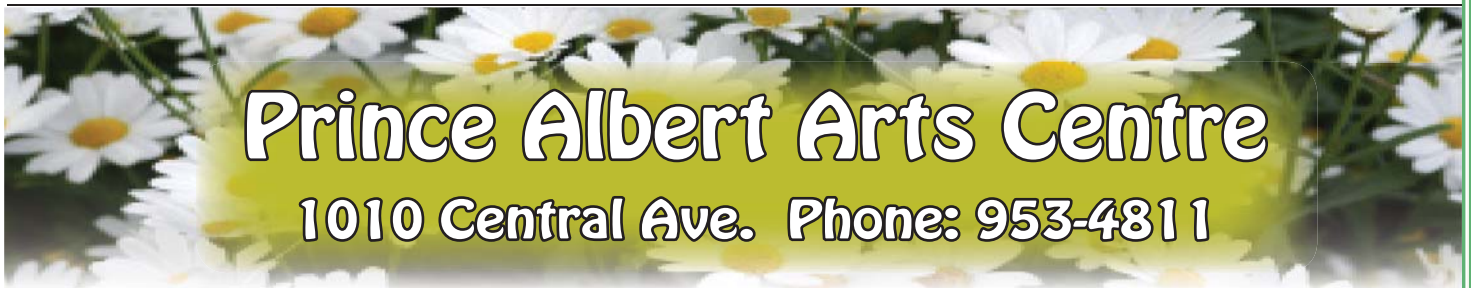




E-PROGRAM NEWSLETTER

April, 2011

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.



NEW ADULT PROGRAMS

TOOLBOX FOR HEALTHY LIVING

Instructor: Eunice Mooney
Sat. May 7th 10:00 AM - 4:00 PM
Fee: \$50.00

Creative energy is strongly influenced by inner wellness and harmony of body, mind, and spirit. Join Eunice Mooney for a one day orientation as she shares important lifestyle tips based on western and ancient oriental practices focusing on walking, breathing, body alignment, movement and thought patterns. Improving basic lifestyle patterns contributes to a person's overall wellbeing and creative personal growth.

CREATIVE WRITING WORKSHOPS

Instructor: Lynda Monahan
Fee: \$40.00 each or all 3 classes: \$100.
1. Finding the Key; How to Write Your Life Story - Sat. May 7
2. Basics of Writing - Sat. May 14
3. Finding the Nerve (poetry) - May 28

T'AI CHI

Wed.'s May 11 - June 15 (6 wks)
Fee: \$50.00 Time: 7:00 - 9:00 PM

Registrations are still being taken for the following ADULT classes:

Beginner Weaving - S.Devine

Apr. 9-10 and April 16-17 10:00 AM - 4:00 PM

Pottery on the Wheel - T.Snow

Wed's, April 13 - May 18 6:30 - 9:30 PM

Creative Photography - M.Korner

Sat. April 16 11:00 AM - 5:00 PM

When Eyes & Hand Cooperate - K. Bird

Sunday, April 17 1:00 - 4:00 PM

FAMILY PROGRAMS

Another **FAMILY DAY** scheduled at the Prince Albert Arts Centre **SUNDAY, APRIL 10 - 1:00 to 4:00 PM**
Fee: \$10.00/family

We invite you and your family to visit the PA Arts Centre on Sunday, April 10th to enjoy an afternoon of fun, creative art programs. Families do not have to pre-register and the admission fee is only \$10.00 per family. Choose from 3 creative projects - you can do all 3 if time permits. Projects can be taken home at the end of the day, except pottery which will be fired in a kiln and available to be picked up the following week. Projects include:

- (1) Pottery clay animals/figurines
- (2) Drawing & Collage
- (3) Craft project (beading or arrowheads)

YOUNG CHILDREN PROGRAMS

Clay Mothers Day Creation (ages 3-5 yrs)

April 17 and May 1 2:00 - 4:00 PM

Easter Fun & Easter Crafts (ages 6-12 yrs)

Sunday, April 17 10:00 AM - 4:00 PM

Making Easter Baskets (ages 4-6 yrs)

Tuesday, April 19 5:30 - 6:30 PM

Making Mothers Day Gifts (ages 4-6 yrs)

Tuesday, May 3 5:30 - 6:30 PM



CHILDREN PROGRAMS

OUTDOOR DRAWING AT LITTLE RED RIVER PARK

(8 - 13 yrs) Fee: \$50.00
Limit of 7 in class (register early)
Dates: Sat's, May 7, 14, 28 & June 4
1:00 PM - 3:00 PM (no class May 21)
This class will be held outdoors at Little Red River Park. Students will receive instruction in a variety of drawing mediums (pencil, charcoal, colored pencil) examining surface design and drawing composition.

1. ENJOYING THE WORLD OF ART

(10-14 yrs) Fee: \$25.00
Sat. April 9 1:00 - 4:00 PM
To develop an interest in art & self expression using charcoal, graphite & paint.

