



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



## Olympic Torch Relay Events in Prince Albert

Complete details about Olympic Torch Relay Events is available on the City's website.

**Thursday, January 7 5:00 - 6:00 pm** Community Skate at the Art Hauser Centre with Olympian Kelsie Hendry! Join the Prince Albert Raiders and minor hockey teams at a free community skate and for your chance to win Olympic Prizes. Olympian Kelsie Hendry will be available for pictures and autographs. There is no charge for this event and the concessions will be open.

**Friday, January 8 7:00 p.m.** Prince Albert Raiders will be hosting the Lethbridge Hurricanes. Come and get your Prince Albert Olympic Torch Relay Flag & cheer the Raiders on to victory.

**Saturday, January 9 7:00 p.m.** The Prince Albert Raiders will be hosting the Moose Jaw Warriors at this Olympic Torch Relay Promo Night. See the Olympic Torch, Prince Albert Torchbearers, Final Torchbearer Blair Morgan and the unveiling of a new special Raiders Jersey will be auctioned off after the game.

**Sunday, January 10 12:00 noon to 5:00 p.m.** Plan to attend the Family Fire Festival at Little Red River Park. Spend a day with your family enjoying sleigh rides, snowshoeing, skiing, skating, Mascot Olympics with Gainer the Gopher and friends and a great line-up of entertainment. End the afternoon with Olympic themed fireworks at 5:00 p.m. There is limited parking available so please leave your car at home and go green! Prince Albert Northern Bus lines will be providing FREE transportation to and from the site. Busses will be departing from the Art Hauser Centre, Safeway, Zellers (west parking lot) and the Bernice Sayese Centre to the festival throughout the day beginning at 12:00 noon.

Sunday afternoon entertainers include:

12:00 noon	Donny Parenteau	12:50	Heidi Munro	1:40	The Smith's		
2:30	Nancy Hagen and Kim Furber	3:10	Two Much	4:10	Heidi Munro	4:35	Donny Parenteau

**Monday, January 11 6:00 - 8:00 p.m.** Olympic Torch Relay Community Celebration in Memorial Square! Join us in officially welcoming the Olympic Torch to Prince Albert. The Torch will begin running through Prince Albert at approximately 6:00 p.m. at the "Welcome to Prince Albert" sign on 2nd Avenue West. The Torch will weave through the city and end up in Memorial Square at 7:00 p.m. with Blair Morgan lighting the Olympic Cauldron! Entertainment begins in Memorial Square at 6:00 p.m. Spectators are encouraged to cheer on our torchbearers along the relay route and at the celebration site in Memorial Square.

**Tuesday, January 12 7:30 a.m.** Olympic Torch Relay Send off Pancake Breakfast at SIAST. Join us for a pancake breakfast to officially send off the Torch at 8:35 am.

# PRINCE ALBERT ARTS CENTRE

1010 Central Avenue

The Prince Albert Arts Centre has so many new and interesting classes offered this winter. Did you get a new digital camera for Christmas? Take a class learning how to take great pictures or how to sandblast interesting designs on glass and clay. Or learn how to make a beautiful pair of mukluks or design your own stained glass work of art. You may be surprised at the wide variety of classes that are now being offered. Visit the Prince Albert Arts Centre on the City of Prince Albert website to find out more information (dates, instructors, registration fees etc) about all of the following classes. But, we encourage you to register soon. Many of the classes fill very quickly.



953-4811

## ADULT CLASSES

### CULTURAL CLASSES

Birch Bark Biting  
Simple Birch Bark Basket  
Making Arrowheads  
Making Mukluks  
Moose Hair Tufting  
Painted Feather  
Percussion Flaking  
Rawhide Rattles

### STAINED GLASS and GLASS CUTTING

Beginner Stained Glass  
Advanced Stained Glass  
Beginner Glass Fusing  
Glass Applique  
Glass Cutting Workshop  
Metal Embossing  
Mosaics  
Stained Glass Paving Stone

