



E-PROGRAM NEWSLETTER

May, 2010

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.



GRAND OPENING CELEBRATIONS

Friday, June 4th and Saturday, June 5th

The general public is invited to attend the Grand Opening Celebrations taking place Friday, June 4th and Saturday, June 5th, 2010 at the Alfred Jenkins Field House. Celebrations will include special guests and dignitaries, unveiling of Donor Wall, wall climbing demonstrations, aerobic and fitness classes, musical entertainment and much more. Watch for details over the next few weeks.

Alfred Jenkins Field House opens to public on Monday, May 17th.

The City of Prince Albert is pleased to announce that the ALFRED JENKINS FIELD HOUSE will be opening its doors to the general public on Monday, May 17, 2010. The Field House will be open 7 days per week from 5:00 a.m. to 11:00 p.m. offering a variety of services and programs certain to please all levels of fitness enthusiasts. This state of the art facility offers a variety of membership packages as well as daily drop-in rates. Meeting rooms are available and Birthday Party packages that combine a multi-purpose room



with the use of the gymnasium, or climbing wall are available.

Parking is FREE for all patrons, spectators and guests, however, all vehicles are required to display a valid parking permit. Guest permits can be picked up at the main reception area free of charge.

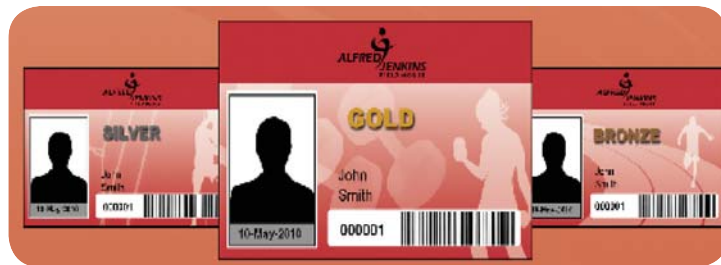
The general public is welcome and encouraged to tour the facility beginning May 17th.

Alfred Jenkins Field House
953-4989

Alfred Jenkins Field House

• MEMBERSHIP INFORMATION •

The Broda Family Fitness Centre is equipped with a full line of fitness equipment including elliptical bikes, treadmills, free weights and bench presses. We encourage you to stop by and take a look around at this spectacular new facility and check out what membership package may best interest you. Our staff looks forward to assisting you and your family, helping you keep active and have fun.



Alfred Jenkins Field House memberships will be available for purchase when the building opens to the general public on May 17, 2010. You will also be able to purchase a AJFH membership from the Margo Fournier Center beginning May 17th.

Gold Membership

Includes access to the B & B Walking Track, Broda Family Fitness Centre, Conexus Credit Union Climbing Wall, drop-in sports in the NLDC Gymnasium and drop-in fitness classes at the AJFH and the Margo Fournier Centre. Plus Gold members will receive 10% off all AJFH registered programs.

	Youth/Senior	Adult	Family
1 month	\$ 45.00	\$ 60.00	\$ 120.00
3 months	\$ 129.00	\$ 170.00	\$ 340.00
6 months	\$ 243.00	\$ 325.00	\$ 650.00
9 months	\$ 345.00	\$ 460.00	\$ 920.00
12 months	\$ 405.00	\$ 540.00	\$1,080.00

Silver Membership

Includes access to the B & B Walking Track, the Broda Family Fitness Centre, the Conexus Credit Union Climbing Wall & drop-in sports in the NLDC Gymnasium during scheduled drop-in times.

	Youth/Senior	Adult	Family
1 month	\$ 34.00	\$ 45.00	\$ 90.00
3 months	\$ 97.00	\$ 129.00	\$ 258.00
6 months	\$ 184.00	\$ 243.00	\$ 486.00
9 months	\$ 260.00	\$ 345.00	\$ 690.00
12 months	\$ 306.00	\$ 405.00	\$ 810.00

AJFH PROGRAM BROCHURE

A variety of new programs are being offered this spring at the Alfred Jenkins Field House. Complete details on the City of Prince Albert website:

www.citypa.ca

Bronze Membership

Includes access to the B & B Walking Track and the Broda Family Fitness Centre during scheduled drop-in hours.

	Youth/Senior	Adult	Family
1 month	\$ 30.00	\$ 37.00	\$ 74.00

CORPORATE MEMBERSHIPS

Businesses, agencies or organizations are invited to become an Alfred Jenkins Field House Corporate Member. There is no fee for a business/organization to join and with 10 or more employees signing up, employees will receive a 5% saving off regular membership fees.

WHAT'S INCLUDED IN THE CORPORATE MEMBERSHIPS PACKAGES?

The services available for each of the Gold, Silver and Bronze "Corporate" Membership packages are identical to the services provided for "Regular" Membership packages. Corporate members simply receive a savings of 5% off regular membership fees.

- CORPORATE MEMBER RATES -

Corporate Gold Member

Corporate Membership Rate:	Adult
1 month	\$ 57.00
3 months	\$ 161.50
6 months	\$ 308.75
9 months	\$ 437.00
12 months	\$ 513.00

Corporate Silver Member

Corporate Membership Rate:	Adult
1 month	\$ 42.75
3 months	\$ 114.00
6 months	\$ 230.85
9 months	\$ 327.75
12 months	\$ 384.75

Corporate Bronze Member

Corporate Membership Rate:	Adult
1 month	\$ 35.15



Alfred Jenkins Field House SPRING & SUMMER PROGRAMS

Visit the City of Prince Albert website for complete descriptions of the various programs taking place at the Field House this spring and summer.

