

leisure GUIDE loisirs

Fall 2025 • Winter 2026
Automne 2025 • Hiver 2026



Services de loisirs
en français
aux pages 72 à 75

SUPPORTING
OUR **NEIGHBOURS.**

SERVING
OUR **COMMUNITIES.**



cupe500.mb.ca



CUPE 500 members are on the frontlines helping to build a stronger Winnipeg.

We're proud to deliver the services you and your family count on every day.



CUPE / Canadian Union
Local 500 of Public Employees

leisureGUIDE loisirs

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Winnipeg is located in Treaty One Territory, the home and traditional lands of the Anishinaabe (Ojibwe), Ininew (Cree), and Dakota peoples, and in the National Homeland of the Red River Métis. Our drinking water comes from Shoal Lake 40 First Nation, in Treaty Three Territory.

The City of Winnipeg's vision is to be a vibrant and healthy city which places its highest priority on quality of life for all its citizens.

We aim to provide welcoming and inclusive spaces and programs, and invite all individuals to participate together, building experiences and social connections.

Winnipeg est situé sur le territoire visé par le Traité n° 1, le berceau et territoire traditionnel des peuples anishinaabe (ojibwé), ininew (cri) et dakota, et sur les terres ancestrales nationales des Métis de la Rivière-Rouge. Notre eau potable provient de la Première Nation Shoal Lake, n° 40, qui est située sur le territoire visé par le Traité n° 3.

La vision de la Ville de Winnipeg consiste à être une ville dynamique et en santé qui accorde la plus haute priorité à la qualité de la vie de tous ses citoyens.

Nous visons à offrir des espaces et des programmes accueillants et inclusifs, et nous invitons tout le monde à collaborer à la création d'expériences et de connexions sociales.

RESIDENT REGISTRATION BEGINS

August 26 at 8 am

*Registration begins for all activities
with the exception of winter 2026 skating and swimming*

December 16 at 8 am

Registration begins for winter 2026 skating and swimming

Non-Resident Registration

August 28 at 8 am *Registration begins for all activities
with the exception of winter 2026 skating and swimming*

December 18 at 8 am *Registration begins
for winter 2026 skating and swimming*

*Please see page 4 for important
registration information*

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de loisirs

For information about advertising
in the *Leisure Guide* visit
winnipeg.ca/advertising or email
cms-advertising@winnipeg.ca

Disclaimer

*The inclusion of advertisements in this edition
of the Leisure Guide does not constitute an
endorsement by the City of Winnipeg.*

Registration Options

Have activity code(s) ready when registering



Option 1 Register Online

Go to winnipeg.ca/leisureonline

Payment by credit card, Recreation Gift Card or current Recreation Fee Assistance Program credit only.

Please ensure that you are able to successfully log in to your online account **BEFORE** registration starts.

To create an account, please visit winnipeg.ca/leisureonline and click on **Create an Account**. If you are having difficulty accessing your account, please call 311.



Option 2 Register by Phone

Call **311** or **1-877-311-4974** (toll-free outside Winnipeg)

Payment by credit card, Recreation Gift Card or current Recreation Fee Assistance Program credit only.



Option 3 Register In Person

Visit any of the [in-person registration locations](#)

Payment by cash, debit, credit card, Recreation Gift Card or current Recreation Fee Assistance Program credit.

The following registration centre will operate on August 26 only:

Cindy Klassen Recreation Complex • 999 Sargent Ave. • 8 am–Noon

In-person registration is also available at 395 Main Street, Accès-Access Saint-Boniface (170 Goulet St.), or any City of Winnipeg indoor pool during operating hours.

Service in French is available at 395 Main Street, Accès-Access Saint-Boniface, and Margaret Grant Pool.

For more information visit winnipeg.ca/howtoregister

Please note: beginning in Fall 2024, in order to log in to your account and register for a course, you will be required to agree to the new Recreation Services Participant Waiver.

Withdrawals made at the request of the participant will be subject to the \$16.04 Program Withdrawal Fee.

If you reside outside the City of Winnipeg and do not pay City of Winnipeg property taxes, you are considered a **non-resident**. Please note that non-residents are also assessed an additional 100% on all fees.

Privacy Statement: Personal information is collected under and protected by S. 36(1)(b) of The Freedom of Information and Protection of Privacy Act. Personal information will be used to support the City of Winnipeg's Leisure Guide program provision, including program registration, emergency contact, program promotion and evaluation, compliance with contractual obligations and to share with appropriate certifying bodies (where applicable). If you have any questions about the collection of this information, contact the Corporate Access and Privacy Officer by mail to City Clerk's Department, Susan A. Thompson Building, 510 Main Street, Winnipeg MB, R3B 1B9, or by telephone at 311.

Recreation Fee Assistance Program

Free access to recreation and leisure opportunities for newcomers and Winnipeggers living on low income!



Program benefits

There are three types of benefits available (valid 12 months from approval):

Facility pass

Unlimited admission to the City of Winnipeg's recreation facilities (swimming pools, fitness centres, and recreation and leisure centres) via rechargeable 10-visit pass

Drop-in active living pass

10-visit pass for drop-in active living programs (including Zumba and Aquafit)

Leisure Guide activity credit

\$300 credit per person to use for registered Leisure Guide activities (including summer camps, skating and swimming lessons)

Program eligibility

You must be a City of Winnipeg resident and one of the following must apply:

- are a new permanent resident or refugee who has been in Canada for less than 18 months and have not filed a tax return
- economic family income is below the low income cut-off (LICO) listed in chart

"Economic family" refers to a group of two or more persons who live in the same dwelling and are related to each other by blood, marriage, common-law union, adoption or a foster relationship.

Economic Family Size	Total Income
1	\$30,526
2	\$38,003
3	\$46,720
4	\$56,724
5	\$64,336
6	\$72,560
7	\$80,785
More than 7	for each additional person, add \$8,225

**Sources: Statistics Canada and Canadian Immigration and Citizenship*

Other considerations may be made for special circumstances.

Application requirements

Fill out an application form available at:

- winnipeg.ca/feeassistance
- City of Winnipeg recreation facilities

Provide verification of economic need

Include a copy of **one** of the following:

(If it has not already been supplied in the past 12 months)

- Documentation showing your landing date in Canada and UCI number
- Social assistance (EIA) budget letter
- Most recent Canada Revenue Agency Notice of Assessment (identifying annual net income of all economic family members)
- Monthly income statement from CPP Disability (including income verification of all economic family members)

How to apply

By email: RecFeeAssist@winnipeg.ca

Please note: the City cannot guarantee the security of your personal information if you choose to submit by email.

By mail: **Fee Assistance Program**

Community Services Department
395 Main St.
Winnipeg, MB R3B 3N8

In person: at 395 Main St. or any indoor pool, fitness centre, or recreation and leisure centre.

Smudging, Pipe Ceremonies & Medicine Harvesting



The practice of Smudge and Pipe Ceremonies is an Indigenous healing practice that involves the burning of natural medicines: cedar, sweet grass, sage, and tobacco.

These are traditional medicines that have physical qualities for medicinal purposes, and a spiritual aspect used in traditional healing and ceremonies. Medicines can be harvested by the public during the fall season at City Hall, Millennium Library, and St. John's Park. Care and attention are given when harvesting the plant to leave behind its roots so that it can continue to grow year after year.

To date, the following City of Winnipeg facilities have been assessed and have approved designated spaces to accommodate Smudge and Pipe Ceremonies:

- 430 Langside Ave. – Magnus Eliason Recreation Centre
- 200 Isabel St. – Freight House Door #1
- 40 Mayfair Pl. – Mayfair Recreation Centre
- 510 King St. – Turtle Island Neighbourhood Centre
- 601 Aikins St. – St. John's Leisure Centre
- 90 Sinclair St. – Sergeant Tommy Prince Place
- 251 Donald St. – Millennium Library
- 1360 Pembina Hwy. – Fort Garry Library
- 365 Jefferson Ave. – West Kildonan Library
- 66 Allard Ave. – Westwood Library
- 1 Fowler St. – Rainbow Butterfly at St. John's Park

For more information on traditional medicine harvesting and approved ceremonial spaces, or to request an assessment, please contact indigenourelations@winnipeg.ca.

Purification par la fumée, cérémonies du calumet et récolte des plantes médicinales



La cérémonie de purification par la fumée et du calumet est une pratique de guérison autochtone dans le cadre de laquelle on brûle des remèdes naturels : du cèdre, du foin d'odeur, de la sauge et du tabac.

Ces plantes sont des remèdes traditionnels dont les propriétés physiques servent à des fins médicinales, et les propriétés spirituelles, aux soins et aux cérémonies traditionnels. Les plantes médicinales peuvent être récoltées par le public pendant l'automne à l'hôtel de ville, à la bibliothèque du Millénaire et au parc de St. John's. On veille à récolter les plantes avec soin en laissant leurs racines pour qu'elles puissent continuer de croître d'une année à l'autre.

À l'heure actuelle, les installations de la Ville de Winnipeg qui suivent ont été évaluées et contiennent des espaces désignés approuvés pour l'organisation de cérémonies de purification par la fumée et du calumet :

- 430, avenue Langside – Centre de loisirs Magnus-Eliason
- 200, rue Isabel – Freight House, porte n° 1
- 40, place Mayfair – Centre de loisirs Mayfair
- 510, rue King – Centre communautaire Turtle Island
- 601, rue Aikins – Centre de loisirs de St. John's
- 90, rue Sinclair – Sergeant Tommy Prince Place
- 251, rue Donald – Bibliothèque du Millénaire
- 1360, chemin Pembina – Bibliothèque de Fort Garry
- 365, avenue Jefferson – Bibliothèque de Kildonan-Ouest
- 66, avenue Allard – Bibliothèque de Westwood
- 1, rue Fowler – Installation Rainbow Butterfly (papillon arc-en-ciel) au parc de St. John's

Pour en savoir plus sur la récolte des plantes médicinales traditionnelles et sur les espaces approuvés pour la tenue de cérémonies, ou pour demander une évaluation, veuillez écrire à indigenourelations@winnipeg.ca.

Services for Persons with Disabilities



Every effort will be made to provide a positive recreation experience.

Persons with Disabilities are invited and encouraged to participate in all programs offered within the Leisure Guide.

Caregivers and Support Persons

Caregivers and support persons are welcome to accompany participants with disabilities who require assistance or support during their visit to a facility or program. Admission and registration fees only apply to participants. Fees do not apply to caregivers and support persons.

Accommodation Request

Should the participant require an accommodation to fully participate in the activity or activities of interest, please contact cms-InclusiveProgramming@winnipeg.ca.

Deaf Services 204-986-1311 (TTY) American Sign Language Interpreter Request

If American Sign Language (ASL) Interpretation is required, please email the request to cms-InclusiveProgramming@winnipeg.ca along with the name of the participant and the activity in which they are registered. You will be contacted before the start of the registered activity to confirm your request.

Please note: The City of Winnipeg will pay for the ASL Interpretation.

Note: If you have arranged for ASL interpretation and your class is cancelled or you are unable to attend as planned, please contact 311 immediately to advise.

Admission Rates

Facility admission and pass rates provide you access to city pools and fitness centres.

Buy a 6-month or 1-year Facility Pass and save!

NEW! Memberships will be available for online purchase using leisureONLINE starting September 2025

General Admission & Facility Pass Rates

All locations	Single admission	Daytime discount*	10 visits	3 months	6 months	1 year
Adult (18+)	\$8.54	\$6.78	\$75.00	\$157.75	\$285.47	\$519.04
Senior (65+)	\$8.54	\$6.78	\$75.00	\$125.44	\$285.47	\$519.04
Child/Youth (2-17) Free under 2!	\$3.81	–	\$32.98	\$69.83	\$128.47	\$233.56
Group**	\$16.81	–	\$150.00	\$293.54	\$570.93	\$1,038.07



Don't Forget Your Pass!

Please note: you must present your membership pass to gain entry to facilities.

A Card Replacement Fee of \$9.05 (includes GST) may be applicable to lost/stolen/damaged/ additional cards.

Fitness centre use is restricted to those 16 years of age and older, or 12-15 years with adult supervision.

The following facility admissions and pass rates provide access to fitness centres only at specific facilities.

Fort Rouge & Peguis Trail	Single admission	Daytime discount*	6 months	1 year
Adult (18+)	\$8.54	\$6.78	\$198.72	\$368.54
Senior (65+)	\$5.94	–	\$198.72	\$301.32
Child/Youth (2-17)	\$3.81	–	\$89.43	\$165.85
Group**	\$16.81	–	\$385.50	\$691.83
Freight House	Single admission	1 month	3 months	
Adult (18+)	\$3.00	\$32.98	\$68.53	
Senior (65+)				
Child/Youth (2-17)				

*Daytime Discount applies to Adult single admission rates from Monday to Friday between 8:30–11:00 am and 1:00–3:30 pm, September to June, excluding holidays.

**Group admission and pass rates apply to groups of up to 6 customers with a maximum of 2 of those 6 customers being over the age of 17.

Pass options and benefits

Facility Pass

Provides access to:

- City weight rooms
- City pools
- City indoor tracks

Facility Pass Plus

If you have a Facility Pass, you can pay \$5.49 to participate in an Active Living drop-in class.

Facility & Active Living passes can be purchased at the **front desk** of any City of Winnipeg indoor pool, Fort Rouge Leisure Centre, Freight House Recreation Centre or Peguis Trail Health & Fitness Centre.

Active Living Pass

Provides access to:

- City weight rooms
- City pools
- City indoor tracks
- Drop-in Aquafit classes
- Drop-in Aqualite classes
- Drop-in Fitness classes

Active Living Admission & Pass Rates

	Adult Active Living	Aqualite Only
Drop-in	\$14.86	\$8.55
5 visits	\$59.49	\$31.35
10 visits	\$103.45	\$63.35
20 visits	\$184.94	\$125.44
30 visits	\$236.64	–
3 months	\$210.78	–
6 months	\$376.98	
1 year	\$685.38	

Fit Together Pass

Sign up as a workplace, team, or community group for reduced rates and get fit together!

Available for organizations (corporate, not-for-profit, or community-based) with 10 or more individuals.

Choose from:

6-month Facility Pass	\$225.72
1-year Facility Pass	\$410.40

6-month Active Living Pass	\$301.59
1-year Active Living Pass	\$548.33

See winnipeg.ca/FitTogetherPass for more information.

★ Drop-in Classes

To view current drop-in classes, visit winnipeg.ca/dropinfitness

Up-to-date drop-in fitness schedules are available online at winnipeg.ca

Additional drop-in classes are marked with a ★ in the Older Active Adult and Active Living sections of the Leisure Guide.

Book drop-in classes prior to arriving at facilities to guarantee admission. Pre-book your class at winnipeg.ca/leisureonline or contact 311. Classes open up for pre-booking Wednesdays at noon for the upcoming week.

Facility Listing



Bonivital

1215 Archibald St.

Reopening soon.

Check winnipeg.ca for more information.

Cindy Klassen

Recreation Complex

999 Sargent Ave.

- Harvey Smith Library
- Indoor pool
- Sauna
- Aerobic studio
- Weight room with wheel chair accessible equipment
- Water & land fitness classes
- Indoor track
- Room rentals
- Group bookings
- Pool space rentals

Elmwood Kildonans

909 Concordia Ave.

- Indoor pool
- Sauna
- Weight room
- Water fitness classes
- Group bookings
- Pool space rentals

Fort Rouge Leisure Centre

625 Osborne St.

- Indoor ice rink (Sam Southern Arena)
- Osborne Library
- Weight room
- Fitness classes
- Demo kitchen
- Room rentals

Freight House Recreation Centre

Door #1–200 Isabel St.

- Outdoor pool
- Outdoor spray pad
- Weight room
- Room rentals

Kinsmen Sherbrook

381 Sherbrook St.

- Indoor pool
- Weight room
- Water fitness classes
- Group bookings
- Pool space rentals

Margaret Grant

685 Dalhousie Dr.

- Indoor pool
- Water fitness classes
- Group bookings
- Pool space rentals

Peguis Trail Health & Fitness Centre

1400 Rothesay St.

- Weight room
- Fitness classes
- Indoor track
- Boxing bag area

Pan Am

25 Poseidon Bay

- 2 indoor pools
- Kiddie pool
- Aerobic studio
- Weight room
- Water & land fitness classes
- Walk / jog area
- Room rentals
- Group bookings
- Pool space rentals

Seven Oaks

444 Adsum Dr.

- Indoor pool
- Sauna
- Accessible shallow pool
- Indoor splash pad
- Room rentals
- Birthday party room rentals
- Group bookings
- Pool space rentals

Sergeant Tommy Prince Place

90 Sinclair St.

- Indoor pool
- Weight room with wheelchair accessible equipment
- Water fitness classes
- Gymnasium
- Seniors centre
- Teaching kitchen
- Outdoor spray pad
- Room rentals
- Group bookings
- Pool space rentals

St. James Assiniboia Centennial

644 Parkdale St.

- Indoor pool
- Hot tub
- Sauna (gender specific)
- Weight room with wheelchair accessible equipment
- Land fitness classes
- Indoor track
- Outdoor spray pad
- Room rentals
- Group bookings
- Pool space rentals

St. James Civic Centre

2055 Ness Ave.

Temporarily closed.

Check winnipeg.ca for more information.

Transcona Kinsmen Centennial

1101 Wabasha St.

- Indoor pool
- Sauna
- Water fitness classes
- Outdoor water park
- Group bookings
- Pool space rentals

Games, Equipment Rentals & Bookings



Recreation Equipment Rentals

204-986-7426

Have some fun by renting recreational equipment! Give us a call and let us assist you with options to make our games adaptive to all. Equipment will be picked up and dropped off by appointment, more information and full catalogue is available at: winnipeg.ca/equipmentrentals

Equipment available for rent:

CARNIVAL GAMES		KITS
• hockey shoot	• soccer shoot	• cooperative relay
• football goal	• dino's playground	• baseball
• frisbee toss	• doughnuts	• badminton
• feed the monkey	• frog toss	• dodgeball
• jungle animals	• unicorn	• soccer
• penguin toss	• penguin knockdown	• floor hockey
• fishpond and more!		• spikeball
(most games are 3' by 4' in size)		• volleyball
		• parachute and more!

SPECIALTY ITEMS

- **NEW!** Tetris XL Tumble
- **NEW!** Plinko
- connect 4
- fire pit
- adaptive equipment
- broomball
- hockey shot
- snowshoes
- jumbo jenga
- indoor hockey

1 game/kit/specialty item \$27.79
 Additional games/kits/specialty items \$13.24 each
 Damage deposit \$50 per rental

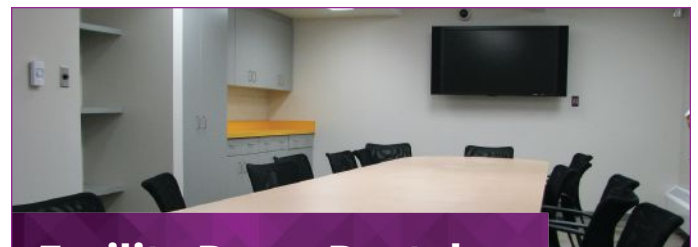
Booking & Curbside Pickup / Drop off Appointments

565 Watt St. R2K 2S2 • RecreationEquipmentRentals@winnipeg.ca
winnipeg.ca/equipmentrentals • Call 204-986-7426

Hours of operation

Mon–Fri (except holidays) • Pickups 1–3 pm • Returns 8:30–11:30 am
 Payment can be made over the phone via credit card or in person at the time of booking.

Note: Pick-up and return of equipment is the responsibility of the renter. Additional fees will be applied if equipment is returned late or if equipment is damaged that exceeds the deposit amount.



Facility Room Rentals

To view room rental rates, please visit winnipeg.ca/roomrentals. Please review all rental terms and conditions before making a booking.

Contact cms-rs-facilityreservations@winnipeg.ca or call **311** for more information, or to request room rental fee assistance.



Arena Rentals

For more information, please visit winnipeg.ca/arenarentals.

Now available:

Book your casual ice reservations online at winnipeg.ca/casualicebookings or call **311**.

Community Centres

Community centres are neighbourhood recreation and leisure facilities owned and financially supported by the City of Winnipeg and operated by community-elected volunteers. A wide range of programs take place year-round at community centres, such as organized indoor and outdoor sports, fitness classes, children's camps, preschool programs, older adults / 55+ programs, community events, and more! Many centres also offer rooms to rent for birthday parties, social events, and meetings. Some centres host daycare and after-school care programs for children in the community.



Become a Volunteer

Your local community centre is a great place to meet neighbours and make new friends. All centres depend on community volunteers to serve on their Board of Directors, plan programs and events, assist with coaching sports, and much more. Many centres also have paid full and part-time staff. Contact your local community centre and ask how you can help—you can make a difference in your community!



General Council of Winnipeg Community Centres

Phone: 204-475-5008 • gcwcc.mb.ca



The General Council of Winnipeg Community Centres (GCWCC) provides community centres with support and training on community centre management.

The City of Winnipeg also has Community Centre Liaisons that help support community centre operations. To speak with a Community Centre Liaison, contact 311.

See below for a list of community centres in each district.

Find your community centre



● Older adults / 55+ programs ● Indoor ice arena ● Indoor fieldhouse

LORD SELKIRK / WEST KILDONAN DISTRICT

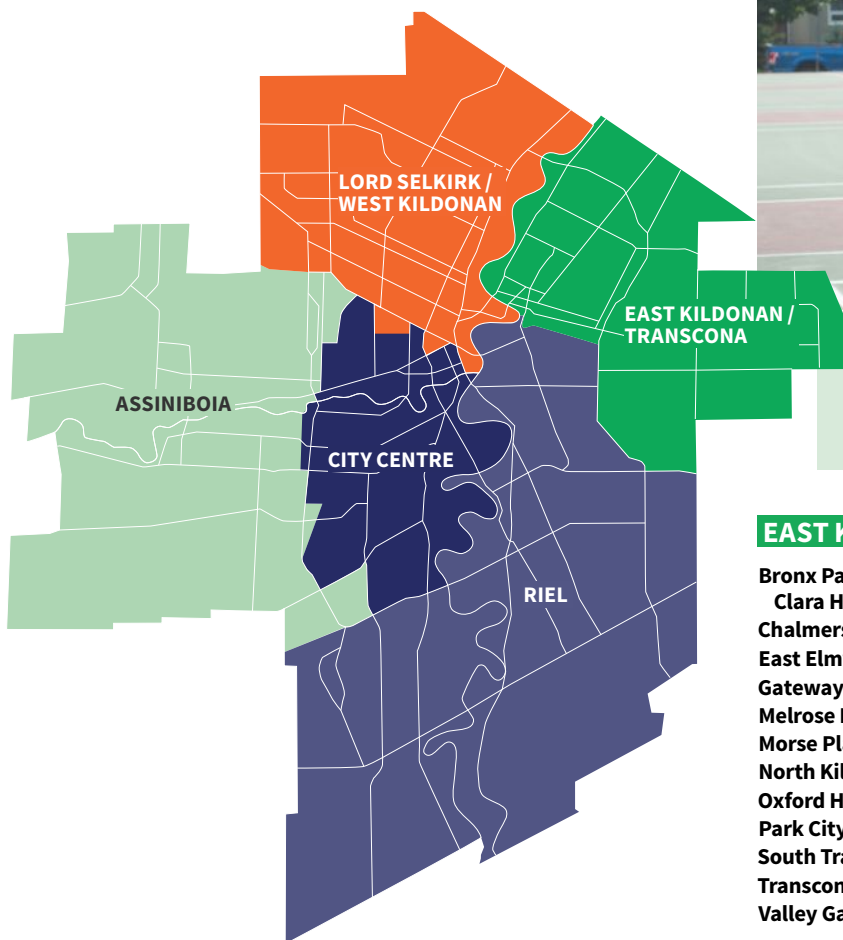
Burton Cummings CC 960 Arlington St.	204-783-5330
Central CC Door #5–200 Isabel St.	204-775-5095
Garden City CC 725 Kingsbury Ave. ●●●	204-940-6111
Luxton CC 210 St. Cross St.	204-582-8249
Maples CC 434 Adsum Dr. ●	204-953-1190
Maples Multiplex 454 Adsum Dr. ●	204-953-1191
Elwick site 40 Maberley Rd.	204-953-1190
Norquay CC 65 Granville St. ●	204-943-6897
Rita Richard site 5 Beaconsfield St.	204-943-6897
Northwood CC 1415 Burrows Ave.	204-582-7555
Frank Whyte site 1245 Fife St.	204-582-7555
Ralph Brown CC 520 Machray Ave.	204-586-3149
Red River CC 293 Murray Ave.	204-339-5345
Sinclair Park CC 490 Sinclair St.	204-586-8275
John Yuzyk site 665 Radford St.	204-586-8275
Tyndall Park CC 2255 King Edward St.	204-632-4916
Vince Leah CC 1295 Salter St. ●	204-338-0046
West Kildonan Memorial CC 346 Perth Ave. ●●	204-334-1679
Weston Memorial CC 1625 Logan Ave.	204-783-3698

ASSINIBOIA DISTRICT

Assiniboia West Recreation Association	
Buchanan site 861 Buchanan Blvd. ●	204-837-2820
Morgan site 305 Morgan Cr.	204-837-6695
Bord-Aire CC 471 Hampton St.	204-888-7050
Bourkevale CC 100 Ferry Rd. ●	204-888-1599
Deer Lodge CC 323 Bruce Ave. ●	204-888-2049
Heritage Victoria CC 950 Sturgeon Rd. ●	204-837-9653
Kirkfield Westwood CC 165 Sansome Ave. ●●	204-832-1175
McBey site 3160 McBey Ave.	204-832-1175
Roblin Park CC 640 Pepperloaf Cr.	204-837-9288
Sturgeon Heights CC 210 Rita St. ●	204-832-5991
Tuxedo CC 368 Southport Blvd.	204-888-8224
Varsity View CC 315 Laxdal Rd.	204-885-3848
Sportsplex 4230 Ridgewood Ave. ●	204-885-3848
Westdale CC 550 Dale Blvd.	204-895-0317
Pembina Trail site 6363 Rannock Ave.	204-895-7819
Whyte Ridge CC 170 Fleetwood Rd.	204-487-3042
Woodhaven Park CC 200 Glendale Blvd. ●	204-832-3842

Fee Subsidy Grants Available

Families living on low income can apply for a **Program Registration Fee Subsidy Grant**, to help with the cost of participating in programs at community centres. Contact your local community centre for details on how to apply.



Visit gcwcc.mb.ca for a searchable map and database of Community Centre locations, amenities, and current programs.



EAST KILDONAN / TRANSCONA DISTRICT

Bronx Park CC 720 Henderson Hwy. ●	204-667-5731
Clara Hughes Recreation Park 281 Henderson Hwy. . . .	204-667-5731
Chalmers CC 480 Chalmers Ave. ●	204-668-1110
East Elmwood CC 490 Keenleyside St. ●	204-667-2777
Gateway Recreation Centre 1717 Gateway Rd. ● ● ●	204-982-1234
Melrose Park CC 480 Kimberly Ave.	204-669-0518
Morse Place CC 700 Munroe Ave. ●	204-663-7430
North Kildonan CC 1144 Kingsford Pl.	204-663-5028
Oxford Heights CC 359 Dowling Ave. E ●	204-222-2419
Park City West CC 115 Sanford Fleming Rd.	204-222-1411
South Transcona CC 124 Borden Ave. ●	204-986-7976
Transcona East End CC 517 Pandora Ave. E ● ●	204-222-8013
Valley Gardens CC 218 Antrim Rd.	204-668-6927

CITY CENTRE DISTRICT

Central Corydon CC	
Crescentwood site 1170 Corydon Ave. ●	204-488-7000
River Heights site 1370 Grosvenor Ave. ● ●	204-488-7000
Sir John Franklin site 1 Sir John Franklin Rd.	204-488-7000
Earl Grey CC 360 Cockburn St. N ●	204-452-2074
Fort Garry CC	
Hobson site 880 Oakenwald Ave. ●	204-505-3970
Victoria site 80 Derek St.	204-505-3970
Linden Woods CC 414 Lindenwood Dr. W ●	204-487-2435
Lord Roberts CC 725 Kylemore Ave.	204-452-9744
River Osborne CC 101 Pembina Hwy.	204-452-8822
Riverview CC 90 Ashland Ave. ●	204-452-9944
Robert A. Steen CC 980 Palmerston Ave. ●	204-783-5616
Valour CC	
Clifton site 1315 Strathcona St. ●	204-783-7340
Isaac Brock site 715 Telfer St. N	204-775-3869
Orioles site 448 Burnell St.	204-783-6941
Westridge CC 3 Marshall Cr. ●	204-453-2025
Wildwood CC 271 North Dr.	204-453-8396

RIEL DISTRICT

Archwood CC 565 Guilbault St. ●	204-233-3911
Champlain CC 282 Niverville Ave. ●	204-237-7719
Dakota CC/Jonathan Toews Sportsplex	
1188 Dakota St. ● ● ●	204-254-1010
Glenwood CC 27 Overton St. ● ●	204-233-6698
Greendell Park CC 75 Woodlawn Ave. ●	204-257-6883
Norberry-Glenlee CC 26 Molgat Ave. ●	204-256-6654
Walter Jennings site 176 Worthington Ave.	204-256-3358
Norwood CC 87 Walmer St. ●	204-986-7056
Notre Dame Recreational Centre	
271 av. de la Cathédrale ● ●	204-237-8393
Southdale CC 254 Lakewood Blvd. ● ●	204-257-6171
South Winnipeg CC	
Richmond site 666 Silverstone Ave. ●	204-269-1908
Sunrise site 10 Ryerson Ave.	204-269-1908
Waverley site 1885 Chancellor Dr.	204-269-7000
St. Norbert CC 3450 Pembina Hwy. ●	204-269-4120
Winakwa CC 980 Winakwa Rd.	204-253-4418
Windsor CC 99 Springside Dr. ●	204-233-0648

Staying active this winter, snow matter what

Whether inside or outside, staying active in the winter is important to both our physical and mental health. It will come as no surprise to most people that we are less physically active in the winter. Shorter days, cold weather, and big events can all make exercise difficult during the winter months.

