



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.

SUPER FUN - SUPER FAST - REGISTER NOW AT THE MFC!

TEAM LEAGUES STARTING SOON AT THE MARGO FOURNIER CENTER

INTRO. CO-ED DODGEBALL TOURNY

Learn how to play Dodgeball at the Margo Fournier Center. This introductory tournament will teach your how to play dodgeball and how much fun everyone can have. Best of all this weekend tournament is completely FREE - but a \$50.00 mandatory default fee is required to reserve your spot. Tournament date: Fri-Sun. January 21 – 23, 2011
Registration and Payment Deadline: January 14, 2011

CO-ED DODGEBALL LEAGUE

League dates: Thursdays, Feb.17 - Apr.28 6:30 - 8:30 PM
Each team will be scheduled 2-3 games a week that run a half-hour in length. Teams must have 6-10 players on their roster. This is a co-ed league, so there must be at least 1 female on the playing surface at all times.
Fee: \$150.00 per team + \$50.00 mandatory default fee.
Registration & Payment Deadline: January 31st

CO-ED BASKETBALL

This league consists of 10 weeks of round-robin play followed by a 2 week double elimination tournament. The league is 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 and females.
Tues & Fri. Jan. 18 – April 19, 2011; 7:00 – 9:00 PM
Fee: \$200.00 per team + \$50.00 mandatory default fee
Registration & Payment Deadline: January 11th

CO-ED FLOOR HOCKEY

Floor Hockey is back at the Margo Fournier Centre! The league will be 10 weeks of round-robin play + year end tournament. Each team will be scheduled for 3 - 4 games per week. Each game will run in a half-hour time slot. Must have between 6 and 12 players on their roster including the goalie and 2 females.
Mon & Wed Jan. 17 – April 13, 2011; 7:00 PM – 9:30 PM
Fee: \$200.00 per team + \$50.00 mandatory default fee
Registration & Payment Deadline: January 11th

CO-ED INNER TUBE WATER POLO

Want to try a fun sport in water without having to be an expert swimmer? Inner tube water polo may be for you. Games will be played at the Frank Dunn Pool and teams will play once a week. Registration is limited in this league so register early. This is a non-competitive, adult co-ed league, so there must be 1 female playing at all times and all players need be at least 18 years. Teams must have 6-8 players on their roster.
Sun. Feb. 13 – May 8, 2011; 11:00 AM -1:00 PM
Fee: \$175.00 per team + \$50.00 mandatory default fee
Registration Deadline: January 31st

NOON-HOUR ROAD HOCKEY LEAGUE

The Noon-Hour Road Hockey League promotes 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 31, 2011 from 12:15 to 12:45 pm Monday to Thursday in Memorial Square in front of City Hall, 1084 Central Ave. Team registration is FREE. This is an adult co-ed league and the equipment needed is minimal. A maximum of 8 teams will be accepted. Deadline to register is Tuesday, December 21, 2010.

All leagues are for adults 18 years and older. For more information and to register, call the Margo Fournier Centre at 953-4816. Register early - limited teams allowed.

Registered Programs at the Margo Fournier Center. Pre-registration is required for all courses. Full payment is due at the time of registration. Registrations will not be accepted over the telephone.

Register by Mail or in-person at MFC.

Visit www.citypa.ca print off a Fitness & Wellness Program Registration Form and mail the completed document along with a cheque payable to the City of Prince Albert for the full registration fee(s) to the address on the form. You can also register in person. Visit the Margo Fournier Centre weekdays between 8:00 AM and 4:30 PM. The Margo Fournier Centre can only accept registration fees in the form of cash or cheques.

Step-Yoga Fusion with Gloria Bell

Thurs. Jan. 13– Feb 17 7:00 – 8:00 PM \$50.00
Step classes combine the rhythm of music with the challenge of stair climbing to give you a great cardiovascular workout. If you want to get started with step then this class is for you. This intro to yoga will show you that yoga truly is for everybody. Breath & technique of a sun salutation & other poses are taught. No flexibility required.

Fitness Over 40 with Ruth Griffiths

Tues. Jan. 11– Feb 15.... 11:00 AM – 12:00 PM...\$50.00
Experience the benefits of this gentle fitness program. Excess weight or sore joints need not be a barrier. Learn gradually; progress at your own speed. Look better and feel better. Set personal goals with assistance from an experienced instructor who has "been there." Doctor's permission to participate may be requested so register early.

Free Form Dance Aerobics with Grace Dansereau

Low impact free form guided dance aerobics (Zumba) for all adults including seniors. Wear regular exercise footwear and clothing. Have fun moving to a variety of music. Wed. Jan. 12– Feb 16.... 11:00 AM – 12:00 PM .. \$50.00

Afternoon Total Body Workout with Ruth Griffiths

Thurs. Jan. 13– Feb 17 .. 1:00 – 2:00 PM \$50.00
Strengthen and condition your body using the exercise ball. Aerobic activity followed by core strengthening and total body stretching. Improve your balance and posture. Get fit and have fun.

