



February 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Group Fitness Classes: Monday to Friday (see schedule below)			1 Young Chefs Cooking Class High Performance Hockey Clinics	2 Adult Bowling at the Bowlacade	3 Public Skate cancelled Young Chefs Cooking Class
4 FREE Public Swim *Public Skate moved to 1-2:30pm	5 Active Adults Young Chefs Cooking Class	6 Over 50 Fun & Fitness Class	7 50+ Aquasize	8 Over 50 Fun & Fitness Class Young Chefs Cooking Class High Performance Hockey Clinics	9 Adult Bowling at the Bowlacade Valentine's Dance	10 Young Chefs Cooking Class Glow Swim A Frosted Night Rotary Dance
11 WVST Swim Meet (Public Swim Cancelled) Youth Art Classes	12 Active Adults Young Chefs Cooking Class	13 Over 50 Fun & Fitness Class	14 50+ Aquasize	15 Over 50 Fun & Fitness Class WVRA Senior Bowling Young Chefs Cooking Class High Performance Hockey Clinics	16 Adult Bowling at the Bowlacade	17 Young Chefs Cooking Class Snowshoe Poker Rally
18 Youth Art Classes	19 Closed for the Family Day Holiday	20 Over 50 Fun & Fitness Class	21 50+ Aquasize	22 Over 50 Fun & Fitness Class Young Chefs Cooking Class High Performance Hockey Clinics	23 Adult Bowling at the Bowlacade	24 Young Chefs Cooking Class Family Night Sliding Party
25 Youth Art Classes	26 Active Adults Young Chefs Cooking Class	27 Over 50 Fun & Fitness Class	28 50+ Aquasize			



CLOSURES AND CANCELLATIONS:

Field House Closed: Friday the 2nd 5-8pm due to a Private Rental

Public Skate Cancelled: Saturday the 3rd due to a Tournament

Public Skate Time Change: Sunday the 4th (1-2:30pm) due to a Tournament

Field House Closed: Saturday the 10th (Courts 1 and 2 - All Day; Court 3 - 5-10pm)

Walking Track and Fitness Centre Changing Rooms: Closed Saturday the 10th – 5-10pm.

Public Swim Cancelled: Sunday the 11th due to the WVST Swim Meet

Field House Closed: Saturday the 17th 1-5pm due to a Private Rental

Facility Closed: Monday the 19th for the Family Day Holiday

REGULAR PROGRAMS AND ACTIVITIES:

NEW!!!! Group Fitness Classes: Join Miranda Prosser, a certified trainer, for a 60-minute exercise class combining a mix of cardio and strength training. - The majority of exercises will incorporate body weight and a set of dumbbells. - An opportunity to exercise in a group setting led by a Certified Personal Trainer and Group Fitness Instructor for an affordable price. A chance to PUSH YOURSELF in a supportive group environment. Classes will be held in the field house. No membership necessary. All fitness levels are welcome!

This month's schedule:

Mondays: 7:30-8:30pm, Tuesdays: 6:00-7:00pm, Wednesdays: 6:00-7:00am, Thursdays: 5:15-6:15pm, Fridays: 7:00-8:00am.

A Par-Q must be completed in advance. Any questions please contact Miranda Prosser at 325-8990 or mir.prosser@gmail.com or FB.

Cost: \$10/class; punch card-\$40/5 classes. Please arrive 15mins before class to make payment. Bring clean indoor sneakers, water bottle, dumbbells(3-20lbs), mat, seat towel, a boss attitude!

Active Adults: every Monday. Please note time change - 9:30 am-noon. Drop-in and socialize over coffee and snacks and participate in activities such as, dominos, card games, coloring, shuffleboard, and floor curling. Don't miss this great opportunity to be both, social and active.

NEW!....Trainer, Miranda Prosser will be doing some exercises and stretches with the group at the end of the morning. Cost is \$3 drop-in fee.

50+ Aquasize: This fun filled cardio-resistance exercise class will give you a full body workout. **Every Wednesday from 10-11am** at our aquatic facility. Cost: \$2/class. This is a **low impact** workout. Perfect for stretching and basic water movement.

