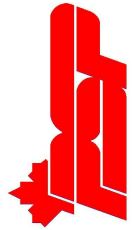


**Winter Schedule
January 9th—April 1st**



	Children & Family Programs	Fitness Pass Classes	Drop-in Adult Recreation Programs	Casual Swim	Lap Swim	Holiday & Special Events
Mondays	1800-1930 Family Gym	1700-1800 Indoor Cycling 1800-1900 Aqua Fit		1630-1900 (Kiddie Pool Only) 1900-2000 (Both Pools)	0630-0730 1100-1300	
Tuesdays	1630-1900 Swimming Lessons 1630-1915 Active Kids	0630-0730 Muscle Boot Camp 1800-1900 Yoga	1930-2100 Indoor Ball Hockey	1900-2000 (Kiddie Pool Only) 2000-2130 (Limited Space)	0630-0730 1100-1300 1500-1600 1900-2000	
Wednesdays	1800-1900 Family Gym	1630-1730 Cardio Craze		1630-1900 (Kiddie Pool Only) 1900-2000 (Both Pools)	0630-0730 1100-1300	December 21st - Movie - A Christmas Story December 28th - Movie - Elf January 4th - Movie - The Santa Clause
Thursdays	1630-1900 Swimming Lessons 1700-1915 Active Kids	0630-0730 Muscle Boot Camp	1900-2100 Squash 1930-2100 Outdoor Ice Hockey	1900-2000 (Kiddie Pool Only) 2000-2130 (Limited Space)	0630-0730 1100-1300 1500-1600 1900-2000	
Fridays		1800-1900 Weight Room Circuit		1630-1800 (Kiddie Pool Only) 1800-2100 (Both Pools)	0630-0730 1100-1300 2100-2145	December 30th - Holiday Jitters January 6th - Holiday Jitters
Saturdays	0900-1200 Swimming Lessons 0915-1130 Active Kids	0930-1030 Muscle Boot Camp		1300-1600 (Both Pools) 1600-1700 (Both Pools)	1600-1700	Birthday Party and Special Event Bookings Available
Sundays		0930-1030 Yoga		1300-1600 (Both Pools) 1600-1700 (Both Pools)	1600-1700	Birthday Party and Special Event Bookings Available Family Fun Days Feb 12 & Mar 11

Personnel Support Programs



Winter 2012

PROGRAM GUIDE

Pre-School, Children, Adult & Family Recreation Programs, Fitness Classes & Aquatics

