



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.



Little Red River Park

Winter Fun for everyone - just 5 minutes north of Prince Albert

SKI's and SNOWBOARD's for rent

Cross Country Ski's are available for rent at the Cosmo Lodge at Little Red River Park
Adults: \$7.50 hr Under 12 - \$2.50 hr. or \$25.00 day

Cosmo Lodge (953-4879) is open
Monday to Friday: 12 noon to 9:00 PM
Saturday & Sunday 10:00 AM - 6:00 PM

Downhill Ski's and Snowboards are available for rent at the Little Log Cabin (763-5454) located adjacent to the Ski/Snowboard Hill at Little Red River Park.

Downhill Skis - \$15.00 day
Snowboards: \$20.00 day
Group rates available.

Snowboard/Ski Lessons: \$20.00
The Ski/Snowboard Hill is open
Monday to Friday 4:00 PM - 9:00 PM
and 10:00 AM - 6:00 PM on weekends

Call 763-5454 for holiday hours.

IMPORTANT COMMUNITY SERVICES DEPARTMENT PHONE NUMBERS

953-4800 Community Services Department City Hall - 3rd Floor

953-4848	Art Hauser Centre	953-4844	Dave G. Steuart Arena
953-4989	Alfred Jenkins Field House	953-4829	Frank J. Dunn Pool
953-4848	Ches Leach Room (at the Art Hauser Centre)	953-4839	Kinsmen Arena
763-2502	Cooke Municipal Golf Course	763-5454	Kinsmen Ski/Snowboard Hill
953-4879	Cosmo Lodge (at Little Red River Park)	953-4816	Margo Fournier Center
953-4848	Cosmo Lodge Bookings	953-4989	Outdoor Sports Fields (soccer, baseball, softball)
953-4848	Rental/Booking of Kinsmen Park Ampitheatre, Mobile stage, Kiosks	953-4800	Parks Inquiries
		953-4811	Prince Albert Arts Centre (1010 Central Avenue)

ALFRED JENKINS FIELD HOUSE

Located at 2787 - 10th Avenue West
 HOURS OF OPERATION: 6:00 AM to 11:00 PM



PHONE: 953-4989

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

An AJFH Day Pass allows you to participate in all of the following activities for one full day from 6 a.m. to 11 p.m.

- Work out in the Broda Family Fitness Centre, featuring a full line of fitness equipment including elliptical bikes, treadmills, free weights & bench presses.
- Walk/jog indoors on the B & B Walking/Jogging Track
(1 km = Approximately 4.5 Laps / 1 mile = Approximately 7 Laps)
- Take part in as many of the the Drop-In Programs offered that day.
- Enjoy a game of b'ball in the NLCDC gym during drop-in sports time.

Day Pass: Adult: \$6.00 Youth / Senior: \$5.00 Family: \$12.00

- **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.

Drop-In Programs - for GOLD members & Day Passes

Early Morning Drop-In Fitness - Christina Schmalz

Monday – Wednesday - Friday 6:00 – 6:45 A.M.

Start your day off right with an early morning workout. This general fitness class combines aerobic activity with Muscle Strengthening and Toning Exercises to provide a Full Body fitness experience.

Noon Drop-In Fitness – Kelleen Wolfe, Suzanne Stubbs

Monday – Friday 12:15 – 12:45 P.M.

Conveniently scheduled over the noon hour for those with busy schedules. You'll enjoy a Different Workout each day of the week providing a Full Body workout.

Light Drop-In Fitness – Diane McDuff

Monday – Wednesday - Friday 1:30 – 2:30 P.M.

This class focuses on Walking, Stretching, Flexibility, Toning and Balance while providing a Light Cardio workout using Low Impact circuit training. Perfect for beginners or those who prefer a lighter workout.

After Work Drop-In Fitness – Kelleen Wolfe, Lynnette Lechner-Vermette, Suzanne Stubbs

Monday – Friday 5:30 – 6:30 P.M.

This class will Melt off those Calories and Boost your Metabolism by giving you a Total Body Sculpting and Body Toning workout. This class will provide you with a Different Workout each day of the week and utilizes a variety of equipment.

Registered Programs

Boot Camp – Janna Anderson

Mon. & Wed. - 9:00 – 10:00 A.M.

\$80.00 / 12 classes

Jan 10th – Feb 16th, 2011

Course Code # 2106

Feb 28th – Apr 6th, 2011

Course Code # 2107

\$80.00 / 12 classes

Work hard, have fun, feel great, look great, get results. This four week Boot Camp will challenge all fitness levels. It will include Core Conditioning, Strength and Cardio training, a variety of drills and an opportunity to learn new skills. Join us for fun and fitness now.

Boxercise – Kerri McLeod

Wednesdays - 7:00 – 8:00 P.M. \$60.00 / 8 classes

Jan 12th – Mar 2nd, 2011 Course Code # 2140

Mar 16th – May 4th, 2011 Course Code # 2141

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.

