

RECREATOR



WINTER 2009

REGISTRATION BEGINS MONDAY, DECEMBER 7, 6:00 A.M.

WHAT'S INSIDE:

- REGISTRATION INFORMATION
- MEMBERSHIP RATES
- POOL POLICY
- JUST ASK US...
- POOL SCHEDULE
- POOL PROGRAMS
- SWIMMING LESSON INFORMATION

RECEPTIONIST HOURS

EFFECTIVE JANUARY 1, 2010

Monday to Friday6:00 a.m. to 10:00 p.m.
Saturday & Sunday8:00 a.m. to 10:00 p.m.

STATUTORY HOLIDAYS

Christmas Eve, December 24, 2009 Closed at 2 pm
Christmas Day, December 25, 2009 Facility Closed
Boxing Day, December 26, 2009 Facility Closed
New Year's Eve, December 31, 2009 Closed at 2 pm
New Year's Day, January 1, 2010 Facility Closed

SCHEDULES AND HOURS CAN CHANGE AT ANY TIME TO MEET THE NEEDS OF THE USERS OF THE FACILITY.

CONTACT US

ADDRESS: 740 Scott Street, Fort Frances, ON P9A 1H8

PHONE: 807-274-4561

FAX: 807-274-3799

WEBSITE: www.fort-frances.com/sportscentre/

E-MAILS: GEORGE BELL, Community Service Manager:
gbell@fort-frances.com

LEANA MOFFITT, Aquatic Director:
lmoffitt@fort-frances.com

MEGAN ROSS, Physical Education Director:
mross@fort-frances.com

LYNNE SAVAGE, Community Service Secretary
lsavage@fort-frances.com

MEMBERSHIP RATES

***** NO INITIATION FEE*****

ADULT (18 and older)

	Resident	Non Resident
Annual	445.75	557.00
6 Month	289.75	362.00
Monthly	68.00	85.00
Daily	6.50	8.00
3 Month	157.00	196.00

Debit Plan

Annual Per Month	38.15	47.42
6 Months, Per Month	49.29	61.33

STUDENT (13 and older)

Annual	228.25	285.50
6 Month	149.75	187.00
Monthly	47.00	58.75
Daily	5.00	6.25
3 Month	80.25	100.50

Debit Plan

Annual Per Month	19.46	24.06
6 Months, Per Month	25.96	32.17

SENIOR (65 and older)

Annual	405.50	506.75
6 Month	263.25	329.00
Monthly	61.75	77.00
Daily	5.50	6.75
3 Month	142.75	178.50

Debit Plan

Annual Per Month	34.79	43.23
6 Months, Per Month	44.88	55.83

FAMILY ANNUAL

Adult	445.75	557.00
Spouse	371.50	445.75
Student	191.00	238.75
Child	56.50	70.50

Debit Plan

Total membership plus \$1 monthly service charge and divide by 12 months.

CHILD (5 and older*)

Annual	67.00	83.75
Daily	3.50	4.50

*Must be accompanied by an adult in fitness area, squash and weight room.

LOCKER RENTAL

	Resident	Non Resident
6 Months	40.00	48.00
Annual	60.00	70.00

MEMBERSHIPS INCLUDE:

The casual use of the weight room, Squash Courts and Pool. Also included are these programs: All fitness classes, Aquafit, Aquatherapy (dependant upon availability), Public Skates and Shinny Hockey. Please refer to the schedule for available times. As a member we ask that you pre-register each session for the programs you wish to attend regularly to ensure adequate space. Classes have limited enrolment so please register early.

PAYMENT OPTIONS:

Cash, Cheque, Interac, Visa and MasterCard accepted.

Pre-authorized debit available for yearly and six month memberships only. To come out of your account on the 15th or 30th of every month. The first month must be paid on date of purchase.

Must bring in a void cheque and complete a pre-authorized form.

Pre-authorized Renewals can continue without interruption to payments by returning the form prior to expiry.

