

Recreation Department

Donna Watts – Director of Recreation and Wellness
donna@whereyoubelong.ca

Robyn Yates – Recreation Assistant
recreation@whereyoubelong.ca

388-4600 ext 110 or 388-4078

Niverville Recreation

Box 1269

Niverville, MB

ROA 1E0



www.NivervilleRecreation.com

REGISTRATION FORM

Please fill out this form to register for any of the programs listed in this brochure or registration can be done via e-mail or phone

Name: _____

Phone # / email address: _____

Classes / Courses: _____

Amount Enclosed: _____

*please make cheques payable to the Town of Niverville. Payment is due upon registration in order to hold your spot in class.

REFUND AND CANCELLATION POLICY: A minimum number of participants is required to hold classes. When registration is below the minimum, the Recreation and Wellness Commission reserves the right to cancel the program with participants receiving full refund or credit. It is highly recommended that you pre-register as early as possible to avoid programs being cancelled due to lack of enrolment. **All other refunds will have a minimum \$10 processing charge** per cancellation requested. Refund requests must be completed at least one week prior to the start date of the class.



Spring 2012 Recreation Guide

FAMILY FUN DAY IN THE PARK

Saturday, July 7th at Hespeler Park

REC & WELLNESS SHOWCASE AND FALL REGISTRATION

Wednesday September 12th

www.NivervilleRecreation.com



Spring Break Fun!

Games and Art with Artful Owl

Instructors: Niverville Recreation (morning) and Artful Owl (afternoon)

Come to the arena for a day of fun during spring break! In the morning we will have all sorts of fun games to play. After lunch, instructors from Artful Owl will come out and hold a workshop exploring art of the Ancient Worlds including...

- Pre-Historic Cave drawings and Paintings
- Ancient Greek Parthenon Building
- Parthenon Marble Statue Building
- Egyptian Tomb Paintings

All supplies will be provided. We ask that each participant bring a peanut free bagged lunch.

***pre-registration and pre-payment required for this class by March 20th**

Date: Monday, March 26th

Time: 9:00am-4:00pm

Location: South End of Arena

Cost: \$60/person

ZUMBA!

Instructor: Miranda Herminiano

What is Zumba? It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health, so come down, try it out and best of all, have some FUN!

Dates: Saturdays, March 3rd -31st

Time: 9-9:45am

Location: Curling Rink Basement

Cost: \$60/person (\$15 drop-in)

ZUMBA!



www.NivervilleRecreation.com

GPS Loan Program



Due to a grant from MB In Motion, the Niverville Recreation and Wellness Commission is excited to announce that we are offering a GPS loan program, where you can borrow a GPS unit to go Geocaching, go on an adventure, or more! Also available are informational books on Geocaching.

What is Geocaching? Geocaching is a real-world, outdoor treasure hunting game using GPS-enabled devices. Participants navigate to a specific set of GPS coordinates and then attempt to find the Geocache (container) hidden at that location. For more information please visit: www.Geocaching.com

In Our Community

Wondering what's available in our community? Visit the recreation and wellness commission website (www.NivervilleRecreation.com) and click on the "In Our Community" tab. There you will find lots of information about different events, groups, sports, parks and more!

Did you know.....

Did you know that Niverville Recreation has many different items that it will lend out to you? From snowshoes to pedometers to fun picnic games...we have it!

Call us at 388-4600 ext 110 or e-mail donna@whereyoubelong.ca for more information!

Mark Your Calendars!

- Niverville Olde Tyme Country FairJune 8, 9
- Family Fun Day in the ParkJuly 7
- Blue Moon Fest.....August 31
- Recreation and Wellness Showcase & Sport Registration...September 12
- Imagine Run.....September 22



Watch www.NivervilleRecreation.com for updates and more info!

Niverville Recreation and Wellness has started up a new project called the Community Volunteer Network. We are working to bring local organizations and event planners that need volunteers together with people from the community who want to volunteer.

If you're interested in volunteering but just don't know where to start...or if you're an organization looking for volunteers...contact us!

For more information call 388-4600 ext 110 or e-mail
recreation@whereyoubelong.ca

Emergency First Aid:

Instructor: Keith Bueckert

All content of this Canadian Red Cross Emergency First Aid course complies with the new techniques for Fall 2011. Certification is valid for a three year period and includes certification on the AED.

Location: Curling Rink Basement

Dates: March 26th Times: 9:00am-4:00pm Cost: \$90.00

Red Cross Babysitters Course

Instructor: Barbara Roy

This course teaches: Safety of Babies, Toddlers, Pre-School and School aged children, also touches base on Rescue breathing; dealing with Emergency Rescue workers and 911 operators, household hazards, disease prevention and more. Cost includes text book, handouts & laminated wallet certificate.

