



Art & Margaret Fry Recreation Centre Schedule

Time	Monday	Tues	Wed	Thursday	Friday	Saturday	Sun
10:30		Pre-school Skate		Preschool Skate		Minor Hockey 10:30-12:00 Novice/Atom/Peewee	
11							
11:30		Adult Sticks n' skates 11:30-1	Youth Sticks n' skates 11:30-1	Adult Sticks n' skates 11:30-1	Adult Sticks n' skates 11:30-1	Minor Hockey Drop-in 12-1	
12							
12:30							
1						ZAM	
1:30		RSS 1-3	RSS 1-3	RSS 1-3	RSS 1-3	Youth Sticks n' Skates 1:30-2:30	
2							
2:30							
3						Wee Sticks n' Skates 2:30-3:30	
3:30	Public Skate 3:30-5	Figure Skating 3:30-5	Public Skate 3:30-5	Youth Sticks n' Skates 3:30-5	Public Skate 3:30-5	Public Skate 3:30-5	
4							
4:30							
5	Adult Sticks n' skates 5-6	Public Skating 5-6:30	ZAM	ZAM	ZAM	ZAM	
5:30	ZAM						
6			Tyke/Novice 6-7	Bantam/Midget 5:30-7	Tyke/Novice 6-7	Oldtimer Hockey 5:30-7:00	
6:30	Bantam/Midget 6:30-8	ZAM	ZAM	ZAM	ZAM	ZAM	
7							
7:30		Oldtimer Hockey 7-8:30	ZAM	ZAM	ZAM	ZAM	
8	ZAM		Dawson Hockey Association 7:30-9	Women's Hockey 7:30-8:15 Shakey Legs 8:15-9	Dawson Hockey Association 7:30-9	Oldtimer Hockey 7:30-9	
8:30	Dawson Hockey Association 8:30-10	ZAM					
9							
9:30		Oldtimer Hockey 9-10:30					
10							

Recreation & Leisure Guide



Winter 2009

Winter is upon us once again. We are excited to offer some new programs this year as well as old favourites. Please pass along any program suggestions. We would also like to welcome two new additions to the Recreation Department Ben Shore & Kyla MacArthur. If you have any questions or would like more information please contact us

Recreation Manager

Marta Selassie

993-2350

marta.selassie@cityofdawson.ca

Recreation Programmers

Kirsten Davis & Shelley Brown

993-2353

kirsten.davis@cityofdawson.ca

shelley.brown@cityofdawson.ca

Recreation Maintenance

Ben Shore & Kyla MacArthur

993-2351





Youth Programs



Gymnastic Clinics

November 21 - 22

December 5 - 6

\$45 for one session or \$65 for both

Early bird discount \$5 off if payment received by November 13th

Open Gym

Fridays 6:15 - 8:00

Grades 5 & up

Supervised fun



Skipping Club

Thursday 3:30 - 4:30

Grades 1 & up

In the Ancillary Room

Youth Weights

Tuesdays & Thursdays 3:30 - 5:00

With Dale Braga in the Waterfront Building

Hiking Club

Mondays 3:30 - 5:00

Grades 2 - 5

Meet in the playground

Pick-up 5:00 at the Rec Centre

Dress appropriately for the weather



Minor Hockey

For more info

contact Louise Blanchard at 993-5240 or 5627

Girl Power

Wednesdays 3:30 - 5:30

Grades 6 - 9

Outdoor fun, crafts, games & more!

Babysitters Course

Will be offered in the New Year

Dates, time, location & fee TBA

Minor Soccer

Ages 9 - 13 Mondays 6:15 - 7:45

U9 Tuesdays 6:15 - 7:45

U11 Wednesdays 6:15 - 7:45

U13 & U15 Wednesdays 7:34 - 9

U7 Thursdays 6:15 - 7:45

U5 Saturdays 11 - 12:30

Skills Clinic Saturdays 12:30 - 2:30

For more info contact

dcmnorsoccer@hotmail.com

Or Gwen at 993-6958



Kids Yoga

Starting in January

Date & time TBA

Figure Skating

Tuesday 3:30-5

Grades 2 & up

For more info contact

Janice 993-2809

Starting date TBA

Preschool

Learn to Skate

Tuesday & Thursday

10:30-11

Ages 3-5

Starting date TBA



Adult Programs



Women & Weights

Tuesdays & Thursdays 12:00 - 1:00

A time for women only in the weight room. Join us for a lunch time workout.



Kickboxing

Monday, Wednesday & Friday

5:00 - 7:00 in the Ancillary Room

Drop in Basketball

Saturdays 5:00 - 7:00

Don't forget your indoor shoes



Badminton

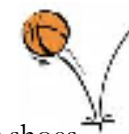
Mondays 7:45 - 9:00

in the RSS Gym

Drop in Volleyball

Saturdays 3:00 - 5:00

For ages 16 & up



Pilates

November 24th - Dec 10th

Tuesdays & Thursdays 5 - 6:30

Wednesdays 7 - 8

in the Ancillary Room

Yoga

November 23rd - Dec 11th

Monday - Friday 6:30 - 7:30 am

In the Ancillary Room

Contact Josee for more info at 993-6103

Family Dodgeball

In the RSS Gym 7 - 8

November 20

December 11

January 15

Come join us for some family fun!

Watch for more dates in the

New Year.

Healthy Habits Day

Saturday, January 16, 2010

This is an all day event with workshops, information sessions, display booths and more. If your group or organization is interested in facilitating a session or hosting an information table please contact the Rec Department.

Stay tuned for more info. . .

Circuit Training

Starting December 15th

Tuesdays 5:15 - 6:15

In the Ancillary Room

\$2.00 drop-in fee

Don't forget indoor shoes and a water bottle.

Adult Soccer

Tuesday & Thursday

7:45 - 9:45 in the RSS Gym