

Recreation Schedule November 2011



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00PM TO 3:00PM SHINNY 4:00PM TO 6:00PM PUBLIC SKATE 7:00PM TO 9:00PM SHINNY	3:45PM TO 5:00PM PUBLIC SKATE 6:00PM TO 7:00PM ATOMS, PEEWEES, BANTAMS PRACTICE 7:30PM TO 9:00PM SHINNY	3:45PM TO 5:00PM PUBLIC SKATE 6:00PM TO 7:00PM MITES & NOVICE PRACTICE 8:45PM TO 9:45PM MEN'S HOCKEY	3:45PM TO 5:00PM SHINNY 7:00PM TO 9:00PM PUBLIC SKATE	6:00PM TO 7:00PM MITES & NOVICE PRACTICE 7:15PM TO 8:15PM ATOMS, PEEWEES, BANTAMS PRACTICE 8:45PM TO 9:45PM MEN'S HOCKEY	4:00PM TO 6:00PM PUBLIC SKATE 7:00PM TO 9:00PM SHINNY	12:00PM TO 2:00PM PUBLIC SKATE 3:00PM TO 5:00PM SHINNY 6:00PM TO 8:00PM PUBLIC SKATE
12:00PM TO 2:00PM BADMINTON 2:30PM TO 3:30PM KINDERGYM 7PM TO 9PM VOLLEYBALL	5:00PM TO 6:00PM BEEP TEST 6:00PM TO 7:00PM RUNNING/WALKING TRACK 7:00PM TO 9:00PM SOCCER	5:00PM TO 6:00PM CIRCUIT TRAINING 7:00PM TO 9:00PM BASKETBALL	5:15PM TO 6:15PM BOXERCISE 7:00PM TO 9:00PM BADMINTON	5:00PM TO 6:00PM CIRCUIT TRAINING 7:00PM TO 9:00PM OPEN GYM	6:00PM TO 7:00PM RUNNING/WALKING TRACK 7:00PM TO 9:00PM BADMINTON	10:00AM TO 11:30AM BOXERCISE 3:30PM TO 5:30PM "Wiggle, Giggle and Munch" 7:00PM TO 9:00PM OPEN GYM
3:30PM TO 5:30PM FAMILY SWIM 6:00PM TO 7:00PM ADULT SWIM 7:00PM TO 9:00PM PUBLIC SWIM	6:00PM TO 8:00PM PUBLIC SWIM 8:00PM TO 9:00PM AQUASIZE <i>(starts on Thursday, Nov.10)</i>	12:00PM TO 1:00PM ADULT SWIM 7:00PM TO 9:00PM PUBLIC SWIM	3:45PM TO 4:45PM FAMILY SWIM 6:00PM TO 7:00PM ADULT SWIM 7:00PM TO 9:00PM PUBLIC SWIM	12:00PM TO 1:00PM ADULT SWIM 6:00PM TO 8:00PM PUBLIC SWIM 8:00PM TO 9:00PM AQUASIZE	6:00PM TO 7:00PM ADULT SWIM 7:00PM TO 9:00PM PUBLIC SWIM	12:00PM TO 2:00PM FAMILY SWIM 5:00PM TO 7:00PM ADULT SWIM 7:00PM TO 9:00PM PUBLIC SWIM
PUBLIC BOWLING 2:00PM TO 4:00PM	'PEER' PROGRAM 9am-9:45am Physical Activities 10am-11:45am Group Sessions	'PEER' PROGRAM 9am-9:45am Physical Activities 10am-11:45am Group Sessions PLASMA CARS 4:00PM TO 5:00PM	'PEER' PROGRAM 9am-9:45am Physical Activities 10am-11:45am Group Sessions	'PEER' PROGRAM 9am-9:45am Physical Activities 10am-11:45am Group Sessions PLASMA CARS 4:00PM TO 5:00PM	'PEER' PROGRAM 9am-9:45am Physical Activities 10am-11:45am Group Sessions	'PEER' PROGRAM 9am-9:45am Physical Activities 10am-11:45am Group Sessions

Please note program details and cancellations on back

NEW

KINDERGYM

Please notice the time was changed for kindergym

Sunday 2:30pm to 3:30pm, in the Town Centre GYM.

Volunteers are needed to assist with set up and tear down.

We look forward to seeing you there!!

Contact the Recreation Department @ 675-2491 for information.

CIRCUIT TRAINING

Tuesdays & Thursdays from 5pm to 6pm

For All Fitness Levels

Donations towards breast cancer are gladly accepted.

BOXERCISE

Wednesdays from 5:15pm to 6:15pm & Saturdays from 10am to 11:30am.

For All Fitness Levels

Donations towards Diabetes are gladly accepted.

NEW

WALK AND TALK

Thursday, Dec 1 at 4:00pm.

Meet at the RHA Clinic.

Take the walk in the complex and learn about diabetes and what foods to eat.

Tour Guides:

**JASON, Clinic Nurse
ROSEMARY, Dietitian.**

NEW

VOLLEYBALL

Sundays 7PM TO 9PM



Curling

CURLING CLUB IS LOOKING FOR NEW MEMBERS.

ANY ONE WISH TO BE A PART OF A CHURCHILL'S CURLING CLUB PLEASE CONTACT THE REC. OFFICE FOR MORE INFORMATION.

PLEASE BE ADVISED THAT ARENA AND POOL SCHEDULES WHERE CHANGED.

NEW

The Churchill library

IS OFFERING A GOOD SELECTION OF

DVD AND VHS MOVIES.

—COME CHECK THEM OUT—

HOURS OF OPERATION:

MON.-FRI. 1:00PM-4:45PM

TUES./THUR. EVENINGS 7PM-9PM

SATURDAY 1:00PM-5:00PM

'PEER' Program

Is located at school kindergarden room.

MON. TO FRI. 09:00AM-11:45AM

DROP IN PHYSICAL ACTIVITY FOR PARENTS & CHILDREN 4 AND UNDER.

For more information please call Helen or Cindy @ 675-2262 675-2738

NEW

Wiggle, Giggle and Munch

STARTING OCTOBER 15

SATURDAYS 3:30PM TO 5:30 PM.

Wiggle, Giggle & Munch is a drop-in program that offers parents and their toddlers and preschoolers two hours of active play and a healthy snack. The program is designed for families to have access to resources about physical activity and healthy eating. Wiggle, Giggle & Munch strives to provide those resources in an environment that is safe, fun, and accessible to all. Each session includes at least 40 to 50 minutes of physical activity such as active songs, games, and dancing, a series of activities designed to help children develop specific movement skills, a healthy snack, helpful messages about physical activity and healthy eating, activities for parents and children to do together, all while providing opportunities for participants to get to know one another and their community.

NEW

AQUASIZE IS BACK

**THE NEW TIMES FOR AQUASIZE IS:
MONDAY 8:00PM TO 9:00PM AND
THURSDAY 8:00PM TO 9:00PM**

RECREATION USER FEES

ARENA & SWIMMING POOL

ADULT: \$2.00 PER USE

YOUTH: \$1.50 PER USE

CHILD: \$1.00 PER USE

**3 MONTH FACILITY
PASSES ARE AVAILABLE**

AT REC OFFICE

Adult \$60.00

Youth \$40.00

Child \$34.00

Follow us on

FACEBOOK

**@ CHURCHILL RECREATION.
SCHEDULES AND
NOTIFICATIONS ARE
POSTED DAILY.**

