



May 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Group Fitness Classes: Mon, Tue, Thu and Fri (see schedule below)</p>		<p>1 Over 50 Fun & Fitness Class Boxing Fitness Class</p>	<p>2 50+ Aquasize Youth Ball Hockey</p>	<p>3 Young Chefs Boxing Fitness Class</p>	<p>4 PD Day Babysitting Course Adult Bowling at the Bowlcade</p>	5
	<p>6 FREE Public Swim</p>	<p>7 Active Adults Young Chefs</p>	<p>8 Over 50 Fun & Fitness Class Boxing Fitness Class</p>	<p>9 50+ Aquasize Youth Ball Hockey Summer Program Registration Night</p>	<p>10 Over 50 Fun & Fitness Class Boxing Fitness Class Mother's Day Canvas & Cocktails FH Closed</p>	<p>11 Adult Bowling at the Bowlcade FH Closed</p>
<p>13 Mommy & Me Paint Date for Mother's Day</p>	<p>14 Active Adults Young Chefs- last day</p>	<p>15 Over 50 Fun & Fitness Class Boxing Fitness Class</p>	<p>16 50+ Aquasize</p>	<p>17 Over 50 Fun & Fitness Class WVRA Sr Bowling Boxing Fitness Class Spring Fling Dance</p>	<p>18 Adult Bowling at the Bowlcade Live Entertainment Ronny Michaud</p>	19
<p>20 Boxing Fitness Class- Open House/BBQ</p>	<p>21 Facility Closed for the Holiday</p>	<p>22 Over 50 Fun & Fitness Class Couch to 5K- Training begins Boxing Fitness Class</p>	<p>23 50+ Aquasize</p>	<p>24 Over 50 Fun & Fitness Class Young Chefs- last day Boxing Fitness Class</p>	<p>25 Adult Bowling at the Bowlcade</p>	26
<p>27 Boxing Fitness Class Youth Art Class- Discovering More With Colour</p>	<p>28 Active Adults</p>	<p>29 Boxing Fitness Class</p>	<p>30 50+ Aquasize</p>	<p>31 Boxing Fitness Class</p>		



CLOSURES AND CANCELLATIONS:

Field House Closed: Thursday the 10th, Friday the 11th and Saturday the 12th due to the Women's Show

Facility Closed: Sunday the 21st due to Holiday.

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: 6:00-7:00am, Thursdays: 5:15-6:15pm, Fridays: 6:00-7:00am.

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. 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.**

NEW!...We're adding a Sunday Class! 6:30-8pm. An Open House will be held on Sunday the 20th with a BBQ after class.

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 Bowlacade is offering a bowling opportunity to adults **every Friday 2-4pm**, cost is only \$5/person. Bowlacade: 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.**



'Swim for Life' Swim Lessons: Watch for details of our Summer Swim Lessons scheduled for July 9th to 20th and August 13th to 24th.

SPECIAL EVENTS:

Babysitting Course: This program scheduled for **Friday the 4th (PD Day) 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.

Free Public Swim: Sponsored by *Highlift Auto Services*: **Sunday, the 6th, 3:30-5:00pm**

Summer Program Registration Night: Join us on **Wednesday the 9th 6-8pm** in the Field House where several area clubs and organizations, including the Woodstock Rec Dept, will have their Summer programming information to showcase. A great opportunity to see what's going on in our area and to ask questions. Don't miss it!

Mother's Day – Canvas & Cocktails: Join us on **Thursday the 10th, 7pm** in Sam's Room. \$50 includes: One cocktail of your choice and cash bar, All your supplies, Step by Step instruction from Nicole Manuel. Discover your creative side! LIMITED SPACE! Register at the AYR Motor Centre's reception at 325-4671.

'Spring Into Woodstock' Women's Show: On **Saturday the 12th, 9am-4pm**. This event is one you don't want to miss. There is everything under 1 roof & it's not just for women. Bring your whole family. There is something there for everyone. From lots of different items for home decor, to planning a trip away, from saving money, jewelry, booking family or wedding Photos, getting active healthy, home construction, outdoor living. You name it, there is a vendor who will have it. This is a one day only show. Admission is \$5 to get in.

Woodstock Sports Wall of Fame Ceremony: Everyone is welcome to attend the Ceremony on **Saturday the 12th at 2pm** in Studio 2 (formerly known as the Community Room). This year's Inductees include **Jenna Bull, Sport: Swimming (Category: Athlete) and Jean Bridges, Sport: Equestrian (Category: Builder)**.

Mommy & Me-Paint Date for Mother's Day: Take Mom out for a painting date on Mother's Day. All supplies will be included as well as light refreshments. Step-by-step instruction from Nicole Manuel, art teacher at the AYR Motor Centre. Cost: \$35 for mother & child, payment due at time of registration. Times: 10am-noon ages 4-8 years. 1:30pm-3:30pm ages 9+. Register by calling the AYR Motor Centre 325-4671.

SPOTS ARE NOW FULL!

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 17th 10am – Noon**. Cost is \$5 which includes bowling, shoes and light refreshments. Get out and be active and socialize with friends. Everyone is welcome!

Spring Fling Theme Dance Party: **Thursday the 17th, 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.



Live entertainment in Sam's Room featuring Ronny Michaud: Enjoy an evening of great acoustic music on **Friday the 18th starting at 7pm.** Happy hour 6-7pm. Great pub style food at the 2nd Home Café & Grill.

Boxing Fitness Class – Open House & Bbq: Yes, we're adding another class! Don't miss our new night starting on **Sunday the 20th** at 6:30-8pm and to celebrate, we're adding a barbeque. \$8/drop-in and \$65/10-punch card.

Couch to 5k: 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. Our first evening for training will be **Tuesday the 22nd at 7pm.** Everyone will meet at the Farm & Craft Market Building on King St. to run the beautiful Saint John River. Participants must register in advance.

Faster 5k: This 10-week training program is designed for those that want a challenge of running a personal best at the 5k distance. The goal is to compete our local Tim Hortons Joe McGuire Road Race on July 28th. Our first evening for training will be **Tuesday the 22nd at 7pm.** Everyone will meet at the Farm & Craft Market Building on King St. Training will include tempo, interval and hills. Participants must register in advance.

Creative Minds Studio for young artists: Discovering More With Colour: Participants will experiment with color by blending and mixing colors to create unique landscape paintings. They will learn how to create more depth by using colour. We will focus on using water colour paints and pencils. Students will be creating a fun series of postcards/cards.

Dates: May 27th, June 3rd and 10th. Little Artist (5-7yrs) noon-1pm. Cost: \$70. Ages 8yrs+ 1:30-3:30 or 4-6pm. Cost: \$90. All artist quality supplies included. Spots are limited. Payment is required at registration.

couch to 5k 10-WEEK TRAINING PROGRAM
BEGINS Tuesday, May 22nd

Regular Training Times:
Saturdays - 8:30am
Tuesdays - 7:00pm
Thursdays - 7:00pm

Start at the Farm & Craft Market on King St.
Most training will be held on the beautiful NB Trail.

Benefits of Group Training: •Motivation •Accountability •FUN!	KEEP CALM AND DO IT!
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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.

Must register in advance.
For more information, please contact:
Woodstock Recreation Department 325-4671
E-mail: jill.dunnett@town.woodstock.nb

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 5 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