



North Battleford LEISURE SERVICES PROGRAMS - WINTER 2018

To Register and for more information: Call or drop in to the Leisure Services Office at the Don Ross Centre 891 99th St 306 445-1755 or the NationsWEST Field House 623 Carleton Trail 306 445-1790

FITNESS PROGRAMS

TBC (Total Body Conditioning)

Geared for all fitness levels, this moderate to high intensity workout will focus on improving your overall fitness. Using a variety of equipment you will work on strengthening, stretching and core exercises.

TIME: Mondays 5:30 - 6:30 pm
or Thursdays 5:30 - 6:30 pm

DATE: January 22 - March 22 (8 wks)

LOCATION: Don Ross Centre upper mezz

COST: \$63.00

ZUMBA®

Combining interval training with fast and slow rhythms this work out is fun and effective.

TIME: Mondays 7:00 - 8:00 pm

DATE: January 15 - March 12 (8wks)

LOCATION: Don Ross Centre upper mezz

COST: \$70.00

STRONG BY ZUMBA®

This music led High Intensity Interval Training class uses traditional fitness moves for a fantastic full body workout.

TIME: Wednesdays 6:30 - 7:30 pm

DATE: January 17 - March 14 (8wks)

LOCATION: Don Ross Centre upper mezz

COST: \$70.00

YOGA WITH HOLLY

Experience the mind, body, spirit connection with Yoga. Enjoy the gift of time to yourself, while improving your health and well being. Adaptations are made for all fitness levels.

TIME: Mondays 5:30 pm

Wednesdays 5:30 & 7:00 pm

Fridays 5:30 pm

DATE: Jan 15 - March 23

LOCATION: Third Avenue United Church

COST: Mondays \$71.40 (9 weeks)

Wednesdays & Fridays \$78.75 (10 weeks)

FIT MOMMY BOOT CAMP

Designed to shed fat and tone your muscles, this full body workout will include upper body, lower body and abs classes.

TIME: Thursdays 6:30 - 7:30 pm

DATE: January 25 - March 22 (9wks)

LOCATION: Don Ross Centre upper mezz

COST: \$63.00

TRX SUSPENSION

Kick start your fitness program with Suspension Training. Learn to use the TRX band, the correct Body Position, Alignment and Basic TRX Movements. Emphasizing strength, range of motion, and stretching this class is fun and invigorating! All Fitness Levels are welcome.

TIME: Tuesdays 12:10 - 12:50 pm or 6:00 - 7:00 pm

DATE: February 27 - April 3 (6wks)

LOCATION: NationsWEST Field House

COST: \$50.40

MOMMY & ME

Bring your baby to your work out. Focusing on all aspects of fitness, this class will aid moms or dads in developing a workout routine including abdominal, core work and stretching.

TIME: Mondays & Wednesdays 9:30 - 10:30 am

DATE: January 8 - March 21 (8wks)

LOCATION: NationsWEST Field House

COST: \$94.50

FIT IN THIRTY (F.I.T.)

Fit the FIT workout into your day to cover all your fitness needs in one class.

TIME: Thursdays 12:10 - 12:40 pm

DATE: January 11 - June 28 (no class Feb 22)

LOCATION: NationsWEST Field House

COST: Drop In Fees Apply (or use your membership)

**Check out the calendar under Recreation
Visit us today <http://cityofnb.ca/recreation.html>**

FITNESS PROGRAMS

TOTS & TONING

Bring your children for supervised play time while you enjoy an instructor led Total Body workout! *snack provided for kids*: *Registration only*

TIME: Tuesdays 10:10 - 11:00 am

DATE: January 9 - February 13 (6wks)

LOCATION: NationsWEST Field House

COST: \$60 adult & 1 child, \$15/extra child
\$45 adult class only, no childcare

GENTLE YOGA

Stretch, tone, and relax while blending balance, strength and flexibility. Equipment is supplied, wear comfortable clothing.

TIME: Wednesday 2:00 - 3:30 pm

DATE: Jan 17 - March 21 (10wks)

LOCATION: Third Ave United Church (Logie Hall)

COST: \$73.50

CHI KUNG/TAI CHI

Consists of slow meditative movements that are easy to learn and applicable for all ages and abilities. Increase your energy and stamina, while improving balance and circulation. Promotes a healthy and relaxing lifestyle.

TIME: January 9 - February 15 (6 wks)

DATE: Tuesdays and/or Thursdays 10:30 am - 12:00 noon

LOCATION: Don Ross Centre upper mezz

COST: \$50.40

INTRODUCTION TO MEDITATION

Experience the age old practice of body-mind connection with group meditation. Leave each class feeling relaxed, refreshed and replenished. These classes are held monthly on the first Tuesday of the month, (minimum registrations must be met.)

TIME: Tuesdays 7:00 - 8:00 pm

DATE: February 7 - 28 (4 wks)

LOCATION: Chrysalis Yoga

COST: \$60.00

STRETCH & STRENGTHEN

In this class you will increase your overall strength & flexibility, work on your core strength and practice ways to retain good posture and balance.

TIME: January 9 - February 13 (6 wks)

DATE: Tuesdays 9:15 - 10:00 am

LOCATION: NationsWEST Field House

COST: \$42.00

CULTURAL COOKING CLASSES

Experience new and exciting international cuisine, as you learn how to prepare dishes from around the world.

TIME: Wednesdays 6:00 - 8:00 pm

DATE: January 31 and March 14

LOCATION: Don Ross Centre Door #6

COST: \$31.50/class

Due to the Saskatchewan Winter Games there will be no classes February 19 - 23.



**Programs with low registration numbers will be cancelled one week prior to the start date.
Please Register Early 306-445-1755 or 306-445-1790**

If you are interested in teaching a class, or would like more information about classes, please call Siobhan at 306-445-1754.

