



April 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Easter Facility Closed	2 Holiday Facility Closed	3 Boxing Fitness Class	4 50+ Aquasize	5 Young Chefs Boxing Fitness Class	6 Adult Bowling at the Bowlcade	7 Young Chefs
8 FREE Public Swim	9 Active Adults	10 Over 50 Fun & Fitness Class Junior Lifeguard Club – begins Boxing Fitness Class	11 50+ Aquasize Swim Lessons begin Youth Ball Hockey begins	12 Over 50 Fun & Fitness Class Boxing Fitness Class	13 Babysitting Course Adult Bowling at the Bowlcade	14 Young Chefs Swim Lessons begin
15 Youth Art Class	16 Active Adults	17 Over 50 Fun & Fitness Class Boxing Fitness Class	18 50+ Aquasize	19 Over 50 Fun & Fitness Class WVRA Sr Bowling Boxing Fitness Class 80's Theme Dance	20 Adult Bowling at the Bowlcade FH & Walking Track Closed for Wedding Expo	21 Young Chefs FH and Walking Track Closed for Wedding Expo
22 Youth Art Class Field House Closed for Wedding Expo	23 Active Adults Young Chefs	24 Over 50 Fun & Fitness Class Boxing Fitness Class	25 50+ Aquasize Couch to 5K Information meeting	26 Over 50 Fun & Fitness Class Young Chefs Boxing Fitness Class	27 Adult Bowling at the Bowlcade	28 Young Chefs
29 Youth Art Class Scotty & the Stars	30 Active Adults Young Chefs	Group Fitness Classes: Monday to Friday (see schedule below)				



CLOSURES AND CANCELLATIONS:

Facility Closed: Sunday the 1st due to Holiday.

Facility Closed: Monday the 2nd due to Holiday.

Field House Closed: Friday the 20th until Sunday the 22nd for Private Rental.

Walking Track Closed: Friday the 20th and Saturday the 21st for Private Rental.

Field House Closed: Sunday the 29th due to a Private Rental.

Walking Track Closed: Sunday the 29th from 1-4pm.

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.

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. **Every Tuesday and Thursday 6:30-8:00pm.**

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.**

Junior Lifeguard Club: Our Spring Session begins on **Tuesday the 10th**. This 10-week afterschool program runs every **Tuesday, 4:00-5:00** for ages 8-12yrs. 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 is open for our Spring Session. Lessons are scheduled to begin on **Wednesday the 11th** and **Saturday the 14th**.

SPECIAL EVENTS:

Free Public Swim: Sponsored by *Highlift Auto Services*: **Sunday, the 8th, 3:30-5:00pm**

Youth Ball Hockey: **Every Wednesday starting the 11th** for a 5-week session. Age Divisions: K-G2 (6-7pm), G3-5 and G6-8 (7:15-8:15pm). Cost: \$30. Registration deadline April 8th

Babysitting Course: This program scheduled for **Friday the 13th 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.

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 19th 10am – Noon**. Cost is \$5 which includes bowling, shoes and light refreshments. Get out and be active and socialize with friends. Everyone is welcome!

80's Theme Dance Party: **Thursday the 19th, 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.

Young Chefs Cooking Class: A 6-week program offered to youth ages 10+. **Every Monday starting the 23rd, 3:30-5:00pm and every Thursday starting the 26th, 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: \$75. Must register in advance... spots are limited.

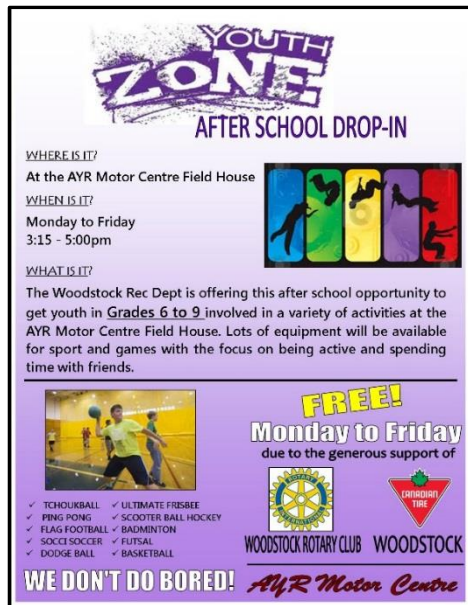
Wedding Expo: **Saturday the 21st**. Historic Elegance Fashion Exhibit. Watch for details.



Couch to 5k Information Meeting: This 10-week training program is designed for those that have little or no running experience but would like to challenge themselves to run a 5k. The goal is to complete our local Tim Hortons Joe McGuire Road Race on July 28th. Join us on **Wednesday the 25th at 6:30pm** in the Gallery to find out the benefits of group training.