Management reserves the right to interrupt service for improvements to the facility with no fee alterations to memberships.

The Town of Fort Frances is dedicated to barrier free sport, recreation and leisure programs and services for its residents. Nobody will be denied access to programs. Arrangements may be made through George Bell, Leana Moffitt or Megan Ross.

POOL POLICY

Children should be accompanied by a participating individual 16 years of age or older to a maximum of 2 children. Unaccompanied children must be seven years of age or older, and meet the height requirement (four feet) or be able to swim two widths of the pool.

Why do children under the age of seven need to be accompanied by an adult?

This policy is for the safety of the children and was a recommendation from Parks and Recreation of Ontario.

How will the facility check ages?

The age will be checked at the desk and identification will be asked for. Photocopies will be accepted.

How will the facility check height?

There will be a mark at the front desk that will indicate the height restriction.

If children are seven years of age and do not meet the height requirements, what will happen?

They will be tested in the pool, but if unable to swim the two widths, they will be asked to leave.

Will any exception be made?

There will be no exceptions made for any reason or level of swimming.

Does participating individual need to be in the water?

The participating individual 16 years of age or older must be in the water with the children.

How many children can each participating supervisor bring?

Each Supervisor may bring only 2 children into the water.

ICE RENTAL POLICY

Cancellations and changes require fourteen (14) days notice or the renters are responsible for payment. All rentals are based on a 50 min hour to allow for ice flooding.

Ice Rental Rates

Prime Time: Opening to 8 am Mon. to Fri.
 3:30 pm to Close Mon. to Fri.
 Opening to Close Sat. & Sun.

	Resident	Non-Resident
Youth	\$89.25/hr	\$111.50/hr
Adult	\$134.00/hr	\$167.50/hr
Non-Prime Time: 8 am to 3:30 pm Mon. to Fri. (Excluding Holidays, School Breaks, and Tournaments)		
Youth	\$70.00/hr	\$87.50/hr
Adult	\$107.25/hr	\$134.00/hr

The Memorial Sports Centre Ice Rink Rules For Public Skates & Shinny Hockey

For the safety & enjoyment of our patrons, the following rules shall apply:

Public Skates:

Hockey Sticks & Skating Aids are not permitted
 Use of Helmets are strongly recommended for children
 Fee: please refer to Daily Admittance Rates

Shinny Hockey:

Helmets and gloves are required for 13 and under.
 Use of helmets and gloves are strongly recommended for all participants. 14+ Slap shots are not permitted.
 Any person not adhering to the rules may be asked to leave.
 Please pay for Shinny Hockey at the Front Desk.
 Fee: Please refer to Daily Admittance Rates

JUST ASK US...

DO YOU HAVE FACILITIES TO RENT OUT FOR MEETINGS, SOCIALS, COURSES, WEDDINGS, GARAGE SALES OR FUNERALS?

MEETING ROOMS

IFK and 52 Canadians Meeting Room, Conference Room

	Resident	Non-Resident
Meeting	17.00	21.25
Daily Rate	56.50	70.50
East End Hall		
Base Rate	84.00	105.00
Social	183.75	230.00
MSC Auditorium		
Base Rate	178.25	223.00
Hourly	39.50	50.00
Social/ Wedding	390.50	488.00

ARE MEMBERSHIPS REFUNDABLE OR TRANSFERABLE?

Memberships are not transferable. Membership is refundable but a \$10 administration charge is applied and the fee goes back to the monthly membership rate.

CAN I USE MY MEMBERSHIP AT OTHER FACILITIES?

We belong to the IPFA, which entitles use at other facilities as long as they are members also. Stop by the front desk to check who is eligible.

