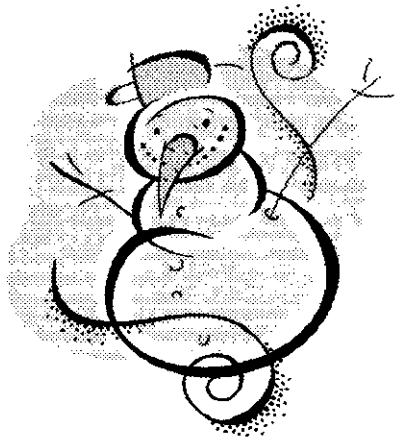


Winnipeg River
Recreation District

**WINTER 2010
PROGRAMMING GUIDE**



Winnipeg River Recreation District

Mission Statement:

The Winnipeg River Recreation District is a community based organization with representation on its Board of Directors from the Town of Lac du Bonnet, RM of Lac du Bonnet, LGD of Pinawa, Sunrise School Division, and the School District of Whiteshell. The Commission has been in existence since March of 1981. It provides services to all residents in all age groups represented by the board and strives to enrich recreation opportunities for its community members.

What we do:

- Provide recreation opportunities for residents
- Serve as a community resource
- Promote healthy communities

How we do it:

- Providing programs and services
- Coordinating and organizing activities
- Fostering positive working relationships between communities by promoting inter-community activities
- Participating in local, regional, and provincial organizations
- Promoting, educating, and translating knowledge about healthy living

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Programs in Lac du Bonnet

Let's Go Low

A low impact class for all fitness levels. Warm up, aerobic component, muscle conditioning, and stretches. A total body workout without high impact moves.

Date: Tuesdays, January 12-March 16 (10 weeks)

Time: 6:00pm-7:00pm

Place: Centennial School Gym in Lac du Bonnet

Fee: \$65

Instructor: Kim Ogren

Learn to Box

This class offers great physical conditioning while learning the basics.

Learn the boxer's stance, how to jab, block, and parry punches.

Each class involves a boxer's workout, shadow boxing, and skipping rope.

No physical sparring involved.

Date: Wednesdays, January 13-March 17 (10 weeks)

Time: 6:45pm-7:45pm

Place: Centennial School Gym in Lac du Bonnet

Fee: \$65

Instructor: Chelsea Brunette

Yoga in Lac du Bonnet

Learn the fundamentals of Iyengar Hatha Yoga. Yoga promotes physical, mental and emotional well-being. Improve your posture, reduce stress, and, through relaxation, tone your muscles and increase your energy level. Instruction includes detailed basic poses and essentials of breath work.

Children 12 and up are welcome to participate

Please bring your own Yoga Mat and large towel or block for support.

Date: Mondays, January 11-March 22 (10 weeks)

Time: 6:15pm-7:15pm

Place: Lac du Bonnet Senior School Library

Fee: \$85

Instructor: Nadine Miller

No classes: Monday, February 15

Adventure is worthwhile.

-Amelia Earhart

Introduction to Drawing

A good course for introducing students to the basics of art.

The course begins with elements of design, progress to basic sketching, and eventually move, onto 3-dimensional techniques, perspective, and shading. Pen, ink, and pencil crayon will also be introduced in this course.

All supplies are included.

Date: Tuesdays, January 19-February 16 (5 weeks)

Time: 6:00pm-8:00pm

Place: Lac du Bonnet Senior School Art Room

Fee: \$150

Instructor: Marguerite Ogilvie

Introduction to Clay Modelling

In this course students will learn how to do the basic forms of clay, the pinch pot, the slab pot, and the coil method. This is a fun course, and proven method of stress relief. Finished products will be vases, dishes, candle holders, and other clay sculptures.

All materials supplied. The instructor will do the firing of the art works.

Date: Thursdays, February 18-March 18 (5 weeks)

Time: 6:00pm-8:00pm

Place: Lac du Bonnet Senior School Art Room

Fee: \$150

Instructor: Marguerite Ogilvie

***If you don't learn from your mistakes,
there's no sense making them.***

- Anonymous

Adult Leisure Skate

Grab your skates and enjoy the winter season skating with friends. This program is run in partnership with the Lac du Bonnet and District Sports Arena.

Date: Tuesdays, January 12-March 2

Time: 12:00noon –1:00pm

Place: Lac du Bonnet and District Sports Arena

Fee: \$2.00 per skate (rink fee)

Shotokan Karate

Regardless of age or current physical condition you can begin karate and enjoy it! The Lac du Bonnet Karate Club teaches karate for all ages in a safe and controlled environment. Build self-confidence, learn self-defence, exercise, and have fun. All students will be given the opportunity to join Karate Manitoba, which entitles them to compete in regional and provincial tournaments.

“There is no first attack in Karate.”