Add small moments of movement to your day

Many people associate physical activity with hours spent in the gym lifting weights or participating in other high-impact exercises. While these are great ways to maintain our physical and mental health, it is important to remember that any movement is better than no movement. If you're having trouble motivating yourself for big changes, try adding small moments of movement to your day without changing your schedule. Get up from your desk between meetings, take the stairs, or get up and stretch every hour when at home. Get the whole family involved and make it a friendly competition with simple, physically active moments each day. For example, see how long each person can stand on one leg, trying to beat your own personal best each time.

Dress for success!

For winter outdoor activities, here are a few tips to consider:

- Dress in layers to help regulate body temperature—sometimes we underestimate how cold or how warm our exercise might make us
- Avoid cotton—once it's wet, it will stay wet and cold!
- Keep your coat on for 10 to 15 minutes after you enter a warm space from a long time outside to give your body time to adjust—you lose heat very quickly after working out, and taking off your warm winter clothes can increase the amount lost, making you feel even colder

Benefits of staying active

However you decide to do it, make physical activity part of your daily routine during the winter months. Physical activity can decrease symptoms of anxiety and depression, increase our feelings of wellness, help with sleep, and decrease the risk of many physical health issues. Physical activity may also improve your immune system, something greatly needed during the winter months. Keeping ourselves moving can also help with balance and flexibility, decreasing the risk of slips and falls outside on the ice and snow. Staying active is important to maintain and increase our wellness, “snow” get out there!



Wellness in Winter is Easy Freezy: Ideas and Tips

Don't do it alone:

- Doing activities with others increases the fun and creates connections
- Help your friends get out and moving, no need to do it alone
- Need to be at home? Try online or video groups, challenge each other to a daily workout, and check in
- Volunteering is a great way to increase physical activity without it feeling like work
- Find an accountability buddy—sometimes it's easier to stay motivated if someone is counting on you

Try different times:

- If you are a morning person, set the alarm a little earlier every day. Start with simple, quick exercises until you have enough time for longer exercises
- Know you won't exercise after work? Exercise at lunch or on breaks, take the stairs, or have walking meetings
- If you find you have trouble committing at a specific time, try a different time. We are all different and what works for one person may not work for another
- Remember, the lack of sun may make it difficult to exercise at the beginning or end of the day as your body sees this as a time to rest. Don't get discouraged and try again tomorrow!

Stay Hydrated:

- You may not feel thirsty in the cold, so make sure you keep your fluid intake up
- Brewed caffeine-free tea can help keep you hydrated and warm
- Homemade soups and stews are a comforting way to stay nourished, hydrated, and warm
- If you can't take your fluid with you outside, make sure to drink water before and after exercising
- Cold weather increases calorie burn. Consider pairing hydration with a healthy snack to stay energized

Track your progress:

- Visit wrha.mb.ca/mental-health/ to access the "Thriving Through Motion" activity sheet
- The Thriving Through Life activity series provides many self-care wellness resources
- Learn more about how physical activity can be a positive addition to your life
- Track your progress and increase your wellness!
- Share the tracker with others and compare results at the end





educate. empower. change.

The City of Winnipeg has worked in collaboration with **Equitas—International Centre for Human Rights Education** to bring awareness to children's rights amongst employees and participants who attend public programs.

Children and youth who attend our programs will learn more about their rights and human rights values such as cooperation, respect for diversity, inclusion, and responsibility. They will also have opportunities to become leaders in their communities, and help build more inclusive and rights-respecting program spaces for all!



City of Winnipeg Children's programs are committed to providing the highest quality recreation and sport opportunities to children ages 4–12, ensuring that every child who visits our programs has a positive and safe recreation and sport experience.

We are a Registered Organization with HIGH FIVE®!

HIGH FIVE® is Canada's only comprehensive quality standard for children's programs and holds true to the following five principles of healthy child development that their research indicates are essential for providing a positive experience for kids:

- 1. A Caring Adult**—fosters positive relationships and acts as an anchor and role model
- 2. Friends**—helps introduce children to the world beyond their families
- 3. Play**—supports the enthusiasm of children for exploring ideas on their own
- 4. Mastery**—discovering success and the feeling of being good at a skill
- 5. Participation**—creating environments that maximize learning, growth and physical activity



We also follow the three design guidelines:

1. Developmentally appropriate activities
2. Safe activities and environments
3. Welcoming of diversity and uniqueness

Our leaders are HIGH FIVE® trained! HIGH FIVE® consists of Training and Development, Program Assessments, Policies & Procedures and Awareness.

To find Free Play programs near you, check out the City of Winnipeg's Priceless Fun Guide

Developing Physical Literacy

Watch for the colour-coded stages throughout the Leisure Guide

As children grow, it is important that they have opportunities to develop physical literacy by participating in activities that develop basic movement skills and sport skills. Physical literacy gives children the confidence, physical competence, knowledge and understanding to engage in physical activity for life. Throughout the Leisure Guide, you will find active programs that are labeled according to the first few stages of the Long-Term Athlete Development (LTAD) model. This information makes it easier for you to identify programs that suit your family's needs. The first three stages—Active Start, FUNDamentals and Learn to Train—are activities that promote physical literacy.

For more information on physical literacy and the stages of Long-Term Athlete Development, please visit www.sportforlife.ca

active start

(0-6)

Introduce children to unstructured active play that incorporates a variety of body movements. Examples include:

- Learn to Skate: Parent & Cub, Li'l Polar Bears, Li'l Penguins, Seals
- Tumblers 2's n 3's
- Swim for Life Parent & Tot, Preschool, Swimmer 1–2
- Kinder Gym

fundamentals

(FEMALES 6-8; MALES 6-9)

Activities at this stage should be FUN! They will concentrate on developing the ABCs—Agility, Balance, Coordination and Speed. Examples include:

- Learn to Skate: Skate Kids I & II; Youth/Adult
- Swim for Life Swimmer 3–6, Teen 1 & 2

learn to train

(FEMALES 8-11; MALES 9-12)

The Learn to Train stage includes programs that are more structured. The emphasis is on general sports skills that are used in a number of activities. Examples include:

- Power Skating
- Youth Basketball
- Swim for Life Swimmer 7–9, Teen 3

active for life

(ALL AGES)

This is both a stage and a destination. Active for life programs allow you to continue to practice your skills gained through the other stages. Examples include:

- Swim for Life Adult
- Mov'n with Muscle 50+

Preschool • Birth–6 years



Parent & Child

Bring your child and spend some fun time with us. Classes will offer many different ways for you and your preschooler to interact. Our on-site facilitator will guide you through activities including games, crafts, stories, songs and more.

For all programs in this section, children must be supervised by an adult.

Fun Factory 1's n 2's

active start

Participate in songs, stories, art and various activities designed to build your child's motor skills, social skills and expand their creativity and imagination through play. Parents, please bring a nut-free snack.

Fee:	\$53		8 weeks
River East Preschool Centre: 1410 Rothesay St.			
226896	Sat	Sep 20–Nov 8	9:45–10:45 am
227523	Sat	Jan 10–Feb 28	9:45–10:45 am
Fee:	\$67		10 weeks
Fort Rouge Leisure Centre: 625 Osborne St.			
226734	Wed	Sep 24–Nov 26	9:30–10:30 am
226833	Wed	Jan 14–Mar 18	9:30–10:30 am

Please avoid visiting or attending programs if you are feeling unwell. Programming is subject to change. Visit winnipeg.ca/leisureonline for the latest information.

Fun Factory 2's n 3's

active start

Participate in songs, stories, art and various activities designed to build your child's motor skills, social skills and expand their creativity and imagination through play. Parents, please bring a nut-free snack.

Fee:	\$53		8 weeks
River East Preschool Centre: 1410 Rothesay St.			
226897	Sat	Sep 20–Nov 8	11 am–Noon
227524	Sat	Jan 10–Feb 28	11 am–Noon

Tumblers 2's n 3's

active start

Parent and child participate in gymnastics-related activities together.

Fee:	\$54		9 weeks
St. John's Leisure Centre: 601 Aikins St.			
226029	Sat	Sep 20–Nov 22	9:30–10 am
226724	Sat	Jan 17–Mar 21	9:30–10 am

Zumbini

active start

Zumbini combines music, dance and educational tools for 45 minutes of bonding and fun. Tap your toes and sing along. Get lost in the only program to combine early childhood development with the joy of Zumba® Fitness.

Fee:	\$91		10 weeks
Fort Rouge Leisure Centre: 625 Osborne St.			
226727	Fri	Sep 19–Nov 21	2–2:45 pm
226728	Fri	Sep 19–Nov 21	3–3:45 pm
226856	Fri	Jan 16–Mar 20	3–3:45 pm
226857	Fri	Jan 16–Mar 20	2–2:45 pm

Free Admission for Children Under 2!

Admission to all City of Winnipeg pools is free for children under the age of 2. Public admission entry requirements apply.

Visit winnipeg.ca/pools



Preschool

DEVELOPMENTAL / EDUCATIONAL

Children are not required to be supervised by an adult, but parents **may** be asked to volunteer for one class as required. Children must be able to recognize the need to go to the washroom, be able to function in the washroom independently and be the minimum age at the start of the program.

3-5 Programs

Acting Out • 3-5 years

Bring stories to life through drama, music, puppets, art and more. Each class will begin with a story, which will act as a springboard for a variety of fun theatrical activities and will conclude with the children's very own production.

Bairdmore School: 700 Bairdmore Blvd.

Fee:	\$84		6 weeks
226690	Fri	Jan 23-Feb 27	10:15 am-12:15 pm
Fee:	\$112		8 weeks
226598	Tue	Jan 20-Mar 10	9:15-11:15 am
Fee:	\$139		10 weeks
226224	Fri	Sep 26-Nov 28	10:15 am-12:15 pm
226293	Tue	Sep 23-Dec 9	9:15-11:15 am

Anything Goes

active start

Have fun with beginner science, no-bake baking, arts and crafts, the ABCs and simple math.

Bairdmore School: 700 Bairdmore Blvd.

Fee:	\$53		8 weeks
226678	Thu	Jan 22-Mar 12	12:15-1:15 pm
Fee:	\$67		10 weeks
226225	Thu	Sep 25-Nov 27	12:15-1:15 pm

CHILDCARE

CHILDREN 18 MONTHS - PRE-KINDERGARTEN

BSLS.CA

Looking for a great start to your child's education?

BSLS offers exceptional childcare programs in a warm, Christ-centered environment for children 18 months to pre-kindergarten. Our dedicated facilities provide a safe and nurturing space where children can grow, learn, and thrive.

Daycare

Junior Kindergarten

Nursery School

2025-2026

LEISURE / CREATIVE ARTS

Fun with Music • 2-3 years

active start

Songs, games, creative movement and instruments keep the class moving.

Bairdmore School: 700 Bairdmore Blvd.

Fee:	\$66		8 weeks
226386	Mon	Sep 22-Nov 17	9:15-10 am
226550	Mon	Jan 19-Mar 16	9:15-10 am
226677	Thu	Jan 22-Mar 12	11:15 am-Noon
Fee:	\$83		10 weeks
226369	Thu	Sep 25-Nov 27	11:15 am-Noon

Messy Munchkins • 2-4 years

This preschool & parent messy art club will include finger paint, play dough, water and other tactile projects to encourage creativity in your little one. Prepare to make a mess and allow your child's imagination to go wild!

Bairdmore School: 700 Bairdmore Blvd.

Fee:	\$40		6 weeks
226689	Fri	Jan 23-Feb 27	9:15-10 am
Fee:	\$53		8 weeks
226679	Thu	Jan 22-Mar 12	6-6:45 pm
Fee:	\$66		10 weeks
226486	Thu	Sep 25-Nov 27	6-6:45 pm
226420	Fri	Sep 26-Nov 28	9:15-10 am

Art My Way • 4-5 years

It's a new art project every week! This art program is perfect for any child who enjoys expressing themselves with anything! Children will have a chance to explore their artsy side with paint, clay, papier mache, decoupage and more!

Fee:	\$55		8 weeks
Fort Rouge Leisure Centre: 625 Osborne St.			
226278	Sat	Sep 20-Nov 15	10-11 am
226795	Sat	Jan 17-Mar 14	10-11 am
River East Preschool Centre: 1410 Rothesay St.			
226889	Sat	Sep 20-Nov 8	1-2 pm
227507	Sat	Jan 10-Feb 28	1-2 pm

Mini Chefs • 4-5 years

Children will learn the basics of food preparation, kitchen safety and cooking techniques to create tasty dishes.

Fee:	\$87		9 weeks
\$20 Lab fee, payable to the instructor			
St. John's Leisure Centre: 601 Aikins St.			
226013	Sat	Sep 20-Nov 22	11 am-12:30 pm
226604	Sat	Jan 17-Mar 21	11 am-12:30 pm

Leisure Guide Skating

Learn to Skate information is located in the **Leisure Guide Skating brochure** exclusively available online at winnipeg.ca/leisureguide

MOVEMENT / FITNESS

- Parents are requested not to remain for classes which do not state parent participation is required. Arrangements, if necessary, can be made through the instructor.

Dance

Jump and Move • 3–4 years

active start

This preschool class will introduce creative expression with dance and music in a fun-filled active class.

Fee: \$55 8 weeks

Bernie Wolfe School: 95 Bournais Dr.

226905 Sat Sep 20–Nov 8 1–1:45 pm

227533 Sat Jan 10–Feb 28 1–1:45 pm

Fee: \$68 10 weeks

St. James Assiniboia Centennial: 644 Parkdale St.

227919 Sun Sep 14–Nov 16 Noon–12:45 pm

228078 Sun Jan 11–Mar 15 Noon–12:45 pm

Kinder Ballet

active start

Learn a variety of basic ballet skills. This includes rhythm and balance skills. Ballet slippers are recommended.

Level I • 3–5 years

Fee: \$60 9 weeks

École Rivière-Rouge: 55 Swinford Way

225943 Mon Sep 15–Nov 17 6–6:30 pm

226526 Mon Jan 12–Mar 16 6–6:30 pm

Fee: \$80 8 weeks

Bernie Wolfe School: 95 Bournais Dr.

226906 Sat Sep 20–Nov 8 10:45–11:30 am

227535 Sat Jan 10–Feb 28 10:45–11:30 am

Linden Meadows School: 335 Lindenwood Dr. E

226552 Mon Jan 19–Mar 16 6–6:45 pm

Winakwa CC: 980 Winakwa Rd.

224267 Thu Oct 9–Nov 27 6–6:45 pm

224268 Thu Oct 9–Nov 27 7–7:45 pm

224886 Thu Jan 15–Mar 12 6–6:45 pm

224887 Thu Jan 15–Mar 12 7–7:45 pm

Whyte Ridge School: 400 Scurfield Blvd.

226645 Wed Jan 21–Mar 11 6–6:45 pm

226658 Wed Jan 21–Mar 11 6:45–7:30 pm

Fee: \$101 10 weeks

Fort Rouge Leisure Centre: 625 Osborne St.

226363 Thu Sep 25–Nov 27 5:15–6 pm

226364 Thu Sep 25–Nov 27 6:05–6:50 pm

226841 Thu Jan 15–Mar 19 5:15–6 pm

226842 Thu Jan 15–Mar 19 6:05–6:50 pm

St. James Assiniboia Centennial: 644 Parkdale St.

227925 Sun Sep 14–Nov 16 1:40–2:25 pm

228081 Sun Jan 11–Mar 15 1:40–2:25 pm

Whyte Ridge School: 400 Scurfield Blvd.

226455 Wed Sep 24–Nov 26 6–6:45 pm

226457 Wed Sep 24–Nov 26 6:45–7:30 pm

Level II • 3–5 years

Previous ballet skills are needed to take this course. Ballet slippers are recommended.

Fee: \$80 8 weeks

Bernie Wolfe School: 95 Bournais Dr.

226907 Sat Sep 20–Nov 8 2–2:45 pm

227536 Sat Jan 10–Feb 28 2–2:45 pm

Fee: \$90 9 weeks

École Rivière-Rouge: 55 Swinford Way

225950 Mon Sep 15–Nov 17 6:30–7:15 pm

226529 Mon Jan 12–Mar 16 6:30–7:15 pm

Fee: \$101 10 weeks

St. James Assiniboia Centennial: 644 Parkdale St.

227928 Sun Sep 14–Nov 16 2:30–3:15 pm

228083 Sun Jan 11–Mar 15 2:30–3:15 pm

Hop to It • 4–6 years

active start

Basic dance movements include jazz, ballet and hip hop combinations.

Fee: \$72 8 weeks

Bernie Wolfe School: 95 Bournais Dr.

226903 Sat Sep 20–Nov 8 Noon–12:45 pm

227531 Sat Jan 10–Feb 28 Noon–12:45 pm

École St. Germain: 77 John Forsyth Rd.

224263 Tue Oct 7–Dec 2 6:30–7:15 pm

224881 Tue Jan 13–Mar 3 6:30–7:15 pm

Fee: \$90 10 weeks

St. James Assiniboia Centennial: 644 Parkdale St.

227914 Sun Sep 14–Nov 16 12:50–1:35 pm

228074 Sun Jan 11–Mar 15 12:50–1:35 pm

Music & Movement • 3–5 years

active start

This class combines physical literacy with music. We cover awareness of the body and its position in space, movements of the body, feelings and mood. Music is a huge connector of mind and body as we explore moving to music in various ways and learning to create new sounds using our voices, bodies and crafts.

Fee: \$48 8 weeks

Bairdmore School: 700 Bairdmore Blvd.

226675 Thu Jan 22–Mar 12 9:15–10 am

226676 Thu Jan 22–Mar 12 10:15–11 am

École Henri-Bergeron: 363 Enfield Cres.

224295 Wed Oct 8–Nov 26 6:30–7:15 pm

224891 Wed Jan 14–Mar 4 6:30–7:15 pm

Linden Meadows School: 335 Lindenwood Dr. E

226446 Mon Sep 22–Nov 17 6:45–7:30 pm

226553 Mon Jan 19–Mar 16 6:45–7:30 pm

Fee: \$60 10 weeks

Bairdmore School: 700 Bairdmore Blvd.

226466 Thu Sep 25–Nov 27 9:15–10 am

226474 Thu Sep 25–Nov 27 10:15–11 am

Fort Rouge Leisure Centre: 625 Osborne St.

226735 Wed Sep 24–Nov 26 10:40–11:25 am

226855 Wed Jan 14–Mar 18 10:40–11:25 am

Looking for activities to do with your family? Check out the **family section** on pages 38–40.

Preschool

Gymnastics

Kinder Gym • 3–4 years

active start

This program works on balance and movement.

Fee:	\$63		6 weeks
Whyte Ridge School: 400 Scurfield Blvd.			
226691	Fri	Jan 23–Feb 27	6–6:45 pm
226694	Fri	Jan 23–Feb 27	6:45–7:30 pm
Fee:	\$63		9 weeks
St. John's Leisure Centre: 601 Aikins St.			
225960	Sat	Sep 20–Nov 22	10–10:30 am
226601	Sat	Jan 17–Mar 21	10–10:30 am
Fee:	\$84		8 weeks
Bairdmore School: 700 Bairdmore Blvd.			
226661	Wed	Jan 21–Mar 11	6–6:45 pm
Linden Meadows School: 335 Lindenwood Dr. E			
226600	Tue	Jan 20–Mar 10	6–6:45 pm
Whyte Ridge School: 400 Scurfield Blvd.			
226447	Mon	Sep 22–Nov 17	6–6:45 pm
226554	Mon	Jan 19–Mar 16	6–6:45 pm
Fee:	\$106		10 weeks
Bairdmore School: 700 Bairdmore Blvd.			
226459	Wed	Sep 24–Nov 26	6–6:45 pm
Fort Rouge Leisure Centre: 625 Osborne St.			
226295	Sun	Sep 21–Nov 30	9:15–10 am
226313	Sun	Sep 21–Nov 30	10:15–11 am
226845	Sun	Jan 11–Mar 22	9:15–10 am
226846	Sun	Jan 11–Mar 22	10:15–11 am
Whyte Ridge School: 400 Scurfield Blvd.			
226492	Fri	Sep 26–Nov 28	6–6:45 pm
226500	Fri	Sep 26–Nov 28	6:45–7:30 pm

Gymnastics • 4–5 years

active start

This program uses games as well as basic gymnastic moves to encourage coordination, balance and flexibility. Emphasis on fun and fitness.

Fee:	\$72		9 weeks
St. John's Leisure Centre: 601 Aikins St.			
225658	Thu	Sep 18–Nov 13	5:45–6:30 pm
225655	Sat	Sep 20–Nov 22	10:30–11:15 am
226513	Thu	Jan 15–Mar 12	5:45–6:30 pm
226511	Sat	Jan 17–Mar 21	10:30–11:15 am
Fee:	\$85		8 weeks
Bairdmore School: 700 Bairdmore Blvd.			
226663	Wed	Jan 21–Mar 11	6:45–7:45 pm
Linden Meadows School: 335 Lindenwood Dr. E			
226607	Tue	Jan 20–Mar 10	7–8 pm
River East Preschool Centre: 1410 Rothesay St.			
226898	Tue	Sep 16–Nov 18	6–7 pm
226899	Thu	Sep 18–Nov 6	6–7 pm
226900	Wed	Sep 17–Nov 5	6–7 pm
226901	Sun	Sep 21–Nov 9	9–10 am
226902	Sun	Sep 21–Nov 9	12:15–1:15 pm
227525	Tue	Jan 6–Feb 24	6–7 pm
227526	Thu	Jan 8–Feb 26	6–7 pm
227528	Wed	Jan 7–Feb 25	6–7 pm
227529	Sun	Jan 11–Mar 1	9–10 am
227530	Sun	Jan 11–Mar 1	12:15–1:15 pm
Whyte Ridge School: 400 Scurfield Blvd.			
226390	Mon	Sep 22–Nov 17	6:45–7:45 pm
226560	Mon	Jan 19–Mar 16	6:45–7:45 pm
Fee:	\$107		10 weeks
Bairdmore School: 700 Bairdmore Blvd.			
226394	Wed	Sep 24–Nov 26	6:45–7:45 pm
Fort Rouge Leisure Centre: 625 Osborne St.			
226290	Sun	Sep 21–Nov 30	11:15 am–12:15 pm
226835	Sun	Jan 11–Mar 22	11:15 am–12:15 pm
Linden Meadows School: 335 Lindenwood Dr. E			
226392	Tue	Sep 23–Dec 9	7–8 pm

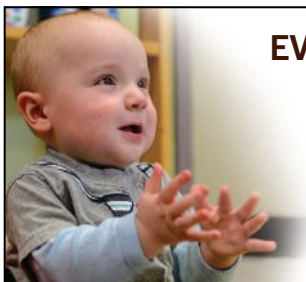
Try Gymnastics for Fun & Fitness!

City of Winnipeg gymnastic programs are non-competitive, introductory courses that help your child develop balance, coordination and flexibility in a fun and safe environment!



Wellness in Winter

Lace up the skates and get on the rink. Check out the Leisure Guide Skating brochure at winnipeg.ca/leisureguide to see the public skate schedule. More tips can be found on pages 14 and 15.



EVER WONDER HOW YOUR BABY LEARNS LANGUAGE?

Researchers at the U of M are looking for babies 12 months and under to participate in a fun and non-invasive study. Your child will receive a toy or book for their efforts. Free parking.

Email: babylanguagelab@umanitoba.ca or Phone: 204-474-8798

See website for more information: www.babylanguagelab.org

Study approved by the University of Manitoba Research Ethics Board.



**University
of Manitoba**

SPORT

All Sorts of Sports • 4–6 years

active start

Come shoot some hoops or score a goal! Our many sporting activities are sure to pique your child's interest. The wide range of activities offered will help to develop fundamental movement skills, sportsmanship and even make some new friends.

Fee:	\$52		8 weeks
Bernie Wolfe School: 95 Bournais Dr.			
226888	Sat	Sep 20–Nov 8	9–9:45 am
227503	Sat	Jan 10–Feb 28	9–9:45 am

Mini Squashers • 4–6 years

active start

A mixture of racquets skills and ball hitting, while adding basic skills your child needs to kick start their hand eye coordination.

Fee:	\$26		4 weeks
University of Manitoba Frank Kennedy Ctr.: 420 University Cres.			
227527	Sat	Sep 6–Sep 27	9:30–10:15 am
227534	Sat	Oct 18–Nov 8	9:30–10:15 am
227571	Sat	Jan 10–31	9:30–10:15 am
227572	Sat	Feb 21–Mar 14	9:30–10:15 am

Mini Soccer • 4–5 years

active start

Basic soccer skills will be taught along with an emphasis on balance, movement and coordination.

Fee:	\$54		8 weeks
Bernie Wolfe School: 95 Bournais Dr.			
226910	Sat	Sep 20–Nov 8	10–10:45 am
227541	Sat	Jan 10–Feb 28	10–10:45 am

Fee:	\$72		8 weeks
Bairdmore School: 700 Bairdmore Blvd.			
226448	Mon	Sep 22–Nov 17	6–7 pm
226555	Mon	Jan 19–Mar 16	6–7 pm

Bonnycastle School: 1100 Chancellor Dr.			
226439	Mon	Sep 22–Nov 17	5:30–6:30 pm
226551	Mon	Jan 19–Mar 16	5:30–6:30 pm

École George-McDowell: 366 Paddington Rd.			
224270	Fri	Oct 10–Dec 5	6:30–7:30 pm
224883	Fri	Jan 16–Mar 6	6:30–7:30 pm

Fee:	\$81		9 weeks
Riverbend Community School: 123 Red River Blvd. W			
226020	Tue	Sep 16–Dec 9	6–7 pm
226606	Tue	Jan 13–Mar 10	6–7 pm

Sergeant Tommy Prince Place: 90 Sinclair St.			
226016	Sat	Sep 20–Nov 22	9:30–10:30 am
226605	Sat	Jan 17–Mar 21	9:30–10:30 am

Fee:	\$91		10 weeks
Fort Rouge Leisure Centre: 625 Osborne St.			
226379	Sat	Sep 20–Nov 29	10:30–11:30 am
226380	Sat	Sep 20–Nov 29	11:45 am–12:45 pm
226377	Sun	Sep 21–Nov 30	12:30–1:30 pm
226378	Sun	Sep 21–Nov 30	1:45–2:45 pm
226851	Sat	Jan 10–Mar 21	10:30–11:30 am
226852	Sat	Jan 10–Mar 21	11:45 am–12:45 pm
226849	Sun	Jan 11–Mar 22	12:30–1:30 pm
226850	Sun	Jan 11–Mar 22	1:45–2:45 pm

Enjoy your Birthday with us!



Reserve space for your next birthday party!
A reservation fee applies. **Contact 311 to book a location.**

Fort Rouge Leisure Centre

625 Osborne St.

Freight House Recreation Centre

Door #1 – 200 Isabel St.

Magnus Eliason Recreation Centre

430 Langside St.

Mayfair Recreation Centre

40 Mayfair Pl.

Sergeant Tommy Prince Place

90 Sinclair St.

St. John's Leisure Centre

601 Aikins St.

Turtle Island Neighbourhood Centre

510 King St.

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FB: [littlekickerswinnipegsouth](https://www.facebook.com/littlekickerswinnipegsouth) IG: [littlekickerswinnipegsouth](https://www.instagram.com/littlekickerswinnipegsouth)

Mind Matters Clinic

Dr. Adam Rossi & Dr. Jay Greenfeld, Registered Psychologists
3-1250 Waverley Street Tel: 204-477-8555



Children and Teen Group Registration Now Open for:



Tweens, Teens, and Screens

A group for parents, teens, and tweens to better understand healthy boundaries and limits with screen time use, internet safety, socializing online, and navigating healthy relationships with technology.

Ages 10–18 • Starts Tuesdays in October

Accelerate–Sport Performance Group

A group for athletes, parents, and coaches to help optimize peak performance through the integration of mental health building skills to succeed in your sport and in life.

Ages 10–18 • Starts Tuesdays in October

Friday Night Hang

Ages 13–18 • Starts Fridays in November

Anger Management

Ages 9–14 • Starts Sundays in November

Overcoming Anxiety

Ages 7–9 • Starts Mondays in November

Overcoming Negativity

Ages 10–13 • Starts Thursdays in October

ADHD & Organizational Skills

Ages 8–12 • Starts Wednesdays in November

Reading Boot Camp

Starts Saturdays in October and onsite specialized tutoring for Reading, Math, & Writing.

***Child and Adult Psychological
Assessment and Therapy
Services Available***

Mindfulness Based Stress Reduction for Teens

Ages 13–17 • Starts Mondays in November

Evening & weekend appointments available. Covered by most extended health care insurance plans

204-477-8555
www.mindmattersclinic.ca

Children • 6–12 years



ACTIVE LIVING

Dance

Junior Ballet • 6–8 years fundamentals

A continuation of Kinder Ballet: previous ballet experience is strongly recommended. In this class we continue to improve our basic ballet positions as well as develop stronger technique, self-confidence and self-expression through dancing!

Fee:	\$87		9 weeks
École Rivière-Rouge: 55 Swinford Way			
225937	Mon	Sep 15–Nov 17	7:15–8:15 pm
226528	Mon	Jan 12–Mar 16	7:15–8:15 pm
Fee:	\$97		10 weeks
St. James Assiniboia Centennial: 644 Parkdale St.			
227921	Sun	Sep 14–Nov 16	3:20–4:20 pm
228079	Sun	Jan 11–Mar 15	3:20–4:20 pm

Hip Hop • 6–9 years fundamentals

Learn the popular dance form of hip hop done to the latest top music hits.

Fee:	\$77		8 weeks
École St. Germain: 77 John Forsyth Rd.			
224262	Tue	Oct 7–Dec 2	7:15–8:15 pm
224880	Tue	Jan 13–Mar 3	7:15–8:15 pm
Fee:	\$97		10 weeks
St. James Assiniboia Centennial: 644 Parkdale St.			
227911	Sat	Sep 13–Nov 15	2–3 pm
227912	Sat	Sep 13–Nov 15	3:05–4:05 pm
228072	Sat	Jan 10–Mar 14	2–3 pm
228073	Sat	Jan 10–Mar 14	3:05–4:05 pm

Recreational Cheerleading • 9–12 years fundamentals

A fun introduction to cheerleading including dance, jumps, stunting and gymnastics moves.