WHAT DO WE HAVE TO OFFER

- Municipally operated facility
- 1,6 and 12 month memberships no initiation fee
- 25 metre pool
- Red Cross & Lifesaving Swim Lessons
- Aquafitness & Aquatherapy Programs
- Fitness Classes
- 2 International Squash Courts
- Personal Training
- 2 Arena Surfaces
- IPFA Members - may use membership at other Fitness Centres worldwide
- Weight-room, Free weights, Olympic Gym, Nautilus Equipment
- Cardio-room - 3 Treadmills, 1 Elliptical, 4 Upright Bikes, 2 steppers
- 1 Walking track (around arena)
- 2 meeting rooms
- Auditorium

HOW CAN I REGISTER?

You may register in person Monday, December 7, 2009 starting at 6 a.m. Starting Tuesday, December 8, 2009 we will accept phone-ins, mail-ins or fax-ins all with payment



MISSION

Kidsport™ believes that sport should be accessible to all, and that no child should be denied the benefits of participating in sport.

KIDSPORT - FORT FRANCES

The local chapter will help families requiring assistance with sport registration fees and/or equipment grants. The number of local families assisted is dependent on monies raised for the local chapter.

HOW TO APPLY

1. Print off an application at <http://sports.fort-frances.com> or pick up an application at any of the following locations: Memorial Sports Centre, Rainy River District Social Services Board, Northwestern Health Unit, Ontario Early Years Centre or Family and Children Services.
2. Drop off your completed application at the Northwestern Health Unit, 396 Scott St., Fort Frances, ON
3. Applications must be received at least 1 week before sport registration is required.

MORE INFORMATION

Please call 807-274-9827 or email: fortfrances@kidsport.on.ca

Your Message here...

Family and Children's Services
of the District of Rainy River

www.facsrr.ca

To get a message on the Family and Children's Services of the District of Rainy River Electronic Message Board call 274-7787 ext 0 or send an e-mail to information@facsrr.ca

Please make the message short as possible.

CHRISTMAS SCHEDULE

December 20 - January 2

POOL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	20	21	22	23	24	25	26
	12:00-2:00 pm Family Swim	6:15-9:00 am Adult Swim	6:00-9:00 am Adult Swim	6:15-9:00 am Adult Swim	6:15-9:00 am Adult Swim	Merry Christmas Facility CLOSED	Boxing Day Facility CLOSED
	6:00-8:00 pm Public Swim	9:30-10:30 pm Preschool Swim/ Special Needs	10:00-11:30 pm Toonie Swim	9:30-10:30 pm Family Swim	9:30-10:30 am Family Swim		
	8:00-9:30 pm Adult Swim	12:00-1:00 pm Lunch Lengths	12:00-1:00 pm Lunch Lengths	12:00-1:00 pm Lunch Lengths	12:00-1:00 pm Lunch Lengths		
		12:00-1:00 pm Lunch Lengths	6:00-8:00 pm Toonie Swim	1:30-3:30 pm Toonie Swim		Facility CLOSED at 2:00 pm	
		1:30-3:30 pm Toonie Swim	8:00-9:30 pm Adult Swim	8:00-9:30 pm Adult Swim			
		8:30-9:30 pm Adult Swim					
	27	28	29	30	31	1	2
	12:00-2:00 pm Family Swim	6:15-9:00 am Adult Swim	6:15-9:00 am Adult Swim	6:15-9:00 am Adult Swim	6:15-9:00 am Adult Swim	Happy New Year Facility CLOSED	1:30-2:30 pm MEC Swim
6:00-8:00 pm Public Swim	12:00-1:00 pm Lunch Lengths	9:30-10:30 pm Preschool Swim/ Special Needs	9:30-10:30 pm Family Swim	9:30-10:30 am Family Swim		2:30-4:30 pm Toonie Swim	
8:00-9:30pm Adult Swim	1:30-3:30 pm Toonie Swim	12:00-1:00 pm Lunch Lengths	12:00-1:00 pm Lunch Lengths	12:00-1:00 pm Lunch Lengths		4:30-6:00 pm Family Swim	
	6:30-8:00 pm Family Swim	12:00-1:00 pm Lunch Lengths	1:30-3:30 pm Toonie Swim		Facility CLOSED at 2:00 pm	6:00-8:00 pm Public Swim	
	8:00-9:30 pm Adult Swim	1:30-3:30 pm Toonie Swim	8:00-9:30 pm Adult Swim			8:00-9:30 pm Adult Swim	
		8:00-9:30 pm Adult Swim					