This class is for ages 11-14

Date: April 14th

Time: 9am-4pm

Location: Niverville Arena South End meeting room.

Cost per participant: \$50.00

Glass Mosaics

Instructor: Gail Penner

In this class, the student will create a mosaic (approximately 8 X 10 or 9 X 9 inches) using stained glass. At the end of the class, the mosaic will be ready to hang on a wall. All materials are supplied, unless you want something special.

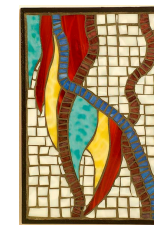


Dates: Thursdays April 5-19

Time: 6:30-9:30pm

Location: South End of Arena

Cost: \$90/person



Meet your Creativity

Instructor: Kim Polten

This class caters to finding your creativity in a combination of mediums, and will encompass both visual and literary art. It is designed to be a no stress, no wrong way of creating. It will help you think outside the box, and find a new way to view things. There will be a project completed each evening as well as a "lecture/discussion", but no critique.

Dates: Tuesdays April 3 - May 8

Time: 7-9pm

Location: South End of Arena

Cost: \$95/person



Summer Camps are Coming!

We have already begun planning our 2012 Summer Camps!

August 20th – 24th British Soccer Camp

Keep your eyes on our website for more camps as they are added!



Tyson Teen Camp – Let Your Light Shine

Instructor: Brooke Sawatzky

This is a program developed for teens and pre-teens to help girls see their value and worth, and help them to make decisions from a place of strength. 1/2 the time is used for working out and the other half is used to build self worth and get the girls talking. We cover topics ranging from media, to conflict resolution to choosing good friends.

Dates: Thursdays March 1-April 12 (No class March 15th)

Time: 4:00-5:00

Location: Arena – South End

Price: \$50

Music For Young Children

Instructor: Laura Visser

Music Time is an exciting and innovative pre-school music program for children two to four years old. Children receive instruction in singing, rhythm, and ear training. This specially developed music curriculum includes stories, songs and games. Ages 2-4

Dates: Wednesdays April 11 – June 13 (10 weeks)

Cost: \$120.

Time: 10am. Runs for approximately 45 minutes

Location: South End of Arena



Spring Sports Registration

Youth Baseball registration will be held

Wednesday, March 7th at the Curling Club from 7:00-9:00pm

Youth Soccer Registration will be held

Thursday, March 8th at the Curling Club from 6:30-8:30pm

Flag Rugby Registration will be held

Wednesday March 7th, and Thursday March 8th

At the Curling Club from 7:00-9:00pm



Cooking Classes



Time: 6:30-8:30pm

Location: John Henry's (290 Main Street)

Cost: \$15/person

***pre-registration and pre-payment required**

Tapas Party – Wednesday March 21st

Instructors: Brian Hildebrand and Cheri Downey

Tapas are snacks, canapés or finger food that originated in Spain. Tapas come in many different forms. Come to this class and learn more about tapas and best of all...try them!

Cooking With Wine – Thursday April 19th

Instructor: Susan Watson

Menu: Starter: Arugula with pomegranate port vinaigrette. Main & side dish: Pork loin with a savoury sauvignon blanc apples & onion sauce, and sautéed Dijon wine vegetables. Desert: Late harvest Riesling sorbet with berries.

Cooking With Wild Rice – Thursday May 17th

Instructor: Susan Watson

Learn to make great dishes like classic creamy wild rice soup and gourmet wild rice burgers. Full menu TBA.

Cooking with Yogurt – Thursday June 21st

Instructor: Susan Watson

How to make and use great tasting homemade yogurt in your everyday cooking. Full menu TBA.

Food Frauds – Food Myths That Keep Us Fat

Instructor: Susan Watson

Learn to dispel popular food and nutrition myths. Truths and facts will be provided by a registered dietitian, your food and nutrition expert. Escape the forbidden-food mentality and allow yourself some leeway and learn to enjoy food again! **Cost: FREE**

Monday, March 12th, 7-8pm at the South End of the Arena



Sunrise Yoga: Tuesday mornings 6-7am

Spring Session: March 6-April 24 (8 classes for \$90)

The Perfect way to start your day! A 60-minute class that will energize your body and mind. We begin with warming sun salutations; continue with strengthening standing poses and some lovely stretches and then a few moments of stillness leaving you more prepared to tackle whatever the rest of your day has in store for you.

Evening Yoga Class: Monday evenings 8-9:30pm

Spring Session: March 5-April 30 (9 classes for \$100)

A 90-minute class that includes challenging and fun vinyasa flow sequences that will strengthen and tone your body, standing and balancing poses that will improve your posture and increase body awareness, some stretching to increase your flexibility and ends with a few moments in stillness to quiet your mind and reduce tension and stress. A lovely way to end the day.