Fee:	\$116		8 weeks
General Byng School: 1250 Beaumont St.			
226449	Mon	Sep 22–Nov 17	8–9:30 pm
226559	Mon	Jan 19–Mar 16	8–9:30 pm

Wellness in Winter

Bringing your child to activities? Use the time to stretch and move while they also get exercise.

More tips can be found on pages 14 and 15.



When registering, ensure that you select the correct participant for the activity.

Requesting a change in participant after the initial enrollment will require a withdrawal and be subject to the \$16.04 Program Withdrawal Fee.

Leisure Guide Swimming

Aquatic information and activity codes for all of our **Learn to Swim** courses are available in the online **Leisure Guide Swimming** brochure at winnipeg.ca/leisureguide

Children

Gymnastics

Recreational Gymnastics

Promotes development of gymnastic skills and physical fitness through progressive skill development using a variety of apparatus and routines. Emphasis on fun.

6-8 years

fundamentals

Fee: \$81 8 weeks

École Henri-Bergeron: 363 Enfield Cres.

224278 Thu Oct 9–Nov 27 6:30–7:30 pm

224898 Thu Jan 15–Mar 5 6:30–7:30 pm

River East Preschool Centre: 1410 Rothesay St.

226911 Tue Sep 16–Nov 18 7:15–8:15 pm

226912 Wed Sep 17–Nov 5 7:15–8:15 pm

226913 Thu Sep 18–Nov 6 7:15–8:15 pm

226914 Sun Sep 21–Nov 9 10–11 am

226915 Sun Sep 21–Nov 9 11 am–Noon

227542 Tue Jan 6–Feb 24 7:15–8:15 pm

227543 Wed Jan 7–Feb 25 7:15–8:15 pm

227544 Thu Jan 8–Feb 26 7:15–8:15 pm

227545 Sun Jan 11–Mar 1 10–11 am

227546 Sun Jan 11–Mar 1 11 am–Noon

Fee: \$92 9 weeks

St. John's Leisure Centre: 601 Aikins St.

225704 Thu Sep 18–Nov 13 6:30–7:30 pm

225702 Sat Sep 20–Nov 22 11:30 am–12:30 pm

226714 Thu Jan 15–Mar 12 6:30–7:30 pm

226713 Sat Jan 17–Mar 21 11:30 am–12:30 pm

9-12 years

learn to train

Fee: \$81 8 weeks

École Henri-Bergeron: 363 Enfield Cres.

224279 Thu Oct 9–Nov 27 7:30–8:30 pm

224899 Thu Jan 15–Mar 5 7:30–8:30 pm

Fee: \$92 9 weeks

St. John's Leisure Centre: 601 Aikins St.

225705 Thu Sep 18–Nov 13 7:30–8:30 pm

226715 Thu Jan 15–Mar 12 7:30–8:30 pm



Martial Arts

Confidence-Building Martial Arts • Level 1

This class teaches children the basics of martial arts. They learn hand and kicking techniques in a fun program. It helps them build confidence, self-esteem, and focus. Supervised physical contact is part of the program for demonstration and skill building. Master Paul Villamor teaches the session. He is a 7th degree black belt and three-time world champion.

6-9 years

fundamentals

Fee: \$65 9 weeks

St. James Assiniboia Centennial: 644 Parkdale St.

226211 Tue Oct 7–Dec 9 5:30–6:15 pm

Fee: \$73 10 weeks

Fort Rouge Leisure Centre: 625 Osborne St.

226287 Sat Sep 20–Nov 29 2:15–3 pm

226829 Sat Jan 10–Mar 21 2:15–3 pm

River East Preschool Centre: 1410 Rothesay St.

226891 Fri Sep 19–Nov 28 5:30–6:15 pm

227511 Fri Jan 9–Mar 13 5:30–6:15 pm

St. James Assiniboia Centennial: 644 Parkdale St.

226351 Tue Jan 6–Mar 10 5:30–6:15 pm

9-12 years

learn to train

Fee: \$65 9 weeks

St. James Assiniboia Centennial: 644 Parkdale St.

226212 Tue Oct 7–Dec 9 6:25–7:10 pm

Fee: \$73 10 weeks

River East Preschool Centre: 1410 Rothesay St.

226892 Fri Sep 19–Nov 28 6:20–7:05 pm

227514 Fri Jan 9–Mar 13 6:20–7:05 pm

St. James Assiniboia Centennial: 644 Parkdale St.

226352 Tue Jan 6–Mar 10 6:25–7:10 pm

Confidence-Building Martial Arts • Level 2

learn to train

This class is designed for those who have completed Confidence-Building Martial Arts Level 1 and are ready to put their skills into practice. Continue to enjoy a great workout while taking what you have learned to the next level. Please note: supervised physical contact for the purposes of demonstration and skill building will occur in this program. Taught by Master Paul Villamor, 7th degree black belt and three-time world champion.

Fee: \$73 10 weeks

Fort Rouge Leisure Centre: 625 Osborne St.

226288 Sat Sep 20–Nov 29 3–3:45 pm

Fort Rouge Leisure Centre: 625 Osborne St.

226830 Sat Jan 10–Mar 21 3–3:45 pm

River East Preschool Centre: 1410 Rothesay St.

226893 Fri Sep 19–Nov 28 7:10–7:55 pm

227517 Fri Jan 9–Mar 13 7:10–7:55 pm

Confidence-Building Martial Arts • Level 3

learn to train

This class teaches advanced skills. It is a class for children who have finished Confidence Building Martial Arts Level 1 and 2. Supervised physical contact is part of the program for demonstration and skill building. Master Paul Villamor teaches the session. He is a 7th degree black belt and three-time world champion.

Fee: \$73 10 weeks

River East Preschool Centre: 1410 Rothesay St.

226894 Fri Sep 19–Nov 28 8–8:45 pm

227519 Fri Jan 9–Mar 13 8–8:45 pm

Shotokan Karate • 5–7 years

fundamentals

This course is for new students and focuses on building strength, coordination and discipline as students learn the basic movements of Karate through fun exercises and games.

Fee:	\$73		10 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.			
225907	Sat	Oct 4–Dec 6	Noon–12:45 pm
226055	Sat	Jan 10–Mar 14	Noon–12:45 pm

Shotokan Karate • 8 years–Adult

Beginner

fundamentals active for life

This course is a basic introduction to the movements of Karate and to the many physical and mental health benefits of the art.

Fee:	\$97		10 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.			
225908	Sat	Oct 4–Dec 6	1–2 pm
226056	Sat	Jan 10–Mar 14	1–2 pm

Pan Am Pool: 25 Poseidon Bay

226264	Wed	Oct 1–Dec 3	6:30–7:30 pm
226339	Wed	Jan 7–Mar 11	6:30–7:30 pm

Intermediate

learn to train active for life

This class builds upon the beginner course with more advanced techniques, theory and kata training. Respect, character and effort are emphasized. Be prepared for a physically demanding class.

Fee:	\$97		10 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.			
225909	Sat	Oct 4–Dec 6	2:15–3:15 pm
226057	Sat	Jan 10–Mar 14	2:15–3:15 pm

Fee:	\$116		12 weeks
Pan Am Pool: 25 Poseidon Bay			
226256	Sun	Sep 21–Dec 7	2:45–3:45 pm
226266	Wed	Sep 24–Dec 10	7:30–8:30 pm
226340	Sun	Jan 4–Mar 22	2:45–3:45 pm
226341	Wed	Jan 7–Mar 25	7:30–8:30 pm

Yoga

Yoga Kids

fundamentals

Participants will learn a variety of poses and techniques.

Fee:	\$73		8 weeks
École St Germain: 77 John Forsyth Rd.			

6–8 years

224292	Thu	Oct 9–Nov 27	6:30–7:30 pm
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9–12 years

224293	Thu	Jan 15–Mar 5	6:30–7:30 pm
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SPORT

Badminton • 9–12 years

learn to train

An introductory class will be taught in a non-competitive, fun atmosphere. Learn the basic skills of badminton and have fun while exercising and learning a new game.

Fee:	\$52		6 weeks
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Prairie Sunrise School: 10 Ryerson Ave.

226695	Fri	Jan 23–Feb 27	7–8 pm
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Fee:	\$52		8 weeks
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Oakenwald School: 666 Oakenwald Ave.

226662	Wed	Jan 21–Mar 11	6:45–7:30 pm
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Fee:	\$65		10 weeks
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Oakenwald School: 666 Oakenwald Ave.

226305	Wed	Sep 24–Nov 26	6:45–7:30 pm
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Fee:	\$69		8 weeks
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École Howden: 150 Howden Rd.

224244	Fri	Oct 10–Dec 5	6:30–7:30 pm
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224862	Fri	Jan 16–Mar 6	6:30–7:30 pm
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Fee:	\$86		10 weeks
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Prairie Sunrise School: 10 Ryerson Ave.

226265	Fri	Sep 26–Nov 28	7–8 pm
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Children

Basketball

Come shoot some hoops! Skill development and game rules will be taught. Focus on skills and conditioning.

6-8 years

fundamentals

Fee: \$52

Bonnycastle School: 1100 Chancellor Dr.
227029 Wed Jan 21-Mar 11

Fee: \$69

Archwood CC: 565 Guilbault St.

224249 Tue Oct 7-Dec 2

224866 Tue Jan 13-Mar 3

Bonnycastle School: 1100 Chancellor Dr.

226599 Tue Jan 20-Mar 10

Niakwa Place School: 200 Pebble Beach Rd.

224250 Mon Oct 6-Dec 1

224867 Mon Jan 12-Mar 9

Fee: \$78

Sergeant Tommy Prince Place: 90 Sinclair St.

225643 Mon Sep 15-Nov 17

226494 Mon Jan 12-Mar 16

Fee: \$86

Bonnycastle School: 1100 Chancellor Dr.

226314 Tue Sep 23-Dec 9

Fort Rouge Leisure Centre: 625 Osborne St.

226281 Sat Sep 20-Nov 29

226804 Sat Jan 10-Mar 21

9-12 years

learn to train

Fee: \$69

Archwood CC: 565 Guilbault St.

224251 Tue Oct 7-Dec 2

224869 Tue Jan 13-Mar 3

Niakwa Place School: 200 Pebble Beach Rd.

224252 Mon Oct 6-Dec 1

224870 Mon Jan 12-Mar 9

Fee: \$78

Sergeant Tommy Prince Place: 90 Sinclair St.

226035 Mon Sep 15-Nov 17

224717 Wed Sep 17-Nov 12

226495 Mon Jan 12-Mar 16

224718 Wed Jan 14-Mar 11

Fee: \$86

Fort Rouge Leisure Centre: 625 Osborne St.

226282 Sat Sep 20-Nov 29

226808 Sat Jan 10-Mar 21

8 weeks

6:45-7:30 pm

8 weeks

6-7 pm

6-7 pm

6-7 pm

6:30-7:30 pm

6:30-7:30 pm

9 weeks

6-7 pm

6-7 pm

10 weeks

6-7 pm

4:15-5:15 pm

4:15-5:15 pm

8 weeks

7:15-8:15 pm

7:15-8:15 pm

7:30-8:30 pm

7:30-8:30 pm

9 weeks

7-8 pm

6-7 pm

7-8 pm

6-7 pm

10 weeks

5:30-6:30 pm

5:30-6:30 pm

Beginner Squash • 6-9 years

fundamentals

This fun introductory program teaches participants the basic skills of squash in a fun, non-competitive atmosphere. The participants will come away with skills, knowledge and love for a new lifelong sport. This group will learn how to serve, hit drives, drops and volleys along with fun games!

Fee: \$26

University of Manitoba Frank Kennedy Ctr.: 420 University Cres.

227538 Sat Sep 6-Sep 27 9:45-10:30 am

227540 Sat Oct 18-Nov 8 9:45-10:30 am

227573 Sat Jan 10-31 10:15-11 am

227574 Sat Feb 21-Mar 14 10:15-11 am

Designer Dodgeball • 9-12 years

learn to train

Come play a variety of different dodgeball games. This class will teach physical literacy skills. We provide soft equipment and a safe, inclusive environment for all.

Fee: \$52

Oakenwald School: 666 Oakenwald Ave.

227028 Wed Jan 21-Mar 11 6-6:45 pm

Fee: \$69

Bonnycastle School: 1100 Chancellor Dr.

226603 Tue Jan 20-Mar 10 7-8 pm

Fee: \$86

Bonnycastle School: 1100 Chancellor Dr.

226318 Tue Sep 23-Dec 9 7-8 pm

Dodge, Duck, Dive

"Remember the 5 D's of Dodgeball: Dodge, duck, dip, dive and dodge."

This exciting sport program emphasizes physical literacy and team building in a fun environment. The sport requires more than just a "grip it and rip it" approach. The faking, ball-pumping and hesitation are all critical to a team's success. Games will be taught and skill development.

Fee: \$69

École Howden: 150 Howden Rd.

6-8 years

fundamentals

224256 Mon Oct 6-Dec 1 6:30-7:30 pm

224874 Mon Jan 12-Mar 9 6:30-7:30 pm

9-12 years

learn to train

224257 Mon Oct 6-Dec 1 7:30-8:30 pm

224875 Mon Jan 12-Mar 9 7:30-8:30 pm



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Floor Hockey fundamentals

Young players can have fun in the gym while they are supervised. Players will learn a variety of skills.

6–8 years fundamentals

Fee: \$69 8 weeks

Lavallee School: 505 St. Anne's Rd.

227132 Fri Oct 10–Dec 5 6:30–7:30 pm

227325 Fri Jan 16–Mar 6 6:30–7:30 pm

Fee: \$78 9 weeks

Sergeant Tommy Prince Place: 90 Sinclair St.

225652 Thu Sep 18–Nov 13 6–7 pm

226506 Thu Jan 15–Mar 12 6–7 pm

9–12 years

learn to train

Fee: \$69 8 weeks

Lavallee School: 505 St. Anne's Rd.

227133 Fri Oct 10–Dec 5 7:30–8:30 pm

227327 Fri Jan 16–Mar 6 7:30–8:30 pm

Fee: \$78 9 weeks

Sergeant Tommy Prince Place: 90 Sinclair St.

226037 Thu Sep 18–Nov 13 7–8 pm

226508 Thu Jan 15–Mar 12 7–8 pm

Indoor Soccer

Young soccer players can continue to have fun learning and improving their soccer skills as well as their balance and coordination.

6–7 years fundamentals

Fee: \$69 8 weeks

Bairdmore School: 700 Bairdmore Blvd.

226398 Mon Sep 22–Nov 17 7–8 pm

226586 Mon Jan 19–Mar 16 7–8 pm

Bonnycastle School: 1100 Chancellor Dr.

226396 Mon Sep 22–Nov 17 7–8 pm

226558 Mon Jan 19–Mar 16 7–8 pm

École George-McDowell: 366 Paddington Rd.

224265 Fri Oct 10–Dec 5 7:30–8:30 pm

224884 Fri Jan 16–Mar 6 7:30–8:30 pm

Fee: \$78 9 weeks

Magnus Eliason Recreation Centre: 430 Langside St.

228102 Sat Sep 20–Nov 15 10:30–11:30 am

228104 Sat Jan 17–Mar 14 10:30–11:30 am

6–8 years fundamentals

Fee: \$69 8 weeks

Bernie Wolfe School: 95 Bournais Dr.

226904 Sat Sep 20–Nov 8 11 am–Noon

227532 Sat Jan 10–Feb 28 11 am–Noon

Fee: \$78 9 weeks

Riverbend Community School: 123 Red River Blvd. W

225925 Tue Sep 16–Dec 9 7–8 pm

226523 Tue Jan 13–Mar 10 7–8 pm

Sergeant Tommy Prince Place: 90 Sinclair St.

225922 Sat Sep 20–Nov 22 10:30–11:30 am

226519 Sat Jan 17–Mar 21 10:30–11:30 am

Fee: \$86 10 weeks

Fort Rouge Leisure Centre: 625 Osborne St.

226292 Sat Sep 20–Nov 29 1–2 pm

226291 Sun Sep 21–Nov 30 3–4 pm

226838 Sat Jan 10–Mar 21 1–2 pm

226837 Sun Jan 11–Mar 22 3–4 pm

6–9 years

fundamentals

Fee: \$69 8 weeks

Mayfair Recreation Centre: 40 Mayfair Pl.

226697 Sat Jan 24–Mar 21 9–10 am

Fee: \$86 10 weeks

Mayfair Recreation Centre: 40 Mayfair Pl.

226400 Sat Sep 27–Dec 6 9–10 am

8–10 years

learn to train

Fee: \$69 8 weeks

Bonnycastle School: 1100 Chancellor Dr.

226418 Mon Sep 22–Nov 17 8–9 pm

226589 Mon Jan 19–Mar 16 8–9 pm

École George-McDowell: 366 Paddington Rd.

224266 Fri Oct 10–Dec 5 8:30–9:30 pm

224885 Fri Jan 16–Mar 6 8:30–9:30 pm

Fee: \$78 9 weeks

Magnus Eliason Recreation Centre: 430 Langside St.

228103 Sat Sep 20–Nov 15 11:30 am–12:30 pm

228105 Sat Jan 17–Mar 14 11:30 am–12:30 pm

9–12 years

learn to train

Fee: \$69 8 weeks

Mayfair Recreation Centre: 40 Mayfair Pl.

226698 Sat Jan 24–Mar 21 10:15–11:15 am

Fee: \$86 10 weeks

Mayfair Recreation Centre: 40 Mayfair Pl.

226419 Sat Sep 27–Dec 6 10:15–11:15 am



Cooking Classes for Kids aged 3-12

small class sizes | hands-on | builds confidence and life skills




Children

LEISURE / CREATIVE ARTS

Creative Arts

Art My Way

It's a new art project every week! This art program is perfect for any child who enjoys expressing themselves with well, anything! Children will have a chance to explore their artsy side with paint, clay, papier mache, decoupage and more!

6-8 years

Fee:	\$55		8 weeks
Fort Rouge Leisure Centre: 625 Osborne St.			
226279	Sat	Sep 20–Nov 15	11:15 am–12:15 pm
226797	Sat	Jan 17–Mar 14	11:15 am–12:15 pm

River East Preschool Centre: 1410 Rothesay St.

226890	Sat	Sep 20–Nov 8	2:30–3:30 pm
227509	Sat	Jan 10–Feb 28	2:30–3:30 pm

St. John's Leisure Centre: 601 Aikins St.

224702	Wed	Sep 17–Nov 5	5–6 pm
224708	Wed	Jan 14–Mar 4	5–6 pm

9-12 years

Fee:	\$55		8 weeks
Fort Rouge Leisure Centre: 625 Osborne St.			
226280	Sat	Sep 20–Nov 15	12:30–1:30 pm
226799	Sat	Jan 17–Mar 14	12:30–1:30 pm

St. John's Leisure Centre: 601 Aikins St.

224710	Wed	Sep 17–Nov 5	6:30–7:30 pm
224712	Wed	Jan 14–Mar 4	6:30–7:30 pm

Chess Club for Kids • 8-12 years

This class will teach children the ins and out of all things Chess! Want to know the difference between how the Bishop and Rook moves across the board? Perhaps you already do and want to learn more while competing against your peers. Chess Club offers a fun and structured learning environment for the incredible game of Chess.

Fee:	\$50		8 weeks
Archwood CC: 565 Guilbault St.			
224254	Fri	Oct 10–Dec 5	6:30–7:30 pm
224255	Fri	Oct 10–Dec 5	7:30–8:30 pm
224872	Fri	Jan 16–Mar 6	6:30–7:30 pm
224873	Fri	Jan 16–Mar 6	7:30–8:30 pm

Holiday Card Making

Learn to make your own holiday greeting cards using a variety of techniques!

6-8 years

Fee:	\$15		1 day
River East Preschool Centre: 1410 Rothesay St.			
226922	Sat	Nov 22	1–2 pm

9-12 years

Fee:	\$15		1 day
River East Preschool Centre: 1410 Rothesay St.			
226923	Sat	Nov 22	2:30–3:30 pm



SPIN — Sport Programs In Inner City Neighbourhoods

SPIN is a City of Winnipeg led initiative to provide supports for free sports programming for 6-14 year-olds

If you are a community-based service provider working with 6-14 year-olds in the inner city, we want to help you offer sport programs.

SPIN offers a diverse range of sport opportunities. If you live in the inner city, are 6-14 years old and want to learn new sports, visit winnipeg.ca/spin to see what sports are currently being offered and to find a host location near you.









For more information, please contact:
311
spin@winnipeg.ca
winnipeg.ca/spin



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Holiday Ornaments

Explore a variety of mediums to create keepsake ornaments to be enjoyed for years to come.

6-8 years

Fee: \$15 1 day
River East Preschool Centre: 1410 Rothesay St.
226924 Sat Nov 29 1-2 pm

9-12 years

Fee: \$15 1 day
River East Preschool Centre: 1410 Rothesay St.
226925 Sat Nov 29 2:30-3:30 pm

Little Chefs • 6-8 years

Children will learn the basics of food preparation, kitchen safety and cooking techniques to create tasty dishes.

Fee: \$77 8 weeks
\$20 Lab fee, payable to the instructor

Transcona Senior Centre: 328 Whittier Ave. W
226908 Tue Sep 16-Nov 18 5:45-7:15 pm
226909 Thu Sep 18-Nov 6 5:45-7:15 pm
227537 Tue Jan 6-Feb 24 5:45-7:15 pm
227539 Thu Jan 8-Feb 26 5:45-7:15 pm

Fee: \$87 9 weeks
\$20 Lab fee, payable to the instructor

St. John's Leisure Centre: 601 Aikins St.
225963 Sat Sep 20-Nov 22 1-2:30 pm
226602 Sat Jan 17-Mar 21 1-2:30 pm

Super Chefs • 9-12 years

Children will learn the basics of food preparation. Kitchen safety and cooking skills will be taught to create tasty dishes.

Fee: \$77 8 weeks
\$20 Lab fee, payable to the instructor

Transcona Senior Centre: 328 Whittier Ave. W
226917 Tue Sep 16-Nov 18 7:30-9 pm
226916 Thu Sep 18-Nov 6 7:30-9 pm
227548 Tue Jan 6-Feb 24 7:30-9 pm
227547 Thu Jan 8-Feb 26 7:30-9 pm

Fee: \$87 9 weeks
\$20 Lab fee, payable to the instructor

Sergeant Tommy Prince Place: 90 Sinclair St.
225717 Mon Sep 15-Nov 17 6-7:30 pm
226719 Mon Jan 12-Mar 16 6-7:30 pm

St. John's Leisure Centre: 601 Aikins St.
226025 Wed Sep 17-Nov 12 6-7:30 pm
226722 Wed Jan 14-Mar 11 6-7:30 pm

Little Artists • 6-8 years

Let your imagination run wild as we explore the world of art. We will be using mediums such as paper, clay and paint to make our artful creations. We will be having fun in the messiest of ways!

Bairdmore School: 700 Bairdmore Blvd.

Fee: \$52 8 weeks
226680 Thu Jan 22-Mar 12 7-8 pm

Fee: \$65 10 weeks
226488 Thu Sep 25-Nov 27 7-8 pm

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Children

Magic for Kids Beginner • 9–13 years

A magician will teach your child awesome magic illusions using ropes, cards, coins and doing amazing predictions. Participants will learn public speaking, teamwork and how to establish stage presence with an audience while learning all about magic. Program is complete with a magic show showcasing your child's new talent. Participants will take home the props purchased with the lab fee.

Fee: \$121 8 weeks
 \$30 Lab fee, payable to the instructor
 École Julie-Riel: 316 Ashworth St.
 224294 Mon Oct 6–Dec 1 6:30–7:45 pm
 224889 Mon Jan 12–Mar 9 6:30–7:45 pm

Theatre for Kids • 8–12 years

This course is an introduction into the fun and dramatic world of theatre. Exciting activities will help develop a variety of skills such as public speaking, all while focusing on theatre. We will also try different acting methods so remember to bring your imagination and energy!

Fee: \$78 8 weeks
 École St. Germain: 77 John Forsyth Rd.
 227491 Thu Oct 9–Nov 27 7:30–9 pm
 227493 Thu Jan 15–Mar 5 7:30–9 pm

Pottery

All classes include the cost of clay, use of tools, glazes and firing.

Introduction to Pottery • 8–12 years

A fun introduction to the wonderful art of handmade pottery! Learn the basics of hand-building techniques including coiling, slab building and making pinch pots. Dress for a mess!

Fort Garry Lion's Outdoor Pool: 969 Dowker Ave.

Fee: \$264			10 weeks
226502 Sat	Sep 27–Dec 6		9:30–11:30 am
226503 Sat	Sep 27–Dec 6		12:30–2:30 pm
Fee: \$211			8 weeks
226700 Sat	Jan 24–Mar 21		12:30–2:30 pm
226699 Sat	Jan 24–Mar 21		9:30–11:30 am

Wellness in Winter

Check out our Priceless Fun brochure for free recreation and leisure opportunities!

winnipeg.ca/leisureguide

More tips can be found on pages 14 and 15.



**Register For
Music Lessons Today!**

Piano • Guitar • Drums • Strings • Brass • & More!

*New Ellice Ave location now open!



1300 Ellice Avenue | (204) 783-4487
winnipegellicelessons@long-mcquade.com

1845 Pembina Highway | (204) 284-5180
winnipeglessons@long-mcquade.com

1074 Henderson Highway | (204) 515-1117
winnipegnelessons@long-mcquade.com



The kind of lessons you wished you had!

Located in Elmwood, North Kildonan, Transcona, and expanding!

Learn more or register now at cemacademy.ca



PIANO GUITAR BASS FLUTE VIOLIN UKULELE DRUMS VOICE

LA FÉDÉRATION des PARENTS de la FRANCOPHONIE MANITOBAINE

NOTRE MISSION

La **FPFM** représente, rassemble et soutient les parents en leur offrant des services francophones de qualité pour la petite enfance et les familles.

NOS SERVICES

- * **Pour les familles :** Les CRÉES | Programmation pour les 0 à 12 ans | Événements familiaux | Visites de liaison familiales, autres.
- * **Pour les Parents :** Ateliers pour parents | Conférences annuelles | Appui en francisation | Projet AMIS.

Scannez pour plus d'infos sur notre site web :

2-822 b, avenue Taché,
Winnipeg (Manitoba) R2H 2B4
(204) 237-9666

Becoming a Lifeguard & Lifesaving Instructor

Follow this guide for the steps to become a Lifesaving Society Instructor and a National Lifeguard.

```

graph TD
    A[Bronze Star] --> B[Bronze Medallion]
    B --> C[Bronze Cross]
    C --> D[Swim For Life Instructor OR Lifesaving Instructor]
    E[Standard First Aid] --> F[National Lifeguard]
    F --> G[Swim For Life Instructor OR Lifesaving Instructor]
  
```

Photo credit: Lifesaving Society British Columbia and Yukon Branch

Follow us on:

Really love instructing?
Learn about other Lifesaving Society leadership courses by contacting your local office today!

WINTER & SPRING CAMPS

Multiple dates to choose from!

-CAMP- Manitou
EST. 1930

Scan the QR code for more information

SCAN HERE

2025 FALL + WINTER PROGRAMS

ESSO
LEARN TO SKATE

ADULT LEARN TO
PLAY

ADULT LEARN TO
SKATE

REC HOCKEY
PROGRAM

FIRST SKATE
PROGRAM

FOR ANY INQUIRIES, PLEASE CONTACT JHD@TNSE.COM



hockey
for all
centre

2026 CAMPS + PROGRAMS



FOR ANY INQUIRIES, PLEASE CONTACT JHD@TNSE.COM



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hockey
for all
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Sagehill Stables

Ride. Learn. Heal.

Discounted Introductory Program

Lessons start the week of September 14, ages 8+

Package of 10 weekly lessons, 2-hrs/lesson for \$74/lesson+GST

Birthdays

Lead-line horse rides for all ages, includes grooming horses and riding

1-hr is \$225+GST for up to 10 riders, additional riders are \$15+GST (unlimited guests welcome)

- Add a unicorn to your party!
- Add a room rental or firehack rental for your cake and gifts after riding

Parent & Me Program

Ages 5 to 8 and a parent/guardian who will walk beside them

- Packages of 4 or 8 lessons, \$65.75/lesson+GST
- Kids & parents learn about grooming and horse safety together
- Kids learn to ride and develop balance and coordination

All lessons indoors, run year round

4180 Waverley Street, Winnipeg • Only 4 km south of the Perimeter Hwy.

www.sagehillstables.com



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SKILL DEVELOPMENT FOR EVERY AGE & LEVEL.

GROW WITH PLAY

Your child will build skills and confidence through a fun, accredited program that makes learning feel easy and fun.



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 1871 Ellice Ave, Winnipeg, MB R3H 0C1



For ages 12–17 years unless otherwise stated

ACTIVE LIVING

Fit & Fun

Badminton

learn to train

Sharpen your skills or just learn the basics of the game.

11–15 years

École Howden: 150 Howden Rd.

Fee:	\$69		8 weeks
228758	Fri	Oct 10–Nov 28	7:30–8:30 pm
228759	Fri	Jan 16–Mar 6	7:30–8:30 pm

Prairie Sunrise School: 10 Ryerson Ave.

Fee:	\$130		10 weeks
226261	Thu	Sep 25–Nov 27	8–9:30 pm
Fee:	\$104		8 weeks
226683	Thu	Jan 22–Mar 12	8–9:30 pm

13–17 years

Prairie Sunrise School: 10 Ryerson Ave.

Fee:	\$173		10 weeks
226263	Fri	Sep 26–Nov 28	8–10 pm
Fee:	\$104		6 weeks
226696	Fri	Jan 23–Feb 27	8–10 pm

SPORT

Youth Basketball

learn to train

Players can have fun playing basketball in a supervised recreational setting. Each week players will learn drills to improve their skills.

12–16 years

Fee:	\$130		10 weeks
Fort Rouge Leisure Centre: 625 Osborne St.			
226402	Fri	Sep 19–Nov 28	6–7:30 pm
226859	Fri	Jan 16–Mar 20	6–7:30 pm

EDUCATION / SPECIAL INTEREST

Babysitting for Youth

The first part of the course will be spent focusing on personal safety, childcare, fire safety and play. The last part of the course will be spent focusing on First Aid/CPR and on emergencies more likely to happen while babysitting. Must turn 12 years old during the program. Participants will receive both the Babysitting certificate and Emergency First aid/Level B CPR certificate. Attendance is mandatory to receive certification. Manuals included.

