



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.

Registrations are now being accepted for

# 2011 Kinsmen Water Park SWIMMING LESSONS

Registrations are now accepted for Kinsmen Water Park Red Cross SWIMMING LESSONS. Complete details on page 2.



## Children - Preschool 2 to 5 years

- Sea Turtle
- Sea Otter
- Salamander
- Sunfish
- Crocodile
- Whale



## Children 6 years & older

- Swim Kids 1
- Swim Kids 2
- Swim Kids 3
- Swim Kids 4
- Swim Kids 5

## NEW THIS SUMMER

*Are you interested in becoming a lifeguard when you are 16?*

Children between the ages of 8 to 12 can start training now. Register in the:

### Lifesaving Society Swimming Lessons

Rookie / Ranger / Star Patrol (Combined Course)



Fee: \$75.00

July 25 - 29, 2011

9:00 AM - 1:00 PM

Rookie Patrol: swimming ability = front crawl 100m

Ranger Patrol: swimming ability = swim 200 m

Star Patrol: swimming ability = swim 300 m

To register call 953-4835 Monday - Friday between 8:30 AM - 4:00 PM

## SWIMMING LESSON REGISTRATION PROCEDURE

Completed registrations forms and payment can be:

- 1) dropped off in person at Kinsmen Water Park Monday to Friday from 8:30 AM to 4:00 PM
- 2) mailed to: Summer 2011 Aquatic Registration, 1211 - 1st Ave West Prince Albert, SK. S6V 4Y8.
- 3) dropped off in person at Frank J. Dunn Swimming Pool

Registration forms and complete details about these lessons are available on the City's website - [www.citypa.ca](http://www.citypa.ca)

- FAMILY REUNION?
- STAFF SUMMER SOCIAL?
- WIND-UP BALL PARTY?
- FRIENDS NIGHT OUT?
- YEAR END ACTIVITY?

Bookings are now being accepted for your **Summer Social Event** of the season at the

## KINSMEN WATER PARK

The rental fee for a private evening booking at the Kinsmen Water Park costs as low as \$ 165.00

Call for complete details today ... 953-4835



Beginning May 2nd, 2011 bookings will be taken at the Kinsmen Water Park Office:  
Call: 953-4835  
Monday - Friday  
8:30 AM - 4:00 PM



# Kinsmen Water Park 2011 SWIMMING LESSONS

The following PRESCHOOL CLASSES are for children 3 to 5 years of age - with the exception of Sea Turtle - which is for children aged 24 months to 3 years.

Questions? Please call the Kinsmen Water Park office 953-4835  
Monday - Friday 8:30 AM - 4:00 PM

## SEA TURTLE (Parent assisted) (\$35.00) (24 months - 3 yrs)

June 27 - July 8 .....	10:40 - 11:10 am
June 27 - July 8 .....	11:35 am - 12:05 pm
July 11 - 22 .....	10:45 - 11:15 am
July 25 - August 5 .....	10:00 - 10:30 am
July 25 - August 5 .....	11:30 am - 12:00 pm
August 8 - 19 .....	10:50 - 11:20 am



## SEA OTTER (\$37.00) 3 to 5 years

June 27 - July 8 .....	12:05 - 12:35 am
July 11 - July 22 .....	11:20 - 11:50 am
July 25 - August 5 .....	12:10 - 12:40 am
August 8 - 19 .....	12:15 - 12:45 pm



## SALAMANDER (\$37.00)

June 27 - July 8 .....	10:55 - 11:25 am
June 27 - July 8 .....	12:05 - 12:35 pm
July 11 - 22 .....	10:10 - 10:40 am
July 11 - 22 .....	11:30 - 12:00 noon
July 11 - 22 .....	12:05 - 12:35 pm
July 25 - August 5 .....	10:55 - 11:25 am
July 25 - August 5 .....	12:05 - 12:35 pm
August 8 - 19 .....	10:45 - 11:15 am
August 8 - 19 .....	10:55 - 11:25 am
August 8 - 19 .....	11:35 am - 12:05 pm



## SUNFISH (\$37.00)

June 27 - July 8 .....	12:10 - 12:40 pm
July 11 - 22 .....	10:40 - 11:10 am
July 11 - 22 .....	12:10 - 12:40 pm
July 25 - August 5 .....	11:20 - 11:50 am
August 8 - 19 .....	11:30 am - 12:00 pm



