



**North  
Battleford**

***STRETCH AND STRENGTHEN***

**DATE:** May 2— June 6

**TIME:** Tuesday 9:15—10am

**LOCATION:** NWFH

***GENTLE YOGA***

**DATE:** April 26— June 7 (6 wks)

**TIME:** Wednesday 2– 3:30pm

**LOCATION:** Logie Hall

**COST:** \$40.00 \$8 drop in

***COFFEE WALK 'N' TALK***

Mondays & Wednesdays 9am-12pm

**LOCATION:** NWFH

**COST:** Drop In Fee (\$2 for Seniors)

***AQUA FITNESS*** : Hydrospin, Classic Aquasize, River Run/ Run With Me, Guts & Glutes, SWIM Sanity, Tri-Aqua-Thon & Deep Water Walking (self led classes). **All classes are drop-in Call 306-445-1745 for more info**

**SPRING into FITNESS**



**Trial at NWFH**

**Includes:** Noon Fitness Classes, Tots & Toning, “Strong” by Zumba, Track, 3rd Floor Equipment - Weights and

***TOTS & TONING***

***(includes child supervision)***

**DATE:** April 27 - June 15 (8 wks)

**TIME:** Thursdays 10:05 -10:55am

**LOCATION:** NWFH

**COST:** \$80.00 Parent & 1 Child  
\$20.00 Extra Child

***FAMILY FIT***

***(includes child supervision)***

**DATE:** April 26 - June 14 (8 wks)

**TIME:** Wednesdays 6:15-7:00pm

**LOCATION:** NWFH

**COST:** \$80.00 Parent & 1 Child  
\$20.00 Extra Child

**SPRING SESSION**



**North  
Battleford**

**Programs**

***BABYSITTER COURSE***

**DATE:** May 6 & 7

**TIME:** Saturday 9—3pm

Sunday 1—4pm

**LOCATION:** DRC Rm 107

***KIDS IN THE KITCHEN***

**DATE:** May 2—May 30 (4wks)

**TIME:** Tuesdays 4:30—  
6:00pm

**LOCATION:** DRC lobby

**COST:** \$40.00



***TENNIS LESSONS***

**DATE:** May 9—June 13 (6wks)

**TIME:** Tuesdays

Ages: 6—8yrs 4:30—5:15pm

Ages 9—12yrs 5:30—6:15pm

13 + 7—8pm

**LOCATION:** Tennis courts

**COST:** \$40.00 / \$50.00 after May 1st



***LEISURE SERVICES***

***OPEN SPACES***

***ACTIVE PLACES***

***SMILING FACES!***

# LEISURE SERVICES

## ***DECLUTTER WORKSHOP***

**DATE:** May 8

**TIME:** Monday 6—9pm

**LOCATION:** DRC Room 101

**COST:** \$25.00

## ***DECORATING ON A BUDGET***

**DATE:** May 29

**TIME:** Monday 6—9pm

**LOCATION:** DRC Room 101

## ***MEDITATION***

**DATE:** May 2—23 (4 wks)

**TIME:** Tuesdays 7:00 - 8:00pm

**LOCATION:** Crysalis Studio

**COST:** \$60.00

## ***SUMMER TAI CHI***

**DATE/ TIME:** TBA

*Call 306 445 1754 for details*



**North  
Battleford**

## **LEISURE SERVICES**

### ***TRX Suspension Training***

**DATE:** April 24 – June 5 (6 wks)

**TIME:** Monday 7—8pm

**LOCATION:** NationsWEST Field House

**COST:** \$52.50

### ***Strong by ZUMBA®***

**DATE:** May 1 - June 12

**TIME:** Monday 5:30- 6:30pm

**LOCATION:** NWFH (*childcare available*)

**COST:** \$52.50

\$70.00 with 1 child/ \$15.00 extra child



**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 NationsWEST FieldHouse**

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

# SPRING SESSION 2017



## **Programs**

### ***YOGA with HOLLY***

**DATE:** April 24— June 19

**TIME:** Mondays, Wednesdays or Fridays 5:30 pm & Wednesdays 7 pm

**LOCATION:** Logie Hall

**COST:** \$52.50 Drop in \$9.00

*No class Monday May 22nd*

### ***INSANITY LIVE (in 35)***

**DATE:** April 24 - June 12 (6 wks)

**TIME:** Monday 12:10-12:45pm

**LOCATION:** NWFH

**COST:** Drop-In Fees or use membership

*no class May 8 or May 22*

### ***INSANITY LIVE (childcare available)***

**DATE:** April 24 - June 12 (6 wks)

(no class May 8 or May 22)

**TIME:** Monday 10:05-10:55am

**LOCATION:** NWFH

**COST:** \$60.00 Parent & 1 Child