Over 50 Fun & Fitness Class: Join your friends at the Woodstock Legion every **Tuesday and Thursday 10-11am**. This class is free for seniors. Legion: 328-2645.

Adult Bowling: The Woodstock Bowlcade is offering a bowling opportunity to adults **every Friday 2-4pm**, cost is only \$5/person. Bowlcade: 328-8418

Youth Zone After-school Drop-in: This after-school program is offered **Monday to Friday 3:15-5:00pm**. This drop-in program is an opportunity to get you involved in a variety of activities in the Field House. Lots of equipment will be available for sport and games with the focus on being active and spending time with friends. Drop-in fee is \$3. A variety of payment options are available. **Now Offering for FREE Monday to Friday due to the generous support of the Woodstock Rotary Club and Canadian Tire - Woodstock.**



Jumping Beans: This is a **free** program lead by the Valley Family Resource Centre held **every Wednesday 10-11:30am starting Wednesday the 10th**. Children up to age 5 years are invited to come play where creativity, energy and the development of physical literacy are encouraged. Play with balls, hoops, and lots of other active equipment. Parent participation is encouraged. Babies are welcome. Contact 325-2299 or www.frc-crf.com for more info.

Junior Lifeguard Club: A 10-week afterschool program every **Wednesday, 3:30-4:30** for ages 9-12yrs. This program provides an action-packed challenge for kids who love the water but who want more than 'lessons'. The club is for kids with a zest for aquatics, those between levels or programs who thrive in an energetic learning environment. Must register in advance.

'Swim for Life' Swim Lessons. Watch for details of our 10-week Spring Session.

SPECIAL EVENTS:

Sandy McCarthy's High Performance Hockey Clinic: All youth 10 years and older are invited to participate in Sandy McCarthy's High-Performance Skill Development Clinics at the AYR Motor Centre. Sandy's fearless attitude, hard work and intense training earned him the opportunity to play 11 seasons in the NHL. Presently, as head coach of the Woodstock Jr A Slammers, Sandy sees the importance of providing youth with the technical skills that are required to play at a higher level. These high-performance clinics are weekly and will continue into the new year. Clinics are offered every **Thursday 3:45-5pm** at the AMC Arena. Full gear required. All skill levels are welcome as the group will be divided accordingly. Registration is \$15 and must be paid before going on the ice. **You may want to register early as spots per clinic are limited.**

Free Public Swim: Sponsored by *Highlift Auto Services*: **Sunday, the 4th, 3:00-5:00pm**

'Valentine's' Dance Party: **Friday the 9th, 5:30-7:30 pm** at AYR Motor Centre Gallery Room. For intellectually & physically challenged adults. DJ John Allen entertaining; Refreshments will be provided. This is a FREE event.

A Frosted Night-Annual Rotary Event: The Woodstock Rotary Club is pleased to be hosting the annual Rotary Dance on **Saturday the 10th!** Tickets are \$150 per couple which puts your names in the draw for the big \$15,000 cash prize! The Casino will be back with \$2,000 worth in prizes, and Mid Life Crisis will be on stage entertaining the crowd!! Find more info on their Facebook Page and how you can get your tickets !

Glow Swim: Saturday the 10th 6:30-8:00pm. We turn out the lights and light up the pool with glow buoys. Great family event. Everyone will be given a glow bracelet. Admission is \$5.

Creative Minds Studio for Young Artists: A fun session of barnyard animals. Students will learn new techniques and developing old ones to master a barnyard animal. We will talk about a sketch and get into more details when painting. We will be working large-scale so students will have to work on planning out their pieces and developing more details.

Dates: **Sunday the 11th, 18th, 25th, and Mar 11th.** Time: Little Artist (5-7 yrs) Noon-1pm. Cost: \$85. Ages 8+ 1:30-3pm or 4-6pm. Cost: \$100. Must register in advance. For questions, please email Nicole.rahim@gmail.com.

Visit Creative Minds Studio for Young Artists on Facebook to see past work. . Must register in advance. Spots are limited.



