



Visit the City of Prince Albert website www.citypa.ca regularly for updated information about new programs and activities available at our sport, cultural and recreational facilities.



New WALKING TRAIL Signage at Little Red River Park

The Cross Country Ski Trails located at Little Red River Park and through the Nesbit Forest are considered to be one of the best and most extensive urban single-track ski trail networks in North America. These trails were developed and have been maintained by the Prince Albert Ski Club for the past thirty years. As you head out to the trails this winter, please remember to take out a membership to the Ski Club to ensure these trails continue to be maintained to the excellent standards we have enjoyed for the past many years. Please visit their website at:

www.northberry.net/pasc

Fill out their membership form & mail to:

Prince Albert Ski Club Box 2312, Prince Albert S6V 6Z1

Happy Trails!



from all of us at the City of Prince Albert Community Services Department and the many volunteers who help provide excellent recreational opportunities for all of us to enjoy!



When you visit Little Red River Park this winter, you will notice new **WINTER WALKING TRAIL** signs starting at the Cosmo Lodge. These signs have been posted so that the general public can easily find where they and their pets are allowed to walk during the winter season at Little Red River Park. It is very important that the general public (and their animals) do NOT walk on the cross country ski trails. This can cause serious damage to the trails since ongoing maintenance and grooming is necessary to keep the trails in excellent condition. Maps for the cross country ski trails, walking trails as well as snow shoe trails can be picked up at the Cosmo Lodge or from the City's website. Please note that horses, snowmobiles and other vehicles are not allowed on any of the trails. Let's all help to keep the trails looking great for everyone's enjoyment.

FREE
ADMISSION

DECEMBER 2009 & JANUARY 2010 - ART HAUSER CENTRE WALKING & JOGGING SCHEDULE

Day	Date	Start Time	End Time				
Tuesday	1	8:00 a.m.	10:30 p.m.	Monday	21	~ NO TIME ~	
Wednesday	2	~ NO TIME ~		Tuesday	22	8:00 a.m.	10:30 p.m.
Thursday	3	1:00 p.m.	5:00 p.m.	Wednesday	23	5:00 p.m.	10:30 p.m.
Friday	4	8:00 a.m.	1:00 p.m.	Thursday	24	8:00 a.m.	1:00 p.m.
Saturday	5	~ NO TIME ~		Friday	25	~ NO TIME ~	
Sunday	6	5:00 p.m.	10:30 p.m.	Saturday	26	~ NO TIME ~	
Monday	7	8:00 a.m.	10:30 p.m.	Sunday	27	8:00 a.m.	10:30 p.m.
Tuesday	8	8:00 a.m.	10:30 p.m.	Monday	28	8:00 a.m.	10:30 p.m.
Wednesday	9	~ NO TIME ~		Tuesday	29	8:00 a.m.	10:30 p.m.
Thursday	10	1:00 p.m.	5:00 p.m.	Wednesday	30	~ NO TIME ~	
Friday	11	8:00 a.m.	1:00 p.m.	Thursday	31	8:00 a.m.	1:00 p.m.
Saturday	12	~ NO TIME ~		Friday	1	~ NO TIME ~	
Sunday	13	1:00 p.m.	10:30 p.m.	Saturday	2	8:00 a.m.	10:30 p.m.
Monday	14	8:00 a.m.	10:30 p.m.	Sunday	3	8:00 a.m.	10:30 p.m.
Tuesday	15	8:00 am	1:00 p.m.	Monday	4	8:00 a.m.	10:30 p.m.
Wednesday	16	~ NO TIME ~		Tuesday	5	8:00 a.m.	10:30 p.m.
Thursday	17	8:00 a.m.	5:00 p.m.	Wednesday	6	5:00 p.m.	10:30 p.m.
Friday	18	8:00 a.m.	1:00 p.m.	Thursday	7	8:00 a.m.	5:00 p.m.
Saturday	19	~ NO TIME ~		Friday	8	8:00 a.m.	1:00 p.m.
Sunday	20	8:00 a.m.	10:30 p.m.	Saturday	9	~ NO TIME ~	
				Sunday	10	1:00 p.m.	10:30 p.m.

Please refer to the complete description of Rules & Regulations posted at Art Hauser Centre or on City's website.

