



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.

### SIGN UP TODAY!

- Both teams and individuals are encouraged to sign up! Registration deadline Sept.15



## Co-ed Ultimate Frisbee (953-4816)

Ultimate Frisbee is one of the fastest growing sports around. It is an exciting, non-contact team sport, played by anyone. It mixes the best features of sports such as Soccer, Basketball, Football and Netball into an elegantly simple yet fascinating and demanding game. The league consists of 6 weeks of round-robin

play followed by a double elimination championship tournament. Games will be played in sports fields around the city. Each team will be scheduled for 1-2 games per week. Teams must have between 7 and 12 players on their roster. This is an co-ed adult league, all players on the roster must be at least 18 years of age and must have a minimum of 3 females. Sat. Sept. 18 – Oct. 30; 1:00 PM – 3:00 PM Fee: \$165.00 per team + \$50.00 mandatory default & \$20.00 equipment fee. Registration and payment deadline: Sept. 15.

## ADULT RECREATIONAL TEAM LEAGUES

### Co-ed Volleyball League (953-4989)

Volleyball Leagues will be held at the Alfred Jenkins Field House with two Divisions: Competitive and Recreational. This league consists of 10 weeks of round-robin play followed by a 2 week double elimination tournament. Competitive division will be geared toward the teams with a little more experience and want to come out and play hard and the recreational division will be geared toward leisure and fun. Both divisions are self refereed. 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 court. This is an adult league; all players on the roster must be at least 18 years. Wed. 7:00 PM – 10:00 PM Sept. 22 – Dec.8 Fee: \$200.00 per team + \$50.00 mandatory default feeRegistration & Payment Deadline: September 15

### Recreational Co-ed Floor Hockey (953-4816)

Floor Hockey is back at the Margo Fournier Centre! The league consists of 10 wks. of round-robin play & double elimination championship tournament. Each team will be scheduled for 3 - 4 games per week. Each game will run in a half-hour time slot. Teams must have between 6 and 12 players on their roster including the goalie. This is a co-ed adult league so each team must have a min of 2 females playing and all players on the roster must be at least 18 years of age. Mon. & Wed. Sept. 20 to Dec. 16 - 7 to 9:30 PM Fee: \$200.00 per team + \$50.00 mandatory default fee. Registration & Payment Deadline: Sept. 15

### Recreational Co-ed Basketball (953-4816)

This league held at the Margo Fournier Center runs for 10 wks. of round-robin play & 2 wk. double elimination tournament. Geared toward leisure and fun, it is not meant to be highly competitive. Each team will be scheduled 1-2 games per week that run an hour in length. Teams must have between 6 and 12 players. This is a co-ed league, however, teams can be made up of all males, all females or a combination of males & females. All players must be min. 18 years of age. Tues. & Thurs. Sept 21 – Dec. 17; 7 – 9 PM Fee: \$200.00/team + \$50.00 mandatory default fee. Registration & Payment Deadline: Sept 15

## SEPTEMBER 2010 E-PROGRAM NEWSLETTER HIGHLIGHTS

- Page 1 Recreational Team Leagues - Adult
- Page 2 Alfred Jenkins Field House - Membership information
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- Page 5 Alfred Jenkins Field House - Adult Registration programs
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- Page 10 Frank J. Dunn Pool - Public swimming, Lane swimming and Aquacize classes
- Page 11 Community Clubs and Community Sport, Culture and Recreation Activities

### COMMUNITY SERVICES DEPARTMENT IMPORTANT PHONE NUMBERS

- 953-4800 Community Services Dept. (P.A. City Hall - 3rd Floor)
- 953-4848 Art Hauser Centre and Arena Ice Rentals
- 953-4989 Alfred Jenkins Field House
- 953-4848 Ches Leach Room / Art Hauser Centre
- 763-2502 Cooke Municipal Golf Course
- 953-4879 Cosmo Lodge / at Little Red River Park
- 953-4848 Cosmo Lodge - bookings
- 953-4844 Dave G. Steuart Arena
- 953-4829 Frank J. Dunn Pool
- 953-4839 Kinsmen Arena
- 953-4800 Little Red River Park (Inquiries)
- 953-4816 Margo Fournier Center
- 953-4800 Parks Inquiries
- 953-4989 Outdoor Sports Fields Bookings
- 953-4800 Parks Inquiries
- 953-4811 Prince Albert Arts Centre (1010 Central Avenue)



NEW PROGRAMS STARTING SOON at the . . .

