

Recreation Department Winter Programs

**PROGRAM
REGISTRATION
OPENS
FRIDAY,
JANUARY 10TH,
9:00AM
AT THE
REC OFFICE
(WATERFRONT
BUILDING)**

The Recreation Department would like to thank all who participated in the 3rd Annual Holiday Tournament. What a fun hockey filled weekend! We would also like to extend a big thank you to Lil' J's for sponsoring the event and Dawson City Minor Hockey for their help in organizing the timekeepers and referees. Wishing everyone a Happy New Year and all the best for the year to come..

Contact information

Recreation Administration & General Inquiries
993-7400 ext.299, recreation@cityofdawson.ca

Recreation Programmers
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Recreation Manager
993-7400 ext.204, marta.selassie@cityofdawson.ca





ADULT DROP-IN ARCHERY

MONDAYS
6:30-8:00pm
February 17-March 9
4 weeks
RSS GYM

For more information call 993-7400 ext.299, recreation@cityofdawson.ca



FAMILY BADMINTON

MONDAYS

6:30-8:00PM

JANUARY 20-FEBRUARY 10

4 WEEKS

RSS GYM

Come out with the family for a fun
game of badminton.

All equipment provided.

FREE

FAMILY PLAYGROUP

MONDAYS, 10:00 - 11:30 AM
TR'INKE ZHO DAYCARE
JANUARY 6TH - MARCH 9TH, 10 WEEKS

Drop in to the Tr'inke Zho daycare little gym and introduce your child to active learning through play.



For more information call 993-7400 ext.299, recreation@cityofdawson.ca



RECREATION DEPARTMENT
AFTER SCHOOL PROGRAM

Play Like A Girl!

Tuesdays

3:30-5:30 pm

January 7-March 13

Grades 1-8 Cost \$75

MUST BE ABLE TO SKATE UNATTENDED

**THIS PROGRAM IS DESIGNED FOR GIRLS WHO
WANT TO DEVELOP SKILLS AND HAVE FUN
PLAYING HOCKEY IN AN ALL-FEMALE
ENVIRONMENT.**

**FULL GEAR IS REQUIRE AND IS AVAILABLE FOR
THOSE NOT REGISTERED IN MINOR HOCKEY.**

Register at the Recreation Office (Waterfront Building). 993-7400 ext.299



GRADES 1-4

OPEN GYM

\$65

2:30-5:00 pm

January 29-March 11

7 weeks

Wednesdays

Meet in the RSS gym for an hour and a half of unstructured playtime. For the final hour, we will spend time in the library; reading, doing homework, and playing board games.

**MEET AT THE RED COUCH
PICK UP @ LIBRARY**

JIGGING CLUB



THURSDAYS

GRADES 1-5

3:30-5:00PM

\$25 IN THE HÄN ROOM
JANUARY 23 - MARCH 12



Register at the Recreation Office (Waterfront Building). 993-7400 ext.299



Recreation Department Youth After School

CROSS COUNTRY SKI PROGRAM

GRADES 2- 4

Thursdays, 3:30-5:00, \$50

January 30-March 12, 6 weeks

No program February 20th

Join the Rec Dept on the ski trails in and around town and learn basic classic cross-country ski skills with the intention of instilling a life-long interest in the sport. Participants must wear a hat, neck warmer, warm socks and wind proof mitts.

**MEET AT RED COUCH
PICK UP @ ARENA REC OFFICE**

Register at the Recreation Office (Waterfront Building). 993-7400 ext.299

CROSS COUNTRY SKIING

\$50

GRADES 5 & UP, 3:30-5:00
JANUARY 31-MARCH 13, 6 WEEKS
NO PROGRAM, FEBRUARY 21ST.

JOIN THE REC DEPT ON THE SKI TRAILS IN AND AROUND TOWN AND LEARN BASIC CLASSIC CROSS-COUNTRY SKI SKILLS WITH THE INTENTION OF INSTILLING A LIFE-LONG INTEREST IN THE SPORT. PARTICIPANTS MUST WEAR A HAT, NECK WARMER, WARM SOCKS AND WIND PROOF MITTENS.