PUBLIC SKATING (Public Skating is FREE for 18 & Under until Dec. 31/09)

Sunday, Dec. 6 Dave G. Steuart Arena 3:30 - 5:00 PM
Sunday, Dec. 20 Art Hauser Centre 4:30 - 6:30 PM TIM HORTONS FAMILY SKATE - FREE FOR ALL
Wed. Dec.23 Art Hauser Centre 1:00 - 2:30 PM FREE FOR ALL
Sunday, Dec. 27 Art Hauser Centre 1:00 - 3:00 PM TIM HORTONS FAMILY SKATE - FREE FOR ALL
Tuesday, Dec. 29 Art Hauser Centre 2:00 - 3:30 PM FREE FOR ALL

PARENT AND TOT SKATING SESSIONS - FREE

Tuesdays, Dec. 1, 8, 15 and 23 Kinsmen Arena 1:30 - 3:00 PM
(Note: Parent and Tot Skating will not be available at the Kinsmen on Tuesday, December 29)
Thursdays, December 3, 10, 17 and 24 Dave G. Steuart 10:00 - 11:30 AM

ADULT AND SENIOR SKATING SESSIONS - FREE

Tuesdays, December 1, 8, 15 and 22 Dave G. Steuart 10:00 - 11:00 AM
(Note: Adult/Senior Skating will not be available at the Dave G. Steuart Arena on Tuesday, December 29)
Wednesdays, December 2, 9, 16 and 23 Kinsmen Arena 1:30 - 3:00 PM
(Note: Adult/Senior Skating will not be available at the Kinsmen on Wednesday, December 30)
Thursdays, December 3, 10, 17 and 24 Kinsmen Arena 10:30 - 11:30 AM
(Note: Adult/Senior Skating will not be available at the Kinsmen on Thursday, December 31)

MARGO FOURNIER CENTER

1211 - 1st Avenue West. Prince Albert S6V 4Y8

953-4816

RECREATIONAL CO-ED VOLLEYBALL LEAGUE

This league consists of 10 weeks of round-robin play followed by a 2 week double elimination tournament. The league is self refereed and geared toward leisure and fun, it is not meant to be highly competitive. Each team will be scheduled for an average of 2 matches per week. Matches run in one-hour slots and consist of up to 3 games. Teams must have between 6 and 12 players and are required to have at least 2 males and 2 females on the roster. This is an adult league, all players on the roster must be at least 18 years of age.

January 11, 2010 – March 31, 2010
(No matches Feb. 15 or 17)

Fee: \$200.00 per team + \$50.00 mandatory default fee

Registration & Payment Deadline:
January 5 / 2010 - 4:30 p.m.



YOGA

Yoga focuses on the physical postures called ananas, breathing exercises called pranayama, and meditation. The benefits of yoga include improved physical fitness, mental clarity, greater self-understanding, stress control and general well being.



January 12 – March 09.....5:15 PM – 6:45 PM
Tuesdays for 8 Weeks (No Class Feb. 16) \$60.00
January 12 – March 09.....7:00 PM – 8:30 PM
Tuesdays for 8 Weeks (No Class Feb. 16) \$60.00

YOGA FOR SENIORS

A fun, relaxing and gentle yoga course designed just for seniors! Emphasis is placed on breathing techniques, flexibility & meditation.

January 12 – March 09.....10:00 AM – 11:00 AM
Tuesdays for 8 Weeks (No Class Feb. 16) \$50.00

CARDIO-YOGA FUSION

Cardio-Yoga Fusion combines a high intensity aerobic workout with the relaxing postures, breathing techniques and meditation of Yoga to create a unique fitness experience that exercises both your body and your mind.

January 13 – March 10.....7:00 PM – 8:00 PM
Wednesdays for 8 Weeks (No Class Feb. 17) \$50.00

STROLLERCIZE

Enjoy a unique aerobic workout that includes cardio, toning, strength training, core muscle exercises and...your baby. This class incorporates the stroller as an exercise aid allowing your baby to enjoy the ride. A great way for mom and baby to get out of the house and have some fun. Participants must bring their own stroller.

January 12 – March 11...10:00 AM – 10:50 AM (no class Feb 16 & 18)
Tuesdays & Thursdays for 8 Weeks \$60.00

*Drop in to any Strollercize class for just \$6.00. Call to confirm available space prior to each drop-in. Registration in a 4 week set is the only way to guarantee a spot.

