

FREE SKATING PROGRAMS

ADULT/PRE-SCHOOL/SENIOR:

Civic Centre: Wednesdays: 1:15-2:15 pm
January 4-March 28

Don Ross Arena: Thursday 1:30-2:30 pm
January 5-March 29

PUBLIC SKATING: ALL AGES:

Civic Centre: Monday Evenings: 7:00-8:15 pm

DROP IN SHINNY:

Saturday evenings at the Agriplex Arena:

7:45-9:30 pm - skates, helmet and gloves must be worn. (note: no shinny Jan 21, Feb 4)

50+ Senior Drop-in Shinny program every Wednesday from 2:30 pm-3:30 pm at the Civic Centre

All Public Skating programs are **FREE** thanks to the generous sponsorship of the following service clubs:

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

FACILITIES:

OUTDOOR ICE SURFACES

Lighted: • École Monseigneur Blais Morand School
• Connaught Community School
• St Mary Community School

Non-Lighted: • Fairview • Kildeer Dr
• Riverview • Civic Centre

CROSS COUNTRY SKIING

The following trails are groomed:

- Finlayson Island • Centennial Park
- Holy Family School • North Shore Trail

TOBOGGAN HILLS:

- Fairview Park Hill • Don Ross Hill
(Lighting provided by the NB Lions Club)

GALLERIES

ALLEN SAPP GALLERY

THE GONOR COLLECTION

Since 1989 the Allen Sapp Gallery has been North Battleford's cultural flagship. Housed in the city's beautiful Carnegie Library building, the award-winning gallery attracts people from around the world who are passionate about art, First Nations culture and the simple beauties of rural life.

PEH MITCHISOOK – Come and Eat

This exhibition combines the wonderful art of Allen Sapp and food displays to examine traditional hunting, gathering, preparing and enjoying of food of the First Nations people. The food displays are by Daphie Pooyak. The exhibition is on display from November 2011 to May 2012, Wednesday to Sunday 12 pm to 4 pm.

Healing Garden

The Allen Sapp Gallery is creating a "living space" behind the gallery. The Healing Garden vision is to build this garden with the helping hands of the community and it would not be possible without all the energy, creativity, and inspiration that the community has already brought to this project. The Healing Garden is possible with the generous support of our partners: the Allen Sapp Gallery, The Evergreen Fund, The City of North Battleford, and Living Sky School Division.

For more information please contact Kjelti Anderson at 445-1760.

#1 Railway Avenue East
North Battleford SK S9A 2Y6, 445-1760

For information on tours and interpretive programs, ask for Roseanne Smith or email her at sapp4@accesscomm.ca

CHAPEL GALLERY

The Chapel Gallery is a public gallery with special emphasis on contemporary and regional art. With a focus on current artistic practices in all media, the Chapel Gallery is a centre for artists in the community.

Campbell Tinning: Newfoundland 1949

January 1-February 28, 2012

Bonaventure Lions Club Annual Art Auction Exhibition

March 7-9, 2012

Artless Fabrications: Carol Schmolz

March 1-6, and 10-25, 2012

Mind the Gap

April 1-June 3, 2012

890 - 99 St., Don Ross Centre, door #1
North Battleford SK, S9A 2Y6, 445-1757



Winter 2012 Recreation Programs

REGISTRATION BEGINS WEDNESDAY DECEMBER 14TH 2011 at 9:00 AM

Register for classes at City Hall (cheque or cash) or the Don Ross Centre (cheque, cash or credit card) or by calling: **445-1755 or 445-1740**

Fitness Program

Classes will not be held February 20-24

GENTLE YOGA

Stretch, tone, and relax while blending balance, strength and flexibility. Breathe. Please wear comfortable clothes, bring two towels and a blanket to class.

DATE: Wednesdays January 18-March 28, 2012 (10 wks)

TIME: 2:00 to 3:30 pm

LOCATION: Logie Hall (3rd Ave United Church)

COST: \$50.00 +GST = \$52.50

FIT 4 BABY (Pre-Natal)

Using safe, effective exercises, this class will help you feel good about your changing body and prepare both you and your baby for child birth. Participants must have approval from their Health Care Provider. (Doctor, midwife, etc)

DATE: Thursdays

Set 1 - January 19-February 16, 2012

Set 2 - March 1-29, 2012

TIME: 7:30-8:30 pm (5 wks)

LOCATION: DRC Upper Mezz **MIN/MAX:** 8/20

COST: \$40.00 + GST = \$42.00

ZUMBA® PM

ZUMBA® is a blend of exercises and dance moves to Latin and modern music. Ashley will help you improve your overall fitness level (Cardio, fat burning and toning) with this FUN, exhilarating, and effective class.

DATE: Mondays January 16-March 26

TIME: 6:45-7:45 pm (10 wks)

LOCATION: DRC Upper Mezz **MIN/MAX:** 12/20

COST: \$80.00 +GST = \$84.00

BODY BLAST

This class combines stretching, strengthening and cardio, while emphasizing proper technique. Using low impact moves to shape and tone the body, participants will utilize weights, balance balls and bands.

DATE: Wednesdays January 18-March 28 (10 wks)

TIME: 5:30-6:30 pm (workout time 45 min)

LOCATION: DRC Upper Mezz **MIN/MAX:** 12/20

COST: \$60.00 + GST = \$63.00

MOMMY AND ME

Post Natal Fitness

This class is aimed at new moms, 6 weeks post delivery. An introduction to cardio and toning will assist moms in a work out routine and help get that pre-baby body back.