Bridal Boot Camp – Christina Schmalz

Tuesdays - 8:00 – 8:50 P.M. \$60.00 / 8 classes

Jan 11th – Mar 1st, 2011 Course Code # 2137

Mar 15th – May 3rd, 2011 Course Code # 2138

Bridal Boot Camp: Want to look great on your big day? A total body workout geared for brides and their bridal party. It incorporates stretching, ab work, aerobics and strength training in a streamlined, 50 minute workouts designed to shape and tighten every muscle group.

Cardio-Yoga Fusion – Josie Hemsworth & Suzanne Stubbs

Thursdays - 7:00 – 8:00 P.M. \$60.00 / 8 classes

Jan 13th – Mar 3rd, 2011 Course Code # 2152

Mar 17th – May 5th, 2011 Course Code # 2153

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.

Dance Fit – Barbara Jones

Thursdays - 10:00 - 10:50 A.M. \$60.00 / 8 classes

Jan 13th – Mar 3rd, 2011 Course Code # 2150

Mar 17th – May 5th, 2011 Course Code # 2151

Keep your mind and body in dance time! Enjoy a morning of movement and music, exploring the joy, energy and benefits of dance. No experience necessary.

HIIT Track Interval – Kelleen Wolfe

Saturdays - 10:00 – 11:00 A.M. \$60.00 / 8 classes

Jan 15th – Mar 12th, 2011 Course Code # 2159

Mar 26th – May 21st, 2011 Course Code # 2160

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

REGISTER TODAY ...

The Alfred Jenkins Field House is open
6:00 AM to 11:00 PM seven days per week.

Register in person at the AJFH.

Memberships are not required to register for these programs, however GOLD members receive 10% off registration fees. Most programs fill quickly - register soon!

Hip Hop Dance – Adult - Grace Lanoie

Mondays - 8:30 – 9:15 P.M. \$60.00 / 8 classes

Jan 10th – Mar 7th, 2011 Course Code # 2178

Mar 21st – May 16th, 2011 Course Code # 2179

Do you feel the rhythm? Learn a Variety of Hip-Hop moves including the Moonwalk, Shimmy and Crip Walk with this beginner level course. Not only will you have a blast you'll get a Great Workout too!

Introduction to Tai Chi – Barbara Jones

Thursdays - 11:00 - 11:50 A.M. \$60.00 / 8 classes

Jan 13th – Mar 3rd, 2011 Course Code # 2148

Mar 17th – May 5th, 2011 Course Code # 2149

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.

Learn to Run – Christina Schmalz

Wednesdays - 7:30 – 8:20 P.M. \$60.00 / 8 classes

Jan 12th – Mar 2nd, 2011 Course Code # 2143

Mar 16th – May 14th, 2011 Course Code # 2144

For those looking to drastically Improve their Cardio-vascular 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.

Learn to Step for Beginners

Wednesdays – 5:30 – 6:30 P.M. \$60.00 / 8 classes

Jan 12th – Mar 2nd, 2011 Course Code # 1970

Mar 16th – May 14th, 2011 Course Code # 2139

\$60.00 / 8 classes

Fun basic/beginner step choreography with strength and Body Sculpting intervals using various equipment ending with a Bender Ball core workout

New Year Body Boost

Mondays 6:30 – 7:30 P.M. & Thursdays 7:30 – 8:30 P.M.

Jan 10th – Feb 3rd, 2011 Course Code # 1971

Feb 14th – Mar 14th, 2011 Course Code # 2162

\$60.00 / 8 classes

After holiday fitness boost consisting of various class styles: Spin, Track, Strength & Endurance, Body Sculpting, Plyometrics & metabolic conditioning. An intense class for all fitness levels. Burn off that holiday punch with some fitness fun!



Registrations are now being accepted for the following Adult Programs

at the ALFRED JENKINS FIELD HOUSE

Pilates - Christina Schmalz

Jan. 10 - March 7 6:30 - 7:20 pm \$60.00/8 classes

Course Code #2109

Mar 21st - May 16th, 2011 6:30 - 7:20 pm

Course Code # 2111

Pilates - Barbara Jones

Thursdays - 12:00 - 12:50 P.M. \$60.00 / 8 classes

Jan 13th - Mar 3rd, 2011 Course Code # 2110

Mar 17th - May 5th, 2011 Course Code # 2112

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!

Learn to Spin - Christina Schmalz

Tuesdays - 7:00 - 7:30 A.M. \$30.00 / 4 classes

Jan 11th - Feb 1st, 2011 Course Code # 2127

Feb 15th - Mar 8th, 2011 Course Code # 2129

Thursdays - 7:00 - 7:30 A.M. \$30.00 / 4 classes

Jan 13th - Feb 3rd, 2011 Course Code # 2128

Feb 17th - Mar 10th, 2011 Course Code # 2130

BEGINNER SPIN: This class is appropriate for those who haven't attended a spin class before, want some more practice before taking a more advanced class or just enjoy a slower paced class. You will learn how to set your bike up for your body as well as the terminology and postures used in all spin classes.