2. FINDING INSPIRATION

(10 - 14 yrs) Fee: \$25.00
Sat. April 30 1:00 - 4:00 PM
To develop confidence in the artist's own abilities using charcoal, graphite & paint.

3. FINDING YOUR CREATIVITY

(10 - 14 yrs) Fee: \$25.00
Sat. May 14 1:00 - 4:00 PM
To encourage the student to express the diversity of their self expression, using charcoal, graphite and paint.

The three classes immediately above are taught by Lorraine Beardsworth. If a child registers in all of these three classes the registration fee is \$50.00 (materials included).

Full details about ALL classes offered at the Arts Centre can be found on the City of Prince Albert website. Click on "Arts Centre" in the pull down [Find it Fast](#) menu on the city's website main page. www.citypa.ca



Congratulations **Catlin Anderson** 2010 TERRY FOX AWARD

The City of Prince Albert is pleased to acknowledge that Catlin Anderson is the recipient of 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 ideas and inspirations of one of Canada's leading citizens, the late Terry Fox.

On behalf of all the citizens of Prince Albert, we offer our congratulations to Catlin on receipt of this prestigious honor.

NATIONAL VOLUNTEER WEEK

April 10 - 16, 2011

National Volunteer Week pays tribute to the millions of Canadian volunteers who graciously donate their time and energy. This year's 68th annual National Volunteer Week takes place the week of April 10 to 16. It is Canada's largest celebration of volunteers, volunteerism, and civic participation.



Volunteers helping at our local **Prince Albert Community Clubs and Community Centres** MAKE A TREMENDOUS DIFFERENCE IN YOUR NEIGHBORHOOD! Many of the Community Clubs in Prince Albert are looking for new Volunteers to get involved in their activities. Volunteering is a great way to meet new people, offer input into the revitalization and safety of your neighborhood and give back to your Community.

- Are you retired and looking for something to do a few hours a week during the fall and winter?
- Do your kids enjoy skating, hockey or playing shinny at the neighborhood rink?
- Are you looking to join a group of people to assist in offering recreational opportunities to youth?
- Do you have some financial, facility, trade, concession, programming or organizational skills?

YOUR LOCAL COMMUNITY CLUBS AND COMMUNITY CENTERS ARE ONLY AS STRONG AS THE PEOPLE THAT GET INVOLVED.

YOUR ASSISTANCE IS REQUIRED.

Call Owen 953-4850 to find out how you can help out today.



COOKE MUNICIPAL GOLF COURSE

Cooke Municipal Golf Course
Address : 900 - 22nd St. East,
Prince Albert, SK, S6V 1P1
Phone : (306) 763-2502 (Bookings)
(306) 765-5205 (Food & Beverage)

Email: cookegolf@citypa.com
Website: www.cookegolf.ca



TENTATIVE OPENING DATE - LAST WEEK OF APRIL, 2011 (dependant on the weather)

The Cooke Municipal Golf Course offers a 15-bay driving range, two putting greens, power carts, pull cart and club rentals, a fully stocked pro shop with the latest equipment and fashions and lessons provided by CPGA Professionals. The course is complimented by a spacious clubhouse with a licensed restaurant, lounge and deck overlooking the golf course.

The 2011 opening date for the course is largely dependant on the weather, but we are hopeful that the course will be open the last week of April. So drag out your clubs, shine up the irons and get ready to enjoy another INCREDIBLE year at the Cooke Municipal Golf Course.

For more information, and to book a tee time, call 763-2502.

REGISTER TODAY ... ALFRED JENKINS FIELD HOUSE

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!



SUMMER SIZZLER CLASS

Saturdays, 9:30 AM – 10:30 AM (8 Classes)

April 9 – June 4 (No Class April 23)

Registration Deadline: April 7

Fee: \$60.00 (\$54.00 for Gold Members)

Instructed by Kelleen Wolfe and Lynette Lechner-Vermette

SPRING INTO SUMMER with this Saturday morning workout! Looking to add to your fitness schedule and get that summer tone and glow? This class will utilize a wide variety of equipment and each class will be different. Men and women alike will enjoy intense bursts of cardio intervals combined with strength and core exercises targeting different muscle groups! Add a dash of fun and great music and you've kicked off your weekend!

SPIN

Thursdays, 6:30 – 7:30 PM (8 Classes)

May 12 - June 30

Fee: \$60.00 (\$54.00 for Gold Members)

Instructed by Suzanne Stubbs

A fun cardiovascular, no impact workout using a stationary spin bicycle. Your instructor will simulate a variety of sprinting and hill climbing drills enabling you to increase your cardiovascular fitness, muscle strength and endurance. Classes are for all levels, beginners to advanced.

Located at 2787 - 10th Avenue West
Phone: 953-4989
HOURS OF OPERATION: 6:00 AM - 11:00 PM