Babies, and toddlers are welcome.

Wear work out, or comfortable clothing and runners.

DATE: Wednesdays

Set 1 - January 25-February 15, 2012

Set 2 - March 7-28, 2012

TIME: 9:30-10:30 am (4 wks)

LOCATION: Rm 107 DRC **MIN/MAX:** 8/20

COST: \$32.00 + GST = \$33.60

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



North
Battleford

www.cityofnb.ca
445-1755/445-1740

www.cityofnb.ca

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. Please wear comfortable clothing, and bring a blanket to class.

DATE: Mondays January 23-March 26, 2012 (9 wks)

TIME: 5:00 pm

DATE: Wednesdays January 25-March 28, 2012 (9 wks)

TIME: 5:30 pm or 7:00 pm

DATE: Fridays January 27-March 30, 2012 (9 wks)

TIME: 5:30 pm

LOCATION: Third Avenue United Church (Logie Hall)

COST: \$54.00 + GST = \$56.70 **MIN/MAX:** 12/20

Drop in \$8.00 (please check with the instructor for availability)

GROUP 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)

DATE: Tuesdays January 10-January 31, 2012 (4 wks)

TIME: 7:00-8:00 pm

LOCATION: Chrysalis Yoga Studio 1262 - 99th St

COST: \$48.00 + GST = \$50.40 **MIN/MAX:** 8/12

* New class begins each month **Drop in:** \$12.00

THE ART OF WINE

Come and experience different wines. Learn to discern what you like about wine and enjoy the current exhibition at the Chapel Gallery.

DATE/TIME: TBA

LOCATION: Chapel Gallery

COST: TBA

Please call 445-1755 for more information

**PLEASE CALL THE
PARKS AND RECREATION OFFICE
445-1755/445-1740
FOR ADDITIONAL INFORMATION ON:
AM ZUMBA®, Men's Yoga, Seniors' Bus trip**

CHILDREN'S DRAWING CLASSES

Learn proportions, playing with color and perspective with Instructor: Ljubica Hardi.

DATE: Wednesdays Jan 18-February 15

TIME: 6:30 pm-7:15 pm **Ages:** 6-9 yrs

LOCATION: DRC Craft Room

COST: \$65.00 No GST

DATE: Wednesdays February 29-March 28

TIME: 6:30 pm-7:15 pm **Ages:** 10-12 yrs

LOCATION: DRC Craft Room

COST: \$65.00 No GST

BABYSITTER TRAINING COURSE

This is a Saskatchewan Safety Course, for children 12 yrs or older. The course includes: basic childcare, fire safety, first aid, and tips on how to be a good babysitter. Certificates will be provided for successful participants.

DATE/TIME: TBA

LOCATION: DRC Rm 103

COST: \$45.00 No GST

ZUMBATOMIC®

Designed exclusively for kids, Zumbatomic classes make getting fit a fun experience. This is a high-energy class packed with great moves and all the music kids love. This class is sure to increase your child's self-confidence, boost their metabolism, and improve their coordination.

DATE: Mondays January 16-March 26

TIME: 5:45-6:30 pm (10 wks) **Ages:** 10-12 yrs

LOCATION: DRC Craft room **MIN/MAX:** 12/20

COST: \$70.00 No GST

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

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

www.cityofnb.ca

To register call 445-1755 or 445-1740

www.cityofnb.ca

FOR INFORMATION ON UPCOMING WORKSHOPS, BUS TRIPS and NEW CLASSES visit us at: www.cityofnb.ca and click on "playing"

KINSMEN AQUATIC CENTRE

For information on all programs and classes beginning in January 2012 please call 445-1745

BIRTHDAY PARTIES

COST: \$71.00

Includes Hot dogs, Cake, Juice and a Swim (up to 12 people)

Call 445-1745 to book

NEW YEAR'S EVE SWIM

Free public swim at the Kinsmen Aquatic Centre. Children under 6 years old must be with an adult in the water.

DATE: December 31, 2011

TIME: 1:00-3:00 pm

LOCATION: Kinsmen Aquatic Centre

COST: Free

Classes will not be held February 20-24

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

The Parks and Recreation Department in partnership with Lifetime Fitness, Northern Athletic Club, and Battlefords Figures for Women is pleased to offer the **Complimentary Fitness Pass** program. Passes are redeemable for one free visit, and are available at the Parks and Recreation offices and participating partners.

2013 marks the 100th Anniversary of the City of North Battleford.
If you are interested in serving on the organizing committee, please call Siobhan Gormley at the Parks and Recreation office 445-1754

INDOOR PLAYGROUND

The Indoor Playground provides an indoor playspace for children 0-5 years. It is an excellent environment for the children to play and make friends, while the adults have a chance to meet with other parents. This is a free drop in program every Thursday, from January 19-April 26, 2012 from 10:00-11:30 am at the Territorial Drive Alliance Church gym. (Coffee and juice are provided - donations are accepted). For more information please call Rachel at 445-5158 or Judy at 445-5575.



**NO INDOOR PLAYGROUND
STAT HOLIDAYS OR SCHOOL BREAKS.**

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 North
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Parks and Recreation
445-1755

PARKS AND RECREATION
Phone: 445-1755 for class details

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