Total Body Workout with Ruth Griffiths

Tuesdays, Jan. 11– Feb 15 .. 5:15 – 6:15 PM ..\$50.00
Strengthen and condition your body using the exercise ball. Aerobic activity followed by core strengthening and total body stretching. Improve your balance and posture. Get fit and have fun.

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. No equipment, or instruction provided. Enrollment in free program required.
Mondays to Fridays Jan. 4 – June 30..... 12:00 NOON to 12:50 PM (Excluding all holidays)

If you have ideas for fitness or recreation programs you would like to see at the Margo Fournier Center or would like to instruct a class we would love to hear from you. Please give us a call at 953-4816 to discuss any possibilities.

ALFRED JENKINS FIELD HOUSE

Give a gift certificate of "wellness" to your parents or grandparents this holiday season.



Bronze Membership

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

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.

Gold Membership

Includes access to the B & B Asphalt 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.

The Alfred Jenkins Field House now offers a **Seniors Walking Program** for seniors (65+) allowing access to the B & B Walking/Jogging Track Monday to Friday mornings during designated times. The Seniors Walking Program monthly fee is only \$15.00 per month (plus a one time fee of \$2.00 to join the High Noon Optimist Club). Purchasing a Gift Certificate for your parents and/or grandparents allows them to stay active throughout the year. Share the gift of wellness with your family this year. Call the AJFH today for details.

ALFRED JENKINS FIELD HOUSE: 953-4989



Hey Mom!
Can we go
Swimming?
PLEASE!

PHONE: 953-4829

FRANK J. DUNN POOL

(located at Carlton Comprehensive High School)

- DECEMBER SCHEDULE -

All children under the age of 8 must be accompanied by an adult in the water at all times & must remain within arms reach.

	<i>1 Wednesday</i> Adult & Family 7:30 - 9:00 pm Lane Swim 9:00 - 10:00 pm	<i>2 Thursday</i> Lane Swim 6:00 - 8:30 am Public Swim 7:30 - 9:00 pm Lane Swim 9:00 - 10:00 pm	<i>3 Friday</i> Public Swim 7:30 - 9:00 pm	<i>4 Saturday</i> Public Swim 2:30 - 4:30 pm 6:30 - 8:30 pm		
<i>5 Sunday</i> Lane Swim 12 - 1 Public Swim 1 - 3 Adult & Family 3:00 - 5:00 pm Public Swim 6:30 - 8:30 pm	<i>6 Monday</i> Lane Swim 6:00 - 8:30 am Public Swim 7:30 - 9:00 pm Lane Swim 9:00 - 10:00 pm	<i>7 Tuesday</i> Public Swim 6:30 - 9:00 pm Lane Swim 9:00 - 10:00 pm	<i>8</i> Public Swim 6:30 - 9:00 pm Lane Swim 9:00 - 10:00 pm	<i>9</i> Lane Swim 6:00 - 8:30 am Public Swim 7:30 - 9:00 pm Lane Swim 9:00 - 10:00 pm	<i>10</i> Public Swim 7:30 - 9:00 pm	<i>11</i> Public Swim 2:30 - 4:30 pm 6:30 - 8:30 pm
<i>12</i> Lane Swim 12 - 1 Public Swim 1 - 3 Adult & Family 3:00 - 5:00 pm Public Swim 6:30 - 8:30 pm	<i>13</i> Lane Swim 6:00 - 8:30 am Public Swim 6:30 - 9:00 pm Lane Swim 9:00 - 10:00 pm	<i>14</i> Public Swim 7:30 - 9:00 pm Lane Swim 9:00 - 10:00 pm	<i>15</i> Public Swim 6:30 - 9:00 pm Lane Swim 9:00 - 10:00 pm	<i>16</i> Lane Swim 6:00 - 8:30 am Public Swim 7:30 - 9:00 pm Lane Swim 9:00 - 10:00 pm	<i>17</i> Public Swim 6:30 - 9:00 pm	<i>18</i> Public Swim 6:30 - 8:30 pm
<i>19</i> Lane Swim 12 - 1 Public Swim 1 - 3 Adult & Family 3:00 - 5:00 pm Public Swim 6:30 - 8:30 pm	<i>20</i> Lane Swim 6:00 - 8:30 am Public Swim 6:30 - 9:00 pm	<i>21</i> Public Swim 6:30 - 9:00 pm	<i>22</i> Public Swim 1:00 - 3:00 pm 6:30 - 9:00 pm	<i>23</i> Public Swim 1:00 - 3:00 pm 6:30 - 9:00 pm	<i>24</i> CLOSED	<i>25</i> MERRY CHRISTMAS CLOSED
<i>26</i> CLOSED	<i>27</i> Public Swim 1:00 - 3:00 pm 6:30 - 9:00 pm	<i>28</i> Public Swim 1:00 - 3:00 pm 6:30 - 9:00 pm	<i>29</i> Public Swim 1:00 - 3:00 pm 6:30 - 9:00 pm	<i>30</i> Public Swim 1:00 - 3:00 pm 6:30 - 9:00 pm	<i>31</i> Public Swim 1:00 - 3:00 pm	<i>JANUARY 1</i> CLOSED Happy New Year