# ALFRED JENKINS FIELD HOUSE

**PHONE: 953-4989**

**FALL HOURS OF OPERATION**  
**6:00 AM to 11:00 PM**  
**beginning Tuesday, Sept. 7**

## 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

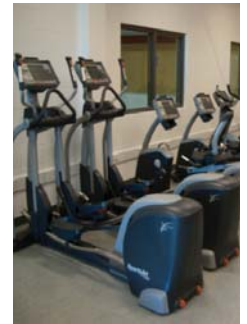
Includes access to the B & B Walking Track, the Broda Family Fitness Centre, the Conexus Credit Union Climbing Wall, drop-in sports in the NLCDC Gymnasium during scheduled drop-in times.

	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



- **GOLD MEMBERSHIP** includes FREE participation in all of the drop-in classes at both the Alfred Jenkins Field House and the Margo Fournier Center. Plus 10% off all AJFH registered programs.
- **MONTHLY PAYMENT PLANS** are accepted.
- **CORPORATE MEMBERSHIP PLANS** are also available.

## - DROP IN FITNESS CLASSES -

### Early Morning Drop-In Fitness

Mon. Wed. Fri.	6:00 – 6:45 AM
Tues. Thurs.	7:00 – 7:45 AM

### Noon Drop-In Fitness

Monday – Friday	12:15 – 12:45 PM
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### Light Drop-In Fitness

Mon. Wed. Fri.	1:30 – 2:30 PM
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### Spin Class

Tues.	5:30 – 6:30 PM
Thurs.	6:00 – 6:45 AM

### After Work Drop-In Fitness

Monday – Friday	5:30 – 6:30 PM
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### Week End Drop-In Fitness

Saturday	9:30 – 10:30 AM
Sunday	1:30 – 2:30 PM



# CHILDREN AND YOUTH PROGRAMS - Keep Active and have FUN!

(Course descriptions available on-line ([www.citypa.ca](http://www.citypa.ca)) or at the AJFH)



• **Learn to Climb (8 to 11 yrs)**

Sundays, Sept 19th – Nov 7th (No Classes Oct 10th & Oct 31st)  
 Two different times are available: Sundays: 9:00 – 10:30 AM (Course # 1873) or 10:30 AM – 12:00 PM (Course # 1874) \$50.00/6 weeks

• **Youth Gym & Video Mania (12-15 yrs)**

Fridays 6:00 – 10:00 PM NOTE: This is a NON-REGISTERED PROGRAM - Youth just show up! Registration fee is \$5.00 per person. Youth are welcome to drop into the AJFH Friday evenings, come by and shoot some hoops, get a volleyball or floor hockey game going with your friends, play the Nintendo Wii complete with Wii Sports for up to 4 players or watch a movie on breathtaking 150 inch high definition screen.

• **Teen Girls Fitness (14 - 16 yrs)**

Wednesdays, Sept 15 – Oct 20 6:30 – 7:20 PM \$50.00/6 classes (Course # 1863)

• **Soccer for Tots (2 & 3 yrs)**

Mondays, Sept 13 – Oct 25 (No Class Oct 11th) 10:00 – 10:45 AM \$50.00/6 classes (Course # 1852)

• **Sports Mania for Kids (4/5 yrs & 6/7 yrs)**

Ages: 4 & 5 - Sun. Sept 19 - Nov 7 (n/c Oct 10 & Oct 31) 10 - 10:45 AM \$50.00/6 weeks (Course # 1875)

Ages: 6 & 7 - Sun. Sept 19 - Nov 7 (n/c Oct 13 & Oct 31) 11 - 11:45 AM \$50.00/wks (Course # 1876)

• **Hip Hop Dance (8-11 yrs)**

Tuesdays, September 14 – November 2 4:15 – 5:00 PM \$60.00/ 8 classes (Course # 1862)

• **Youth Aeroskip (9-14 yrs)**

Sundays, Sept 19 – Nov 21(n/class Oct 11 & Oct 31) 4:00 – 5:00 PM \$60.00/8 classes (Course # 1877)

## HAVE YOUR NEXT BIRTHDAY PARTY at the ALFRED JENKINS FIELD HOUSE!



Choose from three Birthday Party packages:

- 1) **Gymnasium Playtime:** \$65.00/booking - 90 min. in gym and 1 hr. in multi-purpose room.
- 2) **Rock Climbing Adventure:** Fee: \$130.00 90 min. on climbing wall and one hr. in the multi-purpose room. All children must be at least 8 years of age.
- 3) **Video Mania:** \$90.00/booking includes 2.5 hrs of theatre use plus 30 min. in multi-purpose room.

# “REGISTRATION PROGRAMS”

## Pilates - Beginner

Instructor: Christina Schmalz

Sept 13<sup>th</sup> – Nov 8<sup>th</sup>, 2010

(No Class Oct 11<sup>th</sup>)

Mondays, 6:30 – 7:20 PM

\$60.00/8 classes

Course Code # 1853

This beginner friendly class consists of very gentle exercises done on a mat in either a sitting or lying down position. The primary focus is on awareness of the spine, proper breathing, core strength and flexibility. The outcome of Pilates training is a balanced body which is strong and supple, flat stomach, balanced legs, and a strong back.