Young Chefs Cooking Class: A 10-week program offered to youth ages 10yrs+. **Every Monday and Thursday, 3:30-5:30pm.** Participants will be taught the basic skills of preparing simple family meals, after-school snacks, and baking. Other topics that will be covered are kitchen safety, food handling, and etiquette. Emphasis will be put on creating more healthy choices so that participants are instilled with healthy habits that will last a lifetime. Cost: \$120. Must register in advance...spots are limited. (THIS IS NOW FULL, WATCH FOR DETAILS OF OUR NEXT CLASS). **NEW!** Young Chefs 5-9yrs, Saturdays 3:30-5pm (THIS IS NOW FULL, WATCH FOR DETAILS OF OUR NEXT CLASS)

Western Valley 50+ Bowling: The Western Valley Recreation Association invites all those 50+ living in the river valley area to a fun bowling opportunity. Join us at the Woodstock Bowlcade on **Thursday the 15th 10am – Noon.** Cost is \$5 which includes bowling, shoes and light refreshments. Get out and be active and socialize with friends. Everyone is welcome!

Snowshoe Poker Rally: Join us at the Woodstock Golf & Curling Club on **Saturday the 17th.** Doors open at 8pm. Participants snowshoe to marked locations around the golf course and will be given a hand of cards on their return. Highest hand wins a pair of snowshoes, donated by Canadian Tire-Woodstock. Live entertainment with Ronny Michaud starts at 9:30pm. Cost: \$10. Must be 19+. Bring your snowshoes. A limited number will be available to borrow. Proudly Sponsored by Xplornet.

Family Night Sliding Party – Saturday the 24th 6:00-8:00pm. Enjoy one of the best Canadian past-times with family... and it's free! We'll be lighting up the Golf Club hill and serving up hot chocolate and hot dogs. A giant bonfire will keep you warm in between rides down the hill. The Woodstock Volunteer Firemen, Sobeys- Woodstock, and our sponsor, Manulife Securities help make this event happen.

YOUTH ZONE
AFTER SCHOOL DROP-IN

WHERE IS IT?
At the AYR Motor Centre Field House

WHEN IS IT?
Monday to Friday
3:15 - 5:00pm

WHAT IS IT?
The Woodstock Rec Dept is offering this after school opportunity to get youth in **Grades 6 to 9** involved in a variety of activities at the AYR Motor Centre Field House. Lots of equipment will be available for sport and games with the focus on being active and spending time with friends.

FREE!
Monday to Friday
due to the generous support of

WE DON'T DO BORED! *AYR Motor Centre*

- ✓ TCHOUKBALL
- ✓ PING PONG
- ✓ FLAG FOOTBALL
- ✓ SOCCI SOCCER
- ✓ DODGE BALL
- ✓ ULTIMATE FRISBEE
- ✓ SCOOTER BALL HOCKEY
- ✓ BADMINTON
- ✓ FUTSAL
- ✓ BASKETBALL

The Woodstock Rec. Dept's invites you to...

NIGHT SLIDING PARTY

Jan 27th, Feb 24th

Woodstock Golf & Curling Club Hill
6:00-8:00pm
Helmets are recommended for children.

Fire Chief Ricky Nicholson and the Woodstock Volunteer Firefighters will be helping us with these Special Nights. We will be lighting up the hill and providing FREE Hotdogs and Hot Chocolate. Bring Your Family out to enjoy a GIANT Bonfire and a Fireworks Display.
(*this event is weather permitting and will depend on snow conditions at the time)

SPONSORED BY

For more info contact: The Woodstock Recreation Department 325-4671
 ☎ or Mail: 111 Duane St. Woodstock, NB
 Stay up dated by checking the website: www.woodstocknbrecreation.com
 THE WOODSTOCK RECREATION DEPARTMENT

Snowshoe POKER RALLY

SATURDAY, FEBRUARY 17
Woodstock Golf & Curling Club

An Acoustic Evening
featuring *Ronny Michaud*

Participants will snowshoe to marked locations around the golf course area. Each will collect a hand of cards on their return. **BY CHANCE. THE BEST POKER HAND WINS!**

Only \$10/person (Must be 19 years or older)
Doors open at 8 pm
Entertainment Starts at 9:30 pm
Hosted by the Woodstock Recreation Department

OTHER ACTIVITY WILL BE PLANNED IF SNOW CONDITIONS ARE NOT FAVORABLE

Proudly Sponsored by:

Reliable | Rural | High Speed