****All classes must meet minimum enrollment numbers to run as advertised****

**LEISURE SERVICES – OPEN SPACES, ACTIVE PLACES, SMILING FACES!
Visit us today! www.cityofnb.ca**

YOUTH & CHILDREN

KIDS IN THE KITCHEN

Learn how to prepare and cook nutritious meals the whole family will enjoy. Ages 9 - 12 yrs.

TIME: Tuesdays 4:30 - 6:00 pm

DATE: January 23 - February 13

LOCATION: Don Ross Centre Gym Lobby

COST: \$42.00

BABYSITTING CLASS

The Red Cross Babysitting course is designed for youth 11 years and older who want to become responsible babysitters. Topics include: childcare skills, fire safety, and first aid.

TIME: Sat 9:00 am - 3:00 pm & Sun 1:00 pm - 4:00 pm

DATE: February 3 & 4

LOCATION: Don Ross Centre Rm: 107 (door #4)

COST: \$60.00

INDOOR PLAYGROUND

An indoor play space for pre-school children to play and interact in a safe environment. Parents/guardians must supervise their children.

TIME: Thursdays 10:00 - 11:30 am

DATE: January 18 - April 26

(No indoor playground Stat Holidays, or school breaks)

LOCATION: Territorial Alliance Church

COST: Free (Donations accepted)

FOODIE FAMILIES

In this class you will prepare a meal with your family, fun educational and delicious. All ingredients included.

TIME: Wednesday 6:00 - 8:00 pm

DATE: March 21

LOCATION: Don Ross Centre Gym Lobby

COST: \$20.00

**WATCH THE CITY BULLETIN IN THURSDAY'S NEWS OPTIMIST,
Facebook and www.cityofnb.ca
for INFORMATION ON UPCOMING WORKSHOPS, and NEW CLASSES**

Battlefords CO-OP Aquatic Centre

Drop in fitness and aqua fit classes begin January 2
Call 306 445-1745 to register and for information



Public Swimming Hours:

Monday, Wednesday & Friday 6:30 am - 9:00 pm

Tuesday & Thursday 9:00 am - 9:00 pm

Saturday & Sunday 2:30 pm - 9:00 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Guts & Glutes 6:30 - 7:15 am		Guts & Glutes 6:30 - 7:15 am		Guts & Glutes 6:30 - 7:15 am
ACT 3:10 - 3:40 pm	Golden Oldies & Coffee Talk 3:10 - 3:40 pm	ACT 3:10 - 3:40 pm	Golden Oldies & Coffee Talk 3:10 - 3:40 pm	
	Classic Aquafit 12:10 - 12:50 pm	Classic Aquafit 12:10 - 12:50 pm	Classic Aquafit 12:10 - 12:50 pm	
			River Run 5:15 - 6:00 pm	
			Swimsanity 6:00 - 6:45 pm	
		Deep Water Walking (self led) 7:00 - 9:00 pm		

**ALL CLASSES ARE SUBJECT TO
CHANGE & CANCELLATION**

NATIONSWEST FIELD HOUSE

306 445-1790

Hours:

Monday, Wednesday, Friday 6:00 am - 9:00 pm

Tuesday & Thursday 9:00 am - 9:00 pm

Saturday & Sunday 9:00 am - 9:00 pm

Watch for youth and adult leagues: Disc Golf, Lacrosse, Badminton, Golf, and Youth Tennis Lessons.

For rental information and birthday packages please call central booking at 306 445-1755

DROP IN SHINNY HOCKEY

18 years and over

Bring your own stick, skates, gloves and helmet.

TIME: Mondays 12:00 - 1:00 pm

DATE: January 8 - March 26

LOCATION: Don Ross Arena

COST: Free **SPONSORED BY:**



TIME: Tuesday - Friday 12:00 - 1:00 pm

DATE: January 16 - March 29

LOCATION: Civic Centre

COST: \$3.00/player

FREE PUBLIC SKATING

All ages welcome (no sticks or pucks)

Free skates are available (limited sizes)

TIME: Saturdays 12:15 - 1:45 pm

DATE: January 13 - February 24

LOCATION: Civic Centre

FREE PRE SCHOOL/SENIOR SKATING

TIME: Wednesdays 1:15 - 2:15 pm

DATE: January 17 - March 28

LOCATION: Civic Centre

TIME: Thursdays 10:00 - 11:30 am & 1:30 - 2:30 pm

DATE: January 18 - March 29

LOCATION: Don Ross Arena

FREE SKATING PROGRAMS

Thank you to the generosity of the following service clubs for sponsorship of this program

- Bonaventure Lions Club
- Battlefords Lions Club
- Kiwanis Club of the Battlefords
- North Battleford Kinsmen Club
- The Royal Canadian Legion Branch #70
- North West Hockey Development Association
- Rotary Club of the Battlefords
- North Battleford Elks Club
- St Joseph Knights of Columbus #7336

FREE OUTDOOR SKATING

OUTDOOR RINKS

- Fairview - Ross Cres & Clements Dr
- Killdeer - Killdeer Dr
- Riverview - 7th Ave & 100th St
- Civic Centre - McDonald Dr (north side of Civic Centre)

LIT FOR NIGHT TIME PLAY

- École Monseigneur Blais Morand School
17th Ave & 96th St
- Connaught Community School
8th Ave & 108th St
- St. Mary Community School
14th Ave & 111th St

CROSS COUNTRY SKIING

The following trails are groomed:

- Finlayson Island
- John Paul II
- Holy Family School
- North Shore Trail

**Please contact Central Booking 306-445-1755
or email: centralbooking@cityofnb.ca
regarding rental information and birthday
parties at the NationsWEST Field House,
Civic Centre, and Don Ross Centre/Arena**