Pilates - Instructor: Barbara Jones

Sept 16<sup>th</sup> – Nov 4<sup>th</sup>, 2010

Thursdays, 12:10 -12:55 PM

\$60.00/8 classes

Course Code # 1870

Pilates mat class offers a unique method of body control and conditioning while stretching, strengthening and toning core muscles. Pilates has been one of the leading exercise disciplines of this decade, and has significant results in all fitness levels!

**Prenatal Pilates and Fitness** - Instructor: Christina Schmalz

Sept 20<sup>th</sup> – Nov 15<sup>th</sup>, 2010 (No Class Oct 11<sup>th</sup>)

Mondays, 7:30 – 8:10 PM

\$60.00/8 classes

Course Code # 1854

PILATES follows the current standards practiced in the fitness industry regarding safety during pregnancy and the guidelines set out by professional organizations such as the American College of Obstetricians and Gynecologists and the Society of Obstetricians and Gynecologists of Canada. These classes will help soon to be moms in their preparation for childbirth and the demands of motherhood by strengthening the pelvic floor, back and supporting musculature.

Strollercize - Instructor: Christina Schmalz

Sept 21<sup>th</sup> – Oct 14<sup>th</sup>, 2010

Tuesdays (track), Thursdays (gym) 11:00 – 11:40 AM

\$60.00/8 classes

Course Code # 1857

Strollercize is a fun and effective workout that combines core, cardiovascular, agility and resistance training to help you get the energy and strength you need as a busy mom. Spend some quality time with your baby and meet some other great moms while you loose inches and burn calories. This class is suitable for moms and babies 6 weeks post partum.



Early Morning Spin Class - Instructor: Christina Schmalz

Sept 14<sup>th</sup> – Nov 2<sup>nd</sup>, 2010

Tuesdays, 6:00 – 6:45 AM

\$60.00/8 classes

Course Code # 1855

A fun cardiovascular, no impact workout using a stationary bicycle. Your instructor will simulate a variety of sprinting and hill climbing drills enabling you to build your cardiovascular fitness, muscle strength and endurance. Classes are for all levels, beginners to advanced, as you are in control of your resistance level on your bike and how hard you want to work in class. Spin training is a great accompaniment to any fitness program or makes for excellent cross training exercise.

Spin - Instructors: Keleen Wolfe and Susan Stubbs

Sept 16<sup>th</sup> – Nov 4<sup>th</sup>, 2010

Thursdays, 6:30 -7:30 PM

\$60.00/8 classes

Course Code # 1871

An instructor will lead the class on a group ride including a warm up phase, sustained aerobic phase and a cool down phase. Hills and valleys are simulated by increasing and decreasing resistance creating a realistic biking experience. This course is perfect for all skill levels as individuals can participate at their own pace based on personal fitness level.

HIIT Boot Camp - Instructor: Kelleen Wolfe

Sept 18<sup>th</sup> – Nov 13<sup>th</sup> (No class Oct 9<sup>th</sup>)

Saturdays 9:00 – 10:30 Am

\$80.00/8 classes

Course Code # 1872

High Intensity Interval Training – Total Body Conditioning with cardio, core, weight training and plyometric intervals.

Boot Camp (Instructor: Janna Anderson)

Sept 14<sup>th</sup> – Oct 7<sup>th</sup> 2010

Tuesday, Thursday 9:00 – 10:00 AM

\$60.00/8 classes

Course Code # 1856

Boot Camp work outs your entire body by going from one exercise to another, and challenging your body to its limit. You work, you sweat and, best of all, you burn calories like crazy.

Adult Aero-skip - Instructor: Kelleen Wolfe

Sept 19<sup>th</sup> – Nov 21<sup>st</sup>, 2010 (No Classes Oct 11<sup>th</sup> & Oct 31<sup>st</sup>)

Sundays, 5:00 – 6:00 PM

\$60.00/8 classes

Course Code # 1878

Learn to skip class for adults. High Impact class for all fitness levels with many health & skill related benefits; increase your cardio and muscle strength and endurance, increases coordination, timing and rhythm, improves agility, and much more. Single rope skills, skipping drills, and choreographed routines.