Fee:	\$152		4 weeks
St. James Assiniboia Centennial: 644 Parkdale St.			
227901	Sun	Sep 28–Oct 19	Noon–4 pm
228064	Sun	Feb 15–Mar 8	Noon–4 pm

Home Alone Workshop

This class will give your child the skills to stay 'home alone' safely. Course will focus on fire safety, home safety and emergency procedures. Parents are required to attend at no additional charge.

Fee:	\$38		1 day
Chalmers CC: 480 Chalmers Ave.			
226918	Sun	Sep 21	9 am–Noon
226919	Sun	Nov 9	9 am–Noon
226920	Sun	Feb 1	9 am–Noon
226921	Sun	Mar 15	9 am–Noon
St. John's Leisure Centre: 601 Aikins St.			
224210	Sun	Nov 9	10 am–1 pm
224211	Sun	Feb 1	10 am–1 pm

Pottery

All classes include the cost of clay, use of tools, glazes and firing.

Youth Pottery

Specially designed for teens to include both wheel work and hand-building. Participants will have a chance to try out their own unique ideas with self-directed projects. Dress for a mess!

Fort Garry Lion's Outdoor Pool: 969 Dowker Ave.

Fee:	\$264		10 weeks
226496	Fri	Sep 26–Nov 28	6:30–8:30 pm
Fee:	\$158		6 weeks
226693	Fri	Jan 23–Feb 27	6:30–8:30 pm

ROYAL CANADIAN SEA CADETS & NAVY LEAGUE CADETS

Royal Canadian Sea Cadets is a youth program delivered in partnership with the Navy League of Canada and the Department of National Defence. Navy League Cadets is delivered by the Navy League of Canada.

While the programs introduce Cadets to “what” the Navy is all about, Cadets are not members of the Armed Forces and are free to leave the program at any time.

Ages 9-18 years

ROYAL CANADIAN SEA CADET CORPS (RCSCC) for ages 12–18
NAVY LEAGUE CADET CORPS (NLCC) for ages 9–12

BENEFITS:

- Sea Cadets can earn up to two (2) High School credits and scholarships
- Free uniform and kit
- Summer camps across Canada
- Lifelong friendships
- Develop leadership skills
- Pride, Discipline, Commitment, Self Esteem
- Fun and Adventure

ACTIVITIES:

- Seamanship
- Sailing
- Band
- Scuba
- Physical Fitness
- Sports
- Marksmanship
- Communications
- Public Speaking
- Parades and Events



RCSCC John Travers Cornwell VC (49)
Parade Night: Monday 6:30 pm to 9:30 pm
Contact: 49sea@cadets.gc.ca
Join: <https://www.cadets.ca/>
Starts: September 2025
Location: HMCS Chippawa, 1 Navy Way, Winnipeg



RCSCC Qu'Appelle (213)
Parade Night: Thursday 6:30 pm to 9:30 pm
Contact: 213sea@cadets.gc.ca
Join: <https://www.cadets.ca/>
Starts: September 2025
Location: Building 21, 17 Wing, 715 Wihuri Road, Winnipeg



RCSCC Crusader (25)
Parade Night: Wednesday 6:30 pm to 9:30 pm
Contact: 25sea@cadets.gc.ca
Join: <https://www.cadets.ca/>
Starts: September 2025
Location: HMCS Chippawa, 1 Navy Way, Winnipeg



NLCC JRK Millen
Parade Night: Friday 6:30 pm to 9:00 pm
Contact: info.jrkmillen@mbnavyleague.ca
Website: www.jrkmillen.ca
Starts: September 2025
\$100 per Cadet per year - Ages 9–12
Location: HMCS Chippawa, 1 Navy Way, Winnipeg



RCSCC Transcona (350)
Parade Night: Tuesday 6:30 pm to 9:30 pm
Contact: 350sea@cadets.gc.ca
Join: <https://www.cadets.ca/>
Starts: September 2025
Location: Ecole Centrale, 604 Day St, Winnipeg

We are looking for volunteers to participate in the support of the Sea Cadet Corps and to lead and instruct our Navy League Cadets. If you are interested, please contact us at info@mbnavyleague.ca

For further information visit our website: <http://mbnavyleague.ca>

Cadets and Parents are expected to participate in and contribute to fund-raising as required by the League to meet its obligation and provide equipment and program enhancements not otherwise provided for.

ACT NOW! Welcome a Japanese youngster into your home as a Family Member for the 2026 Summer Program.



- July 21 to August 14, 2026
- Labo members are between the ages of 12 to 17.
- Families must provide criminal record and child abuse checks.

- Families are required to have a child of approx. the same age & gender. Labo members can share a room with the hosting child.
- Labo will provide a fee for hosting and record checks.
- Labo will also cover the costs of summer camp, if applicable.



LABO INTERNATIONAL EXCHANGE FOUNDATION

For Registration or Information contact Chozanne Gryte at 204-890-4507 or labo-mb@hotmail.com

WELCOME NEWCOMERS!

The City of Winnipeg provides many programs and services to residents, including Newcomers.

Find out how the City can help you settle into your new community!

winnipeg.ca/newcomers
newcomers@winnipeg.ca

— Artworks by / Œuvres d'art de Gibril Bangura



BIENVENUE AUX NOUVEAUX ARRIVANTS!

La Ville de Winnipeg offre plusieurs programmes et services aux résidents, y compris les nouveaux arrivants.

Découvrez comment la Ville peut vous aider à vous établir dans votre nouvelle communauté!

winnipeg.ca/nouveauxarrivants
newcomers@winnipeg.ca



▶ Get Fit Together

The City of Winnipeg's **Fit Together Pass** offers reduced rates for fitness services at City of Winnipeg recreation facilities. Sign up as a workplace, team, or community group and get fit together!

OPTIONS AVAILABLE Passes can be purchased for six months or one year.

▶ **Facility Pass** | Facility Passes can be used for general admission during public hours at any City of Winnipeg aquatic facility or leisure centre. These facilities offer a variety of amenities including pools, whirlpools, saunas, indoor tracks, weight rooms, cardio equipment and fitness areas. Amenities differ from facility to facility.

▶ **Active Living Pass** | The versatile Active Living Pass offers all the benefits of the Facility Pass, and can also be used for any City of Winnipeg drop-in Active Living class (★). There are a number of aquafitness and fitness classes to choose from.

The **Fit Together Pass** is available to any organization (corporate, not-for-profit, or community-based) with 10 or more individuals interested in purchasing passes.



For more information or to sign up,
visit winnipeg.ca/FitTogetherPass





Fees for the following classes include one parent/guardian, and one child. You can register an additional child for a fee.

EDUCATION / SPECIAL INTEREST

Learn to Ice Fish (Adult & Child)

learn to train

Join us on a winter adventure to learn the tricks and trades of ice fishing. Learn what type of rod and reel to use, how to drill a hole and what equipment and bait you will need. This program is designed to introduce you to the exciting world of ice fishing right here in Winnipeg. Note: Angling licenses are not required for this program. Basic ice fishing equipment is provided. Due to inclement weather this class may be cancelled the day prior or the day of. Children are to be registered with at least one guardian. All participants (children and guardians) must be registered. Instruction provided by Pro Guide Todd Longley

Fee: \$52 /2 people 1 day
Fort Whyte Alive: 1961 McCreary Rd.

227694	Sat	Jan 17	10 am–Noon
227701	Sat	Jan 17	1–3 pm
227697	Sat	Feb 7	10 am–Noon
227703	Sat	Feb 7	1–3 pm

ACTIVE LIVING

Parent & Child Badminton • 9 years+

learn to train active for life

A recreational class that allows you to spend time with your child while improving basic badminton skills.

Fee: \$88 /2 people 6 weeks

Prairie Sunrise School: 10 Ryerson Ave.

226692 Fri Jan 23–Feb 27 6–7 pm

Fee: \$110 /2 people 10 weeks

Oakenwald School: 666 Oakenwald Ave.

226631 Wed Sep 24–Nov 26 6–6:45 pm

Fee: \$146 /2 people 10 weeks

Prairie Sunrise School: 10 Ryerson Ave.

226493 Fri Sep 26–Nov 28 6–7 pm

Fee: \$176 /2 people 8 weeks

Victor H. L. Wyatt School: 485 Meadowood Dr.

224271 Thu Oct 9–Nov 27 6:30–8 pm

224272 Thu Oct 9–Nov 27 8–9:30 pm

224892 Thu Jan 15–Mar 5 6:30–8 pm

224893 Thu Jan 15–Mar 5 8–9:30 pm

Parent and Youth Badminton • 13 years+

learn to train active for life

A recreational evening that lets you spend time with your family while improving your badminton skills. Racquets and birdies available or bring your own.

Fee: \$176 /2 people 8 weeks

Victor H. L. Wyatt School: 485 Meadowood Dr.

227622 Tue Oct 7–Dec 2 8–9:30 pm

227623 Tue Oct 7–Dec 2 6:30–8 pm

227872 Tue Jan 13–Mar 3 8–9:30 pm

227874 Tue Jan 13–Mar 3 6:30–8 pm

Want to find activities to enjoy outdoors? Look for the leaf! 

Parent & Child Pickleball • 9 years+ learn to train active for life

This is an introduction to Pickleball for you and your child. Please wear active wear to participate in the program. Shoes should have non-marking soles.

Fee:	\$88 /2 people	8 weeks
École George-McDowell: 366 Paddington Rd.		
224273	Wed	Oct 8–Nov 26 6:30–7:15 pm
224912	Wed	Oct 8–Nov 26 7:15–8 pm
224894	Wed	Jan 14–Mar 4 6:30–7:15 pm
224911	Wed	Jan 14–Mar 4 7:15–8 pm

Parent and Youth Pickleball • 13 years+ learn to train active for life

This course is an introduction to Pickleball for you and your child. Please wear activewear and non marking shoes to participate.

Fee:	\$176 /2 people	8 weeks
École George-McDowell: 366 Paddington Rd.		
227624	Wed	Oct 8–Nov 26 8–9:30 pm
227876	Wed	Jan 14–Mar 4 8–9:30 pm

Parent & Teen Weight Training • 13 years+ learn to train active for life

Strengthen your body and your relationship at the same time. Learn correct weight training techniques using free weights, machines and exercise equipment.

Fee:	\$170 /2 people	10 weeks
Pan Am Pool: 25 Poseidon Bay		
226881	Sun	Oct 5–Dec 14 11–11:50 am
226886	Sun	Jan 4–Mar 15 11–11:50 am

Shotokan Karate • Family Class fundamentals learn to train active for life

This class is intended for families who wish to train together in the art of Karate. This is a beginner course. The focus is on learning in a fun environment with many activities to keep children engaged.

Fee:	\$97 /person	10 weeks
Pan Am Pool: 25 Poseidon Bay		
226255	Sun	Oct 5–Dec 7 1:30–2:30 pm
226338	Sun	Jan 4–Mar 8 1:30–2:30 pm

LEISURE / CREATIVE ARTS

Crafts at Home

A fun craft activity that you can complete at home! Activities will offer the opportunity for children to take part in an organized craft activity with some parental guidance and support. Kits will be developed for each participant with all necessary materials. Instructions with pictures will be provided to assist in the creation.

Fee:	\$16	1 day
226895	Pumpkin and Ghost Craft	Register by Oct 22
227522	Light Up Aquarium in a Jar	Register by Feb 11

Family Paint Party • 6 years+

Spend some creative quality time as a family. We provide the step-by-step instructions and all the supplies. Everyone will go home with their own unique piece of artwork. No experience necessary—this is a paint party not a painting lesson! Price is per person; we must receive separate payment for both parent and child.

Fee:	\$32 /person	1 day
\$10 Lab fee per person, payable to the instructor		
Archwood CC: 565 Guilbault St.		
224258	Sat	Nov 15 Noon–1:30 pm
224876	Sat	Feb 11 Noon–1:30 pm

**BASKETBALL
STARTS HERE** 
Get in the game this fall with the WMBA
For ages 7–18 – all skill levels welcome.
Check for registration dates at wmba.ca



Registration Opens September



FOOTBALL MANITOBA Flag Football INDOOR FALL LEAGUE

Runs from November to January
held at U of W Axworthy RecPlex
VISIT – footballmanitoba.com



FOOTBALL MANITOBA Flag Football INDOOR WINTER LEAGUE

Runs from January to March
held at U of W Axworthy RecPlex
VISIT – footballmanitoba.com

Family

Movie Family Paint Party • 6 years+

Come enjoy a fun night with your family at our Movie Family Paint Party! While we watch a family-friendly movie. The instructor will help everyone paint a cool picture inspired by the film. There will also be fun colouring activities for kids. No painting experience needed just come ready to have fun! Price is per person; we must receive separate payment for both parent and child.

Fee: \$53 /person 1 day
\$10 Lab fee per person, payable to the instructor
Archwood CC: 565 Guilbault St.
227500 Sat Oct 18 Noon–2:30 pm
227501 Sat Mar 14 Noon–2:30 pm

Swiftie Family Paint Party • 6 years+

Are you a Swiftie? Come have fun with your family at our Taylor Swift-themed paint party! We'll give you easy, step-by-step instructions and all the supplies you need to make cool artwork inspired by Taylor's albums like 1989, Lover and Midnights. No art skills needed—just bring your love for Taylor and get ready to paint, laugh and take home your own special masterpiece! Price is per person; we must receive separate payment for both parent and child.

Fee: \$32 /person 1 day
\$10 Lab fee per person, payable to the instructor
Archwood CC: 565 Guilbault St.
224259 Sat Dec 13 Noon–1:30 pm



Dès le début...en français.

Votre lien à la programmation familiale.
Your link to francophone family programming.

Inscrivez-vous / Sign up :
www.lafpfm.ca/bonjourbebe

204-237-9666 ou 1-888-666-8108
(sans frais . toll-free)

Gratuit Free

Bonjour Bébé

Pottery

All classes include the cost of clay, use of tools, glazes and firing.

For family pottery: parent and child must both be registered and participate in the class. **Fees include two people.**

Family Hand-Building Pottery • 8 years+

Learn and explore various hand-building techniques. Use your imagination and creativity to design something useful or just for fun. Parent and child must both be registered and participate in the class. Dress for a mess!

Fee: \$326 /2 people 8 weeks
Fort Garry Lion's Outdoor Pool: 969 Dowker Ave.
226547 Sun Jan 18–Mar 15 1–3 pm
Freight House Recreation Centre: 200 Isabel St.
228093 Sat Sep 20–Nov 15 1–3 pm
Fee: \$408 /2 people 10 weeks
Fort Garry Lion's Outdoor Pool: 969 Dowker Ave.
226319 Sun Sep 21–Nov 30 1–3 pm

Family Pottery

Learn hand-building techniques and try your hand at the wheel. Create something useful or just for fun. Parent and child must both be registered and participate in the class. Dress for a mess!

8 years+

Fort Garry Lion's Outdoor Pool: 969 Dowker Ave.
Fee: \$326 /2 people 8 weeks
226365 Mon Sep 22–Nov 17 6:30–8:30 pm
226546 Sun Jan 18–Mar 15 10:30 am–12:30 pm
226556 Mon Jan 19–Mar 16 6:30–8:30 pm
Fee: \$408 /2 people 10 weeks
226320 Sun Sep 21–Nov 30 10:30 am–12:30 pm

9 years+

Fort Rouge Leisure Centre: 625 Osborne St.
Fee: \$326 /2 people 8 weeks
226368 Mon Sep 22–Nov 17 6:30–8:30 pm
226548 Sun Jan 18–Mar 15 10 am–Noon
226549 Sun Jan 18–Mar 15 12:15–2:15 pm
226557 Mon Jan 19–Mar 16 6:30–8:30 pm
Fee: \$408 /2 people 10 weeks
226366 Sun Sep 21–Nov 30 10 am–Noon
226367 Sun Sep 21–Nov 30 12:15–2:15 pm

Wellness in Winter

Check out your local community center for winter activities. Check out pages 12 and 13, or visit gcwcc.mb.ca for more information. More tips can also be found on pages 14 and 15.

Leadership Development Information



Join the wave of the future!

Kick off a rewarding career with the City of Winnipeg as an **INSTRUCTOR GUARD**.

Teach children and adults to swim and help them gain valuable lifesaving skills, while maintaining a safe environment for pool patrons.

Great benefits, competitive wages and room for advancement.

Visit winnipeg.ca/careers for more information. Hiring takes place at various times throughout the year.

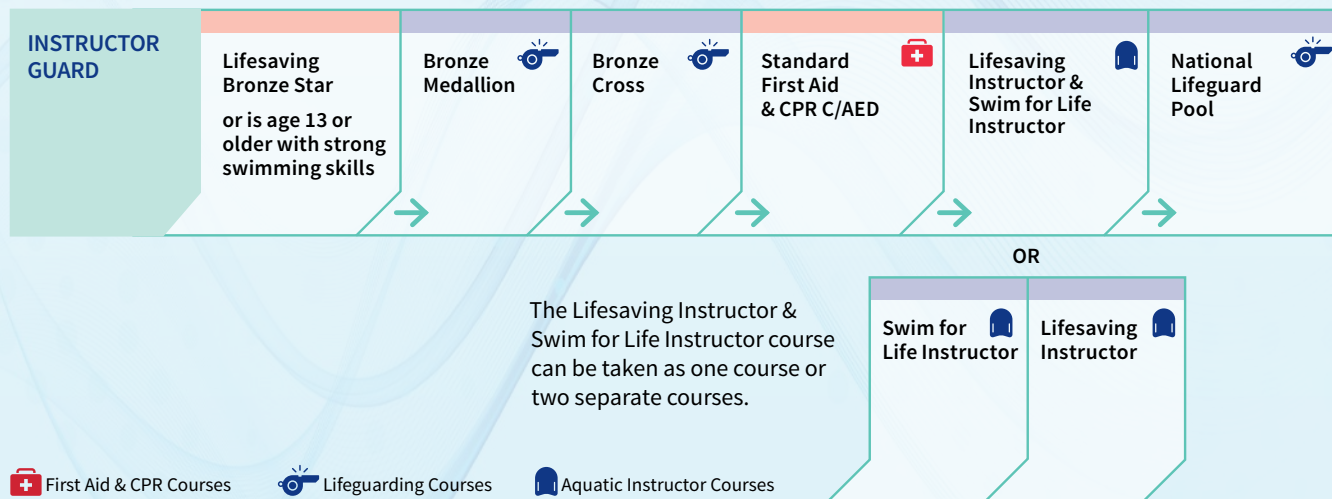
Train to become a City of Winnipeg Instructor Guard

The City of Winnipeg offers all the courses you need to join our team! Register now by visiting winnipeg.ca/leisureonline (you will find the courses in the Leadership Development category). Once you have obtained all of the required qualifications, you can apply for an Instructor Guard position. An unpaid pre-employment training course and testing will be required.

More information about each of these courses, including prerequisites, can be found on the following pages. The most up-to-date information can be found at winnipeg.ca/leisureonline.

INSTRUCTOR GUARD TRAINING

Successful completion of the required courses and completion of required practice teaching certifies you to lifeguard during public swim and aquatic programming, and teach swimming lessons and leadership programs. **Must be 16 years of age to work at a City of Winnipeg pool.**



REGISTER ANY TIME FOR LEADERSHIP DEVELOPMENT COURSES

First Aid & CPR, Lifeguarding and Aquatic Instructor courses are made available at various times throughout the year, visit winnipeg.ca/leisureonline to view new courses available for registration!



Leadership Development Programs

train to train



Canadian
Red Cross Training
Partner

First Aid & CPR Courses

Prices effective Sept. 2, 2025

Course	Prerequisites	Description	Course Length	Price
Red Cross Emergency First Aid & CPR C / AED		This course provides an overview of first aid and CPR for the workplace or home. Includes the latest first aid and CPR guidelines; and includes injury prevention content.	In class learning: 7.5 hours or Blended learning: •online - 4 hours •in class - 4.5 hours	\$89
Red Cross Emergency First Aid & CPR C / AED Recertification	• Current Emergency First Aid & CPR C / AED • Must not be expired	Recertification required to maintain certification.	In class learning: 5 hours	\$74
Red Cross Standard First Aid & CPR C / AED*		This course provides the knowledge to respond to emergencies in the home, community or workplace. A variety of topics are covered: how to access the EMS system; recognize and respond to airway, breathing and cardiovascular emergencies; bone, muscle, joint, head and spinal injuries; bleeding and shock; poisonings; environmental emergencies; and CPR/AED.	In class learning: 14 hours or Blended learning: •online - 8 hours •in class - 7 hours	\$128
Red Cross Standard First Aid & CPR C / AED Recertification*	• Current Standard First Aid & CPR C / AED • Must not be expired	Recertification required to maintain certification.	In class learning: 7.5 hours	\$85
Red Cross CPR C / AED	• Emergency First Aid & CPR C / AED	This course provides cardiopulmonary resuscitation (CPR) C / automated external defibrillator (AED) skills.	In class learning: 5 hours or Blended learning: •online - 3 hours •in class - 3 hours	\$56
Red Cross CPR C / AED Recertification	• CPR C / AED	Recertification required to maintain certification.	In class learning: 3.5 hours or Blended learning: •online - 2 hours •in class - 2.5 hours	\$47

RED CROSS

Prices subject to change. Visit winnipeg.ca/leisureonline for the most up-to-date pricing.

***For employment with the City of Winnipeg as an Instructor Guard, we accept certification through Canadian Red Cross, St. John Ambulance, and Lifesaving Society Aquatic Emergency Care / CPR C.**

These courses are made available at various times throughout the year, visit winnipeg.ca/leisureonline to view new courses available for registration!

Leadership Development Programs

Lifeguarding Courses 		Prices effective Sept. 2, 2025		
Course	Prerequisites Proof of each required certification must be provided at first class.	Description	Course Length	Price
Bronze Medallion	• 13 years of age by the course end date or Bronze Star by the first day of the course • Participants who are 13 years or older are encouraged to complete Bronze Star or Teen 3 before taking the Bronze Medallion course. If you are 13 or older and have not taken one of the courses, you must have strong swimming skills. If you're not sure, you can take a free swim test. Ask at your local pool for more information.	Bronze Medallion teaches lifesaving principles, incorporating the four components of water rescue education: judgment, knowledge, skill and fitness. Participants learn tows, carries and release methods in preparation for challenging rescues of increasing risk. They also learn to respond to increasingly complex situations, involving conscious and unconscious people, in contact and non-contact rescues. Endurance swim of 400 meters in 12 minutes is required for successful completion of this level. Successful participants receive the Bronze Medallion Award. 100% attendance and participation are required.	18 hours	\$139
Bronze Medallion Review & Challenge	• 13 years of age by the course end date or Bronze Star by the first day of the course	This 2-day course does not replace the Bronze Medallion course. It is designed to serve as a refresher of critical course skills and information. This course is intended for candidates who have already taken Bronze Medallion but did not pass the course.	8 hours	\$77
Bronze Cross	• Bronze Medallion	The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for their responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principals and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Endurance swim of 400 meters in 11 minutes is required for successful completion of this level.	23 hours	\$170
Bronze Cross Review & Challenge	• Bronze Medallion	This 2-day course does not replace the Bronze Cross course. It is designed to serve as a refresher of critical course skills and information. This course is intended for candidates who have already taken Bronze Cross but did not pass the course.	8 hours	\$77
National Lifeguard Pool	• 15 years of age • Bronze Cross (does not need to be current) • Current Certification in Standard First Aid and CPR-C from one of the following agencies: Red Cross, St. John Ambulance, Lifesaving Society, Citi-Care, Safety Services Manitoba, Heart Beat Inc. Manitoba	The National Lifeguard certification is Canada's professional lifeguard standard. This training develops a sound understanding of lifeguarding principles, good judgement, and a mature and responsible attitude towards the lifeguard's role. It emphasizes prevention and effective rescue response in emergencies including first aid treatment. Candidates develop teamwork, leadership and communication skills. Fitness requirements include a timed object recovery, 50-meter sprint challenge, 50-meter rescue drill and 400-meter endurance challenge. Program includes classroom and water activities. 100% attendance and participation are required.	44 hours	\$317
National Lifeguard Pool Recertification	• National Lifeguard Pool (does not need to be current)	This course / exam will review / examine the NL Pool certification. Participants must give the examiner the prerequisites before the course starts. Prerequisites are NL Pool. All participants must bring a current Alert Manual. Make yourself familiar with the revised requirements which include a fitness component, and prepare to be evaluated on the mandatory recertification items. 100% attendance and participation are required.	4 hours	\$69

Leadership Development Programs

Aquatic Instructor Courses

Prices effective Sept. 2, 2025

Course	Prerequisites Proof of each required certification must be provided at first class.	Description	Course Length	Price
Swim for Life Instructor	15 years of age - Bronze Cross (does not need to be current)	Successful candidates are able to teach the Swim for Life and Swim Patrol Programs.	24 hours	\$199
Lifesaving Instructor	15 years of age - Bronze Cross (does not need to be current)	Successful candidates are able to teach and examine Bronze Star, Bronze Medallion, and Bronze Cross.	24 hours	\$199
Lifesaving & Swim for Life Instructor	15 years of age - Bronze Cross (does not need to be current)	Successful candidates are able to teach the Swim for Life and Swim Patrol Programs; and teach and examine Bronze Star, Bronze Medallion, and Bronze Cross.	44 hours	\$366
Swim for Life Instructor Recertification	Swim for Life Instructor	This is the recertification course for Swim for Life Instructor.	5 hours	\$80
Lifesaving & Swim for Life Instructor Recertification	Lifesaving & Swim for Life Instructor	This is the recertification course for Lifesaving & Swim for Life Instructors.	7 hours	\$159

LIFESAVING Prices subject to change. Visit winnipeg.ca/leisureonline for the most up-to-date pricing.

These courses are made available at various times throughout the year, visit winnipeg.ca/leisureonline to view new courses available for registration!



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free programs

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- Children's Free Play
- Free Swim
- Public Skate
- And more!

No pre-registration is required. View **priceless fun** online by visiting winnipeg.ca/leisureguide





LEISURE / CREATIVE ARTS

Painting

Work on an individual project as you learn the basics of acrylic painting. Materials not supplied.

Painting with Acrylics

Fee: \$80 6 weeks

Fort Rouge Leisure Centre: 625 Osborne St.

226409 Thu Oct 2–Nov 6 10 am–Noon

Fee: \$134 10 weeks

St. John's Leisure Centre: 601 Aikins St.

225162 Tue Sep 9–Nov 25 1–3 pm

226721 Tue Jan 13–Mar 17 1–3 pm

Painting with Oils or Acrylics

Fee: \$134 10 weeks

Elmwood/EK Seniors Centre: 180 Poplar Ave.

226709 Mon Sep 22–Dec 1 10 am–Noon

226710 Mon Jan 5–Mar 16 10 am–Noon

DANCE

Intro to Line Dance

active for life

Learn the basic steps and easy dances for exercise and fun. This class is intended for people without any previous experience. There will be more repetition, very few turns and slower music with a good dance beat. This includes oldies, current, Latin, Celtic and country western music. Wear comfortable shoes with a low heel or flats.

Fee: \$59 10 weeks

Heritage-Victoria CC: 950 Sturgeon Rd.

227918 Tue Sep 16–Dec 2 2:30–3:30 pm

228076 Tue Jan 13–Mar 17 2:30–3:30 pm

Line Dance Level 2

active for life

This class is for people that already know the basic line dance steps. There will be various genres of music used with a good dance beat. This includes oldies, current, Latin, Celtic and country western music. Wear comfortable shoes with a low heel or flats.

Fee: \$88 10 weeks

Heritage-Victoria CC: 950 Sturgeon Rd.

227938 Tue Sep 16–Dec 2 12:45–2:15 pm

228087 Tue Jan 13–Mar 17 12:45–2:15 pm

Older Active Adults

AQUAFITNESS SPECIALTY

Aquafitness Specialty • AquaLite active for life

This is a fun workout that lasts 45 minutes. It is designed to improve your cardio, strength, and flexibility.

AquaLite Shallow In shallow water.

Fee: \$70 7 weeks

Pan Am Pool: 25 Poseidon Bay

★227661 Fri Sep 12–Oct 24 10:45–11:30 am

★227663 Fri Oct 31–Dec 19 10:45–11:30 am

★227635 Mon Sep 8–Oct 27 10:45–11:30 am

★227636 Mon Nov 3–Dec 15 10:45–11:30 am

★227645 Wed Nov 5–Dec 17 10:45–11:30 am

Fee: \$80 8 weeks

Pan Am Pool: 25 Poseidon Bay

★227643 Wed Sep 10–Oct 29 10:45–11:30 am

Fee: \$90 9 weeks

Cindy Klassen Rec. Complex: 999 Sargent Ave.

★226938 Tue Oct 7–Dec 9 11:15 am–Noon

Elmwood Kildonans Pool: 909 Concordia Ave.

★226839 Mon Oct 6–Dec 8 10:35–11:20 am

★227560 Mon Jan 5–Mar 9 10:35–11:20 am

Fee: \$100 10 weeks

Cindy Klassen Rec. Complex: 999 Sargent Ave.

★226939 Thu Oct 9–Dec 11 11:15 am–Noon

★226957 Tue Jan 6–Mar 10 11:15 am–Noon

★226958 Thu Jan 8–Mar 12 11:15 am–Noon

Elmwood Kildonans Pool: 909 Concordia Ave.

★226843 Wed Oct 8–Dec 10 10:35–11:20 am

★226844 Fri Oct 10–Dec 12 10:35–11:20 am

★227562 Wed Jan 7–Mar 11 10:35–11:20 am

★227564 Fri Jan 9–Mar 13 10:35–11:20 am

Pan Am Pool: 25 Poseidon Bay

★227675 Mon Jan 5–Mar 16 10:45–11:30 am

★227682 Wed Jan 7–Mar 11 10:45–11:30 am

★227684 Fri Jan 9–Mar 20 10:45–11:30 am

AquaLite Deep In deep water.

Seven Oaks Pool: 444 Adsum Dr.

Fee: \$60 6 weeks

★226941 Tue Sep 9–Oct 21 8:45–9:30 am

★226942 Tue Oct 28–Dec 9 8:45–9:30 am

Fee: \$70 7 weeks

★226943 Thu Sep 11–Oct 23 8:45–9:30 am

★226944 Thu Oct 30–Dec 11 8:45–9:30 am

AquaLite Combo In both shallow and deep water.

