



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.

# KIDZFEST

## FREE

presents ...

## FAMILY

## FUN FESTIVAL

Thursday, Aug. 5 1:00 - 5:00 PM

Fifi will be performing on stage in Kinsmen Park at 1:30 and 2:30 pm



**Proudly sponsored by the City of Prince Albert Playground Program with the financial support from many, many community groups, funding agencies and businesses.**

KidzFest is back.....with Fifi & the Flowertots! Fifi will be performing two shows on stage at Kinsmen Park with the first show beginning at 1:30 pm and the second show at 2:30 pm. Come early for best seats. As always, FREE admission for everyone!

Summer is here and that means Prince Albert's favorite free children's festival, KidzFest, is back again for another year. This is the 16th year that this event has been organized by the City of Prince Albert playground supervisors and it looks to be bigger than ever.

Everyone is encouraged to head to Kinsmen Park on Thursday, August 5, from 1:00-5:00 pm and enjoy all the great events and entertainment that is scheduled for the afternoon in the park.

This year Fifi & the Flowertots are coming to Prince Albert and they are making their only stop in Kinsmen Park. They will be on the stage entertaining children twice during the afternoon, so parents are encouraged to get there early to get a good seat. Other activities include:

craft area, face painting, balloon animals, games, jumping tents, dunk tank, mini golf, skateboarding, giant raffle, a kiddie area and of course stage entertainment.

"KidzFest is truly a one of a kind event. Where else can you find an event this large, with this amount of entertainment all for free? Not to mention seeing the newest up and coming star of the Treehouse cast," stated Shaun Pikaluk, Recreation Programmer for the City of Prince Albert. "We are very proud of this event and we couldn't have done it with out the generosity of local businesses and other funding agencies, the countless volunteer hours from our volunteers and all of the hard work from the playground supervisors to get this event going."

If you would like to volunteer for the afternoon, you are encouraged to call 953-4816.

For more information regarding Kidzfest please call the Margo Fournier Center 953-4816.



# ALFRED JENKINS FIELD HOUSE

2787 - 10th Ave. West (directly south of the Victoria Hospital)

**SUMMER HOURS  
OF OPERATION**  
7 days per week  
6:30 am - 10:00 pm  
**953-4989**

## EVERYONE WELCOME:

Memberships to the Prince Albert's newest recreational and fitness centre are now available. During the summer months, the Alfred Jenkins Field House is open seven days per week from 6:30 a.m. to 10:00 p.m. and returns to 5:00 a.m. to 11:00 p.m. in the fall. Various

membership packages allow access to a fully equipped fitness centre, the walking/jogging track, Prince Albert's only challenging climbing wall, a variety of drop-in classes and specialized fitness programs. Plan your child's next birthday party at the Alfred Jenkins Field House - Climbing Wall, Gymnasium fun or Video Mania, perfect for gamers and video buffs. Call the Field House today at 953-4989 for more information.

## MEMBERSHIP INFORMATION

### Gold Membership

Includes access to the B & B Walking Track, Broda Family Fitness Centre, Conexus Credit Union Climbing Wall, drop-in sports in the NLCDC 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 NLCDC 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

### Bronze Membership

Includes access to the B & B Walking Track and the Broda Family Fitness Centre during scheduled drop-in hours. The Bronze memberships are sold in one month packages.

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

## AUGUST DROP-IN FITNESS CLASSES

*(Detailed information about the drop-in fitness class are posted on the City's website - Alfred Jenkins Field House/ Program Registrations/Drop-In Monthly Schedule)*

### **Total Body Sculpting and Cardio Core classes intermixed.**

Mondays, Wednesdays and Fridays 12:15 - 12:45

### **Spin/Step Interval & Aerobic Interval classes intermixed.**

Mondays, Wednesdays and Fridays 5:30 - 6:30

### **Light Adult Fitness**

Tuesdays & Thursdays 1:30 - 2:30

## WHAT PROGRAMS WILL BE OFFERED THIS FALL?

Drop-in classes will include Total Body Sculpting, Cardio/ Yoga, Light Adult Fitness, Aerobic Interval, Spin and Step Interval classes. There will also be early morning Drop-in fitness classes and weekend drop-in classes. New classes will include youth and adult Aeroskip, Pilates, Kick-box Cardio, Spin, Strollercize, Yoga for seniors, Adult Yoga, Hip-hop Dance for youth, Prenatal Pilates and Fitness, Learn to Run, Boxercise, Tai Chi, Adult Dance, and Co-ed Volleyball League. Details on dates, fees and times will be posted on the City's website by August 16th, 2010.