Bender Ball - Instructor: Kelleen Wolfe  
Sept 14<sup>th</sup> – Nov 2<sup>nd</sup>, 2010  
Tuesdays, 7:00 – 8:00 PM  
\$60.00/8 classes  
Course Code # 1860

Bender Ball Core Training is a dynamic safe approach to deep core muscle activation and total body conditioning using a Bender Ball. The Bender Ball method focuses on deep core training techniques to increase the stability and mobility of the spine to create a strong healthy back and body. "NO IMPACT CLASS"

Learn to run - Instructor: Christina Schmalz  
Sept 15<sup>th</sup> – Nov 3<sup>rd</sup>, 2010  
Wednesdays, 7:30 – 8:20 PM  
\$60.00/8 classes  
Course Code # 1864

For those looking to drastically improve their cardiovascular fitness and obtain over better health. Learn to run program is a progressive program of walking and running. By the end of this 6 or 8 week program you should be able to complete a 5k run. The key to our learn to run program is to keep consistent and run/walk three times per week. Running is an activity that requires rhythm and consistency, practice is the best way to establish this pattern. Those wishing to take part in the learn to run program should be able to comfortably walk for 30 minutes.

Boxercise - Instructor: Kerri McLeod  
Sept 15<sup>th</sup> – Nov 3<sup>rd</sup>, 2010  
Wednesdays, 7:00 – 8:00 PM  
\$60.00/8 classes  
Course Code # 1865

Boxercise is a high-energy fitness experience that is based on the techniques and movements of boxing. You will get a full body workout that includes both aerobic and anaerobic components. Boxercise will improve your coordination, balance and flexibility while providing a safe and fun workout appropriate for all skill levels.

Dance Fit - Barbara Jones  
Sept 23<sup>th</sup> – Nov 18<sup>th</sup>, 2010  
Thursdays, 10:00 -10:50 AM  
\$60.00/8 classes  
Course Code # 1868

Keep your mind and body in dance time! Enjoy a morning of movement and music, exploring the joy, energy and benefits of dance. This class is geared for older adults - no experience necessary.

Tai Chi - Instructor: Barbara Jones  
Sept 23<sup>th</sup> – Nov 18<sup>th</sup>, 2010  
Thursdays, 11:00 -11:50 AM  
\$60.00/8 classes  
Course Code # 1869

Tai Chi originated hundreds of years ago in China, slow flowing movement will be explored while learning the Yang Short Form. It is a discipline that not only improves strength, balance, and flexibility but also relieves stress and increases mental awareness. This class is geared for older adults.

Yoga for Seniors - Instructor: Yvonne Murphy  
Sept 14<sup>th</sup> – Nov 2<sup>nd</sup>, 2010  
Tuesdays 10:00 – 11:00 AM  
\$60.00/8 classes  
Course Code # 1858

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



Yoga - Instructor: Yvonne Murphy  
Sept 14<sup>th</sup> – Nov 2<sup>nd</sup>, 2010  
Tuesdays 6:30 – 7:30 PM  
\$60.00/8 classes  
Course Code # 1859

Yoga focuses on the physical postures called asanas, 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.

Cardio-Yoga Fusion - Instructors: Josie Hemsworth and Suzanne Stubbs  
Sept 14<sup>th</sup> – Oct 7<sup>th</sup>, 2010  
Tuesdays, Thursdays 7:30 – 8:30 PM  
\$60.00/8 classes  
Course Code # 1861

Cardio-Yoga Fusion combines a vigorous 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. Aerobic steps, free weights and other equipment are utilized.

## REGISTRATION INFORMATION

**Memberships are not required to register for these programs, however GOLD members receive 10% off registration fees.**

**Register in person at the AJFH.**

**Hours of operation: 6 am to 11 pm / 7days per week.**

# MARGO FOURNIER CENTER

1211 - 1st Avenue West, Prince Albert

Phone: 953-4816

## Margo Fournier Center Drop-In Fitness Pass

Purchasing a City of Prince Albert Drop-In Fitness Pass gives you access to all three of the following Drop-In Fitness Classes. Using a Fitness Pass is fast and easy. Each time you attend a Drop-In Fitness Class simply scan your card at the front desk to subtract a class from your pre-purchased balance. Fitness Passes come in a variety of denominations from 1 class up to 20 classes.

### Drop-In Fitness Classes

(Drop In classes begin September 13th)

**Cardio / Core Strengthening** with Gloria Bell  
Mon, Wed, Fri ..... 5:15 PM – 6:15 PM

**Easy Adult Fitness** with Ruth Griffiths  
Mon, Wed, Fri ..... 10:30 AM – 11:30 AM

**Noon Hour Fitness** with Josie Hemsworth  
Mon: Step Intervals Tues: Cardio Wed: Step Intervals  
Thurs: Core Intervals Fri: Yoga  
Mon – Fri ..... 12:15 PM – 12:45 PM

### Drop-In Fitness Fees:

Drop-In	\$5.00
5 Classes	\$20.00
10 Classes	\$35.00
15 Classes	\$45.00
20 Classes	\$55.00

### Noon Hour Walk (FREE)

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 program required.  
Sept 6 – Dec 22..Mon. to Fri .12:00 PM – 12:50 PM

## MFC Registered Programs

Pre-registration is required for all courses (by mail or in person). Full payment is due at the time of registration. Registrations will not be accepted over the telephone.