Fee: \$60 6 weeks

St. James Assiniboia Centennial: 644 Parkdale St.

★230804 Tue Nov 4–Dec 16 8–8:45 am

Fee: \$70 7 weeks

St. James Assiniboia Centennial: 644 Parkdale St.

★230798 Mon Sep 8–Oct 27 8–8:45 am

★230799 Tue Sep 9–Oct 28 8–8:45 am

★230803 Mon Nov 3–Dec 15 8–8:45 am

★230805 Wed Nov 5–Dec 17 8–8:45 am

★230806 Thu Nov 6–Dec 18 8–8:45 am

★230807 Fri Nov 7–Dec 19 8–8:45 am

Fee: \$80 8 weeks

St. James Assiniboia Centennial: 644 Parkdale St.

★230800 Wed Sep 10–Oct 29 8–8:45 am

★230801 Thu Sep 11–Oct 30 8–8:45 am

★230802 Fri Sep 12–Oct 31 8–8:45 am

Fee: \$90 9 weeks

Kinsmen Sherbrook Pool: 381 Sherbrook St.

★226876 Mon Oct 6–Dec 8 10–10:45 am

★226879 Mon Jan 5–Mar 9 10–10:45 am

St. James Assiniboia Centennial: 644 Parkdale St.

★230811 Mon Jan 5–Mar 9 8–8:45 am

Fee: \$100 10 weeks

Kinsmen Sherbrook Pool: 381 Sherbrook St.

★226877 Wed Oct 8–Dec 10 10–10:45 am

★226878 Fri Oct 10–Dec 12 10–10:45 am

★226880 Wed Jan 7–Mar 11 10–10:45 am

★226882 Fri Jan 9–Mar 13 10–10:45 am

Margaret Grant Pool: 685 Dalhousie Dr.

★227414 Tue Oct 7–Dec 16 12:30–1:15 pm

★227416 Thu Oct 9–Dec 11 12:30–1:15 pm

★227498 Tue Jan 6–Mar 10 12:30–1:15 pm

★227499 Thu Jan 8–Mar 12 12:30–1:15 pm

St. James Assiniboia Centennial: 644 Parkdale St.

★230812 Tue Jan 6–Mar 10 8–8:45 am

★230808 Wed Jan 7–Mar 11 8–8:45 am

★230809 Thu Jan 8–Mar 12 8–8:45 am

★230810 Fri Jan 9–Mar 13 8–8:45 am

Transcona Kinsmen Centennial Pool: 1101 Wabasha St.

226406 Wed Oct 8–Dec 10 11:30 am–12:15 pm

226408 Wed Oct 8–Dec 10 12:20–1:05 pm

★227565 Wed Oct 8–Dec 10 1:15–2 pm

★227566 Fri Oct 10–Dec 12 1:15–2 pm

226407 Wed Jan 7–Mar 11 11:30 am–12:15 pm

226416 Wed Jan 7–Mar 11 12:20–1:05 pm

★227567 Wed Jan 7–Mar 11 1:15–2 pm

★227568 Fri Jan 9–Mar 13 1:15–2 pm

Aquafitness Specialty • Ai Chi active for life

Great for anyone with arthritis or chronic pain. In a warm water medium, class will consist of slow, broad movements to enhance balance and strengthen joints.

Margaret Grant Pool: 685 Dalhousie Dr.

Fee: \$107 9 weeks

226299 Mon Oct 6–Dec 8 1:45–2:30 pm

Fee: \$119 10 weeks

226303 Wed Oct 8–Dec 10 1:45–2:30 pm

226304 Mon Jan 5–Mar 16 1:45–2:30 pm

226306 Wed Jan 7–Mar 11 1:45–2:30 pm

Aquafitness Specialty • Arthritis active for life

Come and join our relaxing water exercise class. It's a gentle workout that is easy on your body. You'll improve your flexibility, strength, and endurance.

Fee: \$90 9 weeks

Kinsmen Sherbrook Pool: 381 Sherbrook St.

★225694 Mon Oct 6–Dec 8 9:15–10 am

★225701 Mon Jan 5–Mar 9 9:15–10 am

Margaret Grant Pool: 685 Dalhousie Dr.

226296 Mon Oct 6–Dec 8 1–1:45 pm

226297 Mon Oct 6–Dec 8 2:30–3:15 pm

226298 Mon Oct 6–Dec 8 3:15–4 pm

Fee: \$100 10 weeks

Bonivital Pool: 1215 Archibald St.

226370 Mon Jan 5–Mar 16 9:15–10 am

226371 Wed Jan 7–Mar 11 9:15–10 am

226372 Wed Jan 7–Mar 11 10–10:45 am

226374 Fri Jan 9–Mar 13 9:15–10 am

226373 Fri Jan 9–Mar 13 10–10:45 am

Kinsmen Sherbrook Pool: 381 Sherbrook St.

★225695 Fri Oct 10–Dec 12 9:15–10 am

★225703 Fri Jan 9–Mar 13 9:15–10 am

Margaret Grant Pool: 685 Dalhousie Dr.

226300 Wed Oct 8–Dec 10 1–1:45 pm

226301 Wed Oct 8–Dec 10 2:30–3:15 pm

226302 Wed Oct 8–Dec 10 3:15–4 pm

226307 Mon Jan 5–Mar 16 1–1:45 pm

226308 Mon Jan 5–Mar 16 2:30–3:15 pm

226309 Mon Jan 5–Mar 16 3:15–4 pm

226310 Wed Jan 7–Mar 11 1–1:45 pm

226311 Wed Jan 7–Mar 11 2:30–3:15 pm

226312 Wed Jan 7–Mar 11 3:15–4 pm

Aquafitness Specialty • Arthritis/ Fibromyalgia active for life

A program that accommodates people with joint pain caused by arthritis and also improves muscular strength and endurance for people living with fibromyalgia.

Fee: \$90 9 weeks

Kinsmen Sherbrook Pool: 381 Sherbrook St.

★225696 Mon Oct 6–Dec 8 10:45–11:30 am

★225706 Mon Jan 5–Mar 9 10:45–11:30 am

Fee: \$100 10 weeks

Bonivital Pool: 1215 Archibald St.

226375 Mon Jan 5–Mar 16 10–10:45 am

226376 Thu Jan 8–Mar 12 7–7:45 pm

Kinsmen Sherbrook Pool: 381 Sherbrook St.

★225698 Wed Oct 8–Dec 10 10:45–11:30 am

★225697 Fri Oct 10–Dec 12 10:45–11:30 am

★225708 Wed Jan 7–Mar 11 10:45–11:30 am

★225710 Fri Jan 9–Mar 13 10:45–11:30 am

FITNESS

Arthritis People with Arthritis Can Exercise active for life

This exercise program is designed by the Arthritis Foundation for people with arthritis and related conditions. Improve flexibility, muscle strength, range of motion and endurance without hurting your joints. Exercises can be performed either sitting or standing with routines that help relieve stiffness and improve posture.

Fee: \$65 8 weeks

Chalmers CC: 480 Chalmers Ave.

227116 Thu Oct 2–Nov 20 12:35–1:35 pm

227117 Thu Feb 5–Mar 26 12:35–1:35 pm

Fee: \$81 10 weeks

Fort Rouge Leisure Centre: 625 Osborne St.

226383 Mon Sep 15–Dec 1 1–2 pm

226384 Wed Sep 17–Nov 19 1–2 pm

226864 Mon Jan 12–Mar 23 1–2 pm

226865 Wed Jan 14–Mar 18 1–2 pm

Older Active Adults

Body Toning

Mov'n with Muscle 50+ active for life

A great class to keep the body moving and strong! This workout alternates muscle conditioning exercises (using weights, bands, even your own body weight) with low-impact movements. It can be adapted to any fitness level, any body ailments such as osteoporosis or arthritis and can even be done in a chair! So what's stopping you? Let's move to get strong!

Fee: \$53 9 weeks

Cindy Klassen Rec. Complex: 999 Sargent Ave.

225904 Tue Oct 7–Dec 9 2–2:45 pm

Fee: \$59 10 weeks

Cindy Klassen Rec. Complex: 999 Sargent Ave.

225905 Thu Oct 9–Dec 11 11–11:45 am

226062 Tue Jan 6–Mar 10 2–2:45 pm

226063 Thu Jan 8–Mar 12 11–11:45 am

St. James Assiniboia Centennial: 644 Parkdale St.

226214 Wed Oct 1–Dec 3 2:45–3:30 pm

226354 Wed Jan 7–Mar 11 2:45–3:30 pm

Fee: \$71 9 weeks

Pan Am Pool: 25 Poseidon Bay

226258 Tue Oct 7–Dec 9 10:30–11:30 am

Fee: \$78 10 weeks

Fort Rouge Leisure Centre: 625 Osborne St.

226381 Thu Sep 25–Nov 27 9–10 am

226382 Thu Sep 25–Nov 27 10:15–11:15 am

226853 Thu Jan 15–Mar 19 9–10 am

226854 Thu Jan 15–Mar 19 10:15–11:15 am

Pan Am Pool: 25 Poseidon Bay

226268 Thu Oct 2–Dec 4 10:30–11:30 am

226332 Tue Jan 6–Mar 10 10:30–11:30 am

226333 Thu Jan 8–Mar 12 10:30–11:30 am

Cardio Fitness

The Kitchen Sink Workout active for life

Get ready for a full-body workout in just 90 mins! This class includes fun and energizing cardio, balance, and flexibility exercises. We focus on resistance training to build muscle, protect bone health, and help you stay strong as you age.

Fee: \$79 10 weeks

St. James Assiniboia Centennial: 644 Parkdale St.

227947 Mon Sep 15–Nov 24 10:50 am–12:20 pm

227951 Wed Sep 17–Nov 26 10:50 am–12:20 pm

227952 Fri Sep 19–Nov 28 10:50 am–12:20 pm

228091 Mon Jan 12–Mar 23 10:50 am–12:20 pm

228092 Wed Jan 14–Mar 25 10:50 am–12:20 pm

228094 Fri Jan 16–Mar 27 10:50 am–12:20 pm

Chair Cardio Workout

active for life

This class will improve your overall health and wellness while you remain seated in a chair. The workout will consist of a warm-up, cardio and toning exercises.

Fee: \$78 10 weeks

St. James Assiniboia Centennial: 644 Parkdale St.

227902 Mon Sep 22–Dec 1 3:30–4:30 pm

227903 Thu Sep 25–Dec 4 3–4 pm

228065 Mon Jan 12–Mar 23 3:30–4:30 pm

228066 Thu Jan 15–Mar 26 3–4 pm

Bone Building

active for life

This class will use free weights and exercise bands. It will help you improve your muscle strength, posture, and flexibility.

Fee: \$63 8 weeks

Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.

★227558 Fri Oct 10–Nov 28 10:15–11:15 am

★227492 Fri Jan 16–Mar 6 10:15–11:15 am

Fee: \$71 9 weeks

Cindy Klassen Rec. Complex: 999 Sargent Ave.

★226441 Tue Oct 7–Dec 9 10–11 am

Fee: \$78 10 weeks

Cindy Klassen Rec. Complex: 999 Sargent Ave.

★226442 Thu Oct 9–Dec 11 9–10 am

★226646 Tue Jan 6–Mar 10 10–11 am

★226664 Thu Jan 8–Mar 12 9–10 am

Please avoid visiting or attending programs if you are feeling unwell. Activity information subject to change.

Please see winnipeg.ca/leisureonline for the latest information.

Cardio 55+ active for life

This class is designed to help you improve your cardiovascular and muscle strength. Recommend for beginners or mature adults.

Fee: \$59 9 weeks

Cindy Klassen Rec. Complex: 999 Sargent Ave.

★226438 Mon Oct 6–Dec 8 Noon–12:50 pm

★226636 Mon Jan 5–Mar 9 Noon–12:50 pm

Fee: \$63 8 weeks

Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.

★227475 Tue Oct 7–Dec 2 11:25 am–12:25 pm

★227477 Tue Jan 13–Mar 3 11:25 am–12:25 pm

Fee: \$65 10 weeks

Cindy Klassen Rec. Complex: 999 Sargent Ave.

★227627 Fri Oct 10–Dec 12 Noon–12:50 pm

★227628 Fri Jan 9–Mar 13 Noon–12:50 pm

Fit For Life active for life

A full body workout that targets all the major muscle groups for older active adults. This class will include a series of cardio and strength exercises to keep you on your toes. Improve strength, balance and cardio with modifications offered for all fitness levels.

Fee: \$71 9 weeks

Pan Am Pool: 25 Poseidon Bay

226259 Tue Oct 7–Dec 9 11:45 am–12:45 pm

Fee: \$78 10 weeks

Pan Am Pool: 25 Poseidon Bay

226269 Thu Oct 2–Dec 4 11:45 am–12:45 pm

226328 Tue Jan 6–Mar 10 11:45 am–12:45 pm

226329 Thu Jan 8–Mar 12 11:45 am–12:45 pm

LUNGtivity active for life

A breath, core and diaphragm awareness program for Manitobans living with lung conditions such as COPD, Long Covid, Pulmonary Fibrosis and asthma. The program was developed by The Wellness Institute, the University of Winnipeg and the Manitoba Fitness Council (MFC) in consultation with graduates of and practitioner in the Pulmonary Rehab Program. This program focuses on ways to breathe to activate the core and tone the diaphragm to breathe better. It will also help ease restricted breathing patterns.

Fee: \$74 8 weeks

St. John's Leisure Centre: 601 Aikins St.

224212 Mon Sep 15–Nov 10 11:15 am–Noon

224213 Mon Jan 12–Mar 9 11:15 am–Noon

Fee: \$123 10 weeks

Fort Rouge Leisure Centre: 625 Osborne St.

226315 Wed Sep 24–Nov 26 10–11 am

226848 Wed Jan 14–Mar 18 10–11 am

Trim Fit active for life

Enjoy a fun, full-body workout! Begin with a warm-up, followed by 20-25 minutes of cardio. Then, work on balance and posture before finishing with total body resistance training and a refreshing stretch.

Fee: \$66 10 weeks

St. James Assiniboia Centennial: 644 Parkdale St.

227953 Mon Sep 15–Nov 24 9:30–10:45 am

227954 Wed Sep 17–Nov 26 9:30–10:45 am

227957 Fri Sep 19–Nov 28 9:30–10:45 am

228095 Mon Jan 12–Mar 23 9:30–10:45 am

228096 Wed Jan 14–Mar 25 9:30–10:45 am

228097 Fri Jan 16–Mar 27 9:30–10:45 am

Osteoporosis

Exercising with Osteoporosis active for life

This class is for people with osteoporosis and related conditions. In this class, you will walk and exercise with light weights. The class will end with a stretch to improve flexibility and prevent injuries.

Fee: \$78 10 weeks

St. James Assiniboia Centennial: 644 Parkdale St.

226210 Tue Oct 7–Dec 16 10:30–11:30 am

226350 Tue Jan 6–Mar 10 10:30–11:30 am



Wellness in Winter

Add some fun to your winter! We have a variety of winter sports equipment available for rent. Visit winnipeg.ca/equipmentrentals for more information. More tips can be found on pages 14 and 15.

Older Active Adults

Gentle Fit for 50+ active for life

It's never too late to start exercising! This workout is a great introduction to weight training for those 50+ who have never lifted a weight. Staying strong as we age is so important in order to keep our independence. This class will help you continue to carry your grocery bags and climb those stairs with strength. Modifications will be made to suit all levels and abilities.

Fee: \$63 8 weeks

Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.

★227469 Tue Oct 7–Dec 2 10:15–11:15 am

★227473 Tue Jan 13–Mar 3 10:15–11:15 am

Fee: \$71 9 weeks

Pan Am Pool: 25 Poseidon Bay

226257 Tue Oct 7–Dec 9 9:15–10:15 am

Fee: \$78 10 weeks

Pan Am Pool: 25 Poseidon Bay

226267 Thu Oct 2–Dec 4 9:15–10:15 am

226330 Tue Jan 6–Mar 10 9:15–10:15 am

226331 Thu Jan 8–Mar 12 9:15–10:15 am

Tai Chi

Tai Chi Chuan Level I active for life

Learn and practice basic gentle movements of this ancient Chinese exercise. This class promotes strength, improves balance and overall health for all ages.

Fee: \$47 8 weeks

Chalmers CC: 480 Chalmers Ave.

226720 Mon Sep 22–Nov 17 1–2 pm

226723 Mon Jan 19–Mar 16 1–2 pm

Fee: \$59 10 weeks

Fort Rouge Leisure Centre: 625 Osborne St.

226387 Thu Sep 25–Nov 27 4–5 pm

226870 Thu Jan 15–Mar 19 4–5 pm

St. James Assiniboia Centennial: 644 Parkdale St.

227945 Wed Sep 17–Nov 19 6:30–7:30 pm

228090 Wed Jan 14–Mar 18 6:30–7:30 pm

Tai Chi Chuan Level 2

active for life

Learn and practice basic gentle movements of this ancient Chinese exercise. This class promotes strength, improves balance and overall health for all ages. Tai Chi Chuan Level I is a prerequisite to Tai Chi Chuan Level 2 as this class is a continuation.

Fee: \$47 8 weeks

Chalmers CC: 480 Chalmers Ave.

226725 Mon Sep 22–Nov 17 2:15–3:15 pm

226726 Mon Jan 19–Mar 16 2:15–3:15 pm

Yoga

Joint Health Yoga

active for life

A gentle yoga practice which will focus on relaxation, breathing and meditation. Postures will be done in a chair and standing with chair support.

Fee: \$89 10 weeks

Fort Rouge Leisure Centre: 625 Osborne St.

226294 Thu Sep 25–Nov 27 12:30–1:30 pm

226840 Thu Jan 15–Mar 19 12:30–1:30 pm



OPEN HOUSE

10am - 3pm

AUGUST 27TH
Neighbours
Hot Dog Day

AUGUST 28TH
Mini Car Show
& BBQ

AUGUST 29TH
Sock Hop
& Snacks

FREE! FREE! FREE!

Coffee & Doughnuts

Tours of the facility

Class Demos

Check us out on Facebook for more details!

Resource Presentations 55+

All Ages Welcome!



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assist@gnaic.ca | gnaic.ca

Chair Yoga active for life

A gentle style of yoga in which standard yoga poses are adapted while seated or standing using a chair as support. Participants will learn yoga posture, breathing techniques, meditations and ways of relaxation with the aid of a chair.

Fee: \$89 10 weeks

Cindy Klassen Rec. Complex: 999 Sargent Ave.

★226443 Fri Oct 10–Dec 12 11 am–Noon

★226667 Fri Jan 9–Mar 13 11 am–Noon

St. James Assiniboia Centennial: 644 Parkdale St.

★226346 Sat Oct 4–Dec 6 11:45 am–12:45 pm

229301 Mon Sep 22–Dec 1 2:30–3:30 pm

★226361 Sat Jan 10–Mar 14 11:45 am–12:45 pm

228067 Mon Jan 12–Mar 23 2:30–3:30 pm

Yoga for Older Active Adults active for life

This yoga program is for older adults. Yoga helps with physical, mental, and emotional well-being. It can improve your posture and reduce stress. This class will tone your muscles and increase your energy.

Fee: \$89 10 weeks

Fort Rouge Leisure Centre: 625 Osborne St.

226399 Thu Sep 25–Nov 27 1:30–2:30 pm

226861 Thu Jan 15–Mar 19 1:30–2:30 pm

St. James Assiniboia Centennial: 644 Parkdale St.

227959 Mon Sep 22–Dec 1 1:30–2:30 pm

226213 Wed Oct 1–Dec 3 10:15–11:15 am

226219 Fri Oct 3–Dec 5 2:30–3:30 pm

226353 Wed Jan 7–Mar 11 10:15–11:15 am

226358 Fri Jan 9–Mar 13 2:30–3:30 pm

228098 Mon Jan 12–Mar 23 1:30–2:30 pm

Yoga for Older Active Adults Continuing active for life

A yoga program for older active adults. Yoga helps physical and mental health. Previous yoga experience required.

Fee: \$89 10 weeks

Fort Rouge Leisure Centre: 625 Osborne St.

226401 Tue Sep 23–Dec 9 10:30–11:30 am

226860 Tue Jan 13–Mar 17 10:30–11:30 am

Therapeutic Yoga active for life

These yoga classes will improve flexibility and reduce stress. The classes focus on gently opening the areas of the body where tension is often held. These areas include the upper back, shoulders, neck, and low back.

Fee: \$89 10 weeks

Cindy Klassen Rec. Complex: 999 Sargent Ave.

★226444 Fri Oct 10–Dec 12 1–2 pm

★226668 Fri Jan 9–Mar 13 1–2 pm

Pan Am Pool: 25 Poseidon Bay

226262 Wed Oct 1–Dec 3 1:15–2:15 pm

226342 Wed Jan 7–Mar 11 1:15–2:15 pm

Zumba Zumba Gold active for life

Zumba Gold is a dance fitness class designed for the older active adult, the true beginner and for people who are not used to exercise or who may be limited physically. Zumba Gold is done at a slightly lower intensity than regular Zumba. Burn calories, improve cardiovascular health and tone and sculpt your entire body. No dance experience required.

Fee: \$72 10 weeks

Cindy Klassen Rec. Complex: 999 Sargent Ave.

225906 Thu Oct 9–Dec 11 1:55–2:40 pm

226064 Thu Jan 8–Mar 12 1:55–2:40 pm

★226622 Sun Oct 5–Dec 7 10:30–11:15 am

★226633 Sun Jan 4–Mar 8 10:30–11:15 am

PERSONAL WELLNESS

Senior Walk / Run Chat active for life

Join fellow seniors for a free walk or run around the track, for 2 hours. Registered or drop-in options are available. Weight room not included.

Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.

Fee: FREE 14 weeks

★227434 Mon–Fri Sep 22–Dec 24 7:30–9:30 am

Fee: FREE 12 weeks

★227437 Mon–Fri Jan 5–Mar 27 7:30–9:30 am

Older Active Adults

OLDER ACTIVE ADULT CENTRES

Older Active Adult Centres offer a variety of recreational opportunities for the community. For more information, please contact the centres directly.

Archwood 55 Plus	565 Guilbault St. (in Archwood CC)	204-416-1067
Bleak House Centre	1637 Main St. (in City of Winnipeg Heritage Home)	204-338-4723
Brookland Active Living Centre	1960 William Ave. W	204-632-8367
Centro Caboto Centre 55 Plus Program	1055 Wilkes Ave.	204-487-4597
Charleswood 55 Plus Active Living Centre	A-357 Oakdale Dr.	204-897-5263
Dakota 55+ Lazars	1188 Dakota St. (in Jonathon Toews CC)	204-254-1010
Elmwood East Kildonan Active Living Centre	180 Poplar Ave.	204-669-0750
Garden City Community Centre Seniors/55+	725 Kingsbury Ave.	204-940-6111
Golden Rule Seniors Resource Centre	625 Osborne St. (in Fort Rouge Leisure Centre)	204-306-1114
Good Neighbours Active Living Centre	720 Henderson Hwy. (Bronx Park CC)	204-669-1710
Gwen Selter Creative Living Centre	1588 Main St.	204-339-1701
Indigenous Senior Resource Centre—Winnipeg	A1-100 Robinson St.	204-586-4595
Manitoba Korean Seniors Centre Inc.	150 River Ave.	204-297-2615
Mensheds Parkcity Shed	180 Poplar Ave.	204-669-0750
Mensheds Riverview Shed	90 Ashland Ave. (Riverview CC)	204-979-5708
Mensheds Robert A. Steen CC	980 Palmerston Ave. (in Robert A. Steen CC)	204-832-0629
Mensheds Woodhaven Shed	401 Westwood Dr. (in Westwood Community Church)	204-804-5165
North Centennial Seniors Association of Winnipeg Inc.	90 Sinclair St. (in Sergeant Tommy Prince Place)	204-582-0066
Pembina Active Living 55+	933 Summerside Ave. (in Trinity United Church).	204-946-0839
Salvation Army—Barbara Mitchell Family Resource Centre	51 Morrow Ave.	204-946-9152
Southdale Seniors	254 Lakewood Blvd. (in Southdale CC)	204-257-6171
St. James-Assiniboia 55+ Centre	3-203 Duffield St. (in Deer Lodge Centre)	204-987-8850
Transcona Council For Seniors Inc.	826 Regent Ave. W	204-222-9879
Transcona Retired Citizen's Organization	328 Whittier Ave. W (in City of Winnipeg building)	204-777-5576
Vital Seniors	3 St. Vital Rd. (in St. Mary Magdalene church)	204-253-0555
West End Active Living Centre	1315 Strathcona St. (in Valour CC-Clifton site)	204-599-6672
Windsor CC Young at Heart Seniors	99 Springside Dr	204-233-0648
Winnipeg Chinese Seniors Association	85 Kesler Rd. (in Southlands Community Church)	204-291-7798

A & O: SUPPORT SERVICES FOR OLDER ADULTS INC.

A&O: Central Office 200-207 Donald St. (referral centre only) 204-956-6440

Persons with Disabilities



Caregivers and support persons are welcome to accompany participants with disabilities who require assistance or support during their visit to a facility or program. Admission and registration fees only apply to participants. Fees do not apply to caregivers and support persons.

ACTIVE LIVING

Dance Night **active for life**

Snacks, door prizes and lots of fun! All ages welcome. Pre-registration is available.

Fee: \$10 / participant, support person free 1 day

Fall Footlose

Sergeant Tommy Prince Place: 90 Sinclair St.

227518 Sat Sep 20 6–8:30 pm

Halloween Sock Hop

Sergeant Tommy Prince Place: 90 Sinclair St.

227515 Sat Oct 25 6–8:30 pm

Holiday Jingle

Fort Rouge Leisure Centre: 625 Osborne St.

227516 Sat Dec 6 6–8:30 pm

Valentine's Day Sock Hop

Fort Rouge Leisure Centre: 625 Osborne St.

227579 Sat Feb 14 6–8:30 pm

March Madness

Sergeant Tommy Prince Place: 90 Sinclair St.

227580 Sat Mar 21 6–8:30 pm

Zumba Dance Party **active for life**

Come join the party! Enjoy an afternoon of dancing and fun. Energize to the beat of Latin, salsa and rock'n'roll. Class can be done seated or standing.

Cindy Klassen Rec. Complex: 999 Sargent Ave.

Fee: \$61 9 weeks

225902 Tue Oct 7–Dec 9 1:10–1:55 pm

Fee: \$68 10 weeks

225903 Thu Oct 9–Dec 11 1–1:45 pm

226060 Tue Jan 6–Mar 10 1:10–1:55 pm

226061 Thu Jan 8–Mar 12 1–1:45 pm

CULINARY: HANDS-ON EXPERIENCES

Lifestyles Cooking Club

Persons with disabilities can create and sample some delicious foods. Pre-registration required.

Fee: \$84 8 weeks

\$25 Lab fee, payable to instructor

Sergeant Tommy Prince Place: 90 Sinclair St.

227510 Thu Oct 9–Nov 27 10:30 am–1 pm

227576 Thu Jan 8–Feb 26 10:30 am–1 pm

Persons with Disabilities

LEISURE / CREATIVE ARTS

Craft Night • 13 years+

Learn how to paint and create upcycled arts and craft creations through experimentation, guidance and instruction from a professional artist. Learn how to paint, draw and sculpt animals, landscapes, seascapes and people using the artistic mediums of watercolor, acrylic and air-dry clay. All are welcome!

Fee: \$72 8 weeks

\$15 Lab fee, payable to instructor

St. John's Leisure Centre: 601 Aikins St.

207089 Thu Oct 10–Nov 28 4:30–7:30 pm

207097 Thu Jan 16–Mar 6 4:30–7:30 pm

Pottery

Pottery for Persons with Disabilities 13 years+

Learn the many techniques of creating beautiful pieces of pottery. Pre-registration required. Lab fee for half a bag of clay, payable at first class.

Fee: \$60 8 weeks

\$18 Lab fee, payable to instructor.

Fort Rouge Leisure Centre: 625 Osborne St.

227520 Sat Oct 4–Nov 29 6–7:30 pm

227578 Sat Jan 10–Mar 7 6–7:30 pm

SPECIAL INTEREST

Activities Plus

active for life

Adults with developmental disabilities can socialize and enjoy being active. Participants are asked to bring a lunch. Pre-registration required. All are welcome!

Fee: \$67 10 weeks

Fort Rouge Leisure Centre: 625 Osborne St.

227505 Fri Oct 10–Dec 12 10:30 am–1:30 pm

227575 Fri Jan 9–Mar 13 10:30 am–1:30 pm

Out & About

Program will now occur at rotating locations, participants will receive a list of them at the first class

Come out and enjoy weekly outings, meet new friends, try new things and explore. Adults with developmental disabilities can socialize and experience various activities on outings. Bring a lunch. Pre-registration required. All are welcome! Please meet at the Winnipeg Art Gallery for the first class.

Fee: \$67 10 weeks

227506 Thu Oct 9–Dec 11 10:30 am–1:30 pm

227577 Thu Jan 8–Mar 12 10:30 am–1:30 pm



events with IMPACT

Enhance the lives of local youth
living with disabilities - your way

Get involved: crf.mb.ca/fundraise



Children's
Rehabilitation
Foundation



Lab fees are payable in **cash** to the instructor and are nonrefundable. Where required, supply lists will be attached to your receipt. Minimum age to register for Adult Leisure programs is 14 years. Pre-registration for programs is required.

CREATIVE ARTS

Holiday Ornaments

NEW! Get into the holiday spirit by learning to craft beautiful felt and beaded ornaments for your home or to gift to others.

Fee: \$39 2 weeks
 \$5 Lab fee, payable to the instructor
 St. John's Leisure Centre: 601 Aikins St.
 224427 Sun Nov 30–Dec 7 1–2:30 pm

Indigenous Beading

This course will help you learn new skills through a combination of hands-on practice and cultural exploration. Enjoy beading with like-minded people.

Fee: \$294 9 weeks
 Magnus Eliason Recreation Centre: 430 Langside St.
 227995 Sat Sep 20–Nov 15 10:30 am–Noon
 227996 Sat Jan 17–Mar 14 10:30 am–Noon

Landscape & Wildlife Painting & Drawing

Learn how to paint or draw landscapes and/or wildlife. Using any kind of medium that you are comfortable with, you will learn various tips and techniques to create beautiful artwork. This class is for beginners to advanced artists. The instructor will contact participants with class supply list.

