



# E-PROGRAM NEWSLETTER

August, 2011

Visit the City of Prince Albert website [www.citypa.ca](http://www.citypa.ca) regularly for updated information

**Registration begins Monday, August 8** for fall programs offered at the Alfred Jenkins Field House, Prince Albert Arts Centre and Margo Fournier Center. Brochures for the various facilities will be posted on the City of Prince Albert website on August 8th.

**A few of our upcoming classes at these facilities include:**

## Alfred Jenkins Field House (953-4989)

- Bootcamp
- Yoga & Gentle Yoga
- Boxercise
- Back in Shape
- Spin Interval
- Strength Training
- Total Body Conditioning
- Learn to Climb (youth)
- Mindfulness Meditation for Stress Reduction
- Post Natal Fitness
- Zumba
- Fitness Fusion
- Pilates
- Learn to Run
- Spin
- Aeroskip
- Urban Poling

## Margo Fournier Center (953-4816)

- After Work Fitness
- Noon Hour Fitness
- Step-Yoga Fusion
- Co-ed Floor Hockey
- Easy Adult Fitness
- Yoga
- Fitness Over 40
- Co-ed Dodgeball



## Prince Albert Arts Centre (953-4811)

- Parent & Tot Drawing Class (adult & child)
- Parent & Tot Painting class (adult & child)
- Children Creating Cooperatively (mural)
- Historic Arrows/Simple Stone Arrows (adult)
- Pottery (children and adults)
- Painting & Drawing (children and adults)
- Photography (adult)
- Make your own Drum (adult)
- Spinning & Weaving (adult)
- Ukulele (children and adults)
- The Art of Looking at Art (adult)
- Enhancing your Life through the Power of Thought
- Toolbox for Healthy Living (adult)
- Stress Techniques (adult)
- Creative Writing (youth and adults)

## Frank J. Dunn Swimming Pool

Pool Office: 953-4829 Located at Carlton Comprehensive High School

The Frank J. Dunn Swimming Pool will be re-opening for fall activities on Monday, August 22nd. Registrations for the fall session of Swimming Lessons and Aquacize classes begins August 1st at the Kinsmen Water Park.



**NEW THIS FALL: FJD Monthly Schedules** are now posted on the City's website detailing dates and times for Public, Family, Adult Swimming & Lane Swimming. Visit the City of Prince Albert website at [www.citypa.ca](http://www.citypa.ca). Click on "Swimming - Pool" in the **Find it Fast** drop-down menu on the City's main page.

# Frank J. Dunn Swimming Pool



## RED CROSS SWIM KIDS - AUGUST - DECEMBER 2011

Red Cross Swim Kids Swimming Lessons Levels 1 thru 10 are for children six years of age and older.

### Swim Kids 1 (\$37.00)

August 25 to September 8 (No class September 5)  
Thursday to Thursday (10 classes) ..... 7:05 - 7:35 pm  
September 9 - September 30 (10 classes)  
Monday/Wednesday/Friday ..... 6:30 - 7:00 pm  
October 2 - December 11 (No class October 9)  
Sundays (10 classes) ..... 12:50 - 1:20 pm  
October 3 - December 12 (No class October 10)  
Mondays (10 classes) ..... 6:30 - 7:00 pm  
October 5 - December 7  
Wednesdays (10 classes) ..... 6:30 - 7:00 pm  
October 7 - December 16 (No class November 11)  
Fridays (10 classes) ..... 6:30 - 7:00 pm  
October 8 - December 17 (No class November 12)  
Saturdays (10 classes) ..... 11:30 am - 12:00 pm

### Swim Kids 1/2 (\$37.00)

October 8 - Dec. 17 (No class November 12)  
Saturdays (10 classes) ..... 12:55 - 1:25 pm

### Swim Kids 2 (\$37.00)

August 25 to September 8 (No class Sept.5)  
Thursday to Thursday (10 classes) ..... 6:30 - 7:00 pm  
September 9 - September 30 (10 classes)  
Monday/Wednesday/Friday ..... 7:05 - 7:35 pm  
October 3 - December 12 (No class October 10)  
Mondays (10 classes) ..... 6:30 - 7:00 pm  
October 5 - December 7  
Wednesdays (10 classes) ..... 6:30 - 7:00 pm  
October 7 - December 16 (No class November 11)  
Fridays (10 classes) ..... 6:30 - 7:00 pm  
October 8 - Dec. 17 (No class November 12)  
Saturdays (10 classes) ..... 1:00 - 1:30 pm