RINK CHRISTMAS SCHEDULE WILL BE POSTED
ON WEBSITE DEC. 18, 2009

CHRISTMAS SCHEDULES

WINTER POOL SCHEDULE

EFFECTIVE JANUARY 3 - MARCH 12

WINTER POOL SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Aquafit 6:15-7:00 am	Adult Swim 6:15-9:00 am	Aquafit 6:15-7:00 am	Adult Swim 6:15-9:00 am	Aquafit 6:15-7:00 am	
	Adult Swim 7:15-9:00 am		Adult Swim 7:15-9:00 am		Adult Swim 7:15-9:00 am	Aquanauts 7:00-9:30 am
	Aquafit 9:00-9:45 am MEMBERS ONLY Must Preregister	Aqua Tot Lessons 9:00 - 9:30	Aquafit 9:00-9:45 am MEMBERS ONLY Must Preregister	Pre School Special Needs 9:00-10:00 am	Aquafit 9:00-9:45 am MEMBERS ONLY Must Preregister	Pool Lessons 9:30 - 11:30 am
Aqua Tot Lessons 10:15 - 10:45 am	Aquatherapy 10:00 - 10:45 am	Aqua Tot Lessons 10:00 - 10:30 am	Aquatherapy 10:00 - 10:45 am	Daytime Swim Lessons 10:00 - 11:00 am	Aquatherapy 10:00 - 10:45 am	
Aqua Tot Lessons 11:00 - 11:30 am		Pool Complex Lessons 10:45 - 12:00 pm	Board of Ed Lessons 11:00 - 12:00 pm	Board of Ed Lessons 11:00 - 12:00 pm	Board of Ed Lessons 11:00 - 12:00 pm	
Family Swim 12:00 - 1:45 pm	Lunch Lengths 12:00 - 1:00 pm	Lunch Lengths 12:00 - 1:00 pm	Lunch Lengths 12:00 - 1:00 pm	Lunch Lengths 12:00 - 1:00 pm	Lunch Lengths 12:00 - 1:00 pm	Cyclone Swim Club 11:30 - 1:30 pm
Pool Complex Lessons 2:00 - 4:00 pm		Board of Ed Lessons 1:00 - 3:00 pm	Board of Ed Lessons 1:00 - 3:00 pm	Board of Ed Lessons 1:00 - 3:00 pm	Board of Ed Lessons 1:00 - 3:00 pm	MEC Swim 1:30 -2:30 pm
Advanced Lessons 4:00 - 6:00 pm	Swim Teams 4:00 - 7:00 pm		Swim Teams 4:00 - 6:00 pm	Pool Complex Lessons 4:00 - 6:00 pm	Aquanauts Swim Club 4:00 - 6:00 pm	Toonie Swim 2:30 - 4:30 pm
Public Swim 6:00 - 8:00 pm	Toonie Swim 7:00 - 8:30 pm	Aquanauts Swim Club 6:00 - 8:00 pm	Pool Complex Lessons 6:00 - 8:00 pm	Aquanauts Swim Club 6:00 - 8:00 pm	Public Swim 6:00 - 8:30 pm	Public Swim 6:00 - 8:30 pm
Aquafit 8:00 - 8:45 pm	Adult Swim 8:30 - 9:30 pm	Adult Swim 8:00 - 9:30 pm	Aquafit 8:00 - 8:45 pm	Advanced Lessons 8:00 - 10:00 pm	Adult Swim/ Teen Swim 8:30 - 9:30 pm	Adult Swim 8:30 - 9:30 pm
Adult Swim 8:45 - 9:30 pm			Adult Swim 8:45 - 9:30 pm			