### Beginner Yoga with Ruth Griffiths

- #1 Sept. 15 – Nov. 3, 2010.....7:00 PM – 8:00 PM  
Wednesdays for 8 Weeks **\$60.00**
- #2 Nov. 10 – Dec. 15.....7:00 PM – 8:00 PM  
Wednesdays for 6 Weeks **\$50.00**

### Yoga for Seniors with Grace Dansereau

- #1 Sept. 23 – Oct. 28.....11:00 AM – 12:00 PM  
Thursday for 6 Weeks **\$50.00**
- #2 Nov. 4 – Dec. 23.....11:00 AM – 12:00 PM  
Thursday for 6 weeks **\$50.00**

### Step-Yoga Fusion with Gloria Bell

- #1 Sept 9– Oct 28.....7:00 PM – 8:00 PM  
Thursdays for 8 Weeks **\$60.00**
- #2 Nov. 4 – Dec. 16.....7:00 PM – 8:00 PM  
Thursdays for 6 weeks **\$50.00**

### Bigger & Better with Ruth Griffiths

- #1 Sept. 13 – Nov. 8..... 6:30 PM – 7:30 PM  
Mondays for 8 Weeks **\$60.00**
- #2 Nov. 15 – Dec. 20.....6:30 PM – 7:30 PM  
Mondays for 6 weeks **\$50.00**

### Gentle Chair Assisted Exercises for Seniors with Grace Dansereau

- #1 Sept. 21 – Oct. 26.....10:00 AM – 11:00 PM  
Tuesdays for 6 Weeks **\$50.00**
- #2 Nov. 2 – Dec. 14.....10:00 AM – 11:00 PM  
Tuesdays for 6 weeks **\$50.00**

### Fit Ball with Ruth Griffiths

- #1 Sept. 14 – Nov. 2.....6:30 PM – 7:30 PM  
Tuesdays for 8 weeks **\$60.00**
- #2 Nov. 9 – Dec. 14.....6:30 PM – 7:30 PM  
Tuesdays for 6 weeks **\$50.00**



# Prince Albert Arts Centre

1010 Central Avenue, Prince Albert Phone: 953-4811

The 2010 FALL PRINCE ALBERT ARTS CENTRE BROCHURE can be found on the main page of the City of Prince Albert Website (under Popular Links) providing you with complete class descriptions, instructors and registration fees. You can also phone the Arts Centre at 953-4811 and we will be glad to mail a brochure to your home residence.

## - Adults -

### DRAWING & PAINTING

- Painting with Acrylics* - C.Wylie, Saskatoon  
Saturday, Sept. 18 | 10:00 am - 6:00 pm
- Drawing # 1 (Introduction to Drawing)*  
J. Phalen Sunday, Oct. 3 | 10:00 am - 6:00 pm
- Drawing # 2 (Drawing with Charcoal & Pastels)*  
J. Phalen Sunday, Oct. 24 | 10:00 am - 6:00 pm
- Watercolor Painting* - D.Bauche  
Sunday, November 7 | 10:00 - 6:00 pm
- Seeing Energy with Watercolour* - K. Bird  
Sat. Dec. 4 & Sun. Dec. 5 | 9:00 am - 5:00 pm
- Watercolour Workshops* - J.Middlebrook  
Beginner # 1: Sat. Oct. 2 | 10:00 am to 5:00 pm  
Beginner # 2: Sat. Oct. 16 | 10:00 am to 5:00 pm  
Beginner # 3: Sat. Oct. 23 | 10:00 am to 5:00 pm  
Realism to Abstract: Sat. Oct. 30 | 10 am to 5 pm  
Buildings: Sat. Nov. 6 | 10:00 am to 5:00 pm  
Forested Landscapes: Sat. Nov. 13 | 10 to 5 pm  
Florals: (Drawing & Painting) Nov. 20 | 10 to 5 pm  
Florals (Shading & Shadows) Nov. 27 | 10 to 5 pm
- Body Image Workshop* - L. Streifler, Regina  
Participants will use art material and processes of their choice to explore body image from an individual perspective in a non-judgmental atmosphere. Previous art experience not necessary. Ages: Girls/Women 12+  
Saturday, Nov. 20 | 6:00 - 9:00 pm AND  
Sunday, Nov 21 | 10:00 am - 1:00 pm

### PHOTOGRAPHY

- Visual Photography* - G.Payton  
Thursdays, Sep. 16 - Oct. 14 | 7:00 - 9:00 pm
- SLR Photography* - G.Payton  
Thursdays, Oct 21 - Nov. 25 | 7:00 - 9:00 pm