NOON HOUR WALK - FREE program.

Open gym time for self-directed walking. Walking is one of the best ways to increase cardio-vascular fitness and maintain a healthy body weight, unfortunately our cold winters can make it difficult to get out and walk. Take advantage of our gymnasium and beat the winter weather. No equipment, or instruction provided. Enrollment in free membership program required.

January 04 – March 31.....12:00 PM – 12:50 PM
Mondays – Fridays (excluding holidays) Free

FRANK J. DUNN POOL

Located at: Carlton Comprehensive High School - 655 - 28th Street East, Prince Albert 953-4829

PUBLIC SWIMMING SCHEDULE

DECEMBER 2009

14 Mon.	6:30 - 9:00 pm	27 Sun	1:00 - 3:00 pm
15 Tues	7:30 - 9:00 pm		6:30 - 8:30 pm
16 Wed	6:30 - 9:00 pm	28 Mon	1:00 - 4:00 pm
17 Thurs	7:30 - 9:00 pm		6:30 - 9:00 pm
18 Fri	6:30 - 9:00 pm	29 Tues	1:00 - 4:00 pm
19 Sat	1:00 - 3:00 pm		6:30 - 9:00 pm
	6:30 - 8:30 pm	30 Wed	1:00 - 4:00 pm
20 Sun	1:00 - 3:00 pm		6:30 - 9:00 pm
	6:30 - 8:30 pm	31 Thurs	1:00 - 4:00 pm

21 Mon	6:30 - 9:00 pm
22 Tues	6:30 - 9:00 pm
23 Wed	1:00 - 4:00 pm
	6:30 - 9:00 pm

24 Thur **CLOSED for**
25 Fri **the HOLIDAY**
26 Sat **SEASON**

JANUARY 2010

1 Fri	CLOSED
2 Sat	1:00 - 3:00 pm
	6:30 - 8:30 pm
3 Sun	1:00 - 3:00 pm
	6:30 - 8:30 pm

LANE SWIMMING

14 Mon.	9:00 - 10:00 pm
15 Tues	9:00 - 10:00 pm
16 Wed	9:00 - 10:00 pm
17 Thurs	9:00 - 10:00 pm
20 Sun	12:00 - 1 pm

January 2010

3 Sun	12:00 - 1 pm
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ADULT AND FAMILY SWIMMING

19 Sat	3:00 - 5:00 pm
20 Sun	3:00 - 5:00 pm
27 Sun	3:00 - 5:00 pm

January 2010

2 Sat	3:00 - 5:00 pm
3 Sun	3:00 - 5:00 pm

DEEP AQUACIZE

14 Mon.	9:00 - 10:00 pm
15 Tues	9:00 - 10:00 pm
16 Wed	9:00 - 10:00 pm
17 Thurs	9:00 - 10:00 pm

Deep aquacize resumes
Monday, Jan. 4 - 9:00 pm

SHALLOW AQUACIZE

15 Tues	6:30 - 7:30 pm
17 Thur	6:30 - 7:30 pm

Shallow aquacize resumes
Tuesday, January 5 - 6:30 pm

2009 TERRY FOX AWARD

Nominations deadline for the 2009 Terry Fox Award is Friday, December 18, 2009. Complete eligibility requirements and nomination procedure is available on the City of Prince Albert website: www.citypa.ca

For more information please contact:
Jody Boulet, Recreation Manager
Community Services Department
Phone: (306) 953-4800
Email: jboulet@citypa.com

NOON HOUR HOCKEY LEAGUE is now accepting teams for the 2010 winter season.

In 2005, the Noon Hour Hockey League was formed through a partnership between the City of Prince Albert, Saskatchewan in Motion, Prince Albert Food Coalition and the Prince Albert Raiders. The purpose of the Hockey League is to promote lowcost physical activity for adults in the workforce. People are encouraged to enter a team representing their workplace or people can also register as an individual. The league will run January to March 30, 2010 from 12:15 to 12:45 pm Monday to Thursday in Memorial Square in front of City Hall, 1084 Central Ave. It is an adult co-ed league and the equipment needed is minimal. A maximum of 8 teams will be accepted. The registration deadline is Wednesday, December 21, 2009. For more information or to register a team, contact Shaun Pikaluk at 953-4811 or spikaluk@citypa.com.