### SPINNING, WEAVING and FIBRE

Beginner Weaving  
Gauntlet Mitts  
Introduction to Spinning  
Living Wreath  
Zucchini Mitts and Socks

### POTTERY and SANDBLASTING

Beginner Pottery  
Beginner Sandblasting  
Clay Handbuilding  
Clay Tile Panel  
Discovering Crystal Pottery  
Pottery on the Wheel

### GENERAL INTEREST CLASSES

Pampering Personal Bath Products  
Soap Stone Carving  
Cheng Man Ching (Style of Tai Chi Chuan)

### PHOTOGRAPHY

SLR Photography  
Visual Photography

### DRAWING & PAINTING

Achieving Photo-Realism With  
Colored Pencils  
Independent Art Workshop  
Introduction to Acrylic Painting  
Watercolor; A Medium of Expression  
Summer Painting Workshop  
Watercolour Workshops



## REGISTRATION PROCEDURE:

Pre-registration & pre-payment is required for all classes. Phone registrations are not accepted. Please register in person at 1010 Central Avenue in Prince Albert.

## HOURS OF OPERATION:

Monday - Thursday: 9:00 a.m. to 9:00 p.m.  
Friday: 9:00 am to 5:00 pm  
Saturday: 10:00 am to 4:30 pm  
Sunday: 1:00 - 4:30 p.m.

## CHILDREN CLASSES

Preschool Art Play II - Ages 3 - 5 years  
Lil' Chefs - Ages 6 - 12 years  
Cooking for Kids - Ages 6 - 12 years  
Handbuilding with Clay - Ages 5 - 8 years  
Handbuilding with Clay - Ages 8 - 12 years  
Pottery on the Wheel for Kids - Ages 10+  
Introductory Pottery - Ages 5 - 8 years  
Making A Simple Arrowhead - Ages 8+  
Making Mosaic Jewelry - Ages 8+  
Painted Feather - Ages 6 - 12 years  
Rawhide Rattles - Ages 12+  
Painting for Kids - Ages 6 - 12 years  
Uber Girls - Ages 15+  
Afterschool Open Studio - Ages 10+  
Fresh Floral Easter Bunny Centerpiece - Ages 9+

FREE  
ADMISSION

# JANUARY 2010 - ART HAUSER CENTRE WALKING & JOGGING SCHEDULE

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

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

## THANKS TO KIDSPORT **FREE** PUBLIC SKATING FOR 18 & UNDER

### Public Skating (Public Skating will be FREE for 18 & under until March 31, 2010)

Sunday, January 3	Dave G. Steuart Arena	2:00 - 3:30 PM
Sunday, January 10	Dave G. Steuart Arena	2:00 - 3:30 PM
Sunday, January 17	Dave G. Steuart Arena	2:00 - 3:30 PM
Sunday, January 24	Dave G. Steuart Arena	2:00 - 3:30 PM
Sunday, January 31	Dave G. Steuart Arena	3:00 - 4:30 PM

### Parent and Tot Skating Sessions - FREE

Tuesdays, Jan. 5, 12, 19 and 26	Kinsmen Arena	1:30 - 3:00 PM
Thursdays, Jan. 7, 14, 21 and 28	Dave G. Steuart	10:00 - 11:30 AM

### Adult and Senior Skating Sessions - FREE

Tuesdays, January 5, 12, 19 and 26	Dave G. Steuart	10:00 - 11:00 AM
Wednesdays, January 6, 13, 20 and 27	Kinsmen Arena	1:30 - 3:00 PM
Thursdays, January 7, 14, 21 and 28	Kinsmen Arena	10:30 - 11:30 AM



# 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.

Start Date: to be announced.