## - Adults -

### SPINNING, WEAVING AND FIBRE

- Beginner Weaving* - S.Devine - Oct. 16, 17 and October 23, 24 10:00 am - 5:00 pm
- Shiva Paintstick Workshop* - K. Tanner  
Sunday, Oct. 17 | 10:00 am - 4:00 pm
- Living Wreath* - S.Coburn Wed. Dec. 1 | 7 - 9 pm
- Table Centrepiece* - S.Coburn Wed. Dec. 8 | 7 - 9 pm

### WINE & COCKTAIL CLASSES

- Instructor: J. Romanow, Saskatoon (1:00 - 3:00 pm)
- Beyond Icewine: The Wines of Canada* Sat. Oct. 2
- La Vie en Rose: The Wines of France* Sat. Oct. 23
- The Wines of South America* Sat. Nov. 13
- Is Expensive Wine Worth the Price?* Sat. Nov. 27
- Jazzing Your Drink: Introduction to Cocktails* Sat. Dec. 11

### CULTURAL CLASSES

- Making Arrowheads* - D.Allen Tues' Sep. 28 - Oct. 26 | 7:00 - 9:00 pm
- Making Mukluks* - D.Alexson Mondays, Oct. 4 - Nov. 22 | 6:00 - 8:00 pm
- Side Seam Moccasins* - D.Alexson Weds, Oct. 13 - Nov. 17 | 6 - 8:00 pm
- Fish Scale Art* - D.Alexson Wednesday, Nov. 24 | 6:00 - 8:00 pm

### POTTERY & SANDBLASTING

- Beg. Pottery Wheel* - L.Erhardt Thurs's, Sep. 30 - Nov. 4 | 6:30 - 9:30 pm
- Beg. Sandblasting* - L. Erhardt Sunday, Sep. 26 | 1:00 - 4:00 pm
- Clay Handbuilding* - L.Erhardt Tuesdays, Oct. 5 - Nov. 9 | 6:30 - 9:00 pm
- Pottery on the Wheel* - T.Snow Mondays, Nov. 1 - Dec. 6 | 6:30 - 9:30 pm

### STAINED GLASS and GLASS CUTTING

- Beginner Stained Glass* Fridays, Sept. 10 - Oct. 15 | 1:00 - 4:00 pm
- Advanced Stained Glass* (two classes offered)  
Class # 1: Wed's, Sep. 8 - Oct. 13 | 7 - 10 pm  
Class # 2: Fridays, Sep. 10 - Oct. 15 | 1 -4 pm
- Glass Cutting Workshop* Saturday, Oct. 16 | 10:00 am - 12:00 pm
- Stained Glass Paving Stone* Saturday, Oct. 23 | 10:00 am - 4:00 pm
- Lead Wrapping* - Sat. Nov. 20 | 1 - 3 pm
- Lighted Mosaic Holiday Glass Block* Saturday, Dec. 4 | 1:00 - 3:00 pm

### CREATIVE WRITING WORKSHOPS (There are 6 different workshops offered each taking place Saturdays from 10:00 am - 4:00 pm)

- # 1 - *Finding the Basics*: Sept. 18
- # 2 - *Finding the Nerve*: Sept. 25
- # 3 - *Finding the Fun*: Oct. 16
- # 4 - *Finding the Courage*: Oct. 30
- # 5 - *Finding the Beginning*: Nov. 6
- # 6 - *Finding Whats Real*: Nov. 20



## - Children -

Registrations are accepted in person at the Prince Albert Arts Centre. Children attending school in the public and separate systems will receive a copy of the **Arts Centre 2010 Fall Brochure** in September. We recommend early registration as many of the classes fill quickly.

### CHILDRENS & YOUTH ART CLASSES

**Painting For Kids** (Ages 6-12) Tues. Oct. 5 - Oct. 26 | 4:30 - 5:30 pm

**Drawing: Ages 8 - 9**

# 1 - Lines, Patterns & Shapes: Tues. Sep. 7 - Sep. 28 | 6:30 - 7:30 pm

# 2 - Shape & Volume through Contrast: Tues. Oct. 5 - Oct. 26 | 6:30 - 7:30 pm

# 3 - Colour & Texture: Tues. Nov. 2 - Nov. 30 | 6:30 - 7:30 pm

**Drawing: Ages 10 - 13**

# 1 - Lines, Patterns & Shapes Sun. Sep. 12 - Sep. 26 | 2:00 - 4:00 pm

#2 - Shapes & Volume through Contrast Sun., Oct. 3 - Oct. 31 | 2 - 4:00 pm

#3 - Colour & Texture Sun. Nov. 7 - Nov. 28 | 2:00 - 4:00 pm

Drawing Classes: It is recommended that children start with Class # 1 and progress through 2 & 3 but this is not mandatory.