### Swim Kids 3 (\$37.00)

September 9 - September 30 (10 classes)  
Monday/Wednesday/Friday ..... 6:30 - 7:00 pm  
October 2 - December 11 (No class October 9)  
Sundays (10 classes) ..... 12:15 - 12:45 pm  
October 3 - December 12 (No class October 10)  
Mondays (10 classes) ..... 7:05 - 7:35 pm  
October 5 - December 7  
Wednesdays 9 (10 classes) ..... 7:05 - 7:35 pm  
October 7 - December 16 (No class November 11)  
Fridays (10 classes) ..... 7:05 - 7:35 pm  
October 8 - Dec. 17 (No class November 12)  
Saturdays (10 classes) ..... 1:00 - 1:30 pm

### Swim Kids 4 (\$37.00)

August 25 to September 8 (No class September 5)  
Thursday to Thursday (10 classes) ..... 7:05 - 7:35 pm  
September 9 - September 30 (10 classes)  
Monday/Wednesday/Friday ..... 7:05 - 7:35 pm  
October 3 - December 12 (No class October 10)  
Mondays (10 classes) ..... 7:05 - 7:35 pm  
October 5 - December 7  
Wednesdays (10 classes) ..... 7:05 - 7:35 pm  
October 7 - December 16 (No class November 11)  
Fridays (10 classes) ..... 7:05 - 7:35 pm  
October 8 - December 17 (No class November 12)  
Saturdays (10 classes) ..... 12:15 - 12:45 pm  
October 8 - December 17 (No class November 12)  
Saturdays (10 classes) ..... 1:40 - 2:10 pm

### Stroke Improvement (Swim Kids 4 - 6) (\$30.00)

October 8 - Dec. 17 (No class November 12)  
Saturdays (10 classes) ..... 1:00 - 1:30 pm

### Swim Kids 5 & 6 (\$43.75)

August 25 to September 8 (No class September 5)  
Thursday to Thursday (10 classes) ..... 6:30 - 7:15 pm  
October 2 - December 11 (No class October 9)  
Sundays (10 classes) ..... 12:15 - 1:00 pm  
October 7 - December 16 (No class November 11)  
Fridays (10 classes) ..... 6:30 - 7:15 pm  
October 8 - Dec. 17 (No Class November 12)  
Saturdays (10 classes) ..... 12:05 - 12:50 pm

### Stroke Improvement (Swim Kids 7 - 10) (\$30.00)

October 8 - Dec. 17 (No class November 12)  
Saturdays (10 classes) ..... 1:45 - 2:15 pm

### Swim Kids 7 & 8 (\$43.75)

September 9 - September 30 (10 classes)  
Monday/Wednesday/Friday ..... 6:30 - 7:15 pm  
October 8 - December 17 (No class November 12)  
Saturdays (10 classes) ..... 11:30 am - 12:15 pm

### Swim Kids 9 & 10 (\$50.50)

October 5 - December 7  
Wednesdays (10 classes) ..... 6:30 - 7:30 pm

**QUESTIONS about FJD Swimming Lessons?**  
Call the Kinsmen Water Park 953-4835

Sea Turtle is for 24 months to 36 months of age.  
 All other preschool lessons are for children 3 to 5 years of age.

**Sea Turtle** (Parent-Assisted) (\$35.00)  
 Sea Turtle is for 24 months to 36 months of age.

October 2 - December 11 (No class October 9)  
 Sundays (10 classes) ..... 12:15 - 12:45 pm  
 October 8 - December 17 (No class November 12)  
 Saturdays (10 classes) ..... 11:30 - 12:00 pm  
 October 8 - December 17 (No class November 12)  
 Saturdays (10 classes) ..... 1:40 - 2:10 pm

**Sea Otter** (\$37.00)  
 August 25 to September 8 (No class September 5)

Thursday to Thursday ..... 6:30 - 7:00 pm  
 September 9 - September 30 (10 classes)  
 Monday/Wednesday/Friday .. 6:30 - 7:00 pm  
 October 3 - December 12 (No class October 10)  
 Mondays (10 classes) ..... 7:05 - 7:35 pm  
 October 8 - December 17 (No class November 12)  
 Saturdays (10 classes) ..... 12:15 - 12:45 pm

**Salamander** (\$37.00)  
 August 25 to September 8 (No class September 5)

Thursday to Thursday ..... 7:05 - 7:35 pm  
 September 9 - September 30 (10 classes)  
 Monday/Wednesday/Friday ..... 7:05 - 7:35 pm  
 October 2 - December 11 (No class October 9)  
 Sundays (10 classes) ..... 12:50 - 1:20 pm  
 October 5 - December 7  
 Wednesdays (10 classes) ..... 7:05 - 7:35 pm  
 October 7 - December 16 (No class November 11)  
 Fridays (10 classes) ..... 7:05 - 7:35 pm  
 October 8 - December 17 (No class November 12)  
 Saturdays (10 classes) ..... 11:30 am - 12:00 pm  
 October 8 - December 17 (No class November 12)  
 Saturdays (10 classes) ..... 1:40 - 2:10 pm