BOXERCISE - a high energy fitness experience based on boxing movements. Improves coordination, balance and flexibility.



Drop-in Fitness (begins the week of May 17th)

Early Morning Drop In Fitness	Monday, Wednesday, Friday	6:15 – 7:00 AM
Noon Drop-In Fitness	Monday to Friday	12:15 – 12:45 PM
Light Drop-In Fitness	Monday, Wednesday, Friday	1:30 – 2:30 PM
After Work Drop-In Fitness	Monday to Friday	5:30 – 6:30 PM
Week End Drop In Fitness	Saturday, Sunday	1:00- 2:00 PM

Registered Programs (begins the week of May 24th)

Yoga (Course Code: 1662)	Tuesdays, May 25 – June 29	7:00 – 8:00 PM	\$50.00
Bender Ball (Course Code: 1663)	Tuesdays, May 25 – June 29	7:00 – 8:00 PM	\$50.00
Cardio-Yoga Fusion (1664)	Wednesdays, May 26 – June 29	7:00 – 8:00 PM	\$50.00
Boxercise (1661)	Wednesdays, May 26 – June 23	7:00 – 8:00 PM	\$40.00

Alfred Jenkins Field House

• ROOM RENTAL RATES •

• Northern Lights Community Development Corporation Gymnasium



	<i>\$/hour</i>	<i>\$/day</i>
- Youth groups (regular)	\$ 34.00	\$ 214.50
- Youth groups (charging admission)	\$ 42.25	\$ 266.50
- Adult groups (regular)	\$ 42.25	\$ 266.50
- Adult groups (charging admission)	\$ 52.25	\$ 331.50

• Indoor Artificial Turf Field:



	<i>\$/hour</i>	<i>\$/day</i>
Rental - Half of the Turf Field		
- Hauser Family Field (1/2 field)	\$ 60.00	\$ 390.00
- Jim Glass & Family Field (1/2 field)	\$ 60.00	\$ 390.00
Rental - Full Indoor Turf Field	\$120.00	\$ 780.00

B & B Asphalt Walking Track	<i>\$/hour</i>	<i>\$/day</i>
(Groups - exclusive use)	\$ 25.00	\$ 162.50



There are three (3) Multi-Purpose Rooms located on the second floor of the Alfred Jenkins Field House.

- **AODBT Multi-Purpose Room**
- **RNF Ventures Multi-Purpose Room**
- **Malhotra Family Multi-Purpose Room**

Rates for each of the Multi-Purpose Rooms:	<i>\$/hour</i>	<i>\$/day</i>
- Youth Groups (regular)	\$ 8.25	\$ 52.00
- Youth Groups (charging admission)	\$ 9.75	\$ 61.75
- Adult Groups (regular)	\$ 9.75	\$ 61.75
- Adult Groups (charging admission)	\$ 12.50	\$ 78.00

• **Conexus Credit Union Climbing Wall**

The general public and Gold/Silver members must pre-book to climb on the Conexus Credit Union Climbing Wall. The hourly fee for the general public's use of the climbing wall is \$10.00/hour per person. Children must be a minimum of eight (8) years of age.

• **Drop-in Fees** (Walking Track, Gymnasium, Fitness Centre and drop-in Fitness Classes during designated public usage times)

Youth/Seniors:	\$5.00 per day
Adult:	\$6.00 per day
Family:	\$12.00 per day
School classrooms:	\$2.00 per child



MAY - Community Sport, Culture and Recreation Activities

MARGO FOURNIER CENTER

The City of Prince Albert wishes to advise residents that the Margo Fournier Centre will continue to provide regular fitness and aerobic programming at this downtown location. Regularly scheduled fitness classes such as the Easy Adult Fitness and Noon Hour Drop-in will continue until June 2010 and will begin again in the fall.

Inquires? Please call 953-4816



BASKETBALL DAY CAMP

Alfred Jenkins Field House

GYMNASIUM

2787 - 10th Ave. W.

Prince Albert

July 12 - 16, 2010

9 AM - 4 PM

Boys and Girls

9 - 18 years old



Visit www.nbccamps.com for more information



The Prince Albert Raiders in conjunction with Gold and Gold Promotions are pleased to announce that 2010 Juno Award winner **Johnny Reid** will be in concert at the Art Hauser Centre on Sat. Sept. 18th, at 8:00 PM. Tickets go on sale to the general public on Friday, May 14th at 10 AM at www.raiderhockey.com or at the Raider Box Office 764-4263.

2010 Bicycle Recycle Program



An initiative of the Prince Albert Active Transportation Committee and the Habitat for Humanity ReStore.

- WHAT?** A program to encourage community members to donate any unused bikes.
- WHY?** To decrease unused bikes from going to the landfill
To recycle donated bikes and to provide bicycles for children, youth and families.
- HOW?** Drop of your reusable bikes at the Habitat for Humanity - Restore located at 911 Marquis Road East (East on Marquis Road, past 6th Ave. A&W).
- WHEN?** Donated bikes will be accepted starting April 19th.

For more information contact: P.A. Active Transportation Committee chairperson: Peggi-Lynn Gatin 765-6641, PAPHR Health Promotion Coordinator

Thanks to the many partners supporting this initiative.