Evening Spin

Sundays - 4:00 - 5:00 P.M. - Kelleen Wolfe

Jan 16th - Mar 13th, 2011 Course Code # 2115

Mar 20th - May 15th, 2011 Course Code # 2118

Tuesdays - 7:30 - 8:30 P.M. - Suzan Stubbs

Jan 11th - Mar 8th, 2011 Course Code # 2116

Mar 22nd - May 10th, 2011 Course Code # 2119

Thursdays - 6:30 - 7:30 P.M. - Kelleen Wolfe

Jan 13th - Mar 3rd, 2011 Course Code # 2117

Mar 17th - May 5th, 2011 Course Code # 2120

\$60.00 / 8 classes

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 Cardio-vascular 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 Intervals - Christina Schmalz

Mondays, 7:30 - 8:20 P.M. \$60.00 / 8 classes

Jan 10th - Mar 7th, 2011 Course Code # 2113

Mar 21st - May 16th, 2011 Course Code # 2114

Come spin yourself into great shape with our brand new spin class which incorporates cardio, intervals, weights, plyometrics and stretching for a Total Body workout. This 50 minute class won't leave a single muscle in your body unused. Great for beginners and advanced looking to add variety to their spin class workout.

Early Morning Spin - Christina Schmalz

Tuesdays - 6:00 - 6:45 A.M. \$60.00 / 8 classes

Jan 11th - Mar 1st, 2011 Course Code # 2123

Mar 15th - May 3rd, 2011 Course Code # 2125

Thursdays - 6:00 - 6:45 A.M. \$60.00 / 8 classes

Jan 13th - Mar 3rd, 2011 Course Code # 2124

Mar 17th - May 5th, 2011 Course Code # 2126

Strollercize - Christina Schmalz

Thursdays (gym) 1:00 - 1:45 P.M. \$60.00 / 8 classes

Jan 13th - Mar 3rd, 2011 Course Code # 2145

Mar 17th - May 5th, 2011 Course Code # 2146

Strollercize is a fun and effective workout that combines Core, Cardio-vascular, 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.

Yoga for Older Adults - Yvonne Murphy

Tuesdays - 10:00 - 11:00 A.M. \$60.00 / 8 classes

Jan 11th - Mar 1st, 2011 Course Code # 2131

Mar 15th - May 3rd, 2011 Course Code # 2132

A fun, Relaxing and Gentle yoga course designed just for older adults! Emphasis is placed on breathing techniques, flexibility and meditation.

Yoga - Yvonne Murphy

Tuesdays - 6:30 - 7:30 P.M. \$60.00 / 8 classes

Jan 11th - Mar 1st, 2011 Course Code # 2133

Mar 15th - May 3rd, 2011 Course Code # 2134

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.

Beginner/Intermediate Yoga - Gloria Bell

Thursdays - 8:00 - 9:00 P.M. \$60.00 / 8 classes

Jan 13th - Mar 3rd, 2011 Course Code # 2155

Mar 17th - May 5th, 2011 Course Code # 2156

Beginner / Intermediate Yoga - options will be offered for beginner & intermediate level students. Focus on holding poses longer, linking breath to poses and incorporating pose variations. Requirement: completion of gentle / beginner yoga class 8 week class

Urban Poling/Nordic Walking - Gloria Bell

\$145.00 / 8 classes (\$60.00 classes plus \$85.00 Poles)

Saturdays - 9:00 - 10:00 A.M.

Jan 22nd - Mar 19th, 2011 Course Code # 2157

Registration Deadline Jan 10th, 2011

Apr 2nd - May 28th, 2011 Course Code # 2158

Registration Deadline Mar 21st, 2011

Urban poling is a convenient, low impact activity providing a full body workout. Urban Poling combines the aerobic and strength building benefits of cross country skiing with the lower body technique of regular walking. It can be performed by people of all ages and almost all fitness levels.

Fitness Programs for Preschool, Children & Youth

at the ALFRED JENKINS FIELD HOUSE

Soccer for Tots - Anna Darbyshire

Mondays - 10:00 – 10:45 A.M. \$50.00 / 6 classes
Jan 10th – Feb 14th, 2011 Course Code # 2076
Feb 28th – Apr 4th, 2011 Course Code # 2077
This beginner soccer program is for toddler's ages 2 & 3, and is a parent assisted class. Children will learn how to Balance Better and how to Develop their team working skills early. Every class will start with a stretch, several skills developing games and end with a small game.

Play Time for Tots - Anna Darbyshire

Mondays - 11:00 – 11:45 A.M. \$50.00 / 6 classes
Jan 10th – Feb 14th, 2011 Course Code # 2078
Feb 28th – Apr 4th, 2011 Course Code # 2079
This program is for toddler's ages 2 & 3, and is a parent assisted class. Bring your children to 45 min of play filled with fun and games, held on the soccer turf, with a variety of equipment used, lead by an instructor.