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

## 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 pm – 11:00 pm  
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 – 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



# JANUARY 2010 - FRANK J. DUNN POOL

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

**Pool Office Phone: 953-4829**

**Pool Office Hours:**

**Monday to Friday: 6:30 - 10 PM**

**Saturday & Sunday: 1:00 - 8:30 PM**

## PUBLIC SWIMMING

Mondays	7:30 - 9:00 pm
Tuesdays	7:30 - 9:00 pm
Thursdays	7:30 - 9:00 pm
Fridays	7:30 - 9:00 pm
Saturdays	2:30 - 5:00 pm 6:30 - 8:30 pm
Sundays	1:00 - 3:00 pm 6:30 - 8:30 pm

## ADULT & FAMILY SWIMMING

Wednesdays	7:30 - 9:00 pm
Sundays	3:00 - 5:00 pm

## LANE SWIMMING

Mondays	9:00 - 10:00 pm
Tuesdays	9:00 - 10:00 pm
Wednesdays	9:00 - 10:00 pm
Thursdays	9:00 - 10:00 pm
Sundays	12:00 - 1:00 pm

## AQUACIZE

Please call the Pool office at 953-4829 to pre-register. Class sizes are limited.

Deep Water Aquacize now offered four nights every week: Mondays, Tuesdays, Wednesdays & Thursdays from 9:00 - 10:00 pm.

Shallow Water Aquacize offered on Tuesdays and Thursdays from 6:30 - 7:30 pm.

Registrations are now being accepted for the new session of swimming lessons beginning in March 2010 at the Frank J. Dunn Pool. Please register in person at the FJD Pool office or mail your registration form and payment to: Aquatic Lesson Registration, 1211 - 1st Ave West, Prince Albert SK. S6V 4Y8.

Please obtain the March 2010 Swimming Lesson Brochure from the City's website. Most lessons have days when classes are cancelled due to holidays or school closures.



## PRESCHOOL LESSONS

**Sea Turtle** (\$33.00) (Parent Assisted)

Sat. March 27 - June 12 ..... 11:30 - 12 noon

**Salamander** (\$35.00)

Mon. March 22 - June 7 ..... 6:30 - 7:00 pm  
Wed. March 24 - June 2 ..... 6:30 - 7:00 pm  
Fri. March 26 - June 11 ..... 7:05 - 7:35 pm  
Sat. March 27 - June 12 ..... 11:30 - 12 pm  
Sat. March 27 - June 12 ..... 12:55 - 1:25 pm

**Sunfish** (\$35.00)

Sat. March 27 - June 12 ..... 12:55 - 1:25 pm

**Whale and Crocodile** (\$35.00)

Sat. March 27 - June 12 .... 12:15 - 12:45 pm



## SWIMMING LESSONS MARCH 2010

Mon. March 22 - June 7 ..... 6:30 - 7:00 pm  
**1** Wed. March 24 - June 2 ..... 6:30 - 7:00 pm  
Fri. March 26 - June 11 ..... 6:30 - 7:00 pm  
Sat. March 27 - June 12 ..... 1:40 - 2:10 pm

**1&2** Fri. March 26 - June 11 ..... 7:05 - 7:35 pm

Mon. March 22 - June 7 ..... 7:05 - 7:35 pm  
**2** Wed. March 24 - June 2 ..... 7:05 - 7:35 pm  
Fr. March 26 - June 11 ..... 6:30 - 7:00 pm  
Sat. March 27 - June 12 ..... 1:50 - 2:20 pm

Mon. March 22 - June 7 ..... 7:05 - 7:35 pm  
**3** Fri. March 26 - June 11 ..... 6:30 - 7:00 pm  
Sat. March 27 - June 12 ..... 1:40 - 2:10 pm

Wed. March 24 - June 2 ..... 7:05 - 7:35 pm  
**4** Fri. March 26 - June 11 ..... 7:05 - 7:35 pm  
Sat. March 27 - June 12 ..... 12:15 - 12:45 pm

Wed. March 24 - June 2 ..... 6:30 - 7:15 pm  
**5&6** Fri. March 26 - June 11 ..... 6:30 - 7:15 pm  
Sat. March 27 - June 12 ..... 12:55 - 1:40 pm

**7&8** Mon. March 22 - June 7 ..... 6:30 - 7:15 pm

**9&10** Sat. March 27 - June 12... 11:45 am - 12:45 pm