



# RECREATION SCHEDULE

# JANUARY 2010

**POOL**

**GYM**

**ARENA**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1PM TO 3PM FAMILY SWIM		12PM TO 1PM ADULT SWIM	1PM TO 2PM FAMILY SWIM	12PM TO 1PM ADULT SWIM		12PM TO 2PM FAMILY SWIM
5PM TO 7PM ADULT SWIM	5:30PM TO 6:30PM AQUACISES			5:30PM TO 6:30PM AQUACISES		5PM TO 7PM ADULT SWIM
	7PM TO 9PM ADULT SWIM	7PM TO 9PM PUBLIC SWIM	7PM TO 9PM ADULT SWIM	7PM TO 9PM PUBLIC SWIM	7PM TO 9PM PUBLIC SWIM	7PM TO 9PM PUBLIC SWIM
	7AM TO 8AM RUNNING		7AM TO 8AM RUNNING		7AM TO 8AM RUNNING	10AM TO 11:30AM BOXERCISE
3PM TO 3.45PM KINDERMUSIC (PIONEER GALLERY)		4PM TO 5PM PLASMA CARS (OVERPASS)		5PM TO 6PM CIRCUIT TRAINING	4PM TO 5PM PLASMA CARS (OVERPASS)	1PM TO 3PM OPEN GYM
		5PM TO 6PM CIRCUIT TRAINING	5PM TO 6:30PM BOXERCISE	5PM TO 6PM CIRCUIT TRAINING		3:30PM TO 4:30PM KINDERGYM
7PM TO 9PM VOLLEYBALL	7.30PM TO 9PM ARCHERY	6PM TO 8PM JUDO	7PM TO 9PM SOCCER	7PM TO 9PM VOLLEYBALL	7PM TO 9PM BADMINTON	7PM TO 9PM BASKETBALL
1PM TO 3PM PUBLIC SKATE	12PM TO 1PM ADULT SKATE		12PM TO 1PM ADULT SKATE			2PM TO 3PM CANSKATE
3PM TO 5PM SHINNY		4PM TO 6PM SHINNY	3:45PM TO 5PM PUBLIC SKATE		3:45PM TO 5PM PUBLIC SKATE	3PM TO 5PM FAMILY SKATE
	6PM TO 8PM MITES/NOVICE/ ATOMS	7PM TO 8PM PEEWEE		6PM TO 8PM MITES/NOVICE/ ATOMS	6PM TO 7PM PEEWEEES	6PM TO 8PM SHINNY
		8:45PM TO 9:45PM MENS HOCKEY		8:45 TO 9:45 MENS HOCKEY		

**Please note program details on the back**

## BULLSEYE!!!

Archery in  
the gym  
Monday  
evenings from  
7:30pm till 9pm

## Chess Club

Interested in forming a  
chess club?  
Contact Stephen in the  
Recreation Office on  
675-2491

**INTERESTED IN  
REGISTERING FOR  
AN ADULT LEARN TO  
SKATE OR SWIM  
PROGRAM?**

**PLEASE CONTACT  
THE REC OFFICE. AT  
675-2491**

# JANUARY NEWS

Happy New Year!! We hope your holiday was merry and prosperous. Now is the time to work on those New Year Resolutions. What better way to get in shape then to join in some of the great activities we have lined up this month. If you need some heart pumping, calorie burning action, check out our running, swimming, skating, hockey, shinny, circuit training, boxercise, aquacise, soccer, volleyball and basketball sessions. For those looking to improve poise and skill, come along and fire some arrows on a Monday Evening. For strength and balance, try our Judo night on Tuesdays. How about something a little cerebral? Maybe Chess? Come and sign up for the world's greatest game. Whatever your choice, you can find plenty here at the Complex to whet your appetite.

The **KINDERMUSIC** Program is every Sunday in the Pioneer Gallery from 3pm to 3:45pm.  
For more information please contact Becky Allen at 675-2261.

All interested in forming a Curling League this winter contact the Recreation Office: 675-2491.

## Plasma Cars

are now available in the Overpass to all children accompanied by an adult at the following times:  
**TUESDAYS 4PM TO 5PM**  
**FRIDAYS 4PM TO 5PM**

I am now available from Saturdays through to Wednesdays at the Complex. Please feel free to drop by my office and discuss any ideas for future programs. Regards: Stephen Terichow Parrott

## Indoor Tennis

Interested in playing tennis in the gym? How about some lessons? Liz Stewart (Ontario Provincial Player and Coach) will be available this year to lead this great activity. Register at the Recreation Office on 675-2491.

## Soccer

**Wednesdays  
7pm-9pm**  
All equipment provided

**Coach: Stephen Terichow Parrott  
(Football Association)**

## JUDO

**Every Tuesday  
6pm-8pm**