



March 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Group Fitness Classes: Monday to Friday (see schedule below)			1 Young Chefs High Performance Hockey Clinics begin	2 Sr Winter Games in Plaster Rock Adult Bowling at the Bowlcade	3
4 FREE Public Swim	5 Active Adults March Break Begins Day Adventure Ice-Fishing	6 Over 50 Fun & Fitness Class	7 50+ Aquasize Ski Trip to Crabbe Mountain	8 Over 50 Fun & Fitness Class Day in the Life of an Artist Day Trip	9 Adult Bowling at the Bowlcade Kids Who Care Day Trip St. Patrick's Dance	10
11 Youth Art Class	12 Active Adults Young Chefs	13 Over 50 Fun & Fitness Class Active Boys Sports Festival	14 50+ Aquasize	15 Over 50 Fun & Fitness Class WVRA Sr Bowling Young Chefs Boxing Club Cocktails & Canvas	16 Adult Bowling at the Bowlcade	17 St. Patrick's Celebrations Young Chefs- New Class begins
18 Youth Art Class- New Class begins 'Playing with Ink'	19 Active Adults Young Chefs Swim Lessons Registration Opens	20 Over 50 Fun & Fitness Class Boxing Fitness Class	21 50+ Aquasize	22 Over 50 Fun & Fitness Class Young Chefs WV Achievement Games	23 Adult Bowling at the Bowlcade	24 Young Chefs
25 Youth Art Class	26 Active Adults Young Chefs	27 PD Day Over 50 Fun & Fitness Class Babysitting Course	28 50+ Aquasize	29 Over 50 Fun & Fitness Class Young Chefs	30 Adult Bowling at the Bowlcade	31 Young Chefs



CLOSURES AND CANCELLATIONS:

Field House Closed: Thursday the 1st 9:30am-1pm due to a Private Rental. (Itty-bitty program: Cancelled all day.)

Field House Closed: Tuesday the 13th 8am – 3pm due to a Special Event. (Itty-bitty program: Cancelled all day.)

Field House Closed: Saturday the 17th Noon to 4:00pm due to a Private Rental

Field House Closed: Monday the 19th at 9pm for special event set-up.

Field House Closed: Tuesday the 20th, 8am – 6pm due to a Private Rental.

Field House Closed: Thursday the 22nd 8am-3pm due to a Special Event.

REGULAR PROGRAMS AND ACTIVITIES:

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.

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.**



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.**

Junior Lifeguard Club: A 10-week afterschool program every **Friday, 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. Registration opens for our Spring Session on the 19th. Lessons are scheduled to begin on April 11th and 14th.

SPECIAL EVENTS:

Western Valley Senior Winter Games: Host: The Community of Plaster Rock, scheduled for **Friday the 2nd, 9:30am-4pm**. Everyone is invited to participate in activities, such as, stick curling, scrabble, darts, carpet bowling, cards, and more. Must register in advance.

Free Public Swim: Sponsored by *Highlift Auto Services*: **Sunday, the 4th, 1:5:00pm**

March Break Activities

Skating: Monday, Tuesday, Wednesday, and Thursday 11 am -12 pm, Saturday and Sunday 3-5pm

Little Skaters: Monday, Tuesday, Thursday 10-11am

Swimming: Mon. 1:30-3:30pm, Tue. 1:30-3:30pm, Wed. 2:30-4pm, Thu. 2:30-4pm, Fri. 2:30-4 pm, Sat. 3-5, Sun. 1:30-3pm

Day Adventure-Ice-Fishing: Monday March 5th at North Lake Provide by : Off the Charts Outfitters. Youth ages 6+ |Cost \$85.This includes Transportation and Lunch. Departure from AYR Motor Centre at 8:15, returning approx. 3-3:30 pm. 5 spots only.. first come first serve. Register by calling the AYR Motor Centre today 325-4671. **Payment required at registration.**

Skiing/Snowboarding at Crabbe Mountain: Wednesday the 7th for ages 9-15yrs. We're hitting the hill at Crabbe Mountain. Youth will enjoy a fun-filled day of skiing or snowboarding. A lesson is mandatory if a participant has never been on skis or a snowboard previously. Helmets are mandatory at Crabbe Mountain. Cost: \$35-lift ticket, \$50-equip rental & lift ticket. *Lesson available at no extra cost but must be requested at the time of registration. Transportation is included. Must register in advance... spots are limited. **SPOTS ARE FULL.**



Day Adventure-A Day in the Life of an Artist: Thursday the 8th, 8:30am-5:00 pm. For youth ages 11-15 yrs. Only 13 spots available!