Master Nakayama Masatoshi

Date: Mondays, Wednesdays, & Saturdays.

January 11-March 22 (10 weeks)

Time: Mondays, 6:15pm-7:30pm (Green belt & Up).

Wednesdays, 5:30pm-6:30pm (Ages 9 & up all levels)

Saturdays, 10:30am-12:00noon (Ages 9 & up all levels)

Place: Centennial School Gym in Lac du Bonnet

Fee: **Mondays:** (Green Belt & Up) \$65

Wednesdays: \$65

Saturdays: \$95

2 Days a week: \$130

3 Days a week: \$190

Instructor: Dave Ogren

Assistant Instructor: Kim Ogren

No Classes: Monday, February 15

Bite off more than you can chew, then chew it.

- Ella Williams

Recreational Adult Volleyball

Drop in for a friendly game of volleyball. Great exercise and Friday night fun! Teams will be determined on site.

Date: Fridays, January 15-March 26

Time: 7:00pm-9:00pm

Place: Lac du Bonnet Senior School Gym

Fee: FREE!

No Volleyball: January 22

February 26

Recreational Adult Basketball

Bring your Basketball and drop in for a friendly game of pick up basketball. All skill levels welcome.

Date: Fridays, January 15-March 26

Time: 6:00pm-7:00pm

Place: Lac du Bonnet Senior School Gym

Fee: FREE!

No Basketball: January 22

February 26

Shotokan Karate Tiny Tigers

The Tiny Tigers program teaches younger children the basic skills of Shotokan Karate through games, movement, and discipline.

Ages 5-8.

Date: Wednesdays, January 13-March 17 (10 weeks)

Time: 5:00pm-5:30pm

Place: Centennial School Gym

Fee: \$50

Instructor: David Ogren

Happiness is a state of activity.

- Aristotle

Water Colour Adventure

This is a must do course for beginners. Students will discover many techniques while learning to use water and colour effectively to produce several mini water colours. It will open up a whole new world for you, in a reasonably priced media. All supplies are included. Bring a roll of paper towels and a bag lunch.

Date: Saturday, January 30

Time: 9:30am-4:00pm

Place: Lac du Bonnet Senior School Art Room

Fee: \$50

Instructor: Marguerite Ogilvic

Make a Dream Catcher

Learn about the significance of native dream catchers, and how to make one to hang on your wall. This class is for anyone age 10 to 14. All supplies were be provided, but students may wish to bring along a favourite rock, piece of jewellery, or items important to them to attach to their dream catcher. A second dream catcher can be made if there is time. Dream catchers will be around 8-10 inches in diameter.

A totally hands-on and fun course.

Date: Saturday, February 20

Time: 10:00am-12:00pm

Place: Lac du Bonnet Senior School Art room

Fee: \$25

Instructor: Marguerite Ogilvic

From success to failure is one step; from failure to success is a long road.

- Yiddish Proverb

Community Events

Computer Training for Seniors: Want to enhance your motor skills, help keep your brain stimulated, improve hand-eye coordination, and more? Register for Level 1 and 2 Computer Training. For information call Pat at Two Rivers at 345-1227.

Blood Donor Clinic: Monday, January 4 at the Lac du Bonnet Community Centre. 1:30pm-3:30pm and 5:30pm-8:00pm.

Ladies' Curling Bonspiel: January 14-17 at the Lac du Bonnet Curling Club. Call Connie Dancyt at 345 8859.

EMCA Concert, Quartango – Classical to Jigs: January 22, at the Pinawa Community Centre 8:00pm. Call Cathy at 753-2767 for ticket information.

Team Eastman Pep Rally: February 15, 2010 at the Sun Gro Centre Beausejour. Call Winnipeg River Recreation District office at 345-5035.

Mens' Curling Bonspiel: February 18-21 at the Lac du Bonnet Curling Club. Call Murray Nuefeld at 345 9902.

EMCA Concert, U of M Faculty Winnipeg Jazz Ensemble: February 19, at the Pinawa Community Centre. Call Cathy at 753-2767 for ticket information.

LdB Library: "I Love to Read" month. Come visit to enter our draws. 83 Third Street. Call 345-2653.

EMCA Concert, Chuck & Albert – Acadian Music, Dance & Comedy: March 5, at the Pinawa Community Centre. Call Cathy at 753-2767 for ticket information.

Blood Donor Clinic: Monday, March 8 at the Lac du Bonnet Community Centre. 1:30pm-3:30pm and 5:30pm-8:00pm.

Manitoba Games: Portage la Prairie, March 7-13, 2010

Lac du Bonnet Ice Fishing Derby: March 13, 2010.

For more information call 345 8816.

Mixed Curling Bonspiel: March 18-21 at the Lac du Bonnet Curling Club. Call Neal Armstrong at 345 8286.