**Sunfish** (\$37.00)  
 August 25 to September 8 (No class September 5)

Thursday to Thursday ..... 6:30 - 7:00 pm  
 October 2 - December 11 (No class October 9)  
 Sundays (10 classes) ..... 12:50 - 1:20 pm  
 October 3 - December 12 (No class October 10)  
 Mondays (10 classes) ..... 6:30 - 7:00 pm  
 October 5 - December 7  
 Wednesdays (10 classes) ..... 6:30 - 7:00 pm  
 October 7 - December 16 (No class November 11)  
 Fridays (10 classes) ..... 6:30 - 7:00 pm  
 October 8 - December 17 (No class November 12)  
 Saturdays (10 classes) ..... 12:20 - 12:50 pm

**Whale & Crocodile** (\$37.00)  
 October 2 - December 11 (No class - Oct. 9)

Sundays (10 classes) ..... 12:15 - 12:45 pm

## Adult Lessons

Oct. 3 - Dec. 12 (10 classes) No class Oct. 10  
 Mondays ..... 6:30 - 7:15 pm Reg. fee: \$ 40.25

## Red Cross and Lifesaving Society Advanced Courses

**Bronze Star** (Reg. Fee \$60.25)

September 24 & 25, 2011

**Bronze Medallion** (Reg. Fee: \$142.00)

October 21, 22 and 23, 2011

**Bronze Cross** (Reg. Fee: \$115.00)

November 18, 19 and 20th, 2011

**NLS** (National Lifeguard Service Award)

Reg. Fee: \$231.75 Dec. 2, 3, 4, 9, 10, 11, 2011

**AWSI** (Assistant Water Safety Instructor)

(Reg. Fee: \$272.50) Feb. 3, 4, 5, 10, 11, 12, 2012

**WSI** (Water Safety Instructor) (Fee: \$206.00)

March 23, 24, 25, 30, 31, April 1, 2012

## REGISTER *in person or by mail*

**Registration begins for the fall/winter sessions of Frank J. Dunn Swimming Lessons on Monday, August 1, 2011.**

**TO REGISTER IN PERSON** visit the Kinsmen Water Park between August 1<sup>st</sup> to August 21<sup>st</sup>. Registrations will be accepted at the Frank J. Dunn Pool beginning Monday, August 22<sup>nd</sup> when the FJD reopens to the public for fall programming.

**BY MAIL:** To register by mail, complete an Aquatic Registration Form available on the City of Prince Albert website [www.citypa.ca](http://www.citypa.ca) or available at City Hall or the Kinsmen Water Park.

Mail with payment (cheque/money order) to:

**Aquatic Lesson Registration,  
 c/o Frank J. Dunn Pool  
 1211 - 1st Ave West  
 Prince Albert, SK. S6V 4Y8.**

# TEAMS LEAGUES



## Recreational Co-ed Volleyball League

at the Alfred Jenkins Field House

The AJFH Recreational Co-Ed Volleyball League begins the third week of September and consists of 10 weeks of round robin play followed by a 2 week double elimination tournament. This recreational league is geared towards leisure and fun. 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 1 male and 1 female on the court. This is an adult league and all players on the roster must be at least 18 years.

Begins Sept. 21, 2011 Wed's: 7:00 PM – 10:00 PM  
 Fee: \$200.00 per team + \$50.00 mandatory default fee  
 Registration & Payment Deadline: Sept. 14th



## Co-ed Dodgeball / Margo Fournier Center

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.

League Dates: TBA

## Co-ed Floor Hockey / Margo Fournier Center

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.

League Dates: TBA

## Co-ed Inner Tube Water Polo / FJ Dunn Pool

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.

Sundays, 10:30 AM -12:00 Noon

## COMMUNITY SPORT, CULTURE & RECREATION INFORMATION

If you would like to include your non-profit sport, culture or recreational opportunity in our newsletter, please email information to [csd@citypa.com](mailto:csd@citypa.com). Please note - space is limited and editing will be done.



Alfred Jenkins Field House

Prince Albert Youth Soccer Association

## SOCCER FALL REGISTRATION

AUG. 29, 30 & 31  
 5:00 - 9:00 pm

at the Alfred Jenkins Field House

For more information please call the PAYSA Office 922-2545