

Les frais de cours et les cours peuvent changer sans préavis.

Les renseignements personnels sont collectés sous le régime du paragraphe 36(1)(b) de la *Loi sur l'accès à l'information et la protection de la vie privée* et sont protégés par cette loi. Ils ne seront utilisés qu'à des fins de communication en cas d'urgence, de communication en rapport à l'inscription aux programmes, à la promotion et à l'évaluation de ceux-ci ainsi qu'à des fins d'exécution d'obligations contractuelles et de partage avec les éventuels organismes de certification appropriés.

Winnipeg Recycling Checklist



Paint:



Pesticides:



Gasoline:



Lightbulbs:



Flammable
Liquids:



Winnipeg, drop off your old or unwanted household products for **FREE** at one of the following depots:



Brady 4R
Winnipeg Depot:
1777 Brady Road



Miller Environmental:
1803 Hekla Avenue



Pacific 4R
Winnipeg Depot:
1120 Pacific Avenue

For more information on accepted products and to find a collection site near you visit [ReGeneration.ca](https://www.ReGeneration.ca)

Fun is Free!

Children's Free Play (6–12 years)
Youth Action Centres (13–18 years)

- SUPERVISED DROP-IN
- SAFE
- AFTER-SCHOOL, EVENING OR WEEKEND ACTIVITIES
- BE ACTIVE
- HANG OUT WITH FRIENDS
- MAKE NEW FRIENDS
- GAMES, SPORTS, CRAFTS

For a location near you, check out the **PRICELESS FUN Brochure** or visit winnipeg.ca/leisureguide.