A GREAT BIG THANK YOU

is extended to the
PA Sharks Swim Club



for their donation of River Run Mats
to the Kinsmen Water Park.

Thanks!

The Prince Albert Sharks Swim Club has been at the Frank Dunn pool since 1993. Our club philosophy is that swimming is a sport for all, with no restrictions as to age, gender or race for participation. The Sharks have started the 2010-11 session with a new head coach, Steve Hay from New Zealand. He comes to us with 20 years-combined experience. First as a competitive swimmer himself, then as a head coach. Roger Boucher remains as assistant coach, also bringing 20 years experience with him. Roger coaches the Tiger Sharks squad. Sharon Lyons coaches our Hammerhead squad. She has experience as a master's swimmer, coach and swimming official. Our newest coach Pat Long coaches our youngest group of swimmers. Pat has swimming experience includes a competitive youth swimmer, and he continues to swim in triathlons.

Our swim club currently has four levels. The first level is Mini Squad, which is a pre-competitive learn to swim program runs twice a week. Hammer Heads squad is the beginning stage of competing, the swim four times a week. Tiger Sharks compete provincially and swim six times a week with one dry land session. The Great White Squad compete in western Canada and nationally, and swim eight times a week with two dry land sessions.

For more information contact Head Coach Steve Hay @ 961-2953, or club president Shannon Hurl @ 763-6739.



ART HAUSER CENTRE

690 Gary Anderson Way, Prince Albert 953-4848

DECEMBER 2010

FREE WALKING & JOGGING SCHEDULE

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

PUBLIC SKATING

- Sunday, Dec. 5 **Dave G. Steuart Arena** 2:00 - 3:30 PM - [Kidsport](#) sponsors FREE public skating for 18 & under during 2010 / 2011 season at Dave. G. Steuart Arena.
- Sunday, Dec. 12 **Art Hauser Centre** 7:00 - 9:00 PM *FREE TIM HORTONS HOLIDAY SKATE*
- Sunday, Dec. 19 **Art Hauser Centre** 10:30 AM - 12:30 PM *FREE TIM HORTONS HOLIDAY SKATE*
- Wed. Dec. 22 **Art Hauser Centre** 2:00 - 3:30 p.m. *FREE TIM HORTONS HOLIDAY SKATE*
- Thursday, Dec. 23 **Art Hauser Centre** 1:00 - 2:30 p.m. *FREE TIM HORTONS HOLIDAY SKATE*
- Monday, Dec. 27 **Art Hauser Centre** 1:00 - 3:00 PM *FREE TIM HORTONS HOLIDAY SKATE*

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 28)
- Thursdays, December 3, 10, 17 and 24 **Dave G. Steuart** 10:00 - 11:30 AM
(Note: Parent and Tot Skating will not be available at the Kinsmen on Thursday, December 30)

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 28)
- 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 29)
- 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, Dec. 9 & Thursday, Dec. 30)



TERRY FOX AWARD - CITY OF PRINCE ALBERT

Community Services Department

Nominations are now being accepted for the 2010 Terry Fox Award. The Terry Fox Award is presented annually by the City of Prince Albert, recognizing those traits in one of its young citizens, which best emulate the ideals and inspirations of one of Canada's leading citizens, the late Terry Fox.

NOMINATION DEADLINE: December 17, 2010

Nomination forms and Guidelines are available at the Community Services Department, 3rd Floor City Hall or visit the City of Prince Albert's website. For more information, please contact Jody Boulet, Recreation Manager at 953-4800.