**Handbuilding with Clay**

Ages 7 - 8 Tuesdays, Sep. 28 - Nov. 2 | 4:30 - 5:30 pm

Ages 9 - 12 Thursdays, Sep. 30 - Nov. 4 | 4:30 - 5:30 pm

**Intermediate Pottery** (Ages 8 - 12) Wed. Oct. 13 - Dec. 1 | 4:45 - 6:00 pm

**Youth Sandblasting** (Ages 14 - 17) Sundays, Nov. 14 | 1:00 - 4:00 pm



### PRESCHOOL ART, MUSIC AND CRAFT CLASSES

**Preschool Art Play** (Ages 3-5) Wed. Oct. 6 - Nov. 10 | 10 - 11 am

**Singing & Rhythm** (Ages 3 - 5) Thurs. Oct. 7 - Dec 2 10:00 - 10:45 am

**Thanksgiving Theme Crafts** (Ages 4 - 6) Thurs. Oct. 7 | 5:30 - 6:30 pm

**Making Halloween Decorations** (Ages 4 - 6) Thurs. Oct. 28 | 5:30 - 6:30 pm

**Making Christmas Decorations** (Ages 4 - 6) Thurs. Dec. 2 | 5:30 - 6:30 pm

**Making Christmas Gifts** (Ages 4 - 6) Thurs. Dec. 9 | 5:30 - 6:30 pm

**Making Christmas Cards** (Ages 4 - 6) Thurs. Dec. 16 | 5:30 - 6:30 pm

### COOKING & CRAFT CLASSES

**Cooking for Kids** (Ages 6-12) Thurs. Oct. 7 - Oct. 28 | 5:00 - 6:00 pm

**Necklace & Bracelet Making** (Ages 6 - 10) | Mon. Oct. 4 | 5:30 - 6:30 pm

**Pumpkin Carving** (Ages 8 - 12) Thurs. Oct. 28 | 4:30 - 6:00 pm

**Christmas Countdown** (Ages 6 - 12) Tues. Nov. 23 - Dec. 14 | 4:30 - 6:00 pm

**Fresh Christmas Wreath** (Ages 9+) Tues. Dec. 7 | 7:00 - 8:30 pm

**Making Sock Puppets** (Ages 5 - 7) Mon. Oct. 18 - Oct. 25 | 5:30 - 6:30 pm

**Fish Scale Art** (Ages 12 & Over) Wednesday, Dec. 1 | 6:00 - 8:00 pm



### Open Studio Time (Free)

The Prince Albert Council for the Arts provides free open studio time for children Wednesdays after school and for girls ages 15 and over on Mondays. Call the Arts Centre for more info.

### FAMILY CLASSES

**Family Flint Knapping** (Ages 8+)

Tues. Nov. 9 - Nov. 23 | 6:00 - 7:30 pm

**Family Nativity Scene** (any combination of children, youth, parents and grandparents are welcome to register for this class. Two to six people can register as a family.)

Sundays, Nov. 28 - Dec. 12 | 1:30 - 4:30 pm



# ART HAUSER CENTRE

690 (B) - 32nd Street East, Prince Albert  
953-4848



## PUBLIC SKATING

The following Public Skating sessions take place at the Art Hauser Centre over the next month and are free of charge to the public.

Sunday, September 26      9:00 - 10:30 a.m.  
Sunday, October 3        2:00 - 3:30 p.m.

## PUBLIC SKATING

Public Skating begins at the Steuart Arena October 10th - Sunday afternoons from 2:00 - 3:30 pm (not available December 12 and 26, 2010). Admission fees are applicable at the Steuart Arena.

**FREE PARENT AND TOT SKATING** is offered at the Kinsmen Arena every Tuesday afternoon from 1:30 to 3:00 pm from September 7th to March 15th. (not available December 28, 2010) Free Parent and Tot Skating begins Thursday, October 7th 10:00 - 11:30 at the Steuart Arena and will continue until March 17th (not available December 30, 2010).

**FREE ADULT AND SENIOR SKATING** is now offered at the Kinsmen Arena every Wednesday afternoon from 1:30 and 3:00 pm and Thursday morning from 10:30 - 11:30 am. Free adult and senior skating begins at the Steuart arena Tuesday, October 5th, as well. Sessions continue until the mid-March, 2011. Please note that some days are not available due to previous bookings. Please check the city's website for skating session monthly schedules.

## WALKING/JOGGING

Walking/Jogging on the upper deck of the Art Hauser Centre begins for the season on Monday, October 18th. The schedule for available hours for walking/jogging will be posted on the City's website on October 1st.