Last EMCA Concert, Michelle Wright – Country: April 9, at the Pinawa Community Centre. Call Cathy at 753-2767 for ticket information.

Sisters of the Holy Rock Concert: May 2 at the Pinawa Community Centre. Contact Rob Murray, Pinawa Christian Fellowship Whiteshell Centre or 753-8439.

Lions Garage Sale: May 9, from 9:00am to 11:00am. For more information call Sandy at 753-8323.

Spring Tune UP Concert: May 14 at the Pinawa Community Centre. For more information call Peter Hayward at 753-8338.

Pinawa Golf Club Ladies' Open Tournament: June 4, call 753-2294 for tee times.
Pinawa Senior Men's Open tournament: June 10, call 753-2294 for tee times.

Body Sculpting

Strength-training workouts designed to shape and tone the body without building muscular bulk. Strong, toned muscles increase metabolism which helps to burn more calories.

Bring a pair of light weights (1 to 2 pounds) and good shoes.

Date: Mondays, January 11-March 22 (10 weeks)

Fridays, January 15-March 26 (10 weeks)

Time: 5:00pm-6:00pm

Place: Centennial School Gym in Lac du Bonnet

Fee: 1x \$65

2x \$120

Instructor: Kim Ogren

No Classes: Monday, February 15

Friday, February 26

Stott Pilates in Lac du Bonnet

Stott pilates includes modern principles of exercise science and spinal rehabilitation, making it one of the safest and most effective methods of exercise available. Pilates offers resistance control exercises to strengthen and stretch muscles and release tension. Intense mental and physical conditioning for a lean physique☑☑☑

Please bring a mat.

Min: 10

Date: Mondays, January 11-March 22 (10 weeks)

Time: 5:00pm-6:00pm

Place: Lac du Bonnet Senior School Library

Fee: \$85

Instructor: Nadine Miller

No Classes: Monday, February 15

*It is not because things are difficult that
we do not dare, it is because we do not dare
that they are difficult.*

- Seneca

Traditional Painting

As the air starts to cool and the leaves start to fall, we look for indoor activities to pass the time.

How about some traditional painting? Traditional painting uses media, thinners, and different combinations of brushes to create a unique oil painting.

All supplies are included. No experience necessary.

Please bring a bag lunch and a roll of paper towels.

Come to the Rec office to see the painting you will be creating.

Min: 5 **Max:** 12

Date: Saturday, January 16

Time: 9:30am-4:00pm

Place: Lac du Bonnet Senior School Art Room

Fee: \$70

Instructor: Lisa Funk

Youth Basketball

Come shoot some hoops, learn the fundamentals of basketball, and play organized games. For ages 10-13.

Date: Thursdays, January 21-March 25

Time: 7:00pm-8:00pm

Place: Centennial School Gym in Lac du Bonnet

Fee: \$20

Coach: Wayne Bacchus

Assistant Coach: Shawn Wilkinson

Fit - Fab - Fun

Physical activity sampler and wellness presentations for a healthier lifestyle.

Includes Eating "Under the Influence", Coping with Life, Tai Chi,

Hot Topics in Nutrition, Thera-bands, Relaxation/Guided Imagery,

Line Dance, Getting Enough Sleep, Low Impact Aerobics, and more.

For all ages and abilities.

Wear comfortable clothing and good shoes.

Date: Tuesdays, January 19-March 9

Time: 5:00pm-6:00pm

Place: Centennial School Gym in Lac du Bonnet

Fee: \$25

Programs in Pinawa

“On The Ball”- Core Strength & Stability in Pinawa

Using a stability ball and light hand weights, you will learn to utilize your core stabilizers to strengthen your muscles. Key focus will be on strengthening the core muscles of your abdominals and back.

Please bring your own stability ball and a set of 1-2 pound hand weights.

Date: Wednesdays, January 13-March 17 (10 weeks)

Time: 6:30pm-7:30pm

Place: FW Gilbert Elementary School Gym in Pinawa

Fee: \$70

Instructor: Jacquelyn Cafferty

Stott Pilates in Pinawa

Stott pilates includes modern principles of exercise science and spinal rehabilitation, making it one of the safest and most effective methods of exercise available.

Pilates offers resistance control exercises to strengthen and stretch muscles and release tension. Intense mental and physical conditioning for a lean physique.

Please bring a mat.

Min: 10

Date: Mondays, January 11-March 22 (10 weeks)

Time: Intermediate/Advanced: 8:00pm-9:00pm

Place: Pinawa Secondary School Home Ec Room

Fee: \$90

Instructor: Nadine Miller

No Classes: February 15

Hall Walking in Pinawa

Don't let the weather or ice stop you from walking this winter!