Registrations begin December 10th for **PRINCE ALBERT ARTS CENTRE** programs starting in the New Year. Gift certificates are available & make great presents for gift giving. 953-4811



1010 Central Avenue

This first list is just a few of the ADULT classes and on the right are CHILDRENS classes:

- Garden of Artists - Growing Creativity with Jarrid John Yatchshyn
 - Drawing & Colour with Jack Phalen
 - Porcupine Quill Wrap Bracelet
 - Side Seam Mocassins
 - Painting (Watercolour, Acrylic or Oil) Kathie Bird will be teaching 4 classes as part of a "Beginner Painters Series." Students can register for any or all of the classes based on their interests.
 - Creative Photography with Mariam Korner
 - Weekend classes for 8 to 14 year olds include: Painting, Line Drawing, Drawing Volume and Shapes, Drawing Textures
 - Kids Singing & Rhythm (ages 3 to 5 years)
 - Beaded Felt Wallets (ages 9 - 16 years)
 - Teen Pottery Handbuilding (ages 13 - 15 years)
 - Learn to Throw on the Pottery Wheel (ages 10 - 14 years)
 - Winter Wonderland - Winter Themed crafts (ages 3 to 5 yrs)
 - Mothers Day, Fathers Day, Valentines, Easter, St. Patricks Day Theme Crafts (ages preschool to 12 years of age)
- PLUS MANY OTHER ADULT & CHILDREN CLASSES**

YOUR INPUT ON THE DIRECTION OF THE MARGO FOURNIER CENTER IS INVITED

All residents of Prince Albert are invited to complete a short survey which will assist in providing guidance and direction for the future of the Margo Fournier Center. A copy of the survey is being circulated to our E-Program Mailing list and is also available on the City of Prince Albert website at www.citypa.ca. We encourage you to complete the survey and mail or drop off at the Margo Fournier Centre, 1211 - 1st Avenue West, Prince Albert, SK. S6V 4Y8 or Prince Albert City Hall, Community Services Department 1084 Central Avenue Prince Albert, SK. S6V 7P3

Deadline for submission of MFC surveys is Friday, Dec. 3rd/2010

For more info. please contact:
Curtis Olsen 953-4816 or
Jody Boulet, Recreation Manager 953-4800.



Prince Albert Arts Centre

1010 Central Avenue - downtown Prince Albert

Christmas Display & Sale

Saturday, December 11 - 10:00 AM - 4:00 PM



Admission: .50 cents per person (or by donation)

The general public is invited to visit the Prince Albert Arts Centre on Saturday, December 11th as we celebrate the spirit of the holiday season and blessings of the past year with fellow artists, artisans and friends. The Prince Albert Arts Centre Christmas Display & Sale will feature recent work

of some of our communities finest artists and artisans who are members of the Arts Centre groups and guilds. Participating groups and guilds will include:

P.A. Pottery Guild Rock & Gem Society
Spinners and Weavers Studio 1010 Artists
Northern Images Photography Club

Display and sale works will include: Paintings, photography, weaving, jewellery, silversmithing, pottery, sandblasting, seasonal baking and refreshments.



Winter Skills / Youth Basketball League

The Prince Albert Community Basketball Association will be hosting an 8 week Basketball skill development /league play program for youth 9 - 18 years of age.

We will offer 2 - 3 weeks of skill development/evaluations and 5 - 6 weeks of league play. This program is open to all boys and girls of any ability. Participants will be split into specific age categories and league teams will be sorted equally. We will focus on developing fundamental skills from shooting and attacking the basketball to ball handling and defence. Our goal is to help build confidence in a fun and encouraging environment.

Dates: January - February, 2011
(8 weeks Sunday afternoons)

Ages: Boys and Girls 9 - 18 years of age.
Cost \$50.00

If you are in need of financial assistance to pay for this sporting activity, we will have Canadian Tire Jump Start forms available. Canadian Tire Jump Start will pay the \$50 registration fee once approved. For more information, call Derek Smith 922-0057 or email - paminorbasketball@gmail.com

KINSMEN SKI HILL

IS NOW OPEN FOR THE SEASON



The Kinsmen Ski Hill is now open for the season, located at Little Red River Park, a 5 minute drive from the City on Highway #55. The Ski Hill is open 4:00 - 9:00 p.m. weekdays and 10:00 a.m. to 6:00 p.m. weekends. Lift tickets and rental equipment can be obtained at the Little Red Log Cabin (across from the Cosmo Lodge).

The Ski/Snowboarding Hill will be closed if the weather falls below minus 25 degrees Celsius or if a wind-chill warning is in effect. To check the weather conditions and to see if the hill is open, please call the Little Red Log Cabin at 763-5454 for an updated message. For more information, contact: Brian Gaetz Ski Hill Manager at 763-5454.

COMMUNITY NEWS - If you are a non-profit organization and would like to promote your recreational opportunities in our monthly newsletter, please email information to csd@citypa.com. Please note - space is limited and editing will be done.

Prince Albert Aerial Gymnastics Club

REGISTRATION DATE:

DECEMBER 3

1:00 - 6:00 P.M.

Registration for the Winter Session of Gymnastics offered by the Prince Albert Aerials Gymnastics Club will be held on Friday, December 3rd from 1:00 - 6:00 p.m. and will remain ongoing depending on class availability. Programs include Artistic - Rhythmic - Trampoline Gymnastics programs are offered for boys and girls of all ages from walking to adult.

Call 922-4812 for more information or visit their website at www.paaerials.ca.