Fee: \$84 5 weeks
 St. James Assiniboia Centennial: 644 Parkdale St.
 227936 Thu Sep 18–Oct 16 6:15–8:15 pm
 228086 Thu Jan 15–Feb 12 6:15–8:15 pm

Please avoid visiting or attending programs if you are feeling unwell. Programming is subject to change.
 Visit winnipeg.ca/leisureonline for the latest information.

Oil Painting

Work on individual projects as you learn the basics of oil painting. The instructor will show and provide a step-by-step instruction. Materials are not supplied.

Fee: \$209 10 weeks
 Elmwood/EK Seniors Centre: 180 Poplar Ave.
 226711 Tue Sep 23–Dec 9 6:30–9 pm
 226712 Tue Jan 6–Mar 10 6:30–9 pm

Pom Pom Holiday Wreath Making

NEW! Get into the holiday spirit with our fun and festive holiday pom pom wreath making class! In this hands-on workshop, you will learn how to create a beautiful unique wreath using colorful yarn pom poms and other decorations.

Fee: \$53 2 weeks
 \$5 Lab fee, payable to the instructor
 St. John's Leisure Centre: 601 Aikins St.
 224426 Sun Nov 16–Nov 23 1–3 pm

Ribbon Skirt Workshop

This class is meant for individuals with little or no sewing experience. Sewing machines and materials are provided. Students will cut to size and follow along with an in-person instructor.

Fee: \$131 4 weeks
 \$30 Lab fee, payable to the instructor
 Magnus Eliason Recreation Centre: 430 Langside St.
 227997 Sat Sep 20–Oct 11 12:15–2:15 pm
 227998 Sat Oct 25–Nov 15 12:15–2:15 pm
 228100 Sat Jan 17–Feb 7 12:15–2:15 pm
 228101 Sat Feb 14–Mar 7 12:15–2:15 pm

Wellness in Winter

Get out in nature: Winnipeg has many parks and trails you can use. Visit winnipeg.ca/parks to find a park or trail near you. More tips can be found on pages 14 and 15.

The following courses are taught by Nandita; food is prepared by participants and enjoyed at the end of class. Please bring a takeout container in the event there is leftovers.

Aaloo Gobhi, Roti and Daal Tadka

In this hands-on class, you'll learn to make aaloo gobhi, a classic vegetarian dish featuring cauliflower and potatoes cooked with spices like cumin and coriander. You'll also prepare daal tadka, a flavorful lentil dish enhanced with fresh herbs and traditional Indian seasonings. To complete the meal, you'll learn how to make roti.

Fee: \$39 1 day
 \$25 Lab fee, payable to the instructor
 Sergeant Tommy Prince Place: 90 Sinclair St.
 226472 Sat Nov 1 3–6 pm
 St. John's Leisure Centre: 601 Aikins St.
 226738 Sun Feb 8 3–6 pm

Butter Chicken, Coconut Rice and Pineapple Chutney

Learn how to prepare butter chicken from scratch using fresh ingredients and spices along with coconut rice. To complete the meal, we will prepare a sweet, mild and tangy pineapple chutney. A fresh meal will be enjoyed at the end of the class.

Fee: \$39 1 day
 \$25 Lab fee, payable to the instructor
 Sergeant Tommy Prince Place: 90 Sinclair St.
 226471 Sat Oct 25 3–6 pm
 St. John's Leisure Centre: 601 Aikins St.
 226737 Sun Feb 1 3–6 pm

Butter Chicken, Naan and Daal Tadka

We will learn to prepare butter chicken—a rich creamy curry made from scratch using a blend of traditional herbs and spices such as cumin, cardamom and chili. You'll also learn to make daal tadka, a flavorful lentil dish infused with aromatics seasonings. To complete the meal, participants will prepare a homemade naan.

Fee: \$39 1 day
 \$25 Lab fee, payable to the instructor
 Sergeant Tommy Prince Place: 90 Sinclair St.
 226736 Sat Mar 14 3–6 pm
 St. John's Leisure Centre: 601 Aikins St.
 226688 Sun Nov 9 3–6 pm

Daal Makhani, Naan and Chai Tea

Discover the rich flavors of Indian cuisine by learning to prepare daal makhani, a globally loved lentil dish known for its taste and nutritional value. You'll use fresh herbs and traditional spices such as garam masala and cumin. In addition, you'll make naan bread and learn the art of preparing chai tea with warm spices like cardamom and cinnamon.

Fee: \$39 1 day
 \$25 Lab fee, payable to the instructor
 Sergeant Tommy Prince Place: 90 Sinclair St.
 226872 Sat Sep 20 3–6 pm
 St. John's Leisure Centre: 601 Aikins St.
 226467 Sun Feb 22 3–6 pm

Navratan Korma, Naan and Coconut Chutney

Navratan korma is a popular, delicious creamy vegetarian dish to satisfy your taste buds. This will be prepared using fresh herbs and spices such as cumin and garam masala. We will prepare fresh naan bread from scratch and Coconut chutney with fresh ingredients.

Fee: \$39 1 day
 \$25 Lab fee, payable to the instructor
 Sergeant Tommy Prince Place: 90 Sinclair St.
 226704 Sat Mar 7 3–6 pm
 St. John's Leisure Centre: 601 Aikins St.
 226464 Sun Nov 23 3–6 pm

Palak Paneer, Cardamom Rice and Pineapple Chutney

Learn to prepare delicious, nutritious and popular palak paneer with fresh spinach and Indian cottage cheese. Cardamom rice will be prepared from scratch and enjoyed along with the pineapple chutney.

Fee: \$39 1 day
 \$25 Lab fee, payable to the instructor
 Sergeant Tommy Prince Place: 90 Sinclair St.
 226703 Sat Feb 28 3–6 pm
 St. John's Leisure Centre: 601 Aikins St.
 226461 Sun Nov 16 3–6 pm

Samosas and Chana Masala

Chana masala is a popular yet easy dish to prepare. We will be using a fragrant blend of herbs and spices like cumin, coriander and garam masala. Using only natural ingredients, we will also be making Samosas from scratch.

Fee: \$39 1 day
 \$25 Lab fee, payable to the instructor
 Sergeant Tommy Prince Place: 90 Sinclair St.
 226469 Sat Oct 4 3–6 pm
 226739 Sat Mar 21 3–6 pm
 St. John's Leisure Centre: 601 Aikins St.
 226458 Sun Sep 14 3–6 pm
 226740 Sun Mar 8 3–6 pm

Share your experience!

Your feedback is important. We invite you to contact us to share any information or concerns about your Leisure Guide experience that can help us improve our customer service and programming.

Your experience can be shared by calling **311**, by emailing us at leisureonline@winnipeg.ca, or **in person** at our indoor pools, and fitness and leisure centres.

EDUCATION / SPECIAL INTEREST

Creative Writing

Learn and discuss different aspects of creative writing. Practice your skills and share your writing in an open forum. Beginners welcome.

Fee:	\$108		8 weeks
Sergeant Tommy Prince Place: 90 Sinclair St.			
225649	Wed	Sep 17–Nov 5	7:30–9 pm
226498	Wed	Jan 14–Mar 4	7:30–9 pm

FABRIC ARTS

Knitting for You

Learn to knit for you and your family. Starting with a simple project you will learn to read a printed pattern. For the second project you will make a hat or a pair of slippers. Material list for projects will be discussed at first class.

Fee:	\$117		6 weeks
Fort Rouge Leisure Centre: 625 Osborne St.			
226786	Mon	Oct 20–Nov 24	7–9 pm
226847	Mon	Jan 19–Mar 2	7–9 pm

Learn to Crochet

Learn to read a crochet pattern and complete a simple crochet project. Learn key stitches and how to choose the correct yarn for more advanced projects. Participants will be able to take home 1 project from the class. Material list for projects will be discussed at first class.

Fee:	\$117		8 weeks
St. John's Leisure Centre: 601 Aikins St.			
224316	Tue	Sep 16–Nov 25	6–7:30 pm
224317	Tue	Jan 13–Mar 3	6–7:30 pm

LANGUAGES

Spanish for Beginners & Travellers

Learn the basics of the Spanish language. Learn how to speak in conversation with others when travelling.

Fee:	\$180		8 weeks
Fort Rouge Leisure Centre: 625 Osborne St.			
226411	Sun	Sep 14–Nov 9	Noon–2:30 pm
226989	Sun	Jan 11–Mar 8	Noon–2:30 pm
St. John's Leisure Centre: 601 Aikins St.			
225711	Fri	Sep 12–Oct 31	1–3:30 pm
226718	Fri	Jan 9–Feb 27	1–3:30 pm

MUSIC

African Drumming

Experience the rhythms of African Djembe drumming. Students will learn basic playing techniques as well as traditional African rhythms. No musical experience necessary. Students may wish to bring a tape/digital recorder. Djembe drums are available for use during class if needed. Instructor Jay Stoller has been working with African drums for over 20 years. He holds a diploma in African music from the University of Ghana and has been teaching and performing in Winnipeg with the Folkorama African Pavilion, Nafro Dance Productions and The Drum Café.

Fort Rouge Leisure Centre: 625 Osborne St.

Fee:	\$174		8 weeks
\$15 Lab fee, payable to instructor			
226410	Tue	Oct 7–Dec 2	7:15–8:15 pm
Fee:	\$152		7 weeks
\$15 Lab fee, payable to instructor			
226793	Tue	Feb 10–Mar 24	7:15–8:15 pm

PERSONAL WELLNESS

Animal CPR and First Aid for Pet Owners

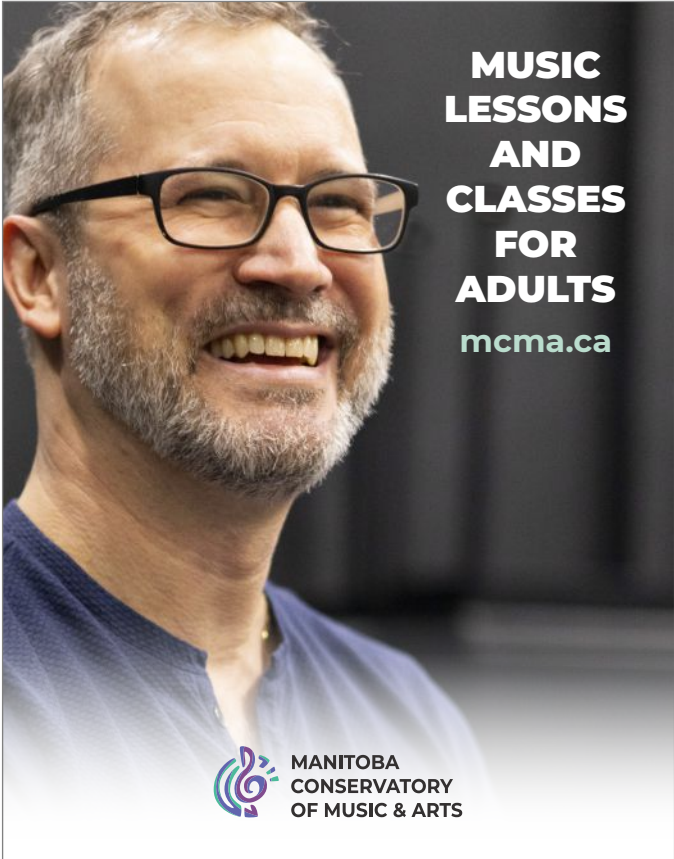
This program is for all dog and cat owners who want to be best prepared for any situation that might arise. A registered Veterinary Technologist will teach you the basics of animal First Aid and CPR so that you have the skills to be prepared.

Fee:	\$74		1 day
St. John's Leisure Centre: 601 Aikins St.			
224687	Wed	Nov 12	6–9 pm
224690	Wed	Dec 3	6–9 pm
224692	Wed	Jan 7	6–9 pm
224694	Wed	Mar 18	6–9 pm

Chai: Soulful Art of Tea-Making from India

Chai is not just a drink for the people of India; it is an integral part of Indian culture. In this workshop, learn how to prepare various types of chai to uplift not only your body, but also your mind and soul. Nandita, who has experienced chai as a source of love and friendship, will share her expertise and experience.

Fee:	\$38		1 day
\$20 Lab fee, payable to the instructor			
Fort Rouge Leisure Centre: 625 Osborne St.			
227003	Tue	Feb 24	5:30–8:30 pm



MUSIC LESSONS AND CLASSES FOR ADULTS
mcma.ca

MANITOBA CONSERVATORY OF MUSIC & ARTS

Adult Leisure

De-stress by Chakra Balancing

Chakras are energy centers in your body that play a big role in your well-being. In this class, you'll discover simple ways to balance your chakras, helping to heal your body, mind and spirit, while reducing stress. You'll experience chakra balancing through guided meditation and get to draw your own chakra mandalas, which you can take home.

Fee: \$41 1 day
 \$20 Lab fee, payable to instructor
 St. John's Leisure Centre: 601 Aikins St.
 226465 Sun Jan 11 1-4 pm

De-stress Your Mind Through Gratitude

Gratitude helps us de-stress our minds and leads to well-being. You will learn various techniques and ways in which gratitude is practiced in India. Participants will create a gratitude garden that they will take home.

Fee: \$41 1 day
 \$20 Lab fee, payable to instructor
 Fort Rouge Leisure Centre: 625 Osborne St.
 226545 Tue Nov 18 5:30-8:30 pm

Henna Tattoo—Cultural Aspects and Basics of the Art

Henna tattoos are an ancient tradition from India. In this class, you'll get the basics of henna tattooing, including how to mix your own fresh henna paste at home. You'll also receive henna designs and cones to practice during the class and you can take the extra cone home to keep creating.

Fee: \$41 1 day
 \$20 Lab fee, payable to instructor
 Fort Rouge Leisure Centre: 625 Osborne St.
 226544 Tue Sep 23 5-8 pm
 St. John's Leisure Centre: 601 Aikins St.
 226687 Sun Jan 18 1-4 pm

Mandalas and Meditation Workshop

This workshop invites you to explore your soul through Mandala painting. The practice of painting is meditative, healing and joyful. Through guided meditations, we contact our inner artist. This workshop will give you the tools to use the Mandala as a way of de-stressing your body, mind, and spirit. At the end of the workshop, you will complete a beautiful and colourful Mandala of your own. No previous experience is necessary. All art supplies will be provided.

Fee: \$41 1 day
 \$20 Lab fee, payable to instructor
 Fort Rouge Leisure Centre: 625 Osborne St.
 226993 Tue Feb 3 5:30-8:30 pm

POTTERY

All classes include the cost of clay, use of tools, glazes and firing.

Introduction to Pottery

Basic hand-building and some wheel work. Dress for a mess!

Fee: \$267 8 weeks
 Fort Garry Lion's Outdoor Pool: 969 Dowker Ave.
 226674 Wed Jan 21-Mar 11 7-9:30 pm
 226681 Thu Jan 22-Mar 12 7-9:30 pm
 Fort Rouge Leisure Centre: 625 Osborne St.
 226614 Tue Jan 20-Mar 10 7-9:30 pm
 226673 Wed Jan 21-Mar 11 7-9:30 pm
Fee: \$334 10 weeks
 Fort Garry Lion's Outdoor Pool: 969 Dowker Ave.
 226463 Wed Sep 24-Nov 26 7-9:30 pm
 226489 Thu Sep 25-Nov 27 7-9:30 pm
 Fort Rouge Leisure Centre: 625 Osborne St.
 226454 Tue Sep 23-Dec 9 7-9:30 pm
 226462 Wed Sep 24-Nov 26 7-9:30 pm

Pottery Wheel

Learn wheel-throwing skills through instruction, demonstration and lots of practice. All skill levels welcome. Dress for a mess!

Fee: \$267 8 weeks
 Fort Garry Lion's Outdoor Pool: 969 Dowker Ave.
 226608 Tue Jan 20-Mar 10 7-9:30 pm
 Fort Rouge Leisure Centre: 625 Osborne St.
 226702 Sat Jan 24-Mar 21 1-3:30 pm
Fee: \$334 10 weeks
 Fort Garry Lion's Outdoor Pool: 969 Dowker Ave.
 226451 Tue Sep 23-Dec 9 7-9:30 pm
 Fort Rouge Leisure Centre: 625 Osborne St.
 226510 Sat Sep 27-Dec 6 1-3:30 pm

Pottery Wheel 2

Continue learning wheel-throwing skills through instruction, demonstration and lots of practice. Dress for a mess!

Fort Rouge Leisure Centre: 625 Osborne St.
Fee: \$334 10 weeks
 226504 Sat Sep 27-Dec 6 10 am-12:30 pm
Fee: \$267 8 weeks
 226701 Sat Jan 24-Mar 21 10 am-12:30 pm

the Gift of Options

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Try a City of Winnipeg Recreation Gift Card, which can be used for Leisure Guide activities, memberships, admission to City of Winnipeg recreation and aquatic facilities, and more!



For more information visit winnipeg.ca/giftcards



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Scan the QR code
for more information





Welcome to the Active Living section! Being physically active is essential to your good health and in the following pages, you will find a wide selection of entry-level and advanced Active Living programs that will help you develop a healthy lifestyle.

Our Active Living programs consist of the following program areas:

- **Fitness:** pages 61–69
- **Dance:** page 69–70
- **Sport:** pages 70–71
- **Older Active:** pages 45–52

FITNESS

Abs / Butts / Thighs

Abs / Butts / Thighs

active for life

Target abs, buttocks, thighs and strengthen lower back; warm-up and cool-down. No cardio.

Fee: \$87 10 weeks

Cindy Klassen Rec. Complex: 999 Sargent Ave.

★226629 Thu Oct 9–Dec 11 12:05–12:50 pm

★226665 Thu Jan 8–Mar 12 12:05–12:50 pm

Fee: \$116 10 weeks

Cindy Klassen Rec. Complex: 999 Sargent Ave.

★226628 Wed Oct 8–Dec 10 5:15–6:15 pm

★226656 Wed Jan 7–Mar 11 5:15–6:15 pm

Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.

★227055 Wed Oct 1–Dec 3 6–7 pm

★227056 Wed Jan 14–Mar 18 6–7 pm

St. James Assiniboia Centennial: 644 Parkdale St.

★226208 Mon Sep 29–Dec 8 6–7 pm

★226348 Mon Jan 5–Mar 16 6–7 pm

Aquafitness • Registered

Aquafit to the Music of the 80's & 90's

active for life

This class will pump you up with the greatest hits from the 80's & 90's. These tunes are pure adrenaline and you will leave feeling healthier and stronger.

Fee: \$104 10 weeks

Kinsmen Sherbrook Pool: 381 Sherbrook St.

225699 Thu Oct 9–Dec 11 4:45–5:30 pm

225712 Thu Jan 8–Mar 12 4:45–5:30 pm

Weights & Water

active for life

Start with a weight room circuit followed by aquafitness to get a total body workout of strength and cardio!

Fee: \$187 10 weeks

Pan Am Pool: 25 Poseidon Bay

226275 Wed Oct 8–Dec 10 7–9 pm

226343 Wed Jan 7–Mar 11 7–9 pm

★ Drop-in Classes

For programs in this section marked with a ★, you can register for the entire session, guaranteeing your spot each week, or you can use your Active Living Pass to drop in.

Book drop-in classes in advance at winnipeg.ca or call 311. Classes open up for pre-booking Wednesdays at noon for the upcoming week.

See pages 8 and 9 for more information about passes and drop-in classes.

Wellness in Winter

Remind yourself of warmer months, visit your local pool. Check out winnipeg.ca/pools for locations and schedules. More tips can be found on pages 14 and 15.

Active Living • Fitness

Aquafitness • Combo

active for life

Choose your depth and have fun! This class allows participation in both shallow and deep areas of the pool.

Fee: \$139 10 weeks

Kinsmen Sherbrook Pool: 381 Sherbrook St.

★225700 Thu Oct 9–Dec 11 5:30–6:30 pm

★225715 Thu Jan 8–Mar 12 5:30–6:30 pm

Margaret Grant Pool: 685 Dalhousie Dr.

★227394 Mon Oct 6–Dec 15 10:30–11:30 am

★227406 Wed Oct 8–Dec 10 10:30–11:30 am

★227408 Fri Oct 10–Dec 12 10:30–11:30 am

★227495 Mon Jan 5–Mar 16 10:30–11:30 am

★227496 Wed Jan 7–Mar 11 10:30–11:30 am

★227497 Fri Jan 9–Mar 13 10:30–11:30 am

Transcona Kinsmen Centennial Pool: 1101 Wabasha St.

226412 Wed Oct 8–Dec 10 7:15–8:15 pm

226417 Wed Jan 7–Mar 11 7:15–8:15 pm

Aquafitness • Shallow

active for life

Challenge your body with a cardio and strength workout that uses water resistance. The class is held in shallow water.

Fee: \$94 9 weeks

Transcona Kinsmen Centennial Pool: 1101 Wabasha St.

226404 Mon Oct 6–Dec 8 11:30 am–12:15 pm

226405 Mon Oct 6–Dec 8 12:20–1:05 pm

226413 Mon Jan 5–Mar 9 11:30 am–12:15 pm

226414 Mon Jan 5–Mar 9 12:20–1:05 pm

Fee: \$125 9 weeks

Elmwood Kildonans Pool: 909 Concordia Ave.

★226832 Mon Oct 6–Dec 8 9:30–10:30 am

★227559 Mon Jan 5–Mar 9 9:30–10:30 am

Fee: \$139 10 weeks

Bonivital Pool: 1215 Archibald St.

★227502 Wed Jan 7–Mar 11 8–9 pm

Elmwood Kildonans Pool: 909 Concordia Ave.

★226834 Wed Oct 8–Dec 10 9:30–10:30 am

★226836 Fri Oct 10–Dec 12 9:30–10:30 am

★227561 Wed Jan 7–Mar 11 9:30–10:30 am

★227563 Fri Jan 9–Mar 13 9:30–10:30 am

Aquafitness • Deep

active for life

An effective cardiovascular, strength and endurance workout in a weightless environment to decrease stress on your joints.

Fee: \$83 6 weeks

Pan Am Pool: 25 Poseidon Bay

★227640 Tue Nov 4–Dec 16 11:30 am–12:30 pm

Seven Oaks Pool: 444 Adsum Dr.

★226983 Tue Sep 9–Oct 21 6:30–7:30 pm

★226984 Tue Oct 28–Dec 9 6:30–7:30 pm

Fee: \$97 7 weeks

Pan Am Pool: 25 Poseidon Bay

★227633 Mon Sep 8–Oct 27 9:35–10:35 am

★227637 Mon Sep 8–Oct 27 8–9 pm

★227639 Tue Sep 9–Oct 28 11:30 am–12:30 pm

★227664 Thu Sep 11–Oct 23 11:30 am–12:30 pm

★227658 Fri Sep 12–Oct 24 9:35–10:35 am

★227660 Fri Oct 31–Dec 19 9:35–10:35 am

★227666 Thu Oct 30–Dec 18 11:30 am–12:30 pm

★227634 Mon Nov 3–Dec 15 9:35–10:35 am

★227638 Mon Nov 3–Dec 15 8–9 pm

★227642 Wed Nov 5–Dec 17 9:35–10:35 am

★227654 Wed Nov 5–Dec 17 8–9 pm

Seven Oaks Pool: 444 Adsum Dr.

★226985 Thu Sep 11–Oct 23 6:30–7:30 pm

★226986 Thu Oct 30–Dec 11 6:30–7:30 pm

Fee: \$111 8 weeks

Pan Am Pool: 25 Poseidon Bay

★227641 Wed Sep 10–Oct 29 9:35–10:35 am

★227650 Wed Sep 10–Oct 29 8–9 pm

Fee: \$139 10 weeks

Bonivital Pool: 1215 Archibald St.

★227504 Thu Jan 8–Mar 12 8–9 pm

Pan Am Pool: 25 Poseidon Bay

★227672 Mon Jan 5–Mar 16 9:35–10:35 am

★227674 Mon Jan 5–Mar 16 8–9 pm

★227686 Tue Jan 6–Mar 10 11:30 am–12:30 pm

★227677 Wed Jan 7–Mar 11 9:35–10:35 am

★227681 Wed Jan 7–Mar 11 8–9 pm

★227688 Thu Jan 8–Mar 19 11:30 am–12:30 pm

★227679 Fri Jan 9–Mar 20 9:35–10:35 am

Supporting Winnipeggers

Learn more about City programs and services to support people living on low income at winnipeg.ca/supportingwinnipeggers

Soutenir les Winnipegéois

Pour en savoir plus sur les programmes et les services de soutien aux personnes à faible revenu de la Ville, visitez winnipeg.ca/soutenirleswinnipeggois.



Aquafitness Specialty

Aquafitness Specialty • Ai Chi

active for life

Great for anyone with arthritis or chronic pain. In a warm water medium, class will consist of slow, broad movements to enhance balance and strengthen joints.

Fee:	\$107		9 weeks
Margaret Grant Pool: 685 Dalhousie Dr.			
226299	Mon	Oct 6–Dec 8	1:45–2:30 pm
Fee:	\$119		10 weeks
Margaret Grant Pool: 685 Dalhousie Dr.			
226303	Wed	Oct 8–Dec 10	1:45–2:30 pm
226304	Mon	Jan 5–Mar 16	1:45–2:30 pm
226306	Wed	Jan 7–Mar 11	1:45–2:30 pm

Aquafitness Specialty • AquaLite Shallow

active for life

This is a fun workout that lasts 45 minutes. It is designed to improve your cardio, strength, and flexibility. The class is held in shallow water.

Fee:	\$70		7 weeks
Pan Am Pool: 25 Poseidon Bay			
★227635	Mon	Sep 8–Oct 27	10:45–11:30 am
★227661	Fri	Sep 12–Oct 24	10:45–11:30 am
★227663	Fri	Oct 31–Dec 19	10:45–11:30 am
★227636	Mon	Nov 3–Dec 15	10:45–11:30 am
★227645	Wed	Nov 5–Dec 17	10:45–11:30 am
Fee:	\$80		8 weeks
Pan Am Pool: 25 Poseidon Bay			
★227643	Wed	Sep 10–Oct 29	10:45–11:30 am
Fee:	\$90		9 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.			
★226938	Tue	Oct 7–Dec 9	11:15 am–Noon
Elmwood Kildonans Pool: 909 Concordia Ave.			
★226839	Mon	Oct 6–Dec 8	10:35–11:20 am
★227560	Mon	Jan 5–Mar 9	10:35–11:20 am
Fee:	\$100		10 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.			
★226939	Thu	Oct 9–Dec 11	11:15 am–Noon
★226957	Tue	Jan 6–Mar 10	11:15 am–Noon
★226958	Thu	Jan 8–Mar 12	11:15 am–Noon
Elmwood Kildonans Pool: 909 Concordia Ave.			
★226843	Wed	Oct 8–Dec 10	10:35–11:20 am
★226844	Fri	Oct 10–Dec 12	10:35–11:20 am
★227562	Wed	Jan 7–Mar 11	10:35–11:20 am
★227564	Fri	Jan 9–Mar 13	10:35–11:20 am
Pan Am Pool: 25 Poseidon Bay			
★227675	Mon	Jan 5–Mar 16	10:45–11:30 am
★227682	Wed	Jan 7–Mar 11	10:45–11:30 am
★227684	Fri	Jan 9–Mar 20	10:45–11:30 am

Aquafitness Specialty • AquaLite Deep

active for life

This is a fun workout that lasts 45 minutes. It is designed to improve your cardio, strength and flexibility. This class is held in deep water.

Seven Oaks Pool: 444 Adsum Dr.			
Fee:	\$60		6 weeks
★226941	Tue	Sep 9–Oct 21	8:45–9:30 am
★226942	Tue	Oct 28–Dec 9	8:45–9:30 am
Fee:	\$70		7 weeks
★226943	Thu	Sep 11–Oct 23	8:45–9:30 am
★226944	Thu	Oct 30–Dec 11	8:45–9:30 am

Aquafitness Specialty • AquaLite Combo

active for life

This is a fun workout that lasts 45 minutes. It is designed to improve your cardio, strength, and flexibility. The class is held in both shallow and deep water.

Fee:	\$60		6 weeks
St. James Assiniboia Centennial: 644 Parkdale St.			
★230804	Tue	Nov 4–Dec 16	8–8:45 am
Fee:	\$70		7 weeks
St. James Assiniboia Centennial: 644 Parkdale St.			
★230798	Mon	Sep 8–Oct 27	8–8:45 am
★230799	Tue	Sep 9–Oct 28	8–8:45 am
★230803	Mon	Nov 3–Oct 15	8–8:45 am
★230805	Wed	Nov 5–Dec 17	8–8:45 am
★230806	Thu	Nov 6–Dec 18	8–8:45 am
★230807	Fri	Nov 7–Dec 19	8–8:45 am
Fee:	\$80		8 weeks
St. James Assiniboia Centennial: 644 Parkdale St.			
★230800	Wed	Sep 10–Oct 29	8–8:45 am
★230801	Thu	Sep 11–Oct 30	8–8:45 am
★230802	Fri	Sep 12–Oct 31	8–8:45 am
Fee:	\$90		9 weeks
Kinsmen Sherbrook Pool: 381 Sherbrook St.			
★226876	Mon	Oct 6–Dec 8	10–10:45 am
★226879	Mon	Jan 5–Mar 9	10–10:45 am
St. James Assiniboia Centennial: 644 Parkdale St.			
★230811	Mon	Jan 5–Mar 9	8–8:45 am
Fee:	\$100		10 weeks
Kinsmen Sherbrook Pool: 381 Sherbrook St.			
★226877	Wed	Oct 8–Dec 10	10–10:45 am
★226878	Fri	Oct 10–Dec 12	10–10:45 am
★226880	Wed	Jan 7–Mar 11	10–10:45 am
★226882	Fri	Jan 9–Mar 13	10–10:45 am
Margaret Grant Pool: 685 Dalhousie Dr.			
★227414	Tue	Oct 7–Dec 16	12:30–1:15 pm
★227416	Thu	Oct 9–Dec 11	12:30–1:15 pm
★227498	Tue	Jan 6–Mar 10	12:30–1:15 pm
★227499	Thu	Jan 8–Mar 12	12:30–1:15 pm
St. James Assiniboia Centennial: 644 Parkdale St.			
★230812	Tue	Jan 6–Mar 10	8–8:45 am
★230808	Wed	Jan 7–Mar 11	8–8:45 am
★230809	Thu	Jan 8–Mar 12	8–8:45 am
★230810	Fri	Jan 9–Mar 13	8–8:45 am
Transcona Kinsmen Centennial Pool: 1101 Wabasha St.			
226406	Wed	Oct 8–Dec 10	11:30 am–12:15 pm
226408	Wed	Oct 8–Dec 10	12:20–1:05 pm
★227565	Wed	Oct 8–Dec 10	1:15–2 pm
★227566	Fri	Oct 10–Dec 12	1:15–2 pm
226407	Wed	Jan 7–Mar 11	11:30 am–12:15 pm
226416	Wed	Jan 7–Mar 11	12:20–1:05 pm
★227567	Wed	Jan 7–Mar 11	1:15–2 pm
★227568	Fri	Jan 9–Mar 13	1:15–2 pm

Active Living • Fitness

Aquafitness Specialty • Arthritis / Fibromyalgia

active for life

A program that accommodates people with joint pain caused by arthritis and also improves muscular strength and endurance for people living with fibromyalgia.