# FRANK J. DUNN POOL

## RE-OPENS THIS FALL ON MONDAY, AUG. 30



**Pool Office Hours:**  
 Mon. to Fri: 6:30 pm - 10 pm  
 Saturday: 11:30 am - 5:00 pm  
 and 6:30 - 8:30 pm  
 Sunday: 12:00 noon - 5:00 and  
 6:30 - 8:30 pm

**PHONE: 953-4989**

### PUBLIC SWIMMING

August 30 - September 12  
 Monday 6:30 - 9:00 pm  
 Tuesday 6:30 - 9:00 pm  
 Thursday 6:30 - 9:00 pm  
 Friday 6:30 - 9:00 pm  
 Saturday 2:30 - 5:00 pm  
 6:30 - 8:30 pm  
 Sunday 1:00 - 3:00 pm  
 6:30 - 8:30 pm

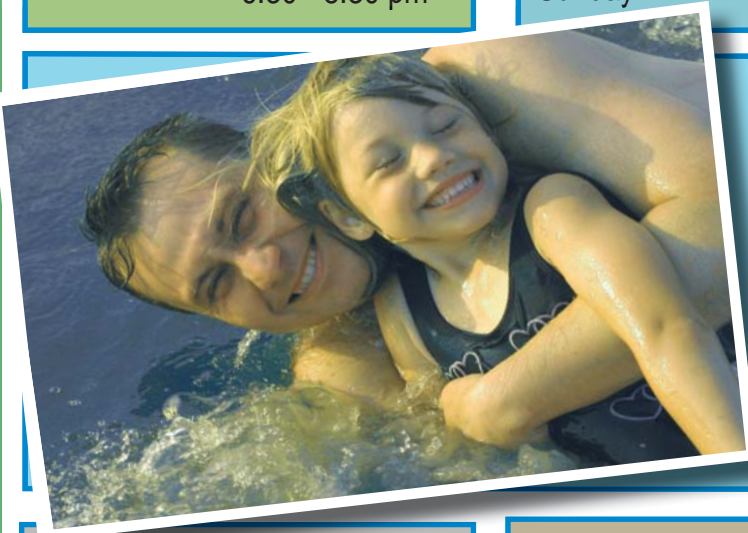
### LANE SWIMMING

**NEW** - Beginning AUG.30  
 Early Morning Lane Swimming  
**Monday 6:00 - 8:30 am**  
**Tuesday 6:00 - 8:30 am**  
 Monday 9:00 - 10:00 pm  
 Tuesday 9:00 - 10:00 pm  
 Wednesday 9:00 - 10:00 pm  
 Thursday 9:00 - 10:00 pm  
 Sunday 12:00 - 1:00 pm

### AQUACIZE

Please call the FJD Pool office to pre-register for Aquacize classes. Class sizes are limited & fill quickly. Classes begin the week of Sept. 27th.

**Shallow Water Aquacize**  
 Tues.&Thurs.6:30 - 7:30 pm.  
**Deep Water Aquacize**  
 Mon. & Wed. 9:00 - 10:00 pm



### FAMILY SWIMMING BEGINS WED. SEPT. 1

*Take time out of your busy schedule this fall to spend quality time with your family at the Frank J. Dunn Pool.*

*Wednesdays 6:30 - 9:00 pm  
 and Sundays 3:00 - 5:00 pm*

### SWIM LESSONS

The Frank J. Dunn Pool will be offering Red Cross swimming lessons this fall. Lessons and the fall registration form now posted on the City's website.

#### Regular Admission Fees

	Single	Punch	3 month	6 month
Child	\$2.00	\$16.00	\$42.00	\$60.00
Student	\$2.50	\$20.00	\$50.00	\$76.00
Adult	\$3.00	\$24.00	\$58.00	\$92.00
Senior	\$2.50	\$20.00	\$50.00	\$76.00
Family	\$8.00	N/A	\$105.00	\$175.00

Admission Fees for **Adult Lane Swimming** are the same as public and family swimming. **Aquacize** fees are \$5.00 drop-in or \$4.00 if paid monthly.