## CROCODILE & WHALE (\$37.00)

June 27 - July 8 .....	10:10 - 10:40 am
July 25 - August 5 .....	10:10 am - 10:40 am
August 8 - 19 .....	10:05 - 10:35 am



## REGISTRATION PROCEDURE

Completed registrations forms and payment can be:

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Monday to Friday from 8:30 AM to 4:00 PM
  - 2) mailed to: Summer 2011 Aquatic Registration,  
1211 - 1st Ave West Prince Albert, SK. S6V 4Y8.
  - 3) dropped off in person at Frank J. Dunn Swimming Pool
- Registration forms and complete details about these lessons are available on the City's website - [www.citypa.ca](http://www.citypa.ca)



## Swim Kids 1 (\$37.00)

June 27 - July 8 .....	10:00 - 10:30 am
June 27 - July 8 .....	11:30 am - 12:00 pm
July 11 - 22 .....	10:00 - 10:30 am
July 11 - 22 .....	11:30 am - 12:00 pm
July 11 - 22 .....	12:10 - 12:40 pm
July 25 - August 5 .....	11:35 am - 12:05 pm
July 25 - August 5 .....	12:10 - 12:40 pm
August 8 - 19 .....	11:20 - 11:50 am
August 8 - 19 .....	12:10 - 12:40 pm

## Swim Kids 2 (37.00)

June 27 - July 8 .....	10:40 - 11:10 am
June 27 - July 8 .....	12:15 - 12:45 pm
July 11 - 22 .....	10:50 - 11:20 am
July 11 - 22 .....	12:15 - 12:45 pm
July 25 - August 5 .....	10:50 - 11:20 am
July 25 - August 5 .....	12:15 - 12:45 pm
August 8 - 19 .....	10:05 - 10:35 am
August 8 - 19 .....	12:05 - 12:35 pm

## Swim Kids 3 (\$37.00)

June 27 - July 8 .....	10:00 - 10:30 am
June 27 - July 8 .....	11:20 - 11:50 am
July 11 - 22 .....	10:00 - 10:30 am
July 11 - 22 .....	11:25 - 11:55 am
July 25 - August 5 .....	10:40 - 11:10 am
July 25 - August 5 .....	11:30 - 12:00 pm
August 8 - 19 .....	10:45 - 11:15 am
August 8 - 19 .....	12:05 - 12:35 pm

## Swim Kids 4 (\$37.00)

June 27 - July 8 .....	10:50 - 11:20 am
June 27 - July 8 .....	11:20 - 11:50 am
July 11 - 22 .....	10:05 - 10:35 am
July 25 - August 5 .....	10:10 - 10:40 am
July 25 - August 5 .....	10:50 - 11:20 am
August 8 - 19 .....	10:10 - 10:40 am
August 8 - 19 .....	11:25 - 11:55 am

## Swim Kids 5 (\$43.75)

June 27 - July 8 .....	10:00 - 10:45 am
July 11 - 22 .....	10:40 - 11:25 am
July 25 - August 5 .....	10:00 - 10:45 am
August 8 - 19 .....	10:00 - 10:45 am

# Frank J. Dunn Swimming Pool

**Sunday, June 12th**  
**last day open**  
**for summer season**

The Frank J. Dunn Swimming Pool will be closing for the summer season beginning Monday, June 13th and will re-open late August 2011.

The City of Prince Albert now provides a **Monthly Calendar** of the Frank J. Dunn Swimming Pool Schedule for times and dates of Public/Family swimming, Adult swim times and Lane Swimming and Aquacize/fitness classes on their website.

Visit the FJD webpage and click on Monthly Calendar

## May

Sun	Mon	Tue	Wed	Lan
1 Lane Swim 12-1 Public Swim 1 - 3 Adult & Family 3:00 - 5:00pm Public Swim 6:30 - 8:30pm	2 Lane Swim 6:00 - 8:30am Public Swim 7:30 - 9:00pm Aquacize 9:00 - 10:00pm Lane Swim 9:00 - 10:00pm	3 Aquacize 6:30-7:30pm Public Swim 7:30 - 9:00pm Lane Swim 9:00 - 10:00pm	4 Adult & Family 7:30 - 9:00pm Aquacize 9:00 - 10:00pm Lane Swim 9:00 - 10:00pm	Lan 6:0 Aq 6:3 Pub 7:3 Lan 9:0
8 triathlon	9 Lane Swim	10 Aquacize	11 Adult & Family	Lan