Scotty & the Stars: An award-winning children’s musical entertainment group on **Sunday the 29th** that delivers positive messages, encourages active participation and promotes musical education through original music and enthusiastic live performances. Scotty and the Stars recently won the Kids’ CBC Viewer Voted Song Search and made their national television debut for their award-winning song “Time to Get Up” which now airs on Kids’ CBC. They also won the 2012 Music NB award for “Children’s Recording of the Year” and are also three-time ECMA nominees. The release of their highly-anticipated fourth album “Dancing Like a Dinosaur” features Alan Jeffries (David Myles) on banjo and acoustic guitar. This release is an exciting step for Scotty and the Stars as they expand their music across North America and solidify themselves as one of Canada’s premiere children’s musical entertainment groups. \$10/child (advance tickets at Reception of AYR Motor Centre). Show starts at 2pm. No charge for parent. Doors open at 1:30 pm. Bring a blanket or pillow to sit on. Candy Corner will be open. www.scottyandthestars.com

Creative Minds Youth Art Classes: Register now for Mommy and Me paint class on **May 13th**.



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

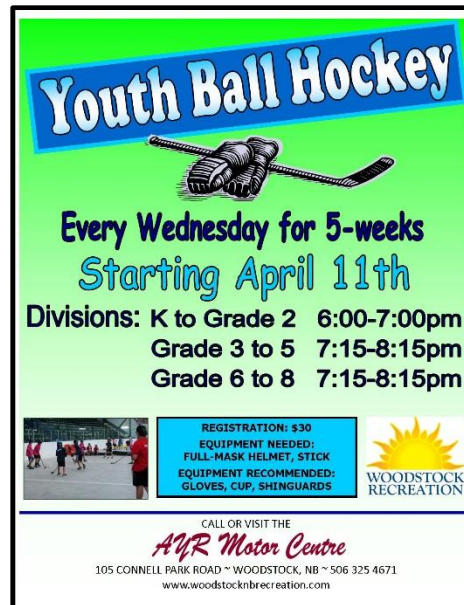
WHAT IS IT?
The Woodstock Rec Dept is offering this after school opportunity to get youth in **Grades 6 to 9** involved in a variety of activities at the AYR Motor Centre Field House. Lots of equipment will be available for sport and games with the focus on being active and spending time with friends.

FREE!
Monday to Friday
due to the generous support of

WOODSTOCK ROTARY CLUB WOODSTOCK

WE DON'T DO BORED! AYR Motor Centre

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



Youth Ball Hockey

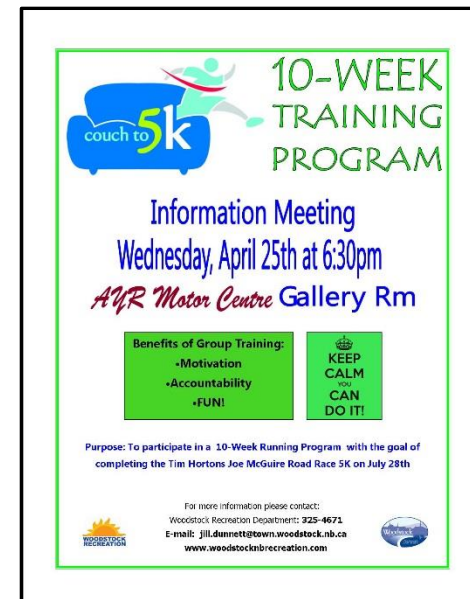
Every Wednesday for 5-weeks
Starting April 11th

Divisions: K to Grade 2 6:00-7:00pm
Grade 3 to 5 7:15-8:15pm
Grade 6 to 8 7:15-8:15pm

REGISTRATION: \$30
EQUIPMENT NEEDED:
FULL-MASK HELMET, STICK
EQUIPMENT RECOMMENDED:
GLOVES, CUP, SHINGUARDS

WOODSTOCK RECREATION

CALL OR VISIT THE
AYR Motor Centre
105 CONNELL PARK ROAD • WOODSTOCK, NB • 506 325 4671
www.woodstocknbrecreation.com



couch to 5k 10-WEEK TRAINING PROGRAM

Information Meeting
Wednesday, April 25th at 6:30pm
AYR Motor Centre Gallery Rm

Benefits of Group Training:
•Motivation
•Accountability
•FUN!

KEEP CALM YOU CAN DO IT!

Purpose: To participate in a 10-Week Running Program with the goal of completing the Tim Hortons Joe McGuire Road Race 5K on July 28th

For more information please contact:
Woodstock Recreation Department: 325-4671
E-mail: jill.dunnett@town.woodstock.nb.ca
www.woodstocknbrecreation.com