Mom and Baby Yoga: Tuesday mornings 10:00-11:00

**Spring Session: February 28-March 20 (4 classes for \$50)
April 3 to April 24 (4 classes \$50)**

A 60-minute class geared for mothers at least 4 weeks postpartum (or 6 weeks post cesarean) and babies one month to pre-crawling (or not crawling too fast!) This class is all about taking time to move, stretch and tone your post-pregnancy body while meeting other new mothers in a non-stressful environment. Babies love yoga too! Parents will learn baby yoga moves as well as infant massage techniques that can help the babies be calmer and sleep better. What could be better than that?

Participants without babies welcome as well!

*******Sign up for both sessions and SAVE \$10!*******

Lunch Hour Yoga: Tuesday afternoon 12:10-12:50

**Spring Session: February 28-March 20 (4 classes for \$40)
Location: Heritage Centre Link**

Join us for a mid-day stretch! Office workers and students alike will benefit from this short 40-minute lunch hour class that gets them out of the office/school and away from their desks. This class will focus on movement and stretches most beneficial to the “desk jockey” and leave them feeling refreshed and energized

Drop ins welcome for all Yoga Classes for \$15/class.



Making Maple Syrup “For Fun or Profit”

Instructor: Ken Fosty

The sap is flowing. Do you have a maple or birch tree on your property? Learn how to make your own syrup from local Manitoba maple and birch trees. Hands-on demonstration will include tree identification and selection, tapping the tree, boiling off the sap, bottling, storing the syrup and how-to instructions. Enjoy making your own “sweet treat”. Manitoba Maple Syrup - A Taste of Manitoba. Taps will be available for sale following the hands-on presentation.

Date: Tuesday, March 27th

Time: 7:00-8:00pm

Location: Curling Rink Basement

Cost: \$20/person



Growing Mushrooms at Home

Instructor: Ken Fosty

Learn to grow specialty mushrooms in your backyard. Do you have access to oak or poplar branches? Learn how to ‘plant’ the mushroom spawn and grow your own Shiitake and Oyster mushrooms on oak or poplar logs. Hands-on demonstration will show how to inoculate the logs with mushroom spawn. A biological process you’ll love – growing your own mushrooms backyard style. *Mushroom Grow Kits will be available for sale following the hands-on presentation.*

Date: Monday, April 30th

Time: 7:00-8:00pm

Location: Curling Rink Basement

Cost: \$20/person



Photography Course

Getting Past Auto on your Digital SLR Camera



Instructor: Wade Kehler

You've purchased your DSLR camera and have had fun taking shots of family members, pets, and scenery – all in AUTO mode – but now want to take your camera to the next level. This is the course for you. During the four weeks we will cover a number of different functions on your DSLR. Here are some of the topics that will be covered:

- What format to use – JPEG or RAW
- Exposure Controls – SHUTTER and APERTURE
- APERTURE PRIORITY mode
- SHUTTER PRIORITY mode
- MANUAL mode
- Controlling DEPTH OF FIELD (focussed subject –blurred background)
- Composition of images
- Controlling sharpness
- What is White Balance
- Using a flash
- Night photography

During the class time we will be visiting each of these topics and looking at examples that can be created by your cameras. You will also be given a weekly assignment that allows you to practice what you have learned and then bring back photos to show the rest of the class.

What you will need:

- A digital SLR camera
- Your camera instruction manual
- Bring a pen and paper for notes
- A desire to learn more about photography

This is a 4 week Course running on Tuesdays, April 3rd – 24th

Location: Curling Club

Time: 7-9pm

Cost: \$110

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Empowering Mommies!

Body, Baby, Beauty, Fit for Mind, Soul, Life

**Boot Camp
for Moms!**

Instructor: Sarah Duval

Whether you are a new mother or your children are older, it doesn't really matter.

If you want to get rid of the excess weight gained during pregnancy and just can't seem to get it off, I have a fun, easy solution for you.

Bring your baby and/or the kids along in his/her stroller and get a great workout simultaneously. We will target your butt 'n gut, those pesky post-pregnancy areas you want to tone-up. You only need a good pair of shoes, H2O, a yoga mat and 2-10lb weights as well as some motivation (women without strollers or children are welcome too).

Dates: Mondays and Wednesdays February 27th to April 9th

Following session - April 16th to May 23rd (in Arena)

Time: 6:30-7:30pm

Location: Curling Rink Basement

Cost: \$131.25 (drop in rate \$15.75/class)

Dates: Tuesday and Thursday February 28th to April 5th

Following Session - April 17th to May 24th

Time: 10:00-11:00am

Location: Arena – South End

Cost: \$131.25 (drop in rate \$15.75/class)

For more information visit <http://www.bootcamp4moms.com> or contact the instructor, Sarah Duval (TrainerSarahDuval@gmail.com)

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