

TUMBLING TOTS & TRACK

(includes child supervision)

DATE: April 5- May 5/May 10-June 2

TIME: Tuesday & Thursday 10 -11:00am

LOCATION: NWFH

COST: \$82.50 Parent & 1 Child
\$20.00 extra Child

CARDIO COMBO CLASS

DATE: April 5—May 5 /May 10-June 2

TIME: Tuesday & Thursday

LOCATION: NWFH 12:05– 12 :45 pm

COST: \$62.50 (5 wks)

COFFEE WALK ‘N’ TALK

Mondays & Wednesdays 9am-12pm

LOCATION: NWFH

COST: Drop In Fees (\$2 for Seniors)

AQUA FITNESS 10 week session begins April 4th: Hydrospin, Deep Power, Classic Aquasize, River Run/ Run With Me, Aquabox, Guts & Glutes, & Tri-Aqua-Thon. Registration & Drop-In options available Call 306-445-1745

STRETCH & STRENGTHEN

DATE: April 12— May 17 (6 wks)

TIME: Tuesday 9:00—9:45am

LOCATION: NWFH

COST: \$33.34 + gst = \$35.00

TRE Tension Releasing Exercise

DATE: April 7th– 21st (3 wks)

TIME: Thursday 7—8pm

LOCATION: NWFH

COST: \$50.00 + gst = \$52.50

GENTLE YOGA

DATE: April 6— May 11th (6 wks)

TIME: Wednesday 2– 3:30pm

LOCATION: Logie Hall

COST:\$38.10 + gst = \$40.00 \$8 drop in

Registration is required for all classes. To register please call 306 445 1755 or 306 445 1790. In person at the Don Ross Centre (door #5) or NWFieldHouse

SPRING SESSION

Programs  **North
Battleford**

RED CROSS BABYSITTER COURSE

DATE: April 30 & May 1

TIME: Saturday 9:00-3:00 pm
Sunday 1:00-4:00 pm

LOCATION: Don Ross Centre

COST: \$55.00 Rm 107

Please bring a lunch on Saturday, & a raw egg

KIDS IN THE KITCHEN

DATE: May 4—25 (4wks)

TIME: Wednesdays 4:30—6:00pm

LOCATION: DRC gym lobby

COST: \$40.00

YOGA FOR TEENS

DATE: April 11– May 16 (6 wks)

TIME: Monday 5:30—6:15pm

LOCATION: DRC

COST: \$42.00

LEISURE SERVICES

OPEN SPACES

ACTIVE PLACES

SMILING FACES!

LEISURE SERVICES

DECLUTTER WORKSHOP

DATE: April 11

TIME: Monday 6—9pm

LOCATION: DRC Room 101

COST: \$23.80 + gst = \$25.00

DECORATING ON A BUDGET

DATE: April 18

TIME: Monday 6—9pm

LOCATION: DRC Room 101

COST: \$23.80 + gst = \$25.00

TRX Suspension Training

DATE: April 11— May 18 (6 wks)

TIME: Monday or Wednesday

LOCATION: NWFH 6-7pm

COST: \$47.60 + gst = \$50.00

YOUTH TENNIS LESSONS

DATE/ TIME: TBA

Call 306 445 1754 for details



**North
Battleford**

EXPRESS BOOT CAMP

DATE: April 13 - May 18 (6 wks)

TIME: Wednesday 6:15 - 7:00am

LOCATION: NWFH

COST: \$40.00 + gst = \$42.00

INSANITY LIVE

DATE: April 4 - May 2 (5 wks)

TIME: Monday 6:15 - 7:00 am or
12:05– 12:50pm

LOCATION: NWFH

COST: \$40.00 + gst = \$42.00

MODERN BELLY DANCE

DATE: April 11 - May 18 (6 wks)

TIME: Mondays 7 -8 pm (Beg)
Wednesday 7-8pm (advanced)

LOCATION: DRC Upper Mezz

COST: \$40.00 + gst = \$42.00

SPRING SESSION

LEISURE SERVICES  North Battleford

YOGA with HOLLY

DATE: Monday April 11 (8wks)

Wednesday April 13 (9wks)

Friday April 15 (9wks)

No classes the week of April 18th

LOCATION: Logie Hall

TIME: Mondays, Wednesdays or Fri
days 5:30 pm & Wednesdays 7:00 pm

COST: Mondays \$56.00 +gst= \$58.80

Wednesday & Friday \$63.00 +gst= \$66.15

SUMMER TAI CHI

DATE/ TIME: TBA

Call 306 445 1754 for details

MEDITATION

DATE: April 5 - April 26 (4 wks)

TIME: Tuesdays 7:00 - 8:00pm

LOCATION: Crysalis Studio

COST: \$52.38 + gst = \$55.00

YOGALATES (Pilates and Yoga)

DATE: April 12 - May 17 (6 wks)

TIME: Tuesday 12:05– 12:50pm

LOCATION: DRC Upper Mezz

COST: \$42.85 + gst = \$45.00

The City of North Battleford operates a summer playground program at the following parks: **Centennial Park, Fairview Park, Kinsmen Park and Connaught School**. This is a **FREE**, drop in program for 6 - 12yr olds. Playgrounds open July 4th @ 12:00pm