Learn to Climb – Youth

Instructed by Tyler Russell & Brett Shewchuk
Sundays: Jan 9th – Feb 13th \$50.00 / 6 classes
9:00 – 10:30 A.M. Course Code # 2098
10:30 A.M. – 12:00 P.M. Course Code # 2099
Wed's, Jan 12th – Feb 16th \$50.00 / 6 classes
6:00 – 7:30 P.M. Course Code # 2100
Sundays: Mar 6th – Apr 10 \$50.00 / 6 classes
9:00 – 10:30 A.M. Course Code # 2101
10:30 A.M. – 12:00 P.M. Course Code # 2102
Wed's Mar 9th – Apr 13th \$50.00 / 6 classes
6:00 – 7:30 P.M. Course Code # 2103
This is for beginner climbers for youth ages 8 and up. You will learn the basic Techniques and Procedures of climbing. Every class would include a learning aspect and practice on the wall



Recreational Co-ed Volleyball League at the Alfred Jenkins Field House

2 Divisions: Competitive & Recreational
These leagues consists of 10 weeks of round robin play followed by a 2 week double elimination tournament. There will be two divisions; Competitive which is geared toward the teams with a little more experience and want to come out and play hard, and Recreational which is 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.

Wednesdays: 7:00 PM – 10:00 PM
Jan 19th – Apr 6th, 2011
Course Code # 2075
Fee: \$200.00 per team + \$50.00 mandatory default fee
Registration & Payment Deadline: Jan 12th, 2011

Sports Mania for Kids – Colby Kjargaard & Althea Matheson

Sundays, Jan 9th – Feb 13th \$50.00 / 6 classes
10:00 – 10:45 A.M. (Ages 4 & 5) Course # 2092
11:00 – 11:45 A.M. (Ages 6 & 7) Course # 2093
Sundays, Feb 27th – Apr 3rd, 2011
10:00 – 10:45 A.M. (Ages 4 & 5) Course # 2094
11:00 – 11:45 A.M. (Ages 6 & 7) Course # 2095

This program will introduce the kids to a Variety of Sports with a different sport every week. It will give the kids a chance experience a sport without committing to a league. Some sports might include t-ball, soccer, and floor hockey.

Hip Hop Dance – Youth - Grace Lanoie

Wednesdays - 4:00 – 4:45 P.M. \$60.00 / 8 classes
Jan 12th – Mar 9th, 2011 (No Class Feb 23rd) Course Code # 2096
Mar 23rd – May 18th, 2011 (No Class Apr 27th) Course Code # 2097
Do you feel the rhythm? Learn a Variety of Hip-Hop moves including the Moonwalk, Shimmy and Crip Walk with this beginner level course for ages 8 and up. Not only will you have a blast you'll get a Great Workout too!

Teen Girl Fitness – Christina Schmalz

Wednesdays - 6:30 – 7:20 P.M. \$50.00 / 6 classes
Jan 12th – Feb 16th, 2011 Course Code # 2104
Mar 9th – Apr 13th, 2011 Course Code # 2105
\$50.00 / 6 classes
The girls will get a chance to participate in a Variety of Fitness classes with a different class each week. Classes will include Pilates, Spin, Kick Boxing, Bosu, Boot Camp, & Plyo-Pump with a variety of equipment being used.



AJFH BIRTHDAY PARTY

Choose from three Birthday Party packages:

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



- ART HAUSER CENTRE - WALKING AND JOGGING SCHEDULE - JANUARY 2011

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

PUBLIC SKATING

Thanks Kidsport!

Kidsport has sponsored **FREE** public skating for children and youth for the 2010/2011 season.

Arena Inquiries?

- 953-4848 -

Sunday, January 2	Steuart Arena	2:00 - 3:30 PM
Monday, January 3	Art Hauser Centre	1:30 - 3:00 PM
Sunday, January 9	Steuart Arena	2:00 - 3:30 PM
Sunday, January 16	Steuart Arena	2:00 - 3:30 PM
Sunday, January 23	Steuart Arena	2:00 - 3:30 PM
Sunday, January 30	Steuart Arena	2:00 - 3:30 PM

PARENT & TOT SKATING SESSIONS - FREE

Tuesdays, Jan. 4, 11, 18, 25	Kinsmen Arena 1	10:30 - 3:00 PM
Thursdays, Jan. 6, 13, 20, 27	Steuart Arena	10:00 - 11:30 AM

ADULT & SENIOR SKATING SESSIONS - FREE

Tuesdays, Jan 4, 11, 18, 25	Steuart Arena	10:00 - 11:00 AM
Wednesdays, Jan. 5, 12, 19, 26	Kinsmen Arena	1:30 - 3:00 PM
Thursdays, Jan. 6, 13, 20, 27	Kinsmen Arena	10:30 - 11:30 AM

Art Hauser Centre Ches Leach Lounge

Bookings are now being taken for the Ches Leach Lounge at the Art Hauser Centre - ideal for conferences, weddings, meetings and any special event.