SWIMS CANCELLED

Friday, February 5 (6pm-9:30pm), Saturday, February 6 (9:30am-6pm) and, Sunday, February 7 (8-11am) due to swim meet

LESSON SCHEDULE

LESSONS		ONCE A WEEK				DAYTIME	
DESCRIPTION & COST	DATE	SUNDAY Jan 10-Mar. 7 No Class Feb 7	WEDNESDAY Jan. 13-Mar. 3	THURSDAY Jan. 14-Mar. 4	SATURDAY Jan. 9-Mar. 6 No Class Feb 6	TUESDAY Jan. 12-Mar. 2	THURSDAY Jan. 14-Mar. 4
SALAMANDER (30 mins) 3-5 years. Front & back floats, glides, roll overs, distance swim 2M \$60.00 Resident, \$71.75 Non-Resident		2:40 pm 3:15 pm	6:00 pm	4:00 pm 5:20 pm	10:15 am 10:50 am	10:45 am	
SUNFISH (30 mins) 3-5 years. Front & back glides 1M, side glides, kicking drills with aid 5M, deep end floats, distance swim 5M \$60.00 Resident, \$71.75 Non-Resident		3:25 pm		4:45 pm	10:50 am	11:15 am	
CROCODILE (combined with whale) (30 mins) 3-5 years. Front & back glides 2M, front & back swim 5M, kicking drills with aid 10M, deep water activities, distance swim 10M \$60.00 Resident, \$71.75 Non-Resident		2:00 pm					
WHALE (combined with crocodile) (30 mins) 3-5 years. Glides with kick 5M, front & back swim 7M surface support 20 seconds, distance swim 2X10M \$60.00 Resident, \$71.75 Non-Resident		2:40 pm					
SWIM KIDS 1 (30 mins) 6+ years. Submersion, unassisted front & back floats & glides, kicking drills 10M (assisted), distance swim 5M \$60.00 Resident, \$71.75 Non-Resident				4:00 pm	9:30 am		
SWIM KIDS 2 (30 mins) 6+ years. Front/back/side glides 5M, kicking drills 15M (assisted) deep water activities, distance swim 10M \$60.00 Resident, \$71.75 Non-Resident					9:30 pm		
SWIM KIDS 3 (30 mins) 6+ years. Front/back glides 10M, deep end floats, surface support 20 seconds, front crawl 5M, distance swim 15M \$60.00 Resident, \$71.75 Non-Resident		2:50 pm	6:00 pm				
SWIM KIDS 4 (30 mins) 6+ years. Surface support 45 seconds, front crawl 10M, distance swim 25M \$60.00 Resident, \$71.75 Non-Resident		2:00 pm		4:45 pm			
SWIM KIDS 5 (45 mins) 6+ years. Front & back crawl, whip kick, tread water 1 min, distance swim 50M, dive \$60.00 Resident, \$71.75 Non-Resident			6:00 pm				
SWIM KIDS 6 (45 mins) 6+ years. Front & back crawl 25M, EBS, distance swim 75M \$60.00 Resident, \$71.75 Non-Resident		2:00 pm					
SWIM KIDS 7 (45 mins) 6+ years. Front & back crawl 50M, EBS, whip kick on front, eggbeater, distance swim 150M \$60.00 Resident, \$71.75 Non-Resident			6:45 pm				
SWIM KIDS 8 (45 mins) 6+ years. Front & back crawl 75M, EBS, breast stroke, stride entry, eggbeater, distance swim 300M \$60.00 Resident, \$71.75 Non-Resident			7:15 pm				
SWIM KIDS 9/ROOKIE (60 mins) 6+ years. Front & back crawl 100M, EBSS, breast stroke, surface dives, distance swim 400M \$68.00 Resident, \$81.60 Non-Resident				4:45 pm			
SWIM KIDS 10/RANGER (60 mins) 6+ years. Front & back crawl 100M, EBS, breast stroke, side stroke, distance swim 500M \$68.00 Resident, \$81.60 Non-Resident			6:45 pm				
Star \$60.75 Resident, \$76.00 Non-Resident		4:15 pm					
PRIVATEs (30 mins) \$148.50 Resident, \$175.50 Non-Resident		3:30 pm	6:45 pm 7:30 pm	4:00 pm 5:20 pm	9:30 am 10:10 am 10:15 am 10:45 am	11:15 am	10:15 am

