



The Town of
Churchill



Recreation Schedule

September 2011



ARENA
GYM
POOL
CASSI

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00PM TO 7:00PM TENNIS COURT 7:00PM TO 9:00PM BALL HOCKEY (12 & Over)	6:00PM-8:00PM BALL HOCKEY (under 12)	7:00PM-9:00PM BALL HOCKEY (12 & Over)	5:00 PM TO 7:00 PM TENNIS LESSONS	7:00PM-9:00PM BALL HOCKEY (12 & Over)	7:00PM-9:00PM BALL HOCKEY (under 12)	2:00PM TO 4:00PM SKATEBOARDING AND ROLLERBLADING
1:00PM TO 3:00PM BADMINTON 3:30PM TO 4:30PM KINDERGYM 7PM TO 9PM VOLLEYBALL	5:00PM TO 6:00PM BEEP TEST 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 BASKETBALL	5:30PM TO 6:30PM KINDERGYM 7:00PM TO 9:00PM BADMINTON	10:00AM TO 11:30AM BOXERCISE 7:00PM TO 9:00PM OPEN GYM
THE POOL IS CLOSED FOR RENOVATIONS						
2:00PM TO 4:00PM PUBLIC BOWLING		4:00PM TO 5:00PM PLASMA CARS		4:00PM TO 5:00PM PLASMA CARS		

Please note program details and cancellations on back



KINDERGYM
 Kindergym takes place every
 Friday 5:30pm to 6:30pm
 Sunday 3:30pm to 4:30pm, 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.

PLASMA CARS
 Town Centre ARENA
 Tuesdays & Thursdays
 from 4pm to 5pm
 All children must be
 accompanied by an adult

**The Arena is currently
 going under renovations
 & will be closed until
 further notice.
 We will keep you posted.**

NEW

NEW

VOLLEYBALL
 Sundays 7PM TO 9PM.
 In The Complex Gym

CIRCUIT TRAINING
 Tuesdays & Thursdays
 from 5pm to 6pm
 For All Fitness Levels
 Donations towards breast cancer
 are gladly accepted.

NEW

Arena
 Ball Hockey (12 & Over) Tuesdays, Thursdays
 & Sundays 7pm-9pm.
 Ball Hockey (under 12) Mondays & Fridays
 7pm-9pm
 Rollerblading Wednesdays 7pm-9pm
 Also Tricycles and Plasma Cars
 will be available in Arena for request in Rec.
 office.
 All will require proper protective gear for the
 activity, otherwise they will be not allowed in
 Arena.
 Use of Tricycles and Plasma Cars during the day
 will require Adult supervision.

**Skateboarding &
 Rollerblading**
 Ramps are available in Arena on
 Saturdays 2pm to 4pm
 Participants **OF ALL AGES** are required
 to where the protective gear at all times
 using the ramps.
NO HELMET—NO SKATING

RECREATION USER FEES
BOWLING ALLEY
 ADULT: \$2.00 PER GAME
 YOUTH: \$1.50 PER GAME

RECREATION USER FEES ARENA &
SWIMMING POOL
 ADULT: \$2.00 PER USE
 YOUTH: \$1.50 PER USE
 CHILD: \$1.00 PER USE
 3 Month Facility Pass:
 Adult \$60.00
 Youth \$40.00
 Child \$34.00

BOXERCISE
 Wednesdays from 5:15pm to 6:15pm &
 Saturdays from 10am to 11:30am.
 For All Fitness Levels
 Donations towards Diabetes
 are gladly accepted.

Monday Soccer
 BY LOCAL INITIATIVE WE SCHEDULED
SOCCER ON
MONDAYS 7PM-9PM,
IN THE TOWN CENTRE GYMNASIUM
EVERYONE
IS WELCOME TO PARTICIPATE

**Follow us on
 FACEBOOK**
 @ CHURCHILL RECREATION.
 SCHEDULES AND
 NOTIFICATIONS ARE
 POSTED DAILY.

TENNIS
 Free play tennis court is available in ARENA
 On Sundays 5pm TO 7pm
TENNIS LESSONS
 Are available on Wednesdays
 From 5pm TO 7pm
 In Complex Arena
 Classes instructed by Liz

NEW

**The Pool is closed
 due to
 renovations
 The reopening date
 to be announced.**
Thank you.
**We appreciate your
 understanding.**

NEW

BEEP TEST

The test involves running continuously between two points that are 20 m apart from side to side. These runs are synchronized with a pre-recorded audio, which plays beeps at set intervals. As the test proceeds, the interval between each successive beep reduces, forcing the athlete to increase their speed over the course of the test, until it is impossible to keep in sync with the recording. The recording is typically structured into 21 'levels', each of which lasts around 62 seconds. Usually, the interval of beeps is calculated as requiring a speed at the start of 8.5 km/h, increasing by 0.5 km/h with each level thereafter. The progression from one level to the next is signaled by 3 rapid beeps. The highest level attained before failing to keep up is recorded as the score for that test.