Book the Ches Leach Lounge for your next major function. Call 953-4848

Simply Spectacular!

MARGO FOURNIER CENTER

1211 - 1st Avenue West Prince Albert, Sask.

Drop-In Fitness Pass

Purchasing a MFC Drop-In Fitness Pass gives you access to all five of the Drop-In Fitness Classes listed below. 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	5 classes	10 classes	15 classes	20 classes	
Fee:	\$5.00	\$20.00	\$35.00	\$45.00	\$55.00

All Drop-In Fitness classes begin the week of January 10th, 2011

DROP IN CLASSES

1) Cardio / Core Strengthening with Gloria Bell

This class combines a half hour of cardio and a half hour of core strengthening exercises and is conveniently scheduled right after work.

Mon, Wed, Fri.'s 5:15 PM – 6:15 PM

2) Easy Adult Fitness with Ruth Griffiths

Class focuses on walking, stretching, toning, flexibility and balance. Circuit training is involved with low impact aerobic activity. This class is perfect for those who prefer a lighter workout.

Mon, Wed, Fri.'s 10:30 AM – 11:30 AM

3) Noon Hour Fitness with Josie Hemsworth

Conveniently scheduled during the noon hour, this class is perfect for those who want to squeeze in some exercise during their lunch break. Enjoy a different workout each day of the week.

Mon: Step Intervals Tues: Cardio Wed: Step Intervals
Thurs: Core Intervals Fri: Yoga
Monday to Friday 12:15 PM – 12:45 PM

4) Evening Yoga with Ruth Griffiths

Yoga focuses on the physical postures called ananas, breathing exercises called pranayama, and meditation. Benefits of yoga include improved physical fitness, mental clarity, greater self-understanding, stress control and general well being. Create peace in your day with yoga. Participate at your own level. This class is open to all skill levels.

Wednesdays 7:00 – 8:00 PM

5) Morning Yoga with Grace Dansereau

People doing yoga have found many health benefits such as better sleeping, lessening of joint pain, more flexibility, more energy and general well being. This class provides a total body workout of stretches and poses. You will be taught to work at your own level and how to monitor your own body. Loose comfortable clothing and bare feet is suitable.

Thursdays 9:30 – 10:30 AM

MFC Phone
953-4816



Pre-registration Programs: Pre-registration is required for the following classes. Full payment is due at the time of registration and registrations will not be accepted over the telephone.

Register by Mail - Visit the City of Prince Albert website: 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.

Register in Person - Visit the Margo Fournier Centre weekdays between 8:00 AM and 4:30 PM to register in person. The Margo Fournier Centre can only accept registration fees in the form of cash or cheques.

Step-Yoga Fusion with Gloria Bell

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.

#1 Thursdays, Jan. 13– Feb 17 (6 weeks)	7:00 – 8:00 PM	\$60.00
#2 Thursdays, March 10 – April 28 (8 weeks)	7:00 – 8:00 PM	\$60.00
#3 Thursdays, May 5 – June 9 (6 weeks)	7:00 – 8:00 PM	\$50.00

Fitness Over 40 with Ruth Griffiths

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.

#1 Tuesdays Jan. 11– Feb 15 (6 weeks)	11:00 – 12:00 PM	\$50.00
#2 Tuesdays, March 8 – April 26 (8 weeks)	11:00–12:00 PM	\$60.00
#3 Tuesdays, May 3 – June 7 (6 weeks)	11:00–12:00 PM	\$50.00

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.

#1 Wednesdays, Jan. 12– Feb 16 (6 weeks)	11:00 – 12:00 PM	\$50.00
#2 Wednesdays, March 9 – April 27 (8 wks)	11:00 – 12:00 PM	\$60.00
#3 Wednesdays, May 4 – June 8 (6 weeks)	11:00 – 12:00 PM	\$50.00

Afternoon Total Body Workout with Ruth Griffiths

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.

#1 Thursdays, Jan. 13– Feb 17 (6 weeks)	1:00 – 2:00 PM	\$50.00
#2 Thursdays, March 10 – April 28 (8 weeks)	1:00 – 2:00 PM	\$60.00
#3 Thursdays, May 5 – June 9 (6 weeks)	1:00 – 2:00 PM	\$50.00

MARGO FOURNIER CENTER continued ...

Total Body Workout with Ruth Griffiths

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.

#1 Tuesdays, Jan. 11– Feb 15 (6 weeks)

5:15 – 6:15 PM \$50.00

#2 Tuesdays, March 8 – April 26 (8 weeks)

5:15 – 6:15 PM \$60.00

#3 Tuesdays, May 3 – June 7 (6 weeks)

5:15 – 6:15 PM \$50.00

FREE Noon Hour Walk

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.