**MEET AT
RED COUCH
PICK UP
@
ARENA REC
OFFICE**

FRIDAYS



INTRO TO LONGSWORD-MEDIEVAL KNIGHTS

WITH DALE BRAGA

Grades 5 & up, 3:30-5:00, \$38

January 31 - March 13, 6 weeks

Fridays

No program February 21st

**LEARN BASIC MEDIEVAL TECHNIQUES
IN THE LICHTENAUER SCHOOL OF MEDIEVAL FENCING.
PARTICIPANTS WILL BE USING FOAM
SPOILER SWORDS TO LEARN PROPER
STANCE, STEPS, STRIKES AND GUARDS.**

MEET AT THE RED COUCH, PICK UP AT MINTO CONCESSION

Register at the Recreation Office (Waterfront Building). 993-7400 ext.299



ZUMBA

WITH KATIE PEARSE

Zumba Fitness - Jan. 13 - Mar 2, 8 weeks

Mondays @ Minto Concession , 5:30-6:30, \$65

Zumba fitness Perfect for everybody and everybody! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

Zumba Light - Jan. 16 - Mar 5, 8 weeks

Thursdays@ Minto Concession, 5:30-6:30 pm, \$65

For people who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. Easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong

Drop-In Zumba beginning Jan. 15

Wednesdays@ RSS Gym, 5:15-6:15 pm, \$10 Drop-In

Each Zumba class is designed to bring people together to sweat, laugh, and have fun!

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Register at the Recreation Office (Waterfront Building). 993-7400 ext.299



Get
Fit Now!

FUNCTIONAL FITNESS 55+ WITH AMANDA MOFFATT

January 28 - March 26, 9 weeks

Tuesday & Thursday

@ Minto Concession

10:00 -11:00 am, \$60

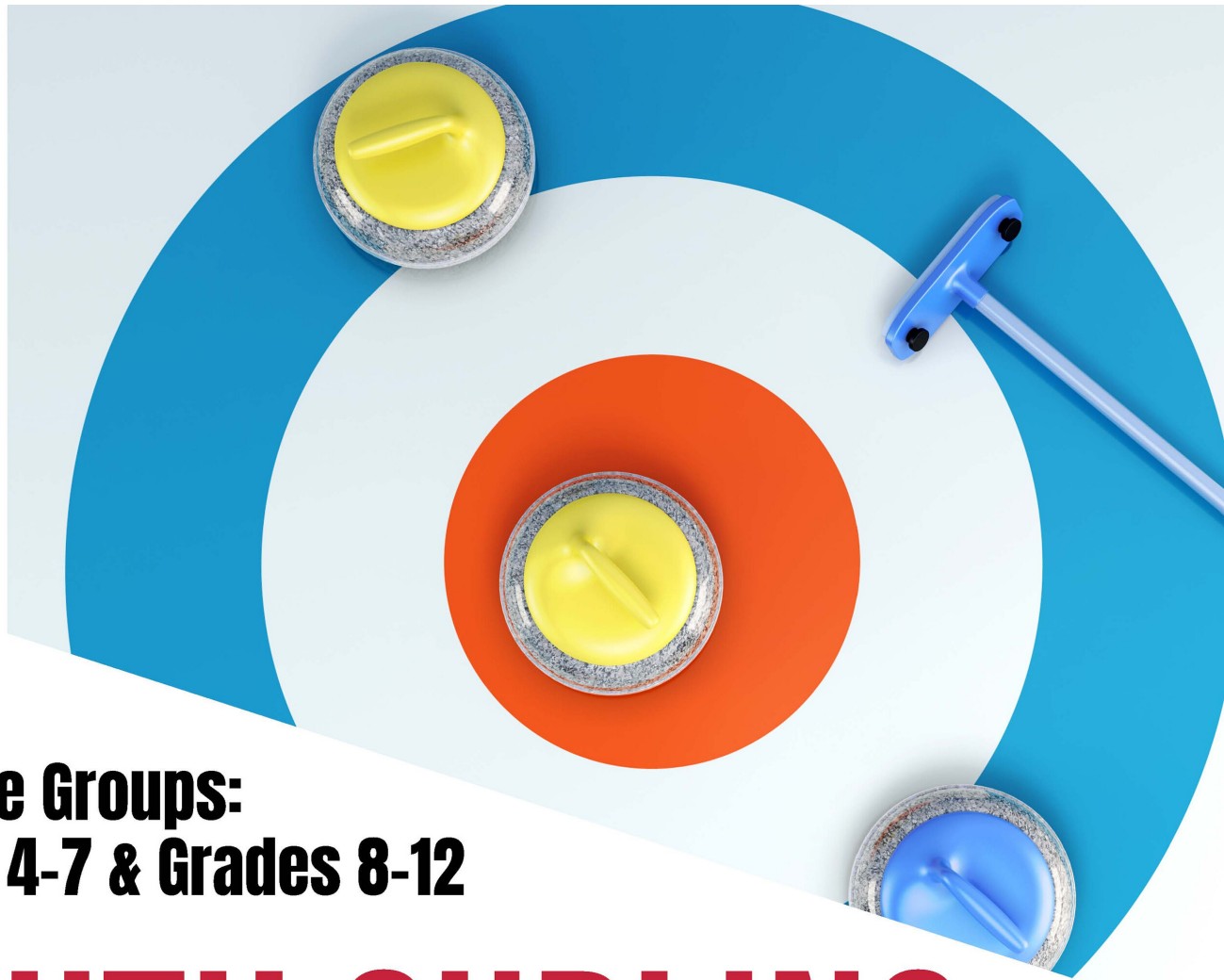
Resistant training, co-ordination work, flexibility and balance exercises will be used to combined multiple muscles groups to improve movement patterns for everyday activities. Held in an open-room group setting, with minimal equipment. Enjoy multiple classes focused on strengthening poses.