Effective May 1, 2011 - Admission prices are as follows at the Frank J. Dunn Pool

Single Admission	Punch Cards
Children \$2.50	Children: \$20.00
Student \$3.00	Student: \$24.00
Adult: \$3.50	Adult: \$28.00
Senior: \$3.00	Senior: \$24.00
Family: \$9.00	

# Prince Albert Arts Centre

Call 953-4811 for registration information

## 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.

## T'AI CHI

Wed.'s May 11 - June 15 (6 wks)

Fee: \$50.00 Time: 7:00 - 9:00 PM

## 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 - Saturday, May 14
3. Finding the Nerve (poetry) - Saturday, May 28

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](http://www.citypa.ca)

## DAY IN THE PARK - Saturday, May 7th

The City of Prince Albert, Prince Albert Skateboard and BMX Association and Community Partners presents:  
**"A DAY IN THE PARK" Saturday, May 7, 2011 at the Kinsmen Skateboard and BMX Park**

Time: 11:00 AM - 2:00 PM

Spring Clean Up, BBQ and Free Skate  
 Come out and meet members of the  
 Skateboard and BMX Association

**"BRING THE WHOLE FAMILY DOWN FOR THE AFTERNOON"**



## UPCOMING Community Sport, Art and Recreation Events

### HISTORICAL SOCIETY'S

## ANNUAL CROCUS TEA

will be held on Wednesday, May 11th from 2:00 - 4:00 PM at the Historical Museum, 10 River Street East. The cost is \$3.00 per person and everyone is welcome to attend. You are encouraged to bring a friend.

## BICYCLE SAFETY WEEK

MAY 15 - 21, 2011

### RIDE RIGHT: KNOW THE RULES OF THE ROAD

If appropriate safety behaviours are not followed when bicycling, devastating injuries can occur. A bicycle is a vehicle. A vehicle driven on the road-way must follow the same rules of the road as a motor vehicle. However, cyclists, especially children are vulnerable in traffic. Please visit the Saskatchewan Prevention Institute website for bicycle safety rules that can be reviewed with young children, teenagers and family.

[www.saskbikesafety.ca](http://www.saskbikesafety.ca)

#### Why YOU should wear a helmet:

The brain is the organ in the human body that controls every action we take, every emotion we feel and creates every memory we have. An injury to the brain can alter the structure or function of the brain and result in physical, behavioural or emotional change to the person.

#### FACTS:

- 1 out of every 3 Saskatchewan children who are hospitalized with a cycling-related injury suffers a head injury. (Saskatchewan Health, 2007)
- Helmet use reduces the risk of head or brain injury by up to 85% (Thompson DC, Rivara F. Thompson T., 2009)
- In 2009 in Saskatchewan, only 17% of child cyclists between the ages of 12 and 19 wore a helmet when cycling. (Canadian Community Health Survey, 2009)

For more information on safe cycling, helmets and other bicycle safety, please visit the website:

[www.preventioninstitute.sk.ca](http://www.preventioninstitute.sk.ca)

### Aurora Art Group

## SHOW AND SALE

Friday, May 13th, 2011  
Wine and Cheese Reception  
7:00 - 9:00 PM  
at the

Prince Albert Arts Centre,  
1010 Central Avenue

Tickets are \$8.00 per person  
available from participating artists

- Janice Autet • Shawna Bradley • Forrest Dogger
  - Cheryl Drury • Vicki Gauthier • Judy Hlewka
  - Mary McLeod • Lisa Miller • Mel Neufeld
  - Cheryl Ring • Lisa Robertson • Alecia Stevens
- 2011 Guest Artists: • Lori Bradford • Carli Robertson  
and Boris Sen

The City of Prince Albert is in the process of making an application to host the 2014 Saskatchewan Winter Games. We are in the early stages of the application procedure and are looking for people who might be interested in sitting on the organizing committee. Committees include volunteers, marketing and promotion, athlete services, administration and finance, venues amongst others. Anyone interested in helping with the organizing committee is encouraged to contact Jody Boulet, Recreation Manager for the City of Prince Albert. 953-4800.