Monday to Friday beginning Jan. 4th, 2011

12:00 PM – 12:50 PM (Excluding all holidays)

Absolute Beginner Salsa Dancing with Kimberly Parent

No partner required. No dance experience necessary.

Absolute Beginner is a foundational workshop for Cuban Salsa. You will learn the basic salsa step combined with Cuban technique. From there you will learn individual dance steps, partner moves and combinations. The goal of this workshop is to give students an introduction to salsa, to help them learn Cuban technique, and to prepare them for the intermediate workshop. Students can wear whatever they are comfortable dancing in - street clothes are acceptable. Bring clean, non-scuffing indoor shoes and a water bottle.

#1 Saturday, Jan. 22 1:00 – 3:00 PM \$45.00

#2 Saturday March 12 1:00 – 3:00 PM \$45.00

(Register in both Beginner and Intermediate classes for \$80.00)

Intermediate Salsa Dancing with Kimberly Parent

Previous Salsa Experience Necessary

Challenge your Salsa skills in this intermediate workshop! Great for all salsa dancers, regardless of what style you are accustomed to. This workshop focuses on intermediate partner patterns and salsa footwork. The class begins with a warm-up, followed by footwork and/or shines and then turns and patterns. Students can wear whatever they are comfortable dancing in (street clothes are acceptable). Bring clean, non-scuffing indoor shoes and a water bottle.

#1 Sunday, Jan. 23 1:00 – 3:00 PM \$45.00

#2 Sunday, March 13 1:00 – 3:00 PM \$45.00

(Register in both Beginner and Intermediate classes for \$80.00)

TEAM LEAGUES STARTING SOON AT THE MARGO FOURNIER CENTER

All leagues are for adults 18 years and older. Register early - limited teams. More info - call the Margo Fournier Centre 953-4816.

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

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 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

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

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.

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

PRINCE ALBERT ARTS CENTRE

1010 Central Avenue Prince Albert, Sask. S6V 4V5 Phone: 953-4811

ADULT ARTS & CULTURAL PROGRAMS

DRAWING

Drawing & Colour - Jack Phalen

Following a brief review of basic techniques and an introduction to the color wheel, students will draw using their choice of media to create a personal work of art. Choice of media includes coloured pencils, charcoal, pastels, tempera, acrylic and watercolor. Materials included in registration fee.

Sundays, February 6th & 13th 10:00 AM – 5:00 PM
Fee: \$74.00 (\$65.00 with membership)

Garden of Artists – Growing Creativity - Jarrid John Yatsyshyn

An in-depth exploration of creative expression and self-discovery through art concentrating on easily controlled and focused media such as pencils, charcoal, coloured pencils, collage pens and ink. Materials included in registration fee.

Sundays, March 13, 20 & 27 1:00 PM – 4:00 PM
Fee: \$45.00 (\$40.00 with membership)

PAINTING

BEGINNER PAINTING SERIES

Artist, wellness therapist, author and adult educator, Kathie Bird presents a unique learning opportunity for beginner painters. Learn more about the use of different media and develop basic skills. This series teaches the fundamental techniques and choices available to you as a painter. Discover which medium is best suited to you and your lifestyle. Register for any or all of the workshops in this series based on your interests. Your choice of medium (acrylic, watercolour or oil).

- Brushstrokes: Exploring Tools and Mediums
Sun. Jan. 16 1:00 - 4:00 pm Fee: \$40.00 (\$35.00 w/m)
- Colour Mixing: Meet your Colours
Sun. Feb. 13 1:00 - 4:00 pm Fee: \$35.00 (\$30.00 w/m)
- Get the Picture
Sun. March 6 1:00 - 4:00 pm Fee: \$35.00 (\$30.00 w/m)
- When Hand & Eyes Cooperate
Sunday, April 17 1:00 - 4:00 pm Fee: \$35.00 (\$30.00 w/m)

SUMMER ARTIST WORKSHOPS

- Summer Painting Workshop - George Glenn
Sunday to Saturday, July 3rd – 9th 9:00 AM – 9:00 PM Fee: 375.00
- Independent Artist Workshop - George Glenn
Monday to Friday, July 25th – 29th 9:00 AM – 9:00 PM Fee: 345.00

WATERCOLOR SERIES

The workshops in this series are mixed with participants ranging from beginner to advanced. Participants will learn how to deal with the media of water and paint. Register for any or all of the workshops in this series taught by Joyce Middlebrook. All classes are held on Saturdays from 10:00 AM to 5:00 PM. Reg. fee per class is \$43.00 (\$39.00 w/m)

- Realism with Abstract - Saturday, January 15
- Forested Landscapes with Water & Reflections - Sat. Jan. 22
- Landscapes of the 4 Seasons- Saturday, February 5
- Still Life Painting Techniques - Saturday, February 12
- Paintings that Sell - Saturday, February 26
- Using Earth Colours - Saturday, March 5
- Small Floral Paintings - Saturday, March 12
- Mixed Subjects - Landscapes & Florals - Saturday, March 19