We'll travel to Fredericton to visit the Beaverbrook Art Gallery to take a guided tour of their latest exhibits. We'll then take a trip to the Clay Café where everyone will enjoy creating their own masterpiece. Participants will enjoy working with pattern books, stencils and stamps in the Cafes bright and colorful atmosphere. Cost: \$50

Day Adventure-Kids Who Care: Friday the 9th, 8:30am-5:00pm. For youth ages 11-13 who are interested in becoming more involved in their community. The camp will explore local opportunities for volunteerism and community involvement. Gives youth the opportunity to learn how important volunteers are to the community, and helps them get acquainted with local volunteer organizations. Must register in advance as there is limited spots. Cost: \$25

'St. Partck'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.

Active Boys Sports Festival: This event is scheduled for **Tuesday the 13th**, to expose our Grade 8 male students to some of the recreational activities available to them within their home regions/communities. The five activities that they will participate in are Lacrosse, Boxing, Kung Fu, Fitness Class and Floor Curling by ParaNB.

Cocktails & Canvas: Discover your creative side on **Thursday the 15th, starting at 7pm.** Cost: \$50 includes All of your supplies, Step by Step instruction from Nicole Manuel and One cocktail of your choice and cash bar. LIMITED SPACE! Register at the AYR Motor Centre's reception at 325-4671. Location: Sam's Room at AYR Motor Centre.

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 Bowlacade 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!

St. Patrick's Celebrations: Join us **Saturday the 17th** for Live Entertainment featuring the Cunningham/ Haynes Trio. 6-7 pm Happy Hour Food & Drink Specials. Transportation provided within Woodstock Catchment Area (Donation to WV Prokids). Come in and enjoy March Madness playing all afternoon on the big screen.

Boxing Fitness Class: These classes will be designed to target all ages and all fitness levels. This will be a great opportunity to try your hand at boxing and achieve the fitness and skill required in a purely recreational and social way. Participants will not only achieve a greater level of fitness but will gain confidence as well, training at your own level. Come along to the sessions and enjoy a good workout in a friendly atmosphere and reap the benefits that boxing training will give you. Watch for details of our Open House Session.

Western Valley Achievement Games: Lots of activities will be offered to participants on **Thursday the 22nd.** These games are designed for those adults with intellectual and physical challenges. Registration begins at 9am with Opening Ceremony scheduled for 9:50am. This is a FREE event! Tutu the Clown and Perley the Magician will be attending to entertain everyone. Lunch will be provided as well as a participation token and a dance to end the event.



Creative Minds Youth Art Classes - Playing with Ink: Ink can be a very intimidating medium to pick-up and start. This session, students will learn how to create a stunning piece using inks. We will work through a series of exercises to help understand how this medium works and then begin a stunning large scale piece. Students will have a great time playing with fluid medium with both quills and brushes.

Dates: March 18th, 25th, Apr. 8th and 15th. **Times:** Little Artists (ages 5-7): Noon – 1pm, cost: \$80; Ages 8: 1:30-3:30pm or 4-6pm, cost: \$100.

Young Chefs Cooking Class: A 5-week program offered to youth ages 5-9yrs+. **Every Saturday starting the 17th, 3:30-5:00pm.** 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: \$60. Must register in advance...spots are limited.

Sandy McCarthy's March Break Hockey Clinic: Focusing on Ice Shooting, Passing and Puck control. Off ice will focus on Quickness+ Agility and body weight strength training. Scheduled for **Monday the 5th to Friday the 9th, 8am-10:30am.** Cost: \$200 includes 5 on-ice sessions + 5 off-ice sessions. Contact Sandy at sandymac15@icloud.com or 325-8583.

Babysitting Course: This program scheduled for **Tuesday the 27th 9am-4pm** is designed for youth ages 11yrs and older, to teach them the basic skills of how to make a child's environment more fun, safe and enjoyable. Cost is only \$45. Please bring a teddy bear or doll. Bring a lunch or canteen services are available. Must register in advance.

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

WOODSTOCK ROTARY CLUB WOODSTOCK

- ✓ TCHOUKBALL
- ✓ PING PONG
- ✓ FLAG FOOTBALL
- ✓ SOCCER
- ✓ DODGE BALL

- ✓ ULTIMATE FRISBEE
- ✓ SCOOTER BALL HOCKEY
- ✓ BADMINTON
- ✓ FUTSAL
- ✓ BASKETBALL

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

RED CROSS BABYSITTING COURSE

For Ages 11 Years and Up

Date: Tuesday, March 27th (PD day)

Time: 9:00am to 4:00pm

Location: *AYR Motor Centre*

Cost: \$45

You Will Need: Doll/Teddy Bear and a lunch.

*Our Canteen will also be open for lunch options.

LEARN:

- ✓ basic first aid skills
- ✓ how to make the children's environment safe and enjoyable.
- ✓ how to handle emergencies with confidence.
- ✓ how to cope with common problems, like tantrums and crying.
- ✓ other important child care skills.
- ✓ valuable tips for managing your business.

To register please call The AYR Motor Centre @ 325-4671