LESSON SCHEDULE

POOL PROGRAMS

RED CROSS PRESCHOOLS

Preschool is a rewarding water experience for adults with young children. It introduces infants and toddlers to the joys of water activity while developing basic skills, and teaches parents/ caregivers how to ensure safety at all times.

STARFISH - Holding head up to 18 months old. The goal of this orientation to water class is to experience buoyancy, movement, entries and songs and play in water.

DUCK - 18 to 30 months. Toddlers build confidence while enjoying the water through games, songs and active water play.

SEA TURTLE - 30 to 36 months. This level develops skills in swimming, glides and floating.

SALAMANDER - 3 and up. This class enables the children not quite ready to begin swim lessons without mom/dad a chance to experience before beginning the program alone.

Do we wear diapers in the water?

No they are not allowed in the pool. You can wear a plastic pant or a swim pant.

COST \$60.00 Resident
\$71.75 Non-Resident

CLASSES OFFERED THIS SESSION

Duck/Sea Turtle	Starfish
Sundays	Sundays
10:15-10:45 am	11:00-11:30 am
Jan. 10 - Mar. 7	Jan. 10 - Mar. 7
Tuesdays*	Tuesdays*
9:00-9:30 am	10:15 - 10:45 pm
Jan. 12 - Mar. 2	Jan. 12 - Mar. 2

STROKE 1

Participants will focus on refining front crawl, back crawl, whip kick and endurance. Please bring previous report cards.

COURSE DATES

Sundays 4:00 - 4:30 p.m

PREREQUISITES

Must have taken Level four or higher

STROKE 2

Participants will focus on refining breaststroke, elementary backstroke and endurance swim. Please bring previous report cards.

PREREQUISITES

Must have taken Level four or higher

COURSE DATES

Sundays 4:30 - 5:00 p.m

Session #1 Jan 10 - Jan 31

Session #2 Feb 14 - Mar 7

COST \$30.00 Resident
\$36.00 Non-Resident

POOL PROGRAMS

JUNIOR LIFEGUARD CLUB

Personal-best challenges: The JLC focuses on fun and developing skills using personal-bests to determine achievement - you don't compete against anyone else but yourself. You can get better at your swimming skills, lifesaving skills, fitness, leadership and teamwork skills.

Lots of recognition: No one "fails" in the Jr. Lifeguard Club. Effort and success are recognized with Recognition Seals when you meet personal goals, and set personal-bests.

Friends & Family members can join together even if they are of different ages and abilities. The Junior Lifeguard Club is designed for a serious purpose but the process is pure fun.

There is no "test sheet" in the Jr. Lifeguard Club. Every club member gets on Official Junior Lifeguard Club **Waterlog** in which to record achievements and keep Recognition and Award Seals.

What is it?

- It is the on-ramp to lifeguarding
- And alternative to the higher levels of swimming lessons
- Children learn about attitudes and skills that could one day save a life - their life - or someone else's

Who should join:

- Those interested in becoming a lifeguard or just looking for an alternative to swimming lessons

Those who want to learn lifesaving and first aid skills

Club Dates

8 -13 years old

Monday Jan. 10 - Mar 7

5:00 - 5:45 pm

BRONZE STAR

Bronze star is the pre-BRONZE Medallion training standard and excellent preparation for success in Bronze Medallion.

Participants work on problem solving, decision-making skills and develop water smart confidence.