POTTERY

Beginner Pottery - L.Erhardt

Thursdays, March 3 - April 7 6:30 - 9:30 PM
Fee: \$105.00 (\$89.00 with membership)

Clay Handbuilding - L.Erhardt

Tuesdays, March 8 - April 12 6:30 - 9:30 PM
Fee: \$105.00 (\$89.00 with membership)

Pottery on the Wheel - T.Snow

Wednesdays April 13 - May 18 6:30 – 9:30 PM
Fee: \$105.00 (\$89.00 with membership)

Slip Decorating - S.Surkan

Saturday, April 2 1:00 - 4:00 PM
Fee: \$25.00 (\$22.00 with membership)

PHOTOGRAPHY

Visual Photography - G.Payton

Thursdays, Jan.13 - Feb.10 7:00 – 9:00 PM
Fee: \$59.00 (\$50.00 w/m)

SLR Photography - G.Payton

Class # 1: Thurs. Feb. 17 - March 17 7:00 – 9:00 PM
Class # 2: Thurs. March 24 to Apr 21 7:00 – 9:00 PM
Fee: \$59.00 (\$50.00 w/m)

Creative Photography - M.Körner

Sat. Apr.16 11:00 AM –5:00 PM Fee: \$40.00

CREATIVE CLASSES_

Beginner Weaving - S.Devine

Saturdays & Sundays, April 2nd & 3rd / 9th & 10th
10:00 AM – 5:00 PM Fee: \$158.00 (\$134. w/m)

Beginner Stained Glass - M.Cennon

Tuesdays, Jan. 4 - Feb. 8 7:00 - 10:00 PM
Fee: \$145.00 (\$125 w/m)

T'ai Chi (Cheng Ma Ching) - K. Bending

Wed. Jan. 26 – March 23 7:00 – 9:00 PM
Fee: \$70. (8 classes) or \$45.00 (4 classes)

Women's Body Image Workshop - L.Streiffer

Fee, Dates / Times to be announced
Call 953-4811 for updates

CULTURAL CLASSES_

Porcupine Quill Wrap Bracelet - D.Slexson

Wed. February 16 6:00 – 9:00 PM Fee: Free

Side Seam Moccasin - D.Alexson

Tues. Feb. 8 to March 22 (No class on Feb.22)
6:00 PM – 8:00 PM Fee: Free

Making Stone Arrowheads - D.Allen

Tues. April 5 - 26 7:00 – 9:00 PM Fee: \$20.00

POTTERY

Clay Mother's Day Creation (ages 3 - 5 yrs) Fee: \$25.00
Sundays, April 17th & May 1st 2:00 PM – 4:00 PM

Clay Father's Day Creation (ages 3 - 5 yrs) Fee: \$25.00
Sundays, June 5th & 12th 2:00 PM – 4:00 PM

Handbuilding with Clay (Ages 7 – 9)
Fee: \$69.00 (\$60.00 with membership)
Thursdays, March 10th – April 14th 4:00 PM – 5:00 PM

Handbuilding with Clay (Ages 10 – 12)
Fee: \$69.00 (\$60.00 with membership)
Mondays, March 7th – April 11th 4:30 PM – 5:30 PM

Handbuilding with Clay (Ages 13 – 15)
Fee: \$78.00 (\$69.00 with membership)
Wednesdays, March 9th – April 13th 4:30 PM – 6:00 PM

Learn to Throw on the Wheel (Ages 10 – 14)
Fee: \$69.00 (\$60.00 with membership)
Tuesdays, March 8th - April 12th 4:00 PM – 5:00 PM

DRAWING SERIES

Children can register for any or all of the workshops in this series based on their interests. This series will help children develop their own unique ability to express themselves through drawing. Classes taught by L.Beardsworth. All materials are included in the cost of the registration fee which is \$37.00 per class or \$33.00 with a membership.

- Drawing Lines (Ages 8 – 14)
Saturday & Sunday, Mar. 5 & 6 1:00 – 3:00 PM
- Drawing Volume & Shapes (Ages 8 – 14)
Saturday & Sunday, Mar. 12 & 13 1:00 – 3:00 PM
- Drawing Textures (Ages 8 – 14)
Saturday & Sunday, Mar. 19 & 20 1:00 – 3:00 PM
- Volume & Shape with Colour (Ages 8 – 14)
Saturday & Sunday, Mar. 26 & 27 1:00 – 3:00 PM
- Textures with Colour (Ages 8 – 14)
Saturday & Sunday, April 2 & 3 1:00 – 3:00 PM
- Colour: Harmony & Balance (Ages 8 – 14)
Saturday & Sunday, April 9 & 10 1:00 – 3:00 PM
- Contract with Colour (Ages 8 – 14)
Saturday & Sunday, April 16 & 17 1:00 – 3:00 PM

