

## PROGRAMS

Fall / Winter 2017

Registration for all Recreation Programs can be done through the Recreation Offices at the Millennium Exhibition Centre, On phone with a credit card at 204-324-9005 or online with a credit card at [www.altona.ca](http://www.altona.ca)

Pre-registration and payment upon registration is necessary for all recreation programs.

NO REFUNDS FOR CLASSES MISSED DUE TO WEATHER CONDITIONS.

## KIDS & YOUTH

Registrations starting Aug. 30, 2017

### ACTIVATE SPORTS

Date: Tuesday, Sep. 12th—Nov. 14th   
 Location: Rhineland Pioneer Centre  
 Cost: \$135.00 per person  
 Time: 4:00—5:00 pm (18 mo. to 2 years)  
*Parent must be in attendance for 18mo. To 2 yr class!*  
 5:00—6:00 pm (3 years to 4 years)  
 6:00—7:00 pm (5 years to 6 years)

#### SPORTS PLAYED:

Volleyball, Tennis, Football, Soccer, Golf, Ultimate Frisbee and Basketball  
*Instruction by Activate Sports—www.activatesports.ca*

### BABYSITTING COURSE

*NOTE—Child must be 12 years of age to take this course*

Date: Saturday, Oct. 21st **OR** Saturday, Dec. 2nd  
 Time: Saturday, 9:00 am—3:00 pm  
 Location: Oct-Pioneer Centre Stage. Dec-craft room  
 Cost: \$45.00 per person  
*Instruction by Brenda Friesen*

### BALLET—SATELLITE PROGRAM OF ROYAL WINNIPEG BALLET

Date: Mondays, Sep. 18th—Dec. 18th & Jan. 8th—Mar. 12th  
 Rehearsal: Saturday, Mar. 17th  
 Recital: Sunday, Mar. 18th  
 Time: CM1—4:00—4:45 pm (Ages 3 & 4)  
 CM2—4:45—5:30 pm (Ages 4 & 5)  
 Pre-Ballet—5:30—6:30 pm  
 Ballet—6:30—7:30 pm  
 Jr/Sr Jazz—7:30—8:30 pm  
 Adult—8:30—9:30 pm  
 Location: Rhineland Pioneer Centre  
 Cost: \$195.00 for 45 min. class & \$220.00 for 1 hour class  
*Instruction by Royal Winnipeg Ballet*

### GRADES 3-6 BASKETBALL

**MORE INFORMATION TO COME SHORTLY IF PROGRAM WILL BE RUNNING!**

### JUNIOR CURLING—Grades 1-4

Date: Thursdays, Nov. 9th—Dec. 14th  
 Time: 5:00—5:50 pm  
 Location: Altona Curling Club  
 Cost: \$45.00  
*Instruction by Altona Curling Club*

**Junior Curling** - Grades 5-12 Mondays from 5-6:30 for beginner/intermediate and 6:30-8 for intermediate/advanced. Runs from Nov. 13 until mid March. Sign up as teams, individuals or small groups. Registration will be held at a date to be determined at the Altona Curling Club. Watch for information in mid September. \$95 per person for the season. Contact Keith Stoesz at [204-324-9071](tel:204-324-9071) or [skeith@mymts.net](mailto:skeith@mymts.net) for more information.

### KIDS PAINT PARTY—Ages 6 & up (Monster Mania)

Date: Friday Oct. 20th  
 Time: 3:30—4:45 pm  
 Location: MEC Craft Meeting Room  
 Cost: \$35—Includes paint supplies & snacks  
*Instruction by Painting on the Prairies*

### HIP HOP—PRAIRIE SOUL DANCE COMPANY

Date: Thursday's, Sept. 14—Dec. 14 (14 weeks)  
 Oct. 5 & Nov. 2 classes in MEC Track  
 Time: Movers & Shakers 1 (Ages 3 & 4) 5:00-5:30  
 Movers & Shakers 2 (Ages 4 & 5) 5:30-6:00  
 Hip Hop-Ages 6-8—6:00-7:00  
 Hip Hop-Ages 9-11—7:00-8:00  
 Hip Hop Ages 12 & up—8:00-9:00  
 Location: Rhineland Pioneer Centre  
 Cost: \$155.00 for 30 min. class or \$230.00 for 1 hour class  
*Instruction by Prairie Soul Dance Company*

### SOCCER—Timbits program—Grades K-4

Date: Tuesdays & Thursdays, Aug. 29th—Oct. 12th  
 Time: 6:00—7:00 pm  
 Location: Elmwood School  
 Cost: \$25.00 per person or \$35 for two.  
*Instruction by Kim Friesen*

### STAINED GLASS WORKSHOP FOR BEGINNERS—Ages 12 & up

Date: Saturday, Sep. 16th  
 Time: 9:00-5:00 pm  
 Location: M.E.C. Craft Room   
 Cost: \$60.00 per person  
*Instruction by Leonard Hordijk*  
*Please Bring a lunch along!*

### TAEKWON DO & THERAPEUTIC YOGA for back and neck pain

Location: 34 2nd Ave NE, Altona

Inquiries can be made to 204-324-5700 or 204-794-6797

[www.taekwondoclubaltona.ca](http://www.taekwondoclubaltona.ca) or visit their facebook page at [taekwondoclubaltona](https://www.facebook.com/taekwondoclubaltona)

**For more information on Preschool programming please contact the Altona & Area Family Resource Centre at 204-324-2352 or [www.altonafamilyresourcecentre.com](http://www.altonafamilyresourcecentre.com) or on their Facebook page!**

Accepting new students ages 4-10 years of age into keyboarding program.