## CHES LEACH LOUNGE

Bookings are now being accepted for weekday and weekend events such as meetings, conferences, weddings and special events. Please call the Art Hauser Centre to request information about rates and services available. Call 953-4848 Monday to Friday 8 am to 5:00 p.m.

## KINSMEN ARENA

28th Street East and Central Avenue Phone: 953-4839

The Kinsmen Arena is an artificial ice, participation-type arena that has a spectator capacity of 600 persons. The ice surface is 85' x 190' with a metal halite lighting system. The Kinsmen Arena is a participation-type facility for Prince Albert Minor Hockey and Junior B Ice Hawks, equipped with a concession and skate-sharpening services.

## DAVE G. STEUART ARENA

Prince Albert Exhibition Grounds Phone: 953-4844

The Dave G. Steuart Arena is a participation-type facility with amenities including a heated lobby area, concession, four dressing rooms and an electronic score clock, a concrete floor and able to host events such as in line hockey, lacrosse, seminars, trade shows/sales, banquets and dances during the summer months.



# FRANK J. DUNN POOL

located at Carlton Comprehensive High School 953-4829



**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

## PUBLIC SWIMMING

September 1 - 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	1:00 - 3:00 pm
	6:30 - 8:30 pm
Sunday	1:00 - 3:00 pm
	6:30 - 8:30 pm

## PUBLIC SWIMMING

Starting September 13

Monday	7:30 - 9:00 pm
Tuesday	7:30 - 9:00 pm
Thursday	7:30 - 9:00 pm
Friday	7:30 - 9:00 pm
Saturday	1:00 - 3:00 pm
	6:30 - 8:30 pm
Sunday	1:00 - 3:00 pm
	6:30 - 8:30 pm

### Public & Family Swim 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

**Adult Lane Swimming**  
 admission fees are the same as public and family swimming.

**Aquacize** fees are \$5.00 drop-in or \$4.00 if paid monthly.

**AQUACIZE** Please come to the FJD Pool office to pre-register for Aquacize classes. Payment must be received at time of registering. Class sizes are limited and fill quickly.

**Shallow Water Aquacize**  
 Tues.&Thurs.6:30 pm - 7:30 pm  
 Starts September 28

**Deep Water Aquacize**  
 Mon. & Wed. 9:00 pm - 10:00 pm  
 NEW Tues & Thurs 9:00 pm - 10:00 pm

## - SWIMMING LESSONS -

Registrations are now being accepted for children and adult swimming lessons beginning at the Frank J. Dunn Pool this fall. Please visit the City of Prince Albert website for class dates, times and registration fees. Register in person at the Frank J. Dunn Pool during regular pool office hours.



## FAMILY SWIMMING

BEGINNING WED. SEPT. 15

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

Wednesdays 7:30 - 9:00 pm  
 Sundays 3:00 - 5:00 pm  
 Saturday, Sept 18 ONLY 3 - 5 pm  
 Saturday, Oct 9 ONLY 3 - 5 pm

## 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

# September - Community Sport, Culture and Recreation Activities



Crescent Acres



Crescent Heights



East Hill



Hazeldell



West Hill



Carlton Park



Parkland



Bernice Sayese Centre



East End Hall



East End



Nordale



Midtown

*Community Clubs play a vital component assisting in the delivery of recreation activities in our community.*

*Your neighborhood community club requires your assistance today.*

*Please get involved. Call Owen @ 953-4850 to find out where your experience, interests and volunteer efforts can be put to best use.*



The Children's Wish Foundation Wishmaker Walk is being held on Oct. 16th 2010 in Prince Albert. We are still searching for people to volunteer their time to help plan the walk. Please forward this information to anyone you think may be interested in volunteering. They can send me an email, or contact us using the information below. Any help would be greatly appreciated.

Thank-you in advance!

The Children's Wish Foundation of Canada | Saskatchewan Chapter | P.O. Box 309 | Saskatoon, SK | S7K 3L3  
t: 306-955-0511 | f: 306-653-9474  
ashley.gregoire@childrenswish.ca

The City of Prince Albert would like to acknowledge and thank a major contributing sponsor to the **MILLER HILL SPRAY PARK PROJECT**. This project began in October 2008 when the City received a major donation from the Northern Lights Community Development Corporation assisting in the construction of the new spray park on the east side of Prince Albert in the park area and neighborhood close to Berzowsky School. This project was completed July 14th, 2010 and features spray blasters, several ground water including 2 geysers, 2 misty mountains, 6 waves and 2 tidal waves - and has been an overwhelming success to the many kids that live in this area. The Miller Hill Spary Park has been a welcome addition to the activities offered through the City's Playground Program at Miller Hill with participation at this playground increasing significantly this past year. Thanks once again to Northern Lights Community Development Corporation for their donation. It was greatly appreciated by all - especially the children.