Community Recreation Reception Desk

833-2500 ext 5139

www.pspwinnipeg.ca

ADULT FITNESS PROGRAMS

\$80 Winter Fitness Pass—Includes unlimited class access
\$8 Drop-in

FREE WEEK!
TRY ALL PROGRAMS FOR FREE!
JAN 9TH TO 15TH

Monday	Ultimate Cycling: Mondays 1700-1800 (Jan 9th—Mar 19) <i>Take an ultimate ride in this all out, anything goes cycling class. Speed zones, hills, intervals, drills and sprints will take your cycling to the next level.</i>
	Aqua Fit: Mondays 1800-1900 (Jan 9—Mar 19) <i>A low impact water work-out class for all ages.</i>
	Muscle Boot Camp: Tuesdays 0630 – 0730 (Jan 10—Mar 20) see also Thurs & Sat <i>This is a fun and fast-paced full body resistance workout using mats, dumbbells, BOSU and other apparatus. The focus is on toning and strengthening abs, butts, thighs and developing upper body strength and endurance. Suitable for all levels.</i>
	Beginner Vinyasa Yoga: Tuesdays 1800-1900 (Jan 10—Mar 20) <i>Increase your body awareness, develop strength, balance and flexibility, and learn to relax and re-energize. An active and flowing yoga class.</i>
	Cardio Craze: Wednesdays 1630-1730 (Jan 11—Mar 21) <i>This Exciting cardio and strength workout is designed to make you sweat! A variety of fitness equipment will be incorporated, and the use of power drills, polymers and agility is sure to get your heart pounding. Complete the workout with some strength and core conditioning for a full body blast.</i>
	Muscle Boot Camp: Thursdays 0630 – 0730 (Jan 11—Mar 21) see Tuesday for description
	Zumba: Thursdays 1645-1745 (Jan 11—Mar 21) <i>A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system.</i>
Tuesday	Pilates: Thursdays 1830-1930 (Jan 11—Mar 21) <i>Pilates will engage your mind and improve posture and body mechanics by increasing core strength.</i>
	Weight Room Circuit: Fridays 1800-1900 (Jan 12—Mar 22) <i>Starting with a dynamic warm up and ending with a good stretch, the instructor will provide a different circuit every week, help you learn the machines, build your confidence using them, and coach you to increase endurance and strength. A great class for beginners and for those more advanced.</i>
Wednesday	Muscle Boot Camp: Saturdays 0930-1030 (Jan 14—Mar 23)— see Tuesday
Thursday	Yoga: Sundays 0930-1030 (Jan 15—Mar 25) <i>A beginner class with more explanation and demonstrations. This workout will challenge your strength, endurance, flexibility, mobility and balance. You should leave the class rejuvenated and relaxed! Options will be given for different levels.</i>
	Pick-Up Floor Hockey: Tuesdays 1930-2100 <i>Floor hockey is an excellent work-out and a great opportunity to meet new friends. All players and skill levels are welcome. Teams will be chosen each week.</i>
Friday	Outdoor Ice Hockey: Thursdays 1930-2100 <i>This fast-paced game will be played pick-up style. Meet at the rink behind Bldg 90.</i>
	Pick-Up Squash: Thursdays 1900-2100 <i>Learn to play, improve your skills or just come out to socialize. This program will be guided by a certified squash instructor and is a great opportunity to have fun and get some exercise.</i>
Saturday	Active Kids: Tuesdays 1630-1915 and Thursdays 1700-1915 and Saturdays 0915-1130 <i>Drop off your kids (ages 3-12) while you work out. Children will be kept busy with our day camp staff engaging in fun games, activities, crafts and free play. A great way to have fun and make new friends.</i>
	Family Gym: Monday and Wednesdays 1800-1930 <i>Get out of the cold for an evening while staying active! Join in an evening of fun, exercise and socializing with the whole family on the gym floor.</i>

DROP-IN SPORTS RECREATION
*FREE FOR MEMBERS

FAMILY & CHILDREN PROGRAMS
*FREE FOR MEMBERS

FREE!

FREE!

FAMILY FUN DAYS

1300-1430 Swimming
1400-1500 Craft
1500-1630 Movie

Sunday February 12th - CUPID'S VALENTINE'S DAY extravorganza
Sunday March 11th - Luck of the Irish Celebration

Cost: \$2 per person or \$6 per family
www.pspwinnipeg.ca

BIRTHDAY PARTY BOOKINGS

Party Package 1 HAWAIIAN HULA PARTY
Party Package 2 UNDER THE SEA PARTY
Party Package 3 SPORTS SPECTACULAR
Party Package 4 MOVIE STAR PARTY
Party Package 5 CRAFT TIME PARTY
Party Package 6 PIRATES AND PRINCESSES PARTY
Party Package 7 PARTY YOUR WAY!

For more information or to book a party call 899-2500 ext 2057
www.pspwinnipeg.ca

Cooking Class

Wednesdays

Member - \$60.00 / person, Non-Member - \$75.00 / person (Will pro-rate for less classes)

This new cooking course will help you develop new skills and ideas to make healthy nutritious meals. The instructor will provide a different meal each week for you to cook and taste or even take home for freezing. Most equipment will be provided to participants.

SCHOOL'S OUT! DAY CAMP

A fun filled day of gym activities, swimming, movies and much more!
For children in kindergarten to grade 6.

Friday February 3rd
Monday February 20th
Friday March 2nd
Friday March 16th

NO SCHOOL? NO PROBLEM!

REGISTRATION:
Online at
WWW.PSPWINNIPEG.CA

THE GOOD FOOD BOX

The Good Food Box is a community based program designed to encourage healthier eating through the promotion of fresh fruits and vegetables.

Each box has a variety of high quality fresh and nutritious fruits and vegetables from local farms and distributors.

Small Box - \$15
Large Box - \$25

GOOD FOOD BOX DATES

September
Order by Sep 15
Pick up on Sep 21

October
Order by Oct 20
Pick up on Oct 26

November
Order by Nov 17
Pick up on Nov 23

*Orders can be placed at the Rec Centre (Bldg 90) monitor desk with a payment of cash, cheque, inter-act or credit card.

Program Registration Now Online
Want more info on our programs?
Check out www.pspwinnipeg.ca