For more information on Music for Young Children,

please contact Jennifer Klassen at (204) 324-8275 or [altonamyc@gmail.com](mailto:altonamyc@gmail.com)

Classes start the week of September 5, 2017 and run until early June.



### Altona Skating Club - CanSkate

Canada's best learn-to-skate program with certified coaches.

No matter if your child wants to figure skate, play hockey or skate for fun; CanSkate will start them off on the right foot

Contact Lisa Hiebert-Penner for more info Email [altonaskatingclub@gmail.com](mailto:altonaskatingclub@gmail.com) or phone (204)384-8446

Watch our Facebook for registration info and start date

# ADULT PROGRAMS (18+)

Registrations starting August 30, 2017

## BADMINTON—Adults & Teens

Date: Thursdays, Nov. 2nd—Apr. 26th  
Time: 8:30-9:30 pm  
Location: Parkside Jr. High  
Cost: \$10.00

*If interested please contact Tim Heppner @  
mrct@mymts.net*

## ADULT CO-ED BASKETBALL

Date: Mondays, Sep. 11th—Mar. 19th  
Time: 6:30—8:30 pm  
Location: Gretna School  
Cost: Free—No registration necessary

*If interested please contact Chad Effa @  
chad.ffa@gmail.com*

## BLOCK THERAPY

Date: Thursday, Oct. 19  
Time: 6:30-8:00pm  
Location: Craft Meeting Room  
Cost: \$15.00 per person

*Instruction by Joanne Holt*



## BOARD & BRUSH PARTY NIGHT—Wood sign workshop

Date: Friday, Nov. 10th  
Time: 7:00—9:30 pm  
Location: Altona Curling Club Lounge  
Cost: \$60.00

Includes all supplies & appetizers  
*Instruction by Keesy Rodewald from Signs of Happiness*

## BOOT CAMP FITNESS

Date: Tuesdays & Fridays  
1st Session—Sep. 19th—Oct. 27th  
2nd Session—Nov. 7th—Dec. 15th  
Time: 9:15 —10:15 am  
Location: M.E.C Walking Track  
Cost: \$50.00 per person—1 class per week  
\$80.00 per person—2 classes per week

*Instruction by Tracy Penner*

## COOKING CLASSES

Date: Italian Series - Oct. 12, 19, 26  
Middle East & North Africa —Nov. 30, Dec. 7, 14  
Time: 6:30-9:00 pm (could go later)  
Location: W.C. Miller Home Ec Room  
Cost: \$120.00 per person, per series  
Or \$50 per single class

*Instruction by Karl Enns*

## EMERGENCY FIRST AID/CPR

Date: Saturday, Nov. 18th  
Time: 8:30 am—4:00 pm  
Location: MEC Craft Room  
Cost: \$115.00 per person  
*Instruction by Irv Braun*

## STAINED GLASS WORKSHOP FOR BEGINNERS—Ages 12 & up

Date: Saturday, Sep. 16th  
Time: 9:00-5:00 pm  
Location: M.E.C. Craft Room  
Cost: \$60.00 per person

*Instruction by Leonard Hordijk*

*Please Bring a lunch along!*



## PAINT PARTY NIGHTS

Date: Oct. 20th “Falling” &  
Nov. 16th “Happy Winter”  
Time: 7:00—9:00 pm  
Location: Altona Curling Club Lounge  
Cost: \$45.00 per person/per class  
Includes all supplies & appetizers  
*Instruction by Painting on the Prairies*

## YOGA CLASS— AGES 15 & UP

Date: Monday & Wednesdays  
Sept. 11th—Nov. 29th  
Time: Early class 5:30—6:30 pm  
Late class 7:00—8:00 pm  
Location: MEC Craft Meeting Room  
Cost: \$130 for 1 day a week  
\$220 for 2 days a week

*Instruction by Susie Fisher*

## TAEKWON DO & THERAPEUTIC YOGA for back and neck pain

Location: 34 2nd Ave NE, Altona

Inquiries can be made to 204-324-5700 or 204-794-6797

Www.Taekwondoclubaltona.ca or visit their facebook page at taekwondoclubaltona

# ACTIVE ADULT PROGRAMS (50+)

Registrations starting August 30, 2017

## 50+ FLOOR CURLING—LADIES

Date: Mondays, Sep. 11th—Dec. 18th  
Time: 9:30 am—11:30 am  
Location: MEC Community Centre  
Cost: \$35.00 per person

## 55+ FITNESS CLASSES

Date: Tuesday & Friday's  
Starting Friday Sept. 22—Dec. 1  
Time: 10:00-11:00 am  
Location: The Gardens on Tenth Multi purpose room  
Cost: \$80.00 per person

*Instruction by Ang Stoesz*

*To register please contact Gardens on 10th at 204-324-8945*

## 50+ PICKLEBALL

Date: Tuesdays, Sep. 12th—Dec. 19th  
Time: 1:00—3:00 pm  
Location: Rhineland Pioneer Centre  
Cost: \$35.00 per person / \$5.00 drop in

## 50+ MENS VOLLEYBALL

Date: Mondays & Thursdays—Oct. 12th—  
Apr. 26th  
Time: 7:00—8:00 pm  
Location: Parkside Jr. High Gym  
Cost: Free—No registration necessary  
*Please contact Bob Stoesz at 204-324-8139*

## 50+ CHAIR YOGA

Date: Wednesdays  
Sep. 13th—Nov. 29th  
Time: 3:30—4:30 pm  
Location: Craft Room  
Cost: \$130.00  
*Instruction by Susie Fisher*