They learn CPR and the lifesaving skills. Candidates who hold a Bronze Star may proceed directly to Bronze Medallion regardless of their age.

This award is a definite asset for those who have not yet reached the minimum age for Bronze Medallion.

COURSE DATES

Sundays 4:00 - 5:30 p.m

January 10 - March 7

PREREQUISITES

Aquaquest 12 or Star Patrol

COST \$76.00 Resident

\$95.00 Non-Resident

FITNESS CLASS DESCRIPTIONS

AQUAFITNESS - Is an excellent cross training activity with little or no impact. It is as taxing to the muscles and cardiovascular system as land based aerobics class from a calorie expenditure point of view. It provides balanced training of muscles which reduces the chance of injury. In the water, the harder work, the more resistance you feel.

AQUATHERAPY - A program designed for people who have undergone surgery or have medical problems affecting their muscles or joints. Non weight bearing exercises that isolate and strengthen the injured part. This program improves flexibility and increases range of motion, making daily living activities easier to accomplish.

TOTAL TONING - This class focuses on toning and strengthening the entire body. In this class you will use resistance tubing, hand weights, stability balls, and core conditioning exercises for an all around total body workout that ends with a rejuvenating stretch. Come experience the benefits this class has to offer.

WALK & TONE - If you enjoy Walking & Toning, you will love this class. In this class you will use resistance tubing, hand weights, body weight and the great outdoors for an all round total body workout that ends with a rejuvenating stretch.

WOW CIRCUIT TRAINING - This 45 min. class gives you an "all in one" workout, incorporating cardiovascular and strength training stations like dumbbells, jump ropes, adjustable weights, stability and medicine balls, etc. for a total body strength and cardiovascular workout.

YOGA - This class focuses on training the mind and body with emphasis on core strength exercises. The benefits of this class include: improved flexibility, stress reduction, relaxation as well as giving you a gentle workout.

BODY FLOW - is the yoga, tai chi workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

STEP - A great cardio workout emphasizing fun step patterns on an adjustable platform.

BUTZ, GUTZ & MORE - This 45 min workout leads you through a series of strength and cardio exercises. This class is designed to challenge your strength and endurance while burning lots of calories.

FITNESS CLASSES

AQUATIC FITNESS-JAN. 4 - MAR. 12

No class Feb. 15

Monday	Tuesday	Wednesday	Thursday	Friday
Eye Opener Aquafitness 6:15-7:00 am		Eye Opener Aquafitness 6:15-7:00 am		Eye Opener Aquafitness 6:15-7:00 am
Aquafitness 9:00-9:45 am Members only		Aquafitness 9:00-9:45 am Members only		Aquafitness 9:00-9:45 am Members only
Aquatherapy 10:00-10:45 am		Aquatherapy 10:00-10:45 am		Aquatherapy 10:00-10:45 am
			Aquafitness 3:00-3:45 pm	
	Aquafitness 5:00-5:45 pm			
Aquafitness 8:00-8:45 pm		Aquafitness 8:00-8:45 pm		

3 times a week programs Eye opener, Aquatherapy	Seniors	\$150.00 Resident \$120.00 Resident	\$187.50 Non-Resident \$150.50 Non-Resident
1 time a week programs 3:00 pm, 5:00 pm, 8:00 pm	Seniors	\$50.00 Resident \$40.00 Resident	\$62.50 Non-Resident \$50.00 Non-Resident

LAND FITNESS-JAN. 4 - MAR. 12

No class Feb. 15

Monday	Tuesday	Wednesday	Thursday	Friday
	WOW Circuit Training 6:15-7:00 am		WOW Circuit Training 6:15-7:00 am	
	Total Toning 10:00-10:45 am		Body Flow 10:00-10:45 am	
		Yoga 12:10-12:50 pm		
Yoga 2:10 - 2:55 pm				
Step 5:15-6:00 pm	Butz, Gutz & More 5:30 - 6:15 pm Starting Jan. 26	Total Toning 5:15-6:00 pm	Butz, Gutz & More 5:30 - 6:15 pm Starting Jan. 28	
	Yoga 6:30-7:30 pm		Yoga 6:30-7:30 pm	