Fee: \$90 9 weeks

Kinsmen Sherbrook Pool: 381 Sherbrook St.

★225696 Mon Oct 6–Dec 8 10:45–11:30 am

★225706 Mon Jan 5–Mar 9 10:45–11:30 am

Fee: \$100 10 weeks

Bonivital Pool: 1215 Archibald St.

226375 Mon Jan 5–Mar 16 10–10:45 am

226376 Thu Jan 8–Mar 12 7–7:45 pm

Kinsmen Sherbrook Pool: 381 Sherbrook St.

★225697 Fri Oct 10–Dec 12 10:45–11:30 am

★225698 Wed Oct 8–Dec 10 10:45–11:30 am

★225708 Wed Jan 7–Mar 11 10:45–11:30 am

★225710 Fri Jan 9–Mar 13 10:45–11:30 am

Aquafitness Specialty • Arthritis

active for life

Come and join our relaxing water exercise class. It's a gentle workout that is easy on your body. You'll improve your flexibility, strength, and endurance.

Fee: \$90 9 weeks

Kinsmen Sherbrook Pool: 381 Sherbrook St.

★225694 Mon Oct 6–Dec 8 9:15–10 am

★225701 Mon Jan 5–Mar 9 9:15–10 am

Margaret Grant Pool: 685 Dalhousie Dr.

226296 Mon Oct 6–Dec 8 1–1:45 pm

226297 Mon Oct 6–Dec 8 2:30–3:15 pm

226298 Mon Oct 6–Dec 8 3:15–4 pm

Fee: \$100 10 weeks

Bonivital Pool: 1215 Archibald St.

226370 Mon Jan 5–Mar 16 9:15–10 am

226371 Wed Jan 7–Mar 11 9:15–10 am

226374 Fri Jan 9–Mar 13 9:15–10 am

226372 Wed Jan 7–Mar 11 10–10:45 am

226373 Fri Jan 9–Mar 13 10–10:45 am

Kinsmen Sherbrook Pool: 381 Sherbrook St.

★225695 Fri Oct 10–Dec 12 9:15–10 am

★225703 Fri Jan 9–Mar 13 9:15–10 am

Margaret Grant Pool: 685 Dalhousie Dr.

226300 Wed Oct 8–Dec 10 1–1:45 pm

226301 Wed Oct 8–Dec 10 2:30–3:15 pm

226302 Wed Oct 8–Dec 10 3:15–4 pm

226307 Mon Jan 5–Mar 16 1–1:45 pm

226308 Mon Jan 5–Mar 16 2:30–3:15 pm

226309 Mon Jan 5–Mar 16 3:15–4 pm

226310 Wed Jan 7–Mar 11 1–1:45 pm

226311 Wed Jan 7–Mar 11 2:30–3:15 pm

226312 Wed Jan 7–Mar 11 3:15–4 pm

Body Toning

30/20/10

active for life

This class has it all. Sweat through 30 minutes of cardio, 20 minutes of strength and 10 minutes of stretching. Are you up for the challenge?

Fee: \$116 10 weeks

Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.

★227059 Wed Oct 1–Dec 3 7:05–8:05 pm

★227053 Mon Oct 6–Dec 15 7:05–8:05 pm

★227054 Mon Jan 12–Mar 23 7:05–8:05 pm

★227062 Wed Jan 14–Mar 18 7:05–8:05 pm

K.B.D (Kettlebell, Body Bar & Dumbbell)

active for life

Perfect for strength and conditioning, with no impact and no heavy cardio. This class will incorporate kettlebells, body bars and dumbbells.

Fee: \$116 10 weeks

Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.

★227126 Fri Oct 3–Dec 5 6–7 pm

★227127 Fri Jan 16–Mar 20 6–7 pm

Muscles at Attention

active for life

The use of a wide variety of equipment and exercise modifications will ensure you get results in strength building, muscle toning and endurance no matter what your fitness level. No two workouts will be the same!

Fee: \$87 10 weeks

Pan Am Pool: 25 Poseidon Bay

★226750 Tue Oct 7–Dec 16 5:45–6:30 pm

★226751 Thu Oct 9–Dec 11 5:45–6:30 pm

★226789 Tue Jan 6–Mar 10 5:45–6:30 pm

★226790 Thu Jan 8–Mar 12 5:45–6:30 pm

Muscle Boot Camp

active for life

NEW! A weight training workout using body bars, balls and hand weights. This is a simple, fun and athletic based workout that strengthens and tones all major muscle groups. You won't find any cardio here. The workout is choreographed to music, so participants stay on track and focused through all muscular motions.

Fee: \$73 5 weeks

Cindy Klassen Rec. Complex: 999 Sargent Ave.

★226935 Sat Oct 4–Nov 1 9–10:15 am

★226936 Sat Nov 8–Dec 6 9–10:15 am

★226959 Sat Jan 10–Feb 7 9–10:15 am

★226960 Sat Feb 14–Mar 14 9–10:15 am

Plus Size Fitness

active for life

This workout is for making you feel good about yourself and your body. It doesn't only focus on losing weight. You can do the workout sitting or standing. You will use your deep core muscles and nervous system to connect with your true core.

Fee: \$102 10 weeks

Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.

★227263 Sat Oct 4–Dec 6 11:50 am–12:50 pm

★227265 Sat Jan 17–Mar 21 11:50 am–12:50 pm

St. James Assiniboia Centennial: 644 Parkdale St.

226222 Sat Oct 4–Dec 6 10:30–11:30 am

226360 Sat Jan 10–Mar 14 10:30–11:30 am

Total Body Conditioning

active for life

This class will have low-impact aerobics and light weights. It will help you improve your muscle strength and endurance.

Fee: \$87 10 weeks

Cindy Klassen Rec. Complex: 999 Sargent Ave.

★226626 Wed Oct 8–Dec 10 12:05–12:50 pm

★226655 Wed Jan 7–Mar 11 12:05–12:50 pm

Fee: \$116 10 weeks

Cindy Klassen Rec. Complex: 999 Sargent Ave.

★226445 Fri Oct 10–Dec 12 6–7 pm

★226669 Fri Jan 9–Mar 13 6–7 pm

Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.

★227257 Sat Oct 4–Dec 6 10:45–11:45 am

★227124 Thu Oct 9–Dec 11 6–7 pm

★227125 Thu Jan 15–Mar 19 6–7 pm

★227259 Sat Jan 17–Mar 21 10:45–11:45 am

Cardio

Blastin Boot Camp

active for life

Fun way to get a great workout with lots of variety. Circuit will focus on strength, balance, cardio and core.

Fee:	\$87		10 weeks
St. James Assiniboia Centennial: 644 Parkdale St.			
★226215	Wed	Oct 1–Dec 3	5:15–6 pm
★226355	Wed	Jan 7–Mar 11	5:15–6 pm

BollyX

active for life

BollyX is a dance fitness program that combines fun choreography with music from around the world. It's a cardio workout with dance sequences of varying intensity. It will get you moving, sweating, and motivated.

Fee:	\$77		9 weeks
Pan Am Pool: 25 Poseidon Bay			
226250	Mon	Oct 6–Dec 8	7–7:45 pm
226324	Mon	Jan 5–Mar 9	7–7:45 pm

Cardio, Core & More

active for life

This cardio interval class will not only get your heart rate up but it will target your core all at the same time. Great class for beginners to advanced.

Fee:	\$78		9 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.			
★226422	Mon	Oct 6–Dec 8	6–6:45 pm
★226641	Mon	Jan 5–Mar 9	6–6:45 pm

Fee:	\$87		10 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.			
★226627	Wed	Oct 8–Dec 10	4:30–5:15 pm
★226657	Wed	Jan 7–Mar 11	4:30–5:15 pm

Pan Am Pool: 25 Poseidon Bay			
★226753	Sat	Oct 4–Dec 6	10–10:45 am
★226794	Sat	Jan 10–Mar 14	10–10:45 am

St. James Assiniboia Centennial: 644 Parkdale St.			
★226209	Tue	Oct 7–Dec 16	9:45–10:30 am
★226349	Tue	Jan 6–Mar 10	9:45–10:30 am

CRT (Cardio Resistance Training)

active for life

This class is a mixture of cardio and strength training. It will get you moving and sweating.

Fee:	\$116		10 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.			
★227238	Sat	Oct 4–Dec 6	9:40–10:40 am
★227122	Tue	Oct 7–Dec 16	6–7 pm
★227123	Tue	Jan 13–Mar 17	6–7 pm
★227241	Sat	Jan 17–Mar 21	9:40–10:40 am

HIIT

active for life

Do short bursts of high intensity interval training. Mix in some strength training. This energetic workout helps you burn more calories and shape your body.

Fee:	\$116		10 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.			
★227233	Tue	Oct 7–Dec 16	7:05–8:05 pm
★227234	Tue	Jan 13–Mar 17	7:05–8:05 pm

Interval Cardio & Weight Training

active for life

This class will challenge your body to strengthen and burn calories. It is mixed with cardio intervals and with weight training.

Fee:	\$116		10 weeks
Pan Am Pool: 25 Poseidon Bay			
★226754	Sat	Oct 4–Dec 6	8:45–9:45 am
★226792	Sat	Jan 10–Mar 14	8:45–9:45 am
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.			
★227051	Mon	Oct 6–Dec 15	6–7 pm
★227052	Mon	Jan 12–Mar 23	6–7 pm

Metabolic Mayhem

active for life

An intense mix of cardio and muscle conditioning intervals designed to crank up your heart rate for the duration! A STEP bench and lighter weights are used throughout to provide a full body workout. This is a challenging workout.

Fee:	\$116		10 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.			
★226621	Sun	Oct 5–Dec 7	9:15–10:15 am
★226632	Sun	Jan 4–Mar 8	9:15–10:15 am

Pound

active for life

Pound is a full body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometric and isometric poses.

Fee:	\$78		9 weeks
Pan Am Pool: 25 Poseidon Bay			
226251	Mon	Oct 6–Dec 8	6:10–6:55 pm
226336	Mon	Jan 5–Mar 9	6:10–6:55 pm

Fee:	\$116		10 weeks
Fort Rouge Leisure Centre: 625 Osborne St.			
226385	Sat	Sep 20–Nov 29	10–11 am
226866	Sat	Jan 10–Mar 21	10–11 am

Step & Strength

active for life

This class will include cardiovascular and resistance exercises. We will start with cardio on the step and end with resistance training. We will use light weights and resistance bands.

Fee:	\$87		10 weeks
Pan Am Pool: 25 Poseidon Bay			
★226749	Mon	Oct 6–Dec 15	5:15–6 pm
★226788	Mon	Jan 5–Mar 16	5:15–6 pm

Walk & Pump with an Attitude

active for life

Join us for this instructor led outdoor workout. Cardiovascular and resistance work will be incorporated into this dynamic walking program. Resistance bands provided. This is an outdoor activity, please dress for the weather.

Fee:	\$59		10 weeks
Kildonan Park: 2015 Main St.			
226032	Sat	Sep 6–Nov 8	8:30–9:30 am

Circuit Training

Cardio Circuit

active for life

A cardiovascular circuit workout incorporating step, hi-lo, agility, boxing moves and more! A fun packed workout suitable for all fitness levels.

Fee:	\$87		10 weeks
Pan Am Pool: 25 Poseidon Bay			
★230394	Wed	Oct 1–Dec 3	5:15–6 pm
★230395	Wed	Jan 7–Mar 11	5:15–6 pm

Want to find activities to enjoy outdoors? Look for the leaf!

Active Living • Fitness

Fitness for 40+

active for life

A full body workout that targets all the major muscle groups for 40 plus! This circuit training class will include a series of cardio and strength exercises to keep your heart rate elevated. Improve strength, balance and cardio with modifications offered for all fitness levels. All done to timed intervals to keep you on your toes!

Fee:	\$116		10 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.			
★227235	Sat	Oct 4–Dec 6	8:30–9:30 am
★227236	Sat	Jan 17–Mar 21	8:30–9:30 am
St. James Assiniboia Centennial: 644 Parkdale St.			
226220	Sat	Oct 4–Dec 6	9:15–10:15 am
226359	Sat	Jan 10–Mar 14	9:15–10:15 am

Fusion

Barre & Beyond

active for life

A blend of ballet, yoga, fitness and Pilates-inspired movements. No dance experience required.

Fee:	\$115		9 weeks
St. John's Leisure Centre: 601 Aikins St.			
224715	Mon	Sep 15–Nov 17	6–7 pm
224716	Mon	Jan 12–Mar 16	6–7 pm

Bellyfit

active for life

Bellyfit is a fitness experience for women. It combines ancient cultures. You can reduce stress and get sweaty with fun, easy cardio moves. These moves are influenced by belly dance, Bollywood, and African dance. You can also sculpt and tone your body with Pilates-inspired core work. Lastly, you can stretch and meditate with yoga-inspired moves.

Fee:	\$116		10 weeks
Fort Rouge Leisure Centre: 625 Osborne St.			
226286	Sat	Sep 20–Nov 29	11 am–Noon
226828	Sat	Jan 10–Mar 21	11 am–Noon

Muscle & Body Recovery

Stretch and Relax

active for life

Stretch your body from head to toe and leave feeling relaxed. Class will focus on stretching key areas to release tension while gently building balance and strength.

Fee:	\$43		8 weeks
Chalmers CC: 480 Chalmers Ave.			
227114	Thu	Oct 2–Nov 20	Noon–12:30 pm
227115	Thu	Feb 5–Mar 26	Noon–12:30 pm
Fee:	\$108		10 weeks
Pan Am Pool: 25 Poseidon Bay			
★226748	Mon	Oct 6–Dec 15	Noon–1 pm
★226787	Mon	Jan 5–Mar 16	Noon–1 pm
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.			
★227857	Sun	Oct 5–Dec 7	12:15–1:15 pm
★227861	Sun	Jan 11–Mar 15	12:15–1:15 pm

Pilates

Pilates All Levels

active for life

A series of exercises done with deep breathing. This class will improve core strength, flexibility and body awareness.

Fee:	\$113		9 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.			
★226421	Mon	Oct 6–Dec 8	6:50–7:50 pm
★226642	Mon	Jan 5–Mar 9	6:50–7:50 pm
Fee:	\$126		10 weeks
Pan Am Pool: 25 Poseidon Bay			
226271	Thu	Oct 2–Dec 4	6:45–7:45 pm
226335	Thu	Jan 8–Mar 12	6:45–7:45 pm
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.			
★227370	Tue	Oct 7–Dec 16	9–10 am
★227371	Tue	Jan 13–Mar 17	9–10 am

Pilates / Yoga Blend

active for life

A blend of Pilates and Yoga to challenge your body. Tone and lengthen your muscles while increasing your strength. Relaxation techniques will leave you relaxed and refreshed.

Fee:	\$75		8 weeks
Pan Am Pool: 25 Poseidon Bay			
226253	Mon	Oct 20–Dec 8	1:15–2 pm
Fee:	\$85		9 weeks
Pan Am Pool: 25 Poseidon Bay			
226334	Mon	Jan 5–Mar 9	1:15–2 pm
Fee:	\$126		10 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.			
★227375	Fri	Oct 3–Dec 5	9–10 am
★227379	Fri	Jan 16–Mar 20	9–10 am

Pre / Post Natal

Baby Bootie Camp

active for life active start

This circuit training workout will combine cardio, muscle endurance and core training. Baby will be at parents side, motivating and used as resistance. A fun, energizing bonding workout. Please bring stroller or car seat.

Pan Am Pool: 25 Poseidon Bay			
Fee:	\$78		9 weeks
226248	Tue	Oct 7–Dec 9	1–1:45 pm
Fee:	\$87		10 weeks
226322	Tue	Jan 6–Mar 10	1–1:45 pm

Tai Chi

Tai Chi Part 1

active for life

Learn and practice the 108 gentle movements. Relax your mind and body. Improve your blood circulation, alertness, balance, flexibility, strength and endurance.

Fee:	\$123		10 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.			
226625	Sun	Oct 5–Dec 7	2:30–3:30 pm
226635	Sun	Jan 4–Mar 8	2:30–3:30 pm
Fort Rouge Leisure Centre: 625 Osborne St.			
226388	Sat	Sep 20–Nov 29	9:15–10:15 am
226871	Sat	Jan 10–Mar 21	9:15–10:15 am

Buy a 6-month or 1-year Facility Pass and save!

See page 8 for rates.

Tai Chi Part 2

active for life

Learn and practice the 108 gentle movements. Relax your mind and body. Improve your blood circulation, alertness, balance, flexibility, strength and endurance. Tai Chi Part 1 is a pre-requisite to Tai Chi Part 2.

Fee:	\$123	10 weeks
Fort Rouge Leisure Centre: 625 Osborne St.		
226389	Wed	Sep 24–Nov 26 7:15–8:15 pm
226873	Wed	Jan 14–Mar 18 7:15–8:15 pm

Tai Chi Chuan Level 1

active for life

Learn and practice basic gentle movements of this ancient Chinese exercise. This class promotes strength, improves balance and overall health for all ages.

Fee:	\$99	8 weeks
Darwin School: 175 Darwin St.		
227621	Tue	Oct 7–Dec 2 7:45–8:45 pm
227871	Tue	Jan 13–Mar 3 7:45–8:45 pm

Weight / Strength Training

Weights

active for life

A weight room workout with all the benefits of a circuit class. Classes will include use of the weight machines, free weights, TRX's, BOSU balls, body weight and more! Suitable for all fitness levels.

Fee:	\$87	9 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.		
★226426	Mon	Oct 6–Dec 8 10–10:50 am
★226883	Mon	Oct 6–Dec 8 11–11:50 am
★226427	Mon	Oct 6–Dec 8 5–5:50 pm
★226928	Tue	Oct 7–Dec 9 9–9:50 am
★226929	Tue	Oct 7–Dec 9 10–10:50 am
★226433	Tue	Oct 7–Dec 9 11–11:50 am
★226930	Tue	Oct 7–Dec 9 5–5:50 pm
★226428	Tue	Oct 7–Dec 9 6–6:50 pm
★226639	Mon	Jan 5–Mar 9 10–10:50 am
★226945	Mon	Jan 5–Mar 9 11–11:50 am
★226640	Mon	Jan 5–Mar 9 5–5:50 pm

Fee:	\$97	10 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.		
★226933	Sat	Oct 4–Dec 6 10–10:50 am
★226432	Sat	Oct 4–Dec 6 11–11:50 am
★226434	Wed	Oct 8–Dec 10 10–10:50 am
★226926	Wed	Oct 8–Dec 10 11–11:50 am
★226430	Wed	Oct 8–Dec 10 5–5:50 pm
★226931	Thu	Oct 9–Dec 11 9–9:50 am
★226932	Thu	Oct 9–Dec 11 10–10:50 am
★226435	Thu	Oct 9–Dec 11 11–11:50 am
★226940	Thu	Oct 9–Dec 11 5–5:50 pm
★226429	Thu	Oct 9–Dec 11 6–6:50 pm
★226436	Fri	Oct 10–Dec 12 10–10:50 am
★226927	Fri	Oct 10–Dec 12 11–11:50 am
★226431	Fri	Oct 10–Dec 12 5–5:50 pm
★226946	Tue	Jan 6–Mar 10 9–9:50 am
★226947	Tue	Jan 6–Mar 10 10–10:50 am
★226648	Tue	Jan 6–Mar 10 11–11:50 am
★226948	Tue	Jan 6–Mar 10 5–5:50 pm
★226647	Tue	Jan 6–Mar 10 6–6:50 pm
★226649	Wed	Jan 7–Mar 11 10–10:50 am
★226949	Wed	Jan 7–Mar 11 11–11:50 am
★226660	Wed	Jan 7–Mar 11 5–5:50 pm

★226950	Thu	Jan 8–Mar 12 9–9:50 am
★226951	Thu	Jan 8–Mar 12 10–10:50 am
★226651	Thu	Jan 8–Mar 12 11–11:50 am
★226952	Thu	Jan 8–Mar 12 5–5:50 pm
★226650	Thu	Jan 8–Mar 12 6–6:50 pm
★226652	Fri	Jan 9–Mar 13 10–10:50 am
★226953	Fri	Jan 9–Mar 13 11–11:50 am
★226653	Fri	Jan 9–Mar 13 5–5:50 pm
★226954	Sat	Jan 10–Mar 14 10–10:50 am
★226654	Sat	Jan 10–Mar 14 11–11:50 am

Pan Am Pool: 25 Poseidon Bay

★226884	Sun	Oct 5–Dec 14 10–10:50 am
★226755	Mon	Oct 6–Dec 15 6:15–7:05 am
★226758	Mon	Oct 6–Dec 15 8–8:50 am
★226760	Mon	Oct 6–Dec 15 9–9:50 am
★226762	Mon	Oct 6–Dec 15 10–10:50 am
★226764	Mon	Oct 6–Dec 15 11–11:50 am
★226766	Mon	Oct 6–Dec 15 6–6:50 pm
★226768	Mon	Oct 6–Dec 15 7–7:50 pm
★226769	Wed	Oct 8–Dec 10 6:15–7:05 am
★226770	Wed	Oct 8–Dec 10 8–8:50 am
★226771	Wed	Oct 8–Dec 10 9–9:50 am
★226772	Wed	Oct 8–Dec 10 10–10:50 am
★226773	Wed	Oct 8–Dec 10 11–11:50 am
★226774	Wed	Oct 8–Dec 10 5–5:50 pm
★226775	Wed	Oct 8–Dec 10 6–6:50 pm
★226777	Thu	Oct 9–Dec 11 1–1:50 pm
★226776	Thu	Oct 9–Dec 11 6–6:50 pm
★226778	Fri	Oct 10–Dec 12 6:15–7:05 am
★226779	Fri	Oct 10–Dec 12 8–8:50 am
★226780	Fri	Oct 10–Dec 12 9–9:50 am
★226781	Fri	Oct 10–Dec 12 10–10:50 am
★226782	Fri	Oct 10–Dec 12 11–11:50 am
★226783	Fri	Oct 10–Dec 12 5–5:50 pm
★226885	Sun	Jan 4–Mar 15 10–10:50 am
★226798	Mon	Jan 5–Mar 16 6:15–7:05 am
★226800	Mon	Jan 5–Mar 16 8–8:50 am
★226801	Mon	Jan 5–Mar 16 9–9:50 am
★226802	Mon	Jan 5–Mar 16 10–10:50 am
★226803	Mon	Jan 5–Mar 16 11–11:50 am
★226805	Mon	Jan 5–Mar 16 6–6:50 pm
★226806	Mon	Jan 5–Mar 16 7–7:50 pm
★226807	Wed	Jan 7–Mar 11 6:15–7:05 am
★226809	Wed	Jan 7–Mar 11 8–8:50 am
★226810	Wed	Jan 7–Mar 11 9–9:50 am
★226811	Wed	Jan 7–Mar 11 10–10:50 am
★226812	Wed	Jan 7–Mar 11 11–11:50 am
★226813	Wed	Jan 7–Mar 11 5–5:50 pm
★226814	Wed	Jan 7–Mar 11 6–6:50 pm
★226818	Thu	Jan 8–Mar 12 1–1:50 pm
★226816	Thu	Jan 8–Mar 12 6–6:50 pm
★226819	Fri	Jan 9–Mar 13 6:15–7:05 am
★226821	Fri	Jan 9–Mar 13 8–8:50 am
★226822	Fri	Jan 9–Mar 13 9–9:50 am
★226823	Fri	Jan 9–Mar 13 10–10:50 am
★226824	Fri	Jan 9–Mar 13 11–11:50 am
★226825	Fri	Jan 9–Mar 13 5–5:50 pm

Please avoid visiting or attending programs if you are feeling unwell. Programming is subject to change. Visit winnipeg.ca/leisureonline for the latest information.

Active Living • Fitness

Weight Room Orientation

active for life

The 2 hour course is for adults new to the weight room or who need basic information about the weight room machines and weight circuit classes.

Fee:	\$53		1 day
Cindy Klassen Rec. Complex: 999 Sargent Ave.			
225918	Sat	Sep 20	12:15–2:15 pm
225919	Sat	Oct 18	12:15–2:15 pm
226058	Sat	Jan 17	12:15–2:15 pm
226059	Sat	Feb 21	12:15–2:15 pm
Pan Am Pool: 25 Poseidon Bay			
226277	Thu	Sep 25	10 am–Noon

Couples Weight Training

active for life

Have fun and challenge each other while exercising together. Workout using machines and free weights for a total body workout that you both will enjoy!

Fee:	\$170 /2 people		10 weeks
Pan Am Pool: 25 Poseidon Bay			
226276	Thu	Oct 9–Dec 11	7–7:50 pm
226325	Thu	Jan 8–Mar 12	7–7:50 pm

Intro to Barbell Strength (Powerlifting Women Only)

active for life

Learn how to properly execute the BIG 3 exercises, squat, bench press and deadlift. The stronger you are, the easier life gets. Nothing gets you stronger faster than powerlifting. Comfortable, fun and challenging. Proper coaching from a certified coach and nationally ranked powerlifter. Instructor may be a male.

Fee:	\$102		8 weeks
Acceleration Performance: 390–M Provencher Blvd.			
227599	Mon	Oct 6–Dec 1	6–7 pm
227597	Tue	Oct 7–Dec 2	7–8 pm
227859	Mon	Jan 12–Mar 9	7–8 pm
227858	Tue	Jan 13–Mar 3	7–8 pm

Yoga

Ashtanga Fundamentals

active for life

This yoga flow class teaches basic alignment and breath work. It helps you build stamina, strength, and flexibility. The class is for all levels and gives detailed instruction in the Ashtanga method.

Pan Am Pool: 25 Poseidon Bay			
Fee:	\$101		8 weeks
226252	Mon	Oct 6–Dec 1	6:15–7:15 pm
Fee:	\$113		9 weeks
226321	Mon	Jan 5–Mar 9	6:15–7:15 pm

Couples Yoga

active for life

Simple yoga poses done back-to-back, side-by-side and facing each other while you mirror, support and balance each other. Together, you are able to deepen your stretches and allow healing to unfold. Laughter and smiles to follow.

Pan Am Pool: 25 Poseidon Bay			
Fee:	\$204 /2 people		10 weeks
226273	Wed	Oct 1–Dec 3	6:20–7:20 pm
226274	Wed	Oct 1–Dec 3	7:30–8:30 pm
Fee:	\$164 /2 people		8 weeks
226326	Wed	Jan 14–Mar 4	6:20–7:20 pm
226327	Wed	Jan 14–Mar 4	7:30–8:30 pm

Beginner Yoga

active for life

Take this class to learn yoga poses and breathing techniques. It will help you become more flexible, stronger, and more relaxed.

Fee:	\$101		8 weeks
Linden Meadows School: 335 Lindenwood Dr. E			
226672	Wed	Jan 21–Mar 11	7–8 pm
Fee:	\$113		9 weeks
St. John's Leisure Centre: 601 Aikins St.			
225647	Mon	Sep 15–Nov 17	7–8 pm
226497	Mon	Jan 12–Mar 16	7–8 pm
Fee:	\$126		10 weeks
Fort Rouge Leisure Centre: 625 Osborne St.			
226283	Mon	Sep 22–Dec 1	5:30–6:30 pm
226284	Thu	Sep 25–Nov 27	11:30 am–12:30 pm
226815	Mon	Jan 12–Mar 23	5:30–6:30 pm
226820	Thu	Jan 15–Mar 19	11:30 am–12:30 pm
Linden Meadows School: 335 Lindenwood Dr. E			
226317	Wed	Sep 24–Nov 26	7–8 pm
Pan Am Pool: 25 Poseidon Bay			
★226752	Fri	Oct 3–Dec 5	Noon–1 pm
★226791	Fri	Jan 9–Mar 13	Noon–1 pm
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.			
★227368	Mon	Oct 6–Dec 15	9–10 am
★227369	Mon	Jan 12–Mar 23	9–10 am
St. James Assiniboia Centennial: 644 Parkdale St.			
★226207	Mon	Sep 29–Dec 8	5–6 pm
★226217	Thu	Oct 2–Dec 4	5–6 pm
★226218	Thu	Oct 2–Dec 4	6–7 pm
★226826	Fri	Oct 3–Dec 5	11:45 am–12:45 pm
★226347	Mon	Jan 5–Mar 16	5–6 pm
★226357	Thu	Jan 8–Mar 12	6–7 pm
★227513	Fri	Jan 9–Mar 13	11:45 am–12:45 pm

Yoga Continuing

active for life

Yoga helps with physical, mental, and emotional well-being. It can improve your posture and reduce stress. This class will tone your muscles and increase your energy. Previous yoga skills needed.

Fee:	\$126		10 weeks
Fort Rouge Leisure Centre: 625 Osborne St.			
226395	Mon	Sep 22–Dec 1	6:45–7:45 pm
226863	Mon	Jan 12–Mar 23	6:45–7:45 pm
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.			
★227373	Thu	Oct 2–Dec 4	9–10 am
★227374	Thu	Jan 15–Mar 19	9–10 am

Evening Savasana Yoga

active for life

A Yoga class designed to stretch, relax and refocus your body, mind and spirit. The class will primarily consist of Hatha alignment based Yoga poses that are low lying with little or no standing poses. Come unwind from your day and refuel for tomorrow.