PAINTING

Painting for Kids (Ages 6-12) Fee: \$45.00 (\$40.00 w/m)
Tuesdays, Jan. 25 - February 15 4:30 - 5:30 PM

COOKING

Cooking for Kids (Ages 9 - 12) Fee: 45.00 (\$40. w/m)
Tuesdays, March 1 - 22 4:30 - 5:30 pm

Little Chefs (Ages 5-7) Fee: \$45.00 (40.00 w/m)
Tuesdays, April 5 - 25 4:30 - 5:30 PM

Arts and Crafts Programs for Preschool, Children & Youth at the Prince Albert Arts Centre

CULTURAL

Beaded Wallet / Purses (Ages 9 – 16) Fee: Free
Wednesday, January 26th 4:30 – 7:30 PM

Family Flint Knapping (Ages 8+) Fee: Free
Wednesdays, March 9th to March 30th 6:00 - 7:30 PM

CRAFT CLASSES

All materials for childrens craft classe are included. Parents or guardians are welcome to attend but are not required to do so. The registration fee for each class is \$10.00 unless noted otherwise.

Winter Wonderland – Winter Themed Crafts (Ages 4 – 6)
Tuesday, January 25th 5:30 - 6:30 PM

Making Valentine's Day Cards (Ages 4 – 6)
Thursday, February 10th 5:30 – 6:30 PM

St. Patrick's Day Themed Crafts (Ages 4 – 6)
Tuesday, March 15th 5:30 – 6:30 PM

Make an Easter Basket (Ages 4 – 6)
Tuesday, April 19th 5:30 – 6:30 PM

Make a Mother's Day Gift (Ages 4 – 6)
Tuesday, May 3rd 5:30 – 6:30 PM

Spring Has Sprung – Spring Themed Crafts (Ages 4 – 6)
Tuesday, May 17th 5:30 – 6:30 PM

Make a Father's Day Gift (Ages 4 – 6)
Tuesday, June 14th 5:30 – 6:30 PM

Easter Fun with Arts & Crafts (Ages 6 - 12) Fee: \$35.00
Sunday, April 17th 10:00 AM – 4:00 PM

MUSIC

Kids Singing & Rhythm (Ages 3-5)
Wednesdays, Mar. 9th to Apr. 27th 10:30 – 11:15 AM
Fee: \$74.00 (\$65.00 with membership)

WRITING

Creative Writing for Youth (Ages 8 - 15 yrs)
Saturday, February 12 10:00 AM - 4:00 PM
Fee: \$35.00 (\$30.00 with membership)

FRANK J. DUNN POOL

located at Carlton Comprehensive High School

PLEASE NOTE: HOURS OF PUBLIC, FAMILY AND ADULT SWIMMING MAY HAVE CHANGED SLIGHTLY THE FIRST WEEK OF JANUARY DUE TO HOLIDAY & SCHOOL SCHEDULE. PLEASE CALL THE POOL OFFICE AT 953-4829 TO CONFIRM HOURS OF OPERATION.



ALL CHILDREN UNDER THE AGE OF 8 MUST BE ACCOMPANIED BY AN ADULT IN THE WATER AT ALL TIMES & MUST REMAIN WITHIN ARMS REACH.

PUBLIC SWIMMING

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	2:30 - 4:30 pm
	6:30 - 8:30 pm
Sunday	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

ADULT LANE SWIMMING

Monday	6:00 - 8:30 am
	9:00 - 10:00 pm
Tuesday	9:00 - 10:00 pm
Wednesday	9:00 - 10:00 pm
Thursday	6:00 - 8:30 am
	9:00 - 10:00 pm
Sunday	12:00 - 1:00 pm

ADMISSION FEES

Public, Adult, Family and Lane Swimming

	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

SWIMMING LESSONS

There are still a few spots open for swimming lessons beginning this January at the Frank J. Dunn Pool. Please call the pool office for availability - 953-4829. To register, visit the FJD pool office when the office is open - during **Public Swim** times.

AQUACIZE

Registrations are now being accepted for the winter session of Aquacize classes. Register in person at the FJD Pool office. Please note, payment must be received at time of registering. Aquacize fees are \$5.00 drop-in or \$4.00 if paid monthly. Class sizes are limited and fill quickly.

SHALLOW WATER AQUACIZE - Tuesdays & Thursdays: 6:30 pm - 7:30 pm

Enjoy an upper and lower body workout in the comfort of shallow water. This class helps maintain muscular fitness, strength and endurance.

DEEP WATER AQUACIZE - Monday, Tuesday, Wednesday & Thursdays: 9:00 pm - 10:00 pm

This is a high energy class where you will use deep water for resistance and support while listening to music and strengthening both your upper and lower body. This class is done in the diving tank and aquabelts are provided.



TERRY FOX AWARD - CITY OF PRINCE ALBERT

Community Services Department

The Nomination Deadline for the 2010 Terry Fox Award has been extended to February 18, 2011.

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: February 18, 2011

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.