PERSONAL ASSESSMENTS: THE WEEK OF JANUARY 19-25)

REGISTER @ THE RECREATION OFFICE (WATERFRONT BUILDING)



Register at the Recreation Office (Waterfront Building). 993-7400 ext.299



**Two Age Groups:
Grades 4-7 & Grades 8-12**

YOUTH CURLING

This all-new youth curling program will teach the fundamentals, rules and etiquette of curling with an emphasis on FUN!

Clean indoor running shoes are required.

Helmets must be worn on the ice.

Mondays **\$40**

3:30-5:00

January 20-March 9 (8 weeks)

MEET AT RED COUCH, PICKUP @ THE CURLING CLUB

Register at the Recreation Office (Waterfront Building). 993-7400 ext.299

ADVANCED SKATING SKILLS



\$75

COACH NATHAN DEWELL

**GRADES
4 & UP**

\$75

FRIDAYS

4:00-5:00PM

**ART & MARGARET FRY ARENA
STARTING JANUARY 17**

Designed for the more advanced skater playing hockey. This is for players who want to improve their stride, quickness, acceleration and edging. This is not a learn to skate program.

Register at the Recreation Office (Waterfront Building). 993-7400 ext.299

*MUST HAVE FULL HOCKEY GEAR

WITH JENNIFER SUTTIS

KIDS DANCE

Kids will get their bodies moving and grooving to fun, upbeat music while learning different dance steps.

Parent & Tot (min. 18 months)

12:00 - 12:30 \$45

3 years

12:30 - 1:00 \$45

4 years

1:00 - 1:30 \$45

5/6 years

1:30 - 2:15 \$55

Sundays
@ KIAC

February 9 - March 8

5 weeks

Register at the Recreation Office
(Waterfront Building). 993-7400 ext.299



3 ON 3 HOCKEY TOURNAMENT

**Saturday, February 22
& Sunday February 23**

2:00-5:00pm

at Arena

\$20/team

9 Players per team.

Bantam and older.

Three 5 minute periods.

Full ice.

Register and pay at the arena.





ALL AGES

SKILLS COMPETITION

ART & MARGARET FRY RECREATION CENTRE

Competitors will participate in the
following five events

\$10

Fastest skater
Hardest shot
Accuracy shooting
Skills relay
Shoot out

SATURDAY, JANUARY 18TH

2:00-5:00PM

REGISTER AND PAY AT THE ARENA.

DJ SKATE

@ Arena



Saturday,
February 29
2:30-5:00

\$2

For more information contact the
recreation department 993-7400 ext.299
recreation@cityofdawson.ca