Fee:	\$124		10 weeks
Fort Rouge Leisure Centre: 625 Osborne St.			
226289	Wed	Sep 24–Nov 26	8–9 pm
226831	Wed	Jan 14–Mar 18	8–9 pm

Rejuvenation Yoga

active for life

Take a gentle yoga class to learn poses and breathing techniques. This will make you stronger and more flexible. The class will also give you more energy and endurance. It will rejuvenate your body, mind, and emotions.

Fee:	\$138		10 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.			
226729	Sun	Oct 5–Dec 7	12:45–1:45 pm
226730	Sun	Jan 4–Mar 8	12:45–1:45 pm
Pan Am Pool: 25 Poseidon Bay			
★226254	Sun	Oct 5–Dec 7	12:15–1:15 pm
★226337	Sun	Jan 4–Mar 8	12:15–1:15 pm

Yoga and Sound Bath

active for life

This class helps improve posture, reduce stress and tone muscles followed by deep sound vibrations made by soothing instruments.

Cindy Klassen Rec. Complex: 999 Sargent Ave.

Fee:	\$63		5 weeks
225920	Sat	Oct 4–Nov 1	10:30–11:30 am
225921	Sat	Nov 8–Dec 6	10:30–11:30 am
226670	Sat	Jan 10–Feb 7	10:30–11:30 am
226671	Sat	Feb 14–Mar 14	10:30–11:30 am
Fee:	\$113		9 weeks
227625	Tue	Oct 7–Dec 9	6:30–7:30 pm
Fee:	\$126		10 weeks
227626	Tue	Jan 6–Mar 10	6:30–7:30 pm

Yoga Fit

active for life

Yoga improves your well-being. This class helps improve posture, reduce stress, and tone muscles.

Fee:	\$113		9 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.			
★226423	Mon	Oct 6–Dec 8	1–2 pm
★226937	Tue	Oct 7–Dec 9	Noon–1 pm
★226638	Mon	Jan 5–Mar 9	1–2 pm
Pan Am Pool: 25 Poseidon Bay			
★226260	Tue	Oct 7–Dec 9	6:45–7:45 pm
Fee:	\$126		10 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.			
★226624	Sun	Oct 5–Dec 7	11:30 am–12:30 pm
★226425	Wed	Oct 8–Dec 10	6:15–7:15 pm
★226934	Wed	Oct 8–Dec 10	1–2 pm
★226634	Sun	Jan 4–Mar 8	11:30 am–12:30 pm
★226955	Tue	Jan 6–Mar 10	Noon–1 pm
★226956	Wed	Jan 7–Mar 11	1–2 pm
★226659	Wed	Jan 7–Mar 11	6:15–7:15 pm
Fort Rouge Leisure Centre: 625 Osborne St.			
★226397	Thu	Sep 25–Nov 27	7–8 pm
★226862	Thu	Jan 15–Mar 19	7–8 pm
Pan Am Pool: 25 Poseidon Bay			
★226344	Tue	Jan 6–Mar 10	6:45–7:45 pm
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.			
★227648	Wed	Oct 1–Dec 3	9:15–10:15 am
★227653	Wed	Jan 14–Mar 18	9:15–10:15 am

Zumba

active for life

Dance your way to fitness with the music of Samba, Jive, Rumba and Cha Cha. This energizing cardio workout will improve your flexibility, coordination and graceful hip movement. Suitable for everyone.

Fee:	\$126		10 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.			
★226630	Thu	Oct 9–Dec 11	6–7 pm
★226666	Thu	Jan 8–Mar 12	6–7 pm
Fort Rouge Leisure Centre: 625 Osborne St.			
★226403	Wed	Sep 24–Nov 26	6–7 pm
★226858	Wed	Jan 14–Mar 18	6–7 pm
Pan Am Pool: 25 Poseidon Bay			
226272	Fri	Oct 3–Dec 5	6–7 pm
226345	Fri	Jan 9–Mar 13	6–7 pm
St. James Assiniboia Centennial: 644 Parkdale St.			
★226216	Wed	Oct 1–Dec 3	6:05–7:05 pm
★226356	Wed	Jan 7–Mar 11	6:05–7:05 pm

DANCE

Belly Dance Beginner Level 1

active for life

An intro to the magic of this ancient, sensual dance that is a fun and exotic form of exercise. It's an excellent way to keep fit, shed stress and feel beautiful as you gain strength, grace, flexibility and a greater awareness of your body. Suitable for all fitness levels. Please bring a hip scarf.

Fee:	\$77		9 weeks
Pan Am Pool: 25 Poseidon Bay			
226249	Mon	Oct 6–Dec 8	8–8:45 pm
226323	Mon	Jan 5–Mar 9	8–8:45 pm
Fee:	\$114		10 weeks
Fort Rouge Leisure Centre: 625 Osborne St.			
226285	Fri	Sep 19–Nov 21	6:15–7:15 pm
226827	Fri	Jan 16–Mar 20	6:15–7:15 pm

Rhythms of Mexico

active for life

NEW! Learn the basic steps of Mexican folklore. You will learn five traditional dances from five Mexican regions. Gain a deeper understanding of the rich culture of Mexico through dance.

Fee:	\$143		10 weeks
St. James Assiniboia Centennial: 644 Parkdale St.			
226226	Sun	Oct 5–Dec 7	10–11:30 am
226362	Sun	Jan 11–Mar 15	10–11:30 am

Salsa Beginner Level 1

active for life

Come and learn the Latin dance style that has taken the world by storm-Salsa! Date nights to remember or to learn a few steps before heading down South. **Partners preferred, but not required.**

Fee:	\$76 /person		8 weeks
St. John's Leisure Centre: 601 Aikins St.			
225707	Wed	Sep 17–Nov 5	7:30–8:30 pm
226716	Wed	Jan 7–Feb 25	7:30–8:30 pm

Active Living • Dance / Sport

Salsa Beginner Level 2

active for life

You've learned the basics of Salsa and want to add to your bag of tricks? Level 2 will build on Level 1 material and add more variations and partnering skills to your arsenal. **Partners preferred, but not required.** Pre-requisite: Salsa Beginner Level 1.

Fee: \$76 /person 8 weeks
St. John's Leisure Centre: 601 Aikins St.
225709 Wed Sep 17–Nov 5 8:30–9:30 pm
226717 Wed Jan 7–Feb 25 8:30–9:30 pm

Social Dance Sampler

active for life

Dance lessons for Winnipeg's famous social season. Get on the dance floor and learn to Polka, Waltz and Jive. Beginner dance level.

Couples only, please.

Fee: \$96 /person 8 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
226732 Sun Sep 14–Nov 16 6–7:15 pm
226867 Sun Jan 18–Mar 15 6–7:15 pm

Two Step

active for life

If you like country music, you will love Two Stepping. Two Step is one of the most popular progressive dances. We teach a simple lead and follow style. This is an entry level beginner class. Fee is per person. Couples only, please.

Fee: \$96 /person 8 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
226733 Sun Sep 14–Nov 16 7:15–8:30 pm
226874 Sun Jan 18–Mar 15 7:15–8:30 pm

West Coast Swing

active for life

A form of Swing Dance with a more smooth sultry styling. This class is danced on a slow to moderate tempo blues, R&B and now contemporary music. You'll love it! Couples only, please. Fee is per person. Beginner Level.

Fee: \$76 /person 8 weeks
Fort Rouge Leisure Centre: 625 Osborne St.
226731 Sun Sep 14–Nov 16 5–6 pm
226875 Sun Jan 18–Mar 15 5–6 pm

SPORT

Badminton

Social Badminton

active for life

Get into the swing of things! Learn new skills or improve on old ones. Instructor on site to give you pointers. Racquets and birdies available or bring your own.

Fee: \$117 8 weeks
Chancellor School: 1520 Chancellor Dr.
226450 Mon Sep 22–Nov 17 7–9 pm
226590 Mon Jan 19–Mar 16 7–9 pm

Highbury School: 99 Highbury Rd.

227607 Tue Oct 7–Dec 2 7–9 pm
227862 Tue Jan 13–Mar 3 7–9 pm

Lavallee School: 505 St. Anne's Rd.

227604 Wed Oct 8–Nov 26 8–10 pm
227860 Wed Jan 14–Mar 4 8–10 pm

Boxing

Boxing

active for life

A great way to get in shape! This class will improve your health and coordination. A high intensity workout that involves punching and various activities. No full-contact physical sparring.

Fee: \$174 10 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.
★227864 Wed Oct 1–Dec 3 5:45–6:45 pm
★227848 Sat Oct 4–Dec 6 12:10–1:10 pm
★227865 Wed Jan 14–Mar 18 5:45–6:45 pm
★227850 Sat Jan 17–Mar 21 12:10–1:10 pm

Curling

Learn to Curl Beginner

active for life

An absolute beginner's program for those interested in playing a fast growing sport. Program will cover rules, etiquette, flat foot delivery, strategy and game play. Please bring a curling broom and clean flat-soled footwear with a full-foot slider, or curling shoes.

Fee: \$213 9 weeks
Fort Rouge Curling Club: 750 Daly St. S
226784 Thu Oct 2–Nov 27 5:15–6:35 pm
227569 Thu Jan 8–Mar 5 5:15–6:35 pm

Learn to Curl Intermediate

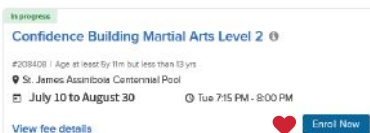
active for life

For those who have completed the beginner course or would like to improve on existing skills. Please bring a curling broom and clean flat-soled footwear with a full-foot slider, or curling shoes.

Fee: \$213 9 weeks
Fort Rouge Curling Club: 750 Daly St. S
226785 Thu Oct 2–Nov 27 5:15–6:35 pm
227570 Thu Jan 8–Mar 5 5:15–6:35 pm

 You'll love the Wish List feature.

See some activities you're interested in? Click the heart icon to add them to your wish list for easy access at registration time.



Visit winnipeg.ca/leisureonline

Floor Hockey

Floor Hockey

active for life

Enjoy a recreational evening of floor hockey. Some equipment is provided but players need to bring their own stick with a non-scuff blade.

Fee:	\$111		10 weeks
Sergeant Tommy Prince Place: 90 Sinclair St.			
227907	Wed	Sep 17–Nov 19	7–9 pm
228070	Wed	Jan 14–Mar 18	7–9 pm

Kickboxing

Kickboxing

active for life

This class will teach you the training skills of kickboxing with proper kicking and punching techniques. Emphasis is on building endurance and strength. A tough workout.

Fee:	\$152		10 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.			
★227837	Sat	Oct 4–Dec 6	10–11 am
★227854	Sun	Oct 5–Dec 7	11:05 am–12:05 pm
★227855	Sun	Jan 11–Mar 15	11:05 am–12:05 pm
★227842	Sat	Jan 17–Mar 21	10–11 am

Intro to Boxing, Kickboxing, and Muay Thai

active for life

This class is a fun way to learn the basics of boxing, kickboxing, and Muay Thai. You will work on getting fit and improving your coordination. You'll practice important skills like punches, kicks, and footwork. No matter your skill level, by the end of the class, you'll understand and feel more confident in your training.

Fee:	\$139		10 weeks
Peguis Trail Health & Fitness Ctr.: 1400 Rothesay St.			
★227869	Wed	Oct 1–Dec 3	6:50–7:50 pm
★227844	Sat	Oct 4–Dec 6	11:05 am–12:05 pm
★227852	Sun	Oct 5–Dec 7	10–11 am
★227853	Sun	Jan 11–Mar 15	10–11 am
★227870	Wed	Jan 14–Mar 18	6:50–7:50 pm
★227846	Sat	Jan 17–Mar 21	11:05 am–12:05 pm

Martial Arts

Basic Self-Defense

active for life

This self-defense course will help prepare you mentally and physically by providing tips to help keep you safe, strengthen your awareness and help give you protection from harm. As well as preparing you mentally, the course will provide you with effective, practical self defense techniques from a variety of Martial Arts styles. This course is suitable for all abilities, ages and older youth with no previous experience required.

Fee:	\$78		8 weeks
Valley Gardens CC: 218 Antrim Rd.			
226741	Mon	Oct 6–Dec 1	8–9 pm
226742	Mon	Jan 19–Mar 16	8–9 pm

Shotokan Karate • 8 years–Adult

Beginner

fundamentals active for life

This course is a basic introduction to the movements of Karate and to the many physical and mental health benefits of the art.

Fee:	\$97		10 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.			
225908	Sat	Oct 4–Dec 6	1–2 pm
226056	Sat	Jan 10–Mar 14	1–2 pm
Pan Am Pool: 25 Poseidon Bay			
226264	Wed	Oct 1–Dec 3	6:30–7:30 pm
226339	Wed	Jan 7–Mar 11	6:30–7:30 pm

Intermediate

learn to train active for life

This class builds upon the beginner course with more advanced techniques, theory and kata training. Respect, character and effort are emphasized. Be prepared for a physically demanding class.

Fee:	\$97		10 weeks
Cindy Klassen Rec. Complex: 999 Sargent Ave.			
225909	Sat	Oct 4–Dec 6	2:15–3:15 pm
226057	Sat	Jan 10–Mar 14	2:15–3:15 pm
Fee:	\$116		12 weeks
Pan Am Pool: 25 Poseidon Bay			
226256	Sun	Sep 21–Dec 7	2:45–3:45 pm
226266	Wed	Sep 24–Dec 10	7:30–8:30 pm
226340	Sun	Jan 4–Mar 22	2:45–3:45 pm
226341	Wed	Jan 7–Mar 25	7:30–8:30 pm

Street Aware Self-Defense

active for life

This class will teach you the basic defense against an attack. You will learn how to: strike to weak points of the body, defended against strikes and kicks, get free from grabs and chokes, and get away from an attacker.

Fee:	\$78		8 weeks
École St. Germain: 77 John Forsyth Rd.			
227611	Thu	Oct 9–Nov 27	6:45–7:45 pm
227868	Thu	Jan 15–Mar 5	6:45–7:45 pm

Pickleball

Social Pickleball

active for life

Learn new skills or improve on old ones! Instructor on-site to give you pointers.

Fee:	\$121		10 weeks
Fort Rouge Leisure Centre: 625 Osborne St.			
226643	Mon	Sep 22–Dec 1	3–4:30 pm
226644	Mon	Sep 22–Dec 1	4:30–6 pm
226868	Mon	Jan 12–Mar 23	3–4:30 pm
226869	Mon	Jan 12–Mar 23	4:30–6 pm
Fee:	\$129		8 weeks
École George-McDowell: 366 Paddington Rd.			
227609	Thu	Oct 9–Nov 27	7–9 pm
227866	Thu	Jan 15–Mar 5	7–9 pm

Looking for activities to do with your family? Check out the **family section** on pages 38–40.

Services de loisirs en français



PRÉSCOLAIRE

Musique et mouvements • 3–5 ans

Enfant actif

NOUVEAU! Ce cours associe le savoir-faire physique à la musique. Nous abordons la conscience du corps et sa position dans l'espace, les mouvements du corps, les sentiments et l'humeur. La musique est un moyen fantastique de relier l'esprit et le corps. Nous explorerons donc différentes façons de bouger au son de la musique, et apprendrons à créer de nouveaux sons à l'aide de notre voix, notre corps et l'art.

Inscription : 48 \$ 8 semaines

École Howden : 200, ch. Howden

227135 mer 8 oct.–26 nov. 18 h 30 à 19 h 15

228099 mer 14 janv.–4 mars 18 h 30 à 19 h 15

Gymnastique récréative • 3–5 ans

Enfant actif

Favorise l'acquisition de techniques de gymnastique et le conditionnement physique. Acquisition progressive de techniques à l'aide d'une variété d'appareils et d'exercices. L'accent est sur le plaisir.

Inscription : 61 \$ 8 semaines

École Niakwa Place School : 200, ch. Pebble Beach

224260 jeu 9 oct.–27 nov. 18 h 30 à 19 h 15

224878 jeu 15 janv.–5 mars 18 h 30 à 19 h 15

Soccer en salle • 4–5 ans

Enfant actif

Les enfants continueront de s'amuser tout en apprenant et en améliorant leurs aptitudes dans ce sport ainsi que leur équilibre et leur coordination.

Inscription : 69 \$ 8 semaines

Centre communautaire d'Archwood : 565, rue Guilbault

224282 jeu 9 oct.–27 nov. 18 h à 19 h

224901 jeu 15 janv.–5 mars 18 h à 19 h

ENFANTS

Badminton

S'amuser grâce au sport

Un cours d'initiation sera donné dans une atmosphère détendue et ludique. Apprenez les rudiments du badminton et amusez-vous tout en faisant de l'exercice et en découvrant un nouveau sport.

Inscription : 69 \$ 8 semaines

École Minnetonka School : 200, rue Minnetonka

6–8 ans

224242 mer 8 oct.–26 nov. 18 h 30 à 19 h 30

224297 mer 14 janv.–4 mars 18 h 30 à 19 h 30

9–12 ans

224243 mer 8 oct.–26 nov. 19 h 30 à 20 h 30

224298 mer 14 janv.–4 mars 19 h 30 à 20 h 30

Programme de patinage

Le programme de patinage est structuré pour permettre aux participants d'apprendre à patiner dans une atmosphère agréable et en toute sécurité.

Aréna Bertrand : 294, rue Bertrand

Samedi : du 11 oct. au 13 déc.

Inscription : 79 \$

Heure	Section A
14 h à 14 h 30	Parent et ourson 227030
14 h 30 à 15 h	Petits ours polaires 227031
15 h à 15 h 30	Petits pingouins 227034
15 h 30 à 16 h	Petits patineurs I 227032
16 h à 16 h 30	Petits patineurs II 227033
16 h 30 à 17 h	Phoques 227035

Badminton parent-enfant • 9 ans et plus

Apprendre à s'entraîner

NOUVEAU! Un cours de loisir qui vous permet de passer du temps avec votre enfant tout en améliorant vos compétences de base en badminton. Le prix inclut un parent et un enfant.

Inscription :	176 \$/2 personnes	8 semaines
École Henri-Bergeron :	363, crois. Enfield	
227352	mer	8 oct.–26 nov.
227350	mer	14 janv.–4 mars

19 h 15 à 20 h 45
19 h 15 à 20 h 45

Basketball

S'amuser grâce au sport

Venez tirer quelques cerceaux! Certains développements de compétences et des règles de jeu seront enseignés.

Inscription :	69 \$	8 semaines
6–8 ans		
Centre de loisirs de Fort Rouge :	625, rue Osborne	
224247	jeu	9 oct.–27 nov.
224865	jeu	15 janv.–5 mars

18 h à 19 h
18 h à 19 h

9–12 ans

Centre de loisirs de Fort Rouge : 625, rue Osborne

224248	jeu	9 oct.–27 nov.	19 h 15 à 20 h 15
224868	jeu	15 janv.–5 mars	19 h 15 à 20 h 15

Inscription :	104 \$	8 semaines
12–15 ans		

École Shamrock School : 831, boul. Beaverhill

224246	mer	8 oct.–26 nov.	18 h 30 à 20 h
224864	mer	14 janv.–4 mars	18 h 30 à 20 h

Gymnastique récréative • 6–12 ans

Apprendre à s'entraîner

Favorise l'acquisition de techniques de gymnastique et le conditionnement physique. Acquisition progressive de techniques à l'aide d'une variété d'appareils et d'exercices. L'accent est sur le plaisir.

Inscription :		81 \$	8 semaines
École Niakwa Place School : 200, ch. Pebble Beach			
224261	jeu	9 oct.–27 nov.	19 h 15 à 20 h 15
224879	jeu	15 janv.–5 mars	19 h 15 à 20 h 15

Hockey en salle

S'amuser grâce au sport

Les jeunes qui participent à ce cours peuvent s'amuser dans le gymnase, un espace récréatif dans lequel on les surveille et qui les incite à travailler la coordination, l'équilibre et la souplesse.

Inscription : 66 \$		8 semaines	
École Julie-Riel : 316, rue Ashworth			
7-9 ans			
227140	mer	8 oct.–26 nov.	18 h 30 à 19 h 30
227331	mer	14 janv.–4 mars	18 h 30 à 19 h 30

10–12 ans

227142	mer	8 oct.–26 nov.	19 h 30 à 20 h 30
227329	mer	14 janv.–4 mars	19 h 30 à 20 h 30

Petits cuisiniers • 6–8 ans

Les enfants s'amuseront à préparer plusieurs recettes simples. La nutrition et la sécurité seront abordées.

Inscription :	77 \$	8 semaines	
	20 \$ de frais de laboratoire à remettre au moniteur		
Sergeant Tommy Prince Place : 90, rue Sinclair			
224276	jeu	9 oct.–27 nov.	17 h 45 à 19 h 15
224897	jeu	15 janv.–5 mars	17 h 45 à 19 h 15

Soccer en salle

S'amuser grâce au sport

Les enfants continueront de s'amuser tout en apprenant et en améliorant leurs aptitudes dans ce sport ainsi que leur équilibre et leur coordination.

Inscription :		69 \$	8 semaines
Centre communautaire d'Archwood : 565, rue Guilbault			
6-9 ans			
224283	jeu	9 oct.-27 nov.	19 h 15 à 20 h 15
224902	jeu	15 janv.-5 mars	19 h 15 à 20 h 15

École Minnetonka School : 200, rue Minnetonka

9–12 ans

224284	lun	6 oct.–1 déc.	18 h 30 à 19 h 30
224903	lun	12 janv.–9 mars	18 h 30 à 19 h 30

12–15 ans

224280	lun	6 oct.–1 déc.	19 h 30 à 20 h 30
224900	lun	12 janv.–9 mars	19 h 30 à 20 h 30

Théâtre pour les enfants • 8–12 ans

Ce cours est une introduction au monde amusant et dramatique du théâtre. Des activités passionnantes permettront aux enfants de développer diverses compétences telles que l'art oratoire, en mettant l'accent sur le théâtre. Nous mettrons aussi à l'essai différentes techniques d'acteur, alors n'oubliez pas d'apporter votre imagination et votre énergie!

Inscription :	78 \$	8 semaines	
École Howden : 200, ch. Howden			
227549	mer	8 oct.–26 nov.	19 h 15 à 20 h 45
227550	mer	14 janv.–4 mars	19 h 15 à 20 h 45

Super chefs • 9–12 ans

Les enfants apprendront les rudiments de la préparation alimentaire, de la sécurité en cuisine et des techniques de cuisson pour créer des mets délicieux.

Inscription :	77 \$	8 semaines	
	20 \$ de frais de laboratoire à remettre au moniteur		
Sergeant Tommy Prince Place : 90, rue Sinclair			
224287	jeu	9 oct.–27 nov.	19 h 15 à 20 h 45
224906	jeu	15 janv.–5 mars	19 h 15 à 20 h 45

Faites-nous part de votre expérience!

Vos commentaires sont importants. Nous vous invitons à communiquer avec nous pour nous faire part de tout renseignement ou de toute préoccupation concernant votre expérience avec le *Guide Loisirs* pouvant nous aider à améliorer notre service à la clientèle et notre programmation.

► Vous pouvez nous faire part de votre expérience en appelant le **311**, en nous écrivant à leisureonline@winnipeg.ca ou en vous rendant en personne à nos piscines intérieures et à nos centres de conditionnement physique et de loisirs.

Options d'inscription

Tenez vos numéros d'activité prêts lorsque vous vous inscrivez.



Option 1 Inscrivez-vous en ligne

Rendez-vous sur winnipeg.ca/loisirs/enligne.

Paielements par carte de crédit, par carte-cadeau de loisirs ou avec un crédit courant du programme d'aide aux frais de loisirs seulement

Veuillez vous assurer que vous pouvez vous connecter à votre compte en ligne **AVANT** que l'inscription ne commence.

Pour créer un compte, veuillez vous rendre sur winnipeg.ca/loisirs/enligne et cliquer sur **Create an account**. Si vous avez des difficultés à accéder à votre compte, veuillez joindre le 311.



Option 2 Inscrivez-vous par téléphone

Appelez le **311** ou le **1-877-311-4974** (sans frais hors de Winnipeg).

Paielements par carte de crédit, par carte-cadeau de loisirs ou avec un crédit courant du programme d'aide aux frais de loisirs seulement



Option 3 Inscrivez-vous en personne

Présentez-vous à l'un des **centres d'inscription en personne**.

Paielements en argent comptant, par carte de débit, carte de crédit ou carte-cadeau de loisirs, ou avec un crédit courant du programme d'aide aux frais de loisirs

Le centre d'inscription indiqué ci-dessous sera ouvert le 26 août seulement :

Complexe récréatif Cindy-Klassen • 999, avenue Sargent • De 8 h à midi

Il est également possible de s'inscrire en personne au 395, rue Main, au centre d'Accès-Access Saint-Boniface (170, rue Goulet), ou à n'importe quelle piscine intérieure de la Ville de Winnipeg pendant les heures d'ouverture.

On offre des services en français au 395, rue Main, au centre d'Accès-Access Saint-Boniface et à la piscine Margaret-Grant.

Pour plus de renseignements, rendez-vous sur winnipeg.ca/commentsinscrire.

Veuillez noter : À partir de l'automne 2024, vous devrez accepter la nouvelle décharge de responsabilité associée aux programmes des Services de loisirs pour vous connecter à votre compte et vous inscrire à un cours.

Les personnes qui demandent à se retirer d'un programme devront payer les frais de retrait de 16,04 \$.

Si vous résidez à l'extérieur de la ville de Winnipeg et ne payez pas d'impôts fonciers à la Ville de Winnipeg, vous êtes considéré **non-résident**. Veuillez noter que les non-résidents paient 100 % de droits en plus.

Énoncé de confidentialité : Vos renseignements personnels sont recueillis en vertu de l'alinéa 36(1)b) de la *Loi sur l'accès à l'information et la protection de la vie privée* (LAIPVP). Ces renseignements seront utilisés pour appuyer la prestation de programmes du *Guide Loisirs* de la Ville, y compris l'inscription aux programmes, les contacts d'urgence, la promotion et l'évaluation des programmes, pour veiller au respect des obligations contractuelles et pour les partager avec d'autres organismes de certification (le cas échéant). Si vous avez des questions sur la collecte ou sur l'utilisation de ces renseignements, veuillez communiquer avec l'agent de l'accès à l'information et de la protection de la vie privée par courrier au Bureau du greffier, immeuble Susan-A.-Thompson — 510, rue Main, Winnipeg (Man.) R3B 1B9, ou par téléphone au 311.

Programme d'aide aux frais de loisirs

Un accès gratuit à des possibilités de loisirs pour les nouveaux arrivants et les Winnipegois à faible revenu!



Produits associés au programme

On offre trois types de produits (valables pendant douze mois à partir de la date d'approbation) :

Laissez-passer pour installations

Un accès illimité aux installations de loisirs de la Ville de Winnipeg (piscines, centres de conditionnement physique et centres de loisirs) grâce à un laissez-passer de dix visites rechargeable

Laissez-passer de vie active à participation libre

Un laissez-passer de dix visites pour les programmes de vie active à participation libre (y compris le Zumba et l'aquagym)

Crédit applicable aux programmes du Guide Loisirs

Un crédit de 300 \$ par personne s'appliquant aux programmes inscrits du Guide Loisirs (y compris les camps d'été et les leçons de patinage et de natation)

Admissibilité au programme

Vous devez résider dans la ville de Winnipeg et vous trouver dans l'un des cas suivants :

- Vous êtes un nouveau résident permanent ou réfugié qui est au Canada depuis moins de 18 mois et vous n'avez pas fait de déclaration fiscale.
- Le revenu de votre famille économique se situe au-dessous du seuil de faible revenu (SFR) indiqué dans le tableau.

« Famille économique » fait référence à un groupe d'au moins deux personnes qui vivent dans le même logement et qui ont des liens de sang ou des liens par alliance, par union libre ou par adoption, ou qui font partie de la même famille d'accueil.

Taille de la famille économique	Revenu total
1	30 526 \$
2	38 003 \$
3	46 720 \$
4	56 724 \$
5	64 336 \$
6	72 560 \$
7	80 785 \$
Plus de 7	Pour chaque personne additionnelle, ajouter 8 225 \$.

* Sources : Statistique Canada et Immigration, Réfugiés et Citoyenneté Canada

D'autres cas particuliers pourraient être pris en considération.

Exigences associées à la demande

Remplissez le formulaire de demande, disponible :

- à winnipeg.ca/aideauxfrais;
- aux installations de loisirs de la Ville de Winnipeg.

Fournissez un justificatif de besoin économique

Joignez une copie **d'un** des documents suivants (s'ils n'ont pas déjà été fournis au cours des douze derniers mois) :

- Documents indiquant votre date d'entrée au Canada et votre numéro IUC
- Lettre de budget d'aide sociale (PAER)
- Avis de cotisation le plus récent de l'Agence du revenu du Canada (indiquant le revenu net annuel de tous les membres de la famille économique)
- État du revenu mensuel d'invalidité du RPC (y compris la vérification du revenu de tous les membres de la famille économique)

Comment faire demande

Par courriel : RecFeeAssist@winnipeg.ca

Veillez noter que la Ville ne peut garantir la sécurité de vos renseignements personnels si vous soumettez votre demande par courriel.

Par courrier : **Programme d'aide aux frais**

Services communautaires
395, rue Main
Winnipeg (Manitoba) R3B 3N8

En personne : Au 395, rue Main, ou à n'importe quelle piscine intérieure, n'importe quel centre de conditionnement physique ou n'importe quel centre de loisirs



We are looking for recreation program leaders and new program ideas!

Are you interested in leading recreation programs such as those offered in the Leisure Guide? Do you have an idea for a new program?

We're always looking for skilled individuals to teach and lead a variety of English and French recreation programs.

For more information, please visit
winnipeg.ca/workinginrecreation

Nous cherchons des animateurs de programmes de loisirs et de nouvelles idées de programmes!

Souhaitez-vous animer des programmes de loisirs comme ceux proposés dans le *Guide Loisirs*? Avez-vous un nouveau programme en tête?

Nous sommes toujours à la recherche de personnes qualifiées pouvant enseigner et animer divers programmes de loisirs en anglais et en français.

Pour en savoir plus, veuillez visiter
winnipeg.ca/travaillerauxloisirs.