The Pinawa Secondary School has opened their doors and halls to create a comfortable opportunity to walk indoors this winter. Indoor gear please - indoor shoes, rubber-wheeled walkers, rubber-tipped poles.

No need to register.

Date: Monday to Friday

Time: 3:45-6:00 pm.

Place: Pinawa Secondary School & Community Centre

Fee: FREE

Yoga in Pinawa

Whatever your age, yoga can enhance your lifestyle. Yoga has both preventative and therapeutic benefits and offers both mental and physical benefits to the body and mind.

Date: Tuesdays, January 12-March 16 (10 weeks)

Time: 5:15pm-6:15pm

Place: FW Gilbert Elementary School Gym

Fee: \$50

Instructor: Linda Tait

Learn to Skate

Learn the fundamentals of skating using a variety of safe and enjoyable instructional techniques. The Learn to Skate Program strives to develop strong basic skating skills consisting of forward & backward skating, edges, turns, starting and stopping. Skaters will develop their self-confidence encouraging them to participate at the recreational level.

This program is run in partnership with the Orville Acres Arena.

Date: Saturdays, January 10-March 3 (8 weeks)

Time: 10:00am-10:45am Ages 4-6

10:45-11:30am Ages 7-10

Place: Orville Acres Arena in Pinawa

Fee: \$80

Instructor: Jacquelyn Cafferty

Step Aerobics in Pinawa

This class will teach you the basics of stepping and will challenge you to take your fitness to the next level.

Participants are encouraged to bring their own steps.

If you don't have a step, one will be provided for you.

Date: Tuesdays, January 12-March 16 (10 weeks)

Time: 6:30pm-7:30pm

Place: FW Gilbert Elementary School Gym in Pinawa

Fee: \$70

Instructor: Jacquelyn Cafferty

Water Colour Adventure

This is a must do course for beginners. Students will discover many techniques while learning to use water and colour effectively to produce several mini water colours. It will open up a whole new world for you, in a reasonably priced media. All supplies are included. Bring a roll of paper towels and a bag lunch.

Date: Saturday, February 27

Time: 9:30am-4:00pm

Place: Pinawa Secondary School Art Room

Fee: \$60

Instructor: Marguerite Ogilvie

Make a Dream Catcher

Learn about the significance of native dream catchers, and how to make one to hang on your wall. This class is for anyone age 8 to 14. All supplies were be provided, but students may wish to bring along a favourite rock, piece of jewellery, or items important to them to attach to their dream catcher. A second dream catcher can be made if there is time. Dream catchers will be around 8-10 inches in diameter.

A hands-on and fun course.

Date: Monday, February 8

Time: 5:00pm-7:00pm

Place: Pinawa Secondary School Art room

Fee: \$25

Instructor: Marguerite Ogilvie

Jam Can Curling

This is a Pinawa tradition you don't want to miss!

For grades K-12.

Date: Monday, March 29

Place: Orville Acres Arena

Fee: \$5 per person

*Leave nothing for tomorrow which
can be done today.*

-Abraham Lincoln

Administrative Notes

Registration Information

Pre-registration is necessary. **(Must include payment)**
Registrations sent in after a program has started cannot be guaranteed. Register at the Recreation office or by mail.
Programs are subject to cancellation if minimum numbers are not met.

Refund Policy

For ongoing programs a refund can be requested only after the first class. A full refund minus a \$15 registration fee will be given. In the event that a program is \$25 or less, no refund will be given. For programs running one time only, a refund will be permitted if requested 5 days prior to the program running.

Holidays/School Closures

During holidays or school closures due to weather or administration days, Recreation programs will not run.

**WINNIPEG RIVER RECREATION DISTRICT
CONTACT INFORMATION**

Box 852

Lac du Bonnet, MB

R0E 1A0

(204) 345 8816

FAX: 345 8694

Office: Lac du Bonnet

Community Center

Email: recom@mts.net

Visit us on Facebook!

Recreation Director: Shawn Wilkinson

Administrative Assistant: Kim Ogren

Box 338

Pinawa, MB

R0E 1L0

(204) 753 2639

Office: Pinawa

Community Centre

BOARD MEMBERS

Town of Lac du Bonnet Council: Paul Chapman (Chairperson)

RM of Lac Du Bonnet Council: Bob Bruneau (Vice Chairperson)

LGD of Pinawa Council: Lynn Patterson (Secretary Treasurer)

Town of Lac du Bonnet Community Representative: Iona Plato

RM of Lac du Bonnet Community Representative: Glen Miller

LGD of Pinawa Community Representative: Nancy Bremner

Sunrise School Division Representative: Chuck Reynolds

Whiteshell School District Representative: Robert Murray

Member at Large: Cyndie Mitchell

Member at Large: Caroline McIntosh, NEHA