TOTAL TONING MARCH 9 & BODY FLOW THURS. MARCH 11 WILL BE CANCELLED

Twice a week programs WOW Circuit Training, Yoga (6:30),	Seniors	\$95.00 Resident \$85.60 Resident	\$103.00 Non-Resident \$92.80 Non-Resident
Once a week programs Total Toning, Body Flow, Yoga, Step	Seniors	\$47.50 Resident \$42.80 Resident	\$51.50 Non-Resident \$46.40 Non-Resident
Monday Classes Yoga & Step	Seniors	\$42.75 Resident \$38.52 Resident	\$46.35 Non-Resident \$41.75 Non-Resident
Butz, Gutz & More Starting Jan. 26	Seniors	\$66.50 Resident \$60.00 Resident	\$72.10 Non-Resident \$65.00 Non-Resident

AFTER SCHOOL PROGRAM



For many parents and guardians, their children's school day is often shorter than their work day. So how can you make sure your children are well looked after even when they're not in school? The Memorial Sports Centre has the answer!

THE MEMORIAL SPORTS CENTRE HAS DEVELOPED AN INNOVATIVE & SAFE AFTER-SCHOOL RECREATION CARE FOR CHILDREN GRADES 1-8

Under the supervision of trained, caring recreation staff, this program will offer children the opportunities to make new friends, outdoor play, special events, participate in creative, sports/physical activities and social interactions.

GENERAL PROGRAM INFORMATION

DAYS:	Monday-Friday	
TIME:	School Dismissal – 6:15 p.m.	
DATES:	January 4, 2010 – March 12, 2010	
FEE:	\$200.00 for 10 wk program	add. child \$195.00
	OR \$25.00 per week	add. child \$22.00

Fee Subsidies: Subsidies may be available to those who qualify.
Please contact: **Megan Ross @ 274-4561 if you require more information.**

Walking escort from school may be provided at some locations.
Please contact Megan Ross @ 274-4561 if you require more information.

CONTACTS

BORDER SKATING CLUB

PENNY MCCOMB 274-3836

NICOLE KATONA-CAMPBELL 274-1328

borderskatingclub@yahoo.ca

WOMEN'S/GIRLS HOCKEY

CARLA PENNER..... 274-1558

TRACEY CORAN..... 274-9379

www.ffgha.ca

MINOR HOCKEY

WAYNE STRACHAN 274-4383

www.fortfranceshockey.com

CYCLONES

DEBBIE MURRAY 274-6374

BADMINTON CLUB

MANAMI ALEXANDER 274-3786

FFAST

DAWNN TAYLOR 274-2008

If you are a sports organization that would like your name added to this list next time, please contact Leana at 274-4561.

REGISTRATION INFORMATION

Registration begins **Monday, December 7, 2009 at 6:00 a.m.** at the Memorial Sports Centre. Registration will not be accepted before this time. Mail-ins are welcome to the: Memorial Sports Centre, 740 Scott St., Fort Frances, ON P9A 1H8. Tuesday, December 8, 2009 we will accept phone-ins or fax-ins with payment. No post-dated cheques will be accepted

CLASS SIZE AND POLICIES: The Community Services Division reserves the right to withdraw, postpone, cancel or combine classes and limit registration. Class sizes are limited and are offered on a first come, first served basis.

REFUNDS: Refunds are allowed prior to the program starting with a \$10.00 administration charge. Once classes start refunds are permitted with a Doctor's note. There will be a \$10.00 administration charge and pro-rated.



FOR MORE INFORMATION PLEASE 274-4561 OR CHECK OUT OUR WEBSITE www.fort-frances.com/sportscentre